



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

**Re-accredited 'A+' grade (2<sup>nd</sup> Cycle) by NAAC Bangalore**

**A unique prestigious Post Graduate Institution of Northern India**

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

**Program: Bachelor of Arts**

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

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

| TOPIC                                                                                                                                                                                                                                                                                                                                                               | DURATION | TEACHING TOOLS                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Section- A</b><br>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<br><br><b>Practical-1</b>                               | January  | <ul style="list-style-type: none"> <li>• Lecture based teaching learning</li> <li>• Any other (Paper presentation)</li> <li>• Kinesthetic learning (used psychological tools)</li> </ul>                                |
| <b>Section-C</b><br>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)<br><br><b>Practical-2</b><br><b>Practical -3</b> | February | <ul style="list-style-type: none"> <li>• Lecture based teaching learning (chalk and talk)</li> <li>• Self-study</li> <li>• Any other (class test)</li> <li>• Kinesthetic learning (used psychological tools)</li> </ul> |

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| <b>Section – B</b><br>Intelligence: Concept and Nature, Intelligence Theories (Spearman, Thorndike, Thurstone, Guilford, Cattell, Gardener and Sternberg), Concept of Emotional Intelligence, Nature and Nurture Issue in Intelligence<br><br><b>Practical-4</b><br><b>Practical -5</b> | March     | <ul style="list-style-type: none"> <li>• Lecture based teaching learning (chalk and talk)</li> <li>• Individual study</li> <li>• Kinesthetic learning (used psychological tools)</li> </ul> |
| <b>Section–D</b><br>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 | <ul style="list-style-type: none"> <li>• Lecture based teaching learning (chalk and talk)</li> <li>• Problem solving learning (numericals)</li> </ul>                                       |

#### Course outcome

|             |                                                                                                         |
|-------------|---------------------------------------------------------------------------------------------------------|
| <b>CO.1</b> | To understand the concept of psychophysics and related laws                                             |
| <b>CO.2</b> | To gain knowledge about intelligence and theories of intelligence propounded by different psychologists |
| <b>CO.3</b> | To develop an understanding of the concept of personality and its role in life                          |
| <b>CO.4</b> | To acquire Knowledge of theories of personality and measurement of personality                          |
| <b>CO.5</b> | 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                                                                                                                                                                                      |
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| <b>Section- A</b><br>1. Anxiety Based Disorders: Symptoms, Etiology and Treatment of Obsessive Compulsive Disorder,<br>2.Generalized Anxiety Disorder & Phobias. Classification of<br>3.Somatoform Disorders– Symptoms & Etiology (Conversion Disorder).<br>4.Dissociative disorders– Types, Symptoms & Etiology.                                                                                    | January  | <ul style="list-style-type: none"> <li>Lecture based teaching learning (chalk and talk)</li> <li>Kinesthetic learning (used psychological tools)</li> </ul>                                         |
| <b>Practical-1</b>                                                                                                                                                                                                                                                                                                                                                                                   |          |                                                                                                                                                                                                     |
| <b>Section-B</b><br>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. | February | <ul style="list-style-type: none"> <li>Lecture based teaching learning (chalk and talk)</li> <li>Kinesthetic learning (used psychological tools)</li> <li>Any other (paper presentation)</li> </ul> |
| <b>Practical-2</b>                                                                                                                                                                                                                                                                                                                                                                                   |          |                                                                                                                                                                                                     |
| <b>Practical -3</b>                                                                                                                                                                                                                                                                                                                                                                                  |          |                                                                                                                                                                                                     |

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| <b>Section –C</b><br>1.Mood Disorders: Types & Symptoms, Causes and treatment.<br>2.Schizophrenia: Symptoms, Causes, Types and Treatment.<br><b>Practical-4</b><br><b>Practical -5</b> | March     | <ul style="list-style-type: none"> <li>• Lecture based teaching learning (chalk and talk)</li> <li>• Kinesthetic learning (used psychological tools)</li> </ul> |
| <b>Section–D</b><br>Therapies-Psychodynamic, Behavioural, Cognitive-Behaviour Therapy, Humanistic Therapy, Existential Therapy and Family Therapy                                      | April-May | <ul style="list-style-type: none"> <li>• Self-study (library visit)</li> <li>• Discussion</li> <li>• Any other (class tests)</li> </ul>                         |

### Course Outcomes

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

**Program: B.Voc (Cosmetology)**

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

**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                                                                                                                                                                              |
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| <b>Section- A</b><br>Stress: Introduction, types, coping strategies: problem focused and emotions focused.<br><b>Practical-1</b>                                          | January   | <ul style="list-style-type: none"> <li>Lecture based teaching learning (chalk and talk)</li> <li>Kinesthetic learning (used psychological tools)</li> </ul>                                 |
| <b>Section-B</b><br>Communication skills: Types of communication, features of effective communication, listening and effective listening, feedback.<br><b>Practical-2</b> | February  | <ul style="list-style-type: none"> <li>Lecture based teaching learning (chalk and talk)</li> <li>Kinesthetic learning (used psychological tools)</li> <li>Group discussion</li> </ul>       |
| <b>Section-C</b><br>Leadership: Introduction, characteristics of effective leaders, types of leadership, Lewin's leadership style.<br><b>Practical-3</b>                  | March     | <ul style="list-style-type: none"> <li>Lecture based teaching learning (chalk and talk)</li> <li>Kinesthetic learning (used psychological tools)</li> <li>Any other (class test)</li> </ul> |
| <b>Section-D</b><br>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 | <ul style="list-style-type: none"> <li>Lecture based teaching learning (chalk and talk)</li> <li>Self-study (library visit)</li> </ul>                                                      |

**Course outcome**

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