

Indira Gandhi National College, Ladwa
Lesson Plan

Name of Teacher: Ms. Namita

Class: B.A. I

Subject: Home Sc.

Paper I: Home and Interior Decoration

Semester: I

Session: 2026-2027

Month	Topic / Chapter Covered	Other activities
AUGUST	Objectives of interior decoration, importance of elements of art in interior decoration. Types of design: structural and decorative and its application. Elements of art: line, form, texture, light, pattern, colour, space and its application in interior decoration	
SEPTEMBER	Principles of design: Rhythm, balance, proportion, emphasis, harmony and its application in interior decoration colour: Properties of colour, psychological effect of colour, color schemes and its application in the interior of a house. Lighting: a) Types and requirement for various activities	Assignment -I Class Test Problems Discussion
OCTOBER	Table setting and table manners: Informal and formal table settings (buffet style, Indian style restaurant style, Cafe style) Furniture: 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.	Assignment-II Problems Discussion
NOVEMBER	Flower arrangement: a) Different types of Flower arrangement b) Accessories used and points to be considered for flower arrangement c) Flower decoration for different occasions Furnishings: 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	Revision and problem Discussion

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Name of Teacher: Ms. Namita

Class: B.A. I

Subject: Home Sc.

Paper I: Nutrition science

Semester: II

Session: 2026-2027

Month	Topic / Chapter Covered	Other activities
JANURARY	Definition of Nutrition, nutrients, recommended dietary allowance, balanced diet, health., reference man & reference woman and BMR-Definition and factors affecting BMR Water: Functions and sources of water for human body Carbohydrates: Classification, functions, sources & requirement, effects of deficiency and excess (in brief) Fibre - Types, functions, sources & requirement and health problems associated with excess and deficiency of fiber	
FEBRUARY	Protein: Classification. functions, sources & requirement Fats/ Lipids: Classification, functions, sources and requirements and health problems associated with excess and deficiency of lipids. Vitamins: Definition and classification of vitamins, difference between fat soluble & water-soluble vitamins Fat soluble vitamins: Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of: Vitamin A, D, E &K	Assignment-I Class Test Problems Discussion
MARCH	Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of various water-soluble vitamins: Vitamin C, Vitamin B1 (Thiamine), Vitamin B2, (Riboflavin), Vitamin B6 (Pyridoxine), Vitamin B12 (Cyanocobalamin), Niacin and.	Assignment-II Problems Discussion

APRIL	Definition and Classification of minerals Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Magnesium, Sodium and Potassium Micro Minerals: Functions, sources and RDA, Effect of Excess and low intake of Iron, Iodine Fluorine	Revision & Problems discussion
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Indira Gandhi National College, Ladwa
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Name of Teacher: Ms. Namita

Class: B.A. II

Subject: Home SC.

PAPER I: Basics of Clothing Construction and Apparel Designing

Semester: III

Session: 2026-2027

Month	Topic / Chapter Covered	Other activities
August	Importance of apparel designing & its role in personality development. Application of elements of arts and principles of designs in clothing construction Types of designs: Structural & decorative. Wardrobe Planning: Principles, steps involved and Importance.	
September	Fabric construction: • Weaving: Parts and function of loom • Types of weaves (plain, twill and their variation, satin and sateen weave.) Knitting: Types, characteristics, stitches used in knitting Non wovens fabrics: Felting, bonding, netting, braiding, laces	Assignment-I Class Test Problems Discussion
October	Anthropometry: Definition, Importance and equipment required • Types of anthropometric measurements (vertical, horizontal, girth/round measurement) • Care to be taken while taking body measurement Methods of developing design/ pattern: • Drafting: Drafting tools, techniques, advantages and disadvantages of drafting. • Paper pattern: Types, principles, advantages and disadvantages of paper pattern. • Draping: Techniques of draping and advantages and disadvantages of draping.	Assignment-II Problems Discussion

	Preparation of fabric: Preshrinking, Straightening the grain, Pressing, Identify Face and back, Square up, Marking, Pinning, types of markings, Methods and Precautions for cutting, Sewing & Finishing	
November	Fashion: Concept, Importance and terminology {Fad, style, classic, silhouette vogue, haute couture, niche, brand}. Fashion cycle and fashion favoring and retarding factors. Figure Analysis and fitting: Figure types, Common fitting problems, reason for poor fitting and their remedies.	Revision & Problems discussion

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Name of Teacher: Ms. Namita

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Subject: Home Sc.

