

Department of Psychology

Weekly lesson plan (2021-2022) (EVEN SEM)

B.A Hon's (6th SEM) DEVELOPMENTAL PSYCHOLOGY

Submitted by DR.LOKESH BALHARA

MARCH 2022

3rd week – Human Development : Meaning , History, Principal of development and methods of development.

4th week – Theories and Factors of human development :- Biological , Cultural and social .

APRIL 2022

1st week – Concept of Nature and Nurture , Meaning of Prenatal development .

2nd week – Hazards of Prenatal Development , Maternal Health at Risk .

3rd week – Infancy :- Characteristics , Development and Problem.

4th week - Childhood :- Characteristics and Problem.

MAY 2022

1st week – Adolescence :- Nature , Characteristics and Problem .

2nd week – Self Concept , Identity and Self esteem and Role of Family, Peers , School and Media.

3rd week – Cognitive Development Nature Approaches.

4th week-Development of Language , Behavioural and Environmental Influence of Cognitive Development.

JUNE 2022

1st week –Emotional Development :- Meaning and Nature.

2nd week – Approaches :- Emotional and Behavioural and Social .

3rd week- Moral Development :- Temperament , Conscience Development In Young Children.

4th week- Revision and Discussion .

Department of Psychology

Weekly lesson plan (2021-2022) (EVEN SEM)

B.A (6th SEM) APPLIED PSYCHOLOGY

Submitted by DR.LOKESH BALHARA

MARCH 2022

3rd week – Applied psychology : Meaning , History

4th week – Fields and careers in psychology.

APRIL 2022

1st week – Organisational Psychology : Nature , scope and objectives.

2nd week – Development of Organisational Psychology , Objectives of guidance .

3rd week – Principals and Types of Guidance .

4th week – Organisation of Guidance Programme.

May 2022

1st week – Counselling : Need , Principles , Special areas.

2nd week – Types of Counselling , Meaning of Health Psychology .

3rd week – Scope and Objective of Health Psychology .

4th week – Concept of Health and Illness , Psychological factors in physical illness , Life

Style and Health .

June 2022

1st week – Stress and Coping , Forensic Psychology : Psychology and Law , Eye Witness Testimony.

2nd week – Accuracy and Improvement in Eye Witness Testimony, Statistics: Correlation-Meaning .

3rd week – Rank Difference and Product Moment Correlation Method , Doubt Clarification.

4th week – Revision and Discussion .

Lesson Plan

Academic Session 2021-22

Subject – Clinical Psychology

Class B.A (Hons) Semester 6th

Associate Professor – Dr. Neelam Raipuria Mangla

Week	Topic
Mar 3rd week	Practical Exams
Mar 4th week	Practical Exams
Apr 1st week	Introduction to Clinical Psychology, History, Role of Clinical Psychologist
Apr 2nd week	Models of Clinical Psychology
Apr 3rd week	Models of Clinical Psychology
Apr 4th week	Models of Clinical Psychology
May 1st week	Clinical Assessment
May 2nd week	Therapies
May 3rd week	Therapies
May 4th week	Different study methods
May 5th week	Client Centered Therapy
Jun 1st week	C.B.T
Jun 2nd week	Promoting Mental Health
Jun 3rd week	Ethical Cultural Issues
Jun 4th week	Future of Clinical Psychology
Jun 5th week	Group Therapy
July 1st week	Class Test and Revision, Short Questions

Lesson Plan

Academic Session 2021-22

Subject – Developmental Psychology

Class B.A Pass Course Semester 4th

Associate Professor – Dr. Neelam Raipuria Mangla

Week	Topic
Mar 3rd ^t week	Practical Exams
Mar 4th week	Practical Exams
Apr 1st week	Introduction
Apr 2nd week	Principles of Development
Apr 3rd week	Factors affecting Development
Apr 4th week	Prenatal Development
May 1st week	Infancy, Childhood
May 2nd week	Childhood
May 3rd week	Childhood
May 4th week	Adolescence
May 5th week	Adolescence
Jun 1st week	Adulthood
Jun 2nd week	Language Development
Jun 3rd week	Cognitive Development
Jun 4th week	Statistical Analysis
Jun 5th week	Aging
July 1st week	Class Test and Revision ,Important questions

