

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2021-22 (08.10.2021 to 22.02.2022)

Name of Teacher: Dr. Shweta Saini

Subject: Home Science

Week	Date	Class: B.A 2nd Year	Class: B.A 3rd Year
		Semester: 3rd Sem	Semester: 5th Sem
	08.10.2021	Orientation Course	
	09.10.2021	Orientation Course	
	11.10.2021	Introduction	Foods: Introduction
	12.10.2021	Definition of Physiology	Function s & Classification of Food
	13.10.2021	Animal Cell Structure	Function s & Classification of Food
	14.10.2021	Animal Cell Structure	Carbohydrates
	15.10.2021	Dussehra	
	16.10.2021	Animal Cell Structure	Carbohydrates
	18.10.2021	Mitosis	Carbohydrates
	19.10.2021	Mitosis	Fats
	20.10.2021	Maharishi Balmiki Jayanti	
	21.10.2021	Mitosis	Fats
	22.10.2021	Meiosis	Protein
	23.10.2021	Meiosis	Protein
	25.10.2021	Meiosis	Revision
	26.10.2021	Meiosis	Test
	27.10.2021	Meiosis	Vitamin A
	28.10.2021	Revision	Vitamin D
	29.10.2021	Test	Vitamin E
	30.10.2021	Skeletal System Introduction	Vitamin K
	31.10.2021 to 07.11.2021	Diwali Vacations	
	08.11.2021	Function of Skeletal system	Vitamin B ₁
	09.11.2021	Name of Bones	Vitamin B ₂
	10.11.2021	Name of Bones	Vitamin B ₃
	11.11.2021	Name of Bones	Vitamin B ₁₂
	12.11.2021	Name of Joints	Vitamin C
	13.11.2021	Revision	Folic Acid
	15.11.2021	Digestive System Introduction	Revision
	16.11.2021	Organs of Digestive System	Calcium
	17.11.2021	Organs of Digestive System	Iron
	18.11.2021	Organs of Digestive System	Iodine
	19.11.2021	Guru Nanak Dev Jayanti	
	20.11.2021	Digestion of Carbohydrates	Sodium
	22.11.2021	NAAC TEAM VISIT	
	23.11.2021	NAAC TEAM VISIT	
	24.11.2021	Digestion of Carbohydrates	Potassium
	25.11.2021	Digestion of fats	Functions of Water in the Body
	26.11.2021	Digestion of Protein	Role of Dietary Fiber in Human Nutrition
	27.11.2021	Digestion of Protein	Advantage of Cooking
	29.11.2021	Revision	Effect of Cooking on different Nutrients
	30.11.2021	Test	Different cooking Methods: Moist heat

