

Lesson Plan: 2026-2027

Faculty Name: Dr. Neelam Mangla

Class: BA Single Major with Psychology 1st Sem

Subject: Social Psychology

Aug 2026

Week 2: Introduction: Nature and Subject-matter

Week 3: Methods: Sociometry and Case study. Socialization

Week 4: Nature, Process and Agents of Socialization

Sept 2026

Week 1: Social Influence: Meaning and Nature of Compliance

Week 2: Conformity and Obedience

Week 3: Prejudice: Nature

Week 4: Development and Stereotypes

OCT 2026

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

Nov 2026

Week 1: Diwali Break

Week 2: Aggression: Nature, Determinants and Prevention

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

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

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Neelam Mangla

Class: BA Multi 3rd Sem

Subject: Developmental Psychology

Aug 2026

Week 2: Human Development: Nature, Principles of Development

Week 3: Methods and Designs in Human development:- Observation, Interview and Case Study
Designs-Cross sectional and Longitudinal

Week 4: Genetic and Environmental Foundation: Genetic Foundation of Development,
Environmental Contexts for Development and Relationship between Heredity and Environment.

Sept 2026

Week 1: Prenatal Development: Period of prenatal development

Week 2: Prenatal environmental influences, Birth Complications and maternal health at risk

Week 3: Infancy: Characteristics, development and problems of infancy

Week 4: Childhood: Characteristics and problems of childhood

Oct 2026

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

Week 2: Influences of Personal and Psychosocial factors on Adolescent Adjustment

Week 3: Youth and its current status. Development of self: Self concept

Week 4: Identity and Self-esteem. Role of family, peers, school & media in development

Nov 2026

Week 1: Diwali Break

Week 2: Cognitive development: Nature, approaches- Piaget's Cognitive Development Theory

Week 3: behavioural and environmental influence of cognitive development, language
Development: Components, Prelinguistic,

Week 4: Phonological, Semantic and Grammatical and Pragmatic and Development of Metalinguistic
Awareness.

Dec 2026:

Week 1: Moral development: Meaning, Kohlberg's Theory of Moral Development, Influences on
Moral Reasoning and Moral Reasoning of Young Children.

Lesson Plan: 2026-2027

Faculty Name: Dr. Satya Prakash

Class: BA Hindi Minor 3rd Sem

Subject: Introduction to Positive Psychology

Aug 2026

Week 2: Introduction to Positive Psychology:

Week 3: Origin, Assumptions

Week 4: Goals of Positive Psychology.

Sept 2026

Week 1: Character Strengths

Week 2: Character Strengths

Week 3: Values in Action Classification.

Week 4: Values in Action Classification.

OCT 2026

Week 1: Positive Emotional States- Past (Life satisfaction),

Week 2: Present(Happiness)

Week 3: Future (Hope)

Week 4: Future (optimism)

Nov 2026

Week 1: Diwali Break

Week 2: Pro-Social Behaviour

Week 3: Gratitude

Week 4: Forgiveness

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Satya Prakash

Class: BA Hindi Minor 5th Sem

Subject: Psychology of Community Development

Aug 2026

Week 2: Community Psychology: Meaning, Community Psychology and Related Fields

Week 3: Community Psychology as Linking Science

Week 4: Principles, Values, Goals, and Role of Community Psychologist

Sept 2026

Week 1: Empowerment: Concept, Psychological Empowerment

Week 2: Employee Empowerment and Citizen Participation

Week 3: Importance of Social Change: Reasons for Social Change

Week 4: Types of Social Change and Difficulties Bringing about Change.

