

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

LESSON-PLAN (Session 2025-26) EVEN SEMESTER

Name of Teacher: Mrs. Anita Raj
Designation: Lecturer (Extension Lecturer)
Class: B.Sc. II Year (4th Semester)
Subject/ Paper: Advance apparel and textile designing (B-23HSC-401) (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.	January	UNIT I <ul style="list-style-type: none">• Fabric finishes: Definition & objectives• Classification of Finishes:<ul style="list-style-type: none">a) Physical: Singeing, napping, brushing, shearing, sizing, tentering, and calendaringb) Chemical: Mercerizing, durable finishes,c) Special-purpose finishes: Wrinkle resistant , water resistant, soil repellent, and flame repellent• Bleaching & its Types	PPT, Group Learning and Teaching	To understand about Fabric Finishes	

2.	February	<ul style="list-style-type: none"> • Dyeing: Definition classification of dyes: <ul style="list-style-type: none"> a) Natural: vegetable, animal & mineral b) Synthetic dye: Basic, acidic dye • 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 • Class Test 	PPT, Group Learning and Teaching	To know about Dying and its various types and techniques	Assign. -1 and Test
3.	March	<ul style="list-style-type: none"> • 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. • Class Test 	PPT, Group Learning and Teaching	To know about Printing its methods , types and dry cleaning	Assign. -2 and Test
4.	April	<ul style="list-style-type: none"> • 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 	PPT, Group Learning and Teaching	To have knowledge of Laundry Process, stain removal, soap and detergents, stiffing agent and blueing agent	Revision and Tests

		detergents. <ul style="list-style-type: none">• Stiffening agent and blueing agent.• Class Test			
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❖ **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) EVEN SEMESTER

Name of Teacher: Mrs. Anita Raj
Designation: Lecturer (Extension Lecturer)
Class: B.Sc. III Year (6th Semester)
Subject/ Paper: Fashion merchandising (B-23HSC-602) (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.	January	<ul style="list-style-type: none">Fashion merchandising: Meaning, scope, types, terminology. Role of fashion merchandiser. Product development: Definition, objectives, product design and manufacturing.	PPT, Group Learning and Teaching	To understand the concept of merchandising and product development	
2.	February	<ul style="list-style-type: none">Product pricing: Demand oriented, cost oriented, value based and competition oriented. Sourcing in fashion retailing: Types and factors affecting sourcing Consumer behaviour: Meaning & importance, advantages, problems, factors influencing consumer behaviour	PPT, Group Learning and Teaching	To analyse buyer behavior and grasp concepts of fashion pricing and sourcing.	Assign. -1 and Test

3.	March	<ul style="list-style-type: none"> Fashion marketing management: Objectives, importance and functions. Fashion forecasting: Meaning, types and process Fashion marketing plans and strategies: Brand ambassador, Social networks, giveaway campaigns, blogging, promotion activities- sale and discount 	PPT, Group Learning and Teaching	To acquire knowledge in fashion marketing plans, strategies and management.	Assign. -2 and Test
4.	April	<ul style="list-style-type: none"> Advertising media: Meaning, types and importance Types of fashion show Careers in Fashion Merchandising & marketing. 	PPT, Group Learning and Teaching	To understand advertising media in the fashion industry and explore career opportunities in fashion merchandising	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) EVEN SEMESTER

Name of Teacher: Mrs. Anita Raj
Designation: Lecturer (Extension Lecturer)
Class: B.Sc. III Year (6th Semester)
Subject/ Paper: Entrepreneurial Trends & Techniques (B-23HSC-604) (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.	January	<ul style="list-style-type: none">• Concept and significance of entrepreneurship in India Causes of slow growth of entrepreneurship in India Functions of Entrepreneur: Entrepreneurial, Promotional, Managerial and Commercial Functions Difference between an entrepreneur and an employee/intrapreneur.	PPT, Group Learning and Teaching	Sensitize and motivate students for entrepreneurship in the present scenario and understand the need to take up self-employment.	
2.	February	<ul style="list-style-type: none">• Types of Entrepreneurs: - On the basis of: Economic development, type of business, technology used, motivation, ownership, personality traits and Stages of development. Competencies of an entrepreneurs Successful Indian entrepreneurs	PPT, Group Learning and Teaching	Understand the types, stages, and competencies of entrepreneurs	Assign. -1 and Test
3.	March	<ul style="list-style-type: none">• Process of entrepreneurship Elements of business plan Financial management: Estimation of project cost and profit assessment SWOT analysis and matrix	PPT, Group Learning and Teaching	Create awareness regarding SWOT analysis and financial management.	Assign. -2 and Test

