**Name Assistant Professor:** MS. Monika Chandana

**Class &Section**:- B.A I Sem. II Home science **Subject-**HYGENE

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Assignments** |
| **Month January 2018**  Week 1 UNIT 1  Meaning and Objective of Health Education , Health Hazards of modern Age – Air , Water, Soil , Noise Pollution. |
| **Week 2**  Definition of health and hygiene , factors relating to health – food habits , exercise , rest and sleep and cleanliness of body. |
| **Week 3**  Water- importance of water , impurities of water , types of water ,sources of contamination and purification of water. |
| **Week 4 UNIT -11**  Definition of infection , infective agents, infectious diseases , communicable diseases ,incubation period , modes and channels of transmission of infection , insolation. |
| **Week 2-UNIT 111-**  Disinfectant-Definition, types and methods of disinfection. |
| **Week 3**  Immunity- Definition and types of immunity, immunization schedule. |
| **Week 4**  Diseases spread by insects: malaria. |
| **Month March 2018**  **Week 1-**  Diseases spread by ingestion: Enteric Fever, Dysentery, Cholera. |
| **Week 2-**  Diseases spread by droplet infection: Measles, Mumps, Diphtheria, Tuberculosis. |
| **Week 3- UNIT 1V**  Diseases spread by contact: Leprosy, Tetanus. |
| **Week 4-**  Transmission of heat- Elementary idea about transmission of heat & their application in daily life, clothes, utensils, fire place, thermos flasks |
| **Month April 2018**  **Week 1**  Thermometer and J scales of measurement, simple conversions- centigrade to Fahrenheit.  Evaporation – factors affecting evaporation, refrigeration. |
| **Week 2**  Revision |

**Name Assistant Professor:** Ms. Monika Chandana

**Class &Section:-** B.A-III Semester VI Home science **Subject -**CHILD PSYCHOLOGY AND MOTHER CRAFT

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Assignments** |
| **Month January 2018**  **Week 1 UNIT 1**  Definition , aims ,subjects ,matter ,objective of studying child psychology. |
| **Week 2**  Learning-   1. What is learning , importance of learning. 2. Methods of learning. |
| **Week 3**  Factors affecting learning.  Role of reward and punishment in learning. |
| **Week 4 UNIT -11**  Personality development – Nature of personality , Definitions , types of personality factors affecting the development of personality. |
| **Month February 2018**  **Week 1 –**  Play – Definition , features of play ,Difference between work and play ,Types of play ,importance of play in childhood. |
| **Week 2-**  Stages of the development of the child , characteristics and problems of Adolescence , role of parents and teachers in solving their problems. |
| **Week 3 - UNIT III**  The Expectant mother- Signs of pregnancy |
| **Week 4**  Discomforts of pregnancy |
| **Month March 2018**  **Week 1-**  Ill – Effects of an early marriage |
| **Week 2- UNIT IV**  Class test 2   1. Breast feeding , (b) artificial feeding (c) Weaving |
| **Week 3-**  Common aliments of childhood – Cold , cough , fever. |
| **Week 4-**  Digestive disturbances – diarrhea, Constipation and Vomiting . |
| **Month April 2018**  **Week 1**  Skin infections |
| **Week 2**  Revision |

**Name Assistant Professor:** Ms. Monika Chandana

**Class & Section:-** B.sc II Semester IV (Home Science)  **Subject-**Community development & Communication(Practical)

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Assignments** |
| **Month January 2018**  **Week 1**  Use of any five non-projected aids to educate rural women on different aspects. |
| **Week 2**  Use of any five non-projected aids to educate rural women on different aspects. |
| **Week 3**  Use of any five non-projected aids to educate rural women on different aspects. |
| **Week 4**  Use of any five non-projected aids to educate rural women on different aspects. |
| **Month February 2018**  **Week 1**  Preparation of projected aids – Transparency and power point presentation. |
| **Week 2**  Preparation of projected aids – Transparency and power point presentation. |
| **Week 3-**  Preparation of projected aids – Transparency and power point presentation. |
| **Week 4**  Use of puppet as a media of communication |
| **Month March 2018**  **Week 1**  Use of puppet as a media of communication |
| **Week 2**  Use of puppet as a media of communication |
| **Week 3**  Preparing a radio talk on any topic. |
| **Month April 2018**  **Week 4**  Preparing a radio talk on any topic. |
| **Month April 2018**  **Week 1**  check file |
| **Week 2**  Revision |

