

# Lesson Plans of **B.Sc.(Home Science)**

Session: 2023-24  
(Odd Semester)

<b>Name of the professor: Ms. Archna Dua</b>	
<b>Class and Section: B.Sc -Home Science 5<sup>th</sup> Semester</b>	
<b>Subject: Nutritional Biochemistry -1</b>	
Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Introduction to biochemistry Sciences, scope , objective , interrelation with other biological sciences.
Day 5	Specificity of enzymes , enzyme kinetics
Day 6	Enzymes- Definition , Classification , co-enzymes , types of co-enzymes
Day 7	Specificity of enzymes, enzyme kinetics
Day 8	Factors affecting enzyme activity
Day 9	Enzyme inhibition and summarizing enzymes
Day 10	Assignment -Scope of nutritional enzymes biochemistry
Day 11	Test of Unit 1
Day 12	Unit 2- Vitamins , Biochemical role of vitamin A
Day 13	Biochemical Role of Vitamin D
Day 14	Biochemical Role of Vitamin E
Day 15	Revision
Day 16	Biochemical Role of Vitamin K
Day 17	Biochemical Role of Vitamin B1
Day 18	Biochemical Role of Vitamin B2
Day 19	Biochemical Role of Vitamin B3
Day 20	Biochemical Role of Vitamin B6
Day 21	Summary of Unit 2 and assignment to be given
Day 22	Practical Class of introducing students to biochemistry lab
Day 23	Unit 3 – Carbohydrates definition and Classification
Day 24	Carbohydrates types and structures
Day 25	Practical of reactions of monosaccharides
Day 26	Carbohydrates- Structures
Day 27	Carbohydrates – Properties
Day 28	Properties of Monosaccharides , Disaccharides and Polysaccharides
Day 29	Practical class of Reaction between Mono and Dia saccharides
Day 30	Glycolysis Cycle
Day 31	Glycolysis structure
Day 32	Gluconeogenesis
Day 33	Class test of Glycolysis
Day 34	Practical Class of Mono , Dia and Poly saccharides
Day 35	Class test of glycogenesis
Day 36	Class test of Glycogenolysis
Day 37	Class test of Unit 3
Day 38	Unit 4 Amino Acids their types and structure
Day 39	Practical class of identification of unknown sugar solution
Day 40	Protein – definition , classification and structure
Day 41	Protein -Properties
Day 42	Transamination reactions of amino acids
Day 43	Transamination of amino acids and oxidative deamination
Day 44	Practical class of identification of amino acids mixture by circular chromatography
Day 45	Decarboxylation of amino acid
Day 46	Urea cycle
Day 47	Urea cycle continued
Day 48	Test of oxidative deamination
Day 49	Practical of identification of unknown amino acid by circular chromatography

Day 50	Transamination reaction
Day 51	Test of Urea cycle
Day 52	Test of amino acid structure
Day 53	Test of Unit 4 ( half topic)
Day 54	Practical of chromatography repeated
Day 55	Test of unit 4 (REMAINING ONE )
Day 56	Revision of unit 1
Day 57	Revision of unit 2
Day 58	Practical Class of Estimation of amount of glucose in the given solution by fehlep's Soxhlet method iou
Day 59	Revision of unit 3
Day 60	Revision of unit 4
Day 61	Practical File Work
Day 62	Mock Test
Day 63	Mock Test
Day 64	Mock Test
Day 65	Discussion viva questions
Day 66	Discussing previous year question paper
Day 67	Discussing previous year question paper
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**NOTE: Total Number of Classes Per Week for this course is 4 plus 3**

<b>Name of the professor: Ms. Archna Dua</b>	
<b>Class and Section: B.Sc Home Science 3<sup>rd</sup> Semester</b>	
<b>Subject: Extension Education and Rural Development</b>	
Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Unit 1 – Concept of Extension Education
Day 5	Philosophy and Principle and objectives of extension education
Day 6	Practical – The objectives continued
Day 7	Revision
Day 8	Approaches of Extension
Day 9	Qualities of extension education
Day 10	Role of an extension educator
Day 11	Revision
Day 12	Revision of unit 1.
Day 13	Test of Unit 1
Day 14	Practical of Preparation of chart
Day 15	Assignment work -Define extension education , How it differs from formal education .Give various principles of extension education.
Day 16	Practical -The preparation of poster
Day 17	Unit 2. Non Projected Aids
Day 18	Advantages and Disadvantages of Non Projected Aids
Day 19	Practical – The preparation of poster
Day 20	Revision
Day 21	Non -Projected Aids Continue
Day 22	Continue
Day 23	Practical the preparation of Leaflet
Day 24	Agriculture Extension
Day 25	Revision
Day 26	Home Science Extension
Day 27	Practical of preparation of mobiles
Day 28	Revision of unit 2
Day 29	Test of Unit 2
Day 30	Practical of writing the story for flash cards
Day 31	Unit 3- Community Development Programme
Day 32	Practical File work
Day 33	IRDP
Day 34	Practical -The preparation of Flash Cards
Day 35	NREP , TRYSEM , ANP
Day 36	Practical of preparation of flash cards
Day 37	Practical file work
Day 38	ICDS
Day 39	SNP and Program planning

Day 40	Practical -Preparation of Puppet
Day 41	Revising various programs and program planning steps.
Day 42	Revision
Day 43	Test of Unit 3
Day 44	Practical of preparation of puppet
Day 45	Unit 4 Voluntary Organizations
Day 46	Revision
Day 47	Role of voluntary organizations in rural development
Day 48	Practical -The writing story for puppets on different themes
Day 49	MOCK TEST
Day 50	MOCK TEST
Day 51	MOCK TEST
Day 52	Practical – The visit to village to see anganwadi and voluntary body in action
Day 53	Practical of writing a visited report
Day 54	Role of home science in solving problems of illiteracy , poverty and ill health
Day 55	Practical and The test of Unit 4
Day 56	Revision of complete syllabus
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**Note: Total number of classes per week for this course is 3 plus 2**

**Name of the professor: Ms. Archana Dua**  
**Class and Section: B.Sc. Home Science 3<sup>rd</sup> Semester**  
**Subject: Human Development 2**

Day 1	Orientation of the student
Day 2	Orientation of the student
Day 3	Introduction of the syllabus
Day 4	Unit – 1 Late Childhood Years (6-12 Years) – Developmental tasks
Day 5	Physical development and Motor development
Day 6	Social Development
Day 7	Emotional Development
Day 8	Cognitive Development
Day 9	Significance and functions of school
Day 10	Practical work -students have to make activities for 6-12 years of kids.
Day 11	Effect of success and failure in school
Day 12	Importance of peer group
Day 13	Test of Unit 1
Day 14	Practical File work day
Day 15	Unit 2 Early Adolescence -Puberty and its characteristics
Day 16	Early and late Maturity. periods of stress and storm, parent child conflicts
Day 17	Practical Class
Day 18	Test of Unit 2.
Day 19	Practical – Observing 6-12 years old child for all development
Day 20	Assignment -Define Adolescence. Why is this period regarded as period of stress and storm?
Day 21	Test of Unit 2 Short Questions
Day 22	Practical Class of observing an adolescent
Day 23	Unit 3- late adolescence -characteristics
Day 24	Physical Development
Day 25	Practical of observing an adolescent
Day 26	Emotional Development
Day 27	Social Development
Day 28	Practical -Observing an adolescent -discussing and drawing conclusions
Day 29	Cognitive development
Day 30	Conflict with authority
Day 31	Practical of drawing conclusions or adolescent observations
Day 32	Choosing a career
Day 33	Factors influencing choice of career
Day 34	Practical -Construction of questionnaire cum interview schedule to study problems of adolescences peer interactions and parent child relation.
Day 35	Test of Unit 3
Day 36	Practical class of Admonishing the questionnaire
Day 37	Unit 4 Peer relationship in late adolescence
Day 38	Heterosexual relationship
Day 39	Practical -Drawing conclusion regarding the subjects to whom question naire was administered
Day 40	MOCK TEST
Day 41	MOCK TEST
Day 42	MOCK TEST
Day 43	MOCK TEST
Day 44	Adolescence problems
Day 45	Adolescence problems cont..
Day 46	Continue
Day 47	Test of unit 4
Day 48	Revision of complete syllabus
Day 49	Taking difficulties of students and discussing previous year question paper
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**Note: Total number of classes per week for this course is 3 plus 2**

