

NORTH BENGAL
ST. XAVIER'S COLLEGE
DEPARTMENT OF PSYCHOLOGY
LESSON PLAN 2024-2025

North Bengal St. Xavier's College
PSYCHOLOGY, MAJOR-1 (NEW FYUGP)
1st Semester
Lesson Plan 2024-2025

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: I FOUNDATION TO PSYCHOLOGY	To have an ice- breaking session along with the self- introduction and introduction given by the students. To have a general introduction about the subject	Rapport formation so that the students feel comfortable in the class atmosphere and are prepared to learn the new subject and ask questions based on the topics that are discussed in the class.

Name of the Teacher: Ms. Anuja Tamang

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Lesson Type: Theory + Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Experience based learning.**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: I FOUNDATION TO PSYCHOLOGY	To understand the nature and scope of Psychology as a discipline	Students will be able to identify the nature of discipline as a science or social science and will also be able to analyse various scopes/benefits of it

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Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming & Notes**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: I FOUNDATION TO PSYCHOLOGY	To understand and know about the Origin of psychology and various branches of Psychology	Students will have vivid information about different branches of psychology and to understand in what aspect they are different from each other. They will have deep knowledge about how and from where Psychology emerged as a separate discipline.

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming & Notes**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: I FOUNDATION TO PSYCHOLOGY	To understand and evaluate the applications of psychology.	Students will be able to understand the underlying principles of Application of Psychology at workplace, Health, Personal development and their surroundings and appreciate the importance of psychology in daily life

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming & Notes**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: I FOUNDATION TO PSYCHOLOGY	To understand the skills and criteria needed to become a Psychologists.	Students will be able to grasp greater information and will be able to explain, apply and also develop these skills on themselves.

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Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: II SENSATION & PERCEPTION, ATTENTION	To have an ice- breaking session along with the self-introduction and introduction given by the students. To have a general introduction about the subject	Rapport formation so that the students feel comfortable in the class atmosphere and are prepared to learn the new subject and ask questions based on the topics that are discussed in the class.

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Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: II SENSATION & PERCEPTION, ATTENTION	To understand the nature and concept of Sensation & Perception. Define sensation and describe the process of transduction.	Students will be able to understand and recognise the nature of both the discipline and will also be able to differentiate between the two.

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Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: II SENSATION & PERCEPTION, ATTENTION	To learn and compare about various types of Sensation.	Students will be able to compare and evaluate various types of sensation and outline its implications in daily life.

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: II SENSATION & PERCEPTION, ATTENTION	Explain Gestalt principles and their role in organising sensory information Define and exemplify different types of perceptual constancies (size, shape, colour)	Students will be able to compare and evaluate various types of Principles of Gestalt's Psychology and why it is important to learn about them for practical knowledge and utility

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: II SENSATION & PERCEPTION, ATTENTION	Define and exemplify different types of perceptual constancies (size, shape, colour) Define attention and discuss its role in perception. Compare and contrast different models of attention.	The students will be able to define illusions, explain their role in understanding perception, and provide examples of different types of illusions (visual, auditory, tactile). The students will also be able to compare and contrast different models of attention

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Lesson Type: **Theory +Practical**

Duration: **1 hour**

Method of Teaching: **Brainstorming, Lecture and notes, Blackboard work.**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: III LEARNING & MEMORY	To understand and evaluate the concept of Learning and various types of learning- <ol style="list-style-type: none">1. Classical conditioning2. Operant conditioning3. Observational learning	The students will be able to explain and apply various kinds of theories of learning and evaluate its importance and implications.

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Discussion, Lecture and notes**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: III LEARNING & MEMORY	To understand and analyse various cognitive processes of Human Memory and forgetting	Students will be able to clarify and explain various cognitive processes and define human memory and its stages. They will also be able to define and explain what is Forgetting and does it cause.

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Discussion and Experience based learning**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: III LEARNING & MEMORY	To understand and evaluate various models of memory.	Students will be able to classify and explain various theories of memory and analyse its implications too.

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Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Notes & blackboard work.**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: III LEARNING & MEMORY	To understand the concept of forgetting and analyse its causes.	Students will be able to clearly understand the meaning of Forgetting, how & why is it caused and its various types that have an impact on our behaviour.

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture & Notes**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: III LEARNING & MEMORY	To understand and compare different techniques of improving our memory.	Students will be able to classify and explain the various techniques that can help us improve our memory and how and where to apply these techniques.

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Discussion, Question and answer method, notes and blackboard work**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLM AJ101 UNIT: IV EMOTION & MOTIVATION	To know and understand the concepts of Emotion.	Students will be able to grasp the meaning and importance of emotion and evaluate the types of emotions affecting human behaviour. They will also have knowledge about how one can regulate one's emotions by understanding about various positive techniques.

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Discussion, Question and answer method, notes and blackboard work**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: IV EMOTION & MOTIVATION	To understand and compare various theories of Emotions.	Students will be able to learn, evaluate & compare various theories of Emotion and outline its implications too.

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Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture & notes, Blackboard work.**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: IV EMOTION & MOTIVATION	To know and understand the concepts of Emotional Intelligence	Students will be able to explain the concepts of Emotional Intelligence via its various attributes and features.

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Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture & notes, Blackboard work**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: IV EMOTION & MOTIVATION	To know and understand the concepts of Motivation.	Students will be able to grasp the meaning and importance of Motivation and evaluate the types of Motivation affecting human behaviour.

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Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Lecture and Notes**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY PSYLMAJ101 UNIT: III Psychology of Individual Differences	To understand and compare various theories of Motivation	Students will be able to learn, evaluate & compare various theories of Motivation and outline its implications too.

PSYCHOLOGY, MAJOR-2 (NEW FYUGP)

1st Semester

Lesson Plan 2024-2025

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: I: Introduction to Biopsychology Nature and Scope	Students will define biopsychology, explaining its focus on the biological basis of behaviour. They will describe the scope of biopsychology, including its various topics. Students will understand how biopsychology relates to other fields.	The course will provide an understanding of the biological basis of human behaviour, its nature, and scope within psychology. It also helps develop critical thinking to use scientific techniques for biological psychology, and enrich your understanding of yourself and the world.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions, Brainstorming.

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: I: Introduction to Biopsychology Methods and Ethics in Biopsychology	Students will identify and describe major research methods used in biopsychology. They will discuss ethical considerations in research with humans and animals, understanding the importance of ethical guidelines for responsible research.	Developing critical thinking to use scientific techniques for biological psychology. Developing an awareness of ethical issues and influence individual functioning.

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Designation: Assistant Professor

Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: I: Introduction to Biopsychology Divisions of Biopsychology	Students will identify the different divisions or subfields within biopsychology (physiological psychology, psychopharmacology, neuropsychology, psychophysiology, cognitive neuroscience, and comparative psychology). They will understand the specific focus of each division and the research questions addressed by each.	Knowledge about the biological basis of human behaviour, its nature, and scope within psychology. Develop critical thinking to use scientific techniques for biological psychology, and enrich your understanding of yourself and the world.

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Designation: Assistant Professor

Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions, Brainstorming.

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: II: The Functioning Brain Structure and Functions of Neurons	Students will identify and describe the major components of a neuron (cell body, dendrites, axon, myelin sheath, etc.). They will explain the function of each component in neural communication.	Students will gain understanding about the structures of the human brain, their functions, and their impact on human behaviour, enriching their understanding of themselves and the world.

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Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: II: The Functioning Brain Types of Neurons	Students will be able to classify neurons based on their structure (multipolar, bipolar, unipolar) and function (sensory, motor, interneuron).	Having the idea and understanding about the structures of human brain, their functions and impacts on human behaviour. Influence individual functioning.

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Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: II: The Functioning Brain Neural Conduction and Synaptic Transmission	Students will be able to explain the process of neural conduction (action potential) and synaptic transmission, including the roles of ion channels, neurotransmitters, and receptors.	Students will have a grasp of the structures of the human brain and their functions and impacts on human behaviour. Further, they'll develop critical thinking to use scientific techniques for biological psychology.

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Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLM AJ102 UNIT: III: Organization of Nervous system CNS and PNS (Structure and Functions)	Students will identify the major components of the CNS (brain and spinal cord) and PNS (somatic and autonomic nervous systems). They will describe the specific functions of each component, explaining how they work together to control behaviour and bodily functions.	Students will be able to articulate how the CNS and PNS contribute to sensory processing, motor control, and internal regulation. Students will understand and classify the different components of the CNS and PNS, discussing their function.

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Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLM AJ102 UNIT: III: Organization of Nervous system Neuroplasticity of Brain	Students will define neuroplasticity as the brain's ability to change and reorganize its structure and function in response to experience or injury. They will discuss the mechanisms underlying neuroplasticity, such as synaptic plasticity, neurogenesis, and cortical reorganization. Students will explore the implications of neuroplasticity for learning, memory, and recovery from brain damage.	The course will provide knowledge about neuroplasticity, its nature, scope, and impact within psychology. This will help develop critical thinking and enrich understanding of the brain.

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Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: III: Organization of Nervous system Neural Degeneration, Neural Regeneration, and Neural Reorganization	Students will define neural degeneration as the deterioration or loss of neurons, often associated with aging or disease. They will define neural regeneration as the regrowth or repair of damaged neurons. They will define neural reorganization as the brain's ability to reallocate functions to different brain areas after injury.	Students will comprehend the processes of degeneration, regeneration, and reorganization, and what effects those processes have. This will help develop critical thinking and enrich understanding of the brain.

