

Vishnu Bhagwan Public School

Session 2025-2026

Class 11- Home Science

Syllabus

Pre – Periodic Exam

Le-1 Introduction Human ecology and family sciences

Le-2 Understanding the self

Le-3 Food, Nutrition Health and Fitness

Periodic -exam

Le-4 Management of resources

Le-5 Fabric around us

Le-6 Media and communication

Le-10 Concerns and needs in diverse contexts (Nutrition health and Hygiene)

Post -periodic exam

Le -11 Survival Growth and Development

Le-12 Nutrition Health and well being

Le -14 Our Apparel

Annual exam-

Le 15- Health and Wellness

Le-16 Financial Management and Planning

Le-17 Care and Maintenance of Fabric (including whole syllabus)