

# **LESSON PLANS**

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**DEPARTMENT OF HOME SCIENCE**

Department of Home science

S.No	Name of Faculty	Designation	Course Name	Course Code	Signature
1	Ms. Archana Dua	Associate Professor	<ul style="list-style-type: none"> <li>• Nutritional biochemistry-1</li> <li>• Extension education and rural development</li> <li>• Home science theory</li> <li>• Home management</li> <li>• Clothing and textile</li> </ul>	503 301 HS05 HS01 HS03	
2	Dr. Sangeeta kulshrestha	Associate Professor	<ul style="list-style-type: none"> <li>• Basic foods</li> <li>• Psychology-1</li> <li>• Community nutrition</li> <li>• Normal nutrition</li> <li>• Home science</li> </ul>	106 303 504 507 HS05	
3	Ms. Usha Pant	Associate Professor	<ul style="list-style-type: none"> <li>• Hygiene and public health</li> <li>• Introduction to home management</li> <li>• Interior space designing</li> <li>• Home science</li> </ul>	105 304 506 HS01	
4	Ms. Benu Mehta	Assistant Professor	<ul style="list-style-type: none"> <li>• Child care and rearing practices</li> <li>• Indian textiles</li> <li>• Consumer economics</li> <li>• Introductory clothing</li> </ul>	505 306 104	

<b>5</b>	Dr. Pragti Chitkara	Assistant Professor	<ul style="list-style-type: none"> <li>• Family dynamics</li> <li>• Food science</li> <li>• Human physiology</li> <li>• Home science</li> </ul>	<p style="text-align: center;">501 307 103 HS03</p>	
<b>6</b>	Dr. Shruti Singh	Assistant Professor	<ul style="list-style-type: none"> <li>• Extension education and rural development</li> <li>• Human development-2</li> <li>• Laundry science and finishing fabrics</li> </ul>	<p style="text-align: center;">301 302 305</p>	

**K.L Mehta Davanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Ms. Archna Dua**

**Class And Section: B.Sc (H.Sci) V**

**Sem Subject: Nutritional Biochemistry**

**I Mode Of Teaching: Offline**

**Lectures Per Week:**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	<b>Orientation Of The Students</b>
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Introduction Of The Syllabus
05-Oct-21	Practical- Introducing students to Biochemistry lab.
06-Oct-21	Unit I Introduction to Biochemistry Sciences, scope, objectives, interrelation with other biological sciences
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Specificity of Enzymes, Enzyme Kinetics
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Enzymes- Definition, Classification, Coenzymes, Types of Coenzymes
12-Oct-21	Practical – Reactions of monosaccharides
13-Oct-21	Specificity of Enzymes, Enzyme Kinetics
14-Oct-21	Factors affecting Enzyme activity
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Enzyme inhibition & Summarizing Enzymes
19-Oct-21	Practical – Reactions of monosaccharides & Disaccharides
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Assignment-scope of nutritional enzymes biochemistry
22-Oct-21	Unit –ii Vitamins- Biochemical role of Vitamin A
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Biochemical role of Vitamin D

26-Oct-21	Practical – Reactions of monosaccharides & Disaccharides & Polysaccharides
27-Oct-21	Biochemical role of Vitamin E
28-Oct-21	Biochemical role of Vitamin K
29-Oct-21	Biochemical role of Vitamin B1
30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Biochemical role of Vitamin B2
09-Nov-21	Practical- Identification of Unknown sugar solution
10-Nov-21	Biochemical role of Vitamin B3
11-Nov-21	Biochemical role of Vitamin B6
12-Nov-21	Summary of Unit II(assignment to be given)
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Unit-iii Carbohydrates – Definition & Classification
16-Nov-21	Practical- Identification of Unknown sugar solution
17-Nov-21	Carbohydrates-type & Structures
18-Nov-21	Carbohydrates-type & Structures
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Carbohydrates- Structures
23-Nov-21	Practical – Reactions of monosaccharides
24-Nov-21	Carbohydrates- properties
25-Nov-21	Properties of monosaccharides , Disaccharides & Polysaccharide
26-Nov-21	Properties of monosaccharides , Disaccharides & Polysaccharide
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Glycolysis cycle
30-Nov-21	Practical – Reactions of monosaccharides & Disaccharides & Polysaccharides
1-Dec-21	Glycolysis cycle
2-Dec-21	Glycolysis (Structures)

3-Dec-21	Gluconecogenesis
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Gluconecogenesis
7-Dec-21	Practical- Identification of Unknown sugar solution
8-Dec-21	Gluconecogenesis
9-Dec-21	Class Test of Glycolysis
10-Dec-21	Class Test of Glycogenesis
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Unit IV Amino acids- Their types & structure
14-Dec-21	Practical- Identification of Unknown sugar solution
15-Dec-21	Test-unit ii
16-Dec-21	Protein- Definition, Classification & Structure
17-Dec-21	Protein – Properties
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Transamination reactions of amino acid
21-Dec-21	Practical – Identification of amino acids in amino acid mixture by circular Chromatography
22-Dec-21	Transamination reactions of amino acid
23-Dec-21	Transamination of amino acids & oxidative Deamination
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Decarboxylation of amino acid
28-Dec-21	Practical- Identify the unknown aminoacid by circular chromatography
29-Dec-21	Urea Cycle
30-Dec-21	Urea Cycle continued
31-Dec-21	Test of oxidative deamination
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Test- Transamination reactions
4-Jan-22	Practical- Chromatography repeated
5-Jan-22	Assignment
6-Jan-22	Test- Urea Cycle
7-Jan-22	Previous Year Questions
8-Jan-22	

9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Test- Amino acid structures
11-Jan-22	Practical- Estimation of amount of glucose in the amount of glucose in the given solution by fehlep's Soxhlet method
12-Jan-22	Revision Of Unit-I
13-Jan-22	Revision Of Unit-I
14-Jan-22	Revision Of Unit-I
15-Jan-22	
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Revision Of Unit-II
18-Jan-22	Practical
19-Jan-22	Revision Of Unit-II
20-Jan-22	Revision Of Unit-II
21-Jan-22	Revision Of Unit-III
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Revision Of Unit-IV
25-Jan-22	Practical- Estimation of amount of glucose in the amount of glucose in the given solution by fehlep's Soxhlet method
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Previous year question paper
28-Jan-22	Previous year question paper
29-Jan-22	Revision

**K.L Mehta Davanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Archana Dua**

**Class And Section: B.Sc. – II year (III Semester)**

**Subject: Extension Education & Rural Development (301) practical Mode**

**Of Teaching: online/offline**

**Lectures Per Week:3**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Introductory Session
05-Oct-21	
06-Oct-21	
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Discussion about the characteristics & topic of posters (Water Pollution, Gils' Education, Blood Donation, Soil Pollution, Save Trees, Save Water, Swakchata Abhiyaan& Junk foods etc) and rough draft preparation
12-Oct-21	
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Preparation of poster & slogan writing on posters
19-Oct-21	
20-Oct-21	<b>Maharishi ValmikiJayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Discussion with students about features of leaflets; topic selection (Topics –Dengue, AIDS, Vitamin – A Deficiency, Malaria, Covid -19, Typhoid, Care of new born baby, Neural Tube Defect & Anemia) & rough draft preparation
26-Oct-21	



27-Oct-21	
28-Oct-21	
29-Oct-21	
30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Preparation of leaflets
09-Nov-21	
10-Nov-21	
11-Nov-21	
12-Nov-21	
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Discussion about difference in charts and posters & rough draft preparation
16-Nov-21	
17-Nov-21	
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Preparation of charts ( Topic - Food Pyramid, Sewing Machine, Audio-Visual Aids, Classification of Dyes, Methods of Printing, Diabetes etc.)
23-Nov-21	
24-Nov-21	
25-Nov-21	
26-Nov-21	
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Introducing pamphlets, their characteristics & draft preparation
30-Nov-21	
1-Dec-21	

2-Dec-21	
3-Dec-21	
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Preparation of Pamphlets – Advertisement of Play School, Summer Camp, Diet Camp, Blood Donation Camp, Awareness regarding organ donation etc
7-Dec-21	
8-Dec-21	
9-Dec-21	
10-Dec-21	
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Discussion about the features of flash cards and rough draft preparation
14-Dec-21	
15-Dec-21	
16-Dec-21	
17-Dec-21	
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Preparation of Flash Cards (Topics –Process of Tie & Dye Method, Late Childhood – Characteristics & Milestones, Puberty & Problems of Adolescents etc.)
21-Dec-21	
22-Dec-21	
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Presentation of Flash Cardscontinued
28-Dec-21	
29-Dec-21	
30-Dec-21	
31-Dec-21	
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	A brief session regarding types of puppets, material required for puppet making and method of preparing it.
4-Jan-22	
5-Jan-22	

6-Jan-22	
7-Jan-22	
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Preparation of hand/finger puppets
11-Jan-22	
12-Jan-22	
13-Jan-22	
14-Jan-22	
15-Jan-22	
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Instructing students regarding the effective use of puppets in communicating a message/ story telling with puppets
18-Jan-22	
19-Jan-22	
20-Jan-22	
21-Jan-22	
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Presentation of visual aids; charts & flash cards
25-Jan-22	
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Ms. Archana Dua**

**Class And Section: B.A ( Home Science) – III Year**

**Subject: Practical**

**Mode Of Teaching: online/offline**

**Lectures Per Week:**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Introductory Session
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Introductory Session
05-Oct-21	
06-Oct-21	
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Introduction to Food Groups – Cereals, Pulses, Fruits & Vegetables, Nuts & Oil Seeds, Spices & Condiments, Fats & Oils, Milk & Milk Products
09-Oct-21	General Instructions for working in a Lab/Kitchen
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	<ul style="list-style-type: none"><li>• Introduction to Food Groups – Cereals, Pulses, Fruits &amp; Vegetables, Nuts &amp; Oil Seeds, Spices &amp; Condiments, Fats &amp; Oils, Milk &amp; Milk Products</li><li>• General Instructions for working in a Lab/Kitchen</li></ul>
12-Oct-21	
13-Oct-21	
14-Oct-21	Weight & Measurements of food products
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Use of Weighing Scale, Measuring Cups & Measuring Spoons & Preparation of ORS Solution
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Suggesting recipes of refreshing & nourishing beverages along with their health benefits
19-Oct-21	
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Suggesting recipes of refreshing & nourishing beverages along with their health benefits
22-Oct-21	Preparation of refreshing & nourishing beverages & its evaluation
23-Oct-21	Preparation of refreshing & refreshing beverages & its evaluation
24-Oct-21	<b>SUNDAY</b>

25-Oct-21	Discussion on recipes of soups along with their health benefits
26-Oct-21	
27-Oct-21	
28-Oct-21	Discussion with students about recipes of soups along with their health benefits
29-Oct-21	Preparation of soups with croutons& it's evaluation
30-Oct-21	Preparation of soups with croutons & it's evaluation
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Suggesting different king of desserts with their recipes& how to add nutritive value in it
09-Nov-21	
10-Nov-21	
11-Nov-21	Suggesting different king of desserts with their recipes& how to add nutritive value in it
12-Nov-21	Preparation of desserts& it's evaluation
13-Nov-21	Preparation of desserts& it's evaluation
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	A brief session regarding salad preparation& its health benefits
16-Nov-21	
17-Nov-21	
18-Nov-21	A brief session regarding salad preparation & its health benefits
19-Nov-21	<b>Guru Nanak DevJayanti</b>
20-Nov-21	Preparation of Salads& it's evaluation
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Suggesting recipes of healthy snacks
23-Nov-21	
24-Nov-21	
25-Nov-21	Suggesting recipes of healthy snacks
26-Nov-21	Preparation of snacks& it's evaluation
27-Nov-21	Preparation of snacks& it's evaluation
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Discussion about healthy breakfast dishes and their recipes

30-Nov-21	
1-Dec-21	
2-Dec-21	Discussion about healthy breakfast dishes and their recipes
3-Dec-21	Preparation of breakfast dishes& it's evaluation
4-Dec-21	Preparation of breakfast dishes& it's evaluation
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Suggesting main meal dishes along with their recipes
7-Dec-21	
8-Dec-21	
9-Dec-21	Suggesting main meal dishes along with their recipes
10-Dec-21	Preparation of main meal dishes& it's evaluation
11-Dec-21	Preparation of main meal dishes& it's evaluation
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	A brief session regarding foods prepared by germination method, its benefits
14-Dec-21	
15-Dec-21	
16-Dec-21	A brief session regarding foods prepared by germination method, its benefits
17-Dec-21	Preparation of foods by germination method& it's evaluation
18-Dec-21	Preparation of foods by germination method& it's evaluation
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Suggesting recipes of foods prepared by fermentation method& its health benefits
21-Dec-21	
22-Dec-21	
23-Dec-21	Suggesting recipes of foods prepared by fermentation method& its health benefits
24-Dec-21	Preparation of foods by fermentation method& it's evaluation
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Discussion about the foods cooked by steaming method& its benefits
28-Dec-21	
29-Dec-21	
30-Dec-21	Discussion about the foods cooked by steaming method& its benefits
31-Dec-21	Preparation of foods by steaming method& its evaluation
1-Jan-22	Preparation of foods by steaming method& its evaluation
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Revision of Practical
4-Jan-22	
5-Jan-22	

