

Government College Ropar

Teaching Plan (Semester II) Session (2020-2021)

Class: BA I
Subject: Home Science

Name of the Teacher: Navneet Kaur Brar
Paper: Theory & Practical

RESOURCE MANAGEMENT AND HUMAN PHYSIOLOGY

S. No	Topics to be Covered
Week 1	Colour: a. Characteristics of colour, b. Colour Wheel Practical: Floor decoration – making of alpana and rangoli for different occasions.
Week 2	c. Colour schemes d. Use of colour in interior decoration for various rooms. Practical: Floor decoration – making of alpana and rangoli for different occasions.
Week 3	Flower Arrangement: Types, essential equipments used in flower arrangement. Practical: Floor decoration – making of alpana and rangoli for different occasions. Assignment
Week 4	Flower Arrangement: Selection of materials, application of elements and principles of art in it. Practical: Preparing time plans for adolescents and home makers.
Week 5	Resources: Classification of resources human and non-human, factors affecting the use of resources. Practical: Preparing time plans for adolescents and home makers.
Week 6	Money management: Types of income, budgeting its advantages and limitations. Practical: One decorative/utility article from waste material.
Week 7	a. Planning of budget. b. Means of supplementing family income. Practical: One decorative/utility article from waste material.
Week 8	Time management: Steps in making time plans, tools in the time management – peak loads, work curves, rest periods. Practical: One decorative/utility article from waste material.
Week 9	Energy Management: a. Introduction b. Fatigue – types, cause and effects of fatigue c. Principles of work simplification. Practical: Table setting, table manners and napkin foldings. <i>Table setting</i>

Principal
Govt. College
Ropar

Navneet Kaur (ARVINDE
KOUR
Head of the Home Science Department
Government College, ROPAR

Week 10	Revision Mid-Semester exams
Week 11	Circulatory System: a. Blood and its composition. b. Coagulation of blood. Practical: Making of flower arrangement for different rooms.
Week 12	c. Structure and functions of heart. Practical: Making of flower arrangement for different rooms.
Week 13	Digestive System: Structure and function of the alimentary canal. Practical: Making of flower arrangement for different rooms.
Week 14	Structure and function of lungs, kidney and skin. Revision Tests Clarification of doubts

Jatinder Kaur.

Principal
Govt. College
Ropar

Arvinder Kaur (ARVINDER KAUR)
Head of the Home Science Department
Government College, RUPAR

Government College Ropar

Teaching Plan (Odd Semester) Session (2020-2021)

Class: BA I
Subject: Home Science

Name of the Teacher: Arvinder Kaur
Period: 2nd

S. No	Topics to be Covered
Week 1	➤ Home: Meaning and importance of Home Science. a. Functions of Home b. Renting v/s owning c. Selection of site, soil, locality for a house. d. Principles of planning a house, orientation aspect, prospect, privacy, roominess, grouping, flexibility, circulation, sanitation, furniture requirement and practical considerations
Week 2	➤ Furniture: Basic consideration while selection of furniture. ➤ Video or documentary screening related to topic
Week 3	➤ Elements of Art: Line, form, shape, texture, size. ➤ Assignment ➤ Video or documentary screening related to topic
Week 4	➤ Elements of Art: Line, form, shape, texture, size.
Week 5	➤ Principles of Art in relation to interior decoration, harmony, balance, rhythm, proportion and emphasis. ➤ Video or documentary screening related to topic
Week 6	➤ Hygiene: a. Definition of hygiene. b. Definition of infection, sources, carrier and control c. Definition and types of immunity. ➤ Class Test
Mid Semester Exams	
Week 8	➤ Causes and spread of following diseases: a. Caused by insects-malaria, dengue b. Conveyed by ingestion-enteric fever, cholera, dysentery and diarrhea. ➤ Video or documentary screening related to topic
Week 9	➤ Causes and spread of following diseases: c. Spread by droplet infection, chicken pox, measles, mumps and tuberculosis. d. Sexually transmitted diseases – AIDS.
Week 10	➤ Food Hygiene: a. Definition b. Hygiene during preparation, service and storage of food. c. Food poisoning, causes and prevention. ➤ Video or documentary screening related to topic
Week 11	➤ Purification and storage of water for home. ➤ Assignment
Week 12	➤ Revision and Class test

Arvinder Kaur
HEAD OF DEPARTMENT

HOME SCIENCE

Arvinder Kaur

PRINCIPAL

GOVERNMENT COLLEGE ROPAR