**LESSON PLANS**

**Department Of Psychology**

**Session:2024-2025**

**Sems: 2nd, 4th and 6th**

**Faculty Members:**

**Dr. Neelam Mangla**

**Dr. Satya Prakash**

**Dr. Vinod**

**Mrs. Kavita Devi**

**Dr. Ankita Budhiraja**

**Lesson Plans**

**2nd Sem 2024-2025**

**BA Major with Psychology:  DSC III (Developmental Psychology)**

**Course Code: 24PSYS402DS01**

**Dr. Neelam Mangla**

**Feb 2025**

**Week 1:** Human Development: Nature, Principles of Development and Methods and Designs

**Week 2:** Human development:- Observation, Interview and Case Study, Designs-Cross sectional and Longitudinal.

**Week 3:** Genetic and Environmental Foundation: Genetic Foundation of Development

**Week 4:**Environmental Contexts for Development and Relationship between Heredity and Environment

**March 2025**

**Week 1:** Prenatal Development: Period of prenatal development

**Week 2:** Holi Vacation

**Week 3:** Prenatal environmental influences, Birth Complications and maternal health at risk.

**Week 4:** Infancy: Characteristics, development and problems of infancy.

**Week 5:**Childhood: Characteristics and problems of childhood.

**April 2025**

**Week:1** Adolescence: Nature, characteristics and problems of adolescence.

**Week:2** Influences of Personal and Psychosocial factors on Adolescent Adjustment and Youth and its current status.

**Week:3** Development of self: Self concept, Identity and Self-esteem.

**Week:4** Role of family, peers, school & media in development.

**May 2025**

**Week 1:**Cognitive development: Nature, approaches- Piaget’s Cognitive Development Theory, behavioural and environmental influence of cognitive development,

**Week 2:**language Development: Components, Prelinguistic, Phonological, Semantic and Grammatical and Pragmatic and Development of Metalinguistic Awareness.

