

# Lesson Plan 2021-2022

FGM Govt College Adampur

Unit wise lesson plan for even semester, 01 April to 15 June 2022

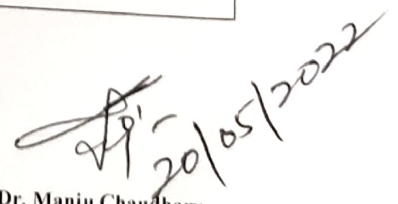
Teacher: Dr. Manju Chaudhary

Department of Home Science

Class: BA 1<sup>st</sup> year, 2<sup>nd</sup> semester

Subject: Health & Hygiene

Sr. No.	Description of chapters/topics	Month	Assignment/Test
1.	Meaning and objective of health education . Health hazards of modern age – air, water, soul, and noise pollution . Personal hygiene – definition of health and factors affecting it, food habits, cleanliness, exercise and sleep. Mental health and concept of positive health.	1 <sup>st</sup> week of April to 3 <sup>rd</sup> week of April 2022	1 <sup>st</sup> assignment in the beginning of last week of April
2.	Water -Importance -Impurities present -Source of contamination -Water of purification (household and -- purification methods) First aid -Meaning -Importance in daily life	4 <sup>th</sup> week of April to 2 <sup>nd</sup> week of May 2022	1 <sup>st</sup> minor test
3.	Infection -Definition -Types -Channels  Disinfection – -Definition -Types -Methods. Infectious disease -Disease by insects - Malaria, Dengue - Ingestion – Diarrhoea, Hepatitis -Virus – Polio, Measles -Contact – Leprosy, AIDS  Immunity -Definition -Types -Immunization schedule	3 <sup>rd</sup> week of May to 4 <sup>th</sup> week of May, 2022	2 <sup>nd</sup> assignment in the last week of May
4.	Common emerging health problems among women- -Cancer of breast -Cervical  National health programmes- -Eradication of Malaria -Leprosy -Polio	1 <sup>st</sup> week of June to 2 <sup>nd</sup> week of June, 2022	2 <sup>nd</sup> minor test, revision

  
20/05/2022  
Dr. Manju Chaudhary  
(H.O.D)  
Deptt. Of Home Science

LESSION PLAN 2021-22

FGM Govt College Adampur

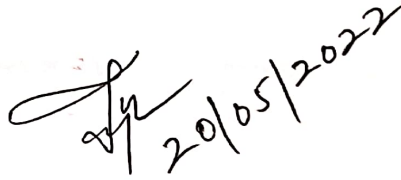
Department of Home Science

Teacher: Dr. Manju Chaudhary

Class : BA 1<sup>st</sup> year, 2<sup>nd</sup> sem.

Subject : Health & Hygiene (practical)

Sr. No.	Description of chapters/topics	Month	Assignment/Test/Practical
1.	Cleaning and polishing of Brass/Copper, Silver, Aluminium, Steel and Glass articles.  Preparation of one article of interior decorating using waste material.	1 <sup>st</sup> week of April to 3 <sup>rd</sup> week of April 2022	Practical
2.	Survey of an immunization schedule followed by parents of a child in your locality.  Preparation of first aid box.	4 <sup>th</sup> week of April to 2 <sup>nd</sup> week of May 2022	Practical
3.	Preparation of a menu card for any meal.  Decoration /painting of a pot.	3 <sup>rd</sup> week of May to 4 <sup>th</sup> week of May, 2022	Practical

  
DR.MANJU CHAUDHARY  
HOD  
DEPTT OF HOME SCINCE

FGM Govt College Adampur


Department of Home Science

Teacher: Dr. Manju Chaudhary

Class : BA 3rd year, 6th sem.

Subject : Health & Hygiene (Practical)

Sr. No.	Description of chapters/topics	Month	Assignment/Test/Practical
1.	Preparation of various dishes under following heads using different methods of cooking . Using the methods of baking, frying , grilling, snacks and roasting.	1 <sup>st</sup> week of April to 3 <sup>rd</sup> week of April 2022	Practical
2.	Salad decoration and salad dressing  Packed lunch and picnic lunch.	4 <sup>th</sup> week of April to 2 <sup>nd</sup> week of May 2022	Practical
3.	Party dishes and their presentation with table setting.  Microwave cookery.	3rd week of May to 4th week of May, 2022	Practical

  
29/05/2022

Dr. Manju Chaudhary  
HOD  
Deptt of Home Sci.

# Department: Home Science

Lesson Plan 2021-22

Lesson Plan for Even Semester April-June 2021

Name of the teacher: Dr. Kiran Sain

Designation: - Extension Lecturer

Class : B.A. 2nd Year

Semester:- 4th

Subject :- Home Science

Paper : Clothing and Textile

## Theory

Sr. No.	Description of Chapters/ Topics	Expected Duration
1	<ul style="list-style-type: none"><li>• Introduction to traditional Textiles of India with names and origin.</li><li>• Definition and classification of different fibre.</li><li>• Manufacture and properties of different fibres: Cotton, silk, polyester, rayon.</li><li>• Soaps and detergents, starches, blues and bleaches.</li></ul>	April 1st to 30th April
Assessment test , Assignment		
2	<ul style="list-style-type: none"><li>• Meaning and objectives of application of finishes</li><li>• Different types finishes : Calendaring, bleaching, sizing, mercerizing, pre-shrinking crease resistant, dyeing and printing</li><li>• Basic Weaves- Plain, Twill, satin and their variation</li><li>• Laundry and detergents, acids, alkalis solvents and absorbents</li><li>• Stain removal: classification of strains, methods of removing different types of stains.</li></ul>	May 1st to 30th May
Assessment test , assignment		

## Practical

Sr. No.	Description of Chapters/ Topics	Expected Duration
1	<ul style="list-style-type: none"><li>• .drafting child's bodice block and its adaption to a gathered frock (3-8 years) with sleeves</li><li>• Drafting of adult's bodice block and its adaption to their choice garments ( Kameez / Nighty/ Blouse)</li></ul>	April 1st to 30th April
2	<ul style="list-style-type: none"><li>• Tie and dye : 2 samples and one article</li><li>• Stain removal</li></ul>	May 1st to 30th May

## Department: Home Science

Name of the teacher: Dr. Kiran Sain

Designation: - Extension Lecturer

Class: B.A. 3<sup>rd</sup> Year

Semester: 6th

Subject: Home Science

Paper : Human Development

Sr. No.	Description of Chapters/ Topics	Expected Duration
1	<ul style="list-style-type: none"><li>• Child psychology : definition, aims, subject matter, objectives of studying</li><li>• Learning : Meaning, importance, methods of learning, factors affecting learning</li><li>• Intelligence : Definition, Measurement of Intelligence</li><li>• Personality Development : Definitions, types and factors affecting the development of personality</li><li>• Play: Definition, features and types of play. difference between work and play, importance of play in childhood.</li></ul>	1st week of April to 3rd week of April
Assessment test , assignment		
2	<ul style="list-style-type: none"><li>• Expectant mother : Sign of pregnancy Discomforts of pregnancy</li><li>• Care of expectant mother in brief Effects of an early marriage.</li><li>• Care of new born infants : Bathing clothing and hygiene during infant</li><li>• Feeding of Infants : Breast feeding verses artificial feeding</li><li>• Weaning : Meaning and Importance, methods of weaning</li><li>• Common ailments of childhood :- cold, cough, fever -Digestive disturbances- Diarrhoea, constipation and vomiting -Skin infection –prickly heat, allergy -convulsions</li></ul>	May 1st to 30th May
Assessment test , assignment		

