

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2024-25 (22.07.2024 to 22.11.2024)

Name of Teacher: Miss Shilpa & Dr. Urmila Panghal

Subject: Psychopathology

Date	Class:B.A Final Year	Class:B.A Final Year	Class: B.A Final Year
	Semester:5th	practical Group 1	Practical Group 2
22.07.2024	ORIENTATION	ORIENTATION	ORIENTATION
23.07.2024	INTRODUCTION TO PSYCHOPATHOLOGY		
24.07.2024	CONCEPT OF ABNORMALITY		
25.07.2024	CRITERIA OF ABNORMAI BEHAVIOUR		
26.07.2024	CHARACTERISTICS OF ABNORMAL		
27.07.2024	DIFFERENCE OF NORMAL AND ABNOMAL		
29.07.2024	CAUSE OF ABNORMAL BEHAVIOUR		
30.07.2024	MODEL OF PSYCHOPATHOLOGY		
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024	BIOLOGICAL MODEL		
02.08.2024	BIOLOGICAL MODEL		
03.08.2024	PSYCHODYNAMIC MODEL		
05.08.2024	PSYCHODYNAMIC MODEL		ANXIETY TEST
06.08.2024	TEST		ANXIETY TEST
07.08.2024	HARIYALI TEEJ	HARIYALI TEEJ	HARIYALI TEEJ
08.08.2024	BEHAVIOURAL MODEL	ANXIETY TEST	
09.08.2024	BEHAVIOURAL MODEL	ANXIETY TEST	
10.08.2024	BEHAVIOURAL MODEL	ANXIETY TEST	
12.08.2024	COGNITIVE MODEL		ANXIETY TEST
13.08.2024	COGNITIVE MODEL		ANXIETY TEST
14.08.2024	TEST		VIVA OF ANXIETY TEST
15.08.2024	Independence Day		

16.08.2024	CLASSIFICATION OF PSYCHOPATHOLOGY	ANXIETY TEST	
17.08.2024	NEED FOR CLASSIFICATION	VIVA OF ANXIETY SCALE	
19.08.2024	Raksha Bandhan		
20.08.2024	DSM SYSTEM		VIVA OF ANXIETY TEST
21.08.2024	DSM SYSTEM		VIVA OF ANXIETY TEST
22.08.2024	DSM SYSTEM	VIVA OF ANXIETY SCALE	
23.08.2024	DIAGNOSTIC ASSESSMENT	VIVA OF ANXIETY SCALE	
24.08.2024	DIAGNOSTIC ASSESSMENT	VIVA OF ANXIETY SCALE	
26.08.2024	Janamashtami		
27.08.2024	TEST		VIVA OF ANXIETY TEST
28.08.2024	CASE HISTORY		
29.08.2024	CASE HISTORY	VIVA OF ANXIETY SCALE	
30.08.2024	CASE HISTORY	DEPRESSION INVENTORY	
31.08.2024	INTERVIEW METHOD	DEPRESSION INVENTORY	
02.09.2024	INTERVIEW METHOD		DEPRESSION INVENTORY
03.09.2024	INTERVIEW METHOD		DEPRESSION INVENTORY
04.09.2024	PROJECTIVE TECHNIQUES		DEPRESSION INVENTORY
05.09.2024	PROJECTIVE TECHNIQUES	DEPRESSION INVENTORY	
06.09.2024	MOOD DISORDERS	DEPRESSION INVENTORY	
07.09.2024	MOOD DISORDERS	DEPRESSION INVENTORY	
09.09.2024	MOOD DISORDERS		DEPRESSION INVENTORY
10.09.2024	UNIPOLAR DISORDER		VIVA OF DEPRESSION
11.09.2024	UNIPOLAR DISORDER		VIVA OF DEPRESSION INVENTORY
12.09.2024	BIPOLAR DISORDER	VIVA OF DEPRESSION INVENTORY	
13.09.2024	BIPOLAR DISORDER	VIVA OF DEPRESSION INVENTORY	
14.09.2024	BIPOLAR DISORDER	VIVA OF DEPRESSION INVENTORY	
16.09.2024	TEST		VIVA OF DEPRESSION INVENTORY
17.09.2024	SCHIZOPHRENIA : NATURE		VIVA OF DEPRESSION INVENTORY
18.09.2024	SCHIZOPHRENIA : TYPES		VIVA OF DEPRESSION INVENTORY

19.09.2024	SCHIZOPHRENIA: TYPES	VIVA OF DEPRESSION INVENTORY	
20.09.2024	SCHIZOPHRENIA: CAUSES	CLINICAL INTERVIEW	
21.09.2024	TEST	CLINICAL INTERVIEW	
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
24.09.2024	ASSIGNMENT 1		CLINICAL
25.09.2024	ANXIETY BASED DISORDERS		CLINICAL
26.09.2024	ANXIETY BASED DISORDERS	CLINICAL INTERVIEW	
27.09.2024	GENERALISED ANXIETY DISORDERS	CLINICAL INTERVIEW	
28.09.2024	GAD	VIVA OF CLINICAL INTERVIEW	
30.09.2024	GAD		CLINICAL INTERVIEW
01.10.2024	OBSESSIVE COMPULSIVE DISORDERS		CLINICAL INTERVIEW
02.10.2024	Mahatma Gandhi Jayanti		
03.10.2024	Maharaja Aggarasen Jayanti		
04.10.2024	OCD	VIVA OF CLINICAL	
05.10.2024	OCD	VIVA OF CLINICAL	
07.10.2024	TEST		VIVA OF CLINICAL
08.10.2024	PHOBIC DISORDERS		VIVA OF CLINICAL
09.10.2024	PHOBIC DISORDERS		VIVA OF CLINICAL
10.10.2024	PHOBIC DISORDERS	PGI MEMORT SCALE	
11.10.2024	PHOBIC DISORDERS	PGI MEMORT SCALE	
12.10.2024	Dussehra		
14.10.2024	ASSIGNMENT 2		VIVA OF CLINICAL
15.10.2024	SUBSTANCE ABUSE		PGI MEMORY SCALE
16.10.2024	SUBSTANCE ABUSE		PGI MEMORY SCALE
17.10.2024	Maharishi Valmiki Jayanti		
18.10.2024	SUBSTANCE ABUSE	PGI MEMORT SCALE	
19.10.2024	SUBSTANCE ABUSE	VIVA OF PGI MEMORY SCALE	
21.10.2024	CONCEPT OF REHABILITATION		PGI MEMORY SCALE
22.10.2024	CONCEPT OF REHABILITATION		PGI MEMORY SCALE

23.10.2024	COCEPT OF REHABILITATION		VIVA OF PGI MEMORY
24.10.2024	CONCEPT OF REHABILITATION	VIVA OF PGI MEMORY SCALE	
25.10.2024	OVERVIEW OF IMPORTANT TOPICS	VIVA OF PGI MEMORY SCALE	
26.10.2024	OVERVIEW OF IMPORTANT TOPICS	VIVA OF PGI MEMORY SCALE	
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024	TEST		VIVA OF PGI MEMORY SCALE
05.11.2024	DOUBT CLEAR		VIVA OF PGI MEMORY SCALE
06.11.2024	DOUBT CLEAR		VIVA OF PGI MEMORY SCALE
07.11.2024	OLD QUESTION PAPER DISCUSSION	DEFENCE MECHANISM INVENTORY	
08.11.2024	OLD QUESTION PAPER DISCUSSION	DEFENCE MECHANISM INVENTORY	
09.11.2024	OLD QUESTION PAPER DISCUSSION	DEFENCE MECHANISM INVENTORY	
11.11.2024	OLD QUESTION PAPER DISCUSSION		DEFENCE MECHANISM
12.11.2024	DISCUSSION OF SHORT QUESTIONS		DEFENCE MECHANISM
13.11.2024	DISCUSSION OF SHORT QUESTIONS		
14.11.2024	DISCUSSION OF SHORT QUESTIONS	VIVA OF DMI	
15.11.2024	Guru Nanak Jayanti		
16.11.2024	OLD QUESTION PAPER PRACTICE	VIVA OF DMI	
18.11.2024	OLD QUESTION PAPER PRACTICE		VIVA OF DEFENCE MECHANISM
19.11.2024	OLD QUESTION PAPER PRACTICE		VIVA OF DEFENCE MECHANISM
20.11.2024	OLD QUESTION PAPER PRACTICE		VIVA OF DEFENCE MECHANISM
21.11.2024	OLD QUESTION PAPER PRACTICE	VIVA OF DMI	
22.11.2024	DISCUSSION ON IMPORTANT TOPICS	VIVA OF DMI	