Week	Date	Class: B.A 2nd Year	Class: B.A 3rd Year
		Semester: 3rd Sem	Semester: 5th Sem
	01.12.2021	Circulatory System Introduction	Dry Heat
	02.12.2021	Blood	Frying
	03.12.2021	Composition of Blood	Radiation
	04.12.2021	Function of Blood	Revision
	06.12.2021	Blood Coagulation	Test
	07.12.2021	Structure of Heart	Importance of Enhancing Food value of Food Stuff
	08.12.2021	Structure of Heart	Sprouting
	09.12.2021	Function of Heart	Fermentation
	10.12.2021	Function of Heart	Combination method
	11.12.2021	Normal values of Blood Parameters	Supplementation
	13.12.2021	Revision	Meal Planning
	14.12.2021	Revision	Meal Planning
	15.12.2021	Excretory system Introduction	Concept of Balance Diet
	16.12.2021	Function of Kidney	Concept of Balance Diet
	17.12.2021	Function of Kidney	Principles of Meal Planning
	18.12.2021	Function of Skin	Factors Affecting Meal Planning
	20.12.2021	Function of Lungs	Principles of Meal Planning for School going Children
	21.12.2021	Reproductive System Introduction	Principles of Meal Planning for School going Children
	22.12.2021	Organ and Functioning of Male sex gland	Principles of Meal Planning for School going Children
	23.12.2021	Organ and Functioning of Male sex gland	Principles of Meal Planning for adolescent
	24.12.2021	Organ and Functioning of Male sex gland	Principles of Meal Planning for adolescent
	25.12.2021	Christmas	
	27.12.2021	Organ and Functioning of Male sex gland	Principles of Meal Planning for adolescent
	28.12.2021	Menstruation	Principles of Meal Planning for Adult
	29.12.2021	Menstruation	Principles of Meal Planning for Adult
	30.12.2021	Fertilization	Principles of Meal Planning for Adult
	31.12.2021	Fertilization	Revision
	01.01.2022	Revision	Test
	03.01.2022	Revision	Pregnant Women
	04.01.2022	Test	Pregnant Women
	05.01.2022	Endocrine Glands Introduction	Lactating Women
	06.01.2022	Functions of Glands	Lactating Women
	07.01.2022	Pituitary	Revision
	08.01.2022	Pituitary	Introduction to Therapeutic Diet
	10.01.2022	Pituitary	Normal Diet
	11.01.2022	Thyroid	Soft Diet
	12.01.2022	Thyroid	Fluid Diet
	13.01.2022	Adrenal	Revision
	14.01.2022	Adrenal	Diet in Diseases: Typhoid Fever
	15.01.2022	Pancreas	Diarrhea
	17.01.2022	Pancreas	Constipation
	18.01.2022	Revision	Diabetes
	19.01.2022	Revision	Diabetes
	20.01.2022	Test	Diabetes
	21.01.2022	Nervous System Introduction	High Blood Pressure

Week	Date	Class: B.A 2nd Year	Class: B.A 3rd Year
		Semester: 3rd Sem	Semester: 5th Sem
	22.01.2022	Nervous System Introduction	High Blood Pressure
	24.01.2022	Nervous System Introduction	High Blood Pressure
	25.01.2022	Brain	Revision
	26.01.2022	Republic Day	
	27.01.2022	Brain	Importance of Food Preservation
	28.01.2022	Revision	Cause of Food Spoilage
	29.01.2022	Spinal Cord	Cause of Food Spoilage
	31.01.2022	Spinal Cord	Principles of Food Preservation
	01.02.2022	Reflux Action	Principles of Food Preservation
	02.02.2022	Reflux Action	Household Methods of Food Preservation
	03.02.2022	Revision	Household Methods of Food Preservation
	04.02.2022	Revision	Revision
	05.02.2022	Basant Panchami	
	07.02.2022	Revision	Revision
	08.02.2022	Revision	Revision
	09.02.2022	Revision	Revision
	10.02.2022	Revision	Revision
	11.02.2022	Revision	Revision
	12.02.2022	Revision	Revision
	14.02.2022	Revision	Revision
	15.02.2022	Revision	Revision
	16.02.2022	Guru Ravidas Jayanti	
	17.02.2022	Test	Test
	18.02.2022	Test	Test
	19.02.2022	Test	Test
	21.02.2022	Test	Test
	22.02.2022	Test	Test

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2021-22 (08.10.2021 to 22.02.2022)

