

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2021-22 (08.10.2021 to 22.02.2022)

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

SubjectPsychology.....

Week	Date	ClassBA	ClassBA.....
		Semester ...3.....	Semester ...3.....
	08.10.2021	Orientation Course	
	09.10.2021	Orientation Course	
	11.10.2021	Introduction & Definition of Social Psychology	
	12.10.2021	Nature of Social Psychology	
	13.10.2021	Nature of Social Psychology	
	14.10.2021	Nature of Social Psychology	
	15.10.2021	Dussehra	
	16.10.2021	Sociometric method	
	18.10.2021	Sociometric method	Practical-1 Sociometry
	19.10.2021	Sociometric method	Practical-1 Sociometry
	20.10.2021	Maharishi Balmiki Jayanti	
	21.10.2021	Sociometric method	Practical-1 Sociometry
	22.10.2021	Sociometric method	Practical-1 Sociometry
	23.10.2021	Socialisation-Nature	Practical-1 Sociometry
	25.10.2021	Process of Socialisation	Practical-1 Sociometry
	26.10.2021	Process of Socialisation	Practical-1 Sociometry
	27.10.2021	Process of Socialisation	Practical-1 Sociometry
	28.10.2021	Process of Socialisation	Practical-1 Sociometry
	29.10.2021	Agents of Socialisation	Practical-1 Sociometry
	30.10.2021	Agents of Socialisation	Practical-1 Sociometry
	31.10.2021 to 07.11.2021	Diwali Vacations	
	08.11.2021	Agents of Socialisation	Practical-1 Sociometry
	09.11.2021	Agents of Socialisation	Practical-1 Sociometry
	10.11.2021	Leadership - Nature	Practical-1 Sociometry
	11.11.2021	Characteristics of Leadership	Practical-1 Sociometry

Week	Date	ClassBA	ClassBA.....
		Semester ...3.....	Semester ...3.....
	12.11.2021	Types of Leadership	Practical-1 Sociometry
	13.11.2021	Types of Leadership	Practical-1 Sociometry
	15.11.2021	Types of Leadership	Practical-1 Sociometry
	16.11.2021	Trait Theory of Leadership	Practical-1 Sociometry
	17.11.2021	Trait Theory of Leadership	Practical-1 Sociometry
	18.11.2021	Situational Theory of Leadership	Practical-1 Sociometry
	19.11.2021	Guru Nanak Dev Jayanti	
	20.11.2021	Situational Theory of Leadership	Practical-2 Leadership Style
	22.11.2021	NAAC TEAM VISIT	
	23.11.2021	NAAC TEAM VISIT	
	24.11.2021	Interactional Theory of Leadership	Practical-2 Leadership Style
	25.11.2021	Interactional Theory of Leadership	Practical-2 Leadership Style
	26.11.2021	Assignment 1	Practical-2 Leadership Style
	27.11.2021	Functions of Leadership	Practical-2 Leadership Style
	29.11.2021	Functions of Leadership	Practical-2 Leadership Style
	30.11.2021	Functions of Leadership	Practical-2 Leadership Style
	01.12.2021	Group - Definition and Formation	Practical-2 Leadership Style
	02.12.2021	Types of Groups	Practical-2 Leadership Style
	03.12.2021	Types of Groups	Practical-2 Leadership Style
	04.12.2021	Types of Groups	Practical-2 Leadership Style
	06.12.2021	Functions of Groups	Practical-3 Social Facilitation Phenomena
	07.12.2021	Functions of Groups	Practical-3 Social Facilitation Phenomena
	08.12.2021	Social Norms - Meaning, Characteristics	Practical-3 Social Facilitation Phenomena
	09.12.2021	Types of Social Norms	Practical-3 Social Facilitation Phenomena
	10.12.2021	Types of Social Norms	Practical-3 Social Facilitation Phenomena
	11.12.2021	Formation of Social Norms	Practical-3 Social Facilitation Phenomena
	13.12.2021	Formation of Social Norms	Practical-3 Social Facilitation Phenomena
	14.12.2021	Test	Practical-3 Social Facilitation Phenomena
	15.12.2021	Attitude - Definition and Characteristics	Practical-3 Social Facilitation Phenomena
	16.12.2021	Characteristics of Attitude	Practical-3 Social Facilitation Phenomena
	17.12.2021	Characteristics of Attitude	Practical-3 Social Facilitation Phenomena

