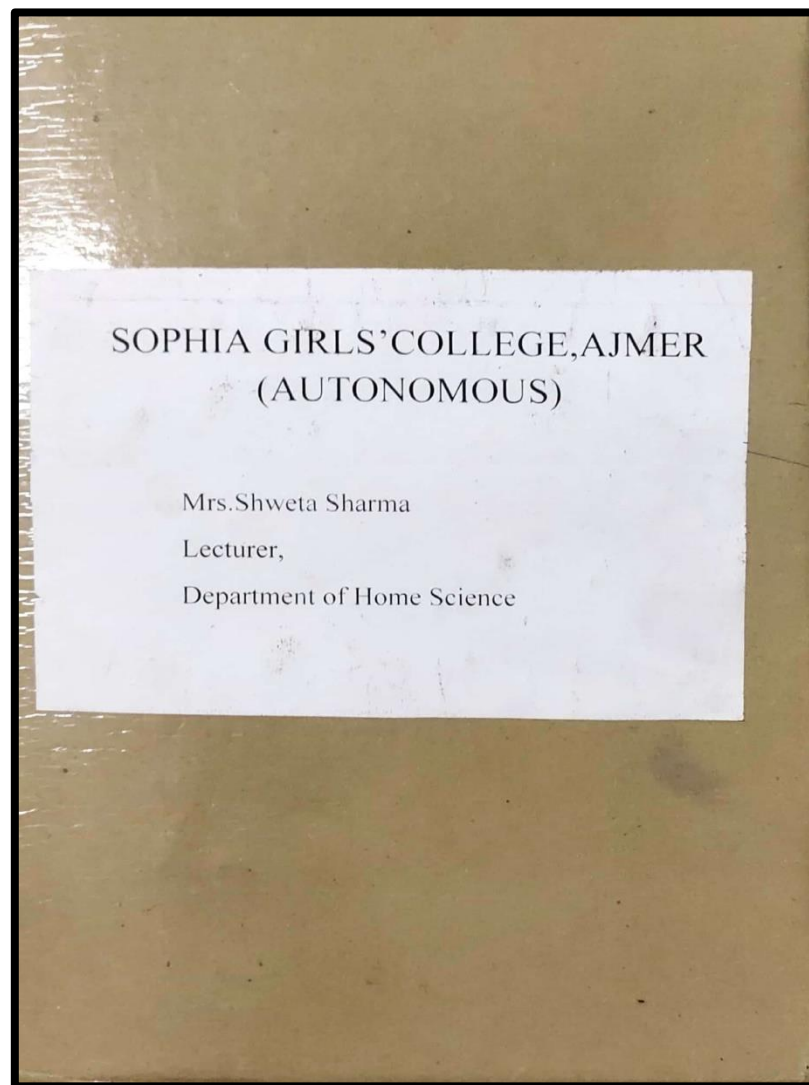




SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER



COURSE_PLAN_2019-20_MRS_SHWETA_SHARMA



COURSE PLAN

Department of Home Science

Session 2019-2020



SOPHIA GIRL'S COLLEGE, AJMER (AUTONOMOUS)
B.A I (SEMESTER I)

Max. Marks : 75 (50Ext; 25 Int)

(PAPER I) (Hsc-101)
 Min. Marks: 30(20 Ext;10 Int)

Credit: 03

COURSE PLAN

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I JULY	UNIT II.	Identification of various Textiles Fibers	PPT, Chart, Maps,	To identify various Textiles fibers and their manufacturin g process .	<u>Knowledge Based</u> -What is fiber? - Name all the natural fibers.	Knowledge--60 Understanding- 30 Higher Order-10
	2. Natural Fibers:		Match the following, Demonstration			
	3. Man-made Fibres: (c) Properties, their importance to consumer (d) Storage of Rayon, Nylon, Polyester, Orlon.		Flow Charts			



AUGUST	UNIT II 4. Construction of Yarn and Fabric: Meaning of Weaving, Knitting, Felting, Warp, Weft selvedge, and count of cloth	Develop the knowledge about various spinning methods and different types of Yarns		To develop the knowledge about various production techniques and finishing techniques.	<u>Understanding Based</u> - Distinguish between Properties of natural and chemical fiber - Analyze the manufacturing process of Silk.	
	5. Yarn construction (a) Different methods of spinning (b) Different types of yarns.		PPT Flipped Classroom			
	6. Weaving (a) Loom and its parts. (b) Elementary Knowledge of traditional weaving (c) Different types of weaving – plain, Twill, Satin and Sateen, Pile and Jacquard.					
SEPTEMBER-OCTOBER	UNIT III 7. Finishing – (d) Meaning (e) Objective of Finishing (f) Different	Objectives and types of Finishes	Quiz,			



