



RAJIV GANDHI GOVT. COLLEGE FOR WOMEN BHIWANI

HANSI ROAD, BHIWANI-127021 (HARYANA)

AISHE Code:- C-28016

Website:- www.gcwbbhiwani.ac.in

Phone No 01664-255118

Email:-gcwbbhiwani@gmail.com

Ref. No.

Dated

LESSON PLAN
SESSION 2023-24 (EVEN SEM)

DEPARTMENT-HOME SCIENCE

NAME OF FACULTY-DR. KAVITA

SUBJECT- BASIC FOOD AND NUTRITION -~~III~~ (4th)

Month	Week	Theory	Practical
January	Week 3 rd	Food: Definition and Functions	Standard and Household Measures of Raw Foods
	Week 4 th	Food Groups and Food Guide Pyramid.	Standard and Household Measures of Cooked Foods
February	Week 1st	Essential food constituents: --- Carbohydrates, Protein, Fats, Water, source: functions,.	Cooking Instructions and Measures to preparations of Meal
	Week 2nd	Nutritional contribution of the following foods; Cereals, pulses, fruits and vegetables, milk and milk products etc.	Preparation of Minimum Two Dishes by Using Moist Heat Methods
	Week 3rd	Nutritional contribution of the following foods: nuts and oils, meat, fish, poultry and egg, condiments and spices. Food constituents: --- Carbohydrates, Protein, Fats, Water.	Preparation of Minimum Two Dishes by Using Moist Heat Methods
	Week 4th	Functions and recommended daily allowances, effect of deficiency and excess of these food constituents. Vitamins:A, D, C, B1, B2, Niacin Minerals - Calcium, Phosphorus	Preparation of Minimum Two Dishes by Using Dry Heat Methods

March	Week 1st	Food source, functions, recommended daily allowances, effects of deficiency & excess of the above. Unit test	Preparation of Minimum Two Dishes by Using Deep Frying Methods
	Week 2nd	Balanced diet. Sources of balanced diet and its importance	Preparation of Minimum Two Dishes by Using Baking.
	Week 3rd	Cooking- Definition, Objectives and Principles of Cooking.	Preparation of Products that can be Preserved.
	Week 4th	Methods of Cooking: Advantages and Disadvantages: Different Cooking Methods: Moist Heat- Boiling, Stewing, steaming.	Preparation of Minimum Two Dishes by Using Microwave.
April	Week 1st	Dry heat-Roasting, Grilling, Baking	Preparation of Food Items by Fermentation.
	Week 2nd	Microwave Cooking in Detail.	Preparation of Food Items by Germination.
	Week 3rd	Cooking methods:Importance and Effect of Cooking on Different Nutrients.	Evaluation and Measuring of Dishes.
	Week 4th	Assignment and Assignment Presentations. Revision	Using Household Measures for Food Items.

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LESSON PLAN

SESSION 2023-24 (EVEN SEM)
DEPARTMENT-HOME SCIENCE
NAME OF FACULTY-DR. KAVITA
SUBJECT- PREVENTIVE HEALTH AND EDUCATION - II

Month	Week	Theory	Practical
January	Week 3 rd	Health education and its Importance	Cleaning of Metal.
	Week 4 th	Meaning and Objective of Health Education	Information About Cleaning Reagent
February	Week 1 st	Health hazards of Modern Age	Cleaning and Polishing of Brass/ Copper
	Week 2 nd	Health Hazards of Modern Age- Medical Waste.	Cleaning and Polishing of Aluminum, Steel and Glass Articles.
	Week 3 rd	Health Hazards of Modern Age- Electric Waste.	Preparation of: Chart on Personal Hygiene.
	Week 4 th	Water Importance: Impurities in Water, Sources of Contamination. Water purification Methods(household and natural)	Preparation of chart on Pollution.
March	Week 1 st	Rain Harvesting System and Its Importance.	Preparation of Chart on Medical Waste.
	Week 2 nd	First Aid: Meaning and Importance in Daily Life. Infection- Definition, Infective Agents and Periods of Infectivity	Preparation of Chart on Electrical Waste.
	Week 3 rd	Disinfectants- Definition, Types, and Methods of Disinfection.	Preparation of a Chart to Save Water.
	Week 4 th	Immunity - Definition and Types of Immunity. Diseases Spread through Water and Food- Diarrhea, Hepatitis	Model on Rain Harvesting System.
April	Week 1 st	Diseases Spread by Insects- Malaria, Dengue. Diseases Spread Viruses- Polio, Measles	Model on Rain Harvesting System.
	Week 2 nd	Diseases Spread by Contact and Soil- Leprosy, tetanus and AIDS	Preparation of First Aid Box

Week 3 rd	Health Problems among women- Menstruation Cycle, its Importance and Hygiene Measures. Emerging Health Problems- Breast and Cervical Cancer	First Aid Box and its Utility.
Week 4 th	Revision and Assignment Presentation. Class Test	Visit to PHCs Regarding Immunization Schedule


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HANSI ROAD, BHIWANI-127021 (HARYANA)


