

## TEACHING ACTION PLAN

### B.A. I Semester

#### HSC/UG001- Fundamentals of Nutrition and Human Development (Theory)

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Traditional Home Science and its relevance in current era.	3
2.	Contribution made by Indian Home Scientists	3
UNIT II		
1.	Cell, Digestive System	2
2.	Respiratory and Cardiovascular system	3
3.	Excretory and Circulatory System.	3
UNIT III		
1.	Food and Nutrition : concept	1
2.	Food- meaning, Classification and function and food groups	2
3.	Nutrients-Macro (Carbohydrates, Fat, Protein and Energy) sources, functions, requirement and deficiency diseases	2
4.	Micro (Vitamins and Minerals), sources, functions, requirement and deficiency diseases	3
UNIT IV		
1.	Cooking Methods-Objectives,	1
2.	Preliminary preparations- advantages and disadvantages.	1
3.	Methods (Dry and Moist Heat methods),	2
4.	Preservation of Nutrients while Cooking.	2
5.	Traditional methods of enhancing nutritional value of foods	2
UNIT V		
1.	Human Development: Concept, Definition Domains,	2
2.	Stages of development.	3
3.	Determinants of Development	3
UNIT VI		
1.	Conception, Pregnancy and Childbirth, stage of birth	1
2.	Type of Delivery	1
3.	Physical appearance and capacities of the new-born	2
4.	Factors affecting prenatal development.	2
UNIT VII		
1.	Developmental task during Infancy and Preschool Stage	2
2.	Physical and Motor Development	2
3.	Social and emotional development	2
4.	Cognitive and language development	2
UNIT VIII		
1.	Developmental Tasks during Early Childhood	2
2.	Physical and Motor Development	2
3.	Social and emotional development	2
4.	Cognitive and language development	2

**HSC/UG002- Cooking skills and Healthy Recipe Development (Practical)**

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Basic Cooking skills	3
UNIT II		
1.	Preparation of various dishes using different methods of cooking	4
UNIT III		
1.	Different styles of cutting fruits and vegetables	2
UNIT IV		
1.	Preparation of nutrient rich dishes	5

**B.A. II Semester**

**HSC/UG003- Introduction to Clothing and Textiles and Family Resource Management(Theory)**

S. No.	Name of Topic	Number of proposed lectures
<b>UNIT I</b>		
1.	Introduction to Clothing and Textile	3
2.	Classification of textile fibre .	3
<b>UNIT II</b>		
1.	Manufacture, processing, properties and uses of Cellulosic fiber	2
2.	Protein fibers-Wool, Silk	3
3.	Synthetic/Manmade fibers-Nylon, Polyester, Acrylic, Rayon	3
<b>UNIT III</b>		
1.	Definition of Yarn, Manufacture of Yarn and Yarn Classification	1
2.	Different fabric construction techniques (Weaving, Knitting, Felting, Braiding, Non-woven)	2
3.	Weaving of cloth	2
4.	Types of weaves-Basic and Decorative	3
<b>UNIT IV</b>		
1.	Tools for Clothing construction	2
2.	Introduction to sewing machine, its parts and maintenance	2
3.	Importance of Drafting, Flat pattern techniques	2
4.	Fabric preparatory steps for stitching a garment.	2
<b>UNIT V</b>		
1.	Introduction to Home Management.	2
2.	Process of Management –Planning, Organization, Controlling and Evaluation.	3
3.	Motivating Factors in Management –Values, Goals and Standards-Definition and Classification.	3
<b>UNIT VI</b>		
1.	Resources- Meaning, Characteristics, Types and Factors affecting the use of Resources.	2
2.	Decision making –Concept and characteristics, definition, steps and role of decision making in management, types of decision, factors influencing decision process.	2
3.	Family life cycle- Stages of family life cycle	2
<b>UNIT VII</b>		
1.	Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management.	2
2.	Energy as a Resource, Work Curve, Fatigue-Types, Causative Factors and alleviating techniques	2
3.	Family income as a Resource, Source of Income and Expenditure and Saving.	2
4.	Institutions for family saving, Preparation of family budget in view of family income. Types of budget	2

