

**Govt. College for Women, Hisar**

**Department of Home Science**

**Lesson Plan (Session: 2025-26)**

**Subject: Foods & Nutrition**

**B. A. III (5<sup>th</sup> Sem)**

| Sr. No.        | Week                                               | Topics                                                                                                                                                                                                                                                                                            |
|----------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Unit -I</b> |                                                    |                                                                                                                                                                                                                                                                                                   |
| 1              | 14 <sup>th</sup> July -19 <sup>th</sup> July, 2025 | <b>Food</b> , its physiological, social and psychological functions and classification of foods.                                                                                                                                                                                                  |
| 2              | 21-26 July, 2025                                   | <b>Energy yielding nutrients:</b><br><b>Carbohydrates:</b> Classification, Functions, Resources.                                                                                                                                                                                                  |
| 3              | 28 July to 2 Aug. 25                               | <b>Carbohydrates:</b> Effects of its Deficiency and Excess intake, Recommended Dietary Requirements                                                                                                                                                                                               |
| 4              | 4 to 9 Aug. 25                                     | <b>Fats and Lipids:</b> Classification, Types of Fatty Acids, Functions Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements                                                                                                                                  |
| 5              | 11 to 16 Aug. 2025                                 | <b>Body Building Nutrients:</b><br><b>Proteins:</b> Classification, Types of Amino Acids, Functions, Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements                                                                                                     |
| 6              | 18-23 Aug. 25                                      | <b>Protecting Nutrients:</b><br><b>Minerals:</b> Functions, Deficiency diseases, Effects of Excess intake, sources and requirements of Calcium, Phosphorus, Sodium, Iron and Iodine                                                                                                               |
| 7              | 25-30 Aug. 25                                      | <b>Minerals:</b> Functions, Deficiency diseases, Effects of Excess intake, sources and requirements of Sodium, Iron and Iodine                                                                                                                                                                    |
| 8              | 1-6 Sept. 25                                       | <b>Protecting Nutrients:</b><br><b>Vitamins:</b> Functions, Deficiency diseases, Effects of Excess intake, sources and requirements of<br>i). Fat soluble vitamins: Vitamin A, D, E, K                                                                                                            |
| 9              | 8-13 Sept., 25                                     | <b>Protecting Nutrients:</b><br><b>Vitamins:</b> Functions, Deficiency diseases, Effects of Excess intake, sources and requirements of<br>ii). Water soluble vitamins: Vitamin B complex and C                                                                                                    |
| 10             | 15-20 Sept., 25                                    | <b>Water:</b> Its functions and importance in the body,<br><b>Fibers:</b> Role of dietary fibers in human nutrition.                                                                                                                                                                              |
| 11             | 22-27 Sept. 25                                     | <b>Methods of Cooking Food:</b><br>i). Moist Heat- Boiling, Stewing, Steaming<br>ii). Dry Heat- Roasting, grilling, baking<br>iii). Frying- Shallow and deep frying<br>iv). Radiation-Solar and Microwave<br>Principles and Advantages of cooking food, Effect of cooking on different nutrients. |

