

**Department of Psychology**  
**Lesson Plan Session 2023-2024**  
**M.Sc Semester III**

Clinical Psychology – I(Code : MAP – 518)

|                        | <b>Topics</b>  |
|------------------------|--|
| <b>July, 2023</b>      |  |
| 4 <sup>th</sup> week   | Nature and Scope of Clinical Psychology  |
| <b>September, 2023</b> |  |
| 1 <sup>st</sup> week   | Role of clinical Psychologist, Ethics, training of clinical psychologist                                       |
| 2 <sup>nd</sup> week   | Status of clinical psychology in India   |
| 3 <sup>rd</sup> week   | Classification systems of behavioural aberrations and mental disorders: ICD & DSM, History and present status. |
| 4 <sup>th</sup> week   | Theoretical background / approaches to psychopathology: Biological, Psychological and Social. Minor 1          |
| <b>October, 2022</b>   |  |
| 1 <sup>st</sup> week   | Anxiety Disorders : Separation Anxiety Disorder<br>Minor 1, Selective Mutism                                   |
| 2 <sup>nd</sup> week   | Specific Phobia, social Anxiety Disorder(Social Phobia), Agoraphobia,  |
| 3 <sup>rd</sup> week   | Panic Disorder, generalized Anxiety disorder   |
| 4 <sup>th</sup> week   | Personality Disorders  |
| <b>November, 2023</b>  |  |
| 1 <sup>st</sup> week   | Schizophrenia Spectrum and Other psychotic Disorders: Schizotypal personality disorder, Minor 2                |
| 2 <sup>nd</sup> week   | Delusional disorder, Brief psychotic disorder, Assignment  |
| 3 <sup>rd</sup> week   | Schizophreniform disorder, Schizophrenia, Schizoaffective Disorder, Catatonia                                  |
| 4 <sup>th</sup> week   | Eating Disorders: anorexia Nervosa, Bulimia Nervosa, Binge-Eating Disorder                                     |

**Department of Psychology**  
**Lesson Plan Session 2023-2024**  
**M.Sc Semester III**

Industrial/Organizational Psychology – I (Code: MAP – 519)

|                        | <b>Topics</b>  |
|------------------------|--|
| <b>July, 2023</b>      |  |
| 4 <sup>th</sup> week   | Industrial/Organizational Psychology: Nature, history and scope.                           |
| <b>September, 2023</b> |  |
| 1 <sup>st</sup> week   | Research strategies: methods & procedures. Ethics in Industrial/organizational Psychology. |
| 2 <sup>nd</sup> week   | Personnel selection and development: Procedures and Assessment methods for selection.      |
| 3 <sup>rd</sup> week   | Testing in organizations.  |
| 4 <sup>th</sup> week   | Concept of human resource development  |
| <b>October, 2023</b>   |  |
| 1 <sup>st</sup> week   | Performance Appraisal: Necessity.  |
| 2 <sup>nd</sup> week   | Performance criteria,  |
| 3 <sup>rd</sup> week   | Methods of Assessment, Minor 1   |
| 4 <sup>th</sup> week   | Job Satisfaction : Theory, research and measurement  |
| <b>November, 2023</b>  |  |
| 1 <sup>st</sup> week   | Training of Personnel: Nature  |
| 2 <sup>nd</sup> week   | Minor 2, Principles and Methods.   |
| 3 <sup>rd</sup> week   | Evaluation of training programme, Assignment   |
| 4 <sup>th</sup> week   | Revision, group discussion   |
| <b>December, 2023</b>  |  |
| 1 <sup>st</sup> week   | Doubts Clearance   |

