DEPARTMENT OF CIVIL ENGINEERING

Dr.B.R.AMBEDKAR GOVT. POLYTECHNIC AMBOTA , UNA (H.P)

LESSON PLAN FOR GREEN BUILDINGS & ENERGY CONSERVATION(SEMESTER-5TH) SESSION: (Aug. - Dec.,2024)

Sr. No.	MONTH	WEEK	CONTENTS	REMARKS
1	AUGUST	Week-3 (12-17 Aug.)	**Introduction to Green Building and Design Features** : Definition of Green Building, Benefits of Green building, Components/features of Green Building, Site selection,	
		Week-4 (19-24 Aug.)	Energy Efficiency, Water efficiency, Material Efficiency, Indoor Air Quality, Site selection strategies, Landscaping, building form, orientation, advanced passive heating and cooling techniques, waste reduction during construction	
		Week-5 (26-31 Aug.)	**Energy Audit and Environmental Impact Assessment (EIA)** : Energy Audit: Meaning, Necessity, Procedures, Types, Energy Management Programs.	
2	SEPTEMBER	Week-1 (1-7 Sep.)	Environmental Impact Assessment (EIA): Introduction, EIA regulations, Steps in environmental impact assessment process, Benefits of EIA, Limitations of EIA, Environmental clearance for the civil engineering projects.	
		Week-2 (9-13 Sep.)	**Energy and Energy conservation:** Renewable Energy Resources	CLASS TEST-I
		Week-3 (16-21 Sep.)	Solar Energy, Wind Energy, Ocean Energy, Hydro Energy, Biomass Energy	
		Week-4 (23-28 Aug.)	Non-renewable Energy Resources: Coal, Petroleum, Natural Gas, Nuclear Energy, Chemical Sources of Energy, Fuel Cells, Hydrogen, Bio fuels	
3	OCTOBER	Week-1 (1-4, Oct.)	Energy conservation: Introduction, Specific objectives, present scenario, Need of energy conservation, LEED India Rating System and Energy Efficiency	
		Week-2 (7-11, Oct.)	**Green Building:** Principles: Principles and planning of Green building.	
		Week-3 (14-19, Oct.)	Features: Salient features of Green Building, Environmental design (ED) strategies for building construction.	CLASS TEST-II
		Week-4 (21-26, Oct.)	Process: Improvement in environmental quality in civil structure Civil Engineering Curriculum Structure 118.	
		Week-5 (28-31, Oct.)	Materials: Green building materials and products- Bamboo, Rice husk ash concrete, plastic bricks, Bagasse (Sugar cane) particle board, Insulated concrete forms, Reuse of waste materials –Plastic, rubber, Newspaper wood, Nontoxic paint, Green roofing	
4	NOVEMBER	Week-1(4-8, Nov.)	**Rating System:** Introduction to (LEED) criteria,Indian Green Building council (IGBC) Green rating,Green Rating for Integrated Habitat Assessment (GRIHA) criteria	
		Week-2(11-16,Nov.)	Heating Ventilation Air Conditioning (HVAC) unit in green Building	HOUSE TEST
		Week-3 (18-23, Nov.)	Functions of Government organization working for Energy conservation and Audit(ECA)- National Productivity council(NPC)	
		Week-4 (25-31,Nov.)	Ministry of New and Renewable Energy (MNRE) Bureau of Energy efficiency (BEE)	
5	DECEMBER	Week-1(2, Dec.)	REVISION	

Signature of Teacher
(Er. Munish Kumar)

Signature of H.O.D
(Er.Chetan Mandeta)

Review for month of	Date of review	Comments by HOD	Remarks
August			
September			
October			
November			

DEPARTMENT OF CIVIL ENGINEERING

Dr.B.R.AMBEDKAR GOVT. POLYTECHNIC AMBOTA , UNA (H.P)

LESSON PLAN FOR EARTHQUAKE RESISTANT BUILDING DESIGN(SEMESTER-5TH) SESSION: (Aug. - Dec.,2024)

