

Dayanand Mahila Mahavidyalaya, Kurukshetra**Lesson Plan (Odd Semester)****Session 2022-23 (01.09.2022 to 24.12.2022)****Name of Teacher : Mrs. Urmila Singh & Dr. Urmila Panghal****Subject : Psychology**

Week	Date	Class BA 2nd	Class BA 2nd
		Semester - III	Semester - III
	01.09.2022		
	02.09.2022		
	03.09.2022	Introduction	Introduction
	05.09.2022	Nature of Social Psychology	Sociometry
	06.09.2022	Nature of Social Psychology	Sociometry
	07.09.2022	Subject Matter	Sociometry
	08.09.2022	Subject Matter	Sociometry
	09.09.2022	Subject Matter	Sociometry
	10.09.2022	Sociometric Method	Sociometry
	12.09.2022	Sociometric Method	Sociometry
	13.09.2022	Aggression	Sociometry
	14.09.2022	Determinants of Aggression	Sociometry
	15.09.2022	Determinants of Aggression	Sociometry
	16.09.2022	Sociometric Method	Sociometry
	17.09.2022	Sociometric Method	Sociometry
	19.09.2022	Determinants of Aggression	Sociometry
	20.09.2022	Prevention of aggression	Sociometry
	21.09.2022	Sociometric Method	Aggression Scale
	22.09.2022	Sociometric Method	Aggression Scale
	23.09.2022	Shaheedi Diwas/Haryana War Hero's Martyrdom Day	
	24.09.2022	Socialization - Nature	Aggression Scale
	26.09.2022	Maharaja Agrasen Jayanti	
	27.09.2022	Prevention of aggression	Aggression Scale
	28.09.2022	Prosocial Behaviour	Aggression Scale
	29.09.2022	Prosocial Behaviour-Nature	Aggression Scale
	30.09.2022	Process of Socialization	Aggression Scale
	01.10.2022	Process of Socialization	Aggression Scale
	03.10.2022	Determinants of prosocial behaviour	Aggression Scale
	04.10.2022	Assignment - 1	Aggression Scale

Week	Date	Class BA 2nd	Class BA 2nd
		Semester - III	Semester - III
	05.10.2022	Dussehra	
	06.10.2022	Agents of Socialization	Aggression Scale
	07.10.2022	Agents of Socialization	Aggression Scale
	08.10.2022	Agents of Socialization	Aggression Scale
	10.10.2022	Determinants of prosocial behaviour	Altruism Test
	11.10.2022	Determinants of prosocial behaviour	Altruism Test
	12.10.2022	Group Nature	Altruism Test
	13.10.2022	Types of Group	Altruism Test
	14.10.2022	Types of Group	Altruism Test
	15.10.2022	Cognitive Model	Altruism Test
	17.10.2022	Cognitive Model	Altruism Test
	18.10.2022	Cognitive Model	Altruism Test
	19.10.2022	Types of Group	Altruism Test
	20.10.2022	Functions of Group	Altruism Test
	21.10.2022	Functions of Group	Altruism Test
	22.10.2022 to 26.10.2022		
	27.10.2022	Prejudice-Nature	Altruism Test
	28.10.2022	Prejudice - Development	Altruism Test
	29.10.2022	Prejudice - Development	Leadership Style
	31.10.2022	Leadership-Nature	Leadership Style
	01.11.2022	Haryana Day	
	02.11.2022	Types of Leadership	Leadership Style
	03.11.2022	Types of Leadership	
	04.11.2022	Development of Prejudice	Leadership Style
	05.11.2022	Types of Prejudice	Leadership Style
	07.11.2022	Types of Prejudice	Leadership Style
	08.11.2022	Guru Nanak Dev Jayanti	
	09.11.2022	Types of Leadership	Leadership Style
	10.11.2022	Test (Sessional)	Leadership Style
	11.11.2022	Functions of Leadership	Leadership Style
	12.11.2022	Stereotypes-Nature	Leadership Style
	14.11.2022		
	15.11.2022	Functions of Stereotypes	Leadership Style
	16.11.2022	Importance of Stereotypes	Leadership Style

