

**DEPT. OF PSYCHOLOGY**

**Lesson Plan (From Jan 2025 to April 2025)**

**NAME OF THE ASSISTANT PROFESSOR: DR.RENU SODHI**

**CLASS & SEMSTER: Multi-Disciplinary Course (MDC) 1<sup>st</sup> YEAR, 2<sup>nd</sup> SEMESTER**

**SUBJECT: PERSONALITY DEVELOPMENT**

<b>Date</b>	<b>Topics</b>
<b>February,2025</b>	Introduction to Personality and Self-Concept: Definition and historical perspectives of personality, Importance of understanding personality, Determinants of personality: Biological, psychological, and social factors, Self-concept: Components and development.
<b>March,2025</b>	Applied Techniques for Personality Development: Self-confidence, self-esteem, and self-efficacy: Definitions and enhancement techniques, Self-image and its impact on personality, Techniques for self-reflection and self-awareness, Goal setting: SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) SWOT analysis: Personal strengths, weaknesses, opportunities, and threats, Johari Window: Enhancing self-awareness and interpersonal communication.
<b>April,2025</b>	Advanced Applications and Individual Differences, Understanding individual differences in personality, Role of culture and environment in shaping personality, Strategies for overcoming personal challenges and enhancing personal growth, Integration of personality development in professional and personal life, Barriers to personality development. <b>Revision</b>

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**Lesson Plan (From January 2025 to April 2025)**

**Name of the Assistant Professor: Dr. Renu Sodhi**

**CLASS & SEMSTER: B.A.3<sup>RD</sup> YEAR, 6<sup>TH</sup> SEMESTER**

**SUBJECT: APPLIED PSYCHOLOGY**

Date	Topics
1 <sup>st</sup> week( 1 Jan- 4 Jan)	Meaning and Nature of Applied Psychology, History of Applied Psychology.
2 <sup>nd</sup> week(6 Jan-11 Jan)	Fields of Applied Psychology, Careers in Applied Psychology
3 <sup>rd</sup> week(13Jan-18Jan)	Nature of Organizational Psychology, Scopes in Organizational Psychology.
4 <sup>th</sup> week(20Jan-25Jan)	Objectives of Organizational Psychology, Development of Organizational Psychology, Job Satisfaction.
6 <sup>th</sup> week( 27Jan-1Feb)	Nature of Guidance, Objectives of Guidance, Principles of Guidance.
7 <sup>th</sup> week(3Feb-8Feb)	Types of Guidance, Organization of Guidance Programs.
8 <sup>th</sup> week(10Feb-15Feb)	Nature of Counseling, Needs of Counseling.
9 <sup>th</sup> week(17Feb-22 Feb)	Principles of Counseling, Special Areas in Counseling.
10 <sup>th</sup> week(24 Feb-1 March)	Types of Counseling, Nature of Health Psychology, Test.
11 <sup>th</sup> week(3march-8March)	Scope in Health Psychology, Objectives in Health Psychology, Concept of Health and Illness
12 <sup>th</sup> week (17March-22March)	Psychological Factors in Physical Illness, Life Style and Health.
13 <sup>th</sup> week (24 March-29March)	Stress and Coping, Nature of Forensic Psychology.
14 <sup>th</sup> week (31march-5 April)	Psychology and Law, Eyewitness Memory, Accuracy in Eyewitness Memory, Test.
15 <sup>th</sup> week( 7April-12April)	Improvement in Eyewitness Memory, Nature of Correlation method in statistics.
16 <sup>th</sup> week(14April-19April)	Rank Difference Correlation
17 <sup>th</sup> week( 21 April - 26 April)	Product moment method: Long Method, Short Method.
18 <sup>th</sup> week(28 April onwards)	Revision

