

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2025-26 (12.01.2026 to 05.05.2026)

Name of teacher: ...Dr Urmila Panghal.....

Subject.....Psychology...Theory(3-6) and Practical Group 1&2 (1-2)

Date	Day	Class...BA..... Semester...2nd.....	Class...BA..... Semester 2nd.....	Class...BA..... Semester...2nd.....
12.01.2026	Monday		syllabus overview	syllabus overview
13.01.2026	Tuesday		university practical exam of 1st sem	university practical exam of 1st sem
14.01.2026	Wednesday			
15.01.2026	Thursday	university practical exam of 3rd sem		
16.01.2026	Friday	syllabus overview		
17.01.2026	Saturday	Meaning & History		
19.01.2026	Monday		Aggression Scale	Aggression Scale
20.01.2026	Tuesday		Aggression Scale	Aggression Scale
21.01.2026	Wednesday			
22.01.2026	Thursday	Meaning & History		
23.01.2026	Friday	Sir Chhotu Ram Jayanti/Basant Panchmi		
24.01.2026	Saturday	History		
26.01.2026	Monday	Republic Day		
27.01.2026	Tuesday		Aggression Scale	Aggression Scale
28.01.2026	Wednesday			
29.01.2026	Thursday	Scope		
30.01.2026	Friday	Scope		
31.01.2026	Saturday	Social Psychology & Anthropology		
02.02.2026	Monday		Aggression Scale	Aggression Scale
03.02.2026	Tuesday		Aggression Scale	Aggression Scale
04.02.2026	Wednesday			
05.02.2026	Thursday	Social Psychology & Sociology		
06.02.2026	Friday	Determinants of Social Behaviour		
07.02.2026	Saturday	Observation Method		
09.02.2026	Monday		Sociometry	Sociometry
10.02.2026	Tuesday		Sociometry	Sociometry
11.02.2026	Wednesday			
12.02.2026	Thursday	Observation Method		
13.02.2026	Friday	Sociometry		
14.02.2026	Saturday	Sociometry		
16.02.2026	Monday		Sociometry	Sociometry
17.02.2026	Tuesday		Sociometry	Sociometry
18.02.2026	Wednesday			
19.02.2026	Thursday	Survey Method		
20.02.2026	Friday	Socialisation		
21.02.2026	Saturday	Socialisation		
23.02.2026	Monday		Altruism Scale	Altruism Scale
24.02.2026	Tuesday		Altruism Scale	Altruism Scale
25.02.2026	Wednesday			
26.02.2026	Thursday	Socialisation		
27.02.2026	Friday	Person Perception		
28.02.2026	Saturday	Person Perception		

