**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

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

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

**Paper: Theory Room No: 319**

|  |  |  |
| --- | --- | --- |
| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Introduction  **Section A**  I. Resources  a. Introduction |
| Week 2 | 13-01-2020 to 18-01-2020 | b. Classification  II. Time management  Introduction  a. Steps in making time plans  Assignment |
| Week 3 | 20-01-2020 to 25-01-2020 | b. Tools in time management  III. Money management  Introduction |
| Week 4 | 27-01-2020 to 01-02-2020 | a. Types of income  b. Budget  c. Means of supplementing family income |
| Week 5 | 03-02-2020 to 08-02-2020 | IV. Energy management  a. Fatigue  b. Work simplification (Mundel) |
| Week 6 | 10-02-2020 to 15-02-2020 | **Section C**  VII. The homemaker as a consumer  a. Concept and objectives  b. Rights and responsibilities |
| Week 7 | 17-02-2020 to 22-02-2020 | c. Malpractices in the production of consumer goods  d. Consumer guides |
| Week 8 | 24-02-2020 to 29-02-2020 | VII. Health education  a. Aims and objectives  b. Scope |
| Week 9 | 02-03-2020 to 05-03-2020 | c. Importance  Revision  Tests |
| **Mid Semester Exams (06-03-2020 to 13-03-2020)** | | |
| Week 11 | 14-03-2020, 16-03-2020 to 21-03-2020 | Discussion of the question asked in mid semester exams  **Section B**  VI. Flower arrangement  a. Definition and types  b. principles of art in flower arrangement |
| Week 12 | 24-03-2020 to 28-03-2020 | b. Principles of art in flower arrangement  c. Material and essential equipment used in flower arrangement  V. Furniture  Introduction |
| Week 13 | 30-03-2020 to 04-04-2020 | a. Factor affecting selection of furniture  b. Furniture requirements for different rooms |
| Week 14 | 07-04-2020 to 11-04-2020 | Revision  Tests  **Section D**  IX. Digestive system  a. Diagram of alimentary canal |
| Week 15 | 15-04-2020 to 18-04-2020 | b. Functions of mouth, stomach, intestines  c. Digestion of carbohydrates |
| Week 16 | 20-04-2020 to 24-04-2020 | c. Digestion of proteins and fats  Revision  Assignments |
| Week 17 | 27-04-2020 to 02-05-2020 | X. Simple first aid  Introduction  Simple aids for burns, poisoning, electric shock, bleeding, drowning, fainting, fractures, insect bites, snake bites |
| Week 18 | 04-05-2020 | First aids contd.  Nose bleeding, sunstroke, sprain, heart attack  Revision  Tests  Clarification of doubts |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

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

**Subject: Home Science Period: Third**

**Paper: Theory Room No: 128**

|  |  |  |
| --- | --- | --- |
| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Introduction  Discussion about semester 1 exams  **Section A**  I. Resources  a. Introduction |
| Week 2 | 13-01-2020 to 18-01-2020 | b. Classification  II. Time management  Introduction  a. Steps in making time plans  Assignment |
| Week 3 | 20-01-2020 to 25-01-2020 | b. Tools in time management  III. Money management  Introduction |
| Week 4 | 27-01-2020 to 01-02-2020 | a. Types of income  b. Budget  c. Means of supplementing family income |
| Week 5 | 03-02-2020 to 08-02-2020 | IV. Energy management  a. Fatigue  b. Work simplification (Mundel) |
| Week 6 | 10-02-2020 to 15-02-2020 | **Section C**  VII. The homemaker as a consumer  a. Concept and objectives  b. Rights and responsibilities |
| Week 7 | 17-02-2020 to 22-02-2020 | c. Malpractices in the production of consumer goods  d. Consumer guides |
| Week 8 | 24-02-2020 to 29-02-2020 | VII. Health education  a. Aims and objectives  b. Scope |
| Week 9 | 02-03-2020 to 05-03-2020 | c. Importance  Revision  Tests |
| Mid Semester Exams (06-03-2020 to 13-03-2020) | | |
| Week 11 | 14-03-2020, 16-03-2020 to 21-03-2020 | Discussion of the question asked in mid semester exams  **Section B**  VI. Flower arrangement  a. Definition and types  b. principles of art in flower arrangement |
| Week 12 | 24-03-2020 to 28-03-2020 | b. Principles of art in flower arrangement  c. Material and essential equipment used in flower arrangement  V. Furniture  Introduction |
| Week 13 | 30-03-2020 to 04-04-2020 | a. Factor affecting selection of furniture  b. Furniture requirements for different rooms |
| Week 14 | 07-04-2020 to 11-04-2020 | Revision  Tests  **Section D**  IX. Digestive system  a. Diagram of alimentary canal |
| Week 15 | 15-04-2020 to 18-04-2020 | b. Functions of mouth, stomach, intestines  c. Digestion of carbohydrates |
| Week 16 | 20-04-2020 to 24-04-2020 | c. Digestion of proteins and fats  Revision  Assignments |
| Week 17 | 27-04-2020 to 02-05-2020 | X. Simple first aid  Introduction  Simple aids for burns, poisoning, electric shock, bleeding, drowning, fainting, fractures, insect bites, snake bites |
| Week 18 | 04-05-2020 | First aids contd.  Nose bleeding, sunstroke, sprain, heart attack  Revision  Tests  Clarification of doubts |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

