

Session: 2020-21

Name of Teacher: Prof Reetinder Brar

Department: Human Development and Family Relations

Semester: Odd sem

CLASSES	B.Sc 5 th Semester		PG Diploma CGFC	M.Sc 1 st Sem	M.Sc 1 st	M.sc 2 nd Sem	MSc 4 th Sem
Subjects	Introduction to Guidance and Counseling Theory Practical		Psychological Assessment	Assessment in Human Development Pr	Infancy Seminar	Dissertation	Adolescence Seminar
Month 1	Define guidance and counselling. Need and scope of guidance and counselling.	To make a scrapbook of advertisements related to Guidance and counselling courses, Guidance and counselling centers/ services, Guidance and counselling vacancies.	Concepts of Measurement, Evaluation, Types of Variables. Reliability and Validity.	Myers Briggs and Subjective Well Being Scale	Characteristic Needs and Developmental Status of Infants	Selection of Topic and Synopsis presentation	Physical Growth and Personality Changes in Adolescence.
Month 2	Types of guidance. Application of different types of guidance.	To visit agencies related to guidance and counselling Career counselling. Personal counselling	Profiling a case for career counselling - Developing background information Intelligence test	Observation and Interview Method	Significance of catering to physical and Psychological needs	Collection of Data	Community Adolescence and Deviant Behavior
Month 3	Types of counselling. Application of counselling in different settings.	To organize a class workshop for need based counselling (e.g. Career counselling for students, counselling for parents, counselling for adolescence related to money management/ time management/ mental health issues/ peer relationships etc). To conduct a case study of a school going child with emotional/behavioral problems.	Personality, Interest and Achievement Motivation tests	Questionnaire, WISC, DST Scales	Emotional, Cognitive and Social development	Collection of Data	Cognitive structure and determinants of Adolescence Behavior
Month 4	Professional counselor: Skills and qualities of counselor. Common issues at school level in need of counseling, importance and role of a counselor in school.	Making Powerpoint Presentation and presenting it in class	Taking inputs from Parents and Teachers and making career profile	CAT and Draw A Man Test	Perception of different culture on Infant Care	Analysis of Data	Adolescence and work. Sex and Moral Identification
Month 5	Revision	Revision	Revision		Presentation	Analysis	Presentation

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Session: 2020-21

Name of Teacher: Prof Reetinder Brar

Department: Human Development and Family Relations

Semester: Even Sem

CLASSES	B.Sc 6 th Semester		PG Diploma CGFC 2 nd	PG Diploma CGFC 2 nd	M.Sc 2 nd	M.sc 3 rd Sem	MSc 4 th Sem
Subjects	Old Age Theory Practical		Tools of Measurement and Evaluation	Introduction of Guidance and Counseling II	Early Childhood Seminar	Dissertati on	Old Age Seminar
Month 1	An Introduction to Aging and the Aged-Definition of an old or elderly person. Characteristics of old age. Developmental Tasks of old age.	Report on Old Age Welfare Centres Psychological Test on Elderly	Tests on Marital Adjustment and Parenting	Introduction to Guidance and Counseling	Basic Needs and Rights,	,Selection of Topic and Synopsis presentati on	Changes in Physical and Psychologic al Status
Month 2	Adjustment to physical and motor changes in old age. Psychological changes in old age.	Powerpoint Presentation on Elderly	Mental Health Questionnaire and Depression Scale	Introduction, Meaning, Assumption and Principles of Counseling	Agencies, Physical and Emotional	Collection of Data	Adjustment Problems of Old Age
Month 3	Old age vocational and family adjustments – adjustment to retirement, changes in family like loss of spouse. Elderly Abuse- nature and effects.	Case Study and Display	Infancy, Childhood and Adolescence Scales	Directive and Non Directive Counseling, Skills of Counsellor	Cognitive, Social	Collection of Data	Typical Behavior and Characterist ic of Old Age
Month 4	Programs and schemes for the welfare of the elderly. Support systems for the well-being of the elderly	Case Study and Recreational activities on Elderly	Adulthood and Elderly Scales. Orientati on to Clinical Setup o	Psychodynamics Theories of Counseling ,Transactional Analysis	Language and Research	Analysis of Data	Elderly Abuse
Month 5	Revision	Revision	Revision	Rational Emotive Theory ,Behavior and Cognitive Intervention in Counseling	Presentation	Analysis	Presentatio n

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21

Name of the teacher:- Ranjana Sharma Department:- Botany Semester:-1

CLASSES	B.Sc. Home Science Theory	B.Sc. Home Science Practical
Subjects	Applied Botany 1	Applied Botany 1
Month 1 (SEPT.)	Study of different types of soil – sand, clay, loam, alluvial soil, peat and gravel soil.	Study of garden implements Study of compound microscope.
Month 2 (OCT.)	Study of different types of soil operation, organic manures.	Study of dissecting microscope Preparation of temporary slide of onion peel. Study of fibre yielding plants.
Month 3 (NOV.) 09.11.21.-15.11.21. (MID SEM. EXAM.)	Difference between manures and fertilizers. Inorganic fertilizers, seed propagation, vegetative propagation – by cutting, layering methods. Study of fibre yielding plants.	To prepare a pot for sowing seeds and study different seed sowing methods. To prepare a pot for repotting of chrysanthemum.
Month 4 (DEC.)	Vegetative propagation by cutting and grafting method, seed propagation, study of oil yielding plants	Propagation of roses by cutting method Propagation of croton and coleus by cutting method Study of oil yielding plants.
Month 5 (JAN.)	Vermicomposting, bio-fertilizers, study of condiments and spices, elementary knowledge about plant tissue culture and mushroom cultivation.	Propagation of plants by whip and tongue grafting Propagation by wedge grafting Study of condiments and spices yielding plants.

Ranjana Sharma

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21

Name of the teacher:- Ranjana Sharma Department: Botany Semester:- 2

CLASSES	B.Sc. Home Science Theory	B.Sc. Home Science Practical
Subjects	Applied Botany 2	Applied Botany 2
Month 1 (MARCH)	Principal and planning of kitchen garden. Principal and planning in laying out of a garden. Study of beverage yielding plants.	Preparation of temporary slide of Rhoeo plant. To prepare a bed for raising seedlings.
Month 2 (APRIL)	Cultivation and care of lawns. Cultivation and care of hedges. Elementary knowledge about cultivation, care and maintenance of Bonsai. Elementary knowledge About cultivation, care and maintenance of Coleus.	To prepare a bed for sowing and cultivation of potatoes. To prepare a bed for transplanting vegetables. To demonstrate propagation of plants by layering method. To demonstrate hoeing, mulching, weeding, staking and tying.
Month 3 (MAY) 17.05.21-22.05.21 MID-SEM. EXAM.	Elementary knowledge about cultivation, care and maintenance of crotons. Elementary knowledge about cultivation, care and maintenance of roses. Study of dye yielding plants.	To demonstrate propagation of plants by budding methods. To study dye yielding plants
Month 4 (JUNE)	Elementary knowledge about cultivation, care and maintenance of chrysanthemum. To study medicine yielding plants.	To study medicine yielding plants. Revision of practical syllabus.

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020 - 2021

Name of the teacher:- Dr. Rajesh Biswas , Department:-Zoology, Semester:- II- semester(Mar. 20 - June21)

CLASSES	B.Sc. Home Science, II- Semester	B.Sc. Home Science, II- Semester
Subjects	Applied Zoology-II(Theory)	Applied Zoology-II (Practical)
Month 1(Mar.)	UNIT- I 1. An Elementary Knowledge of Structure and Function of DNA. 2. An Elementary Knowledge of Structure of RNA. UNIT- II 5. Heredity- • Simple Inheritance(According to Mandel-law) • Monohybrid and dihybrid cross • Incomplete inheritance. 4. An Elementary Knowledge of Structure of human Chromosomes their variation.	1. Blood grouping(ABO) 2. Measurement of Blood pressure (Demonstration). 3. Demonstration of Extraction of DNA.
Month2(April)	UNIT- II 5. Heredity- • Simple Inheritance(According to Mandel-law) • Monohybrid and dihybrid cross • Incomplete inheritance 6. Human genetics • An Elementary knowledge ABO and Rh Blood groupings. • An Elementary knowledge of Genetic basis of blood groups(ABO and Rh) 7. Hereditary Diseases • An Elementary Knowledge of Autosomal and sex chromosomal abnormalities. • An Elementary knowledge of Genetic basis of common hereditary diseases such as Haemophilia, Colour-blindness, Mongolism, Diabetes, Thalassemia . 7. Hereditary Diseases • An Elementary Knowledge of Autosomal and sex chromosomal abnormalities. • An Elementary knowledge of Genetic basis of common hereditary diseases such as Haemophilia, Colour-blindness, Mongolism, Diabetes, Thalassemia.	4. Demonstration of submarine Electrophoresis of extracted DNA in Agarose Gel. 5. Demonstration of Visualization of Extracted DNA by staining it with Ethidium Bromide.
Month 3(May) Mid-Sem-Exam 17.05.2021 to 22.05.2021	UNIT-III 8. An elementary knowledge of Gene, Genome and Genomic. 9. An elementary knowledge of Genetic engineering. 10. An elementary knowledge of Transgenic product -Bt-Products, Golden Rice, Flavr-Savor Tomato. 11. An elementary Knowledge of Polymerase Chain Reaction(PCR)	5. Demonstration of Visualization of Extracted DNA by staining it with Ethidium Bromide. 6. Demonstration of Polymerase Chain Reaction(PCR)
Month 4(June)	Unit-IV 12. An elementary knowledge of Biotechnology. 13. An elementary knowledge of Stem cell research. 14. An elementary knowledge of AIDS and its control. 15. An elementary Knowledge of Forensic DNA Diagnostics. 16. An elementary Knowledge of Swine Flu. Revision	6. Demonstration of Polymerase Chain Reaction(PCR) 7. Project report on visit to renowned Revision

Rajesh Biswas

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021 Name of the teacher:-Dr. Ritu Pradhan Dept:-Foods and Nutrition Semester:-1&3 (Aug-20 to Feb-20)

CLASSES	PG Diploma Nutrition and Dietetics				M.Sc. Foods and Nutrition (sem-3)			
	Subjects	Applied Nutrition -1	Food product development	Seminar-1	Project	Dissertation	Nutritional management in sports and fitness	Food service management
Aug	Formulation of RDA and dietary guidelines Concept of body composition	Developing and preparation of recipe Gluten free Low glycemic index	Seminar's topics discussion and finalisation	Display board decoration	Questionnaire preparation and finalisation	Introduction to sports nutrition Fitness and nutritional assessment	Concept and Evolution of the food service industry. Types of Food Service	Seminar's topics discussion and finalisation
Sept	Concept of kilojoules and kilocalories REE,RMR,BMR,PEE,TEF BMR energy balance	Low/high fiber Low purine	Seminar's topics discussion and finalisation	Display board decoration	Data collection/experimental work	Macronutrients in sports- Carbohydrates Proteins,Fats	Food Service Organization and Management	Seminar's topics discussion and finalisation
Oct	Nutritional and lifestyle management Pregnancy and lactation Infancy Childhood	Developing and preparation of two recipes each using the following methods of cooking: Microwave	Seminar conducted	Aids prepared on millets	Data collection/ experimental work	Caloric needs and expenditure B complex vitamins Minerals	Principles and functions of management Quantity Food Production: Production planning and control	Seminar conducted
Nov	Adolescent Adulthood Old age	Cooking	Seminar conducted	Millet based recipe preparation	Data entry and analysis	Antioxidants and water Aerobic and anaerobic activity Vegetarian athletes Female sportsperson-	Human Resource Management Training Importance,Principles,On the Job Training	Seminar conducted
Dec	Concept of balanced diet and diet therapy Consistency modification Nutrient modification	Baking	Seminar conducted	Millet based recipe preparation	Data entry and analysis	Menarche and Menstruation- Amenorrhoea and Anemia Energy requirements for -Strength and power athletes	Performance Appraisal: Importance, Methods, Limitations	Seminar conducted
Jan	Team approach to healthcare Nutritional support and type of feeding Enteral and parental	Steaming Grilling	Seminar conducted	Display board setup	Write up - Introduction Methodology Review of literature	-Endurance athletes Ergonomic aids and dietary supplements	Financial management Food cost analysis	Seminar conducted
Feb	Doubts taken Discussion of difficult topics	Practice of recipe preparation			Final draft of introduction Review of literature and methodology	Assignments	Revision classes	

Ritu Pradhan

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH
 Session:- 2020-2021 Name of the teacher:-Dr. Ritu Pradhan Department:-Foods and Nutrition Semester:-2&4 (Mar-21 to Aug-21)

CLASS ES	PG Diploma Nutrition and Dietetics -2			M.sc. Foods and nutrition (Sem-4)		M. Sc. Foods and nutrition (Sem-2)		
	Subjects	Public health nutrition-2	Seminar - 2	Diet counselling and computer applications	Dissertation	Entrepreneurial ventures in food	Dissertation	Public health nutrition-2
March	Etiology, public health implication and preventive strategies for Protein energy malnutrition Vitamin A def, Nut anemia Iodine deficiency disorders VitD and osteoporosis, Zinc def	Topics discussion and selection of topics	Operation of diet clinic and counseling Computer applications in use of nutrition related software Diet Cal	Submission of finalised introduction, review of literature, methodology	Entrepreneurship differences among entrepreneur, manager, and business owner. Formation of business plan Business idea	Allotment of students to guides	Programmes planning and management in Public Health Nutrition National Nutrition Programmes- ICDS Mid Day meal School health program	Basics of computer Ms word Ms excel Ms powerpoint
April	Mid-day meal program, ICDS, SNP Vitamin A prophylaxis program National iodine deficiency disorder control program (NIDDCP) National anemia prophylaxis / control program Food toxins – Chemical and natural	Seminar conducted	Diet cal practice Report and presentation of case study.	Data analysis and results Write up and discussion	Startups and small business development in food industry Food technology startup in India Electronic-Commerce and Food Enterprise	Research Topic discussion and deciding of topics	Nutrition Education Communication behavioural change , methods Relevance to IEC Approaches for control of undernutrition National programmes- IYCF, NRHM, RCH, IMNCI	Use of word processing software for creating reports
May	Assessment of nutritional status Clinical signs – need and importance, identifying signs of PEM, vitamin A, iron deficiency and iodine deficiency Nutritional anthropometry – Biochemical tests and biophysical methods	Seminar conducted	Visit to certain institutions Dietetics dept	Review of finalised thesis and modification	SWOC analysis Analysis of business and competitors	Topic shortlisted Topic finalisation	WHO Standards in India- Importance and implications National nutrition policy Population dynamics Demographic Transition	Data entry in excel sheet format for data analysis and statistical tools application (t-test, Chi square, Correlation, Anova)
June	Dietary surveys. Need, importance & Methods Indirect methods of assessment. Growth references and standards	Seminar conducted	Visit to certain institutions Dietetics dept	Modifications and addition of recommendations	Growth Strategies in Small business Objectives and stages of growth in small business	Topic shortlisted Topic finalisation	Population Structure: Implications on quality of life Population Policy	Use of Nutritional software diet cal and nutrical for calculation of nutritive value of Diets/foods
July	Concept of NCHS, WHO, NFHS Welcome trust classification Indian academy of pediatrics (IAP)	Seminar conducted	Presentation of visit to various institutions like Anganwadis/Hotel Industry/Hospital/Dietetics department/NGO	Conclusion and summary write up and modifications and finalisation of dissertation	Types of growth strategies Business Development and Sales promotion.	Synopsis	Millennium Development Goals (MDGs) its relationship with nutrition New Emerging public health Problems of NCDs	Use of Nutritional software diet cal and nutrical for calculation of nutritive value of Diets/foods
Aug	Revision	Seminar conducted	Diet cal practice	Finalisation and submission of dissertation	Assignments	Questionnaire preparation	Revision	Diet cal practice

Ritu Pradhan

CLASSES	B. Sc. Home Science 3 rd Semester		MSc Home Science (Human Development and family Relations) 1 st semester	MSc Home Science (Human Development and family Relations) 3 rd semester	
Subjects	Development in Infancy		Effective Parenting Skills	Care and education of children with special needs	
August 2020	Cognitive development in Infancy	Market Survey of Infants items	Introduction, The task of parenting and the concept of parenting skills	Identification, treatment and education of mentally retarded	Display related to the nature, assistive devices for children with special needs
September 2020	Factors affecting Cognitive and language development	Folder on Play activities and lullabies	Changing concept of parenthood Being a competent parent	Socio-Emotional Problems, Treatment Visual Impairments	Visit and prepare report on institutions working
October 2020	Language development, Pre-speech Communication	Toy: Motor Skill, Socio-emotional development	Parenting roles, characteristics, family life cycle	Visual Impairments, Speech and language	Case study on a child with any one type of disability
November 2020	Role of family member, Physical care of Infants	Poster: All round development	Home visit and interview of parents.	Learning disabilities, classification	Workshop to enhance the capacities
December 2020	Emotional pattern Common play	Presentation of File work Feedback	A need-based intervention program for parents	Counselling of parents	Group discussion

Neelam

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: 2020-2021 (January-June)

Department: Human Development and Family Relations

Name of the teacher: Neelam Kumari

CLASSES	B. Sc. Home Science 4 th Semester		MSc Home Science (Human Development and family Relations) 2 nd Semester		MSc Home Science (Human Development and family Relations) 4 th Semester
Subjects	Development in Early Childhood		Development of creativity in children		Persons with disabilities
January 2021	Physical development in Early Childhood	Observations of Play activities of Pre-school	Creativity: definition, concept, types, problem solving, Scope	Tests of creativity (any one)	Various approaches to define and understand disabilities: philanthropic, medical, administrative, legal and social
February 2021	Motor Skills in Early Childhood	Folder: All round development	Psychology-dynamic and psychometric approach	Surveying modern creative techniques using different schools	Role of context in the meaning of normality and disability, attitudes of people towards disability
March 2021	Cognitive development, Factors affecting	Interview of Mothers on Parenting	Cognitive and confluence approach	Plan and develop a resource file of creative activities	Philosophy of inclusion Techniques of identification and assessment.
April 2021	Language development and its factors	Display: All round development of Children	Role of creativity in development of child, Relation between creativity and intelligence	Workshop plan for giving orientation to enhance creativity in children	Physical and social barriers in development of persons with disabilities, Rights vs needs of persons with disabilities.
May 2021	Play: Importance and Types	Presentation of File work Feedback	Influence of child rearing practices, brainstorming etc.	Executing the workshop	Use of assistive devices, Programs and policies for persons with disabilities, PWD act.

Neelam

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: 2020-2021 (Odd Semester)

Name of the teacher: Dr. Chhaya Verma

Department: Clothing and Textiles

Semester: Aug, 2020-Feb, 2021

CLASSES	B.Sc. (F.D.)- 1 st Sem	B.Sc. (F.D.)1 st Sem	M.Sc. (C&T)- 1 st Sem	M.Sc. (C&T)- 3rd Sem	
Subjects	Textile Science-I (Th)	Textile Science-I (Pr)	Apparel Designing and cons.-I(Pr)	Dyeing & Finishing (Th)	Dyeing & Finishing (Pr)
Aug,2020	Textile fibres and their classification based on sources and origin. Properties of textiles fibers.	Fiber identifications – visual, burning test	Designing and style reading, pattern development and construction of Party frock	Defination and classification of dyes - Dye fiber interaction Role of fiber structure in dyeing Application of dyes on different fabrics Dyeing of blends	Scouring and bleaching of cotton. Dyeing of cotton with direct dye.
Sept,2020	Manufacturing and properties of various natural cellulosic fibres – cotton and linen	Fiber identifications – microscopic and solubility test	Designing and style reading, pattern development and construction Jump suit	Dyeing machinery Colour measurement- Theories of dyeing	Dyeing of cotton with azoic, reactive and acid dyes
October,2020	Manufacturing and properties of various natural protein fibres- wool and silk.	Identification of type of yarn	Designing and style reading, pattern development and construction Skirt	Water types and impurities and methods of softening After treatment of dyed fabrics	Dyeing of silk with direct, basic and reactive dyes. Dyeing of wool with acid, basic dyes.
November,2020 (Mid-Term Exam 24/11/20- 29/11/2020)	process and properties of regenerated cellulosic fibre – Viscose rayon. Manufacturing process and properties of modified cellulosic fibre – acetate	Determination of twist.	Designing and style reading, pattern development and construction top	Importance& Classification of finishes Basic preparation of fabrics- Cotton, Wool and silk	Extraction and application of any one natural dye using natural source on cotton
December,2020	Manufacturing process of man-made synthetic fibres- Polyamide- Nylon 66, Nylon 6	Evaluation of thread count	Practice of Pattern Development, material layout and Construction of the above garments	preparation of fabrics- Manmade fabrics Finishes that affect hand or texture	Extraction and application of any one natural dye using natural source on silk and wool.
January,2021	Manufacturing process of man-made synthetic fibres- Polyester and Acrylic	dimensional stability of fabric	Practice of Pattern Development, material layout and Construction of the above garments	Special purpose finishes	Application of direct dye with different mordants

Chhaya

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: 2020-2021 (Even Semester)

