**Lesson Plan 2025-2026**

**Psychology Department**

**Social psychology (DSC 2 B. A. 1 single Major)**

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

**Dr.Neelam Raipuria Mangla**

**July**

3rd week: Introduction -subject matter of social psychology

4th week: subject matter of social psychology, case study method

**August**

1st week: Socialization -nature

2nd week: Process, principles

3rd week: Agents of socialization and sociometric method

4th week: social influence compliance and conformity

**September**

1st week: obedience and other form of social influence Prejudice-nature development and stereotypes

2nd week: social processes meaning of corporation and conflict

3rd  week: conflict resolution techniques, social perception

4th week: Impression formation, attribution theory by Haider

**October**

IST week: Aggression nature and determinant

2ND week: determinants and prevention

3rd week: DIWALI

4TH week: Pro social behaviour determinants

**NOVEMBER**

IST week: empathy negative state relief hypothesis revision

2ND week: REVISION

**Lesson plan (2025-2026)**

**BA 3rd semester**

**Subject – Developmental Psychology (Section A and B)**

**Associate Professor – Dr. Neelam Raipuria Mangla**

**July**

3rd week - Introduction to Developmental Psychology

4th week - Introduction to Developmental Psychology

**August**

1st week - Principles of Development

2nd week - Factors affecting Development

3rd week- Prenatal Development  
4th week - Infancy, Childhood

**September**

1st week -Childhood  
2nd week - Adolescence

3rd week - Adulthood

4th week – Holiday

**October**

1st week -Language Development

2nd week-Cognitive Development

3rd week –Diwali

4th week- Aging

**November**

Ist week: statistics

2nd week: revision

**Lesson plan ( 2025-26)**

**BA honours 5th semester**

**Psychology of social issues**

**Dr Neelam Raipuria Mangla**

**July**

3rd week : Nature of social issues characteristics of social issues prevention

4th week : social issues of 21st century

**August**

**Ist week:** indian family system characteristics causes broken of Indian family system

2nd week : Indian caste system stratification : benefits cast system merit and demerits how to reduce caste system

3rd week : Power

4th week: Gender, attitude towards women, sex rolle studio types Third week : cognition social perception attribution of success and failure in achievement contaxts

**September:**

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

2nd week : family planning: attitude towards family planning

3rd week : Poverty theory of poverty deprivation sources of deprivation

4th week: corruption bribery and anti social behavior

October:

