

Session: 2019-20

Name of Teacher: Prof Reetinder Brar

Department: Human Development and Family Relations

Semester: Odd sem

CLASSES	B.Sc 5 <sup>th</sup> Semester		PG Diploma CGFC	M.Sc 1 <sup>st</sup> Sem	M.Sc 1 <sup>st</sup>	M.sc 2 <sup>nd</sup> Sem	MSc 4 <sup>th</sup> Sem
Subjects	Introduction to Guidance and Counseling Theory      Practical		Psychological Assessment	Assessment in Human Developmen t Pr	Infancy Seminar	Dissertation	Adolescence Seminar
Month 1	Define guidance and counseling. Need and scope of guidance and counseling.	To make a scrapbook of advertisements related to Guidance and counseling courses, Guidance and counseling centers/ services, Guidance and counseling vacancies.	Concepts of Measurement, Evaluation, Types of Variables. Reliability and Validity.	Myers Briggs and Subjective Well Being Scale	Characteris tic Needs and Developme ntal 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 counseling Career counselling. Personal counselling	Profiling a case for career counselling - Developing background information Intelligence test	Observation and Interview Method	Significanc e of catering to physical and Psychologi cal needs	Collection of Data	Community Adolescence and Deviant Behavior
Month 3	Types of counseling. Application of counseling in different settings.	To organize a class workshop for need based counselling (e.g. Career counselling for students, counselling for parents, counseling 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	Questionnair e, WISIC,DST Scales	Emotional, Cognitive and Social developme nt	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 Da	Adolescence and work.Sex and Moral Identification
Month 5	Revision	Revision	Revision		Presentatio n	Analysis	Presentation



Session: 2019-20

Name of Teacher: Prof Reetinder Brar

Department: Human Development and Family Relations

Semester: Even Sem

CLASSES	B.Sc 6 <sup>th</sup> Semester		PG Diploma CGFC 2 <sup>nd</sup>	PG Diploma CGFC 2 <sup>nd</sup>	M.Sc 2 <sup>nd</sup>	M.sc 3 <sup>rd</sup> Sem	MSc 4 <sup>th</sup> Sem
Subjects	Old Age  Theory      Practical		Tools of Measurement and Evaluation	Introduction of Guidance and Counseling II	Early Childhood Seminar	Dissertation	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 presentation	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, Ph ysical 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, So cial	Collection of Data	Typical Behavior and Characteristi c 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	Presentation



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20

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 (JULY)	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 (AUG.)	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 (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 4 (OCT.) 18.10.19-25.10.19 (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 5 (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.

*Ranjana Sharma*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20

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 (JAN)	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 sidlings.
Month 2 (FEB)	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 (MAR) 04.03.20-07.03.20 (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 (APR)	Elementary knowledge about cultivation, care and maintenance of chrysanthemum. To study medicine yielding plants.	To study medicine yielding plants. Revision of practical syllabus.

*Ranjana Sharma*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019 - 2020

Name of the teacher:- Dr. Rajesh Biswas, Department:-Zoology, Semester:- Ist semester( July 19- Nov.19)

CLASSES	B.Sc. Home Science , I-Semester	
Subjects	Applied Zoology-I, (Theory)	Applied Zoology-I,(Practical)
Month 1(July.)	<p>UNIT- I An elementary study of the following animals as indicated:</p> <ol style="list-style-type: none"> <li>1. Malaria parasite: Detail life history and mode of transmission.</li> <li>2. Entamoeba histolytica and Entamoeba coli: Habit distribution ,disease produced and mode of transmission.</li> <li>3. Trypanosomagambiense and Leishmania dononani : Habit distribution, disease produced and mode of transmission.</li> <li>4. Taenia solium, Ascaris lumbricoides: External feature life history , disease caused and mode of transmission.</li> <li>5. Fasciola hepatica andWucheriabancrofti: life history , disease caused and mode of transmission .</li> </ol>	<p>1. Phylum based identification and Economic importance of Invertebrates and Vertebrates present in the laboratory.</p>
Month2(Aug.)	<p>Unit-II An elementary study of Insect Pest</p> <ol style="list-style-type: none"> <li>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).</li> <li>7. Control of insect pest : Cockroach, Termite.</li> <li>8. Grain Storage: Principles of toxicology with reference to home.</li> <li>9. Habit habitat and life history only: Mosquito( Culex&amp; Anopheles).</li> </ol>	<ol style="list-style-type: none"> <li>1. Phylum based identification and Economic importance of Invertebrates and Vertebrates present in the laboratory.</li> <li>2. Identification of slides and specimens: Malaria parasite( Plasmodium), Fasciola hepatica( life stages also), Ascaris, Taenia solium, .</li> </ol>
Month 3 (Sept.)	<p>UNIT-III Economic important insect and Earthworm</p> <ol style="list-style-type: none"> <li>10. Honey bee: Habit habitat and life history only.</li> <li>11. Silk moth: Habit habitat and life history only.</li> <li>12. Lac insect: Habit habitat and life history only</li> </ol>	<ol style="list-style-type: none"> <li>1. Phylum based identification and Economic importance of Vertebrates present in the laboratory.</li> <li>3. Identification of available insect pest and their life stages.</li> </ol>
Month 4(Oct.) Mid-Sem-Exam 18.10.2019 to 25.10.2019	<p>Unit-III</p> <ol style="list-style-type: none"> <li>13. External feature life history and economic importance of Earthworm</li> </ol> <p>Unit-IV</p> <ol style="list-style-type: none"> <li>14. Elementary knowledge of Apiculture.</li> <li>15. Elementary knowledge of Sericulture.</li> <li>16. Elementary knowledge of Vermiculture.</li> </ol>	<ol style="list-style-type: none"> <li>3. Identification of available insect pest and their life stages.</li> <li>4. Preparation of temporary mounts of mouth parts of cockroach</li> </ol>
Month5(Nov.)	<p>Unit-IV</p> <ol style="list-style-type: none"> <li>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)</li> </ol> <p>Unit-IV</p> <ol style="list-style-type: none"> <li>18. Elementary knowledge of Prevention of Bird flue.</li> <li>19. Elementary knowledge of composite and integrated fish (cultivation of major carps only) culture in pond only (excluding induced breeding).</li> </ol> <p>Revision</p>	<ol style="list-style-type: none"> <li>5. Visit to Poultry farm.</li> <li>6. Vermiculture.</li> <li>7. Project report on field visit to renowned poultry</li> </ol> <p>Revision</p>

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019- 2020

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

CLASSES	B.Sc. Home Science, II- Semester	B.Sc. Home Science, II- Semester
Subjects	Applied Zoology-II( Theory)	Applied Zoology-II (Practical)
Month 1(Jan.)	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(Feb.)	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(Mar.) Mid-Sem-Exam 04.03.2020 to 07.03.2020	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(April)	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



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020 Name of the teacher:-Dr. Ritu Pradhan Department:-Foods and Nutrition Semester:-1&3 (July- Dec 2019)

CLASSES	PG Diploma Nutrition and Dietetics					M.Sc. Foods and Nutrition (sem-3)			
Subjects	Applied Nutrition -1	Food product development	Public health nutrition-1	Project	Seminar-1	Nutritional management in sports and fitness	Food service management	Food microbiology and quality control	Dissertation
July	Formulation of RDA and dietary guidelines Concept of body composition	Developing and preparation of main course, snacks, ready to eat and dessert recipes for the following: Gluten free	Concept of community: Types of community Factors affecting health of community Aim, scope and content of Public Health Nutrition	Orientation and participation of various competitions Cookery Theme based competition	Seminar's topics discussion and finalisation	Introduction to sports nutrition Fitness and nutritional assessment	Concept and Evolution of the food service industry.	History of development of food microbiology Bacteria, Yeast and Moulds: general features and their importance in food microbiology	Questionnaire preparation and finalisation
Aug	Concept of kilojoules and kilocalories REE, RMR, BMR, PE, E, TEF BMR energy balance	Low glycemic index Low/high fiber	Role of public health nutrition in national development  Epidemiological triad: Factors affecting malnutrition – Agent, host and environmental factors	Display and keep up of department boards as per theme of month /activities	Seminar conducted	Macronutrients in sports- Carbohydrates Proteins	Types of Food Service Preparation for service  Unit-2 Food Service Organization and Management	Role and significance of microorganisms in foods Factors affecting physiological growth of microorganisms Temp, pH, water activity, oxygen	Data collection/ experimental work
Sept	Nutritional and lifestyle management Pregnancy and lactation  Infancy Childhood	Low purine Developing and preparation of two recipes each using the following methods of cooking: Microwave	Nutritional measures to overcome malnutrition: Germination Fortification Supplementation Enrichment Parboiling GM foods Food security Nutrition and infection	Participation in various national/ regional programmes  Display and keep up of department boards	Seminar conducted	Fats Calorie needs and expenditure B complex vitamins M Antioxidants and water minerals	Principles and functions of management Quantity Food Production: Production planning and control	Food spoilage: Microorganisms involved in spoilages of various foods Milk and Bread, Canned food, Vegetables and fruits Meat, Eggs and Fish Physical and chemical means used in destruction of microbes	Data collection/ experimental work
Oct	Adolescent Adulthood Old age  Concept of balanced diet and diet therapy	Cooking Baking	Nutritional surveillance  Nutrition education: Group, individual and mass media methods and techniques	Display and keep up of department boards as per theme of month /activities	Seminar conducted	Aerobic and anaerobic activity Vegetarian athletes Female sports person- Menarche and Menstruation- Amenorrhoea and Anemia	Human Resource Management Training Performance Appraisal	Genetically engineered organisms Prebiotic, Probiotics and single cell proteins Application of food microbiology	Data entry and analysis
Nov	Team approach to healthcare Nutritional support and type of feeding Enteral and parental	Steaming Grilling	Food and nutrition security: National agencies: ICMR NIN CSIR CFTRI ICAR International agencies: FAO WHO UNICEF	Development and preparation of charts and posters and audiovisual / teaching aids	Seminar conducted	- Energy requirements for -Strength and power athletes Endurance athletes Ergonomic aids and dietary supplements	Financial management Food cost analysis	Food borne illnesses: food infection and food poisoning  Principles of Quality Control Management systems in Food Quality Control	Write up - Intro, Methodology Review of literature
Dec	Doubts taken Discussion of difficult topics	Practice of recipe preparation	CARE UNESCO	Display and keep up of department boards as per theme of month / activities		Assignments	Revision classes	Safety management at household and industrial level.	Final draft of introduction Review of literature and methodology

Ritu Pradhan



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020 Name of the teacher:-Dr. Ritu Pradhan Department:-Foods and Nutrition Semester:-2,4 & 6 (Jan- May 2020)

CLASS ES	PG diploma Nutrition and dietetics (sem-2)			M. Sc. Foods and nutrition (sem-2)	M. Sc. Foods and nutrition (sem-4)			B. Sc. Dietetics(sem-6)	PH.D course work Foods and nutrition	
Subjects	Applied nutrition-2	Seminar-2	Public health nutrition-2	Food hygiene and microbiology	Dissertation	Dissertation	Alternative medicine and nutrition	Entrepreneurial ventures in food industry	Community nutrition and public health	Journal club
Jan	Dietary Fiber Antioxidants Functional foods Fatty acids Nutraceuticals Water Weight management Underweight, Overweight	Seminar's topics discussion and finalisation	Protein energy malnutrition Vitamin A deficiency Nutritional anemia Iodine deficiency disorders Vitamin D and osteoporosis, Zinc def	Importance of hygiene in food service establishments: Hygienic precautions to be taken during preparation, display and service of food.	Allotment of student guides/Supervisor	Submission of finalized Introduction, methodology, review of literature	Introduction Yoga Ayurveda Naturopathy Homeopathy Role of traditional herbal medicines in healing-Indian	differences among entrepreneur, manager, and business owner. Problems Formation of business plan Business idea	Assessment of Nutritional Status Unit-2 Interpretation of WHO Standards	To prepare and present the topics related to nutritional interests and related fields
Feb	Dietary and behavioral modification Eating disorders Food allergy-management and elimination diet	Seminar conducted	Mid-day meal program, ICDS, SNP Vitamin A prophylaxis program NIDDCP, National anemia prophylaxis / control program Food toxins	Sources of harmful micro-organisms and their methods of transmission. Bacterial food poisoning.	Topic finalisation	results and discussion	herbal medicinal products, gmp, and documentation of quality ayurvedic concept-	Startups and small business development in food industry - Food technology startup in India- Electronic-Commerce and Food Enterprise Development in India	IAP Standards and Classification PEM, Vitamin A deficiency Iodine deficiency Anemia Zinc deficiency Vitamin D def	Discussion and presentation of various topics related to the nutrition field
March	Food intolerance Gluten and lactose Febrile conditions Acute and chronic febrile Metabolic changes and dietary management	Seminar conducted	Assessment of nutritional status PEM, vitamin A, iron deficiency and iodine deficiency Nutritional anthropometry Biochemical tests a	Investigation of food borne disease outbreaks. Food borne infections: Refuse Disposal:	Synopsis	Review by the guide and modifications and additions	Alternative medicine therapies Body based practices	SWOC analysis Growth Strategies in Small business Objectives and stages of growth in small business, growth strategies	Methods of dietary survey Germination Fermentation Enrichment Novel Foods Parboiling	Preparing, presenting, publish a research paper related to the topics discussed
April	Dietary modifications and counseling during metabolic stress Injury Trauma Sepsis HIV/AIDS	Seminar conducted	Dietary surveys Interpretation Indirect methods of assessment Welcome trust classification, iap	Micro-organisms used in food biotechnology. Prebiotics and Probiotics.	Preparation of tools/questionnaire	Finalization and submission of dissertation content	Importance and concept of diet in Yoga Naturopathy	Business Development and Marketing Strategies Sales promotion	Supplementation Fortification Census, NFHS, DGHS, (SRM) Hospital records, Disease registers	Discussion and presentation on the various on going advances in the field of the nutrition and nutrition programmes
May	Assignments		Concept of NCHS, WHO, NFHS	Assignments	Final preparation of questionnaire and tools	Final submission of dissertation	Revision	Assignments and revision	Revision	Discussion and presentation on the various on going advances in the field of the nutrition and nutrition programmes

Ritu Pradhan



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: 2019-2020 (July- December)

Name of the teacher: Neelam Kumari

Department: Human Development and Family Relations

CLASSES	B. Sc. Home Science 3 <sup>rd</sup> Semester		MSc Home Science (Human Development and family Relations) 1 <sup>st</sup> semester		MSc Home Science (Human Development and family Relations) 3 <sup>rd</sup> semester	
Subjects	Development in Infancy		Effective Parenting Skills	Assessment in Human Development	Care and education of children with special needs	
August 2019	Cognitive development in Infancy	Market Survey of Infants items	Introduction, The task of parenting and the concept of parenting skills	Concept, tools, ethics, professional issues	Identification, treatment and education of mentally retarded	Display related to the nature, assistive devices for children with special needs
September 2019	Factors affecting Cognitive and language development	Folder on Play activities and lullabies	Changing concept of parenthood Being a competent parent	Concept of norms, types Concept of reliability, types, factors affecting	Socio-Emotional Problems, Treatment Visual Impairments	Visit and prepare report on institutions working
October 2019	Language development, Pre-speech Communication	Toy: Motor Skill, Socio-emotional development	Parenting roles, characteristics, family life cycle	Concept of validity, types, factors affecting	Visual Impairments, Speech and language	Case study on a child with any one type of disability
November 2019	Role of family member, Physical care of Infants	Poster: All round development	Home visit and interview of parents.	History of psychological testing, nature	Learning disabilities, classification	Workshop to enhance the capacities
December 2019	Emotional pattern Common play	Presentation of File work Feedback	A need-based intervention program for parents	Hypothesis testing and evaluation	Counselling of parents	Group discussion

Neelam



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: 2019-2020 (January-June)

Name of the teacher: Neelam Kumari

Department: Human Development and Family Relations

<b>CLASSES</b>	B. Sc. Home Science 4 <sup>th</sup> Semester		MSc Home Science (Human Development and family Relations) 2 <sup>nd</sup> Semester		MSc Home Science (Human Development and family Relations) 4 <sup>th</sup> Semester
<b>Subjects</b>	Development in Early Childhood		Development of creativity in children		Persons with disabilities
<b>January 2020</b>	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
<b>February 2020</b>	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
<b>March 2020</b>	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.
<b>April 2020</b>	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.
<b>May 2020</b>	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: 2019-2020 (Odd Semester)

