

# TIKA RAM GIRLS COLLEGE SONEPAT

## Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR ..... ANU.....  
 CLASS AND SECTION ..... M. A. First Year Psychology.....  
 SUBJECT ..... Psychological Assessment.....

WEEK	DESCRIPTION
<b>Unit - I</b>	
WEEK 1	
5-1-26	Psychological Measurement: Meaning, History
6-1-26	4
7-1-26	4
8-1-26	Levels of Measurement (Scales)
9-1-26	4
10-1-26	4
<b>WEEK 2</b>	
12-1-26	Problems of Measurement
13-1-26	4
14-1-26	Errors and Sources of Error in Measurement
15-1-26	4
16-1-26	4
17-1-26	4
<b>WEEK 3</b>	
19-1-26	Issues in Test Design
20-1-26	4
21-1-26	4
22-1-26	Tests Differing in Purpose
24-1-26	4
<b>WEEK 4</b>	
27-1-26	Content and Administration format
28-1-26	4
29-1-26	4
30-1-26	4
31-1-26	4
<b>Unit - II</b>	
<b>WEEK 5</b>	
2-2-26	Design of Ability Tests: Basic Design Issue
3-2-26	4
4-2-26	4
5-2-26	Alternate choice formats, Free-Response formats
6-2-26	4
7-2-26	4
<b>WEEK 6</b>	

4-4-26  
WEEK 13  
5-4-26  
7-4-26  
8-4-26  
9-4-26  
10-4-26  
11-4-26

9-2-26	Selecting Scoring System
10-2-26	"
11-2-26	Comparing Norm & Criterion-Referenced Scores
13-2-26	"
14-2-26	"

**WEEK 7**

16-2-26	Design of Performance Tests: Objective Tests
17-2-26	"
18-2-26	"
19-2-26	Projective Tests
20-2-26	"
21-2-26	"

**WEEK 8**

23-2-26	Attitude Scale
24-2-26	"
25-2-26	"
26-2-26	Evaluation Scales
27-2-26	"
28-2-26	"

**WEEK 9** Unit - III

9-3-26	Norms: Meaning, Steps for Developing Norms
10-3-26	"
11-3-26	"
12-3-26	Types of Norms - Age, Grade, Percentiles
13-3-26	"
14-3-26	"

**WEEK 10**

16-3-26	Standard Scores and Normalized Standard
17-3-26	"
18-3-26	"
19-3-26	Reliability: Meaning, Types
20-3-26	"
21-3-26	"

**WEEK 11**

24-3-26	Calculation of Reliability Analysis
25-3-26	"
27-3-26	Factors Affecting Reliability
28-3-26	"

**WEEK 12**

30-3-26	"
31-3-26	Improving Reliability
1-4-26	"
2-4-26	"
3-4-26	"

4-4-26	"
<b>WEEK 13</b>	Unit - IV
6-4-26	Validity : Meaning
7-4-26	"
8-4-26	"
9-4-26	Methods and Process of Validation
10-4-26	"
11-4-26	"
<b>WEEK 14</b>	
13-4-26	"
15-4-26	Factors Affecting Validity
16-4-26	"
17-4-26	"
18-4-26	"
<b>WEEK 15</b>	
20-4-26	Item Analysis
21-4-26	"
22-4-26	"
23-4-26	Item - Difficulty
24-4-26	"
25-4-26	"
<b>WEEK 16</b>	
27-4-26	Item Discrimination
28-4-26	"
29-4-26	"
30-4-26	Distractor Power
1-5-26	"
2-5-26	"
<b>WEEK 17</b>	
4-5-26	Item characteristic curves
5-5-26	"
6-5-26	"

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# TIKA RAM GIRLS COLLEGE SONEPAT

## Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR .....A.N.U.....  
 CLASS AND SECTION .....M.A. Psychology 'First Year'.....  
 SUBJECT .....Psychological Testing.....

WEEK	DESCRIPTION
<b>Unit - I</b>	
WEEK 1	
5-1-26	Psychological Testing : Nature
6-1-26	u
7-1-26	Characteristics of Good Test
8-1-26	u
9-1-26	u
10-1-26	Types of Tests
<b>WEEK 2</b>	
12-1-26	u
13-1-26	u
14-1-26	u
15-1-26	Applications of Psychological Testing
16-1-26	u
17-1-26	u
<b>WEEK 3</b>	
19-1-26	Test Administration: Effects of Examiner
20-1-26	u
21-1-26	u
22-1-26	Situational Variables
24-1-26	u
<b>WEEK 4</b>	
27-1-26	Examinee's Perspective
28-1-26	u
29-1-26	u
30-1-26	Effect of Training on test performance
31-1-26	u
<b>Unit - II</b>	
<b>WEEK 5</b>	
2-2-26	Measurement of Ability and Aptitude
3-2-26	u
4-2-26	Stanford Binet
5-2-26	u
6-2-26	u
7-2-26	u
<b>WEEK 6</b>	

9-2-26	Weschler Scales
10-2-26	"
11-2-26	Multilevel Battery: Cognitive Abilities Test
13-2-26	"
14-2-26	"

**WEEK 7**

16-2-26	Multiple Aptitude Batteries: Differential Aptitude Test
17-2-26	"
18-2-26	"
19-2-26	(Description Scoring and Interpretation)
20-2-26	"
21-2-26	"

**WEEK 8**

23-2-26	Neuropsychological Tests: Iowa-Nebraska
24-2-26	Neuropsychological Battery
25-2-26	"
26-2-26	"
27-2-26	AIMS Comprehensive Neurological Battery
28-2-26	"

**WEEK 9**

9-3-26	"
10-3-26	Description, Scoring and Interpretation
11-3-26	"
12-3-26	"
13-3-26	"
14-3-26	"

**WEEK 10**

Unit - III	
16-3-26	Personality Testing: Self-Report Inventories
17-3-26	"
18-3-26	MMPI
19-3-26	"
20-3-26	"
21-3-26	"

**WEEK 11**

24-3-26	IGPF
25-3-26	"
27-3-26	"
28-3-26	NEO-PI-R
	"

**WEEK 12**

30-3-26	"
31-3-26	Myers - Briggs Type Indicator
1-4-26	"
2-4-26	"
3-4-26	"

4-4-26	Description, Scoring and Interpretation
<b>WEEK 13</b>	
6-4-26	"
7-4-26	Projective Techniques: Association / Inkblot - Meaning
8-4-26	"
9-4-26	Types
10-4-26	"
11-4-26	"
<b>WEEK 14</b>	
13-4-26	Rorschach Inkblot Test, Construction / Pictorial - TAT
15-4-26	"
16-4-26	"
17-4-26	(Description, Scoring and Interpretation)
18-4-26	"
<b>WEEK 15</b>	
Unit - IV	
20-4-26	Test for special Population
21-4-26	"
22-4-26	Test for Infant & Preschool Children
23-4-26	"
24-4-26	"
25-4-26	"
<b>WEEK 16</b>	
27-4-26	Test for persons with Intellectual Disability
28-4-26	"
29-4-26	"
30-4-26	"
1-5-26	Ethical and Social Issues in Psychological Testing
2-5-26	"

**WEEK 17**

4-5-26	"
5-5-26	"
6-5-26	"

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TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR Ms. Nancy Deaul  
 CLASS AND SECTION M.A. 1st year (Psychology)  
 SUBJECT Sports & Exercise Psychology

WEEK 1	DESCRIPTION
5-1-26	UNIT-I
6-1-26	Sports & Exercise Psychology
7-1-26	Introduction
8-1-26	— Nature —
9-1-26	Distinguishing b/w two specialities
10-1-26	— do —
<b>WEEK 2</b>	
12-1-26	— do —
13-1-26	— do —
14-1-26	Understanding Present & future Trends
15-1-26	— do —
16-1-26	— do —
17-1-26	— do —
<b>WEEK 3</b>	
19-1-26	Issues for special populations in sports
20-1-26	— do —
21-1-26	— do —
22-1-26	— do —
24-1-26	Barriers for women in sports
<b>WEEK 4</b>	
27-1-26	— do —
28-1-26	— do —
29-1-26	Competition And cooperation
30-1-26	— do —
31-1-26	— do —
<b>WEEK 5</b>	
2-2-26	Approaches to Influencing Behavior
3-2-26	— do —
4-2-26	— do —
5-2-26	Guidelines for using Positive Reinforcement
6-2-26	— do —
7-2-26	— do —
<b>WEEK 6</b>	

