Lesson Plans

Of

B.Sc. (Home Science)

Session: 2026-27

(Odd Semester)

Name of the Associate Professor: Dr. Sangeeta Kulshrestha Class And Section: B.A. (Multidisciplinary) 5th Semester Subject: Home Science (Normal and Therapeutic Nutrition) Practical	
Week 1	Discussion of syllabus, Principles of meal planning, how to make menu plans
Week 2	Planning meals for pre-school child and preparing one full meal
Week 3	Planning meals for school going child and preparing one full meal
Week 4	Planning meals for adolescent boy and preparing one full meal
Week 5	Planning meals for adolescent girl and preparing one full meal
Week 6	Planning meals for sedentary adult male and preparing one full meal
Week 7	Planning meals for heavy worker LIG male and preparing one full meal
Week 8	Planning meals for moderate worker female and preparing one full meal
Week 9	Planning meals for pregnant woman and preparing one full meal
Week 10	Planning meals for lactating woman and preparing one full meal
Week 11	Planning meals for a patient suffering from constipation and preparing one full meal
Week 12	**MOCK TEST** Planning meals for a patient suffering from obesity and preparing one full meal
Week 13	Planning meals for a patient suffering from diabetes and preparing one full meal
Week 14	Planning meals for a patient suffering from hypertension and preparing one full meal
Week 15	**REVISION** Planning meals for a patient suffering from fever and preparing one full meal

Name of the Associate Professor: Dr. Sangeeta Kulshrestha **Class And Section: B.A. 5th Sem.** **Subject: Home Science Theory (Normal and Therapeutic Nutrition)**	
Week 1	Introduction to the syllabus, Balanced diet, RDA
Week 2	Principles of Meal Planning, Factors affecting Meal Planning
Week 3	Planning meals for Pre- school children
Week 4	Planning meals for School going children
Week 5	Planning meals for Adolescents
Week6	Planning meals for Adults
Week 7	Meal Planning for Pregnant women
Week 8	Planning meals for Lactating Women Assignment- Meal Plans for Adolescent boys & girls, Adult Males & Females (including LIG), Pregnant and Lactating Women
Week 9	Therapeutic Nutrition Therapeutic adaptations of the normal diet
Week 10	Planning diets for constipation and diarrhoea
Week 11	Planning diets for Peptic ulcers Planning diets for weight management
Week 12	Planning diets for diabetes
Week 13	Planning diets for high blood pressure
Week 14	Planning diets for typhoid fever and tuberculosis
Week 15	Discussion of old question papers Revision

Name of the Associate Professor: Dr. Sangeeta Kulshrestha **Class And Section: B. Sc. (Home Science) V Semester** **Subject: INSTITUTIONAL MANAGEMENT**	
Week 1	Discussion of syllabus, Catering management – introduction and definition, Catering in the 21st century,
Week 2	Scope of catering management (Assignment – definition and scope of catering management)
Week 3	Environmental hygiene and sanitation
Week 4	Hygienic food handling, Personnel hygiene
Week 5	Organization of spaces – introduction Kitchen spaces – work space, work surfaces, lighting and ventilation
Week 6	Storage spaces – location, Types of storage, sanitation, safety and security
Week 7	Service areas – location and planning Test – Environmental hygiene and sanitation
Week 8	Planning menus, Writing of menus, types of menus, use of menu
Week 9	Food Service- Various styles of service Test- Kitchen spaces and storage spaces
Week 10	Controlling food costs, reasons for controlling costs, Costing of dishes, meals and events
Week 11	Pricing- Methods of pricing, factors affecting pricing
Week 12	**MOCK TEST** **Revision**
Week 13	Revision Test- Controlling food costs
Week 14	Discussion of old question papers
Week 15	**REVISION**

Name of the Associate Professor: Dr. Sangeeta Kulshrestha **Class And Section: B. Sc. (Home Science) I Semester** **Subject: 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 a Food Laboratory
Week 3	Balanced diet, Health, Malnutrition (overnutrition and undernutrition) Reference man and Reference woman Functions of food Pr.- Weighing and measuring
Week 4	Water: Functions and sources of water for human body Dietary Fibre- Types, functions, sources& requirement and health problems associated with excess and deficiency of fibre Test-Definition & Functions of food Pr.- Prepare recipes using fermentation
Week 5	Total Energy Requirement and Factors affecting it BMR Assignment- Food Guide Pyramid Pr.- Prepare recipes using sprouting
Week 6	Carbohydrates: Classification & functions Pr.- Prepare recipes using supplementation
Week 7	Carbohydrates: sources & requirement, effect of deficiency and excess Protein: Classification Pr.-learning calculation of energy and protein
Week 8	Protein: Functions, sources, requirement, excess and deficiency Protein Quality Test- Carbohydrates, Pr.-Planning energy rich recipes
Week 9	Lipids: Classification, functions, sources and requirements and health problems associated with excess and deficiency ,Pr.-Preparing energy rich recipe
Week 10	Vitamins: definition and classification, Difference between fat soluble and water-soluble vitamins Vitamin A- Functions, sources, RDA, effects of deficiency & excess Vitamin D- Functions, sources, RDA, effects of deficiency & excess Pr.- Planning &preparing protein rich recipe
Week 11	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.- Planning &preparing iron rich recipe
Week 12	Vitamin B 1- Functions, sources, RDA, effects of deficiency & excess Vitamin B 2- Functions, sources, RDA, effects of deficiency & excess Niacin- Functions, sources, RDA, effects of deficiency & excess Vitamin B 12- Functions, sources, RDA, effects of deficiency & excess Pr.- Planning &preparing calcium rich recipe
Week 13	Minerals: Definition & Classification Macro minerals: Calcium: Functions, sources, RDA, effects of excess & deficiency Phosphorus: Functions, sources, RDA, effects of excess & deficiency Magnesium: Functions, sources, RDA, effects of excess & deficiency

