

Lesson Plan of Home Science  
Name of the Assistant / Associate Professor: Pam. Bala  
Class and Semester: B.A. 1<sup>st</sup> year, II<sup>nd</sup> Sem.  
Subject Name :- Hygiene and Applied Science (3h)

Week 1, Day 1, Date: 1 Jan 2018 University Holidays
Week 1, Day 2, Date: 2 Jan 2018 Po
Week 1, Day 3, Date: 3 Jan 2018 Po
Week 1, Day 4, Date: 4 Jan 2018 Po
Week 1, Day 5, Date: 5 Jan 2018 Holiday
Week 1, Day 6, Date: 6 Jan 2018 Introduction - about Subject • Hygiene & Applied Science
Week 2, Day 1, Date: 8 Jan 2018 Chapter-1 Health Education - Meaning & objective
Week 2, Day 2, Date: 9 Jan 2018 Health hazards of Modern Age - Air pollution
Week 2, Day 3, Date: 10 Jan 2018 Water pollution
Week 2, Day 4, Date: 11 Jan 2018 Soil pollution
Week 2, Day 5, Date: 12 Jan 2018 Noise pollution
Week 2, Day 6, Date: 13 Jan 2018 Holiday

Lesson Plan of .....

Name of the Assistant /Associate Professor:-.....

Class and Semester.....

Subject Name :-.....

Week 3, Day 1, Date: 15 Jan 2018	Chapter - 1 Test
Week 3, Day 2, Date: 16 Jan 2018	Chapter - 2 Introduction - Health & Hygiene
Week 3, Day 3, Date: 17 Jan 2018	factors affecting to health - food habits, exercise
Week 3, Day 4, Date: 18 Jan 2018	rest & sleep
Week 3, Day 5, Date: 19 Jan 2018	Cleanliness of body
Week 3, Day 6, Date: 20 Jan 2018	Chapter - 2 Test
Week 4, Day 1, Date: 22 Jan 2018	Chapter - 3 Water - meaning & definition
Week 4, Day 2, Date: 23 Jan 2018	Importance of water
Week 4, Day 3, Date: 24 Jan 2018	Holiday
Week 4, Day 4, Date: 25 Jan 2018	Impurities of water
Week 4, Day 5, Date: 26 Jan 2018	Holiday
Week 4, Day 6, Date: 27 Jan 2018	Types of water

Lesson Plan of .....

Name of the Assistant /Associate Professor:-.....

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Subject Name :-.....

Week 5, Day 1, Date: 29 Jan 2018 Sources of Contamination
Week 5, Day 2, Date: 30 Jan 2018 Natural methods of water purification
Week 5, Day 3, Date: 31 Jan 2018 Continued
Week 5, Day 4, Date: 1 Feb 2018 Domestic methods of water purification
Week 5, Day 5, Date: 2 Feb 2018 Chapter - 3 Test
Week 5, Day 6, Date: 3 Feb 2018 Holiday
Week 6, Day 1, Date: 5 Feb 2018 Unit Test - 1 . chapter - 1, 2, & 3.
Week 6, Day 2, Date: 6 Feb 2018 Unit - 2 Chapter - 4 - Introduction & Definition of Infection.
Week 6, Day 3, Date: 7 Feb 2018 Infective agents
Week 6, Day 4, Date: 8 Feb 2018 . Infectious diseases - types
Week 6, Day 5, Date: 9 Feb 2018 Hepatitis -
Week 6, Day 6, Date: 10 Feb 2018 HIV/AIDS

Lesson Plan of .....

Name of the Assistant / Associate Professor: .....

Class and Semester .....

Subject Name : .....

Week 7, Day 1, Date: 12 Feb 2018 Measles
Week 7, Day 2, Date: 13 Feb 2018 Shigellosis
Week 7, Day 3, Date: 14 Feb 2018 Tuberculosis
Week 7, Day 4, Date: 15 Feb 2018 Chapter - 5 Disinfectants - Definition Introduction &
Week 7, Day 5, Date: 16 Feb 2018 Types & Methods of disinfection
Week 7, Day 6, Date: 17 Feb 2018 Air disinfectants - alcohol & aldehydes
Week 8, Day 1, Date: 19 Feb 2018 Oxidising agents - Sodium hypochlorite Electrolysed water
Week 8, Day 2, Date: 20 Feb 2018 Chloramine, Hydrogen peroxide
Week 8, Day 3, Date: 21 Feb 2018 Salt - iodine, Peracetic acid
Week 8, Day 4, Date: 22 Feb 2018 <del>Potassium</del> Potassium permanganate
Week 8, Day 5, Date: 23 Feb 2018 Phenol, Thymol
Week 8, Day 6, Date: 24 Feb 2018 Silver & copper alloy surface

Lesson Plan of .....

Name of the Assistant /Associate Professor:-.....

