

DEPT. OF PSYCHOLOGY

Lesson Plan (From July 2024 to December 2024)

Name of the assistant/associate professor: Dr. Ramesh Kumar

B.A.-Ist YEAR

Ist SEMSTER

(External Marks : 50 Internal Marks : 20 Total Marks: 70)

SUBJECT: Invitation to Psychology (C24PSY101T)

Date	Topics
1st week (01.08.24-07.08.24)	Introduction of psychology
2nd week (08.08.24-15.08.2024)	History of psychology
3rd week (16.08.24- 22.08.24)	Scope of Psychology, Psychology as a Science Observation method practical
4th week (23.08.24- 29.08.24)	Methods to Study Behaviour: Interview
5th week (30.08.24- 05.09.24)	Observation method
6th week (06.09.24- 13.09.24)	Experimental method
7th week (14.09.24- 21.09.24)	Problems related to sensation and perception.
8th week (22.09.24- 29.09.24)	Sensation: Nature, Characteristics and Types Structure and Functions
9th week (30.09.24- 07.10.24)	Sensation: Nature, Characteristics and Types Structure and Functions
10th week (08.10.24-15.10.24)	Visual sensation, Auditory sensation Performance Test of Intelligence/RPM.
11th week (16.10.24-23.10.24)	Emotion: Nature, Physiological correlates and Theories: James-Lange Study of Emotions.
12th week (24.10.24-31.10.24)	Cannon- Bard and schachter-Singer
13th week (01.11.24-07.11.24)	Motivation: Nature, Biological and Social Motives, Motivation
14th week (08.11.24-15.11.24)	Theories- Maslow and mcclleland.
15th week (16.11.24-23.11.24)	Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck. NEO-FFI/ Personality Test
16th week (24.11.24-30.11.24)	Intelligence: Nature, Factors Affecting and Theories: Spearman, . Verbal Test of Intelligence
17th week (01.12.24- 07.12.24)	Thurstone and Cattell.
18th week (08.12.24- 15.12.24)	Revision and Test
19th week (16.12.24-onwards)	Revision and Test

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Lesson Plan (From July 2024 to November 2024)

NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR: DR.RANDHIR SINGH

CLASS & SEMSTER: B.A.2nd YEAR, 3rd SEMSTER

SUBJECT: Social Psychology

Date	Topics
1 st week(22July- 27July)	Introduction to Social Psychology Nature of Social Psychology
2 nd week(29July-3Aug)	Subject matter of Social Psychology Sociometric method and Sociometric matrix
3 rd week(5Aug-10Aug)	Introduction to Socialization Nature of Socialization Agents of Socialization, Factors of Socialization
4 th week(12Aug-17Aug)	Introduction of Group Types of Group:- Primary Types of Group:- Secondary, Function of Group
5 th week(20Aug-24Aug)	Meaning of Social norms Formation of Social norms, Influence of Social norms
6 th week(27Aug-31Aug)	Meaning of Leadership Types of Leadership, Functions of Leadership Characteristics of Leader
7 th week(2Sept-7Sept)	Theory of Leadership:- Trait theory Theory of Leadership:- Situational theory Theory of Leadership:- Interactional theory
8 th week(9Sept-14Sept)	Introduction of Attitude, Attitude and other related terms
9 th week(16Sept-21Sept)	Development of Attitude, Methods of measuring attitude Thurston's method Likert's method, Comparison of Thurston and Likert method Similarities between Thurston and Likert method
10 th week(24Sept-28Sept)	Bogard's Social distance method Edward and Kilpatrick's method Problem of attitude measurement
11 th week (30Sept-5Oct)	Meaning of Prejudice Formation of Prejudice Types of Prejudice Characteristics of Prejudice Meaning of Stereotypes Nature of Stereotypes Development of Stereotypes Function of Stereotypes
12 th week (7Oct-11Oct)	Meaning of Prosocial behaviour Determinants of prosocial behaviour Situational factors Social factor Personal and Personality factor
13 th week (14Oct-19Oct)	Other Factor Meaning of Co-operation Types of Co-operation Causes of Co-operation Cognitive model
14 th week(21Oct-26Oct)	Meaning of Aggression Types of Aggression Theory of Aggression: - Biological theory Frustration and Arousal theory Personality and Social learning theory Causes of Aggression: Situational factors Causes of Aggression: Personal factors Prevention of Aggression
15 th week(4 Nov-9Nov)	Revision Test Assignments
16 th week(11 Nov onwards)	Revision Test Assignments

