

Lesson Plan- 1st Year

Teacher's name	Department	Course	Subjects
Dr. Priya Bir	Psychology	B.A.Programme	Psychology

SUBJECT NAME	FOUNDATION OF PSYCHOLOGY	No. of Lectures
UNITS	Sub Topics of Units	

Unit 1	Introduction: Psychology: as a science, perspectives, origin and development of psychology , psychology in india, methods, experimental and case study.	16 lect + 5 prac 18 lect + 6 pract
Unit 2	Cognitive Processes: Perception: nature of perception, laws of perceptual organization, learning-conditioning, observational learning memory-processes, information processing model, techniques for improving memory	12 lect + 4 prac 13 lect + 4 pract 12 lect
Unit 3	Motivation and Emotion: Motives: biogenic and sociogenic Emotions: nature of emotions, key emotions	17 lect + 5 pract 17 lect + 6 pract
Unit 4	Personality and Intelligence: Personality: nature and theories Intelligence: nature and theories	18 lect + 3 pract 19 lect + 3 pract

SUBJECT NAME	INTRODUCTION TO SOCIAL PSYCHOLOGY	No. of Lectures
UNITS	Sub Topics of Units	

Unit 1	Introduction: Social psychology, understanding social behaviour	21 lect 23 lect
Unit 2	Individual Level processes: Errors Attitude : Formation, change and resistance to change	22 lect 23 lect
Unit 3	Interpersonal processes: Aggression	20 lect 25 lect
Unit 4	Group Dynamics: decision making.	22 lect 23 lect

Lesson Plan- Second Year (Semester III)

Teacher's name	Department	Course	Subjects
Dr. Ritu Sharma	Psychology	B.A.Programme	Psychology

SUBJECT NAME	UNDERSTANDING PSYCHOLOGICAL WELL-BEING AND DISTRESS (CORE)		No. of Lectures
UNITS	Sub Topics of Units	No. of sub topics	
Unit 1	Basic concepts:	2	
	Psychological distress, abnormality		23 lect
	Psychological well-being		22 lect
Unit 2	Theoretical perspectives	3	
	Biological, familial		14 lect
	Cultural, behavioral		12 lect
	Cognitive and psychodynamic		19 lect
Unit 3	Clinical states	3	
	Anxiety disorders-Obsessive compulsive disorder		12 lect
	Mood disorders-Unipolar, Bipolar		17 lect
	Schizophrenia: Disorganized, Paranoid and Catatonic		16 lect
Unit 4	Dealing with psychological distress	2	
	Coping strategies		21 lect
	Personal growth and well-being		24 lect

SUBJECT NAME	DEVELOPING EMOTIONAL COMPETENCE (SKILL)		No. of Lectures
UNITS	Sub Topics of Units	No. of sub topics	
Unit 1	Introduction:	2	
	Importance of recognizing and understanding emotions in oneself and others		23 lect
	Importance of managing one's emotions		22 lect
Unit 2	EQ competencies	2	
	Self-awareness, self-regulation, motivation		22 lect
	Empathy, and interpersonal skills		23 lect

Lesson Plan- Second Year (Semester IV)

Teacher's name	Department	Course	Subjects	
Dr. Ritu Sharma	Psychology	B.A.Programme	Psychology	

SUBJECT NAME	STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH (CORE)		No. of Lectures
UNITS	Sub Topics of Units	No. of sub topics	
Unit 1	Introduction	2	
	Scales of measurement		18 lect + 5 pract
	Graphical representation of data		19 lect + 5 pract

Unit 2	Data analysis (properties and computation) Standard deviation: properties and computation Probability Curve (NPC).	3	12 lect + 2 pract 8 lect + 4 pract 17 lect + 2 pract
Unit 3	Psychological Testing test Reliability, Validity, Norms, types of tests	2	18 lect + 3 pract 19 lect + 4 pract
Unit 4	Qualitative methods Interview, observation Case study	2	18 lect + 5 pract 17 lect + 5 pract

SUBJECT NAME	MANAGING STRESS (SKILL)	No. of Lectures
UNITS	Sub Topics of Units	
Unit 1	Stress Nature of stress, symptoms of stress Sources of stress Stress and health	16 lect 17 lect 12 lect
Unit 2	Managing stress Methods - yoga, meditation, relaxation techniques Problem focused and emotion focused approaches	22 lect 23 lect

