

Lesson Plan (2021-22)

Name of Lecturer:-Dr. Poonam kumari

Class and Section-B.A3rd(6th sem.)

Subject:-Applied psychology

Sr. no.	Week/months	Topic / particulars
1	1 st / Feb.	Applied psychology :-meaning ; History
2	2 nd /Feb.	Fields and careers in psychology
3	3 rd / Feb.	Organizational psychology : Nature ,scope objectives, and development
4	4 th / Feb	Guidance :-objectives , principles ,Types of guidance
5	1 st / March.	Organization of Guidance programme
6	2 nd / March	Counselling :-Need , principles ,special areas and Types of counselling
7	3 rd / march	Health psychology:- Meaning ,scope and Objectives
8	4 th / March	Concept of health and illness. Psychological factors in physical illness, lifestyle and health. stress and coping.
9	1 st / April	Forensic psychology :-psychology and law, Eyewitness memory ;accuracy and improvement
10	2 nd / April	Statistics:-correlation- Meaning Rank difference method
11	3 rd / April	Product moment method.
12	4 th / April	Test and revision

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Lesson Plan (2021-22)

Odd SEM

Name of the Assistant/ Associate Professor: - Dr. Poonam kumari

Class and Section: B.A3rd(5th sem.)

Subject: psychopathology

Week	Topics
Sep 1	Concept of normality and abnormality , , characteristics of normal and abnormal behaviours
Sep 2	Models of psychopathology:-Biological model
Sep 3	Psychodynamic model, Behaviour model
Sep 4	Cognitive model. Classification of psychopathology:-definition and nature
Oct 5	Need for classification: importance of classification
Oct 6	DSM system:-Axis of DSM -iv , , Diagnostic Assessment :- Case history
Oct 7	Diagnostic Assessment:-interview techniques , projective techniques
Oct 8	Anxiety Based Disorders:-generalised anxiety disorder, obsessive compulsive Disorders
nov 9	Phobic Disorder:-symptom and causes
Nov 10	substance/ drug abuse:-causes, consequences ,and rehabilitation
Nov 11	Mood disorders:-unipolar and bipolar -symptoms and causes
Nov 12	schizophrenia: nature , types and causes
Dec 13	Test and syllabus revision

Lesson Plan (2021-2022)

Name of Lecturer:-Dr. Poonam kumari

Class and Section:-B.A2nd (4th sem.)

Subject:-psychology (Development psychology)

Sr. no.	Week/months	Topic / particulars
1	February	What is human development human development :-concept and principles
2		Factors in human development:-biological factor social factor
3		Cultural factors. Prenatal. development:-determinants and States
4	March	In fancy stages:-characteristics
5		In fancy:-hazards and adjustment
6		Childhood :-characteristics, perceptual development, motor development
7		Emotional development, cognitive development
8	April	Adoloscents:-characteristics, problems of adolescents
9		Adjustment in adolescents
10		Adulthood:- early adulthood, and late adulthood
11		Aging:-changing patterns and problems
12	May	Test and revision syllabus

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Lesson Plan 2021-2022

Name of Lecturer:-D.r Poonam kumari

Class and Section B.A 1st (1st sem.)

Subject:-psychology (foundation of psychology)

Sr. no.	Week/months	Topic / particulars
1	/ August	What is psychology :- history , emergence as science subject matter of psychology
2	September	Methods of psychology:-experimental method, observational method
3		Sensory processes:-visual and auditory
4		Structure and functions of eye and ear
5	October	Perception :-nature ,perception of form -figure and ground
6		Perceptual organization learning:-nature of learning
7		Theory of learning:-classical conditioning theory operant conditioning theory memory:-types of memory
8	November	Emotion:-nature of emotion, bodily changes in emotion
9		Theories of emotion:-James launcher theory, schachter singer theory
10		Motivation:-nature of motivation, biological and psychological motives personality:-nature, determinants of personality
11	December	Intelligence:-nature of intelligence, theories of intelligence:-spearman theory thruston theory
12		Test and revision

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Lesson Plan (2021-2022)

Name of Lecturer:-Dr. Poonam kumari

Class and Section- B.A2nd. (3rd sem.)

Subject:-social psychology

Sr. no.	Week/months	Topic / particulars
1	August	Introduction:-brief history of social psychology
2		Scope of social psychology, levels of social behaviour
3	September	Approaches towards understanding social behaviour
4		Individual level processes: socialization
5		Socialization :-meaning , agencies
6	October	Person perception:-attribution -theories. Biases and Errors
7		Attitude:-formation, change and resistance to change
8	November	Interpersonal processes:-interpersonal Attraction , Pro social behaviour, Aggression :-nature types and associated factors
9		Group dynamics:-groups:-key aspects ,corporation and conflict,
10		Group decision making leadership:-meaning, need and types
11	December	Characteristics of a leader
12		Test and revision syllabus

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