Ist week : Crime and violence

2nd week:Environmental issues and crowding

3rd week: Diwali

4th week: : urban ecology, Psycho social determinants of health and well-being

**November:**

Ist week: culture in personal attraction

2nd week : love intimacy and Inter cultural marriage

**Lesson Plan Academic Session 2025-26**

**Subject –Psychopathology**

**Class – BA Pass course 5th sem**

**Assistant Professor – Dr. Satya Prakash**

**July 25**

3rd week – Concept of normality

4th week – abnormality

**August 25**

1st week – Models of Psychopathology: Biological

2rd week – Psychodynamic

3rd week – Behavioural, and Cognitive

4th week – Classification of Psychopathology

**September 25**

1st week – Need for classification

2rd week – DSM system

3rd week – Diagnostic Assessment: Case history

4th week – Interview, Projective techniques

**October 25**

Ist week – Anxiety Based Disorders: GAD, OCD

2rd week – Phobic disorders-Symptom and Causes

3rd week – Diwali Vacation

4th week – Substance/drug abuse – Causes, Consequences and Rehabilitation

**Nov 25**

1st week- Mood disorders: Unipolar

2nd week- bipolar-Symptoms and causes

3rd week- Schizophrenia: Nature, types, and causes

**Lesson Plan Academic Session 2025-26**

**Subject –Introduction to Psychology**

**Class – BA Major Hindi 1st sem**

**Assistant Professor – Dr. Satya Prakash**

**July 25**

3rd week – Introduction: - Definition, Historical origins of Psychology

4th week – goals and fields of psychology

**August 25**

1st week – Methods in Psychology: Experimental

2rd week – observation, Interview

3rd week – Questionnaire and Case Study

4th week – Personality: Nature

**September 25**

1st week – Factors influencing Personality

2rd week – Major Approaches- Trait and Type

3rd week – Psychodynamic, Behavioural and Humanistic

4th week – Motivation: Nature

**October 25**

Ist week – Biological and Psychosocial Motives

2rd week – Frustration and Conflict. Emotion: Nature, Bodily changes

3rd week – Diwali Vacation

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

**Nov 25**

1st week- Intelligence: Nature

2nd week- Theories: Spearman, Guilford

3rd week- Gardener and Sternberg

**Lesson Plan Academic Session 2025-26**

**Subject –Introduction to Positive Psychology**

**Class – BA Major Hindi 3rd sem**

**Assistant Professor – Dr. Satya Prakash**

**July 25**

3rd week – Introduction to Positive Psychology

4th week – Origin Positive Psychology

**August 25**

1st week – Assumptions and Goals of Positive Psychology

2rd week – Character Strengths

3rd week – Values in Action Classification

4th week – Positive Emotional States

**September25**

1st week – Positive Emotional States- Past, Present and Future

2rd week – Fredrickson’s Broaden and Build theory of Positive Emotion

3rd week – Positive Cognitive States

4th week – Hope, Optimism and Self-efficacy

**October 25**

Ist week – Wisdom: Implicit and Explicit Theories

2rd week – Developing Wisdom

3rd week – Diwali Vacation

4th week – Close relationships: Characteristics of close relationships

**Nov 25**

1st week- Flourishing relationships.

2nd week- Resilience: Nature, Protective factors

3rd week- Pro-Social Behaviour: Gratitude and Forgiveness

**Lesson Plan Academic Session 2025-26**

**Subject – Psychology of Humor SEC**

**Class – BA with Majors in Psychology 3rd sem**

**Assistant Professor – Dr. Vinod**

**July 25**

3rd week – Humor: Nature

4th week – Historical Development, Forms

**August 25**

1st week – Psychological Functions, Effects of Humor on Physical and Mental Health.

2rd week – Cognitive Perspectives of Humor: Schemas

3rd week – Frames, and Scripts and its Applications

4th week – Psychological Approaches to Humor, Cognitive Processes in Humor, Effects of Humor on Cognition

**September 25**

1st week – Social Psychology of Humor: Interpersonal Functions

2rd week – Social Perception, and Interpersonal Attraction

3rd week – Humor and Persuasion

4th week – Attitudes, Prejudice and Gender

**October 25**

Ist week – Humor in Education: Teachers’ Use of Humor in Classroom Environment and Students’

2rd week – Learning, Effects of Humor in textbook, Tests and Exams

3rd week – Diwali Vacation

4th week – Caveats in the Use of Humor in Education

**Nov 25**

1st week- Humor at Workplace: Humor styles at Workplace

2nd week- Organizational outcomes

3rd week- Humor in Negotiation and Mediation and in Leadership

**Lesson Plan Academic Session 2025-26**

**Subject – Research Methodology**

**Class – BA with Majors in Psychology 3rd sem**

**Assistant Professor – Dr. Vinod**

**July 25**

3rd week – Data Collection Techniques: Experimental

4th week – Observation, Questionnaire

**August 25**

1st week – Interview , Sociometry

2rd week – Normal Distribution Curve

3rd week – Laws of Normal Probability Curve

4th week – Characteristics and its Applications

**September25**

1st week – Research Design: Requirement of a good research design

2rd week – Within – Single Group Design

3rd week – Between Group – Two Randomized

4th week – Matched Group

**October 25**

Ist week – Multigroup Design

2rd week – Sampling – its Techniques,

3rd week – Diwali Vacation

4th week – Assumption of Parametric Tests

**Nov 25**

1st week- Non-Parametric Tests,

2nd week- Writing up a Research Report - APA Style.

