

Lesson Plans of B.Sc.(Home Science)

**Session: 2024-25
(Odd Semester)**

Name of the Assistant Professor: Ms. Archana Dua
Class and Section: B.Sc Home Science 5th Semester
Subject: Normal Nutrition
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the student Orientation of the student Introduction of the syllabus Unit -1 Nutrition of health inter relationship Practical -Comprehensive food exchange list Factors affecting total energy expenditure and requirement
Week 2	Basal Metabolic Rate Factors affecting BMR Dynamic action of food Practical of raw weight and cooked weight of certain common recipe Unit 2 – Nutritionally Adequate diet Meal planning
Week 3	Importance of meal planning Practical of various steps in meal planning to the taught of example Factors affecting meal planning Continue assignment of asking students to write menu
Week 4	Practical of writing their of food items consumed by their mother on the previous day in household measures menu of the previous day. Test of Unit 1 Evaluation of assignment Test of unit 2 Practical -steps to be taught in dietary calculation Unit 3- Nutritional Problems during adulthood
Week 5	Food selection during adulthood Nutrition requirement during adult hood Practical class of planning a diet for an sedentary man Nutritional problems during pregnancy Food selection during pregnancy Nutritional requirement during pregnancy
Week 6	Lactation – Nutritional Problems Practical -Preparation and evaluation of diet for an adult sedentary man. Lactation – Food selection and nutritional requirement Practical – Planning of diet for an adult man moderate worker Unit 4 Infancy -Problems / Contradictions in breast feeding Meaning and nutritional requirement
Week 7	Preschool Year- Nutritional Problem Preschool Year- Food Selection Practical class – Preparation and evaluation of diet for an adult man Preschool years – Nutritional Requirement School Going – Nutritional problems School Going – Food selection
Week 8	School Going -Nutritional Requirement Practical – Planning a diet for a pregnant and lactating mother Revision of unit 3 Revision of Unit 3 Test of Unit 3 Practical Planning weaning food for infants and a diet for a preschool child. MOCK TEST
Week 9	Revision of unit 4 Practical preparation and evaluation of weaning foods for infants and diet for preschool child MOCK TEST Test of Unit 4

	Discussion of previous year question
Week 10	MOCK TEST Planning a diet for a school going child Planning a diet for adolescent Planning a diet for elderly one Practical of preparation and evaluation of diet for a school going adolescent and elderly
Week 11	Nutritional problem of old age Food selection in old age Nutritional problem in old age Revision Revision Class test of Unit 1
Week 12	Class test of Unit 2 Class test of unit 3 Class Test of Unit 4 Revision Revision
Week 13	Revision
Week 14	Revision
Week 15	Revision

Name of the Assistant Professor: Ms. Archana Dua
Class and Section: B.Sc Home Science
Subject: Nutritional biochemistry 1
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the students Orientation of the students Introduction of the syllabus Introduction to biochemistry Sciences, scope , objective , interrelation with other biological sciences. Specificity of enzymes , enzyme kinetics Enzymes- Definition , Classification , co-enzymes , types of co-enzymes
Week 2	Specificity of enzymes, enzyme kinetics Factors affecting enzyme activity Enzyme inhibition and summarizing enzymes Assignment -Scope of nutritional enzymes biochemistry Test of Unit 1 Unit 2- Vitamins , Biochemical role of vitamin A
Week 3	Biochemical Role of Vitamin D Biochemical Role of Vitamin E Revision Biochemical Role of Vitamin K Biochemical Role of Vitamin B1 Biochemical Role of Vitamin B2
Week 4	Biochemical Role of Vitamin B3 Biochemical Role of Vitamin B6 Summary of Unit 2 and assignment to be given Practical Class of introducing students to biochemistry lab Unit 3 – Carbohydrates definition and Classification Carbohydrates types and structures
Week 5	Carbohydrates types and structures Practical of reactions of monosaccharides Carbohydrates- Structures Carbohydrates – Properties Properties of Monosaccharides , Disaccharides and Polysaccharides Practical class of Reaction between Mono and Dia saccharides Glycolysis CYCLE
Week 6	Glycolysis structure Gluconeogenesis Class test of Glycolysis Practical Class of Mono , Dia and Poly saccharides Class test of glycogenesis Class test of Glycogenolysis
Week 7	Class test of Unit 3 Unit 4 Amino Acids their types and structure Practical class of identification of unknown sugar solution Protein – definition , classification and structure Protein -Properties Transamination reactions of amino acids
Week 8	Transamination of amino acids and oxidative deamination Practical class of identification of amino acids mixture by circular chromatography Decarboxylation of amino acid Urea cycle Urea cycle continued Test of oxidative deamination
Week 9	Practical of identification of unknown amino acid by circular chromatography Transamination reaction Test of Urea cycle Test of amino acid structure Test of Unit 4 (half topic) Practical of chromatography repeated

