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

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

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

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

**Paper: Family Resource Management, Health and Hygiene**

**Room No: 30**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | -- |
| Week 2 | 29-07-2019 to 03-08-2019 | Section A  I. a. Meaning of home science |
| Week 3 | 05-08-2019 to 10-08-2019 | b. Functions of home  II. a. Home scientist as an entrepreneur |
| Week 4 | 13-08-2019 to 17-08-2019 | Revision  b. Agencies promoting entrepreneurs  Section B  III. Interior Decoration  Introduction |
| Week 5 | 19-08-2019 to 24-08-2019 | a. Elements of art  b. Principles of art  IV. Colour  a. Characteristics of colour |
| Week 6 | 26-08-2019 to 31-08-2019 | b. Colour wheel  c. Colour schemes  Revision |
| Week 7 | 02-09-2019 to 07-09-2019 | Section D  VII. Food adulteration  a. Definition  b. Common adulterants and effects on health |
| Week 8 | 09-09-2019to 14-09-2019 | c. Household methods of testing food adulteration  Revision |
| Week 9 | 16-09-2019 to 21-09-2019 | VI. Food hygiene  Introduction   1. Definition |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | -- |
| Week 11 | 30-09-2019 to 05-10-2019 | b. Hygiene during preparation, service and storage of food Revision, tests, quiz  Discussion to clarify doubts if any before mid semester exams |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Discussion of the question asked in mid semester exams  Food hygiene- revision of part a and b |
| Week 13 | 21-10-2019 to 26-10-2019 | VII. Food hygiene  c. Domestic purification of water- aquaguard and reverse osmosis |
| Week 14 | 29-10-2019 to 02-11-2019 | Section C  V. Health and hygiene  a. definition of health, hygiene  b. Definition of infection, sources, carrier and control  surprise quiz and tests |
| Week 15 | 04-11-2019 to 09-11-2019 | c. definition and types of immunity  d. Immunization schedule |
| Week 16 | 11-11-2019 to 16-11-2019 | Causes and spread of following diseases  a. by insects: malaria and dengue b. by infection: enteric fever, |
| Week 17 | 18-11-2019 to 23-11-2019 | b.(contd) cholera dysentry and diarrhea  c. by droplet infection: chickenpox, measles |
| Week 18 | 25-11-2019 to 30-11-2019 | c. (contd) mumps, TB  d. AIDS  Revision, tests  Discussion and clarification of doubts before examinations |

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

**Teaching Plan (OddSemester) Session (2019-2020)**

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

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

**Paper: Clothing and Textiles**

**Room No: 106**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | - |
| Week 2 | 29-07-2019 to 03-08-2019 | Clothing & Textile: Introduction, Information about Syllabus, Scheme of Examinations and Prescribed Text Books.  Section- A  1.Equipments & Supplies used for Clothing Construction |
| Week 3 | 05-08-2019 to 10-08-2019 | (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 |
| Week 4 | 13-08-2019 to 17-08-2019 | (c) Care of Sewing Machine  Discussion of Questions and Blanks  Section –B  1.Classification of textile Fibres |
| Week 5 | 19-08-2019 to 24-08-2019 | Manufacture and Properties of Fibres  (a)Cotton |
| Week 6 | 26-08-2019 to 31-08-2019 | Manufacture and properties of Silk |
| Week 7 | 02-09-2019 to 07-09-2019 | Manufacture and Properties of Wool and Nylon |
| Week 8 | 09-09-2019to 14-09-2019 | Section –C  Recording of body measurements & care to be taken while taking body measurements |
| Week 9 | 16-09-2019 to 21-09-2019 | Preparation of fabric for Construction –shrinking and straightening |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | - |
| Week 11 | 30-09-2019 to 05-10-2019 | Revision of syllabi for upcoming Mid Semester Exam |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Tools of Drafting, Steps involved in drafting from measurement to garment construction , points to be kept in mind while making a draft |
| Week 13 | 21-10-2019 to 26-10-2019 | Terms used in construction i.e. Seam Allowance, Ease, Selvedge, Dart, Grain line, Stay stitching |
| Week 14 | 29-10-2019 to 02-11-2019 | Section-D  Different types of yarns:  Simple Yarns, Novelty and Textured Yarns |
| Week 15 | 04-11-2019 to 09-11-2019 | Fabric Construction -   1. Weaving –Parts of a loom, Process of weaving & types |
| Week 16 | 11-11-2019 to 16-11-2019 | 1. Simple weaves –Plain, Rib, Basket 2. Twill weaves 3. Satin weave & Sateen weave |
| Week 17 | 18-11-2019 to 23-11-2019 | 1. Knitting, Felting and Bonding |
| Week 18 | 25-11-2019 to 30-11-2019 | Discussion of Question Bank Revision of Entire Syllabus |

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

**Teaching Plan (OddSemester) Session (2019-2020)**

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

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

**Paper: Food Nutrition & Child Development**

**Room No: 30**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Introduction to nutrition, food, Undernutrition, malnutrition etc. |
| Week 2 | 29-07-2019 to 03-08-2019 | Section A   1. Importance and functions of food   Introduction to food constituents |
| Week 3 | 05-08-2019 to 10-08-2019 | 1. Food constituents- carbohydrates and proteins |
| Week 4 | 13-08-2019 to 17-08-2019 | Food constituents: Fats |
| Week 5 | 19-08-2019 to 24-08-2019 | 1. Methods of cooking |
| Week 6 | 26-08-2019 to 31-08-2019 | Methods of Cooking – Contd. |
| Week 7 | 02-09-2019 to 07-09-2019 | Section C  VI. Pregnancy |
| Week 8 | 09-09-2019to 14-09-2019 | VI. contd.  VII. Methods of family planning |
| Week 9 | 16-09-2019 to 21-09-2019 | Section B   1. Introduction to vitamins   Vitamin A and C |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Youth festival  Vitamin D |
| Week 11 | 30-09-2019 to 05-10-2019 | Revision  Discussion to clarify doubts |
| Mid Semester Exams | | |  |  |
| Week 12 | 16-10-2019 to 19-10-2019 | Section B contd.   1. Vitamin B |
| Week 13 | 21-10-2019 to 26-10-2019 | 1. Introduction to minerals   Calcium and phosphorus |
| Week 14 | 29-10-2019 to 02-11-2019 | 1. Iron, sodium and iodine |
| Week 15 | 04-11-2019 to 09-11-2019 | 1. Balanced diet and Food groups |
| Week 16 | 11-11-2019 to 16-11-2019 | Section D  VIII. Definition and importance of Child Development  Growth & Development, Principles of Development |
| Week 17 | 18-11-2019 to 23-11-2019 | IX. Developmental tasks |
| Week 18 | 25-11-2019 to 30-11-2019 | Revision  Discussion to clarify doubts |