

DEPARTMENT OF HOME SCIENCE

LESSION PLAN (Session 2019-20)

Name of the teacher: Dr. Pinki Rani

Examination: B.A-II (3rd Sem.) Practical

Nomenclature of the paper: Human Physiology

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 rd Week (16 july 2019- 20july 2019)	Group-I -----	Group-I Sewing Machine: Parts of sewing machine	Group-II Sewing Machine: Parts of sewing machine	Group-II Sewing Machine: Parts of sewing machine	Group-III Sewing Machine: Parts of sewing machine	Group-III Sewing Machine: Parts of sewing machine
4 th Week (22 july 2019 to -27 july 2019)	Operation of sewing machine	Operation of sewing machine	Operation of sewing machine	Operation of sewing machine	Operation of sewing machine	Operation of sewing machine
5 th week (29 july 2019-31july 2019)	Care of sewing machine	Care of sewing machine	Shahid udham Singh Jayanti	-----	-----	-----
August, 2019 1 st Week (1Aug. 2019- 3Aug.2019)	-----	-----	-----	Care of sewing machine	Care of sewing machine	Care of sewing machine
2 nd Week (5Aug.2019- 10 Aug. 2019)	Defects of a sewing machine and their removal	Defects of a sewing machine and their removal	Defects of a sewing machine and their removal	Defects of a sewing machine and their removal	Defects of a sewing machine and their removal	Defects of a sewing machine and their removal
3 rd Week (12Aug.2019- 17 Aug. 2019)	Id-UI-Zuha	Sample preparation of Running stitch	Sample preparation of Running stitch	Independence Day	Sample preparation of Running stitch	Sample preparation of Running stitch
4 th week (19Aug.2019- 24Aug.2019)	Sample preparation of Back stitch	Sample preparation of Back stitch	Sample preparation of Back stitch	Sample preparation of Back stitch	Sample preparation of Back stitch	Janamashtmi
5 th Week (26Aug.2019- 31Aug.2019)	Sample preparation of Hemming	Sample preparation of Hemming	Sample preparation of Hemming	Sample preparation of Hemming	Sample preparation of Hemming	Sample preparation of Hemming
Sept., 2019 (2 nd week) (2Sept.2019- 7Aug.2019)	Sample preparation of Button hole stitch	Sample preparation of Button hole stitch	Sample preparation of Button hole stitch	Sample preparation of Button hole stitch	Sample preparation of Button hole stitch	Sample preparation of Button hole stitch
3 rd week (9Sept.2019- 14Sept.2019)	Sample preparation of Flat seam	Sample preparation of Flat seam	Sample preparation of Flat seam	Sample preparation of Flat seam	Sample preparation of Flat seam	Sample preparation of Flat seam
4 th week (16Sept.2019-	Sample preparation	Sample preparation of	Sample preparation	Sample preparation	Sample preparation	Sample preparation of

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4 th week (19Aug.2019- 24Aug.2019)	Sample preparation of Cross tucks	Sample preparation of Cross tucks	Sample preparation of Cross tucks	Sample preparation of Cross tucks	Sample preparation of Cross tucks	Janamashtmi
5 th Week (26Aug.2019- 31Aug.2019)	Sample preparation of Two piece placket	Sample preparation of Two piece placket	Sample preparation of Two piece placket	Sample preparation of Two piece placket	Sample preparation of Two piece placket	Sample preparation of Two piece placket
Sept., 2019 (2 nd week) (2Sept.2019- 7Aug.2019)	Sample preparation of Chain Stitch	Sample preparation of Chain Stitch	Sample preparation of Chain Stitch	Sample preparation of Chain Stitch	Sample preparation of Chain Stitch	Sample preparation of Chain Stitch
3 rd week (9Sept.2019- 14Sept.2019)	Sample preparation of Satin stitch	Sample preparation of Satin stitch	Sample preparation of Satin stitch	Sample preparation of Satin stitch	Sample preparation of Satin stitch	Sample preparation of Satin stitch
4 th week (16Sept.2019- 21Sept.2019)	Sample preparation of Stem stitch	Sample preparation of Stem stitch	Sample preparation of Stem stitch	Sample preparation of Stem stitch	Sample preparation of Stem stitch	Sample preparation of Stem stitch
5 th week (23Sept.2019- 28 Sept.2019)	Haryana Heroes Martyam	Sample preparation of Herring bone stitch	Sample preparation of Herring bone stitch	Sample preparation of Herring bone stitch	Sample preparation of Herring bone stitch	Sample preparation of Herring bone stitch
October, 2019 1 st week (1Oct.2019- 5Oct.2019)	-----	Sample preparation of Lazy Daizy stitch	Mahatma Gandhi B'day	Sample preparation of Lazy Daizy stitch	Sample preparation of Lazy Daizy stitch	Sample preparation of Lazy Daizy stitch

