

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

Class: B.Sc. II Year (3rd Semester)

Subject/ Paper: Basics of clothing construction and apparel designing (301) (NEP)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July	Importance of apparel designing & its role in personality development. Application of elements of arts and principles of designs in clothing construction	PPT, Group Learning and Teaching	Acquire the knowledge of application of elements of arts and principles of design in clothing construction and techniques of dress designing.	
2.	Aug	Types of designs: Structural & decorative. Wardrobe Planning: Principles, steps involved and Importance. 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-woven fabrics: Felting, bonding, netting, braiding, laces	PPT, Group Learning and Teaching	Students get aware about the fabric construction techniques and Non-woven fabrics.	Assign. -1 and Test
3.	Sept	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	PPT, Group Learning and Teaching	Gains information about the methods of developing design.	Assign. -2 and Test

		and disadvantages of drafting. Paper pattern: Types, principles, advantages and disadvantages of paper pattern. Draping: Techniques of draping and advantages and disadvantages of draping.			
4.	Oct	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 Fashion: Concept, Importance and terminology {Fad, style, classic, silhouette vogue, haute couture, niche, brand}. Fashion cycle and fashion favouring and retarding factors. Figure Analysis and fitting: Figure types, Common fitting problems, reason for poor fitting and their remedies.	PPT, Group Learning and Teaching	Students understand the concept of fashion, figure types and fitting.	Revision and Tests
5.	Nov	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 2025-26) ODD SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

Class: B.Sc. I Year (1st Semester)

Subject/ Paper: Home and Interior Decor (101) (NEP)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July	Objectives of interior decoration, importance of elements of art in interior decoration. Types of design: structural and decorative and its application.	PPT, Group Learning and Teaching	To encourage experimentation with traditional and contemporary materials, technical processes and methods	
2.	Aug	Elements of art: line, form, texture, light, pattern, colour, space and its application in interior decoration. 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 b) Lighting fixtures in the home	PPT, Group Learning and Teaching	To impart knowledge and skills for making different floor plans for different income groups.	Assign. -1 and Test

3.	Sept	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.	PPT, Group Learning and Teaching	To develop skills, abilities & knowledge that enable artistic production & creative problem solving skills.	Assign. -2 and Test
4.	Oct	Flower arrangement: Different types of Flower arrangement. Accessories used and points to be considered for flower arrangement. 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	PPT, Group Learning and Teaching	To develop and apply concepts of art & design to create aesthetically pleasing interiors.	Revision and Tests
5.	Nov	Revision and Tests			

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Signature of Teacher

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

Class: B.Sc. I Year (1st Semester)

Subject/ Paper: Basics of Home Science I (NEP)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): MDC-1

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July	Introduction to Home science: Concept and its job opportunities Basic terminology: Food, nutrients, nutrition, health, balanced diet, malnutrition (over & under nutrition),	PPT, Group Learning and Teaching	To acquire knowledge of various concepts of food & nutrition science.	
2.	Aug	Classification and Function of Food Carbohydrate, Protein, Fat: Source, Function & effect of deficiency Definition and Classification and uses of Textile fibers: (Cotton, Jute, Wool, Silk, Rayon, Nylon and Polyester). Yarn: Definition and classification (simple, novelty and complex). Sewing machine: Parts and Functions, Care and Maintenance	PPT, Group Learning and Teaching	To enable the students to have basic knowledge of textiles fibres, yarn and various stitches	Assign. -1 and Test
3.	Sept	Human Growth and Development: Meaning and concept Factors influencing growth & development Developmental milestones of infancy (0-2 years) and early childhood (3-6 years): <ul style="list-style-type: none">Physical and motor developmentSocial and emotional developmentCognitive and language development	PPT, Group Learning and Teaching	To have knowledge of and basic concepts related to human development	Assign. -2 and Test
4.	Oct	Resource Management - Definition and Importance. Process of time, energy and money management. Extension education: meaning	PPT, Group Learning and Teaching	To have knowledge of family resource Management and extension education	Revision and Tests

		and importance Qualities of an extension worker			
5.	Nov	Revision and Tests			

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Signature of Teacher

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

Class: B.Sc. II Year (3rd Semester)

Subject/ Paper: Basics of Home Science III (NEP)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): MDC-3

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July	Meal planning: its meaning & principles; Planning diet for school going children & adolescents; Food preservation; principles and home scale methods	PPT, Group Learning and Teaching	To understand the concept of Meal planning.	
2.	Aug	Traditional embroideries of India: Chikenkari, Phulkari, Kantha, Chamba and Kasuti. Soaps and Detergents, Starches, Blues and Bleaches Stain removal-Classification of Stains, Methods of Removing different types of Stain	PPT, Group Learning and Teaching	To impart knowledge about traditional embroideries of India and stain removal	Assign. -1 and Test
3.	Sept	Physical changes, health problems and adjustments in old age Guidance: meaning and its types Skills and characteristics of effective counselling	PPT, Group Learning and Teaching	To inculcate the skills of effective guidance & counselling	Assign. -2 and Test
4.	Oct	Various color schemes and its application. Table etiquettes and Table setting – formal and informal Communication-meaning, importance and types .Major nutritional problems in India; PEM, IDD, Anaemia.	PPT, Group Learning and Teaching	To obtain knowledge about dietary management of diseases and modifications of normal diet for therapeutic purposes and preservation.	Revision and Tests
5.	Nov	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 2025-26) ODD SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

