



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	GEC
Paper Title:	PSYCHOLOGY AND COMMUNITIES
Unique Paper Code:	2114000032
Semester:	VII
Faculty(s):	MS PAVANI TYAGI
Year:	2026-27

Work Plan			
Unit No.	Learning Objective	Tutorial No.	Topics to be Covered
1	To develop an understanding of communities and community-based perspectives.	1	Orientation to Community Psychology: What constitutes a community? Discussion on students' experiences of different communities and introduction to the two major tutorial activities.
1	To identify and differentiate different types of communities.	2	Community Mapping Exercise: Identification and visual mapping of different communities in students' social and geographical environment.
1	To understand the nature and core values of Community Psychology.	3	Community Psychology in Action: Case discussion on participation, empowerment, social justice and well-being in community-based work.
1	To apply the Ecological Systems Perspective to community-based issues.	4	Ecological Mapping Workshop: Mapping individual, interpersonal, institutional, community and wider social influences on a selected community issue.
1	To develop awareness of the contributions of community psychologists and advocates.	5	Lives and Works of Community Psychologists/Advocates: Student-led presentations and discussion on selected community psychologists and advocates.
2	To understand the goals and orientation of community research.	6	From Community Issue to Research Question: Identifying community concerns and converting them into researchable questions. Introduction to Activity 2.
2	To examine assumptions and values underlying Community Psychology research.	7	Research with Communities: Discussion of participation, empowerment, ethics, inclusion and researcher–community relationships through case examples.
2	To understand the processes involved in Community Psychology research.	8	Research Design Workshop: Developing research objectives, identifying community stakeholders and selecting appropriate methods.

2	To critically examine research paradigms and associated methods.	9	Research Paradigms and Methods: Comparative group exercise on qualitative, quantitative and mixed-method approaches to community research.
3	To understand community-based work with vulnerable communities.	10	Maternal and Child Health: Case analysis of a community-based intervention addressing maternal and child health inequalities.
3	To understand community responses to disasters and develop a community-based perspective.	11	Community Resilience and Natural Disasters: Case discussion on community responses to floods/natural disasters and identification of community strengths and resources.
3	To develop culturally sensitive perspectives towards indigenous communities.	12	Indigenous Communities: Documentary/article-based analysis focusing on indigenous knowledge, community participation, health and development.
4	To understand community mental health and changing public perceptions.	13	Community Mental Health and Stigma: Analysis of public representations of mental health and discussion on community-level approaches to reducing stigma.
4	To examine prevention, treatment and rehabilitation at the community level.	14	Community Intervention Design Workshop: Groups develop and refine a proposed community-based intervention, including objectives, target community, stakeholders, activities and expected outcomes.
I-IV	To integrate concepts of Community Psychology and apply them to real-world community issues.	15	Activity 2 Presentations and Reflection: Group presentations of Community-Based Research and Intervention Projects, peer feedback and reflective discussion.

Unit	Contents/Syllabus
I	UNIT – I: Community Psychology – An Introduction (12 Hours) Definition and types of communities; Nature and core values of community psychology; Ecological Systems Perspective in Community Psychology.
II	UNIT – II: Research in Community Psychology (12 Hours) Goals of Community Research; Assumptions and Values underlying Research in Community Psychology; Processes in Community Psychology Research; Research methods of Community Psychology.
III	UNIT – III: Working with Vulnerable Communities (9 Hours) Community based work on maternal and child health; Community based work with communities facing natural disasters; Community based work with indigenous (tribal) communities.
IV	UNIT – IV: Community Mental Health in India (12 Hours) Community Mental Health; Changing Public Stigma in India; Prevention and Treatment of Mental Health Problems at the Community Level; Community-based Rehabilitation.
S. No.	Name of Authors/Books/Publishers

1.	Bakic, H., & Ajdukovic, D. (2021). Resilience after natural disasters: the process of harnessing resources in communities differentially exposed to a flood. <i>European Journal of Psychotraumatology</i> , 12(1), 1891733.
2.	Cáceres, Á. L., Ramesh, R. M., Newmai, P., Kikon, R., & Deckert, A. (2023). Perceptions, health seeking behavior and utilization of maternal and newborn health services among an indigenous tribal community in Northeast India—a community-based mixed methods study. <i>Frontiers in Public Health</i> , 11.
3.	Deb, S., Sunny, A. M., & Sanyal, N. (2020). <i>Community Psychology: Theories and Applications</i> . SAGE Publications India Pvt Limited.
4.	Joseph, J. K., Anand, D., Prajeesh, P., Zacharias, A., Varghese, A. G., Pradeepkumar, A. P., & Baiju, K. R. (2020). Community resilience mechanism in an unexpected extreme weather event: An analysis of the Kerala floods of 2018, India. <i>International Journal of Disaster Risk Reduction</i> , 49, 101741.
5.	Kloos, B., Hill, J., Thomas, E., Wandersman, A., Elias, M. J., & Dalton, J. H. (2012). <i>Community Psychology: Linking Individuals and Communities</i> . Singapore: Wadsworth Cengage Learning.
6.	McNamara, R. A., & Naepi, S. (2018). Decolonizing community psychology by supporting indigenous knowledge, projects, and students: Lessons from Aotearoa New Zealand and Canada. <i>American Journal of Community Psychology</i> , 62(3–4), 340–349.
7.	Nelson, G., & Prilleltensky, I. (2005). <i>Community Psychology: In Pursuit of Liberation and Well-being</i> . Palgrave Macmillan.

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	1	
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment/Quiz/Project/Presentation - Class Test - Attendance		30
		12	
		12	
		6	
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance		40
		15	
		20	
		5	

3.	Practical • Continuous Assessment • End Term Written/Practical Exam • Viva	NA	
4.	End Semester Examination		90 Marks