01.03.2026 to 8.03.2026		Holi Vacations		
09.03.2026	Monday		Altruism Scale	Altruism Scale
10.03.2026	Tuesday		Altruism Scale	Altruism Scale
11.03.2026	Wednesday			
12.03.2026	Thursday	Test		
13.03.2026	Friday	Person Perception		
14.03.2026	Saturday	Attitude		
16.03.2026	Monday		Altruism Scale	Altruism Scale
17.03.2026	Tuesday		Altruism Scale	Altruism Scale
18.03.2026	Wednesday			
19.03.2026	Thursday	Attitude		
20.03.2026	Friday	Attitude		
21.03.2026	Saturday	Id-ul-Fitr		
23.03.2026	Monday	Shaheedi Diwas		
24.03.2026	Tuesday		Leadership Scale	Leadership Scale
25.03.2026	Wednesday			
26.03.2026	Thursday	Ram Navami		
27.03.2026	Friday	Interpersonal Attraction		
28.03.2026	Saturday	Interpersonal Attraction		
30.03.2026	Monday		Leadership Scale	Leadership Scale
31.03.2026	Tuesday	Mahavir Jayanti		
01.04.2026	Wednesday			
02.04.2026	Thursday	Mid Term Exam		
03.04.2026	Friday	Prosocial Behaviour		
04.04.2026	Saturday	Prosocial Behaviour		
06.04.2026	Monday		Leadership Scale	Leadership Scale
07.04.2026	Tuesday		Leadership Scale	Leadership Scale
08.04.2026	Wednesday			
09.04.2026	Thursday	Prosocial Behaviour		
10.04.2026	Friday	Aggression		
11.04.2026	Saturday	Aggression		
13.04.2026	Monday		Attitude Scale	Attitude Scale
14.04.2026	Tuesday	Dr. B.R. Ambedkar Jayanti/Vaisakhi		
15.04.2026	Wednesday			
16.04.2026	Thursday	Group Behaviour		
17.04.2026	Friday	Group Behaviour		
18.04.2026	Saturday	Leadership		
20.04.2026	Monday		Attitude Scale	Attitude Scale
21.04.2026	Tuesday		Attitude Scale	Attitude Scale
22.04.2026	Wednesday			
23.04.2026	Thursday	Leadership		
24.04.2026	Friday	Collective Behaviour		
25.04.2026	Saturday	Collective Behaviour		
27.04.2026	Monday		Attitude Scale	Attitude Scale
28.04.2026	Tuesday		VIVA PREPARATION	VIVA PREPARATION
29.04.2026	Wednesday			
30.04.2026	Thursday	Collective Behaviour		
01.05.2026	Friday	Revision		
02.05.2026	Saturday	Revision		
04.05.2026	Monday		VIVA for internal assessment	VIVA for internal assessment
05.05.2026	Tuesday			
06.05.2026	Wednesday	Examination onwards		

Umich Panghal

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2025-26 (12.01.2026 to 05.05.2026)

Name of teacher: ...Dr Urmila Panghal.....

Subject.....Developmental Psychology...Theory (1-3(Practical group1 {3-4}practical group 2&3{5-

Date	Day	Class...BA.....	Class.....BA.....	Class...BA.....
		Semester...1V.....	Semester...1V.....	Semester...1V.....
12.01.2026	Monday	Overview of syllabus		
13.01.2026	Tuesday	Practical Exam of 1st sem		
14.01.2026	Wednesday	Human development - Concept & Principles	Overview of syllabus	
15.01.2026	Thursday		Practical Exam of 3rd sem	
16.01.2026	Friday			Overview of syllabus
17.01.2026	Saturday			Family Environment Scale
19.01.2026	Monday	Principles		
20.01.2026	Tuesday	Issues		
21.01.2026	Wednesday	Determinants	Family Environment Scale	
22.01.2026	Thursday		Family Environment Scale	
23.01.2026	Friday	Sir Chhotu Ram Jayanti/Basant Panchmi		
24.01.2026	Saturday			Family Environment Scale
26.01.2026	Monday	Republic Day		
27.01.2026	Tuesday	Determinants		
28.01.2026	Wednesday	Psychodynamic Perspective	Family Environment Scale	
29.01.2026	Thursday		Family Environment Scale	
30.01.2026	Friday			Family Environment Scale
31.01.2026	Saturday			Family Environment Scale
02.02.2026	Monday	Psychodynamic Perspective		
03.02.2026	Tuesday	Behavioural Perspective		
04.02.2026	Wednesday	Behavioural Perspective	Youth Problemms Inventory	
05.02.2026	Thursday		Youth Problemms Inventory	
06.02.2026	Friday			Youth Problemms Inventory
07.02.2026	Saturday			Youth Problemms Inventory
09.02.2026	Monday	Contextual Perspective		
10.02.2026	Tuesday	Contextual Perspective		
11.02.2026	Wednesday	Basics of Genetics	Youth Problemms Inventory	
12.02.2026	Thursday		Youth Problemms Inventory	
13.02.2026	Friday			Youth Problemms Inventory
14.02.2026	Saturday			Youth Problemms Inventory
16.02.2026	Monday	Basics of Genetics		

