

## LESSON PLAN (2025-2026)

**B.Sc. (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year**

### **Home and Interior Decor**

Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
		L	T	P		L	T	P		Theory		Practical	
										Internal	External	Internal+External	
<b>SEMESTER III (2025-26)</b>													
Home and interior Decor	24HSCS401DS01	3	.	1	4	3	.	2	5	25	.50	25	100

Month	Syllabus
<b>July, 2025</b>	<ul style="list-style-type: none"> <li>Objectives of interior decoration</li> <li>Importance of elements of art in interior decoration</li> </ul>
<b>August, 2025</b>	<ul style="list-style-type: none"> <li>Types of design- structural and decorative and its application</li> <li>Elements of art: line, form, texture</li> <li>Light, pattern, colour, space and its application in interior decoration</li> </ul>
<b>September, 2025</b>	<ul style="list-style-type: none"> <li>Principles of design: Rhythm, balance, proportion, emphasis, harmony and its application in interior decoration</li> <li>Color: color wheel, properties of color,</li> <li>Psychological effect of color, color schemes and its application in the interior of a house.</li> <li>Lighting : functions, types and requirement for various activities</li> <li>Lighting fixtures in the home</li> </ul>

October, 2025	<ul style="list-style-type: none"> <li>• Furniture : Types of furniture,</li> <li>• Furniture arrangement for different areas (bedroom, drawing room, dining room, kitchen)</li> </ul>
	<ul style="list-style-type: none"> <li>• Factors affecting the selection and purchase of furniture</li> <li>• Care and maintenance of furniture</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Furnishings:</b> Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture)</li> <li>• Wall treatment and its types</li> </ul>
	<ul style="list-style-type: none"> <li>• Window treatment and decoration</li> <li>• Types of floor coverings.</li> </ul>
November , 2025	<ul style="list-style-type: none"> <li>• <b>Table setting and table manners:</b> Informal and formal table settings (buffet style, Indian and western style)</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Flower arrangement:</b> Different types of Flower arrangement.</li> </ul>
	<ul style="list-style-type: none"> <li>• Accessories used and points to be considered for flower arrangement.</li> </ul>
	<ul style="list-style-type: none"> <li>• Flower decoration for different occasions.</li> </ul>

### B.Sc. (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year

#### Home and Interior Décor

#### Practical

Month	Syllabus
July, 2025	<ul style="list-style-type: none"> <li>• Making a color wheel</li> </ul>
August, 2025	<ul style="list-style-type: none"> <li>• Preparing color schemes for different rooms manual/computer aided).</li> </ul>

	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Creating various art pieces using various types of materials and techniques: (Any two) <ul style="list-style-type: none"> <li>• Paper cutting/Paper flower</li> </ul> </li> </ul>
<p style="text-align: center;"><b>September, 2025</b></p>	<ul style="list-style-type: none"> <li>• Creating various art pieces using various types of materials and techniques: (Any two) <ul style="list-style-type: none"> <li>• Candle Making (wax/gel candle making)</li> <li>• Stone/ Tile/ Plate Painting</li> <li>• Gift wrapping/Greeting cards/Decorative envelopes</li> <li>• Shopping bags/decorative pouches</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<p style="text-align: center;"><b>October, 2025</b></p>	<ul style="list-style-type: none"> <li>• Floor decoration: Alpana and Rangoli.</li> </ul>
	<ul style="list-style-type: none"> <li>• Pottery/bottle painting.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<p style="text-align: center;"><b>November , 2025</b></p>	<ul style="list-style-type: none"> <li>• Table setting and napkin folding.</li> </ul>
	<ul style="list-style-type: none"> <li>• Flower arrangement</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

**B.Sc (H.Sc) Ist Semester Ist year**

**Name of Program: B.Sc. (Home Science)**

**Name of the Course: Nutrition Science**

Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
		L	T	P		L	T	P		Theory		Practical	
										Internal	External	Internal+External	
<b>SEMESTER III (2025-26)</b>													
Nutrition Science	24HSCS401DS02	3	.	1	4	3.		2	5	25	50	25	100

**Program Code: USHSC4**

**Course Code: 24HSCS401DS02**

Month	Syllabus
<b>July, 2025</b>	<ul style="list-style-type: none"> <li>Definition of Food, Food groups, Food Guide Pyramid, Nutrition, Nutrients, recommended dietary allowance, balanced diet, health, Malnutrition (over nutrition and under nutrition) reference man &amp; reference woman, functions of food.</li> </ul>
<b>August, 2025</b>	<ul style="list-style-type: none"> <li>Water: Functions and sources of water for human body,</li> </ul>
	<ul style="list-style-type: none"> <li>Dietary Fibre -Types, functions, sources &amp; requirement and health problems associated with excess and deficiency of fiber.</li> <li>Total Energy Requirement and factors affecting it.</li> </ul>
	<ul style="list-style-type: none"> <li>Carbohydrates: Classification, functions, sources &amp; requirement, effects of deficiency and excess (in brief).</li> </ul>
<b>September, 2025</b>	<ul style="list-style-type: none"> <li>Protein: Classification. functions, sources, requirement, excess and deficiency of proteins, protein quality.</li> </ul>

