

LESSION PLAN

NAME OF THE PROFESSOR – DR MEENAKSHI DALAL
CLASS AND SECTION: 4TH SEM(PASS-COURSE)
SUBJECT DEVELOPMENTAL PSYCHOLOGY
PAPER PY04

Month	Topic
JANUARY Week 2	Human Development; Concept and principles
Week 3	Factors in human development; Biological, Social and Cultural
JANUARY Week 4	Prenatal development,
FEBRUARY Week 1	Determinants and stages.
Week 2	Infancy: Characteristics,
Week 3	Hazards and adjustment.
Week 4	Revision
MARCH Week 1	Unit test
Week 3	Childhood: Characteristics, Perceptual,
Week 4	Motor, Emotional, Cognitive Development.
APRIL 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.
MAY Week 1	Unit Test
Week 2	Assignments

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NAME OF THE PROFESSOR – DR MEENAKSHI DALAL
CLASS AND SECTION – 4TH SEMESTER(HONS)
SUBJECT- PSYCHOPATHOLOGY
PAPER –XIII

Month	Topic
JANUARY Week 2	Introduction to Psychopathology: Concept of Psychopathology, Models of Psychopathology
Week 3	Psychodynamic, Behavioural, Cognitive Behavioural Clinical Assessment: Clinical Interview, Case History, Psychological Tests.
JANUARY Week 4	Anxiety disorders: Generalized Anxiety disorder, Phobia
FEBRUARY Week 1	Obsessive Compulsive disorder, Post- traumatic Stress disorder.
Week 2	Conversion Hysteria, Personality disorder: Paranoid
Week 3	Antisocial, Borderline personality disorder, Avoidant.
Week 4	Mood disorders: Major depressive disorders and Bipolar-I & Bipolar-II disorder
MARCH Week 1	Schizophrenia: Nature, Types, Etiology and Treatment.
Week 3	Revision
Week 4	Substance and Alcohol related disorders.
APRIL 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.
MAY Week 1	Unit Test
Week 2	Assignments

LESSION PLAN

NAME OF THE PROFESSOR DR MEENAKSHI DALAL
CLASS AND SECTION – 4TH SEMESTER(HONS)
SUBJECT- LIFE STYLE AND HEALTH
PAPER –XIV

Month	TOPIC
JANUARY Week 2	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 3	Seeking Health Care: Delayed treatment seeking behavior, Onerusing health services, Factors affecting Adhering to Treatment.
JANUARY Week 4	Modifying Health Behavior: Barriers to modify poor Health behavior. Self-observation,
FEBRUARY Week 1	Self-monitoring and Self-control of behavior. Settings of change.
Week 2	Theory of Planned Behavior, Attitude change and Health behavior,
Week 3	Theory of Reasoned action.
Week 4	Health Enhancing/Promoting Behavior: Exercise, Benefits of exercise,
MARCH Week 1	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.
APRIL 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.
MAY Week 1	Unit Test
Week 2	Assignments