<b>Name of the professor: Ms. Archna Dua</b> <b>Class and Section: B.Sc. Home Science -1<sup>st</sup> Semester</b> <b>Subject: Hygiene and Public Health</b>	
Day 1	Orientation of the student
Day 2	Orientation of the student
Day 3	Introduction of the syllabus
Day 4	Unit 1 Definition, Health, Personal Hygiene – all components and their importance
Day 5	Personal Hygiene
Day 6	Personal Hygiene Continues
Day 7	Revision of Till Done syllabus
Day 8	Assignment allotment and Class test of Unit 1
Day 9	Unit 2 Infection Communicable diseases -incubation period, mode of infection, prevention of infection
Day 10	Continue
Day 11	Immunity- Types, vaccination schedules
Day 12	Immunity Continues
Day 13	Assignment- What is immunity? Give Types and write about vaccination schedule
Day 14	Test of Unit 1 again
Day 15	Class test of Unit 2
Day 16	Unit 3 Community water to waste
Day 17	Importance of water to community
Day 18	Sources of contamination
Day 19	Continue
Day 20	House Hold measures of purification of water
Day 21	Waste disposal – Sewage disposal and treatment
Day 22	Continue
Day 23	Solid waste and liquid waste disposal
Day 24	Test of Unit 3
Day 25	Infectious Diseases -Causes, symptoms, mode of spread, treatment and prevention
Day 26	Study about Cholera and Diarrhea
Day 27	Continue
Day 28	Causes, symptoms, mode of spread, treatment , prevention of hepatitis and typhoid
Day 29	Continue
Day 30	Malaria and Dengue – Causes and Symptoms with mode of spread, treatment and prevention
Day 31	Causes, symptoms, mode of spread , treatment and prevention of chicken pox and T.B.
Day 32	Causes , symptoms , mode of spread , treatment and prevention of Leprosy and Tetanus
Day 33	Mock test
Day 34	Mock Test
Day 35	Mock Test
Day 36	Mock Test
Day 37	Mock test
Day 38	Mock Test
Day 39	Causes, symptoms, mode of spread, treatment of AIDS
Day 40	Causes, symptoms, mode of spread, treatment and prevention of syphilis, gonorrhoea
Day 41	Test Of Unit 4
Day 42	Revision
Day 43	Revision
Day 44	Class Test of Unit 1
Day 45	Class Test of Unit 2
Day 46	Class Test Of Unit 3
Day 47	Class Test of unit 4



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<b>Name of the professor: Ms. Archna Dua</b>	
<b>Class and Section: B.Sc. Home Science -5<sup>th</sup> Semester</b>	
<b>Subject: Normal Nutrition</b>	
Day 1	Orientation of the student
Day 2	Orientation of the student
Day 3	Introduction of the syllabus
Day 4	Unit -1 Nutrition of health inter relationship
Day 5	Practical -Comprehensive food exchange list
Day 6	Factors affecting total energy expenditure and requirement
Day 7	Basal Metabolic Rate
Day 8	Factors affecting BMR
Day 9	Dynamic action of food
Day 10	Practical of raw weight and cooked weight of certain common recipe
Day 11	Unit 2 – Nutritionally Adequate diet
Day 12	Meal planning
Day 13	Importance of meal planning
Day 14	Practical of various steps in meal planning to the taught of example
Day 15	Factors affecting meal planning
Day 16	Continue
Day 17	Continue
Day 18	Assignment of asking students to write menu
Day 19	Practical of writing their of food items consumed by their mother on the previous day in household measures menu of the previous day .
Day 20	Test of Unit 1
Day 21	Evaluation of assignment
Day 22	Test of unit 2
Day 23	Practical -steps to be taught in dietary calculation
Day 24	Unit 3- Nutritional Problems during adulthood
Day 25	Food selection during adulthood
Day 26	Nutrition requirement during adult hood
Day 27	Practical class of planning a diet for an sedentary man
Day 28	Nutritional problems during pregnancy
Day 29	Food selection during pregnancy
Day 30	Nutritional requirement during pregnancy
Day 31	Lactation – Nutritional Problems
Day 32	Practical -Preparation and evaluation of diet for an adult sedentary man.
Day 33	Lactation – Food selection and nutritional requirement
Day 34	Nutritional problem of old age
Day 35	Food selection in old age
Day 36	Nutritional problem in old age
Day 37	Practical – Planning of diet for an adult man moderate worker
Day 38	Unit 4 Infancy -Problems / Contradictions in breast feeding
Day 39	Meaning and nutritional requirement
Day 40	Preschool Year- Nutritional Problem
Day 41	Preschool Year- Food Selection
Day 42	Practical class – Preparation and evaluation of diet for an adult man
Day 43	Preschool years – Nutritional Requirement
Day 44	School Going – Nutritional problems
Day 45	School Going – Food selection
Day 46	School Going -Nutritional Requirement

Day 47	Practical – Planning a diet for a pregnant and lactating mother
Day 48	Revision of unit 3
Day 49	Revision of Unit 3
Day 50	Test of Unit 3
Day 51	Practical Planning weaning food for infants and a diet for a preschool child.
Day 52	MOCK TEST
Day 53	Revision of unit 4
Day 54	Practical preparation and evaluation of weaning foods for infants and diet for preschool child
Day 55	MOCK TEST
Day 56	Test of Unit 4
Day 57	Discussion of previous year question paper
Day 58	MOCK TEST
Day 59	Planning a diet for a school going child
Day 60	Planning a diet for adolescent
Day 61	Planning a diet for elderly one
Day 62	Practical of preparation and evaluation of diet for a school going adolescent and elderly
Day 63	Revision
Day 64	Revision
Day 65	Class test of Unit 1
Day 66	Class test of Unit 2
Day 67	Class test of unit 3
Day 68	Class Test of Unit 4
Day 69	Discussion class
Day 70	
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**Note: Total number of classes per week for this course is 4 plus 3**

**Name of the professor:Usha Pant**  
**Class And Section: B Sc 3<sup>rd</sup> sem**  
**Subject:Introduction to Home Management –I ( 4 periods per week)**