	<ul style="list-style-type: none"> <li>Fats/ Lipids: Classification, functions, sources</li> </ul>
	<ul style="list-style-type: none"> <li>Requirements and health problems associated with excess and deficiency of lipids</li> </ul>
	<ul style="list-style-type: none"> <li>Vitamins: Definition and classification of vitamins</li> </ul>
	<ul style="list-style-type: none"> <li>Difference between fat soluble &amp; water-soluble vitamins.</li> </ul>
<b>October, 2025</b>	<ul style="list-style-type: none"> <li>Fat soluble vitamins: Functions, sources, recommended dietary allowances of Vitamin A, D, E &amp; K</li> </ul>
	<ul style="list-style-type: none"> <li>Effects of excess &amp; deficiency (in brief) of Vitamin A, D, E &amp; K</li> </ul>
	<ul style="list-style-type: none"> <li>Water soluble vitamins: Functions, sources, recommended dietary allowances, Vitamin C, Vitamin B (any two)</li> </ul>
	<ul style="list-style-type: none"> <li>Effects of excess &amp; deficiency (in brief) of various water-soluble vitamins: Vitamin C, Vitamin B (any two)</li> </ul>
<b>November , 2025</b>	<ul style="list-style-type: none"> <li>Definition and Classification of minerals.</li> </ul>
	<ul style="list-style-type: none"> <li>Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Magnesium, Sodium and Potassium.</li> </ul>
	<ul style="list-style-type: none"> <li>Micro Minerals: Functions, sources and RDA, Effect of excess and low intake of Iron, Iodine, Fluorine &amp; Zinc.</li> </ul>
	<ul style="list-style-type: none"> <li>Methods of cooking, Methods of enhancement of nutritional quality</li> </ul>

**B.Sc (H.Sc) Ist Semester Ist year**

**Name of Program: B.Sc. (Home Science)**

**Name of the Course: Nutrition Science**

**Program Code: USHSC4**

**Course Code: 24HSCS401DS02**

**Practical**

Month	Syllabus
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<p><b>July,2025</b></p>	<ul style="list-style-type: none"> <li>• Controlling Techniques: Weights and measures,</li> </ul>
<p><b>August, 2025</b></p>	<ul style="list-style-type: none"> <li>• Standard and household measures for raw andcooked foods.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<p><b>September, 2025</b></p>	<ul style="list-style-type: none"> <li>• To calculate and prepare nutrient rich recipes at least two: Energy ,Protein</li> </ul>
	<ul style="list-style-type: none"> <li>• To calculate and prepare nutrient rich recipes at least two: Iron, Calcium</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<p><b>October, 2025</b></p>	<ul style="list-style-type: none"> <li>• To calculate and prepare nutrient rich recipes at least two: Vitamin A, Vitamin B Vitamin C</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<p><b>November , 2025</b></p>	<ul style="list-style-type: none"> <li>• Preparation of recipes involving sprouting, fermentation and supplementation</li> </ul>

	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
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**B.Sc (H.Sc) Ist Semester Ist year**

**Name of Program: B.Sc. (Home Science)**

**Name of the Course: Art in Everyday Life**

**Program Code: USHSC4**

**SKILL ENHANCEMENT COURSE**

Skill Enhancement Course	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
											Internal	External	Internal+External	
<b>SEMESTER III (2025-26)</b>														
<b>SEC 3@3 credits</b>	Art in Everyday Life	24HSC401SE01	.	.	3	3	.	.	6	6	.	.	75	75

Month	Syllabus
<b>July, 2025</b>	<ul style="list-style-type: none"> <li>• Upcycling</li> <li>• Best out of waste</li> </ul>
<b>August, 2025</b>	<ul style="list-style-type: none"> <li>• Folder Making/card making</li> <li>• Soft toys making/Puppet making</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

<b>September, 2025</b>	<ul style="list-style-type: none"> <li>• Mandala art/resin art/worli art/lipan art.</li> </ul>
	<ul style="list-style-type: none"> <li>• Dry flower arrangement and artificial flower making</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>October, 2025</b>	<ul style="list-style-type: none"> <li>• Stone painting/MGF wood painting/ Bottle decoration.</li> <li>• Tie and dye/Batik</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>November , 2025</b>	<ul style="list-style-type: none"> <li>• Candle making (wax and gel candle)</li> <li>• Envelope/Paper bag making/potli</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

**Lesson Plan : 2025-2026**  
**B.A/ B.Sc. (Home Science) 3<sup>rd</sup> Semester**  
**Textile Ornamentation 25HSC403SE01**

Skill Enhancement Course (SEC)	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
			Internal		External		Internal + External							
<b>SEMESTER III (2025-26)</b>														
<b>SEC 3@ 3 credits</b>	Textile Ornamentation	25HSC403SE01	-	-	3	3	-	-	6	6	-	-	75	75



Month	Syllabus
JULY	1. Prepare the samples (atleast 2 each) of a) Tie and Dye
AUGUST	Prepare the samples (atleast 2 each) of b) Batik c) Stencil Printing d) Hand Block Printing
SEPTEMBER	Prepare the samples (atleast 2 each) of e) Fabric Painting f) Knitting g) Embroidery
OCTOBER	2. Make an article using any of the above methods 3. Drafting, Cutting and Stitching of Ladies shirt and salwar/palazzo
NOVEMBER	4. Drafting, Cutting and Stitching of Petticot