Week	Date	Class BA 2nd	Class BA 2nd
		Semester - III	Semester - III
	17.11.2022	Theories of Leadership	Stereotypes
	18.11.2022	Theories of Leadership	Stereotypes
	19.11.2022	Theories of Leadership	Stereotypes
	21.11.2022	Attitudes-Nature	Stereotypes
	22.11.2022	Attitudes-Characteristics	Stereotypes
	23.11.2022	Social Norms-Meaning	Stereotypes
	24.11.2022	Assignment - 2	Stereotypes
	25.11.2022	Attitudes- Characteristics	Stereotypes
	26.11.2022	Attitudes- Characteristics	Stereotypes
	28.11.2022	Attitudes- Characteristics	Stereotypes
	29.11.2022	Social Norms-Characteristics	Stereotypes
	30.11.2022	Social Norms-Characteristics	Stereotypes
	01.12.2022	Social Norms-Characteristics	Stereotypes
	02.12.2022	Attitudes-Development	Stereotypes
	03.12.2022	Attitudes-Development	Social Facilitation Phenomen
	05.12.2022	Attitudes-Development	Social Facilitation Phenomen
	06.12.2022	Social Norms-Characteristics	Social Facilitation Phenomen
	07.12.2022	Social Norms-Formation	Social Facilitation Phenomen
	08.12.2022	Attitude Change	Social Facilitation Phenomen
	09.12.2022	Attitude Change	Social Facilitation Phenomen
	10.12.2022	Attitude Change	Social Facilitation Phenomen
	12.12.2022	Social Norms- Formation	Social Facilitation Phenomen
	13.12.2022	Social Norms- Formation	Social Facilitation Phenomen
	14.12.2022	Social Norms-Formation	Social Facilitation Phenomen
	15.12.2022	Attitude Change	Preparation of Viva
	16.12.2022	Attitude Change	Preparation of Viva
	17.12.2022	Social norms-Types	Preparation of Viva
	19.12.2022	Social norms-Types	Preparation of Viva
	20.12.2022	Attitude Change	Preparation of Viva
	21.12.2022	Attitude Change	Test
	22.12.2022	Revision	Revision
	23.12.2022	Revision	Revision
	24.12.2022	Revision	Revision

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2022-23 (01.09.2022 to 24.12.2022)

Name of Teacher : Mrs. Urmila Singh

Subject : Psychology

Week	Date	Class BA 1st	Class BA 1st	
		Semester - I	Semester - I	
	01.09.2022	Orientation Programme		
	02.09.2022	Orientation Programme		
	03.09.2022	Introduction	Introduction	
	05.09.2022	Origin & Definition of Psychology	Observation Test	
	06.09.2022	Emergence of Psychology	Observation Test	
	07.09.2022	Nature of Psychology	Observation Test	
	08.09.2022	Nature of Psychology	Observation Test	
	09.09.2022	Observation Method	Observation Test	
	10.09.2022	Observation Method	Observation Test	
	12.09.2022	Observation Method	Observation Test	
	13.09.2022	Survey Method	Observation Test	
	14.09.2022	Survey Method	Observation Test	
	15.09.2022	Survey Method	Study of Emotions	
	16.09.2022	Experimental method	Study of Emotions	
	17.09.2022	Experimental method	Study of Emotions	
	19.09.2022	Experimental method	Study of Emotions	
	20.09.2022	Experimental method	Study of Emotions	
	21.09.2022	Experimental method	Study of Emotions	
	22.09.2022	Emotions	Study of Emotions	
	23.09.2022	Shaheedi Diwas/Haryana War Hero's Martyrdom Day		
	24.09.2022	Emotions	Study of Emotions	
	26.09.2022	Maharaja Agrasen Jayanti		
	27.09.2022	Emotions	Study of Emotions	
	28.09.2022	Emotions	Study of Emotions	