Day 1	Orientation of students
Day 2	Introduction of the syllabus
Day 3	Discussing syllabus
Day 4	Home management –Introduction and definition
Day 5	Concept of home management
Day 6	Management process -Introduction
Day 7	Planning - importance
Day 8	Types of plan
Day 9	Controlling-meaning
Day 10	Phases of controlling
Day 11	Evaluation - meaning
Day 12	Importance of evaluation
Day 13	Types of evaluation
Day 14	Technique of self-evaluation
Day 15	Class test I
Day 16	Decision making-meaning
Day 17	Steps in decision making
Day 18	Types of decision
Day 19	Types of decision
Day 20	Factors affecting decision making
Day 21	Factors affecting decision making
Day 22	Inter-relatedness of decision
Day 23	Inter-relatedness of decision
Day 24	Discussion on decision making
Day 25	Revision Test
Day 26	Stages of family life cycle
Day 27	Stages of family life cycle
Day 28	Values-introduction
Day 29	Classification of values
Day 30	Value structure
Day 31	Goals-meaning and classification
Day 32	Standard-introduction
Day 33	Classification of standard
Day 34	Interrelation of values goals and standard
Day 35	Discussion on factors motivating management ie. value goal and standard
Day 36	Resources in the family-introduction
Day 37	Human resources
Day 38	Non- human resources
Day 39	Factors affecting use of resources
Day 40	Factors affecting use of resources
Day 41	Similarities among resources
Day 42	Similarities among resources
Day 43	Discussion on commonly used resources by student
Day 44	Revision test
Day 45	Time management
Day 46	Introductions
Day 47	Importance of time management
Day 48	Steps in making time plan
Day 49	Steps in making time plan
Day 50	Time plan of a student-assignment
Day 51	Tools in time plan-peak load period
Day 52	Work curve
Day 53	Rest period as tool in time plan
Day 54	Revision of time management

Day 55	Energy management-introduction
Day 56	Energy cost of various activities
Day 57	Energy cost of various activities
Day 58	Fatigue meaning
Day 59	Physiological fatigue-cause and effect
Day 60	Psychological fatigue-cause and effect
Day 61	Importance of energy management
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**Note: As per number of periods/week**

**Name of the professor: Ms. Usha Pant**

**Class and Section: B.Sc –Home Science 5<sup>th</sup> Semester**

**Subject: Interior Space Designing ( Theory-4 days, Practical-1 day, per week)**

Day 1	Orientation of students
Day 2	Introduction of syllabus
Day 3	Discussing syllabus
Day 4	Housing and space management-meaning and introduction
Day 5	Selection of site
Day 6	Orientation for ideal house
Day 7	Discussion on practical syllabus
Day 8	Role of soil and locality in selection of house
Day 9	Sanitation facilities required for ideal house
Day 10	Discussion on the chapter
Day 11	Test
Day 12	Practical-brass article cleaning
Day 13	Principles of planning of rooms-grouping of rooms, circulation
Day 14	Flexibility and privacy while planning of rooms
Day 15	Spaciousness, ventilation , ventilation and roominess
Day 16	Summarize the chapter
Day 17	Cleaning of silver article
Day 18	Building materials for construction-introduction
Day 19	Stone-types and seasoning
Day 20	Types of stone for construction
Day 21	Bricks- types of brick and their use
Day 22	Practical- floor planning-meaning, making furniture on graph paper
Day 23	Cement-method of preparing cement,
Day 24	Use and types of cement
Day 25	Timber- seasoning of wood
Day 26	Use of timber as building material
Day 27	Practical-Making floor plan of bedroom
Day 28	Use of glass and plastic as building material
Day 29	Iron and concrete-use in building material
Day 30	Discussing commonly used building material
Day 31	Class test
Day 32	Practical- making floor plan of drawing room
Day 33	Principle of economic design
Day 34	Economy in construction
Day 35	Calculating cost of construction
Day 36	Calculating cost of construction
Day 37	Practical- making floor plan of dining room
Day 38	Principle of kitchen planning-introduction
Day 39	Principles of kitchen planning
Day 40	Types of kitchens
Day 41	Types of kitchen
Day 42	Practical-making floor plan of various kitchens
Day 43	Test
Day 44	Selection of equipment- importance
Day 45	Factors affecting selection of equipment

Day 46	Factors affecting selection of equipment
Day 47	Practical-planning color scheme for bedroom
Day 48	Use of household equipment
Day 49	Care and maintenance of household equipment- introduction
Day 50	washing machine-use , types and working principle
Day 51	Care and maintenance of washing machine
Day 52	Practical-planning color scheme of drawing room
Day 53	Vacuum cleaner- use and working principle
Day 54	Care and maintenance of vacuum cleaner
Day 55	Toaster- use and working principle
Day 56	Care and maintenance of toaster
Day 57	Practical- making house plan of LIG
Day 58	Refrigerator-use and working principle
Day 59	Care and maintenance of refrigerator
Day 60	Microwave oven-use and working principle
Day 61	Care and maintenance of microwave oven
Day 62	Practical-making floor plan of MIG
Day 63	Electric iron-use and working principle
Day 64	Care and maintenance of electric iron
Day 65	Mock test
Day 66	Mock test
Day 67	Mock test
Day 68	Mock test
Day 69	Mock test
Day 70	Mock test
Day 71	Vacuum cleaner-use ,care and maintenance
Day 72	Practical-care and maintenance of equipment
Day 73	Test
Day 74	Revision
Day 75	Revision
Day 76	Discussing old question paper
Day 77	Practical- file making
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**Note: As per number of periods/week.**

**Name of the professor: Usha Pant**

**Class and Section: B A I**

**Subject: Home Science Practical**

Day 1	Discussing practical syllabus...group I
Day 2	Cleaning and polishing of brass article....Group I
Day 3	Writing practical in file....Group I
Day 4	Discussing practical syllabus...group II
Day 5	Cleaning and polishing of brass article....Group II
Day 6	Writing practical in file....Group II
Day 7	Cleaning and polishing of silver article....Group I
Day 8	Cleaning of aluminum article....Group I
Day 9	Writing practical in file.....group I
Day 10	Cleaning and polishing of silver article....Group II
Day 11	Cleaning of aluminum article....Group II
Day 12	Writing practical in file.....group II
Day 13	Making color wheel.....Group I
Day 14	Coloring color wheel.....Group I
Day 15	Coloring color wheel....Group I
Day 16	Making color wheel.....Group II
Day 17	Coloring color wheel.....Group II
Day 18	Coloring color wheel.....Group II
Day 19	Making complementary color scheme...group I
Day 20	Making monochromatic color scheme...group I
Day 21	Making triad color scheme....Group I
Day 22	Making complementary color scheme...group II
Day 23	Making monochromatic color scheme...group II
Day 24	Making triad color scheme....Group II
Day 25	Giving demo on Alpana making...grp I
Day 26	Making alpana on sheet...grp I
Day 27	Making alpana on floor...grp I
Day 28	Giving demo on Alpana making...grp II
Day 29	Making alpana on sheet...grp II
Day 30	Making alpana on floor...grp II
Day 31	Making geometrical rangoli on sheet...grp I
Day 32	Making geometrical rangoli on sheet...grp I
Day 33	Coloring geometrical rangoli....Grp I
Day 34	Making geometrical rangoli on sheet...grp II
Day 35	Making geometrical rangoli on sheet...grp II
Day 36	Coloring geometrical rangoli....Grp II
Day 37	Completing file work.....Grp I
Day 38	Making rangoli on floor....Grp I
Day 39	Preparing rangoli material...grp I
Day 40	Completing file work...grp II
Day 41	Making rangoli on floor...grp II
Day 42	Preparing rangoli material...grp II
Day 43	Making freehand rangoli pattern on sheet...grp I
Day 44	Making rangoli on sheet...grp I
Day 45	Making rangoli on floor....Grp I
Day 46	Making freehand rangoli pattern on sheet ...grp II
Day 47	Making rangoli on sheet.....Grp II
Day 48	Making rangoli on floor....Grp II
Day 49	Rangoli practice on floor.....grp I
Day 50	Rangoli practice on floor.....grp I
Day 51	Rangoli practice on floor.....grp I
Day 52	Rangoli practice on floor.....grp II
Day 53	Rangoli practice on floor.....grp II
Day 54	Rangoli practice on floor.....grp II