**B.A/ B.Sc. (Home Science) 3<sup>rd</sup> Semester (2<sup>nd</sup> year)**  
**Extension Education and Rural Development 25HSC403DS02**

Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
		L	T	P		L	T	P		Theory		Practical	
										Internal	External	Practical	
<b>SEMESTER III (2025-26)</b>													
Extension Education and Rural Development	25HSC403DS02	3	.	1	4	.3	.	2	5	2	.50	25	100

Month - 2025	Syllabus
<b>July</b>	Role of Extension Education in Agriculture development
<b>August</b>	Concept of Extension Education
	Meaning and Principles of Extension Education
	Philosophy and Objectives of Extension Education
<b>September</b>	Approaches of Extension
	Qualities and roles of Extension worker
	Non-Projected Aids
	Role of Extension Education in Home Science
<b>October</b>	Rural and Community Development Programs (IRDP)
	NREP, ICDS, TRYSEM, ANP and SNP
	Program Planning
	Role of Voluntary Organization

<b>November</b>	Role of Home Science in Rural Problems
	Literacy and Poverty
	Revision and Discussion Test

**B.Sc. Home Science Semester III (2<sup>nd</sup> year)**

**301 Extension Education and Rural Development (Practical)**

Month	Syllabus
<b>July, 2025</b>	Preparation of Chart
<b>August, 2025</b>	Selection of Topics for Poster
	Preparation of Poster
	Preparation of Poster
<b>September, 2025</b>	Leaflets
	Pamphlets
	Flash Card
	Preparation of Flash Card
<b>October, 2025</b>	Writing Story for Puppet
	Preparation of Puppets

	Preparation of Puppets
	File Making
<b>November , 2025</b>	Government Organization in action
	Voluntary Organization in Action
	File Checking
	File Checking

### Lesson Plan of B.Sc Home Science Semester-III

#### Food Science- (Theory)

	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Internal	External	Internal+External	
<b>SEMESTER III (2025-26)</b>														
	Food Science	25HSC403DS01	3	.	1	4	3	.	2	5	25	50	25	100

Month	Syllabus
<b>July, 2025</b>	<b>Unit 1</b> Food science , Food technology and Future foods ,Basic Terminologies used in Food Science.
<b>August, 2025</b>	Biofortification, Nutraceuticals, organic foods, Space foods, Probiotics, Prebiotics, GMF. <ul style="list-style-type: none"> <li>Cereal and Cereal Products-Structure, Composition and Nutritive value of Wheat and Rice, Milling of Wheat and Rice, Products of Wheat, Parboiling of Rice, Rice Products, Ageing of Rice.</li> </ul>

	<ul style="list-style-type: none"> <li>• Brief description about Oats, Rye, Barley and Millets like Corn, Jowar, Bajra, Ragi, Quinoa.</li> <li>• Cereals starch cookery-Effect of moist and dry heat on starch</li> <li>• Convenience Cereal food (in brief)</li> <li>• Role of Cereals in Cookery</li> </ul>
<p style="text-align: center;"><b>September, 2025</b></p>	<p><b>Unit 2</b></p> <ul style="list-style-type: none"> <li>• <b>Pulses-</b> Composition and Nutritive value, Digestibility of Pulses, Processing, Toxic constituents of Pulses, Pulse cookery</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Milk and Milk Products-</b> Composition and Nutritive value, Milk cookery, Maillard Reaction (non enzymatic browning), Processing(Clarification, Pasteurisation, Homogenisation and Freezing) , Milk Products</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Eggs-</b> Structure, Composition and Nutritive value, Quality and Evaluation of Eggs, Egg cookery( effect of heat) , Role of Egg in Cooking</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Raising and leavening agents-</b> Types, Uses in Cookery and Bakery</li> </ul>
<p style="text-align: center;"><b>October, 2025</b></p>	<p><b>Unit 3</b></p> <ul style="list-style-type: none"> <li>• <b>Vegetables and Foods-</b></li> <li>• <b>Vegetables-</b> Classification, Composition and Nutritive value, Pigments, Vegetable cookery, Vegetable storage (in brief)</li> <li>• MAP( Modified Atmosphere Packaging)</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Fruits-</b>Classification, Composition and Nutritive value, Post harvest changes in fruits, Ripening of Fruits , Enzymatic browning</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Sugar and Related Products-</b> Nutritive value, Properties , Sugar Products, Sugar cookery , Stages of Sugar cookery, Role of Sugar in cookery, Artificial Sweeteners (in brief)</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Fats and Oils-</b> , Composition and Nutritive value, Refining and Processing of fats (Hydrogenation, Winterisation , Plasticity,</li> </ul>

