



**SRI SATHYA SAI COLLEGE FOR WOMEN, BHOPAL**  
**Kasturba Hospital Road, Habibganj, Bhopal -462024**



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# **EDUCATION DEPARTMENT**

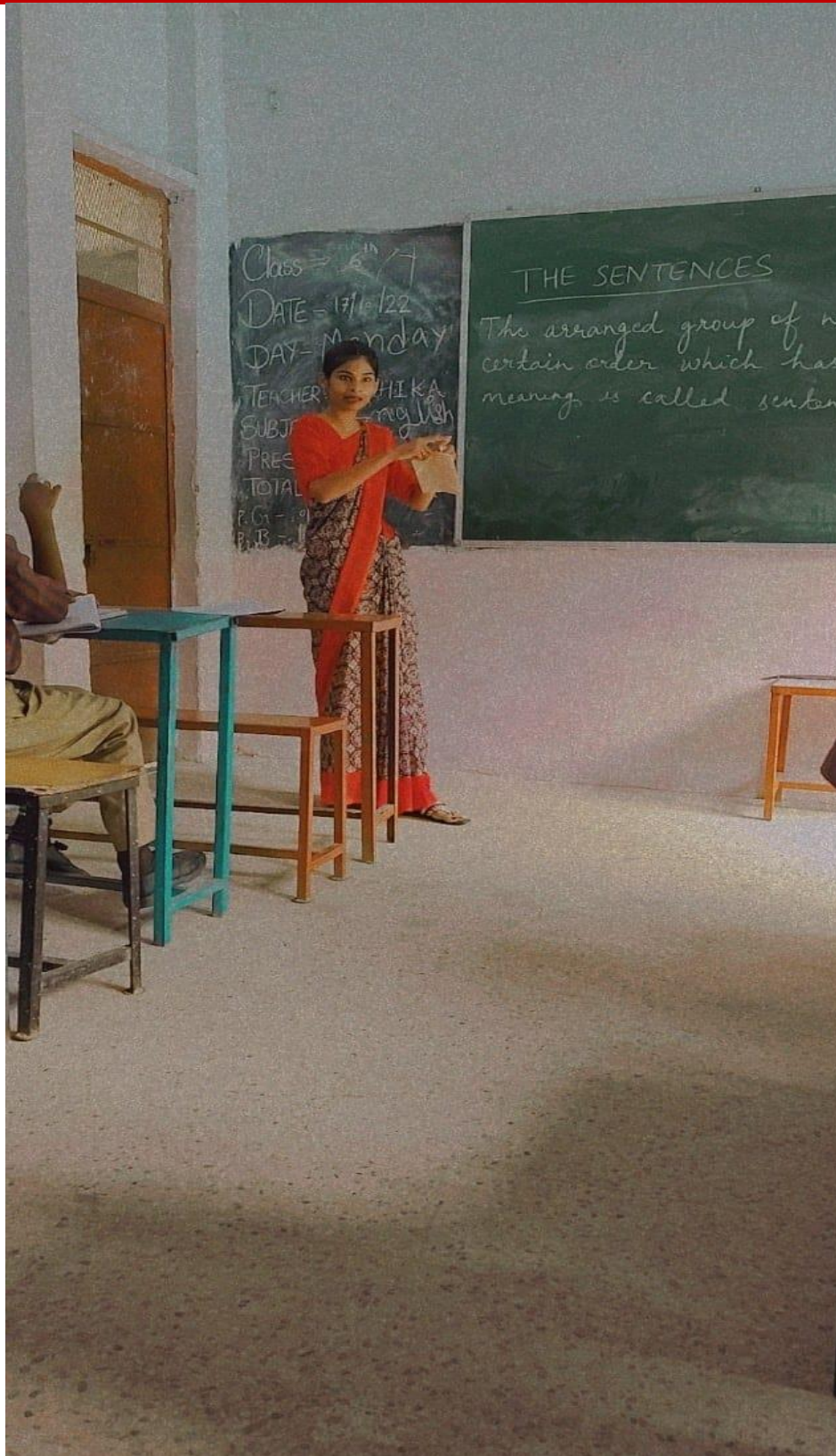
## **Internship in different Schools**





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## Lesson plan No: 13

School Name - St. John's school, Bhopal

Date - 26/10/18

Day - Friday

Class - 12<sup>th</sup>

Subject - Biology

Topic - Menstrual cycle

Duration - 40 min.