Week 10	Test of unit 4 (REMAINING ONE) Revision of unit 1 Revision of unit 2 Practical Class of Estimation of amount of glucose in the given solution by fehlep's Soxhlet method iou Revision of unit 3
Week 11	Revision of unit4 Practical File Work Mock Test Mock Test Mock Test Discussion viva questions Discussing previous year question paper
Week 12	Discussing previous year question paper
Week 13	Revision
Week 14	Revision
Week 15	Revision

Name of the Assistant Professor: Ms. Archna Dua

Class and Section: B.Sc. Home Science

Subject: : Human Development-II

Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the student Orientation of the student Introduction of the syllabus Unit – 1 Late Childhood Years (6-12 Years) – Developmental tasks Physical development and Motor development Social Development
Week 2	Emotional Development Cognitive Development Significance and functions of school Practical work -students have to make activities for 6-12 years of kid . Effect of success and failure in school Importance of peer group
Week 3	Test of Unit 1 Practical File work day Unit 2 Early Adolescence -Puberty and its characteristics Early and late Maturity. periods of stress and storm, parent child conflicts Practical Class Test of unit 2
Week 4	Practical – Observing 6-12 years old child for all development Assignment -Define Adolescence. Why is this period regarded as period of stress and storm? Test of Unit 2 Short Questions Practical Class of observing an adolescent Unit 3- late adolescence –characteristics Physical Development
Week 5	Practical of observing an adolescent Emotional Development Social Development Practical -Observing an adolescent discussing and drawing conclusions Cognitive development Conflict with authority
Week 6	Practical of drawing conclusions or adolescent observations Choosing a career Factors influencing choice of career Practical -Construction of questionnaire cum interview schedule to study problems of adolescences peer interactions and parent child relation. Test of Unit 3 Practical class of Admonishing the question
Week 7	Unit 4 Peer relationship in late adolescence Heterosexual relationship Practical -Drawing conclusion regarding the subjects to whom questionnaire was administered MOCK TEST
Week 8	MOCK TEST Adolescence problems Adolescence problems cont, Continue ,Test of unit 4Revision of complete syllabus
Week 9	Taking difficulties of students and discussing previous year question paper
Week 10	Revision
Week 11	Revision
Week 12	Revision
Week 13	Revision
Week 14	Revision
Week 15	Revision

Name of the Assistant Professor: Ms. Archana Dua
Class and Section : B.Sc. Home Science 3rd Semester
Subject : Extension Education and Rural Development
Teaching Term: 22nd July 2024 To 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the students Introduction of the syllabus Unit 1 – Concept of Extension Education Philosophy and Principle and objectives of extension education Practical – The objectives continued
Week 2	Revision Approaches of Extension Qualities of extension education Role of an extension educator Revision Revision of unit 1
Week 3	Test of Unit 1 Practical of Preparation of chart Assignment work -Define extension education , How it differs from formal Education .Give various principles of extension education. Practical -The preparation of poster Unit 2. Non Projected Aids Advantages and Disadvantages of Non Projected Aids
Week 4	Practical – The preparation of poster Revision Non -Projected Aids Continue Practical the preparation of Leaflet Agriculture Extension
Week 5	Revision Home Science Extension Practical of preparation of mobiles Revision of unit 2 Test of Unit 2 Practical of writing the story for flash cards
Week 6	Unit 3- Community Development Programme Practical File work IRD Practical -The preparation of Flash Cards NREP , TRYSEM , ANP Practical of preparation of flash cards
Week 7	Practical file work ICDS ,SNP and Program planning Practical -Preparation of Puppet Revising various programs and program planning steps. Revision
Week 8	Test of Unit 3 Practical of preparation of puppet Unit 4 Voluntary Organizations ,Revision Role of voluntary organizations in rural development Practical - The writing story for puppets on different themes
Week 9	MOCK TEST Practical – The visit to village to see anganwadi and voluntary body in action Practical of writing a visited report Role of home science in solving problems of illiterac, poverty and ill health
Week 10	Practical and The test of Unit 4 ,Revision of complete syllabus
Week 11	Revision
Week 12	Revision
Week 13	Revision
Week 14	Revision
Week 15	Revision

