

Class : XI Subject :HOME SCIENCE		Subject Teacher (Prepared by):		Designation: P.G.T		
Academic Book	Chapter's Name	Chapter Topic / Sub Topic	TER M	Start Date	End Date	No.of Periods
HUMAN ECOLOGY AND FAMILY SCIENCES NCERT	UNIT-1INTRODUCTION TO HSC.	WHAT IS HOME SCIENCE.HUMAN ECOLOGY AND FAMILY SC	I	1-7-2025	3-7-2025	2
		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 \_\_\_\_\_

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HUMAN ECOLOGY AND	FABRICS AROUND US	DEFINITION OF YARNS, FIBRES AND TEXTILE PRODUCTS, FABRIC PRODUCTION TEXTILE FINISHING	I	12-8-2025	18-8-2025	7
FAMILY SCIENCES BY NCERT	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
	RESOURCE AVAILABILITY AND MANAGEMENT	TIME MANAGEMENT & SPACE MANAGEMENT	I	5-9-2025	7-9-2025	3
		SURVIVAL, GROWTH AND DEVELOPMENT, 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	27-1--2026	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

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

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

		<b>Total</b>	20
4	<b>Annual Examination</b>	INTRODUCTION TO HOME SCIENCE	2
		UNDERSTANDING ONESELF: ADOLESCENCE	20
		UNDERSTANDING FAMILY, COMMUNITY AND SOCIETY	15
		CHILDHOOD	15
		ADULTHOOD	<b>18</b>
		TOTAL THEORY	70
		<b>PRACTICAL</b>	30
<b>Teacher Name: __BHARTI PUSHKARNA__</b> <span style="float: right;"><b>Sign</b>_____</span>			