

DEPT. OF PSYCHOLOGY

Lesson Plan (From January 2026 to April 2026)

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

B.A.-1st YEAR 2nd SEMSTER

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

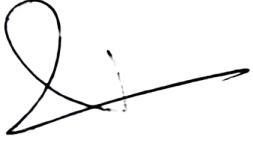
SUBJECT: Foundations of Psychology - II (C24PSY201T)

Date	Topics
1 st week (27.01.26- 31.01.26)	Attention: Nature of attention
2 nd week (02.02.26- 07.02.26)	Characteristics of attention
3 rd week (09.02.26- 14.02.26)	Types- Selective and Divided attention
4 th week (16.02.26- 21.02.26)	Problem and methods of psychophysics
5 th week (23.02.26- 28.02.26)	Learning: Definition, Theories- Classical Conditioning, Operant Conditioning
6 th week (09.03.26- 14.03.26)	Theories- Observational learning, Insight Learning.
7 th week (16.03.26- 21.03.26)	Memory: Definition, STM, LTM
8 th week (23.03.26- 28.03.26)	Methods to study memory, Forgetting- Nature and meaning of Forgetting
9 th week (30.03.26- 04.04.26)	Factors leading to forgetting, Theories- Decay or disuse theory
10 th week (06.04.26- 11.04.26)	Interference theory, Preservation-consolidation theory of Forgetting
11 th week (13.04.26-18.04.26)	Problem Solving: meaning and nature, methods, factors influencing problem solving
12 th week (20.04.26-25.04.26)	Decision Making
13 th week (27.04.26-30.04.26)	Revision and Test

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DEPT. OF PSYCHOLOGY
Lesson Plan (From January 2026 to April 2026)
Name of the Assistant Professor: Dr. Randhir Singh
CLASS & SEMSTER: B.A.1st YEAR, 2nd SEMESTER
SUBJECT: Minor Psychology (C24MIC220T)

Date	Topics
1 st week (27.01.26- 28.01.26)	Personality introduction Definition Nature
2 nd week (02.02.26- 04.02.26)	Factors Affecting Personality
3 rd week (09.02.26- 11.02.26)	Personality Theories: Allport
4 th week (16.02.26- 18.02.26)	Personality Theories: Cattell
5 th week (23.02.26- 25.02.26)	Personality Theories: Eysenck.
6 th week (09.03.26- 11.03.26)	Assessment of personality EPQ
7 th week (16.03.26- 18.03.26)	Assessment of personality Big Five factor
8 th week (23.03.26- 25.03.26)	Intelligence: introduction, Nature Factors Affecting Intelligence
9 th week (30.03.26- 01.04.26)	Intelligence Theories: Spearman,
10 th week (06.04.26- 08.04.26)	Intelligence Theories: Thurstone
11 th week (13.04.26-15.04.26)	Intelligence Theories: Cattell
12 th week (20.04.26-22.04.26)	Measurement of intelligence: Verbal tests
13 th week (27.04.26-29.04.26)	Measurement of intelligence: performance tests


C. Randhir Singh



DEPT. OF PSYCHOLOGY

Lesson Plan (From January 2026 to April 2026)

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

B.A.-1ST YEAR 2ND SEMSTER

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

SUBJECT: ASSESSMENT OF INTELLIGENCE - (SEC) (C24SEC219T)

Date	Topics
1 st week(06.01.26-10.01.26)	Introduction to Intelligence Definition and concepts of intelligence
2 nd week(12.01.26-17.01.26)	Introduction to Intelligence Definition and concepts of intelligence Importance of understanding intelligence
3 rd week(19.01.26-24.01.26)	Nature vs. Nurture debate in intelligence
4 th week(27.01.26- 31.01.26)	Nature vs. Nurture debate in intelligence
5 th week(02.02.26- 07.02.26)	Historical perspectives on intelligence assessment
6 th week(09.02.26- 14.02.26)	Historical perspectives on intelligence assessment
7 th week(16.02.26- 21.02.26)	Spearman's g factor and s factors
8 th week(23.02.26- 28.02.26)	Spearman's g factor and s factors
9 th week(09.03.26- 14.03.26)	Sternberg's Triarchic Theory
10 th week(16.03.26- 21.03.26)	Sternberg's Triarchic Theory
11 th week(23.03.26- 28.03.26)	Analytical, creative, and practical intelligence Gardner's
12 th week(30.03.26- 04.04.26)	Multiple Intelligences
13 th week(06.04.26- 11.04.26)	Multiple Intelligences
14 th week(13.04.26-18.04.26)	Multiple Intelligences Thurstone's Primary Mental Abilities
15 th week(20.04.26-25.04.26)	Multiple Intelligences Thurstone's Primary Mental Abilities
16 th week(27.04.26-30.04.26)	Revision and Test

