Lesson Plans of

B.Sc.(Home Science)

Session: 2024-25

(Even Semester)

	ne Associate Professor: Ms. Archna Dua
	Section: B.Sc. Home Science (6th Semester)
Subject: N	utritional Biochemistry- II (T+P)
Week 1	erm: 7th January to 5th May 2025 (Excluding Holi Break)
Week 1	Introduction of Syllabus, Lipids– Definition, classification of lipids, properties of
Week 2	fatty acids Practical-Do's & Don't so of working in the biochemistry lab, Reactions of Fatty
Week 2	& Acids. Study of Acid value, Iodine value and saponification value in brief.
Week 3	Practical- Determination of acid value of fats &oils
	Discuss the Following a) Halogenation of Fatty Acids b) Hydrogenation in Fatty
	Acids c) Saturated & Unsaturated Fatty Acids
Week 4	B Oxidation of Fatty Acids
	Practical-Determination of acids value of fats & oils
Week 5	Class Test of β Oxidation of Fatty Acid, Biosynthesis of fatty acids
	Ketone Body Formation
	Assignment given on lipids and its properties.
Week 6	Practical-Determination of Saponification value of fats & oils
	Ketosis & Fatty Livers
	Class test of : Write about the following: a)βOxidation of fatty acids b)Ketone
	body formation
Week 7	Started with TCA cycle,
	Practical- Determination of Saponification value of fats &oils,
	Electron Transport Chain.
Week 8	Continued with Oxidative Phosphorylation Theories
	Assignment given on: Describe various components of electron transport chain?
Week 9	Biosynthesis of proteins
	Practical-To study properties of amino acids phenylalanine, tyrosine, arginine,
	cysereine, tryptophan
Week 10	Class Test on Electron transport chain
	Practical-To study properties of amino acids
777 1 11	Continued with Biosynthesis of Proteins
Week 11	Nucleic Acids-What are these, DNA&RNA similarities & differences,
	Practical-Identity the given unknown amino acids
Week 12	MOCK TEST
Week 13	Composition, Replication, transcription, genetic-code. Structure of DNA & RNA,
	Assignment given on Unit 3.
Week 14	Doubt Class, Discussion of Previous Year Question Paper.
Week 15	REVISION

Name of th	ne Associate Professor: Ms. Archna Dua
	Section: B.Sc. Home Science (4th Semester) (2nd Year)
	ommunity Development and Communication (T+P)
Teaching T	Ferm: 7 th January to 5 th May 2025(Excluding Holi Break)
Week 1	Introduction of Syllabus, Communication its Meaning, scope and importance
	of communication, Elements of communication.
Week 2	Problems of communication with special reference to India.
	Models of communication and various types of communication
Week 3	Classification of teaching methods according to form and use
	The scope, advantage and limitations of different extension methods.
	Class Test of Unit 1.
Week 4	Preparation of non-projected teaching aids/Poster/Chart
Week 5	Panchayati raj system- meaning, functions, organizational set up, problems,
	Assignment given on Unit 1.
	Preparation of Leaflet and Folder
Week 6	Practical: Preparation of flash cards & usage for education of rural women on a
	particular theme,
	Principles of democratic decentralization.
Week 7	Classification of audio- visual aids- different aids, their scope
	Practical: Preparation of projected aid- power-point presentation
Week 8	Advantages and limitations of AudioVisual Aids, factors limiting the selection
	and use of audio-visual aids.
Week 9	Use of radio talks, television, personal talk,
	Class test of Unit 2.
	Practical-Preparation of Radio Talk
Week 10	Preparation of projected aid-transparency, Use of conferences, personal talks,
	tours.
	Practical: Preparation of mobile on particular topic
Week 11	Preparation of 1 character for Puppetry
	Practical: Writing story (theme based) for the puppet show to educate rural
	women on the topic to be given.
Week 12	MOCK TEST
Week 13	Revision of Models of communication and various types of communication,
	Class test of Unit 3.
Week 14	Doubt Class, Revision.
Week 15	REVISION

Class and	he Associate Professor: Ms. Archna Dua Section: B.Sc. Home Science (6 th Semester)
Subject: 1 Teaching	Cherapeutic Nutrition (T+P) Ferm: 7 th January to 5 th May 2025(Excluding Holi Break)
Week 1	Introduction of Syllabus, Principles of Diet Therapy Modification of normal diet for therapeutic purposes
Week 2	Continued with full diet soft diet, fluid diet, Bland diet. Practical: Talking About Therapeutic Nutrition, Telling About Full Diet, Soft Diet, Fluid Diet And Bland Diet(With Example)
Week 3	Modification of Normal Diet To Suit Therapeutic Purposes Practical: Modifying Normal Diet For An Obese Person
Week 4	Assignment Given: a)Make A List Of High Fiber Food And Low Fiber Foods b)Enlist Food Stuff With High Sodium Content and low sodium content? Definition of a Dietician
Week 5	Role of a Dietician Practical: Planning a Diet For An Adult Man Suffering From Chronic Diarrhea: Calculate Any Three Important Nutrients. Started with Unit 2: Gastro Intestinal Diseases Diarrhea—Causes & Types
Week 6	Nutritional management In Diarrhea, Continuation of a diet plan for a diarrhea patient Make A Menu Plan For An Adult Man Having Chronic Diarrhea\ Class Test of Unit 1.
Week 7	Constipation—Types and Causes Nutritional management In Constipation Practical: Planning a Menu for An Adult Sedentary Man Suffering From Chronic constipation. Calculate Fiber.
Week 8	Continuation of Chronic Constipation Diet. Fever-Types and Causes Nutritional management In Typhoid. Nutritional management in tuberculosis. Make A Menu Plan For An Adult Sedentary Man Suffering From Chronic Constipation.
Week 9	Weight Management–Overweight And Obesity, Underweight (Unit-III) Obesity-Types, Causes Nutritional Management in Obesity, Underweight-Causes Practical: Preparation of Diet For An Obese Lady
Week 10	Diabetes mellitus causes, Diabetes mellitus sign and symptoms, Diabetes mellitus dietary suggestion, Practical: Planning diabetic diet, Hypertension nutritional management
Week 11	Kidney Disorder type and causes, Nutritional management in kidney disorder, Plan and preparation of hypertensive diet. Class Test of Unit 2 and 3.
Week 12	MOCK TEST
Week 13	Make A Menu Plan For An Adult Sedentary Man Suffering From Chronic Constipation ,Planning A Diet For A Typhoid Patient, Calculate Vitamin C
Week 14	Doubt Class, Discussion of Previous Year Question Paper.
Week 15	REVISION

