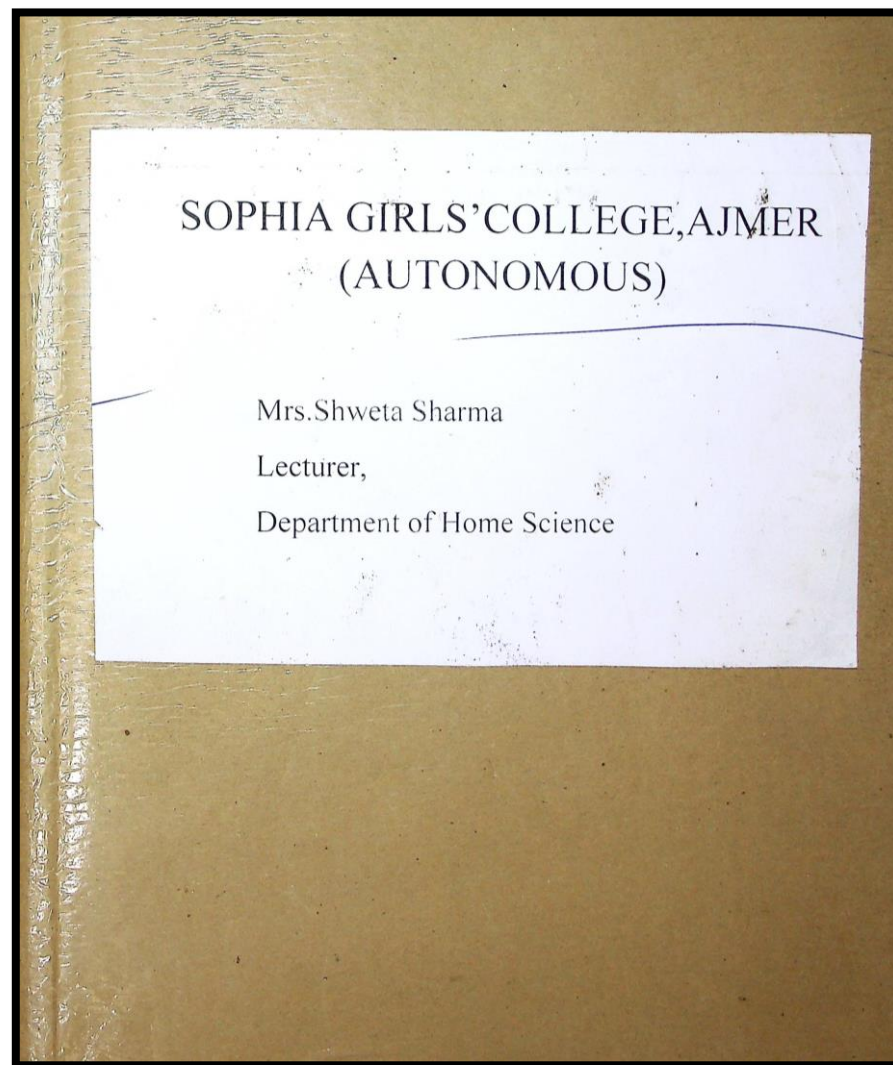




SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER





SOPHIA GIRL'S COLLEGE, AJMER (AUTONOMOUS)

B.A I (SEMESTER I)

Introduction to Textiles (PAPER I) (Hsc-101)

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 I	UNIT II. Textile Fibres: (i) Classification of Textile Fibres. (j) General properties of Textile Fibres.	Identification of various Textiles Fibers	PPT	To identify various Textiles fibers and their manufacturing process .	<u>Knowledge Based</u> -Define fiber? - Name all the man made fibers.	Knowledge--60 Understanding-30 Higher Order-10
	2. Natural Fibers: (m)Origin, (n) Manufacture , properties their importance to consumer (o) Storage of Cotton, Linen, Silk Wool.		Match the following, Demonstration			
	3. Man-made Fibres:		Flow Charts			



	(i) Properties, their importance to consumer (j) Storage of Rayon, Nylon, Polyester, Orlon.					
	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	PPT	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			
	6. Weaving (a) Loom and its parts. (b) Elementary Knowledge of traditional weaving					

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	(c) Different types of weaving – plain, Twill, Satin and Sateen, Pile and Jacquard.					
	UNIT III 7. Finishing – (m) Meaning (n) Objective of Finishing (o) Different methods of finishing : Bleaching, sizing, tentering, mercerizing, sizing, tentering, mercerizing, calendering, embossing, napping, shrinkage control, water proofing, fire resistant, moth proofing and permanent press. (d) Importance of finishes	Objectives and types of Finishes	Quiz, Chart		<u>Higher Order Thinking Skills Based</u> Elaborate the different types of weaving.	

