

LORETO COLLEGE
TIME PLAN
July (August) 2024-December 2024

Name of the teacher: DR. JHELUM PODDER

Initials: JP

Teaching Objective:

- To generate interest and love for the subject
- To provide guidance beyond textbooks
- To prepare students for higher education and practical application of their knowledge

1st Semester Topic-wise Time Plan- Major

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	2	DSC: Introduction to Psychology. Unit 1: (b) Brief Concepts of Schools of Psychology: Structuralism & Gestalt	Lecture, and Discussion	Basic understanding of the different philosophies of psychology	Continuous Internal Assessment, Internal Examinations and University Examinations
2	4	DSC: Introduction to Psychology. Unit 2: (a) Attentional Processes: Nature of Attention, Determinants of Attention, Shift, Oscillation, Fluctuation and distraction, theories of attention	Lecture, Demonstration, and Discussion	Knowledge of the definitions, concept, nature, determinants of attentional process and its different phenomenon	Continuous Internal Assessment, Internal Examinations and University Examinations
3	8	DSC: Introduction to Psychology: Practicum 1: Fluctuation of Attention	Lecture, Demonstration and Hands-on Work	Understanding the concept of fluctuation through experiment and usage of instrument.	Continuous Internal Assessment, Internal Examinations and University Examinations
4	15	SEC: Stress Management: Unit 2: Stress and health: Effects of stress on health, eustress	Lecture and discussion	Understanding various effects of stress on physical and mental life.	Continuous Internal Assessment, Internal Examinations and

					University Examinations
5	10	SEC: Stress Management: Practicum 1: Administration of Perceived Stress Scale	Hands-on Work	Understanding the concept of stress perception through self-administered test.	Continuous Internal Assessment, Internal Examinations and University Examinations

1st Semester Topic-wise Time Plan- Minor DSC: Introduction to Psychology

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	5	MN 1: Introduction to Psychology. Unit 1: (a) Introduction: Nature, definition, scope and branches of Psychology, Methods: Observation, Experimentation, Interview, Field Study, Correlational Method	Lecture, Demonstration, and Discussion	Knowledge about the history of psychology its methods and scope.	Continuous Internal Assessment, Internal Examinations and University Examinations
2	2	MN 1: Introduction to Psychology. Unit 2: (a) Attentional Processes: Nature of Attention, Determinants of Attention, Shift, Oscillation, Fluctuation and distraction, theories of attention	Lecture, Demonstration, and Discussion	Knowledge of the definitions, concept, nature, determinants of attentional process and its different phenomenon	Continuous Internal Assessment, Internal Examinations and University Examinations
3	10	DSC: Introduction to Psychology: Practicum 1: Fluctuation of Attention	Lecture, Demonstration and Hands-on Work	Understanding the concept of fluctuation through experiment and usage of instrument.	Continuous Internal Assessment, Internal Examinations and University Examinations

LORETO COLLEGE

TIME PLAN
July 2024-December 2024

Name of the teacher: DR. SAYANTANI CHATTERJEE

Initials: SC

Teaching Objective:

- To generate interest and love for the subject
- To provide guidance beyond textbooks
- To prepare students for higher education and practical application of their knowledge

1st Semester Topic-wise Time Plan- Major
DSC: Introduction to Psychology

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	4	<p style="text-align: center;">DSC:</p> <p style="text-align: center;">Introduction to Psychology:</p> <p>Unit 1d: Variables and their classifications. Independent, Dependent and Controlling of Variables</p>	Lecture and Discussion	Knowledge of the fundamentals of research methodology	Continuous Internal Assessment, Internal Examinations and University Examinations
2	4+5=9	<p style="text-align: center;">DSC:</p> <p style="text-align: center;">Introduction to Psychology:</p> <p>Unit 3a: Processing of Data: Tabulation, Classification and Frequency Distribution of Data; Plotting of Graph: Polygon, Histogram and Ogive.</p> <p>Unit 3c: Normal Probability Curve: Properties and Application.</p>	Lecture, Discussion and Demonstration	Understanding and learning to apply fundamental statistics	Continuous Internal Assessment, Internal Examinations and University Examinations
3	–	<p style="text-align: center;">DSC:</p> <p style="text-align: center;">Introduction to Psychology:</p> <p>Practicum: D) Graphical Representation: Frequency</p>	Lecture and Demonstration. Experiential learning	Understanding the application of statistics to research data and its interpretation.	Continuous Internal Assessment, Internal Examinations and University Examinations

		Polygon, Histogram and Ogive.			Examinations
4	15	<p style="text-align: center;">SEC:</p> <p style="text-align: center;">Stress Management:</p> <p>Unit 1: Stress: Introduction, Nature of Stress, Symptoms of Stress; Various Factors of Stress: environmental, social, physiological, psychological.</p>	Lecture and Discussion	Gaining knowledge about different schools of thought	Continuous Internal Assessment, Internal Examinations and University Examination

