



GOVT. NATIONAL COLLEGE, SIRSA
राजकीय नैशनल महाविद्यालय, सिरसा
B++ Grade, NAAC Accredited

Website: gncsirsa.edu.in,



LESSON PLAN 2025-26

GOVT NATIONAL COLLEGE, SIRSA

Lesson Plan

Session 2025-26

Subject Basic Physiological Process
Class B.A. Semester Ist

Sr. No.	Topic	Week	
1	Introduction to the course & objectives	Week 2 August	Assignment will be assign as per college schedule
2	Nature and scope of psychology	Week 3 August	
3	Psychology as a science: Origin and development	Week 4 August	
4	Methods of Psychology: Observation and Interview	Week 5 August	
5	Methods of Psychology: Case Study and Experimental methods	Week 1 September	
6		Week 2 September	
7	Sensation: Nature and Characteristics	Week 3 September	
8	Structure and Functions of Sensation: Vision Structure and	Week 4 September	
9	Functions of Sensation: Audition	Week 5 September	
10	Attention: Nature, Types, Determinants Emotion: Nature and Types	Week 1 October	
11	Theories of Emotion: James–Lange Theory Cannon–Bard Theory	Week 2 October	Class test Will be held as per College Schedule
12	Schachter–Singer Theory of Emotion	Week 3 October	
13	Motivation: Nature, Need, Drives, Incentives	Week 5 October	
14	Motivation: Biological Motives	Week 1 November	

15	Motivation: Social Motives	Week 2 November	
16	Revision	Week 3 November	

Head department of Psychology

GOVT NATIONAL COLLEGE, SIRSA

Lesson Plan

Session 2025-26
 Subject Psychology of Social Behaviour (DSC)
 Class B.A. Semester 3rd

Sr. No.	Topic	Week	
1	Introduction: Nature, History & Scope of Social Psychology	Week 2 August	Assignment will be assign as per college schedule
2	Relationship with Sociology & Anthropology	Week 3 August	
3	Methods of Social Psychology: Sociometry	Week 4 August	
4	Methods of Social Psychology: Survey	Week 5 August	
5	Socialization: Nature & Process	Week 1 September	
6		Week 2 September	
7	Socialization: Agencies of Socialization	Week 3 September	
8	Attribution: Nature & Determinants	Week 4 September	
9	Attitude: Nature & Formation	Week 5 September	
10	Attitude: Change & Measurement	Week 1 October	
11	Aggression: Nature	Week 2 October	Class test Will be held as per College Schedule
12	Aggression: Causes	Week 3 October	
13	Aggression: Control	Week 5 October	

14	Revision of Unit I & II	Week 1 November	
15	Revision of Unit III	Week 2 November	

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Lesson Plan

Session 2025-26
Subject Understanding self and others (MIC)
Class B.A. Semester Ist

Sr. No.	Topic	Week	
1	Introduction to Course; Self & Identity: Emergence of Self	Week 2 August	Assignment will be assign as per college schedule
2	Structure of Self	Week 3 August	
3	Development of Personal Identity	Week 4 August	
4	Development of Self-Control	Week 5 August	
5	Development of Gender Differences	Week 1 September	
6		Week 2 September	
7	Development of Gender Roles	Week 3 September	
8	Self-Esteem: Meaning and Causes of Low Self-Esteem	Week 4 September	
9	Steps to Building Positive Self-Esteem	Week 5 September	
10	Self-Presentation	Week 1 October	
11	Self-Expression	Week 2 October	Class test Will be held as per College Schedule
12	Revision of Unit I (Self & Identity)	Week 3 October	
13	Revision of Unit II (Self-Esteem & Perception	Week 5 October	

14	Comprehensive Revision (Unit I & II)	Week 1 November	
15	Final Revision & Exam Preparation	Week 2 November	

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Lesson Plan

Session 2025-26

Subject Psychology in everyday life (MDC)

Class B.A.