9-2-26	Punishment
10-2-26	do
11-2-26	[UNIT-2]
13-2-26	Personality & Sports
14-2-26	do

<b>WEEK 7</b>	
16-2-26	do
17-2-26	Major Perspectives of Personality
18-2-26	do
19-2-26	Personality & Sports Performance
20-2-26	do
21-2-26	do

<b>WEEK 8</b>	
23-2-26	Examining Cognitive Strategies & Success
24-2-26	do
25-2-26	do
26-2-26	[UNIT-3]
27-2-26	
28-2-26	Motivation And Aggression (Intro)

<b>WEEK 9</b>	
9-3-26	Nature
10-3-26	Major approaches to Motivation
11-3-26	do
12-3-26	Achievement Motivation
13-3-26	do
14-3-26	do

<b>WEEK 10</b>	
16-3-26	do
17-3-26	do
18-3-26	Models of Aggression
19-3-26	do
20-3-26	do
21-3-26	do

<b>WEEK 11</b>	
24-3-26	Role of Aggression in sports
25-3-26	do
27-3-26	do
28-3-26	Controlling Aggression

<b>WEEK 12</b>	
30-3-26	do
31-3-26	[UNIT-4]
1-4-26	Leadership and Coaching (Intro)
2-4-26	do
3-4-26	do

4-4-26		
<b>WEEK 13</b>		Components of Effective Leadership
6-4-26		— do —
7-4-26		— do —
8-4-26		— do —
9-4-26		— do —
10-4-26		— do —
11-4-26		— do —
<b>WEEK 14</b>		Recognizing Breakdowns of Communication
13-4-26		— do —
15-4-26		— do —
16-4-26		— do —
17-4-26		— do —
18-4-26		— do —
		Dealing with Confrontation
		— do —
<b>WEEK 15</b>		
20-4-26		— do —
21-4-26		— do —
22-4-26		— do —
23-4-26		— do —
24-4-26		— do —
25-4-26		— do —
		Team Cohesion
		Nature
		Relationship b/w Cohesion & Performance
<b>WEEK 16</b>		
27-4-26		— do —
28-4-26		— do —
29-4-26		— do —
30-4-26		— do —
1-5-26		— do —
2-5-26		— do —
		Strategies for enhancing Cohesion
		Building Self Confidence
<b>WEEK 17</b>		
4-5-26		— do —
5-5-26		— do —
6-5-26		— do —
		Effectiveness of Goal - Setting
		— do —

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR Ms. Nancy Deswal  
 CLASS AND SECTION M.A Psychology (1st year)  
 SUBJECT Theoretical Perspective of Psychology II

WEEK	DESCRIPTION
WEEK 1	<u>UNIT-I</u>
5-1-26	
6-1-26	
7-1-26	<u>Neo - Behaviourism</u>
8-1-26	<u>do</u>
9-1-26	<u>Intro</u>
10-1-26	<u>do</u>
WEEK 2	
12-1-26	<u>Contributions of Tolman</u>
13-1-26	<u>do</u>
14-1-26	<u>do</u>
15-1-26	<u>Contribution of Tolman, Hull</u>
16-1-26	<u>Hull Theory</u>
17-1-26	<u>Hull Theory</u>
WEEK 3	
19-1-26	<u>do</u>
20-1-26	<u>Skinner Theory</u>
21-1-26	<u>do</u>
22-1-26	<u>do</u>
24-1-26	<u>do</u>
WEEK 4	
27-1-26	<u>Guthrie</u>
28-1-26	<u>do</u>
29-1-26	<u>do</u>
30-1-26	<u>do</u>
31-1-26	<u>do</u>
WEEK 5	
2-2-26	<u>Socio-behaviourism</u>
3-2-26	<u>do</u>
4-2-26	<u>do</u>
5-2-26	<u>Contributions of Bandura</u>
6-2-26	<u>do</u>
7-2-26	
WEEK 6	