LESSON PLAN - THIRD YEAR (SEMESTER V)

Teacher's name	Department	Course	Subjects
Prof. Priya Kanwar	Psychology	BA prog	Psychology

SUBJECT NAME	COUNSELING PSYCHOLOGY		No. of Lectures
UNITS	Sub Topics Of Units	No. of sub units	
	Introduction:	2	
UNIT 1	professional ethics Context.		18 Lect + 3 Pract 19 Lect + 3 Pract
UNIT 2	Counseling Process And Relationship	1	38 Lect + 7 Pract
UNIT 3	Approaches and Techniques: Psychodynamic, Behaviourial, Person- Centered meditation.	2	21 Lect + 2 Pract 20 Lect + 2 Pract
UNIT 4	Application: Family Counseling, Career Counseling Crisis Intervention	2	20 Lect + 3 Pract 19 Lect + 3 Pract

TEACHER'S NAME
Dr. Ritu Sharma

SUBJECT NAME	Making Decisions (Skill)		No. of Lectures
UNITS	Sub Topics Of Units	No. Of sub units	
UNIT 1 Introduction:		2	
	Basic Concepts of decision making		22 Lect
	Importance of making good decisions, self-efficacy.		23 Lect
UNIT 2 Making effective decisions:		2	
	interprsonal context		23 Lect
	Decision making at workplace		22 Lect

LESSON PLAN- THIRD YEAR (SEMESTER VI)

Teacher's Name	Department	Course	Subjects
Prof. Priya Kanwar	Psychology	BA prog	Psychology

SUBJECT NAME	INDUSTRIAL/ ORGANIZATIONAL PSYCHOLOGY		No. of Lectures
UNITS	Sub Topics of Units	No. of sub units	
UNIT 1 Introduction:		3	
	Industry and organization		12 Lect + 2 Pract
	Current status of I/O psychology		17 Lect + 2 Pract
	I/O psychology in the Indian context		8 Lect + 4 Pract
UNIT 2 Work Related Attitudes:		3	
	Job satisfaction		10 Lect + 5 Pract
	Organizational Commitment		11 Lect + 4 Pract
	Organizational Citizenship Behavior		9 Lect + 6 Pract
UNIT 3 Work Motivation:		2	
	Theories and application		19 Lect + 5 Pract
	Indian perspective		18 Lect + 3 Pract
UNIT 4 Leadership:		3	
	Classical and Contemporary approaches to leadership		11 Lect + 4 Pract

Cross-cultural leadership issues
Indian perspective on leadership

15 Lect + 1 Pract
12 Lect + 3 Pract

Teacher's Name
Dr. Ritu Sharma

SUBJECT NAME	MANAGING STRESS (SKILL)		No. of Lectures
	Sub Topics of Units	No. of sub units	
UNITS			
UNIT 1	Stress: Nature of stress, Symptoms of stress Sources of stress, Stress and Health	2	23 Lect 22 Lect
UNIT 2	MANAGING STRESS: Methods - yoga, meditation, relaxation techniques Problem focused and emotion focused approaches	2	22 Lect 23 Lect

TEACHER'S LESSON PLAN 2018-19

Teacher's name	Department	Course	Subjects
Dr. Priya Bir	Psychology	B.A.(P)	Psychology

SUBJECT NAME Foundations of Psychology

UNITS	Sub Topics of Units		No. of Lectures
		sub topics	

1	Introduction:	definition and nature	1
	b	Psychology: a science and a perspective,	4
	c	origin and development of psychology,	2
	d	psychology in India	2
	e	methods	6

15

2	Cognitive processes		
	a	Perception, nature of perception	2
	b	laws of perceptual organization	2
	c	learning-conditioning, observational learning	6
	d	memory-processes	4
	e	information processing model	2
	f	techniques for improving memory	2
	g	observational learning	2

20

3	Motivation and Emotion:		
	a	Motives: biogenic and sociogenic	9
	b	Emotions: aspects of emotions, key emotions	9

18

4	Personality and Intelligence:		
	a	Personality: nature,	5
	b	theories	8
	c	Intelligence: nature,	5
	d	theories	8

26

TOTAL

79

TEACHER'S LESSON PLAN 2018-19

Teacher's name	Department	Course	Subjects
Dr Ritu Sharma	Psychology	BA Prog Psychology	Psychology