17.02.2026	Tuesday	Transmission of genetic information		
18.02.2026	Wednesday	Transmission of genetic information	Youth Problems Inventory	
19.02.2026	Thursday		Aggression Scale	
20.02.2026	Friday			Youth Problems Inventory
21.02.2026	Saturday			Aggression Scale
23.02.2026	Monday	Inherited & genetic Disorders		
24.02.2026	Tuesday	Inherited & genetic Disorders		
25.02.2026	Wednesday	Prenatal Development	Aggression Scale	
26.02.2026	Thursday		Aggression Scale	
27.02.2026	Friday			Aggression Scale
28.02.2026	Saturday			Aggression Scale
01.03.2026 to 8.03.2026		Holi Vacations		
09.03.2026	Monday	Prenatal Development		
10.03.2026	Tuesday	TEST		
11.03.2026	Wednesday	Infancy and childhood-Physical Development	Aggression Scale	
12.03.2026	Thursday		Aggression Scale	
13.03.2026	Friday			Aggression Scale
14.03.2026	Saturday			Aggression Scale
16.03.2026	Monday	Infancy and childhood-Physical Development		
17.03.2026	Tuesday	Infancy and childhood-Cognitive Development		
18.03.2026	Wednesday	Infancy and childhood-Cognitive Development	Impulsiveness Scale	
19.03.2026	Thursday		Impulsiveness Scale	
20.03.2026	Friday			Impulsiveness Scale
21.03.2026	Saturday	Id-ul-Fitr		
23.03.2026	Monday	Shaheedi Diwas		
24.03.2026	Tuesday	Infancy and childhood-Social Development		
25.03.2026	Wednesday	Infancy and childhood-Social Development	Impulsiveness Scale	
26.03.2026	Thursday	Ram Navami		
27.03.2026	Friday			Impulsiveness Scale
28.03.2026	Saturday			Impulsiveness Scale
30.03.2026	Monday	Adolescence		
31.03.2026	Tuesday	Mahavir Jayanti		
01.04.2026	Wednesday	Adolescence	Impulsiveness Scale	
02.04.2026	Thursday		Impulsiveness Scale	
03.04.2026	Friday			Impulsiveness Scale
04.04.2026	Saturday			Case Study
06.04.2026	Monday	Nutrition and Eating Disorder		
07.04.2026	Tuesday	MID TERM EXAM		
08.04.2026	Wednesday	Aggression	Case Study	
09.04.2026	Thursday		Case Study	
10.04.2026	Friday			Case Study

11.04.2026	Saturday			Case Study
13.04.2026	Monday	Bullying		
14.04.2026	Tuesday	Dr. B.R. Ambedkar Jayanti/Vaisakhi		
15.04.2026	Wednesday	Juvenile Delinquency	Case Study	
16.04.2026	Thursday		Case Study	
17.04.2026	Friday			Case Study
18.04.2026	Saturday			Case Study
20.04.2026	Monday	Obesity		
21.04.2026	Tuesday	Aging		
22.04.2026	Wednesday		Case Study	
23.04.2026	Thursday		Preparation of viva	
24.04.2026	Friday			Case Study
25.04.2026	Saturday			Preparation of viva
27.04.2026	Monday	Aging		
28.04.2026	Tuesday	Dementia		
29.04.2026	Wednesday	Alzheimer	Preparation of viva	
30.04.2026	Thursday		viva for internal assessment	
01.05.2026	Friday			Preparation of viva
02.05.2026	Saturday			viva for internal assessment
04.05.2026	Monday	Revision		
05.05.2026	Tuesday	Revision		
06.05.2026	Wednesday	Examination onwards		

Umil Banghal

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2025-26 (12.01.2026 to 05.05.2026)

Name of teacher: ...Ms. Shilpa.....

Psychology
Subject... (Counselling).....