Name of the teacher: Dr. Chhaya Verma

Department: Clothing and Textiles

Semester: July,2019-Dec,2019

CLASSES	B.Sc. (F.D.)- 1 <sup>st</sup> Sem	B.Sc. (F.D.)1 <sup>st</sup> Sem	M.Sc. (C&T)- 1 <sup>st</sup> 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)
July,2019	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 Dyeing machinery	Scouring and bleaching of cotton. Dyeing of cotton with direct dye.
August,2019	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	Colour measurement- Theories of dyeing Water types and impurities and methods of softening After treatment of dyed fabrics	Dyeing of cotton with azoic, reactive and acid dyes
September,2019	Manufacturing and properties of various natural protein fibres- wool and silk.	Identification of type of yarn Determination of twist.	Designing and style reading, pattern development and construction Skirt	Importance& Classification of finishes Basic preparation of fabrics- - Cotton, Wool and silk	Dyeing of silk with direct, basic and reactive dyes. Dyeing of wool with acid, basic dyes.
October,2019 (Mid-Term Exam 18/10/2019- 25/10/2019)	process and properties of regenerated cellulosic fibre – Viscose rayon. Manufacturing process and properties of modified cellulosic fibre – acetate	Evaluation of thread count	Designing and style reading, pattern development and construction top	preparation of fabrics- Manmade fabrics Finishes that affect hand or texture	Extraction and application of any one natural dye using natural source on cotton,silk and wool.
November,2019	Manufacturing process of man-made synthetic fibres- (a) Polyamide- Nylon 66, Nylon 6 (b) Polyester (c) 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: 2019-2020 (Even Semester)

Name of the teacher: Dr. Chhaya Verma

Department: Clothing and Textiles

Semester: Jan,2020-May,2020

CLASSES	B.Sc. (F.D.)- 2 <sup>nd</sup> Sem	B.Sc. (F.D.)- 2 <sup>nd</sup> Sem	M.Sc. (C&T)- 2 <sup>nd</sup> Sem	M.Sc. (C&T)- 2 <sup>nd</sup> Sem
Subjects	Textile Science-II(Th)	Textile Science-II (Pr)	Textile Testing (Th)	Textile Testing (Pr)
January,2020	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
February,2020	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
March,2020 (Mid-Term Exam 04/03/2020-07/03/2020)	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
April,2020	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
May, 2020	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	Colour fastness to: Laundering, Crocking, Pressing, Perspiration and Sunlight

*Chhaya*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2019-2020

Name of the teacher: - Dr. Sonia

Department:- Clothing and Textiles

Semester:- July'2019-Dec'2019

CLASSES	B.Sc. (F.D.)- 1 <sup>st</sup> Sem	B.Sc. (F.D.)- 5 <sup>th</sup> Sem	M.Sc. (C&T)- 1 <sup>st</sup> Sem	M.Sc. (C&T)- 1 <sup>st</sup> Sem
Subjects	Needle Craft-I (Pr)	Pattern Making-II (Pr)	Fabric Science (Th)	Fabric Science (Pr)
July,2019	Embroidery stitches: Stem, Back, Cham, French knots and Cross Stitches	Basic Skirt Block Sloper of Basic Skirt	Molecular Structure Polymers and its types Polymerization	Cotton
August,2019	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
September,2019	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,
October,2019 (Mid-Term Exam 18/10/2019-25/10/2019)	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
November,2019	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: - 2019-2020

Name of the teacher: - Dr. Sonia

Department:- Clothing and Textiles

Semester:- Jan'2020-May'2020

CLASSES	B.Sc. (F.D.)- 4 <sup>th</sup> Sem	B.Sc. (F.D.)- 4 <sup>th</sup> Sem	M.Sc. (C&T)- 4 <sup>th</sup> Sem	M.Sc. (CT)- 2 <sup>nd</sup> Sem	M.Sc. (CT)- 4 <sup>th</sup> Sem
Subjects	Traditional Embroideries (Th)	Traditional Embroideries (Pr)	Image Styling (Pr)	Dissertation	Dissertation
January,2020	Phulkari of Punjab Chamba Rumal 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
February,2020	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
March,2020 (Mid-Term Exam 04/03/2020- 07/03/2020)	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
April,2020	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

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the Teacher:- Dr.Neha Sharma

Session:- 2019-2020

Department:- HDFR

Semester:- July to Dec 2019

CLAS SES	M.Sc. Home Science HDFR 1 <sup>st</sup> Sem	P.G.Diploma in Child Guidance & Family Counselling 1 <sup>st</sup> Sem	M.Sc. Home Science HDFR 3 <sup>rd</sup> Sem	M.Sc. Home Science HDFR 3 <sup>rd</sup> Sem	M.Sc.H.Sc. HDFR 3 <sup>rd</sup> Sem
Sub	Socialization in various family contexts across different cultures (Theory)	Theoretical Perspectives in Child Development-I (Th)	Program Planning and placement in Child Welfare Agencies (Practical)	Women Empowerment	Dissertation
July	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 on changing roles of family.	-Introduction to theoretical perspectives in child development -Principles of child development	-Visit to various centers within or outside the city which cater to the pre-school stage e.g. day carecenter, balwadi, anganwadi, crèche etc. -Preparing a resource unit file on the basis of play way method/approach.	- Changing role and status of women in historical perspective: Ancient,medieval, pre and post independence Various theories of feminism: Liberal, Marxist, Radical and Socialist	Dissertation
Aug	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 -Trends and issues in child development (the nature of development, the process that guidesdevelopment, the importance of age, individual differences).	- 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.	Women Empowerment: Meaning, concept, nature, objectives and stakeholders of women empowerment Reality of women empowerment in India- Problem and issues of women empowerment: Socio cultural, gender bias, form and nature of womenexploitation. Determinants of women empowerment: Education, health, social life, financial capacity, communication skills, representation in state policy, cultural life, decision making, source and quality of information and mobility.	Dissertation
Sept	-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)	- Art and craft portfolio - Song booklet and low cost musical instruments -Readiness games and material -Picture talk and object talk related material - Developing interpersonal skills and effective communication skills for working with parents andchildren.	Education of women: Female literacy and non - formal education for womendevelopment. Review of female literacy programme in India. Working women in India: Characteristics and problems of working women,impact of globalization on working women.	Dissertation
Oct	- 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)	-Planning and implementing a parent Teacher meeting. -Planning, preparation and serving of supplementary nutritious snacks for pre-schoolers.	Constitutional and other legal provisions for women empowerment: Legal rights of women, Convention on Elimination of All Forms of Discrimination against Women (CEDAW), Equal Remuneration Act – 1976 (ERA), Medical Termination of Pregnancy Act (MTP Act – 1971), Maternity Benefit Act -1961, National Policy for Women Empowerment – 2001 Role of NationalCommission for Women, Central Social Welfare Board, State Social Welfare Board for Women Empowerment. Women Property Rights, Women’s representation in decision making, Women Reservation Bill, Women and Human Rights.	Dissertation
Nov	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Dissertation

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

Name of the Teacher:- Dr.Neha Sharma

Session:- 2019-2020

Department:- HDFR

Semester:- JAN – MAY 2020

CLASSES	B.Sc. H.Sc. HDFR 6 <sup>th</sup> Sem	M.Sc. Home Science HDFR 2 <sup>nd</sup> Sem	M.Sc. Home Science HDFR 2 <sup>nd</sup> Sem	M.Sc. Home Science HDFR 2 <sup>nd</sup> Sem	P.G.Diploma in Child Guidance & Family Counselling 2 <sup>nd</sup> Sem	M.Sc. Home Science HDFR 4 <sup>th</sup> Sem
<b>Subjects</b>	<b>Introduction to Theories of Human Development-II</b>	<b>Theories of Developmental Psychology</b>	<b>Guidance &amp; Counselling across life span</b>	<b>Dissertation (Synopsis)</b>	<b>Theoretical Perspectives in Child Development- II</b>	<b>Dissertation</b>
<b>Jan</b>	Freud - Brief description of the psychosexual stages of development. -Contribution and limitations of the theory.	Developmental theory, Value of a developmental theory: Organizing information, Guiding research, Main issues of developmental psychology Piaget's Cognitive-Stage Theory	Meaning, aims, principles and basic assumptions of guidance. Need and importance of child and family guidance. Kinds of guidance –educational, vocational and personal.	Dissertation (Synopsis)	Middle Childhood -Physical development - Cognitive development (Piaget's concrete operational period) -Psychosocial development in middle childhood (Erikson's theory) -Language development	Dissertation
<b>Feb</b>	Erikson -Brief description of the psychosocial stages of development. -Contribution and limitations of the theory.	-Freud's Psychoanalytic Theory -Eric Erikson's Psycho-social Theory	-Guidance of children at home and school Elementary school years Middle years -Need of sex education at home and school.	Dissertation (Synopsis)	Adolescence -Physical development -Cognitive development (Piaget's formal operational period) -Psychosocial development during adolescence (Erikson's theory)	Dissertation
<b>Mar</b>	- Comparison of Freud's and Erikson's stages of development. -Kohlberg's theory of moral development.	-Information-Processing Theory -Bandura's Social Learning Theory	Nature of psychological disorders that require counselling and therapy in the following stages of human development -Childhood -Adolescence -Adulthood -Old age	Dissertation (Synopsis)	The Behavioral Perspective -Behavioral models of development (Classical conditioning and operant conditioning, factors influencing behavior) -Bandura's social learning theory (theoretical viewpoint, the importance of vicarious learning)	Dissertation
<b>Apr</b>	- Nature vs. Nurture- Stance of various theories. -Continuity vs. discontinuity – Stance of various theories.	-Vygotsky's Socio-cultural Theory -Urie Bronfenbrenner's Ecological Systems Theory	Meaning, aims, principles, stages and basic assumptions of counselling. Qualities and skills of a counsellor. Techniques of counselling – directive, non directive, eclectic.	Dissertation (Synopsis)	- Emerging trends and issues Comparing theories of human development in the context of - Counselling (consistency, accuracy, relevance, simplicity).	Dissertation
<b>May</b>	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Dissertation

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

Session: - 2019-20 Name of the teacher:- Dr. Uttara Singh Department:- Foods and Nutrition

Semester:- 1,3 &amp; 5 (July to Dec 2019)

CLASSES	BSC.HOME SCIENCE V semester DIETITICS			MSC. Foods and Nutrition I semester	MSC. Foods and Nutrition III semester				PG DIPLOMA Nutrition and Dietetics		
	Subjects	Community nutrition and public health-I	Nutritional management in health and disease-I	Fundamenta ls of food science	Human nutrition	Seminar	Food microbiology and quality control	Food service management	Nutritional management in sports and fitness	Introduction to microbiology	Institution al service managem ent-I
July	. Concept of community nutrition and public health: Nutritional Status	Team approach to health care	Introduction to food science : Definition, importance	Energy needs – Assessment and requirements	Seminar's topics discussion and finalisation.	History of development of food microbiology Bacteria, Yeast and Moulds:	Conventional, ready to eat. Types of Food Service	Introduction to sports nutrition Classification of sports activities. Meaning and definition	The prokaryotic cell structure	Introducti on to food service institution s	Classification and properties of biomolecules:
August	Zinc Deficiency: Relationship of Zinc deficiency with PEM, Predisposing factors, Impact on community Measures to prevent/overcome,	Etiology, dietary and lifestyle management of: Constipation, Diarrhea,	Food acceptabil ity	Dietary carbohydrates – functions of starch, resistant starch, dietary fiber and sugar Dietary fiber and its role in health and disease	Seminar conducted.	Food spoilage: Microorganisms involved in spoilages of various foods Milk and Bread.	Preparation for service Organizing Misc-en- scene.	Agility , Strength,Endurance.	Physical and chemical methods used in the destruction of microorganis ms	. Food Service Managem ent: Approach es to managem ent:	Intermediary Metabolism:Overvie w (no structures)
September	. Anemia: Predisposing factors Types of Anemia: Iron deficiency, folic acid and vitamin B12 deficiency anemia	Etiology, dietary and lifestyle management of Intestinal diseases: Steatorrhoea, .	Role of colloidal chemistry in cookery :	Functions and human requirements of essential fatty acids	Seminar conducted.	Importance of microbes in food	Types of organizations, division of labor,	Macronutrient in sports : Fats and Protein	Measuremen t of growth of micro organisms:	Managem ent:	Enzymes: Definition and classification of enzymes;
October	Vitamin D Deficiency: Predisposing factors, Impact on community, Measures to prevent/overcome	Etiology, dietary and lifestyle management of fevers	Food adulteration : Basic concept of adulteration	Protein turnover, Methods of measuring protein turnover	Seminar conducted.	. Food borne illnesses: food infection and food poisoning	Quantity Food Production: Production	Effects of specific Nutrients on sports performance and physical fitness	Contaminatio n and spoilage of: Cereals	Benchmar king Intangible tools;.	Enzymes: Definition and classification of enzymes
November	Iodine Deficiency:	Role of antioxidants in diseases	Food quality assurance HACCP.	Role of leptin and ghrelin in hunger and satiety and weight management		Assessing the microbiological quality	Training Importance, Principles, On the Job Training,	Energy requirements for -Strength and power athletes - Endurance	Milk and milk products Eggs and poultry Canned food	6. Food purchase . revision	5. Vitamins: Vitamins- Biochemical role of soluble vitamins – A, D, E & K Water
December	Doubt session	revision	Doubt session	tutorial			Doubt sessions	tutorial	revision		



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20 Name of the teacher:- Dr. Uttara Singh Department:- Foods and Nutrition

Semester:- 2,4 &6 (Jan - May 2020)

CLASSES	B Sc. Home Science VI semester Composite and Dietetics	B Sc. Home Science VI semester Dietetics	M.Sc. Foods and Nutrition II semester	M.Sc. Food and Nutrition IV semester	PG diploma Nutrition and Dietetics
Subjects	Nutritional management in health and disease II	Community nutrition and public health II	Dissertation	dissertation	Diet therapy
January	<ul style="list-style-type: none"> <li>Etiology, dietary and lifestyle management of liver diseases: Fatty liver Infective hepatitis</li> <li>Etiology, dietary and lifestyle management of liver diseases</li> </ul>	<ul style="list-style-type: none"> <li>Assessment of Nutritional Status: Anthropometry- Advantages and limitations. Standardized techniques for measurement of: Height, Weight</li> <li>Various Circumferences</li> </ul>	Allotment of students to guides/ Supervisor	Submission of finalized Introduction, methodology. review of erature	<ul style="list-style-type: none"> <li>Etiology, symptoms, dietary and lifestyle management of Gastro Intestinal Diseases: Gastro Esophageal Reflux Disorder (GERD) Peptic ulcer-gastric and duodenal</li> <li>Fatty Liver Hepatitis</li> </ul>
February	<ul style="list-style-type: none"> <li>Etiology, dietary and lifestyle management of diabetes mellitus: Types Glycemic index and load Basic concept of diagnostic tests for diabetes</li> <li>Use of natural foods for management of diabetes-</li> </ul>	<ul style="list-style-type: none"> <li>Clinical assessment-Advantages and limitations.</li> <li>Signs and symptoms of: PEM, Vitamin A deficiency</li> <li>Iodine deficiency, Anemia, Zinc deficiency, Vitamin D deficiency, 4. Biochemical tests and their vit D</li> </ul>	Deciding of topic	Results and discussion	<ul style="list-style-type: none"> <li>Diabetes mellitus</li> <li>Etiology, symptoms and dietary management for: Gout</li> </ul>
March	<ul style="list-style-type: none"> <li>Etiology, dietary and lifestyle management of cardiovascular diseases Atherosclerosis</li> <li>Etiology, dietary and lifestyle management of hypertension</li> </ul>	<ul style="list-style-type: none"> <li>Dietary Surveys: Need and Importance, Methods of dietary survey.</li> <li>6. Methods to improve nutritional quality: Germination,</li> </ul>	Synopsis	Review by the guide and modifications and additions by the student	<ul style="list-style-type: none"> <li>Etiology, symptoms, dietary and lifestyle management of cardiovascular diseases: CVD and Atherosclerosis</li> <li>Dietary and lifestyle management for: Cancer Role of antioxidants in cancer</li> </ul>
April	<ul style="list-style-type: none"> <li>Etiology, dietary and lifestyle management of kidney disorders: Glomerulonephritis</li> <li>Role of fiber in health and disease</li> </ul>	Sources of secondary data related to community health: Census, National Family Health Survey (NFHS), Directorate General of Health Services (DGHS), Sample registration system (SRM), Hospital records, Disease registers.	Preparation of tools and questions	Finalization and submission of dissertation content along with summary and conclusion etc.	<ul style="list-style-type: none"> <li>Glomerular nephritis- acute and chronic Burns Surgery</li> </ul>
May	tutorial	Doubt session	Final preparation of questionnaire and tools	Final submission of dissertation	revision

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Session: - 2019-2020

Departments: - Physics and Physical Education

Name of the teacher: - Mrs. Mona Soin  
Semester: - I & III (July 2019 to December 2020)

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
July 2019	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.
August 2019	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.
September 2019	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
October 2019 [Mid Term Exams Oct. 18-25, 2019]	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	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
November 2019	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	Games, Athletics, Aerobics, Yoga Revision	Games, Athletics, Yoga Revision

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2019 - 2020

Name of the teacher: - Mrs. Mona Soin  
Semester: - II & IV (January 2020 to May 2020)

Departments: - Physics and Physical Education

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
January 2020	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.	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.
February 2020	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	2)Measurement of Internal diameter, depth and volume of a beaker using Vernier callipers 3)Measurement of diameter of a metal wire using a screw gauge and find its volume.	Unit II - Field Events : Jump-High Jump [a] Dimensions and specification of equipment used [b] Techniques [c] Fouls	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.
March 2020 [Mid Term Exams March 04-07,2020]	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	4)Measurement of length and diameter of a rice grain using screw gauge. 5) To find resistance and power of a glowing bulb and to calculate energy consumed by it in given hours.	Unit III - Any two Asana out of the Following: [a] Dhanurasana [b] Chakrasana [c] Vajrasana [d] Matasayasana Games, Athletics	Unit III - Anyone game from the following games: [a] Badminton [b] Kho- Kho [c] Volleyball [d] Yoga - Various Yoga Asanas
April 2020	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	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 Revision	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 Revision

