Class : XI Subject	:HOME SCIENCE	Subject Teacher (Prepared by):		Designation	: P.G.T	
Acdemic Book	Chapter's Name	Chapter Topic / Sub Topic	TER M	Start Date	End Date	No.of Periods
HUMAN ECOLOGY AND FAMILY	UNIT-1INTRODUCTION TO HSC.	WHAT IS HOME SCIENCE.HUMAN ECOLOGY AND FAMILY SC	I	1-7-2025	3-7-2025	2
SCIENCES NCERT		AREAS OF HSC., CAREER OPTIONS FOR HSC.	I	4-7-2025	7/6/2025	4
	UNDERSTANDING ONESELF	WHAT IS SELF, WHAT IS IDENTITY	I	10-7-2025	15-7-2025	6
		SELF DURING INFANCY: CHARACTERISTICS	I	16-7-2025	16-7-2025	5
		SELF DURING EARLY,MIDDLE CHILDHOOD: CHARACTERISTIC	I	17-7-2025	18-7-2025	4
		SELF DURING ADOLESCENCE	I	7/19/2025	21-7-2025	6
		INFLUENCES ON IDENTITY	I	21-7-2025	22-7-2025	3
	FOOD , NUTRITION, HEALTH AND FITNESS	DEFINITION OF FOOD, NUTRITION, BALANCED DIET, FITNES	I	23-7-2025	24-7-2025	4
		FOOD GUIDE PYRAMID, VEGETARIAN FOOD DIET, EATING DI	I	28-7-2025	29-7-2025	4
		FACTORS INFLUENCING DIETARY HABITS OF ADOLESCENTS	I	30.7.2025	31-7-2025	3
	MANAGEMENT OF RESOURCES	CLASSIFICATION OF RESOURCES, HUMAN AND NON HUMAN RESOURCES	I	1-8-2025	5-8-2025	5
		MANAGING HUMAN RESOURCES	I	7-8-2025	11-8-2025	6

Teacher Name: \_\_BHARTI PUSHKARNA\_\_\_\_\_\_\_Sign\_\_\_\_\_
Subject Co-ordinator : \_\_BHARTI PUSHKARNA\_\_\_\_\_\_Sign\_\_\_\_\_

