

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2025-26 (22.07.2025 to 24.11.2025)

Name of teacher:Dr. URMILA PANGHAL.....

Subject...PSYCHOLOGY.....

Date	Day	Class...BA2...Theory.....	Class...BA2...Prac.....	Class...BA2...Prac.....	Class...BA2...Prac.
		Semester...3rd.....	Semester...3rd.....	Semester...3rd.....	Semester...3rd.....
22.07.2025	Tuesday	Syllabus &Exam Scheme			
23.07.2025	Wednesday	Nature of Experimental Psychology			
24.07.2025	Thursday		Maze Learning	Maze Learning	
25.07.2025	Friday		Maze Learning		Maze Learning
26.07.2025	Saturday			Maze Learning	Maze Learning
28.07.2025	Monday	Historical Development			
29.07.2025	Tuesday	Historical Development			
30.07.2025	Wednesday	Experimental Method			
31.07.2025	Thursday	Shaheed Udham Singh's Martyrdom Day			
01.08.2025	Friday				
02.08.2025	Saturday				
04.08.2025	Monday	Experimental Method			
05.08.2025	Tuesday	Nature &characteristics of Perception			
06.08.2025	Wednesday	Form Perception			
07.08.2025	Thursday		Maze Learning	Maze Learning	
08.08.2025	Friday		Maze Learning		Maze Learning
09.08.2025	Saturday	Raksha Bandhan			
11.08.2025	Monday	Form Perception			
12.08.2025	Tuesday	Depth Perception			
13.08.2025	Wednesday	Depth Perception			
14.08.2025	Thursday		Maze Learning	Maze Learning	
15.08.2025	Friday	Independence Day			
16.08.2025	Saturday	Janamashtami			
18.08.2025	Monday	Movement Perception			
19.08.2025	Tuesday	Movement Perception			
20.08.2025	Wednesday	Movement Perception			
21.08.2025	Thursday		Problem Solving	Problem Solving	
22.08.2025	Friday		Problem Solving		Problem Solving
23.08.2025	Saturday			Problem Solving	Problem Solving
25.08.2025	Monday	Nature &types of Learning			
26.08.2025	Tuesday	Types of Learning			

Date	Day	Class...BA2...Theory.....	Class...BA2...Prac.....	Class...BA2...Prac.....	Class...BA2...Prac.
		Semester...3rd.....	Semester...3rd.....	Semester...3rd.....	Semester...3rd.....
27.08.2025	Wednesday	Verbal Learning			
28.08.2025	Thursday		Problem Solving	Problem Solving	
29.08.2025	Friday		Problem Solving		Problem Solving
30.08.2025	Saturday			Problem Solving	Problem Solving
01.09.2025	Monday	Verbal Learning			
02.09.2025	Tuesday	Verbal Learning			
03.09.2025	Wednesday	Class Test			
04.09.2025	Thursday		Problem Solving	Problem Solving	
05.09.2025	Friday		Problem Solving		Problem Solving
06.09.2025	Saturday			Problem Solving	Problem Solving
08.09.2025	Monday	Trial &Error Theory			
09.09.2025	Tuesday	Trial &Error Theory			
10.09.2025	Wednesday	Laws of Learningg			
11.09.2025	Thursday		Immediate Memory Span	Immediate Memory Span	
12.09.2025	Friday		Immediate Memory Span		Immediate Memory Span
13.09.2025	Saturday			Immediate Memory Span	Immediate Memory Span
15.09.2025	Monday	Insight Theory			
16.09.2025	Tuesday	Insight Theory			
17.09.2025	Wednesday	Class Test			
18.09.2025	Thursday		Immediate Memory Span	Immediate Memory Span	
19.09.2025	Friday		Immediate Memory Span		Immediate Memory Span
20.09.2025	Saturday			Immediate Memory Span	Immediate Memory Span
22.09.2025	Monday	Maharaja Aggarsen Jayanti			
23.09.2025	Tuesday	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day			
24.09.2025	Wednesday	Classical Conditioning			
25.09.2025	Thursday		Immediate Memory Span	Immediate Memory Span	
26.09.2025	Friday		Test		Immediate Memory Span
27.09.2025	Saturday			Test	Test
29.09.2025	Monday	Classical Conditioning			
30.09.2025	Tuesday	Meaning & types of Thinking			
01.10.2025	Wednesday				
02.10.2025	Thursday	Mahatma Gandhi Jayanti/Dusshera			
03.10.2025	Friday		Muller Lyre Illusion		Muller Lyre Illusion
04.10.2025	Saturday			Muller Lyre Illusion	Muller Lyre Illusion
06.10.2025	Monday	Types of Thinking			
07.10.2025	Tuesday	Maharishi Valmiki Jayanti/Maharaja Ajamidh Jayanti			
08.10.2025	Wednesday				

Date	Day	Class...BA2...Theory.....	Class...BA2...Prac.....	Class...BA2...Prac.....	Class...BA2...Prac.
		Semester...3rd.....	Semester...3rd.....	Semester...3rd.....	Semester...3rd.....
09.10.2025	Thursday		Muller Lyre Illusion	Muller Lyre Illusion	
10.10.2025	Friday		Muller Lyre Illusion		Muller Lyre Illusion
11.10.2025	Saturday			Muller Lyre Illusion	Muller Lyre Illusion
13.10.2025	Monday	Nature of Psychophysics			
14.10.2025	Tuesday	Continuum			
15.10.2025	Wednesday	Problems			
16.10.2025	Thursday		Muller Lyre Illusion	Muller Lyre Illusion	
17.10.2025	Friday		Muller Lyre Illusion		Muller Lyre Illusion
18.10.2025	Saturday			Muller Lyre Illusion	Muller Lyre Illusion
19.10.2025 to 26.10.2025			Diwali Vacations		
27.10.2025	Monday	Mid Term			
28.10.2025	Tuesday	Method Of Limits			
29.10.2025	Wednesday	Method Of Limits			
30.10.2025	Thursday		Mid Term	Mid Term	
31.10.2025	Friday				Mid Term
01.11.2025	Saturday	Haryana Day			
03.11.2025	Monday	Method Of Limits			
04.11.2025	Tuesday	Method Of Constant Stimuli			
05.11.2025	Wednesday	Guru Nanak Jayanti			
06.11.2025	Thursday		DL	DL	
07.11.2025	Friday		DL		DL
08.11.2025	Saturday			DL	DL
10.11.2025	Monday	Method of Constant Stimuli			
11.11.2025	Tuesday	Method of Constant Stimuli			
12.11.2025	Wednesday				
13.11.2025	Thursday		DL	DL	
14.11.2025	Friday		DL		DL
15.11.2025	Saturday			DL	DL
17.11.2025	Monday				
18.11.2025	Tuesday	Revision			
19.11.2025	Wednesday	Revision			
20.11.2025	Thursday		Revision	Revision	
21.11.2025	Friday		Revision		Revision
22.11.2025	Saturday			Revision	Revision
24.11.2025	Monday	Revision			
25.11.2025	Tuesday	Examination Onwards			

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2025-26 (22.07.2025 to 24.11.2025)

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

Subject: Psychological testing

Date	Day	Class B.A.-III Theory Semester.....5th..	Class B.A.-III Practical Group 1 Semester...5th....	Class B.A.-III Practical Group 2 Semester....5th....	Class B.A.-III Practical Group-3 Semester 5th
22.07.2025	Tuesday				
23.07.2025	Wednesday				
24.07.2025	Thursday	Internship			
25.07.2025	Friday	Internship			
26.07.2025	Saturday	Internship			
28.07.2025	Monday		Internship	Internship	
29.07.2025	Tuesday		Internship		Internship
30.07.2025	Wednesday			Internship	Internship
31.07.2025	Thursday	Shaheed Udham Singh's Martyrdom Day			
01.08.2025	Friday	Internship			
02.08.2025	Saturday	Internship			
04.08.2025	Monday		Internship	Internship	
05.08.2025	Tuesday		Internship		Internship
06.08.2025	Wednesday			Internship	Internship
07.08.2025	Thursday	Internship			
08.08.2025	Friday	Internship			
09.08.2025	Saturday	Raksha Bandhan			
11.08.2025	Monday		Raven's Progressive Matrices	Raven's Progressive Matrices	
12.08.2025	Tuesday		RPM		Raven's Progressive Matrices
13.08.2025	Wednesday			RPM	RPM
14.08.2025	Thursday	Nature of Psychological testing			
15.08.2025	Friday	Independence Day			
16.08.2025	Saturday	Janamashtami			
18.08.2025	Monday		RPM	RPM	