Sr.No	MONTH	WEEK	CONTENTS	REMARKS
1	AUGUST	Week-3 (12-17 Aug.)	**Elements of Engineering Seismology:** General features of tectonic of seismic regions. Causes of earthquakes. Seismic waves. Earth quake size (magnitude and intensity). Epicenter.	
		Week-4 (19-24 Aug.)	Seismograph. Classification of earthquakes. Seismic zoning map of India	
		Week-5 (26-31 Aug.)	**Seismic Behaviour of Traditionally Built Constructions of India:** Earth quake effects. Traditionally built construction in India	
2	SEPTEMBER	Week-1 (1-7 Sep.)	Performance of building during earthquakes and Mode of failure (Out of plane failure, in plane failure, Diaphragm failure, Connection failure, Non-structural components failure)	
		Week-2 (9-13 Sep.)	**Introduction to IS1893 (Part-I)-2016:** Introduction, Assumptions	CLASS TEST-I
		Week-3 (16-21 Sep.)	Design lateral forces and their calculation methods	
		Week-4 (23-28 Aug.)	**Ductile Detailing of Reinforced Concrete Buildings (IS 13920-2016) & IS 4326-2013):** Common modes of failure in reinforced concrete buildings. General Principal for earthquake resistant buildings & Special construction features	
3	OCTOBER	Week-1 (1-4, Oct.)	Types of irregularities , Vertical irregularities , Plan irregularities , Ductile detailing as per code	
		Week-2 (7-11, Oct.)	Seismic strengthening arrangements. Horizontal reinforcement, Vertical reinforcement	
		Week-3 (14-19, Oct.)	**Introduction to IS13828-1993 & IS13827-1993**. Advantages and disadvantages of masonry construction. Behaviour of masonry construction during earthquakes	CLASS TEST-II
		Week-4 (21-26, Oct.)	Earthquake resistance features for burnt clay brick in weak mortar , Codal Provisions for earthquake resistant earthen construction. Seismic strengthening features of earthen buildings	
		Week-5 (28-31, Oct.)	**Retrofitting Measure for Traditionally Built Construction:** Introduction, need of retrofitting, Retrofitting materials	
4	NOVEMBER	Week-1(4-8, Nov.)	Retrofitting measure of traditionally built construction, Retrofitting of masonry buildings	HOUSE TEST
		Week-2(11-16,Nov.)	Retrofitting of concrete structure. Retrofitting of low-cost buildings	
		Week-3 (18-23, Nov.)	**Disaster Management:** Disaster rescue. Psychology of rescue, rescue workers, rescue plan, rescue by steps, rescue equipment	
		Week-4 (25-31,Nov.)	Salaties in rescue operations. Debris clearance , Casualty management	
5	DECEMBER	Week-1(2, Dec.)	Revision	

Signature of Teacher
(Er. Manoj Kumar)

Signature of H.O.D
(Er Chetan Mandela)

Review for month of	Date of review	Comments by HOD	Remarks
August			
September			
October			
November			

DEPARTMENT OF CIVIL ENGINEERING

Dr.B.R.AMBEDKAR GOVT. POLYTECHNIC AMBOTA , UNA (H.P)

LESSON PLAN FOR WATER RESOURCE ENGINEERING(SEMESTER-5TH) SESSION: (Aug. - Dec.,2024)