DEPT. OF PSYCHOLOGY

Lesson Plan (From July 2024 to November 2024)

NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR: DR.RENU SODHI

CLASS & SEMSTER: B.A.3rd YEAR, 5th SEMSTER

SUBJECT: PSYCHOPATHOLOGY

Date	Topics
1 st week(22July- 27July)	Psychopathology : nature, Concept of Normality and Abnormality
2 nd week(29July-3Aug)	Factor Affecting Psychopathology: Biological, Psychosocial, Cultural
3 rd week(5Aug-10Aug)	Models of Psychopathology: Biological, Psychodynamic
4 th week(12Aug-17Aug)	Models of Psychopathology: Behavioural, and Cognitive.
5 th week(20Aug-24Aug)	Classification of Psychopathology: Need for Classification.
6 th week(27Aug-31Aug)	DSM System
7 th week(2Sept-7Sept)	Diagnostic Assessment: Case History method, Interview method.
8 th week(9Sept-14Sept)	Projective Techniques.
9 th week(16Sept-21Sept)	Anxiety Based Disorders: GAD, OCD
10 th week(24Sept-28Sept)	Phobic Disorders-Symptom and Causes.
11 th week (30Sept-5Oct)	Substance/Drug Abuse – Causes, Consequences.
12 th week (7Oct-11Oct)	Rehabilitation of Substance/Drug Abuse Disorders
13 th week (14Oct-19Oct)	Mood Disorders: Unipolar and Bipolar-Symptoms.
14 th week(21Oct-26Oct)	Mood Disorders: Unipolar and Bipolar- Causes.
15 th week(4 Nov-9Nov)	Schizophrenia: Nature, Types, and Causes.
16 th week(11 Nov onwards)	Revision

DEPT. OF PSYCHOLOGY

Lesson Plan (From August 2024 to November 2024)

NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR: DR.RENU SODHI

B.A.-Ist YEAR

Ist SEMSTER

SUBJECT: Multi-Disciplinary Course (MDC) STRESS MANAGEMENT

Date	Topics
1 st week(5Aug- 7Aug)	Introduction to Stress: Meaning and Definition of Stress.
2 nd week(12Aug-14Aug)	Discuss about different Types of stress.
3 rd week(20Aug-21Aug)	Physical symptoms of Stress, Emotional symptoms of Stress.
4 th week(27Aug-28Aug)	Cognitive symptoms of Stress, Behavioural symptoms of Stress.
5 th week(2 Sept-4 Sept)	Environmental Sources of Stress, Social Sources of Stress.
6 th week(9 Sept-11Sept)	Psychological Sources of Stress, Occupational Sources of Stress.
7 th week(16 Sept-18 Sept)	Impact of Stress on Health: Impact of Stress on Cardiovascular System.
8 th week(24Sept-25Sept)	Impact of Stress on Endocrine System and Immune System.
9 th week(30Sept-1Oct)	Assessment of Stress: Perceived Stress Scale
10 th week(7Oct-9 Oct)	Managing Stress: Techniques and Approaches. Yoga: Practices and Benefits.
11 th week (14Oct-16 Oct)	Types of Meditation and Impact of Medication on Stress.
12 th week (21Oct-23 Oct)	Biofeedback: Techniques and applications, Mindfulness: Practices and Benefits.
13 th week (4Nov-6 Nov)	Relaxation Training: Progressive muscle relaxation, Deep breathing exercises.
14 th week(11Nov-13 Nov)	Developing Resilience: Strategies and Practices.
15 th week(18Nov onwards)	Revision

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Lesson Plan (From July 2024 to December 2024)

Name of the assistant/associate professor: Dr. Ramesh Kumar

B.A.-Ist YEAR

Ist SEMSTER

(External Marks : 35 Internal Marks : 15 Total Marks: 50)

SUBJECT: Value Added Course (VAC) (c24VAC121T)