	Sodium: Functions, sources, RDA, effects of excess & deficiency Potassium: Functions, sources, RDA, effects of excess & deficiency Iodine: Functions, sources, RDA, effects of excess & deficiency Pr.- Planning &preparing Vitamin A rich recipe
Week 14	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.- Planning &preparing Vitamin B 1 rich recipe
Week 15	Methods of cooking Methods of enhancing nutritional quality of foods Pr.- Planning &preparing Vitamin C rich recipe **Revision**

Name of the Assistant Professor: Ms. Benu Mehta **Class And Section: B.Sc. Home Science 3rd Year (5th Semester)** **Subject: Advanced Apparel and Textile Designing (Theory and Practical)** **Teaching Term: 01st August 2026 to December 2026 (Excluding Diwali Break)**	
Week 1	Orientation of the student, Introduction of the syllabus. Studied about the Unit 1 Dyes: Definition, Classification of dyes (brief) on the basis of source of dye, Natural dyes: vegetable, animal and mineral; Synthetic dyes: basic, acidic and neutral.
Week 2	Continued with Unit 01: Classification based on method of dyeing: Sulphur, Direct, Vat, Mordant, and Developed dyes.
Week 3	Continued with Stages of dyeing: Raw fiber dyeing, Skein dyeing, Fabric dyeing, and Garment dyeing.
Week 4	Class test of Unit 01, Practical class of elements of design a) Line and form- Geometric, simplified, naturalized and abstract using digital tools. b) Color- Color harmonies.
Week 5	Started with Unit 02: Printing: Definition, classification. Methods of printing- Hand printing: Block, Stencil and Screen.
Week 6	Continued with Unit 02 Types of Printing: Machine printing: Roller, screen, discharge, resist and duplex printing.Resist dyeing: Tie and dye, batik and screen.
Week 7	Continued with Practical Class: Motif enlarging and reducing. Creating design-development of motif, placement for all over patterns.
Week 8	Started with Unit 03: Fabric finishes: Definition and Importance. Classification of finishes-Physical: Singeing, Napping, Brushing, shearing, sizing, tendering and calendaring.
Week 9	Continued Revision of Unit 3, Test of Printing: Definition, classification. Methods of printing- Hand printing: Block, Stencil and Screen. Continued with Chemical Finishes: Mercerizing, and bleaching. Special-purpose finishes: Wrinkle resistant, water resistant and flame retardant.
Week 10	Started with Unit 04: Elements and principles of design as applied in apparel designing
Week 11	Continued with Principles of design in apparel designing. Started with Elementary Computer aided Designing.
Week 12	**MOCK TEST** Revision and continued with Computers in Apparel Construction and completion of practicals.
Week 13	Revision, Doubt Class, Discussion of previous year question papers of old scheme (of common topics)
Week 14	Revision of Complete Syllabus, Doubt Session for complete syllabus.
Week 15	**Revision**

Name of the Assistant Professor: Ms. Benu Mehta **Class And Section: SEC (B.SC.H.SC.3rd Semester) (2nd Year)** **Subject: Textile Ornamentation (Practical)** **Teaching Term: 01st August 2026 -December 2026 (Excluding Diwali Break)**	
Week 1	Orientation of students, Gave brief introduction of syllabus and work, Started with sample preparation of Tie and Dye Batik
Week 2	Continued with Stencil Printing
Week 3	Hand Block Printing
Week 4	Fabric Painting
Week 5	Knitting
Week 6	Continued with Knitting
Week 7	Embroidery
Week 8	Continued with Embroidery
Week 9	**Quick Revision of the Skills Taught So Far**
Week 10	1 Article Preparation using above methods
Week 11	Started with Drafting of Ladies Salwar
Week 12	**MOCK TEST** and Continued with Cutting & Stitching of Salwar
Week 13	Started with Drafting of Petticoat
Week 14	Continued with Cutting & Stitching of Petticoat
Week 15	**FILE SUBMISSION AND REVISION**

Name of the Assistant Professor: Ms. Benu Mehta **Class and Section: M.D.C. Course** **Subject: Basis of Home Science III (Theory and Practical)** **Teaching Term: 01st August 2026 -December 2026 (Excluding Diwali Break)**	
Week 1	Orientation of students, Started with Unit 1 Meal Planning– Meaning, Principles and factors affecting meal planning
Week 2	Discussion on Planning meals for Preschool & School age Children, Adolescents, Adults, Pregnant and Lactating Mothers.
Week 3	Studied about Food Preservation– Principles and Methods
Week 4	Started with Unit 2: Traditional Embroideries of India: Chikankari, Phulkari, Kashi Dakari, Chamba, Kantha and Kasuti.
Week 5	Continued with Practical of Embroideries as mentioned above.
Week 6	Continued with Unit 02: Soaps and Detergents, Starches and Blues Stain Removal, Classification of Stains, methods of removing different types of stains
Week 7	Continued with the topic of Stain Removal.
Week 8	**Revision of Unit 1 and Unit 2.**
Week 9	Started with Unit 3: Old Age: Physical changes, Health problems and Adjustments
Week 10	Continued with Health Problems and Adjustments.
Week 11	Continued with Unit 03: Guidance: Meaning and its types
Week 12	**MOCK TEST** and continued with syllabus… Started with Counselling: Skills and Characteristics of effective Counselling.
Week 13	Started with Unit 4: Various Color Schemes and their applications & Table Setting and Table Manners
Week 14	Lastly, about Extension Education: Meaning and Importance. Qualities of anExtension Worker & Continued with Communication– Meaning, Importance and Types
Week 15	**Revision** Doubts Class along with discussion on important questions and topics.

Name of the Assistant/Associate Professor: Dr. Pragati Chitkara **Class And Section: BSc Home Science 2nd Year** **Subject: Extension Education and Rural Development 25HSCS403DS02 (Major)**	
Week 1	Concept of extension education-Meaning, principle Preparation of non-projected aids-ch posters.
Week 2	Concept of extension education-philosophy and objectives (Broad and specific) Preparation of non-projected aids-leaflets, pamphlets
Week 3	Approaches of extension–Individual, group approach, Preparation of non-projected aids-mobile, flash card.
Week 4	Approaches of extension–Individual, group and mass approach ,Preparation of non-projected aids-file work
Week 5	Approaches of extension–mass approach Preparation of non-projected aids- file work
Week 6	Qualities of extension ,worker Role of extension worker, Preparation of non-projected aids-file work
Week 7	Extension Education –Classification of teaching aids, Preparation of puppets as a media of communication
Week 8	Non-projected aids- Advantages and limitations, Preparation of puppets as a media of communication
Week 9	Role of extension education in Agricultural development, Home Science extension education. Preparation of puppets as a media of communication
Week 10	Various rural and community development programmes like- IRDP, NREP, ICDS, TRYSEM, ANP,SNP, DWCRA writing stories for puppets.
Week 11	Programme planning- Definition, meaning of the programme planning, steps in programme planning writing stories for puppets.
Week 12	**Mock Test**
Week 13	Role of voluntary organization in rural development. Visit to a village to see government and voluntary organizations in action.
Week 14	Role of Home Science in solving rural problems of illiteracy, poverty and poor health Writing Report
Week 15	**Revision**

Name of the Assistant/Associate Professor: Dr. Pragati Chitkara **Class And Section: BA 2nd Year** **Subject: Introduction to Clothing and Textiles (25HSCM403DS01)**	
Week 1	Objectives, Importance & scope of clothing & textile Demonstration, use and care of parts of sewing machine and other equipment used in clothing construction.
Week 2	Textile Fiber: Definition and classification, Demonstration, use and care of parts of sewing machine and other equipment used in clothing construction.
Week 3	Difference between natural & man-made fibers Taking body measurements.
Week 4	Manufacturing and properties of Natural fibers-Cotton, wool Prepare samples of basic hand processes: Visible and invisible hemming, tacking, overcasting,
Week 5	silk and Man-made fibers- Nylon Prepare samples of basic hand processes: running stitch, backstitch., buttonhole and application of fasteners.
Week 6	Factors affecting the selection of clothing: Environmental, social, psychological and physiological.
Week 7	Clothing requirements of different age groups (infants, toddlers, pre-school children and elementary school children, Pregnant lady and Lactating mother) Prepare samples of basic machine processes: Tucks, Pleats, Gathers, Darts and Placket.
Week 8	Comparison of tailor-made, readymade and home-made garments. Prepare samples of basic machine processes: Tucks, Pleats, Gathers, Darts and Placket.
Week 9	Factors affecting the selection of clothing: Environmental, social, psychological and physiological. Prepare samples of different seams: plain seam, counter seam, run and fell seam, french seam and mantua maker.
Week 10	Clothing requirements of different age groups (infants, toddlers, pre-school children and elementary school children, Pregnant lady and Lactating mother) Prepare a sample consisting of ten basic embroidery stitches: Stem stitch, Chain stitch, Feather stitch, Herringbone stitch, Satin stitch, Lazy daisy stitch, French knots, Bullions stitch, Cross stitch, Long and short stitch.
Week 11	Comparison of tailor-made, readymade and home-made garments. Prepare a sample consisting of ten basic embroidery stitches: Stem stitch, Chain stitch, Feather stitch, Herringbone stitch, Satin stitch, Lazy daisy stitch, French knots, Bullions stitch, Cross stitch, Long and short stitch.
Week 12	**Mock Test**
Week 13	Traditional Embroideries of India: Chikankari, Phulkari, Kashida and Kantha. Traditional Textiles of India: Banarasi, Chanderi, Patola, Bandhani and Brocade. Stain removal- curry, tea or coffee, lipstick, nail polish, paint, grease, blue ink, ball pen and rust.
Week 14	Stain removal: Classification of stains, methods of removing different types of stains. Stain removal- curry, tea or coffee, lipstick, nail polish, paint, grease, blue ink, ball pen and rust.
Week 15	**Revision**

