

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor ASHA KHARB

Class B.A. 2nd Sem..... Subject Home Sc. (Hygiene And Applied Science)

Week	Date	Topic
1	01.01.18	Winter vacation
	02.01.18	Winter vacation
	03.01.18	Winter vacation
	04.01.18	Winter vacation
	05.01.18	Winter vacation
	06.01.18	Practical Exam.
	07.01.18	Sunday
2	08.01.18	Introduction of Syllabus.
	09.01.18	Health + Hygiene
	10.01.18	Definition of Health.
	11.01.18	Qualities of Healthy Person.
	12.01.18	Importance of Health
	13.01.18	Health Education.
	14.01.18	Sunday
3	15.01.18	Health Hazards.
	16.01.18	Air Pollution.
	17.01.18	Air Pollution.
	18.01.18	Water Pollution.
	19.01.18	Soil Pollution.
	20.01.18	Soil Pollution.
	21.01.18	Sunday
4	22.01.18	Basant Panchami
	23.01.18	Noise Pollution.
	24.01.18	Control of Pollution.
	25.01.18	Test.
	26.01.18	Republic Day
	27.01.18	Personal Hygiene.
	28.01.18	Sunday
5	29.01.18	Good Habits of Health.
	30.01.18	Eating Habits.
	31.01.18	Guru Ravidas Jayanti

ASHA KHARB
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Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor ASHA KHARB

Class .. B.A. 2nd Sem. Subject .. Home Sc. (Hygiene + Applied Sc.)

Week	Date	Topic
1	01.02.18	Smoking and Drinking effects.
	02.02.18	Tea and Coffee. effects.
	03.02.18	Indigestion.
	04.02.18	Sunday
2	05.02.18	Constipation.
	06.02.18	Importance of Exercise
	07.02.18	Types of Exercise.
	08.02.18.	Yoga and Games.
	09.02.18	Rest and Sleep.
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
3	12.02.18	Insomnia.
	13.02.18	Maha Shivratri
	14.02.18	Cleanliness of Body.
	15.02.18	Types of Bath.
	16.02.18	Cleaning of mouth/Teeth.
	17.02.18	Care of Eyes.
	18.02.18	Sunday
4	19.02.18	Care of Hand + foot.
	20.02.18	cleaning of house.
	21.02.18	Body Posture.
	22.02.18	Effects of Posture.
	23.02.18	functions of water.
	24.02.18	Test.
	25.02.18	Sunday
	5	26.02.18
27.02.18		Sources of water.
28.02.18		MDU Holidays

Aswathy
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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak
 Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor

Class Subject.....

Week	Date	Topic
1	01.03.18	MDU Holidays
	02.03.18	MDU Holidays
	03.03.18	MDU Holidays
	04.03.18	Sunday
2	05.03.18	Impurities of water.
	06.03.18	Purification methods.
	07.03.18	Types of filters.
	08.03.18	R.O filters
	09.03.18	Natural method of Purification
	10.03.18	Infection
	11.03.18	Sunday
3	12.03.18	Agents of Infection.
	13.03.18	Stages of Infection
	14.03.18	Prevention and Control of Infection.
	15.03.18	Disinfection.
	16.03.18	Natural Disinfection.
	17.03.18	Artificial Disinfection.
	18.03.18	Sunday
	19.03.18	Sterilization and fumigation.
4	20.03.18	Test / Assignments.
	21.03.18	Immunity.
	22.03.18	Types of Immunity.
	23.03.18	Shaheedi Diwas
	24.03.18	Immunization.
	25.03.18	Sunday
	26.03.18	Infectious Diseases.
5	27.03.18	Malaria
	28.03.18	Typhoid.
	29.03.18	Mahavir Jayanti
	30.03.18	Cholera
	31.03.18	Diarrhoea + Dysentery.

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak
 Day Wise Lesson Plan for the session January 2018 to April 2018
 Name of Associate Professor
 Class Subject.....

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	Measels + mumps.
	03.04.18	Small Pox
	04.04.18	T.B
	05.04.18	AIDS
	06.04.18	Lepra
	07.04.18	Tetanus.
	08.04.18	Sunday
2	09.04.18	Applied Science
	10.04.18	Transmission of Heat.
	11.04.18	Types of Thermometer.
	12.04.18	Thermos flask.
	13.04.18	Evaporation.
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
	16.04.18	Factors affecting Evaporation
3	17.04.18	Refrigeration
	18.04.18	Parshuram Jayanti
	19.04.18	Revision.
	20.04.18	—do—
	21.04.18	—do—
	22.04.18	Sunday
	23.04.18	—do—
4	24.04.18	—do—
	25.04.18	—do—
	26.04.18	—do—
	27.04.18	—do—
	28.04.18	—do—
	29.04.18	Sunday
	30.04.18	—do—

Aswathy
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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor A.SHA..... KHAR.B.....

