**LESSON PLAN**

**OF**

**Psychology**

**UG Courses**

**Odd Semester**

**2023-24**



**INDIRA GANDHI (PG) MAHILA MAHAVIDYALAYA**

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**Indira Gandhi Mahila Mahavidyalaya,Kaithal**

**(2023– 2024)**

**Subject Code B23-PSY-101 Class BA**

**Subject – foundations of psychology sem 1st**

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| **Sr.No** | **Date** | **Content** |
| 1 | 24 July-29 July | Nature of foundations |
| 2 | 31 July-5 August | Psychology as a science |
| 3 | 7 August-12August | Methods : interview, case study and experimental |
| 4 | 14 August-19 August | Scope and present status of psychology in India |
| 5 | 21 August-26 August | Attention : nature and characteristics |
| 6 | 28August-2 September | Nature characteristics and types of sensations |
| 7 | 4 September- 9 September | Structure and function of visual sensation |
| 8 | 11 September – 16September | Structure and function of auditory sensation |
| 9 | 18 September -23 September | Nature of emotions |
| 10 | 25 September –30 September | James lange theory of emotions and factors |
| 11 | 3 October-7 October | Cannon bard and schacher singer of emotions |
| 12 | 9 October -14 October | Need drive and incentives of motivation |
| 13 | 16 October-21 October | Biological and social motives |
| 14 | 23 October-28 October | Factor affecting of personality |
| 15 | 30 October- 4 November | Personality theory of allport |
| 16 | 6 November- 9 November | Cattel and eysenck theory of personality |
| 17 | 17 November-18 November | Nature and factor affecting intelligence |
| 18 | 20 November-25 November | Theories of intelligence |
| 19 | 27 November- 2 December | Revision |
| 20 | 4 December- 9 December | Revision |
| 21 | 11 December- 16 December | Revision |
| 22 | 18 December- 23 December | Revision |
| 23 | 25 December- 30 December | revision |

**Indira Gandhi Mahila Mahavidyalaya,Kaithal**

**(2023– 2024)**

**Subject Code Class BA**

**Subject – social psychology sem 3rd**

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| **Sr. No.** | **Date** | **Course content** |
| **1** | **24July-29July** | INTRODUCTION : NATURE, SUBJECT MATTER, SOCIOMETRIC METHOD |
| **2** | **31July- 5 Aug** | SOCIALISTATION: PROCESS AND AGENT OF SOCIALISTATION |
| **3** | **7Aug - 12Aug** | GROUP : TYPES |
| **4** | **14Aug - 19Aug** | AND FUCTIONS |
| **5** | **21Aug - 26 Aug** | SOCIAL NORMS : MEANING, CHARATERISTICS, FORMATION |
| **6** | **28 Aug - 2Sep** | LEADERSHIP : TYPES |
| **7** | **4Sep - 9Sep** | LEADERSHIP : FUCTIONS, THEORIES – TRAIT |
| **8** | **11 Sep - 16Sep** | THEORIES : SITUATIONAL AND INTERACTIONAL |
| **9** | **18 Sep - 23Sep** | ATTITUDES : CHARACTRISTICS, DEVELOPMENT |
| **10** | **25 Sep – 30 Sep** | ATTITUDES : ATTITUDE CHANGE, PREJUDICE : NATURE |
| **11** | **3 Oct - 7Oct** | PREJUDIES : DEVELOPMENT AND STEREOTYPES |
| **12** | **9Oct - 14Oct** | PROSOCIAL BEHAVIOR : NATURE, DETERMINANTS |
| **13** | **16Oct - 21Oct** | PROSOCIAL BEHAVIOR : COGNITIVE MODEL |
| **14** | **23Oct - 28Oct** | AGGRESSION : NATURE, DETERMINANTS |
| **15** | **30Oct - 4 Nov** | AGGRESSION : PREVENTION |
| **16** | **6 Nov - 9Nov** | REVISION |
| **17** | **17 Nov - 18 Nov** | REVISION |
| **18** | **20 Nov – 24 Nov** | REVISION |

**Indira Gandhi Mahila Mahavidyalaya,Kaithal**

**(2023– 2024)**

**Subject Code Class BA**

**Subject – abnormal psychology sem 5th**

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| **Sr. No.** | **Date** | **Course content** |
| **1** | **24July-29July** | INTRODUCTION TO ABNORMAL PSYCHOLOGY |
| **2** | **31July- 5 Aug** | CONCEPT OF NORMALITY AND ABNORMALITY |
| **3** | **7Aug - 12Aug** | MODELS OF PSYCHOPATHOLOGY: BIOLOGICAL, |
| **4** | **14Aug - 19Aug** | PSYCHODYNAMIC BEHAVIORAL AND COGNITIVE |
| **5** | **21Aug - 26 Aug** | CLASSFICATIONS OF PSYCHOPATHOLOGY : NEED FOR CLASSIFICATION , DSM SYSTEM |
| **6** | **28 Aug - 2Sep** | DIAGONISTIC ASSEMENT : CASE HISTORY , INTERVIEW , PROJECTIVE TECHNIQUES |
| **7** | **4Sep - 9Sep** | ANXIETY BASED DISORDER :GAD |
| **8** | **11 Sep - 16Sep** | ANXIETY BASED DISORDER : OCD |
| **9** | **18 Sep - 23Sep** | PHOBIC DISORDERS SYMPTOM AND CAUSES |
| **10** | **25 Sep – 30 Sep** | SUBSTANCE / DRUG ABUSE CAUSES |
| **11** | **3 Oct - 7Oct** | SUBSTANCE / DRUGS CONSEQUENCES AND REHABILATION |
| **12** | **9Oct - 14Oct** | MOOD DISORDER UNIPOLAR |
| **13** | **16Oct - 21Oct** | MOOD DISORDER BIOPOLAR SYMPTOMS AND CAUSES |
| **14** | **23Oct - 28Oct** | SCHIZOPHERNIA: NATURE , TYPES |
| **15** | **30Oct - 4 Nov** | SCHIZOPHERNIA : CAUSES |
| **16** | **6 Nov - 9Nov** | REVISION |
| **17** | **17 Nov - 18 Nov** | REVISION |
| **18** | **20 Nov – 24 Nov** | REVISION |