3rd week- Revision

**Lesson Plan Academic Session 2025-26**

**Subject – Developmental Psychology**

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

**Assistant Professor – Dr. Vinod**

**July 25**

3rd week – Development of child: Nature and Methods

4th week – cross-sectional method

**August 25**

1st week – Longitudinal method and Experimental method

2rd week – Principles of Human Development

3rd week – Goals and types of developmental changes

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

**September25**

1st week – Foundations of developmental pattern

2rd week – Prenatal: Fertilization, Heredity

3rd week – Sex-determination. Developmental differences of single and multiple birth conditions

4th week – Development attitudes: Parental attitudes effecting prenatal development

**October 25**

Ist week – Hazards during prenatal period: Physical and psychological hazards, Neonate: Adjustment of a child to new world. Respiration

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

3rd week – Diwali Vacation

4th week –.Social Development: Goals and types of developmental changes. Early and late developmental pattern

**Nov 25**

1st week- Cognitive development: structural and functional approach: Piaget’s developmental stages and Piaget’s theory. Social cognition.

2nd week- Emotional development: Smile as a social sign, smiling and laughter

3rd week- Attachment: Theories of attachment, Parental behavior and attachment

**Lesson Plan Academic Session 2025-26**

**Subject – Industrial Psychology**

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

**Assistant Professor – Dr. Vinod**

**July 25**

3rd week – Industrial Psychology: Its premises and Development,

4th week – Faces of Industrial Psychology: As a science and as a Progression

**August 25**

1st week – Industrial- Organizational Psychology on the Job

2rd week – Challenges and I-O psychology as a career

3rd week – Problems for I-O Psychologists

4th week – Industrial Psychology: Methods and basic Research strategies

**September 25**

1st week – Experimental method, Naturalistic observation, Survey and opinion polls.

2rd week – Statistical Analyses in Research: Descriptive, Inferential statistics

3rd week – Job analysis: Meaning and Determinants. Application Blanks, Interviews, Assessment centers: In Basket & Leaderless

4th week – Group Discussions. Employees Attitudes toward Assessment centers

**October 25**

Ist week – Working conditions: Illumination, Noise, Atmospheric conditions, work schedule, Rest periods, shift work

2rd week – Accidents and Safety: Definition of accident

3rd week – Diwali Vacation

4th week – factors of accident occurrence

**Nov 25**

1st week- Situational and Individual

2nd week- Accident proneness

3rd week- Reduction of Accidents: Steps

**Lesson Plan 2025-2026**

**Psychology Department**

**Name of Teacher: Kavita Devi Subject: Psychology**

**Class: BA (Ist Sem.) Multi Disciplinary Paper: Fundamentals of Psychology  
 Section A and Section B**

**July:-**

3 week: Definition & goals of psychology.

4 week: History of Psychology

**August:-**

1 week: Fields of psychology

2 week: Experimental Method

3 week: Observation & Interview Method of psychology

4 week: 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: Holidays

4 week: Emotion, Body changes.

**November:-**

1 week: JamesLange Canon bard and Sachter singer theory

2 week: Intelligence nature, and theories of intelligence.

**Lesson Plan 2025-2026**

**Psychology Department**

**Name of Teacher: Kavita Devi Subject: Psychology**

**Class: B.A.(Ist Sem) Single Major in Psychology Paper: Fundamentals of Psychology**

**July:-**

3 week: Definition & goals of psychology.

4 week: History of Psychology

**August:-**

1 week: Fields of psychology

2 week: Experimental Method

3 week: Observation & Interview Method of psychology

4 week: 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: Holidays

4 week: Emotion, Body changes.

**November:-**

1 week: JamesLange Canon bard and Sachter singer theory

2 week: Intelligence nature, and theories of intelligence.

**Lesson Plan 2025-2026**

**Psychology Department**

**Name of Teacher: Kavita Devi Subject: Psychology**

**Class: B.A. (3rd Sem) Single Major in Psychology Paper: Cognitive Processes**

**July:-**

3 week: Attention:- Attentional Processes

4 week: Selective & Divided Attention

**August:-**

1 week: Perception, Gestalt’s Laws of Organisation

2 week: Perception of Size, Shape and Depth.