4.	April	<ul style="list-style-type: none"> Process of entrepreneurship Elements of business plan Financial management: Estimation of project cost and profit assessment SWOT analysis and matrix 	PPT, Group Learning and Teaching	Understand the various government schemes for the development of women entrepreneurs	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) EVEN SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

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

Subject/ Paper: Textile Colouring and Designing (B23-VOC-304) (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.	January	<ul style="list-style-type: none">Colour : Introduction, definition, properties and importance of colours. Characteristics : Warm / cool colours, advancing /receding colours, light /heavy colours: psychological effect of colours. application of different colour schemes in apparel .	PPT, Group Learning and Teaching	The learner will acquire the knowledge about the concept of color and its application for preparing designs	
2.	February	<ul style="list-style-type: none">Design: Definition, classification of design; Structural design, Decorative design. Elements of art and principles of design.	PPT, Group Learning and Teaching	Gains knowledge about the elements of art, principles and types of designs	Assign. -1 and Test
3.	March	<ul style="list-style-type: none">Dyes: Definition, classification of dyes: (i)Natural dyes- vegetable ,animal and mineral dyes.(ii) Synthetic dyes- basic, acidic, neutral, sulphur, vat-dyes ,mordant, direct dyes. Printing: Definition, methods of printing:(i) Direct printing (block, roller ,duplex, flocking)(ii) Discharge printing (iii)Resist printing (iv) Indirect printing(transfer, photo printing)	PPT, Group Learning and Teaching	Get acquainted with different colors, dyes, pigments and printing techniques.	Assign. -2 and Test

4.	April	<ul style="list-style-type: none"> • Surface Ornamentation: meaning, techniques- (i) Applique (ii) Fabric manipulation (iii) Embroideries- phulkari, kantha, kasuti, chikankari (in brief) (iv) Tie and dye 	PPT, Group Learning and Teaching	The learner will understand the concept of surface ornamentation and its application.	Revision and Tests
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❖ **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) EVEN SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

Class: B.Sc. I Year (2nd Semester)

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

Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): MDC-2

S. No.	Month	Topics to be covered	Teaching Learning Strategy	Learning Outcomes of Students	Remarks
1.	January	<ul style="list-style-type: none">• Micro Nutrients: Definition and Classification of Vitamin and Mineral, Source, Requirement and deficiency of Vitamin: A,D, E, K, B, C (in brief)• Source, Requirement, Deficiency of Minerals: Calcium, Iron, Iodine, Sodium, Potassium• Class Test	PPT, Group Learning and Teaching	To acquire knowledge of Vitamins and Minerals	
2.	February	<ul style="list-style-type: none">• Factors affecting selection of clothing., weaving-definition and different types of weaves• Meaning and Objectives of application of Finishes• Different types of Finishes- Wrinkle resistant , water resistant, soil repellent, and flame repellent finishes	PPT, Group Learning and Teaching	To enable the students to have basic knowledge of Weaving, Finishing and its types	Assign. -1 and Test

		<ul style="list-style-type: none"> • Class Test 			
3.	March	<ul style="list-style-type: none"> • Major physical, motor, emotional and cognitive development milestones through middle school age. • Role of the family and community in socialization of the child. • Developmental changes during adolescence: social, emotional, cognitive and moral development. • Class Test 	PPT, Group Learning and Teaching	To have knowledge of Major physical, motor, emotional and cognitive development milestones through middle school and adolescence.	Assign. -2 and Test
4.	April	<ul style="list-style-type: none"> • Importance of interior decoration, Elements of arts and principles of design. • Consumer protection act & consumer rights, • Standardized marks {AGMARK, FPO, WOOL MARK, ECOMARK, ISI} • Class Test 	PPT, Group Learning and Teaching	To have knowledge of elements of arts, principles and consumer protection act and rights.	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) EVEN SEMESTER

Name of Teacher: Mrs. Anita Raj

Designation: Lecturer (Extension Lecturer)

Class: B.Sc. II Year (4th Semester)

Subject/ Paper: Fashion Jewellery Making (B23-VOC-220) (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.	January	<ul style="list-style-type: none">History of Jewellery, Fundamentals of Jewellery Designing Type of Jewellery: Earring, Pendant, Ring, Bracelet, Brooches, Bangles, Anklets etc. Sources & Inspirations of Design.	PPT, Group Learning and Teaching	Identify the traditional jewellery of India.	
2.	February	<ul style="list-style-type: none">Elements of Art and Principles of Design, Colour: Introduction, definition, properties and importance of colours.	PPT, Group Learning and Teaching	Prepare various types of jewellery with different materials.	Assign. -1 and Test
3.	March	<ul style="list-style-type: none">Main features of traditional Jewellery in India: Rajasthan, Gujarat, North Kashmir, Bengal, Madras, Maharashtra.	PPT, Group Learning and Teaching	Sketch, paint and prepare fashion accessories.	Assign. -2 and Test

