

TIKA RAM GIRLS COLLEGE

LESSON PLAN FORMAT

NAME OF ASSISTANT/ASSOCIATION

ANU

CLASS AND SECTION

M.A. FINAL YEAR (4th SEMESTER)

SUBJECT

BASCIS OF ABNORMAL PSYCHOLOGY

WEEK 1.	DESCRIPTION
1.01.24	
2.01.24	CLINICAL PSYCHOLOGY :
3.01.24	NATURE
4.01.24	HISTORICAL FOUNDATION
5.01.24	"
6.01.24	"
WEEK 2.	
8.01.24	ACTIVITIES OF CLICAL PSYCHOLOGY
9.01.24	"
10.01.24	"
11.01.24	CLINICAL PSYCHOLOGY AND RELATED FIELDS
12.01.24	"
13.01.24	"
WEEK 3.	
15.01.24	CLINICAL PSYCHOLOGY AS A PROFESSION
16.01.24	"
17.01.24	"
18.01.24	"
19.01.24	PROFESSIONAL REGULATION
20.01.24	"
WEEK 4	
22.01.24	TRAINING
23.01.24	"
24.01.24	"
25.01.24	ETHICAL CULTURE ISSUES
26.01.24	"
27.01.24	"
WEEK 5	
	UNIT- 2
29.01.24	APPROCHES TO CLINICAL PSYCHOLOGY : BIOLOGICAL
30.01.24	"
31.01.24	PSYCHOLOGICAL
1.02.24	"

2.02.24	“
3.02.24	“
WEEK 6.	
5.02.24	PSYCHOANALYTIC
6.02.24	“
7.02.24	BEHAVIOURISTIC
8.02.24	“
9.02.24	“
10.02.24	“
WEEK 7.	
12.02.24	HUMANISTIC
13.02.24	“
14.02.24	“
15.02.24	“
16.02.24	METHODS TO STUDY CLINICAL PSYCHOLOGY
17.02.24	EPIDEMIOLOGICAL
WEEK 8.	
19.02.24	“
20.02.24	“
21.02.24	EXPERIMENTAL
22.02.24	“
23.02.24	“
24.02.24	“
WEEK 9.	
26.02.24	CORRELATIONAL
27.02.24	“
28.02.24	“
29.02.24	UNIT = 3 ABNORMAL PSYCHOLOGY
01.03.24	MEANING AND CRITERIA OF ABNORMALITY
02.03.24	“
WEEK 10	
04.03.24	ETIOLOGICAL FACTORS OF ABNORMAL BEHAVIOUR
05.03.24	“
06.03.24	“
07.03.24	“
09.03.24	PAST AND PRESENT ABNORMAL PSYCHOLOGY
WEEK 11	
11.03.24	DEVELOPMENTAL DISORDER: CONDUCT DISORDER

12.03.24	"
13.03.24	ADHD
14.03.24	"
15.03.24	LEARNING DISORDER
16.03.24	"
WEEK 12	
18.03.24	MENTAL RETENTION
19.03.24	"
20.03.24	"
21.03.24	"
22.03.24	"
WEEK 13	
	----- HOLI -----
WEEK 14	
01.04.24	UNIT =4 SEXUAL AND GENDER IDENTITY DISORDER
02.04.24	"
03.04.24	CLINICAL PICTURES
04.04.24	"
05.04.24	"
06.04.24	"
WEEK 15	
08.04.24	CLINICAL PICTURE TYPES
09.04.24	"
10.04.24	"
12.04.24	ETIOLOGY
13.04.24	"
WEEK 16	

15.04.24	EATING DISORDER
16.04.24	"
17.04.24	CLINICAL FEATURES
18.04.24	"
19.04.24	"
20.04.24	"
WEEK 17	
22.04.24	CLINICAL FEATURES : TYPES
23.04.24	"
24.04.24	"
25.04.24	"
26.04.24	ETIOLOGY
27.04.24	"
29.04.24	"
30.04.24	"

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CLASS AND SECTION

M.A. FIRST YEAR (2nd SEMESTER)

