

**DEPARTMENT OF PSYCHOLOGY**

**LESSION PLAN**

**SESSION 2023-2024**

**EVEN SEMESTER**

**BA PASS COURSE 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> sem.**

**BA HONS. 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> sem.**

**HOD**

**DR DINESH SINGH**

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR – DR SUMAN KUMARI</b>
<b>CLASS AND SECTION -B.A 1<sup>ST</sup> YEAR,2<sup>ND</sup> SEM.(PASS-COURSE)</b>
<b>SUBJECT - EXPERIMENTAL PSYCHOLOGY</b>
<b>PAPER- PY02</b>

<b>Month</b>	<b>Topic</b>
<b>JANUARY</b> Week 3	Attention: Nature, Characteristics, and types
Week 4	Problem solving: Stages of problem solving, Convergent and Divergent thinking.
<b>FEBRUARY</b> Week 1	Psychophysics: meaning and nature
Week 2	Problems of Psychophysics
Week 3	Methods (Classical).
Week 4	Learning: Definition
<b>MARCH</b> Week 1	Factors affecting, Trial and error learning
Week 2	Insight learning, Classical
Week 3	Operant conditioning.
Week 4	Statistics: Frequency Distribution, Graphical presentation of data, Measures of central tendencies.
<b>APRIL</b> Week 1	Memory: Definition, Stages,
Week 2	STM and LTM – Methods
Week 3	Forgetting: Factors leading to forgetting,
Week 4	Pneumonic
<b>MAY</b> Week 1	<b>Unit Tests</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR –DR SUMAN KUMARI</b>
<b>CLASS AND SECTION 2<sup>ND</sup> YEAR,4<sup>TH</sup> SEM(PASS-COURSE)</b>
<b>SUBJECT DEVELOPMENTAL PSYCHOLOGY</b>
<b>PAPER PY04</b>

<b>Month</b>	<b>Topic</b>
<b>JANUARY</b> Week 3	Human Development; Concept and principles
Week 4	Factors in human development; Biological, Social and Cultural
<b>FEBRUARY</b> Week 1	Prenatal development,
Week 2	Determinants and stages.
Week 3	Infancy: Characteristics,
Week 4	Hazards and adjustment.
<b>MARCH</b> Week 1	Revision
Week 2	Unit test
Week 3	Childhood: Characteristics, Perceptual,
Week 4	Motor, Emotional, Cognitive Development.
<b>APRIL</b> Week 1	Adoloscents: Characteristics
Week 2	problems of adoloscents and adjustment.
Week 3	Adulthood: Early adulthood, late adulthood and aging-Changing patterns and problems.
Week 4	Measures of variability: Quartile deviation, Standard deviation.
<b>MAY</b> Week 1	<b>Unit Test</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR- DR SUMAN KUMARI</b>
<b>CLASS AND SECTION – 3<sup>RD</sup> YEAR, 6<sup>TH</sup> SEMESTER</b>
<b>SUBJECT APPLIED PSYCHOLOGY</b>
<b>PAPER –PYO6</b>

<b>Month</b>	<b>Topic</b>
<b>JANUARY</b> Week 3	Applied Psychology: Meaning, History, fields, and careers in psychology
Week 4	Organizational Psychology: Nature, Scope, objectives, and development.
<b>FEBRUARY</b> Week 1	Guidance: Objectives, Principles, types of guidance
Week 2	Organization of guidance programme.
Week 3	Counselling: Need, Principles,
Week 4	Special areas and Types of Counselling.
<b>MARCH</b> Week 1	Health Psychology: Meaning, Scope
Week 2	Objectives; Concept of health and illness.
Week 3	Psychological factors in physical illness,
Week 4	Life style and health, Stress and coping.
<b>APRIL</b> Week 1	Forensic psychology: Psychology and Law
Week 2	Eyewitness Memory; Accuracy and improvement
Week 3	Statistics: Correlation- Meaning, Rank difference
Week 4	Product moment method.
<b>MAY</b> Week 1	<b>Unit Test</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR –DR DINESH SINGH</b>
<b>CLASS AND SECTION B.A 1<sup>ST</sup> , 2<sup>ND</sup> SEM. (HONS)</b>
<b>SUBJECT COGNITIVE PROCESSES</b>
<b>PAPER – V</b>

