

LESSON PLANS

DEPARTMENT

OF

HOME SCIENCE

SESSION:
2019-2020



Name of the Associate/Assistant Professor: Ms. Kamal Preet Verma

Class and Section: BSc –Home Science- 1st Semester

Subject: Introductory Clothing

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Sewing Equipment,tools for measuring,drafting
	20-Jul-19	Practical of Introduction to sewing equipment & tools
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	Sewing quipment for measuring,drafting and pinning
	24-Jul-19	Sewing equipment for marking & cutting
	25-Jul-19	Types of scissor & their care
	26-Jul-19	Equipment for finishing of stretched clothes
	27-Jul-19	Basic stitches-Tasking & hemming
	28-Jul-19	Sunday
	29-Jul-19	
3	30-Jul-19	Sewing machine-Types
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Parts and function of sewing machine
	02-Aug-19	Threading ofsewing machine,its working,basic operation
	03-Aug-19	Various hand stitches,seams & seam finishes.
	04-Aug-19	Sunday
	05-Aug-19	
4	06-Aug-19	Defects of sewing machine & how to correct them
	07-Aug-19	Continued
	08-Aug-19	Oiling,care & maintenance of sewing machine
	09-Aug-19	Revision & doubt clearing of all the chapters
	10-Aug-19	Seams,seam finishes,Fasteners
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Principle of cloth constructing
	14-Aug-19	Contd
	15-Aug-19	Independence Day
	16-Aug-19	Principles of clothing construction
	17-Aug-19	Placket openings, neck lines
	18-Aug-19	Sunday
	19-Aug-19	
6	20-Aug-19	Anthropometric measurements
	21-Aug-19	Points to be considered while taking body measurements
	22-Aug-19	Importance of taking body measurements, important body land marks
	23-Aug-19	Janamashatmi
	24-Aug-19	Gatters,pleats,darts

	25-Aug-19	Sunday
	26-Aug-19	
7	27-Aug-19	How to record body measures
	28-Aug-19	Revision of solving problems of students
	29-Aug-19	Test of all the above chapters
	30-Aug-19	Preparation of fabric before cutting
	31-Aug-19	Completing the sample file,Finishing of all the samples
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	Understanding direction of fabrics, grain line,bias
	04-Sep-19	Basic terms used in clothing construction
	05-Sep-19	Various methods of designing
	06-Sep-19	Basic concepts of drafting
	07-Sep-19	Learning embroidery stitches
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	What is paper pattern
	11-Sep-19	What is draping
	12-Sep-19	Importance of all the methods of designing
	13-Sep-19	Best method for beginners
	14-Sep-19	Making handkerchiefs using various embroidery stitches
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	Revision,discussion
	18-Sep-19	Why and how to shrink fabrics
	19-Sep-19	Straightening of fabrics
	20-Sep-19	How to select fabrics for beginners-Prints,Napped
	21-Sep-19	Completing five handkerchiefs
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Meaning of pattern layout,marking,pinning,cutting
	25-Sep-19	Contd
	26-Sep-19	Contd
	27-Sep-19	Calculation of fabrics required for different garments
	28-Sep-19	Drafting of cutting of bits/panty
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	Test of the chapters taken so far
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Importance of clothing-Physiological aspect
	04-Oct-19	Importance of clothing-Sociological aspect
	05-Oct-19	Completion of bits/Panty
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	Importance of clothing-Psychological aspect
	10-Oct-19	Maharaja Agrasen Jayanti

	11-Oct-19	Selection of suitable fabrics according to various factors
	12-Oct-19	Drafting & cutting of apron
	13-Oct-19	Sunday
	14-Oct-19	
14	15-Oct-19	Suitable fabrics according to age
	16-Oct-19	Suitable fabrics according to fashion
	17-Oct-19	KARVA CHAATH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
29-Oct-19		
16	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
	17	05-Nov-19
06-Nov-19		Suitable fabrics according to occasion
07-Nov-19		Suitable fabrics according to occupation
08-Nov-19		Suitable fabrics according to figure types
09-Nov-19		Discussion and oral test of the above chapters
10-Nov-19		Sunday
11-Nov-19		Completion of Apron
12-Nov-19		GURU NANAK BIRTHDAY
18	13-Nov-19	Revision
	14-Nov-19	Revision
	15-Nov-19	Revision

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Name of the Associate/Assistant Professor :Ms. Kamal Preet Verma

Class and Section: B.Sc -Home Science -3rd Semester

Subject: Laundry science and Finishing Fabrics

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	
	20-Jul-19	
	21-Jul-19	Sunday
	22-Jul-19	Laundry equipments and their uses
2	23-Jul-19	Laundry equipments and their uses
	24-Jul-19	Practical-Introduction to practicals& Laundry equipments
	25-Jul-19	Soaps-Variou types & their manufacture
	26-Jul-19	
	27-Jul-19	
	28-Jul-19	Sunday
	29-Jul-19	Detergents-how they are made
3	30-Jul-19	Detergents-how they are made
	31-Jul-19	ShaheedUdham Singh's Martyrdom Day
	01-Aug-19	Difference between soaps and detergents
	02-Aug-19	
	03-Aug-19	
	04-Aug-19	Sunday
4	05-Aug-19	Cleaning action of soaps and detergents
	06-Aug-19	Stiffening agents
	07-Aug-19	Classification of various stains & different methods of removing stains
	08-Aug-19	Laundry blues-types & importance
	09-Aug-19	
	10-Aug-19	
	11-Aug-19	Sunday
5	12-Aug-19	ID UL JUHA
	13-Aug-19	Bleaches-Different types
	14-Aug-19	Stain removal-Variou stains-How to remove
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	
	18-Aug-19	Sunday
6	19-Aug-19	Bleaches-Different types-Methods to use
	20-Aug-19	Bleaches- used in stain removal
	21-Aug-19	Washing of cotton fabrics and finishing them
	22-Aug-19	Other laundry reagents
	23-Aug-19	Janamashatmi
	24-Aug-19	
	25-Aug-19	Sunday
26-Aug-19	Absorbents and savants used in laundry	

7	27-Aug-19	Laundry and care of Various types of fabrics
	28-Aug-19	Washing & finishing of silk blouse
	29-Aug-19	Care and storage of clothes
	30-Aug-19	
	31-Aug-19	
	01-Sep-19	Sunday
	02-Sep-19	Dry cleaning of clothes
8	03-Sep-19	Dry cleaning of clothes
	04-Sep-19	Washing of woolen Sweater
	05-Sep-19	Revision of all the above chapters
	06-Sep-19	
	07-Sep-19	
	08-Sep-19	Sunday
	09-Sep-19	Meaning of Fabric finishes and their importance
9	10-Sep-19	Physical finishes and importance
	11-Sep-19	Starting dyeing, simple dyeing techniques
	12-Sep-19	Physical finishes-detail Napping
	13-Sep-19	
	14-Sep-19	
	15-Sep-19	Sunday
	16-Sep-19	Napping , Lentering
10	17-Sep-19	Calendaring-Different types
	18-Sep-19	Making samples of tie and dye
	19-Sep-19	Chemical finishes-Scouring, bleaching
	20-Sep-19	
	21-Sep-19	
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Mercerizing
	25-Sep-19	Making samples of tie & dye
	26-Sep-19	Wrinkle resistance, water repellent Difference
	27-Sep-19	
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	Revision , discussion on the chapter of finishes
12	01-Oct-19	Different types of dyes-classification
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Dyes-Different types-Classification
	04-Oct-19	
	05-Oct-19	
	06-Oct-19	Sunday
	07-Oct-19	Detailed study of natural dyes
13	08-Oct-19	Dussehra
	09-Oct-19	Making Duppatta using tie & dye technique
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	
	12-Oct-19	

	13-Oct-19	Sunday
	14-Oct-19	Chemical/synthetic dyes
14	15-Oct-19	Chemical/synthetic dyes
	16-Oct-19	Block Printing
	17-Oct-19	KARVA CHAATH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Printing- Types- Techniques
	06-Nov-19	Stencil Printing
	07-Nov-19	Printing Contd.
	08-Nov-19	
	09-Nov-19	
	10-Nov-19	Sunday
	11-Nov-19	Printing Contd.
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Block Printing & Stencil Printing (Articles)
	14-Nov-19	Revision
	15-Nov-19	



Name of the Associate/Assistant Professor: Ms. Kamalpreet Verma

Class and Section: B.Sc –Home Science -3rd Semester

Subject: Consumer Economics

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the students
	17-Jul-19	Orientation of the students
	18-Jul-19	Introduction of the syllabus
	19-Jul-19	Basic concepts of economics, goods, services, wants, necessities, luxuries
	20-Jul-19	Basic concepts of economics, goods, services, wants, necessities, luxuries
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	
	24-Jul-19	
	25-Jul-19	Basic concepts continued. Utility, income – types of income
	26-Jul-19	Types of income
	27-Jul-19	Consumer and consumption
	28-Jul-19	Sunday
	29-Jul-19	
3	30-Jul-19	
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Standardization and grading
	02-Aug-19	Standardization and grading
	03-Aug-19	Revision and discussion of all the above chapters.
	04-Aug-19	Sunday
	05-Aug-19	
4	06-Aug-19	
	07-Aug-19	
	08-Aug-19	Meaning of laws of consumption
	09-Aug-19	Laws of utility. Total marginal utility
	10-Aug-19	Laws of utility. Total marginal utility
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	
	14-Aug-19	
	15-Aug-19	Independence Day
	16-Aug-19	Importance, assumptions and limitations of laws of utility
	17-Aug-19	Revision and discussion on the chapter of utility laws
	18-Aug-19	Sunday
	19-Aug-19	
6	20-Aug-19	
	21-Aug-19	
	22-Aug-19	Demand– laws of demand
	23-Aug-19	Janamashatmi
	24-Aug-19	Demand curve , schedule
	25-Aug-19	Sunday
	26-Aug-19	

7	27-Aug-19	
	28-Aug-19	
	29-Aug-19	Assumption ,limitation
	30-Aug-19	Laws of demand and supply
	31-Aug-19	Demand and supply continued
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	
	04-Sep-19	
	05-Sep-19	Revision of the above chapter
	06-Sep-19	Test of all the above chapters
	07-Sep-19	Meaning and types of markets
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	
	11-Sep-19	
	12-Sep-19	Wholesale , retail, future markets
	13-Sep-19	Markets in economics
	14-Sep-19	Continued
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	
	18-Sep-19	
	19-Sep-19	Markets continued
	20-Sep-19	Consumers – role of consumers in economics
	21-Sep-19	Consumer buying motives
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	
	25-Sep-19	
	26-Sep-19	Consumers buying motives continued
	27-Sep-19	Malpractices prevailing in Indian markets
	28-Sep-19	Contd...
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	
	02-Oct-19	Mahatma Gandhi jayanti
	03-Oct-19	Malpractices prevailing in Indian markets
	04-Oct-19	Buying aids
	05-Oct-19	Buying aids
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	Labels, packaging
	12-Oct-19	Advertising

	13-Oct-19	Sunday	
	14-Oct-19		
14	15-Oct-19		
	16-Oct-19		
	17-Oct-19	KARVA CHAUTH	
	18-Oct-19	MOCK TEST	
	19-Oct-19	MOCK TEST	
	20-Oct-19	Sunday	
	21-Oct-19	ASSEMBLY ELECTION	
	15	22-Oct-19	MOCK TEST
23-Oct-19		MOCK TEST	
24-Oct-19		DIWALI BREAK	
25-Oct-19			
26-Oct-19			
27-Oct-19			
28-Oct-19			
16	29-Oct-19		
	30-Oct-19		
	31-Oct-19	MOCK TEST	
	01-Nov-19	Haryana Day	
	02-Nov-19	MOCK TEST	
	03-Nov-19	Sunday	
17	04-Nov-19	MOCK TEST	
	05-Nov-19		
	06-Nov-19		
	07-Nov-19	Role of educating institutions in educating consumers	
	08-Nov-19	Consumers protection laws	
	09-Nov-19	Media, consumers education and consumers organisations	
	10-Nov-19	Sunday	
	11-Nov-19		
18	12-Nov-19	GURU NANAK BIRTHDAY	
	13-Nov-19		
	14-Nov-19	Revision	
	15-Nov-19	Revision	



Name of the Associate/Assistant Professor: Ms. Kamal Preet Verma

Class and Section: B.Sc Home Science – 5th Semester

Subject: Indian Textiles

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Importance of Indian textile in historic perspective.
	20-Jul-19	
	21-Jul-19	Sunday
	22-Jul-19	Introduction to the phulkari of Punjab, threads used and fabrics used.
2	23-Jul-19	Cotton fabrics, sarees and dhotis of India
	24-Jul-19	Continued
	25-Jul-19	Cotton sarees of India continued
	26-Jul-19	Continued
	27-Jul-19	
	28-Jul-19	Sunday
	29-Jul-19	Making models of phulkari in file (Portfolio)
3	30-Jul-19	Revision and discussion of the chapter
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Silks and brocades of Benaras
	02-Aug-19	Silk sarees from Bengal
	03-Aug-19	Silk sarees from Maharashtra
	04-Aug-19	Sunday
	05-Aug-19	Phulkari Embroidery continued
4	06-Aug-19	Silk sarees from Gujarat
	07-Aug-19	Silk sarees from Gujarat continued
	08-Aug-19	Silk sarees from Andhra Pradesh
	09-Aug-19	Silk sarees from Karnataka
	10-Aug-19	
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Silk Sarees from Tamil Nadu
	14-Aug-19	Shawls of India "Kashmiri Shawls"
	15-Aug-19	Independence Day
	16-Aug-19	Carpets, Durries and rugs from all over India
	17-Aug-19	
	18-Aug-19	Sunday
	19-Aug-19	Introduction of Kashmiri embroidery-threads & motifs
6	20-Aug-19	Carpet weaving, centres of India revision
	21-Aug-19	Origin of embroideries in India
	22-Aug-19	Embroideries, their importance in everyday life
	23-Aug-19	Janamashatmi
	24-Aug-19	
	25-Aug-19	Sunday
	26-Aug-19	Discussing motifs of Kashmir, embroidery, portfolio continued

7	27-Aug-19	Court embroideries,trade embroidery
	28-Aug-19	Temple embroidery,folk embroidery
	29-Aug-19	Embroideries from punjab and himachal pradesh
	30-Aug-19	Continued
	31-Aug-19	
	01-Sep-19	Sunday
	02-Sep-19	Continue the sample of Kashmir Embroidery
8	03-Sep-19	Embroidery from Uttar Pradesh
	04-Sep-19	Embroidery from Karnataka
	05-Sep-19	Embroidery fromGujrat
	06-Sep-19	Embroidery from Kashmir
	07-Sep-19	
	08-Sep-19	Sunday
	09-Sep-19	Sample of Kashmir Embroidery in Portfolio
9	10-Sep-19	Embroidery from Bengal
	11-Sep-19	Banjara Embroideries
	12-Sep-19	Embroidery from Bihar
	13-Sep-19	Revision and discussion of full chapter of embroideries
	14-Sep-19	
	15-Sep-19	Sunday
	16-Sep-19	Introducing mirror work Embroidery,stitches and thread.
10	17-Sep-19	Test of previous chapters
	18-Sep-19	Dyeing-Antiquity-Variou Indian ethnic dying styles
	19-Sep-19	Ethnic dyeing styles of India
	20-Sep-19	Bandhej from Rajasthan
	21-Sep-19	
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Bandhej from Gujrat
	25-Sep-19	Different techniques & various dyes from Gujrat
	26-Sep-19	Block Printing-Technique from various part of India
	27-Sep-19	Screen and Roller Printing
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	Finishing of mirror work sample and portfolio competition
12	01-Oct-19	Resist printing
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Revision,discussion and assignment on dyeing & printing.
	04-Oct-19	Test of previous chapter
	05-Oct-19	
	06-Oct-19	Sunday
	07-Oct-19	Making motifs and embroidery samples of shadow work.
13	08-Oct-19	Dussehra
	09-Oct-19	Batik from Coromandal
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	Batik-Variou Techniques

	12-Oct-19	
	13-Oct-19	Sunday
	14-Oct-19	Completion of shadow work and portfolio design
14	15-Oct-19	Painting on fabrics
	16-Oct-19	Various types of printing on fabrics in ancient India
	17-Oct-19	KARVA CHAUTH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Kalambari Technique, Famous kalambari fabrics of India
	06-Nov-19	Visit to cottage emporium, Delhi Hatt
	07-Nov-19	Making report of the visit
	08-Nov-19	Revision and discussion of whole syllabus
	09-Nov-19	
	10-Nov-19	Sunday
	11-Nov-19	Completion of Portfolio
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Revision
	14-Nov-19	Revision
	15-Nov-19	Revision



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

Class and Section: B.Sc- Home Science- Ist Semester

Subject: Hygiene and Public Health

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	
	20-Jul-19	
	21-Jul-19	Sunday
	22-Jul-19	Unit-I-Definition-Healthy,Personal hygiene-all components & their importance
2	23-Jul-19	
	24-Jul-19	
	25-Jul-19	Personal Hygiene continues
	26-Jul-19	
	27-Jul-19	
	28-Jul-19	Sunday
	29-Jul-19	Personal Hygiene continues
3	30-Jul-19	
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Unit-II-Infection Communicable diseases-incubation period, mode of infection, prevention of infection.
	02-Aug-19	
	03-Aug-19	
	04-Aug-19	Sunday
	05-Aug-19	Immunity-Types, vaccination schedules
4	06-Aug-19	
	07-Aug-19	
	08-Aug-19	Immunity-continues
	09-Aug-19	
	10-Aug-19	
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	
	14-Aug-19	
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	
	18-Aug-19	Sunday
	19-Aug-19	Assignment-What is immunity? Give types? Write vaccinated v schedule
6	20-Aug-19	
	21-Aug-19	
	22-Aug-19	Test of Unit-I
	23-Aug-19	Janamashatmi
	24-Aug-19	

	25-Aug-19	Sunday
	26-Aug-19	Test of Unit-II
7	27-Aug-19	
	28-Aug-19	
	29-Aug-19	Unit-III-Community Water+waste
	30-Aug-19	
	31-Aug-19	
	01-Sep-19	Sunday
	02-Sep-19	Importance of water to community
8	03-Sep-19	
	04-Sep-19	
	05-Sep-19	Sources of contamination
	06-Sep-19	
	07-Sep-19	
	08-Sep-19	Sunday
	09-Sep-19	House hold measures of purification of water
9	10-Sep-19	
	11-Sep-19	
	12-Sep-19	Waste disposal-Sewage disposal and treatment
	13-Sep-19	
	14-Sep-19	
	15-Sep-19	Sunday
	16-Sep-19	Solid waste and liquid waste disposal
10	17-Sep-19	
	18-Sep-19	
	19-Sep-19	Test of Unit III
	20-Sep-19	
	21-Sep-19	
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	
	25-Sep-19	
	26-Sep-19	Infectious-diseases-causes,symptoms,mode of spread,treatment & prevention of cholera,diarrhoea
	27-Sep-19	
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	Causes,symptoms,mode of spread,treatment & prevention of hepatitis+Typhoid
12	01-Oct-19	
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	causes,symptoms,mode of spread,treatment & prevention of malaria+dengue
	04-Oct-19	
	05-Oct-19	
	06-Oct-19	Sunday
	07-Oct-19	Causes,symptoms,mode of spread,treatment & prevention of chickenpox+T.B.
13	08-Oct-19	Dussehra

