

Government College Ropar

Teaching Plan (Odd Semester) Session (2021-2022)

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

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HOME SCIENCE

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Teaching Plan (Even Semester) Session (2021-2022)

Class: BA I SEM 2

Name of the Teacher: Arvinder Kaur.

Subject: Home Science

Room No: III LAB

Paper: Resource Management and Human Physiology

Room No: III LAB

S. No	Topics to be Covered
Week 1	Colour: a. Characteristics of colour b. Colour Wheel c. Colour schemes d. Use of colour in interior decoration for various rooms.
Week 2	Flower Arrangement: Types, essential equipments used in flower arrangement, selection of materials, application of elements and principles of art in it. Assignment
Week 3	Resources: Classification of resources human and non-human, factors affecting the use of resources.
Week 4	Money management: Types of income, budgeting its advantages and limitations. a. Planning of budget. b. Means of supplementing family income.
Week 5	Time management: Steps in making time plans, tools in the time management – peak loads, work curves, rest periods.
Week 6	Energy Management: a. Introduction b. Fatigue – types, cause and effects of fatigue c. Principles of work simplification.
Week 7	Circulatory System: a. Blood and its composition. b. Coagulation of blood.
Week 8	c. Structure and functions of heart Digestive System: Structure and function of the alimentary canal
Week 9	Revision Tests
Week 11	Discussion of the question asked in mid semester exams
Week 12	Structure and function of lungs, kidney
Week 13	Structure and function of skin.
Week 14	Revision
Week 15	Assignments Clarification of doubts

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