	<p>methods of finishing : Bleaching, sizing, tentering, mercerizing, sizing, tentering, mercerizing, calendering, embossing, napping, shrinkage control,</p> <p>water proofing, fire resistant, moth proofing and permanent press.</p> <p>(d) Importance of finishes</p>			<p>To explain the various dyeing, printing and finishing techniques.</p> <p><u>Higher Order Thinking Skills Based</u></p> <p>- Elaborate the different types of weaving.</p>		
	<p>8. Dyeing</p> <p>(d) Different types of dyes (e) Different types of dyeing process (f) Method of dyeing</p>		PPT, Demonstration			
	<p>9. Printing:</p> <p>Different methods of printing: Block,</p>					



	Screen, Roller, Resist, Discharge and Stencil					
--	--	--	--	--	--	--

S. Pearl

**PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER**

[Signature]

Shweta Sharma

**Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer**



B.A II (SEMESTER III)
 Max. Marks : 75 (50Ext; 25 Int) Min. Marks: 30(20 Ext;10 Int)
Introduction to Human Development(paper I)(H. Sc 301)
 Credit: 03

COURSE PLAN

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I JULY	UNIT I 1. Introduction: Meaning, Definition, Scope and importance of human development. 2. Meaning and principles of growth and development: Factors affecting development - heredity, environment, prenatal and post natal factors. 3. Physical Development: Birth to Puberty.	Principals of Growth and Development	PPT, Chart, Match the following, Demonstration	To evaluate the developmental phenomenon from conception to old age .	<u>Knowledge Based</u> 1. Define development. 2. What is Cephalocaudal	Knowledge--50 Understanding-35 Higher Order-15
AUGUST	4. Motor Development: Reflexes of the new born,	Concept of Parental Disciplinary techniques, Different			<u>Understanding Based</u> 1. Analyze the	



	<p>sequence of motor development, Motor skills, handedness</p> <p>5. Speech development: Speech and Language, pre speech forms of communication, stages in speech development, bilingualism, speech disorders and speech defects.</p>	types of Emotions and Socialisation		<p>To explain the theory of cognition and sequence of motor development during childhood.</p>	<p>role of Environment in growth and development.</p> <p>2. Compare extrovert personality to introvert personality.</p>	
SEPTEMBER-	<p>6. Cognitive development: Cognition, Cognitive abilities in childhood.</p>		Discussion		<p><u>Higher Order Thinking Skills Based</u> /Explain all the factors affecting development.</p>	



<p><i>S. Pearl</i></p> <p>PRINCIPAL SOPHIA GIRLS' COLLEGE (AUTONOMOUS) AJMER</p>	<p>7. Personality Development: Meaning, Definition, types of personality and its determinants</p> <p>UNIT III</p> <p>8. Moral Development: Meaning, development of morality, Parental disciplinary techniques and their effect.</p> <p>9. Emotional development: characteristics of children's emotions, different types of emotions and their development during childhood.</p> <p>10. Social Development: meaning and process of social development and socialization, agents of socialization, social adjustment, social acceptance.</p>	<p>Concept of Parental Disciplinary techniques, Different types of Emotions and Socialisation</p>	<p>Quiz</p>	<p>To assess the various factors affecting moral, emotional and social development.</p>	<p>the factors affecting development.</p>	<p><i>Shweta Mathur</i></p> <p>Head Department of Home Science Sophia Girls' College (Autonomous), Ajmer</p>
--	--	---	-------------	---	---	--



B.A III (SEMESTER V)

Max. Marks : 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Nutritional Management in Health and Disease (H. Sc 501)

Credit: 03

COURSE PLAN

SEM/ Month	UNIT/ TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I JULY	UNIT I 2. Energy Metabolism: Unit of Energy, Concept of Basal metabolic Rate Factors affecting energy requirement for different categories according to work, physiological state etc.	Concept of BMR, Five food group system	PPT, Chart,	To develop the concept of energy metabolism and balanced diet in the body.	<u>Knowledge Based</u> -Define Meal planning -. What is Soft Diet?	Knowledge--40 Understanding-40 Higher Order-20
	2 Five -Food Group System: Description, importance in meal planning, concept of Balanced Diet, Selection of foods based on Five Food Group System					



