

LESSON PLAN

(Session 2025-26)

From July to November

Class:- B.A.
Semester:- 5th

Subject:- PSYCHOPATHOLOGY
Teacher:- DR. VARSHA RANI

Month:- July	Topics covered
Week 3 and 4	Chapter-1 Introduction and meaning of psychopathology
Week 5	Chapter-1(contd.) Concept of normality and abnormality
Month:- August	Topics covered
week-1	Chapter-1 (contd.) Criteria of abnormality and characteristics of normal personality
week-2	Chapter-2 Models of Psychopathology: Biological model
week-3	Chapter-2 (contd.) Psychodynamic model
week-4	Chapter-2 (contd.) Behavioural model
week-5	Chapter-2 (contd.) Cognitive model
Month:- September	Topics covered
week-1	Chapter- 3 Classification of psychopathology, Need for classification
week-2	Chapter-3 (contd.) DSM system Chapter-4 Diagnostic assessment: nature and need Poster-making competition(departmental activity)

week-3	Chapter-4 (contd.) Case history and Interview method
week-4	Chapter-4 (contd.) Projective techniques Chapter-5 Anxiety based disorders: GAD
week-5	Chapter-5 (contd.) OCD Phobic disorders- Symptom and causes
Month:-October	Topics covered
week-1	Chapter-6 Substance/ drug abuse- Causes
week-2	Chapter-6 (contd.) Substance/ drug abuse- consequences
week-3	Chapter -6 (contd.) Rehabilitation Chapter- 7 Mood disorders: Unipolar
week-4	Chapter- 7 (contd.) Bipolar- Symptoms and causes
week-5	Chapter-8 Schizophrenia : Nature , Types and causes Assignments/presentations
Month:-November	Topic covered
week-1	Unit-1 and 2 (TEST) Revision of entire syllabus
week-2	Revision of entire syllabus Unit -3 and 4 (Test)

LESSON PLAN

(Session 2025-26)

From July to November

Class:- B.A.
Semester:-1st

Subject:- Fundamentals of Psychology (MAJOR)
Teacher:- DR. VARSHA RANI

Month:- July	Topics covered
Week 3 and 4	Unit -I Introduction – Definition, Historical origins of Psychology
Week 5	Unit -1 (contd.) Goals and Fields of psychology
Month:- August	Topics covered
week-1	Unit -1 (contd.) Methods in psychology: Experimental method
week-2	Unit -1 (contd.) Methods in psychology: Observation and Interview
week-3	Unit -1 (contd.) Methods in psychology: Questionnaire and Case study
week-4	Unit- 2 Personality : Nature and Major approaches: Trait approach
week-5	Unit- 2 (contd.) Major approaches: Type approach, Psychodynamics
Month:- September	Topics covered
week-1	Unit- 2 (contd.) Major approaches: Behavioral and Humanistic approach
week-2	Unit -3 Motivation : nature, Biological and psychological motives Poster making competition -departmental activity
week-3	Unit-3 (contd.) Frustration and conflict; Emotion: Nature, Bodily changes
week-4	Unit-3 (contd.) Theories of emotions: James –Lange,

week-5	Chapter-6 (contd.) Cannon Bard and Schachter-singer
Month:-October	Topics covered
week-1	Unit -4 Intelligence, concept, definition and Nature
week-2	Unit- 4 (contd.) Guilford's theory of intelligence
week-3	Unit- 4 (contd.) Gardener's theory of intelligence
week-4	Unit- 4 (contd.) Sternberg theory of intelligence
Week-5	Revision of Unit-1and 2 Test of unit -1 and 2
Month:-November	Topics covered
Week-1	Assignments/presentations Revision from unit-3 and 4
week-2	Revision from entire syllabus Test of unit 3 and 4

LESSON PLAN

(Session 2025-26)

From July to November

Class:- B.A.
Semester:-3rd sem

Subject:- Cognitive processes (MAJOR)
Teacher:- DR. VARSHA RANI

Month:- July	Topics covered
Week 3 and 4	Unit-1 Attention: Meaning , definition, nature and Attentional Processes
Week 5	Selective attention and divided attention
Month:- August	Topics covered
week-1	Unit -1 (contd.) Perception: Gestalt's law of organization
week-2	Unit -1 (contd.) Perception of Depth
week-3	Unit -2 Learning: Classical conditioning: basic procedure
week-4	Unit- 2 (contd.) Extinction, Spontaneous recovery , Generalization
week-5	Unit- 2 (contd.) Discrimination, Operant conditioning: meaning, definition
Month:-September	Topics covered
week-1	Unit- 2 (contd.) Operant conditioning: reinforcement and reinforcement schedules
week-2	Unit -2 (contd.) Punishment, (Poster making competition -departmental activity)
week-3	Unit-3 Memory: meaning, definition ,nature and types , sensory memory
week-4	Unit-3 (contd.) Short term memory and long term memory, TEST : Unit-1 and 2

week-5	Unit-3 (contd.) Forgetting: meaning , definition, factors affecting forgetting and Decay
Month:-October	Topics covered
week-1	Unit -3 (contd.) Interference : Retroactive and proactive
week-2	Unit- 4 Thinking: Characteristics and types
week-3	Unit- 4 (contd.) Reasoning: Inductive and Deductive reasoning
week-4	Unit- 4 (contd.) Problem solving: classification of problems, Problem solving strategies
Week-5	Unit- 4 (contd.) Problem solving obstacles: Problem solving set Assignments/presentations
Month:-November	Topics covered
Week-1	Problem solving obstacles: Functional Fixedness
week-2	Revision from entire syllabus Test of unit 3 and 4