Date	Day	Class..B.A.Final	Class..B.A.Final	Class..B.A.Final
		Semester..VIth... Theory	Semester..VIth... Practical group 1	Semester..VIth... Practical group 2
12.01.2026	Monday		Perceived stress scale	
13.01.2026	Tuesday		Perceived stress scale	
14.01.2026	Wednesday		Perceived stress scale	
15.01.2026	Thursday	Basic of Counseling		
16.01.2026	Friday	Basic of Counseling		Perceived stress scale
17.01.2026	Saturday	Basic of Counseling		Perceived stress scale
19.01.2026	Monday		Perceived stress scale	
20.01.2026	Tuesday		Perceived stress scale	
21.01.2026	Wednesday		Perceived stress scale	
22.01.2026	Thursday	Definition & Meaning of Counseling		
23.01.2026	Friday	Sir Chhotu Ram Jayanti/Basant Panchmi		
24.01.2026	Saturday	Concept and Definition of Counseling		Perceived stress scale
26.01.2026	Monday	Republic Day		
27.01.2026	Tuesday		Viva of PSS	
28.01.2026	Wednesday		Viva of PSS	
29.01.2026	Thursday	Goals of Counseling		
30.01.2026	Friday	Goals of Counseling		Perceived stress scale
31.01.2026	Saturday	Principles of Counseling		Perceived stress scale
02.02.2026	Monday		Anxiety Test	
03.02.2026	Tuesday		Anxiety Test	
04.02.2026	Wednesday		Anxiety Test	

Date	Day	Class...B.A.Final	Class...B.A.Final	Class...B.A.Final
		Semester....VI th . Theory	Semester...VI th .. Practical Group 1	Semester...VI th .. Practical Group 2
05.02.2026	Thursday	Principles of Counseling		
06.02.2026	Friday	Scope of Counseling		Viva of Perceived Stress Scale
07.02.2026	Saturday	Scope of Counseling		Viva of PSS
09.02.2026	Monday		Viva of Anxiety Test	
10.02.2026	Tuesday		Viva of Anxiety Test	
11.02.2026	Wednesday		Viva of Anxiety Test	
12.02.2026	Thursday	Ethical Issues of Counseling		
13.02.2026	Friday	Ethical Issues of Counseling		Anxiety Test
14.02.2026	Saturday	Test		Anxiety Test
16.02.2026	Monday		Impulsiveness Scale	
17.02.2026	Tuesday		Impulsiveness Scale	
18.02.2026	Wednesday		Impulsiveness Scale	
19.02.2026	Thursday	Types of Counseling		
20.02.2026	Friday	Types of Counseling		Anxiety Test
21.02.2026	Saturday	Types of Counseling		Viva of Anxiety Test
23.02.2026	Monday		Viva of Impulsiveness Scale	
24.02.2026	Tuesday		Viva of Impulsiveness Scale	
25.02.2026	Wednesday		Viva of Impulsiveness Scale	
26.02.2026	Thursday	History of Counseling		
27.02.2026	Friday	History of Counseling		Viva of Anxiety Test
28.02.2026	Saturday	Test		Viva of Anxiety Test
01.03.2026 to 8.03.2026		Holi Vacations		
09.03.2026	Monday		Adjustment Inventory	
10.03.2026	Tuesday		Adjustment Inventory	
11.03.2026	Wednesday		Adjustment Inventory	
12.03.2026	Thursday	Assignment Test		

