

LESSON PLAN ODD SEMESTER

(Session 2025 – 2026)

Name :-Dr.Kanchan Jamir

Department:-Psychology

Sub:- Psychopathology

Class- B.A. Pass Semester- 5th

Month	1st Week	2nd Week	3rd Week	4th Week
July	—	Admissions	UNIT-I Concept of normality and abnormality. Models of Psychopathology: Biological	Models of Psychopathology: Psychodynamic Model
August	Behavioural, and Cognitive Models	UNIT-II Classification of Psychopathology: Need for classification	DSM system. Diagnostic Assessment: Case history	Diagnostic Assessment: Interview, Projective techniques.
September	UNIT-III Anxiety Based Disorders: GAD, OCD	Phobic disorders-Symptom Causes Causes and Treatment	Substance/drug abuse – Causes, Consequences and Rehabilitation.	Substance/drug abuse – Causes, Consequences and Rehabilitation.
October	Revision and unit Test	UNIT-IV Mood disorders: Unipolar - Symptoms and causes.	Diwali Break	Mood disorders: bipolar-Symptoms and causes.
November	Schizophrenia: Nature, types, and causes.	Revision	—	

Teacher Signature

Name :-Dr.Kanchan Jamir

Department:-Psychology

Sub:- Fundamentals of Psychology

Class- B.A. Pass , 1st Semester

Month	1st Week	2nd Week	3rd Week	4th Week
July	—	Admissions	Unit 1: Introduction: - Definition, Historical origins of Psychology	Origins of Psychology, goals and fields of psychology.
August	Methods in Psychology: Experimental, observation,	Interview, Questionnaire and Case Study.	Unit 2: Personality: Nature, Major Approaches-	Trait and Type, Psychodynamic, Behavioural and Humanistic.
September	Trait and Type, Psychodynamic, Behavioural Model	Humanistic approach (unit test).	Unit 3: Motivation: Nature, Biological and Psychosocial Motives,	Frustration and Conflict. Emotion: Nature, Bodily changes.
October	Theories of Emotions. James-Lange, Cannon-Bard and, Schachter–Singer’s	Schachter–Singer’s Theory of Emotions.	Diwali Break	Unit 4: Intelligence: Nature, Theories: Guilford, Gardener and Sternberg.
November	Intelligence: Theories: Guilford, Gardener and Sternberg.	Revision	—	

Teacher Signature

LESSON PLAN ODD SEMESTER

(Session 2025 – 2026)

Department:-Psychology

Name :-Dr.Kanchan Jamir

Sub:- Life Skills Development

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

Month	1st Week	2nd Week	3rd Week	4th Week
July	—	Admissions	Unit 1: Life Skills: Concept, Definition and Categories of Life Skills.	Life Skills: Concept, Definition and Categories of Life Skills.
August	Unit 2: Life Skills for Self- Understanding: Self-esteem.	Self-esteem, Self-efficacy and Self-Regulation.	Unit 3: Life Skills for Interpersonal Management: Effective Communication skills,	Interpersonal Relations skills and Conflict Resolution skills and Assertiveness Training.
September	Interpersonal Relations skills	Conflict Resolution skills and Assertiveness Training.	Unit 4: Life Skills Dealing with Issues and Problems	: Critical Thinking, Creative Thinking
October	: Critical Thinking, Creative Thinking – Activity based learning	Life Skills Dealing with Issues and Problem solving	Diwali Break	Methods of Problem solving
November	Revision	Revision	—	

Teacher Signature

LESSON PLAN ODD SEMESTER**(Session 2025 – 2026)****Name :-Dr.Kanchan Jamir****Department:-Psychology****Sub:- Cognitive Processes****Class- B.A. Pass Semester- 3rd**

Month	1st Week	2nd Week	3rd Week	4th Week
July	—	Admissions	Unit 1: Attention: Attentional Processes, Selective and Divided Attention.	Perception: Gestalt's Laws of organization, Perception of Depth.
August	Perception: Gestalt's Laws of organization, Perception of Depth.	Unit 2: Learning: Classical Conditioning: Basic Procedure, Extinction, Spontaneous Recovery,	Generalization and Discrimination. Operant conditioning.	Reinforcement and reinforcement schedules. Punishment.
September	Unit 3: Memory: Nature and Types: Sensory, Short and Long Term Memory.	Short and Long Term Memory.	Forgetting: Decay and Interference: Retroactive and proactive.	Unit 4: Thinking: Characteristics and Types; Reasoning: Inductive and deductive reasoning.
October	Inductive and deductive reasoning.	Problem-Solving: Classifications of Problems, Problem-Solving Strategies,	Diwali Break	Problem-Solving Obstacles: Problem-Solving Set and Functional Fixedness.
November	Problem-Solving Set and Functional Fixedness.	Revision	—	

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