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Subject Name :-.....

Week 9, Day 1, Date: 26 Feb 2018

Test Chapter - 4

Week 9, Day 2, Date: 27 Feb 2018

Test chapter - 5

Week 9, Day 3, Date: 28 Feb 2018

Holiday

Week 9, Day 4, Date: 1/3/2018

Holiday

Week 9, Day 5, Date: 2/3/2018

Holiday

Week 9, Day 6, Date: 3/3/2018

Holiday

Week 10, Day 1, Date: 5/3/2018

Chapter - 6 Immunity - Introduction & definition

Week 10, Day 2, Date: 6/3/2018

Types of immunity

Week 10, Day 3, Date: 7/3/2018

Immunisation schedule.

Week 10, Day 4, Date: 8/3/2018

Unit - 2 Test Chapter - 4, 5, 6.

Week 10, Day 5, Date: 9/3/2018

Unit - 3 Chapter - 7 Insects - Introduction

Week 10, Day 6, Date: 10/3/2018

Disease spread by insect - Malaria

Lesson Plan of .....

Name of the Assistant / Associate Professor: .....

Class and Semester: .....

Subject Name :- .....

Week 11, Day 1, Date: 12/3/2018 Continued
Week 11, Day 2, Date: 13/3/2018 Test chapter - 7
Week 11, Day 3, Date: 14/3/2018 Chapter - 8 Disease spread by ingestion - Enteric fever
Week 11, Day 4, Date: 15/3/2018 Continued
Week 11, Day 5, Date: 16/3/2018 Dysentery
Week 11, Day 6, Date: 17/3/2018 Continued
Week 12, Day 1, Date: 19/3/2018 Cholera
Week 12, Day 2, Date: 20/3/2018 Continued & Test chapter-8
Week 12, Day 3, Date: 21/3/2018 Chapter-9 Disease spread by droplet infections - Measles
Week 12, Day 4, Date: 22/3/2018 Mumps
Week 12, Day 5, Date: 23/3/2018 Diphtheria
Week 12, Day 6, Date: 24/3/2018 Continued

Lesson Plan of .....

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Week 13, Day 1, Date: 26/3/2018 Tuberculosis
Week 13, Day 2, Date: 27/3/2018 Continued
Week 13, Day 3, Date: 28/3/2018 Test chapter - 9
Week 13, Day 4, Date: 29/3/2018 Chapter - 10 Diseases spread by contact - Leprosy
Week 13, Day 5, Date: 30/3/2018 Continued
Week 13, Day 6, Date: 31/3/2018 Tetanus
Week 14, Day 1, Date: 2/4/2018 Test chapter - 10
Week 14, Day 2, Date: 3/4/2018 Unit - 4 Chapter - 11 Transmission of heat
Week 14, Day 3, Date: 4/4/2018 Elementary ideas about transmission of heat
Week 14, Day 4, Date: 5/4/2018 application of transmission of heat in daily life
Week 14, Day 5, Date: 6/4/2018 Clothes, utensils
Week 14, Day 6, Date: 7/4/2018 Boiled place & thermos flasks.

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Week 15, Day 1, Date: 9/4/2018

Test Chapter - 11

Week 15, Day 2, Date: 10/4/2018

Chapter - 12 Thermometer

Week 15, Day 3, Date: 11/4/2018

J Scales of measurement

Week 15, Day 4, Date: 12/4/2018

Simple conversions - Centigrade to Fahrenheit

Week 15, Day 5, Date: 13/4/2018

Test session/ Chapter - 12

Week 15, Day 6, Date: 14/4/2018

Holiday

Week 16, Day 1, Date: 15/4/2018

Chapter - 13 Evaporation - Introduction

Week 16, Day 2, Date: 17/4/2018

Factors affecting evaporation

Week 16, Day 3, Date: 18/4/2018

Holiday

Week 16, Day 4, Date: 19/4/2018

Sublimation

Week 16, Day 5, Date: 20/4/2018

Test chapter - 13

Week 16, Day 6, Date: 21/4/2018

Unit - 4 test

Lesson Plan of .....

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Week 17, Day 1, Date: 23/4/2018

Revision unit - 1

Week 17, Day 2, Date: 24/4/2018

Test unit - 1

Week 17, Day 3, Date: 25/4/2018

Revision unit - 2

Week 17, Day 4, Date: 26/4/2018

Test unit - 2

Week 17, Day 5, Date: 27/4/2018

Revision unit - 3

Week 17, Day 6, Date: 28/4/2018

Test unit - 3

Week 18, Day 1, Date: 30/4/2018

Revision unit - 4

Week 18, Day 2, Date:

Test unit - 4

Week 18, Day 3, Date:

Week 18, Day 4, Date:

Week 18, Day 5, Date:

Week 18, Day 6, Date: