

RADHE HARI GOVERNMENT POST GRADUATE COLLEGE, KASHIPUR

DEPARTMENT OF HOME SCIENCE

TIME-TABLE (2023 -24) EVEN SEMESTER

w.e.f. - Dated 13 / 01 / 2024

Days	Classes	10:00-10:45	10:45-11:30	11:30-12:15	12:15-01:00	01:00-01:45	01:45-02:30	02:30-03:15	03:15-04:00
Mon	BA II Sem.			Theory					
	BA IV Sem.						Theory		
	BA III Year	Practical III Year							
Tue	BA II Sem.			Theory					
	BA IV Sem.						Theory		
	BA III Year	Practical III Year							
Wed	BA II Sem.			Practical II Sem.					
	BA IV Sem.						Theory		
	BA III Year	Theory							
Thur	BA II Sem.			Practical II Sem.					
	BA IV Sem.						Theory		
	BA III Year	Theory							
Fri	BA II Sem.			Theory					
	BA IV Sem.						Practical IV Sem.		
	BA III Year	Theory							
Sat	BA II Sem.			Theory					
	BA IV Sem.						Practical IV Sem.		
	BA III Year	Theory							

BA II Sem.	Introduction to Clothing and Textile and Family Resource Management	
BA IV Sem.	Nutrition Through Life Span And Human Development	
BA III Year	Paper I Housing and Interior Decoration	
	Paper II Human Development	

Principal's Signature

Head of Department (Home Science)

RADHE HARI GOVERNMENT POST GRADUATE COLLEGE, KASHIPUR

DEPARTMENT OF HOME SCIENCE

TIME-TABLE (2023-24) ODD SEMESTER

w.e.f. - Dated 05/October/2023

Days	Classes	10:00-10:45	10:45-11:30	11:30-12:15	12:15-01:00	01:00-01:45	01:45-02:30	02:30-03:15	03:15-04:00
Mon	BA I Sem.			Theory					
	BA III Sem.								
	BA III Year	Practical III Year					Theory		
Tue	BA I Sem.			Theory					
	BA III Sem.								
	BA III Year	Practical III Year					Theory		
Wed	BA I Sem.			Practical I Sem.					
	BA III Sem.						Theory		
	BA III Year	Theory							
Thur	BA I Sem.			Practical I Sem.					
	BA III Sem.								
	BA III Year	Theory					Theory		
Fri	BA I Sem.			Theory					
	BA III Sem.								
	BA III Year	Theory					Practical III Sem.		
Sat	BA I Sem.			Theory					
	BA III Sem.								
	BA III Year	Theory					Practical III Sem.		

BA I Sem. NEP-2023	Fundamental of Nutrition and Human Development	
BA III Sem. NEP-2022	Housing, Interior Decoration and Extension Education	
BA III Year	Paper I Housing and Interior Decoration	
	Paper II Human Development	

Principal's Signature

Head of Department (Home Science)

RADHE HARI GOVERNMENT POST GRADUATE COLLEGE, KASHIPUR

DEPARTMENT OF HOME SCIENCE

TIME-TABLE (2022-23) SEMESTER/YEAR

w.e.f. - Dated 6 / 9 / 2022

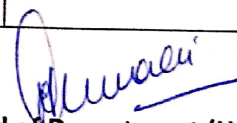
Days	Classes	10:00-10:45	10:45-11:30	11:30-12:15	12:15-01:00	01:00-01:45	01:45-02:30	02:30-03:15	03:15-04:00
Mon	BA I Sem.			Theory					
	BA II year						Theory		
	BA III Year	Practical III Year							
Tue	BA I Sem.			Theory					
	BA II year						Theory		
	BA III Year	Practical III Year							
Wed	BA I Sem.			Practical I Sem.					
	BA II year						Theory		
	BA III Year	Theory							
Thur	BA I Sem.			Practical I Sem.					
	BA II year						Theory		
	BA III Year	Theory							
Fri	BA I Sem.			Theory					
	BA II year						Practical II Year		
	BA III Year	Theory							
Sat	BA I Sem.			Theory					
	BA II year						Practical II Year		
	BA III Year	Theory							

BA I Sem. NEP-2023	Fundamental of Nutrition and Human Development	
BA II Year 2022		
BA III Year	Paper I Housing and Interior Decoration	
	Paper II Human Development	

Principal's Signature



Head of Department (Home Science)