4-4-26	
WEEK 13	
6-4-26	
7-4-26	
8-4-26	
9-4-26	
10-4-26	
11-4-26	
WEEK 14	
13-4-26	
15-4-26	
16-4-26	

9-2-26	— do —
10-2-26	Rotter
11-2-26	— do —
13-2-26	— do —
14-2-26	[UNIT-2]
WEEK 7	
16-2-26	Cognitive Approach
17-2-26	— do —
18-2-26	— do —
19-2-26	Kelly
20-2-26	— do —
21-2-26	— do —
WEEK 8	
23-2-26	Mischel
24-2-26	— do —
25-2-26	— do —
26-2-26	Humanistic movement
27-2-26	— do —
28-2-26	— do —
WEEK 9	
9-3-26	Contributions of Maslow
10-3-26	— do —
11-3-26	— do —
12-3-26	Rogers
13-3-26	— do —
14-3-26	— do —
WEEK 10	
16-3-26	Existential movement
17-3-26	— do —
18-3-26	— do —
19-3-26	Frankl
20-3-26	— do —
21-3-26	— do —
WEEK 11	

24-3-26	Rollo May
25-3-26	[UNIT-3]
27-3-26	Theories of Personality
28-3-26	— do —
WEEK 12	
30-3-26	— do —
31-3-26	Cattell
1-4-26	— do —
2-4-26	Essence
3-4-26	— do —

4-4-26	Big Five
<b>WEEK 13</b>	
6-4-26	- do -
7-4-26	Theories of Emotions
8-4-26	- do -
9-4-26	James Lange
10-4-26	Cannon-Baird
11-4-26	- do -
<b>WEEK 14</b>	
13-4-26	Sacharter and Singer
15-4-26	- do -
16-4-26	lazarus
17-4-26	- do -
18-4-26	Theories of Motivation
<b>WEEK 15</b>	
20-4-26	Ryan and Deci
21-4-26	(Self-determination)
22-4-26	M.C. Alland
23-4-26	- do -
24-4-26	(UNIT-4)
25-4-26	Mental testing: Cattell
<b>WEEK 16</b>	
27-4-26	Psychological testing Movement
28-4-26	- do -
29-4-26	Industrial/Organizational
30-4-26	Psychology Movement
1-5-26	- do -
2-5-26	Walter Dill Scott

**WEEK 17**

4-5-26	Contemporary Developments in Psychology
5-5-26	- do -
6-5-26	- do -

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR

Ms. Nancy Deswal

CLASS AND SECTION

M.A. Psychology (1st year)

SUBJECT

Health Psychology

WEEK	DESCRIPTION
WEEK 1	<b>UNIT-1</b>
5-1-26	Health Psychology (Intro)
6-1-26	Nature
7-1-26	Emergence of Health Psychology
8-1-26	—do—
9-1-26	Goals of Health Psychology
10-1-26	—do—
WEEK 2	
12-1-26	Biopsychosocial Perspective of Health Psychology
13-1-26	—do—
14-1-26	—do—
15-1-26	Research methods of Health Psychology
16-1-26	—do—
17-1-26	Experimental Method
WEEK 3	
19-1-26	—do—
20-1-26	Quasi-Experimental
21-1-26	—do—
22-1-26	Ex-post-facto
24-1-26	—do—
WEEK 4	
27-1-26	Correlational
28-1-26	—do—
29-1-26	Genetic studies
30-1-26	—do—
31-1-26	Cross-sectional & longitudinal studies
WEEK 5	
2-2-26	—do—
3-2-26	Epidemiological research
4-2-26	—do—
5-2-26	<b>UNIT-2</b>
6-2-26	Health & Behavior
7-2-26	
WEEK 6	

9-2-26	Intro
10-2-26	Health Belief Model
11-2-26	—do—
13-2-26	Theory of Reasoned action
14-2-26	—do—
<b>WEEK 7</b>	
16-2-26	Theory of Planned Behaviour
17-2-26	—do—
18-2-26	Protection Motivation Theory
19-2-26	—do—
20-2-26	Trans theoretical Model of behaviour change
21-2-26	—do—
<b>WEEK 8</b>	
23-2-26	Barriers to Modifying Poor Health Behaviours
24-2-26	—do—
25-2-26	—do—
26-2-26	Cognitive - Behavioural
27-2-26	—do—
28-2-26	Approaches to Health Behaviour change
<b>WEEK 9</b>	
9-3-26	—do—
10-3-26	(Unit 3)
11-3-26	Cardiovascular disease
12-3-26	—do—
13-3-26	—do—
14-3-26	Types
<b>WEEK 10</b>	
16-3-26	Psychosocial factors of CVD
17-3-26	—do—
18-3-26	Psychological Interventions of CVD
19-3-26	—do—
20-3-26	Diabetes
21-3-26	—do—
<b>WEEK 11</b>	