Sr. No	MONTH	WEEK	CONTENTS	REMARKS
1	AUGUST	Week-3 (12-17 Aug.)	**Introduction to Hydrology:** Hydrology Definition and Hydrological cycle, Rain Gauge: Symons rain gauge, automatic rain gauge	
		Week-4 (19-24 Aug.)	Silting of reservoir, Rate of silting, factors affecting silting and control measures	
		Week-5 (26-31 Aug.)	**Crop water requirement and Reservoir Planning:** Irrigation and its classification, Crop Water requirement: Cropping seasons,	
2	SEPTEMBER	Week-1 (1-7 Sep.)	Crop period, base period, Duty, Delta, CCA, GCA, intensity of irrigation, factors affecting duty, Problems on water requirement, Methods of application of irrigation water and its assessment.	
		Week-2 (9-13 Sep.)	Silting of reservoir, Rate of silting, factors affecting silting and control measures	CLASS TEST-I
		Week-3 (16-21 Sep.)	**Dams and Spillways:** Dams and its classification: Earthen dams and Gravity dams (masonry and concrete).	
		Week-4 (23-28 Aug.)	Earthen Dams– Components with function, typical cross-section, seepage through embankment and foundation and its control. Methods of construction of earthen dam, types of failure of earthen dam and preventive measures.	
3	OCTOBER	Week-1 (1-4, Oct.)	Gravity Dams–Forces acting on dam, Theoretical and practical profile, typical cross-section. (only theoretical concept). Spillways-Definition, function & location	
		Week-2 (7-11, Oct.)	**Minor and Micro Irrigation:** Lift irrigation Scheme-Components and their functions, Layout.Drip and Sprinkler Irrigation-Need, components, and Layout	
		Week-3 (14-19, Oct.)	Well irrigation: types and yield of wells, advantages and disadvantages of well irrigation.	CLASS TEST-II
		Week-4 (21-26, Oct.)	Diversion Head Works &Canals Weirs–components, parts, types of weirs Barrages–components and their functions	
		Week-5 (28-31, Oct.)	Difference between weir and Barrage Canals– Classification according to alignment and position in the canal network, Cross section of canal in embankment and cutting, partial embankment and cutting.	
4	NOVEMBER	Week-1(4-8, Nov.)	Canal lining-Purpose, material used and its properties, advantages. Cross Drainage Works-Aqueduct, siphon aqueduct, super passage, level crossing. Canal Regulators- Head regulator, Cross regulator	
		Week-2(11-16,Nov.)	Escape, Falls and Outlets	HOUSE TEST
		Week-3 (18-23, Nov.)	**Water logging:** Definition, Causes,	
		Week-4 (25-31,Nov.)	Preventive & remedial measures, Reclamation of waterlogged areas	
5	DECEMBER	Week-1(2, Dec.)	REVISION	

Signature of Teacher
(Er. Chetan Mandela)

Signature of H.O.D
(Er.Chetan Mandela)

Review for month of	Date of review	Comments by HOD	Remarks
August			
September			
October			
November			

DEPARTMENT OF CIVIL ENGINEERING

Dr.B.R.AMBEDKAR GOVT. POLYTECHNIC AMBOTA , UNA (H.P)

LESSON PLAN FOR ESTIMATING & COSTING (SEMESTER-5TH) SESSION: (Aug. - Dec.,2024)

No.	MONTH	WEEK	CONTENTS	REMARKS
1	AUGUST	Week-3 (12-17 Aug.)	Introduction • Meaning of the terms estimating & costing. o Purpose of estimating and costing • **Types of Estimates** o Approximate and Detailed	
		Week-4 (19-24 Aug.)	Approximate estimate Types - Plinth area rate method , Cubic Content method , Approximate Quantity method. Types of detailed estimate - Detailed estimate for new work., Revised estimate, Supplementary estimate, Repair & Maintenance estimate	
		Week-5 (26-31 Aug.)	Measurement • Units of measurement for various items of work as per BIS: 1200	
2	SEPTEMBER	Week-1 (1-7 Sep.)	Rulesfor measurements. • Different methods of taking out quantities–centre line method and long wall and short wall method.	
		Week-2 (9-13 Sep.)	: **Preparation of Detailed Estimates and Abstract of Cost for** • One room residential building with flat roof	CLASS TEST-I
		Week-3 (16-21 Sep.)	Preparation of Detailed Estimates and Abstract of Cost for two room residential building with flat roof	
		Week-4 (23-28 Aug.)	Septic tank for 10 users. **Road Estimation: Preparation of Detailed Estimates and Abstract of Cost for,** Plain road with-mid section area method, mean sectional area method, prismoidal formula.	
3	OCTOBER	Week-1 (1-4, Oct.)	Plain road with-mid section area method, mean sectional area method, prismoidal formula.	
		Week-2 (7-11, Oct.)	Earth work in hill road.	
		Week-3 (14-19, Oct.)	Analysis of Rates Calculation of Quantities of Materials , Cement mortars of different proportion, Cement concrete of different proportion, RCC work in different proportions, Brick/stone masonry in cement mortar, Plastering and pointing, Whitewashing, painting	CLASS TEST-II
		Week-4 (21-26, Oct.)	**Preparation of Detailed Analysis of Rates for finished items with given labour and rate of material** Earthwork,Cement concrete of different proportion, RCC work in different proportions, Brick/stone masonry in cement mortar	
		Week-5 (28-31, Oct.)	Plastering and pointing , Whitewashing, painting. Contracts And Tendering •	
4	NOVEMBER	Week-1(4-8, Nov.)	Meaning of contract • Qualities of a good contractor and their qualifications. • Essentials of a contract	
		Week-2(11-16,Nov.)	Types of contracts, their advantages, dis-advantages and suitability.	HOUSE TEST
		Week-3 (18-23, Nov.)	system of payment. • Single and two cover-bids • Tender, tender forms and documents, tender notice, submission of tender and deposit of earnest money, security deposit, retention money, maintenance period	
		Week-4 (25-31,Nov.)	Administrative approval, Technical sanction, Bucget provision, Expenditure sanction. • Methods for carrying out works-contract method. • Preparation of Tender Document based on Common Schedule Rates (CSR) • Introduction to CSR and calculation of cost based on premium on CSR	
5	DECEMBER	Week-1(2, Dec.)	REVISION	