Name of the Assistant/Associate Professor: Dr. Pragati Chitkara **Class And Section: BSc Home Science 1st year** **Subject: Basic concepts in Sociology**	
Week 1	Definition, Nature, Scope of sociology
Week 2	Subject matter of sociology, Its Origin & Trends.
Week 3	Relationship of sociology with History, Economics
Week 4	Relationship of sociology with Political Science, Anthropology
Week 5	Relationship of sociology with Psychology.
Week 6	Society, Community, Association
Week 7	Status and Role, Norms and Values
Week 8	**Social Groups and Processes**: Definition & Types: Primary Secondary & Reference Group
Week 9	Integration, Cooperation,
Week 10	Conflict and Competition.
Week 11	**Socialization and Social Institutions**: Definition, Stages
Week 12	**Mock Test**
Week 13	Agencies of Socialization
Week 14	Characteristics and Significance of Economic and Political Institutions.
Week 15	**Revision**

Name of the Assistant/Associate Professor: Dr. Pragati Chitkara **Class And Section: B.Sc. (Home Science) 1st Year** **Subject: Art in Everyday Life (Skill Enhancement Course) 24HSC401SE01**	
Week 1	Upcycling
Week 2	Best out of waste
Week 3	Folder Making/
Week 4	Card making
Week 5	Soft toys making/Puppet making
Week 6	Mandala art/resin art
Week 7	Worli art
Week 8	Lippan art
Week 9	Dry flower arrangement and artificial flower making
Week 10	Stone painting/MGF wood painting/ Bottle decoration.
Week 11	Tie and dye/Batik
Week 12	**Mock Test**
Week 13	Candle making (wax and gel candle)
Week 14	Envelope/Paper bag making/potli
Week 15	**Revision**
Name of the Assistant/Associate Professor: Dr. Pragati Chitkara **Class And Section: BA 2nd Year** **Subject: Textile Ornamentation (Skill Enhancement Course) 25HSC403SE01**	
Week 1	Prepare the samples (atleast 2 each) of Tie and Dye
Week 2	Prepare the samples (atleast 2 each) of Batik
Week 3	Prepare the samples (atleast 2 each) of Stencil Printing
Week 4	Prepare the samples (atleast 2 each) of Hand Block Printing
Week 5	Prepare the samples (atleast 2 each) of Fabric Painting
Week 6	Prepare the samples (atleast 2 each) of Knitting
Week 7	Prepare the samples (atleast 2 each) of Embroidery
Week 8	Make an article using any of the above methods
Week 9	Make an article using any of the above methods
Week 10	Drafting, Cutting and Stitching of Ladies shirt and salwar/palazzo
Week 11	Drafting, Cutting and Stitching of Ladies shirt and salwar/palazzo
Week 12	Drafting, Cutting and Stitching of Ladies shirt and salwar/palazzo **Mock Test**
Week 13	Drafting, Cutting and Stitching of Petticot
Week 14	Drafting, Cutting and Stitching of Petticot
Week 15	**Revision**

Name of the Assistant Professor: Ms. Priyanka Pawar **Class And Section: M.D.C. Course** **Subject: Basis of Home Science III (Theory and Practical)** **Teaching Term: 01st August 2026 -December 2026 (Excluding Diwali Break)**	
Week 1	Orientation of students, Started with Unit 1 Meal Planning– Meaning, Principles and factors affecting meal planning
Week 2	Discussion on Planning meals for Preschool & School age Children, Adolescents, Adults, Pregnant and Lactating Mothers.
Week 3	Studied about Food Preservation– Principles and Methods
Week 4	Started with Unit 2: Traditional Embroideries of India: Chikankari, Phulkari, Kashi Dakari, Chamba, Kantha and Kasuti.
Week 5	Continued with Practical of Embroideries as mentioned above.
Week 6	Continued with Unit 02: Soaps and Detergents, Starches and Blues Stain Removal, Classification of Stains, methods of removing different types of stains
Week 7	Continued with the topic of Stain Removal.
Week 8	Revision of Unit 1 and Unit 2.
Week 9	Started with Unit 3: Old Age: Physical changes, Health problems and Adjustments
Week 10	Continued with Health Problems and Adjustments.
Week 11	Continued with Unit 03: Guidance: Meaning and its types
Week 12	MOCK TEST and continued with syllabus… Started with Counselling: Skills and Characteristics of effective Counselling.
Week 13	Started with Unit 4: Various Color Schemes and their applications & Table Setting and Table Manners
Week 14	Lastly, about Extension Education: Meaning and Importance. Qualities of an Extension Worker & Continued with Communication– Meaning, Importance and Types
Week 15	Revision Doubts Class along with discussion on important questions and topics.