	Shortening of Fats, Emulsions, Rancidity, Effect of Heating on Fats, Role of Fats/Oils in Cookery.)
<b>November , 2025</b>	<b>Unit 4</b> <ul style="list-style-type: none"> <li>• <b>Spices and Condiments-</b> General functions of specific spices, herbs of daily use, MSG, Role of Spices in Cookery</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Flesh Foods-</b></li> <li>• <b>Meat and Meat Products-</b> Composition and Nutritive value, Postmortem changes, Ageing of Meat, Tenderizing, Curing, Marbling, Meat Cookery, Methods of Cooking.</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Poultry-</b> Classification, , Composition and Nutritive value, Poultry cooking</li> <li>• <b>Fish-</b>Classification, , Composition and Nutritive value, Fish Cookery, Preservation( in brief)</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Evaluation of Food Quality-</b> Types of evaluation, Important test of sensory and Objective Evaluation, Instruments used for Texture Evaluation</li> </ul>

**Lesson Plan of B.Sc Home Science Semester-III  
Food Science- (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2025</b>	<ul style="list-style-type: none"> <li>• Food Preparation, Understanding the Principles involved and portion size</li> </ul>
<b>August, 2025</b>	<ul style="list-style-type: none"> <li>• <b>Cereals-</b> Boiled Rice, Pulao, Chapati, Parantha, Puri</li> </ul>
	File Checking <b>Pulses-</b> <ul style="list-style-type: none"> <li>• Whole and Dehusked\</li> <li>• <b>Milk and Milk Products-</b> Kheer and Custard</li> </ul>
	File Checking
<b>September, 2025</b>	<ul style="list-style-type: none"> <li>• <b>Vegetables-</b> Curries, Dry Preparations</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Sugar and Related Products-</b> Peanut Chikkis, Roasted Chana Laddu</li> </ul>
	File checking
	<ul style="list-style-type: none"> <li>• <b>Fats and Oils-</b> Pakoras, Cutlets</li> </ul>

<b>October, 2025</b>	• <b>Fermented Products-</b> Idli, Dosa, Uthappam
	File checking
<b>November , 2025</b>	Sensory Evaluation of the Preparation done.
	File Checking

**B.Sc. Home Science Semester V  
501 Family Dynamics**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2025</b>	Definition and Function of Family
<b>August, 2025</b>	Marriage as an Institution
	Need and Goals of Marriage
	Criteria of Successful Marriage
<b>September, 2025</b>	Adjustments in Marriage
	Intercaste Marriage
	Interreligious Marriage
	Family lifecycle stages
<b>October, 2025</b>	Changing Trends in India due to Westernization and Modernization
	Factor influencing Planned Parenthood
	Single Parent Family DINK families
	Latch key children families with adopted Children
<b>November , 2025</b>	Individual roles, rights and responsibilities within the family
	Area of adjustment with in the family at different stages of family
	Area of adjustment with Parents, Siblings, Children and others
	Bereavement, divorce long illness, Birth of a handicapped child

**B.Sc. Home Science Semester V  
502 Childcare and Rearing Practices**

<b>Month</b>	<b>Syllabus</b>
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<b>July,2025</b>	Pregnancy
<b>August, 2025</b>	Signs of Pregnancy
	Discomfort of Pregnancy
	Care of Expectant Mother
<b>September, 2025</b>	Confinement and Stages of Delivery
	Care of New Born
	Feeding
	Weaning and Supplementary Food
<b>October, 2025</b>	Role of Mother in Training of the Infant
	Problems and remedies regarding feeding
	Problems and remedies – Sleep disorders
	Problems and remedies – Excessive fear, Bed wetting
<b>November , 2025</b>	Nail Biting and Thumb Sucking
	Sibling Rivalry and Separation Anxiety
	Toilet – Training and Hygiene Practices, Sleep Routine
	Speech disorders

**B.Sc. Home Science Semester V**  
**502 Childcare and Rearing Practices (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July,2025</b>	Testing the awareness level of pregnant women using interview method
<b>August, 2025</b>	Visit to Child Care Center
	Prepare report on it
	Checking of Reports
<b>September, 2025</b>	Making Immunization Chart
	File Work
	Interesting activities for discussion
	Activities Progressed



	File Check
<b>October, 2025</b>	Interesting Art activities for children below 5 years of age
	Paper activities for children below 5 year of age
	Clay activities for children below 5
	Creative activities
<b>November , 2025</b>	Use observation method to study feeding Patterns of different income group children
	Making of Soft Toys
	Making Soft Toys

**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Nutritional Biochemistry-I (503) Theory**

<b>Month</b>	<b>Syllabus</b>
<b>July,2025</b>	<ul style="list-style-type: none"> <li>• Introduction to Biochemistry</li> </ul>
<b>August, 2025</b>	<ul style="list-style-type: none"> <li>• Objectives , Inter-relationship between biochemistry and other biological science</li> </ul>
	<ul style="list-style-type: none"> <li>• Enzyme – Definition, classification</li> <li>• Different type of co-enzymes</li> </ul>
	<ul style="list-style-type: none"> <li>• Specificity of enzymes</li> <li>• Factor affecting enzyme activity</li> <li>• Enzyme kinetics</li> </ul>
<b>September, 2025</b>	<ul style="list-style-type: none"> <li>• Co-factors</li> <li>• Enzyme-inhibition (Competitive and Non- competitive)</li> </ul>
	<ul style="list-style-type: none"> <li>• Vitamin-A</li> <li>• Vitamin-D</li> <li>• Vitamin-E</li> </ul>
	<ul style="list-style-type: none"> <li>• Vitamin-K</li> <li>• Vitamin-C</li> <li>• Vitamin-B1</li> </ul>

