**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Odd Semester (For Undergraduate Classes - First Year)**

**Session (2023-2024)**

**Class: B.A 1**  **Name of the Teacher:Mrs Amandeep Kaur**

**Subject: Psychology Period :5th**

**Paper : Room No : 316**

|  |  |  |
| --- | --- | --- |
| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | UNIT 1 :Nature of Psychology |
| Week 2 | 24-07-2023 to 28-07-2023 | Goals and Branches |
| Week 3 | 31-07-2023 to 05-08-2023 | Historical evolution of Psychology |
| Week 4 | 07-08-2023 to 12-08-2023 | Development of Psychology in India |
| Week 5 | 14-08-2023 to 19-08-2023 | UNIT III : Methods of Psychology : Brief orientation |
| Week 6 | 21-08-2023 to 26-08-2023 | Experimental method |
| Week 7 | 28-08-2023 to 02-09-2023 | Observation and Sampling method |
| Week 8 | 04-09-2023 to 09-09-2023 | Survey Method |
| Week 9 | 11-09-2023 to 16-09-2023 | Revision |
| Week 10 | 18-09-2023 to 23-09-2023 | UNIT II : Definition and concept of emotions |
| Week 11 | 25-09-2023 to 30-09-2023 | Types of Emotions |
| Week 12 | 03-10-2023 to 07-10-2023 | Theories of Emotions: James Lange and Cannon Bard |
| Week 13 | 09-10-2023 to 14-10-2023 | Schacter Singer theory of emotion and Emotional Intelligence |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | UNIT-IV Definition, Nature and Concept of Motivation |
| Week 16 | 31-10-2023 to 04-11-2023 | Types of motives |
| Week 17 | 06-11-2023 to 11-11-2023 | Theories of Motivation: Humanistic and Need Theories. |
| Week 18 | 14-11-2023 to 18-11-2023 | Revision. |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Odd Semester**

**Session (2023-2024)**

**Class: B.A 1**I **Name of the Teacher :Dr. Rumeena Surjit Singh**

**Subject: Psychology Period :7th**

**Paper : Room No : 313**

|  |  |  |
| --- | --- | --- |
| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Unit 1: Introduction to the Nervous System |
| Week 2 | 24-07-2023 to 28-07-2023 | Structure and functioning of Neuron |
| Week 3 | 31-07-2023 to 05-08-2023 | Divisions of Nervous system |
| Week 4 | 07-08-2023 to 12-08-2023 | Structure and functioning of Brain |
| Week 5 | 14-08-2023 to 19-08-2023 | Unit 2 : Concept and types of Sensation |
| Week 6 | 21-08-2023 to 26-08-2023 | Structure and functioning of Eye |
| Week 7 | 28-08-2023 to 02-09-2023 | Theories of Vision |
| Week 8 | 04-09-2023 to 09-09-2023 | Structure and functioning of Ear |
| Week 9 | 11-09-2023 to 16-09-2023 | Theories of Hearing |
| Week 10 | 18-09-2023 to 23-09-2023 | Revision, MCQ Test |
| Week 11 | 25-09-2023 to 30-09-2023 | Unit 3: Concept of Psychophysics, Thresholds |
| Week 12 | 03-10-2023 to 07-10-2023 | Method of Limits |
| Week 13 | 09-10-2023 to 14-10-2023 | Method of Constant Stimuli |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Method of Average Error |
| Week 16 | 31-10-2023 to 04-11-2023 | MCQ Test |
| Week 17 | 06-11-2023 to 11-11-2023 | Unit 4: Concept of Learning, Classical Conditioning |
| Week 18 | 14-11-2023 to 18-11-2023 | Instrumental Conditioning, Observational Learning |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Odd Semester**

**Session (2023-2024)**

**Class: B.A 1II**  **Name of the Teacher: Dr.Rumeena Surjit Singh**

**Subject: Psychology Period :1st**

**Paper : Room No : 313**

|  |  |  |
| --- | --- | --- |
| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Unit 1: Introduction to the concept of Abnormality |
| Week 2 | 24-07-2023 to 28-07-2023 | Historical viewpoint of Abnormality |
| Week 3 | 31-07-2023 to 05-08-2023 | Psychodynamic viewpoint of Abnormality |
| Week 4 | 07-08-2023 to 12-08-2023 | Behavioral viewpoint of abnormality |
| Week 5 | 14-08-2023 to 19-08-2023 | Cognitive Behavioral viewpoint of Abnormality |
| Week 6 | 21-08-2023 to 26-08-2023 | Humanistic, and Interpersonal viewpoint of Abnormality |
| Week 7 | 28-08-2023 to 02-09-2023 | Revision |
| Week 8 | 04-09-2023 to 09-09-2023 | Unit 2-Causes of Abnormal Behavior, Biological causes |
| Week 9 | 11-09-2023 to 16-09-2023 | Psychological causes |
| Week 10 | 18-09-2023 to 23-09-2023 | Socio-cultural causes |
| Week 11 | 25-09-2023 to 30-09-2023 | Unit-3. Concept of Stress |
| Week 12 | 03-10-2023 to 07-10-2023 | Types of stressors |
| Week 13 | 09-10-2023 to 14-10-2023 | Etiology of stress, coping strategies- Problem focused and Emotion focused |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Effects of Stress |
| Week 16 | 31-10-2023 to 04-11-2023 | Unit 4- Significance of Statistics: Mean, Standard Deviation |
| Week 17 | 06-11-2023 to 11-11-2023 | Correlation, Revision |
| Week 18 | 14-11-2023 to 18-11-2023 | Significance of Difference Between Means (Correlated and Uncorrelated), Revision of Chapter. |