



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
ANNA NAGAR, CHENNAI 600040

CRITERION 1

***1.1.1 Curriculum Planning
and Implementation***

LESSON PLAN

PSYCHOLOGY

ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY

B.Sc PSYCHOLOGY
SHIFT I

LESSON PLAN FOR 2021-2022
ODD & EVEN SEMESTER

Malathi.

R. Shanthi

PRINCIPAL
ANNA ADARSH COLLEGE FOR WOMEN
ANNA NAGAR, CHENNAI-600 048



ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY- SHIFT-I
LESSON PLAN

Academic year 2021-22

Name of the staff: Dr. K. Malathi

Total Hours: 90 hours

Name of the subject: General Psychology

Year/Semester: I yr./ I sem.

Subject code: ST21A

UNIT	CHAPTER (Topics)	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I - INTRODUCTION AND METHODS	-What is psychology? -Definition & Goals	2	1. PowerPoint Presentation- lecture method 2. Group Discussion 3. Online assignments	Flashcards: https://quizlet.com/_akh80c?x=1jqt&i=42 yfch
I	-What is not Psychology? -Pseudo psychology	1	Group Discussion	Flashcards: https://quizlet.com/_akh80c?x=1jqt&i=42 yfch
I	History of Psychology & Schools	5	1. PowerPoint Presentation- lecture Method 2. Group Discussion 3. Online assignments	YouTube video: https://www.youtube.com/watch?v=o4pMVb0R6M
I	Modern Perspectives & Psychology in India	3	1. PowerPoint Presentation- lecture Method 2. Quiz	Quiz: https://quizizz.com/admin/quiz/5ab9a4c62cb601001939eeb3/psychological-perspectives

I	Psychology: The Science – Methods: Introspection, Observation, Survey, Experiment, Case Study, Correlation Research	5	1. Guest Lecture: PowerPoint Presentation- lecture method 2. Illustration by Examples	YouTube video: https://www.youtube.com/watch?v=hFV71QPvX2I
I	Scope of Psychology: Branches of Basic & Applied Psychology	2	Collaborative learning	YouTube video: https://www.youtube.com/watch?v=PtWtZgdVyRU
	ASSESSMENT	3	Test (& Assignment)	Online conduction & submission of test/assignment – GCR
II – SATION & CEPTION	-Sensation: Meaning -Psychophysics -Thresholds -Weber’s Law -Adaptation	2	1. Online lectures supplemented with power point presentation (GCR) 2. Short video 3. Animated presentation 4. Flash cards	Videos: https://www.youtube.com/watch?v=RaTzQVHi-C4 Animated presentation: https://www.youtube.com/watch?v=-1e0uIS5j2Q Flash cards: https://learninglink.oup.com/access/content/sensation-and-perception-5e-student-resources/sensation-and-perception-5e-chapter-1-flashcards?previousFilter=tag_chapter-01
	-Basic sensation: Vision -Hearing	5	1. Online lectures supplemented with power point presentation (GCR)	Online test:

<p>-Touch and other Skin senses</p> <p>-Olfaction</p> <p>-Gustation</p>		<p>2. Online eye chart</p> <p>3. Online hearing test</p> <p>4. Self-learning - theoretical explanation supported by picture illustrations, animated videos and questions for self-assessment</p>	<p>1)https://www.personaleyec.com.au/vision/online-eye-test</p> <p>2)https://www.phonak.com/in/en/online-hearing-test.htm</p> <p>Material for self-learning:</p> <p>1)https://courses.lumenlearning.com/wmopen-psychology/chapter/outcome-hearing/</p> <p>2)https://courses.lumenlearning.com/suny-ap1/chapter/sensory-perception/</p>
<p>-Proprioception: Kinesthetic sense</p> <p>-Vestibular sense</p>	2	<p>1. Online lectures supplemented with power point presentation (GCR)</p> <p>2. Online test for gait disturbance</p>	<p>Online test:</p> <p>https://www.physio-pedia.com/Romberg_Test</p>
<p>-Perception: Meaning</p> <p>-Organizing principles of perception</p> <p>-Constancies</p> <p>-Pattern perception</p> <p>-Distance perception</p>	6	<p>1. Online lectures supplemented with power point presentation (GCR)</p> <p>2. Illustrated examples with a short video</p> <p>3. Self-learning - theoretical explanation supported by real world illustrations, animated videos and review questions</p>	<p>Video:</p> <p>https://psycheleven2015.wordpress.com/category/what-is-perception/the-constancies/</p> <p>Material for self-learning:</p> <p>https://opentextbc.ca/h5pppsychology/chapter/gestalt-principles-of-perception/</p>
<p>-Errors in Perception</p> <p>-Illusion –Types</p>	7	<p>1. Online lectures supplemented with</p>	<p>Video/picture illustrations:</p> <p>https://www.indiatimes.com/trending/wtf/incredible-</p>

	<p>-Hallucinations – Types</p> <p>-Extra Sensory Perception</p> <p>-Factors that influence perception</p> <p>-Depth perception</p>		<p>power point presentation (GCR)</p> <p>2. Real world illustrations</p> <p>3. Learning video</p> <p>4. Online experiments/activities</p>	<p>optical-illusions-544086.html</p> <p>Video: https://www.youtube.com/watch?v=93vqcBLWK-8</p> <p>Activity based learning: http://faculty.washington.edu/chudler/chvision.html</p>
	<p>-Attention: Meaning</p> <p>-Types</p> <p>-Determinants</p>	2	<p>1. Online lectures supplemented with power point presentation (GCR)</p> <p>2. Picture Illustrations supported by videos</p>	<p>Video/picture illustrations: https://www.mentalup.co/blog/selective-attention</p>
	ASSESSMENT	3	Test (& Assignment)	Online conduction & submission of test/assignment – GCR
III - CONSCIOUSNESS	<p>Consciousness- Definition –</p> <p>Two major types – Natural</p> <p>state of consciousness:</p> <p>Biological rhythms – Circadian rhythms; Waking</p> <p>states of consciousness – Sleep</p>	4	<p>1. PowerPoint Presentation – lecture method</p> <p>2. Group Discussion</p>	<p>Flashcards: https://quizlet.com/in/639508224/sleep-part-1-flash-cards/</p>
	<p>Functions – Stages – sleep</p> <p>disorders – Dream – Theories</p>	3	<p>1. PowerPoint Presentation – lecture method</p> <p>2. Online assignment</p>	<p>YouTube video: https://www.youtube.com/watch?v=CJ6zu-atIQY</p>

