

Session: 2022-23

Name of Teacher: Prof Reetinder Brar

Department: Human Development and Family Relations

Semester: Odd sem

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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, WISIC, 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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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2022-23

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 (AUG.)	Study of different types of soil – sand, clay, loam, alluvial soil, peat and gravel soil. Study of different types of soil operation, organic manures.	Study of garden implements Study of compound microscope. Study of dissecting microscope Preparation of temporary slide of onion peel. Study of fibre yielding plants.
Month 2 (SEPT.)	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 3 (OCT.) 29.10.22-05.11.22. (MID SEM. EXAM.)	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 4 (NOV.)	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.
Month 5 (DEC.)	P. U. Examination (Theory)	P. U. Examination (Practical)

Ranjana Sharma
03/03/23

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2022 – 20223

Name of the teacher:- Dr. Rajesh Biswas, Department:-Zoology, Semester:- 1st semester(Aug.22 – Nov. 22)

B.Sc. Home Science, I-Semester		B.Sc. Home Science, I - Semester
Applied Zoology-I, (Theory)		Applied Zoology-I, (Practical)
Month 1(Aug)	<p>UNIT- I An elementary study of the following animals as indicated:</p> <ol style="list-style-type: none"> 1. Malaria parasite: Detail life history and mode of transmission. 2. Entamoeba histolytica and Entamoeba coli: Habit distribution ,disease produced and mode of transmission. 3. Trypanosoma gambiense and Leishmania dononani : Habit distribution, disease produced and mode of transmission. 4. Taenia solium, Ascaris lumbricoides: External feature life history , disease caused and mode of transmission. 5. Fasciola hepatica and Wucheria bancrofti: life history , disease caused and mode of transmission . <p>Unit-II An elementary study of Insect Pest</p> <ol style="list-style-type: none"> 6. Life history and economic importance of insect pest: Rice Weevil (Sytophillus), Lesser Grain Borer(Rizopertha), Gram Dhor (Callosobruchus), and Rust Red Flour Beetle (Tribolium). 7. Control of insect pest : Cockroach, Termite. 8. Grain Storage: Principles of toxicology with reference to home. 9. Habit habitat and life history only: Mosquito(Culex& Anopheles). <p>UNIT-III Economic important insect and Earthworm</p> <ol style="list-style-type: none"> 10. Honey bee: Habit habitat and life history only. 11. Silk moth: Habit habitat and life history only. 12. Lac insect: Habit habitat and life history only <p>UNIT-III Economic important insect and Earthworm</p> <ol style="list-style-type: none"> 10. Honey bee: Habit habitat and life history only. 11. Silk moth: Habit habitat and life history only. 12. Lac insect: Habit habitat and life history only 13. External feature life history and economic importance of Earthworm <p>Unit-IV</p> <ol style="list-style-type: none"> 14. Elementary knowledge of Apiculture. 15. Elementary knowledge of Sericulture. . 16. Elementary knowledge of Vermiculture. <ol style="list-style-type: none"> 17. Elementary knowledge of Poultry(important breed of poultry, selection of breed, Housing, Feeding and common ailment such as Ranikhet, coccidiosis, fowlpox and fowl cholera, only) <p>Unit-IV</p> <ol style="list-style-type: none"> 18. Elementary knowledge of Prevention of Bird flue. 19. Elementary knowledge of composite and integrated fish (cultivation of major carps only) culture in pond only (excluding induced breeding). 	<p>1. Phylum based identification and Economic importance of Invertebrates and Vertebrates present in the laboratory.</p>
Month2(Sept.)		<p>1. Phylum based identification and Economic importance of Invertebrates and Vertebrates present in the laboratory.</p> <p>2. Identification of slides and specimens: Malaria parasite(Plasmodium), Fasciola hepatica(life stages also), Ascaris, Taenia solium, .</p>
Month 3 (Oct.) Mid-Sem-Exam 29.10.2022 to 5.11.2022		<p>1. Phylum based identification and Economic importance of Vertebrates present in the laboratory.</p> <p>3. Identification of available insect pest and their life stages</p> <p>3. Identification of available insect pest and their life stages.</p> <p>4. Preparation of temporary mounts of mouth parts of cockroach.</p>
Month 4(Nov.) Mid-Sem-Exam 29.10.2022 to 5.11.2022		<p>5. Visit to Poultry farm.</p> <p>6. Vermiculture.</p> <p>7. Project report on field visit to renowned poultry</p> <p>Revision</p>

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: 2022-2023

Name of the Teacher:-Dr. Ritu Pradhan

Semester:-I&3 (Aug-22 to Dec-22)

PG Diploma Nutrition and Dietetics 1st Sem

M.Sc. Foods and Nutrition 3rd Sem

M.Sc. Foods & Nutrition 1st Sem

CLASSE S	Subjects	Applied Nutrition - I	Food Product Development	Seminar-1	Project	Dissertation	Nutritional Management in Sports and Fitness	Food Service Management	Seminar	Human Nutrition
August	Formulation of RDA and dietary guidelines Concept of body composition Concept of kilojoules and kilocalories REE, RMR, BMR, PEE, TEF BMR energy balance	Developing and preparation of main course, snacks, ready to eat and dessert recipes for the following: Gluten free Low glycaemic index	Seminar's topics discussion and finalisation	Display board decoration	Synopsis Questionnaire preparation and finalisation	Introduction to sports nutrition Fitness and nutritional assessment Macronutrients in sports- Carbohydrates Proteins	Concept and Evolution of the food service industry. Types of Food Service Preparation for service Food Service Organization and Management	Seminar's topics discussion and finalisation	Human Nutrition	Energy needs and RDA Weight management Under and over nutrition Metabolic X syndrome Dietary carbohydrates and dietary fiber
September	Nutritional and lifestyle management, Pregnancy and lactation, Infancy, Childhood, Adolescent Adulthood	Low/high fiber, Low purine, Developing and preparation of two recipes each using the following methods of cooking: Microwave	Seminar conducted	Aids prepared on millets	Data collection/ experimental work	Fats Calorie needs and expenditure B complex vitamins Minerals	Unit-2 Principles and functions of management Quantity Food Production: Production planning and control	Seminar Conducted	Glucose regulation in blood and hormonal control, Essential fatty acids, Phytochemicals Plat sterols, Dyslipidemias Lipoproteins	Glucose regulation in blood and hormonal control, Essential fatty acids, Phytochemicals Plat sterols, Dyslipidemias Lipoproteins
October	Old age Concept of balanced diet and diet therapy Consistency modification Nutrient modification	Cooking Baking	Seminar conducted	Millet based recipe preparation	Data collection/ experimental work Data entry and analysis	Antioxidants and water, Aerobic and anaerobic activity, Vegetarian athletes Female sports person- Menarche and Menstruation- Amenorrhea and Anemia Energy requirements for -Strength and power athletes	Human Resource Management Training Importance, Principles, On the Job Training Performance Appraisal Importance, Methods, Limitations	Seminar conducted	Protein turnover Nitrogen balance Assessment of Protein quality Fasting and starvation Antioxidants non nutritive food components	Protein turnover Nitrogen balance Assessment of Protein quality Fasting and starvation Antioxidants non nutritive food components
November	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	Role of leptin and ghrelin Nutrient- nutrient inter- relation Causes and effect of deficiency Causes and effect of excess	Role of leptin and ghrelin Nutrient- nutrient inter- relation Causes and effect of deficiency Causes and effect of excess
December	Doubts taken Discussion of difficult topics	Practice of recipe preparation		Decoration of dept	Final draft of introduction Review of literature and methodology	Doubt classes Discussion of selective topics	Revision classes		Revision	Revision

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: 2022-2023 (August- December)

Name of the teacher: Neelam Kumari

Department: Human Development and Family Relations

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 2022	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
September 2022	Factors affecting Cognitive and language development	Folder on Play activities and lullabies	Changing concept of parenthood Being a competent parent	Display related to the nature, assistive devices for children with special needs
October 2022	Language development, Pre-speech Communication	Toy: Motor Skill, Socio-emotional development	Parenting roles, characteristics, family life cycle	Socio-Emotional Problems, Treatment Visual Impairments
November 2022	Role of family member, Physical care of Infants	Poster: All round development	Home visit and interview of parents.	Visit and prepare report on institutions working
December 2022	Emotional pattern Common play	Presentation of File work Feedback	A need-based intervention program for parents	Case study on a child with any one type of disability
				Workshop to enhance the capacities
				Group discussion

Neelam

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-2023 (Odd Semester)

