

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plan ; Session 2025-26

Department: HISTORY

Class: B.A I

Semester : I

Subject: History and Culture of Punjab

Course Code: HIS 1090

Dates (Monthly)		Topics to be Covered	Academic Activity / Teaching Methodology
From	To		
24 July 2025	31 July 2025	Introduction to Course, Syllabus and Exam Pattern	Lecture Method
01 August 2025	31 August 2025	Ancient Punjab: Physical features; impact on History; Harappan Culture: Social, Economic and Religious life; causes of disappearance.	Lecture Method and Presentation
01 September 2025	30 September 2025	Main features of the life in early Vedic Age, Political, Social, Economic and Religious life of later Vedic Aryans.	Lecture Method
01 October 2025	31 October 2025	Historical importance of Ramayan and Mahabharat.; Impact of Alexander's invasion on social and cultural life.	Lecture Method
01 November 2025	13 November 2025	Position of women: Harappan, early Vedic and later Vedic Age; Locate the places on the map of Punjab, Mohenjodaro, Harappa, Kotla Nihang Khan, Sanghol, Banawali, Taxila, Indraprastha, Hastinapur, Kurukshetra, Srinagar, Purusapura, Sakala.	Lecture Method and Presentation

MCM DAV College for Women, Sector – 36A, Chandigarh

Monthly Teaching Plan ; Session 2025-26

Department: HISTORY

Class: B.A I

Semester : II

Subject: History and Culture of Punjab

Course Code: HIS 1090

Dates (Monthly)		Topics to be Covered	Academic Activity / Teaching Methodology
From	To		
10 Jan 2026	31 Jan 2026	Introduction to Course, Syllabus and Exam Pattern, The Mauryan Empire: Social, economic and religious life.	Lecture Method and Presentation
01 February 2026	28 February 2026	The Kushanas: Impact of Kanishka's rule on Punjab;The Guptas: Cultural and scientific developments.;Position of Women: Under the Mauryas, the Guptas and the Vardhanas.	Lecture Method
01 March 2026	31 March 2026	Depiction of Punjab in the accounts of Chinese travelers. Fahien and Huen Tsang;Society and Culture on the eve of the Turkish invasion of Punjab.	Lecture Method
01 April 2026	25 April 2026	Punjab in the Kitab-ul-Hind of Alberuni; Locate the places on the map of Punjab, Important Historical Places: Lahore, Multan Bathinda, Uchh, Jalandhar, Thanesar, Kangra, Taxila, Kundalvana, Pehowa, Thatta.	Lecture Method