# 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:	Class Test
		Discuss Nutrition, Balance Diet, Define Carbohydrates, Vitamins	
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	Fibre: Types, functions,	
		sources & requirement	
		and health problems	Class Test
		associated with excess	
		and deficiency of fibre	
		Protein: Classification.	
		functions, sources &	
		requirement	
		Fats/ Lipids: Classification,	
		functions, sources and	
		requirements and health	
		problems associated with	
		Excess and deficiency of	
		lipids.	
		Vitamins: Definition and	
		classification of vitamins,	
		difference between fat	
		soluble & water soluble	
		vitamins	
		Fat soluble Vitamins:	
		Functions, sources,	
		recommended dietary	
		allowances, effects of	
		excess & deficiency (in	
		brief) of: Vitamin A, D, E & K	
		Functions, sources,	
		recommended dietary	
		allowances, effects of	
		excess & deficiency (in	
		brief) of various water	
4	01 20 April 2025	soluble vitamins	
4.	01-30 April, 2025	Vitamin C, Vitamin B1 (Thiamine), Vitamin B2,	MCQ & Group Discussion
		(Riboflavin), Vitamin B6	Med a Group Discussion
		(Pyridoxine), Vitamin B12	
		(Cyanocobalamin), Niacin	
		and Folic acid.	
		Definition and Classification	
		of Minerals	
		Macro minerals: Functions,	
		Sources, RDA, Effect of Excess and low intake of	
		Calcium, Phosphorus,	
		Magnesium, Sodium and	
		Potassium.	

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	
			Group Discussion
		Classification of Finishes:	
		<ul> <li>Physical: Singeing,</li> </ul>	
		Napping, Brushing,	
		Shearing,	
		sizing, Tendering, and	
		Calendaring	
		Chemical: Mercerising,	
		Durable finishes,	
		<ul> <li>Special-purpose</li> </ul>	
		finishes: Wrinkle resistant	
		, Water	
		Resistant, Soil repellent,	
		and Flame repellent	
		Bleaching & its Types.	

4.       01-30 April, 2025       Classification of Dyes: (in Brief); On the Basis of Source of Dye: • Natural: Vegetable, Animal & Mineral • Synthetic Dye: Basic, Acidic & Neutral Dye       Class Test         On the Basis of Method of Dyeing: Sulphur Dyes, Direct Dyes, Vat Dyes, Dyes, Dyes, Direct Dyes, Vat Dyes, Dyes, Dyes, Dyes, Dyes, Dyes, Dyes, Dyes, Dyes, Direct Dyes, Vat Dyes, Dy	3.	01-31 March, 2025	Dyeing: Definition	
Brief):       Class Test         On the Basis of Source of Dye:       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, Sikein Dyeing, Cloth         Dyeing, Satik and Screen       Principles and Methods         4.       01-30 April, 2025         Laundry: Process of       Laundry: Process of         Laundry: Process of       Laundry, Laundry         Equipment and their       Uses.         Stain Removal:       - Types of Stains &         - Types of 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				
4.       01-30 April, 2025       Laundry: Process of Laundry: Nash Panting Statis (Solvent, Absorbent & Chemical Methods) eremical Methods of Removal: <ul> <li>Types of Statins &amp; Methods of Removing Statis (Solvent, Absorbent &amp; Chemical Methods) eremical Methods of Removal Of Different Statis (Tea, Coffee, Fruits, Blood, Oil/ Ghee, Turmeric, Colour, Egg, Ink, Iron Rust, Lipstick, Nail Panti, Sweat, Perfume &amp; Stain of Hot</li> </ul>				Class Test
4.       01-30 April, 2025       Laundry: Process of Stains & Methods of Stain Removal:       MCQ & Group Discussion.         4.       01-30 April, 2025       Laundry: Process of Laundry. Absorbent & Stain Removal:       MCQ & Group Discussion.         4.       01-30 April, 2025       Laundry: Process of Laundry: Process of Laundry. Brown of Dyeing. The and Dye, Batik and Screen       MCQ & Group Discussion.         4.       01-30 April, 2025       Laundry: Process of Laundry. Brown of Dyeing. The and Dye, Batik and Screen       MCQ & Group Discussion.         4.       01-30 April, 2025       Laundry: Process of Laundry. Brown of Dyeing. The and Dye, Batik and Screen       MCQ & Group Discussion.         4.       01-30 April, 2025       Laundry. Condent and their Uses.       MCQ & Group Discussion.         8.       Functional Methods of Removing Stain Removal:       Types of Stain Removal:       Types of Stain Removal:         9.       Turmeric, Colour, Egg, Ink, Iron Rust, Lipstick, Nail Paint, Sweat, Perfume & Stain of Hot       Perfume & Stain of Hot			-	
• 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, Skein Dyeing, Cloth         Dyeing Simple Dyeing:         Principles and Methods         of Dyeing, Faults in Dyeing and         Remedies         Resist Dyeing: Tie and         Dye, Batik and Screen         4.         01-30 April, 2025         Laundry: Process of         Laundry: Process of         Laundry: Process of         Laundry: Process of         Stain Removal:         • Types of Stains &         Methods of Removing         Stains(Solvent, Absorbent         & Chemical Methods)         • Removal Of Different         Stains (Fa, Coffee, Fruits, Blood, Oil/ Ghee,         Turmeric, Colour, Egg, Ink, Iron Rust, Lipstick, Nail Paint, Sweat,         Perfume & Stain of Hot				
4.       Animal & Mineral • Synthetic Dye: Basic, Acidic & Neutral Dye         0       n the Basis of Method of Dyeing: Sulphur Dyes, Direct Dyes, Vat Dyes, Mordant Dyes & Developed Dyes         0       n the Basis of Stages of Dyeing: Raw Stock Dyeing, Skein Dyeing, Cloth Dyeing Simple Dyeing: Principles and Methods of Dyeing: Tie and Dye, Batik and Screen         4.       01-30 April, 2025       Laundry: Process of Laundry: Process of Laundry: Process of Laundry: Absorbent & Chemical Methods) of Removial; • Types of Stains & Wethods of Removing Stains(Solvent, Absorbent & Chemical Methods) • Removal Of Different Stains(Solvent, Absorbent & Removal Of Different Stains(Solvent, Absorbent & Chemical Methods) • Removal Of Different Stains(Solvent, Absorbent & Removal Of Different Stains(Solvent, Absorbent & Removal Of Different Stains(Solvent, Absorbent & Chemical Methods) • Removal Of Different Stains(Solvent, Absorbent & Removal Of Different Stains (The, Fruits, Blood, Oil/ Ghee, Turmeric, Colour, Egg, Ink, Iron Rust, Lipstick, Nail Paint, Sweat, Perfume & Stain of Hot			2	
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Perfume & Stain of Hot			-	
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5.	01-15 May, 2025	Soaps and Detergents:	
		Types and Manufacture of	
		Soap and Detergents.	Mid Term Exam
		Stiffening Agent and	
		Blueing Agent.	
		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.	

**Topic of Assignments:-** Fabric finishes: Definition and Objectives

**<u>PPT on the Topics:-</u>** 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, AIIMS, 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,	Mid Term Exam
		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	
		near allergy, convuisions	

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

**<u>PPT on the Topics:-</u>** skin infection- prickly heat allergy

**Problem solving & Project Base Learning :-** Personality Development