

Kanya Mahavidyalaya, Kharkhoda (Sonepat)

Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mr. Priti Guleria
Class and Section:
Subject: Community Nutrition
Paper:
Year/Semester: semester 5th

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
	Introduction of community nutrition,
October (Week-3)	Concept of Community Nutrition, Nutritional problems confronting our country, - Causes of mal nutrition in India.. Class test.
October (Week-4)	Methods of assessment of nutritional status
November (Week-1)	Malnutrition & Infection. Class test.

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	National and International agencies in community nutrition, Integrated Child Development Service(ICDS),
November (Week-3)	School Nutrition Programme (SNP), World Health Organization (WHO),
November (Week-4)	United Nations Children Emergency Fund(UNICEF), National Institute of Nutrition (NIN), Class test.

December (Week-1)	Central food Technological Research (CFTRI,

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Nutrition Education: - Importance of nutrition education,
December (Week-3)	Nutrition Education: - Importance of nutrition education, Nutrition education methods: - Posters, Charts, Audio visual aids, Lectures Class test.
December (Week-4)	Audio visual aids, Lectures Class test.
January (Week-1)	Strategies to combat Nutritional problems – Fortification

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	supplementation, Class test.
January (Week-3)	Immunization Programme
January (Week-4)	Breast Feeding
February (Week-1)	Breast Feeding advantages

06 Feb. 2021 to 25 Feb. 2021

Month/Week	
February (Week-2)	Weaning foods
February (Week-3)	Importance of correct and timely weaning.
February (Week-4)	Sessional examination. Class test.

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. Deepika
Class and Section:
Subject: electrotherapy 3
Paper:
Year/Semester: semester 5

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-2)	(A) Introduction to high frequency current, Electro Magnetic Spectrum
October (Week-3)	B)SWD: Define short wave, Frequency & Wavelength of SWD, Principle of Production of Short Waved Diathermy (SWD
October (Week-4)	Circuit diagram & Production of SWD, Methods of Heat Production by SWD treatment, Types of SWD Electrode
November (Week-1)	Placement & Spacing of Electrodes, Tuning, Testing of SWD Apparatus, Physiological

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Physiological & Therapeutic effects, Indications & Contraindications, Dangers, Dosage parameters.
November (Week-3)	Pulsed Electro Magnetic Energy
November (Week-4)	(A)Micro Wave Diathermy: Define Microwave, Wave length & Frequency
December (Week-1)	Production of MW, Applicators, Dosage Parameters, Physiological & Therapeutic effects, Indications & Contraindications, Dangers of micro wave diathermy(

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	A)Ultrasound : Define Ultrasound, Frequency
December (Week-3)	Piezo Electric effects: Direct, Reverse
December (Week-4)	Production of Ultrasonic(US), Treatment Dosage parameters :
January (Week-1)	Continous & Pulsed mode, Intensity, US Fields: Near field, Far field, Half value distance,

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Attenuation, Coupling Media, Thermal effects, Nonthermal effects
January (Week-3)	Principles & Application of US: Direct contact Water bag, Water bath, Solid sterile gel pack method for wound Uses of US, Indications & Contraindications, Dangers of Ultrasound
January (Week-4)	Phonophoresis: Define Phonophoresis Methods of application, Commonly used drugs, Uses is Dosage of US.
February (Week-1)	(A)IRR: Define IRR(Infrared rays), wavelength & Parameters

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	Types of IR generators
February (Week-3)	Production of Infra Radiation(
February (Week-4)	Physiological & Therapeutic effects, Duration & frequency of Treatment, Indication & Contraindication

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor:Mrs. Deepika
Class and Section:
Subject Human nutrition and metabolism -1
Paper:
Year/Semester: semester 5

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-2)	Nutrition and its relation to health
October (Week-3)	Food Acceptance and food behavior
October (Week-4)	internal factors influencing the intake of food.
November (Week-1)	External factors influencing the intake of food. Digestion of food- role of gastrointestinal tract, hepatobiliary system and pancreas