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Lesson Plan (From January 2026 to April 2026)

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

B.A.-1st YEAR 2nd SEMESTER

(External Marks: 50 Internal Marks: 25 Total Marks: 75)

SUBJECT: Multi-Disciplinary Course (MDC) Personality Development (C24MDC225T)

Date	Topics
1 st week (27.01.26- 28.01.26)	Definition and historical perspectives of personality
2 nd week (02.02.26- 04.02.26)	Importance of understanding personality
3 rd week (09.02.26- 11.02.26)	Determinants of personality: Biological, psychological, and social factors
4 th week (16.02.26- 18.02.26)	Self-concept: Components and development
5 th week (23.02.26- 25.02.26)	Self-confidence, self-esteem, and self-efficacy: Definitions and enhancement techniques
6 th week (09.03.26- 11.03.26)	Self-image and its impact on personality
7 th week (16.03.26- 18.03.26)	Techniques for self-reflection and self-awareness Goal setting: SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound)
8 th week (23.03.26- 25.03.26)	SWOT analysis: Personal strengths, weaknesses, opportunities, and threats
9 th week (30.03.26- 01.04.26)	Johari Window: Enhancing self-awareness and interpersonal communication
10 th week (06.04.26- 08.04.26)	Understanding individual differences in personality Role of culture and environment in shaping personality
11 th week (13.04.26-15.04.26)	Strategies for overcoming personal challenges and enhancing personal growth
12 th week (20.04.26-22.04.26)	Integration of personality development in professional and personal life, Barriers to personality development
13 th week (27.04.26-29.04.26)	Revision and Test

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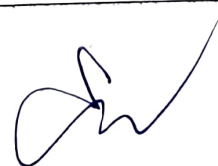
Name of the assistant/associate professor: Dr. Ramesh Kumar


B.A.-2nd YEAR 4th SEMSTER

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

SUBJECT: SOCIAL PSYCHOLOGY (DSC) (C24PSY401T)

Date	Topics
1 st week(06.01.26-10.01.26)	Introduction of social psychology
2 nd week(12.01.26-17.01.26)	Areas of social psychology Socio-metric method(p)
3 rd week(19.01.26-24.01.26)	Socialization nature and characteristics
4 th week(27.01.26- 31.01.26)	Development of socialization Attitude (p)
5 th week(02.02.26- 07.02.26)	Agencies of socialization
6 th week(09.02.26- 14.02.26)	Attitude nature and types of attitude
7 th week(16.02.26- 21.02.26)	Development of attitude
8 th week(23.02.26- 28.02.26)	Changes in attitude Stereotype(p)
9 th week(09.03.26- 14.03.26)	Stereotypes and prejudices.
10 th week(16.03.26- 21.03.26)	Types of prejudice Altruism (p)
11 th week(23.03.26- 28.03.26)	Introduction of pro-social behavior
12 th week(30.03.26- 04.04.26)	Causes, determinants of helping behaviors Self esteem (p)
13 th week(06.04.26- 11.04.26)	Cognitive model of helping behaviors
14 th week(13.04.26-18.04.26)	Aggression and its causes Aggression (p)
15 th week(20.04.26-25.04.26)	Techniques to control aggression.
16 th week(27.04.26-30.04.26)	Revision and Test




(Ramesh Kumar)
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Name of the assistant/associate professor: Dr. Renu Sodhi

