



PREM CHAND MARKANDA COLLEGE FOR WOMEN, JALANDHAR CITY

Re-accredited 'A+' grade (2nd Cycle) by NAAC Bangalore

A unique prestigious Post Graduate Institution of Northern India

DEPARTMENT- PSYCHOLOGY

ODD SEMESTER

B.A

Session-2024-2025

Semester- III

Faculty Name-Ms. Amandeep kaur

Subject- Biological Basis of Behaviour

TOPIC	DURATION	TEACHING TOOLS
Section B 1. Central Nervous System: Four lobes of brain	August	Lecture based teaching learning (chalk and talk)
Section-B 1. cerebellum, hypothalamus and limbic system. 2. Nervous System (Central and Peripheral) 3. Structure & functions of spinal cord 4. Peripheral Nervous System: Autonomic nervous system. Section-C	September	Lecture based teaching learning (chalk and talk) Informational based videos Kinesthetic learning (used mirror drawing apparatus and other psychological tools)

Structure and Functions of Visual. Practical-1.Positive/negative transfer in sensory motor learning. 2.Measurement of touch and pain spots.		
Section- C 1.Auditory, Olfactory, Gustatory and Somato-sensory Systems Section-A 2.Neurons & Neural Communication: 3.Neurons: Structure and Functions 4.Synapses: Concept, Types and functions Synapse, Resting and Action Potentials. Practicals 1.Comparative study of RL for two parts of body. 2.Comparative study of sensory and muscular reaction time.	October	Lecture based teaching learning (chalk and talk) Technology based learning (you tube videos on different topics) Self study (library visit) Kinesthetic learning
Section-D 1.Normal Probability Curve: Concept, Nature and properties (Numericals of Areas under NPC only) Practical Effect of fatigue on mental work.	November	Lecture based learning (chalk and talk) Learning through problem solving (numericals) Expeditionary learning (psychological tools)

Course outcome

CO.1	To understand the concept of neurons and neural communication
CO.2	To acquire Knowledge of synapse
CO.3	To develop deep understanding of central and peripheral nervous system
CO.4	To understand structure and functions of different sensory systems
CO.5	To gain knowledge of concept of Normal Probability Curve

B.A

Session-2024-2025

Semester- V

Faculty Name-Ms.Amandeep kaur

Subject- Abnormal and Clinical Psychology-I

TOPIC	DURATION	TEACHING TOOLS
Section -A 1.Abnormality: Concept and Criteria of Abnormality. Practical Adjustment inventory	August	Lecture based teaching learning (chalk and talk) Self study (library visit)
Section-A 1.Myth and Misconceptions regarding Abnormal Behaviour. 2. DSM V classification of Abnormal Behaviour- Advantages and disadvantages 3.Theoretical Perspectives of Psychopathology: Psychoanalytic,	September	Lecture based teaching learning (chalk and talk) Self study (library visit) Kinesthetic learning (used various psychological tools for practical learning)

Cognitive, Behavioural, Humanistic and Interpersonal (Sullivan) Section- C 1.Stress & Coping: Concept, Types of Stressors, Factors Predisposing an individual to stress. Coping strategies. Practical 1.measurement of stress 2.locus of control		
Section-C Stress Related Disorders: Coronary Heart Disease (CHD), Hypertension Ulcers & Migraine Pain: Symptoms, Causes and general treatment of stress related disorders. Section- B 1.Causes of Abnormal Behaviour: Primary, Predisposing, Precipitating reinforcing. Biological Causes– (Genetic defects, constitutional liabilities, Brain dysfunction & Physical deprivation). Psycho-Social Causes– (Self-perception and cognitive maps, early deprivation, Inadequate parenting, pathogenic family structures, maladaptive peer relationship. Socio-	October	Lecture based teaching learning (chalk and talk) Self study (library visit) Any other (quiz)

Cultural Causes–(Socio-Cultural Environment and Pathogenic societal influences) Practical 1.word association test. 2.Measurement of coping strategies.		
Section-D 1.Alcoholism: Misconception about Alcohol & Alcoholism, Clinical Picture, Causes, Treatment & Outcomes. 2.Drug Addiction: Clinical Picture, Types of Drugs: Sedatives (Barbiturates), Stimulants (Amphetamines & Cocaine): Hallucinogens (LSD & related drugs) Marijuana, Caffeine & Nicotine. 3. Causes and Treatment of Drug Addiction.	November	Lecture based teaching learning (chalk and talk) Self study (library visit) Individual learning

