

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

COURSE PLAN (June - November 2026)

Department : Social Work
Name/s of the Faculty : Dr. K. Madhavi
Course Title : Social Work Profession
Course Code : 23SW/PC/SP14
Shift : I

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	Relate to the concepts and ideologies influencing Social Work, the evolution, growth and development of the Social Work profession	K1
CO2	Interpret values, beliefs, ethics, and skills for Social Work practice and demonstrate professionalism as a trainee	K2
CO3	Apply theories and approaches for practice	K3
CO4	Examine the scope of the Social Work Profession and practice in multi-cultural settings	K4
CO5	Evaluate Social Work practice in the national and international context and build skills for glocal Social Work Practice	K5, K6

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 22 - 29, 2026 (Day Order 2- 4)	1	Social Work Profession, History and Growth 1.1 Social Work Profession: Meaning and Definition; Goals, Functions, Methods, Fields, International and National Social Work Bodies/ Forums	K1-K4	3	1-5	Lecture Brainstorming Discussion PPT	CA Test
July 1- 8, 2026 (Day Order 1- 4)	1	1.2 Basic Concepts: Social welfare, Social Service, Social Services, Social development, Social Change, Social Action, Human Rights, Social Exclusion (marginalization, discrimination, exploitation, oppression), Empowerment	K1-K4	4	1-5	Lecture Discussion PPT	CA Test
July 10 – 17, 2026 (Day Order 1- 4)	1	1.3 History and Growth of Social Work: UK, USA., Evolution of Social Work Education, Levels of Training, Domains (core, supportive, elective and inter- disciplinary). Origin and growth in India, Scope, Challenges and current status. Field Work and importance of Supervision, Global Standards for Social Work Education	K1-K4	4	1-5	Lecture Discussion PPT	CA Test

July 20 – 25, 2026* (Day Order 1- 3)	1	1.4 Socio-cultural and Religious Foundations influencing Social Work: Constitutional Safeguards, Reform Movements and Indian Social Reformers, Contributions of Hinduism, Buddhism, Jainism, Islam, Christianity and Christian Missions	K1-K4	4	1-5	Lecture Discussion using audio visual aids	CA Test
July 30 -31, 2026* (Day Order 2 - 3)	2	Ideologies Influencing Social Work 2.1 Philanthropy, Humanitarianism, Welfarism, Socialism, Democracy, Marxism 2.2 Human Rights, Social Justice and Equality,	K1-K4	3	1-5	Lecture Discussion PPT	CA Test
Aug 3 - 7, 2026 (Day Order 1- 3)	2	2.3 Gandhian, Nehruvian, Dr. Ambedkar's, and Periyar's Philosophies relevant to Social Work	K1-K4	2	1-5	Lecture Discussion PPT	CA Test
Aug 17-19, 2026 (Day Order 3 - 4)	3	Social Work Philosophy 3.1 Values and Beliefs: Respect for the Person, respect for Differences, Self-Determination and expression, Respect for Democratic Values and Diversity, equality, Dignity of the Human Being, Uniqueness of Individuals, Groups and Community, Individual's Right to	K1-K6	1	1-5	Lecture Discussion Case studies PPT	CA Test Component I 22.07.2026 CA Test

		Fulfilment and Self-Actualization, Reciprocal Rights and Responsibilities of Individuals and Society, Capacity of Individuals and Communities to Change					
Aug 21-31, 2026 (Day Order 1 - 4)	3	3.2 Principles: Acceptance, Individualization, Confidentiality, Client Participation, Non-Judgmental Attitude, Controlled Emotional Involvement 3.3 Code of Ethics: Evolution of Code of Ethics, Declaration of Ethics for Social Workers (SWEF -1997). Ethics in Social Work, Statement of Principles (IFSW & IASSW-2004)	K1-K6	4	1-5	Lecture Discussion Case studies PPT	Component II 24.08.2026 Seminar CA Test
Sept 2 – 9, 2026	C.A. Test - I						
Sept 11 - 21, 2026 (Day Order 1 - 4)	4	Theoretical Approaches to Social Work Practice 4.1 Social Work Theory: Definition, Need for and Importance of Professional Practice. Important Theories that inform practice-	K1-K6	4	1-5	Lecture Discussion PPT	Review and Questions

