

GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan August 2026 to November/December 2026

Name of Teacher: Dr. Renu Sodhi

Class: - B.A. 2nd Year (3rd Sem)

Subject: - Developmental Psychology (DSC)

Subject Code: - C24PSY301T

External Marks - 50

Internal Marks- 20

Total Marks - 70

Date	Week	Topics to be covered
01.08.2026 to 08.08.2026	Week 1	Introduction Of Developmental Psychology, Areas of Developmental Psychology.
10.08.2026 to 15.08.2026	Week 2	Concept And Principles of Developmental Psychology, Factors in Human Development.
17.08.2026 to 22.09.2026	Week 3	Biological Factors in Human Development, Environmental Factor in Human Development, Parent-Child Relationship.
24.08.2026 to 29.08.2026	Week 4	Social Factors in Human Development, Cultural Factors in Human Development.
31.08.2026 to 05.09.2026	Week 5	Nature Of Prenatal Development, Determinants of Prenatal Development
07.09.2026 to 12.09.2026	Week 6	Prenatal Development Stages.
14.09.2026 to 19.09.2026	Week 7	Concept Of Infancy Stage, Characteristics of Infancy Stage, Development of Infancy Stage
21.09.2026 to 26.09.2026	Week 8	Hazards In Infancy Stage, Adjustment in Infancy Stage.
28.09.2026 to 03.10.2026	Week 9	Characteristics Of Childhood Development, Impulsiveness, Test
05.10.2026 to 10.10.2026	Week 10	Development Of Childhood, Perceptual Development in Childhood
12.10.2026 to 17.10.2026	Week 11	Motor Development in Childhood, Emotional Development in Childhood, Emotional Maturity Scale
19.10.2026 to 24.10.2026	Week 12	Cognitive Development in Childhood, Self Concept
26.10.2026 to 31.10.2026	Week 13	Adolescent Development, Characteristics of Adolescent Development, Self Esteem Inventory.
11.11.2026 to 14.11.2026	Week 14	Problems In Adolescent Development, Adjustment Problems in Adolescent Development, Characteristics of Adulthood, Concept of Early Adulthood, Problems in Early Adulthood,
16.11.2026 to 21.11.2026	Week 15	Youth Problem Inventory Concept of Late Adulthood, Problems in Late Adulthood, Characteristics of Aging,
23.11.2026 to 28.11.2026	Week 16	Changing Patterns in Aging, Family Environment Inventory
30.11.2026 to 04.12.2026	Week 17	Revision and Test

Teacher's Signature

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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan August 2026 to November/December 2026

Name of Teacher: Dr. Renu Sodhi

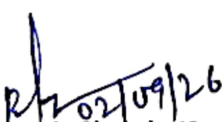
Class: - B.A. 2nd Year (3rd Sem)

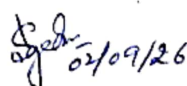
Subject: - Basic Statistics (SEC)

Subject Code: - C24SEC319T

External Marks - 50 Internal Marks- 25 Total Marks - 75

Date	Week	Topics to be covered
01.08.2026 to 08.08.2026	Week 1	Meaning and Nature of Statistics
10.08.2026 to 15.08.2026	Week 2	Need and Importance of Statistics
17.08.2026 to 22.09.2026	Week 3	Types of Variables
24.08.2026 to 29.08.2026	Week 4	Measurement of Scales
31.08.2026 to 05.09.2026	Week 5	Methods of Organizing Data
07.09.2026 to 12.09.2026	Week 6	Statistical Tables
14.09.2026 to 19.09.2026	Week 7	Frequency Distribution
21.09.2026 to 26.09.2026	Week 8	Measures of Central Tendency: Mean
28.09.2026 to 03.10.2026	Week 9	Measures of Central Tendency: Median
05.10.2026 to 10.10.2026	Week 10	Measures of Central Tendency: Mode
12.10.2026 to 17.10.2026	Week 11	Variability: Meaning And Measures of Variability
19.10.2026 to 24.10.2026	Week 12	Range, Quartile Deviation Meaning and Characteristics
26.10.2026 to 31.10.2026	Week 13	Short Method in Quartile Deviation
11.11.2026 to 14.11.2026	Week 14	Long Method in Quartile Deviation,
16.11.2026 to 21.11.2026	Week 15	Standard Deviation: Meaning And Characteristics
23.11.2026 to 28.11.2026	Week 16	Short Method and Long Method in Standard Deviation
30.11.2026 to 04.12.2026	Week 17	Revision And Test