Period - 1<sup>st</sup>

### GENERAL ATMS -

#### a) Cognitive aims -

- 1 To understand the nature of science.
- 2 To provide a clarity about fundamental concept in scientific process.
- 3 To develop learners intellectual and practical scientific skills.
- 4 To acquaint the students with scientific ideas, facts, principles processes.
- 5 To give knowledge of science and branches of science.

#### b) Affective aims -

- 1 To motivate students to apply basic scientific principles in science.
- 2 To aware the learners about the ability of humans to understand invent and create.

- 3) To encourage learners to use scientific knowledge and skills in novel situations.
- 4) To encourage learners to abide by such scientific values as honesty and objectivity.
- 5) To encourage learners to work independently and co-operatively in solving.

nc) Psychomotor aims -

- 1) To learn about environment and safety practices.
- 2) To develop the ability to express thought clearly and accurately.
- 3) To enable the child to perform practical.
- 4) To learn about natural resources.
- 5) To make the learners inform career possibilities in different science related areas.

### SPECIFIC OBJECTIVES -

- 1) Students will be able to understand about menstruation.
- 2) Students will be able to define menstrual cycles.
- 3) Students will be able to know about pituitary hormone.
- 4) Students will be able to explain the phases in menstrual cycle.
- 5) Students will be able to draw

diagrammatic presentation of menstrual cycle

## TEACHING METHODS →

Lecture method, demonstration method  
Explanation method

## TEACHING AID →

Video clip to show menstrual cycle  
Essential classroom teaching material

## PREVIOUS KNOWLEDGE →

Students having knowledge that menstruation is repeated at an average interval of about 28/29 days

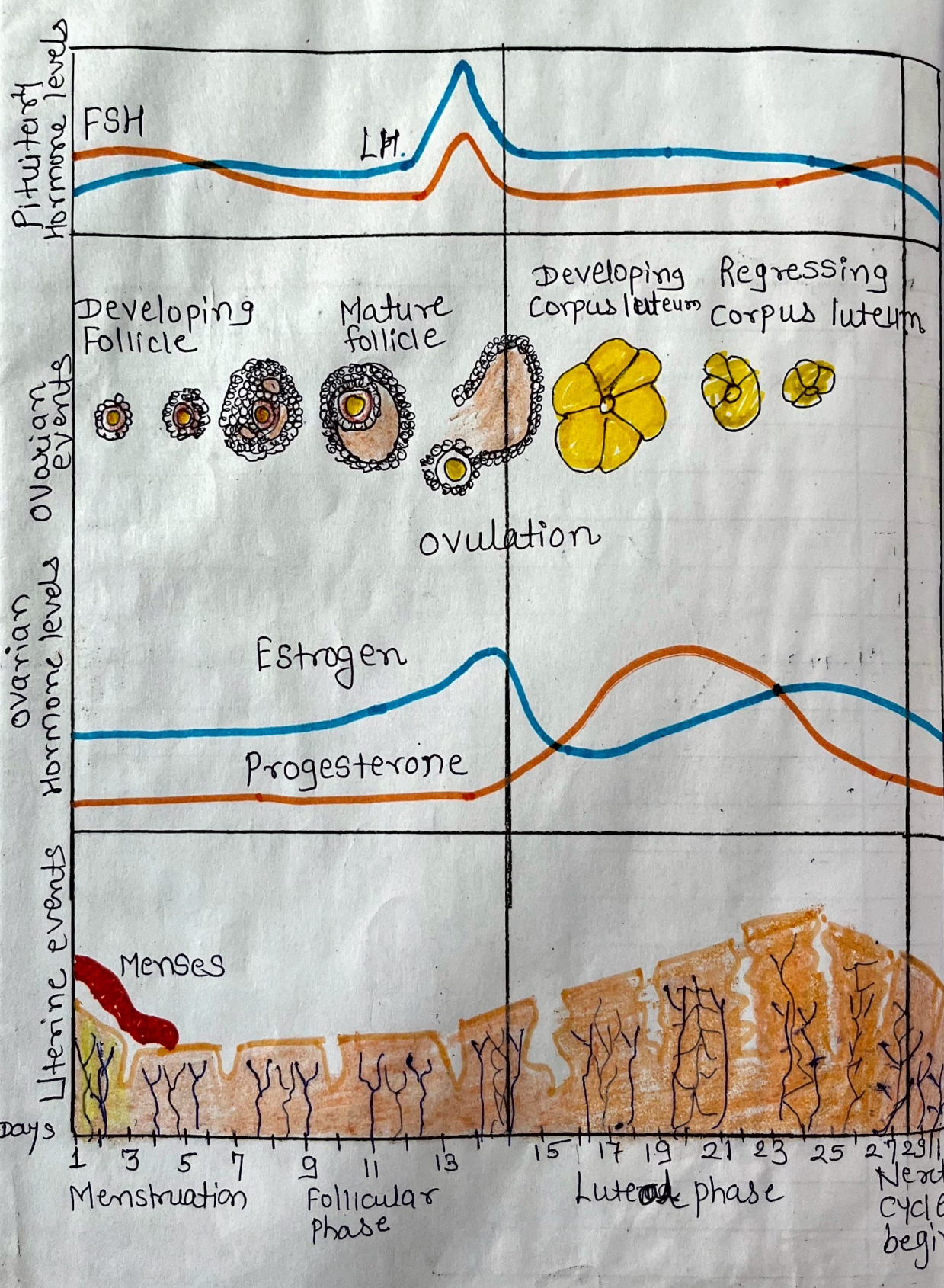
## INTRODUCTION →

S.No	Teacher's Activity	Students Activity
1)	What physical changes happen during puberty?	Body growth Genital development First period
2)	What periods are called as in scientific language?	Menses.
3)	What is cycle in every month?	Menstrual cycle




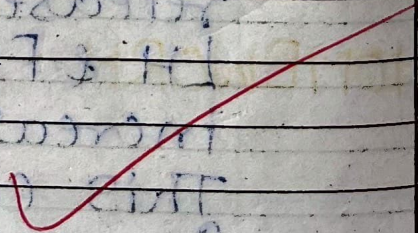
# PRESENTATION →

Teaching Point	Teacher's Activity	Student's Activity	Blackboard Work
Menstrual cycle	What is menstrual cycle?	Menstrual cycle is the reproductive cycle in all primates and begins at puberty?	
	When menstruation takes place?	Menstruation occur once in 28 to 29 days	Menstruation occur once in 28-29 days
Menstruation	The cycle of event starting from one menstruation till the next one is called menstrual cycle.	Students listen carefully.	
	During middle of menstrual cycle		During middle of menstrual cycle, one ovum is released.
	During middle of menstrual cycle, one ovum is released.		



যাওতে পি... (faint handwritten text)

Teaching Point	Teacher's Activity	Student's Activity	Blackboard Work
	<p>The cycle starts with menstrual flow for 3 to 5 days. Blood vessels are in liquid state and are discharged but this occurs only when ovum is not fertilised.</p>	<p>Teacher will explain with the help of a diagram and students will watch &amp; listen carefully.</p>	<p>Menstrual flow for 3 to 5 days</p>
Follicular phase	<p>It is followed by follicular phase, what happens in this phase?</p>	<p>In this phase, primary follicle mature into graafian follicle. This causes regeneration of endometrium &amp; pituitary hormone.</p>	 <p>Mature follicle</p>
1	<p>In this phase, release of LH &amp; FSH increases. This causes follicular growth and growing follicle produce oestrogen.</p>	<p>release of LH &amp; FSH increases. This causes follicular growth and growing follicle produce oestrogen.</p>	<p>LH and FSH increases</p>

Teaching Point	Teacher's Activity	Student's Activity	Blackboard Work
Ovulatory phase	LH & FSH are at their peak in middle of cycle & cause rupture of Graafian follicle to release ovum. This phase is called as ? what	This phase is called the ovulatory phase.	Ovulatory phase
Corpus luteum	The remain follicle converted into ? What happen if fertilisation not takes place?	It get converted into Corpus luteum. Corpus luteum degenerates & start new cycle.	Corpus luteum
Meno-pause	Menstrual cycle ceases to operate at age of 50 yrs. This phase is known as the Menopause.		Meno-pause

## RECAPITULATION →

What we have studied today?