OME SCIENCE	Subject Teacher (Prepared by):		Designation	: P.G.T	
Chapter's Name	Chapter Topic / Sub Topic	TERM	Start Date	End Date	No.of Periods
FABRICS AROUND US	DEFINITION OF YARNS, FIBRES AND TEXTILE PRODUCTS, FABRIC PRODUCTION TEXTILE FINISHING	I	12-8-2025	18-8-2025	7
MEDIA, COMMUNICATION & TECHNOLOGY	WHAT IS MEDIA & WHAT IS TECHNOLOGY.	I	19-8-2025	1-9-2025	6
CONCERNS AND NEEDS IN DIVERSE CONTEXTS	NUTRITION, HEALTH AND HYGIENE AND RESOURCE AVAILABILITY	I	2-9-2025	4-9-2025	4
RESOURSE AVALABILTY AND MANAGEMENT	TIME MANAGEMENT & SPACE MANAGEMENT	I	5-9-2025	7-9-2025	3
	SURVIVAL, GROWTH ANDDEVELOPMENT, DIETARY REQUIREMENTS OF INFANTS	II	3-10-2025	9-10-2025	2
	COMPLIMENTARY FOOD, IMMUNIZATION	II	13-10-2025	16-10-2025	5
	COMMON HEALTH AND NUTRITION PROBLEMS	II	17-10-2025	27-10-2025	4
NUTRITION HEALTH AND WELLBEING	INTRODUCTION, NUTRITION HEALTH AND WELLBEING DURING INFANCY	II	29-10-2025	4-11-2025	6
	NUTRITION , HEALTH AND WELL BEING OF SCHOOL CHILDREN	II	6-11-2025	11-11-2025	5
FINANCIAL MANAGEMENT AND PLANNING	FINANCIAL MANAGEMENT AND ITS IMPORTANCE	II	12-11-2025	18-11-2025	5
	STEPS IN MAKING BUDGET	II	19.11.2025	22-11-2025	5
	ADVANTAGES OF MAKING FAMILY BUDGETS	II	24-11-2025	28-11-2025	6
	PRINCIPLES UNDERLYING SOUND INVESTMENTS	II	29-11-2025	11-12-2025	5
	SAVINGS AND INVESTMENTS AVENUES	II	15-12-2025	22-12-2025	6
HEALTH AND WELLNESS	DIMENSIONS OF WELLNESS	II	15-1-2026	19-1-2025	5
	SIMPLE TECHNIQUES TO COPE WITH STRESS	II	20-1-2026	20-1-2026	4
	QUALITIES OF A PERSON WHO IS RATED HIGH ON WELLNES	II	21-1-2026	23-1-2026	5
CARE AND MAINTENANCE OF FABRICS	MENDING, LAUNDERING, STAIN REMOVAL	II	27-12026	30-1-2026	4
	REMOVAL OF DIRT, THE CLEANING PROCESS	II	2-2-2026	4-2-2026	5
	FINISHING. IRONING AND DRY CLEANING	II	5-2-2026	7-2-2026	5
	Chapter's Name  FABRICS AROUND US  MEDIA, COMMUNICATION & TECHNOLOGY  CONCERNS AND NEEDS IN DIVERSE CONTEXTS  RESOURSE AVALABILTY AND MANAGEMENT  NUTRITION HEALTH AND WELLBEING  FINANCIAL MANAGEMENT AND PLANNING  HEALTH AND WELLNESS  CARE AND MAINTENANCE	Chapter's Name  Chapter Topic / Sub Topic  FABRICS AROUND US  DEFINITION OF YARNS, FIBRES AND TEXTILE PRODUCTS, FABRIC PRODUCTION TEXTILE FINISHING  MEDIA, COMMUNICATION & TECHNOLOGY  WHAT IS MEDIA & WHAT IS TECHNOLOGY.  CONCERNS AND NEEDS IN NUTRITION, HEALTH AND HYGIENE AND RESOURCE AVAILABILITY  RESOURSE CONTEXTS  TIME MANAGEMENT & SPACE MANAGEMENT  SURVIVAL, GROWTH ANDDEVELOPMENT, DIETARY REQUIREMENTS OF INFANTS  COMPLIMENTARY FOOD, IMMUNIZATION  COMMON HEALTH AND NUTRITION PROBLEMS  NUTRITION HEALTH AND WELLBEING DURING INFANCY  NUTRITION, HEALTH AND WELLBEING OF SCHOOL CHILDREN  FINANCIAL MANAGEMENT  AND PLANNING  FINANCIAL MANAGEMENT  FINANCIAL MANAGEMENT  AND PLANNING  FINANCIAL MANAGEMENT  ADVANTAGES OF MAKING FAMILY BUDGETS  PRINCIPLES UNDERLYING SOUND INVESTMENTS AVENUES  HEALTH AND WELLNESS  DIMENSIONS OF WELLNESS  CARE AND MAINTENANCE  MENDING, LAUNDERING, STAIN REMOVAL OF FABRICS  REMOVAL OF DIRT, THE CLEANING PROCESS	Chapter's Name  Chapter Topic / Sub Topic  TERM  FABRICS AROUND US  DEFINITION OF YARNS, FIBRES AND TEXTILE PRODUCTS, FABRIC PRODUCTION TEXTILE FINISHING  MEDIA, COMMUNICATION & TECHNOLOGY  CONCERNS AND NEEDS IN NUTRITION, HEALTH AND HYGIENE AND DIVERSE CONTEXTS  RESOURSE AVALABILITY AND MANAGEMENT  TIME MANAGEMENT & SPACE MANAGEMENT II  SURVIVAL, GROWTH AND EVELOPMENT, DIETARY REQUIREMENTS OF INFANTS  COMPLIMENTARY FOOD, IMMUNIZATION III  NUTRITION HEALTH AND WELLBEING DIVINISHING INFANCY  NUTRITION, HEALTH AND WELLBEING OF SCHOOL CHILDREN  FINANCIAL MANAGEMENT IMPORTANCE  STEPS IN MAKING BUDGET III  ADVANTAGES OF MAKING FAMILY BUDGETS III  PRINCIPLES UNDERLYING SOUND III  ADVANTAGES OF MAKING FAMILY BUDGETS III  PRINCIPLES UNDERLYING SOUND III  PRINCIPLES UNDERLYING SOUND III  ADVANTAGES OF MAKING FAMILY BUDGETS III  ADVANTAGES OF MAKING FAMILY BUDGETS III  CARE AND MAINTENANCE MENDINGS OF WELLNESS III  CARE AND MAINTENANCE MENDING, LAUNDERING, STAIN REMOVAL III  CARE AND MAINTENANCE REMOVAL OF DIRT, THE CLEANING PROCESS III	Chapter's Name Chapter Topic / Sub Topic TERM Start Date  FABRICS AROUND US DEFINITION OF YARNS, FIBRES AND TEXTILE FINISHING MEDIA, COMMUNICATION WHAT IS MEDIA & WHAT IS TECHNOLOGY. I 19-8-2025  CONCERNS AND NEEDS IN NUTRITION, HEALTH AND HYGIENE AND DIVERSE CONTEXTS RESOURCE AVAILABILITY  AND MANAGEMENT TIME MANAGEMENT & SPACE MANAGEMENT I 5-9-2025  SURVIVAL, GROWTH ANDDEVELOPMENT, DIETARY REQUIREMENTS OF INFANTS  COMPLIMENTARY FOOD, IMMUNIZATION II 13-10-2025  COMMON HEALTH AND NUTRITION PROBLEMS III 17-10-2025  NUTRITION HEALTH AND WELLBEING OF SCHOOL CHILDREN  NUTRITION, HEALTH AND WELLBEING OF SCHOOL CHILDREN  FINANCIAL MANAGEMENT FINANCIAL MANAGEMENT AND ITS IMPORTANCE  NUTRITION, HEALTH AND WELL BEING OF SCHOOL CHILDREN  FINANCIAL MANAGEMENT INANCIAL MANAGEMENT AND ITS IMPORTANCE  STEPS IN MAKING BUDGET III 12-11-2025  ADVANTAGES OF MAKING FAMILY BUDGETS III 12-11-2025  PRINCIPLES UNDERLYING SOUND III 29-11-2025  ADVANTAGES OF MAKING FAMILY BUDGETS III 15-12-2026  HEALTH AND WELLNESS DIMENSIONS OF WELLNESS III 29-11-2026  CARE AND MAINTENANCE MENDING, LAUNDERING, STAIN REMOVAL III 27-1-2026  OF FABRICS  REMOVAL OF DIRT, THE CLEANING PROCESS III 2-2-2026	Chapter's Name

