**Govt. College Jassia (Rohtak)**

**Lesson Plan for the Session 2025-2026**

Class: B.A. 1st Sem

Name of Teacher: Dr. Sandeep Kumar

Name of the Course: Fundamentals of Psychology

| **July 2025** |
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| 15-19 July | Unit 1:- Introduction to Psychology: Meaning, Nature and History |
| 21-26 July | Goals and fields of Psychology |
| **August 2025** |
| 28 July-02 Aug. | Methods in Psychology: Experimental, observation, Interview |
| 04-09 Aug. | Interview, Questionnaire and Case Study Methods |
| 11-16 Aug. | Unit 2:- Personality: Nature and Trait Approach |
| 18-23 Aug. | Personality: Type Approach |
| 25-30 Aug. | Psychodynamic viewpoints & Behavioural viewpoints of Personality |
| **September 2025** |
| 01-06 Sept. | Behavioural & Humanistic viewpoints of Personality |
| 08-13 Sept. | Unit 3:- Motivation: Nature and Biological motives |
| 15-20 Sept. | Motivation: Psychosocial Motives |
| 22-27 Sept. | Frustration and Conflict |
| **October 2025** |
| 29 Sept.-04 Oct. | Emotion: Nature and Bodily changes |
| 06-13 Oct. | Bodily Changes during Emotions, James-LangeTheory of Emotion  |
| 14-22 Oct. | Diwali vacations |
| 23-25 & 27-31 Oct. | Cannon-Bard and Schachter–Singer Theory of Emotion |
| **November 2025** |
| 01-08 Nov. | Unit 4:- Intelligence: Nature and Guilford theory |
| 10-15 Nov. | Gardener and Sternberg Theories of Intelligence |
| 17-19 Nov. | Doubt classes, revision and test work etc. |

**Govt. College Jassia (Rohtak)**

**Lesson Plan for the Session 2025-2026**

Class: B.A. 3rd Sem.

Name of Teacher: Dr. Sandeep Kumar

Name of the Course: Developmental Psychology

| **July 2025** |
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| 15-19 July | Unit 1:- Human Development: Nature and Principles of Development |
| 21-26 July | Designs (Cross-sectional & Longitudnal) in Human Development |
|  | **August 2025** |
| 28 July-02 Aug. | Methods in Human Development: Observation, Interview and Case Study |
| 04-09 Aug. | Genetic Foundation of Development, EnvironmentalContexts for Development and Relationship between Heredity and Environment. |
| 11-16 Aug. | Unit 2:- Prenatal Development: Period of prenatal development, Prenatal environmental influences |
| 18-23 Aug. | Birth Complications and maternal health at risk. |
| 25-30 Aug. | Infancy: Characteristics, development and problems of infancy. |
| **September 2025** |
| 01-06 Sept. | Childhood: Characteristics and problems of childhood. |
| 08-13 Sept. | Unit 3:- Adolescence: Nature, characteristics and problems of adolescence.. |
| 15-20 Sept. | Influences of Personal and Psychosocial factors on Adolescent Adjustment and Youth and its current status |
| 22-27 Sept. | Development of self: Self concept, Identity and Self-esteem. Role of family, peers, school and media in development. |
| **October 2025** |
| 29 Sept.-04 Oct. | Unit 4:- Cognitive development: Nature, approaches- Piaget’s Cognitive Development Theory |
| 06-13 Oct. | Behavioural and environmental influence of cognitive development,  |
| 14-22 Oct. | Diwali Vacations |
| 23-25 & 27-31 Oct. | language Development: Components, Prelinguistic, Phonological, Semantic and Grammatical and Pragmatic; Development of Metalinguistic Awareness.  |
| **November 2025** |
| 01-08 Nov. | Moral development: Meaning, Kohlberg’s Theory of Moral Development  |
| 10-15 Nov. | Influences on Moral Reasoning and Moral Reasoning of Young Children. |
| 17-19 Nov. | Doubt classes, revision and test work etc. |

**Govt. College Jassia (Rohtak)**

**Lesson Plan for the Session 2025-2026**

Class: B.A. 5th Sem

Name of Teacher: Dr. Sandeep Kumar

Subject: Psychopathology

| **July 2025** |
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| 15-19 July | Unit 1:- Abnormal Psychology: History; Nature and Criteria of abnormal behavior, Characteristics and Difference between Normal and Abnormal behavior |
| 21-26 July | Models of Psychopathology: Meaning of model of abnormality, Biological and Psychodynamic Theory/view point |
| **August 2025** |
| 28 July-02 Aug. | Behavioral Model/viewpoints of Psychopathology |
| 04-09 Aug. | Cognitive Model/viewpoints of Psychopathology |
| 11-16 Aug. | Unit 2:- Classification of Psychopathology: Need for classification & Approaches |
| 18-23 Aug. | Diagnostic classification of abnormal behavior, DSM system |
| 25-30 Aug. | Diagnostic Assessment: Projective Techniques |
| **September 2025** |
| 01-06 Sept. | Diagnostic Assessment: Interview and Case History |
| 08-13 Sept. | Unit 3:- Anxiety Disorder: Meaning, Nature and its cause |
| 15-20 Sept. | Anxiety Disorder & GAD): Symptoms, Etiology/Causes and treatment |
| 22-27 Sept. | Obsessive compulsive disorder (OCD): Nature and forms, its symptoms and causes/etiology/theories and its treatment |
| **October 2025** |
| 29 Sept.-04 Oct. | Phobic disorder/ Phobia: Nature, types of phobia; Etiology/Causes of phobia, Treatment of phobia |
| 06-13 Oct. | 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 |
| 14-22 Oct. | Diwali Vacations |
| 23-25 Oct. | Unit 4:- Mood Disorders: Nature and types |
| 27-31 Oct. | Unipolar and Bipolar Mood Disorder: Symptom and causes |
| **November 2025** |
| 01-08 Nov. | Schizophrenia: Nature and causes |
| 10-15 Nov. | Schizophrenia: Types and Treatment |
| 17-19 Nov. | Doubt classes, revision and test work etc. |