

# Annual Teaching Plan

(Academic Year 2022-23)



To  
The principal  
Shivaji College, Hingoli

Date: - 30/06/22


**Subject:-** To Accept the **Annual Teaching Planning** of Academic Year 2022-23

**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 2022-23** 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.

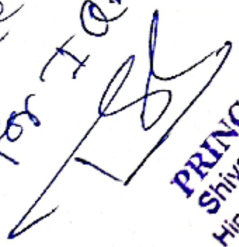
Thank you.

Regards

  
Dr. Sherkar S.T.  
Assistant Professor  
Head, Department of Psychology

## Enclosures

1. Annual Planning of Psychology department
2. Annual activities Planning of Debate and Elocution Committee

*Recommended  
for I.A.C.*  
  
**PRINCIPAL**  
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Hingoli, Dist. Hingoli.

# SHIVAJI COLLEGE HINGOLI

Deptt. Of Psychology

Teaching Plan:- 2022 -23

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

Semi - I



Months	Topic / chapters	Periods	Remark
July	Unit – I– SOCIAL PSYCHOLOGY a) Social psychology: What it is and what it does? b) Social psychology: its cutting edge	06	
August	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 <b>UNIT-II–SOCIAL PERCEPTION</b> 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.	15	
September	Taking assignment <b>UNIT-III – THE SELF</b> 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	16	
October	<b>UNIT-IV –ATTITUDES</b> 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	14	
November	e) Cognitive Dissonance: What it is and how do we manage it?  <b>Total periods - 55</b>	05	

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Teaching Plan:- 2022-2023

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



Months	Topic / chapters	Periods	Remark
December	<b>UNIT- I- STEROTYPING, PREJUDICE AND DISCRINATION</b> 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.	12	
January	<b>Unit-I AGGRESSION</b> 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	14	
February	<b>Unit- III- INTERPERSONAL ATTRACTION AND COLOSE RELATIONSHIP</b> 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.	15	
March	<b>UNIT-IV- APPLICATION OF SOCIAL PSYCHOLOGY</b> a. Social psychology and the legal system b. Social psychology and health c. Social psychology and the world of work	14	
April	<b>Annual examination</b>		
		<b>Total periods - 55</b>	

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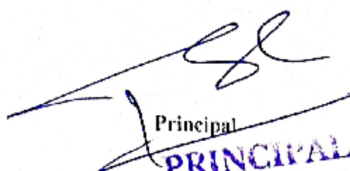
Teaching Plan:- 2022-2023

Class: - B.A. S.Y.

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

Months	Topic / chapters	Periods	Remark
July	<b>Unit - I - INTERPERSONAL COMMUNICATION</b> i) The process of interpersonal communication. ii) Nonverbal communication.	10	
August	iii) Communication problems. iv) Interpersonal conflict. <b>Unit -II - FRIENDSHIP AND LOVE</b> i) perspectives on close relationships. ii) initial attraction and relationship development <b>Taking assignment for 10 Marks</b>	14	
September	iii) Friendship. iv) romantic love <b>Unit - III - MARRIGE AND INTIMATE RELATIONSHIP</b> i) Challenges to the traditional model of marriage. ii) Moving toward marriage. iii) Marital adjustment across the family life cycle.	14	
October	iv) Vulnerable areas in marital adjustment. v) Divorce. <b>Unit - IV - CAREERS AND WORK</b> i) Choosing a career. ii) models of career choice and development	12	
November	iii) The changing world of work. iv) coping with occupational hazards	05	
		<b>Total periods - 55</b>	

  
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Teaching Plan:- 2022-2023

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



Months	Topic / chapters	Periods	
December	<b>unit – i – the self</b> i) Self – concept. ii) self – esteem	10	
January	iii) Basic principles of self-perception. iv) self- regulation <b>taking assignment for 10 marks</b>	10	
February	<b>unit – ii – stress and it's effects</b> 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	
March	<b>unit – iii– coping processes</b> 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-focused constructive coping.	11	
April	<b>unit – iv – psychology and physical health</b> i) stress, personality and illness. ii) Habits, lifestyles, and health. iii) Reactions to illness.	12	
May	Examination		
		Total periods - 55	

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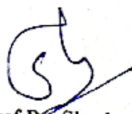
Teaching Plan:- 2022-2023

Class: - B.A. S.Y.

(Paper -I- SEC-Applied Psychology)

Semi-III

Months	Topic / chapters	Periods	Remark
July	<b>Unit – I- Developing an assertive communication</b> (a) The nature of assertiveness (b) Steps in assertiveness training (C)Application:-Measurement of Assertiveness	10	
August	<b>Unit -II-Overcoming loneliness.</b> (a) The nature of loneliness (b) Prevalence of loneliness (c) The roots of loneliness (d) Correlates of loneliness (e) Application :- Measurement of Loneness	13	
September and October	<b>Unit –III-Understanding intimate violence</b> (a) Partner abuse (b) Child abuse (c) Application :- Measurement of Aggression  <b>Taking <u>First</u> Psychological test</b>	10	
November and December	<b>Unit – II -Getting ahead in the job game</b> (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 <b>Taking <u>Second</u> Psychological test and Taking seminar</b>	12	
		<b>Total periods - 45</b>	

  
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Teaching Plan:- 2022-2023

Class: - B.A. S.Y.

(Paper -II- SEC-Applied Psychology)

Sem-IV



Months	Topic / chapters	Periods	Remark
July	<b>Unit – I- Building self esteem</b> 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	
August	<b>Unit – II- Monitoring your self</b> a. Problem with the SRRS b. The life experiences survey c. A cautionary note d. Application: Measurement of stress	13	
September	<b>Unit – III-Achievement self- control</b> 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 <b>Taking <u>First</u> Psychological test</b>	10	
October & November	<b>Unit – IV- Understanding the effects of drugs</b> a. Drug- related concepts b. Narcotics c. Stimulants d. Hallucinogens e. Application: Measurement of Anxiety <b>Taking <u>Second</u> Psychological test and Taking seminar</b>	12	
		<b>Total periods - 45</b>	

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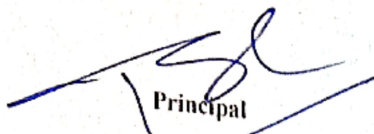
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Teaching Plan:- 2022-2023  
Class: - B.A.S.Y.(Paper X -Psychology Practical )

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

  
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Teaching Plan:- 2022-2023

Class: - B.A.T.Y.(Paper XI- Introduction to Counseling)



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

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Teaching Plan:- 2022-2023

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



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

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Teaching Plan: - 2022-2023

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

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

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