### HSC/UG004- Clothing & Textiles (Practical)

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1	Identification of fibers and fabrics- Visual burning, solubility and microscopic test	2
2.	Weaves identification and understanding their usage	1
UNIT II		
1.	Learning to Stitch- Knowing how to stitch- straight-line stitching, stitching at curves and corners and Basic Stitching.	4
UNIT III		
1.	Basic Sewing -(a) Seams (b) Attaching different fasteners (c) Disposal of fullness- darts, gathers, tucks and pleats (d) Neckline Finishing-Facing & Binding	2

**B.A. III Semester**  
**HSC/UG005- Housing, Interior Decoration and Extension Education (Theory)**

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Needs of a House, Difference between House and Home, ways to acquire house (Own and rented).	3
2.	Factors influencing selection and purchase of house and site for house building.	3
UNIT II		
1.	Principles of house planning,	2
2.	Planning different residential spaces in a house.	3
3.	Planning house for different income groups.	3
UNIT III		
1.	Introduction to Interior designing. Importance and objective of interior decoration.	1
2.	Elements of Art- Line, Shape, Texture, Color, Pattern, Light and Space, types of design.	2
3.	Colour: Importance in home decoration, meaning, functions, principles of colour, factors affecting selection of colour in home decoration, colour schemes.	2
4.	Principle of design- Proportion, Balance, Rhythm, Emphasis, Harmony.	3
UNIT IV		
1.	Home Decors: Furniture ,selection of furniture, types of furniture.	2
2.	Furnishing (Curtains and curtain styles, Draperies, Floor Coverings, Lighting),	3
3.	Accessories(Wall painting, Mirrors, wall art, Sculpture, Antiques,Flower arrangements) etc	3
UNIT V		
1.	Extension Education: Meaning, Concepts, Objective,Scope, Principles,	2
2.	Philosophy of Extension Education,	3
3.	Early Extension Efforts in India, Formal and Non-Formal Education.	3
UNIT VI		
1.	Role and qualities of an extension worker	2
2.	Steps in Extension Teaching Process.	2
3.	Criteria for Effective Teaching and Learning	2
UNIT VII		
1.	Communication and Extension Teaching Methods:Definition, Importance, Characteristics, Elements, models	3
2.	Relationship between Communication, Extension Development	2
3.	Extension Teaching Methods- Classification, Factorsguiding the selection and use of Extension teaching methods.	3
UNIT VIII		
1.	Audio-visual Aids: Definition, Importance, Classification, Selection, Preparation and effective use ofAudio- visual aids	2

**HSC/UG006- Interior Decoration and Development of Extension Teaching Aids (Practical)**

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Preparation of Color wheels and Color schemes. Flower Arrangement and Floor Decoration (Rangoli) .	3
UNIT II		
1.	Plans and elevation of different furniture pieces.	2
2.	Preparing drawings for furniture arrangements.	2
UNIT III		
1.	Draw House Plans with Standard Specifications and Furniture Layout.	2
UNIT IV		
1	Preparation of Projected (Film, slides) and Non- Projected communication aids (chart, poster, flashcard, bulletin board).	2

**B.A. IV Semester**

**HSC/UG007- Nutrition through Life Span and Human Development (Theory)**

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Meal planning- Definition, importance, factors affecting meal planning	3
2.	Balanced Diet, RDA	3
UNIT II		
1.	Nutrition During Infancy and Childhood	2
2.	Nutrition Requirement, RDA and Diet Plan.	3
UNIT III		
1.	Nutrition during Adolescence, Adulthood and Old age	3
2.	Nutrition Requirement, RDA and Diet Plan	3
UNIT IV		
1.	Nutrition during special condition pregnancy and lactation	2
2.	Nutrition Requirement, RDA and Diet Plan	2
UNIT V		
1.	Middle Childhood Years	2
2.	Development tasks and characteristics of middle childhood period	3
3.	Physical and motor development, Social and emotional development, Cognitive development ,Language development	3
UNIT VI		
1.	Puberty and Adolescence-Development tasks and characteristics.	2
2.	Significant physical physiological influencing hormonal changes in puberty.	1
3.	Factors influencing Identity & Personality development.	2
4.	Family and peer relationship	1
5.	Problems- Drug and Alcohol abuse, STD, HIV/AIDS, Teenage Pregnancy.	2
UNIT VII		
1.	Cognitive, Language and Moral Development during Adolescence.	2
2.	Perspective on cognitive development, development of intelligence and Creativity	3
3.	Adolescent language and Adolescent Morality.	3
UNIT VIII		
1	Introduction to Adulthood -Concept, transition from adolescence to adulthood	2
2	Development tasks of Adulthood	1
3	Physical and physiological changes from young adulthood to late adulthood	1
4	Responsibilities and adjustment-educational, occupational, material and parenthood	2