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Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: IV: Endocrine System Endocrine System Structure	Students will identify the major glands of the endocrine system. They will describe the basic structure of these glands and the types of hormones they produce.	Students will be able to describe the key glands of the endocrine system and the components that make them up.

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Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Flipped Classroom, Gamification.**

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: IV: Endocrine System Endocrine System Functions	Students will describe the functions of the hormones produced by the major glands of the endocrine system (Pituitary, Thyroid, Pineal, Adrenal, Gonads). They will analyse the various ways those hormones can impact human behaviour.	The course will provide an understanding of the various functions and relationships of the endocrine system and their effects within psychology. This will help develop critical thinking and enrich understanding of the world.

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Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Gamification.**

Topic	Objective	Expected Course Outcome
Paper name: Biopsychology Paper Code: PSYLMAJ102 UNIT: IV: Endocrine System Abnormalities of Major Glands	Students will explore what types of abnormalities occur when the major glands of the endocrine system are not functioning properly. They will discuss the causes and effects of the abnormalities as well as possible treatments.	Students will be able to comprehend the abnormalities of the endocrine system, and how they can be treated. This will help develop critical thinking and enrich understanding of the world.

PSYCHOLOGY, MINOR-1 (NEW FYUGP)
1st Semester
Lesson Plan 2024-2025

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Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: I: Introduction to Psychology Concept of Psychology: Definition	Students will provide a formal definition of psychology, emphasizing its scientific approach to studying the mind and behaviour. They will differentiate psychology from related disciplines such as philosophy, sociology, and psychiatry. They will understand the importance of empirical evidence and critical thinking in psychological research.	Students will develop a solid understanding of the scope and nature of psychology, and be able to explain to others what psychology is and isn't.

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Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: I: Introduction to Psychology Fields of Psychology	Students will identify and describe the major subfields of psychology, including (but not limited to) clinical psychology, developmental psychology, cognitive psychology, social psychology, biopsychology, industrial-organizational psychology, and educational psychology.	Students will demonstrate knowledge of the different areas in the field of psychology, and be able to differentiate them based on the main objective of each area.

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Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming**

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: I: Introduction to Psychology Scopes of Psychology	Students will explore the diverse applications of psychological principles in various settings, including (but not limited to) mental health, education, business, law, and everyday life. They will understand how psychological research and theory can be used to address real-world problems and improve human well-being.	Students will have a broader understanding of how psychology impacts society and day-to-day life, and they'll also be able to explain this scope to others.

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Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: II: Psychoanalytic, Behaviour, Socio-Cognitive & Humanistic Approaches to Psychology Freud: Psychoanalysis	Students will explain Freud's theory of the unconscious mind and how it influences behaviour. They will describe the structural model of personality (id, ego, superego) and the psychosexual stages of development. Students will identify and explain the defence mechanisms.	Students will be able to discuss Freud's major concepts, understand their role in the psychoanalytic approach, and begin to develop the ability to critically evaluate this perspective.

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Designation: Assistant Professor

Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: II: Psychoanalytic, Behaviour, Socio-Cognitive & Humanistic Approaches to Psychology Behaviouristic Approach: Pavlov and Skinner	Students will explain Pavlov's classical conditioning, including concepts such as unconditioned stimulus, conditioned stimulus, unconditioned response, and conditioned response. They will describe Skinner's operant conditioning, including concepts such as reinforcement, punishment, shaping, and schedules of reinforcement.	Students will be able to use classical and operant conditioning principles to explain how behaviours are learned and changed, along with being able to identify real-world applications of these principles.

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Designation: Assistant Professor

Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions, Flipped Classroom

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: II: Psychoanalytic, Behaviour, Socio-Cognitive & Humanistic Approaches to Psychology Socio-Cognitive Approach: Bandura	Students will explain Bandura's concept of observational learning (modelling) and its role in acquiring new behaviours. They will define self-efficacy and its impact on motivation and performance.	Students will understand how observation and self-efficacy affect behaviour, and be able to understand social cognitive theory in different settings, such as health and education.

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Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: II: Psychoanalytic, Behaviour, Socio-Cognitive & Humanistic Approaches to Psychology Humanistic Approach: Maslow; Rogers	Students will explain Maslow's hierarchy of needs and the concept of self-actualization. They will describe Rogers' person-centered therapy and the importance of unconditional positive regard, empathy, and congruence.	Students will grasp the core tenets of humanistic psychology, including self-actualization, unconditional positive regard, and the centrality of subjective experience. Moreover, they will be equipped to evaluate the ramifications of the humanistic perspective for personal development and well-being.

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Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: III: Psychology of Individual Differences Personality: Concept, Psychodynamic Approach	Students will define personality and differentiate it from related concepts like temperament and character. They will describe the psychodynamic approach to personality, focusing on the influence of unconscious processes and early childhood experiences.	Students will be able to explain the basic definition of personality and have a solid understand of the theories and concepts of the psychodynamic approach.

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Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: III: Psychology of Individual Differences Theories of Personality: Type & Trait, Big Five Theory	Students will describe type theories of personality, focusing on how they categorize individuals into distinct groups. They will explain trait theories of personality, focusing on how they describe personality using a set of continuous dimensions. Students will understand the Big Five theory (Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism) and its application in personality assessment and research.	Students will be able to discuss the various methods of describing personality that are found in type and trait theories, specifically a detailed knowledge of the Big Five.

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Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: III: Psychology of Individual Differences Intelligence: Concept, Theories: Sternberg & Gardner	Students will define intelligence and differentiate it from related concepts like aptitude and achievement. They will explain Sternberg's triarchic theory of intelligence (analytical, creative, practical) and Gardner's theory of multiple intelligences.	Students will gain an understanding of what intelligence is, the different domains it encompasses and how various theorists have tackled the different ways people display and apply intelligence.

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Semester/Year: **1st Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Flipped Classroom.**

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: IV: Applications of Psychology Work	Students will learn about the applications of psychology to improve employee motivation, job satisfaction, productivity, and teamwork in various work settings. They will explore topics such as leadership, organizational culture, human resources management, and workplace stress.	Students will be able to describe how psychological principles can be used to enhance workplace performance and improve employee well-being.

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Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: IV: Applications of Psychology Education	Students will learn about the applications of psychology to improve teaching methods, curriculum design, student motivation, and learning outcomes. They will explore topics such as learning styles, educational psychology, classroom management, and special education.	Students will understand how psychology can improve teaching effectiveness and student success, along with ways to tailor the curriculum for the different needs of different students.

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Semester/Year: 1st Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Flipped Classroom.

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: IV: Applications of Psychology Health	Students will learn about the applications of psychology to promote healthy behaviours, prevent illness, and manage chronic conditions. They will explore topics such as stress management, health psychology, behavioural medicine, and adherence to treatment plans.	Students will be able to discuss how psychological principles can be used to encourage healthy lifestyles and cope with illness.

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Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions,.

Topic	Objective	Expected Course Outcome
Paper name: General Psychology Paper Code: PSYLMIN101 UNIT: IV: Applications of Psychology Environment	Students will learn about the applications of psychology to promote environmental awareness, encourage sustainable behaviours, and address issues such as climate change and resource conservation.	Students will be able to show how psychology can contribute to solving environmental problems and promoting responsible environmental stewardship.

PSYCHOLOGY, MAJOR-3 (NEW FYUGP)
2nd Semester
Lesson Plan 2024-2025

Name of the Teacher: Ms. Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Group discussion**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLMAJ203 UNIT: 1 COGNITION & INTELLIGENCE	Understand the basic concepts of thinking	The students will be able to define and differentiate concepts and prototypes in thinking.

Name of the Teacher: Ms. Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Interactive lecture**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLMAJ203 UNIT: 1 COGNITION & INTELLIGENCE	Examine problem-solving methods, steps, and barriers.	The students will be able to Identify problem-solving methods and barriers to effective problem-solving.

Name of the Teacher: Ms. Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Interactive lecture & Case studies**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLM AJ203 UNIT: 1 COGNITION & INTELLIGENCE	Understand the basic concepts of Intelligence & to discuss the role of nature and nurture in intelligence.	The students will be able to define intelligence in their own words and also analyse the nature-nurture debate regarding intelligence.

Name of the Teacher: Ms. Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Interactive lecture & Case studies**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLM AJ203 UNIT: 1 COGNITION & INTELLIGENCE	Explore different theories of intelligence.	The students will be able to explain key theories of intelligence, such as Multiple Intelligence, Two Factor, and Triarchic theories.

Name of the Teacher: Ms. Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Interactive lecture**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLMAJ203 UNIT: 1 COGNITION & INTELLIGENCE	Learn about intelligence assessment tools, including verbal and non-verbal tests.	The students will be able to apply knowledge of verbal and non-verbal intelligence tests to assess intelligence.

Name of the Teacher: Ms. Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Interactive lecture**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLMAJ203 UNIT: 2 PERSONALITY	To know and understand the concept and structure of human personality. To also summarise and compare various theories of human personality	Students will be able to understand the concept of personality and will also be able to identify the levels of consciousness, various approaches to personality. They will be also to compare and evaluate different theories under Humanistic Approach and outline its implications in daily life.