**Week 3:** Moral development: Meaning, Kohlberg’s Theory of Moral Development

**Week 4:** Influences on Moral Reasoning and Moral Reasoning of Young Children.

**Week 5:** Revision

**Lesson Plans**

**4th Sem 2024-2025**

**BA Pass 2nd Year: DEVELOPMENTAL PSYCHOLOGY**

**Dr. Neelam Mangla**

**Jan 2025**

**Week 2:** Human Development

**Week 3:** Concept and principles

**Week 4:** Factors in human development

**Week 5:** Biological, Social and Cultural

**Feb 2025**

**Week 1:** Prenatal development

**Week 2:** determinants and stages

**Week 3:** Infancy: Characteristics

**Week 4:** Hazards and adjustment.

**March 2025**

**Week:1** Childhood: Characteristics, Perceptual

**Week:2** Holi Vacation

**Week:3** Motor, Emotional, Cognitive Development

**Week:4** Adoloscents: Characteristics

**Week:5** Problems of adoloscents and adjustment

**April 2025**

**Week 1:**Adulthood: Early adulthood, late adulthood

**Week 2:** aging-Changing patterns and problems

**Week 3:** Measures of variability

**Week 4:** Quartile deviation, Standard deviation

**May  2025**

**Week 1:**

**Lesson Plans**

**BA Psychology Hons: 6th Sem 2024-2025**

**PY 22: CLINICAL PSYCHOLOGY**

**Dr. Neelam Mangla**

**Jan 2025**

**Week 2:** Foundations of Clinical Psychology: Introduction

**Week 3:** historical overview, role of clinical psychologist

**Week 4:** Models of Clinical Psychology: Psychoanalysis, Behavioural

**Week 5:** Cognitive-Behavioural, Humanistic model

**Feb 2025**

**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

**March 2025**

**Week:1** Clinical Intervention: Psychoanalytic

**Week:2** Holi Vacation

**Week:3** Behaviour therapy, Humanistic: Carl Rogers

**Week:4** Cognitive-Behavioural Interventions: Cognitive Behaviour Therapy: Beck, Ellis

**Week:5** Social skill training

**April 2025**

**Week 1:**Promotion of Mental health: Meaning

**Week 2:** importance and measures to promote mental health

**Week 3:** Issues in Clinical Psychology: Ethical

**Week 4:** cultural issues, future of clinical psychology

**May  2025**

**Week 1:**

**Lesson Plans**

**2nd Sem 2024-2025**

**BA Multidisciplinary with Psychology:  Social Psychology**

**Course Code: 24PSYS401DS02**

**Dr. Satya Prakash**

**Feb 2025**

**Week 1:** Introduction: Nature and Subject-matter

**Week 2:** Methods: Sociometry and Case study

**Week 3:** Socialization: Nature

**Week 4:** Process and Agents of Socialization

**March 2025**

**Week 1:** Social Influence: Meaning and Nature of Compliance

**Week 2:** Holi Vacation

**Week 3:** Conformity and Obedience

**Week 4:** Prejudice: Nature

**Week 5:** Development and Stereotypes

**April 2025**

**Week:1** Social Processes: Meaning of Cooperation and Conflict

**Week:2** Conflict Resolution Techniques

**Week:3** Social Perception: Impression Formation

**Week:4** Attribution Theory: Heider

**May 2025**

**Week 1:**Aggression: Nature

**Week 2:**Determinants and Prevention

**Week 3:** Pro-Social Behaviour: Nature, Determinants of Pro-Social Behaviour

**Week 4:** Empathy- Altruism Hypothesis, Negative State Relief Hypothesis

**Week 5:** Revision

**Lesson Plans**

**2nd Sem 2024-2025**

**BA Major with Hindi (Minor Psychology Paper)**: **Fundamentals of Social Psychology**

**Course Code: 24PSY402MI01**

**Dr. Satya Prakash**

**Feb 2025**

**Week 1:** Introduction: Nature and Subject-matter

**Week 2:** Methods: Sociometry and Case study

**Week 3:** Socialization: Nature, Process

**Week 4:** Agents of Socialization

**March 2025**

**Week 1:** Social Influence: Asch’s Conformity

**Week 2:** Holi Vacation

**Week 3:** Obedience

**Week 4:** Attitude: Characteristics

**Week 5:** Development and Attitude Change

**April 2025**

**Week:1** Social Processes: Meaning of Cooperation and Conflict

**Week:2** Conflict Resolution Techniques

**Week:3** Social Perception: Impression Formation

**Week:4** Non-Verbal Communication

**May 2025**

**Week 1:**Aggression: Nature, Determinants

**Week 2:**Controlling Techniques

**Week 3:** Pro-Social Behaviour: Nature, Qualities of Pro-Social Behaviour

**Week 4:** Individual, Cultural and Gender Differences.