6-Jan-22	Revision of Practical
7-Jan-22	Revision of Practical
8-Jan-22	Revision of Practical
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Revision of Practical
11-Jan-22	
12-Jan-22	
13-Jan-22	Revision of Practical
14-Jan-22	Revision of Practical
15-Jan-22	Revision of Practical
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Revision of Practical
18-Jan-22	
19-Jan-22	
20-Jan-22	Revision of Practical
21-Jan-22	Revision of Practical
22-Jan-22	Revision of Practical
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Revision of Practical
25-Jan-22	
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Revision of Practical
28-Jan-22	Revision of Practical
29-Jan-22	Revision of Practical

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Ms Archana Dua**

**Class And Section: B.A.- III Year**

**Subject: Home Science Theory (Food & Nutrition) HS05**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 2**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Introductory Session
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	
06-Oct-21	
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	Introducing Balanced Diet
09-Oct-21	Discussion about the concept of balanced diet
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	A detailed discussion about the concept & characteristics of balanced diet
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	
20-Oct-21	<b>Maharishi ValmikiJayanti</b>
21-Oct-21	
22-Oct-21	Detail discussion about the principles of meal planning
23-Oct-21	Principles of meal planning continued
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	



26-Oct-21	
27-Oct-21	
28-Oct-21	
29-Oct-21	Factors affecting meal planning
30-Oct-21	Factors affecting meal planning continued
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	
10-Nov-21	
11-Nov-21	
12-Nov-21	Meal planning for school going children
13-Nov-21	Meal planning for school going children continued
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	
16-Nov-21	
17-Nov-21	
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Meal planning for adolescents
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	
23-Nov-21	
24-Nov-21	<b>Guru Teg Bahadur Martyrdom Day</b>
25-Nov-21	
26-Nov-21	Meal planning for adolescent girls
27-Nov-21	Meal planning for adolescent boys
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	
30-Nov-21	
1-Dec-21	
2-Dec-21	
3-Dec-21	Meal planning for adult males
4-Dec-21	Meal planning for adult females

5-Dec-21	<b>SUNDAY</b>
6-Dec-21	
7-Dec-21	
8-Dec-21	
9-Dec-21	
10-Dec-21	Meal planning according to life styles followed by adults
11-Dec-21	Meal planning according to life styles followed by adults continued
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	
14-Dec-21	
15-Dec-21	
16-Dec-21	
17-Dec-21	Meal planning for pregnant lady
18-Dec-21	Meal planning for pregnant lady continued
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	
21-Dec-21	
22-Dec-21	
23-Dec-21	
24-Dec-21	Meal planning for lactating mothers
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	
28-Dec-21	
29-Dec-21	
30-Dec-21	
31-Dec-21	Meal planning for lactating mothers continued
1-Jan-22	Meal planning for lactating mothers continued
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	
4-Jan-22	
5-Jan-22	
6-Jan-22	
7-Jan-22	Revision
8-Jan-22	Revision
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	
11-Jan-22	
12-Jan-22	

13-Jan-22	
14-Jan-22	Meal planning for batch mates
15-Jan-22	Meal planning for batch mates continued
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	
18-Jan-22	
19-Jan-22	
20-Jan-22	
21-Jan-22	Revision
22-Jan-22	Revision
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	
25-Jan-22	
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	Revision
29-Jan-22	Revision

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Ms. Archna Dua**

**Class And Section: BA I**

**Subject: Home Management HS01**

**Mode Of Teaching:online/offline**

**Lectures Per Week:2**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Introduction
05-Oct-21	Syllabus discussion
06-Oct-21	
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Family resource- introduction
12-Oct-21	Human resources
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Non-human resources
19-Oct-21	Similarities among resources
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Similarities among resources
26-Oct-21	Discussion on resources available to students
27-Oct-21	
28-Oct-21	
29-Oct-21	

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	
10-Nov-21	
11-Nov-21	
12-Nov-21	
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	test
16-Nov-21	Money management-introduction
17-Nov-21	
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Types of income
23-Nov-21	Types of income
24-Nov-21	
25-Nov-21	
26-Nov-21	
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Meaning of budget
30-Nov-21	Types of budget
1-Dec-21	
2-Dec-21	
3-Dec-21	
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Steps in making budget
7-Dec-21	Steps in making budget

8-Dec-21	
9-Dec-21	
10-Dec-21	
11-Dec-21	

12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Importance of budgeting
14-Dec-21	Making budget for different income group
15-Dec-21	
16-Dec-21	
17-Dec-21	
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Evaluation of budget
21-Dec-21	Test
22-Dec-21	
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Time management--introduction
28-Dec-21	Importance of time management
29-Dec-21	
30-Dec-21	
31-Dec-21	
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Making a time plan
4-Jan-22	Daily , weekly and annual activities
5-Jan-22	
6-Jan-22	
7-Jan-22	
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Managing time
11-Jan-22	Tools in time management
12-Jan-22	
13-Jan-22	
14-Jan-22	

15-Jan-22	
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Energy management-introduction
18-Jan-22	Fatigue- types
19-Jan-22	
20-Jan-22	
21-Jan-22	
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Work simplification- meaning and importance
25-Jan-22	Classes of change
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Ms. Archna Dua**

**Class And Section: BA II theory**

**Subject: Clothing and Textiles HS03**

**Mode Of Teaching:online/offline**

**Lectures Per Week:2**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	
06-Oct-21	Introduction to the syllabus
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	
13-Oct-21	Supplies needed for laundry
14-Oct-21	Soaps and detergents
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Composition of soaps
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	
26-Oct-21	
27-Oct-21	Manufacturing of soaps
28-Oct-21	Composition of detergents
29-Oct-21	



30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	
10-Nov-21	Manufacturing of detergents
11-Nov-21	Difference between soaps and detergents
12-Nov-21	
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	
16-Nov-21	
17-Nov-21	Starches
18-Nov-21	Types of starches
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	
23-Nov-21	
24-Nov-21	Blues and bleaches
25-Nov-21	Blues and bleaches
26-Nov-21	
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	
30-Nov-21	
1-Dec-21	Test
2-Dec-21	Discussion of test
3-Dec-21	
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	
7-Dec-21	

8-Dec-21	Different methods of laundry
9-Dec-21	Different methods of laundry
10-Dec-21	
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	
14-Dec-21	
15-Dec-21	Reagents used in laundry
16-Dec-21	Reagents used in laundry
17-Dec-21	
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	
21-Dec-21	
22-Dec-21	Reagents used in laundry : Acids and Alkalies
23-Dec-21	Reagents used in laundry : Acids and Alkalies
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	
28-Dec-21	
29-Dec-21	Reagents used in laundry : solvents and absorbents
30-Dec-21	Reagents used in laundry : solvents and absorbents
31-Dec-21	
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	
4-Jan-22	
5-Jan-22	Stain Removal
6-Jan-22	Stain Removal
7-Jan-22	
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	
11-Jan-22	
12-Jan-22	Classification of stains
13-Jan-22	Classification of stains
14-Jan-22	
15-Jan-22	

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	
18-Jan-22	
19-Jan-22	Methods of removing different types of stains
20-Jan-22	Methods of removing different types of stains
21-Jan-22	
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	
25-Jan-22	
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Doubt clearance
28-Jan-22	
29-Jan-22	

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of the Associate Professor: Dr. Sangeeta Kulshrestha**

**Class And Section: B.Sc. Home Science (I Semester)**

**Subject: Basic Foods**

**Mode Of Teaching: Online and Offline**

**Lectures Per Week: 4**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	<b>Orientation Of The Students</b>
05-Oct-21	
06-Oct-21	Introduction of syllabus
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	
09-Oct-21	Foods- Introduction and Definition
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Physiological Functions
12-Oct-21	
13-Oct-21	Topic contd.
14-Oct-21	Psychological Function
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Social Function
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Food Groups
19-Oct-21	
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Topic contd.
22-Oct-21	
23-Oct-21	Food Guide Pyramid
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Food Intake and Regulation of Hunger
26-Oct-21	
27-Oct-21	Topic contd.
28-Oct-21	Basic Terminology Used in Food Preparation
29-Oct-21	

30-Oct-21	Topic contd.
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Objectives of Cooking
09-Nov-21	
10-Nov-21	Principles of Cooking
11-Nov-21	Wet methods of cooking
12-Nov-21	
13-Nov-21	Topic contd.
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Dry methods of Cooking
16-Nov-21	
17-Nov-21	Topic contd.
18-Nov-21	Solar cooking
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Solar cooking contd.
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Microwave Cooking
23-Nov-21	
24-Nov-21	Topic contd.
25-Nov-21	Test- Methods of Cooking
26-Nov-21	
27-Nov-21	Basic terms used in the study of Foods
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Basic terms used in the study of Foods contd.
30-Nov-21	
1-Dec-21	Enhancing Nutritional Quality of Foods- Introduction
2-Dec-21	Germination and Fermentation
3-Dec-21	
4-Dec-21	Supplementation and Substitution
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Fortification and Enrichment

7-Dec-21	
8-Dec-21	Revision
9-Dec-21	Test- Enhancing Nutritional Quality of Foods
10-Dec-21	
11-Dec-21	Food Adulteration
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Types of Adulterants in Common Foods
14-Dec-21	
15-Dec-21	Topic contd.
16-Dec-21	Topic contd.
17-Dec-21	
18-Dec-21	Pesticide residues in foods
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Pesticide residues in foods contd.
21-Dec-21	
22-Dec-21	Food Laws and Standards
23-Dec-21	Prevention of Food Adulteration Act
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Prevention of Food Adulteration Act contd.
28-Dec-21	
29-Dec-21	Essential Commodities Act
30-Dec-21	Fruit Products Order
31-Dec-21	
1-Jan-22	Fruit Products Order contd.
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	AGMARK
4-Jan-22	
5-Jan-22	BIS
6-Jan-22	BIS contd.
7-Jan-22	
8-Jan-22	FSSAI
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Revision
11-Jan-22	
12-Jan-22	Oral test on Food Adulteration
13-Jan-22	Test- Food Adulteration
14-Jan-22	

15-Jan-22	Revision
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Revision
18-Jan-22	
19-Jan-22	Revision
20-Jan-22	Revision
21-Jan-22	
22-Jan-22	Revision
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Discussion of Old question Papers
25-Jan-22	Discussion of Old question Papers
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Mock Practical Test
28-Jan-22	Revision
29-Jan-22	Revision

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of the Associate Professor: Dr. Sangeeta Kulshrestha**

**Class And Section: B.Sc. Home Science (III Semester)**

**Subject: Psychology I**

**Mode Of Teaching: Online and Offline**

**Lectures Per Week: 3**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	Orientation
06-Oct-21	
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	
09-Oct-21	INTRODUCTION
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	Introduction to the syllabus
13-Oct-21	
14-Oct-21	Psychology – Introduction
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Definitions of Psychology
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	Definitions of Psychology Contd.
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Scope of Psychology
22-Oct-21	
23-Oct-21	Scope of Psychology Contd.
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	
26-Oct-21	Scope of Psychology Contd.
27-Oct-21	
28-Oct-21	Nature of Psychology
29-Oct-21	



30-Oct-21	Relationship of Psychology with Home Science
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	Relationship of Psychology with Home Science Contd.
10-Nov-21	
11-Nov-21	Methods of Psychological studies – observation method
12-Nov-21	
13-Nov-21	Observation method Contd.
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	
16-Nov-21	Test – Definition and Scope of Psychology
17-Nov-21	
18-Nov-21	Experimental Method
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Experimental Method Contd.
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	
23-Nov-21	Interview Method
24-Nov-21	
25-Nov-21	Interview Method Contd.
26-Nov-21	
27-Nov-21	Questionnaire Method
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	
30-Nov-21	Questionnaire Method Contd.
1-Dec-21	
2-Dec-21	Case Study Method
3-Dec-21	
4-Dec-21	Case Study Method Contd.
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	
7-Dec-21	Relation between Mind and Body

8-Dec-21	
9-Dec-21	Relation between Mind and Body Contd.
10-Dec-21	
11-Dec-21	Relation between Mind and Body Contd.
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	
14-Dec-21	Test – Methods of Psychology
15-Dec-21	
16-Dec-21	Sensation – Introduction, Nature
17-Dec-21	
18-Dec-21	Attributes of sensation
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	
21-Dec-21	Special sensations
22-Dec-21	
23-Dec-21	Special sensations Contd.
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	
28-Dec-21	Functions of Sensations
29-Dec-21	
30-Dec-21	Perception – Meaning and Functions
31-Dec-21	
1-Jan-22	Nature of Perception
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	
4-Jan-22	Fundamental Characteristics
5-Jan-22	
6-Jan-22	Fundamental Characteristics Contd.
7-Jan-22	
8-Jan-22	Attention – Introduction and nature
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	
11-Jan-22	Conditions of Attention
12-Jan-22	
13-Jan-22	Inattention
14-Jan-22	
15-Jan-22	Emotions – Introduction and definition

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	
18-Jan-22	Theories of emotions
19-Jan-22	
20-Jan-22	Influence of environment on emotions
21-Jan-22	
22-Jan-22	Influence of environment on emotions Contd.
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	
25-Jan-22	Revision
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Discussion of previous year question papers
28-Jan-22	
29-Jan-22	Revision

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate Professor: Dr. Sangeeta Kulshrestha**

**Class And Section: B.Sc. Home Science (V Semester)**

**Subject: Community Nutrition**

**Mode Of Teaching: Online and Offline**

**Lectures Per Week:3 (Theory) + 2 (Practical)**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Pr - Introduction of the practical syllabus
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	Introduction to the syllabus
06-Oct-21	Nutritional problems of the community
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Pr - Visit to Anganwadi
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	Nutritional problems of the community Contd.
13-Oct-21	Non- nutritional causes of nutritional disorders
14-Oct-21	Non- nutritional causes of nutritional disorders Contd.
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	Nutritional causes
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	PEM- Introduction
22-Oct-21	Pr - Writing the report
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	
26-Oct-21	Prevalence of PEM
27-Oct-21	Causes of PEM
28-Oct-21	Signs and symptoms
29-Oct-21	Pr - Visit to primary school to see mid-day meal program