Name of the Teacher: Ms. Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Interactive lecture & Notes**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLMAJ203 UNIT: 2 PERSONALITY	To know and understand the various types of personality and the methods of assessing personality	Students will be able to explain analyse and apply the self-report measures and behavioural techniques of personality assessment.

Name of the Teacher: Ms. Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Interactive lecture & notes, hands-on workshops**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLMAJ203 UNIT: 2 PERSONALITY	Explore various approaches to studying personality: Psychodynamic, Type & Trait, and Humanistic.	The students will be able to compare and contrast key personality theories and approaches.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **2nd Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Interactive lecture & Notes & Hands-on Workshops**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLM AJ203 UNIT: 3 PHYSIOLOGICAL PSYCHOLOGY	To understand the nature, methods, and scope of physiological psychology.	The students will be able to define and explain the nature, methods, and scope of physiological psychology.

Name of the Teacher: : Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **2nd Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Interactive lecture**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLM AJ203 UNIT: 3 PHYSIOLOGICAL PSYCHOLOGY	To explore the organization and functioning of the nervous system, including CNS and PNS.	The students will be able to describe the structure and functions of the central and peripheral nervous systems.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **2nd Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Interactive lecture**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLMAJ203 UNIT: 3 PHYSIOLOGICAL PSYCHOLOGY	To examine synaptic transmission and the role of neurotransmitters in normal and abnormal functioning	The students will be able to analyze the processes of synaptic transmission and neurotransmitter abnormalities.

Name of the Teacher: : Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **2nd Semester**

Lesson Type: Theory +Practical

Duration: **1 hour**

Method of Teaching: **Interactive lecture**

Topic	Objective	Expected Course Outcome
Paper name- INTRODUCTION TO PSYCHOLOGY- II PSYLMAJ203 UNIT: 3 PHYSIOLOGICAL PSYCHOLOGY	Learn the structure and functions of the endocrine system. To understand the abnormalities of various Glands	The students will be able to discuss the role of the endocrine system in physiological and psychological functions

Name of the Teacher: Anuja Tamang
 Designation: Assistant Professor
 Semester/Year: **2nd Semester**
 Lesson Type: Theory +Practical
 Duration: **1 hour**
 Method of Teaching: **Interactive lecture**

Topic	Objective	Expected Course Outcome
<p>Paper name- INTRODUCTION TO PSYCHOLOGY- II</p> <p>PSYLM AJ203</p> <p>UNIT: 4 PRACTICUM</p>	<p>To provide students with hands-on experience in conducting psychological assessments.</p> <p>Develop skills in administering, scoring, and interpreting tests related to intelligence or personality.</p> <p>Understand the ethical considerations in psychological testing.</p>	<p>The students will be able to demonstrate proficiency in administering and scoring a selected test.</p> <p>Analyze and interpret results to understand individual differences in intelligence or personality.</p> <p>Apply ethical guidelines while conducting and reporting psychological assessments.</p>

PSYCHOLOGY, MAJOR-4 (NEW FYUGP)
2nd Semester
Lesson Plan 2024-2025

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory + Practical

Duration: **1 hour**

Method of Teaching: **Discussion and Experience based learning**

Topic	Objective	Expected Course Outcome
Paper name- STRESS MANAGEMENT PSYLMAJ204 UNIT: I INTRODUCTION, NATURE & SYMPTOMS OF STRESS	To have an ice- breaking session along with the self- introduction and introduction given by the students. To have a general introduction about the subject	Rapport formation so that the students feel comfortable in the class atmosphere and are prepared to learn the new subject and ask questions based on the topics that are discussed in the class.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory + Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Experience based learning.**

Topic	Objective	Expected Course Outcome
Paper name- STRESS MANAGEMENT PSYLMAJ204 UNIT: I INTRODUCTION, NATURE & SYMPTOMS OF STRESS	To understand and remember the nature and symptoms of stress.	Students will have knowledge and will be able to analyse and classify various symptoms of stress and define its nature.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory + Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming & Notes**

Topic	Objective	Expected Course Outcome
Paper name- STRESS MANAGEMENT PSYLM AJ204 UNIT-2 SOURCES OF STRESS	To understand and analyse various sources of stress like Environmental, Social, Psychological and Physiological.	Students will be able to identify and explain various sources of stress and will be able to analyse each one's symptoms and impacts.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: **Theory + Practical**

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming & Notes**

Topic	Objective	Expected Course Outcome
Paper name- STRESS MANAGEMENT PSYLM AJ204 UNIT-3 STRESS AND HEALTH	To know and understand the various effects of stress on mind and body.	Students will be able to explain , analyse various negative impacts of stress on boy and its symptoms and they will be able to outline its implications on human life, as well as be able to safeguard themselves and others.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **1st Semester**

Lesson Type: Theory + Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming & Notes**

Topic	Objective	Expected Course Outcome
Paper name- STRESS MANAGEMENT PSYLMAJ204 UNIT-3 STRESS AND HEALTH	To know and understand the various effects of stress on mind and body	Students will have deeper knowledge and will be able to explain various threats, and negative impacts & symptoms associated with the effects of stress on mind. They will also have knowledge about various areas & parts of brain that gets triggered by acute stress

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory + Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming & Notes**

Topic	Objective	Expected Course Outcome
Paper name- STRESS MANAGEMENT PSYLMAJ204 UNIT-4 STRESS MANAGEMENT METHODS	To understand and evaluate the different types of techniques to overcome and manage stress by using techniques and approaches like Mindfulness, Meditation, Yoga and Relaxation Techniques.	Students will be able to gain knowledge and also compare and evaluate various strategies to manage stress, and apply and appreciate the value of their techniques in their daily life.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: **1st Semester**

Lesson Type: Theory + Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Brainstorming & Notes**

Topic	Objective	Expected Course Outcome
Paper name- STRESS MANAGEMENT PSYLM AJ204 UNIT-4 STRESS MANAGEMENT METHODS	To understand and evaluate the different types of techniques to overcome and manage stress by using emotion-focused and problem-focused approaches.	Students will be able to understand the underlying principles of these approaches and will be able to compare either of the two approaches depending on the requirements and situations.

PSYCHOLOGY, Minor-2 (NEW FYUGP)
2nd Semester
Lesson Plan 2024-2025

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: I INTRODUCTION Defining Youth (Transition to Adulthood), Youth Across Culture	Understand the concept of youth and its transition to adulthood. - Compare youth experiences across different cultures.	Define youth and explain the transition to adulthood. - Analyze cross-cultural variations in youth development.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: I INTRODUCTION- FORMATION OF YOUTH IDENTITY	Examine identity formation theories by Erikson and Marcia. - Explore factors influencing youth identity development.	Students will be able to explain Erikson's and Marcia's theories. - Identify key influences on identity formation.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: I INTRODUCTION- Gender Identity, Gender Role, Sexual Orientation	Analyze the development of gender identity and roles. - Understand different sexual orientations and societal perspectives.	Students will be able to describe the factors that shape gender identity and roles. - Discuss the diversity of sexual orientations and related social constructs

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture, Case studies & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: II YOUTH DEVELOPMENT- Influence of Globalization on Youth	Examine the impact of globalization on youth development	Students will be able to describe the effect, both positive and negative of globalization on youth culture and identity.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: II YOUTH DEVELOPMENT- Body Image Concerns Among Youth	Analyze body image issues and their psychological impact.	Students will be able to identify causes and consequences of body image concerns.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: II YOUTH DEVELOPMENT- Peer Pressure	To understand peer pressure and its effects on youth behavior.	Recognize the impact of peer pressure and develop coping strategies.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion & interactive activities

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: II YOUTH DEVELOPMENT Bullying	Understand the causes and consequences of bullying. Develop intervention strategies to address bullying.	Identify signs of bullying and create solutions to prevent it. Develop coping mechanisms for victims of bullying.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: III ISSUES & CHALLENGES- Gender stereotypes & description	Examine the effects of gender stereotypes and discrimination on youth development.	Understand how gender stereotypes shape youth experiences. Identify strategies to address gender discrimination.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: III ISSUES & CHALLENGES- Substance (Alcohol) Use	Understand the causes and effects of alcohol use among youth.	Recognize risk factors and consequences of alcohol use. Develop awareness and prevention strategies.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT:III ISSUES & CHALLENGES- Juvenile Delinquency	Analyze the causes and impacts of juvenile delinquency.	Identify risk factors leading to juvenile offenses. Explore preventive measures and rehabilitation approaches.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: UNIT:III ISSUES & CHALLENGES- Risky Sexual Behaviour	Examine factors influencing risky sexual behavior among youth.	Understand the psychological and social implications of risky sexual behavior. Develop strategies to promote safe and responsible behavior.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: IV DEVELOPING YOUTH- Women Empowerment in Indian Context	Examine the role of women empowerment in youth development.	Students will be able to understand key policies and initiatives for women empowerment in India.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: IV DEVELOPING YOUTH- Encouraging Non-Gender Stereotyped Aptitudes	Promote non-gender stereotyped career and skill choices	Develop awareness and encourage inclusive perspectives.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Self-reflection, exercises and group discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: IV DEVELOPING YOUTH- Building Resources (Optimism & Resilience)	Develop optimism and resilience in youth.	Identify and implement strategies to build resilience.