24-3-26	Psychological management of Diabetes
25-3-26	—do—
27-3-26	Cancer
28-3-26	—do—
<b>WEEK 12</b>	
30-3-26	Psychosocial factors
31-3-26	—do—
1-4-26	Coping with Cancer
2-4-26	—do—
3-4-26	Pain Nature

4-4-26		- types
<b>WEEK 13</b>		
6-4-26		Biopsychosocial aspects of Pain
7-4-26		- do -
8-4-26		Managing & Controlling Pain
9-4-26		- do -
10-4-26		[DN17-4]
11-4-26		Seeking & Adherence to treatment
<b>WEEK 14</b>		
13-4-26		Psychosocial factors in recognising & interpreting symptoms
15-4-26		- do -
16-4-26		- do -
17-4-26		- do -
18-4-26		Factors associated with seeking treatment
<b>WEEK 15</b>		
20-4-26		- do -
21-4-26		- do -
22-4-26		Adherence
23-4-26		- do -
24-4-26		- do -
25-4-26		Barriers to Adherence /
<b>WEEK 16</b>		
27-4-26		- do -
28-4-26		Factors Predicting Adherence
29-4-26		- do -
30-4-26		- do -
1-5-26		- do -
2-5-26		Revision
<b>WEEK 17</b>		
4-5-26		Revision
5-5-26		Revision
6-5-26		Revision

# TIKA RAM GIRLS COLLEGE SONEPAT

## Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR ..... ANU .....

CLASS AND SECTION ..... M.A. Psychology 'Final Year' .....

SUBJECT ..... Psychopathology .....

WEEK 1	DESCRIPTION	Unit - I
5-1-26	Psychopathology: Nature, Historical Background	
6-1-26	4	
7-1-26	4	
8-1-26	4	
9-1-26	Diagnosis & Classification: Meaning, Purpose	
10-1-26	4	
<b>WEEK 2</b>		
12-1-26	4	
13-1-26	4	
14-1-26	DSM system of classification	
15-1-26	4	
16-1-26	4	
17-1-26	4	
<b>WEEK 3</b>		
19-1-26	Anxiety and Obsessive Disorders	
20-1-26	4	
21-1-26	4	
22-1-26	GAD	
24-1-26	4	
<b>WEEK 4</b>		
27-1-26	Panic	
28-1-26	4	
29-1-26	4	
30-1-26	Specific Phobia	
31-1-26	4	
<b>WEEK 5</b>		
2-2-26	4	
3-2-26	OCD	
4-2-26	4	
5-2-26	4	
6-2-26	4	
7-2-26	4	
<b>WEEK 6</b>	<b>Unit - II</b>	

9-2-26	Dissociative Disorders: Dissociative identity disorder
10-2-26	4
11-2-26	4
13-2-26	Dissociative Amnesia
14-2-26	4
<b>WEEK 7</b>	
16-2-26	4
17-2-26	4
18-2-26	4
19-2-26	Dissociative depersonalization
20-2-26	4
21-2-26	4
<b>WEEK 8</b>	
23-2-26	Somatiform disorders: Somatization disorder
24-2-26	4
25-2-26	4
26-2-26	Illness Anxiety Disorder
27-2-26	4
28-2-26	4
<b>WEEK 9</b>	
9-3-26	Body dysmorphic disorder
10-3-26	4
11-3-26	4
12-3-26	Conversion disorder
13-3-26	4
14-3-26	4
<b>WEEK 10</b> Unit-III	
16-3-26	Mood Related Disorders: Depression
17-3-26	4
18-3-26	4
19-3-26	4
20-3-26	4
21-3-26	4
<b>WEEK 11</b>	

24-3-26	Bipolar I disorder, Bipolar II disorder
25-3-26	4
27-3-26	4
28-3-26	4
<b>WEEK 12</b>	
30-3-26	Cyclothymic disorder
31-3-26	4
1-4-26	Schizophrenia and other psychotic disorders
2-4-26	4
3-4-26	4

4-4-26  
WEEK 13  
6-4-26  
7-4-26  
8-4-26  
9-4-26  
10-4-26  
11-4-26

Page No.

