



**J.C. BOSE UNIVERSITY OF SCIENCE AND  
TECHNOLOGY, YMCA, FARIDABAD, HARYANA, (INDIA)**

A State Government University (Accredited 'A\*' Grade by NAAC)

(Established by Haryana State Legislative Act No. 21 of 2009, Recognized by U.G.C. u/s 2 (f) and 12(B) of U.G.C. Act 1956)  
SECTOR-6, MATHURA ROAD, FARIDABAD-121006, HARYANA, (INDIA)

**Community College of Skill Development**

**Lesson Plan: GENERAL PSYCHOLOGY**

**Program: Diploma Yoga & Naturopathy**

**Semester: 1<sup>st</sup>**

**Course Code: YND-207-V/DYN-304**

**Credits: 3**

**Course Objectives:** The objective of this course is to introduce students to the foundational principles of Psychology, integrating both modern scientific approaches and ancient Indian philosophical perspectives. It aims to develop a comprehensive understanding of psychological concepts such as behavior, personality, learning, memory, and mental health, while also exploring insights from the Bhagavad Gita, Buddhism, and the Upanishads.

**Course Outcomes:** At the end of the course, the student shall be able to

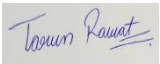
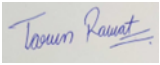
1. Understand foundational psychological concepts and approaches
  - Learners will be able to define psychology, explain its goals, branches, and major approaches including biological and behavioral.
2. Interpret psychological insights from Eastern philosophies
  - Learners will analyze psychological principles found in the Bhagavad Geeta, Buddhism, and Upanishads, and relate them to modern psychological thought.
3. Apply psychological research methods
  - Learners will demonstrate the ability to use experimental, observational, survey, and questionnaire methods effectively, understanding their types, merits, and limitations.
4. Analyze perceptual and learning processes
  - Learners will explain the mechanisms of perception and learning, identify influencing factors, and evaluate laws of perceptual organization and types of learning.
5. Evaluate memory systems and causes of forgetting
  - Learners will describe types and components of memory, factors affecting memory, techniques for enhancement, and causes of forgetting.

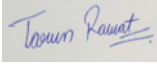
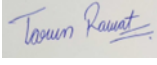
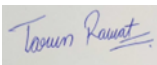
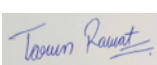
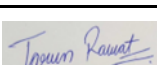

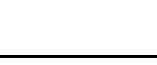
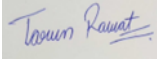
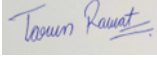
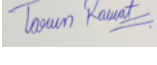
**Equipment required in Classroom/ Laboratory/ Workshop**

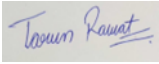
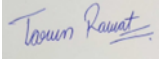
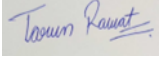
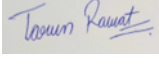
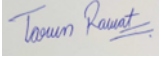
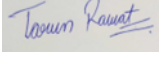
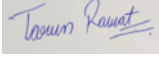
- i. LCD/Projector
- ii. Whiteboard/ Black Marker

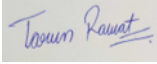
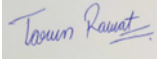
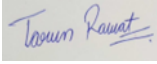
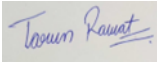
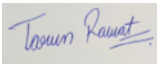
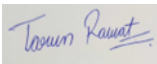
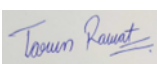
**Assessment Scheme**

S.No.	Criteria	Marks
1	End Term Examination	75
2	Internal Evaluation Scheme	25
2a	Class Tests	15
2a (i)	Class Test-I	7.5
2a (ii)	Class Test-II	7.5
2(b)	Teacher Assessment (Continuous Evaluation)	10
2b (i)	Attendance	5
2b (ii)	Assignment / Presentation	5

Lecture No.	Topic Covered	Pedagogy	Date of Implementation	Course Outcomes Covered	Faculty Sign
1	UNIT-1 Meaning and Definitions of Psychology	Lecture-based explanation with whiteboard and examples	08/08/25	CO1	
2	Historical Development of Psychology	Discussion	08/08/25	CO1	