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	Prevention of PEM
10-Nov-21	Treatment of PEM
11-Nov-21	Vitamin A deficiency
12-Nov-21	Pr -Writing the report
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	
16-Nov-21	Prevalence of Vitamin A deficiency
17-Nov-21	<b>Causes, signs and symptoms</b>
18-Nov-21	Prevention and Treatment of Vitamin A deficiency
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	
23-Nov-21	Iron Deficiency Anemia- Introduction
24-Nov-21	Prevalence and Causes
25-Nov-21	Signs and Symptoms
26-Nov-21	Pr - Making questionnaire
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	
30-Nov-21	Prevention and Treatment
1-Dec-21	Iodine Deficiency Disorders- Introduction
2-Dec-21	Prevalence
3-Dec-21	Pr - Finalizing questionnaire
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	
7-Dec-21	Signs, symptoms and causes

8-Dec-21	Prevention and Treatment
9-Dec-21	Fluorosis
10-Dec-21	Pr - Dietary Survey
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	
14-Dec-21	Prophylaxis programs in India
15-Dec-21	Mid-day meal program
16-Dec-21	ICDS
17-Dec-21	Pr - Dietary Survey
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	
21-Dec-21	ICDS Contd.
22-Dec-21	Assessment of Nutritional Status
23-Dec-21	Assessment of Anthropometric measurements in children
24-Dec-21	Pr - Analysis of Dietary Survey
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	
28-Dec-21	Assessment of Anthropometric measurements in adults
29-Dec-21	Dietary survey
30-Dec-21	Clinical examination
31-Dec-21	Pr - Analysis of Dietary Survey
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	
4-Jan-22	Biophysical test
5-Jan-22	Functional Assessment
6-Jan-22	Vital Statistics
7-Jan-22	Pr - How to take Anthropometric measurements
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	
11-Jan-22	Revision
12-Jan-22	Revision
13-Jan-22	Revision
14-Jan-22	Taking Anthropometric measurements of the subjects
15-Jan-22	

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	
18-Jan-22	Discussion of previous year question papers
19-Jan-22	Discussion of previous year question papers
20-Jan-22	Discussion of previous year question papers
21-Jan-22	Clinical Examination
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	
25-Jan-22	Revision
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Revision
28-Jan-22	Revision
29-Jan-22	Visit to Community Kitchen

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of the Associate Professor: Dr. Sangeeta Kulshrestha**

**Class And Section: B.Sc. Home Science (V Semester)**

**Subject: Normal Nutrition**

**Mode Of Teaching: Online and Offline**

**Lectures Per Week: 4 (Theory) + 3 (Practical)**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Orientation of the Students
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Practical
05-Oct-21	Orientation of the Students
06-Oct-21	
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Introduction of the Syllabus
09-Oct-21	Unit 1- Nutrition of health inter relationship
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Practical- comprehensive food exchange list
12-Oct-21	Factors affecting total energy requirement
13-Oct-21	
14-Oct-21	Basal metabolic rate
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Factors affecting BMR
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Practical- raw weight and cooked weight of certain common recipe
19-Oct-21	Dynamic action of food
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Unit 2- nutritionally adequate diet
22-Oct-21	Meal planning
23-Oct-21	Importance of meal planning
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Practical- various steps in meal planning to be taught
26-Oct-21	Factors affecting meal planning
27-Oct-21	
28-Oct-21	Factors affecting meal planning contd-
29-Oct-21	Factors affecting meal planning



30-Oct-21	Revision of meal planning
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Practical- various steps in meal planning to be taught
09-Nov-21	Assignment- asking students to write their own menu of previous Day
10-Nov-21	
11-Nov-21	Unit 3- nutritional problems during adult hood
12-Nov-21	Foods selection during adult hood
13-Nov-21	Nutritional Requirement during adult hood
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Practical- writing of food items consumed by their mother on the previous day in household measures (menu of the previous day)
16-Nov-21	Nutritional problem during pregnancy
17-Nov-21	
18-Nov-21	Food selection during pregnancy
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Nutritional requirement during pregnancy
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Practical- steps to be taught in dietary calculation
23-Nov-21	Lactation – nutritional problem
24-Nov-21	
25-Nov-21	Lactation –food selection + nutritional requirement
26-Nov-21	Nutrition during Infancy
27-Nov-21	Infancy – problems \ contraindications in breast feeding \ nutrition during infancy
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Practical- planning a diet for an adult sedentary man
30-Nov-21	Preschool years - nutritional problem
1-Dec-21	
2-Dec-21	Preschool years - Food selection
3-Dec-21	Revision of infancy
4-Dec-21	Preschool years - nutritional requirement
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Practical – preparation and evaluation of diet for an adult sedentary man

7-Dec-21	Nutrition for school going
8-Dec-21	
9-Dec-21	School going- nutritional problem and requirements and dietary suggestions
10-Dec-21	Revision of school going and preschool years
11-Dec-21	Adolescence nutritional problem
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Practical- planning a diet for an adult man moderate worker (MIG)
14-Dec-21	Food selection during Adolescence, (Test of what has been done)
15-Dec-21	
16-Dec-21	Nutritional requirements during Adolescence and dietary suggestions
17-Dec-21	Nutrition during old age : their problems, nutritional requirements and dietary suggestions
18-Dec-21	Nutrition during old age : their problems, nutritional requirements and dietary suggestions
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Practical- preparation and evaluation of diet for an adult man (MIG)
21-Dec-21	Revision of old age nutrition
22-Dec-21	
23-Dec-21	Revision of old age nutrition
24-Dec-21	Assignment
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Practical- planning a diet for a pregnant and lactating lady (MIG)
28-Dec-21	Test of unit-3 ,4
29-Dec-21	
30-Dec-21	Discussing old question papers
31-Dec-21	Planning of diet for a school going child adolescent
1-Jan-22	Planning of diet for an adolescent
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Practical-preparation and evaluation of diet for a pregnant lactating mother
4-Jan-22	Discussing viva questions
5-Jan-22	
6-Jan-22	Discussing short answer questions
7-Jan-22	Discussing short answer questions
8-Jan-22	Discussing short answer questions
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Practical - planning weaning food for infants and a diet for a preschool child.
11-Jan-22	Revision
12-Jan-22	
13-Jan-22	Revision

14-Jan-22	Revision
15-Jan-22	Revision
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Practical - preparation and evaluation of weaning foods for infants and a diet for preschool child
18-Jan-22	Discussion of previous year question papers
19-Jan-22	
20-Jan-22	Discussion of previous year question papers
21-Jan-22	Discussion of previous year question papers
22-Jan-22	Discussion of previous year question papers
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Practical preparation and evaluation of diet for a school going adolescent and elderly
25-Jan-22	Revision
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Revision
28-Jan-22	Revision
29-Jan-22	Revision

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of the Associate Professor: Dr. Sangeeta Kulshrestha**

**Class And Section: B.A. (V Semester)**

**Subject: Home Science (Theory)**

**Mode Of Teaching: Online and Offline**

**Lectures Per Week: 6**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Introduction to the syllabus
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Foods- Introduction
05-Oct-21	Definition
06-Oct-21	Classification of foods
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Functions of Foods
09-Oct-21	Functions of Foods Contd.
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Food Groups
12-Oct-21	Carbohydrates- Introduction
13-Oct-21	Classification
14-Oct-21	Monosaccharides
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Disaccharides
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Polysaccharides
19-Oct-21	Sources
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Functions and sources of carbohydrates
22-Oct-21	Effects of deficiency and excess
23-Oct-21	Proteins- Introduction
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Classification of Proteins
26-Oct-21	Sources and RDA
27-Oct-21	Causes of deficiency of Proteins
28-Oct-21	Effects of Protein deficiency in children
29-Oct-21	Protein deficiency in adults

30-Oct-21	Effects of excess of Proteins
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Fats- Introduction and composition
09-Nov-21	Types of Fatty Acids
10-Nov-21	Hydrogenation
11-Nov-21	Classification of Lipids
12-Nov-21	Sources of Fats, RDA
13-Nov-21	Function of Fats
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Effects of Deficiency
16-Nov-21	Effects of Excess of Fats
17-Nov-21	Properties of Fats
18-Nov-21	Vitamins- Introduction and classification
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Vitamin A- Introduction
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Functions and Deficiency
23-Nov-21	Hyper vitaminosis A
24-Nov-21	Sources, RDA
25-Nov-21	Vitamin D- Introduction and Composition
26-Nov-21	Properties and Functions of vitamin D
27-Nov-21	Deficiency and Excess of vitamin D
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Sources of vitamin D
30-Nov-21	Vitamin B 1- Introduction and composition
1-Dec-21	Properties and Functions
2-Dec-21	Symptoms of deficiency
3-Dec-21	Effects of excessive intake
4-Dec-21	Sources, RDA
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Vitamin B2- Introduction and composition
7-Dec-21	Properties and Functions

8-Dec-21	Symptoms of deficiency
9-Dec-21	Effects of excessive intake
10-Dec-21	Sources, RDA
11-Dec-21	Niacin- Introduction
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Functions
14-Dec-21	Sources. RDA
15-Dec-21	Symptoms of deficiency and excess
16-Dec-21	Vitamin C- Introduction and Properties
17-Dec-21	Functions and Effects of deficiency
18-Dec-21	Effect of excessive intake, sources, RDA
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Calcium- Introduction, properties
21-Dec-21	Functions and sources
22-Dec-21	Effects of deficiency and excessive intake
23-Dec-21	Phosphorus- Introduction and functions
24-Dec-21	Sources, Deficiency and Excess
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Iodine- Introduction, functions
28-Dec-21	Effects of deficiency, Excess of iodine
29-Dec-21	Sources of Iodine
30-Dec-21	Importance/Advantages of Cooking Food
31-Dec-21	Moist heat methods
1-Jan-22	Dry heat methods
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Frying- Shallow and Deep Fat
4-Jan-22	Solar cooking, Microwave cooking
5-Jan-22	Effects of Cooking on various nutrients
6-Jan-22	Methods of Enhancing Nutritive Value of foods- Importance
7-Jan-22	Sprouting and Fermentation
8-Jan-22	Supplementation and Combination
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Fortification
11-Jan-22	Food Preservation- Importance
12-Jan-22	Causes of Food spoilage
13-Jan-22	Principles of Food Preservation
14-Jan-22	Methods of preserving using low temperature
15-Jan-22	Methods of preserving using high temperature
16-Jan-22	<b>SUNDAY</b>

17-Jan-22	Balanced diet- Concept
18-Jan-22	Factors affecting Meal Planning
19-Jan-22	Principles of Meal Planning
20-Jan-22	Steps in meal planning
21-Jan-22	Daily meal planning
22-Jan-22	Revision
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Revision
25-Jan-22	Revision
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Discussion of Previous Year Question Papers
28-Jan-22	Discussion of Previous Year Question Papers
29-Jan-22	Revision

**K.L Mehta Davanand College For Women,**  
**Faridabad Lesson plan (Oct 2021-**  
**2022)**

**Name Of The Associate/Assistant Professor: Usha**

**Pant Class And Section: B Sc Home Science I st sem**

**Subject: Hygiene and public health**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week:**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Introduction of students and discussion on syllabus
05-Oct-21	Health=meaning, meaning of personal hygiene
06-Oct-21	
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	
09-Oct-21	Factors affecting good hygiene---habit of eating and drinking
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Cleanliness of body and surrounding
12-Oct-21	Rest and sleep---importance
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Exercise and its importance
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Doubt class
19-Oct-21	Question answer session
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>



21-Oct-21	
22-Oct-21	
23-Oct-21	Test of chapter 1
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Infection- meaning, communicable diseases
26-Oct-21	Stages of infection
27-Oct-21	
28-Oct-21	
29-Oct-21	
30-Oct-21	Agents of infection
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	<b>Mode</b> of spread of infection
09-Nov-21	Prevention of infection- notification, isolation, cleanliness
10-Nov-21	
11-Nov-21	
12-Nov-21	
13-Nov-21	Prevention of infection-quarantine, immunization, public awareness
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Discussion and summarize the chapter on Infection
16-Nov-21	Question answer session
17-Nov-21	

18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	<b>test</b>
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Immunization schedule--Assignment
23-Nov-21	Discussion on Immunization schedule
24-Nov-21	
25-Nov-21	
26-Nov-21	
27-Nov-21	Immunity—definition, factors affecting immunity
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Types of immunity
30-Nov-21	Types of immunity
1-Dec-21	
2-Dec-21	
3-Dec-21	
4-Dec-21	Community water - distribution
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Waste management—meaning and importance
7-Dec-21	Method of waste management
8-Dec-21	
9-Dec-21	
10-Dec-21	
11-Dec-21	Common method of waste management
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Water- importance, source of contamination
14-Dec-21	Method of purification of water
15-Dec-21	

16-Dec-21	
17-Dec-21	
18-Dec-21	Sewage disposal and treatment
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Solid waste and liquid waste disposal
21-Dec-21	Solid waste and liquid waste disposal - method
22-Dec-21	
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Cause, symptoms, mode of spread and prevention of cholera and diarrhea
28-Dec-21	Cause, symptoms, mode of spread and prevention of hepatitis and typhoid
29-Dec-21	
30-Dec-21	
31-Dec-21	
1-Jan-22	Causes, spread, symptoms and prevention of Malaria and Dengue
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Causes, spread, symptoms and prevention of chickenpox
4-Jan-22	Causes, spread, symptoms and prevention of T.B
5-Jan-22	
6-Jan-22	
7-Jan-22	
8-Jan-22	Test on disease spread through food and water
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Causes, spread, symptoms and prevention of leprosy and tetanus
11-Jan-22	Causes, spread, symptoms and prevention of AIDS

