

Annual Planning

(Academic Year ~~2018-19~~
2019-20)



To
The principal
Shivaji College, Hingoli

Date: - 25/06/2019

Subject:- To Accept the Annual Planning of Academic Year 2019-20


Dear Sir,

As per the subject and reference I herewith submit the tentative plan of the annual activities going to be undertaken for the Academic year 2019-20 as per direction received. With the above planner I expect economic assistance from you whenever needed. The other concerned activities for inclusion of stakeholders will be added if possible in the same academic year. I request you to accept the annual planning and oblige.

Thank you.

Regards

For
OC


Dr. Sherkar S.T.
Assistant Professor
Head, Department of Psychology
Shivaji College
Hingoli, Dist. Hingoli

Enclosures

1. Teaching planning (Myself)
2. Annual activities Planning of Psychology department
3. Annual activities Planning of Student Development Committee
- 4.

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ATC Dept
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SHIVAJI COLLEGE HINGOLI

Deptt. Of Psychology

Teaching Plan:- 2019 -20

Class :- B.A.F.Y.(Paper II- Basic Concept social Psychology)

Semi - I

Months	Topic / chapters	Periods	Remark
June	Unit – I- SOCIAL PSYCHOLOGY a) Social psychology: What it is and what it does? b) Social psychology: its cutting edge	06	
July	c) A Brief look at history : The origins and early development of social psychology d) How social psychologist answer the fascinating questions they Raise: Research as the route to increased UNIT-II-SOCIAL PERCEPTION a) Non- verbal communication : The unspoken language of expression gazes and gestures b) Attribution : Understanding the causes of others Behavior c) Impression formation and impression management: Combining information about others.	12	
August	Taking assignment UNIT-III – THE SELF a) Self Perception : Managing the self in different social contexts b) Self- knowledge- How do we know who we are? c) Thinking about the self: Personal versus social identity d) Self- Esteem-: Attitudes towards ourselves e) Social comparison : How we evaluate ourselves	12	
September	UNIT-IV –ATTITUDES a) Attitude formation : How attitude develop b) When and why do attitude influence behavior? c) How do attitude guide behavior d) Change in attitudes towards the environment: The unique case of the chipko Movement	12	
October	e) Cognitive Dissonance: What it is and how do we manage it?	03	
Total periods - 45			

Asst. Prof. Dr. Sherkar S.T.

Head, Deptt. Of Psychology

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Teaching Plan:- 2019-2020

Class :- B.A.F.Y.(Paper IV)- Social Psychology) Semi-II

Months	Topic / chapters	Periods	Remark
November	UNIT- I- STEROTYPING, PREJUDICE AND DISCRINATION a) How members of different groups perceive inequality b) The nature and origins of stereotyping c) The nature and power of prejudice d) Prejudice and discrimination : Feeling and actions towards social groups e) Why prejudice is not inevitable : Techniques for countering its effects.	09	
December	Unit-I AGGRESSION a. What is aggression? b. Perspective on aggression : In search of the roots of violence c. Causes of human aggression: Social, cultural, personal and situational d. Aggression in ongoing relationship : Bullying and aggression at work e. The prevention and control of aggression : Some of useful techniques	12	
January	Unit- III- INTERPERSONAL ATTRACTION AND COLOSE RELATIONSHIP a. Internal determination of attraction: The need to affiliate and the basic role of affect. b. External determination of attraction: Proximity and others: observable characteristics c. Factors based on interacting with others: Similarity and mutual linking d. Close relationship : Family, friends, lovers and spouses e. Interdependent relationships: Family and friends.	12	
February	UNIT-IV- APPLICATION OF SOCIAL PSYCHOLOGY a. Social psychology and the legal system b. Social psychology and health c. Social psychology and the world of work	12	
March	Annual examination		
		Total periods - 45	

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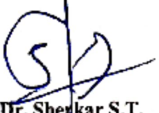
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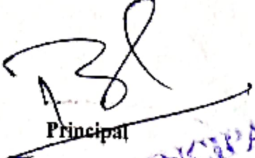
Teaching Plan:- 2019-2020

Class :- B.A. S.Y.

(Paper -VI- Psychology of Adjustment) Semi- III

Months	Topic / chapters	Periods	Remark
June	Unit - I - INTERPERSONAL COMMUNICATION i) The process of interpersonal communication. ii) Nonverbal communication.	06	
July	iii) communication problems. iv) Interpersonal conflict. Unit -II - FRIENDSHIP AND LOVE i) perspectives on close relationships. ii) initial attraction and relationship development Taking assignment for 10 Marks	12	
August	iii) Friendship. iv) romantic love Unit - III - MARRIGE AND INTIMATE RELATIONSHIP i) Challenges to the traditional model of marriage. ii) Moving toward marriage. iii) marital adjustment across the family life cycle.	12	
September	iv) Vulnerable areas in marital adjustment. v) Divorce. Unit - IV - CAREERS AND WORK i) Choosing a career. ii) models of career choice and development	12	
October	iii) The changing world of work. iv) coping with occupational hazards	03	
Total periods - 45			


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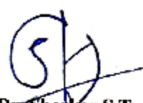
Teaching Plan:- 2019-2020

Class :- B.A. S.Y.

(Paper -I- SEC-Applied Psychology)

Semi- III

Months	Topic / chapters	Periods	Remark
June	Unit – I- Developing an assertive communication (a) The nature of assertiveness (b) Steps in assertiveness training (C)Application:-Measurement of Assertiveness	10	
July	Unit -II-Overcoming loneliness. (a) The nature of loneliness (b) Prevalence of loneliness (c) The roots of loneliness (d) Correlates of loneliness (e) Application :- Measurement of Loneness	13	
August	Unit –III-Understanding intimate violence (a) Partner abuse (b) Child abuse (c) Application :- Measurement of Aggression Taking <u>First</u> Psychological test	10	
September and October	Unit – II -Getting ahead in the job game (a) Putting together a resume (b) Finding companies you want to work for (c) Landing an interview (d) Polishing your interview technique (e) Application :- Measurement of Job Satisfaction Taking <u>Second</u> Psychological test and Taking seminar	12	
Total periods - 45			


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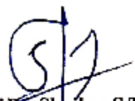
Teaching Plan:- 2019-2020

Class :- B.A. S.Y.

