

Lesson Plan

B.A. (1st Semester, 2025-2026)

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SUSGC, Matak Majri, KNL

Name of the Course: Foundations of Psychology

Month	Theory	Practical
July and August	Introduction: Nature and Scope of Psychology; Psychology as a Science and Present Status, Psychology in India Methods to Study Behaviour: Interview, Case study and Experimental.	Verbal Test of Intelligence
September	Sensation: Nature, Characteristics and Types Structure and Functions of Visual and Auditory sensation. Attention: Nature and Characteristics.	RPM
October	Emotion: Nature, Factors Affecting and Theories: James- Lange, Cannon-Bard and Schachter-Singer, Motivation: Needs, Drives, Incentives, Biological and Social Motives.	Simple Reaction Time Study of Emotions
November	Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck., Intelligence: Nature, Factors Affecting and Theories: Spearman, Thurstone, and Cattell.	16 PF

SUSGC Matakamajri Indri Karnal Haryana

Lesson Plan (BA 1st sem)

Session 2025-26

Reena Saini

Course : VAC (Human Values and Ethics)

July and August 2025

Course Introduction & Need, Content and Process for Value Education 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. Activity: 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.

September 2025

Human Values and Ethics Meaning and nature of human values; Significance of human values in life; Relation between values and ethics. Relevance of Human values: Integrity Empathy, Loksangrah, Brah- mvihara. Theory of Naya (Jainism), Deontology, Virtue Ethics, Utili- tarianism Activity: Students should be divided in small groups and should be motivated to reflect upon their values. Teacher should make an environment to make them realize that everyone has a set of ` values arisen from their family, social, cultural, religious, and political contexts,”some of which correspond to more *human’ and universal frameworks. This exercise iS to encourage students to articulate their values and put them into conversation with values from other con- texts.

October 2025

Integrated Personality and Well & being Understanding the rela- tionship among: Self, Identity and Personality. Understanding In- tegrated Personality with the three gunas theory of Sankhya, the four Antah&karanas (inner instruments) in Yoga, and Panchko- sha (five sheaths) in Upanishad. Approaching comprehensive un- derstanding of well & being and its relation to Happiness. Activ- ity: Bhrumadhya Dhyana, Chakra Dhyana, Preksha Dhyana, Sakshi “ Bhava Dhyana, Vipassana, Yog Nidra, Partipakshabhava (yogic way of cognitive restructuring)

November 2025

Professional Ethics and Global Citizenship : Nature, characteristics and scope of professional ethics; Types of Professional Ethics Pro- fessional Values : Trusteeship, Inclusiveness, Commitment, Sustain- ability, Accountability, Transparency, Impartiality. Values for Global Citizenship: Equality, Justice, and Human Dignity. Nature and need of competency based education; Types of Competencies, Core Com- petencies: communication, teamwork, planing and achieving goals, Functional Competencies: analytical thinking, knowledge sharing and learning. decision making. partnership building, ^ 200eV

SUSGC MATAK MAJRI
DEPARTMENT OF PSYCHOLOGY
LESSON PLAN BA 5th SEMESTER VOC MINOR
PAPER: SKIN AND HAIR CARE
SESSION 2025-26
REENA SAINI

July and August

Skin Structure, Functions of Skin, analysis of the Skin types and pH, Skin disorders and treatment.

Facial masks & packs: Different type of masks and packs, benefits of Masks.

Practical: Basic Skin Care: Cleansing, Scrubbing, Toning, Moisturizing.

Facial massage and application of bleach, facial packs And masks.

September

Structure of hair, Functions of Hair, Types of Hair, hair and scalp disorders and treatment.

Hair masks and spa: different types of hair masks and spa, benefits of masks.

Practical

Basic Hair Care: Oil massaging, steaming, shampoo & Conditioning.

Manicure and pedicure.

October

Definition, Benefits and side effects of peels/micro

dermabrasion, Procedure for different skin treatments like Anti Pigmentation, Anti-Acne, Anti-Aging, Whitening and

Rejuvenating.

Practical

Homemade remedies by using vegetables, fruits and

Other ingredients from kitchen for skin and hair care (facial cream, masks, shampoo, hair conditioner etc.)

Mid term Exam

November

Introduction to Foot reflexology, and its Benefits.

Basic principles of Aromatherapy and oils used in massages.

Role of diet and exercise for radiant skin and strong hair.

Assignments and Revision