

Government College Ropar

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

Class: BA II  
Subject: Home Science

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

CLOTHING

S. No	Topics to be Covered
Week 1	Sewing equipment and supplies used in clothing construction and their use and care. <b>Practical:</b> Embroidery-Make a sample of 3 embroidery stitches.
Week 2	Sewing machine and its parts. <b>Practical:</b> Embroidery-Make a sample of 3 embroidery stitches.
Week 3	Accessories of sewing machine and its common defects and remedies. <b>Practical:</b> Embroidery-Make a sample of 4 embroidery stitches. <b>Assignment</b>
Week 4	Anthropometry (body measurements), precaution in taking and recording measurements. <b>Practical:</b> Taking body measurements.
Week 5	Drafting and its importance. <b>Practical:</b> Make Samples of the following: Tacking, running stitch, hemming
Week 6	Pattern making – types, advantages and disadvantages. <b>Practical:</b> : Make Samples of the following: back-stitch, button hole stitch
Week 7	Elements of design such as color, line. <b>Practical:</b> Make Sample of the fasteners.
Week 8	Elements of design such as form and texture. <b>Practical:</b> Make Samples of the following: Seams-Flat seam, counter hem, montua maker, run and fell, French seam, Continuous wrap.

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Week 9	Principles for design such as harmony, balance <b>Practical:</b> Make Samples of the following: two piece placket opening, pleats, gathers into band.
Week 10	Revision Mid-Semester exams
Week 11	Principles for design such as rhythm, emphasis and proportion. <b>Practical:</b> Drafting and construction of the following: Child's Bodice Block – Child's Frock
Week 12	Selection of suitable clothing with reference to income, climate, occasion, occupation and fashion etc. for Infants and toddlers, Adolescents, adults and elderly persons. <b>Practical:</b> Drafting and construction of the Jangia, Bloomer, Adult Bodice Block and Plain sleeve block.
Week 13	Selection of suitable clothing with reference to income, climate, occasion, occupation and fashion etc. for Infants and toddlers, Adolescents, adults and elderly persons. <b>Practical:</b> Drafting and construction of Petticoat/Apron
Week 14	Revision Tests Clarification of doubts <b>Practical:</b> Drafting and construction of Salwar and Kameez/Kurta-Pyzama.

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

Class: BA II  
Subject: Home Science

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

TEXTILES

S. No	Topics to be Covered
Week 1	Classification of textile fibers, different types of yarns-simple, novelty and bulk. <b>Practical:</b> Testing of cotton, wool and silk by microscopic and burning.
Week 2	Manufacture (in brief) and properties of natural fibers-cotton, linen. <b>Practical:</b> Testing of cotton, wool and silk by microscopic and burning.
Week 3	Manufacture (in brief) and properties of natural fibers silk and wool. <b>Practical:</b> Stain removal-Rust, coffee, pan, paint, dye <b>Assignment</b>
Week 4	Manufacture (in brief) and properties of synthetic fibers-nylon, polyester <b>Practical:</b> Stain removal- nail polish, lipstick, perfume, blood, medicine, boot polish turmeric and tea.
Week 5	Manufacture (in brief) and properties of synthetic fibers- rayon-viscose and acetate. <b>Practical:</b> Spot cleaning of any one woollen garment.
Week 6	Care and storage of clothes. <b>Practical:</b> Simple household dyeing of a cotton fabric of size 12" X 12" and preparing samples of various methods of tie and dye.
Week 7	Selection and care of linen. <b>Practical:</b> Simple household dyeing of a cotton fabric of size 12" X 12" and preparing samples of various methods of tie and dye.
Week 8	Bleaches- oxidizing, reducing and their suitability to different fibers. <b>Practical:</b> Prepare one article of Tie and Dye.

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Week 5	Dietary requirement during typhoid fever, digestive disorders (constipation, diarrhea and dysentery), diabetes, high blood pressure. <b>Practical:</b> Cooking and serving of soft and weaning foods.
Week 6	Dietary requirement during typhoid fever, digestive disorders (constipation, diarrhea and dysentery), diabetes, high blood pressure. <b>Practical:</b> Cooking and serving of soft and weaning foods.
Week 7	Prenatal Development- Definition, importance of parental period for the mother and the child, Meaning of fertilization, Stages of prenatal development - ovum, embryo and foetus. Factors affecting prenatal development. <b>Practical:</b> Cooking and serving of soft and weaning foods.
Week 8	Physical changes and discomforts during the pregnancy, Physical and psychological care during pregnancy. <b>Practical:</b> Preparation of low calorie & nutritious dishes.
Week 9	(i) Feeding of the infant: (a) Breast feeding (b) Bottle feeding (c) Weaning – Different kinds of important weaning foods for infants. <b>Practical:</b> Preparation of low calorie & nutritious dishes.
Week 10	Revision Mid-Semester exams
Week 11	(ii) Behavioral problems in children- thumb sucking, stealing, nail biting (their causes & remedies). <b>Practical:</b> Preparation of low calorie & nutritious dishes.
Week 12	Digestive disturbances-diarrhea, constipation, vomiting and colic. Viral infection - Viral fever, flu, (symptoms and preventive measures). <b>Practical:</b> Interviewing mothers to conduct a survey on feeding, weaning and child rearing practices.
Week 13	Digestive disturbances-diarrhea, constipation, vomiting and colic. Viral infection - Viral fever, flu, (symptoms and preventive measures). <b>Practical:</b> Interviewing mothers to conduct a survey on feeding, weaning and child rearing practices.
Week 14	Revision, Tests, Clarification of doubts

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