

Dayanand Mahila Mahavidyalaya, Kurukshetra
Lesson Plan (UG & PG Final Year - Even Semester)

Session 2024-25 (01.01.2025 to 30.04.2025)

Name of teacher: Dr. Urmila Panghal & Ms. Shilpa

Subject: Applied Psychology

Date	Class...B.A.Final Theory Semester....6th....	Class...B.A.Final Practical Group - 1 Semester...6th.... (4-6) days	Class...B.A.Final Practical Group - 2 Semester...6th.... (1-3) days
01.01.2025	Meaning of Applied Psychology		Stress Scale
02.01.2025	History of Applied Psychology	Stress Scale	
03.01.2025	History of Applied Psychology	Stress Scale	
04.01.2025	Fields of Applied Psychology	Stress Scale	
06.01.2025	Guru Gobind Singh Ji Jayanti		
07.01.2025	Fields of Applied Psychology		Stress Scale
08.01.2025	TEST-1		Stress Scale
09.01.2025	Careers in Psychology	Viva of Stress Scale	
10.01.2025	Careers in Psychology	Viva of Stress Scale	
11.01.2025	Nature & Scope of OP	Viva of Stress Scale	
13.01.2025	Nature & Scope of OP		Viva of Stress Scale
14.01.2025	ASSIGNMENT-1		Viva of Stress Scale
15.01.2025	Objectives of OP		Viva of Stress Scale
16.01.2025	Objectives of OP	Coping Style Inventory	
17.01.2025	Development of OP	Coping Style Inventory	
18.01.2025	Development of OP	Coping Style Inventory	
20.01.2025	Meaning of Guidance		Coping Style Inventory
21.01.2025	Objectives of Guidance		Coping Style Inventory
22.01.2025	Objectives of Guidance		Coping Style Inventory
23.01.2025	Principles of Guidance	Viva of CSI	
24.01.2025	Principles of Guidance	Viva of CSI	
25.01.2025	Types of Guidance	Viva of CSI	

Urmila Panghal

Date	Class..B.A..Final	Class.B.A..Final	Class.B.A..Final
	Semester....6th.....	Semester....6th.....	Semester....6th.....
27.01.2025	Types of Guidance		Viva of CSI
28.01.2025	Organization of Guidance Programme		Viva of CSI
29.01.2025	Organization of Guidance Programme		Viva of CSI
30.01.2025	TEST-2	Counselling Need Inventory	
31.01.2025	Meaning of Counselling	Counselling Need Inventory	
01.02.2025	Meaning of Counselling	Counselling Need Inventory	
03.02.2025	Need of Counselling		Counselling Need Inventory
04.02.2025	Need of Counselling		Counselling Need Inventory
05.02.2025	Principles of Counselling		Counselling Need Inventory
06.02.2025	Principles of Counselling	Viva of CNI	
07.02.2025	Types of Counselling	Viva of CNI	
08.02.2025	Types of Counselling	Viva of CNI	
10.02.2025	Special Areas		Viva of CNI
11.02.2025	TEST-3		Viva of CNI
12.02.2025	Guru Ravidass Jayanti		
13.02.2025	Meaning of Health Psychology	Healthiness Scale	
14.02.2025	Scope of Health Psychology	Healthiness Scale	
15.02.2025	Scope of Health Psychology	Healthiness Scale	
17.02.2025	Objectives of Health Psychology		Viva of CNI
18.02.2025	Objectives of Health Psychology		Viva of CNI
19.02.2025	Concept of Health & Illness		Healthiness Scale
20.02.2025	Concept of Health & Illness	Viva of Healthiness Scale	
21.02.2025	Psychological factors in Physical illness	Viva of Healthiness Scale	
22.02.2025	Psychological factors in Physical illness	Viva of Healthiness Scale	
24.02.2025	Psychological factors in Physical illness		Healthiness Scale
25.02.2025	TEST-4		Healthiness Scale
26.02.2025	Maha Shivratri		

