**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Odd Semester (For Ongoing Classes UG)**

**Session (2021-2022)**

**Class: BA I**   **Name of the Teacher: Ms. Kalyani Singh**

**Subject: Home Science Period: 3rd**

**Paper: Family Resource Management, Health and Hygiene Room No:**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 1-09-2021 to 04-09-2019 | -- |
| Week 2 | 06-09-2021 to 11-09-2021 | -- |
| Week 3 | 13-09-2021 to 18-09-2021 | -- |
| Week 4 | 20-09-2021 to 25-09-2021 | Section A  I. a. Meaning of home science  b. Functions of home  II. a. Home scientist as an entrepreneur |
| Week 5 | 27-09-2021 to 01-10-2021 | b. Agencies promoting entrepreneurs  Section B  III. Interior Decoration  Introduction  a. Elements of art |
| Week 6 | 04-10-2021 to 09-10-2021 | b. Principles of art  IV. Colour  a. Characteristics of colour  b. Colour wheel  c. Colour schemes  Revision |
| Week 7 | 11-10-2021 to 16-10-2021 | Section D  VII. Food adulteration  a. Definition  b. Common adulterants and effects on health |
| Week 8 | 18-10-2021 to 19-10-2021 | c. Household methods of testing food adulteration  Revision |
| **Mid Semester Exam (21st October 2021 – 30th October 2021)** | | |
| Week 9 | 01-11-2021 to 06-11-2021 | Discussion of the question asked in mid semester exams  VI. Food hygiene  Introduction   1. Definition   b. Hygiene during preparation, service and storage of food Revision, tests, quiz |
| Week 10 | 08-11-2021 to 13-11-2021 | VII. Food hygiene  c. Domestic purification of water- aquaguard and reverse osmosis |
| Week 11 | 15-11-2021 to 20-11-2021 | Section C  V. Health and hygiene  a. definition of health, hygiene  b. Definition of infection, sources, carrier and control  surprise quiz and tests |
| Week 12 | 22-11-2021 to 27-11-2021 | c. definition and types of immunity  d. Immunization schedule |
| Week 13 | 29-11-2021 to 04-12-2021 | Causes and spread of following diseases  a. by insects: malaria and dengue b. by infection: enteric fever, |
| Week 14 | 06-12-2021 to 11-12-2021 | b.(contd) cholera dysentry and diarrhea  c. by droplet infection: chickenpox, measles |
| Week 15 | 13-12-2021 to 16-12-2021 | c. (contd) mumps, TB  d. AIDS  Revision, tests  Discussion and clarification of doubts before examinations |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Odd Semester (For Ongoing Classes UG)**

**Session (2021-2022)**

**Class: BA II**   **Name of the Teacher: Dr. Megha Bakshi**

**Subject: Home Science Period: 5th**

**Paper: Clothing and Textiles Room No:**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 11-08-2021 to 14-08-2021 | Clothing & Textile: Introduction, Information about Syllabus, Scheme of Examinations and Prescribed Text Books.  Section- A  1.Equipments & Supplies used for Clothing Construction |
| Week 2 | 16-08-2021 to 21-08-2021 | (a).Use and Care of Sewing Machine  Discussion of Questions and Blanks  2 .Sewing Machine:  (a)Parts of Sewing Machine and its accessories  (b) Common Defects in Sewing Machine & their Remedies  (c) Care of Sewing Machine  Discussion of Questions and Blanks |
| Week 3 | 23-08-2021 to 28-08-2021 | Section –B  1.Classification of textile Fibres  Manufacture and Properties of Fibres  (a)Cotton |
| Week 4 | 31-08-2021 to 04-09-2019 | Manufacture and properties of Silk |
| Week 5 | 06-09-2021 to 11-09-2021 | Manufacture and Properties of Wool and Nylon |
| Week 6 | 13-09-2021 to 18-09-2021 | Section –C  Recording of body measurements & care to be taken while taking body measurements |
| Week 7 | 20-09-2021 to 25-09-2021 | Preparation of fabric for Construction –shrinking and straightening |
| Week 8 | 27-09-2021 to 01-10-2021 | Tools of Drafting, Steps involved in drafting from measurement to garment construction , points to be kept in mind while making a draft |
| Week 9 | 04-10-2021 to 09-10-2021 | Terms used in construction i.e. Seam Allowance, Ease, Selvedge, Dart, Grain line, Stay stitching |
| Week 10 | 11-10-2021 to 16-10-2021 |  |
| Week 11 | 18-10-2021 to 19-10-2021 | Revision of syllabi for upcoming Mid Semester Exam |
| **Mid Semester Exam (21st October 2021 – 30th October 2021)** | | |
| Week 12 | 01-11-2021 to 06-11-2021 | Section-D  Different types of yarns:  Simple Yarns, Novelty and Textured Yarns |
| Week 13 | 08-11-2021 to 13-11-2021 | Fabric Construction -  1.Weaving –Parts of a loom, Process of weaving & types |
| Week 14 | 15-11-2021 to 20-11-2021 | 1. Simple weaves –Plain, Rib, Basket 2. Twill weaves 3. Satin weave & Sateen weave |
| Week 15 | 22-11-2021 to 27-11-2021 | 2.Knitting, Felting and Bonding |
| Week 16 | 29-11-2021 to 30-11-2021 | Discussion of Question Bank Revision of Entire Syllabus |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Odd Semester (For Ongoing Classes UG)**