Teacher's Signature


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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan August 2026 to November/December 2026

Name of Teacher: Dr. Renu Sodhi

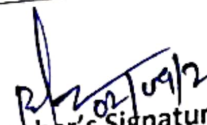
Class: - B.A. 3rd Year (5th Sem)

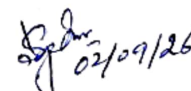
Subject: - Psychopathology

Subject Code: - C24PSY501T

External Marks - 50 Internal Marks- 20 Total Marks - 70

Date	Week	Topics to be covered
01.08.2026 to 08.08.2026	Week 1	Psychopathology: nature, Concept of Normality and Abnormality
10.08.2026 to 15.08.2026	Week 2	Psychopathology: nature, Concept of Normality and Abnormality
17.08.2026 to 22.09.2026	Week 3	Models of Psychopathology: Biological,
24.08.2026 to 29.08.2026	Week 4	Psychodynamic, Behavioural, and Cognitive.
31.08.2026 to 05.09.2026	Week 5	Classification of Psychopathology: Need for Classification, DSM System
07.09.2026 to 12.09.2026	Week 6	Classification of Psychopathology: Need for Classification, DSM System
14.09.2026 to 19.09.2026	Week 7	Diagnostic Assessment: Case History method,
21.09.2026 to 26.09.2026	Week 8	Interview method,
28.09.2026 to 03.10.2026	Week 9	Projective Techniques,
05.10.2026 to 10.10.2026	Week 10	Anxiety Based Disorders: GAD,
12.10.2026 to 17.10.2026	Week 11	OCD, and Phobic Disorders-Symptom and Causes.
19.10.2026 to 24.10.2026	Week 12	OCD, and Phobic Disorders-Symptom and Causes.
26.10.2026 to 31.10.2026	Week 13	Substance/Drug Abuse – Causes, Consequences and Rehabilitation.
11.11.2026 to 14.11.2026	Week 14	Substance/Drug Abuse – Causes, Consequences and Rehabilitation.
16.11.2026 to 21.11.2026	Week 15	Schizophrenia: Nature, Types, and Causes.
23.11.2026 to 28.11.2026	Week 16	Mood Disorders: Unipolar and Bipolar-Symptoms and Causes.
30.11.2026 to 04.12.2026	Week 17	Revision and Test


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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan August 2026 to November/December 2026

Name of Teacher: Dr. Renu Sodhi

Class: - B.A. 1st Year (1st Sem)

Subject: - Assessment of Personality (SEC)

Subject Code: - C24SEC119T

External Marks - 35

Internal Marks- 15

Total Marks - 50

Date	Week	Topics to be covered
05.08.2026 to 08.08.2026	Week 1	Definition and concept of personality
10.08.2026 to 15.08.2026	Week 2	Historical perspectives on personality theories. Approaches to personality
17.08.2026 to 22.09.2026	Week 3	Type and trait theories
24.08.2026 to 29.08.2026	Week 4	Type and trait theories
31.08.2026 to 05.09.2026	Week 5	Psychodynamic approaches
07.09.2026 to 12.09.2026	Week 6	Psychodynamic approaches
14.09.2026 to 19.09.2026	Week 7	Social cognitive theories
21.09.2026 to 26.09.2026	Week 8	Social cognitive theories
28.09.2026 to 03.10.2026	Week 9	Humanistic theories
05.10.2026 to 10.10.2026	Week 10	Key Theories and Models of Personality
12.10.2026 to 17.10.2026	Week 11	Gordon Allport's Trait Theory
19.10.2026 to 24.10.2026	Week 12	Self-Theory
26.10.2026 to 31.10.2026	Week 13	Raymond Cattell's 16 Personality Factors
11.11.2026 to 14.11.2026	Week 14	Hans Eysenck's PEN Model (Psychoticism, Extraversion, Neuroticism)
16.11.2026 to 21.11.2026	Week 15	The Big Five Personality Traits (OCEAN: Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism)
23.11.2026 to 28.11.2026	Week 16	Carl Rogers, Kurt Lewins
30.11.2026 to 04.12.2026	Week 17	Revision And Test