Name of the Associate Professor: Dr. Sangeeta Kulshrestha
Class and Section: B.Sc. Home Science 5th Semester
Subject: Community Nutrition
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Introduction to the Syllabus Nutritional Problems of the Community Pr.- Introduction to the Practical syllabus
Week 2	Nutritional Problems of the Community Contd. Assignment- Common Nutritional Problems prevalent In India Pr.-Basic Instructions regarding visits to various places
Week 3	Nutritional problems: Non- nutritional causes Nutritional problems: Nutritional causes Pr. – Visit to Aanganwadi
Week 4	PEM- Introduction, Prevalence, Causes, Signs &symptoms, Prevention and Treatment Test- Causes of Nutritional Problems Pr.- Writing Report
Week 5	Vitamin A deficiency- Prevalence, Causes, Signs & symptoms, Prevention and Treatment Iron Deficiency Anemia- Prevalence, Causes, Signs & symptoms, Prevention and Treatment Pr.- Visit to Bangla Sahib Gurudwara to study Community Kitchen
Week 6	Iodine Deficiency Disorders- Prevalence, Causes, Signs & symptoms, Prevention and Treatment Fluorosis- Prevalence, Causes, Signs & symptoms and Prevention Pr.- Writing Report & file correction
Week 7	Midday Meal Program (PM Poshan Yojna)ICDS Program Assignment- Power Point Presentation on any one nutritional problem Pr.- Visit to Govt. Primary School to study PM Poshan Yojna and making Report
Week 8	Prophylaxis programs in India Pr.- Making Questionnaire Test- Unit 2
Week 9	Assessment of Nutritional status- Introduction Anthropometric measurements used in children Pr.- Finalizing Questionnaire
Week 10	Assessment of Anthropometric measurements in children Test- Programs run by GOI to irradiate Malnutrition in India Pr.- Dietary Survey
Week 11	Assessment of Anthropometric measurements in adults Pr.- Dietary survey using 24 hours Recall method
Week 12	Dietary Assessment Clinical Examination Pr.- Analysis of Dietary survey Mock test
Week 13	Biophysical Tests Biochemical Tests Functional Assessment Pr.- Taking Anthropometric Measurements & calculation of BMI
Week 14	Vital Statistics Discussion of old question papers Pr.- Clinical Examination
Week 15	Pr.- Mock Practical Examination Revision

Name of the Associate Professor: Dr. Sangeeta Kulshrestha
Class and Section: B. Sc. (Home Science) I Sem.
Subject: Nutrition Science
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week1	Introduction to theory Syllabus Definition of Food Food groups Pr.- Introduction to Practical syllabus
Week2	Food Guide Pyramid Nutrition, Nutrients Recommended dietary allowance Pr.- Working in a Food Laboratory
Week3	Balanced diet, Health, Malnutrition (over nutrition and under nutrition) Reference man and Reference woman Functions of food Pr.- Weighing and measuring
Week4	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
Week5	Total Energy Requirement and Factors affecting it BMR Assignment- Food Guide Pyramid Pr.- Prepare recipes using sprouting
Week6	Carbohydrates: Classification & functions Pr.- Prepare recipes using supplementation
Week7	Carbohydrates: sources & requirement, effect of deficiency and excess Protein: Classification Pr.-learning calculation of energy and protein
Week8	Protein: Functions, sources, requirement, excess and deficiency Protein Quality Test- Carbohydrates Pr.-Planning energy rich recipes
Week9	Lipids: Classification, functions, sources and requirements and health problems associated with excess and deficiency Pr.-Preparing energy rich recipe
Week10	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
Week11	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
Week12	Vitamin B 1- Functions, sources, RDA, effects of deficiency & excess Vitamin B 2- Functions, sources, RDA, effects of deficiency & excess Mock test

	<p>Niacin- Functions, sources, RDA, effects of deficiency & excess</p> <p>Vitamin B 12- Functions, sources, RDA, effects of deficiency & excess</p> <p>Pr.- Planning &preparing calcium rich recipe</p>
Week13	<p>Minerals: Definition & Classification</p> <p>Macro minerals:</p> <p>Calcium: Functions, sources, RDA, effects of excess & deficiency</p> <p>Phosphorus: Functions, sources, RDA, effects of excess & deficiency</p> <p>Magnesium: Functions, sources, RDA, effects of excess & deficiency</p> <p>Sodium: Functions, sources, RDA, effects of excess & deficiency</p> <p>Potassium: Functions, sources, RDA, effects of excess & deficiency</p> <p>Pr.- Planning &preparing vitamin A rich recipe</p>
Week14	<p>Iodine: Functions, sources, RDA, effects of excess & deficiency</p> <p>Fluorine: Functions, sources, RDA, effects of excess & deficiency</p> <p>Zinc: Functions, sources, RDA, effects of excess & deficiency</p> <p>Pr.- Planning &preparing Vitamin B 1 rich recipe</p>
Week15	<p>Methods of cooking</p> <p>Methods of enhancing nutritional quality of foods</p> <p>Pr.- Planning &preparing Vitamin C rich recipe</p> <p>Revision</p>

