



**SOPHIA GIRLS' COLLEGE, AJMER  
(AUTONOMOUS)**

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**SOPHIA GIRLS' COLLEGE, AJMER  
(AUTONOMOUS)**



**Lesson Plan**

Submitted by : Ruchi Mathur(Lecturer)

Department of Home science

**(Batch)  
2017-18**

**FOR  
BACHELOR OF ARTS/HONS**

**Semester – I to VI**

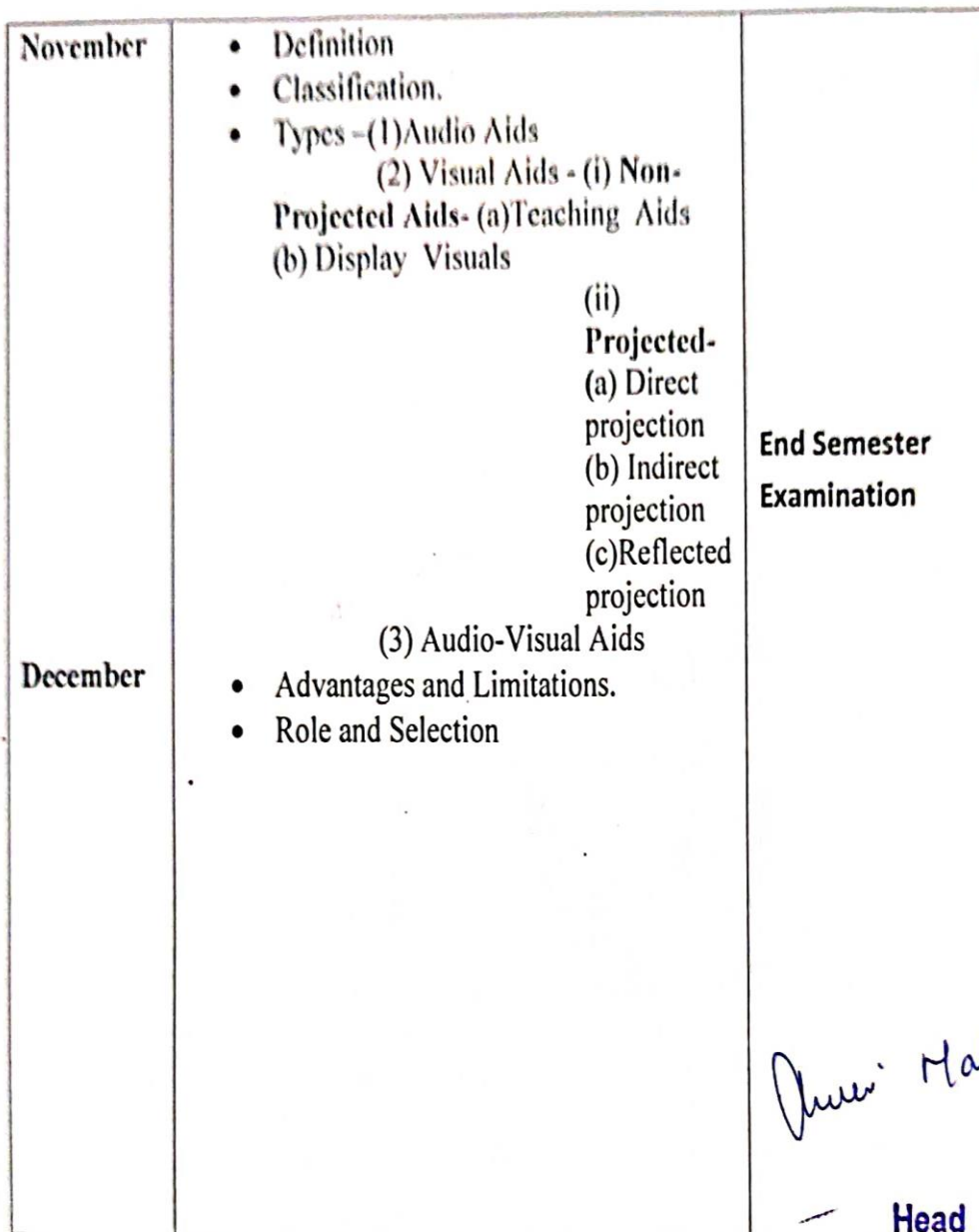


**(SEMESTER – III)**

**PAPER II**

**(H. Sc 302) Extension Education and Communication**

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
	<b>UNIT I</b>	
July	<b>1. . Home Science-</b> <ul style="list-style-type: none"> <li>• Meaning and Definition</li> <li>• Objectives and scope</li> <li>• Areas of Home Science</li> <li>• Objectives and scope of each discipline</li> </ul>	❖ On the Spot LearninOpen Book Test ❖ Group Learning
August	<b>2. Extension Education-</b> <ul style="list-style-type: none"> <li>• Meaning and definition education , Extension and Extension Education</li> <li>• Types of Education</li> <li>• Principles of Extension Education</li> <li>• Elements of Extension Education</li> </ul>	
	<b>UNIT II</b>	
September	<b>3. Communication-</b> <ul style="list-style-type: none"> <li>• Meaning and definition</li> <li>• Types</li> <li>• Methods, Barriers and Problems in communication</li> <li>• Importance and scope of communication in development.</li> </ul>	Assignments  Power Point Presentations
October	<b>4. Communication Process-</b> <ul style="list-style-type: none"> <li>• Concept and Importance in Communication Process.</li> <li>• Elements of Communication Process and their characteristics</li> </ul>	Multiple Choice Question' Test
	<b>UNIT III</b>	
	<b>5. Media of Communication-</b>	C I A



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**(SEMESTER –V)**

**PAPER II**

**(H. Sc 502) )Family Resource Management**

<b>MONTH</b>	<b>COURSE CONTENT</b>	<b>TEACHING PEDAGOGY</b>
<b>January</b>	<p align="center"><b>UNIT I</b></p> <ol style="list-style-type: none"> <li>Home Management – <ul style="list-style-type: none"> <li>Definition of Home Management</li> </ul> </li> <li>Factors Motivating Management – <ul style="list-style-type: none"> <li>Values , Goals and Standards – Meaning , types and characteristics</li> </ul> </li> <li>Management Process – <ul style="list-style-type: none"> <li>Decision Making- Importance, Steps in decision and factors influencing Decision making</li> <li>Planning, controlling and Evaluation – Meaning, types and Steps in Management.</li> </ul> </li> </ol>	<p><b>Power Point Presentations</b></p> <p><b>Multiple Choice Question' Test</b></p>
<b>Februay</b>	<p align="center"><b>UNIT II</b></p> <ol style="list-style-type: none"> <li>Resources – <ul style="list-style-type: none"> <li>Classification, Characteristics and factors effecting resource selection.</li> </ul> </li> <li>Time Management – <ul style="list-style-type: none"> <li>Tools in time management – Time Cost, Time Norm and Time Pattern.</li> <li>Peak Loads, Work</li> </ul> </li> </ol>	<b>Assignments</b>





<p><b>March</b></p>	<p>Curves and Rest Periods.</p> <ul style="list-style-type: none"> <li>• Management Process applied to Time Management.</li> </ul> <p>6. Energy Management-</p> <ul style="list-style-type: none"> <li>• Work Simplification.</li> <li>• Fatigue- Meaning and Types, ways to overcome it.</li> </ul> <p><b>UNIT III</b></p> <p>. Wants- Definition, Classification, Characteristics and factors influencing wants.</p> <p>8. Family Income and money management</p> <ul style="list-style-type: none"> <li>• Meaning, types of income.</li> <li>• Budget Making- Meaning and Steps in making a Family Budget.</li> </ul>	<p><b>Open Book Test</b> ❖ <b>Group Learning</b></p> <p>❖ <b>CIA</b></p>
<p><b>April</b></p>	<p>9. Market – Definition, Types Brief description of Retail and Wholesale markets.</p>	<p><b>Practicals</b></p> <p><b>End Semester Examination</b></p>
<p><i>Sr Pearl</i> <b>PRINCIPAL</b> <b>SOPHIA GIRLS' COLLEGE</b> <b>(AUTONOMOUS)</b> <b>AJMER</b></p>		<p><i>Chandni Mathur</i> <b>Head</b> <b>Department of Home Science</b> <b>Sophia Girls' College</b> <b>(Autonomous) Ajmer</b></p>



