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

21Sept.2019)	of French seam	French seam	of French seam	of French seam	of French seam	French seam
5 th week (23Sept.2019- 28 Sept.2019)	Haryana Heroes Martyam	Sample preparation of Run and fell seam	Sample preparation of Run and fell seam	Sample preparation of Run and fell seam	Sample preparation of Run and fell seam	Sample preparation of Run and fell seam
October, 2019 1 st week (1Oct.2019- 5Oct.2019)		Sample preparation of Counter hem seam	Mahatma Gandhi B'day	Sample preparation of Counter hem seam	Sample preparation of Counter hem seam	Sample preparation of Counter hem seam
2 nd week (7Oct.2019- 12Oct.2019)	Method of setting gathers into a band	Dussehra	Method of setting gathers into a band	Method of setting gathers into a band	Method of setting gathers into a band	Method of setting gathers into a band
3 rd week (14Oct.2019- 19Oct.2019)	Sample preparation of Single pointed dart	Sample preparation of Single pointed dart	Sample preparation of Single pointed dart	Sample preparation of Single pointed dart	Sample preparation of Single pointed dart	Sample preparation of Single pointed dart
4 th week (21Oct.2019- 26Oct.2019)	Double dart	Double dart	Double dart			
5 th week (28Oct.2019- 31Oct.2019)	Vishavkarm a Day				Sample preparation of Double dart	Sample preparation of Double dart
Nov., 2019 1 st week (1Nov.2019- 2Nov.2019)					Haryana Day	Sample preparation of Double dart
2 nd week (4Nov.2019- 9Nov.2019)	Sample preparation of Box pleats	Sample preparation of Box pleats	Sample preparation of Box pleats	Sample preparation of Box pleats	Sample preparation of Box pleats	Sample preparation of Box pleats
3 rd week (11Nov.2019- 16Nov.2019)	Sample preparation of Inverted box pleats	Guru Nanak Birthday	Sample preparation of Inverted box pleats	Sample preparation of Inverted box pleats	Sample preparation of Inverted box pleats	Sample preparation of Inverted box pleats
4 th week (17Nov.2019- 18Nov.2019)	Sample preparation of Pin tucks	Sample preparation of Pin tucks	Sample preparation of Pin tucks	Sample preparation of Pin tucks	Sample preparation of Pin tucks	Sample preparation of Pin tucks

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

2 nd week	Sample	Dussehra	Sample	Sample	Sample	Sample
(7Oct.2019-	preparation		preparation	preparation	preparation	preparation of
12Oct.2019)	of Lazy		of Lazy	of Lazy	of Lazy	Lazy Daizy
	Daizy stitch		Daizy stitch	Daizy stitch	Daizy stitch	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	Sample	Sample	Sample	Sample	Sample	Sample
(4Nov.2019- 9Nov.2019)	preparation of Knitting	preparation of Knitting	preparation of Knitting	preparation of Knitting	preparation of Knitting	preparation of Knitting
3 rd week	Article	Guru Nanak	Article	Article	Article	Article
(11Nov.2019-	preparation	Birthday	preparation	preparation of	preparation	preparation of
16Nov.2019)	of tei and		of tei and	tei and dye	of tei and	tei and dye
	dye		dye		dye	
4 th week (17Nov.2019- 18Nov.2019)	Article preparation of tei and dye	Article preparation of tei and dye				

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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.) Practical

