**Govt. P.G. COLLEGE FOR WOMEN, SECTOR-14, PANCHKULA**

**LESSON-PLAN (Session 2020-21) ODD SEMESTER**

**Name of Professor**: **Mrs. Mani Narwal**

**Designation:** Assistant Professor

**Subject:** Home Science

**Class:** B.Sc 2& 3 & M.Sc (2nd sem)

**Subject/Paper:** Home Science

|  |  |  |  |
| --- | --- | --- | --- |
| **Sr. No.** | **Months/ Classes** | **Topics to be covered** | **Remarks if any,** |
| 1. | **August**  **B.Sc II (201)** | Basic principles of meal planning and factors affecting meal planning. Nutrition in infancy, advantages of breast feeding over artificial feeding with reference to nutritional and anti bacterial qualities of human milk only. Formula feeding, Weaning, Supplementary feeding. |  |
| 2. | **B.Sc III (301)** | Diet therapy, principles of diet therapy, adaptation of normal diet to light, soft,  full fluid, clear fluid and bland diet. |  |
| 3. | **M.Sc IIndyear**  **Paper XIX** | The rationale for Women's Studies. - Meaning and significance - Growth of women's studies in India and other countries. |  |
| 4. | **M.Sc IInd Yr.**  **Paper XX** | Adjustment Patterns and Changing Lifestyles in Old Age - Family patterns in later life: Changing roles and the aging family; Conjugal: Husband - Wife Relations in old age; Sexual adjustment. |  |
| 5. | **September B.Sc II (201)** | Nutrition for preschoolers, school going children and adolescents – requirement for different food groups and nutrients. |  |
| 6. | **B.Sc III (301)** | Causes, symptoms and dietary modifications of the following: Diarrhoea, constipation, peptic ulcer, Fever |  |
| 7. | **M.Sc IIndyear**  **Paper XIX** | Theoretical perspectives in women's studies. - Consequences of gender differences |  |
| 8. | **M.Sc IInd Yr.**  **Paper XX** | family relations; Grand parenthood; Widowhood/ Singlehood; Alternative lifestyle; Second marriage in the later life |  |
| 9. | **October**  **B.Sc II (201)** | Nutrition for adults: Definition of Reference adult man and woman, requirement for different food groups and nutrients. Nutrition during old age: Physiological changes, problems, requirement for foods and nutrients |  |
| 10. | **B.Sc III (301)** | Dietary modifications in surgical conditions Weight imbalance – underweight, overweight, obesity. |  |
| 11. | **M.Sc IInd year**  **Paper XIX** | Female mortality - Discrimination in nutrition and health care - Socialization of girl child |  |
| 12. | **M.Sc IInd Yr.**  **Paper XX** | Disengagement theory, Activity theory, Human development theory, Age stratification theory. Work, leisure and retirement patterns. Death Dying and Bereavement - Impact of death on society; Attitude towards death |  |
| 13. | **Novemeber**  **B.Sc II (201)** | Pregnancy and lactation : Physiological changes, problems, requirement for foods and nutrients. |  |
| 14. | **B.Sc II (301)** | Liver disorders – Jaundice, Viral Hepatitis, Cirrhosis and Hepatic Coma. Renal disorders – Acute & chronic renal failure, Nephritis & Kidney stones. Arthritis, Gout |  |
| 15. | **M.Sc IIndyear**  **Paper XIX** | Problems and issues related to women in India - Child marriage - Female foeticide, infanticide |  |
| 16. | **M.Sc IInd Yr.**  **Paper XX** | ; Denial and thoughts of death; bereavement, grief and social setting. Services and programs for the Aged - Categories of services: |  |
| 17. | **December**  **M.Sc IIndyear**  **Paper XIX** | Dowry - Violence - Women's identity - Educational opportunities and sex based education |  |
| 18. | **M.Sc IInd Yr.**  **Paper XX** | Housing, health, leisure time activities; institution for the aged, day care centres; economic programmes; Re-engagement (after retirement). |  |

Signature of Class incharge: Principal

**Govt. P.G. COLLEGE FOR WOMEN, SECTOR-14, PANCHKULA**

**LESSON-PLAN (Session 2020-21) ODD SEMESTER**

**Name of Professor**: **Mrs. Mani Narwal**

**Designation:** Assistant Professor

**Subject:** Home Science

**Class:** B.Sc1st year

**Subject/Paper:** Home Science

|  |  |  |  |
| --- | --- | --- | --- |
| **Sr. No.** | **Months/ Classes** | **Topics to be covered** | **Remarks if any,** |
| 1. | **October** | Personal Hygiene , Mental Health , Concept of Positive Health. Immunity - Definition and types of immunity, vaccination schedule (Triple Vaccine, BCG, Polio drops etc.)  Diseases spread through water and food - cholera, diarrhea, hepatitis, and tuberculosis |  |
| 2. | **November** | Diseases spread by insects - Malaria, Dengue ,Diseases caused by viruses - Polio, measles chicken pox, cold. |  |
| 3. | **December** | Diseases spread by contact and soil - Leprosy, Tetanus, Immune Disorders - AIDS. |  |
| 4. | **January** | School Hygiene, National Health Programmes. |  |

Signature of Class incharge: Principal