LESSON PLAN 20121-2022

B.Sc. Home Science 4th Sem

Subject : Garment Construction and Apparel Science

Faculty Name: Dr Arti Shukla

Week 1 (April)

Selection of garments for Infants, Toddlers, preschool, school going children.

Week 2 (April)

Selection of garments for teenagers, adults and people of old age.

Week 3 (April)

Selection of household linen, curtains, draperies and towels.

Week 4 (April)

Selection of readymade garments.

Week 1 (May)

Renovation and mending of clothes.

Week 2 (May)

Construction Techniques – Drafting, paper pattern

Week 3 (May)

Draping

Week 4 (May)

Fit – Definition, Recognizing correct fit using structural lines, balance and ease to evaluate fit. Common problems encountered and remedies for fitting defects.

Week 1 (June)

1. Fashion in Dress-

 a) Sources of fashion

 b) Factors favouring and retarding fashion

Week 2 (June)

Buying criteria for readymade garments, Fashion cycle

Week 3 (June)

Revision

LESSON PLAN 20121-2022

B.Sc. Home Science 6th Sem

Subject : Child Welfare

Faculty Name: Dr Arti Shukla

Week 1 (April)

Definition and, objectives of child welfare.

 Philosophy of child welfare

Week 2 (April)

National Policy of child welfare- .needs, organisation ,goal

Week 3 (April)

Problem of school dropouts, Problem of child labour.

Week 4 (April)

Effect of mass media on children.

 Deprivation among children-nutritional ,educational ,emotional

Week 1 (May)

Children with special needs, their rehabilitation and care -Blind children , Deaf & Dumb

Week 2 (May)

Mentally retarded children

Week 3 (May)

Juvenile delinquency-causes & ways to tackle the menace.

Week 4 (May)

 Voluntary Agencies working for child welfare

Week 1 (June)

International agencies working for child welfare

Week 2 (June)

Family planning programme in India

Week 3 (June)

Revision

LESSON PLAN 2021-2022

B.A. Home Science (Pass Course) 4th Sem

Subject : Human Physiology

Faculty Name : Dr Arti Shukla

Week 1 (April)

 Animal cell- structure and functions of cell organelles.

Week 2 (April)

Skeletal System: Functions, Types of bones, Names of bones and types of joints.

Week 3 (April)

Digestive System; Parts of Alimentary Canal-Mouth, Pharynx, Oesophagus, Stomach, Small Intestine, and Large Intestine.

Week 4 (April)

Digestion and Absorption of food Excretory System: Structure and functions of Kidney, Skin and Lungs

Week 1 (May)

Circulatory System : - (a) Composition and Functions of Blood (b) Heart: Structure and Working

Week 2 (May)

(a) Coagulation of blood (b) Blood Pressure (c) Normal levels of haemoglobin, cholesterol, urea, uric acid and glucose in blood

Week 3 (May)

Reproductive System: --- (a) Female reproductive system (b) Sex Glands (Male and Female)

Week 4 (May)

(a) Menstruation (b) Fertilization (c) Pregnancy (d) Lactation

Week 1 (June)

Endocrine System: Functions of different glands-Pituitary, Thyroid,

Week 2 (June)

Parathyroid, Adrenal Gland,

Week 3 (June)

Islets of Langerhans in Pancreas

LESSON PLAN 2021-2022

B.Sc. Home Science 2nd Sem

Subject : Introduction to Textile

Faculty Name : Mrs. Mili

Week 1 (April)

Textile fibres, characteristics, classification. 2. Manufacture, properties and importance to the consumer of the following fibres :- a) Natural plant fibres – Cotton, Linen.

Week 2 (April)

Natural animal fibres – Wool, Silk.

Week 3 (April)

 Man made and synthetic fibres – Rayon, Polyester, Polyamide and acrylic.

Week 4 (April)

Study of Yarn – Basic Principles of yarn making - Types of yarns – simple, complex or novelty yarns.

Week 1 (May)

Properties of yarns – fineness and twist, yarn numbering.

Week 2 (May)

Importance of blending, important blends and their properties.

Week 3 (May)

Fabric Construction – Weaving – Parts of loom and its working.

Week 4 (May)

Basic weavers (Plain, twill, Satin , Sateen weave and their variations. Fancy weavers-Piles dobby and Jacquard, Leno, swivel, lappet.

Week 1 (June)

1. Knitting-Technology, Types of Knit, advantages &disadvantage 2

Week 2 (June)Other methods-Knitting, Braiding, Felting and Bonding.