	<ul style="list-style-type: none"> <li>• Vitamin-B2</li> <li>• Vitamin-B3</li> <li>• Vitamin-B6</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly test and Discussion</li> </ul>
<b>October, 2025</b>	<ul style="list-style-type: none"> <li>• Carbohydrates- Definition, Classification</li> <li>• Monosaccharides- Glucose, Fructose, Galactose</li> </ul>
	<ul style="list-style-type: none"> <li>• Disaccharides- Maltose, Lactose, Sucrose</li> </ul>
	<ul style="list-style-type: none"> <li>• Polysaccharides- Starch, Glycogen</li> <li>• Glycolysis cycle</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly test and Discussion</li> </ul>
<b>November , 2025</b>	<ul style="list-style-type: none"> <li>• Gluconeogenesis cycle</li> <li>• Glycogenesis cycle</li> <li>• Glycogenolysis cycle</li> </ul>
	<ul style="list-style-type: none"> <li>• Protein- Definition, Classification, Properties</li> </ul>
	<ul style="list-style-type: none"> <li>• Amino acids and their types with structure</li> </ul>
	<ul style="list-style-type: none"> <li>• General reaction of amino acid metabolism</li> <li>• Urea cycle</li> </ul>

**Lesson Plan of B.Sc. Home Science Semester-V  
Community nutrition (504) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July,2025</b>	Prevalence, causes, PEM
<b>August, 2025</b>	Signs and symptoms of PEM
	Prevention and treatment of PEM,Test
	Prevalence, causes, of vitaminA deficiency
<b>September, 2025</b>	Signs and symptoms of Vitamin A deficiency
	Prevention of vitamin A deficiency.
	Treatment of Vitamin A deficiency
	Prevalence, causes, iron deficiency

<b>October, 2025</b>	Sign and symptoms, treatment of Iron deficiency Anemia
	Iodine deficiency and Fluorosis
	Schemes and Programs to combat nutrition problems in India-Prophylaxis Programs
	Midday Meal Program, ICDS
<b>November , 2025</b>	Assessment of nutritional status-Dietary Survey.
	Anthropometric measurements, clinical survey.
	Bio-physical and Bio-chemical tests, vital statistics
	Discussion and Revision Test.

**Lesson Plan of B.Sc. Home Science Semester-V  
Community nutrition (504) (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2025</b>	Visit to an Anganwadi
<b>August, 2025</b>	Writing a report
	Report Check
	Visit to a government school having mid day meal scheme
<b>September, 2025</b>	Checking of Report
	Preparing Questionnaire
	Dietary Survey
	Checking of Report
<b>October, 2025</b>	Anthropometric Measurements discussion
	Taking Anthropometric measurements
	Calculation of BMI
	Checking of Report

<b>November , 2025</b>	Visit a Community Kitchen
	Writing a report
	Report Check
	Clinical Examination of Malnourished pre-school children

**Lesson Plan of B.Sc. Home Science Semester-V  
Indian Textiles (505) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July</b>	Origin of embroidery in India
<b>August</b>	Muslins and Jamdhanis of Bengal
	UP dhotis and Sarees of Andhra pradesh
	Sarees of Madhya Pardesh, Maharashtra
<b>September</b>	Sarees of Karnataka and Tamil Nadu
	Silk and Brocade of Varanasi, Bengal
	Silk and Brocade of Maharashtra, Gujarat
	Silk and Brocade of Andhra Pradesh, Tamil Nadu and Karnataka
	Queries & Test
<b>October</b>	Shawl of Kashmir, Punjab and Himachal Pradesh
	Carpet weaving centres of India

	Embroideries of Kashmir, Punjab and Haryana, Himachal Pradesh, Uttar Pradesh
	Embroideries of Bihar, Bengal, Gujarat and Banjara tribal
<b>November</b>	The antiquity of art of dyeing and printing Printing techniques
	Method of printing technique- block, screen, roller, resist dyeing
	Batik of Coromandal, Patola of Gujarat, Ikkats of Orissa
	Hand block printing and Kalamkari

**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Interior Space Designing (506) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2025</b>	<ul style="list-style-type: none"> <li>• Principle of kitchen planning – orientation and location, size and shape, ventilation and light</li> </ul>
<b>August, 2025</b>	<ul style="list-style-type: none"> <li>• Housing and space management – selection of site, orientation, soil, locality, sanitation facilities</li> </ul>
	<ul style="list-style-type: none"> <li>• Principle of planning room – grouping of room, circulation, flexibility, privacy, spaciousness, ventilation</li> </ul>
	<ul style="list-style-type: none"> <li>• Building material for construction – stone, brick, cement concrete</li> </ul>
<b>September, 2025</b>	<ul style="list-style-type: none"> <li>• Plastic, wood, glass, iron</li> </ul>
	<ul style="list-style-type: none"> <li>• Principle of economic design- economy in plot, economy in planning, economy in construction</li> </ul>
	<ul style="list-style-type: none"> <li>• Calculating cost of construction</li> </ul>
	<ul style="list-style-type: none"> <li>• Socio-economic status of family, cost and aesthetic, storage needs</li> </ul>
	<ul style="list-style-type: none"> <li>• Monthly test</li> </ul>
<b>October, 2025</b>	<ul style="list-style-type: none"> <li>• Work centre and work triangle</li> </ul>
	<ul style="list-style-type: none"> <li>• Color and safety</li> </ul>
	<ul style="list-style-type: none"> <li>• Type of kitchens</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of</li> </ul>

