

Lesson Plan
Ch. Bansi Lal Govt. College for Women
Tosham (Bhiwani)

Name of Assistant Professor: Dr. Surjeet Singh

Class: B.A. I Year (1st Sem.)

Session: 2025-2026.

Subject: Foundation of Psychology

Paper Code: 24UN-PSY-101

Sr. No.	Months	Topics
1.	August	Introduction: Nature and scope of Psychology, Psychology as a science and present status. Method to study Behaviour: Interview, case study and experimental Practical 1: Cattle personality test Unit Test: I
2.	September	Pre-scientific Psychology: Eastern and western thoughts, Schools of Psychology: Associationism, Structuralism, functionalism, Gestalt (subject matter, methods and contribution) Practical 2: Simple reaction Time Practical 3: Verbal test of intelligence Unit Test: II
3	October-November	Sensation: nature, characteristics and types; structure and function of visual and auditory sensation. Attention: nature and characteristics Personality: nature and factors affecting and theories: Allport, Cattell and Eysenck Intelligence: nature and factors affecting and theories: Spearman, Thurston and Cattell Practical 4: Performance test of Intelligence Study of values Practical 5: 16 Personality Factors Unit Test: III
4	December	Revision of Syllabus Unit Test: III

Assistant Professor

Lesson Plan
Ch. Bansi Lal Govt. College for Women
Tosham (Bhiwani)

Name of Assistant Professor: Dr. Surjeet Singh

Class: B.A. III Year (5th Sem.)

Session: 2025-2026.

Subject: Developmental Psychology

Paper Code: 20UPSY503

Sr. No.	Months	Topics
1.	August	Human development: Concept and Principles Factors in human development: Biological, Social and cultural factors Practical 1: Youth Problem Inventory Practical 2: Self-Esteem Unit Test: I
2.	September	Prenatal development, Determinants and stages. Infancy: characteristics, Hazards and Adjustment Practical 3: Self-Concept Practical 4: Emotional Maturity Unit Test: II
3	October- November	Childhood characteristics, Perceptual, motor, emotional and cognitive development Adolescents: Characteristics and Problems of adolescents and adjustment. Adulthood: Early adulthood, Aging: Physical conditions, Personal relationship, Financial and emotional problems, Death Anxiety. Practical 5: Study of values Practical 6: Family environment Unit Test: III
4	December	Revision of Syllabus Unit Test: III

Assistant Professor