<b>Month</b>	<b>Topic</b>
<b>JANUARY</b> Week 3	Habituation: Orienting Reflexes, Habituation and Dishabituation.
Week 4	Learning:- Classical Conditioning: Paradigms, Extinction, Spontaneous Recovery, Generalization and Discrimination.
<b>FEBRUARY</b> Week 1	Operant conditioning: Paradigms and reinforcement schedules. Observational Learning.
Week 2	Sensation: Types of Senses. Sensory Processes; Visual and Auditory (Structure and Functions of Eye & Ear)
Week 3	Attention: Attentional Processes, Selective and Divided Attention.
Week 4	Perception: Gestalt's Laws of organization, Perception of size, shape and Depth.
<b>MARCH</b> Week 1	Memory: Encoding, Storage and Retrieval processes in short term memory
Week 2	long term memory
Week 3	Real Life Memories: Eyewitness Testimony, Accuracy and Improvement.
Week 4	Forgetting: Decay and Interference: Retroactive and proactive, Mnemonics.
<b>APRIL</b> Week 1	Intelligence: Cognitive and psychometric approaches;
Week 2	Genetic and Environmental Influences.
Week 3	Thinking and Reasoning: Thinking processes;
Week 4	Concepts, Categories, Inductive and deductive reasoning.
<b>MAY</b> Week 1	<b>Unit Test</b>
Week 2	<b>Assignments'</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR –DR ANITA MALIK</b>
<b>CLASS AND SECTION – 1<sup>ST</sup> YEAR, 2<sup>ND</sup>SEMESTER(HONS)</b>
<b>SUBJECT- APPLYING SOCIAL PSYCHOLOGY</b>
<b>PAPER – VI</b>

<b>MONTH</b>	<b>TOPIC</b>
<b>JANUARY</b> Week 3	Socialization: Nature, Agencies and Process.
Week 4	Prejudice and Discrimination: Nature and components of prejudice, Acquisition of prejudice, Reduction of prejudice.
<b>FEBRUARY</b> Week 1	Social influence: Conformity – factors affecting conformity;
Week 2	Compliance: principles and tactics; Obedience – Milgram’s obedience studies.
Week 3	Effect of Presence of Others: Social Facilitation
Week 4	Social Inhibition
<b>MARCH</b> Week 1	Pro-Social Behavior: Altruism and helping - Personal, Situational and socio-cultural determinants
Week 2	Bystander effect, Theoretical explanations of pro-social behaviour.
Week 3	Communication: Communication Models, Verbal and nonverbal communication
Week 4	Barriers in communication
<b>APRIL</b> Week 1	Aggression: Theoretical perspectives - Trait, Situational and Social learning approaches
Week 2	Social and personal determinants of aggression
Week 3	Applying Social Psychology: to work and Health
Week 4	Prevention and Control of Aggression
<b>MAY</b> Week 1	<b>Unit Test</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR – DR SUNIL RATHEE</b>
<b>CLASS AND SECTION – B.A 1<sup>ST</sup> , 2<sup>ND</sup> SEMESTER (HONS)</b>
<b>SUBJECT- BASICS OF RESEARCH METHODS &amp; STATISTICS</b>
<b>PAPER –VII</b>