SUBJECT

POSITIVE PSYCHOLOGY

WEEK 1.	DESCRIPTION
1.01.24	INTRODUCTION TO POSITIVE PSYCHOLOGY
2.01.24	TRADITIONAL PSYCHOLOGY
3.01.24	ORIGIN
4.01.24	ASSUMPTION & GOALS OF POSITIVE PSYCHOLOGY
5.01.24	EASTER PERSPECTIVE ON POSITIVE PSYCHOLOGY
6.01.24	VIRTUES & STRENGTH OF CHARACTER
WEEK 2.	
8.01.24	PRACTICAL
9.01.24	“
10.01.24	“
11.01.24	“
12.01.24	CLASSIFICATION OF HUMAN VIRTUES & MEASURING STRENGTHS OF CHARACTER
13.01.24	“
WEEK 3.	
15.01.24	UNIT = 2 POSITIVE EMOTIONAL STATES & WELL - BEING
16.01.24	“
17.01.24	“
18.01.24	“
19.01.24	“
20.01.24	“
WEEK 4	
22.01.24	BROADEN AND BUILD THEORY OF POSITIVE EMOTIONS
23.01.24	“
24.01.24	“
25.01.24	“
26.01.24	“
27.01.24	POSITIVE EMOTIONS & HEALTH RESOURCES
WEEK 5	
29.01.24	“
30.01.24	“
31.01.24	PHYSICAL
1.02.24	“

2.02.24	“
3.02.24	“
WEEK 6.	
5.02.24	PSYCHOLOGICAL & SOCIAL
6.02.24	“
7.02.24	HAPPINESS
8.02.24	“
9.02.24	DIFFERENT VIEW POINT OF HAPPINESS
10.02.24	“
WEEK 7.	
12.02.24	FACTORS AFFECTING HAPPINESS AND STRATEGIES TO ENHANCE HAPPINESS
13.02.24	“
14.02.24	“
15.02.24	“
16.02.24	“
17.02.24	“
WEEK 8.	
19.02.24	FLOW & SAVOURING
20.02.24	“
21.02.24	“
22.02.24	“
23.02.24	CULTIVATING FLOW & SAVOURING
24.02.24	“
WEEK 9.	
26.02.24	COGNITIVE STATE & PROCESS
27.02.24	“
28.02.24	“
29.02.24	WISDOM
01.03.24	“
02.03.24	“
WEEK 10	
04.03.24	SELF – EFFICACY
05.03.24	“
06.03.24	HOPE
07.03.24	“
09.03.24	OPTIMISM
WEEK 11	
11.03.24	MINDFULNESS AND WELL – BEING

12.03.24	“
13.03.24	“
14.03.24	“
15.03.24	ASSIGNMENT PREPARE.....
16.03.24	“
WEEK 12	
18.03.24	UNIT TEST = 1 st INTRODUCTION OF POSITIVE PSYCHOLOGY : TRADITIONAL PSYCHOLOGY , ORIGIN , ASSUMPTION AND GOALS OF POSITIVE PSYCHOLOGY
19.03.24	“
20.03.24	“
21.03.24	UNIT TEST = 1 st VIRTUES & STRENGTHS OF CHARACTER
22.03.24	“
WEEK 13	
 HOLI BREAK
WEEK 14	
01.04.24	UNIT = 4 CLOSE RELATIONSHIP: INTRODUCTION
02.04.24	“
03.04.24	CHARACTERSTICS OF CLOSE RELATIONSHIP
04.04.24	“
05.04.24	“
06.04.24	“
WEEK 15	
08.04.24	LOVE RELATION SHIP
09.04.24	“
10.04.24	“
12.04.24	FLOURISHING RELATIONSHIPS
13.04.24	“
WEEK 16	

15.04.24	PRO – SOCIAL BEHAVIOUR : INTRODUCTION
16.04.24	“
17.04.24	“
18.04.24	“
19.04.24	TEST UNIT=3 COGNITIVE STATE AND PROCESS
20.04.24	GRATITUDE
WEEK 17	
22.04.24	“
23.04.24	“
24.04.24	“
25.04.24	FORGIVENESS
26.04.24	“
27.04.24	“
28.04.24	“
29.04.24	“
30.04.24	“

