

Lesson Plans of B.Sc.(Home Science)

Session: 2023-24

(Even Semester)

Name of the Assistant/Associate Professor: Ms. Archna Dua

Class and Section: B.Sc (Home Science) VI Semester

Subject: Nutritional Bio-Chemistry

Day	Topic to be Covered
Day1	Introduction of the Syllabus
Day 2	Practical -Do's & Don'ts of working in the biochemistry lab, Reactions of Fatty & Acids
Day 3	Properties of Fatty & Acids
Day 4	Lipids- Definition, Classification of Lipids, Properties of Fatty & Acids Contd
Day 5	Lipids- Definition, Classification of Lipids, Properties of Fatty & Acids Contd
Day 6	Practical - Reactions of Fats & oils
Day 7	Classification of Lipids, Properties of Fatty & Acids Contd..
Day 8	Properties of Fatty & Acids Contd..
Day 9	Properties of Fatty & Acids Contd..
Day 10	Practical- Determination of acid value of fats & oils
Day 11	Discuss the Following a) Halogenation of Fatty Acids b) Hydrogenation in Fatty Acids c) Saturated & Unsaturated Fatty Acids
Day 12	β Oxidation of Fatty Acids
Day 13	β Oxidation of Fatty Acids Contd..
Day14	β Oxidation of Fatty Acids Contd..
Day15	Practical-Determination of acids value of fats & oils
Day16	β Oxidation of Fatty Acids Contd..
Day17	Test of β Oxidation of Fatty Acids
Day18	Biosynthesis of fatty acids
Day19	Ketone Body Formation
Day20	Practical- Determination of Saponification value of fats & oils
Day21	Ketosis & Fatty Livers
Day22	Fatty Livers Contd.. Write about the following:- a) β Oxidation of fatty acids b) Ketone body formation
Day23	LORD PRASHURAM JAYANTI
Day 24	TCA Cycle
Day 25	TCA Cycle Contd..
Day 26	Practical- Determination of Saponification value of fats & oils
Day 27	TCA Cycle Contd..
Day 28	Test of TCA Cycle
Day 29	Electron Transport Chain
Day 30	Electron Transport Chain
Day 31	Practical- Determination of Saponification value of fats & oils
Day 32	Electron Transport Chain
Day 33	Electron Transport Chain
Day 34	Oxidative Phosphorylation Theories Contd..
Day 35	Oxidative Phosphorylation Theories Contd..
Day 36	Practical- Determination of Saponification value of fats & oils
Day 37	Describe various components of electron transport chain?
Day 38	Biosynthesis of proteins
Day 39	Practical- To study properties of amino acids phenylalamine, tyrosine, arguine, cysereine, tryptophan
Day40	Biosynthesis of proteins Contd..

Day 41	Biosynthesis of proteins Contd..
Day 42	Biosynthesis of proteins Contd..
Day 43	Biosynthesis of proteins Contd..
Day 44	Practical- To study properties of amino acids
Day 45	Biosynthesis of proteins Contd..
Day 46	Biosynthesis of proteins Contd..
Day 47	Test on Biosynthesis of protein
Day 48	Test on Electron transport chain
Day 49	Practical- To study properties of amino acids
Day 50	Explain biosynthesis of proteins?
Day 51	Nuclic Acids- What are these
Day 52	DNA & RNA similarities & differences
Day 53	Practical- Identity the given unknown amino acids
Day 54	DNA- Structure
Day 55	RNA- Structure
Day 56	Replication
Day 57	Replication
Day 58	Practical- Identify the given unknown amino acids
Day 59	Translation
Day 60	Transcription
Day 61	Genetic Code
Day 62	Nucleosides, Types of RNA
Day 63	Practical- Viva Question will be discussed
Day 64	Write notes on the following: a) Genetic code b) DNA & RNA c) Nucleotides & Nucleosides
Day 65	Test of Unit IV

Name of the Assistant/Associate Professor: Ms Archna Dua
Class and Section: B.Sc Home Science VIth Semester
Subject: Therapeutic Nutrition
Mode of Teaching:Offline

Date	Topic to be Covered
Day 1	Introduction of Syllabus
Day 2	Principles of Diet Therapy Contd... Practical: Talking About Therapeutic Nutrition , Telling About Full Diet , Soft Diet ,Fluid Diet And Bland Diet (With Example)
Day 3	Modification of Normal Diet To Suit Therapeutic Purposes
Day 4	Modification of Normal Diet To Suit Therapeutic Purposes Contd..
Day 5	Modification of Normal Diet To Suit Therapeutic Purposes Contd.. Practical: Modifying Normal Diet For An Obese Person
Day 6	a)Make A List Of High Fiber Food And Low Fiber Foods b) Enlist Food Stuff With High Sodium Content and low sodium content?
Day 7	Definition Of A Dietician
Day 8	Role of a Dietician
Day 9	Role of a Dietician Contd... Practical :Planning a Diet For An Adult Man Suffering From Chronic Diarrhoea Calculate Any Three Important Nutrients
Day 10	Test on Role Of A Dietician
Day 11	Gastro Intestinal Diseases (Unit II)
Day 12	Diarrhoea – Causes & Types
day 13	Nutritional management In Diarrhoea Practical : Preparation Of Diet For A Diet Patient
Day 14	Nutritional management In Diarrhoea Continue
Day 15	Nutritional management In Diarrhoea Continue Make A Menu Plan For An Adult Man Having Chronic Diarrhoea
Day 16	Constipation – Types And Causes
Day 17	LORD PRASHURAM JAYANTI
Day 18	Nutritional management In Constipation
Day 19	Nutritional management In Constipation Contd..
day 20	Constipation Practical: Planning A Diet For An Adult Sedentary Man SufferingFrom Chronic constipation. Calculate Fiber.
Day 21	Fever-Types and Causes Practical: Preparation Of Diet For An Adult Sedentary Man Suffering From Chronic Constipation
Day 22	Fever-Types and Causes Cont...
Day 23	Nutritional management In Typhoid
day 24	Nutritional management In T.B
Day 25	Make A Menu Plan For An Adult Sedentary Man Suffering From Chronic Constipation Practical : Planning A Diet For A Typhoid Patient , Calculate Vitamin C?
Day 26	Weight Management –Overweight And Obesity, Underweight (Unit III)
Day 27	Obesity-Types, Causes
Day 28	Nutritional Management in Obesity
Day 29	Underweight - Causes Practical: Preparation of Diet For An Obese Lady

Day 30	Nutritional management In Obesity Contd.
Day 31	Diabetes mellitus causes
Day 32	Diabetes mellitus sign and symptom
Day 33	Diabetes mellitus dietary suggestion
Day 34	Practical planning diabetic diet
Day 35	Diabetes mellitus dietary suggestion
Day 36	Practical test diabetes mellitus
Day 37	Hypertension nutritional management
Day 38	Planning and preparation of diabetic diet
Day 39	Kidney disorder type and causes
Day 40	Kidney disorder type and causes
Day 41	Nutritional management In kidney disorder
Day 42	Plan and preparation of hypertensive diet practical
Day 43	Revision unit 1
Day 45	Test unit 1
Day 46	Revision unit 2
Day 47	Test unit 2
Day 48	Revision unit 3
Day 49	Practical
Day 50	Revision unit 4
Day 51	Test unit 3 , 4

Name of the Assistant/Associate Professor: Mrs. Archana Dua

Class and Section: BSc (Hsc)-IV Semester

Subject: Community Development and Communication

Date	Topic to be Covered
Day 1	Introduction to syllabus
Day 2	Practical
Day 3	Means of communication
Day 4	scope of communication
Day 5	Practical
Day 6	importance of communication
Day 7	Preparation of non projected aid- chart
Day 8	Means, scope and importance of communication
Day 9	Practical
Day 10	Elements and Problems of communication
Day 11	Problems of communication with special reference to India
Day 12	Preparation of non projected aid- poster
Day 13	Practical
Day 14	Models of communication
Day 15	Various types of communication
Day 16	Test of unit 1
Day 17	Practical
Day 18	Preparation of non projected aid- leaflet & folder
Day 19	Classification of teaching methods according to form
Day 20	Practical
Day 21	Preparation of mobile on particular topic
Day 22	Classification of teaching methods according to form
Day 23	Classification of teaching methods according to use
Day 24	Practical
Day 25	Scope of different extension methods
Day 26	Advantages of different extension methods
Day 27	Limitations of different extension methods
Day 28	Practical
Day 29	Preparation of flash cards & usage for education of rural women on a particular theme
Day 30	Limitations of different extension methods
Day 31	Test of unit 2
Day 32	Practical
Day 33	Introduction to Panchayati Raj System
Day 35	Preparation of puppet as a media of communication. Each student will be given different character to prepare.
Day 36	Meaning of Panchayati Raj System
Day 37	Practical
Day 38	Functions of Panchayati Raj System
Day 39	Writing story(theme based) for the puppet show to educate rural women on the topic to be given
Day 40	Problems of Panchayati Raj System
Day 41	Principles of democratic decentralization