2 nd week (7Oct.2019- 12Oct.2019)	Sample preparation of Lazy Daizy stitch	Dussehra	Sample preparation of Lazy Daizy stitch	Sample preparation of Lazy Daizy stitch	Sample preparation of Lazy Daizy stitch	Sample preparation of Lazy Daizy stitch
3 rd week (14Oct.2019- 19Oct.2019)	Tie of sample	Tie of sample	Tie of sample	Tie of sample	Tie of sample	Tie of sample
4 th week (21Oct.2019- 26Oct.2019)	Dye of sample	Dye of sample	Dye of sample	-----	-----	-----
5 th week (28Oct.2019- 31Oct.2019)	Vishavkarm a Day	-----	-----	-----	Dye of sample	Dye of sample
Nov., 2019 1 st week (1Nov.2019- 2Nov.2019)	-----	-----	-----	-----	Haryana Day	Dye of sample
2 nd week (4Nov.2019- 9Nov.2019)	Sample preparation of Knitting	Sample preparation of Knitting	Sample preparation of Knitting	Sample preparation of Knitting	Sample preparation of Knitting	Sample preparation of Knitting
3 rd week (11Nov.2019- 16Nov.2019)	Article preparation of tei and dye	Guru Nanak Birthday	Article preparation of tei and dye	Article preparation of tei and dye	Article preparation of tei and dye	Article preparation of tei and dye
4 th week (17Nov.2019- 18Nov.2019)	Article preparation of tei and dye	Article preparation of tei and dye	-----	-----	-----	-----

Signature of class teacher

HOD

Deptt. Of Home Science

DEPARTMENT OF HOME SCIENCE

LESSION PLAN (Session 2019-20)

Name of the teacher: Dr. Pinki Rani

Examination: B.A-III (5th Sem.) Practical

Nomenclature of the paper: Foods and Nutrition

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 rd Week (16 july 2019- 20july 2019)	Group-I -----	Group-I General instruction for cookery practicals	Group-II General instruction for cookery practicals	Group-II General instruction for cookery practicals	Group-III General instruction for cookery practicals	Group-III General instruction for cookery practicals
4 th Week (22 july 2019 to -27 july 2019)	Weighing and measuring food stuffs	Weighing and measuring food stuffs	Weighing and measuring food stuffs	Weighing and measuring food stuffs	Weighing and measuring food stuffs	Weighing and measuring food stuffs
5 th week (29 july 2019-31july 2019)	Weights and equivalent measures of different food stuffs	Weights and equivalent measures of different food stuffs	Shahid udham Singh Jayanti	-----	-----	-----
August, 2019 1 st Week (1Aug. 2019- 3Aug.2019)	-----	-----	-----	Weights and equivalent measures of different food stuffs	Weights and equivalent measures of different food stuffs	Weights and equivalent measures of different food stuffs
2 nd Week (5Aug.2019- 10 Aug. 2019)	Terms used in cooking of food	Terms used in cooking of food	Terms used in cooking of food	Terms used in cooking of food	Terms used in cooking of food	Terms used in cooking of food
3 rd Week (12Aug.2019- 17 Aug. 2019)	Id-Ul-Zuha	Names of food stuffs in hindi	Names of food stuffs in hindi	Independence Day	Names of food stuffs in hindi	Names of food stuffs in hindi
4 th week (19Aug.2019- 24Aug.2019)	Names of food stuffs in hindi	Names of food stuffs in hindi	Names of food stuffs in hindi	Names of food stuffs in hindi	Names of food stuffs in hindi	Janamashtmi
5 th Week (26Aug.2019- 31Aug.2019)	Principles of meal planning for 3 years child	Principles of meal planning for 3 years child	Principles of meal planning for 3 years child	Principles of meal planning for 3 years child	Principles of meal planning for 3 years child	Principles of meal planning for 3 years child
Sept., 2019 (2 nd week) (2Sept.2019- 7Aug.2019)	Meal planning for 3 years child	Meal planning for 3 years child	Meal planning for 3 years child	Meal planning for 3 years child	Meal planning for 3 years child	Meal planning for 3 years child
3 rd week (9Sept.2019- 14Sept.2019)	Principles of meal planning for 8 years child	Principles of meal planning for 8 years child	Principles of meal planning for 8 years child	Principles of meal planning for 8 years child	Principles of meal planning for 8 years child	Principles of meal planning for 8 years child

