

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

Name of the Teachers: Dr. Akanksha Tripathi and Dr. Nitasha Khehra

Class: BA III (Semester V)

Subject: Clinical Psychology

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	24.07.2025	28.08.2025	Nature and Criteria of abnormality, Viewpoints Regarding Abnormality: Historical, Psychodynamic, Behavioral, Cognitive, Humanistic and Interpersonal, Scope of Clinical Psychology	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Clarification of doubts, if any.
2	29.08.2025	21.09.2025	Causes of Abnormal Behavior: Biological, Psychological and Sociocultural Causes	Classroom Discussion, Clarification of doubts, if any.
3	22.09.2025	21.10.2025	Stress: Concept of Stress; Types of Stressors; Etiology of Stress; Coping Strategies: Problem Focused and Emotion Focused, Effects of Stress.	Classroom Discussion, Clarification of doubts, if any.
4	22.10.2025	13.11.2025	Significance of Statistics: Mean, Standard Deviation, Correlation. Significance of Difference Between Means (Correlated and Uncorrelated).	Classroom Discussion, Clarification of doubts, if any.

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	From	To		
1	10.01.2024	10.02.2024	Anxiety Based Disorders viz. Phobia; OCD; Panic; Generalized Anxiety Disorder. Conversion Disorders, Dissociative Disorders : Types, Symptoms and Etiology.	Power Point Presentations, Case Studies, Classroom Discussion, Clarification of doubts, if any.
2	11.02.2024	02.03.2024	Mood Disorders : Types, Symptoms and Etiology.	Power Point Presentations, Case Studies, Classroom Discussion, Clarification of doubts, if any.
3	03.03.2024	25.03.2024	Schizophrenia Types : Symptoms and Etiology.	Power Point Presentations, Case Studies, Classroom Discussion, Clarification of doubts, if any.
4	26.03.2024	22.04.2024	Psychotherapies : Psychodynamic Therapy, Behavior Therapy, Cognitive-Behaviour Therapy, Humanistic Therapy.	Power Point Presentations, Case Studies, Classroom Discussion, Clarification of doubts, if any.