

**LORETO COLLEGE**  
**TIME PLAN July 2024 – December 2024**

**Name of the teacher: DR. JHELUM PODDER**  
**Initials: JP**

**Teaching Objective:**

- To provide core knowledge of each papers from a conceptual perspective
- To instill creative thought process about the topics to be taught
- To introduce the etiological understanding and therapeutic interventions for the various psychological disorders.
- Help students develop and understanding of how to deal with moderate to severe psychopathology

**5<sup>th</sup> Semester Topic-wise Time Plan- Honours**

<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	12	<p><b>CORE COURSE 11: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS</b></p> <p><b>Unit 2:</b></p> <p>Insight oriented explanations and interventions: Psychoanalytic perspective – Conversion disorder, OCD, Dissociative disorder.</p>	Lecture, and PowerPoint presentation	Gathering in-depth knowledge about disorders and their treatments	Internal Examinations and University Examinations
2	15	<p><b>CORE COURSE 12: DEVELOPMENTAL PSYCHOLOGY</b></p> <p><b>Unit 3:</b></p> <p>Emotional Development; Moral Development: Perspective of Kohlberg; Personality Development</p>	Lecture and video presentation	Imparting knowledge about the emotional, moral and personality development from a life span perspective	Internal Examinations and University Examinations
3	5	<p><b>DISCIPLINE SPECIFIC ELECTIVES A 1: POSITIVE</b></p>	Lecture and demonstration	Hands-on experience of	Home Assignments,

		<b>PSYCHOLOGY: PRACTICUM</b>  <b>Unit 1:</b> Well-being		administering psychometric tools to detect well-being of the testee.	Internal Examinations and University Examinations
4	12	<b>DISCIPLINE SPECIFIC ELECTIVES B 3: HEALTH PSYCHOLOGY</b>  <b>Unit 3:</b> Health Enhancing Behaviours: Exercise, nutrition, safety, pain, stress management	Lecture and Powerpoint presentation	Gathering in-depth knowledge about different types of healthy behaviours	Internal Examinations and University Examinations
6	5	<b>DISCIPLINE SPECIFIC ELECTIVES B 3: HEALTH PSYCHOLOGY: PRACTICUM</b>  <b>Unit 1:</b> Hope	Lecture and demonstration	Hands-on experience of administering psychometric tools to understand about hope of the testee.	Home Assignments, 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 impart comprehensive knowledge
- To provide guidance beyond textbooks
- To prepare students for higher education

**Semester V Topic-wise Time Plan- Honours**

<b>Topics</b>	<b>Hours allotted</b>	<b>Topics (as per curriculum)</b>	<b>Teaching method</b>	<b>Learning outcome (output)</b>	<b>Assessment</b>
1	14	<b>Core Course 11: Understanding and Dealing with Psychological Disorders:</b>  Unit 4: Perspectives of Counselling:  Concept, Steps, Types- Directive, Non-Directive and Eclectic	Lecture and Discussion	Gathering knowledge about different types of counselling techniques, its application and its steps	Continuous Internal Assessment, Internal Examinations and University Examinations
2	8	<b>Core Course 11: Understanding and Dealing with Psychological Disorders: Practicum-</b>  Psychiatric Morbidity: General Health Questionnaire 28	Lecture and Demonstration	Acquiring an understanding about Psychiatric morbidity and its practical utility, primarily in clinical population. Also as a screening tool	Continuous Internal Assessment, Internal Examinations and University Examinations
3	8	<b>Core Course 12: Developmental Psychology: Unit 1: Introduction:</b>  Concept of Human	Lecture and Discussion	Understanding the fundamental research basis of Developmental Psychology and	Continuous Internal Assessment, Internal Examinations and University

		Development; themes (Cephalocaudal and Proximodistal) and research designs		its origin in terms of applied aspects	Examinations
4	6	<b>Core Course 12: Developmental Psychology:</b> Practicum-Aptitude: Davis's Battery of Differential Abilities	Lecture and Demonstration	Developing knowledge about the construct Aptitude, its types and utility in guidance and counselling	Continuous Internal Assessment, Internal Examinations and University Examinations
5	_____	<b>Discipline Specific Elective (DSE): DSE-A-01: Positive Psychology:</b>  No portion has been allotted.	_____	_____	_____
6	14	<b>Discipline Specific Elective (DSE): DSE-B-03: Health Psychology:</b>  <b>Unit 1:</b> Introduction: Introduction to Health Psychology: components of health: social, emotional, cognitive and physical aspects, mind-body relationship, goals of health psychology	Lecture and Discussion	Developing understanding about the origin of the new discipline health psychology, its different aspects and models as the ground work for further research	Continuous Internal Assessment, Internal Examinations and University Examinations

Name of the teacher : DR. DINAZ R. JEEJEEBHOY  
 Initials : DJ

**Teaching Objective:**

- To impart knowledge and understanding of concepts
- To encourage reading beyond classroom text
- To prepare students to understand the human mind and behaviour