Dayanand Mahila Mahavidyalaya, Kurukshetra
Lesson Plan (Odd Semester)
Session 2024-25 (22.07.2024 to 22.11.2024)
Name of teacher: Ms Shilpa
Subject: Psychology (Health and Well-being)

Date	Class: MDC 2nd Year	Practical Group 1	Practical Group 2
	Semester: 3rd (Theory)		
22.07.2024	ORIENTATION	ORIENTATION	ORIENTATION
23.07.2024	ORIENTATION	ORIENTATION	ORIENTATION
24.07.2024			
25.07.2024	INTRODUCTION TO HEALTH AND WELL-BEING		
26.07.2024	INTRODUCTION TO HEALTH PSYCHOLOGY		
27.07.2024	INTRODUCTION TO HEALTH PSYCHOLOGY		
29.07.2024			
30.07.2024			
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024	GOALS OF HEALTH PSYCHOLOGY		
02.08.2024	GOALS OF HEALTH PSYCHOLOGY		
03.08.2024	COMPONENTS OF HEALTH		
05.08.2024		GENERAL HEALTH QUESTIONNAIRE	
06.08.2024		GENERAL HEALTH QUESTIONNAIRE	
07.08.2024		GENERAL HEALTH QUESTIONNAIRE	
08.08.2024	COMPONENTS OF HEALTH		GENERAL HEALTH QUESTIONNAIRE
09.08.2024	MIND AND BODY RELATIONSHIP		GENERAL HEALTH QUESTIONNAIRE
10.08.2024	MIND AND BODY RELATIONSHIP		GENERAL HEALTH QUESTIONNAIRE
12.08.2024		VIVA OF GHI	
13.08.2024		VIVA OF GHI	
14.08.2024		VIVA OF GHI	
15.08.2024	Independence Day		
16.08.2024	RELATIONSHIP OF HEALTH AND PSYCHOLOGY		VIVA OF GHI
17.08.2024	RELATIONSHIP OF HEALTH AND PSYCHOLOGY		VIVA OF GHI
19.08.2024	Raksha Bandhan		
20.08.2024		WELL-BEING SCALE	
21.08.2024		WELL-BEING SCALE	
22.08.2024	TEST		WELL-BEING SCALE
23.08.2024	INTRODUCTION TO WELL-BEING		WELL-BEING SCALE
24.08.2024	COMPONENT: EUDEMONIA		WELL-BEING SCALE
26.08.2024	Janamashtami		
27.08.2024		WELL-BEING SCALE	
28.08.2024		VIVA OF WELL-BEING SCALE	
29.08.2024	COMPONENT: HEDONISM		VIVA OF WELLBEING SCALE
30.08.2024	LIFE SATISFACTION AND AFFECT		VIVA OF WELLBEING SCALE
31.08.2024	LIFE SATISFACTION AND AFFECT		VIVA OF WELLBEING SCALE
02.09.2024		VIVA OF WELL-BEING SCALE	
03.09.2024		VIVA OF WELL-BEING SCALE	

04.09.2024		STRESS INVENTORY	
05.09.2024	TEST		STRSS INVENTORY
06.09.2024	ASSIGNMENT 1		STRSS INVENTORY
07.09.2024	INTODUCTION TO STRSS		STRESS INVENTORY
09.09.2024		STRESS INVENTORY	
10.09.2024		STRSS INVENTORY	
11.09.2024		VIVA OF STRESS INVENTORY	
12.09.2024	CAUSES OF STRESS		VIVA OF STRESS INVENTORY
13.09.2024	CAUSES OF STRESS		VIVA OF STRESS INVENTORY
14.09.2024	CONSEQUENCES OF STRESS		VIVA OF STRESS INVENTORY
16.09.2024		VIVA OF STRESS INVENTORY	
17.09.2024		VIVA OF STRESS INVENTORY	
18.09.2024		VIVA OF STRESS INVENTORY	
19.09.2024	CONSEQUENCES OF STRESS		VIVA OF STRESS INVENTORY
20.09.2024	COPING WITH STESS		OPTIMISM SCALE
21.09.2024	COPING WITH STESS		OPTIMISM SCALE
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martvrdom Day		
24.09.2024		OPTIMISM SCALE	
25.09.2024		OPTIMISM SCALE	
26.09.2024	ILLNESS AND PAIN		OPTIMISM SCALE
27.09.2024	ILLNESS AND PAIN		OPTIMISM SCALE
28.09.2024	ILLNESS AND PAIN		VIVA OF OPTIMISM SCALE
30.09.2024		OPTIMISM SCALE	
01.10.2024		OPTIMISM SCALE	
02.10.2024	Mahatma Gandhi Jayanti		
03.10.2024	Maharaja Aggarsen Jayanti		
04.10.2024	TEST		VIVA OF OPTIMISM SCALE
05.10.2024	HEALTH ENHANCING BEHAVIOUR		VIVA OF OPTIMISM SCALE
07.10.2024		VIVA OF OPTIMISM SCALE	
08.10.2024		VIVA OF OPTIMISM SCALE	
09.10.2024		VIVA OF OPTIMISM SCALE	
10.10.2024	HEALTH ENHANCING BEHAVIOUR		VIVA OF OPTIMISM SCALE
11.10.2024	CONCEPT OF RESILIENCE		HAPPINESS SCALE
12.10.2024	Dussehra		
14.10.2024		VIVA OF OPTIMISM SCALE	
15.10.2024		HAPPINESS SCALE	
16.10.2024		HAPPINESS SCALE	
17.10.2024	Maharishi Valmiki Jayanti		
18.10.2024	CONCEPT OF RESILIENCE		HAPPINESS SCALE
19.10.2024	CONCEPT OF HOPE		HAPPINESS SCALE
21.10.2024		HAPPINESS SCALE	
22.10.2024		HAPPINESS SCALE	
23.10.2024		HAPPINESS SCALE	
24.10.2024	CONCEPT OF HOPE		HAPPINESS SCALE
25.10.2024	TEST		HAPPINESS SCALE

26.10.2024	ASSIGNMENT 2		HAPPINESS SCALE
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024		VIVA OF HAPPINESS SCALE	
05.11.2024		VIVA OF HAPPINESS SCALE	
06.11.2024		VIVA OF HAPPINESS SCALE	
07.11.2024	CONCEPT OF OPTIMISM		VIVA OF HAPPINESS SCALE
08.11.2024	CONCEPT OF OPTIMISM		VIVA OF HAPPINESS SCALE
09.11.2024	CONCEPT OF EXERCISE		VIVA OF HAPPINESS SCALE
11.11.2024		VIVA OF HAPPINESS SCALE	
12.11.2024		VIVA OF HAPPINESS SCALE	
13.11.2024		FINAL PRACTICAL PRACTICE	
14.11.2024	CONCEPT OF SAFETY		VIVA OF HAPPINESS SCALE
15.11.2024	Guru Nanak Jayanti		
16.11.2024	CONCEPT OF SAFETY		
18.11.2024		FINAL PRACTICAL PRACTICE	
19.11.2024		FINAL PRACTICAL PRACTICE	
20.11.2024		FINAL PRACTICAL PRACTICE	
21.11.2024	OLD QUESTION PAPER DISCUSSION		VIVA OF HAPPINESS SCALE
22.11.2024	OLD QUESTION PAPER DISCUSSION		FINAL PRACTICAL PRACTICE