4-4-26 Clinical picture, Etiology and Treatment Approaches

WEEK 13

- 6-4-26 4
- 7-4-26 4
- 8-4-26 4
- 9-4-26 4
- 10-4-26 4
- 11-4-26 4

WEEK 14 Unit - IV

13-4-26 Neurodevelopmental Disorders: Intellectual Disability

- 15-4-26 4
- 16-4-26 4

17-4-26 Autism - spectrum, ADHD and Learning Disorders

- 18-4-26 4

WEEK 15

20-4-26 4  
21-4-26 Personality Disorders: Cluster A - Paranoid, Schizoid

- 22-4-26 4
- 23-4-26 4

24-4-26 Cluster B - Antisocial, Borderline, Histrionic and Narcissistic disorders

WEEK 16

- 27-4-26 4
- 28-4-26 4

29-4-26 4  
30-4-26 Cluster C - Avoidant, Dependent and Obsessive-Compulsive personality disorders.

- 1-5-26 4
- 2-5-26 4

WEEK 17

- 4-5-26 4
- 5-5-26 4
- 6-5-26 4

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# TIKA RAM GIRLS COLLEGE SONEPAT

## Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR ..... ANU .....  
 CLASS AND SECTION ..... M.A. Psychology 'Final Year' .....  
 SUBJECT ..... Psychotherapy .....

WEEK	DESCRIPTION
<b>Unit - I</b>	
WEEK 1	
5-1-26	Counselling Approaches: Counselling and Psychotherapy
6-1-26	"
7-1-26	"
8-1-26	Functions of Counselling and Psychotherapy Theories
9-1-26	"
10-1-26	"
<b>WEEK 2</b>	
12-1-26	Limitations
13-1-26	"
14-1-26	"
15-1-26	Origins of Counselling and Psychotherapy Approaches
16-1-26	"
17-1-26	"
<b>WEEK 3</b>	
19-1-26	"
20-1-26	"
21-1-26	Psychoanalytic Therapy
22-1-26	"
24-1-26	Key Concepts
<b>WEEK 4</b>	
27-1-26	Therapeutic Process
28-1-26	"
29-1-26	Therapeutic Techniques and Procedures
30-1-26	"
31-1-26	"
<b>WEEK 5</b>	
2-2-26	Contemporary Trends: Object-Relation Therapy
3-2-26	"
4-2-26	"
5-2-26	Self Psychology
6-2-26	"
7-2-26	Rational Psychoanalysis
<b>Unit - II</b>	
<b>WEEK 6</b>	

4-4-26  
WEEK 13  
6-4-26  
7-4-26

9-2-26	Humanistic - Existential Approaches
10-2-26	u
11-2-26	Person-Centred Therapy: Goals
13-2-26	u
14-2-26	Process
<b>WEEK 7</b>	
16-2-26	u
17-2-26	Interventions
18-2-26	Gestalt Therapy
19-2-26	u
20-2-26	Goals, Process and Interventions
21-2-26	u
<b>WEEK 8</b>	
23-2-26	u
24-2-26	u
25-2-26	Transactional Analysis: Goals, Process & Interventions
26-2-26	u
27-2-26	u
28-2-26	u
<b>WEEK 9</b>	
9-3-26	Existential Therapy: Goals, Process and Interventions
10-3-26	u
11-3-26	u
12-3-26	u
13-3-26	u
14-3-26	u
<b>WEEK 10</b>	
	Unit - III
16-3-26	Behaviour Therapy: Therapeutic Goals
17-3-26	u
18-3-26	Process of Therapy and Interventions
19-3-26	u
20-3-26	u
21-3-26	u
<b>WEEK 11</b>	

24-3-26	Rational Emotive Behaviour Therapy
25-3-26	u
27-3-26	Therapeutic Goals, Process of Therapy & Interventions
28-3-26	u
<b>WEEK 12</b>	
30-3-26	u
31-3-26	u
1-4-26	Beck's Cognitive Therapy: Process & Interventions
2-4-26	u
3-4-26	u