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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan

(JULY - DECEMBER 2026)

Name of Teacher: DR Randhir Singh

Class: - B.A. 1, SEMESTER-I

Subject:-UNDERSTANDING PSYCHOLOGY -I

Subject Code:-C24MIC120T

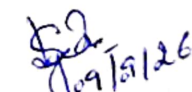
External Marks - 35

Internal Marks- 15

Total Marks - 50

Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	Psychology Meaning Definition, Nature
27.07.2026 to 01.08.2026	Week 2	Historical background
03.08.2026 to 08.08.2026	Week 3	Emergence of psychology as a science
10.08.2026 to 15.08.2026	Week 4	Experimental Method
17.08.2026 to 22.08.2026	Week 5	Interview
24.08.2026 to 29.08.2026	Week 6	Observation
31.08.2026 to 05.09.2026	Week 7	Unit Test
07.09.2026 to 12.09.2026	Week 8	Learning: Definition Introduction and Nature of Learning
14.09.2026 to 19.09.2026	Week 9	Factors affecting learning,
21.09.2026 to 26.09.2026	Week 10	Classical conditioning theory of learning
28.09.2026 to 03.10.2026	Week 11	Classical conditioning theory of learning
05.10.2026 to 10.10.2026	Week 12	Instrumental conditioning theory of learning
12.10.2026 to 17.10.2026	Week 13	Memory Introduction Definition and Nature
19.10.2026 to 24.10.2026	Week 14	Factors Affecting Memory
26.10.2026 to 31.10.2026	Week 15	Type of memory.
11.11.2026 to 14.11.2026	Week 16	Sensory memory
16.11.2026 to 21.11.2026	Week 17	Short Term Memory,
23.11.2026 to 28.11.2026	Week 18	Long Term Memory
30.11.2026 to 04.12.2026	Week 19	Revision


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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan

(JULY - DECEMBER 2026)

Name of Teacher: DR Randhir Singh

Class: - B.A. 1, SEMESTER-I

Subject:-FOUNDATIONS OF PSYCHOLOGY -I

Subject Code:-C24PSY101T

External Marks - 50

Internal Marks- 20

Total Marks - 70

Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	Introduction of psychology
27.07.2026 to 01.08.2026	Week 2	Nature , History of psychology
03.08.2026 to 08.08.2026	Week 3	Scope of Psychology, Psychology as a Science
10.08.2026 to 15.08.2026	Week 4	Methods to Study Behaviour: Interview
17.08.2026 to 22.08.2026	Week 5	Methods to Study Behaviour: Observation method.
24.08.2026 to 29.08.2026	Week 6	Methods to Study Behaviour: Experimental method
31.08.2026 to 05.09.2026	Week 7	Problems related to sensation and perception.
07.09.2026 to 12.09.2026	Week 8	Sensation: Nature, Characteristics and Types
14.09.2026 to 19.09.2026	Week 9	Structure and Functions Visual sensation
21.09.2026 to 26.09.2026	Week 10	Structure and Functions Auditory sensation Performance Test of Intelligence/RPM.
28.09.2026 to 03.10.2026	Week 11	Emotion: Nature, Physiological correlates and Theories: James-Lange Study of Emotions.
05.10.2026 to 10.10.2026	Week 12	Cannon- Bard and Schechter-Singer
12.10.2026 to 17.10.2026	Week 13	Motivation: Nature, Biological and Social Motives
19.10.2026 to 24.10.2026	Week 14	Motivation Theories- Maslow and McClelland.
26.10.2026 to 31.10.2026	Week 15	Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck. NEO-FFI/ Personality Test
11.11.2026 to 14.11.2026	Week 16	Intelligence: Nature, Factors Affecting
16.11.2026 to 21.11.2026	Week 17	Theories: Spearman, Thurstone and Cattell.
23.11.2026 to 28.11.2026	Week 18	Verbal Test of Intelligence
30.11.2026 to 04.12.2026	Week 19	Revision and Test