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CLASS AND SECTION

M.A. FIRST YEAR (2nd SEMESTER)

SUBJECT

RESEARCH DESIGNS & STATISTICS IN PSYCHOLOGY

WEEK 1.	DESCRIPTION
1.01.24	
2.01.24	PRACTICAL EXAM
3.01.24	UNIT -1 MEASUREMENT INTRODUCTION
4.01.24	NATURE
5.01.24	HISTORY
6.01.24	“
WEEK 2.	
8.01.24	FUNCTIONS & LEVELS
9.01.24	“
10.01.24	“
11.01.24	“
12.01.24	GENERAL PROBLEM AND SOURCES OF ERRORS IN MEASUREMENT
13.01.24	“
WEEK 3.	
15.01.24	RESEARCH DESIGN : INTRODUCTION
16.01.24	NATURE
17.01.24	“
18.01.24	CHARACTERSTICS
19.01.24	“
20.01.24	TYPES & FUNCTIONS
WEEK 4	
22.01.24	
23.01.24	UNIT=2 EXPERIMENTAL DESGINE
24.01.24	“
25.01.24	“
26.01.24	“
27.01.24	BETWEEN SUBJECT DESGINE
WEEK 5	
29.01.24	WITHIN GROUPS DESGINE & MIXED DESGINE
30.01.24	“
31.01.24	SIGNIFICANCE OF MEAN DIFFERENCES
1.02.24	“

2.02.24	INDEPENDENT GROUPS
3.02.24	“
WEEK 6.	
5.02.24	DEPENDENT GROUPS
6.02.24	“
7.02.24	“
8.02.24	ANALYSIS OF VARIANCE
9.02.24	“
10.02.24	“
WEEK 7.	
12.02.24	ONE WAY ANOVA
13.02.24	“
14.02.24	“
15.02.24	TWO WAY ANOVA FOR SEPARATE GROUPS
16.02.24	“
17.02.24	“
WEEK 8.	
19.02.24ASSIGNMENT.....
20.02.24	UNIT- 1 st TEST MEASUREMENT : NATURE , FUNCTIONS AND LEVELS
21.02.24	UNIT 3 rd QUASI EXPERIMENTAL DESIGNS
22.02.24	
23.02.24	ONE GROUP DESGINES
24.02.24	“
WEEK 9.	
26.02.24	NON - EQUIVALENT GROUP DESIGNS
27.02.24	“
28.02.24	“
29.02.24	“
01.03.24	TIME SERIES DESIGNS
02.03.24	“
WEEK 10	
04.03.24	NON – PARAMETRIC STATISTICS
05.03.24	“
06.03.24	“
07.03.24	MANN – WHITNEY U – TEST
09.03.24	“
WEEK 11	
11.03.24	WILCOXEN MATCHED PAIRED TEST

12.03.24	“
13.03.24	“
14.03.24	“
15.03.24	CHI – SQUARE ; A – TEST AND KURIKAL WALLIS H – TEST
16.03.24	“
WEEK 12	
18.03.24	“
19.03.24	UNIT – 2 nd TEST RESEARCH DESIGN : NATURE , CHARACTERSTICS , TYPES , AND FUNTIONS
20.03.24	“
21.03.24	“
22.03.24	“
WEEK 13	
	----- HOLI BREAK -----
WEEK 14	
01.04.24	UNIT – 4 QUALITATIVE RESEARCH : INTRODUCTION
02.04.24	QUALITATIVE VERSUS QUANTITATIVE RESEARCH
03.04.24	“
04.04.24	“
05.04.24	“
06.04.24	QUALITATIVE DATA
WEEK 15	
08.04.24	NATURE
09.04.24	TYPES
10.04.24	“
12.04.24	“
13.04.24	APPROACHES FOR QUALITATIVE DATA ANALYSIS
WEEK 16	

