

Lesson plan
Subject psychology
Class B.A 1st sem (Foundation of
psychology)

session:- 2023-2024

Week 1. Introduction to Psychology, Emergence as Science, Subject matter
Week2. Method of Psychology: Experimental Observation & Survey,
Practical:- Observation(speed and accuracy)
Week 3. Sensory process:- Visual and Auditory structure of human eyes and ear, Practical:-
color blindness.
Week 4. Perception meaning perception form -figure and ground, Perception organization (class
test)
Week 5. Depth prescription- Cues, Practical:-Depth perception
Week 6. Meaning of emotions , bodily change ,theories of emotions- James lange theory ,
Practical :-study of emotion (class test)
Week 7.Cannon- Bard theory & schachter- singer Practical - Test of motivation, class test
Week 8 . Motivation: nature, biological theory revision Practical -test of motivation ,class test
Week 9 psychological theory or motives ,Revision Practical result analysis
Week 10. personality :Nature determinant of personality practical:- EPQ/EPI
Week 11. Types of Personality and trait approach class test
Week 12. Intelligence: Nature ,theories of intelligence spearman theory class test,practical-
revision
Week 13. Thurstone theory & Cattle theory practical result analysis and Unit test
Week 14. Theory & Practical Revision, Activity etc.
Week 15. Assignment , Class test
Week 16, Revision of All syllabus.

Lesson plan
Subject - Psychology
Class B.A 2nd sem (Experimental Psychology)
session:- 2023-2024

Week 1. Meaning of Attention, Characteristics of Attention types. Practical Span of Attention.
Week2. Psychophysics Method, Classical Method & Problem of Psychophysics, Class test
Week 3. Learning, definition, factor affecting of learning practical- Bilateral transfer of training
Maze learning
Week 4. Trial & Error learning, insights learning theory,class test
Week 5 Classical & Operant learning/ conditioning Practical - Revision
Week 6 Assignment & unit test practical revision
Week 7 Memory, stage of memory,STM & LTM Memory, Practical - Experiment on STM.
Week 8. Activity by the students ,class test ,methods to study memory.
Week 9 methods to study memory, class test, result analysis of experiment on STM.
Week 10. Forgetting, factor leading to forgetting Practical - revision.
Week 11 pneumones of memory, activity by the students Revision of syllabus

Week 12 problem solving , stage of problem solving, Practical - problem solving.
Week 13 Convergent & divergent thinking, class test, Activity, analysis result of problem solving.
Week 14 Statistics, frequency distribution ,graphical presentation of data Practical - DL by methods of limits
Week 15 measure of central tendencies & Revision of All syllabus
Week 16 Revision of All syllabus

Lesson plan

Subject psychology

Class B.A 3rd sem (Social Psychology)

session:- 2023-2024

Week 1. Introduction of Social Psychology, subject matter method
Week 2 socialization nature process of socialization practical sociometry
Week 3 Agent of socialization, class test, revision, practical- revision, activity
Week 4 Group- types and functions, social norms, class test, characteristics and formation of group practical- revision
Week 5 leadership: types, function, theories trait theory, practical- leadership style
Week 6 situational theory of leadership and interactional theory revision class test
Week 7 Attitude Characteristics, Development Practical -Measurement of Attitude Activity
Week 8 Prejudice Nature Development Practical Revision
Week 9 Stereotypes meaning, class test practical - Revision
Week 10 Prosocial Behaviour: Nature Determinant Assignment
Week 11 cognitive model: Practical -social conformity class test
Week 12 Aggression: Nature, Determinant, Revision
Week 13 Prevention of Aggression, Practical - Aggression Scale
Week 14 unit test activity and revision of practical
Week 15 Revision of all syllabus
Week 16 Revision of Practicals

Lesson plan

Subject Psychology

Class B.A 4th sem (Development Psychology)

session:- 2023-2024

Week 1 Human Development concept and principles
Week 2 Principal of human Development
Week 3 Factor affecting biological, social factor affecting human development
Week 4 Cultural factor of affecting human Development Practical - Self Concept
Week 5 Prenatal development Determinants and stage Practical -Result Analysis
Week 6 Activity, class test, Revision of theory and infancy period.
Week 7 Infancy characteristics, hazard and adjustment of infancy period
Week 8 Assignments, unit test, childhood -meaning characteristics

Week 9 Perceptual Motor, Emotional & cognitive development class test Practical -self esteem inventory
Week 10 Adolescent , characteristics and principle of adolescence activity
Week 11 Adjustment and Adolescence period , Practical impulsiveness scale
Week 12 Adulthood, early adulthood and late Adulthood
Week 13 Aging changing patterns and problem of during stage
Week 14 Practical emotional maturity scale method of variability
Week 15 Quartile Deviation and standard deviations Practical - Result Analysis
Week 16 Revision of all syllabus and practical

Lesson plan

Subject psychology

Class B.A 5th sem (Psychopathology)

session:- 2023-2024

Week 1 Concept of Normality and Abnormality, Models of Psychopathology: Biological Model
Week 2 Psychodynamic Model , Behaviour Model and Cognitive Model,class test
Week 3 Classification of Psychopathology: Need of classification, DSM system
Week 4 Diagnostic Assessment case history ,Interview and projective technique practical clinical interview
Week 5 Anxiety based disorder, GAD,OCD Symptoms and Causes , Practical - Anxiety scale
Week 6 phobic disorder symptoms and causes class test, activity, Practical Revision
Week 7 Assignment Activity Substance drugs abuse causes consequence
Week 8 Rehabilitation Alcoholism, cause and treatment Practical PGI Memory scale
Week 9 Mood disorder unipolar symptom and causes class test, Activity
Week 10 Bipolar disorder symptom and causes, classes activity Practical depression inventory
Week 11 Schizophrenia - Nature type Practical - WAT
Week 12 Types of schizophrenia And causes Practical - Revision
Week 13 Types of schizophrenia, case study discussion practical DMI
Week 14 Revision of theory ,group discussion activity
Week 15 Revision of practicals
Week 16 Revision of theory

Lesson plan

Subject psychology

Class B.A 6th sem (Applied Psychology)

session:- 2023-2024

Week 1 Meaning of applied psychology ,history and field of applied psychology
Week 2 Career psychology ,what is organization psychology
Week 3 scope of organizational psychology objectives and development practical job satisfaction
Week 4 Guidance objectives and principle ,type of guidance ,activity ,class test
Week 5 organization of guidance program ,activity group discussion by the student.

Week 6 Counseling need and principles special areas of counseling practical counseling need inventory

Week 7 types of counseling group discussion with the student of topic counseling

Week 8 Health psychology, meaning and scope and objective, class test ,assignment ,unit test

Week 9 concept of health and illness, practical healthiness scale

Week 10 Psychology factors in physical illness ,lifestyle, health stress.

Week 11 Health stress and coping practical lifestyle schedule ,class test

Week 12 Forensic psychology psychology and law eyewitness memory, practical revision

Week 13 Accuracy and improvement practical job stress inventory activity

Week 14 statics corrections meaning rank difference Practical Result Analysis

Week 15 Product moment method ,theory revision

Week 16 Revision of all theory syllabus and practical