	Altered States of Consciousness: meaning Hypnosis Use of Drugs	4	1. PowerPoint Presentation – lecture method 2. Online assignment	YouTube video: https://www.youtube.com/watch?v=4b9LfU1v5aA
	Meditation – Other altered states. Sensory deprivation: Near death experience – Lucid dreaming	3	PowerPoint Presentation – lecture method	Quiz: https://www.sparknotes.com/psychology/psych101/consciousness/quiz/
	ASSESSMENT	3	Test (& Assignment)	Online conduction & submission of test/assignment – GCR
IV - LEARNING	-Learning: Definition/Nature -Association Learning: Classical Conditioning -Basic Principles	1	1. Power point presentation-Lecture method 2. Online Assignments	Videos: https://www.youtube.com/watch?v=jd7Jdug5SRc&t=236s
	-Operant Conditioning -Basic Principles. -Reinforcement – Types -Punishment – Types	3	1. Power point presentation-Lecture method 2. Illustration by example	Videos: https://www.youtube.com/watch?v=ne6o-uPJArA
	-Schedules of Reinforcement -Shaping -Learned Helplessness.	2	1. Power point presentation-Lecture method. 2. Group Discussion	Quiz: https://quizizz.com/admin/quiz/5d835b18911ce8001f352881/behaviourism-incl-schedules-of-reinforcement

Similarities and Differences between Classical Conditioning and Operant Conditioning	1	1. Word Document presentation- Lecture method 2. Group Discussion.	Quiz: https://quizizz.com/admin/quiz/58d476df20937d85588ca4cf/classical-conditioning
-Social and Cognitive Learning: Latent Learning -Insight Learning -Observational Learning.	2	1. Power point presentation – Lecture method. 2. Illustration by example	Videos: 1) https://youtu.be/b6t_OTHpJJ0 2) https://youtu.be/OadUQJuEH
Recap: 1	1	1. Excel Presentation- Lecture method. 2. Collaborative learning	MindMap: https://www.goconqr.com/mindmap/208960/classical-vs-operant-conditioning
Recap: 2	1	1. Word Document presentation- Lecture method 2. Self Learning	Mind Map: https://www.goconqr.com/mindmap/5144460/social-behaviour-mind-map
V - MEMORY -Definition -Memory Process: Encoding -Storage -Retrieval -The information processing model	2	1. Online lectures supplemented with power point presentation (GCR) 2. Online memory test 3. Self-learning - theoretical explanation supported by picture/video illustrations, glossary of key terms and questions for self-assessment	Online test: https://practicalpie.com/free-memory-test/ Material for self-learning: https://courses.lumenlearning.com/wmopen-psychology/chapter/reading-storage/
-Sensory memory -Short term memory -Long term memory	1	1. Online lectures supplemented with power point presentation (GCR)	Material for self-learning: https://courses.lumenlearning.com/wmopen-psychology/chapter/reading-storage/

		2. Self-learning - theoretical explanation supported by picture/video illustrations, glossary of key terms and questions for self-assessment	
-Forgetting: Meaning -Forgetting curve -Theories of forgetting -Causes	4	1. Online lectures supplemented with power point presentation (GCR) 2. Online activities	Activity based learning: https://uen.instructure.com/courses/221499/pages/memory-activities
-Memory and Brain -Improving memory	4	1. Online lectures supplemented with power point presentation (GCR) 2. Flash cards 3. Quiz	Flash cards: 1) https://quizlet.com/167104639/the-brain-and-memory-flash-cards/ 2) https://quizlet.com/555415014/the-brain-and-memory-flash-cards/ Online quiz: https://www.medicinenet.com/memory_quiz/quiz.htm
ASSESSMENT	3	1. Test (& Assignment) 2. Quiz	Online conduction & submission of test/assignment – GCR

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Malathi

ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY – SHIFT- I

Lesson Plan

ACADEMIC YEAR 21-22

Name of the Staff: Mrs. Varsha Vardhini S

Total Hours: 90

Name of the Subject: Biological Psychology-I

Year/Semester: I / Odd

Subject Code: ST21B

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Introduction: Meaning of Biological Psychology- Viewpoints to explore Biology of Behaviour – Approaches that relate brain and behaviour – Levels of analysis	5	1.PowerPoint presentation 2. Seminar	MIND MAP: https://www.mindomo.com/da/mindmap/biological-psychology-1038de5630c140d391d66bbaea72a06a
I	Correlating brain anatomy with behaviour - Recording brain activity	3	1.PowerPoint presentation 2. Lecture Method	VIDEO: https://www.youtube.com/watch?v=Hb8m3NUTrF4
I	Effects of brain damage - Effects of brain stimulation.	3	1.PowerPoint presentation 2.Illustration by example	CASE STUDY & QUIZ: https://www.fi.edu/sites/default/files/2-Case-study-activity.pdf
	ASSESSMENT	1	Test	Online conduction & submission of test - GCR
II	Basic features of the Nervous System: An overview, Meninges, Ventricular system and production of cerebrospinal fluid.	3	1.PowerPoint presentation 2. Lecture Method	QUIZ: https://www.purposegames.com/game/meninges-of-brain-quiz
II	Cells of the Nervous System: Neurons, Supporting cells, The blood-brain barrier	5	1.PowerPoint presentation 2. Lecture Method 3.Online assignment	MOBILE LEARNING: https://www.themantic-education.com/ibpsych/2020/01/20/biological-approach-key-terms-glossary/

