



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



Lesson Plan

Submitted by : Shweta Sharma (Lecturer)

Department of Home science

**(Batch)
2016-17**

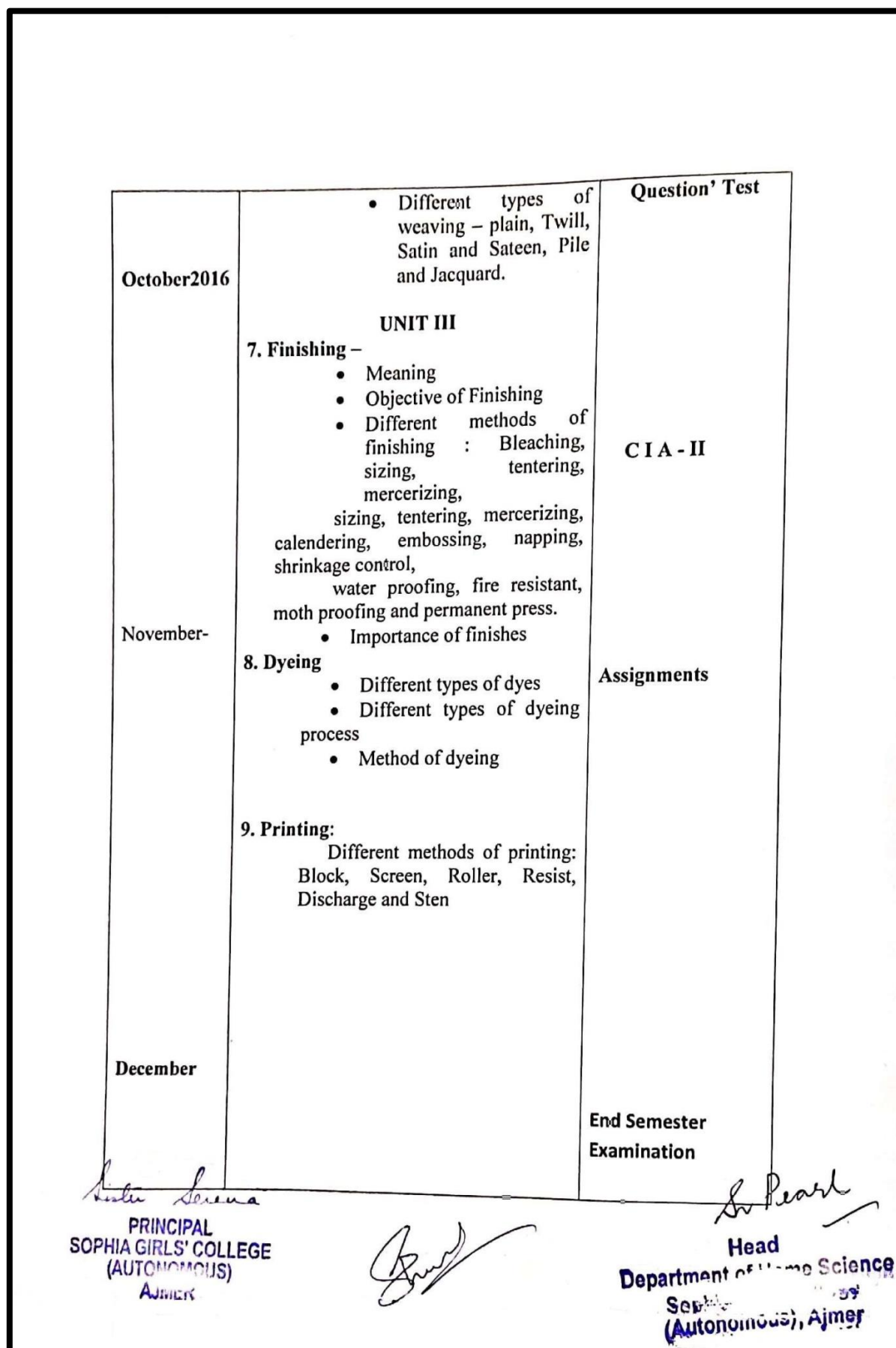
**FOR
BACHELOR OF ARTS/HONS**

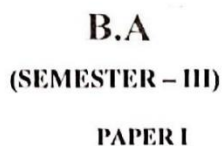
Semester – I to VI



B.A
(SEMESTER – I)
PAPER II
(H. Sc 102) Introduction to Textiles

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July – August 2016	<p style="text-align: center;">UNIT I</p> <p>1. Textile Fibres:</p> <ul style="list-style-type: none"> • Classification of Textile Fibres. • General properties of Textile Fibres. <p>2. Natural Fibers:</p> <ul style="list-style-type: none"> • Origin, • Manufacture, properties their importance to consumer • Storage of Cotton, Linen, Silk Wool. <p>3. Man-made Fibres:</p> <ul style="list-style-type: none"> • Properties, their importance to consumer • Storage of Rayon, Nylon, Polyester, Orlon. 	<p>❖ Open Book Test ❖ Group Learning</p> <p>C I A -I</p> <p>Oral Test</p>
September 2016	<p style="text-align: center;">UNIT II</p> <p>4. Construction of Yarn and Fabric: Meaning of Weaving, Knitting, Felting, Warp, Weft selvedge, and count of cloth</p> <p>5. Yarn construction</p> <ul style="list-style-type: none"> • Different methods of spinning • Different types of yarns. <p>6. Weaving –</p> <ul style="list-style-type: none"> • Loom and its parts. • Elementary Knowledge of traditional weaving 	<p>Multiple Choice</p>





MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July	<p>UNIT I .Introduction:</p> <ul style="list-style-type: none"> • Meaning, Definition ,Scope and importance of human Development. <p>2.Meaning and Principles of growth and Development:</p> <ul style="list-style-type: none"> • Factors affecting Development— Heredity,Environment,prenatal and postnatal factors <p>3. Physical Development :</p> <ul style="list-style-type: none"> • Birth to Puberty <p>4.Motor Development: Reflexes of the new born, sequence of motor development,motorskills,handedness.</p>	<p>❖ On the Spot Learning</p>