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020

Name of the teacher: Ms. SEEMA JAITLEY Department: ART Semester: I, III, V Sem

CLASSES	BSC. HSC. III Sem	BSC. IDRM V Sem.	BSC. HSC. I Sem
Subjects	ART IN EVERYDAY LIFE	FURNITURE DESIGN AND INTERIOR GRAPHICS	INTERIOR DESIGNING AND RESOURCE MANAGEMENT
Month 1	<ul style="list-style-type: none"> <li>• ART, Importance and use in our day to day life</li> </ul>	<ul style="list-style-type: none"> <li>• Imp. of furniture and its basic properties</li> </ul>	<ul style="list-style-type: none"> <li>• Rangoli designs</li> </ul>
JULY-2019	<ul style="list-style-type: none"> <li>• Elements of Art - Sheets made</li> </ul>	<ul style="list-style-type: none"> <li>• Knowledge of lines/drawings and various symbols and standardised shapes of furniture</li> </ul>	<ul style="list-style-type: none"> <li>• Floral (with colours and)</li> </ul>
Month 2	<ul style="list-style-type: none"> <li>• Principles of Art - sheets also</li> </ul>	<ul style="list-style-type: none"> <li>• Use of tools and scales</li> </ul>	<ul style="list-style-type: none"> <li>• Use of Rangoli</li> </ul>
AUGUST-2019	<ul style="list-style-type: none"> <li>• Creating Greeting and Menu Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Use of terminology in interior</li> </ul>	<ul style="list-style-type: none"> <li>• Alpana and its use</li> </ul>
Month 3	<ul style="list-style-type: none"> <li>• Blending sheets</li> </ul>	<ul style="list-style-type: none"> <li>• Use of terminology in interior</li> </ul>	<ul style="list-style-type: none"> <li>• Files to be made</li> </ul>
SEPTEMBER 2019	<ul style="list-style-type: none"> <li>• Colour, types, importance, use, properties etc</li> </ul>	<ul style="list-style-type: none"> <li>• Designing of furniture</li> </ul>	<ul style="list-style-type: none"> <li>• Cleaning of window panes</li> </ul>
Month 4	<ul style="list-style-type: none"> <li>• Warmth and Coolness, Hue, Optical Illusions</li> </ul>	<ul style="list-style-type: none"> <li>• Use of terminology in interior</li> </ul>	<ul style="list-style-type: none"> <li>• Silks, Glass wood, Brass</li> </ul>
OCTOBER 2019	<ul style="list-style-type: none"> <li>• Utility + function of art</li> </ul>	<ul style="list-style-type: none"> <li>• Use of terminology in interior</li> </ul>	<ul style="list-style-type: none"> <li>• Making of a scrap Book with pictures related to all interiors, and cleaning</li> </ul>
Month 5	<ul style="list-style-type: none"> <li>• Joints Manufacturing etc</li> </ul>	<ul style="list-style-type: none"> <li>• Use of terminology in interior</li> </ul>	<ul style="list-style-type: none"> <li>• Use of elements and principles</li> </ul>
NOVEMBER 2019			
DECEMBER-2019	EXAMINATIONS		

*Seemajaitly*



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

Session:- 2019-2020

Name of the teacher: Mrs SEEMA JAINLY Department: ART Semester: II, IV, VI

CLASSES	BSC (HSC) <u>IV</u>	BSC. IDR M <u>V</u>	BSC (HSC) <u>I Sem.</u>
Subjects	ART IN EVERYDAY LIFE	FURNITURE DESIGN, Interior GRAPHICS	Interior DESIGNING AND RESOURCE MANAGEMENT
Month 1 <u>JANUARY-2020</u>	• Aesthetics, its types, use and importance	• Types of furniture upholstered, wooden, cane, iron, glass etc.	• Organising Events on various themes in the College
Month 2 <u>FEBRUARY-2020</u>	• Shadanga of Indian Art	• Main character - uses of material used for the construction.	• Collage only -> Birthday, Festivals, Marriage themes
Month 3 <u>MARCH 2020</u>	• Art in relation to Beauty, society, Intuition and Religion	• Knowledge of types of wood, solid, Hard Board, plastic, ply-wood etc.	• Fashion shows etc.
Month 4 <u>APRIL-2020</u>	• Creating of diff posters, fabric painting, articles, Block printing, creating of Book Covers etc.		• Identification of goals and objectives.
Month 5 <u>MAY-2020</u>	• Accessories of Interior, use purpose and importance	• Use of various Joints of furniture, Fittings etc	• Planning of different Resources, Invitation and Decoration
			• Budget planning, Event evaluation and Making of Reports

*Seemajainly*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2019-20 Name of the teacher: - Mrs. Annu Deharwal Department: - Clothing & Textiles

Semester: - Odd semester (July 2019- December 2019)

CLASS	B.Sc (Fashion Designing) 5 <sup>th</sup> sem	B.Sc (Fashion Designing) 5 <sup>th</sup> sem	B.Sc (Fashion Designing) 5 <sup>th</sup> sem	Post Graduate Diploma (FD)1 <sup>st</sup> Sem	M.Sc (CT) 2 <sup>nd</sup> sem
Subjects	History Of World Costumes (Th)	Textile dyeing (Pr) (Group-A & B)	Textile dyeing (Pr)	Fashion Illustration (Pr)	Product Development (Pr)
August,2019	<ul style="list-style-type: none"> <li>Study of world costumes.</li> <li>costumes Egypt</li> <li>costumes Greek</li> </ul>	Dyeing of Cotton with Direct dyes and Reactive dyes	<ul style="list-style-type: none"> <li>Introduction to Dyes</li> <li>Difference between Dyes and Pigments</li> <li>Classification of Dyes - Natural Dyes and Synthetic Dyes</li> </ul>	<ul style="list-style-type: none"> <li>Drawing of Basic Block and Fleshed Figures –Eight, Ten and twelve headed figure.</li> <li>Structure of hands, legs ,feet and arms .</li> <li>facial .</li> <li>Drawing of hair styles</li> </ul>	<ul style="list-style-type: none"> <li>Design Development and Theme selection.</li> <li>Design process- inspiration, mood board, and story board.</li> </ul>
September,2019	<ul style="list-style-type: none"> <li>costumes of Rome of Byzantine.</li> <li>costumes of French.</li> <li>Costumes of Middle ages and Renaissance Period</li> </ul>	Dyeing of Silk and Wool with Acid and Basic Resist Dyeing of Fabric Tie and dye Batik	<ul style="list-style-type: none"> <li>Preparation of fabric before dyeing.</li> <li>Stages of Dyeing -Solution, Fiber, Yarn, Piece or Fabric and Product Dyeing</li> </ul>	<ul style="list-style-type: none"> <li>Rendering Of Fabrics , Denim, Net , Chiffon, Velvet,Chiken,Satin, corduroy,Fur,Hoisery</li> <li>Prints – Checks And Stripes.</li> </ul>	<ul style="list-style-type: none"> <li>Selection of product range , color , motifs and techniques.</li> </ul>
October,2019 (Mid- Term Exam 18/10/2019-25/10/2019)	Revision of syllabus	Resist Dyeing of Fabric Tie and dye Batik	Revision of syllabus <ul style="list-style-type: none"> <li>Methods of Dyeing- Batch Dyeing and Combination Dyeing.</li> <li>Dyeing Auxiliaries.</li> </ul>	Illustration of Jewellery, footwears,handbags, belt and headgear	<ul style="list-style-type: none"> <li>Designing of product range .</li> </ul>
November,2019	<ul style="list-style-type: none"> <li>costumes of French revolution.</li> <li>costumes of Romantic period</li> </ul>	To Test the Colour Fastness of the fabric: Fastness to Washing, Ironing Perspiration Crocking and Sunlight	<ul style="list-style-type: none"> <li>Colour Fastness Fastness to Washing, Ironing, Perspiration, Crocking and Sunlight</li> <li>Dyeing Defects -Bleeding, Crocking, Migration, Fume Fading, Tendering, Frosting and Off Shade.</li> </ul>	<ul style="list-style-type: none"> <li>Draping of garments on fashion figure and colouring of illustration using various mediums.</li> <li>Casual wear, sportswear, beach wear and formal wear</li> </ul>	<ul style="list-style-type: none"> <li>Presentations and exhibition .</li> </ul>

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2019-20 Name of the teacher: - Mrs. Annu Deharwal Department: - Clothing & Textiles

Semester: - Even semester (January 2020- May 2020)

CLASS	B.Sc (Fashion Designing) 6 <sup>th</sup> sem	B.Sc (Fashion Designing) 6 <sup>th</sup> sem	Post Graduate Diploma (FD) 2 <sup>nd</sup> Sem	Post Graduate Diploma (FD) 2 <sup>nd</sup> Sem	M.Sc (CT) 2 <sup>nd</sup> 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)
January, 2020	<ul style="list-style-type: none"> <li>Introduction to finishes and its importance.</li> <li>Printing Auxiliaries</li> <li>Pretreatment of printing Degumming Bleaching Scouring</li> <li>Types of printing Roller Rotary Transfer</li> <li>Methods of printing Blocks, Roller, screen and Stencil</li> </ul>	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	Quality Control- <ul style="list-style-type: none"> <li>Definition and importance of quality assurance</li> <li>Total Quality Management (TQM)</li> <li>Tools of Quality Control</li> </ul> Legislation in Textiles/Acts:
February, 2020	<ul style="list-style-type: none"> <li>Post treatment- Heat setting, Steaming, Washing.</li> <li>Classification of finishes</li> <li>Basic preparation of fabrics-Singeing, Desizing, Scouring and Bleaching.</li> </ul>	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"> <li>Standardization in textiles..</li> <li>Stages of quality control.</li> <li>Garment finishing and Inspection.</li> </ul>
March, 2020 (Mid- Term Exam 04/03/2020- 07/03/2020)	Revision of Syllabus <ul style="list-style-type: none"> <li>Mechanical Finishes- Beetling, Brushing and Shearing, Weighting, Sanforising, Tentering, Calendaring, Simple, Friction, Moireing, Embossing, Schreinerling), Napping, Sizing and Glazing</li> </ul>	Flat and Photographic Screen Printing and article.	<ul style="list-style-type: none"> <li>Revision and Practice</li> </ul>	costumes of Byzantine, French Costumes and Middle Ages	<ul style="list-style-type: none"> <li>Standard institutions and organizations in Quality control -ASTM, AATCC, ANSI, BSI, BIS, ISO</li> <li>Research Associations - SITRA, BTRA, NITRA, ATIRA, MANTRA, IJRA, SASMIRA, WIRA</li> </ul>
April, 2020	<ul style="list-style-type: none"> <li>Chemical Finishes- Mercerizing, Crease Resistant, Fire-proof &amp; Fire Retardant, Waterproof &amp; Water Repellant, Anti-static, Wrinkle Resistant.</li> </ul>	Samples and article of Hand painting techniques.	<ul style="list-style-type: none"> <li>Grading</li> <li>Summary report and pattern card of all the patterns.</li> </ul>	Costumes Renaissance Period, French Revolution and Romantic Period	<ul style="list-style-type: none"> <li>Parameters for apparel quality testing and control</li> <li>Identification of fabric defects.</li> <li>Packaging</li> <li>Labelling</li> </ul>

*Annu*



Name of the teacher- Anila

SESSION :- 2019-2020  
Department- Clothing and Textiles  
Semester-Odd

Classes	B.Sc.(Fashion Designing)5 <sup>th</sup> Sem	M.Sc. (Clothing& Textiles) 3 <sup>rd</sup> Sem	B.Sc.(Fashion Designing)3 <sup>rd</sup> Sem
Subjects	Garment construction-V Practical (A&B)	Historic Costumes Theory	Fashion illustration on computer Practical
July, 2019	Introductory class  -Checking of test fit garment from previous class pattern making	Introductory class  Study of the costumes worn during following periods- -Egypt	Introductory class  -Making class aware about the tools of photoshop and coral draw
August, 2019	Construction of blouse from test fit -Drafting and construction of petticoat	Study of the costumes worn during following periods- -Greece -Rome -Byzantine	Croqui drawing -Drawing of collars-Peter pan, cape, mandarin, shawl and shirt collar.
September, 2019	Checking and submission of petticoat -Drafting and construction of Nighty	Study of the costumes worn during following periods- -French Revolution -Romantic period	-Drawing of sleeves- puff, reglan, kimono, leg-o-mutton and bell -Drawing of skirts- A-line, gathered, gored, pegged, circular, tiered and skirt with yoke.
October, 2019 (Mid Term exams)	Checking of nighty -Drafting of Salwar and kameez File submission and checking	Revision of syllabus -Victorian period -Introduction and need of costumes and textiles conservation	File checking -Drawing of trousers with pockets.
November, 2019	Cutting of salwar and kameez Construction of salwar and kameez Final file submission	-Materials used in conservation of costumes and textiles -Mending techniques -Display and storage Revision of whole syllabus	Designing of casual and formal wear incorporating the above learnt features. Final file submission.

Anila



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher- Anila

SESSION :- 2019-20

Department- Clothing and Textiles

Semester-Even

Classes	B.Sc.(Fashion Designing)6 <sup>th</sup> Sem	PG Diploma in Fashion Designing 2 <sup>nd</sup> sem	M.Sc. (Clothing& Textiles) 4 <sup>th</sup> Sem	M.Sc. (Clothing& Textiles) 4 <sup>th</sup> Sem
Subjects	Garment construction-VI Practical (A&B)	Line development	Fashion Retailing and Merchandising Theory	Fashion Retailing and Merchandising Practical
Jan, 2020	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
Feb, 2020	-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
March, 2020 (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
April, 2020	- Designing of one-piece dress -Drafting and adaptation of the same -Construction of the same -File checking	-Sourcing of the fabric -Developing the patterns -Preparation of spec-sheets -Garment construction and show casing the collection.	-Consumer behavior and decision making -Marketing strategies -External and internal factors influencing price decisions UNIT-IV -Fashion merchandising process -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

Anila



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GOVT. HOME SCIENCE COLLEGE, SECTOR 10, CHANDIGARH

SESSION 2019-20

Name of the teacher: Dr. Namrata Sethi    Department: Food and nutrition    Semester: 1st term (July-Dec, 2019)

CLASS	BSc. Home science -1 sem	BSc. Home science -3 <sup>rd</sup> sem	BSc. Home science -5 <sup>th</sup> sem Dietitics	MSc. Foods and nutrition-1 <sup>st</sup> sem	MSc. Foods and nutrition- 3 <sup>rd</sup> sem	
SUBJECTS	Introduction to foods and nutrition-1	Applied nutrition-1	Fundamentals of food science - 1	Nutritional biochemistry	Clinical and therapeutic nutrition-2	Dissertation
<b>Month 1</b> <i>JULY</i>	Unit 1 1) Introduction to foods and nutrition 2) Classification of food based on its functions	Unit 1 1) Concept of nutrition transition 2) RDA- concept of minimum nutrients requirements and RDA  Unit 2 3) Classification, digestion, absorption, RDA, deficiency and excess of Carbohydrates Mono, Di and Polysaccharides	Unit 1 1) Introduction to food science: Definition, importance and applications, Basic terminology used in food science 2) Basic Concept of: Organic foods, Genetically Modified foods	Unit 1 1) Biological Oxidation- Theory, Concept of free energy. Oxidation – reduction reactions. Respiratory chain. Oxidative and non-oxidative phosphorylation. High energy compounds. 2. Carbohydrate metabolism: Glycolysis, Tricarboxylic Acid cycle, Gluconeogenesis, Hexose Monophosphate pathway, Glycogenolysis, Glycogenesis.	Unit 1 1) Nutritional support Principles and Importance 2) Types of feeding: Tube feeding, Intravenous feeding 3) Recent advances in techniques and feeding substrates  Unit 2 4) Aetiopathogenesis, clinical picture, diagnostic tests, treatment, preventive aspects, lifestyle and dietary management: Cardio Vascular Disease and Atherosclerosis, ischemic heart disease	Synopsis, Questionnaire and other preparations
<b>Month 2</b> <i>Aug</i>	Unit 2 3) Macronutrients (Carbs, Fats and Proteins), Micronutrients (Minerals Calcium, Iron, Iodine; Vitamins A, D, E, K, thiamine, riboflavin, niacin, pyridoxine, cyanocobalamin, b12, ascorbic acid) 4) Functions and sources of water and fibre	4) Classification, digestion, absorption, RDA, deficiency and excess of Proteins complete, partially complete and incomplete; Concept of essential and non-essential amino acids  Unit 3 5) Classification, digestion,	Unit 2 3) Food acceptability: Factors affecting food acceptability, Subjective and objective methods of evaluation, Tests for sensory evaluation 4. Food packaging: Basic types of packaging, Importance of nutritional labeling	Unit 2 3) Protein Metabolism: general reaction of amino acid catabolism and urea cycle. Biosynthesis of proteins. Genetic code 4. Lipid Metabolism: Fat storage, lipid transport, Oxidation & biosynthesis of saturated and unsaturated fatty acids. Formation and utilization of ketone bodies.	Unit 2 4) Hyperlipidemia, hypertension 5) Concept of: Nutritional significance of fatty acids – SFA, MUFA, PFA -Role of n-3 and n-6 fatty acids; Trans fatty acids - Role and mechanism of action of Dietary Fibre in CVD -Electrolyte imbalance w.r.t Sodium, Potassium	Data collection/experimental work



