

# Dayanand Mahila Mahavidyalaya, Kurukshetra

## Lesson Plan (Odd Semester)

Session 2021-22 (08.10.2021 to 22.02.2022)

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

Subject ...Psychology.....

Week	Date	Class .....BA.....	Class ...BA.....
		Semester ...1st.....	Semester ...1st.....
	08.10.2021	<b>Orientation Course</b>	
	09.10.2021	<b>Orientation Course</b>	
	11.10.2021	Introduction	
	12.10.2021	Bridge Course	__
	13.10.2021	Bridge Course	__
	14.10.2021	__	__
	15.10.2021	<b>Dussehra</b>	
	16.10.2021	__	__
	18.10.2021	Emotions - Meaning and Nature	Observation Test
	19.10.2021	Emotions - Meaning and Nature	Observation Test
	20.10.2021	<b>Maharishi Balmiki Jayanti</b>	
	21.10.2021	__	Observation Test
	22.10.2021	__	Observation Test
	23.10.2021	__	Observation Test
	25.10.2021	Bodily changes	Observation Test
	26.10.2021	Bodily changes	Observation Test
	27.10.2021	Bodily changes	Observation Test
	28.10.2021	__	Observation Test
	29.10.2021	__	Observation Test
	30.10.2021	__	Observation Test
	31.10.2021 to 07.11.2021	<b>Diwali Vacations</b>	
	08.11.2021	James Lange Theory	Observation Test
	09.11.2021	James Lange Theory	Observation Test
	10.11.2021	James Lange Theory	Observation Test
	11.11.2021	__	Observation Test
	12.11.2021	__	Observation Test
	13.11.2021	__	Observation Test
	15.11.2021	Canon Bard Theory	Study Of Emotions
	16.11.2021	Canon Bard Theory	Study Of Emotions
	17.11.2021	Canon Bard Theory	Study Of Emotions
	18.11.2021	__	Study Of Emotions
	19.11.2021	<b>Guru Nanak Dev Jayanti</b>	
	20.11.2021	__	Study Of Emotions
	22.11.2021	<b>NAAC TEAM VISIT</b>	
	23.11.2021	<b>NAAC TEAM VISIT</b>	
	24.11.2021	Assignment 1	Study Of Emotions
	25.11.2021	__	Study Of Emotions
	26.11.2021	__	Study Of Emotions
	27.11.2021	__	Study Of Emotions
	29.11.2021	Schachter- Singer Theory	Study Of Emotions
	30.11.2021	Schachter- Singer Theory	Study Of Emotions
	01.12.2021	Intelligence - Meaning, Nature	Study Of Emotions

Week	Date	Class .....BA.....	Class ...BA.....
		Semester ...1st.....	Semester ...1st.....
	02.12.2021	---	Study Of Emotions
	03.12.2021	---	Study Of Emotions
	04.12.2021	---	Study Of Emotions
	06.12.2021	Intelligence - Meaning, Nature	Sound Localization
	07.12.2021	Spearman Theory	Sound Localization
	08.12.2021	Spearman Theory	Sound Localization
	09.12.2021	---	Sound Localization
	10.12.2021	---	Sound Localization
	11.12.2021	---	Sound Localization
	13.12.2021	Thurstone Theory	Sound Localization
	14.12.2021	Thurstone Theory	Sound Localization
	15.12.2021	Cattell's Theory	Sound Localization
	16.12.2021	---	Sound Localization
	17.12.2021	---	Jalota's General Mental Ability Test
	18.12.2021	---	Jalota's General Mental Ability Test
	20.12.2021	Cattell's Theory	Jalota's General Mental Ability Test
	21.12.2021	Cattell's Theory	Jalota's General Mental Ability Test
	22.12.2021	Test	Jalota's General Mental Ability Test
	23.12.2021	---	Jalota's General Mental Ability Test
	24.12.2021	---	Jalota's General Mental Ability Test
	25.12.2021	<b>Christmas</b>	
	27.12.2021	Motivation - Meaning and Nature	Jalota's General Mental Ability Test
	28.12.2021	Motivation Cycle	Jalota's General Mental Ability Test
	29.12.2021	Biological Motives	Jalota's General Mental Ability Test
	30.12.2021	---	Jalota's General Mental Ability Test
	31.12.2021	---	Raven's Standard Progressive Matrices
	01.01.2022	---	Raven's Standard Progressive Matrices
	03.01.2022	Biological Motives	Raven's Standard Progressive Matrices
	04.01.2022	Biological Motives	Raven's Standard Progressive Matrices
	05.01.2022	Biological Motives	Raven's Standard Progressive Matrices
	06.01.2022	---	Raven's Standard Progressive Matrices
	07.01.2022	---	Raven's Standard Progressive Matrices
	08.01.2022	---	Raven's Standard Progressive Matrices
	10.01.2022	Assignmnt 2	Raven's Standard Progressive Matrices
	11.01.2022	Psychological Motives	Raven's Standard Progressive Matrices
	12.01.2022	Psychological Motives	Raven's Standard Progressive Matrices

