Name of the Assistant Professor: Dr. Gobind Singh Subject: Psychology

Class and section: B.A. 1st (2nd sem) Paper: Experimental Psychology

Subject lesson Plan: 18 weeks (from May, 2021 to August 2021)

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| May, 2021    Week 1 | Meaning of attention and its definition  Factor affecting attention  Characteristics of attention |
| Week 2 | Types of emotion  Internal bodily changes in emotion  External bodily changes occurs in emotion  Meaning of psychophysics  Meaning of threshold |
| Week 3 | Problems related psychophysics  Method of psychophysics  Classical method of psychophysics  Test |
| Week 4 | Meaning of learning and its definition  Factor affecting learning & Types of learning  Meaning of trial and error method  Experiment explanation  Factor affecting trial and error method |
| June, 2021    Week 1 |  |
| Implication of trial and error in life related decision  Meaning of Insight learning  Experiment explanation |
| Week 2 | Factor affecting Insight learning  use of Insight learning n life related problems  Meaning of classical conditioning  Experiment detail related classical conditioning |
| Week 3 | Detailed explanation of classical conditioning experiment  Factor affecting classical conditioning  use of classical conditioning and life related problems |
| Week 4 | Meaning of Operant conditioning  Experiment explanation  Factor affecting Operant conditioning  Use of operant conditioning in life  Differences among all four conditioning |
| July, 2021    Week 1 | Meaning of memory and its definition |
| Types of memory |
| Sensory register and STM explanation |
| Types of sensory memory |
| Week 2 | Stages of memory |
| Retrieval from STM |
| Meaning of Long Term Memory |
| Retrieval from long term memory |
| Week 3 | Method to study STM & Factor affecting memory |
| Meaning of forgetting & Factor affecting forgetting  Mnemonics to memory study  Meaning of problem solving & Stages |
| Test |
| Week 4 | Meaning of convergent thinking  Meaning of divergent thinking.  Meaning of statistics  What is frequency distribution?  Graphical presentation of data |
| August, 2021    Week 1 | Different measure of central tendency  Meaning of mean  Calculation of mean by long method  Meaning of median |
| Week 2 |  |
| Test  Calculation of median by different method  Meaning of mode  Calculation of mode by different method  Revision of syllabus |
| **Practical will be conducted** |  |
| May, 2021 | AL by method of constant stimuli |
| June, 2021 | DL by method of limits. |
| Muller-Lyre Illusion |
| July, 2021 | Problem Solving |
| Experiment on STM |
| August, 2019 | Experiment on LTM |

Name of the Assistant Professor: Dr. Sunita Subject: Psychology

Class and section: B.A. 2nd year (4nd sem) Paper: Developmental Psychology

Subject lesson Plan: 18 weeks (from May, 2021 to August 2021)

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| May, 2021  Week 1 | Meaning of human development  Concept of human development  Principle of human development  In what manner human development affected  Biological factor affecting human development |
| Week 2 | Social factor affecting human development  Cultural factor affecting human development  Meaning of prenatal development  How prenatal development determined |
| Week 3 | Biological determinates  Social determinates  Psychological determinates  Cultural determinates |
| Week 4 | Stages of prenatal development  Meaning of infancy  Its characteristics  Problems(Hazards) face during infancy |
| June, 2021  Week 1 | Psychological Problems(Hazards) face during infancy  Social Problems(Hazards) face during infancy  How a child learn adjustment  Psychological adjustment & Social adjustment |
| Week 2 | Meaning of childhood age  Different characteristics of childhood age  Problem faced during this childhood  Perceptual develop in childhood |
| Week 3 | Motor coordination in childhood  Emotional development during childhood age  factor affecting of emotional development  Cognitive development in childhood |
| Week 4 | Factor affecting cognitive development  Meaning of adolescent stage  Different characteristics of adolescent age  Problem faced during adolescent age |
| July, 2021  Week 1 | Psychological problem in adolescent age  Social problem during adolescent age  Emotional development in adolescent age  Adjustment & adolescent age  Different factor affecting at this stage |
| Week 2 | Test  Psychological factor & adjustment  Social factor & adjustment  Cultural factor & adjustment  Economical factor & adjustment |
| Week 3 | Meaning of adulthood stage  What is early adulthood age  Characteristics of early adulthood age  Problem of early adulthood age  What is late adulthood age |
| Week 4 | Characteristics of late adulthood age & problem  What is aging changing pattern  Characteristics of aging changing  Problem of aging changing  Test |
| August, 2021  Week 1 | Meaning of variability/variance  Meaning of quartile deviation  Calculation of Quartile deviation 1  Calculation of Quartile deviation 3  Practice of Quartile deviation 3 |
| Week 2 | Meaning of standard deviation & Calculation  Practice of standard deviation  Revision of syllabus |
| **Practical will be conducted** |  |
| May, 2021 | Emotional Maturity Scale |
| June, 2021 | Parent-Child Relationship |
| Self Concept |
| July, 2021 | Youth Problem Inventory |
| Self Esteem Inventory |
| August, 2019 | Impulsiveness Scale |

Name of the Assistant Professor: Dr. Gobind Singh Subject: Psychology

Dr. Sunita

Class and section: B.A. 3rd year (6nd semester) Paper: Applied Psychology

Subject lesson Plan: 18 weeks (from May, 2021 to August 2021)

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| May, 2021  Week 1 | Meaning of applied psychology  History of applied psychology  different field of applied psychology  Career in psychology |
| Week 2 | Applied psychology and life related problems  Nature of organizational psychology  Scope of organizational psychology  Objectives of organizational psychology  Development of organizational psychology |
| Week 3 | Meaning of guidance  Types of guidance  Objective of guidance & Principle of guidance  How we Organize guidance programme |
| Week 4 | Meaning of counseling  Types of counseling  Need of counseling  Principle of counseling  Stages of counseling |
| June, 2021    Week 1 | Factor affecting counseling  Qualities of counselor  What time Counseling required  Meaning of health psychology |
| Week 2 | Objective of health psychology  Scope of health psychology  Concept of health and illness  How illness affect our life related adjustment |
| Week 3 | How healthy life affected positively  Different factor in physical illness  Psychological factor contribution to physical illness  Meaning of life style  How life style correlated with health |
| Week 4 | Positive outcomes of life style  Negative outcome of life style  Meaning of stress  Factor affecting stress |
| July, 2021  Week 1 | Psychological factors and stress & Social factor  Cultural and economical factor and stress  Test  Stress and mental illness  Stress and physical illness |
| Week 2 | How stress affect our personal, social and occupational life  Meaning of coping & Types of coping mechanism  How we cope with stress |
| Week 3 | Meaning of forensic psychology & Scope  Relation of psychology and law  What is eyewitness memory  Eyewitness accuracy |
| Week 4 | How can we improve it  factor related improvement of eyewitness accuracy  Meaning of correlation & Types of correlation |
| August, 2021  Week 1 | Rank difference correlation explanation  Calculation and formula explanation  Test  Practice of rank difference |
| Week 2 | Meaning of product correlation  Calculation of product moment correlation  Practice of rank difference  Revision of syllabus |
| **Practical will be conducted** |  |
| May, 2021 | Stress Scale |
| Coping Styles |
| June, 2021 | Life Style Schedule |
| Interest Inventory |
| July, 2021 | Aptitude Scale |
| August, 2021 | Adjustment Inventory |