

[Lesson plan - Indian Psychology - Symbiosis.pdf](#)

[M.A Teaching plan Counseling specialization.pdf](#)

[M.A Teaching plan- Psychology.pdf](#)

Lesson plan

Name of the Program: MA Psychology

Contact hrs: 30

Name of the Course: Indic Psychology

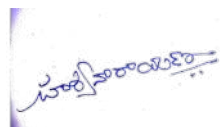
Teaching activities: Demo, Participative, Quiz, Lecturing and Debate

Resources: White board & Pen, PowerPoint presentation, Research papers and Textbooks

Assessment to check for students understanding: Internal & End semester examination

Sr.no	Topic	Contact hrs (hrs required to complete the topic)	Teaching method that is planned to be used	Resources/Teaching aid that is planned to be used	Plan for lesson closure	Student Activity
1	Introduction – Indic Knowledge streams	2	Lecture	-	discussion	Preparing notes on technical terms
2	Introduction - Indian logic	1	Lecture / Article reading	http://www.hindupedia.com/en/Talk:Nyaya	discussion	Preparing notes on technical terms
3	The theory of Karma siddhanta	4	Lecture	PPT	Question – Identify different Instances to identify karma	Creating examples
4	The Indian approach of reasoning	1	Lecture / Article	PPT	Discussion	Preparing notes on technical

			reading			terms
5	Swarthanumana - Convincing Oneself	2	Lecture / Article reading	The_Character_of_Logic_in_India – P:23 onwards	Class test	Creating examples
6	Avayava - The five limbs of structured reasoning	2	Lecture / Article reading	The_Character_of_Logic_in_India – P:15-16	Class test	Creating examples
7	Hetu - The triple nature of a sound reason or evidence	4	Lecture / Article reading	The_Character_of_Logic_in_India – P:17-23	Question – Identify vyaapti in different circumstances	Creating examples
8	Hetvabhasa - The five types of pseudo-reason or pseudo-evidence	5	Lecture / Article reading	Hetvabhasa - Hindupedia, the Hindu Encyclopedia	Question – Identify hetvabhsha in different circumstances	Creating examples
9	Panchakosha Theory	5	Lecture	PPT	Discussion	Article reading



Signature of the teacher



SYMBIOSIS COLLEGE OF ARTS AND COMMERCE

(AN AUTONOMOUS COLLEGE UNDER SAVITRIBAI PHULE PUNE UNIVERSITY)

Teaching Plan M.A. Program

NAME OF THE TEACHER:

YEAR 2020-21

DEPARTMENT: Psychology

Semester IV

CLASS: MA

SUBJECT: GUIDANCE AND CAREER COUNSELLING

WEEK	Unit No. and Name	Topic / Contents	No of Lecture Hours approved by the Board of Studies	<i>list the teaching pedagogy, student centric methods, such as experiential learning, participative learning and problem solving methodologies used by you for enhancing learning experiences</i>
Week 1	1. CAREER COUNSELING: NATURE, PRESENT TRENDS AND FUTURE DIRECTION	1.1 Stages in Career Counselling.	4 lectures	Participative Learning Method

WEEK 2	1. CAREER COUNSELING: NATURE, PRESENT TRENDS AND FUTURE DIRECTION	1.2 Career Counselling and the Development of Human Potential.	4 lectures	
WEEK 3	1. CAREER COUNSELING: NATURE, PRESENT TRENDS AND FUTURE DIRECTION	1.3 Present Trends in Career Counselling. 1.4 Future Direction in Career Counselling	4 lectures	Participative Learning Method
WEEK 4	2. THEORIES OF CAREER DEVELOPMENT	2.1 Holland's Vocational Personality and Work Environment.	4 lectures	Participative Learning Method
WEEK 5	2. THEORIES OF CAREER DEVELOPMENT	2.2 Super's development -Self Concept Approach	4 lectures	Participative Learning Method and Problem solving
WEEK 6	2. THEORIES OF CAREER DEVELOPMENT	2.3 Bandura's Theories for Counsellors	4 lectures	Participative Learning Method

WEEK 7	2. THEORIES OF CAREER DEVELOPMENT	2.4 Implications of Career	4 lectures	Participative Learning Method
WEEK 8	3. CAREER COUNSELING: LIFE SPAN APPROACH	3.1 Career counselling at school setting.	4 lectures	Participative Learning Method
WEEK 9	3. CAREER COUNSELING: LIFE SPAN APPROACH	3.2 Career counselling at higher education level	4 lectures	Problem Solving Methodology and Participative Learning
WEEK 10	3. CAREER COUNSELING: LIFE SPAN APPROACH	3.3 Individual Counselling	4 lectures	Problem Solving Methodology and Experiential learning
WEEK 11	3. CAREER COUNSELING: LIFE SPAN APPROACH	3.4 Group Counselling.	4 lectures	Problem Solving Methodology

