

**RAJIV GANDHI GOVT. COLLEGE FOR WOMEN, BHIWANI**

**LESSON PLAN 2022-23**

**Class:** B A 2nd Sem

**Name of Paper:** Preventive Health and Hygiene(T)

**Name of Practical:** Preventive Health and Hygiene (P)

**Name of Teacher:** Dr. Kavita

<b>Month</b>	<b>Week</b>	<b>Theory</b>	<b>Practical</b>
<b>March</b>	Week 5th	Meaning and objective of health education.	Cleaning of metals.
<b>April</b>	Week 1st	Importance of health education.	Polishing of metals.
	Week 2nd	Mental health and concept of health education.	Cleaning of different articles.
	Week 3rd	Importance of health education.	Polishing of different articles.
	Week 4th	Awareness Regarding Health Education and its Services.	
<b>May</b>	Week 1st	1. Health hazards of the modern age. 2. Medical and Electrical waste and its management techniques.	Preparation of charts related to personal hygiene.
	Week 2nd	Water Importance 1. Impurities in water, sources of water contamination Water purification methods ( household and natural)	Preparation of charts on pollution.
	Week 3rd	<ul style="list-style-type: none"> <li>• Rain water harvesting system and its importance .</li> <li>• First Aid: meaning and importance in daily life.</li> </ul>	Preparation of charts on electrical and medical waste.
	Week 4th	Infection 1. Definition, infective agents. 2. Types of infection. 3. Periods of infectivity.	Preparation of model on rain water harvesting system.
	Week 5th	Disinfectants: 1. Definition and types of disinfectants Methods of disinfection.	Preparation of model on Rain water harvesting system.
<b>June</b>	Week 1st	Immunity: Definition and types of immunity. Understanding of immunity.	Preparation of charts on save water.
	Week 2nd	Infectious diseases; causes, incubation period, mode of spread, symptoms, prevention and control of diseases through different modes.	Preparation of first aid box.
	Week 3rd	Diseases spread by contact and soil - leprosy, tetanus and Aids, malaria, dengue.	Survey regarding immunization schedule in PHCs
	Week 4th	Health problems among women- menstrual cycle, breast cancer and cervical cancer.	Survey and visit to Anganwadi centers.

**RAJIV GANDHI GOVT. COLLEGE FOR WOMEN, BHIWANI****LESSON PLAN 2022-23****Class:** B A 4<sup>th</sup> Sem**Name of Paper:** Basic Food and Nutrition (C.C) T**Name of Practical:** Basic Food and Nutrition (C.C) P**Name of Teacher:** Dr. Kavita

<b>Month</b>	<b>Week</b>	<b>Theory</b>	<b>Practical</b>
<b>March</b>	Week 4th	Food-Classification & Functions of Food Groups	Standard and Household Measures of Raw Foods.
	Week 5th	Essential Food Constituents: Carbohydrates, Protein, Fats, Water, Source: Functions,.	Standard and Household Measures of Raw Foods.
<b>April</b>	Week 1st	Nutritional Contribution of the following Foods; Cereals, Pulses, Fruits and Vegetables, Milk and Milk Products etc.	Standard and household measures of cooked foods.
	Week 2nd	Nutritional Contribution of the following Foods: Nuts and Oils, Meat, Fish, Poultry and Egg, Condiments and Spices.	Preparation of Minimum Two Dishes by using moist heat methods
	Week 3rd	Food constituents: --- Carbohydrates, Protein, Fats, Water. Functions and recommended daily allowances, effect of deficiency and excess of these food constituents -	Preparation of minimum two dishes by using dry heat methods
	Week 4th	Vitamins: A, D, C, B1, B2, Niacin Minerals - Calcium, Phosphorus .	Preparation of minimum two dishes by using deep frying methods
<b>May</b>	Week 1st	Food source, functions, recommended daily allowances, effects of deficiency & excess of the above. Unit test	Preparation of minimum two dishes by using baking.
	Week 2nd	Balanced diet. Sources of balanced diet and its importance.	Preparation of product that can be preserved.
	Week 3rd	Cooking- definition, objectives and principals of cooking.	Preparation of minimum two dishes by using microwave.
	Week 4th	Cooking methods:Importance and Effect of cooking on different nutrients. Methods of cooking, their advantages and disadvantages:	Preparation of food items by fermentation.
	Week 5th	Heat-Boiling, Stewing, steaming. Dry heat-Roasting, grilling, baking etc.	Preparation of food items by germination.
<b>June</b>	Week 1st	Microwave Cooking in Detail.	Evaluation and measuring of dishes.
	Week 2nd	Assignment and Class Test.	Evaluation and measuring of dishes.
	Week 3rd	Revision.	Using of household measures for food items.
	Week 4th	Revision	Do Practice

**RAJIV GANDHI GOVT. COLLEGE FOR WOMEN, BHIWANI****LESSON PLAN 2022-23****Class:** B A 6<sup>th</sup> Sem**Name of Paper:** Child Psychology and Mother Craft (T)**Name of Practical:** Child Psychology and Mother Craft(P)**Name of Teacher:** Dr. Kavita

<b>Month</b>	<b>Week</b>	<b>Theory</b>	<b>Practical</b>
<b>March</b>	Week 4th	Child Psychology- Definition, aims	Planning of Meals.
	Week 5th	Child Psychology-Subjects and its Objectives.	Planning of Meals.
<b>April</b>	Week 1st	Learning; What is learning and its importance.	Planning of Meals for Preschool Children.
	Week 2nd	Methods of learning.Factors affecting learning	Planning of Meals for Preschool Children.
	Week 3rd	Role of reward and punishment in learning with detailed outcomes.	Preparation of Meals for School going Child.
	Week 4th	Personality Development: Nature of personality, definition, types of personality, factors affecting the development of personality.	Planning and Preparation of Meals for Boys.
<b>May</b>	Week 1st	Play- Definition, features of play, difference between work and play, types of play, importance of play in childhood.	Planning and Preparation of Meals for Girls.
	Week 2nd	Development: Stages of development of the child, characteristic and problems of adolescence, role of parents and teachers in solving Their problems.	Planning and Preparation of Meals for Adult
	Week 3rd	The Expectant mother: Pregnancy, signs of pregnancy,discomfort of pregnancy, ill effects of early marriage.	Planning and Preparation of Meals for Pregnant mothers.
	Week 4th	Child Feeding System: Breast feeding, artificial feeding and weaning and its types in detail.	Planning and Preparation of Meals for Lactating Mothers.
	Week 5th	Common ailments of childhood: cold,cough and fever. Ailments factors of these diseases.	Prepare Preservative Foods: Two Types Pickle.
<b>June</b>	Week 1st	Digestive disturbance Diarrhoea, constipation and vomiting.	Prepare Preservative Foods: Two Types of Chutney.
	Week 2nd	Child skin and its related issues in detail during early years. Causing factors of skin problems.	Prepare Preservative Foods: Two Types of Jam or Squash.
	Week 3rd	Class Test and Assignments.	Prepare Preservative Foods: Two Types Morrabba.
	Week 4th	Revision	Do Practice