Name of th	e Associate Professor: Ms. Archna Dua
Class and	Section: B.Sc. Home Science (4th Semester) (2nd Year)
Subject: H	uman Development -III (T)
Teaching T	erm: 7 th January to 5 th May 2025 (Excluding Holi Break)
Week 1	Introduction of Syllabus, Unit 1:Young Adulthood (19-40years) 1. Definition,
	Development tasks, significance of the period, responsibilities and adjustment
Week 2	Continue with Unit 1, new family, workplace, parenthood, independence, financial matters. Sex role issues & implication for young adults.
Week 3	Unit 2: Middle adulthood (41-60years) its Definition, physical changes (senses & diseases) Menopause, health issues, stresses in middle age
Week 4	Continue with Unit 2-Coping with stress at family & work place. Occupation and job
	satisfaction, preparation for retirement
Week 5	Unit 3:Late adulthood & Ageing (beyond 60 years) its Definition developmental tasks
	of old age, common interests in old age
Week 6	Test of Unit-II done till now
	Adjustment to family life in old age.
	Assignment given on Unit 1.
Week 7	Observing an Elderly at Home &Write about Various Health related Problems,
	Psychological & Memory Changes, taking Place in him/her.
Week 8	Psychological Cognitive & Memory Changes in Old Age Changes
	Written Test of Unit III
Week 9	Unit 4: Retirement: Effects of retirement on self & family
	Assignment given on Unit 2.
Week 10	Effect of Retirement on Effect on Society, Identity and Friendship.
	Class Test of Unit 2.
Week 11	Continued with Unit 4, Problems of old age and coping strategies.
	Class Test of Unit 3.
Week 12	MOCK TEST
Week 13	Assignment Submission of Unit 3 and Class Test of Unit 4.
Week 14	Doubt Class, Discussion of Previous Year Question Papers.
Week 15	REVISION

Name of the	Name of the Associate Professor: Dr. Sangeeta Kulshrestha	
	Class and Section: B. Sc. (Home Science) IV Semester	
	Subject: Psychology II Teaching Term: 7 th January to 5 th May 2025(Excluding Holi Break)	
Week 1	Introduction to the syllabus, Motivation-definition, types	
Week 2	Learning meaning & nature, Theories of learning	
Week 3	Principles of learning, Factors affecting learning, Effect of motivation on learning	
	Test- Motivation	
Week 4	Intelligence-introduction and definition Theories of Intelligence	
Week 5	Development and Measurement of Intelligence	
Week 6	Thinking, Tools of thinking, Reasoning as related to imagination and thinking	
	Imagination -nature, Development of Imagination	
Week 7	Personality –concept and definition, Personality types, Assessment of personality	
Week 8	Factors influencing personality, Freud's theory of personality	
Week 9	Memory –Definition and analysis, Analysis of Memory, Types of memory	
Week 10	Improvement of memory ,Remembering and memory ,Test- Personality	
Week 11	Revision	
Week 12	MOCK TEST	
Week 13	Forgetting–definition and types ,Theories of forgetting	
Week 14	Discussion of old question papers	
Week 15	REVISION	