WEEK 12	4. COUNSELLING FOR PLANNING AND DECISION-MAKING	4.1 Definition and Career Interest in Career Planning	4 lectures	Participative Learning
WEEK 13	4. COUNSELLING FOR PLANNING AND DECISION-MAKING	4.2The changing nature of the world of work	4 lectures	Participative Learning
WEEK 14	4. COUNSELLING FOR PLANNING AND DECISION-MAKING	4.3Career planning and decision making in school	4 lectures	Participative Learning and Problem Solving Methodology
WEEK 15	4. COUNSELLING FOR PLANNING AND DECISION-MAKING	4.4Career counselling in non-school settings.	4 lectures	Participative Learning and Problem Solving Methodology



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**Teaching Plan
M.A. Program**

NAME OF THE TEACHER:

YEAR 2020-21

DEPARTMENT: PSYCHOLOGY

SEMESTER:IV

CLASS: MA

SUBJECT: AREAS OF COUNSELLING

WEEK		Unit No. and Name	Topic / Contents	No of Lecture Hours approved by the Board of Studies	<i>list the teaching pedagogy, student centric methods, such as experiential learning, participative learning and problem solving methodologies used by you for enhancing learning experiences</i>
TERM –					
Week 1		1. HELPING TROUBLED CHILDREN AND ADOLESCENTS	1.1 Emotionally Disturbed Children; characteristics, assessment ,measures and treatment.	4 lectures	Participative learning , Problem solving Method
WEEK 2		HELPING TROUBLED CHILDREN AND ADOLESCENTS	1.2 . ADHD ; diagnosis, types ,causes ,treatment.	4 lectures	

WEEK 3		1. HELPING TROUBLED CHILDREN AND ADOLESCENTS	1.3. Learning Disabilities; meaning and definitions ,characteristics ,causes ,identification and educational provisions.	4 lectures	Participative learning
WEEK 4		1. HELPING TROUBLED CHILDREN AND ADOLESCENTS	1.4 Mentally Retarded ; definition and characteristics ,identification ,classification, causes and treatment.	4 lectures	Participative learning
WEEK 5		2. FAMILY COUNSELLING	2.1 Premarital Counselling: Nature, Important factors in selecting a mate, Counselling methods and Principles.	4 lectures	Experiential learning Problem solving method
WEEK 6		2. FAMILY COUNSELLING	2.2 Marital Counselling: Factors Related to Good Marital Adjustment	4 lectures	Experiential learning Problem solving method
WEEK 7		2. FAMILY COUNSELLING	2.3 Family Counselling and Couple Counselling: Nature , Basic Concepts, Principles and techniques. 2.4 Counselling for Women.	4 lectures	Experiential learning Problem solving method

WEEK 8		3. COUNSELLING FOR SPECIFIC PROBLEMS	2.4 Counselling for Women. 3.1 HIV/AIDS; Orientation, Pre-test and Post- test Counselling	4 lectures	Participative learning
WEEK 9		3. COUNSELLING FOR SPECIFIC PROBLEMS	3.1 HIV/AIDS; Orientation, Pre-test and Post- test Counselling 3.2 a. P.T.S.D. : Effect of Trauma and interventions	4 lectures	Participative learning
WEEK 10		3. COUNSELLING FOR SPECIFIC PROBLEMS	3.2 b. Anger Control: Nature and Symptoms, anger and its Associated Problems and Treatment. 3.3 Handling suicides and Para suicides. : Nature, Definition and types	4 lectures	Problem solving method, Experiential learning
WEEK 11		3. COUNSELLING FOR SPECIFIC PROBLEMS	3.3 Handling suicides and Para suicides. : Sociological and Psychological Explanation, Suicide Potentiality and Presentation.	4 lectures	Participative learning and problem solving method
WEEK 12		3. COUNSELLING FOR SPECIFIC PROBLEMS 4. SPECIAL AREAS OF COUNSELLING	3.4 Counselling for psychosomatic problems. 4.1 Counselling at Work Place: Nature and Skills.	4 lectures	Participative learning