	09-Oct-19		
	10-Oct-19	Maharaja Agrasen Jayanti	
	11-Oct-19		
	12-Oct-19		
	13-Oct-19	Sunday	
	14-Oct-19	Causes,symptoms,mode of spread,treatment & prevention of LEPROSY+TETANUS	
14	15-Oct-19		
	16-Oct-19		
	17-Oct-19	KARVA CHAUTH	
	18-Oct-19	MOCK TEST	
	19-Oct-19	MOCK TEST	
	20-Oct-19	Sunday	
	21-Oct-19	ASSEMBLY ELECTION	
15	22-Oct-19	MOCK TEST	
	23-Oct-19	MOCK TEST	
	24-Oct-19	DIWALI BREAK	
	25-Oct-19		
	26-Oct-19		
	27-Oct-19		
	28-Oct-19		
16	29-Oct-19		
	30-Oct-19		
	31-Oct-19	MOCK TEST	
	01-Nov-19	Haryana Day	
	02-Nov-19	MOCK TEST	
	03-Nov-19	Sunday	
	04-Nov-19	MOCK TEST	
17	05-Nov-19		
	06-Nov-19		
	07-Nov-19	Causes, symptoms, mode of spread, treatment of AIDS	
	08-Nov-19		
	09-Nov-19		
	10-Nov-19	Sunday	
	11-Nov-19	Causes ,symptoms, mode of spread, treatment & prevention of Syphilis, Gonorrhea	
	12-Nov-19	GURU NANAK BIRTHDAY	
18	13-Nov-19		
	14-Nov-19	Test of Unit-IV	
	15-Nov-19		



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

Class and Section: B.Sc -Home Science -3rd Semester

Subject: Extension Education and Rural Development

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	
	20-Jul-19	Unit-I-Concept of Extension Education
	21-Jul-19	Sunday
	22-Jul-19	Philosophy & Principles & objectives of extension education
2	23-Jul-19	
	24-Jul-19	Practical+ Th Objectives continued
	25-Jul-19	Practical GPA
	26-Jul-19	
	27-Jul-19	Approaches of Extension
	28-Jul-19	Sunday
	29-Jul-19	Qualities of extension education
3	30-Jul-19	
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Role of an extension education
	02-Aug-19	
	03-Aug-19	Revising Unit-I
	04-Aug-19	Sunday
	05-Aug-19	Test of Unit-I
4	06-Aug-19	
	07-Aug-19	Practical+Th Preparation of chart
	08-Aug-19	Practical Gpa
	09-Aug-19	
	10-Aug-19	Assignment-Define extension education?How it differs from formal Education?Give various principles of extension education?
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	
	14-Aug-19	Practical+Th Preparation of Poster
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	Unit-II-Non Projected AIDS
	18-Aug-19	Sunday
	19-Aug-19	Advantages & disadvantages of non projected AIDS
6	20-Aug-19	
	21-Aug-19	Practical+Th Preparation of Poster
	22-Aug-19	Practical Gpa -do-
	23-Aug-19	Janamashatmi
	24-Aug-19	Non projected AIDS Contd

	25-Aug-19	Sunday
	26-Aug-19	Non projected AIDS Contd
7	27-Aug-19	
	28-Aug-19	Practical+Th Preparation of leaflet
	29-Aug-19	Practical Gpa -do-
	30-Aug-19	
	31-Aug-19	Agricultural Extension
	01-Sep-19	Sunday
	02-Sep-19	Home Science extension
8	03-Sep-19	
	04-Sep-19	Practical+Th Preparing mobiles
	05-Sep-19	Practical Gpa -do-
	06-Sep-19	
	07-Sep-19	Revision Unit-II
	08-Sep-19	Sunday
	09-Sep-19	Test of Unit-II
9	10-Sep-19	
	11-Sep-19	Practical+Th Writing story for flash cards
	12-Sep-19	Practical Gpa -do-
	13-Sep-19	
	14-Sep-19	Unit-III Community Development Programme
	15-Sep-19	Sunday
	16-Sep-19	IRDP
10	17-Sep-19	
	18-Sep-19	Practical+Th Preparing flash cards flash cards
	19-Sep-19	Practical Gpa -do-
	20-Sep-19	
	21-Sep-19	NREP, TRYSEM, ANP
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	
	25-Sep-19	Practical+Th Preparing flash cards
	26-Sep-19	Practical Gpa -do-
	27-Sep-19	
	28-Sep-19	ICDS
	29-Sep-19	Sunday
	30-Sep-19	SNP+Program planning
12	01-Oct-19	
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Practical Gpa-Preparation of puppet(different characters)
	04-Oct-19	
	05-Oct-19	Revising various programs & program planning steps
	06-Oct-19	Sunday
	07-Oct-19	Test of Unit-III
13	08-Oct-19	Dussehra
	09-Oct-19	Practical+Th Preparation of puppet
	10-Oct-19	Maharaja Agrasen Jayanti

	11-Oct-19	
	12-Oct-19	Unit-IV-Voluntary organizations
	13-Oct-19	Sunday
	14-Oct-19	Role of Voluntary organizations in rural development
14	15-Oct-19	
	16-Oct-19	Practical+Th Writing story for puppets on different themes
	17-Oct-19	KARVA CHAOUTH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBALY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Practical+Th visit to village to see angan wadi & voluntary body in action(Both gps)
	06-Nov-19	Practical+Th writing report of a visit on
	07-Nov-19	Practical Gpa-Writing stories for different puppet themes
	08-Nov-19	
	09-Nov-19	Role of home science in solving problems of illiteracy, poverty & ill health
	10-Nov-19	Sunday
	11-Nov-19	Revision-Unit-IV
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Practical+Th Test of Unit-IV& discuss old question paper
	14-Nov-19	Practical Gpa
	15-Nov-19	



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

Class and Section: B.Sc Home Science- 3rd Semester

Subject: Human Development II

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Unit 1- late childhood years (6 -12 years) -Development tasks
	20-Jul-19	Physical development Motor development
	21-Jul-19	Sunday
	22-Jul-19	Social development
2	23-Jul-19	Emotional development
	24-Jul-19	
	25-Jul-19	
	26-Jul-19	Cognitive development
	27-Jul-19	Significance function of school
	28-Jul-19	Sunday
	29-Jul-19	Practical – Gp A – students make activities for 6 – 12 years
3	30-Jul-19	Practical – Gp B – do -
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Effect of success + failure in school
	02-Aug-19	Importance of peer group
	03-Aug-19	Test of unit 1
	04-Aug-19	Sunday
	05-Aug-19	Practical – gp A – activities for 6 -12 years old child
4	06-Aug-19	Practical – gp B – do -
	07-Aug-19	
	08-Aug-19	
	09-Aug-19	Unit IInd early adolescence – puberty (characteristics)
	10-Aug-19	Early and late matures , period of stress and storm parent child conflict
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Practical – gp B
	14-Aug-19	
	15-Aug-19	Independence Day
	16-Aug-19	Identity crisis , body image
	17-Aug-19	Role confusion
	18-Aug-19	Sunday
	19-Aug-19	Practical – gp A – observing 6 – 12 years old child for all development
6	20-Aug-19	Practical – gp B – do -
	21-Aug-19	
	22-Aug-19	
	23-Aug-19	Janamashatmi
	24-Aug-19	Test of unit II
	25-Aug-19	Sunday

	26-Aug-19	Practical – gp A – observing 6 – 12 years old child for all development
7	27-Aug-19	Practical gp B – do -
	28-Aug-19	
	29-Aug-19	
	30-Aug-19	Assignment- Define early adolescence? Why is this period regarded as period of stress+ storm?
	31-Aug-19	Test of unit 2 Short question
	01-Sep-19	Sunday
	02-Sep-19	Practical- GP A- Observing an adolescent
8	03-Sep-19	Practical-GP B- do
	04-Sep-19	
	05-Sep-19	
	06-Sep-19	Unit 3 Late adolescence- characteristics
	07-Sep-19	Physical development
	08-Sep-19	Sunday
	09-Sep-19	Practical-GP A- Observing an adolescent
9	10-Sep-19	Practical- GP B - do
	11-Sep-19	
	12-Sep-19	
	13-Sep-19	Emotional development
	14-Sep-19	Social development
	15-Sep-19	Sunday
	16-Sep-19	Practical- GP A- Observing an adolescent - discussing+ draw conclusion
10	17-Sep-19	Practical- GP B- do
	18-Sep-19	
	19-Sep-19	
	20-Sep-19	Cognitive development
	21-Sep-19	Conflict with authority
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Practical(GP B) drawing conclusion or adolescent observation
	25-Sep-19	
	26-Sep-19	
	27-Sep-19	Choosing a career
	28-Sep-19	Factors influencing choice of career
	29-Sep-19	Sunday
	30-Sep-19	Practical-(Group A) Construction of questionnaire cum interview schedule to study problems of adolescence peer interaction+ parent childrelation .
12	01-Oct-19	Practical(GP B)- do
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	
	04-Oct-19	
	05-Oct-19	Test of unit 3

	06-Oct-19	Sunday
	07-Oct-19	Practical(GP A+GP B)- Administing the questionnaire
13	08-Oct-19	Dussehra
	09-Oct-19	
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	Unit4 - Peer relationship in late adolescence
	12-Oct-19	Heterosexual relationship
	13-Oct-19	Sunday
	14-Oct-19	Practical(GP A)- Drawing conclusion regarding the subject to whom questionnaire was administered
	14	15-Oct-19
16-Oct-19		
17-Oct-19		KARVA CHAUTH
18-Oct-19		MOCK TEST
19-Oct-19		MOCK TEST
20-Oct-19		Sunday
21-Oct-19		ASSEMBALY ELECTION
15		22-Oct-19
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
	16	
30-Oct-19		
31-Oct-19		
01-Nov-19		Haryana Day
02-Nov-19		MOCK TEST
03-Nov-19		Sunday
04-Nov-19		MOCK TEST
17	05-Nov-19	Adolescence problems
	06-Nov-19	
	07-Nov-19	
	08-Nov-19	Adolescence problem Contd
	09-Nov-19	Adolescence problems Contd...
	10-Nov-19	Sunday
	11-Nov-19	Test of unit 4
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	
	14-Nov-19	
	15-Nov-19	Taking difficulties of student+ Discussing previous year question paper



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

Class and Section: B.Sc -Home Science -5th Semester

Subject: Nutritional Biochemistry- I

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Introduction to Biochemistry Sciences, scope, objectives, interrelation with other biological sciences.
	20-Jul-19	Specificity of Enzymes, Enzyme Kinetics
	21-Jul-19	Sunday
	22-Jul-19	Enzymes- Definition, Classification, Coenzymes, Types of Coenzymes
2	23-Jul-19	Specificity of Enzymes, Enzyme Kinetics
	24-Jul-19	Factors affecting Enzyme activity
	25-Jul-19	Enzyme inhibition & Summarizing Enzymes
	26-Jul-19	Assignment-scope of nutritional enzymes biochemistry
	27-Jul-19	
	28-Jul-19	Sunday
	29-Jul-19	Test of unit-1
3	30-Jul-19	Unit –ii Vitamins- Biochemical role of Vitamin A
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Biochemical role of Vitamin D
	02-Aug-19	Biochemical role of Vitamin E
	03-Aug-19	
	04-Aug-19	Sunday
	05-Aug-19	Biochemical role of Vitamin K
4	06-Aug-19	Biochemical role of Vitamin B1
	07-Aug-19	Biochemical role of Vitamin B2
	08-Aug-19	Biochemical role of Vitamin B3
	09-Aug-19	Biochemical role of Vitamin B6
	10-Aug-19	
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Summary of Unit II(assignment to be given)
	14-Aug-19	Practical- Introducing students to Biochemistry lab.
	15-Aug-19	Independence Day
	16-Aug-19	Unit-iii Carbohydrates – Definition & Classification
	17-Aug-19	
	18-Aug-19	Sunday
	19-Aug-19	Carbohydrates-type & Structures
6	20-Aug-19	Practical – Reactions of monosaccharides
	21-Aug-19	Carbohydrates- Structures
	22-Aug-19	Carbohydrates- properties
	23-Aug-19	Janamashatmi
	24-Aug-19	
	25-Aug-19	Sunday

	26-Aug-19	Properties of monosaccharides , Disaccharides & Polysaccharides
7	27-Aug-19	Practical – Reactions of monosaccharides & Disaccharrides
	28-Aug-19	Glycolysis cycle
	29-Aug-19	Glycolysis (Structures)
	30-Aug-19	Gluconecogenesis
	31-Aug-19	
	01-Sep-19	Sunday
	02-Sep-19	Class Test of Glycolysis
8	03-Sep-19	Practical – Reactions of monosaccharides & Disaccharrides & Polysaccharides
	04-Sep-19	Class Test of Glycogenesis
	05-Sep-19	Class Test of Glycogenolysis
	06-Sep-19	Test-unit ii
	07-Sep-19	
	08-Sep-19	Sunday
	09-Sep-19	Unit IV Amino acids- Their types & structure
9	10-Sep-19	Practical- Identification of Unknown sugar solution
	11-Sep-19	Protein- Definition, Classification & Structure
	12-Sep-19	Protein – Properties
	13-Sep-19	Transamination reactions of amino acid
	14-Sep-19	
	15-Sep-19	Sunday
	16-Sep-19	Transamination of amino acids & oxidative Deamination.
10	17-Sep-19	Practical – Identification of amino acids in amino acid mixture by circular Chromatography
	18-Sep-19	Decarboxylation of amino acid
	19-Sep-19	Urea Cycle
	20-Sep-19	Urea Cycle continued
	21-Sep-19	Test of oxidative deamination
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Practical- Identify the unknown amino acid by circular chromatography
	25-Sep-19	Test- Transamination reactions
	26-Sep-19	Test- Urea Cycle
	27-Sep-19	Test- Amino acid structures
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	Test Of Unit-IV(Half Of Topics)
12	01-Oct-19	Practical- Chromatography repeated
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Test of Unit-IV(Remaining Topics)
	04-Oct-19	Revision Of Unit-I
	05-Oct-19	
	06-Oct-19	Sunday
	07-Oct-19	Revision Of Unit-I
13	08-Oct-19	Dussehra
	09-Oct-19	Revision Of Unit-I
	10-Oct-19	Maharaja Agrasen Jayanti

	11-Oct-19	Revision of Unit-II
	12-Oct-19	
	13-Oct-19	Sunday
	14-Oct-19	Revision Of Unit-II
14	15-Oct-19	Practical- Revision Of Chromotography
	16-Oct-19	Revision Of Unit-II
	17-Oct-19	KARVA CHAUTH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBALY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
	29-Oct-19	
16	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
	05-Nov-19	Practical- Estimation of amount of glucose in the amount of glucose in the given solution by fehlep's Soxhlet method.
17	06-Nov-19	
	07-Nov-19	Revision of Unit III
	08-Nov-19	Revision of Unit III+UNIT IV
	09-Nov-19	
	10-Nov-19	Sunday
	11-Nov-19	Discussing viva questions
	12-Nov-19	GURU NANAK BIRTHDAY
	13-Nov-19	Revision unit IV
18	14-Nov-19	Discussing Previous year question paper
	15-Nov-19	Discussing Previous year question paper



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

Class and Section: B.Sc Home Science- 5th Semester

Subject: Normal Nutrition

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Unit 1- Nutrition of health inter relationship
	20-Jul-19	Practical- comprehensive food exchange list
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	Factors affecting total energy requirement
	24-Jul-19	Basal metabolic rate
	25-Jul-19	Factors affecting BMR
	26-Jul-19	Dynamic action of food
	27-Jul-19	Practical- raw weight and cooked weight of certain common recipe
	28-Jul-19	Sunday
	29-Jul-19	
3	30-Jul-19	Unit 2- nutritionally adequate diet
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Meal planning
	02-Aug-19	Importance of meal planning
	03-Aug-19	Practical- various steps in meal planning to the taught of example
	04-Aug-19	Sunday
	05-Aug-19	
4	06-Aug-19	Factors affecting meal planning
	07-Aug-19	Factors affecting meal planning contd--
	08-Aug-19	Factors affecting meal planning
	09-Aug-19	Assignment- asking students to write menu
	10-Aug-19	Practical- writing their of food items consumed by their mother on the previous day In household measures menu of the previous day
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Test of Unit 1
	14-Aug-19	Evaluation of assignment
	15-Aug-19	Independence Day
	16-Aug-19	Test of Unit 2
	17-Aug-19	Practical- steps to be taught in dietary calculation
	18-Aug-19	Sunday
	19-Aug-19	
6	20-Aug-19	Unit 3- nutritional problems during adult hood
	21-Aug-19	Foods selection during adult hood
	22-Aug-19	Nuritional requirment during adult hood
	23-Aug-19	Janamashatmi
	24-Aug-19	Practical- planning a diet for an adult sedentary man
	25-Aug-19	Sunday

	26-Aug-19	
7	27-Aug-19	Nutritional problem during pregnancy
	28-Aug-19	Food selection during pregnancy
	29-Aug-19	Nutritional requirement during pregnancy
	30-Aug-19	Lactation – nutritional problem
	31-Aug-19	Practical – preparation and evaluation of diet for an adult sedentary man
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	Lactation –food selection + nutritional requirement
	04-Sep-19	nutritional problem of old age
	05-Sep-19	Food selection in old age
	06-Sep-19	nutritional problem in old age
	07-Sep-19	Practical- planning a diet for an adult man moderate worker(MIG)
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	Unit 4- infancy – problems \ contrmdication in breast feeding
	11-Sep-19	Meaning and nutritional requirement
	12-Sep-19	Preschool years - nutritional problem
	13-Sep-19	Preschool years - Food selection
	14-Sep-19	Practical- preparation and evaluation of diet for an adult man(MIG)
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	Preschool years - nutritional requirement
	18-Sep-19	School going- nutritional problem
	19-Sep-19	School going- food selection
	20-Sep-19	School going- nutritional requirement
	21-Sep-19	Practical- planning a diet for a pregnant and lactating lady(MIG)
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Adolescence nutritional problem
	25-Sep-19	Food selection during Adolescence
	26-Sep-19	Nutritional requirements
	27-Sep-19	Nutritional requirements
	28-Sep-19	Practical-preparation and evaluation of diet for a pregnant lactating Mother.
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	Revision of unit-3
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Revision of unit-3
	04-Oct-19	Test of unit-3
	05-Oct-19	Practical planning weaning food for infants and a diet for a pre school Child.
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	Revision of unit-4
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	Revision of unit-4

	12-Oct-19	Practical preparation and evaluation of weaning foods for infants and a diet for preschool child.
	13-Oct-19	Sunday
	14-Oct-19	
14	15-Oct-19	Test of unit-4
	16-Oct-19	Discussing old question papers
	17-Oct-19	KARVA CHAETH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Discussing old question papers
	06-Nov-19	Planning of diet for a school going child adolescent
	07-Nov-19	Planning of diet for an adolescent
	08-Nov-19	Planning of diet for elderly
	09-Nov-19	Practical preparation and evaluation of diet for a school going adolescent and elderly
	10-Nov-19	Sunday
	11-Nov-19	
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Discussing viva questions
	14-Nov-19	Discussing old question paper
	15-Nov-19	Discussing short answer questions



Name of the Associate/Assistant Professor: Ms. Usha Pant

Class and Section: B.Sc Home Science-3rd Semester

Subject: Introduction to Home Management –I

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the students
	17-Jul-19	Orientation of the students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Discussing Syllabus
	20-Jul-19	Definition & concept of home management
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	Management Process
	24-Jul-19	
	25-Jul-19	Importance of planning
	26-Jul-19	Types of plan
	27-Jul-19	Controlling, phases of controlling
	28-Jul-19	Sunday
	29-Jul-19	
3	30-Jul-19	Evaluation – Importance of evaluation
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Types of evaluation
	02-Aug-19	Test of chapter 1
	03-Aug-19	Decision making – meaning
	04-Aug-19	Sunday
	05-Aug-19	Examples and Exercise
4	06-Aug-19	Steps in decision making
	07-Aug-19	Types of decision
	08-Aug-19	Types of decision
	09-Aug-19	Factors affecting decision making
	10-Aug-19	Factors affecting decision making
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Inter- relatedness of decisions
	14-Aug-19	
	15-Aug-19	Independence Day
	16-Aug-19	Stages of family life cycle
	17-Aug-19	Stages of family life cycle
	18-Aug-19	Sunday
	19-Aug-19	
6	20-Aug-19	Discussion on decision making
	21-Aug-19	Test on decision making
	22-Aug-19	
	23-Aug-19	Janamashatmi
	24-Aug-19	Values – Introduction
	25-Aug-19	Sunday
	26-Aug-19	

