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

**LESSON-PLAN (Session 2024-25) EVEN SEMESTER**

**Name of Teacher**: Mani Narwal

**Designation: Associate Professor**

**Subject/ Paper:DIETETICS- II**

**Class: B.Sc Home Science 6thSem**

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| **S. No.** | **Month** | **Topics to be covered** | **Teaching Learning Strategy** | **Learning Outcomes of Students** | **Remarks if any** |
| 1. | January | Causes, symptoms, dietary modifications, prevention and nutritional management in  Diabetes Mellitus- IDDM, NIDDM | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will learn the causes, risk factors, and symptoms of major metabolic and cardiovascular diseases |  |
| 2. | February | Causes, symptoms, dietary modifications, prevention and nutritional management in Hypertension and Heart Diseases - Coronary Heart Disease, Ischemic Heart Disease | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will understand the role of diet in managing these diseases and learn therapeutic dietary modifications to improve patient health outcomes. |  |
| 3. | March | Dietary management and diagnosis of cancer | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will gain knowledge about the role of diet in cancer prevention and management, along with the importance of early diagnosis and nutritional intervention in cancer patients. |  |
| 4. | April | Causes, symptoms and dietary modification in following:  • Acute and Chronic renal failure  • Nephritis  • Kidney stones | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will explore lifestyle and dietary prevention strategies for non-communicable diseases (NCDs), emphasizing balanced nutrition and healthy habits. |  |

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

**Signature of Teacher Principal**

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

**LESSON-PLAN (Session 2024-25) EVEN SEMESTER**

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

**Designation:** Lecturer (Extension Lecturer)

**Class:** B.Sc. III Year (6th Semester)

**Subject/ Paper:** INTERIOR DECORATION (314)

**Type of course (major/ minor/ VAC/ AEC/SEC/ MDC):** Non NEP

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| **S. No.** | **Month** | **Topics to be covered** | **Teaching Learning Strategy** | **Learning Outcomes of Students** | **Remarks** |
| **1.** | **January** | * Elements of art * Principles of design, their application in the interior decoration of the house and objectives of interior decoration. * Color-properties, classification, Dimension, color schemes.   Class Test | PPT, Group  Learning and Teaching | To develop and apply concepts of art & design to create aesthetically pleasing interiors |  |
| **2.** | **February** | * Flower arrangements –   Types, principles and Flower arrangements for different areas and occasions.   * Table setting- formal and informal   Class Test | PPT, Group  Learning and Teaching | To impart knowledge and skills in flower arrangements and table setting | **Assign. -1**  **and Test** |
| **3.** | **March** | * Lighting-types and decorative lighting, lighting requirements for various activities and areas. * Furniture –types, selection, arrangement and care of different types of furniture, cost estimation for different income groups and areas. Selection and arrangement of comfortable furniture used for work, rest, relaxation, and sleep.   Class Test | PPT, Group  Learning and Teaching | To encourage experimentation with furniture arrangement for different age groups | **Assign. -2**  **and Test** |
| **4.** | **April** | * Furnishings – Wall * floor coverings * soft furnishings   Revision Test | PPT, Group  Learning and Teaching | To develop skills, abilities & knowledge that enable artistic production & creative problem solving skills | **Revision and Tests** |

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

**Signature of Teacher**

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

**LESSON-PLAN (Session 2024-25) EVEN SEMESTER**

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

**Designation:Lecturer (Extension Lecturer)**

**Class:B.Sc. III Year (6th Semester)**

**Subject/ Paper:**TRADITIONAL TEXTILES & EMBROIDERIES AND CONSUMERISM (312)

**Type of course (major/ minor/ VAC/ AEC/SEC/ MDC):** Non NEP

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| **S. No.** | **Month** | **Topics to be covered** | **Teaching Learning Strategy** | **Learning Outcomes of Students** | **Remarks** |
| **1.** | **January** | * Chamba – Himachal * Embroidery – Gujrat * Patolas – Gujarat * Bandhini – Rajasthan• Kalamkari – Andhra Pradesh   Class test | PPT, Group  Learning and Teaching | To impart knowledge about traditional textiles of India |  |
| **2.** | **February** | * Kantha – Bengal, Phulkari – Punjab * Chikenkari/chikenwork, – UP, Kasuti * Kasida – Bihar * Manipuri * Shawls and Carpets – Kashmir   • Mulmul, jamdani,amroo,himroo, mushroom  • Brocades of Banaras  Class test | PPT, Group  Learning and Teaching | To encourage experimentation with different traditional embroideries | **Assign. -1 and**  **Test** |
| **3.** | **March** | Consumer and textile market  • What influences the consumption of textiles  • How may labeling aid the consumer in intelligent selection of textiles/clothing  • How do special finishes enhance the value of fabrics | PPT, Group  Learning and Teaching | To understand the concept of consumer and textile market | **Assign. -2 and**  **Test** |
| **4.** | **April** | Dry cleaning for care of clothing:  • Bed linens • Blankets• Table linens  • Towels • Carpets and rugs • Draperies  Revision Test | PPT, Group  Learning and Teaching | To impart knowledge about dry cleaning and care about clothes | **Revision and Tests** |

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

**Signature of Teacher**

**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/ Paper:**TRADITIONAL TEXTILES & EMBROIDERIES AND CONSUMERISM (312)

**Class:**B.SC. HOME SCIENCE III, VI SEM

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| **Month** | **Topic to be covered** | **Learning outcomes of students** | **Remarks** |
| **January** | * Chamba – Himachal * Embroidery – Gujrat * Patolas – Gujarat * Bandhini – Rajasthan• Kalamkari – Andhra Pradesh * Class test | To impart knowledge about traditional textiles of India |  |
| **February** | * Kantha – Bengal, Phulkari – Punjab * Chikenkari/chikenwork, – UP, Kasuti * Kasida – Bihar * Manipuri * Shawls and Carpets – Kashmir   • Mulmul, jamdani,amroo,himroo, mushroom  • Brocades of Banaras   * Class test | To encourage experimentation with different traditional embroideries |  |
| **March** | Consumer and textile market  • What influences the consumption of textiles  • How may labeling aid the consumer in intelligent selection of textiles/clothing  • How do special finishes enhance the value of fabrics | To understand the concept of consumer and textile market |  |
| **April** | Dry cleaning for care of clothing:  • Bed linens • Blankets• Table linens  • Towels • Carpets and rugs • Draperies   * Revision Test | To impart knowledge about dry cleaning and care about clothes |  |

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

**Signature of Teacher Principal**