

Psychology Department

Name of the Assistant Professor —Dr. Neelam

Class and Section:-APGDGC, Sem. Ist (2025-26)

Subject/Paper:- Psychological Assessment in Guidance and Counseling

S.no	Week Starting on	Topics.
1	August 2nd Week	Psychological Test-Nature, types and purpose
2	August 3rd Week	Standardization: Reliability, Validity, Norms.
3	August 4th Week	Intelligence tests, Aptitude Tests, Achievement Tests & Interest Inventories
4	August 5th Week	Non testing: Observation, Checklists
5	September 2 nd Week	Self-Report Client - Appraisal
6	September 3rd Week	Personality- Projective techniques: Inkblot, Pictorial techniques
10	October 2 nd Week	Completion techniques; self-report measures: MMPI, 16PF, NEO Personality
11	October 3 rd Week	Self-Appraisal: Autobiography, Self-expression essays, Self-awareness exercises, Personal Journal Writing (Diary), Questionnaire.
12	November 1stWeek	Group Appraisal & other techniques: Sociometry, The Guess-Who Technique, Interview, Card Sorting Technique.
13	November 2 nd Week	Career & Work Appraisal: Work Value Assessment, Integrative Model of Career Assessment
14	November 3rdWeek	Appraisal for Special Population: Infant & Preschool appraisal.
15	November 4thWeek	Intellectually deficit, Sensory disability.

Name of the Assistant Professor —Dr. Neelam

Class and Section:-M. Sc, Sem. Ist (2025-26)

Subject/Paper:- Fundamentals of psychology

S.no	Week Starting on	Topics.
1	August 2nd Week	Psychology as Science: Field and Scope of Contemporary Psychology
2	August 3rd Week	Perspectives/Approaches: Psychodynamic, Behavioral, Humanistic
3	August 4th Week	Perspectives/Approaches: Biopsychological, and Evolutionary Cognitive, Sociocultural
4	August 5th Week	Sensation and Psychophysics: Thresholds and their measurements
5	September 2 nd Week	Classical Methods (Weber, Fechner, Helson, Goals
6	September 3rd Week	Learning: Classical Conditioning, Instrumental Conditioning and Verbal Learning
10	October 2 nd Week	Motivation-Meaning, Approaches: Instinct Approach, Drive Reduction Approach, Arousal and Incentive
11	October 3 rd Week	Social Motives: Affiliation, Achievement, Power motives.
12	November 1stWeek	Emotion: Nature and meaning. Facial Expressions, Basic Emotions, Emotional Regulation, Cognitive Appraisal Theory of Emotion.
13	November 2 nd Week	Intelligence: Multiple Intelligence (Gardner), Triarchic Theory of Intelligence (Sternberg), Biological and Chronometric Basis of Intelligence
14	November 3rdWeek	Emotional Intelligence: Dimensions, DASS- PASS, Zensation Level 1 and level 2 Abilities
15	November 4thWeek	Personality: Big five - factor Model, Interactionism view of Personality (Walter Mischel)

Lesson plan
Session-2025-26

M.Sc. Psychology-3rd Semester

Subject: Clinical Psychology

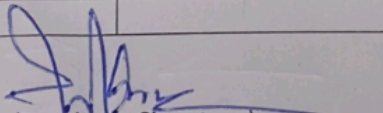
Name of the Teacher: Pankaj Sharma

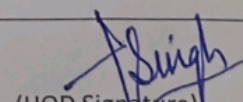
August	Topic
Week-1	Clinical Psychology: Nature, Historical overview, Clinical psychology as a profession
Week-2	Roles and responsibilities of clinical psychologists.
Week-3	Issues in Clinical Psychology: Professional training
Week-4	Professional regulation,
September	Topic
Week-1	Professional ethics.
Week-2	Methods of Clinical Psychology: Epidemiological
Week-3	Correlational and Experimental methods
Week-4	Clinical Assessment Techniques: Need, Elements, Case study, Clinical interview

October	Topic
Week-1	Observation, Psychological tests
Week-2	Psychotherapy: Meaning, Nature, General Principles
Week-3	Diwali vacations
Week-4	Types of Psychotherapies

November	Topic
Week-1	Biologically Based Therapies: Early attempts in biological therapies
Week-2	ECT, Pharmacological therapy. Psychologically Based Therapies I: Psychoanalytic, Behaviouristic- Brief graduated exposure and prolonged intense exposure therapies
Week-3	Client- centered, Existential. Psychologically Based Therapies II: Cognitive-behaviour therapy
Week-4	Rational- emotive therapy, Gestalt therapy,

December	Topic
Week-1	Mindfulness based stress reduction therapy.


