

GOVT. COLLEGE, BAHADURGARH
LESSON PLAN FOR SESSION 2023-24

SUBJECT & CLASS Home Science

(Hygiene and Applied Science) 2nd SEM

TEACHER'NAME: Dr Vandana

MONTH	TOPIC
JANUARY	Meaning and Objective of Health Education, Health Hazards of Modern Age-Air, Water, Soil, Noise Pollution. 2. Definition of health and hygiene, factors relating to health -- food habits, exercise, rest and sleep and cleanliness of body. 3. Water-importance of water, impurities of water, types of water, sources of contamination and purification of water (natural and domestic methods.).
February	Definition of infection, infective agents, infectious diseases, communicable diseases, incubation period, modes and channels of transmission of infection, isolation. 2. Disinfectants-Definition, types and methods of disinfection. 3. Immunity -Definition and types of immunity, immunization schedule. Uni
MARCH	Diseases spread by insects : Malaria. 2. Disease spread by ingestion : Enteric Fever, Dysentery, Cholera. 3. Diseases spread by droplet infections; Measles, Mumps, Diptheria, Tuberculosis. 4. Diseases spread by contact : Leprosy, Tetanus.
APRIL	Transmission of heat-Elementary ideas about transmission of heat & their application in daily life, clothes, utensils, fire place, thermos flasks. 2. Thermometers and J scales of measurement, simple conversions- centigrade to fahrenheit. 3. Evaporation-factors affecting evaporation, refrigeration.

GOVT. COLLEGE, BAHADURGARH
LESSON PLAN FOR SESSION 2023-24

SUBJECT & CLASS : Home Science (HUMAN PHYSIOLOGY) (Sem IV)

TEACHER'NAME: Dr Vandana

MONTH	TOPIC
January	Animal cell-structure and functions of cell organelles. Skeletal System: Functions, Types of bones, Names of bones and types of joints.
February	Digestive System; Parts of Alimentary Canal-Mouth, Pharynx, Oesophagus, Stomach, Small Intestine, and Large Intestine. Digestion and Absorption of food Excretory System: Structure and functions of Kidney, Skin and Lungs
March	Circulatory System : -- (a) Composition and Functions of Blood (b) Heart: Structure and Working (c) Coagulation of blood (d) Blood Pressure (e) Normal levels of hemoglobin, cholesterol, urea, uric acid and glucose in blood
April	Reproductive System: --- (a) Female reproductive system (b) Sex Glands (Male and Female) (c) Menstruation (d) Fertilization (e) Pregnancy (f) Lactation Endocrine System: --- Functions of different glands-Pituitary, Thyroid, Parathyroid, Adrenal Gland, islets of Langerhans in Pancreas.

GOVT. COLLEGE, BAHADURGARH
LESSON PLAN FOR SESSION 2023-24

SUBJECT & CLASS :Home Scince (Child Psychology) 6TH SEM

TEACHER'NAME: Dr Vandana

MONTH	TOPIC
January	Definition, aims, subjects, matter, objective of studying child psychology. Learning: --- (a) What is learning, importance of learning. (b) Methods of learning. (c) Factors affecting learning. (d) Role of reward and punishment in learning.
February	Personality development: -- Nature of personality, Definitions, Types of personality factors affecting the development of personality, Play: -- Definition, features of play, Difference between work and play, Types of play, importance of play in childhood. Stages of the development of the child, characteristics and problems of Adolescence, role of parents and teachers in solving their problems.
March	The Expectant mother: -- (a) Signs of pregnancy (b) Discomforts of pregnancy (c) Ill --effects of an early marriage
April	Breast feeding, (b) artificial feeding (c) Weaving Common ailments of childhood: --- (a) Cold, cough, fever. (b) Digestive disturbances-Diarrhoea, Constipation and Vomiting. (c) Skin infections.