Teacher Name:BHARTI PUSHKARNA	Sign
Subject Co-ordinator: BHARTI PUSHKARNA	Sign

## N. C. JINDAL PUBLIC SCHOOL PUNJABI BAGH, NEW DELHI Periodic Test/Half yearly/Annual Marking Schame: 2025-2026

Class	ass XI Subject : HOME SCIENCE				
CldSS	<b>^</b> 1	Subject : HOIVIE SCIENCE			
Sl.No	PT I-II/ANNUAL EXAM	Chapter/Topic	Max. Marks		
1	PERIODIC TEST 1	IINTRODUCTION TO HUMAN ECOLOGY AND FAMILY SCIENCES	2		
		UNDERSTANDING SELF-WHO AM I	18		
		DEVELOPMENT AND CHARACTERISTICS OF SELF INFLUENCES ON IDENTITY			
		Total	20		
2	Half Yearly Exam Syllabus	INTRODUCTION TO HOME SCIENCE	2		
		UNDERSTANDING THE SELF	18		
		FOOD NUTRITION , HEALTH AND FITNESS	12		
		MANAGEMENT OF RESOURCES	10		
		FABRICS ARROUND US	7		
		MEDIA AND COMMUNICATION TECHNOLOGY	6		
		NUTRITION HEALTH AND HYGIENE	5		
		Resource availability and management	10		
		Theory and practical	70 MARKS 30 Marks		
3	PERIODIC TEST-II	SURVIVAL, GROWTH AND DEVELOPMENT	10		
		NUTRITION HEALTH AND WELLBEING	10		

RSTANDING ONESELF: ADOLESCENCE 20  RSTANDING FAMILY, COMMUNITY AND 15 TY	
RSTANDING FAMILY, COMMUNITY AND 15	
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HOOD 15	
THOOD 18	
L THEORY 70	
TICAL 30	
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