

## TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2024-25

Name of the Teacher: Dr. Prem Poonam

Department: Psychology

Subject/Course: Psychology & Life Programme: PG(OE)

Semester: 3rd

| Unit | Name of Topic/Contents   | Tentative Dates/Days     |
|------|--|--------------------------|
| 1.   | Self Concept: Nature, Self-discrepancies, their effect & coping factors shaping the self<br>Concept  | 22 July to 31 July       |
| 2.   | Self-esteem: Nature, Development and importance. Communication: General Principles and Components.<br><b>Assessment Test</b>   | 1 August to 31 August    |
| 3.   | Elements of Communication, significant of Communication, Barriers to effective communication, Communication & Adjustment. Gender and Behaviour: Gender stereotypes, Gender: Similarities & Differences<br><b>Assignment &amp; Presentation</b> | 1 Sept. to 30 Sept.      |
| 4.   | Personality Traits and Social Behaviour: putting gender differences in perspective. Psychological disorders: Abnormal behaviour, Myths and Reality, Criteria of Abnormal behaviour, causes of Abnormality.<br><b>Revision</b>                  | 1 October to 22 November |

**TENTATIVE LESSON PLAN (SEMESTERS)**

SESSION: 2024-25

Name of the Teacher: Dr.PremPoonam Department: Psychology

Subject/Course: Psychopathology Programme: UG

Semester: 5th

| Unit | Name of Topic/Contents   | Tentative Dates/Days     |
|------|--|--------------------------|
| 1.   | Concept of Normality & Abnormality.,Models of Psychopathology: Biological.   | 22 july to 31 july       |
| 2.   | Psychodynamic model, Behavioural model, cognitive model, classification of Psychopathology: Need for Classification,DSM System, Diagnostic Assessment: Case History, interview, Projective Techniques.<br><b>Assessment Test</b> | 1 August to 31 August    |
| 3.   | Anxiety based disorders: GAD ,OCD,& Phobic Disorders – Symptoms and causes., Substance,Drug Abuse:causes, consequences and rehabilitation<br><b>Assignment -I &amp; II</b>   | 1Sept.to 30 Sept.        |
| 4.   | Mood disorder: unipolar & bipolar – Symptoms and causes. Schizophrenia: Nature, types & Causes.<br><b>Revision</b>   | 1 October to 22 November |

**TENTATIVE LESSON PLAN (SEMESTERS)**

SESSION: 2024-25

Name of the Teacher: Manjeet

Department: Psychology

Subject/Course: - Foundations of Psychology

Programme: B.A. 1<sup>st</sup> Year

Semester: 1<sup>st</sup>

| <i>Unit</i> | <i>Name of Topic/Contents</i>  | <i>Tentative Dates/Days</i>                     |
|-------------|--|---|
| 1.          | <i>History of Psychology: meaning ,and schools of psychology,<br/>Methods in psychology: case study and experimental</i>             | <i>22 july<br/>To<br/>20 august,2024</i>        |
| 2.          | <i>Sensation :vision and audition<br/>Perception: nature and principles, illusion 1<sup>st</sup>assignment</i>                       | <i>21 August<br/>To<br/>20 sep.,2024</i>        |
| 3.          | <i>Learning: meaning and types<br/>Theories of learning: trial and error, insight and classical conditioning<br/><br/>Minor test</i> | <i>21 sep.<br/>To<br/>20 oct.2024</i>           |
| 4.          | <i>Motivation: meaning, nature and motivation cycle<br/><br/>Emotion: nature, types and theories of motion Revision</i>              | <i>21 oct. 2024<br/>to till<br/>examination</i> |

**TENTATIVE LESSON PLAN (SEMESTERS)**

SESSION: 2024-25

Name of the Teacher: Manjeet

Department: Psychology

Subject/Course: - - Understanding of Psychology

Programme: M.D.C.. 1<sup>st</sup> Year

Semester: 1<sup>st</sup>

| <i>Unit</i> | <i>Name of Topic/Contents</i>  | <i>Tentative Dates/Days</i>             |
|-------------|--|---|
| 1.          | <i>Psychology: nature and scope Methods in psychology: observation , interview case study and experimental</i>   | <i>22 july to 30 august 2024</i>        |
| 2.          | <i>Learning: classical and instrumental conditiong Memory: meaning and , improving memory, forgetting Assisgnment-1</i>  | <i>1 august to30 sep. 2024</i>          |
| 3.          | <i>Personality: nature , trait and type approach, determinants of personality, assesment of personality</i><br><br><i>Intelligence: meaning and nature , theories: spearman, thrustone , cattell, measurements of intelligence and revision Minor test</i> | <i>30 sep. 2024 to till examination</i> |

**TENTATIVE LESSON PLAN (SEMESTERS)**

SESSION: 2024-25

Name of the Teacher: Rahul

Department: Psychology

Subject/Course: Physiological Psychology (B23-PSY-301)

Programme: B.A. 2<sup>nd</sup> Year

Semester: 3<sup>rd</sup>

| Unit | Name of Topic/Contents  | Tentative Dates/Days       |
|------|---|----------------------------|
| 1.   | <i>Introduction to Physiological Psychology: meaning, nature &amp; scope.<br/>Methods of Study: Neuro-anatomical methods Types;</i>   | 22-07-24<br>To<br>20-08-24 |
| 2.   | <i>Electrical recording methods-Types, Stimulation methods. 1<sup>st</sup> Assignment<br/>Internal Environment: Digestive System &amp; Eating Behaviour;</i>                      | 21-08-24<br>To<br>20-09-24 |
| 3.   | <i>Endocrine glands- Pituitary gland, Thyroid gland, Pancreatic gland, Adrenal gland, Gonad gland.<br/>Neuron: Structure and Functions of Neuron; Nerve impulses; Minor Test.</i> | 21-09-24<br>To<br>26-10-24 |
| 4.   | <i>Nervous System - Brain - Hind brain, Mid Brain, Fore Brain and Cerebral Cortex; Spinal cord. PNS.Revision.</i>   | 4-11-24<br>To<br>22-11-24  |

**TENTATIVE LESSON PLAN (SEMESTERS)**

SESSION: 2024-25

Name of the Teacher: Rahul

Department: Psychology

Subject/Course: Health & Wellbeing (B23-PSY-303)

Programme: M.D.C. 2<sup>nd</sup> Year

Semester: 3<sup>rd</sup>

| <i>Unit</i> | <i>Name of Topic/Contents</i>   | <i>Tentative Dates/Days</i> |
|-------------|---|-----------------------------|
| 1.          | <i>Illness, Health and Well-being: Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health.</i>                  | 22-07-24<br>To<br>31-08-24  |
| 2.          | <i>Stress and Coping: Nature and sources of stress; Effects of stress on physical and mental health;<br/><br/>Coping and stress management.</i> | 01-09-24<br>To<br>30-09-24  |
| 3.          | <i>Health-enhancing Behaviours: Exercise, Nutrition, Health compromising behaviours; Health</i>   | 01-10-24<br>To<br>26-10-24  |
| 4.          | <i>Protective behaviours, Illness Management. Revision.</i>   | 4-11-24<br>To<br>22-11-24   |