Name of the Assistant Professor: Ms. Priyanka Pawar **Class And Section: B.Sc. Home Science 1st Year (1st Semester)** **Subject: Home and Interior Décor. (Theory and Practical)** **Teaching Term: 01st August 2026 to December 2026 (Excluding Diwali Break)**	
Week 1	Orientation of the students, Started with Unit 1: Objectives of Interior Decoration, importance of elements in art in interior decoration. Types of Design: Structural and Decorative and its application.
Week 2	Continued with Elements of Art: Line, Form, Texture, Light, Pattern, Color andSpace
Week 3	Application of Elements of Art in the interior of a house.
Week 4	Continued with Practical Class: Making of Color Wheel and preparation of color schemes for different rooms manually. As well gave a brief introduction of Principles of Design.
Week 5	Studied in Detail about Principles of Design: Rhythm, Balance, Proportion,Emphasis, Harmony and its application in Interior Decoration. Continued with Color Wheel, Properties of Color and Psychological effect of Color.
Week 6	Color schemes and its application in the interior of a house. Continued with Practical Class: Pottery Painting and Bottle Painting.
Week 7	Started with Unit 3: Furniture, its types, Furniture arrangement for different areas (Bedroom, Drawing room, Dining Room, Kitchen)
Week 8	Factors affecting the selection and purchase of Furniture, care and maintenance of Furniture. Furnishings: 1. Soft Furnishings (Curtains, Cushions, Pillow and Material

	for upholstered Furniture)
Week 9	Continued with Classification of Furnishings as 2. Wall Treatment and its types, 3. Window treatment and decoration, 4. Types of Floor Coverings
Week 10	Continued with Practical work of Floor Decoration as Rangoli and Alpana. As well done with table setting and Napkin Folding.
Week 11	Started with Unit 4: Table setting and Table Manners: Informal and Formal Table setting (Buffet Style, Indian and Western style)
Week 12	**MOCK TEST** and continued with syllabus … Flower Arrangement: 1. Different Types of Flower Arrangement.2.Accessories used and points to be considered for flower arrangement 3.Flower decoration for different occasion as well completed with practical of Flower Arrangement.
Week 13	Practical Class of art pieces using various types of materials and techniques such as paper cuttings/ Paper Flowers, Candle Making (Gel and Wax), Stone/Tile Painting, Gift wrapping, Decorative Envelops, shopping bags/decorative pouches, Greeting Cards.
Week 14	Discussion on important topics according to exam view point, doubts session and file completion.
Week 15	**Revision**

Name of the Assistant Professor: Ms. Priyanka Pawar **Class And Section: B.Sc. H.Sc. 1st Semester** **Subject: Environmental Science (VAC)** **Teaching Term: 01st August 2026 – December 2026**	
Week 1	Orientation of the students, Introduction to EVS, its nature and scope
Week 2	Sustainability and sustainable development, Societal issues and environment
Week 3	Ecosystem, Types of ecosystems
Week 4	Types of ecosystems, Class test
Week 5	Renewable and non- renewable resources , Forest and water resources
Week 6	Food resources Land resources
Week 7	Energy resources,Equitable use of resources
Week 8	Revision of unit 1 Class test
Week 9	Biodiversity and its importance, biogeographically classification
Week 10	Threats to biodiversity, In-situ and ex-situ conservation
Week 11	Revision of unit 2, Environmental pollution and its types
Week 12	Air and water pollution, Soil and marine pollution
Week 13	Revision of unit 3 ,Noise and thermal pollution
Week 14	Disaster management, Green house
Week 15	Acid rain and global warming Revision of unit 4

