

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Ms. Nancy Deswal

Class and Section

M.A. T&T (Psychology)

Subject

Positive Psychology

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	
21-08-25	
22-08-25	- Emotional Intelligence Maturity
23-08-25	"
Week 7	
25-08-25	Models - Salovey & Mayer
26-08-25	"
27-08-25	"
28-08-25	Baron & Coleman
29-08-25	"
30-08-25	"
Week 8	
01-09-25	"
02-09-25	"
03-09-25	Enhancing Emotional Intelligence
04-09-25	"
06-09-25	"
Week 9	
08-09-25	"
09-09-25	
10-09-25	Emotional Competence
11-09-25	"
12-09-25	"
13-09-25	"
Week 10	
15-09-25	Emotional Creativity
16-09-25	"
17-09-25	"
18-09-25	"
19-09-25	Emotional Storytelling
20-09-25	"

Week 11	
24-09-25	"
25-09-25	"
26-09-25	Administration
27-09-25	"
Week 12	
29-09-25	"
30-09-25	EQ
01-10-25	"
03-10-25	"
04-10-25	Case Study
Week 13	
06-10-25	"
08-10-25	"
09-10-25	Emotional Storytelling after a traumatic event
10-10-25	"
11-10-25	"
Week 14	
13-10-25	"
Week 15	
23-10-25	"
24-10-25	Positive Change
25-10-25	"
Week 16	
27-10-25	"
28-10-25	Stages of Change
29-10-25	"
30-10-25	"
31-10-25	Change Processes
01-11-25	"
Week 17	
03-11-25	"
04-11-25	Psychotherapeutic Relationship

06-11-25	"
07-11-25	Effectiveness of Psychological Therapies
08-11-25	"
Week 18	
10-11-25	Therapies that work for adults & children
11-11-25	"
12-11-25	"
13-11-25	Administration
14-11-25	"
15-11-25	Strategies
Week 19	
17-11-25	"
18-11-25	1/1

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Ms. Nancy Deswal

Class and Section

M.A. (Ist year)

Subject

Experiment Psychology

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	
21-08-25	
22-08-25	Psychophysics
23-08-25	"
Week 7	
25-08-25	"
26-08-25	Estimating Sensory Threshold
27-08-25	"
28-08-25	"
29-08-25	Classical Methods
30-08-25	"
Week 8	
01-09-25	Method of limits
02-09-25	"
03-09-25	The Method of Constant Stimuli
04-09-25	"
06-09-25	"
Week 9	
08-09-25	The Method of adjustment
09-09-25	"
10-09-25	Signal Detection Theory
11-09-25	"
12-09-25	Assumptions
13-09-25	"
Week 10	
15-09-25	"
16-09-25	Procedures
17-09-25	"
18-09-25	"
19-09-25	"
20-09-25	Subliminal Perception

Week 11	
24-09-25	Perception of Real Movement Types of Apparent Movement " "
25-09-25	
26-09-25	
27-09-25	
Week 12	
29-09-25	Perceptual Processes "
30-09-25	
01-10-25	Perception of Size & Movement " "
03-10-25	
04-10-25	
Week 13	
06-10-25	Depth Cues " " " "
08-10-25	
09-10-25	
10-10-25	
11-10-25	
Week 14	
13-10-25	Size Constancy
Week 15	
23-10-25	Illusions " "
24-10-25	
25-10-25	
Week 16	
27-10-25	Perception of Real Movement " "
28-10-25	
29-10-25	
30-10-25	
31-10-25	Depth Cues "
01-11-25	
Week 17	
03-11-25	Size constancy and Illusion "
04-11-25	

06-11-25	Classical Conditioning
07-11-25	Measurement of Conditioned Response
08-11-25	Variables affecting Classical Conditioning
Week 18	
10-11-25	Applications
11-11-25	"
12-11-25	Instrument & Operant Conditioning
13-11-25	Reinforcement
14-11-25	"
15-11-25	"
Week 19	
17-11-25	Punishment
18-11-25	"

