

CH. ISHWAR SINGH KANYA MAHAVIDYALAYA
DHAND- DADWANA (KAITHAL)
B.A. 1st SEMESTER

Lesson Plan

Name: Mrs. Pinky Garg

Subject: Home Science

Lesson Plan: SEPTEMBER TO DECEMBER 2022

Session (2022-2023)

FAMILY RESOURCE MANAGEMENT

SEPTEMBER	<ul style="list-style-type: none">• Concept and Scope of Home Science (Including Job Opportunities)• Elements and Principles of Art• Colour- Characteristics and Different Scheme <p><u>Practical</u></p> <ul style="list-style-type: none">• Flower Arrangement for Different Occasions- Fresh and Dry.• Preparation of One Drift Wood for Making Dry Flower Arrangement
OCTOBER	<ul style="list-style-type: none">• Layout of Different Rooms for a House• Flower Arrangement: Types, Meaning, Importance. <p><u>Practical</u></p> <ul style="list-style-type: none">• Making Rangolies of Different Types• Pot Making- By Painting and By Decoration.
NOVEMBER	<ul style="list-style-type: none">• Resource Management – Definition, Importance and Steps in the Process of Management.• Family Resources- Definition, Classification and Management of Resources <ol style="list-style-type: none">i. Money Management- Meaning, Types of Income, Process of Money Management, Budgeting, Keeping Records.ii. Energy Management- Process of Energy Management, Fatigue, Rest Periods.

	<p>iii. Time Management- Process of Time Management, Peak Loads.</p> <p><u>Practical</u></p> <ul style="list-style-type: none"> • Table Manners and Table Setting Including Napkin Folding • Preparation of One Menu Card
<p>DECEMBER</p>	<ul style="list-style-type: none"> • Work Simplification: Meaning and Methods. • Consumer Education- Definition, Consumer Choice, Buying Problems, Defective Weights and Measures, Food Adulteration and Consumer Protection. <p><u>Practical</u></p> <ul style="list-style-type: none"> • Drawing of Layout Plans For Different Rooms.

REVISION

CH. ISHWAR SINGH KANYA MAHAVIDYALAYA
DHAND- DADWANA (KAITHAL)
B.A. 3rd SEMESTER

Lesson Plan

Name: Mrs. Pinky Garg

Subject: Home Science

Lesson Plan: SEPTEMBER TO DECEMBER 2022

Session (2022-2023)

HUMAN PHYSIOLOGY

SEPTEMBER	<ul style="list-style-type: none">• Animal Cell- Structure, Composition and Division in Brief (Mitosis and Meiosis)• Skeletal System- Functions of Skeletal System, Names of the Bones and Joints.
OCTOBER	<ul style="list-style-type: none">• Digestive System- Organs of Digestive System, Digestion and Absorption of Food.• Circulatory System- Blood, Composition and Functions and Coagulation.<ul style="list-style-type: none">i. Heart: Structure and Workingii. Blood Pressureiii. Normal Values of Haemoglobin, Cholesterol, Urea, Uric Acid and Glucose in Blood.
NOVEMBER	<ul style="list-style-type: none">• Excretory System: Functions of Kidney, Skin and Lungs.• Reproductive System: Organs and Functioning of Male and Female Sex Glands, Menstruation and Fertilization.
DECEMBER	<ul style="list-style-type: none">• Endocrine Glands: Functions of Different Glands, Pituitary, Thyroid, Adrenal, Islets of Langerhens in Pancreas.• Nervous System: Parts (Brain and Spinal Cord) - Functions and Reflex Action.

REVISION

CLOTHING AND TEXTILES PRACTICAL (Sem. 3rd)

SEPTEMBER	<ul style="list-style-type: none">• Study of Different Parts of Sewing Machine, its Care, Defect and Remedies
OCTOBER	<ul style="list-style-type: none">• Preparation of Samples (15 samples):<ul style="list-style-type: none">- Basic Stitches- Tucking, Running Stitches, Hemming, Button Hole Stitch.- Seams- Plain Seam, Run and Fell Seam.- Processes- Gathers into a Band- Darts (Knife and Box)- Placket Opening (Continuous, Wrap and Two Piece Placket- Pin-Tucks and Cross Tucks.
NOVEMBER	<ul style="list-style-type: none">• Embroidery- One Article of Fancy Embroidery Using at least Four Stitches
DECEMBER	<ul style="list-style-type: none">• Knitting- Following of Knitting Instructions, Preparation of Two Samples of Knitting with Different Designs.• Tie and Dye (One Article) 5 Samples Using Different Methods.

