

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

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

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	August	September	<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 • Whats app • Google Classroom
2	September	October	<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 • Google Classroom
3	October	November	<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 • Google Classroom
4	November	December	<ul style="list-style-type: none"> • Manufacture & Properties Of Following Fibres- • Cotton • Silk • Wool • Nylon 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Transparencies • Blackboard • Whatsapp • Google Classroom

			<ul style="list-style-type: none"> • Types Of Yarns- Simple, Novelty & Bulk 	
5	December	January	<ul style="list-style-type: none"> • Fabric Construction- Loom & Weaves- Construction Of Loom • Basic Weaves- Simple, Twill & Satin 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Transparencies • Google classroom
6	January	February	<ul style="list-style-type: none"> • Knitting, Felting & Bonding 	<ul style="list-style-type: none"> • Lecture method • Whiteboard • Group discussions • Google Classroom
7	February	Till end of session	<ul style="list-style-type: none"> • Revision 	<ul style="list-style-type: none"> •

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

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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 • Whats app • 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 • Whats app • Google Classroom

6	January	February	<p>Construction of petticoat Drafting of-</p> <ul style="list-style-type: none"> • Child's bodice block • Sleeve – plain, puff sleeve 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • Whats app • Google Classroom
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

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Name of the Teacher/s Ms. Jyotsna
Department Home Science
Class B.A. III
Subject Food and Nutrition and Child Development
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"> • Preparation of the following dishes using various methods of cooking ✓ Soups- stimulating and nourishing (any two) ✓ Snacks- savory and sweet (two each) 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Google Classroom
2	September	October	<ul style="list-style-type: none"> • Preparation of the following dishes using various methods of cooking ✓ Salads- decorative and nutritious(two each) • Bakery items (any two) 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Watsapp • Google Classroom
3	October	November	<ul style="list-style-type: none"> • Preparation of the following dishes using various methods of cooking ✓ Preparation with cereal pulse combination (any two) ✓ Desserts (any two) ✓ Hot and cold beverages (at least two each) 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Google Classroom
4	November	December	<ul style="list-style-type: none"> • Preparation of low cost nutritious recipes (at least two) 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice

			<ul style="list-style-type: none"> • File Work 	<ul style="list-style-type: none"> • Demonstration • Google Classroom
5	December	January	<ul style="list-style-type: none"> • Recipes enhancing nutritive value of food (at least two) • File Work 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Watsapp • Google Classroom

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
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Class B.A. II
Subject Clothing and Textile
Section (s) Theory

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	March	April	<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	April	May	<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	May	June	<ul style="list-style-type: none"> • Finishing- Types & Importance • Sizing, Desizing, Calendering, Sanforizing, Mercerization, 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Transparencies • Showing Samples

			<p>Crease Resistance, Water Proof & Water repellent, Flame Proof & Repellent.</p> <ul style="list-style-type: none"> • Application Of Colour On Fabric- Dyeing • Resist Dyeing- Tie & Dye, Batik 	
4	June	Till end of the session	<ul style="list-style-type: none"> • Printing- • Block, Screen & Roller • Methods Of Laundry 	<ul style="list-style-type: none"> • Lecture method • Transparencies • Blackboard

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Subject Clothing and Textile
Section (s) Practical

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
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	<ul style="list-style-type: none"> • Stitching of lady's Kameez. 	<ul style="list-style-type: none"> • Demonstration

		of the session	<ul style="list-style-type: none"> • Stitching of Salwaar. 	<ul style="list-style-type: none"> • Hand on practice
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Class B.A. III

Subject Food and Nutrition and Child Development

Section (s) Practical

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	March	April	<ul style="list-style-type: none"> • Planning and preparation of diets for the following: <ul style="list-style-type: none"> ✓ Pre Schooler ✓ School going/packed lunch • File Work 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • Hand on practice
2	April	May	<ul style="list-style-type: none"> • Planning and preparation of diets for <ul style="list-style-type: none"> ✓ Adolescent ✓ Pregnant and Lactating mother • Cooking and Serving of the following diets (two each) <ul style="list-style-type: none"> ✓ Soft ✓ Liquid ✓ Fluid 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • Hand on practice
3	May	June	<ul style="list-style-type: none"> • Preservation and preparation of Pickle, Jam, Chutney and Squash 	<ul style="list-style-type: none"> • Lecture method • Demonstration • Hand on practice
4	June	Till end of the session	<ul style="list-style-type: none"> • Project and Reports to be submitted 	<ul style="list-style-type: none"> • Group Discussion

			<ul style="list-style-type: none">• File Work	<ul style="list-style-type: none">• Lecture Method
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