1st Semester Topic-wise Time Plan- IDC Psychological Perspectives in Education

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	8+7=15	<p style="text-align: center;">IDC:</p> <p style="text-align: center;">Human Resource Management:</p> <p>Unit 1a: Introduction to Human Resource Management (HRM): HRM and HRD, Context and issues in HRM.</p> <p>Unit 1b: Human Resource Practices: Job Analysis; Recruitment and Selection; Training..</p>	Lecture and Discussion	Learning the fundamentals of Human Resource Management as a subdiscipline of Organizational Behaviour.	Continuous Internal Assessment, Internal Examinations and University Examinations

1st Semester Topic-wise Time Plan- Minor DSC: Introduction to Psychology

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	4	<p style="text-align: center;">DSC:</p> <p style="text-align: center;">Introduction to Psychology:</p> <p>Unit 1d: Variables and their classifications. Independent,</p>	Lecture and Discussion	Knowledge of the fundamentals of research methodology	Continuous Internal Assessment, Internal Examinations and University

		Dependent and Controlling of Variables			Examinations
2	4+5=9	<p style="text-align: center;">DSC:</p> <p style="text-align: center;">Introduction to Psychology:</p> <p>Unit 3a: Processing of Data: Tabulation, Classification and Frequency Distribution of Data; Plotting of Graph: Polygon, Histogram and Ogive.</p> <p>Unit 3c: Normal Probability Curve: Properties and Application.</p>	Lecture, Discussion and Demonstration	Understanding and learning to apply fundamental statistics	Continuous Internal Assessment, Internal Examinations and University Examinations
3	–	<p style="text-align: center;">DSC:</p> <p style="text-align: center;">Introduction to Psychology:</p> <p>Practicum: D) Graphical Representation: Frequency Polygon, Histogram and Ogive</p>	Lecture and Demonstration. Experiential learning	Understanding the application of statistics to research data and its interpretation.	Continuous Internal Assessment, Internal Examinations and University Examination

LORETO COLLEGE

TIME PLAN
July 2024-December 2024

Name of the teacher: DR. DINAZ R. JEEJEEBHOY

Initials: DJ

Teaching Objective:

- To generate interest and love for the subject
- To provide guidance beyond textbooks
- To prepare students for higher education and practical application of their knowledge

1st Semester Topic-wise Time Plan- Major

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
1	2 (Th)	DSCC-1: Introduction to Psychology. Unit 1 (c) Need for quantification in Psychology, Levels of Measurement: Nominal, Ordinal, Interval, Ratio	Lecture and Discussion	Understanding the need for measurement and measurement variables, their application in the field of Psychology	Continuous Internal Assessment, Internal Examinations and University Examinations
2	7 (Th)	DSCC-1: Introduction to Psychology. Unit 2 (b): Sensation and Perception: Introduction to Psychophysics, Concept of sensory thresholds, Weber-Fechner Law, Classical Methods: Gradation, Constant and average error.	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of sensation, perception and psychophysics along with a general idea of its various laws, methods and fields.	Continuous Internal Assessment, Internal Examinations and University Examinations
3	15 (Pr)	DSCC-1: Introduction to Psychology. Unit 1: Introduction to Psychology: Practicum (b) Reiz Limen (RL)	Lecture and Demonstration	To provide an understanding about the underlying theoretical constructs, be able to conduct the practicum and justify the method used, know about the instrument used and be able to explain the findings	Continuous Internal Assessment, Internal Examinations and University Examinations

				and link the findings with the theory.	
4	15 (Th)	SEC 1: Stress Management: Unit 3: Managing Stress: Methods, Yoga, meditation, relaxation techniques, problem focussed and emotion focussed approaches.	Lecture and Demonstration.	Understanding the basics of the different methods of managing stress.	Continuous Internal Assessment, Internal Examinations and University Examinations .
5	10 (Pr)	SEC 1: Stress Management: Practicum 2: Administration of State Trait Anxiety Inventory	Lecture and Demonstration.	To know about the underlying theoretical constructs, be able to conduct the practicum and justify the method used, know about the test used and be able to explain the findings and link the findings with the theory.	Continuous Internal Assessment, Internal Examinations and University Examinations .

1st Semester Topic-wise Time Plan- Minor-1: Introduction to Psychology

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	2 (Th)	MN-1: Introduction to Psychology. Unit 1 (c) Need for quantification in Psychology, Levels of Measurement: Nominal, Ordinal, Interval, Ratio	Lecture and Discussion	Understanding the need for measurement and measurement variables, their application in the field of Psychology	Continuous Internal Assessment, Internal Examinations and University Examinations .
2	7 (Th)	MN-1: Introduction to Psychology. Unit 2 (b): Sensation and Perception: Introduction to Psychophysics, Concept of sensory thresholds, Weber-Fechner Law, Classical Methods:	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of sensation, perception and psychophysics	Continuous Internal Assessment, Internal Examinations and University Examinations .

