

MCM DAV College for Women, Sector- 36/A, Chandigarh

Monthly Teaching Plans

Session 2021-2022

Department of Psychology

(Third Semester)

Name of the Teachers: Dr. Manjit Sidhu

Class: **BA II (Honours)**

Subject: **Social Psychology**

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	11.08.2021	31.08.2021	<ul style="list-style-type: none">Unit- 1: Introduction: Nature of Social Psychology, Methods of Research in Social Psychology	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Power Point Presentation Clarification of doubts, if any.
2	01.09.2021	30.09.2021	<ul style="list-style-type: none">Unit -2: Leadership: Functions of Leaders, Theories of Leadership (Trait Theories, Behavioural Theories, Fiedler's Contingency Model).	Classroom Discussion, Power point Presentation, Clarification of doubts, if any.
3	01.10.2021	31.10.2021	<ul style="list-style-type: none">Unit-3: Attitudes: Concepts, Formation of Attitudes, Theories of Attitude Change; Measurement of Attitudes	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
4	01.11.2021	30.11.2021	<ul style="list-style-type: none">Unit – 4: Applications of Social Psychology: Pro Social behaviour, Bullying, Ragging..	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.

MCM DAV College for Women, Sector- 36/A, Chandigarh

Monthly Teaching Plans

Session 2021-2022

Department of Psychology

(Fourth Semester)

Name of the Teachers: Dr. Manjit Sidhu

Class: **BA II (Honours)**

Subject: **Recent Perspectives in Psychology**

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1.	03.02.2022	28.02.2022	Unit- I : Emotional Intelligence : Concept and Theories (Goleman, Salovey and Meyer).	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
2.	01.03.2022	31.03.2022	Unit-II: Spirituality and Well Being : Concept, Measurement and Relationship with Well Being.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
3.	01.04.2022	30.04.2022	<ul style="list-style-type: none">Unit-III: Stress and Coronary Heart Disease; Concept, Symptoms, Role of Stress in Coronary Heart Disease.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any
4.	01.05.2022	25.05.2022	Unit-IV: Positive Emotions and Mental Health: Forgiveness, Gratitude and Mental Health <ul style="list-style-type: none">Review and revision of Syllabi for Semester Exams	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any Review and revision exercises