

Govt. College for Women, Hisar

Department of Home Science

Lesson Plan (Session: 2024-25)

B. A. III (5th Sem)

Subject: Foods & Nutrition

Sr. No.	Month	Topics
Unit –I		
1	22 th July -31 st July, 2024	Introduction to syllabus Foods, its physiological, social and psychological functions and classification of foods.
2	1 st Aug – 31 st Aug, 2024	Energy yielding nutrients: Carbohydrates: Classification, Functions, Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements Fats and Lipids: Classification, Types of Fatty Acids, Functions, Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements Body Building Nutrients: Proteins: Classification, Types of Amino Acids, Functions, Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements Protecting Nutrients: Minerals: Functions, Deficiency diseases, Effects of Excess intake, sources and requirements of Calcium, Phosphorus, Sodium, Iron and Iodine
3.	1 st Sept- 30 th Sept, 2024	Protecting Nutrients: Vitamins: Functions, Deficiency diseases, Effects of Excess intake, sources and requirements of i). Fat soluble vitamins: Vitamin A, D, E, K ii). Water soluble vitamins: Vitamin B complex and C Water: Its functions and importance in the body. Fibers: Role of dietary fibers in human nutrition. Methods of Cooking Food: i). Moist Heat- Boiling, Stewing. Steaming ii). Dry Heat- Roasting, grilling, baking iii). Frying- Shallow and deep frying iv). Radiation-Solar and Microwave Principles and Advantages of cooking food. Effect of cooking on different nutrients. Methods of enhancing nutritive value of food stuffs: i) Sprouting ii) Fermentation iii) Combination iv) Supplementation Class Test & Assignment I

Unit -II		
4.	1 st Oct. – 30 th Oct., 2024	Concepts of Balanced Diet Meal planning Principles of Meal Planning, factors affecting it Meal Planning for: <ul style="list-style-type: none"> i). Preschool children (3-5 years) ii). School going children iii). Adolescents (Boys and Girls) iv). Adults: Male and Female (Sedentary, Moderate and heavy Workers) v). Pregnant and Lactating Mothers Assignment- II
5.	1 st Nov. to 20 th Nov., 2024	Therapeutic Nutrition: Normal Diet, Soft Diet, Fluid Diet Diet Plan for: <ul style="list-style-type: none"> i). Typhoid Fever ii). Diarrhea iii). Constipation iv). Diabetes v). High Blood Pressure Food Preservation: Importance Causes of food spoilage Principles of food preservation Methods of food preservation with special emphasis on household methods Revision & Class Test

Dr. Shashi Kala Yadav

Associate Professor of Home Science

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Lesson Plan (Session: 2024-25)

Subject: Human Physiology

Class: B. A. II (3rd Sem)

Sr. No.	Month	Topics
		Unit I
1	22 th July – 31 st July, 2024	Animal Cell: Structure & Composition
2.	1 st Aug – 31 st Aug, 2024	Cell Division: Mitosis and Meiosis Digestive System: Alimentary canal and Accessory glands Digestion and absorption of food in different organs
3.	1 st Sept- 30 th Sept, 2024	Skeletal System: Functions, Different Bones (Axial and Appendicular) Different type of joints Circulatory System: Composition of Blood, Functions and Coagulation of Blood Heart- Structure and Working, Blood Pressure, Normal Values of Haemoglobin, Cholesterol, Urea, uric acid and Glucose in Blood Assignment I
		Unit II
4.	1 st Oct. to 31 st Oct., 2024	Excretory System: Structure and Function of Kidney Structure and Function of Skin Structure and Function of Lungs Reproductive System: Organs and functioning of Male and Female sex glands Mensuration and Fertilization Pregnancy and Lactation Assignment-II
5.	1 st Nov. to 20 th Nov., 2024	Endocrine Glands: Functions of different glands- i) Adrenal glands ii) Thyroid gland iii) Pituitary gland iv) Parathyroid gland v) Islets of Langerhans in Pancreas Nervous System: Central Nervous System (Brain and Spinal Cord) Peripheral Nervous System Cranial Nerves and Spinal Nerves Autonomous nervous System Revision & Class Test and Assignment 2

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Lesson Plan (Session: 2024-25)

Subject: DSC: Interior Decoration in Home

Class: B. A. I (1st Sem)

