

**PG.GOV'T COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan -2015-16**

**Class: BA III**

**Paper code:**

**Subject: Dr.Urvashi Roul**

**Session: 2015-16**

<b>S. No</b>	<b>Date From</b>	<b>Date Upto</b>	<b>Topics to be covered</b>
Week 1	20 <sup>st</sup> July, 2015	25 <sup>th</sup> July, 2015	Historical Viewpoints Regarding Abnormal Behaviour
Week 2	27 <sup>th</sup> July	1 <sup>nd</sup> August	Historical Viewpoints Regarding Abnormal Behaviour( Contd..)
Week 3	3 <sup>rd</sup> August	8 <sup>th</sup> August	Causes of Abnormal Behaviour- General
Week 4	10 <sup>th</sup> August	14 <sup>th</sup> August	Biological Factors  Practical-1
Week 5	17 <sup>th</sup> August	22 <sup>nd</sup> August	Psycho-social, bahavioural and other factors leading to abnormal behaviour
Week 6	24 <sup>th</sup> August	28 <sup>th</sup> August	Stress, Stressors, Categories of stress Practical -2
Week 7	31 <sup>st</sup> Aug	4 <sup>th</sup> Sept	Factors predisposing Stress, Frustration, conflict & pressure
Week 8	14 <sup>th</sup> Sept	19 <sup>th</sup> Sept	Interactional Level relating to Stress coping strategies
Week 9	21 <sup>st</sup> Sept	24 <sup>th</sup> Sept	Coping with stress –Task oriented  Practical-3

Week 10	28 <sup>th</sup> Sept	3 <sup>rd</sup> Oct	Psychodynamic Therapy
Week 11	5 <sup>th</sup> Oct	10 <sup>th</sup> Oct	Behavioural Therapy Practical-5
Week 12	12 <sup>th</sup> Oct	17 <sup>th</sup> Oct	Humanistic Therapy
Week 13	19 <sup>th</sup> Oct	21 <sup>th</sup> Oct	Schizophrenia Practical-6
Autumn break (22 <sup>nd</sup> Oct to 28 <sup>th</sup> Oct)			

**PG.GOV.T. COLLEGE FOR GIRLS, SECTOR – 42, CHANDIGARH**

**CLASS: BA I**

**SUBJECT: PSYCHOLOGY**

**PAPER-A**

**Subject Teacher : Ms.Amandeep Kaur**

**(2015-2016)**

S. No.	Date From	Date Up to	Topics to be covered
Week 1	14 <sup>th</sup> July,2015	18 <sup>th</sup> July,2015	Introduction to Psychology Historical background.
Week 2	20 <sup>th</sup> July,2015	25July,2015	Branches of Psychology + Psychology as Science.
Week 3	27 <sup>th</sup> July,2015	1 <sup>st</sup> Aug ,2015	Perspectives of Psychology + Introduction to Practicals.
Week 4	3 <sup>th</sup> Aug,2015	8 <sup>th</sup> Aug,2015	Presentation-Unit-1Methods of Psychology observational method.

Week 5	10 <sup>th</sup> Aug,2015	14 <sup>th</sup> Aug,2015	Experimental Methods + Control of Variables
Week 6	17 <sup>th</sup> Aug,2015	2 <sup>nd</sup> Aug,2015	Survey- Method+Practical-Collection
Week 7	24 <sup>th</sup> Aug,2015	27 <sup>th</sup> Aug,2015	Sampling Techniques.
Week 8	31 <sup>st</sup> Aug,2015	5 <sup>th</sup> Sept ,2015	Presentations-Unit-2
Week 9	7 <sup>th</sup> Sept,,2015	12 <sup>th</sup> Sept,2015	Exam
Week10	14 <sup>th</sup> Sept,2015	19 <sup>th</sup> Sept,2015	Emotion-Definitions ,Concept+ type
Week11	21 <sup>st</sup> Sept,2015	26 <sup>th</sup> Sept,2015	Theories-cannon Bard, James Lange
Week12	28 <sup>th</sup> Sept,2015	3 <sup>rd</sup> Oct,2015	Measurement of Emotions+ Practical (Facial expression in emotion)
Week13	5 <sup>th</sup> Oct ,2015	10 <sup>th</sup> Oct,2015	Presentation of Emotions
Week14	12 <sup>th</sup> Oct,2015	17 <sup>th</sup> Oct,2015	Motivation- Introduction, Concept, Types.
Week15	19 <sup>th</sup> Oct,2015	21 <sup>st</sup> Oct,2015	Theories of Motivation.
<b>Autumn Break (22<sup>nd</sup> Oct, 2012 to 28<sup>th</sup> Oct, 2012)</b>			

