

Lesson Plan of Session: 2022-24

Name of the teacher: Mrs. Reena Mehra

Subject: Home Science

Class: B.A. 3rd semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment/ Test
1	September	The Cell The Skeleton System	Rangoli, Collage making Poster Making, Sologan , Recipe Comptetition	Definition of Cell &Types of Cell
2	October	Digestive System The Circulatory System	Painting, Rangoli Competition	Diagram of digestive System Working of System
3	November	The Excretory System The Nervous System		Explain the Nervous System
4	December	The Reproductive System The Endorine System		Female reproduction Glands and its work

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Name of the teacher: Mrs. Reena Mehra

Subject: Home Science

Class: B.A. 4th semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment / Test
1	February	Traditional Textiles of India Classification of fibre Manufacture & properties of Cotton fibre		Fibre and their Classification.
2	March	Manufacture & Properties of silk fibre Manufacture & properties of Polyester fibre Man- Made fibre-Rayon Finishing of fabrics	1km+h cka/kks o esdvi competition	Different types of Finishes. Write about silk fibre
3	April	Dyeing and Printing Basic Weaves Soap & Detergents Straches, Laundry Blue& Bleaches	Fashion Show Poster Making Sologan Writing Competition	Manufacturing of Soap & Detergents. Basic Weaves
4	May	Other Laundry Reagents Different Method of Laundry Classification & Removal of Stains		Removal of different stains Different method of Laundry.

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Name of the teacher: Mrs.Reena Mehra

Subject: Home Science

Class: B.A. 1st semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment/ Test
1	September	Concept of Home Science and its scope Different Areas of Home Science	Rangoli, Collage Making, Poster Making, Sologan, Recipe Competition	Test Home Science and Scope , Areas
2	October	Job opportunities in different Area of Home Science, Interior , decoration Elements of Arts	Painting, Rangoli Competition	Test Elements of Art.
3	November	Interior decoration, Principles of Art, Interior decoration colour		Assignment Home Science Scope, Test opportunities in Home science
4	December	Arrangement of furniture in different rooms as of different rooms in house Flower Arrangements		Test Flower Arrangement

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Name of the teacher: Mrs. Reena Mehra

Subject: Home Science

Class: B.A. 2nd semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment / Test
1	February	Health Education Health Hazods of Modern Age- Pollution Soil & Noise Pollution		Test upon Health Education
2	March	Health and Hygiene Water First Aid- Meaning & Importance in Daily life. Infection	1kM+h cka/kks o esdvi djks competition	Assignment test upon First aid
3	April	Disinfection Immunity Infectious diseases spread by insects and ingestion	Fashion Show, Poster Making Sologan writing competition	Test about Immunity Assignment Disinfection
4	May	Infectious diseases spread by droplet infection & by contact common emerging Health Problems among women cervical cancer and Breast cancer		Health Hazards among women cervical cancer & Breast Cancer.

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Name of the teacher: Mrs. Reena Mehra

Subject: Home Science

Class: B.A. 5th semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment / Test
1	September	Food, Carbohydrates, Protein, Fat and lipids Body building Nutrients , minirts, Vitamins water ,Diet any fiber, Principles and method of cooking food . Method of Enhancing Food stuffs.	Rangoli Competition, Collage Making Poster Making Sologan, Recipe Competition	Test Principles and methods of cooking food.
2	October	Food Preservation, Balanced Diet, Meal Planning, Meal Planning for Children, Adolscence, Meal Planing for adults.	Painting, Rangoli Competition	Test- Balanced Diet, and Meal Planning during Adolescence
3	November	Meal Planing for Pregnant women, Meal Planning for lactating mother Therapeutic adaptation of the normal diet		Assignment topic:- Principles and methods of cooking food.
4	December	Meal Planning in typhoid fever Meal Planning in Digestive disorders. Meal Planning in During diabetes mellitus Meal Planning during High blood Pressure.		Assignment- meal Plannings in during digestive disorders Test meal planning during high blood pressure.

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Name of the teacher: Mrs. Reena Mehra

Subject: Home Science

Class: B.A. 6th semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment / Test
1	February	Child Psychology- Aims, Subject matter and objective, learning, intelligence		Test Child Psychology, aims, subject.
2	March	Personality Development, Play , Stages of development.	1kM+h cka/kks o esdvi djks competition	Test Personality Development, Stages of Development
3	April	Stages of Development, care of the New Infant, Feeding of an Infant, The Expectant mother.	Fashion Show, Poster Making competition, Slogan writing competition	Test- The Expectant mother
4	May	Feeding of infant Common Atments of childhood.		Assignment Test Feeding of Infant Digestive Disturbance Diarrhoes, allergy