Class: B.Sc. III Year (5th Semester)

Subject/ Paper: Basics of clothing construction and apparel designing (502) (NEP)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	Aug	Traditional embroideries of India: list of different embroideries associated with various states of India. Origin, types, fabric used, motifs, color combinations, stitches and thread used for following: Phulkari, Kantha, Chikenkari, Chamba, Kashida, Kasuti.	PPT, Group Learning and Teaching	To get acquainted with traditional embroideries of different States of India.	
2.	Sept	Traditional textiles: list of different textiles associated with various states of India. Origin, manufacturing process, color combinations and motifs used for following: • Printed textiles– Dabu, Ajrakh(Gujrat) • Painted Textiles: Kalamkari(AP), Madhubani(Bihar) • Resist Dyed textiles: Patola of Gujarat; Leheriya/ Bandhani of Rajasthan.	PPT, Group Learning and Teaching	To gain knowledge about traditional textiles of India	Assign. -1 and Test
3.	Oct	Woven textiles:Origin, manufacturing process, color combinations and motifs used for following • Brocade(UP) • Kanjivaram(TN) • Maheshwari(MP) • Chanderi(MP) • Mulmul	PPT, Group Learning and Teaching	To understand the manufacturing process of woven textiles	Assign. -2 and Test

		(Dhaka) Floor coverings - Carpet, rugs and durries			
4.	Nov	Sustainable textiles: definition, principles and merits of sustainable fibers (bamboo, banana, nettle and pineapple Silk). Care labelling of textiles	PPT, Group Learning and Teaching	To know the importance and advantages of sustainable Fibres and care labels used for clothing and textiles.	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 2025-26) ODD SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

Class: B.Sc. III Year (5th Semester)

Subject/ Paper: Basics of clothing construction and apparel designing (502) (NEP)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): VOC

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	Aug	Introduction to Interior Decoration: definition, history, significance Elements and principles of interior design	PPT, Group Learning and Teaching	To demonstrate a proficient understanding of interior elements and principles	
2.	Sept	Space Planning and design: Space analysis, Floor plans and Layouts , Furniture selection and placement, understanding ergonomics and visual aesthetics	PPT, Group Learning and Teaching	To enhance their ability to visually communicate design ideas through mood boards, sample boards and comprehensive presentations	Assign. -1 and Test
3.	Oct	Interior decoration techniques: Wall treatments- Paint, wallpaper, murals. Window dressings, Lighting design, decorative accessories and Flooring and carpeting	PPT, Group Learning and Teaching	To recognise the importance of cultural sensitivity and the impact of design	Assign. -2 and Test
4.	Nov	Interior Decoration Project and presentation Research and concept development choosing a project theme and creating a concept.	PPT, Group Learning and Teaching	To equip students with a well-rounded skill set, enabling them to embark on careers as competent	Revision and Tests

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Signature of Teacher

Govt. College for Women, Sector-14, Panchkula

Department of Home Science

Lesson plan

Year: 2025-26

Name of Teacher: Dr. (Mrs.) Latesh

Class: M.Sc. (Human Development)

Semester: I

Paper Code:I

Subject: Theories of Human Development

Name of Month	Topic	Teaching learning Strategy	Learning Outcomes
July	1. Meaning and significance of theories of Human Development.	Individual learning self Learning Peer Group Learning	students will learn different theories of development in stages of development
August	2. Freud's psychoanalytic theory, current status. 3. Neo-Freudians-Alfred Adler, Carl Gustav Jung, Eric Erickson. <ul style="list-style-type: none">Class test		
September	4. Learning theory: Pavlov, Skinner, Current Status of learning theory. 5. Language development theory of Chomsky. <ul style="list-style-type: none">Class test		
October	5. Cognitive Development theory. Piaget's theory, Neo-Piagetian studies 6. Social learning theory-Bandura's theory 7. Lewin's field theory. <ul style="list-style-type: none">Class test		
November	8. Theories of personality. Vygotsky, Roger's Self Theory. 9. Ecological theory Urie Bronfenbrenner. <ul style="list-style-type: none">Revision test		

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

Signature of Teacher

Principal

Govt. College for Women, Sector-14, Panchkula

Department of Home Science

Lesson plan

Year: 2025-26

Name of Teacher: Dr. (Mrs.) Latesh

Class: B.Sc. (Home Science)

