

SAT JINDA KALYANA COLLEGE, KALANAUR (ROHTAK)

LESSON PLAN

Faculty Name : Dr. Sushma Sharma Subject Psychology Class/Semester B.A Vth Sem.
 Commencement Date 16.08.2022 Semester End Date _____ Session : 2022-23

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
1	Introduction of Syllabus	16.08.2022		
2	Meaning of Psychopathology	17.8.22		
3	Different Branches	18.8.22		
4	Concept of Normality	20.8.22		
5	Meaning & Definitions	22.8.22		
6	Characteristics of Normal	23.8.22		
7	Concept of Abnormality ^{Behaviour}	24.08.22		
8	Meaning & Definitions	25.08.22		
9	Characteristics	26.08.22		
10	Criteria of Abnormal Beh.	27.08.22		
11	" " " "	29.08.22		
12	Revision of Normality & Abnormality	30.08.22		

Reviewed by _____ Date _____ Remarks _____

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
13	Models of Psychopathology	31.08.2022		
14	Biological Model	01.09.22		
15	Genetic Factors for Mental	02.09.22		
16	" " Defects	03.09.22		
17	Genes & chromosomes	05.09.22		
18	Psychodynamic Model	06.09.22		
19	Assumptions & Structural	07.09.22		
20	Aspect of Psychodynamic	08.09.22		
21	Id, Ego, Super Ego	09.09.22		
22	Instincts, Narcissism &	10.09.22		
23	Behavioural model ^{Cattell's}	12.09.22		
24	Meaning & Basics	13.09.22		

Reviewed by _____ Date _____ Remarks _____

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
25	Motivational approach &	14.09.2022		
26	Social learning	15.09.22		
27	Cognitive Model	16.09.22		
28	Meaning of Cognitive Dis-	17.09.22		
29	tortions & Appraisal	19.09.22		
30	// // // //	20.09.22		
31	// // // //	21.09.22		
32	Revision of Unit 1.	22.09.22		
33	Test of Unit 1	24.09.22		
34	Classification of Psychopa-	27.09.22		
35	thology //	28.09.22		
36	Need for classification	29.09.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
37	DSM IV	30.9.2022		
38	Psychological & Environ-	01.10.22		
39	mental Problems	03.10.22		
40	DSM IV -TR (2000)	04.10.22		
41	Evaluation	06.10.22		
42	Difference between the two	07.10.22		
43	Diagnostic Assessment	08.10.22		
44	Importance of Assessment	10.10.22		
45	Case History Method	11.10.22		
46	// // //	12.10.22		
47	Interview Method	13.10.22		
48	structured vs Unstructured	14.10.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
49	Limitations	15.10.2022		
50	Projective Techniques	17.10.2022		
51	Meaning & Types	18.10.22		
52	Evaluation	19.10.22		
53	Determinants	20.10.22		
54	Scoring & Interpretation	21.10.22		
55	Overall evaluation of	22.10.22		
56	Projective techniques	26.10.22		
57	Revision of Unit II	27.10.22		
58	Test of Unit II	28.10.22		
59	Anxiety Based Disorders	29.10.22		
60	Meaning & Causes.	31.10.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
61	General Symptoms of	02.11.2022		
62	Psychoneurosis	03.11.2022		
63	Meaning of OCD	04.11.2022		
64	Symptoms & Causes	05.11.2022		
65	Treatment / Etiology	07.11.2022		
66	Phobic Disorder	09.11.2022		
67	Meaning & Causes	10.11.2022		
68	Types & classifications	11.11.2022		
69	Biological & Social factors	12.11.2022		
70	Substance Use disorder	14.11.2022		
71	General Causes of Drug	15.11.2022		
72	Biological factors intake	16.11.2022		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
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S.No/ Lect No	Topic	Proposed Date	Actual Date	Remarks
73	Neurobiological factors	17.11.2022		
74	Psychosocial factors	18.11.2022		
75	Causes & Symptoms	19.11.2022		
76	Consequences	21.11.2022		
77	Rehabilitation	22.11.2022		
78	Group Discussion	23.11.2022		
79	Revision of Unit III	24.11.2022		
80	Test of Unit III	25.11.2022		
81	Meaning of Mood Disorder	26.11.2022		
82	Definitions	28.11.2022		
83	Unipolar Disorder	29.11.2022		
84	Definitions of Mania	30.11.2022		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
85	Bipolar Disorder	01.12.2022		
86	Meaning & Definitions	02.12.2022		
87	Symptoms of Depression	03.12.2022		
88	and Mania	05.12.2022		
89	Etiology / Causes	06.12.2022		
90	Meaning of Schizophrenia	07.12.2022		
91	Nature & Definitions	08.12.2022		
92	Types & Difference	09.12.2022		
93	Causes of Schizophrenia	10.12.2022		
94	Treatment	12.12.2022		
95	Revision of Unit IV	13.12.2022		
96	class Test of Unit IV	14.12.2022		

Spsaume

Signature of Faculty

Reviewed by

Date

Remarks

Overall observation (Problem faced/improvement Suggestion/Recommendation) :-

Spsaume

Reviewed by H.O.D./Committee

Principal

SAT JINDA KALYANA COLLEGE, KALANAUR (ROHTAK)

LESSON PLAN

Faculty Name : Dr. Sushma Sharma

Subject Psychology Class/Semester IIIrd Sem.