II	Neural Communication: An overview, Measuring electrical potentials of axons. The Membrane Potential: Balance of two forces. The Action Potential. Conduction of the action potential.	8	1. PowerPoint presentation 2. Lecture Method 3. Illustration by example	VIDEOS: https://www.youtube.com/watch?v=FEHNILLPb0s https://www.youtube.com/watch?v=wkJPtshv-Yc
	ASSESSMENT	1	Test	Online conduction & submission of test - GCR
III	Communication between Neurons: Structure of synapses	2	1. PowerPoint presentation 2. Lecture Method	MIND MAP: https://www.goconqr.com/mindmap/5224219/biopsychology-neurons-and-synaptic-transmission
III	Neurotransmitter: meaning- types	2	1. PowerPoint presentation 2. Lecture Method 3. Collaborative Learning	MATERIAL FOR SELF LEARNING: https://biologydictionary.net/axon-terminal/
III	Release of the Neurotransmitter.	4	1. PowerPoint presentation 2. Lecture Method 3. Videos 4. Quiz / Discussion	Video and quiz https://www.youtube.com/watch?v=FI1K2Gp5WzU https://quizizz.com/admin/quiz/5f549a6fa3813d001cfe85b5/biopsychology-neurotransmitters
III	Activation of receptors	2	1. PowerPoint presentation 2. Lecture Method 3. Videos	Video https://www.youtube.com/watch?v=NXOXZ-kaSVI
III	Postsynaptic potentials, Termination of postsynaptic potentials	4	1. PowerPoint presentation 2. Lecture Method 3. Videos 4. Quiz	Quiz https://quizizz.com/admin/quiz/6140d469b9a18c001d220966/postsynaptic-potential
III	Assessment	2	1. Oral quiz, 2. Group discussion	https://quizizz.com/admin/quiz/5f683f09e25c49001ba13ad9/biopsych-nerve-cells-neural-signals-communications
IV	Nervous System: Development of the central nervous system	4	1. PowerPoint presentation 2. Lecture Method 3. Videos	https://www.youtube.com/watch?v=lhapeOo6laA

IV	Brain: The forebrain, The hind brain, midbrain & forebrain	4	1. PowerPoint presentation 2. Lecture Method 3. Online Games	https://www.youtube.com/watch?v=N6VanlUF6f4 Games https://www.purposegames.com/game/label-parts-of-the-brain-game
IV	Division of Nervous System: Central Nervous System,	2	1. PowerPoint presentation 2. Lecture Method 3. Quiz	https://quizizz.com/admin/quiz/5fcd20340babd9001e9c21fe/unit-08-vocabulary-divisions-of-the-nervous-system
IV	The Peripheral Nervous System - Spinal nerves, Cranial nerves,	2	1. PowerPoint presentation 2. Lecture Method 3. Group learning (Quiz)	Games https://www.purposegames.com/game/functional-divisions-of-the-nervous-system-chart https://www.youtube.com/watch?v=QY9NTVh-Awo
IV	The Autonomic Nervous system - Sympathetic and Parasympathetic	2	1. PowerPoint presentation 2. Lecture Method 3. Videos	https://www.youtube.com/watch?v=q8NtmDrb_qo
IV	Assessment	2	1. Pen and Paper / Diagram	
V	Hormonal actions- General principles of hormonal actions,	4	1. PowerPoint presentation 2. Lecture Method 3. Videos	https://www.youtube.com/watch?v=TgNwxF3aQpE&t=34s
V	Hormonal action on cellular mechanisms	3	1. PowerPoint presentation 2. Lecture Method 3. Videos	https://www.youtube.com/watch?v=TgNwxF3aQpE&t=34s
V	Endocrine glands and its specific hormones: Pituitary- Pineal- Thyroid- Parathyroid- Pancreas- Adrenal- Gonads	4	1. PowerPoint presentation 2. Lecture Method 3. Analysis and group activity	https://quizizz.com/admin/quiz/6187ca8bbf24e7001dc4ceb4/endocrine-system
V	Hormonal influence on growth and activity	3	1. PowerPoint presentation 2. Lecture Method 3. Pre - learning	Article : https://www.britannica.com/science/growth-hormone
V	Feedback control mechanisms in regulating secretion of hormones,	3	1. PowerPoint presentation 2. Lecture Method 3. Roleplay	https://www.youtube.com/watch?v=6lIFB_vr1WI
V	Assessment	2	1. Oral quiz / Group discussion	https://www.goconqr.com/quiz/4832466/the-endocrine-system-quiz

Melathi:

P. Shankar

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ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY – SHIFT- I
ACADEMIC YEAR 2021-2022

Name of the Staff: Ms. Varsha Vardhini.S
 Name of the Subject: Indian Psychology
 Subject Code: ST31A

Total Hours: 90

Year/Semester: I / Odd

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Nature of Indian Psychology- Fundamental assumptions of Indian Psychology - Mind-body complex.	12	1.PowerPoint presentation 2.Collaborative Learning 3. Online assignment	MATERIAL FOR SELF STUDY: https://www.researchgate.net/publication/247767415_The_Core_and_Context
I	Psychology: Eastern and Western Approach	5	1.Lecture Method 2.Seminar	VIDEO: https://www.youtube.com/watch?v=d4LjIbrEQ5U&list=PL84i99WAJNj_ZruBeQXW8cr5D2EdqjOCn&index=1
I	ASSESSMENT	2	Test	Online conduction & submission of test - GCR
II	Upanishads – states of consciousness, factors of personality, mental functions, higher mental powers and Yoga.	3	1.PowerPoint presentation 2. Guest lecture 3. Video	https://www.youtube.com/watch?v=9VMg4YH5yok