Course Outcome

CO.1	To understand the Concept of abnormality and DSM 5
CO.2	To acquire the knowledge of theoretical aspects of psychopathology as given by various schools of psychology
CO.3	To understand biological, psycho-social and socio-cultural causes of abnormal behaviour
CO.4	To gain knowledge of Stress and related disorders with their symptoms, causes and treatment
CO.5	To understand the Concept of Alcoholism and Drug addiction

B.VOC (Cosmetology)**Session-2024-2025****Semester- III****Faculty Name-**Ms.Amandeep kaur**Subject-** Personality Development

TOPIC	DURATION	TEACHING TOOLS
Section- A 1.Personality: Nature, types of personality (Jung).	August	Lecture based teaching learning (chalk and talk)
Section-A 1.Theories of personality; Freud, Eysenck, Cattell and Allport. Section-D 1.Motivation: Nature and types of motivation, types of motives (physiological, psychological and psycho-social) 2. Maslow's need hierarchy theory. Section-C Emotions: nature. Practical Emotional intelligence	September	Lecture based teaching learning (chalk and talk) Self study (library visit) Kinesthetic learning (used various psychological tools for practical learning)
Section- C 1.types of	October	Lecture based teaching learning

emotions.physiological correlates of emotions. 2. emotional intelligence and social intelligence. Section- B 1.Measurement of personality: Techniques to measure the personality; subjective, objective. Practical Personality inventory		(chalk and talk) Self study (library visit) Kinesthetic learning (used psychological tool for practical learning)
Section-B projective techniques. Factors affecting personality (nature vs nurture). Practical Sentence completion test.	November	Lecture based teaching learning (chalk and talk) Any other (assignment) Group discussion

Course Outcome

CO.1	To understand the Concept personality in depth
CO.2	To acquire the knowledge of practical aspects of personality measurement
CO.3	To understand the concept of emotions and its applications
CO.4	To gain knowledge on theoretical aspects of emotional and social intelligence
CO.5	Acquire knowledge to apply different tests on an individual.

B.VOC (Web Designing)

Session-2024-2025

Semester- III

Faculty Name-Ms.Amandeep kaur

Subject- Personality development

TOPIC	DURATION	TEACHING TOOLS
Section- A Self Analysis: SWOT Analysis, Who am I.	August	Lecture based teaching learning (chalk and talk) Group discussion
Section- A Attributes, Importance of Self Confidence, Self Esteem. Section-C Motivation: Factors of motivation, Self-talk, Intrinsic & Extrinsic Motivators. Section-B Creativity: Out of box thinking, Lateral Thinking.	September	Lecture based teaching learning (chalk and talk) Any other (class test) Group discussion
Section-B Attitude: Factors influencing Attitude, Challenges and lessons from Attitude, Etiquette. Section-D Short Term, Long Term, Life Time Goals.	October	Lecture based teaching learning (chalk and talk) Self study
Section-D GOAL SETTING : Wish List, SMART Goals, Blue print for success. Time Management Value of time, Diagnosing Time Management, Weekly Planner to do list, Prioritizing work. Extempore	November	Lecture based teaching learning (chalk and talk)) Individual learning

Course Outcome

CO.1	To understand the Concept self analysis and its importance
CO.2	To acquire the knowledge of practical aspects self confidence, creativity for personality development
CO.3	To understand the concept of motivation and its types
CO.4	To gain knowledge on theoretical and practical aspects of goal settings
CO.5	Acquire knowledge to apply time management.

B.A B.ED

Session-2024-2025

Semester- V

Faculty Name- Ms.Amandeep kaur

Subject- Understanding the Learner and Learning Environment

TOPIC	DURATION	TEACHING TOOLS
Section- A 1.Psychology & educational psychology: meaning, nature and scope.	August	Lecture based teaching learning (chalk and talk) Any other (assignment) Group discussion
Section- A 1.concept of growth and development,difference. 2.role of nutrition, siblings,peers in growth and development of a child. 3.Development during adolescence stage. Section-B 1.Piaget's cognitive	September	Lecture based teaching learning (chalk and talk) Group discussion Any other (Paper presentation) Kinesthetic learning (used psychological tools)

development theory 2. Sternberg's information processing theory 3. Gardener's multiple intelligences Section-C 1. Individual differences - concept, types, Factors influencing individual differences Sessional work -practical file on intelligence tests.		
Section-C 1. Facilitating holistic development of learner: motivation, collaborative, self regulated-Learning and self - efficacy, Role of teacher in different learning environment settings 2. Humanistic and Psycho-social approaches- Kohlberg's moral development, Roger's Social - constructivism, Erickson's psycho-social development. Section-D Dealing with social problems- child abuse, depression, social media addiction	October	Lecture based teaching learning (chalk and talk) Self study (library visit) Group discussion Kinesthetic learning(used psychological tools)

