

GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

LESSON PLAN FOR THE SESSION 2025-26

Class - B.A. 2nd Sem.

Subject- Social Psychology (Major)

Paper Code- 24PSYS401DS02

Month	Unit	Topics (Theory)	Topics (Practical)
January	Unit-1	Introduction: Nature and Subject-matter; Methods: Sociometry and Case study. Socialization: Nature, Process and Agents of Socialization.	1. Sociometry.
February	Unit-2	Social Influence: Meaning and Nature of Compliance, Conformity and Obedience. Prejudice: Nature, Development and Stereotypes.	2. Social Conformity
March	Unit-3	Social Processes: Meaning of Cooperation and Conflict, Conflict Resolution Techniques. Social Perception: Impression Formation, Attribution Theory: Heider.	3. Aggression / Anger Expression 4. Altruism Scale
April	Unit-4	Aggression: Nature, Determinants and Prevention. Pro-Social Behaviour: Nature, Determinants of Pro-Social Behaviour, Empathy-Altruism Hypothesis, Negative State Relief Hypothesis.	5. Prejudice / Stereotypes
May	Revision	Unit-tests, Assignments and presentations	

Mrs. Pooja, Asst. Prof. of Psychology.

Date: 15/11/2025

GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

LESSON PLAN FOR THE SESSION 2025-26

Class- B.A. 4th Sem.

Subject- Basics of Psychological Assessment and Testing (Major)

Paper Code- 25PSYM404DS01

Month	Unit	Topics (Theory)	Topics (Practical)
January	Unit-1	Psychological Measurement: Meaning, Difference between Psychological and Physical Measurement, Levels of Measurement. Test Construction: Steps in the process of test construction: Item Construction/ Writing and Item Analysis – Nature, Item difficulty and Item discrimination.	1. Test-Retest Reliability
February	Unit-2	Reliability: Meaning and Types reliability. Validity: Meaning and Types of Validity. Norms: Meaning and Types- Age, Grade and Percentiles.	2. Test of Anxiety
March	Unit-3	Psychological Testing: Nature, Types, Uses of Psychological Tests and Ethical Issues in Psychological Testing. Intellectual, Aptitude and Achievement Assessment: Wechsler Scales-WAIS, Raven's progressive matrices, Differential Aptitude Test, Iowa Tests of Basic Skills, and Metropolitan Achievement Test.	3. DAT 4. EPQ
April	Unit-4	Personality Testing: Self-Report Inventories- EPQ, 16 PF, California Psychological Inventory; Projective Techniques- Inkblot –Rorschach Inkblot Test, Pictorial -IAT. Measuring Interests: Strong Interest Inventory and Kuder Occupational Interest Survey.	5. Vocational Interest Survey
May	Revision	Unit-tests, Assignments and presentations	

Mrs. Pooja, Asst. Prof. of Psychology.

Date: 15/11/2025

GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

LESSON PLAN FOR THE SESSION 2025-26

Class- B.A. 6th Sem.

Subject- Applied Psychology

Paper Code- PY06

Month	Unit	Topics (Theory)	Topics (Practical)
January	Unit-1	Applies Psychology: Meaning, History, Fields, and Careers in Psychology. Organizational Psychology: Nature, Scope, Objectives, and Development.	1. Stress Scale
February	Unit-2	Guidance: Principles, Types of Guidance, Organization of Guidance Programme. Counselling: Need, Principles, Special Areas, and types of Counselling.	2. Counselling Need Inventory 3. Interest Inventory
March	Unit-3	Health Psychology: Meaning, Scope and Objectives, concept of Health and Illness. Psychological Factors in Physical Illness, Life Style and Health, Stress and Coping.	4. Jon Satisfaction 5. Life Style Scale
April	Unit-4	Forensic Psychology: Psychology and Law, Eyewitness Memory; Accuracy and Improvement. Statistics: Correlation- Maniing, Rank difference, and Product moment method.	6. Adjustment inventory/ Healthiness Scale
May	Revision	Unit-tests, Assignments and presentations	

Mrs. Pooja, Asst. Prof. of Psychology

Date: 15/11/2025

GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

LESSON PLAN FOR THE SESSION 2025-26

Class - B.A. 2nd Sem.

Subject- Elementary Statistics (SEC)

Paper Code- 24PSY402SE01

Month	Unit	Topics (Theory)
January	Unit-1	Statistics: Meaning, Types, Scope, and Advantages and Disadvantages of statistics.
February	Unit-1 Unit-2	Data: Meaning, Types-Primary and Secondary, Frequency Distribution. Graphical Representation of Data: Frequency Polygon, Histogram and Bar Diagram.
March	Unit-3	Measures of Central Tendencies: Mean, Median and Mode.
April	Unit-4	Measures of Variability: Meaning and Types, Standard Deviation and Quartile Deviation
May	Revision	Unit-tests, Assignments and presentations

Mrs. Pooja, Asst. Prof. of Psychology

Date: 15/11/2025

GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

LESSON PLAN FOR THE SESSION 2025-26

Class- B.A. 4th Sem.

Subject- Promoting Health (VOC)

Paper Code- 25PSY404MV01

Month	Unit	Topics (Theory)	Topics (Practical)
January	Unit-1	Wellbeing: Concept and Types.	1. Perceived Stress Scale
February	Unit-2	Stress: Types, Sources, General Adaptation Syndrome.	2. Personality Scale 3. Stress Coping scale
March	Unit-3	Relaxation techniques: Pranayama, Exercise, Mindfulness and Meditation, and Yoga.	4. Demonstration of any Mindfulness/ Meditation Technique 5. Demonstration of Conflict resolution Technique
April	Unit-4	Coping techniques: Cognitive restructuring, Time Management, Communication Skills Verbal and Non-verbal, Conflict Management styles.	6. Demonstration of Yoga/ Surya Namaskar
May	Revision	Unit-tests, Assignments and presentations	

Mrs. Pooja, Asst. Prof. of Psychology

Date: 15/11/2025