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4 th week (19Aug.2019- 24Aug.2019)	Meal planning for lactating mother	Meal planning for lactating mother	Meal planning for lactating mother	Meal planning for lactating mother	Meal planning for lactating mother	Janamashtmi
5 th Week (26Aug.2019- 31Aug.2019)	Meal planning for an adult patient suffering from typhoid	Meal planning for an adult patient suffering from typhoid	Meal planning for an adult patient suffering from typhoid	Meal planning for an adult patient suffering from typhoid	Meal planning for an adult patient suffering from typhoid	Meal planning for an adult patient suffering from typhoid
Sept., 2019 (2 nd week) (2Sept.2019- 7Aug.2019)	Meal planning for child suffering from acute diarrhoea	Meal planning for child suffering from acute diarrhoea	Meal planning for child suffering from acute diarrhoea	Meal planning for child suffering from acute diarrhoea	Meal planning for child suffering from acute diarrhoea	Meal planning for child suffering from acute diarrhoea
3 rd week (9Sept.2019- 14Sept.2019)	Meal planning for child suffering from chronic diarrhoea	Meal planning for child suffering from chronic diarrhoea	Meal planning for child suffering from chronic diarrhoea	Meal planning for child suffering from chronic diarrhoea	Meal planning for child suffering from chronic diarrhoea	Meal planning for child suffering from chronic diarrhoea
4 th week (16Sept.2019- 21Sept.2019)	Meal planning for an adult patient of middle income group suffering from constipation	Meal planning for an adult patient of middle income group suffering from constipation	Meal planning for an adult patient of middle income group suffering from constipation	Meal planning for an adult patient of middle income group suffering from constipation	Meal planning for an adult patient of middle income group suffering from constipation	Meal planning for an adult patient of middle income group suffering from constipation
5 th week (23Sept.2019- 28 Sept.2019)	Haryana Heroes Martyam	Meal planning for an adult patient suffering from diabetes	Meal planning for an adult patient suffering from diabetes	Meal planning for an adult patient suffering from diabetes	Meal planning for an adult patient suffering from diabetes	Meal planning for an adult patient suffering from diabetes
October, 2019 1 st week (1Oct.2019- 5Oct.2019)	-----	Meal planning for an adult patient suffering from diabetes	Mahatma Gandhi B'day	Meal planning for an adult patient suffering from diabetes	Meal planning for an adult patient suffering from diabetes	Meal planning for an adult patient suffering from diabetes