		absorption, RDA,				
Month 3 SEPT.	Unit 3 5) Objectives of cooking food 6) Methods of cooking- dry and moist heat, cooking with oil, solar and microwave cooking 7) Effect of cooking on nutrients  Unit 4 8) Meal planning fundamentals and factors affecting	, deficiency and excess of: Fats saturated and unsaturated 6) RDA, deficiency and excess of: fat soluble vitamins- A, D, E, K  Unit 4 7) RDA, deficiency and excess of water-soluble vitamins: thiamin,	Unit 3 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	Unit 3 5) Enzymes: (classification and enzyme specificity). Factors affecting Derivation of Michaelis - Menten, Lineweaver-Burk equation. 6. Enzyme inhibition & Regulatory enzymes, Involvement of enzymes in metabolic pathways	Unit 3 6) Aetiopathogenesis, clinical picture, diagnostic tests, treatment, preventive aspects, lifestyle and dietary management: Gout, Arthritis, Osteoporosis 7) Burns, Surgery, Stress and trauma  Unit 4 8) Classification, etiology, clinical features, diagnostic tests, prevention and treatment, lifestyle and dietary management: Diabetes Mellitus	Data collection/experimental work, Data entry and analysis
Month 4 OCT.	9) Food safety food adulteration and intro to food safety laws (PFA, BIS, HACCP, ISO, ISI, FPO, FSSAI)	riboflavin, niacin, pyridoxine and C 8) RDA, deficiency and excess of minerals: Calcium, iron and iodine	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 7) Nucleic acids: Structure of DNA and RNA Metabolism: Replication and transcription 8) Biochemical mode of action of hormones of the thyroid, parathyroid, adrenal medulla, adrenal cortex and pancreas. Regulation of blood sugar level, body water and salt level.	Unit 4 9) Concept of: Glycemic Index, Glycemic Load, Nutritional significance of Dietary Fiber – Types, sources, role and mechanism of action 10) Nutritional management during special conditions: Space travel, High altitudes, Inborn errors of metabolism – Phenylketonuria, Galactosemia	Write up- Introduction, methodology, Review of literature
Month 5 NOV.	Assignments, revisions, doubt clearance sessions, revision tests	Assignments, revisions, doubt clearance sessions, revision tests	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

Session:- 2019-20

Name of the teacher:- Dr. Priyanka Sharma Department:- Music Semester:- I<sup>st</sup> and III<sup>rd</sup>

CLASSES	B.Sc (Home Science) I <sup>st</sup> Semester	B.Sc (Home Science) III <sup>rd</sup> Semester		
Subjects	Music (V)	Music (V)		
Month 1 July	Introduction of music swar, Saptak, Moh- Aroh.	Revision of Basis of Music. Practice of Alankars.		
Month 2 August	Introduction of Raag Bilawal and Teen Taal Practice of Raag and Taal	Introduction of Raag Bhimpalasi and Ektaal. Practice of Raag and Taal		
Month 3 September	Introduction of Raag Kafi and Dada Taal Practice of Raag and Taal.	Introduction of Raag Bhairav and Faptal Practice of Raag and Taal.		
Month 4 October	Practical and Theory Exams.			
Month 5 November	Topic of life sketches Dr. Ravishanker and Dr. Bhimsen Joshi	Topic of life sketches Dr. Shiv Kumar Sharma M.S. Subalalshmi		

*Sharma*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20

Name of the teacher:- Dr. Poojanka Sharma Department:- Music Semester:- II<sup>nd</sup> and IV<sup>th</sup>

CLASSES	B.Sc (Home Science) II <sup>nd</sup> Semester	B.Sc (Home Science) IV <sup>th</sup> Semester		
Subjects	Music (V)	Music (V)		
Month 1 January	Introduction of Yamun Rag and Rupak Taal. Practice of Rag and Taal.	Introduction of Bihag Rag and Deepchandi Toll. Practice of Rag and Taal.		
Month 2 February	Introduction of Rag Bhopali and Kehrawa Taal. Practice of Rag and Taal.	Introduction of Rag Malharans and Tilwada Taal. Practice of Rag and Taal.		
Month 3 March	Practical and	Theory Exams		
Month 4 April	Topic of life sketches Pt. Hanuman Chausiya Pt. Jangay	Topic of life sketches vst. Bade Gulam Ali vst. Zakir Hussain		
Month 5 May	Revision of all the syllabus.	Revision of all the syllabus.		

*Sharma*



Session: -2019-2020

Name of the teacher: - Dr. Shabana

Department: - Economics

Semester: - Term 1

(July 2019-Dec.-2019)

CLASSES	B.Sc. Home Science (Semester-V)	B.Sc. Home Science (Semester-V)	M.Sc. Home Science 1 <sup>st</sup> semester	M.Sc. Home Science 1 <sup>st</sup> semester	M.Sc. Home Science 3 <sup>rd</sup> 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 <i>July</i>	Unit-I 1. Entrepreneurial economics: importance Entrepreneurship and 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 <i>Aug,</i>	Unit-II 3. Entrepreneurial Behaviour: Types of an entrepreneur 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/exper imental work, Data entry and analysis
Month 3 <i>Sept</i>	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 <i>Oct.</i>	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 <i>Nov.</i>	Assignments, revisions, doubt clearance sessions, revision tests		Assignments, revisions, doubt clearance sessions, revision tests		Final draft of Introduction, review of literature and methodology



CLASSES	B.Sc. Home Science (Semester VI)	B.Sc. Home Science (Semester-VI)	M.Sc. Home Science 2 <sup>nd</sup> semester (Clothing Textiles)	M.Sc. Home Science (Human Development and Family Relation) 4 <sup>th</sup> semester
Subjects	Economics and Entrepreneurship Development-II (Theory)	Economics and Entrepreneurship Development-I (Practical)	ENTREPRENEURSHIP (THEORY)	DISSERTATION
Month 1 <i>Jan</i>	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 enterprise. 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	<ul style="list-style-type: none"> <li>Submission of finalised introduction, review of literature, methodology</li> </ul>
Month 2 <i>Feb.</i>	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 Breakeven 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.	<ul style="list-style-type: none"> <li>Data analysis and results Write up and discussion with guide Review of finalized thesis and modification</li> </ul>
Month 3 <i>March</i>	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 studios.	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	<ul style="list-style-type: none"> <li>Modifications and addition of recommendations</li> </ul>
Month 4 <i>April</i>	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	<ul style="list-style-type: none"> <li>Conclusion and Summary write up and modifications And finalization of dissertation</li> </ul>
Month 5 <i>May</i>	Assignments, revisions, doubt clearance sessions, revision tests		Assignments, revisions, doubt clearance sessions, revision tests	<ul style="list-style-type: none"> <li>Finalization and submission of dissertation</li> </ul>



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

**SESSION :- 2019-2020**  
**Department- Clothing and Textiles**  
**Semester-Odd**

Name of the teacher- Nidhi Duggal

Classes	B.Sc.(Home Science) 1 <sup>st</sup> Sem	B.Sc. Home Science ATD – 5 <sup>th</sup> Sem.	B.Sc. Home Science ATD – 5 <sup>th</sup> Sem.	B.Sc. (Fashion Designing) 3 <sup>rd</sup> Sem.	B.Sc. (Fashion Designing) 3 <sup>rd</sup> Sem.	B.Sc. (Fashion Designing) 1st Sem.
<b>Subjects</b>	Introduction to Clothing & Textiles – Theory	Textile Design – Theory	Textile Design – Practical	Traditional Textiles – Theory	Traditional Textiles – Practical	Garment Construction – I – Practical
<b>Jan, 2020</b>	Introductory Session  Classification of textile fibers viz. General Fiber Properties  Manufacturing Process and properties of natural cellulosic fibers - Cotton & Linen	<b>UNIT-I</b>  Study of various elements and principles of design with special reference to Apparel and Textiles  1. Elements of Art a) Line b) Form c) Colour & its dimensions (Hue, Value, Intensity) d) Colour schemes e) Texture  2. Principles of Design a) Harmony b) Proportion c) Balance d) Rhythm  Emphasis	1. Sketching of different types of a) Lines b) Shapes	-Introductory Class - Bandhani of Gujrat & Rajasthan - Patola of Gujrat - Ikat of Orrisa	-Introductory Class I-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
<b>Feb, 2020</b>	- Manufacturing Process and Properties of natural proteinic fibers: Wool & Silk -Revision	<b>UNIT-II</b>  Preparation of fabric before Dyeing and Printing	2. Colour- a) Colour wheel b) Color Schemes	- Pochampalli of Andhra Pradesh - Revision - Printed Textiles of	-Identification of Resist Dyed Textiles viz. Bandhani of Gujrat & Rajasthan, Patola of Gujrat &	Making samples of following types of seams : *Plain *Run & Fell *French

*Nidhi Duggal*



		<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>d) Stages of Dyeing</p> <p>e) Methods of Dyeing</p>	<p>c) Tints and Shades</p> <p>Grey Scale</p> <p>Development of motif : Geometrical, Natural, Stylized and Abstract</p>	<p>Rajasthan – Sanganeri Textiles, Bagru &amp; Ajrakh</p>	<p>Ikhat of Orissa, Pochampalli of Andhra Pradesh, Printed Textiles of Rajasthan – Sanganeri Textiles, Bagru &amp; Ajrakh</p>	<p>*Lapped *Counter *Mantua maker</p> <p>Making samples of following types of seam finishes : *Overlock *Hand overcast *Turned and stitched *Binding</p>
<p>March, 2020 (Mid-term Exam)</p>	<p>-Terminology of Clothing -Tools and equipment used in clothing construction:</p>	<p><b>UNIT-III</b></p> <p>-Techniques of Printing:</p> <ul style="list-style-type: none"> <li>- Block Printing</li> <li>- Screen Printing</li> <li>- Stencil Printing</li> <li>- Roller Printing</li> </ul>	<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) - Batik - Kashmiri Shawls Revision</p>	<p>-Identification of Painted Textiles, Batik, Kashmiri Shawls -Collection of swatches/ photographs to study the motifs, designs &amp; colors of Traditional Textiles -Revision -File Checking</p>	<p>File Checking</p> <p>Making samples of Darts &amp; Pin tucks</p>
<p>April, 2020</p>	<p>-Sewing machine - parts and functions, attachments problems and their remedies</p>	<p><b>UNIT-IV</b></p> <ul style="list-style-type: none"> <li>- Thickening agents : types and uses</li> <li>- Post treatment of dyed and printed goods.</li> </ul> <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 Jamdani -Baluchari -Chanderi -Maheshwari -Kanjivaram Revision of whole Syllabus</p>	<p>-Revision of Traditional Textiles -Review of Craft Documentation -Identification of Brocade, Jamdani, Baluchari, Chanderi, Maheshwari &amp; Kanjivaram -Collection of swatches/ photographs continued -Visit to Museum and documentation</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 of Ruffles</p>



					Final File Submission	Making samples of Frills - Gathered Frill and pleated frills
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*Griffith*



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

Name of the teacher- Nidhi Duggal

**SESSION :- 2019-20**

**Department- Clothing and Textiles  
Semester-Even**

Classes	B.Sc.(Fashion Designing) 2 <sup>nd</sup> Sem	B.Sc.(Fashion Designing) 2 <sup>nd</sup> Sem	B.Sc. (Fashion Designing) 4 <sup>th</sup> Semester	B.Sc. (Home Science) ATD – 6 <sup>th</sup> Semester	B.Sc. (Home Science) ATD – 6 <sup>th</sup> Semester
<b>Subjects</b>	Garment construction-II Theory	Garment construction-II Practical	Knitting – Practical	History of World Costume – Theory	History of World Costume – Practical
<b>July, 2019</b>	<p><b>UNIT-I</b></p> <p>1. Terminology and details of the following:</p> <p>a) Sleeves: Plain, Puff, Cap, Bell, Petal, leg-o-mutton, Kimono, Reglan and Magyar</p> <p>b) Collars: Peter Pan, Baby, Cape, Sailor, Mandarin, Shawl and Convertible</p>	<p>-Introductory Class</p> <p>Making samples of Neckline finishes – Facing – Binding</p> <p>Making samples of Pockets- – Patch pocket</p>	<p>-Introduction to the subject</p> <p>-Knitting Abbreviations</p> <p>-Tools &amp; Material</p>	<p>-Introductory class</p> <p>-Egypt Civilization &amp; study of Costumes worn during this period</p> <p>- Greek Civilization &amp; study of Costumes worn during this period</p>	<p>-Introductory Class</p> <p>-Identification the sources of inspiration from various ancient world civilizations</p> <p>-Illustration of costumes of different Ancient world civilizations – Egypt &amp; Greek</p>
<b>August, 2019</b>	<p><b>UNIT-II</b></p> <p>2. Terminology and details of the following:</p> <p>a) Skirts: Basic, Flared, Circular, Panelled, Gathered, Gored, Godet, Pegged, Tiered and Wrap skirt</p> <p>b) Trousers: Shorts, Jamaica, Bermuda, Pedal pushers, Palazzo pants, Toreador pants and Capri.</p> <p>Revision</p>	<p>Making samples of plackets-</p> <p>– Continuous placket – Two Piece placket – Bound placket</p> <p>Making samples of Pockets-</p> <p>– Inseam pocket – Front Hip pocket – Patch pocket with flap</p>	<p>Preparation of following hand knitting samples</p> <ul style="list-style-type: none"> <li>- Basic stitches - Rib, Moss, Garter &amp; Single Jersey</li> <li>- Texture</li> <li>- Laces</li> </ul>	<p>-Influence of Mughal &amp; British Period on Indian Consume</p> <p>-Evolution of Ancient Indian Costumes</p>	<p>-Illustration of costumes of different Ancient world civilizations – Mughal &amp; British</p>

*Nidhi Duggal*



<p>ember, 2019</p>	<p><b>UNIT-III</b>  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.  4. Preparation of fabric for clothing construction.</p>	<p>Making samples of Zippers-  – Visible Zipper.  – Invisible Zipper   Making sample of different Fasteners</p>	<p>Preparation of following hand knitting samples  - Cables  - Faire-isle</p>	<p>-Rome Civilization  -Byzantine Civilization</p>	<p>Illustration of costumes of different Ancient world civilizations  – Rome &amp; Byzantine   -Designing of Contemporary dresses or textiles by taking inspiration from sources</p>
<p>October, 2019  (Mid Term exams)</p>	<p>5. Fabric estimation and its importance.</p>	<p>File Checking   Making samples of Kurta plackets</p>	<p>File Checking   Introduction to machine knitting</p>	<p>Revision of syllabus   - French costumes worn during following periods--Middle Ages</p>	<p>File work checking   Illustration of French costumes during Middle Ages</p>
<p>November ,2019</p>	<p><b>UNIT-IV</b>  6. Lining, interlining and underlining.  7. Facing and inter facing.  8. Suitability of different fabrics for different garments</p>	<p>Making samples of Kurta pockets</p>	<p>Making samples of Rib &amp; Tuck   Submission of File &amp; Project work</p>	<p>- French costumes worn during following periods--Renaissance Period – Romantic Period  Revision of whole syllabus</p>	<p>Illustration of French costumes during Renaissance &amp; Romantic Period   -Completion &amp; Final submission of files</p>



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20

Name of the teacher:- Shalu Gupta Department:- Ext. Education Semester:- 5<sup>th</sup> & 2<sup>nd</sup>

CLASSES	B.Sc. H.Sc. 6 <sup>th</sup> sem	B.Sc. H.Sc. 6 <sup>th</sup> sem	B.Sc. H.Sc. 2 <sup>nd</sup> sem
Subjects	Extension Education-II (Th)	Ext. Edu - II (Prac.)	Intro. to IDR- II
Month 1 JAN '20	Concept of Rural Dev. Qualities & Role of Ext. workers	Topic selection through brain storming	Resource - Meaning, Classification Factors
Month 2 FEB '20	Intro. to Rural Dev. Prog. • ICDS, IRDP, MGNREGA • Community Dev - Concept, origin, basic feature & philosophy	Preparation of questionnaire Target area visit & survey Analysis of survey Presentation of planning of Ext. Prog.	Money management Time management
Month 3 MARCH '20	Panchayati Raj Democratic decentralization Evolution & decline of P. Raj system	Execution of Ext. Prog. Report writing	Energy management colours - classification, properties, colour wheel,
Month 4 APRIL '20	Concept of Ext. Prog. Ext. Prog. planning & its concept & principles Participation & Non participation	Evaluation of Ext. Prog.	Colour schemes Emotional effects Work simplification
Month 5 MAY '20	Process of Ext. Prog. Planning.		Revision