3 week: Learning:- Classical conditioning

4 week: Operant conditioning

**September:-**

1 week: Kohler’s insight learning, Learned helplessness

2 week: Memory, Nature and Types. Sensory, Short and long Term Memory

3 week: Real Life Memories: Autobiographical & Flashbulb Memories.

4 week: : Forgetting: Decay and Interference: Retroactive and Proactive

**October:-**

1 week: Thinking & Reasoning: Thinking Processes, Concepts

2 week: Characteristics and Types of Thinking

3 week: Holidays

4 week: Inductive and Deductive Reasoning

**November:-**

1 week: Problem solving: Classification of Problems, Problem Solving Strategies

2 week: Problem solving obstacles:- Problem solving set & Functional Fixedness

**Lesson Plan Academic Session 2024-25**

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

**Class – BA with Majors in Psychology**

**Name of Teacher: Dr. Ankita**

**July**

3rd week – Concept. Definition and Categories of Life Skills.

4th week – Life Skills for Self- Understanding

**August**

1st week – Self-esteem,

2rd week – Self-efficacy

3rd week – Self-Regulation

4th week – Life Skills for Interpersonal Management

**September**

1st week – Effective Communication skills,

2rd week – Interpersonal Relations skills

3rd week – Conflict Resolution skills

4th week – Assertiveness Training

**October**

Ist week – Assertiveness Training

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

3rd week – Diwali Vacation

4th week – creative thinking and Problem Solving

Nov 25

1st week-REVISION

2nd week-REVISION

**Lesson Plan Academic Session 2025-26**

**Subject – Psychology of Humor**

**Class – BA 2nd yr MULTIDISCIPLINARY)**

**Name of Teacher: Dr.Ankita**

**July**

3rd week – Humor: Nature

4th week – Historical Development, Forms

**August**

1st week – Psychological Functions, Effects of Humor on Physical and Mental Health.

2rd week – Cognitive Perspectives of Humor: Schemas

3rd week – Frames, and Scripts and its Applications

4th week – Psychological Approaches to Humor, Cognitive Processes in Humor, Effects of Humor on Cognition

**September**

1st week – Social Psychology of Humor: Interpersonal Functions

2rd week – Social Perception, and Interpersonal Attraction

3rd week – Humor and Persuasion

4th week – Attitudes, Prejudice and Gender

**October**

Ist week – Humor in Education: Teachers’ Use of Humor in Classroom Environment and Students’

2rd week – Learning, Effects of Humor in textbook, Tests and Exams

3rd week – Diwali Vacation

4th week – Caveats in the Use of Humor in Education

**Nov ember**

1st week- Humor at Workplace: Humor styles at Workplace

2nd week- Organizational outcomes

3rd week- Humor in Negotiation and Mediation and in Leadership

**LESSN PLAN (2025-2026)**

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

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

**Subject: Neuropsychology (PY17)**

**July**

3rd week: Nature and Subject Matter of Neuropsychology

4th week Week: Relationship with Other Sciences

**August**

Ist Week: Behavioral Dysfunction and Symptoms

2nd Week: apraxia and amnesia

3rd week: Cerbovuscular Disorders: Types -Transient lschemic Attack, Infarction

4th week: Hemorrhage- Causes, Symptoms and Management

**September**

Ist Week: 4th Week: Traumatic Head Injuries: Concussion, Closed Head Injury

2nd week: Penetrating Head Injuries- Causes, Symptoms and Management

3rd Week: lntracranial Tumurs- Causes, Symptoms and Management

4th week: continue

October:

Ist week: Degenerative Disorders- Causes, Symptoms and Management

2nd Week: Neuropsychological Assessment

3rd week: Diwali

4th week : neuropsychological rehabilitation

**November**

1st week: continue

2nd week: Revision