August	<p>UNIT II 5 Speech Development:</p> <ul style="list-style-type: none"> • Speech and Language, • pre speech forms of communication,stages in speechdevelopment, • bilingualism, 	<p>Open Book Test ❖ Group Learning</p>





	<ul style="list-style-type: none"> speech disorders and speech defects. 	Assignments
September	<p>6.Cognitive Development : cognition cognitive abilities in childhood</p> <p>7.Play :</p> <ul style="list-style-type: none"> Meaning Value and Characteristics and kinds of play. <p>8.Creativity:</p> <ul style="list-style-type: none"> Meaning and Development, Creative activities during childhood. 	C I A –I
October		
November	<p>.UNIT III</p> <p>9.Personality Development – Meaning Definition Types of personality and its determinants.</p> <p>10. Moral Development-</p> <ul style="list-style-type: none"> Meaning,Development of morality <p>11.Discipline:</p> <ul style="list-style-type: none"> Meaning and Essentials,Parental disciplinary techniques and their effects. 	C I A –II
December	<p>12. Emotional development:</p> <ul style="list-style-type: none"> characteristics of children's emotions, different types of emotions and their development during childhood. <p>13. Social Development:</p> <ul style="list-style-type: none"> meaning and process of social development and socialization, agents of socialization, social adjustment, social acceptance 	End Semester Examination

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B.A
(SEMESTER – III)

PAPER II

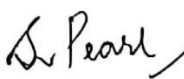
(H. Sc 302) Extension Education and Communication

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



November	<ul style="list-style-type: none">• Definition• Classification.• Types –(1)Audio Aids (2) Visual Aids - (i) Non-Projected Aids- (a)Teaching Aids (b) Display Visuals (ii) Projected- (a) Direct projection (b) Indirect projection (c)Reflected projection	End Semester Examination
December	<ul style="list-style-type: none">• Advantages and Limitations.• Role and Selection	


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B A III year
HOME SCIENCE
PAPER-I:Extension Education and communication