Name of the teacher: Dr. Chhaya Verma

Department: Clothing and Textiles

Semester: March, 2021-Aug, 2021

CLASSES	B.Sc. (F.D.)- 2 nd Sem	B.Sc. (F.D.)2 nd Sem	M.Sc. (C&T)- 2 nd Sem	M.Sc. (C&T)- 2 nd Sem
Subjects	Textile Science-II(Th)	Textile Science-II (Pr)	Textile Testing (Th)	Textile Testing (Pr)
March,2021	Types of yarn – Spun, filament, simple, novelty, bulk and textured Effect of twist and direction of twist	Stain removal	Objectives and Role of Textile Testing Sampling, Standard atmosphere for textile testing, Moisture relations and testing,	Fiber Tests: Fiber Bundle Strength - Cotton Fiber Length Distribution
April,2021 & May,2021 (Mid-Term Exam 17/05/2021- 22/05/2021)	Spinning – mechanical and chemical Mechanical spinning - Ring spinning, open end spinning, DREF (Friction Spinning), water jet spinning and air jet spinning Chemical spinning – Dry spinning, wet spinning, melt spinning	Preparation of starches- arrowroot and gum Arabic.	Physical testing of fibers: Fiber length and length distribution, density and specific gravity, fibers fineness and maturity. Mechanical, Thermal, electrical and optical properties of fiber	Yarn Tests: Structure - Yarn Count - Breaking Strength Fabric Analysis: Width, Count, Thickness, Weight and Crimp
June,2021	Soaps and detergents- Composition, types, qualities, manufacturing and cleansing action of soaps and detergents.	Laundering of special garments: Terrycot shirt -	Physical testing of yarns: Yarn types and structure, Twist and twist measurement, Yarn count and diameter determination, d) Breaking strength of yarns	Breaking Strength & Elongation - Bursting Strength - Tearing strength
July, 2021	Blues- Types and uses Bleaches- Types and Application.	Laundering of special garments: Woolen garment (pullover/cardigan)	Fabric testing: thread count, weight, crimp, thickness. Porosity, air- permeability, thermal conductivity and Dimensional stability of fabrics	Dimensional change in laundering Drapability Seam Slippage
August,2021	Stiffening agents- Types and uses	Laundering of special garments: Silk scarf - Table cloth	Mechanical properties: breaking, bursting and tearing strength of fabrics. Crease recovery, bending stiffness and drapability of fabrics, Serviceability of fabrics	Color fastness to: Laundering, Crocking, Pressing, Perspiration and Sunlight

Chhaya

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-2021

Name of the teacher: - Dr. Sonia

Department:- Clothing and Textiles

Semester:- Aug'2020-Feb'2021

CLASSES	B.Sc. (F.D.)- 1 st Sem	B.Sc. (F.D.)- 5 th Sem	M.Sc. (C&T)- 1 st Sem	M.Sc. (C&T)- 1 st Sem	Ph. D. Coursework
Subjects	Needle Craft-I (Pr)	Pattern Making-II (Pr)	Fabric Science (Th)	Fabric Science (Pr)	Clothing & Textiles
Aug,2020	Stem, Back, Chain, French knots and Cross Stitches	Basic Skirt Block Sloper of Basic Skirt	Molecular Structure Polymers and its types Polymerization	Cotton	Recent developments in textiles and apparel
Sept,2020	Blanket, Couching, Long and Short, Bullion Stitches, Patchwork- Its designs and stitching of samples	A-Line Skirt Full circular Skirt Four Gored Skirt	Intermolecular and Intramolecular forces Physical Properties of fibers, Innovation in fibers	Silk and Linen Wool and Nylon	Technological Upgradation of textile industry
October,2020	Patchwork and its types	Six Gored Skirt Flared Skirt	Cotton, Linen, Jute, Silk	Acrylic and Modacrylic	Technological Upgradation of apparel industry
November,2020 (Mid-Term Exam 24/11/20- 29/11/2020)	Cutwork Hemstitch Applique work	Peplum Skirt Knife Pleated Skirt	Wool, Pineapple, Banana, Palm, Bamboo, Hemp	Rayon Blends Terrycot,	Journal Club presentations
December,2020	Designs of Applique and its samples	Tiered Skirt Yoke Skirt	Rayon and its types, Acetate, Triacetate, Polyester, Nylon 6 & 66, Acrylic and Modacrylic, Polyethylene	Terrywool	Journal Club presentations
January, 2021	Project work	Inverted Box Pleated Skirt, Knife Pleated skirt Grading, Stitching of Basic Skirt	Polypropylene, Spandex, Technical Textiles, Smart Textiles, Fabric Composites	Technical Textiles	

Sonia

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-2021

Semester:- March'2021-Aug'2021

Name of the teacher: - Dr. Sonia

Department:- Clothing and Textiles

CLASSES	B.Sc. (F.D.)- 4 th Sem	B.Sc. (F.D.)- 4 th Sem	M.Sc. (C&T)- 4 th Sem	M.Sc. (CT)- 2 nd Sem	M.Sc. (CT)- 4 th Sem
Subjects	Traditional Embroideries (Th)	Traditional Embroideries (Pr)	Image Styling (Pr)	Dissertation	Dissertation
March,2021	Phulkari of Punjab Chamba Rimal of Himachal Pradesh	Phulkari of Punjab Kantha of Bengal	Elements and Principles of Design, Component of fashion	Allotment of students to Guides/Supervisors	First draft of Introduction/Review of literature/Methodology
April,2021	Chikankari of Uttar Pradesh Kutch of Gujarat Kantha of Bengal	Kutch of Gujarat Mirror work	Fundamental of Styling, Figure-Body shape, Face shape, Skin tone, Latest trend/fashion, Fashion forecast, Suitability of different dresses and accessories for different occasions	Topic finalisation	Submission of finalized Introduction, Review of literature, Methodology
May,2021 (Mid-Term Exam 17/05/2021- 22/05/2021)	Kashida of Kashmir Kasuti of Karnataka	Chikankari of Uttar Pradesh Kasuti of Karnataka	Styling of different figure types, Case study of Image styling of renowned personality	Synopsis	Results and Discussion
June,2021	Sindhi and Kathiawar Maipuri	Sindhi Embroidery	Etiquette and grooming, Project work- theme based self styling and model styling	Questionnaire preparation	Finalization of all chapters of disseration

Sonia

Name of the Teacher:- Dr.Neha Sharm

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Department:- HDFR

Semester:- Aug-Feb 2021

CLAS SES	B.Sc. H.Sc. HDFR 5 th Sem	B.Sc. H.Sc. Composite/ HDFR 5 th Sem	M.Sc. Home Science HDFR 1 st Sem	M.Sc. Home Science HDFR 1 st Sem	P.G.Diploma in C.G.F.C 1 st Sem	P.G. Diploma in C.G.F.C 1 st Sem	M.Sc. Home Science HDFR 3 rd Sem	M.Sc. H.Sc. HDFR 1 st Sem
Sub	Introduction to Theories of Human Development-I	Development in Adolescence (Th+Pr)	Socialization in various family contexts across different cultures (TH)	Early childhood care and education (ECCE)	Theoretical Perspectives in Child Development- I (TH)	Marriage and Family Relations (Theory)	Program Planning and placement in Child Welfare Agencies (PR)	Dissertation
Aug	-Concept of a Theory - Importance of theories in human development -Psychoanalytic theories - Freud and Erikson -Behavior and social learning theories - Pavlov, Watson, Bandura.	-Pubertal changes in girls and boys -Early vs Late maturers -Emerging sexuality -Health in adolescence - Nutrition, substance use and abuse, eating disorders (Practical) Administer and interpret any psychological test related to each of the following -Family relationship-Problems of adolescents. -Mental health	An Introduction to family Issues and Change -Functions-Marital and gender roles-Family life styles -cultural variations Socio - cultural studies of family patterns in India Family structure - Traditional extended joint families Alternate families - Single parent, etc - Causes and effects of different family structures	-Principles Importance, need, and scope of ECCE. -Objectives -Types of preschool/programs Play centers, day care, Montessori, kindergarten, etc Concepts of non-formal, formal, and playway methods -Historical trends (Overview) Contribution of the thinkers -Pestalozzi Maria Montessori, John Dewey, Tarabai Modak Indian Thinkers	-Introduction to theoretical perspectives in child development -Principles of child development	- Introduction in Family and its changing structure -Family Dynamics Socialization Parenting styles	-Visit to various centers within or outside the city which cater to the pre-school stage e.g. day care center, halwadi, anganwadi, crèche etc -Preparing a resource unit file on the basis of play way method/approach	Dissertation
Sept	Cognitive-developmental theories Piaget -Information processing theories. -Sociocultural theories - Vygotsky -Ethology and evolutionary theories -Ecological systems theory - Urie Bronfenbrenner	-Piaget's stage of formal operation -Adolescent egocentrism -Moral behaviour and Moral reasoning in adolescence (Practical) Survey any ten families for understanding family conflicts adolescents prepare a report	Social class variations in family life styles Family and societal influences -Work and family -Education and family -Religion and family -Health and family -Ecology and family -Socio-economic status and family	-Pre independence period, post independence period -Kothari commission, contribution of the five year plans to the ECCE - Yashpal Committee -Contribution of the following agencies/programs to ECCE in India ICCW, IAPF, NCERT, mobile crèches etc.	-Introduction to Theories -Trends and issues in child development (the nature of development, the process that guides development, the importance of age, individual differences)	Intro to Marriage and FR -Basis of marriage -Family stage and family life cycle Understanding Parent-child Relationships -Gender, birth order, and family adjustment -Disciplinary techniques	- Placement and program implementation by students in various child welfare agencies, twice a week. Preparing audio-visual aids and presentation of the following - Story -Types of puppets and mobiles	Dissertation
Oct	-Pavlov's Classical Conditioning. -Watson's Operant Conditioning.	-Development of identity and the self concept -Relationship with parents and peers. (Practical) Prepare a display related to issues concerning adolescents.	-Family violence, battered women, child maltreatment, Sexual abuse -Dowry -Divorce and remarriage -Gender roles -Live-in relationship	-Concept of organization and administration of early childhood centers. -Adm. setup and functions of personnel working -Building equipment Location and site, equipment, maintenance and display of equipment aid material. -Staff/personnel services conditions and roles Role and responsibilities, essential qualities of caregiver/teacher, etc-Record and report. Types, aims and anecdotal, etc.	-Physical development in infancy -Perceptual development -Cognitive development (Piaget's sensori-motor period) -Psychosocial development in infancy (Erikson's theory)	-Influence of family relations on parent and child well being. Marital Discord and Counselling -Dysfunctional parental relationship its consequences on family members. -Counselling for children and adults facing family conflict	-Art and craft portfolio Song booklet and low cost musical instruments- Readiness games and material -Picture talk and object talk related material etc. - Developing interpersonal skills and effective communication skills for working with parents and children.	Dissertation
Nov	-Structure of the environment in ecological system theory - The microsystem, mesosystem, exosystem and macrosystem. Influence of ecological systems on development	-Juvenile delinquency -Depression and suicide -Risky sexual behaviour. (Practical) Interview 10 adolescents and report the following. -Problems faced during pubertal changes -Health related concerns -Problems related to hetero/sexual relationships.	- Child rearing and socialization in different tribes -Marital and family relationships, patterns of interaction throughout life-cycle	-Language Arts: Goals, types -Art and craft activities Types of activities Role of Teacher in planning the activity, motivating children Fostering appreciation of A&C activities -objectives of music education, establishing goals, role of the Teacher - Mathematics: Goals of mathematical learning.	-Physical and motor development -Cognitive development (Piaget's preoperational period) -Psychosocial development (Erikson's theory) Ecological theory (Bronfenbrenner's theory)	Orientation to application of theories in family counseling -Psychoanalytic /Psychodynamic/Rational Emotive/ Social-learning/Behavioural/ Solution focused family counselling	-Planning and implementing a parent Teacher meeting. -Planning, preparation and serving of supplementary nutritious snacks for pre-schoolers.	Dissertation
Dec	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Dissertation

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the Teacher: **Dr. Neha Sharma**

Session: **2024-2025**

Department: **HDFR**

Semester: **MAR-AUG 2025**

CLASSEN	B.Sc. H.Sc. HDFR 6th Sem	B.Sc. H.Sc. HDFR 6th Sem	M.Sc. Home Science HDFR 2nd Sem	M.Sc. Home Science HDFR 2nd Sem	P.C. Diploma in C.C.P.C. 2nd Sem	P.C. Diploma in C.C.P.C. 2nd Sem	P.C. Diploma in C.C.P.C. 2nd Sem	M.Sc. H.Sc. HDFR 6th Sem
Subjects	Introduction to Theories of Human Development-II	Marriage and Family (th + pr)	Theories of Developmental Psychology	Early Childhood years (Seminary)	Theoretical Perspectives in Child Development- II	Introduction to guidance and counselling-II	Child guidance and family counselling (practical) -II	Dissertation
Mar	Final - Brief description of the psychosocial stages of development - Contribution and limitations of the theory	Family Definition, types & changing family trends (Practical) Interview 5 couples unrelated to your families and report their experiences related to family relationships, role allocations, adjustments to be made and problems faced Organize a panel discussion on issues related to marriage by inviting suitable community members including experts. Report on it.	Developmental theory, Value of a developmental theory Organizing information, Guiding research, Main issues of developmental psychology Piaget's Cognitive-Stage Theory	- Basic needs and rights of pre-school child - Agencies that can cater to these needs - family, school, society	Middle Childhood Physical development - Cognitive development (Piaget's concrete operational period) - Psychosocial development in middle childhood (Erikson's theory) - Language development	- Introduction and meaning of counselling - Assumptions and principles of counselling	- Screening college population for problems which needs counselling and conducting counselling sessions with them. - Maintaining records in form of photographs/ video/ audio recordings and files.	Dissertation
Apr	Erikson - Brief description of the psychosocial stages of development - Contribution and limitations of the theory	- Introducing family life cycle - Contribution of each generation to a happy family (Practical) Record photographs of children from different family structures on parenting and interrelationships with their parents by using a self-developed tool	- Freud's Psychoanalytic Theory - Eric Erikson's Psycho-social Theory	- The physical, emotional, cognitive, social and language development in a pre-school child	Adolescence - Physical development - Cognitive development (Piaget's formal operational period) - Psychosocial development during adolescence (Erikson's theory)	Approaches to counselling - Directive, Non directive and Eclectic - Skills of counselling	- Conducting parent education programs through workshop/seminar/ dramatization/ film shows etc in Chaitanya Nursery School.	Dissertation
May	Comparison of Freud's and Erikson's stages of development Kohlberg's theory of moral development	- Marriage, Infidelity, types- love marriage, arranged marriage, live in relationship, same sex marriages Marrying married relationship - do's and don'ts (Practical) Conduct an interview of 5 male and 5 female young adults related to qualities expected of a marriage partner, their role allocations and expected marital adjustments Develop a module for pre-marital counselling based on the feedback	Information-Processing Theory - Bandura's Social Learning Theory	- Research in the field of pre-school education	The Behavioural Perspective - Behavioural models of development (Classical conditioning and operant conditioning, factors influencing behavior) - Bandura's social learning theory (theoretical viewpoint, the importance of vicarious learning)	Psychodynamic theories of guidance and counselling - Transactional Analysis	- Conducting a case study on an individual experiencing one of the following: Childhood experiencing deprivation or poverty Child bullying Drug abuse Sexual abuse Child abuse Any other trauma To be translated later into Counselling sessions.	Dissertation
June	- Nature vs. Nurture- stance of various theories - Continuity vs discontinuity - stance of various theories	- Dysfunctional marriage Causes and Consequences Aspect of dysfunctional marriage on children (Practical) Collect and present stories/articles/reports/you tube clips related to marital discord in the class and discuss various strategies to help the couples in such situations - Administer any test of marital adjustment and interpret	- Vygotsky's Socio-cultural Theory - Urie Bronfenbrenner's Ecological Systems Theory	- Case study of a pre-school child/Project report on topics related to pre-school child	- Emerging trends and issues Comparing theories of human development in the context of C. counselling (consistency, accuracy, relevance, simplicity)	- Rational emotive therapy - Behavioural and Cognitive Interventions in counselling	- Visit to various institutions shortlisted for internship at the end of the course. Preparing a report supplemented by photographs/video/ audio recordings of the same.	Dissertation
July	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Dissertation

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: 2020-21 Name of the teacher:- Dr. Uttara Singh Department:- Foods and Nutrition Semester:- 1,3 & 5 (Aug 20 - Feb 20)

CLASSES	B.SC. Home Science V semester Dietetics and Composite	M.SC. Foods and Nutrition I semester	B.SC. Home Science V semester dietetics	PG Diploma Nutrition and dietetics	B.SC. Home Science V semester dietetics	M.SC. Foods and Nutrition III semester
Subjects	Nutritional Management in Health and Disease-I	Human Nutrition	Community Nutrition and Public Health-I	Public Health Nutrition-I	Institutional Food Service and Quality Management-I	Dissertation
August	. Role of doctor, dietitians, and paramedical	. Energy needs – Assessment and requirements . Metabolic regulation of food intake- weight over and under nutrition Disorders of metabolism metabolic Protein turnover, Methods	. Nutritional status, surveillance. . group method nutritional education.	. community concept- types and factors affecting . aim and scope and content of public health	. Types of institutional food service operations : Commercial Non commercial	Questionnaire preparation and finalisation Data collection/ experimental work
September	Etiology, dietary and lifestyle management of gastric, flatulence hyperacidity	. Functions and human requirements of essential fatty acids .	. zinc deficiency . PEM . anemia NNAPP	. epidemiological Trait and factors of malnutrition.	Management: Definition and functions Tools of management	Data collection/ experimental work
October	Diarrhea, constipation . overweight, underweight,	Dietary carbohydrates – functions of starch, resistant starch, dietary fiber and sugar Antioxidants in health and disease	. Vitamin D deficiency .	. nutrition surveillance and education, group, media techniques.	Organization : Theories of organization Different types of organization	Data entry and analysis
November	IBS, fever- acute , chronic	Effects of oxidants on macromolecules .	Measures and prevents	. Food security and National and international agencies engaged in food.	Organization chart, job analysis . Physical plant	Write up - Introduction Methodology Review of literature
December	UC, and hemorrhoids	Nutrient anti-oxidants with potent	nutrition education.	role in national development. . nutrition and infection	job specification, job evaluation Types of equipment as per the size and type of establishment.	Final draft of introduction Review of literature and methodology
January	steatorrhea	health effects Non-nutritive food	Iodine deficiency	. nutritional measures to overcome malnutrition.	Factors affecting choice equipment.	
February	Tutorial, and revision sessions	Tutorial, and revision sessions	Tutorial, and revision sessions	Tutorial, and revision sessions	Tutorial, and revision sessions	

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21 Name of the teacher:- Dr. Uttara Singh Department:- Foods and Nutrition Semester:- 2,4 & 6 (March 21 - Aug 21)

CLASSES	B.SC. Home science VI semester Dietetics and Composite	M.SC. Foods and Nutrition II semester	PG Diploma Nutrition and Dietetics	M.SC. Foods and Nutrition II semester	M.SC. Foods and Nutrition IV semester	B.SC. Home Science IV semester Dietetics
Subjects	NUTRITIONAL MANAGEMENT IN HEALTH AND DISEASE II	ADVANCES IN NUTRITION	DIET THERAPY	DISSERTATION	DISSERTATION	COMMUNITY NUTRITION AND PUBLIC HEALTH II
March	Etiology, dietary and lifestyle management of liver diseases: . Fatty liver . Infective liver	Nutrition Transition – Indian scenario, Advances in food agriculture and technology . Changing trends in life style . Pharmacokinetics Pharmacodynamics	. Gastro Oesophageal Reflux Disorder (GERD) . Peptic ulcer-gastric and duodenal , Diverticulitis, Burn,Surgery	Allotment of students to guides	Submission of finalised introduction, review of literature, methodology	. Assessment of Nutritional Status: . Anthropometry- Advantages and limitations.
April	. Basic concept of diagnostic tests for diabetes. . atherosclerosis . hypertension	Pharmacogenomics Effects of food on drug therapy : Enteral nutrition interactions with medication . Drug distribution . Drug absorption . Drug metabolism . Nutraceutical, Nutrigenomics . Nutrigenetics	Ulcerative colitis Constipation Diarrhoea Fatty Liver Hepatitis Cirrhosis Pancreatitis Diabetes mellitus CVD , Crohn's Disease	Research Topic discussion and deciding of topics	Data analysis and results Write up and discussion with guide Review of finalised thesis and modification	. WHO Standards . IAP Standards and Classification Clinical assessment- Advantages and limitation.
May	Glomerulonephritis . Glycemic index and load	FSSAI, HACCP, TQM, GMP	Ischemic Heart Disease (IHD) Hypertension, Cancer	Topic shortlisted Topic finalisation	Modifications and addition of recommendations	Biochemical tests and their interpretation-Advantages
June	. Role of fiber in health and diseases . natural foods	. Latest trends in nutritional labelling Additives Colors	Glomerular nephritis -acute and chronic Nephrotic Syndrome	Synopsis	Conclusion and summary write up and modifications	. Methods to improve nutritional quality: .
July	. Cirrhosis . Liver	Allergen Information Sugar derivatives Trans fats	Renal Calculi Dialysis Gout			Sources of secondary data related to community health
August	Revision, practice test	Doubt sessions	Tutorial, doubt sessions	Questionnaire preparation	Finalisation and submission of dissertation	revision

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Name of the teacher: - Mrs. Mona Soin

Semester: - I & III (August 2020 to February 2021)

CLASS	B.Sc.[H.Sc.] Semester III		B.Sc. [H.Sc.] Semester III	B.Sc. [H.Sc.] Semester I
Subjects	Applied Physics I		Physical Education	Physical Education
	Theory	Practical	Theory and Practical	Theory and Practical
August 2020	Unit-I-Matter, States of Matter – Solid, Liquid, Gas, Plasma (Definition and Characteristics), Atoms, Elements, Molecules, Inter-molecular forces, Types of intermolecular forces – Force of Adhesion & Force of Cohesion, Molecular range, Sphere of Influence, Surface film and Surface tension (Definition only), Detailed Account of Molecular theory of Surface Tension,	1) Measurement of diameter of a small spherical body using Vernier Callipers	Unit I-Physical Education: Definition, its aims and objectives and Importance of Physical Education, Athletics: Brief knowledge of track and field events, Marking of Athletic Track	Unit I - Athletics: Brief knowledge of track and field events. Layout of Track, Short Distance Races (including relay race) [a] Technique for start, finishing and during running in a race. [b] General fouls in track events.
September 2020	Short note on Detergents and Surface Tension Common illustrations/ applications of surface tension. Unit-II -Brief account of Capillary, Capillarity and Angle of contact, Practical applications of Capillarity in everyday life, Heat-General idea about Modes of Transfer Of Heat- Conduction, Convection, Radiation , Applications / Illustrations of transfer of heat in day to day life, Short note on Solar cooker	2) Measurement of room temperature and high temperatures of a liquid in °C and to convert the temperature to °F 3) Measurement of temperature of human body in °F and to convert the temperature to °C	Unit II - Field Events: Jump-Long Jump [a] Dimensions [b] Techniques [c] Fouls Races - 100mt., 200 mt., 400mt., 400mt. relay race	Unit II - Field Events: Throw: Shot put [a] Dimension of the circle and specification of equipment used [b] Techniques of putting a shot [c] Fouls of throwing events.
October 2020	Unit-III -Define – Periodic motion, Oscillatory motion, Vibration, Oscillation, Time period, Frequency, Amplitude, Wave motion and Wave length, Types of Waves-Mechanical, Electromagnetic and Matter Waves (Definitions), Brief idea about types of Mechanical wave motion-Transverse and Longitudinal wave motion,	4) To verify the first law of transverse vibrations in a stretched string using sonometer 5) To verify the second law of transverse vibrations in a stretched string using sonometer	Unit III - Anyone game from the following games: [a] Badminton [b] Kho- Kho [c] Volleyball [d] Yoga - Various Yoga Asanas	Unit III - Anyone game from the following games: [a] Badminton [b] Kho- Kho [c] Volleyball [d] Yoga – Various Yoga Asanas
November 2020 [Mid Term Exams Nov. 24-29, 2021]	Essential conditions for transverse and longitudinal waves to travel through a medium, Difference between transverse and longitudinal wave motion, Definitions of Crest, Trough, Compression, Rarefaction	Revision 6) To find velocity of sound at 0°C using first resonance position and by applying end correction	Unit IV - Brief knowledge of Common Wealth Games and current national records in Athletics , Knowledge of prominent players of the games in syllabus	Unit IV - [a] Brief knowledge of Asian Games and current national records in Athletics [b] Knowledge of prominent players of the games in syllabus
December 2020	Unit-IV -Simple idea about Superposition of waves, Superposition Principle and Stationary Waves, Production of Transverse stationary waves in a stretched string, Laws of Transverse vibrations of a stretched string, Define Free, forced & resonant vibrations with examples.	7) To find velocity of sound at 0°C using two resonance positions	Games, Athletics, Aerobics, Yoga	Games, Athletics, Aerobics, Yoga
January 2021	Short notes on Human voice organ, Sound Insulation, Hearing aids, Acoustics of Buildings, Define Free, forced & resonant vibrations with examples, Short notes on Human voice organ, Sound Insulation, Hearing aids, Acoustics of Buildings. Revision	Revision	Revision Games, Athletics, Aerobics, Yoga	Revision Games, Athletics, Yoga

Mona

Name of the teacher: - Mrs. Mona Soin
 Date: - II & IV (March 2021 August 2021)

CLASS	B.Sc.[H.Sc.] Semester III		B.Sc. [H.Sc.] Semester III	B.Sc. [H.Sc.] Semester I
Subjects	Applied Physics I		Physical Education	Physical Education
	Theory	Practical	Theory and Practical	Theory and Practical
March 2021	Unit I-Photoelectric effect, Experimental study of photo electric effect, Effect of intensity, potential and frequency on photoelectric current, Laws of photoelectric emission, Einstein's photoelectric equation and Explanation of laws of photoelectric emission on the basis of Einstein's equation, Photo Electric Cell (phototube) and some of its applications	1)Measurement of area, volume and total surface area of a glass slab using Vernier Callipers. 2)Measurement of Internal diameter, depth and volume of a beaker using Vernier callipers .	Unit I - Athletic meet – Meaning, Need and Importance . How to organize athletic meet at College level, First Aid-meaning and its practical Application in day to day life and sports injuries	Unit I - Athletics: Brief knowledge of track and field events, Layout and marking of Track, Middle Distance Races [a]Technique for start, finishing and during running in a race [b] General fouls in track events. Unit II - Field Events: Throw: Discus Throw [a] Dimension of the circle and specification of equipment used [b]Techniques of putting a shot [c]Fouls of throwing events.
April 2021	Unit-II - LASERS- Introduction, Einstein's quantum theory of radiation-Spontaneous emission, Spontaneous absorption and Stimulated emission, Common components of all Lasers, Lasing Action , Application/Uses of Lasers-Medical , Scientific, Industry and Commercial . Laser Fundamentals, Laser Hazards, MASERS-Introduction, Production of Masers, Applications of Masers Unit-III, Brief account of Atomic Nucleus, Atomic Number, Mass Number, Nuclide, Nuclear charge, Nuclear size and Nuclear density, Isotopes, Isobars and Isotones-Definition and examples, To calculate number of protons, neutrons, electrons, atomic number and mass number in a given element .	3)Measurement of diameter of a metal wire using a screw gauge and find its volume. 4)Measurement of length and diameter of a rice grain using screw gauge.	Unit II - Field Events : Jump-High Jump [a] Dimensions and specification of equipment used [b] Techniques [c] Fouls Unit III - Any two Asana out of the Following: [a] Dhanurasana [b] Chakrasana [c] Vajrasana [d] Matasayasana	Unit III - Anyone game from the following games: [a] Badminton [b] Kho- Kho [c] Volleyball [d] Yoga - Various Yoga Asanas
May 2021 [Mid Term Exams May 17-22,2021]	Unit III- Einstein's Mass-Energy relationship, Nuclear forces, Characteristics of Nuclear forces, Elementary idea about Radio Activity – Natural & Artificial, Definition of Half life and average life of a radioactive substance, Units of radioactivity , Radioisotopes and their uses in Medicine, Industry, Agriculture, Carbon dating	Revision 5) To find resistance and power of a glowing bulb and to calculate energy consumed by it in given hours.	Unit IV - [a] Brief knowledge of Paralympics [b] Knowledge of prominent players of Paralympics games [c] Brief knowledge of Awards and Honors in Various Games, Athletics, Yoga	Unit IV - [a] Brief knowledge of Olympic Games [b] Olympic records and World records in Athletic events [c] Knowledge of prominent players of the games in syllabus [d] Brief knowledge of Awards and Honors in Various Games.Games, Athletics, Yoga
June 2021	Unit-IV -Nuclear reactions- Nuclear Fission and Fusion, Difference between the two,Brief idea about Controlled and Uncontrolled chain reactions, Conditions for self propagating Chain reaction and Neutron Reproduction Factor, Nuclear Reactor – Principle, Construction and Working, Some uses/ applications of Nuclear Reactor,Short notes on Radiation hazards and Safety Measures, Revision	6)To verify Ohm's law. 7)To study a circuit breaker. Revision	Revision	Revision

Mona

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020 - 2021

Name of the teacher: Mrs. SEEMA JAINLY Department:- ART, Semester:- III, I. Sem.

CLASSES	BSc.(Hsc) III, Sem	BSc.(Hsc.) I Sem.
Subjects	ART IN EVERYDAY LIFE	INTERIOR DESIGN AND RESOURCE MANAGEMENT.
Month 1 JULY - 2020	<ul style="list-style-type: none"> • Importance of Art in our day today life. • Use of art, utility of art 	<ul style="list-style-type: none"> • What is Rangoli, - its use, scope and its importance in every Indian household.
Month 2 AUGUST - 2020	<ul style="list-style-type: none"> • Elements of art • Principles of art - Shape, Balance, proportion etc. 	<ul style="list-style-type: none"> • Making of Alpana.
Month 3 SEPTEMBER 2020	<ul style="list-style-type: none"> • Use of colour, types of colour, properties of colour, warmth and coolness of colour. 	<ul style="list-style-type: none"> • cleaning - importance and purpose.
Month 4 OCTOBER - 2020	<ul style="list-style-type: none"> • Impact of colour. • Properties of colour. 	<ul style="list-style-type: none"> • cleaning of window panes, Glass, Silver, Brass, Wood and cane etc.
Month 5 NOVEMBER 2020	<ul style="list-style-type: none"> • Tints, Tones and shades 	<ul style="list-style-type: none"> • Making of a Scrap Book on different topics
DECEMBER 2020	EXAMINATIONS.	<ul style="list-style-type: none"> • of Rangoli + cleaning topics.

Seema Jainly

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Name of the teacher: Mrs. SEEMA JAINLY Department:- ART Semester:- II, IV Sem.

CLASSES	BSc (HSc.) IV Sem.	BSc (HSc.) II Sem.
Subjects	<u>ART IN EVERYDAY LIFE</u>	<u>INTERIOR DESIGN AND RESOURCE MANAGEMENT.</u>
Month 1	<ul style="list-style-type: none"> Shadanganas of India Art. Creating of a Book Cover. Letter Whittling in Blocks of 4x4" / 8x5". 	<ul style="list-style-type: none"> Identification of Goals. Classification of Goals. Planning of different Resources.
JANUARY-2021		
Month 2	<ul style="list-style-type: none"> Aesthetics its scope and its History. Posters to be made on various topics like Aids, vigilance, Swachhtha etc. 	<ul style="list-style-type: none"> Invitation and planning of Decoration.
FEBRUARY 2021		
Month 3		
MARCH-2021		
Month 4	<ul style="list-style-type: none"> Relation of Art with the others - Religion, Beauty, Intuition and Society. How to make Accessories for Interiors, Use of all accessories and its purpose. 	<ul style="list-style-type: none"> Budget planning for a home and family. Organising events on various themes in the college campus only. Event evaluation and making of reports all events.
APRIL-2021		
Month 5		
MAY-2021		

Seema Jainly

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

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Session: - 2020-21 Name of the teacher: - Mrs. Annu Deharwal Department: - Clothing & Textiles

Semester: - Odd semester (August 2020-February 2021)

CLASS	B.Sc (Fashion Designing) 5 th sem	B.Sc (Fashion Designing) 5 th sem	B.Sc (Fashion Designing) 5 th sem	Post Graduate Diploma (FD)1 st Sem	M.Sc (CT) 2 nd sem
Subjects	History Of World Costumes (Th)	Textile dyeing (Pr) (Group-A & B)	Textile dyeing (Pr)	Fashion Illustration (Pr)	Product Development (Pr)
September 2020	<ul style="list-style-type: none"> Study of world costumes. costumes Egypt costumes Greek 	Dyeing of Cotton with Direct dyes and Reactive dyes	<ul style="list-style-type: none"> Introduction to Dyes Difference between Dyes and Pigments Classification of Dyes - Natural Dyes and Synthetic Dyes 	<ul style="list-style-type: none"> Drawing of Basic Block and Fleshed Figures -Eight, Ten and twelve headed figure. Structure of hands, legs ,feet and arms . facial . Drawing of hair styles 	<ul style="list-style-type: none"> Design Development and Theme selection. Design process- inspiration, mood board, and story board.
October 2020	<ul style="list-style-type: none"> costumes of Rome costumes of Byzantine. costumes of French. Costumes of Middle ages and Renaissance Period 	Dyeing of Silk and Wool with Acid and Basic Resist Dyeing of Fabric Tie and dye Batik	<ul style="list-style-type: none"> Preparation of fabric before dyeing. Stages of Dyeing -Solution, Fiber, Yarn, Piece or Fabric and Product Dyeing 	<ul style="list-style-type: none"> Rendering Of Fabrics , Denim, Net , Chiffon, Velvet,Chiken,Satin, corduroy,Fur,Hoisery Prints – Checks And Stripes. 	<ul style="list-style-type: none"> Selection of product range , color , motifs and techniques.
November 2020 (Mid- Term Exam 24/11/2020-29/11/2020)	Revision of syllabus	Resist Dyeing of Fabric Tie and dye Batik	Revision of syllabus <ul style="list-style-type: none"> Methods of Dyeing- Batch Dyeing and Combination Dyeing. Dyeing Auxiliaries. 	Illustration of Jewellery, footwears,handbags, belt and headgear	<ul style="list-style-type: none"> Designing of product range .
December 2020	<ul style="list-style-type: none"> costumes of French revolution. costumes of Romantic period 	Colour Fastness of the fabric: Fastness to Washing, Ironing Perspiration Crocking and Sunlight	<ul style="list-style-type: none"> Colour Fastness to Washing, Ironing, Perspiration, Crocking and Sunlight Dyeing Defects 	<ul style="list-style-type: none"> Illustration of Casual wear, sportswear, beach wear and formal wear 	<ul style="list-style-type: none"> Presentations and exhibition .

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Mrs. Annu Deharwal Department: - Clothing & Textiles

Semester: - Even semester (March 2021- August 2021)

CLASS	B.Sc (Fashion Designing) 6 th sem	B.Sc (Fashion Designing) 6 th sem	Post Graduate Diploma (FD)2 nd Sem	Post Graduate Diploma (FD)2 nd Sem	M.Sc (CT) 2 nd sem
Subjects	Textile Printing And Finishing (Th)	Textile Printing And Finishing (Pr) (Group-A & B)	CAD-II	Historic Costumes	Quality Control In Apparel And Textiles (Th)
March,2021	<ul style="list-style-type: none"> Introduction to finishes and its importance Printing Auxiliaries Pretreatment of printing. Types of printing Roller Rotary Transfer Methods of printing Blocks, Roller, screen and Stencil 	samples and article of Block Printing Single, Double & Multi Coloured printing	Develop Child bodice-block and Sleeve block patterns on Tuka Cad	Historic costumes of -Vedic Period, Mughal Period and British Period	Introduction to Quality Control- <ul style="list-style-type: none"> Definition and importance of quality assurance Concept of Total Quality Management (TQM) Tools of Quality Control Legislation in Textiles/Acts
April, 2021	<ul style="list-style-type: none"> Post treatment- Heat setting, Steaming, Washing. Classification of finishes Basic preparation of fabrics-Singeing, Desizing, Scouring and Bleaching. 	Making of samples and article of Stencil Printing – Positive and Negative stencils	Develop Basic Skirt Basic Trouser block patterns on Tuka Cad	Historic costumes of Egypt Period Greek Period Roman Period	<ul style="list-style-type: none"> Standardization in textiles: concept, benefits and levels of standards. Stages of quality control Garment finishing and Inspection
May, 2021 (Mid- Term Exam 17/05/2021- 22/05/2021)	Revision of Syllabus <ul style="list-style-type: none"> Mechanical Finishes- Beetling, Brushing and Shearing, Weighting, Sanforising, Tentering, Calendaring, Simple, Friction, Moireing, Embossing, Schreinerling), Napping, Sizing and Glazing 	Flat and Photographic Screen Printing and article.	<ul style="list-style-type: none"> Revision and Practice 	costumes of Byzantine, French Costumes and Middle Ages	<ul style="list-style-type: none"> Standard institutions and organizations -ASTM, AATCC, ANSI, BSI, BIS.ISO Research Associations and their role SITRA, BTRA, NITRA, ATIRA, MANTRA, IIRA, SASMIRA, WIRA
June 2021	<ul style="list-style-type: none"> Chemical Finishes- Mercerizing, Crease Resistant, Fire-proof & Fire Retardant, Waterproof & Water Repellant, Anti-static, Wrinkle Resistant. 	Samples and article of Hand painting techniques.	<ul style="list-style-type: none"> Grading Summary report and pattern card. 	Costumes Renaissance Period, French Revolution and Romantic Period	<ul style="list-style-type: none"> Parameters for apparel quality testing and control Identification of fabric defects. Packaging Labelling

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher- Anila

SESSION :- 2020-2021
Department- Clothing and Textiles
Semester-Odd

Classes	B.Sc.(Fashion Designing)5 th Sem	B.Sc.(Fashion Designing) 1 st sem	M.Sc. (Clothing & Textiles) 3 rd Sem	PG Diploma in Fashion Designing
Subjects	Garment construction-V Practical (A&B)	Punjabi Theory	Historic Costumes Theory	Garment construction-I Practical
August, 2020	Introductory class -Checking of test fit garment from previous class pattern making	Introductory class Unit-1	Introductory class Study of the costumes worn during following periods- -Egypt	Introductory class Making samples of Neckline finishes -Bias facing -Bias binding -Shaped facing
September, 2020	Construction of blouse from test fit -Drafting and construction of petticoat	Unit-2	Study of the costumes worn during following periods- -Greece -Rome -Byzantine	Making samples of plackets- Two-piece, one piece and zipper plackets Making samples of Collars- Peter pan, sailor's, Chinese, Shawl, Cowl, Convertible
October, 2020	Checking and submission of petticoat -Drafting and construction of Nighty	Unit-2 Class handover to Punjabi teacher	Study of the costumes worn during following periods- -French Revolution -Romantic period	Making samples of Sleeves- Plain, puff, bell, leg-o-mutton, cap, Magyar, reglan Making samples of skirts- A-line, pleated
November, 2020 (Mid term exam)	Checking of nighty File submission and checking		Revision of syllabus -Victorian period	Circular, Godet File checking
December, 2020	-Drafting of Salwar and kameez -Cutting of salwar and kameez		- Introduction and need of costumes and textiles conservation -Materials used in conservation of costumes and textiles	Making samples of skirts- Tiered, Wrap skirt Making samples of pockets- Patch, Inseam and set-in
January, 2021	Construction of salwar and kameez Final file submission		-Mending techniques -Display and storage Revision of whole syllabus	Doubt clearing classes and file submission.

Anila

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher- Anila

SESSION :- 2020-21
Department- Clothing and Textiles
Semester-Even

Classes	B.Sc.(Fashion Designing)6 th Sem	PG Diploma in Fashion Designing 2 nd sem	M.Sc. (Clothing& Textiles) 4 th Sem	M.Sc. (Clothing& Textiles) 4 th Sem
Subjects	Garment construction-VI Practical (A&B)	Line development	Fashion Retailing and Merchandising Theory	Fashion Retailing and Merchandising Practical
March,2021	Introductory class -Drafting and adaptation of top with princess seam line	Introductory class -Description about source of inspiration	Introductory class UNIT-I Meaning of the following terms- Merchandise, Merchandising, Globalization, Marketing Mix, Market Research, Colour Palette etc...	Introductory class Survey of sales promotion techniques followed by any two leading stores
April,2021	-Construction of top with princess seam line -Drafting of circular skirt	-Sheet work regarding source of inspiration -Presentation on mood boards and theme boards -Creating mood and theme boards on various themes	UNIT-II Fashion retail organizations and its division Importance of Fashion Retailing Components of fashion retailing Trends in retailing	A case study of any fashion retail store and report writing of the same
May,2021 Mid term exam	File checking Construction of circular skirt	Planning a line Creating the design concept through -Theme board -Mood board Submission and checking of presentation regarding the same -Developing the designs	UNIT-III Fashion Marketing- Meaning, size and structure Revision of syllabus -The fashion marketing process -Role of fashion marketing managers	File checking
June,2021	- Designing of one-piece dress -Drafting and adaptation of the same	-Sourcing of the fabric -Developing the patterns	-Consumer behavior and decision making -Marketing strategies -External and internal factors influencing price decisions UNIT-IV -Fashion merchandising process	Thematic window display on the selected topic and evaluation
July,2021	Construction of the same -File checking	Preparation of spec-sheets -Garment construction and show casing the collection	Role and responsibilities of fashion buyers -Types of sales promotion -Visual merchandising Revision of all syllabus	Thematic window display on the selected topic and evaluation File checking

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Name of the teacher:- DR. NAMRATA SETHI Department:-FOOD AND NUTRITION Semester:- 1st sem (JULY 2020-DEC 2020)

CLASSES	Msc. Foods and Nutrition (3 rd sem)		Bsc. Home Science (1 st sem)	Bsc. Home science(3 rd sem)	Bsc. Home Science (5 th sem)
Subjects	Clinical and therapeutic nutrition- II	Dissertation	Introduction to foods and nutrition-I	Applied nutrition	Fundamentals of food science -I
Month 1 AVG	<p>UNIT – I Nutritional support- Principles and Importance</p> <p>2. Types of Feeding</p> <p>3. Recent advances of feeding techniques</p> <p>UNIT- II Aetiopathogenesis, - clinical picture, diagnostic tests, treatment, preventive aspects, lifestyle and dietary management of 1.Cardio Vascular Disease 2.Atherosclerosis 3.Ischemic Heart Disease 4.Hyperlipidemia</p>	<p>Synopsis</p> <p>Questionnaire preparation</p>	<p>UNIT- I 1. Introduction to Foods and Nutrition</p> <ul style="list-style-type: none"> • Definition of food •Functions of Food- physiological, psychological and social <p>2. Classification of food on the basis of its functions.</p> <ul style="list-style-type: none"> • Health, Optimum Nutrition, Malnutrition • Basic terminology used in cooking 	<p>UNIT – I</p> <p>Concept of nutrition transition.</p> <p>Recommended Dietary Allowances:</p> <ul style="list-style-type: none"> •Concept of minimum nutrient requirements and recommended dietary allowances <p>UNIT- II</p> <p>Classification, digestion, absorption, RDA, deficiency and excess:</p>	<p>UNIT – I</p> <p>Introduction to food science : Definition, importance and applications ,Basic terminology used in food science*</p> <p>Basic Concept of : Organic foods, Genetically Modified foods</p> <p>UNIT – II</p> <p>Food acceptability:</p> <p>Factors affecting food acceptability ,Subjective and objective methods of evaluation, Tests for</p>