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Date	Class..B.A..Final	Class..B.A..Final	Class..B.A..Final
	Semester....6th...	Semester.....6th..	Semester....6th...
27.02.2025	Life Style and Health	Life style Schedule	
28.02.2025	Life Style and Health	Life style Schedule	
01.03.2025	Meaning of Stress	Life style Schedule	
03.03.2025	Types of Stress		Viva of Healthiness Scale
04.03.2025	Types of Stress		Viva of Healthiness Scale
05.03.2025	Causes of Stress		Viva of Healthiness Scale
06.03.2025	Causes of Stress	Viva of LSS	
07.03.2025	Consequences of Stress	Viva of LSS	
08.03.2025	Consequences of Stress	Viva of LSS	
09.03.2025 to 16.03.2025		Holi Vacations	
17.03.2025	Meaning of coping		Life style Schedule
18.03.2025	Strategies of coping		Life style Schedule
19.03.2025	Strategies of Coping		Life style Schedule
20.03.2025	TEST-5	Adjustment Inventory	
21.03.2025	Meaning of Forensic Psy.	Adjustment Inventory	
22.03.2025	Psychology and Law	Adjustment Inventory	
24.03.2025	Psychology and Law		Life style Schedule
25.03.2025	Eyewitness Memory		Life style Schedule
26.03.2025	Factors affecting eyewitness memory		Viva of Life style Schedule
27.03.2025	Factors affecting eyewitness memory	Adjustment Inventory	
28.03.2025	Accuracy & Improvement	Adjustment Inventory	
29.03.2025	Accuracy & Improvement	Viva of Adjustment Inventory	
31.03.2025	Id-ul-Fitr		
01.04.2025	TEST-6		Viva of Life style Schedule
02.04.2025	Meaning of Correlation		Viva of Life style Schedule
03.04.2025	Meaning of Correlation	Viva of Adjustment Inventory	
04.04.2025	Product Moment Method	Viva of Adjustment Inventory	

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Date	Class...B.A..Final	Class...B.A..Final	Class...B.A..Final
	Semester....6th...	Semester....6th...	Semester....6th...
05.04.2025	Product Moment Method	Viva of Adjustment Inventory	
07.04.2025	Product Moment Method		Viva of Life style Schedule
08.04.2025	ASSIGNMENT-2		Adjustment Inventory
09.04.2025	Rank difference Method		Adjustment Inventory
10.04.2025	Mahavir Jayanti		
11.04.2025	Rank difference Method	Viva of Adjustment Inventory	
12.04.2025	Rank difference Method	Viva of Adjustment Inventory	
14.04.2025	Dr. B.R. Ambedkar Jayanti		
15.04.2025	TEST-7		Adjustment Inventory
16.04.2025	Revision (Unit-I)		Viva of Adjustment Inventory
17.04.2025	Revision (Unit-II)	Final Practical Practice	
18.04.2025	Revision (Unit-III)	Final Practical Practice	
19.04.2025	Revision (Unit-IV)	Final Practical Practice	
21.04.2025	Doubt clearing class		Viva of Adjustment Inventory
22.04.2025	TEST-8 (PYQ)		Viva of Adjustment Inventory
23.04.2025	TEST-9 (PYQ)		Final Practical Practice
24.04.2025	TEST-10 (PYQ)	Final Practical Practice	
25.04.2025	Important Question Discussion	Final Practical Practice	
26.04.2025	PYQ Discussion	Final Practical Practice	
28.04.2025	PYQ Discussion		Final Practical Practice
29.04.2025	Parshu Ram Jayanti		
30.04.2025	Akshay Tritiya		
01.05.2025	Examination Onwards		

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Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (UG -NEP Second & Fourth Semester - Even Semester)

Session 2024-25 (08.02.2025 to 31.05.2025)

Name of teacher: Ms. Shilpa

Subject...Psychology (Abnormal Psychology)

