

## LESSON PLAN (2024-2025)

**B.Sc. (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year**

### **Home and Interior Decor**

<b>Program Code</b>	<b>USHSC4</b>
<b>Course Code</b>	<b>24HSCS401D S01</b>

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	<ul style="list-style-type: none"><li>• Objectives of interior decoration</li><li>• Importance of elements of art in interior decoration</li></ul>
<b>August, 2024</b>	<ul style="list-style-type: none"><li>• Types of design- structural and decorative and its application</li></ul>
	<ul style="list-style-type: none"><li>• Elements of art: line, form, texture</li><li>• Light, pattern, colour, space and its application in interior decoration</li></ul>
	<ul style="list-style-type: none"><li>• Principles of design: Rhythm, balance, proportion, emphasis, harmony and its application in interior decoration</li></ul>
<b>September, 2024</b>	<ul style="list-style-type: none"><li>• Color: color wheel, properties of color,</li></ul>
	<ul style="list-style-type: none"><li>• Psychological effect of color, color schemes and its application in the interior of a house.</li></ul>
	<ul style="list-style-type: none"><li>• Lighting : functions, types and requirement for various activities</li></ul>
	<ul style="list-style-type: none"><li>• Lighting fixtures in the home</li></ul>
<b>October, 2024</b>	<ul style="list-style-type: none"><li>• Furniture : Types of furniture,</li><li>• Furniture arrangement for different areas (bedroom, drawing room, dining room, kitchen)</li></ul>
	<ul style="list-style-type: none"><li>• Factors affecting the selection and purchase of furniture</li><li>• Care and maintenance of furniture</li></ul>
	<ul style="list-style-type: none"><li>• <b>Furnishings:</b> Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture)</li><li>• Wall treatment and its types</li></ul>
	<ul style="list-style-type: none"><li>• Window treatment and decoration</li><li>• Types of floor coverings.</li></ul>

<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• <b>Table setting and table manners:</b> Informal and formal table settings (buffet style, Indian and western style)</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Flower arrangement:</b> Different types of Flower arrangement.</li> </ul>
	<ul style="list-style-type: none"> <li>• Accessories used and points to be considered for flower arrangement.</li> </ul>
	<ul style="list-style-type: none"> <li>• Flower decoration for different occasions.</li> </ul>

### **B.Sc. (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year**

#### **Home and Interior Décor**

<b>Program Code</b>	<b>USHSC4</b>
<b>Course Code</b>	<b>24HSCS401DS01</b>

#### **Practical**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	<ul style="list-style-type: none"> <li>• Making a color wheel</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Preparing color schemes for different rooms manual/computer aided).</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Creating various art pieces using various types of materials and techniques: (Any two) <ul style="list-style-type: none"> <li>• Paper cutting/Paper flower</li> </ul> </li> </ul>

<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Creating various art pieces using various types of materials and techniques: (Any two)</li> <li>• Candle Making (wax/gel candle making)</li> <li>• Stone/ Tile/ Plate Painting</li> <li>• Gift wrapping/Greeting cards/Decorative envelopes</li> <li>• Shopping bags/decorative pouches</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Floor decoration: Alpana and Rangoli.</li> </ul>
	<ul style="list-style-type: none"> <li>• Pottery/bottle painting.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Table setting and napkin folding.</li> </ul>
	<ul style="list-style-type: none"> <li>• Flower arrangement</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