- 1) What is menstrual cycle?
- 2) How many times, menstruation occurs in a month?
- 3) What is release in middle of menstrual cycle?

## BLACKBOARD SUMMARY →

Menstrual cycle

Menstruation

Follicular phase

Ovulatory phase

Menopause.

## CLASSWORK →

Fill in the blanks

- 1) The reproductive cycle in the female primates is called as menstrual cycle.
- 2) Menstrual flow last for 3-7 days.
- 3) Estrogen and Progesterone attain a peak level in the middle of cycle.

## HOMEWORK →

- 1) Why menstruation is an indicator of normal reproductive phase.

*Ananya*

*Class was very good good.*  
*30/10/18*

# Lesson Plan NO:22

School Name - St. John's high school, Bhopal  
Date - 29/10/18  
Day - Monday  
Class - 7<sup>th</sup>  
Subject - Biology  
Topic - Exercise  
Duration - 40 min  
Period - 3<sup>rd</sup>

## GENERAL AIMS -

- a) Cognitive aims -
  - 1) To understand the nature of science.
  - 2) To provide a clarity about fundamental concept in scientific process.
  - 3) To develop learners intellectual and practical scientific skills.
  - 4) To acquaint the students with scientific ideas, facts, principles and processes.
  - 5) To give knowledge of science and branches of science.
- b) Affective aims -
  - 1) To motivate students to apply basic scientific principles in science.

- 2) To aware the learners about ability of humans to understand, invent and create.
- 3) To encourage learners to use scientific knowledge and skills in novel situations especially in everyday life.
- 4) To encourage learners to abide by such scientific values as honesty and objectivity.
- 5) To encourage learners to work independently and co-operatively in solving scientific problems.

### c) Psychomotor aims -

- 1) To learn about health, environment and safety practices.
- 2) To develop the ability to express thought clearly and accurately.
- 3) To enable the child to perform practicals.
- 4) To learn about natural resources
- 5) To make the learners inform career possibilities in different science related areas.

## SPECIFIC OBJECTIVES -

- 1) Students will be able to understand the chapter deeply.
- 2) Students will be able to solve the difficulties of the chapter.
- 3) Students will be able to solve exercise.
- 4) Students will be able to give one word answer.
- 5) Students will be able to write answer in detail.

## Teaching Method -

Lecture method, question-answer method.

## Teaching Aid -

- Essential classroom teaching material

## PREVIOUS KNOWLEDGE →

Students having knowledge about reproduction in plants, and their types asexual and sexual reproduction in plants.



## INTRODUCTION →

S.No.	Teacher's Activity	Student's Activity
1)	What we had studied in this chapter?	Reproduction, its types - Asexual reproduction - their methods, sexual reproduction, pollination, its types.

## STATEMENT OF AIM →

Today, we shall complete exercise questions of chapters.

## PRESENTATION →

Teaching Point	Teacher's Activity	Student's Activity	Blackboard Work
Q. 1 Give one word answer.	1) Which flower have both male and female organs?	Hibiscus	Hibiscus flower

Teaching Point	Teacher's Activity	Student's Activity	Blackboard Work
2)	Name the process of fusion of male cells and egg cells.	Reproduction	Reproduction is the process of fusion of male and female gamete.
3)	Name the male reproductive organ in plants.	stamen	Stamen is male reproductive organ in plant.
4)	A structure present in ovary that forms seed on maturation	ovule	Ovule present in ovary that forms seed on maturation
5)	The process in which cell divides into two,	Binary fission	In Binary fission cell divides into two.





Teacher's  
Activity

Student's  
Activity

Blackboard  
Work

Controlled conditions The cells of the tissue divide rapidly to form an organised mass of cells called callus. The callus is transferred into another nutrient medium containing plant hormones. It makes them develop into new plantlets. These plantlets are then transferred to moist soil for further growth.

growth

# BLACKBOARD SUMMARY - 1

- Exercise questions
- Give one word answer.
- Answer in detail

## HOMEWORK -

- Name four roots that help in vegetative propagation.

Gul  
11/12/18