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Absorption- mechanisms of transport
November (Week-3)	Digestion, absorption and metabolic conversions (in brief), functions,
November (Week-4)	sources, requirements effects of deficiencies and excess of Carbohydrates: sugar, starches, fibre
December (Week-1)	Metabolic conversions to include utilization of glucose (postabsorptive),

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	de utilization of glucose (postabsorptive), conversion to glycogen and fat.
December (Week-3)	Glucose homeostasis and role of hormones (in brief)
December (Week-4)	sources, requirements, effects of deficiencies and excess of lipids
January (Week-1)	Digestion, Absorption, transport (in brief), functions, sources

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	fatty acids, fat, cholesterol,
January (Week-3)	Role of lipoproteins and implications for health (in brief)
January (Week-4)	deficiencies and excess of protein and amino acids
February (Week-1)	IV Digestion, absorption and metabolic conversions (in brief), functions,

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	requirement during different stages of lifecycle
February (Week-3)	amino acids-essential and non- essential amino acids.
February (Week-4)	Disposal of nitrogenous wastes-role of liver and kidney, Protein synthesis and breakdown vis-a vis the intake

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. Deepika
Class and Section:
Subject: exercise therapy 3
Paper:
Year/Semester: semester 5

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-3)	Joint mobilization:
October (Week-4)	Definition – Mobilization, Manipulation, indications, limitations
November (Week-1)	Mobilization, Manipulation, indications, limitations, contraindications and precautions, applications of

	Mobilization technique to various joints.
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06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Principles of Maitland, Mulligan and Meckzi joint Manipulation techniques
November (Week-3)	Stretching: Definition,
November (Week-4)	properties of soft tissue, mechanical and neurophysiological properties of connective tissue,
December (Week-1)	mechanical properties of non contractile tissue

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Determinants, type and effect of stretching,
December (Week-3)	precautions, general applications of stretching technique
December (Week-4)	A)Resisted exercise
January (Week-1)	Definition – strength, power, endurance.

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Guiding principle of resisted exercise, determinants, types Manual and Mechanical Resistance
January (Week-3)	Exercise, Isometric Exercise, Dynamic Exercise - Concentric and Eccentric

January (Week-4)	Dynamic Exercise - Constant and Variable Resistance, Isokinetic Exercise, Open-Chain and Closed-Chain Exercise, precautions
February (Week-1)	(B)Progressive Resistance Exercise - de Lormes, Oxford, MacQueen, Circuit Weight Training, Plyometric Training— Stretch- Shortening Drills, Isokinetic Regimens

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	Unit-III (A)Proprioceptive Neuromuscular Facilitation – Principles, Diagonal patterns of movements, Basic procedures, Upper Extremity Diagonal patterns, Lower Extremity Diagonal Patterns. (B)Technique in PNF(Proprioceptive Neuro Muscular Facilitation) – Rhythmic Initiation, Repeated Contractions, Reversal of Antagonists, Alternating Isometrics, Rhythmic Stabilization.
February (Week-3)	(A)Aerobic Exercises – Definitions, Physiological response to Aerobic Exercise, Evaluation of aerobic capacity – exercise testing, Determinant of Aerobic Exercise,
February (Week-4)	Physiological Changes with Aerobic Training, Aerobic Exercise Program, Applications of Aerobic Program in patients with chronic illness

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mr. Pritix Guleria
Class and Section:
Subject: Dietetics

Paper:
Year/Semester: semester 5th

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-3)	Introduction of meal management – Balanced diet basic principles of meal planning
October (Week-4)	objectives and steps in meal planning, Nutrition during infancy – Nutritional requirements
November (Week-1)	advantages of breast feeding Introduction of supplementary food.

