

## Lesson plan - IInd semester, session 2023-24

Name of Assistant Professor: **Dr. Mamta Rani**

Subject: **Hygiene**

(Tentative)

<b>Week 2, Jan, 2024</b>	<b>Chapter 1 : Health Education</b>
	Assignments
Day 1	Meaning, Symptoms and qualities of healthy person
Day 2	Providing health education
Day 3	Health education for common people
Day 4	Health education for students
Day 5	Health education for patients and public
Day 6	Health education for Health professionals
<b>Week 3, Jan, 2024</b>	<b>Chapter 2 : Health hazards of modern age- Air and Water pollution</b>
	Assignments
Day 1	Health hazards
Day 2	Air pollution-causes and sources
Day 3	Effects of air pollution
Day 4	Water pollution-types and causes
Day 5	Effects and managements
Day 6	Presentations
<b>Week 4, Jan, 2024</b>	<b>Chapter 3 : Soil and Noise Pollution</b>
	Assignments
Day 1	Introduction and causes
Day 2	Effects of soil and land pollution
Day 3	Control measures
Day 4	Noise pollution, measurements and sources
Day 5	Effects of Noise pollution
Day 6	Control the Noise pollution
<b>Week 5, Jan,2024</b>	<b>Chapter 4 : Health and Hygiene</b>
	Assignments
Day 1	Introduction and relating factors
Day 2	Habits
Day 3	Exercise
Day 4	Rest and sleep

Day 5	Cleanliness of body
Day 6	Cleanliness of teeth
<b>Week 6, Feb,2024</b>	<b>Chapter 4 : Health and Hygiene</b>
Day 1	Cleanliness of hands, feet, ears and nose
Day 2	Cleanliness of house
Day 3	Body posture
Day 4	<b>Chapter 5 : Water</b> Introduction
Day 5	Importance, types and sources of water
Day 6	Methods of purification
<b>Week 7, Feb , 2021</b>	<b>Chapter 5: Water</b>
	Assignments
Day 1	Methods of purification
Day 2	<b>Chapter 6 : First Aid- meaning and Importance</b> Introduction and meaning
Day 3	Qualities of First Aider and requirements of kit
Day 4	Observations by first aider
Day 5	Importance of First aid
Day 6	presentations
<b>Week 8, Feb, 2024</b>	<b>Chapter 7 : Infection</b>
	Assignments
Day 1	Introduction , Types and agents
Day 2	Period of infectivity and stages of infections
Day 3	Mode of transmission
Day 4	Channels of transmission
Day 5	Prevention and control
Day 6	Prevention and control
<b>Week 9, Feb, 2024</b>	<b>Chapter 8 : Disinfectants</b>
	Assignments
Day 1	Introduction
Day 2	Methods of disinfections
Day 3	Types of disinfectants
Day 4	Types of disinfectants
Day 5	Types of disinfectants
Day 6	Presentations

<b>Week 10, March, 2024</b>	<b>Chapter 9 :Immunity</b>
Day 1	Introduction , Factors affecting
Day 2	Types of immunity
Day 3	Types of immunity
Day 4	Immuno deficiency diseases
Day 5	Vaccine
Day 6	Vaccination schedule
<b>Week 11, March, 2024</b>	<b>Chapter 10 : Infectious diseases spread by insects and ingestion</b>
	Assignments
Day 1	Introduction
Day 2	Malaria
Day 3	Dengue
Day 4	Typhoid
Day 5	Cholera
Day 6	Dysentery
<b>Week 12,March, 2024</b>	<b>Chapter 10 : Infectious diseases spread by insects and ingestion</b>
	Assignments
Day 1	Enteric fever
Day 2	Summery
Day 3	<b>Chapter 11 : Infectious diseases spread by droplets and contact</b> Introduction
Day 4	Measles
Day 5	Mumps
Day 6	Tuberculosis
<b>Week 13,March, 2024</b>	<b>Chapter 11 : Infectious diseases spread by insects and ingestion</b>
Day 1	Diptheria
Day 2	leprosy
Day 3	AIDS
Day 4	Tetanus
Day 5	Summery
Day 6	Presentations
<b>Week 14,March, 2024</b>	<b>Chapter 12 : Common emerging problems among women</b>
	Assignments
Day 1	Introduction
Day 2	Cervical cancer