Teacher's Signature

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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan

(JULY - DECEMBER 2026)

Name of Teacher: DR Randhir Singh

Class: - UG. 1, SEMESTER-I

Subject:-STRESS MANAGEMENT

Subject Code:-C24MDC126T

External Marks - 50

Internal Marks- 25

Total Marks - 75

Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	Introduction to Stress
27.07.2026 to 01.08.2026	Week 2	Meaning and Definition of Stress.
03.08.2026 to 08.08.2026	Week 3	Discuss about different Types of stress.
10.08.2026 to 15.08.2026	Week 4	Symptoms of Stress: Physical, Emotional
17.08.2026 to 22.08.2026	Week 5	Symptoms of Stress: Cognitive, Behavioural
24.08.2026 to 29.08.2026	Week 6	Sources of Stress: Environmental, Social
31.08.2026 to 05.09.2026	Week 7	Sources of Stress: Psychological, Occupational
07.09.2026 to 12.09.2026	Week 8	Impact of Stress on Health
14.09.2026 to 19.09.2026	Week 9	Impact of Stress on Cardiovascular System.
21.09.2026 to 26.09.2026	Week 10	Impact of Stress on Endocrine System and Immune System.
28.09.2026 to 03.10.2026	Week 11	Assessment of Stress: Perceived Stress Scale
05.10.2026 to 10.10.2026	Week 12	Managing Stress: Techniques and Approaches.
12.10.2026 to 17.10.2026	Week 13	Yoga: Practices and Benefits.
19.10.2026 to 24.10.2026	Week 14	Types of Meditation and Impact of Medication on Stress.
26.10.2026 to 31.10.2026	Week 15	Biofeedback: Techniques and applications, Mindfulness: Practices and Benefits.
11.11.2026 to 14.11.2026	Week 16	Relaxation Training: Progressive muscle relaxation
16.11.2026 to 21.11.2026	Week 17	Deep breathing exercises.
23.11.2026 to 28.11.2026	Week 18	Developing Resilience: Strategies and Practices.
30.11.2026 to 04.12.2026	Week 19	Revision

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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan

(JULY - DECEMBER 2026)

Name of Teacher: DR Randhir Singh

Class: - B.A. 1, SEMESTER-I

Subject:-UNDERSTANDING PSYCHOLOGY -I

Subject Code:-C24MIC120T

External Marks - 35

Internal Marks- 15

Total Marks - 50

Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	Psychology Meaning Definition, Nature
27.07.2026 to 01.08.2026	Week 2	Historical background
03.08.2026 to 08.08.2026	Week 3	Emergence of psychology as a science
10.08.2026 to 15.08.2026	Week 4	Experimental Method
17.08.2026 to 22.08.2026	Week 5	Interview
24.08.2026 to 29.08.2026	Week 6	Observation
31.08.2026 to 05.09.2026	Week 7	Unit Test
07.09.2026 to 12.09.2026	Week 8	Learning: Definition Introduction and Nature of Learning
14.09.2026 to 19.09.2026	Week 9	Factors affecting learning,
21.09.2026 to 26.09.2026	Week 10	Classical conditioning theory of learning
28.09.2026 to 03.10.2026	Week 11	Classical conditioning theory of learning
05.10.2026 to 10.10.2026	Week 12	Instrumental conditioning theory of learning
12.10.2026 to 17.10.2026	Week 13	Memory Introduction Definition and Nature
19.10.2026 to 24.10.2026	Week 14	Factors Affecting Memory
26.10.2026 to 31.10.2026	Week 15	Type of memory.
11.11.2026 to 14.11.2026	Week 16	Sensory memory
16.11.2026 to 21.11.2026	Week 17	Short Term Memory,
23.11.2026 to 28.11.2026	Week 18	Long Term Memory
30.11.2026 to 04.12.2026	Week 19	Revision

