

**Shyama Prasad Mukherji College**  
**Teaching Plan (Jan - June 2023 session)**

**Course and Year :** B.A. (H) Applied Psychology, II year

**Semester :** IV

**Taught individually or shared :** shared

**Paper :** SEC Stress Management

**Faculty :** Dr. Anamika Rai

**No. of Classes (per week) :** 1 Theory + 2 Practical

**COURSE LEARNING OUTCOMES**

- To understand the nature, sources of stress and consequences of stress.
- To overcome the constraints in managing stress.
- To develop the motivation to learn to be resilient.

**UNIT 2**

Learning to manage stress effectively: Methods - yoga, meditation, Vipassana, relaxation techniques, clarifying problem, alternate actions, support (Problem focused) emotion focused constructive approach, Indian Case Studies.

**Readings:**

Yoga and Meditation <http://egyankosh.ac.in//handle/123456789/74665>

How problem focused and emotion focused coping affects college students' perceived stress and life satisfaction

[https://esource.dbs.ie/bitstream/handle/10788/1622/ba\\_ryan\\_k\\_2013.pdf?sequence=1&isAllowed=y](https://esource.dbs.ie/bitstream/handle/10788/1622/ba_ryan_k_2013.pdf?sequence=1&isAllowed=y)

Vipassana research paper

[https://www.academia.edu/37273177/Vipassana\\_research\\_paper](https://www.academia.edu/37273177/Vipassana_research_paper)

Relaxation Techniques for Stress Management

[https://www.researchgate.net/publication/315771885\\_Relaxation\\_Techniques\\_for\\_Stress\\_Management](https://www.researchgate.net/publication/315771885_Relaxation_Techniques_for_Stress_Management)

Relaxation Techniques for Stress Relief

<https://www.dmu.edu/wpcontent/uploads/Relaxation-Techniques-for-Stress-Relief.pdf>

No of classes required to complete the unit (approx.):

**Unit II:** 14 hours

Methodology of Teaching: Lectures, PPT, audio-visual aids & focus group discussions

**ASSESSMENT**

Tentative date of assessments/ assignments (time frame):

Class test/presentations – III-week February

Assignment - last week of March

viva voce- Last week of April

Criteria of Assessment: assignments, presentations, class test, viva voce

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**Teaching Plan (Jan - June 2023 session)**

**Course and Year :** B.A. (H) Applied Psychology, II year

**Semester :** IV

**Taught individually or shared :** shared

**Paper :** Applied Social Psychology

**Faculty :** Dr. Anamika Rai

**No. of Classes (per week) :** 1 Theory

**UNIT – II** Self and social influence: defining the self, sources of self-knowledge, social and cultural influences on self, social identity theory, , social cognitive perspective of self (self-schema, self-schema clarity and complexity) .Social influence ,conformity ,compliance and obedience.

**READINGS**

Hogg, M. & Vaughan, G. M. (2011). Social Psychology. Essex. England: Pearson Education Limited (Unit 1: Chapter 10, Chapter 11; Unit 3: Chapter 8).

Kornblum, W. and Joseph, J. (2014). Social Problems.Fourteenth Edition. : New Jersey: Prentice Hall.

Kumar, S. (2002).Methods for Community Participation. New Delhi: Sage.

Mikkelsen,B. (1995). Methods for Development Work and Research : A guide for practitioners. New Delhi: Sage. (Unit 4: Chapter 3).

Schneider, F.W., Gruman, A. and Coult, L.M. (eds) (2012). Applied Social Psychology; Understanding and Addressing Social and Practical Problem. New Delhi: Sage publications.

No of classes required to complete the unit (approx.):

**Unit II:** 15 hours

Methodology of Teaching: Lectures, PPT, audio-visual aids & focus group discussions

**ASSESSMENT**

Tentative date of assessments/ assignments (time frame):

Class test/presentations – III-week February

Assignment - last week of March

viva voce- Last week of April

Criteria of Assessment: assignments, presentations, class test, viva voce