

## Lesson Plan

**Name of the Faculty** : Ms Pratima Saini  
**Discipline** : MLT  
**Year** : 1<sup>st</sup>  
**Subject** : ANATOMY AND PHYSIOLOGY

**Lesson Plan Duration** : From October 2021

**Work Load (Lecture/Practical) per week (n hours):** Lecture= 03, Practical= 03

Week	Theory		Practical	
	Lecture Day	Topic (including assignment / test)	Practical Day	Topic
1 <sup>st</sup>	1	Introduction Human Body	1	Study of various parts of body through demonstration
	2	Structure and functions of animal cell.		
	3	Do		
2 <sup>nd</sup>	4	Various definitions related to anatomy and physiology.	2	Study of tissue.
	5	Assignment and test		
	6	Introduction to different types of tissue.		
3 <sup>rd</sup>	7	Epithelial tissue, structure and function	3	Study of different types of Tissue.
	8	Nervous tissue, structure and function		
	9	Connective tissue, structure and function		
4 <sup>th</sup>	10	Muscular tissue, structure and function	4	Internal structure of Bone.
	11	Bone & Cartilage, structure and function		
	12	Assignment and test		
5 <sup>th</sup>	13	Structure and function of Skin	5	Study of different parts of skin.
	14	Accessory organs of Skin		
	15	Assignment and test		
6 <sup>th</sup>	16	Introduction to skeleton system and various parts	6	Study of various Bones.
	17	Classification of bones and their structure		
	18	Do		
7 <sup>th</sup>	19	Joints and their classification	7	Study of various Joints
	20	Major Joints of Body		
	21	Assignment and test		
8 <sup>th</sup>	22	Introduction to digestive system and various organs of digestion	8	Study of Stomach and small intestine.
	23	Structure and function of stomach		
	24	Structure and function of small		

		intestine.		
9 <sup>th</sup>	25	Structure and function of liver	9	Study of Liver through demonstration.
	26	Structure and function of pancreas		
	27	Structure and function of salivary glands		
10 <sup>th</sup>	28	Process of digestion and absorption	10	Study of Digestive System and its process.
	29	Classification of vitamins and their role in body		
	30	Classification of minerals and their role in body		
11 <sup>th</sup>	31	Assignment and test	11	Study of Respiratory system through demonstration
	32	Introduction to Respiratory system and its various parts		
	33	Structure of lungs, trachea, alveoli, histology of all		
12 <sup>th</sup>	34	Respiration ,its classification and mechanism	12	Study of various parts of Excretory System.
	35	Gaseous exchange in the body		
	36	Regulation of respiration, BMR		
13 <sup>th</sup>	37	Various volumes and capacities related to respiration	13	Study of Kidneys, ureter and urinary bladder through demonstration.
	38	Assignment and test		
	39	Introduction to Excretory System, its organs		
14 <sup>th</sup>	40	Structure of Kidneys, ureter and urinary bladder	14	Structure of nephron
	41	Structure of nephron		
	42	Formation of urine and its composition		
15 <sup>th</sup>	43	Assignment and test	15	Revision of practicals.
	44	Solving of previous question papers		
	45	Solving of previous question papers		
16 <sup>th</sup>	46	Introduction to nervous system- CNS, PNS	16	Study of brain and its parts with structure
	47	Study of brain and its parts with structure		
	48	Do		
17 <sup>th</sup>	49	Study of Spinal cord and its parts with structure and function	17	Study of Spinal cord and its parts with structure.
	50	Cranial Nerves and their function		
	51	Spinal nerves and their function		
18 <sup>th</sup>	52	Introduction to sense organs eye and its structure and function	18	Study of Eye and its parts with structure
	53	Ear its structure and function		
	54	Tongue and nose its structure and function		
19 <sup>th</sup>	55	Assignment and test	19	Study of Ear and its parts with structure
	56	Introduction to muscular system, type of muscle		

	57	Skeletal Muscle its structure and function		
20 <sup>th</sup>	58	Smooth Muscle its structure and function	20	Study Skeletal Muscle, Smooth Muscle, cardiac muscle
	59	Study of cardiac muscle its structure and function		
	60	Difference between different muscle, muscle fatigue its type		
21 <sup>st</sup>	61	Assignment and test	21	Study of conduction system of heart
	62	Blood and its function components		
	63	Structure and functioning of heart		
22 <sup>nd</sup>	64	Various circulation of blood, cardiac cycle	22	Study of stained blood film
	65	Study of conduction system of heart, blood pressure		
	66	Arteries, Vein their differences		
23 <sup>rd</sup>	67	Lymph its function, various organ of lymphatic system	23	Estimation of blood pressure
	68	Test and assignment		
	69	Introduction to endocrine system and various endocrine glands		
24 <sup>th</sup>	70	Pituitary gland, Hypothalamus their secretions, their function and their effects	24	Study of male Reproductive system
	71	Thyroid gland its secretions, function and effects		
	72	Adrenal gland its secretions, function and effects		
25 <sup>th</sup>	73	Testis and ovaries its secretions, function and effects	25	Study of Female Reproductive system
	74	Pancreas its secretions, function and effects		
	75	Parathyroid gland, Pineal gland its secretions, function and effects		
26 <sup>th</sup>	76	Test and assignment	26	Study of Ovarian cycle
	77	Introduction to Reproductive system and various parts		
	78	Male Reproductive system and various parts		
27 <sup>th</sup>	79	Spermatogenesis, Structure of sperm	27	Study of Spermatogenesis
	80	Female Reproductive system and various parts		
	81	Female Reproductive system and various parts		
28 <sup>th</sup>	82	Ovarian cycle	28	Study of Structure of sperm
	83	Ovulation		
	84	Fertilization		
29 <sup>th</sup>	85	Test and assignment	29	Revision of practicals
	86	Revision of questions papers		

	87	Problems of unit-I		
30 <sup>th</sup>	88	Problems of unit-II,III	30	Revision of practicals
	89	Problems of unit-IV,V		
	90	Solving of previous question papers		