|    |                       |                                                                                                                                                                                     |
|----|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12 | 29 Sept to 4 Oct., 25 | <b>Methods of enhancing nutritive value of food stuffs</b><br>i) Sprouting<br>ii) Fermentation<br>iii) Combination<br>iv) Supplementation<br><b>Class Test &amp; Assignment</b>     |
|    |                       | Unit-II                                                                                                                                                                             |
| 13 | 6-11 Oct., 25         | <b>Concepts of Balanced Diet</b><br><b>Meal planning</b><br>Principles of Meal Planning, factors affecting it                                                                       |
| 14 | 13-18 Oct., 25        | <b>Meal Planning for:</b><br>i) Preschool children (3-5 years)<br>ii) School going children<br>iii) Adolescents (Boys and Girls)                                                    |
| 15 | 20-25 Oct., 25        | <b>Diwali Vacations</b>                                                                                                                                                             |
| 16 | 27 Oct. to 1 Nov., 25 | <b>Meal Planning for:</b><br>iv) Adults: Male and Female (Sedentary, Moderate and heavy Workers)<br>v) Pregnant and Lactating Mothers                                               |
|    |                       | <b>Assignment- II</b>                                                                                                                                                               |
| 17 | 3-8 Nov., 25          | <b>Therapeutic Nutrition</b> Normal Diet, Soft Diet, Fluid Diet<br>Diet Plan for<br>i) Typhoid Fever<br>ii) Diarrhea<br>iii) Constipation<br>iv) Diabetes<br>v) High Blood Pressure |
| 18 | 10-15 Nov., 25        | <b>Food Preservation:</b><br>Importance<br>Causes of food spoilage<br>Principles of food preservation<br>Methods of food preservation with special emphasis on household methods    |
| 19 | 17-22 Nov., 25        | <b>Revision &amp; Class Test</b>                                                                                                                                                    |

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**Govt. College for Women, Hisar**

**Department of Home Science Lesson Plan (Session: 2025-26)**

**Subject: Textile and Clothing (DSC)**

**Class: B. A. II (3<sup>rd</sup> Sem)**

| Sr. No.         | Month                                              | Topics                                                                                                                                     |
|-----------------|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Unit I</b>   |                                                    |                                                                                                                                            |
| 1               | 14 <sup>th</sup> July -19 <sup>th</sup> July, 2025 | Textile Fibres: Definition and classification of fiber on different basis.                                                                 |
| 2               | 21-26 July, 2025                                   | Manufacture and properties of different natural fibers: Cotton, Silk, Wool                                                                 |
| 3               | 28 July to 2 Aug, 25                               | Manufacture and properties of different natural fibers: Wool<br>Manufacture and properties of different synthetic fibers: Nylon, Polyester |
| 4               | 4 to 9 Aug., 25                                    | Manufacture and properties of different synthetic fibers: Rayon                                                                            |
| <b>Unit II</b>  |                                                    |                                                                                                                                            |
| 5               | 11 to 16 Aug, 2025                                 | Meaning and objectives of application of finishes.                                                                                         |
| 6               | 18-23 Aug, 25                                      | Different types of finishes- calendaring, bleaching, sizing,                                                                               |
| 7               | 25-30 Aug, 25                                      | Different types of finishes- mercerizing, pre-shrinking, crease resistant                                                                  |
| 8               | 1-6 Sept, 25                                       | Dyeing: Classification of dyes, simple dyeing and resist dyeing of cotton- tie & dye and Batik                                             |
| 9               | 8-13 Sept., 25                                     | Resist dyeing of cotton- tie & dye and Batik                                                                                               |
| 10              | 15-20 Sept., 25                                    | Printing: Hand printing                                                                                                                    |
| 11              | 22-27 Sept., 25                                    | Machine printing Styles- Direct, resist and discharge.<br>Assignment -1                                                                    |
| <b>Unit III</b> |                                                    |                                                                                                                                            |
| 12              | 29 Sept. to 4 Oct., 25                             | Laundry supplies: difference in soaps and detergents, types, composition.                                                                  |
| 13              | 6-11 Oct., 25                                      | Starches, and blues                                                                                                                        |
| 14              | 13-18 Oct, 25                                      | Bleaches                                                                                                                                   |
| 15              | 20-25 Oct., 25                                     | Diwali Vacations                                                                                                                           |
| 16              | 27 Oct. to 1 Nov., 25                              | Laundry methods: Dry cleaning and wet cleaning                                                                                             |
| 17              | 3-8 Nov., 25                                       | Removal of Stain- Classification and methods of removal of stains.                                                                         |
| 18              | 10-15 Nov., 25                                     | Methods of removal of stains.                                                                                                              |
| 19              | 17-22 Nov, 25                                      | Class Test and Assignment 2 & Revision                                                                                                     |