Dayanand Mahila Mahavidyalaya, Kurukshetra
Lesson Plan (Odd Semester)
Session 2024-25 (22.07.2024 to 22.11.2024)
Name of Teacher:Ms. Shilpa
Subject: Understanding Psychology

Date	Class :MDC 1	Practical Group 1	Practical Group 2
	Semester: 1st		
22.07.2024	ORIENTATION	ORIENTATION	ORIENTATION
23.07.2024	ORIENTATION	ORIENTATION	ORIENTATION
24.07.2024			
25.07.2024			
26.07.2024			
27.07.2024			
29.07.2024	INTRODUCTION OF PSYCHOLOGY		
30.07.2024	INTRODUCTION OF PSYCHOLOGY		
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024			
02.08.2024			
03.08.2024			
05.08.2024	HISTORICAL BACKGROUND		
06.08.2024	HISTORICAL BACKGROUND		
07.08.2024	NATURE OF PSYCHOLOGY		
08.08.2024		SOUND LOCALIZATION	SOUND LOCALIZATION
09.08.2024		SOUND LOCALIZATION	SOUND LOCALIZATION
10.08.2024		SOUND LOCALIZATION	SOUND LOCALIZATION
12.08.2024	NATURE OF PSYCHOLOGY		
13.08.2024	FIELDS OF PSYCHOLOGY		
14.08.2024	FIELDS OF PSYCHOLOGY		
15.08.2024	Independence Day		
16.08.2024		VIVA OF SOUND LOCALIZATION	VIVA OF SOUND LOCALIZATION
17.08.2024		VIVA OF SOUND LOCALIZATION	VIVA OF SOUND LOCALIZATION
19.08.2024	Raksha Bandhan		
20.08.2024	FIELDS OF PSYCHOLOGY		
21.08.2024	EMERGENCE OF PSYCHOLOGY		
22.08.2024		OBSERVATION TEST	OBSERVATION TEST
23.08.2024		OBSERVATION TEST	OBSERVATION TEST
24.08.2024		OBSERVATION TEST	OBSERVATION TEST
26.08.2024	Janamashtami		
27.08.2024	EMERGENCE OF PSYCHOLOGY		
28.08.2024	TEST		
29.08.2024		VIVA OF OBSERVATION TEST	VIVA OF OBSERVATION TEST
30.08.2024		VIVA OF OBSERVATION TEST	VIVA OF OBSERVATION TEST
31.08.2024		VIVA OF OBSERVATION TEST	VIVA OF OBSERVATION TEST
02.09.2024	METHODS OF PSYCHOLOGY		
03.09.2024	EXPERIMENTAL METHOD		

04.09.2024	EXPERIMENTAL METHOD		
05.09.2024		EXPERIMENT ON STM	EXPERIMENT ON STM
06.09.2024		EXPERIMENT ON STM	EXPERIMENT ON STM
07.09.2024		EXPERIMENT ON STM	EXPERIMENT ON STM
09.09.2024	INTERVIEW METHOD		
10.09.2024	INTERVIEW METHOD		
11.09.2024	OBSERVATION METHOD		
12.09.2024		VIVA OF EXPERIMENT ON STM	VIVA OF EXPERIMENT ON STM
13.09.2024		VIVA OF EXPERIMENT ON STM	VIVA OF EXPERIMENT ON STM
14.09.2024		VIVA OF EXPERIMENT ON STM	VIVA OF EXPERIMENT ON STM
16.09.2024	OBSERVATION METHOD		
17.09.2024	CASE STUDY		
18.09.2024	CASE STUDY		
19.09.2024		EXPERIMENT ON LTM	EXPERIMENT ON LTM
20.09.2024		EXPERIMENT ON LTM	EXPERIMENT ON LTM
21.09.2024		EXPERIMENT ON LTM	EXPERIMENT ON LTM
23.09.2024	Shaheedi Diwas/Harvana War Heroes' Martyrdom Day		
24.09.2024	TEST		
25.09.2024	ASSIGNMENT 1		
26.09.2024		EXPERIMENT ON LTM	EXPERIMENT ON LTM
27.09.2024		EXPERIMENT ON LTM	EXPERIMENT ON LTM
28.09.2024		EXPERIMENT ON LTM	EXPERIMENT ON LTM
30.09.2024	LEARNING :NATURE		
01.10.2024	FACTOR AFFECTING LEARNING		
02.10.2024	Mahatma Gandhi Jyanti		
03.10.2024	Maharaja Agarsen Jyanti		
04.10.2024		VIVA OF EXPERIMENT ON LTM	VIVA OF EXPERIMENT OF LTM
05.10.2024		VIVA OF EXPERIMENT ON LTM	VIVA OF EXPERIMENT OF LTM
07.10.2024	CLASSICAL CONDITIONING		
08.10.2024	CLASSICAL CONDITIONING		
09.10.2024	INSTRUMENTAL CONDITIONING		
10.10.2024		TRANSFER OF LEARNING	TRANSFER OF LEARNING
11.10.2024		TRANSFER OF LEARNING	TRANSFER OF LEARNING
12.10.2024	Dussehra		
14.10.2024	INSTRUMENTAL CONDITIONING		
15.10.2024	TEST		
16.10.2024	MEMORY: NATURE		
17.10.2024	Maharishi Valmiki Jyanti		
18.10.2024		TRANSFER OF LEARNING	
19.10.2024		TRANSFER OF LEARNING	
21.10.2024	STUDY METHOD OF MEMORY		
22.10.2024	STUDY METHOD OF MEMORY		
23.10.2024	ASSIGNMENT 2		
24.10.2024		VIVA OF TRANSFER OF LEARNING	VIVA OF TRANSFER OF LEARNING
25.10.2024		VIVA OF TRANSFER OF LEARNING	VIVA OF TRANSFER OF LEARNING

26.10.2024		VIVA OF TRANSFER OF LEARNING	VIVA OF TRANSFER OF LEARNING
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024	FACTOR AFFECTING MEMORY		
05.11.2024	FACTOR AFFECTING MEMORY		
06.11.2024	TYPES OF MEMORY		
07.11.2024		VIVA OF TRANSFER OF LEARNING	VIVA OF TRANSFER LEARNING
08.11.2024		VIVA OF TRANSFER OF LEARNING	VIVA OF LEARNING
09.11.2024		VIVA QUESTION PRACTICE	VIVA QUESTION PRACTICE
11.11.2024	TYPES OF MEMORY		
12.11.2024	TYPES OF MEMORY		
13.11.2024	TEST		
14.11.2024		VIVA QUESTION PRACTICE	VIVA QUESTION PRACTICE
15.11.2024	Guru Nanak Jayanti		
16.11.2024		VIVA QUESTION PRACTICE	VIVA QUESTION PRACTICE
18.11.2024	IMPORTANT TOPICS OVERVIEW		
19.11.2024	OLD QUESTION PAPER DISCUSSION		
20.11.2024	OLD QUESTION PAPER DISCUSSION		
21.11.2024		VIVA QUESTION PRACTICE	VIVA QUESTION PRACTICE
22.11.2024			

Dayanand Mahila Mahavidyalaya, Kurukshetra**Lesson Plan (Odd Semester)****Session 2024-25 (22.07.2024 to 22.11.2024)****Name of teacher: Shilpa & Dr. Urmila Panghal****Subject : Psychopathology**