Day42	Classification of AudioVisual Aids
day 43	Puppet show to be organized for educating rural women on the topic written about
Day 44	Prcatical
Day 45	Scope of AudioVisual Aids
Day 46	Advantages and limitations of AudioVisual Aids
Day 47	Factors affecting selection of AudioVisual Aids
Day 48	Prcatical
day 49	Preparation of projected aid –transparency
Day 50	Factors affecting use of AudioVisual Aids
Day51	Use of radio talks, television
Day 52	Prcatical
Day 53	Preparation of projected aid- power-point presentation
day 54	Use of conferences, personal talks.tours
Day 55	ID UL ZUHA
Day 56	Prcatical
Day 57	Revision of syllabus

Name of the Assistant/Associate Professor: Ms. Archana Dua

Class and Section: B.Sc (Home Science) IV Sem

Subject: Human Development-III

Date	Topic to be Covered
Day 1	Introduction to Syllabus
Day 2	Young Adult-Hood(19-40 years) Responsibilities & Adjustments at Home (to be cont'd....)
Day 3	Responsibilities & Adjustments at Home (to be cont'd....)
Day 4	Enlist Various Responsibilities & Adjustment during 19-25 yrs & 25-40 yrs at Home & at Workplace. Assignment
Day 5	Responsibilities & Adjustment during 19-40 yrs at Workplace
Day 6	Responsibilities & Adjustment at Workplace
Day 7	Young Adulthood at Workplace Seize Role Issues
Day 8	Young Adulthood-Sex Role Issues & Implications for Young Adults
Day 9	Middle Adulthood (41-60 yrs)- Definition, Physical Changes
Day 10	Health Issues During 41-60 yrs
Day 11	
Day 12	Stresses During Middle age
Day 13	Coping with Stress at Family & Workplace
Day 14	Test of Unit-II done till now
Day 15	Discuss Various Stress Coping Strategies in 41-60 yrs Assignment
Day 16	Occupation & Job Satisfaction(41-60) yrs
Day 17	Preparation for Retirement during 41-60 yrs
Day 18	Late Adulthood & Aging- Development Task
Day 19	Common Interests in Old Age
Day 20	Adjustment to Family Life in Old Age
Day 21	Health Problems in Old Age Oral Test of this Unit done till now
Day 22	Observing an Elderly at Home & Write about Various Health related Problems, Psychological & Memory Changes, taking Place in him/her Assignment
Day 23	Psychological Cognitive & memory Changes in Old Age Changes
Day 24	Oral/Written Test of Unit III
Day 25	Effects of retirement on self & family
Day 26	Effects of retirement on Society, Identity & friendship
Day 27	Problem of Old Age
Day 28	Describe the Effects of Retirement on self & family, Society, Identity & friendship. Assignment
Day 29	Various Coping Strategies for dealing with problems of old age
Day 30	Various Coping Strategies for dealing with problems of old age contd..
Day 31	Test of Problem of Old age.
Day 32	Discussing the test answer problems of elderly
Day 33	Revision of Unit-I (Discussing old Question Paper)

Day 34	Revision of Unit-II
Day 35	Revision of Unit-II
Day 36	Revision of Unit-III
Day 37	Revision of Unit-III
Day 38	Revision of Unit-IV
Day 39	Revision of Unit-IV
Day 40	REVISION
Day 41	REVISION
Day 42	REVISION

Name of the Assistant/Associate Professor: Ms. Archana Dua

Class and Section: B.Sc (HomeScience) IInd Semester

Subject: Human Development- I

Day	Topic to be Covered
Day 1	Introduction to Syllabus
Day 2	DR B.R AMBEDKAR JAYANTI
Day 3	Growth & development, Factor affecting Development To continue
Day 4	Meaning of Nature – Nature , Maturation And learning Practical –Technologies to study children, Development Assessment of infants and Pre schools Will Be Told / Discussed
Day 5	Revision
Day 6	Test Of Whatever Has been Done So Far (Oral/Written)
Day 7	Test Practical –Technologies to study children, Development Assessment of infants and Pre schools Will Be Told / Discussed
Day 8	Discuss Nature – Nature Issues In Development
Day 9	Various Principles Of development
Day 10	Principles Of Development to Continue Practical – Collection Of Rhymes For Children Of Nursery School
Day 11	Principles Of Development to Continue
Day 12	Principles Of Development to Continue
Day 13	Principles Of Development to ContinuePractical Collection Of Stories Of Children of Nursery School record in file
Day 14	Principles Of Development to Continue
Day 15	Principles Of Development to Continue
Day 16	Test Practical- Preparation of Preschool Activities Contd...
Day 17	Preparation Of Five Activities For Preschoolers Writing Five Rhymes (Hindi) And Five Rhymes (English) & Two Stories For Children Of Nursery School
Day 18	Preparation Of Five Activities For Preschoolers Writing Five Rhymes (Hindi) And Five Rhymes (English) & Two Stories For Children Of Nursery School
Day 19	Various Stages Of DevelopmentPractical- Preparation of Preschool Activities Contd...
Day 20	Test
Day21	Various Stages Of Development
Day 22	Stages Of Parental DevelopmentPractical- Preparation of Preschool Activities Contd...
Day 23	Stages Of Parental Development
Day 24	Various Factor Affecting Parental Development Contd...
Day 25	Various Factor Affecting Parental Development Contd...Practical- Preparation of Preschool Activities Contd
Day 26	Various Factor Affecting Parental Development Contd...
Day 27	Various Factor Affecting Parental Development Contd...
Day 28	Test Of Unit II (Oral /Written)Practical- Preparation of Preschool Activities Contd
Day 29	Neonates – Physical Characteristics

Day 30	Neonates – Physical Characteristics
Day 31	Neonates – Sensory Capacities Contd..., Reflexes Of A Newborn Practical- Observing An Infants For Physical Development
Day 32	Revision Of Unit III Done So Far.
Day 33	Revision Of Unit III Done So Far. Practical- Observing An Infants For Physical & Motor Development
Day 34	Infancy – Development Tasks , Physical Development
Day 35	Infancy – Social , Motor Development
Day 36	Infancy – Emotional And Cognitive Development Factors Affecting Development In Infancy
	Discuss Sensory Capacities And Reflexes Of A Newborn? Assignment
Day 38	(Age Group 2-6 Yr Early Childhood)- Developmental Tasks
Day 39	Early Childhood – Social And Emotional Development Practical- Observing Emotional And Motor Development In Early Childhood
Day 40	Revision
Day 41	Early Childhood – Cognitive & Language Development
Day 42	Revision Of Unit IV Done So far
Day 43	Test Of Unit IV Covered So far Practical- Observing Social Parent Child And Child – Child Interaction
Day 44	Preschool Orientation & Significance Importance of play for Preschoolers
Day 45	Factor Affecting Development In Early childhood
Day 46	Revision

Name of the professor: Dr.Sangeeta Kulshrestha
Class and Section: B Sc (Home Sc.) 4th Semester
Subject: Institutional Food Management

Day	Topics
Day 1	Discussion of syllabus
Day 2	Catering management – introduction and definition
Day 3	Scope of catering management
Day 4	(assignment – definition and scope of catering management)
Day 5	Environmental hygiene and sanitation
Day 6	Environmental hygiene and sanitation Contd.
Day 7	Environmental hygiene and sanitation Contd.
Day 8	Hygiene in food handling
Day 9	Hygiene in food handling Contd.
Day 10	Personnel hygiene
Day 11	Test – catering management
Day 12	Organization of spaces – introduction
Day 13	Kitchen spaces – work space
Day 14	Kitchen spaces – work surfaces
Day 15	Kitchen spaces – lighting
Day 16	Ventilation of kitchen space
Day 17	Storage spaces – location
Day 18	Types of storage and sanitation
Day 19	Safety and security of stores
Day 20	Safety and security of stores Contd.
Day 21	Service areas – location
Day 22	Planning of service areas
Day 23	Planning of service areas Contd.
Day 24	Planning menus
Day 25	Writing of menus
Day 26	Test – kitchen spaces
Day 27	Types of menus
Day 28	Use of menus
Day 29	Various styles of service
Day 30	Various styles of service Contd.
Day 31	Class assignment – make a sample menu card for a restaurant
Day 32	Controlling food costs
Day 33	Costing of dishes
Day 34	Costing of meals and events
Day 35	Test – various styles of services
Day 36	Methods of pricing
Day 37	Methods of pricing Contd.
Day 38	Factors affecting pricing
Day 39	Test – organization of spaces
Day 40	Revision
Day 41	Discussion of previous year question papers
Day 42	Discussion of previous year question papers
Day 43	Revision
Day 44	Revision
Day 45	Revision