2 nd week (7Oct.2019-12Oct.2019)	Meal planning for an adult women suffering from high blood pressure	Dussehra	Meal planning for an adult women suffering from high blood pressure	Meal planning for an adult women suffering from high blood pressure	Meal planning for an adult women suffering from high blood pressure	Meal planning for an adult women suffering from high blood pressure
3 rd week (14Oct.2019-19Oct.2019)	Meal planning for an adult women suffering from low blood pressure	Meal planning for an adult women suffering from low blood pressure	Meal planning for an adult women suffering from low blood pressure	Meal planning for an adult women suffering from low blood pressure	Meal planning for an adult women suffering from low blood pressure	Meal planning for an adult women suffering from low blood pressure
4 th week (21Oct.2019-26Oct.2019)	Meal planning for an adult women suffering from low blood pressure	Meal planning for an adult women suffering from low blood pressure	Meal planning for an adult women suffering from low blood pressure	-----	-----	-----
5 th week (28Oct.2019-31Oct.2019)	Vishavkarma Day	-----	-----	-----	Meal planning for school going children	Meal planning for school going children
Nov., 2019 1 st week (1Nov.2019-2Nov.2019)	-----	-----	-----	-----	Haryana Day	Meal planning for school going children
2 nd week (4Nov.2019-9Nov.2019)	Meal planning for pregnant women suffering from constipation	Meal planning for pregnant women suffering from constipation	Meal planning for pregnant women suffering from constipation	Meal planning for pregnant women suffering from constipation	Meal planning for pregnant women suffering from constipation	Meal planning for pregnant women suffering from constipation
3 rd week (11Nov.2019-16Nov.2019)	Meal planning for adolescent girl suffering from anemia	Guru Nanak Birthday	Meal planning for adolescent girl suffering from anemia	Meal planning for adolescent girl suffering from anemia	Meal planning for adolescent girl suffering from anemia	Meal planning for adolescent girl suffering from anemia
4 th week (17Nov.2019-18Nov.2019)	Meal planning for adolescent girl suffering from anemia	Meal planning for adolescent girl suffering from anemia	-----	-----	-----	-----

Signature of class teacher

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Deptt. Of Home Science

DEPARTMENT OF HOME SCIENCE

LESSION PLAN (Session 2019-20)

Name of the teacher: Dr. Pinki Rani

Examination: B.A-III (5th Sem.)

Nomenclature of the paper: Foods and Nutrition

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 rd Week (16 july 2019- 20july 2019)	-----	Introduction of food and nutrition	Function of food	Classification of food	Energy giving food- carbohydrate	Classification of carbohydrate
4 th Week (22 july 2019 to -27 july 2019)	Function of carbohydrate	Sources and daily requirement of carbohydrate	Effects of deficiency and excessive of carbohydrate	Body building nutrient- Protein	Functions, daily allowances, deficiency and excess intake of Protein	Energy giving food- Fat
5 th week (29 july 2019-31july 2019)	Functions, daily allowances, of fat	Deficiency and excess intake of Fat	Shahid udham Singh Jayanti	-----	-----	-----
August, 2019 1 st Week (1Aug. 2019- 3Aug.2019)	-----	-----	-----	Functions, daily allowances, deficiency and excess intake of Vitamins : A	Functions, daily allowances, deficiency and excess intake of Vitamins : D	Functions, daily allowances, deficiency and excess intake of Vitamins : E
2 nd Week (5Aug.2019- 10 Aug. 2019)	Functions, daily allowances, deficiency and excess intake of Vitamins : K	Functions, daily allowances, deficiency and excess intake of Vitamins : B1	Functions, daily allowances, deficiency and excess intake of Vitamins : B2	Functions, daily allowances, deficiency and excess intake of Vitamins : B3	Functions, daily allowances, deficiency and excess intake of Vitamins : B12	Functions, daily allowances, deficiency and excess intake of Vitamins : C
3 rd Week (12Aug.2019- 17 Aug. 2019)	Id-Ui-Zuha	Revision	Class Test-1	Independence Day	Functions, daily allowances, deficiency and excess intake of Folic acid	Functions, daily allowances, deficiency and excess intake of minerals

