

Psychology department Lesson plan Odd Semester 2025-2026

Name :-Dr.Kanchan Jamir

Department:-Psychology

Sub:- Basics of Neuropsychology

Class- B.A.(Hons.) Semester- 5th

Month	1st Week	2nd Week	3rd Week	4th Week
July	---	Admissions	Unit I- Nature and Subject matter of Neuropsychology... Introduction, meaning Nature, components	Importance and role Neuropsychology...relationship With other branches of Psychology Clinical Psychology
August	Biological Psychology Cognitive Psychology Behavioural Dysfunctions... And Symptoms	Agnosias- meaning, nature, causes ,symptoms Revision of the first Unit Revision Test Unit II-Cerebrovascular Disorder	Meaning, nature, causes ,symptoms Types-Transient, IschmicAttack Infration meaning, nature, causes ,symptoms	Hemorrhage Causes, symptoms & management Traumatic Head Injuries Traumatic Head Injuries
September	Concussion Closed head injury Penetrating head injury Meaning ,nature Causes, symptoms & management	Revision of II Unit Revision Test Unit III –Intra Cranial Tumors Infiltrating and... Non- Infiltrating Tumors	Causes, symptoms & management Day II:-Degenerative Disorders meaning, nature, causes ,symptoms Types Parkinson Disease Meaning, nature, causes ,symptoms,cure	Meaning, nature, causes ,symptoms,cure Alzheimer Disease Alzheimer Disease Meaning, nature, causes ,symptoms,cure Revision of III Unit
October	Revision Test Unit IV Neuropsychological Assessment Halstead- ... Rietan and ... Luria-Nebraska...	Approach &Battery Luria-Nebraska Approach &Battery Neuropsychological Rehabilitation Rehabilitation meaning,nature Recovery of function Plasticity	Diwali Break	Meaning, nature Adaption & Overview Of rehabilitation process Adaption & Overview Of rehabilitation process
November	Revision of IV Unit Revision Test Luria-Nebraska... Approach &Battery Rehabilitation approach	Revision		

LESSON PLAN ODD SEMESTER**(Session 2025 – 2026)****Name :-Dr.Kanchan Jamir****Department:-Psychology****Sub:- Basics Of Research Processes & Statistics****Class- B.A.(Hons.) Semester- 3rd**

Month	1st Week	2nd Week	3rd Week	4th Week
July	-----	Admissions	Unit 1: Data Collection Techniques: Experimental	Observation, Questionnaire,
August	Data Collection Techniques: Interview, Sociometry.	Unit 2: Normal Distribution Curve Introduction	Normal Distribution Curve Introduction, characteristics	N.P.C Applications
September	Unit 3: Variables: Types and Control of variables.	Sampling – Techniques- Probability Sampling & Types	Non probability Sampling & Types	Revision and Unit Test
October	Unit 4: Designs: Requirement of a good design, Meaning & Definitions	Within – Single Group Design	Diwali Break	Two Group Design.
November	Writing up a Research Report - APA Style.	Revision		

LESSON PLAN ODD SEMESTER

(Session 2025 – 2026)

Department:-

Name :-Dr.Kanchan Jamir

Psychology Sub:- Research methods, design and statistics

Class- M.A. Semester- Ist

Month	1st Week	2nd Week	3rd Week	4th Week
July	-----	-----	Admissions	Unit 1: Research: Meaning and Types
August	Research Problem; Hypotheses	Variables. Descriptive Statistics: Measures of Central Tendency and Variability.	Measures of Central Tendency and Variability.	Unit 2: Sampling: Probability and Non- Probability Sampling Methods.
September	Sampling: Probability and Non-Probability Sampling Methods.	Normal Probability Curve (NPC) – Applications	Area under NPC) and Deviation (Skewness and Kurtosis).	Unit 3: Experimental and Non-Experimental Methods of Psychological Research: Experimental;
October	Observation; Interview; Case Study and Self Report Methods.	Correlation Statistics: Product Moment; Rank Order; Biserial; Tetrachoric and Kendall Concordance.	Diwali Break	Tetrachoric and Kendall Concordance. Unit 4: Research Designs: Between subjects; Within Groups and Quasi Experimental Design
November	T-test (Independent and Dependent Means); ANOVA (One way & two way for Separate Groups);	Mann-Whitney U-test; Wilcoxon Matched Paired Test and Kruskal Wallis H-Test.	Revision	

