**Name : Dr. Madhu Gupta, Associate professor of Home Science**

**Lesson Plan of Home science classes for the session from 1st Jan to 28 April, 2018**

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| Class | B.A Vl Semester | BA lV semester | BA ll semester |
| Subject | Human Development-302 | Clothing and textiles-202 | Health and hygiene-102 |
| **Week 1, January 1 to January 7** | | | |
| Week 1, Day 1, January 1 | {Unit l. A} Def. .& meaning of child psychology | {Unit l. A} Introduction : syllabus and brief explanation | {Unit l. 1} Introduction : syllabus and brief explanation |
| Week 1, Day 2 , January 2 | Objectives & importance of studying child psychology | Traditional textiles origin and names of cloths | Health and hygiene: definition and factors affecting health |
| Week 1, Day 3 , January 3 | Subject matter of child psychology | Cont…… | Good habits to maintain good health |
| Week 1, Day 4, January 4 | Cont…… | Specialties of these clothes | Cont…… |
| Week 1, Day 5 , January 5 | Discussion on the topic | Cont….. | Cont…… |
| Week 1, Day 6 ,January 6 | (B)Meaning & definitions of learning | Discussion about short type question | Discussions on the topic |
| **Week 2, January 8 to January 14** | | | |
| Week 2, Day 1, January 8 | Importance of learning | (B)Fiber: def. and its classification | (ll) Importance of water |
| Week 2, Day 2, January 9 | Methods of learning with examples | Properties and importance of natural fibers | Impurities and source of contamination |
| Week 2, Day 3, January 10 | Cont…… | Properties and importance of man made fibers | Methods of water purification |
| Week 2, Day 4, January 11 | Factors affecting learning | (C)Manufacturing of cotton fiber | Cont….. |
| Week 2, Day 5, January 12 | Role of reward and punishment in L. | Properties of cotton | Cont…… |
| Week 2, Day 6, January 13 | Discussions in the class | Cont….. | Discussions |
| **Week 3, January 15 to January 21** | | | |
| Week 3, Day 1,January 15 | (C)Meaning, definitions & characteristics of intelligence | Silk fiber: manufacturing | (lll) Importance and meaning of first aid |
| Week 3, Day 2, January 16 | Types & measurement of intelligence | Properties of silk fiber | Rules of first aid |
| Week 3, Day 3, January 17 | Cont….. | Cont…. | Need of first aid in different situations |
| Week 3, Day 4, January 18 | What is intelligence quotient | Polyester fiber: manufacturing | Qualities of a first aider |
| Week 3, Day 5, January 19 | Factors affecting I.Q | Properties of polyester fiber | Discussions |
| Week 3, Day 6, January 20 | Discussion and oral test | Cont…… | Oral test |
| **Week 4, January 22 to January 28** | | | |
| Week 4, Day 1, January 22 Holiday | Vasant Panchami Holiday | Vasant Panchami Holiday | Vasant Panchami Holiday |
| Week 4, Day 2, January 23 | (D)Meaning& definition of personality | Rayon fiber: manufacturing | Assigning topics for assignment |
| Week 4, Day 3, January 24 **Holiday** | Sir chhotu Ram Jyanti | Sir chhotu Ram Jyanti | Sir chhotu Ram Jyanti |
| Week 4, Day 4, January 25 | Characteristics & types of personality | Properties of Rayon fiber | Discussion on the topics |
| Week 4, Day 5, January 26 **Holiday** | Republic Day | Republic Day | Republic Day |
| Week 4, Day 6, January 27 | To be Cont… | Cont….. | {unit ll-lll}: Infection:definition |
| **Week 5, January 29 to February 4** | | | |
| Week 5, Day 1, January 29 | Factors affecting development of personality | Review of the above and assigning topics for the test | Stages of infectious diseases |
| Week 5, Day 2, January 30 | Cont….and discussion on the topic | Problem solutions | Agents responsible for infectious diseases |
| Week 5, Day 3, January 31 **Holiday** | Guru Ravi Das Birthday | Guru Ravi Das Birthday | Guru Ravi Das Birthday |
| Week 5, Day 4, February 1 | Written test for internal assessment | (D)soaps and detergent quality, manufacturing and difference | Channels and transmission of infection |
| Week 5, Day 5, February 2 | Solution of the problems | Cont…… | Prevention and control of infection |
| Week 5, Day 6, February 3 | Organization of National seminar sponsored by DGHE | Organization of National seminar sponsored by DGHE | Organization of National seminar sponsored by DGHE |