Week	Date	ClassBA	ClassBA.....
		Semester ...3.....	Semester ...3.....
	18.12.2021	Characterstics of Attitude	Practical-3 Social Facilitation Phenomena
	20.12.2021	Development of Attitude	Practical 4 Altruism Test
	21.12.2021	Development of Attitude	Practical 4 Altruism Test
	22.12.2021	Development of Attitude	Practical 4 Altruism Test
	23.12.2021	Development of Attitude	Practical 4 Altruism Test
	24.12.2021	Attitude Change	Practical 4 Altruism Test
	25.12.2021	Christmas	
	27.12.2021	Attitude Change	Practical 4 Altruism Test
	28.12.2021	Attitude Change	Practical 4 Altruism Test
	29.12.2021	Attitude Change	Practical 4 Altruism Test
	30.12.2021	Prejudice- Nature	Practical 4 Altruism Test
	31.12.2021	Development of Prejudice	Practical 4 Altruism Test
	01.01.2022	Development of Prejudice	Practical 4 Altruism Test
	03.01.2022	Development of Prejudice	Practical 4 Altruism Test
	04.01.2022	Development of Prejudice	Practical 4 Altruism Test
	05.01.2022	Assignment 2	Practical 4 Altruism Test
	06.01.2022	Stereotypes	Practical 4 Altruism Test
	07.01.2022	Stereotypes	Practical 4 Altruism Test
	08.01.2022	Stereotypes	Practical 4 Altruism Test
	10.01.2022	Stereotypes	Practical 4 Altruism Test
	11.01.2022	Stereotypes	Practical 5- Stereotypes
	12.01.2022	Pro Social Behaviour - Nature	Practical 5- Stereotypes
	13.01.2022	Determinants	Practical 5- Stereotypes
	14.01.2022	Determinants	Practical 5- Stereotypes
	15.01.2022	Determinants	Practical 5- Stereotypes
	17.01.2022	Determinants	Practical 5- Stereotypes
	18.01.2022	Determinants	Practical 5- Stereotypes
	19.01.2022	Cognitive Model	Practical 5- Stereotypes
	20.01.2022	Cognitive Model	Practical 5- Stereotypes
	21.01.2022	Cognitive Model	Practical 5- Stereotypes
	22.01.2022	Cognitive Model	Practical 5- Stereotypes

Week	Date	ClassBA	ClassBA.....
		Semester ...3.....	Semester ...3.....
	24.01.2022	TEST	Practical 5- Stereotypes
	25.01.2022	Aggression - Nature	Practical 5- Stereotypes
	26.01.2022	Republic Day	
	27.01.2022	Determinants	Practical 6 - Aggression
	28.01.2022	Determinants	Practical 6 - Aggression
	29.01.2022	Determinants	Practical 6 - Aggression
	31.01.2022	Determinants	Practical 6 - Aggression
	01.02.2022	Determinants	Practical 6 - Aggression
	02.02.2022	Prevention	Practical 6 - Aggression
	03.02.2022	Prevention	Practical 6 - Aggression
	04.02.2022	Prevention	Practical 6 - Aggression
	05.02.2022	Basant Panchami	
	07.02.2022	Prevention	Practical 6 - Aggression
	08.02.2022	Prevention	Practical 6 - Aggression
	09.02.2022	Subject matter	Practical 6 - Aggression
	10.02.2022	Subject matter	Practical 6 - Aggression
	11.02.2022	Subject matter	Practical 6 - Aggression
	12.02.2022	Subject matter	Practical 6 - Aggression
	14.02.2022	Revision	Revision
	15.02.2022	Revision	Revision
	16.02.2022	Guru Ravidas Jayanti	
	17.02.2022	Revision	Revision
	18.02.2022	Revision	Revision
	19.02.2022	Revision	Revision
	21.02.2022	Revision	Revision
	22.02.2022	Revision	Revision

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2021-22 (08.10.2021 to 22.02.2022)

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

SubjectPsychology.....

Week	Date	ClassBA	ClassBA.....
		Semester ...3.....	Semester ...3.....
	08.10.2021	Orientation Course	
	09.10.2021	Orientation Course	
	11.10.2021	Introduction & Definition of Social Psychology	
	12.10.2021	Nature of Social Psychology	
	13.10.2021	Nature of Social Psychology	
	14.10.2021	Nature of Social Psychology	
	15.10.2021	Dussehra	
	16.10.2021	Sociometric method	
	18.10.2021	Sociometric method	Practical-1 Sociometry
	19.10.2021	Sociometric method	Practical-1 Sociometry
	20.10.2021	Maharishi Balmiki Jayanti	
	21.10.2021	Sociometric method	Practical-1 Sociometry
	22.10.2021	Sociometric method	Practical-1 Sociometry
	23.10.2021	Socialisation-Nature	Practical-1 Sociometry
	25.10.2021	Process of Socialisation	Practical-1 Sociometry
	26.10.2021	Process of Socialisation	Practical-1 Sociometry
	27.10.2021	Process of Socialisation	Practical-1 Sociometry
	28.10.2021	Process of Socialisation	Practical-1 Sociometry
	29.10.2021	Agents of Socialisation	Practical-1 Sociometry
	30.10.2021	Agents of Socialisation	Practical-1 Sociometry
	31.10.2021 to 07.11.2021	Diwali Vacations	
	08.11.2021	Agents of Socialisation	Practical-1 Sociometry
	09.11.2021	Agents of Socialisation	Practical-1 Sociometry
	10.11.2021	Leadership - Nature	Practical-1 Sociometry
	11.11.2021	Characteristics of Leadership	Practical-1 Sociometry
	12.11.2021	Types of Leadership	Practical-1 Sociometry
	13.11.2021	Types of Leadership	Practical-1 Sociometry
	15.11.2021	Types of Leadership	Practical-1 Sociometry
	16.11.2021	Trait Theory of Leadership	Practical-1 Sociometry
	17.11.2021	Trait Theory of Leadership	Practical-1 Sociometry
	18.11.2021	Situational Theory of Leadership	Practical-1 Sociometry
	19.11.2021	Guru Nanak Dev Jayanti	
	20.11.2021	Situational Theory of Leadership	Practical-2 Leadership Style
	22.11.2021	NAAC TEAM VISIT	
	23.11.2021	NAAC TEAM VISIT	
	24.11.2021	Interactional Theory of Leadership	Practical-2 Leadership Style
	25.11.2021	Interactional Theory of Leadership	Practical-2 Leadership Style
	26.11.2021	Assignment 1	Practical-2 Leadership Style
	27.11.2021	Functions of Leadership	Practical-2 Leadership Style
	29.11.2021	Functions of Leadership	Practical-2 Leadership Style
	30.11.2021	Functions of Leadership	Practical-2 Leadership Style
	01.12.2021	Group - Definition and Formation	Practical-2 Leadership Style
	02.12.2021	Types of Groups	Practical-2 Leadership Style
	03.12.2021	Types of Groups	Practical-2 Leadership Style

