

Govt. College for Women, Hisar

Department of Home Science Lesson Plan (Session: 2026-27)

Name of Teacher: Dr. Shashi Kala Yadav

B. A. III (5th Sem) NEP

Subject: Human Nutrition

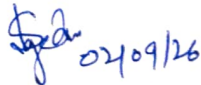
Sub. Code: C24HOS501T

External Marks: 20

Internal Marks: 50

Total: 70

Sr. No.	Date	Week	Topics
1	20.07.2026 to 25.07.2026	Week 1	Food, its functions and classification of foods.
2	27.07. 2026 to 01.08.2026	Week 2	Energy yielding nutrients: Carbohydrates: Classification, Functions, Resources.
3	03.08.2026 to 08.08.20 26	Week 3	Carbohydrates: Effects of its Deficiency and Excess intake, Recommended Dietary Requirements
4	10.08. 2026 to 15.08. 2026	Week 4	Fats and Lipids
5	17.08. 2026 to 22.08. 2026	Week 5	Fats and Lipids
6	24.08. 2026 to 29.08. 2026	Week 6	Body Building Nutrients: Proteins
7	31.08. 2026 to 05.09. 2026	Week 7	Proteins
8	07.09. 2026 to 12.09. 2026	Week 8	Protecting Nutrients: Vitamins: Water soluble vitamins: Vitamin B complex
9	14.09. 2026 to 19.09. 2026	Week 9	Protecting Nutrients: Vitamins: Water soluble vitamins: Vitamin B complex
10	21.09.2026 to 26.09.2026	Week 10	Protecting Nutrients: Minerals: Calcium, Phosphorus, Potassium
11	28.09.2026 to 03.10.2026	Week 11	Minerals: Sodium, Iron and Iodine
12	05.10.2026 to 10.10.2026	Week 12	Importance of Cooking and effect of cooking on nutrients
13	12.10.2026 to 17.10. 2026	Week 13	Methods of Cooking Food
14	19.10. 2026 to 24.10. 2026	Week 14	Principles and Advantages of cooking food.
15	26.10.2026 to 31.10.2026	Week 15	Methods of enhancing nutritive value of food stuffs: Class Test & Assignment
16	11.11.2026 to 14.11.2026	Week 16	Causes of food spoilage
17	16.11.2026 to 21.11.2026	Week 17	Food Preservation
18	23.11. 2026 to 28.11. 2026	Week 18	Food Preservation
19	31.11. 2026 to 04.12. 2026	Week 19	Revision & Class Test


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Department of Home Science Lesson Plan (Session: 2026-27)

Name of Teacher: Dr. Shashi Kala Yadav

B. A. II (3rd Sem) NEP

Subject: Textile and Clothing (DSC)

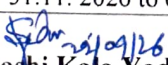
Sub. Code: C24HOS301T

External Marks: 20

Internal Marks: 50

Total: 70

Sr. No.	Date	Week	Topics
1	20.07.2026 to 25.07.2026	Week 1	Textile Fibres: Definition and classification of fiber on different basis.
2	27.07. 2026 to 01.08.2026	Week 2	Manufacture and properties of different natural fibers: Cotton, Silk, Wool
3	03.08.2026 to 08.08.20 26	Week 3	Manufacture and properties of different synthetic fibers: Nylon, Polyester
4	10.08. 2026 to 15.08. 2026	Week 4	Manufacture and properties of different synthetic fibers: Rayon
5	17.08. 2026 to 22.08. 2026	Week 5	Meaning and objectives of application of finishes.
6	24.08. 2026 to 29.08. 2026	Week 6	Different types of finishes- calendaring, bleaching, sizing,
7	31.08. 2026 to 05.09. 2026	Week 7	Different types of finishes- mercerizing, pre-shrinking, crease resistant
8	07.09. 2026 to 12.09. 2026	Week 8	Dyeing: Classification of dyes, simple dyeing and resist dyeing of cotton- tie & dye and Batik
9	14.09. 2026 to 19.09. 2026	Week 9	Resist dyeing of cotton- tie & dye and Batik
10	21.09.2026 to 26.09.2026	Week 10	Printing: Hand printing
11	28.09.2026 to 03.10.2026	Week 11	Machine printing Styles. Assignment -1
12	05.10.2026 to 10.10.2026	Week 12	Laundry supplies: difference in soaps and detergents, types, composition.
13	12.10.2026 to 17.10. 2026	Week 13	Laundry supplies: difference in soaps and detergents, types, composition.
14	19.10. 2026 to 24.10. 2026	Week 14	Starches, and blues
15	26.10.2026 to 31.10.2026	Week 15	Bleaches
16	11.11.2026 to 14.11.2026	Week 16	Laundry methods: Dry cleaning and wet cleaning
17	16.11.2026 to 21.11.2026	Week 17	Removal of Stain
18	23.11. 2026 to 28.11. 2026	Week 18	Methods of removal of stains.
19	31.11. 2026 to 04.12. 2026	Week 19	Class Test and Assignment 2 & Revision


