

**Lesson Plan**  
**Government College Aharwala, Bilaspur**  
**Academic session: 2025-26 (odd)**  
**Class : B.A 1<sup>st</sup> Semester**  
**Paper : FOUNDATIONS OF PSYCHOLOGY, Course code-B23-PSY-101**  
**Faculty Name- Dr.Nandini Moudgil**

Internal Marks -20

External Marks-50 (Theory)

Practical marks- 30 (20External+10 Internal)

**Course Objectives-**

- 1) To develop understanding regarding Psychology and its subject matter
- 2) To grasp understanding of why Psychology is a science and its various methods
- 3) To learn about basic human processes

**Course Outcomes-**

- 1) Students will be able to acquire understanding and explore Psychology and its scope
- 2) Students will be able to get better understanding of their own self and people around by understanding concepts like sensation, motivation, emotions
- 3) Students will be able to develop insight into individual differences in intelligence and personality

Month	Week	TOPIC	Assignment/Test /others
AUG	2nd	Psychology- Nature and scope .Psychology as a science and present status, Psychology in India . Methods of Psychology- Interview	Experiential Exercise
AUG	3rd	Methods of Psychology- Case Study, Experimental	
AUG	4th	Sensation- Nature & characteristics, Structure and function of visual sensation Structure and function of visual sensation contd. Structure and function of Auditory sensation	Power point presentation, Assignment

AUG	4 <sup>th</sup>	Attention – nature and characteristics	Experiential Activity on attention Unit Test 1 <sup>st</sup>
SEPT	1 <sup>ST</sup>	Emotion-nature and factors	
SEPT	2 <sup>nd</sup>	James-Lange theory of emotions Cannon-Bard theory of emotions	
SEPT	3 <sup>rd</sup>	Cannon-Bard theory of emotions contd. Schachter-Singer theory of Emotions	Video on emotions Mid term test
SEPT	4 <sup>th</sup>	Motivation- need, drives, incentives	& 2 <sup>nd</sup> Assignment
OCT	1 <sup>st</sup>	Biological motives	
OCT	2 <sup>nd</sup>	Social motives	Group Discussion
OCT	3 <sup>rd</sup>	Personality – nature Factors affecting Personality. Allport's theory	
OCT	4 <sup>th</sup>	Cattell's theory, Eysenck's theory Intelligence- nature, factor and Spearman's theory of Intelligence	Test
NOV	1 <sup>ST</sup>	Cattell's theory of Intelligence	Group discussion
NOV	3 <sup>rd</sup>	Thurstone's theory of Intelligence contd. Revision and test	
NOV(Upto 23.11.25) <sup>1</sup>	4 <sup>TH</sup>	Revision and test	

<b>Govt. College, Aharwala (Bilaspur) -Yamuna Nagar LessonPlan (2025-26) [Odd Semester]</b>	
<b>Name of Teacher</b>	<b>Dr. Nandini Moudgil</b>
<b>Department</b>	<b>Psychology</b>
<b>Class &amp; Section</b>	<b>B Com, B.Com (CAV), B.S.C, BCA (1<sup>st</sup> Semester)</b>
<b>Subject and Code</b>	<b>Human Values and Ethics/B23-VAC-101</b>
<b>Semester Duration</b>	<b>July-December</b>
<b>Topics</b>	
<b>Month of August</b>	
<b>Course Introduction - Need, Content and Process for Value Education</b>  Understanding the need, content and process for Value Education. (Students should be aware of the difference among skills, values and ethics and their respective needs in life.)  Classification of Value Education: understanding Personal Values, Social Values,  Moral Values & Spiritual Values; Understanding the difference between ideology and values.  Understanding Harmony with self, Society and Nature.  Practical: Debate and discussion on the need and nature of value education;  Students should be encouraged to find and analyze suitable case studies to Understand various types of values	
<b>Month of September</b>	
<b>Human Values and Ethics</b>  Meaning and nature of human values; Significance of human values in life;  Relation between values and ethics.  Relevance of Human values: Integrity Empathy, Loksangrah, Brahmvihara.  Theory of Naya (Jainism), Deontology, Virtue Ethics, Utilitarianism	
<b>Month of October</b>	
<b>Integrated Personality and Well-being</b>  Understanding the relationship among: Self, Identity and Personality.  Understanding Integrated Personality – with the three gunas theory of Sankhya, the four	

Antah-karanas (inner instruments) in Yoga, and Panchkosha (five sheaths) in Upanishad.

Approaching comprehensive understanding of well-being and its relation to Happiness.

Practical: Bhramadhya Dhyan, Chakra Dhyan, Preksha Dhyan, Sakshi Bhava Dhyan,

Vipassana, Yog Nidra, Partipakshabhava (yogic way of cognitive restructuring)

### **Month of November**

#### **Professional Ethics and Global Citizenship**

Nature, characteristics and scope of professional ethics; Types of Professional Ethics

Professional Values: Trusteeship, Inclusiveness, Commitment, Sustainability, Accountability, Transparency, Impartiality.

Values for Global Citizenship: Equality, Justice, and Human Dignity.

Nature and need of competency based education; Types of Competencies, Core Competencies: communication, teamwork, planning and achieving goals,

Functional Competencies: analytical thinking, knowledge sharing and learning, decision making, partnership building