**Name Assistant Professor:** Ms. Ekta

**Class &Section:-** B.SC IST SEMESTER II (HOME SCIENCE**) Subject-** HUMAN DEVELOPMENT - I

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Assignments** |
| **Month January 2018**  **Week 1**  **UNIT I**  Human Development- Definition of growth, Development, difference between growth and development. |
| **Week 2**  Principles of Development- Factors affecting development. |
| **Week 3**  Test of Unit 1 |
| **Week 4**  Stages of Development. |
| **Month February 2018**  **Week 1**  Prenatal Development during 1st trimester |
| **Week 2**  **Prenatal Development during 2nd trimester** |
| **Week 3-**  Prenatal Development during 3rd trimester |
| **Week 4**  Various factors affecting prenatal development |
| **Month March 2018**  **Week 1**  Factors influencing development |
| **Week 2**  Infancy (0-2 years)  Physical characteristics of the neonate size, weight height, body proportions. |
| **Week 3-**  sensory capacities i.e. hearing, vision, taste, smell, touch, temperature and reflexes of a new born. |
| **Week 4**  Development tasks, milestone, physical development, motor social, emotional development, motor, social, emotional coginitive, |
| **Month April 2018**  **Week 1** Age group ( 2-6 years)  Development tasks, Physical, social, motor, emotional, cognitive, language. |
| **Week 2**  Preschool orientation and significance. Factors affecting their development, Importance of play for all round development. And test. |

**Name Assistant Professor:** Ms. Ekta

**Class &Section:-** B.SC II SEMESTER IV (HOME SCIENCE) **Subject-** HUMAN DEVELOPMENT - III

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Assignments** |
| **Month January 2018**  **Week** 1UNIT I  Young Adulthood(19-40)  Definition , Development tasks, significance of the period, responsibilities |
| **Week 2**  Adjustment , new family, workplace, parenthood independence , financial matters. |
| **Week 3**  Sex role issues &implication for young adults. |
| **Week 4–**  Test of unit 1 |
| **Month February 2018**  **Week 1**-Unit 2  Middle adulthood(41-60)  Definition , physical changes (senses &diseases) Menopause , health issues , stresses in middle age |
| **Week 2**  Coping with stress at family & work place. |
| **Week 3-**  Occupation and job satisfaction for retirement. |
| **Week 4-**  Class test 2 - Occupation and job satisfaction for retirement. |
| **Month March 2018**  **Week 1-** Unit III  Late adulthood &Ageing (beyond 60 years )  Definition, Development tasks of old age, common interests in old age, adjustment to family life in old age. |
| **Week 2-**  Psychological changes , health problems , cognitive &memory change. |
| **Week 3-** Unit 4  Retirement – Effect on self , family , society , identity and friendship. |
| **Week 4**  Class test 3Late adulthood &Ageing (beyond 60 years )  Definition, Development tasks of old age, common interests in old age, adjustment to family life in old age. |
| **Month April 2018**  Problems of old age and coping strategies. |
| **Week 2**  Revision |