Name of the professor: Dr.Sangeeta Kulshrestha
Class and Section: B Sc (Home Sc.) 2nd Semester
Subject: Fundamental of Nutrition

Day	Topic
Day 1	Introduction to the syllabus
Day 2	Carbohydrates – definition and classification
Day 3	Pr – introduction to the practical syllabus
Day 4	Functions of carbohydrates
Day 5	Sources and Rda of carbohydrates
Day 6	Pr – use of food composition tables given by ICMR
Day 7	Deficiency and excess of carbohydrates
Day 8	Test – carbohydrates
Day 9	Proteins – definition and classification
Day 10	Pr – learning to calculate protein
Day 11	Functions of proteins
Day 12	Sources and Rda of proteins
Day 13	Effects of deficiency and excess of proteins
Day 14	Test – proteins
Day 15	Pr – planning and calculating energy rich recipes
Day 16	Lipids – definition and classification
Day 17	Functions and sources of lipids
Day 18	Deficiency and excess of lipids
Day 19	Water – functions and sources
Day 20	Effects of deficiency and excess of water
Day 21	Vitamins – introduction and classification
Day 22	Vitamin A - introduction and functions
Day 23	Sources and Rda of Vitamin A
Day 24	Pr – planning and calculating energy rich recipes
Day 25	Effects of deficiency and excess of Vitamin A
Day 26	Vitamin D – functions and sources
Day 27	Rda, deficiency and excess of Vitamin D
Day 28	Vitamin E – functions and sources
Day 29	Pr – planning and calculating protein rich recipes
Day 30	Rda, deficiency and excess of Vitamin E
Day 31	Test – Vitamin A and D
Day 32	Vitamin K – functions and sources
Day 33	Rda, deficiency and excess of Vitamin K
Day 34	Pr – planning and calculating protein rich recipes
Day 35	Vitamin C – functions and sources
Day 36	Vitamin – Rda, deficiency and excess
Day 37	Vitamin B1 – functions and sources
Day 38	Vitamin B1 - Rda, deficiency and excess
Day 39	Pr – planning and calculating Vitamin A rich recipes
Day 40	Vitamin B2 – functions and sources
Day 41	Vitamin B2 - Rda, deficiency and excess
Day 42	Vitamin B6 – functions and sources
Day 43	Pr – planning and calculating Vitamin C rich recipes
Day 44	Vitamin B6 - Rda, deficiency and excess
Day 45	Vitamin B12 – functions and sources
Day 46	Vitamin B12 - Rda, deficiency and excess
Day 47	Niacin – functions and sources
Day 48	Niacin – functions and sources
Day 49	Niacin - Rda, deficiency and excess

Day 50	Folic acid – functions and sources
Day 51	Folic acid - Rda, deficiency and excess
Day 52	Pr – planning and calculating iron and calcium rich recipes
Day 53	Calcium – functions, sources and Rda
Day 54	Effects of deficiency and excess of calcium
Day 55	Magnesium – functions, sources and Rda
Day 56	Magnesium – deficiency and excess
Day 57	Pr – planning and calculating thiamin rich recipes
Day 58	Phosphorous – functions, sources and Rda
Day 59	Phosphorous – deficiency and excess
Day 60	Sodium - functions, sources, Rda, deficiency and excess
Day 61	Potassium - functions, sources, Rda, deficiency and excess
Day 62	Pr – planning and calculating thiamin rich recipes
Day 63	Iron - functions, sources and Rda
Day 64	Iron – effect of deficiency and excess
Day 65	Iodine - functions, sources and Rda
Day 66	Iodine - effect of deficiency and excess
Day 67	Fluorine - functions, sources, deficiency and excess
Day 68	Pr – planning and calculating fibre rich recipes
Day 69	Revision
Day 70	Objective test – complete syllabus
Day 71	Revision
Day 72	Discussion of previous year question paper
Day 73	Revision
Day 74	Revision
Day 75	Revision

Name of the Associate Professor: Dr. Sangeeta Kulshrestha
Class and Section: B.A. VI Semester
Subject: Home Science Theory

Day	Topic
Day 1	Discussion of syllabus
Day 2	Definition of Child Psychology
Day 3	Aims of Child Psychology
Day 4	Aims of Child Psychology contd.
Day 5	Subject matter of Child Psychology
Day 6	Subject matter of Child Psychology contd.
Day 7	Objectives of studying Child Psychology
Day 8	Objectives of studying Child Psychology contd.
Day 9	Learning- Introduction and Definitions
Day 10	Importance of learning
Day 11	Methods of learning
Day 12	Methods of learning contd.
Day 13	Methods of learning contd.
Day 14	Methods of learning contd.
Day 15	Factors affecting learning
Day 16	Factors affecting learning contd.
Day 17	Factors affecting learning contd.
Day 18	Role of reward in learning
Day 19	Role of reward in learning contd.
Day 20	Role of punishment in learning
Day 21	Role of punishment in learning contd.
Day 22	Test- learning
Day 23	Personality- introduction
Day 24	Nature of Personality
Day 25	Nature of Personality contd.
Day 26	Definitions of Personality
Day 27	Types of Personality
Day 28	Types of Personality contd.
Day 29	Factors affecting Personality
Day 30	Factors affecting Personality contd.
Day 31	Factors affecting Personality contd.
Day 32	Factors affecting Personality contd.
Day 33	Play- definitions
Day 34	Features of play
Day 35	Test- Personality
Day 36	Features of play contd.
Day 37	Difference between work and play
Day 38	Difference between work and play contd.
Day 39	Types of play
Day 40	Types of play contd.
Day 41	Types of play contd.
Day 42	Importance of play in Childhood
Day 43	Importance of play in Childhood contd.
Day 44	Stages of Child development
Day 45	Stages of Child development contd.
Day 46	Characteristics of Infancy
Day 47	Characteristics of Infancy contd.
Day 48	Characteristics of Early childhood
Day 49	Characteristics of Early childhood contd.

Day 50	Characteristics of Late childhood
Day 51	Characteristics of Late childhood contd.
Day 52	Characteristics of Adolescence
Day 53	Characteristics of Adolescence contd.
Day 54	Problems of adolescence
Day 55	Problems of adolescence contd.
Day 56	Role of parents in solving their problems
Day 57	Role of parents in solving their problems contd.
Day 58	Role of teachers in solving their problems
Day 59	Role of teachers in solving their problems contd.
Day 60	Test- Stages of Child development
Day 61	Signs of Pregnancy
Day 62	Signs of Pregnancy contd.
Day 63	Discomforts of Pregnancy
Day 64	Discomforts of Pregnancy contd.
Day 65	Discomforts of Pregnancy contd.
Day 66	ill-effects of an early marriage
Day 67	ill-effects of an early marriage
Day 68	Breast feeding
Day 69	Advantages of breast feeding
Day 70	Artificial feeding
Day 71	Difference between breast feeding and artificial feeding
Day 72	Weaning
Day 73	Cold, cough and fever
Day 74	Diarrhoea, constipation and vomiting
Day 75	Skin infections in childhood
Day 76	Revision
Day 77	Discussion of old question papers
Day 78	Discussion of old question papers
Day 79	Discussion of old question papers
Day 80	Discussion of old question papers
Day 81	Objective Test
Day 82	Revision
Day 83	Discussion of old question papers
Day 84	Revision
Day 85	Revision
Day 86	Revision
Day 87	Revision
Day 88	Revision
Day 89	Revision
Day 90	Revision

