

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2020-2021)

Name of the Teacher/s Ms. Rati Arora

Department Home Science

Class B.A. I

Subject Family Resource management and Health and Hygiene

Section (s) Theory

S.No .	Date From	Monthly To	Topics to be covered	Academic activity Undertaken
1	August	September	<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 • PPT • Google Classroom
2	September	October	<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 • PPT • Google Classroom
3	October	November	<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 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Discuss newspaper articles • You tube videos • Discuss about Immunization charts of Hospital • PPT • Google Classroom

4	November	December	<ul style="list-style-type: none"> • Diseases – • Enteric fever, Cholera • Dysentery & Diarrhea • Chicken pox, • Measles, Mumps • TB. • Definition of food adulteration 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Charts • PPT • Google Classroom
5	December	January	<ul style="list-style-type: none"> • Common food adulterants • Effects of adulteration on health. • Household methods of testing food adulteration. 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Blackboard. • PPT • Charts • Case studies discussion • Google Classroom
6	January	February	<ul style="list-style-type: none"> • Food hygiene • Definition of food hygiene • Hygiene during preparation, service and storage of food. 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Blackboard. • PPT • Charts • Google Classroom
7	February	Till the end of session	<ul style="list-style-type: none"> • Domestic purification of water by • Aqua guard, • Reverse Osmosis • Revision and question papers discussion 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Blackboard. • PPT • Charts • Google Classroom

Departmental Meetings

S.no	Date
1.	24.07.20
2.	05.10.20
3.	23.11.20
4.	15.12.20
5.	05.01.21

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2020-2021)

Name of the Teacher/s Ms. Rati Arora

Department Home Science

Class B.A. I

Subject Family Resource management and Health and Hygiene

Section (s) Practical

S. No	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	August	September	<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 • Google Classroom
2	September	October	<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 • Google Classroom
3	October	November	<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 • Google Classroom
4	November	December	<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 • Google Classroom
5	December	January	<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 • Google Classroom
6	January	February	<ul style="list-style-type: none"> • Immunization (Importance and report writing) • Discussion of charts/ models/poster's topic 	<ul style="list-style-type: none"> • Group discussion • Charts • Google Classroom
7	February	Till the end of	<ul style="list-style-type: none"> • Submission of charts/ models/poster • Presentations of students on assigned 	<ul style="list-style-type: none"> • Google Classroom • Group discussion

	Session	topics	
--	---------	--------	--

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2020-2021)

Name of the Teacher/s Ms. Rati Arora
Department Home Science
Class B.A. II
Subject Clothing and Textile
Section (s) Practical

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
1	August	September	<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 • Google Classroom
2	September	October	<ul style="list-style-type: none"> • Shaped facing on V neckline, piping on round neckline. • Embroidery – 10 stitches. 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • White board • Whatsapp • Google Classroom
3	October	November	<ul style="list-style-type: none"> • Drafting of - • Janghia • Bloomer 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • White board • Whatsapp • Google Classroom
4	November	December	<ul style="list-style-type: none"> • Construction of Janghia • Construction of bloomer 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • Google Classroom
5	December	January	<ul style="list-style-type: none"> • Construction of bloomer • Plackets- • 2 piece placket • One piece placket • Drafting of petticoat 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • Whatsapp • Google Classroom
6	January	February	<ul style="list-style-type: none"> • Construction of petticoat • Drafting of- • Child's bodice block • Sleeve – plain, puff 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • Whatsapp • Google Classroom

			sleeve	
7	February	Till the end of session	<ul style="list-style-type: none"> • Submission of files and completed garments 	<ul style="list-style-type: none"> • Whats app • Google Classroom

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2020-2021)

Name of the Teachers- Rati Arora

Department- Home Science

Class- BA- I

Subject-Home Science

Sections/Groups- Theory

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	March	April	<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	April	May	<ul style="list-style-type: none"> • Means of supplementing income • Types of fatigue, symptoms & effects. 	<ul style="list-style-type: none"> • Lecture Method • Group Discussion • Blackboard. • Charts

			<ul style="list-style-type: none"> • Work simplification • Factors affecting selection of furniture • 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 	<ul style="list-style-type: none"> • Demonstration
3	May	June	<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	June	Till end of the Session	<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 (Even Semester)
Session – (2020-2021)

Name of the Teachers- Ms.Rati Arora

Department- Home Science

Class- BA- I

Subject-Home Science

Sections/Groups- Practical

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	March	April	<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	April	May	<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	May	June	<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	June	Till the end of the session	<ul style="list-style-type: none"> • First Aid Concept • File Work 	<ul style="list-style-type: none"> • Lecture method • Group Discussion

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2020-2021)

Name of the Teacher/s Ms. Rati Arora

Department Home Science

Class B.A. II

Subject Clothing and Textile

Section (s) Practical

S.No.	Date (Monthly) From To		Topics to be covered	Academic activity Undertaken
1	March	April	<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	April	May	<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	May	June	<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	June	Till end of the session	<ul style="list-style-type: none"> • Stitching of lady's Kameez. • Stitching of Salwaar. 	<ul style="list-style-type: none"> • Demonstration • Hand on practice