<b>MONTH</b>	<b>TOPIC</b>
<b>JANUARY</b> Week 3	Data Collection Techniques: Observation, Questionnaire
Week 4	Interview, Telephone Interview, Sociometry
<b>FEBRUARY</b> Week 1	Sampling – its Techniques
Week 2	Assumption of Parametric and Non-Parametric Tests,
Week 3	Writing up a Research Report - APA Style.
Week 4	Revision
<b>MARCH</b> Week 1	Normal Distribution Curve: Concept of Normal Probability Curve
Week 2	Laws of Normal Probability Curve.
Week 3	Characteristics
Week 4	Applications
<b>APRIL</b> Week 1	Research Design: Within and Between
Week 2	Requirement of a good research design
Week 3	Within – Single Group Design, Between Group – Two Randomized
Week 4	Matched Group, Multi-group Design.
<b>MAY</b> Week 1	<b>Unit Test</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE PROFESSOR – DR MEENAKSHI DALAL</b>
<b>CLASS AND SECTION – B.A 2<sup>ND</sup> , 4<sup>TH</sup> SEMESTER(HONS)</b>
<b>SUBJECT- PSYCHOPATHOLOGY</b>
<b>PAPER –XIII</b>

<b>Month</b>	<b>Topic</b>
<b>JANUARY</b> Week 3	Introduction to Psychopathology: Concept of Psychopathology, Models of Psychopathology
Week 4	Psychodynamic, Behavioural, Cognitive Behavioural Clinical Assessment: Clinical Interview, Case History, Psychological Tests.
<b>FEBRUARY</b> Week 1	Anxiety disorders: Generalized Anxiety disorder, Phobia
Week 2	Obsessive Compulsive disorder, Post- traumatic Stress disorder.
Week 3	Conversion Hysteria, Personality disorder: Paranoid
Week 4	Antisocial, Borderline personality disorder, Avoidant.
<b>MARCH</b> Week 1	Mood disorders: Major depressive disorders and Bipolar-I & Bipolar-II disorder
Week 2	Schizophrenia: Nature, Types, Etiology and Treatment.
Week 3	Revision
Week 4	Substance and Alcohol related disorders.
<b>APRIL</b> Week 1	Clinical Intervention: Meaning & goals
Week 2	Psychodynamic, Behavioural, Cognitive Behavioural, Biological Therapies.
Week 3	Mental Health: Components, Importance
Week 4	Measures for promoting mental health.
<b>MAY</b> Week 1	<b>Unit Test</b>
Week 2	<b>Assignments</b>



## LESSION PLAN

<b>NAME OF THE PROFESSOR DR MEENAKSHI DALAL</b>
<b>CLASS AND SECTION – B.A 2<sup>ND</sup> YEAR, 4<sup>TH</sup> SEMESTER(HONS)</b>
<b>SUBJECT- LIFE STYLE AND HEALTH</b>
<b>PAPER –XIV</b>

<b>MONTH</b>	<b>TOPIC</b>
<b>JANUARY</b> Week 3	Health Behaviour: The concept, Role of Behavioral factors in Disease and Disorder, Practicing health behavior. Gender and Ethnic differences in Health risk and habits.
Week 4	Seeking Health Care: Delayed treatment seeking behavior, Onerusing health services, Factors affecting Adhering to Treatment.
<b>FEBRUARY</b> Week 1	Modifying Health Behavior: Barriers to modify poor Health behavior. Self observation,
Week 2	Self monitoring and Self control of behavior. Settings of change.
Week 3	Theory of Planned Behavior, Attitude change and Health behavior,
Week 4	Theory of Reasoned action.
<b>MARCH</b> Week 1	Health Enhancing/Promoting Behavior: Exercise, Benefits of exercise,
Week 2	Determinants of regular exercise, Characteristics of intervention.
Week 3	Accident Prevention: Home & Work place, Motorcycle and Automobile accidents.
Week 4	Educational programmes/Community health education.
<b>APRIL</b> Week 1	Health Compromising Behavior: Substance dependence and Treatment,
Week 2	Alcoholism and Smoking, Prevention programmes and Social influence
Week 3	Stress: Stress and Coping,
Week 4	Stress and Eating modifying Diet. Regulation and treatment of Obesity.
<b>MAY</b> Week 1	<b>Unit Test</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR – DR DINESH SINGH</b>
<b>CLASS AND SECTION –B.A 2<sup>ND</sup> YEAR, 4<sup>TH</sup> SEMESTER(HONS)</b>
<b>SUBJECT- PSYCHOLOGICAL ASSESSMENT</b>
<b>PAPER –XV</b>