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July-	UNIT_1 1.HomeScience i) Meaning ,Definition ii)Objectives and scope iii) Areas of Home Science- Objectives and scope of each area education	❖ On the Spot Learning
August	2.Extension Education i) Meaning and Definition of Education, Extension and Extension Education ii) Philosophy of Extension Education iii) Principles of Extension Education iv) Basic Elements of Extension Education 3.Community Development i) Meaning and Definition of Community, Development and Community Development ii) Objectives and Principles of Community Development iii) Scope and Organizational Set up of Community Development iv) Extension Programmes in India v) Ongoing National, Rural and Urban Development Programmes for women and Children- DWRCA, ICDS, WDP, KVK, NREP, SGSY, RCH etc. vi) Role of NGO's in Development Effort- CAPART, CHETNA, CARE, SEWA & others. vii) Panchayati Raj in India – Concept, Objectives and Structural Organization.	Open Book Test ❖ Group Learning Assignments Practicals Power Point Presentations Practicals Multiple Choice



	UNIT II	Question' Test
Septmber-	4. Communication – i) Meaning and Definition ii) Types iii) Methods, Barriers and Problems in Communication iv) Importance and Scope of Communication in Development	
October	5. Communication Process – i) Concept and Importance in Communication Process ii) Elements of Communication Process and their Characteristics 6. Media of Communication i) Definition ii) Role and Selection iii) Classification iv) Types- a) Non- Projected Communication aids. b) Projected and Electronic Communication aids.	
November	Advantages and Limitations	
-	UNIT III	
December	7. Extension Approaches/Methods- Individual/ Group/Mass 8. Community Development Programme Approach- -Multipurpose- Growth Centered- Minimum Needs -Integrated- Target group- Area- Antyodaya	
January	9. Approaches and Methods of Socio-Economic Analysis -Rapid Rural Appraisal- Survey- Participatory Rural Appraisal	

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**COURSE PLAN 2016-17 MRS SHWETA SHARMA**



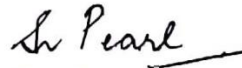
Septmber-	<ul style="list-style-type: none"> • b) Obstracts to the improvement of management • c)Factors motivating management: Values,Goals and Standards(Definition,meaning,t typesCharacteristics and interrelationship. <p>5. management process;</p> <ul style="list-style-type: none"> • Meaning, definition,Advantages and limitations, steps of management,steps of management process(Planning,Organizing,C ontrolling and evaluation). <p>6. Decision making:</p> <ul style="list-style-type: none"> • Importance and steps involved in decision making process. <p>7.Resources:</p> <ul style="list-style-type: none"> • Types,Characteristics, classification and factors affecting resources. • i)Time and Energy management ii)steps in making time plan • iii)Body mechanics • iv)Work Simplification • v)Fatigue-Types and ways to overcome fatigue <p>8.Functional designing of Kitchen-</p> <ul style="list-style-type: none"> • Types,work place,(centre concept) <p>UNIT III</p>	
October	<p>9.House Decoration</p> <ul style="list-style-type: none"> • a)The modern familyand its housing needs • b)Effects of housing on family life and activities. • c)Devison of space on basis of activities • d)Factors governing the house plans:Selection of Site,Orientation,Income,Socio-economic,status stage of family life cycle,Occupation,activities of the family members,room orientation,grouping of rooms,functionalism. 	
November	<p>10.Interior Decoration</p>	



December	<ul style="list-style-type: none">• i)Design:meaning and types• ii)Objectives of interior decoration• iii)Principles of designs,theirapplication in Interior decoration:Balance,Proportion, Harmony,Rhythm,emphasis• iv)Elements of Arts theirapplication in Interior decoration:Lines,texture,form,pattern and colour.	
January	<ul style="list-style-type: none">• v)Furniture- selection and principles of arrangement.• vi)Furnifhing, selection of curtains, carpets and other furnishing material.	
February		


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B.A
(SEMESTER – II)

