

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2022-23 (01.09.2022 to 24.12.2022)

Name of Teacher: Dr. Shweta Saini

Subject: Home Science

Week	Date	Class: B. A 2nd year	Class: B. A 3rd year
		Semester - III	Semester -IV
	01.09.2022	Introduction	
	02.09.2022	Definition of Physiology	Function s & Classification of Food
	03.09.2022	Animal Cell	Function s & Classification of Food
	05.09.2022	structure	Carbohydrates
	06.09.2022	Mitosis	Carbohydrates
	07.09.2022	Mitosis	Fats
	08.09.2022	Mitosis	Fats
	09.09.2022	Meiosis	Protein
	10.09.2022	Meiosis	Protein
	12.09.2022	Meiosis	Revision
	13.09.2022	Meiosis	Test
	14.09.2022	Meiosis	Vitamin A
	15.09.2022	Revision	Vitamin D
	16.09.2022	Test	Vitamin E
	17.09.2022	Skeletal System Introduction	Vitamin K
	19.09.2022	Shaheed Udham Singh's Martyrdom Day	
	20.09.2022	Function of Skeletal system	Vitamin B ₁
	21.09.2022	Name of Bones	Vitamin B ₂
	22.09.2022	Name of Bones	Vitamin B ₅
	23.09.2022	a War Hero's Martyrdom Day	
	24.09.2022	Name of Bones	Vitamin B12
	26.09.2022	Agrasen Jayanti	
	27.09.2022	Name of Joints	Vitamin C
	28.09.2022	Revision	Folic Acid
	29.09.2022	Digestive System Introduction	Calcium
	30.09.2022	Organs of Digestive System	Iron
	01.10.2022	Organs of Digestive System	Iodine
	03.10.2022	Organs of Digestive System	Sodium
	04.10.2022	Organs of Digestive System	Potassium
	05.10.2022	Dussehra	
	06.10.2022	Digestion of Carbohydrates	Functions of Water in the Body
	07.10.2022	Digestion of fats	Role of Dietary Fiber in Human Nutrition
	08.10.2022	Digestion of Protein	Advantage of Cooking
	10.10.2022	Revision	Effect of Cooking on different Nutrients
	11.10.2022	Test	Different cooking Methods: Moist heat
	12.10.2022	Circulatory System	Dry Heat
	13.10.2022	Introduction	Frying
	14.10.2022	Blood	Radiation
	15.10.2022	Composition of Blood	Revision
	17.10.2022	Function of Blood	Test
	18.10.2022	Blood Coagulation	Importance of Enhancing Food value of Food Stuff
	19.10.2022	Structure of Heart	Sprouting

Week	Date	Class: B. A 2nd year	Class: B. A 3rd year
		Semester - III	Semester -IV
	20.10.2022	Structure of Heart	Fermentation
	21.10.2022	Function of Heart	Combination method
	22.10.2022 to 26.10.2022	Diwali Vacations	
	27.10.2022	Function of Heart	Supplementation
	28.10.2022	Function of Heart	Meal Planning
	29.10.2022	Normal values of Blood Parameters	Meal Planning
	31.10.2022		
	01.11.2022	Ryana Day	
	02.11.2022	Revision	Concept of Balance Diet
	03.11.2022	Revision	Concept of Balance Diet
	04.11.2022	Excretory system Introduction	Principles of Meal Planning
	05.11.2022	Function of Kidney	Factors Affecting Meal Planning
	07.11.2022	Function of Kidney	Principles of Meal Planning for School going Children
	08.11.2022	Nak Dev Jayanti	
	09.11.2022	Function of Skin	Principles of Meal Planning for School going Children
	10.11.2022	Function of Lungs	Principles of Meal Planning for adolescent
	11.11.2022	Reproductive System Introduction	Principles of Meal Planning for adolescent
	12.11.2022	Organ and Functioning of Male sex gland	Principles of Meal Planning for Adult
	14.11.2022	Organ and Functioning of Male sex gland	Principles of Meal Planning for Adult
	15.11.2022	Organ and Functioning of Female sex gland	Revision
	16.11.2022	Organ and Functioning of Female sex gland	Test
	17.11.2022	Menstruation	Pregnant Women
	18.11.2022	Menstruation	Pregnant Women
	19.11.2022	Fertilization	Lactating Women
	21.11.2022	Fertilization	Lactating Women
	22.11.2022	Revision	Revision
	23.11.2022	Revision	Introduction to Therapeutic Diet
	24.11.2022	Test	Normal Diet
	25.11.2022	Endocrine Glands Introduction	Soft Diet
	26.11.2022	Functions of Glands	Fluid Diet
	28.11.2022	Pituitary	Revision
	29.11.2022	Pituitary	Diet in Diseases: Typhoid Fever
	30.11.2022	Thyroid	Diarrhea
	01.12.2022	Thyroid	Constipation
	02.12.2022	Adrenal	Diabetes
	03.12.2022	Adrenal	Diabetes
	05.12.2022	Pancreas	High Blood Pressure
	06.12.2022	Pancreas	High Blood Pressure
	07.12.2022	Revision	Revision
	08.12.2022	Revision	Importance of Food Preservation
	09.12.2022	Test	Cause of Food Spoilage