**Week 5:** Revision

**Lesson Plans**

**6th Sem 2024-2025**

**BA Pass 3rd Year: APPLIED PSYCHOLOGY**

**Dr. Satya Prakash**

**Jan 2025**

**Week 2:** Applied Psychology: Meaning, History

**Week 3:** fields, and careers in psychology

**Week 4:** Organizational Psychology: Nature

**Week 5:** Scope, objectives, and development

**Feb 2025**

**Week 1:** Guidance: Objectives, Principles, types of guidance

**Week 2:** Organization of guidance programme.

**Week 3:** Counselling: Need, Principles, Special areas

**Week 4:** Types of Counselling

**March 2025**

**Week:1** Health Psychology: Meaning, Scope

**Week:2** Holi Vacation

**Week:3** Objectives; Concept of health and illness

**Week:4** Psychological factors in physical illness

**Week:5** Life-style and health, Stress and coping

**April 2025**

**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

**May  2025**

**Week 1:**

**Lesson Plans**

**2nd Sem 2024-2025**

**BA Major with Psychology:  SEC (Elementary Statistics)**

**Course Code: 24PSY402SE01**

**Dr. Vinod**

**Feb 2025**

**Week 1:** Statistics: Meaning, Types, Scope

**Week 2:** Advantages and Disadvantages of statistics

**Week 3:** Data: Meaning, Types-Primary and Secondary

**Week 4:**Frequency Distribution

**March 2025**

**Week 1:** Graphical Representation of Data

**Week 2:** Holi Vacation

**Week 3:** Frequency Polygon

**Week 4:** Histogram

**Week 5:** Bar Diagram

**April 2025**

**Week:1** Measures of Central Tendencies

**Week:2** Mean

**Week:3** Median

**Week:4** Mode

**May 2025**

**Week 1:**Measures of Variability

**Week 2:**Meaning and Types

**Week 3:** Standard Deviation

**Week 4:** Quartile Deviation

**Week 5:** Revision

**Lesson Plans**

**2nd Sem 2024-2025**

**BA Multidisciplinary with Psychology:  SEC (Elementary Statistics)**

**Course Code: 24PSY402SE01**

**Dr. Vinod**

**Feb 2025**

**Week 1:** Statistics: Meaning, Types, Scope

**Week 2:** Advantages and Disadvantages of statistics

**Week 3:** Data: Meaning, Types-Primary and Secondary

**Week 4:**Frequency Distribution

**March 2025**

**Week 1:** Graphical Representation of Data

**Week 2:** Holi Vacation

**Week 3:** Frequency Polygon

**Week 4:** Histogram

**Week 5:** Bar Diagram

**April 2025**

**Week:1** Measures of Central Tendencies

**Week:2** Mean

**Week:3** Median

**Week:4** Mode

**May 2025**

**Week 1:**Measures of Variability

**Week 2:**Meaning and Types

**Week 3:** Standard Deviation

**Week 4:** Quartile Deviation

**Week 5:** Revision

**Lesson Plans**

**BA Psychology Hons: 4th Sem 2024-2025**

**PY 13: Psychopathology**

**Dr. Vinod**

**Jan 2025**

**Week 2:** Introduction to Psychopathology: Concept of Psychopathology

**Week 3:** Models of Psychopathology

**Week 4:** Psychodynamic, Behavioural, Cognitive Behavioural Clinical Assessment

**Week 5:** Clinical Interview, Case History, Psychological Tests

**Feb 2025**

**Week 1:** Anxiety disorders: Generalized Anxiety disorder

**Week 2:** Phobia, Obsessive Compulsive disorder, Posttraumatic Stress disorder

**Week 3:** Conversion Hysteria, Personality disorder: Paranoid

**Week 4:** Antisocial, Borderline personality disorder, Avoidant

**March 2025**

**Week:1** Mood disorders: Major depressive disorders

**Week:2** Holi Vacation

**Week:3** Bipolar-I & Bipolar-II disorder

**Week:4** Schizophrenia: Nature, Types, Etiology and Treatment

**Week:5** Substance and Alcohol related disorders

**April 2025**

**Week 1:**Clinical Intervention: Meaning & goals, Psychodynamic

**Week 2:** Behavioural, Cognitive Behavioural, Biological Therapies

**Week 3:** Mental Health: Components, Importance

**Week 4:** Measures for promoting mental health

**May  2025**

**Week 1:**

**Lesson Plans**

**BA Psychology Hons: 6th Sem 2024-2025**

**PY 24: DEVELOPMENTAL PSYCHOLOGY**

**Dr. Vinod**

**Jan 2025**

**Week 2:** Human Development: Historical background, Principles of development

**Week 3:** methods of human development

**Week 4:** Theories and factors of Human Development: biological

**Week 5:** social and cultural factors affecting human development. Nature-Nurture concept in human development

**Feb 2025**

**Week 1:** Prenatal