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**Department of Home Science Lesson Plan (Session: 2025-26)**

**Subject: Baking Practical (SEC)**

**Class: B. A. II (3<sup>rd</sup> Sem)**

| Sr. No. | Month                 | Topics                                                                                       |
|---------|-----------------------|----------------------------------------------------------------------------------------------|
| 1       | 1 to 9 Aug. 25        | Introduction to bakery and different baked items<br>Study of different baking equipments     |
| 2       | 11 to 16 Aug. 2025    | Types of baking ingredients and their uses - Flour, salt, sweeteners.                        |
| 3       | 18-23 Aug. 25         | Types of baking ingredients & their uses- leavening agents, fats and oils, other ingredients |
| 4       | 25-30 Aug. 25         | Preparation and cost calculation of different types of baked products: Cakes.                |
| 5       | 1-6 Sept. 25          | Preparation and cost calculation of different types of baked products: biscuits.             |
| 6       | 8-13 Sept. 25         | Preparation and cost calculation of different types of baked products: nankhatai.            |
| 7       | 15-20 Sept. 25        | Preparation and cost calculation of different types of baked products: Pizza                 |
| 8       | 22-27 Sept. 25        | Preparation and cost calculation of different types of baked products: Pastry                |
| 9       | 29 Sept. to 4 Oct. 25 | Preparation and cost calculation of different types of baked products: Garlic bread          |
| 10      | 6-11 Oct. 25          | Preparation and cost calculation of different types of baked products: breads                |
| 11      | 13-18 Oct. 25         | Preparation and cost calculation of different types of baked products: muffins               |
| 12      | 20-25 Oct. 25         | Diwali Vacations                                                                             |
| 13      | 27 Oct. to 1 Nov. 25  | Assignment and Presentation                                                                  |
| 14      | 3-8 Nov. 25           | Cake Decoration                                                                              |
| 15      | 10-15 Nov. 25         | Cake Decoration                                                                              |
| 16      | 17-22 Nov. 25         | Assignment and Presentation                                                                  |

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Department of Home Science Lesson Plan (Session: 2025-26)

Class: B. A. II (3<sup>rd</sup> Sem)

Subject: Consumer Education (MIC)

| Topics  |                        |
|---------|------------------------|
| Sr. No. | Month                  |
|         | Unit I                 |
| 1       | 4 to 9 Aug., 25        |
| 2       | 11 to 16 Aug., 2025    |
| 3       | 18-23 Aug., 25         |
| 4       | 25-30 Aug., 25         |
| 5       | 1-6 Sept., 25          |
| 6       | 8-13 Sept., 25         |
| 7       | 15-20 Sept., 25        |
| 8       | 22-27 Sept., 25        |
| 9       | 29 Sept. to 4 Oct., 25 |
| 10      | 6-11 Oct., 25          |
| 11      | 13-18 Oct., 25         |
| 12      | 20-25 Oct., 25         |
| 13      | 27 Oct. to 1 Nov., 25  |
| 14      | 3-8 Nov., 25           |
| 15      | 10-15 Nov., 25         |
| 16      | 17-22 Nov., 25         |

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## Department of Home Science Lesson Plan (Session: 2025-26)

Subject: Interior Decoration in Home (DSC)

Class: B. A. I (1<sup>st</sup> Sem)