TEACHING PLAN-DEPARTMENT OF HOME SCIENCE

CLASS: BA

SEMESTER: 1 Sem

SESSION:2023-24

NAME OF PAPER:

MONTH	WEEK	TOPICS	NO OF LECTURES	REMARKS
AUGUST	1			
	2	Traditional home science and it's relevance in current era.	3	Offline
	3	Contribution made by Indian home scientist i.e. M. Swaminathan , C.V Gopalan , S.K. Dey , Ravindra Nath Tagore etc.	3	"
	4	Cell , digestive system , secretary system and circulatory system.	4	"
SEPTEMBER	1	Cardiovascular system , excretory system and circulatory system.	4	"
	2	Food and nutrition , food meaning , classification and function and food groups.	4	"
	3	Nutrients - macro (carbohydrate , fat , protein and energy).	4	"
	4	Nutrients - micro (vitamin and Minerals) sources , functions and deficiency. diseases	4	"
OCTOBER	1	Cooking methods - (dry and moist heat method).	3	"
	2	Preliminary preparations traditional methods of enhancing nutrition value of foods.	4	"
	3	Introduction of Human development , stages of development.	4	"
	4	Principles of growth and development , determinations of development heredity and environment.	3	Online
NOVEMBER	1	Prenatal development, conception pregnancy, problems of pregnancy, stages of prenatal state.	4	Offline
	2	Birth process and types of delivery.	2	"
	3	Physical appearance and capacity of newborn.	3	"
	4	Maternal and infant mortality , reasons agencies and programs working for maternal and child welfare.	4	"
DECEMBER	1	Development tasks during infancy , physical and motor development.	4	"
	2	Development task during early childhood.	3	"
	3	Docial and emotional development.	2	"
	4	Cognitive and language development.	3	"

SIGN OF TEACHER

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PRINCIPAL

RADHEY HARI GOVERNMENT PG COLLEGE KASHIPUR (US NAGAR) AISHE CODE: C-21911

TEACHING PLAN - DEPARTMENT OF HOME SCIENCE

CLASS : BA

YEAR: 3 year

SESSION: 2023-24

NAME OF THE PAPER: 1: Human Development 2. Housing and Interior Decoration

MONTH	WEEK	TOPICS	NO OF LECTURES	REMARKS
AUGUST	1			
	2	Adolescent- meaning, stages, physical, social, cognitive and personality development characteristics and problems in adolescent age.	2	
	3	Principals of development.	2	
	4	Determines of human development- heredity and environment	3	
SEPTEMBER	1	Guidance and counselling	3	
	2	Early adulthood: personal and social adjustment. development in adulthood.	3	
	3	Middle age- Adjustment in family and social life. Changing in physical and mental behaviour.	4	
	4	Old age: physical changes, problem of physical and mental and adjustment with family, gender gap.	4	
OCTOBER	1	Various type of theories of development	3	
	2	Rural extension services for community	4	
	3	Children's right and national policy for children's	3	
	4	Demography of children in India, children children with his special needs	3	
NOVEMBER	1	Behaviour problem in children children Juvenile children	3	
	2	Family and child welfare services	3	
	3	House: Introduction, meaning, definition difference between home and house.	4	
	4	determination of selection a house house objective of house	4	
DECEMBER	1	House: Function of house, factor of effective house.	4	
	2	House site: selection of house site, physical feature of site.	3	
	3	Furniture: types of furniture, importance of furniture and arrangement of different room furniture.	3	
	4	House site: selection of house site, physical feature of site.	2	
JANUARY	1	House Constructions planning type of map for building Constructions	3	
	2	Principles of house Constructions planning different residential space in a house	3	
	3	Planning house for different income group- high income group, medium income group and low income group	4	
	4	Furniture: types of furniture, importance of furniture and arrangement of different room furniture.	4	
FEBRUARY	1	Elements of art line safe texture colour pattern light and space.	3	
	2	Principals of design proportion balance Rhythm Emphasis harmony	3	
	3	Furniture: types of furniture, importance of furniture and arrangement of different room furniture.	4	
	4	Building material	3	
MARCH	1	Interior designing introduction to interior designing importance of good taste objective of interior decoration	4	
	2	Accessories for interior decoration wall painting mirror wallet scotcher and antique piece	2	
	3	Flower arrangement: types of flower arrangement, importance of flower arrangement, principles of flower arrangement.	3	
	4	Furnishing: curtain, wall covering etc.	2	
APRIL	1	Cost of house building and is stations for housing finance	3	
	2	House plan and architectural symbols, planning of rooms for different activities.	3	
	3	Landscape gardening.	3	
	4	ICDS UNICEF CARE RED CROSS Society.	2	

