



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	BA (Hons) Psychology
Paper Title:	Introduction to Psychology
Unique Paper Code:	2112101101
Semester:	1
Faculty(s):	Dr. Shrruti Sahrawat
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
Unit-1	To introduce the key concepts of the field of psychology with an emphasis on applications of psychology in everyday life.	1	Introduction to the paper and overview of the syllabus
		2 & 3	Nature of Psychology - Western
		4 & 5	Nature of Psychology - Indian
		6 & 7	Scope of Psychology and Subfields of Psychology
	To develop an understanding of the key figures, diverse theoretical perspectives and research findings that have shaped some of the major areas of contemporary psychology.	8 & 9	Perspectives in Psychology
		10, 11 & 12	Perspective in Psychology contd.
		13 & 14	Psychology Today
Unit-2	To Develop an understanding and ability to interweave basic concepts of learning and memory motivation and emotion in Psychology.	15	Definition of Learning; Nature of learning
		16, 17 & 18	Principles and applications of Classical Conditioning
		19, 20 & 21	Principles and applications of Operant Conditioning

		22 & 23	Principles and applications of Observational Learning
		24	Home assignment on Unit 1
		25 & 26	Principles and applications of Cognitive Learning
		27	Definition of memory
		28 & 29	Models of memory
		30	Forgetting
		31	Methods for improving memory
Unit-3	To Develop an understanding and ability to interweave basic concepts of motivation and emotion in Psychology	32	Nature of Motivation
		33, 34 & 35	Perspectives in Motivation
		36 & 37	Types of motivation - biogenic, sociogenic, intrinsic and extrinsic motivation,
		38	relationship between motivation and emotion.
		39	Class Test on Unit 2 and part Unit 3 (Motivation)
		40	Nature of Emotions
		41	Functions of emotions
		42 & 43	Theories of Emotions
		44 & 45	Culture and Emotion – Indian perspective
			Revision
			Dispersal of classes

Unit	Contents/Syllabus
I	Unit 1: Introduction: Nature of Psychology- Indian and Western ;Scope of Psychology ,Perspectives in Psychology, Subfields of Psychology, Psychology Today
II	Unit 2: Learning and Memory: Learning, Nature of learning, Principles and applications of Classical Conditioning, Operant Learning, Observational Learning, and Cognitive Learning in briefMemory: Definition, Models of memory,Forgetting, Improving memory
III	Unit 3:Motivation and Emotion Motivation: Nature, Perspectives, Types- biogenic, sociogenic,intrinsic and extrinsic motivation, relationship between motivation and emotion. Emotions: Nature, Functions of Emotion, Theories of emotion , Culture and Emotion - Indianperspective.

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S. No.	Name of Authors/Books/Publishers
1.	Baron, R.,&Misra, G. (2016). Psychology(5th ed.). New Delhi: Pearson.
2.	Feldman, R.S. (2011). Understanding Psychology (10th ed.). New York: McGraw Hill.
3.	Galotti, K.M. (2014). Cognitive Psychology In and Out of the Laboratory(5th ed.). New Delhi: Sage.
4.	Passer, M.W.,& Smith, R.E. (2010). Psychology: The science of mind and behaviour. NewDelhi: Tata McGraw-Hill.
5.	Zimbardo, P.G., Johnson, R.L.,& McCann, V.M. (2012). Psychology: Core concepts. (7thed.). U.S.A.: Pearson.
6.	Singh, K. (2022). There isn't only cultural blindness in psychology; psychology is culture blind.In Robert W. Hood, Jr. & Sariya Cheruvallil-Contractor (Eds.), Research in the social scientific study of religion, volume 32 (pp. 399-426). Boston: Brill.

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	-	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment		30
	• Assignment/Quiz/Project/ Presentation	12	
	• Class Test	12	
	• Attendance	6	
2.	Continuous Assessment (Tutorial)		NA
	• Activity 1		
	• Activity 2		
	• Attendance		
3.	Practical		40
	• Continuous Assessment	10	
	• End Term Written/Practical	20	
	Exam	10	
	• Viva		
4.	End Semester Examination		90