

Maharana Pratap Mahavidhyalay, Jungle Dhusan, Gorakhpur

Class: B.A./B.Sc. VI Semester (Course Name:Community Psychology&Counseling Psychology , Course Code(PSY304&PSY305))					Lesson Plan 16 Jan. to 30 April. 2025	Subject: Psychology
Date	Lecture (VR)	Lecture (AR)	Teacher's III	Teacher IV	Unit	Topic
1/16/2025	1			VR	Introduction	Syllabus and Course
1/17/2025	2			VR	I	Community Psychology: Nature
1/18/2025		1		AR	I	Syllabus and Course
1/20/2025	3	2	VR	AR	I /I	Meaning & Goals
1/21/2025	4	3	VR	AR	I /I	Fields of Community Psychology / Counseling: Meaning & Goals
1/22/2025				AR	Class Teaching & Minor Course	
1/23/2025	5			VR	I	Fields of Community Psychology
1/24/2025	6			VR	II	Approaches of Community Psychology
1/25/2025		4		AR	I	Types of Counseling: An Overview
1/27/2025	7	5	VR	AR	II /I	Mental Health approach / Types of Counseling: An Overview
1/28/2025	8	6	VR	AR	II/II	Mental Health approach / Theoretical Bases of Counseling
1/29/2025				AR	Class Teaching & Minor Course	
1/30/2025	9			VR	II	Social Problems approach
1/31/2025	10			VR	III	Community Intervention Issues: Poverty
2/1/2025		7		AR	II	Psychoanalytic
2/4/2025	11	8	VR	AR	II/II	Deprivation/Phenomenological
2/5/2025		9		AR	II	Cognitive-Behavioral

2/6/2025				AR	Class Teaching & Minor Course	
2/7/2025	12			VR	III	Marginalization; Migration & Immigration issues
2/8/2025	13			VR	III	Superstitions in Indian society
2/10/2025	14	10	VR	AR	III/II	Contribution to Counseling
2/11/2025	15	11	VR	AR	III/III	Health/Counseling Processes: Counseling Interview
2/13/2025		12		AR	IV	Counseling Micro Skills
2/14/2025				AR	Class Teaching & Minor Course	
2/15/2025	16			VR	IV	interventions
2/17/2025	17&18		VR	VR		School Intervention
2/18/2025	19	13	VR	AR	IV/iii	Rural development Intervention/Attending
2/19/2025		14		AR		Paraphrasing
2/20/2025		15		AR		Encouragers
2/21/2025				AR	Class Teaching & Minor Course	
2/22/2025	20			VR	V	Health Psychology: Nature
2/24/2025	21&22		VR	VR	V	Development and Goals of Health Psychology
2/25/2025	23	16	VR	AR	V/III	Biopsychosocial Model of Health/Confronting
2/27/2025		17		AR	III	Summarizing
2/28/2025				AR	Evaluation	
3/1/2025		18		AR	IV	Counseling Techniques: Person- Centered
3/3/2025	24&25		VR	VR	VI	Health Behavior: Health Compromising Behavior
3/4/2025	26&27		VR	VR	VI	Health Behavior: Health Enhancing Behavior
3/5/2025		19		AR	IV	Counseling Techniques: Person- Centered
3/6/2025		20		AR	IV	CognitiveBehavioral (Beck and Albert Allis)

3/7/2025				AR	Class Teaching & Minor Course	
3/8/2025		21		AR	IV	Cognitive Behavioral (Beck and Albert Allis)
3/10/2025	28&29		VR	VR	VI	Theories of Health Behavior
3/11/2025	30&31		VR	VR	VI	Health Belief Model
3/17/2025		22&23	AR	AR	V	Counseling in Schools: Assumptions and Procedures.
3/18/2025		24&25	AR	AR	v	Counseling in Family: Assumptions and Procedures.
3/19/2025				VR	Class Teaching & Minor Course	Planned Behavior
3/20/2025	32			VR	VI	Reasoned Action Theory
3/21/2025	33			VR	VII	Stress and Health: Nature and Types of Stress
3/22/2025	34			VR	VII	Stress appraisal; Coping with Stress
4/1/2025		26&27	AR	AR	VI	Career Counseling
4/2/2025		28		AR	VI	Marriage Counseling
4/3/2025		29		AR	VI	Group Counseling:
4/4/2025	35			VR	VII	Psychological Moderators of Stress (hardiness, social support and Optimism)
4/5/2025	36			VR	VII	Psychological Moderators of Stress (hardiness, social support and Optimism)
4/7/2025	37		VR	VR	Class Teaching & Minor Course	Chronic Illnesses: Coronary Heart Disease (CHD)
4/8/2025		30&31	AR	AR	VII	Counseling for Substance-abuse
4/9/2025		32		AR	VII	Counseling for Substance-abuse
4/11/2025		33		AR	VII	Counseling for Child Abuse
4/12/2025	38			VR	VIII	Chronic Illnesses: Coronary Heart Disease (CHD)
4/15/2025	39&40		VR	VR	VIII	Diabetes
4/16/2025				VR	Class Teaching & Minor Course	
4/17/2025		34		AR	VII	Counseling for Child Abuse

4/19/2025		35		AR	VIII	Counseling Ethics;
4/21/2025		36&37	AR	AR	VIII	Counseling Ethics;
4/22/2025	41&42		VR	VR	VIII	Diabetes
4/23/2025	43			VR	VIII	Major Symptoms, Diagnosis and Psychological correlate
4/24/2025				VR	Class Teaching & Minor Course	
4/25/2025		38		AR	VIII	Referrals and Reporting
4/26/2025		39		AR	VIII	Referrals and Reporting
4/28/2025		40&41	AR	AR	VIII	Referrals and Reporting
4/29/2025	44&45		VR	VR	VIII	Major Symptoms, Diagnosis and Psychological correlate
4/30/2025				VR	Evaluation	