WEEK 13		4. SPECIAL AREAS OF COUNSELLING	4.2 Occupational Stress and Counselling. : Causes- Extra-organizational Stressors, Organizational stressors, Group Stressors, Individual Stressors; Coping strategies for occupational stress.	4 lectures	Participative learning
WEEK 14		4. SPECIAL AREAS OF COUNSELLING	4.3 Geriatric Counselling: Pre-retirement and retirement counselling; Old age adjustment strategies.	4 lectures	Participative learning
WEEK 15		4. SPECIAL AREAS OF COUNSELLING	4.4 Counselling - Sports Anxiety.: Definition, Anxiety and Personality, Effect of anxiety no performance, types of Sports anxiety, Coping Strategies.	4 lectures	Participative learning



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Teaching Plan

M.A. Program

NAME OF THE TEACHER: Dr. Gauri Choudhary

YEAR 2020-21

DEPARTMENT: Psychology

Semester III

CLASS:

SUBJECT: Neuropsychology

WEEK	Unit No. and Name	Topic / Contents	No of Lecture Hours approved by the Board of Studies	<i>list the teaching pedagogy, student centric methods, such as experiential learning, participative learning and problem solving methodologies used by you for enhancing learning experiences</i>
Week 1	Unit 1: Introduction & Evolution of Neuropsychology	1.1 Introduction: relevance & scope 1.2 Neuropsychology: Past, Present and Future	2	Participative learning

WEEK 2	Unit 2 Structural & Functional Neuroanatomy	Structure of the brain	10	
WEEK 3	Unit 2 Structural & Functional Neuroanatomy	Structure of the brain		Interactive learning/ educational videos
WEEK 4	Unit 2 Structural & Functional Neuroanatomy	Structure of the spine		Interactive learning/ educational videos
WEEK 5	Unit 2 Structural & Functional Neuroanatomy	Communication between neurons		Interactive learning/ educational videos
WEEK 6	Unit 3 Neuropsychological Assessments	Basic Concepts and Principles of Neuropsychological Assessment	18	Interactive learning/ educational videos

WEEK 7	Unit 3 Neuropsychological Assessments	Basic Concepts and Principles of Neuropsychological Assessment		Interactive learning/ educational videos
WEEK 8	Unit 3 Neuropsychological Assessments	Basic Concepts and Principles of Neuropsychological Assessment		Interactive learning/ educational videos
WEEK 9	Unit 3 Neuropsychological Assessments	Practical considerations, ethics & good clinical/ research practice in neuropsychology		Discussion
WEEK 10	Unit 3 Neuropsychological Assessments	Attention, Perception & Visuospatial functions, Memory, Executive Functions, Language		Interactive learning/ educational videos
WEEK 11	Unit 3 Neuropsychological Assessments	Attention, Perception & Visuospatial functions, Memory, Executive Functions, Language		Interactive learning/ educational videos

WEEK 12	Unit 3 Neuropsychological Assessments	Attention, Perception & Visuospatial functions, Memory, Executive Functions, Language		Interactive learning/ educational videos
WEEK 13	Unit 3 Neuropsychological Assessments	Attention, Perception & Visuospatial functions, Memory, Executive Functions, Language		Interactive learning/ educational videos
WEEK 14	Unit 4 Disorders of the brain & rehabilitation	Cognition in neurological disorders, e.g. stroke, dementia, epilepsy, head injuries etc. Cognition in psychiatric disorders, e.g. schizophrenia, mood disorders		Interactive learning/ educational videos
WEEK 15	Unit 4 Disorders of the brain & rehabilitation	Plasticity, recovery and rehabilitation of the brain		Interactive learning/ educational videos



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Teaching Plan

M.A. Program

NAME OF THE TEACHER: Dr. Gauri Choudhary

YEAR 2020-21

DEPARTMENT: PSYCHOLOGY

SEMESTER: III

CLASS:

SUBJECT: Psychodiagnostics

WEEK	Unit No. and Name	Topic / Contents	No of Lecture Hours approved by the Board of Studies	<i>list the teaching pedagogy, student centric methods, such as experiential learning, participative learning and problem solving methodologies used by you for enhancing learning experiences</i>
TERM –				
Week 1	Unit 1: PSYCHODIAGNOSTIC PROCEDURE-I	Structured clinical interview for DSM (SCID-I & II edit.)- Definition & types- Patient and Non Patient version, Clinical trial (SCID-CT), Clinician version (SCID- CV)	10	Participative learning