Lesson Plan -2021-2022

Even Semester

Subject: Applied Psychology(PY25)

Class: B.A. Psychology Hons 6th Semester

Name of Teacher: Dr. Ankita Budhiraja

- March 3rd week: Meaning, Basic and Applied Research
- March 4th week: Fields of Applied Psychology
- April 1st week: Educational Applications- role of psychologist in school system, community psychologists, education psychologists
- April 2nd week: Educational Applications- Educational application: Assessing educational Readiness and Educational achievement
- April 3rd week: Life style and its consequences-smoking, drinking, Overeating
- April 4th week: Life style and its consequences: lack of exercise, Behavior and Aids
- May 1st week: Health Applications: dealing with health-related information, stress and illness, cope with stress and coping with medical care
- May 2nd week: Careers and work Choosing a career, work related attitudes, job interview and conflict in work settings
- May 3rd week: Industrial Applications: Planning, Selection
- May 4th week: Industrial Applications- training and Job satisfaction
- June 1st week: Legal Applications: Media and perception about crime. Eyewitness testimony, Role of attorney and judges.
- June 2nd week: Clinical Application CBT and Psychodynamic
- June 3rd week: Clinical Application- Behavior and client centered therapy
- June 4th week: Revision
- June 5th week: Revision

Lesson Plan -2021-2022

Even Semester

Subject: Cognitive Processes(PY05)

Class: B.A. Psychology Hons 2nd Semester

Name of Teacher: Dr. Ankita Budhiraja

- March 3rd week: Learning: Classical Conditioning
- March 4th week: Learning: Operant conditioning
- April 1st week: Learning: observational Learning
- April 2nd week: Sensation: Types of senses, sensory processes-visual and auditory
- April 3rd week: Perception: Gestalt laws of organization
- April 4th week: Perception: perception of size, shape and depth
- May 1st week: Intelligence: cognitive and psychometric approaches, genetic and environmental influences
- May 2nd week: Memory: encoding, storage and retrieval processes in short term memory and long term memory
- May 3rd week: Real life memories, eyewitness testimony and improvement
- May 4th week: Forgetting: decay and interferences, Mnemonics
- June 1st week: Thinking and reasoning: thinking processes: concepts, Categories, inductive and deductive reasoning
- June 2nd week: Attention: Attentional Processes, selective and divided attention
- June 3rd week: Habituation: oriented reflexes, habituation and dishabituation
- June 4th week: Revision
- June 5th week: Revision

Lesson Plan

Academic Session: 2021-22

Class: B.A. (Pass Course) 2nd semester

Subject: Psychology

Paper Code: Experimental Psychology (PY01)

Extension Lecturer: Mrs. Kavita Devi

March

3rd Week – Practical Exam

4th Week – Attention

April

1st Week – Psychophysics (Problems)

2nd Week – Methods of Psychophysics

3rd Week – Learning (factors)

4th Week – Trial and Error and Insight Learning

May

1st Week – Classical and Operant Conditioning

2nd Week – Memory

3rd Week – Long Term Memory

4th Week – Forgetting

June

1st Week – Problem Solving

2nd Week – Statistics

3rd Week – Mean, Median, Mode

4th Week - Revision

Lesson Plan

Academic Session: 2021-22

Class: B.A. (Hons) 4th semester

Subject: Psychology

Paper Code: Lifestyle and Health (PY14)

Extension Lecturer: Mrs. Kavita Devi

March

3rd Week – Practical Exam

4th Week – Health Behaviour

April

1st Week – Seeking Healthcare

2nd Week – Modifying Health Behaviour

3rd Week – Theory of Planned Behaviour and Resound Action

4th Week – Attitude Change and Health Behaviour

May

1st Week – Health Enhancing Behaviour

2nd Week – Accident Prevention

3rd Week – Health Compromising Behaviour

4th Week – Alcoholism

June

1st Week – Smoking

2nd Week – Stress and coping

3rd Week – Obesity and its Control

4th Week - Revision