Name of Teacher : Ms. Upasana

Subject : Homescience

Week	Date	Class: B.A.1st year	
		Semester: 1st Sem	
	08.10.2021	Orientation Course	
	09.10.2021	Orientation Course	
	11.10.2021	Introduction	
	12.10.2021	Concept of home science	
	13.10.2021	Concept of home science	
	14.10.2021	Scope of home science	
	15.10.2021	Dussehra	
	16.10.2021	Scope of home science	
	18.10.2021	Scope of home science	
	19.10.2021	Job opportunities	
	20.10.2021	Maharishi Balmiki Jayanti	
	21.10.2021	Job opportunities	
	22.10.2021	Elements of art	
	23.10.2021	Elements of art	
	25.10.2021	Elements of art	
	26.10.2021	Principles of art	
	27.10.2021	Principles of art	
	28.10.2021	Principles of art	
	29.10.2021	Revision	
	30.10.2021	Test	
	31.10.2021 to 07.11.2021	Diwali Vacations	
	08.11.2021	Test	
	09.11.2021	Colour	
	10.11.2021	Color wheel	
	11.11.2021	Color wheel	
	12.11.2021	Characteristics of color	
	13.11.2021	Schemes of color	
	15.11.2021	Schemes of color	
	16.11.2021	Color in different areas	
	17.11.2021	Color in different areas	
	18.11.2021	Color in different areas	
	19.11.2021	Guru Nanak Dev Jayanti	
	20.11.2021	Introduction of layout	
	22.11.2021	NAAC TEAM VISIT	
	23.11.2021	NAAC TEAM VISIT	
	24.11.2021	Layout of different rooms	
	25.11.2021	Layout of different rooms	
	26.11.2021	Layout of different rooms	
	27.11.2021	Revision	
	29.11.2021	Test	
	30.11.2021	Introduction of flower arrangement	
	01.12.2021	Meaning of flower arrangement	

Week	Date	Class: B.A.1st year	
		Semester: 1st Sem	
	02.12.2021	Types of flower arrangement	
	03.12.2021	Types of flower arrangement	
	04.12.2021	Importance of flower arrangement	
	06.12.2021	Revision	
	07.12.2021	Test	
	08.12.2021	Resource Management	
	09.12.2021	Definition of resource management	
	10.12.2021	Importance of resource management	
	11.12.2021	Steps in the process of management	
	13.12.2021	Steps in the process of management	
	14.12.2021	Family resources	
	15.12.2021	Classification of family resources	
	16.12.2021	Classification of family resources	
	17.12.2021	Management of resources	
	18.12.2021	Money management	
	20.12.2021	Types of income	
	21.12.2021	Process of money management	
	22.12.2021	Budgeting	
	23.12.2021	Keeping records	
	24.12.2021	Revision	
	25.12.2021	Christmas	
	27.12.2021	Test	
	28.12.2021	Energy management	
	29.12.2021	Process of energy management	
	30.12.2021	Fatigue	
	31.12.2021	Rest periods	
	01.01.2022	Time management	
	03.01.2022	Process of time management	
	04.01.2022	Peak loads	
	05.01.2022	Revision	
	06.01.2022	Test	
	07.01.2022	Work simplification	
	08.01.2022	Work simplification	
	10.01.2022	Work simplification	
	11.01.2022	Methods of work simplification	
	12.01.2022	Methods of work simplification	
	13.01.2022	Methods of work simplification	
	14.01.2022	Revision	
	15.01.2022	Test	
	17.01.2022	Consumer education	
	18.01.2022	Consumer education	
	19.01.2022	Consumer education	
	20.01.2022	Consumer choice	
	21.01.2022	Consumer choice	
	22.01.2022	Buying problems	
	24.01.2022	Defective weights	
	25.01.2022	Defective measures	
	26.01.2022	Republic Day	

Week	Date	Class: B.A.1st year	
		Semester: 1st Sem	
	27.01.2022	Food adulteration	
	28.01.2022	Food adulteration	
	29.01.2022	Food adulteration	
	31.01.2022	Consumer Protection	
	01.02.2022	Revision	
	02.02.2022	Revision	
	03.02.2022	Revision	
	04.02.2022	Revision	
	05.02.2022	Basant Panchami	
	07.02.2022	Revision	
	08.02.2022	Revision	
	09.02.2022	Revision	
	10.02.2022	Revision	
	11.02.2022	Revision	
	12.02.2022	Revision	
	14.02.2022	Revision	
	15.02.2022	Test	
	16.02.2022	Guru Ravidas Jayanti	
	17.02.2022	Test	
	18.02.2022	Test	
	19.02.2022	Test	
	21.02.2022	Test	
	22.02.2022	Test	