Semester Ist

Sr. No.	Topic	Week	
1	Introduction: Concept & Meaning of Psychology	Week 2 August	Assignment will be assign as per college schedule
2	Nature & Scope of Psychology	Week 3 August	
3	Methods of Psychology: Observation	Week 4 August	
4	Methods of Psychology: Interview	Week 5 August	
5	Character Strength & Virtues	Week 1 September	
6	Learning: Factors Affecting	Week 2 September	
7	Learning Theories: Thorndike	Week 3 September	
8	Learning Theories: Insight	Week 4 September	
9	Classical Conditioning	Week 5 September	
10	Memory: Stages	Week 1 October	
11	Memory: Nature & Factors Affecting	Week 2 October	Class test Will be held as per College Schedule
12	Revision of Unit I	Week 3 October	
13	Revision of Unit II	Week 5 October	

14	Comprehensive Revision & Class Test	Week 1 November	
15	Final Revision & Exam Preparation	Week 2 November	

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Lesson Plan

Session 2025-26

Subject Personal growth and relationship (MDC)

Class B.A.

Semester 3rd

Sr. No.	Topic	Week	
1	Introduction to Health Psychology: Goals and Scope	Week 2 August	Assignment will be assign as per college schedule
2	Components of Health: Cognitive Aspect	Week 3 August	
3	Components of Health: Social Aspect	Week 4 August	
4	Components of Health: Emotional Aspect	Week 5 August	
5	Psychology and Health: Role of Psychology in Health	Week 1 September	
6	Stress: Meaning and Nature	Week 2 September	
7	Stress: Causes and Consequences	Week 3 September	
8	Stress: Psychological Impact	Week 4 September	
9	Stress: Physical and Health-Related Disorders	Week 5 September	
10	Stress Management: Coping Strategies	Week 1 October	
11	Stress Management: Positive Health Behaviours	Week 2 October	Class test Will be held as per College Schedule
12	Stress Management: Techniques for Well-Being	Week 3 October	

13	Revision of Unit I	Week 5 October	
14	Revision of Unit II	Week 1 November	
15	Final Revision & Exam Preparation	Week 2 November	

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Lesson Plan

Session 2025-26

Subject Physiological perspective in education (MIC)

Class B.A.

Semester 3rd

Sr. No.	Topic	Week	
1	Introduction: Meaning & Concepts of Educational Psychology	Week 2 August	Assignment will be assign as per college schedule
2	Teaching–Learning Process: Nature, Goals & Objectives of Learning	Week 3 August	
3	Transfer of Training: Nature & Types	Week 4 August	
4	Role of Psychology in Learning Process	Week 5 August	
5	Theories of Cognitive Development: Piaget	Week 1 September	
6	Theories of Cognitive Development: Bruner	Week 2 September	
7	Theories of Cognitive Development: Vygotsky	Week 3 September	
8	Intrinsic and Extrinsic Motivation	Week 4 September	
9	Approaches to Understand Classroom Motivation	Week 5 September	
10	Motivational Techniques in Classroom Teaching	Week 1 October	
11	Classroom Management: Goals and Characteristics	Week 2 October	Class test Will be held as per College Schedule

12	Creativity: Nature & Characteristics	Week 3 October	
13	Fostering Creativity Among Children	Week 5 October	
14	Comprehensive Revision (Unit I & II)	Week 1 November	
15	Comprehensive Revision (Unit III & IV)	Week 2 November	
16	Revision all unit	Week 3 November	

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Lesson Plan

Session 2025-26

Subject Psychopathology

Class B.A.

Semester Vth

Sr. No.	Topic	Week	
1	Concept of Normality and Abnormality,	Week 2 August	Assignment will be assign as per college schedule
2	Biological model	Week 3 August	
3	Psychodynamic Model	Week 4 August	
4	Behavioural and Cognitive	Week 5 August	
5	Classification System of Psychopathology	Week 1 September	Class test Will be held as per College Schedule
6	DSM	Week 2 September	
7	Case History	Week 3 September	
8	Interview method	Week 4 September	
9	Projective Techniques	Week 5 September	
10	Meaning and Nature of Anxiety	Week 1 October	

11	OCD, GAD,	Week 2 October	Class test Will be held as per College Schedule
12	Phobia: Symptoms and Causes	Week 3 October	
13	Drug Abuse: Causes	Week 5 October	
14	Consequences and Rehabilitation	Week 1 November	
15	Mood Disorder: Symptoms and Causes	Week 2 November	
16	Schizophrenia	Week 3 November	
17	Revision	Week 3 October	
18	Revision	Week 5 October	

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Lesson Plan

Session 2025-26

Subject Guidance –Basic Process & Application

Class: - MA Final Semester: - 3rd

Sr. No.	Topic	Week	Activities
1.	Foundations of Guidance Meaning Basic principles and goal	Week 2 August	Quiz
2.	Organization of Guidance Program Objective	Week 3 August	
3.	Primary and secondary stage	Week 4 August	
4.	Senior secondary stages and comparison of all stages	Week 5 August	
5.	Concept importance and area of guidance educational guidance needs , stages and functions	Week 1 September	Group Discussion
6.	Process Individual and group guidance	Week 2 September	
7.	Vocational Guidance meaning needs principles and process	Week 3 September	
8.	Social Guidance : objectives needs and functions of social guidance	Week 4 September	

9.	Individual & group guidance meaning ,objective guidance personnel roles and training	Week 5 September	Assignment I
10.	Human Assessment : characteristics & importance of good test Importance of psychological testing	Week 1 October	Class test
11.	Intelligence & Aptitude test	Week 2 October	
12.	Personality test	Week 3 October	
13.	Assessment in natural settings observation	Week 5 October	
14.	Rating Scale self reporting	Week 1 November	
15.	Autography and interview	Week 2 November	
16.	Group assessment techniques ,socio metric	Week 3 November	

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Lesson Plan

Session 2025-26

Subject Psychopathology

Class MA Psychology Semester Third

Sr. No.	Topic	Week	Activities
1.	Psychopathology History,	Week 2 August	Group Discussion is to be organized during week days after completion of one lesson.
2.	Nature, Biological	Week 3 August	
3.	Psychological Perspective,	Week 4 August	Assignment I will be taken as per college schedule
4.	Classification DSM 5	Week 5 August	
5.	OCD	Week 1 September	Class test will be held as per college schedule
6.	GAD	Week 2 September	
7.	Panic, Specific Phobia	Week 3 September	
8.	Dissociative Disorders	Week 4 September	
9.	Somatoform Disorders	Week 5 September	

10	Illness Anxiety Disorders Somatisation	Week 1 October	
11	Conversion Disorders, Bipolar Disorder	Week 2 October	
12	Schizophrenia	Week 3 October	
13	Delusional Disorder	Week 5 October	
14	Substance Use	Week 1 November	
15	Alcoholism	Week 2 November	
16	Personality Disorder	Week 3 November	

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Lesson Plan
Session 2025-26
Subject Positive Psychology
Class: - MA Final Semester: - 3rd

Sr. No.	Topic	Week	Activities
1.	Introduction to Positive Psychology- Traditional Psychology	Week 2 August	schedule Assignment will be assign as per college
2.	Its Origin, Assumption of Positive Psychology	Week 3 August	
3.	Goals of Positive Psychology	Week 4 August	
4.	- Eastern Prospective	Week 5 August	
5.	Virtues and Strengths of Character- Classification of Human Virtues	Week 1 September	Class test will be held as per college schedule
6.	Measuring Strengths of Characters	Week 2 September	
7.	Happiness- Different Viewpoints	Week 3 September	
8.	Factor affecting Strategies to Enhance Happiness	Week 4 September	
9.	Cognitive states and Process Wisdom	Week 5 September	
10	Self-Efficacy Hope and Optimism	Week 1 October	
11	Mindfulness and Wellbeing	Week 2 October	

12	Positive Emotional states and Wellbeing	Week 3 October	
13	Positive Emotional states and Wellbeing Forgiveness	Week 5 October	
14	Gratitude Revision Week	Week 1 November	
15	Group Discussion	Week 2 November	
16	Revision	Week 3 November	

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Lesson Plan

Session 2025-26

Subject Psychological Testing I

Class M.A.

Semester IIIrd

Sr. No.	Topic	Week	Activities
1.	Psychological Testing Meaning Nature, History and Classification	Week 2 August	
2.	Ethical Issues and Biases In Testing	Week 3 August	
3.	Factors Influencing test performance	Week 4 August	
4.	Test Construction	Week 5 August	
5.	Item Writing and Item Analysis	Week 1 September	
6.	Norms: Meaning, Nature and Development	Week 2 September	
7.	Norms: Age, Grade, Percentile Norms	Week 3 September	
8.	Norms: Z Score, T Score	Week 4 September	
9.	Sten Score, Stanine and Deviation IQ Norms, Relativity and Interpretations of Norms	Week 5 September	Assignment I
10.	Sten Score, Stanine and Deviation IQ Norms, Relativity and Interpretations of Norms	Week 1 October	Class test will be as per College Schedule
11.	Presentation of Assignments	Week 2 October	
12.	Reliability: meaning, nature and types	Week 3 October	

13.	Methods to estimate Reliability	Week 5 October	
14.	Methods to estimate Reliability	Week 1 November	
15.	Methods to estimate Reliability, Factors affecting Reliability	Week 2 November	
16.	Validity Meaning, Nature and Methods factors affecting validity	Week 3 November	
17.	Revision		

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Lesson Plan

Session 2025-26

Subject Theoretical foundation of Psychology

Class M.A.