**Department of Psychology**  
**Lesson Plan Session 2023-2024**  
**M.Sc Semester III**

**Guidance and Counselling – I (Code: MAP – 520)**

|                        | <b>Topics</b>  |
|------------------------|--|
| <b>July, 2023</b>      |  |
| 4 <sup>th</sup> week   | Guidance and Counselling: Historical Perspective                                       |
| <b>September, 2023</b> |  |
| 1 <sup>st</sup> week   | Objectives and Principles of guidance and counselling.                                 |
| 2 <sup>nd</sup> week   | Types of Guidance: Personal, Educational and Vocational.                               |
| 3 <sup>rd</sup> week   | Necessary personal characteristics/qualities of effective counsellors.                 |
| 4 <sup>th</sup> week   | Counselling Procedure, Organization and Conduct of guidance.                           |
| <b>October, 2023</b>   |  |
| 1 <sup>st</sup> week   | The group approach in guidance, Counselling in individual situation.                   |
| 2 <sup>nd</sup> week   | Observation for counselling purpose, Minor I   |
| 3 <sup>rd</sup> week   | Characteristics/dimensions of counselling relationship.                                |
| 4 <sup>th</sup> week   | Relationship Techniques: Rapport techniques,   |
| <b>November, 2023</b>  |  |
| 1 <sup>st</sup> week   | Minor 2, Reflection of feelings. Terminating skills.                                   |
| 2 <sup>nd</sup> week   | Special relationship problems: Transference, Countertransference, Resistance, Silence. |
| 3 <sup>rd</sup> week   | Supportive therapies: milieu therapy   |
| 4 <sup>th</sup> week   | Holistic approach to therapy: Yoga, Meditation, bio-feedback.                          |
| <b>December, 2023</b>  |  |
| 1 <sup>st</sup> week   | Doubts clearance   |

**Lesson Plan Session 2023-2024**  
**M.Sc Semester III**

**Child Psychology –I** (Code: MAP – 533)

|                        | <b>Topics</b>  |
|------------------------|--|
| <b>July, 2023</b>      |  |
| 4 <sup>th</sup> week   | Meaning, Nature, History and importance of Developmental.        |
| <b>September, 2023</b> |  |
| 1 <sup>st</sup> week   | Common methods to study child behavior.                          |
| 2 <sup>nd</sup> week   | Factors affecting child development : Biological, psychological, |
| 3 <sup>rd</sup> week   | Familial and Sociological factors                                |
| 4 <sup>th</sup> week   | Introduction to Theories of Development                          |
| <b>October, 2023</b>   |  |
| 1 <sup>st</sup> week   | Freud’s psychosexual stages                                      |
| 2 <sup>nd</sup> week   | Erikson’s psychosocial stages of development                     |
| 3 <sup>rd</sup> week   | Piaget’s Cognitive development, Minor 1                          |
| 4 <sup>th</sup> week   | Bandura social learning,   |
| <b>November,2023</b>   |  |
| 1 <sup>st</sup> week   | Development of early leaning, motor skills, Minor 2              |
| 2 <sup>nd</sup> week   | Vygotsky socio cultural development.                             |
| 3 <sup>rd</sup> week   | Perceptual capacities during infancy, Assignment                 |
| 4 <sup>th</sup> week   | Physical growth during Childhood.                                |
| <b>December, 2023</b>  |  |
| 1 <sup>st</sup> week   | Doubts Clearance   |