PSYCHOLOGY, MAJOR-3 (FYUGP)
3rd Semester
Lesson Plan 2024-2025

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: I INTRODUCTION TO SOCIAL PSYCHOLOGY Definition & Nature of Social Psychology	To understand the basic definition and the fundamental nature of social psychology. To gain a basic knowledge of social psychology and society in a psychological perspective	Students will be able to define social psychology and articulate its focus on how society impacts individuals and vice versa. They will grasp the discipline's scientific nature within the broader field of psychology.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: I INTRODUCTION TO SOCIAL PSYCHOLOGY Definition & Nature of Social Psychology (Continued)	To explore the scope and key themes within social psychology.	Students will develop an understanding of the breadth of topics studied in social psychology.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **LECTURE AND CLASS DISCUSSIONS**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: I INTRODUCTION TO SOCIAL PSYCHOLOGY Application of Social Psychology	To identify and understand the various real-world applications of social psychology. To understand how behaviour impacts society	Students will be able to identify and discuss practical applications of social psychological principles in various societal contexts.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: I INTRODUCTION TO SOCIAL PSYCHOLOGY Application of Social Psychology	To analyse the relevance of social psychology in addressing social issues and promoting positive change.	Students will appreciate the role of social psychology in understanding and potentially addressing social problems.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: II UNDERSTANDING & EVALUATING THE SOCIAL WORLD Social Cognition - Schemas	To define social cognition and understand the role of schemas in organizing social information. To understand how schemas influence our perception, memory, and behaviour.	Students will be able to define social cognition and explain the concept of schemas. They will be able to identify different types of schemas and analyse how schemas can both help and hinder our understanding of the social world.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming, lecture and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: II UNDERSTANDING & EVALUATING THE SOCIAL WORLD Social Cognition - Heuristics & Biases (Optimistic, Negativity)	To define heuristics and understand their use in social judgment. To identify and differentiate between optimistic bias and negativity bias . To understand how these biases can affect our evaluations and decisions.	Students will be able to define heuristics and explain their cognitive function. They will be able to define and distinguish between optimistic bias and negativity bias and provide examples of their influence on social

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming, lecture and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
<p>Paper name- SOCIAL PSYCHOLOGY</p> <p>UPSYMAJ23003</p> <p>UNIT: II UNDERSTANDING & EVALUATING THE SOCIAL WORLD</p> <p>Social Cognition - Biases (Counterfactual, Magical Thinking)</p>	<p>To understand the concepts of counterfactual thinking and magical thinking. To explore the different types of counterfactual thinking and the conditions under which magical thinking is more likely to occur.</p>	<p>Students will be able to define counterfactual thinking and magical thinking. and differentiate between their various forms. They will understand the cognitive processes underlying these types of thinking and their potential consequences.</p>

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical Duration: **1 hour**

Method of Teaching: **Brainstorming, Lecture and Experienced Based Learning**

Topic	Objective	Expected Course Outcome
<p>Paper name- SOCIAL PSYCHOLOGY</p> <p>UPSYMAJ23003</p> <p>UNIT: II UNDERSTANDING & EVALUATING THE SOCIAL WORLD</p> <p>Attribution - Theory of Correspondent Inference</p>	<p>To introduce the concept of attribution and its importance in understanding behaviour . To explain Jones and Davis's theory of correspondent inference and its key components (choice, social desirability, non-common effects).</p>	<p>Students will be able to define attribution and explain the theory of correspondent inference. They will be able to identify the factors that influence dispositional attributions according to this theory and analyse simple behavioural scenarios.</p>

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
<p>Paper name- SOCIAL PSYCHOLOGY</p> <p>UPSYMAJ23003</p> <p>UNIT: II UNDERSTANDING & EVALUATING THE SOCIAL WORLD</p> <p>Attribution - Kelley's Theory & Biases (Correspondence)</p>	<p>To explain Kelley's covariation model of attribution (consensus, distinctiveness, consistency information). To understand the correspondence bias (fundamental attribution error) and its implications for understanding others' behaviour</p>	<p>Students will be able to explain Kelley's covariation model of attribution and use the three types of information to make attributions. They will be able to define and provide examples of the correspondence bias and understand its impact on social perception.</p>

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Lecture.**

Topic	Objective	Expected Course Outcome
<p>Paper name- SOCIAL PSYCHOLOGY</p> <p>UPSYMAJ23003</p> <p>UNIT: II UNDERSTANDING & EVALUATING THE SOCIAL WORLD</p> <p>Attribution - Biases (Self-Serving, Actor-Observer Effect)</p>	<p>To understand the self-serving bias and its role in maintaining self-esteem.</p> <p>To explain the actor-observer effect and the different perspectives involved in attributing our own and others' behaviour</p>	<p>Students will be able to define and provide examples of the self-serving bias and the actor-observer effect.</p> <p>They will understand the motivational and cognitive factors that contribute to these attributional biases.</p>

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Presentation and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: II UNDERSTANDING & EVALUATING THE SOCIAL WORLD Impression Formation and Management	To understand the process of impression formation and the various factors that influence it. To explain the concept of impression management (self-presentation) and the strategies people use to create desired impressions	Students will be able to describe the process of impression formation and identify key factors influencing it. They will be able to define impression management and discuss various strategies individuals employ to present themselves to others.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: III ATTITUDE Concept and Meaning of Attitude	To define the concept of attitude in social psychology. To understand the three components of attitude (affective, behavioural, cognitive). To explore different types of attitudes.	Students will be able to define attitude and articulate its significance in social psychology. They will be able to identify and differentiate between the affective, behavioural, and cognitive components of an attitude. Students will also gain a foundational understanding of the different forms attitudes can take.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: III ATTITUDE Functions of Attitude	To identify and explain the different functions that attitudes serve for individuals (e.g., utilitarian, knowledge, value-expressive, ego-defensive). To understand the importance of these functions in predicting behaviour.	Students will be able to identify and describe the four key functions of attitudes. They will understand how these functions help individuals navigate their social world and the implications for predicting behaviour based on attitudes.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Lecture & brainstorming**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: III ATTITUDE Changing Attitude - Persuasion and the Factors of Persuasion (Source)	To understand the concept of persuasion as a means of attitude change. To identify and analyse the factors related to the source of a persuasive message that influence attitude change (e.g., credibility, attractiveness).	Students will be able to define persuasion and understand its role in attitude change. They will be able to identify and explain how characteristics of the source of a message, such as credibility and attractiveness, can impact the effectiveness of persuasion.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Lecture**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: III ATTITUDE Changing Attitude - Persuasion and the Factors of Persuasion (Message & Audience)	To analyse the factors related to the message itself (e.g., message content, emotional appeals) and the audience (e.g., intelligence, need for cognition) that affect persuasion.	Students will be able to identify and explain how aspects of the persuasive message, such as its content and emotional tone, and characteristics of the target audience influence attitude change. They will gain an understanding of tailoring persuasive efforts to specific audiences

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: III ATTITUDE Changing Attitude - Cognitive Dissonance	To understand the theory of cognitive dissonance and the conditions under which it is most likely to occur. To explore different ways individual's attempt to reduce cognitive dissonance.	students will be able to define cognitive dissonance and explain the psychological discomfort it creates. They will be able to identify situations that are likely to induce dissonance and describe the various ways individuals try to reduce this discomfort, leading to attitude change.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Lecture, Notes**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: IV PREJUDICE Concept and meaning of prejudice	Define the concept and meaning of prejudice. Differentiate prejudice from related concepts like stereotypes and discrimination Discuss the nature of prejudice.	Upon completion of this unit, students will be able to: Define and explain the concept of prejudice

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Lecture / Handouts**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: IV PREJUDICE Formation of prejudice	Explore the various reasons for the formation of prejudice. Analyse potential psychological and social factors contributing to prejudice	Students will be able to identify and discuss potential reasons for the formation of prejudice

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Brainstorming and Lecture**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: IV PREJUDICE Reduction of prejudice	Examine different strategies and approaches aimed at reducing prejudice. Discuss the effectiveness and limitations of these strategies	Describe various approaches to reduce prejudice

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: **Experience Based Learning & Questionnaire**

Topic	Objective	Expected Course Outcome
Paper name- SOCIAL PSYCHOLOGY UPSYMAJ23003 UNIT: IV PREJUDICE Practicum Assessment	Understand the relationship between attitude and prejudice Learn how to conduct a practical assessment related to attitude. Analyse and interpret the findings of the attitude practical.	Understand the basic principles of attitude assessment through the practical. Enhance their understanding of how society impacts individuals. Develop their ability to think critically about social issues. Improve their communication skills through discussions and presentation of practical findings

PSYCHOLOGY, MAJOR-4 (FYUGP)
3rd Semester
Lesson Plan 2024-2025

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Group discussions

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: I INTRODUCTION Meaning of counselling psychology	Define counselling. - Explain the significance of counselling in various fields.	Students will understand the basic definition and importance of counselling.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Interactive lecture & role play

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: I INTRODUCTION Nature, scopes and goals	Explain the nature and scope of counselling. - Identify key goals of counselling in different settings.	Students will be able to describe the nature and goals of counselling in practical contexts.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of teaching: Case Studies, Debate, Ethical Dilemma Exercises

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: I INTRODUCTION Professional Ethics in Counselling	Understand ethical principles in counselling. - Identify ethical dilemmas and decision-making strategies.	Students will gain knowledge of ethical standards and how to apply them.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of teaching: LECTURE & BRAIN STORMING

