

Lesson Plans

of

B.Sc.(Home Science)

Session: 2025-26

(Even Semester)

Name of the Associate Professor: Ms. Archana Dua Class and Section: B.Sc. Home Science (6th Semester) Subject: Therapeutic Nutrition (T+P)	
Week 1	Introduction of Syllabus, Principles of Diet Therapy Modification of normal diet for therapeutic purposes,
Week 2	Continued with full diet soft diet, fluid diet, Bland diet. Practical: Talking About Therapeutic Nutrition, Telling About Full Diet, Soft Diet, Fluid Diet And Bland Diet(With Example)
Week 3	Modification of Normal Diet To Suit Therapeutic Purposes Practical: Modifying Normal Diet For An Obese Person
Week 4	Assignment Given: a)Make A List Of High Fibre Food And Low Fibre Foods b)Enlist Food Stuff With High Sodium Content and low sodium content? Definition of a Dietician
Week 5	Role of a Dietician... Practical: Planning a Diet For An Adult Man Suffering From Chronic Diarrhoea: Calculate Any Three Important Nutrients. Started with Unit 2: Gastro Intestinal Diseases Diarrhea–Causes &Types
Week 6	Nutritional management In Diarrhea, Continuation of a diet plan for a diarrhea patient Make A Menu Plan For An Adult Man Having Chronic Diarrhea\ Class Test of Unit 1.
Week 7	Constipation–Types and Causes Nutritional management In Constipation Practical: Planning a Menu for An Adult Sedentary Man Suffering From Chronic constipation. Calculate Fiber.
Week 8	Continuation of Chronic Constipation Diet. Fever-Types and Causes Nutritional management In Typhoid. Nutritional management in tuberculosis. Make A Menu Plan For An Adult Sedentary Man Suffering From Chronic Constipation.
Week 9	Weight Management–Overweight And Obesity, Underweight (UnitIII) Obesity-Types,Causes Nutritional Management in Obesity, Underweight-Causes Practical: Preparation of Diet For An Obese Lady
Week 10	Diabetes mellitus causes, Diabetes mellitus sign and symptoms, Diabetes mellitus dietary suggestion, Practical : Planning diabetic diet, Hypertension nutritional management
Week 11	Kidney Disorder type and causes , Nutritional management in kidney disorder, Plan and preparation of hypertensive diet. Class Test of Unit 2 and 3.
Week 12	MOCK TEST
Week 13	Make A Menu Plan For An Adult Sedentary Man Suffering From Chronic Constipation ,Planning A Diet For A Typhoid Patient, Calculate Vitamin C
Week 14	Doubt Class, Discussion of Previous Year Question Paper.
Week 15	REVISION

Name of the Associate Professor: Ms. Archna Dua Class and Section: B.Sc. Home Science (6th Semester) Subject: Nutritional Biochemistry- II (T+P)	
Week 1	Introduction of Syllabus, Lipids– Definition, classification of lipids, properties of fatty acids
Week 2	Practical-Do's & Don't so of working in the biochemistry lab, Reactions of Fatty & Acids. Study of Acid value, Iodine value and saponification value in brief.
Week 3	Practical- Determination of acid value of fats & oils Discuss the Following a) Halogenation of Fatty Acids b) Hydrogenation in Fatty Acids c) Saturated & Unsaturated Fatty Acids
Week 4	B Oxidation of Fatty Acids Practical-Determination of acids value of fats & oils
Week 5	Class Test of β Oxidation of Fatty Acid, Biosynthesis of fatty acids Ketone Body Formation Assignment given on lipids and its properties.
Week 6	Practical-Determination of Saponification value of fats & oils Ketosis & Fatty Livers Class test of : Write about the following: a) β Oxidation of fatty acids b)Ketone body formation
Week 7	Started with TCA cycle, Practical- Determination of Saponification value of fats & oils, Electron Transport Chain.
Week 8	Continued with Oxidative Phosphorylation Theories Assignment given on: Describe various components of electron transport chain?
Week 9	Biosynthesis of proteins Practical-To study properties of amino acids phenylalanine, tyrosine, arginine, cysereine, tryptophan
Week 10	Class Test on Electron transport chain Practical-To study properties of amino acids Continued with Biosynthesis of Proteins
Week 11	Nucleic Acids-What are these, DNA&RNA similarities & differences, Practical-Identity the given unknown amino acids
Week 12	MOCK TEST
Week 13	Composition, Replication, transcription, genetic– code. Structure of DNA & RNA, Assignment given on Unit 3.
Week 14	Doubt Class, Discussion of Previous Year Question Paper.
Week 15	REVISION