Week	Date		Class: B. A 2nd year	Class: B. A 3rd year
			Semester - III	Semester -IV
	10.12.2022		Nervous System	Principles of Food Preservation
	12.12.2022		Introduction	Household Methods of
	13.12.2022		Brain	Food Preservation
	14.12.2022		Brain	Revision
	15.12.2022		Spinal Cord	Revision
	16.12.2022		Spinal Cord	Revision
	17.12.2022		Reflux Action	Revision
	19.12.2022		Revision	Test
	20.12.2022		Revision	Test
	21.12.2022		Revision	Test
	22.12.2022		Revision	Test
	23.12.2022		Revision	Test
	24.12.2022		Revision	Test



Dayanand Mahila Mahavidyalaya, Kurukshetra**Lesson Plan (Odd Semester)****Session 2022-23 (01.09.2022 to 24.12.2022)****Name of Teacher: Ms. Upasana****Subject : Homescience**

Week	Date	Class	
		Semester - I	
	01.09.2022	Orientation Course	
	02.09.2022	Orientation Course	
	03.09.2022	Introduction	
	05.09.2022	Concept of home science	
	06.09.2022	Concept of home science	
	07.09.2022	Scope of home science	
	08.09.2022	Scope of home science	
	09.09.2022	Scope of home science	
	10.09.2022	Job opportunities	
	12.09.2022	Job opportunities	
	13.09.2022	Elements of art	
	14.09.2022	Elements of art	
	15.09.2022	Elements of art	
	16.09.2022	Principles of art	
	17.09.2022	Principles of art	
	19.09.2022	Principles of art	
	20.09.2022	Revision	
	21.09.2022	Revision	
	22.09.2022	Revision	
	23.09.2022	Shaheedi Diwas/Haryana War Hero's Martyrdom Day	
	24.09.2022	Test	
	26.09.2022	Maharaja Agrasen Jayanti	
	27.09.2022	Test	
	28.09.2022	Colour	
	29.09.2022	Color wheel	
	30.09.2022	Color wheel	
	01.10.2022	Characteristics of color	
	03.10.2022	Schemes of color	
	04.10.2022	Schemes of color	

Week	Date	Class	
		Semester - I	
	05.10.2022	Dussehra	
	06.10.2022	Color in different areas	
	07.10.2022	Color in different areas	
	08.10.2022	Color in different areas	
	10.10.2022	Introduction of layout	
	11.10.2022	Layout of different rooms	
	12.10.2022	Layout of different rooms	
	13.10.2022	Layout of different rooms	
	14.10.2022	Revision	
	15.10.2022	Test	
	17.10.2022	Introduction of flower arrangement	
	18.10.2022	Meaning of flower arrangement	
	19.10.2022	Types of flower arrangement	
	20.10.2022	Types of flower arrangement	
	21.10.2022	Importance of flower arrangement	
	22.10.2022 to 26.10.2022		Diwali Vacations
	27.10.2022	Revision	
	28.10.2022	Test	
	29.10.2022	Resource Management	
	31.10.2022	Definition of resource management	
	01.11.2022	Haryana Day	
	02.11.2022	Importance of resource management	
	03.11.2022	Steps in the process of management	
	04.11.2022	Steps in the process of management	
	05.11.2022	Family resources	
	07.11.2022	Classification of family resources	
	08.11.2022	Guru Nanak Dev Jayanti	
	09.11.2022	Classification of family resources	
	10.11.2022	Management of resources	
	11.11.2022	Money management	
	12.11.2022	Types of income	
	14.11.2022	Process of money management	
	15.11.2022	Budgeting	
	16.11.2022	Keeping records	

Week	Date	Class	
		Semester - I	
	17.11.2022	Revision	
	18.11.2022	Test	
	19.11.2022	Energy management	
	21.11.2022	Process of energy management	
	22.11.2022	Fatigue	
	23.11.2022	Rest periods	
	24.11.2022	Time management	
	25.11.2022	Process of time management	
	26.11.2022	Peak loads	
	28.11.2022	Work simplification	
	29.11.2022	Methods of work simplification	
	30.11.2022	Methods of work simplification	
	01.12.2022	Consumer education	
	02.12.2022	Consumer choice	
	03.12.2022	Buying problems	
	05.12.2022	Defective weights	
	06.12.2022	Defective measures	
	07.12.2022	Food adulteration	
	08.12.2022	Consumer Protection	
	09.12.2022	Revision	
	10.12.2022	Revision	
	12.12.2022	Revision	
	13.12.2022	Revision	
	14.12.2022	Revision	
	15.12.2022	Revision	
	16.12.2022	Test	
	17.12.2022	Test	
	19.12.2022	Test	
	20.12.2022	Test	
	21.12.2022	Test	
	22.12.2022	Test	
	23.12.2022	Test	
	24.12.2022	Test	