

N. C. JINDAL PUBLIC SCHOOL PUNJABI BAGH, NEW DELHI ANNUAL CURRICULUM 2022-23

Class : XI	Subject :		Subject Teacher (Prepared by):		Designation: P.G.T		
Syllabus Topic	Academic Book	Chapter's Name	Chapter Topic / Sub Topic	TERM	Start Date	End Date	No.of Periods
	HUMAN ECOLOGY	UNIT-1 INTRODUCTION TO HSC.	WHAT IS HOME SCIENCE. HUMAN ECOLOGY AND FAMILY SC.	I	01-07-2022	02-07-2022	2
	AND FAMILY SCIENCES		AREAS OF HSC., CAREER OPTIONS FOR HSC.	I	04-07-2022	06-07-2022	4
		UNDERSTANDING ONESELF	WHAT IS SELF, WHAT IS IDENTITY	I	11-07-2022	16-07-2022	6
			SELF DURING INFANCY: CHARACTERISTICS	I	18-07-2022	22-07-2022	5
			SELF DURING EARLY, MIDDLE CHILDHOOD: CHARACTERISTICS	I	25-07-2022	30-07-2022	6
			SELF DURING ADOLESCENCE	I	01-08-2022	06-08-2022	6
			INFLUENCES ON IDENTITY	I	08-08-2022	12-08-2022	3
FOOD , NUTRITION, HEALTH AND FITNES			DEFINITION OF FOOD, NUTRITION , BALANCED DIET, FITNES	I	16-08-2022	20-08-2022	4
			FOOD GUIDE PYRAMID, VEGETARIAN FOOD DIET, EATING DISORDERS	I	22-08-2022	26-08-2022	5
MANAGEMENT OF RESOURCES			HUMAN AND NON HUMAN , MANAGING RESOURCES	I	29-08-2022	02-09-2022	5
FABRICS AROUND US			CLASSIFICATION, YARN AND FABRIC PRODUCTION	I	05-09-2022	09-09-2022	5
CONCERNS AND NEEDS IN DIVERSE CONTEXTS			NUTRITION, HEALTH AND HYGIENE, SANITATION	I	12-09-2022	15-09-2022	4

Teacher Name: BHARTI PUSHKARNA Sign _____

Subject Co-ordinator : BHARTI PUSHKARNA Sign _____

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CONCERNS AND NEEDS	HUMAN ECOLOGY AND		TIME MANAGEMENT	II	06-10-2022	07-10-2022	4
CHILDHOOD	FAMILY SCIENCES BY NCERT		MEANING OF SURVIVAL, AREAS OF DEVELOPMENT	II	11-10-2022	15-10-2022	4
			STAGES IN DEVELOPMENT AND ACROSS STAGES	II	17-10-2022	21-10-2022	5
OUR APPAREL			CLOTHING FUNCTIONS , FACTORS AFFECTING SELECTION	II	27-10-2022	28-10-2022	2
			CLOTHING REQUIREMENTS AT DIFFERENT CHILDHOOD STAGES	II	31-10-2022	04-11-2022	5
			CLOTHES FOR CHILDREN WITH SPECIAL NEEDS	II	07-11-2022	11-11-2022	4
	NUTRITION HEALTH AND WELLBEING		INTRODUCTION, NUTRITION HEALTH AND WELLBEING DURING INFANCY	II	14-11-2022	19-11-2022	6
			NUTRITION , HEALTH AND WELL BEING OF SCHOOL CHILDREN	II	21-11-2022	25-11-2022	5
	FINANCIAL MANAGEMENT AND PLANNING		FM AND ITS IMPORTANCE	II	28-11-2022	02-12-2022	5
			STEPS IN MAKING BUDGET	II	05-12-2022	07-12-2022	3
			ADVANTAGES OF MAKING FAMILY BUDGETS	II	12-12-2022	17-12-2022	6
			PRINCIPLES UNDERLYING SOUND INVESTMENTS	II	19-12-2022	23-12-2022	5
			SAVINGS AND INVESTMENTS AVENUES	II	26-12-2022	31-12-2022	6
	HEALTH AND WELLNESS		DIMENSIONS OF WELLNESS	II	16-01-2023	21-01-2023	5
			SIMPLE TECHNIQUES TO COPE WITH STRESS	II	23-01-2023	27-01-2023	4
			QUALITIES OF A PERSON WHO IS RAYED HIGH ON WELLNESS	II	30-01-2023	03-02-2023	5
	CARE AND MAINTENANCE OF FABRICS		MENDING, LAUNDERING, STAIN REMOVAL	II	06-02-2023	10-02-2023	5
			REMOVAL OF DIRT, THE CLEANING PROCESS	II	13-02-2023	17-02-2023	5
			FINISHING. IRONING AND DRY CLEANING	II	20-02-2023	24-02-2023	5

Teacher Name: __BHARTI PUSHKARNA__ Sign _____

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N. C. JINDAL PUBLIC SCHOOL PUNJABI BAGH, NEW DELHI Periodic Test/Half yearly/Annual Marking Scheme: 2022-2023

Class :	XI	Subject : Home Science	
Sl.No.	PT I-II/ANNUAL EXAM	Chapter/Topic	Max. Marks
1	PERIODIC TEST I	INTRODUCTION TO SELF	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	30
		FOOD NUTRITION , HEALTH AND FITNESS	10
		MANAGEMENT OF RESOURCES	10
		FABRICS AROUND US	7
		MEDIA AND COMMUNICATION TECHNOLOGY	6
		NUTRITION HEALTH AND HYGIENE	5
		TOTAL	70 MARKS
		THEORY	
		PRACTICALS	30 MARKS
3	PERIODIC TEST-2	SURVIVAL , GROWTH AND DEVELOPMENT	10
		NUTRITION HEALTH AND WELLBEING	10
		Total	20
4	Annual Examination	INTRODUCTION TO HOME SCIENCE	2
		UNDERSTANDING ONESELF: ADOLESCENCE	20

N. C. JINDAL PUBLIC SCHOOL PUNJABI BAGH, NEW DELHI Periodic Test/Half yearly/Annual Marking Scheme: 2022-2023

		UNDERSTANDING FAMILY, COMMUNITY	15
		AND SOCIETY	
		CHILDHOOD	18
		ADULTHOOD	
		TOTAL THEORY	70
Co-ordinator Na BHARTI PUSHKARNA		PRACTICAL	30
BHARTI PUSHKARNA			