12-Jan-22	
13-Jan-22	
14-Jan-22	
15-Jan-22	Causes, spread, symptoms and prevention of Syphilis, gonorrhea
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Revision and doubt class
18-Jan-22	Revision and doubt class
19-Jan-22	
20-Jan-22	
21-Jan-22	
22-Jan-22	Discussing old question paper
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	
25-Jan-22	
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Usha Pant**

**Class And Section: BSc 3<sup>rd</sup> sem**

**Subject: Introduction to Home Management I**

**Mode Of Teaching: Online/offline**

**Lectures Per Week:4**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Introduction of the syllabus
05-Oct-21	Definition of and concept of Home Management
06-Oct-21	
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Management process
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Importance of planning
12-Oct-21	Types of plan with example
13-Oct-21	
14-Oct-21	Controlling, phases of controlling
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Evaluation-importance of evaluation
19-Oct-21	Types of evaluation
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Self-evaluation- meaning and method
22-Oct-21	Test of management process
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Decision making- meaning
26-Oct-21	Steps in decision making
27-Oct-21	
28-Oct-21	Steps in decision making
29-Oct-21	Types of decisions

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	Factors affecting decision making
10-Nov-21	
11-Nov-21	Factors affecting decision making
12-Nov-21	Inter- relatedness of decisions
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Chain decision, tree decision, time perspective of decisions
16-Nov-21	<b>test</b>
17-Nov-21	
18-Nov-21	Stages of family life cycle
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Stages of family life cycle
23-Nov-21	Values-introduction
24-Nov-21	
25-Nov-21	Classification of values
26-Nov-21	Value classification
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Goals-meaning and types
30-Nov-21	Types of goals
1-Dec-21	
2-Dec-21	Change of goals-reason
3-Dec-21	Standard-introduction
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Classification of standard
7-Dec-21	Inter-relatedness of value, goal, standard

8-Dec-21	
9-Dec-21	Resources in the family-introduction
10-Dec-21	Classification of resources
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Classification of resources
14-Dec-21	Similarities among resources
15-Dec-21	
16-Dec-21	Similarities among resources
17-Dec-21	Factors affecting use of resources
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Factors affecting use of resources
21-Dec-21	Discussion on commonly used resources
22-Dec-21	
23-Dec-21	Test on resources
24-Dec-21	Time management- introduction
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Importance of time management
28-Dec-21	Steps in making time plan
29-Dec-21	
30-Dec-21	Tools in time management- peak load period
31-Dec-21	Work curve, rest period in timemanagement
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	test
4-Jan-22	Energy management-introduction
5-Jan-22	
6-Jan-22	Energy cost of various activities
7-Jan-22	Fatigue- meaning
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Physiological fatigue-cause and effect
11-Jan-22	Psychological fatigue- cause and effect
12-Jan-22	
13-Jan-22	Importance of energy management
14-Jan-22	Method adopted by students to manage energy
15-Jan-22	

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Revision
18-Jan-22	Revision
19-Jan-22	
20-Jan-22	Discussing old question paper
21-Jan-22	Discussing old question paper
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	
25-Jan-22	
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	



**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: USHA PANT**

**Class And Section: B Sc 5<sup>th</sup> sem**

**Subject: Interior space designing**

**Mode Of Teaching: online/offline**

**Lectures Per Week: 4+3**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Introduction of the syllabus
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Housing and space management-meaning and importance
05-Oct-21	Selection of site for house
06-Oct-21	Practical- syllabus discussion
07-Oct-21	<b>Maharaja Agrasen Jayanti</b>
08-Oct-21	Orientation for ideal house
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Role of soil and locality in selection of site
12-Oct-21	Sanitation facilities required for ideal house
13-Oct-21	Brass article cleaning--practical
14-Oct-21	Doubt class
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Test
19-Oct-21	Principle of planning of rooms- grouping, circulation
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Principle of planning of rooms-flexibility, privacy
22-Oct-21	Spaciousness, ventilation while planning of rooms
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Discussion on the chapter
26-Oct-21	Test
27-Oct-21	Silver cleaning-practical
28-Oct-21	Building material for construction - introduction
29-Oct-21	Stone-types and seasoning of stone

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Types of stones used in building construction
09-Nov-21	Bricks-types of bricks and their use
10-Nov-21	File preparation- practical
11-Nov-21	Bricks- type of bricks and their use
12-Nov-21	Difference between brick and stone
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Wood- seasoning of wood
16-Nov-21	Use of wood as timber in construction
17-Nov-21	Floor plan- meaning, making furniture on graph paper--practical
18-Nov-21	Cement-its use in construction
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Types of cement
23-Nov-21	Mortar-use of mortar
24-Nov-21	Making floor plan of bedroom
25-Nov-21	Types of mortar
26-Nov-21	Use of glass and iron for construction
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Discussing commonly used building material
30-Nov-21	Test on building material
1-Dec-21	Planning color scheme for bedroom-practical
2-Dec-21	Principle of economic design—economy in plot
3-Dec-21	Economy in construction
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Economy in planning
7-Dec-21	Calculating cost of construction

8-Dec-21	Floor plan of drawing room-practical
9-Dec-21	Calculating cost of construction
10-Dec-21	Principle of kitchen planning-introduction
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Principle of kitchen planning
14-Dec-21	Types of kitchens
15-Dec-21	Planning color scheme of drawing room--practical
16-Dec-21	Types of kitchens
17-Dec-21	Test
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Selection of equipment--importance
21-Dec-21	Factors affecting selection of equipments
22-Dec-21	Floor plan of dining room-practical
23-Dec-21	Points to keep in mind while selecting equipments
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Test
28-Dec-21	Care and maintenance of household equipments--introduction
29-Dec-21	Floor plan of kitchen-practical
30-Dec-21	Use of household equipments in work simplification
31-Dec-21	Care and maintenance of refrigerator
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Working principle of refrigerator
4-Jan-22	Care and maintenance of washing machine
5-Jan-22	Floor plan of LIG - practical
6-Jan-22	Working principle of washing machine
7-Jan-22	Care and maintenance of microwave oven
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Working principle of microwave oven
11-Jan-22	Care and maintenance of vacuum cleaner
12-Jan-22	Floor plan of MIG -practical
13-Jan-22	Working principle of vacuum cleaner
14-Jan-22	Care and maintenance of electric iron
15-Jan-22	

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Working principle of electric iron
18-Jan-22	Care and maintenance of toaster
19-Jan-22	Floor plan of HIG-practical
20-Jan-22	Working principle of toaster
21-Jan-22	Care and maintenance of cooking range
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Revision
25-Jan-22	Revision
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Discussing old question paper
28-Jan-22	Discussing old question paper
29-Jan-22	

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Usha Pant**

**Class And Section: B A I sem**

**Subject: Home Science**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week:6**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Introduction
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Introduction of syllabus
05-Oct-21	Meaning of home science
06-Oct-21	Scope of home science
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Functions of house
09-Oct-21	Rented VS Own house
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Selection of site for ideal house
12-Oct-21	Selection of soil, orientation for constructing a house
13-Oct-21	Locality and facilities for constructing a house
14-Oct-21	Doubt class
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Test
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Kitchen garden – meaning and utility
19-Oct-21	Planning and raising of kitchen garden
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Making of bed for kitchen garden and tools required for it
22-Oct-21	Selection of vegetable for kitchen garden
23-Oct-21	Types of manure
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Points to be kept in mind while selecting vegetable for kitchen garden
26-Oct-21	Discussion on the chapter
27-Oct-21	Question – answer session
28-Oct-21	Test
29-Oct-21	Elements of art - introduction

30-Oct-21	Use of line and texture in decoration
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Use of forms, size and pattern as element of art
09-Nov-21	Colors - introduction
10-Nov-21	Characteristics of color
11-Nov-21	Characteristics of color
12-Nov-21	Color wheel - introduction
13-Nov-21	Making a color wheel
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Color scheme - introduction
16-Nov-21	Complementary, split complementary and triad color scheme
17-Nov-21	Analogous and monochromatic color scheme
18-Nov-21	Use of color scheme in decoration
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Emotional effect of color
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Doubt class
23-Nov-21	Question – Answer session
24-Nov-21	Principle of art - introduction
25-Nov-21	Use of Harmony and Balance in home decoration
26-Nov-21	Rhythm and emphasis - introduction
27-Nov-21	Use of rhythm and emphasis in home decoration
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Proportion – introduction
30-Nov-21	Use of proportion in home decoration
1-Dec-21	Question Answer session
2-Dec-21	Test
3-Dec-21	Flower arrangement – its importance
4-Dec-21	Types of flower arrangement
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Points to be kept in mind while arranging flowers
7-Dec-21	Use of principles of art in flower arrangement

8-Dec-21	Use of principles of art in flower arrangement
9-Dec-21	Doubt class
10-Dec-21	Consumer – meaning Buying practices of consumer
11-Dec-21	Problems faced by consumer in market
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Buying problems of consumer
14-Dec-21	Discussion on problem faced by students as consumer
15-Dec-21	Rights of consumer
16-Dec-21	Duties of consumer
17-Dec-21	Doubt class
18-Dec-21	Consumer Protection Act
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Test
21-Dec-21	Home management - meaning
22-Dec-21	Process of home management
23-Dec-21	Planning – steps in making a plan
24-Dec-21	Controlling and its phases
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Evaluation – meaning and importance
28-Dec-21	Types of evaluations
29-Dec-21	Question -Answer on chapter
30-Dec-21	Test
31-Dec-21	Resources - meaning
1-Jan-22	Human resources
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Non-human resources
4-Jan-22	Similarities among resourced
5-Jan-22	Similarities among resourced
6-Jan-22	Doubt class
7-Jan-22	Discussion on resources of student and their use
8-Jan-22	Meaning of money management
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Income discussion
11-Jan-22	Types of income
12-Jan-22	Budget - meaning
13-Jan-22	Importance of budget
14-Jan-22	Types of budget

15-Jan-22	Types of budget
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Steps in making budget
18-Jan-22	Steps in making budget
19-Jan-22	Keeping records for evaluation of budget
20-Jan-22	Time management - importance
21-Jan-22	Making a time plan
22-Jan-22	Making a time plan for student
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Tools in time management
25-Jan-22	Peak load period and rest period
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Doubt class
28-Jan-22	Discussion old question paper
29-Jan-22	Revision



**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Usha Pant**

**Class And Section: B A 1<sup>st</sup> sem**

**Subject: Home Science Practical**

**Mode Of Teaching: online/ offline**

**Lectures Per Week:6 per group**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Introduction of the syllabus-GII
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Syllabus discussion-G I
05-Oct-21	Prepare practical file -G I
06-Oct-21	cleaning of brass article-GI
07-Oct-21	<b>Maharaja Agrasen Jayanti</b>
08-Oct-21	Cleaning of brass article-GII
09-Oct-21	Cleaning of silver article-GII
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Cleaning of silver article- GI
12-Oct-21	Cleaning of aluminium article-GI
13-Oct-21	File work
14-Oct-21	Cleaning of aluminium article- GII
15-Oct-21	<b>Dussehra</b>
16-Oct-21	File work- GII
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Floor decoration – introduction-GI
19-Oct-21	Making Alpana on sheet-GI
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Floor decoration- introduction-GII
22-Oct-21	Making Alpana on sheet- GII
23-Oct-21	Making Alpana on floor-GII
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Making Alpana on floor-GI
26-Oct-21	Alpana making with paint-GI
27-Oct-21	Alpana making with paint-GI
28-Oct-21	Making Alpana on floor-GII
29-Oct-21	Alpana making with paint-GII

30-Oct-21	Alpana making with paint-GII
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Making rangoli on sheet-GI
09-Nov-21	Coloring rangoli on sheet -GI
10-Nov-21	Coloring rangoli on sheet -GI
11-Nov-21	Making rangoli on sheet-GII
12-Nov-21	Coloring rangoli on sheet -GII
13-Nov-21	Coloring rangoli on sheet -GII
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Preparing rangoli material-GI
16-Nov-21	Rangoli making on floor -GI
17-Nov-21	Rangoli making on floor -GI
18-Nov-21	Preparing rangoli material-GII
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Rangoli making on floor -GII
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Making geometrical rangoli in file-GI
23-Nov-21	Making floral rangoli in file -GI
24-Nov-21	Making freehand rangoli in file-GI
25-Nov-21	Making geometrical rangoli in file-GII
26-Nov-21	Making floral rangoli in file -GII
27-Nov-21	Making freehand rangoli in file-GII
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Rangoli making on floor-GI
30-Nov-21	File preparation-GI
1-Dec-21	Table setting -introduction-GI
2-Dec-21	Rangoli making on floor-GII
3-Dec-21	File preparation-GII
4-Dec-21	Table setting -introduction-GII
5-Dec-21	<b>SUNDAY</b>

