

Lesson Plan (2023-24)

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 (2023-24)

Name of Lecturer:-Dr. Poonam kumari

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

Subject:-psychology (Development psychology)

Sr. no.	Week/months	Topic / particulars
1	August 21-8-23 to 31-8-23	What is human development human development :-concept and principles
2	September	Factors in human development:-biological factor social factor
3		Cultural factors. Prenatal. development:-determinants and States
4		In fancy stages:-characteristics
5	October	In fancy:-hazards and adjustment
6		Childhood :-characteristics, perceptual development, motor development
7		Emotional development, cognitive development
8	November	Adoloscents:-characteristics, problems of adolescents
9		Adjustment in adolescents
10		Adulthood:- early adulthood, and late adulthood
11	December	Aging:-changing patterns and problems
12		Test and revision syllabus

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Lesson Plan (2023-24)

Name of Lecturer:-Dr. Poonam kumari

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

Subject:-social psychology

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

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Lesson Plan (2023-24)

Name of Lecturer:-Dr. Poonam kumari

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

Subject:-psychology

Sr. no.	Week/months	Topic / particulars
1	1 st / Feb.	Introduction:- meaning and goals, counselling process and relationship
2	2 nd /Feb.	Counsellor effectiveness. Counselling in the Indian context
3	3 rd / Feb.	Approaches :- overview of approaches to counselling
4	4 th / Feb	Psycho dynamic approach, Behavioural approach
5	1 st / March.	Person- centred and cognitive behavioural model
6	2 nd / March	Counselling techniques:-play technics , Art techniques
7	3 rd / march	Drama, Music , Dance techniques
8	4 th / March	Yoga and Meditation techniques
9	1 st / April	Applications:-family counselling
10	2 nd / April	School and career counselling
11	3 rd / April	Personal counselling
12	4 th / April	Test and revision

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Lesson Plan (2023-24)

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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