Name of the Associate Professor: Dr. Sangeeta Kulshrestha	
Class and Section: B.A. 6th Semester	
Subject: Home Science	
Week 1	Discussion of syllabus, Definition of Child Psychology, Aims of Child Psychology
Week 2	Subject matter of Child Psychology, Objectives of studying Child Psychology
Week 3	Learning- Introduction and Definitions, Importance of learning
Week 4	Methods of learning, Factors affecting learning
Week 5	Role of reward in learning, Role of punishment in learning, Revision, Test- Learning
Week 6	Personality- introduction, Nature of Personality, Definitions of Personality, Types of Personality
Week 7	Factors affecting Personality, Test- Personality, Play- definitions, Features of play
Week 8	Difference between work and play, Types of play, Importance of play in Childhood
Week 9	Stages of Child development, Characteristics of Infancy, Characteristics of Early childhood
Week 10	Characteristics of Late childhood, Characteristics of Adolescence, Problems of adolescence, Role of parents in solving their problems, Role of teachers in solving adolescent problems
Week 11	Signs of Pregnancy, Discomforts of Pregnancy, ill-effects of an early marriage
Week 12	MOCK TEST Advantages of breast feeding, Artificial feeding, Difference between breast feeding and artificial feeding
Week 13	Weaning, Cold, cough and fever, Diarrhoea, constipation and Vomiting, Skin infections in childhood
Week 14	Discussion of old question papers
Week 15	REVISION

Name of the Associate Professor: Dr. Sangeeta Kulshrestha	
Class and Section: B.A. 6th Semester	
Subject: Home Science Practical	
Week 1	Discussion of syllabus, Principles of meal planning
Week 2	How to make menu plans
Week 3	Planning meals for pre-school child and preparing one full meal
Week 4	Planning meals for school going child and preparing one full meal
Week 5	Planning meals for adolescent boy and preparing one full meal
Week 6	Planning meals for adolescent girl and preparing one full meal
Week 7	Planning meals for sedentary adult male and preparing one full meal
Week 8	Planning meals for heavy worker LIG male and preparing one full meal
Week 9	Planning meals for moderate worker female and preparing one full meal
Week 10	Planning meals for pregnant woman and preparing one full meal
Week 11	Planning meals for lactating woman and preparing one full meal
Week 12	MOCK TEST
Week 13	Preparation of Squash, Chutneys and pickles
Week 14	Preparation of jam and morabba
Week 15	REVISION

Name of the Associate Professor: Dr. Sangeeta Kulshrestha Class and Section: B.A. II Semester Subject: Home Science (Nutrition Science)	
Week 1	Introduction to theory Syllabus Definition of Food, Food groups Pr.- Introduction to Practical syllabus
Week 2	Food guide pyramid, nutrition, nutrients, recommended dietary allowance Pr.- working in food laboratory
Week 3	Balanced, diet, health, malnutrition, over-nutrition, undernutrition, functions, food Pr.- weighing and measuring
Week 4	Water- functions and sources for human body Dietary fibre- types, functions, sources, requirement, health, problems, excess, deficiency. Test. Definition & functions of food Pr.- preparation of recipes using fermentation
Week 5	Carbohydrates: Classification & functions Assignment- Food Guide Pyramid Pr.- Prepare recipes using sprouting
Week 6	Carbohydrates: sources & requirement, effect of deficiency and excess Protein: Classification Pr.- Prepare recipes using supplementation
Week 7	Protein- functions, sources, requirement, excess, deficiency. Test- carbohydrates Pr.- Prepare recipes using boiling method
Week 8	Lipids- classification, functions, sources, requirements, health, problems, excess, deficiency Pr.- Prepare recipes using simmering method
Week 9	Vitamins, definition, classification, difference between fat-soluble and water-soluble Vitamin A- functions, sources, RDA, effects of deficiency & excess, Vitamin D- functions, sources, RDA, effects of deficiency & excess Pr.- Prepare recipes using shallow frying
Week 10	Vitamin E, functions, sources, RDA, effects of deficiency & excess, vitamin K, functions, sources, RDA, effects of deficiency & excess, vitamin C, functions, sources, RDA, effects of deficiency & excess Pr.- Prepare recipes using deep fat frying
Week 11	Vitamin B1, functions, sources, RDA, , effects of deficiency & excess Vitamin B2, functions, sources, RDA, , effects of deficiency & excess, Niacin, functions, sources, RDA, , effects of deficiency & excess, vitamin B12, functions, sources, RDA, , effects of deficiency & excess Folic acid ,Pr.- Prepare recipes using baking
Week 12	MOCK TEST Minerals: Definition & Classification Macro minerals: Calcium: Functions, sources, RDA, effects of excess & deficiency Phosphorus: Functions, sources, RDA, effects of excess & deficiency Sodium: Functions, sources, RDA, effects of excess & deficiency Potassium: Functions, sources, RDA, effects of excess & deficiency Pr.- Prepare recipes using grilling
Week 13	Iron: Functions, sources, RDA, , effects of deficiency & excess Iodine: Functions, Sources, RDA, Effects of Excess & Deficiency, Fluorine: Functions, Sources, RDA, Effects of Excess & Deficiency, Zinc: Functions, Sources, RDA, Effects of Excess & Deficiency Pr.- Prepare recipes using steaming
Week 14	Methods of cooking, Methods of enhancing nutritional quality of foods Pr.- Mock Practical test
Week 15	REVISION