Name of the Associate Professor: Dr. Sangeeta Kulshrestha

Class and Section: B.A. VI Semester

Subject: Home Science Practical

Day	Topic
Day 1	Discussion to the syllabus
Day 2	Principles of meal planning
Day 3	Discussion to the syllabus
Day 4	Principles of meal planning
Day 5	Principles of meal planning
Day 6	Principles of meal planning
Day 7	How to plan menu plans?
Day 8	How to plan menu plans?
Day 9	How to plan menu plans?
Day 10	Instructions for planning meals for Pre-school going child
Day 11	How to plan menu plans?
Day 12	Instructions for planning meals for Pre-school going child
Day 13	Instructions for planning meals for Pre-school going child
Day 14	Instructions for planning meals for Pre-school going child
Day 15	Meal planning by students
Day 16	Meal planning by students
Day 17	Meal planning by students
Day 18	Meal planning by students
Day 19	Checking of meal plans
Day 20	Checking of meal plans
Day 21	Checking of meal plans
Day 22	Checking of meal plans
Day 23	Checking of meal plans
Day 24	Checking of meal plans
Day 25	Instructions for planning meals for school going child
Day 26	Instructions for planning meals for school going child
Day 27	Meal planning by students
Day 28	Meal planning by students
Day 29	Oral Checking of meal plans
Day 30	Checking of meal plans
Day 31	Oral Checking of meal plans
Day 32	Checking of meal plans
Day 33	Checking of meal plans
Day 34	Instructions for planning meals for adolescent boy
Day 35	Meal planning by students
Day 36	Oral Checking of meal plans
Day 37	Instructions for planning meals for adolescent boy
Day 38	Meal planning by students
Day 39	Oral Checking of meal plans
Day 40	Oral Checking of meal plans
Day 41	Oral Checking of meal plans
Day 42	Test
Day 43	Oral Checking of meal plans
Day 44	Oral Checking of meal plans
Day 45	Test
Day 46	Instructions for planning meals for adolescent girl
Day 47	Oral Checking of meal plans
Day 48	Instructions for planning meals for adult male (MIG)

Day 49	Instructions for planning meals for adolescent girl
Day 50	Oral Checking of meal plans
Day 51	Instructions for planning meals for adult male (MIG)
Day 52	Oral Checking of meal plans
Day 53	Instructions for planning meals for adult male (LIG)
Day 54	Oral Checking of meal plans
Day 55	Instructions for planning meals for adult male (LIG)
Day 56	Oral Checking of meal plans
Day 57	Instructions for planning meals for adult female
Day 58	Instructions for planning meals for adult female
Day 59	Oral Checking of meal plans
Day 60	Instructions for planning meals for pregnant female
Day 61	Oral Checking of meal plans
Day 62	Instructions for planning meals for pregnant female
Day 63	Oral Checking of meal plans
Day 64	Instructions for planning meals for adult female
Day 65	Oral Checking of meal plans
Day 66	Instructions for planning meals for lactating females
Day 67	Oral Checking of meal plans
Day 68	Recipes of Pickles
Day 69	Recipes of Pickles
Day 70	Recipes of Chutneys
Day 71	Recipes of Chutneys
Day 72	Recipes of Jams
Day 73	Recipes of Chutneys
Day 74	Recipes of Jams
Day 75	Recipes of squashes
Day 76	Recipes of squashes
Day 77	Recipes of Morabbas
Day 78	Revision
Day 79	Test
Day 80	Revision
Day 81	Revision
Day 82	Revision
Day 83	Mock Practical Test
Day 84	Mock Practical Test
Day 85	Revision
Day 86	Revision
Day 87	Revision
Day 88	Revision
Day 89	Revision
Day 90	Revision

Name of the professor: Ms. Benu Mehta	
Class and Section: B.Sc Home Science 4th Semester	
Subject: Garment Construction and Apparel Science	
Day 1	Introduction to the practical syllabus
Day 2	Introduction to the theory syllabus
Day 3	Clothing needs of various age groups
Day 4	Clothing needs of various age groups
Day 5	Practical-Drafting of child's bodice block
Day 6	Selection of garments for toddlers and infants
Day 7	Selection of garments for pre-school and school going children
Day 8	Selection of garments for teenagers
Day 9	Selection of garments for adults
Day 10	Practical- Drafting of sleeves-simple & puff sleeves
Day 11	Revision of the chapters covered so far
Day 12	Selection of garments for people of old age
Day 13	Discussion, oral test & solving the problems of students
Day 14	Selection of household linen
Day 15	Practical- Adaption of child's bodice block to a gathered frock
Day 16	Continued
Day 17	Drafting of baby collar/ Peter pan collar
Day 18	Different types of curtains and draperies
Day 19	Selection of various types of curtains
Day 20	Selection of various types of draperies
Day 21	Selection of various types of towels
Day 22	Practical- Adaption of child's bodice block to "A line frock"
Day 23	Test of all the topics covered
Day 24	Review the test marks, take up queries and doubts of students and discussion on how to improve , if needed
Day 25	Renovation of clothes- meaning, importance
Day 26	Renovation of clothes- a detailed study
Day 27	Practical-Stitching of child's frock
Day 28	Renovation of clothes with diagrams, continued
Day 29	Meaning & importance of mending
Day 30	Different types of mends
Day 31	Mending in detail on various types of fabrics
Day 32	An introduction to garment construction technique
Day 33	Drafting-meaning, importance
Day 34	How to do drafting-in detail
Day 35	Test- Renovation & Mending
Day 36	Practical-Stitching of child's frock
Day 37	An introduction to paper patterns, their importance
Day 38	What are commercial paper patterns?
Day 39	How to make paper patterns in detail
Day 40	Practical –Drafting of salwar
Day 41	What is draping method
Day 42	Draping techniques continued and importance of draping
Day 43	Comparing and importance of all the techniques
Day 44	Revision and solving of problems of students
Day 45	Practical- Stitching of salwar
Day 46	Test- Drafting, Paper pattern & draping
Day 47	Meaning of fitting, Recognising correct fit

Day 48	Factors leading to good fit
Day 49	How to evaluate a good fit
Day 50	Practical- Drafting of Kameez
Day 51	Common problems encountered and remedies for fitting defects
Day 52	Common fitting problems and remedies
Day 53	What is fashion- Definition/meaning
Day 54	Practical- Stitching of Kameez
Day 55	Various terms used to describe different fashion trends
Day 56	Sources of fashion
Day 57	Test- Fitting
Day 58	Factors favouring and retarding fashions
Day 59	Practical- Drafting of Petticoat
Day 60	Fashion cycles
Day 61	Buying criteria for readymade garments
Day 62	Evaluating good workmanship of readymade garments
Day 63	Comparing self stitched, tailor made and ready made garments
Day 64	Practical- Stitching of petticoat
Day 65	Speed test for revision of all the practical
Day 66	Revision & problems of students to be solved
Day 67	Revision & discussion
Day 68	File check and viva
Day 69	Test- Fashion & Readymade garments
Day 70	Revision
Day 71	Revision
Day 72	Revision
Day 73	
Day 74	
Day 75	
Day 76	
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Day 90	

Name of the Professor: Ms. Benu Mehta	
Class and Section: B.Sc Home Science VI Semester	
Subject: Apparel Designing	
Day 1	Introduction to the syllabus
Day 2	Meaning and types of designs
Day 3	Introduction to the practical syllabus
Day 4	Components of design
Day 5	Design-Definition ,Components of design
Day 6	Structural designs through variations in yarns
Day 7	Structural designs through variations in weaves
Day 8	Practical – Preparing colour wheel and chart of Tints & shades
Day 9	Structural designs through variations in finishes
Day 10	Definition of Applied design- Introduction to applied designs
Day 11	Applied designs in fabrics through dyeing.
Day 12	Practical- Colour harmonies & colour schemes
Day 13	Applied designs through embroidery
Day 14	Discussion and revision of the chapters covered so far
Day 15	Line form & shape analysis
Day 16	Appropriate use of line and form in apparel designing
Day 17	Practical-Line & form- different types of lines
Day 18	Test of the chapters covered so far
Day 19	Texture-Definition, analysis
Day 20	Texture in relation to size & figure
Day 21	Practical-Geometric and abstract designs
Day 22	Texture in relation to occasion and season
Day 23	Revision of line & texture
Day 24	Colour-Its dimensions
Day 25	Colour in relation to season, occasion, size, figure and occasion
Day 26	Practical- Floral designs/ Natural designs
Day 27	Test of chapters covered so far
Day 28	Principles of design- Introduction
Day 29	Principles of design- Balance & harmony
Day 30	Principles of Design – Rhythm, Proportion & Emphasis
Day 31	Practical- Geometric designs/ Abstract designs
Day 32	Principles of design- Continued in detail
Day 33	Revision & discussion on principles of design
Day 34	Test on the chapters covered
Day 35	Practical- Development of motif, placement for all over pattern
Day 36	Figure types-Introduction
Day 37	Average types of figures for which ready to wear garments are made
Day 38	Designing clothes for average figure types using various principles of design
Day 39	Designing clothes for average figure types using principles of design
Day 40	Designing clothes for tall and stout figures
Day 41	Designing clothes for tall and stout figures
Day 42	Designing clothes for tall and slim figures
Day 43	Motif enlarging & reducing
Day 44	Designing clothes for short and thin figures
Day 45	Revision- Designing for average figures