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Nutrition during early childhood (Toddler / Pre School) growth and nutrient needs,
November (Week-3)	nutrition related problems.
November (Week-4)	Nutrition of school children – Nutritional requirements, school lunch programmes. Class test
December (Week-1)	,

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Nutrition during adolescence – Nutritional requirements, food choices and eating habits. Nutrition in pregnancy – Nutritional

	requirements complications of pregnancy
December (Week-3)	Nutrition during lactation – Physiology of lactation, nutritional requirements. Geriatric nutrition – Nutritional requirements, nutrition related problems
December (Week-4)	Role of Dietician, Diet Therapy: Routine hospital diet, Regular diet, Light diet, Soft Diet, Full Liquid diet. Class test.
January (Week-1)	

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Diet in fevers and infections – Typhoid, Malaria and Tuberculosis
January (Week-3)	Diet in gastro intestinal disorders: Diarrhea, Constipation, Peptic ulcer. Class test
January (Week-4)	Diet in Diabetes mellitus – Classification, predisposing factors, Diagnosis
February (Week-1)	Dietary management. Diet in Cardiovascular diseases – Dietary management in Atherosclerosis and hypertension

06 Feb. 2021 to 25 Feb. 2021

Month/Week	
February (Week-2)	Diet in diseases of liver and gall bladder.
February (Week-3)	Diet in Renal diseases - Dietary Management in Glomerulonephritis
February (Week-4)	Acute and chronic renal failure. Sessional examination Class test.

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: mrs deepika
Class and Section:
Subject: electro therapy 2
Paper:
Year/Semester: semester 5

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
	Pain – types of pain
October (Week-3)	pain pathway,
October (Week-4)	theories of pain, Gate control theory of pain, pain modulation at various levels
November (Week-1)	Low frequency currents:

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Neuromuscular electrical stimulation– physiological effects, therapeutic uses of electrical stimulation
November (Week-3)	techniques– electrodes type, electrode size, electrode placement, stimulating points
November (Week-4)	methods of reducing skin electrode resistance, contraindications and precautions. High voltage pulsed stimulation.
December (Week-1)	Russian stimulation. Trans cutaneous Electrical Nerve stimulation

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	(TENS)– therapeutic uses of TENS, types, electrode placement in TENS, contraindications and precautions
December (Week-3)	Iontophoresis – mechanism, biophysical effect, medication dosage, medicated ions used, techniques of application.
December (Week-4)	Electro diagnostic test
January (Week-1)	–Faradic

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Galvenic(FG) test,
January (Week-3)	strength duration curve
January (Week-4)	chronaxie,
February (Week-1)	reobas

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	Interferential therapy (
February (Week-3)	physiological effects, therapeutic indications,
February (Week-4)	methods of application, sweep, base, contraindication and precautions.

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: mrs suman
Class and Section:
Subject: nutrition problems in india
Paper:
Year/Semester: semester 5

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-3)	Concept and Scope of Community Nutrition in India
October (Week-4)	Food Availability and factors affecting food Availability and its consumption:
November (Week-1)	<ul style="list-style-type: none">· Agricultural production· Post harvest handling, Marketing & distribution

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	<ul style="list-style-type: none">· Population· Economic
November (Week-3)	<ul style="list-style-type: none">· Regional· Industrialization
November (Week-4)	National problems of the Community and Implication for Public Health

December (Week-1)	Common problems in India <ul style="list-style-type: none"> • Causes (Nutritional and Non nutritional)
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06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	<ul style="list-style-type: none"> • Incidence of Nutritional Problems , Signs, Symptoms and treatment
December (Week-3)	Micro nutrients deficiencies(vitamin A, d, iron, iodine
December (Week-4)	UNIT-III Schemes and Programme to combat Nutritional Problems in India <ul style="list-style-type: none"> • Prophylaxis Programme
January (Week-1)	<ul style="list-style-type: none"> • Mid day Meal Programme

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	ICDS-Integrated child development Service
January (Week-3)	Hazards to Community Health and Nutritional Status
January (Week-4)	<ul style="list-style-type: none"> • Adulteration in Food
February (Week-1)	<ul style="list-style-type: none"> • Water pollution

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	<ul style="list-style-type: none"> • Use of pesticides
February (Week-3)	<ul style="list-style-type: none"> • Field Survey of nearby area to find out the nutritional

	problems
February (Week-4)	Floursis

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. Kavita
Class and Section: B.VOC in Sports , Nutrition and Physiotherapy
Subject: Computer Application-1
Paper:BVSNP601
Year/Semester: 3rd year/ 5th sem