**Department of Psychology**

**Lesson Plan Session 2023-2024**  
**M.Sc Semester III**

**Psychological Testing and Psychodiagnostics – I (Code : MAP – 514)**

|                        | <b>Topics</b>   |
|------------------------|---|
| <b>July, 2023</b>      |   |
| 4 <sup>th</sup> week   | Psychological Tests: Historical antecedents. Characteristics, types and applications.                   |
| <b>September, 2023</b> |   |
| 1 <sup>st</sup> week   | Sources of biasness in Psychological Testing.   |
| 2 <sup>nd</sup> week   | Ethics of Psychological Testing.  |
| 3 <sup>rd</sup> week   | Construction and Standardization of Psychological Tests   |
| 4 <sup>th</sup> week   | General steps of test construction: Preparation for Item writing, item analysis, reliability, validity. |
| <b>October, 2023</b>   |   |
| 1 <sup>st</sup> week   | Psychometric properties of tests<br>Minor 1   |
| 2 <sup>nd</sup> week   | Validity: meaning, validation procedures, Reliability: Meaning, sources of error, methods of estimate.  |
| 3 <sup>rd</sup> week   | Theory of measurement error: Domain sampling model  |
| 4 <sup>th</sup> week   | Model of parallel tests, Minor 2  |
| <b>November, 2023</b>  |   |
| 1 <sup>st</sup> week   | Personality Tests: Cattell's 16 PF, EPQ-R, Neo-five factors.  |
| 2 <sup>nd</sup> week   | Intelligence Tests: WAIS, Raven's Standard and Colour progressive Matrices, Bhatia battery              |
| 3 <sup>rd</sup> week   | Assignment  |
| 4 <sup>th</sup> week   | Measurement of aptitude, Interest and attitude.   |
| <b>December, 2023</b>  |   |
| 1 <sup>st</sup> week   | Doubts Clearance  |

## Department of Psychology

### **Lesson Plan Session 2023-2024**

#### M.Sc Semester Ist

#### Fundamentals of Psychology – I

|                        | <b>Topics</b>   |
|------------------------|---|
| <b>August, 2023</b>    |   |
| 3 <sup>rd</sup> week   | Biological basis of Behaviour: Evolutionary and genetic foundations.                                  |
| 4 <sup>th</sup> week   | Structure and types of neurons. Neural impulse: Origin, Conduction and Measurement. Neurotransmitters |
| <b>September, 2023</b> |   |
| 1 <sup>st</sup> week   | Nervous System : Central nervous system and Peripheral nervous system – Brain and human behaviour.    |
| 2 <sup>nd</sup> week   | Nervous System : Central nervous system   |
| 3 <sup>rd</sup> week   | Peripheral nervous system – Brain and human behaviour.<br>Minor 1                                     |
| 4 <sup>th</sup> week   | Endocrine system and its behavioural implications.  |
| <b>October, 2022</b>   |   |
| 1 <sup>st</sup> week   | Perception: Nature, Approaches, Determinants of perception.<br>Minor 2                                |
| 2 <sup>nd</sup> week   | Perception of Form and Shape: Contour and Contrast,   |
| 3 <sup>rd</sup> week   | Figure - Ground differentiation.  |
| 4 <sup>th</sup> week   | Perception of space, Movement and Time, Assignment  |
| <b>November, 2023</b>  |   |
| 1 <sup>st</sup> week   | Sleep, dream & Consciousness.<br>.  |
| 2 <sup>nd</sup> week   | Subliminal perception.  |
| 3 <sup>rd</sup> week   | Extrasensory Perception   |
| 4 <sup>th</sup> week   | Doubts clearance  |

**Department of Psychology**

**Lesson Plan Session 2023-2024**

**M.Sc Semester Ist**

Theories and Systems – I

|                        | <b>Topics</b>  |
|------------------------|--|
| <b>August, 2023</b>    |  |
| 3 <sup>rd</sup> week   | Nature, origin and scope of psychology. Various fields of psychology.<br>Ethical issues in psychology. |
| 4 <sup>th</sup> week   | Schools of psychology :<br>Structuralism, Functionalism  |
| <b>September, 2023</b> |  |
| 1 <sup>st</sup> week   | Schools of psychology :<br>Psychoanalysis and Behaviourism   |
| 2 <sup>nd</sup> week   | Gestalt psychology   |
| 3 <sup>rd</sup> week   | Cognitive revolution,<br>Minor 1   |
| 4 <sup>th</sup> week   | Cognitive revolution.  |
| <b>October, 2023</b>   |  |
| 1 <sup>st</sup> week   | Emotions : Nature and Functions  |
| 2 <sup>nd</sup> week   | Theories : James-Lange, Canon-Bard   |
| 3 <sup>rd</sup> week   | Schachter Singer theory, Ekman theory<br>Minor 2   |
| 4 <sup>th</sup> week   | Physiological correlates of emotions, Emotional Intelligence.  |
| <b>November, 2023</b>  |  |
| 1 <sup>st</sup> week   | Motivation : Nature, Theories : Psychoanalytic theory  |
| 2 <sup>nd</sup> week   | Ethological theory, Assignment   |
| 3 <sup>rd</sup> week   | Motivation : cognitive, humanistic and attribution.  |
| 4 <sup>th</sup> week   | Doubts Clearance   |

