



**PREM CHAND MARKANDA SD COLLEGE FOR WOMEN,
JALANDHAR CITY**

Re-accredited 'A+' grade (2nd Cycle) by NAAC Bangalore

A unique prestigious Post Graduate Institution of Northern India

**DEPARTMENT OF PSYCHOLOGY TEACHING PLAN
(Session 2025-26)**

Program: Bachelor of Arts

Program Outcome: PO No.	Upon Completion of the Bachelor of Arts Programme, the graduates will be able to:
PO.1	Develop critical thinking and logical reasoning skills.
PO.2	Communicate ideas effectively in oral and written forms.
PO.3	Understand social, cultural, and ethical responsibilities.
PO.4	Apply research and problem-solving abilities in real life.
PO.5	Build confidence, teamwork, and readiness for careers or higher studies.

Teaching Plan
Session 2025-26
Odd Semester
CLASS: B.A. I
SUBJECT: PSYCHOLOGY
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
Section A Nature and Methods of Psychology: Psychology as a Science, Historical background with brief Introduction to Schools of Psychology (Structuralism, Functionalism, Psychoanalysis, Behaviourism, Gestalt and Humanistic) Methods: Introspection, Observation, Experiment, Case Study, Interview and Questionnaire Practical -1	July-August	Lecture based teaching learning (chalk and talk) Quizes Power point presentations
SECTION -B Motivation and Emotions: Motivation: Concept and Nature of Motivation, Types of Motivation, Needs, Drives and Incentives, Conflicts and Frustration (Concept, Nature and Types) Emotions: Concept and	September	Lecture based teaching learning (chalk and talk) Informational based videos Kinesthetic learning (used tools for practicals)

Nature of Emotions, Types of Emotions, Theories of Emotions (James Lange, Cannon Bard and Lindsley), Physiological Correlates of Emotions Practical -2 Practical-3		
Section-C Learning: Introduction to Learning, Nature and Characteristics of Learning, Types of Learning (Verbal and Non-verbal), Theories of Learning (Thorndike, Pavlov, Skinner and Kohler) Practical-4	October	Lecture based teaching learning (chalk and talk) Any other (assignment) Self study (library visit)
Section-D Statistics: Introduction to Parametric and Non-Parametric Statistics, Descriptive and Inferential Statistics, Frequency Distributions, Graphical representation of Frequency Distributions, Meaning and Characteristics of Central Tendency, Measures of Central Tendency: Mean, Median, Mode with their Merits and Demerits	November	Lecture based learning (chalk and talk) Learning through problem solving (numericals) Expeditionary learning (psychological tools) Practice worksheets

(Numericals related with Mean, Median and Mode only) November Lecture based learning (chalk and talk) Learning through problem solving (numericals) Expeditionary learning (psychological tools) Practice worksheetsPractical-5		
--	--	--

Course outcome

CO.1	To gain knowledge about the nature and Methods of Psychology
CO.2	To study about motivation and related concepts
CO.3	To gain knowledge of concept of emotion and its theories
CO.4	To acquire knowledge of learning and related theories
CO.5	To study the concepts of parametric and non-parametric statistics, descriptive and inferential statistics and measures of central tendency

Teaching Plan
Session 2025-26
Odd Semester
CLASS: B.A. V
SUBJECT: PSYCHOLOGY
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
Section -A 1.Abnormality: Concept and Criteria of Abnormality. Myth and Misconceptions regarding Abnormal Behaviour. 2. DSM V classification of Abnormal Behaviour-	July -August	Lecture based teaching learning (chalk and talk) Self study (library visit)

