

## LESSON PLAN (2021-2022)

### **B.A (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year Home Science HS01 Practical**

<b>Month</b>	<b>Syllabus</b>
OCTOBER	<p>UNIT 1</p> <ul style="list-style-type: none"><li>• Concept of Home Science- definition, meaning and scope</li><li>• Housing- functions of home, selection of site for an ideal house-soil, locality and orientation</li><li>• Kitchen garden- meaning, utility, planning, raising, and types of manure</li></ul>
NOVEMBER	<p>UNIT 2</p> <ul style="list-style-type: none"><li>• Elements of art-line, form, texture, size, shape, colour schemes and characteristics</li><li>• Principles of art- harmony, balance, proportion, rhythm, emphasis in relation to interior decoration and flower arrangement</li></ul>
DECEMBER	<p>UNIT 3</p> <ul style="list-style-type: none"><li>• Consumer protection- buying problems of consumer, consumer protection and act-rights and duties of consumer</li><li>• Meaning of Home management, process of its planning, controlling and evaluation</li><li>• Classification of human and material resources, similarities of different resources</li></ul>
JANUARY	<p>UNIT 4</p> <ul style="list-style-type: none"><li>• Management of family resources, money management, types of income, process, budgeting, keeping of records, evaluation</li><li>• Time management , process, time plans, peak loads, rest periods</li><li>• Energy management, process, fatigues, types, work simplification- meaning and methods</li></ul>

## **LESSON PLAN (2021-2022)**

### **B.A (Home Science) III<sup>rd</sup> Semester, II<sup>nd</sup> Year Home Science HS03 Practical**

<b>Month</b>	<b>Syllabus</b>
OCTOBER	<p style="text-align: center;">UNIT 1</p> <ul style="list-style-type: none"><li>• Definition and classification of fibres</li><li>• Properties and uses of different fibres- cotton, silk, wool, nylon</li></ul>
NOVEMBER	<p style="text-align: center;">UNIT 2</p> <ul style="list-style-type: none"><li>• Brief introduction weaving, basic weaves- plain, twill and satin</li><li>• Finishing processes in fabrics- meaning and objective, different types: calendaring, sizing, mercerizing, crease resistant</li><li>• Dyeing- simple and resist dyeing, dyeing at various stages</li><li>• Types of printing</li></ul>
DECEMBER	<p style="text-align: center;">UNIT 3</p> <ul style="list-style-type: none"><li>• Selection of fabrics according to age, season, budget, figure, job, fashion and occasion</li><li>• Traditional embroideries of India- phulkari, kantha, kashida and chikankari</li><li>• Traditional textiles of india- Traditional sarees- baluchari, banarasi, chanderi, patola and bandhani ; other textiles- Dhaka, mulmul, brocade</li></ul>
JANUARY	<p style="text-align: center;">UNIT 4</p> <ul style="list-style-type: none"><li>• Supplies necessary for laundry</li><li>• Soaps and detergents- composition and manufacturing, difference between</li><li>• Types and uses of starches, blues and bleaches</li><li>• Different methods of laundry</li><li>• Reagents used in laundry- acids, alkalis, solvents, and absorbents</li><li>• Stain removal- classification of stains, methods of removing different types of stains</li></ul>

**LESSON PLAN (2021-2022)**

**B.A (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year  
Home Science HS05 Practical**

<b>Month</b>	<b>Syllabus</b>
OCTOBER	UNIT 1 <ul style="list-style-type: none"><li>• Food- classification and functions of food groups</li><li>• Essential food constituents- carbohydrates. Protein, fats, water: source, functions, daily allowances, effect of deficiency and excess</li><li>• Vitamins- A, D, C, B1, B2, Niacin</li><li>• Minerals- Calcium, Phosphorous and Iodine</li><li>• Food source, functions, daily allowances, effect of deficiency and excess of all above</li></ul>
NOVEMBER	UNIT 2 <ul style="list-style-type: none"><li>• Importance and methods of cooking, effects of cooking on different nutrients</li><li>• Methods of cooking, their advantages and disadvantages</li><li>• Moist heat- boiling, stewing, steaming</li><li>• Dry heat- roasting, grilling , baking</li><li>• Frying- shallow and deep</li><li>• Microwave cooking</li></ul>
DECEMBER	UNIT 3 <ul style="list-style-type: none"><li>• Methods of enhancing nutritive value of food stuffs</li><li>• Importance of enhancing nutritive value and food stuff, sprouting, fermentation, combination and supplementation</li><li>• Food preservation- importance, causes of food spoilage, methods of food preservation with special emphasis on house hold methods.</li></ul>
JANUARY	UNIT 4 <ul style="list-style-type: none"><li>• Meal planning</li><li>• Concept of balanced diet</li><li>• Principles of meal planning, factors affecting it</li><li>• Planning meals of children, school going, adolescents, adults, pregnant and lactating mother</li></ul>