WEEK 2	Unit 1: PSYCHODIAGNOSTIC PROCEDURE-I	Structured clinical interview for DSM (SCID-I & II edit.)- Definition & types- Patient and Non Patient version, Clinical trial (SCID-CT), Clinician version (SCID- CV)		
WEEK 3	Unit 1: PSYCHODIAGNOSTIC PROCEDURE-I	DSM-5 Self-Rated levels 1 Cross-Cutting symptom Measure- Adult form B) Parent/Guardian-Rated DSM-5 levels I Cross-Cutting symptom Measure- Child form (age 6 to 17) DSM-5 Clinician-Rated Dimensions of Psychosis Symptom Severity 1 .4 WHO Disability Assessment Schedule		Participative learning
WEEK 4	Unit 2: PSYCHODIAGNOSTIC PROCEDURE-H	Rating scales	10	Participative learning
WEEK 5	Unit 2: PSYCHODIAGNOSTIC PROCEDURE-H	Rating scales		Participative learning

WEEK 6	Unit 2: PSYCHODIAGNOSTIC PROCEDURE-H	Intelligence scales		Participative learning
WEEK 7	Unit 2: PSYCHODIAGNOSTIC PROCEDURE-H	Intelligence scales		Participative learning
WEEK 8	Unit 3: PSYCHODIAGNOSTIC PROCEDURE-III	Neuropsychological assessment	10	Demonstration
WEEK 9	Unit 3: PSYCHODIAGNOSTIC PROCEDURE-III	Neuropsychological assessment		Demonstration
WEEK 10	Unit 3: PSYCHODIAGNOSTIC PROCEDURE-III	Projective Testing		Demonstration

WEEK 11	Unit 3: PSYCHODIAGNOSTIC PROCEDURE-III	Projective Testing		Demonstration
WEEK 12	Unit 3: PSYCHODIAGNOSTIC PROCEDURE-III	Testing for special population		Demonstration
WEEK 13	Unit 3: PSYCHODIAGNOSTIC PROCEDURE-III	Testing for special population		Demonstration
WEEK 14	Unit 4: COGNITIVE ASSESSMENT & CLINICAL REPORT	Writing Clinical Report Mental State Assessment	10	Participative learning
WEEK 15	Unit 4: COGNITIVE ASSESSMENT & CLINICAL REPORT	Dementia & Cognitive Impairment Assessment Techniques Family Conflict Assessment Technique: DAS, Family Confl ict Scale		Participative learning



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Teaching Plan

M.A. Program

NAME OF THE TEACHER: Dr. Gauri Choudhary

YEAR 2020-21

DEPARTMENT: PSYCHOLOGY

SEMESTER: III

CLASS:

SUBJECT: Psychopathology I

WEEK	Unit No. and Name	Topic / Contents	No of Lecture Hours approved by the Board of Studies	<i>list the teaching pedagogy, student centric methods, such as experiential learning, participative learning and problem solving methodologies used by you for enhancing learning experiences</i>
TERM –				
Week 1	Unit 1: INTRODUCTION TO MENTAL DISORDER AND PARADIGMS OF PSYCHOPATHOL OGY	Definition and Criteria of mental disorder Mental Disorder Classification Systems before DSM. DSM system and its brief history	10	Participative learning

WEEK 2	Unit 1: INTRODUCTION TO MENTAL DISORDER AND PARADIGMS OF PSYCHOPATHOL OGY	DSM-5 and ICD-11 based classification of mental disorders (main categories) Various Paradigms in Psychopathology- Biological, Psychoanalytical, Behavioristic, Cognitive, Humanistic- existential, Diathesis- Stress Model.		
WEEK 3	Unit 2: NEURODEVELOPMENTS L DISORDERS, SCI- HZOPHRENIA SPECTRUM & OTMR PSYCROTIC DISORDERS.	Intellectual Disability: Definition, types, causes and treatment Communication Disorders: Autism, Hyperactivity, Learning and Motor Disorders	10	Participative learning
WEEK 4	Unit 2: NEURODEVELOPMENTS L DISORDERS, SCI- HZOPHRENIA SPECTRUM & OTMR PSYCROTIC DISORDERS.	Intellectual Disability: Definition, types, causes and treatment Communication Disorders: Autism, Hyperactivity, Learning and Motor Disorders		Participative learning
WEEK 5	Unit 2: NEURODEVELOPMENTS L DISORDERS, SCI- HZOPHRENIA SPECTRUM & OTMR PSYCROTIC DISORDERS.	Intellectual Disability: Definition, types, causes and treatment Communication Disorders: Autism, Hyperactivity, Learning and Motor Disorders		Participative learning

