DON BOSCO ARTS & SCIENCE COLLEGE ANGADIKADAVU

(Affiliated to Kannur University Approved by Government of Kerala) ANGADIKADAVU P.O., IRITTY, KANNUR – 670706



COURSE PLAN

(DEPARTMENT)

(2019 – 22)

SEMESTER – VI

ACADEMIC YEAR - (2021-22)

	VI Semester (DEPARTMENT) (2019 - 22)						
SL. No.	Name of Subjects with Code	Name of the Teacher	Duty Hours per week				
1.	6B 14 PSY FRONTIERS IN PSYCHOLOGY	Mr.Albin Joseph	5				
2.	6B 15 PSY COUNSELLING PSYCHOLOGY	Ms.Dyna Scaria	5				
3.	6B 16 PSY ORGANIZATIONAL BEHAVIOUR	Mr.Seemanth	5				
4.	6B 17 PSY PSYCHOLOGICAL TESTING- PRACTICAL 2	Mr.Manjith R	2				
5.	6B 18 PSY PRACTICUM	Sr. Leema Jacob	5				
6.	6B 19 PSY PROJECT	Sr. Leema Jacob	3				
	CLASS TEACHER	Sr. Leema Jacob					

TIME TABLE

Day	09.50 Am - 10.45 Am	10.45 Am -11.40 Am	11.55 Am -12.50 Pm	01.40 Pm - 02.35 Pm	02.35 Pm - 03.30 Pm
1	6B 14 PSY FRONTIERS IN PSYCHOLOGY	6B 15 PSY COUNSELLING PSYCHOLOGY	6B 16 PSY ORGANIZATIO NAL BEHAVIOUR	6B 17 PSY PSYCHOLOGICA L TESTING- PRACTICAL 2	6B 19 PSY PROJECT
2	6B 15 PSY COUNSELLING PSYCHOLOGY	6B 14 PSY FRONTIERS IN PSYCHOLOGY	6B 17 PSY PSYCHOLOGIC AL TESTING- PRACTICAL 2	6B 16 PSY ORGANIZATION AL BEHAVIOUR	6B 19 PSY PROJECT
3	6B 15 PSY COUNSELLING PSYCHOLOGY	6B 16 PSY ORGANIZATION AL BEHAVIOUR	6B 17 PSY PSYCHOLOGIC AL TESTING- PRACTICAL 2	6B 14 PSY FRONTIERS IN PSYCHOLOGY	6B 19 PSY PROJECT
4	6B 16 PSY ORGANIZATION AL BEHAVIOUR	6B 15 PSY COUNSELLING PSYCHOLOGY	6B 18 PSY Practicum	6B 15 PSY COUNSELLING PSYCHOLOGY	6B 18 PSY Practicum
5	6B 14 PSY FRONTIERS IN PSYCHOLOGY	6B 16 PSY ORGANIZATION AL BEHAVIOUR	6B 15 PSY COUNSELLING PSYCHOLOGY	6B 18 PSY PRACTICUM	6B 18 PSY PRACTICUM

6	6B 16 PSY ORGANIZATION AL BEHAVIOUR	6B 15 PSY COUNSELLING PSYCHOLOGY	6B 19 PSY PROJECT	6B 18 PSY PRACTICUM	6B 14 PSY FRONTIERS IN PSYCHOLOGY
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Subject Code:	6B 14 PSY
Subject Name:	FRONTIERS IN PSYCHOLOGY
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	SEEMANTH CHANDRAN.P.K

Unit I: Psychology for empowerment

Educational psychology: - Defining the discipline. Nature and scope of educational psychology. Teaching as an art and science. Effective teaching. Esthetic education Sports psychology:- Defining sports psychology. Outline the difference between sport psychology and exercise psychology, sport psychology as an academic field and as an applied profession.

Positive psychology: - definition. Components of positive psychology, assumptions and goals, western and eastern perspectives in positive psychology. Introducing classifications and measures of human strengths and positive outcomes

Unit II : Psychology for enhancing harmony

Community psychology: - what is community psychology, fundamental principles, seven core values in community psychology, A psychological sense of community. Ecological level of analysis, understanding community, understanding human diversity.

Environmental psychology: - definition, nature and scope of environmental psychology, environmental influences on human behavior and wellbeing, acceptability of environmental policies

Peace psychology: - What is peace psychology, psychological contributors to the prevention of war and violence. Modern peace psychology, Psychological components of sustainable peace.