II	Nyaya – concept of personality, psychology of perception, states of consciousness.	3	1. PowerPoint presentation 2. Guest lecture 3. Video	https://www.youtube.com/watch?v=orZwip_bjYA
II	Vaisasesika – theory of consciousness, factors of personality, theory of perception.	3	1. PowerPoint presentation 2. Guest lecture 3. Video	https://www.youtube.com/watch?v=NGpKXMGycbE
II	Mimamsa – factors of personality, psychophysical system, cognition, perception	3	1. PowerPoint presentation 2. Guest lecture 3. Video	https://www.youtube.com/c/iit/search?query=mimansa https://www.youtube.com/watch?v=A9pU4jxvnoM
II	Advaita Vedantam – Human personality, psychophysical apparatus, states of consciousness, functions of mind.	3	1. PowerPoint presentation 2. Guest lecture 3. Video	https://www.youtube.com/watch?v=7Vfe4aaci14
I	Visista Advaita – Nature of consciousness, factors of personality, functions of mind.	3	1. PowerPoint presentation 2. Guest lecture 3. Video	https://www.youtube.com/watch?v=bL7_do7OhJM
I	ASSESSMENT	2	Test (& Assignment)	GCR

III	States of consciousness, Factors of personality, Functions of mind, Super conscious state.	4	1.PowerPoint presentation 2. Lecture Method	VIDEO: https://www.youtube.com/watch?v=EABMuW-CvRQ
III	Path of yoga. Integral yoga – gunas of prakriti, self-ego and individuality, Manifold being- surface being, inner being, the outer being	10	1. Lecture Method 2. Illustration by example 3.Online assignment	PICTURE ILLUSTRATION: https://www.researchgate.net/figure/Components-of-Eight-fold-path-of-Patanjalis-Raja-yoga_fig4_344852068
	ASSESSMENT	2	Quiz	https://www.proprofs.com/quiz-school/story.php?title=3dq-the-yoga-sutras-of-patanjali-knowledge-quiz
IV	Buddhism – factors of personality- levels of consciousness	3	1. Online lecture (GCR) 2. Discussion about online material to choose relevant portions for study	MATERIAL FOR ADDITIONAL LEARNING: https://pdx.pressbooks.pub/thebalanceofpersonality/chapter/yoga-and-buddhism-as-personality-development-paths/ (selected portions)
IV	Functioning of mind Jainism – nature of consciousness – cognition, sense organs	4	1. Online lecture (GCR) 2. Discussion about online material to choose relevant portions for study 3. Learning video	MATERIAL FOR ADDITIONAL LEARNING: 1) https://plato.stanford.edu/entries/mind-indian-buddhism/ (selected portions) 2) https://s3.amazonaws.com/jainworldwp/science/Metaphysics/Q%20consciousness/Part%20II.pdf (selected portions) Video: https://www.youtube.com/watch?v=jTRq_ymsg8o

IV	Non-verbal comprehension, verbal comprehension, extra sensory perception, affection, conation, mental activity	4	1. Online lecture (GCR) 2. Discussion about online material to choose relevant portions for study	MATERIAL FOR ADDITIONAL LEARNING: https://jainworld.com/library/jain-books/books-online/jainworld-books-in-indian-languages/perspective-in-jaina-philosophy-and-religion/para-psychology-and-jainism/ (selected portions)
IV	Sufi – Historical background and aim, basic concepts: spirit, views of the self and soul	4	1. Online lecture (GCR) 2. Learning video	VIDEO: https://www.youtube.com/watch?v=t3JGKFcIyjM
IV	Sufism and the integration of man, Metaphysical concepts: attributes of God, freedom of will, beliefs and action, reason and revelation	5	1. Online lecture (GCR) 2. Self-learning	MATERIAL FOR ADDITIONAL LEARNING: https://en.wikipedia.org/wiki/Sufism
	ASSESSMENT	2	Test (& Assignment)	Online conduction & submission of test/assignment - GCR
V	Counselling and therapy – vipassana and mindfulness	3	1. Online lectures supplemented with power point presentation (GCR) 2. Video demonstration	MATERIAL FOR ADDITIONAL LEARNING & VIDEO: https://www.indiatoday.in/lifestyle/health/story/what-exactly-is-vipassana-the-meditation-technique-president-kovind-swears-by-1145720-2018-01-15
V	Hathayaoga based therapies: The Gita as guide	2	1. Online lectures (GCR) 2. Learning Video	MATERIAL FOR ADDITIONAL LEARNING & VIDEO: https://bookretreats.com/blog/what-is-hatha-yoga/

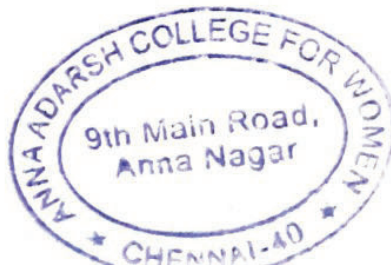
V	Education – Gandhi’s Nai Talim, Satyagraha- psychospiritual tool for conflict resolution	2	1. Online lecture (GCR) 2. Discussion about online material to choose relevant portions for study	MATERIAL FOR ADDITIONAL LEARNING: https://egyankosh.ac.in/bitstream/123456789/63132/2/Unit-1 (selected portions)
V	Tagore’s system of education; Sri Aurobindo’s integral education	2	1. Online lecture (GCR) 2. Research article	MATERIAL FOR ADDITIONAL LEARNING: https://wellpress.in/rssh/Download/jul-sep-2017/EDUCATIONAL%20PHILOSOPHY%20OF%20SRI%20AUROBINDO%20GHOSH%20-%20Alka%20Saini.pdf
V	Organizational behavior and community work – Gita-based approaches to Organizational behaviour	2	1. Online lecture (GCR) 2. Discussion about online material to choose relevant portions for study	MATERIAL FOR ADDITIONAL LEARNING https://www.indictoday.com/research/bhagavad-gita-and-hrd/ (selected portions)
V	Life and Education – The Thirukkural approach	2	1. Online lectures supplemented with power point presentation (GCR) 2. Story telling (based on Thirukkural)	VIDEO: https://www.youtube.com/watch?v=T7l62leGYE8
	ASSESSMENT	2	Test (& Assignment)	Online conduction & submission of test/assignment - GCR

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[Signature]

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ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY – SHIFT- I
ACADEMIC YEAR 2021-2022

Name of the Staff: Dr. K. Malathi

Total Hours: 15

Name of the Subject: Professional English

Year/Semester: I / Odd

Subject Code: PZ1AA

UNIT	CHAPTER (Topics)	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
III - NEGOTIATION STRATEGIES	Listening: Listening to interviews of specialists / Inventors in fields (Subject specific)	1	Interactive lecture	YouTube video: https://www.youtube.com/watch?v=tNm-g3Y2HuY
III	Speaking: Brainstorming. (Mind mapping). Small group discussions (Subject- Specific)	3	1. PowerPoint Presentation - lecture method (Direct/GCR) 2. Group discussion	YouTube videos: 1) https://www.youtube.com/watch?v=Oc3KkBCXe5A 2) https://www.youtube.com/watch?v=oY4sUQzXJ1g
III	Reading: Longer Reading text.	1	Interactive lecture	Materials for self-learning & self- assessment: 1) https://www.studyandscore.com/practice-test-exam/solved-reading-comprehension-passages-question-answers-practice-test-4 2) https://www.vocabulary.com/lists/288552
III	Writing: Essay Writing (250 words) Vocabulary: Register specific - Incorporated into the LSRW tasks	2	1. PowerPoint Presentation - lecture method (Direct/GCR) 2. Assignments	Material for self-learning: https://en.unesco.org/sites/default/files/week_2_winners.pdf

V - CRITICAL THINKING SKILLS	Listening: Listening comprehension- Listening for information.	1	Audio lecture	Podcast: https://www.apa.org/news/podcasts/speaking-of-psychology
V	Speaking: Making presentations (with PPT-practice).	3	1. PowerPoint Presentation - lecture method (Direct/GCR) 2. Assignments (based on self-study)	Material for self-learning: https://tetw.org/Psychology
V	Reading: Comprehension passages –Note making. Comprehension: Motivational article on Professional Competence, Professional Ethics and Life Skills)	2	1. PowerPoint Presentation - lecture method (Direct/GCR) 2. Assignments	Material for self-learning: https://www.verbaltovisual.com/what-is-sketchnoting/
V	Writing: Problem and Solution essay– Creative writing –Summary writing Vocabulary: Register specific - Incorporated into the LSRW tasks	2	1. PowerPoint Presentation - lecture method (Direct/GCR) 2. Assignments (based on self-study)	Material for self-learning & self-assessment: https://iliauni.edu.ge/ge/ajax/downloadFile/47878/Reading_Test_Sample.pdf

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Malathi .



ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY- SHIFT-I

LESSON PLAN

Academic year 2021-22

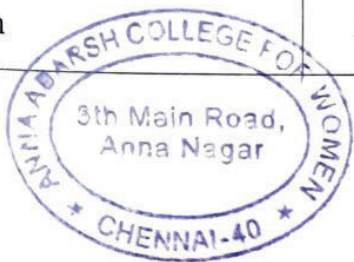
Name of the staff: Dr. K. Malathi
Name of the subject: General Psychology-II
Subject code:

Total Hours: 90 hrs
Year/ Semester: I yr / II sem

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
1	Meaning-Cognitive Psychology-Types of cognition: - Mental Imagery-Concept	4	PowerPoint Presentation-lecture method, Illustration by example	YouTube video: https://www.youtube.com/watch?v=R-sVnmmw6WY
1	Problem solving-Steps- Barriers to Effective problem solving-Strategies of problem solving: Algorithms, Heuristic, Decision Making-Step	4	PowerPoint presentation-lecture method, Group Discussion, Online assignments	Flashcards https://quizlet.com/axy9d2?x=1qqt&i=42yfch
1	Reasoning-Inductive and Deductive reasoning	3	PowerPoint Presentation-lecture method, Quiz	Quiz: https://quizizz.com/admin/quiz/5ab5532aee94d70019c7f532/ap-psychology-unit-7-cognition-quizizz
1	Language: Nature-Main Components of Language- Phonemes-Morphemes-Syntax-Semantics-Pragmatics	5	PowerPoint Presentation-lecture method, Online assignments, Quiz	YouTube video: https://www.youtube.com/watch?v=s9shPouRWCs
	Revision	2		
2	Motivation: Definition-Needs- Biological Needs-Social Needs- Psychological Needs	4	PowerPoint Presentation-lecture method, Collaborative learning	Flashcards: https://quizlet.com/axycej?x=1qqt&i=42yfch