**CH. ISHWAR SINGH KANYA MAHAVIDYALAYA
DHAND- DADWANA (KAITHAL)
B.A. 5th SEMESTER**

Lesson Plan

Name: Dr. Neerja Sachdeva

Subject: Home Science

Lesson Plan: SEPTEMBER TO DECEMBER 2022

Session (2022-2023)

FOODS AND NUTRITION

<p>SEPT.</p>	<ul style="list-style-type: none"> • Food : Functions of food and classification • Essential food constituents: Carbohydrates, Protein, Fats. • Food source: Functions daily allowances, deficiency and excess intake of following: <ul style="list-style-type: none"> - Vitamins : A, D, E, K, B1, B2, B3, C, B12, Folic acid - Minerals- Calcium, Iron, Iodine, Sodium, Potassium • Water functions in the body • Role of dietary fiber in human nutrition <p><u>Practical</u></p> <ul style="list-style-type: none"> • Planning and Preparation of meals for: <ul style="list-style-type: none"> - Pre-school and school going child - Adolescents boys and girls
<p>OCT.</p>	<ul style="list-style-type: none"> • Principles and methods of cooking. Advantages of cooking of the food. • Effect of cooking on different nutrients <ul style="list-style-type: none"> - Moist heat- Boiling, Stewing, steaming - Dry heat- Roasting, grilling, baking - Frying- Shallow and deep - Radiation- Solar and microwave <p><u>Practical</u></p> <ul style="list-style-type: none"> • Planning and Preparation of meals for: <ul style="list-style-type: none"> - Adult belonging to low, middle and high income group - Pregnant and lactating mother
<p>NOV.</p>	<ul style="list-style-type: none"> • Methods of enhancing nutritive value of food stuff

	<ul style="list-style-type: none"> - Importance of enhancing nutritive value of food stuffs - Method of enhancing nutritive value of food stuffs, Sprouting, fermentation, combination and supplementation. <p><u>Practical</u></p> <ul style="list-style-type: none"> • Planning and Preparation of invalid diets for the patients suffering from: <ul style="list-style-type: none"> - Typhoid fever - Diarrhea
DEC.	<ul style="list-style-type: none"> • Meal planning • Concept of balanced diet • Principles of meal planning, factors affecting it • Principles of meal planning for children 3 to 5 years old school going child, adolescents adults • Pregnant women and lactating mother • Introduction to therapeutic Nutrition, therapeutic adaptation of the normal diet soft and fluid diet, planning of diet in following conditions: <ul style="list-style-type: none"> - Typhoid fever - Diarrhea - Constipation - Diabetes - High Blood Pressure • Food preservation: <ul style="list-style-type: none"> • Importance of food preservation <ul style="list-style-type: none"> - Causes of food spoilage - Principles of food preservation - Methods of food preservation with special emphasis on household methods. <p><u>Practical</u></p> <ul style="list-style-type: none"> • Planning and Preparation of invalid diets for the patients suffering from: <ul style="list-style-type: none"> - Constipation - Diabetes - High Blood Pressure

REVISION

**CH. ISHWAR SINGH KANYA MAHAVIDYALAYA
DHAND- DADWANA (KAITHAL)
B.A. 2nd SEMESTER**

Lesson Plan

Name: Dr. Neerja Sachdeva

Subject: Home Science

Lesson Plan: FEBRUARY TO MAY 2023

Session (2022-2023)

HEALTH AND HYGIENE

FEBRUARY	<ul style="list-style-type: none"> ● Health and Hygiene-Personal hygiene, Definition of health and Factors affecting it- food habits, cleanliness, exercise and sleep. ● Water-Importance of water, impurities present in water, sources of contamination of water and water purification (Household and Natural Methods) ● First aid : meaning, importance in daily life. <p><u>Practical</u></p> <ul style="list-style-type: none"> ● Cleaning & polishing of - Brass, Copper, Silver, Aluminium, Steel, Leather, Wood, and Glass articles.
MARCH	<ul style="list-style-type: none"> ● Infection - Definitions of Infection, Infective agents, Period of infectivity - Types of diseases and their modes of spread. - Channels of infection. <p><u>Practical</u></p> <ul style="list-style-type: none"> ● Preparation of polishes for (i) Wood (ii) Leather. ● Preparation of two articles of interior decoration.
APRIL	<ul style="list-style-type: none"> ● Disinfectants. Definition, types and methods of disinfection. ● Infectious diseases. Causes, incubation period, mode of spread, symptoms, , prevention & control of the following diseases : - Diseases spread by insects-Malaria,

	<p>Dengue.</p> <ul style="list-style-type: none"> - Diseases spread by ingestion- Dysentery, Cholera, Typhoid. <p><u>Practical</u> Immunization Schedule Survey in PHC and local hospitals.</p>
MAY	<ul style="list-style-type: none"> • Infectious diseases. Causes, incubation period, mode of spread, symptoms, , prevention & control of the following diseases : - Diseases spread by droplet infection- Chicken pox, Measles, Mumps. - Disease spread by Contact- Leprosy, AIDS • Immunity- Definition, types of immunity & immunization schedule. • Common emerging health problems among women: Cancer of Breast and Cervical <p><u>Practical</u> Acquaintance with First aid techniques.</p>