LESSON PLAN ODD SEMESTER

(Session 2025 – 2026)

Department:-Psychology

Name :-Dr.Kanchan Jamir

Sub:- Psychopathology

Class- B.A. Pass Semester- 5th

Month	1st Week	2nd Week	3rd Week	4th Week
July	—	Admissions	UNIT-I Concept of normality and abnormality. Models of Psychopathology: Biological	Models of Psychopathology: Psychodynamic Model
August	Behavioural, and Cognitive Models	UNIT-II Classification of Psychopathology: Need for classification	DSM system. Diagnostic Assessment: Case history	Diagnostic Assessment: Interview, Projective techniques.
September	UNIT-III Anxiety Based Disorders: GAD, OCD	Phobic disorders-Symptom Causes Causes and Treatment	Substance/drug abuse – Causes, Consequences and Rehabilitation.	Substance/drug abuse – Causes, Consequences and Rehabilitation.
October	Revision and unit Test	UNIT-IV Mood disorders: Unipolar - Symptoms and causes.	Diwali Break	Mood disorders: bipolar- Symptoms and causes.
November	Schizophrenia: Nature, types, and causes.	Revision	—	

LESSON PLAN ODD SEMESTER

(Session 2025 – 2026)

Name :-Dr.Kanchan Jamir

Psychology Sub:- Theoretical Perspectives of Psychology I

Class- M.A. Semester- Ist

Month	1st Week	2nd Week	3rd Week	4th Week
July	-----	-----	Admissions	Unit 1: Need for study of history in psychology; Problems in Historiography;
August	Contributions of Titchener. Philosophical issues: Mind-body problem, Free will vs. Determinism.	Philosophical issues: Formal founding of psychology: Weber, Fechner, Wundt.	Unit 2: Functionalism: Antecedents, Pioneers,	Methodology and tenets. Behaviorism: Antecedent influences- Thorndike,
September	Influences- Pavlov; Contributions of Watson.	Unit 3: Gestalt Psychology: Pioneers- Wertheimer,	: Gestalt Psychology: Pioneers- Kohler, Koffka.	Field theory: Lewin Psychoanalysis: Antecedent influences
October	Field theory Sigmund Freud	. Unit 4: Analytic Psychology: Jung; Individua	Diwali Break	Psychology: Adler Neo-Freudians: Anna Freud, Fromm, Horney.
November	Psychology: Adler Neo-Freudians: Anna Freud, Fromm, Horney.	Anna Freud, Horney.	Revision	

Teaching Plan (2025-26)

Odd Semester (MA Sem -III)

Department : Psychology

Name: Ms Rajni

Subject :Biopsychology

Month	Week 1	Week 2	Week 3	Week 4
August	Nature of Biopsychology: Meaning and approach; Major divisions of Biopsychology;	Methods of study and research. Cells of Nervous system: Neuron: Structure and Types;	Conduction of Nerve Impulse; Synapse; Synaptic transmission: Process and stages.	Doubts, class presentations and tests
September	Nervous System: Central Nervous System: Structure and Function of Brain and Spinal cord.	Peripheral Nervous System: Somatic Nervous System: Cranial and Spinal nerves.	Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System.	Doubts, class presentations and tests
October	Behavioural Genetics: Mendelian Genetics, Chromosomes, Sex- linked and Sex-limited genes.	Biological Basis of Cognition and Learning: Lashley's search for engrams, Lateralization and Handedness.	Diwali break	Doubts, class presentations and tests
November	Biological Basis of Ingestive Behaviour: Hunger and Thirst	Biological Basis of Sleep: Stages and Types of Sleep; Physiological mechanism of Sleep;	Disorders of Sleep.	Doubts, class presentations and tests



Teacher's Signature:

Teaching Plan (2025-26)				
Odd Semester (BA Hons Sem -III)				
Department : Psychology				
Name: Ms. Rajni			Subject Cognitive Processes	
Month	Week 1	Week 2	Week 3	Week 4
July	Admissions	Admissions	Attention: Attentional Processes, Selective and Divided Attention.	Perception: Gestalt's Laws of organization, Perception of Depth.
August	Doubts, class presentations and tests	Learning: Classical Conditioning: Basic Procedure, Extinction, Spontaneous Recovery, Generalization and Discrimination.	Operant conditioning: Reinforcement and reinforcement schedules. Punishment.	Doubts, class presentations and tests
September	Memory: Nature and Types : Sensory, Short and Long Term Memory.	Memory: Nature and Types : Sensory, Short and Long Term Memory.	Forgetting: Decay and Interference: Retroactive and proactive.	Doubts, class presentations and tests
October	Thinking: Characteristics and Types;	Reasoning: Inductive and deductive reasoning.	Diwali Break	Doubts, class presentations and tests
November	Problem-Solving: Classifications of Problems, Problem-Solving Strategies,	Problem-Solving Obstacles: Problem-Solving Set and Functional Fixedness.	Doubts, class presentations and tests	Examinations