	5.Hypertension				sensory evaluation
Month 2 SEPT	<p>UNIT-II Nutritional significance of fatty acids – SFA, MUFA, PFA</p> <p>Role of n-3 and n-6 fatty acids; Trans fatty acids</p> <p>Role and mechanism of action of Dietary Fibre in CVD</p> <p>Electrolyte imbalance w.r.t Na, K</p> <p>UNIT -III Aetiopathogenesis, clinical picture, diagnostic tests, treatment, preventive aspects, lifestyle and dietary management 1.Gout 2.Arthritis 3. Osteoporosis</p>	Data collection/ experimental work	<p>UNIT- II 3. Functions and sources of- • Macro nutrients- Carbohydrates, Proteins and Fats</p> <p>• Micro nutrients- Minerals: Calcium, Iron and Iodine; Vitamins: Fat soluble (A, D, E, K) Water soluble (thiamine, riboflavin, niacin, pyridoxine, cyanocobalamin B12, ascorbic acid)</p> <p>UNIT -IV Food safety</p> <p>•Basic concept of food adulteration</p> <p>• Introduction to food safety laws (PFA, BIS, HACCP, ISO, ISI, FPO, FSSA)</p>	<p>UNIT-II</p> <p>• Carbohydrates - Monosaccharide, Disaccharides, Polysaccharide • Protein</p> <p>• Concept of essential ,non essential amino acids</p> <p>UNIT-IV Recommended Dietary Allowances, deficiency and excess: • Minerals- calcium, iron, iodine</p>	<p>UNIT - II Food packaging: Basic types of packaging Importance of nutritional labeling</p> <p>UNIT - III Role of colloidal chemistry in cookery : Definition of colloidal systems ,Hydrophilic and Hydrophobic colloids</p> <p>Role of colloidal chemistry in cookery: -Gel - Formation and uses in cookery</p>
Month 3 OCT	<p>UNIT-III Etiology, clinical features and dietary management</p> <p>1.Burns 2. Surgery 3.Stress and trauma</p>	Data collection/ experimental work Data entry and analysis	<p>UNIT-II Functions and sources of-</p> <p>• Water</p> <p>• Fiber</p>	<p>UNIT- III Classification, digestion, absorption, RDA, deficiency and excess:</p> <p>• Fats - saturated,</p>	<p>UNIT-III Emulsions- types of Emulsion and uses in cookery</p> <p>Foams- Formation and</p>

				unsaturated	factors affecting foam formation and uses in cookery UNIT – IV Food adulteration :Basic concept of adulteration
Month 4 NOV	<p>UNIT - IV</p> <p>Classification, etiology, clinical features, diagnostic tests, prevention and treatment, lifestyle and dietary management Diabetes Mellitus Concept of Glycemic Index, Glycemic Load Nutritional significance of Dietary Fiber – Types, sources, role and mechanism of action.</p> <p>UNIT –IV</p> <p>Space travel, High altitudes</p> <p>Phenylketonuria, Galactosemia</p>	Write up – Introduction, Methodology, Review of literature	<p>UNIT- III</p> <p>Objectives of cooking food</p> <p>Methods of cooking • Dry heat, moist heat, cooking with oil • solar cooking and microwave cooking</p> <p>Effect of cooking on nutrients UNIT IV Meal planning</p> <ul style="list-style-type: none"> • Fundamentals of meal planning • Factors affecting meal planning 	<p>UNIT-III6. Recommended Dietary Allowances, deficiency and excess:</p> <ul style="list-style-type: none"> • Vitamins- fat soluble- A,D,E,K 65 <p>UNIT –IV 7. Recommended Dietary Allowances, deficiency and excess:</p> <ul style="list-style-type: none"> • Vitamins - water soluble- Thiamine, Riboflavin, Niacin, Pyridoxine and C 	<p>UNIT-IV</p> <p>Types of adulterants</p> <p>Common methods for detecting adulterants</p> <p>Food quality assurance : Concept of national and international food laws – FSSAI, Codex and ISO ,TQM,GRAS, HACCP</p>

Month 5 DEC	Assignments Revision and tests	Final draft of introduction Review of literature and methodology	Previous year question paper revision Assignments and tests	Previous year question paper revision Assignments and tests	Previous year question paper revision Assignments and tests
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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Name of the teacher:- DR. NAMRATA SETHI Department:-FOOD AND NUTRITION Semester:- 2nd sem (JAN 2021-MAY 2021)

Class	Msc. Foods and nutrition (II sem)		Msc. Foods and nutrition (IV sem)		Bsc. Home science (II sem)	Bsc. Home science (IV sem)	Bsc. Home science (VI sem)
Subjects	Clinical and therapeutic nutrition II	Dissertation	Principles of food science	Dissertation	Introduction to foods and nutrition II	Applied Nutrition II	Fundamentals of food science II
Month 1 JAN	UNIT – I Diet prescription and nutritional care process – Essential components	Synopsis Questionnaire preparation	UNIT – I Processing of foods Historical perspective Primary, secondary and tertiary processing Traditional technologies used in food processing Mechanical	Synopsis Questionnaire preparation	UNIT- I Study of the food groups with respect to their classification, basic composition	UNIT – I Concept and components of body	

	of diet prescription and steps involved in nutrition care process Nutrition in hospitalized patients. Diet counseling: Definition, responsibilities of a counselor and tips for successful counseling, components and formulation of a proforma for diet counseling.	n	Thermal Effects of processing on components, properties and nutritional value of foods UNIT –II Cereal cookery/Starch cookery Composition and properties of different types of starches Application in food systems Gluten formation Retro gradation of starch Gelatinization dextrinisation	ion	and nutritive content Cereals Pulses ,legumes Fruits and vegetables, Fats and oils Sugar and jaggery Beverages- tea, coffee, cocoa UNIT- II Study of the food groups with respect to their classification, basic composition and nutritive content Milk and milk products Eggs, meat, fish and poultry Nuts and oil seeds	composition. Water- functions, requirements and deficiency. General methods of assessment of recommended dietary allowances. UNIT – II 4Concept of energy balance: Positive, Negative. Homeostasis Physiological fuel value(carbohydrates, protein, fat)	
Month2 <i>PEB</i>	UNIT- II Aetiopathogenesis, clinical picture, diagnostic tests,	Data collection/ experimental work	UNIT- II Sugar cookery Composition and properties of different types of sugars Application in food	Data collection/ experiment	UNIT –II Food storage: Introduction and general guidelines	UNIT-III Physiological characteristics, nutritional	

	<p>treatment, preventive aspects. Peptic ulcer Ulcerative colitis Diarrhoea, dysenteries Malabsorption syndrome, IBS</p> <p>UNIT - IV Nutrition care in immune deficiency diseases: HIV aids and Cancers</p>		<p>systems Crystallization and caramelization Maillard reaction and its industrial application</p> <p>UNIT –III Fats and Oils Types of fats Properties – Smoking point, melting point, hydrogenation, shortening effect.</p> <p>Changes during storage Rancidity – Oxidative and lypolytic</p> <p>Sensory evaluation Packaging, labeling and marketing</p>	<p>ental work</p>	<p>for safe food storage</p> <p>Dry food storage</p> <p>Refrigerated store Freezer storage</p> <p>UNIT- III Balanced Diet</p> <p>Definition and concept</p> <p>Factors affecting balanced diet</p>	<p>requirements and nutritional care in the following:</p> <ul style="list-style-type: none"> •Infancy •Childhood <p>Physiological characteristics, nutritional requirements and nutritional care in the following: •</p> <ul style="list-style-type: none"> Adolescence • Adulthood UN 	
<p>Month 3 MAR 11</p>	<p>UNIT -III Classification, etiology, clinical features, diagnostic tests, prevention and treatment. Liver disorders:</p> <p>Viral hepatitis types A and B</p>	<p>Data collection/ experimental work Data entry and analysis</p>	<p>UNIT –III</p> <p>Protein rich foods of animal and plant origin Pulse cookery:</p> <p>Factors affecting the quality of cooked products, Effect of soaking, germination and fermentation</p> <p>Milk cookery: Properties of milk proteins – physical and functional properties and its uses in cookery</p>	<p>Data collection/ experimental work Data entry and analysis</p>	<p>UNIT –III</p> <p>RDA – definition Reference man and woman</p> <p>Food pyramid</p>	<p>UNIT- IV</p> <p>8. Physiological characteristics, nutritional requirements and nutritional care in the following:</p> <p>Pregnancy lactation</p> <p>Old Age</p>	
<p>Month 4 APR 11</p>	<p>Cirrhosis of liver Hepatic coma.</p>	<p>Write up – Introducti</p>	<p>Egg cookery: Properties of egg proteins – physical and functional</p>	<p>Write up –</p>	<p>UNIT IV</p> <p>Food</p>	<p>UNIT-IV Diet Therapy:</p>	

<p>Classification, etiology, clinical features, diagnostic tests, prevention and treatment. Renal diseases: Glomerulonephritis Nephrotic syndrome Acute and chronic renal failure</p>	<p>on,Methodology,Review of literature</p>	<p>properties and its uses in cookery <input type="checkbox"/> Meat Cookery: Properties of meat proteins; Post mortem changes, changes during heat treatment UNIT -IV Vegetables and fruits</p> <p>Types of starches Pectic substances Plant pigments Plant enzymes and uses Browning reaction Effect of cooking on pigment, texture of fruits and vegetables</p> <p>Basic concepts of new product development Need, scope, importance Market research and consumer dynamics</p> <p>Process of product development and standardization</p>	<p>Introduction, Methodology, Review of literature</p>	<p>Preservation- Definition and importance Food spoilage causes and factors affecting it Principles of food preservation Methods of preservation – household and commercial</p>	<ul style="list-style-type: none"> Principles of diet therapy Modification of normal diet Nutritive modifications of diet. Basic concept of enteral and parenteral nutrition <p>UNIT-II Concept of BMR, SDA/TEF: Factors affecting BMR and energy expenditure</p>
<p>Month 5 MAY</p>		<p>Final draft of introduction Review of literature and methodology</p>	<p>Final draft of introduction Review of literature and methodology</p>		

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020 - 21Name of the teacher:- Dr. Poojanka Sharma Department:- Music Semester:- Ist and IIIrd

CLASSES	B.Sc (Home Science) I st Semester	B.Sc (Home Science) III rd Semester		
Subjects	Music (V)	Music (V)		
Month 1 August	Introduction of Music Swar, Raptala, Aroh- Avaroh.	Revision of Basis of Music. Practice of Alankars.		
Month 2 September	Introduction of Raag Bilawal and Teen Tal. Practice of Raag and Tal.	Introduction of Raag Bhimpalasi and Ektaal. Practice of Raag and Tal.		
Month 3 October	Introduction of Raag Kafi and Dadr Tal. Practice of Raag and Tal.	Introduction of Raag Bhairavi and Shajtal. Practice of Raag and Tal.		
Month 4 November	Practical and	Theory Exams.		
Month 5 December	Topic of Life Sketches Pt. Ravi Shastri and Pt. Bhimsen Joshi	Topic of Life Sketches Pt. Shivkumar Sharma M.S. Subbalakshmi		

January - February - Revision of all the syllabus.

Sharma

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21

Name of the teacher:- Dr. Priyanka Sharma Department:- Music Semester:- Ind and IVth

CLASSES	B.Sc (Home Science) I nd Semester	B.Sc (Home Science) IV th Semester		
Subjects	Music (V)	Music (V)		
Month 1 March	Introduction of Yaman Rag and Rupak Tal. Practice of Rag and Tal.	Introduction of Bihag Rag and Deepchandi Tal. Practice of Rag and Tal.		
Month 2 April	Introduction of Rag Bhupali and Behra Tal. Practice of Rag and Tal.	Introduction of Rag Malkauns and Tilwadi Tal. Practice of Rag and Tal.		
Month 3 May	Practical and	Theory Exams.		
Month 4 June	Topic of life sketches Pt. Hari Prasad Chaurasia Pt. Jasraj	Topic of life sketches Pt. Bade Ghulam Ali Pt. Zakir Hussain		
Month 5 July	Revision of all the syllabus.	Revision of all the syllabus.		

August

Revision

Revision

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

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Session: -2020-2021

Name of the teacher: - Dr. Shabana

Department: - Economics

Semester: - Term I (Aug.2020-Feb.-2021)

CLASSES	B.Sc. Home Science (Semester-V)	B.Sc. Home Science (Semester-V)	M.Sc. Home Science 1 st semester	M.Sc. Home Science 1 st semester	M.Sc. Home Science 3 rd semester
Subjects	Economics and Entrepreneurship Development-I (Theory)	Economics and Entrepreneurship Development-I (Practical)	Research Methodology and Statistics (Theory)	Research Methodology and Statistics (Common To All Streams) (Practical)	DISSERTATION
Month 1 Aug.	Unit-I 1. Entrepreneurial economics: Need and Entrepreneurship and enterprise 2. Entrepreneurship and role in economic development Intrapreneurship and its importance	1. Preparation of project report of small enterprises/cottage industries/startups.	Unit- I 1. Research- meaning, purpose and approaches Exploration, Description, Explanation Research designs- Experimental and Observational 2. Statistics- Scope and Significance in Home Science discipline Descriptive and inferential statistics Functions and limitations of statistics	Basics of Excel- data entry, editing and saving, establishing and copying a formula.	Synopsis, Questionnaire and other preparations
Month 2 Sept.	Unit-II 3. Entrepreneurial Behaviour: Types of an entrepreneur Entrepreneurial traits 4. Entrepreneurial Motivation Types and importance of motivation Various motivating factors	2. Class presentation of Project report by conducting the SWOT analysis and suggesting feasible measures for policy implementation.	Unit-II 3. The Research Process Defining the research problem, research questions, objectives, hypothesis Review of related literature Methodology and tools to be used Citation formats 4. Sampling and Tools Universe and sample Types of sampling	Functions in excel, copy and paste and exporting to MS word document	Data collection/experimental work, Data entry and analysis
Month 3 Oct.	Unit-III 5. Women entrepreneurs: characteristics role and challenges faced during creation and enterprise management 6. Avenues for the growth of women entrepreneurs	3. Assignments/ presentation on opportunity scouting and idea generation. The contents of the assignment should be focused on the source of institutional finance to the business idea.	Unit-III 5. Understanding various statistical measures Simple Arithmetic Mean (direct method) Median and Mode Standard deviation (assumed mean method) Variance 6. Conceptual understanding of Correlation and Regression (Theoretical introduction) Karl Pearson coefficient of correlation and its properties Regression equation and regression line.	Graphical presentation of data -Histogram, frequency polygon, Ogives, pie charts and bar diagrams.	Write up- Introduction, methodology, Review of literature
Month 4 Nov	Unit-IV 7. Business Idea/Plan: Pitching a business idea and its formulation. Difference between Start ups and Small business. 8. Intellectual Property Rights (Creation-Protection-Encashing)	Submission of assignments and presentation	Unit-IV 7. Inferential Statistics Level of significance Standard error and Confidence limits 8. Large sample and small sample tests t-test, Significance of difference between means F- test Chi-square test of independence	SPSS, opening SPSS, layout, menu and icons analyzing the data using different statistical techniques.	Write up- Introduction, methodology, Review of literature
Month 5 Month 6 Dec Jan.	Assignments, revisions, doubt clearance sessions, revision tests		Assignments, revisions, doubt clearance sessions, revision tests		Final draft of Introduction, review of literature and methodology

Session: - 2020-2021

Semester: - Term 2

(March 2021-Aug-2021)

Name of the teacher: - Dr. Shabana

Department: - Economics

CLASSES	B.Sc. Home Science (Semester VI)	B.Sc. Home Science (Semester-VI)	M.Sc. Home Science 2 nd semester (Clothing Textiles)	M.Sc. Home Science (Human Development and Family Relation) 4 th semester
Subjects	Economics and Entrepreneurship Development-II (Theory)	Economics and Entrepreneurship Development-I (Practical)	ENTREPRENEURSHIP (THEORY)	DISSERTATION
Month 1 March	Unit-I 1. Small business enterprise management. -Setting up of small scale enterprise -Institutions assisting Small business enterprises in India 2. Problems of small business enterprises in India.	Case study of an entrepreneur The case study will include: 1. Important features of an entrepreneur. 2. Competencies of an entrepreneur. 3. Sources of finance 4. Reasons for success and failures. 5. Preparation of a report on the basis of case study analysis and giving innovative ideas for better enterprise management.	UNIT-I 1. Entrepreneurship as a process Role of entrepreneurship Entrepreneurship and economic development 2. Entrepreneurship in Textile industry Entrepreneurial skills and traits Case study of boutique owner	• Submission of finalized introduction, review of literature, methodology
Month 2 April	Unit-II 3. Business Environment -Types of Business environment: Micro and Macro Factors affecting business environment 4. Profitability of business. -Social cost and benefit Analysis	Developing a Business Plan for Micro enterprises. Calculation of Break-even point and conducting feasibility analysis	UNIT-II 3. Small Enterprises and Startups Rationale and objectives Problems of Small enterprises and Startups in India. 4. Small business enterprises in relation to Fashion Industry Procedure and formalities in their setup	• Data analysis and results Write up and discussion with guide Review of finalized thesis and modification
Month 3 May	Unit-III 5. Business marketing: Marketing strategies-packaging, advertising, e-marketing, personal selling 6. Four Ps of marketing: Product, Price, Place and Promotion.	3 Steps to organize and manage any one of the following a. Cafeteria/Diet clinic b. Nursery school/Day care c. Boutiques/window and interior store display d. Interior Design studio.	UNIT-III 5. Project, Meaning and classification Project Identification and classification Budgeting and Funding 6. Project Formulation Feasibility analysis Techno-Economic Analysis Financial Analysis and Cost-Benefit Analysis	• Modifications and addition of recommendations
Month 4 June	Unit-IV 7. Project Finance - Long term and short term sources of finance - Fixed capital and Working capital 8. Project Formulation - Need and scope -Elements of project formulation		UNIT-IV 7. Project Finance Long term vs short term finance Angel investors 8. Women enterprises in clothing and textiles in India Women entrepreneurs, challenges faced Institutions assisting women entrepreneurs in India	• Conclusion and Summary write up and modifications And finalization of dissertation
Month 5 July	Assignments, revisions, doubt clearance sessions, revision tests		Assignments, revisions, doubt clearance sessions, revision tests	• Finalisation and submission of dissertation

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

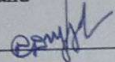
SESSION :- 2020-2021

Department- Clothing and Textiles

Semester-Odd

Name of the teacher- Nidhi Duggal

Classes	B.Sc. Fashion Designing – 3 rd Sem	B.Sc. Fashion Designing– 3 rd Sem	B.Sc. Fashion Designing– 1 st Sem	B.Sc. Home Science ATD – 5 th Sem.	B.Sc. Home Science ATD – 5 th Sem.	B.Sc. Home Science 1 st Semester
Subjects	Traditional Textiles – Theory	Traditional Textile – Practical	Garment Construction 1 – Practical	Textile Design – Theory	Textile Design – Practical	Introduction to Clothing & textiles – Theory
August, 2020	-Introductory Class - Bandhani of Gujrat & Rajasthan - Patola of Gujrat - Ikat of Orrisa	-Introductory Class -Identification of various Traditional Textiles with Motifs & Designs	-Introductory Class -Machine Basting -Making samples of Basic hand stitches viz. *Basting (Even, uneven & Diagonal) *Back Stitch *Hemming (visible and invisible) *Tailor's stack	UNIT-I Study of various elements and principles of design with special reference to Apparel and Textiles 3. Elements of Art f) Line g) Form h) Colour & its dimensions (Hue, Value, Intensity) i) Colour schemes j) Texture 4. Principles of Design e) Harmony f) Proportion g) Balance h) Rhythm Emphasis	3. Sketching of different types of c) Lines d) Shapes	Introductory Session Classification of textile Fibre viz. General Fibre Properties
September, 2020	- Pochampalli of Andhra Pradesh - Revision - Printed Textiles of Rajasthan – Sanganeri Textiles, Bagru &	-Identification of Resist Dyed Textiles viz. Bandhani of Gujrat & Rajasthan, Patola of Gujrat & Ikat	Making samples of following types of seams : *Plain *Run & Fell *French *Lapped	UNIT-II Preparation of fabric before Dyeing and Printing Dyes :	4. Colour- d) Colour wheel e) Color Schemes f) Tints and	Manufacturing Process and properties of natural cellulosic Fibre - Cotton & Linen

	Ajrakh	of Orissa, Pochampalli of Andhra Pradesh, Printed Textiles of Rajasthan – Sangneri Textiles, Bagru & Ajrakh	*Counter *Mantua maker Making samples of following types of seam finishes : *Overlock *Hand overcast *Turned and stitched *Binding	a) Terminology : Dyes, Dyeing, Pigment, Dye-Bath, Material Liquor Ratio, Mordant, Auxilliaries and Color-fastness b) Classification of Dyes	Shades Grey Scale	Revision
October, 2020	- - Painted Textiles (Kalamkari) - Batik - Kashmiri Shawls Revision	-Identification of Painted Textiles, Batik, Kashmiri Shawls -Collection of swatches/ photographs to study the motifs, designs & colors of Traditional Textiles -Revision	Making samples of Darts & Pin tucks Making samples of Cross Tucks, Shell tucks, Released Tucks and Corded Tucks	Dyes d) Stages of Dyeing e) Methods of Dyeing	Development of motif : Geometrical, Natural, Stylized and Abstract	*Manufacturing Process and Properties of natural proteinic Fibre: Wool & Silk
November ,2020 (Mid term exam)	- Revision Contd.. - Brocade Jamdani	-File Checking -Revision of Traditional Textiles -Review of Craft Documentation	File Checking Making samples of Gathers	UNIT-III -Techniques of Printing: - Block Printing - Screen Printing - Stencil Printing - Roller Printing	File Checking Creating textures using different mediums : thread pulling, stencil spray, ink drop, blowing of colors and inks, marbling, rubbing, pencils, crayons, rubber and candles	*Terminology of Clothing Revision
December,2020	- Baluchari - Chanderi - Maheshwari	-Identification of Brocade, Jamdani, Baluchari, Chanderi, Maheshwari & Kanjivaram -Collection of swatches/	Making samples of Pleats – Box Pleats, Knife Pleats, Kick Pleats Making samples of Ruffles	UNIT-IV - Thickening agents : types and uses - Post treatment of dyed and printed goods.	Development of design through different placements : Straight repeat (all-over), half drop, tile or brick, repeat mirrored vertically and horizontally	*Tools and equipment used in clothing construction: 

photographs
continued

January, 2021

- Kanjivaram
Revision of whole
Syllabus

Doubt Clearing &
Final File
Submission

Making samples
of Frills –
Gathered Frill
and pleated frills

Defects of dyed and printed goods.
Doubt Class

Development of two
different theme-based
designs each for apparel
and household articles in
two colorways