Date	Class...H.D.C...II B.Com (G+V+SFS), B.BA, B.M	Class...H.D.C...II	Class...H.D.C...III
	Semester...2nd.... Theory (1-3)	Semester...2nd.... Practical Group-1 (1-3)	Semester...2nd.... Practical Group-2 (1-3) days
08.02.2025			
10.02.2025	Meaning of Abnormal Behaviour	Depression Inventory	Depression Inventory
11.02.2025	Meaning of Abnormal Behaviour	Depression Inventory	Depression Inventory
12.02.2025	Guru Ravidass Jayanti		
13.02.2025			
14.02.2025			
15.02.2025			
17.02.2025	Criteria of Abnormal Behaviour	Depression Inventory	Depression Inventory
18.02.2025	Criteria of Abnormal Behaviour	Depression Inventory	Depression Inventory
19.02.2025	Criteria of Abnormal Behaviour	Viva of depression Inventory	Viva of depression Inventory
20.02.2025			
21.02.2025			
22.02.2025			
24.02.2025	characteristics of Abnormal behaviour	Viva of depression Inventory	Viva of Depression Inventory
25.02.2025	characteristics of Abnormal behaviour	Viva of depression Inventory	Viva of Depression Inventory
26.02.2025	Maha Shivratri		
27.02.2025			
28.02.2025			
01.03.2025			
03.03.2025	TEST-1	Anxiety Inventory	Anxiety Inventory
04.03.2025	Causes of Abnormal Behaviour	Anxiety Inventory	Anxiety Inventory
05.03.2025	Causes of Abnormal Behaviour	Anxiety Inventory	Anxiety Inventory

Shilpa

Date	Class..M.D.C...II	Class..M.D.C...II	Class..M.D.C...II
	Semester...2nd....	Semester...2nd....	Semester...2nd....
06.03.2025			
07.03.2025			
08.03.2025			
09.03.2025 to 16.03.2025		Holi Vacations	
17.03.2025	Biological Model	Viva of Anxiety Inventory	Viva of Anxiety Inventory
18.03.2025	Biological Model	Viva of Anxiety Inventory	Viva of Anxiety Inventory
19.03.2025	ASSIGNMENT-1	Viva of Anxiety Inventory	Viva of Anxiety Inventory
20.03.2025			
21.03.2025			
22.03.2025			
24.03.2025	TEST-2	PQI Memory Scale	PQI Memory Scale
25.03.2025	Psychological Model	PQI Memory Scale	PQI Memory Scale
26.03.2025	Psychological Model	PQI Memory Scale	PQI Memory Scale
27.03.2025			
28.03.2025			
29.03.2025			
31.03.2025	Id-ul-Fitr		
01.04.2025	Socio-cultural Model	Viva of PQI Memory Scale	Viva of PQI Memory Scale
02.04.2025	Socio-cultural Model	Viva of PQI Memory Scale	Viva of PQI Memory Scale
03.04.2025			
04.04.2025			
05.04.2025			
07.04.2025	Anxiety Based Disorder	Viva of PQI Memory Scale	Viva of PQI Memory Scale
08.04.2025	obsessive compulsive Disorder	Defence Mechanism Inventory	Defence Mechanism Inventory
09.04.2025	obsessive Compulsive Disorder	Defence Mechanism Inventory	Defence Mechanism Inventory
10.04.2025	Mahavir Jayanti		
11.04.2025			

Shilpa.

