

Programme: B.A./B.Sc.V Semester			Subject- Psychology		Session-2025
Course Title: Life Span Human Development			Course Code: PSY301		
Course Title: Positive Psychology			Course Code: PSY302		
Date	Lecture No	Teacher's Name	C.C.	Course Title	Title
16/07/2025	1	Archita Rai	PSY301	Life Span Human Development	Syllabus and Course
17/07/2025	2	Archita Rai	PSY301	Life Span Human Development	Principles of Development
18/07/2025	3	Archita Rai	PSY301	Life Span Human Development	Principles of Development
19/07/2025	1	Dr. Venkat Raman	PSY302	Positive Psychology	Syllabus and Course
21/07/2025	2	Dr. Venkat Raman	PSY302	Positive Psychology	Positive Psychology: Assumptions and Goals
21/07/2025	3	Dr. Venkat Raman	PSY302	Positive Psychology	Eastern Perspectives on Positive Psychology
22/07/2025	4	Archita Rai	PSY301	Life Span Human Development	Methods of Studying Human Development
22/07/2025		Dr. Venkat Raman	Class Teaching	Minor Course	Minor Course
23/07/2025	5	Archita Rai	PSY301	Life Span Human Development	Methods of Studying Human Development
24/07/2025	6	Archita Rai	PSY301	Life Span Human Development	Methods of Studying Human Development
25/07/2025	7	Archita Rai	PSY301	Life Span Human Development	Methods of Studying Human Development
26/07/2025	4	Dr. Venkat Raman	PSY302	Positive Psychology	Eastern Perspectives on Positive Psychology
28/07/2025	5	Dr. Venkat Raman	PSY302	Positive Psychology	Western Perspectives on Positive Psychology
28/07/2025	6	Dr. Venkat Raman	PSY302	Positive Psychology	Western Perspectives on Positive Psychology

29/07/2025	8	Archita Rai	PSY301	Life Span Human Development	Prenatal Development: Stages and hazards
29/07/2025		Dr. Venkat Raman	Class Teaching	Minor Course	Minor Course
30/07/2025	9	Archita Rai	PSY301	Life Span Human Development	Prenatal Development: Stages and hazards
31/07/2025	10	Archita Rai	PSY301	Life Span Human Development	Neonatal Development: Sensory Capacity
01/08/2025	11	Archita Rai	PSY301	Life Span Human Development	Neonatal Development: Sensory Capacity
02/08/2025	7	Dr. Venkat Raman	PSY302	Positive Psychology	Positive Emotional State: The Broaden and Build Theory of Positive Emotions
04/08/2025	8	Dr. Venkat Raman	PSY302	Positive Psychology	Concept and Mindfulness in Buddhism
04/08/2025	9	Dr. Venkat Raman	PSY302	Positive Psychology	Concept and Mindfulness in Buddhism
05/08/2025	12	Archita Rai	PSY301	Life Span Human Development	Neonatal Development: Motor Capacity
05/08/2025		Dr. Venkat Raman	Class Teaching	Minor Course	Minor Course
06/08/2025	13	Archita Rai	PSY301	Life Span Human Development	Neonatal Development: Motor Capacity
07/08/2025	14	Archita Rai	PSY301	Life Span Human Development	Infancy: Physical Development.
08/08/2025	15	Archita Rai	PSY301	Life Span Human Development	Infancy: Physical Development.
11/08/2025	10	Dr. Venkat Raman	PSY302	Positive Psychology	Positive Cognitive States: Hope
11/08/2025	11	Dr. Venkat Raman	PSY302	Positive Psychology	Positive Cognitive States: Hope