Advantages and disadvantages 3.Theoretical Perspectives of Psychopathology: Psychoanalytic, Cognitive, Behavioural, Humanistic and Interpersonal (Sullivan) Practical Adjustment inventory		
Section- C 1.Stress & Coping: Concept, Types of Stressors, Factors Predisposing an individual to stress. Coping strategies. Stress Related Disorders: Coronary Heart Disease (CHD), Hypertension Ulcers & Migraine Pain: Symptoms, Causes and general treatment of stress related Practical 1.measurement of stress 2.locus of control	September	Lecture based teaching learning (chalk and talk) Self study (library visit) Kinesthetic learning (used various psychological tools for practical learning)
Section- B 1.Causes of Abnormal Behaviour: Primary, Predisposing, Precipitating reinforcing. Biological Causes (Genetic defects, constitutional liabilities, Brain dysfunction & Physical deprivation). Psycho-Social Causes– (Self-perception and cognitive maps, early deprivation, Inadequate parenting, pathogenic family structures, maladaptive peer relationship.Socio-Cultural	October	Lecture based teaching learning (chalk and talk) Self study (library visit) Any other (quiz)

Causes–(Socio-Cultural Environment and Pathogenic societal influences) Practical 1.word association test. 2.Measurement of coping strategies.		
Section-D 1.Alcoholism: Misconception about Alcohol & Alcoholism, Clinical Picture, Causes, Treatment & Outcomes. 2.Drug Addiction: Clinical Picture, Types of Drugs: Sedatives (Barbiturates), Stimulants (Amphetamines & Cocaine): Hallucinogens (LSD & related drugs) Marijuana, Caffeine & Nicotine. 3. Causes and Treatment of Drug Addiction.	November	Lecture based teaching learning (chalk and talk) Self study (library visit) Individual learning

Course outcome

CO.1	To understand the Concept of abnormality and DSM 5
CO.2	To acquire the knowledge of theoretical aspects of psychopathology as given by various schools of psychology
CO.3	To understand biological, psycho-social and socio-cultural causes of abnormal behaviour
CO.4	To gain knowledge of Stress and related disorders with their symptoms, causes and treatment
CO.5	To understand the Concept of Alcoholism and Drug addiction

Program: B.Voc (Cosmetology)

Program Outcome: PO No.	Upon Completion of the Programme, the graduates will be able to:
PO.1	Acquire practical skills in beauty, hair, skin, and wellness treatments.
PO.2	Apply scientific knowledge of cosmetology safely and effectively.
PO.3	Demonstrate professionalism, ethics, and customer care in practice.
PO.4	Develop entrepreneurial and employment-ready skills in the beauty industry.
PO.5	Keep updated with modern trends, products, and technologies in cosmetology.

Teaching Plan
Session 2025-26
Odd Semester
CLASS: Semester III
SUBJECT: Personality Development
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
Section- A 1. Personality: Nature, types of personality (Jung). Theories of personality; Freud, Eysenck, Cattell and Allport.	July -August	Lecture based teaching learning (chalk and talk) Group discussion Self study (library visit)

Section-D 1.Motivation: Nature and types of motivation, types of motives (physiological, psychological and psycho-social) 2. Maslow's need hierarchy theory. Practical Emotional intelligence	September	Lecture based teaching learning (chalk and talk) Self study (library visit) Kinesthetic learning (used various psychological tools for practical learning)
Section- C 1.Emotions: nature,types of emotions.physiological correlates of emotions. 2. emotional intelligence and social intelligence. Section- B 1.Measurement of personality: Techniques to measure the personality; subjective, objective. Practical Personality inventory	October	Lecture based teaching learning (chalk and talk) Self study (library visit) Kinesthetic learning (used psychological tool for practical learning)
Section-B projective techniques. Factors affecting personality (nature vs nurture). Practical Sentence completion test.	November	Lecture based teaching learning (chalk and talk) Any other (assignment) Group discussion

Course outcome

CO.1	To understand the Concept personality in depth
CO.2	To acquire the knowledge of practical aspects of personality measurement
CO.3	To understand the concept of emotions and its applications
CO.4	To gain knowledge on theoretical aspects of emotional and social intelligence
CO.5	Acquire knowledge to apply different tests on an individual.

