

**CISKMV Dhand -Dadwana (Kaithal)**

**Lesson Plan**

Session	2023-2024
Class	B.A. 1 (even and odd semester)
Subject	<b>Home Science</b>
Date	Odd Semester: 24 July 2023 to 23 November 2023 Even Semester: 01 January 2024 to 27 April 2024
Faculty	<b>Ms. Garima</b>

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**1<sup>st</sup> semester (24-07-2023 to 23-11-2023)**

**Home and Interior Decor'**

July: Paper Pattern and Introduction to syllabus.

August: *Unit I* – Interior Decoration, Types of design, Elements of art

Practical: Preparation of house plans for different income groups, Floor decoration, Pottery painting and Decoration.

September: *Unit II* – Principles of design, Colour, Lighting

Practical: Creating various art pieces/ accessories, Table setting and Napkin folding.

October: *Unit III* – Table setting, Furniture, assignment and test.

Practical: Flower arrangement for different Rooms and Occasions.

November: *Unit IV* - Flower arrangement, Furnishings, Revision.

Practical: Planning color schemes for different rooms.

**2<sup>nd</sup> semester (01-01-2024 to 17-04-2024)**

**Nutrition Science**

January: Introduction to syllabus and paper pattern.

*Unit I* – Nutrition, nutrients, RDA, Balanced diet etc. , Water, Carbohydrates, Fibre.

Practical: Controlling techniques, Classify foods on the basis of various nutrients.

February: *Unit II* - Protein, Fats/ lipids, Vitamins, Fat- soluble vitamins.

Practical: Planning, Calculation of nutritive value and preparation of Paranthas/ Poories and Sandwiches.

March : *Unit III*- Water Soluble Vitamins (in brief), Assignment and tests.

Practical: Preparation of Soups, Desserts and Sponge Cake.

April: *Unit IV*- Minerals (Macro Minerals and Micro Minerals), Revision and Mid- term test.

Practical: Preparation of 2 Main Course Dishes, Planning and preparing various nutrient rich dishes.

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**Lesson Plan**

Session	2023-2024
Class	B.A. 2 (even and odd semester)
Subject	<b>Home Science</b>
Date	Odd Semester: 24 July 2023 to 23 November 2023 Even Semester: 01 January 2024 to 27 April 2024
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**3<sup>rd</sup> semester (24-07-2023 to 23-11-2023)**

**Physiology**

July: Paper Pattern and Introduction to syllabus.

August: *Unit I-* Animal cell, Skeletal system, Digestive system.

September: *Unit I-* Circulatory system. *Unit II-* Excretory system.

October: *Unit II-* Reproductive system, Endocrine glands, assignment, tests.

November: *Unit II-* Nervous system, Revision.

Clothing and Textiles (Practical):

July: -----

August: Study of different parts of sewing machine, Preparation of samples- Basic stitches, Seams.

September: Preparation of samples- Processes, Darts, Plackets, Tucks.

October: Embroidery, Knitting.

November: Tie and Dye.

**4<sup>th</sup> semester (01-01-2024 to 17-04-2024)**

**Clothing and Textile**

January: Introduction to syllabus and paper pattern.

*Unit I-* Introduction to Traditional textiles of India with names and origin, Definition and classification of fiber.

Practical: Taking body measurements.

February: *Unit I-* Manufacture and properties of different fibers, Soaps and Detergents, Starches, Blues and Bleaches.

Practical: Drafting of Child's bodice block and Adult's bodice block.

March : *Unit II-* Meaning and objectives of application of finishes, Different types of finishes.

Practical: Drafting of salwar, kameez and stitching of frock.

April: *Unit II-* Basic weaves, Laundry and reagents, Stain removal, Revision and Mid- term test.

Practical: Stitching of salwar and kameez.

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**5<sup>th</sup> semester (24-07-2023 to 23-11-2023)**

**Foods and Nutrition**

July: Paper Pattern and Introduction to syllabus.

August: *Unit I-* Food, Carbohydrates, Protein, Fats, Vitamins, Minerals, Water.

Practical: Planning and Preparation of meals for Pre-school going child, adolescent girls and boys.

September: *Unit I-* Role of dietary fiber in human nutrition, Principles and methods of cooking, Effect of cooking on different nutrients, Methods of enhancing nutritive value of food stuff.

Practical: Planning and Preparation of meals for adult belonging to different income groups, pregnant and lactating mother.

October: *Unit II-* Meal planning, Concept of balanced diet, Principles of meal planning, Principles of meal planning for school going child, adolescents, adults, assignment, tests.

Practical: Planning and Preparation of invalid diets for the patients suffering from Typhoid fever and Diarrhea.

November: *Unit II-* Principles of meal planning for Pregnant women and lactating mother, Therapeutic Nutrition, Food Preservation, Revision.

Practical: Planning and Preparation of invalid diets for the patients suffering from Diabetes and High blood pressure.

**6<sup>th</sup> semester (01-01-2024 to 17-04-2024)**

**Human Development**

January: Introduction to syllabus and paper pattern, *Unit I-* Child psychology, Learning, Intelligence.

February: *Unit I-* Personality Development, Play.

March : *Unit II-* Stages of development of the child, The Expectant Mother, Care of newborn infants: Feeding and weaning.

April: *Unit II-* Common ailments of childhood, Skin infections, Convulsions, Revision and Mid- term test.

Foods and Nutrition (Practical):

January: Preparation of Desserts and Snacks.

February: Preparation of Salads, Packed lunch and Picnic lunch.

March : Food Preservation.

April: Party dishes and Micro wave cookery.