Development: Period of prenatal development

**Week 2:** hazards of prenatal behavior, maternal health at risk

**Week 3:** characteristics, development and problems of infancy

**Week 4:** Childhood: characteristics and problems of childhood

**March 2025**

**Week:1** Adolescence: Nature, characteristics and problems

**Week:2** Holi Vacation

**Week:3** Youth and its current status

**Week:4** Development of self: self concept, Identity and self-esteem

**Week:5** Role of family, peers, school & media

**April 2025**

**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

**May  2025**

**Week 1:**

**Lesson Plans**

**2nd Sem 2024-2025**

**BA Multidisciplinary with Psychology:  Social Psychology**

**Course Code: 24PSYS401DS02**

**Mrs. Kavita Devi**

**Feb 2025**

**Week 1:** Introduction: Nature and Subject-matter

**Week 2:** Methods: Sociometry and Case study

**Week 3:** Socialization: Nature

**Week 4:** Process and Agents of Socialization

**March 2025**

**Week 1:** Social Influence: Meaning and Nature of Compliance

**Week 2:** Holi Vacation

**Week 3:** Conformity and Obedience

**Week 4:** Prejudice: Nature

**Week 5:** Development and Stereotypes

**April 2025**

**Week:1** Social Processes: Meaning of Cooperation and Conflict

**Week:2** Conflict Resolution Techniques

**Week:3** Social Perception: Impression Formation

**Week:4** Attribution Theory: Heider

**May 2025**

**Week 1:**Aggression: Nature

**Week 2:**Determinants and Prevention

**Week 3:** Pro-Social Behaviour: Nature, Determinants of Pro-Social Behaviour

**Week 4:** Empathy- Altruism Hypothesis, Negative State Relief Hypothesis

**Week 5:** Revision

**Lesson Plans**

**BA Psychology Hons: 4th Sem 2024-2025**

**PY 14: Life Style and Health**

**Mrs. Kavita Devi**

**Jan 2025**

**Week 2:** Health Behaviour: The concept, Role of Behavioral factors in Disease and Disorder

**Week 3:** Practicing health behavior. Gender and Ethnic differences in Health risk and habits

**Week 4:** Seeking Health Care: Delayed treatment seeking behavior

**Week 5:** Onerusing health services, Factors affecting Adhering to Treatment

**Feb 2025**

**Week 1:** Modifying Health Behavior: Barriers to modify poor Health behavior

**Week 2:** Self observation, Self monitoring and Self control of behavior. Settings of change

**Week 3:** Theory of Planned Behavior, Attitude change

**Week 4:** Health behavior, Theory of Reasoned action

**March 2025**

**Week:1** Health Enhancing/Promoting Behavior: Exercise, Benefits of exercise

**Week:2** Holi Vacation

**Week:3** Determinants of regular exercise, Characteristics of intervention

**Week:4** Accident Prevention: Home & Work place, Motorcycle and Automobile accidents

**Week:5** Educational programmes/Community health education

**April 2025**

**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, Stress and Eating modifying Diet

**Week 4:** Regulation and treatment of Obesity

**May  2025**

**Week 1:**

**Lesson Plans**

**BA Psychology Hons: 4th Sem 2024-2025**

**PY 15: PSYCHOLOGICAL ASSESSMENT**

**Mrs. Kavita Devi**

**Jan 2025**

**Week 2:** Psychological Assessment – Meaning and nature

**Week 3:** Intellectual Assessment: Individual Tests

**Week 4:** Wechsler Scales – WAIS, WISC and WPPSI

**Week 5:** Group Tests - Culture fair Intelligence test, Raven’s progressive matrices

**Feb 2025**

**Week 1:** Personality Assessment: Self report inventories – Empirical

**Week 2:** Criterion Keying: MMPI; FactorAnalysis: 16 PF; Personality Theory: EPPS

**Week 3:** Projective Techniques – Inkblot, Rorschach, Pictorial, TAT

**Week 4:** Completion, Sentence Completion Test

**March 2025**

**Week:1** Measuring Interests - Strong Interest Inventory

**Week:2** Holi Vacation

**Week:3** Kuder Occupational Interest Survey

**Week:4** Measurement of Aptitudes – Multiple Aptitude Test Batteries

**Week:5** Differential Aptitude Test, Multidimensional Aptitude Battery

**April 2025**

**Week 1:**Educational Achievement Tests – Iowa Tests of Basic Skills

**Week 2:** Metropolitan Achievement Test, Tests of General Educational Development

**Week 3:** Tests for College Performance – Scholastic Assessment Tests

**Week 4:** Graduate Record ExamGraduate Record Exam

**May  2025**

**Week 1:**

**Lesson Plans**

**2nd Sem 2024-2025**

**BA Major with Psychology:  DSC IV (Applied Social Psychology)**

**Course Code: 24PSYS402DS02**

**Dr. Ankita Budhiraja**

**Feb 2025**

**Week 1:** Groups: Nature

**Week 2:** Types and Functions

**Week 3:** Task Performance, Decision making by Groups

**Week 4:**Potential dangers of Group Decision making.