Name of the Assistant Professor: Ms. Benu Mehta Class and Section: B.Sc. Home Science (4th Semester) Subject: e Clothing Construction and Apparel Designing (Theory and Practical)	
Week 1	Started with Unit 01: Importance of apparel designing & its role in personality development, Application of elements of arts and principles of designs in clothing construction
Week 2	Continued with: Types of designs: Structural & Decorative Wardrobe Planning: Principles, steps involved and importance
Week 3	Started with Unit 02: Fabric Construction: a) Weaving: Parts and functions of a loom b) Types of Weaves: Plain, twill and their variations, satin and sateen weaves
Week 4	Class Test: Importance of apparel designing & its role in personality development, Application of elements of arts and principles of designs in clothing construction
Week 5	Continued with Unit 02: Knitting: Types, characteristics, stitches used in knitting, Non-Woven Fabrics: Felting, bonding, netting, braiding, laces.
Week 6	Started with Practical Class : 1) Preparation of Samples of Weaving and Knitting 2) Preparation of a sample consisting of ten basic embroidery stitches: Stem stitch, Chain stitch, Feather stitch, Herringbone stitch, Satin stitch, Lazy daisy stitch, French knots, Bullion stitch, Cross stitch, Long and short stitch.
Week 7	Started with Unit 03: Anthropometry: Definition, importance, and equipment required a) Types of anthropometric measurements (vertical, horizontal, girth/round measurement) b) Care to be taken while taking body measurements
Week 8	Continued with Methods of Developing Design/Pattern: a) Drafting: Drafting tools, techniques, advantages and disadvantages of drafting b) Paper pattern: Types, principles, advantages and disadvantages of paper pattern c) Draping: Techniques of draping and advantages and disadvantages of draping
Week 9	Continued with Unit 03: Preparation of Fabric: Preshrinking, straightening the grain, pressing, identify face and back, square up, marking, pinning, types of markings , Methods and Precautions for Cutting, Sewing & Finishing
Week 10	Continued with Practical:3) Drafting of child's bodice block and sleeves block.
Week 11	Class Test: Knitting: Types, characteristics, stitches used in knitting, Non-Woven Fabrics: Felting, bonding, netting, braiding, laces
Week 12	Started with Unit 04: Fashion: Concept, importance, and terminology (Fad, style, classic, silhouette, vogue, haute couture, niche, brand) (MOCK TEST)
Week 13	Continued with Unit 04: Fashion Cycle and Fashion Favoring and Retarding Factors and Practical 4) Cutting and stitching of napkins, bib, jhabla.
Week 14	Continued with Figure Analysis and Fitting: Figure types, common fitting problems, reasons for poor fitting, and their remedies
Week 15	(REVISION)

Name of the Assistant Professor: Ms. Benu Mehta Class and Section: B.Sc. Home Science (6th Semester) Subject: Apparel Science (Theory and Practical)	
Week 1	<ul style="list-style-type: none"> ● Introduction to the syllabus ● Meaning and types of designs ● Introduction to the practical syllabus ● Components of design ● Design-Definition, Components of design
Week 2	<ul style="list-style-type: none"> ● Structural designs through variations in yarns ● Structural designs through variations in weaves ● Practical – Preparing colour wheel and chart of Tints & shades ● Structural designs through variations in finishes ● Definition of Applied design- Introduction to applied designs
Week 3	<ul style="list-style-type: none"> ● Applied designs in fabrics through dyeing. ● Applied designs in fabrics through printing. ● Practical- Colour harmonies & colour schemes ● Applied designs through embroidery ● Discussion and revision of the chapters covered so far
Week 4	<ul style="list-style-type: none"> ● Line form & shape analysis ● Appropriate use of line and form in apparel designing ● Practical-Line & form- different types of lines ● Test of the chapters covered so far
Week 5	<ul style="list-style-type: none"> ● Texture-Definition, analysis ● Texture in relation to size & figure ● Practical-Geometric and abstract designs ● Texture in relation to occasion and season ● Revision of line & texture
Week 6	<ul style="list-style-type: none"> ● Color-Its dimensions ● Color in relation to season, occasion, size, figure and occasion ● Practical- Floral designs/ Natural designs ● Test of chapters covered so far ● Principles of design- Introduction
Week 7	<ul style="list-style-type: none"> ● Principles of design- Balance & harmony ● Principles of Design – Rhythm, Proportion & Emphasis ● Practical- Geometric designs/ Abstract designs ● Principles of design- Continued in detail ● Revision & discussion on principles of design
Week 8	<ul style="list-style-type: none"> ● Test on the chapters covered ● Practical- Development of motif, placement for all over patterns ● Figure types-Introduction ● Average types of figures for which ready to wear garments are made
Week 9	<ul style="list-style-type: none"> ● Designing clothes for average figure types using various principles of design ● Designing clothes for tall and stout figures
Week 10	<ul style="list-style-type: none"> ● Designing clothes for tall and slim figures ● Designing clothes for short and stout figures ● Motif enlarging & reducing ● Designing clothes for short and thin figures ● Revision- Designing for average figures
Week 11	<ul style="list-style-type: none"> ● Figure illustrations and revision with diagrams ● How to design clothes for figures with variations ● Batik on cloth fabrics ● Designing clothes for figures with large hips ● Computers in Apparel construction

