

MCM DAV College for Women

Sector 36A Chandigarh

Monthly Teaching Plans (Odd Semester) Session 2019-20

Name of the Teachers- Rati Arora

Department- Home Science

Class- BA- I

Subject-Home Science (theory) Sections/Groups- 1

S.No.	Date (Monthly)	Topics to be covered	Academic activity Undertaken
1	July	<ul style="list-style-type: none"> • Meaning & Importance of Home Science. • Functions of Home • Home Scientist as an Entrepreneur. 	<ul style="list-style-type: none"> • Lecture Method • Group Discussion. • Black Board • Case studies discussions
2	August	<ul style="list-style-type: none"> • Agencies promoting Entrepreneurship- commercial banks, District Industries, Cooperative Societies • Elements of Art- line, form, pattern, colour, light, space. • Principles of Art in relation to interior decoration- harmony, balance, rhythm, proportion & emphasis. • Colour –characteristics, colour wheel, colour schemes. 	<ul style="list-style-type: none"> • Lecture Method • Group Discussion. • Black Board • Charts
3	September	<ul style="list-style-type: none"> • Definition of hygiene, Health • Definition of infection, sources, carrier and control. • Definition and types of immunity. • Immunization Schedule • Causes and spread of diseases- • Malaria& Dengue • Enteric fever, Cholera, Dysentery & Diarrhea 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Discuss newspaper articles • Discuss about Immunization charts of Hospital • PPT
4	October	<ul style="list-style-type: none"> • Diseases -Chicken pox, measles, mumps & TB. • Definition of food hygiene • Hygiene during preparation, service and storage of food. 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Blackboard. • Charts

		<ul style="list-style-type: none"> • Domestic purification of water by – Aqua guard, Reverse Osmosis. 	
5	November	<ul style="list-style-type: none"> • Definition of food adulteration • Common food adulterants and their effects on health. • Household methods of testing food adulteration. 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Blackboard. • Charts • Case studies discussion

Departmental Meeting to Coordinate and review the monthly completion of syllabus as per lesson plans

31 st July 2019				
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MCM DAV College for Women

Sector 36A Chandigarh

Monthly Teaching Plans (Even Semester) Session 2019-20

Name of the Teachers- Rati Arora

Department- Home Science

Class- BA- I

Subject-Home Science (Theory)

Sections/Groups- 1

S.No.	Date (Monthly)	Topics to be covered	Academic activity Undertaken
1	January	<ul style="list-style-type: none"> • Introduction of resources • Classification of resources • Time management – steps in making time plans. • Tools in time management- peak load, work curves and rest periods. • Types of income • Types of budget, advantages and limitations of budget, factors affecting budget. • Basic steps in planning of budget. 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion • Blackboard. • Charts
2	February	<ul style="list-style-type: none"> • Means of supplementing income • Types of fatigue, symptoms & effects. • Work simplification • Factors affecting selection of furniture 	<ul style="list-style-type: none"> • Lecture Method • Group Discussion • Blackboard. • Charts • Demonstration

		<ul style="list-style-type: none"> • Furniture requirements of different rooms- Masters bedroom, Drawing room. • Furniture requirements of different rooms- Dining room, Children room • Definition and types of flower arrangement. • Principles of art in flower arrangement. • Material and essential equipment used in flower arrangement 	
3	March	<ul style="list-style-type: none"> • Concept and objectives of consumer education • Rights and responsibilities of a consumer. • Malpractices in the production of consumer goods. • Consumer guides • Aims and objectives of health education • Scope and importance of health education. 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration •
4	April	<ul style="list-style-type: none"> • Diagram of alimentary canal • Functions of mouth, stomach, intestines • Digestion of carbohydrates, fats and proteins. • Simple first aids for burns, shock, bleeding, droning, fainting, fractures, insect bites, snake bites, nose bleeding, sunstroke, sprain and heart attack. 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Workshop on first aids • Charts • Online sources

MCM DAV College for Women

Sector 36A Chandigarh

Monthly Teaching Plans (Odd Semester)

