

Name of Lecturer:- <u>PINKY</u>	Class :- <u>BA IIIrd → VIth Semester</u>
Department :- <u>HOME-SCIENCE</u>	Name of Subject :- <u>HUMAN DEVELOPMENT</u>

January

Week -1 (1-6) Child Psychology - Meaning & Definitions, Aims, Subject Matter, objectives & importance.
Practical - Preparation of Desserts.

Note :- 7 Jan - Sunday

Week -2 (8-13) Learning - Definitions, characteristics of learning, Importance, Different methods of learning. [Test of above topics]
Practical - Snacks - Using method of baking.

Note :- 14 Jan - Sunday

Week -3 (15-20) Factors affecting Learning Process (Physiological, Psychological & Environment factors), Role of Reward & Punishment in learning.
Practical - Snacks - Using method of Frying [Test of above Topics]

Note :- 21 Jan - Sunday

Week -4 (22-27) Intelligence - Definitions, characteristics, Important concepts used in intelligence testing, factors affecting intelligent quotient, Measurement.
Practical - Snacks - Using method of grilling [Test of above Topics]

Note :- 22 Jan - Vasant Panchami, 24 Jan - Sir Chhotu Ram Jayanti, 26 Jan - Republic Day, 28 Jan - Sunday

Week -5 (29-31) Personality Development - Definitions, Types, factor affecting the development of personality (Heredity & Environment) [Test of above Topics]
Practical - Preparation of salad & salad dressing

Note :-

February

Week -1 (1-3) Play - Definitions, features of play, Difference between play & work, types, Importance of play in childhood. [Test of above Topics]
Practical - Preparation of Indian & continental salad

Note :- 4 Feb - Sunday

Week -2 (5-10) Stages of development - Infancy (Birth to 2 yrs) - characteristics are Physical, motor, language etc development. [Test of above Topics]
Practical - Preparation of packed lunch.

Note :- 10 Feb - Maharshi Dayanand Saraswati Jayanti, 11 Feb - Sunday

Week -3 (12-17) Childhood - (2 to 12 yrs) - characteristics of early & late childhood
Practical - Preparation of picnic lunch [ASSESSMENT TEST - 1st Learning & Play chapter.

Note :- 13 Feb - Maha Shivratri, 18 Feb - Sunday

Week -4 (19-24) Adolescence - Definitions, characteristics of adolescents, problems, Roles of parents & teachers in solving the problems of adolescents.
Practicals - food preservation - Pickle (any two) [Test of above topics]

Note :- 25 Feb - Sunday

Week -5 (26-28) Expectant Mother - Symptoms & signs of pregnancy, Discomforts of pregnancy, Care of expectant mother [Test of above topics]
Practical - chutney (any two)

Note :-

March

Week -1 (1-3)	UNIVERSITY BREAK
Note :-	1 March - Guru Ravidas Birthday, 2 March - Holi, 4 March - Sunday
Week -2 (5-10)	<u>Early Marriage</u> - Meaning & definitions, Effects of early marriage <u>Practical</u> - Jam (any two types) ASSESSMENT TEST - IInd - Adolescent & weaning food chapters
Note :-	11 March - Sunday
Week -3 (12-17)	<u>Care of New born Infant</u> - Selection of clothes for infants, Bathing, Bathing of infant <u>Practical</u> - Squash (any two) [Test of above topics]
Note :-	18 March - Sunday
Week -4 (19-24)	<u>Feeding of an Infant</u> - Breast feeding - Advantages of breast feeding. Breast feeding verses Artificial feeding - Advantages & types. <u>Practical</u> - Maltokha (any two) [Test of above topics]
Note :-	23 March - Shaheedi Diwas of Bhagat Singh, Rajguru & Sukhdev, 25 March - Sunday / Ram Navami
Week -5 (26-31)	<u>Weaning</u> - Definitions, Needs, Methods (By Replacing mother's milk with some other milk, By supplementary foods) [Test of above topics] <u>Practical</u> - Party dishes & their presentation with table setting (1) [Topics]
Note :-	29 March - Mahavir Jayanti
April	
Week -1 (2-7)	<u>Common Ailments of childhood</u> - Cold, Cough, Fever (causes, symptoms, Treatment) <u>Practical</u> - Party dish (2 nd) [Test of above topics]
Note :-	1 April - Sunday, 8 March - Sunday
Week -2 (9-14)	<u>Digestive Disturbances</u> - Diarrhoea, Constipation & Vomiting (Types, symptoms & treatment) <u>Practical</u> - Microwave cookery (1) [Test of above topics]
Note :-	14 April - Dr. Ambedkar Jayanti / Vaisakhi, 15 April - Sunday
Week -3 (16-21)	<u>Skin Infections</u> - Prickly Heat or heat Rash, Alergy. (Types, causes, symptoms & treatment) <u>Practical</u> - Microwave cookery (2) [Test of above topics]
Note :-	18 April - Parashurama Jayanti, 22 April - Sunday
Week -4 (23-28)	<u>Convulsion [fits]</u> - types, causes, symptoms & treatment [Test of above topics] <u>Practical</u> - checking file.
Note :-	29 April - Sunday
Week -5 (30)	Revision of all chapter <u>Practical</u> - final checking of all recipe files.
Note :-	

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