

# Tau Devi Lal Govt. College for Women, Murthal

## Lesson Plan

Name of the Assistant Professor: Dr. Anupriya Punia

Class and Semester : B.A. 1<sup>st</sup>(Semester 1<sup>st</sup>)

Session : 2023-2024

Subject : Introduction to Psychology

S.No.	Month	Topics
1	July, 2023	<ul style="list-style-type: none"><li>• Psychology<ul style="list-style-type: none"><li>-History</li><li>-Emergence as a Science</li></ul></li></ul>
2	August, 2023	<ul style="list-style-type: none"><li>• Schools of Psychology</li><li>• Subject Matter of Psychology</li><li>• Methods of Psychology<ul style="list-style-type: none"><li>Observation</li></ul></li></ul>
3	September, 2023	<ul style="list-style-type: none"><li>• Methods of Psychology Contd.<ul style="list-style-type: none"><li>- Interview</li><li>- Introspection</li></ul></li><li>• Sensory Processes<ul style="list-style-type: none"><li>- Types of Senses</li><li>- Structure and Function of Eye and Ear</li></ul></li><li>• Perception<ul style="list-style-type: none"><li>- Nature</li><li>- Relationship with Sensation</li><li>- Perception of Form: Figure &amp; Background</li><li>- Perceptual Cues – Monocular and Binocular Cues</li></ul></li></ul>
4	October, 2023	<ul style="list-style-type: none"><li>• Emotion<ul style="list-style-type: none"><li>- Nature</li><li>- Bodily Changes</li><li>- Theories</li></ul></li><li>• Motivation<ul style="list-style-type: none"><li>- Nature</li><li>- Characteristics</li><li>- Biological &amp; Psychosocial Motives</li></ul></li></ul>
5	November, 2023	<ul style="list-style-type: none"><li>• Personality<ul style="list-style-type: none"><li>- Concept</li><li>- Characteristics</li><li>- Type &amp; Trait Theories</li></ul></li><li>• Intelligence<ul style="list-style-type: none"><li>- Nature</li><li>- Theories</li></ul></li><li>• Revision and Class test</li></ul>
6	December, 2023	Examination

*Anupriya*  
Signature

## Lesson Plan

Name of the Assistant Professor: Dr. Anupriya Punia

Class and Semester : B.A. 1<sup>st</sup>(Semester II<sup>nd</sup>)

Session : 2023-2024

Subject : Social Psychology

S.No.	Month	Topics
1	January, 2024	Introduction to Social Psychology <ul style="list-style-type: none"><li>▪ Nature</li><li>▪ Subject Matter</li><li>▪ Sociometric Method</li></ul> Socialization: <ul style="list-style-type: none"><li>▪ Nature</li><li>▪ Process &amp; Agents of Socialization</li></ul>
2	February, 2024	Groups: <ul style="list-style-type: none"><li>▪ Types &amp; Functions</li></ul> Social Norms: <ul style="list-style-type: none"><li>▪ Meaning &amp; Characteristics</li></ul> Formation of Norms Leadership: <ul style="list-style-type: none"><li>▪ Types &amp; Functions</li><li>▪ Theories : Trait, Situational &amp; Interactional</li></ul>
3	March, 2024	Attitudes: <ul style="list-style-type: none"><li>▪ Characteristics</li><li>▪ Development &amp; Change</li></ul> Prejudice: <ul style="list-style-type: none"><li>▪ Nature &amp; Development &amp; Stereotypes</li></ul>
4	April, 2024	Prosocial Behaviour: <ul style="list-style-type: none"><li>▪ Nature &amp; Determinants</li><li>▪ Cognitive Model</li></ul> Aggression <ul style="list-style-type: none"><li>▪ Nature &amp; Determinants</li></ul> Prevention of Aggression Class Tests & Revision
5	May, 2024	Examination

  
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## Lesson Plan

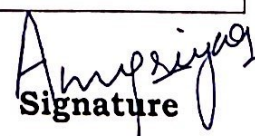
Name of the Assistant Professor: Dr. Anupriya Punia

Class and Semester : B.A. II<sup>nd</sup>(Semester III<sup>rd</sup>)

Session : 2023-2024

Subject: Experimental Psychology

S.No.	Month	Topics
1	July, 2023	<ul style="list-style-type: none"><li>• Psychophysics<ul style="list-style-type: none"><li>- Nature</li><li>- Problems of Psychophysics</li></ul></li></ul>
2	August, 2023	<ul style="list-style-type: none"><li>• Methods</li><li>• Attention<ul style="list-style-type: none"><li>- Nature</li><li>- Characteristics &amp; Types</li><li>- Classical Methods of Psychophysics</li></ul></li></ul>
3	September, 2023	<ul style="list-style-type: none"><li>• Learning<ul style="list-style-type: none"><li>- Factors affecting learning</li><li>- Trial &amp; Error</li><li>- Insight Learning</li><li>- Conditioning</li></ul></li><li>• Memory<ul style="list-style-type: none"><li>- STM</li><li>- LTM</li><li>- Methods to study memory</li></ul></li></ul>
4	October, 2023	<ul style="list-style-type: none"><li>• Forgetting<ul style="list-style-type: none"><li>- Nature</li><li>- Factors leading of Forgetting</li><li>- Techniques for Improving Memory</li></ul></li></ul>
5	November, 2023	<ul style="list-style-type: none"><li>• Problem Solving<ul style="list-style-type: none"><li>- Nature</li><li>- Stages of problem Solving</li><li>- Factors affecting Problem Solving</li></ul></li><li>• Thinking<ul style="list-style-type: none"><li>- Nature</li><li>- Types of Thinking (Convergent &amp; Divergent)</li></ul></li></ul> <p style="text-align: center;">Revision &amp; Class Tests</p>
6	December, 2023	Examination

