

Lesson Plan

Name of the Assistant/ Associate Professor:**MS LALITA DEVI (ASSITANT PROFESSEOR)**

Class and Section:**BA Vith...SEM..... (JAN 2018-APRIL 2018)**.....

Subject:**PSYCHOLOGY..... (APPLIED PSYCHOLOGY)**.....

Week	Date	Topics
1	1-Jan-18	Applied psychology Historical Background
	2-Jan-18	Fields of applied psychology
	3-Jan-18	Fields of applied psychology
	4-Jan-18	Career in psychology
	5-Jan-18	Guru Govind Singh Birthday
	6-Jan-18	Career in psychology
	7-Jan-18	Sunday
2	8-Jan-18	Practical stress seal
	9-Jan-18	Organizational Psychology Nature & Meaning
	10-Jan-18	Characteristics of Psychology
	11-Jan-18	Scope of O/Psychology
	12-Jan-18	Important of O/ Psychology
	13-Jan-18	Class test & group discussion
	14-Jan-18	Sunday
3	15-Jan-18	Practical : stress scale (discussion)
	16-Jan-18	Development of O/ Psychology
	17-Jan-18	Factor attesting of O/ Psychology
	18-Jan-18	Activity & group discussion
	19-Jan-18	Guidance objective of guidance
	20-Jan-18	Principles of guidance
	21-Jan-18	Sunday
4	22-Jan-18	<u>Vasant Panchami</u>
	23-Jan-18	Types of guidance
	24-Jan-18	<u>Sir Chhotu Ram Jayanti</u>
	25-Jan-18	Educational & personal guidance
	26-Jan-18	<u>Republic Day</u>
	27-Jan-18	Vocational guidance (assignment)
	28-Jan-18	Sunday
5	29-Jan-18	Organizational of guidance programmers
	30-Jan-18	Counseling introduction & needs of counseling
	31-Jan-18	Guru Ravidas jayanti

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Subject:**PSYCHOLOGY..... (APPLIED PSYCHOLOGY)**.....

Week	Date	Topics
1	1-Feb-18	Principles of counseling
	2-Feb-18	Principles of counseling
	3-Feb-18	Special areas of counseling
	4-Feb-18	Sunday
2	5-Feb-18	Types of counseling
	6-Feb-18	Techniques of counseling
	7-Feb-18	Directive technique of counseling
	8-Feb-18	Non-Directive technique of counseling
	9-Feb-18	Elective technique of counseling
	10-Feb-18	<u>Maharshi Dayanand Saraswati Jayanti</u>
	11-Feb-18	Sunday
3	12-Feb-18	Practical : counseling needs inventory
	13-Feb-18	<u>Maha Shivratri</u>
	14-Feb-18	Different counseling of advantages
	15-Feb-18	Limitation & different counseling
	16-Feb-18	Activity & groups discussion
	17-Feb-18	Class test & revision
	18-Feb-18	Sunday
4	19-Feb-18	Health psychology : meaning & scope
	20-Feb-18	Scope of health psychology
	21-Feb-18	Objective of health psychology
	22-Feb-18	Concept of health
	23-Feb-18	Concept of illness
	24-Feb-18	Concept of health illness (assignment)
	25-Feb-18	Sunday
5	26-Feb-18	Psychological factor in physical illness
	27-Feb-18	Psychological factor in physical illness (UT)
	28-Feb-18	KUK Holidays

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Subject:**PSYCHOLOGY..... (APPLIED PSYCHOLOGY)**.....

