

Lesson Plan

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

Session: 2026-27

Name of Faculty Member : Pardeep Yadav

Subject: Psychology

Paper: Psychology Of Environmental & Sustainable Behaviour
(25PSY203DS01)

Semester: III

Sr. No	Month	Topic
1	August	Environmental Psychology: Nature and Research methods Environmental Perception and Cognition: Nature, Factors influencing environmental perception and environmental cognition.
2	September	Environmental Attitudes: Components, environmental concerns, Factors affecting environmental concerns, Ways to increase environmental concerns. Environmental appraisals and evaluation: Nature, Factors influencing environmental appraisal and evaluation. Personality, Emotion and Environment: Environmental personality- dimensions and construct, Place attachment

		components and types.
3	October	Pro-environmental Behaviour: Nature, Factors influencing PEB, Models of environmental and PEB (Altruistic behaviour model- Norm-Activation model, Theory of Reasoned Action, Theory of Planned Behaviour, Value-belief-norm model, Hirose's two-phase model, Kollmuss and Agyeman model of PEB), Strategies to promote PEB.
4	November	Sustainable Behaviour: Nature, Antecedents, Steps to foster sustainable behaviour- selecting behaviour, identifying barriers and benefits, developing strategy (commitment, prompts, norms, social diffusion, product, promotion, communication, incentives, convenience), conducting a pilot study, and evaluating, Attributes of a good sustainability campaign, Tips to increase sustainable behaviour.

Signature of Class Teacher

HOD

Lesson Plan

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

Session: 2026-27

Name of Faculty Professor: Dr. Aditi Kadyan

Subject: Psychology

Paper: Biosychology(25PSY203DS02)

Semester : III

Sr. No	Month	Topic
1	August	Nature of Biopsychology: Meaning and approach; Major divisions of Biopsychology; Methods of study and research. Cells of Nervous system: Neuron: Structure and Types; Conduction of Nerve Impulse; Synapse; Synaptic transmission: Process and stages.
2	September	Nervous System: Central Nervous System: Structure and Function of Brain and Spinal cord. Peripheral Nervous System: Somatic Nervous System: Cranial and Spinal nerves. Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System.

3	October	Behavioural Genetics: Mendelian Genetics, Chromosomes, Sex-linked and Sex-limited genes. Biological Basis of Cognition and Learning: Lashley's search for engrams, Lateralization and Handedness.
4	November	Biological Basis of Ingestive Behaviour: Hunger and Thirst Biological Basis of Sleep: Stages and Types of Sleep; Physiological mechanism of Sleep; Disorders of Sleep.

Aditi

Signature of Class Teacher

P. Aditi

HOD

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: Cognitive Psychology (25PSY203DS03)

Semester: III

Sr. No	Month	Topic
1	August	Attention: Filter (Broadbent and Treisman) and Resource (Kahneman) theories, Factors affecting Division of Attention. Memory: Tasks Used for Measuring Memory, Models- Modal model, Levels of Processing. Memory processes: Encoding (memory codes & attributes), transfer of information from STM & LTM, retrieval of information, Factors determining retrieval.
2	September	Working Memory: Working Memory model (Baddeley), Semantic vs Episodic Memory, Hierarchical semantic network model; Prospective Memory: Types and Common Failures;

		Reconstructive nature of memory: Autobiographical memory, Flashbulb memories and Eyewitness memory. Forgetting: Interference Theory, Decay Theory, Cue-dependent theory, Motivated forgetting. Improving Memory: Mnemonics, Preparing for examination, mind maps.
3	October	Decision Making: Phases of Decision Making, Cognitive illusions in decision making, Utility and Descriptive models of Decision Making. Problem Solving: Strategies of Problem Solving; Blocks in Problem Solving; Finding Creative Solutions.
4	November	Language: Structure of language: Phonology, Syntax, Semantic and Pragmatics. Speech Production: Theories: Garrett and Dell; Speech Errors. Individual Differences in Cognition: Individual Differences in Cognitive Abilities and Style; Gender Differences in Cognition; Empirical evidences of Cross-Cultural Differences in Cognition; Effect of Schooling and Literacy.

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Nalini

Signature of Class Teacher

P. K. S.

HOD

Lesson Plan

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

Session: 2026-27

Name of Faculty Member : Pardeep Yadav

Subject: Psychology

Paper: Industrial Psychology (25PSY203DS07)

Semester : III

Sr. No	Month	Topic
1	August	Introduction to Industrial Psychology: History, Scope and Problems. Approaches of Industrial Psychology: Scientific Management and Human Relational.
2	September	Work Environment: Physical Working Conditions- Noise, Illumination, Atmospheric Conditions and Music. Psychological Conditions: Organisational Climate, Work Roles, Interpersonal Relationships and Task Design.
3	October	Motivation: Concept and Importance; Theories of Motivation: Maslow, McGregor and Vroom.

		Job Satisfaction: Factors- Individual and Organisational, Effects of Job Satisfaction.
4	November	Performance Appraisal: Objectives, Approaches and Techniques. Training and Development: Training Process, Benefits, Techniques of Training- On the job, off the Job.

Signature of Class Teacher

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Lesson Plan

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

Session: 2026-27

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

Subject: Psychology

Paper: Coaching & Mentoring(25PSY203SE01)

Semester : III

Sr. No	Month	Topic
1	August	Meaning of Coaching & Mentoring; Integrating Positive Psychology in coaching, Indian concepts in coaching. Approaches and Perspectives: Approaches to coaching: Sports coaching, life coaching, Executive Coaching, Cognitive Behavioural Coaching; Approaches to Mentoring: Models of mentoring.
2	September	Coaching Process: Stages, Principles of coaching, Models of coaching. Coaching Skills: Questions, Listening, Presence and Intuition, Trust and Openness.

3	October	Supervision: Developing Coaches and Mentors: Key issues, Supervision: Models, Implications for supervision. Competencies, Standards and Professionalization Competencies: Arguments for a competency basis, Standards: Arguments for a standard approach, Professionalization: Arguments for professionalization.
4	November	Team Coaching: Groups and Team, Team Performance, Team Coaching, Coaching issues and factors, Useful Ideas in team coaching. Motivation and Coaching: Achieving emotional commitment for change, Words that motivate, Power of beliefs, Enhancing Motivation.



Signature of Class Teacher




HOD