Date	Day	Class..B.A.-III Theory Semester.....5th	Class..B.A.-III Practical Group-1 Semester...5th...	Class..B.A.-III Practical Group-2 Semester.....5th...	Class..B.A.-III Practical Group-3 Semester.....5th...
19.08.2025	Tuesday				RPM
20.08.2025	Wednesday			RPM	RPM
21.08.2025	Thursday	Historical of background testing			
22.08.2025	Friday	characteristics of a good test			
23.08.2025	Saturday	Test			
25.08.2025	Monday		RPM	RPM	
26.08.2025	Tuesday		RPM		RPM
27.08.2025	Wednesday				RPM
28.08.2025	Thursday	Uses & limitations of tests			RPM
29.08.2025	Friday	Levels of measurement			
30.08.2025	Saturday	Levels of measurement			
01.09.2025	Monday		Pass Along test	Pass Along test	
02.09.2025	Tuesday		Pass Along test		Pass Along test
03.09.2025	Wednesday			Pass Along test	Pass Along test
04.09.2025	Thursday	Introduction of Reliability			
05.09.2025	Friday	Methods of Reliability			
06.09.2025	Saturday	Methods of Reliability			
08.09.2025	Monday		Pass Along test	Pass Along test	
09.09.2025	Tuesday		Pass Along test		Pass Along test
10.09.2025	Wednesday			Pass Along test	Pass Along test
11.09.2025	Thursday	Factors affecting Reliability			
12.09.2025	Friday	Introduction of Validity			
13.09.2025	Saturday	Types of Validity			
15.09.2025	Monday		Pass Along test	Pass Along test	
16.09.2025	Tuesday		Word Association test		Pass Along test
17.09.2025	Wednesday			Word Association test	Word Association test
18.09.2025	Thursday	Factors affecting validity			
19.09.2025	Friday	Meaning of Norms			
20.09.2025	Saturday	Types of Norms			

Date	Day	Class...B.A.-III Theory Semester.....5th	Class..B.A.-III Practical Group-1 Semester..5th.....	Class..B.A.-III Practical Group-2 Semester.5th.....	Class..B.A.-III Practical Group-3 Semester..5th
22.09.2025	Monday	Maharaja Aggarsen Jayanti			
23.09.2025	Tuesday	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day			
24.09.2025	Wednesday			Word Association Test	Word Association Test
25.09.2025	Thursday	Test Construction			
26.09.2025	Friday	Test Construction			
27.09.2025	Saturday	Introduction of Intelligence testing			
29.09.2025	Monday		Word Association Test	Word Association Test	
30.09.2025	Tuesday		Word Association Test		Word Association Test
01.10.2025	Wednesday			Word Association Test	Word Association Test
02.10.2025	Thursday	Mahatma Gandhi Jayanti/Dussehra			
03.10.2025	Friday	Historical development of Intelligence testing			
04.10.2025	Saturday	Uses of Intelligence tests			
06.10.2025	Monday		Word Association Test	Word Association Test	
07.10.2025	Tuesday	Maharishi Valmiki Jayanti/Maharaja Ajamidh Jayanti			
08.10.2025	Wednesday			16 Personality Factor Questionnaire	16 Personality Factor Questionnaire
09.10.2025	Thursday	Test			
10.10.2025	Friday	Types of Intelligence Tests			
11.10.2025	Saturday	Pass Along Test			
13.10.2025	Monday		16 PF	16 PF	
14.10.2025	Tuesday		16 PF		16 Personality Factor Questionnaire
15.10.2025	Wednesday			16 PF	16 PF
16.10.2025	Thursday	Raven's Progressive Matrices			
17.10.2025	Friday	General mental ability Test			
18.10.2025	Saturday				
19.10.2025 to 26.10.2025			Diwali Vacations		
27.10.2025	Monday		16 PF	16 PF	
28.10.2025	Tuesday		16 PF		16 PF
29.10.2025	Wednesday			16 PF	16 PF
30.10.2025	Thursday	Midterm			