Semester: I

Paper Code:102

Subject: Fundamentals of clothing and textiles Type of course: Major

Name of Month	Topic	Teaching learning Strategy	Learning Outcomes
August	<ul style="list-style-type: none">Importance & scope of clothing & textile.	Individual learning self Learning Peer Group Learning Project learning	students will learn different types of finer Yarn construction Textile processes
September	<ul style="list-style-type: none">Basic Terminology used for clothing and textile: Clothing: bias grainline, grain, dart, notches, gathers, fasteners, contours, interfacing, placket,seam allowance.Textile: fiber, filament, yarn, yarn count, thread count, cord,twist,crimp,tensile strength etcParts of the basic sewing machine, its care, maintenance & functioning.Study of different types of sewing machines,their use in the garment industry.Class test		
October	<ul style="list-style-type: none">Factors affecting selection of clothing: Environmental, social, psychological and Physiological.Clothing requirements of different age groups(infants, toddlers, preschoolers and elementary school children, Pregnant lady and Lactating mother)Comparison of tailor-made, readymade and homemade garments.Class test		
November	<ul style="list-style-type: none">Textile Fiber: Definition & Classification of fiberDifference between natural & man made fibersManufacturing & properties of following: Natural fiber: Cotton, wool, silkMan made: Nylon, rayon & polyesterClass test		

December	<ul style="list-style-type: none"> • Yarn: Definition and process of yarn making (s twist and z twist) • Basic principles of yarn making (mechanical, chemical, spinning: wet, dry & melt) • Classification and types; Simple, filament, spun, novelty, complex yarns. • Properties of yarn: Elasticity, plasticity, strength & elongation • Revision test 		

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

Department of Home Science

Lesson plan

Year: 2025-26

Name of Teacher: Dr. (Mrs.) Latesh

Class: B.Sc. (Home Science)

Semester: I

Paper Code: 104

Subject: Consumer Education Type of course: Minor

Name of Month	Topic	Teaching learning Strategy	Learning Outcomes
August	<ul style="list-style-type: none">• Factors affecting requirement of household equipment.	<p style="text-align: center;">Individual learning self Learning Peer Group Learning Project based learning</p>	<p>students will be educated about consumer rights duties, consumer complaint process Different types consumer court</p>
September	<ul style="list-style-type: none">• Precautions to be used while using major electrical equipment.• Consumer: Definition and role of consumer in market• Class test		
October	<ul style="list-style-type: none">• Consumer education : Meaning & importance• Consumer Rights & consumer responsibilities• Problems of consumers• Consumer Protection Act : Meaning and importance.• Class test		
November	<ul style="list-style-type: none">• Consumer protection Agencies: Consumer Education and Research Centre (CERC), Federation of consumer organization in Tamil Nadu (FEDCOT)• Class test		
December	<ul style="list-style-type: none">• Citizen consumer and civil action group, Consumer guidance		

	society of India, (CGSI), Consumer unity of trust society • Revision test		
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❖ Seminar/Presentation/Assignment/Quiz/Class Test /Mid-Term Exam will be taken as per schedule.

Signature of Teacher.

Principal

Govt. College for Women, Sector-14, Panchkula

Department of Home Science

Lesson plan

Year: 2025-26

Name of Teacher: Dr. (Mrs.) Latesh

Class: B.Sc. (Home Science)

Semester: III

Paper Code: 302

Subject: Food Science Type of Course: Major

Name of Month	Topic	Teaching learning Strategy	Learning Outcomes
July	Food - definition & classification of food Functions of Food: Physiological, psychological, social & emotional	Individual learning self Learning Peer Group Learning Project learning	students will learn different food groups their functions Classification of
August	Groups and food guide pyramid along with its importance. Basic food groups - composition and nutritional contributions of the following food groups: a) Cereals b) Pulses c) Fruits and Vegetables		
September	Composition and nutritional contributions of the following food groups: a) Milk and Milk Products b) Nuts and Oilseeds c) Meat, Fish, Poultry & Egg d) Major spices of India & Sugar and Jaggery		

October	Definition, objectives and principles of cooking of food. Different methods of cooking- their merits and demerits. A. Moist heat method: Boiling, simmering, stewing, pressure cooking, poaching & blanching B. Dry heat method: Roasting, baking, toasting, steaming, grilling, frying C. Other methods of cooking: Microwave cooking & solar cooking		food Their nutritional value composition
November	Effect on cooking and heat on nutritive values of foods. improving nutritional quality of foods using methods: <ul style="list-style-type: none"> • Germination: Method, advantages & disadvantages • Fermentation: Method, advantages & disadvantages • Supplementation : Methods & various supplementary foods • Fortification : Meaning & importance • Enrichment 		

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

Signature of Teacher

Principal

Govt. College for Women, Sector-14, Panchkula

Department of Home Science

Lesson plan

Year: 2025-26

Name of Teacher: Dr. (Mrs.) Latesh

Class: B.Sc. (Home Science)