**B.Sc (H.Sc) Ist Semester Ist year**

**Name of Program: B.Sc. (Home Science)**

**Name of the Course: Nutrition Science**

**Program Code: USHSC4**

**Course Code: 24HSCS401DS02**

<b>Month</b>	<b>Syllabus</b>
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<b>July, 2024</b>	<ul style="list-style-type: none"> <li>Definition of Food, Food groups, Food Guide Pyramid, Nutrition, Nutrients, recommended dietary allowance, balanced diet, health, Malnutrition (over nutrition and under nutrition) reference man &amp; reference woman, functions of food.</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>Water: Functions and sources of water for human body,</li> </ul>
	<ul style="list-style-type: none"> <li>Dietary Fibre -Types, functions, sources &amp; requirement and health problems associated with excess and deficiency of fiber.</li> <li>Total Energy Requirement and factors affecting it.</li> </ul>
	<ul style="list-style-type: none"> <li>Carbohydrates: Classification, functions, sources &amp; requirement, effects of deficiency and excess (in brief).</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>Protein: Classification. functions, sources, requirement, excess and deficiency of proteins, protein quality.</li> </ul>
	<ul style="list-style-type: none"> <li>Fats/ Lipids: Classification, functions, sources</li> </ul>
	<ul style="list-style-type: none"> <li>Requirements and health problems associated with excess and deficiency of lipids</li> </ul>
	<ul style="list-style-type: none"> <li>Vitamins: Definition and classification of vitamins</li> </ul>
	<ul style="list-style-type: none"> <li>Difference between fat soluble &amp; water-soluble vitamins.</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>Fat soluble vitamins: Functions, sources, recommended dietary allowances of Vitamin A, D, E &amp; K</li> </ul>
	<ul style="list-style-type: none"> <li>Effects of excess &amp; deficiency (in brief) of Vitamin A, D, E &amp; K</li> </ul>
	<ul style="list-style-type: none"> <li>Water soluble vitamins: Functions, sources, recommended dietary allowances, Vitamin C, Vitamin B (any two)</li> </ul>
	<ul style="list-style-type: none"> <li>Effects of excess &amp; deficiency (in brief) of various water-soluble vitamins: Vitamin C, Vitamin B (any two)</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>Definition and Classification of minerals.</li> </ul>
	<ul style="list-style-type: none"> <li>Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Magnesium, Sodium and Potassium.</li> </ul>
	<ul style="list-style-type: none"> <li>Micro Minerals: Functions, sources and RDA, Effect of excess and low intake of Iron, Iodine, Fluorine &amp; Zinc.</li> </ul>

	<ul style="list-style-type: none"> <li>• Methods of cooking, Methods of enhancement of nutritional quality</li> </ul>

**B.Sc (H.Sc) Ist Semester Ist year**

**Name of Program: B.Sc. (Home Science)**

**Name of the Course: Nutrition Science**

**Program Code: USHSC4**

**Course Code: 24HSCS401DS02**

**Practical**

<b>Month</b>	<b>Syllabus</b>
<b>July,2024</b>	<ul style="list-style-type: none"> <li>• Controlling Techniques: Weights and measures,</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Standard and household measures for raw andcooked foods.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• To calculate and prepare nutrient rich recipes at least two: Energy ,Protein</li> </ul>
	<ul style="list-style-type: none"> <li>• To calculate and prepare nutrient rich recipes at least two: Iron,Calcium</li> </ul>

	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• To calculate and prepare nutrient rich recipes at least two: Vitamin A, Vitamin B Vitamin C</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Preparation of recipes involving sprouting, fermentation and supplementation</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

**B.Sc (H.Sc) Ist Semester Ist year**

**Name of Program: B.Sc. (Home Science)**

**Name of the Course: Art in Everyday Life**

**Program Code: USHSC4**

**Course Code: 24HSC401SE01**

**SKILL ENHANCEMENT COURSE**

<b>Month</b>	<b>Syllabus</b>
<b>July,2024</b>	<ul style="list-style-type: none"> <li>• Upcycling</li> <li>• Best out of waste</li> </ul>

<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Folder Making/card making</li> <li>• Soft toys making/Puppet making</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Mandala art/resin art/worli art/lipan art.</li> </ul>
	<ul style="list-style-type: none"> <li>• Dry flower arrangement and artificial flower making</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Stone painting/MGF wood painting/ Bottle decoration.</li> <li>• Tie and dye/Batik</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Candle making (wax and gel candle)</li> <li>• Envelope/Paper bag making/potli</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

**B.Sc. Home Science Semester III (2<sup>nd</sup> year)**

**301 Extension Education and Rural Development (Theory)**

Month	Syllabus
July,2024	Role of Extension Education in Agriculture development
August, 2024	Concept of Extension Education
	Meaning and Principles of Extension Education
	Philosophy and Objectives of Extension Education
September, 2024	Approaches of Extension
	Qualities and roles of Extension worker
	Non Projected Aids
	Role of Extension Education in Home Science
October, 2024	Rural and Community Development Programs (IRDP)
	NREP and ICDS



