

### Lesson Plan (Session 2023-24)

Lesson Plan: Even Semester

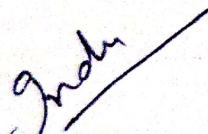
Name of Faculty-Dr. Indu

Name of Subject- Psychology

Class -B.A. First year (1<sup>st</sup> Sem)

Course Code: - PSY: 102 (Experimental Psychology)

Sr. No.	Unit	Description of chapter/topics	Duration
1	Unit 1	Attention: Nature, Characteristics and Types Psychophysics: Problems of Psychophysics and Methods (Classical).	01.01.2024 to 03.02.2024
2	Unit-2	Learning: Definition, Factor affecting, Trial and Error learning, Insight learning, Classical and operant conditioning.	05.02.2024 to 02.03.2024
3	Unit-3	Memory: Definition, Stages- STM and LTM, Methods to study memory, Forgetting: Factors leading to forgetting, Pneomonics.	04.03.2024 to 31.03.2024
4	Unit-4	Problem Solving: Stages of Problem Solving, Convergent and Divergent Thinking. Statistics: Frequency Distribution, Graphical Presentation of Data, Measures of Central Tendencies.	01.04.2024 to 30.04.2024
5		Revision and Discussion of Previous Syllabus, Class Tests and problem Solving sessions	Remaining weeks

  
Signature of Faculty



## Lesson Plan: Even Semester

Name of Faculty-Dr. Indu

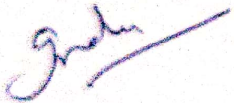
Name of Subject- Psychology

Class -B.A. First year (1<sup>st</sup> Sem)

Course Code: - PSY (P)- 102

Core Course: - Experimental Psychology (Practical)

Sr. No.	Date	Sub Topics
1	01.01.2024 to 10.01.2024	Serial Position Effect
2	11.01.2024 to 20.01.2024	Experiment on STM
3	22.01.2024 to 31.01.2024	Experiment on LTM
4	01.02.2024 to 10.02.2024	Retroactive Inhibition
5	11.02.2024 to 20.02.2024	AL by Method of Constant Stimuli
6	21.02.2024 to 02.03.2024	DL by Method of Limits
7	03.03.2024 to 13.03.2024	Muller-Lyer Illusion
8	15.03.2024 to 22.03.2024	Problem Solving
9	23.03.2024 to 31.03.2024	Holi Vacations
10	01.04.2024 to 10.04.2024	Bilateral Transfer of Training/Maze Learning
11	12.04.2024 to 23.04.2024	Span of Attention
12	24.04.2024 to 27.04.2024	Revision of Syllabus and Discussion of Problems
13	29.04.2024 30.04.2024	Final Checking of Practical Files Class Tests and Problem Solving Sessions.



Signature of Faculty



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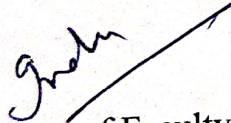
Name of Faculty-Dr. Indu

Name of Subject- Psychology

Class -B.A. 2<sup>nd</sup> year (4<sup>th</sup> Sem)

Course Code: - PSY: 202 (Developmental Psychology)

Sr. No.	Unit	Description of chapter/topics	Duration
1	Unit 1	Human Development: Concept and Principles. Factors in Human Development: Biological, Social and Cultural	01.01.2024 to 03.02.2024
2	Unit-2	Prenatal Development, Determinants and Stages. Infancy: Characteristics, Hazards and Adjustment.	05.02.2024 to 02.03.2024
3	Unit-3	Childhood: Characteristics, Perceptual, Motor, Emotional, Cognitive Development. Adolescents: Characteristics and Problem of Adolescents and Adjustment.	04.03.2024 to 31.03.2024
4	Unit-4	Adulthood: Early adulthood, Late adulthood and aging-changing patterns and problems. Measures of Variability, Quartile Deviation, Standard Deviation.	01.04.2024 to 30.04.2024
5		Revision and Discussion of Previous Syllabus, Class Tests and problem Solving sessions	Remaining weeks