Name of the Assistant Professor: Ms. Priyanka Pawar **Class And Section: B.Sc. Home Science 2nd Year (3rd Semester)** **Subject: Food Science I (Theory and Practical)** **Teaching Term: 01st August 2026 to December 2026 (Excluding Diwali Break)**	
Week 1	Orientation of the student. Introduction of the syllabus. Studied about the Unit 1 cereals and its composition, structure of wheat germ. Nutritive value of cereals, Structure of rice, milling of wheat and rice, Products of wheat and rice, Fermented and unfermented cereals
Week 2	Cereal cookery- Gluten protein, Role of cereals in cookery. Doubt Class of Unit 1 and Class Test of Unit 1. Started with Unit 2 Introductory Class of Raising and Leavening Agents.
Week 3	Continued with Food Technology and future foods, Biofortification and introduction of nutraceuticals, Space Foods, Organic farming, Organic food and brief elaboration of the topic such as Packaging of foods and emerging trends in food Technology. Food and biotechnology and Doubt Class
Week 4	Class test of Unit 01, Practical class of Food Science, included preparation of Breakfast cereals, Class Test of Unit 2, Introductory class of Unit 3 included about pulses and legumes Studied about the Nutritive values of Pulses, Processing of Pulses Varieties and Classification of Pulses, Toxic or Anti nutritional factors present in pulses.
Week 5	Role of Pulses in Cookery, Doubt Class and Oral test of Unit 1, Revision Class of Till Done syllabus, Practical File work day, Practical class of Food Science included use of pulses and milk in cooking, Discussion of Previous Year Question Papers. Started in between Unit 4, Chapter - Spices and Condiments.
Week 6	Practical Class: Preparation of sandwiches and snacks. Introduction to Unit 3, Chapter fa and Oil, Introductory class, Nutritional Importance of Fats and Oil, Classification, Storag and processing of Fats and Oils. Rancidity and Smoking point. Storage of Oils and fats. Us of fats and Oil in cooking and different preparations, Continued with Unit 3 and started wit Vegetables and Fruits.
Week 7	Specific nuts and oilseeds -their nutritive value. Revision of Unit 3 (Both chapters) Doubt Class, Test of Fats and Oils. Introduction of Unit 4- Chapter – Milk and milk prep,Nutritive value of milk and composition of milk, Effect of heat on milk, Impact of acid and enzymes over milk.
Week 8	Processing of milk, Explanation on Pasteurization and Homogenization, Storage of milk, Milk Products (Fermented and unfermented milk products), Use of milk in different recipes, Revision of Milk Chapter. Continued with Unit 4, Started with Flesh Foods.
Week 9	Continued Revision of Unit 3, Test of Cereal. Review of previous year Question paper, Introduction to Chapter -Sugar, studied about nutritive value of sugar, Properties of Sugar and sugar related products.
Week 10	Stages of Sugar in sugar cookery, Artificial Sweeteners Sugar Cookery and milling of sugar. Continued with Unit 4, Chapter-Evaluation of Food Quality.
Week 11	Doubt Session and oral group discussion of topics, Practical File work Day, Practical Class of preparation of pulao's varieties and ice-creams. Revision of till done syllabus.
Week 12	**MOCK TEST** Revision, Doubt Class, Discussion of preview year question paper and continued a topic of Unit 02, Chapter - Eggs.
Week 13	Revision, Doubt Class, Discussion of previous year question paper
Week 14	Revision of Complete Syllabus, Doubt Session for complete syllabus.
Week 15	**Revision**

Name of the Assistant Professor: Ms. Priyanka Pawar **Class And Section: MDC Course** **Subject: Basis of Home Science I (Theory and Practical)** **Teaching Term: 01st August 2026 -December 2026 (Excluding Diwali Break)**	
Week 1	Orientation of students, Started with Unit 1: Introduction of Home Science, Concept and its Job Opportunities.
Week 2	Discussion on Job Opportunities in Home Science, Continued with Unit 1. Discussion on Food, Nutrition, Health, Balanced Diet.
Week 3	Studied about Malnutrition (Over and Under Nutrition), Causes and its prevention.
Week 4	Classification and Function of Food, Detail study about Carbohydrates (Sources, Functions, Effects of Deficiency and excessive on Human Health)
Week 5	Detail study about Proteins and Fats (Sources, Functions, Effects of Deficiency and excessive on Human Health)
Week 6	Started with Unit 2: Definition and Classification along with uses of Textile Fibers: Cotton, Jute
Week 7	Definition and Classification along with uses of Textile Fibers: Wool, Silk, Rayon
Week 8	Definition and Classification along with uses of Textile Fibers: Nylon, Polyester and Continued with Yarn, its definition and classification (Simple, Novelty and complex)
Week 9	Continued with Weaving, its definition and different types of Weaves.
Week 10	Started with Unit 3: Human Growth Development: Meaning and Concept, Factors influencing growth and development, Stages of Human Development.
Week 11	Continued with Prenatal development and Factors affecting Prenatal outcome. Developmental milestones of infancy (0-2 years) and early childhood (2-6 years)
Week 12	**MOCK TEST** and continued with syllabus… Started with Unit 4: Resource Management its definition, classification and importance of time, energy and money management. Discussion about Management Process.
Week 13	Continued with Management Process namely as Planning its importance and types, controlling: Energizing, Checking and Adjustments.
Week 14	Lastly, about Evaluation: Types, Techniques of Self Evaluation. Doubts Class along with discussion on important questions and topics.
Week 15	**Revision**