	<ul style="list-style-type: none"> ● Computers in Apparel construction
Week 12	<ul style="list-style-type: none"> ● Designing clothes for figures with large busts ● Designing clothes for figures with large upper arm ● Designing clothes for figure with prominent abdomen ● Practical- Batik on cotton fabric ● Using elements of design to camouflage figure defects (MOCK TEST)
Week 13	<ul style="list-style-type: none"> ● How to enhance your designing skills ● Revision and discussion of the chapter ● Test- Designing for average figure and figures with variations ● Preparing one household article using various techniques of applied design ● Elementary computer aided designing
Week 14	<ul style="list-style-type: none"> ● Elementary computer aided designing ● Elementary computer aided designing ● Elementary computer aided designing ● Practical- Preparing one article of 'Apparel' ● Elementary computer aided designing
Week 15	<ul style="list-style-type: none"> ● The Computers in Apparel construction ● Computers in Apparel construction ● Practical- Completion of both the articles ● Revision of all the chapters ● Test of theory topics covered so far (REVISION)

Name of the Assistant Professor: Ms. Benu Mehta
Class and Section: B.Sc. Home Science (2nd Semester)
Subject: Apparel Science (Theory and Practical)

Week 1	<ul style="list-style-type: none"> ● Introduction to the syllabus ● Objectives of textiles ● Importance and scope of clothing and textiles ● Introduction to parts of sewing machine ● Importance of clothing and textiles
Week 2	<ul style="list-style-type: none"> ● Basic terminology: Grain line, Bias, Dart, notches ● Basic terminology: gathers, fasteners, plackets, seam allows, contours, interfacing ● Practical: ● Care and machines of sewing machine ● Parts of sweating machine
Week 3	<ul style="list-style-type: none"> ● Study of different types of sewing machine their use in garment industry ● Factors affecting selection of clothing ● Environmental, social psychological and physiological factors in selection of clothing ● Practical: ● Parts of sewing machine demonstration and their uses
Week 4	<ul style="list-style-type: none"> ● Clothing requirements of different age groups : infants and toddlers ● Clothing requirements of different age groups : Pre- school and elementary school children ● Clothing requirements of different age groups: Pregnant lady and lactating mother ● Practical: ● Microscopic and identification of textiles fibers
Week 5	<ul style="list-style-type: none"> ● Comparing and tailors maid and readymade garments ● Test of Unit 1 ● Practical: ● Threading if sewing machine ● Introduction of eclectic sewing machine
Week 6	<ul style="list-style-type: none"> ● Test of Unit 2 ● Assignment on physiological and physiological accepts of clothing ● Practical: ● Burning and chemical test for cotton,silk, linen and wool
Week 7	<ul style="list-style-type: none"> ● Basic terminology used for textiles: Fiber and Filament ● Basic terminology used for textile: Yarn count and thread count ● Practical: ● Preparing basic hand processes that is visible and invisible heming
Week 8	<ul style="list-style-type: none"> ● Basic terminology used for textile : Cord, Twist, Crimp and Tensile Strength ● Textile fiber calcification and definition ● Practical: ● Tacking overcasting and running stitch
Week 9	<ul style="list-style-type: none"> ● Difference between natural and manmade fibers ● Practical: ● back stitch and button- hole ● application of fasteners
Week 10	<ul style="list-style-type: none"> ● Manufacture and properties of cotton ● Manufacturer and properties of wool ● Practical: ● Prepare samples of basic machine processes, tucks, gathers and pleats
Week 11	<ul style="list-style-type: none"> ● Manufacture and properties of nylon ● Manufacture and properties of rayon ● Practical:

	<ul style="list-style-type: none"> ● Prepare samples of basic machine processes : Darts and Plackits
Week 12	<ul style="list-style-type: none"> ● Definition and process of yarn making ● S twist , Z twist ● Basic principles of yarn making ● Mechanical and chemical spinning ● Practical: ● Prepare samples of different seams : plain seam, counter seam , run and fell seam ● MOCK TEST
Week 13	<ul style="list-style-type: none"> ● Calcification and types of simple, filament and spun yarn ● Spinning: wet, dry and melt ● Practical: ● Prepare samples of : French seam, mantua maker
Week 14	<ul style="list-style-type: none"> ● Classification of novelty and complex yarns ● Properties of yarns : elasticity and plasticity ● Practical: ● Revision of parts of sewing machine
Week 15	<ul style="list-style-type: none"> ● Properties of yarn , strength and elongation ● Test of unit 3 ● Assignment on classification of yarns. ● REVISION