6-Dec-21	Making table setting in file -GI
7-Dec-21	Making table setting in file -GI
8-Dec-21	Table setting-demonstration-GI
9-Dec-21	Making table setting in file -GII
10-Dec-21	Making table setting in file -GII
11-Dec-21	Table setting-demonstration-GII
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Budget making -introduction-GI
14-Dec-21	Budget making for LIG-GI
15-Dec-21	Budget making for MIG, HIG-GI
16-Dec-21	Budget making -introduction-GII
17-Dec-21	Budget making for LIG-GII
18-Dec-21	Budget making for MIG, HIG-GII
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Completing file work -GI
21-Dec-21	Completing file work -GI
22-Dec-21	Care and cleaning of mixer-GI
23-Dec-21	Completing file work -GII
24-Dec-21	Care and cleaning of mixer-GII
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Care and cleaning of washing machine-GI
28-Dec-21	Care and cleaning of refrigerator-GI
29-Dec-21	Care and cleaning of microwave oven-GI
30-Dec-21	Care and cleaning of washing machine-GII
31-Dec-21	Care and cleaning of refrigerator-GII
1-Jan-22	Care and cleaning of microwave oven-GII
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	File preparation-GI
4-Jan-22	File preparation-GI
5-Jan-22	File checking-GI
6-Jan-22	File preparation-GII
7-Jan-22	File preparation-GII
8-Jan-22	File checking-GII
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Preparation of viva-GI
11-Jan-22	Revision of making alpana-GI
12-Jan-22	Revision of making rangoli -GI
13-Jan-22	Preparation of viva-GII

14-Jan-22	Revision of making alpana-GII
15-Jan-22	Revision of making rangoli -GII
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Revision of brass cleaning-GI
18-Jan-22	Revision of silver cleaning-GI
19-Jan-22	Revision of silver cleaning-GI
20-Jan-22	Revision of brass cleaning-GII
21-Jan-22	Revision of silver cleaning-GII
22-Jan-22	Revision of silver cleaning-GII
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	File checking-GI
25-Jan-22	File checking-GI
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	File checking-GII
28-Jan-22	File checking-GII
29-Jan-22	File checking-GII

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Benu Mehta**

**Class And Section: 3<sup>rd</sup> year, 5<sup>th</sup> sem B. Sc H. Sc**

**Subject: Child care and Rearing practices**

**Mode Of Teaching: offline**

**Lectures Per Week: 4**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Orientation Of The Students
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	-----
05-Oct-21	-----
06-Oct-21	Orientation Of The Students
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Introduction Of The Syllabus
09-Oct-21	Pregnancy- Signs
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	-----
12-Oct-21	-----
13-Oct-21	Contd
14-Oct-21	Pregnancy discomfort
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Practical – activity for children of 2 yrs.
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	-----
19-Oct-21	-----
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Pregnancy- Care of expectant mother
22-Oct-21	Pregnancy- Care of expectant mother
23-Oct-21	Practical
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	-----
26-Oct-21	-----
27-Oct-21	Activity of children 2-3 years
28-Oct-21	Confinement practices
29-Oct-21	Stages of delivery

30-Oct-21	Practical- activity of children 4 yrs.
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	Types of Delivery
10-Nov-21	Care of newborn
11-Nov-21	Test of unit 1
12-Nov-21	Weaning definition
13-Nov-21	Importance of weaning
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	-----
16-Nov-21	-----
17-Nov-21	Types of weaning
18-Nov-21	Practical questionnaire on nutrition requirement of pregnant women
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Importance of weaning
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	-----
23-Nov-21	-----
24-Nov-21	Supplementary food- definition
25-Nov-21	Principles of supplementary food
26-Nov-21	Home made and Pre mix supplementary food
27-Nov-21	Practical – Preparing immunization chart
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	-----
30-Nov-21	-----
1-Dec-21	Importance of breast feeding over artificial feeding
2-Dec-21	
3-Dec-21	
4-Dec-21	Practical Assignment on Breast feeding
5-Dec-21	Breast feeding
6-Dec-21	-----
7-Dec-21	-----

8-Dec-21	Sleep routine of infant
9-Dec-21	Contd.
10-Dec-21	Sleeping pattern of children below 2 years
11-Dec-21	Practical – activity of children below 5 years
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	-----
14-Dec-21	-----
15-Dec-21	Toilet training and hygienic practices
16-Dec-21	Contd.
17-Dec-21	Role of mother in training of an infant
18-Dec-21	Practical Questionnaire on feeding patterns of children
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	-----
21-Dec-21	-----
22-Dec-21	Contd.
23-Dec-21	Contd.
24-Dec-21	Practical- Making a soft toy
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	-----
28-Dec-21	-----
29-Dec-21	Problems and remedies of children below 5 years
30-Dec-21	Problems regarding feeding
31-Dec-21	Remedies regarding feeding
1-Jan-22	Problems and remedies- sleep disorder
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	-----
4-Jan-22	-----
5-Jan-22	Excessive fear- bed wetting, nail biting and thumb sucking
6-Jan-22	Contd.
7-Jan-22	Sibling rivalry
8-Jan-22	Separation anxiety
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	-----
11-Jan-22	-----
12-Jan-22	Speech disorder
13-Jan-22	MOCK TEST
14-Jan-22	MOCK TEST
15-Jan-22	MOCK TEST

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	-----
18-Jan-22	-----
19-Jan-22	MOCK TEST
20-Jan-22	MOCK TEST
21-Jan-22	<b>Revision</b>
22-Jan-22	<b>Revision</b>
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	-----
25-Jan-22	-----
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	<b>Revision</b>
28-Jan-22	<b>Revision</b>
29-Jan-22	<b>Revision</b>



**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Benu Mehta**

**Class And Section: Vth semester, IIIrd year**

**Subject: Indian textiles**

**Mode Of Teaching: offline**

**Lectures Per Week:4**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Orientation Of The Students
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation Of The Students
05-Oct-21	Importance of Indian textile in historic perspective
06-Oct-21	Cotton fabrics,sarees and dhotis of India
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Contd
09-Oct-21	-----
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	<b>Cotton sarees of India</b>
12-Oct-21	Revision and discussion of the chapter
13-Oct-21	contd
14-Oct-21	Introduction to the phulkari of Punjab,threads used and fabrics used
15-Oct-21	<b>Dussehra</b>
16-Oct-21	-----
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Silks and brocades of Benaras
19-Oct-21	Silk sarees from Bengal
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Phulkari Embroidery continued
22-Oct-21	Silk sarees from Gujarat
23-Oct-21	-----
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Silk sarees from Gujarat continued
26-Oct-21	Silk sarees from Andhra Pradesh
27-Oct-21	Silk sarees from Karnataka
28-Oct-21	Silk sarees from Tamil Nadu
29-Oct-21	<b>contd</b>

30-Oct-21	-----
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	Carpet weaving,centres of India revision
10-Nov-21	Origin of embroideries in India
11-Nov-21	Carpets,durries and rugs from allover India
12-Nov-21	Embroideries,their importance in everyday life
13-Nov-21	-----
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Discussing motifs of Kashmir,embroidery,portfolio continued
16-Nov-21	Court embroideries,trade embroidery
17-Nov-21	Temple embroidery,folk embroidery
18-Nov-21	Introduction of Kashmiri embroidery-threads & motifs
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	-----
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	9 Embroideries from punjab and himachal Pradesh
23-Nov-21	Continued
24-Nov-21	Embroidery from Uttar Pradesh
25-Nov-21	Embroidery from Karnataka
26-Nov-21	Embroidery fromGujrat
27-Nov-21	-----
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Sample of Kashmir Embroidery IN PORTFOLIOI
30-Nov-21	Embroidery from Bengal
1-Dec-21	Banjara Embroideries
2-Dec-21	Embroidery from Bihar
3-Dec-21	Revision and discussion of full chapter of embroideries
4-Dec-21	-----
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Introducing mirror work Embroidery,stitches and thread
7-Dec-21	Teast of previous chapters

8-Dec-21	Dyeing-Antiquity-Variou Indian ethnic dying styles
9-Dec-21	Ethnic dyeing styles of India
10-Dec-21	Bandhej from Rajasthan
11-Dec-21	-----
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Bandhej from Gujrat
14-Dec-21	Different techniques & various dyes from Gujrat
15-Dec-21	Block Printing-Technique from various part of India
16-Dec-21	Screen and Roller Printing
17-Dec-21	Finishing of mirror work sample and portfolio competition
18-Dec-21	-----
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Resist printing
21-Dec-21	Revision,discussion and assignment on dyeing & printing.
22-Dec-21	Test of previous chapter
23-Dec-21	Making motifs and embroidery samples of shadow work.
24-Dec-21	Batik from Coromandal
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Batik-Variou Techniques
28-Dec-21	Completion of shadow work and portfolio design
29-Dec-21	Painting on fabrics
30-Dec-21	Variou types of printing on fabrics in ancient India
31-Dec-21	
1-Jan-22	-----
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	<b>Mock Test</b>
4-Jan-22	<b>Mock Test</b>
5-Jan-22	<b>Mock Test</b>
6-Jan-22	<b>Mock Test</b>
7-Jan-22	<b>Mock Test</b>
8-Jan-22	-----
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	<b>Mock Test</b>
11-Jan-22	<b>Mock Test</b>
12-Jan-22	<b>Mock Test</b>
13-Jan-22	<b>Mock Test</b>
14-Jan-22	<b>Mock Test</b>
15-Jan-22	-----

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	<b>Revision</b>
18-Jan-22	<b>Revision</b>
19-Jan-22	<b>Revision</b>
20-Jan-22	<b>Revision</b>
21-Jan-22	<b>Revision</b>
22-Jan-22	-----
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	<b>Revision</b>
25-Jan-22	<b>Revision</b>
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	<b>Revision</b>
28-Jan-22	<b>Revision</b>
29-Jan-22	<b>Revision</b>

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Benu Mehta**

**Class And Section: B Sc 3<sup>rd</sup>sem**

**Subject: Consumer economics**

**Mode Of Teaching: offline**

**Lectures Per Week: 3**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Orientation of the students
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation of the students
05-Oct-21	-----
06-Oct-21	Introduction of the syllabus
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Basic concepts of economics, goods, services, wants, necessities, luxuries
09-Oct-21	-----
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Basic concepts of economics, goods, services, wants, necessities, luxuries
12-Oct-21	-----
13-Oct-21	Basic concepts continued. Utility, income – types of income
14-Oct-21	-----
15-Oct-21	<b>Dussehra</b>
16-Oct-21	-----
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	types of income
19-Oct-21	-----
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	-----
22-Oct-21	Consumer and consumption
23-Oct-21	-----
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Standardization and grading
26-Oct-21	-----
27-Oct-21	Standardization and grading
28-Oct-21	-----

29-Oct-21	Revision and discussion of all the above chapters
30-Oct-21	-----
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	-----
09-Nov-21	Meaning of laws of consumption
10-Nov-21	-----
11-Nov-21	Laws of utility. Total marginal utility
12-Nov-21	-----
13-Nov-21	Laws of utility. Total marginal utility
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Importance, assumptions and limitations of laws of utility
16-Nov-21	-----
17-Nov-21	Revision and discussion on the chapter of utility laws
18-Nov-21	-----
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	-----
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Demand– laws of demand
23-Nov-21	-----
24-Nov-21	Demand curve , schedule
25-Nov-21	-----
26-Nov-21	Assumption ,limitation
27-Nov-21	-----
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	9 Laws of demand and supply
30-Nov-21	-----
1-Dec-21	Demand and supply continued
2-Dec-21	-----
3-Dec-21	Revision of the above chapter
4-Dec-21	-----
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Revision of the above chapter

7-Dec-21	-----
8-Dec-21	Meaning and types of markets
9-Dec-21	-----
10-Dec-21	Wholesale , retail, future markets
11-Dec-21	-----
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Markets in economics
14-Dec-21	-----
15-Dec-21	continued
16-Dec-21	-----
17-Dec-21	Markets continued
18-Dec-21	-----
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Consumers – role of consumers in economics
21-Dec-21	-----
22-Dec-21	Consumer buying motives
23-Dec-21	-----
24-Dec-21	Consumers buying motives continued
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Malpractices prevailing in Indian markets
28-Dec-21	-----
29-Dec-21	Contd...
30-Dec-21	-----
31-Dec-21	Malpractices prevailing in Indian markets
1-Jan-22	-----
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Buying aids
4-Jan-22	-----
5-Jan-22	Buying aids
6-Jan-22	-----
7-Jan-22	Revision
8-Jan-22	-----
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Labels, packaging
11-Jan-22	-----
12-Jan-22	advertising
13-Jan-22	-----
14-Jan-22	Revision

15-Jan-22	-----
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Revision
18-Jan-22	-----
19-Jan-22	Revision
20-Jan-22	-----
21-Jan-22	Revision
22-Jan-22	-----
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	<b>Mock Test</b>
25-Jan-22	-----
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	-----
28-Jan-22	<b>Mock Test</b>
29-Jan-22	-----



**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Benu Mehta**

**Class And Section: B. Sc First year, first semester**

**Subject: Introductory clothing**

**Mode Of Teaching: offline**

**Lectures Per Week: 5**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Orientation Of The Students
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation Of The Students
05-Oct-21	-----
06-Oct-21	Introduction Of The Syllabus
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	Sewing Equipment,tools for measuring,drafting
09-Oct-21	Practical of Introduction to sewing equipment & tools
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Sewing quipment for measuring,drafting and pinning
12-Oct-21	-----
13-Oct-21	Sewing equipment for marking & cutting
14-Oct-21	Types of scissor & their care
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Equipment for finishing of stretched clothes
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Basic stitches-Tasking & hemming
19-Oct-21	-----
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Sewing machine-Types
22-Oct-21	Parts and function of sewing machine
23-Oct-21	Parts and function of sewing machine
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Various hand stitches,seams & seam finishes.
26-Oct-21	-----
27-Oct-21	Defects of sewing machine & how to correct them
28-Oct-21	Continued
29-Oct-21	Oiling,care & maintenance of sewing machine

