

# GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- January to May 2025

Name - Mr. Upender Prasad

Department - Psychology

Class - B.A. & BPES

Subject - Human Values & Ethics (VAC)

Semester- 2<sup>nd</sup>

Subject Code - 24UN-PSY-VAC101

Week-1	UNIT-1
02.01.2025	Need content and process for value education
Week-2	
09.01.2025	Indian concept of time and space, Classification of value education
Week-3	
16.01.2025	Understanding personal values, Social values, Moral values, Spiritual values
Week-4	
23.01.2025	Understanding harmony with self society and nature
Week-5	UNIT-IV
30.01.2025	Significance of human values in life, Relation between values and ethics
Week-6	
06.02.2025	Relevance of human values, Empathy, Integrity
Week-7	
13.02.2025	Theory of Naya, Dentology. Virtue, Ethics and Utilitarianism
Week-8	
20.02.2025	UNIT TEST
Week-9	UNIT-III
27.02.2025	Self identity and personality
Week-10	
06.03.2025	Integrated personality, Happiness
Week-12	
20.03.2025	Antahkaran in Yoga and Panchkosh in Upnishad
Week-13	
27.03.2025	Approaching comprehensive understanding of well being
Week-14	UNIT-IV
03.04.2025	Nature and characteristics of professional ethics
Week-15	
10.04.2025	Scope of professional ethics
Week-16	
17.04.2025	Types of professional ethics
Week-17	
24.04.2025	UNIT TEST

# GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- January to May 2025

Name - Mr. Upender Prasad

Department - Psychology

Class - B.A.

Subject - Social Psychology

Semester- 2<sup>nd</sup>

Subject Code - 24-UN-PSY-201

Week-1	UNIT-1
02.01.2025	Introduction of Social Psychology
Week-2	
06.01.2025	Meaning, History of Social Psychology
07.01.2025	Scope of Social Psychology
09.01.2025	Relationship of Social Psychology with Anthropology
11.01.2025	Relationship of Social Psychology with Sociology.
Week-3	
13.01.2025	Determinants of Social Behaviour.
16.01.2025	Determinants of Social Behaviour.
Week-4	
20.01.2025	Method: Observation
21.01.2025	Sociometry
23.01.2025	Survey.
25.01.2025	UNIT TEST
Week-5	UNIT-II
27.01.2025	Nature of Socialization
28.01.2025	Agencies of Socialization
30.01.2025	Factors Affecting Socialization.
Week-6	

03.02.2025	Concept of Person perception
04.02.2025	Nature of Person perception
06.02.2025	Determinants of Person perception
08.02.2025	Determinants of Person perception
<b>Week-7</b>	
10.02.2025	Attitude: Nature
11.02.2025	Formation of Attitude
13.02.2025	Change of Attitude
<b>Week-8</b>	
17.02.2025	Change of Attitude
18.02.2025	Resistance to Change of Attitude
20.02.2025	Resistance to Change of Attitude
22.02.2025	UNIT TEST
<b>Week-9</b>	<b>UNIT-III</b>
24.02.2025	Concept of Interpersonal Attraction
25.02.2025	Concept of Interpersonal Attraction
27.02.2025	Nature of Interpersonal Attraction
<b>Week-10</b>	
03.03.2025	Nature of Interpersonal Attraction
04.03.2025	Determinants of Interpersonal Attraction
06.03.2025	Determinants of Interpersonal Attraction
08.03.2025	Determinants of Interpersonal Attraction
<b>Week-11</b>	
10.03.2025	Pro-social behaviour: Meaning
11.03.2025	Stages of Pro-social behaviour
<b>Week-12</b>	
17.03.2025	Determinants of Pro-social behaviour
18.03.2025	Aggression: Nature
20.03.2025	Causes and Control.
22.03.2025	UNIT TEST
<b>Week-13</b>	<b>UNIT-IV</b>
24.03.2025	Group Behaviour: Meaning
25.03.2025	Group Behaviour: Meaning
27.03.2025	Formation of Group
29.03.2025	Formation of Group
<b>Week-14</b>	
31.03.2025	Types of Group
01.04.2025	Types of Group
03.04.2025	Functions of Group
<b>Week-15</b>	
07.04.2025	Meaning of Leadership
08.04.2025	Nature of Leadership
10.04.2025	Types of Leadership
12.04.2025	Characteristics of Leadership
<b>Week-16</b>	
14.04.2025	Collective Behaviour: Crowd and Mob.
15.04.2025	Collective Behaviour: Crowd and Mob.
17.04.2025	UNIT TEST
<b>Week-17</b>	
21.04.2025	Revision
22.04.2025	Revision
24.04.2025	Revision

## GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- January to May 2025

Name - Mr. Upender Prasad

Department - Psychology

Class - B.Sc. (Med., NM & CS)

Subject - Personality Development

Semester- 4th

Subject Code - 22-PSY-101

<b>Week-1</b>	<b>UNIT-1</b>
02.01.2025	Introduction to Personality Development.
<b>Week-2</b>	
09.01.2025	The concept of personality Dimensions of personality
11.01.2025	Theories of Freud & Erickson
<b>Week-3</b>	
16.01.2025	Significance of personality development.
<b>Week-4</b>	
23.01.2025	success and failure What is success?

