



# Indraprastha College for Women University of Delhi

## Work Plan for ODD SEMESTER – 2026

|                    |                                                 |
|--------------------|-------------------------------------------------|
| Course Name:       | B.A. (H) Psychology                             |
| Paper Title:       | Development of Psychological Thought (Tutorial) |
| Unique Paper Code: | 2112102301                                      |
| Semester:          | III                                             |
| Faculty:           | Dr. Subhra Solanki                              |
| Year:              | 2026                                            |

| Work Plan |                                                                                                                   |             |                                                  |
|-----------|-------------------------------------------------------------------------------------------------------------------|-------------|--------------------------------------------------|
| Unit No.  | Learning Objective                                                                                                | Lecture No. | Topics to be Covered                             |
| Unit 1-IV | Understanding the need and importance of history of disciplines                                                   | 1           | Introduction to the paper, pedagogy and readings |
|           | To appreciate the polycentric history and diversity of interests and foci within psychology                       | 2           | Polycentric History of Psychology                |
|           | Brainstorming around presentation topics                                                                          | 3           | Discussion                                       |
|           | Presentations                                                                                                     | 4           | Presentations: Group 1                           |
|           | Presentations                                                                                                     | 5           | Presentations: Group 2                           |
|           | Presentations                                                                                                     | 6           | Presentations: Group 3                           |
|           | Presentations                                                                                                     | 7           | Presentations: Group 4                           |
|           | Presentations                                                                                                     | 8           | Presentations: Group 5                           |
|           | Presentations                                                                                                     | 9           | Presentations: Group 6                           |
|           | Presentations                                                                                                     | 10          | Presentations: Group 7                           |
|           | Critical reflection around topics                                                                                 | 11          | Reading based discussion                         |
|           | Identify and appreciate the perspectives and significant contributions of luminaries in the history of psychology | 12          | Class activity and discussion                    |
|           | Quiz                                                                                                              | 13          | Class quiz                                       |
|           | Reflection and reading                                                                                            | 14          | Class activity                                   |
|           | Reflection and reading                                                                                            | 15          | Class activity                                   |

| Unit   | Contents/Syllabus                                                                                                                                                                                                                                                   |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I      | Polycentric History of Psychology- Psychology of Consciousness: Eastern (Yoga and Vedant); and Western views (Wundt, James, Phenomenology) on Consciousness; applications of Yoga & Vedant.                                                                         |
| II     | Psychology of Behaviour and Mind: Rise of Behaviourism (Watson), Shift from Behaviourism to neo-behaviourism (Tolman, Skinner); Transition from Behaviourism to Cognitive Psychology (Paradigms and Themes); Applications of Behaviourism and Cognitive psychology. |
| III    | Psychology of the Unconscious: Classical Psychoanalysis (Freud), Sociological Shift in Psychoanalysis (Horney, Erikson), Object Relations Perspective (Key Concepts); Existentialist & Humanist Perspective (Tenets and Concepts).                                  |
| IV     | Psychology of Subjective Experience: Humanist Psychology (Tenets), Rogerian Self Psychology; Existential Psychology (Tenets), Transpersonal Psychology (Themes & Contributions).                                                                                    |
| S. No. | Name of Authors/Books/Publishers                                                                                                                                                                                                                                    |
| 1.     | Hergenhahn, B.R. & Henley, T.B. (2014). <i>An introduction to history of psychology</i> . London : Wadsworth, Cengage Learning.                                                                                                                                     |
| 2.     | Leahey, T.H. (2005). <i>A history of psychology: Main currents in psychological thought</i> . Singapore: Pearson Education.                                                                                                                                         |
| 3.     | Schultz, D.P. & Schultz, S.N. (2011). <i>A history of modern psychology</i> . London: Wadsworth, Cengage Learning                                                                                                                                                   |
| 4.     | Paranjpe, A. C. (1984). <i>Theoretical psychology: The meeting of East and West</i> . New York: Plenum Press.                                                                                                                                                       |

| Paper Components  |                                                              |                |               |
|-------------------|--------------------------------------------------------------|----------------|---------------|
| Credits           | Lecture (L)                                                  | Tutorial (T)   | Practical (P) |
| 4                 | 3                                                            | 1              | N/A           |
| Assessment Scheme |                                                              |                |               |
| S.No.             | Component                                                    | Marking Scheme | Total Marks   |
| 1                 | Internal Assessment                                          |                |               |
|                   | <ul style="list-style-type: none"> <li>Assignment</li> </ul> | 12             |               |

|    |                                                                                                                                                      |    |     |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------|----|-----|
|    | <ul style="list-style-type: none"> <li>• Class Test</li> <li>• Attendance</li> </ul>                                                                 | 12 | 30  |
|    |                                                                                                                                                      | 6  |     |
| 2. | Continuous Assessment ( <b>Tutorial</b> ) <ul style="list-style-type: none"> <li>• Activity 1</li> <li>• Activity 2</li> <li>• Attendance</li> </ul> |    | 40  |
|    |                                                                                                                                                      | 20 |     |
|    |                                                                                                                                                      | 15 |     |
|    |                                                                                                                                                      | 5  |     |
| 3. | Practical <ul style="list-style-type: none"> <li>• Continuous Assessment</li> <li>• End Term Written/Practical Exam</li> <li>• Viva</li> </ul>       |    | N/A |
|    |                                                                                                                                                      |    |     |
|    |                                                                                                                                                      |    |     |
|    |                                                                                                                                                      |    |     |
| 4. | End Semester Examination                                                                                                                             |    | 90  |