**Name Associate Professor:** Ms. Ekta

**Class &Section:-** B.A. II SEMESTER IV (HOME SCIENCE)  **Subject –** Human Physiology **Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Assignments** |
| **Month January 2018**  **Week 1**UNIT I  Animal Cell- structure and function of cell organelles. |
| **Week 2**  Skeletal System : Functions, Types of bones, Names of bones and types of joints |
| **Week 3**  Unit 2  Digestive System : Parts od alimentary canal- mouth, pharynx, oesophagus , stomach, small intestine and large intestine, Digestion and absorption of food |
| **Week 4–**  Excretory System : Structure and functions of kidney, skin, and lungs. Test |
| **Month February 2018**  **Week 1-**Unit 3  Circulatory System –  Composition and functions of blood |
| **Week 2**  Heart : Structure and working |
| **Week 3-**  Blood pressure and coagulation of blood |
| **Week 4-**  Normal levels of hemoglobin, cholesterol, urea, uric acid and glucose in blood |
| **Month March 2018**  **Week 1-** Unit 4  Reproductive System : Female reproductive system |
| **Week 2-**  Sex glands ( male and female), menstruation |
| **Week 3-**  Fertilization |
| **Week 4**  Pregnancy and lactation |
| **Month April 2018**  Week 1 Endocrine System : Functions of different glands – pituitary, thyroid and parathyroid |
| **Week 2**  Functions of adrenal gland, islets of langerhans in pancreas. |

**Name Assistant Professor :** Ms. Anuradha Goswami

**Class & Section:-** B.Sc. I Home Science **Subject-**INTRODUCTION TO TEXTILES

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisite** |
| **Month January 2018**  **Week 1 -**Textile fibres, characteristics, classification. |
| **Week 2**  Manufacture, properties and importance to the consumer of the following fibres :- a) Natural plant fibres – Cotton, Linen. b) Natural animal fibres – Wool, Silk. |
| **Week 3**  synthetic fibres – Rayon, Polyester, Polyamide and acrylic. |
| **Week 4** UNIT II  PRINCIPLES OF YARN MAKNG AND TYPES OF YARN |
| **Month February 2018**  **Week 1**  Properties of yarn ,properties of blending |
| **Week 2-**UNIT III  Weaving ,basic weaves |
| **Week 3**  Fancy weaves |
| **Week 4**  Class test –man made fibres and synthetic fibres |
| **Month March 2018**  **Week 1-**  UNIT IV  KNITTING TYPES ,ADVANTAGES AND DISADVANTAGES |
| **Week 2**  BRAIDING |
| **Week 3**  BONDING |
| **Week 4**  CLASS TEST-KNITTING |
| **Month April 2014**  **Week 1**  FELTING |
| **Week 2**  Revision |

**Name Assistant Professor :** Ms. Anuradha Goswami

**Class & Section:-** B.Sc. I Home Science  **Subject-**Child Welfare

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Month January 2018**  **Week 1 –**UNIT I  Child welfare-defination,objectives |
| **Week 2**  philosophy of child welfare |
| **Week 3**  national policy of child welfare |
| **Week 4** UNIT II  School dropouts ,child labour,effect of mass media on children |
| **Month February 2018**  **Week 1**  deprivation among children (nutritional,educational,emotional) |
| **Week 2-**  UNIT III  Rehabilitation and care of blind children,deaf and dumb |
| **Week 3**  juvenile delinquency and mentally retarded children |
| **Week 4**  Class test –national policy of child welfare |
| **Month March 2018**  **Week 1**  UNIT IV  Voluntary agencies for child welfare |
| **Week 2**  International agencies for child welfare |
| **Week 3**  family planning programme in india |
| **Week 4**  CLASS TEST-agencies for child welfare,mentally retarded children care |
| **Month April 2014**  **Week 1**  Rehabilitation and care of special childrens |
| **Week 2**  Revision |

**Name Assistant Professor :** Ms. Anuradha Goswami

**Class & Section:-** B.Sc. I Home Science **Subject-**INTRODUCTION TO HOME MANAGEMENT II

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Month January 2018**  **Week 1**  UNIT I  Ergonomics |
| **Week 2**  Work simplification,body mechanics |
| **Week 3**  Mundels classes of change,body techniques |
| **Week 4 UNIT II**  **Income and budget** |
| **Month February 2018**  **Week 1**  savings (objectives and types) |
| **Week 2**  UNIT III  Credit types and problems |
| **Week 3**  taxation calculation of income tax |
| **Week 4**  Class test –mundels classes of change,body techniques |
| **Month March 2018**  **Week 1-**UNIT IV  Elements of art |
| **Week 2**  colour classification and dimension |
| **Week 3**  Colour scheme |
| **Week 4**  CLASS TEST-elements of art,work simplification |
| **Month April 2014**  **Week 1**  factors influencing choice of colours in decoraton |
| **Week 2**  Revision |