**March 2025**

**Week 1:** Prejudice and Discrimination: Nature, Sources

**Week 2:** Holi Vacation

**Week 3:** Techniques to reduce prejudice.

**Week 4:** Interpersonal Attraction: Initial factors in Attraction Process

**Week 5:** Close Relationships, Marital relationships.

**April 2025**

**Week:1** Applying Social Psychology to Legal System: Media and Perceptions about Crime

**Week:2** Eyewitness testimony, Factors Influence Juror Judgment

**Week:3** Applying Social Psychology to Work and Business: Work-related attitudes

**Week:4** Job Interviews: Impression Management, Conflicts in Work Setting.

**May 2025**

**Week 1:**Applying Social Psychology to Health: Dealing with Health- Related Information

**Week 2:**Stress and Illness, Active Steps to Cope with Stress, Coping with Medical Care.

**Week 3:** Applying social Psychology to Politics: Political Activism, Media Effects

**Week 4:** Voter Behaviour, Choosing a Candidate, Characteristics of a Leader, Leadership Styles.

**Week 5:** Revision

**Lesson Plans**

**BA Psychology Hons: 6th Sem 2024-2025**

**PY 23: ORGANIZATIONAL BEHAVIOUR**

**Dr. Ankita Budhiraja**

**Jan 2025**

**Week 2:** Organizational behaviour: Nature and scope of organizational behavior

**Week 3:** challenges of Organizational behavior

**Week 4:** Meaning of organization: Formal and informal types

**Week 5:** Functions of organizations

**Feb 2025**

**Week 1:** Motivation: Meaning, approaches and models of motivation

**Week 2:** Content models and Process models

**Week 3:** Motivation & Its Applications in organizations, Motivational practices

**Week 4:** Management by objectives (MBO), Employee Involvement and Recognition strategies

**March 2025**

**Week:1** Leadership: Meaning, Traits of leader

**Week:2** Holi Vacation

**Week:3** Is leadership person, process or position?

**Week:4** Theories of leadership: Trait theories (Ohio & Michigan)

**Week:5** Behavioural theories (Blake and Mouton), Situational theories (Fiedler contingency Model)

**April 2025**

**Week 1:**Conflict and Negotiation: Meaning and types of organizational conflict

**Week 2:** Negotiation Tactics

**Week 3:** Organizational culture and organizational change

**Week 4:** Dynamics of organization culture, challenges and Resistance to change

**May  2025**

**Week 1:**

**Lesson Plans**

**BA Psychology Hons: 6th Sem 2024-2025**

**PY 25: Applied Psychology**

**Dr. Ankita Budhiraja**

**Jan 2025**

**Week 2:** Introduction: Meaning, Basic and applied research, Fields of applied psychology

**Week 3:** Educational Applications: Role of psychologists in school system

**Week 4:** school psychologist, community psychologist, Educational psychologist

**Week 5:** Measurement and evaluation: Assessing educational readiness, assessing educational achievement

**Feb 2025**

**Week 1:** Industrial Applications: Planning, selection

**Week 2:** training, job satisfaction

**Week 3:** Careers and work: Choosing a career, Work-related attitudes

**Week 4:** job interviews, conflict in work settings

**March 2025**

**Week:1** Health Applications: Dealing with health related information

**Week:2** Holi Vacation

**Week:3** stress and illness, taking active steps to cope with stress, coping with medical care

**Week:4** Lifestyles and its consequences: Smoking, drinking, overeating

**Week:5** lack of exercise, behavior and AIDS

**April 2025**

**Week 1:**Clinical Applications: Cognitive-Behavior therapy, Psychodynamic

**Week 2:** Behavior, client-centered therapy

**Week 3:** Legal Applications: Media and Perception about crime

**Week 4:** eyewitness testimony, role of attorneys and judges, defendant characteristics

**May  2025**

**Week 1:** Revision