Nomenclature of the paper: Foods and Nutrition

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

4 th week	Meal	Meal planning	Meal	Meal	Meal	Meal planning
(16Sept.2019-	planning for	for 8 years child	planning for	planning for	planning for	for 8 years child
21Sept.2019)	8 years child		8 years child	8 years child	8 years child	
5 th week	Haryana	Principles of	Principles of	Principles of	Principles of	Principles of
(23Sept.2019-	Heroes	meal planning	meal	meal	meal	meal planning
28 Sept.2019)	Martyam	for 18 years boy	planning for	planning for	planning for	for 18 years boy
1 /	2	5 5	18 years boy	18 years boy	18 years boy	5 5
October,		Meal planning	Mahatma	Meal	Meal	Meal planning
2019		for 18 years boy	Gandhi	planning for	planning for	for 18 years boy
1 st week			B'day	18 years boy	18 years boy	
(1Oct.2019-			2			
5Oct.2019)						
2 nd week	Principles of	Dussehra	Principles of	Principles of	Principles of	Principles of
(7Oct.2019-	meal		meal	meal	meal	meal planning
12Oct.2019)	planning for		planning for	planning for	planning for	for 18 years
,	18years Girl		18 years Girl	18 years Girl	18 years Girl	Girl
	Meal	Meal planning	Meal	Meal	Meal	Meal planning
3 rd week	planning for	for 18 years	planning for	planning for	planning for	for 18 years
(14Oct.2019-	18 years Girl	Girl	18years Girl	18 years Girl	18 years Girl	Girl
19Oct.2019)	2		5	2	5	
4 th week	Meal	Meal planning	Meal			
(21Oct.2019-	planning for	for adult	planning for			
26Oct.2019)	adult	belonging to	adult			
	belonging to	low income	belonging to			
	low income	group	low income			
	group		group			
5 th week	Vishavkarm				Meal	Meal planning
(28Oct.2019-	a Day				planning for	for adult
31Oct.2019)					adult	belonging to
					belonging to	low income
					low income	group
					group	
Nov., 2019					Haryana	Meal planning
1 st week					Day	for adult
(1Nov.2019-						belonging to
2Nov.2019)						middle income
						group
2 nd week	Meal	Meal planning	Meal	Meal	Meal	Meal planning
(4Nov.2019-	planning for	for adult	planning for	planning for	planning for	for adult
9Nov.2019)	adult	belonging to	adult	adult	adult	belonging to
	belonging to	middle income	belonging to	belonging to	belonging to	middle income
	middle	group	middle	middle	middle	group
	income		income	income group	income	
ard	group		group		group	
3 rd week	Meal	Guru Nanak	Meal	Meal	Meal	Meal planning
(11Nov.2019-	planning for	Birthday	planning for	planning for	planning for	for adult
16Nov.2019)	adult		adult	adult	adult	belonging to
	belonging to		belonging to	belonging to	belonging to	high income
	high income		high income	high income	high income	group
4th 1	group		group	group	group	
4 th week	Meal	Meal planning	Meal	Meal	Meal	Meal planning
(17Nov.2019-	planning for	for pregnant	planning for	planning for	planning for	for pregnant
18Nov.2019)	pregnant	women	pregnant	pregnant	pregnant	women
	women	1	women	women	women	1

4 th week	Meal	Meal planning	Meal	Meal	Meal	Janamashtmi
(19Aug.2019-	planning for	for lactating	planning for	planning for	planning for	
24Aug.2019)	lactating	mother	lactating	lactating	lactating	
0 /	mother		mother	mother	mother	
5 th Week	Meal	Meal planning	Meal	Meal	Meal	Meal planning
(26Aug.2019-	planning for	for an adult	planning for	planning for	planning for	for an adult
31Aug.2019)	an adult	patient suffering	an adult	an adult	an adult	patient suffering
	patient	from typhoid	patient	patient	patient	from typhoid
	suffering		suffering	suffering	suffering	
	from typhoid		from typhoid	from typhoid	from typhoid	
Sept., 2019	Meal	Meal planning	Meal	Meal	Meal	Meal planning
(2^{nd} week)	planning for	for child	planning for	planning for	planning for	for child
(2Sept.2019-	child	suffering from	child	child	child	suffering from
7Aug.2019)	suffering	acute diarrhoea	suffering	suffering	suffering	acute diarrhoea
	from acute		from acute	from acute	from acute	
	diarrhoea		diarrhoea	diarrhoea	diarrhoea	
3 rd week	Meal	Meal planning	Meal	Meal	Meal	Meal planning
(9Sept.2019-	planning for	for child	planning for	planning for	planning for	for child
14Sept.2019)	child	suffering from	child	child	child	suffering from
-	suffering	chronic	suffering	suffering	suffering	chronic
	from chronic	diarrhoea	from chronic	from chronic	from chronic	diarrhoea
	diarrhoea		diarrhoea	diarrhoea	diarrhoea	
4 th week	Meal	Meal planning	Meal	Meal	Meal	Meal planning
(16Sept.2019-	planning for	for an adult	planning for	planning for	planning for	for an adult
21Sept.2019)	an adult	patient of	an adult	an adult	an adult	patient of
	patient of	middle income	patient of	patient of	patient of	middle income
	middle	group suffering	middle	middle	middle	group suffering
	income	from	income	income group	income	from
	group	constipation	group	suffering	group	constipation
	suffering		suffering	from	suffering	
	from		from	constipation	from	
	constipation		constipation		constipation	
5 th week	Haryana	Meal planning	Meal	Meal	Meal	Meal planning
(23Sept.2019-	Heroes	for an adult	planning for	planning for	planning for	for an adult
28 Sept.2019)	Martyam	patient suffering	an adult	an adult	an adult	patient suffering
		from diabetes	patient	patient	patient	from diabetes
			suffering	suffering	suffering	
			from	from diabetes	from	
			diabetes		diabetes	
October,		Meal planning	Mahatma	Meal	Meal	Meal planning
2019		for an adult	Gandhi	planning for	planning for	for an adult
1 st week		patient suffering	B'day	an adult	an adult	patient suffering
(10ct.2019-		from diabetes		patient	patient	from diabetes
5Oct.2019)				suffering	suffering	
				from diabetes	from	
					diabetes	