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

**Subject: Home Science Period: Fourth**

**Paper: Theory Room No: 106**

|  |  |  |
| --- | --- | --- |
| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Introduction to Syllabus  Discussion about semester 1 exams |
| Week 2 | 13-01-2020 to 18-01-2020 | **Section A**   1. Elements of Design 2. Color, Form, Texture, Shape and Line 3. Principles of Design 4. Harmony, Balance, Rhythm |
| Week 3 | * + 1. 25-01-2020 | 1. Emphasis , Proportion in relation to Clothing   **Section B**   1. Introduction to Fashion, FAD and Style |
| Week 4 | 27-01-2020 to 01-02-2020 | 1. Selection of suitable garments for : 2. Infants, Toddlers and School going Children |
| Week 5 | * + 1. to 08-02-2020 | 1. Selection of suitable garments for Adolescents, Adults and Elderly. |
| Week 6 | * + 1. 15-02-2020 | 1. Care & Storage of garments of cotton, wool and silk |
| Week 7 | 17-02-2020 to 22-02-2020 | **Section C**   1. Bleaches 2. Oxidizing Bleaches & Reducing Bleaches |
| Week 8 | 24-02-2020 to 29-02-2020 | 1. Suitability of different bleaches to different fabric. |
| Week 9 | 02-03-2020 to 05-03-2020 | Revision for Mid semester Exams |
| Mid Semester Exams (06-03-2020 to 13-03-2020) | | |
| Week 11 | 14-03-2020, 16-03-2020 to 21-03-2020 | 1. Finishes- Types & Importance, |
| Week 12 | 24-03-2020 to 28-03-2020 | Different types of finishes: Sizing, Calendering, Sanforising, Mercerization |
| Week 13 | 30-03-2020 to 04-04-2020 | Finishes: Crease resistant, Water Proof, Water repellent, Flame Resistant, Flame Proof |
| Week 14 | 07-04-2020 to 11-04-2020 | **Section D**   1. a. Dyeing- Simple dyeing of Cotton |
| Week 15 | * + 1. 18-04-2020 | b. Resist dyeing techniques- Tie & Dye & Batik. |
| Week 16 | 20-04-2020 to 24-04-2020 | 1. Printing- Block, Screen & Roller printing |
| Week 17 | 27-04-2020 to 02-05-2020 | 1. Methods of Laundry. |
| Week 18 | 04-05-2020 | Assignments, Discussion & Revision |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: BA III (6th Semester)**   **Name of the Teacher: Dr Manpreet Kaur**

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

**Paper: Food, nutrition and Child Development Room No: 128**

|  |  |  |
| --- | --- | --- |
| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Introduction to Syllabus  Definition & Importance of Food Preservation |
| Week 2 | 13-01-2020 to 18-01-2020 | Definition & Importance of Food Preservation  Principles Of Food Preservation |
| Week 3 | 20-01-2020 to 25-01-2020 | Causes of Food Spoilage  Household methods of Food Preservation |
| Week 4 | 27-01-2020 to 01-02-2020 | Household methods of Food Preservation - Continued |
| Week 5 | 03-02-2020 to 08-02-2020 | Meal Planning – Definition and Importance  Principles of Meal Planning |
| Week 6 | 10-02-2020 to 15-02-2020 | Therapeutic Diets & Modification of Normal Diets – Principles  Concept of Soft, Bland, Liquid diets |
| Week 7 | 17-02-2020 to 22-02-2020 | Therapeutic Diets in following conditions along with principles of diet: Fevers, Diarrhoea |
| Week 8 | 24-02-2020 to 29-02-2020 | Therapeutic Diets in following conditions along with principles of diet: Hypertension and Diabetes |
| Week 9 | 02-03-2020 to 05-03-2020 | Revision of Syllabus and Solving of Question Bank |
| Mid Semester Exams (06-03-2020 to 13-03-2020) | | |
| Week 11 | 14-03-2020, 16-03-2020 to 21-03-2020 | Characteristics of Children’s Emotions  Common Childhood Emotions – Fear, Anger |
| Week 12 | 24-03-2020 to 28-03-2020 | Common Childhood Emotions – Jealousy, Curiosity, Love, Affection |
| Week 13 | 30-03-2020 to 04-04-2020 | Stages of Language Development  Factors Affecting Language Development |
| Week 14 | 07-04-2020 to 11-04-2020 | Significance of Play, Types of Play, Play Material / Equipment required for various age groups |
| Week 15 | 15-04-2020 to 18-04-2020 | Play Material / Equipment required for various age groups - Continued |
| Week 16 | 20-04-2020 to 24-04-2020 | Common Behavioural problems and their remedies – Bed Wetting, Thumb Sucking, Nail Biting, Temper Tantrums |
| Week 17 | 27-04-2020 to 02-05-2020 | Revision of Syllabus and Solving of Question Bank |
| Week 18 | 04-05-2020 | Revision of Syllabus and Solving of Question Bank |