Unit III: Evidence based practices in psychology

Military psychology: - What is military psychology, psychological concepts and trends in military psychology, Intelligence and aptitude testing, introduce psychological interventions in military contexts, military psychology in India.

Forensic psychology: - Introduction, definition, current trends. Role of forensic psychology in organization and with offenders. The multitude of forensic psychology roles and activities.

Cyber psychology: - What is cyber psychology- human computer inference, cyberspace as a psychological space, psychology in cyberspace, applied cyber psychology. The psychology of artificial intelligence.

Criminal psychology: - what is criminal psychology, criminal investigative analysis:

interviewing, detecting deception & eye witness research. Police psychology. Assessment and treatment of offenders.

Unit IV: Application in social contexts

Media psychology: - what is media psychology, defining mass media psychology, Psychological effects and influences of media: effects of media violence, prosocial effects of media, pornography and erotica, advertising. Psychology in media. Population psychology: - definition, characteristics of population study, nature and scope of population study, national population policy of India, psychological analysis of India's family planning programs.

Political psychology: - what is political psychology, why study political psychology, personality and politics; cognition, social identity, emotions and attitudes in political psychology.

Unit V: Applications in health related areas

Neuropsychology: - what is neuropsychology, definition, branches, comparative neuropsychology, conceptual issues, neuropsychological practice.

Psycho-oncology: - definition, behavioral and psychological factors in cancer risk, palliative and terminal care, psychotherapy in oncology setting, psycho-social impact of personalized therapies in oncology

Rehabilitation psychology: - what is rehabilitation psychology, perspectives in rehabilitation psychology, psychological models in rehabilitation psychology, rehabilitation outcomes and assessments, families in rehabilitation.

Clinical psychology: - what is clinical psychology: learning objectives, clinical psychologist's roles, controversies, pros and cons of selecting clinical psychology as a career. Models that influence the practices of clinical psychology.

No of Weeks	Dates	Session	Торіс
		1	Unit I: Psychology for empowerment Educational psychology: - Defining the discipline.
	02.01.0000	2	Nature and scope of educational psychology. Teaching as an art and science
	03-01-2022	3	Effective teaching. Esthetic education
1	To 08-01-2022	4	Sports psychology:- Defining sports psychology. Outline the difference between sport psychology and exercise psychology
		5	Sport psychology as an academic field and as an applied profession.
		08 January	Second Saturday
	10-01-2022 To	6	Positive psychology: - definition. Components of positive psychology
		7	Assumptions and goals, western and eastern perspectives in positive psychology.
2		8	Introducing classifications and measures of human strengths and positive outcomes
2		9	UNIT REVISION
	15-01-2022	10	UNIT TEST
		11	Unit II : Psychology for enhancing harmony Community psychology: - what is community psychology
3	17-01-2022	12	Fundamental principles, seven core values in community psychology

No of Weeks	Dates	Session	Торіс
	То	13	A psychological sense of community.
	22-01-2022	14	Ecological level of analysis
		15	Understanding community
		16	Understanding human diversity
		17	Environmental psychology: - definition, nature and scope of environmental psychology,
		18	Environmental influences on human behavior and wellbeing, acceptability of environmental policies
	24-01-2022	19	Peace psychology: - What is peace psychology, psychological contributors to the prevention of war and violence
4	То	26 January	Republic Day
	29-01-2022	20	Modern peace psychology, Psychological components of sustainable peace.
		21	Unit revision
		22	Unit test
		31 January	Don Bosco
		23	Assignment Presentation
		24	Unit III: Evidence based practices in psychology Military psychology: - What is military psychology, psychological concepts and trends in military psychology
5	31-01-2022 To	25	Intelligence and aptitude testing, introduce psychological interventions in military contexts, military psychology in India.
	05-02-2022	26	Forensic psychology: - Introduction, definition, current trends. Role of forensic psychology in organization and with offenders. The multitude of forensic psychology roles and activities.
		27	Cyber psychology: - What is cyber psychology- human computer inference, cyberspace as a psychological space
		28	Psychology in cyberspace, applied cyber psychology. The psychology of artificial intelligence.
6	07-02-2022 To	29	Criminal psychology: - what is criminal psychology, criminal investigative analysis: interviewing, detecting deception & eye witness research.
	12-02-2022	30	Police psychology. Assessment and treatment of offenders
		31	Unit revision
		32	Unit Test
		12 February	Second Saturday
7	14-02-2022	33	Unit IV: Application in social contexts Media psychology: - what is media psychology

