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

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

**Session (2022-2023)**

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

**Subject:** Home Science **Period:** 9:45 – 10:30 am (2nd Period)

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

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16-08-2022 to 20-08-2022 | **Section C:**  VI. Causes and spread of following diseases   1. Causes by insects: Malaria and Dengue |
| Week 2 | 22-08-2022 to 27-08-2022 | 1. Conveyed by infection: Enteric fever, Cholera , Dysentery and Diarrhea |
| Week 3 | 29-08-2022 to 03-09-2022 | 1. Spread by droplet infection: Chickenpox, Measles   Mumps and Tuberculosis |
| Week 4 | 05-09-2022 to 10-09-2022 | d. Sexually transmitted diseases - AIDS  V. Hygiene & Health  a. Definition of Health and Hygiene  b. Definition of infection, sources, carrier and control |
| Week 5 | 12-09-2022 to 17-09-2022 | c. Definition and types of Immunity  d. Immunization schedule |
| Week 6 | 19-09-2022 to 24-09-2022 | **Section A**   1. a. Meaning of Home Science   b. Functions of Home |
| Week 7 | 26-09-2022 to 01-10-2022 | II. a. Home scientist as an Entrepreneur  b. Agencies promoting Entrepreneurship –  Commercial Banks, District Industries, Co-operative Societies. |
| Week 8 | 03-10-2022 to 08-10-2022 | **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 9 | 10-10-2022 to 15-10-2022 | IV. Colour  a. Characteristics of Colour |
| Week 10 | 17-10-2022 to 22-10-2022 | b. Colour wheel  c. Colour schemes |
| Week 11 | 25-10-2022 to 27-10-2022 | Revision |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |
| Week 13 | 5-11-2022 | **Section D**  VII. Food adulteration  a. Definition  b. Common food adulterants and effects on health  c. Household methods of testing food adulteration |
| Week 14 | 07-11-2022 to 12-11-2022 | VI. Food hygiene  a. Definition  b. Hygiene during preparation, service and storage of food |
| Week 15 | 14-11-2022 to 19-11-2022 | 1. Domestic purification of water:  * Aquaguard * Reverse Osmosis |
| Week 16 | 21-11-2022 to 26-11-2022 | Final Revision |

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

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

**Session (2022-2023)**

**Class: BA II (3rd semester)**   **Name of the Teacher: Dr. Megha Bakshi**

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

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

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 13-08-2022 | Clothing & Textile: Introduction, Information about Syllabus, Scheme of Examinations and Prescribed Text Books. |
| Week 2 | 16-08-2022 to 20-08-2022 | **Section- A**  1.Equipments & Supplies used for Clothing Construction  (a).Use and Care of Sewing Machine  Discussion of Questions and Blanks |
| Week 3 | 22-08-2022 to 27-08-2022 | 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 4 | 29-08-2022 to 03-09-2022 | **Section –B**  1. Recording of body measurements & care to be taken while taking body measurements |
| Week 5 | 05-09-2022 to 10-09-2022 | 2. Preparation of fabric for Construction –shrinking and straightening |
| Week 6 | 12-09-2022 to 17-09-2022 | 3.Tools of Drafting, Steps involved in drafting from measurement to garment construction , points to be kept in mind while making a draft |
| Week 7 | 19-09-2022 to 24-09-2022 | 4.Terms used in construction i.e. Seam Allowance, Ease, Selvedge, Dart, Grain line, Stay stitching |
| Week 8 | 26-09-2022 to 01-10-2022 | **Section –C**  1.Classification of textile Fibres |
| Week 9 | 03-10-2022 to 08-10-2022 | 2. Manufacture and Properties of Fibers  (a)Cotton |
| Week 10 | 10-10-2022 to 15-10-2022 | (b)Manufacture and properties of Silk |
| Week 11 | 17-10-2022 to 22-10-2022 | (c) Manufacture and Properties of Wool and Nylon |
| Week 12 | 25-10-2022 to 27-10-2022 | Revision of syllabi for upcoming Mid Semester Exam |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |
| Week 13 | 5-11-2022 | Discussion of Mid-semester Question Paper |
| Week 14 | 07-11-2022 to 12-11-2022 | **Section-D**  1.Different types of yarns:  Simple Yarns, Novelty and Textured Yarns |
| Week 15 | 14-11-2022 to 19-11-2022 | 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 16 | 21-11-2022 to 25-11-2022 | (B) Knitting, Felting and Bonding  Discussion of Question Bank Revision of Entire Syllabus |

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

**Teaching Plan BA III ( 5th Semester)**

**Session (2022-2023)**

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

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

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

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 13-08-2022 | Information about Syllabus, Scheme of Examinations and Prescribed Text Books. |
| Week 2 | 16-08-2022 to 20-08-2022 | Introduction to Nutrition, Food, Health & Malnutrition Importance & Functions of Food  Discussion of Assignment |
| Week 3 | 22-08-2022 to 27-08-2022 | Introduction to food Constituents  Functions, Sources, Requirements & Deficiency of Carbohydrates  Discussion of Assignment |
| Week 4 | 29-08-2022 to 03-09-2022 | Functions, Sources, Requirements & Deficiency of Proteins  Functions, Sources, Requirements & Deficiency of Fats  Discussion of Assignment |
| Week 5 | 05-09-2022 to 10-09-2022 | Methods of Cooking: Boiling, Steaming, Pressure Cooking, Roasting, Grilling, Baking. |
| Week 6 | 12-09-2022 to 17-09-2022 | Methods of Cooking: Deep frying, Shallow frying & Microwave Cooking  Discussion of Assignment |
| Week 7 | 19-09-2022 to 24-09-2022 | Signs & Symptoms of Pregnancy  Discomforts during Pregnancy |
| Week 8 | 26-09-2022 to 01-10-2022 | Complications in Pregnancy  Care during Pregnancy |
| Week 9 | 03-10-2022 to 08-10-2022 | Preparation for Delivery  Care of the new born baby |
| Week 10 | 10-10-2022 to 15-10-2022 | Importance of breast feeding, Bottle feeding- Advantages, Disadvantages & Comparison  Weaning & Different types of Weaning Foods |
| Week 11 | 17-10-2022 to 22-10-2022 | Methods of Family Planning |
| Week 12 | 25-10-2022 to 27-10-2022 | Food Constituents: Vitamin A, B1 |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |
| Week 13 | 5-11-2022 | Food Constituents: Vitamin B2. |
| Week 14 | 07-11-2022 to 12-11-2022 | Food Constituents: Vitamin B3,C, D  Balanced Diet- Concept & Classification of food based on five/seven food groups |
| Week 15 | 14-11-2022 to 19-11-2022 | Principles of Development  Definition & Importance of Child Development |
| Week 16 | 21-11-2022 to 25-11-2022 | Difference between growth & Development  Developmental Tasks at various stages of development |