LESSON PLAN (SESSION 2023-24)

B.A. 1st 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


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HANSI ROAD, BHIWANI-127021 (HARYANA)

LESSON PLAN (SESSION 2023-24)

B.A 3rd SEM (Home Science)

Subject : Basic 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



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LESSON PLAN (SESSION 2023-24)

B.A Home Science 5th SEM

Subject : Food Preservation(D.S.E)

Faculty Name : Dr. Kavita Devi

- Week 1** (September) - Food Preservation Definition and importance
- Week 2** (September) -classification of Food on the basis of their self life.
- Week 3** (September) -Wastage of different foods due to lack of proper preservation.
- Week 4** (September) Causes of food spoilage. Unit Test.
- Week 1** (October) - Principal of food preservation.
- Week 2** (October) -Principal of food storage and its importance.
- Week 3** (October) -Methods of food Preservation.
- Week 4** (October) - Household Methods of Food Preservation.
- Week 1** (November) -Industrial Methods of food preservation.
- Week 2** (November) -Importance of household food preservation methods.
- 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) - Modern industrial technique for food preservation.
- Week 2** (December) -Importance of modernization in the food industry.
- Week 3** (December) - Assignment Presentation by students and Class test
- Week 4** (December) - Revision all chapters.

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LESSON PLAN
SESSION 2023-24 (EVEN SEM)

DEPARTMENT-HOME SCIENCE

NAME OF FACULTY-DR. KAVITA

SUBJECT- HUMAN DEVELOPMENT-VI

Month	Week	Theory	Practical
January	Week 3 rd	Human Development- Concept, Definition, Importance and Scope	Preparation of Resource files
	Week 4 th	Principles and Domains of Development. 1. Physical Development 2. Cognitive development	Preparation of Resource files
February	Week 1 st	Different Domains of Development	Preparation of resource files based on the play-way approach.
	Week 2 nd	Cognitive, Physical, and Motor Development and their Importance.	Preparation of resource file based on play way approach.
	Week 3 rd	Domains of Development: 3. Social Development 4. Motor Development 5. Emotional Development	Preparation of: Story Booklet and Their Techniques.
	Week 4 th	Current Trends and Issues in Human Development	Preparation of Rhymes Booklet.
March	Week 1 st	Growth and Development During Prenatal Stage. <ul style="list-style-type: none">Female Reproductive System.	Preparation of Reading Games.
	Week 2 nd	Pregnancy- Concept, Sign, Symptoms, Discomfort, Care and Influencing Factors. Stages of Development and their <i>characteristics</i>	Preparation of Reading Material.

	Week 3rd	Characteristics of Infancy, Childhood, Late childhood and Adolescent .	Preparation of Reading Material.
	Week 4th	Early Childhood Care and Education: Objectives, Importance, Need, Scope and Principals.	Planning of Activities for ECCE.
April	Week 1st	Children With Special Needs: Meaning, Causes, Classification. Needs for Identification, Screening, and Early Intervention	Planning of Activities for ECCE.
	Week 2nd	Characteristics of the following: Gifted Children, Mentally Retarded ,Orthopedically, Speech Disorders, Deaf and Visual Impairment.	Planning of Activities for ECCE.
	Week 3rd	Guidance and Counseling: Introduction, Definition, Characteristics, Importance and scope	Prepare Reading Material for ECCE.
	Week 4th	Revision and Assignment Presentation.	Execute the Activities of ECCE.

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LESSON PLAN

SESSION 2023-24 (EVEN SEM)
DEPARTMENT-HOME SCIENCE(BA-I, SEMESTER-II)
NAME OF FACULTY-DR. KAVITA
SUBJECT- PREVENTIVE HEALTH AND EDUCATION

Month	Week	Theory	Practical
January	Week 3 rd	Health education and its Importance	Cleaning of Metal.
	Week 4 th	Meaning and Objective of Health Education	Information About Cleaning Reagent
February	Week 1 st	Health hazards of Modern Age	Cleaning and Polishing of Brass/ Copper
	Week 2 nd	Health Hazards of Modern Age- Medical Waste.	Cleaning and Polishing of Aluminum, Steel and Glass Articles.
	Week 3 rd	Health Hazards of Modern Age- Electric Waste.	Preparation of:Chart on Personal Hygiene.
	Week 4 th	Water Importance: Impurities in Water, Sources of Contamination. Water purification Methods(household and natural)	Preparation of chart on Pollution.
March	Week 1 st	Rain Harvesting System and Its Importance.	Preparation of Chart on Medical Waste.
	Week 2 nd	First Aid: Meaning and Importance in Daily Life. Infection- Definition, Infective Agents and Periods of Infectivity	Preparation of Chart on Electrical Waste.
	Week 3 rd	Disinfectants- Definition, Types, and Methods of Disinfection.	Preparation of a Chart to Save Water.
	Week 4 th	Immunity - Definition and Types of Immunity. Diseases Spread through Water and Food- Diarrhea, Hepatitis	Model on Rain Harvesting System.
April	Week 1 st	Diseases Spread by Insects- Malaria, Dengue. Diseases Spread Viruses- Polio, Measles	Model on Rain Harvesting System.
	Week 2 nd	Diseases Spread by Contact and Soil- Leprosy, Tetanus and Aids.	Preparation of First Aid Box.
	Week 3 rd	Health Problems among women- Menstruation Cycle, its Importance and Hygiene Measures. Emerging Health Problems- Breast and Cervical Cancer	First Aid Box and its Utility.
	Week 4 th	Revision and Assignment Presentation. Class Test	Visit to PHCs Regarding Immunization Schedule

