

Tentative Lesson Plan
Session 2025-26

Class-B.A. 1st Sem.

Course Name- Home and Interior Décor


Subject- Bachelor of Home Science

Course Code- B23-HSE- 101

S.No.	Week and Month	Topic
1.	22 nd -31 st July 2024	Interior Decoration- Objectives, importance of elements of art in interior decoration
2.	1 st Week of August	Types of design: Structural and decorative and its Application.
3.	2 nd Week of August	Elements of art: Line, Form, Texture, Light, Pattern, Colour, Space and its Application in Interior Decoration.
4.	3 rd Week of August	Principles of design: Rhythm, Balance, Proportion, Emphasis, Harmony and its Application in Interior Decoration
5.	4 th Week of August	Colour: Properties of Colour, Psychological Effect of Colour, Color Schemes and its Application in the Interior of a House.
6.	1 st week of September	Revision and Test
7.	2 nd week of September	Lighting: a) Types and requirement for various activities b) Lighting fixtures in the home
8.	3 rd week of September	Table setting and table manners: Informal and Formal Table Settings (Buffet Style, Indian Style Restaurant Style, Cafe Style)
9.	4 th week of September	Furniture: Types of Furniture, Furniture Arrangement for Different Areas. Factors Affecting the Selection and Purchase of Furniture, Care and Maintenance of Furniture.
10.	1 st week of October	Revision and Test
11.	2 nd week of October	Flower arrangement: a) Different types of Flower Arrangement b) Accessories used and points to be considered for Flower Arrangement c) Flower Decoration for different Occasions
12.	3 rd week of October	Furnishings: a) Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture)
	4 th week of October	Diwali Break
13.	5 th week of October	b) Wall Treatment and its types
14.	1 st week of November	Furnishings: c) Window Treatment and Decoration d) Types of Floor Coverings
15.	2 nd week of November	Revision
16.	3 rd week of November	Sessional / Home Exam

- Vacations as per university academic Calendar.
- Assignment and class test will be taken as per university curriculum.


Incharge


Principal
Govt. College for Girls
Palwal (Kurukshetra)

Tentative Lesson Plan
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Class-B.A. 3rd Sem.

Subject- Bachelor of Home Science

Course Name- Basics of Clothing Construction and Apparel Designing

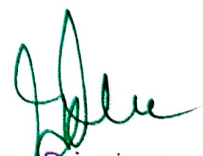
Course Code- B23-HSE- 301

S.No.	Week and Month	Topic
1.	22 nd - 31 st July 2024	Importance of Apparel Designing & its Role in Personality Development.
2.	1 st Week of August	Application of Elements of Arts and Principles of Designs in Clothing Construction
3.	2 nd Week of August	Types of Designs: Structural & Decorative
4.	3 rd Week of August	Wardrobe Planning: Principles, Steps involved and Importance.
5.	4 th Week of August	Fabric construction : Weaving : Parts and function of loom
6.	1 st week of September	Revision and Test
7.	2 nd week of September	Knitting : Types, characteristics, stitches used in knitting Non wovens fabrics: Felting, bonding, netting, braiding, laces
8.	3 rd week of September	Anthropometry: Definition, Importance and Equipment required • Types of Anthropometric Measurements (vertical, horizontal, girth/round measurement) • Care to be taken while taking Body Measurement
9.	4 th week of September	Drafting: Drafting Tools, Techniques, Advantages and Disadvantages of Drafting.
10.	1 st week of October	Paper Pattern: Types, Principles, Advantages and Disadvantages of Paper Pattern.
11.	2 nd week of October	Draping: Techniques of Draping and Advantages And Disadvantages Of Draping.
12.	3 rd week of October	Fashion: Concept , Importance and Terminology { Fad ,Style, Classic ,Silhouette Vogue ,Haute Couture, Niche ,Brand}
	4 th week of October	Diwali Break
13.	5 th week of October	Fashion Cycle and Fashion Favoring and Retarding Factors
14.	1 st week of November	Figure Analysis and Fitting: Figure Types, Common Fitting Problems, Reason for Poor Fitting and their Remedies
15.	2 nd week of November	Revision
16.	3 rd week of November	Sessional / Home Exam

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Class-B.A. 5th Sem.
Course Name- Normal & Therapeutic Nutrition

Subject- Home Science
Course Code-B23-HSE-501

S.No.	Week and Month	Topic
1.	22 nd -31 st July 2024	Meal Planning: Definition, Principles & Factors affecting it.
2.	1 st Week of August	Nutritional Requirements and Principles of Meal planning of Infants
3.	2 nd Week of August	Nutritional Requirements and Principles of Meal planning of Pre- schooler
4.	3 rd Week of August	Nutritional Requirements and Principles of Meal planning of School- age children
5.	4 th Week of August	Nutritional Requirements and Principles of Meal planning of Adolescents
6.	1 st week of September	Revision and Test
7.	2 nd week of September	Nutritional Requirements and Principles of Meal planning of Adults
8.	3 rd week of September	Nutritional Requirements and Principles of Meal planning of Pregnant Women
9.	4 th week of September	Nutritional Requirements and Principles of Meal planning of Lactating Women
10.	1 st week of October	Nutritional Requirements and Principles of Meal planning of Old Age
11.	2 nd week of October	Diet Therapy: Definition & Principles, Modification of normal diet : Clear fluid, Full fluid, Soft , Bland Diet
12.	3 rd week of October	Causes, symptoms and dietary management in Diarrhoea & Constipation.
	4 th week of October	Diwali Break
13.	5 th week of October	Causes, symptoms and dietary management in Typhoid fever & Peptic ulcer,
14.	1 st week of November	Causes, symptoms and dietary management in Obesity, Diabetes & Hypertension.
15.	2 nd week of November	Revision
16.	3 rd week of November	Sessional / Home Exam

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