No of Weeks	Dates	Session	Торіс
	То	34	Defining mass media psychology,
	19-02-2022	35	Psychological effects and influences of media: effects of media violence
		36	prosocial effects of media
		37	pornography and erotica, advertising.
		38	Psychology in media.
		39	I Internal Examination
	21-02-2022	40	I Internal Examination
8	To	41	I Internal Examination
ð		42	I Internal Examination
	26-02-2022	43	I Internal Examination
		44	I Internal Examination
		45	Population psychology: - definition
		01 March	Maha Sivarathri
	28-02-2022	46	characteristics of population study, nature and scope of population study
9	То	47	national population policy of India
-	05-03-2022		Psychological analysis of India's family
	05 05 2022	48	planning programs.
			Political psychology: - what is political psychology, why
		49	study political psychology
		50	personality and politics; cognition, social identity,
		50	emotions and attitudes in political psychology.
	07-03-2022	51	UNIT REVISION
10	То	52	UNIT REVISION
	12-03-2022	53	UNIT REVISION
		54	UNIT TEST
		12 March	Second Saturday
		55	Unit V: Applications in health related areas Neuropsychology: - what is neuropsychology, definition
		56	branches, comparative neuropsychology
	14-03-2022	57	conceptual issues, neuropsychological practice.
11			Psycho-oncology: - definition, behavioral and
11		58	psychological factors in cancer risk, palliative
			and terminal care,
		59	Psychotherapy in oncology setting
		60	Psycho-social impact of personalized therapies in
		00	oncology

No of Weeks	Dates	Session	Торіс
		61	Rehabilitation psychology: - what is rehabilitation psychology
	21-03-2022	62	Perspectives in rehabilitation psychology
12	21-03-2022 To	63	psychological models in rehabilitation psychology,
14		64	rehabilitation outcomes and assessments
	26-03-2022	65	families in rehabilitation
		66	Clinical psychology: - what is clinical psychology: learning objectives
		67	Clinical psychologist's roles
	28-03-2022	68	Controversies, pros and cons of selecting clinical psychology as a career.
13	То	69	Models that influence the practices of clinical psychology
	02-04-2022	70	UNIT REVISION
		71	UNIT TEST
		72	UNIT 1 REVISION
		73	UNIT 1REVISION
	04-04-2022	74	UNIT 2 REVISION
14	To 09-04-2022	75	UNIT 2 REVISION
		76	UNIT 3 REVISION
		77	UNIT 3 REVISION Second Saturday
		09 April 78	UNIT 3 REVISION
	11.01.0000	78	UNIT 3 REVISION
	11-04-2022	13 April	Easter Holidays
15	То	14 April	Easter Holidays
	16-04-2022	15 April	Easter Holidays
		16 April	Easter Holidays
		18 April	Easter Holidays
	10.04.0000	80	UNIT 4REVISION
	18-04-2022	81	UNIT 4 REVISION
16	To 23-04-2022	82	UNIT 4 REVISION
		83	UNIT 5 REVISION
		84	UNIT 5 REVISION
		85	II Internal Examination
	25-04-2022	86	II Internal Examination
17	То	87	II Internal Examination
	30-04-2022	88	II Internal Examination
		89	II Internal Examination

No of Weeks	Dates	Session	Торіс
		90	II Internal Examination

Subject Code:	6B 15 PSY		
Subject Name:	COUNSELLING PSYCHOLOGY		
No. of Credits:	4		
No. of Contact Hours:	90		
Hours per Week:	6		
Name of the Teacher:	DYNA SCARIA		

COURSE OUTCOMES

CO 1: Understand counselling as a helping profession by acquainting its nature, historical development and the processes involved

CO2: *Explain the theories of counselling*

CO3: Develop knowledge and skills required for counselling to render services to society at large

CO4: *Practice ethical codes and conduct while involving in counselling relationship* **CO5:** *Create responsibility to preserve the dignity of counselling as a profession*

Unit I: Perspective to counselling

Definition of counselling; History and current trends of counselling, Fundamental precepts of counselling; goals of counselling. Basic counselling skills.