Day 3	Stages, check-up and treatments
Day 4	Breast cancer
Day 5	Types of Breast cancer
Day 6	Stages and treatment of Breast cancer
<b>Week 15, April, 2024</b>	<b>Chapter 1 : Health Education</b>
Day 1	Revision
Day 2	Class Test
Day 3	Providing health education
Day 4	Health education for common people
Day 5	Health education for students
Day 6	Health education for patients and public
<b>Week 16, April, 2024</b>	
Day 1	<b>Chapter 2 : Health hazards of modern age- Air and Water pollution</b>
Day 2	Revision
Day 3	Health hazards
Day 4	Air pollution-causes and sources
Day 5	Effects of air pollution
Day 6	Water pollution-types and causes, Effects and managements
<b>Week 17, April, 2024</b>	
Day 1	Presentations
Day 2	<b>Chapter 3 : Soil and Noise Pollution</b>
Day 3	Revision
Day 4	Introduction and causes, Effects
Day 5	Land pollution

**Name of Assistant Professor: Dr. Mamta Rani**

**Subject: Clothing and Textiles**

**(Tentative)**

<b>Week 2, Jan,2024</b>	<b>Chapter 1 : Traditional Textiles of India</b>
Day 4	Introduction
Day 5	Muslin and Dhakka sarees
Day 6	Chanderi & Bluchar buttedar
<b>Week 3, Jan,2024</b>	<b>Chapter 1 : Traditional Textiles of India</b>
	Assignments
Day 1	Banarasi sarees
Day 2	Brocades
Day 3	Pithani & Patola
Day 4	Bandhani & Kalamdari
Day 5	Phulkari
Day 6	Embroidery of Kashmir
<b>Week 4,Jan,2024</b>	<b>Chapter 1 : Traditional Textiles of India</b>
	Assignments
Day 1	Holiday
Day 2	Kasuti & Manipuri
Day 3	Ckikankari
Day 4	Zari & other embroidery
Day 5	Holiday
Day 6	<b>Chapter 2-Classification of Fibers</b>
<b>Week 5, Jan,2024</b>	<b>Chapter 2 : Classification of Fiber</b>
	Assignments
Day 1	Natural fibers
Day 2	Man-made fibers
Day 3	<b>Chapter 3 : Manufacture and properties of cotton</b> Introduction
	Assignments
Day 4	Manufacturing of cotton
Day 5	Physical properties of cotton
Day 6	Chemical properties of cotton
<b>Week 6,Feb,2024</b>	<b>Chapter 4 : Manufacture and properties of silk</b>
	Assignments

Day 1	Introduction
Day 2	Manufacturing of silk
Day 3	Physical properties of silk
Day 4	Chemical properties of silk
Day 5	Comparison of cotton & silk
Day 6	Class test
<b>Week 7, Feb,2024</b>	<b>Chapter 5 : Manufacture and properties of polyester</b>
	Assignments
Day 1	Introduction
Day 2	Manufacturing of polyester
Day 3	Physical properties of polyester
Day 4	Chemical properties of polyester
Day 5	<b>Chapter 6 : Manufacture and properties of Rayon</b> Introduction
Day 6	Manufacturing process of rayon
<b>Week 8, Feb,2024</b>	<b>Chapter 6 : Manufacture and properties of Rayon</b>
	Assignments
Day 1	Physical properties of Rayon
Day 2	Chemical properties of Rayon
Day 3	<b>Chapter 7 : Finishes of Fabrics</b> Introduction , Objectives, Classification
Day 4	Calendaring & Bleaching
Day 5	Sizing, Mercerising, Crease resistance
Day 6	Class Test
<b>Week 9, Feb, 2024</b>	<b>Chapter 8 : Dyeing and printing</b>
	Assignments
Day 1	Types of dyeing
Day 2	Methods of dyeing
Day 3	Holiday
Day 4	Holiday
Day 5	Holiday
Day 6	Holiday
<b>Week 10, March, 2024</b>	<b>Chapter 8: Dyeing and printing</b>
Day 1	Revision