Week 3 (June)

Revision

LESSON PLAN 2021-2022

B.Sc. Home Science 4th Sem

Subject : Community Development and Communication

Faculty Name : Mrs. Mili

Week 1(April )

Communication- Meaning, scope and importance of communication.

Week 2 (April)

 Elements of communication.

Week 3(April )

Problems of communication with special reference to India, Models of communication and various types of communication .

Week 4(April)

1. Classification of teaching methods according to form and use

Week 1( May)

The scope , advantage and limitations of different extension methods.

Week 2( May )

Panchayati raj system- meaning, functions, organizational set up, problems

Week3( May )

Principles of democratic decentralization

Week 4( May )

 Classification of audio- visual aids- different aids, their scope, advantage and limitations, factors limiting the selection and use of audio-visual aids

Week 1( June)

Use of radio talks, television, personal talk

Week 2 (June)

conferences, tours, campaigns, village

Week 3( June)

Revision

LESSON PLAN 2021-2022

B.Sc. Home Science 6th Sem

Subject : Apparel Designing

Faculty Name : Mrs. Mili

Week 1(April )

Design – Definition – Components of design, Structural designs in fabrics –i) Through variation in yarn, ii) Variation in weaves iii) By giving decorative finishes

Week 2 (April)

 Applied designs in fabrics –i) Through dyeing, ii) Through printing iii) Through embroidery.

Week 3(April ) Elements of design – i) Line, form and shape analysis and its appropriate use. ii) Texture analysis and its use in relation to size, figure occasion and season.

Week 4(April)

Colour – Its dimensions, its use and relation to season, occasion, size, figure and occasion.

Week 1( May)

Principles of Design - Principles of design as applied to apparel design such as balance, harmony, rhythm, proportion and emphasis.

Week 2( May )

Figure types -Average types of figures for which ready to wear garments are made

Week3( May )

Designing clothes for following figures tall and stout .ii) short and stout iii)tall and thin iv)short and thin

Week 4( May )

Designing clothes for figures with variations like-large hips, large bust, large upper arm, prominent abdomen etc.

Week 1( June)

Elementary Computer aided Designing.

Week 2 (June)

Computers in apparel construction

Week 3( June)

Revision

LESSON PLAN 20121-2022

B.Sc. Home Science 4th Sem

Subject : Food Science II

Faculty Name: Ms. Leena Jatrana

Week 1 (April)- Vegetables - classification, composition

Week 2 (April)

Vegetables - ,nutritive value, selection, vegetable cookery, storage

Week 3 (April)

Fruits- classification, composition ,nutritive value, Spices and condiments – classification description, uses, procurement and storage.

Week 4 (April)

Fruits- post harvest changes in fruits, enzymatic browning, use in different preparations , Raising and leavening agents – Types, uses in cookery and bakery, storage.

Week 1 (May)

Eggs- composition, quality of eggs

Week 2 (May)

egg cookery, use of egg in different preparations

Week 3 (May)

Meat- composition , and nutritive value, postmortem changes, ageing of meat

Week 4 (May)

tenderizing of meat ,curing of meat , cuts and grades of meat, meat cookery, storage

Week 1 (June)

Fish- types, composition, fish cookery, spoilage, storage, Poultry – types, composition, and nutritive value, cooking of poultry, storage.

Week 2 (June)

Evaluation of food quality – Sensory evaluation, types of tests, objective evaluation, instruments

used for texture evaluation.

Week 3- Revision

LESSON PLAN 20121-2022

B.Sc. Home Science 6th Sem

Subject : Nutritional Biochemistry II

Faculty Name: Ms. Leena Jatrana

Week 1 (April)

Lipids – Definition, classification of lipids

Week 2 (April)

properties of fatty acids,(Acid value, Iodine value and saponification value)

Week 3 (April)

Lipids – ßoxidation and biosynthesis of fatty acids

Week 4 (April)

Ketone body formation, Ketosis, fatty livers

Week 1 (May)

Biological oxidation – TCA cycle

Week 2 (May)

E.T.C., Oxidative phosphorylation theories.

Week 3 (May)

Elementary knowledge of biosynthesis of proteins.

Week 4 (May)

Nucleic acids, types , composition

Week 1 (June)

replication, transcription, genetic – code

Week 2 (June)-Structure of DNA & RNA.

Week 3 (June)

Revision

LESSON PLAN 2021-2022

M.A English 2nd Semester

Subject : Food Adulteration

Faculty Name : Ms. Leena Jatrana

Week 1 (April)

Basic food groups, functions of foods and its general composition.

