

**Mehr Chand Mahajan DAV College for Women, Sector – 36A,
Chandigarh Monthly Teaching Plans (Odd Semester/Even Semester)
Session: 2025-2026
(July to December 2025)**

Name of the Teacher/s: Dr. Bindu Dogra

Department: Sociology

Class: BA I (First Semester) Multidisciplinary Course (MDC)

Subject: Understanding Contemporary Social Issues

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 23 rd July, 2025				
S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1.	04.08. 2025	26.08.2025	Unit 1: Understanding Social Problems, When an issue becomes a Social Problem, Stages of Social Problem	Lectures, Class Presentations by students and PowerPoint Presentations (PPTs)
2.	27.08.2025	09.09.2025	Class presentations	Revision
Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 27 th August, 2025				
3.	10.09.2025	30.09.2025	Unit II: Drug Addiction, Suicide, Problem of Adolescents	Lectures, Class Presentations, Focus group Discussion
4.	01.10. 2025	13.10.2025	Class Presentation by Students and Class Tests	Revision, Discussion, Question Paper Discussion, class test

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans

27thSeptember, 2025

Mid-term Exams:(Tentative)

5.	14.10.2025	28.10.2025	Unit III: Cyber Crime, Corruption, Poverty	Lectures, Class Presentations by students and PowerPoint presentations, class test
6.	29.10.2025	05.11.2025	Revision, class test	Presentations by students
Departmental Meeting to Coordinate and Review the Monthly completion of Syllabus as per Lesson Plans 29 th October, 2025				
7.	10.11.2025	12.11.2025	REMEDIAL CLASSES	
Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 21 st November2025				
8.	14.11.2025	26.12.2025	PU Exams	
Winter Vacations 27 th December 2025–9 th January 2026				

**Mehr Chand Mahajan DAV College for Women, Sector – 36A,
Chandigarh Monthly Teaching Plans (Odd Semester/Even Semester)
Session: 2025-2026
(July to December 2025)**

Name of the Teacher/s: Dr. Ketaki Diwedi

Department: Sociology

Class: BA I (First Semester) Multidisciplinary Course (MDC)

Subject: Women and Legal Rights

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 23 rd July, 2025				
S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1.	04.08. 2025	26.08.2025	Unit 1: Constitution of India and Women's Rights, Fundamental Rights, Directive Principles of State Policy, Fundamental Duties	Lectures, Class Presentations by students and PowerPoint Presentations (PPTs)
2.	27.08.2025	09.09.2025	Class presentations	Revision
Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 29 th August, 2025				
3.	10.09.2025	30.09.2025	Unit II: Women's Legal Rights, Protection of Women from Domestic Violence Act, 2005, Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal), Act 2013, Maternity Benefits Act, Rape Laws (CrPC Amendment 2013)	Lectures, Class Presentations, Focus group Discussion

4.	01.10. 2025	13.10.2025	Class Presentation by Students and Class Tests	Revision, Discussion, Question Paper Discussion, class test
<p align="center">Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 27th September, 2025</p> <p align="center">Mid-term Exams: (Tentative)</p>				
5.	14.10.2025	28.10.2025	Unit III: Women's Rights Issues in India: a) Cultural violations of women's rights (Casteism and Communalism), b) Violence against women, c) reproductive rights, d) Right to education, e) Right to livelihood	Lectures, Class Presentations by students and PowerPoint presentations, class test
6.	29.10.2025	05.11.2025	Revision, class test	Presentations by students
<p align="center">Departmental Meeting to Coordinate and Review the Monthly Completion of the Syllabus as per Lesson Plans 29th October, 2025</p>				
7.	10.11.2025	12.11.2025	REMEDIAL CLASSES	
<p align="center">Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 21st November 2025</p>				
8.	14.11.2025	26.12.2025	PU Exams	
<p align="center">Winter Vacations 27th December 2025 – 9th January 2026</p>				

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Session: 2025-2026
(July to December 2025)**

Name of the Teacher/s: Dr. Minakshi Rana

Department: Sociology

Class: BA I (First Semester) Multidisciplinary Course (MDC)

Subject: Yoga and Meditation

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 23 rd July, 2025				
S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1.	04.08. 2025	26.08.2025	Unit 1: Meaning, Definition, and Nature of Yoga according to Maharishi Patanjali	Lectures, Class Presentations by students and PowerPoint Presentations (PPTs)
2.	27.08.2025	09.09.2025	Class presentations	Revision
Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 29 th August, 2025				
3.	10.09.2025	30.09.2025	Unit II: Types of Yoga: Karma Yoga, Jnana Yoga, Bhakti Yoga, Raja Yoga Swami Vivekananda: Meditation and Its Methods	Lectures, Class Presentations, Focus group Discussion
4.	01.10. 2025	13.10.2025	Class Presentation by Students and Class Tests	Revision, Discussion, Question Paper Discussion, class test