		Psychosocial, Psychodynamic, Eco-systems, Empowerment theories					
Sept 23 - 29, 2026 (Day Order 1- 4)	4	4.2 Practice Approaches: Remedial, Rehabilitative, Preventive and Promotive Approaches, Rights Based, Participatory, Indigenous and Advocacy Approaches	K1-K6	4	1-5	Lecture Discussion PPT	Review and Questions
Sept 30 – Oct 7, 2026* (Day Order 1- 4)	4	4.3 Analysis of Social Work Practice: From Welfare and Development approaches to Rights Based and People Centred approaches	K1-K6	4	1-5	Lecture Discussion using audio visual aids PPT	Review and Questions
Oct 8 -12, 2026 (Day Order 1- 4)	5	International Social Work 5.1 Definition and Meaning, Global Issues and Need for International Practice, Practice Levels and Sectors 5.2 Global Agenda; Global Standards	K1-K6	4	1-5	Lecture Brainstorming Guest lecture Discussion using audio visual aids PPT	Review and Questions
Oct 13 -16, 2026 (Day Order 1- 4)	5	5.3 Role of International Agencies: UN Agencies, INGOs and Human Rights Organisations; International Service-Delivery Programmes; Skills for International Practice; Role and	K1-K6	4	1-5	Lecture Brainstorming Discussion using audio visual aids	Review and Questions

		functions of International/National Bodies and Forums				PPT	
Oct 17, 2026 (Day Order 1)	REVISION						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI COURSE PLAN (June - November 2026) Department : Social Work (MSW) Name/s of the Faculty : Dr. Priya Mary George Course Title : Social Work with Individuals Course Code : 23SW/PC/WI14 Shift : I		
COURSE OUTCOMES (COs)		
COs	Description	CL
CO1	Explain the basic concepts, philosophy, principles, skills and values of Social Case Work as a method of Social Work	K1
CO2	Interpret the application of the theories and models in addressing and resolving the issues and problems of individuals and families	K2

CO3	Apply the tools and techniques in enhancing practice in Social Work with individuals						K3
CO4	Examine and utilise skills in recording and reflecting on work to grow professionally						K4
CO5	Evaluate the scope of Social Case Work in different settings and propose plans for effective practice						K5, K6
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 22 - 29, 2026 (Day Order 2- 4)	1	1.1 Historical Development of Social Case Work as a Method of Social Work Practice – UK, USA and India, Concept and Definitions	K1- K4	3	CO1 -5	PPT, Lecture & Discussion, Introduction and inputs to Journaling for expression of self and emotions	C.A. Test
July 1- 8, 2026 (Day Order 1- 4)	1	Contd- 1.2 Philosophy, Values, Principles, Skills, Components of Social of Case Work 1.3 Indian Philosophical concepts of duty and Karma in Case Work	K1-K4	4	CO1 -5	PPT, Lecture & Discussion, Case Studies to be narrated as examples	C.A. Test
July 10 – 17, 2026 (Day Order 1- 4)	1	1.4 Case Work Relationship: Empathy, Skills in Building Relationship,	K1-K6	4	CO1-5	Lecture and Discussion Guided group activities for building	Component 1 Assignment Submission 3 August 2026

		Transference and Counter Transference 1.5 Difference between Casework, Counselling and Psychotherapy				relationship, enhancing skills Role play PPT, Discussion	C.A. Test
July 20 – 25, 2026* (Day Order 1- 3)	2	The Helping Process 2.1 Phase I- Psychosocial Study, Psychosocial Assessment	K1-K6	4	CO1-5	Lecture & Discussion Use of tools for data collection and assessment Group Activity Role play	C.A. Test
July 30 -31, 2026* (Day Order 2 - 3)	2	2.2 Phase II- Intervention Plan and Goal Setting, Intervention	K1-K6	3	CO1-5	Lecture & Discussion Role play	C.A. Test
Aug 3 - 7, 2026 (Day Order 1- 3)	2	Contd- 2.2 Phase II- Intervention Goal Setting, Intervention 2.3 Phase III - Termination, Evaluation and Follow up	K1-K6	3	CO1-5	Lecture & Discussion Group Activity Role play	C.A. Test

Aug 17-19, 2026 (Day Order 3 - 4)	2	Contd- 2.3 Phase III - Termination, Evaluation and Follow up	K1-K6	2	CO1-5	Lecture & Discussion Group Activity Role play	C.A. Test
Aug 21-31, 2026 (Day Order 1 - 4)	3	Introduction to Models and Therapeutic Approaches of Case Work Practice 3.1 Psychoanalytic Approach, Psychosocial, Functional, Client Centered, Cognitive Behaviour Therapy,	K1-K6	4	CO1-5	Lecture & Discussion Reading material will be circulated, Classroom activity to enhance theoretical understanding Case analysis and discussion	C.A. Test
Sept 2 – 9, 2026	C.A. Test - I						
Sept 11 - 21, 2026 (Day Order 1 - 4)	3	3.2 Task Centered, Systems Approach	K1-K6	4	CO1-5	Lecture & Discussion Reading material will be circulated, classroom activity to enhance theoretical understanding, Case analysis and discussion	Review with questions