<b>MONTH</b>	<b>TOPIC</b>
<b>JANUARY</b> Week 3	Psychological Assessment – Meaning and nature Intellectual Assessment: Individual Tests – Wechsler Scales – WAIS, WISC and WPPSI
Week 4	Group Tests - Culture fair Intelligence test, Raven’s progressive matrices.
<b>FEBRUARY</b> Week 1	Personality Assessment: Self report inventories – Empirical, Criterion Keying
Week 2	MMPI; Factor- Analysis: 16 PF; Personality Theory: EPPS.
Week 3	Projective Techniques – Inkblot, Rorschach, Pictorial
Week 4	TAT, Completion, Sentence Completion Test.
<b>MARCH</b> Week 1	Measuring Interests - Strong Interest Inventory,
Week 2	Kuder Occupational Interest Survey
Week 3	Measurement of Aptitudes – Multiple Aptitude Test Batteries
Week 4	Differential Aptitude Test, Multidimensional Aptitude Battery
<b>APRIL</b> Week 1	Educational Achievement Tests – Iowa Tests of Basic Skills, Metropolitan Achievement Test,
Week 2	Tests of General Educational Development.
Week 3	Tests for College Performance
Week 4	Scholastic Assessment Tests, Graduate Record Exam.
<b>MAY</b> Week 1	<b>Unit Tests</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR – DR ANITA MALIK</b>
<b>CLASS AND SECTION – B.A 3<sup>RD</sup> YEAR, 6<sup>TH</sup> SEMESTER(HONS)</b>
<b>SUBJECT- CLINICAL PSYCHOLOGY</b>
<b>PAPER – XXII</b>

<b>MONTH</b>	<b>TOPIC</b>
<b>JANUARY</b> Week 3	Foundations of Clinical Psychology: Introduction, historical overview, role of clinical psychologist.
Week 4	Models of Clinical Psychology: Psychoanalysis, Behavioural, Cognitive-Behavioural, Humanistic model.
<b>FEBRUARY</b> Week 1	Clinical Assessment: Concept
Week 2	Purpose and process of clinical assessment
Week 3	Techniques of Clinical Assessment: Case study
Week 4	Clinical interview, observation, psychological testing/assessment
<b>MARCH</b> Week 1	Clinical Intervention: Psychoanalytic
Week 2	Behaviour therapy, Humanistic: Carl Rogers.
Week 3	Cognitive-Behavioural Interventions
Week 4	Cognitive Behaviour Therapy: Beck, Ellis; Social skill training.
<b>APRIL</b> Week 1	Promotion of Mental health: Meaning, importance
Week 2	Measures to promote mental health.
Week 3	Issues in Clinical Psychology: Ethical
Week 4	Cultural issues, future of clinical psychology.
<b>MAY</b> Week 1	<b>Unit Test</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR – DR SUNIL RATHEE</b>
<b>CLASS AND SECTION – B.A 3<sup>RD</sup> YEAR,6<sup>TH</sup> SEMSTER(HONS)</b>
<b>SUBJECT- ORGANIZATIONAL BEHAVIOUR</b>
<b>PAPER –XXIII</b>