Name of the Assistant Professor: Dr. Pragati Chitkara Class and Section: BSc. Home Science 4th Semester Subject: Food Adulteration and Preservation	
Week 1	<ul style="list-style-type: none"> ● Unit 1 ● Food Adulteration: Definition of Food Adulteration, Stages at which Food Adulteration occurs (Producer, Distributor and Retailer)
Week 2	<ul style="list-style-type: none"> ● Types of Adulterants (intentional and incidental) ● Adulterants in common foods and simple methods for their detection ● Harmful effects of adulterants
Week 3	<ul style="list-style-type: none"> ● Types of Adulterants (intentional and incidental) ● Adulterants in common foods and simple methods for their detection ● Harmful effects of adulterants ● Continued,,,
Week 4	<ul style="list-style-type: none"> ● Unit 2 ● Food Laws and Standards ● Prevention of Food Adulteration Act ● Essential Commodities Act, 1955
Week 5	<ul style="list-style-type: none"> ● Consumer Protection Act, 1986 ● Misbranding ● Bureau of Indian Standards
Week 6	<ul style="list-style-type: none"> ● <input type="checkbox"/> AGMARK ● <input type="checkbox"/> FSSAI ● <input type="checkbox"/> Export Inspection Council ● <input type="checkbox"/> HACCP
Week 7	<ul style="list-style-type: none"> ● Food Spoilage – Non-perishable, Semi-perishable and Perishable foods, Causes of food spoilage,
Week 8	<ul style="list-style-type: none"> ● Spoilage of different foods (Cereals & Cereal products, Milk & milk products, Fruits & Vegetables
Week 9	<ul style="list-style-type: none"> ● Spoilage of different foods (Meat, Fish & Poultry) (in brief)
Week 10	<ul style="list-style-type: none"> ● Principles of Food Preservation
Week 11	<ul style="list-style-type: none"> ● Methods of Food Preservation ● <input type="checkbox"/> Food Preservation by Low Temperature
Week 12	MOCK TEST
Week 13	<ul style="list-style-type: none"> ● Methods of Food Preservation ● <input type="checkbox"/> Food Preservation using High Temperature ● <input type="checkbox"/> Preservation by use of Preservatives ● <input type="checkbox"/> Preservation by Food Irradiation
Week 14	<ul style="list-style-type: none"> ● Preservation by high Osmotic Pressure ● <input type="checkbox"/> Preservation by Drying and Dehydration
Week 15	REVISION

Name of the Assistant Professor: Dr. Pragati Chitkara	
Class and Section: BSc. Home Science 2nd Semester	
Subject: Culinary skills	
Week 1	1. Planning and preparation of the following dishes: at least any two from each category. a) Beverages
Week 2	b) Breakfast dishes
Week 3	c) snacks
Week 4	d) Desserts/Cakes
Week 5	File preparation and checking
Week 6	e) soups
Week 7	f) Salads
Week 8	File preparation and checking
Week 9	g) Main Course Dishes
Week 10	2. Planning and preparing nutrient rich recipes: Protein,
Week 11	2. Planning and preparing nutrient rich recipes: calcium, iron
Week 12	MOCK TEST
Week 13	2. Planning and preparing nutrient rich recipes: vitamin A
Week 14	File preparation and checking
Week 15	REVISION

Name of the Assistant Professor: Dr. Pragati Chitkara	
Class and Section: BA 2nd Semester	
Subject: Human Development	
Week 1	Unit 1: Human development- Definition, importance, scope, Difference between growth and development Child Visiting Nursery Schools/ Aanganwadi and preparing a report.
Week 2	Psychology – Aims and Objectives of Child Psychology
Week 3	Difference between child psychology and child Development
Week 4	Unit 2: Stages of the development of the child. Infancy: Characteristics of Infancy, Physical development, Motor development, Language development Preparing low cost nutritious recipes for Children/ Mother.
Week 5	Childhood: Characteristics of childhood, Characteristics of Early childhood, Physical development and early childhood,
Week 6	Characteristics of late childhood Play: Definition, Features of Play, Difference between work & play,
Week 7	Types of Play, Importance of Play in childhood.
Week 8	Unit 3: Adolescence: Characteristics of Adolescents, Prepare Poster/ Chart on topics related to Breast Feeding/ Weaning Food.
Week 9	Problems of Adolescent Children, Role of Parents and Teachers in solving the problems of Adolescents,
Week 10	Ill effects of an early marriage. Expectant mother: Signs of Pregnancy,
Week 11	Discomforts of Pregnancy, care of Expectant Mother
Week 12	MOCK TEST
Week 13	Unit 4: Breast Feeding, Artificial Feeding, Weaning, supplementary food , Prepare at least Two Teaching aids for Pre-School Children (3-6 Years).
Week 14	Child care: Care of New Born Infant, Common ailments of Childhood- Cold, Cough, Fever, Digestive disturbance (Diarrhoea, Constipation and Vomiting), Skin Infections (Allergy, Prickly Heat)
Week 15	REVISION

Name of the Assistant Professor: Dr.Pragati Chitkara	
Class and Section: B.Sc. Home Science (6th Semester)	
Subject: Women Empowerment	
Week 1	Orientation of the students, Introduction of Syllabus, Started with Unit 1: Status of Indian women– pre and, post-independence.
Week 2	Continued with Legal and Social Status of Women in Society.
Week 3	Continued with Economic and Political Status of Women in Society.
Week 4	Continued with Educational Status of Women in Society and gave assignment of Unit 1.
Week 5	Started with Unit 2: Contemporary problems and issues related to women: a) Families with marital disharmony.
Week 6	Continued with b) Violence, abuse and dowry victimization of women and Class test of Unit 1.
Week 7	Continued with c) Sexual discrimination and exploitation of Indian women.
Week 8	Assignment allotment of Unit 2 and Class test of Unit 2.
Week 9	Started with Unit 3: Empowerment of women a) Role of Mass media and women empowerment.
Week 10	Continued with Education, employment and empowerment. Home Science education as empowerment.
Week 11	Continued with -Role of home science for personal growth and professional development. Assignment allotment of Unit 3.
Week 12	MOCK TEST
Week 13	Started with Unit 4: Trends in women’s movements in reference to India Continued with Social welfare programme and their impact.
Week 14	Doubt Class, Discussion of Previous Year Question Paper.
Week 15	REVISION

