Training Schedule

Our Home Environment (455)

S. No	Schedule		Theory (40 Hrs)		Practical (80 Hrs)		Instructions to the trainer	Key Learning outcomes (After going through the PCP learner will be able to..)
	Week	Day	Topic	Hours	Topic	Hours		
Section A-Our Home Environment								
1.	Week 1	Day 1	Plane Table Survey and Maps • Map and its importance. • types of maps, symbols etc. • different instruments in plane table survey.	3	• To make a map of given place with dimensions using a plane table instrument.	2	• Explain map and its importance. • Show types of maps, symbols etc. • Demonstrate different instruments and their uses in plane table survey.	• Explain map and its importance. • Differentiate between various types of maps, symbols etc. • Demonstrate plane table survey.
2.		Day 2	-	-	• Use of different instruments in plane table survey • To draw a map using the plane table.	5	• Elaborate use of different instruments used in plane table survey • Demonstrate to draw a map using the plane table.	• Use different instruments preciously for plane table survey • Draw a map using the plane table.

3.	Week 2	Day 1	Levelling • Understand the use of instruments like spirit level, levelling tube, Dumpy Level	2	• Methods to mark Contours on ground. • Use of dumpy level	3	• Explain the use of instruments like spirit level, levelling tube, Dumpy Level • Discuss methods to mark Contours on ground. • Demonstrate use of dumpy level	• Use instruments like spirit level, levelling tube, Dumpy Level as per requirement • Mark Contours on ground. • Use dumpy level
4.		Day 2	Biogas • Explain what is 'Biogas' • Understand the operation of Biogas plants and mmaintenance	2	• Operation of Biogas plants • Maintenance of biogas plant	3	• Explain 'Biogas' using PPT/ sample/ video • Discuss the operation of Biogas plants and its maintenance • Demonstrate operation and maintenance of Biogas plants	• Demonstrate operation and maintenance of Biogas plants
5.	Week 3	Day 1	Solar Energy • Basic principle of solar cells and their structure. • types and function of solar cooker. • Discuss the use of smokeless chullah	3	• To compare the smokeless chulha with traditional chulha	2	• Explain basic principle of solar cells and their structure. • Display different types of solar cooker and their function. • Discuss the use and benefits of smokeless chullah	• Explain basic principle of solar cells and their structure. • Classify solar cookers and smokeless chullah.

6.		Day 2	-	-	• Installation and maintenance of solar cells. • How to use solar cooker efficiently. • Maintenance of solar cooker.	5	• Demonstrate installation and maintenance of solar cells. • Discuss use and maintenance of solar cooker efficiently	• Install and maintain solar cells. • Use and maintain solar cooker efficiently
7.	Week 4	Day 1	Ground water resources • Effects of water level in well. • Different resources of water. • Advantages of ground water.	5	-	-	• Explain effects of water level in well. • Show pics of different resources of water using PPT/ video. • Explain advantages of ground water.	• Explain effects of water level in well. • Summarize various resources of water and their advantages.
8.		Day 2	Food Preservation • Importance of the food preservation. • Causes of food spoilage. • Different methods of food preservation.	1	• Causes of food spoilage. • Different methods of food preservation • Preparation of mango jam • Preparation of guava jelly	4	• Explain topics with the use of AV aids and samples. • Describe different methods of food preservation • Demonstrate preparation of mango jam and guava jelly taking recommended precautions	• Describe and demonstrate different methods of food preservation • Prepare mango jam and guava jelly with recommended precautions

9.	Week 5	Day 1	-	-	• Preparation of Tomato Ketchup • Preparation of Chikki • Preparation of Mango pickles	5	• Demonstrate preparation of Tomato Ketchup, Chikki and Mango pickles explaining recommended precautions	• Prepare Tomato Ketchup, Chikki and Mango pickles with recommended precautions
10.		Day 2	-	-	• Preparation of Nankhatai • Preparation of Cake • Preparation of Khoa	5	• Demonstrate preparation of Nankhatai, cake and Khoa describing recommended precautions	• Prepare Nankhatai, cake and Khoa taking recommended precautions
11.	Week 6	Day 1	-	-	• Preparation of Apple Jam • Preparation of Lemon Squash	5	• Demonstrate preparation of apple jam and Lemon Squash with recommended precautions	• Prepare apple jam and Lemon Squash with recommended precautions
12.		Day 2	Environment • Pollution and pollutant. • Various types of pollution . • Enumerate the sources, effects and measures for controlling different types of pollution	3	• Ways of making water safe for drinking. • Practical ways to deal with environment related problems	2	• Demonstrate ways of making water safe for drinking. • Display ways to deal with environment related problems	• Demonstrate methods of making water safe for drinking. • Display ways to deal with environment related problems

			• Consequences of pollution on living and non-living beings. • Deforestation and its ill effects on living beings.					
13.	Week 7	Day 1	Kitting • Knitting needles. • Requirements of knit stitch.	2	• purl stitch	3	• Demonstrate knitting skills	• Demonstrate knitting skills
14.		Day 2	Housing • Functions of 'Home' • Ways of providing adequate lighting and ventilation in the home • Effect of poor lighting and ventilation to ill health. • Maintaining sanitary conditions around the home. • Safe disposal of waste at home.	2	• Health and hygiene • Organize work areas effectively and aesthetically.	3	• Demonstrate recommended health and hygienic practices	• Recall recommended health and hygienic practices
Section B- Basics of electricity								
15.	Week 8	Day 1	Electric Safety • Electric Shock and Electric Fire.	2	• Providing First Aid • Methods of Artificial	3	• State working with electricity safely. • Demonstrate First	• Demonstrate working with electricity safely. • Provide First Aid in emergency.

			• Workshop Safety Rules.		Respiration.		Aid procedures. • Demonstrate Artificial Respiration procedures.	• Provide Artificial Respiration in emergency.
16.		Day 2	Basic Tools • State how tools are specified. • Explain the maintenance of the tools.	1	• Identify the different types of tools. • Application of each tools.	4	• Explain and show basic electric tools using relevant Audio video aids • Demonstrate use of tools and their maintain.	• Enlist and identify basic electric tools • Use and maintain tools judiciously
17.	Week 9	Day 1	• Electrical/ Graphical Symbols	2	• How to use electrical/ graphical symbol	3	• Explain electrical/ graphical symbols and their use as per requirement	• Use electrical/ graphical symbols as per requirement
18.		Day 2	Basic Electricity • Atomic structure of matter. • Electricity. • Current • EMF • Resistance • Electrical power • Electrical energy • Simple examples of power and energy	2	• To calculate the energy consumed by an appliance or by any other load.	3	• Show calculation of the energy consumed by an appliance or by any other load.	• Calculate the energy consumed by an appliance or by any other load.

19.	Week 10	Day 1	Circuits and OMH's Law • Types of circuit with its respective effects. • OHM'S law • Laws of resistance. • Classification of the circuits- series circuit, parallel circuit and Series-Parallel circuit	2	• Wick and pressure stove	3	• Explain OHM's Law/ law of resistance etc with day to day examples. • Show use of wick and pressure stove as per recommendations	• Use wick and pressure stove as per requirements and recommendations
20.		Day 2	• Wire and Cables • Electrical Wiring Accessories	2	• To learn skinning cable insulation using manual striper. • To learn skinning cable insulation using auto striper. • Measurement of wire (micro meter)	3	• Demonstrate skinning cable insulation using manual striper and auto striper. • Show measuring of a wire (micro meter)	• Demonstrate skinning cable insulation using manual striper and auto striper. • Show measuring of a wire in micro meter
21.	Week 11	Day 1	• Fuse and Earthing • Cells and Batteries	2	• To connect up plug pin top. • Connecting up appliances socket. • Plate type earthing. • Measuring voltages of various cells	3	• Demonstrate connecting up plug pin top and appliances socket. • Explain plate type earthing. • Demonstrate measuring voltages of various cells. • Demonstrate	• Connect plug pin top and appliances socket. • Explain plate type earthing. • Measure voltages of various cells. • Measure specific gravity of the electrolyte of the battery.

					• To measure specific gravity of the electrolyte of the battery.		measuring specific gravity of the electrolyte of the battery.	
22.		Day 2	• D.C Generators and Motors • A.C Generators and Motors	2	• Dissemble and reassemble the diesel engine	3	• Explain D.C Generators and Motors using suitable example/ aids • A.C Generators and Motors using suitable example/ aids • Demonstrate dissemble and reassemble the diesel engine	• Explain D.C and A.C. Generators and Motors • Dissemble and reassemble the diesel engine
23.	Week 12	Day 1	• Transformer • Semi Conductors	2	• To connect, start, run and reverse a capacitor motor	3	• Explain Transformer and Semi Conductors with suitable examples and audio video aids	• Explain Transformer and Semi Conductors
24.		Day 2	-	-	• To make a rain guage and measure rainfall.	5	• Demonstrate making a rain guage and measure rainfall.	• Make a rain guage and measure rainfall.
	Total			**40**		**80**		