Date	Day	Class..B.A....Final	Class..B.A....Final	Class..B.A....Final
		Semester...Vth... Theory	Semester...Vth... Practical Group 1	Semester...Vth... Practical Group 2
13.03.2026	Friday	Building Counseling Relationship		Impulsiveness Scale
14.03.2026	Saturday	Process of Counseling		Impulsiveness Scale
16.03.2026	Monday		Adjustment Inventory	
17.03.2026	Tuesday		Viva of Adjustment Inventory	
18.03.2026	Wednesday		Viva of Adjustment Inventory	
19.03.2026	Thursday	Process of Counseling		
20.03.2026	Friday	Ethics for Counselor		Impulsiveness Scale
21.03.2026	Saturday	Id-ul-Fitr		
23.03.2026	Monday	Shaheedi Diwas		
24.03.2026	Tuesday		Viva of Adjustment Inventory	
25.03.2026	Wednesday		Viva of Adjustment Inventory	
26.03.2026	Thursday	Ram Navami		
27.03.2026	Friday	Test		Viva of Impulsiveness Scale
28.03.2026	Saturday	characteristics of Counselor		Viva of Impulsiveness Scale
30.03.2026	Monday		Counseling Need Inventory	
31.03.2026	Tuesday	Mahavir Jayanti		
01.04.2026	Wednesday		Counseling Need Inventory	
02.04.2026	Thursday	Skills of Counselor		
03.04.2026	Friday	Psychoanalytic Therapy		Adjustment Inventory
04.04.2026	Saturday	Psychoanalytic Therapy		Adjustment Inventory
06.04.2026	Monday		Counseling Need Inventory	
07.04.2026	Tuesday		Counseling Need Inventory	
08.04.2026	Wednesday		Counseling Need Inventory	
09.04.2026	Thursday	Person-Centered Therapy		
10.04.2026	Friday	Person-Centered Therapy		Adjustment Inventory
11.04.2026	Saturday	Behavioural Therapy		Viva of Adjustment Inventory

Date	Day	Class...B.A.Final	Class...B.A.Final	Class...B.A.Final
		Semester...VIth... Theory	Semester...VIth... Practical Group 1 Viva of Counseling Need Inventory	Semester...VIth... Practical Group 2
13.04.2026	Monday		Viva of Counseling Need Inventory	
14.04.2026	Tuesday	Dr. B.R. Ambedkar Jayanti/Vaisakhi		
15.04.2026	Wednesday		Viva of Counseling Need Inventory	
16.04.2026	Thursday	Midterm		
17.04.2026	Friday	Cognitive Therapy		Viva of Adjustment Inventory
18.04.2026	Saturday			Counseling Need Inventory
20.04.2026	Monday		Viva of Counseling Need Inventory	
21.04.2026	Tuesday		Viva of Counseling Need Inventory	
22.04.2026	Wednesday		Viva of Counseling Need Inventory	
23.04.2026	Thursday	Application of Counseling		
24.04.2026	Friday	Personal & Family Application		Counseling Need Inventory
25.04.2026	Saturday	School & Career Application		Viva of Counseling Need Inventory
27.04.2026	Monday		Revision	
28.04.2026	Tuesday		Revision	
29.04.2026	Wednesday		Revision	
30.04.2026	Thursday	Group Counselling		
01.05.2026	Friday	Revision		Revision
02.05.2026	Saturday	Revision		Revision
04.05.2026	Monday		Revision	
05.05.2026	Tuesday		Revision	
06.05.2026	Wednesday	Examination onwards		

Shilpa

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2025-26 (12.01.2026 to 05.05.2026)

Name of teacher: Ms. Shilpa

Subject: Psychology (MDC-II)

Date	Day	Class... <u>MDC-II</u> <u>B.Com (C+V+SFS)</u> Semester... <u>2nd</u> <u>Theory</u>	Class... <u>MDC-II</u> <u>B.Com - C</u> Semester... <u>2nd</u> <u>Practical Group-1</u>	Class... <u>MDC-II</u> <u>B.Com (C+V+SFS)</u> Semester... <u>2nd</u> <u>Practical Group-2</u>
12.01.2026	Monday			
13.01.2026	Tuesday			
14.01.2026	Wednesday	Meaning & definition of abnormal behaviour	Perceived stress Scale	
15.01.2026	Thursday	Criteria of Abnormal behaviour	Perceived stress Scale	
16.01.2026	Friday			Perceived stress Scale
17.01.2026	Saturday			Perceived stress Scale
19.01.2026	Monday			
20.01.2026	Tuesday			
21.01.2026	Wednesday	Characteristics of abnormal behaviour	Viva of Perceived stress Scale	
22.01.2026	Thursday	Causes of Abnormal behaviour	Viva of Perceived stress Scale	
23.01.2026	Friday	Sir Chhotu Ram Jayanti/Basant Panchmi		
24.01.2026	Saturday			Viva of Perceived stress Scale
26.01.2026	Monday	Republic Day		
27.01.2026	Tuesday			
28.01.2026	Wednesday	Causes of Abnormal behaviour	Anxiety Inventory	
29.01.2026	Thursday	Biological model of Abnormality	Anxiety Inventory	
30.01.2026	Friday			Viva of Perceived stress Scale
31.01.2026	Saturday			Viva of Perceived stress Scale
02.02.2026	Monday			
03.02.2026	Tuesday			
04.02.2026	Wednesday	TEST	Viva of Anxiety Inventory	

