

LESSON PLAN 2022-2023

B.A. Ist Semester (Home Science)

Subject : Home Management

Faculty Name : Dr. Kavita Devi

Week 1 (September) Concept of Home Science, definition, meaning and scope of Home Science. 2. 3.,

Week 2 (September) Housing-functions of Home, selection of site for an ideal house-soil, locality and orientation.

Week 3 (September) Kitchen garden-meaning and utility of kitchen garden, planning & raising of kitchen garden

Week 4 (September) Types of manure, Unit Test

Week 1 (October) Elements of art-line, texture, form , texture size, shape & colour.

Week 2 (October) Characteristics of colour and colour schemes. 2.

Week 3 (October) Principles of art-harmony, balance, proportion,

Week 4 (October) rhythm, emphasis, Principles of art in relation to interior decoration and flower arrangement, Assignments

Week 1 (November) Consumer protection-buying problems of consumer, consumer protection act-rights and duties of consumer.

Week 2 (November) Meaning of Home Management, process of Home Management-planning, controlling and evaluation.

Week 3 (November) Classification of human and material resources, similarities of different resources.

Week 4 (November) Management of family resources-money management, meaning, types of income, 2. 3.

Week 1 (December) Process of money management, budgeting, keeping of records, evaluation.

Week 2 (December) . Time management, process of time management, time plans, peak loads, rest periods

Week 3 (December) Energy management, process of energy management, fatigues and its types,

Week 4 (December) work simplification-Meaning and Methods, Revision

LESSON PLAN 2022-2023

B.A 3rd SEM (Home Science)

Subject : Clothing and Textile

Faculty Name : Dr Kavita Devi

Week 1 (September) Definition and classification of Fibers.

Week 2 (September) Properties and uses of Different Fibers - Cotton

Week 3 (September): Properties and uses of Different Fibers Silk, Wool

Week 4 (September) Properties and uses of Different Fibers Nylon, Unit Test

Week 1 (October) Brief introduction of weaving, basic weaves - plain, twit and satin. (c). (d)

Week 2 (October) Finishing processes in fabrics (a) Meaning and Objective of finishes (b) Different types of Finishes: Calendaring, Sizing, Mercerizing, Crease Resistant.

Week 3 (October) Dyeing-simple dyeing and resist dyeing, dyeing at various stages, Types of printing , Assignments

Week 4 (October) Selection of fabrics according to age, season, budget, occupation, figure, fashion and occasion

Week 1 (November) Traditional embroideries of India (Phulkari, Kantha, Kashida and Chikankari) (b)

Week 2 (November) Traditional textiles of India : --- (a) Traditional sarees of India (i, Baluchari, Banarsi, Chanderi, Patola and Bandhani)

Week 3 (November) Other textiles- (Dhaka, Mulmul, Brocade.) , Unit Test

Week 4 (November) Supplies necessary for Laundry: -- Soaps and Detergents-composition and manufacturing, difference between soaps and detergent

Week 1 (December) Types and uses of Starches, blues and bleaches.

Week 2 (December)) Different methods of Laundry Reagents used in Laundry: Acids, Alkalis, Solvents and Absorbents.

Week 3 (December) Stain removal-classification of stains, methods of removing different types of stains.

Week 4 (December) Revision

LESSON PLAN 2022-2023

B.A Home Science 5th SEM

Subject : Food & Nutrition

Faculty Name : Dr. Kavita Devi

Week 1 (September) - Food-classification & functions of food groups Essential food constituents: --- Carbohydrates, Protein, Fats, Water, source: functions,

Week 2 (September) -Recommended daily allowances, effect of deficiency and excess of these food constituents Vitamins-A, D, C, B1, B2, Niacin

Week 3 (September) -Recommended daily allowances, effect of deficiency and excess of these food constituents Minerals - Calcium, Phosphorus & Iodine.

Week 4 (September) Food source, functions, recommended daily allowances, effects of deficiency & excess of the above, Unit Test

Week 1 (October) - Importance and methods of cooking. Effect of cooking on different nutrients..

Week 2 (October) -Methods of cooking, their advantages and disadvantages:

Week 3 (October) -Moist heat-Boiling, Stewing, steaming. Dry heat-Roasting, grilling, baking

Week 4 (October) -Frying-Shallow and deep Microwave cooking in brief, Assignments

Week 1 (November) -Methods of enhancing nutritive value of food stuffs: --- Importance of enhancing nutritive value of food stuffs

Week 2 (November) -Methods of enhancing nutritive value of food stuff, sprouting, fermentation, combination, and supplementation.

Week 3 (November) -Food Preservation: ---- (a) Importance of food preservation. (b) Causes of food spoilage in brief

Week 4 (November)- Methods of food preservation with special emphasis on house hold methods, Unit Test

Week 1 (December) - Meal Planning: -- (a) Concept of Balanced diet.

Week 2 (December) -Principles of Meal Planning , factors affecting it.

Week 3 (December) - Planning meals for : Children-school going child, Adolescents, Adults,

Week 4 (December) -Pregnant women and lactating mother, Revision

