Lesson Plan

Mehr Chand Mahajan DAV College for Women, Sector – 36A, Chandigarh

Monthly Teaching Plans- Odd Semester (Semester-I)

Session – 2026-27

Department- Zoology

Name of the Teacher- Dr. Jasleen Kaur & Dr. Ruby Singh

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	23.07.2026	31.07.2026	Concept and dimensions of health: physical, mental, and social; Factors influencing health Nutrition: Concept and importance of Balanced diet Major nutrients and their functions: Carbohydrates, Proteins, Fats, Vitamins: (A, B-complex, C, D), Minerals (Calcium, Iron, Iodine)	Power point presentation, group discussion, assignments, Flipped classroom method
August	01.08.2026	31.08.2026	Common nutritional deficiency disorders: Anemia, goiter, rickets, scurvy, kwashiorkor, and marasmus (Causes and symptoms) Lifestyle diseases: Obesity, Diabetes, and Hypertension (Causes and prevention)	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 26.08.2026 to review the progress of syllabus as per lesson plans				
September	01.09.2026	30.09.2026	Hygiene: Concept and types- personal and environmental hygiene Role of hygiene in disease prevention Communicable and non-communicable diseases: definition and examples **MST**	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 23.09.2026 to review the progress of syllabus as per lesson plans				
October	01.10.2026	31.10.2026	Immunization: Definition and its importance for health Major government initiatives for hygiene and health	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 28.10.2026 to review the progress of syllabus as per lesson plans				
November	01.11.2026	17.11.2026	Objectives of Swachh Bharat Mission, Jal Jeevan Mission, National Health Mission, and School Health Programme **Revision and Class test**	Powerpoint presentation, group discussion, assignments, Flipped classroom method
End semester Examination 18.11.2026 to 31.12.2026				

Lesson Plan

Mehr Chand Mahajan DAV College for Women, Sector – 36A, Chandigarh

Monthly Teaching Plans- Even Semester (Semester-II)

Session – 2026-2027

Department- Zoology

Name of the Teacher- Dr. Ruby Singh

Subject- Zoology- Multi-disciplinary Course

Course Code: ZOO-MDC-2-201

Course Title: UNDERSTANDING HUMAN BODY

Month	Date		Topics to be Covered	Academic Activity to be Undertaken
	From	To		
January	15.01.2027	31.01.2027	Digestive System: Parts of the alimentary canal and their functions; Location and functions of major digestive glands in the human body (Salivary glands, Liver and Pancreas) Respiratory System: Human respiratory organs; Parts of the respiratory tract; Breathing mechanism; Inhalation and Exhalation)	Power point presentation, group discussion, assignments, Flipped classroom method, Practical demonstration through anatomical models
Departmental Meeting on 27.01.2027 to review the progress of syllabus as per lesson plans				
February	01.02.2027	28.02.2027	Cardiovascular System: Basic structure of the human heart; Differences between artery and vein; Route of blood circulation (flow chart) Excretory System: Parts of the human excretory system; External structure of kidney	Power point presentation, group discussion, assignments, Flipped classroom method, Practical demonstration through anatomical models
Departmental Meeting on 24.02.2027 to review the progress of syllabus as per lesson plans				
March	01.03.2027	31.03.2027	Skeletal and Muscular System Parts of Axial and Appendicular Skeleton; Differences between Striated, Smooth and Cardiac Muscles Nervous System: Lobes of the Human Brain (Location and function); Segments of Spinal cord; Structure of Neuron **MST**	Power point presentation, group discussion, assignments, Flipped classroom method, Practical demonstration through anatomical models
Departmental Meeting on 24.03.2027 to review the progress of syllabus as per lesson plans				
April	01.04.2027	26.04.2027	Reproductive System: Parts of the Male reproductive system; Parts of the Female reproductive system **Revision and Class test**	Power point presentation, group discussion, assignments, Flipped classroom method, Practical demonstration through anatomical models
Departmental Meeting on 21.04.2027 to review the completion of syllabus as per lesson plans				
End semester Examination from 27.04.2027 to 05.06.2027				

Lesson Plan

Mehr Chand Mahajan DAV College for Women, Sector – 36A, Chandigarh

Monthly Teaching Plans- Odd Semester (Semester-III)

Session – 2026-27

Department- Zoology

Name of the Teacher- Dr. Aanchal Batra

Subject- Zoology- Multi Disciplinary Course

Course Code: ZOO-MDC-3-301

Course Title: First Aid and Emergency Management

Month	Date		Topics to be Covered	Academic Activity to be Undertaken
	From	To		
July	20.07.2026	31.07.2026	**Introduction to First Aid:** First aid: Meaning, importance of first aid, first aider, laws of first aid, contents of an ideal first aid kit.	Power point presentation, group discussion, assignments, Flipped classroom method
August	01.08.2026	31.08.2026	**Procedures and Techniques of First Aid:** Dressing, bandaging, splinting, transportation of the injured, CPR (steps in performing CPR)	Power point presentation, group discussion, assignments, Flipped classroom method, Training Workshop
Departmental Meeting on 26.08.2026 to review the progress of syllabus as per lesson plans				
September	01.09.2026	30.09.2026	**First Aid in Emergency:** Drowning, fractures in bone, shock, wound, burns, haemorrhages, bleeding (types and prevention), accidents, poisoning, bites and stings.	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 23.09.2026 to review the progress of syllabus as per lesson plans				
October	01.10.2026	31.10.2026	**Community Emergencies** First Aid during emergencies like fire explosions, famines, floods.	Power point presentation, group discussion, assignments, Flipped classroom method
Departmental Meeting on 28.10.2026 to review the progress of syllabus as per lesson plans				
November	01.11.2026	17.11.2026	**Community Emergencies** First Aid during emergencies like earthquakes, Disaster Management.	Power point presentation, group discussion, assignments, Flipped classroom method
End semester Examination 18.11.2026 to 31.12.2026				