

**TEACHING METHOD**  
**DEPARTMENT OF EDUCATION**

**Session: January-June 2026**  
**Paper : Educational Psychology**  
**2nd sem Major/ Minor**  
**Faculty: Dr. Aradhana Dutta**

Syllabus	Topic	Period	Method (Experiential (E) and participative (P) learning)	Aids used	Assessment Method
Unit 1	Psychology and Education	January- March	Lecture method, Question	Black board, Chalk	Class Test, Class Assignment,Sessional Test
Unit 2	Learning and Motivation	April-May	Lecture Method, Notes	Blackboard, Chalk	Class Test, Class Assignment,Sessional Test

**Session: January-June2026**  
**Paper : Guidance & Counseling**  
**4th sem Major/2- Minor**  
**Faculty Name: Dr. Aradhana Dutta**

Syllabus	Topic	Period	Method (Experiential (E) and participative (P) learning)	Aids used	Assessment Method
Unit 1	Introduction to Guidance	February	Lecture method, Question	Black board, Chalk	
Unit 2	Introduction to Counselling	March	Lecture Method, Notes	Blackboard, Chalk	Class Test, Class Assignment,Sessional Test
Unit 3	Organization of Guidance Service	April	Lecture Method	Blackboard, Chalk	
Unit 4	Guidance Needs of Students	May	Lecture method, Question	Black board, Chalk	Class Test
Unit 5	School guidance programme	May	Lecture Method, Notes	Blackboard, Chalk	Class Test, Sessional Test

**Session: January-June2026**

**Paper: Mental Health and Hygiene**

**6 th sem major/ minor**

**Faculty: Dr. Aradhana Dutta**

<b>Syllabus</b>	<b>Topic</b>	<b>Period</b>	<b>Method (Experiential (E) and participative (P) learning)</b>	<b>Aids used</b>	<b>Assessment Method</b>
Unit 1	Fundamentals of Mental Health	February	Lecture method, Question	Black board, Chalk	
Unit 2	Mental hygiene - Meaning and Definition	March	Lecture Method, Notes	Blackboard, Chalk	Class Test, Class Assignment,Sessional Test
Unit 3	Education & Mental Health	April	Lecture Method	Blackboard, Chalk	