Name of the Assistant Professor: Dr. Sangeeta Kulshrestha Class and Section: B.A. 5th Sem. Subject: Home Science Practical Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)	
Week1	Introduction to the syllabus General instructions for cookery practical's
Week2	Weighing and measuring foods Beverages- Introduction and giving recipes
Week3	Planning & preparation of various beverages Hot & Cold Coffee ,Aam Panna & Fruit shakes
Week4	Giving recipes for various soups Preparing Tomato & Sweet corn Soup
Week5	Preparing Lemon- coriander & Chinese soup
Week6	Snacks- Introduction, giving recipes Preparing Dhokla
Week7	Preparing Samosa/ Vegetable Cutlet Preparing Chana Kabab/ Masala Vada/ Sago Vada
Week8	Preparing Idli, Sambhar & Coconut Chutney,Appe Preparing Masala Dosa & Uttapam
Week9	Preparing Poha, Upma/ Veg. Vermicelli Preparing Cheela/ Bread Pizza
Week10	Cooking of Fruit Custard Baking Cake in Oven/ Pressure cooker Making khoya/ coconut burfi
Week11	Preparing Rice kheer/ Apple kheer/ Phirni Preparing Moong Dal Halwa
Week12	Sprout salad & Russian salad Chana/ Peanut salad and Macaroni salad Mock test
Week13	Preparing Dal Makhani Dum Aloo & Lemon Rice
Week14	Malai Kofta/ Shahi Paneer Manchurian & Fried Rice
Week15	Mock Practical exam. Revision

Name of the Associate Professor: Dr. Sangeeta Kulshrestha
Class and Section: B.A. 5th Sem.
Subject: Home Science
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week1	Introduction to the syllabus Foods- Introduction & syllabus Functions of foods- Physiological functions
Week2	Psychological & Sociological functions Classification of foods Food Groups
Week3	Carbohydrates- Introduction, Classification Monosaccharide's, Disaccharides, Polysaccharides, Functions & sources of carbohydrates Effects of deficiency & excess
Week4	Revision of Carbohydrates Test- Carbohydrates Protein- Introduction, Classification Sources & RDA Causes of deficiency Effects of Protein deficiency in children & adults Effects of excess of Proteins
Week5	Fats- Introduction & composition Types of Fatty Acids, Hydrogenation Classification of Lipids Sources of fats & RDA Functions of Fats Effects of deficiency & excess
Week6	Vitamins- Introduction & classification Vitamin A- Introduction, properties, Functions, Sources, RDA, Deficiency, Hypervitaminosis A Vitamin D- Introduction, Properties & composition Functions, sources, Deficiency & excess
Week7	Vitamin B1- Introduction & composition, properties, Functions, Sources, RDA, Symptoms of deficiency & excessive intake Niacin- Introduction, Functions, Sources, RDA, Symptoms of deficiency & excess Vitamin C- Introduction & properties, Functions, Sources, RDA, Effects of deficiency & excess
Week8	Calcium- Introduction, Properties, Functions, sources, Effects of deficiency & excessive intake Phosphorus- Introduction, Functions, sources, Effects of deficiency & excessive intake Iodine- Introduction, Properties, Functions, sources, Effects of deficiency & excessive intake
Week9	Cooking- Advantages/ Importance of cooking food Moist heat methods Dry heat methods Frying- Shallow & Deep fat Solar cooking Microwave cooking Effects of cooking on various nutrients
Week10	Methods of enhancing nutritive value of foods Balanced diet, Factors affecting Meal Planning Principles of Meal Planning Steps in Meal Planning Test- Methods of Cooking
Week11	Planning meals for Pre- school children Planning meals for School going children
Week12	Planning meals for Adolescent girls & boys Planning meals for Male & Female Adults Test- Enhancing Nutritive value of foods Mock test

Week13	Meal Planning for Pregnant women Planning meals for Lactating Women Assignment- Meal Plans for Adolescent boys & girls, Adult Males & Females (including LIG), Pregnant and Lactating Women
Week14	Food Preservation- Importance Causes of Food Spoilage Methods of Food Preservation
Week15	Discussion of old question papers Revision

Name of the Assistant Professor: Ms. Benu Mehta
Class and Section: B. Sc Home Science 3rd Semester
Subject: Laundry Science and Finishing Fabrics
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the student Introduction of the syllabus Laundry equipment and their use Soaps and supplies -Stiffening agents and bluing agents Bleaching and other laundry reagents - Grease absorbents and solvents
Week 2	Revision of all done syllabus Class test of done syllabus Practical Class of Stain removal -Removal of any 10 stains Practical File work day Stains- Classification of stains Methods of removing different types of stains
Week 3	Storage of clothes – Dry Cleaning Principle and use of dry – cleaning Laundering and care of following fabrics- Cotton and silk Woolen and synthetics Revision of till done syllabus Practical of Tie and dye Practical file work day
Week 4	Class test of unit 2 Fabric finishing, Importance of finishing Physical Finishes like Napping, sizing and tendering, Calendaring finish Chemical Finish like bleaching Mercerizing Special Purpose finishes – Wrinkle resistant and water resistant
Week 5	Flame retardant and repellent Practical class of washing and finishing Practical class file work Classification of dyes -Natural Dyes Direct and base , acid, Sulphur dye Var mordant and disperse dye
Week 6	Printing and style of printing Direct and Discharge Printing
Week 7	Revision Resist and Dyed Printing Methods of Printing – Block Printing Roller Printing Stencil and Screen Printing Revision of till done syllabus Class test of all done topics
Week 8	Practical class of Block Printing Practical Class of Stencil Printing Revision Practical File work Revision
Week 9	Revision Practical File work
Week 10	Revision Practical File work
Week 11	Revision Mock Test
Week 12	Mock test Practical file work day Discussion of all question paper of previous year
Week 13	Revision Mock Test
Week 14	Revision Mock Test
Week 15	Revision Mock Test Revision