Shalu



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20

Name of the teacher:- SHALU GUPTA

Department:- Extension Education

Semester:- 1<sup>st</sup> & 5<sup>th</sup>

CLASSES	B.Sc.+H.Sc. 1 <sup>st</sup> Sem	B.Sc.+H.Sc. 5 <sup>th</sup> Sem	B.Sc.+H.Sc. 5 <sup>th</sup> Sem	B.Sc.+H.Sc. 5 <sup>th</sup> Sem
Subjects	Intro. to IDRM-I (Th)	Work Place Design I (Th)	Work Place Design I (Prac.)	Fundamentals of AutoCAD (Prac.)
Month 1 July	Unit I Meaning & Process of management	Unit I	Layout plans & elevations of Bedroom	Creating & Saving a new design
Month 2 Aug	Unit - I & II Decision making process Types, factors Motivational factors	Unit I - complete Unit - II - complete	Layout plans & elevation - Kitchen & living room	Drawing commands Viewing of existing file.
Month 3 Sep	Unit - III - full Unit - IV - Elements of Int. Design - Line form & shape	Unit - III Ventilation	Case study of Residential design project	Modifying & existing drawing Making & Inserting blocks
Month 4 Oct	Elements continued Principles of ID	Revision	Survey report/ Assignment on Residential building	Dimensioning & Text.
Month 5 Nov / Dec	Details of Principles of ID Revision.	Principles of Air conditioning	Design & create lightening fixture	Make a plan & elevations

Shalu



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20

Name of the teacher:- SHALU GUPTA

Department:- EXTENSION EDUCATION Semester:- 5<sup>th</sup>

CLASSES	B.Sc. H.Sc. 5 <sup>th</sup> semester	B.Sc. H.Sc. 5 <sup>th</sup> sem (All streams)
Subjects	Extension Edu. I (All streams) (70)	Ext. Edu. - I (Practical) <del>Ext. Edu.</del>
Month 1 July	Education - concept Types of education Concept, meaning & scope of Extension Education	Introduction to nonprojected aids - Posters & charts, its Preparation, presentation & evaluation
Month 2 Aug	Process of Ext. Edu. Principles, philosophy & functions of Ext. Edu. Home Sc. ext.	Introduction to Flash cards & flip book, Preparation, presentation & evaluation
Month 3 Sep.	Concept of Ext. teaching methods Steps & methods of ext. teaching	Intro. to traditional media Puppet story writing Evaluation of puppet stories Role play
Month 4 Oct.	Classification of Ext. teaching methods Explanation with advantages and limitations	Preparation of puppets & Puppet show
Month 5 Nov/Dec.	Audio Visual Aids & its Classification. Adv. & limitations Factors of AV. aids.	VISIT to a community

Shalu







	<ul style="list-style-type: none"> <li>&gt; Pulmonary Tuberculosis</li> <li>&gt; Chickenpox</li> </ul> <p>Diseases caused by investigation/oral-fecal route</p> <ul style="list-style-type: none"> <li>&gt; Enteric fever</li> <li>&gt; Cholera etc</li> </ul>		<p>Preparation of nutritious recipes for supplementary nutrition programs using the following as basic ingredient</p> <ul style="list-style-type: none"> <li>&gt; Pumpkin</li> <li>&gt; Soya Bean</li> <li>&gt; Green leafy vegetables</li> <li>&gt; Rice flakes</li> <li>&gt; Amla/Seasonal fruit</li> </ul>		<p>selection of equipment</p> <ul style="list-style-type: none"> <li>&gt; Equipment design, installation, and operation</li> <li>&gt; Care and maintenance of equipment</li> </ul> <p>Practical</p> <p>Visit to food service establishments</p>	<p>Comparing rural vs urban differences as regards</p> <ul style="list-style-type: none"> <li>&gt; Time and activity patterns, workload of men and women and its impact on food intake and nutritional status (especially vulnerable groups)</li> <li>&gt; Health care</li> <li>&gt; Complementary feeding and breast-feeding practices, family support</li> </ul>	<p>Field visits to ongoing public health nutrition programs</p>			
April	<p>Unit 4-</p> <p>Pest control</p> <ul style="list-style-type: none"> <li>&gt; Control and eradication of flies, cockroaches, rodents, and other pests</li> <li>&gt; Use of disinfection for floors, working surfaces, kitchen equipment, dish washing</li> <li>&gt; Importance and hazards of aerosol sprays for disinfection</li> </ul> <p>Water-</p> <ul style="list-style-type: none"> <li>&gt; Contamination of water</li> <li>&gt; Hazards of water pollution</li> <li>&gt; Households and commercial methods of purification and water quality standards</li> </ul>	<p>Unit 4-</p> <p>Physiological characteristics, nutritional requirements, and nutritional care in the following:</p> <ul style="list-style-type: none"> <li>&gt; Pregnancy and lactation</li> <li>&gt; Old Age</li> </ul> <p>Diet Therapy</p> <ul style="list-style-type: none"> <li>&gt; Principles of diet therapy</li> <li>&gt; Modification of normal diet</li> <li>&gt; Nutritive modifications of diet</li> <li>&gt; Basic concept of enteral, parenteral nutrition</li> </ul> <p>Practical-</p> <ul style="list-style-type: none"> <li>Market survey and report presentation of therapeutic diets/foods/formulas available for</li> <li>&gt; Protein</li> <li>&gt; Energy</li> <li>&gt; Micronutrients-calcium, iron</li> <li>&gt; Fiber etc</li> </ul>	<p>Unit 4-</p> <p>Sources of secondary data related to community health</p> <ul style="list-style-type: none"> <li>&gt; Census</li> <li>&gt; National Family Health Survey (NFHS)</li> <li>&gt; Directorate General of Health Services (DGHS)</li> <li>&gt; Sample registration system (SRM)</li> <li>&gt; Hospital records, Disease registers</li> </ul> <p>Vital statistics-Concepts of</p> <ul style="list-style-type: none"> <li>&gt; Mortality and morbidity</li> <li>&gt; Infant mortality rate (IMR), Maternal mortality rate (MMR), Age specific mortality rate (ASMR), Under five mortality rate (USMR), Neonatal mortality rate (NMR), Pennatal mortality rate</li> <li>&gt; Preterm babies (PTB) (SGA), (LBW)</li> <li>&gt; TFR</li> <li>&gt; Life expectancy and (HDD)</li> </ul>	<p>Practical-</p> <ul style="list-style-type: none"> <li>Standardization, preparation, planning and quantity cooking of menus for</li> <li>&gt; Lunch party</li> <li>&gt; Birthday party</li> <li>&gt; Working Lunch</li> <li>&gt; Kitty party</li> <li>&gt; Festive dinner</li> </ul> <p>Taking and executing orders related to above</p> <p>Preparation and presentation of the same</p>	<p>Unit 4-</p> <p>Financial management</p> <ul style="list-style-type: none"> <li>&gt; Importance of Financial Management in a food-based enterprise Budgets and Budgeting process</li> <li>&gt; Costing, Concept, Types, Control</li> <li>&gt; Records, Menu, Purchase, Store, Production, Sales, Personnel, Utilities</li> <li>&gt; Cost analysis: Concept</li> <li>&gt; Trial Balance, Profit and Loss Account, Balance sheet</li> <li>Food cost analysis:</li> <li>&gt; Pricing</li> <li>Definition, factors affecting</li> <li>&gt; Basic concepts in accountancy: Cash memo, Receipt, Pay-in-slip, Cheque, Vouchers</li> <li>&gt; Books of Account Journal, Sales Return Book, Purchases Return Book, etc</li> </ul>	<p>Unit 4-</p> <p>Application of Operations Research (Qualitative Participatory) to Strengthen Interventions for Nutritional improvements Experiences in use of qualitative and participatory research approaches in India and other countries for</p> <ul style="list-style-type: none"> <li>&gt; Interdisciplinary understanding of nutrition-health issues</li> <li>&gt; Rapid Rural Appraisals and Program Design</li> </ul> <p>Experiences in use of qualitative and participatory research approaches in India and other countries for</p> <ul style="list-style-type: none"> <li>&gt; Urban malnutrition control in urban health systems</li> <li>&gt; Women's reproductive health and related problems like anemia</li> </ul>	<p>Unit 4-</p> <p>Fats: Physical and chemical characteristics of various fats and oils, Iodine value, saponification value, acid value, Reichert-Messel value of important oils. Storage changes in fats and oils</p> <p>Enzymes: Enzymes involved in food deterioration and preventive measures. Enzymes as aids in food processing operations and economical significance</p> <p>Biotechnological applications of enzymes</p> <p>Practical-</p> <ul style="list-style-type: none"> <li>Tests for Fats: (i) Estimation of free fatty acids (ii) Determination of acid and iodine value (iii) Determination of RM value</li> <li>Tests for Vitamins &amp; Minerals: (i) Estimation of calcium, phosphorous and iron (ii) Estimation of vitamins B1, B2 and ascorbic acid</li> </ul>	<p>Unit 4-</p> <p>Population Dynamics</p> <ul style="list-style-type: none"> <li>&gt; Demographic Transition</li> <li>&gt; Population structure: Implications on quality of life</li> <li>&gt; Population Policy</li> </ul> <p>Millennium Development Goals (MDGs)</p> <ul style="list-style-type: none"> <li>&gt; Millennium Development Goals and its relationship with nutrition</li> <li>&gt; New Emerging public health Problems of NCDs</li> </ul> <p>Practical- Assessment of their needs and study the public health nutrition problems in an identified community</p>	Finalization of topics	Conclusion and finalisation of dissertation
May	> Revision, doubt sessions	Revision	Practice of recipes and revision	Revision	Revision, Practicing for practical, doubt sessions	Revision	<p>Practical-</p> <ul style="list-style-type: none"> <li>Isolation and estimation of phylic acid</li> <li>Isolation and estimation of trypsin inhibitors activity</li> </ul> <p>Revision</p>	Practicing for practical, revision	Checking about the feasibility of the topic	Finalization and submission of dissertation



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the Teacher: - Dr. Bhavneet Kaur

Session: - 2019-2020

Department: - Foods and nutrition

Semester: - July-Dec 2019

CLASS ES	BSc. Home Science (3 <sup>rd</sup> semester)		BSc. Home Science (Dietetics) (5 <sup>th</sup> semester)		PG Diploma in nutrition and dietetics (1 <sup>st</sup> semester)		MSc. Foods and nutrition (1 <sup>st</sup> semester)		MSc. F&N (3 <sup>rd</sup> sem)
	Physiology and promotive health	Applied Nutrition	Institutional Food Service and Quality Management	Nutritional Biochemistry	Institutional Food Service Management	Human Physiology	Human Physiology	Public health nutrition-1	Dissertation
July	<p>Blood</p> <ul style="list-style-type: none"> <li>&gt;Composition of blood</li> <li>Hemoglobin, plasma, platelets, leucocytes and erythrocytes</li> <li>&gt;Erythropoiesis Cardiovascular System</li> <li>&gt;Basic structure of heart, cardiac output</li> <li>&gt; Blood pressure and its measurement</li> <li>&gt;Brief overview of cardiac cycle</li> <li>Unit-2</li> <li>Digestive system</li> <li>&gt;Structure</li> </ul>	<p>Concept of nutrition transition.</p> <ul style="list-style-type: none"> <li>Recommended Dietary</li> <li>Concept of minimum nutrient requirements and recommended dietary allowances</li> <li>Classification, digestion, absorption, RDA, deficiency and excess</li> <li>Carbohydrates - Monosaccharide, Disaccharides, Polysaccharides</li> <li>Practical - Categorization of foods based on rich, moderate and poor sources of Energy, Proteins, Vitamin A</li> <li>preparation of dishes rich in Energy, Protein, Vitamin A</li> </ul>	<p>Types of institutional food service operations</p> <ul style="list-style-type: none"> <li>&gt;Commercial</li> <li>&gt;Non commercial</li> <li>Meal planning in institutions</li> <li>&gt;Basic factors in institutional meal planning</li> <li>&gt;Menu types</li> <li>&gt;Portion control and maintenance of standard serving</li> <li>Practical- &gt;Standardization and preparation of - Cookies</li> <li>&gt;Procuring and executing orders for the above item. Preparation, packaging and selling of the same.</li> </ul>	<p>Carbohydrates: Definition, classification, structure &amp; importance</p> <ul style="list-style-type: none"> <li>&gt;Monosaccharide - &gt;Disaccharides - &gt;Polysaccharides</li> <li>&gt;Definition &amp; classification: Fibrous, Globular, Inter-membrane, Conjugated</li> <li>&gt;Levels of Protein structure - Primary, secondary, tertiary, quaternary</li> <li>&gt;Denaturation of proteins</li> <li>&gt;Amino acids-Common structural features, Peptide bond, essential and non-essential</li> <li>Practical- Reactions of mono, di and polysaccharides identification in mixtures</li> <li>Estimation of reducing and total sugars in foods</li> </ul>	<p>Introduction to food service institutions</p> <ul style="list-style-type: none"> <li>&gt;Development of food service institutions in India</li> <li>&gt;Effect of environmental changes</li> <li>&gt;Types of institutional food service operations. Commercial and Non-commercial Organization</li> <li>&gt;Concept - Types</li> <li>Food Service Management</li> <li>&gt;Approaches to management</li> <li>Classical, Neo-classical, Scientific, Quantitative, Systems, Just-in-time, Total quality management</li> <li>&gt;Definition of management</li> <li>&gt;Principles of management</li> <li>Practical- &gt;Cafeteria</li> </ul>	<p>Cell structure</p> <ul style="list-style-type: none"> <li>&gt;Blood and Cardiovascular System</li> <li>&gt;Composition of blood, hemoglobin, plasma, platelets, leucocytes.</li> <li>&gt;Erythropoiesis and coagulation of blood</li> <li>&gt;ABO and Rh blood group</li> <li>Structure of heart, cardiac overview of cardiac cycle</li> <li>&gt;Blood pressure &gt;Hypertension</li> <li>&gt;ECG</li> <li>Digestive system.</li> <li>&gt;Mechanism of digestion and absorption of carbohydrates, proteins and fats</li> <li>&gt;Role of enzymes in digestion of carbohydrates, proteins and fats</li> </ul>	<p>Blood</p> <ul style="list-style-type: none"> <li>&gt;Composition of blood: Plasma, RBC, WBC, Platelets</li> <li>&gt;Erythropoiesis</li> <li>&gt;Blood Coagulation and Blood Groups</li> <li>&gt;Cardiac cycle and cardiac output</li> <li>&gt;Blood pressure and factors affecting it</li> <li>&gt;Hypertension</li> <li>&gt;ECG</li> </ul>	<p>Public Health Nutrition</p> <ul style="list-style-type: none"> <li>&gt;Aim, scope and content of public health nutrition</li> <li>&gt;Role of nutrition in national development</li> <li>Health Care Systems</li> <li>&gt;Health - definition, dimensions, determinants and indicators</li> <li>&gt;Health care systems in the community</li> <li>Practical- To plan and prepare low-cost nutritious diets for vulnerable groups.</li> <li>Development of low cost recipes for infants, preschoolers, elementary school children, adolescents, pregnant and lactating mothers</li> </ul>	<p>&gt;Synopsis</p> <ul style="list-style-type: none"> <li>&gt;Development of questionnaire and finalization</li> </ul>
August	<ul style="list-style-type: none"> <li>&gt;Functions and digestion of food in the mouth, stomach, intestines and importance of salivary glands, stomach, pancreas and liver</li> <li>Respiratory System</li> <li>&gt;Structure of respiratory system</li> <li>&gt;Mechanism of breathing: inspiration and expiration</li> <li>&gt;Lung volume and capacities</li> <li>Unit-3</li> <li>Personal Hygiene</li> <li>&gt;Need for personal hygiene and personal hygienic habits</li> </ul>	<ul style="list-style-type: none"> <li>Classification, digestion, absorption, RDA, deficiency and excess</li> <li>&gt;Proteins - complete, partially complete, incomplete</li> <li>&gt;Concept of essential non essential amino acids</li> <li>Practical- &gt;Categorization of foods based on rich, moderate and poor sources of Vitamin B complex, Vitamin C, Iron</li> <li>&gt;Planning and preparation of dishes rich in Calcium, Iron, Fibre</li> </ul>	<p>Organization</p> <ul style="list-style-type: none"> <li>&gt;Theories of organization</li> <li>&gt;Different types of organization</li> <li>Management</li> <li>&gt;Definition and functions</li> <li>&gt;Tools of management - Organization chart, job analysis, job specification, job evaluation</li> <li>Practical- &gt;Standardization and preparation of - Cakes and puddings</li> <li>&gt;Procuring and executing orders for the above item. Preparation, packaging and selling of the same.</li> </ul>	<p>Lipids: Definition, classification, types and properties (no structures)</p> <ul style="list-style-type: none"> <li>&gt;Essential Fatty acids, Characteristics of fatty acids and fats (saponification, iodine and acid values)</li> <li>Rancidity of fats, melting point and smoking point of fats</li> <li>&gt;Phospholipids, Glycolipids &amp; their importance</li> <li>&gt;Lipoproteins &amp; Ketone bodies (no structures)</li> <li>&gt;Classification and structure of lipoproteins-Types (Chylomicrons, VLDL, LDL, HDL) &amp; composition. Role of lipoproteins</li> <li>&gt;Basic concept of Ketone bodies, Ketosis, Fatty liver</li> <li>Practical- Reactions of fats and oils</li> <li>Determination of acid value, saponification and iodine number of fats and oils</li> </ul>	<p>Management</p> <ul style="list-style-type: none"> <li>&gt;Functions of management</li> <li>&gt;Tools of management</li> <li>&gt;Tangible Tools: Organization chart, Job description, Job specification, Job analysis, Work schedule, Production, Service and staff analysis statements, Budget, Benchmarking</li> <li>&gt;Intangible tools: Personality, Trust, Experience, quality, Goodwill, Appreciation, Training, Decision making etc</li> <li>Practical- Hospital visit</li> </ul>	<p>Excretory System:</p> <ul style="list-style-type: none"> <li>&gt;Structure and function of kidney.</li> <li>&gt;Mechanism of urine formation</li> <li>&gt;Regulatory functions of the kidney</li> <li>&gt; Acid Base balance</li> <li>Role of kidney in homeostasis</li> <li>Role of kidney in regulation of body temperature.</li> </ul>	<p>Respiratory system</p> <ul style="list-style-type: none"> <li>&gt;Breathing mechanism</li> <li>&gt;Exchange and transport of gases and its regulation</li> <li>&gt;Lung Volumes and capacities</li> <li>Excretory System</li> <li>&gt;Mechanism of urine formation</li> <li>&gt;The role of the kidneys in maintaining water and electrolyte balance</li> </ul>	<p>Public Health Aspects of Under nutrition</p> <ul style="list-style-type: none"> <li>&gt;Clinical syndromes of Malnutrition (Chronic Energy Deficiency/ PEM/ SAM)</li> <li>&gt;Severe Acute malnutrition and mortality</li> <li>Prevention and management of &gt;Malnutrition</li> <li>&gt;Anemia -Iodine Deficiency Disorders</li> <li>Practical- Planning and preparation of diet/ dishes for (PEM/SAM/CD, Anemia)</li> <li>Field visits to ongoing national nutrition programmes</li> </ul>	<p>Data collection</p>
Septem ber	<ul style="list-style-type: none"> <li>&gt;Personal sanitary practices</li> <li>&gt;Considerations for correct clothing</li> <li>&gt;Importance of rest, exercise and recreation.</li> <li>Hygiene in Kitchen and Home</li> <li>&gt;Lighting and ventilation</li> <li>Unit-4</li> <li>Concept of health, disease and its prevention</li> <li>&gt; WHO definition of health</li> <li>&gt;Basic concept of disease</li> </ul>	<ul style="list-style-type: none"> <li>Classification, digestion, absorption, RDA, deficiency and excess</li> <li>&gt;Fats - saturated, unsaturated</li> <li>Recommended Dietary Allowances, deficiency and excess</li> <li>&gt;Vitamins-fat soluble-A, D, E, K</li> <li>Practical- Categorization of foods based on rich, moderate and poor sources of Iodine, Calcium, Fibre</li> <li>&gt;Planning and preparation of dishes rich in Vitamin A, Vitamin C</li> </ul>	<p>Physical plant</p> <ul style="list-style-type: none"> <li>&gt;Location</li> <li>&gt;Floor plans</li> <li>&gt;Space</li> <li>&gt;Kitchen units</li> <li>&gt;Storage units</li> <li>&gt;Dish washing units</li> <li>Equipment</li> <li>&gt;Types of equipment as per the size and type of establishment.</li> <li>&gt;Factors affecting choice of equipments-utility of design, ease of installation, functionality and maintenance</li> <li>Practical- &gt;Standardization and preparation of - Snacks- laddoos, mathan</li> <li>&gt;Procuring and executing orders for the above item. Preparation, packaging and selling of the same</li> </ul>	<p>Vitamins -&gt;Brief descriptive biochemical role of fat soluble vitamins A, D, K &amp; E (no structures)</p> <ul style="list-style-type: none"> <li>&gt;Brief descriptive biochemical role of water soluble vitamins - B1, B2, B6, niacin and C (no structures)</li> <li>Minerals: Biochemical role &amp; Pathophysiology- Ca, Na, K, Mg, S, Fe, Zn, I, Se</li> <li>Reactions of amino acids and their identification in mixtures</li> <li>Estimation of ascorbic acid content of foods by titrimetric / colorimetric method.</li> </ul>	<p>Institutional meal planning:</p> <ul style="list-style-type: none"> <li>&gt;Menu Functions, format, display, types</li> <li>&gt;Basic factors involved in meal planning</li> <li>&gt;Portion size and standard serving</li> <li>&gt;Use of leftover food</li> <li>Food purchase and storage</li> <li>&gt;Purchasing methods-&gt;Wholesale, retail, market, vendor Methods of Purchase Formal and Informal</li> <li>Storage -Types, appropriate temperature for storage</li> <li>&gt;Store room. Requirements and records</li> <li>Practical- Cafeterias</li> </ul>	<p>Endocrine System</p> <ul style="list-style-type: none"> <li>&gt;Definition, functions and kinds of hormones.</li> <li>&gt;Structure and functions of the following glands</li> <li>&gt;Thyroid, parathyroid, adrenal, pancreas, pituitary and pineal gland</li> <li>Reproductive System:</li> <li>&gt;Structure &amp; function of male and female sex glands and organs</li> <li>&gt;Ovarian and menstrual cycle</li> <li>Role of hormones in reproduction</li> <li>FSH, LH, Estrogen, Progesterone, Testosterone</li> <li>and Human Chorionic Gonadotropin hormone (HCG)</li> <li>&gt;Placenta</li> <li>&gt;Physiology of pregnancy, parturition, lactation and menopause</li> </ul>	<p>Digestive System.</p> <ul style="list-style-type: none"> <li>Functions salivary glands, stomach, pancreas, liver etc.</li> <li>absorption of carbohydrates, proteins and fats</li> <li>• Role of enzymes in digestion of carbohydrates, proteins and fats.</li> <li>6. Endocrine System</li> <li>• Definition, functions and kinds of hormones</li> <li>• Structure and functions of the following glands</li> <li>Thyroid, pancreas, pituitary etc.</li> </ul>	<p>Approaches/ Strategies for Improving Nutrition and Health Status of the Community</p> <ul style="list-style-type: none"> <li>&gt;Health based interventions including immunization, safe drinking water/ sanitation</li> <li>&gt;Food based interventions including food fortification, dietary diversification, supplementary feeding and biotechnological approaches</li> <li>Diarrhea and Malnutrition</li> <li>&gt;Diarrhea, morbidity, malnutrition and mortality</li> <li>&gt;Prevention and management of Diarrhea</li> </ul>	<p>Data collection and data entry</p>