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-2)	Introduction to Computers: Definition of Computer,
October (Week-3)	Computer Hardware: computer system as information processing system;
October (Week-4)	Computer system differences-types of computer systems, hardware options-CPU
November (Week-1)	Input devices, output devices, storage devices, communication devices. Assignment on Block Diagram of computer

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Configuration of hardware devices and their applications
November (Week-3)	Introduction to Operating systems: Dos ,Software needs
November (Week-4)	Operating system application software's. Presentation on Disk Operating System.
December (Week-1)	Programming languages; DOS

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Windows-window explorer,
December (Week-3)	Print manager. Control panel
December (Week-4)	Paintbrush, calculator
January (Week-1)	Desk top, my Computer. Presentation on Control Panel on Projector

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Settings, find, run.
January (Week-3)	Elementary knowledge of Networking
January (Week-4)	Types of networking.
February (Week-1)	LAN, MAN, WAN. Assignment on Network topology

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	WWW
February (Week-3)	Browsers. Tests
February (Week-4)	Book Revision

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs Deepika
Class and Section:
Subject: electro therapy 4
Paper:
Year/Semester: 6

16 March 2021 to 15 April 2021

Month/Week	Topic
March(Week-3)	(A) Ultra violet Rays (UVR): Define UVR, Types of UVR, UVR generators
March(Week-4)	High pressure mercury vapour lamp, Water cooled mercury vapour lamp, Kromayer lamp, Fluorescent tube, Theraktin tunnel PUVA(Psoralen and Ultra violet A radiationphotochemotherapy) apparatus.
April (Week-1)	Physiological & Therapeutic effects. Sensitizers & Filters. Test dosage calculation. Calculation of E1, E2, E3, E4 doses. Indications,

	contraindications. Dangers Dosages for different therapeutic effects, Distance in UVR lamp.
April (Week-2)	Unit II (A)LASER: Define LASER. Types of LASER

16 April 2021 to 15 May 2021

Month/Week	Topic
April (Week-3)	Principles of Production. Production of LASER by various methods. Methods of application of LASER. Dosage of LASER.
April (Week-4)	Physiological & Therapeutic effects of LASER. Safety precautions of LASER. Classifications of LASER
May(Week-1)	Energy density & power density.
May (Week-2)	(B)Wax Therapy: Principle of Wax Therapy application – latent Heat, Composition of Wax Bath Therapy unit, Methods of application of Wax, Physiological & Therapeutic effects, Indications & Contraindication, Dangers

16 May 2021 to 15 June. 2021

Month/Week	Topic
May (Week-3)	(A)Contrast Bath: Methods of application, Therapeutic uses, Indications & Contraindications.
May (Week-4)	B)Moist Heat Therapy: Hydro collator packs – in brief, Methods of applications,
June (Week-1)	
June (Week-2)	

16 June 2021 to 06 July 2021

Month/Week	Topic
June (Week-3)	Gait Training: Definition, Different methods of Gait Training, Gait Training in Parallel Bars, Walking Aids: Types: Crutches, Canes, Frames; Principles and training with walking aids. (
June (Week-4)	Soft Tissue Injury: General Description of Inflammation and repair, Acute, Sub Acute, and Chronic stage, General Treatment Guidelin
July (Week-1)	Yoga: History, Introduction, Classification, Various Asana

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mr. Priti Guleria
Class and Section:
Subject: Human Nutrition and metabolism-2
Paper:
Year/Semester: semester 6th

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-3)	Absorption and transport, functions (physiological and biochemical),

October (Week-4)	sources, requirement during different stages of life cycle
November (Week-1)	Revision and Class test.

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	, effects of deficiencies and excess of Fat soluble vitamins, Vitamin A, Vitamin D, Vitamin E, Vitamin K
November (Week-3)	Absorption and transport, functions (physiological and biochemical) sources
November (Week-4)	requirement during different stages of life cycle, effects of deficiencies and excess water soluble vitamins:
December (Week-1)	,

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Vitamin C, Thiamin, Riboflavin, Niacin, Pyridoxine, Folic acid, Vitamin B 12, Pantothenic acid, Biotin
December (Week-3)	Revision and Class test
December (Week-4)	Absorption and transport, functions (physiological and biochemical) sources
January (Week-1)	requirement during different stages of life cycle, effects of deficiencies and excess of Minerals and trace elements

