

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2021-2022)

Class **B.A. I**
Name of the Teacher/s **Ms. Rati Arora**
Department **Home Science**
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	September	October	<ul style="list-style-type: none"> • Meaning & Importance of Home Science. • Functions of Home • Home Scientist as an Entrepreneur. • 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 • PPT • Google Classroom
2	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. • Black Board • Charts • PPT • Google Classroom

3	November	December	<ul style="list-style-type: none"> • Diseases – • Enteric fever, Cholera • Dysentery & Diarrhea • Chicken pox, • Measles, Mumps • TB. • Definition of food adulteration • Common food adulterants • Effects of adulteration on health. • Household methods of testing food adulteration 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • You tube videos • PPT • Google Classroom
4	December	January	<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 • Charts • PPT • Google Classroom
6	January	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.	27.08.21
2.	15.09.21

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2021-2022)

Class B.A. I

Name of the Teacher/s – Ms. Jyotsna, Dr. Harjot Kaur Mann, MsDarpanjot

Department Home Science

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 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration • Google Classroom
6	January	Till the end of session	<ul style="list-style-type: none"> • Immunization (Importance and report writing) 	<ul style="list-style-type: none"> • Group discussion • Charts • Google Classroom

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

S.No.	Date (Monthly) From To		Topics to be covered	Academic activity Undertaken
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 • Whatsapp • 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 • Manufacture & Properties of Following Fibres- • Cotton • Silk • Wool 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Google Classroom
4	November	December	<ul style="list-style-type: none"> • Manufacture & Properties of 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Transparencies

			<ul style="list-style-type: none"> • Wool • Nylon • Types Of Yarns- Simple, Novelty & Bulk • Fabric Construction- weaving, parts of loom, process of weaving and types • Basic Weaves- Simple, Twill & Satin • Knitting, Felting and Bonding 	<ul style="list-style-type: none"> • Blackboard • Whatsapp • Google Classroom • Sharing of relevant links
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Departmental Meetings

S.no	Date
1.	27.08.21
2.	15.09.21

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2021-2022)

Class **B.A. II**
Name of the Teacher/s **Ms. Rati Arora**
Department **Home Science**
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	Construction of petticoat Drafting of- <ul style="list-style-type: none"> • Child’s bodice block • Sleeve – plain, puff sleeve 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • Whatsapp • 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

MCM DAV College for Women, Sector – 36A, Chandigarh
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Class B.A. III
Name of the Teacher/s Dr. Harjotkaur Mann
Department Home Science
Subject Food and Nutrition and Child Development
Section (s) Theory

S.No.	Date (Monthly) From To		Topics to be covered	Academic activity Undertaken
1	August	September	<ul style="list-style-type: none"> • Importance and Functions of food. • Food constituents: Carbohydrates, Proteins and Fats. • Methods of cooking 	<ul style="list-style-type: none"> • Lecture Method • PPT • Google Classroom
2	September	October	<ul style="list-style-type: none"> • Balanced Diet -Concept and Classification • Pregnancy <ul style="list-style-type: none"> ✓ Signs and Symptoms ✓ Discomforts and Complications ✓ Care during pregnancy • Preparation for Delivery. 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion • Google classroom
3	October	November	<ul style="list-style-type: none"> • Post Natal Care • Methods of Family Planning • Definition and Importance of Child Development <p>Difference between growth and development</p>	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion • Google Classroom
4	November	December	Functions, RDA, deficiency, excess and food sources of the following nutrients: Vitamins	<ul style="list-style-type: none"> • Lecture Method • PPT
			Functions, RDA, deficiency, excess and food sources of the following nutrients:	<ul style="list-style-type: none"> • Group Discussion

			Minerals	n
			<ul style="list-style-type: none"> Principles of development Development tasks at various stages of development Submission of Assignments	<ul style="list-style-type: none"> Google Classroom

Departmental meetings -

S.no	Date
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MCM DAV College for Women, Sector – 36A, Chandigarh
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Class B.A. III