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Lesson plan
Session-2025-26

M.Sc. Psychology-3rd Semester

Subject: Psychopathology

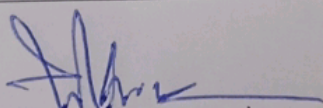
Name of the Teacher: Pankaj Sharma

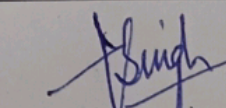
August	Topic
Week-1	Psychopathology: Nature, Historical background,
Week-2	Perspectives- Biological and Psychological.
Week-3	Diagnosis and Classification: Meaning, Purpose
Week-4	Classification system: DSM, ICD
September	Topic
Week-1	Anxiety and Obsessive Disorders: GAD,
Week-2	Panic, Specific Phobias, OCD
Week-3	Dissociative Disorders: Dissociative identity disorder
Week-4	Dissociative amnesia, Dissociative, Depersonalization.

October	Topic
Week-1	Somatoform Disorders: Somatization disorder, Illness anxiety disorder,
Week-2	Body dysmorphic disorder, Conversion disorder.
Week-3	Diwali vacations
Week-4	Bipolar and related disorders: Bipolar I disorder, Bipolar II disorder, Cyclothymic disorder

November	Topic
Week-1	Schizophrenia and Delusional Disorders: Clinical picture, Etiology, approaches.
Week-2	Schizophrenia and Delusional Disorders: Treatment
Week-3	Substance Use Disorders: Alcohol abuse and dependence
Week-4	Drug abuse and dependence

December	Topic
Week-1	Personality disorders.
Week-2	
Week-3	


(Teacher's Signature)


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M.N.S. Govt. COLLEGE BHIWANI
Department Of Psychology

Subject:-Psychology

Teacher Name:- Dr. Taruna

S.no	Week	Topics BA 1 st sem Foundation of Psychology
1	August 1st Week	Introduction
2	August 2nd Week	Nature n scope of psychology
3	August 3 rd Week	Psychology as science
4	August 4th Week	Method to study behaviour
5	August 5th Week	Case study
6	September 2 nd Week	Pre scientific psychology
7	September 3rd Week	Schools of psychology: introduction
8	September 4 th Week	Associationism n Structuralism
9	September 5th Week	Functionalism n gestalt school
10	October 1st Week	Class test
11	October 2 nd Week	Sensation : nature
12	October 3 rd Week	Sensation : types
13	October 4th Week	Diwali vacation
14	October 5th Week	Visual system
15	November 1st Week	Auditory system
16	November 2 nd Week	Attention : nature n characteristics
17	November 3 rd Week	Personality : nature, factors & Theories
18	November 4th Week	Intelligence : nature n factors & Theories
19	November 5th Week	Revision

M.N.S. Govt. COLLEGE BHIWANI
Department Of Psychology

Subject:-Psychology

Teacher Name:- Dr. Rakesh verma

S.no	Week Starting on	Topics BA 3 rd sem	MA/Msc psy Ist sem Social Psychology	B.COM VAC Human Values n Ethics
1	August 1st Week	Introduction	Introduction	Introduction
2	August 2nd Week	Introduction of experimental psychology	Introduction of social psychology	Introduction to value education
3	August 3 rd Week	Methods of experiments	Nature n theoretical foundation	Content and process of value education
4	August 4th Week	Psychophysics : nature n concept	Self development	Classification of value education
5	August 5th Week	Methods of classical psychophysics	Socialization	History of harmony
6	September 2 nd Week	Attention : nature	Theories of socialization	Harmony ,self, society
7	September 3rd Week	Type of attention	Group dynamics	Meaning n need of human values
8	September 4 th Week	Perception : nature n characteristics	Group norms	Principles of ethics
9	September 5th Week	Type of perception	Leadership	Types of ethics
10	October 1st Week	Class test	Attribution process	Class test
11	October 2 nd Week	Learning : introduction	Attribution theories	Relevance of human values
12	October 3 rd Week	Theories of learning	Attribution biases	Understanding of empathy
13	October 4th Week	Diwali vacation	Diwali vacation	Diwali vacation
14	October 5th Week	Verbal learning	Altruism theories	Integrated personality
15	November 1st Week	Organization processes	Class test	Introduction of well being
16	November 2 nd Week	Memory : introduction	Prosocial behaviour	Professional ethics : nature n scope, types
17	November 3 rd Week	Process n type of memory	Aggression	Global citizenship
18	November 4th Week	Methods to study memory	Theories of aggression	Competency based education
19	November 5th Week	Revision	Revision	Dhyana n yoga n Revision