Date	Class: B.A Ms. Shilpa	Practical Gr.1 Ms. Shilpa	Practical Gr.2 Dr. Urmila Panghal
	Semester : 5th		
22.07.2024	Orientation	Orientation	Orientation
23.07.2024	Introduction of Psychopathology		
24.07.2024	Concept of abnormality		
25.07.2024	Criteria of abnormal behaviour		
26.07.2024	Characteristics of abnormal behaviour		
27.07.2024	Difference of normal and abnormal		
29.07.2024	Causes of abnormal behaviour		
30.07.2024	Model of Psychopathology		
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024	Biological Model		
02.08.2024	Biological Model		

03.08.2024	Psychodynamic Model		
05.08.2024	Psychodynamic Model		Anxiety Test
06.08.2024	Test		Anxiety Test
07.08.2024	Hariyali teej		
08.08.2024	Behavioral Model	Anxiety Test	
09.08.2024	Behavioral Model	Anxiety Test	
10.08.2024	Behavioral Model	Anxiety Test	
12.08.2024	Cognitive Model		Anxiety Test
13.08.2024	Cognitive Model		Anxiety Test
14.08.2024	Test		Viva of Anxiety Test
15.08.2024	Independence Day		
16.08.2024	Classification of Psychopathology	Anxiety Test	
17.08.2024	Need for classification	Viva of Anxiety Scale	
19.08.2024	Raksha Bandhan		
20.08.2024	DSM system		Viva of Anxiety Test
21.08.2024	DSM system		Viva of Anxiety Test
22.08.2024	DSM system	Viva of Anxiety Scale	
23.08.2024	Diagnosis Assessment	Viva of Anxiety Scale	

24.08.202 4	Diagnosis Assessment	Viva of Anxiety Scale	
26.08.202 4	Janamashtami		
27.08.202 4	Test		Viva of Anxiety Test
28.08.202 4	Case History		
29.08.202 4	Case History	Viva of Anxiety Scale	
30.08.202 4	Case History	Depression Inventory	
31.08.202 4	Interview Method	Depression Inventory	
02.09.202 4	Interview Method		Depression Inventory
03.09.202 4	Interview Method		Depression Inventory
04.09.202 4	Projective Techniques		Depression Inventory
05.09.202 4	Projective Techniques	Depression Inventory	
06.09.202 4	Projective Techniques	Depression Inventory	
07.09.202 4	Mood Disorders	Depression Inventory	
09.09.202 4	Mood Disorders		Depression Inventory
10.09.202 4	Unipolar Disorder		Viva of Depression Inventory
11.09.202 4	Unipolar Disorder		Viva of Depression Inventory
12.09.202 4	Bipolar Disorder	Viva of Depression Inventory	
13.09.202 4	Bipolar Disorder	Viva of Depression Inventory	

14.09.2024	Bipolar Disorder	Viva of Depression Inventory	
16.09.2024	Test		Viva of Depression Inventory
17.09.2024	Schizophrenia : Nature		Viva of Depression Inventory
18.09.2024	Schizophrenia : Types		Viva of Depression Inventory
19.09.2024	Schizophrenia : Types	Viva of Depression Inventory	
20.09.2024	Schizophrenia : Causes	CAQ	
21.09.2024	Test	CAQ	
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
24.09.2024	Assignment 1		Clinical interview
25.09.2024	Anxiety based disorders		Clinical interview
26.09.2024	Anxiety based disorders	CAQ	
27.09.2024	GAD	CAQ	
28.09.2024	GAD	Viva of CAQ	
30.09.2024	GAD		Clinical interview
01.10.2024	OCD		Clinical interview
02.10.2024	Mahatma Gandhi Jayanti		
03.10.2024	Maharaja Aggarsen Jayanti		
04.10.2024	OCD	Viva of CAQ	

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05.10.202 4	OCD	Viva of CAQ	
07.10.202 4	Test		Viva of clinical interview
08.10.202 4	Phobic Disorders		Viva of clinical interview
09.10.202 4	Phobic Disorders		Viva of clinical interview
10.10.202 4	Phobic Disorders	PGI Memory scale	
11.10.202 4	Phobic Disorders	PGI Memory scale	
12.10.202 4	Dussehra		
14.10.202 4	Assignment 2		Viva of clinical interview
15.10.202 4	Substance abuse		PGI Memory scale
16.10.202 4	Substance abuse		PGI Memory scale
17.10.202 4	Maharishi Valmiki Jayanti		
18.10.202 4	Substance abuse	PGI Memory scale	
19.10.202 4	Substance abuse	Viva of PGI Memory scale	
21.10.202 4	Concept of Rehabilitation		PGI Memory scale
22.10.202 4	Concept of Rehabilitation		PGI Memory scale
23.10.202 4	Concept of Rehabilitation		Viva of PGI Memory scale
24.10.202 4	Concept of Rehabilitation	Viva of PGI Memory scale	
25.10.202 4	Overview of important Topics	Viva of PGI Memory scale	

26.10.2024		Viva of PGI Memory scale	
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024	Test		Viva of PGI Memory scale
05.11.2024	Doubt clear		Viva of PGI Memory scale
06.11.2024	Doubt clear		Viva of PGI Memory scale
07.11.2024	Old question paper discussion	Defence Mechanisms Inventory	
08.11.2024	Old question paper discussion	Defence Mechanisms Inventory	
09.11.2024	Old question paper discussion	Defence Mechanisms Inventory	
11.11.2024	Old question paper discussion		Defence Mechanisms Inventory
12.11.2024	Discussion of short questions		Defence Mechanisms Inventory
13.11.2024	Discussion of short questions		Defence Mechanisms Inventory
14.11.2024	Discussion of short questions	Viva of Defence Mechanisms	
15.11.2024	Guru Nanak Jayanti		
16.11.2024	Old question paper attempted	Viva of Defence Mechanisms	
18.11.2024	Old question paper attempted		Viva of Defence Mechanisms Inventory
19.11.2024	Old question paper attempted		Viva of Defence Mechanisms Inventory
20.11.2024	Old question paper attempted		Viva of Defence Mechanisms Inventory
21.11.2024	Old question paper attempted	Viva of Defence Mechanisms	

22.11.202 4	Discussion on Important Topics	Viva of Defence Mechanisms	
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Dayanand Mahila Mahavidyalaya, Kurukshetra			
Lesson Plan (Odd Semester)			
Session 2024-25 (22.07.2024 to 22.11.2024)			
Name of teacher: Ms. Shilpa			
Subject : Psychology (Health and well-being)			
Date	Class : MDC 2nd year	Practical Group 1	Practical Group 2
	Semester 3rd (Theory)		
22.07.2024	Orientation	Orientation	Orientation
23.07.2024	Orientation	Orientation	Orientation
24.07.2024			
25.07.2024	Introduction to Health and well-being		
26.07.2024	Introduction to Health psychology		
27.07.2024	Introduction to Health psychology		
29.07.2024			
30.07.2024			
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024	Goals of Health psychology		
02.08.2024	Goals of Health psychology		

03.08.2024	Components of Health		
05.08.2024		General health questionnaire	
06.08.2024		General health questionnaire	
07.08.2024		General health questionnaire	
08.08.2024	Components of Health		General health questionnaire
09.08.2024	Mind and body Relationship		General health questionnaire
10.08.2024	Mind and body Relationsh		General health questionnaire
12.08.2024		Viva of general health questionnaire	
13.08.2024		Viva of general health questionnaire	
14.08.2024		Viva of general health questionnaire	
15.08.2024	Independence Day		
16.08.2024	Relationship of Health & Psychology		Viva of general health questionnaire
17.08.2024	Relationship of Health & Psychology		Viva of general health questionnaire
19.08.2024	Raksha Bandhan		
20.08.2024		Well being scale	
21.08.2024		Well being scale	
22.08.2024	Test		Well being scale
23.08.2024	Introduction to Well-being		Well being scale