Commencement Date 16.08.2022 Semester End Date ..

Session : 2022-23

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
1	Introduction of Social Psy.	16.08.2022		
2	Introduction of syllabus	17.08.2022		
3	Meaning of Social Psy.	18.08.22		
4	Definitions	20.8.22		
5	Nature	22.8.22		
6	Different Aspects of Social	23.8.22		
7	Subject matter Psy.	24.8.22		
8	" "	25.8.22		
9	Methods of social psy.	26.8.22		
10	Sociometric method	27.8.22		
11	Meaning & Definitions	29.8.22		
12	Characteristics	30.8.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
13	Sociometric matrix	31.08.22		
14	Revision of chapter 1	01.09.22		
15	Test	02.09.22		
16	Meaning of Socialization	03.09.22		
17	Definitions & Types	05.09.22		
18	Process	06.09.22		
19	Contents & outcomes	07.09.22		
20	of socialization	08.09.22		
21	Agents of Socialization	09.09.22		
22	" " "	10.09.22		
23	Group Discussion of Unit 1	12.09.22		
24	Class Test of Unit 1.	13.09.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
25	Meaning of Group	14.09.22		
26	Definitions & Types	15.09.22		
27	Functions	16.09.22		
28	//	17.09.22		
29	Meaning of Social Norms	19.09.22		
30	Definitions	20.09.22		
31	Characteristics of Social Norms	21.09.22		
32	Formation	22.09.22		
33	Revision	24.09.22		
34	Test	27.09.22		
35	Leadership	28.09.22		
36	Meaning & Definitions	29.09.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
37	Types	30.09.22		
38	Functions	01.10.22		
39	Trait Theory	03.10.22		
40	Unitary & Complex Trait theory	04.10.22		
41	Criticism	06.10.22		
42	Situational Th. of Leadership	07.10.22		
43	Factors	08.10.22		
44	Functions	10.10.22		
45	Criticism	11.10.22		
46	Interactional Theory	12.10.22		
47	//	13.10.22		
48	Criticism & evaluation	14.10.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
49	Discussion on Unit II	15.10.22		
50	Objective Test of Unit II	17.10.22		
51	Subjective Class Test	18.10.22		
52	Discussion in class on both the	19.10.22		
53	Attitude Tests	20.10.22		
54	Meaning & Definitions	21.10.22		
55	Characteristics	22.10.22		
56	//	26.10.22		
57	Development of Attitude	27.10.22		
58	Factors affecting Formation	28.10.22		
59	of Social attitudes	29.10.22		
60	Attitude change (meaning)	31.10.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
61	Process of Attitude change	02.11.22		
62	Types & Factors	03.11.22		
63	Revision of the Topic	04.11.22		
64	Class Test	05.11.22		
65	Meaning of Prejudices	07.11.22		
66	Nature & Definitions	09.11.22		
67	" " "	10.11.22		
68	Characteristics	11.11.22		
69	Development	12.11.22		
70	Social / culture Factors	14.11.22		
71	Personal / Psychological "	15.11.22		
72	Approaches to maintenance of Prejudice	16.11.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
73	Main effects of Prejudice	17.11.22		
74	How to reduce / Eliminate	18.11.22		
75	Stereotypes (meaning)	19.11.22		
76	Definitions & Significance	21.11.22		
77	Characteristics	22.11.22		
78	Determinants of Stereotypes	23.11.22		
79	Group discussion	24.11.22		
80	Class Test objective	25.11.22		
81	" " Subjective	26.11.22		
82	Meaning of Prosocial beh.	28.11.22		
83	Nature & Definitions	29.11.22		
84	Determinants	30.11.22		

Reviewed by

Date

Remarks

S.No./ Lect. No.	TOPIC	Proposed Date	Actual Date	REMARKS
85	Determinants of Prosocial	01.12.22		
86	Cognitive Model Beh.	02.12.22		
87	Theoretical Explanation	03.12.22		
88	Factors / Causes	05.12.22		
89	Meaning of Aggressive beh.	06.12.22		
90	Definitions & Nature	07.12.22		
91	Types & characteristics	08.12.22		
92	Determinants of Aggression	09.12.22		
93	" " "	10.12.22		
94	Prevention of Aggressive	12.12.22		
95	How to Control Agg. beh.	13.12.22		
96	Revision.	14.12.22		

Signature of Faculty

Reviewed by

Date

Remarks

Overall observation (Problem faced/improvement Suggestion/Recommendation) :-

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Reviewed by H.O.D./Committee

Principal

SAT JINDA KALYANA COLLEGE, KALANAUR (ROHTAK)

LESSON PLAN

Faculty Name : DR. CHETNA

Subject

Psychology

Class/Semester

B.A. I Semester

Commencement Date 22.08.2022 Semester End Date

Session :