Semester Iat

Sr. No.	Topic	Week	Activities
1.	Nature and Scope of Psychology; Historical Background	Week 2 August	
2.	Psychology among Greeks: Hippocrates, Plato, Aristotle	Week 3 August	
3.	British Empiricism: John Locke, George Berkeley, David Hume	Week 4 August	
4.	Paradigms of Western Psychology	Week 5 August	
5.	Thorndike's Trial and Error Learning	Week 1 September	
6.	Guthrie's Contiguity Theory	Week 2 September	
7.	Tolman's Sign-Gestalt Learning	Week 3 September	
8.	Hull's Hypothetico-Deductive Learning Model	Week 4 September	
9.	Emotions: Nature & Psychological Correlations	Week 5 September	Assignment I
10.	Theories of Emotion: James-Lange Theory	Week 1 October	Class test will be as per College Schedule
11.	Theories of Emotion: Cannon-Bard Theory	Week 2 October	
12.	Theories of Emotion: Schachter's Two-Factor Theory	Week 3 October	
13.	Structuralism: Wundt and Titchener	Week 5 October	

14.	Functionalism: William James	Week 1 November	
15.	Psychoanalysis: Freud and Neo-Freudians (Karen Horney, Erich Fromm, H.S. Sullivan)	Week 2 November	
16.	Adler's Individual Psychology; Jung's Analytical Psychology	Week 3 November	

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Lesson Plan

Session 2025-26

Subject Experimental Psychology

Class M.A. Semester Iat

Sr. No.	Topic	Week	Activities
1.	Meaning, Definition, and History of Experimental Psychology	Week 2 August	
2.	Methods: Observation and Experimental Method	Week 3 August	
3.	Sensory Processes: Visual System – Structure and Functions	Week 4 August	
4.	Sensory Processes: Auditory System – Structure and Functions	Week 5 August	
5.	Sensory Theories (Vision and Audition)	Week 1 September	
6.	Perceptual Organization: Gestalt Principles	Week 2 September	
7.	Figure–Ground, Laws of Organization	Week 3 September	
8.	Perception of Form, Depth, and Movement	Week 4 September	
9.	Perceptual Constancy: Size, Shape, Colour	Week 5 September	Assignment I
10.	Subliminal Perception and Extrasensory Perception	Week 1 October	Class test will be as per College Schedule
11.	Verbal Learning: Methods, Materials, and Organizational Processes	Week 2 October	
12.	Classical Conditioning: Nature, Types, and Processes	Week 3 October	

13.	Instrumental and Operant Conditioning: Nature	Week 5 October	
14.	, Types, and Processes	Week 1 November	
15.	Reinforcement: Nature and Schedules of Reinforcement	Week 2 November	
16.	Revision	Week 3 November	

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Lesson Plan

Session 2025-26

Subject Psychology of Social Behaviour

Class M.A.

Semester I

Sr. No.	Topic	Week	Activities
1.	Meaning, Definition, Nature and Scope of Social Psychology	Week 2 August	
2.	Socialization: Nature & Process	Week 3 August	
3.	Socialization: Agencies of Socialization	Week 4 August	
4.	Methods in Social Psychology: Sociometry Method, Survey	Week 5 August	
5.	Attitude: Nature & Formation	Week 1 September	
6.	Attitude: Change & Assessment of Attitude	Week 2 September	
7.	Attribution: Internal & External Factors	Week 3 September	
8.	Theories of Attribution: Kelley's Theory, Correspondence Inference (Jones & Davis)	Week 4 September	
9.	Social Influence: Social Facilitation & Social Loafing	Week 5 September	Assignment I
10.	Social Influence: Conformity, Compliance, and Obedience	Week 1 October	Class test will be as per College Schedule
11.	Theories of Intergroup Relations: Relative Deprivation Theory	Week 2 October	