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Ms. Nancy

Class and Section

M.A. (1st) Psychology

Subject

Advanced Social Psychology

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	
21-08-25	
22-08-25	Introduction Social Psychology 4
23-08-25	
Week 7	
25-08-25	Social Psychology Nature, origin & Development 4
26-08-25	
27-08-25	Theories of Social Psychology 4
28-08-25	
29-08-25	Social Exchange Theory 4
30-08-25	
Week 8	
01-09-25	New frontier in Social Psychological Research 4
02-09-25	
03-09-25	Ethical issues in Psychological Research 4
04-09-25	
06-09-25	
Week 9	
08-09-25	Self-knowledge Independent & Interdependent view of self knowing oneself through Introspection 4
09-09-25	
10-09-25	Causal theory 4
11-09-25	
12-09-25	
13-09-25	
Week 10	
15-09-25	Self Perception theory 4
16-09-25	
17-09-25	4
18-09-25	
19-09-25	Attribution 7
20-09-25	

Week 11	
24-09-25	Attribution Theories
25-09-25	
26-09-25	
27-09-25	Social Perception
Week 12	
29-09-25	Social Cognition
30-09-25	
01-10-25	
03-10-25	Schemas & its Impact
04-10-25	
Week 13	
06-10-25	Heuristics
08-10-25	
09-10-25	
10-10-25	Prototypes & Social Representation
11-10-25	
Week 14	
13-10-25	
Week 15	
23-10-25	Attitude, Nature & Function
24-10-25	
25-10-25	
Week 16	
27-10-25	Formation & Attitude Change
28-10-25	
29-10-25	Persuasive Communication
30-10-25	
31-10-25	
01-11-25	
Week 17	
03-11-25	Cognitive Dissonance
04-11-25	
	Technique of Resisting Persuasive Messages

06-11-25	Social Problems
07-11-25	Crime & Violence
08-11-25	Crime & unemployment
Week 18	
10-11-25	Explanation of crime & violence
11-11-25	4
12-11-25	Family Disorganization
13-11-25	4
14-11-25	4
15-11-25	Family violence
Week 19	,
17-11-25	6
18-11-25	4

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Anu

Class and Section

M.A. First Year

Subject

Theoretical Perspective of Psychology I

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	- UNIT-1 Intro -
21-08-25	Need for Study of history in
22-08-25	psychology
23-08-25	Problem in Historiography
Week 7	
25-08-25	//
26-08-25	Philosophical issues
27-08-25	//
28-08-25	Mind-body problem
29-08-25	//
30-08-25	Free Will vs. Determination
Week 8	
01-09-25	//
02-09-25	Formal founding of psychology
03-09-25	Weber
04-09-25	Fechner
06-09-25	//
Week 9	
08-09-25	Wundt
09-09-25	Contribution of Titchener.
10-09-25	//
11-09-25	UNIT-2 Intro -
12-09-25	functionalism
13-09-25	Antecedents
Week 10	
15-09-25	//
16-09-25	Pioneers
17-09-25	//
18-09-25	Methodology
19-09-25	//
20-09-25	//

Week 11	
24-09-25	Tenets
25-09-25	"
26-09-25	Behaviourism
27-09-25	"
Week 12	
29-09-25	Antecedents
30-09-25	influences
01-10-25	"
03-10-25	Thorndike
04-10-25	"
Week 13	
06-10-25	Pavlov
08-10-25	"
09-10-25	Contributions of Watson
10-10-25	"
11-10-25	"
Week 14	
13-10-25	UNIT-3 Intro-
Week 15	
23-10-25	Gestalt Psychology
24-10-25	"
25-10-25	Pioneers
Week 16	
27-10-25	Wertheimer
28-10-25	"
29-10-25	Kohler
30-10-25	"
31-10-25	Koffka
01-11-25	"
Week 17	
03-11-25	"
04-11-25	Field Theory

06-11-25	"
07-11-25	Lewin
08-11-25	"
Week 18	
10-11-25	UNIT - 4 Intro -
11-11-25	Analytic Psychology
12-11-25	"
13-11-25	Jung
14-11-25	Individual Psychology: Adler
15-11-25	Neo-Freudians
Week 19	
17-11-25	Anna Freud
18-11-25	Fromm, Horney

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

MS. Suman (Commerce Dept.)