Semester: III

Paper Code: 304

Subject: Hygiene and Physiology Type of Course: Minor

Name of	Topic	Teaching learning	Learning Outcomes
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Month		Strategy	
July	Definition of hygiene, types of hygiene personal, environmental, domestic and food hygiene	Individual learning self Learning Peer Group Learning Project learning Group learning	students will learn different systems their functions structure Hygiene its types Immunity Vaccination Schedule
August	Physical health, factors affecting health, eating and drinking habits, body posture, sleep, exercise and games. Cleanliness of body and cleanliness of house. Definition of immunity, types of immunity and vaccination schedule		
September	Causes, symptoms & prevention or control of following diseases: a) Diseases spread by insects: Malaria & Dengue; b) Diseases spread by ingestion: Typhoid, diarrhea & Dysentery c) Diseases spread by droplet infection: T. B. & Chickenpox d) sexually transmitted disease: AIDS		
October	Animal Cell : Structure & functions of cell organelle; Cell division: Mitosis & meiosis(in brief); Digestive System – Structure and functions of various parts of the alimentary canal; Digestive glands – Salivary Glands, liver, pancreas, gastric glands, intestinal glands.		
November	Circulatory system – Structure and functions of heart, functions of blood, blood composition & blood		

	groups Excretory system – Structure and functions of lungs, & skin Endocrine system – Structure and functions of endocrine glands– pituitary, thyroid, Parathyroid & adrenal glands		
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❖ 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 2025-26) ODD SEMESTER

Name of Teacher: MS. MANI NARWAL

Designation: Associate Professor

Class: B.Sc. Home Science- 3rd year

Subject/ Paper: Normal and a Therapeutic Nutrition (Course No. B23HSC-501)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July-Aug.	Principles of meal planning and factors affecting it. Maternal nutrition: dietary considerations and nutritional requirements during pregnancy and lactation. Food exchange list (in brief) Practical related to these topics	Group learning & teaching	Students will be able to get the knowledge of different types of diets and their composition	Assignment
2.	Sept.	Infancy: Nutritional requirements, importance of breast feeding, weaning, supplementary foods. Dietary considerations and nutritional requirements of pre school, school age and adolescents. Physiological changes in old age. Practical- Planning and calculation of the diets of pre-schoolers and adolescents.	Use of smartboard	They will come to know about the etiology and patho-physiology of different diseases	-
3.	Oct.	Diet therapy, principles of diet therapy, adaptation of normal diet to light, soft, full fluid, clear fluid and bland diet. Intravenous and tube feeding. Causes, symptoms and dietary modifications of the following: fever, typhoid and diarrhoea. Practical: Planning and calculation of diets in fever, typhoid and diarrhoea.	Project based learning	In addition , students will learn how to plan diets in different diseases	Test
4.	Nov.	Causes, symptoms and dietary modifications of the following: constipation and peptic ulcer. Practical- Planning and calculation of the diets during constipation and peptic ulcer. Preparation of diets: clear fluid, full fluid, bland and regular diet.	Creative learning	They will also learn how to calculate nutrients given in different diseases.	Revision

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

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: MS. MANI NARWAL

Designation: Associate Professor

Class: B.Sc. Home Science- 3rd year

Subject/ Paper: Life Span Development-II (Course No. B23HSC-503)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July-Aug.	Childhood: Role of the family and community in socialization of the child, Major physical and motor milestones in middle childhood; Milestones of emotional and cognitive development through middle school age. Common behavioral problems, causes and their remedies: nail biting, lying, depression, stealing, bed wetting, anger, aggression, Anxiety, ADHD, substance use.	Group learning & teaching	Students will be able to get the knowledge of different types of diets and their composition	Assignment
2.	Sept.	Adolescence: Characteristics of adolescence; growth spurt & Puberty, (including primary and secondary sexual characteristics) in adolescence, physical & psychological implications of puberty. Developmental changes during adolescence: social, emotional, cognitive and moral development. Interests & Problems of adolescents	Use of smartboard	They will come to know about the etiology and patho-physiology of different diseases	-
3.	Oct.	Adulthood: Meaning, characteristics, and developmental tasks during early and middle adulthood. Changes in Physical, socioemotional and vocational development during early and middle adulthood. Recording all round development of children and adolescents (physical, motor, social, emotional, cognitive and language development) by using any four following tests / any other equivalent tests or anecdote : • General Mental Ability Test for Children. • The Parent Child Relationship Scale (PCRD). • Emotional Stability Test for Children (ESTC). • High School Personality Questionnaire (HSPQ). • Adjustment Inventory. • Reactions to Frustration Scale (RFS). • Children's Approval Seeking Test (CAST). • Language Creativity Tests in English and Hindi (LCT)	Project based learning	In addition , students will learn how to plan diets in different diseases	Test
4.	Nov.	. Late Adulthood or old age: Characteristics like retirement, grand parenthood and widowhood in old age. Physical changes, health problems and adjustments in old age Case study to understand young adulthood / middle Adulthood/ old age.	Creative learning	They will also learn how to calculate nutrients given in different diseases.	Revision

