

**F.G.M. GOVT. COLLEGE, ADAMPUR**

**Lesson Plan of Year: 2021-22**

**Department of Home Science**

**Programme Name: B.A. 1<sup>ST</sup> Year (2<sup>ND</sup> Sem.)**

**Course Name: Health & Hygiene.**

<b>MONTH</b>	<b>WEEK</b>	<b>TOPIC</b>	<b>Assignment/Test</b>
<b>APRIL</b>	<b>1</b>	<b>MEANING AND OBJECTIVE OF HEALTH EDUCATION</b>	<b>1<sup>st</sup> Assignment in the beginning of last week of April.</b>  <b>Revision.</b>
	<b>2</b>	<b>HEALTH HAZARD OF MODERN AGE –AIR ,WATER, SOUL,AND NOISE POLLUTION</b>	
	<b>3</b>	<b>PERSONAL HYGIENE – DEFINATION OF HEALTH AND FACTORS AFFECTING IT,FOOD HABITS, CLEALINESS, EXERCISE AND SLEEP</b>	
	<b>4</b>	<b>MENTAL HEALTH AND CONCEPT OF POSITIVE HEALTH ,WATER ,ITS IMPORTANCE</b>	
<b>MAY</b>	<b>1</b>	<b>WATER IMPURITIES PRESENT ,SOURCE OF CONTANIMATION, Water of purification (household &amp; purification methods)</b>	<b>1<sup>st</sup> Minor Test &amp; 2<sup>nd</sup> Assignment in the last week of May.</b>  <b>Revision.</b>
	<b>2</b>	<b>First Aid: Meaning, importance in daily life.</b>	
	<b>3</b>	<b>Infection: Definition, types, channels, Disinfection: Types, methods.</b>	
	<b>4</b>	<b>Infectious Disease, disease by insects: Malaria, Dengue, Ingestion: Diarrhoea, Hepatitis.</b>  <b>Virus: Polio, Measles</b> <b>Contact: Leprosy, AIDS</b> <b>Immunity: Definition, Types,</b>	

		<b>Immunization Schedule</b>	
<b>JUNE</b>	<b>1</b>	<b>Common emerging health problems among women: Cancer of breast, Cervical</b>	<b>2<sup>nd</sup> Minor Test &amp; Revision. Revision.</b>
	<b>2</b>	<b>National Health Programme: Eradication of Malaria, Leprosy, Polio</b>	

**Dr. Manju Chaudhary**

**FGM Govt. College, Adampur**

**Lesson Plan of Year 2021-22**

**Department- Home Science**

**Programme Name-BA-II**

**Course Name-Clothing and textile (Theory)**

**Teacher- Dr. Pinki Rani**

<b>Month</b>	<b>Week</b>	<b>Topic</b>
<b>April</b>	<b>1<sup>st</sup></b>	Traditional textile of India
	<b>2<sup>nd</sup></b>	Classification of fiber, Manufacture and properties of cotton fiber
	<b>3<sup>rd</sup></b>	Manufacture and properties of wool fiber Manufacture and properties of silk fiber
	<b>4<sup>th</sup></b>	Manufacture and properties of polyester fiber Man-made fiber- Rayon
<b>May</b>	<b>1<sup>st</sup></b>	Manufacture and properties of nylon fiber Selection of fabrics
	<b>2<sup>nd</sup></b>	Finishing of fabrics
	<b>3<sup>rd</sup></b>	Dyeing and printing
	<b>4<sup>th</sup></b>	Basic weaves, Soaps and detergents
<b>June</b>	<b>1<sup>st</sup></b>	Starches, laundry, blue and blue and bleaches Other laundry reagents
	<b>2<sup>nd</sup></b>	Different methods of laundry Classification and removal of stains

**Signature of class teacher**

**HOD**

**Deptt. of Home Science**

**FGM Govt. College, Adampur**

**Lesson Plan of Year 2021-22**

**Department- Home Science**

**Programme Name-BA-II**

**Course Name-Clothing and textile (Practical)**

**Teacher- Dr. Pinki Rani**

<b>Month</b>	<b>Week</b>	<b>Topic</b>
<b>April</b>	<b>1<sup>st</sup></b>	Taking body measurement
	<b>2<sup>nd</sup></b>	Basic stitches- tucking, running stitch, back stitch, hemming, button hole stitch
	<b>3<sup>rd</sup></b>	Seams: Plain seam, French seam, counter seam, lapped seam
	<b>4<sup>th</sup></b>	Processes: Gathers into a band Pleats (Knife and box) Dart (Simple and Fish)
<b>May</b>	<b>1<sup>st</sup></b>	Placket opening (Continuous and two piece) Tucks (Pin and Cross)
	<b>2<sup>nd</sup></b>	Embroidery- one article of fancy embroidery using at least four stitches
	<b>3<sup>rd</sup></b>	Embroidery- one article of fancy embroidery using at least four stitches
	<b>4<sup>th</sup></b>	Knitting: Preparation of two samples of different designs (minimum size 4"X4")
<b>June</b>	<b>1<sup>st</sup></b>	Knitting: Preparation of two samples of different designs (minimum size 4"X4")
	<b>2<sup>nd</sup></b>	Tie and Dye, Block painting

