**Department of Psychology**

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| Lesson Plan - BA 1 (1st Sem.)   **Introduction to Psychology (240/PSY/MCC101)** |
| **MONTH** | **Name of the Topics** |
| August,2025 | Nature and Scope of Psychology,Historical origin and Emergence of Psychology as a scienceMethods of Psychology : Experimental Nature,Advantages and Limitations |
| September,2025 | Methods of Psychology :Interview,Case Study and Observation : (Nature,Advantages and Limitations) Emotions (Nature and Theories:James-Lange.(Class Test-1) |
| October,2025 | Emotions Theories:,Cannon-Bard,Schashter and Singer) Motivation (Motivational Cycle,Biological and Social Motives) (Class Test 2) |
| November,2025 |  Personality (Nature and Theories:Eysenck ,Allport and Cattell)Intelligence (Nature and Theories : Spearman,Thurstone and Gardner) |
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**Lesson Plan - (Odd Sem) 2025-26**

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| Lesson Plan - MA 1Year (1st Sem.)   **Experimental Psychology (241/PSY/CC101)** |
| **MONTH** | **Name of the Topics** |
| August,2025 | Perceptual Processes:Perception of Size and Movement: Depth Cues, Size Constancy and Illusions. Perception of Real Movement,Types of Apparent Movement. Pattern Recognition:Prototype,Feature and Structural Approach. Psychophysics :Estimating Sensory Threshold:Classical Method, (Class Test) |
| September,2025 | Psychophysics : Signal Detection Theory: Assumption, Procedures and Applications, Subliminal Perception: Nature and Empirical Evidence.Conditioning: Classical Conditioning:Measurement of Conditioned Response; |
| October,2025 | Conditioning: Variables affecting Classical Conditioning; Applications:Conditioned Emotional Response,Test Aversion. Instrumental and Operant Conditioning: Appetitive and Aversive;Schedules of Reinforcement; Application: Shaping and Superstitious Behaviour.(Presentation) |
| November,2025 | Verbal Learning:Methods, Organizational Processes;Improving Memory: Imagery and Verbal Mnemonics, Preparing for Examination. Memory: Memory Codes and Attributes:Factors affecting forgetting. |
| December 2025 | Revision |
| Lesson Plan - MA 1Year (1st Sem.)   **Human Values and Ethics VAC-1 (241/MPSY/VA101)** |
| **MONTH** | **Name of the Topics** |
| August,2025 | Human Values: Meaning,Origin and its functions;Types of Values,Importance of human values in Public and Private life.  |
| September,2025 | Role of family,Society and Educational Institutions in inculcating human values, Sources of human values. |
| October,2025 | Ethics: Meaning,nature and Characteristics of ethics:Moral v/s ethics; Types of ethics in public and private relationship,Principles of ethical behaviour ,Role of Family and institution in building of ethics,Importance of-human etthics in modern society.(Class Test) |
| November,2025 |  Challenges for ethical practices in institutions:Ragging,Suicide and-need for educational counselling,violence and-peaceful protest, conflict resolution. |
| December 2025 | Revision |

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| Lesson Plan - MA 2Year (3rd Sem)   **Forensic** **Psychology (241/PSY/DS304)** |
| **MONTH** | **Name of the Topics** |
| August,2025 | Forensic Psychology: Nature and History of Forensic Psychology; Psycho-social context of Crime, Changing nature of Crime: Cyber Crime Theories of Crime: Psychoanalytic;Eysenck’s Bio-social Theory, Social Learning Theory.  |
| September,2025 | Types of Offenders: Juvenile Offender:Criminogenic factors in child and adult antisocial behaviour; Consequences of social interventions on reducing Criminogenic effectsViolent Offenders: Media influences; Sexual Offenders: (Class Test) |
| October,2025 | Rapists: Nature of Rape, Rape myths, Marital Rape.Eyewitness Testimony: Factors affecting accuracy of witness evidence in Court, Improving eyewitness testimony |
| November,2025 | Forensic assessment and Profiling, Correctional Psychology: Prevention and intervention. (Presentation) |
| December, 2025 | Revision |