4.	April	<ul style="list-style-type: none"> Tools and material used in making different types of Jewellery, Safety and Care of Jewellery, Hallmarking of jewellery. 	PPT, Group Learning and Teaching	Get acquainted with hallmarking and care of jewellery.	Revision and Tests
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❖ **Seminar/Presentation/Assignment/Quiz/Class Test /Mid-Term Exam will be taken as per schedule.**

Signature of Teacher

Lesson plan
Even Semester 2025-26
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 management 2. Process of Management: Planning, organizing, controlling and evaluation 3. Resources: Meaning, classification and characteristics Class 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: a) Tools in Time management 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 simplification 9. Ergonomics: Definition and principles of ergonomics		
May	10. Money Management: a) Sources of Money: Wages, Salary, Rent, Profits, Interests b) Types of Income: i)Regular and Irregular income ii) Money income, Real income & psychic income c) Budget: Definition and types of budget d) 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 2025-26
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	<p>Definition of Nutrition, nutrients, recommended dietary allowance, balanced diet, health., reference man & reference woman and BMR-Definition and factors affecting BMR</p> <p>Water: Functions and sources of water for human body</p> <p>Carbohydrates: Classification, functions, sources & requirement, effects of deficiency and excess (in brief)</p> <p>Fibre -Types, functions, sources & requirement and health problems associated with excess and deficiency of fiber</p> <p>Class test</p>	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 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. 3 The 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	<p>Protein: Classification. functions, sources & requirement</p> <p>Fats/ Lipids: Classification, functions, sources and requirements and health problems associated with excess and deficiency of lipids.</p> <p>Vitamins: Definition and classification of vitamins, difference between fat soluble & water soluble vitamins</p> <p>Fat soluble vitamins: Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of: Vitamin A, D, E & K</p> <p>Class test</p>	
April	<p>Functions, sources, effects of deficiencies and excess of:</p> <p>Water soluble vitamins B and C</p>	
May	<p>Definition and Classification of minerals</p> <p>Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Magnesium, Sodium and Potassium</p> <p>Micro Minerals: Functions, sources and RDA, Effect of Excess and low intake of Iron, Iodine Fluorine & Zinc</p> <p>Revision Test</p>	

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

Signature of Teacher.

Principal

Lesson plan
Even Semester 2025-26
Name of Teacher: Dr. Latesh
Department of Home Science
Class: Bachelor of Home Science semester IV
Subject: Food Microbiology and Biochemistry

Month	Subject Topic	Course outcome	Teaching Strategy
February	Classification of foods on the basis of shelf life <ul style="list-style-type: none"> ● Food Spoilage, its causes and preventive measures ● Microorganisms: Types, beneficial and harmful effects on food. ● Food storage: Household & commercial food storage Class test	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To understand various causes of food spoilage and knowledge about microorganisms, their beneficial and harmful effects on food. 2. To equip with the principles of food preservation 3. To impart knowledge about digestion ,absorptionand metabolism of major nutrients. 4. To gain knowledge about nucleic acids and enzymes. 	peer teaching Individual Learning Group learning
March	<ul style="list-style-type: none"> ● Principles of food preservation. Bactericidal and Bacteriostatic ● Methods of Food preservation: a) by use of low temperature b) by use of high temperature c) by use of preservatives d) by use of moisture removing techniques ● Food adulteration (in brief) 		
April	<ul style="list-style-type: none"> ● Digestion, absorption & metabolism of carbohydrates ● Digestion, absorption & metabolism of Fat ● Digestion, absorption & metabolism of proteins 		
May	<ul style="list-style-type: none"> ● Digestion, absorption & metabolism of Nucleic acids ● Enzymes: Definition,classification, chemical nature & factors affecting enzyme activity 		

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

Signature of Teacher.

