

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						HOLIDAY - EID-UL-ZUHA
2	3	4	5	6	7	8
	HOLIDAY - RAKSHA BANDHAN	Define Media and its concept	Media classification	Media Classification - continued	Functions of media	
9	10	11	12	13	14	15
	Communication Technology - Introduction	Classification of Communication Technology	HOLIDAY - JANMASHTAMI	Modern communication technologies	Discussion of back questions.	HOLIDAY- INDEPENDENCE DAY
16	17	18	19	20	21	22
	Food,Nutrition,Health and Fitness - Define	Balanced diet, RDA, Food groups by ICMR	Food guide pyramid, Dietary pattern in Adolescents.	Modifying diet related behaviour, factors that influence eating behaviour	Eating Disorders	
23	24	25	26	27	28	29
	Management of Resources- define and classification	characterstics of resources	Management Process	Evolution and discipline of HEFS.	What makes me "I" And Characterstics of self.	
30	31	1	2	3	4	5
	Influence on Identity and sense of self.					