

GOVT COLLEGE SAFIDON SESSION 2026-27

VAC 1st Sem

TENTATIVE LESSON PLAN

Paper Hygiene Sanitation & Environment

Teacher: Ajay Parkash

MONTH	TOPICS
August	Cleanliness and Hygiene Importance of cleanliness in daily life,
	Practical tips for maintaining personal and community Hygiene First Aid Basics, accident prevention, and role of behavioural change..
September	Environmental Management Solid waste disposal systemses.
	Soil, air and water management practices.
	Sanitation and sewage treatment techniquesa.
October	Waste Management and sustainability.
	Concept of 3R (Reduce, Reuse, Recycle)
	Role of sustainability in waster education
	Practical demonstrationof waste segregation and composting
November	Environmental Audit and Impact Assessment . Environmental Risk Assessment.
	Pollution control and management strategies.
	Impact of environmental issues on human health
December	Health and Lifestyle Education.
	Importance of food, nutrition and hygiene for a healthy lifestyle,
	Role of yoga in promoting holistic health and well-being.

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VAC 1st Sem

TENTATIVE LESSON PLAN

Paper Human Values & Ethics

Teacher: Ajay Parkash

MONTH	TOPICS
August	Course Introduction- Need, Content and Process for value Education. Indian Concept of Time and space. Understanding the need, content and process for value education(Students should be aware of the difference among skills, vlues and ethics and their respective needs in life),
	Classification of value education: Understanding the difference between ideology and values Understanding Harmony with self, Society and Nature..
September	Practical: Debate and discussion o the need and nature of value education, Students should be encouraged to find and analyze suitable case studies to understand various types of values.
	Meaning and nature of Human values, Significance of human values in life..
	Relation between values and ethics. Relevance of Human values: Integrity , Empathy, Loksangrah, Brahvihara.
	Theory of Naya (Jainism) Deontology, Virtue ethics, Utalitarianism,
October	Integrated Personality and Well-being- Understanding the relationship among: Self, Identity and Personaity.
	Understanding Integrated Personality- with the three gunas theory of Sankhya,
	Antah-Karanas(inner instruments) in Yoga and Panchkosha (five sheaths) in Upanished.)
	Approaching comprehensive understanding of well-being and its relation to Happiness
November	Professional Ethics and Global Citizenship- Nature, characteristics and scope of professional ethics; Types of Professional ethics.
	Professional values: Trusteeship, Inclusiveness, Commitment Sustainability, Accountability Transparency, Impartiality.
	Values for Global Citizenship: Equality, Justice and Human Dignity. Nature and need of competency based education, Types of Competencies,.
	Core Competencies: communication, teamwork, planning and achieving goals
December	Functional Competencies: analytical thinking, knowledge sharing and learning, decision making, partnership building.
	Revision . DOUBT, TEST,