	TRYSEM ANP and SNP
	Program Planning
<b>November , 2024</b>	Role of Voluntary Organization
	Role of Home Science in Rural Problems
	Literacy and Poverty
	Revision and Discussion Test

**B.Sc. Home Science Semester III (2<sup>nd</sup> year)**

**301 Extension Education and Rural Development (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	Preparation of Chart
<b>August, 2024</b>	Selection of Topics for Poster
	Preparation of Poster
	Preparation of Poster
<b>September, 2024</b>	Leaflets
	Pamphlets
	Flash Card

	Preparation of Flash Card
<b>October, 2024</b>	Writing Story for Puppet
	Preparation of Puppets
	Preparation of Puppets
	File Making
<b>November , 2024</b>	Government Organization in action
	Voluntary Organization in Action
	File Checking
	File Checking

**B.Sc. (Home Science) III<sup>rd</sup> Semester, II<sup>nd</sup> Year**

**Introduction to Home Management-I (304) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	<ul style="list-style-type: none"> <li>Stages of family life cycles: beginning, expending and contracting</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>Introduction to Management Definition and Concept of Management</li> </ul>
	<ul style="list-style-type: none"> <li>Management process</li> </ul>
	<ul style="list-style-type: none"> <li>Importance of planning Types of plan</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>Controlling Energizing, Checking, Adjustment</li> </ul>
	<ul style="list-style-type: none"> <li>Evaluation Types, Techniques of self-evaluation</li> </ul>
	<ul style="list-style-type: none"> <li>Decision making Types of decisions</li> </ul>
	<ul style="list-style-type: none"> <li>Steps in decision making</li> <li>Factor affecting decision</li> </ul>

	<ul style="list-style-type: none"> <li>• Inter-relatedness of decisions</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly Test and Discussion</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Values: Introduction and classification</li> </ul>
	<ul style="list-style-type: none"> <li>• Goals: Definition and classification</li> </ul>
	<ul style="list-style-type: none"> <li>• Standards: Definition and classification</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly test and discussion</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Classification of resources</li> <li>• Factors affecting use of resources</li> </ul>
	<ul style="list-style-type: none"> <li>• Similarities among Resources</li> <li>• Time: steps in time plan</li> <li>• Tools and time plan and management</li> </ul>
	<ul style="list-style-type: none"> <li>• Energy management: energy cost and managing energy</li> <li>• Fatigue: types, effect and causes</li> </ul>

**B.Sc Home Science Semester-III**  
**Laundry science and finishing fabrics 305 (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	Laundry equipments
<b>August, 2024</b>	Uses of laundry equipments
	Stains, classification, method of removing stains
	Soaps manufacturing ,Test
<b>September, 2024</b>	Detergents ,types
	Stiffening agents
	Blueing agents
	Bleaching agents
	Other laundry agents ,Test

<b>October, 2024</b>	Storage of clothes, dry-cleaning of clothes
	Laundering and care of fabrics –cotton, silk, wool.
	Fabric finishes-importance of finishing.
<b>November , 2024</b>	Physical-singling, napping, sizing, tentering and calendring
	Chemical—bleaching,mercerizing and oil seeds
	Special purpose finishes—wrinkle resistant, water resistant, flame resistant
	Classification of dyes, Printing,styles Methods of printing-block printing,,roller printing,,stencil printing

**B.Sc Home Science Semester-III**  
**Laundry science and finishing fabrics 305 (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	Stain removal
<b>August, 2024</b>	Stain removal
	Removal of any ten stains
	File checking
<b>September, 2024</b>	Washing and finishing of cotton.
	Washing and finishing of salwar kameej, gents shirt
	Silk blouse, table cloth
	Starching of fabrics
	File checking
	Tie and dye technique

<b>October, 2024</b>	
	Article of tie and dye
	File checking
	Block printing, File checking
<b>November , 2024</b>	Article of block printing
	Stencil printing
	Article of stencil printing
	File checking.

