

Lesson Plan
Mehr Chand Mahajan DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans- Odd Semester (Semester-I)
Session – 2024-25
Department- Zoology
Name of the Teacher- Dr. Divya Sharma
Subject- Zoology- Multi Disciplinary Course
Course Code: ZOO-MDC-1-101
Course Title: Health and Hygiene

Month	Date		Topics to be Covered	Academic Activity to be Undertaken
	From	To		
July	22.07.2024	31.07.2024	Nutrition <ul style="list-style-type: none"> • Classification of foods -Carbohydrates, proteins, lipids, vitamins and minerals. • Balanced diet and Malnutrition. • Nutritional deficiencies and disorders. 	Power point presentation, group discussion, assignments, Flipped classroom method
August	01.08.2024	31.08.2024	Health <ul style="list-style-type: none"> • Definition of Health. • Concept of Health & Diseases. • Factors influencing Health. • Immunity: Innate and Acquired Immunity. • Basic concept of Vaccines and Allergy. 	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 27.08.2024 to review the progress of syllabus as per lesson plans				
September	01.09.2024	30.09.2024	Diseases <ul style="list-style-type: none"> • Introduction to diseases, types of diseases: Communicable and Non-Communicable diseases. • Communicable Diseases: Causes, Symptoms and Prevention - Measles, polio, Influenza, Chikungunya, Rabies and AIDS. MST	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 24.09.2024 to review the progress of syllabus as per lesson plans				
October	01.10.2024	31.10.2024	Diseases <ul style="list-style-type: none"> • Non-Communicable diseases and their preventive measures – Hypertension, Coronary Heart diseases, Stroke and Diabetes. • Hygiene: Concept, Meaning, Principles, and Importance. • Standard Hygiene Practices. 	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 29.10.2024 to review the progress of syllabus as per lesson plans				
November	01.11.2024	18.11.2024	Hygiene <ul style="list-style-type: none"> • Types of Hygiene: Personal, Food, and Community. • Health awareness, Food adulteration and inspections. Revision and Class test	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 18.11.2024 to review the completion of syllabus as per lesson plans				
End semester Examination 19.11.2024 to 26.12.2024				