| Sr. No. | Month                                              | Topics                                                                                                                                                        |
|---------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|         |                                                    | <b>Unit I</b>                                                                                                                                                 |
| 1       | 14 <sup>th</sup> July -19 <sup>th</sup> July, 2025 | <b>Interior Decoration:</b> Meaning and objectives                                                                                                            |
| 2       | 21-26 July, 2025                                   | <b>Type of Design:</b> Structural, functional and decorative                                                                                                  |
| 3       | 28 July to 2 Aug, 25                               | <b>Elements of Art in interior decoration:</b> Line, Shape,                                                                                                   |
| 4       | 4 to 9 Aug., 25                                    | <b>Elements of Art in interior decoration:</b> Form, Texture                                                                                                  |
| 5       | 11 to 16 Aug, 2025                                 | <b>Elements of Art in interior decoration:</b> Line, Shape, Form, Texture, Light, Colour, Space.                                                              |
| 6       | 18-23 Aug, 25                                      | <b>Unit II</b>                                                                                                                                                |
| 7       | 25-30 Aug, 25                                      | <b>Colour in house interior:</b> Properties & Psychological effects of colour                                                                                 |
| 8       | 1-6 Sept, 25                                       | <b>Colour scheme</b>                                                                                                                                          |
| 9       | 8-13 Sept., 25                                     | <b>Lighting:</b> Types, requirements for various activities, lighting fixtures in home                                                                        |
| 10      | 15-20 Sept., 25                                    | <b>Lighting:</b> Types, requirements for various activities, lighting fixtures in home                                                                        |
| 11      | 22-27 Sept., 25                                    | <b>Principles of design in interior decoration:</b> Rhythm, Balance                                                                                           |
| 12      | 29 Sept. to 4 Oct., 25                             | <b>Principles of design in interior decoration:</b> Proportion, Emphasis, Harmony                                                                             |
|         |                                                    | <b>Class Test and &amp; Assignment- I</b>                                                                                                                     |
|         |                                                    | <b>Unit III</b>                                                                                                                                               |
| 13      | 6-11 Oct., 25                                      | <b>Table setting and table manners:</b> Informal and Formal Table                                                                                             |
| 14      | 13-18 Oct, 25                                      | <b>Table setting and table manners:</b> Formal Table Settings (Buffet Style, Indian Style, Restaurant Style, Café style), Table Accessories and Table manners |
| 15      | 20-25 Oct., 25                                     | <b>Diwali Vacations</b>                                                                                                                                       |
| 16      | 27 Oct to 1 Nov., 25                               | <b>Furniture:</b> Types of Furniture, Furniture Arrangement, for different Areas (Bed Room, Drawing Room, Dining Room)                                        |
| 17      | 3-8 Nov., 25                                       | <b>Kitchen and its Types</b>                                                                                                                                  |
| 18      | 10-15 Nov., 25                                     | <b>Factors affecting the Selection and purchase of Furniture, Care and Maintenance of Furniture</b>                                                           |
| 19      | 17-22 Nov, 25                                      | <b>Revision, Assignment-II and Class Test</b>                                                                                                                 |

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## Department of Home Science Lesson Plan (Session: 2024-25)

Subject: Housing and Space Planning (MIC)

Class: B. A. I (1<sup>st</sup> Sem)

