

## Lesson plan (July, 2023 to December, 2023)

Name of assistant professor: Priyanka

Class and semester : BA 1<sup>st</sup> semester

Subject : Home Science

Month name	Chapter name
July to second week of August	Concept of Home Science, definition, meaning and scope of Home Science. 2. Housing-functions of Home, selection of site for an ideal house-soil, locality and orientation. Kitchen garden-meaning and utility of kitchen garden, planning & raising of kitchen garden, types of manure.
Mid August to mid September	Elements of art-line, texture, form , texture size, shape & colour. Characteristics of colour and colour schemes. Principles of art-harmony, balance, proportion, rhythm, emphasis, in relation to interior decoration and flower arrangement.
16 th September to 31 st October	Consumer protection-buying problems of consumer, consumer protection act-rights and duties of consumer. Meaning of Home Management, process of Home Management-planning, controlling and evaluation. Classification of human and material resources, similarities of different resources.
November	Management of family resources-money management, meaning, types of income, process of money management, budgeting, keeping of records, evaluation. Time management, process of time management, time plans, peak loads, rest periods. Energy management, process of energy management, fatigues and its types, work simplification-Meaning and Methods.
1st December onward	Student problems and evaluation

## Lesson plan (July, 2023 to December, 2023)

Name of assistant professor: Priyanka

Class and semester : BA 3<sup>rd</sup> semester

Subject : Home Science

Month name	Chapter name
July to second week of August	Definition and classification of Fibers. Properties and uses of Different Fibers: Cotton, Silk
Mid August to mid September	Properties and uses of Different Fibers: Wool and Nylon Brief introduction of weaving, basic weaves - plain, twill and satin. Selection of fabrics according to age, season, budget, occupation, figure, fashion and occasion. Traditional embroideries of India (Phulkari, Kantha, Kashida and Chikankari) Traditional textiles of India : --- (a) Traditional sarees of India (i, Baluchari, Banarsi, Chanderi, Patola and Bandhani) (b) Other textiles- (Dhaka, Mulmul, Brocade.)
16 th September to 31 st October	Soap and Detergent Finishing processes in fabrics Meaning and Objective of finishes Different types of Finishes: Calendaring, Sizing, Mercerizing, Crease Resistant Dyeing-simple dyeing and resist dyeing, dyeing at various stages. Types of printing

1st November to 15 th November	Supplies necessary for Laundry: -- (a) Soaps and Detergents- composition and manufacturing, difference between soaps and detergent (b) Types and uses of Starches, blues and bleaches. (c) Different methods of Laundry (d) Reagents used
16 th November to 30 th November	in Laundry: Acids, Alkalis, Solvents and Absorbents. (e) Stain removal-classification of stains, methods of removing different types of stains.  Student problems and evaluation

## Lesson plan (July, 2023 to December, 2023)

Name of assistant professor: Priyanka

Class and semester : BA 5<sup>th</sup> semester

Subject : Home Science

Month name	Chapter name
23 rd July to 31st july	Food-classification & functions of food groups ,Essential food constituents: --- Carbohydrates,
1st August to 31 st August	Protein, Fats, Water, source: functions, recommended daily allowances, effect of deficiency and excess of these food constituents Vitamins-A, D, C, B1, B2, Niacin Minerals - Calcium,
October (1st -31st)	Phosphorus & Iodine. Food source, functions, recommended daily allowances, effects of deficiency & excess of the above.
1 st November 15 th November	Importance and methods of cooking. Effect of cooking on different nutrients. Methods of cooking, their advantages and disadvantages: Moist heat-Boiling, Stewing, steaming. Dry heat-Roasting, grilling, baking. Frying- Shallow and deep Microwave cooking in brief Methods of enhancing nutritive value of food stuffs: --- Importance of enhancing nutritive value of food stuffs. Methods of enhancing nutritive value of food stuff, sprouting, fermentation, combination, and supplementation.

