**Lesson Plan Session 2023-24 ODD semesters**

**B.A. H.Sc. Semester I 1st Year Resource Management (Theory)(HS01)**

| **MONTH** | **WEEK** | **SYLLABUS** |
| --- | --- | --- |
| **July** | 3rd week | Introduction of Home Science |
|  | 4th week | Concept and scope of Home Science |
|  | 5th week | Discussion |
| **August** | 1st week | Function of Home |
|  | 2nd week | Selection of Sight for an Ideal House |
|  | 3rd week | Soil, locality and Orientation of house |
|  | 4th  week | Kitchen Gardening |
|  | 5th week | Revision and Test |
| **September** | 1st week | Introduction to |
|  | 2nd week | Elements of Art |
|  | 3rd week | Principles of Art |
|  | 4th week | Consumer Protection Act |
|  | 5th week | Consumer rights, duties, Consumer problems |
| **October** | 1st week | Revision and Test |
|  | 2nd week | Meaning and Process of Home Management |
|  | 3rd week | Resources- classification, management of family resources |
|  | 4th week | Money Management |
|  | 5th week | Revision and Test |
| **November** | 1st week | Time Management |
|  | 2nd week | Energy Management |
|  | 3rd week | Work Simplification |
|  | 4th week | Revision and Test |

**B.A. H. Sc. Semester I 1st Year Practical (HS01)**

| **MONTH** | **WEEK** | **SYLLABUS** |
| --- | --- | --- |
| **July** | 3rd week | Methods of Floor decoration |
|  | 4th week | Drawing Rangoli designs- Geometric |
|  | 5th week | Practice of Rangoli designs- Geometric |
| **August** | 1st week | Practice of Rangoli designs- Geometric |
|  | 2nd week | Drawing Rangoli designs- Traditional |
|  | 3rd week | Practice of Rangoli designs- Traditional |
|  | 4th  week | Dyeing Rangoli Colours |
|  | 5th week | Making Rangoli with Colours & Flowers |
| **September** | 1st week | Making Rangoli with other materials |
|  | 2nd week | Making Alpana |
|  | 3rd week | Making Alpana |
|  | 4th week | File checking |
|  | 5th week | Cleaning and polishing of brass and copper |
| **October** | 1st week | Cleaning and polishing of silver and aluminium |
|  | 2nd week | File checking |
|  | 3rd week | Preparation of monthly budget for LIG, MIG, HIG |
|  | 4th week | File checking and query solving |
|  | 5th week | Care and cleaning of electrical gadgets |
| **November** | 1st week | Care and cleaning of kitchen equipment |
|  | 2nd week | Table setting and Table manners |
|  | 3rd week | File checking and practice |
|  | 4th week | Practice |

**B.A. H.Sc. Semester III 2nd Year Clothing and Textiles (Theory) (HS03)**

| **MONTH** | **WEEK** | **SYLLABUS** |
| --- | --- | --- |
| **July** | 3rd week | Introduction to clothing and textile |
|  | 4th  week | Definition and Classification of Fibers |
|  | 5th week | Revision |
| **August** | 1st week | Properties and Uses of Cotton Fibers |
|  | 2nd week | Properties and Uses of Silk & Wool |
|  | 3rd week | Properties and Uses of Nylon |
|  | 4th  week | Revision and Test |
|  | 5th week | Brief Introduction of Weaving |
| **September** | 1st week | Finishing Process in Fabrics |
|  | 2nd week | Types of Finishing and Types of Printing |
|  | 3rd week | Dyeing – Simple and Resist |
|  | 4th week | Revision and Test |
|  | 5th week | Selection of Fabric according to occasion |
| **October** | 1st week | Traditional Embroideries |
|  | 2nd week | Textiles of India |
|  | 3rd week | Soaps and Detergent |
|  | 4th week | Types and Uses of Starches, bleaches and blues |
|  | 5th week | Revision and Test |
| **November** | 1st week | Different methods of Laundry |
|  | 2nd week | Reagents used in Laundries |
|  | 3rd week | Stain Removal |
|  | 4th week | Revision and Test |