	Toaster and cooking range
	<ul style="list-style-type: none"> <li>• Monthly test and Discussion</li> </ul>
<b>November , 2025</b>	<ul style="list-style-type: none"> <li>• Care and maintenance of Refrigerator</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of washing machine and microwave</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of vaccum cleaner and iron</li> </ul>
	<ul style="list-style-type: none"> <li>• Factor affecting the selection of equipment</li> </ul>

**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Interior Space Designing (506) Practical**

<b>Month</b>	<b>Syllabus</b>
<b>July.2025</b>	Cleaning and care of metals
<b>August, 2025</b>	<ul style="list-style-type: none"> <li>• Colour schemes – primary, secondary, tertiary</li> <li>• Complementary, split complementary, analogous, neutral colour schemes</li> </ul>
	<ul style="list-style-type: none"> <li>• Cleaning and care of upholstery</li> </ul>
<b>September, 2025</b>	<ul style="list-style-type: none"> <li>• Care and maintenance of Toaster and cooking range</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of Refrigerator</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of washing machine and microwave</li> </ul>
	<ul style="list-style-type: none"> <li>• Care and maintenance of vaccum cleaner and iron</li> </ul>
<b>October, 2025</b>	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Drawing houseplans for LIG</li> </ul>
	<ul style="list-style-type: none"> <li>• Drawing houseplans for MIG</li> </ul>
	<ul style="list-style-type: none"> <li>• Drawing houseplans for HIG</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> <li>• Planning furniture arrangement for different rooms</li> <li>• Queries and file checking</li> </ul>

<b>November , 2025</b>	<ul style="list-style-type: none"> <li>• Queries and file checking</li> </ul>
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**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Normal Nutrition (507) (Theory)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2025</b>	<ul style="list-style-type: none"> <li>• Definition of Health and Nutrition</li> </ul>
<b>August, 2025</b>	<ul style="list-style-type: none"> <li>• Effects of Nutrition on health</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional and socio cultural factors</li> </ul>
	<ul style="list-style-type: none"> <li>• Religious, geographic, economic, availability of time and material recourses</li> </ul>
<b>September, 2025</b>	<ul style="list-style-type: none"> <li>• Energy requirements</li> </ul>
	<ul style="list-style-type: none"> <li>• Factors affecting energy requirement</li> </ul>
	<ul style="list-style-type: none"> <li>• BMR, activities, age, climate</li> </ul>
	<ul style="list-style-type: none"> <li>• SDA, physiological conditions</li> </ul>
	<ul style="list-style-type: none"> <li>• Concept of nutritionally adequate diet and meal planning</li> </ul>
<b>October, 2025</b>	<ul style="list-style-type: none"> <li>• Importance of meal planning.</li> </ul>
	<ul style="list-style-type: none"> <li>• Factors affecting meal Planning.</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during – Adulthood.</li> </ul>
<b>November , 2025</b>	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during –Pregnancy, lactation</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during –Old age</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during –Infancy</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional requirements, nutritional problems and food selection during – Preschool, School going and adolescence</li> </ul>

**B.Sc. (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**

**Normal Nutrition (507) (Practical)**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2025</b>	<ul style="list-style-type: none"><li>• Planning and diet for adult women</li></ul>
<b>August, 2025</b>	<ul style="list-style-type: none"><li>• . Planning and diet for adult women</li></ul>
	<ul style="list-style-type: none"><li>• File checking</li></ul>
	<ul style="list-style-type: none"><li>• Planning and preparation of diet for an adult man</li></ul>
<b>September, 2025</b>	<ul style="list-style-type: none"><li>• File checking</li><li>• Planning and diet for pregnant women</li></ul>
	<ul style="list-style-type: none"><li>• File checking</li></ul>
	<ul style="list-style-type: none"><li>• Planning and preparation of diet for old women and man.</li></ul>
	<ul style="list-style-type: none"><li>• File checking</li></ul>
<b>October, 2025</b>	<ul style="list-style-type: none"><li>• Planning and preparation of diet for a Lactating mother</li></ul>
	<ul style="list-style-type: none"><li>• Planning and preparation of diet for a Lactating mother</li></ul>
	<ul style="list-style-type: none"><li>• File checking</li></ul>
	<ul style="list-style-type: none"><li>• Planning and preparation of diet for an Elderly person.</li></ul>
<b>November , 2025</b>	<ul style="list-style-type: none"><li>• Planning and preparation of diet for Infancy</li></ul>
	<ul style="list-style-type: none"><li>• Planning and preparation of diet for a Preschool child.</li></ul>
	<ul style="list-style-type: none"><li>• Planning and preparation of diet for a school going child</li></ul>
	<ul style="list-style-type: none"><li>• Planning and preparation of diet for an Adolescence girl and boy</li></ul>