  
Signature of Faculty



**Lesson Plan: Even Semester**

**Name of Faculty-Dr. Indu**

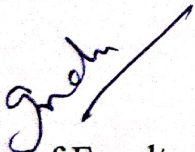
**Name of Subject- Psychology**

**Class -B.A. 2<sup>nd</sup> year (4<sup>th</sup> Sem)**

**Course Code: - PSY (P)- 202**

**Core Course: - Developmental Psychology (Practical)**

Sr. No.	Date	Sub Topics
1	01.01.2024 to 10.01.2024	Cognitive Development
2	11.01.2024 to 20.01.2024	Parent-Child Relationship
3	22.01.2024 to 31.01.2024	Self Concept
4	01.02.2024 to 10.02.2024	Youth Problem Inventory
5	11.02.2024 to 20.02.2024	Self Esteem Inventory
6	21.02.2024 to 02.03.2024	Study of Values
7	03.03.2024 to 13.03.2024	Family Environment Inventory
8	15.03.2024 to 22.03.2024	Impulsiveness Scale
9	23.03.2024 to 31.03.2024	Holi Vacations
10	01.04.2024 to 10.04.2024	Emotional Maturity Scale
11	12.04.2024 to 23.04.2024	Case Study
12	24.04.2024 to 27.04.2024	Revision of Syllabus and Discussion of Problems
13	29.04.2024 30.04.2024	Final Checking of Practical Files Class Tests and Problem Solving Sessions.

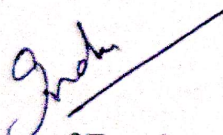


Signature of Faculty



**Lesson Plan: Even Semester**  
**Name of Faculty-Dr. Indu**  
**Name of Subject- Psychology**  
**Class -B.A. 3<sup>rd</sup> year (6<sup>th</sup> Sem)**  
**Core Course: - Applied Psychology (Practical)**  
**Course Code: - PSY (P)- 302**

Sr. No.	Date	Sub Topics
1	01.01.2024 to 10.01.2024	Stress Scale
2	11.01.2024 to 20.01.2024	Coping Style/Wellbeing Scale
3	22.01.2024 to 31.01.2024	General Health Questionnaire
4	01.02.2024 to 10.02.2024	Life Style Schedule
5	11.02.2024 to 20.02.2024	Aptitude Scale
6	21.02.2024 to 02.03.2024	Interest Inventory
7	03.03.2024 to 13.03.2024	Job Satisfaction
8	15.03.2024 to 22.03.2024	Counselling Need Inventory
9	23.03.2024 to 31.03.2024	Holi Vacations
10	01.04.2024 to 10.04.2024	Job Stress Scale
11	12.04.2024 to 23.04.2024	Healthiness Scale/ Adjustment Inventory
12	24.04.2024 to 27.04.2024	Revision of Syllabus and Discussion of Problems
13	29.04.2024 30.04.2024	Final Checking of Practical Files Class Tests and Problem Solving Sessions.

  
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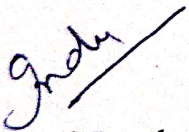
Name of Faculty-Dr. Indu

Name of Subject- Psychology

Class -B.A. 3<sup>rd</sup> year (6<sup>th</sup> Sem)

Course Code: - PSY: 302 (Applied Psychology) Theory

Sr.No.	Unit	Description of chapter/topics	Duration
1	Unit 1	Applied Psychology: Meaning, History, Fields and careers in psychology Organizational Psychology: Nature, Scope, Objectives and Development.	01.01.2024 to 03.02.2024
2	Unit-2	Guidance: Objectives, Principles, Types of guidance, Organization of Guidance programme. Counselling: Need, Principles, Special Areas and Types of Counselling	05.02.2024 to 02.03.2024
3	Unit-3	Health Psychology: Meaning, Scope and Objectives, Concept of health and illness. Psychological factors in physical illness, Life style and health, stress and coping	04.03.2024 to 31.03.2024
4	Unit-4	Forensic Psychology: Psychology and Law, Eyewitness memory, Accuracy and improvement. Statistics: Correlation, Meaning, Rank Difference, Product movement method	01.04.2024 to 30.04.2024
5		Revision and Discussion of Previous Syllabus, Class Tests and problem Solving sessions	Remaining weeks



Signature of Faculty