Date	Class...MPC-II	Class...MPC-II	Class...MPC-II
	Semester...2nd...	Semester...2nd...	Semester...2nd...
12.04.2025			
14.04.2025	Dr. B.R. Ambedkar Jayanti		
15.04.2025	Phobia (Etiology)	Defence mechanism Inventory	Defence mechanism Inventory
16.04.2025	Phobia (Management)	Viva of Defence mechanism Inventory	Viva of Defence Mechanism Inventory
17.04.2025			
18.04.2025			
19.04.2025			
21.04.2025	Panic Attack (Etiology)	Viva of Defence mechanism Inventory	Viva of Defence mechanism Inventory
22.04.2025	Panic Attack (Management)	Viva of Defence mechanism Inventory	Viva of Defence mechanism Inventory
23.04.2025	TEST-3	Mental Health Questionnaire	Mental Health Questionnaire
24.04.2025			
25.04.2025			
26.04.2025			
28.04.2025	Mood disorder & Types	Mental Health Questionnaire	Mental Health Questionnaire
29.04.2025	Parshu Ram Jayanti		
30.04.2025	Akshay Tritiya		
01.05.2025			
02.05.2025			
03.05.2025			
05.05.2025	Causes of Mood disorder	Mental Health Questionnaire	Mental Health Questionnaire
06.05.2025	ASSIGNMENT-2	Mental Health Questionnaire	Mental Health Questionnaire
07.05.2025	Psychotherapies	Viva of Mental Health Questionnaire	Viva of Mental Health Questionnaire
08.05.2025			
09.05.2025			
10.05.2025			
12.05.2025	Psychoanalysis	Viva of Mental Health Questionnaire	Viva of Mental Health Questionnaire
13.05.2025	Psychoanalysis	Viva of Mental Health Questionnaire	Viva of Mental Health Questionnaire

Shilpa.

Date	Class..MPC-II	Class..MPC-II	Class..MPC-II
	Semester..2nd.....	Semester..2nd....	Semester..2nd....
14.05.2025	Behaviour Therapy	Viva of Mental Health Questionnaire	Viva of Mental Health Questionnaire
15.05.2025			
16.05.2025			
17.05.2025			
19.05.2025	Behaviour Therapy	Final Practical Practice	Final Practical Practice
20.05.2025	Cognitive Behaviour Therapy	Final Practical Practice	Final Practical Practice
21.05.2025	Cognitive Behaviour Therapy	Final Practical Practice	Final Practical Practice
22.05.2025			
23.05.2025			
24.05.2025			
26.05.2025	TEST-4	Final Practical Practice	Final Practical Practice
27.05.2025	PYQ Practice	Final Practical Practice	Final Practical Practice
28.05.2025	PYQ Practice	Final Practical Practice	Final Practical Practice
29.05.2025	Maharana Pratap Jayanti		
30.05.2025			
31.05.2025			
01.06.2025	Examination Onwards		

Shilpa

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (UG -NEP Second & Fourth Semester - Even Semester)

Session 2024-25 (08.02.2025 to 31.05.2025)

Name of teacher: Ms. Shilpa

Subject: Psychology (Emotional Intelligence)

Date	Class...B.A.-II(VAO) Theory	Class...B.Sc., B.CA (VAC) Theory	Class.....
	Semester...4th... (4-8) days	Semester...4th... (4-8) days	Semester.....
08.02.2025	Meaning of Emotional Intelligence	Meaning of Emotional Intelligence	
10.02.2025			
11.02.2025			
12.02.2025	Guru Ravidass Jayanti		
13.02.2025	Nature of Emotional Intelligence	Nature of Emotional Intelligence	
14.02.2025	Nature of Emotional Intelligence	Nature of Emotional Intelligence	
15.02.2025	Nature of Emotional Intelligence	Nature of Emotional Intelligence	
17.02.2025			
18.02.2025			
19.02.2025			
20.02.2025	Characteristics & Significance of EI	Characteristics & Significance of EI	
21.02.2025	Characteristics & Significance of EI	Characteristics & Significance of EI	
22.02.2025	Characteristics & Significance of EI	Characteristics & Significance of EI	
24.02.2025			
25.02.2025			
26.02.2025	Maha Shivratri		
27.02.2025	Ability Model of EI	Ability Model of EI	
28.02.2025	Ability Model of EI	Ability Model of EI	
01.03.2025	Ability Model of EI	Ability Model of EI	
03.03.2025			
04.03.2025			
05.03.2025			

Shilpa.