24.08.202 4	Components : Eudemonia		Well being scale
26.08.202 4	Janamashtami		
27.08.202 4		Well being scale	
28.08.202 4		Viva of well being scale	
29.08.202 4	Components : Hedonism		Viva of well being scale
30.08.202 4	Life Satisfaction and Affect		Viva of well being scale
31.08.202 4	Life Satisfaction and Affect		Viva of well being scale
02.09.202 4		Viva of well being scale	
03.09.202 4		Viva of well being scale	
04.09.202 4		Stress inventory	
05.09.202 4	Test		Stress inventory
06.09.202 4	Assignment 1		Stress inventory
07.09.202 4	Introduction to Stress		Stress inventory
09.09.202 4		Stress inventory	
10.09.202 4		Stress inventory	
11.09.202 4		Viva of Stress inventory	
12.09.202 4	Causes of Stress		Viva of Stress inventory
13.09.202 4	Causes of Stress		Viva of Stress inventory

14.09.202 4	Consequence of Stress		Viva of Stress inventory
16.09.202 4		Viva of Stress inventory	
17.09.202 4		Viva of Stress inventory	
18.09.202 4		Viva of Stress inventory	
19.09.202 4	Consequence of Stress		Viva of Stress inventory
20.09.202 4	Coping with Stress		Optimism scale
21.09.202 4	Coping with Stress		Optimism scale
23.09.202 4	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
24.09.202 4		Optimism scale	
25.09.202 4		Optimism scale	
26.09.202 4	illness and pain		Optimism scale
27.09.202 4	illness and pain		Optimism scale
28.09.202 4	illness and pain		Viva of Optimism scale
30.09.202 4		Optimism scale	
01.10.202 4		Optimism scale	
02.10.202 4	Mahatma Gandhi Jayanti		
03.10.202 4	Maharaja Aggarsen Jayanti		
04.10.202 4	Test		Viva of Optimism scale

05.10.202 4	Health Enhancing Behaviours		Viva of Optimism scale
07.10.202 4		Viva of Optimism scale	
08.10.202 4		Viva of Optimism scale	
09.10.202 4		Viva of Optimism scale	
10.10.202 4	Health Enhancing Behaviours		Viva of Optimism scale
11.10.202 4	Concept of Resilience		Happiness scale
12.10.202 4	Dussehra		
14.10.202 4		Viva of Optimism scale	
15.10.202 4		Happiness scale	
16.10.202 4		Happiness scale	
17.10.202 4	Maharishi Valmiki Jayanti		
18.10.202 4	Concept of Resilience		Happiness scale
19.10.202 4	Concept of Hope		Happiness scale
21.10.202 4		Happiness scale	
22.10.202 4		Happiness scale	
23.10.202 4		Happiness scale	
24.10.202 4	Concept of Hope		Happiness scale
25.10.202 4	Test		Happiness scale

26.10.2024	Assignment 2		Happiness scale
4			
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024		Viva of happiness scale	
4			
05.11.2024		Viva of happiness scale	
4			
06.11.2024		Viva of happiness scale	
4			
07.11.2024	Concept of Optimism		Viva of happiness scale
4			
08.11.2024	Concept of Optimism		Viva of happiness scale
4			
09.11.2024	Concept of Exercise		Viva of happiness scale
4			
11.11.2024		Viva of happiness scale	
4			
12.11.2024		Viva of happiness scale	
4			
13.11.2024		Final practical practice	
4			
14.11.2024	Concept of Safety		Viva of happiness scale
4			
15.11.2024	Guru Nanak Jayanti		
4			
16.11.2024	Concept of Nutrition		Viva of happiness scale
4			
18.11.2024		Final practical practice	
4			
19.11.2024		Final practical practice	
4			
20.11.2024		Final practical practice	
4			
21.11.2024	Old question paper discussion		Viva of happiness scale
4			

22.11.202 4	Old question paper discussion		Final practical practice
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Viva of happiness scale

Dayanand Mahila Mahavidyalaya, Kurukshetra**Lesson Plan (Odd Semester)****Session 2024-25 (22.07.2024 to 22.11.2024)****Name of teacher: Ms. Shilpa****Subject : Understanding Psychology**

Date	Class : MDC I	Practical Group 1	Practical Group 2
	Semester : Ist	Semester : Ist	Semester : Ist
22.07.2024	Orientation	Orientation	Orientation
23.07.2024	Orientation	Orientation	Orientation
24.07.2024			
25.07.2024			
26.07.2024			
27.07.2024			
29.07.2024	Introduction of Psychology		
30.07.2024	Introduction of Psychology		
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024			
02.08.2024			

03.08.2024			
05.08.2024	Historical Background		
06.08.2024	Historical Background		
07.08.2024	Nature of Psychology		
08.08.2024		Sound Localization	Sound Localization
09.08.2024		Sound Localization	Sound Localization
10.08.2024		Sound Localization	Sound Localization
12.08.2024	Nature of Psychology		
13.08.2024	Fields of Psychology		
14.08.2024	Fields of Psychology		
15.08.2024	Independence Day		
16.08.2024		Viva of Sound Localization	Viva of Sound Localization
17.08.2024		Viva of Sound Localization	Viva of Sound Localization
19.08.2024	Raksha Bandhan		
20.08.2024	Fields of Psychology		
21.08.2024	Emergence Of Psychology		
22.08.2024		Observation Test	Observation Test
23.08.2024		Observation Test	Observation Test

24.08.202 4		Observation Test	Observation Test
26.08.202 4	Janamashtami		
27.08.202 4	Emergence Of Psychology		
28.08.202 4	Test		
29.08.202 4		Viva of Observation Test	Viva of Observation Test
30.08.202 4		Viva of Observation Test	Viva of Observation Test
31.08.202 4		Viva of Observation Test	Viva of Observation Test
02.09.202 4	Methods of Psychology		
03.09.202 4	Experimental Method		
04.09.202 4	Experimental Method		
05.09.202 4		Experiment on STM	Experiment on STM
06.09.202 4		Experiment on STM	Experiment on STM
07.09.202 4		Experiment on STM	Experiment on STM
09.09.202 4	Interview Method		
10.09.202 4	interview Method		
11.09.202 4	Observation Method		
12.09.202 4		Viva of Experiment on STM	Viva of Experiment on STM
13.09.202 4		Viva of Experiment on STM	Viva of Experiment on STM

14.09.2024		Viva of Experiment on STM	Viva of Experiment on STM
16.09.2024	Observation Method		
17.09.2024	Case study		
18.09.2024	Case study		
19.09.2024		Experiment on LTM	Experiment on LTM
20.09.2024		Experiment on LTM	Experiment on LTM
21.09.2024		Experiment on LTM	Experiment on LTM
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
24.09.2024	Test		
25.09.2024	Assignment 1		
26.09.2024		Experiment on LTM	Experiment on LTM
27.09.2024		Viva of Experiment on LTM	Viva of Experiment on LTM
28.09.2024		Viva of Experiment on LTM	Viva of Experiment on LTM
30.09.2024	Learning : Nature		
01.10.2024	Factors Affecting Learning		
02.10.2024	Mahatma Gandhi Jayanti		
03.10.2024	Maharaja Aggarsen Jayanti		
04.10.2024		Viva of Experiment on LTM	Viva of Experiment on LTM

05.10.2024		Viva of Experiment on LTM	Viva of Experiment on LTM
07.10.2024	Classical conditioning		
08.10.2024	Classical conditioning		
09.10.2024	Instrumental Conditioning		
10.10.2024		Transfer of learning	Transfer of learning
11.10.2024		Transfer of learning	Transfer of learning
12.10.2024	Dussehra		
14.10.2024	Instrumental Conditioning		
15.10.2024	Test		
16.10.2024	Memory : Nature		
17.10.2024	Maharishi Valmiki Jayanti		
18.10.2024		Transfer of learning	Transfer of learning
19.10.2024		Transfer of learning	Transfer of learning
21.10.2024	Study Method of Memory		
22.10.2024	Study Method of Memory		
23.10.2024	Assignment 2		
24.10.2024		Viva of Transfer of learning	Viva of Transfer of learning
25.10.2024		Viva of Transfer of learning	Viva of Transfer of learning