Day 2	Class test
Day 3	Types of printing
Day 4	Difference between Dyeing & Printing
Day 5	<b>Chapter 9 : Basic weaves</b>
Day 6	Introduction
<b>Week 11,March,2024</b>	<b>Chapter 9 : Basic Weave</b>
	Assignments
Day 1	Basic loom
Day 2	Basic and twill weave
Day 3	Satin and sateen
Day 4	<b>Chapter 10 : Soaps &amp; Detergents</b>
Day 5	Types of soaps
Day 6	Manufacturing of soaps
<b>Week 12,March,2024</b>	<b>Chapter 10 : Soaps &amp; Detergents</b>
	Assignments
Day 1	Detergents
Day 2	Difference between soaps and Detergents
Day 3	<b>Chapter 11 : Starches, Laundry and Bleaches</b> Introduction
Day 4	Starches- types & preparations
Day 5	Blues-types & precautions
Day 6	bleaches
<b>Week 13,March,2024</b>	<b>Chapter 12 : Other laundry Reagents</b>
	Assignments
Day 1	Introduction
Day 2	Acidic and alkaline
Day 3	Carbonic solvents and absorbents
Day 4	Class Test
Day 5	<b>Chapter 13 : Different methods of Laundry</b> Introduction
Day 6	Methods of laundry
<b>Week 14,April,2024</b>	<b>Chapter 13: Different methods of Laundry</b>
	Assignments
Day 1	Steps of Laundry
Day 2	<b>Chapter 13 : Classification and Removal of Stains</b> Introduction

Day 3	Classification of stains
Day 4	Instructions for stain removal
Day 5	Methods of stain removing
Day 6	Stain removing from different types of fabrics
<b>Week 15, April, 2024</b>	<b>Chapter 13 : Classification and Removal of Stains</b>
Day 1	Revision
Day 2	Class test
Day 3	<b>Chapter 1 : Traditional Textiles of India</b> Muslin saree & Dhaka mulmal
Day 4	Chanderi
Day 5	Banarasi Saree and Brocade
Day 6	Holiday
<b>Week 16, April, 2024</b>	<b>Chapter 1 : Traditional Textiles of India</b>
Day 1	Patola
Day 2	Bandhani
Day 3	<b>Holiday</b>
Day 4	Paithani
Day 5	Class Test
Day 6	Assignments
<b>Week 17, April, 2024</b>	<b>Chapter 1 : Traditional Textiles of India</b>
Day 1	Phulkari & Kashida
Day 2	Kasuti & Manipuri
Day 3	Zaree
Day 4	kantha
Day 5	Class test

**Lesson plan – VI<sup>th</sup> semester, session 2023-24**

**Name of Assistant Professor: Dr. Mamta Rani**



**Subject: Human Development****(Tentative)**

<b>Week 2,Jan,2024</b>	<b>Chapter 1 : Child Psychology-Aims, subject matter and Objectives</b>
	Assignments
Day 4	Introduction
Day 5	Definition of child psychology
Day 6	Aims and subject matter
<b>Week 3,Jan, 2024</b>	<b>Chapter 1 : Child Psychology-Aims, subject matter and Objectives</b>
	Assignments
Day 1	Objectives of Child Psychology
Day 2	Importance for teachers
Day 3	Importance for society
Day 4	<b>Chapter 2: Learning</b>
Day 5	Definition of learning
Day 6	Characteristics of learning
<b>Week 4, Jan,2024</b>	<b>Chapter 2 : Learning</b>
	Assignments
Day 1	Holiday
Day 2	Importance of learning
Day 3	Importance for teachers
Day 4	Methods of learning
Day 5	<b>Holiday</b>
Day 6	Methods of learning
<b>Week 5,Jan,2024</b>	<b>Chapter 2 : Learning</b>
	Assignments
Day 1	Methods of learning
Day 2	Methods of learning
Day 3	Holiday
Day 4	Methods of learning
Day 5	Factors affecting Learning
Day 6	Factors affecting Learning
<b>Week 6, Feb, 2024</b>	<b>Chapter 2 : Learning</b>
	Assignments
Day 1	Factors affecting Learning