Class B.A.U^{4th} Semester..... Subject... HOME SCIENCE (Physiology)

Week	Date	Topic
1	01.01.18	Winter vacation
	02.01.18	Winter vacation
	03.01.18	Winter vacation
	04.01.18	Winter vacation
	05.01.18	Winter vacation
	06.01.18	Practical Exam
2	07.01.18	Sunday
	08.01.18	Introduction of syllabus.
	09.01.18	Cell - organelles.
	10.01.18	Diagram of Cell
	11.01.18	Functions of Cell.
	12.01.18	Nucleus - structure
	13.01.18	Skeleton System
	14.01.18	Sunday
3	15.01.18	Functions of skeleton.
	16.01.18	charts and models of skeleton.
	17.01.18	Skull & Thoracic Cage.
	18.01.18	Bones of upper limb and lower limb
	19.01.18	Vertebral Column.
	20.01.18	C.R Celebration
	21.01.18	Sunday
	22.01.18	Basant Panchami
4	23.01.18	Diagrams of skeleton.
	24.01.18	Types of Joints.
	25.01.18	Test
	26.01.18	Republic Day
	27.01.18	Digestive system
	28.01.18	Sunday
	29.01.18	Diagram of Alimentary Canal
5	30.01.18	Structure of mouth & Teeth.
	31.01.18	Guru Ravidas Jayanti

Aswini
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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate ProfessorASHA.....K.H.A.R.B.....

Class ..B.A.Hth Sem²..... Subject..Home Science (Physiology)

Week	Date	Topic
1	01.02.18	Types of Teeth
	02.02.18	Pharynx and Esophagus.
	03.02.18	Stomach - Diagram
	04.02.18	Sunday
2	05.02.18	Small and large Intestine
	06.02.18	Practice of Diagrams.
	07.02.18	Process of Digestion
	08.02.18.	Absorption.
	09.02.18	function of liver.
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
3	12.02.18	Test and Revision
	13.02.18	Maha Shivratri
	14.02.18	Absorption of Proteins and fats.
	15.02.18	Circulatory System.
	16.02.18	Blood functions
	17.02.18	Blood Composition.
	18.02.18	Sunday
4	19.02.18	Types of W.B.C
	20.02.18	Plasma and Blood groups.
	21.02.18	R.B.C.
	22.02.18	Blood Coagulation.
	23.02.18	Structure of Heart.
	24.02.18	Functions of Heart.
	25.02.18	Sunday
5	26.02.18	Blood Vessels.
	27.02.18	Heart chambers and valves
	28.02.18	MDU Holidays

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor ...ASHA... KHARB.....

Class ...B.A. 4th Sem..... Subject... Home Science (Physiology)

Week	Date	Topic
1	01.03.18	MDU Holidays
	02.03.18	MDU Holidays
	03.03.18	MDU Holidays
	04.03.18	Sunday
2	05.03.18	Revision of circulatory system
	06.03.18	Cardiac cycle
	07.03.18	Heart sounds.
	08.03.18	Blood circulation.
	09.03.18	Blood Pressure.
	10.03.18	Cholesterol.
	11.03.18	Sunday
3	12.03.18	Excretory system.
	13.03.18	Diagram of kidney.
	14.03.18	Functions of kidney.
	15.03.18	Structure of skin
	16.03.18	Functions of skin.
	17.03.18	Urine formation & composition
	18.03.18	Sunday
4	19.03.18	Structure of Nephron.
	20.03.18	Structure of lungs.
	21.03.18	Functions of lungs.
	22.03.18	Test / Assignment
	23.03.18	Shaheedi Diwas
	24.03.18	Reproductive system.
	25.03.18	Sunday
5	26.03.18	Structure of ovaries / testes
	27.03.18	Sex hormones.
	28.03.18	Ovulation
	29.03.18	Mahavir Jayanti
30.03.18	Parts of Reproductive system.	
31.03.18	Fertilization	

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Sign

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Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor ASHA KHARB.....

Class B.A. 4th Semester Subject Home Science (Physiology)

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	Menstrual Cycle.
	03.04.18	Menopause and Pregnancy.
	04.04.18	Pregnancy
	05.04.18	Lactation period.
	06.04.18	Diagrams of Reproduction.
	07.04.18	Endocrine system.
	08.04.18	Sunday
2	09.04.18	Types of glands in body.
	10.04.18	Pituitary
	11.04.18	Thyroid.
	12.04.18	Parathyroid
	13.04.18	Adrenal gland.
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
3	16.04.18	Pancreas.
	17.04.18	Test.
	18.04.18	Parshuram Jayanti
	19.04.18	Revision
	20.04.18	Revision
	21.04.18	Revision.
	22.04.18	Sunday
4	23.04.18	Revision
	24.04.18	— do —
	25.04.18	— do —
	26.04.18	— do —
	27.04.18	— do —
	28.04.18	— do —
	29.04.18	Sunday
	30.04.18	— do —

ASha KharB
Sign