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	8. Dyeing (m) Different types of dyes (n) Different types of dyeing process (o) Method of dyeing		PPT, Demonstration			
	9. Printing: Different methods of printing: Block, Screen, Roller, Resist, Discharge and Stencil		E-Content			

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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 III	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
	4. Motor Development: Reflexes of the new born,	Cognition theory and sequence of motor Devepment			<u>Understanding Based</u> 1. Analyze the	

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	<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> <p>6. Cognitive development: Cognition, Cognitive abilities in childhood.</p> <p>7. Personality Development: Meaning, Definition, types of personality and its determinants.</p>			<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>	
			Discussion		<p><u>Higher Order Thinking Skills Based</u> / Explain all</p>	

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UNIT III

8. Moral Development:
Meaning, development of morality, Parental disciplinary techniques and their effect.

9. Emotional development:
characteristics of children's emotions, different types of emotions and their development during childhood.

10. Social Development:
meaning and process of social development and socialization, agents of socialization, social adjustment, social acceptance.

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

Quiz

To assess the various factors affecting moral, emotional and social development.

the factors affecting development.

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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 V Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM V	UNIT I 1.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		E-Content			
	UNIT II 3.Meal Planning: (i)Concept of	Concept of RDA and Meal Planning	PPT			

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	<p>Recommended dietary allowances</p> <p>(ii) Recommended dietary allowances of nutrients for various age groups.</p> <p>(iii) Advantages of meal planning and factors to be considered while planning meals.</p> <p>(iv) Meal planning for different age groups and vulnerable groups.</p>		Group discussions		<p><u>Understanding Based</u></p> <p>-Identify the factors affecting Energy requirement.</p> <p>- List the principal of Diet Therapy.</p>	
	<p>4. Diet Therapy:</p> <ul style="list-style-type: none"> • Definition • Principles and purpose of diet therapy • Factors to be considered while planning therapeutic diet. • Special feeding methods – Tube feeding, 		<p>One to one teaching</p> <p>Discussion,</p>	To assess the principles and purpose of Diet therapy.	<p><u>Higher Order Thinking Skills Based</u></p> <p>- Explain the meaning and types of special feeding methods</p>	

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	<p>Parenteral feeding</p> <ul style="list-style-type: none"> 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>6. Immunity: Definition, types and methods of improving immunity. (Covid-19)</p>	<p>Concept of Therapeutic Nutrition</p>		<p>To illustrate the concept of dietary modification and therapeutic nutrition in various diseases.</p>		
		<p>Concept of Immunity</p>	<p>Ppt</p>			

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SOPHIA GIRL'S COLLEGE, AJMER (AUTONOMOUS)

B.A I (SEMESTER II)

(PAPER II Textile and Apparel Designing) (Hsc-202)

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

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

Credit: 03

COURSE PLAN

SEM II Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM II January	UNIT 1. 1 .Selection of fabric for various uses in the Home: a. Garments (for children, women and men) b. 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	-Pictures -You tube links for practical purpose	To explain the knowledge about the various factors to be considered while selecting garments .	<u>Knowledge Based</u> -What are marking equipments? - Name all the cutting equipment	Knowledge--60 Understanding-30 Higher Order-10




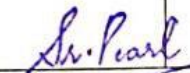
	2 .Clothing Construction ¹		Lecture			
	e. Fundamentals of Clothing Construction – terms used in clothing construction.					
	b. Equipments: Measuring, marking, cutting, stitching, Sewing Machine – types, parts, care, handling and problems		Flow Charts			
February	UNIT II 3.Apparel Designing : • Design : Meaning and types • Objectives of Apparel Designing	Develop the knowledge about Design	PPT presentation,			
	4 .Principles of Art and their application in Apparel		PPT Flipped Classroom Quiz,	To apply the		