**Lesson Plan : 2024-2025**

**B.A (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year  
Home Science HS01**

<b>Month</b>	<b>Syllabus</b>
JULY	<ul style="list-style-type: none"> <li>• Objectives of interior decoration, importance of elements of art in interior decoration.</li> <li>• <b>Types of design:</b> structural and decorative and its application.</li> </ul>
August	<ul style="list-style-type: none"> <li>• <b>Principles of design:</b> Rhythm, balance, proportion, emphasis, harmony and its application in interior decoration</li> <li>• <b>Color:</b> Color Wheel, Properties of color, psychological effect of color, colorschemes and its application in the interior of a house.</li> <li>• <b>Lighting:</b> a) Types and requirement for various activities b) Lighting fixtures in the home</li> </ul>
SEPTEMBER	<ul style="list-style-type: none"> <li>• <b>Furniture:</b> 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.</li> <li>• <b>Furnishings:</b> 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.</li> </ul>
OCTOBER	<ul style="list-style-type: none"> <li>• <b>Table setting and table manners:</b> Informal and formal table settings (buffet style, Indian and western style)</li> <li>• <b>Elements of art:</b> line, form, texture, light, pattern, colour, space and its application in interior decoration.</li> </ul>
NOVEMBER	<ul style="list-style-type: none"> <li>• <b>Flower arrangement:</b> a) Different types of Flower arrangement b) Accessories used and points to be considered for flower arrangement</li> <li>• Flower decoration for different occasions</li> </ul>

**B.A. (Home Science) I<sup>st</sup> Semester, I<sup>st</sup> Year  
Home and Interior Décor**

<b>Program Code</b>	UMBA4
<b>Course Code</b>	24HSCM401DS01

**Practical**

<b>Month</b>	<b>Syllabus</b>
<b>July, 2024</b>	<ul style="list-style-type: none"> <li>• Making a color wheel</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Floor decoration: Rangoli.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
	<ul style="list-style-type: none"> <li>• Floor decoration: Alpana</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Pottery/bottle painting.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Table setting and napkin folding.</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>November, 2024</b>	<ul style="list-style-type: none"> <li>• Flower arrangement</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

**B.a (H.Sc) Ist Semester Ist year**  
**Name of Program: B.A. (Home Science)**  
**Name of the Course: Art in Everyday Life**  
**Program Code: HSC**  
**Course Code: 24HSC401SE01**  
**SKILL ENHANCEMENT COURSE**

Month	Syllabus
<b>July,2024</b>	<ul style="list-style-type: none"> <li>• Upcycling</li> <li>• Best out of waste</li> </ul>
<b>August, 2024</b>	<ul style="list-style-type: none"> <li>• Folder Making/card making</li> <li>• Soft toys making/Puppet making</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>September, 2024</b>	<ul style="list-style-type: none"> <li>• Mandala art/resin art/worli art/lipan art.</li> </ul>
	<ul style="list-style-type: none"> <li>• Dry flower arrangement and artificial flower making</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>October, 2024</b>	<ul style="list-style-type: none"> <li>• Stone painting/MGF wood painting/ Bottle decoration.</li> <li>• Tie and dye/Batik</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>
<b>November , 2024</b>	<ul style="list-style-type: none"> <li>• Candle making (wax and gel candle)</li> <li>• Envelope/Paper bag making/potli</li> </ul>
	<ul style="list-style-type: none"> <li>• File checking</li> </ul>

**Lesson Plan : 2025-2026**  
**B.A (Home Science) 3<sup>rd</sup> Semester**  
**Introduction to Clothing and Textile 25HSCM403DS01**

Discipline Specific Courses/ Major Course	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
											Internal	External	Internal + External	
<b>Semester III (Session 2025-26)</b>														
DSC – A3 @ 4 credits	Introduction to Clothing and Textile	25HSCM403DS01	3	-	1	4	3	-	2	5	25	50	25	100

Month	Syllabus
JULY	Unit 1. <input type="checkbox"/> Objectives, Importance & scope of clothing & textile.
AUGUST	<input type="checkbox"/> Textile Fiber: Definition and classification, Difference between natural & man-made fibers <input type="checkbox"/> Manufacturing and properties of Natural fibers-Cotton, wool, silk and Man-made fibers- Nylon Unit 2. <input type="checkbox"/> Factors affecting the selection of clothing: Environmental, social, psychological and physiological.
SEPTEMBER	<input type="checkbox"/> Clothing requirements of different age groups (infants, toddlers, pre-school children and elementary school children, Pregnant lady and Lactating mother) <input type="checkbox"/> Comparison of tailor-made, readymade and home-made garments. Unit 3. <input type="checkbox"/> Finishing: Meaning, objectives, Types (Calendering, Sizing, Mercerizing, Crease resistant) <input type="checkbox"/> Dyeing: Simple and Resist dyeing
OCTOBER	<input type="checkbox"/> Types of Printing <input type="checkbox"/> Soaps and Detergents: Composition and manufacturing, difference between soaps and detergent <input type="checkbox"/> Types and uses of starches and blues
NOVEMBER	Unit 4 <input type="checkbox"/> Traditional Embroideries of India: Chikankari, Phulkari, Kashida and Kantha. <input type="checkbox"/> Traditional Textiles of India: Banarasi, Chanderi, Patola, Bandhani and Brocade. <input type="checkbox"/> Stain removal: Classification of stains, methods of removing different types of stains.