Day 46	Figure illustrations and revision with diagrams
Day 47	How to design clothes for figures with variations
Day 48	Batik on cloth fabrics
Day 49	Designing clothes for figures with large hips
Day 50	Designing clothes for figures with large busts
Day 51	Designing clothes for figures with large upper arm
Day 52	Designing clothes for figure with prominent abdomen
Day 53	Practical- Batik on cotton fabric
Day 54	Using elements of design to camouflage figure defects
Day 55	How to enhance your designing skills
Day 56	Revision and discussion of the chapter
Day 57	Test- Designing for average figure and figures with variations
Day 58	Preparing one household article using various techniques of applied design
Day 59	Elementary computer aided designing
Day 60	Practical- Preparing one article of 'Apparel'
Day 61	Elementary computer aided designing
Day 62	The Computers in Apparel construction
Day 63	Computers in Apparel construction
Day 64	Practical- Completion of both the articles
Day 65	Computers in Apparel construction
Day 66	Computers in Apparel construction
Day 67	Computers in Apparel construction
Day 68	Revision of all the chapters
Day 69	Test of theory topics covered so far
Day 70	
Day 71	
Day 72	
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Day 89	
Day 90	

Name of the professor: Ms.Benu Mehta

Class and Section: B.Sc Home Science 2nd Semester

Subject: Introduction to Textiles

Day 1	Introduction to textiles
Day 2	Introduction to textiles
Day 3	Importance of textiles in daily life
Day 4	History of natural textiles
Day 5	Introduction to the practical syllabus
Day 6	Manufacture of cotton fabrics, properties & importance to consumer
Day 7	Manufacture of linen fabrics ,different varieties and properties of linen
Day 8	Manufacture of different varieties of wool fibres & importance to

	consumers
Day 9	Manufacture of different varieties of silk and their properties & importance to consumers
Day 10	Practical – Identification of cotton ,linen ,wool &silk
Day 11	Test of all natural fibres
Day 12	Manufacture of man-made fibres
Day 13	Manufacture of Rayon fibres ,its types
Day 14	Study of properties of rayon & its importance to consumer
Day 15	Practical- Burning test of cotton ,linen ,wool silks
Day 16	Manufacture of polyester fibres & their properties& importance
Day 17	Manufacture of polyamide fibres & their importance
Day 18	Manufacture of acrylic fabrics, properties & Importance
Day 19	Comparison of all the manmade & synthetic fibres
Day 20	Revision of all the man-made & synthetic fibres
Day 21	Test of all the man-made & synthetic fibres
Day 22	Basic principles of yarn making
Day 23	Properties of yarn, yarn twist , types of twists
Day 24	Practical- Chemical test of natural & synthetic fibres
Day 25	Yarn numbering – different system
Day 26	Simple yarns, ply yarns
Day 27	Complex yarns – manufacture & importance
Day 28	Novelty yarns – manufacture & importance
Day 29	Identification of natural, man-made & synthetic fibres
Day 30	Detailed study of manufacture of novelty and complex yarns
Day 31	Comparative study of simple, novelty, complex yarns
Day 32	Revision of whole chapters on yarns
Day 33	What is blending? Importance of blending
Day 34	Practical – Test of identification of various fibres ,microscopic, burning test and chemical test
Day 35	Test of chapter of yarns
Day 36	Detailed study of various blends & their properties
Day 37	Detailed study of various blends , their manufacturing
Day 38	Practical – Identification of weaves – simple weaves
Day 39	Importance of proper proportion in blending, their properties
Day 40	Comparison of various blends & their importance to consumer
Day 41	Revision & discussion of all the blends
Day 42	Practical- Graphic representation of weaves
Day 43	Various methods of fabric construction
Day 44	Weaving – various types of looms
Day 45	Parts of looms
Day 46	Practical- Identification of fancy weaves , their graphic representation
Day 47	Working of loom
Day 48	Test of all the blended fabrics
Day 49	Basic weaves & their variations
Day 50	Detailed study of all the basic weaves
Day 51	Practical identification of various weaves and their graphic representatives
Day 52	Fancy weaves & their variation
Day 53	Twill, satin, sateen weave
Day 54	Pile weave, cut & uncut pile
Day 55	Study of Dobby and Jaquard weave
Day 56	Practical test-identification of weaves
Day 57	Study of Leno; swivel and lappet weave
Day 58	Discussion of all weaves and their importance
Day 59	Comparison of various weaves and their advantages
Day 60	Introduction to knitting
Day 61	Knitting of samples, following knitting instructions

Day 62	Knitting technology
Day 63	Knitting technology
Day 64	Types of knits
Day 65	Detailed study of warp knitting
Day 66	Learning-thread count
Day 67	Detailed study of weft knitting
Day 68	Comparison, advantages and disadvantages of various types of knits
Day 69	Braiding, felting and bonding
Day 70	Learning-thread count
Day 71	Importance, advantages and disadvantages of all the types of felting and bonding
Day 72	Revision and discussion
Day 73	Revision and discussion
Day 74	Revision and discussion
Day 75	Knitting of five samples of hand knitting, following knitting instructions.
Day 76	Test
Day 77	Test
Day 78	
Day 79	
Day 80	
Day 81	
Day 82	
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Day 84	
Day 85	
Day 86	
Day 87	
Day 88	
Day 89	
Day 90	

Name of the professor: Ms. Priyanka Pawar
Class and Section: B.Sc. Home Science 1st Year
Subject: Applied Botany
Lectures per week: 3

Day 1	Introduction of complete syllabus
Day 2	
Day 3	Introduction to Home gardening, essential requirements of home gardening
Day 4	Definition of soil, soil components and layers
Day 5	Soil layers
Day 6	
Day 7	Structure of soil
Day 8	
Day 9	

Day 10	
Day 11	
Day 12	Different types of soil with diagram
Day 13	Tillage
Day 14	Tillage
Day 15	Revision and doubt class for Unit 1
Day 16	
Day 17	
Day 18	
Day 19	Principles of kitchen gardening, Intercropping with advantages and disadvantages
Day 20	Layout of kitchen gardening, crop rotation with advantages and disadvantages.
Day 21	Role of micro-organisms in soil fertility and methods of raising healthy seedlings.
Day 22	
Day 23	
Day 24	
Day 25	
Day 26	Utilization of space by intense successive cultivation.
Day 27	Class test of Unit 1
Day 28	Economic botany- herbal plants studied including Neem, Aloe-Vera
Day 29	
Day 30	
Day 31	
Day 32	Continue with Herbal plants study of Tulsi Garlic and Ginger
Day 33	Class Test of Unit 2 (Chapter 1)
Day 34	Started with Unit 3 Lawn- Planning and maintenance
Day 35	
Day 36	
Day 37	
Day 38	
Day 39	Continue with lawn and its importance
Day 40	Class test of Unit 2 (Chapter 2)
Day 41	Revision and doubt class of Unit 2
Day 42	
Day 43	
Day 44	
Day 45	
Day 46	Started with Unit 3 (Chapter 2) Terrace Gardening introduction
Day 47	Importance of Terrace Gardening and its application in growing vegetables and ornamental plants in pot,
Day 48	Class test of Lawn and Terrace gardening
Day 49	
Day 50	
Day 51	
Day 52	
Day 53	Started with Unit 4, Introduction of vegetative propagation and its importance.
Day 54	Methods of Vegetative propagation covered cutting, Layering
Day 55	Grafting introduction and its steps to be done.
Day 56	
Day 57	
Day 58	
Day 59	
Day 60	Tissue culture / Micropropagation, complete introduction and definition
Day 61	Importance of Tissue culture in Plant Breeding
Day 62	Class Test of Vegetative Propagation and its methods
Day 63	
Day 64	
Day 65	

Day 66	Class Test of Tissue culture and its importance in plant breeding
Day 67	Revision Class and Doubt session for complete syllabus of Botany
Day 68	
Day 69	
Day 70	
Day 71	
Day 72	Revision of Home Gardening and Kitchen Gardening
Day 73	Explained the differences between intercropping and crop rotation
Day 74	Revision class on soil, its types and its components
Day 75	
Day 76	
Day 77	
Day 78	
Day 79	Layers of soil, tillage revision done again
Day 80	Class test of complete syllabus
Day 81	Previous year question paper discussion
Day 82	
Day 83	
Day 84	
Day 85	
Day 86	
Day 87	
Day 88	
Day 89	
Day 90	

Name of the professor: Ms. Priyanka Pawar Class And Section: B.A. 6th Semester Subject: Home Science Practical Lectures Per Week: 2+3++3	
Day 1	
Day 2	
Day 3	
Day 4	Diet Plan for a Pre-school child
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	Diet plan for a pre-school child
Day 11	