Week 2 (April)

Food quality and safety , various aspects of food quality & safety, challenges of food safety.

Week 3 (April)

Food adulteration and contamination, common food contaminants

Week 4 (April)

Food adulteration – name, method of evaluation, toxic constituents, common adulterants and detection:

1. Milk and milk products
2. Oils and fats
3. Spice and condiments
4. Wheat and other flours

Week 1 (May)

 Food adulteration – name, method of evaluation, toxic constituents, common adulterants and detection:

1. Sugar and preserve
2. Fruits and vegetable products
3. Beverages- alcoholic and non alcoholic

Week 2 (May)

Prevention of food adulteration act (PFA), 1954

Week 3 (May)

Food safety and standard act (2006)

Week 4 (May)

Food safety and standard authority of India ( FSSAI)

Week 1 (June)

BIS AND FPO

Week 2 (June)

APEDA

Week 3 (June)

Revision

LESSON PLAN 20121-2022

B.Sc. Home Science 2ND Sem

Subject : Human Development I

Faculty Name: Ms. Leena Jatrana

Week 1 (April)

Human Development – Definition of growth, Development, difference between growth and development.

Week 2 (April)

Principles of Development – Factors affecting development.

Week 3 (April)

Stages of Development.

Week 4 (April)

Prenatel Development during three trimesters.

Week 1 (May)

various factors affecting prenatal development

Week 2 (May)

Infancy(0-2 years) - Physical characteristics of the neonate size, weight, height, body proportions

Week 3 (May)

sensory capacities i.e. hearing, vision, taste, smell, touch, temperature and reflexes of a newborn.

Week 4 (May)

Development tasks, milestone, physical development, motor, social, emotional development, motor, social, emotional cognitive. Factors influencing development.

Week 1 (June)

Age group (2-6 years) – Development tasks, Physical, social, motor, emotional, cognitive, language.

Week 2 (June)- Preschool orientation and significance. Factors affecting their development, Importance of play for all round development.

Week 3 (June)

Revision

**LESSON PLAN HOME SCIENCE**

**B.Sc. HOME SCIENCE, 2021-22**

**Subject : THERAPEUTIC NUTRITION, (HS-607)**

**Faculty name: Dr. Sikandra Devi**

**Week 1 (April)**

Principals of diet therapy

Modification of normal diet for therapeutic purposes

Clear fluid diet and its modifications

Full fluid diet and its modifications

**Week 2 (April)**

Soft diet, food included and foods to be avoided

Bland diet, its purpose and food to be included and avoided

Role of Dietician in health institutions

Responsibilities and duties

**Week 3 (April)**

Diarrhoea and its causes

Types of diarrhoea

Nutritional management in diarrhoea

**Week 4 (April)**

Constipation and its causes

Types of constipation

Nutritional management in constipation

**Week 5 (May)**

Acute fever- Typhoid

Its causes and types

Metabolic changes in body during fever

Nutritional management

**Week 6 (May)**

Chronic fever- Tuber culosis

Its causes and types

Metabolic changes in body due to T.B.

Nutritional management

**Week 7 (May)**

Obesity- definition

Its causes and classification

Its impact on health

Nutritional management

**Week 8 (May)**

Under weight- definition and classification

Its causes and contributory factors

Negative health impacts

Nutritional management

**Week 9 (June)**

Hypertension- classification

Its causes and contributory factors

Negative impacts on body

Nutritional management

**Week 10 (June)**

Kidney disorders- types

Its causes and contributory factors

Metabolic changes in body

Nutritional management

**Week 11(June)**

Revision and test

 **LESSON PLAN HOME SCIENCE**

**B.Sc. HOME SCIENCE, 2021-22**

**Subject : Women Empowerment, (HS-601)**

**Faculty name: Dr. Sikandra Devi**

**WEEK 1 (April)**

Legal status of women in pre and post-independence time

Social status of women in pre and post-independence time

**WEEK 2 (April)**

Economical status of women in pre and post-independence time

Political status of women in pre and post-independence time

**WEEK 3 (April)**

Educational status of women in pre and post-independence time

Education , employment and empowerment of women

**WEEK 4 (April)**

Families with marital disharmonies

Factors affecting relationships

Hindu marriage act

**WEEK 5 (May)**

Violence and abuse with women, Types and causes

Laws to prevent Household violence

Exploitation of women

**WEEK 6 (May)**

Dowry, Its types, causes

Ill effects of Dowry and Laws to prevent it

Sexual discrimination of women

**WEEK 7 (May)**

Mass media and women empowerment

Its role and representation

**WEEK 8 (May)**

Role of Home science in empowerment of women

Its role in personal and professional growth

**WEEK 9 (June)**

Trends in women movement in reference to India

**WEEK 10 (June)**

Social welfare programs and their impact

**WEEK 11 (June)**

Revision.