30-Oct-21	Revision & doubt clearing of all the chapters
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Seams,seam finishes,Fasteners
09-Nov-21	Principle of cloth constructing
10-Nov-21	Contd
11-Nov-21	Principles of clothing construction
12-Nov-21	Placket openings,neck lines
13-Nov-21	Anthropometric measurements
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Points to be considered while taking body measurements
16-Nov-21	-----
17-Nov-21	Importance of taking body measurements,important body land marks
18-Nov-21	Gatters,pleats,darts
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	How to record body measures
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Revision of solving problems of students
23-Nov-21	-----
24-Nov-21	Test of all the above chapters
25-Nov-21	Preparation of fabric before cutting
26-Nov-21	Completing the sample file,Finishing of all the samples
27-Nov-21	Understanding direction of fabrics,grain line,bias
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Basic terms used in clothing construction
30-Nov-21	-----
1-Dec-21	Various methods of designing
2-Dec-21	Basic concepts of drafting
3-Dec-21	Learning embroidery stitches
4-Dec-21	What is paper pattern
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	What is draping
7-Dec-21	-----

8-Dec-21	Importance of all the methods of designing
9-Dec-21	Best method for beginners
10-Dec-21	Making handkerchiefs using various embroidery stitches
11-Dec-21	Revision,discussion
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Why and how to shrink fabrics
14-Dec-21	-----
15-Dec-21	Straightening of fabrics
16-Dec-21	How to select fabrics for beginners-Prints,Napped
17-Dec-21	Completing five handkerchiefs
18-Dec-21	Meaning of pattern layout,marking,pinning,cutting
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Contd
21-Dec-21	-----
22-Dec-21	Contd
23-Dec-21	Calculation of fabrics required for different garments
24-Dec-21	Drafting of cutting of bits/panty
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	9 Test of the chapters taken so far
28-Dec-21	-----
29-Dec-21	Importance of clothing-Physiological aspect
30-Dec-21	Importance of clothing-Sociological aspect
31-Dec-21	Completion of bits/Panty
1-Jan-22	Importance of clothing-Psychological aspect
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Selection of suitable fabrics according to various factors
4-Jan-22	-----
5-Jan-22	Drafting & cutting of apron
6-Jan-22	Suitable fabrics according to age
7-Jan-22	Suitable fabrics according to fashion
8-Jan-22	<b>Mock Test</b>
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	<b>Mock Test</b>
11-Jan-22	-----
12-Jan-22	<b>Mock Test</b>
13-Jan-22	<b>Mock Test</b>
14-Jan-22	<b>Mock Test</b>
15-Jan-22	<b>Mock Test</b>

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	<b>Revision</b>
18-Jan-22	-----
19-Jan-22	<b>Revision</b>
20-Jan-22	<b>Revision</b>
21-Jan-22	<b>Revision</b>
22-Jan-22	<b>Revision</b>
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	<b>Revision</b>
25-Jan-22	-----
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	<b>Revision</b>
28-Jan-22	<b>Revision</b>
29-Jan-22	<b>Revision</b>

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Ms. Benu Mehta**

**Class And Section: B.A. IInd Year**

**Subject: Home Science (Practical)**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 6**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation of the students
05-Oct-21	Orientation of the students
06-Oct-21	Introduction of Sewing Machine
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Introduction of Basic stitches
12-Oct-21	Tacking
13-Oct-21	Running stitch
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Back stitch
19-Oct-21	Hemming
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Button hole stitch
26-Oct-21	Back stitch (Practice)
27-Oct-21	Hemming (Practice)
28-Oct-21	
29-Oct-21	

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	Seams-Plain seam, French seam
10-Nov-21	counter seam, lapped seam
11-Nov-21	
12-Nov-21	
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	counter seam, lapped seam
16-Nov-21	Processes- Gathers into a band
17-Nov-21	Processes- Gathers into a band
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Pleats (Knife and Box)
23-Nov-21	Pleats (Knife and Box)
24-Nov-21	Darts (Simple and Fish Dart)
25-Nov-21	
26-Nov-21	
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Darts (Simple and Fish Dart)
30-Nov-21	Placket Opening (Continuous and Two pieces)
1-Dec-21	Placket Opening (Continuous and Two pieces)
2-Dec-21	
3-Dec-21	
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Placket Opening (Continuous and Two pieces)
7-Dec-21	Placket Opening (Continuous and Two pieces)

8-Dec-21	Placket Opening (Continuous and Two pieces)
9-Dec-21	
10-Dec-21	
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	File Work
14-Dec-21	File Work
15-Dec-21	File Work
16-Dec-21	
17-Dec-21	
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Tucks (Pin and Cross)
21-Dec-21	Tucks (Pin and Cross)
22-Dec-21	Tucks (Pin and Cross)
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Tucks (Pin and Cross)
28-Dec-21	Tucks (Pin and Cross)
29-Dec-21	File Work
30-Dec-21	
31-Dec-21	
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Introduction of Embroidery
4-Jan-22	Herring Bone Stitch
5-Jan-22	Stem Stitch
6-Jan-22	
7-Jan-22	
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Chain Stitch
11-Jan-22	Cross Stitch
12-Jan-22	French Knot Stitch
13-Jan-22	
14-Jan-22	
15-Jan-22	

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Preparing Hanker-chief 1,2
18-Jan-22	Preparing Hanker-chief 3,4
19-Jan-22	Knitting- knitting Stitch, pearl stitch
20-Jan-22	
21-Jan-22	
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Preparing knitting samples
25-Jan-22	Preparing knitting samples
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	



**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Pragati Chitkara**

**Class And Section: BSc. Home Science IIIrd Year**

**Subject: Family Dynamics**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 3**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation Of The Students
05-Oct-21	Introduction Of The Syllabus
06-Oct-21	Marriage as an institution
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Need for marriage
12-Oct-21	Goals of marriage
13-Oct-21	Criteria for successful marriage
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Adjustments in marriage
19-Oct-21	Intercaste marriage
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Inter religious marriage
26-Oct-21	Test
27-Oct-21	What is family: definitions and overall views
28-Oct-21	
29-Oct-21	

31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Functions of family
09-Nov-21	Family life cycle stages
10-Nov-21	Changing trend in India due to westernization and modernization –family values
11-Nov-21	
12-Nov-21	
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Changing trend in India due to westernization and modernization –ideologies
16-Nov-21	Changing trend in India due to westernization and modernization –family structure
17-Nov-21	Changing trend in India due to westernization and modernization –social changes
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Factors affecting planned parenthood
23-Nov-21	Factors affecting planned parenthood
24-Nov-21	Test
25-Nov-21	
26-Nov-21	
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Alternate family styles- introduction
30-Nov-21	Alternate family styles
1-Dec-21	Single parent family
2-Dec-21	
3-Dec-21	
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Single parent family
7-Dec-21	DINK families(double income no kid)
8-Dec-21	DINK families(double income no kid)
9-Dec-21	
10-Dec-21	
11-Dec-21	

12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Latch key children
14-Dec-21	Latch key children
15-Dec-21	Families with adopted children
16-Dec-21	
17-Dec-21	
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Families with adopted children
21-Dec-21	Test
22-Dec-21	Internal relationships within the family- introduction
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Internal relationships within the family
28-Dec-21	Individual roles within the family
29-Dec-21	Rights of different family members within the family
30-Dec-21	
31-Dec-21	
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Responsibilities within the family
4-Jan-22	Areas of adjustment within the families in different stages of family life cycle- parents
5-Jan-22	Areas of adjustment within the families in different stages of family life cycle- parents
6-Jan-22	
7-Jan-22	
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Areas of adjustment within the families in different stages of family life cycle- children
11-Jan-22	Areas of adjustment within the families in different stages of family life cycle- children
12-Jan-22	Areas of adjustment within the families in different stages of family life cycle- siblings
13-Jan-22	
14-Jan-22	
15-Jan-22	
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Crisis in a family- bereavement,divorce
18-Jan-22	Crisis in a family- birth of a handicapped child, long illness
19-Jan-22	Crisis in a family- birth of a handicapped child, long illness

20-Jan-22	
21-Jan-22	
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Test
25-Jan-22	Doubts
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Pragati Chitkara**

**Class And Section: BSc. Home Science IInd Year**

**Subject: Food Science I**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 4+3**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation Of The Students
05-Oct-21	Introduction Of The Syllabus
06-Oct-21	Food science and its applications
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	Introducing students to foods lab. Telling them about do's and don'ts of working in a lab.
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Food technology and future foods
12-Oct-21	Biofortification, nutraceuticals
13-Oct-21	Organic foods and space foods
14-Oct-21	Packaging of foods, biotechnology
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Cereal and cereal products_ introduction
19-Oct-21	Composition and nutritive value of wheat, rice
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Milling ,processing and storage of cereals
22-Oct-21	Preparation of beverages, breakfast cereals
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Use of cereals in various preparations, study of corn
26-Oct-21	Cereal cookery
27-Oct-21	Breakfast cereals
28-Oct-21	Pulses and legumes-nutritive value and processing
29-Oct-21	Preparation of pulavs
30-Oct-21	

31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Pulses and legumes-storage and toxic constituents
09-Nov-21	Pulse cookery, variety of pulses
10-Nov-21	Fats and oils-nutritional importance, types and composition
11-Nov-21	Fats and oils-processing, rancidity, smoking point,storage
12-Nov-21	Preparation of parathas, fermented cereal preparations
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Use of fats and oils in different preparations
16-Nov-21	Specific nuts and oilseeds-their nutritive value
17-Nov-21	Milk and milk products- composition, nutritive value
18-Nov-21	Milk and milk products-effect of heat
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Milk and milk products-effect of acids
23-Nov-21	Milk and milk products-effect of enzymes
24-Nov-21	Milk and milk products-processing
25-Nov-21	Milk and milk products-storage
26-Nov-21	Pasta preparations, poha upma
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Milk and milk products-use in different preparations
30-Nov-21	Milk products
1-Dec-21	test
2-Dec-21	Sugar and related products- overview
3-Dec-21	Pulse preparation
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Stages in sugar cookery
7-Dec-21	Stages in sugar cookery
8-Dec-21	Artificial sweeteners

9-Dec-21	Artificial sweeteners
10-Dec-21	Milk and milk product preparation -practical
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Sugar and related products-nutritive value
14-Dec-21	Sugar and related products-properties
15-Dec-21	Sugar and related products- continued
16-Dec-21	Sugar and related products- natural sweeteners
17-Dec-21	Preparation of snacks, sandwiches
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Cereals- wheat (revision)
21-Dec-21	Cereals- rice (revision)
22-Dec-21	Cereals- millets (revision)
23-Dec-21	Cereals- millets (revision)
24-Dec-21	Preparation of deserts, chikki
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Pulses and legumes-nutritive value and processing revision
28-Dec-21	Pulses and legumes-storage revision
29-Dec-21	Pulses and legumes-toxic constituents revision
30-Dec-21	Pulses and legumes cookery revision
31-Dec-21	Preparation of deserts, chikki, ice cream
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Fats and oils-processing, rancidity revision
4-Jan-22	Fats and oils- smoking point, storage revision
5-Jan-22	Fats and oils-cookery revision
6-Jan-22	
7-Jan-22	Preparation of ice cream
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Milk and milk products revision
11-Jan-22	Milk and milk products revision
12-Jan-22	Milk and milk products revision
13-Jan-22	Milk and milk products revision
14-Jan-22	Preparation of fermented foods
15-Jan-22	
16-Jan-22	<b>SUNDAY</b>

17-Jan-22	Sugar and related products- revision
18-Jan-22	Sugar and related products- revision
19-Jan-22	Sugar and related products- revision
20-Jan-22	Sugar and related products- revision
21-Jan-22	Preparation of fermented foods
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Doubt clearance
25-Jan-22	Doubt clearance
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Doubt clearance
28-Jan-22	Doubt clearance
29-Jan-22	Doubt clearance



**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Pragati Chitkara**

**Class And Section: BSc. Home Science Ist Year**

**Subject: Human Physiology**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 3+2**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation Of The Students
05-Oct-21	Orientation Of The Students
06-Oct-21	Cell biology-introduction
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	
09-Oct-21	Introduction to laboratory, telling do's and don'ts of laboratory
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Animal cell structure-continued
12-Oct-21	Animal cell structure-continued
13-Oct-21	Cardiovascular system-blood and its composition
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	Demonstration on how to use sphygmomanometer for measuring blood pressure
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Cardiovascular system-blood and its composition - continued
19-Oct-21	Blood groups, coagulation of blood
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	Measurement of blood pressure using sphygmomanometer
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Blood groups, coagulation of blood
26-Oct-21	Blood groups, coagulation of blood
27-Oct-21	Structure and function of heart
28-Oct-21	
29-Oct-21	

30-Oct-21	Measurement of blood pressure using sphygmomanometer
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Blood pressure and its regulation
09-Nov-21	Skeletal system-names and number of different bones
10-Nov-21	Functions of different bones
11-Nov-21	
12-Nov-21	
13-Nov-21	Practicing using sphygmomanometer
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Joints of skeleton
16-Nov-21	Digestive system-structure and functions of different parts of skeletal system
17-Nov-21	Digestive system-structure and functions of different parts of skeletal system
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Coagulation of blood and blood grouping
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Digestion and absorption of food
23-Nov-21	Functions of liver, pancreas and salivary glands
24-Nov-21	Test
25-Nov-21	
26-Nov-21	
27-Nov-21	Study of cardiovascular system using charts and models
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Functions of liver, pancreas and salivary glands
30-Nov-21	Nervous system-structure and functions of brain
1-Dec-21	Spinal cord and nerve cell
2-Dec-21	
3-Dec-21	
4-Dec-21	Demonstration on determination of haemoglobin percent in blood
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Spinal cord and nerve cell-continued
7-Dec-21	Reproductive system-structure of reproductive organs

