

**Dayanand Mahila Mahavidyalaya, Kurukshetra**

**Lesson Plan**

Session 2020-21 (17.04.2021 to 12.07.2021)

Name of Teacher.....Dr. Urmila Panghal.....

Subject .....Applied Psychology.....

Week	Date	Class .....BA.....	Class .....BA.....	Class .....
		Semester ...6th.....	Semester ...6th.....	Semester .....
3	17.04.2021	Introduction		
4	19.04.2021			
	20.04.2021			
	21.04.2021	Ram Navami		
	22.04.2021	Health Psychology		
	23.04.2021	Health Psychology		
	24.04.2021	Health Psychology		
5	26.04.2021		Healthiness Scale	
	27.04.2021		Healthiness Scale	
	28.04.2021		Healthiness Scale	
	29.04.2021	Health Psychology	Healthiness Scale	
	30.04.2021	Concept of Health	Healthiness Scale	
1	01.05.2021	Concept of Illness	Healthiness Scale	
2	03.05.2021		Healthiness Scale	
	04.05.2021		Adjustment Inventory	
	05.05.2021		Adjustment Inventory	
	06.05.2021	Psychological factors	Adjustment Inventory	
	07.05.2021	Psychological factors	Adjustment Inventory	
	08.05.2021	Psychological factors	Adjustment Inventory	
3	10.05.2021		Life Style Schedule	
	11.05.2021		Life Style Schedule	
	12.05.2021		Life Style Schedule	
	13.05.2021	Life Style and Health	Life Style Schedule	
	14.05.2021	Id-ul-Fitr/Parshuram Jayanti		
	15.05.2021	Life Style and Health	Life Style Schedule	
4	17.05.2021		Life Style Schedule	
	18.05.2021		Life Style Schedule	
	19.05.2021		Life Style Schedule	
	20.05.2021	Stress and Copying	Counselling Need Inventory	
	21.05.2021	Stress and Copying	Counselling Need Inventory	

Week	Date	Class .....BA.....	Class .....BA.....	Class .....
		Semester ...6th.....	Semester ...6th.....	Semester .....
	22.05.2021	Stress and Copying	Counselling Need Inventory	
<b>5</b>	24.05.2021	_____	Counselling Need Inventory	
	25.05.2021	_____	Counselling Need Inventory	
	26.05.2021	_____	Counselling Need Inventory	
	27.05.2021	Forensic Psychology	Counselling Need Inventory	
	28.05.2021	Psychology and Law	Coping Style Inventory	
	29.05.2021	Psychology and Law	Coping Style Inventory	
	31.05.2021	_____	Coping Style Inventory	
<b>1</b>	01.06.2021	_____	Coping Style Inventory	
	02.06.2021	_____	Coping Style Inventory	
	03.06.2021	Assignment	Coping Style Inventory	
	04.06.2021	Eye Witness Memory	Coping Style Inventory	
	05.06.2021	Eye Witness Memory	Coping Style Inventory	
<b>2</b>	07.06.2021	_____	Perceived Stress Scale	
	08.06.2021	_____	Perceived Stress Scale	
	09.06.2021	_____	Perceived Stress Scale	
	10.06.2021	Test	Perceived Stress Scale	
	11.06.2021	Eye Witness Memory	Perceived Stress Scale	
	12.06.2021	Eye Witness Memory	Perceived Stress Scale	
<b>3</b>	14.06.2021	_____	Perceived Stress Scale	
	15.06.2021	_____	Perceived Stress Scale	
	16.06.2021	_____	preparation of viva	
	17.06.2021	Co-relation	preparation of viva	
	18.06.2021	Rank Difference Method	preparation of viva	
	19.06.2021	Rank Difference Method	preparation of viva	
<b>4</b>	21.06.2021	_____	preparation of viva	
	22.06.2021	_____	preparation of viva	
	23.06.2021	_____	<b>preparation of viva</b>	
	24.06.2021	Sant Kabir Jayanti		
	25.06.2021	Rank Difference Method	preparation of viva	
	26.06.2021	Product Moment Method	preparation of viva	
<b>5</b>	28.06.2021	_____	preparation of viva	
	29.06.2021	_____	<b>preparation of viva</b>	
	30.06.2021	_____	<b>preparation of viva</b>	
<b>1</b>	01.07.2021	Product Moment Method	Revision	
	02.07.2021	<b>Product Moment Method</b>	<b>Revision</b>	