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	<ul style="list-style-type: none"> <li>&gt;Types of parasites and their modes of transmission</li> <li>Concept of public health and disease prevention.</li> <li>&gt;Sanitation in fairs and festivals with basic methods of epidemic control in fairs and festivals.</li> <li>&gt; Waste management</li> <li>Disposal of refuse and sewage</li> <li>&gt; Public Toilets/Mobile public toilets</li> </ul>	<p>Recommended Dietary Allowances, deficiency and excess:</p> <ul style="list-style-type: none"> <li>&gt;Vitamins - water soluble-Thiamine, Riboflavin, Niacin, Pyridoxine and C</li> </ul> <p>Recommended Dietary Allowances, deficiency and excess</p> <ul style="list-style-type: none"> <li>&gt;Minerals- calcium, iron, iodine</li> </ul> <p>Practical-</p> <ul style="list-style-type: none"> <li>Planning and preparation of dishes rich in Thiamine, Riboflavin, Niacin</li> </ul>	<p>Food purchasing</p> <ul style="list-style-type: none"> <li>&gt;Food buyer and methods of purchasing and pricing</li> </ul> <p>&gt;Requisition and inventory</p> <p>Food storage</p> <ul style="list-style-type: none"> <li>&gt;Receiving and storage of food in institutions</li> <li>&gt;Location of storage spaces</li> <li>&gt; Types of storage for different food stuffs</li> </ul> <p>Practical-</p> <ul style="list-style-type: none"> <li>&gt;Standardization and preparation of - roasted namkeen and nutritious idli.</li> <li>&gt;Procuring and executing orders for the above item. Preparation, packaging and selling of the same.</li> </ul>	<p>Introduction to genetic control of metabolism (elementary aspects)</p> <ul style="list-style-type: none"> <li>&gt;Nucleic acids- types, purines &amp; pyrimidines(no structures), Nucleoside, Nucleotide &gt;Watson &amp; Crick model of DNA structure, Denaturation, DNA Replication</li> </ul> <p>Basic concepts of Transcription, Genetic code, Translation</p> <p>Practical-</p> <ul style="list-style-type: none"> <li>Estimation of calcium in calcium carbonate by EDTA titrimetric method</li> <li>Estimation of phosphorus by colorimetric method</li> </ul>	<p>Food production</p> <ul style="list-style-type: none"> <li>&gt;Systems: Conventional, Convenience, Ready to eat food, Contract catering system</li> </ul> <p>Process of food production</p> <ul style="list-style-type: none"> <li>&gt;Cooking techniques: Moist, Dry, Combination</li> </ul> <p>Food services</p> <ul style="list-style-type: none"> <li>&gt;Types: formal and informal</li> <li>&gt;Sensory evaluation of raw food and cooked food - Duo and Trio tests, Hedonic scale</li> </ul> <p>Practical- Cafeterias</p>	<p>Respiratory System:</p> <ul style="list-style-type: none"> <li>&gt;Structure of respiratory system</li> <li>&gt;Mechanism of respiration and its regulation</li> <li>&gt;Oxygen and carbon dioxide transport in blood</li> <li>&gt;Lung volume and capacity</li> </ul> <p>Nervous System:</p> <ul style="list-style-type: none"> <li>&gt;Structure and functions of nerve and receptor cells</li> <li>&gt;Transmission of nerve impulse</li> <li>&gt;Synapse formation</li> <li>&gt;Autonomic</li> </ul>	<p>Reproductive System</p> <ul style="list-style-type: none"> <li>&gt;Structure and function of male and female sex glands and organs.</li> <li>&gt;Ovarian and menstrual cycle</li> <li>&gt;Role of hormones in reproduction: FSH, LH, Estrogen, Progesterone, Testosterone and Human Chorionic Gonadotropin hormone (HCG)</li> <li>&gt;Placenta</li> <li>&gt;Physiology of pregnancy.</li> </ul>	<p>Nutrition, agriculture and food Security</p> <ul style="list-style-type: none"> <li>&gt;Food and nutrition security definitions, concept and components of food and nutrition</li> <li>&gt;Food and nutrition situation and food security in India</li> <li>&gt;Food and nutrition security and programmes</li> <li>&gt;Food insecurity warning and mapping systems for nutritional vulnerability</li> <li>&gt;Public Sector programmes for improving of food and nutrition security</li> <li>&gt;Right to Food act</li> <li>&gt;Public Distribution System</li> </ul>	<p>Write up including Introduction, methodology, review of literature.</p>
November	<ul style="list-style-type: none"> <li>Revision of concepts and doubt sessions.</li> </ul>	<ul style="list-style-type: none"> <li>Practicing recipe preparation and revision</li> </ul>	<ul style="list-style-type: none"> <li>Revision and discussion of practical.</li> </ul>	<ul style="list-style-type: none"> <li>Revision and practice for practical</li> </ul>	<ul style="list-style-type: none"> <li>Report submission of all the cafeterias and hospital visit, revision.</li> </ul>	<ul style="list-style-type: none"> <li>Nervous System</li> <li>&gt;Sympathetic and parasympathetic nervous system</li> <li>&gt;Concept of neurotransmitters</li> <li>Revision of concepts</li> </ul>	<ul style="list-style-type: none"> <li>Revision</li> </ul>	<ul style="list-style-type: none"> <li>Revision</li> </ul>	<ul style="list-style-type: none"> <li>Final draft of write up</li> </ul>



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20 (july – Dec)

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

ASSES	B.Sc FD 5 <sup>th</sup> Semester	B.Sc FD 5 <sup>th</sup> Semester	B.Sc. (H.Sc.) ATD 5 <sup>th</sup> Semester	B.Sc. FD 3 <sup>rd</sup> Semester	B.Sc. FD 3 <sup>rd</sup> Semester
Subjects	AMT	Line development & portfolio	Apparel design & construction	Pattern Making (Th)	Pattern Making.(Pr)
July	Introduction to various department of apparel manufacturing unit.	Study of fashion forecast	Drafting of adult bodice block & sleeve block	Terminology used in pattern making	Drafting of child bodice & sleeve block
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.	Locating landmark & precautions during body measurements. Taking body measurements.	Adaptation of puff, belt cap, kimono reglin sleeve.
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 saree blouse , top . ladies suit.	Flat pattern method drafting , draping merits & demerits, slash & spread/Pivotal	Adaptation of Magyar leg-o-mutton petal sleeve & body, cape.
October Terminal exam	Concept & material of packaging.	Development of theme & mood board on various categories.	Drafting of basic skirt block, style reading & pattern development.	Fitting problem & remedies related to bust shoulder.	Adaptation of peterpan mandarin sailor collar
November	Labeling & stages of quality control.	Presentation of theme & then sourcing. .	Construction of gored skirt	Fitting problem & remedies related to sleeves & skirt.	Adaptation of shawl, polo neck & convertible collar.

Sakshi



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019 – 20 ( Jan- may )

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

CLASSES	B.Sc. FD 2 <sup>nd</sup> Semester	B.Sc FD 6 <sup>th</sup> Semester	B.Sc. FD 6 <sup>th</sup> Semester
Subjects	Garment Design	Entrepreneurship Development	Line development
January	Design & style read of casual & Party wear frock	Concept & factors affecting entrepreneur & phases of Entrepreneurship Development	Selection of Information for documentation.
February	Design & style read of Romper, & night suit .	Characteristics of women Entrepreneur challenges & Avenues of women entrepreneurship	Categorization of documentation
March Terminal exam	Design & Style read of Jump suit	Problems of small enterprises in India Factors affecting business Env	Portfolio making by using appropriate techniques.
April	Design & style read of Jackets	Sources of new idea hindrances of creativity patent, trademark & copy right.	Development & presentation of portfolio. & Show casing of collection

*Sakshi Sharma*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARI

Session: - 2019-20 Name of the teacher: - Mrs. Simar Prabh Kaur Department: - Clothing & Textiles

Semester: - Odd semester (July 2019- December 2019)

CLASS	B.Sc (H.se) ATD 5 <sup>th</sup> Sem	PGDFD-1 <sup>st</sup> Sem	BSc Fashion Designing 1 <sup>st</sup> sem	M.Sc (Clothing & Textiles) 1 <sup>st</sup> Sem	M.Sc (Clothing & Textiles) 1 <sup>st</sup> Sem	M.Sc (Clothing & Textiles) 3 <sup>rd</sup> Sem	M.Sc (Clothing & Textiles) 3 <sup>rd</sup> Sem
Subjects	Apparel Designing and Construction	Garment Design(Pr)	History and Culture of Panjab	Fashion Illustrations (Pr)	Costume Designing And Construction (Pr)	Textile Designing (Th )	Textile Designing (Pr)
July, 2019	Drafting of Adult's Bodice Block, Sleeve Block and Skirt Block	Sketching: Collars, Necklines, Sleeves, Pockets, Frills and Flounces, Bows and Ties	Harappan Civilization & Vedic Age, Jainism and Buddhism	Fashion figure : front, 3/4th profile, side profile Rendering of fabric textures: Silk ,Velvet ,Satin & Lace	Selection of theme and development of 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
August, 2019	Designing, Pattern Development and Construction of Saree blouse	Sketching: Silhouettes, Cascade, Pleats, Tucks, Gathers, Skirts, Trousers and Jackets	Maurayas and Guptas. Bhakti movement & Sufism.	Rendering of fabric textures: Chiffon, Leather, Denim & Corduroy Line planning for Kids wear	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
September, 2019	Designing, Pattern Development and Construction of Gored Skirt	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 of the selected designs	Styles of Textile Printing : Direct , Resist Discharge, Blotch, Flock and Duplex	Making article of Tie and dye, Batik and Stencil printing
October, 2019 (Mid-Term Exam	Revision	Designing of Formal Ethnic wear, Western wear & Business wear for women	Transformation of Sikhism	Revision	Material Cutting and construction of the selected designs	Non-Wovens, Thickening agents Revision	Making articles of macramé and knitting
November, 2019	Designing, Pattern Development and Construction of Top/ Kurti	Designing Ethnic wear, Casual wear & Formal wear for men	Evolution of Sikhism	Developing a design Portfolio.	Final fitting and finishing of costumes, Show casing 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

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2019-20 Name of the teacher: - Mrs. Simar Prabh Kaur Department: - Clothing & Textiles

Semester: - Even Semester (Jan 2020- May 2020)

CLASS	B.Sc (H.Sc) ATD 6 <sup>th</sup> Sem	B.Sc (Home Science) 2 <sup>nd</sup> Sem	B.Sc H.Sc. (ATD) 6 <sup>th</sup> Sem	B.Sc (FD) 2 <sup>nd</sup> Sem
Subjects	Line development and portfolio(Pr)	Introduction to Clothing & Textiles (Th)	Needle craft (Pr)	Needle craft (Pr)
January	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.
February	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
March (Mid-Term Exam)	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 appliqué	Quilting – • Introduction • Tools and material • Types of Quilting (hand and machine)
April	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
May	Development of digital portfolio	Revision and Assignment Presentations	Development of Articles	Development of article based on above techniques or their combinations.