8-Dec-21	Menstrual cycle, physiology of pregnancy, parturition
9-Dec-21	
10-Dec-21	
11-Dec-21	determination of haemoglobin percent in blood
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Lactation and menopause
14-Dec-21	Test
15-Dec-21	Excretory system-structure of kidney
16-Dec-21	
17-Dec-21	
18-Dec-21	Study of reproductive system using charts and models
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Function of kidney, formation of urine
21-Dec-21	Functions of skin, regulation of body temperature
22-Dec-21	Respiratory system- structure of lungs, regulation of respiration
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	O <sub>2</sub> and CO <sub>2</sub> transport in blood
28-Dec-21	Diagram practice –animal cell, heart
29-Dec-21	Diagram practice- brain, kidney
30-Dec-21	
31-Dec-21	
1-Jan-22	Fresh mounting and staining of blood cells
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	O <sub>2</sub> and CO <sub>2</sub> transport in blood
4-Jan-22	Diagram practice –animal cell, heart
5-Jan-22	Diagram practice- brain, kidney
6-Jan-22	
7-Jan-22	
8-Jan-22	Study of human skeleton using charts and models
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Cell Organelles revision
11-Jan-22	Cell Organelles revision
12-Jan-22	Cardiovascular system revision
13-Jan-22	
14-Jan-22	
15-Jan-22	Study of human skeleton and digestive system using charts and models

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Nervous system revision
18-Jan-22	Respiratory system revision
19-Jan-22	Reproductive system revision
20-Jan-22	
21-Jan-22	
22-Jan-22	Study of nervous system and excretory system using charts and models
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Test
25-Jan-22	Doubts
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Pragati Chitkara**

**Class And Section: B.A. IInd Year**

**Subject: Home Science (Theory)**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 6**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	Orientation of the students
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation of the students
05-Oct-21	Introduction of Clothing & Textiles
06-Oct-21	Selection of clothes according to age.
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	Selection of clothes according to season
09-Oct-21	Selection of clothes according to budget and occupation
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Selection of clothes according to occupation
12-Oct-21	Selection of clothes according to fashion
13-Oct-21	Selection of clothes according to figure
14-Oct-21	Selection of clothes according to occasion
15-Oct-21	<b>Dussehra</b>
16-Oct-21	revision of chapter
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Traditional Embroideries Phulkari
19-Oct-21	Traditional Embroideries Kashida
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	Traditional Textiles Baluchari
22-Oct-21	Traditional Embroideries Kantha
23-Oct-21	Traditional Embroideries Chikankari
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Traditional Textiles Banarsi
26-Oct-21	Traditional Textiles Chanderi
27-Oct-21	Traditional Textiles Patola
28-Oct-21	Difference between Bandhari and Patola
29-Oct-21	Difference between Bandhari and Patola

30-Oct-21	Mulmul and Brocade
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Definition of Fibers
09-Nov-21	Classification of Fibers
10-Nov-21	Properties of natural fibers
11-Nov-21	Properties of manmade fibers
12-Nov-21	Properties of synthetic fibers
13-Nov-21	discussion of properties
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Manufacture of Cotton
16-Nov-21	Physical Properties of Cotton
17-Nov-21	Chemical Properties of Silk
18-Nov-21	Uses of Silk
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Comparison of Silk & Cotton
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Revision
23-Nov-21	Test of chapter 1
24-Nov-21	Test of chapter 2
25-Nov-21	Doubt clearance
26-Nov-21	Manufacture of Wool Fiber
27-Nov-21	Manufacture of Wool Fiber
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Types of Wool
30-Nov-21	Types of Wool
1-Dec-21	Physical Properties of Wool
2-Dec-21	Physical Properties of Wool
3-Dec-21	Chemical Properties of Wool
4-Dec-21	Chemical Properties of Wool
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Difference between worsted and woollen fibers
7-Dec-21	Difference between worsted and woollen fibers

8-Dec-21	Discussion about the Assignment
9-Dec-21	Discussion about the Assignment
10-Dec-21	Tabulate the properties of different fibers
11-Dec-21	Manufacture of manmade fibers
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Manufacture of nylon
14-Dec-21	Manufacture of nylon
15-Dec-21	Physical Properties of Nylon
16-Dec-21	Physical Properties of Nylon
17-Dec-21	Chemical Properties and uses of Nylon
18-Dec-21	Chemical Properties and uses of Nylon
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Diagram of manufacture of Nylon
21-Dec-21	Oral revision
22-Dec-21	Definition of weaving
23-Dec-21	Introduction of different weaves
24-Dec-21	Parts of a basic Loom
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Definition of count of clothes
28-Dec-21	Types of Weaves
29-Dec-21	Plain Weaves
30-Dec-21	Twill Weave
31-Dec-21	Satin Weave
1-Jan-22	Sateen Weave
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Difference between satin and sateen weave
4-Jan-22	Comparison of Weave in Table form
5-Jan-22	Discussion of the chapter
6-Jan-22	Finishings: Meaning and Objectives
7-Jan-22	Finishings: Meaning and Objectives
8-Jan-22	Different types of Finishings
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Classification of Finishings, Calendaring Finishing
11-Jan-22	Sizing and Mercerizing Finishing, Crease Resistant Finishing
12-Jan-22	Dyeing and types of dyeing
13-Jan-22	Natural Dyes, synthetic dyes
14-Jan-22	Classification of Dyes, Stages of Dyes
15-Jan-22	Methods of Dyes, Types of Resist Dyeing

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Introduction to Printing
18-Jan-22	Preparing the fabric for printing
19-Jan-22	Types of Printing
20-Jan-22	Soaps and Detergents
21-Jan-22	Manufacture of Soap at home
22-Jan-22	Types and uses of Starches, blues and bleaches
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Acids and Alkaline reagents, Solvents and Absorbents
25-Jan-22	Stain Removal
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Difference between Vegetable and protein stains
28-Jan-22	Methods of removing types of stains
29-Jan-22	Doubt clearance



**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Pragati Chitkara**

**Class And Section: B.A. IInd Year**

**Subject: Home Science (Practical)**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 6**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	Orientation of the students
05-Oct-21	Orientation of the students
06-Oct-21	Introduction of Sewing Machine
07-Oct-21	<b>Maharaja Agarsen Jayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	Introduction of Basic stitches
12-Oct-21	Tacking
13-Oct-21	Running stitch
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	Back stitch
19-Oct-21	Hemming
20-Oct-21	<b>Maharishi Valmiki Jayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	Button hole stitch
26-Oct-21	Back stitch (Practice)
27-Oct-21	Hemming (Practice)
28-Oct-21	
29-Oct-21	

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	Seams-Plain seam, French seam
10-Nov-21	counter seam, lapped seam
11-Nov-21	
12-Nov-21	
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	counter seam, lapped seam
16-Nov-21	Processes- Gathers into a band
17-Nov-21	Processes- Gathers into a band
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Pleats (Knife and Box)
23-Nov-21	Pleats (Knife and Box)
24-Nov-21	Darts (Simple and Fish Dart)
25-Nov-21	
26-Nov-21	
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Darts (Simple and Fish Dart)
30-Nov-21	Placket Opening (Continuous and Two pieces)
1-Dec-21	Placket Opening (Continuous and Two pieces)
2-Dec-21	
3-Dec-21	
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Placket Opening (Continuous and Two pieces)
7-Dec-21	Placket Opening (Continuous and Two pieces)

8-Dec-21	Placket Opening (Continuous and Two pieces)
9-Dec-21	
10-Dec-21	
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	File Work
14-Dec-21	File Work
15-Dec-21	File Work
16-Dec-21	
17-Dec-21	
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Tucks (Pin and Cross)
21-Dec-21	Tucks (Pin and Cross)
22-Dec-21	Tucks (Pin and Cross)
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Tucks (Pin and Cross)
28-Dec-21	Tucks (Pin and Cross)
29-Dec-21	File Work
30-Dec-21	
31-Dec-21	
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Introduction of Embroidery
4-Jan-22	Herring Bone Stitch
5-Jan-22	Stem Stitch
6-Jan-22	
7-Jan-22	
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Chain Stitch
11-Jan-22	Cross Stitch
12-Jan-22	French Knot Stitch
13-Jan-22	
14-Jan-22	
15-Jan-22	

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Preparing Hanker-chief 1,2
18-Jan-22	Preparing Hanker-chief 3,4
19-Jan-22	Knitting- knitting Stitch, pearl stitch
20-Jan-22	
21-Jan-22	
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Preparing knitting samples
25-Jan-22	Preparing knitting samples
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	

**K.L Mehta Davanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Shruti Singh**

**Class And Section: B.Sc. – II year (III Semester)**

**Subject: Extension Education & Rural Development (301)**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 3**

**Joined in November,2021**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	
06-Oct-21	
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	
20-Oct-21	<b>Maharishi ValmikiJayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	
26-Oct-21	
27-Oct-21	
28-Oct-21	
29-Oct-21	

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Introductory Session
09-Nov-21	
10-Nov-21	Introductory Session
11-Nov-21	
12-Nov-21	
13-Nov-21	Revision; Concept of Extension Education, Meaning, Definitions
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Revision; Principles, Philosophy & Objectives of Extension Education
16-Nov-21	
17-Nov-21	Revision; Approaches of Extension Education
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Revision; Qualities & Role of Extension Worker
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Oral Test of Unit – I & Revision
23-Nov-21	
24-Nov-21	<b>Guru Teg Bahadur Martyrdom Day</b>
25-Nov-21	
26-Nov-21	
27-Nov-21	Non Projected Aids – Charts & Posters, Advantages & Limitations
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Puppets, Leaflets & Pamphlets, Advantages & Limitations
30-Nov-21	
1-Dec-21	Flash Cards, Advantages & Limitations
2-Dec-21	
3-Dec-21	
4-Dec-21	Role of Extension Education in Agricultural Development
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Home Science Extension
7-Dec-21	

8-Dec-21	Test of Unit –II & Revision
9-Dec-21	
10-Dec-21	
11-Dec-21	Rural & Community Development Programme – IRDP, NREP
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Rural & Community Development Programme – ICDS, TRYSEM
14-Dec-21	
15-Dec-21	Rural & Community Development Programme – ANP,SNP
16-Dec-21	
17-Dec-21	
18-Dec-21	Programme Planning - Definitions, Meaning
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Steps in Programme Planning
21-Dec-21	
22-Dec-21	Test of Unit – III & revision
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Role of Voluntary Organizations in Rural Development
28-Dec-21	
29-Dec-21	Role of Home Science in solving rural problems of illiteracy
30-Dec-21	
31-Dec-21	
1-Jan-22	Role of Home Science in solving rural problems of poverty & poor health
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Test of Unit – IV & Revision
4-Jan-22	
5-Jan-22	Revision of Unit - I
6-Jan-22	
7-Jan-22	
8-Jan-22	Revision of Unit - II
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Test of Unit – I & II
11-Jan-22	
12-Jan-22	Revision of Unit - III
13-Jan-22	
14-Jan-22	
15-Jan-22	Revision of Unit - IV

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Test of unit – III & IV
18-Jan-22	
19-Jan-22	Revision
20-Jan-22	
21-Jan-22	
22-Jan-22	Revision
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Revision
25-Jan-22	
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	
29-Jan-22	Revision



**K.L Mehta Davanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Shruti Singh**

**Class And Section: B.Sc. – II Year ( III Semester)**

**Subject: Human Development II (Theory & Practical) -302**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 3Theory & 2 Practical**

**Joined in November,2021**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	
06-Oct-21	
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	
20-Oct-21	<b>Maharishi ValmikiJayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	
26-Oct-21	
27-Oct-21	
28-Oct-21	
29-Oct-21	

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	I- Introductory Session II- II - Introductory Session
10-Nov-21	
11-Nov-21	Discussion of Practical Work
12-Nov-21	Revision; Late Childhood definitions by psychologists, educationists & parents
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	
16-Nov-21	Revision; I - Characteristics of Late Childhood II- Physical & Motor Development during Late Childhood
17-Nov-21	
18-Nov-21	Practical-Common behavioral problems among children, causes and solutions
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	
23-Nov-21	Revision; I - Social & Emotional Development in Late Childhood II- Developmental Tasks of Late Childhood
24-Nov-21	<b>Guru Teg Bahadur Martyrdom Day</b>
25-Nov-21	Practical – How to observe overall development of a child, preparing a Performa & checklist of developmental tasks
26-Nov-21	Revision; Cognitive Development In Late Childhood
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	
30-Nov-21	I - Test of Unit – I II - Revision
1-Dec-21	

2-Dec-21	Practical – to observe a child using prepared Performa
3-Dec-21	Play materials & craft activities to enhance physical activities, motor, social & cognitive development among children
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	
7-Dec-21	I - School – significance & functions II - Effect of Success & failure
8-Dec-21	
9-Dec-21	Practical – prepare a play material
10-Dec-21	Peer group importance & functions in life
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	
14-Dec-21	I - Early adolescence – Definitions by different psychologists II – Characteristics of Early Adolescence
15-Dec-21	
16-Dec-21	Practical – prepare a craft activity for late childhood
17-Dec-21	Puberty Growth – Menarche & Spermarche
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	
21-Dec-21	I - Primary & Secondary sexual characteristics of early adolescents II - Period of Storm & Stress by G. Stanley Hall
22-Dec-21	
23-Dec-21	Practical - How to observe overall development of an adolescent, preparing a Performa
24-Dec-21	Early & late maturers & Parent child conflicts
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	
28-Dec-21	I - Identity- Definitions, Body- Image, Positive & Negative Outcomes II - Role Confusion , Ego Identity
29-Dec-21	
30-Dec-21	Practical - to observe an adolescent using prepared Performa
31-Dec-21	Test of Unit – II & Revision
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	