Class and Section

M.A Psychology IInd Year

Subject

Psychology of Environmental and Sustainable Behaviour.

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	
21-08-25	
22-08-25	Environmental Psychology - Nature's Rel. Method. Environmental Perception and Cognition
23-08-25	
Week 7	
25-08-25	
26-08-25	
27-08-25	
28-08-25	
29-08-25	Environmental Attitudes - Components. Factors Effecting Environment Concern.
30-08-25	
Week 8	
01-09-25	
02-09-25	
03-09-25	
04-09-25	Perception & Environmental Cognition
06-09-25	
Week 9	
08-09-25	
09-09-25	
10-09-25	
11-09-25	
12-09-25	Environmental Appraisals and evaluations, "
13-09-25	
Week 10	
15-09-25	
16-09-25	
17-09-25	
18-09-25	
19-09-25	Personality, Emotion and Environment "
20-09-25	

Week 11	
24-09-25	
25-09-25	
26-09-25	Pro Environmental Behaviour - Nature's Factor. Model of Environmental appraisal & PEB
27-09-25	
Week 12	
29-09-25	
30-09-25	
01-10-25	
03-10-25	
04-10-25	Theory of Planned Behaviour
Week 13	
06-10-25	
08-10-25	
09-10-25	
10-10-25	
11-10-25	Strategies to promote PEB.
Week 14	
13-10-25	
Week 15	
23-10-25	
24-10-25	Sustainable Behaviour - Nature, Antecedents. Steps to Foster Sustainable behaviour
25-10-25	
Week 16	
27-10-25	
28-10-25	
29-10-25	
30-10-25	
31-10-25	Selecting Behaviour, identifying barriers & benefits. Developing Strategy
01-11-25	
Week 17	
03-11-25	
04-11-25	

06-11-25	Commitment, prompts, norms, social diffusion
07-11-25	Conducting a pilot Study and evaluating
08-11-25	
Week 18	
10-11-25	
11-11-25	
12-11-25	
13-11-25	
14-11-25	Attributes of a good sustainability Campaign
15-11-25	Tips to Increase sustainable behaviours.
Week 19	
17-11-25	
18-11-25	

Suman

(Commerce Dept.)

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

MS. Suman Commerce Dept.

Class and Section

M.A Psychology IInd Year

Subject

Organizational Psychology

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	
21-08-25	
22-08-25	
23-08-25	
Week 7	
25-08-25	Nature of Organisation Psychology
26-08-25	Traditional and Modern Approaches.
27-08-25	Recruitment and Selection
28-08-25	
29-08-25	
30-08-25	
Week 8	
01-09-25	Process in Organization
02-09-25	Group Dynamics
03-09-25	"
04-09-25	
06-09-25	
Week 9	
08-09-25	Team in Organisation
09-09-25	Factor influencing group and team
10-09-25	Leadership - Power & Policy & Politics.
11-09-25	
12-09-25	
13-09-25	
Week 10	
15-09-25	Decision Making - Types & Models
16-09-25	"
17-09-25	"
18-09-25	
19-09-25	
20-09-25	

Week 11	
24-09-25	class Test.
25-09-25	
26-09-25	
27-09-25	
Week 12	
29-09-25	Group Decision Making
30-09-25	Group think and Preventing Group think.
01-10-25	
03-10-25	
04-10-25	
Week 13	
06-10-25	Job analysis and Interview.
08-10-25	Process in Organisation
09-10-25	
10-10-25	
11-10-25	
Week 14	
13-10-25	Employee Motivation
Week 15	
23-10-25	
24-10-25	
25-10-25	
Week 16	
27-10-25	Theories of Motivation Content and Process Theories
28-10-25	"
29-10-25	"
30-10-25	
31-10-25	
01-11-25	
Week 17	
03-11-25	
04-11-25	

06-11-25	
07-11-25	
08-11-25	
Week 18	
10-11-25	Approaches of Leadership.
11-11-25	"
12-11-25	"
13-11-25	
14-11-25	
15-11-25	
Week 19	
17-11-25	organisation Theory & Design
18-11-25	organisational Culture.

Suman
(Commerce Dept.)

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

MS. Soema (Commerce Dept.)

Class and Section

M.A. Psychology (3rd Sem)

Subject

Coaching and Mentoring

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	
21-08-25	
22-08-25	
23-08-25	
Week 7	
25-08-25	Introduction to Coaching and Mentoring.
26-08-25	Integrating Positive Psychology in Coaching
27-08-25	- Do -
28-08-25	
29-08-25	
30-08-25	
Week 8	
01-09-25	Indian Concepts in Coaching
02-09-25	- Do -
03-09-25	Approaches to Coaching
04-09-25	
06-09-25	
Week 9	
08-09-25	Continue with approaches and Perspectives of coaching
09-09-25	- Do -
10-09-25	- Do -
11-09-25	
12-09-25	
13-09-25	
Week 10	
15-09-25	Approaches to Mentoring - Models
16-09-25	- Do -
17-09-25	- Do -
18-09-25	
19-09-25	
20-09-25	

Week 11	
24-09-25	Coaching Process- Meaning & Features, essential
25-09-25	
26-09-25	
27-09-25	
Week 12	
29-09-25	Stages and Principles of Coaching Process- Models of Coaching. → Do →
30-09-25	
01-10-25	
03-10-25	
04-10-25	
Week 13	
06-10-25	Coaching Skills — Questions & Listening Coaching Skills — Presence and Intuitions
08-10-25	
09-10-25	
10-10-25	
11-10-25	
Week 14	
13-10-25	Continue with skills - Trust and openness.
Week 15	
23-10-25	—
24-10-25	—
25-10-25	—
Week 16	
27-10-25	Supervision - Developing Coaches and Mentors Supervision - Models and Implications: Competencies, Standards
28-10-25	
29-10-25	
30-10-25	
31-10-25	
01-11-25	
Week 17	
03-11-25	Continue with Competencies and Skills. Team Coaching — Group & Teams, Team Performance
04-11-25	

06-11-25	
07-11-25	
08-11-25	
Week 18	
10-11-25	Team Coaching - Issues, factors, useful tools etc. Motivation and Coaching - Introduction and concepts - Do -
11-11-25	
12-11-25	
13-11-25	
14-11-25	
15-11-25	
Week 19	
17-11-25	Revision
18-11-25	Revision

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Ms. Nancy Deswal

Class and Section

M.A. (Final year)

Subject

Cognitive Psychology

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	
21-08-25	
22-08-25	- Attention
23-08-25	Filter (Broadbent & Treisman)
Week 7	
25-08-25	Resource (Kahneman) Theories
26-08-25	Factors Affecting Division of Attention
27-08-25	Memory
28-08-25	T ₁
29-08-25	"
30-08-25	STM & LTM Retrieval of Information
Week 8	
01-09-25	Factors Determining Retrieval
02-09-25	Working Memory
03-09-25	"
04-09-25	Hierarchical Semantic Network Model
06-09-25	"
Week 9	
08-09-25	Prospective Memory
09-09-25	Types & Common Failures
10-09-25	Reconstructive nature of Memory
11-09-25	"
12-09-25	"
13-09-25	Forgetting
Week 10	
15-09-25	"
16-09-25	"
17-09-25	D
18-09-25	"
19-09-25	"
20-09-25	Decision Making

Week 11	
24-09-25	"
25-09-25	"
26-09-25	Cognitive Illusions in Decision Making
27-09-25	
	"
Week 12	
29-09-25	"
30-09-25	"
01-10-25	Problem Solving
03-10-25	
04-10-25	"
	"
Week 13	
06-10-25	Blocks in Problem
08-10-25	
09-10-25	"
10-10-25	Language
11-10-25	
	"
Week 14	
13-10-25	Structure of Language
Week 15	
23-10-25	"
24-10-25	"
25-10-25	Phonology, Syntax
Week 16	
27-10-25	Semantic And Pragmatics
28-10-25	
29-10-25	Speech Production
30-10-25	"
31-10-25	Individual Differences in Cognition
01-11-25	
	"
Week 17	
03-11-25	"
04-11-25	Gender Differences in Cognition

06-11-25	✓
07-11-25	✓
08-11-25	Empirical evidences of Cross-Cultural Differ
Week 18	.
10-11-25	✓
11-11-25	✓
12-11-25	✓
13-11-25	Effect of Schooling & Literacy
14-11-25	✓
15-11-25	✓
Week 19	
17-11-25	Revision
18-11-25	Revision

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Anu

Class and Section

M.A. First Year

Subject

Research & Methods Design & Statistics

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	UNIT 1 - Introduction
21-08-25	Research Intro -
22-08-25	Meaning
23-08-25	//
Week 7	
25-08-25	Types
26-08-25	Research Problem
27-08-25	//
28-08-25	//
29-08-25	Hypotheses
30-08-25	//
Week 8	
01-09-25	Variables
02-09-25	Descriptive statistics -
03-09-25	//
04-09-25	Measures of Central
06-09-25	Tendency
Week 9	
08-09-25	//
09-09-25	Variability
10-09-25	//
11-09-25	UNIT-2 Sampling -
12-09-25	//
13-09-25	Probability
Week 10	
15-09-25	Non-Probability
16-09-25	Sampling Methods
17-09-25	//
18-09-25	Normal Probability Curve
19-09-25	(NPC)
20-09-25	//

Week 11	
24-09-25	Applications
25-09-25	(Area under Npc)
26-09-25	"
27-09-25	Deviation
Week 12	
29-09-25	Skewness & Kurtosis
30-09-25	"
01-10-25	"
03-10-25	UNIT - 3 Intro -
04-10-25	Experimental Method
Week 13	
06-10-25	"
08-10-25	Methods of psychological
09-10-25	Research
10-10-25	"
11-10-25	Experimental - Observation
	"
Week 14	
13-10-25	Interview
Week 15	
23-10-25	"
24-10-25	Case Study
25-10-25	Self-Report Methods.
Week 16	
27-10-25	Non-Exp. Method -
28-10-25	Correlation Statistics
29-10-25	"
30-10-25	Product Moment
31-10-25	"
01-11-25	Rank order
Week 17	
03-11-25	Biserial, Tetrachoric
04-11-25	Kendall concordance

06-11-25	UNIT-4 Research Designs
07-11-25	B/w. Subjects. within Groups
08-11-25	Quasi Exp. Design
Week 18	
10-11-25	Inferential Statistics : T-test
11-11-25	"
12-11-25	ANOVA
13-11-25	"
14-11-25	Mann-Whitney U-Test
15-11-25	Wilcoxon Matched Paired Test
Week 19	
17-11-25	Kruskal Wallis H-Test
18-11-25	"

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Anu

Class and Section

M.A. First Year

Subject

Positive Psychology

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	
29-07-25	
30-07-25	
01-08-25	
02-08-25	
Week 4	
04-08-25	
05-08-25	
06-08-25	
07-08-25	
08-08-25	
Week 5	
11-08-25	
12-08-25	
13-08-25	

14-08-25	
Week 6	
18-08-25	
19-08-25	
20-08-25	UNIT - 1 Intro -
21-08-25	Positive Psychology
22-08-25	"
23-08-25	Historical Development of
Week 7	
25-08-25	positive psychology
26-08-25	"
27-08-25	Concept of Well-being
28-08-25	"
29-08-25	classification of Human Virtues
30-08-25	"
Week 8	
01-09-25	"
02-09-25	Measuring Strength of
03-09-25	Character
04-09-25	"
06-09-25	"
Week 9	
08-09-25	Administration —
09-09-25	Intro —
10-09-25	PERMA
11-09-25	"
12-09-25	"
13-09-25	VIA
Week 10	
15-09-25	"
16-09-25	UNIT - 2 Intro —
17-09-25	Cognitive States
18-09-25	"
19-09-25	"
20-09-25	Processes of CS
	"

Week 11	
24-09-25	Wisdom
25-09-25	"
26-09-25	"
27-09-25	Self - efficacy
	"
Week 12	
29-09-25	"
30-09-25	Hope
01-10-25	"
03-10-25	Giftedness
04-10-25	"
Week 13	
06-10-25	Creativity
08-10-25	"
09-10-25	Administration & Self -
10-10-25	Efficacy
11-10-25	Creativity
Week 14	
13-10-25	"
Week 15	
23-10-25	
24-10-25	
25-10-25	
Week 16	
27-10-25	
28-10-25	
29-10-25	
30-10-25	
31-10-25	
01-11-25	
Week 17	
03-11-25	
04-11-25	

06-11-25	
07-11-25	
08-11-25	
Week 18	
10-11-25	
11-11-25	
12-11-25	
13-11-25	
14-11-25	
15-11-25	
Week 19	
17-11-25	
18-11-25	

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Anu

Class and Section

M.A. FINAL Year

Subject

Biological Bases of Behaviour

Week 1	Description
15-07-25	
16-07-25	
17-07-25	
18-07-25	
19-07-25	
Week 2	
21-07-25	
22-07-25	
23-07-25	
24-07-25	
25-07-25	
26-07-25	
Week 3	
28-07-25	UNIT-I Introduction
29-07-25	Nature
30-07-25	Meaning
01-08-25	Approach
02-08-25	"
Week 4	
04-08-25	Major division of Biopsychology
05-08-25	"
06-08-25	"
07-08-25	Methods of study
08-08-25	"
Week 5	
11-08-25	Research
12-08-25	"
13-08-25	Cells of Nervous System

	"
14-08-25	
Week 6	
18-08-25	Neuron Intro -
19-08-25	Structure "
20-08-25	Types "
21-08-25	" "
22-08-25	
23-08-25	
Week 7	
25-08-25	Conduction of Nerve
26-08-25	Impulse "
27-08-25	" "
28-08-25	Synapse "
29-08-25	" "
30-08-25	
Week 8	
01-09-25	Synaptic transmission
02-09-25	process "
03-09-25	Stages "
04-09-25	" "
06-09-25	
Week 9	
08-09-25	UNIT - 2 Intro -
09-09-25	Nervous System "
10-09-25	Central Nervous System "
11-09-25	Structure & Function of Brain "
12-09-25	
13-09-25	
Week 10	
15-09-25	"
16-09-25	Spinal cord "
17-09-25	" "
18-09-25	Peripheral Nervous System "
19-09-25	" "
20-09-25	Somatic Nervous System

Week 11	
24-09-25	"
25-09-25	Cranial & Spinal Nerves
26-09-25	"
27-09-25	"
Week 12	
29-09-25	Autonomic Nervous System
30-09-25	"
01-10-25	"
03-10-25	Sympathetic Nervous System
04-10-25	"
Week 13	
06-10-25	"
08-10-25	Parasympathetic Nervous
09-10-25	System
10-10-25	"
11-10-25	"
Week 14	
13-10-25	UNIT - 3 Intro -
Week 15	
23-10-25	Behavioural Genetics
24-10-25	"
25-10-25	Mendelian Genetics
Week 16	
27-10-25	"
28-10-25	"
29-10-25	"
30-10-25	Chromosomes
31-10-25	"
01-11-25	"
Week 17	
03-11-25	Sex linked & Sex limited
04-11-25	genes.

06-11-25	Biological Basis of Cognition & Learning : Lashley Lateralization & Handedness.
07-11-25	
08-11-25	
Week 18	
10-11-25	UNIT-4 Intro - Biological Basis :- Hunger Thirst Sleep - Stages Types "
11-11-25	
12-11-25	
13-11-25	
14-11-25	
15-11-25	
Week 19	
17-11-25	Mechanism Disorder
18-11-25	