2 nd week	Meal	Dussehra	Meal	Meal	Meal	Meal planning
(7Oct.2019-	planning for	2 4550114	planning for	planning for	planning for	for an adult
12Oct.2019)	an adult		an adult	an adult	an adult	women
,	women		women	women	women	suffering from
	suffering		suffering	suffering	suffering	high blood
	from high		from high	from high	from high	pressure
	blood		blood	blood	blood	1
	pressure		pressure	pressure	pressure	
	Meal	Meal planning	Meal	Meal	Meal	Meal planning
3 rd week	planning for	for an adult	planning for	planning for	planning for	for an adult
(14Oct.2019-	an adult	women	an adult	an adult	an adult	women
19Oct.2019)	women	suffering from	women	women	women	suffering from
	suffering	low blood	suffering	suffering	suffering	low blood
	from low	pressure	from low	from low	from low	pressure
	blood		blood	blood	blood	-
	pressure		pressure	pressure	pressure	
4 th week	Meal	Meal planning	Meal			
(21Oct.2019-	planning for	for an adult	planning for			
26Oct.2019)	an adult	women	an adult			
	women	suffering from	women			
	suffering	low blood	suffering			
	from low	pressure	from low			
	blood	-	blood			
	pressure		pressure			
5 th week	Vishavkarm				Meal	Meal planning
(280ct.2019-	a Day				planning for	for school going
31Oct.2019)					school going	children
					children	
Nov., 2019					Haryana	Meal planning
1 st week					Day	for school going
(1Nov.2019-						children
2Nov.2019)						
2 nd week	Meal	Meal planning	Meal	Meal	Meal	Meal planning
(4Nov.2019-	planning for	for pregnant	planning for	planning for	planning for	for pregnant
9Nov.2019)	pregnant	women	pregnant	pregnant	pregnant	women
	women	suffering from	women	women	women	suffering from
	suffering	constipation	suffering	suffering	suffering	constipation
	from		from	from	from	
rd	constipation		constipation	constipation	constipation	
3 rd week	Meal	Guru Nanak	Meal	Meal	Meal	Meal planning
(11Nov.2019-	planning for	Birthday	planning for	planning for	planning for	for adolescent
16Nov.2019)	adolescent		adolescent	adolescent	adolescent	girl suffering
	girl suffering		girl	girl suffering	girl suffering	from anemia
	from anemia		suffering	from anemia	from anemia	
d			from anemia			
4 th week	Meal	Meal planning				
(17Nov.2019-	planning for	for adolescent				
18Nov.2019)	adolescent	girl suffering				
	girl suffering	from anemia				
	from anemia					

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-Ul-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) 5 th Week (26Aug.2019- 31Aug.2019)	Functions, daily allowances, deficiency and excess intake of Calcium Water functions in the body	Functions, daily allowances, deficiency and excess intake of Iron Role of dietary fiber in human nutrition	Functions, daily allowances, deficiency and excess intake of Iodine Principles of cooking food	Functions, daily allowances, deficiency and excess intake of sodium Methods of cooking- Moist heat Boiling, stewing, steaming	Functions, daily allowances, deficiency and excess intake of Potassium Dry heat - Roasting, grilling, baking	Janamashtmi 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	Kwashiorko r: 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				

HOD

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

Week	Торіс
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
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
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
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
	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$

May	1 st	Classification and removal of		
		stains		
	2 nd	Revision		

HOD

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

HOD

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

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

HOD

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	1 st	August	Test
	Home Science.			
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	1 st & 2 nd	September	Test
	activities in a house	ard		
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-	1st		Test
	Pollution			
3	Soil and Noise Pollution	2 nd		Assignment
4	Health and Hygiene	2 nd		
5	Water	3rd		
6	First Aid- Meaning and Importance in	4th		Test
	Daily Life			
7	Infection	1 st	February	
8	Disinfection	2 nd		
9	Immunity	3rd		
10	Infectious diseases spread by insects	4th		Test
	and ingestion			
11	Common emerging health problems	1 st & 2 nd	March	Assignment
	among women- Cervical and Breast			
	Cancer			
12	Transmission of Heat	3rd		
13	Thermometers	4th		
14	Evaporation	4th		
15	Revision of syllabus	1st	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