

Lesson Plan of B.A. 1 (2nd Sem) of Home Science

Subject: Health and Hygiene

Session: 2021-22

Sr. No.	Topic	Period
1.	Meaning and Objective of Health Education.	April,2022
2	Health hazards of Modern Age-Air, Water, Soil and Noise pollution.	
3.	Personal Hygiene- definition of health and factors affecting it, food habits, cleanliness exercise and sleep.	
4.	Mental Health and Concept of Positive Health.	
5.	Water- Importance, impurities present in water, source of contamination, and water purification(household and natural methods)	May,2022
6	First Aid: meaning, and importance in daily life.	
7	Infection – i) Definitions of Infection, infective agents, and period of infectivity. ii) Types of diseases and their modes of spread. iii) Channels of infection	
8	Disinfectants – definition, types and methods of disinfection.	
9.	Infectious Diseases- Causes, incubation period, mode of spread, symptoms, prevention, and control of the following diseases: i) Diseases spread by insects- malaria, dengue. ii) Diseases spread by ingestion – diarrhea, hepatitis. iii) Diseases spread by virus- Polio, Measles. iv) Diseases spread by contact- Leprosy, AIDS.	June, 2022
10	Immunity- Definition, types of immunity, & immunization schedule.	
11	Common emerging health problems among women: Cancer of Breast and Cervical	
12	National health programs- Eradication of malaria, leprosy and polio.	

Dr. Shashi Kala Yadav

Associate Professor

Lesson Plan of B.A. 2 (4th Sem) of Home Science

Subject: Clothing and Textile

Session: 2021-22

Sr. No.	Topic	Period
1	Introduction to traditional textiles of India with names and origin.	April, 2022
2	Definition and classification of fiber.	
3	Manufacture and properties of different fibers: Cotton, Silk, Polyester, Rayon	
4	Soap and detergents starches, blues and bleaches.	May, 2022
5	Meaning and objectives of application of finishes.	
6	Different types of finishes- calendaring bleaching, sizing, mercerizing, pre-shrinking, crease resistant, dyeing and printing.	
7	Basic weaves- Plain, Twill, Satin and their variations.	June, 2022
8	Laundry and reagents, acids alkalis solvents and absorbents.	
9	Stain removal- Classification of stains, methods of removing different types.	
10.	Revision and class test	

Dr. Shashi Kala Yadav

Associate Professor

Lesson Plan of B.A. 3 (6th Sem) of Home Science

Subject: Human Development

Session: 2021-22

Sr. No.	Topic	Period
1	Child Psychology: Definition, aims, subject matter, objectives of studying.	April, 2022
2	Learning: Meaning, importance, method of learning, factors affection learning.	
3	Intelligence: Definition, Measurement of intelligence.	
4	Personality Developments: Definitions, types and factors effecting the development of personality.	May, 2022
5	Play: Definition, features and types of play, Difference between work and play. Importance of play in childhood.	
6	Stages of the development of the child. Characteristics of: <ul style="list-style-type: none">- Infancy- Childhood- Adolescence-problem of an adolescent child, role of parents and teacher in solving them.	
7	The Expectant mother: <ul style="list-style-type: none">- Sign of pregnancy- Discomforts of pregnancy- Care of the expectant mother in brief- All effects of an early marriage.	June, 2022
8	Care of newborn infants- Bathing, clothing and hygiene infancy. Feeding of an infant: Breastfeeding verses Artificial feeding, wearing: meaning and importance, methods of wearing	
9	Common ailments of childhood: <ol style="list-style-type: none">1. Cold, cough, fever.2. Digestive disturbances- Diarrhea, Constipation and vomiting.3. Skin infection- Prickly heat, allergy.4. Convulsions.	
10.	Revision and class test	

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