**LESSON PLAN**

**OF**

**HOME SCIENCE DEPT.**

**UG/PG Courses**

**Odd Semester**



**2023-24**

**INDIRA GANDHI (PG) MAHILA MAHAVIDYALAYA**

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**INDIRA GANDHI MAHILA MAHAVIDYALAYASubject Name:-Home and Interior Decor**

**Class:- B.A. I Session:-2023-2024**

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| **Sr.No** | **Date** | **Content** |
| 1 | 24 July-29 July | Interior decoration: objectives, importants of elements of art in interior decoration. |
| 2 | 31 July-5 August | Type of design: structural and decorative and it's application. |
| 3 | 7 August-12August | Elements of art : line , form , texture,light , pattern , colour,space and it's application in interior decoration. |
| 4 | 14 August-19 August | Principal of design: rhythm, balance, proportion,emphasis , harmony and it's application in interior decoration. |
| 5 | 21 August-26 August | Colour: properties of colour , psychology effect of colour, colour schemes and it's application in the interior of a house. |
| 6 | 28August-2 September | Lighting : a) types and requirement for various activities.(b) Lighting fixtures in the home. |
| 7 | 4 September- 9 September | Table setting and table manners: informal and formal table setting (buffet style, Indian style, restaurant style,cafe style) |
| 8 | 11 September – 16September | Furniture: types of furniture, furniture arrangement for different areas ( bedroom, drawing room,dining room. |
| 9 | 18 September -23 September | Flower arrangement: a) different types of flowers arrangement. |
| 10 | 25 September –30 September | Furnishing: a) soft furnishings ( curtains , cushion,pillow and material for upholstered furniture) b) wall treatment and it's types c) window treatment and decoration d)types of floor coverings. |
| 11 | 3 October-7 October | Preparation of House plans for different income groups (manual/computer aided). |
| 12 | 9 October -14 October | Floor decoration: alpana and rangoli. |
| 13 | 16 October-21 October | Pottery painting and decoration. |
| 14 | 23 October-28 October | Creating various art pieces/accessories using various types of materials and techniques likes paper cutting, collage, candle making, stone painting, gift wrapping, greeting cards with decorative envelopes, shopping bags / Decorative pouches, accessories for fashion designing including jewellery making any (5). |
| 15 | 30 October- 4 November | Table setting and napkin folding. |
| 16 | 6 November- 9 November | Flower arrangement for different rooms and occasions. |
| 17 | 17 November-18 November | Planning color schemes for different rooms manual/ computer aided). |
| 18 | 20 November-25 November | factor affecting the selection and purchase of furniture,care |
| 19 | 27 November- 2 December | kitchen and it's types) and maintenance of furniture |
| 20 | 4 December- 9 December | accessories used and point to be considered for flowers arrangement |
| 21 | 11 December- 16 December | Revision. |
| 22 | 18 December- 23 December | Revision. |
| 23 | 25 December- 30 December | Revision. |

**INDIRA GANDHI MAHILA MAHAVIDYALAYA**

**SUBJECT NAME:- basics of home science I**

**CLASS:- MDC ) Istsem SESSION:- 2023-2024**

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| **Sr.No** | **Date** | **Content** |
| 1 | 24 July-29 July | Introduction to Home science: concept and it's job opportunities |
| 2 | 31 July-5 August | Basic terminology: Food, nutrients, nutrition, health,balanced diet, malnutrition (over & undernutrition) |
| 3 | 7 August-12August | Classification and function of food |
| 4 | 14 August-19 August | Carbohydrates, Protein,Fat, Sources, Function & effect of deficiency |
| 5 | 21 August-26 August | Definition and Classification and uses of textile fibres:(cotton, jute, wool ,silk, Rayon, Nylon and polyester) |
| 6 | 28August-2 September | Yarn: Definition and classification (simple, Novelty and complex). |
| 7 | 4 September- 9 September | Sewing machine: parts and functions |
| 8 | 11 September – 16September | Care and maintenance of sewing machine |
| 9 | 18 September -23 September | Human growth and development: Meaning and concept Factors influencing growth & development |
| 10 | 25 September –30 September | Development milestones of infancy ( 0-2 years )and early childhood (3-6 years) |
| 11 | 3 October-7 October | •physical and motor development |
| 12 | 9 October -14 October | •Social and emotional development •cognitive and language development |
| 13 | 16 October-21 October | Resources Management -definition and importance . |
| 14 | 23 October-28 October | Process of time , energy and money management. |
| 15 | 30 October- 4 November | Extension education: meaning and importance qualities of an extension worker. |
| 16 | 6 November- 9 November | •Cooking terminology |
| 17 | 17 November-18 November | •cooking of following recipes: Paratha,pulao,raita,sandwich, Manchurian, chocolates. |
| 18 | 20 November-25 November | Basic stitches: hemming,buttonhole stitch, blanket stitch, running stitch |
| 19 | 27 November- 2 December | Prepare a play material for infants/ preschoolers |
| 20 | 4 December- 9 December | Prepare immunization chart for a child up to 5 years. |
| 21 | 11 December- 16 December | Revision |
| 22 |  |  |
| 23 | 25 December- 30 December | Revision |

**INDIRA GANDHI MAHILA MAHAVIDYALAYA**

**SUBJECT NAME:- Home Science (physiology)**

**CLASS:- B.A. II SESSION:- 2023-2024**

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| **Sr.No** | **Date** | **Content** |
| 1 | 24 July-29 July | Animal cell structure, composition and division in brief (Mitosis and  meiosis) |
| 2 | 31 July-5 August | Skeletal system- Function of skeletal  system names of the bones and joints. |
| 3 | 7 August-12August | Digestive system-Organs of Digestive  system |
| 4 | 14 August-19 August | Digestion and absorption of food. |
| 5 | 21 August-26 August | Circulatory system- Blood, composition and functions and  coagulation. |
| 6 | 28August-2 September | Heart-structure and working. |
| 7 | 4 September- 9 September | Blood pressure. |
| 8 | 11 September – 16September | Normal values of Hemoglobin  cholesterol |
| 9 | 18 September -23 September | Urea, uric acid and glucose in blood. |
| 10 | 25 September –30 September | Excretory system functions of kidney,  skin and lungs. |
| 11 | 3 October-7 October | Reproductive system – organs and functioning of male and female sex  glands |
| 12 | 9 October -14 October | Menstruation, and fertilization. |
| 13 | 16 October-21 October | Endocrine Glands-Functions of  different glands, |
| 14 | 23 October-28 October | pituitary, thyroid, adrenal, islets of  langerhans in pancreas. |
| 15 | 30 October- 4 November | Nervous system: Parts, functions |
| 16 | 6 November- 9 November | Reflex action |
| 17 | 17 November-18 November | Revision |
| 18 | 20 November-24 November | Revision |

**INDIRA GANDHI MAHILA MAHAVIDYALAYA**

**SUBJECT NAME:- Food and Nutrition**

**CLASS:- B.A. III SESSION:- 2023-2024**

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| **Sr.No** | **Date** | **Content** |
| 1 | 24 July-29 July | Food: functions of food and classification |
| 2 | 31 July-5 August | Essential food constituents:  Carbohydrates, Protein, Fats. |
| 3 | 7 August-12August | Vitamins: A,D,E,K,B1,B2,B3,C,B12. Folic  acid. |
| 4 | 14 August-19 August | Minerals- Calcium, Iron, Iodine, Sodium,  Potassium. |
| 5 | 21 August-26 August | Water functions in the body. |
| 6 | 28August-2 September | Role of dietary fiber in human nutrition. |
| 7 | 4 September- 9 September | Principles, methods & advantages of cooking of food. Effect of cooking on  different nutrients. |
| 8 | 11 September – 16September | Methods of enhancing nutritive value of  food stuff |
| 9 | 18 September -23 September | Meal planning & Concept of balanced  diet |
| 10 | 25 September –30 September | Principles of meal planning, factors  affecting it |
| 11 | 3 October-7 October | meal planning for- children 3 to 5 years  old school going child adolescents adults. |
| 12 | 9 October -14 October | Pregnant women and lactating mother |
| 13 | 16 October-21 October | Introduction to therapeutic Nutrition, therapeutic adaptation of the normal  diet, soft and fluid diet. |
| 14 | 23 October-28 October | Planning of diet in Typhoid fever, Diarrhea, Constipation, Diabetes, High  Blood Pressure |
| 15 | 30 October- 4 November | Planning of diet in Diabetes, High  Blood Pressure |
| 16 | 6 November- 9 November | Food Preservation, |
| 17 | 17 November-18 November | Vitamins: A,D,E,K,B1,B2,B3,C,B12. Folic acid.  Minerals- Calcium, Iron, Iodine, Sodium,Potassium. |
| 18 | 20 November-24 November | Revision |