Day 12	
Day 13	
Day 14	
Day 15	
Day 16	Diet plan for a school going child
Day 17	
Day 18	
Day 19	
Day 20	
Day 21	
Day 22	Diet plan for a school going child
Day 23	
Day 24	
Day 25	
Day 26	
Day 27	
Day 28	Diet Plan for an adolescent boy
Day 29	
Day 30	
Day 31	
Day 32	
Day 33	
Day 34	Diet Plan for an adolescent girl
Day 35	
Day 36	
Day 37	
Day 38	
Day 39	
Day 40	
Day 41	Diet Plan for an adolescent girl
Day 42	
Day 43	
Day 44	
Day 45	
Day 46	
Day 47	
Day 48	
Day 49	Diet Plan for an adolescent girl
Day 50	
Day 51	
Day 52	
Day 53	
Day 54	
Day 55	Diet Plan for an adult male
Day 56	
Day 57	
Day 58	
Day 59	
Day 60	
Day 61	Diet Plan for an adult male
Day 62	
Day 63	
Day 64	
Day 65	
Day 66	
Day 67	Diet Plan for an adult Female
Day 68	

Day 69	
Day 70	
Day 71	
Day 72	
Day 73	Diet Plan for an adult Female
Day 74	
Day 75	
Day 76	
Day 77	
Day 78	Diet Plan for a Pregnant Lady
Day 79	
Day 80	
Day 81	
Day 82	
Day 83	
Day 84	Diet Plan for a lactating Lady
Day 85	
Day 86	
Day 87	
Day 88	Checking of files and doubts clearance
Day 89	Checking of files and doubts clearance
Day 90	Checking of files and doubts clearance

Name of the professor: Ms. Priyanka Pawar	
Class and Section: B.Sc. Home Science 6th Semester	
Subject: Food Microbiology	
Lectures per week: 4	
Day 1	Discussion of complete syllabus
Day 2	Characteristics and classification of molds
Day 3	Characteristics and classification of Yeasts
Day 4	Characteristics, classification and usefulness of Bacteria's
Day 5	
Day 6	
Day 7	
Day 8	Useful Micro-organisms
Day 9	Pathogenic Micro-Organisms
Day 10	Brief History of Microbiology.
Day 11	Importance of Microorganisms in food
Day 12	
Day 13	
Day 14	
Day 15	Class Test of bacteria
Day 16	Primary sources of micro – organisms in foods
Day 17	Primary sources of micro – organisms in foods
Day 18	Primary sources of micro – organisms in foods
Day 19	
Day 20	
Day 21	
Day 22	Extrinsic parameters affecting the growth and survival of micro-organisms.
Day 23	Extrinsic parameters affecting the growth and survival of micro-organisms.
Day 24	Class Test of Useful Micro-Organisms
Day 25	Intrinsic parameters affecting the growth and survival of Micro-organisms.
Day 26	
Day 27	
Day 28	
Day 29	Intrinsic parameters affecting the growth and survival of Micro-organisms.
Day 30	Contamination and micro-organisms in the spoilage of cereals and its products and its preservations.
Day 31	Contamination and micro-organisms in the spoilage of cereals and its products and its preservations.
Day 32	Contamination and micro-organisms in the spoilage of Eggs and poultry and its preservations.
Day 33	
Day 34	
Day 35	
Day 36	Contamination and micro-organisms in the spoilage of Eggs and poultry and its preservations.
Day 37	Contamination and micro-organisms in the spoilage of milk and milk products and its preservations.
Day 38	Contamination and micro-organisms in the spoilage of milk and milk products and its preservations.
Day 39	Contamination and micro-organisms in the spoilage of canned foods and its preservations.
Day 40	Contamination and micro-organisms in the spoilage of canned foods and its preservations.
Day 41	
Day 42	
Day 43	
Day 44	Revision and discussion on intrinsic parameters affecting growth and survival of micro-organisms.
Day 45	Test of micro-organisms involved in spoilage of food

Day 46	Introduction of Preservation , its advantages and disadvantages.
Day 47	Use of high temperature methods in food preservation
Day 48	
Day 49	
Day 50	
Day 51	Use of low temperature methods in food preservation
Day 52	Discussion on Dehydration, freezing and freeze-drying
Day 53	Irradiation in food preservation.
Day 54	Class test of Unit 1
Day 55	
Day 56	
Day 57	
Day 58	Fermentation, fermented foods and their benefits.
Day 59	Started with Unit 4, Food borne intoxication, symptoms, mode and sources of transmissions and method of prevention.
Day 60	Food borne intoxication, symptoms, mode and sources of transmissions and method of prevention.
Day 61	Food borne intoxication, symptoms, mode and sources of transmissions and method of prevention.
Day 62	
Day 63	
Day 64	
Day 65	Food borne infections, symptoms, mode and sources of transmissions and method of prevention.
Day 66	Food borne infections, symptoms, mode and sources of transmissions and method of prevention.
Day 67	Food borne infections, symptoms, mode and sources of transmissions and method of prevention.
Day 68	Continued with Unit 4, Chapter-2, Indices of food
Day 69	Indices of Food
Day 70	Indices of Milk
Day 71	Indices of Water
Day 72	
Day 73	
Day 74	
Day 75	Class test of Unit 2, Primary sources of micro – organisms in food
Day 76	Doubt Class
Day 77	Class Test of Unit 3, Methods of Preservation.
Day 78	Revision Class of Fermentation , fermented foods and their benefits .
Day 79	
Day 80	
Day 81	
Day 82	Continued with Unit 4, Microbiological Criteria of Food
Day 83	Bacteriological analysis of water
Day 84	Bacteriological analysis of milk
Day 85	Class test of Unit 4, Food Borne infections and Food borne intoxications
Day 86	
Day 87	
Day 88	
Day 89	Discussion of previous year question papers and revision of syllabus
Day 90	Revision class continued.

Name of the professor: Ms. Priyanka Pawar Class and Section: B.Sc. Home Science 2nd Year Subject: Food Science (II) Lectures per week: 4+3	
Day 1	Introduction of complete syllabus of Food Science II
Day 2	Classification of Vegetables and its nutritive composition with nutritive value done.
Day 3	Continued with the pigments found in vegetables
Day 4	Started with Fungus and Algae as food (Mushroom and Spirulina)
Day 5	
Day 6	
Day 7	
Day 8	Started with Vegetable cooking, preliminary preparation and its importance in cooking.
Day 9	Continued with fruits composition, classification and nutritive value.
Day 10	Then started with the pigments found in fruits and enzymatic browning and its prevention.
Day 11	Continued with the storage of fruits and Vegetables
Day 12	
Day 13	
Day 14	
Day 15	Revision and Doubt class
Day 16	Gave the introduction of Food Preservation Practical Class, Importance of Preservation.
Day 17	Started with the Jam, Squash Preserved Recipes.
Day 18	
Day 19	
Day 20	
Day 21	Continued with unit 1, Post-Harvest Changes in fruits.
Day 22	Unit 2 started, Introduction of Raising and Leavening Agents, types and uses.
Day 23	Use of Leavening and Raising agents in cookery and baking.
Day 24	Continued with Unit 2 , Chapter 2 Composition of eggs , Nutritive value of eggs
Day 25	
Day 26	
Day 27	
Day 28	Practical Class, Preparation of Apple Jam and apple jelly.
Day 29	Continued with Quality and Evaluation of eggs.
Day 30	Egg cookery, Use of Eggs in different food preparations.
Day 31	Class Test of Unit 1.
Day 32	
Day 33	
Day 34	
Day 35	Started with Unit 4, Spices and Condiments.
Day 36	Use of different Species in cooking and its medicinal value
Day 37	Use of different Species in cooking and its medicinal value
Day 38	Use of different Species in cooking and its medicinal value
Day 39	
Day 40	
Day 41	
Day 42	Started with different types of herbs and explained about MSG.
Day 43	Started with Unit 4 , Chapter -2 Sensory evaluation , its types and objectives.
Day 44	Types of Sensory Tests
Day 45	Types of Sensory Tests
Day 46	Types of Sensory Tests
Day 47	Objective Evaluation
Day 48	

