

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR MEENAXI DALAL
Class- B.A-II, HONS
Subject- BIOLOGICAL BASIS OF BEHAVIOUR

WEEKS	SYLLABUS
Week1	Nature of Biopsychology:- Meaning of Biopsychology
Week2	Major divisions of Biopsychology. Research Methods – Lesion, Brain – Stimulation and EEG
Week3	Genetics and Behavior:- Chromosomes and genes, dominant
Week4	Recessive genes and sex-linked genes.
Week5	Neuron:- Structure and function of neuron, Types of Neuron
Week6	Nervous System:- Central Nervous System: brain structure & function
Week7	Emotions:- Physiological Correlates of emotions
Week8	Theories of emotion – James – Lange, Cannon – Bard. Hunger:- Glucostatic and Lipostatic Set – point.
Week9	Theories of Hunger. Neural mechanisms of hunger.
Week10	Sleep: Stages of Sleep, Sleep Disorders: Insomnia, Hypersomnia,
Week11	REM – Sleep Related Disorders.
Week12	Hormones & Behaviour: Differences between exocrine & endocrine glands.
Week13	Hormones of Pituitary & Adrenal glands and their functions.
Week14	Doubts
Week15	Assignments
Week16	Group Discussion

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR MEENAXI DALAL
Class- BA-II, HONS
Subject- BASICS OF HEALTH PSYCHOLOGY

WEEKS	SYLLABUS
Week1	Health Psychology: Meaning, Nature and Emergence of Health Psychology.
Week2	Methods: Case Study, Survey & Observation Method.
Week3	Models of Health Psychology: Biomedical Model and Biopsychosocial Models of Health Psychology.
Week4	Systems of the Body: Endocrine glands
Week5	Digestive System, Respiratory and Cardiovascular System.
Week6	Eating disorders: Obesity & its control,
Week7	Bulimia and Anorexia Nervosa.
Week8	Health and Illnesses: Diabetes,
Week9	Hypertension and Cardiovascular disease
Week10	HIV & AIDS, Cancer.
Week11	Stress and Health: Stress, GAS, Physiological Sources
Week12	Nervous System & stress and Endocrine System & stress; Psychosocial Sources; Stress and Sickness.
Week13	Trends for future: Changing nature of Medical practice,
Week14	Impact of Technology and Comprehensive Intervention.
Week15	Doubts & Discussion
Week16	Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR SUNIL RATHEE
Class- BA-II HONS
Subject- PSYCHOLOGICAL TESTING

WEEKS	SYLLABUS
Week1	Psychological Testing – Nature, History, Uses of Psychological Tests.
Week2	Test Administration – Effects of Examiner and Situational Variables
Week3	Effects of training on Test performance.
Week4	Test Construction – Steps in the process of test construction
Week5	Item Construction and Scaling. Item Analysis – Nature, Item difficulty, Item discrimination.
Week6	Reliability – Meaning, Methods of reliability
Week7	Test – Retest, Internal Consistency.
Week8	Validity – Meaning, Methods of Estimation
Week9	Content – Description procedures and Criterion – prediction procedures. U
Week10	Norms – Meaning and Purpose, Raw score Transformations, Standard Scores.
Week11	Special Issues in Testing – Computer – aided psychological assessment,
Week12	Ethical issues: Protection of privacy, Confidentiality
Week13	Communicating test results
Week14	Doubts & Discussion
Week15	Group Discussion
Week16	Assessments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR MEENAXI DALAL
Class- B.A-II HONS
Subject- BASICS OF NEUROPSYCHOLOGY

WEEKS	SYLLABUS
Week1	Nature and Subject matter of Neuropsychology; Relationship with other branches of Psychology:
Week2	Clinical Psychology, Biological Psychology, Cognitive Psychology.
Week3	Behavioural Dysfunctions and Symptoms
Week4	Agnosias; Aphasias; Apraxia; Amnesias.
Week5	Cerebrovascular Disorder: Types- Transient Ischemic Attack
Week6	Infarction; Hemorrhage. Causes, Symptoms and Management.
Week7	Traumatic Head Injuries : Concussion, Closed Head Injury and Penetrating Head Injury;
Week8	Causes, Symptoms & Management.
Week9	Intra Cranial Tumors- Infiltrating and non-infiltrating tumors.
Week10	Causes, symptoms & management.
Week11	Degenerative disorders: Parkinson's Disease and Alzheimer's Disease. Causes, Symptoms and management.
Week12	Neuropsychological Assessment
Week13	Halstead-Rietan and Luria-Nebraska approach & Battery.
Week14	Neuropsychological Rehabilitation: Recovery of function, Plasticity
Week15	Adaptation & overview of Rehabilitation process.
Week16	Group discussion , Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR SUNIL RATHEE
Class- B.A-VHONS
Subject- INDUSTRIAL PSYCHOLOGY