Case study of an adolescent learner		
Section-D 1. Learning Disabilities: Meaning and concept and Types of Learning Disabilities in children and adolescents 2. Dealing with adjustment problems, defence mechanisms, stress management, self concept (superiority or inferiority) 4. Role of Parents in Education as Partners	November	Lecture based teaching learning (chalk and talk) Group discussion Individual learning

Course outcome

CO.1	Understand the growth and development of the learner and its importance in the learning process
CO.2	Understand characteristics of adolescents with reference to socio-cultural factors
CO.3	Analyse the different learning approaches and their educational implications
CO.4	Understand the role of teacher in holistic development of learner and learning and importance of learner
CO.5	Understand the psychology of learners with special needs and teach them accordingly

B.A B.ED

Session-2024-2025

Semester- VII

Faculty Name-Ms.Amandeep kaur

Subject- Understanding The Learning Process

TOPIC	DURATION	TEACHING TOOLS
Section- A Learning- Concept, Process and Factors affecting Learning	August	Lecture based teaching learning (chalk and talk) Group discussion
Section- A 1. Types of Learning- Cognitive, Affective and Psychomotor 2. Transfer of learning, its types, theories and educational implications Section-B 1.Process of learning from different theoretical viewpoints: Behavioural view point - Pavlov, Skinner, ii. Cognitive view point- Piaget 2.Humanistic view point- Karl Rogers, Maslow 3.Gestalt Theories of Learning (Kohler and Kaffka) Kofka 4.Gagne's Hierarchy Theory of Learning Sessional work -practical : Positive transfer of learning	September	Lecture based teaching learning (chalk and talk) Group discussion Any other (Paper presentation) Kinesthetic learning (used psychological tools)
Section-C 1.Learning Styles: Meaning and concept;	October	Lecture based teaching learning (chalk and talk)

Implications for classroom learning 2.Learning as construction of knowledge as different from learning as Transmission and reception of knowledge. 3.Kohlberg's moral development, Roger's Social - constructivism, 4.Erickson's psycho-social development. 5.Constructivism (Bruner and Vygotsky) Section-D Memory and Forgetting- Concept Practical – Test of creativity. Memory.		Any other (Paper presentation) Kinesthetic learning(used psychological tools) Peer teaching
Section-D 1.Theories and factors affecting of Memory and Forgetting 2.Creativity: Concept; Concept Mapping and Mind Mapping, Brain Storming 3. Concept Formation: Concept, types and steps; Thinking: Imagination, problem solving	November	Lecture based teaching learning (chalk and talk) Group discussion Self study (library visit)

Course Outcome

CO.1	Understand the concept of learning and Learning theories and apply it in day to day life.
CO.2	Understand various Cognitive and affective mental processes and learning

CO.3	Understand the role of a teacher in holistic perspective of learner and learning
CO.4	Construct knowledge for Learning
CO.5	Understand various Learning styles and apply it for Classroom learning.

EVEN SEMESTER

B.A

Session-2024-2025

Semester- IV

Faculty Name-Ms.Amandeep kaur

Subject- Experimental Psychology

TOPIC	DURATION	TEACHING TOOLS
Section- A Sensation, Perception and Attention: Sensation: Theories of Colour Vision (Young-Helmholtz, Opponent-Process & Evolutionary), Theories of Hearing, Cutaneous, Olfactory and Gustatory Sensations Practical-1	January	Lecture based teaching learning (chalk and talk) Self study (library visit) Technology based learning (you tube videos)
Section–A Perception: Concept, Nature and factors affecting perception, Approaches to Perception (Gestalt and Behaviouristic), Perception of Form, Shape, Depth and	February	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools) Any other (class test) Self study (library visit)