2	Theories of Motivation: Instincts-Drive reduction theory-Arousal-Incentive- Opponent Process	5	Group Discussion, Online assignments	YouTube video: https://www.youtube.com/watch?v=woa2Qa8i80U
2	Cognitive theories-Social cognitive theory-Need theories	5	PowerPoint Presentation- lecture method, Group discussion, Online assignments	YouTube video: https://www.youtube.com/watch?v=kTCVutFr1ao
2	Classification of Motives: Physiological motives- Psychological motives	4	PowerPoint Presentation- lecture method, Quiz	Quiz: https://quizizz.com/admin/quiz/6169926ed8dabb001d551038/theories-of-motivation
2	Conflict: Meaning-Types, Frustration: Meaning-Causes	4	PowerPoint Presentation- lecture method, Illustration by examples	YouTube video: https://www.youtube.com/watch?v=KaNyVnkaxtk
	Revision	2		
3	Emotion: Meaning-Basic emotions-Components- Physiology of emotion- Expression of emotion	5	PowerPoint Presentation- lecture method, Group discussion	Flashcards: https://quizlet.com/_axyeqy?x=1aqt&i=42yfch
3	Theories of Emotions	4	PowerPoint Presentation- lecture method, Online assignments	YouTube video: https://www.youtube.com/watch?v=gAMbkJk6gnE
3	Stress: Definition-Four Variations-Stressors-Effects- General Adaptation Syndrome- Individual Differences-Coping mechanism	5	PowerPoint Presentation- lecture method, Quiz	Quiz: https://www.proprofs.com/quiz-school/playquiz/?title=emotion-stress-health
	Revision	2		
4	Intelligence: Definition- Concept of IQ-Individual difference in Intelligence- Mental Retardation-Mentally gifted-Assessment of Intelligence	7	PowerPoint Presentation- lecture method, Online assignments	YouTube video: https://www.youtube.com/watch?v=9xTz3QjcloI

4	Emotional Intelligence: Meaning-Characteristics	3	Collaborative learning, Group discussions	YouTube video: https://www.youtube.com/watch?v=LgUCyWhJf6s
4	Creativity: Definition-Nature-Steps-Characteristics of creative people-Creative tests	4	PowerPoint Presentation-lecture method, Online assignments, Quiz	Quiz: https://quizizz.com/admin/quiz/5cc5e41c4254a3001b672432/intelligence-theories-and-intelligence-testing
	Revision	2		
5	Personality: Definition-Theories-Psychoanalytic	2	PowerPoint Presentation-lecture method, Group discussion,	Flashcards
5	Neo Fruedian: Jung-Adler-Karen-Horney-Erikson	3	PowerPoint Presentation-lecture method, Online assignments	YouTube video: https://www.youtube.com/watch?v=mUELAiHbCxc
5	Behaviouristic view-Social Cognitive view	2	PowerPoint Presentation-lecture method, Group discussion,	YouTube video
5	Humanism and Personality: Roger's theory-Maslow's theory	2	PowerPoint Presentation-lecture method, Quiz	Quiz: https://quizizz.com/admin/quiz/5d7b5ac622f793001d114fa6/theories-of-personality
5	Trait theories: Allport-Cattell-The Big Five Factors	3	PowerPoint Presentation-lecture method, Illustration by examples	YouTube video: https://www.youtube.com/watch?v=oUgCivKxbAE
5	Assessment of Personality, Uses of Personality tests	2	Collaborative learning	YouTube video: https://www.youtube.com/watch?v=sUrV6oZ3zsk
	Revision	2		



R. Shanthi
PRINCIPAL

Malathi

ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY – SHIFT- I

Lesson Plan

ACADEMIC YEAR 21-22

Name of the Staff: Mrs. Varsha Vardhini S
 Name of the Subject: Biological Psychology-II
 Subject Code:

Total Hours: 60 hrs
 Year/Semester: I yr / II sem

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	UNIT I: CIRCADIAN RHYTHMS, SLEEP AND DREAMING Rhythms of waking and sleeping: Endogenous cycles- Setting and resetting the biological clock- Mechanisms of the biological clock, Paradoxical or REM sleep, -	3	1.PowerPoint presentation 2. Seminar	VIDEO: <u>Circadian Rhythm and Biological Clock - Science of Sleep, Part 4/6 - Bing video</u>
I	Sleep and brain mechanisms: Sleep and other interruptions of consciousness, the onset of sleep and hypnagogic hallucinations, stages of sleep. Brain mechanisms of wakefulness and arousal: Brain functions in REM sleep	3	1.PowerPoint presentation 2. Lecture Method	VIDEO: https://www.youtube.com/watch?v=eM2VWspRpfk
I	Functions of sleep, Dreaming: REM sleep and dreaming. Biological perspectives on dreaming.	2	1.PowerPoint presentation 2.Illustration by example	CASE STUDY: https://www.psychiatry.org/patients-families/sleep-disorders/patient-story
	Revision	2		

II	UNIT II: BRAIN DEVELOPMENT AND PLASTICITY Development of the brain- Maturation of the vertebrate brain, Growth and development of neurons -New neurons later in life- Path finding by axons, Determinants of neuronal survival,	4	1.PowerPoint presentation 2. Lecture Method	VIDEO: https://www.youtube.com/watch?v=E0K7A94Eaoo QUIZ: https://quizlet.com/20740544/neural-plasticity-flash-cards/
II	Neural plasticity: Meaning- Plasticity after brain damage.	2	1.PowerPoint presentation 2. Lecture Method 3.Online assignment	MOBILE LEARNING: https://www.themantic-education.com/ibpsych/2017/10/05/lesson-idea-neuroplasticity/
	Revision	2		
III	UNIT III: BIOLOGICAL BASIS OF THIRST AND HUNGER Thirst: Mechanisms of water regulation- Osmotic thirst- Hypovolemic thirst and sodium specific hunger,	3	1.PowerPoint presentation 2. Lecture Method	MIND MAP: https://www.goconqr.com/mindmap/16284572/hypothalamus-hunger-and-thirst
III	Hunger: Digestion and food selection-Short and long term regulation of feeding- Brain mechanisms - Eating Disorders.	3	1.PowerPoint presentation 2. Lecture Method 3.Case study	CASE STUDY: https://www.priorygroup.com/eating-disorders/eating-disorders-case-study
IV	UNIT IV: BIOLOGICAL BASIS OF EMOTIONS Emotions: Introduction, Emotions and Autonomic arousal: James-Lange theory, Brain areas associated with emotions- The functions of emotions.	4	1.PowerPoint presentation 2. Lecture Method 3. Videos	https://www.youtube.com/watch?v=ctkFIYqQLfM
IV	Attack and Escape Behaviours: Attack behaviours - Escape - Fear and anxiety-	3	1.PowerPoint presentation 2. Lecture Method 3. Online Games	