Understanding Based
-Explain
Trickledown theory
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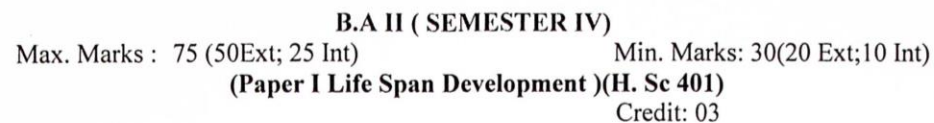


	Skeletal System 1. General structure of the bone, types of bones on the basis of structure and functions of the bones. 2. Structure of skull, humerus, femur, and scapula. 3. Joints: definition and classification, kinds of joints: Hinge, Pivot, Ball and Socket, Saddle and condyloid joint, Gliding joints	To Discuss about the structure and functions of cells and tissues of the body	Discussion PPT & assignments	To provide Knowledge o the structure and functions of the different cells and tissues of the body	functions in detail Classify tissues and explain each one in detail. Explain the structure and functions of joints <u>Higher Order Thinking Skills</u>	Order-10
SEPTEMBER - OCTOBER	UNIT II 1. Basic knowledge of cardiovascular system. 2. Structure of the heart, mechanism of blood circulation. 3. Blood pressure and its measurement.	Basic knowledge of cardiovascular system	PPT & discussion	To explain the structure of heart and mechanism of blood circulation.	<u>Based</u> -Discuss the Various muscles of the body.	
	Muscular System Meaning and structure of various kinds of muscles and their functions. (i) Cardiac muscle (ii) Smooth muscle (iii) Skeletal muscle	Knowledge of structure and functions of muscles.	E- content , PPT, Discussion		Explain the	
NOVEMBER R- DECEMBER R-	UNIT III Respiratory System 1. Basic knowledge of respiratory system its component and structure. 2. Mechanism of respiration, external and Internal respiration.	Respiratory system its component and structure	Video & audio tutorials, Documentaries, Quizzes	To analyze the mechanism of internal and external respiration..	structure and functions of skin	
	Excretory System: 1. Structure of excretory system - Urinary system and Skin 2. Functions of kidney and skin.					



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

COURSE PLAN 2022-23 MRS SHWETA SHARMA



February

. UNIT- II

4. Styles of Living
Arrangement

- i) Singlehood – reasons, advantages and disadvantages
- j) Marriage:
 - Definition, meaning and goals of marriage.
 - Types and forms of marriage
 - Factors influencing mate selection

5(a).Adjustments in Marriage:
meaning, factors affecting marital adjustment and major areas of adjustment

(b). Marriage counseling-
meaning, need & importance

To
Familiarize
the students
about
different
types of
Marriages
and families

Understanding
Based

- 1.Explain the forms of Marriage.
2. Compare the advantages and Disadvantages of Singlehood

March

UNIT III

6. Family-Definition &
Meaning

- Functions of family
- Types of family
- Social problems and

Cognition theory and
sequence of motor
Development

Discussion,
Lectures

To illustrate
the various
functions of
Family

Higher Order
Thinking Skills
Based

Explain all
the types of
Family



B.A III (SEMESTER VI)
 Max. Marks : 75 (50Ext; 25 Int) Min. Marks: 30(20 Ext;10 Int)
Paper I -Family Resource Management and Interior Designing (H. Sc 601)