M.N.S. Govt. COLLEGE BHIWANI
Department Of Psychology

Subject:-Psychology

Teacher Name:- Dr. Jagvir Mann

S.no	Week Starting on	Topics BA 1 st sem Foundation of Psychology
1	August 1st Week	Introduction
2	August 2nd Week	Nature n scope of psychology
3	August 3 rd Week	Psychology as science
4	August 4th Week	Method to study behaviour
5	August 5th Week	Case study
6	September 2 nd Week	Pre scientific psychology
7	September 3rd Week	Schools of psychology: introduction
8	September 4 th Week	Associationism n Structuralism
9	September 5th Week	Functionalism n gestalt school
10	October 1st Week	Class test
11	October 2 nd Week	Sensation : nature
12	October 3 rd Week	Sensation : types
13	October 4th Week	Diwali vacation
14	October 5th Week	Visual system
15	November 1st Week	Auditory system
16	November 2 nd Week	Attention : nature n characteristics
17	November 3 rd Week	Personality : nature n factors
18	November 4th Week	Theories of personality
19	November 5th Week	Intelligence : nature , factors, theories

M.N.S. Govt. COLLEGE BHIWANI
Department Of Psychology

Subject:- APGDGC

Teacher Name:- Pooja Shekhawat

S.no	Week Starting on	Topics APGDGC 2 nd sem Strategies in Guidance n Counselling	Bsc. VAC Human Values n Ethics
1	August 1st Week	Introduction	Introduction
2	August 2nd Week	Introduction to counseling	Introduction to value education
3	August 3 rd Week	History and scientific context of counseling	Content and process of value education
4	August 4th Week	Psychodynamic approach Introduction n Theory	Classification of value education
5	August 5th Week	Practice of Psychodynamic approach	History of harmony
6	September 2 nd Week	Behavioral approach Introduction n Theory	Harmony ,self, society
7	September 3rd Week	Practice of Behavior Introduction n Theory approach	Meaning n need of human values
8	September 4 th Week	Cognitive approach	Principles of ethics
9	September 5th Week	Practice of Cognitive approach	Types of ethics
10	October 1st Week	Class Test	Class test
11	October 2 nd Week	Affectively oriented introduction Introduction n Theory	Relevance of human values
12	October 3 rd Week	Person Centered approach Introduction n Theory	Understanding of empathy
13	October 4th Week	Diwali vacation	Diwali vacation
14	October 5th Week	Gestalt approach Introduction n Theory	Integrated personality
15	November 1st Week	Practice of Gestalt approach	Introduction of well being
16	November 2 nd Week	Choice n Reality approach Introduction n Theory	Professional ethics : nature n scope, types
17	November 3 rd Week	Family system approach Introduction n Theory	Global citizenship
18	November 4th Week	Practice of family system approach	Competency based education
19	November 5th Week	Revision	Dhyana n yoga n Revision

M.N.S. Govt. COLLEGE BHIWANI
Department Of Psychology

Name of the Associate Professor -----Dr. Naseeb Kumar

Class and Section:- -----APGDGC, Sem. Ist (2025-26)

Subject/Paper:- -----Foundation of Guidance and Counseling

S.no	Week Starting on	Topics
1	August 2nd Week	Conceptual framework of Guidance: Meaning, Nature, Goals and Objectives, Assumptions,
2	August 3 rd Week	Principles of Guidance. Early, Later and Contemporary Models of Guidance,
3	August 4th Week	Guidance Services, Organization of Guidance Programme. Guidance Services, Educational Guidance: Nature, Functions,
4	August 5th Week	Stage wise educational guidance (Primary, Secondary, & Higher Secondary. College),
5	September 2 nd Week	Role of Teacher & Counselor in educational setting.
6	September 3rd Week	Vocational Guidance: Nature, Process,
7	September 4 th Week	Theories, Collection and Dissemination of career information.
8	September 5th Week	Conceptual framework of Counseling: Nature, Historical development,
9	October 1st Week	goals, types, Counseling & Psychotherapy, Ethics in Counseling.
10	October 2 nd Week	Becoming an effective Counsellor: Personal qualities of counsellor,
11	October 3 rd Week	Roles & Responsibilities, Common pitfalls faced by beginning counsellors.
12	November 1st Week	The Counseling Process I: Inviting and building the Counseling relationship, Core Conditions of Counseling.
13	November 2 nd Week	Counsellors' actions impeding the Counseling session.
14	November 3rd Week	The Counseling Process II: Goals and methods of in-depth exploration, Commitment to action, Goal Setting,
15	November 4th Week	Design and implementation of action plan, Termination.

