

Name of the Assistant Professor : Dr.Poonam kumari

Class : B.A 2<sup>nd</sup> 4<sup>th</sup> sem

Subject : Statistical Methods and Psychological Research (CC)

(Lesson Plan 2022-23)

1April to 15April	Introduction : Scales of Measurement, Frequency Distribution, Graphical Representation of Data.
15 April to 30April	Data analysis : Measures of Central tendency: Mean, Median,Mode (properties and computation). Standard Deviation : Properties and Computation. Correlation: Pearson Method
01 May to 15May	Psychological Testing: Introduction to Psychological Testing, Characteristics Of test, Reliability, Validity, Properties of Normal Probability Curve (NPC).
15 May to 25May	Norms,Standardization,Types of Tests, Qualitative Methods: Interview, Observation, Case Study

Name of the Assistant Professor : Dr.Poonam kumari

Class : B.A IIIrd 6<sup>th</sup> sem

Subject : Applied Psychology

(Lesson Plan 2022-23)

1April to 15April	Applied Psychology : Meaning, History, Fields, and Careers in Psychology. Organization Psychology: Nature,Scope, Objective, and Development.
15 April to 30April	Guidance: Objective, Principles, Types of Guidance, Organization of Guidance Programme. Counselling : Need, Principles,Special Areas, and Types of Counselling.
01 May to 15May	Health Psychology: Meaning, Scope and Objective; Concept of Health and Illness. Psychological Factors in Physical Illness, Life Styleand Health, Stress and Coping.
15 May to 25May	Forensic Psychology: Psychology and Law,Eyewitness Memory ; Accuracy And Improvement. Statistics: Correlation-Meaning , Rank Difference, and Product Moment Method.

Name of the Assistant Professor : Dr. Poonam kumari

Class : B.A IIIrd 6<sup>th</sup> sem

Subject : Applied Psychology

(Lesson Plan 2022-23)

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Lesson Plan (2022-2023)

Name of Lecturer:-Dr. Poonam kumari

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

Subject:-psychological disorder

Sr. no.	Week/months	Topic / particulars
1	21-8-2023to 31-8-2024	Basic concep:-t definition and criteria of abnormality
2	September	Classification :-meaning ,purpose,
3		DSM 4th(TR):-key features, Die thesis stress model
4		Approaches to psychopathology:-biological , psychodynamic model
5	October	Behavioral, cognitive and cultural model
6		Clinical States:-anxiety spectrum disorder:-generalised anxiety disorder
7		Obesive compulsive disorder. mood disorder:-unipolar and bipolar disorder
8	November	Schizophrenia:-Disorganized, paranoid and catatonic, learning disabilities:-
9		Dyscalculia, Dysqraphia, Dyslexia
10		Treatment of disorder:-biological treatment:-pharmacotherapy and electro convulsive treatment therapy
11	December	Psychological treatment:-psychoanalytic therapy, behaviour therapy and cognitive behaviour therapy
12		Test and revision syllabus

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Signature

Lesson Plan 2022-2023

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

Poonam kumari

Signature

Lesson Plan 2022-2023

Name of Lecturer:-Dr. Poonam kumari

Class and Section- B.A1st(2nd sem.)

Subject:-social psychology

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

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## **Lesson Plan 2022-2023**

Teacher Name - Dr. Poonam Kumari

Class -B.A 2nd 4th Sem.

Paper Name Statistical Methods and Psychological Research (20UPSY401)

### **February**

- Introduction
- Scales of measurement
- Frequency distribution
- Graphical representation of data

### **March**

- Data analysis
- Measures of Central tendency
- Mean, median, mode
- Standard deviation properties and computation
- correlation: Pearson method

### **April**

- Psychological testing: introduction
- Characteristics of test
- Reliability, validity
- Properties of normal probability curve

### **May**

- Norms and standardization, types of tests
- Qualitative methods: interview,
- observation, case study
- Revision and test



## Lesson Plan (2022-23)

### 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 2023-2024**

Teacher Name- Dr. Poonam Kumari

Class -B.A 2nd 4th Sem.