**LESSON PLAN (2021-2022)**

 B.Sc. HOME SCIENCE - 1st year (Sem 2)

 Subject: Fundamentals of Nutrition

 Course No -206

 Faculty Name: PARUL MALIK

**Month: April**

Week 1

Definition, Classification, functions, sources, RDA, effects of deficiency and excess (in brief) of – A. Carbohydrates B. Proteins

Week 2

Definition, Classification, functions, sources, RDA, effects of deficiency and excess (in brief) of C. Lipids

Water- function & sources of water for human body, effects of excess and less intake of water on human body

Week 3

Functions, sources, RDA, effects of excess and deficiency (in brief) of:

Fat soluble vitamins – Vitamin A, D.

Week 4

Functions, sources, RDA, effects of excess and deficiency ( in brief) of:

Vitamin E & K.

**Month: May**

Week 1

B. Water soluble vitamins – Vitamin C

Water soluble vitamins: B, B2, B6, B12, niacin and folic acid.

Week 2

Functions, sources, RDA, effect of excess and low intake of – A. Macro minerals: phosphorus, sodium, and potassium.

Week 3

Functions, sources, RDA, effect of excess and low intake of – A. Macro minerals – Calcium, magnesium.

Week 4

Micro Minerals – Iron, iodine and fluorine,

**Month: June**

Week: 1

fibre – Types, Functions, or role of dietary fibre in the human body, Sources.

Week 2

Revision.

  **LESSON PLAN (2021-2022)**

 B.Sc. HOME SCIENCE – 2nd year (Sem 4)

 Subject: Human Development – III

 Course No - 402

 Faculty Name: PARUL MALIK

**Month: April**

Week 1

Young Adulthood (19-40years)-

Definition, Development tasks, significance of the period.

responsibilities and adjustment, new family, workplace,

Week 2

Young Adulthood (19-40years)-

parenthood, independence, financial matters.

Week 3

Young Adulthood (19-40years)-

 Sex role issues & implication for young adults.

Week 4

Middle adulthood (41-60years)-

Definition, physical changes (senses & diseases) Menopause,

**Month: May**

Week 1

Middle adulthood (41-60years)-

health issues, stresses in middle age, coping with stress at family & work place.

Week 2

Middle adulthood (41-60years)-

Occupation and job satisfaction, preparation for retirement.

Week 3

Late adulthood & Ageing(beyond 60 years)

Definition, developmental tasks of old age, common interests in old age., adjustment to family life in old age.

Week 4

Late adulthood & Ageing (beyond 60 years)

Psychological changes, health problems, cognitive & memory change.

Problems of old age and coping strategies.

**Month: June**

Week 1

Retirement – Effect on self, family, society, identity and friendship.

Week 2

Revision.

 **LESSON PLAN (2021-2022)**

 B.Sc. HOME SCIENCE – 2nd year (Sem 4)

 Subject: Institutional Food management

 Course No - 404

 Faculty Name: PARUL MALIK

**Month: April**

Week 1

Catering Management – Definition & scope

Hygiene and sanitation -Environmental hygiene and sanitation

Week 2

 hygiene in food handling, personal hygiene.

Week 3

Organization of spaces--- a. Kitchen spaces – Work space, work surfaces, lighting, and ventilation.

Week 4

Organization of spaces---

 b. Storage spaces – Location; types; sanitation, safety, and security of stores.

**Month: May**

Week 1

Organization of spaces---

c. Service areas – Location & planning.

Week 2

Menu Planning – Planning and writing menus, types of menus, use of menu.

Week 3

Food service – Various styles of service.

Week 4

Food Cost Control-- Why control food costs, costing of dishes, meals and events.

**Month: June**

Week 1

Pricing--- Methods of pricing, factors affecting pricing.

Week 2

Revision.

 **LESSON PLAN (2021-2022)**

 B.Sc. HOME SCIENCE – 3rd year (Sem 6)

 Subject: FOOD MICROBIOLOGY

 Course No - 604

 Faculty Name: PARUL MALIK

**Month: April**

Week 1

a) Characteristics of moulds, yeasts and bacteria, useful and pathogenic organisms.

b) Brief history of food microbiology and important micro – organisms in food.