**Department of Psychology**

**Lesson Plan Session 2022-2023**

## M.Sc Semester Ist

### Social Psychology

|                        | <b>Topics</b>   |
|------------------------|---|
| <b>August, 2023</b>    |   |
| 3 <sup>rd</sup> week   | Social Psychology : Nature.<br>Socialization : Nature, Approaches, Agencies.                        |
| 4 <sup>th</sup> week   | Self : Self Concept   |
| <b>September, 2023</b> |   |
| 1 <sup>st</sup> week   | Self Esteem and Self Efficacy.  |
| 2 <sup>nd</sup> week   | Social Cognition – Nature and Approaches  |
| 3 <sup>rd</sup> week   | Prejudice and Discrimination : Components of Group Antagonism,                                      |
| 4 <sup>th</sup> week   | Origins of Prejudice and Remedies.  |
| <b>October, 2023</b>   |   |
| 1 <sup>st</sup> week   | Attribution – Nature and Theories.  |
| 2 <sup>nd</sup> week   | Attitudes : Nature, Strategies, Assignments   |
| 3 <sup>rd</sup> week   | theories of attitude change, Minor I  |
| 4 <sup>th</sup> week   | Leadership : Theories (trait theories, contingency theories, path goal, exchange theories). Minor 2 |
| <b>November, 2023</b>  |   |
| 1 <sup>st</sup> week   | Prosocial Behaviour and Altruism : Nature, pattern of Behavior                                      |
| 2 <sup>nd</sup> week   | Aggression & Violence : Nature, Factors, theories.  |
| 3 <sup>rd</sup> week   | Reducing Aggression and Violence  |
| 4 <sup>th</sup> week   | Doubts clearance  |

## Department of Psychology

### Lesson Plan Session 2023-2024

## M.Sc Semester Ist



## Research Methods – I

|                        | <b>Topics</b>  |
|------------------------|--|
| <b>August, 2023</b>    |  |
| 3 <sup>rd</sup> week   | Nature of Research in Psychology: criteria of good research<br>Steps of research process, selection and formulation of problem |
| 4 <sup>th</sup> week   | Hypothesis- Selection and Types of hypothesis  |
| <b>September, 2023</b> |  |
| 1 <sup>st</sup> week   | Errors in testing hypothesis: Type I error & Type II error   |
| 2 <sup>nd</sup> week   | Variables- Nature and Types, Controlling   |
| 3 <sup>rd</sup> week   | techniques of extraneous variables   |
| 4 <sup>th</sup> week   | Types of Research :<br>Experimental, Quasi – experimental  |
| <b>October, 2023</b>   |  |
| 1 <sup>st</sup> week   | Types of Research: ex-post facto, field studies, cross-cultural.   |
| 2 <sup>nd</sup> week   | Methods of data collection<br>Observation, Interview and Questionnaire<br>Minor 1  |
| 3 <sup>rd</sup> week   | Scales of measurement : Nominal, Interval, Ratio and Ordinal   |
| 4 <sup>th</sup> week   | Ethical issues in data collection<br>Minor 2   |
| <b>November, 2023</b>  |  |
| 1 <sup>st</sup> week   | Sampling – Principles of sampling  |
| 2 <sup>nd</sup> week   | Probability and Non-probability sampling,<br>Assignment  |
| 3 <sup>rd</sup> week   | Writing a research report  |
| 4 <sup>th</sup> week   | Doubts Clearance   |