Name of the Assistant Professor: Ms. Benu Mehta
Class and Section: B. Sc Home Science 5th Semester
Subject: Indian Textiles
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the students Introduction of the syllabus Importance of Indian textiles in historic perspective Cotton Fabric , Sarees and dhotis of India
Week 2	Revision of till done syllabus Revision and discussion of chapter again Introduction to the phulkari's of Punjab , threads used in the fabric Class test of Till done syllabus Phulkari embroidery continue Silk and brocades of Banaras
Week 3	Silk sarees from Bengal Silk sarees from Gujarat Silk sarees from Karnataka Silk sarees from Andhra Pradesh Silk sarees from Tamil Nadu
Week 4	Shawls Of India “ Kashmiri Shawls” Carpet weaving , centers of India revision Origin of embroidery in India Carpets, Durries and rugs from all over India Embroideries , Their importance in everyday life
Week 5	Revision Discussing motifs of Kashmir , embroidery , portfolio continued Court embroideries , trade embroideries Temple Embroidery , folk embroidery Introduction of Kashmiri , embroidery – threads and motifs
Week 6	9 Embroideries from Punjab and Himachal Pradesh Continued Embroidery from Uttar Pradesh Embroidery from Karnataka Embroidery from Gujarat
Week 7	Sample of Kashmir Embroidery in portfolio Embroidery from Bengal Embroideries from Bihar Banjara Embroideries Revision and discussion of full chapter of embroideries
Week 8	Revision Introducing Mirror work, embroidery , stitches and thread Test of previous done chapter Revision Review of previous year question paper Review of previous year question paper Dyeing – Antiquity – Various India ethnic dying styles
Week 9	Ethnic -dyeing styles of India Bandhej from Rajasthan Practical File work day
Week 10	Bandhej from Gujarat Block printing – Technique from various part of India Screen and Roller Printing Finishing of mirror work, sample and portfolio competition Revision
Week 11	Resist Printing Revision, Discussion and assignment of dyeing and printing Test of previous done topics Practical file work day Making motifs and embroidery samples of shadow work Batik from coromandel Revision

Week 12	Revision Batik- Various techniques Completion of shadow work and portfolio design Painting on fabrics Various types of printing on fabrics in ancient India Revision Revision
Week 13	Mock test Day 90 Discussion Session
Week 14	Mock test Day 90 Discussion Session
Week 15	Mock test Day 90 Discussion Session Revision

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: 22nd July 2024 to 22nd Nov 2024 (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 and Space
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	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. Mock test
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. Home Science 2nd Year (3rd Semester)
Subject: Food Science I (Theory and Practical)
Teaching Term: 22nd July 2024 to 22nd Nov 2024 (Excluding Diwali Break)

Week 1	Orientation of the student. Introduction of the syllabus. Studied about the Unit 2 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 2 and Class Test of Unit 2. Started with Unit 1 Introductory Class Food and its application
Week 3	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 1, 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.
Week 6	Practical Class: Preparation of sandwiches and snacks. Introduction to Unit 3, Chapter fats and Oil, Introductory class, Nutritional Importance of Fats and Oil, Classification, Storage and processing of Fats and Oils. Rancidity and Smoking point. Storage of Oils and fats. Use of fats and Oil in cooking and different preparations.
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 – 1 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.
Week 9	Continued Revision of Unit 3 Chapter 01, Test of Cereal. Review of previous year Question paper, Introduction to Chapter 7 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,
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	Revision, Mock Test, Doubt Class, Discussion of preview year question paper
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: B.Sc. Home Science 3rd Year (5th Semester) Subject: Family Dynamics (Theory) Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)	
Week 1	Orientation of student, Introduction of complete syllabus, Introduction of Unit 1, Marriage as an institution, needs and goals
Week 2	Certain criteria of Successful Marriage, Adjustments in Marriage (Continue) Revision of all Topics done
Week 3	Inter-caste and Inter-Religious marriage (Continue)
Week 4	Class test of Unit 1, Introduction to Unit 2 Topics discuss about what is to be done, Definitions and Functions of family
Week 5	Basic stages of Family Life Cycle, discuss about changing trends in India due to Westernization and modernization
Week 6	Discussed about family ideologies, values, family structure and social changes (Continue) Revision of till done syllabus
Week 7	Discussion about factors influencing planned parenthood, Class test of Unit 1, Introduction to Unit 3, Explanation about the topics to be covered
Week 8	Alternative family styles, discussed about single parent family, DINK Family (Double income no kids) studied about Latch key children
Week 9	Families with adopted children (Continue) Revision of above done syllabus
Week 10	Introduction to Unit 4, Internal relations within the family, Individual roles, rights and responsibilities within the family
Week 11	Areas of adjustments within the family at different phases of family life cycle (Continue) Revision of Previous year question paper
Week 12	Parents, siblings, children and family relationships discussion (Continue) Introduction to Unit 4, about crises in a family Mock test
Week 13	Discussion about Bereavement, its impact on life, Discussion about Divorce and its impact on life
Week 14	Discussion about Long illness and its impact on life and family Discussion about birth of a handicapped child in a family, Review of Previous year question papers.
Week 15	Revision

