**Lesson Plan of B.A. Ist year (IInd Semester)**

**Home Science Subject**

**Name of Paper- Health and Hygiene**

**Class Teacher- Dr. Sonali Gupta**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of Topic** | **During the Period** |
| 1. | Health and Hygiene : Personal hygiene, Definition of health and factors affecting it- food habits, cleanliness, exercise and sleep. | 15th  April 2022 to24th April 2022 |
| 2. |  Water : Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods). | 25th April 2022 to1st May 2022  |
| 3. | First aid : Meaning, importance in daily life. | 2nd  May 2022 to 10th May 2022 |
| 4. | Infection : Definitions of Infection, Infective agents, Period of infectivity. Types of diseases and their modes of spread, Channels of infection.  | 11th May 2022 to 30th May 2022 |
| 5. | Disinfectants – Definition, types and methods of disinfection. | 31st May 2022 to 12th June 2022 |
| 6. | Infectious diseases: Causes, incubation period, mode of spread, symptoms of the following diseases:i) Diseases spread by insects -Malaria, Dengue.ii) Diseases spread by ingestion - Dysentery,  Cholera, Typhoidiii)Diseases spread by droplet infection - Chicken  pox, Measles, Mumps,iv) Disease spread by Contact - Leprosy, AIDS | 13th  June 2022 to 3rd July 2022 |
| 7. |  Immunity: Definition, types of immunity & immunization schedule. Common emerging health problems among women: Cancer of Breast and Cervical. Revision | 4th  July 2022 to 15th July 2022 |

 **Sonali Gupta**

**Lesson Plan of B.A. IInd year (IVth Semester)**

**Home Science Subject**

**Name of Paper- Clothing and Textiles**

**Class Teacher- Dr. Sonali Gupta**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of Topic** | **During the Period** |
| 1. | Introduction to traditional textiles of India with names and origin | 15th  April 2022 to 24th April 2022 |
| 2. |  Definition and classification of different fibres | 25th April 2022 to1st May 2022  |
| 3. | Manufacture and properties of different fibres: Cotton, Silk, Polyester, Rayon | 2nd  May 2022 to 25th May 2022 |
| 4. |  Soaps and Detergents, starches, blues and bleaches | 26th May 2022 to 10th June 2022 |
| 5. | Meaning and objective of application of finishes | 11th June 2022 to 15th June 2022 |
| 6. | Different types of finishes: calendaring, bleaching, sizing, mercerizing, pre-shrinking, crease resistant, dyeing and printing | 16th  June 2022 to 26th June 2022 |
| 7. |  Basic weaves | 27th  June 2022 to 4th July 2022 |
| 8.  | Laundary and reagents, acids, alkalis solvents and absorbents | 5th July 2022 to 10th July 2022 |
| 9.  | Stain removal | 11th July 2022 to 15th July 2022 |

 **Sonali Gupta**

**Lesson Plan of B.A. IIIrd year (VIth Semester)**

**Home Science Subject**

**Name of Paper- Human Development**

**Class Teacher- Dr. Sonali Gupta**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of Topic** | **During the Period** |
| 1. | Child Psychology: Definition, aims, subject matter, objectives of studying.  | 15th  April 2022 to 24th April 2022 |
| 2. | Learning: Meaning, importance, method of learning, factors effecting learning | 25th April 2022 to1st May 2022  |
| 3. | Intelligence: Definition ,Measurement of intelligence | 2nd  May 2022 to 9th May 2022 |
| 4. |  Personality Development: Definitions, types and factors affecting the development of personality. | 10th May 2022 to 22nd May 2022 |
| 5. | Play: Definition, features and types of play. Difference between work and play. Importance of play in childhood.Stages of the development of the child | 23rdMay 2022 to 5th June 2022 |
| 6. |  Characteristics of : Infancy, Childhood , Adolescence -Problem of an adolescent child, role of parents and teacher in solving them.  Care of newborn infants: Bathing, clothing and hygiene during infancy. Feeding of an infant: Breast feeding vs Artificial feeding. Weaning: meaning and importance, methods of weaning | 6th  June 2022 to 26th June 2022 |
| 7. | The Expectant mother: Sign of pregnancy - Discomforts of pregnancy. Care of the expectant mother . Ill effects of an early marriage. | 27th  June 2022 to 4th July 2022 |
| 8.  | Common ailments of childhood: 1. Cold, cough, fever. Digestive disturbances-Diarrhea,Constipation and Vomiting.  | 5th July 2022 to 10th July 2022 |
| 9.  | Skin infection-Prickly heat, Allergy.  Convulsions.  | 11th July 2022 to 15th July 2022 |

 **Sonali Gupta**