AUGUST	UNIT II Meal Planning: (i) Concept of Recommended dietary allowances (ii) Recommended dietary allowances of nutrients for various age groups. (iii) Advantages of meal planning and factors to be considered while planning meals. (iv) Meal planning for different age groups and vulnerable groups.	Concept of RDA and Meal Planning	PPT, Chart,		<u>Understanding Based</u> - Identify the factors affecting Energy requirement. - List the principal of Diet Therapy.	
SEPTEMBER- OCTOBER	4. Diet Therapy: <ul style="list-style-type: none"> Definition Principles and purpose of diet therapy Factors to be considered while 		Case Studies,	To assess the principles and purpose of Diet therapy.	<u>Higher Order Thinking Skills Based</u> - Explain the meaning and	



	<p>planning therapeutic diet.</p> <ul style="list-style-type: none"> • Special feeding methods – Tube feeding, Parental feeding • Routine hospital diet. <p>UNIT III</p> <p>5. Therapeutic Nutrition</p> <p>(i) Causes, symptoms and diet modification in:</p> <p>(a) Constipation and diarrhea</p> <p>(b) Overweight and underweight</p> <p>(c) Acute fevers</p> <p>(d) Diabetes</p> <p>(e) Hypertension</p> <p>(f) Cardiovascular Diseases</p>	<p>Concept of Therapeutic Nutrition</p>	<p>Discussion,</p>	<p>To illustrate the concept of dietary modification and therapeutic nutrition in various diseases.</p>	<p>types of special feeding methods</p>	
--	--	---	--------------------	---	---	--

Sr. Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

[Signature]

Anu Hattar
Head
Department of Home Science
Sophia Girls' College
(Autonomous)



SOPHIA GIRL'S COLLEGE, AJMER (AUTONOMOUS)

B.A I (SEMESTER II)

(PAPER I) (Hsc-202) TEXTILES AND APPAREL DESIGNING

Max. Marks : 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

COURSE PLAN

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM II Dec.- January	UNIT 1. 1. Selection of fabric for various uses in the Home: c. Garments (for children, women and men) d. Household linen & furnishing: bed sheets, curtains, carpets, towels etc. by keeping in view the following factors: Climate, comfort, utility, occasion, personality, budget, fibre weave, finish, colour and design activity, age & sex.	Selection of garments for different age groups	PPT, Chart, Maps,	To explain the knowledge about the various factors to be considered while selecting garments .	<u>Knowledge Based</u> -What are measuring equipments? - Name all the marking equipment	Knowledge--60 Understanding- 30 Higher Order-10



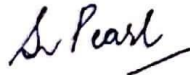
	2 .Clothing Construction ¹		Match the following, Demonstration		<u>Understanding Based</u> -Explain Trickle down theory =	
	b. Fundamentals of Clothing Construction – terms used in clothing construction.					
	b. Equipments: Measuring, marking, cutting, stitching, Sewing Machine – types, parts, care, handling and problems		Flow Charts			
AUGUST	UNIT II 3.Apparel Designing : <ul style="list-style-type: none"> Design : Meaning and types Objectives of Apparel Designing 	Develop the knowledge about Design				
	4 .Principles of Art and		PPT Flipped			



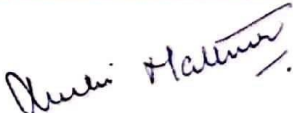
	<p>their application in Apparel designing</p> <ul style="list-style-type: none">• Balance.• Proportion• Harmony• Rhythm• Emphasis <p>5 Elements of art and their application in Apparel designing</p> <ul style="list-style-type: none">• Lines• Texture• Form• Pattern and Color		Classroom	To apply the elements and principles of Design in fashion	<p><u>Higher Order Thinking Skills Based</u></p> <p>-Elaborate the factors favouring and retarding Fashion</p> <p>-How occasion affects selection of Clothes</p>	
<p>SEPTEMBER-OCTOBER</p>	<p>UNIT III</p> <p>6 Fashion</p> <p>f. Terminology</p> <p>g. Fashion cycle</p> <p>h. Sources of fashion</p>	Concept of Fashion and Fashion Cycles	Quiz,	To reinterpret the concept of different types of fashion cycles.		
	<p>i. Factors favouring and retarding fashion</p> <p>j. Fashion Forecasting-</p>		PPT, Demonstration			



	Seasons, sources, steps in forecasting					
	7 Adoption of fashion c. Consumer groups- fashion leaders, followers d. Adoption process- Trickle-down theory, bottom up theory & trickle across theory					


