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

**Teaching Plan Odd Semester (For Undergraduate Classes - First Year)**

**Session (2023-2024)**

**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 | 21-07-2023 to 22-07-2023 | *----* |
| Week 2 | 24-07-2023 to 28-07-2023 | Ice breaking session with the students and Departmental Orientation Programme |
| Week 3 | 31-07-2023 to 05-08-2023 | **Section A**   1. a. Meaning of Home Science   b. Functions of Home |
| Week 4 | 07-08-2023 to 12-08-2023 | II. a. Home scientist as an Entrepreneur  b. Agencies promoting Entrepreneurship –  Commercial Banks, District Industries, Co-operative Societies. |
| Week 5 | 14-08-2023 to 19-08-2023 | **Section B**  III. Interior Decoration  a. Elements of Art –Line, Form, Pattern, Texture, Colour, Light and Space.  b. Principles of Art in relation to interior decoration – Harmony, Balance, Rhythm, Proportion & Emphasis. |
| Week 6 | 21-08-2023 to 26-08-2023 | IV. Colour  a. Characteristics of Colour |
| Week 7 | 28-08-2023 to 02-09-2023 | b. Colour wheel  c. Colour schemes |
| Week 8 | 04-09-2023 to 09-09-2023 | **Section C:**  VI. Causes and spread of following diseases   1. Causes by insects: Malaria and Dengue |
| Week 9 | 11-09-2023 to 16-09-2023 | 1. Conveyed by infection: Enteric fever, Cholera , Dysentery and Diarrhea |
| Week 10 | 18-09-2023 to 23-09-2023 | 1. Spread by droplet infection: Chickenpox, Measles   Mumps and Tuberculosis |
| Week 11 | 25-09-2023 to 30-09-2023 | d. Sexually transmitted diseases - AIDS  V. Hygiene & Health  a. Definition of Health and Hygiene  b. Definition of infection, sources, carrier and control |
| Week 12 | 03-10-2023 to 07-10-2023 | c. Definition and types of Immunity  d. Immunization schedule |
| Week 13 | 09-10-2023 to 14-10-2023 | Revision |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | **Section D**  VII. Food adulteration  a. Definition  b. Common food adulterants and effects on health  c. Household methods of testing food adulteration |
| Week 16 | 31-10-2023 to 04-11-2023 | VI. Food hygiene  a. Definition  b. Hygiene during preparation, service and storage of food |
| Week 17 | 06-11-2023 to 11-11-2023 | 1. Domestic purification of water:  * Aquaguard * Reverse Osmosis |
| Week 18 | 14-11-2023 to 18-11-2023 | Final Revision |