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: I INTRODUCTION Effective Counsellor: Education & Training	Describe the educational qualifications required for a counsellor. - Discuss different training approaches.	Students will learn about educational paths and skills required for effective counselling.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: LECTURE, SELF ASSESSMENTS

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: I INTRODUCTION Effective Counsellor: Personality Characteristics	Analyze essential personality traits of an effective counsellor. - Reflect on personal suitability for counselling.	Students will assess their own personality traits relevant to counselling.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching:

Lecture, Research Assignment, Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: I INTRODUCTION Status of Counselling Psychology in India	Examine the development of counselling psychology in India. - Identify challenges and opportunities in the field	Students will gain an understanding of the current-status and scope of counselling in India.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Role play, group discussion & Lecture

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: II COUNSELLING PROCESS Building counselling relationships	Understand the importance of rapport-building in counselling. - Learn techniques for establishing trust and empathy.	Students will develop skills in building effective counselling relationships.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: LECTURE & GROUP DISCUSSION, ROLE PLAY

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: II COUNSELLING PROCESS Working in a Counselling Relationship	Explore strategies for effective communication and active listening. - Identify techniques to facilitate client growth.	Students will be able to apply counselling techniques in real-world settings.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: ROLE PLAY, CASE DISCUSSION , LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: II COUNSELLING PROCESS Closing Counselling Relationships	Learn methods for effectively terminating counselling sessions. - Discuss ethical considerations in ending counselling relationships.	Students will gain an understanding of best practices in concluding counselling relationships.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: III TECHNIQUES FOR COUNSELLING Psychodynamic Approach: Freudian	Understand the basic principles of Freudian psychoanalysis. - Learn about the role of the unconscious mind and defence mechanisms.	students will be able to explain key concepts of Freudian psychoanalysis and its relevance to counselling.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: III TECHNIQUES FOR COUNSELLING Psychodynamic Approach: Neo-Freudian	Explore contributions of Neo-Freudians like Jung, Adler, and Erikson. - Compare and contrast Neo-Freudian theories with Freudian psychoanalysis.	students will understand key differences and applications of Neo-Freudian theories in counselling.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: III TECHNIQUES FOR COUNSELLING Humanistic Approach: Existential	Understand existential counselling principles. - Discuss themes of freedom, choice, and responsibility in therapy.	Students will grasp how existential approaches address human concerns in counselling.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: III TECHNIQUES FOR COUNSELLING Humanistic Approach: Client- Centered	Learn Carl Rogers' person-centered approach. - Explore the role of empathy, congruence, and unconditional positive regard.	Students will develop skills in client-centered techniques for counselling.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIE, DEMONSTRATIONS & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: III TECHNIQUES FOR COUNSELLING Behaviour approach	Examine principles of behaviour modification. - Learn about reinforcement, conditioning, and exposure therapy techniques.	Students will understand behavioural strategies and their applications in counselling.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: III TECHNIQUES FOR COUNSELLING C.B.T & R.E.B.T	Understand Albert Ellis' Rational Emotive Behavior Therapy (REBT). - Learn the core principles of Cognitive Behavioral Therapy (CBT). - Apply cognitive restructuring techniques in counselling	Students will gain proficiency in using REBT and CBT techniques to address cognitive distortions.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: IV APPLICATION OF COUNSELLING Child Counselling	Understand the principles of child counselling. - Learn techniques for addressing common childhood issues.	Students will develop skills to assess and counsel children effectively.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: IV APPLICATION OF COUNSELLING Family Counselling	Explore family systems and dynamics. - Learn strategies for effective family counselling.	Students will gain knowledge of family therapy techniques

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: IV APPLICATION OF COUNSELLING Career Counselling	Understand career development theories. - Learn techniques for guiding individuals in career decision-making.	Students will be able to apply career counselling frameworks effectively.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: IV APPLICATION OF COUNSELLING Group Counselling	Learn about the principles and benefits of group counselling. - Explore techniques for facilitating group sessions.	Students will acquire skills for leading group counselling sessions.

Name of the Teacher: Fr. J.K. Susai, SJ

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: CASE STUDIES & LECTURE

Topic	Objective	Expected Course Outcome
Paper name- COUNSELLING PSYCHOLOGY UPSYMAJ23004 UNIT: IV APPLICATION OF COUNSELLING Crisis Interventions	Understand crisis intervention strategies. - Learn techniques for handling sensitive issues in counselling.	Students will develop crisis intervention skills and ethical considerations.

PSYCHOLOGY, MAJOR-5 (FYUGP)
3rd Semester
Lesson Plan 2024-2025

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching:

Lecture, Self-Reflection Exercises, Role-Playing

Topic	Objective	Expected Course Outcome
Paper name- POSITIVE PSYCHOLOGY UPSYMAJ23005 UNIT: I INTRODUCTION: POSITIVE PSYCHOLOGY	Introduce the fundamental concepts of Positive Psychology. - Compare and contrast Eastern and Western perspectives. - Identify key character strengths and virtues.	Understand the evolution and scope of Positive Psychology. - Recognize differences between Eastern and Western perspectives. - Apply knowledge of character strengths in real-life scenarios.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: Lecture & Experimental activities

Topic	Objective	Expected Course Outcome
Paper name- POSITIVE PSYCHOLOGY UPSYMAJ23005 UNIT-II POSITIVE EMOTIONAL STATES & PROCESSES	Explore the psychological aspects of happiness and well-being. - Analyze the role of positive emotions in mental health. - Understand resilience and its development.	Define and differentiate happiness and well-being. - Demonstrate an understanding of positive emotions and their benefits. - Apply resilience-building techniques in various life situations.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: Lecture, case studies

Topic	Objective	Expected Course Outcome
Paper name- POSITIVE PSYCHOLOGY UPSYMAJ23005 UNIT: III COGNITIVE STATES & PROCESSES	Define and explain key cognitive states in Positive Psychology. - Examine the significance of self-efficacy and optimism in personal growth. - Understand the concept of 'flow' and its impact on performance.	Describe and evaluate self-efficacy, optimism, and hope. - Develop strategies to enhance cognitive strengths. - Recognize and apply 'flow' experiences in daily life.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory & Practical

Duration: **1 hour**

Method of Teaching: lecture, case studies

Topic	Objective	Expected Course Outcome
Paper name- POSITIVE PSYCHOLOGY UPSYMAJ23005 UNIT- IV APPLICATIONS Work, Education, Ageing	Discuss the application of Positive Psychology in different life domains. - Analyze the role of Positive Psychology in the workplace, education, and ageing. - Implement Positive Psychology principles in personal and professional life.	Identify real-world applications of Positive Psychology. - Develop techniques to enhance well-being in work, education, and ageing. - Create strategies to foster personal and professional growth through Positive Psychology

PSYCHOLOGY, S.E.C-3 (FYUGP)

3rd Semester

Lesson Plan 2024-2025

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 3rd Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: I: INTRODUCTION Emotional Intelligence	Students will provide a working definition of Emotional Intelligence, differentiating it from traditional measures of intelligence (IQ). They will explore the key elements that comprise EI, setting the stage for a deeper understanding of the construct.	Students will be able to articulate a clear and concise definition of Emotional Intelligence, and effectively distinguish it from other forms of intelligence.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 3rd Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions, Brainstorming.

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: I: INTRODUCTION Models of Emotional Intelligence	Students will be introduced to different theoretical models of EI. They will gain an understanding of the varying perspectives on how EI is conceptualized and measured, including ability-based models and mixed models.	Students will be able to describe and compare different models of Emotional Intelligence, understanding the strengths and weaknesses of each approach.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **3rd Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: I: INTRODUCTION EQ Competencies: Self-Awareness, Self-Regulation, Motivation, Empathy, and Interpersonal Skills	Students will define and describe each of the core EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills. They will understand how these competencies contribute to overall emotional intelligence.	Students will be able to define each of the five core EQ competencies and explain how they contribute to overall emotional intelligence.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **3rd Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: II: KNOWING ONE'S AND OTHERS' EMOTIONS Levels of Emotional Awareness	Students will explore the various degrees to which individuals are conscious of their own emotions, from basic recognition to nuanced understanding. They will learn about the factors that can influence emotional awareness.	Students will be able to distinguish between different levels of emotional awareness, recognizing the various ways in which people can experience and understand their emotions.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 3rd Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: II: KNOWING ONE'S AND OTHERS' EMOTIONS Recognizing Emotions in Oneself	Students will learn techniques for identifying and labeling their own emotions, including paying attention to physical sensations, thoughts, and behaviors. They will explore the challenges involved in accurately recognizing one's emotions.	Students will develop the ability to accurately identify and label their own emotions in the moment, leading to increased self-awareness.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 3rd Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: II: KNOWING ONE'S AND OTHERS' EMOTIONS The Universality of Emotional Expression	Students will explore the research on the universality of emotional expressions, focusing on the six basic emotions: happiness, sadness, anger, fear, surprise, and disgust. They will examine the evidence for cross-cultural similarities and differences in emotional expression and recognition.	Students will be able to discuss the evidence for and against the universality of emotional expressions, recognizing both the commonalities and variations in how emotions are expressed across cultures.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **3rd Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: II: KNOWING ONE'S AND OTHERS' EMOTIONS Perceiving Emotions Accurately in Others	Students will learn techniques for accurately perceiving emotions in others, including paying attention to facial expressions, body language, tone of voice, and verbal cues. They will explore the factors that can influence the accuracy of emotional perception, such as biases and stereotypes.	Students will develop the ability to accurately perceive and interpret the emotions of others, leading to improved communication and relationships.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **3rd Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Activities.**