*Sewing
machine - parts
and functions,
attachments
problems and
their remedies

Sample

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

SESSION :- 2020-21

Department- Clothing and Textiles
Semester-Even

me of the teacher- Nidhi Duggal

Classes	B.Sc.(Fashion Designing) 2 nd Sem	B.Sc.(Fashion Designing) 2 nd Sem	B.Sc.(Fashion Designing) 4 th Sem	B.Sc. Home Science ATD – 6 th Semester	B.Sc. Home Science ATD – 6 th Semester	PGD/DFD
Subjects	Garment construction-Theory	Garment Construction – Practical	Knitting - Practical	History of World Costume – Theory	History of World Costume – Practical	Pattern Making II - Practical
March,2021	UNIT-I 1. Terminology and details of the following: a) Sleeves: Plain, Puff, Cap, Bell, Petal, leg-o-mutton, Kimono, Reglan and Magyar b) Collars: Peter Pan, Baby, Cape, Sailor, Mandarin, Shawl and Convertible	-Introductory Class Making samples of Neckline finishes – Facing – Binding Making samples of Pockets- – Patch pocket	-Introduction to the subject -Knitting Abbreviations -Tools & Material	-Introductory class -Egypt Civilization & study of Costumes worn during this period - Greek Civilization & study of Costumes worn during this period	-Introductory Class -Identification the sources of inspiration from various ancient world civilizations -Illustration of costumes of different Ancient world civilizations – Egypt & Greek	Introduction to the subject Introduction to Draping viz. - Equipments - Grain - Seam allowance/ease - Preparation of fabric - Dress forms Draping of basic bodice – Front
April,2021	UNIT-II 2. Terminology and details of the following: a) Skirts: Basic, Flared, Circular, Panelled, Gathered, Gored, Godet, Pegged, Tiered and Wrap skirt b) Trousers: Shorts, Jamaica, Bermuda, Pedal	Making samples of plackets- – Continuous placket – Two Piece placket – Bound placket Making samples of Pockets- – Inseam pocket – Front Hip pocket	Preparation of following hand knitting samples - Basic stitches -Rib, Moss, - Garter & Single Jersey - Texture - Laces	-Influence of Mughal & British Period on Indian Consume -Evolution of Ancient Indian Costumes	-Illustration of costumes of different Ancient world civilizations – Mughal & British -Designing of Contemporary dresses or textiles by taking inspiration from Europe	Drapign of basic bodice – Back Introduction to Grading Grading of Skirt block

	pushers, Palazzo pants, Toreador pants and Capri.	- Patch pocket with flap				
	Revision					
May,2021 Mid term exam	UNIT-III 3. Handling special fabrics (with special reference to seams, seam finishing and handling while sewing) - Net, fur, leather, sheers, Jersey, Velvet, Corduroy, prints, checks and plaids, sequined fabric.	File Checking Making samples of Zippers- - Visible Zipper. - Invisible Zipper	File Checking Preparation of following hand knitting samples - Cables - Faire-isle	Revision of syllabus -Rome Civilization -Byzantine Civilization	-File Checking -Illustration of costumes of different Ancient world civilizations – Rome & Byzantine	File checking Draping of basic skirt – front and back
June,2021	4. Preparation of fabric for clothing construction. 5. Fabric estimation and its importance.	Making sample of different Fasteners Making samples of Kurta plackets	Introduction to machine knitting Making samples of Rib & Tuck	- French costumes worn during following periods- --Middle Ages --Romantic Period	Illustration of French costumes during Middle Ages & Romantic Period	Grading of basic bodice and sleeve block
July,2021	UNIT-IV 6. Lining, interlining and underlining. 7. Facing and inter facing. 8. Suitability of different fabrics for different garments	Making samples of Kurta pockets	Submission of File & Project work	- French costumes worn during following periods- --Renaissance Period – Revision of whole syllabus	Illustration of French costumes during Renaissance -Completion & Final submission of files	Preparation of Industrial & Commercial Paper Pattern of Skirt & Top

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21Name of the teacher:- Ms. Shalu Gupta Department:- Extension Education Semester:- 1st & 5th

CLASSES	B.Sc. H. Sc. 5 th Sem (All Streams)	B.Sc. H. Sc. 5 th Sem (All Streams)	B.Sc. H. Sc. 5 th Sem (IDRM)	B.Sc. H. Sc. 7 th Sem
Subjects	Extension Edu-I (TA) (All Streams)	Extension Edu-I (Prac)	Work Place Design -I	Intro. to IDRM-I
Month 1 August	Unit - I & II	Intro - to various types of aids	Unit - I Illumination	Meaning & Process of management
Month 2 Sep.	Unit - II & III	Presentation of posters & Charts	Thermal Environment	Decision making Motivational factors
Month 3 Oct / Nov.	Unit III comple- -ted	Preparation & presentation of flashcards	Ventilation	Element of Interior Design
Month 4 Dec	Unit - IV	Puppet story writing Presentation of puppets online	Air conditio- -ning	Principles of interior design
Month 5 Jan / Feb	Revision	Revision	Revision	Revision

Shalu

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21

Name of the teacher:- Ms. Shalu Gupta Department:- Extension Education Semester:- 6th & 2nd

CLASSES	B.Sc. H.Sc. 6 th Sem (All streams)	B.Sc. H.Sc. 6 th Sem (All streams)	B.Sc. H.Sc. 2 nd Sem
Subjects	Extension Education -II (Th)	Extension Edu-II (Prac.)	Intro. to IDRM
Month 1 March	Unit-I	Topic selection through discussion Prep. of questionnaire	Intro. to Resources Meaning & Classification Factors
Month 2 April	Unit-II	Preparation of videos and presentation	Money management Time management
Month 3 May	Unit-III (partial)	Awareness through Videos & presentations	Energy management Classification of colours
Month 4 June	Unit-III completed Unit-IV	Presentations	Colour schemes & properties, colour wheel Emotional effect
Month 5 July/Aug.	Unit-IV completed Revision		Work simplification Revision

Shalu

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher- Dr. Bhavneet Kaur

Session- 2020-21

Department- Foods and Nutrition

Semester- 2,4&6

May, 2021 - Aug 2021

CLASS	B.Sc. H.Sc. 4 th sem	B.Sc. Dietetical (6 th sem)	PG Diploma (2 nd semester)	M.Sc. Foods and nutrition (2 nd semester)	M.Sc. Foods and nutrition 4 th sem			
Sub	Physiology and promotive health II	Institutional Food Service and Quality Management II	Public Health and Nutrition II	Institutional Food Service Management II	Nutritional Anthropology	Dissertation	Dissertation	Alternative medicines in nutrition
Ma rks	Excretory System: Structure and Function of kidney Formation of urine Endocrine Glands: Structure, hormones and functions of the following glands: Pituitary, thyroid, parathyroid, adrenal, pineal and pancreas.	Quantity food production. Food production system and process. Methods and techniques. Criteria of evaluating food quality. Use of leftover foods. Food service Planning, decor and functionality of service and dining areas. Types of food service and their management. Vending and mobile catering. Practical: Standardization, preparation, planning and quantity cooking of menu for- Lunch party, Birthday party. Taking and executing orders related to above. Food quality. Concept of food quality. Quantitative and nutritional aspect of food quality. Sensory quality. Food cost.	Etiology, public health implication and preventive strategies for Protein energy malnutrition. Vitamin A deficiency. Nutritional anemia. Etiology, public health implication and preventive strategies for Iodine deficiency disorders. Vitamin D and osteoporosis. Zinc deficiency. Practical- Planning and preparation of low cost nutritious recipes for: High protein and energy. Food toxins - Chemical and natural.	Personnel Management: Definition and scope. Approaches: Technological. Personnel policies. Functions of a personnel manager. Staff employment. Advertising. Recruiting: Process and sources- Internal and External. Selecting: Interview, tests. Employment and wages. Orientation: Importance, Types. Formal, Informal. Employee benefits: Physical needs. Physiological needs. Social- psychological needs. Principles of employee benefits. Employee welfare schemes in India.	Quantity food production. Food production system and process. Methods and techniques. Criteria of evaluating food quality. Use of leftover foods. Food service: Planning, decor and functionality of service and dining areas. Types of food service and their management. Vending and mobile catering. Practical: Standardization, preparation, planning and quantity cooking of menu for- Lunch party. Birthday party. Taking and executing orders related to above. Preparation and presentation of the same.	Allotment of guides to the students.	Submission of second draft of write up.	Introduction to alternative system of medicines (Ayurveda, Homeopathy, Naturopathy, Yoga). Features of Alternative Medicine. Importance of Alternative Medicines. Principles governing the alternative system of medicines.
Apr 8	Reproductive System: Structure and functions of male and female sex organs: Ovaries and menstrual cycle. Methods of contraception. Nervous System: Structure of Nervous System. Impulse. Central Nervous System. Cerebrum and spinal Nerves. Autonomic nervous system.	Cost control and pricing. Food cost control. Methods of pricing. Factors affecting pricing. Methods of controlling food cost. Personnel Management: Types of personnel required. Personnel relationship. Methods of recruitment. Welfare provisions for employees - health, safety, recreation, meals. Labor and food laws. Practical: Standardization, preparation, planning and quantity cooking of menu for- Working Lunch. Taking and executing orders related to above.	Objectives and operations of nutrition programs in India. Mid-day meal program. Integrated child development services (ICDS). Supplementary nutrition program (SNP). Vitamin A prophylaxis program. National iodine deficiency disorder control program (NIDDCP). National anemia prophylaxis / control program. Practical- Planning and preparation of low cost nutritious recipes for: High in vitamin A.	Staff training and development. Training. Definition. Importance. Staff development. Principles. Process. Space planning and organization. Layout planning. Preliminary preparation. Information gathering. Prospects. Determining basic units and equipment. Design development. Types of kitchen areas. Flow of work and work area relationship. Practical- Visit to food service establishment.	Food quality. Concept of food quality. Quantitative and nutritional aspect of food quality. Sensory quality. Foods for canteen, lunchrooms and kiosks. Cost control and pricing. Food cost control. Methods of pricing. Factors affecting pricing. Methods. Practical: Standardization, preparation, planning and quantity cooking of menu for- Working Lunch. Taking and executing orders related to above. Preparation and presentation of the same.	Research. Topic discussion and deciding of topics.	Data analysis. Write up and discussion with guide. Review of finalized thesis and modification.	Overview of role of traditional herbal medicines in healing. Chinese medicine. Japanese medicine. Indian medicine. Awareness, control and regulation on use of herbal medicine. Definition and classification of herbal medicinal products. Good manufacturing practices and documentation of quality.
May 7	Immune System: Types of immunity. Causes and importance of immunization. Immunization schedule. Diseases: Cause, mode of spread, incubation period, symptoms and control of: Diseases spread by infective. Single agent infection.	Recent advances in institutional food service management.	Assessment of nutritional status: Direct assessment. Clinical signs - need and importance, identifying signs of PEM, vitamin A, iron deficiency and iodine deficiency. Nutritional anthropology - need and importance, techniques for measuring height, weight, head, chest and arm circumference. Biochemical tests and biophysical methods. Dietary surveys. Need and importance. Methods of dietary survey. Interpretation. Practical- Techniques for anthropometric measurements - height, weight, mid upper arm circumference.	Catering equipment. Types of equipment. Factors affecting selection of equipments. Equipment design, installation and operation. Care and maintenance of equipments. Practical- Preparing, packaging and retailing of food products as per actual bulk orders.	Personnel Management. Types of personnel required. Personnel relationship. Methods of recruitment, Welfare provisions for employees - health, safety, recreation, meals. Labor and food laws. Recent advances in institutional food service management. Practical- Standardization, preparation, planning and quantity cooking of menu for- Kity party. Festive dinner. Taking and executing orders related to above. Preparation and presentation of the same.	Topics shortlisted.	Data entry in excel sheet format for data analysis and statistical tools. Application.	Ayurvedic concept of Diet in ayurveda, Basic Tenets. Ayurveda- Food and its Composition, Properties and Their Attributes of ayurvedic foods. Medicinal plants used in alternative traditional medicines- aloe vera, garlic, turmeric and milk.
June 4	Diseases caused by organisms: Bacterial. Viral. Diseases caused by insects. Diseases: Sexually transmitted diseases. Pain control: Control and medication of pain, cardiovascular, rodents and other pests. Use of disinfectants for floor, working surface, kitchen equipment. Aseptic handling, importance and hazards of removal system for disinfection. Water: Contamination of water. Hazards of water. Methods of water purification and water quality standards.	Safety measures. Safety procedure and training. Safety devices used in food institutions. Hygiene and sanitation in food production. Environmental hygiene, hygiene in food handling. HACCP, FSSAI, PFA, FPO, ISI, TQM, GMP. Practical: Standardization, preparation, planning and quantity cooking of menu for- Kity party. Festive dinner. Taking and executing orders related to above. Preparation and presentation of the same.	Indirect methods of assessment: Vital statistics. Growth references and standards. Height for age. Weight for age. Weight for height. Body mass index. Mid upper arm circumference. Concept of NCHS, WHO, NFHS. Widomare trait classification. Indian academy of paediatrics (IAP) classification. Practical- Planning and preparation of low cost nutritious recipes for: High in iron. High in calcium.	Financial management: Importance of Financial Management in a food based enterprise. Budgets and Budgeting process. Costing. Concept. Type. Control. Records: Menu, Purchase, Store, Production, Sales, Personnel, Utilities. Cost analysis. Concept of Trial Balance, Profit and Loss Account. Balance sheet. Food cost analysis. Pricing: Definition, factors affecting. Basic concepts in accountancy. Cash memo, Receipt, Pay-in- slip, Cheques, Vouchers. Books of Account. Journal, Sales Return Book, Purchases etc.	Safety measures: Safety procedure and training. Safety devices used in food institutions. Hygiene and sanitation in food production. Environmental hygiene, hygiene in food handling. HACCP, FSSAI, PFA, FPO, ISI, TQM, GMP.	Topic finalization.	Preparation of final thesis draft.	Alternative medicine therapies - concept and principle of - Mind body techniques - support groups, counseling, hypnosis, art therapy. Body based practices - massage therapy, reflexology, aromatherapy, osteopathy, acupuncture. Importance and concept of diet in Yoga Naturopathy- Raw, mono, eliminative, soothing and constructive.
July 7	Revision of concepts.	Practicing recipes and doubt sessions.	Practical- Plotting of growth chart. Revision and doubt sessions.	Practical- Preparing, packaging and retailing of food products as per actual bulk orders.	Practicing recipes and doubt sessions.	Studying the details topic.	Submission of thesis.	Revision of syllabus.

Bhavneet Kaur

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020 21 (Aug –Feb)

Name of the teacher:- Sakshi Sharma Department: Clothing & Textiles Semester:- odd

CLASSES	B.Sc FD 5 th Semester	B.Sc FD 5 th Semester	B.Sc. (H.Sc.) ATD 5 th Semester	B.Sc. FD 3 rd Semester	B.sc.(H.Sc.) composite 5 th sem
Subjects	AMT	Line development & portfolio	Apparel design & construction	Pattern Making.(Pr)	Economics & entrepreneurship development (pr)
August	Introduction to various department of apparel manufacturing unit.	Study of fashion forecast	Drafting of adult bodice block & sleeve block	Drafting of child bodice & sleeve block	Introduction to Entrepreneurship Enterprise
September	Brief study of apparel manufacturing unit & importance of quality assurance.	Designing of dresses taking inspiration from various sources & style reading. .	Pattern developed & construction of saree blouse. Develop pattern for top/kurti.	Adaptation of puff, belt cap, kimono reglin sleeve.	Formulation of questionnaire
October	Concept & types of inspection .Types of packaging.	Conceptualization of theme & mood Board, pattern development, specification sheet.	Construction of top/kurti design & style read of saree blouse , top . ladies suit.	Adaptation of Magyar leg-o-mutton , petal sleeve & body, cape.	Preparation of project report for any start up . Class presentation of project report, SWDT analysis.
November Terminal exam	Concept & material of packaging.	Development of theme & mood board on various categories.	Drafting of basic skirt block, style reading & pattern development.	Adaptation of peterpan mandarin sailor collar	Presentation of opportunity & idea generation.
December & January	Labeling & stages of quality control.	Presentation of theme & then sourcing. .	Construction of gored skirt	Adaptation of shawl, polo nck & convertible collar.	Discussion of project report

S Sharma

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21 (march to Aug)

Name of the teacher:- Sakshi Sharma Department: Clothing & Textiles Semester:- Even

CLASSES	B.Sc. FD 2 nd Semester	B.Sc FD 6 th Semester	B.Sc. FD 6 th Semester	B.sc.(H.Sc.) composite 6 th se
Subjects	Garment Design	Entrepreneurship Development	Line development	Economics & entrepreneurship development (pr)
March & April	Design & style read of casual & Party wear frock	Concept & factors affecting entrepreneur & phases of Entrepreneurship Development	Selection of Information for documentation.	Introduction to start up, reasons for their failure
May Terminal exam	Design & style read of Romper, & night suit .	Characteristics of women Entrepreneur challenges & Avenues of women entrepreneurship	Categorization of documentation	Formulation of questionnaire
june	Design & Style read of Jump suit	Problems of small enterprises in India Factors affecting business Env	Portfolio making by using appropriate techniques.	Preparation of project report for any failure enterprise Class presentation of project report, SWDT analysis.
July	Design & style read of Jackets	Sources of new idea hindrances of creativity patent, trademark & copy right.	Development & presentation of portfolio. & Show casing of collection	Presentation of opportunity & idea generation.

Sakshi Sharma

Session: - 2020-21 Name of the teacher: - Mrs. Simar Prabh Kaur Department: - Clothing & TextilesSemester: - Odd semester (August 2020- January 2021)

CLASS	B.Sc (F.D) 1 st Sem	PGDFD-1 st Sem	B.Sc (F.D) 1 st Sem	M.Sc (Clothing & Textiles) 1 st Sem	M.Sc (Clothing & Textiles) 3 rd Sem	M.Sc (Clothing & Textiles) 3 rd Sem	M.Sc (Clothing & Textiles) 3 rd Sem
Subjects	Pattern Making (TH)	Garment Design	History and culture of Panjab	Fashion Illustrations (Pr)	Costume Designing & Construction(Pr)	Textile Designing(Th)	Textile Designing (Pr)
August, 2020	Terminology used in pattern making	Sketching: garment Details	Harappan Civilization & Vedic Age, Jainism and Buddhism	Fashion figure : front, ¾th profile, side profile Rendering of fabric textures	Selection of theme mood board, swatch board and colour board	Textile Design meaning and scope Elements and principles of Design Types of looms with their parts.	Designing of household textiles on sheets & Setting up of handloom and making samples
September, 2020	Locating landmark & precautions during body measurements. Taking body measurements.	Sketching: Silhouettes, Cascade, Pleats, Tucks, Gathers, Skirts, Trousers and Jackets	Maurayas and Guptas. Bhakti movement & Sufism.	Rendering of fabric textures Designing Casual wear & Formal wear for kids	Designing and selection of range of costume Market survey and material selection	Weaving, Types of weaves Knitting and its Classification Knitted fabric defects	Designing of dress material on sheets for Kids & Women Making articles of macramé and knitting
October, 2020	Flat pattern method drafting, draping merits & demerits, slash & spread/Pivotal	Designing: Frock, Skirt-top & Jumpsuit for kids Casual Ethnic wear, and Night wear for women	Sikhism: Teachings of Guru Nanak	Line planning of Women wear: Casual wear, Occasion wear, Club wear & Office wear	Pattern development Material Cutting and construction of the selected designs	Non-Wovens Textile Printing: Direct, Resist, Discharge, Blotch, Flock and Duplex	Making article of Tie and dye, Batik and Stencil printing
November, 2021 (Mid-Term Exam)	Fitting problem & remedies related to bust shoulder.	Designing of Formal Ethnic wear, Western wear & Business wear for women	Transformation of Sikhism	Revision	Final fitting and finishing of costumes	Thickening agents Revision	
December, 2020, January, 2021	Fitting problem & remedies related to sleeves & skirt.	Designing Ethnic wear, Casual wear & Formal wear for men	Evolution of Sikhism	Developing a design Portfolio.	Showcasing the collection and portfolio development.	Textile printing: Block, Stencil Screen, flat and rotary, Roller, Heat transfer and Digital printing Printed fabric defects	Making samples and articles of Screen and Block printing

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Mrs. Simar Prabh Kaur Department: -Clothing & Textiles

Semester: -Even Semester (March 2021- August 2021)

CLASS	B.Sc (H.Sc) ATD 6 th Sem	B.Sc (Home Science) 2 nd Sem	B.Sc HSc. (ATD) 6 th Sem	B.Sc (FD) 2 nd Sem &
Subjects	Line development and portfolio(Pr)	Introduction to Clothing & Textiles (Th)	Needle craft (Pr)	Needle craft (Pr)
March 2021	Selection of theme and Development of mood board and color board	Manufacturing process and properties of : Viscose Rayon & Acetate	Preparation of samples with the following techniques: A. Patchwork a) Pieced Patchwork b) Applied Patchwork	Ribbon work. Different stitches of Ribbon embroidery.
April 2021	Market survey and Material selection. Making swatch board Pattern development of selected designs	Factors affecting selection of clothing:	Preparation of samples with the following techniques: Quilting a) Hand-quilting b) Machine quilting	Smocking • English Smocking • Smocking Stitches • Working Stitch Combination
May 2021	Portfolio making	Manufacturing process and properties of: Polyester & Nylon	Preparation of samples with the following techniques: Applique a) By hand b) By machine c) Reverse applique	Quilting – • Introduction • Tools and material • Types of Quilting (hand and machine)
June 2021	Construction and finishing of garments. Showcasing the collection.	Clothing for different age groups with special reference to fabrics, colours, style and details	Intro to Macrame and its various knots	Types of Quilting : padded, corded, puff and pillow. Development of article
July/August 2021	Development of digital portfolio	Revision and Assignment Presentations	Development of Articles	Development of article based on above techniques or their combinations.