Name of the Assistant Professor: Ms. Priyanka Pawar Class and Section: B.Sc. (Multidisciplinary) Subject: Basics of Home Science -II (Theory and Practical)	
Week 1	Micro Nutrients: Definition and Classification of Vitamins and Minerals, Sources, Requirement and deficiency of fat-soluble vitamins such A, D, E and K
Week 2	Started with water soluble vitamins B complex (B1, B2, B3, B6 and B12) & vitamin C (in brief).
Week 3	Sources, Requirement, Deficiency of Minerals: Calcium, Iron, Iodine, Sodium, Potassium.
Week 4	Started with Unit 2, Factors affecting selection of clothing, Dyeing and Printing techniques, Assignment given on Unit 1. , Practical Class: Started with Pot Painting.
Week 5	Continued with Unit 2, Finishes- wrinkle resistant, Calendaring, Mercerization, tendering, Practical work: Tie and dye (5 samples) and Block printing and Preparation of two craft activity/teaching aids for children (6-12 years).
Week 6	Started with Unit 3- Developmental milestones of middle school age- physical, motor, emotional and cognitive. Role of the family and community in socialization of the child. Class test of Unit 2.
Week 7	Continued with Unit 3- Developmental changes during adolescence: Physical, social, emotional, cognitive and moral.
Week 8	Started with Unit 4: Importance of interior decoration, elements of art and principles of design, Continued with Practical work: Prepare a colour wheel and colour schemes.
Week 9	Continued with Unit 4: Consumer protection act and consumer rights, Standardized marks (AGMARK, FSSAI, FPO, WOOL MARK, ECOMARK, ISI.)
Week 10	Revision of fat-soluble vitamins such A, D, E and K and Assignment given on Unit 2.
Week 11	Practical Class: Preparation of different nutrient rich recipes (any six).
Week 12	MOCK TEST
Week 13	Practical Class: Preparation of flipbook on Standardized marks: AGMARK, FPO, FSSAI, SILK MARK, WOOL MARK, ECOMARK, ISI.
Week 14	Revision and Discussion on water soluble vitamins B complex (B1, B2, B3, B6 and B12) & vitamin C.
Week 15	REVISION

Name of the Assistant Professor: Ms. Priyanka Pawar Class and Section: B.Sc. Home Science (4th Semester) Subject: Hygiene and Human Physiology (Theory and Practical)	
Week 1	Started with Unit 01: Chapter-01 Definition of Health and Hygiene, Infection, Infective Agents, Infectious Diseases.
Week 2	Continued with Communicable Diseases, Incubation Period, Modes and Channels of Transmission of Infection, Isolation. Started with Chapter 02: Disinfectants – Definition, types, and methods of disinfection.
Week 3	Continued with Chapter 03: Immunity – Definition, types of immunity, immunization schedule, Chapter 04: Communicable diseases- Malaria, Dengue fever.
Week 4	Continued with Typhoid, Measles, Tuberculosis and AIDS. Started with Unit 02: Chapter 01: Animal cell: Structure and functions of Cell Organelles.
Week 5	Continued with Cell Organelles its location and functions. Started with Chapter 02: Skeletal system: Functions, Types and Names of Bones, Types of Joints, Continued with Chapter 03: Excretory System: Structure and functions of Kidneys and Lungs.
Week 6	Continued with Structure and Functions of Kidney and Lungs. Started with Unit 03: Chapter 01: Digestive system: Structure and functions of various parts of Digestive System.
Week 7	Continued with Digestive System: Functions of various parts of Digestive system. Class test of Disinfectants – Definition, types, and methods of Disinfection.
Week 8	Class Test of Chapter-01 Definition of Health and Hygiene, Infection, Infective Agents, Infectious Diseases, Continued with Practical of Study of Human Skeleton.
Week 9	Continued with Practical Class of 1) Determination of Hemoglobin percentage in blood. 2) Coagulation of Blood and Blood Grouping.
Week 10	Continued with Chapter 02: Circulatory system: Structure and Working of Heart, Continued with Practical Class of 3) Measurement of Blood Pressure using Sphygmomanometer. Composition and Functions of Blood, Blood Coagulation.
Week 11	Continued with Composition and functions of Blood, Blood Coagulation. Started with Unit 04: Chapter 01: Reproductive System: Female Reproductive System.
Week 12	MOCK TEST Continued with Sex Glands (Male and Female), Menstruation, Fertilization, Pregnancy and Lactation.
Week 13	Continued with Practical Class of: 4) Workshop on Health and Hygiene 5) PowerPoint Presentations on Communicable Diseases.
Week 14	Continued with Unit 4: Chapter 02: Endocrine System: Functions of Pituitary gland, Thyroid gland.
Week 15	REVISION Continued with Functions of Adrenal Gland and Islet of Langerhans in Pancreas. And Complete Revision of Syllabus.