26.10.2024		Viva of Transfer of learning	Viva of Transfer of learning
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024	Factors Affecting Memory		
05.11.2024	Factors Affecting Memory		
06.11.2024	Types of Memory		
07.11.2024		Viva of Transfer of learning	Viva of Transfer of learning
08.11.2024		Viva of Transfer of learning	Viva of Transfer of learning
09.11.2024		Viva Question practice	Viva Question practice
11.11.2024	Types of Memory		
12.11.2024	Types of Memory		
13.11.2024	Test		
14.11.2024		Viva Question practice	Viva Question practice
15.11.2024		Guru Nanak Jayanti	
16.11.2024		Viva Question practice	Viva Question practice
18.11.2024	Important Topics overview		
19.11.2024	Old question paper discussion		
20.11.2024	Old question paper discussion		
21.11.2024		Viva Question practice	Viva Question practice

22.11.202 4		Viva Question practice	Viva Question practice
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Dayanand Mahila Mahavidyalaya, Kurukshetra Lesson Plan (Odd Semester)

Session 2024-25 (22.07.2024 to 22.11.2024)

Name of teacher:Ms Shilpa Subject:Psychology(Health and Well-being)

Date	Class:MDC 2nd Year	Practical Group 1	Practical Group 2
	Semester: 3rd		
22.07.2024	ORIENTATION	ORIENTATION	ORIENTATION
23.07.2024	ORIENTATION	ORIENTATION	ORIENTATION
24.07.2024			
25.07.2024	INTRODUCTION TO HEALTH AND WELL-		
26.07.2024	INTRODUCTION TO HEALTH PSYCHOLOGY		
27.07.2024	INTRODUCTION TO HEALTH PSYCHOLOGY		
29.07.2024			
30.07.2024			
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024	GOALS OF HEALTH PSYCHOLOGY		
02.08.2024	GOALS OF HEALTH PSYCHOLOGY		
03.08.2024	COMPONENTS OF HEALTH		
05.08.2024		GENERAL HEALTH QUESTIONNAIRE	
06.08.2024		GENERAL HEALTH QUESTIONNAIRE	
07.08.2024		GENERAL HEALTH QUESTIONNAIRE	
08.08.2024	COMPONENTS OF HEALTH		GENERAL HEALTH QUESTIONNAIRE
09.08.2024	MIND AND BODY RELATIONSHIP		GENERAL HEALTH QUESTIONNAIRE
10.08.2024	MIND AND BODY RELATIONSHIP		GENERAL HEALTH QUESTIONNAIRE
12.08.2024		VIVA OF GHI	
13.08.2024		VIVA OF GHI	
14.08.2024		VIVA OF GHI	
15.08.2024	Independence Day		
16.08.2024	RELATIONSHIP OF HEALTH AND		VIVA OF GHI
17.08.2024	RELATIONSHIP OF HEALTH AND		VIVA OF GHI
19.08.2024	Raksha Bandhan		
20.08.2024		WELL-BEING SCALE	
21.08.2024		WELL-BEING SCALE	
22.08.2024	TEST		WELL-BEING SCALE
23.08.2024	INTRODUCTION TO WELL-BEING		WELL-BEING SCALE
24.08.2024	COMPONENT:EUDEMONIA		WELL-BEING SCALE
26.08.2024	Janamashtami		
27.08.2024		WELL-BEING SCALE	

28.08.2024		VIVA OF WELL-BEING SCALE	
29.08.2024	COMPONENT:HEDONISM		VIVA OF WELLBEING SCALE
30.08.2024	LIFE SATISFACTION AND AFFECT		VIVA OF WELLBEING SCALE
31.08.2024	LIFE SATISFACTION AND AFFECT		VIVA OF WELLBEING SCALE
02.09.2024		VIVA OF WELL-BEING SCALE	
03.09.2024		VIVA OF WELL-BEING SCALE	
04.09.2024		STRESS INVENTORY	
05.09.2024	TEST		STRSS INVENTORY
06.09.2024	ASSIGNMENT 1		STRSS INVENTORY
07.09.2024	INTRODUCTION TO STRSS		STRESS INVENTORY
09.09.2024		STRESS INVENTORY	
10.09.2024		STRSS INVENTORY	
11.09.2024		VIVA OF STRESS INVENTORY	
12.09.2024	CAUSES OF STRESS		VIVA OF STRESS INVENTORY
13.09.2024	CAUSES OF STRESS		VIVA OF STRESS INVENTORY
14.09.2024	CONSEQUENCES OF STRESS		VIVA OF STRESS INVENTORY
16.09.2024		VIVA OF STRESS INVENTORY	
17.09.2024		VIVA OF STRESS INVENTORY	
18.09.2024		VIVA OF STRESS INVENTORY	
19.09.2024	CONSEQUENCES OF STRESS		VIVA OF STRESS INVENTORY
20.09.2024	COPING WITH STESS		OPTIMISM SCALE
21.09.2024	COPING WITH STESS		OPTIMISM SCALE
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
24.09.2024		OPTIMISM SCALE	
25.09.2024		OPTIMISM SCALE	
26.09.2024	ILLNESS AND PAIN		OPTIMISM SCALE
27.09.2024	ILLNESS AND PAIN		OPTIMISM SCALE
28.09.2024	ILLNESS AND PAIN		VIVA OF OPTIMISM SCALE
30.09.2024		OPTIMISM SCALE	
01.10.2024		OPTIMISM SCALE	
02.10.2024	Mahatma Gandhi Jayanti		
03.10.2024	Maharaja Aggarsen Jayanti		
04.10.2024	TEST		VIVA OF OPTIMISM SCALE
05.10.2024	HEALTH ENHANCING BEHAVIOUR		VIVA OF OPTIMISM SCALE
07.10.2024		VIVA OF OPTIMISM SCALE	
08.10.2024		VIVA OF OPTIMISM SCALE	
09.10.2024		VIVA OF OPTIMISM SCALE	
10.10.2024	HEALTH ENHANCING BEHAVIOUR		VIVA OF OPTIMISM SCALE

11.10.2024	CONCEPT OF RESILIENCE		HAPPINESS SCALE
12.10.2024	Dussehra		
14.10.2024		VIVA OF OPTIMISM SCALE	
15.10.2024		HAPPINESS SCALE	
16.10.2024		HAPPINESS SCALE	
17.10.2024	Maharishi Valmiki Jayanti		
18.10.2024	CONCEPT OF RESILIENCE		HAPPINESS SCALE
19.10.2024	CONCEPT OF HOPE		HAPPINESS SCALE
21.10.2024		HAPPINESS SCALE	
22.10.2024		HAPPINESS SCALE	
23.10.2024		HAPPINESS SCALE	
24.10.2024	CONCEPT OF HOPE		HAPPINESS SCALE
25.10.2024	TEST		HAPPINESS SCALE
26.10.2024	ASSIGNMENT 2		HAPPINESS SCALE
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024		VIVA OF HAPPINESS SCALE	
05.11.2024		VIVA OF HAPPINESS SCALE	
06.11.2024		VIVA OF HAPPINESS SCALE	
07.11.2024	CONCEPT OF OPTIMISM		VIVA OF HAPPINESS SCALE
08.11.2024	CONCEPT OF OPTIMISM		VIVA OF HAPPINESS SCALE
09.11.2024	CONCEPT OF EXERCISE		VIVA OF HAPPINESS SCALE
11.11.2024		VIVA OF HAPPINESS SCALE	
12.11.2024		VIVA OF HAPPINESS SCALE	
13.11.2024		FINAL PRACTICAL PRACTICE	
14.11.2024	CONCEPT OF SAFETY		VIVA OF HAPPINESS SCALE
15.11.2024	Guru Nanak Jayanti		
16.11.2024	CONCEPT OF SAFETY		
18.11.2024		FINAL PRACTICAL PRACTICE	
19.11.2024		FINAL PRACTICAL PRACTICE	
20.11.2024		FINAL PRACTICAL PRACTICE	
21.11.2024	OLD QUESTION PAPER DISCUSSION		VIVA OF HAPPINESS SCALE
22.11.2024	OLD QUESTION PAPER DISCUSSION		FINAL PRACTICAL PRACTICE