SPK

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Mrs. Pratibha Thapa Department: - Clothing & Textiles

Semester: - Odd semester (August 2020- February 2021)

CLASS	B.Sc (Fashion Designing) 3 rd sem	B.Sc (Fashion Designing) 3 rd sem	B.Sc (Fashion Designing) 5 th sem	B.Sc (ATD) 5 th sem	B.Sc (ATD) 5 th sem
Subjects	Fabric Construction-I (Th)	Fabric Construction-I (Pr) (Group-A & B)	Pattern & Marker Making on Computer-I (Pr)	Fashion Concepts & Illustration (Th & Pr)	CAD-I (Pr)
August,2020	Terminology –weaving, warp, weft, fabric balance, fabric weight, fabric density, selvedge & its types.	Introduction to subject and Basic Loom demonstration	Introduction to Pattern making software and familiarization with its tools.	Fashion terminology Principles & Components Block & Fleshing of fashion figure. Drawing of hair & hairstyles	Detailed study of tools of Paint and Corel Draw software.
September, 2020	Basic loom and motions of weaving Classification of weaves Basic weaves – plain, twill, satin	Graphical representation of Plain weaves and making of samples.	Develop basic block patterns of the Child bodice-block and □ Sleeve block	Factors influencing fashion movement Stages of fashion cycle Rendering different textures	Creating Nursery, Geometrical and Floral Motifs using MS Paint software.
October,2020	Shuttle loom and Shuttle less loom and Difference	Graphical representation of Twill weaves and making of samples.	Develop basic block patterns of the Basic Skirt block	Length of fashion cycle Broken Fashion cycle. Fashion Theories Sketching of various fashion details	Designing of Top with different types of Collars
November,2020 (Mid- Term Exam)	Revision of Syllabus Preparation of yarns for weaving Different types of warping	Graphical representation of Satin & Sateen weaves and making of samples.	Develop basic block patterns of the Basic Trouser block	Sources of inspiration Sketching of accessories- Handbags, Footwear & Jewellery	Designing of Top with different types of Sleeves-Puff, Magyar, Raglan and Bell.
December,2020	Novelty weaves- pile, lappet, leno, swivel, jacquard, dobby	Identification of weaves. Collection of samples of different weaves	Grading of all basic blocks	Sketching terminology. Historical perspective of Fashion Illustration Design and illustrate the Ethnic wear	Designing of different types of Skirts- Flared, Gored, Tiered
January, 2021	Woven fabric defects- float, gout, lashing in, missing ends, selvedge defects	Preparation of an article using any weave	Making summary report and pattern card of all the patterns	Scope of Fashion Illustration Design and illustrate the Western wear	Designing of different types of Skirts- Gathered with Yokes.

Pratibha Thapa

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Mrs. Pratibha Thapa Department: - Clothing & Textiles

Semester: - Even semester (March 2021- July 2021)

CLASS	B.Sc (Fashion Designing) 4 th sem	B.Sc (Fashion Designing) 6 th sem	M.Sc (CT) 2 nd sem	M.Sc (CT) 4 th sem
Subjects	Fabric Construction-II (Th)	Pattern & Marker Making on Computer-II (Pr)	Computer Application in CT (Pr)	CAD-II (Pr)
March, 2021	Knitting Terminology Types of knitting Properties of knitted fabric Difference between Knits and woven.	Develop basic block patterns of the Adults bodice-block and Sleeve block	Create composition of stripes, checks in various textures and colours.	Study tools of TukaCad Develop basic block pattern of the following: - Adult's bodice block and sleeve block - Skirt
April, 2021	Knitting machines- flat bed & circular Different types of knitting machine needles and their working Knitted fabric defects	Develop basic block patterns of the Shirt	Scan fashion model and redesign the texture and colour combination of the dress. Design a mood board Create Logos, Pamphlets and Visiting Cards.	Create patterns of the following - Puff sleeve - Magyar - Raglan Manipulation of darts into: - Gathers - Tucks - Yokes
May, 2021 (Mid- Term Exam)	Revision of Syllabus Non-woven methods of fabric construction: process, properties and end-uses	Develop basic block patterns of princess line (one-piece dress)	Create a composition of geometrical, traditional and contemporary motifs. Line development of Bed, Table linen, Curtains and Towels	Create patterns of the following - Flared - Gored - Pleated
June, 2021	Methods of decorative fabric construction • Lace making • Netting • Braiding • Knotting	Dart Manipulation using basic adult basic block Marker layout of all the patterns with summary report	Study different tools of Rich Peace. Drape the fashion figures in different silhouettes. Create a thematic design collection.	Grading of the basic patterns: -Adult's Bodice Block -Sleeve Block -Skirt Block Study tools of Tuka Mark Marker layout of the developed patterns along with summary report

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Dr. PreetiAlagh Department: - Clothing & Textiles

Semester: - Odd semester (July 2020- December 2020)

CLASS	B.Sc (F.D) 5 th Sem	B.Sc (Home Science) 1 st Sem	PGDFD 1 st Sem
Subjects	Line Development & Portfolio (Pr.)	Introduction to Clothing & Textiles (Pr.) (Group-A, B, C, D, E, F)	Fashion Fundamental (Th.)
✓ July 2020 SEPTEMBER JULY	Study of fashion forecast	<ul style="list-style-type: none"> Basic hand stitches- Basting. Hemming- visible/invisible. Tailor's tack Practice exercise of Basic seams 	1. Fashion Terminology: Fashion, fad, style, classic, taste, design, hi-fashion, mass fashion, trend, ford, knock – off, haute couture, boutique and prêt-a-porter. 2. Characteristics of fashion 3. Components of fashion : a) Details b) Colour c) Texture d) Silhouette.
✓ August 2020 OCTOBER AUGUST 2020	Designing of dresses taking inspiration from various sources & style reading. .	<ul style="list-style-type: none"> Types of Seam and self finished seams- Plain. Run and fell. French. lapped. Fibre Identification: Cellulosic fibers. Cotton & Linen 	Sources of inspiration 5. Fashion forecasting a) Definition b) Steps in fashion forecasting c) Fashion forecasting agencies
✓ September 2020 NOVEMBER	Conceptualization of theme & mood Board, pattern development, specification sheet.	Types of Seam Finishes: Overlock, Hand overcasting, Turned and Stitched, Binding	Stages of Fashion cycle 7. Length of fashion cycle
✓ October 2020 (Mid-Term Exam)	Development of theme & mood board on various categories.	Revisions and exam	Broken fashion cycle. 9. Theories of fashion adoption: a) Trickle Down b) Trickle Across c) Bottom - Up
✓ November 2020 DECEMBER	Presentation of theme & then sourcing.	Fibre Identification Proteinic fibers: Silk & Wool	Factors affecting fashion: a) Social b) Economic c) Psychological 11. Fashion Leaders and Followers

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Dr. Preeti Alagh Department: - Clothing & Textiles

Semester: - Even Semester (Jan 2021- May 2021)

CLASS	B.Sc (FD) 6 th Sem	B.Sc (Home Science) 2 nd Sem	B.Sc (FD) 6 th Sem	B.Sc (FD) 6 th Sem	PGDFD 2 nd Sem
Subjects	Line Development And Portfolio(Pr)	Introduction to Clothing & Textiles (Pr) (Group-A, B, C, D, E, F)	Marketing and Merchandising (Th)	Marketing and Merchandising (Pr.)	Fashion marketing and merchandising (Th)
January MARCH 2021	Selection of Information for documentation.	<ul style="list-style-type: none"> • Making samples of Fullness- Types of Daris. Tucks. Pleats. Gathers • Stain removal (turmeric, ink, egg, henna, tea and coffee) 	Terminology- market, marketing, niche, target customer, vendor, supplier, franchise, market research, marketing-mix, mark-up, mark-down. 2. Fashion Marketing Size and Structure Ethical issues in fashion marketing Market segmentation Marketing environment Macro: Supplier, Marketing intermediates, Customers, Competitions Micro : Demographic, Natural, Political	Introductory class Survey of sales promotion techniques followed by any two leading stores	Fashion Marketing i) Terminology: Retailing, Fashion Retailing, Fashion Merchandising, Fashion Marketing, Visual Merchandising, Sales Promotion, Organization chart, Vendor, Jobber, Market, Target Market, Quality, Price Range, Narrow & Deep Assortment, Brand, National Brand, Private label, Ambiance, Customer Service, Diversification, Mark-up, Marketing-mix. ii) Buyer Behaviour iii) Customer Satisfaction iv) Marketing Strategies
February APRIL 2021	Categorization of documentation	<ul style="list-style-type: none"> • Neckline Finishes- Binding, Facing. • Fasteners- Button, Buttonhole, Hook and 	Fashion promotion – Advertising Publicity Personal selling Visual Merchandising	A case study of any fashion retail store and report writing of the same	Fashion Merchandising i) Role and Responsibilities of Fashion Merchandiser Steps in Fashion Merchandising: a) Planning b) Buying/ Procuring c) Promoting/selling

Preeti

		eve. Press Button			
March JUNE 2021	Portfolio making by using appropriate techniques	Fibre identification: Viscous rayon, Acetate, Nylon, Polyester	Fashion Merchandising Characteristics of merchandiser Role and responsibilities of a merchandiser Steps in Fashion Merchandising Planning Buying/Procuring Promoting/Selling	File checking	Fashion Promotion i) Advertising a) Classification of Advertisements: Promotional advertising, Institutional advertising, Combination advertising, Cooperative advertising b) Benefits of advertising ii) Publicity iii) Fashion show iv) Visual Merchandising a) Visual Presentation: Windows, Interiors b) Elements of Visual Merchandising: The Merchandise, Mannequins, Materials and Props, Fixtures, Lighting, Signage
April	Development & presentation of portfolio & Show casing of collection	Stain Removal: blood, ball pen, curry, grass, milk, rust, cold drink, juice, shoe polish, paint	Fashion Retailing – Retail formats On-Site fashion retailers- Departmental stores, Speciality stores, Chain store and Franchise retail stores. Off- Site fashion retailers- E-tailing, Catalogues, and Home Shopping.	Thematic window display on the selected topic and evaluation	Fashion Retailing: i) Meaning and Concept ii) Store Location a) Factors affecting store location b) Effect of store location on fashion retailing iii) On-Site fashion retailers / Fashion Stores –Department stores, Speciality stores, Chain stores, Factory outlets, Discount store, Designers retail stores, Franchise retail store, Boutiques iv) Off – Site fashion retailers –E- tailing, Catalogues, Home Shopping

Arushi

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher: - Heena Narang

Department: - Clothing and Textiles Session: - 2020-21 Semester: - odd

CLASSES	B.Sc. (Home Science) 3 rd Semester	B.Sc. (Home Science) 3 rd Semester	Post Graduate Diploma in Fashion Designing 1 st sem	B.Sc. (Fashion Designing) 1 st Semester
Subjects	Fabric Construction (Theory)	Fabric Construction (Practical)	Fashion design and production (Theory)	Garment Construction (Theory)
Month 1 August	<ul style="list-style-type: none"> Terminology Introduction to Yarns a) Different types of spinning b) Classification of Yarn 	<ul style="list-style-type: none"> Identification of Yarns 	-----	-----
Month 2 September	<ul style="list-style-type: none"> Introduction to Yarns Contd Introduction to Loom a) Basic Loom and its parts b) Different types of loom: Shuttle loom and Shuttle less loom 	<ul style="list-style-type: none"> Crocheting Identification of Weaves Graphical representation of simple weaves a) Plain Weave and its derivatives 	-----	<ul style="list-style-type: none"> Terminology Tools and equipment used in clothing construction
Month 3 October	<ul style="list-style-type: none"> Introduction to Weaving a) Classification of weaves b) Basic Weave: Plain, Twill and Satin c) Fancy Weave: Pile, Dobby, Leno, Swivel, Lappet 	<ul style="list-style-type: none"> Graphical representation of simple weaves b) Twill Weave c) Satin and Sateen Weave 	<ul style="list-style-type: none"> Elements of art Principles of design 	<ul style="list-style-type: none"> Sewing Machine: Its parts and their functions: Common sewing machine problems and their remedies
Month 4 November	<ul style="list-style-type: none"> Basic fabric construction techniques introduction Revision and Terminal exams 	<ul style="list-style-type: none"> Construction of samples of the following: Hand Knitting a) Stocking stitch b) Garter c) Rib d) Moss Terminal exams 	<ul style="list-style-type: none"> Garment details-Terminology: various types and suitability of the following to different garments - Collars, Sleeves, Pockets, Plaquettes Terminal exams 	<ul style="list-style-type: none"> A brief study of the following - Basting, Hemming, Seams, Seam finishes Terminal exams
Month 5 December	<ul style="list-style-type: none"> Basic fabric construction techniques: a) Knitting b) Bonding 	<ul style="list-style-type: none"> Construction of samples contd 	<ul style="list-style-type: none"> Preparation of fabric before cutting Different types of layout Handling of Special Fabrics and Knowledge of size of according to the fabric. Terminology Assignment and presentation 	<ul style="list-style-type: none"> Fullness treatment: Tucks, Darts, Gathers, Shirring, Pleats, Frills and Flounces, Ruffles
Month 6 January	<ul style="list-style-type: none"> Basic fabric construction techniques: Felting and Knotting 	<ul style="list-style-type: none"> Construction of samples of the following: e) Cables f) Lace g) Fair-isle 	<ul style="list-style-type: none"> Assignment and presentation contd Work flow and brief study of various departments of apparel manufacturing unit Quality control in Apparel Production at different stages 	<ul style="list-style-type: none"> A brief study of the following (with special reference to suitability and types): Plaquettes, Pockets, Trimmings, Fastenings
Month 7 February	<ul style="list-style-type: none"> Revision of Syllabus 	<ul style="list-style-type: none"> Project work 	<ul style="list-style-type: none"> Revision 	<ul style="list-style-type: none"> Revision

Heena

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher: - Heena Narang Department: - Clothing and Textiles Session: - 2020-21 Semester: - even

CLASSES	B.Sc. (Home Science) 4 th Semester	B.Sc. (Home Science) 4 th Semester	M.Sc. (Clothing & Textiles) 2 nd Semester
Subjects	Apparel Construction (Theory)	Apparel Construction (Practical)	Fashion Communication (Theory)
Month 1 March	<ul style="list-style-type: none"> Suitability of different natural fabrics for different garments: a) Cotton b) Linen c) Wool d) Silk 	<ul style="list-style-type: none"> Drafting of Child's basic bodice block and sleeve block 	<ul style="list-style-type: none"> Communication Mass Communication Role of media in society Need of Mass Communication in Fashion world
Month 2 April	<ul style="list-style-type: none"> Suitability of different man-made fabrics for different garment Preparation of fabric before cutting and Different types of layout 	<ul style="list-style-type: none"> Adaptation and Construction of following sleeves: a) Plain b) Puff c) Flare d) Cap 	<ul style="list-style-type: none"> Creative writing:- Feature and Article Interviews Designing catalogues and brochures
Month 3 May	<ul style="list-style-type: none"> Handling of Special Fabrics and Knowledge of size of needles, threads and stitches according to the fabric. Terminal exams 	<ul style="list-style-type: none"> Construction of samples of Plackets Terminal exams 	<ul style="list-style-type: none"> Photography Editing Terminal exams
Month 4 June	<ul style="list-style-type: none"> Garment details – Terminology , various types and suitability of the following to different garments:- a) Collars b) Sleeves c) Pockets d) Plackets 	<ul style="list-style-type: none"> Construction of samples of Pockets Adaptation and Construction of Baby and Mandarin collar 	<ul style="list-style-type: none"> Ethics of media Event management Advertising
Month 5 July	<ul style="list-style-type: none"> Garment Style:- a) Skirts b) Trousers c) Jackets and Coats d) One piece dresses 	<ul style="list-style-type: none"> Adaptation and Construction of Peter-Pan and Cape collar Project work 	<ul style="list-style-type: none"> Public relations Publicity
Month 6 August	<ul style="list-style-type: none"> Revision 	<ul style="list-style-type: none"> Revision 	<ul style="list-style-type: none"> Revision

Heena

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Name of the Teacher:- Mrs. Manpreet Kaur

Department:- Clothing and Textiles

Semester:- Aug 2020- December 2020

CLASSES	B.Sc. Fashion Designing 1 st Sem	B.Sc. Fashion Designing 3 rd Sem	B.Sc. Home Science (ATD and Composite) 5 th Sem
Subjects	Punjabi (Th)	Garment construction (Pr)	Traditional Embroideries(Th & Pr)
Aug,2020	Poems- 1-3	Construction of following- Puff, Bell,	Th- Phulkari of Punjab Pr- Making samples of the basic embroidery stitches
Sept, 2020	Poems- 4-6	Construction of following- Cap, Kimono, Reglan, Magyar, Leg-o-mutton, Petal	Th- Chamba Rumal of Himachal Pradesh Kashida of Kashmir Pr- Making samples of the basic embroidery stitches
October, 2020	Poems 7-9 Grammar	Construction of following Collar Peter Pan, Baby, Sailor,	Th- Chikankari of Uttar Pradesh Kutch Embroidery of Gujarat Pr- Phulkari of Punjab Chikankari of Uttar Pradesh
Nov, 2020	Grammar & compositions	Construction of following Collar- Cape, Mandarin	Th- Sindhi and Kathiawar Embroidery Pr- Kutch Embroidery of Gujarat
Dec,2020 & Jan 2021	Revisions & compositions	Construction of following Collar- Shawl, Polo neck, Convertible Submission of Project	Th- Manipuri Embroidery Kantha of Bengal Kasuti of Karnataka Pr- Sindhi Embroidery e) Kantha of Bengal f) Kasuti of Karnataka

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Name of the Teacher:- Mrs. Manpreet Kaur Department:- Clothing and Textiles Semester:- March 2021- August 2021

CLASSES	B.Sc. Fashion Designing 4 th Sem	B.Sc. Fashion Designing 6 th Sem	PGDFD 2 nd Sem	B.Sc. Fashion Designing 4 th Sem
Subjects	Garment Construction (Pr)	Seminar (Pr)	Garment Construction (Pr)	History of Indian Costumes (Th)
March 2021	Drafting and construction of: Jhabla	Topic distribution	Drafting and Construction of following garments: a) Choli Blouse	Indus Valley Period Evolution of costumes from Vedic period to Gupta period.
April 2021	Drafting and construction of: Panty	Discussion on different topics	Drafting and Construction of following garments: Top with Dart-Manipulation	Mughal Period British Period
May 2021	Drafting and construction of: Bloomer	Presentations	Drafting and Construction of following garments: Nightwear Trouser	Jammu & Kashmir Himachal Pradesh
June 2021	Drafting and construction of: Romper	Presentations	Drafting and Construction of following garments: Jacket Ethnic Dress	Punjab & Haryana Rajasthan Assam
July 2021	Drafting and construction of: Night suit	Presentations	Drafting and Construction of following garments: Ethnic Dress	West Bengal Gujarat Maharashtra

Manpreet Kaur

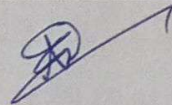
Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Navtej Singh
Session:- 2020-2021

Department:- Computer Lab
Semester – I

Class	B.Sc. Home Science-II	B.Sc. Fashion Designing		
Subject	Basics of Computer	Basics of Computer Skills-I		
Aug	Introduction to Computer, Classification of Computer/MSWord	Introduction to Computer, Classification of Computer/MSWord		
Sept	Computer Generations, Computer Hardware & Software/MS Word	Computer Generations, Computer Hardware & Software/MS Word		
Oct	Basic Organisation of Computer/ MS Word,MS Power Point	Basic Organisation of Computer/ MS Word,MS Power Point		
Nov	Computer Input/Output Devices/ MS Power Point	Computer Input/Output Devices/ MS Power Point		
Dec	Computer Abbreviations/ MS Power Point Exam(Terminal)	Computer Abbreviations/ MS Power Point/ Exam(Terminal)		
Jan '21	MS Word /Power Point Practical File/ Final Exam	MS Word /Power Point Practical File/ Final Exam		
Feb '21	Final Exam	Final Exam		

Covid Duty: 23.10.20 to 20.01.21



Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Navtej Singh
Session:- 2020-2021

Department:- Computer Lab
Semester – II

Class	B.Sc. Home Science-II	B.Sc. Fashion Designing	M.Sc. Foods & Nutrition & Dietetics-II	PG Diploma Nutrition & Dietetics-II
Subject	Computer Applications	Basics of Computer Skills-II	Computer Applications in Foods	Diet Counselling & Computer Operations
Mar	Comp. Memory/ MS Excel	Comp. Memory/ MS Excel	Introduction DietCal	Introduction DietCal
Apr	Comp. Memory/ MS Excel	Comp. Memory/ MS Excel	Practical DietCal	Practical DietCal
May	Softwares/ (Terminal Exam)	Softwares/ (Terminal Exam)	Practical DietCal	Practical DietCal
June	Operating System/WWW/Internet/MS Excel Practical	Operating System/WWW/Internet/MS Excel Practical	Practical DietCal	Practical DietCal
July	Practical File	Practical File	Practical File	Practical File
Aug	Practical File/ Final Exam	Practical File/ Final Exam	Final Exam	Final Exam

Covid Duty: 28.04.21 to 02.06.21

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

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Name of the teacher:-Dr Shikha Garg Department:- Human Development & Family Relations Semester:-July to December 2020

