

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2019-2020)

Name of the Teacher: Suman Mahajan

Department: Philosophy

Class: BA Semester: 3rd Subject: Philosophy

S.No.	Date (Monthly)		Topics to be Covered	Academic Activity to be Undertaken*
	From	To		
1	23.07.19	31.07.19	1. Salient Features of Indian Ethics with reference to Purushartha: Yuga Dharma and Sanatana Dharma.	Lecture method, group discussions
2	1.08.2019	31.08.2019	2. Varna Vyavastha and Ashrama Dharma: A Contemporary Analysis. 3. Concept of Sreyas and Preyas. 4. Buddhist Ethics: Four Noble Truths, Eight Noble Paths, Ahimsa and Karma Bhava Chakra, Sila.	Lecture method, group discussions
3	01.09.2019	30.09.2019	5. Jaina Ethics: Triratnas. 6. Sikh Ethics: Hukum, Nirbhau, Nirvair, Parupkar, Sewa and Sahaj.	Lecture method, group discussions

4	01.10.2019	31.10.2019	7. Gandhi: Ahimsa, Satyagraha and Antyodaya. 8. Gita: Anasakta Karma, Lok Samgraha, Sva-Dharma.	Lecture method, group discussions
MST: OCT, 2019				
5	01.11.2019	20.11.2019	9. Yoga and Stress Management: Definition of Yoga, Ashtanga Yoga. 10. Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyana, Samadhi.	Lecture method, group discussions
REMEDIAL CLASSES: NOV, 2019				
6	21.11.2019	30.11.2019	Revision	