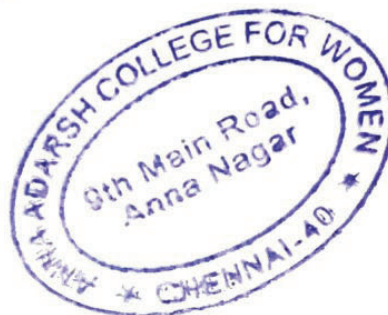
IV	Stress and Health	3	1.PowerPoint presentation 2. Lecture Method 3. Quiz	VIDEO: https://www.youtube.com/watch?v=4KbSRXP0wik
	Revision	2		
V	UNIT V: BIOLOGICAL BASIS OF LEARNING AND MEMORY Memory: Localized representations of memory- Types of memory- -	3	1.PowerPoint presentation 2. Lecture Method 3. Videos	SELF READING https://explorable.com/biology-of-learning-and-memory
V	The hippocampus-Theories on the function of the hippocampus	3	1.PowerPoint presentation 2. Lecture Method 3. Videos	VIDEO: https://www.youtube.com/watch?v=51pPsbV-e9s
V	Other types of amnesia: Korsakoff's syndrome, Alzheimer's Disease- The role of the other brain areas.	2	1.PowerPoint presentation 2. Lecture Method 3. Analysis and group activity	QUIZ https://www.goconqr.com/quiz/34427701/amnesia-lecture-
	Revision	2		

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ANNA NAGAR, CHENNAI-600 040



ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY – SHIFT – I
LESSON PLAN

ACADEMIC YEAR 2021-2022

Name of the Staff: Ms. S. Varsha Vardhini

Total Hours: 90

Name of the Subject: Introduction to Community Psychology Year/Semester: I yr/ II sem

Subject Code:

UNIT	CHAPTER(Topics)	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I- INTRODUCT ION	- Community psychology- nature & scope -Definition; Core values in community psychology	5	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Quiz	Flashcards: https://quizlet.com/52872740/community-psychology-flash-cards/
I	Role of community psychologist	4	1. Interactive lecture 2. Online seminars	YouTube video: https://www.youtube.com/watch?v=sb7AYxKUeCM
I	-Understanding Community -Community in India	4	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Group discussion	YouTube videos: 1) https://www.youtube.com/watch?v=1UkDnJ38C98 2) https://www.youtube.com/watch?v=iXxR-KA_eow
I	-Human diversity in Context -Applied social psychology in India	4	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Group discussion 3. Self-learning - theoretical explanation	Material for self- learning: https://www.communitypsychology.com/the-concept-of-diversity-ceras-position/

				YouTube video: https://www.youtube.com/watch?v=gN7wwMvhFcg
Assessment		2	Test & Assignment	
II – MODELS OF COMMUNITY SYCHOLOGY	-Mental health model -Behavioural model -Organisational model -Ecological model -Social action model	4	PowerPoint Presentation- lecture method (Direct/GCR)	---
II	Integration of modern psychology with Indian thought	3	Interactive lecture through group discussion	YouTube video: https://www.youtube.com/watch?v=FrAxusxpfo Material for self-learning: https://www.indigeno.uspsych.org/Interest%20Group/Paranipe/PsychologyInModernIndia.pdf
II	-Culture & psychology: culture & perspectives of psychology -Basic Indian values and behavioural disposition in the context of nation's development	5	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Group discussion 3. Self-learning - theoretical explanation	Online exercises/questionnaire: http://teachpsych.org/resources/Documents/otrp/resources/hill98activities.pdf Material for self-learning: https://www.egyankosh.ac.in/bitstream/123456789/8857/1/Unit-1.pdf

II	Ambiguity of role models and values among Indian youth	2	Group discussion	-----
Assessment		3	Seminars in groups	
III - SOCIO-ECONOMIC INDICATORS	-Definition of social Indicators -Population -Poverty -Beggary	4	PowerPoint Presentation- lecture method (Direct/GCR)	YouTube video: https://www.youtube.com/watch?v=zpn6Yk0An9Y
III	-Problems of education- Dropouts -Education for special groups -Rehabilitation	5	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Group discussion 3. Self-learning - theoretical explanation	YouTube videos: 1) https://studv.com/academy/lesson/preventing-school-failure-truancy-dropout.html 2) https://www.youtube.com/watch?v=9DktV772njY Material for self-learning: https://www.who.int/news-room/factsheets/detail/rehabilitation#:~:text=Put%20simply%2C%20rehabilitation%20helps%20a.as%20taking%20care%20of%20family.&text=Exercise%20training%20and%20education%20on.person%20with%20a%20heart%20disease
III	-Technological impact -Unemployment & underemployment	2	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Group discussion	Material for self-learning: https://www.ilo.org/wcmsp5/groups/publi

			3. Self-learning – Review paper	c/---cd_protect/---protrav/---safework/documents/genericdocument/wc_ms_681836.pdf
Assessment		--	Assignments	
IV - PSYCHO-SOCIAL INDICATORS	-Human development-family scenario in a developing country and its implication on mental health -Socialisation - Family & psychological differentiation	4	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Self-learning – Individual perspective	Material for analytical inquiry: https://www.ideasforindia.in/topics/human-development/understanding-india-s-mental-health-crisis.html
IV	-Alcoholism & drug Dependence -Delinquency & crime -Sexual harassment & violence	5	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Group discussion 3. Self-learning – Book content	Material for comparison – Indian & western context: https://www.ojp.gov/program/programs/ce Material for self-learning: https://books.google.co.in/books?id=15zaAAAAMAAJ&pg=PA7&lpg=PA7&dq=Alcoholism+%26+drug+Dependence.Delinquency+%26+crime.Sexual+harassment+%26+violence.+community+psychology+classroom+activities#v=onepage&q=Alcoholism%20%26%20drug%20Dependence%2CDelinquency%20%26%20crime%2CSexual%20harassment%20%26%20violence%2C%20community%20psychology%20classroom%20activities&f=false