Dayanand Mahila Mahavidyalaya, Kurukshetra Lesson Plan (
Session 2024-25 (22.07.2024 to 22.11.2024)
Name of Teacher:Ms. Shilpa Subject: Understanding Psy

Date	Class :MDC 1	Practical Groupop 1
	Semester: 1st	
22.07.2024	ORIENTATION	ORIENTATION
23.07.2024	ORIENTATION	ORIENTATION
24.07.2024		
25.07.2024		
26.07.2024		
27.07.2024		
29.07.2024	INTRODUCTION OF PSYCHOLOGY	
30.07.2024	INTRODUCTION OF PSYCHOLOGY	
31.07.2024	Shaheed Udham Singh's Martyrdom Day	
01.08.2024		
02.08.2024		
03.08.2024		
05.08.2024	HISTORICAL BACKGROUND	
06.08.2024	HISTORICAL BACKGROUND	
07.08.2024	NATURE OF PSYCHOLOGY	
08.08.2024		SOUND LOCALIZATION
09.08.2024		SOUND LOCALIZATION
10.08.2024		SOUND LOCALIZATION
12.08.2024	NATURE OF PSYCHOLOGY	
13.08.2024	FIELDS OF PSYCHOLOGY	
14.08.2024	FIELDS OF PSYCHOLOGY	
15.08.2024	Independence Day	
16.08.2024		VIVA OF SOUND LOCALIZATION
17.08.2024		VIVA OF SOUND LOCALIZATION
19.08.2024	Raksha Bandhan	
20.08.2024	FIELDS OF PSYCHOLOGY	
21.08.2024	EMERGENCE OF PSYCHOLOGY	
22.08.2024		OBSERVATION TEST
23.08.2024		OBSERVATION TEST
24.08.2024		OBSERVATION TEST
26.08.2024	Janamashtami	
27.08.2024	EMERGENCE OF PSYCHOLOGY	

28.08.2024	TEST	
29.08.2024		VIVA OF OBSERVATION TEST
30.08.2024		VIVA OF OBSERVATION TEST
31.08.2024		VIVA OF OBSERVATION TEST
02.09.2024	METHODS OF PSYCHOLOGY	
03.09.2024	EXPERIMENTAL METHOD	
04.09.2024	EXPERIMENTAL METHOD	
05.09.2024		EXPERIMENT ON STM
06.09.2024		EXPERIMENT ON STM
07.09.2024		EXPERIMENT ON STM
09.09.2024	INTERVIEW METHOD	
10.09.2024	INTERVIEW METHOD	
11.09.2024	OBSERVATION METHOD	
12.09.2024		VIVA OF EXPERIMENT ON STM
13.09.2024		VIVA OF EXPERIMENT ON STM
14.09.2024		VIVA OF EXPERIMENT ON STM
16.09.2024	OBSERVATION METHOD	
17.09.2024	CASE STUDY	
18.09.2024	CASE STUDY	
19.09.2024		EXPERIMENT ON LTM
20.09.2024		EXPERIMENT ON LTM
21.09.2024		EXPERIMENT ON LTM
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day	
24.09.2024	TEST	
25.09.2024	ASSIGNMENT 1	
26.09.2024		EXPERIMENT ON LTM
27.09.2024		EXPERIMENT ON LTM
28.09.2024		EXPERIMENT ON LTM
30.09.2024	LEARNING :NATURE	
01.10.2024	FACTOR AFFECTING LEARNING	
02.10.2024	Mahatma Gandhi Jayanti	
03.10.2024	Maharaja Aggarwal Jayanti	
04.10.2024		VIVA OF EXPERIMENT ON LTM
05.10.2024		VIVA OF EXPERIMENT ON LTM
07.10.2024	CLASSICAL CONDITIONING	
08.10.2024	CLASSICAL CONDITIONING	
09.10.2024	INSTRUMENTAL CONDITIONING	
10.10.2024		TRANSFER OF LEARNING

11.10.2024		TRANSFER OF LEARNING
12.10.2024	Dussehra	
14.10.2024	INSTRUMENTAL CONDITIONING	
15.10.2024	TEST	
16.10.2024	MEMORY: NATURE	
17.10.2024	Maharishi Valmiki Jayanti	
18.10.2024		TRANSFER OF LEARNING
19.10.2024		TRANSFER OF LEARNING
21.10.2024	STUDY METHOD OF MEMORY	
22.10.2024	STUDY METHOD OF MEMORY	
23.10.2024	ASSIGNMENT 2	
24.10.2024		VIVA OF TRANSFER OF LEARNING
25.10.2024		VIVA OF TRANSFER OF LEARNING
26.10.2024		VIVA OF TRANSFER OF LEARNING
27.10.2024 to 03.11.2024		Diwali Vacations
04.11.2024	FACTOR AFFECTING MEMORY	
05.11.2024	FACTOR AFFECTING MEMORY	
06.11.2024	TYPES OF MEMORY	
07.11.2024		VIVA OF TRANSFER OF LEARNING
08.11.2024		VIVA OF TRANSFER OF LEARNING
09.11.2024		VIVA QUESTION PRACTICE
11.11.2024	TYPES OF MEMORY	
12.11.2024	TYPES OF MEMORY	
13.11.2024	TEST	
14.11.2024		VIVA QUESTION PRACTICE
15.11.2024	Guru Nanak Jayanti	
16.11.2024		VIVA QUESTION PRACTICE
18.11.2024	IMPORTANT TOPICS OVERVIEW	
19.11.2024	OLD QUESTION PAPER DISCUSSION	
20.11.2024	OLD QUESTION PAPER DISCUSSION	
21.11.2024		VIVA QUESTION PRACTICE
22.11.2024		

Odd Semester)

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Practical Group 2
ORIENTATION
ORIENTATION
SOUND LOCALIZATION
SOUND LOCALIZATION
SOUND LOCALIZATION
VIVA OF SOUND LOCALIZATION
VIVA OF SOUND LOCALIZATION
OBSERVATION TEST
OBSERVATION TEST
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VIVA OF EXPERIMENT OF LTM
VIVA OF EXPERIMENT OF LTM
TRANSFER OF LEARNING

TRANSFER OF LEARNING
VIVA OF TRANSFER OF LEARNING
VIVA OF TRANSFER OF LEARNING
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VIVA OF TRANSFER LEARNING
VIVA OF LEARNING
VIVA QUESTION PRACTICE
VIVA QUESTION PRACTICE
VIVA QUESTION PRACTICE
VIVA QUESTION PRACTICE

Dayanand Mahila Mahavidyalaya, Kurukshetra Lesson Plan (Odd Semester)

Session 2024-25 (22.07.2024 to 22.11.2024)