Name of the Assistant Professor: Ms. Priyanka Pawar	
Class and Section: B.Sc. Home Science 6th Semester (3rd Year)	
Subject: Food Microbiology (Only Theory)	
Week 1	Discussion of complete syllabus, Characteristics and classification of molds
Week 2	Characteristics and classification of Yeasts.
Week 3	Characteristics, classification and usefulness of Bacteria's
Week 4	Useful Micro-organisms, Pathogenic Micro-Organisms
Week 5	Brief History of Microbiology. Importance of Microorganisms in food
Week 6	Assignment given for Unit 1, Revision of Unit 1. Started with Unit 2, Primary sources of micro-organisms in Foods.
Week 7	Class Test of bacteria and Continued with Primary sources of micro – organisms in foods
Week 8	Extrinsic and Intrinsic parameters affecting the growth and survival of micro-organisms
Week 9	Class Test of Useful Micro-Organisms, Assignment given for Unit 2.
Week 10	Contamination and micro-organisms in the spoilage of Eggs, cereals and its products and its preservations. Test of micro-organisms involved in spoilage of food
Week 11	Introduction of Preservation, its advantages and disadvantages. Use of high and low temperature methods in food preservation
Week 12	Discussion on Dehydration, freezing and freeze-drying, Irradiation in food preservation, Class test of Unit 1. Fermentation, fermented foods and their benefits. (MOCK TEST)
Week 13	Started with Unit 4, Food borne intoxication, symptoms, mode and sources of transmissions and method of prevention. Food borne infections, symptoms, mode and sources of transmissions and method of prevention.
Week 14	Indices of Food, Water and Milk. Assignment given for Unit 3.
Week 15	Unit 4, Microbiological Criteria of Food, Bacteriological analysis of water and milk, Discussion on Previous Year Question Papers. (REVISION)

Name of the Assistant Professor: Ms. Priyanka Pawar	
Class and Section: B.Sc Home Science (2nd Semester)	
Subject: Human Development (Theory and Practical)	
Week 1	Started with Unit 1. Understanding Human Development, Human development: Definitions, Importance, scope and multidisciplinary nature of Human Development, Historical trends in human development, Differences between Growth & Development.
Week 2	Continued with Unit 1-Difference between child psychology and child development., Principles of Human Growth and Development. Factors influencing growth & development.
Week 3	Started with Unit 2. Theories and methods of child study, Theories of Development: Psychoanalytic theory of Sigmund Freud, Cognitive theory of Piaget and Psychosocial theory of Erik Erikson.
Week 4	Continued with Unit 2, Methods of Child Study and data collection - observation, interview, questionnaire, case study, cross sectional, longitudinal methods. Practical Work: Plan and develop activities to facilitate development in different domains.
Week 5	Started with Unit 3. Conception and Infancy (0-2 Years) Stages and Development. Prenatal development during three trimesters, various factors affecting prenatal development. Assignment submission on Unit1.
Week 6	Continued with Infancy- physical characteristics of neonate, size, weight, height, body proportions, sensory capabilities i.e. hearing, vision, taste, smell, touch, temperature and reflexes of a newborn. Class test of Unit 1.
Week 7	Continued with Unit 3-Developmental tasks, milestones, physical development, motor, social, emotional development, cognitive development. Factors influencing development. Assignment given on Unit 2.
Week 8	Practical Class: Methods of Child Study and their application, Interview, Observation, Checklist and questionnaire.
Week 9	Started with Unit 4. Childhood Years (2-6 years) Developmental tasks, Physical-motor Development, Cognitive and language development.
Week 10	Continued with Unit 4-Socio-emotional development, moral development. Pre-school orientation and significance.
Week 11	Continued with Unit 4- Factors affecting their development. Role of school, peers and media.
Week 12	MOCK TEST
Week 13	Importance and types of play for all round development. Class Test of Unit 4.
Week 14	Practical File Work: Making of Questionnaire, Psychometric test for Children- Developmental Assessment scale for Indian Infants (DASII), Wechsler preschool and primary scales of Intelligence (WPPSI), Children Appreciation Test (CAT).
Week 15	REVISION

Name of the Assistant Professor: Ms. Sujata Class and Section: B.Sc. Home Sci. 2nd year Subject: Introduction to home management-11(Theory+Practical) Teaching Term: 5th January 2026 to 7th May 2026 (Excluding Holi Break)	
Week 1	Discussing the syllabus Ergonomics in home- introduction Body mechanics- meaning and introduction Practical- Discussing syllabus of practicals
Week 2	Body mechanics- meaning and introduction Body mechanics- principles Body mechanics- principles Practical- Demonstration on making pathway chart Practical- making pathway chart
Week 3	Work simplification – meaning and importance Mundel’s classes of change Mundel’s classes of change Practical- making budget of LIG, MIG, HIG
Week 4	Classes of change Classes of change Revision Practical- making budget of LIG, MIG, HIG Practical- making time plan for college going girl
Week 5	Class test Work study techniques- pathway chart Practical- making time plan for working women Practical-- making time plan for house wife
Week 6	Work study technique – operation chart Work study technique – operation chart Income – types of income Practical- identification of certificate marks issued for different products in india
Week 7	Budget – meaning and introduction Types of budget Steps in making budget Practical- identification of certificate marks issued for different products in india Practical- prepare advertisement on consumer awareness
Week 8	Factors affecting budget Meaning and importance of saving Importance of saving Practical- prepare advertisement on consumer awareness
Week 9	Types of saving – provident fund Insurance – meaning and importance Types of saving – banks, Post office savings Practical- Discussing old question paper
Week 10	Introduction to management Concept of management Management process Planning-Importance and types of plan Practical- Discussing old question paper
Week 11	Controlling Evaluation Technique of self evaluation Practical- Discussing old question paper
Week 12	Mock test Mock test Mock test Practical- Introduction and classification of values Practical- Definition and classification of goals and standards