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

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: MS. MANI NARWAL

Designation: Associate Professor

Class: Bachelor of Home Science- 1st year

Subject/ Paper: Introduction to Human Development B-23HSC-303

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July-Aug.	Human development: Importance, scope & multidisciplinary nature of Human Development. Understanding the meaning, concept and principles of Human Growth and Development. Factors influencing growth & development. Differences between Growth & Development Practical- Implement the methods of child study in field setting: a) Interview: i) Identify and select a problem of child & prepare a predetermined set of questions to collect data regarding problem ii) Organize a structured interview & prepare a report	Group learning & teaching	To understand and identify key concepts in multiple areas of lifespan psychology including concepts, facts and theoretical perspectives	Assignment
2.	Sept.	Historical trends in human development, Theories of Development: Psychoanalytic theory of Sigmund Freud, Cognitive theory of Piaget and Psychosocial theory of Erik Erikson. Stages and domains of human development throughout life span. Practical- Observation: i) Prepare a checklist for different developmental domains of a child & collect data from an adult (parent/ teacher /caretaker) ii. Observe the child in natural/participatory settings & prepare a report	Use of smartboard	To identify the basic research and evaluation methods used in lifespan psychology, including the strengths and weaknesses of each method.	-
3.	Oct.	Developmental tasks during life span including physical, motor, social, emotional, cognitive, language and moral development. Methods of Child Study and data collection - observation, interview, questionnaire, case study, cross-sectional, longitudinal methods. Practical- Case study: i) Justification for studying the child ii) Collect family background, health record, educational, psychological and social data & prepare a report	Project based learning	To learn methods of child study for analysing and improving the quality of life.	Test
4.	Nov.	Learning: definition and concept, types, factors affecting learning process. Intelligence: definition and concept, IQ, Measurement of intelligence, factors affecting intelligence. Practical- Conduct activities for stimulation and creative expressions among young children like painting, printing, modelling, cutting and pasting, paper folding and beading by visiting nursery schools & preparing a report.	Creative learning	To apply development theory to the analysis of child obs., surveys, & interviews using investigative research methodologies.	Revision

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

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: MS. MANI NARWAL

Designation: Associate Professor

Class: M.Sc. (Human Development) - 2nd year

Subject/ Paper: Mental Health and Well-being in Developmental Perspectives (M24HDE-302)

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	Aug.	Mental Health -Definition, concept and importance of holistic health, well-being, happiness , National Mental Health Program of India (1982) -Community mental health: Needs, Programs, etc., Infancy -Implication of attachment and bonding for mental health -Maternal deprivation Syndrome - Malnutrition and its effect on growth and behaviour of infant - Intervention with families and professionals from allied fields	Group learning & teaching	Better understanding of developments & marital adjustments in their age.	Assignment
2.	Sept.	Early Childhood Years -Mental Health Needs of Safety, Security, Relationships, Autonomy and Self-concept -Behavior Problems manifested at this stage:Feeding problem Aggression, Withdrawal and Problems related to early Schooling -Intervention work with Children, Family, Teachers Middle Childhood -Mental Health Needs of: Recognition, Appreciation, Friendships and Industry -School Related Problems: Truancy, School phobia, Conduct disorder, Childhood depression -Maladjustment at Home and School - Providing guidance	Use of smartboard	Role of family and friends in middle adulthood. Menopause changes in women.	-
3.	Oct.	Adolescence -Mental Health Needs of: Sense of Identity, Autonomy and Individualism -Problems related to Ssexuality, Physical appearance and Relationships -Academic Problems, Aggression, Substance Abuse, Depression and Suicide -Authority adolescent conflicts (parents, school, grandparents) -Counselling and guidance of adolescents, parents, school authorities 6. School Mental Health Programs –Need, identification and intervention -Improving school climate -Importance of sensitizing and involving teachers and administrators in mental health aspects of children -Orienting teachers to attend to dev. behaviour problems in the classroom	Project based learning	They will be able to know changes in personality and how to maintain social relationships	Test
4.	Nov.	. Adulthood -Mental health problems in the community: Life events that cause stress e.g. separation due to death, migration etc. -Substance abuse and addiction - Violence -Sexual abuse -Management of stress through: Ccounseling, Training in relaxation, Yoga and meditation etc.	Creative learning	How cognitive changes take place in old age. Coping with health issues & death, dying & bereavement	Revision

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

LESSON-PLAN (Session 2024-25) ODD SEMESTER

Name of Teacher: MS. MANI NARWAL

Designation: Associate Professor

Class: M.Sc. (Human Development) – 1st year

Subject/ Paper Psychometrics

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	Aug.	Introduction, Uses and History of Psychological tests. Concept of measurement and evaluation.	Group learning & teaching	Better understanding of psychological tests and their methods of measurement & evaluation.	Assignment
2.	Sept.	Units of measurement - Scale, Norms and Transformation. Methods of studying Human Development: Observation and Interview method Questionnaire Method Case study method Sociometry and psychometric.	Use of smartboard	To learn methods of child study for analysing and improving the quality of life..	-
3.	Oct.	Anthropometry: Body landmark, instruments, Height, weight and other measurement of nutritional status. Reliability and Validity.	Project based learning	They will be able to know changes in anthropometric measurements.	Test
4.	Nov.	Techniques of evaluation with special reference to: Intelligence Personality Interests and Aptitudes	Creative learning	Techniques of evaluation of different tests.	Revision

