

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-1INTRODUCTION TO HSC.	WHAT IS HOME SCIENCE.HUMAN ECOLOGY AND FAMILY SC	I	1-7-2024	5-7-2024	2
	AND FAMILY SCIENCES		AREAS OF HSC., CAREER OPTIONS FOR HSC.	I	6-7-2024	010-07-2024	4
		UNDERSTANDING ONESELF	WHAT IS SELF, WHAT IS IDENTITY	I	11-7-2024	13-7-2024	6
			SELF DURING INFANCY: CHARACTERISTICS	I	14-7-2024	15-7-2024	5
			SELF DURING EARLY,MIDDLE CHILDHOOD: CHARACTERISTIC	I	17-7-2024	18-7-2024	4
			SELF DURING ADOLESCENCE	I	020-07-2024	21-7-2024	6
			INFLUENCES ON IDENTITY	I	21-7-2024	22-7-2024	3
FOOD , NUTRITION, HEALTH AND FITNES			DEFINITION OF FOOD, NUTRITION , BALANCED DIET, FITNES	I	23-7-2024	24-7-2024	4
			FOOD GUIDE PYRAMID, VEGETARIAN FOOD DIET, EATING DI	I	25-7-2024	26-7-2024	4
			factors influencing dietary habits of adolescents	I	27-7-2024	31-7-2024	3
MANAGEMENT OF RESOURCES			classification of resources, human and non human resources	I	1-8-2024	5-8-2024	5
			managing human resources	I	7-8-2024	11-8-2024	6

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CONCERNS AND NEEDS	HUMAN ECOLOGY AND	fabrics around us	definition of yarns, fibres and textile products, manufactured	I	15-8-2024	22-8-2024	4
CHILDHOOD	FAMILY SCIENCES BY NCERT		Media, communication technology	I	23-8-2024	31-8-2024	6
			Nutrition, health and hygiene and resource availability	I	1-9-2024	11-9-2024	7
OUR APPAREL			Survival, growth and development, dietary requirements of i	II	3-10-2024	10-10-2024	2
			complimentary food, immunization	II	11-10-2024	13-10-2024	5
			common health and nutrition problems	II	16-10-2024	19.10.2024	4
	NUTRITION HEALTH AND WELLBEING		INTRODUCTION, NUTRITION HEALTH AND WELLBEING DURING INFANCY	II	20-10-2024	31-10-2024	6
			NUTRITION , HEALTH AND WELL BEING OF SCHOOL CHILDREN	II	2-11-2024	10-11-2024	5
	FINANCIAL MANAGEMENT AND PLANNING		FINANCIAL MANAGEMENT AND ITS IMPORTANCE	II	16-11-2024	18-11-2024	5
			STEPS IN MAKING BUDGET	II	20-11-2024	23-11-2024	5
			ADVANTAGES OF MAKING FAMILY BUDGETS	II	24-11-2024	30-11-2024	6
			PRINCIPLES UNDERLYING SOUND INVESTMENTS	II	26-12-2024	30-12-2024	5
			SAVINGS AND INVESTMENTS AVENUES	II	13-12-2023	22-12-2024	6
	HEALTH AND WELLNESS		DIMENSIONS OF WELLNESS	II	15-1-2025	21-1-2025	5
			SIMPLE TECHNIQUES TO COPE WITH STRESS	II	23-1-2025	27-1-2025	4
			QUALITIES OF A PERSON WHO IS RATED HIGH ON WELLNES	II	30.1.2025	3-2-2025	5
	CARE AND MAINTENANCE OF FABRICS		MENDING, LAUNDERING, STAIN REMOVAL	II	5.2.2024	6-2-2025	4
			REMOVAL OF DIRT, THE CLEANING PROCESS	II	7.2.2025	15-2-2025	5
			FINISHING. IRONING AND DRY CLEANING	II	15-2-2025	18-2-2025	5

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N. C. JINDAL PUBLIC SCHOOL
PUNJABI BAGH, NEW DELHI
Periodic Test/Half yearly/Annual Marking Scheme: 2024-2025

Class	XI	Subject : HOME SCIENCE	
Sl.No	PT I-II/ANNUAL EXAM	Chapter/Topic	Max. Marks
1	IC 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	20
		FOOD NUTRITION , HEALTH AND FITNESS	10
		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
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
		UNDERSTANDING FAMILY, COMMUNITY	15
		AND SOCIETY	
		CHILDHOOD	15
		ADULTHOOD	18
		TOTAL THEORY	70
		PRACTICAL	30
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