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DEPARTMENT-HOME SCIENCE

NAME OF FACULTY-DR. KAVITA

BA -II (SEMESTER-IV)

SUBJECT- BASIC FOOD AND NUTRITION

Month	Week	Theory	Practical
January	Week 3 rd	Food: Definition and Functions	Standard and Household Measures of Raw Foods
	Week 4 th	Food Groups and Food Guide Pyramid.	Standard and Household Measures of Cooked Foods
February	Week 1st	Essential food constituents: --- Carbohydrates, Protein, Fats, Water, source: functions,.	Cooking Instructions and Measures to preparations of Meal
	Week 2nd	Nutritional contribution of the following foods; Cereals, pulses, fruits and vegetables, milk and milk products etc.	Preparation of Minimum Two Dishes by Using Moist Heat Methods
	Week 3rd	Nutritional contribution of the following foods: nuts and oils, meat, fish, poultry and egg, condiments and spices. Food constituents: --- Carbohydrates, Protein, Fats, Water.	Preparation of Minimum Two Dishes by Using Moist Heat Methods
	Week 4th	Functions and recommended daily allowances, effect of deficiency and excess of these food constituents. Vitamins:A, D, C, B1, B2, Niacin Minerals - Calcium, Phosphorus	Preparation of Minimum Two Dishes by Using Dry Heat Methods
March	Week 1st	Food source, functions, recommended daily allowances, effects of deficiency & excess of the above. Unit test	Preparation of Minimum Two Dishes by Using Deep Frying Methods
	Week 2nd	Balanced diet. Sources of balanced diet and its importance	Preparation of Minimum Two Dishes by Using Baking.
	Week 3rd	Cooking- Definition, Objectives and Principles of Cooking.	Preparation of Products that can be Preserved.


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Week 4th	<p>Methods of Cooking: Advantages and Disadvantages:</p> <p>Different Cooking Methods:</p> <p>Moist Heat- Boiling, Stewing, steaming.</p>	Preparation of Minimum Two Dishes by Using Microwave.
April Week 1st	Dry heat-Roasting, Grilling, Baking	Preparation of Food Items by Fermentation.
Week 2nd	Microwave Cooking in Detail.	Preparation of Food Items by Germination.
Week 3rd	Cooking methods:Importance and Effect of Cooking on Different Nutrients.	Evaluation and Measuring of Dishes.
Week 4th	<p>Assignment and Assignment Presentations.</p> <p>Revision</p>	Using Household Measures for Food Items.

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DEPARTMENT-HOME SCIENCE

NAME OF FACULTY-DR. KAVITA


BA-III (SEMESTER-VI)

SUBJECT- HUMAN DEVELOPMENT-VI

Month	Week	Theory	Practical
January	Week 3 rd	Human Development- Concept, Definition, Importance and Scope	Preparation of Resource files
	Week 4 th	Principles and Domains of Development. 1. Physical Development 2. Cognitive development	Preparation of Resource files
February	Week 1 st	Different Domains of Development	Preparation of resource files based on the play-way approach.
	Week 2 nd	Cognitive, Physical, and Motor Development and their Importance.	Preparation of resource file based on play way approach.
	Week 3 rd	Domains of Development: 3. Social Development 4. Motor Development 5. Emotional Development	Preparation of: Story Booklet and Their Techniques.
	Week 4 th	Current Trends and Issues in Human Development	Preparation of Rhymes Booklet.
March	Week 1 st	Growth and Development During Prenatal Stage. • Female Reproductive System.	Preparation of Reading Games.
	Week 2 nd	Pregnancy- Concept, Sign, Symptoms, Discomfort, Care and Influencing Factors. Stages of Development and their characteristics.	Preparation of Reading Material.
	Week 3 rd	Characteristics of Infancy, Childhood, Late childhood and Adolescent .	Preparation of Reading Material.
	Week 4 th	Early Childhood Care and Education: Objectives, Importance, Need, Scope and Principals.	Planning of Activities for ECCE.

April	Week 1st	Children With Special Needs: Meaning, Causes, Classification. Needs for Identification, Screening, and Early Intervention	Planning of Activities for ECCE.
	Week 2nd	Characteristics of the following: Gifted Children, Mentally Retarded ,Orthopedically, Speech Disorders, Deaf and Visual Impairment.	Planning of Activities for ECCE.
	Week 3rd	Guidance and Counseling: Introduction, Definition, Characteristics, Importance and scope	Prepare Reading Material for ECCE.
	Week 4th	Revision and Assignment Presentation.	Execute the Activities of ECCE.

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