		3.1 Transactional Analysis (TA)				Guest lecture	
Sept 23 - 29, 2026 (Day Order 1- 4)	3	Contd :- 3.2 Life Model, Family Centered Approach, Strength Based Approach, Evidence Based Approach Use of Eclectic Approach in Practice	K1-K6	4	CO1-5	Reading material will be circulated, Group activity Case analysis and discussion	Component II Group Presentation
Sept 30 – Oct 7, 2026* (Day Order 1- 4)	4	Tools and Techniques in Working with Individuals 4.1 Observation, Interviews, Home Visits, Collateral Contacts 4.2 Resource Mobilization, Referrals, Environment Modification, Communication	K1-K6	4	CO 1-5	Guided exercises & activities to enhance skills Hands on - experiential learning through field-based activities (guideline to be circulated)	Sharing of learning with peers - report writing on field -based activity

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI**COURSE PLAN (June - November 2026)**

Department : Social Work
Name/s of the Faculty : Ms Hephzibah Mercy J
Course Title : Social Work with Groups
Course Code : 23SW/PC/WG14
Shift : 1

COURSE OUTCOMES (COs)

COs	Description						CL
CO1	define concepts, values and characteristics of social group work as a method of social work						K1
CO2	outline the different types of groups, their needs and their influence on individuals, groups and the community						K2
CO3	apply theories and models in addressing and resolving the problems of groups						K3
CO4	examine and use appropriate skills and techniques while working with groups						K4
CO5	evaluate and build the scope of social group work in various settings and field practice and propose plans for practice						K5, K6
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods

Jun 22 - 29, 2026 (Day Order 2- 4)	1	Introduction to Group Work 1.1 Historical Development of Social Group Work as a Method, Definition and Meaning of Social Group Work 1.2 Purpose, Objectives of Social Group Work	K1 – K5	3	CO 1-5	Creative Media, Learning through case studies, Discussion, Lecture	CA Test
July 1- 8, 2026 (Day Order 1- 4)	1	1.2.1 Values, Skills of Social Group 1.3 Principles of Social Group Work	K1 – K5	4	CO 1-5	Group Discussions, Role Play, Case Studies, Lecture, Presentations, Field Work	CA Test
July 10 – 17, 2026 (Day Order 1- 4)	1 2	1.4 The Use of Groups in Social Work 2.Types of Groups 2.1 Definition and Characteristics of Groups 2.2 Importance of Groups in Human Life 2.2.1 Primary and Secondary Groups 2.2.2 Formal and Informal Groups	K1 – K5	4	CO 1-5	Group Discussions, Role Play, Case Studies, Lecture, Presentations, Field Work	CA Test

		Processes, Isolation, Rejection in Groups 3.3 Group-Bond, Sub Groups, Clique, Gang, Dyad, Triad, Group Norms 3.4 Group Membership, Group Cohesiveness, Group Pressure, Group Morale				Presentations, Lecture	Assignment
Aug 17-19, 2026 (Day Order 3 - 4)	3	3.5 Leadership, Team Building, Decision Making, Problem Solving, Conflict Management 3.6 Communication in a Group, Role Clarity in a Group, use of Sociometry	K1-K6	4	CO 1-5	Group Discussions, Role Play, Case Studies, Lecture, Presentations, Field Work	CA Test
Aug 21-31, 2026 (Day Order 1 - 4)	4	Phases of Group Work Process 4.1 The Planning Phase: Establishing Group Purpose, Assessing the Potential Membership of	K1-K6	4	CO 1-5	Group Discussions, Role Play, Case Studies, Lecture, Presentations, Field Work	Quiz through Answer Garden and Mentimeter

		the Group, Recruiting Members, Composing the Group, Orienting Members to the Group, Contracting, Preparing the Group Environment 4.2 The Beginning Phase: Introduction, Motivation, Member Feedback, Defining the Purpose, Objectives, Goal Setting, Assessment Process					
Sept 2 – 9, 2026	C.A. Test – I						
Sept 11 - 21, 2026 (Day Order 1 - 4)	4	4.3 The Middle Phase: Preparing for Group Meetings, Structuring the Group Work, Intervention Strategies in Groups- Programme Planning and Implementation – Meaning and Principles of Programme Planning. Monitoring and Evaluating the Group Process	K1-K6	4	CO 1-5	Group Discussions, Role Play, Case Studies, Lecture, Presentations, Field Work	Quiz through AnswerGarden and Mentimeter