25.01.2025	Hurdles in achieving success Overcoming hurdles -
<b>Week-5</b>	
	<b>UNIT-II</b>
30.01.2025	Attitude Concept Significance
<b>Week-6</b>	
06.02.2025	Factors affecting attitudes
08.02.2025	Positive attitude Advantages
<b>Week-7</b>	
13.02.2025	Negative attitude- Disadvantages, Ways to develop positive attitude
<b>Week-8</b>	
20.02.2025	Differences between personalities having positive and negative attitude
22.02.2025	Unit Test
<b>Week-9</b>	<b>UNIT-III</b>
27.02.2025	Concept of motivation, Internal and external motives, Importance of self- motivation
<b>Week-10</b>	
06.03.2025	Self-esteem:Concept of self-esteem
08.03.2025	Advantages Do's and Don'ts to develop positive self-esteem
<b>Week-12</b>	
20.03.2025	Low selfesteem Symptoms Personality having low self esteem
22.03.2025	Positive and negative self esteem, Interpersonal Relationships
<b>Week-13</b>	
	<b>UNIT-IV</b>
27.03.2025	Defining the difference between aggressive, submissive and assertive behaviours
29.03.2025	Lateral thinking, Aspects of Personality Development
<b>Week-14</b>	
03.04.2025	Body language, Problem-solving
<b>Week-15</b>	
10.04.2025	Conflict and Stress Management, Decision-making skills
12.04.2025	Leadership and qualities of a successful leader
<b>Week-16</b>	
17.04.2025	Character building -Team-work, Time management Work ethics -Good manners and etiquette.
<b>Week-17</b>	
24.04.2025	Unit Test

## GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- January to May 2025

Name - Mr. Upender Prasad

Department - Psychology

Class - B.A.

Subject - Stat. Method & Psy. Research

Semester- 4th

Subject Code - 20-UPSY-401

<b>Week-1</b>	<b>UNIT-1</b>
02.01.2025	Introduction of Subject
03.01.2025	Introduction of Subject
<b>Week-2</b>	
06.01.2025	Scales of Measurement
07.01.2025	Scales of Measurement
08.01.2025	Nominal Scale
09.01.2025	Ordinal Scale
10.01.2025	Interval Scale
<b>Week-3</b>	
13.01.2025	Ratio Scale
15.01.2025	Frequency Distribution
16.01.2025	Frequency Distribution
17.01.2025	Frequency Distribution
<b>Week-4</b>	
20.01.2025	Graphical Representation of Data
21.01.2025	Graphical Representation of Data
22.01.2025	Graphical Representation of Data
23.01.2025	Graphical Representation of Data
24.01.2025	Graphical Representation of Data
<b>Week-5</b>	
27.01.2025	Graphical Representation of Data
28.01.2025	Graphical Representation of Data
29.01.2025	UNIT TEST
	<b>UNIT-II</b>
30.01.2025	Data analysis
31.01.2025	Properties and Computation.
<b>Week-6</b>	