Day 55	Table setting and table manners....grp I
Day 56	Making Table setting on file....grp I
Day 57	Making Table setting on file....grp I
Day 58	Table setting and table manners....grp II
Day 59	Making Table setting on file....grp II
Day 60	Making Table setting on file....grp II
Day 61	Budget making for LIG...grp I
Day 62	Budget making for MIG...grp I
Day 63	Budget making for HIG....grp I
Day 64	Budget making for LIG...grp II
Day 65	Budget making for MIG...grp II
Day 66	Budget making for HIG....grp II
Day 67	Care and cleaning of refrigerator....grp I
Day 68	Care and cleaning of mixie...grp I
Day 69	Care and cleaning of washing machine ...grp I
Day 70	Care and cleaning of refrigerator....grp II
Day 71	Care and cleaning of mixie...grp II
Day 72	Care and cleaning of washing machine ...grp II
Day 73	Completing file work...grp I
Day 74	Care and cleaning of microwave oven...grp I
Day 75	File work...grp I
Day 76	Completing file work...grp II
Day 77	Care and cleaning of microwave oven...grp II
Day 78	File work...grp II
Day 79	Preparing for viva ...grp I
Day 80	Preparing for viva....grp I
Day 81	Alpana practice....grp I
Day 82	Preparing for viva ...grp II
Day 83	Preparing for viva ...grp II
Day 84	Alpana practice....grp II
Day 85	Rangoli practice...grp I
Day 86	Rangoli practice...grp I
Day 87	File work...grp I
Day 88	Rangoli practice...grp II
Day 89	Rangoli practice...grp IIs
Day 90	File work...grp II

<b>Name of the Professor: Ms. Usha Pant</b>	
<b>Class and Section: B.A - I</b>	
<b>Subject: Home Science</b>	
Day 1	Orientation of the students
Day 2	Introduction of the syllabus
Day 3	Meaning and concept of Home Science
Day 4	Scope of home science
Day 5	Scope of home science
Day 6	Functions of home
Day 7	Functions of home
Day 8	Own vs rented house
Day 9	Selection of site for ideal house
Day 10	Role of soil in selection of house
Day 11	Best orientation in ideal house
Day 12	Role of facility for disposal of waste and refuse in selection of house
Day 13	Discussion on the chapter
Day 14	Test
Day 15	Kitchen gardening-meaning and utility
Day 16	Planning and raising of kitchen garden
Day 17	Making beds for kitchen garden
Day 18	Selection of vegetables for kitchen garden
Day 19	Tools and equipments needed for gardening
Day 20	Types of manure
Day 21	Types of manure
Day 22	Care of kitchen garden
Day 23	Discussion and revising the chapter
Day 24	Test
Day 25	Elements of art- introduction
Day 26	Lines-types
Day 27	Use of lines in interior decoration
Day 28	Texture- types and use in decoration
Day 29	Form
Day 30	Pattern- types of patterns
Day 31	Size as an element of art
Day 32	Color-introduction
Day 33	Characteristics of color—hue, value
Day 34	Intensity , warm and cool colors, advancing and receding colors
Day 35	Emotional effect of color
Day 36	Discussion and revision
Day 37	Test
Day 38	Color wheel --- primary, secondary and tertiary colors
Day 39	Making a color wheel- assignment
Day 40	Color scheme
Day 41	Color schemes
Day 42	Use of color scheme in home decoration
Day 43	Test
Day 44	Principles of art-introduction
Day 45	Harmony and balance-meaning and their use in decoration
Day 46	Rhythm and proportion-meaning and their use in decoration
Day 47	Balance---meaning and use in decoration
Day 48	Revising the chapter
Day 49	Flower arrangement-its importance
Day 50	Types of flower arrangement
Day 51	Use of principles of art in flower arrangement
Day 52	Use of principles of art in flower arrangement

Day 53	Test
Day 54	Consumer-meaning, types of choice of consumers
Day 55	Buying practices of consumers
Day 56	Problems faced by consumer
Day 57	Buying problems of consumers
Day 58	Discussing the problem faced by consumers in market with example
Day 59	Rights of consumer
Day 60	Responsibilities of consumer
Day 61	Consumer protection Act
Day 62	Revising the chapter
Day 63	Oral test
Day 64	Home Management-meaning and introduction
Day 65	Process of home management-planning
Day 66	Controlling-phases of controlling
Day 67	Evaluation-its importance and meaning
Day 68	Summarizing the chapter with discussion and examples
Day 69	Resources-introduction
Day 70	Classification of resources
Day 71	Classification of resources
Day 72	Similarities among resources
Day 73	Similarities among resources
Day 74	Meaning of money management
Day 75	Types of income
Day 76	Budget-meaning and types
Day 77	Factors affecting budget
Day 78	Steps in making budget
Day 79	Evaluation of budget
Day 80	Time management -introduction and importance
Day 81	Making a time plan
Day 82	Tools in time plan-peak load period and rest period
Day 83	Energy management-energy cost of various activities
Day 84	Fatigue-meaning and types
Day 85	Method of removing fatigue
Day 86	Work simplification-meaning and importance
Day 87	Classes of change
Day 88	Classes of change
Day 89	Doubt class
Day 90	Sharing and discussing old papers

<b>Name of the Professor: Dr. Sangeeta Kulshrestha</b>	
<b>Class and Section: B.Sc. Home Science -5th Semester</b>	
<b>Subject: Community Nutrition</b>	
Day 1	Introduction to the syllabus
Day 2	Nutritional problems of the Community
Day 3	Nutritional problems of the community Contd.
Day 4	Non- nutritional causes of nutritional disorders
Day 5	Non- nutritional causes of nutritional disorders contd.
Day 6	Non- nutritional causes of nutritional disorders contd.
Day 7	Nutritional causes
Day 8	Nutritional causes contd.
Day 9	PEM - Introduction
Day 10	Prevalence of PEM
Day 11	Causes of PEM
Day 12	Signs and symptoms
Day 13	Prevention of PEM
Day 14	Treatment of PEM
Day 15	Vitamin A deficiency
Day 16	Prevalence of Vitamin A deficiency
Day 17	Causes, signs and symptoms
Day 18	Prevention and Treatment of Vitamin A deficiency
Day 19	Iron Deficiency Anaemia- Introduction
Day 20	Prevalence and Causes
Day 21	Signs and Symptoms
Day 22	Prevention and Treatment
Day 23	Iodine Deficiency Disorders- Introduction
Day 24	Prevalence
Day 25	Signs, symptoms and causes
Day 26	Prevention and Treatment
Day 27	Fluorosis
Day 28	Prophylaxis programs in India
Day 29	Mid-day meal program
Day 30	ICDS
Day 31	ICDS Contd.
Day 32	Assessment of Nutritional Status
Day 33	Assessment of Anthropometric measurements in children
Day 34	Assessment of Anthropometric measurements in children contd.
Day 35	Assessment of Anthropometric measurements in adults
Day 36	Assessment of Anthropometric measurements in adults contd.
Day 37	Dietary survey
Day 38	Dietary survey contd.
Day 39	Clinical examination
Day 40	Clinical examination contd.
Day 41	Biophysical test
Day 42	Biochemical tests
Day 43	Functional Assessment
Day 44	Vital Statistics
Day 45	Revision
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**Note: As per number of periods /week.**

