**Lesson Plan 2024-2025**

**Psychology Department**

**Lesson plan**

**social psychology**

**DSC 2 B. A. 1 single Major**

**Session 2024 25**

**Dr.Neelam Raipuria Mangla**

**August**

1st week : Introduction -subject matter of social psychology

second week : subject matter of social psychology, case study method

Third week: Socialization -nature

4th week: Process, principles

**September**

1st week: Agents of socialization and sociometric method

second week : social influence compliance and conformity

third week :obedience and other form of social influence Prejudice-nature development and stereotypes

4th week : social processes meaning of corporation and conflict

**October**

first week: conflict resolution techniques, social perception

second week: Impression formation, attribution theory by Haider

third week: Aggression nature and determinant

4th week: determinants and prevention

**November**

1st week: Pro social behaviour determinants

second week : empathy negative state relief hypothesis revision

**Lesson plan**

**Social psychology**

**BA 3rd semester**

**session 2024-25**

**Dr Neelam raipuria Mangla**

**August**

1st week: Introduction to social psychology nature type of behaviour social psychology as a science

second week : Scope of social psychology

third week: Socialization

fourth week : agents of socialization

**September**

1st week:Aggression determinants prevention

second week: Pro social behaviour determinants

Third week :social group leadership

4th week : leadership and social norms

**October**

1st week: Attitude

second week: prejudice development of prejudice

3rd week : stereotypes

4th week : revision

**November**

1st week : holidays

second week: sociometric method revision

**Lesson plan**

**BA 1 multi disciplinary**

**MDC psychology**

**session 2024-25**

**Dr Neelam raipuria Mangla**

**August**

1st week: Introduction to psychology ,definition of psychology

second week: goal of psychology basic v/s applied

third week : basic and applied areas

4th week: importance of psychology

**September**

1st week: Self -nature

second week: self regulation and personal growth

Third week: Intelligence definition importance types of test

4th week: theories of intelligence multiple intelligence theory

**October**

1st week : tri archaic theory of intelligence , Administration of a test

second week: Emotional intelligence

Third week: Personality definition

4 week : Eysank theory of personality trait and type theory, administration of a test

**November**

1st week : Psycho analytical and humanistic theories

second week: Stress coping with stress, stress reaction techniques factors influence reaction style

4th week : modifying environment and altering life style

**Lesson plan**

**BA honours 5th semester**

**Psychology of social issues**

**Session 2024-25**

**Dr Neelam Raipuria Mangla**

**August**

1st week : Nature of social issues characteristics of social issues prevention

2nd week : social issues of 21st century

Third week : Indian family system characteristics causes broken of Indian family system

4th week : Indian caste system stratification : benefits cast system merit and demerits how to reduce caste system

**September**

1st week : Power

Second week : Gender, attitude towards women, sex roll studio types

Third week : cognition social perception attribution of success and failure in achievement contaxts

4th week : family planning: attitude towards family planning

**October**

1st week : Poverty theory of poverty deprivation sources of deprivation

second week: corruption bribery and anti social behaviour

third week : Crime and violence

4th week: Environmental issues and crowding

**November**

1st week : urban ecology, Psycho social determinants of health and well-being

Second week : culture in personal attraction

3rd week : love intimacy and Inter cultural marriage

4th week: Revision

**Lesson plan**

**BA 5th semester**

**Psychopathology**

**session 2024-25**

**Dr Neelam Raipuria Mangla**

**August**

1st week : Introduction and historical background of psychopathology

2nd week : concept of normal and abnormality

3rd week : Criteria of abnormality and normality

4th week: biological model of psychopathology

**September**

1st week : Psycho dynamic model, behaviour model

second week: cognitive model

Third week : need of classification DSM system

4th week : case study method and Interview method

**October**

1st week : Projective techniques, anxiety base disorders GAD

second week: OCD phobia

3rd week : substance use disorders, consequences and rehabilitation

4th week : mood disorder

**November**

1st week : unipolar and bipolar

second week: schizophrenia

third week : revision

**Lesson Plan Academic Session 2024-25**

**Subject – Life Skills (SEC-1 24PSY401SE01)**

**Class – BA with Majors in Psychology**

**Assistant Professor – Dr. Vinod**

**August 24**

1st week –Life Skills: Concept

2rd week – Life Skills: Definition

3rd week – Categories of Life Skills.