 PRINCIPAL
SOPHIA GIRLS' COLLEGE
 (AUTONOMOUS)
 AJMER




 Head
 Department of Home Science
 Sophia Girls' College
 (Autonomous), Ajmer



B.A II (SEMESTER IV)
 Max. Marks : 75 (50Ext; 25 Int) Min. Marks: 30(20 Ext;10 Int)
 (paper I Life Span Development)(H. Sc 401)
 Credit: 03

COURSE PLAN

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I JULY	UNIT I 1. Behavioural Problems in children: Thumb sucking, nail biting, enuresis(Bed wetting), temper tantrum, telling lies, shyness, and aggressiveness. 2. Adolescence: changes, conflicts, interests, adjustments. 3. Adulthood: <ul style="list-style-type: none"> • Characteristics and changes 	Concept of Behavioural Problems	PPT, Chart, Match the following, Demonstration	To enable the students to understand the various behavioral problems of children.	<u>Knowledge Based</u> 1.What is Behavioural Problems? 2.Give 2 characteristics of Adulthood.	Knowledge--50 Understanding-35 Higher Order-15
AUGUST	UNIT- II				<u>Understanding Based</u>	



	<p>4. Alternatives of Marriage:</p> <ul style="list-style-type: none"> • Singlehood – reasons, advantages and disadvantages • Coliving • Women Headed Families <p>Marriage:</p> <ul style="list-style-type: none"> • Definition, meaning and goals of marriage. • Types and forms of marriage • Factors influencing mate selection <p>5(a).Adjustments in Marriage: meaning, factors affecting marital adjustment and major areas of adjustment</p> <p>(b). Marriage counseling-meaning, need & importance</p>			<p>To Familiarize the students about different types of Marriages and families</p>	<p>1.Explain the factors affecting mate selection.</p> <p>2. Compare the advantages and Disadvantages of Singlehood</p>	
--	--	--	--	--	---	--



SEPTEMBER
R-
OCTOBER

UNIT III

Family-Definition & Meaning

- Functions of family
- Types of family
- Social problems and their impact on family relations-child marriage, widowhood, remarriage& extra marital relations, broken family and single parenthood.
- Breakup of family-division,separation
- Laws related to women's safety at work place and Domestic Laws(Laws related to Domestic violence and Dowery)

7. Old age:

- Characteristics
 - Attitudes and changes
- Problems and adjustment

Cognition theory and sequence of motor Development

Concept of Parental Disciplinary techniques,Different types of Emotions and Socialisation

Discussion

Multiple questions

Quiz

To illustrate the various functions of Family

Higher Order Thinking Skills Based

Explain all the factors affecting development.

Sr Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Shweta Sharma

Shweta Sharma
Head
Department of Home Science
Sophia Girls' College
(Autonomous)



B.A III (SEMESTER VI)

Max. Marks : 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

(H. Sc 601)

Credit: 03

COURSE PLAN

SEM/ Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I JULY	UNIT I 1. Community Development: <ul style="list-style-type: none"> Meaning and Definition of Community, Development and Community Development. Objectives and Principles of Community Development 	Concept of community Development	PPT, Chart,	To design the concept of community development	<u>Knowledge Based</u> -Define Community. -.What is Development?	Knowledge--40 Understanding--40 Higher Order--20
	3 Scope and Organizational set up					



	of Community Development					
AUGUST	UNIT II .Extension Programmes in India- <ul style="list-style-type: none"> National ,Rural ,and Urban development programmes for Women and children- DWCRA, ICDS, MID DAY MEAL PROGRAMME, WD P, KVK, NREP, SGSY, RCH etc Role of NGOS in Developmental Effort- CAPART, CHETNA, CARE, SEWA and others 4. Extension Approaches /Methods-Individual, Group/Mass	Concept of Ngo's and their role in Extension programmes	PPT, Chart,	To assess the national international government and non- government schemes.	<u>Understanding Based</u> -Analyze the difference between Group and Mass Approach. -Write shprt note on CAPART and CARE	
SEPTEMBER- OCTOBER			Case Studies,		<u>Higher Order</u>	



	UNIT III 8. Changes during Pregnancy 9. Common ailments during Pregnancy and their Management: morning sickness, heart burn, indigestion, constipation, cramps in the legs, sleeplessness, frequency of urination, odema, varicose veins 10. Toxemia of Pregnancy – symptoms, detection and care.	Concept of Pregnancy and its problems	Discussion,	To enable the students to understand the common ailments during pregnancy	<u>Thinking Skills Based</u> - Explain the common ailments during Pregnancy and their management	
--	---	---------------------------------------	-------------	---	---	--

Sr Pearl

**PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER**

Sr Pearl

**PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER**

[Signature]

Chusri Hattur
**Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer**