PSYCHOLOGY OF EVERYDAY

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TYPE OF COURSE : New | Elective | Both
COURSE DURATION : 4 weeks (29 Jul'19 - 23 Aug'19)
EXAM DATE : 29 Sep 2019

PRE-REQUISITES : Perusing UG/PG in Psychology, Psychiatry, Psychiatric Social Work, Psychiatric Nursing, etc.

INTENDED AUDIENCE : Anyone interested in mental health issues

INDUSTRIES APPLICABLE TO : Institutions offering MA/MSc/MPhil in clinical/ guidance &counseling/mental health programmes

COURSE OUTLINE :
This course picks-up threads from the basic observed behavior in everyday life and enters into a dialogue facilitating self-reflection and thus better self-understanding. The emphasis is on what a common man observes and how the knowledge of psychology and psychiatry can be applied to it for better clarity.

ABOUT INSTRUCTOR :
Professor Braj Bhushan is a Professor of psychology at IIT Kanpur.
Dr. Alok Bajpai is a Consultant Psychiatrist at Kanpur.

COURSE PLAN :

**Week 1:** Introduction to clinical psychology Introduction to psychiatry Understanding behaviour- I Understanding behaviour- II Revisiting normal-abnormal dilemma- I

**Week 2:** Revisiting normal-abnormal dilemma- II Revisiting normal-abnormal dilemma- III Revisiting normal-abnormal dilemma- IV Issues confronting the young adults- I Issues confronting the young adults- II

**Week 3:** Issues confronting the young adults- III Issues confronting the young adults- IV Mental health issues of adults- I Mental health issues of adults- II Mental health issues of adults- III

**Week 4:** Mental health issues of adults- IV Mental health issues of child & adolescents- I Mental health issues of child & adolescents - II Mental health issues of child & adolescents - III Mental health issues of child & adolescents - IV