Name of the Teacher/s Ms. Jyotsna, Dr. Harjot Kaur Mann

Department Home Science

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

			• File Work	
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Even semester

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2021-2022)

Class- BA- I

Name of the Teachers- Rati Arora

Department- Home Science

Subject-Home Science

Sections/Groups- Theory

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	February	March	<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 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion • Blackboard. • Charts

			budget.	
2	March	April	<ul style="list-style-type: none"> • Means of supplementing income • Types of fatigue, symptoms & effects. • 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"> • Lecture Method • Group Discussion • Blackboard. • Charts • Demonstration
3	April	May	<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	May	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 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Workshop on first aids • Charts • Online sources

			bites, snake bites, nose bleeding, sunstroke, sprain and heart attack.	
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MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2021-2022)

Class- BA- I

Name of the Teachers- Ms. Jyotsna, Dr. Harjotkaur Mann, MsDarpanjot

Department- Home Science

Subject-Home Science

Sections/Groups- Practical

S.N o.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	February	March	<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	March	April	<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	April	May	<ul style="list-style-type: none"> • Basic Concept of Flower arrangement • Making of Line arrangement • Making of Mass arrangement • Making of Ikebana 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration • Hand on practice

			arrangement <ul style="list-style-type: none"> • Making of combination arrangement • Arrangement for Central Table • File Work • Competition Participation 	
4	May	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 • Workshop

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Class B.A. II

Name of the Teacher/s Ms. Jyotsna

Department Home Science

Subject Clothing and Textile

Section (s) Theory

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	January	February	<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	March	<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 	<ul style="list-style-type: none"> • Lecture • Group Discussion

			<p>Garments</p> <ul style="list-style-type: none"> • Bleaches-Oxidising & Reducing 	
3	March	April	<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	May	<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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Class B.A. II

Name of the Teacher/s Ms. Rati Arora

Department Home Science

Subject Clothing and Textile

Section (s) Practical

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

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Class **B.A. III**
Name of the Teacher/s **Dr. Harjotkaur Mann**
Department **Home Science**
Subject **Food and Nutrition and Child Development**
Section (s) **Theory**

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	January	February	<ul style="list-style-type: none"> • Food Preservation: <ul style="list-style-type: none"> ✓ Definition, Importance & Principles. ✓ Causes of Food spoilage ✓ Household methods of Food preservation. • Meal planning: Definition and importance. 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • PPT • Group Discussion
2	February	March	<ul style="list-style-type: none"> • Meal planning: Principles • Therapeutic Diets & Modification of Normal Diet: <ul style="list-style-type: none"> • Cooking and Serving of the following diets (two each) ✓ Concept of Soft, bland, liquid diets with examples. • Therapeutic diets in the following conditions: <ul style="list-style-type: none"> ✓ Fever, ✓ Diarrhea, ✓ High Blood Pressure/Hypertension ✓ Diabetes Mellitus 	<ul style="list-style-type: none"> • Lecture Method • Role Play • PPT • Group Discussion
3	March	April	<ul style="list-style-type: none"> • Emotional Development of the child from infancy up to 6 years: Characteristics and common childhood 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • PPT

			emotions. <ul style="list-style-type: none"> • Language Development: Stages and factors affecting. 	
4	April	May	<ul style="list-style-type: none"> • Play: Significance, types and play material/equipments. • Common behavioural problems and their remedies. 	<ul style="list-style-type: none"> • Group Discussion • Lecture Method • PPT

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Class B.A. III

Name of the Teacher/s Ms. Jyotsna & Dr. Harjot Kaur Mann

Department Home Science

Subject Food and Nutrition and Child Development

Section (s) Practical

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	January	February	<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	February	March	<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"> • Lecture Method • Demonstration • Hand on practice

			<ul style="list-style-type: none"> ✓ Soft ✓ Liquid ✓ Fluid 	
3	March	April	<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	April	May	<ul style="list-style-type: none"> • Project and Reports to be submitted • File Work 	<ul style="list-style-type: none"> • Group Discussion • Lecture Method