4-Jan-22	I - Late Adolescence – Characteristics, Physical, Social Development II - Emotional & Cognitive Development
5-Jan-22	
6-Jan-22	Practical – Prepare a questionnaire to study peer interaction among adolescents
7-Jan-22	Late Adolescents- Conflict with authorities, choosing a career and factors affecting it.
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	
11-Jan-22	I – Influence of peers & accepting heterosexual relationship among late adolescents. II – Unit –III Revision & Test
12-Jan-22	
13-Jan-22	Practical – administration of questionnaire prepared to study peer interaction among adolescents
14-Jan-22	Adolescents Problems – Drugs & alcohol abuse
15-Jan-22	
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	
18-Jan-22	I - Adolescents Problems – Psychological breakdown, STD, AIDS II – Teenage pregnancy and other behavioural maladjustments
19-Jan-22	
20-Jan-22	Practical – Develop an interview schedule to study the problems of adolescents.
21-Jan-22	Parents & Teachers role in helping adolescents to overcome their problems and lead a healthy life.
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	
25-Jan-22	I - Revision II - Revision
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Practical – Execute the interview schedule prepared to study problems of adolescents.
28-Jan-22	Practical – Develop & execute a questionnaire to study the parent – child relationship among adolescents.
29-Jan-22	

**K.L Mehta Dayanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Shruti Singh**

**Class And Section: B.Sc. - II Year ( III Semester)**

**Subject: Laundry Science & Finishing Fabrics ( Theory & Practical) - 305**

**Mode Of Teaching: Online/Offline**

**Lectures Per Week: 4 Theory & 3 Practical**

**Joined in November,2021**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	
06-Oct-21	
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	
20-Oct-21	<b>Maharishi ValmikiJayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	
26-Oct-21	
27-Oct-21	
28-Oct-21	
29-Oct-21	

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Introductory Session
09-Nov-21	
10-Nov-21	Practical – Introductory Session
11-Nov-21	Revision; Laundry equipments & use
12-Nov-21	Revision; Soap & supplies, Types of soap, Saponification,
13-Nov-21	Revision; Stiffening agents & Blueing agents
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Revision; Beaching agents & types of bleach
16-Nov-21	
17-Nov-21	Practical - Washing & Finishing of cotton fabrics
18-Nov-21	Revision; Use & care while applying bleaches
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Revision; Grease Absorbents & Grease solvents
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Test of Unit - I
23-Nov-21	
24-Nov-21	<b>Guru Teg Bahadur Martyrdom Day</b>
25-Nov-21	Practical - Washing & Finishing of woolen fabrics
26-Nov-21	Stains – classification, methods of removing stains
27-Nov-21	Storage of cotton, woolen, silk & synthetic clothes
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Dry cleaning of clothes – principles & use
30-Nov-21	
1-Dec-21	Practical - Washing & Finishing of silk fabrics
2-Dec-21	Laundry & care of cotton & woolen fabrics
3-Dec-21	Laundry & care of silk & synthetic fabrics
4-Dec-21	Test of Unit - II
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Fabric Finishes – Importance & Classification
7-Dec-21	

8-Dec-21	Practical – Stain removal
9-Dec-21	Physical Finishes – Singeing, Napping, Sizing
10-Dec-21	Physical Finishes – Tentering & Calendering
11-Dec-21	Chemical Finishes – Mercerizing, Bleaching
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Special Purpose Finishes – Wrinkle resistant, Water resistant & repellent, Flame retardant
14-Dec-21	
15-Dec-21	Practical - Starching of Fabrics
16-Dec-21	Test of Unit - III
17-Dec-21	Dyes, pigment & dyeing process
18-Dec-21	Classification of dyes – Natural dyes (Vegetable, Animal & Mineral Dyes)
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Artificial or Synthetic Dyes – Direct, Acid, Basic Dyes
21-Dec-21	
22-Dec-21	Practical – Stencil Printing
23-Dec-21	Sulphur, Vat, Mordant & Disperse Dye
24-Dec-21	Revision of Dyes
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Test of the chapter - Dye
28-Dec-21	
29-Dec-21	Practical – Tie & Dye printing
30-Dec-21	Printing & its importance
31-Dec-21	Styles of Printing – Direct Printing & Discharge Printing
1-Jan-22	Resist Style of Printing
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Methods of Printing – Block Printing & Roller Printing
4-Jan-22	
5-Jan-22	Practical – Block Printing
6-Jan-22	Stencil Printing & Screen Printing
7-Jan-22	Revision of Unit - IV
8-Jan-22	Test of Unit - IV
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Revision
11-Jan-22	
12-Jan-22	Revision
13-Jan-22	Revision
14-Jan-22	Revision
15-Jan-22	Surprise Test

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Revision
18-Jan-22	
19-Jan-22	Revision
20-Jan-22	Revision
21-Jan-22	Revision
22-Jan-22	Surprise Test
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Revision
25-Jan-22	
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Revision
28-Jan-22	Revision
29-Jan-22	Surprise Test



**K.L Mehta Davanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Shruti Singh**  
**Class And Section: B.Sc. ( Home Science) – I Year (I Semester)**  
**Subject: Basic Foods ( Practical) - 106**  
**Mode Of Teaching: Offline**  
**Lectures Per Week: 3**  
**Joined in November,2021**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	
06-Oct-21	
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	
20-Oct-21	<b>Maharishi ValmikiJayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	
26-Oct-21	
27-Oct-21	
28-Oct-21	
29-Oct-21	

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	
09-Nov-21	Introductory Session
10-Nov-21	
11-Nov-21	
12-Nov-21	
13-Nov-21	
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	
16-Nov-21	Revision; General instructions to follow while working in a lab/ kitchen – personal grooming/hygiene, using kitchen tools, serving & cleaning
17-Nov-21	
18-Nov-21	
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	
23-Nov-21	Revision; Controlling techniques – Weights & Measurements (weighing scale, measuring cups & measuring spoons)
24-Nov-21	
25-Nov-21	
26-Nov-21	
27-Nov-21	
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	
30-Nov-21	Preparation of ORS solution to understand the precision in measurement of ingredients
1-Dec-21	
2-Dec-21	
3-Dec-21	
4-Dec-21	
5-Dec-21	<b>SUNDAY</b>

6-Dec-21	
7-Dec-21	Table setting & Table manners
8-Dec-21	
9-Dec-21	
10-Dec-21	
11-Dec-21	
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	
14-Dec-21	Preparation of two dishes using boiling method
15-Dec-21	
16-Dec-21	
17-Dec-21	
18-Dec-21	
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	
21-Dec-21	Preparation of two dishes using simmering method
22-Dec-21	
23-Dec-21	
24-Dec-21	
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	
28-Dec-21	Preparation of dishes using Pressure cooking method & Steaming method
29-Dec-21	
30-Dec-21	
31-Dec-21	
1-Jan-22	
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	
4-Jan-22	Preparation of dishes using Sautéing & Shallow Fat Frying method
5-Jan-22	
6-Jan-22	
7-Jan-22	
8-Jan-22	
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	
11-Jan-22	Preparation of dishes using Deep Fat Frying method
12-Jan-22	
13-Jan-22	

14-Jan-22	
15-Jan-22	
16-Jan-22	<b>SUNDAY</b>
17-Jan-22	
18-Jan-22	Preparation of dishes using fermentation method
19-Jan-22	
20-Jan-22	
21-Jan-22	
22-Jan-22	
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	
25-Jan-22	Preparation of dishes using germination method
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	
28-Jan-22	Mock Practical Test
29-Jan-22	

**K.L Mehta Davanand College For Women, Faridabad**

**Lesson plan (Oct 2021-2022)**

**Name Of The Associate/Assistant Professor: Dr. Shruti Singh**

**Class And Section: B.A ( Home Science) – III Year**

**Subject: Practical**

**Mode Of Teaching: Offline**

**Lectures Per Week: 9 practical classes**

**Joined in November,2021**

<b>Date</b>	<b>Topic to be Covered</b>
01-Oct-21	
02-Oct-21	<b>GANDHI JAYANTI</b>
03-Oct-21	<b>SUNDAY</b>
04-Oct-21	
05-Oct-21	
06-Oct-21	
07-Oct-21	<b>Maharaja AgarsenJayanti</b>
08-Oct-21	
09-Oct-21	
10-Oct-21	<b>SUNDAY</b>
11-Oct-21	
12-Oct-21	
13-Oct-21	
14-Oct-21	
15-Oct-21	<b>Dussehra</b>
16-Oct-21	
17-Oct-21	<b>SUNDAY</b>
18-Oct-21	
19-Oct-21	
20-Oct-21	<b>Maharishi ValmikiJayanti</b>
21-Oct-21	
22-Oct-21	
23-Oct-21	
24-Oct-21	<b>SUNDAY</b>
25-Oct-21	
26-Oct-21	
27-Oct-21	
28-Oct-21	
29-Oct-21	

30-Oct-21	
31-Oct-21	<b>SUNDAY</b>
01-Nov-21	<b>Diwali Break</b>
02-Nov-21	
03-Nov-21	
04-Nov-21	
05-Nov-21	
06-Nov-21	
07-Nov-21	
08-Nov-21	Preparation of desserts
09-Nov-21	Preparation of desserts
10-Nov-21	Preparation of desserts
11-Nov-21	Preparation of desserts
12-Nov-21	Preparation of desserts
13-Nov-21	Preparation of desserts
14-Nov-21	<b>SUNDAY</b>
15-Nov-21	Preparation of Salads
16-Nov-21	Preparation of Salads
17-Nov-21	Preparation of Salads
18-Nov-21	Preparation of Salads
19-Nov-21	<b>Guru Nanak Dev Jayanti</b>
20-Nov-21	Preparation of Salads
21-Nov-21	<b>SUNDAY</b>
22-Nov-21	Preparation of snacks
23-Nov-21	Preparation of snacks
24-Nov-21	Preparation of snacks
25-Nov-21	Preparation of snacks
26-Nov-21	Preparation of snacks
27-Nov-21	Preparation of snacks
28-Nov-21	<b>SUNDAY</b>
29-Nov-21	Preparation of breakfast dishes
30-Nov-21	Preparation of breakfast dishes
1-Dec-21	Preparation of breakfast dishes
2-Dec-21	Preparation of breakfast dishes
3-Dec-21	Preparation of breakfast dishes
4-Dec-21	Preparation of breakfast dishes
5-Dec-21	<b>SUNDAY</b>
6-Dec-21	Preparation of main meal dishes
7-Dec-21	Preparation of main meal dishes

8-Dec-21	Preparation of main meal dishes
9-Dec-21	Preparation of main meal dishes
10-Dec-21	Preparation of main meal dishes
11-Dec-21	Preparation of main meal dishes
12-Dec-21	<b>SUNDAY</b>
13-Dec-21	Preparation of foods by germination method
14-Dec-21	Preparation of foods by germination method
15-Dec-21	Preparation of foods by germination method
16-Dec-21	Preparation of foods by germination method
17-Dec-21	Preparation of foods by germination method
18-Dec-21	Preparation of foods by germination method
19-Dec-21	<b>SUNDAY</b>
20-Dec-21	Preparation of foods by fermentation method
21-Dec-21	Preparation of foods by fermentation method
22-Dec-21	Preparation of foods by fermentation method
23-Dec-21	Preparation of foods by fermentation method
24-Dec-21	Preparation of foods by fermentation method
25-Dec-21	<b>CHRISTMAS DAY</b>
26-Dec-21	<b>SUNDAY</b>
27-Dec-21	Preparation of foods by steaming method
28-Dec-21	Preparation of foods by steaming method
29-Dec-21	Preparation of foods by steaming method
30-Dec-21	Preparation of foods by steaming method
31-Dec-21	Preparation of foods by steaming method
1-Jan-22	Preparation of foods by steaming method
2-Jan-22	<b>SUNDAY</b>
3-Jan-22	Mock Practical Test
4-Jan-22	Mock Practical Test
5-Jan-22	Mock Practical Test
6-Jan-22	Mock Practical Test
7-Jan-22	Mock Practical Test
8-Jan-22	Mock Practical Test
9-Jan-22	<b>GURU GOBIND SINGH JAYANTI (SUNDAY)</b>
10-Jan-22	Mock Practical Test
11-Jan-22	Mock Practical Test
12-Jan-22	Mock Practical Test
13-Jan-22	Mock Practical Test
14-Jan-22	Mock Practical Test
15-Jan-22	Mock Practical Test

16-Jan-22	<b>SUNDAY</b>
17-Jan-22	Mock Practical Test
18-Jan-22	Mock Practical Test
19-Jan-22	Mock Practical Test
20-Jan-22	Mock Practical Test
21-Jan-22	Mock Practical Test
22-Jan-22	Mock Practical Test
23-Jan-22	<b>SUNDAY</b>
24-Jan-22	Mock Practical Test
25-Jan-22	Mock Practical Test
26-Jan-22	<b>REPUBLIC DAY</b>
27-Jan-22	Mock Practical Test
28-Jan-22	Mock Practical Test
29-Jan-22	Mock Practical Test



