

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

Name of the Teacher: Dr. Nitasha Khehra

Class: MA I (Semester I)

Subject: Theories and Systems of Psychology (Paper I)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	31.07.2025	14.08.2025	Unit I: Nature, History and Status of Psychology as a Science.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
2	15.08.2025	04.09.2025	Unit IV: Current Theoretical Developments: Cognitive (Information processing), Neurocognitive Science, Developmental perspective (Piaget), Social Learning (Bandura), Indian Perspective.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
3	05.09.2025	25.09.2025	Unit II: Schools of Psychology: Structuralism, Functionalism, Behaviorism, Gestalt, Classical Psychoanalysis (Freud).	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
4	26.09.2025	13.11.2025	Unit III: Theoretical Perspectives in Psychology: Psychodynamic (Neo Freudians – Adler, Jung), Behaviouristic (Pavlov and Skinner), Humanistic- Existential (Maslow, Rogers, Rollo May), Field Theory (Lewin).	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.

Name of the Teacher: Dr. Nitasha Khehra

Class: MA I (Semester II)

Subject: Theories and Systems of Psychology (Paper II)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	10.01.2026	06.02.2026	Unit I: Personality Theories: Erickson, Fromm, Murray, Eysenck, Cattell, Costa and McCrae, Kelly.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.

2	07.02.2026	06.03.2026	Unit IV: Motivation: Need theories (McClelland), Content theories (Maslow, Herzberg), Cognitive theories (Lewin, Vroom, Porter and Lawler).	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
3	07.03.2026	03.04.2026	Unit II: Intelligence and Creativity: Intelligence; Guilford, Cattell, Sternberg, Emotional Intelligence (Meyer and Salovey and Goleman). Creativity: Freudian, Psychometric, Humanistic-Existential and Associationistic view points.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
4	04.04.2026	25.04.2026	Unit III: Emotions: James Lange, Cannon Bard, Lazarus, Lindsley, Plutchik.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.

Name of the Teacher: Ms. Tanisha Sankhyan

Class: MA I (Semester I)

Subject: Social Psychology (Paper-II)

S. No	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken
	From	To		
1.	31.07.25	14.08.25	Unit 1: Social Psychology as a Science: Nature and History.	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Power Point Presentation Clarification of doubts, if any.
2.	15.08.25	04.09.25	Unit - 1 Cont'd: Social Learning Theories: Field, Role and Exchange, Developmental views of Self: Erikson, Sullivan and Rogers.	Classroom Discussion, Power point Presentation, Clarification of doubts, if any.
3.	05.09.25	25.09.25	Unit- 2: Socialization Agents; Socialization in families with a Special child. Impact of culture on socialization. Mid Semester Exams Unit - 3 Social Learning. Impression formation.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.

4.	26.09.25	13.11.25	Unit - 3: Theories of Attribution: Kelly, Weiner, Jones and Davis. Unit - 4 Interpersonal Attraction : Concept, determinants. Personal Relationships : Self disclosure, Relationship maintenance. Review and revision of Syllabi for Semester Exams	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
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Name of the Teacher: Ms. Tanisha Sankhyan

Class: MA I (Semester II)

Subject: Social Psychology (Paper-II)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken
	From	To		
1.	10.01.26	06.02.26	Unit 1: Altruism and Prosocial Behaviour : Concept, Theoretical perspectives (Sociocultural and Learning). Learning to help : Seeking and receiving help. Factors affecting Helping Behaviour : Internal and Situational. Caregiving concept, types and its impact on caregiver	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Power Point Presentation Clarification of doubts, if any.
2.	07.02.26	06.03.26	Unit - 4 Social Power Theories of Leadership Situation approach, Trait approach, Functional approach and Fiedler's contingency model of leadership effectiveness. Leadership Styles : Autocratic, Democratic, Task Oriented, People Oriented.	Classroom Discussion, Power point Presentation, Clarification of doubts, if any.
3.	07.03.26	03.04.26	Unit- 3 Groups : Types, Group Cohesion. Group Behaviour : Conformity, Obedience and Compliance. Group Antagonism : Prejudice (Nature, cognitive biases, strategies to reduce prejudice). Impression formation.	Classroom Discussion, Power point Presentation, Clarification of doubts, if any.