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Department of Home Science Lesson Plan (Session: 2026-27)

Name of Teacher: Dr. Shashi Kala Yadav

B. A. II (3rd Sem) NEP

Subject: Baking Practical (SEC)

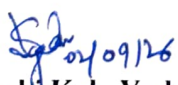
Sub. Code: C24SEC313P

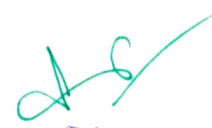
External Marks: 25

Internal Marks: 50

Total: 75

Sr. No.	Date	Week	Topics
1	03.08.2026 to 08.08.20 26	Week 1	Introduction to bakery and different baked items Study of different baking equipments
2	10.08. 2026 to 15.08. 2026	Week 2	Types of baking ingredients and their uses - Flour, salt, sweeteners
3	17.08. 2026 to 22.08. 2026	Week 3	Types of baking ingredients & their uses- leavening agents, fats and oils, other ingredients
4	24.08. 2026 to 29.08. 2026	Week 4	Preparation and cost calculation of different types of baked products: Cakes,
5	31.08. 2026 to 05.09. 2026	Week 5	Preparation and cost calculation of different types of baked products: Cakes
6	07.09. 2026 to 12.09. 2026	Week 6	Preparation and cost calculation of different types of baked products: biscuits,
7	14.09. 2026 to 19.09. 2026	Week 7	Preparation and cost calculation of different types of baked products: nankhatai,
8	21.09.2026 to 26.09.2026	Week 8	Preparation and cost calculation of different types of baked products: Pizza
9	28.09.2026 to 03.10.2026	Week 9	Preparation and cost calculation of different types of baked products: Pastry
10	05.10.2026 to 10.10.2026	Week 10	Preparation and cost calculation of different types of baked products: Garlic bread
11	12.10.2026 to 17.10. 2026	Week 11	Preparation and cost calculation of different types of baked products: breads
12	19.10. 2026 to 24.10. 2026	Week 12	Preparation and cost calculation of different types of baked products: muffins
13	26.10.2026 to 31.10.2026	Week 13	Assignment and Presentation
14	11.11.2026 to 14.11.2026	Week 14	Cake Decoration
15	16.11.2026 to 21.11.2026	Week 15	Cake Decoration
16	23.11. 2026 to 28.11. 2026	Week 16	Cake Decoration
17	31.11. 2026 to 04.12. 2026	Week 17	Assignment and Presentation


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Department of Home Science Lesson Plan (Session: 2026-27)

Name of Teacher: Dr. Shashi Kala Yadav

B. A. II (3rd Sem) NEP

Subject: Consumer Education (MIC)

Sub. Code: C24MIC313T

External Marks: 15

Internal Marks: 35

Total: 50

Sr. No.	Date	Week	Topics
1	03.08.2026 to 08.08.20 26	Week 1	Consumer- Meaning, Consumer choice,
2	10.08. 2026 to 15.08. 2026	Week 2	Consumer problems.
3	17.08. 2026 to 22.08. 2026	Week 3	Consumer problems.
4	24.08. 2026 to 29.08. 2026	Week 4	Consumer Education –Meaning & importance
5	31.08. 2026 to 05.09. 2026	Week 5	Consumer Protection-Government Legislation, Consumer Protection Act.
6	07.09. 2026 to 12.09. 2026	Week 6	Consumer Protection-Government Legislation, Consumer Protection Act.
7	14.09. 2026 to 19.09. 2026	Week 7	Consumer Rights & Responsibilities
8	21.09.2026 to 26.09.2026	Week 8	Consumer Rights & Responsibilities Assignment 1
9	28.09.2026 to 03.10.2026	Week 9	Consumer Information & Aid- persons, labels, commercial information, advertisements,
10	05.10.2026 to 10.10.2026	Week 10	Consumer Information & Aid- Commercial information, advertisements
11	12.10.2026 to 17.10. 2026	Week 11	Consumer protection organizations, extension agencies.
12	19.10. 2026 to 24.10. 2026	Week 12	Consumer protection organizations, extension agencies.
13	26.10.2026 to 31.10.2026	Week 13	Standard Marks: ISI, FPO, AGMARK,
14	11.11.2026 to 14.11.2026	Week 14	Standard Marks: Wool mark, Eco mark, FSSAI, BIS
15	16.11.2026 to 21.11.2026	Week 15	Food Adulteration
16	23.11. 2026 to 28.11. 2026	Week 16	Food Adulteration
17	31.11. 2026 to 04.12. 2026	Week 17	Class Test and Assignment 2 & Revision

