**Lesson Plan for Academic session 2021-2022**

**Dr. Madhu Gupta, Associate Professor of Home Science**

**Class: B.A 1st semester: Subject: Family Resource Management (course no.101)**

|  |  |  |
| --- | --- | --- |
| Months | Topic | Academic Activities |
| October, 2021 | Introduction of the course, Concept and Scope of Home Science | Discussions |
| November,  2021 | Elements and Principles of Art, Colour - Characteristics and Different Colour schemes, layout of different rooms. | Discussion and revision |
| December, 2021 | Flower Management: Meaning, Types and Importance,  Resource Management: Money, Time and Energy Management. | Presentation of Assignments |
| January,  2022 | Work Simplification: Meaning, Principles and Techniques,  Consumer Education: Meaning, Problems faced by Consumers, Consumer Protection Act. | Presentations and class test |
| February,  2022 | Discussions and Revision of the Syllabus, Class tests. |  |
|  | Assignment 1st in November, 2021  Class test in December,2021  Assignment 2nd in January, 2022 |  |

**Class: B.A 3rd semester: Subject: Human Physiology (course no.201)**

|  |  |  |
| --- | --- | --- |
| Months | Topic | Academic Activities |
| October, 2021 | Introduction of the Syllabus, Animal Cell, Functions and division of cell: Mitosis and Meiosis | Discussions |
| November,  2021 | Skeletal System, Digestive System: Functions of Different Parts. | Discussion and revision |
| December, 2021 | Circulatory System, Excretory system: Skin, Lungs and Kidney, Reproductive system: Male and Female. | Presentation of Assignments |
| January,  2022 | Endocrine Glands, Nervous System: Central, Peripheral and Autonomous. | Presentations and class test |
| February,  2022 | Revision of the Syllabus and Class Tests. | Discussions |
|  | Assignment 1st in November, 2021  Class test in December,2021  Assignment 2nd in January, 2022 |  |

**Class: B.A 5th semester: Subject: Foods and Nutrition (course no.301)**

|  |  |  |
| --- | --- | --- |
| Months | Topic | Academic Activities |
| October, 2021 | Introduction of the Syllabus, Food: Functions and Classification of Food Groups | Discussions |
| November,  2021 | Essential Food Constituents: Carbohydrates, Protein, Fats, Vitamins, Minerals, Water and Roughage: its role in Human Nutrition. | Discussion and revision |
| December, 2021 | Principles and Methods of Cooking: Effect of Cooking on different nutrients, Methods of Enhancing Nutritive Value, Meal Planning. | Presentation of Assignments |
| January,  2022 | Therapeutic Nutrition: Adaptation of normal diet, Planning of Diet during Diseases, Food Preservation: Importance, Principles and Methods. | Presentations and class test |
| February,  2022 | Revision of the Syllabus and Class Tests. |  |
|  | Assignment 1st in November, 2021  Class test in December,2021  Assignment 2nd in January, 2022 |  |