Teacher's Signature:



Teaching Plan (2025-26)				
Odd Semester (MA Sem -III)				
Department : Psychology				
Name: Ms Rajni			Subject Cognitive Psychology	
Month	Week 1	Week 2	Week 3	Week 4
August	Attention: Filter (Broadbent and Treisman) and Resource (Kahneman) theories, Factors affecting Division of Attention.	Memory: Tasks Used for Measuring Memory, Models- Modal model, Levels of Processing.	Memory processes: Encoding (memory codes & attributes), transfer of information from STM & LTM, retrieval of information, Factors determining retrieval.	Doubts, class presentations and tests
September	Working Memory: Working Memory model (Baddeley), Semantic vs Episodic Memory, Hierarchical semantic network model; Prospective Memory: Types and Common Failures;	Reconstructive nature of memory: Autobiographical memory, Flashbulb memories and Eyewitness memory.	Forgetting: Interference Theory, Decay Theory, Cue-dependent theory, Motivated forgetting. Improving Memory: Mnemonics, Preparing for examination, mind maps.	Doubts, class presentations and tests
October	Decision Making: Phases of Decision Making, Cognitive illusions in decision making, Utility and Descriptive models of Decision Making.	Problem Solving: Strategies of Problem Solving; Blocks in Problem Solving; Finding Creative Solutions.	Diwali break	Doubts, class presentations and tests

November	Language: Structure of language: Phonology, Syntax, Semantic and Pragmatics. Speech Production: Gender Differences in Cognition;	Theories: Garrett and Dell; Speech Errors. Individual Differences in Cognition: Individual Differences in Cognitive Abilities and Style;	Empirical evidences of Cross-Cultural Differences in Cognition; Effect of Schooling and Literacy.	Doubts, class presentations and tests
Teacher's Signature:				

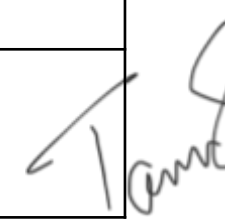
Teaching Plan (2025-26)				
Odd Semester (MA Sem -I)				
Department : Psychology				
Name: Ms Rajni		Subject Experimental Psychology		
Month	Week 1	Week 2	Week 3	Week 4
August	Psychophysics: Estimating Sensory Threshold: Classical Methods- method of limits,	the method of constant stimuli and the method of adjustment.	Signal Detection Theory: Assumptions, Procedures.	Doubts, class presentations and tests
September	Subliminal Perception: Nature and Empirical Evidence.	Perceptual Processes: Perception of Size and Movement: Depth Cues, Size Constancy and Illusions;	Perception of Real movement, Types of Apparent Movement.	Doubts, class presentations and tests

October	Classical Conditioning: Basic procedure, Higher-order conditioning, Measurement of Conditioned Response;	Variables affecting Classical Conditioning; Applications: Fear, Prejudice, Advertising, Taste Aversion, Immune function, Drug overdose deaths, Systematic Desensitization.	Diwali break	Doubts, class presentations and tests
November	Instrumental and Operant Conditioning: Reinforcement, Kinds of reinforcers,	Schedules of Reinforcement; Variables affecting Reinforcement, Punishment, Variables affecting punishment, Problems with punishment,	Applications: Self-Injurious Behavior, Self- control, Shaping, and Superstitious Behaviour.	Doubts, class presentations and tests
Teacher's Signature: 				

Teaching Plan (2025-26)				
Odd Semester (MA Sem -III)				
Department : Psychology				
Name: Dr Tanu Shree Dahiya			Subject :Coaching and Mentoring	
Month	Week 1	Week 2	Week 3	Week 4
August	Meaning of Coaching & Mentoring; Integrating Positive Psychology in coaching, Indian concepts in coaching.	Approaches and Perspectives: Approaches to coaching: Sports coaching, life coaching, Executive Coaching, Cognitive Behavioural Coaching;	Approaches to Mentoring: Models of mentoring.	Doubts, class presentations and tests