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**Deptt. of Home Science**

**FGM Govt. College, Adampur**

**Lesson Plan of Year 2021-22**

**Department- Home Science**

**Programme Name-BA-II**

**Course Name-Human Development (Theory)**

**Teacher- Dr. Pinki Rani**

<b>Month</b>	<b>Week</b>	<b>Topic</b>
<b>April</b>	<b>1<sup>st</sup></b>	Child psychology: Definition, aims, subject matter, objectives of studying.
	<b>2<sup>nd</sup></b>	Learning: Meaning, importance, methods of learning, factors effecting learning.
	<b>3<sup>rd</sup></b>	Intelligence: Definition, measurement of intelligence.
	<b>4<sup>th</sup></b>	Personality development: Definition, types and factors affecting the development of personality.
<b>May</b>	<b>1<sup>st</sup></b>	Play: Definition, features and types of play, difference between work and play, importance of play in childhood.
	<b>2<sup>nd</sup></b>	Stages of the development of the child, characteristics of infancy, childhood, adolescence, problems of an adolescent child, role of parents and teacher in solving them.
	<b>3<sup>rd</sup></b>	The expectant mother, sign of pregnancy, discomforts of pregnancy, care of the expectant mother, all effects of an early marriage.
	<b>4<sup>th</sup></b>	Care of new born infant: bathing, clothing and hygiene during infancy, feeding of an infant, breast feeding verses artificial feeding, weaning: meaning and importance, methods of weaning.

<b>June</b>	<b>1<sup>st</sup></b>	Common ailments of childhood: cold, cough and fever, Digestive disturbance: diarrhea, constipation and vomiting, Skin infection: Prickly heat and allergy, convulsion.
	<b>2<sup>nd</sup></b>	Revision

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**Deptt. of Home Science**

**FGM Govt. College, Adampur**

**Lesson Plan of Year 2021-22**

**Department- Home Science**

**Programme Name-BA-II**

**Course Name-Human Physiology (Practical)**

**Teacher- Dr. Pinki Rani**

<b>Month</b>	<b>Week</b>	<b>Topic</b>
<b>October</b>	<b>1<sup>st</sup></b>	-
	<b>2<sup>nd</sup></b>	-
	<b>3<sup>rd</sup></b>	Sewing machine: Parts of sewing machine, Operation of sewing machine
	<b>4<sup>th</sup></b>	Care of sewing machine, Defects of a sewing machine and their removal
<b>November</b>	<b>1<sup>st</sup></b>	Sample preparation of running stitch, cross stitch lazy daizy stitch
	<b>2<sup>nd</sup></b>	Sample preparation of back stitch and hemming and chain stitch
	<b>3<sup>rd</sup></b>	Sample preparation of button hole stitch and two piece placket
	<b>4<sup>th</sup></b>	Sample preparation of flat seem, French seam
<b>December</b>	<b>1<sup>st</sup></b>	Sample preparation of run and fell seam and satin seam, counter seam and stem stitch
	<b>2<sup>nd</sup></b>	Method of setting gathers into a band, Sample preparation of single pointed dart and double dart
	<b>3<sup>rd</sup></b>	Sample preparation of herring bone stitch, box pleat
	<b>4<sup>th</sup></b>	Sample preparation of herring bone stitch, inverted box pleat
<b>January</b>	<b>1<sup>st</sup></b>	Sample preparation of tei and dye
	<b>2<sup>nd</sup></b>	Sample preparation of tei and dye
	<b>3<sup>rd</sup></b>	Sample preparation of knitting
	<b>4<sup>th</sup></b>	Sample preparation of knitting

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**Deptt. of Home Science**

**FGM Govt. College, Adampur**

**Lesson Plan of Year 2021-22**

**Department**

**Programme Name-BA-III**

**Course Name- Food and Nutrition (Theory)**

**Teacher- Dr. Pinki Rani**

<b>Month</b>	<b>Week</b>	<b>Topic</b>
<b>October</b>	<b>1<sup>st</sup></b>	-
	<b>2<sup>nd</sup></b>	-
	<b>3<sup>rd</sup></b>	Food: Functions of food and classification, Carbohydrate: Sources, function, recommended daily allowances, effects of excessive intake of carbohydrate
	<b>4<sup>th</sup></b>	Protein: Body building nutrients: Sources, function, recommended daily allowances, effects of deficiency and excessive intake of protein Fats and lipids: Composition of fat, sources, recommended daily allowances, classification of lipids, effects of deficiency and excessive intake of fats
<b>November</b>	<b>1<sup>st</sup></b>	Minerals: classification of minerals, calcium, factors affecting absorption of calcium, sources, effects of deficiency and excessive intake of calcium Phosphorus: sources, recommended daily allowances, Potassium, sodium Iron: functions of iron, effects of deficiency and excessive intake of iron, Anaemia, symptoms of anaemia, sources of iron, daily requirement of iron
	<b>2<sup>nd</sup></b>	Iodine: functions of iron, effects of iron deficiency, effects of deficiency and excessive intake of iodine, sources of iodine, daily requirement of iodine Vitamins: classification of vitamin, Vitamin A, sources,