| **Week 6, February 5 to February 11** | | | |
| Week 6, Day 1, February 5 | (E)Meaning, definition and features of play | Starches: meaning, sources and method of use | Cont….. |
| Week 6, Day 2, February 6 | Types and importance of play in childhood | Blues: meaning, types & method of blueing | Cont……. |
| Week 6, Day 3, February 7 | Difference between work and play | Cont……. | Cont…… |
| Week 6, Day 4, February 8 | Discussion in the class and assignments given to students | Bleaches: meaning, classification | Providing health education—different means |
| Week 6, Day 5, February 9 | Queries related to assignment | Oxidizing bleaches | Discussion |
| Week 6, Day 6, February 10 **Holiday** | Maharishi Dayanand Saraswati Jayanti | Maharishi Dayanand Saraswati Jayanti | Maharishi Dayanand Saraswati Jayanti |
| **Week 7, February 12 to February 18** | | | |
| Week 7, Day 1, February 12 | {unit ll.A}Introduction : growth and development | Uses of bleaches in laundry | Class test -written |
| Week 7, Day 2, February 13 **Holiday** | Maha Shivratri | Maha Shivratri | Maha Shivratri |
| Week 7, Day 3, February 14 | Classification of developmental stages | Reducing bleaches | Various infectious diseases and mode of spread |
| Week 7, Day 4, February 15 | Explaining different stages of development | Uses of bleaches in laundry | Cont……………. |
| Week 7, Day 5, February 16 | Characteristics of infancy | Discussions | (lV) Disinfectants |
| Week 7, Day 6, February 17 | Developments during infancy | Written test for internal assessment | Types of disinfectant |
| **Week 8, February 19 to February 25** | | | |
| Week 8, Day 1, February 19 | To be cont……. | Solutions of the problems | Good disinfectant: properties |
| Week 8, Day 2, February 20 | Lecture by home science expert | Lecture by home science expert | Lecture by home science expert |
| Week 8, Day 3, February 21 | Group discussions about related topics | Group discussions about related topics | Group discussions about related topics |
| Week 8, Day 4, February 22 | Introduction : childhood (early and late) | Class test from unit l topics A & B | Types of disinfection |
| Week 8, Day 5, February 23 | Characteristics of early childhood | Introduction :finishes | Disposal of waste |
| Week 8, Day 6, February 24 | Cont…… | Problem solutions | Cont….. |
| **Week 9, February 26 to March 4** | | | |
| Week 9, Day 1, February 26 | Late childhood | Class test from unit l topics C & D | Cont……. |
| Week 9, Day 2, February 27 | Cont…..& Discussions | Revision of full syllabus | Class test for internal assessment |
| Week 9, Day 3, February 28 **Holiday** | **Holiday** | **Holiday** | **Holiday** |
| Week 9, Day 4, March 1 **Holiday** | **Holiday** | **Holiday** | **Holiday** |
| Week 9, Day 5, March 2 **Holiday** | **Holiday** | **Holiday** | **Holiday** |
| Week 9, Day 6, March 3 **Holiday** | **Holiday** | **Holiday** | **Holiday** |
| **Week 10, March 5 to March 11** | | | |
| Week 10, Day 1, March 5 | Revision of the previous chapters | Collection and discussions on assignments | Solutions for the problems |
| Week 10, Day 2, March 6 | Discussions on the assignments | {Unit ll. A} finishes: obj. & classification | Discussions on the assignments |
| Week 10, Day 3,March 7 | Cont…. | Cont……. | Cont…… |
| Week 10, Day 4, March 8 | Cont….. | Use and importance of 1.Bleaching | Cont…… |
| Week 10, Day 5, March 9 | Adolescence and its stages | 2. Calendaring | Practice of short type questions |
| Week 10, Day 6, March 10 | Charactristics of adolescence (early) | 3. Sizing | (V):infectious diseases- causes, symptoms and control of….. |
| **Week 11, March 12 to March 18** | | | |
| Week 11, Day 1, March 12 | Cont….. | 4. Mercerizing | Malaria |
| Week 11, Day 2, March 13 | Late adolescence | 5. Preshrinking | Dengue |
| Week 11, Day 3, March 14 | Cont…… | 6. Crease resistant | Dysentery |
| Week 11, Day 4, March 15 | Problems during adolescence | 7. Dyeing | Cholera |
| Week 11, Day 5, March 16 | To be cont….. | 8. Printing | Typhoid |
| Week 11, Day 6, March 17 | Role of parent and teachers in solving them | Practice of short questions | Chicken pox |
| **Week 12, March 19 to March 25** | | | |