B.A.-2nd YEAR 4th SEMESTER

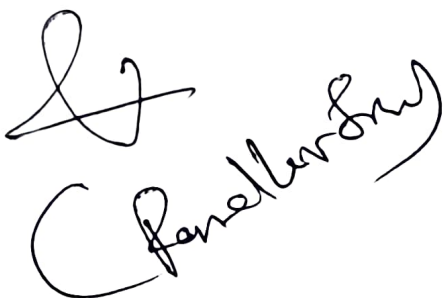
(External Marks: 35 Internal Marks: 15 Total Marks: 50)

SUBJECT: Child Psychology (Minor Course) (C24MIC420T)

Date	Topics
1 st week (06.01.26-10.01.26)	Child Development- Definition on Child Development
2 nd week (12.01.26-17.01.26)	Nature of child development
3 rd week (19.01.26-24.01.26)	Scope of child development, Practical- Family Environment Scale
4 th week (27.01.26- 31.01.26)	Principles of development, Practical- Family Environment Scale
5 th week (02.02.26- 07.02.26)	Factors affecting development – hereditary, Practical- Self Concept Inventory
6 th week (09.02.26- 14.02.26)	Factors affecting development - Environmental factors. Practical- Self Concept Inventory
7 th week (16.02.26- 21.02.26)	Physical development- Characteristics and Stages. Practical- Self Esteem Inventory
8 th week (23.02.26- 28.02.26)	Physical and Motor Development, Practical- Self Esteem Inventory
9 th week (09.03.26- 14.03.26)	Cognitive development – Characteristics, Practical- Self Esteem Inventory
10 th week (16.03.26- 21.03.26)	Tests and Assignments
11 th week (23.03.26- 28.03.26)	Piaget's Cognitive Development theory
12 th week (30.03.26- 04.04.26)	Emotional development -Stages
13 th week (06.04.26- 11.04.26)	Importance of emotional development
14 th week (13.04.26-18.04.26)	Practical- Adjustment Inventory
15 th week (20.04.26-25.04.26)	Practical- Adjustment Inventory
16 th week (27.04.26-30.04.26)	Revision and Test

DEPT. OF PSYCHOLOGY
 Lesson Plan (From January 2026 to April 2026)
 Name of the Assistant Professor: Dr. Randhir Singh
 CLASS & SEMSTER: B.A.3RD YEAR, 6TH SEMESTER
 SUBJECT: APPLIED PSYCHOLOGY(PSY302T)

Date	Topics
1 st week (06.01.26-10.01.26)	Meaning and Nature of Applied Psychology, History of Applied Psychology.
2 nd week (12.01.26-17.01.26)	Fields of Applied Psychology, Careers in Applied Psychology
3 rd week (19.01.26-24.01.26)	Nature of Organizational Psychology, Scopes in Organizational Psychology.
4 th week (27.01.26- 31.01.26)	Objectives of Organizational Psychology, Development of Organizational Psychology, Job Satisfaction.
5 th week (02.02.26- 07.02.26)	Nature of Guidance, Objectives of Guidance, Principles of Guidance.
6 th week (09.02.26- 14.02.26)	Types of Guidance, Organization of Guidance Programs.
7 th week (16.02.26- 21.02.26)	Nature of Counseling, Needs of Counseling.
8 th week (23.02.26- 28.02.26)	Principles of Counseling, Special Areas in Counseling.
9 th week (09.03.26- 14.03.26)	Types of Counseling, Nature of Health Psychology, Test.
10 th week (16.03.26- 21.03.26)	Scope in Health Psychology, Objectives in Health Psychology, Concept of Health and Illness
11 th week (23.03.26- 28.03.26)	Psychological Factors in Physical Illness, Life Style and Health.
12 th week (30.03.26- 04.04.26)	Stress and Coping, Nature of Forensic Psychology.
13 th week (06.04.26- 11.04.26)	Psychology and Law, Eyewitness Memory, Accuracy in Eyewitness Memory, Test.
14 th week (13.04.26-18.04.26)	Improvement in Eyewitness Memory, Nature of Correlation method in statistics.
15 th week (20.04.26-25.04.26)	Rank Difference Correlation Product moment method: Long Method, Short Method.
16 th week (27.04.26-30.04.26)	Revision


 Dr. Randhir Singh