Sr. No.	Month	Topics
		Unit I
1	22 th July -31 st July, 2024	<ul style="list-style-type: none">• Interior Decoration: Meaning and objectives
2.	1 st Aug. to 31 st Aug., 2024	<ul style="list-style-type: none">• Type of Design: Structural, functional and decorative• Elements of Art in interior decoration: Line, Shape, Form, Texture, Light, Colour, Space. <p style="text-align: center;">Unit II</p> <ul style="list-style-type: none">• Colour in house interior: Properties of colour, Psychological effects of colour, Colour scheme.
3.	1 st Sept- 30 th Sept, 2024	<ul style="list-style-type: none">• Lighting: Types, requirements for various activities, lighting fixtures in home• Principles of design in interior decoration: Rhythm, Balance, Proportion, Emphasis, Harmony• Class Test and & Assignment- I
		Unit III
4.	1 st Oct. to 31 st Oct., 2024	<ul style="list-style-type: none">• Table setting and table manners: Informal and Formal Table Settings (Buffet Style, Indian Style, Restaurant Style, Café style), Table Accessories.• Furniture: Types of Furniture. Furniture Arrangement, for different Areas (Bed Room, Drawing Room, Dinning Room)
5.	1 st Nov. to 20 th Nov., 2024	<ul style="list-style-type: none">• Kitchen and its Types• Factors affecting the Selection and purchase of Furniture, Care and Maintenance of Furniture.• Revision , Assignment-II and Class Test

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Lesson Plan (Session: 2024-25)

Subject: MIC: Housing and Space Planning

Class: B. A. I (1st Sem)

Sr. No.	Month	Topics
		Unit I
1	22 th July -31 st July, 2024	<ul style="list-style-type: none">• Introduction to syllabus and scheme• Importance of Housing
2.	1 st Aug. to 31 st Aug., 2024	<ul style="list-style-type: none">• Housing terms, significance of house, Functions of House, housing Values and types of Houses.
3.	1 st Sept- 30 th Sept, 2024	<ul style="list-style-type: none">• Family and changing housing needs, family stages and housing demand• Characteristics of rural and urban housing• Housing Choice: ownership verses Rented• Class Test and & Assignment- I
		Unit II
4.	1 st Oct. to 31 st Oct., 2024	<ul style="list-style-type: none">• Selection of site for house construction• Principals of Planning: Aspect, privacy, grouping, roominess, flexibility, circulation, sanitation, Furniture needs, Prospect, economy, elegance.• Classification and selection of building material: Building components such as stones, Bricks, concretes etc., Roofing components; Binders
5.	1 st Nov. to 20 th Nov., 2024	<ul style="list-style-type: none">• Kitchen and its Types• Factors affecting the Selection and purchase of Furniture, Care and Maintenance of Furniture.• Revision , Assignment-II and Class Test

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Lesson Plan (Session: 2024-25)

Subject: MDC: Health and Hygiene

Class: B. Sc. I (1st Sem)

Sr. No.	Month	Topics
		Unit I
1	22 th July -31 st July, 2024	<ul style="list-style-type: none">• Introduction to syllabus and scheme• Meaning and objectives of health education
2.	1 st Aug. to 31 st Aug., 2024	<ul style="list-style-type: none">• Personal Hygiene- definition of health and factors affecting it, food habits, cleanliness exercise and sleep.• First Aid: meaning, and importance in daily life.
3.	1 st Sept- 30 th Sept, 2024	<ul style="list-style-type: none">• Infection – i) Definitions of Infection, infective agents, and period of infectivity; Types of diseases and their modes of spread; Channels of infection.• Disinfectants – definition, types and methods of disinfection.• Class Test and Assignment- I
4.	1 st Oct. to 31 st Oct., 2024	Unit II <ul style="list-style-type: none">• Infectious Diseases- Causes, incubation period, mode of spread, symptoms, prevention, and control of:<ul style="list-style-type: none">i. Diseases spread by insects- malaria, dengue.ii. Diseases spread by ingestion – diarrhea, hepatitis.
5.	1 st Nov. to 20 th Nov., 2024	<ul style="list-style-type: none">iii. Diseases spread by virus- Polio, Measles.iv. Diseases spread by contact- Conjunctivitis (Pink eye), AIDS• Revision , Assignment-II and Class Test

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