



PREM CHAND MARKANDA SD COLLEGE FOR WOMEN, JALANDHAR CITY

Re-accredited 'A+' grade (2nd Cycle) by NAAC Bangalore

A unique prestigious Post Graduate Institution of Northern India

DEPARTMENT OF HOME SCIENCE TEACHING PLAN (Session 2025-26)

Program: Bachelor of Arts

Program Outcome: PO No.	Upon Completion of the Bachelor of Arts Programme, the graduates will be able to:
PO.1	Knowledge and understanding of areas of Home Science such as Foods and Nutrition. Textiles and Clothing, Human and Family Resource Management.
PO.2	Acquire practical skills in cooking, nutrition, planning, textile designing, stitching, home management and interior decorations.
PO.3	Cultivate entrepreneurial skills in areas such as catering, food preparation, garment construction, handicrafts, child care services
PO.4	Learn efficient management of time, money and energy in daily life.
PO.5	Promote eco-friendly practices, waste management, and sustainable use of resources.

Teaching Plan
Session 2025-26
Even Semester
CLASS: BA Sem-II
SUBJECT: FAMILY RESOURCES Management (THEORY/PRACTICAL)
Faculty Name: MRS. MANMEET KAUR

TOPIC	DURATION	TEACHING TOOLS
Resources – • Classification of resources • Factors affecting resources Money Management – • Types of income • Budget – It's advantages and limitations • Means of supplementing family income PRACTICAL Cleaning and Polishing of Household Metals Cleaning of Window Panes	January	• Lecture based teaching learning (chalk and talk) • Group discussion • Presentation • Personalized teaching TOOLS FOR PRACTICAL • Demonstration method • Hands-on activities

Circulatory System – • Blood and it's composition • Coagulation of blood • Structure and Function of Heart Structure and Function of Lungs, Kidney and Skin Meaning and Definition of Home Management PRACTICAL Craft Workshop – Glass Painting Pot Painting	February	• Lecture based teaching learning (chalk and talk) • Group discussion • Presentation • Personalized teaching TOOLS FOR PRACTICAL • Demonstration method • Hands-on activities
Time Management – • Tools in Time Management Digestive System – Structure and Function of Alimentary Canal Flower Arrangement – Types, Essential Equipment and Selection of Material PRACTICAL Flower Arrangement – Fresh and Dry	March	• Lecture based teaching learning (chalk and talk) • Access to information TOOLS FOR PRACTICAL • Assessment • Hands-on activity • Whole-part-whole method
Energy Management – • Introduction • Fatigue	April	• Lecture based teaching learning (chalk and talk)

- Principles of Work Simplification Household Equipment – - Classification - Points to be considered while selecting equipment - Use and care of equipment Reproductive System – Male and Female PRACTICAL Craft Workshop – Best out of waste to prepare any article		- Virtual & Augmented Reality - Presentation TOOLS FOR PRACTICAL - Assessment - Hands-on activity
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Course outcome

CO.1	To know about resources and their types and to understand how to manage these resources in our daily life.
CO.2	Students will be able to understand the basic steps in making decision making process and how to resolve conflicts in the family.
CO.3	The students will be capable to manage any resource with principles of work simplification.
CO.4	To understand the basic steps involved while selecting furniture
CO.5	To develop the knowledge about the application of elements and principles of arts in flower arrangement.
CO.6	To develop the understanding about digestive system its structure and working.
CO.7	To understand the elementary knowledge of structure and function of male and female reproductive organs.
CO.8	To gain knowledge of hormones and their role in health.