Name of th	ne Associate Professor: Dr. Sangeeta Kulshrestha
	Section: B.A. II Semester
	ome Science (Nutrition Science)
	Ferm: 7 th January to 5 th May 2025(Excluding Holi Break)
Week 1	Introduction to theory Syllabus Definition of Food, Food groups Pr Introduction to Practical syllabus
Week 2	Food guide pyramid, nutrition, nutrients, recommended dietary allowance, Pr working in food laboratory
Week 3	Balanced, diet, health, malnutrition, over-nutrition, undernutrition, functions, food Prweighing and measuring
Week 4	Water- functions and sources for human body Dietary fibre- types, functions, sources, requirement, health, problems, excess, deficiency. Test. Definition & functions of food Pr preparation of recipes using fermentation
Week 5	Carbohydrates: Classification & functions Assignment- Food Guide Pyramid Pr Prepare recipes using sprouting
Week 6	Carbohydrates: sources & requirement, effect of deficiency and excess Protein: Classification, Pr Prepare recipes using supplementation
Week 7	Protein- functions, sources, requirement, excess, deficiency. Test- carbohydrates Pr Prepare recipes using boiling method
Week 8	Lipids- classification, functions, sources, requirements, health, problems, excess, deficiency Pr Prepare recipes using simmering method
Week 9	Vitamins, definition, classification, difference between fat-soluble and water-soluble Vitamin A- functions, sources, RDA, effects of deficiency & excess, Vitamin D-functions, sources, RDA, effects of deficiency & excess Pr Prepare recipes using shallow frying
Week 10	Vitamin E, functions, sources, RDA, effects of deficiency & excess, vitamin K, functions, sources, RDA, effects of deficiency & excess, vitamin C, functions, sources, RDA, effects of deficiency & excess Pr Prepare recipes using deep fat frying
Week 11	Vitamin B1, functions, sources, RDA, , effects of deficiency & excess Vitamin B2, functions, sources, RDA, , effects of deficiency & excess, Niacin, functions, sources, RDA, , effects of deficiency & excess, vitamin B12, functions, sources, RDA, , effects of deficiency & excess Folic acid ,Pr Prepare recipes using baking
Week 12	MOCK TEST Minerals: Definition & Classification Macro minerals: Calcium: Functions, sources, RDA, effects of excess & deficiency Phosphorus: Functions, sources, RDA, effects of excess & deficiency Sodium: Functions, sources, RDA, effects of excess & deficiency Potassium: Functions, sources, RDA, effects of excess & deficiency Pr Prepare recipes using grilling
Week 13	Iron: Functions, sources, RDA, effects of deficiency & excess Iodine: Functions, Sources, RDA, Effects of Excess & Deficiency, Fluorine: Functions, Sources, RDA, Effects of Excess & Deficiency, Zinc: Functions, Sources, RDA, Effects of Excess & Deficiency Pr Prepare recipes using steaming
Week 14	Methods of cooking, Methods of enhancing nutritional quality of foods Pr Mock Practical test
Week 15	REVISION

Name of t	he Associate Professor: Dr. Sangeeta Kulshrestha
	Section: B.A. 6 th Semester
	Home Science
	Ferm: 7 th January to 5 th May 2025(Excluding Holi Break)
Week 1	Discussion of syllabus, Definition of Child Psychology, Aims of Child Psychology
Week 2	Subject matter of Child Psychology, Objectives of studying Child Psychology
Week 3	Learning- Introduction and Definitions, Importance of learning
Week 4	Methods of learning, Factors affecting learning
Week 5	Role of reward in learning, Role of punishment in learning, Revision, Test-Learning
Week 6	Personality- introduction, Nature of Personality, Definitions of Personality, Types of Personality
Week 7	Factors affecting Personality, Test- Personality, Play- definitions, Features of play
Week 8	Difference between work and play, Types of play, Importance of play in Childhood
Week 9	Stages of Child development, Characteristics of Infancy, Characteristics of Early childhood
Week 10	Characteristics of Late childhood, Characteristics of Adolescence, Problems of adolescence, Role of parents in solving their problems, Role of teachers in solving adolescent problems
Week 11	Signs of Pregnancy, Discomforts of Pregnancy, ill-effects of an early marriage
Week 12	MOCK TEST
	Advantages of breast feeding, Artificial feeding, Difference between breast feeding and artificial feeding
Week 13	Weaning, Cold, cough and fever, Diarrhoea, constipation and Vomiting, Skin infections in childhood
Week 14	Discussion of old question papers
Week 15	REVISION

Name of the Asso	Name of the Associate Professor: Dr. Sangeeta Kulshrestha	
Class and Section: B.A. 6 th Semester		
Subject: Home So		
Teaching Term: 7	th January to 5th May 2025(Excluding Holi Break)	
Week 1	Discussion of syllabus, Principles of meal planning	
Week 2	How to make menu plans	
Week 3	Planning meals for pre-school child and preparing one full meal	
Week 4	Planning meals for school going child and preparing one full meal	
Week 5	Planning meals for adolescent boy and preparing one full meal	
Week 6	Planning meals for adolescent girl and preparing one full meal	
Week 7	Planning meals for sedentary adult male and preparing one full meal	
Week 8	Planning meals for heavy worker LIG male and preparing one full meal	
Week 9	Planning meals for moderate worker female and preparing one full meal	
Week 10	Planning meals for pregnant woman and preparing one full meal	
Week 11	Planning meals for lactating woman and preparing one full meal	
Week 12	MOCK TEST	
Week 13	Preparation of Squash, Chutneys and pickles	
Week 14	Preparation of jam and morabba	
Week 15	REVISION	

Name of the A	Assistant Professor: Ms. Benu Mehta
Class And Sec	ction: B.Sc. Home Science II Semester
•	lamentals of Clothing and Textiles
	m: 7 th January to 5 th May 2025 (Excluding Holi Break)
Week 1	Introduction to the syllabus
	Objectives of textiles
	 Importance and scope of clothing and textiles
	 Introduction to parts of sewing machine
	 Importance of clothing and textiles
Week 2	Basic terminology : Grain line, Bias, Dart, notches
	 Basic terminology: gathers, fasteners, plackets, seam allows, contours,
	interfacing
	Practical:
	 Care and machines of sewing machine
	Parts of sweating machine
Week 3	Study of different types of sewing machine their use in garment industry
	Factors affecting selection of clothing
	Environmental, social psychological and physiological factors in
	selection of clothing
	Practical:
	 Parts of sewing machine demonstration and their uses
Week 4	Clothing requirements of different age groups : infants and toddlers
	Clothing requirements of different age groups : Pre- school and
	elementary school children
	Clothing requirements of different age groups: Pregnant lady and
	lactating mother
	Practical:
	 Microscopic and identification of textiles fibers
Week 5	Comparing and tailors maid and readymade garments
	• Test of Unit 1
	Practical:
	Threading if sewing machine
	Introduction of eclectic sewing machine
Week 6	• Test of Unit 2
	Assignment on physiological and physiological accepts of clothing
	Practical:
	Burning and chemical test for cotton, silk, linen and wool
Week 7	Basic terminology used for textiles : Fiber and Filament
	Basic terminology used for textile : Yarn count and thread count
	Practical:
	Preparing basic hand processes that is visible and invisible heming
Week 8	Basic terminology used for textile : Cord, Twist, Crimp and Tensile
	Strength
	Textile fiber calcification and definition
	Practical:
	Tacking overcasting and running stitch
	1 deking overeasing and running suton