<b>Name of the professor: Dr Sangeeta Kulshrestha</b>	
<b>Class and Section: B.A. 5<sup>th</sup> Semester</b>	
<b>Subject: Home Science Theory -Food and Nutrition</b>	
Day 1	Introduction to the syllabus
Day 2	Foods- Introduction and definition
Day 3	Functions of Foods
Day 4	Functions of Foods contd.
Day 5	Classification of foods
Day 6	Food Groups
Day 7	Food Groups contd.
Day 8	Carbohydrates- Introduction
Day 9	Classification
Day 10	Monosaccharide's
Day 11	Disaccharides
Day 12	Polysaccharides
Day 13	Revision
Day 14	Sources
Day 15	Functions and sources of carbohydrates
Day 16	Effects of deficiency and excess
Day 17	Test – Carbohydrates
Day 18	Proteins- Introduction
Day 19	Classification of Proteins
Day 20	Classification of Proteins contd.
Day 21	Sources and RDA
Day 22	Causes of deficiency of Proteins
Day 23	Effects of Protein deficiency in children
Day 24	Protein deficiency in adults
Day 25	Effects of excess of Proteins
Day 26	Fats- Introduction and composition
Day 27	Types of Fatty Acids
Day 28	Types of Fatty Acids
Day 29	Hydrogenation
Day 30	Classification of Lipids
Day 31	Classification of Lipids contd.
Day 32	Sources of Fats, RDA
Day 33	Test- Protein
Day 34	Function of Fats
Day 35	Effects of Deficiency
Day 36	Effects of Excess of Fats
Day 37	Properties of Fats
Day 38	Vitamins- Introduction and classification
Day 39	Vitamin A- Introduction
Day 40	Functions
Day 41	Deficiency
Day 42	Hypervitaminosis A
Day 43	Sources, RDA
Day 44	Vitamin D- Introduction and Composition
Day 45	Properties of vitamin D
Day 46	Functions of vitamin D
Day 47	Deficiency of vitamin D
Day 48	Excess of vitamin D
Day 49	Sources of vitamin D
Day 50	Vitamin B 1- Introduction and composition
Day 51	Properties

Day 52	Functions
Day 53	Symptoms of deficiency
Day 54	Effects of excessive intake
Day 55	Sources, RDA
Day 56	Niacin- Introduction
Day 57	Functions
Day 58	Sources. RDA
Day 59	Symptoms of deficiency and excess
Day 60	Vitamin C- Introduction and Properties
Day 61	Functions
Day 62	Effects of deficiency
Day 63	Effect of excessive intake, sources
Day 64	RDA, Revision
Day 65	Calcium- Introduction, properties
Day 66	Functions and sources
Day 67	Effects of deficiency and excessive intake
Day 68	Test- Vitamin D and Calcium
Day 69	Phosphorus- Introduction and functions
Day 70	Sources, Deficiency and Excess
Day 71	Iodine- Introduction, functions
Day 72	Effects of deficiency
Day 73	Excess and sources of iodine
Day 74	Importance/Advantages of Cooking Food
Day 75	Moist heat methods
Day 76	Moist heat methods contd.
Day 77	Dry heat methods
Day 78	Dry heat methods contd.
Day 79	Frying- Shallow and Deep Fat
Day 80	Solar cooking and microwave cooking
Day 81	Effects of Cooking on various nutrients
Day 82	Methods of Enhancing Nutritive Value of foods
Day 83	Balanced diet, Factors affecting Meal Planning
Day 84	Principles of Meal Planning
Day 85	Steps in meal planning
Day 86	Planning meal for pre-school children
Day 87	Planning meal for school going children
Day 88	Planning meal for Adolescents
Day 89	Planning meals for adults
Day 90	Meal Planning for Pregnant and lactating women

<b>Name of the Professor: Dr. Sangeeta Kulshrestha</b>	
<b>Class and Section: B. Sc. Home Sc. I Semester</b>	
<b>Subject: Basic Foods</b>	
Day 1	Orientation Of The Students
Day 2	Introduction of syllabus
Day 3	Foods- Introduction and Definition
Day 4	Physiological Functions of Foods
Day 5	Topic contd.
Day 6	Social Function
Day 7	Psychological Function
Day 8	Food Groups
Day 9	Topic contd.
Day 10	Food Guide Pyramid
Day 11	Food Intake and Regulation of Hunger
Day 12	Topic contd.
Day 13	Basic Terminology Used in Food Preparation
Day 14	Topic contd.
Day 15	Objectives of Cooking
Day 16	Principles of Cooking
Day 17	Wet methods of cooking
Day 18	Topic contd.
Day 19	Dry methods of Cooking
Day 20	Topic contd.
Day 21	Solar cooking
Day 22	Solar cooking contd.
Day 23	Microwave Cooking
Day 24	Topic contd.
Day 25	Test- Methods of Cooking
Day 26	Basic terms used in the study of Foods
Day 27	Enhancing Nutritional Quality of Foods- Introduction
Day 28	Germination and Fermentation
Day 29	Supplementation and Substitution
Day 30	Fortification and Enrichment
Day 31	Revision
Day 32	Test- Enhancing Nutritional Quality of Foods
Day 33	Food Adulteration
Day 34	Types of Adulterants in Common Foods
Day 35	Topic contd.
Day 36	Topic contd.
Day 37	Pesticide residues in foods
Day 38	Food Laws and Standards
Day 39	Prevention of Food Adulteration Act
Day 40	Prevention of Food Adulteration Act contd.
Day 41	Essential Commodities Act
Day 42	Fruit Products Order
Day 43	Fruit Products Order contd.
Day 44	AGMARK
Day 45	BIS
Day 46	BIS contd.
Day 47	FSSAI
Day 48	Revision
Day 49	Test- Food Adulteration
Day 50	Revision
Day 51	Revision
Day 52	Revision
Day 53	Revision



Day 54	Discussion of Old question Papers
Day 55	Discussion of Old question Papers
Day 56	Pr. – General instructions for working in a Food Lab.
Day 57	Pr.- Weights and Measures
Day 58	Pr. -Standard and Household measures for raw and cooked foods
Day 59	Pr. – Table setting and Table Manners
Day 60	Pr. – Preparation of dishes using Boiling method
Day 61	Pr. - Preparation of dishes using Simmering method
Day 62	Pr. - Preparation of dishes using Pressure cooking method
Day 63	Pr. - Preparation of dishes using Steaming method
Day 64	Pr. - Preparation of dishes using Sauteing method
Day 65	Pr. - Preparation of dishes using Shallow Fat Frying method
Day 66	Pr. - Preparation of dishes using Deep Fat Frying method
Day 67	Pr. Preparation of dishes using Baking method
Day 68	Mock Practical Test
Day 69	Pr.- Preparation of dishes using Sprouting
Day 70	Pr.- Preparation of dishes using Fermentation
Day 71	Pr. Revision of left out Practicals
Day 72	Pr. Revision of left out Practicals
Day 73	Pr. Revision of left out Practicals
Day 74	Pr. Viva preparation
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**Name of the Professor: Dr. Sangeeta Kulshrestha**  
**Class and Section: B.A -Home Science- 5<sup>th</sup> Semester**  
**Subject: Home Science Practical**