Guidance- Definition, Need, Characteristics and goals of guidance, Different types of Guidance. Difference between guidance and counselling.

Unit II: Content and Processes in Counselling

Stages of counselling: Initial Disclosure; In-depth exploration; commitment to action. Termination and follow – up. Variables affecting the counselling process: Seriousness of the presenting problem, structure, initiative, physical setting, Client qualities, personal and professional qualities of an efficient counsellor; Tactics used in counselling - immediacy, self-disclosure, confrontation, affirmation, paraphrasing, reassurance, humor.

Unit III: Ethical Practices for Counselling

Ethical principles:-. Autonomy, Beneficence, Non-maleficence, Justice and fidelity. Ten Ethical standards of APA: Resolving ethical issues, competence, human relations, privacy and confidentiality, advertising and other public statements, record keeping and fees, education and training, research and publication, assessment, therapy

UNIT IV: Important areas in counselling

Group Counselling, Counselling Families, School Counselling, Career Counselling, Premarital counselling, Marriage and couple Counselling, Abuse and disability counselling. Peer counselling

UNIT V: Counselling with diverse population

Counselling the aged population: old age and their needs, counselling the aged. Gender based counselling: Counselling men and women. Counselling and sexual orientation: Counselling with gays, lesbians, bisexuals and transgenders. Challenges in counselling

No of Weeks	Dates	Session	Торіс
		1	Syllabus introduction
	03-01-2022	2	Introduction to Counselling psychology
1	То	3	Unit I: Perspective to counselling
T	08-01-2022	4	Definition of counselling
	08-01-2022	5	History of counselling
		08 January	Second Saturday
		6	Current trends of counselling
	10-01-2022	7	Fundamental precepts of counselling
2	То	8	Goals of counselling
	15-01-2022	9	Basic counselling skills
		10	Guidance- Definition
		11	Need of Guidance
	17-01-2022 To 22-01-2022	12	Characteristics of Guidance
		13	Goals of guidance
3		14	Different types of Guidance
5		15	Difference between guidance and counselling
		16	Class test- Unit 1
		17	Unit II: Content and Processes in Counselling
		18	Stages of counselling
	24-01-2022	19	Initial Disclosure
4	То	26 January	Republic Day
-	29-01-2022	20	In-depth exploration
	27-01-2022	21	committment to action.
		22	Termination and follow – up
		31 January	Don Bosco
	31-01-2022	23	Variables affecting the counselling process
5	То	24	Seriousness of the presenting problem & initiative
·	05-02-2022	25	Structure, physical setting,
	05 02 2022	26	Client qualities
		27	Personal qualities of an efficient counsellor
6	07-02-2022	28	Professional qualities of an efficient counsellor
0	07-02-2022	29	Tactics used in counselling

No of Weeks	Dates	Session	Торіс
	То	30	Immediacy
	12-02-2022	31	Self-disclosure
		32	confrontation
		12 February	Second Saturday
		33	Affirmation, reassurance
	14-02-2022	34	Paraphrasing
7	To	35	Humour in counselling
,	19-02-2022	36	Class test- Unit 1I
	19-02-2022	37	Application of skills in counselling- Demo
		38	Demo-Evaluation
		39	I Internal Examination
	21-02-2022	40	I Internal Examination
8	21 02 2022 To	41	I Internal Examination
0	26-02-2022	42	I Internal Examination
	20-02-2022	43	I Internal Examination
		44	I Internal Examination
	28-02-2022 To 05-03-2022	45	Unit III: Ethical Practices for Counselling
		01 March	Maha Sivarathri
9		46	Ethical principles
9		47	Autonomy
		48	Beneficence, Non-maleficence
		49	Justice and fidelity
		50	Ethical standards of APA
	07-03-2022	51	Ethical standards of APA
10	To 12-03-2022	52	Resolving ethical issues
10		53	Competence
		54	Human relations
		12 March	Second Saturday
		55	Privacy and confidentiality
	14-03-2022	56	Advertising and other public statements
11	To	57	Record keeping
11		58	Payment
	19-03-2022	59	Education and training
		60	Research and publication,
	21-03-2022	61	Assessment & Therapy
12	To	62	Class test- Unit III
12		63	UNIT IV: Important areas in counselling
	26-03-2022	64	Group Counselling