4-4-26	u
<b>WEEK 13</b>	Unit - TV
6-4-26	Psychoeducation
7-4-26	u
8-4-26	Nature
9-4-26	Benefits
10-4-26	u
11-4-26	u
<b>WEEK 14</b>	
13-4-26	Motivational Interviewing: Nature
15-4-26	u
16-4-26	Fundamental Interaction Techniques
17-4-26	u
18-4-26	u
<b>WEEK 15</b>	
20-4-26	Commitment to Change
21-4-26	u
22-4-26	Mindfulness and Self-Compassion: Nature
23-4-26	u
24-4-26	Benefits
25-4-26	u
<b>WEEK 16</b>	
27-4-26	Relaxation Techniques: Benefits
28-4-26	u
29-4-26	Types - Abdominal Breathing
30-4-26	u
1-5-26	Progressive Muscle Relaxation
2-5-26	u
<b>WEEK 17</b>	
4-5-26	u
5-5-26	Visual Imagery
6-5-26	u

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TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR Ms. Nancy Deswal  
 CLASS AND SECTION M.A. (Final)  
 SUBJECT Indian Psychology

WEEK	DESCRIPTION
<b>WEEK 1</b>	
5-1-26	Introduction UNIT-I
6-1-26	What is Indian Psychology?
7-1-26	Research Methods
8-1-26	Experimental Methods
9-1-26	Phenomenological Methods
10-1-26	- do -
<b>WEEK 2</b>	
12-1-26	Advaita Vedanta
13-1-26	- do -
14-1-26	Philosophy
15-1-26	- do -
16-1-26	Human personality
17-1-26	- do -
<b>WEEK 3</b>	
19-1-26	UNIT-2 states of consciousness
20-1-26	- do -
21-1-26	Personality
22-1-26	Mental Functions
24-1-26	- do -
<b>WEEK 4</b>	
27-1-26	Philosophical basis
28-1-26	- do -
29-1-26	Fundamental assumptions of Bhagwad Gita
30-1-26	- do -
31-1-26	Nyaya (Intro)
<b>WEEK 5</b>	
2-2-26	- do -
3-2-26	Personality
4-2-26	- do -
5-2-26	- do -
6-2-26	Ultimate goal of life
7-2-26	- do -
<b>WEEK 6</b>	

4-4-26  
WEEK 13  
6-4-26  
7-4-26  
8-4-26  
9-4-26  
10-4-26  
11-4-26  
W

9-2-26	Perception
10-2-26	- do -
11-2-26	States of consciousness
13-2-26	- do -
14-2-26	Vaiseshika
<b>WEEK 7</b>	
16-2-26	- do -
17-2-26	Consciousness
18-2-26	- do -
19-2-26	Personality
20-2-26	- do -
21-2-26	perception
<b>WEEK 8</b>	
23-2-26	- do -
24-2-26	Samkhya [UNIT-3]
25-2-26	- do -
26-2-26	Cosmology & Ontology
27-2-26	- do -
28-2-26	Personality
<b>WEEK 9</b>	
9-3-26	- do -
10-3-26	Sources of knowledge
11-3-26	- do -
12-3-26	Perception
13-3-26	- do -
14-3-26	- do -
<b>WEEK 10</b>	
16-3-26	Yoga Psychology
17-3-26	- do -
18-3-26	Comparison with Samkhya
19-3-26	- do -
20-3-26	- do -
21-3-26	Philosophy of Klesas
<b>WEEK 11</b>	

24-3-26	- do -
25-3-26	Goal of Yoga
27-3-26	- do -
28-3-26	- do -
<b>WEEK 12</b>	
30-3-26	Personality
31-3-26	- do -
1-4-26	Path of Yoga
2-4-26	- do -
3-4-26	- do -

**UNIT-4**

**Buddhism**

4-4-26	
<b>WEEK 13</b>	
6-4-26	Personality
7-4-26	Levels of Consciousness
8-4-26	— do —
9-4-26	— do —
10-4-26	Functioning of Mind
11-4-26	— do —
<b>WEEK 14</b>	
13-4-26	Jainism
15-4-26	Theory of Karma in Jain Psychology
16-4-26	— do —
17-4-26	— do —
18-4-26	Nature of Consciousness
<b>WEEK 15</b>	
20-4-26	— do —
21-4-26	— do —
22-4-26	Implications
23-4-26	— do —
24-4-26	— do —
25-4-26	— do —
<b>WEEK 16</b>	
27-4-26	Applications of Indian Psychology
28-4-26	— do —
29-4-26	— do —
30-4-26	— do —
1-5-26	— do —
2-5-26	Revision

