**Lesson plan - 3rd semester, session 2019-20**

**Name of Assistant Professor: Mamta Rani**

**Subject: Human physiology (Tentative)**

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| **Week 1**  | **Chapter 1 : Animal Cell** |
|  | Assignments  |
| Day 1 | Introduction to Animal cell |
| Day 2 | Structure of animal cell |
| Day 3 | Nucleus |
| Day 4 | Cell division |
| Day 5 | Cell division |
| Day 6 | Difference b/n Mitosis and Meiosis |
| **Week 2**  | **Chapter 2 : The Human Skeleton system**  |
|  | Assignments |
| Day 1 | Functions of skeleton |
| Day 2 | Different types of Bones |
| Day 3 | Different types of Bones |
| Day 4 | Appendicular skeleton  |
| Day 5 | Different types of bones  |
| Day 6 | Assignment Presentation  |
| **Week 3** | **Chapter 3 : Digestive system** |
|  | Assignments  |
| Day 1 | Introduction to Digestive system |
| Day 2 | Digestion of food |
| Day 3 | Digestive organs  |
| Day 4 | Digestive juices |
| Day 5 | Accessory glands |
| Day 6 | Pancreas  |
| **Week 4** | **Chapter 3 : Digestive system** |
| Day 1 | Digestion of carbohydrates |
| Day 2 | Digestion of Fats |
| Day 3 | Digestion of proteins  |
| Day 4 | Absorption of carbohydrates |
| Day 5 | Absorption of Fats |
| Day 6 | Absorption of proteins  |
|  **Week 5** | **Chapter 3 : Digestive system** |
| Day 1 | Summary of Mechanical Digestion |
| Day 2 | Summary of Chemical Digestion  |
| Day 3 | Summary of Absorption  |
| Day 4 | Assignment  |
| Day 5 | **Chapter 4 : The Circulatory system** |
|  | Assignments  |
| Day 6 | Introduction to Circulatory system |
| **Week 6** | **Chapter 4 : The Circulatory system** |
| Day 1 | Composition of Blood  |
| Day 2 | Composition of Blood |
| Day 3 | Coagulation of Blood |
| Day 4 | Functions of blood  |
| Day 5 | Structure of Heart  |
| Day 6  | Working of Heart  |
| **Week 7** | **Chapter 4 : The Circulatory system** |
| Day 1 | Cycle of Heart  |
| Day 2 | Blood pressure |
| Day 3 | Haemoglobin  |
| Day 4 | Cholesterol  |
| Day 5 | Glucose ,  |
| Day 6  | Urea and uric acid  |
| **Week 8** | **Chapter 4 : The Circulatory system (repeated)** |
| Day 1 | Cycle of Heart  |
| Day 2 | Cycle of Heart  |
| Day 3 | Blood pressure |
| Day 4 | Haemoglobin  |
| Day 5 | Cholesterol  |
| Day 6  | Glucose , Urea and uric acid  |
| **Week 9** | **Chapter 5 : The Excretory system**  |
|  | Assignments  |
| Day 1 | Introduction  |
| Day 2 | Kidneys  |
| Day 3 | Working of Kidney  |
| Day 4 | Functions of kidney  |
| Day 5 | Skin  |
| Day 6 | Layers of skin |
| **Week 10** | **Chapter 5 : The Excretory system**  |
|  | Assignments  |
| Day 1 | Skin’s functions  |
| Day 2 | Lungs  |
| Day 3 | Working of lungs |
| Day 4 | Functions of lungs |
| Day 5 | Summery  |
| Day 6 | Assignment  |
| **Week 11** | **Chapter 6 : The Reproductive system**  |
|  | Assignments  |
| Day 1 | Introduction  |
| Day 2 | Male Reproductive System |
| Day 3 |  Male reproductive organs  |
| Day 4 | Functions  |
| Day 5 | Female reproductive system  |
| Day 6 | Female reproductive organs  |
| **Week 12** | **Chapter 6 : The Reproductive system** |
| Day 1 | Menstrual Cycle |
| Day 2 | Menstrual Cycle |
| Day 3 | Fertilization  |
| Day 4 | Pregnancy  |
| Day 5 | Stages of pregnancy  |
| Day 6 | Changes during Pregnancy |
| **Week 13** | **Chapter 6 : The Reproductive system** |
| Day 1 | Lactation |
| Day 2 | Process of milk production  |
| Day 3 | Process of suckling  |
| Day 4 | Colostrum  |
| Day 5 | Advantages of breast feeding |
| Day 6 | Summery  |
| **Week 14** | **Chapter 7 : The Endocrine system** |
|  | Assignments  |
| Day 1 | Introduction  |
| Day 2 | Glands and Hormones  |
| Day 3 | Adrenal Glands |
| Day 4 | Adrenal cortex  |
| Day 5 | Adrenal medulla  |
| Day 6 | Cushing’s syndrome  |
| **Week 15** | **Chapter 7 : The Endocrine system** |
| Day 1 | Aldosteronism and Adrenal Virilism |
| Day 2 | Thyroid Glands  |
| Day 3 | Calcitonin  |
| Day 4 | Thyroxin  |
| Day 5 | Defects of thyroid glands  |
| Day 6 | Pituitary Glands |
| **Week 16**  | **Chapter 7 : The Endocrine system** |
| Day 1 | Hormones of Pituitary Glands |
| Day 2 | Parathyroid Glands |
| Day 3 | Islets of Langerhans  |
| Day 4  | Glucagon |
| Day 5 | Insulin  |
| Day 6 | Assignment Presentation |
| **Week 17** | **Chapter 8 : The Nervous system**  |
|  | Assignments |
| Day 1 | Introduction  |
| Day 2 | Central Nervous System |
| Day 3 | Spinal cord |
| Day 4 | Peripheral Nervous System |
| Day 5 | Autonomous Nervous System |
| Day 6 | Assignment Presentation |