

DEPT. OF PSYCHOLOGY

Lesson Plan (From July 2025 to November 2025)

Name of the assistant/associate professor: Dr. Renu Sodhi

B.A.-1st YEAR

1st SEMSTER

SUBJECT: Foundations of Psychology - I (C24PSY101T)

Date	Topics
1st week(14.07.25-19.07.25)	Introduction of psychology
2nd week(21.07.25-26.07.25)	History of psychology
3rd week(28.07.25-02.08.25)	Scope of Psychology, Psychology as a Science
4th week(04.08.25- 09.08.25)	Methods to Study Behaviour: Interview
5th week(11.08.25- 16.08.25)	Methods to Study Behaviour:Observation method
6th week(18.08.25- 23.08.25)	Methods to Study Behaviour:Experimental method
7th week(25.08.25- 30.08.25)	Problems related to sensation and perception.
8th week(01.09.25- 06.09.25)	Sensation: Nature, Characteristics and Types Structure and Functions
9th week(08.09.25- 13.09.25)	Sensation: Nature, Characteristics and Types Structure and Functions
10th week(15.09.25- 20.09.25)	Visual sensation, Auditory sensation Performance Test of Intelligence/RPM.
11th week (22.09.25- 27.09.25)	Emotion: Nature, Physiological correlates and Theories: James-Lange Study of Emotions.
12th week (29.09.25- 04.10.25)	Cannon- Bard and Schechter-Singer
13th week (06.10.25-11.10.25)	Motivation: Nature, Biological and Social Motives
14th week(13.10.25-18.10.25)	Motivation Theories- Maslow and McClelland.
15th week(27.10.25-01.11.25)	Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck.NEO-FFI/ Personality Test
16th week(03.11.25-08.11.25)	Intelligence: Nature, Factors Affecting and Theories: Spearman, Thurstone and Cattell.
17th week (10.11.25-15.11.25)	Verbal Test of Intelligence
18th week (17.11.25-21.11.25)	Revision and Test

DEPT. OF PSYCHOLOGY

Lesson Plan (From July 2025 to November 2025)

Name of the assistant/associate professor: Dr. RenuSodhi

B.A.-1st YEAR

1st SEMSTER

SUBJECT: Multi-Disciplinary Course (MDC) STRESS MANAGEMENT

Date	Topics
1 st week(14.07.25-19.07.25)	Introduction to Stress
2 nd week(21.07.25-26.07.25)	Meaning and Definition of Stress.
3 rd week(28.07.25-02.08.25)	Discuss about different Types of stress.
4 th week(04.08.25- 09.08.25)	Symptoms of Stress: Physical, Emotional
5 th week(11.08.25- 16.08.25)	Symptoms of Stress: Cognitive, Behavioural
6 th week(18.08.25- 23.08.25)	Sources of Stress: Environmental, Social
7 th week(25.08.25- 30.08.25)	Sources of Stress: Psychological, Occupational
8 th week(01.09.25- 06.09.25)	Impact of Stress on Health
9 th week(08.09.25-13.09.25)	Impact of Stress on Cardiovascular System.
10 th week(15.09.25-20.09.25)	Impact of Stress on Endocrine System and Immune System.
11 th week(22.09.25-27.09.25)	Assessment of Stress: Perceived Stress Scale
12 th week(29.09.25-04.10.25)	Managing Stress: Techniques and Approaches.
13 th week(06.10.25-11.10.25)	Yoga: Practices and Benefits.
14 th week(13.10.25-18.10.25)	Types of Meditation and Impact of Medication on Stress.
15 th week(27.10.25-01.11.25)	Biofeedback: Techniques and applications, Mindfulness: Practices and Benefits.
16 th week(03.11.25-08.11.25)	Relaxation Training: Progressive muscle relaxation, Deep breathing exercises.
17 th week(10.11.25-15.11.25)	Developing Resilience: Strategies and Practices.
18 th week(17.11.25-21.11.25)	Revision

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Lesson Plan (From July 2025 to November 2025)

Name of the assistant/associate professor: Dr. RenuSodhi

B.A.-1st YEAR

1st SEMSTER

SUBJECT: Value Added Course (VAC) (C24VAC121T)