Name of the Assistant Professor: Ms. Sujata **Class And Section: B.A Home Science 1st year** **Subject: Home and Interior Decor (Theory + practical)** **Teaching Term: 1st August 2026 to 31st Nov 2026 (Excluding Diwali Break)**	
Week 1	Orientation of the students ,Objectives of interior decoration, Importance of elements of art, Practical- orientation of the students Practical- making a color wheel
Week 2	Types of design, Design application ,Principals of art ,Practical- making a color wheel Practical- making a color wheel
Week 3	Principals of art and its application ,Definition of colors ,Color wheel, Practical- pot painting ,Practical- pot painting
Week 4	Properties of color, Psychological effects of color, Color schemes, Practical- pot painting Practical- pot painting
Week 5	Color application in interior design, Lighting definition and types, Revision of unit 1 Practical- pot painting ,Practical- pot painting
Week 6	Class test,Lighting requirement for various activities ,Lighting fixtures in the home, Practical- rangoli making ,Practical- rangoli making
Week 7	Furniture and its types ,Furniture arrangement for different rooms, Factors affecting the selection and purchase of furniture ,Practical- alpana, Practical- alpana
Week 8	Care and maintenance of furniture, Class test, Furnishing- curtains Practical- table setting Practical- table setting
Week 9	Cushions ,Pillow ,Material for upholstered furniture ,Practical- table setting,Practical- table setting
Week 10	Wall treatment and its types ,Wall treatment and its types ,Window treatment Practical- napkin folding, Practical- napkin folding
Week 11	Types of floor covering ,Table setting and table manners ,Table setting and table manners ,Practical- napkin folding ,Practical- napkin folding
Week 12	Flower arrangement and its types, Flower arrangement and its types, Class test Practical- flower arrangement, Practical- flower arrangement
Week 13	Accessories used in flower arrangement Flower decoration for different occasions Class test, Practical- flower arrangement, Practical- flower arrangement
Week 14	Revision of unit 2,Revision of unit 3,Class test, Discussion of previous year question paper, Practical- artificial flower making ,Practical- artificial flower making
Week 15	Revision of unit 1,Revision of unit 2,Revision of unit 3,Revision of unit 4,Practical- artificial flower making ,Practical- artificial flower making

Name of the Assistant Professor: Ms. Sujata **Class And Section: B.Sc. Home Sci. 3nd year** **Subject: Interior Space Designing (Theory+Practical)** **Teaching Term: 1st August 2026 to 31st Nov 2026 (Excluding Diwali Break)**	
Week 1	Concept and importance of housing ,Housing need of family Housing and space management, Practical-drawing symbols for house plan Practical- drawing symbols for house plan
Week 2	Principal of planning of room, Principal of planning of room, Principal of planning of room, Practical- drawing symbols for house plan ,Practical-LIG group plan
Week 3	Building material for construction, Building material for construction, Building material for construction, Practical-LIG group plan, Practical-LIG group plan
Week 4	Class test, Principal of economic design, Principal of economic design, Practical- MIG group plan, Practical- MIG group plan
Week 5	Principal of economic design, Calculating cost of construction ,Calculating cost of construction, Practical- MIG group plan, Practical- MIG group plan
Week 6	Principal of kitchen planning, Principal of kitchen planning ,Principal of kitchen planning ,Practical- HIG group plan, Practical- HIG group plan
Week 7	Types of kitchen ,Types of kitchen ,Class test, Practical- HIG group plan, Practical-HIG group plan
Week 8	Revision of unit-1,Discussion of previous year question paper, Discussion of previous year question paper, Practical- furniture arrangement ,Practical- furniture arrangement
Week 9	Revision of unit 1,Revision of unit 2,Revision of unit 3,Practical-Color schemes Practical- color schemes
Week 10	Selection of equipment for household ,Factors affecting of selection, Factors affecting of selection ,Practical- cleaning and care of metals,Practical- cleaning and care of glass
Week 11	Class test ,Discussion of previous year question paper ,Discussion of previous year question paper, Practical- cleaning and care of silver ,Practical- cleaning and care of upholstery
Week 12	Care and maintenance of household equipment ,Care and maintenance of household equipment, Care and maintenance of household equipment, Practical- cleaning and care of upholstery, Practical- cleaning and care of upholstery
Week 13	Care and maintenance of household equipment, Care and maintenance of household equipment, Practical- Care and maintenance of household equipment, Practical- Care and maintenance of household equipment
Week 14	Revision, Practical- Care and maintenance of household equipment Practical- Care and maintenance of household equipment
Week 15	Revision,Practical- Care and maintenance of household equipment Practical- Care and maintenance of household equipment

Name of the Assistant Professor: Ms. Sujata **Class And Section: B.A Home Science** **Subject: Art In Everyday Life (Skill Enhancement)** **Teaching Term: 1st August 2026 to 31st Nov 2026 (Excluding Diwali Break)**	
Week 1	Up-cycling article (5days)
Week 2	Best out of waste article (5days)
Week 3	Folder making (3days),Card making (2 days)
Week 4	Lipan art (5days)
Week 5	Artificial flower making (5days)
Week 6	Artificial flower making (3days),Stone painting (2days)
Week 7	Stone painting (5days)
Week 8	Stone painting (2days),Bottle painting (3days)
Week 9	Bottle painting (5days)
Week 10	Bottle painting (5days)
Week 11	Tie and dye(5days)
Week 12	Candle making (3days),Envelope making (2days)
Week 13	Envelope making (2days),Paper bag making (3days)
Week 14	Soft toys (5days)
Week 15	Soft toys (5days)