Week 2

a) Primary sources of micro – organisms in foods.

b) Extrinsic and intrinsic parameters affecting growth and survival of microbes.

Week 3

c) Contamination and micro – organisms in the spoilage of different kinds of foods and

their preservation. – Cereal and cereal products egg and poultry.

Week 4

d) Contamination and micro – organisms in the spoilage of different kinds of foods and

their preservation. – milk and milk products, canned foods.

**Month: May**

Week 1

Food Preservation: Use of high and low temperature, dehydration

Week 2

Food Preservation: freezing, freeze drying, irradiation in food preservation.

Week 3

 Microbes used in food biotechnology, fermented foods, and their benefits.

Week 4

a) Public health hazards due to contaminated foods – food borne infections and

intoxication, symptoms, mode and sources of transmission and methods of production.

**Month: June**

Week 1

b) Indices of food, milk, water sanitary qualities, microbiological criteria of food, water

and milk testing (Bacteriological analysis)

Week 2

Revision.

LESSON PLAN 20121-2022

 B.A. Home Science 2nd Sem

Subject : BA Home Science

Faculty Name: Priyanka Goyal

Week 1 (April)

Meaning and objectives of health education , health hazards of modern age air , water , soil, Noise pollution.

Week 2 (April)

 Definition of health and hygiene , factors relating to health food habits , posture , exercise , rest and sleep and cleanliness of body.

Week 3 (April)

Water –importance of water , types of water , source of contaimination and purification of water(natural and domestic methods).

Week 4 (April)

Definition of infection infective agents, infections diseases and communicable diseases

Week 1 (May)

Incubation period, modes and channels of transmission of infection, Isolation, Disinfectants – Definition, types and methods of disinfection

Week 2 (May)

Inmunity – Definition and types of immunity and immunization schedule

Week 3 (May)

Diseases spread by insects – Malaria, Diseases spread by ingestion – Enteric fever, Dysentery and cholera

Week 4 (May)

Diseases spread by droplet infections- Measles, mumps, diphtheria and tuberculosis

Diseases spread by contact – leprosy and tetnus

Week 1 (June)

Transmission of heat – Elementary ideas about transmission of heat and their application in daily life clothes, utensils, fireplace thermoflask

Week 2 (June)

Thermometers and scales of measurements, simple conversion – centigrade to Fahrenheit. Evaporation – factors effecting evaporation , refrigeration

Week 3 (June)

Revision

 LESSON PLAN 2021-2022

B.Sc. Home Science 6 th Sem

Subject : Interior Designing

Faculty Name: Priyanka Goyal

Week 1 (April)

Furniture – selection & type Furniture arrangement

Week 2 (April)

Type of lighting suitable for different areas of the house.

Week 3 (April)

 Various types of accessories & their place in interior decoration

Week 4 (April)

Window treatment - Basic window treatment, types of curtains

Week 1 (May)

Draping fabric – selection & care Hanging of curtain – pelmet, swags, valances

Week 2 (May)

 Wall finishes paints, wood paneling, wall paper

Week 3 (May)

Floor treatment types-brick, stone, tiles

Week 4 (May)

soft floor covering –carpet and rugs (types and care)

Week 1 (June)

. Design – definition & types. Principles of design – harmony, balance rhythm, proportion & emphasis.

Week 2 (June)

Flower arrangement – Types of flower arrangement & basic shapes .Use of principle of design in flower arrangement.

Week 3 (June)

Revision

 LESSON PLAN 2021-2022

B.Sc. Home Science 6 th Sem

Subject : Introdution to Home Management - II

Faculty Name: Priyanka Goyal

Week 1 (April)

Ergonomics in home— An introduction

Week 2 (April)

Work simplification – Body mechanics, Mundel’s classes of change in work simplification,

Week 3 (April)

Work study techniques---pathway chart ,operation chart

Week 4 (April)

 Financial Management Income- types of income, budget, definitions ,types Steps in making budget, factors affecting budget

Week 1 (May)

Saving- Objective, types of Saving-Bank, insurance, provident fund

Week 2 (May)

Credit- its use, types of credit, problems in credit

Week 3 (May)

Taxation- Types- direct & indirect. Basic calculation of income tax

Week 4 (May)

Introduction to art ,Definition of art, elements of art- line, form texture, color, pattern, shape, light, space

Week 1 (June)

Color – classification, dimension, color scheme

Week 2 (June)

Factors influencing choice of colours in decoration

Week 3 (June)

Revision