<b>Month</b>	<b>Topic</b>
<b>JANUARY</b>	Organizational behaviour: Nature and scope of organizational behavior, challenges of Organizational behavior.
<b>Week 3</b>	
<b>Week 4</b>	Meaning of organization: Formal and informal types, Functions of organizations.
<b>FEBRUARY</b>	Motivation: Meaning, approaches and models of motivation
<b>Week 1</b>	
<b>Week 2</b>	Content models and Process models
<b>Week 3</b>	Motivation & Its Applications in organizations, Motivational practices, Management by objectives (MBO)
<b>Week 4</b>	Employee Involvement and Recognition strategies
<b>MARCH</b>	Leadership: Meaning, Traits of leader
<b>Week 1</b>	
<b>Week 2</b>	Is leadership person, process or position?
<b>Week 3</b>	Theories of leadership: Trait theories (Ohio & Michigan)
<b>Week 4</b>	Behavioural theories (Blake and Mouton), Situational theories (Fiedler contingency Model)
<b>APRIL</b>	Conflict and Negotiation: Meaning and types of organizational conflict
<b>Week 1</b>	
<b>Week 2</b>	Negotiation Tactics
<b>Week 3</b>	Organizational culture and organizational change
<b>Week 4</b>	Dynamics of organization culture, challenges and Resistance to change
<b>MAY</b>	<b>Unit Tests</b>
<b>Week 1</b>	
<b>Week 2</b>	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE PROFESSOR – DR LOKESH BALHARA</b>
<b>CLASS AND SECTION –B.A 3<sup>RD</sup>,6<sup>TH</sup> SEMESTER(HONS)</b>
<b>SUBJECT- DEVELOPMENTAL PSYCHOLOGY</b>
<b>PAPER- XXIV</b>

<b>MONTH</b>	<b>TOPIC</b>
<b>JANUARY</b> Week 3	Human Development: Historical background
Week 4	Principles of development and methods of human development.
<b>FEBRUARY</b> Week 1	Theories and factors of Human Development: Role of biological, social and cultural factors affecting human development.
Week 2	Nature-Nurture concept in human development.
Week 3	Prenatal Development: Period of prenatal development, hazards of prenatal behavior, maternal health at risk.
Week 4	Infancy: characteristics, development and problems of infancy. Childhood: characteristics and problems of childhood.
<b>MARCH</b> Week 1	Adolescence: Nature, characteristics and problems of adolescence.
Week 2	Youth and its current status.
Week 3	Development of self: self concept,
Week 4	Identity and self-esteem. Role of family, peers, school & media.
<b>APRIL</b> Week 1	Cognitive development: Nature, approaches, development of language,
Week 2	behavioral and environmental influence of cognitive development.
Week 3	Emotional development: Approaches; emotional, behavioral and social approaches of emotional behavior.
Week 4	Moral development: Temperament, conscience development in young children.
<b>MAY</b> Week 1	<b>Unit Tests</b>
Week 2	<b>Assignments</b>

## LESSION PLAN

<b>NAME OF THE ASSISTANT/ASSOCIATE PROFESSOR –DR MEENAKSHI DALAL</b>
<b>CLASS AND SECTION – B.A 3<sup>rd</sup> YEAR, 6<sup>th</sup> SEMESTER(HONS)</b>
<b>SUBJECT- APPLIED PSYCHOLOGY</b>
<b>PAPER – XXV</b>

<b>MONTH</b>	<b>TOPIC</b>
<b>JANUARY</b> Week 3	Introduction: Meaning, Basic and applied research, Fields of applied psychology.
Week 4	Educational Applications: Role of psychologists in school system: school psychologist, community psychologist, Educational psychologist:
<b>FEBRUARY</b> Week 1	Measurement and evaluation: Assessing educational readiness, assessing educational achievement.
Week 2	Industrial Applications: Planning, selection, training, job satisfaction.
Week 3	Careers and work: Choosing a career
Week 4	Work-related attitudes, job interviews, conflict in work settings
<b>MARCH</b> Week 1	Health Applications: Dealing with health related information, stress and illness
Week 2	Taking active steps to cope with stress, coping with medical care
Week 3	Lifestyles and its consequences: Smoking, drinking, overeating
Week 4	lack of exercise, behavior and AIDS
<b>APRIL</b> Week 1	Clinical Applications: Cognitive-Behavior therapy
Week 2	Psychodynamic, Behavior, client-centered therapy
Week 3	Legal Applications: Media and Perception about crime, eyewitness testimony.
Week 4	Role of attorneys and judges, defendant characteristics
<b>MAY</b> Week 1	<b>Unit Tests</b>
Week 2	<b>Assignments</b>