Week 9	Difference between natural and manmade fibers
	Practical:
	 back stitch and button- hole
	 application of fasteners
Week 10	Manufacture and properties of cotton
	 Manufacturer and properties of wool
	Practical:
	 Prepare samples of basic machine processes, tucks, gathers and pleats
Week 11	Manufacture and properties of nylon
	Manufacture and properties of rayon
	Practical:
	 Prepare samples of basic machine processes : Darts and Plackits
Week 12	
	 Definition and process of yarn making
	• S twist, Z twist
	Basic principles of yarn making
	 Mechanical and chemical spinning
	Practical:
	• Prepare samples of different seams: plain seam, counter seam, run and
	fell seam
Week 13	Calcification and types of simple, filament and spun yarn
	Spinning : wet, dry and melt
	Practical:
	 Prepare samples of: french seam, mantua maker
Week 14	Classification of novelty and complex yarns
	 Properties of yarns : elasticity and plasticity
	Practical:
	 Revision of parts of sewing machine
Week 15	Properties of yarn , strength and elongation
	• Test of unit 3
	Assignment on classification of yarns
Week 16	Test of the whole syllabus and Revision
Week 17	Revision

Name of the Assistant Professor: Ms. Benu Mehta Class and Section: B.Sc Home Science VI Semester **Subject: Apparel Science** Teaching Term: 7th January to 5th May 2025 (Excluding Holi Break) Introduction to the syllabus Week 1 Meaning and types of designs Introduction to the practical syllabus • Components of design • Design-Definition, Components of design Week 2 Structural designs through variations in yarns Structural designs through variations in weaves • Practical – Preparing colour wheel and chart of Tints & shades • Structural designs through variations in finishes Definition of Applied design- Introduction to applied designs Week 3 • Applied designs in fabrics through dyeing. • Applied designs in fabrics through printing. • Practical- Colour harmonies & colour schemes Applied designs through embroidery • Discussion and revision of the chapters covered so far Week 4 • Line form & shape analysis Appropriate use of line and form in apparel designing • Practical-Line & form- different types of lines Test of the chapters covered so far Week 5 Texture-Definition, analysis • Texture in relation to size & figure Practical-Geometric and abstract designs Texture in relation to occasion and season Revision of line & texture Week 6 Colour-Its dimensions • Colour in relation to season, occasion, size, figure and occasion Practical- Floral designs/ Natural designs • Test of chapters covered so far • Principles of design- Introduction Week 7 • Principles of design- Balance & harmony • Principles of Design – Rhythm, Proportion & Emphasis Practical- Geometric designs/ Abstract designs Principles of design- Continued in detail • Revision & discussion on principles of design Week 8 Test on the chapters covered Practical- Development of motif, placement for all over patterns • Figure types-Introduction • Average types of figures for which ready to wear garments are made Week 9 Designing clothes for average figure types using various principles of design

• Designing clothes for tall and stout figures

Week 10	Designing clothes for tall and slim figures
	 Designing clothes for short and stout figures
	 Motif enlarging & reducing
	 Designing clothes for short and thin figures
	 Revision- Designing for average figures
Week 11	Figure illustrations and revision with diagrams
	 How to design clothes for figures with variations
	Batik on cloth fabrics
	 Designing clothes for figures with large hips
Week 12	Designing clothes for figures with large busts
	 Designing clothes for figures with large upper arm
	 Designing clothes for figure with prominent abdomen
	Practical- Batik on cotton fabric
	 Using elements of design to camouflage figure defects
Week 13	 How to enhance your designing skills
	 Revision and discussion of the chapter
	 Test- Designing for average figure and figures with variations
	 Preparing one household article using various techniques of applied
	design
	Elementary computer aided designing
Week 14	Elementary computer aided designing
	Elementary computer aided designing
	Elementary computer aided designing
	 Practical- Preparing one article of 'Apparel'
	Elementary computer aided designing
Week 15	The Computers in Apparel construction
	 Computers in Apparel construction
	 Practical- Completion of both the articles
	 Computers in Apparel construction
	 Computers in Apparel construction
Week 16	Computers in Apparel construction
	 Computers in Apparel construction
	• Revision of all the chapters
	 Test of theory topics covered so far
	Test of the whole syllabus
Week 17	Revision

Name of the Assistant Professor: Ms. Benu Mehta Class and Section: B.Sc Home Science IV **Subject: Garment Construction** Teaching Term: 7th January to 5th May 2025 (Excluding Holi Break) Introduction to the practical syllabus & Clothing needs of various age groups Week 1 Week 2 Practical-Drafting of child's bodice block Selection of garments for toddlers and infants Selection of garments for pre-school and school going children • Selection of garments for teenagers • Selection of garments for adult • Practical- Drafting of sleeves-simple & puff sleeves Week 3 Revision of the chapters covered so far Selection of garments for people of old age Discussion, oral test & solving the problems of students • Selection of household linen Week 4 Practical- Adaption of child's bodice block to a gathered frock Drafting of baby collar/ Peter pan collar Week 5 Different types of curtains and draperies Selection of various types of curtains • Selection of various types of draperies • Selection of various types of towels Practical- Adaption of child's bodice block to "A line frock" Week 6 Test of all the topics covered Review the test marks, take up queries and doubts of students and discussion on how to improve, if needed Renovation of clothes- meaning, importance Renovation of clothes- a detailed study Week 7 Practical-Stitching of child's frock Renovation of clothes with diagrams, continued Meaning & importance of mending Different types of mends Mending in detail on various types of fabrics Week 8 An introduction to garment construction technique Drafting-meaning, importance • How to do drafting-in detail • Test- Renovation & Mending Practical-Stitching of child's frock Week 9 • An introduction to paper patterns, their importance Week 10 Practical –Drafting of salwar What is draping method Draping techniques continued and importance of draping Comparing and importance of all the techniques Revision and solving of problems of students Week 11 Practical- Stitching of salwar Test- Drafting, Paper pattern & draping Meaning of fitting, Recognising correct fit