M.N.S. Govt. COLLEGE BHIWANI
Department Of Psychology

Name of the Associate Professor -----Dr. Naseeb Kumar

Class and Section:- ----- Sem. 5th (2025-26)

Subject/Paper:- ----- Developmental Psychology

S.no	Week Starting on	Topics
S.no	Week Starting on	
1	July 3 rd week	Human Development: Concept,
2	July 4 th week	Human Development: Principles
3	August 1 st Week	Determinants of Human Development
4	August 2 nd Week	Major Perspectives: Psychodynamic,
5	August 3 rd Week	Behavioural Perspectives
6	August 4 th Week	Contextual Perspectives
7	August 5 th Week	Earliest Development: Basic of Genetics,
8	September 2 nd Week	Transmission of Genetics information
9	September 3 rd Week	Prenatal Development: Fertilization,
10	September 4 th Week	Stages and Threats to Development.
11	September 5 th Week	Infancy and Childhood: Physical,
12	October 1 st Week	Cognitive and Social Development.
13	October 2 nd Week	Adolescence: Physical and Sexual Maturation,
14	October 3 rd Week	. Crisis in Adolescence
15	November 1 st Week	Aging: Concept,
16	November 2 nd Week	Factors: Biological,
17	November 3 rd Week	Psychological Factors
18	November 4 th Week	Sociocultural Factors

M.N.S. Govt. COLLEGE BHIWANI
Department Of Psychology

Subject:-Psychology

Teacher Name: - Dr. Devendra Singh

S.no	Week Starting on	Topics M.Sc. Ist sem	Topics M.Sc. IIIrd sem
1	August Ist Week		Psychological Measurement Meaning Theoretical Issues
2	August 2nd Week	Research Nature & Approach, Univariate V/S Multivariate Approach; Problem Characteristics Formulation, Sources of Research Problem	Levels & Problems Psychological scaling Methods Paired Comparison
3	August 3 rd Week	Hypothesis Nature and Characteristics of Hypothesis, Types & Formulation Of Hypothesis	Rank Order Equal Appearing Intervals And Fractionation
4	August 4th Week	Variables And Control Of Extraneous Variables, Measures Of Central Tendencies Mean, Mode, Median	Test Construction Steps In Test Constructions, Standardization
5	August 5th Week	Quartiles And Percentiles, Measures Of Variability Range, Quartile Deviation, Average Deviation, Standard Deviation	Item response Theory
6	September 2 nd Week	Sampling Meaning Principles, Purpose Methods of Probability and Non-Probability Sampling, Parametric & Non-parametric Test	Deterministic & Probabilty Models
7	September 3rd Week	Types Of Research, Experimental, Quasi Experimental; Ex-Post-Facto, Field Studies, Survey Research	Reliability Basic Concepts , Methods Of Estimates,
8	September 4 th Week	Normal Probability Curve Characteristics & applications of NPC;	Factors Affecting Reliability,
9	September 5th Week	Skewness & kurtosis	Validity meaning, Validation Procedure
10	October Ist Week	Tools & Techniques of Data Collection, Observations Interviews Case Studies Psychological Tests	Special Problems of Reliability And Validity,
11	October 2 nd Week	Correlation Properties Methods , Pearsons Product Moment Partial Correlation & Multiple Correlation	Construct Validity Heterotraits Methods & Approaches
12	October 3 rd Week	Spearman's Rank Difference, Biserial, Point Biserial Phi Coefficient & Tetrachoric	Factor Analysis assumptions, Methods
13	November Ist Week	Ex-Post-Facto, Field Studies, Survey Research;	Centroid & Principles Components;
14	November 2 nd Week	Tools & Techniques of Data Collection, Observations Interviews Case Studies Psychological Tests	Rotation Of Factors,
15	November 3 rd Week	Correlation Properties Methods , Pearsons Product Moment Partial Correlation & Multiple Correlation	Orthogonal , Oblique & Objective Techniques
16	November 4 th Week	Spearman's Rank Difference, Biserial, Point Biserial Phi Coefficient & Tetrachoric	Orthogonal , Oblique & Objective Techniques