REVISION

CH. ISHWAR SINGH KANYA MAHAVIDYALAYA
DHAND- DADWANA (KAITHAL)
B.A. 4th SEMESTER

Lesson Plan

Name: Mrs. Pinky Garg

Subject: Home Science

Lesson Plan: FEBRUARY TO MAY 2023

Session (2022-2023)

CLOTHING AND TEXTILES

FEBRUARY	<ul style="list-style-type: none">• Introduction to Traditional Textiles of India with Names and Origin.• Definition and Classification of Fiber. <p><u>Practical</u></p> <ul style="list-style-type: none">• Taking Body Measurements.
MARCH	<ul style="list-style-type: none">• Manufacture and Properties of Different Fibers: Cotton, Silk, Polyester, Rayon.• Soaps and Detergents, Starches, Blues and Bleaches. <p><u>Practical</u></p> <ul style="list-style-type: none">• Drafting of the following:<ul style="list-style-type: none">➤ Child's Bodice Block and its Adaptation to a Gathered Frock.➤ Adult's Bodice Block and its Adaptation to their Choice Garments.
APRIL	<ul style="list-style-type: none">• Meaning and Objectives of Application of Finishes.• Different Types of Finishes- Calendering, Bleaching, Sizing, Mercerizing, Pre-Shrinking, Crease Resistant, Dyeing and Printing. <p><u>Practical</u></p> <ul style="list-style-type: none">• Drafting of Salwar or Petticoat, Blouse/ Nighty and Kameez.• Drafting and Stitching of:<ul style="list-style-type: none">- Frock Gathered with Sleeves (3 to 8 years old).
MAY	<ul style="list-style-type: none">• Basic weaves- Plain, Twill, Satin and their Variations.• Laundry and Reagents- Acids, Alkalis, Solvents and Absorbents.• Stain Removal- Classification of

	<p>Stains, Methods of Removing Different Types of Stains.</p> <p><u>Practical</u></p> <ul style="list-style-type: none">• Drafting and Stitching of following Garments:- Salwar or Petticoat (Any One)- Kameez or Nighty/ Blouse (Any One).
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REVISION

**CH. ISHWAR SINGH KANYA MAHAVIDYALAYA
DHAND- DADWANA (KAITHAL)
B.A. 6th SEMESTER**

Lesson Plan

Name: Dr. Neerja Sachdeva

Subject: Home Science

Lesson Plan: FEBRUARY TO MAY 2023

Session (2022-2023)

HUMAN DEVELOPMENT

FEBRUARY	<ul style="list-style-type: none">• Child psychology: Definition, aims, subject matter, objectives of studying.• Learning: Meaning, importance, method of learning, factors affecting learning.• Intelligence: Definition, Measurement of intelligence.
MARCH	<ul style="list-style-type: none">• Personality Development: Definitions, types, and factors affecting the development of Personality.• Play: Definition, features and types of play. Difference between work and play.• Stages of the development of the child, characteristics of:<ul style="list-style-type: none">- Infancy- Childhood- Adolescence- Problem of an adolescent child, role of parents and teacher in solving them.
APRIL	<ul style="list-style-type: none">• The Expectant Mother:<ul style="list-style-type: none">- Sign of pregnancy- Discomforts of pregnancy- Care of the expectant mother in brief- All-effects of an early marriage.• Care of newborn infants- Bathing, clothing and hygiene during infancy. Feeding of an infant: Breast feeding verses Artificial feeding. Weaning: Meaning and importance, methods of weaning.

MAY	<ul style="list-style-type: none"> • Common ailments of childhood: <ol style="list-style-type: none"> 1. Cold, cough, fever. 2. Digestive disturbances- Diarrhea, Constipation and Vomiting. • Skin Infection- Prickly heat, allergy. • Convulsions.
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REVISION

FOODS AND NUTRITION PRACTICAL (Sem. 6th)

FEBRUARY	<ul style="list-style-type: none"> • Preparation of various dishes under following heads using different method of cooking: <ul style="list-style-type: none"> - Desserts - Snacks- Using the methods of baking, frying, grilling.
MARCH	<ul style="list-style-type: none"> • Preparation of various dishes under following heads using different method of cooking: <ul style="list-style-type: none"> - Salad and Salad Dressing- Indian and Continental - Packed Lunch and Picnic Lunch.
APRIL	<ul style="list-style-type: none"> • Food Preservation- Pickle, Chutney, Jam, Squash, Morrbba (at least 2 each).
MAY	<ul style="list-style-type: none"> • Party Dishes and their presentation with table setting. • Micro Wave cookery.