4th week – Life Skills for Self- Understanding

**September 24**

1st week – Self-esteem,

2rd week – Self-efficacy

3rd week – Self-Regulation

4th week – Life Skills for Interpersonal Management

**October 24**

1st week – Effective Communication skills,

2rd week – Interpersonal Relations skills

3rd week – Conflict Resolution skills

4th week – Assertiveness Training

**November 24**

1st week – Diwali Break

2rd week – Life Skills Dealing with Issues and Problems: Critical Thinking

3rd week – Life Skills Dealing with Issues and Problems: Creative Thinking

4th week – Life Skills Dealing with Issues and Problems: Problem Solving

**Lesson Plan Academic Session 2024-25**

**Subject – Introduction in Psychology (Minor - 24PSY401MI01)**

**Class – BA with Majors in Hindi**

**Assistant Professor – Dr. Vinod**

**August 24**

1st week – Definition, Historical origins of Psychology

2rd week – Goals and fields of psychology

3rd week – Methods in Psychology: Experimental, observation, Interview

4th week – Questionnaire and Case study

**September 24**

1st week – Personality: Nature, Factors influencing Personality

2rd week – Major Approaches- Trait and Type

3rd week – Psychodynamic

4th week – Behavioural and Humanistic

**October 24**

1st week – Motivation: Nature, Biological and Psychosocial Motives

2rd week – Frustration and Conflict

3rd week – Emotion: Nature, Bodily changes

4th week – Theories of Emotion: James-Lange, Cannon-Bardand,,Schachter–Singer

**November 24**

1st week – Diwali Break

2rd week – Intelligence: Nature,

3rd week – Theories: Spearman, Guilford

4th week – Gardener and Sternberg

**Lesson Plan Academic Session 2024-25**

**Subject – PY09-** **Psychological Testing**

**Class – BA Psychology Hons. 3rd sem**

**Assistant Professor – Dr. Vinod**

**August 24**

1st week – Psychological Testing – Nature, History, Uses of Psychological Tests

2rd week – Test Administration – Effects of Examiner and Situational Variables

3rd week – Effects of training on Test performance.

4th week – Test Construction – Steps in the process of test construction

**September 24**

1st week – Item Construction and Scaling.

2rd week – Item Analysis – Nature, Item difficulty

3rd week – , Item discrimination

4th week – Reliability – Meaning, Methods of reliability

**October 24**

1st week – Test – Retest, Internal Consistency

2rd week – Validity – Meaning, Methods of Estimation

3rd week – Content – Description procedure

4th week – Criterion – prediction procedures.

**November 24**

1st week – Diwali Break

2rd week – Norms – Meaning and Purpose, Raw score Transformations, Standard Scores.

3rd week – Special Issues in Testing – Computer – aided psychological assessmen

4th week – Ethical issues: Protection of privacy, Confidentiality, Communicating test results.

**Lesson Plan Academic Session 2024-25**

**Subject – PY19-** **Child Development**

**Class – BA Psychology Hons. 5th sem**

**Assistant Professor – Dr. Vinod**

**August 24**

1st week – Development of child: Nature and Methods: cross-sectional method

2rd week – Longitudinal method and Experimental method

3rd week – Principles of Human Development: Goals and types of developmental changes

4th week – Early and late development of a child.

**September 24**

1st week – Foundations of developmental pattern: Prenatal: Fertilization, Heredity, Sex-determination

2rd week – Developmental differences of single and multiple birth conditions.

3rd week – Development attitudes: Parental attitudes effecting prenatal development.

4th week – Hazards during prenatal period: Physical and psychological hazards.

**October 24**

1st week – Neonate: Adjustment of a child to new world. Respiration, cardiovascular and gastrointestinal

2rd week – Reflexes, sucking, moro and grasping reflex.

3rd week – Social Development: Goals and types of developmental changes

4th week – Early and late developmental pattern.

**November 24**

1st week – Diwali Break

2rd week – Cognitive development: structural and functional approach: Piaget’s developmental stages and Piaget’s theory. Social cognition

3rd week – Emotional development: Smile as a social sign, smiling and laughter

4th week – Attachment: Theories of attachment, Parental behavior and attachment.

**Lesson Plan**

**Academic Session: 2024-25 Subject: Psychology**

**Class: BA First Semester Multi Disciplinary Paper: Fundamentals of Psychology  
 Section A and section B**

**August:-**

1 week: Definition, history& goals of psychology.

2 week: Fields of psychology

3 week: Experimental and observation method of psychology

4 week: Interview questionnaire and case study method.

**September:-**

1 week: Personality nature ,type and trait approach.

2 week: Psychodynamic approach,

3 week: Behavioural approach.

4 week: Humanistic approach.

**October:-**

1 week: Motivation, nature, biological motives.

2 week: Psychological motives, frustration and conflict.

3 week: Emotion, body changes.

4 week: JamesLange Canon bard and Sachter singer theory.

**November:-**

1 week: Holiday.

2 week: Intelligence nature, and theories of intelligence.