Semester III

SUBJECT NAME Understanding Psychological Distress and Well-being Semester III

UNITS	Sub Topics of Units		No. of Lectures
		sub topics	

1 Basic Concepts	a	Psychological Distress	6
	b.	Abnormality	6
	c	Psychological well-being	5
2 Dealing with Psychological Distress	a	Coping Strategies	5
	b	Personal growth and well-being	5
	TOTAL		27

SUBJECT NAME Industrial and Organizational Psychology Semester V

UNITS	Sub Topics of Units		No. of Lectures
		sub topics	

1. Introduction	a	Industry and Organization	6
		Current status of I/O	
	b	Psychology	4
	c	I/O Psychology in Indian Context	6
2. Work Related Attitudes	a	Job Satisfaction	4
		Job Commitment	4
	b	Organizational Citizenship Behavior	6
3. Work Motivation	a	Theories and Application	6
	b	Indian Perspective	6
4. Leadership		Classical & Contemporary approach to leadership	8
		Cross-cultural leadership issues	8
		Indian perspective on leadership	6
Total			64

SUBJECT NAME Industrial and Organizational Psychology Practical Semester V

UNITS	Topics of Units		No. of Lectures
		sub topics	
1 Practicum	a	pracitcum 1- gr 1	16
		Practicum1- gp 2	16
		Total	32
2. Practicum 2	a	pracitcum 1- gr 1	16
		Practicum1- gp 2	16
		Total	32

Lesson Plan- Second Year (Semester III)

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Dr. Ritu Sharma	Psychology	B.A.Programme	Psychology

SUBJECT NAME	UNDERSTANDING PSYCHOLOGICAL WELL-BEING AND DISTRESS (CORE)		No. of Lectures
UNITS	Sub Topics of Units	No. of sub topics	
Unit 1	Basic concepts:		2
	Psychological distress, abnormality		23 lect
	Psychological well-being		22 lect
Unit 2	Theoretical perspectives		3
	Biological, familial		14 lect
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	Schizophrenia: Disorganized, Paranoid and Catatonic		16 lect
Unit 4	Dealing with psychological distress		2
	Coping strategies		21 lect
	Personal growth and well-being		24 lect

SUBJECT NAME	DEVELOPING EMOTIONAL COMPETENCE (SKILL)		No. of Lectures
UNITS	Sub Topics of Units	No. of sub topics	
Unit 1	Introduction:		2
	importance of recognizing and understanding emotions in oneself and others		23 lect
	Importance of managing one's emotions		22 lect
Unit 2	EQ competencies		2
	Self-awareness, self-regulation, motivation		22 lect
	Empathy, and interpersonal skills		23 lect

Lesson Plan- Second Year (Semester IV)

Teacher's name	Department	Course	Subjects
Dr. Ritu Sharma	Psychology	B.A.Programme	Psychology

SUBJECT NAME	STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH (CORE)		No. of Lectures
UNITS	Sub Topics of Units	No. of sub topics	
Unit 1	Introduction		2
	Scales of measurement		18 lect + 5 pract

	Graphical representation of data		19 lect + 5 pract
Unit 2	Data analysis	3	
	mode (properties and computation)		12 lect + 2 pract
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	Probability Curve (NPC).		17 lect + 2 pract
Unit 3	Psychological Testing	2	
	characteristics of test		18 lect + 3 pract
	Reliability, Validity, Norms, types of tests		19 lect + 4 pract
Unit 4	Qualitative methods	2	18 lect + 5 pract
	Interview, observation		17 lect + 5 pract
	Case study		

SUBJECT NAME	MANAGING STRESS (SKILL)	No. of Lectures
UNITS	Sub Topics of Units	
Unit 1	Stress	
	Nature of stress, symptoms of stress	16 lect
	Sources of stress	17 lect
	Stress and health	12 lect
Unit 2	Managing stress	
	Methods - yoga, meditation, relaxation techniques	22 lect
	Problem focused and emotion focused approaches	23 lect