OCT 2026

Week 1: Community Oriented Models: Social Action

Week 2: Community as Social Ties and Social Interdependence

Week 3: Practices in Community Psychology: Basics Prevention Strategies

Week 4: Wellness Programs, Community Intervention Strategies, Issues in Implementation

Nov 2026

Week 1: Diwali Break

Week 2: Social and Human Services in the Community: Specific Social Issues

Week 3: Social Services Child Maltreatment, Early Childhood Environment

Week 4: Teenage Pregnancy, Intimate Partner Violence, The Elderly and Homelessness

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Satya Prakash

Class: BA Multi 5th Sem

Subject: Understanding and Dealing with Psychological Disorders

Aug 2026

Week 2: Meaning of Psychological Disorders, Criteria of abnormality

Week 3: Casual Factors and Classification: Meaning and DSM

Week 4: Clinical Assessment: Clinical Interview, Case Study and Mental Status Examination

Sept 2026

Week 1: Anxiety and Obsessive-Compulsive Disorders: Generalized Anxiety Disorder

Week 2: Specific Phobia and Obsessive-Compulsive Disorder

Week 3: Somatic Symptoms and Dissociative Disorders: Somatic Symptoms Disorder

Week 4: Illness anxiety Disorder and Dissociative Disorder- Dissociative Identity Disorder

Oct 2026

Week 1: Mood Disorders: Major Depressive disorder

Week 2: Bipolar I and Bipolar II Disorders

Week 3 Schizophrenia: Nature

Week 4: causes and treatment

Nov 2026

Week 1: Diwali Break

Week 2: Substance-related Disorders: Alcohol-related disorders, Drug Abuse and Dependence

Week 3: Personality disorders: Cluster A- Paranoid personality disorder

Week 4: Cluster B- Antisocial personality disorder, and Cluster C- Avoidant personality disorder.

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Vinod

Class: BA Single Major with Psychology 1st Sem

Subject: Life skills Development (SEC)

Aug 2026

Week 2: Life Skills: Concept

Week 3: Definition

Week 4: Categories of Life Skill

Sept 2026

Week 1: Life Skills for Self- Understanding

Week 2: Self-esteem

Week 3: Self-efficacy

Week 4: Self-Regulation

Oct 2026

Week 1: Life Skills for Interpersonal Management

Week 2: Effective Communication skills, Interpersonal Relations skills

Week 3: Conflict Resolution skills

Week 4: Assertiveness Training

Nov 2026

Week 1: Diwali Break

Week 2: Life Skills Dealing with Issues and Problem

Week 3: Critical Thinking, Creative Thinking

Week 4: Problem Solving

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Vinod

Class: BA Multi 1st Sem

Subject: Life skills Development (SEC)

Aug 2026

Week 2: Life Skills: Concept

Week 3: Definition

Week 4: Categories of Life Skill

Sept 2026

Week 1: Life Skills for Self- Understanding

Week 2: Self-esteem

Week 3: Self-efficacy

Week 4: Self-Regulation

Oct 2026

Week 1: Life Skills for Interpersonal Management

Week 2: Effective Communication skills, Interpersonal Relations skills

Week 3: Conflict Resolution skills

Week 4: Assertiveness Training

Nov 2026

Week 1: Diwali Break

Week 2: Life Skills Dealing with Issues and Problem

Week 3: Critical Thinking, Creative Thinking

Week 4: Problem Solving

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Vinod

Class: BA Single Major with Psychology 3rd Sem

Subject: Research Methods in Psychology

Aug 2026

Week 2: Data Collection Techniques: Experimental

Week 3: Observation, Questionnaire

Week 4: Interview, Sociometry

Sept 2026

Week 1: Problem: Sources, Indicators

Week 2: Characteristics of problem

Week 3: Hypothesis: Nature, Types, Formulation

Week 4: Criteria of good hypothesis

OCT 2026

Week 1: Variables: Types

Week 2: Control of variables

Week 3: Sampling – Techniques- probability Sampling

Week 4: Non probability Sampling

Nov 2026

Week 1: Diwali Break

Week 2: Designs: Requirement of a good design; Within – Single Group Design

Week 3: Two Group Design

Week 4: Writing up a Research Report - APA Style

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Vinod

Class: BA Single Major with Psychology 5th Sem

Subject: Criminal and Forensic Psychology

Aug 2026

Week 2: Nature of Forensic Psychology, Relationship Between Psychology and the Law