Week 13	Decision making process Types of decisions Steps in decision making Factor affecting decision Practical- Discussing old question paper
Week 14	Resources in the family Factors affecting use of resources Similarities among resources Practical- Time and steps in time plan Practical- Tools in time plan
Week 15	Energy cost in various activities Fatigue and its type Causes and effects of fatigue Managing energy Practical-revision

Name of the Assistant Professor: Ms. Sujata Class and Section: B.Sc. Home Sci. 3rd year Subject: Child Welfare (Theory+practical) Teaching Term: 5th January 2026 to 7th May 2026 (Excluding Holi Break)	
Week1	Discussing the syllabus Definition and objective of child welfare Definition and objective of child welfare Practical-visit to nursery school ,creches and bal bhawan Practical-write a report on visit
Week2	Philosophy of child welfare Philosophy of child welfare National policy of child welfare Practical-visit to the institutes for blind children Practical-write a report on visit
Week3	National policy of child welfare National policy of child welfare National policy of child welfare Practical-preparing play material and toys for children from 4-6 years old Practical- preparing play material and toys for children from 4-6 years old
Week4	Class test Problem of school dropouts Problem of school dropouts Practical- preparing play material and toys for children from 4-6 years old Practical- preparing play material and toys for children from 4-6 years old
Week5	Problem of child labour Problem of child labour Problem of child labour Practical- preparing play material and toys for children from 4-6 years old Practical- preparing play material and toys for children from 4-6 years old
Week6	Effect of mass media on children Effect of mass media on children Deprivation among children Practical-survey to know deprivation of girls in different income group Practical-making questionnaire
Week7	Deprivation among children –nutritional Deprivation among children –educational Deprivation among children –emotional Practical-fill the questionnaire Practical- fill the questionnaire
Week8	Revision of unit-1 Discussion of previous year question paper Discussion of previous year question paper Practical- involvement in child welfare activities Practical- write a report on it
Week9	Children with special needs their rehabilitation and care – blind children Children with special needs their rehabilitation and care – deaf and dumb Children with special needs their rehabilitation and care – mentally retarded Practical- to make a resource file regarding child welfare happenings Practical- to make a resource file regarding child welfare

	happenings
Week10	Juvenile delinquency –causes and ways to tackle the menace Juvenile delinquency –causes and ways to tackle the menace Juvenile delinquency –causes and ways to tackle the menace Practical- to make a resource file regarding child welfare happenings Practical- to make a resource file regarding child welfare happenings
Week11	Class test Voluntary agencies working for child welfare Voluntary agencies working for child welfare Practical- to make a resource file regarding child welfare happenings Practical- to make a resource file regarding child welfare happenings
Week12	Mock test Mock test Mock test Mock test Mock test
Week13	International agencies working for child welfare International agencies working for child welfare International agencies working for child welfare Practical- Revision Practical- Revision
Week14	Family planning programme in India Family planning programme in India Revision Revision Revision
Week15	Revision Revision Revision Revision Revision

Name of the Assistant Professor: Ms. Sujata Class and Section: B.Sc. Home Sci. 3rd year Subject: Interior Designing (Theory+practical) Teaching Term: 5th January 2026 to 7th May 2026 (Excluding Holi Break)	
Week1	Orientation of the students Furniture selection Furniture care Practical- pot painting Practical- pot painting
Week2	Furniture arrangement Furniture arrangement Furniture arrangement Practical- pot painting Practical -pot painting
Week3	Types of lighting Lighting for different areas of house Lighting for different areas of house Practical- pot painting Practical- pot painting
Week4	Class test Accessories and their types Place of accessories in interior decoration Practical- flower arrangement for different areas in house Practical- flower arrangement for different areas in house
Week5	Window treatment Basic window treatment Basic window treatment Practical- flower arrangement for different areas in house Practical- flower arrangement for different areas in house
Week6	Types of curtains Types of curtains Types of curtains Practical- making different types of curtains Practical- making different types of curtains
Week7	Draping fabric –selection Draping fabric care Class test Practical- making different types of curtains Practical- making different types of curtains
Week8	Revision of unit-1 Discussion of previous year question paper Discussion of previous year question paper Practical- making different types of curtains Practical- making different types of curtains
Week 9	Revision of unit 1 Revision of unit 2 Revision of unit 3 Practical-macrame article (decorative article) Practical- macrame article(decorative article)
Week10	Hanging of curtains- pelmet Hanging of curtains- swage Hanging of curtains- valances Practical- macrame article (decorative article) Practical- macrame article (decorative article)
Week11	Wall finishes-paints Wall finishes-wood panel Wall finishes-wall paper Practical- macrame article (decorative article) Practical- macrame article (decorative article)

Week12	Mock test Mock test Floor treatment types Practical- macrame article (decorative article) Practical- macrame article (decorative article)
Week13	Carpet and rugs Design Principle of design Practical- macrame article (decorative article) Practical- macrame article (decorative article)
Week14	Flower arrangement Types of flower arrangement Use of principle of design in flower arrangement Practical- macrame article (decorative article) Practical- macrame article (decorative article)
Week15	Revision Revision Revision Revision Revision