

LESSON PLAN FOR B.A. FOR THE SESSION 2024-25

SUBJECT:- HOME SCIENCE DEPARTMENT

CLASS :- BA 1ST SEM

JULY 2024

- Objectives of interior decoration, importance of elements of art in interior decoration.
- Types of design: structural and decorative and its application.

AUGUST 2024

- Elements of art: line, form, texture, light, pattern, colour, space and its application in interior decoration.
- Principles of design: Rhythm, balance, proportion, emphasis, harmony and its application in interior decoration
- Colour: Properties of colour, psychological effect of colour, color schemes and its application in the interior of a house

SEPTEMBER 2024

- Lighting: a) Types and requirement for various activities b) Lighting fixtures in the home
- Table setting and table manners: Informal and formal table settings (buffet style, Indian style restaurant style, Cafe style)
- TEST – Properties of colour

OCTOBER 2024

- Furniture: Types of furniture, furniture arrangement for different areas (bedroom, drawing room, dining room, kitchen and its types) Factors affecting the selection and purchase of furniture, care and maintenance of furniture.
- TEST – Lighting: A) Types and requirement for various activities
B) Lighting fixtures in the home
- Assignment

NOVEMBER 2024

- Flower arrangement: a) Different types of Flower arrangement b) Accessories used and points to be considered for flower arrangement Flower decoration for different occasions
- Furnishings: a) Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture) b) Wall treatment and its types c) Window treatment and decoration d) Types of floor coverings.

Lesson plan for BA for the session 2024-25

Subject:- Home Science

Class:- BA IIIrd Sem.

July 2024

- Traditional Textiles of India
- Classification, Manufacture and Properties of Different Fibers

August 2024

- Cotton, Silk, Wool, Nylon.
- Factors Influencing Selection of Clothes
- Selection and Purchase of Fabrics

September 2024

- Readymade Garments
- Selection of Household Linen
- Finishing of Fabrics
- Yarn Making and Fabric Construction with Different Weaves

October 2024

- Soaps and Detergents
- Starches
- Blue
- Class Assignment, Class Test

November 2024

- Additional Laundry Regents
- Merits of Washing Clothes

Practical

- Preparation of samples.
- **Basic stitches** – Tucking, Running stitches, Back stitch, Hemming, Button hole stitch
- **Seams**- Plain seams, French seams, Counter seams, Lapped seam.
- **Processes**- Gathers into a band.
- Pleats
- Darts
- Placket Opening, Continuous ad two pieces
- Tucks
- Embroidery Stitches
- Knitting
- Tie and dye technique
- Stain removal

Lesson plan for BA for the session 2024-25

Subject : Home Science

Class : BA Vth Sem.

July 2024

- **Food :-** Classification & functions of food, food group
- **Food Constituents: -** Carbohydrates, protein, fats, water, source, Functions, recommendation daily allowances, effects or deficiency and excess of these food constituents.

August 2024

- **Vitamins :-** A, D, C, B, B₂, Niacin
- **Minerals: -** Calcium, Phosphorus & Iodine.

Importance and methods of cooking on.

- **Moist Heat :-** Roasting, Stewing, steaming
- **Dry Heat :-** Roasting, Grilling, Baking
- **Frying :-** Shallow and Deep
- Microwave cooking in brief
- **Class test :-** Methods of cooking

September 2024

- Water
- Dietary Fiber
- Balance Diet
- Methods of enhancing nutritive value of food stuffs.

October 2024

- **Assignment:-** Meal planning
- Meal Planning of children, School going child, Adolescents, Adults, Pregnant women and Lactating mother

November : 2024

- Food preservation: Importance, Causes of food spoiling, food preservation with special emphasis on house hold methods.
- Revision of all syllabus
- Preparation of various dishes : Beverages, Soups, Desserts, Snacks, Salads, Main Meal

Practical

- Preparation of various dishes :
 - Beverages, Soups
 - Desserts
 - Snacks
 - Salads
 - Breakfast dishes