September	Coaching Process: Stages, Principles of coaching, Models of coaching.	Coaching Skills: Questions, Listening, Presence and Intuition, Trust and Openness.	Presentation week and MCQ tests of UNIT 1 and 2	Doubts, class presentations and tests
October	Supervision: Developing Coaches and Mentors: Key issues, Supervision: Models, Implications for supervision. Competencies,	Standards and Professionalization Competencies: Arguments for a competency basis, Standards: Arguments for a standard approach, Professionalization: Arguments for professionalization.	Diwali break	Doubts, class presentations and tests
November	Team Coaching: Groups and Team, Team Performance, Team Coaching, Coaching issues and factors, Useful Ideas in team coaching.	Motivation and Coaching: Achieving emotional commitment for change, Words that motivate, Power of beliefs, Enhancing Motivation.	Doubts, class presentations and tests	Presentation week and MCQ tests of UNIT 3 and 4

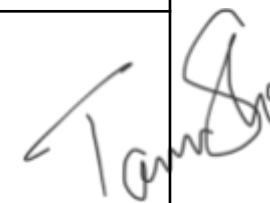
Teacher's Signature:



Teaching Plan (2025-26)				
Odd Semester (MA Sem -I)				
Department : Psychology				
Name: Dr Tanu Shree Dahiya			Subject :Positive Psychology	
Month	Week 1	Week 2	Week 3	Week 4
August	Positive Psychology: Historical Development of Positive Psychology,	Concept of wellbeing, Classification of Human Virtues and Measuring Strengths of Character.	Administration: PERMA, VIA.	Doubts, class presentations and tests

September	Cognitive States and Processes: Wisdom, Self-efficacy,	Hope, Giftedness, Creativity.	Administration: Self-efficacy, Creativity.	Doubts, class presentations and tests
October	Emotional Intelligence: Nature, Models – Salovey and Mayer, Bar- on and Goleman, Enhancing emotional intelligence,	Emotional competence, Emotional creativity and Emotional storytelling. Administration: EQ, Case Study – Emotional storytelling after a traumatic event.	Diwali break	Doubts, class presentations and tests
November	Positive Change – Stages of change, Change processes, Psychotherapeutic relationship,	Effectiveness of psychological therapies, Therapies that work for adults and children.	Administration: Strategies for consciousness raising, Strategies for countering negative beliefs.	Doubts, class presentations and tests

Teacher's Signature:

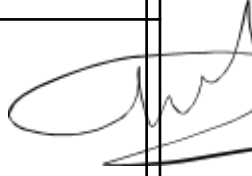


Teaching Plan (2025-26)				
Odd Semester (BA Hons Sem -III)				
Department : Psychology				
Name: Dr Tanu Shree Dahiya			Subject : Introduction to Positive Psychology	
Month	Week 1	Week 2	Week 3	Week 4
July	Admission	Admission	Introduction to Positive Psychology: Origin, Assumptions and Goals of Positive Psychology.	Introduction to Positive Psychology: Origin, Assumptions and Goals of Positive Psychology.

August	Introduction to Positive Psychology: Origin, Assumptions and Goals of Positive Psychology.	Doubts, class presentations and tests	Character Strengths: Values in Action Classification.	Character Strengths: Values in Action Classification.
September	Doubts, class presentations and tests	Positive Emotional States: Positive Emotional States- Past (Life satisfaction), Present (Happiness) and Future (Hope & optimism).	Positive Emotional States: Positive Emotional States- Past (Life satisfaction), Present (Happiness) and Future (Hope & optimism).	Positive Emotional States: Positive Emotional States- Past (Life satisfaction), Present (Happiness) and Future (Hope & optimism).
October	Doubts, class presentations and tests	Pro-Social Behaviour: Gratitude and Forgiveness.	Diwali break	Pro-Social Behaviour: Gratitude and Forgiveness.
November	Pro-Social Behaviour: Gratitude and Forgiveness.	Doubts, class presentations and tests	Test and Revision	Examinations
Teacher's Signature: 				

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Teaching Plan (2025-26)	
Odd Semester (MA Sem -I)	
Department : Psychology	
Name: Dr. Chitra	Subject Adv. Social Psychology