7	27-Aug-19	Classification of values
	28-Aug-19	
	29-Aug-19	Goals – Meaning and Classification
	30-Aug-19	Standard-Introduction
	31-Aug-19	Classification of standard
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	Inter- relation of values, goals, & standard
	04-Sep-19	
	05-Sep-19	Discussion on factors motivating management
	06-Sep-19	Resources in the Family-Introduction
	07-Sep-19	Classification of resources
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	Classification of resources
	11-Sep-19	
	12-Sep-19	Factors affecting use of resources
	13-Sep-19	Factors affecting use of resources
	14-Sep-19	Similarities among resources
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	Similarities among resources
	18-Sep-19	
	19-Sep-19	Discussion on commonly used resources by students
	20-Sep-19	Test on Resources
	21-Sep-19	Time Management
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Importance of time management
	25-Sep-19	
	26-Sep-19	Steps in making time plan
	27-Sep-19	Steps in making time plan
	28-Sep-19	Time plan of a student
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	Tools in time plan – Peak load period
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	
	04-Oct-19	Tools in time plan – Work curve, rest period
	05-Oct-19	Energy management – Introduction
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	Energy cost of various activities
	12-Oct-19	Energy cost of various activities

	13-Oct-19	Sunday	
	14-Oct-19		
14	15-Oct-19	Fatigue – Meaning	
	16-Oct-19	Physiological fatigue-cause and effect	
	17-Oct-19	KARVA CHAUTH	
	18-Oct-19	Mock test	
	19-Oct-19	Mock test	
	20-Oct-19	Sunday	
	21-Oct-19	ASSEMBLY ELECTION	
	15	22-Oct-19	Mock test
23-Oct-19		Mock test	
24-Oct-19		DIWALI BREAK	
25-Oct-19			
26-Oct-19			
27-Oct-19			
28-Oct-19			
16	29-Oct-19		
	30-Oct-19		
	31-Oct-19	MOCK TEST	
	01-Nov-19	Haryana Day	
	02-Nov-19	MOCK TEST	
	03-Nov-19	Sunday	
	04-Nov-19	MOCK TEST	
17	05-Nov-19	Physiological fatigue-cause and effect	
	06-Nov-19		
	07-Nov-19	Management of energy- Importance of energy management	
	08-Nov-19	Methods adopted by students to save energy	
	09-Nov-19	Revision of syllabus	
	10-Nov-19	Sunday	
	11-Nov-19		
	12-Nov-19	GURU NANAK BIRTHDAY	
18	13-Nov-19	Discussing old question papers	
	14-Nov-19	Revision of syllabus	
	15-Nov-19		



Name of the Associate/Assistant Professor: Ms. Usha Pant

Class and Section: B.Sc -Home Science- 5th Semester

Subject: Interior Space Designing

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the students
	17-Jul-19	Orientation of the students
	18-Jul-19	Introduction of the syllabus
	19-Jul-19	Discussing Syllabus
	20-Jul-19	Housing & Space Management- meaning & importance
	21-Jul-19	Sunday
	22-Jul-19	Selection of site
2	23-Jul-19	orientation for ideal house
	24-Jul-19	Pr: syllabus Discussion
	25-Jul-19	
	26-Jul-19	Role of Soil & Locality in selection of Site
	27-Jul-19	Sanitation facilities required for ideal house
	28-Jul-19	Sunday
	29-Jul-19	Discussion on the Chapter
3	30-Jul-19	Test on Chapter 1.
	31-Jul-19	ShaheedUdham Singh's Martyrdom Day
	01-Aug-19	Principle of planning of rooms- grouping, circulation
	02-Aug-19	
	03-Aug-19	Principle of planning of rooms-flexibility, privacy
	04-Aug-19	Sunday
4	05-Aug-19	Spaciousness, Ventilation while planning of rooms.
	06-Aug-19	Revise the topic
	07-Aug-19	Pr- Brass article Cleaning
	08-Aug-19	Building materials for construction- Introduction
	09-Aug-19	
	10-Aug-19	Stone Type and Seasoning of stone
	11-Aug-19	Sunday
5	12-Aug-19	ID UL JUHA
	13-Aug-19	Types of Stone use in building construction
	14-Aug-19	Pr- Silver article Cleaning
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	Bricks – Type of bricks and their use
	18-Aug-19	Sunday
6	19-Aug-19	Cement- Types of Cement
	20-Aug-19	Cement- and Its uses
	21-Aug-19	Pr: File Preparation
	22-Aug-19	Wood- Preparing Timber for use
	23-Aug-19	Janamashatmi
	24-Aug-19	Seeing of wood
25-Aug-19	Sunday	

	26-Aug-19	Use of glass & iron for construction
7	27-Aug-19	Discussing Commonly used building materials
	28-Aug-19	Floor plan- meaning, making furniture on graph paper
	29-Aug-19	Test on building material
	30-Aug-19	
	31-Aug-19	Principle of economic design
	01-Sep-19	Sunday
	02-Sep-19	Principle of economic design
8	03-Sep-19	
	04-Sep-19	Pr- Making floor plan of bed room
	05-Sep-19	Economy in construction
	06-Sep-19	
	07-Sep-19	Calculating cost of construction
	08-Sep-19	Sunday
	09-Sep-19	Calculating cost of construction
9	10-Sep-19	Principle of Kitchen Planning
	11-Sep-19	Pr- Planning color Scheme for bedroom
	12-Sep-19	Principle of Kitchen Planning
	13-Sep-19	
	14-Sep-19	Types of Kitchen
	15-Sep-19	Sunday
	16-Sep-19	Types of Kitchen
10	17-Sep-19	Illustration of Kitchen & discussion
	18-Sep-19	Pr- Floor plan of Drawing room
	19-Sep-19	Test on Kitchen Planning
	20-Sep-19	
	21-Sep-19	Selection of equipment - importance
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Selection of equipment & factors affecting it.
	25-Sep-19	Pr- Planning Color Scheme for drawing-room
	26-Sep-19	Factors affecting Selection of equipment
	27-Sep-19	
	28-Sep-19	Care & maintenance of household equipment- importance
	29-Sep-19	Sunday
	30-Sep-19	Care & maintenance of refrigerator
12	01-Oct-19	Care & maintenance of washing machine
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Care & maintenance of microwave oven
	04-Oct-19	
	05-Oct-19	Care & maintenance of vacuum cleaner
	06-Oct-19	Sunday
	07-Oct-19	Care & maintenance of electric iron
13	08-Oct-19	Dussehra
	09-Oct-19	Pr- Floor plan of Kitchen
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	

	12-Oct-19	Care & Maintenance of Toaster
	13-Oct-19	Sunday
	14-Oct-19	Use of equipment in work simplification
14	15-Oct-19	Test on chapter of equipment
	16-Oct-19	Pr- Floor plan of LIG
	17-Oct-19	KARVA CHAUTH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Discussing old question paper
	06-Nov-19	Pr- Floor plan of MIG
	07-Nov-19	Revision of Unit-I
	08-Nov-19	
	09-Nov-19	Revision of Unit-II
	10-Nov-19	Sunday
	11-Nov-19	Revision of Unit-III
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Pr- Floor plan of HIG
	14-Nov-19	Revision of Unit-IV
	15-Nov-19	



Name of the Associate/Assistant Professor: Dr. Sangeeta Kulshrestha

Class and Section: B.Sc -Home Science- Ist Semester

Subject: Basic Foods

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Pr. – Introduction of the practical Syllabus
	20-Jul-19	Food – Definition , Physiological Function
	21-Jul-19	Sunday
	22-Jul-19	Physiological & Social Function
2	23-Jul-19	Food Group
	24-Jul-19	Food Guide Pyramid
	25-Jul-19	
	26-Jul-19	Pr.- General Instruction For Working in a food lab
	27-Jul-19	Food Intake and regulation of hunger
	28-Jul-19	Sunday
	29-Jul-19	Basic terminology Used in Food Preparation
3	30-Jul-19	Contd.
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	
	02-Aug-19	Pr. – Weight And Measures
	03-Aug-19	Assignment – detailed Description Of Food Pyramid
	04-Aug-19	Sunday
	05-Aug-19	Cooking Description & objective
4	06-Aug-19	Principal of cooking
	07-Aug-19	Wet method Of Cooking – Boiling, Simmering, Stewing ,poaching
	08-Aug-19	
	09-Aug-19	Pr- Standard & Household measures for raw and Cooked Food
	10-Aug-19	Pressure Cooking , Steaming
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Dry Method – Roasting, Grilling
	14-Aug-19	Baking , Frying
	15-Aug-19	Independence Day
	16-Aug-19	Pr- Table setting & Table Manner
	17-Aug-19	Microwave Cooking
	18-Aug-19	Sunday
	19-Aug-19	Solar cooking , Braising
6	20-Aug-19	Test On Function Of Food
	21-Aug-19	Pr- Preperation Of Dishes By Boiling
	22-Aug-19	
	23-Aug-19	Janamashatmi
	24-Aug-19	Concept of nutrition
	25-Aug-19	Sunday

	26-Aug-19	Basic Term Used In Study Of nutrition
7	27-Aug-19	Enhancing Nutritional quality of food – introduction ,germination
	28-Aug-19	Supplementation .substitution
	29-Aug-19	
	30-Aug-19	Pr. Simmering
	31-Aug-19	Fortification & enrichment
	01-Sep-19	Sunday
	02-Sep-19	Revision
8	03-Sep-19	Test method of cooking
	04-Sep-19	Pr- pressure cooking
	05-Sep-19	
	06-Sep-19	Food adulteration – introduction & definition
	07-Sep-19	Type of adulterants in common food
	08-Sep-19	Sunday
	09-Sep-19	Contd...
9	10-Sep-19	Contd...
	11-Sep-19	Pr- steaming
	12-Sep-19	
	13-Sep-19	Pesticides residues in foods
	14-Sep-19	Contd...
	15-Sep-19	Sunday
	16-Sep-19	Common adulterants found in various food
10	17-Sep-19	Revision
	18-Sep-19	Pr- baking
	19-Sep-19	
	20-Sep-19	Revision
	21-Sep-19	Objective test
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Revision
	25-Sep-19	Test
	26-Sep-19	
	27-Sep-19	Pr- shallow fat frying
	28-Sep-19	Food laws and standard - introduction
	29-Sep-19	Sunday
	30-Sep-19	Prevention of food adulteration act
12	01-Oct-19	Contd..
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	
	04-Oct-19	Pr- deep fat frying
	05-Oct-19	Essential commodities act
	06-Oct-19	Sunday
	07-Oct-19	Fruits product order
13	08-Oct-19	Dussehra
	09-Oct-19	Contd..
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	Pr- fermentation

	12-Oct-19	AGMARK
	13-Oct-19	Sunday
	14-Oct-19	BIS
14	15-Oct-19	Contd..
	16-Oct-19	Pr- Germination
	17-Oct-19	KARVA CHAUTH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	Fssai
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Pr- Revision of baking or any other method left
	06-Nov-19	Test on Enhancing nutritional quality of Food
	07-Nov-19	
	08-Nov-19	Revision
	09-Nov-19	Revision
	10-Nov-19	Sunday
	11-Nov-19	Completion of Portfolio
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Revision
	14-Nov-19	Revision
	15-Nov-19	Revision



Name of the Associate/Assistant Professor: Dr. Sangeeta Kulshrestha

Class and Section: B.Sc-Home Science -3rd Semester

Subject: PSYCHOLOGY-I

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	
	19-Jul-19	
	20-Jul-19	Introduction of the Syllabus
	21-Jul-19	Sunday
	22-Jul-19	Psychology-Introduction And Definition
2	23-Jul-19	Scope of Psychology
	24-Jul-19	
	25-Jul-19	
	26-Jul-19	
	27-Jul-19	Scope Contd.
	28-Jul-19	Sunday
	29-Jul-19	Nature Of Psychology
3	30-Jul-19	Relationship Of Psychology With Home Science
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	
	02-Aug-19	
	03-Aug-19	Relationship Contd. Assignment relationship
	04-Aug-19	Sunday
	05-Aug-19	Methods Of Psychological Studies-Observation Method
4	06-Aug-19	Observation Method Contd.
	07-Aug-19	
	08-Aug-19	
	09-Aug-19	
	10-Aug-19	Experimental Method
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Contd.
	14-Aug-19	
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	Interview Method
	18-Aug-19	Sunday
	19-Aug-19	Contd.
6	20-Aug-19	Questionnaire Method
	21-Aug-19	
	22-Aug-19	
	23-Aug-19	Janamashatmi
	24-Aug-19	Contd.
	25-Aug-19	Sunday
	26-Aug-19	Case Study Method

7	27-Aug-19	Relation Between Mind And Body
	28-Aug-19	
	29-Aug-19	
	30-Aug-19	
	31-Aug-19	Contd.
	01-Sep-19	Sunday
	02-Sep-19	Sensation-Introduction,Nature
8	03-Sep-19	Attributes Of Sensation
	04-Sep-19	
	05-Sep-19	
	06-Sep-19	
	07-Sep-19	Special Sensation
	08-Sep-19	Sunday
	09-Sep-19	Contd.
9	10-Sep-19	Functions Of Sensations
	11-Sep-19	
	12-Sep-19	
	13-Sep-19	
	14-Sep-19	Perception-Meaning And Functions
	15-Sep-19	Sunday
	16-Sep-19	Nature Of Preception
10	17-Sep-19	Fundamental Characterstics
	18-Sep-19	
	19-Sep-19	
	20-Sep-19	
	21-Sep-19	Contd.
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Test Of First Unit
	25-Sep-19	
	26-Sep-19	
	27-Sep-19	
	28-Sep-19	Attention –Introduction And Nature
	29-Sep-19	Sunday
	30-Sep-19	Condition Of Attention
12	01-Oct-19	Inattention
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	
	04-Oct-19	
	05-Oct-19	Test of Second Unit
	06-Oct-19	Sunday
	07-Oct-19	Emotions-Introduction And Definition
13	08-Oct-19	Dussehra
	09-Oct-19	
	10-Oct-19	Maharaja AgrasenJayanti
	11-Oct-19	
	12-Oct-19	Theories Of Emotions
	13-Oct-19	Sunday

	14-Oct-19	Theories Contd.	
14	15-Oct-19	Influence Of Environment On Emotions	
	16-Oct-19		
	17-Oct-19	KARVA CHAATH	
	18-Oct-19	MOCK TEST	
	19-Oct-19	MOCK TEST	
	20-Oct-19	Sunday	
	21-Oct-19	Contd.	
15	22-Oct-19	MOCK TEST	
	23-Oct-19	MOCK TEST	
	24-Oct-19	DIWALI BREAK	
	25-Oct-19		
	26-Oct-19		
	27-Oct-19		
	28-Oct-19		
16	29-Oct-19		
	30-Oct-19		
	31-Oct-19	MOCK TEST	
	01-Nov-19	Haryana Day	
	02-Nov-19	MOCK TEST	
	03-Nov-19	Sunday	
17	04-Nov-19	MOCK TEST	
	05-Nov-19	Test On Attention	
	06-Nov-19		
	07-Nov-19		
	08-Nov-19		
	09-Nov-19	Revision	
	10-Nov-19	Sunday	
	11-Nov-19	Revision	
18	12-Nov-19	GURU NANAK BIRTHDAY	
	13-Nov-19	Revision	
	14-Nov-19	Revision	
	15-Nov-19	Revision	



Name of the Associate/Assistant Professor: **Dr. Sangeeta Kulshrestha**

Class and Section: **B.Sc Home Science-5th Semester**

Subject: **Community Nutrition (Theory)**

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	
	20-Jul-19	
	21-Jul-19	Sunday
	22-Jul-19	Nutritional problems of the community
2	23-Jul-19	Topic contd.
	24-Jul-19	
	25-Jul-19	
	26-Jul-19	
	27-Jul-19	
	28-Jul-19	Sunday
	29-Jul-19	Non –nutritional causes of malnutrition
3	30-Jul-19	Topic contd
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	
	02-Aug-19	
	03-Aug-19	
	04-Aug-19	Sunday
4	05-Aug-19	Nutritional causes
	06-Aug-19	Topic contd
	07-Aug-19	PEM-prevalence & causes
	08-Aug-19	
	09-Aug-19	
	10-Aug-19	
	11-Aug-19	Sunday
5	12-Aug-19	ID UL JUHA
	13-Aug-19	PEM-signs & symptoms
	14-Aug-19	PEM-prevention & treatment
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	
	18-Aug-19	Sunday
	19-Aug-19	Vitamin-A deficiency- prevalence & causes
	20-Aug-19	Signs & symptoms, prevention & treatment
	21-Aug-19	Test-causes of Malnutrition
	22-Aug-19	
	23-Aug-19	Janamashatmi
24-Aug-19		
25-Aug-19	Sunday	

	26-Aug-19	Iron deficiency anaemia- prevalence & causes
7	27-Aug-19	signs & symptoms, prevention
	28-Aug-19	Treatment of anaemia
	29-Aug-19	
	30-Aug-19	
	31-Aug-19	
	01-Sep-19	Sunday
	02-Sep-19	IDD- prevalence & causes
8	03-Sep-19	IDD- signs & symptoms, prevention & treatment
	04-Sep-19	Fluorosis- prevalence & causes
	05-Sep-19	
	06-Sep-19	
	07-Sep-19	
	08-Sep-19	Sunday
	09-Sep-19	Fluorosis- signs & symptoms, prevention & treatment
9	10-Sep-19	Test-PEM & vitamin A deficiency
	11-Sep-19	Prophylactic programmes in India
	12-Sep-19	
	13-Sep-19	
	14-Sep-19	
	15-Sep-19	Sunday
	16-Sep-19	Topic contd
10	17-Sep-19	Topic contd
	18-Sep-19	Topic contd
	19-Sep-19	
	20-Sep-19	
	21-Sep-19	
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Mid day meal programme
	25-Sep-19	ICDS programme
	26-Sep-19	
	27-Sep-19	
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	ICDS contd.
12	01-Oct-19	Assessment of nutritional status-introduction
	02-Oct-19	Mahatma Gandhi Jayanti
	03-Oct-19	
	04-Oct-19	
	05-Oct-19	
	06-Oct-19	Sunday
	07-Oct-19	Anthropometric measurement
13	08-Oct-19	Dussehra
	09-Oct-19	Topic contd.
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	
	12-Oct-19	

	13-Oct-19	Sunday
	14-Oct-19	Dietary survey
14	15-Oct-19	Contd.
	16-Oct-19	Clinical survey
	17-Oct-19	KARVA CHAETH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
	15	22-Oct-19
23-Oct-19		MOCK TEST
24-Oct-19		DIWALI BREAK
25-Oct-19		
26-Oct-19		
27-Oct-19		
28-Oct-19		
29-Oct-19		
16	30-Oct-19	Bio-physiocl test
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Biochemical test
	06-Nov-19	Vital statistics
	07-Nov-19	
	08-Nov-19	
	09-Nov-19	
	10-Nov-19	Sunday
	11-Nov-19	Revision
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Discussion of old Question paper
	14-Nov-19	
	15-Nov-19	

