

Lesson plan (July, 2024 to December, 2024)

Name of Assistant Professor : Priyanka

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

Subject : Home Science

Month name	Chapter name
22 <sup>nd</sup> July to 22 <sup>nd</sup> of August	Interior decoration: Objectives, importance of elements of art in interior decoration. Types of design: Structural and decorative and its Application. ➤ Elements of art: Line, Form, Texture, Light, Pattern, Colour, Space and its Application in Interior Decoration
23 <sup>rd</sup> August to 15 <sup>th</sup> September	Principles of design: Rhythm, Balance, Proportion, Emphasis, Harmony and its Application in Interior Decoration ➤ Colour: Properties of Colour, Psychological Effect of Colour, Color Schemes and its Application in the Interior of a House. ➤ Lighting: a) Types and requirement for various activities b) Lighting fixtures in the home
16 <sup>th</sup> September to 31 <sup>st</sup> October	Table setting and table manners: Informal and Formal Table Settings (Buffet Style, Indian Style Restaurant Style, Cafe Style) ➤ Furniture: Types of Furniture, Furniture Arrangement for Different Areas (Bedroom, Drawing Room, Dining Room, Kitchen And its Types) Factors Affecting the Selection and Purchase of Furniture, Care and Maintenance of Furniture
1 <sup>st</sup> November to 30 <sup>th</sup> November	Flower arrangement: a) Different types of Flower Arrangement b) Accessories used and points to be considered for Flower Arrangement c) Flower Decoration for different Occasions ➤ Furnishings: a) Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture) b) Wall Treatment and its types c) Window Treatment and Decoration d) Types of Floor Coverings Student problems and evaluation
1 <sup>st</sup> December onward	

Lesson plan (July, 2024 to December, 2024)

Name of assistant professor : Priyanka

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

Subject : Home Science

Month name	Chapter name
22 <sup>nd</sup> July to 22 <sup>nd</sup> of August	Definition and classification of Fibers. Properties and uses of Different Fibers: Cotton, Silk
23 <sup>rd</sup> August to 15 <sup>th</sup> September	<p>Properties and uses of Different Fibers: Wool and Nylon</p> <p>Brief introduction of weaving, basic weaves - plain, twill and satin.</p> <p>Selection of fabrics according to age, season, budget, occupation, figure, fashion and occasion.</p> <p>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)</p> <p>(b) Other textiles- (Dhaka, Mulmul, Brocade.)</p>
16 <sup>th</sup> September to 31 <sup>st</sup> October	<p>Soap and Detergent</p> <p>Finishing processes in fabrics Meaning and Objective of finishes</p> <p>Different types of Finishes: Calendaring, Sizing, Mercerizing, Crease Resistant Dyeing-simple dyeing and resist dyeing, dyeing at various stages.</p> <p>Types of printing</p>
1 <sup>st</sup> November to 30 <sup>th</sup> November	<p>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 in Laundry: Acids, Alkalis, Solvents and Absorbents. (e) Stain removal- classification of stains, methods of removing different types of stains.</p>
1 <sup>st</sup> December onward	Student problems and evaluation

Lesson plan (July, 2024 to December, 2024)

Name of assistant professor: Priyanka

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

Subject : Home Science

Month name	Chapter name
23 <sup>rd</sup> July to 31 <sup>st</sup> July	Food-classification & functions of food groups ,Essential food constituents: --- Carbohydrates,
1 <sup>st</sup> August to 31 <sup>st</sup> August October (1st -31st)	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, Phosphorus & Iodine. Food source, functions, recommended daily allowances, effects of deficiency & excess of the above.
1 <sup>st</sup> November 15 <sup>th</sup> 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.
16 <sup>th</sup> November to 30 <sup>th</sup> November	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.  Student problems and evaluation
1 <sup>st</sup> December onward	Revision

Lesson plan (July, 2024 to December, 2024)

Name of Assistant Professor : Priyanka

Class and semester : MDC-1

Subject : Basics of Home Science

Month name	Chapter name
22 <sup>nd</sup> July to 22 <sup>nd</sup> of August	<p>Introduction to Home Science: Concept And Its Job Opportunities</p> <ul style="list-style-type: none"> <li>➤ Basic Terminology: Food, Nutrients, Nutrition, Health, Balanced Diet, Malnutrition (Over &amp; Undernutrition),</li> <li>➤ Classification and Function of Food</li> <li>➤ Carbohydrate, Protein, Fat: Source, Function &amp; Effect of Deficiency</li> </ul>
23 <sup>rd</sup> August to 15 <sup>th</sup> September	<p>Definition and Classification and Uses of Textile Fibers: (Cotton, Jute, Wool, Silk, Rayon, Nylon and Polyester) .</p> <ul style="list-style-type: none"> <li>➤ Yarn: Definition and Classification ( Simple, Novelty and Complex).</li> <li>➤ Sewing Machine: Parts and Functions, Care and Maintenance</li> </ul>
16 <sup>th</sup> September to 31 <sup>st</sup> October	<p>Human Growth and Development: Meaning and Concept, Factors Influencing Growth &amp; Development</p> <ul style="list-style-type: none"> <li>➤ Developmental Milestones of Infancy (0-2 Years) and Early Childhood (3-6 Years): <ul style="list-style-type: none"> <li>● Physical and Motor Development</li> <li>● Social and Emotional Development</li> <li>● Cognitive and Language Development</li> </ul> </li> </ul>
1 <sup>st</sup> November to 30 <sup>th</sup> November	<p>Resource Management - Definition and Importance .</p> <ul style="list-style-type: none"> <li>➤ Process of Time, Energy and Money Management.</li> <li>➤ Extension Education: Meaning and Importance</li> <li>➤ Qualities of an Extension Worker</li> </ul>
1 <sup>st</sup> December onward	Revision