4.	04.04.26	25.04.26	Unit - 2 Aggression : Nature, causes, control. Violence; Family Violence; Intimate Partner Violence: Nature, Causes and Interventions. Review and revision of Syllabi for Semester Exams	Classroom Discussion, Power point Presentation, Clarification of doubts, if any.
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Name of the Teacher: Ms. Aditi Kaushish

Class: MA-I (Semester I)

Subject: Experimental and Cognitive Psychology (Paper – III)

	Date (Monthly)			
S. No.	From	To	Topics to be covered	Academic activities undertaken
1	04.08.2025	04.09.2025	UNIT-I Classical Conditioning: Basic phenomena, Temporal relations, the Rescorla-Wagner model, Opponent Process theories and Classical conditioning. Operant Conditioning: Basic phenomena, Reinforcement Schedules and their Experimental Analysis	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Clarification of doubts, if any.
2	05.09.2025	26.09.2025	UNIT-II Avoidance and Punishment : Two-factor theory and one-factor theory, Learned helplessness, punishment. Problems of Reinforcement : A Re- evaluation of the Stop-Action Principle, the Role of the Reinforcer, Prediction of a Reinforcer.	Classroom Discussion, Clarification of doubts, if any.
3	27.09.2025	24.10.2025	UNIT-III Biological Constraints on Learning : Attacks on the contiguity principle, Attacks on	Classroom Discussion, Clarification of

			the equipotentiality premise, Heredity in Operant Conditioning , the General- Principle approach to learning.	doubts, if any.
4	24.11.2023	13.11.2025	UNIT-IV Stimulus Control and Concept Learning : Generalization gradients, Absolute or Relational Stimulus Control, Errorless Discrimination Learning, Concept Formation.	Classroom Discussion, Clarification of doubts, if any Review and revision exercises

Name of the Teacher: Ms. Aditi Kaushish

Class: MA-I (Semester II)

Subject: Experimental and Cognitive Psychology (Paper - III)

	Date (Monthly)			
S. No.	From	To	Topics to be covered	Academic activities undertaken
1	10.01.2026	06.02.2026	UNIT-I Pattern Recognition : Theories of pattern recognition, Top-down processing and Pattern recognition	Classroom Discussion, Clarification of doubts, if any.
2	07.02.2026	06.03.2026	UNIT-II Attention : Divided and Selective attention, Feature Integration Theory, Neural Basis of attention.	Classroom Discussion, Clarification of doubts, if any.
3	07.03.2026	03.04.2026	UNIT-III Neural mechanisms of memory; Synapse and neural circuits, Formation and storage of memory, Role of long term	Classroom Discussion, Clarification of doubts, if any.

			potentiation.	
4	04.04.2026	25.04.2026	UNIT-IV Imagery : The Characteristics of Mental Images, Cognitive maps.	Classroom Discussion, Clarification of doubts, if any Review and revision exercises

Name of the Teachers: Dr Neha Pandeya

Class: MA I (Semester I)

Subject: Research Methodology (Paper-IV)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	16.08.2025	11.09.2026	Unit 1: Nature of Research in Psychology: Psychology as a science: Types of Variables; Review of literature; Research design (Definition and Types); Selection and formulation of research problem and hypotheses.	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Power Point Presentation Clarification of doubts, if any.
2	12.09.2025	08.10.2026	Unit – 3 Special Correlation Methods: Biserial correlation; Point Biserial; Tetrachoric and Phi-Coefficient correlation	Classroom Discussion, Power point Presentation, Clarification of doubts, if any.
3	09.10.2025	04.11.2026	Unit – 4 Non-Parametric Techniques: Sign test, Wilcoxon Test; Mann Whitney U test; Kruskal Wallis and Friedman Tests.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
4	05.11.2025	30.11.2026	Unit – 2: Research Techniques: Naturalistic Observation: Field studies; Survey Research: Features, uses and limitations of surveys, steps in survey research and survey instruments. Review and revision of Syllabi for Semester Exams	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.

Name of the Teachers: Dr Neha Pandeya
Class: MA I (Semester II)
Subject: Research Methodology (Paper-IV)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	09.01.2025	06.02.2026	Unit – 1 Scales of Measurement : Nominal, Ordinal, Interval and Ratio; Experimental Method; Ethics of Psychological Research.	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Power Point Presentation Clarification of doubts, if any.
2	07.02.2025	06.03.2026	Unit – 2 Assessment Techniques : Case study, Interview method; Sociometry. Ex Post Facto Research Technique and its applications. Sampling theory and its techniques.	Classroom Discussion, Power point Presentation, Clarification of doubts, if any.
3	07.03.2025	03.04.2026	Unit – 3 Advanced correlation methods; Multiple Correlation; Partial Correlation; Simple Regression Equation.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
4	04.04.2025	01.05.2026	Unit – 4 Factor Analysis : Basic Assumptions; History and applications of Factor Analysis; Centroid method of factor Extraction; Rotation; Interpretation of factors.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.