Week	Date	ClassBA	ClassBA.....
		Semester ...3.....	Semester ...3.....
	04.12.2021	Types of Groups	Practical-2 Leadership Style
	06.12.2021	Functions of Groups	Practical-3 Social Facilitation Phenomena
	07.12.2021	Functions of Groups	Practical-3 Social Facilitation Phenomena
	08.12.2021	Social Norms - Meaning, Characteristics	Practical-3 Social Facilitation Phenomena
	09.12.2021	Types of Social Norms	Practical-3 Social Facilitation Phenomena
	10.12.2021	Types of Social Norms	Practical-3 Social Facilitation Phenomena
	11.12.2021	Formation of Social Norms	Practical-3 Social Facilitation Phenomena
	13.12.2021	Formation of Social Norms	Practical-3 Social Facilitation Phenomena
	14.12.2021	Test	Practical-3 Social Facilitation Phenomena
	15.12.2021	Attitude - Definition and Characteristics	Practical-3 Social Facilitation Phenomena
	16.12.2021	Characteristics of Attitude	Practical-3 Social Facilitation Phenomena
	17.12.2021	Characteristics of Attitude	Practical-3 Social Facilitation Phenomena
	18.12.2021	Characteristics of Attitude	Practical-3 Social Facilitation Phenomena
	20.12.2021	Development of Attitude	Practical 4 Altruism Test
	21.12.2021	Development of Attitude	Practical 4 Altruism Test
	22.12.2021	Development of Attitude	Practical 4 Altruism Test
	23.12.2021	Development of Attitude	Practical 4 Altruism Test
	24.12.2021	Attitude Change	Practical 4 Altruism Test
	25.12.2021	Christmas	
	27.12.2021	Attitude Change	Practical 4 Altruism Test
	28.12.2021	Attitude Change	Practical 4 Altruism Test
	29.12.2021	Attitude Change	Practical 4 Altruism Test
	30.12.2021	Prejudice- Nature	Practical 4 Altruism Test
	31.12.2021	Development of Prejudice	Practical 4 Altruism Test
	01.01.2022	Development of Prejudice	Practical 4 Altruism Test
	03.01.2022	Development of Prejudice	Practical 4 Altruism Test
	04.01.2022	Development of Prejudice	Practical 4 Altruism Test
	05.01.2022	Assignment 2	Practical 4 Altruism Test
	06.01.2022	Stereotypes	Practical 4 Altruism Test
	07.01.2022	Stereotypes	Practical 4 Altruism Test
	08.01.2022	Stereotypes	Practical 4 Altruism Test
	10.01.2022	Stereotypes	Practical 4 Altruism Test
	11.01.2022	Stereotypes	Practical 5- Stereotypes
	12.01.2022	Pro Social Behaviour - Nature	Practical 5- Stereotypes
	13.01.2022	Determinants	Practical 5- Stereotypes
	14.01.2022	Determinants	Practical 5- Stereotypes
	15.01.2022	Determinants	Practical 5- Stereotypes
	17.01.2022	Determinants	Practical 5- Stereotypes
	18.01.2022	Determinants	Practical 5- Stereotypes
	19.01.2022	Cognitive Model	Practical 5- Stereotypes
	20.01.2022	Cognitive Model	Practical 5- Stereotypes
	21.01.2022	Cognitive Model	Practical 5- Stereotypes
	22.01.2022	Cognitive Model	Practical 5- Stereotypes
	24.01.2022	TEST	Practical 5- Stereotypes
	25.01.2022	Aggression - Nature	Practical 5- Stereotypes
	26.01.2022	Republic Day	
	27.01.2022	Determinants	Practical 6 - Aggression
	28.01.2022	Determinants	Practical 6 - Aggression
	29.01.2022	Determinants	Practical 6 - Aggression
	31.01.2022	Determinants	Practical 6 - Aggression
	01.02.2022	Determinants	Practical 6 - Aggression

Week	Date	ClassBA	ClassBA.....
		Semester ...3.....	Semester ...3.....
	02.02.2022	Prevention	Practical 6 - Aggression
	03.02.2022	Prevention	Practical 6 - Aggression
	04.02.2022	Prevention	Practical 6 - Aggression
	05.02.2022	Basant Panchami	
	07.02.2022	Prevention	Practical 6 - Aggression
	08.02.2022	Prevention	Practical 6 - Aggression
	09.02.2022	Subject matter	Practical 6 - Aggression
	10.02.2022	Subject matter	Practical 6 - Aggression
	11.02.2022	Subject matter	Practical 6 - Aggression
	12.02.2022	Subject matter	Practical 6 - Aggression
	14.02.2022	Revision	Revision
	15.02.2022	Revision	Revision
	16.02.2022	Guru Ravidas Jayanti	
	17.02.2022	Revision	Revision
	18.02.2022	Revision	Revision
	19.02.2022	Revision	Revision
	21.02.2022	Revision	Revision
	22.02.2022	Revision	Revision