	Factors leading to good fit
	How to evaluate a good fit
Week 12	MOCK TEST
	Practical- Drafting of Kameez
	 Common problems encountered and remedies for fitting defects
	 Common fitting problems and remedies
	 Common fitting problems and remedies
	What is fashion- Definition/meaning
Week 13	Practical- Stitching of Kameez
	 Various terms used to describe different fashion trends
	 Sources of fashion
	Test- Fitting
	Factors favouring and retarding fashions
Week 14	Practical- Drafting of Petticoat
	• Fashion cycles
	Buying criteria for readymade garments
	 Evaluating good workmanship of readymade garments
	Comparing self stitched, tailor made and ready made garments
Week 15	REVISION
	Practical- Stitching of petticoat
	Speed test for revision of all the practical
	 Revision & problems of students to be solved
	Revision & discussion
Week 16	File check and viva
	Test- Fashion & Readymade garments
	Revision
Week 17	File check and viva

Name of the Assistant Professor: Dr.Pragati Chitkara		
Class and Section: B.A. 4th Semester Subject: Home Science (Theory)		
Teaching	Ferm: 7 th January to 5 th May 2025(Excluding Holi Break)	
Week 1	Orientation of Syllabus, Introduction of Syllabus, Introduction to animal cell &	
	diagram of animal cell	
	Practical: Introduction to the parts of sewing machine.	
Week 2	Continued with Functions of cell membrane, cytoplasm, lysosomes	
	Mitochondria, Golgi bodies, endoplasmic reticulum, Continued with Nucleus & nuclear membrane & revision of the chapter	
	Practical: Defects of sewing machine	
Week 3	Introduction to skeleton system, Functions of skeleton system	
	Different types of bones in axial skeleton, Continued with Functions of vertebral	
	column with diagram, Appendicular skeleton with diagram	
	Practical: Defects of sewing machine (continued)	
Week 4	Continued with Types of Joints and Class test of Complete Skeleton System.	
	Practical: Sewing Machine cleaning instructions.	
Week 5	Introduction to digestive system, Diagram of alimentary canal, Introduction to digestive organs, Digestion in mouth – salivary glands, Mechanical & chemical digestion, Digestion in small intestines and Large intestine.	
	Practical: Introduction to instruments used in stitching	
Week 6	Absorption and assimilation, Assignment of diagrams and test of Digestive	
	system. Accessory glands – liver (functions), Gall bladder & pancreas,	
	Introduction to excretory system, Practical: How to take measurements.	
Week 7	Functions of kidneys & study of nephrons, Skin derivatives & functions, Practical: Measuring Instructions.	
Week 8	Introduction to the circulatory system, Blood composition – plasma, R.B.C,	
_	W.B.C, platelets – functions, Functions of leucocytes & coagulation of blood	
	Functions of blood, External diagram of heart.	
	Practical: Drafting of Petticoat on graph paper.	
Week 9	Valves of heart – names & functions, Diagram of direction of blood circulation,	
	Circulation of blood in detail, Blood pressure – types Hemoglobin ,Cholesterol – functions / HDL,LDL,VLDL Practical: Cutting of petticoat on cloth.	
Week 10	Urea & uric acid Level of glucose in blood, Test of circulatory system,	
	Introduction to reproductive system, Diagram of female reproductive system	
	,Sex glands – male ,Sex glands – female	
	Practical: Stitching of Petticoat.	
Week 11	Menstrual cycle & hormones, Fertilization – single & multiple, Pregnancy,	
	Delivery & stages of delivery, Introduction to endocrine system	
	Practical: Finishing of petticoat and attaching belt.	
Week 12	MOCK TEST	
Week 13	Functions of hormones, pituitary glands	
	Study of thyroid glands, Adrenal glands – parts & functions Islet of Langerhans	
	- secretion of insulin, Diabetics in relation to insulin secretion, Hypo & hyper	
337 1 1 4	secretion of hormones Practical: Drafting and cutting of Ladies Salwar -Kameez.	
Week 14	Doubt Class, Discussion of Previous Year Question Paper.	
XX7 1 1 7	Practical: Stitching Ladies Salwar -Kameez.	
Week 15	REVISION	

