

Semester 1
BA 1

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2023-2024)

Class B.A. I

Name of the Teacher - Dr. Harjot Kaur Mann

Department Home Science

Subject Family Resource Management and Health and Hygiene Section (s)

Theory

S.No .	Date From	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, color, light, space.• Principles of Art in relation to interior decoration- harmony, balance, rhythm, proportion & emphasis.• Color –characteristics, color wheel, color schemes	<ul style="list-style-type: none">• Lecture Method• Group Discussion.• Black Board• PPT

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- 	<ul style="list-style-type: none"> • Lecture Method • Group Discussion. • Black Board • Charts • PPT
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			<ul style="list-style-type: none"> • Malaria& Dengue • Enteric fever, Cholera • Dysentery & Diarrhoea • Chicken pox, • Measles, Mumps • TB. 	
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3	November	December	<ul style="list-style-type: none"> • Definition of food adulteration • Common food adulterants • Effects of adulteration on health. • Household methods of testing food adulteration • Food hygiene ,Definition of food hygiene, Hygiene during preparation, service and storage of food • Domestic purification of water by -Aqua guard, - Reverse Osmosis 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • You tube videos • PPT
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Departmental meetings -

S.no	Date
1.	18 th August 2023
2.	27 th September 2023

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Class B.A. I

Name of the Teacher/s – Dr. Harjot kaur Mann

Department Home Science

Subject Family Resource management and Health and Hygiene

Section (s) - Practical

S. No	Date(Monthly) From To	Topics to be covered	Academic activity Undertaken
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1	September	October	<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
2	October	November	<ul style="list-style-type: none"> • Practice of rangoli using different techniques and material • File Work • Basic Concept of Table Setting • Layout of Table Cover for Formal Breakfast • Layout of Table Cover for Formal Lunch/Dinner 	<ul style="list-style-type: none"> • Demonstration • Hand on practice
3	November	December	<ul style="list-style-type: none"> • Immunization (Importance and report writing) 	<ul style="list-style-type: none"> • Lecture method • Group Discussion

S.no	Date
1.	18th August 2023
2.	27 th September 2023

Even semester 2nd semester

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2023-2024)

Class- BA- I

Name of the Teachers- Dr. Harjot Kaur Mann

Department- Home Science

Subject-Home Science

Sections/Groups- Theory

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

			Masters	
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			bedroom, Drawing room. <ul style="list-style-type: none"> • 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	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 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • PPT

			health education.	
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 bites, snake bites, nose bleeding, sunstroke, sprain and heart attack. 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Workshop on first aids • Online sources • PPT

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Class- BA- I

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Department- Home Science

Subject-Home Science

Sections/Groups- Practical

S.No.	Date (Monthly) From To		Topics to be covered	Academic activity Undertaken
1	January	February	<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 arrangement • Making of combination arrangement • Arrangement for Central Table • File Work • Competition 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration • Hand on practice

			Participation	
4	May	Till the end of the	<ul style="list-style-type: none"> • First Aid Concept • File Work 	<ul style="list-style-type: none"> • Lecture method • Group Discussion

		session		<ul style="list-style-type: none"> • Workshop
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