Day 49	
Day 50	
Day 51	Objective Evaluation
Day 52	Instruments used for Texture evaluation
Day 53	Instruments used for Texture evaluation
Day 54	Instruments used for Texture evaluation
Day 55	
Day 56	
Day 57	
Day 58	Started with Unit 3, Introduction and composition of meat.
Day 59	Explained about Post Mortem changes in meat/ Rigor Mortis
Day 60	Continued with Ageing and Curing of Meat
Day 61	Started with Tenderization and Cuts and Grading in meat.
Day 62	
Day 63	
Day 64	
Day 65	Practical Class- Continued with file work and Class Test of Unit 2.
Day 66	Continued with Meat Cookery and Storage and Preservation of meat methods.
Day 67	Class test of spices and condiments.
Day 68	Types of poultry, composition and nutritive value of poultry.
Day 69	
Day 70	
Day 71	
Day 72	Poultry cooking and Storage and preservation methods of Poultry.
Day 73	Class test of, short notes on Rigor Mortis, Curing, Ageing, Tenderization of meat.
Day 74	Continued with fish introduction, classification and composition
Day 75	Fish cookery and spoilage
Day 76	
Day 77	
Day 78	
Day 79	Class test of objective and subjective evaluation of food quality.
Day 80	Continued with storage and preservation of fish.
Day 81	Class test of Quality and Evaluation of eggs.
Day 82	File work continued by students
Day 83	
Day 84	
Day 85	
Day 86	Discussion on previous years question paper, revision and doubts clearance.
Day 87	Doubt Class
Day 88	Doubt Class
Day 89	Revision of complete Syllabus.
Day 90	

Name of the professor: Ms. Priyanka Pawar	
Class and Section: B.A. Home Science(2nd Semester)	
Subject: Home Science Practical	
Lectures per week: 2+2	
Day 1	
Day 2	
Day 3	
Day 4	Discussion of syllabus, making list of all required things
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	Pottery painting on sheet
Day 11	
Day 12	
Day 13	
Day 14	Pottery painting on sheet
Day 15	
Day 16	
Day 17	
Day 18	
Day 19	
Day 20	Preparation of pot for base paint
Day 21	
Day 22	
Day 23	
Day 24	
Day 25	Preparation of pot for base paint
Day 26	
Day 27	
Day 28	
Day 29	
Day 30	
Day 31	Base painting on Pot
Day 32	
Day 33	
Day 34	
Day 35	
Day 36	
Day 37	Making pattern on pot
Day 38	
Day 39	
Day 40	
Day 41	
Day 42	
Day 43	Completing pattern with color
Day 44	
Day 45	
Day 46	Flower Arrangement
Day 47	
Day 48	
Day 49	
Day 50	Completing file work
Day 51	
Day 52	
Day 53	

Day 54	
Day 55	
Day 56	Preparing second pot for base paint
Day 57	
Day 58	
Day 59	
Day 60	
Day 61	
Day 62	Base paint on second pot
Day 63	
Day 64	
Day 65	
Day 66	
Day 67	
Day 68	Decorating second pot
Day 69	
Day 70	
Day 71	
Day 72	
Day 73	Flower making
Day 74	
Day 75	
Day 76	
Day 77	
Day 78	Decorating second pot
Day 79	
Day 80	
Day 81	
Day 82	Tie and Dye
Day 83	
Day 84	
Day 85	
Day 86	
Day 87	
Day 88	Finishing Second pot and completion of file
Day 89	
Day 90	

Name of the professor: Ms. Jyoti
Class and Section: B.Sc. Home Science 4th Semester
Subject: Psychology II

Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Unit 1- motivation and learning
Day 5	Meaning and definition of motivation
Day 6	Types of motives
Day 7	Meaning and nature of learning
Day 8	Theories of learning
Day 9	Continue
Day 10	Continue
Day 11	Principles of learning
Day 12	Factors affecting learning
Day 13	Effect of motivation on learning
Day 14	Class test of Unit 1
Day 15	Unit 2- Intelligence and Thinking
Day 16	Definition and theories of intelligence
Day 17	Development and measurement of intelligence
Day 18	Concept and tools of thinking
Day 19	Reasoning as related to imagination and thinking
Day 20	Nature and development of imagination
Day 21	Assignment allotted and class test of Unit 2
Day 22	Unit 3- Personality
Day 23	Concept and definition of personality
Day 24	Types of personality
Day 25	Assessment of personality
Day 26	Continue
Day 27	Factors affecting personality
Day 28	Freud's theory of personality
Day 29	Continue
Day 30	Continue
Day 31	Class test of Unit 3
Day 32	Unit 4 – Memory and Forgetting
Day 33	Memory definition and analysis
Day 34	Types of memory
Day 35	Remembering and memory
Day 36	Improvement of memory
Day 37	Definition and meaning of forgetting
Day 38	Analysis of forgetting
Day 39	Types of forgetting
Day 40	Theories of forgetting
Day 41	Continue
Day 42	Continue
Day 43	Class test of unit 4
Day 44	Revision of complete syllabus
Day 45	Revision of complete syllabus
Day 46	
Day 47	
Day 48	
Day 49	
Day 50	
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Day 54	
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Day 87	
Day 88	
Day 89	
Day 90	

Name of the professor: Ms. Jyoti	
Class and Section: B.Sc. Home Science 6th Semester	
Subject: Child welfare	
Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Introduction of Unit- 1
Day 5	Definition of child welfare
Day 6	Objectives of child welfare
Day 7	Preparation of play material and toys for children from 4-6 yrs. old
Day 8	Philosophy of child welfare
Day 9	National policy of child welfare
Day 10	Continue
Day 11	Continue
Day 12	Continue
Day 13	Preparation of play material and toys for children from 4-6 yrs. old
Day 14	Doubt class
Day 15	Class test of unit 1
Day 16	Unit 2- problems of school dropouts
Day 17	Problem of child labour
Day 18	Preparation of play material
Day 19	Effect of mass media on children
Day 20	Deprivation among children
Day 21	Nutritional deprivation among children
Day 22	Visit to a child welfare institution
Day 23	Educational deprivation among children
Day 24	Emotional deprivation among children
Day 25	Doubt class
Day 26	Class test of unit 2
Day 27	Report writing
Day 28	Unit 3- children with special needs
Day 29	Blind children
Day 30	Continue
Day 31	Deaf children
Day 32	Continue
Day 33	Resource file preparation
Day 34	Dumb children
Day 35	Mentally retarded children
Day 36	Continue
Day 37	Juvenile delinquency
Day 38	Continue
Day 39	Resource file preparation
Day 40	Doubt class
Day 41	Class test of unit 3
Day 42	Introduction of Unit 4
Day 43	Voluntary agencies working for child welfare
Day 44	Continue
Day 45	Questionnaire preparation on deprivation of girls
Day 46	International agencies working for child welfare
Day 47	Continue
Day 48	Family planning program in India
Day 49	Continue
Day 50	Continue
Day 51	Practical file submission
Day 52	Doubt class
Day 53	Discussion class (Previous year question papers)

Day 54	Revision of complete syllabus
Day 55	Revision of complete syllabus
Day 56	Revision of complete syllabus
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Name of the professor: Ms. Jyoti	
Class and Section: B.Sc. Home Science 6th Semester	
Subject: Women Empowerment	
Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Unit 1- status of Indian women- pre and post-Independence
Day 5	Legal status of the women
Day 6	Continue
Day 7	Social status of the women
Day 8	Continue
Day 9	Continue
Day 10	Economical status of the women
Day 11	Political status of the women
Day 12	Educational status of the women
Day 13	Class test of unit 1
Day 14	Unit 2- Problems and issues related to women
Day 15	Families with marital disharmony
Day 16	Continue
Day 17	Continue
Day 18	Violence against women
Day 19	Types of violence against women
Day 20	Laws and acts related to violence
Day 21	Abuse and dowry victimization of women
Day 22	Continue
Day 23	Laws and acts related to dowry
Day 24	Sexual discrimination of Indian women
Day 25	Exploitation of Indian women
Day 26	Assignment allotment and Class test of unit 2
Day 27	Unit 3- Empowerment of women
Day 28	Role of mass media in women empowerment
Day 29	Education, employment and empowerment
Day 30	Continue
Day 31	Role of Home Science for personal and professional development
Day 32	Continue
Day 33	Class test of unit 3
Day 34	Introduction of Unit 4
Day 35	Trends in women's movements
Day 36	Continue
Day 37	Social welfare programme
Day 38	Continue
Day 39	Continue
Day 40	Impact of social welfare programme
Day 41	Revision
Day 42	Discussion of previous year question papers
Day 43	Revision of complete syllabus
Day 44	Revision of complete syllabus
Day 45	Doubt class
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Name of the assistant professor: Ms. Sujata	
Class and Section: B Sc (Home Science)4th Semester Subject:	
Introduction to Home Management-II	
Day 1	Discussing the syllabus
Day 2	Ergonomics in home- introduction
Day 3	Body mechanics- meaning and introduction
Day 4	Body mechanics- principles
Day 5	Discussing syllabus of practicals
Day 6	Work simplification – meaning and importance
Day 7	Mundel’s classes of change
Day 8	Classes of change
Day 9	Work study techniques- pathway chart
Day 10	Demonstration on making pathway chart- practical
Day 11	Work study technique – operation chart
Day 12	Test
Day 13	Income – types of income
Day 14	Budget – meaning and introduction
Day 15	Practical – making pathway chart
Day 16	Types of budget
Day 17	Steps in making budget
Day 18	Steps in making budget
Day 19	Test
Day 20	Practical – making budget of LIG, MIG, HIG
Day 21	Factors affecting budget
Day 22	Factors affecting budget
Day 23	Meaning and importance of saving
Day 24	Importance of saving
Day 25	Practical – making color wheel
Day 26	Types of saving – provident fund
Day 27	Insurance – meaning and importance
Day 28	Types of saving – banks
Day 29	Post office savings
Day 30	Completing color wheel and color scheme – practical
Day 31	Credit – it’s uses
Day 32	Types of credit
Day 33	Types of credit
Day 34	Problems in credit
Day 35	Practical – making color schemes
Day 36	Test
Day 37	Taxation – introduction
Day 38	Importance and use of tax
Day 39	Types of tax
Day 40	Practical – making Alpana on file
Day 41	Types of tax
Day 42	Basic calculation of income tax
Day 43	Calculation of income tax
Day 44	Calculating income tax
Day 45	Making Alpana on floor – practical
Day 46	Definition of art and its importance
Day 47	Elements of art- types of line and their use in decoration
Day 48	Form and texture as element of art
Day 49	Pattern and light as element of art
Day 50	Making rangoli pattern on sheet – practical
Day 51	Test
Day 52	Color – introduction
Day 53	Classification of color
Day 54	Color wheel