**HSC/UG008- Meal Planning and Practical based on aspects of Human Development(Practical)**

S. No.	Name of Topic	Number of proposed lectures
	UNIT I	
1.	Planning and preparation of diets for different age groups.	3
	UNIT II	
1.	Planning of Diet for Special Conditions (Pregnancy, Lactation, Old age)	2
	UNIT III	
1.	Visit to Child Care Centres/anganwadi	2
	UNIT IV	
1.	Observations of child rearing practices in families from different social classes.	2
	UNIT V	
1.	Interviews of adolescent girls and boys to understand their lifestyle, behaviour and problems.	2
	UNIT VI	
1.	Carry out case studies to know more about the different life stages e.g., school going children, adolescents, young adults.	2



**B.A. V Semester**  
**HSC/UG009- Surface Ornamentations of fabrics (Theory)**

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Techniques of Creating variety on fabrics- weaving and finishing of fabrics	2
2.	Dyeing and printing fabrics	2
3.	Embroidery and other decoration methods	2
UNIT II		
1.	Finishes- Classification of fabric finishes	2
2.	General Purpose finishes-Bleaching, Mercerization, Sizing, Beatling, Calandring, Sanforization, Tentering, Singeing, Scouring, Embossing, Napping, Flocking	3
3.	Functional Finishes	3
UNIT III		
1.	Dyeing -Classification of dyes- Natural v/s Synthetic, advantages and limitations	2
2.	Properties and use of Dyes-Basic, Acidic, Direct, Azoic, Neutral, Sulphur, Vat, Disperse and Reactive dyes	3
3.	Resist Dyeing Techniques-Tie- Die, Batik	2
UNIT IV		
1.	Printing -Direct Printing- Block, Screen, Stencil, Roller	2
2.	Transfer Printing ,Discharge printing, Resist Printing	2
3.	Polychromatic, Inkjet and Digital printing techniques.	2
UNIT V		
1.	Traditional Embroideries: Meaning and status of traditional crafts of India.	2
2.	Knowing about the Traditional Embroideries of different states	6
UNIT VI		
1.	Traditional Textiles: Knowing the Traditional textiles of different states of India-Woven fabrics: Baluchars, Brocades, Kashmir carpets, Patola, Ikat, Pochampalli, Chanderi	3
2.	Printed, painted and dyed –Sanganeri, Bhagru, Kalamkari, Madhubani, Bandhani	3
UNIT VII		
1.	Water and its uses in textile industry, properties	3
2.	Types of water used for processing	2
3.	Hardness and removal of Hardness of water.	3
UNIT VIII		
1.	Laundry and dry cleaning of fabrics and garments: Methods process	2
2.	Reagents of Laundry- Blues, Bleaches, Optical Brighteners, Stiffening agents	3
3.	Types of soaps and detergents .	3

**HSC/UG010- Community Development and Programme Planning (Theory)**

S. No.	Name of Topic	Number of proposed lectures
<b>UNIT I</b>		
1.	Community Development: Meaning, Definition, Functions, Objectives, Philosophy.	3
2.	Principles of Community Development Programmes in India.	3
<b>UNIT II</b>		
1.	Community Development Organization: Meaning.	2
2.	Types, Principles, Role & Administrative Structure.	3
<b>UNIT III</b>		
1.	Home Science Extension Education in Community Development Origin, Concept.	3
2.	Need, Importance and Contribution of Home Science Extension Education in National Development.	3
<b>UNIT IV</b>		
1.	Recent Development Programme for Women & Children: Support to training and Employment for women (STEP), Swarn Jayanti Gram Swarozgar Yojna (SGSY), Integrated Child development Services (ICDS) etc.	3
<b>UNIT V</b>		
1.	Support Service of Youth Development: NCC, NSS, Youth Camp, Youth Clubs etc.	2
<b>UNIT VI</b>		
1.	NGO & Other organizations: Contribution towards community services, Types & Role of NGO-WHO, CARE, UNICEF, UNESCO, UNDP/CRY, HELP-AGE INDIA	3
<b>UNIT VII</b>		
1.	Leadership: Concept, Definitions, Types, Importance, Function and Role of Community leaders, Methods of Identifying and Training of Leaders	2
<b>UNIT VIII</b>		
1.	Programme planning component cycle and its components- Designing the project- Defining the objectives, Identifying resources, approach, feasibility and Work plan. Implementation, Monitoring and Evaluation	2

