**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Odd Semester (For Ongoing Classes UG-PG)**

**Session (2021-2022)**

**Class:BA III Name of the Teacher:Dr Rumeena Surjit Singh**

**Subject:Psychology Period :1st**

**Paper :Abnormal Psychology Room No :313**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 11-08-2021 to 14-08-2021 | Unit 1: Introduction to the concept of Abnormality |
| Week 2 | 16-08-2021 to 21-08-2021 | Historical viewpoint of abnormality |
| Week 3 | 23-08-2021 to 28-08-2021 | Psychodynamic viewpoint of abnormality |
| Week 4 | 31-08-2021 to 04-09-2019 | Behavioral viewpoint of abnormality |
| Week 5 | 06-09-2021 to 11-09-2021 | Cognitive Behavioral viewpoint of abnormality |
| Week 6 | 13-09-2021 to 18-09-2021 | Humanistic, and Interpersonal viewpoint of abnormality, Revision |
| Week 7 | 20-09-2021 to 25-09-2021 | Unit 2-Causes of Abnormal Behaviour, Biological causes |
| Week 8 | 27-09-2021 to 01-10-2021 | Psychological causes |
| Week 9 | 04-10-2021 to 09-10-2021 | Socio-cultural causes |
| Week 10 | 11-10-2021 to 16-10-2021 | Unit-3. Concept of Stress |
| Week 11 | 18-10-2021 to 19-10-2021 | Types of stressors |
| **Mid Semester Exam (21st October 2021 – 30th October 2021)** | | |
| Week 12 | 01-11-2021 to 06-11-2021 | Etiology of stress, Coping strategies- Problem focused and Emotion focused |
| Week 13 | 08-11-2021 to 13-11-2021 | Effects of stress |
| Week 14 | 15-11-2021 to 20-11-2021 | Unit 4- significance of statistics:Mean, standard deviation |
| Week 15 | 22-11-2021 to 27-11-2021 | Correlation, revision |
| Week 16 | 29-11-2021 to 30-11-2021 | Significance of difference between means (correlated and uncorrelated), Practice of statistics |