3 week: Revision

**Lesson Plan**

**Academic Session 2024-25 Subject – Psychology**

**Class & Sem – B.A (Hons) 3rd Sem Paper –Basics of Health Psychology (PY10)**

**August**

1st week – Health Psychology Meaning & Nature

2nd week – Research Methods

3rd week – BMM & BPSM Model

4th week – System of the Body

**September**

1st week – System of the Body

2nd week – Obesity & Eating disorder

3rd week – Diabetes & Hypertension

4th week – Cardiovascular disease

**October**

1st week – HIV/AIDS and Cancer

2nd week – Stress GAS

3rd week – Physiological and Psychosocial source of stress

4th week – Stress & Sickness

**November**

1st week– Holidays

2nd week – Changing nature of medical practice & Comprehension Intervention

3rd week – Revision

**Lesson Plan**

**Academic Session 2024-25 Subject – Psychology**

**Class & Sem – B.A (Hons) 3rd Sem Paper – Biological Basis of Behavior (PY09)**

**August**

1st week – Meaning and Divisions of Bio-Psychology

2nd week – Research Methods

3rd week – Genetics and Behavior

4th week – Dominant and recessive genes

**September**

1st week – Structure and Function of neuron, types of neuron

2nd week – Central nervous system

3rd week – Brain structure and function

4th week – Physiological correlates of Emotions

**October**

1st week – Theories of Emotions

2nd week – Theories of Hunger

3rd week – Stages of sleep and disorders

4th week – Hormones and Behavior

**November**

1st week– Holidays

2nd week – Hormones of Pituitary and adrenal glands

3rd week – Revision

**Department of Psychology**

**LESSN PLAN (2024-2025)**

**NAME OF TEACHER: Dr. Ankita Budhiraja**

**Class: B.A Psychology Hon's 5th Sem**

**Subject: Neuropsychology (PY17)**

**August**

1st Week: Nature and Subject Matter of Neuropsychology

2nd Week: Relationship with Other Sciences

3rd Week: Behavioral Dysfunction and Symptoms

4th Week: Cerbovuscular Disorders: Types -Transient lschemic Attack, Infarction

**September**

1st Week: Hemorrhage- Causes, Symptoms and Management

2nd Week: Traumatic Head Injuries: Concussion, Closed Head Injury

3rd Week: Penetrating Head Injuries- Causes, Symptoms and Management

4th Week: lntracranial Tumurs- Causes, Symptoms and Management

**October**

1 st Week: Degenerative Disorders- Causes, Symptoms and Management

2nd Week: Neuropsychological Assessment

3rd Week: Neuropsychological Rehabilitation

4th week : continue ...

**November**

2nd Week: Assignment/ Revision

**Department of Psychology**

**LESSN PLAN (2024-2025)**

**NAME OF TEACHER: Dr. Ankita Budhiraja**

**Class: B.A Psychology Hon's 5th Sem**

**Subject: Industrial Psychology(PY18)**

**August**

1st Week: Premises and Development

2 nd Week: Faces Of Industrial Psychology: As A Science and Profession

3rd Week: Challenges and I-0 Psychology as a Career

4th Week: Problems for I-0 Psychology

**September**:

1st Week: Job Analysis: Meaning And Determinants

2nd Week: Application Blank, Interview and Assessment Centre's

3rd Week: Employment Attitude towards Assessment Centre

4th Week: Job Evaluation

**October**

1 st Week: Methods and Basic Research Strategies

2nd Week: Statistical Analysis .

3rd Week: Working Condition: Illumination, Noise And Atmospheric Condition

4th Week: Working Conditions Work Schedule, Rest Periods and Shift Work

**November**

2nd Week: Accident and safety

**Department of Psychology**

**LESSN PLAN (2024-2025)**

**NAME OF TEACHER: Dr. Ankita Budhiraja**

**Class: B.A major with Psychology**

**Subject: Fundamental of Psychology**

**August**

Ist week: Definition, Historical Origin of Psychology

2nd week: Goals And Fields of Psychology

3rd Week: Experimental Method, Observation

4th Week: Questionnaire and Case Study

**September**

1st Week: Nature And Approaches: Type And Trait

2nd Week: Psychodynamic And Behaviourial

3rd Week: Humanistic Approach

4th Week: Motivation: Nature: Biological And Psychosocial Motives

**October**

1st Week: Frustration And Conflict

2nd Week: Emotion: Nature And Bodily Changes

3rd Week: Theories Of Emotions: James-Lange, Cannon- Bard

4th-Week: Schatcher- Singer Theory, Intelligence: Nature

**November**

2nd Week: Theories: Guildford, Gardner And Sternberg