		daily requirement of vitamin, Vitamin B,C,D,E and K
	3 <sup>rd</sup>	Methods of cooking their advantages and disadvantages, Moist Heat: Boiling, stewing, steaming Dry heat: Roasting, grilling and baking Frying: shallow and deep microwave cooking in brief, Importance of enhancing nutritive value of food stuffs: sprouting, fermentation, combination and supplementation
	4 <sup>th</sup>	Food preservation: importance, causes of food spoilage, method of food preservation with special emphasis on household methods.
<b>December</b>	1 <sup>st</sup>	Meal planning: Concept of balanced diet, principles, factors affecting of meal planning, Planning meals for school going child
	2 <sup>nd</sup>	Planning meals for adolescent
	3 <sup>rd</sup>	Planning meals for adults
	4 <sup>th</sup>	Planning meals for pregnant women, Planning meals for lactating mother
<b>January</b>	1 <sup>st</sup>	Planning meals for therapeutic adaptation of normal diet
	2 <sup>nd</sup>	Meal planning in typhoid fever, digestive disorder
	3 <sup>rd</sup>	Meal planning during diabetes mellitus and high blood pressure
	4 <sup>th</sup>	Revision

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**Deptt. of Home Science**

**FGM Govt. College, Adampur**

**Lesson Plan of Year 2021-22**

**Department- Home Science**

**Programme Name-BA-II**

**Course Name-Human Physiology (Practical)**

**Teacher- Dr. Pinki Rani**

<b>Month</b>	<b>Week</b>	<b>Topic</b>
<b>October</b>	<b>1<sup>st</sup></b>	-
	<b>2<sup>nd</sup></b>	-
	<b>3<sup>rd</sup></b>	Taking body measurement Operation of sewing machine
	<b>4<sup>th</sup></b>	Care of sewing machine Defects of a sewing machine and their removal
<b>November</b>	<b>1<sup>st</sup></b>	Sample preparation of running stitch, cross stitch lazy daizy stitch
	<b>2<sup>nd</sup></b>	Sample preparation of back stitch and hemming and chain stitch
	<b>3<sup>rd</sup></b>	Sample preparation of button hole stitch and two piece placket
	<b>4<sup>th</sup></b>	Sample preparation of flat seem
<b>December</b>	<b>1<sup>st</sup></b>	Sample preparation of French seam and run and fell seam
	<b>2<sup>nd</sup></b>	Satin seam, Sample preparation of counter heam seam and stem stitch
	<b>3<sup>rd</sup></b>	Method of setting gathers into a band, Sample preparation of single pointed dart and double dart
	<b>4<sup>th</sup></b>	Sample preparation of herring bone stitch, box pleat, inverted box pleat
<b>January</b>	<b>1<sup>st</sup></b>	Sample preparation of tei and dye
	<b>2<sup>nd</sup></b>	Sample preparation of tei and dye
	<b>3<sup>rd</sup></b>	Sample preparation of knitting
	<b>4<sup>th</sup></b>	Sample preparation of knitting

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**Deptt. of Home Science**

**F.G.M. GOVERNMENT COLLEGE, ADAMPUR**

**Lesson Plan of Year 2021-22**

**Department – Home Science**

**Programme Name:- B.A. (1<sup>st</sup>Sem)**

**Course Name:-Family Resource Management (Theory)**

**Teacher:- Dr. Kiran Sain**

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

**F.G.M. GOVERNMENT COLLEGE, ADAMPUR**

**Lesson Plan of Year 2021-22**

**Department – Home Science**

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

**Course Name:-Human Physiology (Theory)**

**Teacher:- Dr. Kiran Sain**

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

**F.G.M. Government College, Adampur**

**Lesson Plan Of Year 2021-22**

**Department- Home Science**

**Programme Name :- B.A 2<sup>nd</sup> yr( 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 <sup>st</sup> & 2 <sup>nd</sup>	April	
2	Definition and Classification of different fibre	3 <sup>rd</sup>		Test
3	Manufacture and properties of different fibres : Cotton, Silk, Polyester, Rayon	4 <sup>th</sup>		Assignment
4	Soaps and Detergents , starches , Blues and Bleaches	1 <sup>st</sup>	May	
5	Meaning and Objectives Of Application of finishes	2 <sup>nd</sup>		
6	Different types of finishes: Calendaring, bleaching, sizing, mercerizing, preshrinking crease resistant, dyeing and printing	3 <sup>rd</sup> & 4 <sup>th</sup>		Test
7	Basic weaves- Plain Twill, satin and their Variation	1 <sup>st</sup>	June	Test
8	Laundry and reagents, acids, alkalis solvents and absorbents	2 <sup>nd</sup>		Assignment
9	Satin Removal: classification of Strains, Methods of removing different types of stains	3 <sup>rd</sup> & 4 <sup>th</sup>		
10	Revision of all syllabus	1 <sup>st</sup> to 4 <sup>th</sup>	July	Test