Week	Date	Topics
1	1-Mar-18	<u>KUK Holidays/Guru Ravidas Birthday</u>
	2-Mar-18	<u>KUK Holidays/Holi</u>
	3-Mar-18	KUK Holidays
	4-Mar-18	KUK Holidays/Sunday
2	5-Mar-18	Practical : general health questionnaire
	6-Mar-18	Life style & health
	7-Mar-18	Meaning & definition of stress
	8-Mar-18	Concept of coping
	9-Mar-18	Psychological reactions
	10-Mar-18	Activity & group discussion
	11-Mar-18	Sunday
3	12-Mar-18	Strategies for coping stress
	13-Mar-18	Management of stress
	14-Mar-18	Thrones of stress
	15-Mar-18	Thrones of stress
	16-Mar-18	Practical job satisfaction
	17-Mar-18	Discussion & conclusion
	18-Mar-18	Sunday
4	19-Mar-18	Forensic psychology meaning & defination
	20-Mar-18	Relationship b/w psychology/law
	21-Mar-18	Eyewitness memory
	22-Mar-18	Eyewitness memory
	23-Mar-18	<u>Shaheedi Diwas of Bhagat Singh, Rajguru & Sukhdev</u>
	24-Mar-18	Factory Eyewitness memory
	25-Mar-18	<u>Sunday/ Ram Navami</u>
5	26-Mar-18	Factory Eyewitness affecting memory
	27-Mar-18	Accuracy of Factory Eyewitness memory
	28-Mar-18	Improvement of Factory Eyewitness memory
	29-Mar-18	<u>Mahavir Jayanti</u>
	30-Mar-18	UT (forensic Eyewitness memory)
	31-Mar-18	Revision

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Class and Section:**BA Vith...SEM..... (JAN 2018-APRIL 2018)**.....

Subject:**PSYCHOLOGY..... (APPLIED PSYCHOLOGY)**.....

Week	Date	Topics
1	1-Apr-18	Sunday
	2-Apr-18	Statistics : meaning types of correlation
	3-Apr-18	Application of correlation
	4-Apr-18	Introduction of ranks different method
	5-Apr-18	How to calculate rank different method
	6-Apr-18	Practical interest inventory
	7-Apr-18	Extension lecture by associate professor
	8-Apr-18	Sunday
2	9-Apr-18	Practical : adjustment inventory
	10-Apr-18	Introduction of product moment method
	11-Apr-18	Calculation of product moment method
	12-Apr-18	Practice : for viva-vorsa
	13-Apr-18	Revision & practice for calculating pmm
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi
	15-Apr-18	Sunday
3	16-Apr-18	Revision
	17-Apr-18	Revision
	18-Apr-18	<u>Parashurama Jayanti</u>
	19-Apr-18	Revision
	20-Apr-18	Revision
	21-Apr-18	Revision
	22-Apr-18	Sunday
4	23-Apr-18	Revision
	24-Apr-18	Revision
	25-Apr-18	Revision
	26-Apr-18	Revision
	27-Apr-18	Revision
	28-Apr-18	University examinations

Lesson Plan

Name of the Assistant/ Associate Professor:**MS LALITA DEVI (ASSITANT PROFESSEOR)**

Class and Section:**BA IInd...SEM.....(JAN 2018-APRIL 2018)**.....