| Sr. No. | Month                                             | Topics                                                                                                                                            |
|---------|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit I  |                                                   |                                                                                                                                                   |
| 1       | 4 <sup>th</sup> July -19 <sup>th</sup> July, 2025 | Introduction to syllabus and scheme                                                                                                               |
| 2       | 21-26 July, 2025                                  | Importance of Housing                                                                                                                             |
| 3       | 28 July to 2 Aug. 25                              | Housing terms                                                                                                                                     |
| 4       | 4-10 Aug. 25                                      | Significance of house                                                                                                                             |
| 5       | 11-16 Aug. 2025                                   | Functions of House                                                                                                                                |
| 6       | 18-23 Aug. 25                                     | Housing Values                                                                                                                                    |
| 7       | 25-30 Aug. 25                                     | Types of Houses.                                                                                                                                  |
| 8       | 1-6 Sept. 25                                      | Family and changing housing needs                                                                                                                 |
| 9       | 8-13 Sept. 25                                     | Family stages and housing demand                                                                                                                  |
| 10      | 15-20 Sept. 25                                    | Characteristics of rural and urban housing                                                                                                        |
|         |                                                   | Housing Choice: ownership verses Rented                                                                                                           |
|         |                                                   | Class Test and & Assignment- I                                                                                                                    |
| Unit II |                                                   |                                                                                                                                                   |
| 11      | 22-27 Sept. 25                                    | Selection of site for house construction                                                                                                          |
| 12      | 29 Sept. to 4 Oct. 25                             | Principals of Planning: Aspect, privacy, grouping, roominess, flexibility, circulation, sanitation, Furniture needs, Prospect, economy, elegance. |
| 13      | 6-11 Oct. 25                                      | Principals of Planning: Aspect, privacy, grouping, roominess, flexibility, circulation, sanitation, Furniture needs, Prospect, economy, elegance. |
| 14      | 13-18 Oct. 25                                     | Classification and selection of building material: Building components such as stones, Bricks, concretes etc., Roofing components; Binders        |
| 15      | 20-25 Oct. 25                                     | Diwali Vacations                                                                                                                                  |
| 16      | 27 Oct. to 1 Nov., 25                             | Classification and selection of building material: Building components such as stones, Bricks, concretes etc., Roofing components; Binders        |
| 17      | 3-8 Nov., 25                                      | Kitchen and its Types                                                                                                                             |
| 18      | 10-15 Nov., 25                                    | Factors affecting the Selection and purchase of Furniture, Care and Maintenance of Furniture.                                                     |
| 19      | 17-20 Nov. 25                                     | Revision , Assignment-II and Class Test                                                                                                           |

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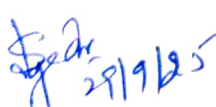
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**Department of Home Science Lesson Plan (Session: 2025-26)**

**Subject: Hand fabric printing and Dyeing Techniques (SEC)      Class: B. A. I (I<sup>st</sup> Sem)**

| Sr. No. | Month                                         | Topics                                                                       |
|---------|-----------------------------------------------|------------------------------------------------------------------------------|
|         |                                               | Unit I                                                                       |
| 1       | 14 <sup>th</sup> -19 <sup>th</sup> July, 2025 | Introduction to the syllabus and scheme<br>Meaning of Dyes and pigments.     |
| 2       | 21-26 July, 2025                              | Classification of dyes based on source and application                       |
| 3       | 28 July to 2 Aug. 25                          | Classification of dyes based on application                                  |
| 4       | 4 to 9 Aug., 25                               | Dyeing                                                                       |
| 5       | 11 to 16 Aug. 2025                            | Printing                                                                     |
| 6       | 18-23 Aug. 25                                 | Difference in dyeing and printing                                            |
| 7       | 25-30 Aug. 25                                 | Printing Techniques                                                          |
| 8       | 1-6 Sept. 25                                  | Direct printing                                                              |
| 9       | 8-13 Sept., 25                                | Resist and discharge printing                                                |
| 10      | 15-20 Sept., 25                               | Class Test and & Assignment- I                                               |
|         |                                               | Unit II                                                                      |
| 11      | 22 - 27 Sept., 25                             | Traditional Hand printing methods: Kalamkari, Stencil printing               |
| 12      | 29 Sept. to 4 Oct., 25                        | Traditional Hand printing methods: Hand screen printing, Hand block printing |
| 13      | 6-11 Oct., 25                                 | Traditional Hand printing methods: Batik, Ikat                               |
| 14      | 13-18 Oct. 25                                 | Traditional Hand printing methods: Ddouble Iket, Khadi Printing              |
|         |                                               | Diwali Vacations                                                             |
| 15      | 20-25 Oct., 25                                |                                                                              |
| 16      | 27Oct. to 1 Nov., 25                          | Other hand printing methods: fabric painting,                                |
| 17      | 3-8 Nov., 25                                  | Other hand printing methods: iron on,                                        |
| 18      | 10-15 Nov., 25                                | Other hand printing methods: Flock printing                                  |
| 19      | 17-20 Nov. 25                                 | Revision , Assignment-II and Class Test                                      |

  
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