Week	Date	Class .....BA.....	Class .....BA.....	Class .....
		Semester ...6th.....	Semester ...6th.....	Semester .....
	03.07.2021	Product Moment Method	Revision	
<b>2</b>	05.07.2021	_____	Revision	
	06.07.2021	_____	<b>Revision</b>	
	07.07.2021	_____	Revision	
	08.07.2021	Revision	Revision	
	09.07.2021	Revision	Revision	
	10.07.2021	Revision	Revision	
	12.07.2021	<b>Revision</b>	Revision	

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan

Session 2020-21 (17.04.2021 to 12.07.2021)

Name of Teacher. Urmila Singh

Subject Developmental Psychology

Week	Date	Class ..... Theory Semester <u>IV</u> ...	Class B.A./B.L..... Theory Semester <u>IV</u> ....	Class B.A./B.L..... Practical Semester <u>IV</u> ....
3	17.04.2021	Discussed about Human development		
4	19.04.2021	Psychology		
	20.04.2021	Concept of Human development		
	21.04.2021		Ram Navami	
	22.04.2021	Test of Concept of Human development		
	23.04.2021	Principles of Human Development		
	24.04.2021	"		
5	26.04.2021	"		
	27.04.2021	"		Syllabus of Pract Discussed
	28.04.2021	"		
	29.04.2021	"		
	30.04.2021	Test of Human dev. Principles.		I
1	01.05.2021	Factors of Human dev.		Parent-child Relationships
2	03.05.2021	Biological factors		"
	04.05.2021	"		"
	05.05.2021	"		"
	06.05.2021	Test of Biological factors		"
	07.05.2021	Social factors		"
	08.05.2021	Cultural factors		Viva
3	10.05.2021	Prænatal Stage		"
	11.05.2021	"		Written Test
	12.05.2021	"		"
	13.05.2021	"		"

Week	Date	Class .B.A.II.....	Class ...B.A.II.....	Class ...B.A.II.....
		Semester .IV.... Theory	Semester .IV....	Semester ...IV.... Practical.
	14.05.2021	—	Id-ul-Fitr/Parshuram Jayanti	—
	15.05.2021	Factors of Prenatal stage		"
4	17.05.2021	"		"
	18.05.2021	Test of Prenatal stage		"
	19.05.2021	Test of Prenatal stage		Youth Problem Inventory (3)
	20.05.2021	Test of factors.		"
	21.05.2021	Infancy stage		"
	22.05.2021	Infancy characteristics		"
5	24.05.2021	Hazards of Infancy stage		"
	25.05.2021	Test of Infancy stage		"
	26.05.2021	Childhood stage		"
	27.05.2021	Motor Development		"
	28.05.2021	Perceptual development		"
	29.05.2021	Motor Development		"
	31.05.2021	Assignment I		"
1	01.06.2021	Cognitive Development		Impulsiveness scale (4)
	02.06.2021	Emotional Development		"
	03.06.2021	Test of Motor Development.		"
	04.06.2021	Sessional Test		Sessional Test
	05.06.2021	Adolescent Problems/characteristics		Impulsiveness scale
2	07.06.2021	P. Adolescence characteristic Test		scale
	08.06.2021	Problems Test		"
	09.06.2021	management of Adolescent Prob.		"
	10.06.2021	Test of Problems.		"
	11.06.2021	Test of management		"
	12.06.2021	Discussed short questions.		"
3	14.06.2021	Discussed Q. Paper.		Viva Discussion
	15.06.2021	Assignment II		"

cek	Date	Class ..B.A.II....	Class ...B..A.II....	Class ..B.A.II.....
		Semester ..I.V....	Theory	Semester ..I.V....
	16.06.2021	Adulthood		"
	17.06.2021	Early Adulthood		Test of Result &
	18.06.2021	"		Test Discussion
	19.06.2021	Late Adulthood		"
4	21.06.2021	Test of Adulthood		Study of values
	22.06.2021	Aging Pattern & Problems		" (5)
	23.06.2021	"		"
	24.06.2021	Sant Kabir Jayanti		"
	25.06.2021	"		"
	26.06.2021	Test of Adulthood.		Test
5	28.06.2021	Measures of Variability Theory		"
	29.06.2021	"		Self Concept/70
	30.06.2021	"		"
1	01.07.2021	Sums on G D		"
	02.07.2021	Standard Deviations		Test
	03.07.2021	Sums on SD		"
2	05.07.2021	Preparation of short Questions		Viva preparation
	06.07.2021	"		"
	07.07.2021	"		"
	08.07.2021	Discussed old Question		"
	09.07.2021	"		Written Test
	10.07.2021	"		of self concept
	12.07.2021	"		"

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**Dayanand Mahila Mahavidyalaya, Kurukshetra**

**Lesson Plan**

Session 2020-21 (17.04.2021 to 12.07.2021)

Name of Teacher.....Dr. Urmila Panghal.....