**(SEMESTER – IV)**

**PAPER II**

**(H. Sc 402) Fundamentals of Foods and Nutrition**

<b>MONTH</b>	<b>COURSE CONTENT</b>	<b>TEACHING PEDAGOGY</b>
<b>January</b>	<p align="center"><b>UNIT I</b></p> <p>1. Definition of terms –</p> <ul style="list-style-type: none"> <li>• Food, Nutrition, Nutrients and Dietetics.</li> <li>• Functions of food</li> <li>• Classification based on functions, nutrients and perishability,</li> <li>• Methods of food preparation with their advantages and limitations,</li> <li>• Methods used to conserve and enhance the nutritive value of food.</li> </ul>	<p><b>Open Book Test</b> ❖ <b>Group Learning</b></p>
<b>February</b>	<p align="center"><b>Unit - II</b></p> <p>2. A brief knowledge of the composition, classification, functions, deficiencies, sources and requirements of the following macronutrients:</p> <p>Proteins</p> <ul style="list-style-type: none"> <li>• Carbohydrates</li> <li>• Fat</li> <li>• Water</li> <li>• Dietary fibre</li> </ul>	
<b>March</b>	<p align="center"><b>Unit - III</b></p> <p>3. A brief knowledge and the nutritional importance, functions, deficiencies, sources and requirements of the following micronutrients:</p> <ul style="list-style-type: none"> <li>• Fat Soluble vitamins –</li> </ul>	<p align="center"><b>C I A</b> <b>Assignments</b></p> <p align="center"><b>Multiple</b></p>



April	<p>A,D,E and K</p> <ul style="list-style-type: none"><li>• Water Soluble vitamins – Vit. C, Thiamine, Riboflavin, Niacin, Folic Acid and Vit.B6 Vit. B12</li><li>• Minerals – Calcium, Phosphorous, Iron, Iodine.</li></ul>	<p>Choice Question' Test</p> <p>Practicals</p> <p>End Semester Examination</p>
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**(SEMESTER – VI)**

## PAPER II

**(H. Sc 602) Housing and Interior Designing**

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
January	<p style="text-align: center;"><b>UNIT I</b></p> <ol style="list-style-type: none"> <li>House Designing - <ul style="list-style-type: none"> <li>Housing needs.</li> <li>Division of space on basis of activity.</li> </ul> </li> <li>Factors governing the house plans: Selection of site, Orientation, Income, Socio-Economic Status, Stage of family life cycle, Grouping of rooms, Functionalism, Circulation within and between the rooms, Flexibility etc.</li> <li>Kitchen Planning- Types, Workplace (Center Concept), Storage</li> </ol>	<p><b>Power Point Presentations</b></p> <p><b>Multiple Choice Question' Test</b></p>
Februay	<p style="text-align: center;"><b>UNIT II</b></p> <ol style="list-style-type: none"> <li>Interior Decoration- <ul style="list-style-type: none"> <li>Design : Meaning and types</li> <li>Objectives of Interior decoration.</li> </ul> </li> <li>Principles of Art and their application in Interior decoration <ul style="list-style-type: none"> <li>Balance.</li> <li>Proportion</li> <li>Harmony</li> <li>Rhythm</li> <li>Emphasis</li> </ul> </li> <li>Elements of art and their application in interior decoration <ul style="list-style-type: none"> <li>Lines</li> <li>Texture</li> </ul> </li> </ol>	<p><b>Assignments</b></p> <p><b>C I A</b></p> <p><b>Open Book Test</b> ❖ <b>Group</b></p>



	<ul style="list-style-type: none"><li>Form</li></ul> Pattern and Color	Learning
	UNIT III	
March	<ul style="list-style-type: none"><li>7. Furniture-<ul style="list-style-type: none"><li>Selection and principles of arrangements.</li></ul></li></ul>	Practicals
	8. Furnishings: Selection of curtains, carpetsss and other furnishing material.	
April	9 .Accessories - Lighting Their selection and care.	End Semester Examination

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