Name of the teacher: **Dr. Chhaya Verma**

Department: **Clothing and Textiles**

Semester: **Aug, 2022-December, 2022**

CLASSES	B.Sc. (F.D.)- 1 st Sem		M.Sc. (C&T)- 1 st Sem		M.Sc. (C&T)- 3 rd Sem	
	Textile Science-I (Th)	Textile Science-I (Pr)	Textile Science-I (Th)	Textile Science-I (Pr)	Dyeing & Finishing (Th)	Dyeing & Finishing (Pr)
August, 2022	Textile fibres and their classification based on sources and origin. Properties of textiles fibers.	Fiber identifications – visual, burning test	Measuring anthropometric parameters. Manipulation of basic darts in the bodice into- •Multiple darts •Princess line		Definition and classification of dyes - Dye fiber interaction Application of dyes on different fabrics Dyeing of blends	Scouring and bleaching of cotton. Dyeing of cotton with direct dye.
September, 2022	Manufacturing and properties of various natural cellulosic fibres – cotton and linen	Fiber identifications –microscopic and solubility test	•Contouring Patterns: – Off shoulder – Wrap 3. Style reading of the given five designs		Dyeing machinery Colour measurement- Theories of dyeing	Dyeing of cotton with azoic, reactive and acid dyes
October, 2022	Manufacturing and properties of various natural protein fibres- wool and silk.	Identification of type of yarn	Designing, style reading and pattern development of the following- •Skirts: Godet, Gore and Circular		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, 2022 (Mid-Term Exam 09/11/22-15/11/2022)	process and properties of regenerated cellulosic fibre – Viscose rayon. Manufacturing process and properties of modified cellulosic fibre – acetate	Determination of twist.	•One piece dress with halter neck Grading of the basic patterns •Bodice block •Sleeve block •Skirt block		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, 2022	Manufacturing process of man-made synthetic fibres- Polyamide- Nylon 66, Nylon 6	Evaluation of thread count	Draping of Upper garment- •Top with princess line •Top with cowl		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.
	Manufacturing process of man-made synthetic fibres- Polyester and Acrylic	dimensional stability of fabric	Draping of Yokes- •Fitted Midriff 4 Bodice Yoke Draping of Lower garment Flared skirt		Special purpose finishes	Application of direct dye with different mordants

Chhaya Verma

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-2023 (Odd Semester)

Name of the teacher: Dr. Chhaya Verma

Department: Clothing and Textiles

Semester: ~~March~~, 2022-~~Dec.~~ 2022

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)- 3 rd Sem	Dyeing & Finishing (Pr)
Subjects	Textile Science-I (Th)	Textile Science-I (Pr)	Pattern Development - I(Pr)	Dyeing & Finishing (Th)	Dyeing & Finishing (Pr)
August, 2022	Textile fibres and their classification based on sources and origin. Properties of textiles fibers.	Fiber identifications - visual, burning test	Measuring anthropometric parameters. Manipulation of basic darts in the bodice into- • Multiple darts • Princess line	Definition 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.
September, 2022	Manufacturing and properties of various natural cellulosic fibres - cotton and linen	Fiber identifications -microscopic and solubility test	•Contouring Patterns: - Off shoulder - Wrap 3. Style reading of the given five designs	Dyeing machinery Colour measurement- Theories of dyeing	Dyeing of cotton with azoic, reactive and acid dyes
October, 2022	Manufacturing and properties of various natural protein fibres- wool and silk.	Identification of type of yarn	Designing, style reading and pattern development of the following- • Skirts: Godet, Gore and Circular	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, 2022 (Mid-Term Exam 09/11/22-15/11/2022)	process and properties of regenerated cellulosic fibre - Viscose rayon. Manufacturing process and properties of modified cellulosic fibre - acetate	Determination of twist.	•One piece dress with halter neck Grading of the basic patterns •Bodice block •Sleeve block •Skirt block	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, 2022	Manufacturing process of man-made synthetic fibres- Polyamide- Nylon 66, Nylon 6	Evaluation of thread count	Draping of Upper garment- •Top with princess line •Top with cowl	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.
	Manufacturing process of man-made synthetic fibres- Polyester and Acrylic	dimensional stability of fabric	Draping of Yokes- •Fitted Midriff 4 Bodice Yoke Draping of Lower garment Flared skirt	Special purpose finishes	Application of direct dye with different mordants

Chhaya

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-2023

Name of the teacher: - Dr. Sonia

Department:- Clothing and Textiles

Semester:- Aug'2022-Dec'2022

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
Subjects	Needle Craft-I (Pr)	Pattern Making-II (Pr)	Fabric Science (Th)	Fabric Science (Pr)
Aug,2022	Stem, Back, Chain, French knots and Cross Stitches	Basic Skirt Block Sloper of Basic Skirt	Molecular Structure Polymers and its types Polymerization	Cotton
Sept,2022	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
October,2022	Cutwork Hemstitch Applique work	Six Gored Skirt Flared Skirt Peplum Skirt Knife Pleated Skirt	Cotton, Linen, Jute, Silk, Wool, Pineapple, Banana, Palm, Bamboo, Hemp	Acrylic and Rayon Terycot.
November,2022 (Mid-Term Exam 09/11/22- 15/11/2022)	Designs of Applique and its samples	Tiered Skirt Yoke Skirt	Rayon and its types, Acetate, Triacetate, Polyester, Nylon 6 & 66, Acrylic and Modacrylic, Polyethylene	Terry wool
December,2022	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

Name of the Teacher:- Dr.Neha Sharma

Session:- 2022-2023

Department:- Human Development

Semester:-Aug-Dec 2022

CGFC 1st Sem

CL AS SE S	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	P.G. Diploma in CGFC 1 st Sem	P.G. Diploma in CGFC 1 st Sem	P.G. Diploma in CGFC 3 rd Sem	M.Sc. H.Sc. HDFR 3 rd Sem
Su b	Introduction to Theories of Human Development-I	Development in Adolescence (Th+Pr)	Socialization in Various Family Contexts Across Different Cultures (Theory)	Theoretical Perspectives in Child Development- I (Th)	CGFC (practical) -I	Marriage and Family Relations (TH)	Program Planning and placement in Child Welfare Agencies (PR)
Au g	-Concept of a Theory what is a theory, brief steps of its formulation. -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 versus Late maturers. -Emerging sexuality. -Health in adolescence – Nutrition, substance use and abuse, eating disorders. (Practical) Administer and interpret psychological test - Family environment. -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, step-children, female headed -Causes and effects of different family structures	-Introduction to theoretical development in child development -Principles of child development	-Exposure to various modes of Counselling (Face to face, Online, Telephonic) and writing a report on them.	-Introduction to 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, balwadi, anganwadi, crèche etc. -Preparing a resource unit file on the basis of play way method/approach.
Sep	-Cognitive developmental theories – Piaget. -Information processing theories. -Sociocultural theories – Vygotsky. -Ethology and evolutionary theories – Konrad Lorenz, John Bowlby. -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 have and prepare a report of the same.	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	-Introduction to Theories development (the nature of development, the process that guides development, the importance of age, individual differences).	-Planning effective guidance program for children and parents with -Behavioural problems -Emotional problems -Social problems.	Intro to Marriage and Family Relations -Basics of marriage -Family stage Understanding Parent-child Relationships -Gender, 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 and their techniques -Types of puppets and mobiles.
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 relationships	-Physical development in infancy -Perceptual development -Cognitive development (Piaget's sensori-motor period) -Psychosocial development in infancy (Erikson's theory)	-Selecting and profiling a case having Marital problems, Executing counselling program and presenting the case in class.	-Influence of family relations on parent and child well being. Marital Discord and Need for Counselling -Dysfunctional parental relationship and consequences Counselling children and adults	- 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 with parents and children.
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 Report the following: -Problems faced during pubertal changes. -Health related concerns. -Problems of heterosexual relationships.	Child rearing and socialization in different tribes. -Marital and family relationships, patterns of interaction throughout life-cycle.	-Physical and motor development -Cognitive development (Piaget's preoperational period) -Psychosocial development in early childhood (Erikson's theory) -Ecological theory (Bronfenbrenner's theory)	-Developing and executing various activities to enhance counselling skills such as listening, empathy, warmth etc.	Orientation of family counselling /Psychoanalytic /Rational Emotive Experiential family counselling -Social-learning/	-Planning and implementing a parent Teacher meeting. -Planning, preparation and serving of supplementary nutritious snacks for pre-schoolers.
Dec	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation

Neha Sharma

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2022- 2023

Name of the Teacher:- Dr. Uttara Singh

Department:- Foods and Nutrition

Semester:- I,III,V (Aug 22 to Dec 22)