12/08/2025	16	Archita Rai	PSY301	Life Span Human Development	Infancy: Social Development.
12/08/2025	12	Dr. Venkat Raman	PSY302	Positive Psychology	Positive Cognitive States: Hope
13/08/2025		Dr. Venkat Raman	Class Teaching	Minor Course	Minor Course
14/08/2025	17	Archita Rai	PSY301	Life Span Human Development	Infancy: Social Development.
18/08/2025	13	Dr. Venkat Raman	PSY302	Positive Psychology	Optimism: concept and measurement
18/08/2025	18	Archita Rai	PSY301	Life Span Human Development	Infancy: Social Development.
19/08/2025	19	Archita Rai	PSY301	Life Span Human Development	Infancy: Language Development.
19/08/2025	20	Archita Rai	PSY301	Life Span Human Development	Infancy: Language Development.
20/08/2025	14	Dr. Venkat Raman	PSY302	Positive Psychology	Optimism: concept and measurement
21/08/2025	15	Dr. Venkat Raman	PSY302	Positive Psychology	Optimism: concept and measurement
22/08/2025		Dr. Venkat Raman	Class Teaching	Minor Course	Minor Course
23/08/2025	21	Archita Rai	PSY301	Life Span Human Development	Childhood Development: Cognitive
25/08/2025	16	Dr. Venkat Raman	PSY302	Positive Psychology	Self efficacy: concept and measurement
25/08/2025	22	Archita Rai	PSY301	Life Span Human Development	Childhood Development: Cognitive
26/08/2025	23	Archita Rai	PSY301	Life Span Human Development	Childhood Development: Emotional
26/08/2025	24	Archita Rai	PSY301	Life Span Human Development	Childhood Development: Emotional

27/08/2025	17	Dr. Venkat Raman	PSY302	Positive Psychology	Self efficacy: concept and measurement
28/08/2025	18	Dr. Venkat Raman	PSY302	Positive Psychology	Resilience: concept and measurement
29/08/2025					
30/08/2025	25	Archita Rai	PSY301	Life Span Human Development	Childhood Development: Moral
01/09/2025	19	Dr. Venkat Raman	PSY302	Positive Psychology	Resilience: concept and measurement
01/09/2025	26	Archita Rai	PSY301	Life Span Human Development	Childhood Development: Moral
02/09/2025	27	Archita Rai	PSY301	Life Span Human Development	Adolescence: Physical Changes (Puberty and Growth spurts)
02/09/2025	28	Archita Rai	PSY301	Life Span Human Development	Development of Identity
03/09/2025	20	Dr. Venkat Raman	PSY302	Positive Psychology	Gratitude:Concept and Measurement
04/09/2025	21	Dr. Venkat Raman	PSY302	Positive Psychology	Gratitude:Concept and Measurement
06/09/2025		Dr. Venkat Raman	Class Teaching	Minor Course	Minor Course
08/09/2025	22	Dr. Venkat Raman	PSY302	Positive Psychology	Forgiveness:Concept and Measurement
08/09/2025	23	Dr. Venkat Raman	PSY302	Positive Psychology	Forgiveness:Concept and Measurement
09/09/2025	29	Archita Rai	PSY301	Life Span Human Development	Cognitive Development
09/09/2025	24	Dr. Venkat Raman	PSY302	Positive Psychology	Empathy and Compassion: Concept, and Measurement

10/09/2025	25	Dr. Venkat Raman	PSY302	Positive Psychology	Empathy and Compassion: Concept, and Measurement
11/09/2025	30	Archita Rai	PSY301	Life Span Human Development	Social Development
12/09/2025	31	Archita Rai	PSY301	Life Span Human Development	Emotional Development
13/09/2025		Archita Rai	Class Teaching	Minor Course	Minor Course
15/09/2025	26	Dr. Venkat Raman	PSY302	Positive Psychology	Cultivation exercises in Positive Psychology
15/09/2025	27	Dr. Venkat Raman	PSY302	Positive Psychology	Self Awareness: Concept
16/09/2025	32	Archita Rai	PSY301	Life Span Human Development	Moral Development
16/09/2025	28	Dr. Venkat Raman	PSY302	Positive Psychology	Self Awareness: Concept
17/09/2025	29	Dr. Venkat Raman	PSY302	Positive Psychology	Techniques to enhance self-awareness
18/09/2025	33	Archita Rai	PSY301	Life Span Human Development	Early Adulthood: Sex - Role Adjustment
19/09/2025	34	Archita Rai	PSY301	Life Span Human Development	Early Adulthood: Sex - Role Adjustment
20/09/2025		Archita Rai	Class Teaching	Minor Course	Minor Course
22/09/2025	30	Dr. Venkat Raman	PSY302	Positive Psychology	Techniques to enhance self-awareness
22/09/2025	31	Dr. Venkat Raman	PSY302	Positive Psychology	Techniques to enhance self-awareness
23/09/2025	35	Archita Rai	PSY301	Life Span Human Development	Diversity of Adult Lifestyles
23/09/2025	32	Dr. Venkat Raman	PSY302	Positive Psychology	Social Competence: The Value of Social Support