15.04.24	MIXING METHODS : INTRODUCTION
16.04.24	"
17.04.24	"
18.04.24	QUANTITATIVE & QUALITATIVE COMBINED
19.04.24	"
20.04.24	"
WEEK 17	
22.04.24	QUALITATIVE DATA : MIXED – METHODS DATA COLLECT & ANALYSIS
23.04.24	"
24.04.24	"
25.04.24	BENEFITS & CHALLENGES OF MIXED METHODS RESEARCH
26.04.24	"
27.04.24	"
29.04.24	"
30.04.24	"

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CLASS AND SECTION M.A. FINAL YEAR (4th SEMESTER)

SUBJECT PROCESSES & SKILLS OF COUNSELLING

WEEK 1.	DESCRIPTION
1.01.24	COUNSELLING PROCESS I : INITIATING COUNSELLING
2.01.24	"
3.01.24	"
4.01.24	"
5.01.24	COUNSELLING EXPERTNESS VARIABLE
6.01.24	"
WEEK 2.	
8.01.24	
9.01.24	ESTABLISHING START OBSERVATION
10.01.24	"
11.01.24	"
12.01.24	"
13.01.24	"
WEEK 3.	
15.01.24	OBSERVATION NON – VERBAL BEHAVIOURS
16.01.24	"
17.01.24	"
18.01.24	"
19.01.24	"
20.01.24	"
WEEK 4	
22.01.24	LISTENING , SILENCE , USE OF QUESTION
23.01.24	"
24.01.24	"
25.01.24	"
26.01.24	"
27.01.24	"
WEEK 5	
29.01.24	TRANSFERENCE & COUNTER TRANSFERENCE
30.01.24	"
31.01.24	"
1.02.24	TERMINATION OF COUNSELLING PROCESS

2.02.24	“
3.02.24	“
WEEK 6.	
5.02.24	COUNSELLING PROCESS II -
6.02.24	“
7.02.24	“
8.02.24	RESPONDING TO CONTENT
9.02.24	RESPONDING TO NON – VERBAL
10.02.24	RESPONDING TO FEELING
WEEK 7.	
12.02.24	THEME
13.02.24	“
15.02.24	SETTING GOALS
16.02.24	“
17.02.24	CRITERIA FOR SETTING GOALS
WEEK 8	
19.02.24	PLANING FOR CHANGE
20.02.24	“
21.02.24	INFORMATION IN CONSELLING
22.02.24	“
23.02.24	MAKING DECISION
24.02.24	COUNSELLING PROGRAM DEVELOPMENT
WEEK 9.	
26.02.24	“
27.02.24	EVALUATION & MANAGEMENT
28.02.24	“
29.02.24	“
01.03.24	BECOMING AN EFFECTIVE COUNSELLER
02.03.24	
WEEK 10	
04.03.24	“
05.03.24	SKILLS OF EFFECTIVE COUNSELLER
06.03.24	“
07.03.24	“
09.03.24	FUNCTIONS
WEEK 11	
11.03.24	COMMON PITFALLS FACED BY COUNSELLER

12.03.24	“
13.03.24	“
14.03.24	INDIVIDUAL ASSESSMENT OBSERVATION
15.03.24	“
16.03.24	“
WEEK 12	
18.03.24	OBSEVATION INSTRUMENTS :
19.03.24	“
20.03.24	“
21.03.24	“
22.03.24	CHECKLIST
WEEK 13	
	----- HOLI BREAK -----
WEEK 14	
01.04.24	ANECDOTAL REPORTS
02.04.24	“
03.04.24	SELF – REPORTING
04.04.24	“
05.04.24	“
06.04.24	INTERVIEWS
WEEK 15	
08.04.24	UNIT – 4 GROUP ASSESSMENT TECHNIQUES
09.04.24	“
10.04.24	SOCIOMETRIC TECHIQUES
12.04.24	“
13.04.24	THE “GUESS WHO?” TECHIQUES
WEEK 16	

15.04.24	"
16.04.24	SOCIAL DISTANCE TECHIQUES
18.04.24	GROUP COUNSELLING : THEORETICAL CONSIDERATIONS
19.04.24	"
20.04.24	"
WEEK 17	
22.04.24	VALUES , SELECTION OF MEMBER
23.04.24	"
24.04.24	GROUP PROCESS : ESTABLISHMENT
25.04.24	IDENTIFICATION PRODUCTIVITY
26.04.24	"
27.04.24	"
29.04.24	REALIZATION & TERMINATION
30.04.24	"

