



SOPHIA GIRLS' COLLEGE, AJMER
(AUTONOMOUS)

Mrs. Shweta Sharma

Lecturer,

Department of Home Science



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



Lesson Plan

Submitted by : Shweta Sharma (Lecturer)

Department of Home science

**(Batch)
2017-18**

**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>
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>Oral Test</p> <p>Multiple Choice Question' Test</p>



October 2016	<ul style="list-style-type: none"> Different types of weaving – plain, Twill, Satin and Sateen, Pile and Jacquard. 	
	<p align="center">UNIT III</p> <p>7. Finishing –</p> <ul style="list-style-type: none"> Meaning Objective of Finishing Different methods of finishing : Bleaching, sizing, tentering, mercerizing, sizing, tentering, mercerizing, calendering, embossing, napping, shrinkage control, water proofing, fire resistant, moth proofing and permanent press. Importance of finishes <p>8. Dyeing</p> <ul style="list-style-type: none"> Different types of dyes Different types of dyeing process Method of dyeing <p>9. Printing:</p> <p>Different methods of printing: Block, Screen, Roller, Resist, Discharge and Sten</p>	<p align="center">CIA - I</p> <p align="center">Assignments</p>
November-		
December		<p align="center">End Semester Examination</p>

Sr Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

[Signature]

Anur Hattori
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer



**B.A
(SEMESTER – III)**

PAPER I

(H. Sc 301) Introduction to Human Development

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July	UNIT I 1. Introduction: Meaning, Definition, Scope and importance of human development.	❖ On the Spot Learning
August	2. Meaning and principles of growth and development: Factors affecting development - heredity, environment, prenatal and post natal factors. 3. Physical Development: Birth to Puberty.	
September	UNIT II 4. Motor Development: Reflexes of the new born, sequence of motor development, Motor skills, handedness 5. Speech development: Speech and Language, pre speech forms of communication, stages in speech development, bilingualism, speech disorders and speech defects. 6. Cognitive development: Cognition, Cognitive abilities in childhood. 7. Personality Development: Meaning, Definition, types of personality and its determinants.	Open Book Test ❖ Group Learning
October	UNIT III 8. Moral Development: Meaning, development of morality .Parental disciplinary techniques and their effect. 9. Emotional development: characteristics of children's emotions, different types of emotions and their	CIA –I Assignments



November	development during childhood. 10. Social Development: meaning and process of social development and socialization, agents of socialization, social adjustment, social acceptance.	End Semester Examination
December		

Sr. Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

[Signature]

Anu Mathur
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer



B.A.
(SEMESTER – V)

PAPER I

(H. Sc 501) Nutritional Management in Health and Disease

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July	UNIT- I 1. Energy Metabolism: Unit of Energy, Concept of Basal metabolic Rate, Factors affecting energy requirement for different categories according to work, physiological state etc.	Open Book Test ❖ Group Learning
August	2. Five -Food Group System: Description, importance in meal planning, concept of Balanced Diet, Selection of foods based on Five Food Group System	❖ Assignments
September	UNIT – II 3. Meal Planning: (i) Concept of Recommended dietary allowances of nutrients for various age groups. (ii) Recommended dietary allowances of nutrients for various age groups. (ii) Advantages of meal planning and factors to be considered while planning meals. (iii) Meal planning for different age groups and vulnerable groups. 4. Diet Therapy: • Definition • Principles and Purpose of diet therapy • Factors to be considered	Power Point Presentations Multiple Choice Question' Test



October	<p>while planning therapeutic diet.</p> <ul style="list-style-type: none"> • Routine hospital diet • Special feeding methods – Tube feeding, Parenteral feeding <p>UNIT - III</p> <p>. Therapeutic Nutrition:</p> <p>(i) Causes, symptoms and diet modification in:</p> <p>(a) Constipation and diarrhea</p> <p>(b) Overweight and underweight</p> <p>(c) Acute fevers</p> <p>(d) Diabetes</p> <p>(e) Hypertension</p> <p>(f) Cardiovascular Disease</p>	<p>C I A</p> <p>Final practicals</p>
November		End Semester Examination
December		

Sr Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

[Signature]

Annu Mathur
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer



**B.A
(SEMESTER – II)**

**PAPER II
(H. Sc 202)Textiles care and clothing consturction**

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 ❖ 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>Multiple Choice Question' Test</p>



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

Sr Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

[Signature]

Anshu Mathur
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer



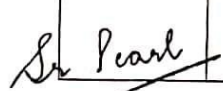

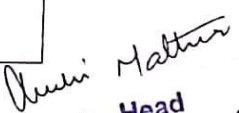
B.A
(SEMESTER – IV)

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>
Februay	<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) Marriage:</p> <ul style="list-style-type: none"> • Definition, meaning and goals of marriage. • Types and forms of marriage • Factors influencing mate selection <p>5(a).Adjustments In Marriage: meaning, factors affecting marital adjustment and major areas of</p>	<p>Open Book Test</p> <p>❖ Group Learning</p>



	adjustment (b). Marriage counseling-meaning, need & importance	CIA – II Assignments
March	5 (a).Adjustments in Marriage: meaning, factors affecting marital adjustment and major areas of adjustment (b). Marriage counseling-meaning, need & importance UNIT- III 6. Family -Definition & Meaning <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.	
April	7. Old age: <ul style="list-style-type: none">• Characteristics• Attitudes and changes• Problems and adjustment.	Practicals End Semester Examination
 PRINCIPAL SOPHIA GIRLS' COLLEGE (AUTONOMOUS) AJMER		 Head Department of Home Scien. Sophia Girls' College (Autonomous), Ajmer



**B.A
(SEMESTER – VI)**

PAPER I

(H. Sc 601) Extension Education and Family Welfare

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July	UNIT- I . Community Development: <ul style="list-style-type: none"> • Meaning and Definition of Community, Development and Community Development. • Objectives and Principles of Community Development 	❖ On the Spot Learning
August	2 Scope and Organizational set up of Community Development	
September	UNIT – II 3 .Extension Programmes in India- <ul style="list-style-type: none"> • National, Rural, and Urban development programmes for Women and children- DWCRA, ICDS, MID DAY MEAL PROGRAMME, WDP, KVK, NREP, SGSY, RCH etc • Role of NGOS in Developmental Effort- CAPART, CHETNA, CARE, SEWA and others 4. Extension Approaches /Methods- Individual, Group, Mass	Open Book Test ❖ Group Learning ❖ Assignments Practicals Power Point Presentations Practicals Multiple Choice



October	UNIT - III 5. Changes during Pregnancy 6. Common ailments during Pregnancy and their Management: morning sickness, heart burn, indigestion, constipation, cramps in the legs, sleeplessness, frequency of urination, odema, varicose veins 7. Toxemia of Pregnancy – symptoms, detection and care.	Question' Test C I A
November		Final practicals
December		End Semester Examination

Sr Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

[Signature]

Anu Mathur
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer

Sr Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER