

**LESSON PLAN** (session 2024-25)

Name of the Assistant Professor: Dr. Reema Bansal

Class: BA 1<sup>st</sup> semester

Subject: Psychology

**JULY 2024**

22<sup>nd</sup> July onwards: Introduction: Nature and Scope of Psychology; Psychology as a Science and Present Status

**AUGUST 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Psychology in India. Methods to Study Behaviour: Interview, Case study and Experimental.

3<sup>rd</sup> & 4<sup>th</sup> week: Sensation: Nature, Characteristics and Types Structure and Functions of Visual and Auditory sensation

**SEPTEMBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Attention: Nature and Characteristics. Emotion: Nature, Factors Affecting and Theories: James Lange

3<sup>rd</sup> & 4<sup>th</sup> week: Theories of emotion: Cannon- Bard and Schachter-Singer. Motivation: Needs, Drives, Incentives

**OCTOBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Biological and Social Motives.

3<sup>rd</sup> & 4<sup>th</sup> week: Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck.

**NOVEMBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Intelligence: Nature, Factors Affecting and Theories: Spearman, Thurstone, and Cattell.

3<sup>rd</sup> week: Revision

Dr. Reema Bansal

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**LESSON PLAN** (session 2024-25)

Name of the Assistant Professor: Dr. Reema Bansal

Class: BA 3<sup>rd</sup> semester

Subject: Psychology

**JULY 2024**

22<sup>nd</sup> July onwards: Experimental Psychology: Nature and Historical Development.  
Experimental Method.

**AUGUST 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Perception: Nature and Characteristics. Perception of Form, Depth and Movement.

3<sup>rd</sup> & 4<sup>th</sup> week: Psychophysics: Nature, Concept of Continuum, and Problems.

**SEPTEMBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Methods of Classical Psychophysics: Method of Limits, Constant Stimuli and Average Error.

3<sup>rd</sup> & 4<sup>th</sup> week: Learning: Definition, Factors Affecting. Theories of Learning: Trial and Error

**OCTOBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Insight and Classical Conditioning. Memory: Process and Types, Methods to Study Memory.

3<sup>rd</sup> & 4<sup>th</sup> week: Thinking: Nature and Types. Problem Solving: Nature and Stages of Problem Solving.

**NOVEMBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Verbal Learning: Nature, Material, Method and Organizational Processes

3<sup>rd</sup> week: Revision

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**LESSON PLAN** (session 2024-25)

Name of the Assistant Professor: Dr. Reema Bansal

Class: BA 5<sup>th</sup> semester

Subject: Psychology

**JULY 2024**

22<sup>nd</sup> July onwards: Concept of Normality and Abnormality

**AUGUST 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Models of Psychopathology: Biological, Psychodynamic, Behavioural, and Cognitive

3<sup>rd</sup> & 4<sup>th</sup> week: Need for Classification of Psychopathology, DSM System

**SEPTEMBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Diagnostic Assessment: Case History, Interview, Projective Techniques

3<sup>rd</sup> & 4<sup>th</sup> week: Anxiety based Disorders: GAD, OCD and Phobic disorders – Symptoms and Causes

**OCTOBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Substance/Drug abuse – Causes, Consequences and Rehabilitation

3<sup>rd</sup> & 4<sup>th</sup> week: Mood disorders: Unipolar and Bipolar – Symptoms and causes

**NOVEMBER 2024**

1<sup>st</sup> & 2<sup>nd</sup> week: Schizophrenia: Nature, Types and Causes

3<sup>rd</sup> week: Revision

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## COURSE OUTCOMES FOR SESSION 2024-25

Subject: Psychology  
Course name: Foundations of Psychology  
Class: BA 1 (sem 1)

After completing this course, the learner will be able to: 1. demonstrate an understanding of foundational concepts of psychology and human behaviour. 2. understand the structure and function of sensory processes. 3. comprehend theoretical concepts of emotion and motivation. 4. understand various theories and factors affecting personality and intelligence. 5. conduct experiments and tests related to Foundations of Psychology

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Subject: Psychology  
Course name: Experimental Psychology  
Class: BA 2 (sem 3)

After completing this course, the learner will be able to: 1. develop understanding regarding experimental procedure and perception. 2. develop an understanding regarding nature and methods of classical psychophysics. 3. acquaint with processes of Learning and Memory. 4. acquire understanding regarding Problem Solving and elementary Statistics. 5. conduct experiments related to their theory paper.

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Subject: Psychology  
Course name: Psychopathology  
Class: BA 3 (sem 5)

After completing this course, the learner will be able to: 1. develop understanding regarding concepts of Normality and Abnormality 2. develop an understanding regarding Models and classification of Psychopathology 3. acquaint with various tools of diagnostic assessment 4. acquire understanding regarding various mental disorders - their symptoms, reasons and treatments 5. conduct experiments related to their theory paper.

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