SNRL JAI RAM GIRLS COLLEGE LOHARMAJRA KURUKSHETRA

BA 2nd SEMESTER

Lesson Plan
Name: Dr.Sarojini Jamadagni
Subject: Home Science
Lesson Plan**: FEBRUARY TO MAY 2023**

Session (2022-2023)

HEALTH AND HYGIENE

FEBRUARY

Health and Hygiene-Personal hygiene, Definition of health and actors al

it-food habits, cleanliness, exercise and sleep.

Water-Importance of water, impurities present in water, sound

contamination of water and water purification (Household and Natural Ne

First aid : meaning, importance in daily life.

Practical

Cleaning & polishing of - Brass, Copper, Silver, Aluminum. Steel, Leather, Wood,

and Glass articles.

MARCH

Infection

(i) Definitions of Infection, Infective agents. Period of infectivity

(ii) Types of diseases and their modes of spread.

(ili) Channels of infection

Practical

Preparation of polishes for (i) Wood (ii) Leather.

Preparation of two articles of interior decoration.

APRIL

Doctants. Defintion, types and methods of disinfection.

fectious diseases. Causes, incubation period, mode of spread. symptoms

Neotion& control of the following diseases :

Dieses spread by insects-Malaria, Dengue.

Diseases spread by ingestion-Dysentery, Cholera, Typhoid.

Practical

Immunization Schedule Survey in PHC and local hospitals.

MAY

Diseases spread by droplet infection-Chicken pox, Measles, Mumps.

Disease spread by Contact Leprosy, AIDS

lmmunity Definition, types of immunity & immunization schedule.

vt Common emerging health problems among women: Cancer of Breast and Cervical

Practical

Acquaintance with First aid techniques

SNRL JAI RAM GIRLS COLLEGE LOHARMAJRA KURUKSHETRA

BA 4th SEMESTER

Lesson Plan
Name: Dr.Sarojini Jamadagni
Subject: Home Science
Lesson Plan **FEBRUARY to MAY 2023 (SESSION 2022 -2023)**

CLOTHING AND TEXTILE

FEBRUARY

A. Introduction to traditional Textiles of India with Names and Origin.

B. Definition and Classification of Fibre

Practical

Taking Body Measurements.

MARCH

Manufacture and Properties of Different Fibers: Cotton, Silk, Polyester, Rayon

Soaps and Detergents, Starches, Blues and Bleaches.

A Meaning and Objectives of Application of Finishes,

B. Different types of Finishes-Calendering Bleaching, Sizing, Mercerizing.

Practical

Drafting the following:

a Child's Bodice Block and its Adaptation to a Gathered Frock.

b. Adult's Bodice Block and its Adaptation to their Choice Garments

c. Drafting of Salwar or Petticoat, Blouse/Mighty and Kameez.

C. Drafting and Stitching of Following Garments :

a Frock Gathered with Sleevs (3 to 8 years old)

ARRIL

Meaning and Objectives of Application of Finishes,

Different types of Finishes-Calendering Bleaching, Sizing, Mercerizing.

Practical

Drafting of Salwar or Petticoat, Blouse/Mighty and Kameez.

Drafting and Stitching of Following Garments :

Frock Gathered with Sleevs (3 to 8 years old)

MAY

Preshrinking Crease Resistant, Dyeing and Printing.

Basic Weaves-Plain, Twill, Satin and their Variations.

Laundry and Reagents, Acids Alkalis Solvents and Absorbents,

Stain Removal-Classification of Stains, Methods of Removing Different Types of Stain.

Practical

Drafting and Stitching of Following Garments :

Salwar or Petticoat (any one)

Kameez or Nighty/Blouse (any one)

SNRL JAI RAM GIRLS COLLEGE LOHARMAJRA KURUKSHETRA
BA 6th SEMESTER

Lesson Plan
Name: Dr.Sarojini Jamadagni
Subject: Home Science
Lesson Plan**: FEBRUARY TO MAY 2023**

(SESSION 2022-2023)

HUMAN DEVELOPMENT

FEBRUARY

Child Psychology : Definition, aims, subject matter, objectives of studying.

Learning : Meaning, importance, method of learning, factors affecting learning.

Intelligence : Definition, Measurement of intelligence.

PRACTICAL:Preparation of various dishes under following heads using different methods of cooking

- Desserts

Snacks-Using the methods of baking, frying, grilling

.. Preparation of various dishes under following heads using different methods of cooking

Salad and Salad Dressing-Indian and Continental

MARCH

Personality Development : Definitions, types and factors affecting the development of personality.

Play : Definition, features and types of play. Difference between work and play.

Importance of play in childhood.

Stages of the development of the child, characteristics of :

Infancy

Childhood teacher

Adolescence Problems of an adolescent child, role of parents and teacher

is soling them

PRACTICAL

Preparation of various dishes under following heads using different methods of

cooking

Salad and Salad Dressing-Indian and Continental

APRIL

The Expectant Mother:

Sign of pregnancy

Discomforts of pregnancy

Care of expectant mother in brief

effects of an early marriage

Care of new born infants Bathing, clothing and hygiene during infancy. Feeding

of an infant : Breastfeeding verses Artificial feeding

Weaning : Meaning and importance, method of weaning.

PRACTICAL

Packed Lunch and Picnic Lunch

Food Preservation-Pickle, Chutney, Jam, Squash, Morrbba (at least 2 each)

MAY

I). Common ailments of childhood:

Cold nigd Rover

Digestive disturbances-Diarrhoea, Constipation and Vomiting.

Skin Infection-prickly heat, allergy

Convulsions

PRACTICAL

Party Dishes and their presentation with table setting.

Micro Wave Cookery.