4 th week (19Aug.2019- 24Aug.2019)	Functions, daily allowances, deficiency and excess intake of Calcium	Functions, daily allowances, deficiency and excess intake of Iron	Functions, daily allowances, deficiency and excess intake of Iodine	Functions, daily allowances, deficiency and excess intake of sodium	Functions, daily allowances, deficiency and excess intake of Potassium	Janamashtmi
5 th Week (26Aug.2019- 31Aug.2019)	Water functions in the body	Role of dietary fiber in human nutrition	Principles of cooking food	Methods of cooking- Moist heat Boiling, stewing, steaming	Dry heat - Roasting, grilling, baking	Frying - shallow and deep
Sept., 2019 (2 nd week) (2Sept.2019- 7Aug.2019)	Radiation - Solar and microwave	Advantages of cooking of the food	Effect of cooking on different nutrients	Methods of enhancing nutritive value of food stuff	Importance of enhancing nutritive value of food Stuffs	Method of enhancing nutritive value of food stuffs , Sprouting, fermentation, Combination and supplementation
3 rd week (9Sept.2019- 14Sept.2019)	Revision	Class Test-II	Concept of balanced diet	Meal planning	Principles of meal planning for children 3 to 5 years old	Principles of meal planning for school going child
4 th week (16Sept.2019- 21Sept.2019)	Principles of meal planning for adolescents	Principles of meal planning for adult	factors affecting of meal planning	Principles of meal planning for Pregnant women	Principles of meal planning for lactating mother	Introduction to therapeutic Nutrition
5 th week (23Sept.2019- 28 Sept.2019)	Haryana Heroes Martyam	Therapeutic adaptation of the normal diet	Soft and fluid diet	Diet Plan	Method of enhancing nutritive value of food stuffs through Sprouting	Method of enhancing nutritive value of food stuffs through fermentation, Combination and supplementation
October, 2019 1 st week (1Oct.2019- 5Oct.2019)	-----	Method of enhancing nutritive value of food stuffs through Combination and supplementation	Mahatma Gandhi B'day	Diet planning for the patient of Typhoid fever	Diet planning for the patient of diarrhea	Diet planning for the patient of constipation

2 nd week (7Oct.2019- 12Oct.2019)	Diet planning for the patient of High Blood Pressure	Dussehra	Food Preservation	Importance of Food Preservation	Causes of food spoilage	Principles of food Preservation
3 rd week (14Oct.2019- 19Oct.2019)	Methods of Food Preservation	Bacteriostatic methods	Bactericidal method	Preservation method by cooling method	Preservation method by drying and dehydration	Refrigeration methods
4 th week (21Oct.2019- 26Oct.2019)	Preservation method by preservative s	Preservation method by preservatives at household level	Preservation method by preservative s at commercial level	-----	-----	-----
5 th week (28Oct.2019- 31Oct.2019)	Vishavkarm a Day	-----	-----	-----	Canning method	Balanced Diet
Nov., 2019 1 st week (1Nov.2019- 2Nov.2019)	-----	-----	-----	-----	Haryana Day	Factors affecting balanced diet
2 nd week (4Nov.2019- 9Nov.2019)	Food groups according to ICMR,1991	Regulation of body processes	Kwashiorkor: symptoms and treatment	Marasmus: symptoms and treatment	Functions of Vitamins : E	Sources of Vitamins : E
3 rd week (11Nov.2019- 16Nov.2019)	daily allowances of Vitamins : E	Guru Nanak Birthday	deficiency and excess intake of Vitamins : E	Functions of Vitamins : K	Daily allowances, and sources of Vitamins : K	Deficiency and excess intake of Vitamins : K
4 th week (17Nov.2019- 18Nov.2019)	Revision	Revision	-----	-----	-----	-----

Signature of class teacher

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Deptt. Of Home Science

FGM Govt. College, Adampur

Lesson Plan of Year 2019-20

Department- Home Science

Programme Name-BA-II

Course Name-Clothing and textile (Theory)