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TEACHING PLAN-DEPARTMENT OF HOME SCIENCE

CLASS : BA


SEMESTER: 3rd Sem

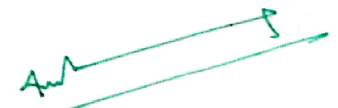
SESSION:2023-24

NAME OF PAPER :

MONTH	WEEK	TOPICS	NO OF LECTURES	REMARKS
AUGUST	1			
	2	House: Introduction, meaning, definition, difference between home and house.	2	
	3	House:	2	
	4	House site: selection of house site, physical feature of site.	2	
SEPTEMBER	1	House Constructions planning, type of map for building Constructions	4	
	2	House plan and architectural symbols, planning of rooms for different activities.	3	
	3	Planning house for different income group- high income group, medium income group and low income group	4	
	4	Building material	3	
OCTOBER	1	Furniture: types of furniture, importance of furniture and arrangement of different room furniture.	3	
	2	Planning house for different income group- high income group, medium income group and low income group	4	
	3	House plan and architectural symbols, planning of rooms for different activities.	3	
	4	Elements of art- line safe texture colour pattern light and space.	2	
NOVEMBER	1	Principals of design proportion balance Rhythm Emphasis harmony	4	
	2	Principles of house Constructions planning different residential space in a house	4	
	3	Colour theory and colour schemes	3	
	4	Interior designing introduction to interior designing importance of good taste objective of interior decoration	3	
DECEMBER	1	Accessories for interior decoration wall painting .	3	
	2	Flower arrangement: types of flower arrangement, importance of flower arrangement, principles of flower arrangement.	4	
	3	Furnishing: curtain, wall covering atc.	4	
	4	Principle of art.	3	


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RADHEY HARI GOVERNMENT PG COLLEGE KASHIPUR (US NAGAR) AISHE CODE: C-21911

TEACHING PLAN-DEPARTMENT OF HOME SCIENCE

CLASS : BA

SEMESTER: 1 Sem

SESSION:2022-23

NAME OF PAPER : :

MONTH	WEEK	TOPICS	NO OF LECTURES	REMARKS
AUGUST	1			
	2	Traditional home science and it's relevance in current era.	3	
	3	Contribution made by Indian home scientist i.e. M. Swaminathan , C.V Gopalan , S.K. Dey , Ravindra Nath Tagore etc.	3	
	4	Cell , digestive system , secretary system and circulatory system.	4	
SEPTEMBER	1	Cardiovascular system , excretory system and circulatory system.	4	
	2	Food and nutrition , food meaning , classification and function and food groups.	4	
	3	Nutrients - macro (carbohydrate , fat , protein and energy).	4	
	4	Nutrients - micro (vitamin and Minerals) sources , functions and deficiency. diseases	4	
OCTOBER	1	Cooking methods - (dry and moist heat method).	3	
	2	Preliminary preparations traditional methods of enhancing nutrition value of foods.	4	
	3	Introduction of Human development , stages of development.	4	
	4	Principles of growth and development , determinations of development heredity and environment.	3	
NOVEMBER	1	Prenatal development, conception pregnancy, problems of pregnancy, stages of prenatal state.	4	
	2	Birth process and types of delivery.	2	
	3	Physical appearance and capacity of newborn.	3	
	4	Maternal and infant mortality , reasons agencies and programs working for maternal and child welfare.	4	
DECEMBER	1	Development tasks during infancy , physical and motor development.	4	
	2	Development task during early childhood.	3	
	3	Social and emotional development.	2	
	4	Cognitive and language development.	3	

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TEACHING PLAN -DEPARTMENT OF HOME SCIENCE