Name of the Assistant Professor: Ms. Priyanka Pawar

Class and Section: M.D.C. Course

Subject: Basis of Home Science I (Theory)

Teaching Term: 22nd July 2024 to 22nd Nov 2024 (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	Started with Unit 4: Resource Management its definition, classification and importance of time, energy and money management. Discussion about Management Process. Mock test
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. Jyoti
Class and Section: B.Sc. Home Sci. 2nd year
Subject: Psychology-I (Theory)
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the students Basic concept of psychology Meaning and scope of psychology
Week 2	Nature of psychology Relationship of psychology with home science Methods of psychology
Week 3	Methods of psychology Methods of psychology Methods of psychology
Week 4	Relation between mind and body Class test Sensation introduction and meaning
Week 5	Nature of sensation Attributes of sensation Functions of sensation
Week 6	Special sensation Perception meaning and nature Discussion of previous year question paper
Week 7	Fundamental characteristics of perception Characteristics of perception Class test
Week 8	Attention meaning and definition Discussion of previous year question paper Discussion of previous year question paper
Week 9	Conditions of attention Conditions of attention Conditions of attention
Week 10	Revision of unit 1 Revision of unit 2 Revision of unit 3
Week 11	Inattention Class test Inattention
Week 12	Definition and meaning of emotions Theories of emotion Theories of emotion Mock test
Week 13	Theories of emotion Theories of emotion Influence of environment on emotion
Week 14	Factors affecting emotions Factors affecting emotions Class test
Week 15	Revision Revision Revision

Name of the Assistant Professor: Ms. Jyoti
Class and Section: B.Sc. Home science 3rd year
Subject: Child care and rearing practices (Theory + Practical)
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the students Pregnancy sign and symptom Practical- Orientation of the students
Week 2	Discomforts of pregnancy Care of expectant mother Practical- immunization chart
Week 3	Confinement and its types Stages of delivery Practical- immunization chart
Week 4	Class test Care of new born Practical- observation chart
Week 5	Care of new born Feeding practices Practical- making questionnaire
Week 6	Breast feeding and artificial feeding Weaning Practical- making questionnaire
Week 7	Supplementary food Sleep routine Practical- visit to an childcare Centre
Week 8	Revision of unit 1 Revision of unit2 Practical- soft toy making
Week 9	Class test Toilet training and hygienic practices Practical- soft toy making
Week10	Role of mother in training of an infant Discussion of previous year question paper Practical- soft toy making
Week11	Problems and remedies regarding feeding Sleep disorders Practical- soft toy making Mock test
Week12	Excessive fear- Bed wetting Nail biting and thumb sucking Practical- activity making for preschoolers
Week13	Sibling rivalry Class test Practical- activity making for preschoolers
Week 14	Separation anxiety Speech disorders Practical- activity making for preschoolers
Week15	Revision of unit 2 Revision of unit 3 Class test

Name of the Assistant Professor: Ms. Jyoti
Class And Section: B.A Home science 2nd year
Subject: Clothing and Textiles (Theory + practical)
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week1	Orientation of the students Definition of fibers Classification of fibers Properties of fibers Practical- orientation of the students Practical- basic stitches
Week2	Manufacturing of cotton Properties of cotton Manufacturing of wool Properties of wool Practical- basic stitches Practical- basic stitches
Week3	Manufacturing of silk Properties of cotton silk Manufacturing of nylon Properties of cotton nylon Practical- hand stitches Practical- hand stitches
Week4	Meaning and objectives of finishing Application of finishes Types of finishes Types of finishes Practical- hand stitches Practical- introduction of parts of sewing machine
Week5	Dyeing and its process Printing and its process Types of dyes and printing Revision of unit 1 Practical- parts of sewing machine Practical- care of sewing machine
Week6	Class test Factors influencing selection of clothes Factors influencing selection of clothes Factors influencing selection of clothes Practical- machine stitches Practical- machine stitches
Week7	Supplies necessary for laundry Soaps and its manufacturing Soaps and its manufacturing Revision of unit 1 Practical- machine stitches Practical- machine stitches
Week8	Starches Discussion of previous year question paper Class test Blues Practical- machine stitches Practical- machine stitches
Week9	Bleaches Acids and alkalis Acids and alkalis solvents Practical- machine stitches Practical- fasteners