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Department of Home Science Lesson Plan (Session: 2026-27)

Name of Teacher: Dr. Shashi Kala Yadav

B. A. I (1st Sem) NEP

Subject: Interior Decoration in Home (DSC)

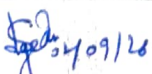
Sub. Code: C24HOS101T

External Marks: 20

Internal Marks: 50

Total: 70

Sr. No.	Date	Week	Topics
1	20.07.2026 to 25.07.2026	Week 1	Interior Decoration: Meaning and objectives
2	27.07. 2026 to 01.08.2026	Week 2	Type of Design: Structural, functional and decorative
3	03.08.2026 to 08.08.20 26	Week 3	Elements of Art in interior decoration: Line, Shape,
4	10.08. 2026 to 15.08. 2026	Week 4	Elements of Art in interior decoration: Form, Texture
5	17.08. 2026 to 22.08. 2026	Week 5	Elements of Art in interior decoration: Line, Shape, Form, Texture, Light, Colour, Space.
6	24.08. 2026 to 29.08. 2026	Week 6	Colour in house interior: Properties & Psychological effects of colour,
7	31.08. 2026 to 05.09. 2026	Week 7	Colour scheme
8	07.09. 2026 to 12.09. 2026	Week 8	Lighting: Types, requirements for various activities, lighting fixtures in home
9	14.09. 2026 to 19.09. 2026	Week 9	Lighting: Types, requirements for various activities, lighting fixtures in home
10	21.09.2026 to 26.09.2026	Week 10	Principles of design in interior decoration: Rhythm, Balance,
11	28.09.2026 to 03.10.2026	Week 11	Principles of design in interior decoration: Proportion, Emphasis, Harmony
12	05.10.2026 to 10.10.2026	Week 12	Class Test and & Assignment- I
13	12.10.2026 to 17.10. 2026	Week 13	Table setting and table manners: Informal and Formal Table
14	19.10. 2026 to 24.10. 2026	Week 14	Table setting and table manners: Formal Table Settings (Buffet Style, Indian Style, Restaurant Style, Café style), Table Accessories and Table manners
15	26.10.2026 to 31.10.2026	Week 15	Furniture: Types of Furniture. Furniture Arrangement, for different Areas (Bed Room, Drawing Room, Dinning Room
16	11.11.2026 to 14.11.2026	Week 16	Kitchen Layout
17	16.11.2026 to 21.11.2026	Week 17	Kitchen and its Types
18	23.11. 2026 to 28.11. 2026	Week 18	Factors affecting the Selection and purchase of Furniture, Care and Maintenance of Furniture
19	31.11. 2026 to 04.12. 2026	Week 19	Revision , Assignment-II and Class Test


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B. A. I (1st Sem) NEP

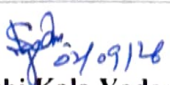
Subject: Housing and Space Planning (MIC)