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| Lesson Plan - BA II (3rd Sem.) **Experimental Psychology**  |
| **MONTH** | **Name of the Topics** |
| July ,2025 |  Sensation:( Nature,Characteristics and Types ,Structure and Functions of Visual and Auditory Sensation) |
| August,2025 |  Perception:( Nature,Principles of Perceptual Organization,Perceptual Constancies and Depth Perception) (Class Test I) |
| September,2025 |  Learning (Concept and Nature of Learning,Principles and Paradigms of Classical Conditioning and Operant Conditioning) |
| October,2025 | Memory:(Nature and Types of Memory:Sensory Memory,Short Term Memory and Long Term Memory )(Class Test II) |
| November,2025 | Thinking :(Nature and Types of Thinking)Problem Solving:(Nature and Factors affecting Problem Solving) |

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| Lesson Plan – UG MDC 2nd Yr. (3rd Sem.) **Health and Well-Being** |
| **MONTH** | **Name of the Topics** |
| August,2025 |  Health Psychology (Nature and Emergence ) Models of Health Psychology (Biomedical,Biopsychosocial,Holistic) |
| September,2025 | Well-Being (Components,Eudemonia and Hedonism,Life Satisfaction and Affect) (Assignment) |
| October,2025 | Stress and Health (Stress,GAS,Physiological and Psychological Sources,Stress and Sickness) (Class Test) |
| November,2025 | Health Enhancing Behaviours ( Optimism,Hope,Resilience) |

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| Lesson Plan – UG MDC Ist Yr. (1st Sem.) **Understanding Psychology** |
| **MONTH** | **Name of the Topics** |
| August 2025 | Meaning ,Nature and Scope of Psychology,Methods of Psychology (Interview,Case Study and Observation) |
| September,2025 | Motivation (Nature,Needs,Drives and Incentives,Intrinsic-Extrinsic Framework) Emotion: (Components,Bodily Expressions ,Internal and External Changes) (Assignment ) |
| October,2025 | Learning (Concept and Nature,Principles and Applications of Classical Conditioning and Operant Conditioning) (Class Test) |
| November,2025 | Memory:Nature and Types of Memory:Sensory memory,Short Term Memoryand Long Term Memory. |

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|  Lesson Plan - M.A. (1ST Sem.) **Social Psychology** |
| **MONTH** | **Name of the Topics** |
| August,2025 | Introducing Social Psychology: (Social Psychology: Nature, Origins and Development; Subject matter: Social Psychology yesterday and today.) Methods in Social Psychology: (Experimental, Observation, Co-relational, Survey, Field study, Cross Cultural, Sociometry)  |
| September,2025 |  Understanding Social World: (Social Perception: Impression Formation and Management; Attribution Theories and Attribution Biases. ) Social Cognition: Social Schema & its impact; Heruistics, Prototypes and Social Representations.(Class Test ) |
| October,2025 | Influencing others: Attitude: (Nature, Formation ,Measurement and Attitude Change: Persuasion and Cognitive Dissonance. ) Social Influence:(Unintended Social Influence, Conformity: Asch and Sheriff’s approach; Compliance: Principles and Tactics; Obedience and Disobedience. ) (Presentation) |
| December, 2025 | Revision |

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| Lesson Plan - BA III (5th Sem.) **Psychopathology Psychology**  |
| **MONTH** | **Name of the Topics** |
| July,2025 | Concept of Normality and Abnormality, |
| August,2025 | Models Of Psychopathology (Biological,Psycho dynamic,Behaviour and Cognitive) (Class Test ) |
| September,2025 |  Diagnostic Assessment (Case History,Interview,Projective Techniques) and Classification of Psychopathology ( Need for Classification,DSM System) and Assignment |
| October,2025 |  Anxiety Based Disorders (GAD,OCD,Phobic Disorders-Symptoms and Causes,Schizophrenia (Nature,Types and Causes) (Class Test )Substance Abuse (Causes,Consequences and Rehabilitation) |
| November,2025 |  Mood Disorders (Unipolar and Bipolar-Symptoms and Causes) (Class Test )Revision |
|  Lesson Plan - M.A. (1ST Sem.)**Reseach Methodology**  |
| **MONTH** | **Name of the Topics** |
| August,2025 | Methods of Inquiry, Scientific Approach, research: nature and types. Research questions, Hypothesis and variables. |
| September,2025 | Methods of Psychological Research (Experimental, Observation ,Interview, Case Study and Questionnaire) Normal Probability Curve (NPC) : Nature,Charecteristics and Application (Area under NPC) and Measures of Divergence (Skewness and Curtosis) (Class Test) |
| October,2025 | Sampling Procedures: Probability and non probability techniques. Correlation Methods: Pearson product moment , Spearman rank order, Kendall rank coorelation, biseril and tetrachoric ( Presentation) |
| November,2025 |  Research Ethics and Report Writing Styles, Special Correlation Methods: Partial Correlation (First order):Multiple Correlation (Three Variables) and Kendall Method of Concordance |
| December, 2025 | Revision |