Program: B.Voc (Fashion Technology)

Program Outcome: PO No.	Upon Completion of the Programme, the graduates will be able to:
PO.1	Gain practical skills in designing, garment construction, and fashion technology.
PO.2	Apply creativity and technical knowledge to meet fashion industry needs.
PO.3	Demonstrate professionalism, ethics, and effective communication.
PO.4	Develop self-confidence, personality, and interpersonal skills for career growth.
PO.5	Cultivate entrepreneurial and industry-ready abilities in fashion and apparel sectors.

Teaching Plan
Session 2025-26
Odd Semester
CLASS: Semester V
SUBJECT: Personality Development
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
--------------	-----------------	-----------------------

Section- A 1.Personality: Introduction to personality, Types of personality (with reference to jungs' Theory), Factors affecting personality (heredity/environment)	July -August	Lecture based teaching learning (chalk and talk) Group discussion Self study (library visit)
Section-B Working on personality changes - "can personality change?" - Focusing on attitude - Staying motivated - Increasing confidence - Stress management (coping and handling stress) - Watching body language	September	Lecture based teaching learning (chalk and talk) Self study (library visit)
Section- D 1.Emotions: what is emotional physiological correlates of emotions, emotional intelligence, emotion stability 2. Knowing your own personality strengths and weakness, using them at home, career and relationships.	October	Lecture based teaching learning (chalk and talk) Self study (library visit)
Section-C Inner vision - self (ideal self / real self) - Self (with reference to Roger's self theory) - Self efficacy - Locus of control - Assertiveness training	November	Lecture based teaching learning (chalk and talk) Any other (assignment) Group discussion

Course outcome

CO.1	To understand the Concept personality in depth
CO.2	To acquire the knowledge of practical aspects of personality change.
CO.3	To understand the concept of emotions and its applications
CO.4	To gain knowledge on theoretical aspects of emotional intelligence and emotional Stability
CO. 5	To understand the concept of self

Program: B.A. B.Ed (Intergrated Course)

Program Outcome: PO No.	Upon Completion of the Programme, the graduates will be able to:
PO.1	Acquire subject knowledge in arts along with professional skills in teaching.
PO.2	Develop effective communication and classroom management abilities.
PO.3	Apply pedagogical methods to make learning engaging and inclusive
PO.4	Demonstrate social responsibility, ethics, and values as a teacher.
PO.5	Build confidence, critical thinking, and lifelong learning habits for professional growth.

Teaching Plan
Session 2025-26
Odd Semester
CLASS: Semester V
SUBJECT: Understanding learner and the learning environment
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
-------	----------	----------------

Section- A 1. Psychology & educational psychology: meaning, nature and scope. Concept of growth and development, difference. 2. role of nutrition, siblings, peers in growth and development of a child. 3. Development during adolescence stage.	July -August	Lecture based teaching learning (chalk and talk) Any other (assignment) Group discussion
Section-B 1. Piaget's cognitive development theory 2. Sternberg's information processing theory 3. Gardner's multiple intelligences Section-C Individual differences - concept, types, Factors influencing individual differences Sessional work -practical file on intelligence tests.	September	Lecture based teaching learning (chalk and talk) Group discussion Any other (Paper presentation) Kinesthetic learning(used psychological tools)
Section-C 1. Facilitating holistic development of learner: motivation, collaborative, self regulated-Learning and self - efficacy, Role of teacher in different learning environment settings 2. Humanistic and Psycho-social approaches- Kohlberg's moral development, Roger's Social - constructivism, Erickson's psycho-social development.	October	Lecture based teaching learning (chalk and talk) Self study (library visit) Group discussion Kinesthetic learning(used psychological tools)