	29.09.2022	Emotions	Sound Localization	
	30.09.2022	Intelligence	Sound Localization	
	01.10.2022	Intelligence	Sound Localization	
	03.10.2022	Intelligence	Sound Localization	
	04.10.2022	Intelligence	Sound Localization	
	05.10.2022	Dussehra		
	06.10.2022	Intelligence	Sound Localization	
	07.10.2022	Intelligence	Sound Localization	
	08.10.2022	Structure & functions of Ear	Sound Localization	
	10.10.2022	Structure & functions of Ear	Sound Localization	
	11.10.2022	Structure & functions of Ear	Sound Localization	
	12.10.2022	Assignment- "Observation Method"	Raven Standard progressive matrices	
	13.10.2022	Structure & functions of Ear	Raven Standard progressive matrices	
	14.10.2022	Structure & functions of Ear	Raven Standard progressive matrices	
	15.10.2022	Structure & functions of Ear	Raven Standard progressive matrices	
	17.10.2022	Test " Structure & Function of Ear"	Raven Standard progressive matrices	
	18.10.2022	Perception	Raven Standard progressive matrices	
	19.10.2022	Perception	Jalota's general mental ability test	
	20.10.2022	Perception	Jalota's general mental ability test	
	21.10.2022	Perception	Jalota's general mental ability test	
	22.10.2022 to 26.10.2022		Diwali Vacations	
	27.10.2022	Test "Intelligence"	Jalota's general mental ability test	
	28.10.2022	Test "Intelligence"	Jalota's general mental ability test	
	29.10.2022	Perception	Jalota's general mental ability test	
	31.10.2022	Perception	Jalota's general mental ability test	
	01.11.2022	Haryana Day		
	02.11.2022	Perception	Jalota's general mental ability test	
	03.11.2022	Perception	Jalota's general mental ability test	
	04.11.2022	Test	Jalota's general mental ability test	
	05.11.2022	Test	Jalota's general mental ability test	
	07.11.2022	Perception	Jalota's general mental ability test	

	08.11.2022	Guru Nanak Dev Jayanti		
	09.11.2022	Motivation	Jalota's general mental ability test	
	10.11.2022	Motivation	EPI	
	11.11.2022	Motivation	EPI	
	12.11.2022	Motivation	EPI	
	14.11.2022	Test	EPI	
	15.11.2022	Test	EPI	
	16.11.2022	Personality	EPI	
	17.11.2022	Personality	EPI	
	18.11.2022	Personality	EPI	
	19.11.2022	Pesonality	EPI	
	21.11.2022	Test	Checking of Practical	
	22.11.2022	Test	Checking of Practical	
	23.11.2022	Personality	Checking of Practical	
	24.11.2022	Personality	Checking of Practical	
	25.11.2022	Personality	Checking of Practical	
	26.11.2022	Personality	Checking of Practical	
	28.11.2022	Personality	Checking of Practical	
	29.11.2022	Subject Matter	Checking of Practical	
	30.11.2022	Subject Matter	Checking of Practical	
	01.12.2022	Subject Matter	Checking of Practical	
	02.12.2022	Subject Matter	Checking of Practical	
	03.12.2022	Subject Matter	Checking of Practical	
	05.12.2022	Test	Checking of Practical	
	06.12.2022	Test	Checking of Practical	
	07.12.2022	History	Checking of Practical	
	08.12.2022	History	Checking of Practical	
	09.12.2022	History	Checking of Practical	
	10.12.2022	History	Preparation of Viva	
	12.12.2022	History	Preparation of Viva	
	13.12.2022	Test	Preparation of Viva	

	14.12.2022	Test	Preparation of Viva	
	15.12.2022	History	Preparation of Viva	
	16.12.2022	History	Preparation of Viva	
	17.12.2022	Revision	Preparation of Viva	
	19.12.2022	Revision	Preparation of Viva	
	20.12.2022	Revision	Preparation of Viva	
	21.12.2022	Revision	Preparation of Viva	
	22.12.2022	Revision	Preparation of Viva	
	23.12.2022	Revision	Test	
	24.12.2022	Revision	Test	

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

Session 2022-23 (01.09.2022 to 24.12.2022)