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2019-20 Name of the teacher: - Mrs. Pratibha Thapa Department: - Clothing & Textiles

Semester: - Odd semester (July 2019- December 2019)

CLASS	B.Sc (Fashion Designing) 3 <sup>rd</sup> sem	B.Sc (Fashion Designing) 3 <sup>rd</sup> sem	B.Sc (Fashion Designing) 5 <sup>th</sup> sem	B.Sc (ATD) 5 <sup>th</sup> sem	B.Sc (ATD) 5 <sup>th</sup> 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)
July,2019	Terminology – weaving, warp, weft, fabric balance, fabric weight, fabric density, selvedge	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.
August,2019	Basic loom and Basic motions of weaving Classification of weaves Basic weaves	Graphical representation of Plain weave- Rib & Basket 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.
September,2019	Shuttle loom and Shuttle less loom Difference between Shuttle and shuttle less loom.	Graphical representation of Twill weaves and making of samples.	Develop basic block patterns of the Basic Skirt block using the tools of Tuka CAD software for Pattern Making.	Length of fashion cycle Broken Fashion cycle. Fashion Theories  Sketching of various fashion details	Designing of Top with different types of Collars
October,2019 (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.
November,2019	Novelty weaves Woven fabric defects	Identification of weaves. Collection of samples of different weaves Preparation of an article using any weave	Grading of all basic patterns , Making summary report and pattern card of all the patterns	Sketching terminology. Historical perspective and Scope of Fashion Illustration  Design and illustrate the following: a) Ethnic wear b) Western wear	Designing of different types of Skirts- Flared, Gored, Tiered and Gathered with Yokes.

*Pratibha Thapa*



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

Session: - 2019-20 Name of the teacher: - Mrs. Pratibha Thapa Department: - Clothing & Textiles

Semester: - Even semester (January 2020- May 2020)

CLASS	B.Sc (Fashion Designing) 4 <sup>th</sup> sem	B.Sc (Fashion Designing) 6 <sup>th</sup> sem	M.Sc (CT) 2 <sup>nd</sup> sem	M.Sc (CT) 4 <sup>th</sup> sem
Subjects	Fabric Construction-II (Th)	Pattern & Marker Making on Computer-II (Pr)	Computer Application in CT (Pr)	CAD-II (Pr)
January,2020	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	Study in detail different tools of Photoshop. Create composition of stripes, checks in various textures and colours.	Develop basic block pattern of the following: - Adult's bodice block and sleeve block - Skirt
February, 2020	Knitting machines- flat bed & circular Different types of knitting machine needles and their working Knitted fabric defects	Develop basic block patterns of the Shirt	Redesign the texture and colour combination of the dress. Design a mood board Create Logos, Pamphlets and Visiting Cards.	Create patterns of the sleeves Manipulation of darts
March, 2020 (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 shapes, traditional and contemporary motifs. Line development of Bed linen, Table linen, Curtains and Towels	Create patterns of the following - Flared - Gored - Pleated
April,2020	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

*Ratna*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2019-20 Name of the teacher: - Mrs. Preeti Alagh Department: - Clothing & Textiles

Semester: - Odd semester (July 2019- December 2019)

CLASS	B.Sc (F.D) 5 <sup>th</sup> Sem	B.Sc (Home Science) 1 <sup>st</sup> Sem	PGDFD 1 <sup>st</sup> Sem
Subjects	Line Development & Portfolio (Pr)	Introduction to Clothing & Textiles (Pr) (Group-A, B, C, D, E, F)	Fashion Fundamental (Th)
July, 2019	Study of fashion forecast	<ul style="list-style-type: none"> <li>Basic hand stitches- Basting, Hemming-visible/invisible, Tailor's tack.</li> <li>Practice exercise of Basic seams</li> </ul>	1. Fashion Terminology: Fashion, fad, style, classic, taste, design, hi-fashion, mass fashion, trend, ford, knock – off, haute couture, boutique and prêt-à-porter. 2. Characteristics of fashion 3. Components of fashion : a) Details b) Colour c) Texture d) Silhouette.
August, 2019	Designing of dresses taking inspiration from various sources & style reading. .	<ul style="list-style-type: none"> <li>Types of Seam and self finished seams- Plain, Run and fell, French, lapped.</li> <li>Fibre Identification: Cellulosic fibers: Cotton &amp; Linen</li> </ul>	Sources of inspiration 5. Fashion forecasting a) Definition b) Steps in fashion forecasting c) Fashion forecasting agencies
September, 2019	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, 2019 (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, 2019	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

*Preeti*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session: - 2019-20 Name of the teacher: - Dr. Preeti Alagh Department: - Clothing & Textiles

Semester: - Even Semester (Jan 2020- May 2020)

CLASS	B.Sc (FD) 6 <sup>th</sup> Sem	B.Sc (Home Science) 2 <sup>nd</sup> Sem	PGDFD 2 <sup>nd</sup> Sem &
Subjects	Line Development And Portfolio (Pr)	Introduction to Clothing & Textiles (Pr) (Group-A, B, C, D, E, F)	Fashion marketing and merchandising (Th)
January	Selection of information for documentation.	<ul style="list-style-type: none"> <li>• Making samples of Fullness- Types of Darts, Tucks, Pleats, Gathers</li> <li>• Stain removal (turmeric, ink, egg, henna, tea and coffee)</li> </ul>	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, Broad & Shallow Assortment, Brand, National Brand, Private label, Ambiance, Customer Service, Diversification, Mark-up, Marketing-mix. ii) Buyer Behaviour iii) Customer Satisfaction iv) Marketing Strategies
February	Categorization of documentation	<ul style="list-style-type: none"> <li>• Neckline Finishes-Binding, Facing</li> <li>• Fasteners- Button, Buttonhole, Hook and eye, Press Button</li> </ul>	Fashion Merchandising i) Role and Responsibilities of Fashion Merchandiser Steps in Fashion Merchandising: a) Planning b) Buying/Procuring c) Promoting/selling
March	Portfolio making by using appropriate techniques.	Fibre identification: Viscous rayon, Acetate, Nylon, Polyester	Fashion Promotion i) Advertising a) Classification of Advertisements: Promotional advertising, Institutional advertising, Combination advertising, Cooperative advertising b) Benefits of

*Preeti*



			<p>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</p>
April	Development & presentation of portfolio & Show casing of collection	Stain Removal: blood, ball pen, curry, grass, milk, rust, cold drink, juice, shoe polish, paint.	<p>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</p>

*Arushi*



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher: - Heena Narang Department: - Clothing and Textiles Session: - 2019-20 Semester: - odd

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

Heena

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Name of the teacher: - Heena Narang Department: - Clothing and Textiles Session: - 2019-20 Semester: - even

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

Heena



GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020

Name of the Teacher:- Mrs. Manpreet Kaur

Department:- Clothing and Textiles

Semester:- July 2019- December 2019

CLASSES	B.Sc. Fashion Designing 3 <sup>rd</sup> Sem	B.Sc. Fashion Designing 1 <sup>st</sup> Sem	PGDFD 1 <sup>st</sup> Sem	B.Sc. Home Science (ATD and Composite) 5 <sup>th</sup> Sem
Subjects	Garment Construction (Pr)	Punjabi (Th)	C.A.D. (Pr)	Traditional Embroideries (Th & Pr)
July,2019	Construction of following- Puff, Bell,	Poems- 1-3	1. Introduction to the tools of Corel Draw software. 2. 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.	Th- Phulkari of Punjab Pr- Making samples of the basic embroidery stitches
August,2019	Construction of following- Cap, Kimono, Reglan, Magyar, Leg-o-mutton, Petal	Poems- 4-6	3. Illustration of a front profile of fashion model figure. 4. Draping the fashion figure in different silhouettes.	Th- Chamba Rumal of Himachal Pradesh Kashida of Kashmir Pr- Making samples of the basic embroidery stitches
September,2019	Construction of following Collar Peter Pan, Baby, Sailor,	Poems 7-9 Grammar	5. Study the different tools of Photoshop. 6. Redesigning a costume of a scanned fashion figure using tools of Photoshop.	Th- Chikankari of Uttar Pradesh Kutch Embroidery of Gujarat Pr- Phulkari of Punjab  Chikankari of Uttar Pradesh

M.S.

<b>October,2019</b> <b>(Mid- Term</b> <b>Exam )</b>	Construction of following Collar- Cape, Mandarin	Grammar & compositions	7. Designing a mood board according to the selected theme.	Th- Sindhi and Kathiawar Embroidery Pr- Kutch Embroidery of Gujarat
<b>November,2019</b>	Construction of following Collar- Shawl, Polo neck, Convertible Submission of Project	Revisions & compositions	8. Creating logos and visiting cards for your own label.	Th- Manipuri Embroidery Kantha of Bengal Kasuti of Karnataka Pr- Sindhi Embroidery  e) Kantha of Bengal  f) Kasuti of Karnataka

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020

Name of the Teacher:- Mrs. Manpreet Kaur

Department:- Clothing and Textiles

Semester:- Jan 2020- May 2020

CLASSES	B.Sc. Fashion Designing 4 <sup>th</sup> Sem	PGDFD 2 <sup>nd</sup> Sem	B.Sc. Home Science (ATD) 6 <sup>th</sup> Sem	B.Sc. Fashion Designing 4 <sup>th</sup> Sem	B.Sc. Fashion Designing 6 <sup>th</sup> Sem
<b>Subjects</b>	<b>Garment Construction (Pr)</b>	<b>Garment Construction (Pr)</b>	<b>History of World Costumes (Th &amp; Pr)</b>	<b>History of Indian Costumes (Th)</b>	<b>Seminar</b>
<b>January, 2020</b>	Drafting and construction of: Jhabla	Drafting and Construction of following garments: a) Choli Blouse	(Th) Evolution of Ancient Indian Costumes (Pr) To identify the sources of inspiration from various ancient world civilizations  Illustration of costumes of different Ancient world civilizations.	Indus Valley Period Evolution of costumes from Vedic period to Gupta period.	Topic distribution
<b>February, 2020</b>	Drafting and construction of: Panty	Drafting and Construction of following garments: Top with Dart-Manipulation	(Th-) Influence of Mughal and British period on Indian Costumes Egypt civilization Greek civilization  (Pr) To identify the sources of inspiration from various ancient world civilizations:  Illustration of costumes of different Ancient world civilizations.	Mughal Period British Period Jammu & Kashmir Himachal Pradesh	Discussion on different topics

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March, 2020 (Mid- Term Exam)	Drafting and construction of: Bloomer	Drafting and Construction of following garments: Nightwear Trouser	(Th) Rome civilization Byzantine civilization (Pr) Design contemporary dresses by taking inspiration from sources.	West Bengal Gujarat	Presentations
April, 2020	Drafting and construction of: Romper Night suit	Drafting and Construction of following garments: Jacket Ethnic Dress	(Th)-French costumes during the following periods: a) Middle ages b) Renaissance period c) Romantic period (Pr) Develop design suitable for Textiles by taking inspiration from above sources	Punjab & Haryana Rajasthan Assam Maharashtra	Presentations

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### Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Navtej Singh  
Session:- 2019-2020

Department:- Computer Lab  
Semester – I

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

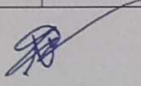


## Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Navtej Singh  
Session:- 2019-2020

Department:- Computer Lab  
Semester – II

Class	B.Sc. Home Science	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
Jan	Comp. Memory/ MS Excel	Comp. Memory/ MS Excel	Introduction DietCal	Introduction DietCal
Feb	Comp. Memory/ MS Excel	Comp. Memory/ MS Excel	Practical DietCal	Practical DietCal
Mar	Softwares / (Terminal Exam)	Softwares/ (Terminal Exam)	Practical DietCal	Practical DietCal
Apr	Operating System/WWW/Internet/MS Excel Practical	Operating System/WWW/Internet/MS Excel Practical	Practical DietCal	Practical DietCal
May	Practical File	Practical File	Practical File	Practical File
June	Practical File/ Final Exam	Practical File/ Final Exam	Final Exam	Final Exam





GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020

Name of the teacher:-Dr Shikha Garg Department:- Human Development & Family Relations semester:-July to December 2019

CLASSES	B.Sc. H.Sc. HDFR 5 <sup>th</sup> Sem	B.Sc. H.Sc. HDFR 5 <sup>th</sup> Sem	B.Sc. H.Sc. HDFR 5 <sup>th</sup> Sem	P.G.Diploma in Child Guidance & Family Counselling 1 <sup>st</sup> Sem	M.Sc. Home Science HDFR 1 <sup>st</sup> Sem	M.Sc. Home Science HDFR 3 <sup>rd</sup> Sem	M.Sc. Home Science HDFR 3 <sup>rd</sup> Sem
Subjects	Children with Special Needs-I (Theory)	Children with Special Needs-I (Practical)	Children at Risk (Practical)	Introduction to Guidance and Counselling-I - (Theory)	Effective Parenting Skills (Practical)	Principles of Development (Theory)	Dissertation
Month 1 (JULY)	- Meaning of children with special needs. -Types of exceptional children.	-Prepare a display related to the child	-Visit any centre for children at risk and carry out at least five sessions of activities for enhancing their life skills	-Introduction and Concept of guidance. -Aims of guidance and counseling	- Introduction on parenting. -Task of parenting and the concept of parenting skills.	-Understanding assumptions for the study of development -Salient dimensions of life repairs in Developmental Tasks.	Dissertation
Month 2 (AUG)	-Concept of special education -Introduction to various types of educational and Inclusion	-Survey families having children with special needs and prepare a report of their experiences in parenting such children	-Organize a public awareness program related to any issue related to children at risk. -prepare a display for awareness about risk on development of children	- Scope of guidance and counseling -Principles of guidance and counseling	- Concept of parenthood and childhood. -Individual parenting roles.	- Physiological Development; Structure of Nervous system and Brain - Role of genetics and Behavior, Genetic principles and Deviations	Dissertation
Month 3 (SEP)	- Problems of children with special needs.	- Visit any three institutions working for children with special needs and prepare a critical report of the same	-Collect newspaper clippings related to programmers, policies, issues and facilities concerning children at risk.	Need of guidance for a) Children b) Adolescents c) Families	-Being a competent parent. -Identify a child or an adolescent with a problem.	- influence of environment on developing person -Role of socialization and relevance leading to self and identity	Dissertation
Month 4 (OCT)	- Problems of parents having children with special needs.	-Prepare a booklet with samples of work done by children with special needs. IPan and conduct ten recreational activities for children with any one kind of impairment.	-Conduct a case study of any child working in risk situation.  - Carry out a focussed group discussion involving	- Qualities of an effective helper  -Planning and organizing a guidance program	-Select any one of the following techniques and use it to impart education to parents on effective parenting skills of either children or adolescents related to their personality development.	-Interactive process in development: Nature and Nurture Interplay, Cultural Organization of Human Development  -Outcomes of Development	Dissertation
Month 5 (NOV)	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Dissertation

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020

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

ASSE	B.Sc. H.Sc. HDFR 6 <sup>th</sup> Sem	B.Sc. H.Sc. HDFR 6 <sup>th</sup> Sem	B.Sc. H.Sc. HDFR/ composite 6 <sup>th</sup> Sem	B.Sc. H.Sc. HDFR/ composite 6 <sup>th</sup> Sem	P.G.D in Child Guidance & Family Counseling 2 <sup>nd</sup> Sem	M.Sc. Home Science HDFR 2 <sup>nd</sup> Sem	M.Sc. Home Science HDFR 2 <sup>nd</sup> Sem	M.Sc. Home Science HDFR 4 <sup>th</sup> Sem
Subject	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)	Mental health in Developmental Perspective (Theory)	Dissertation (synopsis)	Dissertation
Month 1 (JAN)	Needs and rights of children with special needs. Policies and programs.	-Carry out a case study of a child with any impairment.	Administer any psychological test related to any one of the following: a. Mental Health b. Well-being	Physical development in early adulthood Physical & Health and fitness	-Stages in counseling process -Current trends and issues in Counseling	Mental health Definition, concept, and importance of holistic health - National mental health policy of India.	Dissertation (synopsis)	Dissertation
Month 2 (FEB)	- Physical barriers & Social barriers faced by children with special needs.	-Prepare and present a report on welfare schemes being run by Government and NGOs related to children with special needs in your city.	-Conduct a survey of young couples and assess adjustments A. with spouse. B. with in-laws. c. Parenting	-Personal relationships in early adulthood Selecting.	-Pre-marital counseling - Counseling for expecting mother	-Infancy Implication of attachment and bonding for mental health. Early Childhood Years - Mental health needs - Behavior difficulties	Dissertation (synopsis)	Dissertation
Month 3 (MARCH)	- Assistive devices for children with special needs.	-Interview any special teacher and get her feedback on methods and materials used by her.	Prepare a display for bulletin late Adulthood.	Characteristics of late adulthood.	-Identification and Counselling for population with depression and suicidal tendency & sexual abuse.	Middle Childhood -Mental health needs: - Maladjustment at home and school. Mental health needs: -	Dissertation (synopsis)	Dissertation
Month 4 (APRIL)	-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 face and make a presentation in class.	-Changing relationships in late adulthood. - Retirement	-Play therapy Psycho & Socio drama and behavioral techniques in counseling	Adulthood stress and their management. - Theories related to stress and coping & Violence and sexual abuse.	Dissertation (synopsis)	Dissertation
Month 5 (MAY)	Recapitulatio	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Recapitulation	Dissertation (synopsis)	Dissertation

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GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

29

Session: - 2019-20 Name of the teacher: - Ms. Chandana Rajput Department: -Clothing & Textiles

Semester: - Even semester (January 2019- May 2019) .Joined on 16<sup>th</sup> December 2019

CLASS	B.Sc (Fashion Designing) 6 <sup>th</sup> sem	B.Sc (Fashion Designing) 6 <sup>th</sup> sem	B.Sc (Fashion Designing) 4 <sup>th</sup> sem	B.Sc (Fashion Designing) 4 <sup>th</sup> sem
Subjects	Textile printing and finishing (Th)	Pattern Making (Pr) (Group-A & B)	Pattern Making (Pr) (Group-A & B)	Fabric Construction (Pr) (Group-A & B)
August,2018	*Introduction to finishes and its importance. *Printing Auxiliaries *Pretreatment of printing Degumming Bleaching Scouring	*Draping of the following:- Front and Back basic bodice block	*Drafting of adult bodice block and sleeve block.  *Preparation of muslin pattern and test fit.	*Making of samples of different knots using Macramé.
September,2018	*Types of printing *Methods of printing *Post treatment	*Draping of the following:- Top with Princess line Basic skirt front and back	*Dart manipulation (slash Spread Techniques, Pivotal) *Single Dart *Two Dart	*Making of samples of Crochet.
October,2018 (Mid- Term Exam)	*Finishes - Introduction and importance *Classification of finishes *Basic preparation of fabrics.	*Draping of the following:- Basic skirt front and back	*Stylelines : Classic Princess syeline Armhole Princess.	*Making samples of Narrow fabrics by Braiding and Traditional Tape weaving (Naala making)
November,2018	Mechanical Finishes & Chemical Finishes	Draping of Skirt with flare	Project: Blouse with princess seam line.	Project work: Make an article using any technique.

