

## Lesson Plan

**Name:** Mrs Nirmal

**Subject:** Home Science

**Lesson Plan :** 2018-2021

Week	Date	B.A II Sem ( Health and Hygiene)	B.A IV Sem ( Family Resource Management)
1	1-Jan-18	Introduction of syllabus to students	Introduction of Syllabus to students
	2-Jan-18	Health and Hygiene – Personal Hygiene , factors relating to health	Introduction to Traditional Textiles of India with name and origin
	3-Jan-18	Food habits and health	Traditional Textiles of India – Dacca Muslins , Dacca Saris , Patola
	4-Jan-18	Exercise , rest and sleep	Chanderi Sarees , Kalamandar , Balucher Bootedar Sarees
	5-Jan-18	Benefits of sleep	Brocade , Himrus and Amrus ,Pithani and Pitambar and Bandhanis
	6-Jan-18	Cleanliness of the body	Embroided Fabrics – Embroidery of Kashmir , Punjabi Fulkari
	7-Jan-18	<b>Sunday</b>	
2	8-Jan-18	Cleanliness of the body	Sindh , kutch and Kathiawar Embroidery , Chamba Romals
	9-Jan-18	Cleanliness of the house	Chikankari , Kantha of Bengal , Zari Embroidery
	10-Jan-18	Revision on above topic	Kasuti Embroidery ,Manipuri Embroidery, Other Embroidery
	11-Jan-18	Oral test on above topic	Revision on above topic
	12-Jan-18	Water – importance , types of water	Oral test on above topic
	13-Jan-18	Sources of water , impurities present in water,sources of contamination of water	Classification of Fibres : Introduction , Meaning , Definition
	14-Jan-18	<b>Sunday</b>	
3	15-Jan-18	Harmful effects of impure water , methods of purification of water	According to Nature – Non-thermoplastic , Non-thermoplastic fibre
	16-Jan-18	Methods of purification of water	According to length-Staple fibres , Filaments , monofilaments , Multifilaments
	17-Jan-18	First Aid – Meaning , qualities , requirements	According to source – Natural Filament s
	18-Jan-18	Things to be observed for first aid , importance of first aid in daily life	Man made or Artificial Fibres
	19-Jan-18	Infection – types of diseases , period of infectivity	Group discussion on above topic
	20-Jan-18	Stages of infectious diseases , methods, channels of transmission of infection	Oral test on above topic
	21-Jan-18	<b>Sunday</b>	
4	22-Jan-18	<b>Vasant Panchami</b>	
	23-Jan-18	Prevention and control of infectious diseases	Clearing Doubts on above topic
	24-Jan-18	<b>Sir Chhotu Ram Jayanti</b>	
	25-Jan-18	Revision on above topic	Manufacture and Properties of Cotton Fibre – Introduction , meaning
	26-Jan-18	<b>Republic Day</b>	
	27-Jan-18	Clearing doubts	Vegetable Fibre – cotton : Manufacture of cotton – cultivation of cotton,ginning
	28-Jan-18	<b>Sunday</b>	
5	29-Jan-18	Oral test on above topic	Gathering of cotton pads , baling , opening the bales and carding , combing , silvering
	30-Jan-18	Disinfection – Definition , need , methods	Spinning , weaving , dyeing and finishing
	31-Jan-18	Types of disinfectants	Properties of cotton – Physical properties : composition , microscopic structure , length