Teaching Plan
Session 2025-26
Even Semester
CLASS: BA Sem-IV
SUBJECT: Clothing& Textile (THEORY/PRACTICAL)
Faculty Name: Mrs. Manmeet Kaur

TOPIC	DURATION	TEACHING TOOLS
Principles of Design in Garment Elements of Design in Garment PRACTICAL Drafting and Stitching of – Ladies Shirt and Ladies Salwar	January	• Lecture based teaching learning (chalk and talk) • Group Discussion • Personalized learning • Hands-on activities • Collaborative work TOOLS FOR PRACTICAL • Demonstration method • Virtual labs and simulation • Hands-on activities
Bleaching Finishing PRACTICAL Drafting and Stitching of – Nightie , Pyjama	February	• Lecture based teaching learning (chalk and talk) • Group discussion • Personalized learning • Access to information TOOLS FOR PRACTICAL • Hands-on activities • Whole-part-whole method • Presentation

Fabric Construction Stain Removal PRACTICAL Drafting and Stitching of petticoat Stain Removal	March	• Lecture based teaching learning (chalk and talk) • Group discussion • Virtual & Augmented Reality • Collaborative work TOOLS FOR PRACTICAL • Demonstration method • Hands-on activities • Virtual labs and simulation
Selection of Different Clothes for Different Age Groups Care and storage of Different Garments PRACTICAL Stencil Painting Fabric Painting	April	• Lecture based teaching learning (chalk and talk) • Group discussion • Virtual & Augmented Reality • Collaborative work TOOLS FOR PRACTICAL • Demonstration method • Hands-on activities • Virtual labs and simulation

Course outcome

CO.1	To study the elements and principles of design in garment designing.
CO.2	To study various factors responsible for selection of clothing according to various age groups.
CO.3	To understand different fabric construction techniques and their methods.
CO.4	To get an insight of concept of laundry and care of textiles fiber.
CO.5	To understand about the concept of bleaching and finishing process according to suitability of fabric.
CO.6	To study various types and classification of yarns and weaves.
CO.7	Help to acquire knowledge of methods of stain removal.
CO.8	To understand the basic principles of fibres and fabrics.

Teaching Plan
Session 2025-26
Even Semester
CLASS: BA Sem-VI
SUBJECT: FOODS AND NUTRITION & CHILD DEVELOPMENT
(THEORY/PRACTICAL)
Faculty Name: MRS. MANMEET KAUR

TOPIC	DURATION	TEACHING TOOLS
Classification of food Concept of Balanced Diet Principles and factor affecting meal planning Planning of diets for different age groups PRACTICAL Planning and Calculation of Diets for different age groups.	January	• • Lecture based teaching learning (chalk and talk) • Group discussion • Project based learning • Collaborative work TOOLS FOR PRACTICAL • Demonstration method • Assessment • Access to information • Virtual labs and simulation • Hands-on activities
Food adulteration – • Common adulterants • Food standards Therapeutic Diets – • Modification of normal diets	February	• Lecture based teaching learning (chalk and talk) • Group discussion • Personalized teaching

Therapeutic Diets in different conditions – • Fever • Diarrhea • Constipation • Hypertension • Diabetes PRACTICAL Low Calorie Dishes Low Cost Dishes		TOOLS FOR PRACTICAL • Demonstration method • Gamification • Hands-on activities
Pregnancy – • Signs & symptoms • Care during pregnancy • Family planning methods Feeding of infants – • Importance and process • Weaning Importance Common behavioral problems in children and their remedies. PRACTICAL Enhancing nutritive value of foods – Cereals, pulses Pulses, Veg Sprouting Fermentation	March	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL • Gamification • Whole-part-whole method
Social Development Play and it's significance –	April	• Lecture based teaching learning (chalk and talk)

• Types of play • Play Material/ Equipment required Prenatal Development - • Stages of prenatal development • Factors affecting prenatal development PRACTICAL Invalid Cooking		• Group discussion TOOLS FOR PRACTICAL • Gamification • Whole-part-whole method
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Course outcome

CO.1	To develop the knowledge of food adulteration and standards, toxic effects of food adulteration.
CO.2	To understand the concept of recommended dietary allowances, food groups and balanced diet.
CO.3	To discuss principles of meal planning and nutritional requirements of men and women with different conditions.
CO.4	To understand the principles of diet therapy and modifications of normal diet for therapeutic purpose.
CO.5	To recommend and provide nutritional care for prevention and treatment of diseases.
CO.6	To understand the importance of prenatal development.
CO.7	To understand behavioral problems during different stages of development.