**WEEK 17**

4-5-26	Revision
5-5-26	Revision
6-5-26	Revision

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR

Ms. Nancy Deswal

CLASS AND SECTION

M.A (Final)

SUBJECT

Advanced Counseling: Principles & Skills

WEEK	DESCRIPTION
<b>WEEK 1</b>	
5-1-26	UNIT-I Principles of Counseling: fundamental concepts of counselling
6-1-26	— do —
7-1-26	Goals of counselling
8-1-26	— do —
9-1-26	Types of counselling
10-1-26	— do —
<b>WEEK 2</b>	
12-1-26	Characteristics of Effective Counsellors
13-1-26	Common pitfalls faced by beginning counsellors
14-1-26	Ethics in counselling
15-1-26	— do —
16-1-26	Ethical principles
17-1-26	Common ethical violations
<b>WEEK 3</b>	
19-1-26	Counseling Process I (UNIT-2)
20-1-26	Inviting & building the counseling relationship
21-1-26	— do —
22-1-26	— do —
24-1-26	Core Conditions
<b>WEEK 4</b>	
27-1-26	— do —
28-1-26	Counsellors actions impeding the counseling session
29-1-26	— do —
30-1-26	— do —
31-1-26	Counseling Process II
<b>WEEK 5</b>	
2-2-26	Goals & Methods
3-2-26	— do —
4-2-26	Commitment to action
5-2-26	— do —
6-2-26	Goal Setting
7-2-26	— do —
<b>WEEK 6</b>	

4-4-26	
WEEK 13	
6-4-26	
7-4-26	
8-4-26	
9-4-26	
10-4-26	
11-4-26	
WEEK 14	
13-4-26	
15-4-26	

9-2-26	Design and Implementation of action plan
10-2-26	— do —
11-2-26	Termination
13-2-26	<u>UNIT-3</u> listening skills
14-2-26	Importance of active listening
<b>WEEK 7</b>	
16-2-26	— do —
17-2-26	Skills of active listening
18-2-26	— do —
19-2-26	Attitude of Respect & Acceptance
20-2-26	Client's Internal frame of Reference
21-2-26	Body & Voice Messages
<b>WEEK 8</b>	
23-2-26	Understanding skills
24-2-26	— do —
25-2-26	Paraphrasing skills
26-2-26	— do —
27-2-26	Reflecting feelings
28-2-26	— do —
<b>WEEK 9</b>	
9-3-26	Mind skills
10-3-26	— do —
11-3-26	Manage Initial Resistance
12-3-26	— do —
13-3-26	Understanding of Context & Difference
14-3-26	— do —
<b>WEEK 10</b>	
16-3-26	Refraining listening blocks
17-3-26	— do —
18-3-26	<u>UNIT-4</u>
19-3-26	Understanding Problem & Thinking skills
20-3-26	Questioning skills
21-3-26	Challenging skills
<b>WEEK 11</b>	

24-3-26	Feedback skills
25-3-26	Self-Disclosure skills
27-3-26	— do —
28-3-26	Skills for eliciting & assessing thinking
<b>WEEK 12</b>	
30-3-26	Delivering & Action Interventions
31-3-26	— do —
1-4-26	Considerations in planning
2-4-26	— do —
3-4-26	Criteria for choosing Intervention

in Pbm

4-4-26	do
<b>WEEK 13</b>	
6-4-26	do
7-4-26	Speaking skills
8-4-26	do
9-4-26	Demonstration & Coaching skills
10-4-26	do
11-4-26	Development of communication skills
<b>WEEK 14</b>	
13-4-26	Monitoring skills
15-4-26	do
16-4-26	Rehearsal and Role play
17-4-26	do
18-4-26	do
<b>WEEK 15</b>	
20-4-26	Time-table Activities
21-4-26	do
22-4-26	do
23-4-26	Using Self-reinforcement skills
24-4-26	do
25-4-26	do
<b>WEEK 16</b>	
27-4-26	Revision
28-4-26	Revision
29-4-26	Revision
30-4-26	"
1-5-26	"
2-5-26	"

**WEEK 17**

4-5-26	"
5-5-26	"
6-5-26	"