

## Lesson Plan of Session: 2021-22

Name of the teacher: Mrs.Rekha

Subject: Home Science

Class: B.A. 1<sup>st</sup> semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment/ Test
1	September	Concept of Home Science and its scope Different Areas of Home Science		
2	October	Job opportunities in different Area of Home Science, Interior , decoration Elements of Arts		Test Elements of Art.
3	November	Interior decoration, Principles of Art, Interior decoration colour	Telant search competition Rangoli, painting, Art& carft workshop	Assignment Home Science Scope, Test opportunities in Home science
4	December	Arrangement of furniture in different rooms as of different rooms in house Flower Arrangements		Test Flower Arrangement

## Lesson Plan of Session: 2021-2022

Name of the teacher: Mrs.Rekha

Subject: Home Science

Class: B.A. 2<sup>nd</sup> semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment / Test
1	February	Health Education Health Hazods of Modern Age- Pollution Soil & Noise Pollution		Test upon Health Education
2	March	Health and Hygiene Water First Aid- Meaning & Importance in Daily life. Infection		Assignment test upon First aid
3	April	Disinfection Immunity Infectious diseases spread by insects and ingestion		Test about Immunity Assignment Disinfection
4	May	Infectious diseases spread by droplet infection & by contact common emerging Health Problems among women cervical cancer and Breast cancer		

## Lesson Plan of Session: 2021-22

Name of the teacher: Mrs.Rekha

Subject: Home Science

Class: B.A. 5<sup>th</sup> semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment / Test
1	September	Food, Carbohydrates, Protein, Fat and lipids Body building Nutrients ,minirts, Vitamins water ,Diet any fiber, Principles and method of cooking food . Method of Enhancing Food stuffs.		
2	October	Food Preservation, Balanced Diet, Meal Planning, Meal Planning for Children, Adolscence, Meal Planing for adults.		Test- Balanced Diet, and Meal Planning during Adolescence
3	November	Meal Planing for Pregnant women, Meal Planning for lactating mother Therapeutic adaptation of the normal diet	Telant search competition Rangoli, painting, Art& craft workshop	Assignment topic:- Principles and methods of cooking food.
4	December	Meal Planning in typhoid fever Meal Planning in Digestive disorders. Meal Planning in During diabetes mellitus Meal Planning during High blood Pressure.		Assignment- meal Plannings in during digestive disorders Test meal planningduring high blood pressure.

## Lesson Plan of Session: 2021-22

Name of the teacher: Mrs.Rekha

Subject: Home Science

Class: B.A. 6<sup>th</sup> semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment / Test
1	February	Child Psychology- Aims, Subject matter and objective, learning, intelligence		
2	March	Personality Development, Play , Stages of development.		Test Personality Development, Stages of Development
3	April	Stages of Development, care of the New Infant, Feeding of an Infant, The Expectant mother.		
4	May	Feeding of infant Common Atments of childhood.		Assignment Test Feeding of Infant Digestive Disturbance Diarrhoes, alergy

## Lesson Plan of Session: 2021-2022

Name of the teacher: Mrs.Rekha

Subject: Home Science

Class: B.A. 3<sup>rd</sup> semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment/ Test
1	September	The Cell The Skeleton System		Definition of Cell &Types of Cell
2	October	Digestive System The Circulatory System		
3	November	The Excretory System The Nervous System	Telant search competition Rangoli, painting, art & craft workshop	Explain the Nervous System
4	December	The Reproductive System The Endorine System		

## Lesson Plan of Session: 2021-2022

Name of the teacher: Mrs.Rekha

Subject: Home Science

Class: B.A. 4<sup>th</sup> semester

S. No.	Month	Topic/Chapter to be covered	Academic Activity to be organized	Topic of Assignment / Test
1	February	Traditional Textiles of India Classification of fibre Manufacture & properties of Cotton fibre		Fibre and their Classification.
2	March	Manufacture & Properties of silk fibre Manufacture & properties of Polyester fibre Man- Made fibre-Rayon Finishing of fabrics		Different types of Finishes. Write about silk fibre
3	April	Dyeing and Printing Basic Weaves Soap & Detergents Straches, Laundry Blue& Bleaches		Manufacturing of Soap & Detergents. Basic weaves.
4	May	Other Laundry Reagents Different Method of Laundry Classification & Removal of Stains		