**Summary of Lesson Plan**

**Subject:** Health and Hygiene (102)

**Class:** B.A. IInd Semester

**Assistant Professor:** Mrs. Mamta Sharma

**Month January**

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| **Date** | **Topic** |
| 1/1/2018 | **Unit 1:** Section 1 Health and Hygiene  Discussion on important terms Health, Hygiene, Health education, Personal Hygiene.  Definition of Heath by WHO and others authors. Importance of Health.  Clarify types of Health |
| 2/1/2018 , 3/1/2018 and 4/1/2018 | Factors affecting heath  Discussion on how can we keep oneself and our surrounding clean. |
| 5/1/2018 | Holiday Guru Gobind Singh Jayanti |
| 6/1/2018 | Assignment |
| 7/1/2018 | Sunday |
| 8 /1/2018 | **Unit 1**: **Section 2 Water**  Introduction to water, Types of water, Sources of water, Importance of water. |
| 9 /1/2018 | Contamination of water  Classification of impurities Sources of impurities Harmful effects of impure water  Natural method of water purification |
| 10 /1/2018 | Household method of water purification (Physical) |
| 11 /1/2018 | Household method of water purification (Physical method) |
| 12 /1/2018 | Household method of water purification (chemical method) |
| 13 /1/2018 | Household method of water purification (Mechanical method )  Assignment  Observation how water bodies in your locality get contaminated |
| 14/1/2018 | Sunday |
| 15/1/2018 | **Unit 1: Section 3** **First Aid**  Meaning of First Aid, Principle , First Aid Kit, importance of First Aid |
| 16/1/2018 | Demonstration of First Aid Techniques C.R.P., Method of lifting and transporting a victim |
| 17/1/2018 | Demonstration on type of Bandages and tying of bandages |
| 19/1/2018 | Demonstration on First Aid at different situation |
| 20/1/2018 | Demonstration on First Aid at different situation  Assignment |
| 21/1/2018 | Sunday |
| 22/1/2018 | Vasant Panchmi |
| 23/1/2018 | Query |
| 24/1/2018 | Sir Chotu Ram Jayanti |
| 25/1/2018 | Revision |
| 26/1/2018 | Republic Day |
| 27/1/2018 | Test |
| 28/1/2018 | Sunday |
| 29/1/2018 | **Unit 2: Section 1 Infection**  Definition of Infection, Infective Agents , Period of infectivity  Types of infection, Characteristics of infectious disease, Stages of infectious disease |
| 30/1/2018 | Channels and modes of infection and Prevention and control of infection |
| 31/1/2018 | Holiday GuruRavi Das Jayanti |
| **Month February**  1/2/2018 | **Unit 2 Section 2 Disinfectants**  Definition of disinfectant and antiseptic, difference between these two terms, need of disinfectant. |
| 2/2/2018 | Types of disinfectant |
| 3/2/2018 | Types of disinfectant |
| 4/2/2018 | Sunday |
| 5 /2/2018 | Types of disinfectant |
| 6 /2/2018 | Types of disinfectant |
| 7/2/2018 | Revision /Assignment |
| 8/2/2018 | Test |
| 9/2/2018 | Immunity |
| 10/2/2018 | Holiday Maharishi Dayanand Saraswati Jayanti |
| 11/2/2018 | Sunday |
| 12/2/2018 | Factors affecting immunity and type of immunity |
| 13/2/2018 | Maha Shiv Ratri |
| 14/2/2018 | Vaccine |
| 15/2/2018 | Visit to PHC |
| 16/2/2018 | Revision |
| 17/2/2018 | Test |
| 18/2/2018 | Sunday |
| 19/2/2018 | Discussion on disease spread by insect |
| 20/2/2018 | Malaria Mode of spread , Incubation period cause |
| 21/2/2018 | Malaria symptoms Prevention and Control |
| 22/2/ 2018 | Test |
| 23/2/2018 | Dengue -Mode of spread , Incubation period and cause |
| 24/2/2018 | Dengue -symptoms Prevention and Control |
| 25/2/2018 | Sunday |
| 26/2/2018 | Test |
| 27/2/2018 | Test |
| 28/2/2018 | Vacation |
| **Month March**  1/3/2018 | Guru Ravi Das Birth Day |
| 2/3/2018 | Holi |
| 3/3/2018 | Vacation |
| 4/3/2018 | Sunday |
| 05/3/2018 | Disease spread by ingestion  Dysentery- Mode of spread , Incubation period and cause |
| 6 /3/2018 | Dysentery - symptoms Prevention and Control |
| 7/3/2018 | Test |
| 8/3/2018 | Disease spread by ingestion  Cholera- Mode of spread , Incubation period and cause |
| 9/3/2018 | Cholera-symptoms Prevention and Control |
| 10/3/2018 | Test |
| 11/3/2018 | Sunday |
| 12/3/2018 | Typhoid- Mode of spread , Incubation period and cause  symptoms Prevention and Control |
| 13/3/2018 | Disease spread by droplet infection  Chicken Pox- Mode of spread , Incubation period and cause |
| 14/3/2018 | Chicken Pox- Symptoms Prevention and Control |
| 15/3/2018 | Measles- Mode of spread , Incubation period and cause |
| 16/3/2018 | Measles- Symptoms Prevention and control |
| 17/3/2018 | Mumps- Mode of spread , Incubation period and cause |
| 18/3/2018 | Sunday |
| 19/3/2018 | Mumps- Symptoms Prevention and control |
| 20/3/2018 | Query |
| 21/3/2018 | Test |
| 22/3/2018 | Disease spread by contact Leprosy- Mode of spread , Incubation period and cause |
| 23/3/2018 | Shaheedi Diwas |
| 24/3/2018 | Leprosy Symptoms Prevention and control |
| 25/3/2018 | Ram Nawami/ Sunday |
| 26/3/2018 | AIDS |
| 27/3/2018 | AIDS |
| 28/3/2018 | AIDS |
| 29/3/2018 | Mahavir Jayanti |
| 30/3/2018 | Good Friday |
| 31/3/2018 | Revision |
| Month April  1/4/2018 | Sunday |
| 2/4/2018 | Meaning of cancer |
| 3/4/2018 | Cervical cancer |
| 4/4/2018 | Possible cause of cancer |
| 5/4/2018 | Symptom and Diagnose of cancer |
| 6/4/2018 | Stages of cervical cancer and treatment |
| 7/4/2018 | query |
| 8/4/2018 | Sunday |
| 9/4/2018 | Test |
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| 10/4/2018 | Breast cancer- introduction |
| 11/4/2018 | Types of breast cancer |
| 12/4/2018 | Risk factors |
| 13/4/2018 | Test |
| 14/4/2018 | Dr.Ambedkar Jayanti |
| 15/4/2018 | Sunday |
| 16/4/2018 | Symptoms |
| 17/4/2018 | Test |
| 18/4/2018 | Stages of breast cancer, diagnose |
| 19/4/2018 | Treatment of breast cancer |
| 20/4/2018 | Parashurama Jayanti |
| 21/4/2018 | Query |
| 22/4/2018 | Sunday |
| 23/4/2018 | Unit I test |
| 24/4/2018 | Revision |
| 25/4/2018 | Unit 11 |
| 26/4/2018 | Revision |
| 27/4/2018 | query |
| 28/4/2018 | Test |