Signature of Teacher
(Er. Munish Kumar)

Signature of H.O.D
(Er.Chetan Mandela)

Review for month of	Date of review	Comments by HOD	Remarks
August			
September			
October			
November			

DEPARTMENT OF CIVIL ENGINEERING

Dr.B.R.AMBEDKAR GOVT. POLYTECHNIC AMBOTA , UNA (H.P)

LESSON PLAN FOR DESIGN OF R.C.C. STRUCTURES (SEMESTER-5TH) SESSION: (Aug. - Dec.,2024)

Sr.No	MONTH	WEEK	CONTENTS	REMARKS
1	AUGUST	Week-3 (12-17 Aug.)	**Introduction to R.C.C Designing using Limit State Method**: Design Philosophies: Working Stress Theory, Ultimate Design Theory, Limit State Theory Concept of Reinforced Cement Concrete (RCC) Reinforcement Materials : Suitability of Steel as reinforcing material. Properties of mild steel and HYSD steel	
		Week-4 (19-24 Aug.)	Loading on structure as per I.S.875. Study of BIS 456-2000 clause5, clause6, clause9, Clause18, clause19, clause22, clause 23.0, 23.2, 23.3, Clause25, clause26, clause35, clause36, clause37, clause 38, clause 39, clause 40, clause 41, clause42, clause 43, Annexure-B, C, D, E, G	
		Week-5 (26-31 Aug.)	**Shear, Bond, and Development Length (LSM):** Nominal Shear stress in R.C. Section, Design shear strength of concrete, maximum shear stress. Design of shear reinforcement. Minimum shear reinforcement. Forms of shear reinforcement with numerical problems	
2	SEPTEMBER	Week-1 (1-7 Sep.)	Bond and types of bonds. Bond Stress, check for bond stress. Development length in tension and compression anchorage value for hooks 90° bend and 45° bend. Standard Lapping of bars, check for development length Determination of development length required for tension reinforcement of cantilevers beam and slab. check for development length	
		Week-2 (9-13 Sep.)	**Analysis and Design of Singly Reinforced Sections:** Limit State of collapse (Flexure). Assumption stress Strain relationship for concrete and steel, neutral axis, Stress block diagram and Strain diagram for singly reinforced section	CLASS TEST-I
		Week-3 (16-21 Sep.)	Concept of under- reinforced, over-reinforced and balanced section, neutral axis, limiting value of moment of resistance and limiting percentage of steel required for balanced singly R.C. Section	
		Week-4 (23-28 Aug.)	Simple numerical problems on determining d e si g n c ons t a nts, m o m e n t of resistance and area of steel	
3	OCTOBER	Week-1 (1-4, Oct.)	Design of Singly reinforced simply supported beam and cantilever beam	
		Week-2 (7-11, Oct.)	**Analysis and Design of Doubly Reinforced Sections (LSM):** General features, necessity of providing doubly reinforced reinforcement, limitations. Analysis of doubly reinforced section, strain diagram, stress diagram, depth of neutral axis, moment of resistance of the section	
		Week-3 (14-19, Oct.)	Numerical problems on finding moment of resistance	CLASS TEST-II
		Week-4 (21-26, Oct.)	**Design of One-Way Slab (LSM)** Analysis & Design of simply supported one-way slab	
		Week-5 (28-31, Oct.)	Analysis & Design of simply supported one-way slab. **Two Way Slab (LSM):** Design of two-way simply supported slab with corners free & no provision for torsion reinforcement	
4	NOVEMBER	Week-1(4-8, Nov.)	Design of two-way simply supported slab. **Design of Axially Loaded Column (LSM):** Assumptions in limit state of Collapse – compression. Definition and classification of columns, effective length of column	
		Week-2(11-16,Nov.)	Specification for minimum reinforcement, cover, maximum reinforcement, number of bars in rectangular, square and circular sections, diameter and spacing of lateral ties. (No numerical on helical ties).	HOUSE TEST
		Week-3 (18-23, Nov.)	Analysis and Design of axially loaded: Uniaxial & Biaxial Bending along with axial loading: short, square rectangular	
		Week-4 (25-31,Nov.)	circular columns with lateral ties only; check for short column and check for minimum eccentricity may be applied.	
5	DECEMBER	Week-1(2, Dec.)	Revision	