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

**Teaching Plan Odd Semester**

**Session (2023-2024)**

**Class: BA II (3rd semester) Name of the Teacher: Dr. Manpreet Kaur & Dr.Naveena**

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

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

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Clothing & Textile: Introduction, Information about Syllabus, Scheme of Examinations and Prescribed Text Books. |
| Week 2 | 24-07-2023 to 28-07-2023 | **Section- A**  1.Equipments & Supplies used for Clothing Construction  (a).Use and Care of Sewing Machine  Discussion of Questions and Blanks |
| Week 3 | 31-07-2023 to 05-08-2023 | 2 .Sewing Machine:  (a)Parts of Sewing Machine and its accessories  (b) Common Defects in Sewing Machine & their Remedies |
| Week 4 | 07-08-2023 to 12-08-2023 | (c) Care of Sewing Machine  Discussion of Questions and Blanks |
| Week 5 | 14-08-2023 to 19-08-2023 | **Section –B**  1. Recording of body measurements & care to be taken while taking body measurements |
| Week 6 | 21-08-2023 to 26-08-2023 | 2. Preparation of fabric for Construction –shrinking and straightening |
| Week 7 | 28-08-2023 to 02-09-2023 | 3.Tools of Drafting, Steps involved in drafting from measurement to garment construction , points to be kept in mind while making a draft |
| Week 8 | 04-09-2023 to 09-09-2023 | 4.Terms used in construction i.e. Seam Allowance, Ease, Selvedge, Dart, Grain line, Stay stitching |
| Week 9 | 11-09-2023 to 16-09-2023 | **Section –C**  1.Classification of textile Fibres |
| Week 10 | 18-09-2023 to 23-09-2023 | 2. Manufacture and Properties of Fibers  (a)Cotton |
| Week 11 | 25-09-2023 to 30-09-2023 | (b)Manufacture and properties of Silk |
| Week 12 | 03-10-2023 to 07-10-2023 | (c) Manufacture and Properties of Wool and Nylon |
| Week 13 | 09-10-2023 to 14-10-2023 | Revision of syllabi for upcoming Mid Semester Exam |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Discussion of Mid-semester Question Paper |
| Week 16 | 31-10-2023 to 04-11-2023 | **Section-D**  1.Different types of yarns:  Simple Yarns, Novelty and Textured Yarns |
| Week 17 | 06-11-2023 to 11-11-2023 | 2.Fabric Construction -  (A)Weaving –Parts of a loom, Process of weaving & types  a. Simple weaves –Plain, Rib, Basket  b. Twill weaves  c. Satin weave & Sateen weave |
| Week 18 | 14-11-2023 to 18-11-2023 | (B) Knitting, Felting and Bonding  Discussion of Question Bank Revision of Entire Syllabus |

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**Teaching Plan Odd Semester**

**Session (2023-2024)**

**Class: BA III (5th semester) Name of the Teacher: Dr. Manpreet Kaur Subject: Home Science Period: 5th**

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

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Information about Syllabus, Scheme of Examinations and Prescribed Text Books. |
| Week 2 | 24-07-2023 to 28-07-2023 | Introduction to Nutrition, Food, Health & Malnutrition Importance & Functions of Food  Discussion of Assignment |
| Week 3 | 31-07-2023 to 05-08-2023 | Introduction to food Constituents  Functions, Sources, Requirements & Deficiency of Carbohydrates  Discussion of Assignment |
| Week 4 | 07-08-2023 to 12-08-2023 | Functions, Sources, Requirements & Deficiency of Proteins  Functions, Sources, Requirements & Deficiency of Fats  Discussion of Assignment |
| Week 5 | 14-08-2023 to 19-08-2023 | Methods of Cooking: Boiling, Steaming, Pressure Cooking, Roasting, Grilling, Baking. |
| Week 6 | 21-08-2023 to 26-08-2023 | Methods of Cooking: Deep frying, Shallow frying & Microwave Cooking  Discussion of Assignment |
| Week 7 | 28-08-2023 to 02-09-2023 | Signs & Symptoms of Pregnancy  Discomforts during Pregnancy |
| Week 8 | 04-09-2023 to 09-09-2023 | Complications in Pregnancy |
| Week 9 | 11-09-2023 to 16-09-2023 | Care during Pregnancy |
| Week 10 | 18-09-2023 to 23-09-2023 | Preparation for Delivery  Care of the new born baby |
| Week 11 | 25-09-2023 to 30-09-2023 | Importance of breast feeding, Bottle feeding- Advantages, Disadvantages & Comparison  Weaning & Different types of Weaning Foods |
| Week 12 | 03-10-2023 to 07-10-2023 | Methods of Family Planning |
| Week 13 | 09-10-2023 to 14-10-2023 | Food Constituents: Vitamin A, B1 |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Food Constituents: Vitamin B2. |
| Week 16 | 31-10-2023 to 04-11-2023 | Food Constituents: Vitamin B3,C, D  Balanced Diet- Concept & Classification of food based on five/seven food groups |
| Week 17 | 06-11-2023 to 11-11-2023 | Principles of Development  Definition & Importance of Child Development |
| Week 18 | 14-11-2023 to 18-11-2023 | Difference between growth & Development  Developmental Tasks at various stages of development |