Sub. Code: C24MIC113T

External Marks: 15 Internal Marks: 35

Total: 50

Sr. No.	Date	Week	Topics
1	20.07.2026 to 25.07.2026	Week 1	Introduction to syllabus and scheme Importance of Housing
2	27.07. 2026 to 01.08.2026	Week 2	Housing terms
3	03.08.2026 to 08.08.20 26	Week 3	Significance of house
4	10.08. 2026 to 15.08. 2026	Week 4	Functions of House
5	17.08. 2026 to 22.08. 2026	Week 5	Housing Values
6	24.08. 2026 to 29.08. 2026	Week 6	Types of Houses.
7	31.08. 2026 to 05.09. 2026	Week 7	Family and changing housing needs
8	07.09. 2026 to 12.09. 2026	Week 8	Family stages and housing demand
9	14.09. 2026 to 19.09. 2026	Week 9	Characteristics of rural and urban housing
10	21.09.2026 to 26.09.2026	Week 10	Housing Choice: ownership verses Rented Class Test and & Assignment- I
11	28.09.2026 to 03.10.2026	Week 11	Selection of site for house construction
12	05.10.2026 to 10.10.2026	Week 12	Principals of Planning: Aspect, privacy, grouping, roominess, flexibility, circulation, sanitation, Furniture needs, Prospect, economy, elegance.
13	12.10.2026 to 17.10. 2026	Week 13	Principals of Planning: Aspect, privacy, grouping, roominess, flexibility, circulation, sanitation, Furniture needs, Prospect, economy, elegance.
14	19.10. 2026 to 24.10. 2026	Week 14	Classification and selection of building material: Building components such as stones, Bricks, concretes etc., Roofing components; Binders
15	26.10.2026 to 31.10.2026	Week 15	Classification and selection of building material: Building components such as stones, Bricks, concretes etc., Roofing components; Binders
16	11.11.2026 to 14.11.2026	Week 16	Classification and selection of building material: Building components such as stones, Bricks, concretes etc., Roofing components; Binders
17	16.11.2026 to 21.11.2026	Week 17	Kitchen and its Types
18	23.11. 2026 to 28.11. 2026	Week 18	Factors affecting the Selection and purchase of Furniture, Care and Maintenance of Furniture.
19	31.11. 2026 to 04.12. 2026	Week 19	Revision , Assignment-II and Class Test


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Name of Teacher: Dr. Shashi Kala Yadav

B. A. I (1st Sem) NEP

Subject: Hand fabric printing and Dyeing Techniques (SEC) Sub. Code: C24SEC113T

External Marks: 15

Internal Marks: 35

Total: 50

Sr. No.	Date	Week	Topics
1	20.07.2026 to 25.07.2026	Week 1	Introduction to the syllabus and scheme Meaning of Dyes and pigments.
2	27.07. 2026 to 01.08.2026	Week 2	Classification of dyes based on source and application
3	03.08.2026 to 08.08.20 26	Week 3	Classification of dyes based on application
4	10.08. 2026 to 15.08. 2026	Week 4	Dyeing
5	17.08. 2026 to 22.08. 2026	Week 5	Printing
6	24.08. 2026 to 29.08. 2026	Week 6	Difference in dyeing and printing
7	31.08. 2026 to 05.09. 2026	Week 7	Printing Techniques
8	07.09. 2026 to 12.09. 2026	Week 8	Direct printing
9	14.09. 2026 to 19.09. 2026	Week 9	Resist and discharge printing
10	21.09.2026 to 26.09.2026	Week 10	Class Test and & Assignment- I
11	28.09.2026 to 03.10.2026	Week 11	Traditional Hand printing methods: Kalamkari, Stencil printing
12	05.10.2026 to 10.10.2026	Week 12	Traditional Hand printing methods: Hand screen printing, Hand block printing
13	12.10.2026 to 17.10. 2026	Week 13	Traditional Hand printing methods: Batik, Ikat
14	19.10. 2026 to 24.10. 2026	Week 14	Traditional Hand printing methods: Ddouble Iket
15	26.10.2026 to 31.10.2026	Week 15	Traditional Hand printing methods: Khadi Printing
16	11.11.2026 to 14.11.2026	Week 16	Other hand printing methods: fabric painting,
17	16.11.2026 to 21.11.2026	Week 17	Other hand printing methods: iron on,
18	23.11. 2026 to 28.11. 2026	Week 18	Other hand printing methods: Flock printing
19	31.11. 2026 to 04.12. 2026	Week 19	Revision , Assignment-II and Class Test

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B. A. III (5th Sem) NEP

Sub. Code: C24HOS501T

Subject: Human Nutrition

Total: 70

External Marks: 20

Internal Marks: 50

Sr. No.	Date	Week	Topics
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3	03.08.2026 to 08.08.20 26	Week 3	Carbohydrates: Effects of its Deficiency and Excess intake, Recommended Dietary Requirements
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15	26.10.2026 to 31.10.2026	Week 15	Methods of enhancing nutritive value of food stuffs: Class Test & Assignment
16	11.11.2026 to 14.11.2026	Week 16	Causes of food spoilage
17	16.11.2026 to 21.11.2026	Week 17	Food Preservation
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