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

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: Dr. Suman Bhambu

Designation: Professor

Class: M.Sc. Human Development II Year (3rd Semester)

Subject/ Paper: Child and Family Guidance Counselling and Psycho therapeutic interventions (301)

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

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July	<ul style="list-style-type: none">Nature and Scope of Guidance - Concept, Definition and Scope - Nature, Principles and Need of Guidance -Areas of Guidance: - Educational – Concept, Definition, Characteristics, Principles etc. - Vocational – Concept, Definition, Characteristics, Principles etc., - Personal – Concept, Definition, Characteristics, Principles etc., - Group Guidance-Different Techniques used	PPT, Group Learning and Teaching	Understand the concept, principles, scope and practice of guidance	
2.	Aug	<ul style="list-style-type: none">Nature and Scope of counseling - Meaning, Areas, Scope of Counseling -Needs, Aims and Principles of Counseling -Various Approaches to Counseling: Humanistic approaches- Roger's Client centered approach, Gestalt approach Psychoanalytic -Psycho dynamic approaches by Sigmund Freud, Carl Jung, Alfred Adler - Behaviorist approach- Skinner and Bandura -Eclectic approach IIStages of Human Development and Areas of Guidance, counseling and therapy. -Problems of Childhood: remedial measures, techniques, therapies used -Problems of Adolescence: remedial measures, techniques, therapies used -Problems of Adulthood: remedial measures, techniques, therapies used -Problems of Aged: remedial measures, techniques, therapies used	PPT, Group Learning and Teaching	Comprehend the task of identifying and assessing at risk children and providing services to them.	Assign. -1 and Test

3.	Sept	<ul style="list-style-type: none"> Types of Therapy -Psychotherapy: Concept, Definition, Types, Application etc., -Play therapy: Concept, Definition, Types, Application etc., -Behavior modification therapy: Concept, Definition, Types, Application etc., - Any other therapy: Music, Dance, Drama, Art etc. Counseling Special Groups Meaning, Concept, Characteristics, Needs, Support network and counselling processes for: -Children suffering from Child Abuse - Children in Divorce Families - Children in Step Families -Children in Single Parent Families -Children of Street -Children in Alcoholic Families 	PPT, Group Learning and Teaching	Understand the problems and provide appropriate support and therapy in different stages of Life	Assign. -2 and Test
4.	Oct	<ul style="list-style-type: none"> Counseling Exceptional Children: Meaning, Concept, Characteristics, Needs, Support network and counselling processes for: -Gifted Children -Children with Emotional and Behavior Disorders -Learning Disabled Child -Attention Deficit Hyperactivity Disorder - Intellectually Challenged Children - Physically challenged Children. Fundamental counseling-Skills -The Client Counselor Relationship: Meaning, Types, Impact, Importance -Qualities and skills of a counselor: Required for success -Counsellors objectivity/subjectivity: Meaning, Importance eg. -Emotional involvement and limits: Permissible limits and importance 	PPT, Group Learning and Teaching	Develop skills for providing counseling and therapeutic services.	Revision and Tests
5.	Nov	<ul style="list-style-type: none"> The counseling Process -First contact, Assessment, Intervention, Closure, Follow up -Ethics in counseling involved -Need for Ethical standards -Ethical, Codes and Guidelines- Rights of Clients, Dimensions of Confidentiality -Dual relationships in counseling Practices: Meaning, Impact, Importance Revision and Tests 		Understand the counselling process , ethics , codes and rights.	

❖ **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 2025-26) ODD SEMESTER

Name of Teacher: Dr. Suman Bhambu

Designation: Professor

Class: M.Sc. Human Development II Year (3rd Semester)

Subject/ Paper: Communication Processes and Techniques (304)

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

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July	<ul style="list-style-type: none">Communication -Concept, Process, Scope and Usages of communicationDissemination of information - Meaning, nature, types -Factors affecting -Appropriate training, motivating extension workers, approach to extension agents etc.,	PPT, Group Learning and Teaching	Understand the process of communication and its dissemination.	
2.	Aug	<ul style="list-style-type: none">Approaches to communication - Individual approach: Meaning, Methods, Usage, Impact etc., -Group approach: Meaning, Methods, Usage, Impact etc., -Mass approach: Meaning, Methods, Usage, Impact etc., -Motivating approach: Meaning, Methods, Usage, Impact etc..Major Models of Communication in brief: -Aristotle's Model -Lass well's Model -Shannon and Weaver's Model -Schramm's Model -Berlo's SMCR Model -Westley and MacLean's Model -Dance's Helical Model -Barnlund's Transactional Model -Rogers' Diffusion of Innovation Model - Osgood-Schramm Model	PPT, Group Learning and Teaching	Gain insight into various approaches used for communication.	Assign. -1 and Test
3.	Sept	<ul style="list-style-type: none">Communication and extension methods -Different media: Their characteristics, Types, Usage etc., - Selection of teaching tools: Characteristics, Types, etc.Traditional and Mass Media in Education & Communication -Print Media: Newspapers, Magazines, Pamphlets – Layout, Readability & Visuals -Audio Media: Radio, Podcasts, Community Radio – Structure and Scripting -Visual Media: Television, Films, Documentaries – Features and	PPT, Group Learning and Teaching	Gain knowledge about the various extension techniques used for good communication.	Assign. -2 and Test

