

Department  
Of  
Home Science  
Lesson Plan  
2024-25

Name of the Teacher- **Jaskiran Kaur**

College- **Jeevan Chanan Mahila Mahavidyala, Assandh**

Class- **B.A.1st sem (Hindi)**

Paper- **Home and Interior Decor**

**Course Code- CC-1 (core course)**

**Paper Code- B23-HSE-101**

S.NO.	Period	Topics to be Covered	Academic Activity to be Organized
1.	22-31 July, 2024	Interior decoration: objective, importance of element of an interior decoration  Types of design Element of art: line, form, texture, light, pattern, colour.	Floor Decoration: Rangoli and Alpana
2.	01-31 Aug, 2024	Principal of Design: Rhythm, Balance, Proportion, Emphasis, Harmony,  Colour's: Properties of Colours, Physiological effects on Colours  Lighting: Types an Requirements for various Activity, Lightning Fixtures in the Home.	Pottery Painting and Decoration
3.	01-30 Sept, 2024	Table setting and table manners: informal and formal table setting  Furniture:- Types of Furniture, Furniture Arrangements of	Table setting and napkin folding.

		different areas ( Bedroom, Drawing Room, Dining Room, Kitchen and its Types) Factor Affecting the selection and Purchase of Furniture, Care and Maintains of Furniture	
4.	01-31 Oct, 2024=	Flower Arrangements:  Different types of Flower Arrangements, Accessories used and points to be considered for flower Arrangements, Flower Decoration for different Occasions	Flower Decoration for different Occasions
5.	01-22 Nov, 2024	Furnishings: Soft Furnishings, Wall Treatments and its Types, Window Treatment and Decoration, Types of Floor Covering	Planning colour schemes for different rooms manual.

**Topic of Assignments:-** Types of Interior Decoration

**PPT on the Topics:-** Home and Interior Decor

**Problem solving & Project Base Learning :-** A Home Decor Solution

Name of the Teacher- **Jaskiran Kaur**

College- **Jeevan Chanan Mahila Mahavidyala, Assandh**

Class- **B.A.3rd sem (Hindi)**

Paper- **Basic of Clothing Construction and Apparel Designing**

**Course Code- CC-3 (core course)**

**Paper code- B23-HSE-301**

S.NO.	Period	Topics to be Covered	Academic Activity to be Organized
1.	22-31 July, 2024	Impotence of Apparel Designing and its Role in Personality Development  Application of Elements of Arts and Principles of Designs in clothing construction  Types of Design : Structural & Decorative  Wardrobe Planning: Principles, steps involved and importance.	Prepare a Sample of Different Types of Weaves
2.	01-31 Aug, 2024	Fabric Constructions:  Weaving, Types of Weaves  Knitting: Types, Characteristics,  Non Woven fabric	Prepare a Sample of Knitting
3.	01-30 Sept, 2024	Drafting: Drafting Tools, Techniques, advantage	Prepare a Sample of 10

		<p>or Disadvantage</p> <p>Paper Pattern: Types, Principals, advantage or Disadvantage</p> <p>Draping: Techniques, advantage or Disadvantage</p> <p>Preparation of Fabric: Types of Marking, Method &amp; Precautions for Cutting , Swings and Finishing</p>	Basic Embroidery stitches
4.	01-31 Oct, 2024=	<p>Anthropometry: Definitions, Importance, Types of anthropometric Measurement</p> <p>Fashion Concept: Importance and Terminology</p> <p>Fashion Cycle</p>	Drafting of Child Body Block
5.	01-22 Nov, 2024	<p>Fashion Favouring and Retarding Factors</p> <p>Figure Analysis and Fitting: Figure Types, Common Fitting Problems, Reason For Poor Fitting and their Remedies.</p>	Cutting and Stitching of Napkin's, BiB, Jhabla .

**Topic of Assignments:-** Drafting: Drafting Tools, Techniques, advantage or Disadvantage,

Fashion Concept: Importance and Terminology

**PPT on the Topics:-** Fabric Constructions

**Problem solving & Project Base Learning :-** Textile Industry in India

Name of the Teacher- **Jaskiran Kaur**

College- **Jeevan Chanan Mahila Mahavidyala, Assandh**

Class- **B.A.5<sup>th</sup> sem (Hindi)**

Paper- **Foods and Nutrition**

<b>S.NO.</b>	<b>Period</b>	<b>Topics to be Covered</b>	<b>Academic Activity to be Organized</b>
1.	22-31 July, 2024	Foods, Water, Protein,	Group Discussion
2.	01-31 Aug, 2024	Fats, Minerals Carbohydrates, Dietary Fibre, Principal's and Method's of Cooking Food,	Cooking Practical
3.	01-30 Sept, 2024	Vitamins, Method of Enhancing Nutritive value of Food, Balance Diet, Food Preservation, Meal Planning	Cooking Practical
4.	01-31 Oct, 2024	Meal Planning for Children's, Meal Planning for Adult, Meal Planning for Pregnant Women, Meal Planning for Lactating Mother, Meal Planning During	Cooking Practical Or Group Discussion

		Adolescence	
5.	01-22 Nov, 2024	Therapeutic Adaptation of the Normal Diet, Meal Planning for During Diabetes, Meal Planning for High Blood Pressure, Meal Planning for Typhoid Fever and Digestive disturbances	Group Discussion Or Mid Term Exam

**Topic of Assignments:-** Concept of Balance Diet

**PPT on the Topics:-** Vitamins, Minerals, Fats

**Problem solving & Project Base Learning :-** Nutrition-Physical Activity