Teacher- Dr. Pinki Rani

Month	Week	Topic
January	1 st	Traditional textile of India
	2 nd	Classification of fiber, Manufacture and properties of cotton fiber
	3 rd	Manufacture of wool fiber
	4 th	Properties of wool fiber
February	1 st	Manufacture of silk fiber
	2 nd	Properties of silk fiber
	3 rd	Manufacture and properties of polyester fiber
	4 th	Man-made fiber- Rayon
March	1 st	Manufacture and properties of nylon fiber Selection of fabrics
	2 nd	Finishing of fabrics
	3 rd	Dyeing and printing
	4 th	Basic weaves
April	1 st	Soaps and detergents
	2 nd	Starches, laundry, blue and blue and bleaches
	3 rd	Other laundry reagents
	4 th	Different methods of laundry

May	1st	Classification and removal of stains
	2nd	Revision

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Deptt. of Home Science

FGM Govt. College, Adampur

Lesson Plan of Year 2019-20

Department- Home Science

Programme Name-BA-II

Course Name-Clothing and textile (Practical)

Teacher- Dr. Pinki Rani

Month	Week	Topic
January	1 st	Taking body measurement
	2 nd	Basic stitches- tucking, running stitch
	3 rd	Back stitch, hemming, button hole stitch
	4 th	Seams: Plain seam, French seam, counter seam, lapped seam
Febuary	1 st	Processes: Gathers into a band Pleats (Knife and box)
	2 nd	Dart (Simple and Fish)
	3 rd	Placket opening (Continuous and two piece)
	4 th	Tucks (Pin and Cross)
March	1 st	Embroidery- one article of fancy embroidery using at least four stitches
	2 nd	Embroidery- one article of fancy embroidery using at least four stitches
	3 rd	Knitting: Preparation of two samples of different designs (minimum size 4”X4”)
	4 th	Knitting: Preparation of two samples of different designs

		(minimum size 4”X4”)
April	1st	Knitting: Preparation of two samples of different designs (minimum size 4”X4”)
	2nd	Tie and Dye
	3rd	Tie and dye
	4th	Tie and dye
May	1st	Block painting
	2nd	Block painting

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Deptt. of Home Science

FGM Govt. College, Adampur

Lesson Plan of Year 2019-20

Department- Home Science

Programme Name-BA-II

Course Name-Human Development (Theory)

Teacher- Dr. Pinki Rani

Month	Week	Topic
January	1st	Child psychology: Definition, aims, subject matter, objectives of studying.
	2nd	Learning: Meaning, importance, methods of learning, factors effecting learning.
	3rd	Intelligence: Definition, measurement of intelligence.
	4th	Personality development: Definition, types and factors affecting the development of personality.
Febuary	1st	Play: Definition, features and types of play
	2nd	Difference between work and play, importance of play in childhood.
	3rd	Stages of the development of the child, characteristics of infancy, childhood.
	4th	Adolescence: problems of an adolescent child, role of parents

		and teacher in solving them.
March	1st	The expectant mother, sign of pregnancy, discomforts of pregnancy.
	2nd	Care of the expectant mother, all effects of an early marriage.
	3rd	Care of new born infant: bathing, clothing and hygiene during infancy
	4th	Feeding of an infant, breast feeding verses artificial feeding.
April	1st	Weaning: meaning and importance, methods of weaning.
	2nd	Common ailments of childhood: cold, cough and fever
	3rd	Digestive disturbance: diarrhea, constipation and vomiting.
	4th	Skin infection: Prickly heat and allergy, convulsion.
May	1st	Revision
	2nd	Revision

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Deptt. of Home Science

F.G.M. GOVERNMENT COLLEGE, ADAMPUR

Lesson Plan of Year 2019-20

Department – Home Science

Programme Name:- B.A. (1stSem)

Course Name:-Family Resource Management (Theory)

