

Lesson Plan

Session: 2025-26 (ODD SEM)

Home Science Department

CLASS- B.A (M) 1stsem

SUBJECT- Home Management

Course code – 240/HSM/CC101

Faculty Name – Leena Jatrana

MONTH	COURSE
August	Definition, Philosophy, Concept and Role of Home Management. 2. Housing – selection of a site for an ideal house- Soil, Locality, Orientation and Functions of home. 3. Meaning & Process of management - Planning, Organizing, Controlling and Evaluation
September	Elements of Interior Design – Line, form and shape, colour, texture, pattern and their application in Interiors. 2. Principles of Interior Design – Balance, rhythm, harmony, proportion, emphasis and their application in Interiors. 3. Colour- Characteristics, Colour schemes and emotional effects of colours. Class test
October	Resource Management-definition, importance, classification and management of resources. 2. Money management- Types of income, steps in budget planning, advantages and limitations of budget planning. 3. Time management- steps in time plan, tools of time management- peak loads, work curves and rest periods. 4. Energy Management; process, importance, fatigue; its types, causes and measures to relieve fatigue. assignments
November	Work Simplification- meaning and methods. 2. Consumer Education- definition, consumer choice, buying problems, malpractices, Consumer protection and Acts, factors affecting consumer decision. revision

CLASS- B.Sc. Home Science (MDC) 1st Semester

SUBJECT- Food Safety, Sanitation and Hygiene

Course code-240/HS/MD101

Faculty Name – Ms. Leena Jatrana

MONTH	COURSE
July	1. Concept and meaning of Food Safety, definition of food poisoning, food infection and food quality. 2. Food hazards (Physical, chemical and biological) 3. Sources of contaminants: Physical, chemical and microbial hazards in different foods. 4. Class test
August	1. Basic principles of Food hygiene and Sanitation. 2. Factors affecting food safety through supply chain. 3. Safety of leftover foods. 4. Assignment
September	1. Food Adulteration and types of adulteration (Intentional, incidental) 2. Name of adulterant and their detection in following foods: • Milk and milk products (milk, khoa, curd) • Oil and fats • Spices (chilli powder, turmeric, common salt, coriander) • Class test
October	1. Food laws and regulations: 2. Preservation of food adulteration act, 1954 3. FSSA, 2006 (Food safety and standard act) 4. GHP (Good handling practices) 5. FPO (Fruit product order) 6. HACCP (Hazard analysis critical control point)
November	Revision, class test

CLASS- SEC

SUBJECT- Food Preservation

Course code – 240/HS/SE101

Faculty Name : Leena Jatrana

MONTH	COURSE
August	Importance of food preservation 2. Types of spoilage by micro-organisms and enzymes 3. Basic principles of food preservation
September	1.Methods of drying & dehydration used for preservation for selected products. 2. Role of packaging and storage in preservation Class test
October	Natural Food preservatives – Use of salt, acid, sugar, oil etc. (role and examples) 2. Chemical Preservatives- definition, role, permitted preservatives and FSSAI guidelines. Assignments
November	Role of pectin in preserved foods 2. Stages in sugar cookery 3. Process of pickling Revision

CLASS- MDC 3

SUBJECT-Basics of Art and Design

Course code – 240/HS/MD301

Faculty Name – Leena Jatrana

MONTH	COURSE
July	Art and Design : Introduction. Phases of design process. Types of Design (Structural & decorative) designs and its characteristics . Motifs : Natural, Geometrical, Stylized and abstract. Elements of Art : Elements of content: space, line, shape, form, texture, light & colour Principles of Design: • Proportion & scale • Balance • Rhythm • Emphasis • Harmony and Evaluation
August	Windows & window treatment Interior Decoration : objectives Window terminology – Types of windows and window treatments. Importance, need and purpose of curtains/ Class test
September	Draperies Types and styles of Curtains Selecting a hanging system for curtains – rods, poles, rings and finials Curtain headings – Valances, cornices, swags and cascades
October	Flower arrangement: Materials used, principles involved Types & Care of flower management. Precautions to be taken while arranging flowers Assignment
November	Accessories – Uses, Classification, Design, Selection & Arrangement Decoration in the selection/development of accessories and their placement. revision