

GOVERNMENT COLLEGE BAHADURGARH

LESSON PLAN FOR SESSION 2021-22

Subject Name with code and semester:- Hygiene and Applied Science,B.A. SEMESTER-2nd

Teacher Name:-Dr. Vandana

MONTH	TOPIC
MARCH	Meaning and Objective of Health Education, Health Hazards of Modern Age- Air, Water, Soil, Noise Pollution.
APRIL	Definition of health and hygiene, factors relating to health -- food habits, exercise, rest and sleep and cleanliness of body. 3. Water-importance of water, impurities of water, types of water, sources of contamination and purification of water (natural and domestic methods.). Definition of infection, infective agents, infectious diseases, communicable diseases
MAY	incubation period, modes and channels of transmission of infection, isolation,Disinfectants-Definition, types and methods of disinfection, Immunity -Definition and types of immunity, immunization schedule. Diseases spread by insects : Malaria,Disease spread by ingestion : Enteric Fever, Dysentery, Cholera,Diseases spread by droplet infections; Measles, Mumps, Diptheria, Tuberculosis.
JUNE	Diseases spread by contact : Leprosy, Tetanus. Transmission of heat-Elementary ideas about transmission of heat & their application in daily life, clothes, utensils, fire place, thermos flasks, Thermometers and J scales of measurement, simple conversions- centigrade to Fahrenheit,Evaporation-factors affecting evaporation, refrigeration.

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LESSON PLAN FOR SESSION 2021-22

**Subject Name with code and semester:- HUMAN PHYSIOLOGY,B.A.
SEMESTER-4th.**

Teacher Name:- Dr. Vandana

MONTH	TOPIC
MARCH	Animal cell-structure and functions of cell organelles.
APRIL	Skeletal System: Functions, Types of bones, Names of bones and types of joints. Digestive System; Parts of Alimentary Canal-Mouth, Pharynx, Oesophagus, Stomach, Small Intestine, and Large Intestine. Digestion and Absorption of food Excretory System: Structure and functions of Kidney, Skin and Lungs
MAY	Circulatory System : Composition and Functions of Blood,Heart: Structure and Working, Coagulation of blood, Blood Pressure, Normal levels of hemoglobin, cholesterol, urea, uric acid and glucose in blood.
JUNE	Reproductive System: Female reproductive system, Sex Glands (Male and Female), Menstruation, Fertilization, Pregnancy, Lactation, Endocrine System: Functions of different glands-Pituitary, Thyroid, Parathyroid, Adrenal Gland, islets of Langerhans in Pancreas.

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LESSON PLAN FOR SESSION 2021-22

**Subject Name with code and semester:- Child Psychology,
SEMESTER-6th.**

Teacher Name:- Dr. Vandana

MONTH	TOPIC
MARCH	Definition, aims, subjects, matter, objective of studying child psychology. Learning: --- (a) What is learning, importance of learning. (b) Methods of learning. (c) Factors affecting learning. (d) Role of reward and punishment in learning.
APRIL	Personality development: -- Nature of personality, Definitions, Types of personality factors affecting the development of personality, Play: -- Definition, features of play, Difference between work and play, Types of play, importance of play in childhood
MAY	Stages of the development of the child, characteristics and problems of Adolescence, role of parents and teachers in solving their problems. The Expectant mother: -- (a) Signs of pregnancy (b) Discomforts of pregnancy (c) Ill --effects of an early marriage
JUNE	(a) Breast feeding, (b) artificial feeding (c) Weaning Common ailments of childhood: --- (a) Cold, cough, fever. (b) Digestive disturbances-Diarrhoea, Constipation and Vomiting. (c) Skin infections.