**Department of Psychology**  
**Lesson Plan Session 2023-2024**  
**M.Sc Semester Ist**

### Statistics in Psychology

|  | <b>Topics</b> |
|--|---------------|
|--|---------------|

|                        |  |
|------------------------|--|
| <b>August, 2023</b>    |  |
| 3 <sup>rd</sup> week   | NPC : Characteristics and Applications.  |
| 4 <sup>th</sup> week   | Correlation : Meaning and Methods : Rank order,  |
| <b>September, 2023</b> |  |
| 1 <sup>st</sup> week   | product moment and bi-serial correlation   |
| 2 <sup>nd</sup> week   | point bi-serial correlation  |
| 3 <sup>rd</sup> week   | Advance Correlation Methods : Partial Correlation  |
| 4 <sup>th</sup> week   | Multiple regression (Linear-Standard & Stepwise, logistic and probit, involving three variables) and prediction<br>Minor 1 |
| <b>October, 2023</b>   |  |
| 1 <sup>st</sup> week   | Non Parametric Statistics : Nature, Assumptions, Difference with Parametric.   |
| 2 <sup>nd</sup> week   | Chi-square, sign test, Wilcoxon Signed Rank test   |
| 3 <sup>rd</sup> week   | Mann Whitney U Test, Kruskall Wallis one way ANOVA   |
| 4 <sup>th</sup> week   | Friedman two way ANOVA.<br>Minor 2   |
| <b>November, 2023</b>  |  |
| 1 <sup>st</sup> week   | Factor Analysis : General Concepts, Basic Assumptions  |
| 2 <sup>nd</sup> week   | Rotation of factors ; Special problems and issues in factor analysis.<br>Assignment  |
| 3 <sup>rd</sup> week   | Confirmatory factor analysis.  |
| 4 <sup>th</sup> week   | Doubts Clearance   |

## Department of Psychology

### **Lesson Plan Session 2022-2023**

### **Semester-III (Social Psychology)**

| <b>August, 2022</b>    | <b>Topics</b>   |
|------------------------|---|
| 2 <sup>nd</sup> Week   | Introduction: Nature and Subject Matter, Sociometric Method |
| 3 <sup>rd</sup> Week   | Socialization: Nature, Process and Agents of Socialization  |
| 4 <sup>th</sup> Week   | Revision & Class test of unit 1                             |
|                        |   |
| <b>September, 2022</b> |   |
| 1 <sup>st</sup> Week   | Group: Types and Functions                                  |
| 2 <sup>nd</sup> Week   | Social Norms: Characteristics and Formation                 |
| 3 <sup>rd</sup> Week   | Theories: Trait, Situational and Interactional theories     |
| 4 <sup>th</sup> Week   | Revision & Class test of unit 2                             |
|                        |   |
| <b>October, 2022</b>   |   |
| 1 <sup>st</sup> Week   | Attitudes: Characteristics, Development and Attitude Change |
| 2 <sup>nd</sup> Week   | Prejudice: Nature   |
| 3 <sup>rd</sup> Week   | Development and Stereotypes                                 |
| 4 <sup>th</sup> Week   | Revision & Class test of unit 3                             |
|                        |   |
| <b>November, 2022</b>  |   |
| 1 <sup>st</sup> Week   | Prosocial Behavior: Nature, Determinants, Cognitive Model   |
| 2 <sup>nd</sup> Week   | Aggression: Nature, Determinants and Prevention             |
| 3 <sup>rd</sup> Week   | Revision & Class test of unit 4                             |
| 4 <sup>th</sup> week   |   |
|                        |   |
| <b>December, 2022</b>  |   |
| 1 <sup>st</sup> Week   | Revision, doubts clearance                                  |
|                        |   |