**Lesson Plan of B.Sc Home Science Semester-III**  
**Food Science-I (307) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	Food technology
<b>August, 2024</b>	Food science and its applications
	Nutraceuticals
	Future foods, bio-fortification,Test
<b>September, 2024</b>	Organic foods
	Space foods
	Packaging of foods
	Biotechnology,Test
<b>October, 2024</b>	Cereals and cereal products-Composition and nutritive value of wheat, rice their milling.
	Rice processing, storage, use in different preparations. Millets like corn, jowar, ragi, bajra.
	Cereal cookery, Breakfast cereal

	Pulses and legumes-Nutritive value, Processing, storage, toxic constituents, Pulse cookery, variety.
<b>November , 2024</b>	Fats and Oils-Nutritional importance, types, composition, processing, rancidity.
	Smoking point, storage, use in indifferent preparations, nuts and oil seeds.
	Milk and Milk Products-Composition, nutritive value, effect of heat, acid and enzymes, processing, storage, use in different preparations, milk products.
	Sugar and related products-Properties, nutritive value, sugar related products.  Stages in sugar cookery-Sugar cookery, Artificial sweetners.

**Lesson Plan of B.Sc Home Science Semester-III**  
**Food Science-I (307) (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	Any five beverages
<b>August, 2024</b>	Two types of sandwiches
	Any two breakfast cereal preparations
	File checking
<b>September, 2024</b>	Any two pulaovs
	Two fermented cereals preparations
	Pasta preparation
	Curd rice, tamarind rice
	File checking
	Poha,upma

<b>October, 2024</b>	Two monocereal
	Pulses-Any five recipes
	File checking
<b>November , 2024</b>	Milk and Milk Products-Any five preparations
	Any five snacks and deserts
	Any two Ice-Creams, Two cakes
	Two types of biscuits,. Any two types of chikkis

**B.Sc. Home Science Semester V  
501 Family Dynamics**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	Definition and Function of Family
<b>August, 2024</b>	Marriage as an Institution
	Need and Goals of Marriage
	Criteria of Successful Marriage
<b>September, 2024</b>	Adjustments in Marriage
	Intercaste Marriage
	Interreligious Marriage
	Family lifecycle stages
<b>October, 2024</b>	Changing Trends in India due to Westernization and Modernization
	Factor influencing Planned Parenthood
	Single Parent Family DINK families
	Latch key children families with adopted Children
<b>November , 2024</b>	Individual roles, rights and responsibilities within the family
	Area of adjustment with in the family at different stages of family
	Area of adjustment with Parents, Siblings, Children and others
	Bereavement, divorce long illness, Birth of a handicapped child

**B.Sc. Home Science Semester V**  
**502 Childcare and Rearing Practices**

<b>Month</b>	<b>Syllabus</b>
<b>July,2024</b>	Pregnancy
<b>August, 2024</b>	Signs of Pregnancy
	Discomfort of Pregnancy
	Care of Expectant Mother
<b>September, 2024</b>	Confinement and Stages of Delivery
	Care of New Born
	Feeding
	Weaning and Supplementary Food
<b>October, 2024</b>	Role of Mother in Training of the Infant
	Problems and remedies regarding feeding
	Problems and remedies – Sleep disorders
	Problems and remedies – Excessive fear, Bed wetting
<b>November , 2024</b>	Nail Biting and Thumb Sucking
	Sibling Rivalry and Separation Anxiety
	Toilet – Training and Hygiene Practices, Sleep Routine
	Speech disorders

**B.Sc. Home Science Semester V**  
**502 Childcare and Rearing Practices (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July,2024</b>	Testing the awareness level of pregnant women using interview method
<b>August, 2024</b>	Visit to Child Care Center
	Prepare report on it
	Checking of Reports



<b>September, 2024</b>	Making Immunization Chart
	File Work
	Interesting activities for discussion
	Activities Progressed
	File Check
<b>October, 2024</b>	Interesting Art activities for children below 5 years of age
	Paper activities for children below 5 year of age
	Clay activities for children below 5
	Creative activities
<b>November , 2024</b>	Use observation method to study feeding Patterns of different income group children
	Making of Soft Toys
	Making Soft Toys

**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Nutritional Biochemistry-I (503) Theory**

<b>Month</b>	<b>Syllabus</b>
<b>July,2024</b>	<ul style="list-style-type: none"> <li>• Introduction to Biochemistry</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Objectives , Inter-relationship between biochemistry and other biological science</li> </ul>
	<ul style="list-style-type: none"> <li>• Enzyme – Definition, classification</li> <li>• Different type of co-enzymes</li> </ul>
	<ul style="list-style-type: none"> <li>• Specificity of enzymes</li> <li>• Factor affecting enzyme activity</li> <li>• Enzyme kinetics</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Co-factors</li> <li>• Enzyme-inhibition (Competitive and Non- competitive)</li> </ul>
	<ul style="list-style-type: none"> <li>• Vitamin-A</li> <li>• Vitamin-D</li> <li>• Vitamin-E</li> </ul>

	<ul style="list-style-type: none"> <li>• Vitamin-K</li> <li>• Vitamin-C</li> <li>• Vitamin-B1</li> </ul>
	<ul style="list-style-type: none"> <li>• Vitamin-B2</li> <li>• Vitamin-B3</li> <li>• Vitamin-B6</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly test and Discussion</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Carbohydrates- Definition, Classification</li> <li>• Monosaccharides- Glucose, Fructose, Galactose</li> </ul>
	<ul style="list-style-type: none"> <li>• Disaccharides- Maltose, Lactose, Sucrose</li> </ul>
	<ul style="list-style-type: none"> <li>• Polysaccharides- Starch, Glycogen</li> <li>• Glycolysis cycle</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly test and Discussion</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Gluconeogenesis cycle</li> <li>• Glycogenesis cycle</li> <li>• Glycogenolysis cycle</li> </ul>
	<ul style="list-style-type: none"> <li>• Protein- Definition, Classification, Properties</li> </ul>
	<ul style="list-style-type: none"> <li>• Amino acids and their types with structure</li> </ul>
	<ul style="list-style-type: none"> <li>• General reaction of amino acid metabolism</li> <li>• Urea cycle</li> </ul>

**Lesson Plan of B.Sc. Home Science Semester-V**  
**Community nutrition (504) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July,2024</b>	Prevalence, causes, PEM
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Signs and symptoms of PEM</li> </ul>
	Prevention and treatment of PEM,Test
	Prevalence, causes, of vitaminA deficiency
<b>September, 2024</b>	Signs and symptoms of Vitamin A deficiency
	Prevention of vitamin A deficiency.

	Treatment of Vitamin A deficiency
	Prevalence, causes, iron deficiency
<b>October, 2024</b>	Sign and symptoms, treatment of Iron deficiency Anemia
	Iodine deficiency and Fluorosis
	Schemes and Programs to combat nutrition problems in India-Prophylaxis Programs
	Midday Meal Program, ICDS
<b>November , 2024</b>	Assessment of nutritional status-Dietary Survey.
	Anthropometric measurements, clinical survey.
	Bio-physical and Bio-chemical tests, vital statistics
	Discussion and Revision Test.

**Lesson Plan of B.Sc. Home Science Semester-V  
Community nutrition (504) (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	Visit to an Anganwadi
<b>August, 2024</b>	Writing a report
	Report Check
	Visit to a government school having mid day meal scheme
<b>September, 2024</b>	Checking of Report
	Preparing Questionnaire
	Dietary Survey
	Checking of Report
	Anthropometric Measurements discussion

<b>October, 2024</b>	Taking Anthropometric measurements
	Calculation of BMI
	Checking of Report
<b>November , 2024</b>	Visit a Community Kitchen
	Writing a report
	Report Check
	Clinical Examination of Malnourished pre-school children

**Lesson Plan of B.Sc. Home Science Semester-V  
Indian Textiles (505) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July,2024</b>	Origin of embroidery in India
<b>August, 2024</b>	Muslins and Jamdhanis of Bengal
	UP dhotis and Sarees of Andhra pradesh
	Sarees of Madhya Pardesh, Maharashtra
<b>September, 2024</b>	Sarees of Karnataka and Tamil Nadu
	Silk and Brocade of Varanasi, Bengal
	Silk and Brocade of Maharashtra, Gujarat
	Silk and Brocade of Andhra Pradesh, Tamil Nadu and Karnataka
	Queries & Test
<b>October, 2024</b>	Shawl of Kashmir, Punjab and Himachal Pradesh

	Carpet weaving centres of India
	Embroideries of Kashmir, Punjab and Haryana, Himachal Pradesh, Uttar Pradesh
	Embroideries of Bihar, Bengal, Gujarat and Banjara tribal
<b>November , 2024</b>	The antiquity of art of dyeing and printing Printing techniques
	Method of printing technique- block, screen, roller, resist dyeing
	Batik of Coromandal, Patola of Gujarat, Ikkats of Orissa
	Hand block printing and Kalamkari