Signature of Teacher
(Er. Manoj Kumar)

Signature of H.O.D
(Er.Chetan Mandela)

Monthly review of lesson plan by HOD:

Review for month of	Date of review	Comments by HOD	Remarks
August			
September			
October			
November			

DEPARTMENT OF CIVIL ENGINEERING

Dr.B.R.AMBEDKAR GOVT. POLYTECHNIC AMBOTA , UNA (H.P)

LESSON PLAN FOR DESIGN OF R.C.C. STRUCTURES LAB (SEMESTER-5TH) SESSION: (Aug. - Dec.,2024)

Sr. No.	MONTH	WEEK	CONTENTS	REMARKS
1	AUGUST	Week-3 (12-17 Aug.)	INTRODUCTION: Rectangular beams – Singly reinforced	
		Week-4 (19-24 Aug.)	Rectangular beams- Doubly reinforced. Checking of sheets & viva	
		Week-5 (26-31 Aug.)	One-way slabs	
2	SEPTEMBER	Week-1 (1-7 Sep.)	Checking of sheets & viva	
		Week-2 (9-13 Sep.)	Two-way slabs (Corner not held down)	CLASS TEST-I
		Week-3 (16-21 Sep.)	Checking of sheets & viva	
		Week-4 (23-28 Aug.)	Square columns with isolated footing of uniform depth and varying depth (sloped footings)	
3	OCTOBER	Week-1 (1-4, Oct.)	Checking of sheets & viva	
		Week-2 (7-11, Oct.)	Circular column with isolated footing of uniform depth and varying depth (sloped footings).	
		Week-3 (14-19, Oct.)	Checking of sheets & viva	CLASS TEST-II
		Week-4 (21-26, Oct.)	Interpret the actual RCC Structural Drawings used on site with reference to reinforcement details of various structural elements.	
		Week-5 (28-31, Oct.)	Checking of sheets & viva	
4	NOVEMBER	Week-1(4-8, Nov.)	Prepare a detailed report of site visit for reinforcement detailing of structural elements like beams, columns, staircase & footing.	
		Week-2(11-16,Nov.)	Checking of sheets & viva	HOUSE TEST
		Week-3 (18-23, Nov.)	Prepare a checklist for reinforcement provided from actual drawings used on site for various structural elements.	
		Week-4 (25-31,Nov.)	Checking of sheets & viva	

Signature of Teacher
(Er. Manoj Kumar)

Signature of H.O.D
(Er.Chetan Mandela)

Monthly review of lesson plan by HOD:

Review for month of	Date of review	Comments by HOD	Remarks
August			
September			
October			
November			

DEPARTMENT OF CIVIL ENGINEERING

Dr.B.R.AMBEDKAR GOVT. POLYTECHNIC AMBOTA , UNA (H.P)

LESSON PLAN FOR COMPUTER APPLICATIONS IN CIVIL ENGG. GROUP-I (SEMESTER-5TH) SESSION: (Aug. - Dec.,2024)

