

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2023-24 (01.01.2024 to 30.04.2024)

Name of Teacher: Ms. Anchal *Dr. Urmil Parghel +*

Psychology (theory+practical)

Day	Date	BA 2nd year (Theory)	BA 2nd year (Practical) <i>GI+GII</i>
		4th	4th
Monday	01.01.2024		introduction to practicals
Tuesday	02.01.2024		Parent child relationship scale
Wednesday	03.01.2024	Human development: Concept	PCRS
Thursday	04.01.2024	principles	PCRS
Friday	05.01.2024	principles	
Saturday	06.01.2024	factors: biological	
Monday	08.01.2024		PCRS
Tuesday	09.01.2024		PCRS
Wednesday	10.01.2024	biological	PCRS
Thursday	11.01.2024	social factors	PCRS
Friday	12.01.2024	social factors	
Saturday	13.01.2024	cultural factors	
Monday	15.01.2024		Family environment inventory
Tuesday	16.01.2024		FEI
Wednesday	17.01.2024	Shri Guru Gobind Singh Ji Jayanti	
Thursday	18.01.2024	cultural factors	FEI
Friday	19.01.2024	test	
Saturday	20.01.2024	assignment 1	
Monday	22.01.2024		FEI
Tuesday	23.01.2024		FEI
Wednesday	24.01.2024	prenatal development	FEI
Thursday	25.01.2024	prenatal development	FEI
Friday	26.01.2024	Republic Day	
Saturday	27.01.2024	determinants	
Monday	29.01.2024		Youth problem inventory
Tuesday	30.01.2024		YPI
Wednesday	31.01.2024	determinants	YPI
Thursday	01.02.2024	stages	YPI
Friday	02.02.2024	stages	
Saturday	03.02.2024	test	

Day	Date	BA 2nd year (Theory)	BA 2nd year (Practical)
		4th	4th
Monday	05.02.2024		YPI
Tuesday	06.02.2024		YPI
Wednesday	07.02.2024	introduction to infancy	YPI
Thursday	08.02.2024	characteristics	self concept inventory
Friday	09.02.2024	hazards	
Saturday	10.02.2024	adjustment	
Monday	12.02.2024		SCI
Tuesday	13.02.2024		SCI
Wednesday	14.02.2024	Basant Panchmi/Sir Chhotu Ram Jayanti	
Thursday	15.02.2024	test	SCI
Friday	16.02.2024	childhood	
Saturday	17.02.2024	characteristics	
Monday	19.02.2024		SCI
Tuesday	20.02.2024		SCI
Wednesday	21.02.2024	perceptual development	SCI
Thursday	22.02.2024	motor development	SCI
Friday	23.02.2024	motor	
Saturday	24.02.2024	Guru Ravidas Jayanti	
Monday	26.02.2024		Impulsiveness scale
Tuesday	27.02.2024		IS
Wednesday	28.02.2024	emotional	IS
Thursday	29.02.2024	cognitive development	IS
Friday	01.03.2024	cognitive development	
Saturday	02.03.2024	Assignment 2	
Monday	04.03.2024		Is
Tuesday	05.03.2024		IS
Wednesday	06.03.2024	adolescent - concept and characteristics	IS
Thursday	07.03.2024	problems	IS
Friday	08.03.2024	Maha Shivratri	
Saturday	09.03.2024	problems	
Monday	11.03.2024		personal value questionnaire
Tuesday	12.03.2024		PVQ
Wednesday	13.03.2024	adjustment	PVQ
Thursday	14.03.2024	early adulthood	PVQ
Friday	15.03.2024	early adulthood	

Day	Date	BA 2nd year (Theory)	BA 2nd year (Practical)
		4th	4th
Saturday	16.03.2024	late adulthood	
Monday	18.03.2024		PVQ
Tuesday	19.03.2024		PVQ
Wednesday	20.03.2024	aging patterns	PvQ
Thursday	21.03.2024	aging problem	PvQ
Friday	22.03.2024	adjustment	
23.03.2024 to 31.03.2024 Holi Vacations			
Monday	01.04.2024		viva preparation
Tuesday	02.04.2024		viva preparation
Wednesday	03.04.2024	measure of variable	viva preparation
Thursday	04.04.2024	quartile deviation	viva preparation
Friday	05.04.2024	quartile deviation	
Saturday	06.04.2024	standard deviations	
Monday	08.04.2024		viva preparation
Tuesday	09.04.2024		viva preparation
Wednesday	10.04.2024	standard deviations	viva preparation
Thursday	11.04.2024	Id-UI-Fitr	
Friday	12.04.2024	quartile and standard deviations	
Saturday	13.04.2024	Vaisakhi/Chhath Puja	
Monday	15.04.2024		revision
Tuesday	16.04.2024		revision
Wednesday	17.04.2024	Ram Navami	
Thursday	18.04.2024	test	revision
Friday	19.04.2024	test	
Saturday	20.04.2024	revision	
Monday	22.04.2024		revision
Tuesday	23.04.2024		revision
Wednesday	24.04.2024	revision	revision
Thursday	25.04.2024	revision	revision
Friday	26.04.2024	revision	
Saturday	27.04.2024	revision	
Monday	29.04.2024		revision
Tuesday	30.04.2024		revision

[Signature]

Umishanghal.

