

Govt. College Jassia (Rohtak)
Lesson Plan for the Session 2026-2027

Class: B.A. 1st Sem

Name of Teacher: Dr. Sandeep Kumar

Name of the Course: Fundamentals of Psychology (24PSYS401DS01)

August 2026	
11-15 August	Unit 1:- Introduction to Psychology: Meaning, Nature and History
17-22 August	Goals and fields of Psychology
24-31 August	Methods in Psychology: Experimental, Observation and Interview
September 2026	
01-05 Sept.	Questionnaire and Case Study Methods
07-12 Sept.	Unit 2:- Personality: Nature and Trait Approach
14-19 Sept.	Personality: Type Approach
21-26 Sept.	Psychodynamic viewpoints & Behavioural viewpoints of Personality
28-30 Sept.	Humanistic viewpoints of Personality
October 2026	
01-03 Oct.	Unit 3:- Motivation: Nature and Biological motives
05-10 Oct.	Motivation: Psychosocial Motives
12-17 Oct.	Frustration and Conflict
19-24 Oct.	Emotion: Nature and Bodily changes
26-31 Oct.	Bodily Changes during Emotions, James-Lange Theory of Emotion
November 2026	
01-09 November	Diwali vacations
10-14 Nov.	Cannon-Bard and Schachter–Singer Theory of Emotion
16-21 Nov.	Unit 4:- Intelligence: Nature and Guilford theory
23-30 Nov.	Gardener and Sternberg Theories of Intelligence
December 2026	
01-05 December	Doubt classes, revision and test work etc.

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Class: B.A. 3rd Sem

Name of Teacher: Dr. Sandeep Kumar

Name of the Course: Cognitive Processes (25PSYS403DS01)

August 2026	
11-15 August	Unit 1: Attentional Processes- Meaning and Nature
17-22 August	Selective and Divided Attention.
24-31 August	Gestalt's Laws of organization, Perception of Depth
September 2026	
01-05 Sept.	Unit 2: Learning: Classical Conditioning: Basic Procedure
07-12 Sept.	Extinction, Spontaneous Recovery
14-19 Sept.	Generalization and Discrimination.
21-26 Sept.	Operant conditioning: Reinforcement and reinforcement schedules
28-30 Sept.	Punishment : Meaning and Nature
October 2026	
01-03 Oct.	Unit 3: Memory: Nature and Types: Sensory Memory
05-10 Oct.	Short and Long Term Memory
12-17 Oct.	Forgetting: Decay and Interference
19-24 Oct.	Retroactive and proactive Interference
26-31 Oct.	Unit 4: Thinking: Characteristics and Types
November 2026	
01-09 November	Diwali vacations
10-14 Nov.	Reasoning: Inductive and deductive reasoning.
16-21 Nov.	Problem-Solving: Classifications of Problems, Problem-Solving Strategies
23-30 Nov.	ProblemSolving Obstacles: Problem-Solving Set and Functional Fixedness
December 2026	
01-05 December	Doubt classes, revision and test work etc.

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Class: B.A. 5th Sem

Name of Teacher: Dr. Sandeep Kumar

Name of the Course: Introduction to Psychological Disorders (26PSYM405DS01)

August 2026	
11-15 August	Unit 1: Meaning of Psychological Disorders, Criteria of abnormality
17-22 August	Casual Factors and Classification: Meaning and DSM.
24-31 August	Clinical Assessment: Clinical Interview, Case Study
September 2026	
01-05 Sept.	Case Study and Mental Status Examination.
07-12 Sept.	Unit 2: Anxiety: Generalized Anxiety Disorder
14-19 Sept.	Specific Phobia and Obsessive-Compulsive Disorder.
21-26 Sept.	Somatic Symptoms: Somatic Symptoms Disorder- Illness anxiety Disorder
28-30 Sept.	Dissociative Disorder- Dissociative Identity Disorder.
October 2026	
01-03 Oct.	Unit 3: Mood Disorders: Major Depressive disorder
05-10 Oct.	Bipolar I and Bipolar II Mood Disorders
12-17 Oct.	Schizophrenia: Nature, causes and treatment.
19-24 Oct.	Unit 4: Substance-related and Addictive Disorders: Nature
26-31 Oct.	Alcohol-related disorders, Drug Abuse and Dependence
November 2026	
01-09 November	Diwali vacations
10-14 Nov.	Personality disorders: Cluster A- Paranoid personality disorder,
16-21 Nov.	Personality disorders: Cluster B- Antisocial personality disorder
23-30 Nov.	Personality disorders: Cluster C- Avoidant personality disorder.
December 2026	
01-05 December	Doubt classes, revision and test work etc.