MA II TEACHING PLANS

Name of the Teacher: Dr. Nitasha Khehra
Class: MA II (Semester III)
Subject: Clinical Disorders (Paper V)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	24.07.2025	14.08.2025	Unit I: Nature and Scope of Clinical Disorders. Diagnoses and its methods: Case History, Interview and Observation.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
2	15.08.2025	04.09.2025	Unit II: Anxiety Disorders, Psychosomatic Disorders and Schizophrenia: Nature, types, causes and treatment	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.

3	05.09.2025	25.09.2025	Unit IV: Intellectual Disability, Post Traumatic Stress Disorder, Antisocial Personality Disorder, Alcohol-Related Disorders, Stimulant-Related Disorders.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
4	26.09.2025	13.11.2025	Unit III: Sexual Dysfunctions, Mood Disorders, Suicide and Loneliness: Nature, types, causes and treatment.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.

Name of the Teacher: Dr. Nitasha Khehra

Class: MA II (Semester IV)

Subject: Clinical Prevention and Intervention (Paper III)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	10.01.2026	06.02.2026	Unit I: Nature and scope of clinical psychology. Goals and limitations of Psychotherapy. Role of psychotherapist, Therapeutic relation	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
2	07.02.2026	06.03.2026	Unit II: Psychoanalysis as a therapeutic technique. Applications of Behaviour Modification Therapy: Systematic desensitization, Aversion therapy (Overt and covert sensitization), Assertive training, Modelling.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
3	07.03.2026	03.04.2026	Unit III: Phenomenological models: Rogers therapy, Gestalt therapy, Existential analysis. Psychodrama. Physio-chemical therapies and Electroconvulsive Therapy	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.
4	04.04.2026	25.04.2026	Unit IV: Cognitive-behaviour therapy (CBT), Yoga and meditation. Community psychiatry.	Power Point Presentations, Classroom Discussion, Clarification of doubts, if any.

Name of the Teacher: Dr. Anubhuti Sharma

Class: MA II (Semester III)

Subject: Child Psychopathology- I (Paper -II)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		

1	24 th July , 2025	22 nd Aug, 2025	Unit 1: Nature, Diagnosis, Assessment of Child Psychopathology.	Discussion of Syllabus, Case Examples, Classroom Discussion, Clarification of doubts, if any.
2	23 rd August, 2025	21 st September, 2025	Unit – 3 Intellectual Disabilities Externalizing Disorders: Attention Deficit Hyperactivity Disorders.	Case Examples, Classroom Discussion, Clarification of doubts, if any.
3	22 nd September, 2025	21 st October, 2025	Unit- 4 Disruptive Behaviour Disorders: Oppositional Defiant Disorder, Conduct Disorder.	Case Examples, Classroom Discussion, Clarification of doubts, if any.
4	22 nd October, 2025	18 th November, 2025	Unit – 2 Causes of Child Psychopathology: Biological, Psychological, Family and Social influences.	Case Examples, Classroom Discussion, Clarification of doubts, if any.

Name of the Teacher: Dr. Anubhuti Sharma

Class: MA II (Semester IV)

Subject: Child Psychopathology-II (Paper-VIII)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	9 th January , 2026	4 th Feb, 2026	Unit 1: Developmental Disorders: Autism, Childhood Onset Schizophrenia.	Discussion of Syllabus, Case Examples, Classroom Discussion, Clarification of doubts, if any.
2	5 th February, 2026	2 nd March, 2026	Unit – 2 Communication and Learning disorders.	Case Examples, Classroom Discussion, Clarification of doubts, if any.
3	3 rd March, 2026	29 th March, 2026	Unit – 3 Feeding and Eating disorders, Elimination Disorders.	Case Examples, Classroom Discussion, Clarification of doubts, if any.
4	30 th March, 2026	22 nd April, 2026	Unit – 4 Motor Disorders	Case Examples, Classroom Discussion, Clarification of doubts, if any.

Name of the Teacher: Dr. Anubhuti Sharma

Class: MA II (Semester III)