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: III: MANAGING EMOTIONS & APPLICATIONS MANAGING EMOTIONS: The relationship between emotions, thought, and behavior	Students will explore the dynamic interplay between emotions, thoughts, and behaviors. They will understand how emotions can influence thoughts, how thoughts can trigger emotions, and how both can drive behavior.	Students will be able to explain the cyclical relationship between emotions, thoughts, and behaviors.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **3rd Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: III: MANAGING EMOTIONS & APPLICATIONS MANAGING EMOTIONS: Techniques to manage emotions	Students will be introduced to a variety of evidence-based techniques for managing emotions, such as cognitive reappraisal, mindfulness, relaxation techniques, and emotional expression. They will practice applying these techniques in different situations.	Students will be equipped with a toolbox of techniques for managing their emotions effectively, leading to greater emotional stability and well-being.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **3rd Semester**

Lesson Type: **Theory**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Inquiry-Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: III: MANAGING EMOTIONS & APPLICATIONS APPLICATIONS of Emotional Intelligence: Workplace, Relationships, Conflict Management, and Effective Leadership	Students will explore how EI principles can be applied across various domains, including enhancing communication, teamwork, leadership effectiveness, and conflict resolution in the workplace; building and maintaining healthy relationships; navigating conflict situations constructively; and fostering effective leadership qualities. Students will synthesize their understanding of EI competencies and apply them to real-world scenarios.	Students will be able to integrate EI principles into different aspects of their lives. This includes the ability to communicate effectively and problem-solve in the workplace, as well as lead with empathy and understanding. They will also be able to build stronger relationships and manage conflict constructively.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 3rd Semester

Lesson Type: Theory

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions, Activities.

Topic	Objective	Expected Course Outcome
Paper name: Emotional Intelligence Paper Code: UPSYSEC23003 UNIT: IV: PRACTICUM	Students will engage in practical exercises designed to enhance their ability to regulate emotions, such as managing stress, coping with negative emotions, and responding effectively to challenging situations. They will experiment with various techniques, such as mindfulness, cognitive reappraisal, and relaxation exercises.	Students will develop and refine their emotional regulation skills, enabling them to respond more effectively to challenging situations.

PSYCHOLOGY, MINOR-3 (FYUGP)

3rd Semester

Lesson Plan 2024-2025

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: I INTRODUCTION Defining Youth (Transition to Adulthood), Youth Across Culture	Understand the concept of youth and its transition to adulthood. - Compare youth experiences across different cultures.	Define youth and explain the transition to adulthood. - Analyze cross-cultural variations in youth development.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: I INTRODUCTION- FORMATION OF YOUTH IDENTITY	Examine identity formation theories by Erikson and Marcia. - Explore factors influencing youth identity development.	Students will be able to explain Erikson's and Marcia's theories. - Identify key influences on identity formation.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: I INTRODUCTION- Gender Identity, Gender Role, Sexual Orientation	Analyze the development of gender identity and roles. - Understand different sexual orientations and societal perspectives.	Students will be able to describe the factors that shape gender identity and roles. - Discuss the diversity of sexual orientations and related social constructs

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture, Case studies & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: II YOUTH DEVELOPMENT- Influence of Globalization on Youth	Examine the impact of globalization on youth development	Students will be able to describe the effect, both positive and negative of globalization on youth culture and identity.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: II YOUTH DEVELOPMENT- Body Image Concerns Among Youth	Analyze body image issues and their psychological impact.	Students will be able to identify causes and consequences of body image concerns.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: II YOUTH DEVELOPMENT- Peer Pressure	To understand peer pressure and its effects on youth behavior.	Recognize the impact of peer pressure and develop coping strategies.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion & interactive activities

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: II YOUTH DEVELOPMENT Bullying	Understand the causes and consequences of bullying. Develop intervention strategies to address bullying.	Identify signs of bullying and create solutions to prevent it. Develop coping mechanisms for victims of bullying.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: III ISSUES & CHALLENGES- Gender stereotypes & description	Examine the effects of gender stereotypes and discrimination on youth development.	Understand how gender stereotypes shape youth experiences. Identify strategies to address gender discrimination.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: III ISSUES & CHALLENGES- Substance (Alcohol) Use	Understand the causes and effects of alcohol use among youth.	Recognize risk factors and consequences of alcohol use. Develop awareness and prevention strategies.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT:III ISSUES & CHALLENGES- Juvenile Delinquency	Analyze the causes and impacts of juvenile delinquency.	Identify risk factors leading to juvenile offenses. Explore preventive measures and rehabilitation approaches.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: UNIT:III ISSUES & CHALLENGES- Risky Sexual Behaviour	Examine factors influencing risky sexual behavior among youth.	Understand the psychological and social implications of risky sexual behavior. Develop strategies to promote safe and responsible behavior.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: IV DEVELOPING YOUTH- Women Empowerment in Indian Context	Examine the role of women empowerment in youth development.	Students will be able to understand key policies and initiatives for women empowerment in India.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Lecture & Group Discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: IV DEVELOPING YOUTH- Encouraging Non-Gender Stereotyped Aptitudes	Promote non-gender stereotyped career and skill choices	Develop awareness and encourage inclusive perspectives.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **3rd Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: Self-reflection, exercises and group discussion

Topic	Objective	Expected Course Outcome
Paper name- YOUTH PSYCHOLOGY PSYLMIN202 UNIT: IV DEVELOPING YOUTH- Building Resources (Optimism & Resilience)	Develop optimism and resilience in youth.	Identify and implement strategies to build resilience.

PSYCHOLOGY, MAJOR-6 (FYUGP)

4th Semester

Lesson Plan 2024-2025

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: I DEVELOPMENTAL FOUNDATIONS (BIOLOGICAL FOUNDATIONS)	Describe the fundamental biological factors that influence development. Understand the roles of heredity and genetics in human development [You]. Identify key biological systems relevant to developmental process.	Students will be able to explain the basic difference between growth and development and the underpinnings of development. They will be able to understand how nature interacts with nurture in shaping human traits.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: I DEVELOPMENTAL FOUNDATIONS (PRE-NATAL DEVELOPMENT)	To explain the pre-natal development. Identify critical periods of growth and potential environmental influences during the pre-natal phase. Describe the process of birth and its immediate effects on the new-born.	Students will be able to outline the major developmental milestones before birth and understand the vulnerability of the developing organism. They will also understand the basic stages of labour and delivery

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: I DEVELOPMENTAL FOUNDATIONS (INFANCY)	Identify the key milestones during infancy (birth to two years approx). describe the rapid physical, sensory and motor development during infancy. Understand the early emergence of social and cognitive abilities during this period.	Students will be able to recognise the significant physical and perceptual changes that occur in the first two years of life. They will be able to identify the early foundations of social and cognitive development.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: I DEVELOPMENTAL FOUNDATIONS (Physical Development across the lifespan: Infancy; Childhood; Adolescence; Adulthood)	To analyse the patterns of physical growth and development across infancy, childhood, adolescence, and adulthood. Identify key physical changes characteristic of each stage [You]. Understand the interrelation between physical development and other domains of development	Students will be able to compare and contrast the patterns of physical development across the different stages of the lifespan. They will understand how physical changes influence and are influenced by cognitive, social, and emotional development.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: 2 COGNITIVE & LANGUAGE DEVELOPMENT (COGNITIVE DEVELOPMENT- PIAGETAIN PERSPECTIVE)	Explain the core concepts of Piaget's theory of cognitive development, including schemas, assimilation, and accommodation. Identify and describe the four stages of cognitive development proposed by Piaget (sensorimotor, preoperational, concrete operational, formal operational). Discuss the strengths and limitations of Piaget's theory	Students will be able to articulate Piaget's stages of cognitive development and the key cognitive processes that characterise each stage. They will be able to critically evaluate the contributions and shortcomings of Piaget's perspective on cognitive development.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: 2 COGNITIVE & LANGUAGE DEVELOPMENT (COGNITIVE DEVELOPMENT- INFORMATION PROCESSING PERSPECTIVE)	Describe the information processing approach to cognitive development. Identify key components of the information processing model, such as attention, memory, and problem-solving. Compare and contrast the information processing perspective with Piaget's theory	Students will be able to explain how the information processing framework views cognitive development as a continuous process. They will understand how specific cognitive functions develop and change over time and be able to distinguish this approach from Piaget's stage-based theory.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: 2 COGNITIVE & LANGUAGE DEVELOPMENT (VYGOTSKY'S PERSPECTIVE)	Explain the main principles of Vygotsky's sociocultural theory of cognitive development. Describe the concepts of the Zone of Proximal Development (ZPD) and scaffolding. Discuss the role of social interaction and culture in cognitive development according to Vygotsky	Students will be able to explain how social and cultural factors influence cognitive growth according to Vygotsky. They will be able to apply the concepts of ZPD and scaffolding to understand learning and development.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: 2 COGNITIVE & LANGUAGE DEVELOPMENT (NATIVIST, BEHAVIOURIST, INTERACTIONALIST APPROACH)	Describe the nativist perspective on language development, including Chomsky's Language Acquisition Device (LAD). Explain the behaviourist perspective on language development, focusing on principles of reinforcement and imitation. Describe the interactional approach to language development, highlighting the interplay of biological and environmental factors	Students will be able to outline the key arguments of the nativist, behaviourist, and interactional theories of language development. They will be able to compare, and contrast these different perspectives on how children acquire language.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
<p>Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006</p> <p>UNIT: 3 PERSONALITY AND MORALITY</p> <p>(Development of morality & self-control across: Kohlberg's Moral development; Carol Gilligan's Moral development (Temperament and Personality Development, Emotional development across lifespan)</p>	<p>Define temperament and discuss different dimensions of temperament. Explain major theories of personality development across the lifespan. Describe the typical patterns of emotional development from infancy through adulthood. Analyse the interplay between temperament, personality, and emotional development</p>	<p>Students will be able to distinguish between temperament and personality and understand how they contribute to individual differences. They will be able to describe key stages and influences in personality and emotional growth throughout life.</p>