Day 1	Introduction to the syllabus
Day 2	General instructions for cookery practical
Day 3	Weighing and measuring foods
Day 4	Beverages- Introduction
Day 5	Planning and preparation of various Beverages
Day 6	Hot and cold coffee disaccharides
Day 7	Giving recipes for Aam Panna and fruit shakes
Day 8	Preparing Aam Panna and fruit shakes
Day 9	Giving recipes for various Soups
Day 10	Preparing Tomato and Sweet Corn soup
Day 11	Preparing Tomato and Sweet Corn soup
Day 12	Preparing Tomato and Chinese soup
Day 13	Snacks - Introduction
Day 14	Giving recipes for various Snacks
Day 15	Preparing Dhokla and Samosa
Day 16	Preparing Samosa and Masala Vada
Day 17	Preparing Chana Kabab
Day 18	Giving recipe of Idli, Sambhar and Coconut chutney
Day 19	Preparing Idli, Sambhar and Coconut chutney
Day 20	Preparing fried Idli from Suji Idli
Day 21	Giving recipe of Poha, Upma and Veg. Vermicelli
Day 22	Preparing Poha, Upma and Veg. Vermicelli
Day 23	Preparing Cheela/ Bread pizza
Day 24	Masala Dosa
Day 25	Planning and giving recipes of various Desserts
Day 26	Cake (Eggless/ with Egg) in oven
Day 27	Preparing cake in pressure cooker
Day 28	Making Khoya/ Coconut Burfi
Day 29	Making Besan laddu
Day 30	Preparing Moong dal halwa
Day 31	Sprout salad and Russian salad
Day 32	Channa salad and Macaroni salad
Day 33	Preparing Dal makhani
Day 34	Dum Aloo and Veg Briyani
Day 35	Lemon rice, shahi paneer and fruit custard
Day 36	Rice kheer, malai kofta
Day 37	Apple kheer and Dry fruit kheer
Day 38	Paneer kheer and Sewain kheer
Day 39	Preparing menu card
Day 40	Table setting
Day 41	Preparing Manchurian
Day 42	Fried rice
Day 43	Revision
Day 44	Revision
Day 45	Mock practical test
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**Name of the professor: Ms. Benu Mehta**  
**Class and Section: B.Sc. Home Science 3<sup>rd</sup> Semester**  
**Subject: Laundry Science and Finishing Fabrics**

Day 1	Orientation of the student
Day 2	Orientation of the student
Day 3	Introduction of the syllabus
Day 4	Laundry equipment and their use
Day 5	Soaps and supplies -Stiffening agents and bluing agents
Day 6	Bleaching and other laundry reagents -
Day 7	Grease absorbents and solvents
Day 8	Revision of all done syllabus
Day 9	Class test of done syllabus
Day 10	Practical Class of Stain removal -Removal of any 10 stains
Day 11	Continue
Day 12	Practical File work day
Day 13	Stains- Classification of stains-
Day 14	Methods of removing different types of stains
Day 15	Storage of clothes – Dry Cleaning
Day 16	Principle and use of dry – cleaning
Day 17	Laundering and care of following fabrics- Cotton and silk
Day 18	Woollen and synthetics
Day 19	Revision of till done syllabus
Day 20	Practical of Tie and dye
Day 21	Practical file work day
Day 22	Class test of unit 2
Day 23	Fabric finishing, Importance of finishing
Day 24	Physical Finishes like Napping, sizing and teetering
Day 25	Calendaring finish
Day 26	Chemical Finish like bleaching
Day 27	Mercerizing
Day 28	Special Purpose finishes – Wrinkle resistant and water resistant
Day 29	Flame retardant and repellent
Day 30	Practical class of washing and finishing
Day 31	Practical class file work
Day 32	Classification of dyes -
Day 33	Natural Dyes
Day 34	Direct and base , acid, Sulphur dye
Day 35	Var mordant and disperse dye
Day 36	Printing and style of printing
Day 37	Direct and Discharge Printing
Day 38	Revision
Day 39	Revision
Day 40	Revision
Day 41	Revision
Day 42	Revision
Day 43	Revision
Day 44	Revision
Day 45	Resist and Dyed Printing
Day 46	Methods of Printing – Block Printing
Day 47	Roller Printing
Day 48	Stencil and Screen Printing
Day 49	Revision of till done syllabus
Day 50	Class test of all done topics
Day 51	Practical class of Block Printing
Day 52	Practical Class of Stencil Printing
Day 53	Revision
Day 54	Practical File work

Day 55	Revision
Day 56	Revision
Day 57	Revision
Day 58	Revision
Day 59	Revision
Day 60	Revision
Day 61	Revision
Day 62	Revision
Day 63	Revision
Day 64	Revision
Day 65	Revision
Day 66	Revision
Day 67	Practical File work
Day 68	Revision
Day 69	Revision
Day 70	Revision
Day 71	Revision
Day 72	Mock Test
Day 73	Revision
Day 74	Mock test
Day 75	Revision
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<b>Name of the professor: Ms. Benu Mehta</b> <b>Class and Section: B.Sc. Home Science- 5<sup>th</sup> Semester</b> <b>Subject: Indian Textiles</b>	
Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Importance of Indian textiles in historic perspective
Day 5	Cotton Fabric , Sarees and dhotis of India
Day 6	Continue
Day 7	Continue
Day 8	Revision of till done syllabus
Day 9	Revision and discussion of chapter again
Day 10	Introduction to the phulkari's of Punjab , threads used in the fabric
Day 11	Continue
Day 12	Class test of Till done syllabus
Day 13	Phulkari embroidery continue
Day 14	Silk and brocades of Banaras
Day 15	Silk sarees from Bengal
Day 16	Silk sarees from Gujrat
Day 17	Continued
Day 18	Continued
Day 19	Silk sarees from Karnataka
Day 20	Silk sarees from Andhra Pradesh
Day 21	Silk sarees from Tamil Naadu
Day 22	Continue
Day 23	Continue
Day 24	Shawls Of India “ Kashmiri Shawls”
Day 25	Carpet weaving , centers of India revision
Day 26	Origin of embroidery in India
Day 27	Carpets, Durries and rugs from all over India
Day 28	Embroideries , Their importance in every day life
Day 29	Revision
Day 30	Continue
Day 31	Continue
Day 32	Discussing motifs of Kashmir , embroidery , portfolio continued
Day 33	Court embroideries , trade embroideries
Day 34	Temple Embroidery , folk embroidery
Day 35	Introduction of Kashmiri , embroidery – threads and motifs
Day 36	Continue
Day 37	Continue
Day 38	9 Embroideries from Punjab and Himachal Pradesh
Day 39	Continued
Day 40	Embroidery from Uttar Pradesh
Day 41	Embroidery from Karnataka
Day 42	Embroidery from Gujrat
Day 43	Continue
Day 44	Continue
Day 45	Sample of Kashmir Embroidery in portfolio
Day 46	Embroidery from Bengal
Day 47	Embroideries from Bihar
Day 48	Banjara Embroideries
Day 49	Revision and discussion of full chapter of embroideries
Day 50	Revision
Day 51	Continue
Day 52	Introducing Mirror work, embroidery , stitches and thread
Day 53	Test of previous done chapter