3	Psychological Thought in Bhagavad Geeta	Philosophical reflection and group dialogue	14/08/25	CO2	
4	Psychological Thought in Buddhism	Textual analysis of Buddhist psychological concepts	22/08/25	CO2	
5	Concept of Psychology in Upanishads	Scriptural interpretation and guided discussion	22/08/25	CO2	
6	Goals of Psychology	Mind mapping and classification activity	23/08/25	CO1	
7	Branches of Psychology	Diagram-based explanation of biological systems	23/08/25	CO1	
8	Approaches – Biological and Behavioral	Behavioral case study analysis and role-play	30/08/25	CO1	
9	UNIT-2 Introduction to Psychological Methods	Demonstration	30/08/25	CO3	
10	Experimental Method – Meaning and Definition	Group activity	04/09/25	CO3	
11	Types of Experimental Method	Observation	04/09/25	CO3	
12	Merits and Demerits of Experimental Method	Lecture-based explanation with whiteboard and	05/09/25	CO3	

		examples			
13	Observation Method – Meaning and Definition	Lecture-based explanation with whiteboard and examples	05/09/25	CO3	
14	Types of Observation Method	Lecture-based explanation with whiteboard and examples	06/09/25	CO3	
15	Merits and Demerits of Observation Method	Lecture-based explanation with whiteboard and examples	06/09/25	CO3	
16	Survey and Questionnaire Methods – Meaning, Merits, Demerits	Analysis of questionnaire responses and feedback	12/09/25	CO3	
17	UNIT-3 Meaning and Definition of Perception	Lecture-based explanation with whiteboard and examples	12/09/25	CO4	
18	Mechanism of Perception	Conceptual lecture with real-life learning examples	13/09/25	CO4	
19	Factors Influencing Perception	Interactive demonstration	13/09/25	CO4	

20	Laws of Perceptual Organization – Part I	Group brainstorming	19/09/25	CO4	
21	Laws of Perceptual Organization – Part II	Lecture-based explanation with whiteboard and examples	19/09/25	CO4	
22	Perceptual Constancy – Shape and Size	Lecture-based explanation with whiteboard and examples	20/09/25	CO4	
23	UNIT-4 Meaning and Definitions of Learning	Lecture-based explanation with whiteboard and examples	20/09/25	CO4	
24	Types – Classical and Operant Conditioning	Lecture-based explanation with whiteboard and examples	3/10/25	CO4	
25	Types – Observational and Cognitive	Discussion on types and examples	4/10/25	CO4	
26	Factors Affecting Learning	Group activity	11/10/25	CO4	
27	Methods of Learning	Lecture-based explanation with whiteboard and examples		CO4	

28	Transfer of Learning – Positive, Negative, Zero, Bilateral	Lecture with mental health definitions and case examples		CO4	
29	UNIT-5 Meaning and Definitions of Memory	Discussion on memory importance in society		CO5	
30	Types – Sensory	Lecture-based explanation with whiteboard and examples		CO5	
31	Types – Short-Term	Lecture-based explanation with whiteboard and examples		CO5	
32	Types – Long-Term	Interactive discussion		CO5	
33	Components – Encoding	Daily routine mapping and mental wellness planning		CO5	
34	Components – Storage and Retrieval	Lecture-based explanation with whiteboard and examples		CO5	
35	Factors Affecting and Enhancing Memory	Lecture-based explanation		CO5	

### **Reference Books:**

- 1. Foundations of Indian Psychology, Volume 1: Theories and Concepts – by Girishwar Misra, R. M. Matthijs Cornelissen, and Suneet Verma**
- 2. Introduction to Psychology – by Morgan & King**
- 3. Psychology: The Study of Human Behaviour – by Braj Bhushan**
- 4. Indian Psychology: Perception – by K. Ramakrishna Rao**
- 5. The Bhagavad Gita: A New Translation – by Stephen Mitchell**
- 6. Buddhist Psychology: Theory and Practice – by Caroline Brazier**
- 7. Psychology and the Dharma – by Gananath Obeyesekere**
- 8. Psychology in the Indian Tradition – by Misra & Mohanty**