Date	Day	Class..B.A.-II Theory Semester...5th.....	Class..B.A.-II Practical Group-1 Semester...5th.....	Class..B.A.-II Practical Group-2 Semester...5th.....	Class..B.A.-II Practical Group-3 Semester...5th.....
31.10.2025	Friday	Introduction of Personality Tests			
01.11.2025	Saturday	Haryana Day			
03.11.2025	Monday		general mental ability test	general mental ability test	
04.11.2025	Tuesday		general mental ability test		general mental ability test
05.11.2025	Wednesday	Guru Nanak Jayanti			
06.11.2025	Thursday	Projective Test & Personality Inventory			
07.11.2025	Friday	Word Association Test			
08.11.2025	Saturday	Thematic Apperception test			
10.11.2025	Monday		general mental ability test	general mental ability test	
11.11.2025	Tuesday		general mental ability test		general mental ability test
12.11.2025	Wednesday			general mental ability test	general mental ability test
13.11.2025	Thursday	16 Personality Factor Questionnaire			
14.11.2025	Friday	16 PF			
15.11.2025	Saturday	NEO Personality Inventory			
17.11.2025	Monday		Practical Test	Practical Test	
18.11.2025	Tuesday		Practical Test		Practical test
19.11.2025	Wednesday			Practical Test	Revision
20.11.2025	Thursday	Test			
21.11.2025	Friday	Revision			
22.11.2025	Saturday	Revision			
24.11.2025	Monday		Revision	Revision	
25.11.2025	Tuesday	Examination Onwards			

Umil Panghal .

Shilpa .

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2025-26 (22.07.2025 to 24.11.2025)

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

Subject: Foundation of Psychology

Date	Day	Class. B.A. Ist Year Theory Semester... Ist.....	Class. B.A. Ist Year Practical Group-1 Semester... Ist.....	Class. B.A. Ist Year Practical Group-2 Semester... Ist.....
22.07.2025	Tuesday	Orientation	Orientation	Orientation
23.07.2025	Wednesday	Orientation	Orientation	Orientation
24.07.2025	Thursday	Bridge Course		
25.07.2025	Friday	Bridge Course		
26.07.2025	Saturday			
28.07.2025	Monday		Bridge Course	Bridge Course
29.07.2025	Tuesday		Bridge Course	Bridge Course
30.07.2025	Wednesday			
31.07.2025	Thursday	Shaheed Udham Singh's Martyrdom Day		
01.08.2025	Friday	Introduction to Psy.		
02.08.2025	Saturday	History of Psy.		
04.08.2025	Monday		Eysenck Personality Ques.	Eysenck Personality Ques.
05.08.2025	Tuesday		EPQ	EPQ
06.08.2025	Wednesday			
07.08.2025	Thursday	Nature of Psy.		
08.08.2025	Friday	Scope of Psy.		
09.08.2025	Saturday	Raksha Bandhan		
11.08.2025	Monday		EPQ	EPQ
12.08.2025	Tuesday		EPQ	EPQ
13.08.2025	Wednesday			
14.08.2025	Thursday	Psychology as a Science		
15.08.2025	Friday	Independence Day		
16.08.2025	Saturday	Janamashtami		
18.08.2025	Monday		Study of Emotion	Study of Emotion
19.08.2025	Tuesday		Study of Emotion	Study of Emotion

