**Lesson plan**

**Even Semester 2024-25**

**Name of Teacher: Dr. Latesh, Department of Home Science**

**Class: Bachelor of Home Science semester II**

**Subject: Family Resource Management**

| **Month** | **Subject Topic**  | **Course outcome**  | **Teaching Strategy**  |
| --- | --- | --- | --- |
| **February**  | 1. Definition, concept and objectives of home management2. Process of Management: Planning, organizing, controlling and evaluation3. Resources: Meaning, classification and characteristicsClass test  | 1.To understand the concept of human and non-human resources and its functions. 2.To acquaint students with the skills of time management.3.To skill students about work simplification techniques and energy management.4.To impart knowledge about savings, investments, budget and energy management. | peer teaching Individual Learning  |
| **March** |  4. Motivating factors of management: Values: Definition, classification and characteristics, Goals: Definition, classification and characteristics Standards: Definition, classification and characteristics 5. Decision making: a) Definition & importance of decision making b) Types of decision c) Steps in decision making process |
| **April**  | 6. Time Management: 1. a) Tools in Time management
2. b) Process of management of time

7. Energy Management: Types of efforts, Types of fatigue and  various ways to overcome fatigue.8. Work Simplification: Definition and Principles of body mechanics Household methods of work simplification9. Ergonomics: Definition and principles of ergonomics |
| **May** | 10. Money Management:1. Sources of Money: Wages, Salary, Rent, Profits, Interests
2. Types of Income: i)Regular and Irregular income ii) Money income, Real income & psychic income
3. Budget: Definition and types of budget
4. Savings and investments: Meaning, objectives and types (in brief
 |

Two assignments and one unit test will be taken as per schedule.

Signature of Teacher. Principal

**Lesson plan**

**Even Semester 2024-25**

**Name of Teacher:Dr. Latesh**

**Department of Home Science**

**Class: Bachelor of Home Science semester II**

**Subject: Extension Education and Communication**

| **Month** | **Subject Topic**  | **Course outcome**  |
| --- | --- | --- |
| **February**  | Extension education: Meaning, principles,objectives and scope of extension education.Role and qualities of an extension education worker.Difference between formal education and non formal educationClass test | 1.To understand the concept of extension education and its importance 2.To acquaint students with the types of extension teaching methods3.To impart knowledge about various rural development programs and various ongoing schemes by government and non-government organizations4.To gain knowledge about communication , it's importance and types. |
| **March** | Extension teaching Methods: Its importance and types.Individual contact method: Farm & home visit, telephone calls, personal letters.Group contact method: Demonstration, Group meeting and discussion, Conference, seminars   and workshops, field trips and campaigns.Mass contact method: Print media, Electronic media, Internet based media and Exhibition.Class test |
| **April**  | 1.To understand the concept of human and non-human resources and its functions. 2.To acquaint students with the skills of time management.3.To skill students about work simplification techniques and energy management.4.To impart knowledge about savings, investments, budget and energy management. |
| **May** | Communication: Concept, Importance, elements of Communication and barriers to communication. Types of Communication:( Formal & Informal).Role of Photography in communicationRevision Test  |

Two assignments and one unit test will be taken as per schedule

Signature of Teacher. Principal

**Lesson plan**

**Even Semester 2024-25**

**Name of Teacher:Dr. Latesh**

**Department of Home Science**

**Class: Bachelor of Home Science semester II**

**Subject: Nutrition Science**

| **Month** | **Subject Topic**  | **Course outcome**  |
| --- | --- | --- |
| **February**  | Definition of Nutrition, nutrients, recommended dietary allowance, balanced diet, health., reference man & reference woman and BMR-Definition and factors affecting BMRWater: Functions and sources of water for human bodyCarbohydrates: 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 fiberClass test | After completing this course, the learner will be able to:1.To understand basic concepts of nutrition & importance of water & carbohydrates. 2. To understand the functions, sources, requirements and effects of excess and deficiency of different nutrients.3The students will be able to know the functions, sources, requirements and effects of excess and deficiency of different vitamins.**4.** To understand the functions, sources, requirements and effects of excess and deficiency of different minerals.. |
| **March** | 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 solublevitamins Fat soluble vitamins: Functions, sources, recommended  dietary allowances, effects of excess &deficiency (in brief)  of: Vitamin A, D, E & KClass test |
| **April**  | Functions,sources, effects of deficiencies and excess of:Water soluble vitamins B and C |
| **May** | 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 & Zinc Revision Test  |