24/09/2025	33	Dr. Venkat Raman	PSY302	Positive Psychology	Social Competence: The Value of Social Support
25/09/2025	36	Archita Rai	PSY301	Life Span Human Development	Diversity of Adult Lifestyles
26/09/2025	37	Archita Rai	PSY301	Life Span Human Development	Early Adulthood: Career Development
27/09/2025		Archita Rai	Class Teaching	Minor Course	Minor Course
29/09/2025	34	Dr. Venkat Raman	PSY302	Positive Psychology	Relationships in a Fulfilling and Meaningful Life
29/09/2025	35	Dr. Venkat Raman	PSY302	Positive Psychology	Relationships in a Fulfilling and Meaningful Life
30/09/2025	38	Archita Rai	PSY301	Life Span Human Development	Early Adulthood: Career Development
30/09/2025	36	Dr. Venkat Raman	PSY302	Positive Psychology	Love and Belongingness
03/10/2025	37	Dr. Venkat Raman	PSY302	Positive Psychology	Love and Belongingness
04/10/2025	39	Archita Rai	PSY301	Life Span Human Development	Middle Adulthood: Changes in Mental Abilities
06/10/2025	38	Dr. Venkat Raman	PSY302	Positive Psychology	Happiness
06/10/2025	40	Archita Rai	PSY301	Life Span Human Development	Middle Adulthood: Changes in Mental Abilities
07/10/2025	41	Archita Rai	PSY301	Life Span Human Development	Adapting To Physical Changes in Midlife
07/10/2025		Archita Rai	Monthly Evaluation	Major Course	Major Course
08/10/2025	39	Dr. Venkat Raman	PSY302	Positive Psychology	Eudemonics and Hedonistic View
09/10/2025	40	Dr. Venkat Raman	PSY302	Positive Psychology	Eudemonics and Hedonistic View
10/10/2025	41	Dr. Venkat Raman	PSY302	Positive Psychology	Authentic Happiness

11/10/2025	42	Archita Rai	PSY301	Life Span Human Development	Adapting To Physical Changes in Midlife
24/10/2025	43	Archita Rai	PSY301	Life Span Human Development	Relationship at Midlife
25/10/2025		Archita Rai	Class Teaching	Minor Course	Minor Course
27/10/2025	42	Dr. Venkat Raman	PSY302	Positive Psychology	Authentic Happiness
27/10/2025	43	Dr. Venkat Raman	PSY302	Positive Psychology	Authentic Happiness
29/10/2025	44	Dr. Venkat Raman	PSY302	Positive Psychology	Authentic Happiness
30/10/2025	45	Dr. Venkat Raman	PSY302	Positive Psychology	Psychological Wellbeing: Concept, and Components
31/10/2025	44	Archita Rai	PSY301	Life Span Human Development	Vocational Life.
01/11/2025	45	Archita Rai	PSY301	Life Span Human Development	Vocational Life.
03/11/2025	46	Archita Rai	PSY301	Life Span Human Development	Late Adulthood: Life Expectancy
03/11/2025		Archita Rai	Class Teaching	Minor Course	Minor Course
04/11/2025	46	Dr. Venkat Raman	PSY302	Positive Psychology	Psychological Wellbeing: Concept, and Components
04/11/2025	47	Dr. Venkat Raman	PSY302	Positive Psychology	Psychological Wellbeing: Concept, and Components
06/11/2025	48	Dr. Venkat Raman	PSY302	Positive Psychology	Subjective Wellbeing: Concept, and Components
07/11/2025	49	Dr. Venkat Raman	PSY302	Positive Psychology	Subjective Wellbeing: Concept, and Components
08/11/2025	47	Archita Rai	PSY301	Life Span Human Development	Late Adulthood: Life Expectancy
10/11/2025	48	Archita Rai	PSY301	Life Span Human Development	Physical Changes
10/11/2025	49	Archita Rai	PSY301	Life Span Human Development	Change in Self : Concept and Personality

11/11/2025	50	Dr. Venkat Raman	PSY302	Positive Psychology	Subjective Wellbeing: Concept, and Components
11/11/2025		Archita Rai	Monthly Evaluation	Major Course	Major Course
12/11/2025	50	Archita Rai	PSY301	Life Span Human Development	Psychological Well-Being
13/11/2025	51	Archita Rai	PSY301	Life Span Human Development	Retirement and Leisure
14/11/2025	51	Dr. Venkat Raman	PSY302	Positive Psychology	REVISION
15/11/2025	52	Archita Rai	PSY301	Life Span Human Development	REVISION