Day 54	Revision
Day 55	Review of previous year question paper
Day 56	Review of previous year question paper
Day 57	Dyeing – Antiquity – Various India ethnic dying styles
Day 58	Ethnic -dyeing styles of India
Day 59	Bandhej from Rajasthan
Day 60	Continue
Day 61	Practical File work day
Day 62	Bandhej from Gujarat
Day 63	Block printing – Technique from various part of India
Day 64	Screen and Roller Printing
Day 65	Finishing of mirror work, sample and portfolio competition
Day 66	Resist Printing
Day 67	Revision, Discussion and assignment of dyeing and printing
Day 68	Test of previous done topics
Day 69	Practical file work day
Day 70	Making motifs and embroidery samples of shadow work
Day 71	Batik from coromandel
Day 72	Batik- Various techniques
Day 73	Completion of shadow work and portfolio design
Day 74	Painting on fabrics
Day 75	Various types of printing on fabrics in ancient India
Day 76	Revision
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<b>Name of the professor: Ms. Benu Mehta</b>	
<b>Class And Section: B.Sc. Home Science -1<sup>st</sup> Semester</b>	
<b>Subject: Introductory Clothing</b>	
Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Sewing, Equipment's, tools for the measuring drafting
Day 5	Practical of introduction to sewing equipment's and tools
Day 6	Revision
Day 7	Revision
Day 8	Practical file work day
Day 9	Sewing equipment for measuring, drafting
Day 10	Revision
Day 11	Revision
Day 12	Sewing equipment's for drafting and pinning
Day 13	Practical work
Day 14	Continue
Day 15	Types of scissors and their care
Day 16	Revision of complete syllabus till done
Day 17	Equipment for finishing of stretched clothes
Day 18	Revision
Day 19	Basic stitches – Tasking and hemming
Day 20	Continue
Day 21	Continue
Day 22	Continue
Day 23	Sewing machine – types
Day 24	Parts and functions of sewing machine
Day 25	Parts and functions of sewing machine
Day 26	Revision
Day 27	Revision
Day 28	Various hand stitches, seams and seam finishes
Day 29	Defects of sewing machine and how to correct them
Day 30	Continue
Day 31	Oiling , care and maintenance of sewing machine
Day 32	Revision and doubt clearing class
Day 33	Revision
Day 34	Class test of till done topics
Day 35	Seams , seam finishes and fasteners
Day 36	Principle of cloth constructing
Day 37	Continue
Day 38	Principle of cloth constructing
Day 39	Placket opening, neck lines
Day 40	Anthropometrics measurements
Day 41	Revision of syllabus
Day 42	Points to be considered while taking measurements
Day 43	Class test of all done syllabus
Day 44	Importance of taking body measurements, important body landmarks
Day 45	Gatters, pleats and darts
Day 46	Revision
Day 47	Revision
Day 48	Practical file work day
Day 49	How to record body measurement
Day 50	Revision and solving students' problem in practical class
Day 51	Test of all above done syllabus
Day 52	Preparation of fabric before cutting
Day 53	Completing the sample file, finishing of all the samples



Day 54	Understanding direction of fabrics, grain lines and bias
Day 55	Basic terms used in clothing construction
Day 56	Various methods of designing
Day 57	Basic concepts of drafting
Day 58	Learning embroidery stitches
Day 59	What is paper pattern
Day 60	What is drafting
Day 61	What is draping
Day 62	Importance of all the methods of designing
Day 63	Best methods for beginners
Day 64	Making handkerchiefs using various embroidery students
Day 65	Why and how to shrink fabrics
Day 66	Straightening fabrics
Day 67	How to select fabrics for beginners -Prints and Napped
Day 68	Completing five handkerchiefs
Day 69	Meaning of pattern layout, making, pinning and cutting
Day 70	Class test of all done syllabus
Day 71	Drafting of cutting of bib/ panty
Day 72	Importance of clothing – Physiological, Sociological & psychological
Day 73	Suitable fabrics according to age
Day 74	Suitable fabrics according to fashion
Day 75	Mock Test
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**Name of the Professor: Ms. Priyanka Pawar**  
**Class and Section: B.Sc. Home Science - 5<sup>th</sup> Semester**  
**Subject: Family Dynamics**

Day 1	Orientation of the student
Day 2	Orientation of student
Day 3	Introduction of complete syllabus
Day 4	Introduction of Unit 1, Marriage as an institution, needs and goals
Day 5	Certain criteria of Successful Marriage
Day 6	Adjustments in Marriage
Day 7	Continue
Day 8	Revision of all Topics done
Day 9	Inter-caste and Inter-Religious marriage
Day 10	Continue
Day 11	Revision of complete syllabus
Day 12	Class test of Unit 1
Day 13	Introduction to Unit 2 Topics discuss about what is to be done
Day 14	Definitions and Functions of family
Day 15	Basic stages of Family Life Cycle
Day 16	Discuss about changing trends in India due to Westernization and modernization
Day 17	Discussed about family ideologies, values, family structure and social changes
Day 18	Continue
Day 19	Revision of till done syllabus
Day 20	Discussion about factors influencing planned parenthood
Day 21	Class test of Unit 1
Day 22	Introduction to Unit 3, Explanation about the topics to be covered
Day 23	Alternative family styles, discussed about single parent family
Day 24	DINK Family (Double income no kids)
Day 25	Latch key children
Day 26	Families with adopted children
Day 27	Continue
Day 28	Revision of above done syllabus
Day 29	Continue
Day 30	Continue
Day 31	Continue
Day 32	Introduction to Unit 4 , Internal relations within the family
Day 33	Individual roles, rights and responsibilities within the family
Day 34	Areas of adjustments within the family, at different phases of family life cycle
Day 35	Continue
Day 36	Revision of Previous year question paper
Day 37	Parents siblings, children and family relationships discussion
Day 38	Continue
Day 39	Continue
Day 40	Continue
Day 41	Revision of previous done question paper
Day 42	Class test of Unit 1
Day 43	Class test of Unit 2
Day 44	Doubt class
Day 45	Introduction to Unit 4, about crises in a family
Day 46	Discussion about Bereavement, its impact on life
Day 47	Discussion about Divorce and its impact on life
Day 48	Discussion about Long illness and its impact on life and family
Day 49	Discussion about birth of a handicapped child in a family
Day 50	Doubt class
Day 51	Revision
Day 52	Review of Previous year question papers
Day 53	Class test of Unit 3
Day 54	Revision

Day 55	Revision
Day 56	Revision
Day 57	Revision
Day 58	Revision
Day 59	Revision
Day 60	Revision
Day 61	Revision
Day 62	Revision
Day 63	Doubt Class
Day 64	Class Test of Unit 1
Day 65	Revision
Day 66	Revision
Day 67	Revision
Day 68	Class Test of Unit 2
Day 69	Revision
Day 70	Revision
Day 71	Class Test of Unit 3
Day 72	Revision
Day 73	Revision
Day 74	Revision
Day 75	Class Test of Unit 4
Day 76	Revision
Day 77	Revision
Day 78	Revision
Day 79	Review of Previous Year Question Paper
Day 80	Mock Test
Day 81	Revision
Day 82	Revision
Day 83	Revision
Day 84	Revision
Day 85	Doubt Class
Day 86	Revision
Day 87	Revision
Day 88	Complete Syllabus Class test
Day 89	Revision
Day 90	Revision

**Name of the Professor: Ms. Priyanka Pawar**  
**Class and Section: B.Sc. Home Science-3<sup>rd</sup> Semester**  
**Subject: FOOD SCIENCE (I)**

Day 1	Orientation of the student
Day 2	Orientation of the student
Day 3	Introduction of the syllabus
Day 4	Studied about the Unit 2 cereals and its composition, structure of wheat germ
Day 5	Nutritive value of cereals, Structure of rice, milling of wheat and rice
Day 6	Products of wheat and rice, Fermented and unfermented cereals
Day 7	Cereal cookery- Gluten protein
Day 8	Role of cereals in cookery
Day 9	Doubt Class of Unit 2
Day 10	Class Test of Unit 2
Day 11	Started with Unit 1 Introductory Class
Day 12	Food and its application
Day 13	Cont.
Day 14	Cont..
Day 15	Food Technology and future foods
Day 16	Bio fortification and introduction of nutraceuticals, Space Foods
Day 17	Organic farming, Organic food and brief elaboration of the topic
Day 18	Packaging of foods and emerging trends in food Technology
Day 19	Food and biotechnology
Day 20	Doubt Class
Day 21	Class test of Unit 1
Day 22	Practical class of Food Science, included preparation of Breakfast cereals
Day 23	Class Test of Unit 2
Day 24	Introductory class of Unit 3 included about pulses and legumes
Day 25	Studied about the Nutritive values of Pulses, Processing of Pulses
Day 26	Varieties and Classification of Pulses
Day 27	Toxic or Anti nutritional factors present in pulses
Day 28	Role of Pulses in Cookery
Day 29	Doubt Class and Oral test of Unit 1
Day 30	Revision Class of Till Done syllabus
Day 31	Practical File work day
Day 32	Practical class of Food Science included use of pulses and milk in cooking
Day 33	Discussion of Previous Year Question Papers
Day 34	Revision
Day 35	Revision
Day 36	Practical File Day
Day 37	Class Test of Unit 1
Day 38	Doubt Class
Day 39	Class Test of Unit 2
Day 40	Doubt Class
Day 41	Class Test of Unit 3
Day 42	Practical Class, Preparation of sandwiches and snacks.
Day 43	Introduction to Unit 3, Chapter fats and Oil, Introductory class
Day 44	Nutritional Importance of Fats and Oil
Day 45	Classification, Storage and processing of Fats and Oils.
Day 46	Rancidity and Smoking point
Day 47	Storage of Oils and fats
Day 48	Use of fats and Oil in cooking and different preparations.
Day 49	Specific nuts and oilseeds -their nutritive value.
Day 50	Revision of Unit 3 (Both chapters)
Day 51	Doubt Class
Day 52	Test of Fats and Oils.