Principal

Lesson plan

Even Semester 2025-26

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

Class: M.Sc. (Human Development) semester II

Subject: Developmental disabilities and psychological disorders

Month	Subject Topic	Course outcome	Teaching Strategy
February	Unit I <ul style="list-style-type: none"> ● Various ways to define disability ● Types of impairment and disabilities ● Different types of impairment causes and effects on individuals 	<ul style="list-style-type: none"> ● demonstrate knowledge of screening children and adolescents with disability ● Gain insight for the methods work with differently disabled children ● Learn skills of guidance and counselling to children and their families ● Gain insight into various programmes and services for elderly 	peer teaching Individual Learning Group learning
March	Unit II <ul style="list-style-type: none"> ● Educational modifications and interventions for differently disabled ● Attitude of family people and community towards disabled ● Physical and social barriers in development of disabled ● Modifications of social and physical environments ● Enabling differently disabled as contributing members of society 		
April	Unit III <ul style="list-style-type: none"> ● Needs of disabled ● Programme and policies ● Use of assistive devices ● Peer and family counselling ● Psychological approaches ● Psychotherapeutic process 		
May	Unit IV <ul style="list-style-type: none"> ● Disabilities in India: Issues and challenges ● Family, peer, School, job sector old age ● Disability and mental health 		

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

Signature of Teacher.

Principal

Lesson plan
Even Semester 2025-26
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 management 2. Process of Management: Planning, organizing, controlling and evaluation 3. Resources: Meaning, classification and characteristics Class 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: a) Tools in Time management 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 simplification 9. Ergonomics: Definition and principles of ergonomics		
May	10. Money Management: a) Sources of Money: Wages, Salary, Rent, Profits, Interests b) Types of Income: i)Regular and Irregular income ii) Money income, Real income & psychic income c) Budget: Definition and types of budget d) 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 2025-26
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 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 Class 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. 3 The 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 soluble vitamins Fat soluble vitamins: Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of: Vitamin A, D, E & K Class 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

Lesson plan
Even Semester 2025-26
Name of Teacher: Dr. Latesh
Department of Home Science
Class: Bachelor of Home Science semester IV
Subject: Food Microbiology and Biochemistry

Month	Subject Topic	Course outcome	Teaching Strategy
February	Classification of foods on the basis of shelf life <ul style="list-style-type: none">• Food Spoilage, its causes and preventive measures• Microorganisms: Types, beneficial and harmful effects on food.• Food storage: Household & commercial food storage Class test	After completing this course, the learner will be able to: <ol style="list-style-type: none">1. To understand various causes of food spoilage and knowledge about microorganisms, their beneficial and harmful effects on food.2. To equip with the principles of food preservation3. To impart knowledge about digestion ,absorptionand metabolism of major nutrients.4. To gain knowledge about nucleic acids and enzymes.	peer teaching Individual Learning Group learning
March	<ul style="list-style-type: none">• Principles of food preservation. Bactericidal and Bacteriostatic• Methods of Food preservation: a) by use of low temperature b) by use of high temperature c) by use of preservatives d) by use of moisture removing techniques• Food adulteration (in brief)		
April	<ul style="list-style-type: none">• Digestion, absorption & metabolism of carbohydrates• Digestion, absorption & metabolism of Fat• Digestion, absorption & metabolism of proteins		
May	<ul style="list-style-type: none">• Digestion, absorption & metabolism of Nucleic acids• Enzymes: Definition,classification, chemical nature & factors affecting enzyme activity		

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

Signature of Teacher.

Principal

Lesson plan

Even Semester 2025-26

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

Class: M.Sc. (Human Development) semester II

Subject: Developmental disabilities and psychological disorders

Month	Subject Topic	Course outcome	Teaching Strategy
February	Unit I <ul style="list-style-type: none"> ● Various ways to define disability ● Types of impairment and disabilities ● Different types of impairment causes and effects on individuals 	<ul style="list-style-type: none"> ● demonstrate knowledge of screening children and adolescents with disability ● Gain insight for the methods work with differently disabled children ● Learn skills of guidance and counselling to children and their families ● Gain insight into various programmes and services for elderly 	peer teaching Individual Learning Group learning
March	Unit II <ul style="list-style-type: none"> ● Educational modifications and interventions for differently disabled ● Attitude of family people and community towards disabled ● Physical and social barriers in development of disabled ● Modifications of social and physical environments ● Enabling differently disabled as contributing members of society 		
April	Unit III <ul style="list-style-type: none"> ● Needs of disabled ● Programme and policies ● Use of assistive devices ● Peer and family counselling ● Psychological approaches ● Psychotherapeutic process 		
May	Unit IV <ul style="list-style-type: none"> ● Disabilities in India: Issues and challenges ● Family, peer, School, job sector old age ● Disability and mental health 		

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 2025-26) EVEN SEMESTER

Name of Teacher: DR. SUMAN BHAMBU
Designation: PROFESSOR (HOME SCIENCE)
Class: Bachelor of Home Science semester II
Subject/ Paper: Extension Education and Communication
Type of course (major/ minor/ VAC/ AEC/SEC/ MDC): Major

