

Department Of Home Science

Lesson Plan

2024-2025

Name of the Teacher- **Jaskiran Kaur**

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

Class- **B.A.2nd sem (Home Science) Major**

Paper - **Nutrition Science**

Paper code- **B23- HSE-201**

Course Type- **CC-2**

S.NO.	Period	Topics to be Covered	Academic Activity to be Organized
1.	8-18 Feb, 2025	Bridge Course: Discuss Nutrition, Balance Diet, Define Carbohydrates, Vitamins	Class Test
2.	19-28 Feb,2025	Definition of Nutrition, nutrients, recommended dietary allowance, balanced diet, health., reference man & reference woman and BMR-Definition and factors affecting BMR Water: Functions and sources of water for human Body Carbohydrates: Classification, functions, sources & requirement, effects of deficiency and excess (in brief)	Group Discussion

3.	01-31 March, 2025	<p>Fibre: Types, functions, sources & requirement and health problems associated with excess and deficiency of fibre</p> <p>Protein: Classification. functions, sources & requirement</p> <p>Fats/ Lipids: Classification, functions, sources and requirements and health problems associated with Excess and deficiency of lipids.</p> <p>Vitamins: Definition and classification of vitamins, difference between fat soluble & water soluble vitamins</p> <p>Fat soluble Vitamins: Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of: Vitamin A, D, E & K</p> <p>Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of various water soluble vitamins</p>	Class Test
4.	01-30 April, 2025	<p>Vitamin C, Vitamin B1 (Thiamine), Vitamin B2, (Riboflavin), Vitamin B6 (Pyridoxine), Vitamin B12 (Cyanocobalamin), Niacin and Folic acid.</p> <p>Definition and Classification of Minerals</p> <p>Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Magnesium, Sodium and Potassium.</p>	MCQ & Group Discussion

5.	01-15 May, 2025	Micro Minerals: Functions, sources and RDA, Effect of Excess and low intake of Iron, Iodine Fluorine & Zinc	Mid Term Exam
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Topic of Assignments:- Micro Minerals: Functions, sources and RDA

PPT on the Topics:- Effect of Excess and low intake of Iron, Iodine Fluorine

Problem solving & Project Base Learning :- Definition and Classification of Minerals

Name of the Teacher- **Jaskiran Kaur**

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

Class- **B.A.4th sem (Home Science) Major**

Paper- **Advance Apparel and Textile Designing**

Paper code- **B23-HSE-401**

Course Type- **CC-4**

S.NO.	Period	Topics to be Covered	Academic Activity to be Organized
1.	8-18 Feb,2025	Bridge Course : Discuss Fabric Finishes, Dyeing, Printing, Laundry Process	
2.	01-28 Feb,2025	Fabric finishes: Definition and Objectives Classification of Finishes: • Physical: Singeing, Napping, Brushing, Shearing, sizing, Tendering, and Calendaring • Chemical: Mercerising, Durable finishes, • Special-purpose finishes: Wrinkle resistant , Water Resistant, Soil repellent, and Flame repellent Bleaching & its Types.	Group Discussion

3.	01-31 March, 2025	<p>Dyeing: Definition Classification of Dyes: (in Brief): On the Basis of Source of Dye: <ul style="list-style-type: none"> • Natural: Vegetable, Animal & Mineral • Synthetic Dye: Basic, Acidic & Neutral Dye On the Basis of Method of Dyeing: Sulphur Dyes, Direct Dyes, Vat Dyes, Mordant Dyes & Developed Dyes On the Basis of Stages of Dyeing: Raw Stock Dyeing, Skein Dyeing, Cloth Dyeing Simple Dyeing: Principles and Methods of Dyeing, Faults in Dyeing and Remedies Resist Dyeing: Tie and Dye, Batik and Screen</p>	Class Test
4.	01-30 April, 2025	<p>Laundry: Process of Laundry, Laundry Equipment and their Uses. Stain Removal: <ul style="list-style-type: none"> • Types of Stains & Methods of Removing Stains(Solvent, Absorbent & Chemical Methods) • Removal Of Different Stains(Tea, Coffee, Fruits, Blood, Oil/ Ghee, Turmeric, Colour, Egg, Ink, Iron Rust, Lipstick, Nail Paint, Sweat, Perfume & Stain of Hot Iron) </p>	MCQ & Group Discussion

5.	01-15 May, 2025	<p>Soaps and Detergents: Types and Manufacture of Soap and Detergents. Stiffening Agent and Blueing Agent.</p> <p>Drafting Of Sleeves: Puff, Umbrella, Raglan, Ruffle, Kimono. Drafting Of Collars: Baby Collar, Flat Peter Pan, Raised Peter- Pan, Chinese Band And Sailor's Collar.</p>	Mid Term Exam
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Topic of Assignments:- Fabric finishes: Definition and Objectives

PPT on the Topics:- Types of Stains & Methods of Removing Stains

Problem solving & Project Base Learning :- Laundry: Process of Laundry, Laundry Equipment and their Uses

Name of the Teacher- **Jaskiran Kaur**

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

Class- **B.A.6th sem**

Paper - **Human Development (Home Science)**

S.NO.	Period	Topics to be Covered	Academic Activity to be Organized
1.	1-15 Jan, 2025	Bridge Course: Human Development Caring of infant Types of Alergy	Class Test
2.	16-31 Jan,2025	Child Psychology- definition, AIMS, subject matter, objectives of studying, learning- meaning, importance, method of learning, factor affecting learning, intelligence- definition, measurement of Intelligence	Group Discussion
3.	01-28 Feb, 2025	personality development; definition, types of factors affecting the development of personality play: definition, feature and type of clay, different between work, and play importance of play in childhood	Class Test
4.	01-31Mar, 2025	Development of child characteristics of ; infants childhood problem of an adolescent child role of parents and teachers in solving them the excellent mother: discomfort of pregnancy,	MCQ & Group Discussion

		sign of pregnancy, care of the expected mother in brief, all effects of an early marriage	
5.	01-30 April, 2025	care of newborn infant: bathing, clothing and hygiene during infancy, feeding of an infant, breast feeding person artificial feeding, meaning and importance method of weaning common elements of childhood: cold, cough, fever digestive disturbance, diarrhoea, constipation and vomiting, skin infection- prickly heat allergy, convulsions	Mid Term Exam

Topic of Assignments:- Development of child characteristics of ; infants

PPT on the Topics:- skin infection- prickly heat allergy

Problem solving & Project Base Learning :- Personality Development