03.02.2025	Measures of Central Tendency
04.02.2025	Mean,
05.02.2025	Mean,
06.02.2025	Mean,
07.02.2025	Median,
<b>Week-7</b>	
10.02.2025	Median,
11.02.2025	Median,
12.02.2025	Mode
13.02.2025	Mode
14.02.2025	Class Test
<b>Week-8</b>	
17.02.2025	Standard Deviation
18.02.2025	Standard Deviation
19.02.2025	Correlation: Pearson Method
20.02.2025	Correlation: Pearson Method
21.02.2025	UNIT TEST
<b>Week-9</b>	<b>UNIT-III</b>
24.02.2025	Psychological Testing
25.02.2025	Psychological Testing
27.02.2025	Psychological Testing
28.02.2025	Psychological Testing
<b>Week-10</b>	
03.03.2025	Characteristics of test
04.03.2025	Characteristics of test
05.03.2025	Types of test
06.03.2025	Types of test
07.03.2025	Types of test
<b>Week-11</b>	
10.03.2025	Reliability
11.03.2025	Reliability
12.03.2025	Reliability
<b>Week-12</b>	
17.03.2025	Validity
18.03.2025	Validity
19.03.2025	Validity
20.03.2025	Properties of Normal Probability Curve (NPC).
21.03.2025	Properties of Normal Probability Curve (NPC).
<b>Week-13</b>	
24.03.2025	Properties of Normal Probability Curve (NPC).
25.03.2025	UNIT TEST
	<b>UNIT-IV</b>
26.03.2025	Norms.
27.03.2025	Norms.
28.03.2025	Norms.
<b>Week-14</b>	
31.03.2025	Standardization
01.04.2025	Standardization
02.04.2025	Standardization
03.04.2025	Types of Testing
04.04.2025	Types of Testing
<b>Week-15</b>	
07.04.2025	Qualitative Methods: Interview
08.04.2025	Qualitative Methods: Interview
09.04.2025	Observation
10.04.2025	Observation
11.04.2025	Case Study
<b>Week-16</b>	
14.04.2025	Case Study
15.04.2025	Test
16.04.2025	Revision
17.04.2025	Revision
18.04.2025	Revision
<b>Week-17</b>	
21.04.2025	Revision
22.04.2025	Revision
23.04.2025	Revision
24.04.2025	Revision
25.04.2025	Revision

# GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

## Lesson Plan- January to May 2025

Name - Mr. Upender Prasad

Department - Psychology

Class - B.A.

Subject - Counselling Psychology

Semester- 6th

Subject Code - 20-UPSY-601

Week-1	UNIT-1
03.01.2025	Introduction of Counselling
Week-2	
06.01.2025	Meaning of Counselling
07.01.2025	Goals of Counselling
08.01.2025	Goals of Counselling
10.01.2025	Counselling process
11.01.2025	Counselling process
Week-3	
13.01.2025	Counsellor and client relationship
14.01.2025	Counsellor and client relationship
15.01.2025	Counsellor and client relationship
17.01.2025	Counsellor Effectiveness
Week-4	
20.01.2025	Counsellor Effectiveness
21.01.2025	Counsellor Effectiveness
22.01.2025	Counselling in the Indian context
24.01.2025	Counselling in the Indian context
25.01.2025	Counselling in the Indian context
Week-5	
27.01.2025	Counselling in the Indian context
28.01.2025	Counselling in the Indian context
29.01.2025	Revision
31.01.2025	UNIT TEST
Week-6	UNIT-II
03.02.2025	Overview of approaches to counselling
04.02.2025	Overview of approaches to counselling
05.02.2025	Overview of approaches to counselling
07.02.2025	Psychodynamic Approach
08.02.2025	Psychodynamic Approach
Week-7	
10.02.2025	Psychodynamic Approach
11.02.2025	Behavioural Approach
12.02.2025	Behavioural Approach
14.02.2025	Person-Centered Approach
Week-8	
17.02.2025	Person-Centered Approach
18.02.2025	Cognitive-behavioural Approach
19.02.2025	Cognitive-behavioural Approach
21.02.2025	Cognitive-behavioural Approach
22.02.2025	UNIT TEST
Week-9	UNIT-III
24.02.2025	Techniques of Counselling
25.02.2025	Techniques of Counselling
26.02.2025	Play Therapy
28.02.2025	Play Therapy
Week-10	
03.03.2025	Art Therapy
04.03.2025	Art Therapy
05.03.2025	Drama Therapy
07.03.2025	Drama Therapy
08.03.2025	Music Therapy
Week-11	
10.03.2025	Music Therapy
11.03.2025	Dance Therapy
12.03.2025	Dance Therapy
Week-12	
17.03.2025	Yoga and Meditation Therapy
18.03.2025	Yoga and Meditation Therapy
19.03.2025	Yoga and Meditation Therapy
21.03.2025	Revision
22.03.2025	UNIT TEST

<b>Week-13</b>	<b>UNIT-IV</b>
24.03.2025	Applications of Counselling
25.03.2025	Applications of Counselling
26.03.2025	Family Counselling
28.03.2025	Family Counselling
29.03.2025	Family Counselling
<b>Week-14</b>	
31.03.2025	School and Career Counselling
01.04.2025	School and Career Counselling
02.04.2025	School and Career Counselling
04.04.2025	School and Career Counselling
<b>Week-15</b>	
07.04.2025	Personal Counselling.
08.04.2025	Personal Counselling.
09.04.2025	Personal Counselling.
11.04.2025	Personal Counselling.
12.04.2025	UNIT TEST
<b>Week-16</b>	
14.04.2025	Revision
15.04.2025	Revision
16.04.2025	Revision
18.04.2025	Revision
<b>Week-17</b>	
21.04.2025	Revision
22.04.2025	Revision
23.04.2025	Revision
25.04.2025	Revision