Day 2	Factors affecting Learning
Day 3	Role of reward and punishment
Day 4	Role of reward and punishment
Day 5	Revision
Day 6	Holiday
<b>Week 7, Feb, 2024</b>	<b>Chapter 3 : Intelligence</b>
	Assignments
Day 1	Introduction
Day 2	Definitions
Day 3	Concepts of Intelligence
Day 4	Factors affecting I Q
Day 5	Measurements of Intelligence
Day 6	Measurements of Intelligence
<b>Week 8, Feb, 2024</b>	<b>Chapter 3 : Intelligence</b>
	Assignments
Day 1	Measurements of Intelligence
Day 2	Individual VS Group Test
Day 3	Revision
Day 4	Class test
Day 5	<b>Chapter 4: Personality Development</b> Introduction
Day 6	Definitions
<b>Week 9, Feb, 2024</b>	<b>Chapter 4 : Personality Development</b>
	Assignments
Day 1	Types of personality
Day 2	Factors affecting
Day 3	Holiday
Day 4	Holiday
Day 5	Holiday
Day 6	Holiday
<b>Week 10, March, 2024</b>	<b>Chapter 4 : Personality Development</b>
Day 1	Factors affecting
Day 2	Factors affecting
Day 3	<b>Chapter 5: Play</b> Introduction

Day 4	Importance
Day 5	Types of play
Day 6	<b>Chapter 6: Stages of Development</b> Introduction
<b>Week 11, March, 2024</b>	<b>Chapter 6: Stages of Development</b>
	Assignments
Day 1	Stages of development
Day 2	Characteristics of Infancy
Day 3	Characteristics of childhood
Day 4	Characteristics of late childhood
Day 5	Characteristics of Adolescents
Day 6	Role of parents
<b>Week 12, March, 2024</b>	<b>Chapter 7: Expectant Mother</b>
	Assignments
Day 1	Introduction
Day 2	Discomforts of pregnancy
Day 3	Discomforts of pregnancy
Day 4	Care
Day 5	Meaning and effects of early marriage
Day 6	Class test
<b>Week 13, March, 2024</b>	<b>Chapter 8: Care of New born</b>
	Assignments
Day 1	Introduction
Day 2	Infant Clothing
Day 3	Infant bathing
Day 4	Infant cleanliness
Day 5	<b>Chapter 9: Feeding of Infants</b> Introduction
Day 6	Breast feeding
<b>Week 14, March, 2024</b>	<b>Chapter 9: Feeding of Infants</b>
	Assignments
Day 1	Artificial feeding
Day 2	Artificial formula
Day 3	Modification of Animal milk
Day 4	Breast feeding VS artificial feeding

Day 5	Weaning
Day 6	Methods of weaning
<b>Week 15, April, 2024</b>	<b>Chapter 9: Feeding of Infant</b>
	<b>Assignments</b>
Day 1	Important points
Day 2	Supplementary foods
Day 3	Market availability of formula
Day 4	Revision
Day 5	Class test
Day 6	Holiday
<b>Week 16, April, 2024</b>	<b>Chapter 10: Common Ailments of Childhood</b>
	Assignments
Day 1	Introduction
Day 2	Symptoms
Day 3	Common ailments
Day 4	Digestive disturbances
Day 5	Digestive disturbances
Day 6	Skin infections
<b>Week 17, April, 2024</b>	<b>Chapter 10: Common Ailments of Childhood</b>
	Assignments
Day 1	Allergy
Day 2	Others
Day 3	Revision
Day 4	Class test
Day 5	Revision of chapter -3
Day 6	Revision of chapter -4