**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Interior Space Designing (506) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	<ul style="list-style-type: none"> <li>• Principle of kitchen planning – orientation and location, size and shape, ventilation and light</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Housing and space management – selection of site, orientation, soil, locality, sanitation facilities</li> </ul>
	<ul style="list-style-type: none"> <li>• Principle of planning room – grouping of room, circulation, flexibility, privacy, spaciousness, ventilation</li> </ul>
	<ul style="list-style-type: none"> <li>• Building material for construction – stone, brick, cement concrete</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Plastic, wood, glass, iron</li> </ul>
	<ul style="list-style-type: none"> <li>• Principle of economic design- economy in plot, economy in planning, economy in construction</li> </ul>
	<ul style="list-style-type: none"> <li>• Calculating cost of construction</li> </ul>
	<ul style="list-style-type: none"> <li>• Socio-economic status of family, cost and aesthetic, storage needs</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly test</li> </ul>
	<ul style="list-style-type: none"> <li>• Work centre and work triangle</li> </ul>

<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Color and safety</li> </ul>
	<ul style="list-style-type: none"> <li>• Type of kitchens</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of Toaster and cooking range</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly test and Discussion</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Care and maintenance of Refrigerator</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of washing machine and microwave</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of vaccum cleaner and iron</li> </ul>
	<ul style="list-style-type: none"> <li>• Factor affecting the selection of equipment</li> </ul>

**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Interior Space Designing (506) Practical**

<b>Month</b>	<b>Syllabus</b>
<b>July.2024</b>	Cleaning and care of metals
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Colour schemes – primary, secondary, tertiary</li> </ul>
	<ul style="list-style-type: none"> <li>• Complementary, split complementary, analogous, neutral colour schemes</li> </ul>
	<ul style="list-style-type: none"> <li>• Cleaning and care of upholstery</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Care and maintenance of Toaster and cooking range</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of Refrigerator</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of washing machine and microwave</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of vaccum cleaner and iron</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Drawing houseplans for LIG</li> </ul>
	<ul style="list-style-type: none"> <li>• Drawing houseplans for MIG</li> </ul>
	<ul style="list-style-type: none"> <li>• Drawing houseplans for HIG</li> </ul>

<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Planning furniture arrangement for different rooms</li> </ul>
	<ul style="list-style-type: none"> <li>• Queries and file checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Queries and file checking</li> </ul>

**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Normal Nutrition (507) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	<ul style="list-style-type: none"> <li>• Definition of Health and Nutrition</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Effects of Nutrition on health</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional and socio cultural factors</li> </ul>
	<ul style="list-style-type: none"> <li>• Religious, geographic, economic, availability of time and material recourses</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Energy requirements</li> </ul>
	<ul style="list-style-type: none"> <li>• Factors affecting energy requirement</li> </ul>
	<ul style="list-style-type: none"> <li>• BMR, activities, age, climate</li> </ul>
	<ul style="list-style-type: none"> <li>• SDA, physiological conditions</li> </ul>
	<ul style="list-style-type: none"> <li>• Concept of nutritionally adequate diet and meal planning</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Importance of meal planning.</li> </ul>
	<ul style="list-style-type: none"> <li>• Factors affecting meal Planning.</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during – Adulthood.</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during –Pregnancy, lactation</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during –Old age</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during –Infancy</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection</li> </ul>

	during – Preschool, School going and adolescence
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**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Normal Nutrition (507) (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	<ul style="list-style-type: none"> <li>• Planning and diet for adult women</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• . Planning and diet for adult women</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for an adult man</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• File checking</li> <li>• Planning and diet for pregnant women</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for old women and man.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for a Lactating mother</li> </ul>
	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for a Lactating mother</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for an Elderly person.</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for Infancy</li> </ul>
	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for a Preschool child.</li> </ul>
	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for a school going child</li> </ul>
	<ul style="list-style-type: none"> <li>• Planning and preparation of diet for an Adolescence girl and boy</li> </ul>