Week	Date	Class .....BA.....	Class ...BA.....
		Semester ...1st.....	Semester ...1st.....
	13.01.2022	—	Raven's Standard Progressive Matrices
	14.01.2022	—	Raven's Standard Progressive Matrices
	15.01.2022	—	Raven's Standard Progressive Matrices
	17.01.2022	Psychological Motives	Raven's Standard Progressive Matrices
	18.01.2022	Personality - Meaning and Nature	EPI
	19.01.2022	Determinants of Personality	EPI
	20.01.2022	—	EPI
	21.01.2022	—	EPI
	22.01.2022	—	EPI
	24.01.2022	Determinants of Personality	EPI
	25.01.2022	Determinants of Personality	EPI
	26.01.2022	<b>Republic Day</b>	
	27.01.2022	—	EPI
	28.01.2022	—	EPI
	29.01.2022	—	EPI
	31.01.2022	Type Theories	EPI
	01.02.2022	Type Theories	Preparation of Viva
	02.02.2022	Type Theories	Preparation of Viva
	03.02.2022	—	Preparation of Viva
	04.02.2022	—	Preparation of Viva
	05.02.2022	<b>Basant Panchami</b>	
	07.02.2022	Trait Theories	Preparation of Viva
	08.02.2022	Trait Theories	Preparation of Viva
	09.02.2022	Trait Theories	Preparation of Viva
	10.02.2022	—	Preparation of Viva
	11.02.2022	—	Preparation of Viva
	12.02.2022	—	Preparation of Viva
	14.02.2022	Trait Theories	Preparation of Viva
	15.02.2022	Type vs Trait Approach	Preparation of Viva
	16.02.2022	<b>Guru Ravidas Jayanti</b>	
	17.02.2022	—	Test
	18.02.2022	—	Revision
	19.02.2022	—	Revision
	21.02.2022	Revision	Revision
	22.02.2022	Revision	Revision
Week	Date	Class .....BA .....	Class .....BA.....
		Semester ...3.....	Semester ...3.....
	08.10.2021	<b>Orientation Course</b>	
	09.10.2021	<b>Orientation Course</b>	
	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	

Week	Date	Class .....BA.....	Class ...BA.....
		Semester ...1st.....	Semester ...1st.....
	15.10.2021	<b>Dussehra</b>	
	16.10.2021	Sociometric method	
	18.10.2021	Sociometric method	Practical-1 Sociometry
	19.10.2021	Sociometric method	Practical-1 Sociometry
	20.10.2021	<b>Maharishi Balmiki Jayanti</b>	
	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	<b>Diwali Vacations</b>	
	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	<b>Guru Nanak Dev Jayanti</b>	
	20.11.2021	Situational Theory of Leadership	Practical-2 Leadership Style
	22.11.2021	<b>NAAC TEAM VISIT</b>	
	23.11.2021	<b>NAAC TEAM VISIT</b>	
	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

Week	Date	Class .....BA.....	Class ...BA.....
		Semester ...1st.....	Semester ...1st.....
	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	<b>Christmas</b>	
	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

Week	Date	Class .....BA.....	Class ...BA.....
		Semester ...1st.....	Semester ...1st.....
	26.01.2022	<b>Republic Day</b>	
	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	<b>Basant Panchami</b>	
	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	<b>Guru Ravidas Jayanti</b>	
	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	

*D. Singh*