Month	Subject Topic	Course outcome
January	<p>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 education</p> <p>Class test</p>	<ol style="list-style-type: none"> 1. To understand the concept of extension education and its importance 2. To acquaint students with the types of extension teaching methods 3. To impart knowledge about various rural development programs and various ongoing schemes by government and non-government organizations 4. To gain knowledge about communication , it's importance and types.
February	<p>Extension teaching Methods: Its importance and types.</p> <p>Individual contact method: Farm & home visit, telephone calls, personal letters.</p> <p>Group contact method: Demonstration, Group meeting and discussion, Conference, seminars and workshops, field trips and campaigns.</p> <p>Mass contact method: Print media, Electronic media, Internet based media and Exhibition.</p> <p>Class test</p>	
March	<ol style="list-style-type: none"> 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.	
April	<p>Communication: Concept, Importance, elements of Communication and barriers to communication.</p> <p>Types of Communication:(Formal & Informal).</p> <p>Role of Photography in communication</p> <p>Revision Test</p>	

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

Signature of Teacher.

LESSON-PLAN (Session 2025-26) EVEN SEMESTER

Name of Teacher: DR. SUMAN BHAMBU

Designation: PROFESSOR (HOME SCIENCE)

Class: M.Sc. (Human Development) I, II SEM

Subject/ Paper: Population and Family: Dynamics, Psychology and Welfare: M24-HDF-204

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.	January	Unit I: Population Dynamics - Study of population and population dynamics in developed and developing countries - Study of population dynamics in India Population Education: - Meaning and objectives - Problems of population education in India - Role of national, international and non-governmental agencies. Models of Mental Health Services: - Mental and social - Population mental health in India: issues and challenges Population Statistics: - Children and women morbidity and mortality: causes and consequences - Infant morbidity and mortality	PPT, Group Learning and Teaching		

2.	February	Unit II: Population Growth - Factors, causes, consequences, statistics with special reference to India Birth Control Measures: - Types of birth control measures: benefits and drawbacks - Role of Government and NGOs in family planning	PPT, Group Learning and Teaching		Assign. -1 and Test
3.	March	Unit III: Reproductive and Child Health Programmes - Measuring RCH programmes: content and target groups - Various programmes issued by government and agencies - Reproductive rights of women Family Welfare Services: - Community based assistance to family - Day care services - Services for family in poverty - Services for family with problem children	PPT, Group Learning and Teaching		Assign. -2 and Test
4.	April	Unit IV: Family Laws and Family Courts - Legal acts for family, children and women - Various family courts in India Roles of Agencies and Organisation: - Agencies involved in welfare of children - Agencies involved in welfare of family - National Commission for Women	PPT, Group Learning and Teaching		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) EVEN SEMESTER

Name of Teacher: DR. SUMAN BHAMBU

Designation: PROFESSOR (HOME SCIENCE)

Class: M.Sc. (Human Development) I, II SEM

Subject/ Paper: Rights, Laws, Policies and Programmes for Women and Children M24-HDF-202

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.	January	Unit I: Programme Planning - Definition, objectives, principles, steps in planning - Defining project goals, steps in goal formulation. Management: - Meaning and importance of management - Objectives, characteristics, steps of management - Importance of management skills	PPT, Group Learning and Teaching	Obtain knowledge of prevalent social policies related to lives of women and children.	
2.	February	Unit II: Overview of Provisions - Policies and action plans - Rights and social policies - Five year plans - Constitutional provisions - Legislations for women and children - Conventions for protection of women and children	PPT, Group Learning and Teaching	Be familiar with constitutional provisions and legislations for women and children.	Assign. -1 and Test
3.	March	Unit III: Programmes for Children - Identification of specific programmes - Types of programmes and management - Child welfare programmes in India	PPT, Group Learning and	Engage with linkages between social policy, legislation and implementation of schemes.	Assign. -2 and Test

		<ul style="list-style-type: none"> - Recent approaches Programmes for Family - Identification of family programmes - Types and management - Family welfare programmes in India - Recent approaches - Family counselling 	Teaching		
4.	April	Unit IV: Linkages <ul style="list-style-type: none"> - Government role: Centre, State and Local level - NGO and Corporate Social Responsibility - Effective initiatives in various domains Monitoring and Evaluation <ul style="list-style-type: none"> - Supervision and meetings - Project report - Programme evaluation and review techniques - Critical appraisals 	PPT, Group Learning and Teaching	Gain knowledge about supervision, evaluation of various programmes and policies.	Revision and Tests

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

Signature of Teacher