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CLASS AND SECTION

M.A. FIRST YEAR (2ndSEMESTER)

SUBJECT

BIOLOGICAL BASES OF BEHAVIOUR

WEEK 1.	DESCRIPTION
1.01.24	NATURE OF BIO PSYCHOLOGY : MEANING AND APPROCHES
2.01.24	"
3.01.24	"
4.01.24	"
5.01.24	"
6.01.24	"
WEEK 2.	
8.01.24	MAJOR DIVISION OF BIOPSYCHOLOGY
9.01.24	"
10.01.24	"
11.01.24	METHODS OF STUDY AND RESEARCHES
12.01.24	"
13.01.24	"
WEEK 3.	
15.01.24	"
16.01.24	CELL OF NERVOUS SYSTEM : NEURON
17.01.24	"
18.01.24	"
19.01.24	"
20.01.24	"
WEEK 4	
22.01.24	STRUCTURE AND TYPES
23.01.24	"
24.01.24	"
25.01.24	CONDUCTION OF NERVE IMPULSE : SYNAPSE
26.01.24	"
27.01.24	"
WEEK 5	
29.01.24	
30.01.24	SYNAPTIC TRANSMISSION : PROCESS & STAGES
31.01.24	"
1.02.24	"

2.02.24	UNIT- 2 NERVOUS SYSTEM : CENTRAL NERVOUS SYSTEM
3.02.24	“
WEEK 6.	
5.02.24	STRUCTURE AND FUNCTION OF BRAIN & SPINAL CORD
6.02.24	“
7.02.24	“
8.02.24	PERIPHERAL NERVOUS SYSTEM : SOMATIC NERVOUS SYSTEM
9.02.24	“
10.02.24	“
WEEK 7.	
12.02.24	CRANIAL & SPINAL NERVES
13.02.24	“
14.02.24	“
15.02.24	“
16.02.24	AUTONOMIC NERVOUS SYSTEM
17.02.24	“
WEEK 8.	
19.02.24	SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEM
20.02.24	“
21.02.24	“
22.02.24	BEHAVIOURAL GENETICS :
23.02.24	“
24.02.24	MEDALIAN GENETICS
WEEK 9.	
26.02.24	“
27.02.24	CHROMOSOMES
28.02.24	“
29.02.24	SEX – LINKED & SEX – LIMITED GENES
01.03.24	“
02.03.24	“
WEEK 10	
04.03.24	BIOLOGICAL BASES OF AFFECTOR & EFFECTOR
05.03.24	“
06.03.24	“
07.03.24	“
09.03.24	VISUAL SYSTEM
WEEK 11	
11.03.24	“

12.03.24	“
13.03.24	AUDITORY SYSTEM
14.03.24	“
15.03.24	“
16.03.24	MOTOR SYSTEM & ENDOCRINE GLANDS
WEEK 12	
18.03.24	“
19.03.24	BIOLOGICAL BASIS OF INGESTIVE BEHAVIOUR :
20.03.24	“
21.03.24	“
22.03.24	“
WEEK 13	
	----- HOLI BREAK -----
WEEK 14	
01.04.24	HUNGER
02.04.24	“
03.04.24	“
04.04.24	THIRST
05.04.24	“
06.04.24	“
WEEK 15	
08.04.24	BIOLOGICAL BASIS OF SLEEP :
09.04.24	“
10.04.24	STAGES & TYPES OF SLEEP
12.04.24	“
13.04.24	“
WEEK 16	

15.04.24	“
16.04.24	PSYSIOLOGICAL MECHANISM OF SLEEP ;
17.04.24	“
18.04.24	“
19.04.24	“
20.04.24	“
WEEK 17	
22.04.24	DISORDER OF SLEEP
23.04.24	“
24.04.24	“
25.04.24	“
26.04.24	“
27.04.24	“
29.04.24	“
30.04.24	“

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CLASS AND SECTION

M.A. FIRST YEAR (2nd semester)

SUBJECT

COGNITIVE PSYCHOLOGY

WEEK 1.	DESCRIPTION
1.01.24	INTRODUCTION : EMERGENCE OF COGNITIVE PSYCHOLOGY
2.01.24	“
3.01.24	“
4.01.24	INFORMATION PROCESSING APPROCHES
5.01.24	“
6.01.24	“
WEEK 2.	
8.01.24	ATTENTION : FILTER (BROADBENT & TREISMAN)
9.01.24	“
10.01.24	“
11.01.24	“
12.01.24	RESOURCE (KAHNMAN) THEORIES
13.01.24	“
WEEK 3.	
15.01.24	“
16.01.24	FACTORS AFFECTING DIVISION OF ATTENTION
17.01.24	“
18.01.24	“
19.01.24	“
20.01.24	“
WEEK 4	
22.01.24	MEMORY : WORKING MEMORY : NATURE
23.01.24	“
24.01.24	“
25.01.24	THRORIES
26.01.24	“
27.01.24	“
WEEK 5	
28.01.24	“
29.01.24	“
30.01.24	EDUCATIONAL APPLICATION'S

31.01.24	“
1.02.24	“

2.02.24	SEMANTIC & EPISODIC MEMORY
3.02.24	"
WEEK 6.	
5.02.24	LEVELS OF PROCESSING & HIERARCHIAL NETWORK MODEL
6.02.24	"
7.02.24	"
8.02.24	PROSPECTIVE MEMORY
9.02.24	"
10.02.24	TYPES AND COMMON FAILURES OF PROSPECTIVE MEMORY IN EVERYDAY LIFE
WEEK 7.	
12.02.24	"
13.02.24	"
14.02.24	"
15.02.24	"
16.02.24	UNIT – 3 IMAGERY : EMPIRICAL INVESTIGATION
17.02.24	"
WEEK 8.	
19.02.24	"
20.02.24	MENTAL ROTATION AND SCANNING
21.02.24	"
22.02.24	"
23.02.24	ANALOGICAL AND PROPOSITIONAL THEORY
24.02.24	"
WEEK 9.	
26.02.24	"
27.02.24	LANGUAGE : SPEECH RECOGNITION
28.02.24	"
29.02.24	"
01.03.24	"
02.03.24	PHONOLOGY , MORPHOLOGY
WEEK 10	
04.03.24	"
05.03.24	SYNTAX & PARSING
06.03.24	"
07.03.24	"
09.03.24	SPEECH PRODUCTION
WEEK 11	
11.03.24	"

12.03.24	THEORIES : GARRETT & DELL
13.03.24	“
14.03.24	“
15.03.24	SPEECH ERRORS
16.03.24	“
WEEK 12	
18.03.24	“
19.03.24	PROBLEM SOLVING : STRATEGIES OF PROBLEM SOLVING
20.03.24	“
21.03.24	“
22.03.24	“
WEEK 13	
	----- HOLI BREAK -----
WEEK 14	
01.04.24	BLOCKS IN PROBLEM SOLVING
02.04.24	“
03.04.24	“
04.04.24	“
05.04.24	FINDING CREATIVE SOLUTION
06.04.24	“
WEEK 15	
08.04.24	“
09.04.24	“
10.04.24	“
12.04.24	COGNITION IN CROSS CULTURAL PERSPECTIVE
13.04.24	“
WEEK 16	

15.04.24	“
16.04.24	CROSS CULTURAL STUDIES OF PERCEPTION
17.04.24	“
18.04.24	“
19.04.24	“
20.04.24	MEMORY & CATEGORIZATION
WEEK 17	
22.04.24	“
23.04.24	UNIT –4 TEST COGNITION IN CROSS CULTURAL PERSPECTIVE
24.04.24	“
25.04.24	“
26.04.24	“
27.04.24	“
28.04.24	“
29.04.24	“
30.04.24	“

