***Govt. College Jassia (Rohtak)***

***Lesson Plan for the Session 2024-2025***

Class: **B.A. 1st Sem**

Name of Teacher: Dr. Sandeep Kumar

**Name of the Course: Fundamentals of Psychology**

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| **Week/Month** | **July 2024** |
| 22-27 | Introduction to Psychology: Meaning, Nature and History |
| July 29- Aug. 03 | Goals and fields of Psychology |
|  | **August 2024** |
| 05-10 | Methods in Psychology: Experimental, observation, Interview |
| 12-17 | Questionnaire and Case Study Methods |
| 19-24 | Personality: Nature and Trait Approach |
| 26-31 | Personality: Type Approach |
|  | **September 2024** |
| 02-07 | Psychodynamic viewpoints & Behavioural viewpoints of Personality |
| 09-14 | Behavioural & Humanistic viewpoints of Personality |
| 16-21 | Motivation: Nature and Biological motives |
| 23-30 | Motivation: Psychosocial Motives |
|  | **October 2024** |
| 01-05 | Frustration and Conflict |
| 07-12 | Emotion: Nature and Bodily changes |
| 14-19 | Bodily Changes during Emotions, James-LangeTheory of Emotion |
| 21-26 | Cannon-Bard and Schachter–Singer Theory of Emotiion |
|  | October 27 to November 03: Diwali Vacations |
|  | **November 2024** |
| 04-09 | Intelligence: Nature and Guilford theory |
| 11-16 | Gardener and Sternberg Theories of Intelligence |
| 18-22 | Revision and doubt classes till exam |

**H.O.D Psychology**

**Principal**

*Govt. College Jassia (Rohtak)*

*Lesson Plan for the Session* ***2024-2025***

Class: **B.A. 3rd Sem**

Name of Teacher: Dr. Sandeep Kumar

**Subject: Social Psychology**

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| **Week/Month** | **July 2024** |
| 22-27 | Introduction to Social Psychology: Meaning and nature, Relationship of social psychology with other disciplines |
| July 29 to Aug. 03 | Subject matter of social Psychology, Sociometric method of social psychology, Socialization: Meaning and Nature |
|  | **August 2024** |
| 05-10 | Process and Agents of socialization |
| 12-17 | Meaning and nature of group, |
| 19-24 | Types of groups and their characteristics |
| 26-31 | Functions of a group, Social norms: Meaning, nature and characteristics |
|  | **September 2024** |
| 02-07 | Formation of social norms, Meaning and nature of leadership |
| 09-14 | Leadership: Types, functions and theories of leadership |
| 16-21 | Meaning/nature of attitude, characteristics of attitude, attitude formation |
| 23-30 | Factors affecting attitude formation, Attitude measurement: Methods |
|  | **October 2024** |
| 01-05 | Attitude change: Methods/theories |
| 07-12 | Prejudice and stereotypes: Nature, characteristics and development |
| 14-19 | Stereotype: Meaning and nature, Characteristics and functions |
| 21-26 | Prosocial behavior: meaning/nature and its determinants |
|  | October 27 to November 03: Diwali Vacations |
|  | **November 2024** |
| 04-09 | Cognitive model of Prosocial behavior |
| 11-16 | Aggression: Nature, determinants and prevention |
| 18-22 | Revision and doubt classes till exam |

**H.O.D Psychology**

**Principal**

***Govt. College Jassia (Rohtak)***

***Lesson Plan for the Session 2024-2025***

Class: **B.A. 5th Sem** Name of Teacher: Dr. Sandeep Kumar Subject: Psychopathology

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| **Week/Month** | **July 2024** |
| 22-27 | Abnormal Psychology: History; Nature and Criteria of abnormal behavior, Characteristics and Difference between Normal and Abnormal behavior |
| July 29- Aug. 03 | Models of Psychopathology: Meaning of model of abnormality, Biological and Psychodynamic Theory/view point |
|  | **August 2024** |
| 05-10 | Behavioral Model/viewpoints of Psychopathology |
| 12-17 | Cognitive Model/viewpoints of Psychopathology |
| 19-24 | Classification of Psychopathology: Need for classification & Approaches |
| 26-31 | Diagnostic classification of abnormal behavior, DSM system. |
|  | **September 2024** |
| 02-07 | Diagnostic Assessment: Projective Techniques, Interview and Case History |
| 09-14 | Anxiety Disorder: Meaning, Nature and its cause |
| 16-21 | Anxiety Disorder & GAD): Symptoms, Etiology/Causes and treatment |
| 23-30 | Obsessive compulsive disorder (OCD): Nature and forms, its symptoms and causes/etiology/theories and its treatment |
|  | **October 2024** |
| 01-05 | Phobic disorder/ Phobia: Nature, types of phobia; Etiology/Causes of phobia, Treatment of phobia |
| 07-12 | Substance/drug use/related disorder: Nature, major substance related disorder, Alcoholism: Its phases and types, Effects of alcoholism, Etiology/Causes/Factors of alcoholism, Treatment of alcoholism |
| 14-19 | Mood Disorders: Nature and types |
| 21-26 | Unipolar and Bipolar Mood Disorder: Symptom and causes |
|  | October 27 to November 03: Diwali Vacations |
|  | **November 2024** |
| 04-09 | Schizophrenia: Nature and causes |
| 11-16 | Schizophrenia: Types and Treatment |
| 18-22 | Revision and doubt classes till exam |

**H.O.D Psychology Principal**