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
<p>Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006</p> <p>UNIT: 3 PERSONALITY AND MORALITY</p> <p>(Development of morality & self-control across: Kohlberg's Moral development; Carol Gilligan's Moral development)</p>	<p>Explain Kohlberg's stages of moral development and the reasoning at each level. Describe Gilligan's critique of Kohlberg's theory and her alternative perspective on moral development. Discuss the development of self-control in relation to moral reasoning. Compare and contrast Kohlberg's and Gilligan's theories of moral development</p>	<p>Students will be able to outline the different stages of moral reasoning according to Kohlberg and understand the gender-based criticisms offered by Gilligan. They will also understand how self-control develops and its connection to moral behaviour</p>

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
<p>Paper name- DEVELOPMENTAL PSYCHOLOGY</p> <p>UPSYMAJ24006</p> <p>UNIT: 3 PERSONALITY AND MORALITY</p> <p>(Development of sex differences and sex roles)</p>	<p>Distinguish between sex and gender</p> <p>. Discuss the biological and social influences on the development of sex differences</p> <p>. Explain how sex roles are learned and internalised through socialisation. Analyse the impact of culture and societal expectations on the development of sex differences and sex roles</p>	<p>Students will be able to differentiate between biological sex and social constructs of gender. They will understand the various factors that contribute to the development of sex differences and gender roles and be able to critically evaluate the influence of societal norms</p>

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
<p>Paper name- DEVELOPMENTAL PSYCHOLOGY</p> <p>UPSYMAJ24006</p> <p>UNIT: 4 SOCIAL DEVELOPMENT (FAMILY)</p>	<p>Discuss the different types of family structures and their impact on development.</p> <p>Explain the various functions of the family in child and adolescent development</p> <p>Analyse the influence of parenting styles on social and emotional development</p> <p>Describe how family dynamics change across the lifespan</p>	<p>Students will be able to identify different family structures and understand their potential influences on development. They will be able to explain the crucial roles families play in socialisation and development across different life stages and analyse the impact of parenting approaches.</p>

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: 4 SOCIAL DEVELOPMENT (PEERS)	Explain the significance of peer relationships in social development. Describe the stages of peer interaction from early childhood to adolescence. Discuss the influence of friendship quality and social acceptance on well-being Analyse the role of peer pressure in adolescent development	Students will be able to articulate the importance of peers and friends for social learning and development. They will understand how peer interactions evolve and the impact of these relationships on individual adjustment. They will also be able to analyse the complexities of peer influence, including peer pressure.

Name of the Teacher: Ms. Anuja Tamang

Designation: Assistant Professor

Semester/Year: **4th Semester**

Lesson Type: Theory

Duration: **1 hour**

Method of Teaching: **Brainstorming and Experienced Based Learning.**

Topic	Objective	Expected Course Outcome
Paper name- DEVELOPMENTAL PSYCHOLOGY UPSYMAJ24006 UNIT: 4 SOCIAL DEVELOPMENT (MEDIA & SCHOOL)	Examine the various ways in which media influences social development (e.g., social learning, role models) Discuss the impact of different types of media (e.g., television, internet, social media) on behaviour and attitudes. Analyse the role of school as a socialising agent. Describe the influence of the school environment (e.g., teacher-student relationships, peer groups within school) on social development	Students will be able to critically evaluate the impact of media on socialisation and development , considering different media platforms. They will understand how schools contribute to social development beyond academic learning, including the influence of the school environment and relationships formed within it.

PSYCHOLOGY, MAJOR-7 (FYUGP)
4th Semester
Lesson Plan 2024-2025

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
<p>Paper name: Psychological Research Paper Code: UPSYMAJ24007</p> <p>UNIT: I: Introduction to Research -</p> <p>a) Introduction: Definition & Types of research b) What is Psychological Research? c) Goals of Psychological Research d) Principles of good research e) Ethics in Psychological Research f) Research Process: Research Problem and Hypothesis g) Psychological Testing: Characteristics of a test – standardization, reliability, validity, norms, applications & issues</p>	<p>The primary objectives of this unit are to provide students with a foundational understanding of research principles and their application within the field of psychology. Students will learn to define research, differentiate between various research types and methodologies, and understand the specific nature of psychological research. Furthermore, the unit aims to familiarize students with the goals of psychological research, the principles of good research, ethical considerations in research, the initial stages of the research process (including identifying a problem, formulating a question, and constructing a hypothesis), and the characteristics, applications, and related issues of psychological testing.</p>	<p>Upon completion of this unit, students will be able to define research and psychological research, as well as differentiate between various research types and methodologies. They will be able to explain the diverse goals of psychological research and demonstrate a solid grasp of the principles of good research, applying these principles when evaluating research studies. Moreover, students will be equipped to identify ethical issues in psychological research and adhere to ethical guidelines. Finally, students will be able to formulate pertinent research questions, develop testable hypotheses, explain the characteristics of psychological tests, understand the applications of tests, and critically evaluate the various issues related to their use.</p>

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: Psychological Research Paper Code: UPSYMAJ24007 UNIT: II: Sampling Probability and Non-probability Sampling Techniques	Students will learn the fundamental concepts of sampling and its importance in research. They will learn about the different types of probability sampling techniques (e.g., simple random sampling, stratified sampling, cluster sampling) and non-probability sampling techniques (e.g., convenience sampling, purposive sampling, quota sampling). Students will explore the advantages and disadvantages of each technique and when to use them.	Students will be able to differentiate between probability and non-probability sampling methods, describe the different types of sampling techniques within each category, and apply their knowledge to select appropriate sampling methods for different research scenarios. They will also be able to evaluate the strengths and limitations of each sampling method and their potential impact on the generalizability of research findings.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Psychological Research Paper Code: UPSYMAJ24007 UNIT: III: Research Methods Qualitative; Quantitative research; Mixed Research	Students will define qualitative, quantitative, and mixed research approaches. They will learn about the philosophical underpinnings, data collection techniques, and data analysis methods associated with each approach. Students will understand the strengths and limitations of each approach and when to use them. They will also explore the principles and applications of mixed methods research, including various designs for integrating qualitative and quantitative data.	Students will be able to differentiate between qualitative, quantitative, and mixed research approaches, describe the specific methods associated with each approach, and evaluate the suitability of each approach for addressing different research questions.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 4th Semester

Lesson Type: Theory & Practical

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions, Brainstorming.

Topic	Objective	Expected Course Outcome
<p>Paper name: Psychological Research Paper Code: UPSYMAJ24007</p> <p>UNIT: III: Research Methods Experimental, correlational, exploratory and descriptive research</p>	<p>Students will learn about the key characteristics of experimental research, including manipulation of variables, random assignment, and control groups. They will also learn about correlational research, focusing on examining the relationships between variables without manipulating them. Students will understand exploratory research and its purpose of investigating new or understudied phenomena. In addition, they will study descriptive research, which aims to describe the characteristics of a population or phenomenon. For each approach, they will learn about the strengths and weaknesses, ethical considerations, and appropriate applications.</p>	<p>Students will be able to differentiate between experimental, correlational, exploratory, and descriptive research methods, describe the key features of each approach, identify the appropriate uses of each approach, and evaluate the strengths and limitations of each approach in different research contexts.</p>

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 4th Semester

Lesson Type: Theory & Practical

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
<p>Paper name: Psychological Research Paper Code: UPSYMAJ24007</p> <p>UNIT: IV: Data Collection: Methods and Techniques - Qualitative and Quantitative</p>	<p>Students will explore various data collection methods used in both qualitative (e.g., interviews, focus groups, observations, document analysis) and quantitative research (e.g., surveys, experiments, standardized tests). They will learn about the strengths and weaknesses of each method, the types of data they generate, and the appropriate contexts for their use. Students will learn how to design effective data collection protocols for different research questions.</p>	<p>Students will be able to describe the variety of data collection methods available in both qualitative and quantitative research. They will be able to select appropriate methods based on the research question and design, and they will be able to develop effective data collection procedures.</p>

PSYCHOLOGY, MAJOR-8 (FYUGP)
4th Semester
Lesson Plan 2024-2025

Name of the Teacher: Mr. Rohan Chettri
Designation: **Assistant Professor**
Semester/Year: **4th Semester**
Lesson Type: **Theory & Practical**
Duration: **1 Hour**
Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: I: Concept of Abnormality Definition of abnormality; distinction between normality and abnormality	Students will explore different definitions of abnormality (e.g., statistical deviance, violation of social norms, maladaptiveness, personal distress). They will critically analyze the challenges in defining abnormality and discuss the cultural and contextual factors that influence perceptions of normality and abnormality.	Students will be able to articulate various definitions of abnormality, understand the limitations of each definition, and critically evaluate the role of culture and context in shaping perceptions of abnormality.