Teacher:- Dr. Kiran Sain

Sr. No.	Description of chapters/Topics	Week	Month	Assignment/Test
1.	Concept of Home Science & its scope	4 th	July	
2	Job opportunities in different areas of Home Science.	1 st	August	Test
3	Elements of art	2 nd		
4	Interior decoration – Principles of arts	3 rd		
5	Color- Characteristics & Schemes	4 th		
6	Layout of different rooms for various activities in a house	1 st & 2 nd	September	Test
7	Furniture	3 rd		
8	Flower arrangement	4 th		
9	Functions of home	1 st	October	Assignment
10	Housing	2 nd		
11	Kitchen garden	2 nd		
12	Consumer choice & buying problems of consumers	3rd		Test
13	Consumer education- Consumer protection	4th		Test
14	Resource management- home management meaning, importance & process of management	1 st & 2 nd	November	
15	Family resources	3rd		Assignment
16	Money management	4th		
17	Time management	1st	December	Test
18	Energy Management & work simplification	2 nd		
19	Revision of syllabus	3rd		

F.G.M. GOVERNMENT COLLEGE, ADAMPUR

Lesson Plan of Year 2019-20

Department – Home Science

Programme Name:- B.A. (3rdSem)

Course Name:-Human Physiology (Theory)

Teacher:- Dr. Kiran Sain

Sr. No.	Description of chapters/Topics	Week	Month	Assignment/Test
1.	Introduction of syllabus	4 th	July	
2	Animal cell	1 st , 2 nd & 3 rd	August	Test
3	The Human Skeleton system	4 th		
4	Digestive system	1st	September	
5	The circulatory system	2nd		
6	The Excretory system	3rd		Test
7	Reproductive system	4th		
8	Endocrine system	1st	October	
9	Reproductive system	2nd		Assignment
10	Endocrine system	3 rd & 4 th		
11	Nervous system	1 st , 2 nd ,	November	
12	Revision and test	3rd		Test
13	Revision	1 st , 2 nd & 3rd	December	Test

F.G.M. Government College, Adampur

Lesson Plan Of Year 2019-20

Department- Home Science

Programme Name:- B.A. (2nd Sem)

Course Name:- Health & Hygiene (Theory)

Teacher:- Dr. Kiran Sain

Sr. No	Description Of Chapters/ Topics	Week	Month	Assignment/Test
1	Health Education	1 st	January	
2	Health Hazards Of Modern Age- Pollution	1 st		Test
3	Soil and Noise Pollution	2 nd		Assignment
4	Health and Hygiene	2 nd		
5	Water	3 rd		
6	First Aid- Meaning and Importance in Daily Life	4 th		Test
7	Infection	1 st	February	
8	Disinfection	2 nd		
9	Immunity	3 rd		
10	Infectious diseases spread by insects and ingestion	4 th		Test
11	Common emerging health problems among women- Cervical and Breast Cancer	1 st & 2 nd	March	Assignment
12	Transmission of Heat	3 rd		
13	Thermometers	4 th		
14	Evaporation	4 th		
15	Revision of syllabus	1 st	April	

F.G.M. Government College, Adampur

Lesson Plan Of Year 2019-20

Department- Home Science

Programme Name :- B.A (4th Sem)

Course Name :- Clothing and Textile

Sr. No	Description Of Chapters/ Topics	Week	Month	Assignment/Test
1	Introduction to traditional Textiles of India with names and origin	1 st & 2 nd	April	
2	Definition and Classification of different fibre	3 rd		Test
3	Manufacture and properties of different fibres : Cotton, Silk, Polyester, Rayon	4 th		Assignment
4	Soaps and Detergents , starches , Blues and Bleaches	1 st	May	
5	Meaning and Objectives Of Application of finishes	2 nd		
6	Different types of finishes: Calendaring, bleaching, sizing, mercerizing, preshrinking crease resistant, dyeing and printing	3 rd & 4 th		Test
7	Basic weaves- Plain Twill, satin and their Variation	1 st	June	Test
8	Laundry and reagents, acids, alkalis solvents and absorbents	2 nd		Assignment
9	Satin Removal: classification of Strains, Methods of removing different types of stains	3 rd & 4 th		
10	Revision of all syllabus	1 st to 4 th	July	Test