**Department of Psychology**

**Lesson Plan Session 2023-2024**

**Semester- I (Introduction to Psychology)**

| <b>July, 2023</b>      | <b>Topics</b>   |
|------------------------|---|
| 4 <sup>th</sup> Week   | Psychology: History, Emergence as Science                   |
| <b>August, 2023</b>    |   |
| 1 <sup>st</sup> Week   | Subject Matter  |
| 2 <sup>nd</sup> Week   | Methods of Psychology: Experimental, Observation and Survey |
| 3 <sup>rd</sup> Week   | Methods of Psychology: Experimental, Observation and Survey |
| 4 <sup>th</sup> Week   | Revision and Test of Unit 1                                 |
| <b>September, 2023</b> |   |
| 1 <sup>st</sup> Week   | Sensory Processes: Visual, Auditory                         |
| 2 <sup>nd</sup> Week   | Structure and Function of Eye and Ear                       |
| 3 <sup>rd</sup> Week   | Perception: Nature, Perception of Form- Figure and Ground   |
| 4 <sup>th</sup> Week   | Perceptual Organization, Depth Perception- Cues             |
| <b>October,2023</b>    |   |
| 1 <sup>st</sup> Week   | Emotion: Nature, Bodily Changes                             |
| 2 <sup>nd</sup> Week   | Theories of Emotion   |
| 3 <sup>rd</sup> Week   | Motivation: Nature, Biological and Psychological Motives    |
| 4 <sup>th</sup> Week   | Revision and Test of Unit 2and 3                            |
| <b>November,2023</b>   |   |
| 1 <sup>st</sup> Week   | Personality: Nature, Determinants of Personality            |
| 2 <sup>nd</sup> Week   | Type and Trait Approach                                     |
| 3 <sup>rd</sup> Week   | Intelligence: Nature and Theories                           |
| 4 <sup>th</sup> Week   | Revision, Doubt clearance, Assignment Presentation          |
| <b>December,2023</b>   |   |
| 1 <sup>st</sup> week   | Revision, doubt clearance                                   |

**Department of Psychology**

**Lesson Plan Session 2022-2023**

**Semester- V (Psychopathology)**

| <b>July,2023</b>      | <b>Topics</b>   |
|-----------------------|---|
| 4 <sup>th</sup> Week  | Concept of Normality and Abnormality                      |
| <b>August, 2023</b>   |   |
| 1 <sup>st</sup> Week  | Models of Psychopathology: Biological,                    |
| 2 <sup>nd</sup> Week  | Psychodynamic Model                                       |
| 3 <sup>rd</sup> Week  | Classification of Psychopathology                         |
| 4 <sup>th</sup> Week  | Need for Classification                                   |
| <b>September,2023</b> |   |
| 1 <sup>st</sup> Week  | DSM System  |
| 2 <sup>nd</sup> Week  | Diagnostic Assessment: Case History and Interview         |
| 3 <sup>rd</sup> Week  | Projective Techniques                                     |
| 4 <sup>th</sup> Week  | Revision of Unit 2 and Assignment Presentation            |
| <b>October,2023</b>   |   |
| 1 <sup>st</sup> Week  | Anxiety Based Disorders: GAD, OCD                         |
| 2 <sup>nd</sup> Week  | Phobic Disorders: Symptoms and Causes                     |
| 3 <sup>rd</sup> Week  | Substance Abuse: Causes, Consequence and Rehabilitation   |
| 4 <sup>th</sup> week  | Revision & Class test of Unit 3                           |
| <b>November, 2023</b> |   |
| 1 <sup>st</sup> Week  | Mood Disorders: Unipolar and Bipolar- Symptoms and Causes |
| 2 <sup>nd</sup> Week  | Schizophrenia: Types and Causes                           |
| 3 <sup>rd</sup> Week  | Revision & Assignment Presentation of Unit 4              |
| 4 <sup>th</sup> week  | Summary of the whole syllabus , Doubt clearance etc.      |
| <b>December,2023</b>  |   |
| 1 <sup>st</sup> week  | Revision, doubt clearance                                 |