Distance, Perceptual Constancy Attention: Concept and Nature of Attention, Characteristics of Attention Section-B Memory and Forgetting: Memory: Concept and Nature, Encoding, Storage, Retrieval, Types of Memory Mneumonics: An Introduction to the concept of Mneumonics, Constructive memory, Implicit memory & Eyewitness memory. Methods of Retention Practical-2 Practical -3		
Section – B Forgetting: Concept and Nature, Factors affecting Forgetting, Theories of Forgetting (Decay, Interference and Retrieval failure) Section-C Thinking, Problem Solving and Concept Formation: Thinking and Problem Solving: Nature and Types of Thinking. Nature and Stages of Problem Solving, Role of Set in Problem Solving, Factors affecting problem solving Concept Formation:	March	Lecture based teaching learning (chalk and talk) Kinesthetic learning(used psychological tools) Any other (assignment

Nature, Steps and Processes in concept formation Practical-4 Practical -5		
Section–D Correlation: Nature and Types of Correlation, Rank Order and Product Moment, Biserial & Point biserial correlation methods. (Numericals for Individual data) Analysis of group differences by t test.	April-May	Lecture based teaching learning (chalk and talk) Individual learning Problem solving learning (numericals)

Course outcome

CO.1	To gain knowledge of Sensation, Perception and Attention
CO.2	To understand the concept of Memory and Forgetting
CO.3	To acquire the knowledge of the concept of Thinking and Problem solving
CO.4	To have an understanding of Concept formation
CO.5	To study correlation and its methods of measurement

B.A

Session-2024-2025

Semester- VI

Faculty Name-Ms.Amandeep kaur

Subject-Abnormal and Clinical Psychology-II

TOPIC	DURATION	TEACHING TOOLS
Section- A Anxiety Related Disorders: Symptoms, Etiology and Treatment	January	Lecture based teaching learning (chalk and talk) Any other (paper

of Obsessive Compulsive Disorder, Generalized Anxiety Disorder & Phobias. Classification of Somatoform Disorders– Symptoms & Etiology (Conversion Disorder). Dissociative disorders– Types, Symptoms & Etiology. Practical-1		presentation)
Section-B Personality Disorders: Clinical Features, Types and causal factors in Personality Disorders (Paranoid, Schizoid, Schizotypal, Histrionic, Narcissistic, Antisocial, Borderline, Avoidant, Dependent, Obsessive-Compulsive, Passive Aggressive, Self-Defeating & Sadistic. Practical-2 Practical -3	February	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools) Any other (class test) Individual learning
Section – B Antisocial Personality & Delinquency: Clinical Picture, Characteristics, Causes, Treatment & Outcomes. Section-C Mood Disorders: Types, Symptoms, Causes and treatment. Schizophrenia: Symptoms, Causes, Types and Treatment. Practical-4	March	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools) Self study (library visit)

Practical -5		
Section-D Therapies: Psychodynamic, Behavioural, Cognitive- Behaviour Therapy, Humanistic Therapy, Existential Therapy and Family Therapy.	April-May	Lecture based teaching learning (chalk and talk) Individual learning

Course outcome

CO.1	To understand anxiety based disorders with etiology, symptoms and treatment
CO.2	To gain knowledge about personality disorders
CO.3	To acquire knowledge about antisocial personality and delinquency
CO.4	To understand mood disorders and schizophrenia
CO.5	To study therapies related to abnormal and clinical psychology

B.VOC(Cosmetology)

Session-2024-2025

Semester- IV

Faculty Name-Ms.Amandeep kaur

Subject- Personality Development

TOPIC	DURATION	TEACHING TOOLS
Section- A Stress: introduction,types,copin g strategies:problem focused and emotions focused. Practical-1	January	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools)
Section-B Communication skills:	February	Lecture based teaching learning

Types of communication, features of effective communication, listening and effective listening, feedback. Practical-2		(chalk and talk) Kinesthetic learning (used psychological tools) Group discussion
Section-C Leadership: Introduction, characteristics of effective leaders, types of leadership, Lewin's leadership style. Practical-3	March	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools) Any other (class test)
Section-D Self (ideal self/real self): self (with reference to Roger's self theory), locus of control, self efficacy and self esteem, assertiveness training.	April-May	Lecture based teaching learning (chalk and talk) Self study (library visit)

Course outcome

CO.1	To understand the concept of stress and coping strategies
CO.2	Acquire knowledge to enhance communication skills and leadership styles.
CO.3	To study locus of control and assertive training
CO.4	To understand theoretical aspects of self concept
CO.5	Acquire knowledge to apply different aspects in life