Subject: Counselling Psychology: Professional Foundation (Paper -VI)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	24 th July , 2025	22 nd Aug, 2025	Unit 1: Counselling Psychology - Nature, concept and history of counselling with special reference to Indian scene; Effective Counsellor – Self exploration and awareness, interpersonal self-awareness, personal qualities and professional training.	Discussion of Syllabus, Case Examples, Classroom Discussion, Clarification of doubts, if any.
2	23 rd August, 2025	21 st September, 2025	Unit – 2: Process and Ethics in Counselling - Preparation, Pre-counselling interview. Rapport and Relationship, Exploration and Identification of goals, Selection of counselling therapy, Termination and follow up; Guidelines and Issues of Counselling ethics.	Case Examples, Classroom Discussion, Clarification of doubts, if any.
3	22 nd September, 2025	21 st October, 2025	Unit 4: Basic Techniques of Counselling - Sensitivity training, Transactional analysis, Assertive training, Relaxation training, Socio and Psycho drama. Ethics in the process of counselling	Case Examples, Classroom Discussion, Clarification of doubts, if any.
4	22 nd October, 2025	18 th November, 2025	Unit – 3: Counselling Skills - Pre-counselling skills - listening and attending; skills for building trust and empathy – paraphrasing, reflecting, pacing; skills for conveying genuineness and positive regard – congruence, self-disclosure, immediacy and enhancing responses.	Case Examples, Classroom Discussion, Clarification of doubts, if any.

Name of the Teacher: Dr. Anubhuti Sharma

Class: MA II (Semester IV)

Subject: Counselling Psychology: Applied Counselling: Specialties in Practice of Counselling (Paper -V)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	9 th Jan'2026	4 th Feb'2026	Unit 1: Adolescent Counselling - Adolescent development and related problems; Preventive and Remediation services for special adolescent problems - Depression and Anxiety, Drug abuse, Delinquency, Sex abuse, Teenage – pregnancy.	Discussion of Syllabus, Case Examples, Classroom Discussion, Clarification of doubts, if any.
2	5 th Feb' 2026	2 nd March'2026	Unit 2: Marriage and Family Counselling - Theoretical Foundations – System theory, Family life cycle; Counselling for special family and marriage problems – Inter-parental conflict, Interpersonal communication. Parenting skills, Crisis intervention. . Special Counselling Approaches – Conflict Resolution and Play Therapy.	Case Examples, Classroom Discussion, Clarification of doubts, if any.
3	3 rd March'2026	29 th March' 2026	Unit 3: Group Counselling - Types of Groups – Guidance /Psycho-educational groups; Counselling /Interpersonal problem-solving groups, Personality Development /Reconstruction groups. Process of Group counselling. Issues and qualities of an effective group counsellor.	Case Examples, Classroom Discussion, Clarification of doubts, if any.
4	30 th March'2026	22 nd April' 2026	Unit 4: Rehabilitation and Mental Health Counselling Rehabilitation Counselling – Theories and techniques, roles and functions. Mental Health Counselling – Theories and functions, special techniques of stress	Case Examples, Classroom Discussion, Clarification of doubts, if any.

			management and anger management. Review and revision of Syllabi for Semester Exams.	
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Name of the Teacher: Dr. Neha Pandeya

Class: MA II (Semester III)

Subject: Research Methodology (Paper -XIII)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	24.07.2025	22.08.2026	Unit 1: ANOVA: Assumptions and applications. Randomized group design and randomized block design (equal cell frequency, with single and n subjects in each cell).	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Power Point Presentation Clarification of doubts, if any.
2	23.08.2025	21.09.2026	Unit – 2 Two way ANOVA (Equal cell frequency) – Basic Model Three way ANOVA (Equal cell frequency) – Basic Model	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
3	22.09.2025	21.10.2026	Unit- 3 Latin Square Design (Single observation in each cell); Latin Square design with repeated measures (Replications with same square; single observation in each cell); and Greco Latin Square Design (Single observation in each cell); Multiple Comparisons (CD, Duncan's, Scheffee's Test) – Introduction.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
4	22.10.2053	18.11.2026	Unit- 4 Mixed factorial design (Single observation in each cell). Single subject research.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.

Name of the Teacher: Dr. Neha
Pandeya Class: MA II (Semester IV)
Subject: Research Methodology (Paper-XIII)

S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1	09.01.2025	04.02.2026	Unit 1: Item writing and Item analysis. Norms: Age and Educational Norms, Introduction to Standard Scores.	Ice Breaking, Discussion of Syllabus, Classroom Discussion, Power Point Presentation Clarification of doubts, if any.
2	05.02.2025	02.03.2026	Unit – 2 Theory of test measures: Rationale of reliability and validity; item statistics and its effect on reliability and validity; Introduction to speed and power tests	Classroom Discussion, Power point Presentation, Clarification of doubts, if any.
3	03.03.2025	29.03.2026	Unit – 3 Types of reliability; factors affecting reliability. Types of validity; factors affecting validity. Analysis of Covariance in Randomized Group Design (Single subject in each cell).	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.
4	30.03.2025	22.04.2026	Unit – 4 Qualitative Research: Introduction to observation, interview, questionnaire, diary, discourse analysis, and focus group design.	Classroom Discussion, Power Point Presentations, Clarification of doubts, if any.