**Psychology department**

**Lesson Plan (Odd Semester)**

**Session- 2023-24**

**Subject name- Introduction to Psychology**

**Class - B.A. Semester- 1st**

| **Months** | **Syllabus** |
| --- | --- |
| July, 2023 | **Theory-** History of psychology, Emergence as science and Subject matter of psychology. Experimental method, Observation method and survey method.  **Practical’s-** Study of emotions. |
| August, 2023 | **Theory-** Structure and function of human eye and ear. Nature and perception of form- Figure and ground, Perceptual organization, Depth perception- cues.  **Practical’s-** Eysenck personality questionnaire, Verbal test of intelligence. |
| September, 2023 | **Theory-** Nature of emotions, Bodily changes in emotions, James- Lange theory, Cannon Bard and Schachter- Singer theory. Nature of motivation, Biological and Psychological motives.  **Practical’s-** Sound localization, Performance test of intelligence. |
| October, 2023 | **Theory-** Nature and determinants of personality, Type and trait approach of personality. Nature of intelligence. Spearman, Thurstone and Cattell theory of intelligence.  **Practical’s-** Test of motivation. |
| November, 2023 | Tests, Revision and Presentations. |

**Subject name- Social Psychology**

**Class- B.A. Semester- 3rd**

| **Month** | **Syllabus** |
| --- | --- |
| July, 2023 | **Theory-** Introduction, nature, subject matter of social psychology, Sociometric method  **Practical’s**- Measurement of attitude, Leadership style. |
| August, 2023 | **Theory-** Nature of socialization, process and agents of socialization.  Types and functions of group, Meaning, characteristics and formation of social norms, Types and functions of leadership, Theories- Traits, situational and interactional.  **Practical’s**- Aggression scale, Altruism scale |
| September, 2023 | **Theory-** Characteristics and development of attitudes, Attitude change. Nature and development of prejudice, Stereotypes.  **Practical’s**- Social conformity, Stereotypes |
| October, 2023 | **Theory-** Nature and determinants of prosocial behaviour, Cognitive model. Nature, determinants and prevention of aggression. |
| November, 2023 | Tests, Revision and Presentations |

**Subject name- Psychopathology**

**Class - B.A. Semester- 5th**

| **Month** | **Syllabus** |
| --- | --- |
| July, 2023 | **Theory-** Concept of normality and abnormality. Models of psychopathology- Biological, Psychodynamic, Behavioural and cognitive.  **Practical’s-** Word association test (WAT), Wechsler adult intelligence scale (WAIS) |
| August, 2023 | **Theory-** Classification of psychopathology: Need for classification and DSM system. Case history, Interview and Projective techniques.  **Practical’s-** PGIMS, Anxiety Scale. |
| September, 2023 | **Theory-** Generalized anxiety disorder, Obsessive compulsive disorder, Symptoms and causes of Phobia disorder. Causes, consequences and rehabilitation of substance/drug abuse.  **Practical’s-** Depression inventory, Defense mechanism inventory (DMI) |
| October, 2023 | **Theory-** Symptoms and causes of Unipolar and Bipolar disorder, Nature, types and causes of Schizophrenia. |
| November, 2023 | Test, Revision and Presentation. |

**Lesson Plan - Even Semester**

**(Session- 2023-24)**

**Subject name- Experimental Psychology**

**Class- B.A. Semester- 2nd**

| **Months** | **Syllabus** |
| --- | --- |
| January, 2024 | **Theory**- Attention: Nature, Characteristics and types.  **Practical’s**- Problem solving ability test. |
| February, 2024 | **Theory**- Learning: Definition, Factors affecting trial and error learning, Insight learning, classical and operant conditioning.  **Practical’s**- Retroactive inhibition, Muller lyre illusion. |
| March, 2024 | **Theory-** Memory: Definition, Stages, STM and LTM. Methods to study memory.  Forgetting: Factors leading to forgetting, Pneomonics.  **Practical’s-** Bilateral transfer of training. |
| April, 2024 | **Theory-** Problem solving and thinking, Statistics.  **Practical’s-** Span of attention, Long term memory.  Revision of syllabus and Assignment presentations. |

**Subject name- Developmental Psychology**

**Class - B.A. Semester- 4th**

| **Months** | **Syllabus** |
| --- | --- |
| January, 2024 | **Theory-** Human development: Concept and Principles, Factors in human development, Biological, Social and Cultural factors.  **Practical’s-** Youth problem inventory. |
| February, 2024 | **Theory-** Prenatal development, Determinants and stages.  Infancy: Characteristics, Hazards and Adjustment.  **Practical’s-** Emotional maturity scale, Parents-child relationship scale. |
| March, 2024 | **Theory-** Childhood: Characteristics, Perceptual, Motor, Emotional, Cognitive development.  Adolescents: Characteristics, Problems of adolescents and Adjustment.  **Practical’s**- Study of values, Self-concept/Esteem. |
| April, 2024 | **Theory-** Early adulthood, Late adulthood and Aging- Changing patterns and problems.  Measures of Variability: Quartile deviation, Standard deviation.  **Practical’s-** Case study.  Revision of syllabus, Tests and Presentation of assignments. |

**Subject name- Applied Psychology**

**Class - B.A. Semester- 6th**

| **Months** | **Syllabus** |
| --- | --- |
| January, 2024 | **Theory-** Applied Psychology: Meaning, History, Fields, Career in psychology.  Organizational Psychology: Nature, Scope, Objectives and Development.  **Practical’s-** Stress scale, Well-being Scale. |
| February, 2024 | **Theory-** Guidance: Objectives, Principles, Types, Organization of guidance programme.  Counselling: Needs, Principles, Special areas and types.  **Practical’s-** Adjustment Inventory, Job Satisfaction Scale. |
| March, 2024 | **Theory-** Health Psychology: Meaning, Scopes and Objectives, Concept of health & illness. Psychological factors in physical illness, Lifestyle and health, Stress & coping.  **Practical’s-** Interest inventory, General health questionnaire. |
| April, 2024 | **Theory-** Forensic Psychology: Psychology and law, Eyewitness memory, Accuracy and improvement.  Statistics: Meaning, Rank difference method and Product moment method.  Revision, Tests and Presentation of assignments. |