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LESSON PLAN FORMAT

NAME OF ASSISTANT/ASSOCIATION PROFESSOR VISHAKHA
 CLASS AND SECTION M.A. FINAL YEAR (4th SEMESTER)
 SUBJECT COUNSELLING TECHNIQUES & STRATEGIES

WEEK 1.	DESCRIPTION
1.01.24	
2.01.24	PRACTICAL
3.01.24	STRATEGIES OF COUNSELLING DIRECTIVE : INTRODUCTION
4.01.24	DIRECTIVE
5.01.24	"
6.01.24	NON – DIRECTIVE APPROACH TO COUNSELLING
WEEK 2.	
8.01.24	ELEMENTS OF EFFECTIVE THERAPEUTIC POSITION
9.01.24	"
10.01.24	"
11.01.24	GOALS DIRECTIVE NATURE OF COUNSELLING & PSYCHOTHERAPY
12.01.24	"
13.01.24	"
WEEK 3.	
15.01.24	NEED FOR PRAGMATIC THERAPEUTIC POSITION
16.01.24	"
18.01.24	"
19.01.24	COUNSELLING vs PSYCHOTHERAPY
20.01.24	
WEEK 4	
22.01.24	"
23.01.24	PSYCHOANALYTIC APPROACH :
24.01.24	VIEW OF HUMAN NATURE
25.01.24	"
26.01.24	"
27.01.24	DEVELOPMENT OF PERSONALITY
WEEK 5	
28.01.24	DEFENCE MECHANISM
29.01.24	"
30.01.24	MAJOR METHODS AND TECHNIQUES
31.01.24	"
1.02.24	"

2.02.24	AFFECTIVELY ORIEBTED APPROCHES : INTRODUCTION
3.02.24	EXISTENTIAL THERAPY
WEEK 6.	
5.02.24	
6.02.24	PERSON - CENTRED THERAPY
7.02.24	"
8.02.24	GESTALT THERAPY
9.02.24	"
10.02.24	THEORTICAL ANALYSIS OF AFFECTIVE APPROCHES
WEEK 7.	
12.02.24	COGNITIVELLY ORIENTED APPROCHES : INTRODUCTION
13.02.24	"
14.02.24	RATIONAL EMOTIVE THERAPY
15.02.24	"
16.02.24	"
17.02.24	BECK'S MODEL
WEEK 8.	
19.02.24	"
20.02.24	TRANSACTIONAL ANALYSIS
21.02.24	"
22.02.24	THEORETICAL ANALYSIS OF COGNITIVE APPROCHES
23.02.24	"
24.02.24	UNIT -3 BEHAVIOURAL ORIENTED APPROCHES : INTRODUCTION
WEEK 9.	
26.02.24	"
27.02.24	BEHAVIOUR THERAPY
28.02.24	MEANING AND GOALS
29.02.24	"
01.03.24	BEHAVIOURAL CONNECTIONS
02.03.24	"
WEEK 10	
04.03.24	SYSTEMATIC DESENSITIZATION
05.03.24	RELAXATION FLOODING THERAPY
06.03.24	"
07.03.24	"
09.03.24	BEHAVIOURAL CONTINGENCIES : REINFORCEMENT
WEEK 11	
11.03.24	PUNISHMENT

12.03.24	SHAPING
13.03.24	MODELING TECHIQUES
14.03.24	"
15.03.24	SELF INSTRUCTIONAL TRAINING
16.03.24	SELF INCOULATION
WEEK 12	
18.03.24	THEORTICAL ANALYSIS OF BEHAVIOURAL APPROCHES
19.03.24	"
20.03.24	"
21.03.24	"
22.03.24	"
WEEK 13	
	----- HOLI BREAK -----
WEEK 14	
01.04.24	FAMILY SYSTEM APPROCHES : INTRODUCTION
02.04.24	"
03.04.24	BOWEN'S INTERGENERATIONAL APPROCHES
04.04.24	"
05.04.24	"
06.04.24	"
WEEK 15	
08.04.24	"
09.04.24	"
10.04.24	STRUCTURAL FAMILY THERAPY
12.04.24	"
13.04.24	"
WEEK 16	