Sr. No.	MONTH	WEEK	CONTENTS	REMARKS
1	AUGUST	Week-3 (12-17 Aug.)	Introduction: Starting up of Auto CAD, Auto CAD Window, Toolbar, drop down menu, Command window, saving the drawing	
		Week-4 (19-24 Aug.)	Introduction of Graphic screen. Checking of files & viva	
		Week-5 (26-31 Aug.)	Drawing, Editing, Dimensioning Commands: Co-ordinates, drawing limits, grid, snap, orthographic features. Checking of files & viva	
2	SEPTEMBER	Week-1 (1-7 Sep.)	Drawing commands, line, circle, poly-line, multiline, ellipse, polygon etc. Checking of files & viva	
		Week-2 (9-13 Sep.)	Editing commands – Copy, move, offset, fillet, chamfer, trim, lengthen, mirror, rotate, array etc. Checking of files & viva	CLASS TEST-I
		Week-3 (16-21 Sep.)	Working with hatches, fills, dimensioning, text etc. Checking of files & viva	
		Week-4 (23-28 Aug.)	Submission/ Working Drawing o Drawing T, L, I, E, H with absolute. Checking of files & viva	
3	OCTOBER	Week-1 (1-4, Oct.)	Drawing T, L, I, E, H with consecutive. Checking of files & viva	
		Week-2 (7-11, Oct.)	Drawing T, L, I, E, H with polar coordinate system. Checking of files & viva	
		Week-3 (14-19, Oct.)	Preparation of line plan of a residential building. Checking of files & viva	CLASS TEST-II
		Week-4 (21-26, Oct.)	Preparation of detailed plan of a two-room residential building. Elevation, Section, Site Plan (using different type of layers)	
		Week-5 (28-31, Oct.)	Checking of files & viva	
4	NOVEMBER	Week-1(4-8, Nov.)	Introduction to STAAD Pro. (Expert may be invited to demonstrate)	
		Week-2(11-16,Nov.)	Checking of files & viva	HOUSE TEST
		Week-3 (18-23, Nov.)	Introduction to MS Project/Primavera. Checking of files & viva	
		Week-4 (25-31,Nov.)	Unit IV: Use of artificial intelligence in Building Design (Expert may be invited to demonstrate)	
5	DECEMBER	Week-1 (2, Dec.)	Checking of files & viva	

Signature of Teacher
(Er. Manoj Kumar)

Signature of H.O.D
(Er. Chetan Mandela)

Review for month of	Date of review	Comments by HOD	Remarks
August			
September			
October			
November			

DEPARTMENT OF CIVIL ENGINEERING

Dr.B.R.AMBEDKAR GOVT. POLYTECHNIC AMBOTA , UNA (H.P)

LESSON PLAN FOR COMPUTER APPLICATIONS IN CIVIL ENGG. GROUP-II (SEMESTER-5TH) SESSION: (Aug. - Dec.,2024)

	MONTH	WEEK	CONTENTS	REMARKS
1	AUGUST	Week-3 (12-17 Aug.)	**Introduction:** Starting up of Auto CAD, Auto CAD Window, Toolbar, drop down menu, Command window, saving the drawing	
		Week-4 (19-24 Aug.)	Introduction of Graphic screen. Checking of files & viva	
		Week-5 (26-31 Aug.)	**Drawing, Editing, Dimensioning Commands:** Co-ordinates, drawing limits, grid, snap, orthographic features Checking of files & viva	
2	SEPTEMBER	Week-1 (1-7 Sep.)	Drawing commands, line, circle, poly-line, multiline, ellipse, polygon etc. Checking of files & viva	
		Week-2 (9-13 Sep.)	Editing commands – Copy, move, offset, fillet, chamfer, trim, lengthen, mirror, rotate, array etc. Checking of files & viva	CLASS TEST-I
		Week-3 (16-21 Sep.)	Working with hatches, fills, dimensioning, text etc. Checking of files & viva	
		Week-4 (23-28 Aug.)	Submission/ Working Drawing o Drawing T, L, I, E, H with absolute. Checking of files & viva	
3	OCTOBER	Week-1 (1-4, Oct.)	**Drawing T, L, I, E, H with consecutive. Checking of files & viva**	
		Week-2 (7-11, Oct.)	**Drawing T, L, I, E, H with polar coordinate system. Checking of files & viva**	
		Week-3 (14-19, Oct.)	Preparation of line plan of a residential building. Checking of files & viva	CLASS TEST-II
		Week-4 (21-26, Oct.)	Preparation of detailed plan of a two-room residential building, Elevation, Section, Site Plan (using different type of layers)	
		Week-5 (28-31, Oct.)	Checking of files & viva	
4	NOVEMBER	Week-1(4-8, Nov.)	Introduction to STAAD Pro, (Expert may be invited to demonstrate)	
		Week-2(11-16,Nov.)	Checking of files & viva	HOUSE TEST
		Week-3 (18-23, Nov.)	Introduction to MS Project/Primavera. Checking of files & viva	
		Week-4 (25-31,Nov.)	Unit IV: Use of artificial Intelligence in Building Design (Expert may be invited to demonstrate)	
5	DECEMBER	Week-1 (2, Dec.)	Checking of files & viva	