IV	-Mental illness & mental Health -Understanding stress & coping in context	5	1. Interactive lecture 2. Debriefing - Based on Personal Attitudes Survey 3. Experience sharing	<p>Online survey: https://canwetalk.ca/wp-content/uploads/2016/03/COOR-791-2016-03-CWT-lesson-plans.pdf</p> <p>Podcast: https://www.pbs.org/newshour/extra/daily-videos/daily-news-lesson-on-our-minds-student-podcast-on-depression-and-mental-health/</p>
Assessment		5	Test & Individual Oral presentation	
V - PROMOTION & PREVENTION	-Social competence- key Concepts -Implementing programs -Empowerment & citizen participation	5	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Group discussion based on worksheet	<p>Worksheet: https://positivepsychology.com/wp-content/uploads/2021/01/Social-Problem-Solving.pdf</p> <p>YouTube video: https://www.youtube.com/watch?v=uO5XBZuAW-Y</p>
V	-Preventive efforts for – mental illness- Primary, Secondary & Tertiary	4	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Self-learning – Review article	<p>Material for self-learning: https://ps.psychiatryonline.org/doi/10.1176/appi.ps.201900374</p>
V	-Preventing problematic behaviour & promoting social competence -Community and social Change	6	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Self-learning – Theory with video illustrations	<p>Online webinar: https://theeducationhub.org.nz/preventing-and-responding-to-challenging-behaviour-in-young-children/</p> <p>Factsheets/Animated videos: https://courses.lumenlearning.com/wmopen-</p>

				introtosociology/cha pter/social-change/
V	Program evaluation & program development	4	1. PowerPoint Presentation- lecture method (Direct/GCR) 2. Self-learning – Case studies	Case studies for analytical inquiry: https://press.rebus.co mmunity/community psychologypractice/c hapter/program- evaluation-a- fundamental- component-in- effective- community-practice/
Assessment		5	Test, Quiz & Assignment	

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ANNA ADARSH COLLEGE FOR WOMEN
DEPARTMENT OF PSYCHOLOGY – SHIFT- I
ACADEMIC YEAR 2021-2022

Name of the Staff: Dr. K. Malathi

Total Hours: 15

Name of the Subject: Professional English

Year/Semester: I / Even

Subject Code: PZ1AB

UNIT	CHAPTER (Topics)	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
IV - CREATIVITY AND IMAGINATION	Academic Listening – Listening to short (2 to 5 minutes) academic videos (prepared by EMRC/ other MOOC videos on Indian academic sites)	1	Interactive lecture	YouTube videos: 1) https://www.youtube.com/watch?v=tpvicScuDv0 2) https://www.youtube.com/watch?v=XIOHEumNf4U
IV	Speaking: Making oral presentations through short films – subject based	3	1. PowerPoint Presentation - lecture method (Direct/GCR) 2. Group discussion	YouTube videos: 1) https://www.youtube.com/watch?v=eYSu2ochlE4 2) https://www.youtube.com/watch?v=seLYsj94RQg
IV	Reading: Essay on Creativity and Imagination (subject based)	2	1. Interactive lecture 2. Q & A session (based on online material assigned for self-study)	Material for self-learning: https://studymoose.com/general-psychology-essay
IV	Writing – Basic Script Writing for short films (subject based); - Creating webpages, blogs, flyers and brochures (subject based); - Poster making –	4	1. PowerPoint Presentation - lecture method (Direct/GCR) 2. Assignments	YouTube videos: 1) https://www.youtube.com/watch?v=E7K-qlQVpgE 2) https://www.youtube.com/watch?v=ejdY-ef_Yf0 3)

	writing slogans/captions (subject based)			https://www.youtube.com/watch?v=X2-vNnZrVE 4) https://www.youtube.com/watch?v=dGqpurvkz3w 5) https://www.youtube.com/watch?v=Gjev8RkqO1k 6) https://www.youtube.com/watch?v=AwMFhyH7_5g
V - WORKPLACE COMMUNICATION & BASICS OF ACADEMIC WRITING	Listening: Listening to an	1	1. Role play 2. Debriefing	Material for self-learning: https://www.thebalancecareers.com/job-interview-questions-and-answers-2061204 https://slidesgo.com/theme/revolution-history-lesson
V	Speaking: Short academic presentation using PowerPoint	1	PowerPoint Presentation - lecture method (Direct/GCR)	YouTube video: https://venngage.com/blog/presentation-design/
V	Reading & Writing: Product Profiles, Circulars, Minutes of Meeting.	2	1. PowerPoint Presentation - lecture method (Direct/GCR) 2. Assignments (based on self-study)	Materials for self-learning: 1) https://www.mhinnovation.net/organisations/banyan 2) https://www.wordcountjet.com/differences-between-official-memos-and-circulars-a-managerial-perspective 3) https://dictionary.cambridge.org/
V	Writing an introduction, paraphrasing; Punctuation (period, question mark, exclamation point, comma, semicolon, colon, dash, hyphen, parentheses, brackets, braces,	1	1. Infographics 2. Online assignments	Materials for self-learning & self-assessment: 1) http://guidetogrammar.org/grammar/marks/marks.htm 2) https://www.englishclub.com/writing/punctuation.htm

apostrophe,
quotation marks, and
ellipsis);
Capitalization (use of
upper case)

3)
https://www.grammarbook.com/english_rules.asp

R. Shanthi

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