PAPER II

(H. Sc 202)Textiles care and clothing construction


MONTH	COURSE CONTENT	TEACHING PEDAGOGY
January	<p style="text-align: center;">UNIT I</p> <p>1. Selection of fabric for various uses in the Home:</p> <ul style="list-style-type: none"> Garments (for children, women and men) Household linen & furnishing: bed sheets, curtains, carpets, towels etc. by keeping in view the following factors: Climate, comfort, utility, occasion, personality, budget, fibre weave, finish, colour and design activity, age & sex. <p>2. Clothing Construction¹</p> <ul style="list-style-type: none"> Fundamentals of Clothing Construction – terms used in clothing construction. Equipments: Measuring, marking, cutting, stitching, Sewing Machine – types, parts, care, handling and problems 	<p>❖ On the Spot Learning</p> <p>Open Book Test</p> <p>❖ Group Learning Assignments</p>
Februay	<p style="text-align: center;">UNIT II</p> <p>3. Laundry-</p> <ol style="list-style-type: none"> Laundry principles and methods Laundry equipment – for washing, drying Water – soft and hard water, methods of making water soft for Laundry purpose 	<p>C I A -I</p> <p>Multiple Choice</p>



		Question' Test
March	4 a. Soap – manufacturing process of soap qualities of good soap b. Detergents- Importance and use c. Other agents used for washing. UNIT III 5. Stiffening agent – Types and uses 6. Bleaches – types and uses 7. Grease solvents and absorbents, Softeners 8. Stain removal – Meaning, classification and methods of removal 9. Care, storage, Mending and renovation of garments	
April		C I A -II Textiles Practicals End Semester Examination


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B.A
(SEMESTER – IV)

PAPER I

(H. Sc 401) Life Span Development

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
January	<p style="text-align: center;">UNIT I</p> <p>1. Behavioural Problems in children: Thumb sucking, nail biting, enuresis(Bed wetting), temper tantrum, telling lies, shyness, and aggressiveness.</p> <p>2. Adolescence: changes, conflicts, interests, adjustments.</p> <p>3. Adulthood:</p> <ul style="list-style-type: none"> Characteristics and changes 	<p>❖ On the Spot Learning</p>
February	<p style="text-align: center;">UNIT - II</p> <p>4. Styles of Living Arrangement</p> <p>a) Singlehood – reasons, advantages and disadvantages</p> <p>b) Co – Living / Living – in-relationships – reasons, advantages and disadvantages</p> <p>c) Marriage:</p> <ul style="list-style-type: none"> Definition, meaning and goals of marriage. Types and forms of marriage Factors influencing mate selection Dating, Courtship and Engagement- Meaning & objectives <p>5 (a).Adjustments in Marriage: meaning, factors affecting</p>	<p>Open Book Test</p> <p>❖ Group Learning</p> <p style="text-align: center;">CIA – I</p>



March	<p>marital adjustment and major areas of adjustment (b). Marriage counseling- meaning, need & importance</p> <p>UNIT- III</p> <p>6. Family -Definition & Meaning</p> <ul style="list-style-type: none"> • Functions of family and changing trends. • Types of family • Social problems and their impact on family relations - child marriage, widowhood, remarriage & extra marital relations, broken family and single parenthood. • Breakup of family- division, separation • Changing trends in family structure and roles. 	CIA – II
April	<p>7. Old age:</p> <ul style="list-style-type: none"> • Characteristics • Attitudes and changes • Problems and adjustment. 	<p>Assignments</p> <p>Practicals</p> <p>End Semester Examination</p>

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**B.A
(SEMESTER – IV)**


PAPER II


(H. Sc 402) Fundamentals of Foods and Nutrition

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
January	<p style="text-align: center;">UNIT I</p> <p>1. Definition of terms –</p> <ul style="list-style-type: none"> • Food, Nutrition, Nutrients and Dietetics. • Functions of food • Classification based on functions, nutrients and perishability, • Methods of food preparation with their advantages and limitations, • Methods used to conserve and enhance the nutritive value of food. 	<p>Open Book Test ❖ Group Learning</p> <p>Power Point Presentations</p>
February	<p style="text-align: center;">Unit - II</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"> • Carbohydrates • Fat • Water • Dietary fibre 	<p>C I A-I Assignments</p> <p>Multiple Choice Question' Test</p> <p>Practicals</p>
March	<p style="text-align: center;">Unit - III</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"> • Fat Soluble vitamins – 	<p>C I A-II</p>



April	<p>A,D,E and K</p> <ul style="list-style-type: none">• Water Soluble vitamins – Vit. C, Thiamine, Riboflavin, Niacin, Folic Acid and Vit.B6 Vit. B12• Minerals – Calcium, Phosphorous, Iron, Iodine.	End Semester Examination
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