		Uses -Folk and Traditional Media: Puppetry, Songs, Street Theatre, Dance Forms -Media Literacy and Media Ethics -Role of Mass Media in Social Change, Education, and Policy Awarenesss			
4.	Oct	<ul style="list-style-type: none"> New and Emerging Communication Technologies -ICT in Education and Research (ICT: Meaning, Scope, Relevance) -Use of Internet, Email, Mobile, Whatsapp, Webinars, and Virtual Meetings (Zoom, Google Meet) -E-learning, MOOCs, SWAYAM, YouTube Channels, Educational Portals -Social Media Platforms (Facebook, Twitter/X, Instagram, Blogs) in Communication -Multimedia Presentations – PowerPoint, Canva, Info graphics, Podcasts -Cyber Security, Plagiarism, and Digital Citizenship -Artificial Intelligence and Virtual Reality in Communication Communication for Development and Extension -Concept and Need of Development Communication - Communication Approaches: Participatory, Diffusion of Innovation, Behavior Change -Role of Communication in Health, Nutrition, Family Welfare, Child Development & Education -Communication Strategies in Community Work and Outreach - Audio-Visual Aids: Classification, Characteristics, and Selection for Rural/Urban Settings -Media Mix and Message Design for Extension Work - Evaluation and Feedback Mechanisms in Communication 	PPT, Group Learning and Teaching	Know about the latest communication technologies used for research purpose and all..	Revision and Tests
5.	Nov	<ul style="list-style-type: none"> Revision and Tests 			

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Signature of Teacher

Principal

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: Dr. Suman Bhambu

Designation: Professor

Class: M.Sc. Human Development II Year (3rd Semester)

Subject/ Paper: Family Ecology and Human Development (309)

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

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	July	<ul style="list-style-type: none">• .Family relationships -Family as a social system -Socialization within the family -Models of parenting	PPT, Group Learning and Teaching	Gain knowledge about family relationships	
2.	Aug	<ul style="list-style-type: none">• .Parent child relationships -Functional and dysfunctional dyads -Family cohesion -Conflict and family disorganization –impact on parenting - Children as family agents• Children and marital life -Child abuse - Bidirectionality in parent child relations -Family interactions and delinquency -Improving family communication and interpersonal relations	PPT, Group Learning and Teaching	Gain knowledge about parent child relationships, child abuse , children and marital life	Assign. -1 and Test
3.	Sept	<ul style="list-style-type: none">• Family under transition -Family transitions -Change and continuity over life cycle -Needs and problems of families at different developmental stages -Impact of social change on family -Changing family patterns in India -Religion and family -Family social class and ethnic variations in child rearing• Family stressors and resilience -Family as an institution under stress -Family crisis -Poverty and children -Stressors and family relations - with special reference to family disruption, sickness, divorce, substance abuse and disability -Stress Process Model - Family's adaptation to stress	PPT, Group Learning and Teaching	To impart knowledge about family transitions and communication.	Assign. -2 and Test

4.	Oct	<ul style="list-style-type: none"> Family resilience and protective factors -Promotion of family resilience -Family environment and social support as a source of risk and resilience for vulnerable children/youth -Inter-generational family dynamics in management of family conflicts and negative patterns 	PPT, Group Learning and Teaching	To aware students about family stressors and protective factors.	Revision and Tests
5.	Nov	<ul style="list-style-type: none"> Impact of consumerism, emigration and multiculturalism on families - Impact of consumerism on rural families -Impact of consumerism on urban families -Impact of emigration on families -Impact of multiculturalism on families -Two culture children and their psycho-social dilemmas - Contemporary issues related to families Revision and Tests 		To know about impact of emigration and multiculturalism on families.	

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Signature of Teacher

Principal

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: Dr. Suman Bhambu

Designation: Professor

Class: M.Sc. Human Development I Year (1st Semester)

Subject/ Paper: Advanced Early Childhood: Care and Education (103)