CLASSES	B.Sc. H.Sc. HDFR 5 th Sem	B.Sc. H.Sc. HDFR 5 th Sem	B.Sc. H.Sc. HDFR 5 th Sem	B.Sc. H.Sc. HDFR 5 th Sem	P.G.D in Child Guidance & Family Counseling 1 st Sem	P.G.D in Child Guidance & Family Counseling 1 st Sem	M.Sc. Home Science HDFR 1 st Sem	M.Sc. Home Science HDFR 3 rd Sem	M.Sc. Home Science HDFR 3 rd Sem
Subjects	Children with Special Needs-I (Theory)	Children with Special Needs-I (Practical)	Children at Risk (Practical)	Children at Risk (Theory)	Guidance and Counseling in Applied Settings-I (Practical)	Theoretical perspectives in CD-I (Theory)	Assessment in human development (Theory)	Principles of Development (Theory)	Dissertation
Month 1 (AUG)	- Meaning of special needs. -Types of exceptional children.	-Prepare a display related to the special needs	-Visit any centre for children at risk and carry out sessions of activities for enhancing skills	An overview of children at risk.	-Planning and organizing a guidance and counseling program for	-Introduction to theoretical perspectives in child development -Principles of child development	testing and measurement, tools & Ethics issues in testing.	-Understanding assumptions for the study of repairs in Developmental Tasks.	Dissertation
Month 2 (SEP)	-Concept of special education -Introduction to various types of educational services	-Survey families having children with special needs and prepare a report	-Organize awareness program related to any issue related to children at risk. -prepare a display to create awareness about risk situations	Brief description of children in the following risk situations.	Planning and organizing a guidance and counseling program for:	-Introduction to Theories -Trends and issues in child, the process that guides development, the importance of age, individual differences.	Scales of measurement, reliability & validity Relation between reliability and validity.	- Physiological Development Structure of Nervous system and Brain - Role of genetics and Behavior.	Dissertation
Month 3 (OCT)	- Problems of children with special needs.	- Visit any three institutions working for children with special needs and prepare report of the same	-Collect newspaper clippings related to programmers, policies, issues and facilities concerning children at risk.	Working children a. Factors leading to child labor. b. Ways of eradication. C Programmers and policies.	-Applying different guidance and counseling child and family well being issues.	Infancy - Physical development, Perceptual development, Cognitive development Psychosocial development in infancy	History & Nature of psychological tests, Classification of tests.	- influence of environment -Role of socialization and relevance of leading to self and identity	Dissertation
Month 4 (NOV)	- Problems of parents having children with special needs.	Prepare a booklet with samples of work done by children with special needs. -Plan recreational activities	-Conduct a case study of any child working at risk - Carry out a focused group discussion.	-Conventions on the rights of the child. Recommendations for government bodies, NGO's and activists to help children at risk.	-Institutional visits and critical evaluation of guidance and counseling centers being run currently around the city.	-Early Childhood- Physical and motor development Cognitive development Psychosocial development in early childhood Ecological theory	Hypothesis and its testing, techniques of with reference to intelligence, personality, Aptitude and adjustment.	Interactional process in development: Outcomes of Development Individual and social inclusion	Dissertation
Month 5 (DEC)	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Dissertation

Shikha

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Semester:- January to June 2021

of the teacher:-Dr Shikha Garg Department:- Human Development & Family Relations

	B.Sc. H.Sc. HDFR 6 th Sem	B.Sc. H.Sc. HDFR 6 th Sem	B.Sc. H.Sc. HDFR/ composite 6 th Sem	B.Sc. H.Sc. HDFR/ composite 6 th Sem	P.G.D in Child Guidance & Family Counseling 2 nd Sem	P.G.D in Child Guidance & Family Counseling 2 nd Sem	P.G.D in Child Guidance & Family Counseling 2 nd Sem	M.Sc. Home Science HDFR 2 nd Sem	M.Sc. Home Science HDFR 4 th Sem
Subjects	Children with Special Needs-II (Theory)	Children with Special Needs-II (Practical)	Development in early and late (Practical)	Development in early and late adulthood (Theory)	Counseling techniques and applications-II (Theory)	Child guidance and family counseling (Practical)	Theoretical perspectives in child development-II (Theory)	Dissertation (Synopsis)	Dissertation
Month 1 (MARCH)	Needs and rights & Policies and programs for special children.	-Carry out a case study of a child with any impairment.	Administer psychological test Mental Health of young adults & young adults & retired individual	-Physical changes and Health and fitness -Vocational choice	-Stages in counseling process -Current trends and issues in Counseling	Exposure to various modes of Counseling	Middle Childhood – Physical, Cognitive ,Psychosocial development in middle childhood	Dissertation (Synopsis)	Dissertation
Month 2 (APRIL)	- Physical barriers faced by children with special needs and. Social barriers.	Prepare a report on welfare schemes run by Government and NGOs related to children.	-Conduct a survey of young couples and assess adjustments made by them in the different areas	-Personal relationships in early adulthood.	-Pre-marital counseling - Counseling for expecting mother	Planning effective guidance program for children and parents with	Adolescence - Physical ,Cognitive Psychosocial development	Dissertation (Synopsis)	Dissertation
Month 3 (MAY)	- Assistive devices for children with special needs.	-Interview any special teacher children& Prepare a report of the same.	Prepare a display for bulletin board concerning topics related to early and late Adulthood.	Characteristics of late adulthood. -Changes in men and women.	-Identification and Counseling for population with depression and suicidal tendency for sexual abuse.	Selecting and profiling a case having Marital problems & case in class.	The Behavioral Perspective	Dissertation (Synopsis)	Dissertation
Month 4 (JUNE)	-Counseling needs of special children Rehabilitation of special children..	-Prepare a display on current issues related to children with special needs.	-Collect you-tube or power point presentations related to problems	-Changing relationships in late adulthood. -Retirement	-Play therapy Psychodrama/Socio drama and behavioral techniques in counseling	Developing and executing various activities to enhance counseling skills	Emerging trends and issues - Comparing theories of HD in the context of Counseling	Dissertation (Synopsis)	Dissertation
Month 5 (JULY)	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	The students will be given an orientation to internship.	Recapitulation	Dissertation (Synopsis)	Dissertation

Shikha

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Ms. Chandana Rajput Department: - Clothing & Textiles

Semester: - Even semester (March 2021- August 2021)

CLASS	B.Sc (Fashion Designing) 4 th sem	B.Sc (Fashion Designing) 6 th sem	B.Sc (Fashion Designing) 6 th sem	B.Sc Home Science ATD 6 th Sem
Subjects	Pattern Making –II (Practical) Group A & B	Textile Printing And Finishing (Th)	Pattern Making –II (Practical) Group A & B	CAD
March.2021	*Drafting of adult bodice block and sleeve block. *Preparation of muslin pattern and test fit. *Dart manipulation (slash Spread Techniques, Pivotal) - Single Dart	*Introduction to finishes and its importance. *Printing Auxiliaries *Pretreatment of printing	*Draping of the following:- Front and Back basic bodice block	*Detailed study of different tools of Photoshop. *Creating textile prints by using different placements.
April, 2021	*Dart manipulation (slash Spread Techniques, Pivotal) - Two Dart	*Types of printing Methods of printing –	*Draping of the following:-Top with Princess line Basic skirt front and back	* Designing a mood board according to the selected theme.
May, 2021 (Mid- Term Exam)	*Classic Princess syeline *Armhole Princess	*Finishes- Introduction and importance *Classification of finishes *Basic preparation of fabrics	*Draping of the following:-Basic skirt front and back	*Detailed study of different tools of Tuka Design.
June 2021	*Project: Blouse with princess seam line.	*Mechanical Finishes *Chemical Finishes	*Draping of the following:- Skirt with flare	*Drafting of Child's Bodice Block with Sleeve.

Chandana Rajput

Session:- 2020-2021

Name of the teacher:- Dr. Vasudha Bansal Department:-Foods And Nutrition Semester:-1st term (Aug 2020-Dec 2020)

CLASSES	B.Sc. HOME SCIENCE SEMESTER 1 st	B.Sc. HOME SCIENCE SEMESTER 3 rd	B.Sc. HOME SCIENCE SEMESTER 3 rd	PG DIPLOMA NUTRITION AND DIETITICS I	PG DIPLOMA NUTRITION AND DIETITICS I	M.Sc. SEMESTER I
Subjects	INTRODUCTION TO FOODS AND NUTRITION I	APPLIED NUTRITION I	APPLIED NUTRITION I PRACTICAL	FOOD HYGIENE AND MICROBIOLOGY	APPLIED NUTRITION I	DISSERTATION
August	UNIT-I 1. INTRODUCTION TO FOODS AND NUTRITION. 2. CLASSIFICATION OF FOODS ON THE BASIS OF ITS FUNCTION.	UNIT-I 1. CONCEPT OF NUTRITION TRANSITION. 2. RDA.	1. CATEGORIZATION OF FOODS BASED ON RICH, MODERATE AND POOR SOURCES OF: -ENERGY, PROTEIN, VIT A, VIT B, VIT C.	UNIT-I THE IMP OF HYGIENE IN FOOD SERVICE ESTABLISHMENTS: CANTEEN, HOSTEL, HOTEL, HOSPITAL. 2. HYGIENE PRECAUTIONS TO BE TAKEN DURING PREPARATION, DISPLAY AND SERVICE OF FOODS. PERSONAL HYGIENE OF FOOD HANDLERS.	UNIT-I 1. MINIMUM NUTRITIONAL REQUIREMENT AND RDA. 2. BODY COMPOSITION.	Submission of finalized introduction and review of literature, methodology
September	UNIT-II 4. FUNCTIONS AND SOURCES OF MACRO AND MICRO NUTRIENTS.	UNIT-II 3. CLASSIFICATION, DIGESTION, ABSORPTION, RDA, DEFICIENCY	-IRON -IODINE -CALCIUM -FIBRE	UNIT-II A BRIEF INTRO TO ENVIRONMENTAL SANITATION AND PUBLIC HEALTH. 4. SOURCES OF HARMFUL MICRO-	UNIT-II 3. ENERGY IN HUMAN NUTRITION. 4. NUTRITIONAL AND LIFESTYLE MANAGEMENT	Data analysis and results and write up and discussion with guide Review of finalized thesis and modification

Vasudha
28/11/23

	5. FUNCTIONS AND SOURCES OF WATER, FIBER.	AND EXCESS CARBOHYDRATE. 4. CLASSIFICATION, DIGESTION, ABSORPTION, RDA, DEFICIENCY AND EXCESS PROTEIN AND CONCEPT OF ESSENTIAL NON ESSENTIAL AMINO ACID.		ORGANISMS AND THEIR METHODS OF TRANSMISSION.	T OF PREGNANCY, LACTATION.	
October	UNIT-III 6. OBJECTIVES OF COOKING FOOD. 7. METHODS OF COOKING. 8. EFFECT OF COOKING ON NUTRITION.	UNIT-III 3. CLASSIFICATION, DIGESTION, ABSORPTION, RDA, DEFICIENCY AND EXCESS FATS. 4. RDA, DEFICIENCY AND EXCESS OF VIT, FAT SOLUBLE, A D E K.	3. PLANNING AND PREPARATION OF DISHES RICH IN: - ENERGY - -PROTEIN - -FIBRE - - - CALCIUM - -IRON	UNIT-III BACTERIAL FOOD POISONING. 6. FOOD BROME INFECTIONS.	UNIT-III 4. NUTRITIONAL AND LIFESTYLE MANAGEMENT DURING INFANCY, CHILDHOOD, ADOLESCENCE. 5. NUTRITIONAL AND LIFESTYLE MANAGEMENT DURING ADULTHOOD, OLD AGE	Modifications and recommendation
November	UNIT-4 9. MEAL PLANNING. 10. FOOD SAFETY.	UNIT-4 5. RDA, DEFICIENCY AND EXCESS OF VITAMINS. 6. RDA, DEFICIENCY AND EXCESS OF MINERALS.	- VIT A - VIT C - THIAMIN E - RIBOFLAVIN - NIACIN	UNIT-4 REFUSE DISPOSAL. 8. MICRO-ORGANISMS USED IN FOOD BIOTECHNOLOGY	UNIT-4 BASIC CONCEPT OF BALANCED DIET AND DIET THERAPY. 7. NUTRITIONAL SUPPORT AND THEIR COMPLICATION.	Conclusion and summary write up and finalization of thesis

Dan She

					8. TEAM APPROACH TO HEALTH CARE.	
December	REVISION CLASSES	DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.		DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.	DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.	Submission of dissertation

Session:-2020-2021

Name of the teacher:-Dr. Vasudha Bansal Department:-Foods And Nutrition Semester:-2nd Term (Jan 2021- May 2021)

CLASSES	BSC HOME SCIENCE SEMESTER 2 nd	BSC HOME SCIENCE SEMESTER 4 TH	BSC HOME SCIENCE SEMESTER 4 TH	PG DIPLOMA NUTRITION AND DIETITICS 2 nd	PG DIPLOMA NUTRITION AND DIETITICS 2 nd	MSC SEMESTER II
Subjects	INTRODUCTION TO FOODS AND NUTRITION II	APPLIED NUTRITION II	APPLIED NUTRITION II PRACTICAL	FOOD HYGIENE AND MICROBIOLOGY	APPLIED NUTRITION II	DISSERTATION
January	5. FOOD PREPARATION ACCORDING TO DIFFERENT FOOD GROUPS: -CEREAL AND CEREAL PRODUCTS. -PULSES.	UNIT-I 1. CONCEPT AND COMPONENTS OF BODY COMPOSITION. 2. WATER 3. GENERAL METHODS OF ASSESMENT OF RECOMMENDED DIETARY ALLOWANNCES. UNIT-II CONCEPT OF ENERGY BALANCE.	11. PLANNING AND PREPARATION OF FOLLOWING DIETS:- WEANING FOODS. - SCHOOL GOING CHILD - ADOLESCENT S - ADULT MAN AND WOMEN	UNIT-I THE INP OF HYGIENE IN FOOD SERVICE ESTABLISHMENTS: CANTEEN, HOSTEL, HOTEL, HOSPITAL. 2. HYGIENE PRECAUTIONS TO BE TAKEN DURING PREPARATION, DISPLAY AND SERVICE OF	UNIT-I DIETARY FIBER. 2. BASIC CONCEPT AND FUNCTION OF ANTIOXIDANTS, OMEGA 3 AND 6 FATTY ACIDS, FUNCTIONAL FOODS, NUTRACEUTICALS, WATER	Submission of finalized introduction and review of literature, methodology

Dr. Vasudha Bansal

				FOODS. PERSONAL HYGIENE OF FOOD HANDLERS.		
February	-VEGETABLE AND FRUITS -MILD AND MILK PRODUCT	UNIT-II CONCEPT OF BMR, SDA/TEF. UNIT-III PHYSIOLOGICAL CHARACTERISTICS, NUTRITIONAL REQUIREMENTS AND NUTRITIONAL CARE IN INFANCY AND CHILDHOOD.	-PREGNANCY AND LACTATION. -OLD AGE 2. THERAPEUTIC MODIFICATION OF DIET ON THE BASIS OF :- -CONSISTENCY -NUTRIENT.	UNIT-II A BRIEF INTRO TO ENVIRONMENTAL SANITATION AND PUBLIC HEALTH. 4. SOURCES OF HARMFUL MICRO-ORGANISMS AND THEIR METHODS OF TRANSMISSION.	UNIT-II ENERGY MODIFICATIONS, NUTRITIONAL CARE AND LIFESTYLE MANAGEMENT FOR WEIGHT MANAGEMENT. 4. FOOD ALLERGY.	Data analysis and results and write up and discussion with guide Review of finalized thesis and modification
March	6. BEVERAGES PREPARATION	UNIT-III PHYSIOLOGICAL CHARACTERISTICS, NUTRITIONAL REQUIREMENTS AND NUTRITIONAL CARE IN ADOLESCENCE AND ADULTHOOD. UNIT-4 PHYSIOLOGICAL CHARACTERISTICS, NUTRITIONAL REQUIREMENTS AND NUTRITIONAL CARE IN PREGNANCY AND LACTATION, OLD AGE.	7. MARKET SURVEY AND REPORT PRESENTATION OF THERAPEUTIC DIETS/FOODS/FORMULA - PROTEIN - ENERGY	UNIT-III BACTERIAL FOOD POISONING. 6. FOOD Borne INFECTIONS.	UNIT-III FEBRILE CONDITIONS. 6. FOOD INTOLERANCE.	Modifications and recommendation

Dasrath

April	8. DEMONSTRATION OF PREPARATION OF JAMS, MURRABBA, PICKLES FOR PRESERVATION.	UNIT-4 DIET THERAPY	- MICRONUTRIENTS- SODIUM, POTASSIUM, CALCIUM, IRON. - FIBRE	UNIT-4 REFUSE DISPOSAL. 8. MICRO-ORGANISMS USED IN FOOD BIOTECHNOLOGY	UNIT-4 DIETARY MODIFICATIONS AND COUNSELING DURING METABOLIC STRESS OF INJURY AND TRAUMA. 8. DIETARY MODIFICATIONS AND COUNSELLING DURING SEPSIS AND HIV/AIDS.	Conclusion and summary write up and finalization of thesis
May	DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.	DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.		DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.	DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.	Submission of dissertation

Dasudha

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:-2020-2021

Name of the teacher:-Dr. Vasudha Bansal

Department:-Foods And Nutrition

Semester:-2nd Term (Jan 2020- May 2020)

CLASSES	B.Sc. HOME SCIENCE SEMESTER 2 nd	B.Sc. HOME SCIENCE SEMESTER 4 TH	B.Sc. HOME SCIENCE SEMESTER 4 TH	PG DIPLOMA NUTRITION AND DIETITICS 2 nd	PG DIPLOMA NUTRITION AND DIETITICS 2 nd	M.Sc. SEMESTER 2 nd
Subjects	INTRODUCTION TO FOODS AND NUTRITION II	APPLIED NUTRITION II	APPLIED NUTRITION II PRACTICAL	FOOD HYGIENE AND MICROBIOLOGY	APPLIED NUTRITION II	DISSERTATION
January	1. FOOD PREPARATION ACCORDING TO DIFFERENT FOOD GROUPS: -CEREAL AND CEREAL PRODUCTS. -PUKSES.	UNIT-I 1. CONCEPT AND COMPONENTS OF BODY COMPOSITION. 2. WATER 3. GENERAL METHODS OF ASSESMENT OF RECOMMENDED DIETARY ALLOWANNCES. UNIT-II CONCEPT OF ENERGY BALANCE.	3. PLANNING AND PREPARATION OF FOLLOWING DIETS:- WEANING FOODS. - SCHOOL GOING CHILD - ADOLESCENTS - ADULT MAN AND WOMEN	UNIT-I THE INP OF HYGIENE IN FOOD SERVICE ESTABLISHMENTS: CANTEEN, HOSTEL, HOTEL, HOSPITAL. 2. HYGIENE PRECAUTIONS TO BE TAKEN DURING PREPARATION, DISPLAY AND SERVICE OF FOODS. PERSONAL HYGIENE OF FOOD HANDLERS.	UNIT-I DIETARY FIBER. 2. BASIC CONCEPT AND FUNCTION OF ANTIOXIDANTS, OMEGA 3 AND 6 FATTY ACIDS, FUNCTIONAL FOODS, NUTRACEUTICALS, WATER	Submission of finalized introduction and review of literature, methodology
February	-VEGETABLE AND FRUITS -MILD AND MILK PRODUCT	UNIT-II CONCEPT OF BMR, SDA/TEF. UNIT-III PHYSIOLOGICAL CHARACTERSTICS,	-PREGNANCY AND LACTATION. -OLD AGE 2. THERAPEUTIC MODIFICATION OF	UNIT-II A BRIEF INTRO TO ENVIRONMENTAL SANITATION AND PUBLIC HEALTH.	UNIT-II ENERGY MODIFICATIONS, NUTRITIONAL CARE AND LIFESTYLE MANAGEMENT FOR	Data analysis and results and write up and discussion with guide

Vasudha Bansal
Jan 28, 2023

		NUTRITIONAL REQUIREMENTS AND NUTRITIONAL CARE IN INFANCY AND CHILDHOOD.	DIET ON THE BASIS OF : - CONSISTENCY - NUTRIENT.	4. SOURCES OF HARMFUL MICRO-ORGANISMS AND THEIR METHODS OF TRANSMISSION.	WEIGHT MANAGEMENT. 4. FOOD ALLERGY.	Review of finalized thesis and modification
March	2. BEVERAGES PREPARATION	UNIT-III PHYSIOLOGICAL CHARACTERISTICS, NUTRITIONAL REQUIREMENTS AND NUTRITIONAL CARE IN ADOLESCENCE AND ADULTHOOD. UNIT-4 PHYSIOLOGICAL CHARACTERISTICS, NUTRITIONAL REQUIREMENTS AND NUTRITIONAL CARE IN PREGNANCY AND LACTATION, OLD AGE.	3. MARKET SURVEY AND REPORT PRESENTATION OF THERAPEUTIC DIETS/FOODS/ FORMULA - PROTEIN - ENERGY	UNIT-III BACTERIAL FOOD POISONING. 6. FOOD BROTHER INFECTIONS.	UNIT-III FEBRILE CONDITIONS. 6. FOOD INTOLERANCE.	Modifications and recommendation
April	4. DEMONSTRATION OF PREPARATION OF JAMS, MURRABBA, PICKLES FOR PRESERVATION.	UNIT-4 DIET THERAPY	- MICRONUTRIENTS- SODIUM, POTASSIUM, CALCIUM, IRON. - FIBRE	UNIT-4 REFUSE DISPOSAL. 8. MICRO-ORGANISMS USED IN FOOD BIOTECHNOLOGY	UNIT-4 DIETARY MODIFICATIONS AND COUNSELING DURING METABOLIC STRESS OF INJURY AND TRAUMA. 8. DIETARY MODIFICATIONS AND COUNSELING DURING SEPSIS AND HIV/AIDS.	Conclusion and summary write up and finalization of thesis
May	DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.	DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.		DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.	DOUBTS TAKEN DISCUSSION OF DIFFICULT TOPICS.	Submission of dissertation

Dasudhe

Name of the teacher: Ms. Akshata Verma Session: 2020-21
 Department: FRM Semester: Term 1 (Jul-Dec 2020)

