

## LESSON PLAN

Name of the Teacher: Dr. Renuka Malik

Class: BA II semester (16.01.2023-16.05.2023)

Subject: Home Science (Hygiene and Applied Science)

Week	Topic
1.	Meaning and Objective of Health Education, Health Hazards of Modern Age-Air, Water, Soil, Noise Pollution.
2.	Definition of health and hygiene, factors relating to health -- food habits, exercise, rest and sleep and cleanliness of body.
3.	Water-importance of water, impurities of water, types of water, sources of contamination and purification of water (natural and domestic methods.).
4.	Definition of infection, infective agents, infectious diseases, communicable diseases, incubation period, modes and channels of transmission of infection, isolation.
5.	Disinfectants-Definition, types and methods of disinfection.
6.	Immunity -Definition and types of immunity, immunization schedule.
7.	Diseases spread by insects: Malaria.
8.	Disease spread by ingestion: Enteric Fever, Dysentery, Cholera.
9.	Diseases spread by droplet infections; Measles, Mumps, Diphtheria, Tuberculosis.
10.	Diseases spread by contact: Leprosy, Tetanus.
11.	Transmission of heat-Elementary ideas about transmission of heat & their application in daily life, clothes, utensils, fire place, thermos flasks.
12.	Thermometers and J scales of measurement, simple conversions- centigrade to Fahrenheit. Evaporation-factors affecting evaporation, refrigeration.

Note: Holi Break (05.03.2023-12.03.2023)

  
(Dr. Renuka Malik)