**Lesson plan - 1st semester, session 2024-25**

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

**Subject: Resource Management (Tentative)**

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| **Aug,2024** | **Chapter1: Interior Decoration** |
| Day 1 | Introduction, Objectives |
| Day 2 | Types of designs –Structural and decorative |
| Day 3 | **Chapter-2 Elements of Arts**Introduction, Line |
| **Aug,2024** | **Chapter-2 Elements of Arts** |
| Day 1 | Texture  |
| Day 2 | Colour ,Shape  |
| Day 3 | Form & size  |
| **Aug,2024** | **Chapter 3 : Principles of Arts** |
|  | Assignments |
| Day 1 | Introduction  |
| Day 2 | Proportion  |
| Day 3 | Balance  |
| **Aug,2024** | **Chapter 3 : Principles of Arts** |
| Day 4 | Rhythm  |
| Day 5 | Emphasis  |
| Day 6 | Harmony  |
| **Aug,2024** | **Chapter 4 : colour- characteristics and schemes** |
|  | Assignments |
| Day 1 | Introduction  |
| Day 2 | Types and characteristics of colours |
| Day 3 | Colour schemes  |
| **Sept,2024** | **Chapter 4 : colour- characteristics and schemes** |
| Day 4 | Colour wheel  |
| Day 5 | Use of principals of arts in colours |
| Day 6 | Factors affecting use of colours  |
| **Sept, 2024** | **Chapter 5 : Lighting** |
| Day 1 | Introduction |
| Day 2 | Types of lights |
| Day 3 | Requirements according to activities |
| **Sept, 2024** | **Chapter 5 : Lighting** |
| Day 1 | Lighting fixtures in the home |
| Day 2 | Lighting equipments |
| Day 3 | Summary  |
| **Sept, 2024** | **Chapter : Table Setting** |
| Day 1 | Introduction  |
| Day 2 | Table manners |
| Day 3 | Formal &informal table setting |
| **Sept, 2024** | **Chapter : Table Setting** |
| Day 1 | Buffet style |
| Day 2 | Indian Style |
| Day 3 | Café style |
| **Oct, 2024** | **Chapter 7 : The furniture** |
|  | Assignments |
| Day 1 | Introduction  |
| Day 2 | Selection of furniture |
| Day 3 | Use of principles of arts |
| **Oct ,2024** | **Chapter 7 : The furniture** |
| Day 1 | Elements of arts |
| Day 2 | Summary  |
| Day 3 | Summary  |
| **Oct ,2024** | **Chapter 8 : Flower Arrangements** |
|  | Assignments |
| Day 1 | Introduction  |
| Day 2 | Types of Flower arrangements |
| Day 3 | Material required for flower arrangement  |
| **Oct ,2024** | **Chapter 8 : Flower Arrangements** |
| Day 1 | Principles of arts in FA |
| Day 2 | Elements of arts in FA |
| Day 3 | Summary  |
| **Nov ,2024** | **Chapter 9 : Furnishings** |
|  | Assignments |
| Day 1 | Introduction  |
| Day 2 | Soft furnishings |
| Day 3 | **Wall treatment** |
| **Nov ,2024** | **Chapter 9 : Furnishings** |
| Day 1 | Window treatment  |
| Day 2 | Window decoration |
| Day 3 | Floor Coverings |

**Lesson plan - 1st semester, session 2024-25**

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

**Subject: MDC- Home Science (Tentative)**

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| **Aug ,2024** | **Chapter 1 : Concept of Home Science and its scope** |
|  | Assignments |
| Day 1 | Introduction to Home Science  |
| Day 2 | Scope of Home Science |
| Day 3 | Aims and Objectives of FN |
| **Aug ,2024** | **Chapter 1 : Concept of Home Science and its scope** |
| Day 1 | Aims and Objectives of FRM |
| Day 2 | Aims and Objectives of HDFS |
| Day 3  | Aims and Objectives of CT & EECM |
| **Aug ,2024** | **Chapter 2 : Job Opportunities in Home Science** |
|  | Assignments |
| Day 1 | Institutes for Home Science |
| Day 2 | Jobs and self-employment in Home Science |
| Day 3 | **Chapter 3 : Basic Terminology**Food, Nutrition, Health, Malnutrition, Balanced diet, Over and under nutrition |
| **Aug ,2024** | **Chapter 4 : Classification of foods** |
| Day 1 | Classification |
| Day 2 | Functions of food |
| Day 3 | summary |
| **Sept ,2024** | **Chapter 5 : Basic Nutrients** |
| Day 1 | Carbohydrates-Sources, Functions |
| Day 2 | Effect of deficiency and over intake |
| Day 3 | Proteins -Sources, Functions |
| **Sept ,2024** | **Chapter 5 : Basic Nutrients** |
| Day 1 | Effect of deficiency and over intake |
| Day 2 | Fats-Sources, Functions |
| Day 3 | Effect of deficiency and over intake |
| **Sept,2024** | **Chapter 6 : Textiles** |
| Day 1 | Classification of Textile Fibers |
| Day 2 | Cotton, jute, wool, silk, rayon, nylon and polyester  |
| Day 3 | **Chapter 7 : Yarn**Introduction and Classification |
| **Sept,2024** | **Chapter 7 : Yarn** |
| Day 1 | Simple, Complex and Novelty yarn |
| Day 2 | **Chapter 8 : Sewing Machine**Introduction to its parts |
| Day 3 | Care and maintenance |
| **Sept,2024** | **Chapter 9 : Human Growth and Development** |
| Day 1 | Meaning and concept |
| Day 2 | Factors Affecting |
| Day 3 | Factors Affecting |
| **Oct,2024** | **Chapter 10: Developmental Milestone** |
| Day 1 | Introduction |
| Day 2 | Physical and motor development during Infancy |
| Day 3 | Social development |
| **Oct,2024** | **Chapter 10: Developmental Milestone** |
| Day 1 | Emotional development during infancy |
| Day 2 | Cognitive and Language development during infancy |
| Day 3 | Physical and motor development during Childhood |
| **Oct,2024** | **Chapter 10: Developmental Milestone** |
| Day 1 | Social and emotional development during childhood |
| Day 2 | Cognitive development during Childhood |
| Day 3 | Language development during Childhood |
| **Oct,2024** | **Chapter 11 : Resource Management** |
|  | Assignments |
| Day 1 | Introduction , Definition and importance |
| Day 2 | Types of resources  |
| Day 3 | Time Management  |
| **Oct,2024** | **Chapter 11 : Resource Management** |
| Day 1 | Techniques of Time management |
| Day 2 | Energy Management  |
| Day 3 | Work simplification |
| **Nov,2024** | **Chapter 12 : Resource management** |
| Day 1 | Money Management  |
| Day 2 | Importance of budget  |
| Day 3 | **Chapter 13: Extension Education**Meaning and Importance |
| **Nov,2024** | **Chapter 13: Extension Education** |
| Day 1 | Formal and informal education |
| Day 2 | Qualities of an Extension worker |
| Day 3 | Summary |

**Lesson plan - 3rd semester, session 2024-25**

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

**Subject: Human physiology (Tentative)**

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| **August,2024**  | **Chapter 1 : Animal Cell** |
|  | Assignment  |
| 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 |
| **August ,2024**  | **Chapter 2 : The Human Skeleton system**  |
|  | Assignment |
| 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  |
| **Sept ,2024** | **Chapter 3 : Digestive system** |
|  | Assignment  |
| 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  |
| **Sept ,2024** | **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  |
|  **Sept ,2024** | **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** |
| Day 6 | Introduction to Circulatory system |
| **Sept ,2024** | **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  |
| **Oct ,2024** | **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  |
| **Oct ,2024** | **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  |
| **Nov ,2024** | **Chapter 5 : The Excretory system**  |
| Day 1 | Introduction to Kidney |
| Day 2 | Skin |
| Day 3 | Skin’s functions  |
| Day 4 | Lungs |
| Day 5 | Working of lungs |
| Day 6 | Summery  |
| **Nov ,2024** | **Chapter 6 : The Reproductive system**  |
|  | Introduction  |
|  | Male reproductive System |
|  |  Male reproductive organs  |
|  | Functions  |
| Day 5 | Female reproductive system  |
| Day 6 | Female reproductive organs  |
| **Nov ,2024** | **Chapter 6 : The Reproductive system** |
| Day 1 | Menstrual Cycle |
| Day 2 | Pregnancy |
| Day 3 | Lactation |
| Day 4 | Colostrum  |
| Day 5 | Advantages of breast feeding |
| Day 6 | Summery  |
| **Dec ,2024** | **Chapter 7 : The Endocrine system** |
| Day 1 | Introduction to Glands and Hormones |
| Day 2 | Adrenal Glands |
| Day 3 | Thyroid Glands |
| Day 4 | Pituitary Glands |
| Day 5 | Parathyroid Glands |
| Day 6 | Islets of Langerhans |
| **Dec ,2024** | **Chapter 8 : The Nervous system**  |
| Day 1 | Assignment |
| Day 2 | Introduction  |
| Day 3 | Central Nervous System |
| Day 4 | Spinal cord |
| Day 5 | Peripheral Nervous System |
| Day 6 | Autonomous Nervous System |

**Lesson plan – Vth semester,2024-2025**

**Name of Assistant Professor: Mamta Rani**

**Subject: Foods and Nutrition (Tentative)**

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| --- | --- |
| **July, 2024** | **Chapter 1 : Food** |
| Day 1 | Introduction  |
| Day 2 | Classification of foods |
| Day 3 | **Chapter 2 : Energy giving food- Carbohydrate** |
| Day 4 | Introduction and classification |
| Day 5 | Misbalance of carbohydrates  |
| Day 6  | RDA for different age groups |
| **July,2024** | **Chapter 3 : Body building nutrient-Protein**  |
|  | Assignments  |
| Day 1 | Introduction |
| Day 2 |  Classification  |
| Day 3 | Effects of protein Deficiency  |
| Day 4 | Deference between kwashiorkor and marasmus  |
| Day 5 | Management of PEM  |
| Day 6  | Summary  |
| **Aug,2024** | **Chapter 4 : Energy giving Nutrients- Fats and Lipids** |
|  | **Assignments** |
| Day 1 | Introduction |
| Day 2 | Classification of Fats and Lipids |
| Day 3 | Functions of fats and properties of fats |
| Day 4 | Management of excessive fat intake |
| Day 5 | **Chapter 5 : Body building Nutrients – minerals**Introduction and classification of minerals |
| Day 6 | Major mineral- Calcium and functions of calcium |
| **Aug,2024** | **Chapter 5 : Body building Nutrients - minerals** |
|  | **Assignments** |
| Day 1 | Factors affecting absorption of Calcium |
| Day 2 | Hypocalcaemia , Hypercalcaemia and RDA |
| Day 3 | Phosphorus - Effects of phosphorus deficiency and sources of phosphorus |
| Day 4 | Potassium |
| Day 5 | Sodium  |
| Day 6 | Effects of Sodium deficiency and effects of excessive intake |
| **Aug, 2024** | **Chapter 5 : Body building Nutrients – minerals** |
|  | **Assignments** |
| Day 1 | Trace Minerals-Iron (Introduction) |
| Day 2 | Effects of Iron deficiency  |
| Day 3 | Types of Anaemia  |
| Day 4 | Factors affecting Iron Absorption |
| Day 5 | Iodine- Introduction |
| Day 6 | Effects of Iodine deficiency |
| **Aug, 2024** | **Chapter 6: Protective Nutrients- Vitamins**  |
|  | **Assignments** |
| Day 1 | Introduction and classification |
| Day 2 | Fat soluble vitamin – Vitamin A |
| Day 3 | Deficiency of vitamin A |
| Day 4 |  Vitamin D,E,K |
| Day 5 | Vitamin B 1,B2 and B3 |
| Day 6 | Vitamin B6,B12 and Vitamin C |
| **Sept, 2024** | **Chapter 7 : Protective Nutrient- Water** |
| Day 1 | Introduction and Functions |
| Day 2 | **Chapter 8 : Dietary Fiber** |
| Day 3 | **Chapter 9 : Principals and Methods of cooking**Introduction, Principals |
| Day 4 | Methods of cooking |
| Day 5 | **Chapter 10 : Methods of enhancing Nutritive value of food stuffs**Introduction |
| Day 6 | Methods of enhancing nutritive value |
| **Sept, 2024** | **Chapter11 : Food Preservation** Introduction |
| Day 1 | Causes of Food Spoilage |
| Day 2 | Methods of Preservation |
| Day 3 | Methods of Preservation |
| Day 4 | **Chapter 12 : Balanced Diet**Introduction |
| Day 5 | Food groups |
| Day 6 | Factors affecting balanced diet |
| **Sept, 2024** | **Chapter 13 : Meal Planning** |
| Day 1 | Principles |
| Day 2 | Meal planning  |
| Day 3 | Factors affecting |
| Day 4 | **Chapter 14 : Meal Planning for Children**Introduction |
| Day 5 | RDA and factors affecting |
| Day 6 | Toddlers and School going |
| **Sept, 2024** | **Chapter 15 : Meal Planning During Adolescent** |
| Day 1 | RDA and factors affecting |
| Day 2 | Diet plan for boys and girls |
| Day 3 | **Chapter 16 : Meal Planning for Adults**Stages  |
| Day 4 | Factors affecting |
| Day 5 | Eating disorder of teenagers |
| Day6 | Summery |
| **Oct, 2024** | **Chapter 17 : Meal Planning for pregnant women** |
|  Day 1 | Stages of pregnancy |
| Day 2 | factors affecting meal planning |
| Day 3 | Common discomforts |
| Day 4 | **Chapter 18 : Meal Planning for lactating women**Stages of lactation  |
| Day 5 |  factors affecting |
| Day 6 | Summery |
|  |  |
| **Oct, 2024** | **Chapter 19 : Therapeutic adaptation of the normal diet**  |
|  Day 1 | Introduction  |
| Day 2 | Types of therapeutic diet |
| Day 3 | Mode of Intervention |
| Day 4 | Changes while intervening |
| Day 5 | Need of therapeutic nutrition |
| Day 6 | Summary  |
| **Oct, 2024** | **Chapter 20 : Meal Planning in Typhoid Fever** |
|  Day 1 | Typhoid Fever |
| Day 2 | Meal Planning  |
| Day 3 | **Chapter 21 : Meal Planning in Digestive disorder**Common Disorders |
| Day 4 | Meal Planning for constipation |
| Day 5 | Meal Planning for Diarrhoea |
| Day 6 |  Summary  |
| **Oct, 2024** | **Chapter 22 : Meal Planning During Diabetes mellitus**Introduction |
|  Day 1 | Clinical types of  |
| Day 2 | DM and its management |
| Day 3 | **Chapter 23 : Meal Planning During High Blood Pressure**Causes of HBP  |
| Day 4 | Dietary Management HBP |
| Day 5 | Dietary Management LBP |
| Day 6 | Summary |
| **Nov, 2024** | **Chapter 1 : Food (Revision)** |
|  Day 1 | Introduction  |
| Day 2 | Classification of foods |
| Day 3 | **Chapter 2 : Energy giving food- Carbohydrate(Revision)** |
| Day 4 | Introduction and classification |
| Day 5 | Misbalance of carbohydrates  |
| Day 6 | RDA for different age groups |
| **Nov, 2024** | **Chapter 3 : Body building nutrient-Protein (Revision)** |
|  Day 1 | Assignments  |
| Day 2 | Introduction |
| Day 3 |  Classification  |
| Day 4 | Effects of protein Deficiency  |
| Day 5 | Deference between kwashiorkor and marasmus  |
| Day 6 | Management of PEM  |
| **Nov, 2024** | Summary  |
|  Day 1 | **Chapter 4 : Energy giving Nutrients- Fats and Lipids(Revision)** |
| Day 2 | **Assignments** |
| Day 3 | Introduction |
| Day 4 | Classification of Fats and Lipids |
| Day 5 | Functions of fats and properties of fats |
| Day 6 | Management of excessive fat intake |
| **Nov, 2024** | **Chapter 5 : Body building Nutrients – minerals(Revision)**Introduction and classification of minerals |
|  Day 1 | Major mineral- Calcium and functions of calcium |
| Day 2 | **Chapter 5 : Body building Nutrients - minerals(Revision)** |
| Day 3 | **Assignments** |
| Day 4 | Factors affecting absorption of Calcium |
| Day 5 | Hypocalcaemia , Hypercalcaemia and RDA |
| **Dec, 2024** | **Phosphorus - Effects of phosphorus deficiency and sources of phosphorus** |
|  Day 1 | Potassium |
| Day 2 | Sodium  |
| Day 3 | Effects of Potassium deficiency and effects of excessive intake |
| Day 4 | Effects of Sodium deficiency and effects of excessive intake |
| Day 5 | Summary  |
| Day 6 | Assignment presentation |