No of Weeks	Dates	Session	Торіс
		65	Counselling Families
		66	School Counselling
		67	Career Counselling
	28-03-2022	68	Premarital counselling
13		69	Marriage and couple Counselling
15	To	70	Abuse and disability counselling.
	02-04-2022	71	Peer counselling
		72	Class test- Unit III
		73	Unit V: Counselling with diverse population
	04-04-2022	74	Old age and their needs
14	то То	75	Counselling the aged population
14		76	Counselling men and women.
	09-04-2022	77	LGBTQ
		09 April	Second Saturday
	11-04-2022 To 16-04-2022	78	Counselling with gays, lesbians, bisexuals and
			transgenders
		79	Challenges in counselling
15		13 April	Easter Holidays
		14 April	Easter Holidays
		15 April	Easter Holidays
		16 April	Easter Holidays
	18-04-2022 To 23-04-2022	18 April	Easter Holidays
		80	Revision- Unit 5
16		81	Revision- Unit 4
		82	Revision-Unit 3
		83	Revision- Unit 2
		84	Revision- Unit 1
		85	II Internal Examination
	25-04-2022 To 30-04-2022	86	II Internal Examination
17		87	II Internal Examination
		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination

Subject Code:	6B 17 PSY	
Subject Name:	PSYCHOLOGICAL TESTING -PRACTICAL II	
No. of Credits:	4	
No. of Contact Hours:	50	
Hours per Week:	3	
Name of the Teacher:	Manjith R	

Course Outcomes

- Understand the basics of the psychological testing.
- Demonstrate skills to measure psychological functions with psychological tests.
- Able to interpret psychological test results.
- Evaluation of psychological attributes through psychometric tests.
- Prepare psychological test report thereby mapping the psychological aspects of the individual participant.

Unit I: Abnormality

a. Beck Depression Inventory

- b. State Trait Anxiety Inventory
- c. Psycho- physiological state inventory

Unit II: Self

- a. Self Esteem Inventory
- b. Self Profile
- c. Self concept

Unit III: Social Intelligence

- a. Vineland Social Maturity Scale
- b. Rao's Social Maturity Scale

Unit IV: Emotion

- a. Emotional Maturity Scale
- b. Emotional Intelligence Scale

Books for Study:

Anastasi, A., & Urbina, S. (2016). Psychological Testing (7thed.) Boston: Pearson

- Gregory, R. J. (2017). Psychological testing: History, principles and applications. Boston: Pearson
- Spores, J. (2013). Clinician's Guide to Psychological Assessment and Testing. New York: Springer Publishing
- Cohen, R. J., Swerdlik. M.,&Sturman, E. (2012). Psychological Testing and assessment: An Introduction to tests and measurement. (8thed.). USA: McGrawHill.

Instructions:

A minimum of eight assessment has to be completed. A brief introduction of Psychological Tests to provide and to be incorporated in the record Behavioral observation and introspective report to be included to aid discussion of results. A record should be maintained and should contain introduction, aim, method, result, discussion, conclusion and references (APA Format).

No of Weeks	Dates	Session	Торіс
1	03-01-2022	1	Introduction to testing of Abnormality.
	03-01-2022 To	2	Beck Depression Inventory
		3	Introduction and theory
	08-01-2022	08 January	Second Saturday
	10-01-2022	4	Administration, scoring
2	То	5	Interpretation of the test results
	15-01-2022	6	Report submission and correction
	17-01-2022	7	State Trait Anxiety Inventory
3	То	8	Introduction and theory
	22-01-2022	9	Administration, scoring
	24.01.2022	10	Interpretation of the test results
	24-01-2022	11	Report submission and correction
4	To	26 January	Republic Day
	29-01-2022	12	Introduction to testing of Self
	31-01-2022 To 05-02-2022	31 January	Don Bosco
5		13	Self Esteem Inventory
5		14	Introduction and theory
		15	Administration, scoring
	07-02-2022 To 12-02-2022	16	Interpretation of the test results
6		17	Report submission and correction
v		18	Self concept
		12 February	Second Saturday
	14-02-2022	19	Introduction and theory
7	То	20	Administration, scoring
	19-02-2022	21	Interpretation of the test results
	21-02-2022 To 26-02-2022	22	I Internal Examination
		23	I Internal Examination
8		24	I Internal Examination
Ū		25	I Internal Examination
		26	I Internal Examination
		27	I Internal Examination
	28-02-2022	28	Report submission and correction
9	То	01 March	Maha Sivarathri
		29	Introduction to testing of Social Intelligence