Week	Date	B.A II Sem ( Health and Hygiene)	B.A IV Sem ( Family Resource Management)
	1-Feb-18	Types of disinfectants,characteristic of a good disinfectant	Colour,lusture,strength,tensile strength,moisture strength,shrinkage
	2-Feb-18	Revision on previous topics	Elasticity,resiliency,heat conductivity,effect of heat,effect of friction,washability
	3-Feb-18	Oral test on revised topics	Chemical Properties- Effect of acids , effect of alkalies,effect of bleaches and uses of utility
	4-Feb-18	<b>Sunday</b>	
6	5-Feb-18	Immunity – meaning , factors affecting the immunity of a person	Assignment to students on different topics - I
	6-Feb-18	Types of Immunity	Presentation given by students
	7-Feb-18	Immuno deficiency diseases , Vaccine	Manufacture of Silk
	8-Feb-18	Infectious diseases spread by insects and ingestion – Malaria	Types and properties of silk
	9-Feb-18	Dengue fever	Manufacture and properties of polyester
	10-Feb-18	<b>Maharshi Dayanand Saraswati Jayanti</b>	
	11-Feb-18	<b>Sunday</b>	
7	12-Feb-18	Typhoid – methods of prevention and control	Clearing doubts
	13-Feb-18	<b>Maha Shivratri</b>	
	14-Feb-18	Cholera – symptoms, prevention and control of cholera	Oral test on manufacture and properties of silk and polyester
	15-Feb-18	Dysentery – causes , symptoms	Manufacturer of Rayon
	16-Feb-18	Clearing Doubts	Properties of Rayon
	17-Feb-18	Revision on above topic	Revision on rayon
	18-Feb-18	<b>Sunday</b>	
8	19-Feb-18	Assignment on different topics to students – I	Finishing Of Fabrics : objectives and classification of finishes
	20-Feb-18	Presentation given by students	Types of finishes
	21-Feb-18	Infectious diseases spread by droplet infection and by contact- chicken pox	Merceiving , Pre-shrinking, Crease resistant finishing
	22-Feb-18	Measles	Dyeing – Classification of dyes
	23-Feb-18	Mumps	Methods of dyeing the clothes
	24-Feb-18	AIDS – cause , mode , symptoms	Printing – methods of printing
	25-Feb-18	<b>Sunday</b>	
9	26-Feb-18	AIDS – methods of prevention and control	Group discussion on dyeing and printing
	27-Feb-18	Clearing doubts on above topic	Revision on above topics
	28-Feb-18	<b>Holiday</b>	

Week	Date	B.A II Sem ( Health and Hygiene)	B.A IV Sem ( Family Resource Management)
	1-Mar-18	<b>Guru Ravidas Birthday</b>	

	2-Mar-18	<b>Holi</b>	
	3-Mar-18	<b>Holiday</b>	
	4-Mar-18	<b>Sunday</b>	
10	5-Mar-18	Common emerging problems among women – Cervical Cancer	Revision on above all topics
	6-Mar-18	Symptoms of Cervical Cancer	Basic Weaves – Weaving
	7-Mar-18	Causes of Cervical Cancer	Types of weaving
	8-Mar-18	Check up and stages of cervical cancer	Soaps – types of soaps , properties and composition
	9-Mar-18	Treatment of Cervical Cancer	Detergent – types of detergent and uses of detergents
	10-Mar-18	Breast Cancer	Difference between soap and detergent
	11-Mar-18	<b>Sunday</b>	
11	12-Mar-18	Types and risk factor of Breast Cancer	Revision on soap and detergent
	13-Mar-18	Symptoms and stages of Breast Cancer	Straches – Advantages , disadvantages , types, methods , precautions
	14-Mar-18	Diagnosis	Laundry Blues – Types of blues , methods , precautions
	15-Mar-18	Treatment of breast cancer	Bleaches – types of bleaches
	16-Mar-18	Prevention and control of breast cancer	Written test on traditional textile of India and classification of fibre - I
	17-Mar-18	Revision on above topic	Solving problems of students on any topics above
	18-Mar-18	<b>Sunday</b>	
12	19-Mar-18	Clearing doubts on above topic	Revision of Ist unit
	20-Mar-18	Oral test on above topic	Other Laundry Reagents – types
	21-Mar-18	Written test on Health and Hygiene - I	Assignment to students on different topic - II
	22-Mar-18	Test given by students	Presentation by students
	23-Mar-18	<b>Shaheedi Diwas of Bhagat Singh, Rajguru &amp; Sukhdev</b>	
	24-Mar-18	Revision day	Clearing doubts
	25-Mar-18	<b>Sunday/ Ram Navami</b>	
13	26-Mar-18	Black Board test in class	Differernt methods of Laundry
	27-Mar-18	Oral test on different topics	Methods of laundry
	28-Mar-18	Group Discussion	Classification of Stains
	29-Mar-18	<b>Mahavir Jayanti</b>	
	30-Mar-18	Written test on Infection and Disinfectants – II	Removal of Stains
	31-Mar-18	Test given by students	Written test on Finishes and Basic Weaves - II

Week	Date	B.A II Sem ( Health and Hygiene)	B.A IV Sem ( Family Resource Management)
14	1-Apr-18	<b>Sunday</b>	
	2-Apr-18	Clearing doubts	Clearing doubts
	3-Apr-18	Clearing doubts	Clearing doubts

	4-Apr-18	Oral test	Group discussuion on unit-I
	5-Apr-18	Oral test	Group discussion on unit-II
	6-Apr-18	Group discussion on Unit - I	Problem solving day
	7-Apr-18	Group discussion on Unit - II	Revision topic wise
	<b>8-Apr-18</b>	<b>Sunday</b>	
15	9-Apr-18	Revision topic wise	Oral test
	10-Apr-18	Oral test	Revision topic wise
	11-Apr-18	Revision topic wise	Oral test
	12-Apr-18	Oral test	Revision topic wise
	13-Apr-18	Oral test	Oral test
	<b>14-Apr-18</b>	<b>Dr Ambedkar Jayanti / Vaisakhi</b>	
	<b>15-Apr-18</b>	<b>Sunday</b>	
16	16-Apr-18	Problem solving day	Solving last year university question paper
	17-Apr-18	Problem solving day	Solving last year university question paper
	<b>18-Apr-18</b>	<b>Parashurama Jayanti</b>	
	19-Apr-18	Solving last year university question papers	Solving last year university question paper
	20-Apr-18	Solving last year university question papers	Solving last year university question paper
	21-Apr-18	Solving last year university question papers	Problem solving day
	<b>22-Apr-18</b>	<b>Sunday</b>	
17	23-Apr-18	Solving last year university question papers	Written test and revision
	24-Apr-18	Written test and revision	Written test and revision
	25-Apr-18	Written test and revision	Written test and revision
	26-Apr-18	Written test and revision	Written test and revision
	27-Apr-18	Written test and revision	Written test and revision
	28-Apr-18	Written test and revision	Written test and revision

## Lesson Plan

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Week	Date	Class : BA,3 <sup>RD</sup> YEAR HUMAN DEVELOPMENT
1	1-Jan-18	
	2-Jan-18	Syllabus Introduction
	3-Jan-18	Child Psychology Meaning And Definitions
	4-Jan-18	Aim Of Child Psychology
	5-Jan-18	Subject Matter Of Child Psychology
	6-Jan-18	Objectives Or Importance Of Studying For Parents
	7-Jan-18	<b>Sunday</b>
2	8-Jan-18	Importance Of Studying Child Psychology For Society
	9-Jan-18	Class Discussion
	10-Jan-18	Learning- Definitions
	11-Jan-18	General Importance Of Learning For Parents
	12-Jan-18	General Importance Of Learning For Teachers
	13-Jan-18	Methods Of Learning- Trial And Error Method
	14-Jan-18	<b>Sunday</b>
3	15-Jan-18	Learning By Insight
	16-Jan-18	Methods Of Learning- Whole And Part Method
	17-Jan-18	Factors Affecting Learning Process
	18-Jan-18	Role Of Reward And Punishment In Learning
	19-Jan-18	Test
	20-Jan-18	Class Discussion
	21-Jan-18	<b>Sunday</b>
4	22-Jan-18	<b>Vasant Panchami</b>
	23-Jan-18	Intelligence - Definition
	24-Jan-18	<b>Sir Chhotu Ram Jayanti</b>
	25-Jan-18	Important Concepts Used In Intelligence Testing
	26-Jan-18	<b>Republic Day</b>
	27-Jan-18	Factors Affecting Intelligence Quotient
	28-Jan-18	<b>Sunday</b>
5	29-Jan-18	Measurement Of Intelligence
	30-Jan-18	Group Intelligence Tests
	31-Jan-18	Test
	1-Feb-18	Problem Discussion
	2-Feb-18	Personality Development – Meaning And Definitions
	3-Feb-18	Types Of Personality
	4-Feb-18	<b>Sunday</b>