**B.A. H.Sc. Semester III 2nd Year Clothing and Textiles (Practical)(HS03)**

| **MONTH** | **WEEK** | **SYLLABUS** |
| --- | --- | --- |
| **July** | 3rd week | Introduction to stitches |
|  | 4th week | Basic stitches – tucking, running stitches |
|  | 5th week | Practice |
| **August** | 1st week | Back stitch, Hemming |
|  | 2nd week | Button hole stitch, Blanket stitch |
|  | 3rd week | File checking |
|  | 4th  week | Embroidery stitches- Chain stitch, Laisy daisy stitch |
|  | 5th week | Stem stitch, Herring bone stitch |
| **September** | 1st week | File checking |
|  | 2nd week | Preparation of samples of basic seams: plain, French |
|  | 3rd week | Preparation of samples of basic seams: lapped, Counter |
|  | 4th week | Preparation of samples of basic seams: run and fell seam |
|  | 5th week | Gathers into a band, Pleats (knife and box) |
| **October** | 1st week | Dart (simple and fish dart) |
|  | 2nd week | Placket opening (continuous) |
|  | 3rd week | Placket opening (Two piece) |
|  | 4th week | Tucks (pin and cross) |
|  | 5th week | File checking and query solving |
| **November** | 1st week | Studying different techniques of tie and dye |
|  | 2nd week | Making samples different tie and dye design |
|  | 3rd week | Making samples of block printing |
|  | 4th week | File checking and query solving |

**B.A. H.Sc. Semester V 3rd Year Food and Nutrition (Theory)(HS05)**

| **MONTH** | **WEEK** | **SYLLABUS** |
| --- | --- | --- |
| **July** | 3rd week | Introduction to concept of food |
|  | 4th  week | Food-classification & functions of food groups |
|  | 5th week | Essential food constituents: Carbohydrates |
| **August** | 1st week | Essential food constituents: Carbohydrates |
|  | 2nd week | Essential food constituents: Proteins |
|  | 3rd week | Essential food constituents: Proteins |
|  | 4th  week | Essential food constituents: Fat |
|  | 5th week | Essential food constituents: Water |
| **September** | 1st week | Essential food constituents: Vitamins-A, D |
|  | 2nd week | Essential food constituents: Vitamins- C |
|  | 3rd week | Essential food constituents: B-complex Vitamins |
|  | 4th week | Essential food constituents: Calcium, Phosphorus & Iodine |
|  | 5th week | Revision and Test |
| **October** | 1st week | Importance and Methods of cooking |
|  | 2nd week | Methods of enhancing nutritive value of food stuffs, Importance. |
|  | 3rd week | Food Preservation: Importance and methods |
|  | 4th week | Revision and Test |
|  | 5th week | Meal Planning, Balanced diet, Principles, factors |
| **November** | 1st week | Planning meals for: Children-school going child and Adolescents |
|  | 2nd week | Planning meals for: Adults |
|  | 3rd week | Planning meals for: Pregnant women and lactating mother |
|  | 4th week | Revision and Test |

**B.A. H.Sc. Semester V 3rd Year Food and Nutrition (Practical)(HS05)**

| **MONTH** | **WEEK** | **SYLLABUS** |
| --- | --- | --- |
| **July** | 3rd week | Introduction to lab working |
|  | 4th week | Methods of cooking |
|  | 5th week | Discussion |
| **August** | 1st week | Methods of conserving and enhancing nutrition |
|  | 2nd week | Preparation of different types of hot beverages |
|  | 3rd week | Preparation of soups |
|  | 4th  week | Preparation of cold beverages |
|  | 5th week | Recipe writing |
| **September** | 1st week | Preparation of deserts and sweets |
|  | 2nd week | Preparation of different cakes |
|  | 3rd week | Recipe writing |
|  | 4th week | File checking |
|  | 5th week | Preparation of salads |
| **October** | 1st week | Preparation of breakfast dishes |
|  | 2nd week | Recipe writing |
|  | 3rd week | File checking and query solving |
|  | 4th week | Preparation of main meal dishes |
|  | 5th week | Preparation of main meal dishes |
| **November** | 1st week | Preparation of different type of rice |
|  | 2nd week | Preparation of different chutneys |
|  | 3rd week | File checking and Practice |
|  | 4th week | Query solving |