Dayanand Mahila Mahavidyalaya, Kurukshetra**Lesson Plan (Even Semester)**

Session 2023-24 (01.01.2024 to 30.04.2024)

Name of Teacher: Ms.Anchal

Psychology (Theory)

Day	Date	BA Final year	
		6th	
Monday	01.01.2024		
Tuesday	02.01.2024		
Wednesday	03.01.2024	Introduction to applied psychology	
Thursday	04.01.2024	history	
Friday	05.01.2024	fields	
Saturday	06.01.2024	carrier in AP	
Monday	08.01.2024		
Tuesday	09.01.2024		
Wednesday	10.01.2024	Organisational psychology -Nature	
Thursday	11.01.2024	scope of OP	
Friday	12.01.2024	Objectives	
Saturday	13.01.2024	Development of OP	
Monday	15.01.2024		
Tuesday	16.01.2024		
Wednesday	17.01.2024	Shri Guru Gobind Singh Ji Jayanti	
Thursday	18.01.2024	Test	
Friday	19.01.2024	Guidance- meaning and objectives	
Saturday	20.01.2024	Principles	
Monday	22.01.2024		
Tuesday	23.01.2024		
Wednesday	24.01.2024	types of guidance	
Thursday	25.01.2024	organisation of guidance program	
Friday	26.01.2024	Republic Day	
Saturday	27.01.2024	assignment 1	
Monday	29.01.2024		
Tuesday	30.01.2024		
Wednesday	31.01.2024	Health psychology	
Thursday	01.02.2024	scope	
Friday	02.02.2024	objectives	
Saturday	03.02.2024	Concept of health and illness	

Day	Date	BA Final year	
		6th	
Monday	05.02.2024		
Tuesday	06.02.2024		
Wednesday	07.02.2024	test	
Thursday	08.02.2024	psychological factors	
Friday	09.02.2024	psychological factors	
Saturday	10.02.2024	Life style and health	
Monday	12.02.2024		
Tuesday	13.02.2024		
Wednesday	14.02.2024	Basant Panchmi/Sir Chhotu Ram Jayanti	
Thursday	15.02.2024	life style and health	
Friday	16.02.2024	stress and coping	
Saturday	17.02.2024	coping strategies	
Monday	19.02.2024		
Tuesday	20.02.2024		
Wednesday	21.02.2024	Forensic psychology	
Thursday	22.02.2024	psychology and law	
Friday	23.02.2024	psychology and law	
Saturday	24.02.2024	Guru Ravidas Jayanti	
Monday	26.02.2024		
Tuesday	27.02.2024		
Wednesday	28.02.2024	eyewitness memory	
Thursday	29.02.2024	eyewitness memory	
Friday	01.03.2024	test	
Saturday	02.03.2024	assignment 2	
Monday	04.03.2024		
Tuesday	05.03.2024		
Wednesday	06.03.2024	counselling- nature and needs	
Thursday	07.03.2024	vvprinciples	
Friday	08.03.2024	Maha Shivratri	
Saturday	09.03.2024	special areas	
Monday	11.03.2024		
Tuesday	12.03.2024		
Wednesday	13.03.2024	special areas	
Thursday	14.03.2024	types of counseling	
Friday	15.03.2024	types of counseling	

Day	Date	BA Final year	
		6th	
Saturday	16.03.2024	test	
Monday	18.03.2024		
Tuesday	19.03.2024		
Wednesday	20.03.2024	Correlation	
Thursday	21.03.2024	Rank difference method	
Friday	22.03.2024	Rank difference method	
23.03.2024 to 31.03.2024		Holi Vacations	
Monday	01.04.2024		
Tuesday	02.04.2024		
Wednesday	03.04.2024	rank difference method	
Thursday	04.04.2024	rank difference method	
Friday	05.04.2024	rank difference method	
Saturday	06.04.2024	test	
Monday	08.04.2024		
Tuesday	09.04.2024		
Wednesday	10.04.2024	product moment method	
Thursday	11.04.2024	Id-Ul-Fitr	
Friday	12.04.2024	product moment method	
Saturday	13.04.2024	Vaisakhi/Chhath Puja	
Monday	15.04.2024		
Tuesday	16.04.2024		
Wednesday	17.04.2024	Ram Navami	
Thursday	18.04.2024	product moment method	
Friday	19.04.2024	product moment method	
Saturday	20.04.2024	revision	
Monday	22.04.2024	revision	
Tuesday	23.04.2024	revision	
Wednesday	24.04.2024		
Thursday	25.04.2024		
Friday	26.04.2024	revision	
Saturday	27.04.2024	revision	
Monday	29.04.2024		
Tuesday	30.04.2024		

Umily Panghal.

Anshu

Dayanand Mahila Mahavidyalaya, Kurukshetra**Lesson Plan (Even Semester)****Session 2023-24 (01.01.2024 to 30.04.2024)****Name of Teacher: Ms.Anchal****Psychology (practical)**

Day	Date	BA Final year (Group-1)	BA Final year (Group-2)
		6th	6th
Monday	01.01.2024	Introduction to practicals	introduction to practicals
Tuesday	02.01.2024	Adjustment Inventory	Adjustment Inventory
Wednesday	03.01.2024		AI
Thursday	04.01.2024		AI
Friday	05.01.2024	AI	
Saturday	06.01.2024	AI	
Monday	08.01.2024	AI	AI
Tuesday	09.01.2024	AI	AI
Wednesday	10.01.2024		AI
Thursday	11.01.2024		AI
Friday	12.01.2024	AI	
Saturday	13.01.2024	AI	
Monday	15.01.2024	Counselling need inventory	Counselling need inventory
Tuesday	16.01.2024	CNI	CNI
Wednesday	17.01.2024	Shri Guru Gobind Singh Ji Jayanti	
Thursday	18.01.2024		CNI
Friday	19.01.2024	CNI	
Saturday	20.01.2024	CNI	
Monday	22.01.2024	CNI	CNI
Tuesday	23.01.2024	CNI	CNI
Wednesday	24.01.2024		CNI
Thursday	25.01.2024		CNI
Friday	26.01.2024	Republic Day	
Saturday	27.01.2024	CNI	
Monday	29.01.2024	Healthiness scale	Healthiness scale
Tuesday	30.01.2024	HS	HS
Wednesday	31.01.2024		HS
Thursday	01.02.2024		HS
Friday	02.02.2024	HS	
Saturday	03.02.2024	HS	

Day	Date	BA Final year (Group-1)	BA Final year (Group-2)
		6th	6th
Monday	05.02.2024	HS	HS
Tuesday	06.02.2024	HS	HS
Wednesday	07.02.2024		HS
Thursday	08.02.2024		HS
Friday	09.02.2024	HS	
Saturday	10.02.2024	HS	
Monday	12.02.2024	Perceived Stress Scale	Perceived Stress Scale
Tuesday	13.02.2024	PSS	PSS
Wednesday	14.02.2024	Basant Panchmi/Sir Chhotu Ram Jayanti	
Thursday	15.02.2024		PSS
Friday	16.02.2024	PSS	
Saturday	17.02.2024	PSS	
Monday	19.02.2024	PSS	PSS
Tuesday	20.02.2024	PSS	PSS
Wednesday	21.02.2024		PSS
Thursday	22.02.2024		PSS
Friday	23.02.2024	PSS	
Saturday	24.02.2024	Guru Ravidas Jayanti	
Monday	26.02.2024	Coping style inventory	coping style inventory
Tuesday	27.02.2024	CSI	CSI
Wednesday	28.02.2024		CSI
Thursday	29.02.2024		CSI
Friday	01.03.2024	CSI	
Saturday	02.03.2024	CSI	
Monday	04.03.2024	CSI	CSI
Tuesday	05.03.2024	CSI	CSI
Wednesday	06.03.2024		CSI
Thursday	07.03.2024		CSI
Friday	08.03.2024	Maha Shivratri	
Saturday	09.03.2024	CSI	
Monday	11.03.2024	Life style schedule	Life style schedule
Tuesday	12.03.2024	LSS	LSS
Wednesday	13.03.2024		LSS
Thursday	14.03.2024		LSS
Friday	15.03.2024	LSS	

Day	Date	BA Final year (Group-1)	BA Final year (Group-2)
		6th	6th
Saturday	16.03.2024	LSS	
Monday	18.03.2024	LSS	LSS
Tuesday	19.03.2024	LSS	LSS
Wednesday	20.03.2024		LSS
Thursday	21.03.2024		LSS
Friday	22.03.2024	LSS	
23.03.2024 to 31.03.2024		Holi Vacations	
Monday	01.04.2024	viva preparation	viva preparation
Tuesday	02.04.2024	viva preparation	viva preparation
Wednesday	03.04.2024		viva preparation
Thursday	04.04.2024		viva preparation
Friday	05.04.2024	viva preparation	
Saturday	06.04.2024	viva preparation	
Monday	08.04.2024	viva preparation	viva preparation
Tuesday	09.04.2024	viva preparation	viva preparation
Wednesday	10.04.2024		viva preparation
Thursday	11.04.2024	Id-ul-Fitr	
Friday	12.04.2024	viva preparation	
Saturday	13.04.2024	Vaisakhi/Chhath Puja	
Monday	15.04.2024	revision	revision
Tuesday	16.04.2024	revision	revision
Wednesday	17.04.2024	Ram Navami	
Thursday	18.04.2024		revision
Friday	19.04.2024	revision	
Saturday	20.04.2024	revision	
Monday	22.04.2024	revision	revision
Tuesday	23.04.2024	revision	revision
Wednesday	24.04.2024		revision
Thursday	25.04.2024		revision
Friday	26.04.2024	revision	
Saturday	27.04.2024	revision	
Monday	29.04.2024		revision
Tuesday	30.04.2024		revision

Umily Panghal.

Amal