Subject: ...**PSYCHOLOGY (EXPERIMENTAL PSYCHOLOGY) MATA SUNDRI KHALSA GIRLS COLLEGE**

Week	Date	Topics
1	1-Jan-18	Attention nature of attention characteristics
	2-Jan-18	Types of attention & practical span of attention
	3-Jan-18	Factor affecting of attention
	4-Jan-18	Span of attention selective attention
	5-Jan-18	Guru Govind Singh Birthday
	6-Jan-18	Determinants of selective attention & practical
	7-Jan-18	Sunday
2	8-Jan-18	Psychophysics introduction of psychophysics
	9-Jan-18	Problems of psychophysics AL & DL
	10-Jan-18	Terminal threshold & stimulus equality
	11-Jan-18	Order & equality of intervals
	12-Jan-18	Equality of ration & rating
	13-Jan-18	AL by method of limits
	14-Jan-18	Sunday
3	15-Jan-18	Psychophysics DL by method of limits
	16-Jan-18	AL by method of constant stimuli
	17-Jan-18	DL by method of constant stimuli
	18-Jan-18	Practical : AL by method of constant stimuli
	19-Jan-18	Practical : AL by method of constant stimuli
	20-Jan-18	Test revision & group discussion
	21-Jan-18	Sunday
4	22-Jan-18	<u>Vasant Panchami</u>
	23-Jan-18	Learning primary laws of learning
	24-Jan-18	<u>Sir Chhotu Ram Jayanti</u>
	25-Jan-18	Secondary & law of learning
	26-Jan-18	<u>Republic Day</u>
	27-Jan-18	Factor affecting of learning : learning vs maturation
	28-Jan-18	Sunday
5	29-Jan-18	Trial & enter learning (assignment)
	30-Jan-18	Insight learning , introduction classical conditioning
	31-Jan-18	Guru Ravidas jayanti

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Class and Section:**BA IInd...SEM.....(JAN 2018-APRIL 2018)**.....

Subject: ...**PSYCHOLOGY (EXPERIMENTAL PSYCHOLOGY)**

Week	Date	Topics
1	1-Feb-18	Learning : introduction of operant conditioning
	2-Feb-18	operant vs respondent conditioning
	3-Feb-18	Factor affecting operant conditioning (test)
	4-Feb-18	Sunday
2	5-Feb-18	Practical : Muller – lure illusion
	6-Feb-18	Memory nature & characteristics of memory
	7-Feb-18	Stages of memory
	8-Feb-18	STM & LTM
	9-Feb-18	Methods to study memory
	10-Feb-18	<u>Maharshi Dayanand Saraswati Jayanti</u>
	11-Feb-18	Sunday
3	12-Feb-18	Forgetting : introduction of forgetting
	13-Feb-18	<u>Maha Shivratri</u>
	14-Feb-18	Factors leading to forgetting
	15-Feb-18	Pncomonics
	16-Feb-18	Revision & group discussion & activity
	17-Feb-18	Test & assignment (UT)
	18-Feb-18	Sunday
4	19-Feb-18	Practical : experiment on LTM
	20-Feb-18	Problem solving : introduction of problem solving
	21-Feb-18	Stages of problem solving
	22-Feb-18	Factor affecting problem solving
	23-Feb-18	Convergent thinking
	24-Feb-18	Divergent thinking
	25-Feb-18	Sunday
5	26-Feb-18	Development of convergent & divergent thinking
	27-Feb-18	Practical : problem solving
	28-Feb-18	KUK Holidays

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Class and Section:**BA IInd...SEM.....(JAN 2018-APRIL 2018)**.....

Subject: ...**PSYCHOLOGY (EXPERIMENTAL PSYCHOLOGY)**

Week	Date	Topics
1	1-Mar-18	<u>KUK Holidays/Guru Ravidas Birthday</u>
	2-Mar-18	<u>KUK Holidays/Holi</u>
	3-Mar-18	KUK Holidays
	4-Mar-18	KUK Holidays/Sunday
2	5-Mar-18	Statistics : frequency distribution
	6-Mar-18	Frequency distribution
	7-Mar-18	Frequency distribution
	8-Mar-18	Graphical presentation
	9-Mar-18	Graphical presentation
	10-Mar-18	Graphical presentation
	11-Mar-18	Sunday
3	12-Mar-18	Measures of central tendencies
	13-Mar-18	Mean ungrouped data
	14-Mar-18	Mean ungrouped data
	15-Mar-18	Mode grouped data
	16-Mar-18	Mode grouped data
	17-Mar-18	Mode grouped data (revision)
	18-Mar-18	Sunday
4	19-Mar-18	Practical : bilateral transfer of training
	20-Mar-18	Practical : result & conclusion
	21-Mar-18	Group discussion & activity
	22-Mar-18	Revision & class test
	23-Mar-18	<u>Shaheedi Diwas of Bhagat Singh, Rajguru & Sukhdev</u>
	24-Mar-18	Revision & activity
	25-Mar-18	<u>Sunday/ Ram Navami</u>
5	26-Mar-18	UT class test & revision
	27-Mar-18	Practical : revision & theory
	28-Mar-18	Practical : discussion & conclusion
	29-Mar-18	<u>Mahavir Jayanti</u>
	30-Mar-18	Practice for statistical
	31-Mar-18	Revision

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Class and Section:**BA IIInd...SEM.....(JAN 2018-APRIL 2018)**.....

