

**MCM DAV College for Women, Sector- 36/A, Chandigarh**  
**Department of Psychology (Monthly Teaching Plans 2023-2024)**

**Name of the Teachers: Dr. Manjit Sidhu & Ms. Aditi Kaushish**

**Class: BA II Honours (Semester III)**

**Subject: Social Psychology**

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	24.07.2023	22.08.2023	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	23.08.2023	21.09.2023	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	22.09.2023	21.10.2023	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	22.10.2023	18.11.2023	Unit – 4: Applications of Social Psychology: Pro Social behaviour, Bullying, Ragging.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.

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**Name of the Teachers: Dr. Manjit Sidhu & Ms. Aditi Kaushish**

**Class: BA II Honours (Semester IV)**

**Subject: Recent Perspectives in Psychology**

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1.	09.01.2024	04.02.2024	Unit- I : Emotional Intelligence : Concept and Theories (Goleman, Salovey and Meyer).	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
2.	05.02.2024	02.03.2024	Unit-II: Spirituality and Well Being : Concept, Measurement and Relationship with Well Being.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
3.	03.03.2024	29.03.2024	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.	30.03.2024	22.04.2024	Unit-IV: Positive Emotions and Mental Health: Forgiveness, Gratitude and Mental Health. Review and revision of Syllabi for Semester Exams	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any Review and revision exercises