Name of the Teacher: Mr. Rohan Chettri
Designation: **Assistant Professor**
Semester/Year: **4th Semester**
Lesson Type: **Theory & Practical**
Duration: **1 Hour**
Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: I: Concept of Abnormality Criteria of abnormality	Students will learn the key criteria used in determining abnormal behavior, including statistical infrequency, personal distress, social deviance, and maladaptive behavior. They will critically examine the strengths and weaknesses of each criterion.	Students will be able to apply the different criteria for abnormality to case examples, and discuss when specific criteria are more or less relevant..

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 4th Semester

Lesson Type: Theory & Practical

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: I: Concept of Abnormality Methods of Assessment of abnormality	Students will be introduced to the different methods used to assess abnormal behavior, including clinical interviews, psychological testing (e.g., personality assessments, intelligence tests), behavioral observation, and neuropsychological assessments. They will learn about the strengths and limitations of each method.	Students will be able to describe different assessment methods and evaluate the usefulness of each method.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 4th Semester

Lesson Type: Theory & Practical

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions, Brainstorming.

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: I: Concept of Abnormality Diagnostic & Statistical Manual of Mental Disorders- DSM V	Students will gain an overview of the DSM-5, including its purpose, organization, and diagnostic criteria. They will learn about the changes from previous editions of the DSM and the strengths and limitations of using a categorical diagnostic system.	Students will develop a working knowledge of the DSM-5, enabling them to comprehend the diagnostic criteria for different disorders and critically evaluate the DSM-5.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: II: Pervasive Developmental Disorders Intellectual Disability	Students will describe the clinical presentation of Intellectual Disability, including varying levels of severity. They will explore the psychosocial and developmental dynamics associated with Intellectual Disability. Students will also investigate the biological, genetic, and environmental factors that can contribute to its development. Finally, they will understand and apply the DSM-5 diagnostic criteria.	Students will be able to accurately describe the characteristics, causes, and diagnostic criteria for Intellectual Disability and be able to differentiate the varying degrees of severity.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: II: Pervasive Developmental Disorders Autism Spectrum Disorder (ASD)	Students will describe the clinical features of Autism Spectrum Disorder, including deficits in social communication and interaction, as well as restricted, repetitive patterns of behavior, interests, or activities. They will explore the underlying psychological and developmental dynamics associated with ASD. Students will also investigate the genetic, neurological, and environmental factors implicated in the etiology of ASD. They will learn and apply the DSM-5 criteria for diagnosing ASD.	Students will be able to describe the characteristics, causes, and diagnostic criteria for Autism Spectrum Disorder and understand the heterogeneity of the disorder.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 4th Semester

Lesson Type: Theory & Practical

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: II: Pervasive Developmental Disorders Attention-Deficit/Hyperactivity Disorder (ADHD)	Students will describe the clinical presentation of ADHD, including symptoms of inattention, hyperactivity, and impulsivity. They will explore the psychological and social dynamics associated with ADHD. Students will investigate the genetic, neurological, and environmental factors that can contribute to the development of ADHD. Finally, students will learn and apply the DSM-5 diagnostic criteria.	Students will be able to accurately describe the characteristics, causes, and diagnostic criteria for Attention-Deficit/Hyperactivity Disorder and understand the different subtypes of ADHD.

Name of the Teacher: Mr. Rohan Chettri

Designation: Assistant Professor

Semester/Year: 4th Semester

Lesson Type: Theory & Practical

Duration: 1 Hour

Method of Teaching: Lecture Method, Multimedia Instructions.

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: II: Pervasive Developmental Disorders Learning Disabilities	Students will describe the clinical features of various learning disabilities, such as dyslexia (reading), dysgraphia (writing), and dyscalculia (mathematics). They will understand how learning disabilities are assessed and diagnosed, noting that the DSM-5	Students will be able to describe the characteristics, causes, and assessment methods for various learning disabilities and understand the impact of these disabilities on academic achievement and psychosocial functioning.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: III: Anxiety Disorders Generalized Anxiety Disorder (GAD)	Students will describe the clinical presentation of GAD, including excessive worry and anxiety about a number of events or activities. They will explore the psychological, social, and biological factors that contribute to the development of GAD. Students will learn to differentiate GAD from normal anxiety and apply the DSM-5 diagnostic criteria.	Students will be able to accurately describe the characteristics, causes, and diagnostic criteria for Generalized Anxiety Disorder and distinguish it from other anxiety disorders.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: III: Anxiety Disorders Phobic Disorder	Students will describe the different types of phobias (e.g., specific phobia, social anxiety disorder/social phobia, agoraphobia). They will explore the behavioral, cognitive, and biological factors that contribute to the development of phobias. Students will learn the DSM-5 criteria for diagnosing phobic disorders and how they differ from normal fears.	Students will be able to describe the different types of phobias, the underlying causes of phobias, and the diagnostic criteria.

Name of the Teacher: Mr. Rohan Chettri
 Designation: **Assistant Professor**
 Semester/Year: **4th Semester**
 Lesson Type: **Theory & Practical**
 Duration: **1 Hour**
 Method of Teaching: **Lecture Method, Flipped Classroom.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: III: Anxiety Disorders Panic Disorder with or without Agoraphobia	Students will describe the clinical presentation of Panic Disorder, including recurrent unexpected panic attacks. They will explain the concept of agoraphobia and its association with Panic Disorder. Students will explore the cognitive, behavioral, and biological factors that contribute to the development of Panic Disorder and Agoraphobia. Students will learn the DSM-5 criteria for diagnosis.	Th Students will be able to accurately describe the characteristics, causes, and diagnostic criteria for Panic Disorder and Agoraphobia and understand the relationship between the two disorders..

Name of the Teacher: Mr. Rohan Chettri
 Designation: **Assistant Professor**
 Semester/Year: **4th Semester**
 Lesson Type: **Theory & Practical**
 Duration: **1 Hour**
 Method of Teaching: **Lecture Method, Multimedia Instructions, Gamification.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: III: Other Classifications - OCD and PTSD (earlier anxiety disorder)	Understand the clinical picture, dynamics, causes, and DSM-5 criteria for Obsessive-Compulsive Disorder. Understand the clinical picture, dynamics, causes, and DSM-5 criteria for Post-Traumatic Stress Disorder.	Students will be able to accurately describe the characteristics, causes, and diagnostic criteria for Obsessive-Compulsive Disorder and differentiate it from other anxiety disorders. An overview of trauma's impact on the mind.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: IV: Conversion & Dissociative Disorders Conversion disorder	Students will describe the clinical presentation of Conversion Disorder (also known as Functional Neurological Symptom Disorder), including motor or sensory symptoms that are inconsistent with neurological or medical conditions. They will explore the psychological factors and potential stressors that may be associated with the onset or exacerbation of the symptoms. Students will learn the DSM-5 diagnostic criteria for Conversion Disorder.	Students will be able to accurately describe the characteristics, potential causes, and diagnostic criteria for Conversion Disorder and understand the role of psychological factors in the manifestation of physical symptoms.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: IV: Conversion & Dissociative Disorders Dissociative Amnesia	Students will describe the clinical features of Dissociative Amnesia, including the inability to recall important autobiographical information, usually of a traumatic or stressful nature, that is inconsistent with ordinary forgetting. Students will explore the psychological factors that contribute to the development of Dissociative Amnesia and learn the DSM-5 diagnostic criteria.	Students will be able to accurately describe the characteristics, causes, and diagnostic criteria for Dissociative Amnesia and understand the different types of memory loss associated with the disorder.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions, Brainstorming.**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: IV: Conversion & Dissociative Disorders Dissociative Fugue	Students will describe the clinical presentation of Conversion Disorder (also known as Functional Neurological Symptom Disorder), including motor or sensory symptoms that are inconsistent with neurological or medical conditions. They will explore the psychological factors and potential stressors that may be associated with the onset or exacerbation of the symptoms. Students will learn the DSM-5 diagnostic criteria for Conversion Disorder.	Students will be able to accurately describe the characteristics, potential causes, and diagnostic criteria for Conversion Disorder and understand the role of psychological factors in the manifestation of physical symptoms.

Name of the Teacher: Mr. Rohan Chettri

Designation: **Assistant Professor**

Semester/Year: **4th Semester**

Lesson Type: **Theory & Practical**

Duration: **1 Hour**

Method of Teaching: **Lecture Method, Multimedia Instructions**

Topic	Objective	Expected Course Outcome
Paper name: Abnormal Psychology I Paper Code: UPSYMAJ24008 UNIT: IV: Conversion & Dissociative Disorders Dissociative Identity Disorder (DID)	Students will describe the clinical features of Dissociative Identity Disorder (formerly Multiple Personality Disorder), including the presence of two or more distinct personality states or identities that recurrently take control of the individual's behavior. They will explore the role of trauma and other psychological factors in the development of DID. Students will learn the DSM-5 diagnostic criteria .	Students will be able to accurately describe the characteristics, potential causes, and diagnostic criteria for Dissociative Identity Disorder and understand the controversy surrounding the diagnosis.