**DEPT. OF PSYCHOLOGY**

**Lesson Plan (From January 2025 to April 2025)**

**Name of the AssistantProfessor: Dr. Randhir Singh**

**CLASS & SEMSTER: B.A. 2<sup>nd</sup>YEAR, 4<sup>TH</sup> SEMESTER**

**SUBJECT: : DEVELOPMENTAL PSYCHOLOGY**

Date	Topics
1 <sup>st</sup> week( 1 Jan- 4 Jan)	Introduction Of Developmental Psychology, Areas Of Developmental Psychology.
2 <sup>nd</sup> week(6 Jan-11 Jan)	Concept And Principles Of Developmental Psychology, Factors In Human Development.
3 <sup>rd</sup> week(13Jan-18Jan)	Biological Factors In Human Development, Environmental Factor In Human Development, Parent-Child Relationship.
4 <sup>th</sup> week(20Jan-25Jan)	Social Factors In Human Development, Cultural Factors In Human Development.
6 <sup>th</sup> week( 27Jan-1Feb)	Nature Of Prenatal Development, Determinants Of Prenatal Development
7 <sup>th</sup> week(3Feb-8Feb)	Prenatal Development Stages.
8 <sup>th</sup> week(10Feb-15Feb)	Concept Of Infancy Stage, Characteristics Of Infancy Stage, Development Of Infancy Stage
9 <sup>th</sup> week(17Feb-22 Feb)	Hazards In Infancy Stage, Adjustment In Infancy Stage.
10 <sup>th</sup> week(24 Feb-1 March)	Characteristics Of Childhood Development, Impulsiveness, Test
11 <sup>th</sup> week(3march-8March)	Development Of Childhood, Perceptual Development In Childhood
12 <sup>th</sup> week (17March-22March)	Motor Development In Childhood, Emotional Development In Childhood, Emotional Maturity Scale
13 <sup>th</sup> week (24 March-29March)	Cognitive Development In Childhood, Self Concept
14 <sup>th</sup> week (31march-5 April)	Adolescent Development, Characteristics Of Adolescent Development, Self Esteem Inventory.
15 <sup>th</sup> week( 7April-12April)	Problems In Adolescent Development , Adjustment Problems In Adolescent Development , Characteristics Of Adulthood, Concept Of Early Adulthood, Problems In Early Adulthood,
16 <sup>th</sup> week(14April-19April)	Youth Problem Inventory Concept Of Late Adulthood, Problems In Late Adulthood, Characteristics Of Aging,
17 <sup>th</sup> week( 21 April - 26 April)	Changing Patterns In Aging, Family Environment Inventory , Measures Of Variability, Quartile Deviation Meaning And Characteristics, Short Method In Quartile Deviation,Long Method In Quartile Deviation,
18 <sup>th</sup> week(28 April onwards)	Standard Deviation Meaning And Characteristics, Short Method and Long Method In Standard Deviation

# DEPARTMENT OF PSYCHOLOGY (G.C.W., Hisar)

**Academic Session: 2024-25(2<sup>ND</sup> SEMESTER)**

**Name of Assistant/Associate Professor:- DR. RAMESH KUMAR**

**Class: - B.A.-1<sup>st</sup> (N.E.P.2020)**

Sr. No.	Months	Weeks of month	<u>Discipline Specific Course (DSC)</u> <b>Foundations of Psychology II</b> (Course Code: C24PSY201T)	<u>Skill Enhancement Course (SEC)</u> <b>Assessment of Intelligence</b> (Course Code: C24SEC219T)	<u>Value Added Course (VAC)</u> <b>Psychology of Everyday Life</b> (Course Code: C24VAC221T)
1	February, 2025	1st	Attention: Nature And Characteristics, Types- Selective And Divided Attention		
		2nd	Psychophysics: <b>PRACTICAL:- AL by Methods constant stimuli</b>		
		3rd	Problem And Methods Of Psychophysics <b>PRACTICAL:- DL by methods of limits</b>	Introduction to Intelligence:- Definition and concepts of intelligence	Overview of psychology: meaning, goals, and fields of psychology
		4th	Learning: Definition, Theories- Classical Conditioning, <b>ASSIGNMENT:- 1<sup>ST</sup></b>	Importance of understanding intelligence Nature vs. Nurture debate in intelligence	Practical applications of psychology in personal and professional life
		5th	Operant Conditioning, Observational Learning,	Historical perspectives on intelligence assessment <b>ASSIGNMENT:- 1<sup>ST</sup></b>	Attention : Meaning, and types
2	March, 2025	1st	Insight Learning. <b>PRACTICAL:- Muller Lyre Illusion</b>	Theories and Models of Intelligence Spearman's g factor and s factors	Memory: Meaning, and types
		2nd	Memory: Definition, STM, LTM,	Sternberg's Triarchic Theory: Analytical, creative, and practical	Practical applications: Enhancing attention and memory
		3rd	Methods To Study Memory <b>PRACTICAL:- Serial Position Effect</b>	Sternberg's Triarchic Theory: Analytical, creative, and practical <b>PRACTICAL:- Raven's Progressive Matrices</b>	Emotions: Meaning and types. Emotional Intelligence
		4th	Methods To Study Memory <b>TEST:-1<sup>ST</sup></b>	Gardner's Multiple Intelligences	Emotional Intelligence <b>ASSIGNMENT:- 1<sup>ST</sup></b>
		5th	Forgetting- Nature And Meaning, Factors Leading To Forgetting, <b>ASSIGNMENT:- 2<sup>ND</sup></b>	Gardner's Multiple Intelligences <b>PRACTICAL:- WAIS</b>	Interpersonal relationships
3	April, 2025	1st	Decay Or Disuse Theory	Thurstone's Primary Mental Abilities	Attraction & communication <b>TEST</b>
		2nd	Interference Theory, <b>PRACTICAL:- STM</b>	Thurstone's Primary Mental Abilities	Conflict in interpersonal relationship
		3rd	Preservation-Consolidation Theory	<b>TEST</b>	Practical applications: Strategies of building healthy relationships
		4th	Problem Solving: Meaning And Nature, Methods,	<b>REVISION</b>	Practical applications: Strategies of building healthy relationships
		5th	Factors Influencing Problem Solving Decision Making	<b>REVISION</b>	<b>REVISION</b>