Date	Topics
1st week(14.07.25-19.07.25)	The concept of well-being
2nd week(21.07.25-26.07.25)	Hedonic and Eudaimonic views
3rd week(28.07.25-02.08.25)	Nature and dimensions of well being
4th week(04.08.25- 09.08.25)	Happiness and Positive Emotions
5th week(11.08.25- 16.08.25)	Happiness and Positive Emotions : Hope
6th week(18.08.25- 23.08.25)	Happiness and Positive Emotions : Gratitude
7th week(25.08.25- 30.08.25)	Happiness and Positive Emotions : Forgiveness
8th week(01.09.25- 06.09.25)	Happiness and Positive Emotions : Self-efficacy
9th week(08.09.25-13.09.25)	Personal factors and well-being: The role of emotional intelligence
10th week(15.09.25-20.09.25)	resilience, empathy
11th week(22.09.25-27.09.25)	Prosocial behavior
12th week(29.09.25-04.10.25)	Wellbeing at workplace
13th week(06.10.25-11.10.25)	Happiness: Assessment and Interventions, Oxford Happiness Scale (Hills and Argyle,2002)
14th week(13.10.25-18.10.25)	Psychological well-being scale (Ryff and Keyes, 1995)
15th week(27.10.25-01.11.25)	Mindfulness-Based Interventions in happiness & wellbeing
16th week(03.11.25-08.11.25)	Stress coping and wellbeing
17th week(10.11.25-15.11.25)	Oxford Happiness Scale, PANAS
18th week(17.11.25-21.11.25)	REVISION

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Lesson Plan (From July 2025 to November 2025)

Name of the assistant/associate professor: Dr. RenuSodhi

B.A.-1st YEAR

1st SEMSTER

SUBJECT: Skill Enhancement Course (SEC) (C24SEC119T)

Date	Topics
1st week(14.07.25-19.07.25)	Definition and concept of personality
2nd week(21.07.25-26.07.25)	Definition and concept of personality
3rd week(28.07.25-02.08.25)	Historical perspectives on personality theories. Approaches to personality
4th week(04.08.25- 09.08.25)	Type and trait theories
5th week(11.08.25- 16.08.25)	Type and trait theories
6th week(18.08.25- 23.08.25)	Psychodynamic approaches
7th week(25.08.25- 30.08.25)	Psychodynamic approaches
8th week(01.09.25- 06.09.25)	Social cognitive theories
9th week(08.09.25-13.09.25)	Social cognitive theories
10th week(15.09.25-20.09.25)	Humanistic theories
11th week(22.09.25-27.09.25)	Key Theories and Models of Personality
12th week(29.09.25-04.10.25)	Gordon Allport's Trait Theory
13th week(06.10.25-11.10.25)	Self Theory
14th week(13.10.25-18.10.25)	Raymond Cattell's 16 Personality Factors
15th week(27.10.25-01.11.25)	Hans Eysenck's PEN Model (Psychoticism, Extraversion, Neuroticism)
16th week(03.11.25-08.11.25)	The Big Five Personality Traits (OCEAN: Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism)
17th week(10.11.25-15.11.25)	Carl Rogers, Kurt Lewins
18th week(17.11.25-21.11.25)	Revision

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Name of the assistant/associate professor: Dr. RenuSodhi

B.A.-1st YEAR

1st SEMSTER

SUBJECT: Minor Course (MIC) (C24SEC119T)

Date	Topics
1 st week(14.07.25-19.07.25)	Psychology: Meaning Definition
2 nd week(21.07.25-26.07.25)	Historical background
3 rd week(28.07.25-02.08.25)	Emergence of psychology as a science
4 th week(04.08.25- 09.08.25)	Methods to Study Behaviour: Interview
5 th week(11.08.25- 16.08.25)	Methods to Study Behaviour:Observation method
6 th week(18.08.25- 23.08.25)	Methods to Study Behaviour:Experimental method
7 th week(25.08.25- 30.08.25)	Unit Test & Assignments
8 th week(01.09.25- 06.09.25)	Learning: Definition and nature of learning
9 th week(08.09.25-13.09.25)	Factors affecting learning,
10 th week(15.09.25-20.09.25)	Theory of learning: Classical conditioning
11 th week(22.09.25-27.09.25)	Theory of learning: Instrumental conditioning
12 th week(29.09.25-04.10.25)	Nature of Memory,
13 th week(06.10.25-11.10.25)	Factors affecting Memory
14 th week(13.10.25-18.10.25)	Stages of memory
15 th week(27.10.25-01.11.25)	Types of Memory: Sensory memory
16 th week(03.11.25-08.11.25)	Types of Memory: Short Term Memory
17 th week(10.11.25-15.11.25)	Types of Memory: Long Term Memory
18 th week(17.11.25-21.11.25)	Revision