**Name of Assistant Professor**: Ms. Anuradha Goswami

**Class & Section:-** B.Sc. I Home science **Subject-**APPAREL DESIGNING

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Month January 2018**  **Week 1 –UNIT I**  Design – 1. Definition – Components of design. a) Structural designs in fabrics –i) Through variation in yarn, ii) Variation in weaves iii) By giving decorative finishes |
| **Week 2**  2) Applied designs in fabrics –i) Through dyeing, ii) Through printing iii) Through embroidery. |
| **Week 3 UNIT II**  Unit -II 1. Elements of design – i) Line, form and shape analysis and its appropriate use. |
| **Week 4**  ii) Texture analysis and its use in relation to size, figure occasion and season. iii) Colour – Its dimensions, its use and relation to season, occasion, size, figure and occasion. |
| **Month February 2018**  **Week 1 –**Principles of Design - Principles of design as applied to apparel design such as balance, harmony, rhythm, proportion and emphasis. |
| **Week 2-UNIT III**  Figure types ---------- a) Average types of figures for which ready to wear garments are made |
| **Week 3**  Designing clothes for following figures-----i) tall and stout .ii) short and stout iii)tall and thin iv)short and thin |
| **Week 4**  c) Designing clothes for figures with variations like----large hips, large bust, large upper arm, prominent abdomen etc  **Class test –**) Designing clothes for following figures-----i) tall and stout .ii) short and stout iii)tall and thin iv)short and thin |
| **Month March 2018**  **Week 1-UNIT IV**  Elementary Computer aided Designing |
| **Week 2-**  Computers in apparel construction. |
| **Week 3- ASSIGNMENT**  Structural design and applied design in fabric |
| **Week 4-**  **CLASS TEST-** Principles of Design |
| **Month April 2014**  **Week 1 class test**  Colour – Its dimensions, its use and relation to season, occasion, size, figure and occasion. |
| **Week 2**  Revision |

**Name of Assistant Professor:** Ms. Anuradha Goswami

**Class & Section:-** B.Sc. I Home science **Subject-**FOOD MICROBIOLOGY

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Month January 2018**  **Week 1 –**UNIT I  Characteristics of molds yeast and bacteria |
| **Week 2**  Useful and pathogenic organisms ,brief history of food microbiology |
| **Week 3**  Important microorganisms in food |
| **Week 4** UNIT II  Primary sources of microorganisms in food,extrinsinc and intrinsic factors affecting growth of microbes |
| **Month February 2018**  **Week 1 –**  Contamination and spoilage and preservation of –cereals and cereals products,egg and poultry |
| **Week 2-**  Milk and milk products and canned foods  Class test-extrinsic an intrinsic factors |
| **Week 3** UNIT III  Food preservation-high temperature ,low temperature,dehydration ,freezing,freze drying,irradiation |
| **Week 4**  Microbes used in food biotech,fermented foods,and its benefits |
| **Month March 2018**  **Week 1-**UNIT IV  Food borne infection and food intoxication |
| **Week 2-**  Indices of food milk,water sanitary qualities  Class test-charateristics of molds ,yeastsand bacteria |
| **Week 3-**  Microbiological criteria of food,water |
| **Week 4-**  CLASS TEST-food preservation |
| **Month April 2014**  **Week 1**  Milk testing |
| **Week 2**  Revision |