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|  Lesson Plan - M.A. (1ST Sem.) **Principles of Psychology** |
| **MONTH** | **Name of the Topics** |
| August,2025 | Need for study of history in Psychology, Problems in Historiography, Mind body Problem, Free will vs Determinism |
| September,2025 |  Structuralism: Contribution of Wundt and Titchner, Methodology and tenets, Functionalism,: Antecedents, Pioneers, Methodology and tenets, Behaviourism and Gestalt Psychology(Class Test ) |
| October,2025 |  Learning theories: Guthrie, Tolman, Hull and Bandura. Classical Psychoanalysis: Freud, Neo Freudian, Fromm, Sullivan, Horney, Jung. Personality theories: Adler, Erikson, Eysenck, Rogers. |
| November,2025 |  Motivation and Emotion Theories: Lewin, Maslow, James Lange, Canon Bard, Schachter and Singer Theory.Intelligence theories : Cattell, Guilford and Goleman(Presentation) |
| December, 2025 | Revision |
|  Lesson Plan - M.A. (3rd Sem.) **Abnormal Psychology** |
| **MONTH** | **Name of the Topics** |
| August,2025 | Abnormal Psychology: Nature and History of Abnormal Psychology, Criteria of abnormality, Etiological factors of abnormal behaviour. Approaches to Abnormal Psychology: Biological, Psychoanalytic, Behaviouristic, Cognitive and Humanistic.  |
| September,2025 |  Psychodiagnosis: Nature & Purpose of Psychodiagnosis; MSE, Clinical Interview, Psychological Testing: MMPI, MCMI, Rorschach and TATClassification of diseases: Nature, Purpose, Diagnostic systems- DSM-5-TR, ICD-11.(Class Test ) |
| October,2025 | Developmental Disorders: Conduct disorder, ADHD, Learning disorder, Mental retardation. Eating Disorders: Clinical picture, Types, Etiology. (Presentation) |
| November,2025 |  Sexual and Gender Identity Disorders: Clinical picture, Types, Etiology. Clinical Intervention: Psycho dynamic, CBT, REBT and Client centered therapy |
| December, 2025 | Revision |
|  Lesson Plan - PG MDC (1ST Sem.) **Behavioral and Personality Dynamics** |
| **MONTH** | **Name of the Topics** |
| August,2025 | Introduction to Personality: Definition and Meaning, Nature vs Nurture Approaches to Personality |
| September,2025 |  Determinants of Personality: Biological and Psychological (Class Test ) |
| October,2025 | Psychoanalytic approaches to Personality: Freud, Jung and Adler. Behavioral Analysis: Classical Conditioning and Operant Conditioning |
| November,2025 |  Psychological Assessment: Personality Assessment, Interview, Observation, NEO FFI, EPQ |
| December, 2025 | Revision |
|  Lesson Plan - PG MDC (3rd Sem.) **Climate Change and Mental Health** |
| MONTH | Name of the Topics |
| August,2025 | Introduction to Climate Change and Mental Health : Definition and Concepts, Impact of Climate Change: Individuals, Communities and Societies, Problem of Inequity |
| September,2025 | Psychological Outcomes of Climate Change: Anxiety, stress and depression, Grief and Loss, trauma and PTSD. Building Resilience in face of Climate Change:Resilience and its theory, Coping mechanisms and adaptive strategies.(Class Test ) |
| October,2025 | Climate change communication and perception: Media portrayal of climate change, Cognitive biases and decision making, effective communication strategies, climate change solution.  |
| November,2025 |  Evidence based interventions fore climate related distress, support systems and community resources. |
| December, 2025 | Revision |