Paper I: Advance Apparel and textile Designing

Semester: IV

Session: 2026-2027

Month	Topic / Chapter Covered	Other activities
JANURARY	•Fabric finishes: Definition & objectives Classification of Finishes: a) Physical: Singeing, napping, brushing, shearing, sizing, tentering, and calendaring b) Chemical: Mercerising, durable finishes, c) Special-purpose finishes: Wrinkle resistant, water resistant, soil repellent, and flame repellent Bleaching & its Types.	
FEBRUARY	. Dyeing: Definition classification of dyes: (In brief): • On the basis of source of dye: a) Natural: vegetable, animal & mineral b) Synthetic dye: Basic, acidic & neutral dye • On the basis of method of dyeing: Sulphur dyes, direct dyes, Vat dyes, Mordant dyes & developed dyes • On the basis of stages of dyeing: Raw stock dyeing, skein dyeing, cloth dyeing Simple dyeing: Principles and methods of dyeing, faults in dyeing and remedies Resist dyeing: tie and dye, batik and screen	Assignment-I Class Test Problems Discussion
MARCH	Printing: definition, classification. Methods of printing: • Hand printing: block, stencil, screen • Machine printing: roller, screen, discharge, resist and duplex printing. Care (Darning, mending & renovation) and storage of fabrics. Dry cleaning: Principle, process (in brief) and advantages.and disadvantages of paper pattern. • Draping: Techniques of draping and advantages and	Assignment-II Problems Discussion
APRIL	Laundry: Process of laundry, laundry equipment and their uses. Stain removal: • Types of stains & methods of removing stains (solvent, absorbent & chemical methods) • Removal of different stains (tea, coffee, fruits, blood, oil/ ghee, turmeric, colour, egg, ink, iron rust, lipstick, nail paint, sweat, perfume & stain of hot iron) Soaps and Detergents: Types and manufacture of soap and detergents. Stiffening agent and blueing agent.	Revision and problem discussion

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Name of Teacher: Ms. Namita

Class: B.A. III

Subject: Home Sci.

Paper II: Normal and therapeutic nutrition

Semester: V

Session: 2026-27

Month	Topic / Chapter Covered	Other activities
August	• Meal Planning: Definition, Principles and Factors affecting it - Nutritional Requirements and Principles of Meal→ Planning of the following: Infants • Pre School Age (4-6 years) • School Age Children(7-11 years) • Adolescents	
September	Nutritional Requirements and Principles of Meal Planning of the following: • Adult • Pregnant women • Lactating women • Old Age	Assignment-I Class Test Problems Discussion
October	Diet Therapy: Definition and Principles→ Modification of normal diet: Clear fluid, Full fluid, Soft,→ Bland diet Causes, Symptoms and Dietary management in→ disorders: Diarrhea and Constipation	Assignment-II Problems Discussion
November	Causes, Symptoms and Dietary management in disorders: Typhoid Fever • Peptic ulcer • Obesity • Diabetes • Hypertension	Revision & Problems discussion

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Name of Teacher: Ms. Namita

Class: B.A. III

Subject: Home Sci.

Paper II: Human Development

Semester: VI

Session: 2026-27

Month	Topic / Chapter Covered	Other activities
JANURARY	Meaning, Definition, Scope and Stages of Human Development Prenatal Development: Conception, Course of prenatal development Conditions affecting Prenatal Development Infancy: Characteristics, Developmental tasks and Problems	
FEBRUARY	Early Childhood: Characteristics, Developmental tasks and Behaviour problems Middle Childhood: Characteristics, Developmental tasks and Behaviour problems Adolescence: Characteristics, Developmental tasks and Socio emotional problems Adulthood: Characteristics, Developmental tasks and Problems	Assignment-I Class Test Problems Discussion
MARCH	Child Psychology: Definition, Subject matter and objectives of studying Learning: Meaning, importance, Method of learning, Factors effecting learning Intelligence: Definition, Measurement of intelligence Personality Development: Definitions, Types and Factors affecting Development of the Personality	Assignment-II Problems Discussion
APRIL	The Expectant mother: Sign and Discomforts of Pregnancy, Care of the expectant mother in brief, Ill effects of an early marriage, feeding of an infant: Breast feeding verses Artificial feeding	Revision & Problems discussion