Name of th	e Assistant Professor: Dr. Pragati Chitkara	
Class and Section: B.Sc. Home Science (6th Semester)		
Subject: W	Subject: Women Empowerment	
	erm: 7 th January to 5 th May 2025(Excluding Holi Break)	
Week 1	Orientation of the students, Introduction of Syllabus, Started with Unit 1:	
	Status of Indian women– pre and, post-independence.	
Week 2	Continued with Legal and Social Status of Women in Society.	
Week 3	Continued with Economic and Political Status of Women in Society.	
Week 4	Continued with Educational Status of Women in Society and gave assignment of	
	Unit1.	
Week 5	Started with Unit 2: Contemporary problems and issues related to women:a)	
	Families with marital disharmony.	
Week 6	Continued with b) Violence, abuse and dowry victimization of women and Class	
	test of Unit 1.	
Week 7	Continued with c) Sexual discrimination and exploitation of Indian women.	
Week 8	Assignment allotment of Unit 2 and Class test of Unit 2.	
Week 9	Started with Unit 3: Empowerment of women	
	a) Role of Mass media and women empowerment.	
Week 10	Continued with Education, employment and empowerment.	
	Home Science education as empowerment.	
Week 11	Continued with -Role of home science for personal growth and professional	
	development. Assignment allotment of Unit 3.	
Week 12	MOCK TEST	
Week 13	Started with Unit 4: Trends in women's movements in reference to India	
	Continued with Social welfare programme and their impact.	
Week 14	Doubt Class, Discussion of Previous Year Question Paper.	
Week 15	REVISION	

Name of the Assistant Professor: Dr. Pragati Chitkara	
Class and Section: B.Sc. Home Science 4th Semester	
	nstitutional Food Management
	Ferm: 7 th January to 5 th May 2025(Excluding Holi Break)
Week 1	Orientation of the students, Introduction of the syllabus, Started with Unit 1: Catering
	Management– Definition & scope
Week 2	Continued with Hygiene and sanitation-Environmental hygiene and sanitation,
	hygiene in food handling, personal hygiene.
Week 3	Assignment allotment on Catering Management– Definition & scope
	And started with Unit 2: Organization of spaces a. Introduction of Kitchen spaces-
	Organization of spaces a. Kitchen spaces Work space, work surfaces, lighting, and
	ventilation.
Week 4	Detailed study on Kitchen spaces- Work space, work surfaces, lighting, and
	ventilation.
Week 5	Continued with Storage spaces – Location; types; sanitation, safety and security of
	stores and Class test of Unit 1.
Week 6	Continued with Service areas– Location & planning and discussion on Menu
	Planning– Planning and writing menus, types of menus, use of menu.
Week 7	Continued with Meal Planning, types of menus and use of menu.
	Assignment allotment on Kitchen Space-Work space, work surfaces, lighting and
	ventilation.
Week 8	Continued with Food service—Various styles of service.
	And class test of Unit 2 (Menu Planning–Planning and writing menus, types of
	menus, use of menu).
Week 9	Started with Unit 4, Food Cost Control- Why control food costs, costing of dishes,
	meals and events
Week 10	Continued with Costing of Dishes, Meals and Events.
	Assignment Allotment on: Storage spaces- Location; types; sanitation, safety and
	security of stores.
Week 11	Continued with Unit 4, Pricing Methods of pricing, factors affecting pricing
Week 12	MOCK TEST
Week 13	Continued with Factors affecting Pricing and Class test of Unit 4.
Week 14	Doubt Class, Discussion of Previous Year Question Paper.
Week 15	REVISION

Name of t	he Assistant Professor: Ms. Priyanka Pawar
	Section: B.Sc. Home Science 2 nd Year (4 th Semester)
	Food Science II (Theory and Practical)
	Гегт: 7 th January to 5 th May 2025(Excluding Holi Break)
Week 1	Introduction of complete syllabus of Food Science II, Classification of Vegetables and its
	nutritive composition with nutritive value done. Continued with the pigments found in
	vegetables, Started with Fungus and Algae as food (Mushroom and Spirulina)
Week 2	Started with Vegetable cooking, preliminary preparation and its importance in cooking.
	Continued with fruits composition, classification and nutritive value. Then started with
	the pigments found in fruits and enzymatic browning and its prevention. Continued with
	the storage of fruits and Vegetables
Week 3	Revision and Doubt class, Gave the introduction of Food Preservation Practical Class,
	Importance of Preservation, Started with the Jam, Squash Preserved Recipes. Continued
	with unit 1, Post-Harvest Changes in fruits.
Week 4	Unit 2 started, Introduction of Raising and Leavening Agents, types and uses. Use of
	Leavening and Raising agents in cookery and baking. Continued with Unit 2, Chapter 2
	Composition of eggs, Nutritive value of eggs.
Week 5	Practical Class, Preparation of Apple Jam and apple jelly. Continued with Quality and
	Evaluation of eggs. Egg cookery, Use of Eggs in different food preparations. Class Test of
	Unit 1.
Week 6	Started with Unit 4, Spices and Condiments. Use of different Species in cooking and its
	medicinal value. Assignment submission on Unit 1.
Week 7	Started with different types of herbs and explained about MSG. Started with Unit 4,
	Chapter -2 Sensory evaluation, its types and objectives. Objective Evaluation, Instruments
	used for Texture evaluation
Week 8	Started with Unit 3, Introduction and composition of meat. Explained about Post Mortem
	changes in meat/ Rigor Mortis, Continued with Ageing and Curing of Meat, Started with
	Tenderization and Cuts and Grading in meat.
Week 9	Practical Class- Continued with file work and Class Test of Unit 2. Continued with Meat
.,	Cookery and Storage and Preservation of meat methods.
Week 10	Poultry cooking and Storage and preservation methods of Poultry. Class test of, short
	notes on Rigor Mortis, Curing, Ageing, Tenderization of meat.
	Continued with fish introduction, classification and composition, Fish cookery and
	spoilage
Week 11	Class test of spices and condiments. Types of poultry, composition and nutritive value of
W CCK 11	poultry
Week 12	Class test of objective and subjective evaluation of food quality. Assignment submission
WCCK 12	on Unit 3.
	(MOCK TEST)
Week 13	Continued with storage and preservation of fish. File work continued by students
Week 14	Class test of Quality and Evaluation of eggs. Discussion on previous years question paper,
11 CCR 17	revision and doubts clearance.
Week 15	Revision of complete Syllabus, Doubt Class.
W CCK 13	(REVISION)
	(NE VISION)