**LESSON PLANS**

**SESSION 2023-2024**

**(EVEN SEMESTER)**

**B.A. 1st year – Semester II Health and Hygiene (HS02) Theory**

| **Month** | **Weeks** | **Topics** |
| --- | --- | --- |
| **January** | 1st week | Health Education (Meaning & Objectives) |
|  | 2nd week | Health Hazards |
|  | 3rd week | Definition of Health and Hygiene, Factors relating to Health |
|  | 4th  week | Water (Importance, Impurities, Types, Sources and Purification) |
|  | 5th week | Revision and discussion |
| **February** | 1st week | Definition of infection, infective agents, infections disease |
|  | 2nd week | Communicable diseases |
|  | 3rd week | Disinfectant – Definition, Types and methods |
|  | 4th week | Immunity Definition, Types and Schedule |
|  | 5th week | Revision and Test |
| **March** | 1st week | Diseases Spread by insects – Malaria |
|  | 2nd week | Diseases spread by ingestion |
|  | 3rd week | Disease Spread by droplet infections |
|  | 4th week | Diseased Spread by contact |
| **April** | 1st week | Revision and Test |
|  | 2nd week | Transmission of heat, Thermometer and J Scales  |
|  | 3rd week | Evaporation |
|  | 4th week | Revision and Test |
|  | 5th week | Revision and Test |

**B.A. 1st year – Semester II Practical (HS02)**

| **Month** | **Weeks** | **Topics** |
| --- | --- | --- |
| **January** | 1st week | Introduction to pot painting and pot designing |
|  | 2nd week | Methods of pot painting and designing |
|  | 3rd week | Pottery Painting |
|  | 4th  week | Pottery Painting |
|  | 5th week | Pottery Decoration |
| **February** | 1st week | Pottery Decoration |
|  | 2nd week | Repair of fuse and plug |
|  | 3rd week | Flower Arrangement (Fresh) |
|  | 4th week | Flower Arrangement (Dry) |
|  | 5th week | Flower Arrangement (Fresh) |
| **March** | 1st week | Flower Arrangement (Dry) |
|  | 2nd week | Preparation of Charts on personal hygiene |
|  | 3rd week | Preparation of Charts on personal hygiene |
|  | 4th week | Checking (File and Chart) |
| **April** | 1st week | Preparation of articles for interior decoration |
|  | 2nd week | Preparation of articles for interior decoration |
|  | 3rd week | Preparation of articles for interior decoration |
|  | 4th week | Checking of File and Article |
|  | 5th week | Checking of File and Article |

**B.A. 2nd Year- IVth Semester**  **Human Physiology** **(HS04) Theory**

| **Month** | **Weeks** | **Syllabus** |
| --- | --- | --- |
| **January** | 1st week | Animal Cell and cell organelles |
|  | 2nd week | Functions of cell organelles |
|  | 3rd week | Skeletal System |
|  | 4th  week | Bones and Joints |
|  | 5th week | Revision |
| **February** | 1st week | Digestive System |
|  | 2nd week | Digestion and absorption of food |
|  | 3rd week | Excretory System |
|  | 4th week | Skin and lungs |
|  | 5th week | Revision and Test |
| **March** | 1st week | Introduction to Circulatory system |
|  | 2nd week | Composition and function of blood |
|  | 3rd week | Coagulation of blood, Blood Pressure |
|  | 4th week | Hemoglobin, Cholesterol, Urea, Uric Acid, Glucose |
| **April** | 1st week | Female reproductive system |
|  | 2nd week | Sex glands (male and female) |
|  | 3rd week | Menstruation, fertilization, pregnancy |
|  | 4th week | Revision and Test |
|  | 5th week | Revision and Test |

