

Lesson Plan for Academic session 2020-2021

Dr. Madhu Gupta, Associate Professor of Home Science

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

Months	Topic	Academic Activities
November, 2020	Introduction of the course, Concept and Scope of Home Science	Discussions
December, 2020	Elements and Principles of Art, Colour - Characteristics and Different Colour schemes, layout of different rooms.	Discussion and revision
January, 2021	Flower Management: Meaning, Types and Importance, Resource Management: Money, Time and Energy Management.	Presentation of Assignments
February, 2021	Work Simplification: Meaning, Principles and Techniques, Consumer Education: Meaning, Problems faced by Consumers, Consumer Protection Act.	Presentations and class test
February, 2021	Discussions and Revision of the Syllabus, Class tests.	
	Assignment 1 st in December, 2020 Class test in January, 2021 Assignment 2 nd in January, 2021	

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

Months	Topic	Academic Activities
November, 2020	Introduction of the Syllabus, Animal Cell, Functions and Mitosis and Meiosis	Discussions
December, 2020	Skeletal System, Digestive System: Functions of Different Parts.	Discussion and revision
January, 2021	Circulatory System, Excretory system: Skin, Lungs and Kidney, Reproductive system: Male and Female.	Presentation of Assignments
February, 2021	Endocrine Glands, Nervous System: Central, Peripheral and Autonomous.	Presentations and class test
February, 2021	Revision of the Syllabus and Class Tests.	Discussions
	Assignment 1 st in December, 2020 Class test in January, 2021 Assignment 2 nd in January, 2021	

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

Months	Topic	Academic Activities
November, 2020	Introduction of the Syllabus, Food: Functions and Classification of Food Groups	Discussions
December, 2020	Essential Food Constituents: Carbohydrates, Protein, Fats, Vitamins, Minerals, Water and Roughage:its role in Human Nutrition.	Discussion and revision
January, 2021	Principles and Methods of Cooking:Effect of Cooking on different nutrients, Methods of Enhancing Nutritive Value, Meal Planning.	Presentation of Assignments
February, 2021	Therapeutic Nutrition:Adaptation of normal diet, Planning of Diet during Diseases, Food Preservation: Importance,Principles and Methods.	Presentations and class test
February, 2021	Revision of the Syllabus and Class Tests.	
	Assignment 1 st in December, 2020 Class test in January,2021 Assignment 2 nd in January, 2021	