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Name of the Associate/Assistant Professor: Ms. Benu Mehta

Class and Section: B.Sc. Home Science - 5th Semester

Subject: Childcare and Rearing Practices

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Pregnancy- Signs
	20-Jul-19	Contd
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	
	24-Jul-19	Pregnancy discomfort
	25-Jul-19	Practical – activity for children of 2 yrs.
	26-Jul-19	Pregnancy- Care of expectant mother
	27-Jul-19	Pregnancy- Care of expectant mother
	28-Jul-19	Sunday
	29-Jul-19	
3	30-Jul-19	
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Practical
	02-Aug-19	Activity of children 2-3 years
	03-Aug-19	Confinement practices
	04-Aug-19	Sunday
	05-Aug-19	
4	06-Aug-19	
	07-Aug-19	Stages of delivery
	08-Aug-19	Practical- activity of children 4 yrs.
	09-Aug-19	Types of Delivery
	10-Aug-19	Care of newborn
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	
	14-Aug-19	Test of unit 1
	15-Aug-19	Independence Day
	16-Aug-19	Weaning definition
	17-Aug-19	Importance of weaning
	18-Aug-19	Sunday
	19-Aug-19	
6	20-Aug-19	
	21-Aug-19	Types of weaning
	22-Aug-19	Practical questionnaire on nutrition requirement of pregnant women
	23-Aug-19	Janamashatmi
	24-Aug-19	Importance of weaning
	25-Aug-19	Sunday
	26-Aug-19	

7	27-Aug-19	
	28-Aug-19	Supplementary food- definition
	29-Aug-19	Practical – Preparing immunization chart
	30-Aug-19	Principles of supplementary food
	31-Aug-19	Home made and Pre mix supplementary food
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	
	04-Sep-19	Importance of breast feeding over artificial feeding
	05-Sep-19	Practical Assignment on Breast feeding
	06-Sep-19	Test of Unit 2
	07-Sep-19	Sleep routine of infant
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	
	11-Sep-19	Contd.
	12-Sep-19	Practical – activity of children below 5 years
	13-Sep-19	Sleeping pattern of children below 2 years
	14-Sep-19	Toilet training and hygienic practices
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	
	18-Sep-19	Contd.
	19-Sep-19	Practical Questionnaire on feeding patterns of children
	20-Sep-19	Role of mother in training of an enfant
	21-Sep-19	Contd.
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	
	25-Sep-19	Contd.
	26-Sep-19	Practical- Making a soft toy
	27-Sep-19	Problems and remedies of children below 5 years
	28-Sep-19	Problems regarding feeding
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Remedies regarding feeding
	04-Oct-19	Problems and remedies- sleep disorder
	05-Oct-19	Excessive fear- bed wetting, nail biting and thumb sucking
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	Contd.
	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	Sibling rivalry

	12-Oct-19	Separation anxiety
	13-Oct-19	Sunday
	14-Oct-19	
14	15-Oct-19	
	16-Oct-19	Speech disorder
	17-Oct-19	KARVA CHAUTH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Revision of unit 4
	06-Nov-19	Practical visit to childcare centre
	07-Nov-19	Problem and remedies assignment
	08-Nov-19	Revision
	09-Nov-19	Revision
	10-Nov-19	Sunday
	11-Nov-19	
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Revision
	14-Nov-19	Revision
	15-Nov-19	Revision

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Name of the Associate/Assistant Professor: Dr. Pragati Chitkara

Class and Section: B.Sc - Home Science -1st Semester

Subject: Human Physiology

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation Of The Students
	17-Jul-19	Orientation Of The Students
	18-Jul-19	Cell biology-introduction
	19-Jul-19	Cell biology- animal cell structure
	20-Jul-19	Introduction to laboratory, telling do's and don'ts of laboratory
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	Animal cell structure-continued
	24-Jul-19	Animal cell structure-continued
	25-Jul-19	Cardiovascular system-blood and its composition
	26-Jul-19	
	27-Jul-19	Demonstration on how to use sphygmomanometer for measuring blood pressure
	28-Jul-19	Sunday
	29-Jul-19	
3	30-Jul-19	
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	Cardiovascular system-blood and its composition - continued
	02-Aug-19	
	03-Aug-19	Measurement of blood pressure using sphygmomanometer
	04-Aug-19	Sunday
	05-Aug-19	
4	06-Aug-19	Blood groups, coagulation of blood
	07-Aug-19	Cardiovascular system-blood and its composition - continued
	08-Aug-19	Blood groups, coagulation of blood
	09-Aug-19	
	10-Aug-19	Measurement of blood pressure using sphygmomanometer
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Structure and function of heart
	14-Aug-19	Blood pressure and its regulation
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	Practicing using sphygmomanometer
	18-Aug-19	Sunday
	19-Aug-19	
6	20-Aug-19	Skeletal system-names and number of different bones
	21-Aug-19	Functions of different bones
	22-Aug-19	Joints of skeleton
	23-Aug-19	Janamashatmi
	24-Aug-19	Coagulation of blood and blood grouping
	25-Aug-19	Sunday

	26-Aug-19	
7	27-Aug-19	Joints of skeleton-continued
	28-Aug-19	Digestive system-structure and functions of different parts of skeletal system.
	29-Aug-19	Digestive system-structure and functions of different parts of skeletal system-continued
	30-Aug-19	
	31-Aug-19	Study of cardiovascular system using charts and models
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	Digestion and absorption of food
	04-Sep-19	Functions of liver, pancreas and salivary glands
	05-Sep-19	Test
	06-Sep-19	
	07-Sep-19	Demonstration on determination of haemoglobin percent in blood
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	Functions of liver, pancreas and salivary glands
	11-Sep-19	Test
	12-Sep-19	Nervous system-structure and functions of brain
	13-Sep-19	
	14-Sep-19	Determination of haemoglobin percent in blood
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	Spinal cord and nerve cell
	18-Sep-19	Spinal cord and nerve cell-continued
	19-Sep-19	Reproductive system-structure of reproductive organs
	20-Sep-19	
	21-Sep-19	Study of reproductive system using charts and models
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Menstrual cycle, physiology of pregnancy, parturition
	25-Sep-19	Lactation and menopause
	26-Sep-19	Test
	27-Sep-19	
	28-Sep-19	Fresh mounting and staining of blood cells
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	Excretory system-structure of kidney
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Function of kidney, formation of urine
	04-Oct-19	
	05-Oct-19	Study of human skeleton using charts and models
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	Functions of skin, regulation of body temperature
	10-Oct-19	Maharaja Agrasen Jayanti

	11-Oct-19	
	12-Oct-19	Study of human skeleton and digestive system using charts and models
	13-Oct-19	Sunday
	14-Oct-19	
14	15-Oct-19	Respiratory system- structure of lungs, regulation of respiration
	16-Oct-19	
	17-Oct-19	KARVA CHAATH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	O ₂ and CO ₂ transport in blood
	06-Nov-19	Diagram practice –animal cell, heart
	07-Nov-19	
	08-Nov-19	
	09-Nov-19	Study of nervous system and excretory system using charts and models
	10-Nov-19	Sunday
	11-Nov-19	Diagram practice- brain, kidney
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Diagram practice – lungs,
	14-Nov-19	
	15-Nov-19	



Name of the Associate/Assistant Professor: Dr. Pragati Chitkara

Class and Section: BSc. Home Science -3rd Semester

Subject: Food Science -I

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Food science and its applications
	20-Jul-19	Food technology and future foods
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	
	24-Jul-19	Biofortification, nutraceuticals
	25-Jul-19	Introducing students to foods lab. Telling them about do's and don'ts of working in a lab.
	26-Jul-19	Organic foods and space foods
	27-Jul-19	Packaging of foods, biotechnology
	28-Jul-19	Sunday
	29-Jul-19	
3	30-Jul-19	
	31-Jul-19	ShaheedUdham Singh's Martyrdom Day
	01-Aug-19	Preparation of beverages, breakfast cereals
	02-Aug-19	Cereal and cereal products_ introduction
	03-Aug-19	Composition and nutritive value of wheat, rice
	04-Aug-19	Sunday
	05-Aug-19	
4	06-Aug-19	
	07-Aug-19	Milling ,processing and storage of cereals
	08-Aug-19	Preparation of pulavs
	09-Aug-19	Use of cereals in various preparations, study of corn
	10-Aug-19	Cereal cookery
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	
	14-Aug-19	Breakfast cereals
	15-Aug-19	Independence Day
	16-Aug-19	Pulses and legumes-nutritive value and processing
	17-Aug-19	Pulses and legumes-storage and toxic constituents
	18-Aug-19	Sunday
	19-Aug-19	
6	20-Aug-19	
	21-Aug-19	Pulse cookery, variety of pulses
	22-Aug-19	Preparation of parathas, fermented cereal preparations
	23-Aug-19	Janamashatmi
	24-Aug-19	Fats and oils-nutritional importance, types and composition
	25-Aug-19	Sunday

	26-Aug-19	
7	27-Aug-19	
	28-Aug-19	Fats and oils-processing, rancidity, smoking point,storage
	29-Aug-19	Pasta preparations, pohaupma
	30-Aug-19	Use of fats and oils in different preparations
	31-Aug-19	Specific nuts and oilseeds-their nutritive value
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	
	04-Sep-19	Milk and milk products- composition, nutritive value
	05-Sep-19	Pulse preparation
	06-Sep-19	Milk and milk products-effect of heat
	07-Sep-19	Milk and milk products-effect of acids
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	
	11-Sep-19	Milk and milk products-effect of enzymes
	12-Sep-19	Milk and milk product preparation –practical
	13-Sep-19	Milk and milk products-processing
	14-Sep-19	Milk and milk products-storage
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	
	18-Sep-19	Milk and milk products-use in different preparations
	19-Sep-19	Preparation of snacks, sandwiches
	20-Sep-19	Milk products
	21-Sep-19	Test
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	
	25-Sep-19	
	26-Sep-19	
	27-Sep-19	
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Preparation of deserts, chikki
	04-Oct-19	Sugar and related products- overview
	05-Oct-19	Sugar and related products-nutritive value, properties and related products
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	Stages in sugar cookery
	10-Oct-19	Maharaja AgrasenJayanti
	11-Oct-19	Artificial sweeteners

	12-Oct-19	Artificial sweeteners-continued
	13-Oct-19	Sunday
	14-Oct-19	
14	15-Oct-19	
	16-Oct-19	Artificial sweeteners-continued
	17-Oct-19	KARVA CHAUTH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	
	06-Nov-19	Revision
	07-Nov-19	Preparation of deserts, chikki, ice cream
	08-Nov-19	Revision
	09-Nov-19	Revision
	10-Nov-19	Sunday
	11-Nov-19	
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Revision
	14-Nov-19	Doubt clearance
	15-Nov-19	Doubt clearance



Name of the Associate/Assistant Professor: Dr. Pragati Chitkara

Class and Section: BSc. Home Science 5th Semester

Subject: Family Dynamics

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	
	20-Jul-19	
	21-Jul-19	Sunday
	22-Jul-19	Introduction to family dynamics
2	23-Jul-19	Marriage as an institution
	24-Jul-19	Need for marriage
	25-Jul-19	
	26-Jul-19	
	27-Jul-19	
	28-Jul-19	Sunday
	29-Jul-19	Goals of marriage
3	30-Jul-19	Criteria for successful marriage
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	
	02-Aug-19	
	03-Aug-19	
	04-Aug-19	Sunday
	05-Aug-19	Criteria for successful marriage- continued
4	06-Aug-19	Adjustments in marriage
	07-Aug-19	Adjustments in marriage-continued
	08-Aug-19	
	09-Aug-19	
	10-Aug-19	
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Intercaste marriage
	14-Aug-19	Inter religious marriage
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	
	18-Aug-19	Sunday
	19-Aug-19	Test
6	20-Aug-19	What is family: definitions and overall views
	21-Aug-19	Functions of family
	22-Aug-19	
	23-Aug-19	Janamashatmi
	24-Aug-19	
	25-Aug-19	Sunday
	26-Aug-19	Family life cycle pages

7	27-Aug-19	Changing trend in India due to westernization and modernization –family values
	28-Aug-19	Changing trend in India due to westernization and modernization –ideologies
	29-Aug-19	
	30-Aug-19	
	31-Aug-19	
	01-Sep-19	Sunday
	02-Sep-19	Changing trend in India due to westernization and modernization –family Structure
8	03-Sep-19	Changing trend in India due to westernization and modernization –social changes
	04-Sep-19	Factors affecting planned parenthood
	05-Sep-19	
	06-Sep-19	
	07-Sep-19	
	08-Sep-19	Sunday
	09-Sep-19	Factors affecting planned parenthood
9	10-Sep-19	Test
	11-Sep-19	Alternate family styles- introduction
	12-Sep-19	
	13-Sep-19	
	14-Sep-19	
	15-Sep-19	Sunday
	16-Sep-19	Single parent family
10	17-Sep-19	DINK families(double income no kid)
	18-Sep-19	Latch key children
	19-Sep-19	
	20-Sep-19	
	21-Sep-19	
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	Families with adopted children
	25-Sep-19	Test
	26-Sep-19	
	27-Sep-19	
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	Internal relationships within the family- introduction
12	01-Oct-19	Individual roles within the family
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	
	04-Oct-19	
	05-Oct-19	
	06-Oct-19	Sunday
	07-Oct-19	Rights of different family members within the family
13	08-Oct-19	Dussehra
	09-Oct-19	Responsibilities within the family

	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	
	12-Oct-19	
	13-Oct-19	Sunday
	14-Oct-19	Areas of adjustment within the families in different stages of family life Cycle- parents
14	15-Oct-19	Areas of adjustment within the families in different stages of family life cycle- children
	16-Oct-19	Areas of adjustment within the families in different stages of family life Cycle- siblings
	17-Oct-19	KARVA CHAATH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Crisis in a family- bereavement,divorce
	06-Nov-19	Crisis in a family- birth of a handicapped child, long illness
	07-Nov-19	Crisis in a family- birth of a handicapped child, long illness
	08-Nov-19	
	09-Nov-19	
	10-Nov-19	Sunday
	11-Nov-19	Test
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Doubts
	14-Nov-19	
	15-Nov-19	



Name of the Associate/Assistant Professor: Ms. Mandeep Kaur

Class and Section: B.Sc -Home Science -1st Semester

Subject: Applied Chemistry

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Preparation of solution (Normal/molar) of sodium hydroxide
	20-Jul-19	
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	
	24-Jul-19	
	25-Jul-19	
	26-Jul-19	Preparation of solution (Normal/molar) of sodium carbonate
	27-Jul-19	
	28-Jul-19	Sunday
	29-Jul-19	
3	30-Jul-19	
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	
	02-Aug-19	Preparation of solution (Normal/molar) of hydrochloric acid
	03-Aug-19	
	04-Aug-19	Sunday
4	05-Aug-19	
	06-Aug-19	
	07-Aug-19	
	08-Aug-19	
	09-Aug-19	Preparation of crystal of copper sulphate
	10-Aug-19	
	11-Aug-19	Sunday
12-Aug-19	ID UL JUHA	
5	13-Aug-19	
	14-Aug-19	
	15-Aug-19	Independence Day
	16-Aug-19	Preparation of Potash Alum
	17-Aug-19	
	18-Aug-19	Sunday
	19-Aug-19	
	20-Aug-19	
6	21-Aug-19	
	22-Aug-19	
	23-Aug-19	Janamashatmi
	24-Aug-19	
	25-Aug-19	Sunday

	26-Aug-19	
7	27-Aug-19	
	28-Aug-19	
	29-Aug-19	
	30-Aug-19	To determine the normality and strength of given sodium hydroxide solution by volumetric titrations using phenolphthalein as an indicator
	31-Aug-19	
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	
	04-Sep-19	
	05-Sep-19	
	06-Sep-19	To determine the normality of the given HCl solution by titrating it against standard sodium carbonate solution using methyl orange as an indicator.
	07-Sep-19	
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	
	11-Sep-19	
	12-Sep-19	
	13-Sep-19	Preparation of solution (Normal/molar) of sodium hydroxide
	14-Sep-19	
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	
	18-Sep-19	
	19-Sep-19	
	20-Sep-19	Preparation of solution (Normal/molar) of sodium carbonate
	21-Sep-19	
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	
	25-Sep-19	
	26-Sep-19	
	27-Sep-19	Preparation of solution (Normal/molar) of hydrochloric acid
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	
	04-Oct-19	Preparation of crystal of copper sulphate
	05-Oct-19	
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	
	10-Oct-19	Maharaja Agrasen Jayanti

	11-Oct-19	Preparation of Potash Alum
	12-Oct-19	
	13-Oct-19	Sunday
	14-Oct-19	
14	15-Oct-19	
	16-Oct-19	
	17-Oct-19	KARVA CHAUTH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	
	06-Nov-19	
	07-Nov-19	
	08-Nov-19	To determine the normality and strength of given sodium hydroxide solution by volumetric titrations using phenolphthalein as an indicator
	09-Nov-19	
	10-Nov-19	Sunday
	11-Nov-19	
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	
	14-Nov-19	
	15-Nov-19	To determine the normality of the given HCl solution by titrating it against standard sodium carbonate solution using methyl orange as an indicator.



Name of the Associate/Assistant Professor: Ms. Leeshu Dhawan

Class and Section: Bsc-Home Science

Subject: English

Note :- Teachers don't have their respective classes on the vacant days.