DAYANAND MAHILA MAHAVIDYALAYA, KURUKSHETRA

NAME OF ASSISTANT PROFESSOR : *Urmila Singh*
 CLASS AND SESSION : *BA III C 2021-22*
 SUBJECT : *Psychology*
 SUBJECT LESSON PLAN : *PsychoPathology*

ASSIGNMENT DATE	THEORY	PRACTICAL
08-10-2021	BRIDGE COURSE	
09-10-2021	BRIDGE COURSE	
10-10-2021	CONCEPT OF NORMALITY	
11-10-2021	CONCEPT OF NORMALITY	
12-10-2021	CONCEPT OF NORMALITY	
14-10-2021	TEST	
15-10-2021	CHARACTERISTICS	
16-10-2021		
18-10-2021	CHARACTERISTICS	
19-10-2021	TEST	
20-10-2021	VIEW POINT OLD AND SUPRECTIVE NEW POINT	ANXIETY TEST
21-10-2021	VIEW POINT OLD AND SUPRECTIVE NEW POINT	ANXIETY TEST
22-10-2021	VIEW POINT OLD AND SUPRECTIVE NEW POINT	ANXIETY TEST
23-10-2021	VIEW POINT OLD AND SUPRECTIVE NEW POINT	ANXIETY TEST
24-10-2021	VIEW POINT OLD AND SUPRECTIVE NEW POINT	ANXIETY TEST
25-10-2021	VIEW POINT OLD AND SUPRECTIVE NEW POINT	ANXIETY TEST
26-10-2021	TEST OF SCIENTIFIC VIEW POINT	VIVA OF ANXIETY SCALE
27-10-2021	TEST OF DIAGRAMNS	VIVA OF ANXIETY SCALE
28-10-2021	NEUROSIS VS PSYCHOSIS	VIVA OF ANXIETY SCALE
29-10-2021	NEUROSIS VS PSYCHOSIS	VIVA OF ANXIETY SCALE
30-10-2021	ANXIETY NEUROSIS	VIVA OF ANXIETY SCALE
31-10-2021 TO 6-11-2021	DIWALI VACATIONS	

07-11-2021	ANXIETY NEUROSIS	VIVA OF ANXIETY SCALE
08-11-2021	ANXIETY NEUROSIS	VIVA OF ANXIETY SCALE
09-11-2021	ANXIETY NEUROSIS	VIVA OF ANXIETY SCALE
10-11-2021	TEST OF ANXIETY NEUROSIS	DEPRESSION SCALE
11-11-2021	TEST OF DIAGRAMS ANXIETY NEUROSIS	DEPRESSION SCALE
12-11-2021	CAUSES OF ANXIETY	DEPRESSION SCALE
13-11-2021	CAUSES OF ANXIETY	DEPRESSION SCALE
15-11-2021	CAUSES OF ANXIETY	VIVA OF DEPRESSION
16-11-2021	TREATMENT	VIVA OF DEPRESSION
17-11-2021	PHOBIA	VIVA OF DEPRESSION
18-11-2021	PHOBIA	VIVA OF DEPRESSION
19-11-2021	PHOBIA	VIVA OF DEPRESSION
20-11-2021	TEST OF TYPES	VIVA OF DEPRESSION
SEMESTER 5		STRUCTURED CLINICAL INTERVIEW
		STRUCTURED CLINICAL INTERVIEW
22-11-2021	OCD	STRUCTURED CLINICAL INTERVIEW
23-11-2021	OCD	STRUCTURED CLINICAL INTERVIEW
24-11-2021	OCD	STRUCTURED CLINICAL INTERVIEW
25-11-2021	OCD	STRUCTURED CLINICAL INTERVIEW
26-11-2021	TEST	STRUCTURED CLINICAL INTERVIEW
27-11-2021	CLASSIFICATION OF PSYCHOPATHOLOGY	
29-11-2021	CLASSIFICATION OF PSYCHOPATHOLOGY	
30-11-2021	NEED OF CLASSICAL	
01-12-2021	TEST	
02-12-2021	DSM SYSTEM	
03-12-2021	DSM SYSTEM	
04-12-2021	DSM SYSTEM	
06-12-2021	TEST	
07-12-2021	SUBSTANCE ABUSE	
08-12-2021	SUBSTANCE ABUSE	
09-12-2021	SUBSTANCE ABUSE	