**Name of Assistant Professor:** Ms. Anuradha Goswami

**Class & Section:-** B.Sc. I Home science  **Subject-**INTERIOR DESIGNING

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Month January 2018**  **Week 1 –UNIT I**  Furniture – selection & type Furniture arrangement |
| **Week 2**  2. Type of lighting suitable for different areas of the house. |
| **Week 3**  **CLASS TEST-** Furniture arrangement,Types of furniture |
| **Week 4 UNIT II**  Various types of accessories & their place in interior decoration.  Draping fabric – selection & care |
| **Month February 2018**  **Week 1 –**  Window treatment - Basic window treatment, types of curtains  Hanging of curtain – pelmet, swags, valances. |
| **Week 2-UNIT III**  Wall finishes—paints, wood paneling, wall paper |
| **Week 3**  Floor treatment types-brick, stone, tiles, soft floor covering –carpet and rugs (types and care) |
| **Week 4**  **Class test –**, types of curtains  Hanging of curtain – pelmet, swags, valances. |
| **Month March 2018**  **Week 1-UNIT IV**  Design – definition & types. Principles of design – harmony, balance rhythm, proportion & emphasis. |
| **Week 2-**  Flower arrangement – Types of flower arrangement & basic shapes |
| **Week 3-**  Use of principle of design in flower arrangement. |
| **Week 4-**  **CLASS TEST-** Principles of design – harmony, balance rhythm, proportion & emphasis. carpet and rugs (types and care) Type of lighting suitable for different areas of the house |
| **Month April 2014**  **Week 1 ASSIGNMENT**  Flower arrangement – Types of flower arrangement & basic shapes |
| **Week 2**  Revision |

**Name Assistant Professor :** Ms. Upasana

**Class & Section:-**B.Sc. IInd Home science **Subject-**Garment Construction & Apparel Science

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Assignments** |
| **Month January 2018**  **Week 1** UNIT 1  Selection of garments for Infants , Toddlers , preschool , school going children. |
| **Week 2**  Selection of garments for teenagers , adults, and people of old age. |
| **Week 3** UNIT II  Selection of household linen , curtains |
| **Week 4**  Selection of draperies and towels. |
| **Month February 2018**  **Week 1 –** UNIT II  Selection of readymade garments. |
| **Week 2-**  Renovation and mending of clothes. |
| **Week 3** UNIT III  Construction techniques- Drafting , paper patterns, draping. |
| **Week 4** Fit – Definition , Recognizing correct fit using structural lines. |
| **Month March 2018**  **Week 1-**  Fit – Definition , Recognizing correct fit using structural lines, balance and ease to evaluate fit. |
| **Week 2- Class test -1**  Common problems encountered and remedies for fitting defects |
| **Week 3-** UNIT IV Class test -2  Fashion in dress-  Sources of fashion |
| **Week 4-**  Factors favoring and retarding fashion. |
| **Month April 2014**  **Week 1**  Buying criteria for readymade garment. |
| **Week 2**  Fashion cycle.  Revision |

**Name Assistant Professor :** Ms. Upasana

**Class & Section:-**B.Sc. IIIrd Home science **Subject-**Apparel Designing ( Practical )

**Subject Lesson Plan: 14 weeks (from January 2018 to12 April 2018)**

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| **Week 1**  **Chapter\_\_\_:Prerequisites** |
| **Assignments** |
| **Month January 2018**  Week 1  Introduction to elements of design |
| **Week 2**  Line and form – Geometric, simplified |
| **Week 3**  Naturalized Abstract |
| **Week 4**  Colour – Colour wheel grey scale and value scale |
| **Month February 2018**  **Week 1 –**  Colour harmonies and colour ways |
| **Week 2-**  Creating design – Development of motif |
| **Week 3**  Placement for all over patterns |
| **Week 4**  Motif enlarging and reducing |
| **Month March 2018**  Week 1-Batik on cotton fabric |
| **Week 2-**Batik on cotton fabric |
| **Week 3-**  Preparation of articles using various using various techniques of applied design-  One household article |
| **Week 4-**  One Apparel |
| **Month April 2014**  **Week 1**  Checked File |
| **Week 2**  Revision |