Name of Teacher : Mrs. Urmila Singh & Dr. Urmila Panghal

Subject : Psychology

Week	Date	Class BA 2nd	Class BA 2nd
		Semester - III	Semester - III
	01.09.2022		
	02.09.2022		
	03.09.2022	Introduction	Introduction
	05.09.2022	Nature of Social Psychology	Sociometry
	06.09.2022	Nature of Social Psychology	Sociometry
	07.09.2022	Subject Matter	Sociometry
	08.09.2022	Subject Matter	Sociometry
	09.09.2022	Subject Matter	Sociometry
	10.09.2022	Sociometric Method	Sociometry
	12.09.2022	Sociometric Method	Sociometry
	13.09.2022	Aggression	Sociometry
	14.09.2022	Determinants of Aggression	Sociometry
	15.09.2022	Determinants of Aggression	Sociometry
	16.09.2022	Sociometric Method	Sociometry
	17.09.2022	Sociometric Method	Sociometry
	19.09.2022	Determinants of Aggression	Sociometry
	20.09.2022	Prevention of aggression	Sociometry
	21.09.2022	Sociometric Method	Aggression Scale
	22.09.2022	Sociometric Method	Aggression Scale
	23.09.2022	Shaheedi Diwas/Haryana War Hero's Martyrdom Day	
	24.09.2022	Socialization - Nature	Aggression Scale
	26.09.2022	Maharaja Agrasen Jayanti	
	27.09.2022	Prevention of aggression	Aggression Scale
	28.09.2022	Prosocial Behaviour	Aggression Scale
	29.09.2022	Prosocial Behaviour-Nature	Aggression Scale
	30.09.2022	Process of Socialization	Aggression Scale
	01.10.2022	Process of Socialization	Aggression Scale
	03.10.2022	Determinants of prosocial behavior	Aggression Scale
	04.10.2022	Assignment - 1	Aggression Scale

Week	Date	Class BA 2nd	Class BA 2nd
		Semester - III	Semester - III
	05.10.2022	Dussehra	
	06.10.2022	Agents of Socialization	Aggression Scale
	07.10.2022	Agents of Socialization	Aggression Scale
	08.10.2022	Agents of Socialization	Aggression Scale
	10.10.2022	Determinants of prosocial behavior	Altruism Test
	11.10.2022	Determinants of prosocial behavior	Altruism Test
	12.10.2022	Group Nature	Altruism Test
	13.10.2022	Types of Group	Altruism Test
	14.10.2022	Types of Group	Altruism Test
	15.10.2022	Cognitive Model	Altruism Test
	17.10.2022	Cognitive Model	Altruism Test
	18.10.2022	Cognitive Model	Altruism Test
	19.10.2022	Types of Group	Altruism Test
	20.10.2022	Functions of Group	Altruism Test
	21.10.2022	Functions of Group	Altruism Test
	22.10.2022 to 26.10.2022		
	27.10.2022	Prejudice-Nature	Altruism Test
	28.10.2022	Prejudice - Development	Altruism Test
	29.10.2022	Prejudice - Development	Leadership Style
	31.10.2022	Leadership-Nature	Leadership Style
	01.11.2022	Haryana Day	
	02.11.2022	Types of Leadership	Leadership Style
	03.11.2022	Types of Leadership	
	04.11.2022	Development of Prejudice	Leadership Style
	05.11.2022	Types of Prejudice	Leadership Style
	07.11.2022	Types of Prejudice	Leadership Style
	08.11.2022	Guru Nanak Dev Jayanti	
	09.11.2022	Types of Leadership	Leadership Style
	10.11.2022	Test (Sessional)	Leadership Style
	11.11.2022	Functions of Leadership	Leadership Style
	12.11.2022	Stereotypes-Nature	Leadership Style
	14.11.2022		
	15.11.2022	Functions of Stereotypes	Leadership Style
	16.11.2022	Importance of Stereotypes	Leadership Style