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

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	Aug	<ul style="list-style-type: none">Principles of Early childhood Care and Education: 1.1 Importance, Need and Scope of ECCE, Objectives of ECCE, Types of Preschools/Programmes: Play Centres, Day Care, Montessori, Kindergarten, Balwadi, Anganwadi etc.Historical Trends (Overview): Contribution of the following thinkers to the development of ECCE (Their Principles, Contributions, Applications and Limitations) in the context of ECCE) Pestalozzi Rousseau Froebel Maria Montessori John Dewey Gijubhai Badheka Tarabai Modak M.K. Gandhi Rabindranath Tagore	PPT, Group Learning and Teaching	Describe Historical Development, Aims and Principles, areas in the field of Early Childhood Care and Education	
2.	Sept	<ul style="list-style-type: none">ECCE in India: Pre-Independence period, Post-Independence, Kothari Commission, Contribution of the five-year plans to ECCE .Yashpal Committee, Maharashtra Preschool Centre Act. Contribution of the following agencies/programmes to ECCE in India: ICCW, IAPE, NCERT , ICDS, UNICEF ,NCTE ,Mobile CrèchesOrganisation of Pre-School Centres Concept of Organisation of Early Childhood Centres. Administrative set up and Functions of Personnel working at different levels. Building and Equipment: Location, Site. Arrangement of Rooms: Different Types and Sizes of Rooms, Playground, Storage facilities etc. Selection of different types of Outdoor and Indoor Equipment Maintenance and display of Equipment and Material	PPT, Group Learning and Teaching	Understand contribution of various agencies in Early Childhood Education	Assign. -1 and Test

3.	Oct	<ul style="list-style-type: none"> Staff/Personnel Service Conditions and Role: Roles and Responsibilities Essential Qualities of a Care giver/Teacher, other Personnel etc. Records and Report: Types, Aim and Purpose/Need, General Characteristics e.g., Anecdotal, Cumulative, Sample work, Medical etc. Programme Planning: Principles and Steps in Programme Planning. Planning: Setting Goals and Objectives of Plans of: Long term Short term weekly and Daily Annual and Monthly Theme Planning Routine and Schedules. 	PPT, Group Learning and Teaching	Plan ECCE programs keeping in mind socio-cultural diversity and knowledge of Local, Global Methods and Practices	Assign. -2 and Test
4.	Nov	<ul style="list-style-type: none"> Learning and Play: Definition, Principles and Methods of Learning, Effective Methods of Learning, Creating an effective Learning Environment in the Class. Role of Techniques in promoting Learning in Young Children Play: Definition, Concept, Types, Characteristics etc. Role of Play in Overall Development of Children, Teacher's Role Use of Play Way approach in the Curriculum for Young Children 	PPT, Group Learning and Teaching	Design strategies for effective capacity building and implementation of Early Childhood Development Programs Learn about the use of Play way methods to teach concepts like science, maths, Sst., art and craft etc.	Revision and Tests

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Signature of Teacher

Principal

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

LESSON-PLAN (Session 2025-26) ODD SEMESTER

Name of Teacher: Dr. Suman Bhambu

Designation: Professor

Class: M.Sc. Human Development I Year (1st Semester)

Subject/ Paper: Cross-Cultural Perspectives in Family Studies (104)

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

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	Aug	<ul style="list-style-type: none">The Family in Social Context: Family as a component of social system, Structure and Context. Family as an evolving and dynamic institution. Functions of family. Family life cycleSocio-Cultural Studies of Family Pattern's in India: Family structure :(Concept, Characteristics, etc.) Traditional Extended Joint families. Alternate Families :(Concept, Characteristics, etc.) Single Parents' Families Childless Families Cohabitation Marriage Families without Children Female headed Families. Unitary Families Gay and Lesbian families. Family patterns in India: (Concept, Characteristics, Types etc.) Tribal Rural Urban. Role relationships in the Family: Sex roles and division of Labour. Cause and effect of Family structure on changing roles of Family. Sociological significance of Family	PPT, Group Learning and Teaching	Understand about the various forms of Families and their Significance in the Society	
2.	Sept	<ul style="list-style-type: none">Approaches and Theories in Family Studies: Developmental Approach, Interactional Approach, Institutional Approach, Systemic Approach, Family Life Cycle Approach, Cyclical Theory, Progressive Theory, Structural-Functional Theory.	PPT, Group Learning and Teaching	Gain knowledge about various roles and relationships existing in different types of Family patterns and structures	Assign. -1 and Test

		<ul style="list-style-type: none"> Types of Family Crises and Coping Strategies: (Meaning, Types, Intervention & Services) Financial Behavioural Interpersonal Relationships Health 			
3.	Oct	<ul style="list-style-type: none"> Contemporary Issues and Concerns: Family Violence, Battered Women, Child Maltreatment, Sexual Abuse (Child Abuse), Dowry and Family Violence. Child rearing and Socialization. Gender roles Divorce and Remarriage. Family Planning Effect of Industrialization on family. Major world trends in family patterns. Disadvantaged Family: Various Needs , Various Problems, Societal Support Mechanism, Therapy and Rehabilitation 	PPT, Group Learning and Teaching	Gain knowledge about various theoretical perspectives of Family, their crisis and coping strategies	Assign. -2 and Test
4.	Nov	<ul style="list-style-type: none"> Family and Societal Exchanges/Influences: Health and Family Education and Family. Work and family. Religion and Family Beliefs, Values and Family Ecology and Family. Government and Family Cultural Practises of Families: Traditional Cultural Practises, Modern Cultural Practises Revision and Test 	PPT, Group Learning and Teaching	Learn about the various Cultural practices, Societal exchanges and influences	Revision and Tests

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