Date	Topics
1st week (01.08.24-07.08.24)	The concept of well-being
2nd week (08.08.24-15.08.2024)	Hedonic and eudaimonic views
3rd week (16.08.24- 22.08.24)	Nature and dimensions of well being
4th week (23.08.24- 29.08.24)	Happiness and Positive Emotions
5th week (30.08.24- 05.09.24)	Hope
6th week (06.09.24- 13.09.24)	Gratitude
7th week (14.09.24- 21.09.24)	Forgiveness
8th week (22.09.24- 29.09.24)	Self-efficacy
9th week (30.09.24- 07.10.24)	Personal factors and well-being: The role of emotional intelligence
10th week (08.10.24-15.10.24)	resilience, empathy
11th week (16.10.24-23.10.24)	prosocial behavior
12th week (24.10.24-31.10.24)	Wellbeing at workplace
13th week (01.11.24-07.11.24)	Happiness: Assessment and Interventions, Oxford Happiness Scale (Hills and Argyle,2002)
14th week(08.11.24-15.11.24)	Psychological well-being scale (Ryff and Keyes, 1995)
15th week (16.11.24-23.11.24)	Mindfulness-Based Interventions in happiness & wellbeing
16th week (24.11.24-30.11.24)	Stress coping and wellbeing
17th week (01.12.24- 07.12.24)	Oxford Happiness Scale, PANAS
18th week (08.12.24- 15.12.24)	REVISION
19th week (16.12.24-onwards)	REVISION

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Name of the assistant/associate professor: Dr. Ramesh Kumar

B.A.-Ist YEAR

Ist SEMSTER

(External Marks : 35 Internal Marks : 15 Total Marks: 50)

SUBJECT: Skill Enhancement Course (SEC) (C24SEC119T)

Date	Topics
1st week (01.08.24-07.08.24)	Definition and concept of personality
2nd week (08.08.24-15.08.24)	Definition and concept of personality
3rd week (16.08.24- 22.08.24)	Historical perspectives on personality theories. Approaches to personality
4th week (23.08.24- 29.08.24)	Type and trait theories
5th week (30.08.24- 05.09.24)	Type and trait theories
6th week (06.09.24- 13.09.24)	Psychodynamic approaches
7th week (14.09.24- 21.09.24)	Psychodynamic approaches
8th week (22.09.24- 29.09.24)	Social cognitive theories
9th week(30.09.24- 07.10.24)	Social cognitive theories
10th week(08.10.24-15.10.24)	Humanistic theories
11th week (16.10.24-23.10.24)	Key Theories and Models of Personality
12th week (24.10.24-31.10.24)	Gordon Allport's Trait Theory
13th week (01.11.24-07.11.24)	Self Theory
14th week (08.11.24-15.11.24)	Raymond Cattell's 16 Personality Factors
15th week (16.11.24-23.11.24)	Hans Eysenck's PEN Model (Psychoticism, Extraversion, Neuroticism)
16th week (24.11.24-30.11.24)	The Big Five Personality Traits (OCEAN: Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism)
17th week (01.12.24- 07.12.24)	Carl Rogers
18th week (08.12.24- 15.12.24)	Carl Rogers, Kurt Lewins
19th week (16.12.24-onwards)	Revision

DEPT. OF PSYCHOLOGY

Lesson Plan (From August 2024 to November 2024)

NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR: Dr. Randhir Singh

CLASS & SEMSTER: Minor Psychology 1st YEAR, 1st SEMSTER

Date	Topics
1 st week(2Aug- 3Aug)	Psychology Meaning Definition
2 nd week(9Aug-10Aug)	Historical background
3 rd week(16Aug-17Aug)	Emergence of psychology as a science
4 th week(23Aug-24Aug)	Experimental Method
5 th week(30Aug-31Aug)	Interview
6 th week(6 Sept-7 Sept)	Observation
7 th week(13 Sept-14Sept)	Unit Test
8 th week(20 Sept-21 Sept)	Learning: Definition and nature of learning
9 th week(27Sept-28Sept)	Factors affecting learning,
10 th week(4Oct-5 Oct)	Classical conditioning theory of learning
11 th week (11Oct-12 Oct)	Classical conditioning theory of learning
12 th week (18Oct-19 Oct)	Nature of Memory, Factors Stages of memory.
13 th week (25Oct-26 Oct)	Sensory memory, Short Term Memory, Long Term Memory
14 th week (8 Nov-9 Nov)	Revision
15 th week(16Nov onwards)	Revision