**B.A. (Home Science) 3<sup>rd</sup> Semester**  
**Introduction to Clothing and Textiles (Practical)**  
**25HSCM403DS01 (Session 2025-26)**

<b>Name of the Course</b>	<b>Introduction to Clothing and Textiles (Practical)</b>	<b>Course Code</b>	<b>25HSCM403DS01</b>
<b>Hours per Week</b>	<b>2</b>	<b>Credits</b>	<b>1</b>
<b>Maximum Marks</b>	<b>25 (External term-end exam) -20 (Internal -05)</b>	<b>Time of Examinations</b>	<b>3 Hours</b>

<b>Month</b>	<b>Syllabus</b>
<b>July</b>	1. Demonstration, use and care of parts of sewing machine and other equipment used in clothing construction. 2. Taking body measurements.
<b>August</b>	3. Prepare samples of basic hand processes: Visible and invisible hemming, tacking, overcasting, running stitch, backstitch., buttonhole and application of fasteners.  4. Prepare samples of basic machine processes: Tucks, Pleats, Gathers, Darts and Placket.
<b>September</b>	5. Prepare samples of different seams: plain seam, counter seam, run and fell seam, french seam and mantua maker. 6. Prepare samples consisting of basic embroidery stitches: Stem stitch, Chain stitch, Feather stitch,
<b>October</b>	Prepare samples consisting of basic embroidery stitches: Herringbone stitch, Satin stitch, Lazy daisy stitch, French knots, Bullions stitch, Cross stitch, Long and short stitch.
<b>November</b>	7. Stain removal- curry, tea or coffee, lipstick, nail polish, paint, grease, blue ink, ball pen and rust.

**Lesson Plan : 2025-2026**  
**B.A/ B.Sc. (Home Science) 3<sup>rd</sup> Semester**  
**Textile Ornamentation 25HSC403SE01**

Skill Enhancement Course (SEC)	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
											Internal	External	Internal + External	
<b>SEMESTER III (2025-26)</b>														
SEC 3@ 3 credits	Textile Ornamentation	25HSC403SE01	-	-	3	3	-	-	6	6	-	-	75	75

Month	Syllabus
JULY	1. Prepare the samples (atleast 2 each) of a) Tie and Dye
AUGUST	Prepare the samples (atleast 2 each) of b) Batik c) Stencil Printing d) Hand Block Printing
SEPTEMBER	Prepare the samples (atleast 2 each) of e) Fabric Painting f) Knitting g) Embroidery
OCTOBER	2. Make an article using any of the above methods 3. Drafting, Cutting and Stitching of Ladies shirt and salwar/palazzo
NOVEMBER	4. Drafting, Cutting and Stitching of Petticot

**LESSON PLAN (2024-2025)**

**B.A (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**  
**Home Science**  
**HS05 –Theory**

<b>Month</b>	<b>Syllabus</b>
JULY	<ul style="list-style-type: none"><li>• Food- classification and functions of food groups</li><li>• Essential food constituents- carbohydrates. Protein, fats, water: source, functions, daily allowances, effect of deficiency and excess</li><li>• Vitamins- A, D, C</li></ul>
AUGUST	<ul style="list-style-type: none"><li>• Essential food constituents- carbohydrates. Protein, fats, water: source, functions, daily allowances, effect of deficiency and excess</li><li>• Vitamins- B1, B2, Niacin</li><li>• Minerals- Calcium, Phosphorous and Iodine</li><li>• Food source, functions, daily allowances, effect of deficiency and excess of all above</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>• Importance and methods of cooking, effects of cooking on different nutrients</li><li>• Methods of cooking, their advantages and disadvantages</li><li>• Moist heat- boiling, stewing, steaming</li><li>• Dry heat- roasting, grilling , baking</li><li>• Frying- shallow and deep</li><li>• Microwave cooking</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>• Methods of enhancing nutritive value of food stuffs</li><li>• Importance of enhancing nutritive value and food stuff, sprouting, fermentation, combination and supplementation</li><li>• Food preservation- importance, causes of food spoilage, methods of food preservation with special emphasis on house hold methods.</li></ul>
NOVEMBER	<ul style="list-style-type: none"><li>• Meal planning</li><li>• Concept of balanced diet</li><li>• Principles of meal planning, factors affecting it</li><li>• Planning meals of children, school going, adolescents, adults, pregnant and lactating mother</li></ul>

**B.A (Home Science) V<sup>th</sup> Semester, III<sup>rd</sup> Year**  
**Home Science**  
**HS05 –Practical**

<b>Month</b>	<b>Syllabus</b>
JULY	<ul style="list-style-type: none"><li>• Preparation of various dishes (at least 2 each) under following heads, using different methods of cooking:- beverages and soups</li><li>• File checking</li></ul>
AUGUST	<ul style="list-style-type: none"><li>• Desserts and Snacks</li><li>• File checking</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>• Salads and Breakfast dishes</li><li>• File checking</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>• Main meal dishes</li><li>• File checking</li></ul>
NOVEMBER	<ul style="list-style-type: none"><li>• Main meal dishes</li><li>• File checking</li></ul>