<p>15 th November to 30 th November</p>	<p>Food Preservation: ---- Importance of food preservation. Causes of food spoilage in brief Methods of food preservation with special emphasis on house hold methods. Meal Planning: -- Concept of Balanced diet. Principles of Meal Planning , factors affecting it. Planning meals for : Children-school going child, Adolescents, Adults, Pregnant women and lactating mother.</p> <p>Student problems and evaluation</p>
<p>1 st December onward</p>	<p>Revision</p>

## Lesson plan Session 2023-24

**Name of assistant professor : Priyanka**

**Class and Semester : BA 2<sup>nd</sup> Semester**

**Subject : Home Science**

Month Name	Chapter Name
Third week of January to 15 <sup>th</sup> February	<ol style="list-style-type: none"><li>1. Health Education: Meaning and objective</li><li>2. Health hazards of Modern Age- Air, Water, Soil, Noise pollution</li><li>3. Definition of health and hygiene, factors relating to health- food habits, exercise , rest and sleep, cleanliness of body</li><li>4. Water- importance of water, impurities of water, types of water, sources of contamination of water and purification of water.</li></ol>
16 <sup>th</sup> February to 20 <sup>th</sup> March	<ol style="list-style-type: none"><li>1. Definition of infection, infective Agents, infectious diseases, communicable diseases, incubation period, modes and channels of transmission of infection, isolation.</li><li>2. Disinfectants- Definition , types and Methods of disinfection.</li><li>3. Immunity- Definition and types of immunity, immunization schedule</li></ol>
22 <sup>th</sup> March to 15 <sup>th</sup> April	<ol style="list-style-type: none"><li>1. Disease spread by insect : Malaria</li><li>2. Disease spread by indigestion : Enteric Fever, Dysentery, Cholera.</li><li>3. Disease spread by droplet infection : measles, Mumps, Diptheria, Tuberculosis</li><li>4. Disease spread by contact: Leprosy, Tetanus.</li></ol>
16 <sup>th</sup> April to 30 <sup>th</sup> April	<ol style="list-style-type: none"><li>1. Transmission of heat</li><li>2. Thermometers and J scales of Measurement</li><li>3. Evaporation , Refrigeration</li></ol>
1 <sup>st</sup> May till Exam	Revision

## Lesson plan (January 2024 to April,2024)

**Name of assistant professor : Priyanka**

Class and Semester : BA 4<sup>th</sup> Semester

Subject : Home Science

Month Name	Chapter Name
1 <sup>st</sup> January to 31 <sup>st</sup> January	<ol style="list-style-type: none"><li>1. Animal cell- structure and function of cell organelles</li><li>2. Skeletal system: functions, types of bones, Names of bones and types of joints.</li></ol>
1 <sup>st</sup> February to 29 <sup>th</sup> February	<ol style="list-style-type: none"><li>1. Digestive System: Parts of Alimentary Canal- Mouth, Pharynx, Oesophagus, Stomach, Small Intestine and large intestine. Digestion and Absorption of food</li><li>2. Excretory System: Structure and function of kidney, Skin and Lungs</li></ol>
1 <sup>st</sup> March to 31 <sup>st</sup> March	<ol style="list-style-type: none"><li>1. Cicularatory system : Composition and Function of Blood</li><li>2. Heart: Structure and Working</li><li>3. Coagulation of Blood , Blood Pressure</li><li>4. Hemoglobin, Cholestrol, Urea, Uric acid and glucose in blood</li></ol>
1 <sup>st</sup> April to 15 <sup>th</sup> April	<ol style="list-style-type: none"><li>1. Reproductive system: Female reproductive system , sex glands(Male and Female) , menstruation , fertilization , Pregnancy Lactation</li><li>2. Endocrine System : Pituitary, Thyroid, Parathyroid, Adrenal Gland, Islets of Langerhans in Pancreas.</li></ol>
15 <sup>th</sup> April to 30 <sup>th</sup> april	Revision

## Lesson plan (January 2024 to April,2024)

**Name of assistant professor : Priyanka**

Class and Semester : BA 6<sup>th</sup> Semester

Subject : Home Science

Month Name	Chapter Name
1 <sup>st</sup> January to 31 <sup>st</sup> January	1. Child Psychology –Definition, aims, subject matter, objectives
1 <sup>st</sup> February to 29 <sup>th</sup> February	1. Learning – Definition, Methods, factors affecting learning, role of reward and punishment in learning 2. Personality Development- Nature, Definitions, types and factor affecting
1 <sup>st</sup> March to 31 <sup>st</sup> March	1. Play – Definition, Features, difference between work and play, Types of Play, Importance of play in childhood 2. Stages of development of the child, characteristics and problems of Adolescence, role of parents and teachers in solving their problems.
1 <sup>st</sup> April to 15 <sup>th</sup> April	1.)The Expectant mother- signs and discomforts of pregnancy, Ill-effects of an early marriage a. Breast-feeding (b) Artificial Feeding (c) Weaning 2.)Common ailment of childhood- Cold, cough, fever 3.)Digestive Disturbances – Diarrhoea, Constipation, and Vomiting, Skin Infection
15 <sup>th</sup> April to 30 <sup>th</sup> april	Revision