WEEK 6	Unit 2: NEURODEVELOPMENTAL DISORDERS, SCI- HZOPHRENIA	Schizophrenia: Definition, pleases, symptoms, etiology and treatments		Participative learning
WEEK 7	SPECTRUM & OTMR PSYCROTIC DISORDERS.	Schizophrenia Spectrum Psychotic Disorders: Brief Psychotic Disorder, Scliizotypal, Sclaizoplareniforrn Disorder, Schizoffective Disorder, Delusional Disorder		Participative learning
WEEK 8	Unit 2: NEURODEVELOPMENTAL DISORDERS, SCI- HZOPHRENIA	Schizophrenia: Definition, pleases, symptoms, etiology and treatments	10	Participative learning
WEEK 9	Unit 3: DEPRESSION, ANXIETY, OBSESSIVE- COMPULSIVE, TRAUMA AND STRESS RELATED DISORDERS	Depression: Definition, types- Disruptive Dysregulation Disorder, Major Depression, Dysthymia, Premenstrual Dysphoric Disorder. Symptoms, causes of and treatments for Depression Bipolar Disorder: Types-bipolar [& bipolar II, Cyclothymic Disorder. Symptoms, causes and treatments	10	Participative learning

WEEK 10	Unit 3: DEPRESSION, ANXIETY, OBSESSIVE-COMPULSIVE, TRAUMA AND STRESS RELATED DISORDERS	<p>Depression: Definition, types- Disruptive Dysregulation Disorder, Major Depression, Dysthymia, Premenstrual Dysphoric Disorder. Symptoms, causes of and treatments for Depression</p> <p>Bipolar Disorder: Types-bipolar I & bipolar II, Cyclothymic Disorder. Symptoms, causes and treatments</p>		Participative learning
WEEK 11	Unit 3: DEPRESSION, ANXIETY, OBSESSIVE-COMPULSIVE, TRAUMA AND STRESS RELATED DISORDERS	<p>Depression: Definition, types- Disruptive Dysregulation Disorder, Major Depression, Dysthymia, Premenstrual Dysphoric Disorder. Symptoms, causes of and treatments for Depression</p> <p>Bipolar Disorder: Types-bipolar I & bipolar II, Cyclothymic Disorder. Symptoms, causes and treatments</p>		Participative learning
WEEK 12	Unit 3: DEPRESSION, ANXIETY, OBSESSIVE-COMPULSIVE, TRAUMA AND STRESS RELATED DISORDERS	<p>Anxiety Related Disorder: Separation Anxiety Disorder, Selective Mutism, Phobia, Panic Disorder, Generalized Anxiety Disorder</p> <p>A) Obsessive-Compulsive related Disorders: Obsessive-</p>		Participative learning

		Compulsive Disorder (OCD), Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania, Excoriation Disorder B) Trauma & Stress Related Disorder: Reactive Attachment Disorder, Disinhibited Social Engagement Disorder, Posttraumatic Stress Disorder, Acute Stress Disorder Adjustment Disorders		
WEEK 13	DISSOCIATIVE DISORDERS, SOMATIC SYMPTOM RELATED DISORDERS, EATING, ELIMINATION AND SLEEP-WAKE DISORDERS	Dissociative Disorder: Definition & types- Dissociative Identity Disorder, Dissociative Amnesia, Dissociative Fugue, Depersonalization. Somatic Symptom Related Disorders: Types- Somatic Symptom Disorder, Illness Anxiety Disorder, Conversion Disorder, Factitious Disorder	10	Participative learning
WEEK 14	DISSOCIATIVE DISORDERS, SOMATIC SYMPTOM RELATED DISORDERS, EATING, ELIMINATION AND SLEEP-WAKE DISORDERS	Dissociative Disorder: Definition & types- Dissociative Identity Disorder, Dissociative Amnesia, Dissociative Fugue, Depersonalization. Somatic Symptom Related Disorders: Types- Somatic Symptom Disorder, Illness Anxiety Disorder, Conversion Disorder, Factitious Disorder		Participative learning

<p>WEEK 15</p>	<p>DISSOCIATIVE DISORDERS, SOMATIC SYMPTOM RELATED DISORDERS, EATING, ELIMINATION AND SLEEP-WAKE DISORDERS</p>	<p>4.3 Eating Disorder: Types- 1) Pica, 2) Rumination, 3) Avoidant food Intake Disorder, 4) Bulimia B) Elimination Disorder: Types- 1) Enuresis, 2) Encopresis Sleep-wake Disorders: Somnia types: 1) Insomnia, 2) Hypersomnia, 3) Narcolepsy, 4) Breathing related disorder. Parasomnic Types- 1) Non REM sleep arousal disorder, 2) Sleep-waking, 3) Sleep Terror, 4) Nightmare, 5) REM sleep behavior disorder, 6) Restless legs syndrome.</p>		<p>Participative learning</p>
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