Subject: ...**PSYCHOLOGY (EXPERIMENTAL PSYCHOLOGY)**

Week	Date	Topics
1	1-Apr-18	Sunday
	2-Apr-18	Extension lecture by associate professor
	3-Apr-18	Practical : revision
	4-Apr-18	Group discussion & activity
	5-Apr-18	Practice for viva-vorsa
	6-Apr-18	Revision theory
	7-Apr-18	Practice for statistic
	8-Apr-18	Sunday
2	9-Apr-18	Class test (verbal & non verbal)
	10-Apr-18	Practical : revision
	11-Apr-18	Practical : for mean & mode data
	12-Apr-18	Grouped & ungrouped
	13-Apr-18	Group discussion
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi
	15-Apr-18	Sunday
3	16-Apr-18	Revision
	17-Apr-18	Revision
	18-Apr-18	<u>Parashurama Jayanti</u>
	19-Apr-18	Revision
	20-Apr-18	Revision
	21-Apr-18	Revision
	22-Apr-18	Sunday
4	23-Apr-18	Revision
	24-Apr-18	Revision
	25-Apr-18	Revision
	26-Apr-18	Revision
	27-Apr-18	Revision
	28-Apr-18	University examinations

Lesson Plan

Name of the Assistant/ Associate Professor:**MS LALITA DEVI (ASSITANT PROFESSEOR)**

Class and Section:**BA IVnd...SEM..... (JAN 2018-APRIL 2018)**.....

Subject:**PSYCHOLOGY (DEVELOPMENTAL PSYCHOLOGY)**

Week	Date	Topics
1	1-Jan-18	Human development : concept of human development
	2-Jan-18	Objective of development psychology
	3-Jan-18	Importance of development psychology
	4-Jan-18	History of development psychology
	5-Jan-18	Guru Govind Singh Birthday
	6-Jan-18	GROWTH VS DEVELOPMENT
	7-Jan-18	Sunday
2	8-Jan-18	Principals of human development
	9-Jan-18	Factors in development : biological
	10-Jan-18	Factors in development : biological
	11-Jan-18	Social & cultural factor affecting
	12-Jan-18	Practical : cognitive development
	13-Jan-18	Practical : discussion
	14-Jan-18	Sunday
3	15-Jan-18	Prenatal development : determinants
	16-Jan-18	Stages of practical development
	17-Jan-18	Class test & activity & GD
	18-Jan-18	Factor influencing prenatal development
	19-Jan-18	Factor influencing prenatal development
	20-Jan-18	Factor influencing prenatal development
	21-Jan-18	Sunday
4	22-Jan-18	<u>Vasant Panchami</u>
	23-Jan-18	Physical hazards of prenatal development
	24-Jan-18	<u>Sir Chhotu Ram Jayanti</u>
	25-Jan-18	Physical hazards of prenatal development
	26-Jan-18	<u>Republic Day</u>
	27-Jan-18	Practical : parent child relationship inventory
	28-Jan-18	Sunday
5	29-Jan-18	Assignment (psychological hazards)
	30-Jan-18	Psychological hazards (group discussion)
	31-Jan-18	Guru Ravidas jayanti

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Subject:**PSYCHOLOGY (DEVELOPMENTAL PSYCHOLOGY)**