**PG.GOV. COLLEGE FOR GIRLS, SECTOR – 42, CHANDIGARH**

**CLASS: BA II**

**SUBJECT: PSYCHOLOGY**

**SEM III**

**Subject Teacher: Dr. Rumeena Surjit Singh**

**2015-16**

S. No.	Date From	Date Upto	Topics to be covered
Week 1	20 <sup>th</sup> July,2015	25 <sup>th</sup> July,2015	The Nervous System : Overview; The Response Mechanism; Types of Receptors, Types of Muscles.
Week 2	27 <sup>th</sup> July,2015	1 <sup>st</sup> Aug,2015	The glandular system ; Endocrine and Exocrine glands ;Functions of the different glands; Difference between hormones and neurotransmitters.
Week 3	3 <sup>rd</sup> Aug ,2015	8 <sup>th</sup> Aug ,2015	The basic divisions of the nervous system; the central nervous system and the peripheral nervous system; The somatic and autonomic divisions. Basic units of the nervous system.
Week 4	10 <sup>th</sup> Aug,2015	15 <sup>th</sup> Aug,2015	Types of neurons; The nerve impulse; The spinal cord; The reflex arc.
Week 5	17 <sup>th</sup> Aug,2015	22 <sup>nd</sup> Aug,2015	Major parts of the brain and their functions + 1 <sup>st</sup> practical. Revision.
Week 6	24 <sup>th</sup> Aug,2015	29 <sup>th</sup> Aug,2015	Introduction to Psychophysics ; Difference between Psychophysical and Psychological scaling methods.
Week 7	31 <sup>st</sup> Aug,2015	5 <sup>th</sup> Sept ,2015	Assignments, Revision for Sept Exams +2 <sup>nd</sup> practical.
Week 8	7 <sup>th</sup> Sept,,2015	12 <sup>th</sup> Sept,2015	Exams.
Week9	14 <sup>th</sup> Sept,2015	19 <sup>th</sup> Sept,2015	Method of limits- Difference between D.L. and R.L.; Calculation of thresholds.
Week10	21 <sup>st</sup> Sept,2015	26 <sup>th</sup> Sept,2015	Method of constant stimuli – Graphical, Linear Interpolation and Summation Methods.
Week11	28 <sup>th</sup> Sept,2015	3 <sup>rd</sup> Oct,2015	Test of Psychophysical Methods + practical 3.
Week12	5 <sup>th</sup> Oct ,2015	10 <sup>th</sup> Oct,2015	Method of Average Error; Weber's and Fechner's Law.

Week13	12 <sup>th</sup> Oct,2015	17 <sup>th</sup> Oct,2015	Practical 4+ Revision of Psychophysical Methods.
Week14	19 <sup>th</sup> Oct,2015	21 <sup>st</sup> Oct,2015	Introduction to chapter on Memory.
<b>Autumn Break (22<sup>nd</sup> Oct, 2012 to 28<sup>th</sup> Oct, 2012)</b>			

**PG.GOV. COLLEGE FOR GIRLS, SECTOR – 42, CHANDIGARH**

**CLASS: PGDGC (2015-2016)**

**SUBJECT: P.G DIPLOMA IN GUIDANCE AND COUNSELLING**

**Subject Teacher: Dr. Anubhuti Sharma**

<b>S. NO.</b>	<b>WEEK (START DATE)</b>	<b>TOPICS TO BE COVERED DURING THE WEEK</b>
Week 1	20 <sup>th</sup> July, 2015 to 25 <sup>th</sup> July 2015	Meaning and aims of Guidance Principles and needs of Guidance
Week 2	27 <sup>th</sup> July,2015 to 1 <sup>st</sup> Aug, 2015	Types of guidance: Personal, Social, Educational, Career Leisure time Practical 1
Week 3	3 <sup>rd</sup> Aug, 2015 to 8 <sup>th</sup> Aug, 2015	Types of guidance: Health and guidance and children with different abilities Emerging trends of Guidance, Individual Inventory Service
Week 4	10 <sup>th</sup> Aug, 2015 to 15 <sup>th</sup> Aug, 2015	Information Services, Counseling Service, Preparation Service, Placement & Follow-up service Practical 2
Week 5	17 <sup>th</sup> Aug, 2015 to 22 <sup>nd</sup> Aug, 2015	Essential requisites of Guidance Programme Organization of guidance programme for elementary school, Organization of guidance programme for secondary schools, Role of teachers and guidance personnel in organizing of the guidance programs
Week 6	24 <sup>th</sup> Aug- 29 <sup>th</sup> Aug 2015	Management of resources in guidance programme: Human, Material & methods. Skill of using Information Technology and internet.
Week 7	31 <sup>st</sup> Aug, 2015 to 5 <sup>th</sup> Sept, 2015	Use of Online testing services, guidance services for education and career information, Resource sharing. Meaning, historical development and importance of counseling

Week 8	14 <sup>th</sup> Sept, 2015 to 19 <sup>th</sup> Sept, 2015	Types: Individual and Group counseling Approaches of counseling: Directive, Non directive, eclectic counseling Practical 3
Week 9	21 <sup>st</sup> Sept, 2015 to 26 <sup>th</sup> Sept, 2015	Techniques in counseling: Testing and Non Testing techniques The counselor qualities of effective counselor, self-renewal preventive burnout, ethical standards and legal considerations in counseling.  Preparation of PPTs
Week 10	28 <sup>th</sup> Sept, 2015 to 3 <sup>rd</sup> Oct, 2015	Theories: Psychoanalytical theory (Freud, Jung), Self-concept / actualization theory (Rogers, Maslow) Practical 4
Week 11	5 <sup>th</sup> Oct, 2015 to 10 <sup>th</sup> Oct, 2015	Trait theory (Williamson, Cattell), Rational emotive theory (Alberts Ellis), Indian therapeutic approach (Patanjali's Yoga therapy), Behavioristic (Skinner, Pavlov) Meaning and process of adjustment, adjustment mechanisms, adjustment problems of children, adolescents and adults. Causes of maladjustment, physical, emotional mental and social. Practical 5
Week 12	12 <sup>th</sup> Oct, 2015 to 17 <sup>th</sup> Oct, 2015	Differences between adjusted and maladjustment adolescents, criteria of good mental health role of counselor in developing good mental health. Techniques of stress management conflict resolution and mediation and violence prevention programs and models.
Week 13	19 <sup>th</sup> Oct- 21 <sup>st</sup> Oct	Building Trust: Listening, attending, building rapport, demonstrating empathy, observing.
		AUTUMN BREAK- 22 <sup>ND</sup> Oct- 28 <sup>th</sup> Oct
Week 15	29 <sup>th</sup> – 31 <sup>st</sup> Oct, 2015	Interview: Types of interview procedure of conducting interview preparation, process, interpretation, recording, termination. PPT