Paper Name Statistical Methods and Psychological Research (20UPSY401)

### **February**

- Introduction
- Scales of measurement
- Frequency distribution
- Graphical representation of data

### **March**

- Data analysis
- Measures of Central tendency
- Mean, median, mode
- Standard deviation properties and computation
- correlation: Pearson method

### **April**

- Psychological testing: introduction
- Characteristics of test
- Reliability, validity
- Properties of normal probability curve

### **May**

- Norms and standardization, types of tests
- Qualitative methods: interview,
- observation, case study
- Revision and test

Lesson Plan (2022-23)

Name of Lecturer:-Dr. Poonam kumari

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

Subject:-Applied psychology

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

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Signature

Name of the Assistant Professor : Dr.Poonam kumari

Class : B.A1St 2<sup>nd</sup> sem

Subject : Social Psychology

(Lesson Plan 2022-23)

1April to 15April	Introduction of social psychology; history of social psychology; scope of social Psychology; levels of social behaviour; approaches towards understanding social BEHAVIOUR
15 April to 30April	Individual level processes: socialization; meaning Agencies Person perception: Attributin-theories, Biases and Errors Attitude : Formation, Change and Resistance to change
01 May to 15May	Interpersonal Processes: Interpersonal Attraction, 'Prosocial Behavior', Aggresion: Nature, Types and Associated factors.
15 May to 30May	Group dynamic: Groups: Key Aspects, Cooperation and Conflict, Group Decision Making. Leadershiop-Meaning, Need and Types, Characteristics of a Leader

Dr. Bansilal Grew College, Loharu

Department of Psychology

DR. Poonam Kaur

Lesson - Plan 2022-23 (B.A. ~~1st~~ 1st semester)

Time Period	Topic
7 September to 22 September	Introduction of Psychology :- A Science and a Perspective, origin and Development of Psychology Historical Perspective of Psychology in India.
23 September to 8 October	Methods of Psychology :- Experimental, observation Cognitive Processes :- Sensory Processes - sensation, meaning and characteristics Perception - Nature of Perception, Laws of Perceptual organization
9 October to 21 October	Learning :- Classical conditioning, operant conditioning, observational Learning, Memory Processes :- Information Processing Model. Test
20 October to 15 November	Motivation and Emotion :- Motives :- Biogenic and Sociogenic Test
16 November to 31 November	Emotions :- Aspects of emotions, Theories of Emotion :- James-Lange, Cannon-Bard Personality - Nature, theories - Allport
1 December to 15 Dec.	Intelligence - Nature, theories - Spearman, Thurston. Test

Ch. Bamsidel Govt college Loharu

Department of Psychology

DR. Poonam Kumari

Lesson - Plan 2022-23 (B.A. 3rd semester)

Time Period	Topic
7 September to 22 September	Basic concepts - definition and criteria of abnormality, classification - meaning, purpose, DSM-IV(TR) - key features,
23 September to 8 October	Diatheisis Stress model Approaches to Psychopathology - Biological, Psycho-dynamic, Behavioural, cognitive and cultural Clinical states:- Anxiety spectrum Disorder:- GAD
9 October to 21 October	Obsessive Compulsive Disorder. GAD, OCD Test
30 October to 15 November	Mood Disorders - Unipolar, Bipolar Schizophrenia: Disorganized, Paranoid and catatonic Test
16 November to 31 November	Learning Disabilities - Dyscalculia, Dysgraphia Dyslexia. Treatment of disorders:- (a) Biological treatment - Pharmacotherapy
1 December	Electroconvulsive therapy Psychological treatment - Psychoanalytic Therapy, Behaviour Therapy and Cognitive-Behaviour Therapy. Test

Ch. Bamsilal Govt. College Loharu  
Department of Psychology

Dr. Poonam

Lesson - Plan 2022-23 (B.A. 1st Semester)

Time & Period	Topics
7 September to 29 September	Concept of Normality and Abnormality models of Psychopathology :- Biological, Psycho dynamic
23 September to 8 October	Behavioural and cognitive model classification of Psychopathology :- Need for classification, DSM System. Test
9 October to 21 October	Diagnostic Assessment :- Case history, Interview, Projective techniques Test
30 October to 15 November	Anxiety Based Disorders :- GAD, OCD and Phobic disorders - Symptom and causes.
16 November to 31 Nov.	Substance / drug abuse - causes, consequences and Rehabilitation. Test
1 December to 15 Decem ber	Mood disorders - Uni Polar and bipolar - Symptoms and causes. Schizophrenia - Nature, types and causes. Test