Week	Date	Topics
1	16-Jul-19	Orientation of the Students
	17-Jul-19	Orientation of the Students
	18-Jul-19	Introduction of the Syllabus
	19-Jul-19	Introduction of the poem let me not to the marriage of true minds
	20-Jul-19	Explanation of the poem
	21-Jul-19	Sunday
	22-Jul-19	
2	23-Jul-19	
	24-Jul-19	
	25-Jul-19	Explanation of the poem
	26-Jul-19	Discussion of short questions
	27-Jul-19	Discussion of long questions
	28-Jul-19	Sunday
	29-Jul-19	-
3	30-Jul-19	
	31-Jul-19	Shaheed Udham Singh's Martyrdom Day
	01-Aug-19	
	02-Aug-19	Introduction of sound system: phonetic symbols
	03-Aug-19	Practice of phonetic symbols
	04-Aug-19	Sunday
	05-Aug-19	Practice of phonetic symbols
4	06-Aug-19	
	07-Aug-19	
	08-Aug-19	
	09-Aug-19	Introduction of speech organs
	10-Aug-19	Types of speech organs
	11-Aug-19	Sunday
	12-Aug-19	ID UL JUHA
5	13-Aug-19	Practice of speech organs
	14-Aug-19	
	15-Aug-19	Independence Day
	16-Aug-19	
	17-Aug-19	
	18-Aug-19	Sunday
	19-Aug-19	Introduction of the poem Death be not proud
6	20-Aug-19	Explanation of the poem
	21-Aug-19	Explanation of the poem
	22-Aug-19	
	23-Aug-19	Janamashatmi
	24-Aug-19	

	25-Aug-19	Sunday
	26-Aug-19	
7	27-Aug-19	Discussion of short questions
	28-Aug-19	Discussion of long questions
	29-Aug-19	Test of poem -1
	30-Aug-19	
	31-Aug-19	
	01-Sep-19	Sunday
	02-Sep-19	
8	03-Sep-19	Transcription of words
	04-Sep-19	Transcription of words
	05-Sep-19	Sentence and its types
	06-Sep-19	
	07-Sep-19	
	08-Sep-19	Sunday
	09-Sep-19	
9	10-Sep-19	Practice of transcription and sentence
	11-Sep-19	Introduction of the poem On his blindness
	12-Sep-19	Explanation of the poem
	13-Sep-19	
	14-Sep-19	
	15-Sep-19	Sunday
	16-Sep-19	
10	17-Sep-19	Explanation of the poem
	18-Sep-19	Discussion of short questions
	19-Sep-19	Discussion of long questions
	20-Sep-19	
	21-Sep-19	
	22-Sep-19	Sunday
	23-Sep-19	SHAHEEDI DIWAS
11	24-Sep-19	
	25-Sep-19	Practice of parts of speech
	26-Sep-19	Practice of parts of speech
	27-Sep-19	Practice of parts of speech
	28-Sep-19	
	29-Sep-19	Sunday
	30-Sep-19	
12	01-Oct-19	
	02-Oct-19	Mahatama Gandhi Jayanti
	03-Oct-19	Introduction of the poem Shadwell
	04-Oct-19	Explanation of the poem
	05-Oct-19	Explanation of the poem
	06-Oct-19	Sunday
	07-Oct-19	
13	08-Oct-19	Dussehra
	09-Oct-19	

	10-Oct-19	Maharaja Agrasen Jayanti
	11-Oct-19	
	12-Oct-19	Discussion of short and long questions
	13-Oct-19	Sunday
	14-Oct-19	Introduction of poem know than thyself
14	15-Oct-19	Explanation of the poem
	16-Oct-19	
	17-Oct-19	KARVA CHAATH
	18-Oct-19	MOCK TEST
	19-Oct-19	MOCK TEST
	20-Oct-19	Sunday
	21-Oct-19	ASSEMBLY ELECTION
15	22-Oct-19	MOCK TEST
	23-Oct-19	MOCK TEST
	24-Oct-19	DIWALI BREAK
	25-Oct-19	
	26-Oct-19	
	27-Oct-19	
	28-Oct-19	
16	29-Oct-19	
	30-Oct-19	
	31-Oct-19	MOCK TEST
	01-Nov-19	Haryana Day
	02-Nov-19	MOCK TEST
	03-Nov-19	Sunday
	04-Nov-19	MOCK TEST
17	05-Nov-19	Practice of common error
	06-Nov-19	Practice of common error
	07-Nov-19	Practice of Technical writing-Application writing
	08-Nov-19	
	09-Nov-19	
	10-Nov-19	Sunday
	11-Nov-19	
	12-Nov-19	GURU NANAK BIRTHDAY
18	13-Nov-19	Practice of business writing
	14-Nov-19	Doubts and Revision
	15-Nov-19	Doubts and Revision

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Name of the Associate/Assistant Professor: Ms. Kamalpreet Verma	
Class: B.Sc- Home Science -2nd Semester	
Subject: Introduction to Textiles	
Lesson Plan : 17 Weeks (From Jan 2020 To Apr 2020)	
Note:-Teachers don't have their respective classes on vacant days.	
Jan1	Introduction of Syllabus
Jan2	Guru Govind Singh Jayanti
Jan3	Design-Definition ,Components of design
Jan4	Structural designs through variations in yarns
Jan5	Sunday
Jan6	Manufacture of cotton fabrics, properties & importance to consumer
Jan7	Manufacture of linen fabrics ,different varieties and properties of linen
Jan8	Manufacture of different varieties of wool fibres& importance to consumers
Jan 9	Manufacture of different varieties of silk and their properties & importance to consumers
Jan10	Practical – Identification of cotton ,linen ,wool &silk
Jan11	
Jan12	Sunday
Jan13	Manufacture of different varieties of silk and their properties & importance to consumers
Jan 14	Manufacture of different varieties of silk and their properties & importance to consumers
Jan15	Revision of all natural fibres
Jan16	Meaning and varieties of man-made fibres
Jan17	Practical- Burning test of cotton ,linen ,wool silk
Jan18	
Jan19	Sunday
Jan20	Theory of Rayon fibres ,its types
Jan 21	Manufacture of Rayon fibres
Jan22	Properties and different types of Rayon
Jan23	Comparison of all types of Rayons and imp to consumers
Jan24	Practical- Burning test of cotton ,linen ,wool silk
Jan25	
Jan26	Holiday(Republic Day) Sunday
Jan27	Manufacture of polyester fibres& their properties& importance
Jan28	Manufacture of polyamide fibres& their importance
Jan29	Basant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	
Feb 1	
Feb 2	Sunday
Feb 3	Manufacture of acrylic fabrics, properties & Importance
Feb4	Comparison of all the manmade & synthetic fibres
Feb 5	Revision of all the man-made & synthetic fibres
Feb 6	The test of all the chapters covered
Feb 7	Practical : Identification of fibers continued
Feb 8	
Feb 9	Guru Ravidas jayanti Sunday
Feb 10	Test of all the man-made & synthetic fibres
Feb 11	Basic principles of yarn making

Feb 12	Properties of yarn, yarn twist , types of twists
Feb 13	Yarn numbering – different system
Feb 14	Practical : Identification of natural, man-made & synthetic fibres
Feb 15	
Feb 16	Sunday
Feb 17	Complex yarns – manufacture & importance
Feb 18	Holiday Maharishi DayanandSaraswatiJayanti
Feb 19	Novelty yarns – manufacture & importance
Feb 20	Comparative study of simple, novelty, complex yarns
Feb 21	Mahashivratri
Feb 22	- -----
Feb 23	Sunday
Feb 24	Revision of whole chapters on yarns
Feb 25	What is blending? Importance of blending
Feb 26	Test of chapter of yarns
Feb 27	Detailed study of various blends & their properties
Feb 28	Practical – Identification of weaves – simple weaves
Feb 29	-
Mar 1	Sunday
Mar 2	Detailed study of various blends continued
Mar 3	Importance of proper proportion in blending, their properties
Mar 4	Comparison of various blends & their importance to consumer
Mar 5	Revision & discussion of all the blends
Mar 6	Practical- Graphic representation of weaves
Mar 7	-
Mar 8	
Mar 9	
Mar 10	
Mar 11	
Mar 12	HOLI BREAK
Mar 13	
Mar 14	
Mar 15	
Mar 16	Various methods of fabric construction
Mar 17	Weaving – various types of looms
Mar 18	Parts of looms
Mar 19	Working of loom
Mar 20	Practical- Identification of fancy weaves , their graphic representation
Mar 21	
Mar 22	Sunday
Mar 23	Holiday (ShaheediDiwas)
Mar 24	Detailed study of all the basic weaves
Mar 25	Fancy weaves & their variation
Mar 26	Twill, satin, sateen weave
Mar 27	Identification of waves and continued.....
Mar 28	-----
Mar 29	Sunday
Mar 30	Pile weave, cut & uncut pile
Mar 31	Study of Dobby and Jaquard weave
Apr 1	Study of Leno; swivel and lappet weave
Apr 2	Discussion of all weaves and their importance
Apr 3	Introduction to knitting following knitting instructions

Apr 4	-----
Apr 5	sunday
Apr6	Mahaveerjayanti
Apr7	
Apr 8	Comparison of various weaves and their advantages
Apr 9	The test of all chapters on blends and waves
Apr10	Introduction to knitting technology
Apr11	
Apr12	Sunday
Apr13	Holiday (Vaisakhi)
Apr14	Holiday (Dr. B. R. Ambedkar's Jayanti)
Apr15	Types of knits
Apr16	Detailed study of warp knitting
Apr17	Practical knitting samples
Apr18	
Apr19	Sunday
Apr20	Detailed study of weft knitting
Apr21	Comparison, advantages and disadvantages of various types of knits
Apr22	The Braiding, felting and bonding
Apr23	Importance, advantages and disadvantages of all the types of felting and bonding
Apr24	Practical learning thread count....
Apr25	Holiday(Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	Revision of all chapters
Apr28	Revision of all chapters
Apr29	Revision of all chapters
Apr30	Revision of all chapters

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Name of the Associate/Assistant Professor: Ms. Kamalpreet Verma
Class: B.Sc Home Science -4th Semester
Subject: Garment Construction and Apparel Science
Lesson Plan : 17 Weeks (From Jan 2020 To Apr 2020)
Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction of Syllabus
Jan2	Guru Govind Singh Jayanti
Jan3	Selection of garments for infants
Jan4	Selection of garments for toddlers
Jan5	Sunday
Jan6	
Jan7	Practical-Drafting of child's bodice block
Jan8	Selection of garments for pre-school and school going children
Jan 9	Selection of garments for teenagers
Jan10	Selection of garments for adults
Jan11	Selection of garments for people of old age
Jan12	Sunday
Jan13	
Jan 14	Practical- Drafting of sleeves-simple & puff sleeves
Jan15	Discussion, oral test & solving the problems of students
Jan16	Selection of household linen
Jan17	Continued
Jan18	Continued
Jan19	Sunday
Jan20	-----
Jan 21	Drafting of baby collar/ Peter pan collar
Jan22	Different types of curtains and draperies
Jan23	Selection of various types of curtains
Jan24	Selection of various types of draperies
Jan25	Selection of various types of towels
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	Practical- Adaption of child's bodice block to "A line frock"
Jan29	Basant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Test of all the topics covered
Feb 1	Renovation of clothes- meaning, importance
Feb 2	Sunday
Feb 3	-----
Feb4	Practical- Adaption of child's bodice block to "A line frock"

Feb 5	Renovation of clothes- a detailed study
Feb 6	Renovation of clothes with diagrams, continued
Feb 7	Meaning & importance of mending
Feb 8	Different types of mends
Feb 9	Guru Ravidasjayanti Sunday
Feb 10	-----
Feb 11	Practical-Stitching of child's frock
Feb 12	Mending in detail on various types of fabrics
Feb 13	An introduction to garment construction technique
Feb 14	Drafting-meaning, importance
Feb 15	How to do drafting-in detail
Feb 16	Sunday
Feb 17	-
Feb 18	Holiday Maharishi DayanandSaraswatiJayanti
Feb 19	Test of chapters covered
Feb 20	Survey of Anthropometric measurements of six children in the age group of 2-3 yrs
Feb 21	Mahashivratri
Feb 22	An introduction to paper patterns, their importance
Feb 23	Sunday
Feb 24	-----
Feb 25	Practical –Drafting of salwar
Feb 26	What are commercial paper patterns?
Feb 27	How to make paper patterns in detail
Feb 28	What is draping method
Feb 29	Draping method continued.....
Mar 1	Sunday
Mar 2	-----
Mar 3	Practical- Stitching of salwar
Mar 4	Comparing and importance of all the techniques
Mar 5	Revision and solving of problems of students
Mar 6	Test- Drafting, Paper pattern & draping
Mar 7	Meaning of fitting, Recognising correct fit
Mar 8	HOLI BREAK
Mar 9	
Mar 10	
Mar 11	
Mar 12	
Mar 13	
Mar 14	
Mar 15	
Mar 16	-----
Mar 17	Practical- Drafting of Kameez
Mar 18	Factors leading to good fit
Mar 19	How to evaluate a good fit
Mar 20	Common problems encountered and remedies for fitting defects
Mar 21	Continued.....
Mar 22	Sunday
Mar 23	Holiday (ShaheediDiwas)
Mar 24	-----
Mar 25	Practical- Stitching of Kameez
Mar 26	Common problems encountered and remedies for fitting defects

Mar 27	What is fashion- Definition/meaning
Mar 28	Various terms used to describe different fashion trends
Mar 29	Sunday
Mar 30	- -----
Mar 31	Practical- Stitching of Kameez
Apr 1	Sources of fashion
Apr 2	Factors favouring and retarding fashions
Apr 3	Fashion cycles
Apr 4	Fashion cycles.. continued
Apr 5	Sunday
Apr6	Mahaveerjayanti
Apr7	Practical- Stitching of petticoat
Apr 8	Buying criteria for readymade garments
Apr 9	Evaluating good workmanship of readymade garments
Apr10	Continued.....
Apr11	Continued.....
Apr12	Sunday
Apr13	Holiday (Vaisakhi)
Apr14	Holiday (Dr. B. R. Ambedkar'sJayanti)
Apr15	Comparing self stitched and tailor made
Apr16	Comparing tailor made and ready made garments
Apr17	Comparing self stitched and ready made garments
Apr18	Revision + Oral Test
Apr19	Sunday
Apr20	-----
Apr21	Practical- Stitching of petticoat
Apr22	Revision & problems of students to be solved
Apr23	Revision
Apr24	Revision
Apr25	Holiday(Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	
Apr28	Speed Test for practical exam
Apr29	Revision of all chapters
Apr30	Revision of all chapters



Name of the Assistant/Associate Professor: Ms. KamalPreet Verma

Class and Section: B.Sc (Home-Science)-6th Semester

Subject: Women Empowerment

Lesson Plan : 17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	
Jan2	Guru Govind Singh Jayanti
Jan3	Introduction to the course/syllabus
Jan4	Legal status of Indian Women Pre-Post independence
Jan5	Sunday
Jan6	
Jan7	
Jan8	
Jan 9	Social status of Indian women Pre and Post independence
Jan10	Social status of Indian women Pre and Post independence
Jan11	Social status of Indian women Pre and Post independence
Jan12	Sunday
Jan13	
Jan 14	
Jan15	
Jan16	Economic status of Indian women Pre and Post independence
Jan17	Political status of Indian women Pre and Post independence
Jan18	Political status of Indian women Pre and Post independence
Jan19	Sunday
Jan20	
Jan 21	
Jan22	
Jan23	Education status of Indian women Pre and Post independence
Jan24	Discussion and questions taken up by students
Jan25	Test of the above chapter
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Contemporary problems & issues related to women
Feb1	Families with marital disharmony, reasons, problems
Feb2	Sunday
Feb3	
Feb 4	
Feb5	
Feb6	Families with marital disharmony, reasons, problems faced by children and family members
Feb7	Violence against women
Feb8	Violence and abuse faced by women in homes
Feb9	Guru Ravidas jayanti Sunday
Feb10	

Feb 11	
Feb12	
Feb 13	Discussion of all the chapters
Feb14	Test of all the chapters covered so far
Feb15	Dowry victimization of women, causes
Feb16	Sunday
Feb 17	
Feb 18	Holiday Maharishi Dayanand SaraswatiJayanti
Feb19	
Feb20	Dowry victimization of women, remedies
Feb 21	Mahashivratri
Feb22	Survey of domestic violence and dowry abuse in localities where students reside
Feb23	Sunday
Feb 24	
Feb 25	
Feb 26	
Feb 27	Detailed discussion with students on domestic violence
Feb 28	Sexual discrimination against women in society
Feb 29	Sexual discrimination and exploitation of Indian women
Mar 1	Sunday
Mar 2	
Mar 3	
Mar 4	
Mar 5	Empowerment of women-Introduction
Mar 6	Mass media and women empowerment
Mar 7	Role of media in showing women as stereotypes
Mar8	
Mar 9	Holi Break
Mar 10	
Mar 12	
Mar 13	
Mar 14	
Mar15	
Mar16	
Mar 17	
Mar 18	
Mar 19	Test of chapter-domestic violence, dowry & sexual discrimination
Mar 20	Education and empowerment of women
Mar21	Employment and empowerment of women
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar 24	
Mar 25	
Mar 26	Home Science education as empowerment
Mar 27	Role of Home Science education for personal growth
Mar28	Role of Home Science education for personal growth
Mar29	Sunday
Mar30	
Mar 31	
Apr 1	
Apr 2	Role of Home Science education for Professional growth
Apr 3	Role of Home Science education for Professional development

Apr 4	Discussion of all topics of Home Science education
Apr 5	Sunday
Apr6	Mahaveerjayanti
Apr7	
Apr 8	
Apr 9	Test on the Topic-Empowerment of women by Home Science education
Apr10	Trends in women's movement in reference to India
Apr 11	Trends in women's movement in reference to India
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr 15	
Apr16	Trends in women's movement in reference to India
Apr17	Trends in women's movement in reference to India
Apr 18	Social welfare programmes and their impact
Apr19	Sunday
Apr20	
Apr21	
Apr 22	
Apr 23	Social welfare Programmes
Apr 24	Social welfare Programmes
Apr 25	Holiday (Lord PrashuramJayanti)
Apr 26	Sunday
Apr 27	
Apr 28	
Apr 29	
Apr 30	Revision of all chapters

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Name of the Associate/Assistant Professor: Ms. Kamalpreet Verma
Class: B.Sc -Home Science -6th Semester
Subject: Apparel Designing
Lesson Plan : 17 Weeks (From Jan 2020 To Apr 2020)
Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction of Syllabus
Jan2	Guru Govind Singh Jayanti
Jan3	Design-Definition ,Components of design
Jan4	Structural designs through variations in yarns
Jan5	Sunday
Jan6	Practical – Preparing colour wheel and chart of Tints & shades
Jan7	
Jan8	Structural designs through variations in weaves
Jan 9	Collecting samples of novelty yarns and fancy weaves
Jan10	Test of above topics
Jan11	Discussion of all topics and questions of test
Jan12	Sunday
Jan13	Practical- Colour harmonies & colour schemes
Jan 14	
Jan15	Definition of Applied design- Introduction to applied designs
Jan16	Applied designs in fabrics through dyeing.
Jan17	Applied designs in fabrics through printing.
Jan18	Applied designs through embroidery
Jan19	Sunday
Jan20	Collecting samples of novelty yarns and fancy weaves
Jan 21	
Jan22	Discussion and revision of chapters covered
Jan23	Line form & shape analysis
Jan24	Appropriate use of line and form in apparel designing
Jan25	Test of the chapters covered so far
Jan26	Holiday(Republic Day) Sunday
Jan27	Practical : Line and Form - Different types of Lines
Jan28	
Jan29	Vasantpanchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Texture-Definition, analysis
Feb 1	Texture in relation to size & figure
Feb 2	Sunday
Feb 3	Practical: Floral designs / Natural designs
Feb4	-----
Feb 5	Texture in relation to occasion and season
Feb 6	Revision of line & texture
Feb 7	Colour-Its dimensions
Feb 8	Colour in relation to season, occasion, size, figure and occasion
Feb 9	Guru Ravidasjayanti Sunday
Feb 10	Practical- Geometric designs/ Abstract designs
Feb 11	
Feb 12	Revision of chapter covered so far
Feb 13	Principles of design- Introduction

Feb 14	Principles of design- Balance & harmony
Feb 15	Principles of Design – Proportion
Feb 16	Sunday
Feb 17	Development and placing of motif
Feb 18	Holiday Maharishi DayanandSaraswatiJayanti
Feb 19	Principles of design- Introduction Rhythm & Emphasis
Feb 20	Principles of design- Continued in detail
Feb 21	Mahashivratri
Feb 22	Test on the chapters covered
Feb 23	Sunday
Feb 24	Make an assignment showing various types of hand embroideries
Feb 25	
Feb 26	Figure types-Introduction
Feb 27	Average types of figures for which ready to wear garments are made
Feb 28	Designing clothes for average figure types using various principles of design
Feb 29	Designing clothes for average figure types using principles of design
Mar 1	Sunday
Mar 2	Motif enlarging & reducing
Mar 3	
Mar 4	Designing clothes for tall and stout figures
Mar 5	Designing clothes for tall and slim figures
Mar 6	Designing clothes for short and stout figures
Mar 7	Designing clothes for short and thin figures
Mar8	HOLI BREAK
Mar 9	
Mar 10	
Mar 11	
Mar 12	
Mar 13	
Mar 14	
Mar15	
Mar 16	Placement of motifs
Mar 17	
Mar18	Figure illustrations and revision with diagrams
Mar 19	How to design clothes for figures with variations
Mar 20	Designing clothes for figures with large hips
Mar 21	Designing clothes for figures with large busts
Mar 22	Sunday
Mar 23	Holiday (ShaheediDiwas)
Mar 24	- --
Mar 25	Designing clothes for figures with large upper arm
Mar 26	Designing clothes for figure with prominent abdomen
Mar 27	Using elements of design to camouflage figure defects
Mar 28	How to enhance your designing skills
Mar 29	Sunday
Mar 30	Start designing one house hold article
Mar 31	-
Apr 1	Revision and discussion of the chapter designing for begin types
Apr 2	Test- Designing for average figure and figures with variations
Apr 3	Discussion and queries of the test questions
Apr 4	Introduction to Computer Aided designing
Apr 5	sunday