Date	Day	Class...MDC-2 B.Com (G+V+SFS) Semester...2nd.... Theory	Class...MDC-2 B.Com (G+V+SFS) Semester...2nd.... Practical Group-1	Class...MDC-2 B.Com (G+V+SFS) Semester...2nd.... Practical Group-2
05.02.2026	Thursday	Biological Model of Abnormality	Viva of Anxiety Inventory	
06.02.2026	Friday			Anxiety Inventory
07.02.2026	Saturday			Anxiety Inventory
09.02.2026	Monday			
10.02.2026	Tuesday			
11.02.2026	Wednesday	Psychological Model of Abnormality	viva of Anxiety Inventory	
12.02.2026	Thursday	Psychological Model	Depression Scale	
13.02.2026	Friday			Anxiety Inventory
14.02.2026	Saturday			Viva of Anxiety Inventory
16.02.2026	Monday			
17.02.2026	Tuesday			
18.02.2026	Wednesday	Socio-cultural Model	Depression Scale	
19.02.2026	Thursday	Socio-cultural Model	Viva of depression Scale	
20.02.2026	Friday			Viva of Anxiety Inventory
21.02.2026	Saturday			Viva of Anxiety Inventory
23.02.2026	Monday			
24.02.2026	Tuesday			
25.02.2026	Wednesday	Assignment Test	Viva of depression Scale	
26.02.2026	Thursday	Anxiety based disorders	Viva of depression Scale	
27.02.2026	Friday			Depression Scale
28.02.2026	Saturday			Depression Scale
01.03.2026 to 8.03.2026		Holi Vacations		
09.03.2026	Monday			
10.03.2026	Tuesday			
11.03.2026	Wednesday	Obsessive-Compulsive Disorder	PG1 Memory Scale	
12.03.2026	Thursday	MIDTERM	PG1 Memory Scale	

Date	Day	Class...MDC-2 B.Com (G+V+SFS) Semester...2nd.... Theory	Class...MDC-2 B.Com (G+V+SFS) Semester...2nd.... Practical Group-1	Class...MDC-2 B.Com (G+V+SFS) Semester...2nd.... Practical Group-2
13.03.2026	Friday			Depression Scale
14.03.2026	Saturday			Viva of depression Scale
16.03.2026	Monday			
17.03.2026	Tuesday			
18.03.2026	Wednesday	Phobia	PQI Memory Scale	
19.03.2026	Thursday	Panic Attack	PQI Memory Scale	
20.03.2026	Friday			Viva of depression Scale
21.03.2026	Saturday	Id-ul-Fitr		
23.03.2026	Monday	Shaheedi Diwas		
24.03.2026	Tuesday			
25.03.2026	Wednesday	Mood disorders	Viva of PQI Memory Scale	
26.03.2026	Thursday	Ram Navami		
27.03.2026	Friday			PQI Memory Scale
28.03.2026	Saturday			PQI Memory Scale
30.03.2026	Monday			
31.03.2026	Tuesday	Mahavir Jayanti		
01.04.2026	Wednesday	Types of Mood disorder	Viva of PQI Memory Scale	
02.04.2026	Thursday	Causes of Mood disorders	Viva of PQI Memory Scale	
03.04.2026	Friday			PQI Memory Scale
04.04.2026	Saturday			Viva of PQI Memory Scale
06.04.2026	Monday			
07.04.2026	Tuesday			
08.04.2026	Wednesday	Psychoanalysis Therapy	Adjustment Inventory	
09.04.2026	Thursday	Psychoanalysis Therapy	Adjustment Inventory	
10.04.2026	Friday			Viva of PQI Memory Scale
11.04.2026	Saturday			Viva of PQI Memory Scale