6	5-Feb-18	Factors Affecting The Development Of Personality
	6-Feb-18	Influence Of Environmental Factors
	7-Feb-18	Assignment Test
	8-Feb-18	Class Discussion
	9-Feb-18	Play – Definition And Meaning
	10-Feb-18	<b>Maharshi Dayanand Saraswati Jayanti</b>
	11-Feb-18	<b>Sunday</b>
7	12-Feb-18	Features Of Play
	13-Feb-18	<b>Maha Shivratri</b>
	14-Feb-18	Difference Between Work And Play
	15-Feb-18	Types Of Play
	16-Feb-18	Importance Of Play In Childhood
	17-Feb-18	Problem Discussion
	18-Feb-18	<b>Sunday</b>
8	19-Feb-18	Test
	20-Feb-18	Stages Of Development
	21-Feb-18	Characteristics Of Infancy (Birth To 2 Year)
	22-Feb-18	Characteristics Of Childhood
	23-Feb-18	Characteristics Of Late Childhood
	24-Feb-18	Adolescence
	25-Feb-18	<b>Sunday</b>
9	26-Feb-18	Problem Of Adolescent Children
	27-Feb-18	Role Of Parents And Teachers In Solving The Problem Of Adolescent Children
	28-Feb-18	<b>Holiday</b>
	1-Mar-18	<b>Guru Ravidas Birthday</b>
	2-Mar-18	<b>Holi</b>
	3-Mar-18	<b>Holiday</b>
	4-Mar-18	<b>Sunday</b>
10	5-Mar-18	Class Assignment And Test
	6-Mar-18	The Expectant Mother
	7-Mar-18	Symptoms And Signs Of Pregnancy
	8-Mar-18	Discomforts Of Pregnancy
	9-Mar-18	Care Of Expectant Mother
	10-Mar-18	Meaning Of Early Marriage
	11-Mar-18	<b>Sunday</b>

11	12-Mar-18	Effects Of Early Marriage
	13-Mar-18	Class Test
	14-Mar-18	Problem Discussion
	15-Mar-18	Care Of The New Born Infant
	16-Mar-18	Selection Of Clothes For Infants
	17-Mar-18	Bathing Of Infant
	18-Mar-18	<b>Sunday</b>
12	19-Mar-18	Cleaning Of Different Organs Of Infant
	20-Mar-18	Group Discussion
	21-Mar-18	Test
	22-Mar-18	Problem Discussion
	23-Mar-18	<b>Shaheedi Diwas Of Bhagat Singh, Rajguru &amp; Sukhdev</b>
	24-Mar-18	Feeding Of An Infant (Breast Feeding)
	25-Mar-18	<b>Sunday/ Ram Navami</b>
13	26-Mar-18	Artificial Feeding
	27-Mar-18	Modification Of Animal Milk For Feeding An Infant
	28-Mar-18	Breast Feeding Vs Artificial Feeding
	29-Mar-18	<b>Mahavir Jayanti</b>
	30-Mar-18	Weaning
	31-Mar-18	Supplementary Food For Infants
14	1-Apr-18	<b>Sunday</b>
	2-Apr-18	Class Test
	3-Apr-18	Problem Discussion
	4-Apr-18	Common Ailments Of Childhood
	5-Apr-18	Common Ailments And Treatments
	6-Apr-18	Digestive Disturbances – Causes And Symptoms
	7-Apr-18	Skin Infection
	8-Apr-18	<b>Sunday</b>
15	9-Apr-18	Group Discussion
	10-Apr-18	Allergy Type – Causes And Symptoms
	11-Apr-18	Allergy Treatments
	12-Apr-18	Test
	13-Apr-18	Problem Discussion
	14-Apr-18	<b>Dr Ambedkar Jayanti / Vaisakhi</b>
	15-Apr-18	<b>Sunday</b>

16	16-Apr-18	Group Discussion
	17-Apr-18	Group Discussion
	18-Apr-18	<b>Parashurama Jayanti</b>
	19-Apr-18	Revision – Child Psychology And Learning
	20-Apr-18	Revision – Intelligence Test
	21-Apr-18	Test - Child Psychology And Learning
	22-Apr-18	<b>Sunday</b>
17	23-Apr-18	Revision – Personality Development
	24-Apr-18	Revision – Type Of Personality
	25-Apr-18	Group Discussion
	26-Apr-18	Revision – Care Of An Expectant Mother
	27-Apr-18	Test Full Syllabus
	28-Apr-18	Problem Discussion