Subject .....Experimental...Psychology.....

Week	Date	Class .....BA.....	Class .....BA.....	Class .....
		Semester ...2nd.....	Semester ...2nd.....	Semester ...2nd.....
3	17.04.2021	Attention		
4	19.04.2021	Attention		
	20.04.2021	Attention		
	21.04.2021	Ram Navami		
	22.04.2021	Attention		
	23.04.2021	Attention		
	24.04.2021	Learning		
5	26.04.2021	Learning	Span of Attention	
	27.04.2021	Learning	Span of Attention	
	28.04.2021	Learning	Span of Attention	
	29.04.2021	Learning	Span of Attention	
	30.04.2021	Memory	Span of Attention	
1	01.05.2021	Memory	Span of Attention	
2	03.05.2021	Memory	Span of Attention	
	04.05.2021	memory	Bilateral Transfer of Learning	
	05.05.2021	Memory	Bilateral Transfer of Learning	
	06.05.2021	Memory	Bilateral Transfer of Learning	
	07.05.2021	Memory	Bilateral Transfer of Learning	
	08.05.2021	Memory	Bilateral Transfer of Learning	
3	10.05.2021	forgetting	Immediate Memory Span	
	11.05.2021	assignment No. 1	Immediate Memory Span	
	12.05.2021	Forgetting	Immediate Memory Span	
	13.05.2021	Forgetting	Immediate Memory Span	
	14.05.2021	Id-ul-Fitr/Parshuram Jayanti		
	15.05.2021	Mnemonics	Immediate Memory Span	
4	17.05.2021	Mnemonics	Immediate Memory Span	
	18.05.2021	Mnemonics	Immediate Memory Span	

	19.05.2021	Problem Solving	Long Term Memory	
	20.05.2021	Problem Solving	Long Term Memory	
	21.05.2021	Problem Solving	Long Term Memory	
	22.05.2021	Problem Solving	Long Term Memory	
<b>5</b>	24.05.2021	Problem Solving	Long Term Memory	
	25.05.2021	Psychophysics	Long Term Memory	
	26.05.2021	Problems of Psychophysics	Long Term Memory	
	27.05.2021	Problems of Psychophysics	Serial Position Effect	
	28.05.2021	Method of Limits	Serial Position Effect	
	29.05.2021	Method of Limits	Serial Position Effect	
	31.05.2021	Method of Limits	Serial Position Effect	
<b>1</b>	01.06.2021	Method of Limits	Serial Position Effect	
	02.06.2021	Assignment No. 2	Serial Position Effect	
	03.06.2021	Method of Average Error	Serial Position Effect	
	04.06.2021	Method of Average Error	Serial Position Effect	
	05.06.2021	Method of Average Error	Serial Position Effect	
<b>2</b>	07.06.2021	Method of Constant Stimuli	Muller Lyre Illusion	
	08.06.2021	Method of Constant Stimuli	Muller Lyre Illusion	
	09.06.2021	Method of Constant Stimuli	Muller Lyre Illusion	
	10.06.2021	Test	Muller Lyre Illusion	
	11.06.2021	Classical Conditioning	Muller Lyre Illusion	
	12.06.2021	Classical Conditioning	Muller Lyre Illusion	
<b>3</b>	14.06.2021	Classical Conditioning	Muller Lyre Illusion	
	15.06.2021	Classical Conditioning	Muller Lyre Illusion	
	16.06.2021	Operant Conditioning	Muller Lyre Illusion	
	17.06.2021	Operant Conditioning	Muller Lyre Illusion	
	18.06.2021	Operant Conditioning	preparation of viva	
	19.06.2021	Operant Conditioning	preparation of viva	
<b>4</b>	21.06.2021	Frequency Distribution	preparation of viva	
	22.06.2021	Frequency Distribution	preparation of viva	
	23.06.2021	Frequency Distribution	preparation of viva	
	24.06.2021	Sant Kabir Jayanti		
	25.06.2021	Polygon	preparation of viva	
	26.06.2021	Polygon	preparation of viva	



<b>5</b>	28.06.2021	Histogram	preparation of viva	
	29.06.2021	Histogram	preparation of viva	
	30.06.2021	Histogram	preparation of viva	
<b>1</b>	01.07.2021	Mean	preparation of viva	
	02.07.2021	Mean	preparation of viva	
	03.07.2021	Mean	preparation of viva	
<b>2</b>	05.07.2021	Median	preparation of viva	
	06.07.2021	Median	Revision	
	07.07.2021	Mode	Revision	
	08.07.2021	Mode	Revision	
	09.07.2021	Revision	Revision	
	10.07.2021	Revision	Revision	
	12.07.2021	Revision	Revision	