Chandana Rajput

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

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

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

CLASS	B.Sc (Fashion Designing) 3 <sup>rd</sup> sem	M.Sc (CT) 1 <sup>st</sup> sem	Post Graduate Diploma (FD) 1 <sup>st</sup> Sem	B.Sc (Fashion Designing) 1 <sup>st</sup> sem
Subjects	Fashion Illustration On Computer (Pr) (Group-A & B)	Pattern Development (Pr)	Pattern Making (Pr)	History and Culture Of Punjab
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.	*Measuring anthropometric parameters. *Manipulation of basic darts in the bodice into- •Multiple darts •Princessline •Contouring Patterns: Off shoulder, Wrap *Style reading.	*Preparation of the basic pattern for the following. a) Female adult's bodice block and sleeve block. b) Basic Skirt. *Adaptation of skirt block to:- A-line Flare, Added Flare, Gored skirt, Pegged skirt, Skirt with yoke, Tiered Skirts, Pleated skirt, Godet, Wrap skirt, Circular skirt	Harappan Civilization  Life in vedic age
October 2020	*Designing of casual and formal women wear incorporating the following fashion details Sleeve- Puff, Raglan, Kimono, Leg-o-mutton, and Bell.	*Designing, style reading and pattern development of the following- •Skirts: Godet, Gore and Circular •One piece dress with halter neck Grading of the basic patterns •Bodice block •Sleeve block	*Dart- Manipulation by Slash and spread method & Pivot Method into a) Single dart series. b) Two dart series. c) Multiple dart- series. d) Princess line. e) Yokes.	Growth of Jainism and Buddhism  Society and culture under Mauryas
November 2020 (Mid- Term Exam)	*Skirts- A-line, gathered, gored, pegged, circular, tiered and skirt with yokes	*Draping of Upper garment- •Top with princess line •Top with cowl *Draping of Yokes- Fitted Midriff & Bodice Yoke	*Addition of fullness through a) Conversion and relocation of dart. b) Additional fullness. *Dart Manipulation in Countered Patterns: Halters & Off-Shoulder	Society and culture under Gupta
December 2020	*Trousers with pockets	*Draping of Lower garment Flared skirt	*Assignment of the following:	Main features of Bhakti

*Chandana Rajput*



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

Session: 2019-20

Name of the teacher: Ms. Akshata Verma Department: FRM Semester: Term 2 (Jan.-June 2020)

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

Aruna

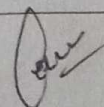


## Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Gaurav Kalra  
Session:- 2019-2020

Department:- English  
Semester – I

Class	B.Sc.HomeScience-II	B.Sc. Fashion Designing
<b>Subject</b>	English Language and Communication Skills	English
<b>July</b>	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
<b>Aug</b>	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
<b>Sept</b>	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 Exam(Terminal)
<b>Oct</b>	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)
<b>Nov</b>	Discussion on Martin Luther King Jr. speech I have a Dream	Discussion on Waterloo ( Arthur Conan Doyle) Revision of Prose and Drama
<b>Dec</b>	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





## Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Gaurav Kalra  
Session:- 2019-2020

Department:- English  
Semester – II

Class	B.Sc. Home Science	B.Sc. Fashion Designing
<b>Subject</b>	English Language and Communication Skills	English
<b>Jan</b>	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
<b>Feb</b>	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
<b>Mar</b>	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)
<b>Apr</b>	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
<b>May</b>	Revision of the Poems and Prose Homophones with Examples	Discussion on the play Lithuania Unseen passage for Comprehension
<b>June</b>	Final Exam	Final Exam

*Gaurav*

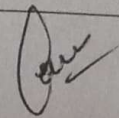


## Govt. Home Science College, Sector-10, Chandigarh

Teacher Name:- Gaurav Kalra  
Session:- 2019-2020

Department:- English  
Semester – I

Class	B.Sc.HomeScience-II	B.Sc. Fashion Designing
<b>Subject</b>	English Language and Communication Skills	English
<b>July</b>	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
<b>Aug</b>	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
<b>Sept</b>	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 Exam(Terminal)
<b>Oct</b>	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)
<b>Nov</b>	Discussion on Martin Luther King Jr. speech I have a Dream	Discussion on Waterloo ( Arthur Conan Doyle) Revision of Prose and Drama
<b>Dec</b>	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





GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020

Name of the teacher:- Dr. Reenu Department:- Chemistry Semester:- Term I (July 2019 – Dec 2019)

<b>CLASSES</b>	<b>B.Sc. Home Science (Semester III)</b>
<b>Subjects</b>	Applied Chemistry I
<b>July</b>	<u>Unit I</u> <b>Chapter 1:</b> Symbols formulae, valency and variable valency, elementary idea of empirical formula and molecular formula, Definition of atomic weight and molecular weight, Mole Concept <b>Chapter 2:</b> 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.
<b>August</b>	<u>Unit II</u> <b>Chapter 3:</b> 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:O <sub>2</sub> ,HCl,Cl <sub>2</sub> , CaO, NH <sub>4</sub> <sup>+</sup> , H <sub>3</sub> O <sup>+</sup> , MgF <sub>2</sub> , CH <sub>4</sub> ,C <sub>2</sub> H <sub>4</sub> , C <sub>2</sub> H <sub>2</sub> , ,H <sub>2</sub> O ,H <sub>2</sub> ,NH <sub>3</sub> <b>Chapter 4:</b> Elementary idea about normality, formality, molarity, strength of solution, mole fraction and ppm, What are solutions. Doubts and Assignments.
<b>September</b>	<u>Unit-III</u> <b>Chapter 5:</b> Elementary idea about hard water (causes and types), heavy water with its uses. <b>Chapter 6:</b> Soaps & detergents. Their Cleansing action. <b>Chapter 7:</b> Fire extinguishers – Types & Uses. Doubts and Assignments.
<b>October</b>	<u>Unit-IV</u> <b>Chapter 8:</b> Properties and uses of Methane (CH <sub>4</sub> ) <b>Chapter 9:</b> Properties and uses of ethylene (C <sub>2</sub> H <sub>4</sub> ) <b>Chapter 10:</b> Properties and uses of Acetylene (C <sub>2</sub> H <sub>2</sub> ) Doubts and Assignments.
<b>November</b>	Assignments and revision tests

*Reenu*

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-2020

Name of the teacher:- Dr. Reenu

Department:- Chemistry

Semester:-

Term II (Jan 2020 – May 2020)

CLASSES	B.Sc. Home Science (Semester IV)	B.Sc. Foods & Nutrition (Semester II)	B.Sc. Foods & Nutrition (Semester II)
<b>Subjects</b>	Applied Chemistry II	Biochemical Food Analysis & Instrumentation	Dissertation
<b>January</b>	<p><u>Unit- I</u>  <u>Chapter 1:</u> Alcohols- Properties and uses of ethyl alcohol, idea about methylated spirit, absolute alcohol and power alcohol.  <u>Chapter 2:</u> Properties and uses of acetic acid.                      Doubts and Assignments.</p>	<p><u>Unit- I</u>  <u>Chapter 1:</u> Biochemical Techniques : Principles and applications of Homogenization and methods of disrupting cells and tissues. Cell fractionation. Spectroscopy- Beer- Lambert law, UV, Visible Spectrophotometry, Colorimetry  <u>Chapter 2:</u> Biochemical Techniques : Principles and applications of pH meter, Centrifugation (Preliminary introduction to various types of centrifuges)                      Doubts and Assignments.</p>	Allotment of Students
<b>February</b>	<p><u>Unit- II</u>  <u>Chapter 3:</u> Properties and uses of Benzene , Phenol.  <u>Chapter 4:</u> Preparation and uses of Benzene diazonium chloride.                      Doubts and Assignments.</p>	<p><u>Unit- II</u>  <u>Chapter 3:</u> Biochemical Techniques: Principle and applications of: Chromatography: Adsorption (Column and thin layer), Gel filtration, Affinity, Ion Exchange Electrophoresis: SDS PAGE and native electrophoresis, agarose electrophoresis, Protein separation &amp; Characterization  <u>Chapter 4:</u> Food analysis: Introduction, Titrable acidity, Moisture and ash, Principles of chemical and instrumental methods for the qualitative and quantitative analysis of moisture, minerals and vitamins.                      Doubts and Assignments.</p>	General research discussion and perspective
<b>March</b>	<p><u>Unit- II</u>  <u>Chapter 5:</u> Cosmetics: Brief study and elementary idea about ingredients- cold cream, vanishing cream, lipstick, mascara, depilatories. Use of fluoride toothpaste and chemistry of cold cream.  <u>Chapter 6:</u> Chemistry in medicine: Anti pyretics and Sulpha drugs.  <u>Chapter 7:</u> Food Additives.                      Doubts and Assignments.</p>	<p><u>UNIT-III</u>  <u>Chapter 5:</u> Carbohydrates: Qualitative and quantitative analysis of food carbohydrates, Dietary fibre, crude fiber  <u>Chapter 6:</u> Proteins: Methods of estimation of amino acids and proteins, Chemical and biological evaluation of nutritional quality of proteins.                      Doubts and Assignments.</p>	Literature Survey
<b>April</b>	<p><u>Unit-IV</u>  <u>Chapter 8:</u> Polymerization and Polymers- Definition and classification.  <u>Chapter 9:</u> Polymers in textiles: Chemistry of synthetic fibers- Nylon, Polyester and Acrylic fibers.  <u>Chapter 10:</u> Fertilizers: Nitrogen, Potassium and Phosphorus.                      Doubts and Assignments.</p>	<p><u>UNIT-IV</u>  <u>Chapter 7:</u> Fats: Physical and chemical characteristics of various fats and oils, Iodine value, saponification value, acid value, Reichert-Meissel value of important oils. Storage changes in fats and oils  <u>Chapter 8:</u> Enzymes: Enzymes involved in food deterioration and preventive measures. Enzymes as aids in food processing operations and economical significance. Biotechnological applications of enzymes                      Doubts and Assignments..</p>	Research Topic Discussion and Selection
<b>May</b>	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:- 2019-20Name of the teacher:- \_\_\_\_\_ Department:- Dance Semester:- I<sup>st</sup> and III<sup>rd</sup>

CLASSES	BSC(Homescience) I <sup>st</sup> semester	BSC(Homescience) III <sup>rd</sup> semester		
Subjects	Dance (Kathak)	Dance (Kathak)		
Month 1 July	Introduction to Kathak and 2 Taras in Teen Taal.	Revision of Basics of Kathak. Introduction of Thaptaal		
Month 2 August	Introduction of Tattvas and Chakras Hast Mudras and Teen Taal.	Revision of Nagma and Todha Layakarais of Thaptaal		
Month 3 September	Introduction of Nagma and Todha Hand Movements Salamis & Aamad	Practical demonstration of 10 Hastas Introduction of 4 Todhas of Thaptaal		
Month 4 October	Practical and	Theory Exam		
Month 5 November	Introduction of Chautal Life sketch of Pt. Vdhy Shankar	Introduction of Aamad & Paran - Thaptaal Life sketch of Pt. Sunder Dasad		

GOVT. HOME SCIENCE COLLEGE, SECTOR-10, CHANDIGARH

Session:- 2019-20

Name of the teacher:- Ms. Amit Gargani Department:- Dance

Semester:- II<sup>nd</sup> and IV<sup>th</sup>

CLASSES	B.Sc (Home Science) II <sup>nd</sup> Semester	B.Sc (Home Science) IV <sup>th</sup> Semester		
Subjects	Dance (Kathak)	Dance (Kathak)		
Month 1 January	Revision of Tatkas Teen Taal. Introduction of Teen Taal Todhas	Revision of Teen Taal Introduction of Chaksardas Paran & Paran		
Month 2 February	Introduction of Salami & Namad Practice of Both	Introduction of Chaksardas Todha & Kavit-TeenTal. Practice of Both		
Month 3 March	Practical and	Theory Exam		
Month 4 April	Introduction of Layakasi in Chantal Practice	Introduction of Chaksardas Todha- Chantal. Practice		
Month 5 May	Introduction of Todha & Namad - Chantal Practice	Introduction of Paran & Kavit- Chantal. Practice		



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

Session: - 2019-2020 Name of the teacher: - Mrs. Preeti Sodhi Department: - Clothing & Textiles

Semester: - Odd semester (July 2019- December 2019)

CLASS	B.Sc. (FD) I SEM.	B.Sc. (FD) I SEM.	B.Sc. (FD) III SEM.
Subjects	<b>GARMENT DESIGN (PRACTICAL)</b>	<b>BASICS OF DESIGN (PRACTICAL)</b>	<b>GARMENT DESIGN (PRACTICAL)</b>
July,2019	Sketching of Necklines ,Cuffs & Pockets	1. Introduction to different drawing tools and colouring mediums and its application.	Western wear -Casual
August,2019	Sketching of Frills & flounces and cascades, Belts and bows	2. Line and its types Different Forms & Shapes	Western wear -Formal
September,2019	Sketching of Pleats ,Gathers ,Tucks & Shirring	3. Creation of motifs using different forms and shapes.	Formal Indian Wear
October,2019 (Mid- Term Exam)	Practice Work Sketching of Plackets & Collars	.Practice Work 4. Colour wheel & Colour harmonies	Practice Work Casual Indian wear
November,2019	Sketching of Sleeves & Yokes	Value scale & Warm and cool colours	Sports wear & Night wear

*Preeti*

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

Session: - 2019-20 Name of the teacher: - Mrs. Preeti Sodhi Department: - Clothing & Textiles

Semester: - Even semester (Jan. 2020- April 2020)

CLASS	B.Sc. (FD) II SEM.	B.Sc. (FD) IV SEM.	B.Sc. (H.SC.) VI SEM. (ATD & COMPOSITE)	B.Sc. (H.SC.) VI SEM. (ATD & COMPOSITE)
Subjects	<b>BASICS OF DESIGN (PRACTICAL)</b>	<b>FASHION ILLUSTRATION (PRACTICAL)</b>	<b>TRADITIONAL TEXTILES (THEORY)</b>	<b>TRADITIONAL TEXTILES (PRACTICAL)</b>
Jan.,2020	1. Designing of motifs in colourways Geometrical, Realistic & Natural	Drawing of croqui and fleshing of figure.	UNIT- I 1. Resist dyed textiles	1. Collection of swatches photographs of the Dyed textiles
Feb.,2020	1.Designing of motifs in different Stylized & Abstract	Drawing of hands, legs, feet and arms Facial proportions- eyes, nose, lips and ears	UNIT- II 2. & 3. Block printed & painted textiles	2. Collection of swatches photographs of Printed and painted textiles 3. Tie & Dye
March,2020 (Mid Term Exam)	Practice Work	Practice Work Drawing of hair/ hairstyles Rendering of textures	Revision UNIT- III 4. Kashmir shawls 5. Kashmir carpets	Practice Work 3. Block printing
April,2020	2. Placements of motifs	Sketch and illustrate Footwears & Handbags	UNIT- III 6. Namda 7. Gaba	2. Collection of swatches photographs of the Traditional Woven Textiles
May,2020	3. Collection of fabrics	Sketch and illustrate Footwears & Handbags	UNIT-IV 8. Traditional Woven Textiles	3. Stencil Printing

*Preeti*