Session 2019-20

Name of the Teachers- Ms Darpanjot Kaur and Ms Payal Bansal

Department- Home Science

Class- BA- I

Subject-Home Science (Practical) Sections/Groups- 1-6

S.No.	Date (Monthly)	Topics to be covered	Academic activity Undertaken
1	July	<ul style="list-style-type: none">• Introduction to Floor decoration• Understanding of floor decorations of different states	<ul style="list-style-type: none">• Lecture Method• PPT
2	August	<ul style="list-style-type: none">• Practice of rangoli using different techniques and material• File Work	<ul style="list-style-type: none">• Demonstration• Hand on practice
3	September	<ul style="list-style-type: none">• Basic Concept of Table Setting• Layout of Table Cover for Formal Breakfast• Layout of Table Cover for Formal Lunch/Dinner• Layout of Table Cover for Formal Evening Tea• Layout of Buffet table• File Work	<ul style="list-style-type: none">• Lecture method• Group Discussion• Demonstration• PPT
4	October	<ul style="list-style-type: none">• Understanding and Making of Colour Wheel• Colour Schemes• Practical application of colour schemes• File Work	<ul style="list-style-type: none">• Lecture method• Group Discussion• Demonstration• PPT
5	November	<ul style="list-style-type: none">• Food Adulteration (Basic Concept)• Sample testing of commonly used household ingredients• Immunization (Importance and report writing)• File Work	<ul style="list-style-type: none">• Lecture method• Group Discussion• Demonstration

Departmental Meeting to Coordinate and review the monthly completion of syllabus as per lesson plans

31 st July 2019					
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MCM DAV College for Women

Sector 36A Chandigarh

Monthly Teaching Plans (Even Semester) Session 2019-20

Name of the Teachers- Ms Darpanjot Kaur and Ms Payal Bansal

Department- Home Science

Class- BA- I Subject-Home Science (Practical) Sections/Groups- 1-6

S.No.	Date (Monthly)	Topics to be covered	Academic activity Undertaken
1	January	<ul style="list-style-type: none"> • Cleaning and polishing of Brass and Copper • Cleaning of Silver and Aluminium • File Work 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • Hand on practice
2	February	<ul style="list-style-type: none"> • Cleaning of Iron ,Non- stick Articles and Plastic • Cleaning and polishing of Wooden furniture • Cleaning and polishing of Glass Window Pane • File Work 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • Hand on practice
3	March	<ul style="list-style-type: none"> • Basic Concept of Flower arrangement • Making of Line arrangement • Making of Mass arrangement • Making of Ikebana arrangement • Making of combination arrangement • Arrangement for Central Table • File Work • Competition Participation 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration • Hand on practice
4	April	<ul style="list-style-type: none"> • First Aid Concept • File Work 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Workshop

MCM DAV College for Women

Sector 36A Chandigarh

Monthly Teaching Plans (Odd Semester) Session 2019-20

Name of the Teachers- Ms Jyotsna

Department- Home Science

Class- BA- II (3rd Sem)

Subject-Clothing & Textiles

Section- Theory

S.No.	Date (Monthly)	Topics to be covered	Academic activity Undertaken
1	July	<ul style="list-style-type: none"> • Equipment & supplies used in clothing construction- Their use & care 	<ul style="list-style-type: none"> • Lecture Method • OHP- Transparencies • Show equipment
2	August	<ul style="list-style-type: none"> • Sewing Machine, parts & Accessories • Defects of machine, remedies • Care of Machine • Recording Measurements, Care to be taken • Preparation of fabric before cutting 	<ul style="list-style-type: none"> • Demonstration • Blackboard • Transparencies
3	September	<ul style="list-style-type: none"> • Tools Of Drafting • Terms Used In Construction • Classification Of Fibres 	<ul style="list-style-type: none"> • Lecture method • Group Discussion
4	October	<ul style="list-style-type: none"> • Manufacture & Properties Of Following Fibres- • Cotton • Silk • Wool • Nylon • Types Of Yarns- Simple, Novelty & Bulk 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Transparencies • Blackboard
5	November	<ul style="list-style-type: none"> • Fabric Construction- Loom & Weaves- Construction Of Loom • Basic Weaves- Simple, Twill & Satin • Knitting, Felting & Bonding 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Transparencies

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31 st July, 2019				
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MCM DAV College for Women

Sector 36A Chandigarh

Monthly Teaching Plans (Even Semester) Session 2019-20

Name of the Teachers- Ms Jyotsna

Department- Home Science

Class- BA- II (4th Sem)