Week	Date	Topics
1	1-Feb-18	Infancy stage
	2-Feb-18	Characteristics of infancy stage
	3-Feb-18	Childhood stage
	4-Feb-18	Sunday
2	5-Feb-18	Characteristics of childhood stage
	6-Feb-18	Needs of childhood
	7-Feb-18	Problems of childhood
	8-Feb-18	Development of childhood
	9-Feb-18	Practical case study
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
3	12-Feb-18	Emotional development
	13-Feb-18	Maha Shivratri
	14-Feb-18	Approaches of emotional development
	15-Feb-18	Class test & discussion & activity
	16-Feb-18	Practical : case study
	17-Feb-18	Practical : discuss case study
	18-Feb-18	Sunday
4	19-Feb-18	Childhood stage : cognitive development
	20-Feb-18	Piaget's stage theory
	21-Feb-18	Vygotsky's sociocultural theory
	22-Feb-18	Information procession perspective
	23-Feb-18	Language development
	24-Feb-18	Basic components of language development
	25-Feb-18	Sunday
5	26-Feb-18	UT (Childhood stages) & assignment
	27-Feb-18	Practical : self concept
	28-Feb-18	KUK Holidays

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Week	Date	Topics
1	1-Mar-18	<u>KUK Holidays/Guru Ravidas Birthday</u>
	2-Mar-18	<u>KUK Holidays/Holi</u>
	3-Mar-18	KUK Holidays
	4-Mar-18	KUK Holidays/Sunday
2	5-Mar-18	Adolescents : Nature of adolescent
	6-Mar-18	Characteristics of adolescent
	7-Mar-18	Behavioral problems
	8-Mar-18	Behavioral problems
	9-Mar-18	Adjustment in adolescent
	10-Mar-18	Adjustment in adolescent
	11-Mar-18	Sunday
3	12-Mar-18	Practical : youth problem inventory
	13-Mar-18	Activity & group discussion about -
	14-Mar-18	Youth problem
	15-Mar-18	Adulthood & aging : nature & characteristics
	16-Mar-18	Erikson's theory
	17-Mar-18	Levinson's theory
	18-Mar-18	Sunday
4	19-Mar-18	Development changes problems
	20-Mar-18	Aging death
	21-Mar-18	Aging death
	22-Mar-18	Class test & activity & GD
	23-Mar-18	<u>Shaheedi Diwas of Bhagat Singh, Rajguru & Sukhdev</u>
	24-Mar-18	Practical : self esteem inventory
	25-Mar-18	<u>Sunday/ Ram Navami</u>
5	26-Mar-18	Statistics : measures of variability
	27-Mar-18	Range
	28-Mar-18	Quartile deviation
	29-Mar-18	<u>Mahavir Jayanti</u>
	30-Mar-18	Mean deviation (UT)
	31-Mar-18	Revision

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Week	Date	Topics
1	1-Apr-18	Sunday
	2-Apr-18	Standard deviation_
	3-Apr-18	Merits & limitation of variability
	4-Apr-18	Mean & mode & median
	5-Apr-18	Grouped & ungrouped data
	6-Apr-18	Extension lecture by associate professor
	7-Apr-18	Practical : family environment inventory
	8-Apr-18	Sunday
2	9-Apr-18	Quartile & standard deviation
	10-Apr-18	Grouped & ungrouped data
	11-Apr-18	Practices for viva – vorsa practical
	12-Apr-18	Grouped discussion & activity
	13-Apr-18	Revision all through practical
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi
	15-Apr-18	Sunday
3	16-Apr-18	Revision
	17-Apr-18	Revision
	18-Apr-18	Parashurama Jayanti
	19-Apr-18	Revision
	20-Apr-18	Revision
	21-Apr-18	Revision
	22-Apr-18	Sunday
4	23-Apr-18	Revision
	24-Apr-18	Revision
	25-Apr-18	Revision
	26-Apr-18	Revision
	27-Apr-18	Revision
	28-Apr-18	University examinations