**HSC/UG011- Techniques of Surface Ornamentation of Fabrics (Practical)**

S. No.	Name of Topic	Number of proposed lectures
	UNIT I	
1.	Stain removal & demonstration of dry cleaning,visit to a commercial dry-cleaning unit/Textile mill.	3
	UNIT II	
1.	Identification of labels.	1
	UNIT III	
1.	Dyeing Techniques- Tie- Die, Batik	2
	UNIT IV	
1.	Printing Techniques- Block, Screen, Stencil,Roller, Spray	2
	UNIT V	
1.	Traditional Embroideries of different states.	4
	UNIT VI	
1.	Preparation of different weaves on Cardboard	2

**B.A. VI Semester**  
**HSC/UG012- Dietetics and Therapeutic Nutrition (Theory)**

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Health Dietetics and Therapeutic Nutrition	3
2.	Diet Therapy: Objectives of therapeutic Diet, Principles of diet therapy.	3
3.	Fast foods/ Junks foods	1
UNIT II		
1.	Diet and feeding methods	2
2.	Modification of normal diets for therapeutic purposes.	2
3.	Methods of modifications: On the basis of nutrients and consistency.	2
4.	Different feeding methods.	2
UNIT III		
1.	Energy Metabolism	1
2.	The calorific value of food	2
3.	Measurement of energy exchange in the body	1
4.	Factors influencing the BMR	2
5.	Factors influencing total energy requirement of body	2
UNIT IV		
1.	Diet during fevers and infections	1
2.	Introduction to fever –Acute Fever, Chronic fever	1
3.	Important changes in nutrition during fever	2
4.	Modification of the diet	2
UNIT V		
1.	Diet during Digestive systems disorders	2
2.	Peptic Ulcers-Causes, symptoms and diet modification	3
3.	Diarrhea and Constipation-Causes, treatment and diet modification	3
UNIT VI		
1.	Weight Management	1
2.	Overweight and Obesity	1
3.	Diet Modification	2
4.	Underweight: Causes, Treatment, Diet Therapy	2
UNIT VII		
1.	Therapeutic Diets in Cardiac Diseases	2
2.	Atherosclerosis	2
3.	Dietary factors influencing lipid level in blood	2
4.	Hypertension:Modification of diet	2
UNIT VIII		
1.	Endocrinal Disorders	2
2.	Various endocrine glands and their functions:	2
3.	Diabetes Mellitus-occurrence types, symptoms,metabolic changes, dietary modification and educating the patient	2

**HSC/UG013- Family Welfare and Community Education (Theory)**

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Child and Family Welfare:	2
2.	Children's rights and National Policy for Children.	2
3.	Demographic profile of child in India.	1
4.	Children with special needs, Deprived Children and abused children, juvenile Delinquency.	2
UNIT II		
1.	Family and child welfare services working at national and international level; C.S.W.B., ICCW, ICDS and others, W.H.O. UNICEF, CARE, ICCW and ILO.	3
2.	Rural extension services and community ICDS, DWCRA, IRDP and CHEB	3
UNIT III		
1.	Family relationship, Child Parent relationship,	1
2.	Responsibilities of parents	1
3.	Relationship of home, school and community.	2
UNIT IV		
1.	The role of teacher and other specialists in parents and community education programmes.	2
2.	Youth ethical consideration in dealing with parents and community.	2

### HSC/UG014- Therapeutic Diet Preparation and Nutrient Evaluation (Practical)

S. No.	Name of Topic	Number of proposed lectures
UNIT I		
1.	Modification of normal diet for therapeutic purposes, preparation and presentation	4
UNIT II		
1.	Therapeutic Diet preparation and Nutrient Calculation	1
2.	Diet in fever	1
3.	Diet in diarrhea	1
4.	Diet in Constipation	1
UNIT III		
1.	Therapeutic Diet Preparation and Nutrient Calculation of some common Disorders	1
2.	Diet in Diabetes Mellitus	1
3.	Diet in Hypertension	1
4.	Diet in Atherosclerosis	1
UNIT IV		
1.	Dietary Modification for weight management- Preparation and Nutrient Calculation of diet	1
2.	Overweight & obesity	1
3.	Underweight	1



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