PSYCHOLOGY OF EVERYDAY

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IIT Kanpur

TYPE OF COURSE: Rerun I Elective I UG
COURSE DURATION: 4 weeks (23 Aug’21 - 17 Sep’21)
EXAM DATE: 24 Oct 2021

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