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

Name of t	Name of the Assistant Professor: Ms. Priyanka Pawar	
	Class and Section: B.Sc. Home Science 6 th Semester (3 rd Year)	
	Good Microbiology (Only Theory)	
Week 1	Discussion of complete syllabus, Characteristics and classification of molds	
Week 2	Characteristics and classification of Yeasts.	
Week 3	Characteristics, classification and usefulness of Bacteria's	
Week 4	Useful Micro-organisms, Pathogenic Micro-Organisms	
Week 5	Brief History of Microbiology. Importance of Microorganisms in food	
Week 6	Assignment given for Unit 1, Revision of Unit 1.	
	Started with Unit 2, Primary sources of micro-organisms in Foods.	
Week 7	Class Test of bacteria and Continued with Primary sources of micro – organisms in foods	
Week 8	Extrinsic and Intrinsic parameters affecting the growth and survival of micro-organisms	
Week 9	Class Test of Useful Micro-Organisms, Assignment given for Unit 2.	
Week 10	Contamination and micro-organisms in the spoilage of Eggs, cereals and its products and	
	its preservations. Test of micro-organisms involved in spoilage of food	
Week 11	Introduction of Preservation, its advantages and disadvantages. Use of high and low	
	temperature methods in food preservation	
Week 12	Discussion on Dehydration, freezing and freeze-drying, Irradiation in food preservation,	
	Class test of Unit 1. Fermentation, fermented foods and their benefits.	
	(MOCK TEST)	
Week 13	Started with Unit 4, Food borne intoxication, symptoms, mode and sources of	
	transmissions and method of prevention. Food borne infections, symptoms, mode and	
	sources of transmissions and method of prevention.	
Week 14	Indices of Food, Water and Milk. Assignment given for Unit 3.	
Week 15	Unit 4, Microbiological Criteria of Food,	
	Bacteriological analysis of water and milk, Discussion on Previous Year Question Papers.	
	(REVISION)	

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

Name of t	Name of the Assistant Professor: Ms. Sujata	
	Class and Section: B.Sc. Home Sci. 3 nd year	
	Subject: Interior Designing (Theory+practical)	
	Ferm: 7th January 2025to 5th May 2025 (Excluding Holi Break)	
Week 1	Orientation of the students	
	Furniture selection	
	Furniture care	
	Practical- pot painting	
	Practical- pot painting	
Week 2	Furniture arrangement	
	Furniture arrangement	
	Furniture arrangement	
	Practical- pot painting	
	Practical -pot painting	
Week 3	Types of lighting	
	Lighting for different areas of house	
	Lighting for different areas of house	
	Practical- pot painting	
	Practical- pot painting	
Week 4	Class test	
	Accessories and their types	
	Place of accessories in interior decoration	
	Practical- flower arrangement for different areas in house	
	Practical- flower arrangement for different areas in house	
Week 5	Window treatment	
VV CCR 5	Basic window treatment	
	Basic window treatment	
	Practical- flower arrangement for different areas in house	
	Practical- flower arrangement for different areas in house	
Week 6	Types of curtains	
W CCK 0	Types of curtains Types of curtains	
	Types of curtains Types of curtains	
	Practical- making different types of curtains	
	Practical- making different types of curtains	
337 1 7		
Week 7	Draping fabric –selection Draping fabric care	
	Class test	
	Practical- making different types of curtains	
	Practical- making different types of curtains	
Week 8	Revision of unit-1	
W CCR 0	Discussion of previous year question paper	
	Discussion of previous year question paper Discussion of previous year question paper	
	Practical- making different types of curtains	
	Practical- making different types of curtains	
Week 9	Revision of unit 1	
W CCK 9	Revision of unit 2	
	Revision of unit 3	
	Practical-macrame article (decorative article)	
	Practical- macrame article(decorative article)	
Week 10	Hanging of curtains- pelmet	
	Hanging of curtains- swage	
	Hanging of curtains- valances	
	Practical- macrame article (decorative article)	
	The state of the state (description of the state of	

	Practical- macrame article (decorative article)
Week 11	Wall finishes-paints
	Wall finishes-wood panel
	Wall finishes-wall paper
	Practical- macrame article (decorative article)
	Practical- macrame article (decorative article)
Week 12	Mock test
	Mock test
	Floor treatment types
	Practical- macrame article (decorative article)
	Practical- macrame article (decorative article)
Week 13	Carpet and rugs
	Design
	Principle of design
	Practical- macrame article (decorative article)
	Practical- macrame article (decorative article)
Week 14	Flower arrangement
	Types of flower arrangement
	Use of principle of design in flower arrangement
	Practical- macrame article (decorative article)
	Practical- macrame article (decorative article)
Week 15	Revision
	Revision
	Revision
	Revision
	Revision