DEPT. OF PSYCHOLOGY

Lesson Plan (From July 2025 to November 2025)

Name of the assistant/associate professor: Dr. RAMESH KUMAR

B.A.-2ND YEAR

3RD SEMSTER

SUBJECT: DEVELOPMENTAL PSYCHOLOGY (DSC) C24PSY301T

Date	Topics
1st week (14.07.25-19.07.25)	Introduction Of Developmental Psychology, Areas Of Developmental Psychology.
2nd week (21.07.25-26.07.25)	Concept And Principles Of Developmental Psychology, Factors In Human Development.
3rd week (28.07.25-02.08.25)	Biological Factors In Human Development, Environmental Factor In Human Development, Parent-Child Relationship.
4th week (04.08.25- 09.08.25)	Social Factors In Human Development, Cultural Factors In Human Development.
5th week (11.08.25- 16.08.25)	Nature Of Prenatal Development, Determinants Of Prenatal Development
6th week (18.08.25- 23.08.25)	Prenatal Development Stages.
7th week (25.08.25- 30.08.25)	Concept Of Infancy Stage, Characteristics Of Infancy Stage, Development Of Infancy Stage
8th week (01.09.25- 06.09.25)	Hazards In Infancy Stage, Adjustment In Infancy Stage.
9th week (08.09.25-13.09.25)	Characteristics Of Childhood Development, Impulsiveness, Test
10th week(15.09.25-20.09.25)	Development Of Childhood, Perceptual Development In Childhood
11th week(22.09.25-27.09.25)	Motor Development In Childhood, Emotional Development In Childhood, Emotional Maturity Scale
12th week(29.09.25-04.10.25)	Cognitive Development In Childhood, Self Concept
13th week(06.10.25-11.10.25)	Adolescent Development, Characteristics Of Adolescent Development, Self Esteem Inventory.
14th week(13.10.25-18.10.25)	Problems In Adolescent Development , Adjustment Problems In Adolescent Development , Characteristics Of Adulthood, Concept Of Early Adulthood, Problems In Early Adulthood,
15th week(27.10.25-01.11.25)	Youth Problem Inventory Concept Of Late Adulthood, Problems In Late Adulthood, Characteristics Of Aging,
16th week(03.11.25-08.11.25)	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,
17th week(10.11.25-15.11.25)	Standard Deviation Meaning And Characteristics, Short Method and Long Method In Standard Deviation
18th week(17.11.25-21.11.25)	Revision

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Lesson Plan (From July 2025 to November 2025)

Name of the assistant/associate professor: Dr. Randhir Singh

B.A.-2ND YEAR

3RD SEMSTER

SUBJECT: COGNITIVE PSYCHOLOGY (Minor Course) C24MIC320T

Date	Topics
1st week (14.07.25-19.07.25)	Introduction of students Syllabus exam pattern etc.
2nd week (21.07.25-26.07.25)	Sensation- Meaning, Nature and Characteristics of Sensation.
3rd week (28.07.25-02.08.25)	Perception- Perceptual organization,
4th week (04.08.25- 09.08.25)	Depth perception, Perceptual cues.
5th week (11.08.25- 16.08.25)	Attention- Nature, Characteristics and Types of Attention.
6th week (18.08.25- 23.08.25)	Problem Solving- Stages, Strategies,
7th week (25.08.25- 30.08.25)	Factors influencing Problem solving
8th week (01.09.25- 06.09.25)	Thinking- Nature, Concept formation.
9th week (08.09.25-13.09.25)	Convergent and Divergent thinking
10th week(15.09.25-20.09.25)	Memory: Meaning, Stages and Types of Memory,
11th week(22.09.25-27.09.25)	Methods to study memory.
12th week(29.09.25-04.10.25)	Forgetting: Meaning and Factors affecting Forgetting
13th week(06.10.25-11.10.25)	Language Development- Nature and characteristics, Structure
14th week(13.10.25-18.10.25)	Stages of Language Development,
15th week(27.10.25-01.11.25)	Problems of language Development
16th week(03.11.25-08.11.25)	Decision Making- Meaning. Nature
17th week(10.11.25-15.11.25)	Types of Decision Making.
18th week(17.11.25-21.11.25)	Revision