Date	Day	Class. B.A. Ist. Year Theory Semester Ist. Sem.	Class. B.A. Ist. Year Practical Group-1 Semester Ist. Sem.	Class. B.A. Ist. Year Practical Group-2 Semester Ist. Sem.
20.08.2025	Wednesday			
21.08.2025	Thursday			
22.08.2025	Friday	Psychology in India		
23.08.2025	Saturday	Test		
25.08.2025	Monday	Interview Method		
26.08.2025	Tuesday		Study of Emotion	Study of Emotion
27.08.2025	Wednesday		Study of Emotion	Study of Emotion
28.08.2025	Thursday			
29.08.2025	Friday	Interview Method		
30.08.2025	Saturday	Case Study		
01.09.2025	Monday	Experimental Method		
02.09.2025	Tuesday		Study of Emotion	Study of Emotion
03.09.2025	Wednesday		Practical Test	Practical Test
04.09.2025	Thursday			
05.09.2025	Friday	Nature of Sensation		
06.09.2025	Saturday	characteristics		
08.09.2025	Monday	Structure & fun. of eye		
09.09.2025	Tuesday		Verbal test of Intelligence	Verbal test of Intelligence
10.09.2025	Wednesday		Verbal test of Intelligence	Verbal test of Intelligence
11.09.2025	Thursday	Structure & function of ear		
12.09.2025	Friday	Attention & its nature		
13.09.2025	Saturday	characteristics of attention		
15.09.2025	Monday		Verbal test of Intelligence	Verbal test of Intelligence
16.09.2025	Tuesday		Verbal test of Intelligence	Verbal test of Intelligence
17.09.2025	Wednesday			
18.09.2025	Thursday	Test		
19.09.2025	Friday	Emotion & its nature		
20.09.2025	Saturday	Factor affecting emotion		
22.09.2025	Monday	Maharaja Aggarsen Jayanti		
23.09.2025	Tuesday	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		

Date	Day	Class. B.A. 1st Year Theory Semester.....Ist.	Class B.A. 1st Year Practical Group -1 Semester...Ist.....	Class. B.A. 1st Year Practical Group -2 Semester...Ist....
24.09.2025	Wednesday			
25.09.2025	Thursday	James-Lange theory		
26.09.2025	Friday	Cannon-Bard theory		
27.09.2025	Saturday	Schachter-Singer theory		
29.09.2025	Monday		Pass Along test	Pass Along test
30.09.2025	Tuesday		Pass Along test	Pass Along test
01.10.2025	Wednesday			
02.10.2025	Thursday	Mahatma Gandhi Jayanti/Dussehra		
03.10.2025	Friday	Introduction to motivation		
04.10.2025	Saturday	Concept of Need		
06.10.2025	Monday		Pass Along test	Pass Along test
07.10.2025	Tuesday	Maharishi Valmiki Jayanti/Maharaja Ajamidh Jayanti		
08.10.2025	Wednesday			
09.10.2025	Thursday	Concept of Drives		
10.10.2025	Friday	Concept of Incentives		
11.10.2025	Saturday	Biological & Social Motives		
13.10.2025	Monday		Pass Along test	Pass Along test
14.10.2025	Tuesday		Practical test	Practical test
15.10.2025	Wednesday			
16.10.2025	Thursday	Biological & Social Motives		
17.10.2025	Friday	Test		
18.10.2025	Saturday	Nature of Personality		
19.10.2025 to 26.10.2025			Diwali Vacations	
27.10.2025	Monday		observation test	observation test
28.10.2025	Tuesday		observation test	observation test
29.10.2025	Wednesday			
30.10.2025	Thursday	Midterm		
31.10.2025	Friday	Factors affecting Personality		
01.11.2025	Saturday	Haryana Day		
03.11.2025	Monday		observation test	observation test

Date	Day	Class B.A. Ist Year	Class B.A. Ist Year	Class B.A. Ist Year
		Theory Semester..... Ist	Practical Group-1 Semester... Ist....	Practical Group-2 Semester.... Ist....
04.11.2025	Tuesday		observation test	observation test
05.11.2025	Wednesday	Guru Nanak Jayanti		
06.11.2025	Thursday	Allport theory		
07.11.2025	Friday	Cattell Theory		
08.11.2025	Saturday	Eysenck Theory		
10.11.2025	Monday		observation test	observation test
11.11.2025	Tuesday		Practical test	Practical test
12.11.2025	Wednesday			
13.11.2025	Thursday	Nature & Factor affecting Intelligence		
14.11.2025	Friday	Spearman's Thurstone theory		
15.11.2025	Saturday	Cattell Theory		
17.11.2025	Monday		Revision	Revision
18.11.2025	Tuesday		Revision	Revision
19.11.2025	Wednesday			
20.11.2025	Thursday	Test		
21.11.2025	Friday	Revision		
22.11.2025	Saturday	Revision		
24.11.2025	Monday		Revision	Revision
25.11.2025	Tuesday	Examination Onwards		

Umil Pargal
Shilpa.