CLASSES	B.Sc. Home Science 5 th semester Dietetics and Composite	M.Sc. Foods and Nutrition 1 st semester	B.Sc. Home Science 5 th semester Dietetics	PG Diploma Nutrition and Dietetics	B.Sc. Home Science 5 th semester Dietetics	B.S.C. Home Science 5 th semester Dietetics	M.Sc. Foods and Nutrition 3 rd 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 Etiology, dietary and lifestyle management of gastric, flatulence	Energy needs – Assessment and requirements Metabolic regulation of food intake-weight management through life Clinical and biochemical manifestation of over and under nutrition Disorders of metabolism metabolic syndrome/syndrome X and increased cardio metabolic risk. Protein turnover, Methods of measuring protein turnover, "N" balance, obligatory loss	Nutritional status, surveillance. group method nutritional education. anemia NNAPP	community concept- types and factors affecting aim and scope and content of public health role in national development. nutrition and infection	Types of institutional food service operations Commercial Non commercial Organization : Theories of organization Different types of organization	Synopsis Questionnaire preparation and finalisation	
September	Hyperacidity Diarrhea, constipation energy modifications overweight, underweight,	Functions and human requirements of essential fatty acids Dietary carbohydrates – functions of starch, resistant starch, dietary fiber and sugar	zinc deficiency PEM nutrition education.	epidemiological Trait and factors of malnutrition. nutritional measures to overcome malnutrition.	Management: Definition and functions Tools of management – Organization chart, job analysis	Data collection/ experimental work	
October	Ulcerative colitis, IBS, Hemorrhoids	Antioxidants in health and disease Effects of oxidants on macromolecules	Vitamin D deficiency Measures and prevents	nutrition surveillance and education, group, media techniques.	Physical plant job specification, job evaluation.	Data collection/ experimental work Data entry and analysis	
November	fever- acute , chronic steatorrhea revision, tutorials	Nutrient anti-oxidants with potent health effects Non-nutritive food components with potential effects	Iodine deficiency	Food security and National and international agencies engaged in food.	Factors affecting choice equipment. Equipment : Types of equipment as per the size and type of establishment	Write up - Introduction Methodology Review of literature	
December	Tutorial, and revision sessions	discussion, revision	Discussions, doubt sessions	Doubt sessions, tutorial	Revision doubt sessions	Final drab of introduction Review of literature and methodology	

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-2023

Name of the teacher: - Mrs. Mona Soin
Semester: - I & III (August 2022 to December 2022)

Departments: - Physics and Physical Education

CLASS	B.Sc.[H.Sc.] Semester III		B.Sc. [H.Sc.] Semester I	
	Applied Physics I		Physical Education	
Subjects	Theory	Practical	Theory and Practical	Theory and Practical
August 2022	Unit-I-Matter, States of Matter – Solid, Liquid, Gas, Plasma (Definition and Characteristics), Atoms, Elements, Molecules, Intermolecular 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, Short note on Detergents and Surface Tension Common illustrations/ applications of surface tension.	1] Measurement of diameter of a small spherical body using Vernier Callipers 2] Measurement of room temperature and high temperatures of a liquid in °C and to convert the temperature to °F	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 2022	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	3] Measurement of temperature of human body in °F and to convert the temperature to °C 4] To verify the first law of transverse vibrations in a stretched string using sonometer	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 2022 [Mid Term Exams]	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, 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	5] To verify the second law of transverse vibrations in a stretched string using sonometer 6] To find velocity of sound at 0°C using first resonance position and by applying end correction	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 2022	Characteristics of wave motion, Velocity-Frequency(v-n) relationship. Simple numericals with direct substitution(v-n-T) 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 Revision	Unit IV - Brief knowledge of Common Wealth Games and current national records in Athletics . Knowledge of prominent players of the games in syllabus Games, Athletics, Aerobics, Yoga	Unit IV - [a] Brief knowledge of Asian Games and current national records in Athletics [b] Knowledge of prominent players of the games in syllabus Games, Athletics, Aerobics, Yoga

Mona Soin

Session:- 2022-2023.

Semester:- III, I Sem.

Name of the teacher:- Mrs. SEEMA JAITLEY Department:- ART.

CLASSES	Bsc (Hsc)	III Sem.	Bsc (Hsc) I Sem.
Subjects	ART IN EVERYDAY LIFE		INTERIOR DESIGN AND RESOURCE MANAGEMENT.
Month 1 AUGUST 2022.	Utility and everyday functions of art in our everyday life. Importance of art? Use of art. Elements of art - line, shape, size, colour, Texture etc.		What Alpiana types of Alpiana, scope and its importance. What is Rangoli and its types, scope and its importance.
Month 2 SEPTEMBER 2022.	Principles of art - Balance, Proportion, Contrast, emphasis, harmony, rhythm, repetition. Different types of colour - warm and cool colours. Properties of colours - hue, value, intensity, tints, tones and shades.		Cleaning and its importance. its purpose. Cleaning of window panes, Silver, Brass, glass, metal etc. Making a scrap. Different topics of Rangoli, Alpiana and cleaning topics.
Month 3 OCTOBER 2022.	Optical Illusion, colour and its types, warm and cool colours.		
Month 4 NOVEMBER 2022.	Properties of colours - hue, value, intensity, tints, tones and shades.		
Month 5 DECEMBER 2022			

EXAMINATIONS.

(Signature)

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-23

Name of the teacher: - Mrs. Annu Deharwal

Department: - Clothing & Textiles

Semester: - Odd semester (August 2022- November 2022)

CLASS	B.Sc (Fashion Designing) 5 rd sem	B.Sc (Fashion Designing) 5 rd 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)
August ,2022	<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 proportions Drawing of hair styles 	<ul style="list-style-type: none"> Design Development and Theme selection. Design process- inspiration, mood board, and story board.
September , 2022	<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.
October 2022 (Mid- Term Exam 29/10/2022- 05/11/2022)	Revision of syllabus	Resist Dyeing of Fabric Tie and dye Batik	Revision of syllabus 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.
November 2022	<ul style="list-style-type: none"> Costumes of French revolution. costumes of Romantic period 	To Test the Colour Fastness of the fabric: Fastness to Washing, Ironing Perspiration and Crocking and Sunlight	<ul style="list-style-type: none"> Colour Fastness Fastness to Washing, Ironing, Perspiration, Crocking and Sunlight Dyeing Defects -Bleeding, Crocking, Migration, Fume Fading, Tendering, Frosting and Off Shade. 	<ul style="list-style-type: none"> Draping of garments on fashion figure and colouring of illustration using various mediums. Casual wear, sportswear, beach wear and formal wear 	<ul style="list-style-type: none"> Presentations and exhibition.

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

SESSION :- 2022-23
Department- Clothing and Textiles
Semester-Odd

Name of the teacher- Anila

Classes	B.Sc.(Fashion Designing)5 th Sem	M.Sc. (Clothing & Textiles) 3 rd Sem	B.Sc.(Fashion Designing)5 th Sem
Subjects	Garment construction-V Practical (A&B)	Historic Costumes Theory	Line development-I
August, 2022	Introductory class -Checking of test fit garment from previous class pattern making	Introductory class Study of the costumes worn during following periods- -Egypt -Greece	Introductory class -Source of inspiration
September, 2022	Construction of blouse from test fit -Drafting and construction of petticoat -Drafting and construction of Nighty	Study of the costumes worn during following periods- -Rome -Byzantine -French Revolution -Romantic period	-Making sheets on source of inspiration -Study of fashion forecast Conceptualization of theme, mood board, designing and illustration
October, 2022 (Mid term exam)	Checking and submission of petticoat	Revision of syllabus -Victorian period	Style reading, fabric sourcing, pattern development, spec sheet and construction File submission
November, 2022	Checking of nighty -Drafting of Salwar and kameez -Cutting of salwar and kameez -Construction of salwar and kameez Final file submission	- Introduction and need of costumes and textiles conservation -Materials used in conservation of costumes and textiles -Mending techniques -Display and storage Revision of whole syllabus	Presentation of the themes and sourcing Portfolio development Introduction of portfolio development Purpose of a portfolio Module design Doubt clearing sessions and final portfolio submission

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

SESSION 2022-23

Name of the teacher: Dr. Namrata Sethi Department: Food and nutrition Semester: Term 1 (Aug-Dec, 2022)