Week 3: Conflicts Between Psychology and the Law

Week 4: The Future of the Relationship Between Psychology and the Law

Sept 2026

Week 1: Offender: Youthful sexual offenders

Week 2: Nature and Theories of Rape

Week 3: Sexual Offender: Mental illness and sexual predators, Models of pedophilia

Week 4: The preconditions model, The sexualisation model

Oct 2026

Week 1: Techniques of Criminal Investigation: Criminal Profiling and Forensic Psychology

Week 2: Definitions and Recurring Mysteries, Criminal Profiling, Approaches to Criminal Profiling

Week 3: Procedures Used in Criminal Profiling, Hypnosis in Criminal Investigations

Week 4: The Polygraph. Technique: Use of the Polygraph in Interrogation, A Psychological Analysis

Nov 2026

Week 1: Diwali Break

Week 2: Interrogations and Confessions, Interrogation Procedures, The Goals of Interrogation

Week 3: Do and Don't of police, The Psychological Process of Interrogation and Confession

Week 4: The Forensic Psychologist and Police Interrogations

Dec 2026:

Week 1: The Psychology of False Confessions, Types of False Confessions.

Lesson Plan: 2026-2027

Faculty Name: Mrs. Kavita Devi

Class: BA Single Major with Psychology 3rd Sem

Subject: Cognitive Processes

Aug 2026

Week 2: Attention: Attentional Processes, Selective and Divided Attention.

Week 3: Perception: Gestalt's Laws of organization

Week 4: Perception of Depth

Sept 2026

Week 1: Learning: Classical Conditioning: Basic Procedure, Extinction

Week 2: Spontaneous Recovery, Generalization

Week 3: Discrimination. Operant conditioning: Reinforcement

Week 4: reinforcement schedules. Punishment

Oct 2026

Week 1: Memory: Nature and Types

Week 2: Sensory, Short and Long Term Memory

Week 3: Forgetting: Decay

Week 4: Interference: Retroactive and proactive

Nov 2026

Week 1: Diwali Break

Week 2: Thinking: Characteristics and Types; Reasoning: Inductive and deductive reasoning

Week 3: Problem-Solving: Classifications of Problems, Problem-Solving Strategies

Week 4: ProblemSolving Obstacles: Problem-Solving Set and Functional Fixedness

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Mrs. Kavita Devi

Class: BA Single Major with Psychology 5th Sem

Subject: Biological Basis of Behaviour

Aug 2026

Week 2: Genetics and Behaviour: Chromosomes and genes

Week 3: dominant – recessive genes and sexlinked genes.

Week 4: Neuron: Structure and Function of Neuron, Types of Neuron.

Sept 2026

Week 1: Nervous System: Central Nervous System: Structure and Function of Brain and Spinal cord

Week 2: Peripheral Nervous System

Week 3: Somatic Nervous System: Cranial and Spinal nerves

Week 4: Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System

OCT 2026

Week 1: Emotions: Physiological Correlates of Emotions

Week 2: Theories of Emotions- James – Lange, Cannon-Bard

Week 3: Hunger: Glucostatic and Lipostatic Set – point. Theories of Hunger

Week 4: Neural mechanisms of hunger

Nov 2026

Week 1: Diwali Break

Week 2: Biological Basis of Perception: Vision and Audition

Week 3: Biological Basis of Movement

Week 4: Sensorimotor system

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Mrs. Kavita Devi

Class: BA Multi 1st Sem

Subject: Fundamentals of Psychology

Aug 2026

Week 2: Introduction: - Definition, Historical origins of Psychology, goals and fields of psychology

Week 3: Methods in Psychology: Experimental, observation

Week 4: Interview, Questionnaire and Case Study

Sept 2026

Week 1: Personality: Nature, Major Approaches

Week 2: Trait and Type

Week 3: Psychodynamic, Behavioural

Week 4: Humanistic

Oct 2026

Week 1: Motivation: Nature, Biological and Psychosocial Motives

Week 2: Frustration and Conflict.