| Week 12, Day 1, March 19 | Discussion in the class about the causes for these problems and the possible solutions | (C) Basic weaves: weaving, about, looms steps in weaving | Measles |
| Week 12, Day 2, March 20 | Oral/ written test | Different types of weaves | Mumps |
| Week 12, Day 3, March 21 | {Unit ll.B}expectant mother: introduction | Variations in different type of weaves | Leprosy |
| Week 12, Day 4, March 22 | Signs of pregnancy | Qualities of these weaves | Aids |
| Week 12, Day 5, March 23 **Holiday** | Shaheedi Diwas | Shaheedi Diwas | Shaheedi Diwas |
| Week 12, Day 6, March 24 | Discomforts of pregnancy | Class discussion | Cont….. |
| **Week 13, March 26 to April 1** | | | |
| Week 13, Day 1, March 26 | To be cont… | (D)Laundry: methods of washing clothes | Discussions |
| Week 13, Day 2, March 27 | Care of expectant mother: physical and psychological | Washing of cotton wool, silk and synthetic clothes | Surprise test |
| Week 13, Day 3, March 28 | Ill effects of an early marriage | Use of reagents in laundry | Visit to CHC ladwa |
| Week 13, Day 4, March 29 **Holiday** | [Mahavir Jayanti](http://www.officeholidays.com/countries/india/mahavir_jayanti.php) | [Mahavir Jayanti](http://www.officeholidays.com/countries/india/mahavir_jayanti.php) | [Mahavir Jayanti](http://www.officeholidays.com/countries/india/mahavir_jayanti.php) |
| Week 13, Day 5, March 30 | Revision and discussion | Topics given for assignment | (Vl) Immunity: definition types |
| Week 13, Day 6, March 31 | (C)care of new born infant | Acids | Factors affecting immunity |
| **Week 14, April 2 to April 8** | | | |
| Week 14, Day 1, April 2 | Bathing, clothing and hygiene | Alkalies | Cont…. |
| Week 14, Day 2, April 3 | Feeding to an infant: breast and artificial | Solvents | Cont…… |
| Week 14, Day 3, April 4 | Advantages and disadvantages of the above | Absorbents | About vaccine –use and its availability: |
| Week 14, Day 4, April 5 | Meaning, importance and methods of weaning | Discussions in classroom | Care and storage of vaccine |
| Week 14, Day 5, April6 | Cont……&Discussions | Surprise test oral/written | Vaccination :schedule |
| Week 14, Day 6, April 7 | (D)common ailments during childhood: in brief | Group discussions | Cont….. |
| **Week 15, April 9 to April 15** | | | |
| Week 15, Day 1, April 9 | Causes, symptoms and remedies of…..cold & cough | (E)classification of stains | Class test(written) |
| Week 15, Day 2, April 10 | Fever, diarrohea, constipation and vomiting | Methods of removing stains on the clothes | Discussion on test |
| Week 15, Day 3, April 11 | Cont…… | Safe Use of reagents for stain removal | Health problems of women |
| Week 15, Day 4, April 12 | (E)skin infections | Discussions | Breast cancer –symptoms, causes |
| Week 15, Day 5, April13 | (F)convulsions | Class written test for internal assessment | Care and diagnose |
| Week 15, Day 6, April 14 **Holiday** | Dr. Ambedkar Jyanti | Dr. Ambedkar Jyanti | Dr. Ambedkar Jyanti |
| **Week 16, April 16 to April 22** | | | |
| Week 16, Day 1, April 16 | To be cont…… | Problem solutions | Treatment |
| Week 14, Day 2, April 17 | Care to be taken during illness | Revision of unit-l | Cervical cancer- symptoms, causes |
| Week 16, Day 3, April 18 **Holiday** | Bhagwan Parshuram Jyanti | Bhagwan Parshuram Jyanti | Bhagwan Parshuram Jyanti |
| Week 16, Day 4, April 19 | Assigning topics for test and assignment | Discussions on assignments | Diagnose care and treatment |
| Week 16, Day 5, April 20 | Revision of the syllabus | Revision of unit-ll | Cont… |
| Week 16, Day 6, April 21 | Cont…. | Test | Discussion |
| **Week 17, April 23 to April 29** | | | |
| Week 17, Day 1, April 23 | Discussions on the assignments | Practice for objective type questions | Written test for internal assessment |
| Week 17, Day 2, April 24 | Practice for objective type questions | Written test | Problem solutions |
| Week 17, Day 3, April 25 | Cont….. | Group discussions | Discussion on assignments |
| Week 17, Day 4, April 26 | Written test for internal assessment | Practice and revision | Practice for objective type questions |
| Week 17, Day 5, April 27 | Problem solutions | Cont…… | Cont…… |
| Week 17, Day 6, April 28 | Cont…….. | Cont….. | Cont….. |
| **Week 18, April 30 to May 6** |  |  |  |
| Week 18, Day 1, April 30 Examinations | | | |