Day 55	Making rangoli on floor- practical
Day 56	Dimensions of color
Day 57	Dimensions of color
Day 58	Emotional effect of color
Day 59	Color scheme- complementary, split complementary, triad
Day 60	Making rangoli on floor – practical
Day 61	Color scheme- analogous, monochromatic, neutral
Day 62	Test
Day 63	Factors affecting use of color in decoration
Day 64	Doubt class
Day 65	File completion
Day 66	Revision of unit I
Day 67	Discussing old question paper
Day 68	Discussing old question paper
Day 69	Discussing old question paper
Day 70	Revision of unit II
Day 71	Revision of unit III
Day 72	Revision of unit IV
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Name of the Assistant Professor: Ms. Sujata Class and Section: B Sc (Home Sc.) 6th Semester Subject: Interior Designing	
Day 1	Introduction of the syllabus
Day 2	Furniture—introduction
Day 3	Selection of furniture
Day 4	Selection of furniture
Day 5	Types of furniture
Day 6	Practical syllabus discussion
Day 7	Types of furniture
Day 8	Furniture arrangement in rooms
Day 9	Furniture arrangement in room
Day 10	Furniture arrangement in different rooms
Day 11	Pottery painting on sheet---practical
Day 12	Lighting arrangement in home—introduction
Day 13	Types of lighting arrangement
Day 14	Lighting arrangement in different rooms
Day 15	Lighting arrangement in different rooms
Day 16	Preparing pot for painting---practical
Day 17	Accessories- importance in home decoration
Day 18	Types of accessories
Day 19	Types of accessories
Day 20	Commonly used accessories used in home decoration
Day 21	Pot painting—practical
Day 22	Test
Day 23	Window treatment—introduction
Day 24	Importance of window treatment
Day 25	Basic window treatments
Day 26	File completing---practical
Day 27	Types of curtains
Day 28	Types of curtains
Day 29	Importance of curtains and draperies
Day 30	Selection of draping fabric
Day 31	Pot panting-practical
Day 32	Selection of draping fabric
Day 33	Care of draping fabric
Day 34	Hanging of curtains---pelmet
Day 35	Hanging of curtains---swag, valance
Day 36	Making curtain samples – practical
Day 37	Discussion on window treatment
Day 38	Test
Day 39	Wall treatment—introduction
Day 40	Paint---- types of paint
Day 41	Pot decoration –practical
Day 42	Use of paint
Day 43	Wallpaper---introduction
Day 44	Types of wall papers
Day 45	Care of wallpaper
Day 46	Pot decoration –practical
Day 47	Wood panel---introduction and use
Day 48	Floor treatment—tiles, carpet
Day 49	Importance and types of carpet
Day 50	Soft flooring
Day 51	Making paper flowers—practical
Day 52	Care of rugs and carpets
Day 53	Test
Day 54	Principles of design—harmony, balance- types of balance

Day 55	Principles of design—Proportion, rhythm- method of creating rhythm
Day 56	Fresh flower arrangement- practical
Day 57	Emphasis -how to emphasize in home decoration
Day 58	Use of principles of design in home decoration
Day 59	Discussion on the chapter
Day 60	Flower arrangement- importance and types
Day 61	Types of flower arrangement
Day 62	File completion
Day 63	Use of principles of design in flower arrangement
Day 64	Use of principles of design in flower arrangement
Day 65	Doubt class
Day 66	Doubt class
Day 67	Flower arrangement- practical
Day 68	Revision
Day 69	Revision
Day 70	Revision
Day 71	Revision
Day 72	Revision
Day 73	Revision
Day 74	Discussing old paper
Day 75	Discussing old paper
Day 76	Discussing old paper
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Name of the assistant professor: Ms. Sujata	
Class and Section: B. A. I	
Subject: Home Science	
Day 1	Discussion of the syllabus
Day 2	Objectives and meaning of health
Day 3	Causes and effect of soil pollution
Day 4	Causes and effect of air pollution
Day 5	Causes and effect of noise pollution
Day 6	Causes and effect of water pollution
Day 7	Test
Day 8	Definition of health and hygiene
Day 9	Factors affecting good health- good habit of eating and drinking
Day 10	Importance of exercise, rest and sleep
Day 11	Importance of cleanliness and posture on good health
Day 12	Water---importance and types
Day 13	Impurities of water
Day 14	Source of contamination of water
Day 15	Domestic method of purification of water
Day 16	Domestic method of purification of water
Day 17	Test
Day 18	Infection---introduction
Day 19	Agents of infection, stages of infection
Day 20	Mode of spread of infection
Day 21	Prevention and control of infection
Day 22	Test
Day 23	Disinfection—meaning and types
Day 24	Types of disinfectants
Day 25	Types of disinfectants
Day 26	Immunity- meaning and introduction
Day 27	Types of immunity
Day 28	Natural immunity---types
Day 29	Acquired immunity--types
Day 30	Immunization schedule--discussion
Day 31	Assignment on immunization schedule
Day 32	Test
Day 33	Diseases spread by insects—malaria—causes, mode of spread , symptom and prevention
Day 34	Typhoid---introduction, causes, symptom and prevention
Day 35	Presentation by student
Day 36	Test
Day 37	Cholera---causes, symptoms, mode of spread, prevention
Day 38	Dysentery-- causes, symptoms, mode of spread, prevention
Day 39	Presentation
Day 40	Diseases spread by droplet infection--introduction
Day 41	Measles – causes and symptoms
Day 42	Measles--- mode of spread, prevention
Day 43	Presentation by student and test
Day 44	Diphtheria- causes and symptoms, mode of spread, prevention
Day 45	Tuberculosis- causes and symptoms
Day 46	Tuberculosis-- mode of spread, prevention
Day 47	Discussion on the topic
Day 48	Presentation by student
Day 49	Test
Day 50	Causes and mode of spread of mumps
Day 51	Symptoms, Prevention and control of mumps
Day 52	Presentation by student

Day 53	Causes and mode of spread of leprosy
Day 54	Symptoms and control of leprosy
Day 55	Causes and mode of spread of tetanus
Day 56	Symptoms and control of tetanus
Day 57	Presentation
Day 58	Causes and mode of spread of AIDS
Day 59	Symptoms and control of AIDS
Day 60	Presentation
Day 61	Test
Day 62	Discussing diseases spread by ingestion
Day 63	Discussing diseases spread by droplet infection
Day 64	Discussing diseases spread by contact
Day 65	Transmission of heat---methods
Day 66	Conduction, convection, radiation
Day 67	Use of good and bad conductors in daily life
Day 68	Use of good and bad conductors in daily life
Day 69	Thermos flask-structure and working principle
Day 70	Use of method of transmission of heat in thermos flask
Day 71	Test
Day 72	Thermometer- introduction and structure
Day 73	Types of thermometers
Day 74	Simple conversion in thermometer
Day 75	Evaporation---introduction, factors affecting evaporation
Day 76	Refrigerator---structure
Day 77	Working principle of refrigerator
Day 78	Doubt class
Day 79	Doubt class
Day 80	Revision
Day 81	Revision
Day 82	Revision
Day 83	Revision
Day 84	Revision
Day 85	Test
Day 86	Discussing old question paper
Day 87	Discussing old question paper
Day 88	Discussing old question paper
Day 89	Doubt class
Day 90	Doubt class