Week 3: Emotion: Nature, Bodily changes

Week 4: Theories of Emotion: James-Lange, Cannon-Bard and, Schachter–Singer

Nov 2026

Week 1: Diwali Break

Week 2: Intelligence: Nature

Week 3: Theories: Guilford

Week 4: Gardener and Sternberg

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Ankita Budhiraja

Class: BA Major Psychology 1st Sem

Subject: Fundamentals of Psychology

Aug 2026

Week 2: Introduction: - Definition, Historical origins of Psychology, goals and fields of psychology

Week 3: Methods in Psychology: Experimental, observation

Week 4: Interview, Questionnaire and Case Study

Sept 2026

Week 1: Personality: Nature, Major Approaches

Week 2: Trait and Type

Week 3: Psychodynamic, Behavioural

Week 4: Humanistic

Oct 2026

Week 1: Motivation: Nature, Biological and Psychosocial Motives

Week 2: Frustration and Conflict.

Week 3: Emotion: Nature, Bodily changes

Week 4: Theories of Emotion: James-Lange, Cannon-Bard and, Schachter–Singer

Nov 2026

Week 1: Diwali Break

Week 2: Intelligence: Nature

Week 3: Theories: Guilford

Week 4: Gardener and Sternberg

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Ankita Budhiraja

Class: BA Major 5th Sem

Subject: Understanding and Dealing with Psychological Disorders

Aug 2026

Week 2: Meaning of Psychological Disorders, Criteria of abnormality

Week 3: Casual Factors and Classification: Meaning and DSM

Week 4: Clinical Assessment: Clinical Interview, Case Study and Mental Status Examination

Sept 2026

Week 1: Anxiety and Obsessive-Compulsive Disorders: Generalized Anxiety Disorder

Week 2: Specific Phobia and Obsessive-Compulsive Disorder

Week 3: Somatic Symptoms and Dissociative Disorders: Somatic Symptoms Disorder

Week 4: Illness anxiety Disorder and Dissociative Disorder- Dissociative Identity Disorder

Oct 2026

Week 1: Mood Disorders: Major Depressive disorder

Week 2: Bipolar I and Bipolar II Disorders

Week 3 Schizophrenia: Nature

Week 4: causes and treatment

Nov 2026

Week 1: Diwali Break

Week 2: Substance-related Disorders: Alcohol-related disorders, Drug Abuse and Dependence

Week 3: Personality disorders: Cluster A- Paranoid personality disorder

Week 4: Cluster B- Antisocial personality disorder, and Cluster C- Avoidant personality disorder.

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Ankita Budhiraja

Class: BA Major Psychology 3rd Sem

Subject: Psychology of Humor

Aug 2026

Week 2: Humor: Concept

Week 3: Nature

Week 4: Nature

Sept 2026

Week 1: Forms

Week 2: Forms

Week 3: Effects of Humor on Physical Health

Week 4: Effects of Humor on Physical Health

Oct 2026

Week 1: Effects of Humor on Mental Health

Week 2: Effects of Humor on Mental Health.

Week 3: Effects of Humor on Wellbeing

Week 4: Effects of Humor on Wellbeing

Nov 2026

Week 1: Diwali Break

Week 2: Effects of Humor on Cognition

Week 3: Effects of Humor on Cognition

Week 4: Revision

Dec 2026:

Week 1: Revision

Lesson Plan: 2026-2027

Faculty Name: Dr. Ankita Budhiraja

Class: BA Multi 3rd Sem

Subject: Psychology of Humor

Aug 2026

Week 2: Humor: Concept

Week 3: Nature

Week 4: Nature

Sept 2026

Week 1: Forms

Week 2: Forms

Week 3: Effects of Humor on Physical Health

Week 4: Effects of Humor on Physical Health

Oct 2026

Week 1: Effects of Humor on Mental Health

Week 2: Effects of Humor on Mental Health.

Week 3: Effects of Humor on Wellbeing

Week 4: Effects of Humor on Wellbeing

Nov 2026

Week 1: Diwali Break

Week 2: Effects of Humor on Cognition

Week 3: Effects of Humor on Cognition

Week 4: Revision

Dec 2026:

Week 1: Revision