15.04.24	"
16.04.24	"
17.04.24	STRATEGIC THERAPY & CURRENT TRENDS IN FAMILY SYSTEM
18.04.24	"
19.04.24	"
20.04.24	"
WEEK 17	
22.04.24	PROMOTIONAL APPROCHES : INTRODUCTION
23.04.24	"
24.04.24	"
25.04.24	"
26.04.24	CREATIVE ART THERAPIES
27.04.24	"
29.04.24	"
30.04.24	YOGA & MEDITATION , MINDFULLNESS

TIKE RAM GIRLS COLLEGE

LESSON PLAN FORMAT

NAME OF ASSISTANT/ASSOCIATION

VISHAKHA

CLASS AND SECTION

M.A. FINAL YEAR (4th SEMESTER)

SUBJECT

INDIAN PSYCHOLOGY

WEEK 1.	DESCRIPTION
1.01.24	INTRODUCTION : WHAT & WHY OF INDIAN PSYCHOLOGY
2.01.24	"
3.01.24	"
4.01.24	"
5.01.24	A JOURNEY BACK TO THE ROOTS
6.01.24	"
WEEK 2.	
8.01.24	"
9.01.24	IMPLICATION & APPLICATION OF INDIAN PSYCHOLOGY
10.01.24	"
11.01.24	"
12.01.24	"
13.01.24	"
WEEK 3.	
15.01.24	INDIAN PSYCHOLOGY & THE SCIENTIFIC METHOD
16.01.24	"
18.01.24	"
19.01.24	UNIT – 2 PSYCHOLOGICAL PERSPECTIVE
WEEK 4	
22.01.24	PHILOSOPHICAL BASES & FUNDAMENTAL ASSUMPTION : UPNISHADS
23.01.24	"
24.01.24	"
25.01.24	"
26.01.24	"
27.01.24	"
WEEK 5	
28.01.24	
29.01.24	SAMKAYA – YOGA
30.01.24	"
31.01.24	"
1.02.24	"

2.02.24	"
3.02.24	"
WEEK 6.	
5.02.24	"
6.02.24	"
7.02.24	"
8.02.24	NAYAYA- VAISESIKA
9.02.24	"
10.02.24	"
WEEK 7.	
12.02.24	"
13.02.24	"
14.02.24	"
15.02.24	"
16.02.24	"
17.02.24	"
WEEK 8.	
19.02.24	JAINA
20.02.24	"
21.02.24	"
22.02.24	"
23.02.24	"
24.02.24	"
WEEK 9.	
26.02.24	BHUDDIST
27.02.24	"
28.02.24	"
29.02.24	"
01.03.24	"
02.03.24	"
WEEK 10	
04.03.24	"
05.03.24	"
06.03.24	"
07.03.24	"
09.03.24	"
WEEK 11	
11.03.24	BHAGWAT GITA

12.03.24	"
13.03.24	"
14.03.24	"
15.03.24	"
16.03.24	"
WEEK 12	
18.03.24	"
19.03.24	"
20.03.24	"
21.03.24	"
22.03.24	"
WEEK 13	
	----- HOLI BREAK -----
WEEK 14	
01.04.24	PERSONALITY IN INDIAN PSYCHOLOGY
02.04.24	"
03.04.24	"
04.04.24	"
05.04.24	"
06.04.24	"
WEEK 15	
08.04.24	SELF & IDENTITY IN INDIAN PSYCHOLOGY
09.04.24	"
10.04.24	"
12.04.24	"
13.04.24	MOTIVATION & EMOTION IN INDIAN PSYCHOLOGY
WEEK 16	

15.04.24	"
16.04.24	"
17.04.24	"
18.04.24	APPLICATIONS OF INDIAN PSYCHOLOGY
19.04.24	"
20.04.24	"
WEEK 17	
22.04.24	MANAGEMENT OF MENTAL HEALTH
23.04.24	"
24.04.24	"
25.04.24	"
26.04.24	RESOLUTION OF SOCIAL CONFLICTS
27.04.24	"
28.04.24	"
29.04.24	"
30.04.24	VALUE & TEACHER EDUCATION