Month	Week 1	Week 2	Week 3	Week 4
August	Introduction Social Psychology: Social Psychology: Nature, Origins and Development;	Theories of Social Psychology: Social Learning theory and Social Exchange theory.	New frontiers in social psychological Research, Ethical issues in Psychological Research.	Doubts, class presentations and tests
September	Self-Knowledge: Independent and interdependent view of self; Knowing ourself through	Introspection: Causal theory, Self Perception theory.	Attribution: Theories and Attribution Biases; Social perception: Forming and Managing Impression.	Doubts, class presentations and tests
October	Social Cognition: Social Schema & its impact; Heruistics, Prototypes and Social Representation.	Attitude: Nature, Functions, Formation and Attitude Change: Persuasive Communication, Cognitive Dissonance; Techniques of resisting Persuasive messages.	Diwali break	Doubts, class presentations and tests
November	Social Problems: Crime and Violence: Crime and Unemployment, Explanations of Crime and Violence, Violence and Crime.	Family Disorganization: Family Violence: Child Abuse, Battered Women, Battered Men, Abuse of the Elderly.	Divorce: Factors and Consequences, Effect on children.	Doubts, class presentations and tests
Teacher's Signature: 				

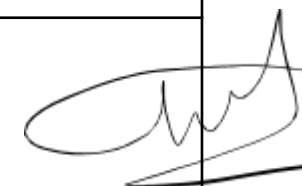
Teaching Plan (2025-26)
Odd Semester (BA Hons Sem -I)
Department : Psychology

Name: Dr. Chitra		Subject Introduction to Psychology (Minor)		
Month	Week 1	Week 2	Week 3	Week 4
July	Admissions	Admissions	Introduction: - Definition, Historical origins of Psychology, goals and fields of psychology.	Methods in Psychology: Experimental, observation, Interview, Questionnaire and Case Study.
August	Doubts, class presentations and tests	Personality: Nature, Factors influencing Personality,	Major Approaches- Trait and Type, Psychodynamic, Behavioural and Humanistic.	Doubts, class presentations and tests
September	Motivation: Nature, Biological and Psychosocial Motives,	Frustration and Conflict.	Emotion: Nature, Bodily changes,	Doubts, class presentations and tests
October	Theories of Emotion: James-Lange, Cannon-Bard and, Schachter–Singer.	Theories of Emotion: James-Lange, Cannon-Bard and, Schachter–Singer.	Diwali Break	Doubts, class presentations and tests
November	Intelligence: Nature, Theories: Spearman, Guilford,	Gardener and Sternberg.	Doubts, class presentations and tests	Examinations
Teacher's Signature: 				

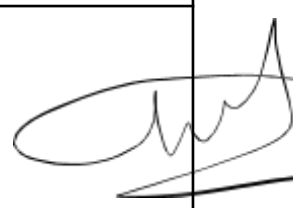
Teaching Plan (2025-26)				
Odd Semester (BA Hons Sem -V)				
Department : Psychology				
Name: Dr. Chitra		Subject Child Development		
Month	Week 1	Week 2	Week 3	Week 4

July	Admissions	Admissions	Development of child: Nature and Methods: cross-sectional method,	Longitudinal method and Experimental method.
August	Doubts, class presentations and tests	Principles of Human Development: Goals and types of developmental changes, Early and late development of a child.	Foundations of developmental pattern: Prenatal: Fertilization, Heredity, Sex-determination.	Doubts, class presentations and tests
September	Developmental differences of single and multiple birth conditions.	Development attitudes: Parental attitudes effecting prenatal development.	Hazards during prenatal period: Physical and psychological hazards.	Doubts, class presentations and tests
October	Neonate: Adjustment of a child to new world. Respiration, cardiovascular and gastrointestinal changes. Reflexes, sucking, moro and grasping reflex.	Social Development: Goals and types of developmental changes. Early and late developmental pattern.	Diwali Break	Doubts, class presentations and tests
November	Cognitive development: structural and functional approach: Piaget's developmental stages and Piaget's theory. Social cognition.	Emotional development: Smile as a social sign, smiling and laughter; Attachment: Theories of attachment, Parental behavior and attachment.	Doubts, class presentations and tests	Examinations

Teacher's Signature:



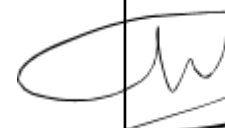
Teaching Plan (2025-26)
Odd Semester (BA Hons Sem -I)
Department : Psychology

