

Lesson Plan (Session 2023-24)

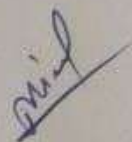
Name of Deptt. Psychology

Subject: Psychopathology

Name of Teacher: Dr. Nirmala Kaushik

Class : M.A. 3rd SEM

Month	Topics to be taught
August	Nature, history, biological and psychological perspective, Classification: meaning, purpose, DSM system of classification DSM -5.
September	Anxiety disorder: OCD, GAD, Panic, specific phobia, Dissociative identity disorder, Dissociative Amnesia, Dissociative depersonalization.
October	Somatoform disorder: Somatization disorder, illness anxiety Disorder, body dysmorphic disorder, conversion disorder, Bipolar and related disorders: Bipolar 1 and 11 disorder Cyclothymic disorders.
November	Schizophrenia and Delusional disorder: clinical picture, Etiology and treatment approaches,
December	Substance use disorder: Alcohol abuse and dependence. Drug Drug abuse and dependence, Personality disorder.



Dr. Nirmala Kaushik

Lesson Plan (Session 2023-24)

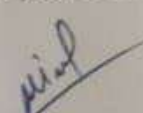
Name of Deptt. Psychology

Name of Teacher: Dr. Nirmala Kaushik

Subject: Social Psychology

Class : M.A. (P) 1st sem

Month	Topics to be taught
August	Social Psychology: Nature, history, scope and new perspectives. Methods: Experimental, observation, sociometry and content analysis. The self: Development of self, self concept and self esteem.
September	Socialization: Nature, process, theories- Psychoanalytic, cognitive development, Social learning, ethological. Groups: Nature, types.
October	Social perception: Verbal and non verbal communication, Attribution process, Impression formation. Social cognition: Social inference emotional and motivational Biases, schemas and heuristics.
November	Attitude: Formation, change and measurement. Prejudice and discrimination: Nature, sources, combating prejudice and discrimination Test and revision.


Dr. Nirmala Kaushik.

Lesson Plan (Session 2023-24)

Name of Deptt. Psychology

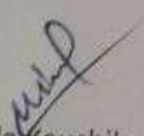
Name of Teacher: Dr. Nirmala Kaushik

Subject: Psychopathology

Class : B.A. 5TH SEM

Month	Topics to be taught
July	Psychopathology: Introduction, Concept of Normality and Abnormality.
August	Biological models, Psychodynamic models, Behavioral and Cognitive models of Psychopathology.
September	Classification of Psychopathology: Need and DSM system. Diagnostic Assessment: Case History, projective techniques and interview method and tests.
October	Anxiety based disorders: Generalized anxiety disorder, Obsession Compulsion disorder: Symptom and causes Substance abuse: Causes, Consequences and Rehabilitation.
November	Mood Disorder: Unipolar and Bipolar: Symptom and causes. Schizophrenia: Nature, Types and causes, Revision and test.

Note: The teaching methodology is used like power point presentation, models, charts, videos etc. The group discussion, tests and quiz etc are also planned.


Nirmala Kaushik

Lesson Plan (Session 2023-24)

Name of Deptt. Psychology

Name of Teacher: Dr. Nirmala Kaushik

Subject: Psychopathology

Class : B.A. 5TH SEM

Month	Topics to be taught
July	Psychopathology: Introduction, Concept of Normality and Abnormality.
August	Biological models, Psychodynamic models, Behavioral and Cognitive models of Psychopathology.
September	Classification of Psychopathology: Need and DSM system. Diagnostic Assessment: Case History, projective techniques and interview method and tests.
October	Anxiety based disorders: Generalized anxiety disorder, Obsession Compulsion disorder: Symptom and causes Substance abuse: Causes, Consequences and Rehabilitation.
November	Mood Disorder: Unipolar and Bipolar: Symptom and causes. Schizophrenia: Nature, Types and causes, Revision and test.

Note: The teaching methodology is used like power point presentation, models, charts, videos etc. The group discussion, tests and quiz etc are also planned.


Nirmala Kaushik

Lesson Plan (Session 2023-24)

Name of Deptt. Psychology

Name of Teacher: Dr. Nirmala Kaushik

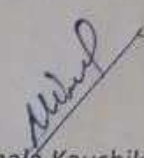
Subject: Applied

Class : B.A. 6TH SEM

Psychology

Month	Topics to be taught
January	Applied Psychology: Meaning and history.
February	Careers in Psychology, Organisational Psychology- Nature, Scope, objectives and development.
March	Guidance: Objectives, Principles, types of guidance. Organisation of guidance programme.
April	Counselling: Need, Principles, special areas and types of Counselling. Revision and tests.