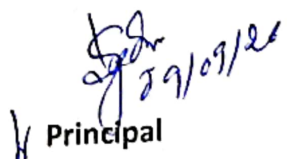
Teacher's Signature

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GOVERNMENT COLLEGE FOR WOMEN, HISAR**Lesson Plan****(JULY - DECEMBER 2026)****Name of Teacher: DR Randhir Singh****Class: - B.A. 1, SEMESTER-I****Subject:-FOUNDATIONS OF PSYCHOLOGY -I****Subject Code:-C24PSY101T****External Marks - 50****Internal Marks- 20****Total Marks - 70**

Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	Introduction of psychology
27.07.2026 to 01.08.2026	Week 2	Nature , History of psychology
03.08.2026 to 08.08.2026	Week 3	Scope of Psychology, Psychology as a Science
10.08.2026 to 15.08.2026	Week 4	Methods to Study Behaviour: Interview
17.08.2026 to 22.08.2026	Week 5	Methods to Study Behaviour: Observation method
24.08.2026 to 29.08.2026	Week 6	Methods to Study Behaviour: Experimental method
31.08.2026 to 05.09.2026	Week 7	Problems related to sensation and perception.
07.09.2026 to 12.09.2026	Week 8	Sensation: Nature, Characteristics and Types
14.09.2026 to 19.09.2026	Week 9	Structure and Functions Visual sensation
21.09.2026 to 26.09.2026	Week 10	Structure and Functions Auditory sensation Performance Test of Intelligence/RPM.
28.09.2026 to 03.10.2026	Week 11	Emotion: Nature, Physiological correlates and Theories: James-Lange Study of Emotions.
05.10.2026 to 10.10.2026	Week 12	Cannon- Bard and Schechter-Singer
12.10.2026 to 17.10.2026	Week 13	Motivation: Nature, Biological and Social Motives
19.10.2026 to 24.10.2026	Week 14	Motivation Theories- Maslow and McClelland.
26.10.2026 to 31.10.2026	Week 15	Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck. NEO-FFI/ Personality Test
11.11.2026 to 14.11.2026	Week 16	Intelligence: Nature, Factors Affecting
16.11.2026 to 21.11.2026	Week 17	Theories: Spearman, Thurstone and Cattell.
23.11.2026 to 28.11.2026	Week 18	Verbal Test of Intelligence
30.11.2026 to 04.12.2026	Week 19	Revision and Test


Teacher's Signature
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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan

(JULY - DECEMBER 2026)

Name of Teacher: DR Randhir Singh

Class: - UG. 1, SEMESTER-I

Subject:-STRESS MANAGEMENT

Subject Code:-C24MDC126T

External Marks - 50

Internal Marks- 25

Total Marks - 75

Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	Introduction to Stress
27.07.2026 to 01.08.2026	Week 2	Meaning and Definition of Stress.
03.08.2026 to 08.08.2026	Week 3	Discuss about different Types of stress.
10.08.2026 to 15.08.2026	Week 4	Symptoms of Stress: Physical, Emotional
17.08.2026 to 22.08.2026	Week 5	Symptoms of Stress: Cognitive, Behavioural
24.08.2026 to 29.08.2026	Week 6	Sources of Stress: Environmental, Social
31.08.2026 to 05.09.2026	Week 7	Sources of Stress: Psychological, Occupational
07.09.2026 to 12.09.2026	Week 8	Impact of Stress on Health
14.09.2026 to 19.09.2026	Week 9	Impact of Stress on Cardiovascular System.
21.09.2026 to 26.09.2026	Week 10	Impact of Stress on Endocrine System and Immune System.
28.09.2026 to 03.10.2026	Week 11	Assessment of Stress: Perceived Stress Scale
05.10.2026 to 10.10.2026	Week 12	Managing Stress: Techniques and Approaches.
12.10.2026 to 17.10.2026	Week 13	Yoga: Practices and Benefits.
19.10.2026 to 24.10.2026	Week 14	Types of Meditation and Impact of Medication on Stress.
26.10.2026 to 31.10.2026	Week 15	Biofeedback: Techniques and applications, Mindfulness: Practices and Benefits.
11.11.2026 to 14.11.2026	Week 16	Relaxation Training: Progressive muscle relaxation
16.11.2026 to 21.11.2026	Week 17	Deep breathing exercises.
23.11.2026 to 28.11.2026	Week 18	Developing Resilience: Strategies and Practices.
30.11.2026 to 04.12.2026	Week 19	Revision

Teacher's Signature

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GOVERNMENT COLLEGE FOR WOMEN, HISAR

Lesson Plan

(JULY - DECEMBER 2026)

Name of Teacher: DR RAMESH KUMAR

Class: - B.A.-3, SEMESTER-V

Subject:- PSYCHOPATHOLOGY

Subject Code:- C24PSY501T

External Marks - 50

Internal Marks- 20

Total Marks -70

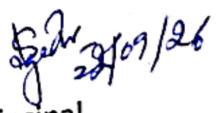
Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	NATURE OF PSYCHOPATHOLOGY
27.07.2026 to 01.08.2026	Week 2	CONCEPT OF NORMALITY AND ABNORMALITY
03.08.2026 to 08.08.2026	Week 3	MODELS OF PSYCHOPATHOLOGY
10.08.2026 to 15.08.2026	Week 4	BIOLOGICAL MODEL
17.08.2026 to 22.08.2026	Week 5	PSYCHODYNAMIC MODEL
24.08.2026 to 29.08.2026	Week 6	BEHAVIOURAL MODEL AND COGNITIVE MODEL
31.08.2026 to 05.09.2026	Week 7	CLASSIFICATION OF PSYCHOPATHOLOGY
07.09.2026 to 12.09.2026	Week 8	NEED FOR CLASSIFICATION SYSTEM, DSM SYSTEM
14.09.2026 to 19.09.2026	Week 9	ANXIETY BASED DISORDERS
21.09.2026 to 26.09.2026	Week 10	GENERAL ANXIETY DISORDER
28.09.2026 to 03.10.2026	Week 11	OCD
05.10.2026 to 10.10.2026	Week 12	PHOBIA DISORDER
12.10.2026 to 17.10.2026	Week 13	SYMPTOMS, CAUSES AND INTERVENTION
19.10.2026 to 24.10.2026	Week 14	SUBSTANCE ABUSE
26.10.2026 to 31.10.2026	Week 15	CAUSES, CONSEQUENCES AND INTERVENTION OF SUBSTANCE ABUSE
11.11.2026 to 14.11.2026	Week 16	MOOD DISORDER- TYPES
16.11.2026 to 21.11.2026	Week 17	SYMPTOMS AND CAUSES
23.11.2026 to 28.11.2026	Week 18	INTERVENTION OF MOOD DISORDER
30.11.2026 to 04.12.2026	Week 19	REVISION OF SYLLABUS

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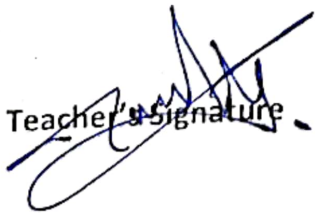
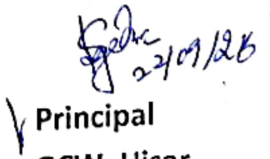
GOVERNMENT COLLEGE FOR WOMEN, HISAR**Lesson Plan****(JULY - DECEMBER 2026)****Name of Teacher: DR RAMESH KUMAR****Class: - B.A. 1, SEMESTER-I****Subject:-PSYCHOLOGY OF HAPPINESS AND WELL BEING****Subject Code:-C24VAC121T****External Marks - 35****Internal Marks- 15****Total Marks - 50**

Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	THE CONCEPT OF WELL BEING
27.07.2026 to 01.08.2026	Week 2	HEDONIC AND EUDAIMONIC VIEW
03.08.2026 to 08.08.2026	Week 3	NATURE AND DIMENSIONS OF WELL BEING
10.08.2026 to 15.08.2026	Week 4	HAPPINESS AND POSITIVE EMOTION
17.08.2026 to 22.08.2026	Week 5	HOPE, GRATITUDE
24.08.2026 to 29.08.2026	Week 6	FORGIVENESS AND SELF EFFICACY
31.08.2026 to 05.09.2026	Week 7	PERSONAL FACTOR AND WELL BEING
07.09.2026 to 12.09.2026	Week 8	THE ROLE OF EMOTIONAL INTELLIGENCE
14.09.2026 to 19.09.2026	Week 9	RESILIENCE AND EMPATHY
21.09.2026 to 26.09.2026	Week 10	PROSOCIAL BEHAVIOUR, WELL BEING AT WORKPLACE
28.09.2026 to 03.10.2026	Week 11	HAPPINESS
05.10.2026 to 10.10.2026	Week 12	ASSESSMENT OF HAPPINESS
12.10.2026 to 17.10.2026	Week 13	INTERVENTIONS
19.10.2026 to 24.10.2026	Week 14	OXFORD HAPPINESS SCALE
26.10.2026 to 31.10.2026	Week 15	PSYCHOLOGICAL WELL BEING SCALE
11.11.2026 to 14.11.2026	Week 16	MINDFULNESS BASED INTERVANTIONS
16.11.2026 to 21.11.2026	Week 17	INTERVANTIONS OF HAPPINESS AND WELL BEING
23.11.2026 to 28.11.2026	Week 18	STRESSS, COPING AND WELL BEING
30.11.2026 to 04.12.2026	Week 19	REVISION OF SYLLABUS


Teacher's Signature
Principal
GCW, Hisar

GOVERNMENT COLLEGE FOR WOMEN, HISAR**Lesson Plan****(JULY - DECEMBER 2026)****Name of Teacher: DR RAMESH KUMAR****Class: - B.A.-2, SEMESTER-III****Subject:-POSITIVE PSYCHOLOGY****Subject Code:- C24MDC325T****External Marks - 50****Internal Marks- 25****Total Marks - 75**

Date	Week	Topics to be covered
20.07.2026 to 25.07.2026	Week 1	NATURE AND SCOPE OF POSITIVE PSYCHOLOGY
27.07.2026 to 01.08.2026	Week 2	EASTERN AND WESTERN PROSPECTIVE ON POSITIVE PSY.
03.08.2026 to 08.08.2026	Week 3	BENEFITS OF STUDING POSITIVE PSYCHOLOGY
10.08.2026 to 15.08.2026	Week 4	EMOTIONS AND POSITIVE PSYCHOLOGY
17.08.2026 to 22.08.2026	Week 5	BROADEN AND BUILD THEORY OF POSITIVE EMOTIONS
24.08.2026 to 29.08.2026	Week 6	BROADEN AND BUILD THEORY OF POSITIVE EMOTIONS
31.08.2026 to 05.09.2026	Week 7	ROLE OF POSITIVE EMOTIONS IN HAPPINESS AND WELL BEING
07.09.2026 to 12.09.2026	Week 8	ROLE OF POSITIVE EMOTIONS IN HAPPINESS AND WELL BEING
14.09.2026 to 19.09.2026	Week 9	EMOTIONAL INTELLIGENCE
21.09.2026 to 26.09.2026	Week 10	EMOTIONAL INTELLIGENCE
28.09.2026 to 03.10.2026	Week 11	ROLE OF MEANINGFULNESS IN LIFE
05.10.2026 to 10.10.2026	Week 12	ROLE OF MEANINGFULNESS IN LIFE
12.10.2026 to 17.10.2026	Week 13	POSITIVE PSYCHOLOGY IN DIFFERENT SPHERES OF LIFE
19.10.2026 to 24.10.2026	Week 14	POSITIVE PSYCHOLOGY IN DIFFERENT SPHERES OF LIFE
26.10.2026 to 31.10.2026	Week 15	POSITIVE PSYCHOLOGY AND FAMILY
11.11.2026 to 14.11.2026	Week 16	POSITIVE PSYCHOLOGY AND SCHOOL AND SOCIETY
16.11.2026 to 21.11.2026	Week 17	POSITIVE PSYCHOLOGY AND GRATITUDE
23.11.2026 to 28.11.2026	Week 18	FORGIVENESS AND HOPE
30.11.2026 to 04.12.2026	Week 19	REVISION OF SYLLABUS


Teacher's Signature
Principal
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