**B.A. 2nd Year- IVth Semester**  **Practical** **(HS04)**

| **Month** | **Weeks** | **Syllabus** |
| --- | --- | --- |
| **January** | 1st week | Study of sewing machine |
|  | 2nd week | Care of sewing machine- defects and remedies |
|  | 3rd week | Making diagram of sewing machine |
|  | 4th  week | Study anthropometric body measurements  |
|  | 5th week | File checking |
| **February** | 1st week | Drafting of child bodice block |
|  | 2nd week | Adaptation of Child bodice block to a gathered frock |
|  | 3rd week | Drafting of Adult’s bodice block  |
|  | 4th week | Adaptation of Adult’s bodice block to Salwar and Kamiz/Blouse |
|  | 5th week | Checking of Drafting, File checking |
| **March** | 1st week | Drafting and cutting of gathered frock |
|  | 2nd week | Stitching of gathered frock |
|  | 3rd week | Drafting and cutting of Salwar and Kamiz/ Blouse |
|  | 4th week | Stitching of Salwar and Kamiz/ Blouse  |
| **April** | 1st week | Checking of garments |
|  | 2nd week | Drafting of petticoat  |
|  | 3rd week | Cutting and stitching of petticoat |
|  | 4th week | Checking of drafting, garments and file |
|  | 5th week | Checking of drafting, garments and file |

**B.A. 3rd Year - VI Semester Child Psychology and Mother Craft (HS06) Theory**

| **Month** | **WEEKS** | **Topics** |
| --- | --- | --- |
| **January** | 1st week | Concept of Child Psychology and mother craft |
|  | 2nd week | Definition, Aims, Subject Matter, Objective of Child Psychology |
|  | 3rd week | Learning, Importance, Methods, Factors affecting |
|  | 4th  week | Role of Reward and Punishment in Learning |
|  | 5th week | Revision and Test |
| **February** | 1st week | Personality Development – Nature and Definition |
|  | 2nd week | Play – Definition, Features of Play, Types of Play |
|  | 3rd week | Stages of Development of Child, Problems of Adolescence |
|  | 4th week | Role of Parents and Teachers in solving adolescent problems |
|  | 5th week | Revision and Test |
| **March** | 1st week | The Expectant Mother – Signs and discomforts of Pregnancy |
|  | 2nd week | Ill effects of an Early Marriage |
|  | 3rd week | Breast Feeding, Artificial Feeding |
|  | 4th week | Revision and Test |
| **April** | 1st week | Common Ailments in Childhood – Cold, Cough, Fever |
|  | 2nd week | Digestive Disturbance – Diarrhoea, Constipation, Vomiting |
|  | 3rd week | Skin Infections  |
|  | 4th week | Revision and test |
|  | 5th week | Revision and test |

**B.A. 3rd Year - VI Semester Practical (HS06)**

| **Month** | **Weeks** | **Topics** |
| --- | --- | --- |
| **January** | 1st week | Study concept of meal planning and its principles |
|  | 2nd week | Study RDA |
|  | 3rd week | Meal planning for different stages |
|  | 4th  week | Planning and Preparation Meal for Preschoolers |
|  | 5th week | File Checking |
| **February** | 1st week | Planning and Preparation Meal – School Going Child |
|  | 2nd week | Planning and Preparation Meal – School Going Child |
|  | 3rd week | File Checking |
|  | 4th week | Planning and Preparation Meal – Adolescents boy and girl |
|  | 5th week | Planning and Preparation Meal – Adult man and woman |
| **March** | 1st week | Planning and Preparation Meal – Pregnancy |
|  | 2nd week | Planning and Preparation Meal – Lactation  |
|  | 3rd week | File Checking |
|  | 4th week | Food Preservation – Pickle, Chutney |
| **April** | 1st week | Preparation of Jam, Squash |
|  | 2nd week | Preparation of Murabba |
|  | 3rd week | File Checking |
|  | 4th week | Revision and File checking |
|  | 5th week | Revision and File checking |