**Lesson Plan : 2024-2025**

**B.A (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year  
Home Science HS01**

<b>Month</b>	<b>Syllabus</b>
JULY	<ul style="list-style-type: none"> <li>Objectives of interior decoration, importance of elements of art in interior decoration.</li> <li><b>Types of design:</b> structural and decorative and its application.</li> </ul>
August	<ul style="list-style-type: none"> <li><b>Principles of design:</b> Rhythm, balance, proportion, emphasis, harmony and its application in interior decoration</li> <li><b>Color:</b> Color Wheel, Properties of color, psychological effect of color, colorschemes and its application in the interior of a house.</li> <li><b>Lighting:</b> a) Types and requirement for various activities b) Lighting fixtures in the home</li> </ul>
SEPTEMBER	<ul style="list-style-type: none"> <li><b>Furniture:</b> Types of furniture, furniture arrangement for different areas (bedroom, drawing room, dining room, kitchen and its types) Factors affecting the selection and purchase of furniture, care and maintenance of furniture.</li> <li><b>Furnishings:</b> a) Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture) b) Wall treatment and its types c) Window treatment and decoration d) Types of floor coverings.</li> </ul>
OCTOBER	<ul style="list-style-type: none"> <li><b>Table setting and table manners:</b> Informal and formal table settings (buffet style, Indian and western style)</li> <li><b>Elements of art:</b> line, form, texture, light, pattern, colour, space and its application in interior decoration.</li> </ul>
NOVEMBER	<ul style="list-style-type: none"> <li><b>Flower arrangement:</b> a) Different types of Flower arrangement b) Accessories used and points to be considered for flower arrangement</li> <li>Flower decoration for different occasions</li> </ul>

**B.A. (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year**  
**Home and Interior Décor**

<b>Program Code</b>	<b>UMBA4</b>
<b>Course Code</b>	<b>24HSCM401DS01</b>

**Practical**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	<ul style="list-style-type: none"> <li>• Making a color wheel</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Floor decoration: Rangoli.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Floor decoration: Alpana</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Pottery/bottle painting.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Table setting and napkin folding.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Flower arrangement</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

**B.a (H.Sc) Ist Semester Ist year**  
**Name of Program: B.A. (Home Science)**  
**Name of the Course: Art in Everyday Life**  
**Program Code: HSC**  
**Course Code: 24HSC401SE01**  
**SKILL ENHANCEMENT COURSE**

Month	Syllabus
July,2024	<ul style="list-style-type: none"> <li>• Upcycling</li> <li>• Best out of waste</li> </ul>
August, 2024	<ul style="list-style-type: none"> <li>• Folder Making/card making</li> <li>• Soft toys making/Puppet making</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
September, 2024	<ul style="list-style-type: none"> <li>• Mandala art/resin art/worli art/lipan art.</li> </ul>
	<ul style="list-style-type: none"> <li>• Dry flower arrangement and artificial flower making</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
October, 2024	<ul style="list-style-type: none"> <li>• Stone painting/MGF wood painting/ Bottle decoration.</li> <li>• Tie and dye/Batik</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
November , 2024	<ul style="list-style-type: none"> <li>• Candle making (wax and gel candle)</li> <li>• Envelope/Paper bag making/potli</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

## LESSON PLAN (2024-2025)

### B.A (Home Science) III<sup>rd</sup> Semester, II<sup>nd</sup> Year Home Science HS03 Theory

Month	Syllabus
JULY	<ul style="list-style-type: none"><li>• Definition and classification of fibres</li><li>• Properties and uses of different fibres- cotton, silk</li></ul>
AUGUST	<ul style="list-style-type: none"><li>• Properties and uses of different fibres- wool, nylon</li><li>• Brief introduction weaving, basic weaves-plain, twill and satin</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>• Finishing processes in fabrics- meaning and objective, different types: calendaring, sizing, mercerizing, crease resistant</li><li>• Dyeing- simple and resist dyeing, dyeing at various stages</li><li>• Types of printing Selection of fabrics according to age, season, budget, figure, job, fashion and occasion</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>• Traditional embroideries of India- phulkari, kantha, kashida and chikankari</li><li>• Traditional textiles of India- Traditional sarees- baluchari, banarasi, chanderi, patola and bandhani ; other textiles- Dhaka, mulmul, brocade</li><li>• Supplies necessary for laundry</li></ul>