2022-23

S.No.	TOPIC	Proposed Date	Actual Date	REMARKS
1	Meaning of Psychology	22.8.22		
2	Meaning of General Psychology	23.8.22		
3	Introduction of whole syllabus	24.8.22		
4	Definitions	25.8.22		
5	History	26.8.22		
6	History	27.8.22		
7	Nature of Psychology	29.8.22		
8	Different Branches	30.8.22		
9	Fields of Psychology	31.8.22		
10	Psychology : As Science	01.9.22		
11	Emergence as Science	02.9.22		
12	Characteristics & Assumptions	03.9.22		

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Date

Remarks

S.No.	TOPIC	Proposed Date	Actual Date	REMARKS
13	Characteristics & Assumptions	05.9.22		
14	Is Psychology a Science	06.9.22		
15	"	07.9.22		
16	Subject Matter	08.9.22		
17	"	09.9.22		
18	Group Discussion	10.9.22		
19	Revision	12.9.22		
20	Test of 1st Chapter	13.9.22		
21	Discussion of the Test	14.9.22		
22	Experimental Method	15.9.22		
23	Steps and Merits	16.9.22		
24	Observation Method	17.9.22		

Reviewed by

Date

Remarks

S.No.	TOPIC	Proposed Date	Actual Date	REMARKS
25	Types, Merits & Demerits	19.9.22		
26	Survey Method	20.9.22		
27	Test of 2nd Chapter	21.9.22		
28	Sensory Process (Visual)	22.9.22		
29	Structure & function of eye	24.9.22		
30	Structure & function of ear	27.9.22		
31	Characteristics of receptors	28.9.22		
32	Objective Questions	29.9.22		
33	Subjective Test	30.9.22		
34	Meaning & Definition of Perception	1.10.22		
35	Nature	3.10.22		
36	Characteristics	4.10.22		

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Date

Remarks

S.No.	TOPIC	Proposed Date	Actual Date	REMARKS
37	Perception of form	6.10.22		
38	Figure & Ground Relationship	7.10.22		
39	Law of Perceptual Organization	8.10.22		
40	" "	10.10.22		
41	Depth Perception (Meaning)	11.10.22		
42	Perception of Distance	12.10.22		
43	Cues of Depth Perception	13.10.22		
44	Non-Visual Cues (Monocular Cues)	14.10.22		
45	"	15.10.22		
46	Binocular Visual Cues	17.10.22		
47	"	18.10.22		
48	Group Discussion of Unit II	19.10.22		

Reviewed by

Date

Remarks

No.	TOPIC	Proposed Date	Actual Date	REMARKS
49	Class Test of Unit II	20.10.22		
50	Definitions & Meaning of Emotion	21.10.22		
51	Nature	22.10.22		
52	Components of Emotions	26.10.22		
53	Bodily changes in Emotions	27.10.22		
54	Internal Changes	28.10.22		
55	James Lange Theory	29.10.22		
56	Criticism	31.10.22		
57	Cannon-Bard Theory	02.11.22		
58	Criticism	03.11.22		
59	Schacter-Singer Theory	04.11.22		
60	Conclusion of all these theories	05.11.22		

Reviewed by

Date

Remarks

S.No.	TOPIC	Proposed Date	Actual Date	REMARKS
61	Test of Ch-5	07.11.22		
62	Meaning & Definition of	09.11.22		
63	Nature Motivation	10.11.22		
64	Phases of Motivation	11.11.22		
65	Primary & Biogenic Motives	12.11.22		
66	Motivational Cycle	14.11.22		
67	Need, Drive & Incentive	15.11.22		
68	Psychological / Acquired Motives	16.11.22		
69	Secondary / Social Motives	17.11.22		
70	Revision of Unit III	18.11.22		
71	Group Discussion	19.11.22		
72	Test	21.11.22		

Reviewed by

Date

Remarks

	TOPIC	Proposed Date	Actual Date	REMARKS
73	Personality (Nature)	22.11.22		
74	Meaning & Definitions	23.11.22		
75	Determinants of Personality	24.11.22		
76	Biological factors	25.11.22		
77	Biological factors	26.11.22		
78	Psychological / Social factors	28.11.22		
79	Psychosocial factors	29.11.22		
80	Type Approach / Trait Approach	30.11.22		
81	Nature of Intelligence	01.12.22		
82	Meaning & Definitions	02.12.22		
83	Spearman's Theory	03.12.22		
84	Thurstone's Theory	05.12.22		

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Date

Remarks

S.No.	TOPIC	Proposed Date	Actual Date	REMARKS
85	Cattell's Theory of Intelligence	06.12.22		
86	Revision of Last Unit	07.12.22		
87	Group Discussion	08.12.22		
88	Test of Last Unit	09.12.22		
89	Revision of whole Syllabus	10.12.22		
90	Revision of whole Syllabus	12.12.22		
91	Revision of whole Syllabus	13.12.22		
92	Revision of whole Syllabus	14.12.22		
93				
94				
95				
96				

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Signature of Faculty

Reviewed by

Date

Remarks

Overall observation (Problem faced/improvement Suggestion/Recommendation) :-

Reviewed by H.O.D./Committee

Principal