	Processes		
12.	Theories of Intergroup Relations: Balance Theory, Equity Theory, Social Exchange Theory	Week 3 October	
13.	Altruism and Pro-Social Behaviour: Nature & Types	Week 5 October	
14.	Determinants of Helping Behaviour & Cognitive Model	Week 1 November	
15.	Aggression: Types, Factors Provoking Aggression	Week 2 November	
16.	Aggression: Reducing Aggression; Stereotypes, Prejudice, and Discrimination	Week 3 November	

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Lesson Plan

Session 2025-26

Subject Research methodology in Psychology

Class M.A.

Semester Iat

Sr. No.	Topic	Week	Activities
1.	Psychological Research: Nature and Steps of Research, Types	Week 2 August	
2.	Ethics in conducting and reporting research. Research Problem, Hypothesis.	Week 3 August	
3.	Variables: Types and Control of Variables	Week 4 August	
4.	Levels of Measurement: Nominal, Ordinal, Interval, Ratio	Week 5 August	
5.	Sampling: Basic Principles, Probability and Non-Probability Techniques	Week 1 September	
6.	Approaches to Qualitative Research: Case study, Ethnography, Phenomenology, Focus group, Grounded theory.	Week 2 September	
7.	Research Design: Basic Principles and Functions of Research Design	Week 3 September	

8.	Experimental design: Pre-experimental designs (One-shot case study,	Week 4 September	
9.	one-group pre-post-test, static-group comparison)	Week 5 September	Assignment I
10.	Quasi-experimental designs	Week 1 October	Class test will be as per College Schedule
11.	(Non-equivalent control design, Ex Post Facto Design,	Week 2 October	
12.	Longitudinal design, Cross-sectional design, Cohort sequential design)	Week 3 October	
13.	True Experiment (Posttest only design, Pretest-Posttest control group design	Week 5 October	
14.	Solomon Four group design	Week 1 November	
15.	Latin square Design	Week 2 November	
16.	Writing a research report and A Research Proposal.	Week 3 November	

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Lesson Plan

Session 2025-26

Subject Self Awareness and personal growth

Class M.A.

Semester Iat

Sr. No.	Topic	Week	Activities
1.	Understanding the Self	Week 2 August	
2.	The self-concept and self-esteem;	Week 3 August	
3.	Facilitating self-awareness through reflective exercises,	Week 4 August	
4.	JOHARI window, personal SWOT analysis	Week 5 August	
5.	self-awareness questionnaires/inventories.	Week 1 September	
6.	Emotional Competence nature	Week 2 September	
7.	Understanding and expressing emotions	Week 3 September	
8.	Managing difficult emotions	Week 4 September	
9.	Applying emotional intelligence	Week 5 September	Assignment I

10.	Cognitive Competence meaning	Week 1 October	Class test will be as per College Schedule
11.	Setting and achieving goals	Week 2 October	
12.	Effective time management	Week 3 October	
13.	Metacognitive strategies.	Week 5 October	
14.	Revision I Unit	Week 1 November	
15.	Revision II Unit	Week 2 November	
16.	Revision whole syllabus	Week 3 November	

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Lesson Plan

Session 2025-26

Subject Universal Humanistic Values and life skills

Class M.A.

Semester 3rd sem

Sr. No.	Topic	Week	Activities
1.	Paradigms and principles	Week 2 August	
2.	the role paradigms in strengthening universal humanistic and life skills	Week 3 August	
3.	Personality ethics	Week 4 August	
4.	Character ethics	Week 5 August	
5.	The principles of growth and change	Week 1 September	
6.	Role of P-PC balance in life	Week 2 September	
7.	Principles of personal vision	Week 3 September	
8.	Role of proactively in life	Week 4 September	
9.	Principles of personal leadership	Week 5 September	Assignment I
10.	Leadership and	Week 1 October	Class test will be as per College Schedule
11.	management Identifying the roles of goals towards the mission	Week 2 October	

12.	Mission sentiments toward the organization and family	Week 3 October	
13.	Mission sentiments toward the organization and family	Week 5 October	
14.	Revision I Unit	Week 1 November	
15.	Revision II Unit	Week 2November	
16.	Revision whole syllabus	Week 3 November	

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