Apr6	Mahaveerjayanti
Apr7	-
Apr 8	Elementary computer aided designing
Apr 9	Elementary computer aided designing
Apr10	Elementary computer aided designing
Apr11	Elementary computer aided designing
Apr12	Sunday
Apr13	Holiday (Vaisakhi)
Apr14	Holiday (Dr. B. R. Ambedkar's Jayanti)
Apr15	Elementary computer aided designing
Apr16	Elementary computer aided designing
Apr17	Use of Computers in Apparel construction
Apr18	Use of Computers in Apparel construction
Apr19	Sunday
Apr20	Practical- Preparing one article of 'Apparel'
Apr21	
Apr22	Computers in Apparel construction
Apr23	Computers in Apparel construction
Apr24	Computers in Apparel construction
Apr25	Holiday(Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	Finishing of article for 'Apparel' and Household article
Apr28	
Apr29	Revision of all chapters
Apr30	Revision of all chapters

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

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

Subject Lesson Plan: 17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction of the syllabus
Jan2	Guru Govind Singh Jayanti
Jan3	
Jan4	
Jan5	Sunday
Jan6	Growth & development
Jan7	Factor affecting Development Nature , Maturation
Jan8	Practical –Technologies to study children
Jan9	Factor affecting Development
Jan10	
Jan11	
Jan12	Sunday
Jan13	Various Principles of development
Jan 14	Principles of development
Jan15	Practical -Development Assessment of infants+preschools
Jan16	Principles of development
Jan17	
Jan18	
Jan19	Sunday
Jan20	Assignment-discuss the role of heredity and environment on development
Jan 21	Test of unit-1
Jan22	Practical – Collection Of Rhymes For 2 to 6 years School record in file(hindi+eng)
Jan23	Unit2 Various Stages Of Development
Jan24	Stages Of Parental Development
Jan25	Various Factor Affecting Parental Development
Jan26	Holiday(Republic Day) Sunday
Jan27	Various Factor Affecting Parental Development
Jan28	Various Factor Affecting Parental Development
Jan 29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	
Feb1	
Feb2	Sunday
Feb3	Test of unit 2
Feb4	Unit iii Neonates –Physical Characteristics , Neonates –Sensory Capacities
Feb5	Practical- Preparation of Preschool Activities
Feb6	Neonates – Sensory Capacities Contd..., Reflexes Of A Newborn
Feb7	
Feb8	
Feb9	Guru Ravidas jayanti Sunday
Feb10	Infancy – Development Tasks , Physical Development
Feb11	Infancy – Social , Motor Development

Feb12	Practical- Preparation of Preschool Activities
Feb13	Infancy – Emotional And Cognitive Development
Feb14	
Feb15	
Feb16	Sunday
Feb17	Factors Affecting Development In Infancy
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Practical-writing story for pre school
Feb20	Unit iv- Early Childhood –Development task
Feb21	Mahashivratri
Feb22	
Feb23	Sunday
Feb24	Early Childhood -Physical & Motor Development
Feb25	Early Childhood – Social And Emotional Development
Feb26	Practical- Observing Emotional And Motor Development In Early Childhood
Feb27	Early Childhood – Cognitive & Language Development
Feb28	
Feb29	
Mar1	Sunday
Mar2	Revision Of Unit IV Done So far
Mar3	Preschool Orientation & Significance
Mar4	Preschool Orientation & Significance Cont...
Mar5	Importance of play for Preschoolers
Mar6	Practical- Observing Social Parent Child And Child – Child Interaction
Mar7	
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	Factor Affecting Development In Early childhood
Mar18	Practical-observing(Age Group 2-6 Yr Early Childhood)
Mar19	Discussing the observation and drawing inference infancy
Mar20	
Mar21	
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Revision Of Unit I
Mar25	Practical-observation of early childhood
Mar26	Revision of unit -1
Mar27	
Mar28	
Mar29	Sunday

Mar30	Revision Of Unit II
Mar31	Revision Of Unit II
Apr1	Practical-observation of early childhood
Apr2	Test of unit 1 and 2
Apr3	
Apr4	
Apr5	Sunday
Apr6	
Apr7	Revision Unit-II
Apr8	Practical-observation of early childhood
Apr9	
Apr10	
Apr11	
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	Practical : Constructing a Game For 5-6 yearold Child
Apr16	Test of Unit-III
Apr17	
Apr18	
Apr19	Sunday
Apr20	Revision of Unit-IV
Apr21	Revision of Unit-IV
Apr22	Practical : Discussing practical viva
Apr23	Test Unit-IV
Apr24	
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	Discussing Previous year question papers
Apr28	Discussing Previous year question papers
Apr29	Practical - Checking Files
Apr30	Discussing Previous year question papers



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

Class And Section: B.Sc-Home Science -4th Semester

Subject : Human Development -III

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Unit -I Young Adulthood (19-40 years)
Jan2	Guru Govind Singh jayanti
Jan3	Responsibilities & Adjustments at Home (to be cont'd....)
Jan4	Responsibilities & Adjustments at Home (to be cont'd....)
Jan5	Sunday
Jan6	
Jan7	
Jan8	Responsibilities & Adjustments at Home (to be cont'd....)
Jan9	Responsibilities & Adjustments at Home (to be cont'd....)
Jan10	Significance of the period
Jan11	
Jan12	Sunday
Jan13	
Jan14	
Jan15	Assignment : Enlist Various Responsibilities & Adjustment during 19-25 yrs & 25-40 yrs at Home & at Workplace.
Jan16	Young Adulthood-Sex Role Issues & Implications for Young Adults
Jan17	-----do -----
Jan18	
Jan19	Sunday
Jan20	
Jan21	
Jan22	Revision and Test
Jan23	Test of unit -1
Jan24	Middle Adulthood (41-60 yrs)- Definition, Physical Changes
Jan25	
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Health Issues During 41-60 yrs
Feb1	
Feb2	Sunday
Feb3	
Feb4	
Feb5	Health Issues During 41-60 yrs Contd...
Feb6	Stresses During Middle age
Feb7	Stresses During Middle age Contd...
Feb8	
Feb9	Guru Ravidas jayanti Sunday

Feb10	
Feb11	
Feb12	Coping with Stress at Family & Workplace
Feb13	Coping with Stress at Family & Workplace
Feb14	Test of Unit-II done till now
Feb15	
Feb16	Sunday
Feb17	
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Occupation & Job Satisfaction
Feb20	Occupation & Job Satisfaction Contd..
Feb21	Maha shivratri
Feb22	
Feb23	Sunday
Feb24	
Feb25	
Feb26	Preparation for Retirement during 41-60 yrs
Feb27	Unit III- Late Adulthood & Aging- Development Task
Feb28	Common Interests in Old Age
Feb29	
Mar1	Sunday
Mar2	
Mar3	
Mar4	Adjustment to Family Life in Old Age
Mar5	Adjustment to Family Life in Old Age Cont'd
Mar6	Health Problems in Old Age Oral Test of this Unit done till now
Mar7	
Mar8	Holi Break
Mar9	
Mar10	
Mar11	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	
Mar18	Psychological Cognitive & memory Changes in Old Age Changes
Mar19do.....
Mar20	Unit IV- Effects of retirement on self & family
Mar21	
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	
Mar25	Effects of retirement on Society, Identity & friendship
Mar26	-----do-----
Mar27	-----do-----

Mar28	-----
Mar29	Sunday
Mar30	
Mar31	
Apr1	Problem of Old Age
Apr2	Problem of Old Age Contd..
Apr3	----do-----
Apr4	
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	-----
Apr8	Various Coping Strategies for dealing with problems of old age
Apr9	Various Coping Strategies for dealing with problems of old age contd..
Apr10	Various Coping Strategies for dealing with problems of old age contd..
Apr11	
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	Test ofUnit-III
Apr16	Revision ofUnit-I
Apr17	Revision ofUnit-II
Apr18	
Apr19	Sunday
Apr20	
Apr21	
Apr22	Revision of Unit-IV
Apr23	Test of Unit-IV
Apr24	Discussing previous year question papers
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	
Apr28	
Apr29	Taking problems of students
Apr30	Discussing short question/Answers



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

Class and Section: B.Sc -Home Science - 4th Semester

Subject : Community Development and Communication

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Unit -1 Communication -meaning , importance of communication
Jan2	Guru Govind Singh Jayanti
Jan3	Elements of Communication
Jan4	Practical - Preparation of chart
Jan5	Sunday
Jan6	Problems of communication with reference to index
Jan7	
Jan8	Models of communication
Jan9	Types of communication
Jan10	Types of communication
Jan11	Practical
Jan12	Sunday
Jan13	Test of Unit-I
Jan14	
Jan15	Assignment : Discuss problem of communication with special reference to index?
Jan16	Unit –II Classification of teaching method according to form and Use
Jan17	-----do -----
Jan18	Practical – Prepare of chart
Jan19	Sunday
Jan20	Classification of teaching method cont....
Jan21	
Jan22	Scope , advantage and limitations of different extension methods
Jan23	Advantage and limitations of different teaching methods
Jan24-do.....
Jan25	Practical : Preparation of poster
Jan26	Holiday(Republic Day) Sunday
Jan27	Teaching Method Contd.
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Revision of Unit –II
Feb1	Practical – preparation of leaflet
Feb2	Sunday
Feb3	Test of Unit-II
Feb4	
Feb5	Unit-III Meaning of Panchayti Raj System
Feb6	Functions of Panchayti Raj system
Feb7	Organization set up
Feb8	Practical : Preparation of folders
Feb9	Guru Ravidas jayanti Sunday

Feb10	Principles of democratic decentralization
Feb11	
Feb12	Principles of democratic decentralization
Feb13	Principles of democratic decentralization
Feb14	Revision Unit –III
Feb15	Practical : Preparation of mobile on a particular topic
Feb16	Sunday
Feb17	Test Unit-III
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Unit –Iv Classification of AV Aids
Feb20	Different Aids - Their scope , advantages and limitation
Feb21	Maha shivratri
Feb22	Preparation of flash cards & usage for education of rural women on a particular theme
Feb23	Sunday
Feb24	Advantages and limitation of different teaching aids
Feb25	
Feb26	Factors limiting the selection and use of AV aids
Feb27	----- do-----
Feb28	Use of Radio Talks
Feb29	Preparation of puppet as a media of communication. Each student will be given different character to prepare.
Mar1	Sunday
Mar2	Television
Mar3	
Mar4	Personal Talk , Conference
Mar5	Campaigns , Village Fair
Mar6	Preparation of projected aid –transparency
Mar7	
Mar8	
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	Test of Unit- IV
Mar17	
Mar18	Revision of Unit –I
Mar19	Oral of Unit –I
Mar20	Written Test of Unit –I
Mar21	Practical : Making Power point Presentation
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	-----
Mar25	Revision of Unit –II
Mar26	Oral Test of Unit –II
Mar27	Written test of unit –II

Holi Break

Mar28	Practical – making power point presentation
Mar29	Sunday
Mar30	Revision Unit –III
Mar31	
Apr1	Oral Test of Unit –II
Apr2	Written test of unit –II
Apr3	Revision Unit –IV
Apr4	Practical - Writing a script for a radio talk for rural people on a particular topic
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	
Apr8	Oral Test of Unit –IV
Apr9	Written test of unit –IV
Apr10	Discussing previous year questions paper
Apr11	Practical – Delivering radio talk searching methodology
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	Discussing old questions paper
Apr16	Discussing short answer questions
Apr17	Revision of Unit-II
Apr18	Practical : writing a script for a radio talk on swatch Bharat
Apr19	Sunday
Apr20	Correcting files
Apr21	
Apr22	Discussing viva question
Apr23	Practical revision class
Apr24	Writing problem of students
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	Discussing short answer whole syllabus
Apr28	
Apr29	Revision whole syllabus
Apr30do.....



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

Class and Section: B.Sc-Home Science- 6th Semester

Subject: Therapeutic Nutrition

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	
Jan2	Guru Govind Singh Jayanti
Jan3	Introduction to Therapeutic Nutrition
Jan4	Practical-Discussing full Diet, soft Diet, fluid diet with examples
Jan5	Sunday
Jan6	Unit-1-Principles of diet therapy
Jan7	Modification of normal diet to suit therapeutic conditions
Jan8	
Jan9	Modification of normal diet to suit therapeutic conditions
Jan10	Test of Unit-1 covered so far
Jan11	Practical-Discussing high fibre, low fibre foods
Jan12	Sunday
Jan13	Who is Dietician?
Jan 14	Role of Dietician
Jan15	
Jan16	Test on role of dietician
Jan17	Unit-2-Introduction to GI liaet disorders
Jan18	Practical-causes types & nutritionally
Jan19	Sunday
Jan20	Causes and types of constipation
Jan 21	Nutritional management in constipation
Jan22	
Jan23	Planning a diet for a patient suffering from constipation
Jan24	Assignment-Dietician, types and role of dietician
Jan25	Practical-Preparation and evaluation of diet of diarrhea patient
Jan 26	Holiday(Republic Day) Sunday
Jan27	Fever-causes and types
Jan28	Nutritional management in typhoid
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Nutritional management in T.B
Feb1	Practical-Prepration and evaluation of diet of a patient of constipation
Feb2	Sunday
Feb3	Planning a diet for patient of Typhoid
Feb 4	Unit-3 Weight management-Overweight & obesity
Feb5	
Feb6	Obesity –causes, etiology and nutritional management
Feb7	Underweight-causes, etiology and dietary management
Feb8	Practical-Preparation and evaluation of diet of a typhoid patient
Feb9	Guru Ravidas Jayanti Sunday
Feb10	Planning a diet for an obese person

Feb11	Test of all done so far
Feb12	
Feb13	Diabetes mellitus-types& causes
Feb14	Diabetes-Nutritional management
Feb15	Practical- Preparation and evaluation of diet of an obese
Feb16	Sunday
Feb17	Nutritional management in diabetes
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	
Feb20	Planning a diet for a diabetic
Feb21	Maha shivratri
Feb22	Practical- Planning a diet for a diabetic patient
Feb23	Sunday
Feb24	Unit-4-Hypertension-Types and causes
Feb25	Nutritional management in Hypertension
Feb26	
Feb27	Nutritional management in Hypertension
Feb28	Kidney disorder-types
Feb29	Practical- Preparation and evaluation of diet of an diabetic patient
Mar1	Sunday
Mar2	Causes of Kidney disorder
Mar3	Nutritional management in chronic kidney failure
Mar4	
Mar5	Nutritional management in chronic kidney failure
Mar6	Planning a diet for a hypertensive patient
Mar7	Practical- Preparation and evaluation of diet for a hypertensive patient
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	Revision of Unit-1
Mar18	
Mar19	Revision of Unit-2
Mar20	Revision of Unit-2
Mar21	Practical-Revision Practical of an obese person
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Revision of Unit-2
Mar25	
Mar26	Revision of Unit-2
Mar27	Revision of Unit-2
Mar28	Practical-Revision of Planning ,preparation and evaluation of the diet- GI disorder
Mar29	Sunday

Mar30	Revision of Unit-3
Mar31	Revision of Unit-3
Apr1	
Apr2	Revision of Unit-3
Apr3	Revision of Unit-3
Apr4	Practical-Revision-Planning preparation and evaluation of the diet of weight management
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Revision of Unit-4
Apr8	
Apr9	Revision of Unit-4
Apr10	Revision of Unit-4
Apr 11	Practical-Revision Planning, Preparation and evaluation of diet of Typhoid
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr 15	
Apr16	Discussing objective questions of unit-1 & unit-2
Apr17	Discussing objective questions of unit-3 &unit-4
Apr18	Practical-Revision Planning, Preparation and evaluation of diet of Hypertensive/ Diabetic patient
Apr19	Sunday
Apr20	Discussing viva questions
Apr21	Mock test-Practical
Apr 22	
Apr 23	Inviting problems for students
Apr 24	Solving problems of students
Apr25	Holiday (LordPrashuramJayanti)
Apr 26	Sunday
Apr27	Discussing old question paper
Apr28	Discussing old question paper
Apr29	
Apr30	Discussing old question paper



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

Class and Section: B.Sc-Home Science-6th Semester

Subject: Nutritional Biochemistry-II

Lesson Plan: 17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Unit-1-Properties of fatty acids
Jan2	Guru Govind Singh Jayanti
Jan3	Properties of fatty acids
Jan4	Properties of fatty acids
Jan5	Sunday
Jan6	
Jan7	Practical-Reaction of Fats & oils
Jan8	β Oxidation of a fatty acids
Jan9	β Oxidation of a fatty acids
Jan10	β Oxidation of a fatty acids
Jan11	Test- β Oxidation of a fatty acids
Jan12	Sunday
Jan13	
Jan14	Practical-Reactions of fatty acids
Jan15	Biosynthesis of fatty acids
Jan16	Biosynthesis of fatty acids
Jan17	Ketone body formation
Jan18	Ketosis & fatty acids
Jan19	Sunday
Jan20	
Jan21	Practical-Determination of acid value of fats & oils
Jan22	Fatty livers
Jan23	Assignment to be given on β Oxidation & Biosynthesis of fatty acids
Jan24	Unit-2 TCA Cycle
Jan25	TCA Cycle
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	Practical- Determination of acid value of fats & oils
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	TCA Cycle
Feb1	Test of citric acid cycle
Feb2	Sunday
Feb3	
Feb 4	Practical-Determination of saponification
Feb5	Electron Transport chain values of fats & oils
Feb6	Electron Transport chain contd
Feb7	Electron Transport chain
Feb8	Electron Transport chain
Feb9	Guru Ravidas jayanti Sunday
Feb10	
Feb11	Practical- Determination of saponification value of fays & oils

Feb12	Oxidative phosphorylation
Feb13	Oxidative phosphorylation theories
Feb14	Oxidative phosphorylation theories
Feb15	Oxidative phosphorylation theories
Feb16	Sunday
Feb17	
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Test –Components of ETC
Feb20	Unit-3 Biosynthesis of Proteins
Feb21	Mahashivratri
Feb22	Biosynthesis of Proteins contd
Feb23	Sunday
Feb24	
Feb25	Practical-To study properties of amino acids, Phenylalanine, tyrosine, tryptophan, arginine, cysteine
Feb26	Biosynthesis of Proteins
Feb27	Biosynthesis of Proteins
Feb28	Test on Biosynthesis of Proteins
Feb29	Test on ETC
Mar1	Sunday
Mar2	
Mar3	Practical-To study properties of amino acids
Mar4	Unit-4 Nucleic acids-Types
Mar5	DNA (Structure & properties
Mar6	RNA
Mar7	Similarities and Differences between DNA & RNA
Mar8	Holi Break
Mar 9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	Replication
Mar17	Translation
Mar18	Transcription
Mar19	Genetic code
Mar20	Genetic code
Mar21	Genetic code
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Practical- To identify the unknown amino acid
Mar25	Test of Unit-4(oral Test)
Mar 26	Test of Unit-4(Written Test)
Mar 27	Nucleotides
Mar28	Nucleotides
Mar29	Sunday