Name of th	Name of the Assistant Professor: Ms. Sujata	
	Class and Section: B.Sc. Home Sci. 3 nd year	
	Subject: Child Welfare (Theory+ Practical)	
	erm: 7th January 2025to 5 th May 2025 (Excluding Holi Break)	
Week 1	Discussing the syllabus	
	Definition and objective of child welfare	
	Definition and objective of child welfare	
	Practical-visit to nursery school, creches and bal bhawan	
	Practical-write a report on visit	
Week 2	Philosophy of child welfare	
	Philosophy of child welfare	
	National policy of child welfare	
	Practical-visit to the institutes for blind children	
	Practical-write a report on visit	
Week 3	National policy of child welfare	
VV COIL 5	National policy of child welfare	
	National policy of child welfare	
	Practical-preparing play material and toys for children from 4-6 years old	
	Practical- preparing play material and toys for children from 4-6 years old	
Week 4	Class test	
W CCK 4	Problem of school dropouts	
	Problem of school dropouts	
	Practical- preparing play material and toys for children from 4-6 years old	
	Practical- preparing play material and toys for children from 4-6 years old	
Week 5	Problem of child labour	
WCCK 3	Problem of child labour	
	Problem of child labour	
	Practical- preparing play material and toys for children from 4-6 years old	
	Practical- preparing play material and toys for children from 4-6 years old	
Week 6	Effect of mass media on children	
WCCK 0	Effect of mass media on children	
	Deprivation among children	
	Practical-survey to know deprivation of girls in different income group	
	Practical-making questionnaire	
Week 7	Deprivation among children –nutritional	
WEEK /	Deprivation among children –educational	
	Deprivation among children –emotional	
	Practical-fill the questionnaire	
	Practical- fill the questionnaire	
Wast 0	Revision of unit-1	
Week 8		
	Discussion of previous year question paper Discussion of previous year question paper	
	Practical- involvement in child welfare activities	
W 1.0	Practical- write a report on it	
Week 9	Children with special needs their rehabilitation and care –blind children	
	Children with special needs their rehabilitation and care—deaf and dumb	
	Children with special needs their rehabilitation and care –mentally retarded	
	Practical to make a resource file regarding child welfare happenings	
TT7 1 1 0	Practical- to make a resource file regarding child welfare happenings	
Week 10	Juvenile delinquency –causes and ways to tackle the menace	
	Juvenile delinquency –causes and ways to tackle the menace	
	Juvenile delinquency –causes and ways to tackle the menace	
	Practical- to make a resource file regarding child welfare happenings	

	Practical- to make a resource file regarding child welfare happenings
Week 11	Class test Voluntary agencies working for child welfare Voluntary agencies working for child welfare
	Practical- to make a resource file regarding child welfare happenings
	Practical- to make a resource file regarding child welfare happenings
Week 12	Mock test
	Mock test
Week 13	International agencies working for child welfare International agencies working for child welfare International agencies working for child welfare Practical- Revision Practical- Revision
Week 14	Family planning programme in India Family planning programme in India Revision Revision Revision
Week 15	Revision Revision Revision Revision Revision Revision

Name of the As	ssistant Professor: Ms. Sujata	
	Class and Section: B.Sc. Home Sci. 2 nd year Subject: Introduction to home management-1I(Theory+ practical)	
Teaching Term	: 7th January 2025to 5 th May 2025 (Excluding Holi Break)	
Week 1	Discussing the syllabus	
	Ergonomics in home- introduction	
	Body mechanics- meaning and introduction	
	Practical- Discussing syllabus of practicals	
	Practical- Discussing syllabus of practicals	
Week 2	Body mechanics- meaning and introduction	
	Body mechanics- principles	
	Body mechanics- principles	
	Practical- Demonstration on making pathway chart	
	Practical- making pathway chart	
Week 3	Work simplification – meaning and importance	
	Mundel's classes of change	
	Mundel's classes of change	
	Practical- making budget of LIG, MIG, HIG	
	Practical-making budget of LIG, MIG, HIG	
Week 4	Classes of change	
	Classes of change	
	Revision	
	Practical- making budget of LIG, MIG, HIG	
	Practical- making color wheel	
Week 5	Class test	
W COR 5	Work study techniques- pathway chart	
	Work study techniques pathway chart Work study techniques pathway chart	
	Practical- making color wheel	
	Practical making color wheel	
Week 6	Work study technique – operation chart	
W CCK O	Work study technique – operation chart Work study technique – operation chart	
	Income – types of income	
	Practical Completing color wheel and color scheme	
XX 1 7	Practical- Making Alpana on floor	
Week /	Budget – meaning and introduction	
	Types of budget Steps in making budget	
	Practical- Making rangoli pattern on sheet	
	Practical- Making rangoli pattern on sheet	
Week 8	Factors affecting budget	
W CCK O	Meaning and importance of saving	
	Importance of saving	
	Practical Making rangoli pattern on floor	
Wast 0	Practical- Making rangoli pattern on floor	
Week 9	Types of saving – provident fund Insurance – meaning and importance	
	Types of saving – banks, Post office savings	
	Practical- Discussing old question paper	
	Practical- Discussing old question paper Practical- Discussing old question paper	
Week 10	Credit – it's uses	
VV CCK 1U	Types of credit	
	Problems in credit	
	Practical- Discussing old question paper	
	Practical- Discussing old question paper	
	O 1	

Week 11	Taxation – introduction
	Importance and use of tax
	Types of tax
	Practical- Basic calculation of income tax
	Practical- Calculation of income tax
Week 12	Mock test
	Mock test
	Mock test
	Practical- Definition of art and its importance
	Practical- Elements of art- types of line and their use in
	decoration
Week 13	Color – introduction
	Classification of color
	Color wheel and color schemes
	Practical- Discussing old question paper
	Practical- Discussing old question paper
Week 14	Dimensions of color
	Emotional effect of color
	Factors affecting use of color in decoration
	Practical- Discussing old question paper
	Practical- Discussing old question paper
Week 15	Revision
	Revision
	Revision
	Revision
	Revision