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans

27th September, 2025

Mid-term Exams: (Tentative)

5.	14.10.2025	28.10.2025	Unit III: Astanga Yoga: Yama, Niyama, Asanas, Pranayama, Dharana, Dhyana, Samadhi	Lectures, Class Presentations by students and PowerPoint presentations, class test
6.	29.10.2025	05.11.2025	Revision, class test	Presentations by students

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans

29th October, 2025

7.	10.11.2025	12.11.2025	REMEDIAL CLASSES	
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Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans

21st November 2025

8.	14.11.2025	26.12.2025	PU Exams	
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Winter Vacations 27th December 2025 – 9th January 2026

**Mehr Chand Mahajan DAV College for Women, Sector – 36A,
Chandigarh Monthly Teaching Plans (Odd Semester/Even Semester)
Session: 2025-2026
(July to December 2025)**

Name of the Teacher/s: Dr. Bindu Dogra

Department: Sociology

Class: BA III (3rd Semester) Multidisciplinary Course (MDC)

Subject: Society in India

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 23 rd July, 2025				
S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1.	01.08.2025	23.08.2025	Unit 1: Indian Society: Features, Diversity: Linguistic, Social and Religious, Caste, Tribe, Race and Ethnicity	Lectures, Class Presentations by students and PowerPoint Presentations (PPTs)
2.	25.08.2025	04.09.2025	Class presentations	Revision
Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 29 th August, 2025				
3.	05.09.2025	27.09.2025	Unit II: Traditional Hindu Social Organization: Ashrama System, Varna System, Purusharthas, Traditions, Customs Sanskaras	Lectures, Class Presentations, Focus group Discussion
4.	29.09.2025	09.10.2025	Class Presentation by Students and Class Tests	Revision, Discussion, Question Paper Discussion, class test

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans

27th September, 2025

Mid-term Exams: (Tentative)

5.	10.10.2025	31.10.2025	Unit III: Types of Society: Tribal, Rural, and Urban, Features and Changes	Lectures, Class Presentations by students and PowerPoint presentations, class test
6.	01.06.2025	07.11.2025	Revision, class test	Presentations by students

Departmental Meeting to Coordinate and Review the Monthly Completion of the Syllabus as per Lesson Plans

29th October, 2025

7.	08.11.2025	13.11.2025	REMEDIAL CLASSES	
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Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans

21st November2025

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Session: 2025-2026
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Name of the Teacher/s: Dr. Ketaki Diwedi

Department: Sociology

Class: BA III (3rd Semester) Multidisciplinary Course (MDC)

Subject: Professional Ethics

Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 23 rd July, 2025				
S. No.	Date (Monthly)		Topics to be Covered	Academic Activity Undertaken*
	From	To		
1.	01.08.2025	23.08.2025	Unit 1: Professional Ethics: Meaning and Objectives of study of professional ethics Basic Concepts, Governing Ethics, Personal & Professional Ethics, Ethical Dilemmas, Life Skills, Emotional Intelligence	Lectures, Class Presentations by students and PowerPoint Presentations (PPTs)
2.	25.08.2025	04.09.2025	Class presentations	Revision
Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 29 th August, 2025				
3.	05.09.2025	27.09.2025	Unit II: Thoughts of Ethics, Value Education, Dimensions of Ethics, Profession and professionalism, Professional Associations, Professional Risks, ProfessionalAccountabili	Lectures, Class Presentations, Focus group Discussion

			ties, Professional Success, Ethics and Profession.	
4.	29.09.2025	09.10.2025	Class Presentation by Students and Class Tests	Revision, Discussion, Question Paper Discussion, class test
<p align="center">Departmental Meeting to Coordinate and Review the Monthly Completion of Syllabus as per Lesson Plans 27th September, 2025</p> <p align="center">Mid-term Exams: (Tentative)</p>				
5.	10.10.2025	31.10.2025	Unit III: Basic Theories: Basic Ethical Principles, Moral Developments, Deontology, Utilitarianism, Virtue Theory, Rights Theory , Moral Absolution, Moral Rationalism, Moral Pluralism, Ethical Egoism, Feminist Consequentialism, Moral Issues, Moral Dilemmas, Moral Autonomy.	Lectures, Class Presentations by students and PowerPoint presentations, class test
6.	01.06.2025	07.11.2025	Revision, class test	Presentations by students
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