**Lesson Plan of B.A. IInd year (IIIrd Semester)**

**Home Science Subject**

**Name of Paper- Human Physiology**

**Class Teacher- Dr. Sonali Gupta**

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| **Sr. No.** | **Name of Topic** | **During the Period** |
| 1. | Skeletal System: Functions of skeleton, Different types of bones, Axial and Appendicular skeleton, Joints of the skeleton system | 1st  September to 8th September 2022 |
| 2. | Digestive System : Different Parts of Digestive System, Mechanic and Chemical Process, Alimentary Canal and Mouth, Small Intestine Digestion in Small Intestine, Large Intestine, Digestion in Large Intestine, Accessory Glands | 9th September 2022 to  20th September 2022 |
| 3. | Excretory System: Kidney, Structure and functions of kidney, Skin, Structure and functions of Skin, Lungs, Structure and Skin, | 21st September 2022 to 4th October 2022 |
| 4. | Circulatory System : Blood and composition of blood, Coagulation, Heart, Heart Cycle, Types of Blood Circulation, Blood Pressure, Uric Acid , Urea, Haemoglobin, cholesterol and glucose in blood | 5th October2022 to 21st October 2022 |
| 5. | Reproductive System: Male Reproductive System and its functions, Female Reproductive System and its Functions, Menstrual Cycle, Fertilization | 27th October 2022 to 13th November 2022 |
| 6. | Nervous system: Parts of Nervous system, Brain, Spinal Cord, Reflex Action | 14th  November 2022 to 25th November 2022 |
| 7. | Animal Cell: Structure of Animal Cell, Mitosis, Meiosis, | 26th November to 11thDecember  2022 |
| 8. | Endocrine glands: Functions of different glands  Adrenal Gland,Thyroid Gland, Islets of Langerhans in Pancreas | 11thDecember to 24thDecember2022 |

**Lesson Plan of B.A. Ist year (Ist Semester)**

**Home Science Subject**

**Name of Paper- Family Resource Management**

**Class Teacher- Dr. Sonali Gupta**

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| **Sr. No.** | **Name of Topic** | **During the Period** |
| 1. | Concept and Scope of Home Science, | 1st  September to 8th September 2022 |
| 2. | Elements and Principles of Arts | 9th September 2022 to  20th September 2022 |
| 3. | Colour – characteristics and different schemes, | 21st September 2022 to 4th October 2022 |
| 4. | Layout of different rooms in a House, | 5th October2022 to 21st October 2022 |
| 5. | Flower arrangement | 27th October 2022 to 13th November 2022 |
| 6. | Resource Management,  Family Resources- Money/ Energy/ Time, | 14th  November 2022 to 30th November 2022 |
| 8. | Consumer Education | 1 st December 2022 to 24thDecember2022 |

**Sonali Gupta**

**Lesson Plan of B.A. IIIrd year (Vth Semester)**

**Home Science Subject**

**Name of Paper- Foods and Nutrition**

**Class Teacher- Dr. Sonali Gupta**

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| **Sr. No.** | **Name of Topic** | **During the Period** |
| 1. | Food and its classification  Carbohydrate, Proteins and Fats | 1st  September to 8th September 2022 |
| 2. | Fat soluble vitamin: Vitamin A, D, E and K  Water soluble vitamins: B-complex and Vitamin C | 9th September 2022 to  18th September 2022 |
| 3. | Minerals | 19th September 2022 to 30th September 2022 |
| 4. | Methods of Enhancing Nutritive Value of Food: Supplementation and Fortification | 1st October2022 to 9thOctober 2022 |
| 5. | Principles and Methods of Cooking: Advantages and Principles of Cooking Food, Different Methods of Cooking Food ,Cooking By Moist Heat, Frying, Moist Heat Radiation, Solar Cooking, Microwave Cooking, Effect of Cooking on Different Nutrients | 10th October 2022 to 16th October 2022 |
| 6. | Water: Role of Water in the Body | 17th  October 2022 to 21stOctober 2022 |
| 7. | Dietary Fibre: Role of Dietary Fibre in Human Nutrition | 27th October 2022 to 2ndNovember 2022 |
| 8. | Meal Planning: Factors Affecting Meal Planning, Principles of Meal Planning, Concept of Balanced Diet | 3rdNovember 2022 to8thNovember 2022 |
| 9. | Principles of Meal Planning for Preschool School Going Children and School Going Children | 9thNovember 2022 to 16thNovember 2022 |
| 10. | Principles of Meal Planning for Adolescents and Adults | 17thNovember 2022 to 27thNovember 2022 |
| 11. | Principles of Meal Planning for Pregnant Women and Lactating Mother | 28thNovember 2022 to 4thDecember 2022 |
| 12. | Therapeutic Nutrition: Different types of therapeutic diets, Therapeutic adaptation of different diets | 5thDecember 2022 to 10thDecember 2022 |
| 13. | Planning of diet in different conditions:  i) Planning of diet in Typhoid  ii) Planning of diet in Diabetes Mellitus  iii) Planning of diet in High Blood Pressure  iv) Planning of diet in Constipation and Diarrhoea | 11thDecember 2022 to 20thDecember 2022 |
| 14. | Food Preservation: Importance of Food Preservation, Principles of Food Preservation,Methods of Food Preservation | 20thDecember to 24thDecember2022 |

**Sonali Gupta**