Two assignments and one unit test will be taken as per schedule.

Signature of Teacher. Principal

**GOVT. P.G. COLLEGE FOR WOMEN, SECTOR-14, PANCHKULA**

**LESSON-PLAN (Session 2024-25) EVENSEMESTER**

**Name of Teacher**:Mani Narwal

**Designation:Associate Professor**

**Class:B.Sc Home Science 2ndSem**

**Subject/ Paper:Housing and Space Management (B-23 HSC-204)**

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| --- | --- | --- | --- | --- | --- |
| S. No. | Month |  Topics to be covered | Teaching Learning Strategy | Learning Outcomes of Students | Remarks  |
| 1. | February | Concept and importance of housing, housing needs of family,advantage and disadvantage of owned and rented house.Choice of site for house and factors affecting site selection | Group-Learnig& Teaching. Self-Study.Peer Teaching | To learn the relationships that characterize art anddesign practice in building a house. |  |
| 2. | March | Brief introduction of conventional and non- conventionalbuilding material for construction of a house.Prepare graphs on space planning for different rooms: livingroom, dining room, bedroom and kitchen. | Group-Learnig& Teaching. Self-Study.Peer Teaching | To enable the students to explore theories andmodern methods of interior space planning andmanagement . |  |
| 3. | April | Types of house plan: floor, elevation, structural,perspective and landscape.Presentation of Signs used for reading house plans for LIG,MIG and HIG through illustration. | Group-Learnig& Teaching. Self-Study.Peer Teaching | To encourage learning of traditional andcontemporary housing materials, technicalprocesses and methods of modern construction |  |
| 4. | May | Principles of space planning: aspect, orientation,grouping,privacy, roominess, prospect, light, ventilation, flexibility,circulation and economy. | Group-Learnig& Teaching. Self-Study.Peer Teaching | To impart knowledge and skills for makingdifferent floor plans for different income groups. |  |

* **Seminar/Presentation/Assignment/Quiz/Class Test /Mid-Term Exam will be taken as per schedule.**

**Signature of Teacher Principal**

**GOVT. PG. COLLEGE FOR WOMEN, SECTOR-14, PANCHKULA**

**Department of Home Science**

**LESSON-PLAN**

**(Session 2023-24) EVEN SEMESTER**

**Name of Teacher**: **Mrs. Anita Raj**

**Designation: EXTENSION LECTURER (HOME SCIENCE)**

**Subject:**Nutrition Science (B-23 HSC-201)

**Class:**B.Sc. Home Science I, II SEM

|  |  |  |  |
| --- | --- | --- | --- |
| **Month** | **Topic to be covered** | **Learning outcomes of students** | **Remarks** |
| **February** | * Definition of Nutrition, nutrients, recommended dietary allowance, balanced diet, health., reference man & reference woman
* 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
 | To understand basic concepts of nutrition & importance of water, fiber and carbohydrates. |  |
| **March** | * 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
 | To understand concept of protein, fat, vitamins and its functions, sources, requirements and effects of excess and deficiency of different nutrients. |  |
| **April** | * 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 Folic acid
 | The students will be able to know the functions, sources, requirements and effects of excess and deficiency of different vitamins. |  |
| **May** | * 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 & Zinc
 | To understand the functions, sources, requirements and effects of excess and deficiency of different minerals. |  |

* **Two assignments and one units test will be taken as per schedule.**

**Signature of Teacher Principal**