Name of the Assistant Professor: Ms. Arika Kumra **Class And Section: BSc. Home Science Semester 1** **Subject: Skill Enhancement (Practical)** **Teaching Term: 17st August 2026 -13thNovember 2026 (Excluding Diwali Break)**	
Week 1	Orientation of students Introduction of Skill Enhancement . Preparation of Card Making
Week 2	Initiation of Mandala Art along with Written Work in the File
Week 3	Initiation of Lipan Art along with Written Work in the File.
Week 4	Initiation of Warli Art along with Written Work in the File
Week 5	Initiation of Paper Cutting along with Written Work in the File
Week 6	Initiation of Folder Making along with Written Work in the File
Week 7	Initiation of Candle Making:- Gel Candle , Wax Candle along with Written Work in the File
Week 8	Continuation of candle making and completion of work till now.
Week 9	Initiation of Bottle painting and decoration along with Written Work in the File
Week 10	Initiation of Best out of Waste along with Written Work in the File
Week 11	Initiation of Flower Making along with Written Work in the File
Week 12	MOCK TEST started Initiation of Soft Toy Making along with the written work on the file
Week 13	Initiation of Batik Making along with written work in the file
Week 14	Initiation of Stone Painting along with the written work in the file
Week 15	Final Decoration and Finishing of the File

Name of the Assistant Professor: Ms. Arika Kumra
Class And Section: BSc. Home Science Semester 5
Subject: Community Development (Theory +Practical)
Teaching Term: 17st August 2026 -13thNovember 2026 (Excluding Diwali Break)

Week 1	Orientation of the students Community Development- Concept , Meaning Objectives and Types of Community Development Importance, Scope of Community Development Philosophy of Community Development
Week 2	Elements of Community Development Principles of Community Development Coordination of various services in Community Development Coordination of various services in Community Development Practical- Prepare extension teaching aids .
Week 3	Class test Organizational setup of Community Development Working of Community Development Programme Working at Central and State level Working at District and Village level Practical - Demonstrate the use of extension teaching methods
Week 4	Role of Home Scientist in Community Development Community Problems Role of Community Development Workers Impact of Community Development in India
Week 5	Process of Community Development Identification of Problems and Needs Planning of Community Development Programme Elements of Programme Planning
Week 6	Developing effective communication channels Communication Process Types of communication channels Characteristics of Communication Channels
Week 7	I Development of Organizational Channels Similarities between Community Development and Extension Education Class test
Week 8	Role of Community Development Worker Difference between extension worker and community development worker
Week 9	Practical - Demonstrate the use of extension teaching methods Practical - Preparation of Projected Aids
Week 10	Rural Development Overview Definition and Meaning of rural development Importance and objectives of rural development Discussion of previous year question paper
Week 11	Class test Development Programmes Development Programmes for Children in India Development Programmes for Women in India
Week 12	NGO's -Meaning Role of NGO's Objectives of NGO's Importance of NGO's

Week 13	Challenges faced in Indian rural communities Practical- Anganwadi Visit and report preparation
Week 14	Revision of unit 3 Practical -Preparation of short videos for rural development Functioning of Governmental Organization Functioning of Non- Governmental Organization
Week 15	Revision

Name of the Assistant Professor: Ms. Arika Kumra **Class And Section: Skill Enhancement** **Subject: Basis of Home Science I (Practical)** **Teaching Term: 17st August 2026 -November 2026 (Excluding Diwali Break)**	
Week 1	Orientation of students Unit 1: Introduction of Home Science, Concept and its Job Opportunities.
Week 2	Job Opportunities in Home Science, Food, Nutrition, Nutrients Health, Balanced Diet.
Week 3	Malnutrition (Over and Under Nutrition), Causes and its prevention.
Week 4	Classification and Function of Food, Carbohydrates(Sources, Functions, Effects of Deficiency and excessive on Human Health)
Week 5	Proteins and Fats (Sources, Functions, Effects of Deficiency and excessive on Human Health)Practical -Cooking Terminologies
Week 6	Unit 2: Definition and Classification and uses of Textile Fibers: Cotton, Jute
Week 7	Definition and Classification and uses of Textile Fibers: Wool, Silk, Rayon
Week 8	Definition and Classification and uses of Textile Fibers: Nylon, Polyester Yarn, meaning definition and classification (Simple, Novelty and complex)
Week 9	Weaving, meaning , definition and different types of Weaves. Practical – Prepare 5 types of weaves.
Week 10	Unit 3: Human Growth Development: Meaning and Concept, Factors influencing growth and development, Stages of Human Development.
Week 11	Prenatal development and Factors affecting Prenatal outcome. Developmental milestones of infancy (0-2 years) Developmental milestones of early childhood (2-6 years) Practical -Preparation of play materials for infants.
Week 12	MOCK TEST Unit 4: Resource Management its definition, classification Importance of time, energy and money management .
Week 13	Management Process , Planning its importance Types and controlling: Energizing, Checking and Adjustments. Practical -Preparation of chart /leaflet .
Week 14	Evaluation: Types, Techniques of Self Evaluation. Discussion on important questions and topics.
Week 15	**Revision**