WEEKS	SYLLABUS
Week1	Industrial Psychology: Its premises and Development, Faces of Industrial Psychology
Week2	As a science and as a Progression.
Week3	Industrial- Organizational Psychology on the Job:
Week4	Challenges and I-O psychology as a career, Problems for I-O Psychologists
Week5	Industrial Psychology: Methods and basic Research strategies: Experimental method,
Week6	Naturalistic observation, Survey and opinion polls
Week7	Statistical Analyses in Research: Descriptive, Inferential statistics.
Week8	Job analysis: Meaning and Determinants.
Week9	Application Blanks, Interviews, Assessment centers:
Week10	Basket & Leaderless, Group Discussions. Employees Attitudes toward Assessment centers.
Week11	Job Evaluation: Menaing, Methods and Factors of Job Evaluation.
Week12	Installing a job evaluation programme in Industry
Week13	Working conditions: Illumination, Noise, Atmospheric conditions, work schedule, Rest periods, shift work.
Week14	Accidents and Safety: Definition of accident, factors of accident occurrence
Week15	Situational and Individual, Accident proneness, Reduction of Accidents: Steps.
Week16	Group Discussion, Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR SUNIL RATHEE
Class- BA-III HONS
Subject- CHILD DEVELOPMENT

WEEKS	SYLLABUS
Week1	Development of child: Nature and Methods: cross-sectional method,
Week2	Longitudinal method and Experimental method.
Week3	Principles of Human Development: Goals and types of developmental changes,
Week4	Early and late development of a child.
Week5	Foundations of developmental pattern: Prenatal: Fertilization, Heredity
Week6	Sex-determination. Developmental differences of single and multiple birth conditions.
Week7	Development attitudes: Parental attitudes effecting prenatal development
Week8	Hazards during prenatal period: Physical and psychological hazards.
Week9	Neonate: Adjustment of a child to new world. Respiration
Week10	Cardiovascular and gastrointestinal changes. Reflexes, sucking, moro and grasping reflex.
Week11	Social Development: Goals and types of developmental changes.
Week12	Early and late developmental pattern.
Week13	Cognitive development: structural and functional approach
Week14	Piaget's developmental stages and Piaget's theory. Social cognition.
Week15	Emotional development: Smile as a social sign, smiling and laughter; Attachment: Theories of attachment, Parental behavior and attachment.
Week16	Assignments, Group Discussion

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR ANITA MALIK
Class- BA-111 HONS
Subject- PSYCHOLOGY OF SOCIAL ISSUES

WEEKS	SYLLABUS
Week1	Nature of social issues: Social Psychology and social issues; Basic vs. Applied, social problems in the 21st century.
Week2	Social psychological understanding of social systems: Indian family system
Week3	Social stratification caste, power and gender.
Week4	Social inequality, poverty and deprivation: The problems of social inequality- Poverty
Week5	Theories of poverty. Social psychological analysis of deprivation, sources of deprivation.
Week6	Attitudes and Social cognition: Attitudes towards women and sex role stereotypes, attitude towards family planning.
Week7	Social cognition-social perception and attribution of success and failure in achievement context.
Week8	Anti-Social behavior: Corruption, Bribery and other form of anti-social behaviors
Week9	Crime and Violence: Nature of crime and violence, Causes of crime and violence
Week10	Environmental issues and well being: Crowding in urban ecology
Week11	Psycho-Social determinants of health and well being.
Week12	Culture and social Behavior: Culture, Person perception
Week13	Culture and interpersonal attraction- Love, intimacy and intercultural marriages.
Week14	Assignments
Week15	Group Discussion
Week16	Assessments works

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR SUMAN KUMARI
Class- BA-II
Subject- Social Psychology

WEEKS	SYLLABUS
Week1	Introduction: Nature, subject matter
Week2	Socio-metric method
Week3	Socialization: Nature
Week4	Process and Agents of Socialization.
Week5	Group: Types and functions;
Week6	Social Norms: Meaning, Characteristics and formation.
Week7	Leadership: Types, Function,.
Week8	Theories– Trait, Situational, and Interactional
Week9	Attitudes: Characteristics,
Week10	Development and Attitude change.
Week11	Prejudice: Nature, Development
Week12	Stereotypes
Week13	Prosocial Behaviour: Nature, Determinants ,Cognitive Model.
Week14	Aggression: Nature, determinants and prevention.
Week15	Group Discussion
Week16	Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR SUMAN KUMARI
Class- BA-III
Subject- PSYCHOPATHOLOGY