Mar30	
Mar31	Practical-To identify the given unknown amino acid
Apr1	Types of RNA
Apr2	Viva questions to be discussed
Apr3	Test of Unit-4
Apr4	Test of Unit-1
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Practical –To identify the given unknown amino acid
Apr8	Objective questions to be discussed
Apr9	Objective questions to be discussed
Apr10	Discussing previous year question papers
Apr11	Discussing previous year question papers
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	Revision
Apr16	Taking problems of students
Apr17	Revision of Unit-1
Apr18	Revision of Unit-1
Apr19	Sunday
Apr20	
Apr21	Practical –To identify the given unknown amino acid
Apr22	Revision of Unit-2
Apr23	Revision of Unit-2
Apr24	Revision of Unit-3
Apr25	Holiday (LordPrashuramJayanti)
Apr26	Sunday
Apr27	
Apr28	Practical –To identify the given unknown amino acid(Test)
Apr29	Revision of Unit-3
Apr30	Revision of Unit-4



Name of the Assistant/Associate Professor: Ms. Usha Pant

Class and Section: B.Sc - Home Science- 4th Semester

Subject: Introduction to Home Management-II

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Discussing of the syllabus
Jan2	Guru Govind Singh Jayanti
Jan3	Ergonomics in Home- Introduction
Jan4	Body Mechanics- Introduction
Jan5	Sunday
Jan6	Body Mechanics- Principles
Jan7	Discussion on Practicals
Jan8	
Jan9	Principal of Body Mechanics
Jan10	Mundel's Classes of Change; work simplification
Jan11	To Continue Classes of change
Jan12	Sunday
Jan13	Work study technique - Pathway Chart'
Jan14	Demonstration on Making Pathway Chart – Practical
Jan15	Work study technique - Operation Chart
Jan16	Demonstration on Making Operation Chart – Practical
Jan17	Discussion on Work Simplification & Techniques
Jan18	Test on Work Simplification
Jan19	Sunday
Jan20	Income-Types of Income
Jan21	Making Pathway chart on working in kitchen practical
Jan22	
Jan23	Budget- Meaning & Introduction
Jan24	Types of Budget
Jan25	Steps in Making Budget
Jan26	Holiday(Republic Day) Sunday
Jan27	Steps in Making Budget
Jan28	Making Budget of LIG, MIG, HIG Practical
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Factors Affecting Budget
Feb1	Factors Affecting Budget
Feb2	Sunday
Feb3	Test on Budget
Feb4	Making of Color Wheel Practical
Feb5	
Feb6	Meaning & Importance of Saving
Feb7	Types of Saving- Banks
Feb8	Types of Saving- Insurance
Feb9	Guru Ravidas jayanti Sunday
Feb10	Provident Fund

Feb11	Making of Color Wheel Practical
Feb12	
Feb13	Credit- Its Uses
Feb14	Types of credit
Feb15	Types of credit
Feb16	Sunday
Feb17	Problems in Credit
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	
Feb20	Test on credit
Feb 21	Maha shivratri
Feb22	Taxation-introduction
Feb23	Sunday
Feb 24	Importance and use of income tax
Feb 25	Making complementary & mono-practices
Feb 26	
Feb 27	Types of tax
Feb 28	Types of tax
Feb 29	Basic calculations of income tax
Mar1	Sunday
Mar2	Calculation of income tax
Mar3	Making analogous & trial color scheme
Mar4	
Mar5	Calculation of income tax
Mar6	Test on tax & calculations
Mar7	Discussion on test sheets
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	Floor decoration practical
Mar18	
Mar19	Elements of art –introduction
Mar20	Lines ,types and use in decoration
Mar21	Form & texture as element of art
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Making alpane on sheet & floor
Mar25	
Mar26	Pattern, light as element of art
Mar27	Color- introduction
Mar28	Classification of colors

Mar29	Sunday
Mar30	Test on elements of art
Mar31	Making alpane on floor practical
Apr1	
Apr2	Dimensions of colors – the value
Apr3	Intensity, warm and cool colors
Apr4	
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Making Rangoli pattern on floor sheet
Apr8	
Apr9	Color scheme
Apr10	Color schemes
Apr11	Test on color & color scheme
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	
Apr16	Factors effecting use of color in decoration
Apr17	Continue the topic
Apr18	Discussion on use of color in decoration
Apr19	Sunday
Apr20	Test on color wheel & color scheme
Apr21	Rangoli making
Apr22	
Apr23	Discussing old question paper
Apr24	Revision of unit 1,2
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	Revision of unit 3,4
Apr 28	Rangoli making and file checking
Apr 29	
Apr 30	Discussing problem in the syllabus



Name of the Assistant/Associate Professor: Ms. Usha Pant

Class and Section: B.Sc -Home Science-6th Semester

Subject: Interior Decoration

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction Practical Syllabus
Jan2	Guru Govind Singh Jayanti
Jan3	Practical Syllabus
Jan4	Furniture Selection
Jan5	Sunday
Jan6	Types of Furniture
Jan7	
Jan8	Preparation of Pot for Pottery Painting
Jan9	-- Types of Furniture
Jan10	Furniture arrangement in different rooms
Jan11	
Jan12	Sunday
Jan13	Furniture arrangement in different rooms
Jan14	
Jan15	Base painting on pot (practical)
Jan16	Types of Lighting Arrangement
Jan17	Types of Lighting Arrangement
Jan18	Lighting Arrangement in Different Room
Jan19	Sunday
Jan20	Lighting Arrangement in Different Room
Jan21	
Jan22	Pottery painting practical
Jan23	Importance of Accessories in Decoration
Jan24	Type of Accessories
Jan25	Type of Accessories in decoration
Jan26	Holiday(Republic Day) Sunday
Jan27	Test of lighting Arrangement
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Importance of window treatment
Feb1	Basic window treatment
Feb2	Sunday
Feb3	Types of curtains
Feb4	
Feb5	Pottery painting
Feb6	Types of curtains
Feb7	Importance of curtains
Feb8	Selecting of Draping Fabric
Feb9	Guru Ravidas jayanti Sunday
Feb10	Selecting of Draping Fabric

Feb11	
Feb12	Practical of pottery painting, file preparation
Feb13	Care of Draping Fabric
Feb14	Hanging Curtains-Pelmet, swag, valence
Feb15	Test of window Treatment
Feb16	Sunday
Feb 17	Paints- Types of Paints
Feb 18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Prepare Curtain Samples (Practical)
Feb20	Word Paneling- Types
Feb21	Maha shivratri
Feb22	Wall Prepare- Types
Feb23	Sunday
Feb24	Wall Prepare- Care
Feb 25	
Feb 26	Prepare Curtain Samples
Feb 27	Floor treatment – introduction
Feb 28	Brick Tile
Feb 29	Soft Floor Covering- Introduction
Mar1	Sunday
Mar2	Carpet- Importance
Mar3	
Mar4	Preparing Pot for Decoration
Mar5	Types of Carpet
Mar6	Types of Carpet
Mar7	Rugs, Care of Carpet & Rugs
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	Test on floor treatment
Mar17	
Mar18	Pottery Decoration
Mar19	Design- Definition & Types
Mar20	Principles of Design
Mar21	Principles of Design
Mar22	Sunday
Mar23	Holiday (Shaheed Divas)
Mar 24	
Mar25	Pottery Decoration
Mar26	Use of principal of design in decoration
Mar27	Use of principal of design in decoration
Mar28	Test on Principles of Design

Mar29	Sunday
Mar30	Fresh flower arrangement
Mar31	
Apr1	File preparation, finishing poetry decoration.
Apr2	Types of Flower arrangements
Apr3	Types of Flower arrangements
Apr4	Basics Shapes in Flower Arrangement
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	
Apr8	Fresh Flower Arrangement
Apr9	Basics Shapes in Flower Arrangement
Apr10	Use of Principles of Design in Flower Arrangement
Apr11	Use of Principles of Design in Flower Arrangement
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr 15	Fresh Flower Arrangement
Apr16	Discussing old question paper
Apr17	Revision of unit1
Apr18	Revision of unit 1
Apr19	Sunday
Apr20	Problem discussion of unit2
Apr21	
Apr22	Flower making
Apr23	Problem discussion of unit2
Apr24	Revision of unit3
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	Revision of unit 4
Apr28	
Apr29	File checking of flower making
Apr30	



Name of the Assistant/Associate Professor: Dr. Sangeeta Kulshrestha

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

Subject: Fundamental of Nutrition

Lesson Plan 17 Weeks (From Jan 2020 to Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction of the syllabus
Jan2	Guru Govind singh jayanti
Jan3	Carbohydrates-Definition & Classification
Jan4	Classification
Jan5	Sunday
Jan6	Functions of Carbohydrates
Jan7	Introduction of Practical Syllabus
Jan8	
Jan9	Deficiency and Excess of Carbohydrates
Jan10	Sources & RDA of Carbohydrates
Jan11	Proteins- Definition & Classification
Jan12	Sunday
Jan13	Test –Carbohydrates
Jan 14	Use of Food Composition Tables
Jan15	
Jan16	Classification of Proteins
Jan17	Functions of Proteins
Jan18	Proteins- Sources & RDA
Jan19	Sunday
Jan20	Proteins- Effects of deficiency & Excess
Jan21	Practical-Planning & Calculating energy rich recipe
Jan22	
Jan23	Lipids-Definition & Classification
Jan24	Classification of Lipids
Jan25	Functions & Sources
Jan26	Holiday(Republic Day) Sunday
Jan27	Deficiency & Excess
Jan28	Revision of Planning & calculating energy rich recipe
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Water- Functions & Sources
Feb1	Water- Effect of deficiency & excess
Feb2	Sunday
Feb3	Classification of Vitamins & introduction
Feb4	Cooking of energy rich recipes
Feb5	
Feb6	Vitamin A- Introduction, Functions
Feb7	Sources & RDA of Vitamin A
Feb8	Vitamin A-Effect of deficiency & excess
Feb9	Guru Ravidas jayanti Sunday
Feb10	Test-Proteins

Feb11	Planning & calculating Protein rich recipe
Feb12	
Feb13	Vitamin D-Functions & Sources
Feb14	Vitamin D-RDA, Deficiency & excess
Feb15	Vitamin E-Functions & Sources
Feb16	Sunday
Feb17	Vitamin E-RDA, Deficiency & excess
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	
Feb20	Vitamin K-Functions & Sources
Feb21	Maha-Shivratri
Feb22	Vitamin K-RDA, Deficiency & excess
Feb23	Sunday
Feb24	Vitamin C-Functions & Sources
Feb25	Cooking of Protein rich recipe
Feb26	
Feb27	Vitamin C-RDA, Deficiency & excess
Feb28	Vitamin B1-Functions & Sources
Feb29	Vitamin B1-RDA, Deficiency & excess
Mar1	Sunday
Mar2	Vitamin B2-Functions & Sources
Mar3	Planning & calculating Vitamin A & C rich recipe
Mar4	
Mar5	Vitamin B2-RDA, Deficiency & excess
Mar6	Vitamin B6-Functions & Sources
Mar7	Vitamin B6-RDA, Deficiency & excess
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	Vitamin B12-Functions & Sources
Mar17	Cooking of Vitamin A rich recipe
Mar18	
Mar19	Vitamin B12-RDA, Deficiency & excess
Mar20	Niacin-Functions & Sources
Mar21	Niacin -RDA, Deficiency & excess
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Cooking of Vitamin C rich recipe
Mar25	
Mar26	Folic Acid-Functions & Sources
Mar27	Folic Acid -RDA, Deficiency & excess
Mar28	Test-Fat soluble vitamins
Mar29	Sunday

Mar30	Planning & calculating iron rich recipe
Mar31	Cooking of iron rich recipe
Apr1	
Apr2	Iron- Functions & Sources
Apr3	Iron- RDA, Deficiency & excess
Apr4	Planning & calculating calcium rich recipe
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Planning & calculating calcium rich recipe
Apr8	
Apr9	Calcium-Functions , Sources & RDA
Apr10	Calcium -Deficiency & excess
Apr11	Magnesium
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	
Apr16	Phosphorus-Functions , Sources & RDA
Apr17	Phosphorus -Deficiency & excess
Apr 18	Sodium- Functions , Sources , RDA, Deficiency & excess
Apr19	Sunday
Apr20	Planning & calculating Fiber rich recipe
Apr21	Cooking of fiber rich recipes
Apr22	
Apr23	Iodine
Apr24	Fluorine
Apr25	Holiday (LordPrashuramJayanti)
Apr26	Sunday
Apr27	Potassium
Apr28	Mock practical test
Apr29	
Apr30	Discussion of old question papers



Name of the Assistant/Associate Professor: Dr. Sangeeta Kulshrestha

Class and Section: B.Sc -Home Science- 4th Semester

Subject: Psychology-II

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction of the syllabus
Jan2	Guru Govind Singh Jayanti
Jan3	
Jan4	
Jan5	Sunday
Jan6	Motivation-introduction & definitions
Jan7	Types of motivation
Jan8	Topic contd.
Jan9	
Jan10	
Jan11	
Jan12	Sunday
Jan13	Learning –meaning & nature
Jan14	Theories of learning
Jan15	Contd.
Jan16	
Jan17	
Jan18	
Jan19	Sunday
Jan20	Theories contd.
Jan21	Principles of learning
Jan22	Factors affecting learning
Jan23	
Jan24	
Jan25	
Jan26	Holiday(Republic Day) Sunday
Jan27	Test-motivation
Jan28	Effects of motivation on learning
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	
Feb1	
Feb2	Sunday
Feb3	Intelligence- introduction & definitions
Feb4	Theories of Intelligence
Feb5	Contd.
Feb6	
Feb7	
Feb8	
Feb9	Guru Ravidas jayanti Sunday
Feb10	Devlopement of Intelligence

Feb11	Measurement of Intelligence
Feb12	
Feb13	
Feb14	
Feb15	
Feb16	Sunday
Feb17	Topic contd.
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Topic contd
Feb20	
Feb21	Maha Shivratri
Feb22	
Feb23	Sunday
Feb24	Test learning
Feb25	
Feb26	
Feb27	
Feb28	
Feb29	
Mar1	Sunday
Mar2	Thinking
Mar3	Tools of thinking
Mar4	Reasoning related to imagination and Thinking
Mar5	
Mar6	
Mar7	
Mar8	
Mar9	Holi Break
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	Topic contd.
Mar17	Imagination-nature
Mar18	Devlopement of imagination
Mar19	
Mar20	
Mar21	
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Personality-concept & definition
Mar25	Personality types
Mar26	
Mar27	
Mar28	

Mar29	Sunday
Mar30	Assessment of personality
Mar31	Contd.
Apr1	
Apr2	
Apr3	
Apr4	
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Freud's theory
Apr8	Contd.
Apr9	
Apr10	
Apr11	
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr 15	Memory-definition & analysis
Apr16	
Apr17	
Apr18	
Apr19	Sunday
Apr20	Types of memory
Apr21	Contd.
Apr22	Improvement of memory
Apr23	
Apr24	
Apr25	Holiday (Lord PrashuramJayanti)
Apr26	Sunday
Apr27	Forgetting-definition and types
Apr28	Theories of forgetting
Apr29	Revision & discussion of old question papers
Apr30	



Name of the Assistant/Associate Professor: Ms.Benu Mehta

Class and Section: BSc. Home Science - 6th Semester

Subject: Child Welfare

Lesson Plan (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction to child welfare
Jan2	Guru Govind Singh Jayanti
Jan3	Defination of child welfare
Jan4	(pr) Visit to blind school
Jan5	Sunday
Jan6	Objectives of child welfare
Jan7	
Jan8	
Jan9	Continued the objectives
Jan10	Philosophy of child welfare
Jan11	(pr) Making a questionnaire on nutritional requirement of children
Jan12	Sunday
Jan13	Continued the philosophy of child welfare
Jan 14	
Jan15	
Jan16	Test of objectives and philosophy
Jan17	Introduction to national policies of child welfare
Jan18	(pr)Revisit to the blind school
Jan19	Sunday
Jan20	Needs of national policies
Jan 21	
Jan22	
Jan23	Organization of national policies of child welfare
Jan24	Organization of national policies of child welfare
Jan25	(pr) Visit to a nursery school
Jan26	Holiday(Republic Day) Sunday
Jan27	Goals of national policies of child welfare
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Test of national policies
Feb1	(pr) Preparing play material for the age group 2 – 4 years
Feb2	Sunday
Feb3	Problems of school dropouts
Feb 4	
Feb5	
Feb6	Continued the problems
Feb7	Problems of child labour
Feb8	(pr) Preparing play material for the age group 2 – 4 years
Feb9	Guru Ravidas jayanti Sunday
Feb10	Revision of the unit (oral test)

Feb11	
Feb12	
Feb13	Continued the problems of child labour
Feb14	Effect of mass media on children
Feb15	(pr) Review of the questionnaire last prepared
Feb16	Sunday
Feb17	Advantages & disadvantages of the internet for children
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	
Feb20	Nutritional deprivation amongst children
Feb21	Maha shivratri
Feb22	(pr) Prepare the questionnaire on educational deprivation
Feb23	Sunday
Feb24	Continued the nutritional deprivation
Feb25	
Feb26	
Feb27	Educational deprivation amongst children
Feb28	Emotional deprivation amongst children
Feb29	(pr) Visit to Bal Bhavan
Mar1	Sunday
Mar2	Rehabilitation & care of blind children
Mar3	-----
Mar4	-----
Mar5	Continued the study on blind children
Mar6	Rehabilitation & care of deaf & dumb
Mar7	(pr) Visit to Bal Bhavan
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	
Mar18	
Mar19	Continued the study of mentally retarded
Mar20	Juvenile delinquency – meaning
Mar21	(pr) Visit to national institute of disabled children
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	
Mar25	
Mar26	Causes & ways to tackle juvenile delinquents
Mar27	Test of care of children with special needs
Mar28	(pr) Making a resource file regarding child welfare

Mar29	Sunday
Mar30	Introduction to voluntary agencies
Mar31	
Apr1	
Apr2	National agencies working for child welfare
Apr3	Continued the national agencies
Apr4	(pr) Preparing a play material for children above 4 years
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	-----
Apr8	-----
Apr9	International agencies working for child welfare
Apr10	Family planning program in India
Apr11	(pr) Review of the questionnaire
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr 15	Continued with international agencies
Apr16	Test of voluntary agencies & family planning
Apr17	Revision
Apr 18	Revision
Apr19	Sunday
Apr20	Revision
Apr21	-----
Apr22	-----
Apr23	Revision
Apr24	Revision
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	Revision
Apr28	
Apr29	
Apr30	Revision



Name of the Assistant/Associate Professor: Dr. Pragati Chitkara

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

Subject: Applied Botany

Lesson Plan: 17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	
Jan2	Guru Govind Singh Jayanti
Jan3	Introduction to Home Gardening
Jan4	Introduction to soil
Jan5	Sunday
Jan6	
Jan7	
Jan8	
Jan9	Soil profile
Jan10	Soil profile contd.
Jan11	Structure of soil
Jan12	Sunday
Jan13	
Jan 14	
Jan15	
Jan16	Components of soil
Jan17	Components of soil
Jan18	Different types of soil
Jan19	Sunday
Jan20	
Jan 21	
Jan22	
Jan23	Tillage
Jan24	Tillage
Jan25	Test of unit 1
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Principles of kitchen gardening
Feb1	Lay out of kitchen gardening
Feb2	Sunday
Feb3	
Feb 4	
Feb5	
Feb 6	Utilization of space by intense successive cultivation
Feb7	Utilization of space by intense successive cultivation
Feb8	Crop rotation
Feb9	Guru Ravidas Jayanti Sunday
Feb10	

Feb11	
Feb12	
Feb 13	Role of microorganisms in soil fertility
Feb14	Intercropping
Feb15	Raising of healthy seedling
Feb16	Sunday
Feb17	
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	
Feb20	Economic botany- commonly used herbal and medicinal plants
Feb21	Maha shivratri
Feb22	Neem
Feb23	Sunday
Feb24	
Feb25	
Feb26	
Feb27	Aloe Vera
Feb28	Tulsi
Feb29	Ginger
Mar1	Sunday
Mar2	
Mar3	
Mar4	
Mar5	Garlic
Mar6	Test of unit 2
Mar7	Discussion of test
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	
Mar18	
Mar19	Maintenance of lawn
Mar20	Maintenance of lawn
Mar21	Introduction to Terrace Gardening
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	
Mar25	
Mar26	Application of terrace gardening in growing vegetables
Mar27	Terrace Gardening-Ornamental Plants
Mar28	Ornamental plants in pots