Date	Day	Class...M.D.C.-2 B.Com (G+V+SES) Semester...2nd...	Class...M.D.C.-2 B.Com - G Semester...2nd...	Class...M.D.C.-2 B.Com (G+V+SES) Semester...2nd...
		Theory	Practical Group - 1	Practical Group - 2
13.04.2026	Monday			
14.04.2026	Tuesday	Dr. B.R. Ambedkar Jayanti/Vaisakhi		
15.04.2026	Wednesday	Behaviour Therapy	Adjustment Inventory	
16.04.2026	Thursday	Behaviour Therapy	Viva of Adjustment Inventory	
17.04.2026	Friday			Adjustment Inventory
18.04.2026	Saturday			Adjustment Inventory
20.04.2026	Monday			
21.04.2026	Tuesday			
22.04.2026	Wednesday	Cognitive Behaviour Therapy	Viva of Adjustment Inventory	
23.04.2026	Thursday	CBT	Viva of Adjustment Inventory	
24.04.2026	Friday			Viva of Adjustment Inventory
25.04.2026	Saturday			Viva of Adjustment Inventory
27.04.2026	Monday			
28.04.2026	Tuesday			
29.04.2026	Wednesday	Revision	Revision	
30.04.2026	Thursday	Revision	Revision	
01.05.2026	Friday			Revision
02.05.2026	Saturday			Revision
04.05.2026	Monday			
05.05.2026	Tuesday			
06.05.2026	Wednesday	Examination onwards		

Shilpa

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2025-26 (12.01.2026 to 05.05.2026)

Name of teacher: ...Ms. Shilpa.....

Subject...VAC (Emotional Intelligence) - IVth Sem, VAC (EVS) - 2nd Sem

Date	Day	Class...B.A. Ind Year	Class...B.Sc. Ind Year	Class...B.A. Ist Year
		Semester...4 th Theory	Semester...4 th Theory	Semester...I st Theory
12.01.2026	Monday	Introduction of Emotional Intell.	Introduction of EI	
13.01.2026	Tuesday	Introduction of Emotional Intelligence	Introduction of EI	
14.01.2026	Wednesday			Introduction to Environment studies
15.01.2026	Thursday			Introduction to Environment studies
16.01.2026	Friday			
17.01.2026	Saturday			
19.01.2026	Monday	Concept of EI	Concept of EI	
20.01.2026	Tuesday	Concept of EI	Concept of EI	
21.01.2026	Wednesday			Nature & Scope of EVS
22.01.2026	Thursday			Nature & Scope of EVS
23.01.2026	Friday	Sir Chhotu Ram Jayanti/Basant Panchmi		
24.01.2026	Saturday			
26.01.2026	Monday	Republic Day		
27.01.2026	Tuesday	Nature of EI	Nature of EI	
28.01.2026	Wednesday			Importance of EVS
29.01.2026	Thursday			Importance of EVS
30.01.2026	Friday			
31.01.2026	Saturday			
02.02.2026	Monday	Nature of EI	Nature of EI	
03.02.2026	Tuesday	TEST	TEST	
04.02.2026	Wednesday			Sustainability Vs Sustainable development

