

Govt. College for Women, Hisar

Department of Home Science

Lesson Plan (Session: 2025-26)

Subject: Foods & Nutrition

B. A. III (5th Sem)

Sr. No.	Month	Topics
Unit –I		
1	14 th July -31 st July, 2025	Food , its physiological, social and psychological functions and classification of foods. Energy yielding nutrients: Carbohydrates: Classification, Functions, Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements
2	1 st Aug – 31 st Aug, 2025	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, 2025	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., 2025	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.	Nov., 2025	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: <ul style="list-style-type: none"> 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
Professor of Home Science

Dr. Kiran Sain

Extension Lecturer of Home Science

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Lesson Plan (Session: 2025-26)

Subject: Textile and Clothing (DSC)

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

Sr. No.	Month	Topics
		Unit I
1	1 st Aug – 31 st Aug, 2025	Textile Fibres: Definition and classification of fiber on different basis. Manufacture and properties of different natural fibers: Cotton, Silk, Wool Manufacture and properties of different synthetic fibers: Nylon, Polyester, Rayon
		Unit II
2.	1 st Sept- 30 th Sept, 2025	Meaning and objectives of application of finishes. Different types of finishes- calendaring bleaching, sizing, mercerizing, pre-shrinking, crease resistant, Dyeing: Classification of dyes, simple and resist dyeing of cotton- tie & dye and Batik Printing: Hand printing and machine printing Styles- Direct, resist and discharge. Assignment -1
		Unit III
3.	1 st Oct. to 31 st Oct., 2025	Laundry supplies: difference in soaps and detergents, types, composition. Starches, bleaches and blues in brief Laundry methods: Dry cleaning and wet cleaning
4.	1 st Nov. to 20 th Nov., 2025	Removal of Stain- Classification and methods of removal of stains. Revision & Class Test and Assignment 2

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Lesson Plan (Session: 2025-26)

Subject: Baking Practical (SEC)

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

Sr. No.	Month	Topics
1	1 st Aug – 31 st Aug, 2025	Introduction to bakery and different baked items Study of different baking equipments Types of baking ingredients- Flour, salt, sweeteners, leavening agents, fats and oils and their uses.
2.	1 st Sept- 30 th Sept, 2025	Preparation and cost calculation of different types of baked products: Cakes, biscuits, nankhatai, Pizza, pastry, garlic bread, breads, muffins etc.
3.	1 st Oct. to 31 st Oct., 2025	Preparation and cost calculation of different types of baked products: Cakes, biscuits, nankhatai, Pizza, pastry, garlic bread, breads, muffins etc.
4.	1 st Nov. to 20 th Nov., 2025	Cake Decoration Revision & Class Test and Assignment 2

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Lesson Plan (Session: 2025-26)

Subject: Consumer Education (MIC)

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

Sr. No.	Month	Topics
		Unit I
1	1 st Aug – 31 st Aug, 2025	Consumer- Meaning, Consumer choice, Consumer problems. Consumer Education –Meaning & importance
2.	1 st Sept- 30 th Sept, 2025	Consumer Protection-Government Legislation, Consumer Protection Act. Consumer Rights & Responsibilities Assignment 1
		Unit II
3.	1 st Oct. to 31 st Oct., 2025	Consumer Information & Aid- persons, labels, commercial information, advertisements, consumer protection organizations, extension agencies.
4.	1 st Nov. to 20 th Nov., 2025	Standard Marks: ISI, FPO, AGMARK, Wool mark, Eco mark, FSSAI, BIS Food Adulteration Revision & Class Test and Assignment 2

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Lesson Plan (Session: 2025-26)

Subject: Interior Decoration in Home) (DSC)

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

Sr. No.	Month	Topics
		Unit I
1	14 th July -31 st July, 2025	<ul style="list-style-type: none">• Interior Decoration: Meaning and objectives
2.	1 st Aug. to 31 st Aug., 2025	<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, 2025	<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., 2025	<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 30 th Nov., 2025	<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: 2025-26)

Subject: Housing and Space Planning (MIC)

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

Sr. No.	Month	Topics
		Unit I
1	14 th July -31 st July, 2025	<ul style="list-style-type: none">• Introduction to syllabus and scheme• Importance of Housing
2.	1 st Aug. to 31 st Aug., 2025	<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, 2025	<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., 2025	<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 30 th Nov., 2025	<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: 2025-26)

Subject: Hand fabric printing and Dyeing Techniques (SEC)

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

Sr. No.	Month	Topics
		Unit I
1	14 ^h July -31 st July, 2025	<ul style="list-style-type: none">• Introduction to the syllabus• Meaning of Dyes and pigments.
2.	1 st Aug. to 31 st Aug., 2025	<ul style="list-style-type: none">• Classification of dyes based on source and application• Difference in dyeing and printing
3.	1 st Sept- 30 th Sept, 2025	<ul style="list-style-type: none">• Printing Techniques- direct , resist and discharge printing• Class Test and & Assignment- I
4.	1 st Oct. to 31 st Oct., 2025	Unit II <ul style="list-style-type: none">• Traditional Hand printing methods: Kalamkari, Stencil printing, Hand screen printing, Hand block printing, Batik, Ikat, double Iket, Khadi Printing etc.
5.	1 st Nov. to 20 th Nov., 2025	<ul style="list-style-type: none">• Other hand printing methods: fabric painting, iron on, flock printing etc.• Revision , Assignment-II and Class Test

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