Week10	Absorbents Methods of laundry Methods of laundry Methods of laundry Practical- embroidery stitches Practical- embroidery stitches
Week11	Revision of unit 2 Revision of unit 2 class test discussion of previous year question paper Practical- embroidery stitches Practical- embroidery stitches
Week12	Stain removal Classification of stain removal Classification of stain removal Revision of unit 3 Practical- embroidery stitches Practical- embroidery stitches Mock test
Week13	Types of stains Types of stains Types of stains Class test Practical- embroidery stitches Practical- embroidery stitches
Week14	Revision of unit 4 Revision of unit 4 Class test Discussion of previous year question paper Practical- embroidery article making Practical- embroidery article making
Week15	Revision of unit 1 Revision of unit 2 Revision of unit 3 Revision of unit 4 Practical- embroidery hanky making Practical- embroidery hanky making

Name of the Assistant Professor: Ms. Jyoti
Class and Section: B.Sc. Home Science 2nd year
Subject: Consumer Economics (Theory)
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the students Basic concepts of economic- need and wants
Week 2	Goods and services Utility and its types
Week 3	Standardization and grading, consumer and consumption Income and its types
Week 4	Meaning and laws of consumption Laws of demand and supply and their importance
Week 5	Market- types and functions Consumer- definition and its role in economy and buying motives
Week 6	Malpractices in Indian market Malpractices in Indian market
Week 7	Revision of unit 1 and 2 Class test
Week 8	Buying aids Role of educational institutions
Week 9	Packaging and advertisement Buying guides
Week10	Consumer rights Responsibility of consumer
Week 11	Revision of unit 3 Class test
Week 12	Meaning and need of consumer education Objectives of consumer education Mock test
Week 13	Media and the consumer Laws for consumer protection
Week 14	Laws for consumer protection Consumer organization
Week 15	Class test Revision of unit 4

Name of the Assistant Professor: Ms. Jyoti
Class And Section: M.D.C Practical
Subject: Home science
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week1	Orientation of the students Introduction of cooking terminologies
Week 2	Weights and measures used in cooking Weights and measures used in cooking
Week 3	Weights and measures used in cooking Preparation of regional recipes
Week 4	Preparation of regional recipes Preparation of regional recipes
Week 5	Preparation of regional recipes Preparation of regional recipes
Week6	Weaving samples preparation Weaving samples preparation
Week7	Weaving samples preparation Weaving samples preparation
Week8	Preparation of play material for preschoolers/infants Preparation of play material for preschoolers/infants
Week9	Preparation of play material for preschoolers/infants Preparation of play material for preschoolers/infants
Week10	Preparation of play material for preschoolers/infants Preparation of play material for preschoolers/infants
Week11	Preparation of play material for preschoolers/infants Preparation of play material for preschoolers/infants
Week12	Prepare immunization chart Prepare immunization chart Mock test
Week13	Prepare immunization chart Making Rangoli
Week14	Making Rangoli Making Rangoli
Week15	Making Alpana Making Alpana

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: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week1	Orientation of the students Objectives of interior decoration Importance of elements of art Practical- orientation of the students Practical- making a color wheel
Week2	Types of design Design application Principals of art Practical- making a color wheel Practical- making a color wheel
Week3	Principals of art and its application Definition of colors Color wheel Practical- pot painting Practical- pot painting
Week4	Properties of color Psychological effects of color Color schemes Practical- pot painting Practical- pot painting
Week5	Color application in interior design Lighting definition and types Revision of unit 1 Practical- pot painting Practical- pot painting
Week6	Class test Lighting requirement for various activities Lighting fixtures in the home Practical- rangoli making Practical- rangoli making
Week7	Furniture and its types Furniture arrangement for different rooms Factors affecting the selection and purchase of furniture Practical- alpna Practical- alpna
Week8	Care and maintenance of furniture Class test Furnishing- curtains Practical- table setting Practical- table setting
Week9	Cushions Pillow Material for upholstered furniture Practical- table setting Practical- table setting
Week10	Wall treatment and its types Wall treatment and its types Window treatment Practical- napkin folding Practical- napkin folding
Week11	Types of floor covering Table setting and table manners Table setting and table manners Practical- napkin folding Practical- napkin folding