WEEKS	SYLLABUS
Week1	Concept of normality and abnormality.
Week2	Models of Psychopathology: Biological,.
Week3	Psychodynamic
Week4	Behavioural, and Cognitive
Week5	Classification of Psychopathology Interview, Projective techniques.
Week6	Need for classification, DSM system
Week7	Diagnostic Assessment
Week8	Case history
Week9	Anxiety Based Disorders: GAD, OCD,
Week10	Phobic disorders-Symptom and Causes.
Week11	Substance/drug abuse – Causes
Week12	Consequences and Rehabilitation.
Week13	Mood disorders: Unipolar and bipolar-Symptoms and causes.
Week14	Schizophrenia: Nature, types, and causes.
Week15	Group Discussion
Week16	Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR DINESH SINGH
Class- BA-1 HONS
Subject- Fundamentals of Psychology

WEEKS	SYLLABUS
Week1	Introduction: - Definition, Historical origins of Psychology
Week2	Goals and fields of psychology.
Week3	Methods in Psychology: Experimental, observation
Week4	Interview, Questionnaire and Case Study.
Week5	Personality: Nature, Major Approaches
Week6	Trait and Type
Week7	Psychodynamic
Week8	Behavioral and Humanistic
Week9	Motivation: Nature, Biological and Psychosocial Motives,
Week10	Frustration and Conflict
Week11	Emotion: Nature, Bodily changes
Week12	Theories of Emotion: James-Lange, Cannon-Bard and, Schachter-Singer.
Week13	Intelligence: Nature, Theories: Guilford
Week14	Gardener and Sternberg
Week15	Group Discussion
Week16	Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR DINESH SINGH

Class- BA-1 (PASS-COURSE)

Subject- Fundamentals of Psychology

WEEKS	SYLLABUS
Week1	Introduction: - Definition, Historical origins of Psychology
Week2	Goals and fields of psychology.
Week3	Methods in Psychology: Experimental, observation
Week4	Interview, Questionnaire and Case Study.
Week5	Personality: Nature, Major Approaches
Week6	Trait and Type
Week7	Psychodynamic
Week8	Behavioral and Humanistic
Week9	Motivation: Nature, Biological and Psychosocial Motives,
Week10	Frustration and Conflict
Week11	Emotion: Nature, Bodily changes
Week12	Theories of Emotion: James-Lange, Cannon-Bard and, Schachter-Singer.
Week13	Intelligence: Nature, Theories: Guilford
Week14	Gardener and Sternberg
Week15	Group Discussion
Week16	Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR ANITA MALIK
Class- BA-1 HONS
Subject- Social Psychology

WEEKS	SYLLABUS
Week1	Introduction: Nature and Subject-matter;
Week2	Methods: Sociometry and Case study.
Week3	Socialization: Nature, Process
Week4	Agents of Socialization.
Week5	Social Influence: Meaning and Nature of Compliance
Week6	Conformity and Obedience.
Week7	Prejudice: Nature, Development
Week8	Stereotypes.
Week9	Social Processes -Meaning of Cooperation and Conflict,
Week10	Conflict Resolution Techniques.
Week11	Social Perception: Impression Formation
Week12	Attribution Theory: Heider
Week13	Aggression: Nature, Determinants and Prevention. Pro-Social Behaviors: Nature, Determinants of Pro-Social Behavior
Week14	Empathy- Altruism Hypothesis, Negative State Relief Hypothesis.
Week15	Group Discussion
Week16	Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher- DR SUNIL RATHEE
Class- B.A-I HONS
Subject- Skill Enhancement Courses

WEEKS	SYLLABUS
Week1	Life Skills: Concept.
Week2	Definition and Categories of Life Skills
Week3	Life Skills for Self- Understanding
Week4	Self-esteem
Week5	Self-efficacy
Week6	Self-Regulation.
Week7	Life Skills for Interpersonal Management,
Week8	Effective Communication skills
Week9	Interpersonal Relations skills
Week10	Conflict Resolution skills
Week11	Assertiveness Training
Week12	Life Skills Dealing with Issues and Problems
Week13	Critical Thinking
Week14	Creative Thinking and Problem Solving.
Week15	Group Discussion
Week16	Assignments

LESSON PLAN
Session: 2024-25 (ODD SEM)

Name of Teacher-

CLASS

Subject-

WEEKS	SYLLABUS
Week1	
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