Week	Date	Class BA 2nd	Class BA 2nd
		Semester - III	Semester - III
	17.11.2022	Theories of Leadership	Stereotypes
	18.11.2022	Theories of Leadership	Stereotypes
	19.11.2022	Theories of Leadership	Stereotypes
	21.11.2022	Attitudes-Nature	Stereotypes
	22.11.2022	Attitudes-Characteristics	Stereotypes
	23.11.2022	Social Norms-Meaning	Stereotypes
	24.11.2022	Assignment - 2	Stereotypes
	25.11.2022	Attitudes- Characteristics	Stereotypes
	26.11.2022	Attitudes- Characteristics	Stereotypes
	28.11.2022	Attitudes- Characteristics	Stereotypes
	29.11.2022	Social Norms-Characteristics	Stereotypes
	30.11.2022	Social Norms-Characteristics	Stereotypes
	01.12.2022	Social Norms-Characteristics	Stereotypes
	02.12.2022	Attitudes-Development	Stereotypes
	03.12.2022	Attitudes-Development	Social Facilitation Phenomen
	05.12.2022	Attitudes-Development	Social Facilitation Phenomen
	06.12.2022	Social Norms-Characteristics	Social Facilitation Phenomen
	07.12.2022	Social Norms-Formation	Social Facilitation Phenomen
	08.12.2022	Attitude Change	Social Facilitation Phenomen
	09.12.2022	Attitude Change	Social Facilitation Phenomen
	10.12.2022	Attitude Change	Social Facilitation Phenomen
	12.12.2022	Social Norms- Formation	Social Facilitation Phenomen
	13.12.2022	Social Norms- Formation	Social Facilitation Phenomen
	14.12.2022	Social Norms-Formation	Social Facilitation Phenomen
	15.12.2022	Attitude Change	Preparation of Viva
	16.12.2022	Attitude Change	Preparation of Viva
	17.12.2022	Social norms-Types	Preparation of Viva
	19.12.2022	Social norms-Types	Preparation of Viva
	20.12.2022	Attitude Change	Preparation of Viva
	21.12.2022	Attitude Change	Test
	22.12.2022	Revision	Revision
	23.12.2022	Revision	Revision
	24.12.2022	Revision	Revision

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

Session 2022-23 (01.09.2022 to 24.12.2022)

Name of Teacher...Dr. Urmila Panghal

SubjectPsychopathology.....

Week	Date	Class ...B.A.....	ClassB.A.....
		Semester -5th...(TH).....	Semester -5th...(PR).....
	01.09.2022	Bridge course	Sinha's Comprehensive anxiety test
	02.09.2022	Bridge course	Sinha's Comprehensive anxiety test
	03.09.2022	Concepts of normality	Sinha's Comprehensive anxiety test
	05.09.2022	Concepts of abnormality	Sinha's Comprehensive anxiety test
	06.09.2022	Main view points of abnormality	Sinha's Comprehensive anxiety test
	07.09.2022	Main view points of abnormality	Depression scale
	08.09.2022	Characteristics of normal behaviour	Depression scale
	09.09.2022	Charateristics of abnormal behaviour	Depression scale
	10.09.2022	Charateristics of abnormal behaviour	Depression scale
	12.09.2022	Charateristics of abnormal behaviour	Depression scale
	13.09.2022	Models of psychopathology	Depression scale
	14.09.2022	Models of psychopathology	PGI memory scale
	15.09.2022	Models of psychopathology	PGI memory scale
	16.09.2022	Models of psychopathology	PGI memory scale
	17.09.2022	Models of psychopathology	PGI memory scale
	19.09.2022	Merits of biological models	PGI memory scale
	20.09.2022	Demerits of biological models	PGI memory scale
	21.09.2022	Psychodynamic model	PGI memory scale
	22.09.2022	Merits of Psychodynamics model	PGI memory scale
	23.09.2022	Shaheedi Diwas/Haryana War Hero's Martyrdom Day	
	24.09.2022	Demerits of Psychodynamics model	Defence mechanism Inventory
	26.09.2022	Maharaja Agrasen Jayanti	
	27.09.2022	Cognitive model	Defence mechanism Inventory
	28.09.2022	Merits of cognitive model	Defence mechanism Inventory
	29.09.2022	Demerites of Cognitive model	Defence mechanism Inventory
	30.09.2022	Classification of Psychoathology	Defence mechanism Inventory
	01.10.2022	Need of Classification in psychopathology	Defence mechanism Inventory
	03.10.2022	Classification abnormal behaviour	Defence mechanism Inventory
	04.10.2022	Types of Abnormality	Defence mechanism Inventory