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic

January (Week-2)	Absorption and transport, Calcium Class test.
January (Week-3)	Absorption and transport, Fluoride, Iodine,
January (Week-4)	Absorption and transport Zinc.
February (Week-1)	Absorption and transport, Selenium,

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Absorption and transport, and phosphorus,
February (Week-2)	Absorption and transport, Iron,
February (Week-3)	Absorption and transport, Potassium and Chloride
February (Week-4)	Absorption and transport, Copper, Sodium,

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. suman
Class and Section:
Subject: naturopathy
Paper:
Year/Semester: 6

16 March 2021 to 15 April 2021

Month/Week	Topic
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March(Week-3)	History of Nature cure
March(Week-4)	Basic principles of Nature cure
April (Week-1)	Types of diseases - chronic and acute diseases
April (Week-2)	principles of poisoning by waste products,

16 April 2021 to 15 May 2021

Month/Week	Topic
April (Week-3)	methods for strengthening the Pranic force
April (Week-4)	diagnosis of diseases by shapes of body/bodily organs
May(Week-1)	Water-therapy
May (Week-2)	Importance of water, methods of using water as therapy

16 May 2021 to 15 June. 2021

Month/Week	Topic
May (Week-3)	effects of different temperatures of water on body, type of bath and their benefits,
May (Week-4)	Bandages of different bodily organs in water therapy & their benefits, Enema & its uses.
June (Week-1)	Mud-Clay therapy - Importance of soil, its types, characteristics & uses in therapy
June (Week-2)	Mud bath, Bandages of clay uses & applications. Sun bath & its uses in different disease

16 June 2021 to 06 July 2021

Month/Week	Topic
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June (Week-3)	different colour of sun rays. Importance of air bath & its uses
June (Week-4)	Definition of Massage, its history & importance, effects of massage on different bodily organs, types of massage, Role of massage in management of diseases
July (Week-1)	Principles of Acupressure, relationship of points of Acupressure in hand, wrist, feet, ankle etc. Application & limitations of Acupressure therapy.

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. Kavita
Class and Section: B.VOC in Sports , Nutrition and Physiotherapy
Subject: Computer applications 2
Paper: BVSNP501
Year/Semester: 3rd year/6th sem

16 March 2021 to 15 April 2021

Month/Week	Topic
March(Week-3)	MS. Word-Starting Ms-Word, Creating and formatting a document
March(Week-4)	Changing fonts and font size, Table Creation and operations
April (Week-1)	Auto Correct, Auto text, Spell check, Thesaurus, Word Art, inserting objects

April (Week-2)	Mail Merge, letter, label, envelope, Page setup, Page Preview, printing a document. Assignment on mail merge
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16 April 2021 to 15 May 2021

Month/Week	Topic
April (Week-3)	MS. Excel-Starting Excel, Worksheet, Cell, Inserting data into rows and columns,
April (Week-4)	Alignment, text wrapping, sorting data, auto sum, use of functions, referencing formula cells in other formulae,.
May(Week-1)	Naming cells and ranges, goal seek, generating graphs, integrating worksheet data charts with Word,
May (Week-2)	creating hyperlink with word document, Page setup, print preview, printing worksheets. Presentation on projector.

16 May 2021 to 15 June. 2021

Month/Week	Topic
May (Week-3)	Ms. Power Point : Starting Ms. Power point, Auto wizard, creating a presentation using auto content wizard, Blank presentation, creating, saving and printing a presentation.
May (Week-4)	Adding a slide to a presentation, navigating through a presentation, slide sorter, slide show, editing slides,
June (Week-1)	Use of clipart and word art gallery ,adding transitions and animation effects, setting timings for slide show,
June (Week-2)	Preparing Note pages, Preparing Audience Handouts, printing presentation documents. Presentation on projector

16 June 2021 to 06 July 2021

Month/Week	Topic
June (Week-3)	E-mail, Social networking, online form filling, online order placement
June (Week-4)	Online examination, E-payment browsing journals and articles using internet. Tests
July (Week-1)	Book revision