Name of Teacher: Miss Shilpa & Dr. Urmila Panghal

Subject: Psychopathology

Date	Class:B.A Final Year	Class:B.A Final Year	Class: B.A Final Year
	Semester:5th	practical Group 1	Practical Group 2
22.07.2024	ORIENTATION	ORIENTATION	ORIENTATION
23.07.2024	INTRODUCTION TO		
24.07.2024	CONCEPT OF ABNORMALITY		
25.07.2024	CRITERIA OF ABNORMAI BEHAVIOUR		
26.07.2024	CHARACTERISTICS OF ABNORMAL		
27.07.2024	DIFFERENCE OF NORMAL AND		
29.07.2024	CAUSE OF ABNORMAL BEHAVIOUR		
30.07.2024	MODEL OF PSYCHOPATHOLOGY		
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024	BIOLOGICAL MODEL		
02.08.2024	BIOLOGICAL MODEL		
03.08.2024	PSYCHODYNAMIC MODEL		
05.08.2024	PSYCHODYNAMIC MODEL		ANXIETY TEST
06.08.2024	TEST		ANXIETY TEST
07.08.2024	HARIYALI TEEJ	HARIYALI TEEJ	HARIYALI TEEJ
08.08.2024	BEHAVIOURAL MODEL	ANXIETY TEST	
09.08.2024	BEHAVIOURAL MODEL	ANXIETY TEST	
10.08.2024	BEHAVIOURAL MODEL	ANXIETY TEST	
12.08.2024	COGNITIVE MODEL		ANXIETY TEST
13.08.2024	COGNITIVE MODEL		ANXIETY TEST
14.08.2024	TEST		VIVA OF ANXIETY TEST
15.08.2024	Independence Day		
16.08.2024	CLASSIFICATION OF	ANXIETY TEST	
17.08.2024	NEED FOR CLASSIFICATION	VIVA OF ANXIETY SCALE	

19.08.2024	Raksha Bandhan		
20.08.2024	DSM SYSTEM		VIVA OF ANXIETY TEST
21.08.2024	DSM SYSTEM		VIVA OF ANXIETY TEST
22.08.2024	DSM SYSTEM	VIVA OF ANXIETY SCALE	
23.08.2024	DIAGNOSTIC ASSESSMENT	VIVA OF ANXIETY SCALE	
24.08.2024	DIAGNOSTIC ASSESSMENT	VIVA OF ANXIETY SCALE	
26.08.2024	Janamashtami		
27.08.2024	TEST		VIVA OF ANXIETY TEST
28.08.2024	CASE HISTORY		
29.08.2024	CASE HISTORY	VIVA OF ANXIETY SCALE	
30.08.2024	CASE HISTORY	DEPRESSION INVENTORY	
31.08.2024	INTERVIEW METHOD	DEPRESSION INVENTORY	
02.09.2024	INTERVIEW METHOD		DEPRESSION INVENTORY
03.09.2024	INTERVIEW METHOD		DEPRESSION INVENTORY
04.09.2024	PROJECTIVE TECHNIQUES		DEPRESSION INVENTORY
05.09.2024	PROJECTIVE TECHNIQUES	DEPRESSION INVENTORY	
06.09.2024	MOOD DISORDERS	DEPRESSION INVENTORY	
07.09.2024	MOOD DISORDERS	DEPRESSION INVENTORY	
09.09.2024	MOOD DISORDERS		DEPRESSION INVENTORY
10.09.2024	UNIPOLAR DISORDER		VIVA OF DEPRESSION
11.09.2024	UNIPOLAR DISORDER		VIVA OF DEPRESSION INVENTORY
12.09.2024	BIPOLAR DISORDER	VIVA OF DEPRESSION INVENTORY	
13.09.2024	BIPOLAR DISORDER	VIVA OF DEPRESSION INVENTORY	
14.09.2024	BIPOLAR DISORDER	VIVA OF DEPRESSION INVENTORY	
16.09.2024	TEST		VIVA OF DEPRESSION INVENTORY
17.09.2024	SCHIZOPHRENIA : NATURE		VIVA OF DEPRESSION INVENTORY
18.09.2024	SCHIZOPHRENIA : TYPES		VIVA OF DEPRESSION INVENTORY
19.09.2024	SCHIZOPHRENIA: TYPES	VIVA OF DEPRESSION INVENTORY	
20.09.2024	SCHIZOPHRENIA: CAUSES	CLINICAL INTERVIEW	
21.09.2024	TEST	CLINICAL INTERVIEW	
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		

24.09.2024	ASSIGNMENT 1		CLINICAL
25.09.2024	ANXIETY BASED DISORDERS		CLINICAL
26.09.2024	ANXIETY BASED DISORDERS	CLINICAL INTERVIEW	
27.09.2024	GENERALISED ANXIETY DISORDERS	CLINICAL INTERVIEW	
28.09.2024	GAD	VIVA OF CLINICAL INTERVIEW	
30.09.2024	GAD		CLINICAL INTERVIEW
01.10.2024	OBSESSIVE COMPULSIVE DISORDERS		CLINICAL INTERVIEW
02.10.2024	Mahatma Gandhi Jayanti		
03.10.2024	Maharaja Aggarsen Jayanti		
04.10.2024	OCD	VIVA OF CLINICAL	
05.10.2024	OCD	VIVA OF CLINICAL	
07.10.2024	TEST		VIVA OF CLINICAL
08.10.2024	PHOBIC DISORDERS		VIVA OF CLINICAL
09.10.2024	PHOBIC DISORDERS		VIVA OF CLINICAL
10.10.2024	PHOBIC DISORDERS	PGI MEMORT SCALE	
11.10.2024	PHOBIC DISORDERS	PGI MEMORT SCALE	
12.10.2024	Dussehra		
14.10.2024	ASSIGNMENT 2		VIVA OF CLINICAL
15.10.2024	SUBSTANCE ABUSE		PGI MEMORY SCALE
16.10.2024	SUBSTANCE ABUSE		PGI MEMORY SCALE
17.10.2024	Maharishi Valmiki Jayanti		
18.10.2024	SUBSTANCE ABUSE	PGI MEMORT SCALE	
19.10.2024	SUBSTANCE ABUSE	VIVA OF PGI MEMORY SCALE	
21.10.2024	CONCEPT OF REHABILITATION		PGI MEMORY SCALE
22.10.2024	CONCEPT OF REHABILITATION		PGI MEMORY SCALE
23.10.2024	COCEPT OF REHABILITATION		VIVA OF PGI MEMORY
24.10.2024	CONCEPT OF REHABILITATION	VIVA OF PGI MEMORY SCALE	
25.10.2024	OVERVIEW OF IMPORTANT TOPICS	VIVA OF PGI MEMORY SCALE	
26.10.2024	OVERVIEW OF IMPORTANT TOPICS	VIVA OF PGI MEMORY SCALE	
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024	TEST		VIVA OF PGI MEMORY SCALE

05.11.2024	DOUBT CLEAR		VIVA OF PGI MEMORY SCALE
06.11.2024	DOUBT CLEAR		VIVA OF PGI MEMORY SCALE
07.11.2024	OLD QUESTION PAPER DISCUSSION	DEFENCE MECHANISM INVENTORY	
08.11.2024	OLD QUESTION PAPER DISCUSSION	DEFENCE MECHANISM INVENTORY	
09.11.2024	OLD QUESTION PAPER DISCUSSION	DEFENCE MECHANISM INVENTORY	
11.11.2024	OLD QUESTION PAPER DISCUSSION		DEFENCE MECHANISM
12.11.2024	DISCUSSION OF SHORT QUESTIONS		DEFENCE MECHANISM
13.11.2024	DISCUSSION OF SHORT QUESTIONS		
14.11.2024	DISCUSSION OF SHORT QUESTIONS	VIVA OF DMI	
15.11.2024	Guru Nanak Jayanti		
16.11.2024	OLD QUESTION PAPER PRACTICE	VIVA OF DMI	
18.11.2024	OLD QUESTION PAPER PRACTICE		VIVA OF DEFENCE MECHANISM
19.11.2024	OLD QUESTION PAPER PRACTICE		VIVA OF DEFENCE MECHANISM
20.11.2024	OLD QUESTION PAPER PRACTICE		VIVA OF DEFENCE MECHANISM
21.11.2024	OLD QUESTION PAPER PRACTICE	VIVA OF DMI	
22.11.2024	DISCUSSION ON IMPORTANT TOPICS	VIVA OF DMI	