

Session: 2024-25

Name of the Teacher: Jyoti

Class: B.A. 1st Sem.

Course Code: - B23-PSY-101

Paper: Foundation of Psychology

Lesson Plan (Psychology)

Sr. No.	Period	Topics to be Covered	Academic activity to be organized
1.	22-31 July 2024	Unit:-1 Nature Scope of Psychology Psychology as a science and Present status	Oral Test
2.	1-31 August 2024	Unit:-2 <ul style="list-style-type: none">Psychology in IndiaMethod to studyBehaviour: Interview, Case Study and Experi- Mental Unit:-2 <ul style="list-style-type: none">Attention:-Nature, and characteristics.	Oral Test and written Test <u>Two Practical (Study of Emotion Test (Personality Test)</u>
3.	1-30 September 2024	Unit:-2 <ul style="list-style-type: none">Sensation:-Nature Charactersities and Types Structure and Amction of visual and Sensation Unite:-3 <ul style="list-style-type: none">Emotions Nature, Affecting andTheories James-lange- Cannon Bard and Schachter Singer	Presentation Two Practical (smple reaction Time) (Verb Test of Intelligence)
4.	1-30 October 2024	Unit:-4.3 <ul style="list-style-type: none">Motivation - Needs Drives, Incentives Biologicaland social Motives. Unit:-4 <ul style="list-style-type: none">Personality: Nature Factors, Affecting	Assignments and Class Test one Practical (16 PF Question nair)
5.	1-22 November 2024	Unit:-4 <ul style="list-style-type: none">Personality Theories:- Allport, Cattell and Eysenck.<i>Intelligence</i> :- Nature,Pactares Affecting and Test of Intelligence Theories Spearman,Thurstone and Cattell	One Practice Mid Term Exam. Performance Test of Intelligence

Session: 2024-25

Name of the Teacher: Jyoti

Class: B.A. 3rd Sem.

Course Code :- B-23-PSY-301

Paper: Experiment Psychology

Lesson Plan (Psychology)

Sr. No.	Period	Topics to be Covered	Academic activity to be organized
1.	22-31 July 2024	Unit:-1 <ul style="list-style-type: none">Experimental Psychology: Nature and Historical" Developement, Expoiim - Ental Method	Oral Test
2.	1-31 August 2024	Unit:-1 <ul style="list-style-type: none">Perception: Nature and Characteristics Perception of foam Depth and Movement Unit:-2 <ul style="list-style-type: none">Psychophysics: Nature, Concept of Continuum and Problrm	written Test <u>Two Practical</u> (Absolute Limen by Method of Constant Stimuli) (Muller-lyre Illusion)
3.	1-30 September 2024	Unit:-2 <ul style="list-style-type: none">Methods of Classical Psychophysics: Method of Limits. Constant Stimuli and Average Error. Unit:-3 <ul style="list-style-type: none">Learning: Definition Factars Affecting Theories Learning Trial and Insight Classical Conditioning	Presentation Two Practical (Differentia Limon by Method of Line) Bilateral Transfer of Training
4.	1-30 October 2024	Unit:-3 <ul style="list-style-type: none">Memory: Process and Types, Method to Study Memory. Unit:-4 <ul style="list-style-type: none">Thinking "Nature and typesProblem Solving - Nature, and Stage of Problem Solving.	Assignments and Class Test one Practical (Experimont on STM/LTM)
5.	1-22 November 2024	Unit:-4 <ul style="list-style-type: none">Verbal Learning:- nature, Material, Method, and Organization Process	One Practical (Problem Solving) Mid-Term Exam

Jeevan Chanan Mahila Mahavidyalaya

Assandh (KNL)

Session: - 2024-2025

Name of the teacher: - Jyoti

Class: - B.A 5th SEM

Paper: - Modern Psychopathology.

Lesson Plan (Psychology)

Sr.No.	Period	Topics to be covered	Academic activity to be organized
1	22-31-july 2024	Unit-1 Phycology:- Nature,Hisrical background and field of Phycology	Oral Test
2	1-31 August 2024	Unit-1 Emergence of Phycology as a Science. Unit -2 Methods: Experimental, Interview.	Written Test two practical (Experimentation STM) (Experimentation LTM)
3	1-30- September 2024	Unit-2 Observation and case study. Unit:3 Learning: Nature and factors affecting	Presentation Two practical (Simple reaction time)(Observation)
4	1-30 October 2024	Unit:-3 Classical and Instrumental Conditioning. Unit:- 4 Memory: Nature study method.	Assignment and Class test one practical (Transfer of Training)
5	1-22 November 2024	Unit-4 Factor Offending Memory. Types of memory	One practical (Sound localization) Mid- Term Exam

Jeevan Chanan Mahila Mahavidyalaya

Assandh (KNL)

Session: - 2024-2025

Name of the teacher: - Jyoti

Class: - B.CA, B.SC, BBA 1st SEM

Paper: - Understanding Psychology.

Course Code :- B-23-PSY-104

Lesson Plan (Psychology)

Sr.No.	Period	Topics to be covered	Academic activity to be organized
1	22-31-july 2024	Unit-1 ❖ Introduction Phycology:- Nature, Historical background and field of Phycology	Oral Test
2	1-31 August 2024	Unit-1 ❖ Emergence of Phycology as a Science. Unit -2 ❖ Methods: Experimental, Interview.	Written Test two practical (Experimentation STM) (Experimentation LTM)
3	1-30- September 2024	Unit-2 ❖ Observation and case study. Unit:3 ❖ Learning: Nature and factors affecting	Presentation Two practical (Simple reaction time)(Observation)
4	1-30 October 2024	Unit:-3 ❖ Classical and Instrumental Conditioning. Unit:- 4 ❖ Memory: Nature study method.	Assignment and Class test one practical (Transfer of Training)

5	1-22 November 2024	Unit-4 ❖ Factor Offending Memory. Types of memory	One practical (Sound localization) Mid- Term Exam

Jeevan Chanan Mahila Mahavidyalaya

Assandh (KNL)

Session: - 2024-2025

Name of the teacher: - Jyoti

Class: - B.CA, B.SC, BBA 3rd SEM

Paper: - Health and wellbeing

Course Code :- B-23-PSY-303

Lesson Plan (Psychology)

Sr.No.	Period	Topics to be covered	Academic activity to be organized
1	22-31-july 2024	Unit-1 ❖ Introduction to health Psychology. Components of Health.	Oral Test
2	1-31 August 2024	Unit-1 ❖ Relationship of health with psychology mind and body. Goals of Health Psychology. Unit2 ❖ Life Satisfaction	Written Test two practical (Stress Inventory well- being Scale)
3	1-30-2024 September	Unit-2 ❖ Well-being : Components of well- being Eudemonia and Hedonism Unit:-3 ❖ Stress:- Causes	A Presentation Two practical (General Health Questionnaire) Optimism Scale)
4	1-30 October 2024	Unit:-3 ❖ Stress: - Consequences coping with stress illness and pain. Unit"-4 ❖ Health	Assignment and Class test one practical (One practical Happiness Scale)

		Enhancing Behavior: - Resilience.	
5	1-22 November 2024	Unit-4 ❖ Health Enhancing Behavior: - Hope, Optimism Exercise, Safety, Nutrition.	One practical (Types A/B Personality Inventory) Mid-Term Exam.