CLASS : BA

YEAR: 3 year

SESSION:2021-22

NAME OF THE PAPER: 1: Human Development 2. Housing and Interior Decoration

MONTH	WEEK	TOPICS	NO OF LECTURES	REMARKS
AUGUST	1			
	2	Adolescent- meaning, stages, physical, social, cognitive and personality development characteristics and problems in adolesant age.	2	
	3	Principals of development.	2	
	4	Determines of human development- heredity and environment	3	
SEPTEMBER	1	Guidance and counselling	3	
	2	Early adulthood: personal and social adjustment. development in adulthood.	3	
	3	Middle age- Adjustment in family and social life. Changing in physical and mental behaviour.	4	
	4	Old age: physical changes, problem of physical and mental and adjustment with family, gender gap.	4	
OCTOBER	1	Various type of theories of development	3	
	2	Rural extension services for community	4	
	3	Children's right and national policy for children's	3	
	4	Demography of children in India, children children with his special needs	3	
NOVEMBER	1	Behaviour problem in children children Juvenile children	3	
	2	Family and child welfare services	3	
	3	House: Introduction, meaning, definition difference between home and house.	4	
	4	determination of selection a house house objective of house	4	
DECEMBER	1	House: Function of house, factor of effective house.	4	
	2	House site: selection of house site, physical feature of site.	3	
	3	Furniture: types of furniture, importance of furniture and arrangement of different room furniture.	3	
	4	House site: selection of house site, physical feature of site.	2	
JANUARY	1	House Constructions planning type of map for building Constructions	3	
	2	Principles of house Constructions planning different residential space in a house	3	
	3	Planning house for different income group- high income group, medium income group and low income group	4	
	4	Furniture: types of furniture, importance of furniture and arrangement of different room furniture.	4	
FEBRUARY	1	Elements of art line safe texture colour pattern light and space.	3	
	2	Principals of design proportion balance Rhythm Emphasis harmony	3	
	3	Furniture: types of furniture, importance of furniture and arrangement of different room furniture.	4	
	4	Building material	3	
MARCH	1	Interior designing introduction to interior designing importance of good taste objective of interior decoration	4	
	2	Accessories for interior decoration wall painting mirror wallet scotcher and antique piece	2	
	3	Flower arrangement: types of flower arrangement, importance of flower arrangement, principles of flower arrangement.	3	
	4	Furnishing: curtain, wall covering atc.	2	
APRIL	1	Cost of house building and is stations for housing finance	3	
	2	House plan and architectural symbols, planning of rooms for different activities.	3	
	3	Landscape gardening.	3	
	4	ICDS UNICEF CARE RED CROSS Society.	2	

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CLASS : B.A

YEAR: II Year

SESSION:2022-23

NAME OF THE PAPER: I fundamntal of Food and Nutrition, paper- II Human Development

MONTH	WEEK	TOPICS	NO OF LECTURES
AUGUST	1		
	2		
	3	Food- meaning, Classification and function and food groups	4
	4	Nutrition-Concept of Nutrition, types of nutrients.	3
SEPTEMBER	1	Nutrients-Macro -Carbohydrates, Fat, Protein	3
	2	Micro -Vitamins	3
	3	Minerals	3
	4	Water and Sallulose	4
OCTOBER	1	Micro -Vitamins	3
	2	Food groups	3
	3	Meal Planing, principle, factoers	3
	4	Cooking Methods-Objectives, Preliminary preparations	4
NOVEMBER	1	Food Priservation, Principle	3
	2	cognitive and personality development characteristics and	3
	3	Vegetables and fruits	4
	4	Guidance and counselling	4
DECEMBER	1	problems in adolesant age.	4
	2	Introduction to Human Development , Concept, Definition , Domai	4
	3	Deitary plan for defrent age	3
	4	Stages of development.	2
JANUARY	1	Principles of Growth and Development.	3
	2	Prenatal Development and Birth Process	4
	3	Conception, Pregnancy and Childbirth, Problems of Pregnancy,	4
	4	Stages of prenatal development, Factors affecting pre-natal development	4
FEBRUARY	1	Infancy: Developmental task during Infancy and Preschool Stage.,	3
	2	Cognitive and language development ,	3
	3	Early Childhood (Pre-school) years: Developmental Tasks during Early Childhood.	4
	4	Determinants of Development-heredity and environment	2
MARCH	1	Physical and Motor Development ,	3
	2	Play, Meanig and Definition, types of play, importans. Difrence in work and play.	4
	3	Common ailments of babyhood.	3
	4	Determines of human development- heredity and environment	3
APRIL	1	Socaity wefare Programme	3
	2	ICDS, , CARE , DWACRA	3

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3	Adolescent- meaning, stages, physical,	3
4	Social and emotional development	3

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