Signature of Teacher
(Er. Munish Kumar)

Signature of H.O.D
(Er. Sheran Mande

Review for month of	Date of review	Comments by HOD	Remarks
August			
September			
October			
November			

LESSON PLAN13

Program Name	DIPLOMA IN
Course/Subject Name	Life Skills for Professional and Personal life
Course/Subject Code	ASOE 301
Course/Subject Coordinator Name	Renu Patial
Course Category	Open Elective - I

Evaluation scheme

S.No.	Subject Name	Study Scheme (Hrs./Week)	Marks in evaluation scheme			
			Internal Assessment		External Assessment	
			Theory	Practical	Theory	Practical
1.	Life Skills for Professional and Personal life	Th-3; DCS-1	40	--	60	--
Reference books:			(1) Soft Skills & Employability Skills by Sabina Pillai Agnal Fenandez			
			(2) Soft Skills by K.Alex Chand			
			(3) Positivity- Away of life by Manika Ghosh			
			(4) The Power of positive thinking by Norman Vincent			
			(5) Atomic Habits by Clear J.			

Course Outcomes: At the end of the course students will be able to:

CO1	To build and reflect self-confidence and high self -esteem in their behaviour and conduct
CO2	Demonstrate life skills in their professional and personal lives
CO3	Communicate assertively and make effective presentation

CO4	Display Positive attitude and resilience in their behaviour conduct
CO5	Demonstrate Positive interpersonal skills and work effectively in a Team, as a leader and a member
CO6	Listen Actively and empathetically
CO7	Manage adverse Circumstances with resilience
CO8	Display emotionally intelligent behavior and create stress free environment
CO9	Demonstrate harmony in their Physical , cognitive, personal, social behaviour and conduct
CO10	Exhibit and apply social and emotional abilities to climb the ladder of success in personal and professional lives

Teaching Plan:

Lecture No.	Name of topic	Proposed Date	Actual date	Remarks
1	**Unit-1 Communication Skills:** Meaning, Significance and characteristics of assertive Communication	14/08/24		
2	Techniques of Assertive Communication	16/08/24		
3	Tips to develop the assertive communication.	16/08/24		
4	**Unit-2 Life Skills,Soft Skills& Interpersonal skills** Definition of Life Skills and soft Skills	21/08/24		
5	Significance of Life Skills and Soft Skills in Personal life	22/08/24		
6	Types of life skills and soft skills, ways to develop soft skills and life skills	23/08/24		
7	Concept of interpersonal skills and tips to improve interpersonal skills	23/08/24		
8	Meaning of Team Dynamics and tips for improving team Dynamics	28/08/24		

9	**Unit-3 Life Skills(A) Self awareness**: 1.**Self introspection**, Meaning of Self awareness, introspection, Self reflection and insight.	29/08/24		
10	Strategies to improve self awareness	30/08/24		
11	Importance of counseling and coaching	30/08/24		
12	**2)Stress Management** Meaning of Stress, Factors causing positive and negative types of stress	04/09/24		
13	Effects of stress on mind and body	05/09/24		
14	Stress management techniques	06/09/24		
15	**3)Emotional Intelligence**: Meaning and Significance of EI	06/09/24		
16	Strategies to develop and enhance Emotional Intelligence	11/09/24		
17	**4) Self- Esteem:** Concept, Meaning and Significance of Self-Esteem	12/09/24		
18	Types of Self -Esteem	13/09/24		
19	Characteristics of people with High and Low Self-Esteem	13/09/24		
20	Steps and Tips for improving Self -Esteem	18/09/24		
21	**B) Social Awareness**: Meaning and Technique of social awareness and social skills	19/09/24		
22	**2. Empathy** : Meaning and types of Empathy	20/09/24		
23	Benefits of Empathy	20/09/24		
24	Steps For Developing Empathy	25/09/24		
25	**3. Compassion**: Meaning and benefits of Compassion	26/09/24		
26	Steps for practice Compassion	27/09/24		
27	**Body Language**: Elements of Body language	27/09/24		
28	Develop positive Body Language that helps in building positive relationships	03/10/24		