Sept 23 - 29, 2026 (Day Order 1- 4)	4	4.4 The Ending Phase: Preparing for Termination; Evaluation and Feedback	K1-K6	4	CO 1-5	Group Discussions, Role Play, Case Studies, Lecture, Presentations, Field Work	Quiz through AnswerGarde n and Mentimeter
Sept 30 – Oct 7, 2026* (Day Order 1- 4)	5	Group Work Models and Practice in different settings 5.1 Social Goals Model, Remedial Model, Reciprocal Model	K1-K6	4	CO 1-5	Learning through Field Work, Presentations, Lecture	II Component Group PPT Presentation
Oct 8 -12, 2026 (Day Order 1- 4)	5	5.2 Social Work Practice with Groups in different settings: Hospital, School, Community, Industry and Institutional Setting	K1-K6	4	CO 1-5	Group Discussions, Role Play, Case Studies, Lecture, Presentations, Field Work	Quiz through AnswerGarde n and Mentimeter
Oct 13 -16, 2026 (Day Order 1- 4)	5	5.3 Recording in Group Work: Principles of Recording Importance of Recording, Skills required for Recording in Group Work, Types of	K1-K6	4	CO 1-5	Group Discussions, Role Play, Case Studies, Lecture, Presentations, Field Work	Quiz through AnswerGarde n and Mentimeter

		Recording in Group Work					
Oct 17, 2026 (Day Order 1)	REVISION						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI COURSE PLAN (June - November 2026) Department : Social Work Name/s of the Faculty : Dr Lora Deva Prasana Course Title : Fundamentals of Sociology Course Code : 23SW/PE/SY13 Shift : I		
COURSE OUTCOMES (COs)		
COs	Description	CL
CO1	define the various sociological concepts relevant to social work practice	K1
CO2	explain the various sociological structures and its influence on society	K2
CO3	identify the existing social inequalities and forms of social stratification in the indian society	K3
CO4	analyse the various social processes for social change and examine its influence in various social settings	K4

CO5	evaluate functioning of social structures and plan for social change						K5, K6
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 22 - 29, 2026 (Day Order 2- 4)	1	Society 1.1 Elements of Society: Internal Strength of Society –Unity in Diversity, Democracy, Groups, Types of Groups, Associations and Institutions, Socialization, Social Processes 1.2 Culture-Concept, Material and Non-Material Culture, Cultural Lag Application to the Indian Setting	K1-K5	3	CO 1-5	Lecture, Interaction, Group discussion and PPT	CA Test
July 1- 8, 2026 (Day Order 1- 4)	1	1.3 Social Structural Approaches to the Study of Society: An Introduction to Structural/Functionalist	K1-K5	3	CO 1-5	Lecture, Case study, paper clippings	CA Test

		Perspective, Conflict Perspective					
July 10 – 17, 2026 (Day Order 1- 4)	2	Social Inequality and Exclusion 2.1 Meaning of Social Inequality and its Forms: Social Differentiation, Social Stratification, Social Hierarchy and Social Exclusion and Inclusion	K1-K6	3	CO 1-5	Lecture, Group Interaction Group Discussion PPT	CA Test
July 20 – 25, 2026* (Day Order 1- 3)	2	2.2 Institutional Basis of Social Inequality 2.3 Theoretical Perspective: Social Inequality or Social Stratification: Weberian and Functionalist Perspectives	K1-K6	3	CO 1-5	Lecture, Group Discussion News Paper Articles Analysis	CA Test
July 30 -31, 2026* (Day Order 2 - 3)	3	Social Stratification 3.1 Understanding the Concept of Caste: Hierarchy and Differences in Caste Inequality and	K1-K6	3	CO 1-5	Lecture Discussion PPT	CA Test

Sept 11 - 21, 2026 (Day Order 1 - 4)	4	4.3 Urbanization, Industrialization, Modernization, Westernization, Sanskritization and Secularization - Analysis of Their Impact on Indian Society	K1-K6	3	CO 1-5	Lecture PPT, Screening of Documentaries	II Component – Group Presentation
Sept 23 - 29, 2026 (Day Order 1- 4)	4	4.4 Social Control and Agents of Social Control 4.5 Social Organization and Disorganization	K1-K6	3	CO 1-5	Lecture Discussion using audio visual aids PPT	II Component – Group Presentation
Sept 30 – Oct 7, 2026* (Day Order 1- 4)	5	Development 5.1 Characteristics of Indian Economy, India as the Developing Economy	K1-K6	3	CO 1-5	Lecture, Discussion using audio, visual aids PPT	Review
Oct 8 -12, 2026 (Day Order 1- 4)	5	5.2 Amartya Sen's Concepts of Development 5.3 Globalization, Liberalization, and Privatization – its Impact on the Indian Society	K1-K6	3	CO 1-5	Lecture, Discussion using News Paper Articles PPT	Review