**Session (2021-2022)**

**Class : BA III**   **Name of the Teacher : Dr. Manpreet Kaur**

**Dr.Naveena**

**Subject: Home Science Period : III**

**Paper : Food, Nutrition and Child Development Room No: 30**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 11-08-2021 to 14-08-2021 | Introduction  Interaction with students about Syllabus  Scheme of Examinations and Prescribed Books  Importance and Functions of Food:  (a)Physiological;  Pregnancy: Signs and symptoms of pregnancy. |
| Week 2 | 16-08-2021 to 21-08-2021 | Importance and Functions of Food:  (b) Psychological; (c) Social  Pregnancy: Discomforts and Complications. |
| Week 3 | 23-08-2021 to 28-08-2021 | Food Constituents: Introduction  Carbohydrates - Functions, sources |
| Week 4 | 31-08-2021 to 04-09-2019 | Carbohydrates - Requirements and deficiency and excess.  Care during pregnancy |
| Week 5 | 06-09-2021 to 11-09-2021 | Proteins - Functions, sources  Preparation for delivery |
| Week 6 | 13-09-2021 to 18-09-2021 | Proteins - Requirements and deficiency.  Post natal care: Introduction & Importance of breast feeding, |
| Week 7 | 20-09-2021 to 25-09-2021 | Fats-Functions, sources  Post natal care: Bottle feeding |
| Week 8 | 27-09-2021 to 01-10-2021 | Fats - Requirements and deficiency.  Post natal care- weaning and different types of weaning foods |
| Week 9 | 04-10-2021 to 09-10-2021 | Methods of Cooking: Boiling, Steaming, Frying  Methods of family planning |
| Week 10 | 11-10-2021 to 16-10-2021 | Methods of Cooking: Baking, Roasting and Microwave cooking.  Methods of family planning |
| Week 11 | 18-10-2021 to 19-10-2021 | Revision |
| **Mid Semester Exam (21st October 2021 – 30th October 2021)** | | |
| Week 12 | 01-11-2021 to 06-11-2021 | Functions, recommended allowances, deficiency, excess and food sources of the following nutrients:  (a) Vitamins–A, B1, B2, B3, Vit. C, Vit. D.  Definition and importance of Child Development. |
| Week 13 | 08-11-2021 to 13-11-2021 | Functions, recommended allowances, deficiency, excess and food sources of the following nutrients:  (b) Minerals– Calcium, Phosphorous  (a) Differences between growth and development; |
| Week 14 | 15-11-2021 to 20-11-2021 | Functions, recommended allowances, deficiency, excess and food sources of the following nutrients:  (b) Minerals–Iron, Sodium, Iodine  (b) Principles of development. |
| Week 15 | 22-11-2021 to 27-11-2021 | Balanced Diet  (a) Concept  (b) Classification of food based on the five/seven food groups.  Developmental tasks at various stages of development. |
| Week 16 | 29-11-2021 to 30-11-2021 | Discussion of Question Bank  Revision of Entire Syllabus |