  
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## Lesson Plan

Name of the Faculty: Dr. Anupriya Punia

Class and Semester: B.A. II<sup>nd</sup> (Semester IV<sup>th</sup>)

Session : 2023-2024

Subject : Developmental Psychology

S.No.	Month	Topics
1	January, 2024	Human Development: <ul style="list-style-type: none"><li>▪ Concepts &amp; Principles</li><li>▪ Factors affecting Development : Biological, Social &amp; Cultural</li></ul> Prenatal Development: <ul style="list-style-type: none"><li>▪ Determinants &amp; Stages</li></ul>
2	February, 2024	Infancy: <ul style="list-style-type: none"><li>▪ Characteristics</li><li>▪ Hazards &amp; Adjustments</li></ul> Childhood: <ul style="list-style-type: none"><li>▪ Characteristics</li><li>▪ Development : Perceptual, Motor, Emotional &amp; Cognitive</li><li>▪ Theories : Piaget &amp; Vygotsky</li></ul>
3	March, 2024	Adolescence: <ul style="list-style-type: none"><li>▪ Characteristics &amp; Problems</li><li>▪ Adjustment in Adolescence</li></ul>
4	April, 2024	Adulthood: <ul style="list-style-type: none"><li>▪ Early &amp; Late Adulthood</li><li>▪ Ageing: Changing Patterns &amp; Problems</li></ul> Measures of Central Tendencies <ul style="list-style-type: none"><li>▪ Mean</li><li>▪ Median</li><li>▪ Mode</li></ul> Class Tests & Revision
5	May, 2024	Examination

  
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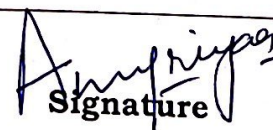
Name of the Assistant Professor: Dr. Anupriya Punia

Class and Semester : B.A. III<sup>rd</sup>(Semester V<sup>th</sup>)

Session : 2023-2024

Subject : Psychopathology

S.No.	Month	Topics
1	July, 2023	<ul style="list-style-type: none"><li>• Concept of Normality and Abnormality</li><li>• Psychopathology as a conceptual concept</li></ul>
2	August, 2023	<ul style="list-style-type: none"><li>• Models of Psychopathology<ul style="list-style-type: none"><li>- Biological Model</li><li>- Psychodynamic</li><li>- Behavioural</li><li>- Cognitive</li></ul></li></ul>
3	September, 2023	<ul style="list-style-type: none"><li>• Classification of Psychology<ul style="list-style-type: none"><li>- What is Classification</li><li>- Need for Classification</li><li>- DSM V</li></ul></li><li>• Diagnostic Assessment<ul style="list-style-type: none"><li>-Case History</li><li>-Interview</li><li>-Projective Techniques</li></ul></li><li>• Anxiety Based Disorders<ul style="list-style-type: none"><li>-GAD</li></ul></li></ul>
4	October, 2023	<ul style="list-style-type: none"><li>• Anxiety Based Disorders<ul style="list-style-type: none"><li>-OCD</li><li>-Phobia</li></ul></li><li>• Substance /Drug Abuse<ul style="list-style-type: none"><li>-Causes</li><li>-Consequences</li><li>-Rehabilitation</li></ul></li></ul>
5	November, 2023	<ul style="list-style-type: none"><li>• Mood Disorder<ul style="list-style-type: none"><li>-Unipolar and Bipolar Disorder (Symptoms and Causes)</li></ul></li><li>• Schizophrenia<ul style="list-style-type: none"><li>-Nature</li><li>-Types &amp; Causes</li></ul></li></ul> Revision and Tests
6	December, 2023	Examination

  
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## Lesson Plan

Name of the Assistant Professor: Dr. Anupriya Punia

Class and Semester: B.A.III<sup>rd</sup> (Semester VI<sup>th</sup>)

Session : 2023-2024

Subject : Applied Psychology

S.No.	Month	Topics
1	January, 2024	Applied Psychology: <ul style="list-style-type: none"><li>▪ Meaning &amp; History</li><li>▪ Fields &amp; Careers</li></ul> Organisational Psychology <ul style="list-style-type: none"><li>▪ Nature &amp; Scope</li><li>▪ Objectives</li><li>▪ Development</li></ul>
2	February, 2024	Guidance: <ul style="list-style-type: none"><li>▪ Objectives &amp; Principles</li><li>▪ Types &amp; Organisation of Guidance Program</li></ul> Counselling: <ul style="list-style-type: none"><li>▪ Needs &amp; Principles</li><li>▪ Special Areas &amp; Types of counselling</li></ul>
3	March, 2024	Health Psychology: <ul style="list-style-type: none"><li>▪ Meaning &amp; Concept of Health &amp; Illness</li><li>▪ Scope &amp; Objectives</li><li>▪ Psychological Factors in Physical Illness</li><li>▪ Lifestyle &amp; health</li></ul> Stress & Coping
4	April, 2024	Forensic psychology: <ul style="list-style-type: none"><li>▪ Psychology &amp; Law</li><li>▪ Eyewitness Memory : Accuracy &amp; Improvement</li></ul> Measures of Variability <ul style="list-style-type: none"><li>▪ Standard Deviation</li><li>▪ Quartile Deviation</li></ul> Class Tests & Revision
5	May, 2024	Examination

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