Subject-Clothing & Textiles

Section- Theory

S.No.	Date (Monthly)	Topics to be covered	Academic activity Undertaken
1	Jan	<ul style="list-style-type: none"> • Elements Of art • Principles Of Design • Introduction To Fashion, Fad & Style 	<ul style="list-style-type: none"> • Lecture Method • OHP- Transparencies • Group Discussion
2	February	<ul style="list-style-type: none"> • Selection Of Suitable Clothes For Different Age Groups-Infants, Toddlers, School Going Children, Adolescents, Adults, Elderly. • Care & Storage Of Garments • Bleaches-Oxidising & Reducing 	<ul style="list-style-type: none"> • Lecture • Group Discussion
3	March	<ul style="list-style-type: none"> • Finishing- Types & Importance • Sizing, Desizing, Calendering, Sanforizing, Mercerization, Crease Resistance, Water Proof & Water repellent, Flame Proof & Repellent. • Application Of Colour On Fabric- Dyeing • Resist Dyeing- Tie & Dye, Batik 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Transparencies • Showing Samples
4	April	<ul style="list-style-type: none"> • Printing- • Block, Screen & Roller • Methods Of Laundry 	<ul style="list-style-type: none"> • Lecture method • Transparencies • Blackboard

MCM DAV College for Women

Sector 36A Chandigarh

Monthly Teaching Plans (Odd Semester) Session 2019-20

Name of the Teachers- Ms Jyotsna, Ms. Rati Arora, Ms Darpanjot Kaur

Department- Home Science

Class- BA- II

Subject-Home Science (Practical)

Sections/Groups- 3

S.No.	Date (Monthly)	Topics to be covered	Academic activity Undertaken
1	July	<ul style="list-style-type: none"> • Basic samples of – Tacking, running stitch, back stitch, fasteners using buttonhole stitch. • Seams- flat, counter hem, Mantua maker, French seam, run and fell • Processes- Continuous wrap, two piece placket, pleats, gathers tucks. 	<ul style="list-style-type: none"> • Demonstration • Hand on practice
2	August	<ul style="list-style-type: none"> • Shaped facing on V neckline, piping on round neckline. • Embroidery – 10 stitches. • Drafting of- Jangia • Bloomer • Child's bodice block • Sleeve – plain, puff sleeve 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • White board
3	September	<ul style="list-style-type: none"> • Drafting of collars – baby collar • Cape collar • Peter pan 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • White board
4	October	<ul style="list-style-type: none"> • Construction of Janghia • Construction of bloomer 	<ul style="list-style-type: none"> • Demonstration • Hand on practice
5	November	<ul style="list-style-type: none"> • Construction of frock with any one sleeve and collar. 	<ul style="list-style-type: none"> • Demonstration • Hand on practice

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MCM DAV College for Women

Sector 36A Chandigarh

Monthly Teaching Plans (Even Semester) Session 2019-20

Name of the Teachers- Ms Jyotsna, Ms. Rati Arora, Ms Darpanjot Kaur

Department- Home Science

Class- BA- II

Subject-Home Science (Practical)

Sections/Groups- 3

S.No.	Date (Monthly)	Topics to be covered	Academic activity Undertaken
1	January	<ul style="list-style-type: none"> • Testing of cotton, wool, silk and nylon by burning test. • Stain removal- rust, coffee, tea, nail polish, lipstick, perfume, blood, boot polish, ink- ball pen, curry and juice. 	<ul style="list-style-type: none"> • Demonstration • Hand on practice
2	February	<ul style="list-style-type: none"> • Laundry & finishing of garments – cotton salwar kameez • Gathered frock/pleated skirt. • Woolen cardigan/ pullover • Spot cleaning of a shawl. • Preparation of samples of Tie & Dye • Preparation of samples of Block Printing 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • Lecture method
3	March	<ul style="list-style-type: none"> • Drafting of petticoat • Drafting of lady' s Kameez and Salwaar • Stitching of petticoat 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • White board
4	April	<ul style="list-style-type: none"> • Stitching of lady's Kameez. • Stitching of Salwaar. 	<ul style="list-style-type: none"> • Demonstration • Hand on practice