**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.A I**  **Name of the Teacher: Dr. Naveena N**

**Subject: Home Science Period: 2nd**

**Paper: Family Resource Management, Health & Hygiene Room No.: 30**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Introduction  Section C  VII. Health education  a. Aims and objectives  b. Scope  c. Importance |
| Week 2 | 23/01/2023-28/01/2023 | Section C  VII. The homemaker as a consumer  a. Concept and objectives  b. Rights and responsibilities  c. Malpractices in the production of consumer goods  d. Consumer guides |
| Week 3 | 30/01/2023- 04/02/2023 | Section B  VI. Flower arrangement  a. Definition and types  b. principles of art in flower arrangement |
| Week 4 | 06/02/2023-11/02/2023 | b. Principles of art in flower arrangement  c. Material and essential equipment used in flower arrangement  V. Furniture  Introduction |
| Week 5 | 13/02/2023-17/02/2023 | a. Factor affecting selection of furniture  b. Furniture requirements for different rooms |
| Week 6 | 20/02/2023-25/02/2023 | Section A  I. Resources  a. Introduction |
| Week 7 | 27/02/2023-04/03/2023 | b. Classification  II. Time management  Introduction  a. Steps in making time plans Assignment |
| Week 8 | 06/03/2023-11/03/2023 | b. Tools in time management  III. Money management  Introduction |
| Week 9 | 13/03/2023-18/03/2023 | a. Types of income  b. Budget  c. Means of supplementing family income |
| Week 10 | 20/03/2023-25/03/2023 | IV. Energy management  a. Fatigue  b. Work simplification (Mundel) |
| Week 11 | 27/03/2023-01/04/2023 | Section D  IX. Digestive system  a. Diagram of alimentary canal |
| Week 12 | 03/04/2023-08/04/2023 | b. Functions of mouth, stomach, intestines  c. Digestion of carbohydrates |
| Week 13 | 10/04/2023-15/04/2023 | c. Digestion of proteins and fats |
| Week 14 | 17/04/2023-21/04/2023 | X. Simple first aid  Introduction  Simple aids for burns, poisoning, electric shock, bleeding, drowning, fainting, fractures, insect bites, snake bites |
| Week 15 | 24/04/2023-29/04/2023 | First aids contd.  Nose bleeding, sunstroke, sprain, heart attack  Assignments, Discussion & Revision |

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**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

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

**Subject: Home Science Period: 7th Period**

**Paper : Clothing & Textiles Room No : 30**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | **Section A**   1. Elements of Design 2. Color, Form, Texture, Shape and Line 3. a. Principles of Design   b.Harmony, Balance, Rhythm |
| Week 2 | 23/01/2023-28/01/2023 | c.Emphasis , Proportion in relation to Clothing  **Section B**   1. Introduction to Fashion, FAD and Style |
| Week 3 | 30/01/2023- 04/02/2023 | 1. a. Selection of suitable garments for Infants, Toddlers and School going Children |
| Week 4 | 06/02/2023-11/02/2023 | 1. Selection of suitable garments for Adolescents, Adults and Elderly. |
| Week 5 | 13/02/2023-17/02/2023 | 3.Care & Storage of garments of cotton, wool and silk  **Section C**  1.Bleaches- Introduction |
| Week 6 | 20/02/2023-25/02/2023 | a. Oxidizing Bleaches & Reducing Bleaches |
| Week 7 | 27/02/2023-04/03/2023 | b.Suitability of different bleaches to different fabric |
| Week 8 | 06/03/2023-11/03/2023 | 1. a. Finishes- Types & Importance, |
| Week 9 | 13/03/2023-18/03/2023 | 1. Different types of finishes: Sizing, Calendering, Sanforising, Mercerization |
| Week 10 | 20/03/2023-25/03/2023 | 1. Finishes: Crease resistant, Water Proof, Water repellent, Flame Resistant, Flame Proof |
| Week 11 | 27/03/2023-01/04/2023 | **Section D**   1. a. Dyeing- Simple dyeing of Cotton |
| Week 12 | 03/04/2023-08/04/2023 | b. Resist dyeing techniques- Tie & Dye & Batik. |
| Week 13 | 10/04/2023-15/04/2023 | 1. Printing- Block, Screen & Roller printing |
| Week 14 | 17/04/2023-21/04/2023 | 1. Methods of Laundry. |
| Week 15 | 24/04/2023-29/04/2023 | Assignments, Discussion & Revision |

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**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

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

**Subject: Home Science Period: 4th**

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

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Food Preservation –Introduction  (a)Definition, Importance & Principles. |
| Week 2 | 23/01/2023-28/01/2023 | (b)Causes of food spoilage.  (c) Household methods of food preservation- Introduction, sun drying, use of salt, oil, spices, sugar & chemical preservatives. |
| Week 3 | 30/01/2023- 04/02/2023 | Meal Planning – (a) Definition (b) Importance  (c) Principles of meal planning (physiological) |
| Week 4 | 06/02/2023-11/02/2023 | (c )Principles of meal planning (psychological)  (c )Principles of meal planning (economical) |
| Week 5 | 13/02/2023-17/02/2023 | Therapeutic Diets & Modification of Normal Diet  (a) Principles of therapeutic diets.  (b) Concept of soft, bland, liquid diets with examples. |
| Week 6 | 20/02/2023-25/02/2023 | Therapeutic diets in the following conditions with principles involved :  (a) Fever  (b) Diarrhoea |
| Week 7 | 27/02/2023-04/03/2023 | (c) High blood pressure/ Hypertension  (d) Diabetes Mellitus. |
| Week 8 | 06/03/2023-11/03/2023 | Play  (a) Significance of play.  (b) Types of play |
| Week 9 | 13/03/2023-18/03/2023 | (c) Play materials/equipment required for various age groups.  Emotional Development of the child from infancy up to 6 years.  (a)Characteristics of children’s emotions. |
| Week 10 | 20/03/2023-25/03/2023 | (b)Common childhood emotions—Fear, angers, jealousy. |
| Week 11 | 27/03/2023-01/04/2023 | (b)Common childhood emotions— curiosity, love and affection. |
| Week 12 | 03/04/2023-08/04/2023 | (a)Stages of language development.  (b) Factors affecting language development |
| Week 13 | 10/04/2023-15/04/2023 | Common behavioural problems and their remedies:  Bed wetting, Thumb Sucking |
| Week 14 | 17/04/2023-21/04/2023 | Common behavioural problems and their remedies:  Nail Biting, Temper Tantrums |
| Week 15 | 24/04/2023-29/04/2023 | Assignments, Discussion & Revision |