Mar29	Sunday
Mar30	
Mar31	
Apr1	
Apr2	Vegetative propagation of plants- cutting
Apr3	Vegetative propagation of plants- layering
Apr4	Vegetative propagation of plants- grading
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	
Apr8	
Apr9	Tissue culture
Apr10	Importance of tissue culture
Apr11	Importance of tissue culture
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	
Apr16	Tissue culture
Apr17	Importance of tissue culture
Apr18	Importance of tissue culture
Apr19	Sunday
Apr20	
Apr21	
Apr22	
Apr23	Revision of syllabus
Apr 24	Test of syllabus
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	
Apr28	
Apr29	
Apr30	Doubt clearance



Name of the Assistant/Associate Professor: Dr. Pragati Chitkara

Class and Section: B.Sc (Home Science) – 4th Semester

Subject: Food Science –II

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Classification of fruits and vegetables
Jan2	Guru Govind Singh Jayanti
Jan3	Prac. Preparation of apple Jam
Jan4	Composition of fruits and vegetables
Jan5	Sunday
Jan6	
Jan7	Nutritive value of fruits
Jan8	Nutritive value of vegetables
Jan9	Classification composition and nutritive value of fruits and vegetables
Jan10	Prac. Preparation of pineapple and apple Jam
Jan11	Vegetable cookery
Jan12	Sunday
Jan13	
Jan 14	Storage of fruits and vegetables
Jan15	Post harvest changes in fruits
Jan16	Enzymatic browning of fruits and vegetables
Jan17	Prac. Preparation of Mixed fruit Jam
Jan18	Use of fruits and vegetables in different preparations
Jan19	Sunday
Jan20	
Jan 21	Types of Raising Agents
Jan22	Types of Leavening Agents
Jan23	Use of Leavening agents in cookery and baking
Jan24	Prac. Preparation of Aonla murraba
Jan25	Composition of eggs
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	Quality of Eggs
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Prac. Preparation of Apple Jam
Feb1	
Feb2	Sunday
Feb3	Egg cookery
Feb 4	Use of egg in different preparations
Feb5	Composition and nutritive value of meat
Feb6	Post mortem changes in meat
Feb7	Prac. Preparation of Orange marmalade
Feb8	
Feb9	Guru Ravidas Jayanti Sunday
Feb10	

Feb11	Aging of meat
Feb12	Tenderization of meat
Feb13	Cuts and grades of meat
Feb14	Prac. Preparation of green chutney
Feb15	Meat cookery
Feb16	Sunday
Feb17	
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Storage of meat
Feb20	Test of eggs and meat
Feb21	Maha shivratri
Feb22	Type of fish
Feb23	Sunday
Feb24	
Feb25	Composition of fish
Feb26	Fish cookery
Feb27	Spoilage and storage of fish
Feb28	Prac. Preparation of radish cauliflower turnip carrot pickle
Feb29	Types of poultry
Mar1	Sunday
Mar2	
Mar3	Composition and nutritive value of poultry
Mar4	Cooking of poultry
Mar5	Description of spices and condiments
Mar6	Prac. Preparation of red chilli pickle
Mar7	Uses of spices and condiments
Mar8	
Mar9	Holi Break
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	Procurement of spices and condiments
Mar18	Storage of spices and condiments
Mar19	Herbs
Mar20	Prac. Preparation of carrot murraba
Mar21	Test of spices and condiments
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Evaluation of food quality
Mar25	Sensory evaluation of foods
Mar26	Types of sensory tests
Mar27	Prac. Preparation of carrot murraba
Mar28	Types of sensory tests

Mar29	Sunday
Mar30	
Mar31	Objective evaluation
Apr1	Objective evaluation
Apr2	Instruments used for texture evaluation
Apr3	Prac. Preparation of tomato chutney
Apr4	Instruments used for texture evaluation
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Instruments used for texture evaluation
Apr8	Instruments used for texture evaluation
Apr9	Instruments used for texture evaluation
Apr10	Prac. Preparation of beetroot chutney
Apr11	Instruments used for texture evaluation
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	Revision of Unit 1
Apr16	Revision of Unit 2
Apr17	Prac-Preparation of lime pickle
Apr18	Test of unit 1 and 2
Apr19	Sunday
Apr20	
Apr21	Revision of Unit 3
Apr22	Revision of Unit 4
Apr23	Viva preparation and file checking
Apr24	Test of unit 3 and 4
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	
Apr28	Doubt clearance
Apr29	Doubt clearance
Apr30	Doubt clearance



Name of the Assistant/Associate Professor: Dr. Pragati Chitkara

Class and Section: B.Sc -Home Science -4th Semester

Subject: Institutional Food Management

Lesson Plan: 17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	
Jan2	Guru Govind Singh Jayanti
Jan3	Discussion of Syllabus
Jan4	Catering Management- Introduction & Definition
Jan5	Sunday
Jan6	
Jan7	
Jan8	
Jan9	Scope of Catering Management Assignment – Definition & Scope of Catering Management
Jan10	Environmental Hygiene & Sanitation
Jan11	Environmental Hygiene & Sanitation
Jan12	Sunday
Jan13	
Jan14	
Jan15	
Jan16	Environmental Hygiene & Sanitation
Jan17	Hygiene in Food Handling
Jan18	Hygiene in Food Handling
Jan19	Sunday
Jan20	
Jan21	
Jan22	
Jan23	Personal Hygiene
Jan24	Test- Catering Management
Jan25	Organization of Spaces - Introduction
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Kitchen Spaces – Work Space
Feb1	Kitchen Spaces – Work Surfaces
Feb2	Sunday
Feb3	
Feb4	
Feb5	
Feb6	Kitchen Spaces – Lighting
Feb7	Ventilation of Kitchen Space
Feb8	Storage Spaces - Location
Feb9	Guru Ravidas Jayanti Sunday
Feb10	

Feb11	
Feb12	
Feb13	Types & Sanitation
Feb14	Safety & Security of Stores
Feb15	Safety & Security of Stores
Feb16	Sunday
Feb17	
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	
Feb20	Service Areas – Location
Feb21	Maha shivratri
Feb22	Planning of Service Areas
Feb23	Sunday
Feb24	
Feb25	
Feb26	
Feb27	Planning Menus
Feb28	Writing of Menus
Feb29	Test – Kitchen Spaces
Mar1	Sunday
Mar2	
Mar3	
Mar4	
Mar5	Types of Menus
Mar6	Use of Menus
Mar7	Various Styles of Service
Mar8	
Mar9	Holi Break
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	
Mar18	
Mar19	Various Styles of Service
Mar20	Class Assignment- Make a Sample Menu Card for a Restaurant
Mar21	Why Food Costs are Controlled?
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	
Mar25	
Mar26	Costing of Dishes
Mar27	Costing of Meals & Events
Mar28	Test – Various Styles of Services

Mar29	Sunday
Mar30	
Mar31	
Apr1	
Apr2	Methods of Pricing
Apr3	Methods of Pricing
Apr4	Factors Affecting Pricing
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	
Apr8	
Apr9	Test – Organisation of Spaces
Apr10	Revision
Apr11	Revision
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	
Apr16	Revision of unit 1 and 2
Apr17	Test of unit 1 and 2
Apr18	Doubt clearance
Apr19	Sunday
Apr20	
Apr21	
Apr22	Revision of unit 3 and 4
Apr23	Test of unit 3 and 4
Apr24	Doubt clearance
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	
Apr28	
Apr29	
Apr30	Doubt clearance



Name of the Assistant/Associate Professor: Dr. Pragati Chitkara

Class And Section: BSc (Home Science) -6th Semester

Subject :Food Microbiology 604

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Characteristics of moulds
Jan2	Guru Govind Singh Jayanti
Jan3	Characteristics of yeast
Jan4	
Jan5	Sunday
Jan6	
Jan7	Characteristics of bacteria
Jan8	Useful microorganisms
Jan9	Useful microorganisms
Jan10	pathogenic microorganisms
Jan11	
Jan12	Sunday
Jan13	
Jan14	Brief history of Food Microbiology
Jan15	Importance of microorganisms in food
Jan16	Brief history of Food Microbiology
Jan17	Importance of microorganisms in food
Jan18	
Jan19	Sunday
Jan20	
Jan21	Importance of microorganisms in food
Jan22	Primary sources of microorganisms in food
Jan23	Extrinsic parameters affecting growth and survival of microorganisms
Jan24	Extrinsic parameters affecting growth and survival of microorganisms
Jan25	
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	Test on Extrinsic parameters affecting growth and survival of microorganisms
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	Discussion of test
Feb1	
Feb2	Sunday
Feb3	
Feb4	Intrinsic parameters affecting growth and survival of microorganisms
Feb5	Intrinsic parameters affecting growth and survival of microorganisms
Feb6	Contamination and microorganisms in the spoilage of cereals and cereal products
Feb7	Microorganisms in the spoilage of eggs and poultry
Feb8	
Feb9	Guru Ravidas jayanti Sunday
Feb10	

Feb11	Microorganisms in the spoilage of milk and milk products
Feb12	Microorganisms in the spoilage of canned foods
Feb13	Test on microorganisms in the spoilage of food
Feb14	Food preservation: use of high and low temperature
Feb15	
Feb16	Sunday
Feb17	
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Dehydration and freezing
Feb20	Freeze drying and irradiation in food preservation
Feb21	Maha shivratri
Feb22	
Feb23	Sunday
Feb24	
Feb25	Microbes used in food biotechnology
Feb26	Microbes used in food biotechnology
Feb 27	Fermented foods
Feb28	Benefits of fermented foods
Feb29	
Mar1	Sunday
Mar2	
Mar3	Test of unit 3
Mar4	Food borne infections
Mar5	Food borne infections
Mar6	Food borne intoxications
Mar7	
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	
Mar18	Symptoms of Food borne intoxications
Mar19	Mode and sources of transmission and methods
Mar20	Mode and sources of transmission and methods
Mar21	
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Test on Food borne infections and intoxications
Mar25	Indices of food
Mar26	Indices of food
Mar27	Indices of food
Mar28	

Mar29	Sunday
Mar30	
Mar31	Indices of milk
Apr1	Indices of milk
Apr2	Indices of milk
Apr3	Indices of water
Apr4	
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Indices of water
Apr8	Sanitary qualities of food
Apr9	Sanitary qualities of food
Apr10	Sanitary qualities of food
Apr11	
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	Bacteriological testing of water
Apr16	Bacteriological testing of water
Apr17	Bacteriological testing of water
Apr 18	
Apr19	Sunday
Apr20	
Apr21	Test of whole syllabus
Apr22	Discussion of test
Apr23	Doubt clearance
Apr24	Doubt clearance
Apr25	Holiday (Lord PrashuramJayanti)
Apr26	Sunday
Apr27	
Apr28	Doubt clearance
Apr29	Doubt clearance
Apr30	Doubt clearance



Name of the Assistant/Associate Professor:-Ms. Jyoti

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

Subject: Applied Physics

Lesson Plan: 17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction to the Syllabus
Jan2	Guru Govind Singh Jayanti
Jan3	
Jan4	
Jan5	Sunday
Jan6	Properties of Solid, Liquid and Gases
Jan7	HOOKS' Law
Jan8	Elastic Constants
Jan9	
Jan10	
Jan11	
Jan12	Sunday
Jan13	Archemedes' Principle
Jan14	Viscosity
Jan15	Assignment
Jan16	
Jan17	
Jan18	
Jan19	Sunday
Jan20	Postulates of Kinetic theory of Gases
Jan 21	Gas Equation
Jan22	Revision
Jan23	
Jan24	
Jan25	
Jan26	Holiday(Republic Day) Sunday
Jan27	Test
Jan28	Introduction to Mechanics
Jan29	Vasant Panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	
Feb1	
Feb2	Sunday
Feb3	Newton' law of Motion
Feb4	Equation of Motion
Feb5	Numericals
Feb6	
Feb7	
Feb8	
Feb9	Guru Ravidas jayanti Sunday

Feb10	Revision
Feb11	Assignment
Feb12	Types of Forces
Feb13	
Feb14	
Feb15	
Feb16	Sunday
Feb17	Friction and it's Types
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Numericals
Feb20	
Feb21	Maha shivratri
Feb22	
Feb23	Sunday
Feb24	Advantages and Disadvantages of Friction
Feb25	Ball Bearings
Feb26	Revision
Feb27	
Feb28	
Feb29	
Mar1	Sunday
Mar2	Test
Mar3	Conservation of Charge
Mar4	Ohm's law, Electric Potential
Mar5	
Mar6	
Mar7	
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	Joule's law of Heating
Mar17	Heater, Electric iron
Mar18	Toaster
Mar19	
Mar20	
Mar21	
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	Electric Power and its Units
Mar25	Transformer
Mar26	
Mar27	

Mar28	
Mar29	Sunday
Mar30	REVISION
Mar31	Numericals
Apr1	Test
Apr2	
Apr3	
Apr4	
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Electric Circuits
Apr8	Properties of Heat
Apr9	
Apr10	
Apr11	
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	Methods of Heat Transfer
Apr16	
Apr17	
Apr18	
Apr19	Sunday
Apr20	REVISION
Apr21	Refrigerator
Apr22	Test
Apr23	
Apr24	
Apr25	Holiday (Lord PrashuramJayanti)
Apr26	Sunday
Apr27	Vacuum Cleaner
Apr28	Light and its Phenomenon
Apr29	Revision
Apr30	



Name of the Assistant/Associate Professor:- Ms. Jyoti

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

Subject:-Physics

Lesson Plan: Practicals 17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	
Jan2	Guru Govind Singh Jayanti
Jan3	
Jan4	Introduction to the syllabus
Jan5	Sunday
Jan6	
Jan7	
Jan8	
Jan9	
Jan10	
Jan11	Find the volume using vernier callipers.
Jan12	Sunday
Jan13	
Jan14	
Jan15	
Jan16	
Jan17	
Jan18	Find the diameter using screw guage
Jan19	Sunday
Jan20	
Jan21	
Jan22	
Jan23	
Jan24	
Jan25	To find the value of acceleration due to gravity using simple pendulum.
Jan26	Holiday(Republic Day) Sunday
Jan27	
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	
Feb1	To find the value of acceleration due to gravity using simple pendulum.
Feb2	Sunday
Feb3	
Feb4	
Feb5	
Feb6	
Feb7	
Feb8	Viva and file checking
Feb9	Guru Ravidas Jayanti Sunday
Feb10	
Feb11	

Feb12	
Feb13	
Feb14	
Feb15	Viva and file checking
Feb16	Sunday
Feb17	
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	
Feb20	
Feb21	Maha shivratri
Feb22	To verify ohm's law
Feb23	Sunday
Feb24	
Feb25	
Feb26	
Feb27	
Feb28	
Feb29	To verify ohm's law
Mar1	Sunday
Mar2	
Mar3	
Mar4	
Mar5	
Mar6	
Mar7	Viva and file checking
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	
Mar18	
Mar19	
Mar20	
Mar21	To verify the law of resistances in series.
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	
Mar25	
Mar26	
Mar27	
Mar28	To verify the law of resistances in series.
Mar29	Sunday
Mar30	

Mar31	
Apr1	
Apr2	
Apr3	
Apr4	To verify the law of resistances in parallel.
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	
Apr8	
Apr9	
Apr10	
Apr11	To verify the law of resistances in parallel.
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	
Apr16	
Apr17	
Apr18	Viva and file checking
Apr19	Sunday
Apr20	
Apr21	
Apr22	
Apr 23	
Apr 24	
Apr25	Holiday (Lord PrashuramJayanti)
Apr 26	Sunday
Apr 27	
Apr28	
Apr29	
Apr30	

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Name of the Assistant/Associate Professor: Dr.Babita Sharma

Class and Section: B.Sc Home-Science

Lesson Plan:17 Weeks (From Jan 2020 To Apr 2020)

Note:-Teachers don't have their respective classes on vacant days.

Jan1	Introduction of syllabus 2 scheme of the examination
Jan2	Guru Govind Singh Jayanti
Jan3	'The Bet' by Anthon Chekhov introduction of the chapter
Jan4	Comprehension of the chapter
Jan5	Sunday
Jan6	Introduce synonymous to the students
Jan7	
Jan8	
Jan9	
Jan10	Quiz on synonymous
Jan11	Introduction of antonyms
Jan12	Sunday
Jan13	Quiz on antonyms
Jan 14	
Jan15	
Jan16	
Jan17	Comprehension based on chapter 2
Jan18	Discussion
Jan19	Sunday
Jan20	Discuss again antonyms and synonymous
Jan 21	
Jan22	
Jan23	
Jan24	Class test on the short questions of chapter-1
Jan25	Introduction of the chapter -2 Gift of the magi
Jan26	Holiday(Republic Day) Sunday
Jan27	Reading of chapter-2
Jan28	
Jan29	Vasant panchmi
Jan30	Holiday(Sir Chotu Ram Jayanti)
Jan31	
Feb1	
Feb2	Sunday
Feb3	Discussion of the question/answer
Feb4	Comprehension of the chapter
Feb5	Introduction of prefix and suffix
Feb6	
Feb7	
Feb8	
Feb9	Guru Ravidas jayanti Sunday
Feb10	Quiz on prefix and suffix
Feb11	Introduction of letter writing-formal and informal
Feb12	Introduction of letter writing-formal and informal writing

Feb13	
Feb14	
Feb15	
Feb16	Sunday
Feb17	Introduction of the chapter -three questions
Feb18	Holiday Maharishi Dayanand Saraswati Jayanti
Feb19	Comprehension of the unseen passage
Feb20	Discussion of the question/answer
Feb21	Maha shivratri
Feb22	
Feb23	Sunday
Feb24	
Feb25	
Feb26	Introduction of the technical writing
Feb27	E-mail writing
Feb28	Introduce them resume writing
Feb29	
Mar1	Sunday
Mar2	
Mar3	
Mar4	Doubts related to chapters and technical writing
Mar5	Introduction of the chapter-under the banyan tree
Mar6	Test
Mar7	
Mar8	Holi Break
Mar9	
Mar10	
Mar12	
Mar13	
Mar14	
Mar15	
Mar16	
Mar17	
Mar18	Reading of the chapter
Mar19	Comprehension based on chapter
Mar20	Discussion of the question/answer
Mar21	
Mar22	Sunday
Mar23	Holiday (Shaheedi Diwas)
Mar24	
Mar25	
Mar26	Re-viewing t.v program
Mar27	Assignment
Mar28	One word substitute
Mar29	Sunday
Mar30	
Mar31	

Apr1	
Apr2	Test based on chapter 2
Apr3	Developing writing skills through theme based passage
Apr4	Giving paragraph for writing
Apr5	Sunday
Apr6	Mahaveer jayanti
Apr7	Revision
Apr8	Revision
Apr9	Revision
Apr10	Revision
Apr11	Revision
Apr12	Sunday
Apr13	Holiday(Vaisakhi)
Apr14	Holiday (DR.B.R AMBEDKAR JAYANTI)
Apr15	Revision
Apr16	Revision
Apr17	Revision
Apr18	Revision
Apr19	Sunday
Apr20	Revision
Apr21	Revision
Apr22	Revision
Apr23	Revision
Apr24	Revision
Apr25	Holiday (Lord Prashuram Jayanti)
Apr26	Sunday
Apr27	Revision
Apr28	Revision
Apr29	Doubt and Revision
Apr30	Doubt and Revision