

MCM DAV College for Women, Sector- 36/A, Chandigarh
Department of Psychology (Monthly Teaching Plans 2025-2026)

Name of the Teachers: Dr Manjit Sidhu

Class: BA II (Table 1) – PSY DSC 3a (Semester 3)

Subject: Introduction to Clinical Psychology

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	24.07.2025	06.09.2025	Nature and Scope and History of Clinical Psychology Perspectives: Psychodynamic, Behavioral, Cognitive Current Classification of DSM V	Discussion of Syllabus, Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
2	08.09.2025	11.10.2025	Causes of Psychopathology: Biological, Psychological and Sociocultural Causes	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
3	13.10.2025	13.11.2025	Stress: Concept of Stress; Types of Stressors; Etiology of Stress; Coping Strategies: Problem Focused and Emotion Focused, Effects of Stress.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.