No of Weeks	Dates	Session	Торіс
	05-03-2022	30	Vineland Social Maturity Scale
	07-03-2022 To 12-03-2022	31	Introduction and theory
10		32	Administration, scoring
10		33	Interpretation of the test results
		12 March	Second Saturday
	14-03-2022	34	Report submission and correction
11	То	35	Rao's Social Maturity Scale
	19-03-2022	36	Introduction and theory
	21-03-2022	37	Administration, scoring
12	То	38	Interpretation of the test results
	26-03-2022	39	Report submission and correction
	28-03-2022	40	Introduction to testing of Emotion
13	То	41	Emotional Maturity Scale
10	02-04-2022	42	Introduction and theory
	04-04-2022 To 09-04-2022	43	Administration, scoring
		44	Interpretation of the test results
14			Report submission and correction
		45	Emotional Intelligence Scale
		09 April	Second Saturday
	11-04-2022 To 16-04-2022	46	Introduction and theory
		47	Administration, scoring
15		13 April	Easter Holidays
		14 April	Easter Holidays
		15 April	Easter Holidays
		16 April	Easter Holidays Easter Holidays
	18-04-2022	18 April 48	Interpretation of the test results
16	То	48	Report submission and correction
	23-04-2022	50	Revision
		85	II Internal Examination
	25-04-2022 To 30-04-2022	86	II Internal Examination
		87	II Internal Examination
17		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination

Subject Code:	6B 16 PSY	
Subject Name:	ORGANIZATIONAL BEHAVIOR	
No. of Credits:	5	
No. of Contact Hours:	90	
Hours per Week:	5	
Name of the Teacher:	ALBIN JOSEPH	

COURSE OUTCOMES

CO 1: Understand the basic concepts of organizational behaviour

CO2: Analyse the underlying factors of work motivation in existing theories

CO3: Evaluate the processes involved in an organization by conceptualizing its design and structure

CO4: Define the organizational culture and their determinants

CO5: Explain the stressors at work place and promoting a congenial environment for enhancing well-being

CO6: Create strategies to motivate employees in an organization

Unit I: Introduction to Organizational Behaviour

Basic nature, fundamental assumptions, history of OB- then and now, human behaviour in organizations- understanding human behaviour and interdisciplinary influences; The Organizational context- organizations as systems, formal and informal organization; Opportunities and challenges of OB

Unit II: Work Motivation

Motivation in organizations; components of motivation; three key points about motivations, Motivation and work behaviour- internal needs and external incentives; Maslow's need hierarchy- hierarchy of needs, theory X and theory Y; ERG theory; McClelland's need theory; Herzberg's two factor theory; Need for achievement, need for power and need for affiliation; Social exchange and equity theory: Adams's theory of inequity; expectancy theory of motivation, goal-setting theory, reinforcement theory, self-determination theory, self-efficacy theory.

Unit III: Organizational Processes and Structure

Basic dimensions of organization: Hierarchy of authority, span of control, division of labour, line versus staff position, decentralization; Departmentalization- functional, product and matrix organization; Organizational design- classical, neoclassical approach, contingency approach, Mintzberg's framework, vertically integrated and team based organization; A strategic approach to design organizations: strategy, contingency factors, task qualities and coordination mechanisms, structural or design features; Inter organizational design boundary less organizations, conglomerates, strategic alliances

Unit IV: Organizational Culture

Basic nature of organizational culture- Definition, core cultural characteristics, strength of organizational cultures, culture within organizations, role of culture in organization, forms of organization, how employees learn culture, creating a positive organizational culture.

Unit V: Wellbeing at work

Stress and four approaches to stress: medical, cognitive appraisal, the personenvironment fit, and psychoanalytic approach; Stress response, sources of stress at work, consequences of stress- performance and health benefits, individual distress, organizational distress; Individual difference in the stress-strain relationship; Preventive stress management.