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Lesson Plan (From July 2025 to November 2025)

Name of the assistant/associate professor: Dr. Randhir Singh

B.A.-2ND YEAR

3RD SEMSTER

SUBJECT: BASIC STATISTICS (SEC) C24SEC319T

Date	Topics
1 st week (14.07.25-19.07.25)	Introduction of students Syllabus exam pattern etc.
2 nd week (21.07.25-26.07.25)	Statistics: Meaning, Need
3 rd week (28.07.25-02.08.25)	Importance of statistics,
4 th week (04.08.25- 09.08.25)	Types of Variables,
5 th week (11.08.25- 16.08.25)	Measurement of Scales
6 th week (18.08.25- 23.08.25)	Methods of Organizing Data
7 th week (25.08.25- 30.08.25)	Statistical Tables
8 th week (01.09.25- 06.09.25)	Frequency Distribution
9 th week (08.09.25-13.09.25)	Measures of Central Tendency
10 th week(15.09.25-20.09.25)	Mean
11 th week(22.09.25-27.09.25)	Median
12 th week(29.09.25-04.10.25)	Mode.
13 th week(06.10.25-11.10.25)	Variability: Meaning and Measures of Variability
14 th week(13.10.25-18.10.25)	Range,
15 th week(27.10.25-01.11.25)	Quartile,
16 th week(03.11.25-08.11.25)	Average Deviation
17 th week(10.11.25-15.11.25)	Standard Deviation.
18 th week(17.11.25-21.11.25)	Revision

DEPT. OF PSYCHOLOGY

Lesson Plan (From July 2025 to November 2025)

Name of the Assistant/associate professor: Dr. RAMESH KUMAR

B.A.-3RD YEAR

5TH SEMSTER

SUBJECT: PSYCHOPATHOLOGY

Date	Topics
1st week (14.07.25-19.07.25)	Psychopathology : nature, Concept of Normality and Abnormality
2nd week (21.07.25-26.07.25)	Psychopathology : nature, Concept of Normality and Abnormality
3rd week (28.07.25-02.08.25)	Models of Psychopathology: Biological,
4th week (04.08.25- 09.08.25)	Psychodynamic, Behavioural, and Cognitive.
5th week (11.08.25- 16.08.25)	Classification of Psychopathology: Need for Classification, DSM System
6th week (18.08.25- 23.08.25)	Classification of Psychopathology: Need for Classification, DSM System
7th week (25.08.25- 30.08.25)	Diagnostic Assessment: Case History method,
8th week (01.09.25- 06.09.25)	Interview method,
9th week (08.09.25- 13.09.25)	Projective Techniques,
10th week (15.09.25- 20.09.25)	Anxiety Based Disorders: GAD,
11th week (22.09.25- 27.09.25)	OCD, and Phobic Disorders-Symptom and Causes.
12th week (29.09.25- 04.10.25)	OCD, and Phobic Disorders-Symptom and Causes.
13th week (06.10.25-11.10.25)	Substance/Drug Abuse – Causes, Consequences and Rehabilitation.
14th week (13.10.25-18.10.25)	Substance/Drug Abuse – Causes, Consequences and Rehabilitation.
15th week (27.10.25-01.11.25)	Schizophrenia: Nature, Types, and Causes.
16th week (03.11.25-08.11.25)	Mood Disorders: Unipolar and Bipolar-Symptoms and Causes.
17th week (10.11.25-15.11.25)	Mood Disorders: Unipolar and Bipolar-Symptoms and Causes.
18th week (17.11.25-21.11.25)	Revision and Test