

Lesson Planning for the semester 2nd w.e. f. January to April 2018.

Name of College: - Dronacharya Degree college

Name of Teacher with designation: - Mamta Chopra (A.P.Home science)

Department: - Home Science

Class: - B.A -(1st year)- 2nd sem

Subject:-Home Science [Health and Hygiene] (Theory)

Months	Topic / Chapter To Be Covered	Academic activity	Test/ assignment
January	Health and Hygiene- A. Personal hygiene, Definition of hygiene and factors effecting it-food habits, cleanliness, exercise and sleep. B. Water-Importance of water, impurities present in water, source of contamination of water purification C. First aid-meaning, importance in daily life.	class seminar	Class test
February	Infection and Disinfectants- A. Infection-definition of infection B. Types of diseases and their mode of spread. C. Channels of infection. Disinfectants- definition types and method of disinfectants.	Quiz	Class test
March	Infection diseases- A. Diseases spread by insects-malaria, dengue B. Diseases spread by ingestion –dysentery , cholera , typhoid C. Diseases spread by droplet infection – chicken pox, measles, mumps D. Diseases spread by contacts – leprosy , AIDS.	class seminar	Assignment
April	Immunity –Definition, types of immunity & immunization schedule. Common emerging health problems among women : cancer of breast and cervical	class seminar	Assignment

(Signature of the teacher concerned with date)