	TEST	
10-12-2021	TEST	
11-12-2021	TEST	
13-12-2021	SUBSTANCE ABUSE	
14-12-2021	SUBSTANCE ABUSE	
15-12-2021	SUBSTANCE ABUSE	
16-12-2021	REHABILITATION	
17-12-2021	REHABILITATION	
18-12-2021	TEST	
20-12-2021	DIAGNOSIS ASSESMENT	
21-12-2021	CASE HISTORY	
23-12-2021	CASE HISTORY	
24-12-2021	CHRISMAS	
25-12-2021		
26-12-2021		
27-12-2021	TEST	
28-12-2021	INTERVIEW METHOD	
29-12-2021	INTERVIEW METHOD	
30-12-2021	INTERVIEW METHOD	
31-12-2021	INTERVIEW METHOD	DMI
01-01-2022	TEST OF INTERVIEW METHOD	DMI
03-01-2022	PROJECTIVE TECHNIQUES	DMI
04-01-2022	CHARACTERISTICS	DMI
05-01-2022	TYPES	DMI
06-01-2022	TAT	DMI
07-01-2022	WAT	DMI
08-01-2022	TEST OF PROJECTIVE TECHNIQUES	DMI
10-01-2022	MOOD DISORDER	VIVA PRACTICE
11-01-2022	UNIPOLAR OR BIPOLAR	VIVA PRACTICE
12-01-2022	SYMPTOMS	VIVA PRACTICE
13-01-2022	CAUSES OF	VIVA PRACTICE
14-01-2022	CAUSES OF	VIVA PRACTICE
15-01-2022	DEPRESSION TEST	
17-01-2022		

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18-01-2022	TEST OF MANIA	VIVA PRACTICE
19-01-2022	SCHIZOPHRENIA	VIVA PRACTICE
20-01-2022	SCHIZOPHRENIA	VIVA PRACTICE
21-01-2022	SCHIZOPHRENIA	VIVA PRACTICE
22-01-2022	SCHIZOPHRENIA	VIVA PRACTICE
24-01-2022	SCHIZOPHRENIA	VIVA PRACTICE
25-01-2022	TEST OF TYPES	VIVA PRACTICE
26-01-2022		
27-01-2022	MODELS OF PSYCHOPATHOLOGY	
28-01-2022	BIOLOGICAL MODEL	
29-01-2022	BIOLOGICAL MODEL	
31-01-2022	TEST	
01-02-2022	PSYCHODYNAMIC MODEL	PGI MEMORY SCALE
02-02-2022	PSYCHODYNAMIC MODEL	
03-02-2022	TEST	
04-02-2022	BEHAVIOURAL MODEL	
05-02-2022	BASANT PANCHMI	
07-02-2022	BASANT PANCHMI	
08-02-2022	TEST	
09-02-2022	COGNITIVE MODEL	
10-02-2022	COGNITIVE MODEL	
11-02-2022	TEST	
12-02-2022	DISCUSSION OF SHORT QUESTIONS	
14-02-2022	DISCUSSION OF SHORT QUESTIONS	
15-02-2022	DISCUSSION OF SHORT QUESTIONS	
16-02-2022	GURU RAVIDASS JAYANTI	
17-02-2022	OLD QUESTION PAPER ATTEMPED	
18-02-2022	OLD QUESTION PAPER ATTEMPED	
19-02-2022	OLD QUESTION PAPER ATTEMPED	
21-02-2022	OLD QUESTION PAPER ATTEMPED	
22-02-2022	OLD QUESTION PAPER ATTEMPED	

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