**Lesson planning for the semester started w.e.f. july2024**

**Name of the institute Shri Guru Teg Bahadur Ji Govt. college for Girls, Taraori (karnal)**

**Name of the teacher with designation: - Mr. Harpal singh, Asst. Prof. (Psychology)**

**Subject: - introduction to Psychology**

**Semester: 1st semester**

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| **Month** | **Topic** | **Test/ assignment** | **Practical** |
| **July-August** | **Introduction: Nature and Scope of Psychology; Psychology as**  **a Science and Present Status, Psychology in India.**  **Methods to Study Behaviour: Interview, Case study and**  **Experimental.** | **1st assignment** |  |
| **September** | **Sensation: Nature, Characteristicsand Types Structure and Functions**  **of Visual and Auditory sensation. Attention: Nature and**  **Characteristics.**  **Emotion: Nature, Factors Affecting and Theories: James-**  **Lange.** | **Test** | **Study of Emotions.** |
| **October** | **Cannon- Bard and Schachter-Singer.**  **Motivation: Needs, Drives, Incentives, Biological and Social**  **Motives.**  **Personality: Nature, Factors Affecting and Theories: Allport.** | **Test and Assignment 2nd** | **Personality Test.**  **Verbal Test of Intelligence.** |
| **November** | **Cattell and Eysenck.**  **Intelligence: Nature, Factors Affecting and Theories:**  **Spearman, Thurstone, and Cattell.** |  | **Performance Test of Intelligence.**  **Simple Reaction Time** |

**Lesson planning for the semester started w.e.f. july 2024**

**Name of the institute: Shri Guru Teg Bahadur Ji Govt. college for Girls, Taraori (karnal)**

**Name of the teacher with designation: - Mr. Harpal Singh, Asst. Prof. (Psychology)**

**Subject: - Experimental psychology**

**Semester: 3rd**

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| **Month** | **Topic** | **Test/ assignment** | **Practical** |
| **July-August** | **Experimental Psychology: Nature and Historical**  **Development. Experimental Method.**  **Perception: Nature and Characteristics. Perception of Form,**  **Depth and Movement.** |  | **Emotional maturity scale,**  **Youth problem inventory** |
| **September** | **Psychophysics: Nature, Concept of Continuum, and Problems.**  **Methods of Classical Psychophysics: Method of Limits,**  **Constant Stimuli and. Average Error.** | **1st assignment and test** | **Absolute Limen by Method of Constant Stimuli.**  **Muller-Lyre Illusion** |
| **October** | **Learning: Definition, Factors Affecting. Theories of Learning:**  **Trial and Error, Insight and Classical Conditioning.**  **Memory: Process and Types, Methods to Study Memory.** | **2nd assignment and test** | **Maze Learning.**  **Experiment on STM/LTM** |
| **November** | **Thinking: Nature and Types. Problem Solving: Nature and**  **Stages of Problem Solving.**  **Verbal Learning: Nature, Material, Method and Organizational**  **Processes.** |  | **Problem Solving** |

**Lesson planning for the semester started w.e.f.july 2024**

**Name of the institute: Shri Guru Teg Bahadur Ji Govt. college for Girls, Taraori (karnal)**

**Name of the teacher with designation: - Mr. Harpal singh, Asst. Prof. (Psychology)**

**Subject: - Abnormal psychology**

**Semester: 5th**

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| **Month** | **Topic** | **Test/ assignment** | **Practical** |
| **July-August** | **Concept of Normality and Abnormality.**  **Models of Psychopathology: Biological, Psychodynamic, Behavioural, and Cognitive.** |  | **Adjustment inventory,**  **Interest inventory** |
| **September** | **Classification of Psychopathology: Need for Classification, DSM System.**  **Diagnostic Assessment: Case History, Interview, Projective Techniques.** | **1st assignment and test** | **PGI Memory Scale.**  **DMI.** |
| **October** | **Anxiety Based Disorders: GAD, OCD, and Phobic Disorders-Symptom and Causes.**  **Substance/Drug Abuse – Causes, Consequences and Rehabilitation.** | **2nd assignment and test** | **Anxiety Scale.**  **Emotional Intelligence.** |
| **November** | **Mood Disorders: Unipolar and Bipolar-Symptoms and Causes.**  **Schizophrenia: Nature, Types, and Causes.** |  | **Depression Inventory** |