Case study of an adolescent learner		
Section-D 1.Dealing with social problems- child abuse, depression, social media addiction. 2.Learning Disabilities: Meaning and concept and Types of Learning Disabilities in children and adolescents 3.Dealing with adjustment problems, defence mechanisms, stress management, self concept (superiority or inferiority) 4. Role of Parents in Education as Partners	November	Lecture based teaching learning (chalk and talk) Group discussion Individual learning

Course outcome

CO.1	Understand the growth and development of the learner and its importance in the learning process
CO.2	Understand characteristics of adolescents with reference to socio-cultural factors
CO.3	Analyse the different learning approaches and their educational implications
CO.4	Understand the role of teacher in holistic development of learner and learning and importance of learner
CO.5	Understand the psychology of learners with special needs and teach them accordingly

Teaching Plan
Session 2025-26
Odd Semester
CLASS: Semester VII
SUBJECT: Understanding the learning process
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
Section- A 1.Learning- Concept, Process and Factors affecting Learning	July -August	Lecture based teaching learning (chalk and talk) Group discussion

Types of Learning- Cognitive, Affective and Psychomotor 2. Transfer of learning, its types, theories and educational implications		
Section-B 1.Process of learning from different theoretical viewpoints: Behavioural view point - Pavlov, Skinner, ii. Cognitive view point- Piaget 2.Humanistic view point- Karl Rogers, Maslow 3.Gestalt Theories of Learning (Kohler and Kaffka) Kofka 4.Gagne's Hierarchy Theory of Learning Sessional work -practical : Positive transfer of learning	September	Lecture based teaching learning (chalk and talk) Group discussion Any other (Paper presentation) Kinesthetic learning (used psychological tools)
Section-C 1.Learning Styles: Meaning and concept; Implications for classroom learning 2.Learning as construction of knowledge as different from learning as Transmission and reception of knowledge. 3.Kohlberg's moral development, Roger's Social - constructivism, 4.Erickson's psycho-social development. 5.Constructivism (Bruner and Vygotsky) Practical – Test of creativity. Memory.	October	Lecture based teaching learning (chalk and talk) Any other (Paper presentation) Kinesthetic learning (used psychological tools) Peer teaching
Section-D 1.Memory and Forgetting- Concept.Theories and	November	Group discussion Self study (library visit)

factors affecting of Memory and Forgetting 2.Creativity: Concept; Concept Mapping and Mind Mapping, Brain Storming 3. Concept Formation: Concept, types and steps; Thinking: Imagination, problem solving		
---	--	--

Course outcome

CO.1	Understand the concept of learning and Learning theories and apply it in day to day life.
CO.2	Understand various Cognitive and affective mental processes and learning
CO.3	Understand the role of a teacher in holistic perspective of learner and learning
CO.4	Construct knowledge for Learning
CO.5	Understand various Learning styles and apply it for Classroom learning.

Teaching Plan
Session 2025-26
Even Semester
CLASS: B.A. (Semester - II)
SUBJECT: Psychological Processes
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
Section- A Psychophysics: Concept of Psychophysics, Physical V/S Psychological continua, Point of Subjective Equality, Weber- Fechner law, Concept of Absolute and Differential Thresholds, Determination of AL and DL by Methods of Limits, Method of Constant Stimuli & Method of Average Error Practical-1	January	Lecture based teaching learning Any other (Paper presentation) Kinesthetic learning (used psychological tools)

Section–C Personality: Concept of Personality, Characteristics of Personality, Theories of Personality (Freud, Adler, Jung, Allport, Eysenck and Cattell), Psychometric Techniques of Assessment (EPI, CPI & 16PF) and Projective Techniques of Assessment (Rorschach, TAT and Sentence Completion Test) Practical-2 Practical -3	February	Lecture based teaching learning (chalk and talk) Self study Any other (class test) Kinesthetic learning (used psychological tools)
Section – B Intelligence: Concept and Nature, Intelligence Theories (Spearman, Thorndike, Thurstone, Guilford, Cattell, Gardener and Sternberg), Concept of Emotional Intelligence, Nature and Nurture Issue in Intelligence Practical-4 Practical -5	March	Lecture based teaching learning (chalk and talk) Individual study Kinesthetic learning (used psychological tools)
Section–D Measures of Variability: Meaning and Characteristics of Variability, Range, Variance, Quartile Deviation, Average Deviation and Standard Deviation with Merits and Demerits (Numericals related with SD only)	April-May	Lecture based teaching learning (chalk and talk) Problem solving learning (numericals)