CLASSES	B.Sc Home Science- Sem 1	B.Sc Home Science dietetics- Sem 5	M.Sc Foods and Nutrition- Sem 3	
SUBJECTS	Introduction to foods and nutrition- 1	Fundamentals of food science-1	Clinical and therapeutic nutrition- 2	Dissertation
August	1. Definition of food 2. Classification of food on the basis of its functions 3. Functions and sources of- Water Fiber	1. Introduction to food science 2. Basic Concept of: Organic foods, Genetically Modified foods 3. Factors affecting food acceptability	1. Nutritional support- Principles and Importance 2. Types of feeding: Tube feeding, Intravenous feeding 3. Recent advances in techniques and feeding substrates	Synopsis Questionnaire preparation and finalization
September	3. Functions and sources of- Macro nutrients and Micronutrients	3. Subjective and objective methods of evaluation, Tests for sensory evaluation 4. Food packaging: Basic types of packaging, Importance of nutritional labeling	4. Aetiopathogenesis, clinical picture, diagnostic tests, treatment, preventive aspects, lifestyle and dietary management: Concept of Nutritional significance of fatty acids – PI	Data collection/ experimental work
October	5. Objectives of cooking food 6. Methods of cooking: Dry heat, moist heat, cooking with oil Solar cooking and microwave cooking 7. Effect of cooking on nutrients	5. Role of colloidal chemistry in cookery: Definition of colloidal systems, Hydrophilic and Hydrophobic colloids 6. Role of colloidal chemistry in cookery: Gel - Formation and uses in cookery, Emulsions- types of Emulsion and uses in cookery, Foams- Formation and factors affecting foam formation and uses in cookery	6. Aetiopathogenesis, clinical picture, diagnostic tests, treatment, preventive aspects, lifestyle and dietary management: Gout Arthritis Osteoporosis 7. Etiology, clinical features and dietary management Burns Surgery Stress and trauma Nutritional management: Space travel, High altitudes	Data collection/ experimental work Data entry and analysis
November	Unit 4 8. Meal planning: Fundamentals of meal planning Factors affecting meal planning 9. Food safety: Basic concept of food adulteration Introduction to food safety laws (PFA, BIS, HACCP, ISO, ISI, FPO, FSSA)	Unit 4 7. Food adulteration: Basic concept of adulteration, Types of adulterants, Common methods for detecting adulterants 8. Food quality assurance: Concept of national and international food laws – FSSAI, Codex and ISO Concept of quality assurance practices– TQM, GRAS, HACCP	Unit 4 8. Diabetes Mellitus 9. Concept of: Glycemic Index, Glycemic Load Nutritional significance of Dietary Fiber – Types, sources, role and mechanism of action	Write up - Introduction Methodology Review of literature
December	Assignments, revisions, doubt clearance sessions, revision tests	Assignments, revisions, doubt clearance sessions, revision tests	Assignments, revisions, doubt clearance sessions, revision tests	Final draft of introduction, Review of literature and methodology

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

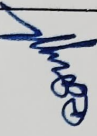
Name of the teacher:- Dr. Rajyamba Sharma Session:- 2022-23 Department:- Music Semester:- Ist and IIIrd

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, Saptaak, Arah-Avich.	Revision of Basics of Music
Month 2 September	Introduction of Raag Bilawal and Teek Tal. Practice of Raag and Tal.	Introduction of Raag Bhairav and Shastal Practice of Raag and Tal.
Month 3 October	Practical and	Theory Exams.
Month 4 November	Introduction of Raag Kafi and Dadra Tal Practice of Raag and Tal.	Introduction of Raag Bhimpalau and Ektaal Practice of Raag and Tal
Month 5 December	Topic of Use Sketches Pt. Raji Shankar Pt. Bhimsen Joshi	Topic of Use Sketches Pt. Shiv-kumar Sharma M.S. Subalakeshmi

(Signature)

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
August	Unit-I 1. Entrepreneurial economics: Need and importance of entrepreneurship and role in economic development 2. Entrepreneurship and its importance 3. 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
September	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
October	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
November	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
December		Revision tests	Revision tests	Revision tests	Revision tests

Classes	B.Sc.(Fashion Designing) 1st Sem	B.Sc.(Fashion Designing) 1st Sem	B.Sc. (Home Science) ATD – 5 th Sem.	B.Sc. (Home Science) ATD – 5 th Sem.	B.Sc. (Fashion Designing) 3 rd Semester	B.Sc. (Fashion Designing) 3 rd Semester
Subjects	Garment Construction – I – Practical	History & Culture of Punjab – Theory	Textile Design – Theory	Textile Design – Practical	Traditional Textiles Theory	Traditional Textiles Practical
August, 2022	-Introductory Class -Machine Basting -Making samples of Basic hand stitches viz. *Basting (Even, uneven & Diagonal) *Back Stitch *Hemming (visible and invisible) *Tailor's stack	Harappan Civilization Life in vedic age	UNIT-I Study of various elements and principles of design with special reference to Apparel and Textiles 7. Elements of Art p) Line q) Form r) Colour & its dimensions (Hue, Value, Intensity) s) Colour schemes t) Texture 8. Principles of Design n) Harmony o) Proportion p) Balance q) Rhythm Emphasis	7. Sketching of different types of a) Lines b) Shapes	-Introductory Class - Bandhani of Gujrat & Rajasthan - Patola of Gujrat - Ikat of Orrisa	-Introductory Class I-dentification of various Traditional Textiles with Motifs & Designs
September, 2022	Making samples of following types of seams : *Plain *Run & Fell *French	Growth of Jainism and Buddhism Society and culture under	UNIT-II Preparation of fabric before Dyeing and Printing	8. Colour- c) Colour wheel d) Color Schemes e) Tints and Shades	- Pochampalli of Andhra Pradesh - Revision - Printed Textiles of Rajasthan –	- Identification of Resist Dyed Textiles viz. Bandhani of Gujrat & Rajasthan,

<p>October, 2022 (Mid term exam)</p>	<p>*Lapped *Counter *Mantua maker</p> <p>Making samples of following types of seam finishes :</p> <ul style="list-style-type: none"> *Overlock *Hand overcast *Turned and stitched *Binding 	<p>Mauryas Revision</p>	<p>Dyes :</p> <p>a) Terminology : Dyes, Dyeing, Pigment, Dye-Bath, Material Liquor Ratio, Mordant, Auxilliaries and Color-fastness</p> <p>b) Classification of Dyes</p> <p>c) Stages of Dyeing</p> <p>d) Methods of Dyeing</p>	<p>f) Grey Scale</p> <p>Development of motif : Geometrical, Natural, Stylized and Abstract</p>	<p>Sanganeri Textiles, Bagru & Ajrakh</p>	<p>Patola of Gujrat & Ikat of Orissa, Pochampalli of Andhra Pradesh, Printed Textiles of Rajasthan – Sanganeri Textiles, Bagru & Ajrakh</p>
<p>October, 2022 (Mid term exam)</p>	<p>File Checking</p> <p>Making samples of Darts & Pin tucks</p>	<p>Society and culture under Gupta</p>	<p>UNIT-III</p> <p>-Techniques of Printing:</p> <ul style="list-style-type: none"> - Block Printing - Screen Printing - Stencil Printing - Roller Printing 	<p>File Checking</p> <p>Creating textures using different mediums : thread pulling, stencil spray, ink drop, blowing of colors and inks, marbling, rubbing, pencils, crayons, rubber and candles</p>	<p>-Painted Textiles (Kalamkari)</p> <ul style="list-style-type: none"> - Batik - Kashmiri Shawls Revision 	<p>-Identification of Painted Textiles, Batik, Kashmiri Shawls</p> <p>-Collection of swatches/ photographs to study the motifs, designs & colors of Traditional Textiles</p> <p>-Revision</p> <p>-File Checking</p>
<p>November, 2022</p>	<p>Making samples of Cross Tucks, Shell tucks, Released Tucks and Corded Tucks</p> <p>Making samples of Gathers</p> <p>Making samples of Pleats – Box Pleats, Knife Pleats, Kick Pleats</p> <p>Making samples</p>	<p>Main features of Bhakti</p>	<p>UNIT-IV</p> <p>-Thickening agents : types and uses</p> <p>-Post treatment of dyed and printed goods.</p> <p>-Defects of dyed and printed goods.</p> <p>Doubt Class</p>	<p>Development of design through different placements : Straight repeat (all-over), half drop, tile or brick, repeat mirrored vertically and horizontally</p> <p>Development of two different theme-based designs each for apparel and household articles in two colorways</p>	<p>-Barcode</p> <ul style="list-style-type: none"> Jamdani -Baluchari -Chanderi -Maheshwari -Kanjivaram Revision of whole Syllabus 	<p>-Revision of Traditional Textiles</p> <p>-Review of Craft Documentation</p> <p>-Identification of Brocade, Jamdani, Baluchari, Chanderi, Maheshwari & Kanjivaram</p> <p>-Collection of swatches/ photographs</p>

	of Ruffles Making samples of Frills – Gathered Frill and pleated frills					Documentation Final File Submission
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Session:- 2022-23

Name of the teacher:- Ms. Shalu Gupta Department:- Extension Education Semester:- 5th & Ist

CLASSES	B.Sc. H.Sc. 5 th Sem	B.Sc. H.Sc. 5 th Sem	B.Sc. H.Sc. 5 th Sem	B.Sc. H.Sc. 5 th Sem	B.Sc. H.Sc. I st Sem
Subjects	Extension Education I (Prac.)	Extension Education I	WPD - I	B.M.C.T - I	I.D.R.M - I
Month 1 Aug	Unit I	Intro. to non projected aids Prep. of charts & posters	Unit - I	Unit - I	Unit - I
Month 2 Sep	Unit II	Presentation & Evaluation of Charts & posters. Intro to. f. Cards	Unit - II	Unit - II	Unit - II
Month 3 Oct	Unit III	Preparation & presentation of flash cards.	Unit - III	Unit - III	Unit - III
Month 4 Nov	Unit III completed Unit - IV	Writing of puppet story Preparation of puppets	Unit - IV	Unit - IV	Completion of Unit - III Unit - IV
Month 5 Dec	Unit IV completed Revision	Puppet show Visits.	Revision	Revision	Completion of Unit - IV Revision <u>Shalu</u>

CLASSES	BSc. Home Science (3 rd semester)		BSc. Home Science (5 th semester)		PG Diploma 1		MSc. Foods and nutrition(1 st semester)	MSc. Foods and nutrition(3 rd semester)	
	Physiology and promotive health	Applied Nutrition	Institutional Food Service and Quality Management	Institutional Food Service Management	Human Physiology	Human Physiology			
August	Unit-1 Blood Cardiovascular System: Unit-2 Digestive system: Structure	Unit-1 Concept of nutrition transition, Recommended Dietary Allowances: Unit-2 Classification, digestion, absorption, RDA, deficiency and excess: Carbohydrates Practical -Categorization and Planning and preparation of dishes rich in: Energy, Protein, Vitamin A Unit-2 Classification, digestion, absorption, RDA, deficiency and excess: Practical-Categorization of foods based on rich, moderate and poor sources of: Vitamin Bcomplex, Vitamin C, Iron Planning and preparation of dishes rich in: Calcium, Iron, Fibre	Unit-1 Types of institutional food service operations Meal planning in institutions Practical-Standardization and preparation of - Cookies Preparation, packaging and selling of the same. Unit-2 Food Service Management: Practical Cafeterias	Unit-1 Introduction to food service institutions; Types of institutional food service operations Unit-2 Food Service Management: Practical Cafeterias	Unit-2 Digestive system Excretory System	Unit-1 Blood Unit-2 Respiratory system: Excretory System:	Unit-1 Immunology and Nutrition: Cell mediated and humoral immunity Effects of Vitamins on immunity	Synopsis Development of questionnaire and finalization.	Dissertation
September	Unit-2 Functions of food in the mouth, stomach, intestines Respiratory System Unit 3 Personal Hygiene:	Unit-3 Classification, digestion, absorption, RDA, deficiency and excess: >Fats saturated, unsaturated Recommended Dietary Allowances, deficiency and excess: Vitamins- fat soluble- A, D, E, K Practical- Categorization of foods based on rich, moderate and poor sources of Iodine, Calcium, Fibre Planning and preparation of dishes rich in: Vitamin A, Vitamin C	Unit-2 Organization: Practical-Standardization and preparation of - Cakes and puddings Preparation, packaging and selling of the same. Unit-3 Institutional meal planning Food purchase and storage Practical-Cafeterias	Unit-3 Institutional meal planning Food purchase and storage Practical-Cafeterias	Unit-1 Cell structure Blood and Cardiovascular System Basic structure of heart,	Unit-3 Digestive System: Endocrine System: Reproductive System: Structure &	Unit-3 Digestive System: Endocrine System: Reproductive System: Structure &	Data collection	Data collection
October	Unit 3 Personal sanitary practices -recreation, Hygiene in Kitchen and Home Unit 4 Concept of health, disease and its prevention	Unit 3 Classification, digestion, absorption, RDA, deficiency and excess: >Fats saturated, unsaturated Recommended Dietary Allowances, deficiency and excess: Vitamins- fat soluble- A, D, E, K Practical- Categorization of foods based on rich, moderate and poor sources of Iodine, Calcium, Fibre Planning and preparation of dishes rich in: Vitamin A, Vitamin C	Unit-3 Physical plant: Equipment: Practical: >Standardization and preparation of - Snacks- laddoos, mathani >Procuring and executing orders for the above item Preparation, packaging and selling of the same	Unit-3 Institutional meal planning Food purchase and storage Practical-Cafeterias	Unit-3 Endocrine System: Reproductive System: Structure &	Unit-3 Digestive System: Endocrine System: Reproductive System: Structure &	Unit-3 Digestive System: Endocrine System: Reproductive System: Structure &	Data collection	Data collection
November	Types of parasites and their modes of transmission. Concept of public health and disease prevention Waste management	Unit 4 Recommended Dietary Allowances, deficiency and excess: Vitamins- water soluble Practical: Planning and preparation of dishes rich in: Iron, Zinc, Biotin, Niacin	Unit-4 Food purchasing Food storage Practical- Standardization and preparation of - roasted namkeen and nutritious idli. Preparation, packaging and selling of the same	Unit-4 Food production catering system Process of food production Cooking techniques Practical Cafeterias	Unit-4 Respiratory System Nervous System	Unit-4 Respiratory System: Endocrine System: Reproductive System: Structure &	Unit-4 Respiratory System: Endocrine System: Reproductive System: Structure &	Data entry	Data entry
December	Revision of concepts and study errors	Practical recipe preparation and revision	Revision and discussion of practicals	Report submission of all the Cafeterias and hospital visit revision	Revision of concepts	Unit-4 Nervous System	Unit-4 Nervous System	Start to do the thesis write up	Start to do the thesis write up

2/12/22
Bhavneet Kaur

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2022-23 (July- December)

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.(H.Sc.) composite 5 th sem	PGDFD 1 st semester
Subjects	AMT	Line development & portfolio	Apparel design & construction	Economics & entrepreneurship development (pr)	Garment Design
July	Introduction to various department of apparel manufacturing unit.	Study of fashion forecast	Drafting of adult bodice block & sleeve block	Introduction to Entrepreneurship Enterprise	Sketching of various fashion details
August	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.	Formulation of questionnaire	Designing of children's casual wear & Formal wear
September	Concept & types of inspection. Types of packaging.	Conceptualization of theme & mood Board, pattern development, specification sheet.	Construction of top/kurti design & style read of sareeblouse, top. ladies suit.	Preparation of project report for any start up. Class presentation of project report, SWDT analysis.	Designing of women's casual wear
October	Concept & material of packaging.	Development of theme & mood board on various categories.	Drafting of basic skirt block, style reading & pattern development.	Presentation of opportunity & idea generation.	Designing of women's formal wear
Terminal exam	Labeling & stages of quality control.	Presentation of theme & then sourcing. .	Construction of gored skirt	Discussion of project report	Designing of men's ethnic, casual and formal wear.
November & December					

Sakshi Sharma

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-23 Name of the teacher: - Mrs. Simar Prabh Kaur Department: - Clothing & Textiles

Semester: - Odd semester (August 2022- December 2022)

CLASS	B.Sc (F.D) 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)	Pattern Making (Pr.)	Fashion Illustrations (Pr)	Costume Designing & Construction (Pr)	Textile Designing (Th)	Textile Designing (Pr)
August, 2022	Terminology used in pattern making	Drafting of child bodice & sleeve block	Fashion figure : front, 3/4th 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	Designing of household textiles on sheets Setting up of handloom and making samples
September, 2022	Locating landmark & precautions during body measurements. Taking body measurements.	Adaptation of puff, bell cap, kimono reglan sleeve.	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
October, 22 (Mid-Term Exam)	Flat pattern method drafting, draping merits & demerits, slash & spread/Pivotal transfer	Adaptation of Magyar leg-o-mutton, petal sleeve, Cap,	Line planning of Women wear: Casual wear, Occasion wear, Club wear & Office wear	Pattern development Material Cutting and construction of the selected designs	Textile Printing : Direct, Resist, Discharge, Blotch, Flock and Duplex	Making article of Tie and dye, Batik and Stencil printing
November, 2022	Fitting problem & remedies related to bust shoulder.	Adaptation of peter pan mandarin, sailor collar	Revision	Final fitting and finishing of costumes	Non-Wovens & Thickening agents	Making articles of macramé and knitting
December 2022	Fitting problem & remedies related to sleeves & skirt.	Adaptation of shawl, polo neck & convertible collar.	Developing a design Portfolio.	Showcasing the collection and portfolio development.	Revision 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: - 2022-23 Name of the teacher: - Mrs. Pratibha Thapa Department: - Clothing & Textiles

Semester: - Odd semester (August 2022- December 2022)

CLASS	B.Sc (Fashion Designing) 3 rd sem	B.Sc (Fashion Designing) 3 rd sem	B.Sc (Fashion Designing) 5 th sem	B.Sc (Fashion Designing) 3 rd sem	B.Sc (ATD) 5 th sem
Subjects	Fabric Construction-I (Th)	Fabric Construction-I (Pr)	Pattern & Marker Making on Computer-I (Pr)	Fashion Concepts-I (Th)	CAD-I (Pr)
August, 2022	Terminology – Basic loom and Basic motions of weaving	Introduction to subject and Basic Loom demonstration	Introduction to Pattern making software and familiarization with its tools.	Fashion Terminology:- • Fashion, Fad and clothes, Style & Design • Haute Couture, prêt-à-porter	Detailed study of tools of Paint and Corel Draw software.
September, 2022	Classification of weaves Basic weaves Shuttle and Shuttle less loom	Graphical representation of Plain weave- and making of samples.	Develop basic block patterns of the Child bodice-block and Sleeve block	Elements and Principles of Design in general and special reference to clothing Characteristics of Fashion	Creating Nursery, Geometrical and Floral Motifs using MS Paint software.
October, 2022 (Mid- Term Exam)	Revision of Syllabus Difference between Shuttle and shuttle less loom. Preparation of yarns for weaving Different types of warping.	Graphical representation of Twill weaves and making of samples.	Develop basic block patterns of the Basic Skirt block and Basic Trouser block using the tools of Tuka CAD software for Pattern Making.	Revision of Syllabus Factor affecting Fashion Moment Fashion Cycle Length of Fashion Cycle	Designing of Top with different types of Collars-Peter pan, Cape, Sailor and Chinese Band.
November, 2022	Novelty weaves- pile, lappet, leno, swivel, jacquard, dobby Woven fabric defects- float, gout, lashing in, missing ends, selvedge defects	Graphical representation of Satin & Sateen weaves and making of samples. Identification of weaves and collection of samples of different weaves Preparation of an article using any weave	Grading of Child bodice-block and, Sleeve block Grading of Basic Skirt block Grading of Basic Trouser block Making summary report and pattern card of all the patterns	Stages of Fashion Cycle & Broken Fashion Cycle Theories of origin of clothing • Theory of Protection • Modesty • Adornment	Designing of Top with different types of Sleeves-Puff, Magyar, Raglan and Bell. Designing of different types of Skirts- Flared, Gored, Tiered and Gathered with Yokes. Completion of files

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-23 Name of the teacher: - Dr. Preeti Alagh Department: - Clothing & Textiles

Semester: - Odd semester (July 2022- December 2022)

CLASS	B.Sc (Fashion Designing) 3 rd sem	B.Sc (Home Science) 1 st Sem	B.Sc (Home Science) 1 st Sem
Subjects	Fashion Illustration On Computer (Pr) (Group-A & B)	Introduction to Clothing & Textiles (Pr) (Group-A, B, C, D, E, F)	Introduction to Clothing & Textiles (Th) (Group-A & B)
September 2020	*Croqui drawing *Designing of casual and formal women wear incorporating the following fashion details Collar- Peter pan. Cape, Mandarin. Shawl and Shirt Collar.	<ul style="list-style-type: none"> Basic hand stitches- Basting, Hemming-visible/invisible, Tailor's tack. Practice exercise of Basic seams 	Manufacturing Process and properties of Natural <ul style="list-style-type: none"> Cellulosic fibers (Cotton & Linen) Proteinic fibers (wool & silk)
October 2020	*Designing of casual and formal women wear incorporating the following fashion details Sleeve- Puff. Raglan. Kimono. Leg-o-mutton. and Bell.	<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 	<ul style="list-style-type: none"> Terminology of Clothing Common sewing machine problems and their remedies

Preeti

November 2020 (Mid-Term Exam)	*Skirts- A-line, gathered, gored, pegged, circular, tiered and skirt with yokes	Types of Seam Finishes: Overlock, Hand overcasting, Turned and Stitched, Binding	Revisions
December 2020	*Trousers with pockets	Fibre Identification Proteinic fibers: Silk & Wool	Tools and equipments used in clothing construction: <ul style="list-style-type: none"> • Measuring Tool • Marking Tools • Cutting Tool • Sewing Tools • Finishing Tools

Sumit

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher: - HeenaNarang Department: - Clothing and Textiles Session: - 2022-23 Semester: - odd

CLASSES	B.Sc. (Home Science) 3 rd Semester	B.Sc. (Fashion Designing) 1 st Semester	Post Graduate Diploma in Fashion Designing 1 st sem	PGDFD 1 st Sem
Subjects	Fabric Construction (Practical)	Basics of Design (Practical)	Fashion design and production (Theory)	Fashion Fundamental (Th)
Month 1 August	<ul style="list-style-type: none"> • Identification of Yarns. 	<ul style="list-style-type: none"> • Introduction to different drawing tools and colouring mediums and its application. 	_____	_____
Month 2 September	<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"> • Introduction to different drawing tools and colouring mediums and its application contd. • Line and its types • Different Forms & Shapes 	<ul style="list-style-type: none"> • Elements of art • Principles of design • Preparation of fabric before cutting • Different types of layout. 	<ul style="list-style-type: none"> • Fashion Terminology • Characteristics of fashion • Components of fashion • Sources of inspiration • Fashion forecasting
Month 3 October (Mid semester Exams)	<ul style="list-style-type: none"> • Graphical representation of simple weaves • Construction of samples of the following - Hand Knitting a) Stocking stitch b) Garter c) Rib d) Moss 	<ul style="list-style-type: none"> • Creation of motifs using different forms and shapes. 	<ul style="list-style-type: none"> • Handling of Special Fabrics and Knowledge of size of according to the fabric. • Garment details-Terminology, various types and suitability of the following to different garments:- Collars, Sleeves Pockets, Plackets 	<ul style="list-style-type: none"> • Stages of Fashion cycle • Length of fashion cycle • Broken fashion cycle • Theories of fashion adoption
Month 4 November	<ul style="list-style-type: none"> • Construction of samples of the following e) Cables f) Lace g) Fair-isle • Project work 	<ul style="list-style-type: none"> • Introduction to colour <ul style="list-style-type: none"> <input type="checkbox"/> Colour wheel <input type="checkbox"/> Value scale <input type="checkbox"/> Colour harmonies <input type="checkbox"/> Warm and cool colours 	<ul style="list-style-type: none"> • Work flow and brief study of various departments of apparel manufacturing unit • Quality control in Apparel Production at different stages. • Assignment and presentation 	<ul style="list-style-type: none"> • Factors affecting fashion: a) Social b) Economic c) Psychological • Fashion Leaders and Followers
Month 5 December	<ul style="list-style-type: none"> • Exams 	<ul style="list-style-type: none"> • Exams 	<ul style="list-style-type: none"> • Exams 	<ul style="list-style-type: none"> • Exams

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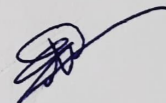
CLASSES	B.Sc. Fashion Designing 3 rd Sem	PGDFD 1 st Sem	B.Sc. Home Science (ATD & Composite) 5 th Sem
Subjects	Garment Construction -III (Pr)	Garment Construction (Pr)	Traditional Embroideries (Th &Pr)
August	Construction of following- Puff, Bell,	Neckline finishes a) Bias binding b) Bias facing c) Shaped facing	Th- Phulkari of Punjab Pr- Making samples of the basic embroidery stitches
September	Construction of following- Cap, Kimono, Reglan, Magyar, Leg-o-mutton, Petal	Plackets a) Two piece kurta placket. b) One piece continuous wrap. c) Zipper placket (different types). (C) Collars a) Peter pan b) Sailor's	Th- Chamba Rumal of Himachal Pradesh Kashida of Kashmir Pr- Making samples of the basic embroidery stitches
October	Construction of following Collar Peter Pan, Baby, Sailor, Cape, Mandarin	Chinese d) Shawl e) Cowl f) Convertible (D) Sleeves- Plain Puff, Bell, Leg-o-mutton, Cap, Magyar, Raglan	Th- Chikankari of Uttar Pradesh Kutch Embroidery of Gujarat Pr- Phulkari of Punjab Chikankari of Uttar Pradesh Th- Sindhi and Kathiawar Embroidery Pr- Kutch Embroidery of Gujarat
November	Construction of following Collar- Shawl, Polo neck, Convertible Submission of Project	(F) Pockets a) Patch b) Inseam c) Set in (E) Skirts a) A-line Flare/ Added Flare b) Pleated skirt with Yoke c) Circular d) Godet e) Tiered f) Wrap	Th- Manipuri Embroidery Kantha of Bengal Kasuti of Karnataka Pr- Sindhi Embroidery

Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Navtej Singh
Session:- 2022-2023

Department:- Computer Lab
Semester – I

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



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-23

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

Semester: - Odd semester (August 2022- December 2022)

CLASS	B.Sc Home Science 3 rd Sem	B.Sc (FD) 1 st sem	Post Graduate Diploma (FD) 1 st Sem	Post Graduate Diploma (FD) 1 st Sem	Post Graduate Diploma (FD) 1 st Sem	M.Sc (CT) 1 st sem	B.Sc (FD) 1 st sem
Subjects	Fabric Construction (Th)	Garment Construction (Th)	Pattern Making - I	CAD-I	Apparel Design Construction (Pr)	Punjabi (Th)	
August 2022	<p>*Terminology-</p> <p>*Introduction to Yarns Different types of spinning: Mechanical, Chemical</p> <p>*Classification of Yarn: Simple, Novelty and Textured Yarns</p>	<p>*Terminology</p> <p>*Tools and equipments used in clothing construction</p>	<p>*pattern for the following: Female adult's bodice block and sleeve block & Basic Skirt.</p> <p>*Adaptation of skirt to:- A-line Flare, Added Flare, Gored, Pegged, Skirt with yoke, Tiered, Pleated, Godet, Wrap & Circular</p>	<p>*Introduction to the tools of Corel Draw software</p> <p>*Application of the tools of Corel Draw for making design composition for textiles and apparels: geometrical, nursery and floral motifs with special emphasis on its placement and repeats.</p>	<p>*Designing . pattern development. material layout. construction and style reading of the: Party frock</p>	Kaavi – Sumel poetry	
September 2022	<p>*Introduction to Loom a) Basic Loom and its parts b) Different types of loom: Shuttle loom and Shuttle less loom.</p>	<p>*Sewing Machine: parts and functions, problems and their remedies. *A brief study of the following:- Basting & Hemming</p>	<p>*Dart- Manipulation by a) Slash and spread method. b) Pivot Method *Dart- Manipulation into: a) Single dart. b) Two dart. c) Multiple dart.</p>	<p>*Illustration of a front profile of fashion model figure. *Draping the fashion figure in different silhouettes.</p>	<p>*Designing . pattern development, material layout, construction and style reading of the following: Jump suit</p>	Lekh Rachna	

<p>October 2022 Mid-Term Exam</p>	<p>*Introduction to Weaving *Classification of weaves b) Basic Weave: Plain, Twill and Satin c) Fancy Weave: Pile, Dobby, Leno, Swivel, Lappet</p>	<p>Seams & Seam finishes:</p> <p>*Tucks Darts Gathers & Shirring Pleats Frills and Flounces Ruffles Plackets</p>	<p>d) Princess line. e) Yokes.</p> <p>*Addition of fullness through a) Conversion and relocation of dart. b) Additional fullness. *Dart Manipulation in Countered Patterns: Halters, Off-Shoulder</p>	<p>*Study the different tools of Photoshop *Redesigning a costume of a scanned fashion figure using tools of Photoshop. *Designing a mood board according to the selected theme.</p>	<p>*Designing, pattern development, material layout, construction and style reading of the following: Skirt</p>	<p>Sankhep rachna</p>
<p>November 2022</p>	<p>*Basic fabric construction techniques: a) Knitting b) Bonding c) Felting d) Knotting</p>	<p>*Pockets *Trimmings *Fasteners</p>	<p>*Assignment</p>	<p>*Creating logos and visiting cards for your own label</p>	<p>*Designing, pattern development, material layout, construction and style reading of the following: Top(For Adults)</p>	<p>Grammer</p>

B.Sc. Home Science (IDRM 6 th Sem)		B.Sc. Home Science (IDRM & Composite 6 th Sem)	
CLASSES	Furniture Design & Interior Graphics	Fundamentals of AutoCAD	Ergonomics and Household Equipment
Month 1	<p><u>Unit 1:</u> Furniture, importance of furniture designing. Properties of good furniture, selection criteria. <u>Unit 3: Upholstered furniture:</u> materials & techniques.</p>	<p><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</p>	<p><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</p>
Month 2	<p><u>Unit 2: Classification of furniture:</u> beds, sofas, chairs, tables & desks, storage units, screens, outdoor furniture, built-in furniture. Principles of furniture arrangement.</p>	<p><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</p>	<p><u>Unit 1: (contd.) Elements of ergonomics:</u> work & work place, anthropometry & biomechanics, human factors <u>Unit 2: worker's consideration in work place</u> <u>design:</u> anthropometry, work habits, work postures, equipment & clearance space <u>Unit 4: (contd.) Cleaning, Care & Selection:</u> kitchen utensils and tools</p>
Month 3	<p><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</p>	<p>Making & inserting blocks, dimensioning and text Practice sheets</p>	<p><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</p>
Month 4	<p><u>Unit 4: Furniture finishes:</u> Types, Characteristics and application techniques</p>	<p>Practice sheets</p>	<p><u>Unit 1: (contd.) Functional design:</u> applications <u>Unit 4: Finishes:</u> applied and mechanical</p>
Month 5	<p>Revision Assignments</p>	<p>Practice sheets Revision</p>	<p>Revision Assignments</p>

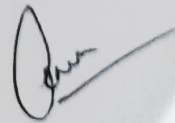
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Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Gaurav kalra
Session:- 2022-2023

Department:- English
Semester – I

Class	B.Sc. Home Science	B.Sc. Fashion Designing
Subject	English Language and Communication Skills	English
July	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
Aug	Presentations of the Students , Discussion on Unit-II (Poetry) From Homecoming Discussion on Unit-II (Prose) Principles of Good Writing , Template of Paragraph Writing with Examples Revision of the Unit- I (poetry) and Unit-I (Prose)	Revision of the Chapter The Judgement Seat of Vikramaditya and What is Communication and its types? Discussion on the Chapter Engine Trouble Presentation of the Students
Sept	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
Oct	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) Exam(Terminal)
Nov	Discussion on Martin Luther King Jr. speech I have a Dream	Discussion on Waterloo (Arthur Conan Doyle)
Dec	Revision of the Chapters (Prose and Poetry) Final Exam	Revision of the Chapters (Prose and Drama) Final Exam



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2022-2023

Name of the teacher:- Dr. Reenu Department:- Chemistry Semester:- Term 1 (Aug 2022 – Dec 2022)

CLASSES	B.Sc. Home Science (Semester III)	B.Sc. Home Science (Semester V)	M.Sc. Foods & Nutrition (Semester III)
Subjects	Applied Chemistry I	Nutritional Biochemistry I	Dissertation
August	<p>Unit I</p> <p>Chapter 1: Symbols formulae, valency and variable valency, elementary idea of empirical formula and molecular formula, Definition of atomic weight and molecular weight, Mole Concept</p> <p>Chapter 2: 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.</p> <p>Doubts and Assignments</p>	<p>Unit I</p> <p>Chapter 1: Carbohydrates :Definition, classification, structure & importance, Monosaccharide – glucose, fructose, galactose, Disaccharides – maltose, lactose, sucrose, Polysaccharides – Dextrin, starch, glycogen</p> <p>Chapter 2: 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</p> <p>Doubts and Assignments.</p>	Selection of Data Set for Computation
September	<p>Unit II</p> <p>Chapter 3: 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, H₂, NH₃</p> <p>Chapter 4: Elementary idea about normality, formality, molarity, strength of solution, mole fraction and ppm, What are solutions.</p> <p>Doubts and Assignments.</p>	<p>Unit II</p> <p>Chapter 3: 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</p> <p>Chapter 4: 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</p> <p>Doubts and Assignments.</p>	Computational Calculations of selected Data Set
October	<p>Unit-III</p> <p>Chapter 5: Elementary idea about hard water (causes and types), heavy water with its uses.</p> <p>Chapter 6: Soaps & detergents. Their Cleansing action.</p> <p>Chapter 7: Fire extinguishers – Types & Uses.</p> <p>Doubts and Assignments.</p>	<p>Unit-III</p> <p>Chapter 5: 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</p> <p>Chapter 6: Minerals: Biochemical role & Pathophysiology- Ca, Na, K, Mg, S, Fe, Zn, I, Se</p> <p>Doubts and Assignments.</p>	Computational Calculations of selected Data Set
November	<p>Unit-IV</p> <p>Chapter 8: Properties and uses of Methane (CH₄)</p> <p>Chapter 9: Properties and uses of ethylene (C₂H₄)</p> <p>Chapter 10: Properties and uses of Acetylene (C₂H₂)</p> <p>Doubts and Assignments.</p>	<p>Unit-IV</p> <p>Chapter 7: Introduction to genetic control of metabolism (elementary aspects) Nucleic acids- types, purines & pyrimidines, Nucleoside, Nucleotide Watson & Crick model of DNA structure, Denaturation, DNA Replication</p> <p>Chapter 8: Basic concepts of Transcription, Genetic code, Translation</p> <p>Doubts and Assignments.</p>	Analysis of Results obtained
November	Assignments and revision tests	Assignments and revision tests	Formulation of Introduction of Dissertation thesis

Reenu

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2022-23

Semester:- Ist and IIIrd

Department:- Dance

Name of the teacher:-

CLASSES	B.Sc (Home Science) I st semester	B.Sc (Home Science) III rd Semester		
Subjects	Dance	Dance		
Month 1 August	Introduction of Kathak and Odissi in Teen Taal	Revision of Basics of Kathak. Introduction of Chaptaal		
Month 2 September	Introduction of Tattars and Chakras Hast Muras and Teen Taal	Revision of Nagma and Todha Layalbars of Chaptaal		
Month 3 October	Practical and Theory Exams.			
Month 4 November	Introduction of Nagma and Todha Hand Movements of Amad	Practical Demonstration of 10 Hastas Introduction of 4 Todhas of Chaptaal		
Month 5 December	Introduction of Chauri Life sketch of Pt. Uday Shankar	Introduction of Amad Life sketch of Pt. Sunder Dasad		

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2022-23 Name of the teacher: - Mrs. Preeti Sodhi Department: - Clothing & Textiles

Semester: - Odd semester (July 2022- December 2022)

CLASS	B.Sc. (FD) I SEM.	B.Sc. (FD) III SEM.	B.Sc. (H.Sc.) ATD V SEM.	B.Sc. (H.Sc.) ATD V SEM.
Subjects	Garment Design (Practical)	Garment Design (Practical)	Fashion Concepts & Illustration (Theory)	Fashion Concepts & Illustration (Practical)
July, 2022	Sketching of Necklines, Cuffs & Pockets	Western wear -Casual	UNIT-I 1. Fashion terminology 2. Fashion: Principles & Components	1. Fashion figure (Croqui & Block Figure)
August, 2022	Sketching of Plackets, Collars, Sleeves & Yokes	Western wear -Formal	UNIT-II 3. Factors influencing fashion movement 4. Fashion Cycle:	2. Rendering different textures- 3. Sketching of various fashion details
September, 2022	Sketching of Pleats, Gathers, Tucks & Shirring	Casual Indian wear	UNIT-III 5. Fashion Theories: 6. Sources of inspiration	4. Sketching of accessories
October, 2022	Practice Work Sketching of Frills & flounces cascades	Practice Work Formal Indian Wear	Revision of syllabus 7. Sketching terminology	Practice Work 5. Design and illustrate the a) Ethnic wear
November, 2022	Sketching of Belts and bows	Sports wear & Night wear	UNIT-IV 8. Historical perspective of Fashion Illustration 9. Scope of Fashion Illustration.	5. Design and illustrate the b) Western wear

Preethi

Session:- 2022-2023

Name of the teacher:- Dr. Vasudha Bansal

Department:- Foods And Nutrition

Semester:- 2nd term (Jan 2023-May 2023)

CLASSES	M.Sc. FOODS AND NUTRITION 4 TH SEM	BSC HOME SCIENCE 4 TH SEM	PG DIPLOMA NUTRITION AND DIETITICS 2 nd	M.Sc. FOODS AND NUTRITION SEM 2 nd	M.Sc. SEMESTER 4 th
Subjects	PRINCIPLES OF FOOD SCIENCE	APPLIED NUTRITION II	FOOD HYGIENE AND MICROBIOLOGY	BIOCHEMICAL FOOD ANALYSIS AND INSTRUMENTATION	DISSERTATION

Vasudha

<p>JANUARY</p>	<p>UNIT-I</p> <ol style="list-style-type: none"> 1. PROCESSING IN FOODS] 2. TRADITIONAL TECHNOLOGY USED IN FOOD PROCESSING 3. EFFECTS OF PROCESSING ON COMPONENTS, PROPERTIES AND NUTRITIONAL VALUE. 	<p>UNIT-I</p> <ol style="list-style-type: none"> 1. CONCEPT AND COMPONENT OF BODY COMPOSITION. 2. WATER. 3. GENERAL METHODS OF ASSESSMENTS OF RECOMMENDED DIETARY ALLOWANCES. 	<p>UNIT-I THE INP OF HYGIENE IN FOOD SERVICE ESTABLISHMENTS; CANTEEN, HOSTEL, HOTEL, HOSPITAL.</p> <ol style="list-style-type: none"> 2. HYGIENE PRECAUTIONS TO BE TAKEN DURING PREPARATION, DISPLAY AND SERVICE OF FOODS, PERSONAL HYGIENE OF FOOD HANDLERS. 	<p>UNIT-I</p> <ol style="list-style-type: none"> 1. BIOCHEMICAL TECHNIQUES: PRINCIPLES AND APPLICATIONS OF HOMOGENIZATION AND SPECTROSCOPY. 2. BIOCHEMICAL TECHNIQUES: PRINCIPLES AND APPLICATIONS OF PH METER, CENTRIFUGATION. 	<p>Submission of finalized introduction and review of literature, methodology</p>
<p>FEBRUARY</p>	<p>UNIT-II</p> <ol style="list-style-type: none"> 4. CEREAL COOKERY/STARCH COOKERY 5. SUGAR COOKERY 	<p>UNIT-II</p> <ol style="list-style-type: none"> 4. CONCEPT OF ENERGY BALANCE. 5. CONCEPT OF BMR, SDA/TEF. 	<p>UNIT-II A BRIEF INTRO TO ENVIRONMENTAL SANITATION AND PUBLIC HEALTH.</p> <ol style="list-style-type: none"> 4. SOURCES OF HARMFUL MICRO-ORGANISMS AND THEIR METHODS OF TRANSMISSION. 	<p>UNIT-II</p> <ol style="list-style-type: none"> 3. BIOCHEMICAL TECHNIQUES: PRINCIPLES AND APPLICATIONS OF CHROMATOGRAPHY, ELECTROPHORESIS. 4. FOOD ANALYSIS 	<p>Data analysis and results and write up and discussion with guide Review of finalized thesis and modification</p>
<p>MARCH</p>	<p>UNIT-III</p> <ol style="list-style-type: none"> 6. FATS AND OILS 7. PROTEIN RICH FOODS OF ANIMAK ND PLANT ORIGIN. 	<p>UNIT-III</p> <ol style="list-style-type: none"> 6. PHYSIOLOGICAL CHARACTERISTICS, NUTRITIONAL REQUIREMENT AND NUTRITIONAL CARE OF: INFANCY, 	<p>UNIT-III BACTERIAL FOOD POISONING.</p> <ol style="list-style-type: none"> 6. FOOD BRONE INFECTIONS. 	<p>UNIT-III</p> <ol style="list-style-type: none"> 5. CARBOHYDRATES 6. PROTEINS. 	<p>Modifications and recommendations</p>

AmS

APRIL	UNIT-4 8. VEGE AND FRUITS. 9. BASIC CONCEPTS OF NEW PRODUCT DEVEP.	UNIT-4 CHILDHOOD, ADOLESCENCE, ADULTHOOD. PHYSIOLOGICAL CHARACTERISTICS, NUTRITIONAL REQUIREMENT AND NUTRITIONAL CARE OF: PREGNANCY AND LACTATION, OLD AGE DIET THERAPY	UNIT-4 REFUSE DISPOSAL. 8. MICRO-ORGANISMS USED IN FOOD BIOTECHNOLOGY	UNIT-4 7. FATS, 8. ENZYMES	Finalizing thesis and binding		
MAY	Doubts taken Discussion of difficult topics	Revision classes	Doubt classes Discussion of selective topics	Revision classes	Submission of thesis		

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