		Gradation, Constant and average error.		along with a general idea of its various laws, methods and fields.	Examinations .
3	15 (Pr)	MN-1: Introduction to Psychology. Unit 1: Introduction to Psychology: Practicum (b) Reiz Limen (RL)	Lecture and Demonstration	To provide an understanding about the underlying theoretical constructs, be able to conduct the practicum and justify the method used, know about the instrument used and be able to explain the findings and link the findings with the theory.	Continuous Internal Assessment, Internal Examinations and University Examinations .

LORETO COLLEGE

TIME PLAN

July 2024-December 2024

Name of the teacher: NAYANIKA SAHA

Initials: NS

Teaching Objective:

- To generate interest and love for the subject
- To provide guidance beyond textbooks
- To prepare students for higher education and practical application of their knowledge

1st Semester Topic-wise Time Plan- Major

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
1	5	DSC: Introduction to Psychology. Unit 1: Introduction to Psychology: Unit 1: (b) Brief Concepts of Schools of Psychology: Behaviourism	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of psychology along with a general idea of its various methods and fields.	Continuous Internal Assessment, Internal Examinations and University Examinations .
2	2	DSC: Introduction to Psychology. Unit 2(c): Biological foundation of behaviour: Genetic basis, neuron, synapse and neurotransmitter (Relevance of studying biological foundation in Behavioural science) Reception and transmission of information (dendrites to efferent neurons)	Lecture and Demonstration	Gaining knowledge about the basics of the transmission of information through the nervous system	Continuous Internal Assessment, Internal Examinations and University Examinations .
3		DSC: Introduction to Psychology. Unit 3(b): Concept, types, uses and measures of Central tendency and dispersion			

4		DSC: Introduction to Psychology Practicum: C) Computational Techniques of the measures of Central Tendency and Dispersion		Understanding the application of statistics to research data and its interpretation.	Continuous Internal Assessment, Internal Examinations and University Examination
4	10	SEC: Stress Management: Practicum 3: Effect of Brief Relaxation on Perceived stress (pre and post design)	Hands-on Work	Understanding and learning the application of Jacobson's Progressive muscle relaxation technique..	Continuous Internal Assessment, Internal Examinations and University Examinations

1st Semester Topic-wise Time Plan- Minor DSC: Introduction to Psychology

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	5	DSC: Introduction to Psychology. Unit 1: Introduction to Psychology: Unit 1: (b) Brief Concepts of Schools of Psychology: Structuralism, Behaviourism and Gestalt	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of psychology along with a general idea of its various methods and fields.	Continuous Internal Assessment, Internal Examinations and University Examinations
2	2	DSC: Introduction to Psychology. Unit 2(c): Biological foundation of behaviour: Genetic basis, neuron, synapse and neurotransmitter (Relevance of studying biological foundation in Behavioural science) Reception and transmission of information (dendrites to efferent neurons)	Lecture and Demonstration	Gaining knowledge about the basics of the transmission of information through the nervous system	Continuous Internal Assessment, Internal Examinations and University Examinations

3		DSC: Introduction to Psychology. Unit 3(b): Concept, types, uses and measures of Central tendency and dispersion			
4		DSC: Introduction to Psychology Practicum: C) Computational Techniques of the measures of Central Tendency and Dispersion		Understanding the application of statistics to research data and its interpretation.	Continuous Internal Assessment, Internal Examinations and University Examination

1st Semester Topic-wise Time Plan- IDC Psychological Perspectives in Education

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	15	Unit 2: International human resource management (IHRM) The context of Globalization, Role of culture in IHRM, Dimensions of Cultural difference (Hofstede).	Lecture, Demonstration, and Discussion	Knowledge of the concept of International HRM in the modern world	Continuous Internal Assessment, Internal Examinations and University Examinations .
2	25	Practicum 1: Administration of Organizational Role Stress Scale	Lecture and Demonstration	Understanding the concept of Role stress in the organisation, learning how to measure it, and linking it with the theoretical background	Continuous Internal Assessment, Internal Examinations and University Examinations .

LORETO COLLEGE

TIME PLAN
July 2024-December 2024

Name of the teacher: NEW TEACHER

Initials: NT

Teaching Objective:

- To generate interest and love for the subject
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- To prepare students for higher education and practical application of their knowledge

1st Semester Topic-wise Time Plan- Major

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	5	DSC: Introduction to Psychology. Unit 1: Introduction to Psychology: Nature, definition, scope, branches, methods(observation, experimentation, interview, field study, correlation) , fields	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of psychology along with a general idea of its various methods and fields.	Continuous Internal Assessment, Internal Examinations and University Examinations .
3	8	DSC: Introduction to Psychology: Practicum 1: Fluctuation of Attention	Lecture, Demonstration and Hands-on Work	Understanding the concept of fluctuation through experiment and usage of instruments.	Continuous Internal Assessment, Internal Examinations and University Examinations .