B.Sc. Home Science (IDRM 6 th Sem)					
CLASSES	B.Sc. Home Science (IDRM 6 th Sem)				B.Sc. Home Science (IDRM & Composite 6 th Sem)
Subjects	BMCT-I	WPD-I	Furniture Design & Interior Graphics	Fundamentals of AutoCAD	Ergonomics and Household Equipment
Month 1	<u>Unit 1: Concrete:</u> types, properties, uses <u>Unit 2: Brick masonry:</u> types of bonds, brick walls, decorative brick work in interiors	<u>Unit 1: Illumination:</u> importance, types- general, task & accent lighting. Illumination sources- characteristics. Lighting fixtures & selection criteria. Lighting arrangement in a building.	<u>Unit 1:</u> Furniture, importance of furniture designing. Properties of good furniture, selection criteria. <u>Unit 3: Upholstered furniture:</u> materials & techniques.	<u>Basic commands:</u> create new dwg., layer- applications, open new dwg. exiting dwg. save/ save as/ quit/ close/ exit. <u>Drawing commands:</u> poly line, arc, ellipse, polygon, rectangle, SP line, circle, hatch, donut. Practice sheets	<u>Unit 1: Concept of ergonomics:</u> introduction, importance, scope <u>Unit 3: Household equipment:</u> importance, selection factors <u>Unit 4: Kitchen Utensils & Tools:</u> classification of utensils, type of tools
Month 2	<u>Unit 1: (contd.) Cement:</u> types, properties, uses <u>Unit 3: Stones:</u> types, properties, uses in interiors & exteriors	<u>Unit 2: Thermal Environment:</u> Importance, sources & effect of heat & cold on human body. Factors affecting thermal environment. Ways to secure thermal environment in building.	<u>Unit 2: Classification of furniture:</u> beds, sofas, chairs, tables & desks, storage units, screens, outdoor furniture, built-in furniture. Principles of furniture arrangement.	<u>Viewing existing dwg:</u> Redraw, regen all, regen auto, view <u>Modifying existing dwg:</u> Undo/ redo, oops, trim, move, offset, rotate, array, stretch, divide, champher, erase, break, copy, mirror, change, extend, explode, blip mode, scale, fillet. Practice sheets	<u>Unit 1: (contd.) Elements of ergonomics:</u> work & work place, anthropometry & biomechanics, human factors <u>Unit 2: worker's consideration in work place design:</u> anthropometry, work habits, work postures, equipment & clearance space <u>Unit 4: (contd.) Cleaning, Care & Selection:</u> kitchen utensils and tools
Month 3	<u>Unit 2:(contd.) Tiles:</u> types, properties, uses in interiors & exteriors <u>Unit 4: Timber & Plastics:</u> types, properties, uses, seasoning & defects in timber	<u>Unit 3: Ventilation:</u> Necessity, types, advantages, disadvantages, methods of achieving mechanical ventilation in a building.	<u>Unit 3: (contd.)</u> Wooden furniture: process of manufacturing. Joints and their applications. <u>Unit 4: characteristics of materials used for furniture:</u> woods, metals, glass, plastic & PVC, bamboo, marble, cane, wrought iron	Making & inserting blocks, dimensioning and text Practice sheets	<u>Unit 2: (contd.) Principles of arranging work area in home ergonomically</u> <u>Unit 3: (contd.) Materials used in HE:</u> aluminum, steel, stainless steel, copper, plastic, heat resistant glass
Month 4	<u>Unit 4: (contd.) Timber based products:</u> properties and uses: commercial plywood, block board, particle board, teak ply board, laminates	<u>Unit 4: Principles of air conditioning:</u> types, uses, essentials of air conditioning.	<u>Unit 4: Furniture finishes:</u> Types, Characteristics and application techniques	Practice sheets	<u>Unit 1: (contd.) Functional design:</u> applications <u>Unit 4: Finishes:</u> applied and mechanical
Month 5	Revision Assignments	Revision Assignments	Revision Assignments	Practice sheets Revision	Revision Assignments

Ashu

Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- ~~Narinder~~ Sin Grammar Kalra
 Session:- 2020-2021

Department:- English
 Semester – I

Class	B.Sc. Home Science-II	B.Sc. Fashion Designing		
Subject	English Language and Communication Skills	English		
Aug	Introduction to Literature, Discussions about Poetry written in Hindi, Punjabi and English Languages, Discussion on Unit-I (Poetry) Song-36 From Gitanjali Discussion on Unit-I (Prose) Spoken English and Broken English, Letter Writing (Formal Letter)	Introduction to Literature, Discussions about Poetry written in Hindi, Punjabi and English Languages, Discussion on the Chapter The Judgement Seat of Vikramaditya and What is Communication and Types of Communication? Notice Writing with Examples		
Sept	Presentations of the Students , Discussion on Unit-II (Poetry) From Homecoming Discussion on Unit-II (Prose) Principles of Good Writing , Template Paragraph Writing with Examples Revision of the Unit- I (poetry) and Unit-I (Prose)	Revision of the Chapter The Judgement Seat of Vikramaditya and Discussion on the Chapter Engine Trouble Presentation of the Students		
Oct	Revision of the Chapters and Class room Test Discussion on Unit-III (Poetry/) Myriad Winged Bird	Revision of the Chapters and Class room Test Discussion on the Chapter The Conjuror's Revenge Modern Forms of Communication		
Nov	Discussion on Unit-III (Prose) The Conjuror's Revenge , Introduction to the poem I know why the caged Bird Sings Exam(Terminal)	Introduction to the lesson The Rising of the Moon (lady Gregory) Practice of Match the following based on the Prescribed lessons Exam(Terminal)		
Dec	Discussion on Martin Luther King Jr. speech I have a Dream	Discussion on Waterloo (Arthur Conan Doyle) Revision of Prose and Drama		

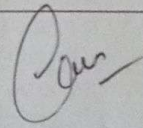
Jan

Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Gaurav Kalra
Session:- 2020-2021

Department:- English
Semester – II

Class	B.Sc. Home Science-II	B.Sc. Fashion Designing
Subject	English Language and Communication Skills	English
Mar	Overview of the lesson (Prose) Letter to a Teacher Unit I (poem) The Unknown Citizen What is Report Writing? Types of Report Writing With Examples	Discussion on the lesson The Position of Women in Ancient India Classroom Presentations
Apr	Overview of the lesson (Prose) The Best Investment I Ever Made Unit I (poem) Anthem for Doomed Youth Discussion on Informal Letters With Examples	Overview of the lesson (Prose) JC Bose by Aldous Huxley Practice of Precis Writing with examples
May	Overview of the lesson (Prose) Taking the law into Their Hands Unit I (Poem) Dover Beach Correction of Sentences (Terminal Exam)	Discussion on the play The Proposal by Anton Chekov Classroom Presentations Letter Writing (Letter to the Editor) (Terminal Exam)
June	Overview of the lesson (Prose) The Elixir of Life Unit I (Poem) Telephone Conversation Practice of Correct forms of Verb with Examples	Discussion on the play Riders to the Sea Practice of match of the following from the prescribed text
July	Revision of the Poems and Prose Homophones with Examples	Discussion on the play Lithuania Unseen passage for Comprehension
Aug	Final Exam	Final Exam



Session: 2020-21

Name of the teacher: Ms. Akshata Verma Department: FRM Semester: Term 2 (Jan-Jun 2021)

CLASSES	B.Sc. Home Science (IDRM 6 th Sem)				B.Sc. Home Science (IDRM & Composite 6 th Sem)
	Subjects	BMCT-II	WPD-II	Sustainable Buildings	Advanced AutoCAD
Month 1	<p><u>Unit 1: Flooring</u> Types, properties, uses; mud, brick, cement, terrazzo, wood, metals, tiles, resilient flooring, mosaic, marble, granite, hard & soft floor</p> <p><u>Unit 2: Roofs:</u> types- flat & pitched roof</p>	<p><u>Unit 1: Thermal Insulation:</u> concept, necessity, principles, materials for insulating, insulation techniques</p>	<p><u>Unit 1: Sustainable buildings:</u> introduction, concept, importance, benefits</p> <p><u>Unit 3: Methods of achieving sustainable design:</u> resource conservation- energy, water, material</p>	<p>Plotting Drawings: Plot command, selecting area for plotting, scale of plot, scale to fit, selecting plotting device, selecting paper size and type, print preview</p> <p>Practice sheets</p>	<p><u>Unit 1: Consumer education:</u> meaning, need, wise buying practices</p> <p><u>Unit 2: Consumer rights & responsibilities</u></p>
Month 2	<p><u>Unit 3: Metals-</u> types, properties, uses</p> <p><u>Unit 4: Paints:</u> types, characteristics, defects in painting, techniques</p>	<p><u>Unit 2: Sound Insulation:</u> concept, importance, types of insulating material, defects due to reflected sound</p>	<p><u>Unit 2: Principles of sustainable design:</u> economy of resources, life cycle design, humane design</p>	<p>3d Modelling: Extrude section, slice, solid editing, rendering, shading, hide command, import-export</p> <p>Practice sheets</p>	<p><u>Unit 2: (contd.) Consumer protection through consumer aids:</u> Labels, catalogues, advertisement, guarantee/warrantee</p> <p><u>Unit 3: Consumer protection through certification marks-</u> PFA, FPO, ISI, Agmark</p>
Month 3	<p><u>Unit 1: (contd.) Flooring:</u> floor coverings</p> <p><u>Unit 2: (contd.) Treatments:</u> POP, PVC, wooden, glass</p>	<p><u>Unit 3: Secure Building Design:</u> necessity, ways of monitoring & surveillance in building</p>	<p><u>Unit 3: (contd.) Sustainable construction material, planning & designing sustainable building</u></p>	<p>Practice sheets</p>	<p><u>Unit 3: (contd.) Consumer protection through certification marks-</u> Hallmark, ecomark, woolmark</p>
Month 4	<p><u>Unit 3: (contd.) Glass & Plastics:</u> types, properties, uses</p> <p><u>Unit 4: (contd.) Plastering:</u> types, defects, its repair, curing, finishes</p>	<p><u>Unit 4: Fire safety:</u> need, characteristics, fire detection, extinguishing system, role of designer in fire safety</p>	<p><u>Unit 4: Indian Green Building Council (IGBC):</u> green rating system in India</p>	<p>Practice sheets</p>	<p><u>Unit 4: Role of govt. agencies in consumer affair:</u> DMI, BIS, Food adulteration act, MRTP act, FSSAI, Controller of weights and measures</p>
Month 5	<p>Revision Assignments</p>	<p>Revision Assignments</p>	<p>Revision Assignments</p>	<p>Practice sheets Revision</p>	<p>Revision Assignments</p>

Aneeta

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Name of the teacher:- Dr. Reenu Department:- Chemistry Semester:- _____ Term I (Aug 2020 – Feb 2021)

CLASSES	B.Sc. Home Science (Semester III)	B.Sc. Home Science (Semester V)	B.Sc. Foods & Nutrition (Semester III)
Subjects	Applied Chemistry I	Nutritional Biochemistry I	Dissertation
August	<p><u>Unit I</u> <u>Chapter 1:</u> Symbols formulae, valency and variable valency, elementary idea of empirical formula and molecular formula, Definition of atomic weight and molecular weight, Mole Concept <u>Chapter 2:</u> Chemical equation and reaction: Parts, types, essential of chemical equation, balancing of chemical equation by hit and trial method, drawbacks of chemical equations and their removal, Exothermic and endothermic, catalytic and reversible reactions. Doubts and Assignments</p>	<p><u>Unit I</u> <u>Chapter 1:</u> Carbohydrates :Definition, classification, structure & importance, Monosaccharide – glucose, fructose, galactose, Disaccharides – maltose, lactose, sucrose, Polysaccharides – Dextrin, starch, glycogen <u>Chapter 2:</u> Proteins: Definition & classification- Fibrous, Globular, Inter-membrane; Conjugated Levels of Protein structure- primary, secondary, tertiary, quaternary, Denaturation of proteins, Amino acids-Common structural features, Peptide bond, essential and non-essential Doubts and Assignments.</p>	<p>Selection of Data Set for Computation</p>
September	<p><u>Unit II</u> <u>Chapter 3:</u> Chemical Bonding: Definition of chemical bond, cause of chemical, bonding , types of chemical bonds- ionic bond, covalent bond, coordinate bond(def& simple picture based on electron- dot picture) eg:O₂,HCl,Cl₂, CaO, NH₄⁺, H₃O⁺ , MgF₂, CH₄,C₂H₄, C₂H₂, H₂O ,H₂NH₃ <u>Chapter 4:</u> Elementary idea about normality, formality, molarity, strength of solution, mole fraction and ppm. What are solutions. Doubts and Assignments.</p>	<p><u>Unit II</u> <u>Chapter 3:</u> Lipids: Definition, classification, types and properties (no structures): Essential Fatty acids, Characteristics of fatty acids and fats (saponification, iodine and acid values). Rancidity of fats, melting point and smoking point of fats Phospholipids, Glycolipids & their importance <u>Chapter 4:</u> Lipoproteins & Ketone bodies: Classification and structure of lipoproteins-Types (Chylomicrons,VLDL, LDL, HDL) & composition, Role of lipoproteins in health & disease Basic concept of Ketone bodies, Ketosis, Fatty liver Doubts and Assignments.</p>	<p>Computational Calculations of selected Data Set</p>
October	<p><u>Unit-III</u> <u>Chapter 5:</u> Elementary idea about hard water (causes and types), heavy water with its uses. <u>Chapter 6:</u> Soaps & detergents, Their Cleansing action. <u>Chapter 7:</u> Fire extinguishers – Types & Uses. Doubts and Assignments.</p>	<p><u>Unit-III</u> <u>Chapter 5:</u> Vitamins: Brief descriptive biochemical role of fat soluble vitamins A, D, K & E, Brief descriptive biochemical role of water soluble vitamins – B1, B2, B6, niacin and C <u>Chapter 6:</u> Minerals:Biochemical role & Pathophysiology- Ca, Na, K, Mg, S, Fe, Zn, I, Se Doubts and Assignments.</p>	<p>Computational Calculations of selected Data Set</p>
November December	<p><u>Unit-IV</u> <u>Chapter 8:</u> Properties and uses of Methane (CH₄) <u>Chapter 9:</u> Properties and uses of ethylene (C₂H₄) <u>Chapter 10:</u> Properties and uses of Acetylene (C₂H₂) Doubts and Assignments.</p>	<p><u>Unit-IV</u> <u>Chapter 7:</u> Introduction to genetic control of metabolism (elementary aspects) Nucleic acids- types, purines & pyrimidines, Nucleoside, Nucleotide Watson & Crick model of DNA structure, Denaturation, DNA Replication <u>Chapter 8:</u> Basic concepts of Transcription, Genetic code, Translation Doubts and Assignments.</p>	<p>Analysis of Results obtained</p>
January	<p>Assignments and revision tests</p>	<p>Assignments and revision tests</p>	<p>Formulation of Introduction of Dissertation thesis</p>

Reenu

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-2021

Name of the teacher:- Dr. Reenu Department:- Chemistry Semester:- _____ Term II (Mar 2021 – Aug 2021)

CLASSES	B.Sc. Home Science (Semester IV)	B.Sc. Home Science (Semester VI)	B.Sc. Foods & Nutrition (Semester II)	B.Sc. Foods & Nutrition (Semester IV)
Subjects	Applied Chemistry II	Nutritional Biochemistry II	Dissertation	Dissertation
March	<u>Unit- I</u> Chapter 1: Alcohols- Properties and uses of ethyl alcohol, idea about methylated spirit, absolute alcohol and power alcohol. Chapter 2: Properties and uses of acetic acid. Doubts and Assignments.	<u>Unit- I</u> Chapter 1: Carbohydrate metabolism: Glycolysis, gluconeogenesis, glycogenesis, glycogenolysis Chapter 2: Biological oxidation: Citric acid cycle, Electron transport chain Doubts and Assignments	Allotment of Students	Formulation of first draft of dissertation thesis
April	<u>Unit- II</u> Chapter 3: Properties and uses of Benzene , Phenol. Chapter 4: Preparation and uses of Benzene diazonium chloride. Doubts and Assignments.	<u>Unit- II</u> Chapter 3: Metabolism Proteins – general reactions of amino acid metabolism, urea cycle, Lipids – oxidation and biosynthesis of fatty acids Chapter 4: Fluid (ECF, ICF), electrolyte (Na, K) and acid-base balance, Fundamentals of membrane transport – osmosis, passive diffusion, facilitated diffusion, active transport Doubts and Assignments	General research discussion and perspective	Proof reading and results rechecking
May	<u>Unit- II</u> Chapter 5: Cosmetics: Brief study and elementary idea about ingredients- cold cream, vanishing cream, lipstick, mascara, depilatories. Use of fluoride toothpaste and chemistry of cold cream. Chapter 6: Chemistry in medicine: Anti pyretics and Sulpha drugs. Chapter 7: Food Additives. Doubts and Assignments	<u>Unit III</u> Chapter 5: Introduction to Enzymes: Definition and classification of enzymes, Specificity of enzymes, Isoenzymes, Coenzymes, Allosteric enzymes Chapter 6: Enzymes: Factors affecting enzyme catalysis, Enzyme inhibition- Competitive, Non-Competitive, Uncompetitive, Feedback inhibition Doubts and Assignments	Literature Survey	Review of finalized dissertation thesis
June	<u>Unit-IV</u> Chapter 8: Polymerization and Polymers- Definition and classification. Chapter 9: Polymers in textiles: Chemistry of synthetic fibers- Nylon, Polyester and Acrylic fibers. Chapter 10: Fertilizers: Nitrogen, Potassium and Phosphorus. Doubts and Assignments	<u>Unit-IV</u> Chapter 7: Hormones: Mechanism of action of hormones (intracellular & nuclear receptors, Pancreatic Hormones (Insulin, Glucagon-no structures), Role in blood, sugar regulation, Biological role of Pituitary hormones Chapter 8: Functions of hormones of – adrenal cortex and medulla, thyroid, parathyroid glands Doubts and Assignments	Research Topic Discussion and Selection	Finalization and submission of dissertation thesis
July	Assignments and revision tests	Assignments and revision tests	Making of Strategic plan to initiate research work	-

Reenu

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21Name of the teacher:- Mr. Amit Gargani Department:- DanceSemester:- Ist and IIIrd

CLASSES	B SC (Home Science) I st Semester	B SC (Home Science) III rd Semester		
Subjects	Dance (Kathak)	Dance (Kathak)		
Month 1 August	Introduction to Kathak and 2 Taras in Teen Tal.	Revision of Basics of Kathak Introduction of Faptal		
Month 2 September	Introduction of Tatkari and Chakras Hast Mudras and Teen Tal	Revision of Nagma and To		
Month 3 October	Introduction of Nagma and Todha Hand Movements Sallami and Aamad	Practical demonstration of 10 Hastas Introduction of 4 Toolkas of Faptal		
Month 4 November	Practical and Theory Exam			
Month 5 December	Introduction of Chantal five sketch of it. Vday Shikhar	Introduction of Aamad & Paran - Faptal five sketch of it. Pundar Khand.		

January - February - Revision

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2020-21

Name of the teacher:- Ms. Amit Gangui

Department:- Dance

Semester:- IInd and IVth

CLASSES	B.Sc (Home Science) II nd Semester	B.Sc (Home Science) IV th Semester		
Subjects	Dance (Kathak)	Dance (Kathak)		
Month 1 March	Revision of Tattvas - Teental. Introduction of Teen Taal Todhas	Revision of Teen Tal Introduction of Chakkar Paran		
Month 2 April	Introduction of Salami & Namad Practice of Both	Introduction of Chakkar Todha & Kavil - Teen Tal Practice of Both		
Month 3 May	Practical and Theory Exam			
Month 4 June	Introduction of Layalai in Chantal Practice	Introduction of Chakkar Chantal Practice		
Month 5 July	Introduction of Todha & Namad - Chantal	Introduction of Paran & Kavil - Chantal		
August	Revision	Revision		

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Mrs. Preeti Sodhi Department: - Clothing & Textiles

Semester: - Odd semester (July 2020- December 2020)

CLASS	B.Sc. FD-I Sem.	B.Sc. FD-I Sem.	B.Sc. FD-III Sem.	B.Sc. FD-III Sem.
Subjects	Garment Design (Pr.)	Basics of Design (Pr.)	Garment Design (Pr.)	Fashion Concepts (Th.)
August 2020	Sketching of Necklines ,Cuffs & Pockets	1. Different drawing tools and colouring mediums	Western wear -Casual	UNIT-I Fashion Terminology:- UNIT-II 2. Elements of Design
September 2020	Frills & flounces and cascades Belts and bows & Pleats	2. Line and its types Forms & Shapes	Western wear -Formal	UNIT-II 3. Principles of Design UNIT-III 4. Characteristics of Fashion
October 2020	Practice work Sketching of Tucks & Shirring, Pleats , Gathers	Practice work 3. Creation of motifs using different forms and shapes.	Practice Work Casual Indian wear	Revision of Syllabus UNIT-III 5. Factor affecting Fashion Moment
November 2020 (Mid- Term Exam)	Plackets ,Collars	3. Creation of motifs using different forms and shapes.	Formal Indian Wear	UNIT-IV 6. Fashion Cycle 7. Theories of origin of clothing
December 2020	Sleeves & Yokes	4. Introduction to colour	Sports wear & Night wear	UNIT-IV 8. Length of Fashion Cycle 9. Stages of Fashion Cycle Broken Fashion Cycle

Preeti

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2020-21 Name of the teacher: - Mrs. Preeti Sodhi Department: - Clothing & Textiles

Semester: - Even semester (Jan. 2021- April 2021)

CLASS	B.Sc. FD-IV Sem.	B.Sc. FD-IV Sem.	B.Sc. ATD & Composite-VI Sem.	B.Sc. ATD & Composite-VI Sem.
Subjects	Fashion Illustration (Pr.)	Fashion Concepts (Th.)	Traditional Textiles (Th.)	Traditional Textiles (Pr.)
March 2021	Drawing of croqui and fleshing of figure	UNIT-I 1. Brief explanation of terms	UNIT- I 1. Resist dyed textiles	Collection of swatches/photographs of the Dyed textiles
April 2021	Drawing of hands, legs, feet and arms Facial proportions- eyes, nose, lips and ears Drawing of hair/ hairstyles –	UNIT-II 2. Theories of fashion	UNIT- II 2. Block printed textiles of Rajasthan 3. Painted textiles of Andhra Pradesh – Kalamkari	Collection of swatches/photographs of b) Printed and painted textiles 3. Tie and Dye
May 2021	Rendering different textures	UNIT-III 3. Source of inspiration 4. Fashion supplies: 5. Concepts of design process	UNIT- III 4. Kashmir shawls 5. Kashmir carpets 6. Namda 7. Gaba	2. Collection of swatches/photographs of Traditional Woven Textiles
June 2021	Footwears	UNIT-IV 6. Fashion forecast 7. Fashion leaders	UNIT-IV 8. Traditional Woven Textiles	3. Block printing
July/August 2021	Handbags	UNIT-IV 6. Fashion forecast 7. Fashion leaders	UNIT-IV 8. Traditional Woven Textiles	3. Stencil printing.

Preeti