Date	Class. B.A.-II VAC	Class. B.Sc., B.CA (VAC)	Class.....
	Semester.....4th....	Semester.....4th....	Semester.....
06.03.2025	TEST-1		
07.03.2025	Trait Model of EI	Trait Model of EI	
08.03.2025	Trait Model of EI	Trait Model of EI	
09.03.2025 to 16.03.2025		Holi Vacations	
17.03.2025			
18.03.2025			
19.03.2025			
20.03.2025	Trait Model of EI	Trait Model of EI	
21.03.2025	Trait Model of EI	Trait Model of EI	
22.03.2025	Assignment-1	Assignment-1	
24.03.2025			
25.03.2025			
26.03.2025			
27.03.2025	Mixed Model of EI	Mixed Model of EI	
28.03.2025	Mixed Model of EI	Mixed Model of EI	
29.03.2025	Mixed Model of EI	Mixed Model of EI	
31.03.2025	Id-ul-Fitr		
01.04.2025			
02.04.2025			
03.04.2025	Meaning of Personal Competence	Meaning of Personal Competence	
04.04.2025	Self Awareness	Self Awareness	
05.04.2025	Self Awareness	Self Awareness	
07.04.2025			
08.04.2025			
09.04.2025			
10.04.2025	Mahavir Jayanti		
11.04.2025	observing & Recognizing one's own feelings	observing & Recognizing one's own feelings	

Shilpa.

Date	Class..B.A.-II (VAC)	Class..B.Sc./B.Com (VAC)	Class.....
	Semester..... ^{4th} ...	Semester..... ^{4th} ...	Semester.....
12.04.2025	observing & Recognizing one's own feelings	observing & Recognizing one's own feelings	
14.04.2025	Dr. B.R. Ambedkar Jayanti		
15.04.2025			
16.04.2025			
17.04.2025	Knowing one's Strength	Knowing one's Strength	
18.04.2025	Knowing one's Strength	Knowing one's Strength	
19.04.2025		TEST-2	
21.04.2025			
22.04.2025			
23.04.2025			
24.04.2025	Areas of development	Areas of development	
25.04.2025	Areas of development	Areas of development	
26.04.2025	Areas of development	Areas of development	
28.04.2025			
29.04.2025	Parshu Ram Jayanti		
30.04.2025	Akshay Tritiya		
01.05.2025	Relationship Management	Relationship Management	
02.05.2025	Effective Communication	Effective Communication	
03.05.2025	Effective Communication	Effective Communication	
05.05.2025			
06.05.2025			
07.05.2025			
08.05.2025	Collaboration & Teamwork	Collaboration & Teamwork	
09.05.2025	Collaboration & Teamwork	Collaboration & Teamwork	
10.05.2025	Collaboration & Teamwork	Collaboration & Teamwork	
12.05.2025			
13.05.2025			

Shilpa

Date	Class... <u>B.A.</u> ... (<u>VAC</u>)	Class. <u>B.Sc., B.CA</u> (<u>VAC</u>)	Class.....
	Semester..... <u>4th</u> ..	Semester..... <u>4th</u> ..	Semester.....
14.05.2025			
15.05.2025	Conflict Management	Conflict Management	
16.05.2025	Strategies to develop & enhance EI	Strategies to develop & enhance EI	
17.05.2025		Strategies to develop & enhance EI	
19.05.2025			
20.05.2025			
21.05.2025			
22.05.2025	Strategies to develop & enhance EI	Strategies to develop & enhance EI	
23.05.2025	Strategies to develop & enhance EI	Strategies to develop & enhance EI	
24.05.2025	TEST-3	TEST-3	
26.05.2025			
27.05.2025			
28.05.2025			
29.05.2025	Maharana Pratap Jayanti		
30.05.2025	PYQ Practices	PYQ Practices	
31.05.2025	PYQ Practices	PYQ Practices	
01.06.2025	Examination Onwards		

Shilpa.