(Paper -II- SEC-Applied Psychology)

Semi- iv

Months	Topic / chapters	Periods	Remark
June	Unit – I- Building self esteem a. Recognize that you control yours self- image b. Don't let others set your goals c. Recognize unrealistic goals d. Modify negative self-talk e. Emphasize your strengths f. Application Measurement of self- esteem	10	
July	Unit – II- Monitoring your self a. Problem with the SRRS b. The life experiences survey c. A cautionary note d. Application: Measurement of stress	13	
August	Unit – III-Achievement self- control a. Specifying your target behavior b. Gathering baseline data c. Designing your program d. Executing and evaluation your program e. Ending your program f. Application: Measurement of self- concept Taking <u>First</u> Psychological test	10	
September and October	Unit – IV- Understanding the effects of drugs a. Drug- related concepts b. Narcotics c. Stimulants d. Hallucinogens e. Application: Measurement of Anxiety Taking <u>Second</u> Psychological test and Taking seminar	12	
		Total periods - 45	


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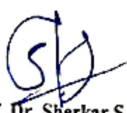



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Teaching Plan:- 2019-2020

Class :- B.A.S.Y.(Paper VIII -Psychology For Living -) Semi-IV

Months	Topic / chapters	Periods	
November	unit – i – the self i) self – concept. ii) self – esteem	06	
December	iii) basic principles of self-perception. (iv) self- regulation taking assignment for 10 marks	06	
January	unit – ii – stress and it's effects i) the nature of stress. ii) major types of stress. iii) responding to stress. iv) the potential effects of stress v) factors influencing stress tolerance.	12	
February	unit – iii– coping processes i) common coping patterns of limited value ii) the nature of constructive coping. iii) appraisal-focused constructive coping. iv) problem-focused constructive coping. v) emotion-facused constructive coping.	12	
March	unit – iv – psychology and physical health i) stress, personality and illness. ii) habits, lifestyles, and health. iii) reactions to illness.	09	
April	Examination		
Total periods - 45			


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Teaching Plan:- 2019-2020
Class :- B.A.S.Y.(Paper X -Psychology Practical)



Months	Psychological tests	Periods	Remark
June	Verbal Test of intelligence.	08	
July	Performance Test of intelligence. Vocational Interest record.	16	
August	Vocational Interest record.	16	
September	Study Habit Inventory. Test study habits and Attitudes. Taking Seminar for Practical internal 10 Marks.	16	
October	Educational Interest Record.	16	
November	Dimensional Personality Inventory. Vocational Interest Record.	16	
December	Self concept questioner. Self actualization Inventory.	16	
January & February	Taking Group Discussion for Practical internal 10 Marks. Attitude scale towards education. A New Test of values.	16	
March	Practical Examination	Total period - 120	

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Teaching Plan:- 2019-2020

Class :- B.A.T.Y.(Paper XII- Introduction to Counseling) Semi - V

Months	Topic / chapters	Periods	Remark
June	Unit – I – Introduction Definition of counseling. Difference between guidance and Counselling	08	
July	Goals of counseling , Professional and ethical issues. Unit – II –Counseling Prosses Prepration for counseling Counseling relationship Counseling content and process Seeps in the counseling proess	12	
August	Unit – III– Counseling Interaction Counseling interaction Variables affecting the counseling Process Counseling skills and portrait of an effective counselor	11	
September	Unit – IV – Counseling Interview Essential aspects of interview Non – verbal communication in interview Counselec – counselor relationship	11	
October	Interviewing techniques in counseling Sharing experience	03	
	Total period - 45		

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Teaching Plan:- 2019-2020

Class :- B.A.T.Y.(Paper XIV-Counseling Techniques) Semi-VI



Months	Topic / chapters	Periods	Remark
November	Unit – I – Theories and techniques counseling Psychodynamic approach- Freud Humanistic approach- client centered Cognitive approach- Rational emotive therapy Behavioral approach- Behavior Modification Yoga and Meditation	11	
December	Unit – I- Psychological Testing and Diagnosis Type of psychological tests Test use in counseling situation Test interpretation in counseling Non –test appraisal techniques	11	
January	Unit – III – Educational Counselling Counselling the elementary school- child Counselling at high school Counseling at college The role of teachers in counseling Educational counseling and curriculum Visit of Mental Health Center/M.R. School/Field work.	11	
February	Unit –IV– Counselling Application Family counseling Counselling with parents Pre-marital and marital counseling Seminar and group Discussion	10	
March & April	Career counseling Counselling drug addicts <p align="right">Total period - 45</p>	02	

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Teaching Plan: - 2019-2020

Class: - B.A.T.Y.(Paper XV -Psychology Practical)



Months	Psychological Tests	Periods	Remark
June	Life satisfaction scale	8	
July	Depression Scale. Mental health.	16	
August	Frustration Scale. Leadership Scale.	16	
September	Locus of control. Leadership Scale.	16	
October	Examination	--	
November	Loneliness Scale. Obedient - disobedient scale.	16	
December	Career decision Scale.	16	
January	Social Maturity Scale Visit to mental hospital or MR school/ Field work	16	
February	Socio- Economic Status Scale	16	
March	Practical Examination (University Level)	--	
April	University Examination	Total period - 120	

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