NOVEMBER	<ul style="list-style-type: none"> <li>• Soaps and detergents- composition and manufacturing, difference between</li> <li>• Types and uses of starches, blues and bleaches</li> <li>• Different methods of laundry</li> <li>• Reagents used in laundry- acids, alkalis, solvents, and absorbents</li> <li>• Stain removal- classification of stains, methods of removing different types of stains</li> </ul>
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**B.A (Home Science) ) III<sup>rd</sup> Semester,  
II<sup>nd</sup> Year  
Home Science  
HS03 –Practical**

Month	Syllabus
JULY	<ul style="list-style-type: none"> <li>• Preparation of samples:</li> <li>• Basic stitches-tucking, running stitches, back stitches, hemming, button hole stitch</li> <li>• File checking</li> </ul>
AUGUST	<ul style="list-style-type: none"> <li>• Seams –Plain seam, French seam, counter seam, lapped seam</li> <li>• Processes- gathers into a band</li> <li>• Pleats ( knife and box)darts (simple and fish dart)</li> <li>• Tucks (pin and cross) <ul style="list-style-type: none"> <li>• File checking</li> </ul> </li> </ul>
SEPTEMBER	<ul style="list-style-type: none"> <li>• Embroidery- one article of fancy embroidery using at least stitches</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• Six fancy embroidery handkerchiefs with different stitches</li> <li>• File checking</li> </ul>
OCTOBER	<ul style="list-style-type: none"> <li>• Knitting – <ul style="list-style-type: none"> <li>• Following of knitting instructions</li> </ul> </li> <li>• Preparation of two samples of different designs</li> <li>• File checking</li> </ul>
NOVEMBER	<ul style="list-style-type: none"> <li>• Tie and Die</li> <li>• Block printing</li> <li>• File checking</li> </ul>

**LESSON PLAN (2024-2025)**

**B.A (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**  
**Home Science**  
**HS05 –Theory**

<b>Month</b>	<b>Syllabus</b>
JULY	<ul style="list-style-type: none"><li>• Food- classification and functions of food groups</li><li>• Essential food constituents- carbohydrates. Protein, fats, water: source, functions, daily allowances, effect of deficiency and excess</li><li>• Vitamins- A, D, C</li></ul>
AUGUST	<ul style="list-style-type: none"><li>• Essential food constituents- carbohydrates. Protein, fats, water: source, functions, daily allowances, effect of deficiency and excess</li><li>• Vitamins- B1, B2, Niacin</li><li>• Minerals- Calcium, Phosphorous and Iodine</li><li>• Food source, functions, daily allowances, effect of deficiency and excess of all above</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>• Importance and methods of cooking, effects of cooking on different nutrients</li><li>• Methods of cooking, their advantages and disadvantages</li><li>• Moist heat- boiling, stewing, steaming</li><li>• Dry heat- roasting, grilling , baking</li><li>• Frying- shallow and deep</li><li>• Microwave cooking</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>• Methods of enhancing nutritive value of food stuffs</li><li>• Importance of enhancing nutritive value and food stuff, sprouting, fermentation, combination and supplementation</li><li>• Food preservation- importance, causes of food spoilage, methods of food preservation with special emphasis on house hold methods.</li></ul>
NOVEMBER	<ul style="list-style-type: none"><li>• Meal planning</li><li>• Concept of balanced diet</li><li>• Principles of meal planning, factors affecting it</li><li>• Planning meals of children, school going, adolescents, adults, pregnant and lactating mother</li></ul>

**B.A (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**  
**Home Science**  
**HS05 –Practical**

<b>Month</b>	<b>Syllabus</b>
JULY	<ul style="list-style-type: none"> <li>• Preparation of various dishes (at least 2 each) under following heads, using different methods of cooking:- beverages and soups</li> <li>• File checking</li> </ul>
AUGUST	<ul style="list-style-type: none"> <li>• Desserts and Snacks</li> <li>• File checking</li> </ul>
SEPTEMBER	<ul style="list-style-type: none"> <li>• Salads and Breakfast dishes</li> <li>• File checking</li> </ul>
OCTOBER	<ul style="list-style-type: none"> <li>• Main meal dishes</li> <li>• File checking</li> </ul>
NOVEMBER	<ul style="list-style-type: none"> <li>• Main meal dishes</li> <li>• File checking</li> </ul>