Note: The teaching methodology is used like power point presentation, models, charts, videos etc. The group discussion, tests and quiz etc are also planned.


Nirmala Kaushik

Class - M. A. Andyeen
Teacher Name - Dr Kavita

Session - 2023-24
Semester - IIIrd
Paper Name
Military Psychology

Aug - Military Psychology: nature,
Scope, History, Contemporary
Issues, emerging trends.

Sep - Selection and training in
military - Assessment, Psychob-
gical, Psychomotor, special
abilities, Personality, Interest
test, Training needs analysis
Evaluation and monitoring

Oct - Leadership in military, Subordi-
-nation, Conformity, Compliance
-ance, obedience, Interpersonal
relation. group cohesion, moral and
motivation

Nov - Environmental factors, Health
Issues, environmental condition
substance use, Suicide and Trauma

Class - M.A IInd

Semester -
2023-24

Teacher Name - Dr. Kamta

Paper Name
Guidance and
Counseling

Aug

→ Foundation of Guidance -
meaning and nature, Principles
Goal, objectives, School stages
Secondary and Primary.

Sep

- Importance of guidance,
Educational guidance - meaning
- need, stage and functions. Individual and group guidance, Vocational guidance - Nature, need, Process
- Social guidance, objectives, and
function.

Oct

- Assessment - characteristics, test
Importance of Psychological test
Intelligence, Personality, Attitude
Aptitude.

Nov

- Assessment - II - observation
Rating scale, Self Report, Autobiography, Group technique. Sociometry

Class - M.A.Ist

Session Plan - 2023
- 24

Paper Name -
Cognitive Psychology

Jan - Meaning of Cognitive Psychology
origin, Nature, Status, Appli-
- cation, theories, Piaget and
others

- Attention, Nature, type, select-
- the attention, theories, models
Pattern recognition, Nature and
type

Feb - memory - Nature, models,
forgetting - Nature, theories
factors, determinants, Imp-
- roving memory

march - Thinking - Nature, Classi-
- fication, approaches, Problem
Solving

April - Problem Solving - Nature -
Techniques, factors, Theories
Language, Area and material

Class - M.A II Ind

Session Plan -
2023-24

Teacher Name - Dr. Kousik

Paper -
Rehabilitation
Psychology

Aug - Scope and Nature of R.P
History, Clarification, func-
tions, goals, objectives

Sep - Disabilities - Concept, defi-
nition, Clarification,
Types of disabilities - Visual
Auditory, Speech, Locomotor
Mental Retardation, C.P, Autism,
Mental Learning disabili-
ties.

Oct - Personality development - interven-
tion, factors, life span, evaluation
Special Education, Aims, objectives,
function, and Education Ass
- sist for disabled person

Nov - Psychological intervention - Princi-
ples, Individual, group and fam-
ily therapy, Schem and Policy, Role of
N.B.O.

January → Foundation of developmental Psychology, Nature, Principal factors of development, Biological and environmental, methods of development, Cross sectional

Feb → Prenatal development, Nature Principles; factors of development - Biological and environment. Methods of development, Infancy and adulthood - Cognitive, emotional and social development.

March - Childhood, Physical, Cognitive and moral development, Theories. Adolescence - Physical transition. Problems during adolescence, adjustment

April - Adulthood → Physical development health and fitness during adulthood. Aging Physical changes, mental and

Class - M.A 1st year

Session Plan - 2023-24

Semester - Ist

Paper - Experimental Psychology.

August → Nature and history, experimental methods, Sensory Process - Eye function, Ear function, Skin Perception of form, space, movement and time, subliminal, Perceptual illusion

Sept → Psychophysics - Problems and methods, Classical Psychophysics, Signal detection theory, Psychophysical Problems and Application.

Oct → Learning - Nature, Classical Conditioning, Procedural, Instrumental Conditioning, Appetitive and Aversive

Nov → Verbal Learning, methods, organization Process, Transfer of Learning nature and type.

CLASS → M.A (Previous) Lesson Plan - 2023-24

Semester - Ist

Name of Teacher - Dr. Kavita

Paper Name - Research
- Methodology
- I

Subject - Psychology

16 August → Research Methodology - Introduction
to 31 Aug Concept, types, Ethical issues.
Hypothesis, Variables, Types,

Sept - Data collection, observation,
Case study, Interviews, Field
Study, Questionnaire, Level of
Measurement, Nominal, Ordinal
Ratio, Sampling, Reliability

Oct - Research design, Criteria, Basic
Principles, Function, Ex post
facto design, Quasi experimental
design

Nov - Single subject design, Longitudinal and cross-sectional
design, Randomized group and
Randomized Block design, Latin
Square design, Factorial design

Nove

- Freud, Adler, Jung Theories.
- Gestalt Psychology, Kohler and
- Koffka, Gestalt Psychology -
- Humanistic Psychology, Rogers and
- Maslow, Contribution of Lull A.
- May, Neuman's, Cognitive Psychol-
- ogy, Noam Chomsky contri-
- bution and criticism of
- Cognitive Psychology.

Session Plan - 2023-24

Semester - IInd

Paper Name - Research
Statistics in Psychology Paper -

January :- Descriptive Statistics, Central tendency, Variability, Quartile, Standard deviation, Normal Distribution, Nature, Properties and Application.

Feb

- Correlation → meaning, Coefficient Correlation, Product Moment correlation. Rank difference, Bivariate, Tetrachoric, Partial correlation

March

- t-test, Analysis of variance, One-way ANOVA, Two-way ANOVA, Separate group

April

- Parametric and non parametric test Techniques, Chi-Square, Sign test, Wilcoxon test, Mann-Whitney U test.

A = Indycan
Dr Kavita

Session Plan - 2023-24
Subject - Developmental Psychology
Semester - 4th

- January - Development Psychology - meaning, definition, General Principles of development, factors in Human Development
- Feb - Biological factors, Social factors, Cultural, Early development Pattern,
- March - Pre natal, Development. Infancy characteristics, hazards Childhood, Emotional development, cognitive development adolescence, Adulthood and ageing
- April - Approaches to Developmental Psychology, Social Psychology Self identity, moral development, Personality development. Statistics.

Class - B.A Degree.

Semester Plan - 2023-24

Name of teacher - Dr Kavita Semester - IIIrd

Paper Name - Social Psychology

August -> Nature and subject matter of Social Psychology. Problems of Social Psychology. Sociometric method. Types of sociometric methods.

Sep -> Socialization, nature of Socialization Agents of socialization, social group, types of social group. General function of group. Social Norms. Formation of Social Norms. Function of Norms.

Oct - Leadership - Nature, types, Functions. Theories of leadership, Attitude formation, types, Theories, Prejudice, types. Development, Factors, measurement

Nov - Stereotype, meaning, significance, Prosocial Behaviour, steps, theories. Aggression, Nature, Theories, Determinants of aggression, Control of aggression.

B. A 1st Session Plan - 2023-24
Name of Teacher - Dr. Kavita Semester - 1st

Paper Name -
Introduction to
Psychology

August -> Introduction to Psychology.
Scope of Psychology, Methods
of Psychology

September -> Function of Eye, Function
of Ear, Skin, Emotion, Meaning,
Theories of Emotion,

October - what is Perception, Perception
of Form, Law of Perception,
Depth Perception, Motivation
Types of Motivation. Theories
of Motivation.

November - what is Personality, Types,
Trait theories, of Personality
Determinants
Intelligence introduction, Types
Theories of intelligence, Measurement
of intelligence

Theories of forgetting

set → Thinking and Problem Solving.
Meaning of Thinking, Tools of
Thinking, types of thinking,
Problem Solving, Theories of
Problem Solving, Stages of
Problem Solving, Factor Affecting of
Problem Solving

Statistics → mean, mode, median

Class - B.A Ist

Session Plan - 2023-24

Name of Teacher - Dr Kavita

Semester - IInd

Paper Name
Introduction to Psych-
logy.

January →

Attention, Factor Affection of
Attention, Selective attention
Theories of Attention, what
is Psychophysics.

Feb

- Problems of Psychophysics,
methods, Absolute, differen-
tial, method of Average
Error.

Learning - What is Learning
Types of Learning, Law of
Learning, Theories of Learning

march

- Conditioning - Theories of
Conditioning, Classical Conditioning,
Instrumental Conditioning, meaning
of memory, types of memory,
Theories of memory, forgetting factors
Affecting of forgetting

Name of Teacher - Dr Kavita

Semester - ~~II~~ I

Paper Name -
System and
Theory.

August - Nature and scope of Psychology among Greek, Hippocrates, Plato Aristotle, British Empiricism John Locke, Berkeley, David Hume German, Nativism, Immanuel Kant.

Sep

- Psychology in India origin, Indigenisation of Psychology in India, Psychology in modern India, Bhagwan Gurus, Buddhism, Sufism, internal yoga

Oct

- Structuralism, Wundt and Titchener, and late structuralism Functionalism - William James Behaviourism - antecedents of Behaviour, Watson, Hall, Skinner, Tolman