No of Weeks	Dates	Session	Торіс
		1	UNIT-I Basic nature, fundamental assumptions of OB
1	03-01-2022 To 08-01-2022	2	history of OB- then and now, human behaviour in organizations
		3	understanding human behaviour and interdisciplinary influences;
		4	The organizational context- organizations as systems
		5	formal and informal organization
		08 January	Second Saturday
	10-01-2022 To 15-01-2022	6	Opportunities and challenges of OB
2		7	CLASS TEST
		8	UNIT-II, Motivation in organizations; components of motivation

No of Weeks	Dates	Session	Торіс
		9	three key points about motivations, Motivation and work behaviour
		10	internal needs and external incentives; Maslow's need hierarchy
		11	hierarchy of needs, theory X and theory Y
		12	ERG theory; McClelland's need theory
		13	Herzberg's two factor theory
	17-01-2022	14	Need for achievement, need for power and need for affiliation;
3	To 22-01-2022	15	Social exchange and equity theory: Adams's theory of inequity
		16	expectancy theory of motivation, goal-setting theory, reinforcement theory,
		17	self-determination theory, self-efficacy theory
		18	CLASS TEST
	24-01-2022 To 29-01-2022	19	UNIT -III. Basic dimensions of organization: Hierarchy of authority
		26 January	Republic Day
4		20	span of control, division of labour, line versus staff position,
		21	decentralization; Departmentalization- functional, product and matrix organization
		22	Organizational design- classical, neoclassical approach, contingency approach,
		31 January	Don Bosco
	31-01-2022 To 05-02-2022	23	Mintzberg's framework
5		24	vertically integrated and team based organization
5		25	strategic approach to design organizations
		26	strategy, contingency factors
		27	task qualities and coordination mechanisms,
		28	structural or design features
6	07-02-2022 To 12-02-2022	29	Inter organizational design boundary less organizations
		30	conglomerates, strategic alliances
		31	Revision
		32	Class test
		12 February	Second Saturday
7	14-02-2022	33 34	UNIT IV Basic nature of organizational culture
		34	Definition, core cultural characteristics

No of Weeks	Dates	Session	Торіс
	То	35	strength of organizational cultures
	19-02-2022	36	role of culture in organization
		37	REVISION
		38	REVISION
		39	I Internal Examination
	21-02-2022	40	I Internal Examination
8	21 02 2022 To	41	I Internal Examination
0	26-02-2022	42	I Internal Examination
	20-02-2022	43	I Internal Examination
		44	I Internal Examination
		45	culture within organizations
	28-02-2022	01 March	Maha Sivarathri
9	To	46	forms of organization,
9		47	how employees learn culture,
	05-03-2022	48	creating a positive organizational culture
		49	Revision
	07-03-2022 To 12-03-2022	50	Class test
		51	Unit V: Wellbeing at work
10		52	Stress and four approaches to stress
10		53	medical, cognitive appraisal
		54	the person-environment fit
		12 March	Second Saturday
	14-03-2022 To 19-03-2022	55	psychoanalytic approach
		56	Stress response
11		57	sources of stress at work,
11		58	consequences of stress
		59	performance and health benefits,
		60	individual distress
		61	organizational distress
	21-03-2022 To 26-03-2022	62	Individual difference in the stress strain relationship
12		63	Preventive stress management.
14		64	revision
		65	CLASS TEST
		66	Seminar Presentation
	28-03-2022	67	Seminar Presentation
13		68	Seminar Presentation
15	To 02-04-2022	69	Seminar Presentation
		70	Seminar Presentation

No of Weeks	Dates	Session	Торіс
		71	Seminar Presentation
		72	Seminar Presentation
		73	Seminar Presentation
	04-04-2022	74	REVISION
14	То	75	REVISION
14	09-04-2022	76	Doubt Clearing And Discussion
	09-04-2022	77	MODEL EXAM
		09 April	Second Saturday
		78	REVISION
	11-04-2022	79	REVISION
15	То	13 April	Easter Holidays
10	16-04-2022	14 April	Easter Holidays
		15 April	Easter Holidays
		16 April	Easter Holidays
	18-04-2022 To 23-04-2022	18 April	Easter Holidays
		80	Doubt Clearing And Discussion
16		81	Doubt Clearing And Discussion
10		82	Doubt Clearing And Discussion
		83	REVISION
		84	REVISION
	25-04-2022 To 30-04-2022	85	II Internal Examination
		86	II Internal Examination
17		87	II Internal Examination
1/		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination