

### ***TENTATIVE LESSON PLAN (ODD SEMESTER)***

*SESSION: 2025-26*

*Name of the Teacher: Mr. Rahul*

*Department: Psychology*

*Subject/Course: Foundations of Psychology (B23-PSY-101)*

*Programme: Major – 1 (Core Course)*

*Semester: 1<sup>st</sup>*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
<i>1.</i>	<i>Introduction: Nature and Scope of Psychology, Subject matter of psychology. Historical Perspective: Basic Tenets of Schools of Psychology (Structuralism, Functionalism, Behaviorism, Psychoanalysis.) Methods of Investigation in Psychology (Case Study, Experimental Method).</i>	<i>01-08-25 to 05-09-25</i>
<i>2.</i>	<i>Sensation: Nature, Types of Sensory modules: Vision and Audition. Perception: Nature and Principles of Perceptual Organization, Illusion. Assignment.</i>	<i>06-09-25 to 30-09-25</i>
<i>3.</i>	<i>Learning: Meaning and Types of Learning. Theories of Learning: Trial &amp; Error, Insight Learning, Classical Conditioning. Class Test.</i>	<i>01-10-25 to 31-10-25</i>
<i>4.</i>	<i>Motivation: Nature &amp; meaning, Need, Drive &amp; Instinct. Motivation Cycle. Emotion: Nature, Types of Emotion, Theories of Emotion (Classical). Revision.</i>	<i>01-11-25 to 01-12-25</i>

### ***TENTATIVE LESSON PLAN (ODD SEMESTER)***

*SESSION: 2025-26*

*Name of the Teacher: Mr. Rahul*

*Department: Psychology*

*Subject/Course: Understanding Psychology (B23-PSY-103)*

*Programme: M.D.C. – I*

*Semester: I<sup>st</sup>*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
<i>1.</i>	<i>Psychology: Its Nature &amp; Scope. Methods of Psychology; Observation Experiment.</i>	<i>01-08-25 to 31-08-25</i>
<i>2.</i>	<i>Interview &amp; Case Study. Learning: Classical Conditioning, Instrumental Conditioning; The Principles of Reinforcement. Memory: Meaning, Types. Assignment.</i>	<i>01-09-25 to 30-09-25</i>
<i>3.</i>	<i>Retrieval Processes, Nature of Forgetting; Improving Memory. Personality: Nature, Determinants, Trait vs Type approach, Assessment of Personality. Class Test.</i>	<i>01-10-25 to 31-10-25</i>
<i>4.</i>	<i>Intelligence: Meaning, Nature, Theories: Spearman, Thurstone, Cattell. Measurement of Intelligence. Revision.</i>	<i>01-11-25 to 01-12-25</i>

### ***TENTATIVE LESSON PLAN (ODD SEMESTER)***

*SESSION: 2025-25*

*Name of the Teacher: Mr. Rahul*

*Department: Psychology*

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

*Programme: M.D.C. – 3*

*Semester: 3<sup>rd</sup>*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
<i>1.</i>	<i>Illness, Health and Well-being; Continuum and Models of health and illness: Medical, Biopsychosocial, holistic health.</i>	<i>01-08-25 to 31-08-25</i>
<i>2.</i>	<i>Stress and Coping: Nature and sources of stress; Effects of stress on physical and mental health. Assignment.</i>	<i>01-09-25 to 30-09-25</i>
<i>3.</i>	<i>Coping and stress management. Health-enhancing Behaviours: Exercise, Nutrition, Health compromising behaviours. Class Test..</i>	<i>01-10-25 to 31-10-25</i>
<i>4.</i>	<i>Health Protective behaviours, Illness Management. Revision.</i>	<i>01-11-25 to 01-12-25</i>

### **TENTATIVE LESSON PLAN (ODD SEMESTER)**

SESSION: 2025-26

Name of the Teacher: Dr. Prem Poonam

Department: Psychology

Subject/Course: Understanding Psychology (PSY-311)

Programme: Open Elective Course

Semester: 3<sup>rd</sup>

Unit	Name of Topic/Contents	Tentative Dates/Days
1.	Psychology as a scientific discipline, nature & scope. Related disciplines of psychology. Self-concept nature, self-discrepancies, their effect and coping, factors shaping the self-concept. Self Esteem: nature, development and importance.	01-08-25 to 05-09-25
2.	Learning: nature, theories: trial and error, insight, classical and instrumental conditioning, tolman. Theory of learning. Memory-types, techniques of improving memory: mnemonics, chunking. Assignment.	06-09-25 to 30-09-25
3.	Personality: nature determinants, trait vs type approach, assessment of personality interview and psychological test. Intelligence: nature, determinants, theories: spearman, thurstone, gardner. assessment of intelligence: Individual test, group test, performance test, verbal test. Class Test.	01-10-25 to 31-10-25
4.	Psychology applied to modern life: stress- nature, causes and management, strategies for coping stress. Health: physical health and mental health.	01-11-25 to 01-12-25

### ***TENTATIVE LESSON PLAN (ODD SEMESTER)***

*SESSION: 2025-26*

*Name of the Teacher: Dr. Prem Poonam*

*Department: Psychology*

*Subject/Course: Clinical Psychology (B23-PSY-501)*

*Programme: Major – 3 (Core Course)*

*Semester: 5<sup>th</sup>*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
<i>1.</i>	<i>Foundation of Clinical psychology: Meaning and nature; Subject matter, Historical Development of Clinical Psychology. Role &amp; Professional Training of Clinical Psychologist, Mental health: Meaning, importance and measures to promote mental health.</i>	<i>01-08-25 to 05-09-25</i>
<i>2.</i>	<i>Diagnosis and Clinical Assessment: Clinical Assessment Process. Clinical Assessment Techniques: Clinical Interview, Mental Status Examination, Observation and Psychological Testing. Assignment.</i>	<i>06-09-25 to 30-09-25</i>
<i>3.</i>	<i>Models &amp; Methods of Clinical Intervention: Psychoanalysis, Behavior therapy, Humanistic: client- Centred therapy. Class Test.</i>	<i>01-10-25 to 31-10-25</i>
<i>4.</i>	<i>Cognitive – Behavioural Interventions: Cognitive Behavior Therapy: Beck, Rational Emotive Behavior Therapy. Issues in Clinical Psychology: Ethical, cultural issues, future of clinical psychology. Revision.</i>	<i>01-11-25 to 01-12-25</i>

### ***TENTATIVE LESSON PLAN (SEMESTERS)***

*SESSION: 2025-26*

*Name of the Teacher: Dr. Manjeet*

*Department: Psychology*

*Subject/Course: - Physiological psychology,*

*Programme: Major – 2 (Core Course)*

*Semester: 3<sup>rd</sup>*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
5.	<i>Nature and scope of physiological psychology</i>	<i>01 august to 30 august, 2025</i>
6.	<i>Neuroanatomical methods, electrical and stimulation methods: types 1<sup>st</sup> assignment</i>	<i>01 sept.to 20 Sep., 2025</i>
7.	<i>Digestive system and endocrine glands detail  Minor test</i>	<i>21 Sep. to 20 oct.2025</i>
8.	<i>Neuron: structure and functions, nerves impulse and nervous system  Revision</i>	<i>21 oct. 2025 to till examination</i>

### ***TENTATIVE LESSON PLAN (SEMESTERS)***

*SESSION: 2025-26*

*Name of the Teacher: Dr. Manjeet*

*Department: Psychology*

*Subject/Course: - Health and well-being,*

*Programme: MDC – 2*

*Semester: 3rd*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
<i>1.</i>	<i>Illness, health and wellbeing: biopsychosocial models</i>	<i>01 august to 30 august 2025</i>
<i>2.</i>	<i>Stress: nature, cause, factors and coping styles</i> <i>Assisgnment-1</i>	<i>1 sep to30 sep. 2025</i>
<i>3.</i>	<i>Health enhancing behavior and projective behaviors</i> <i>Minor test</i>	<i>30 sep. 2025 to till examination</i>