**Semester V (Psychology Honours)  
 Topic-wise Time Plan**

<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>
<b>CORE COURSE 11</b> UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS	12	<b>Unit 1: Biological etiology-</b> explanations and interventions for Mood disorders and Schizophrenia: Application in case of mood disorders and schizophrenia	Lecture coupled with interaction with and participation of students and classroom discussion	Knowing about fundamentals of and providing an overview of the etiology and intervention of the said	Continuous Internal Assessment, Home and class assignments and University Examinations.
	12	<b>Unit 3: Behavioural and Cognitive explanations:</b> Application in case of: phobias, depression.		psychological disorders and different modes of intervention for different types of disorders.	
<b>DSE – A – 01</b> POSITIVE PSYCHOLOGY	14	<b>Unit 2: Positive Emotional States and Processes:</b> Happiness and Well-being, Positive Affect and Positive Emotions, Resilience	Lecture coupled with interaction with and participation of students and classroom discussion	Understanding that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, to	Continuous Internal Assessment, Home and class assignments and University Examinations

				enhance their experiences of love, work, and play; and for this they need to focus on their happiness, well-being, explore, understand and regulate their emotions and increase their resilience.	
<b>PRACTICAL DSE – A – 01 POSITIVE PSYCHOLOGY</b>	2 hrs per week	<b>Resilience</b> – To construct a Semi Structured Interview and compare with Annalakshmi’s Scale	Demonstration , Exploration and Lecture	Understanding the methodology of data collection and structuring an interview. Further, understanding how to analyse the data collected.	Continuous Internal Assessment, Home and class assignments, recording of practical work done in the file and University Examinations.

**LORETO COLLEGE**

**TIME PLAN July 2024 – December 2024**

**Name of the teacher: MS. NAYANIKA SAHA**

**Initials: NS**

**Teaching Objective:**

- To impart comprehensive knowledge
- To provide guidance beyond textbooks
- To prepare students for higher education

**5<sup>th</sup> Semester Topic-wise Time Plan- Honours**

<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	6	<u>Core Course 12:</u> Developmental Psychology: Unit 3: <b>Domains of Human Development:</b> Cognitive development: perspectives of Piaget and Vygotsky; Language Development	Lecture, using audio visual aids	Understanding development of vital cognitive functions across life span	Continuous Internal Assessment, Internal Examinations and University Examinations.
2	15	Unit 4: <b>Socio-Cultural Contexts for Human Development:</b> Family; Peers, Media & Schooling; Human Development in the Indian context	Lecture, using audio visual aids, class debate	Understanding and questioning the role of external environment over personal development. Focus on indigenous cultural effects.	Continuous Internal Assessment, Internal Examinations and University Examinations.
3	12	<b>DSE-A -01: POSITIVE PSYCHOLOGY:</b> <b>Unit 1: Introduction: Positive Psychology:</b> An Introduction Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.	Lecture, using audio visual aids, class debate	Understanding the basic concept positive psychology, beyond ‘pathologization’ focusing on the culture laid values. Developing an appreciation for the differences between Western and Eastern Perspectives of	Continuous Internal Assessment, Internal Examinations and University Examinations.

				Positive Psychology	
4		<b>Unit2:Positive Emotional States and Processes:</b> Positive Affect and Positive Emotions,Emotional Intelligence, Resilience	Lecture	Knowledge and more importantly application of Emotional Intelligence and working with positive emotions	Continuous Internal Assessment, Internal Examinations and University Examinations.
5	12	<b>Unit 3: Positive Cognitive States and Processes:</b> Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness	Lecture, using audio visual aids	Understanding basic functional ideas, cognitive states in positive psychology	Continuous Internal Assessment, Internal Examinations and University Examinations.
6	4 hrs. Each wk	<b>DSE B – 03: Health Psychology</b> Practicum: Health Behaviour- To construct a Semi Structured Interview and compared with Cornell Medical Index	Demonstration & hands on group training	Practical training on how to construct a qualitative research tool pertaining to health behaviour, knowledge of a valid tool: Cornell Medical Index.	Continuous Internal Assessment, Internal Examinations and University Examinations.



**TIME PLAN July 2024 – December 2024**

**Name of the Teacher: NEW TEACHER**

**Initials: NT**

**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

**5<sup>th</sup> Semester Topic-wise Time Plan- Honours**

<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	Core Course 11: Understanding and Dealing with Psychological Disorders. Practicum 2: Aggression: State Trait Anger Expression Inventory	Demonstration and Discussion	Hands-on experience with measuring Anger expression in subjects		Continuous Internal Assessment, Internal Examinations and University Examinations.
2	12	Core Course 12: Developmental Psychology: Unit 2: Stages of LifeSpan Development: Prenatal Development, Birth and Infancy, Childhood, Adolescence, Adulthood	Lecture, Demonstration, and Discussion	Gaining introductory knowledge of the various stages of development across the lifespan.		Continuous Internal Assessment, Internal Examinations and University Examinations.
3	4	Core Course 12: Developmental Psychology: Practicum 1: Parent Child Relationship	Demonstration and Discussion	Hands-on experience in assessing parent-child relationship		Continuous Internal Assessment, Internal Examinations and

						University Examinations.
4	6	DSE A – 01: Positive Psychology: Unit 1: Introduction: Positive Psychology:  Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.	Discussion	Developing an appreciation for the differences between Western and Eastern Perspectives of Positive Psychology		Continuous Internal Assessment , Internal Examinations and University Examinations.
5	4	DSE A – 01: Positive Psychology: Unit 2: Positive Emotional States and Processes:  Emotional Intelligence	Discussion	Knowledge and more importantly application of Emotional Intelligence		Continuous Internal Assessment , Internal Examinations and University Examinations.
6	12	DSE A – 01: Positive Psychology: Unit 4: Applications:  Work, education, aging, health	Lecture and Discussion	Knowledge of how positive psychology may be applied in various fields		Continuous Internal Assessment , Internal Examinations and University Examinations.
7	3	DSE B – 03: Health Psychology: Unit 1: Introduction:  Biopsychosocial model of health	Lecture and Discussion	Knowledge of the biopsychosocial model of health		Continuous Internal Assessment , Internal Examinations and University Examinations.

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8	12	DSE B – 03: Health Psychology: Unit 2: Behaviour and health:  Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.	Lecture and Discussion	Knowledge of general information about health behaviour		Internal Examinations and University Examinations.