Week	Date	Class ...B.A.....	ClassB.A.....
		Semester -5th...(TH).....	Semester -5th...(PR).....
	05.10.2022	Dussehra	
	06.10.2022	Approches to classification	Defence mechanism Inventory
	07.10.2022	Indian classification system of disorders	Defence mechanism Inventory
	08.10.2022	International classification system	Defence mechanism Inventory
	10.10.2022	Diagnostic classification of abnormal beh.	Defence mechanism Inventory
	11.10.2022	Need of diagnostic classification	Defence mechanism Inventory
	12.10.2022	mean by DSM	Defence mechanism Inventory
	13.10.2022	Main types of DSM	Defence mechanism Inventory
	14.10.2022	Diagnostic Assessment	Defence mechanism Inventory
	15.10.2022	Mean by diagnostic assessment	Defence mechanism Inventory
	17.10.2022	Major Purposes	Defence mechanism Inventory
	18.10.2022	Probles during diagnosis of patients	Defence mechanism Inventory
	19.10.2022	Clinical assessment Nature	Defence mechanism Inventory
	20.10.2022	Clinical assessment objectives	Defence mechanism Inventory
	21.10.2022	Techniques of clinical assessment	Defence mechanism Inventory
	22.10.2022 to 26.10.2022		Diwali Vacations
	27.10.2022	Case study Methods	Structured clinical interview
	28.10.2022	merits of case study methods	Structured clinical interview
	29.10.2022	Demerits of case study methods	Structured clinical interview
	31.10.2022	Value of case History	
	01.11.2022	Haryana Day	
	02.11.2022	Clinical Interview	Structured clinical interview
	03.11.2022	clinical interview	Structured clinical interview
	04.11.2022	Purpose of clinical interview	Structured clinical interview
	05.11.2022	Purpose of clinical interview	Structured clinical interview
	07.11.2022	Nature of clinical interview	Structured clinical interview
	08.11.2022	Guru Nanak Dev Jayanti	
	09.11.2022	Nature of clinical interview	Structured clinical interview
	10.11.2022	Merits of clinical interview	Structured clinical interview
	11.11.2022	Merites of clinical interview	Structured clinical interview
	12.11.2022	Demerites of clinical interview	Structured clinical interview
	14.11.2022	Types of clinical interview	Structured clinical interview
	15.11.2022	Types of clinical interview	Structured clinical interview
	16.11.2022	Stages of clinical interview	Structured clinical interview

Week	Date	Class ...B.A.....	ClassB.A.....
		Semester -5th...(TH).....	Semester -5th...(PR).....
	17.11.2022	Projective techniques	Structured clinical interview
	18.11.2022	Projective techniques	Structured clinical interview
	19.11.2022	Characteristics of projective techniques	Structured clinical interview
	21.11.2022	Characteristics of projective techniques	Structured clinical interview
	22.11.2022	Anxiety based disorders	Structured clinical interview
	23.11.2022	Generalised anxiety disorder	Structured clinical interview
	24.11.2022	Causes of GAD	Structured clinical interview
	25.11.2022	Symptoms of GAD	Structured clinical interview
	26.11.2022	Treatment of GAD	Structured clinical interview
	28.11.2022	Obsessive compulsive disorder	Structured clinical interview
	29.11.2022	Symptoms of OCD	Structured clinical interview
	30.11.2022	Causes of OCD	Structured clinical interview
	01.12.2022	Treatment of OCD	Structured clinical interview
	02.12.2022	Treatment of OCD	Structured clinical interview
	03.12.2022	Phobic disorders	Structured clinical interview
	05.12.2022	Phobic disorders	Structured clinical interview
	06.12.2022	Symptoms of phobic disorders	Structured clinical interview
	07.12.2022	Causes of phobic disorders	Structured clinical interview
	08.12.2022	Causes of phobic disorders	Structured clinical interview
	09.12.2022	Treatment of phobic Disorders	Structured clinical interview
	10.12.2022	Treatment of phobic Disorders	word association test
	12.12.2022	Substance use disorders	word association test
	13.12.2022	substance use disorders	word association test
	14.12.2022	Causes of substance use disorders	word association test
	15.12.2022	symptoms of substance use disorders	word association test
	16.12.2022	symptoms of substance use disorders	word association test
	17.12.2022	Treatment of substance use disorders	word association test
	19.12.2022	Mood disorders	word association test
	20.12.2022	Unipolar and bipolar disorders	word association test
	21.12.2022	Symptoms and causes of mood disorders	word association test
	22.12.2022	Schizophrenia	word association test
	23.12.2022	Schizophrenia Nature and Types	word association test
	24.12.2022	Schizophrenia causes.	word association test