Week12	Flower arrangement and its types Flower arrangement and its types Class test Practical- flower arrangement Practical- flower arrangement Mock test
Week13	Accessories used in flower arrangement Flower decoration for different occasions Class test Practical- flower arrangement Practical- flower arrangement
Week14	Revision of unit 2 Revision of unit 3 Class test Discussion of previous year question paper Practical- artificial flower making Practical- artificial flower making
Week15	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. 3rd year
Subject: Interior Space Designing (Theory+ Practical)
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week 1	Orientation of the students Housing and space management 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 Mock test
Week13	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
Week14	Revision Revision Revision Practical- Care and maintenance of household equipment Practical- Care and maintenance of household equipment
Week15	Revision Revision 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.Sc. Home Sci. 2nd year
Subject: Introduction to home management-1(Theory)
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week1	Orientation of the students Introduction to management Concept of management
Week2	Management process Planning-Importance and types of plan Planning-Importance and types of plan
Week3	Controlling Evaluation Technique of self-evaluation
Week4	Decision making process Types of decisions Steps in decision making
Week5	Class test Factor affecting decision Interrelatedness of decision
Week6	Stages of family life cycle Stages of family life cycle Discussion of previous year question paper
Week7	Introduction and classification of values Revision of unit-1 Class test
Week8	Definition and classification of goals Definition and classification of standards Discussion of previous year question paper
Week9	Resources in the family Factors affecting use of resources Similarities among resources
Week10	Revision of unit 1 Revision of unit 2 Revision of unit 3
Week11	Class test Discussion of previous year question paper Discussion of previous year question paper
Week12	Time and steps in time plan Tools in time plan Mock test
Week13	Energy cost in various activities Fatigue and its type Causes and effects of fatigue
Week14	Managing energy Revision Revision
Week15	Revision Revision Revision

Name of the Assistant Professor: Ms. Sujata
Class and Section: B.A Home Science
Subject: Art In Everyday Life (Skill Enhancement)
Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)

Week1	Up cycling article (5days)
Week2	Best out of waste article (5days)
Week3	Folder making (3days) Card making (2 days)
Week4	Lipin art (5days)
Week5	Artificial flower making (5days)
Week6	Artificial flower making (3days) Stone painting (2days)
Week7	Stone painting (5days)
Week8	Stone painting (2days) Bottle painting (3days)
Week9	Bottle painting (5days)
Week10	Bottle painting (5days)
Week11	Tie and dye(5days)
Week12	Candle making (3days) Envelope making (2days) Mock test
Week13	Envelope making (2days) Paper bag making (3days)
Week14	Soft toys (5days)
Week15	Soft toys (5days)

Name of the Assistant Professor: Ms.Chanchal Kumari Class and Section: BSc(Home Science) Subject: Fundamentals of Computing and Problem Solving using C (MINOR) Teaching Term: 22nd July 2024 to 22nd Nov 2024(Excluding Diwali Break)	
Week 1	Computing Fundamentals: Overview of computing principles and history, Generations of Computers, Block Diagram along with its components, Classification of computers, Applications of computers in various fields.
Week 2	Input/Output Devices, Memory: Concept of primary & secondary memory, Cache Memory, Secondary storage devices. Basics of Networking & Operating System
Week 3	: Introduction to computer networking, Network types, Network topologies, Internet and its applications; Operating system and its functions (ASSIGNMENT + TEST)
Week 4	Introduction to software development methodologies: Basics of algorithmic thinking and problem-solving strategies. Planning the Computer Program: Problem definition, Program design, Debugging,
Week 5	Types of errors in programming, Techniques of Problem Solving-Flowcharting, Algorithms Introduction to the C programming language History of C, Importance of C, Elements of C: C character set
Week 6	, identifiers and keywords, Data types, Constants and Variables,: Assignment statement, Symbolic constant, Structure of a C Program, printf(), scanf()Functions, Operators & Expression,
Week 7	type casting and conversion, operator hierarchy & associativity (REVISION+ TEST)
Week 8	Decision making & Branching: Decision making with IF statement, IF-ELSE statement, Nested IF statement, ELSE-IF ladder, switch statement, go to statement. Decision making & Looping: while.
Week 9	, do-while and for loop, jumps in loops, break, continue statement, Nested loops. Functions and modular programming concepts: Standard Mathematical functions, Input/output: Unformatted & formatted I/O function in C,
Week 10	Input functions, output functions, string manipulation functions. User defined functions: Introduction/Definition, function prototype, Local and global variables, passing parameters, recursion (ASSIGNMENT)
Week 11	Arrays & Pointers: Definition, types, initialization, processing an array, passing arrays to functions declaration and initialization of string, Input/output of string data,
Week 12	Introduction to pointers. Advance Concepts of C Programming: Pointers and memory management in C; File input/output operations in C; Dynamic memory allocation and deallocation; Advanced control structures: switch, break, and continue statements.
Week 13	Practical applications of C programming in software development: Algorithmic problem-solving using C programming constructs; Design and implementation of C programs; Debugging and testing techniques for C programs;
Week 14	Best practices and coding standards in C programming (Revision + assignment + test)
Week 15	Revision