Credit: 03

COURSE PLAN

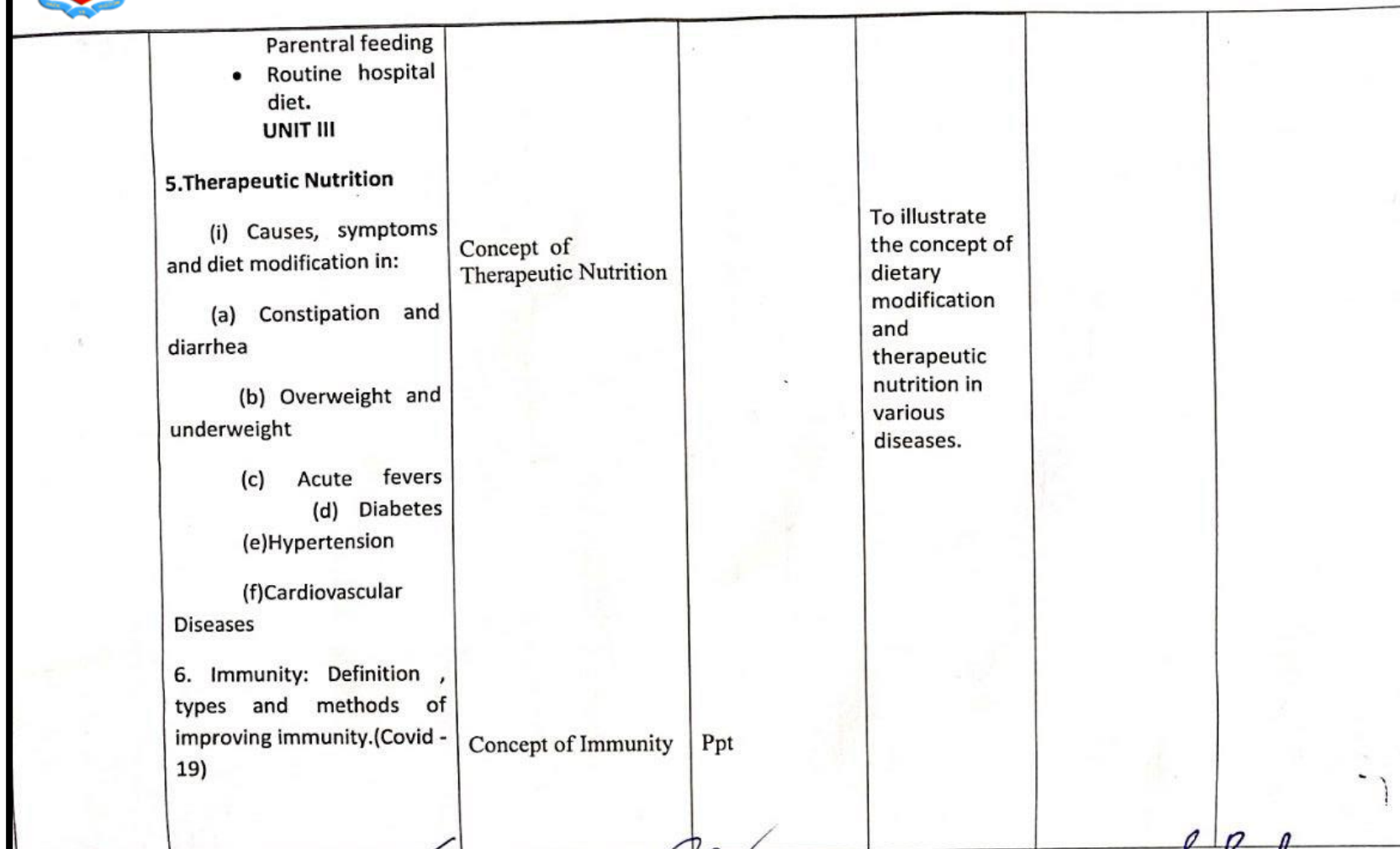
SEM VI Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
	UNIT/TOPIC			Illustrate Factors Motivating Management –	<u>Knowledge Based</u> What is home management? -Write Short notes on: a. Time cost b.Rest periods. <u>Understanding Based</u> Explain the process of management. Define Resources	
January	Unit –I 1. Home Management – Definition of Home Management 2. Factors Motivating Management – Values , Goals and Standards – Meaning , types and characteristics	To analyse the factors motivating management and the management process	PPT			Knowledge--40 Understanding-40 Higher Order-20
	3.Management Process – Decision Making- Importance, Steps in decision making and	Importance, Steps in decision making and factors influencing	PPT	Evaluate the steps of management		

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	<p>C .Factors governing the house plan: Selection of site, Orientation, Income, Socio-Economic Status, Stage of family life cycle, Grouping of rooms, Functionalism, Circulation with in and between the rooms, Flexibility etc.</p> <p>8.Kitchen Planning- Types, Workplace (Center Concept),Storage</p> <p>9. Interior Decoration-</p> <p>a. Design : Meaning and Types</p> <p>b . Objectives of Interior Decoration.</p> <p>Principles of Design and their application in Interior decoration</p> <p>a. Balance</p> <p>b. Proportion</p> <p>c. Harmony</p>	<p>To explain the principles and elements of design used in interior designing</p>		<p>To illustrate the objectives of interior designing.</p> <p>To develop the understanding of kitchen planning and storage</p>		
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