Name: Dr. Chitra			Subject Fundamentals of Psychology	
Month	Week 1	Week 2	Week 3	Week 4
July	Admissions	Admissions	Introduction: - Definition, Historical origins of Psychology, goals and fields of psychology.	Methods in Psychology: Experimental, observation, Interview, Questionnaire and Case Study.
August	Doubts, class presentations and tests	Personality: Nature	Major Approaches- Trait and Type, Psychodynamic,	Behavioural and Humanistic.
September	Motivation: Nature	Biological and Psychosocial Motives	Frustration and Conflict.	Doubts, class presentations and tests
October	Emotion: Nature, Bodily changes, Theories of Emotion: James- Lange,	Cannon-Bard and, Schachter-Singer.	Diwali break	Doubts, class presentations and tests
November	Intelligence: Nature	Theories: Guilford, Gardener and Sternberg.	Doubts, class presentations and tests	Examinations
Teacher's Signature: 				

Teaching Plan (2025-26)
Odd Semester (BA Hons Sem -I)
Department : Psychology
Name: Dr. Chitra Subject Social Psychology

Month	Week 1	Week 2	Week 3	Week 4
July	Admissions	Admissions	Introduction: Nature and Subject-matter	Methods: Sociometry and Case study. Socialization: Nature, Process and Agents of Socialization.
August	Doubts, class presentations and tests	Social Influence: Meaning and Nature of Compliance, Conformity and Obedience.	Prejudice: Nature, Development and Stereotypes.	Doubts, class presentations and tests
September	Social Processes: Meaning of Cooperation and Conflict, Conflict Resolution Techniques.	Social Perception: Impression Formation, Attribution Theory: Heider.	Attribution Theory: Heider.	Doubts, class presentations and tests
October	Aggression: Nature, Determinants and Prevention.	Aggression: Nature, Determinants and Prevention.	Diwali Break	Doubts, class presentations and tests
November	Pro-Social Behaviour: Nature, Determinants of Pro-Social Behaviour,	Empathy- Altruism Hypothesis, Negative State Relief Hypothesis.	Doubts, class presentations and tests	Examinations

Teacher's Signature:



TEACHING PLAN 2025-26 (ODD SEMESTER)
(July 2025 to Nov. 2026)

Name :- Shilpi Aggarwal

Department:- psychology

Sub:- ORGANIZATIONAL PSYCHOLOGY

CLASS: BA HONS 5TH

Month	1st Week	2nd Week	3rd Week	4th Week
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July	Admissions	- do as -	Nature of Organizational Psychology: Historical development: Traditional and Modern Approach;	Working Conditions: Physical working conditions and Psychological working conditions.
	do as -	- do as -	- do as -	. - do as -
	do as -	- do as -	- do as -	- do as -
	do as -	-- do as -	- do as -	:- do as -
	do as -	do as -	:- do as -	:- do as -
	do as -	do as -	- do as -	class test
August	Recruitment and Selection: Organisation's and applicant's perspective; Job analysis and interview.	Process in Organization: Group Dynamics: Team in organization; Factors influencing	Group and Team; Leadership, Power and Politics.	Decision Making: Types and Models. Group Decision Making: Group think and Preventing group think, Conflict and Negotiation
	- do as -	- do as -	- do as -	- do as -
	- do as -	- do as -	class Test	- do as -
	- do as -	- do as -	- do as -	- do as -
	- do as -	- do as -	- - do as -	-do as -
	- do as -	- do as -	Assignment	Assignment
Sept.	Employee Motivation: Theories of Motivation: Content and Process theories; .	Behavioural approach of Motivation and Practical value of motivation, Integration of motivation theories	Approaches of Leadership: General approaches of leadership	; Theories of leadership: Trait theories, Behavioural and Modern; Power and Influence, Leadership through Vision and Persuasion
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	- do as -	- do as -	- do as -	- do as -
	- do as -	class test	- do as -	- do as -
	Assignment	- do as -	- do as -	- do as -

	- do as -	- do as -	:- do as -	Assignment
Oct,	Organizational Theory and Designs: Organizational theory:	Determinants of Organizational Designs; Recent innovations; Research on Organizational Designs.	Organizational Culture: Nature of Organizational culture;	Manifestation of organizational culture; measurement and changing organizational culture
	- do as -		- do as -	- do as -
	class test	- do as -	- do as -	- do as -
				- do as -
	- do as -	- do as -	- do as -	- do as -
	- do as -		- do as -	- do as -
Nov.	Test	Revision	Exams	

Teacher Signature