Course outcome

CO.1	To understand the concept of psychophysics and related laws
-------------	---

CO.2	To gain knowledge about intelligence and theories of intelligence propounded by different psychologists
CO.3	To develop an understanding of the concept of personality and its role in life
CO.4	To acquire Knowledge of theories of personality and measurement of personality
CO.5	To understand the concept of Variability and its measures

Teaching Plan
Session 2025-26
Even Semester
CLASS: B.A. (Semester - VI)
SUBJECT: Abnormal and Clinical psychology - II
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
Section- A 1. Anxiety Based Disorders: Symptoms, Etiology and Treatment of Obsessive Compulsive Disorder, 2.Generalized Anxiety Disorder & Phobias. Classification of 3.Somatoform Disorders– Symptoms & Etiology (Conversion Disorder). 4.Dissociative disorders– Types, Symptoms & Etiology.	January	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools)
Practical-1		

Section-B Personality Disorders: Clinical Features, Types and causal factors in Personality Disorders (Paranoid, Schizoid, Schizotypal, Histrionic, Narcissistic, Antisocial, Borderline, Avoidant, Dependent, Obsessive- Compulsive, Passive Aggressive, Self-Defeating & Sadistic. Antisocial Personality & Delinquency: Clinical Picture, Characteristics, Causes, Treatment & Outcomes. Practical-2 Practical -3	February	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools) Any other (paper presentation)
Section –C 1.Mood Disorders: Types & Symptoms, Causes and treatment. 2.Schizophrenia: Symptoms, Causes, Types and Treatment. Practical-4 Practical -5	March	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools)
Section–D Therapies-Psychodynamic, Behavioural, Cognitive- Behaviour Therapy, Humanistic Therapy, Existential Therapy and Family Therapy	April-May	Self study (library visit) Discussion Any other (class tests)

Course Outcom

CO.1	To understand anxiety based disorders with etiology, symptoms and treatment
CO.2	To gain knowledge about personality disorders
CO.3	To acquire knowledge about antisocial personality and delinquency
CO.4	To understand mood disorders and schizophrenia
CO.5	To study therapies related to abnormal and clinical psychology

Teaching Plan
Session 2025-26
Even Semester
CLASS: B.Voc (Cosmo) (sem- IV)
SUBJECT: Personality Development
Faculty Name: Ms. Charul Mehta

TOPIC	DURATION	TEACHING TOOLS
Section- A Stress: Introduction, types, coping strategies: problem focused and emotions focused. Practical-1	January	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools)
Section-B Communication skills: Types of communication, features of effective communication, listening and effective listening, feedback. Practical-2	February	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools) Group discussion
Section-C Leadership: Introduction, characteristics of effective leaders, types of leadership, Lewin's leadership style. Practical-3	March	Lecture based teaching learning (chalk and talk) Kinesthetic learning (used psychological tools) Any other (class test)
Section-D Self (ideal self/real self): self (with reference to Roger's self theory), locus of control, self efficacy and self esteem, assertiveness training.	April-May	Lecture based teaching learning (chalk and talk) Self study (library visit)

Course outcome

CO.1	To understand the concept of stress and coping strategies
CO.2	Acquire knowledge to enhance communication skills and leadership styles.
CO.3	To study locus of control and assertive training
CO.4	To understand theoretical aspects of self concept
CO.5	Acquire knowledge to apply different aspects in life