Oct 13 -16, 2026 (Day Order 1- 4)	5	5.3 Globalization, Liberalization, and Privatization – its Impact on the Indian Society	K1-K6	3	CO 1-5	Lecture Discussion using News Paper Articles PPT	Review
Oct 17, 2026 (Day Order 1)	REVISION						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI COURSE PLAN (June - November 2026) Department : SOCIAL WORK Name/s of the Faculty : DR. MARIAN BENITA MARIA Course Title : FUNDAMENTALS OF PSYCHOLOGY Course Code : 23SW/PE/PY13 Shift : I		
COURSE OUTCOMES (COs)		
Cos	Description	CL
CO1	Recall concepts of Psychology relevant for Social Work practice	K1
CO2	Explain aspects of human growth and development across the life-span and the role of various systems in influencing human behaviour	K2

CO3	Identify utilisation of theories and factors contributing to development of personality in the psycho social context						K3
CO4	Analyse nature of psychological processes, influence of life events on behaviour and the importance of mental health						K4
CO5	Integrate perspectives of Psychology for Social Work practice						K5.K6
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 22 - 29, 2026 (Day Order 2- 4)	1	Introduction to Psychology 1.1 Definition of Psychology. Schools of Psychology: Structural, Functional, Behaviourist	K1	2	1-5	Lecture	CA Test
July 1- 8, 2026 (Day Order 1- 4)	1	1.2 Fields of Psychology- General, Developmental, Abnormal, Social, Counselling, Clinical, Educational, Industrial, Community Psychology 1.3 Relevance of Psychology for Social Work Practice	K2 – K4	3	1-5	Lecture	CA Test

July 10 – 17, 2026 (Day Order 1- 4)	2	Human Growth and Development 2.1 Life Span Perspective (Conception to Old Age) Using the Systems Approach: Needs, Tasks, Challenges, and Hazards in the Life Span	K1-K6	3	1-5	Lecture with group discussion	CA Test
July 20 – 25, 2026* (Day Order 1- 3)	2	2.2 Role of Various Systems–Family, Significant others, neighbors,Peers, School, Community, Society in Influencing Behaviour	K1-K6	3	1-5	Outline of field based assignment will be given	Component I Assignment 25 marks
July 30 -31, 2026* (Day Order 2 - 3)	2	2.3 Biological, Psychological and Environmental Determinism	K1-K6	1	1-5	Outline of field based assignment will be given	Component I Assignment 25 marks
Aug 3 - 7, 2026 (Day Order 1- 3)	3	Personality 3.1 Definition. Personality Traits and	K1-K6	1	1-5	Outline for Seminar will be given	Component II

		Dimensions to describe Personality 3.2 Theories related to Structure and Development of Personality. Psychoanalytic (Freud), Cognitive Development (Piaget)					Seminar
Aug 17-19, 2026 (Day Order 3 - 4)	3	Psychosocial Development (Erickson), Moral Development (Kohlberg), Social Learning (Bandura), Humanistic (Rogers) 3.3 Factors influencing and affecting Personality Development	K1-K6	3	1-5	Outline for Seminar will be given	Component II Seminar
Aug 21-31, 2026 (Day Order 1 - 4)	4	Psychological Processes for Understanding Behaviour 4.1 Sensation, Perception and Learning (Classic and Operant Learning Theories)	K1-K6	1	1-5	Lecture with suitable illustrations	CA Test

Sept 2 – 9, 2026	C.A. Test - I						
Sept 11 - 21, 2026 (Day Order 1 - 4)	4	4.2 Motivation- Motivation Process, Human Needs, Maslow's theory- Hierarchy of Needs 4.3 Emotions- Common Emotions	K1-K6	3	1-5	Lecture with suitable illustrations	Review
Sept 23 - 29, 2026 (Day Order 1- 4)	4	4.4 Attitude- Attitude Formation, Attitude Change, Prejudice and Discrimination	K1-K6	3	1-5	Lecture with suitable illustrations	Review
Sept 30 – Oct 7, 2026* (Day Order 1- 4)	4	4.5 Intelligence, Commonly Used Tests for Measurement of Intelligence (Binet- Kamat, Weschler Scales), Overview of Mental Retardation- Definition, Causes,	K1-K6	3	1-5	Lecture with suitable illustrations	Review

