

Lesson Plan

Name of College: Govt. P.G. Nehru College, Jhajjar, Haryana

Session: 2026-27

Name of Faculty Member : Dr. Aditi Kadian

Subject: Psychology

Paper: Theoretical Perspectives of Psychology I (24PSY201DS01)

Semester: I

Sr. No	Month	Topic
1	August	Need for study of history in psychology; Problems in Historiography; Philosophical issues: Mind-body problem. Free Will vs. Determinism. Formal founding of psychology: Weber, Fechner, Wundt Contributions of Titchener.
2	September	Functionalism: Antecedents, Pioneers, Methodology and tenets. Behaviorism: Antecedent influences- Thorndike, Pavlov; Contributions of Watson.
3	October	Gestalt Psychology: Pioneers- Wertheimer, Kohler, Koffka

		Field Theory: Lewin Psychoanalysis: Antecedent influences, Freud.
4	November	Analytic Psychology: Jung; Individual Psychology: Adler Neo- Freudians: Anna Freud, Fromm, Horney.

Aditi

Signature of Class Teacher

Padma

HOD

Lesson Plan

Name of College: Govt. P.G. Nehru College, Jhajjar, Haryana

Session: 2026-27

Name of Faculty Member : Pardeep Yadav & Dr. Aditi Kadian (Shared)

Subject: Psychology

Paper: Experimental Psychology(24PSY201DS02)

Semester: I

Sr. No	Month	Topic
1	August	Psychophysics: Estimating Sensory Threshold: Classical Methods- method of limits, the method of constant stimuli and the method of adjustment. Signal Detection Theory: Assumptions, Procedures.
2	September	Subliminal Perception: Nature and Empirical Evidence. Perceptual Processes: Perception of Size and Movement: Depth Cues, Size Constancy and Illusions; Perception of Real movement, Types of Apparent Movement.
3	October	Classical Conditioning: Basic procedure, Higher-order conditioning, Measurement of Conditioned Response; Variables affecting Classical Conditioning; Applications: Fear, Prejudice, Advertising, Taste Aversion, Immune function, Drug overdose deaths, Systematic Desensitization.

4	November	Instrumental and Operant Conditioning: Reinforcement, Kinds of reinforcers, Schedules of Reinforcement; Variables affecting Reinforcement, Punishment, Variables affecting punishment, Problems with punishment, Applications: Self-Injurious Behavior, Self-control, Shaping, and Superstitious Behaviour.



Signature of Class Teacher




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Name of College: Govt. P.G. Nehru College, Jhajjar, Haryana

Session: 2026-27

Name of Faculty Member : Pardeep Yadav

Subject: Psychology

Paper: Advanced Social Psychology(24PSY201DS03)

Semester : I

Sr. No	Month	Topic
1	August	Introduction Social Psychology: Social Psychology: Nature, Origins and Development; Theories of Social Psychology: Social Learning theory and Social Exchange theory. New frontiers in social psychological Research, Ethical issues in Psychological Research.
2	September	Self-Knowledge: Independent and interdependent view of self; Knowing ourself through Introspection: Causal theory, Self Perception theory. Attribution: Theories and Attribution Biases; Social perception: Forming and Managing Impression.

3	October	Social Cognition: Social Schema & its impact; Heuristics. Prototypes and Social Representation. Attitude: Nature, Functions, Formation and Attitude Change: Persuasive Communication, Cognitive Dissonance: Techniques of resisting Persuasive messages.
4	November	Social Problems: Crime and Violence: Crime and Unemployment, Explanations of Crime and Violence. Violence and Crime. Family Disorganization: Family Violence: Child Abuse. Battered Women, Battered Men, Abuse of the Elderly. Divorce: Factors and Consequences, Effect on children.

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Lesson Plan

Name of College: Govt. P.G. Nehru College, Jhajjar, Haryana

Session:2026-27

Name of Faculty Member : Dr. Aditi Kadian

Subject: Psychology

Paper: Research Methods, Designs &

Statistics(24PSY201DS04)

Semester : I

Sr. No	Month	Topic
1	August	Research: Meaning and Types; Research Problem; Hypotheses and Variables. Descriptive Statistics: Measures of Central Tendency and Variability.
2	September	Sampling: Probability and Non- Probability Sampling Methods. Normal Probability Curve (NPC) – Applications (Area under NPC) and Deviation (Skewness and Kurtosis).
3	October	Experimental and Non-Experimental Methods of Psychological Research: Experimental; Observation; Interview, Case Study and Self Report Methods. Correlation Statistics: Product Moment; Rank Order; Biserical;

		Tetrachoric and Kendall Concordance.
4	November	Research Designs: Between subjects; Within Groups and Quasi Experimental Design Inferential Statistics: t-test (Independent and Dependent Means); ANOVA (One way & two way for Separate Groups); Mann-Whitney U-test; Wilcoxon Matched Paired Test and Kruskal Wallis H-Test.


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Lesson Plan

Name of College: Govt. P.G. Nehru College, Jhajjar, Haryana

Session:2026-27

Name of Faculty Member: Pardeep Yadav

Subject: Psychology

Paper: Positive Psychology(24PSY201SE01)

Semester: I

Sr. No	Month	Topic
1	August	Positive Psychology: Historical Development of Positive Psychology, Concept of wellbeing, Classification of Human Virtues and Measuring Strengths of Character. Administration: PERMA, VIA.
2	September	Cognitive States and Processes: Wisdom, Self-efficacy, Hope, Giftedness, Creativity. Administration: Self-efficacy, Creativity.
3	October	Emotional Intelligence: Nature, Models – Salovey and Mayer, Bar-on and Goleman, Enhancing emotional intelligence, Emotional competence, Emotional creativity and Emotional storytelling. Administration: EQ, Case Study – Emotional storytelling after a

		traumatic.
4	November	Positive Change – Stages of change, Change processes, Psychotherapeutic relationship, Effectiveness of psychological therapies, Therapies that work for adults and children. Administration: Strategies for consciousness raising, Strategies for countering negative beliefs.

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