Date	Day	Class.B.A...3rd year	Class.B.A...2nd year	Class...B.A...1st Year
		Semester...IVth... Theory	Semester...IVth... Theory	Semester...IIIrd... Theory
05.02.2026	Thursday			Sustainability Vs Sustainable development
06.02.2026	Friday			
07.02.2026	Saturday			
09.02.2026	Monday	Ability Model of EI	Ability Model of EI	
10.02.2026	Tuesday	Ability Model of EI	Ability Model of EI	
11.02.2026	Wednesday			Structure & function of Ecosystem
12.02.2026	Thursday			Types of Ecosystems
13.02.2026	Friday			
14.02.2026	Saturday			
16.02.2026	Monday	Trait Model of EI	Trait Model of EI	
17.02.2026	Tuesday	Trait Model of EI	Trait Model of EI	
18.02.2026	Wednesday			Energy flow in Ecosystems
19.02.2026	Thursday			Assignment TEST
20.02.2026	Friday			
21.02.2026	Saturday			
23.02.2026	Monday	Mixed Model of EI	Mixed Model of EI	
24.02.2026	Tuesday	Mixed Model of EI	Mixed Model of EI	
25.02.2026	Wednesday			Renewable Vs Non-Renewable Resources
26.02.2026	Thursday			Land & Forest Resources
27.02.2026	Friday			
28.02.2026	Saturday			
01.03.2026 to 8.03.2026		Holi Vacations		
09.03.2026	Monday	Midterm	Midterm	
10.03.2026	Tuesday	Significance of EI	Significance of EI	
11.03.2026	Wednesday			Water & Energy Resources
12.03.2026	Thursday			Midterm

Date	Day	Class...B.A. 2nd Year	Class...B.A. 2nd Year	Class...B.A. 1st Year
		Semester...IVth... Theory	Semester...IVth... Theory	Semester...IIIrd Theory
13.03.2026	Friday			
14.03.2026	Saturday			
16.03.2026	Monday	Concept of Personal Competence	Concept of Personal Competence	
17.03.2026	Tuesday	Concept of Self-Awareness	Concept of Self-Awareness	
18.03.2026	Wednesday			Concept & Threats to biodiversity
19.03.2026	Thursday			Conservation
20.03.2026	Friday			
21.03.2026	Saturday	Id-ul-Fitr		
23.03.2026	Monday	Shaheedi Diwas		
24.03.2026	Tuesday	Concept of Self-Awareness	Concept of Self-Awareness	
25.03.2026	Wednesday			Meaning & Types of Pollution
26.03.2026	Thursday	Ram Navami		
27.03.2026	Friday			
28.03.2026	Saturday			
30.03.2026	Monday	Concept of Self-Awareness	Concept of Self-Awareness	
31.03.2026	Tuesday	Mahavir Jayanti		
01.04.2026	Wednesday			Solid waste management
02.04.2026	Thursday			Climate change
03.04.2026	Friday			
04.04.2026	Saturday			
06.04.2026	Monday	Assignment TEST	Assignment TEST	
07.04.2026	Tuesday	Relationship Management	Relationship Management	
08.04.2026	Wednesday			Environmental Policies & Practices
09.04.2026	Thursday			Human population growth
10.04.2026	Friday			
11.04.2026	Saturday			

Date	Day	Class...B.A. 2nd Year	Class...B.A. 2nd Year	Class...B.A. 2nd Year
		Semester...IVth... Theory	Semester...IVth... Theory	Semester...IIIrd... Theory
13.04.2026	Monday	Role of Effective Communication		
14.04.2026	Tuesday	Dr. B.R. Ambedkar Jayanti/Vaisakhi		
15.04.2026	Wednesday			Disaster management
16.04.2026	Thursday			Environmental Ethics
17.04.2026	Friday			
18.04.2026	Saturday			
20.04.2026	Monday	Collaboration & Teamwork	Collaboration & Teamwork	
21.04.2026	Tuesday	Conflict Management	Conflict Management	
22.04.2026	Wednesday			TEST
23.04.2026	Thursday			Revision
24.04.2026	Friday			
25.04.2026	Saturday			
27.04.2026	Monday	Strategies to develop & enhance EI	Strategies to develop & enhance EI	
28.04.2026	Tuesday	Strategies to develop & enhance EI	Strategies to develop & enhance EI	
29.04.2026	Wednesday			TEST
30.04.2026	Thursday			Revision
01.05.2026	Friday			
02.05.2026	Saturday			
04.05.2026	Monday	Revision	Revision	
05.05.2026	Tuesday	Revision	Revision	
06.05.2026	Wednesday	Examination onwards		

Shilpa