Day 53	Practical Class of preparation of cakes
Day 54	Practical File work
Day 55	Revision of all above syllabus
Day 56	Review of previous year question papers
Day 57	Doubt Session and oral group discussion of topics
Day 58	Practical File work Day.
Day 59	Practical Class of preparation of pulao's varieties and ice-creams.
Day 60	Revision of till done syllabus
Day 61	Introduction of Unit 4- Chapter – 1 Milk and milk prep
Day 62	Nutritive value of milk and composition of milk
Day 63	Effect of heat on milk, Impact of acid and enzymes over milk
Day 64	Processing of milk
Day 65	Explanation on Pasteurization and Homogenization
Day 66	Storage of milk
Day 67	Milk Products (Fermented and unfermented milk products)
Day 68	Use of milk in different recipes
Day 69	Continue
Day 70	Doubt Class
Day 71	Revision of Milk Chapter
Day 72	Test of Cereal
Day 73	Review of previous year Question paper
Day 74	Introduction to Chapter 7 Sugar, studied about nutritive value of sugar
Day 75	Properties of Sugar and sugar related products
Day 76	Stages of Sugar in sugar cookery
Day 77	Artificial Sweeteners
Day 78	Sugar Cookery and milling of sugar
Day 79	Doubt Class
Day 80	Revision
Day 81	Mock Test
Day 82	Doubt Class
Day 83	Discussion of preview year question paper
Day 84	Doubt Class
Day 85	Practical File class
Day 86	Revision
Day 87	Doubt Class
Day 88	Discussion of previous year question paper
Day 89	Revision of Complete Syllabus
Day 90	Doubt Session for complete syllabus

<b>Name of the Professor: Ms. Priyanka Pawar</b>	
<b>Class and Section: B.Sc. First Year (1<sup>st</sup> Semester)</b>	
<b>Subject: Human Physiology</b>	
Day 1	Orientation Of Student
Day 2	Orientation Of Student
Day 3	Introduction to Unit 1 Cell
Day 4	Types of cells, Functions of Cell
Day 5	Various cell organelles, location and function
Day 6	Difference between plant cell and animal cell
Day 7	Diagrammatic presentation of prokaryotes and eukaryotes
Day 8	Doubt Class and Revision
Day 9	Test Of Cell Organelles (Location and function)
Day 10	Introduction to Unit 1, Chapter 2 Cardiovascular system
Day 11	Explanation of complete blood structure, composition
Day 12	Types of Blood cell, functions and location
Day 13	Blood groups and types with define
Day 14	Coagulation of blood clotting factors steps
Day 15	Revision of above done topics
Day 16	Structure and function of heart
Day 17	Double circulation of heart
Day 18	Blood Pressure and its regulation
Day 19	Various types of blood vessels
Day 20	Doubt Class of Unit 1 (Complete revision of cell and heart structure and circulation)
Day 21	Introduction to Unit 2 : Descriptive data on digestive system
Day 22	Introduction to complete alimentary canal, location and function
Day 23	Structure and functions of various parts of digestive system
Day 24	Structural and functional system of Liver, Pancreas and Gall Bladder
Day 25	Doubt Class
Day 26	Revision of till done syllabus
Day 27	Class test of Blood groups, cell organelles and double circulation
Day 28	Digestion and absorption in different parts of body
Day 29	Digestion in Buccal Cavity, Stomach
Day 30	Role of liver, pancreas and gall bladder in digestion
Day 31	Digestion in Small intestines and large intestines
Day 32	Functions and location of Salivary glands
Day 33	Revision class
Day 34	Introduction to Unit 2, Skeletal system
Day 35	Structure and functions, number and names of various bones
Day 36	Various types of Joints
Day 37	Various examples of types of joints
Day 38	Test of Digestive system
Day 39	Revision of till Done Syllabus
Day 40	Introduction to Unit 3, Reproductive system, Complete introduction of reproductive system
Day 41	Structural study of male and female reproductive system
Day 42	Menstrual Cycle and physiology of pregnancy
Day 43	Explanation of menopause, lactation and parturition
Day 44	Doubt Class
Day 45	Revision test of Complete Reproductive System
Day 46	Introduction to Unit 3, Chapter -2 Nervous system
Day 47	Structure and functions of brain
Day 48	Parts of Brain, Spinal Cord
Day 49	Structure and function of Nerve Cell

Day 50	Doubt Class of all above done syllabus
Day 51	Test of Reproductive system
Day 52	Practical class of study of Human Skeleton
Day 53	Practical file work
Day 54	Introduction to Unit 4, Explanation about Excretory system
Day 55	Functions and structure of kidney
Day 56	Formation of urine
Day 57	Functions of skin
Day 58	Regulation of body temperature
Day 59	Doubt Class
Day 60	Revision of Above done all syllabus
Day 61	Test of Chapter Digestive System and Cell
Day 62	Introduction to Unit 4, Respiratory System
Day 63	Structure of lungs and mechanism of Respiration
Day 64	Regulation of Breathing and Respiration
Day 65	Regulation of oxygen and carbon dioxide transport in blood
Day 66	Practical class of Blood cells, Fresh mount and stained
Day 67	Practical of determination of hemoglobin percentage in blood
Day 68	Practical class of blood coagulation
Day 69	Practical class of blood pressure measurement
Day 70	Practical class of blood grouping determination
Day 71	Study through certain models like kidney, stomach, ear, lungs etc.
Day 72	Study through certain charts of body system
Day 73	Practical File work day
Day 74	Revision Class of Previous done syllabus
Day 75	Doubt Class
Day 76	Review of previous done question paper
Day 77	Continue
Day 78	Continue
Day 79	Practical file work day
Day 80	Doubt class
Day 81	Class test of chapter Digestive system
Day 82	Class test of Skeletal system
Day 83	Class test of Circulatory System
Day 84	Class test of Reproductive System
Day 85	Class test of Nervous System
Day 86	Class test of Excretory System
Day 87	Class test of Respiratory System
Day 88	Review of Previous Year Question Paper
Day 89	Doubt Class
Day 90	Revision of Complete Syllabus

<b>Name of the professor: Ms. Jyoti</b>	
<b>Class and Section: B.Sc. - Home Science -3<sup>rd</sup> Semester</b>	
<b>Subject: Consumer Economics (Theory)</b>	
Day 1	Orientation of the students
Day 2	Introduction to Basic concepts of economics
Day 3	Goods and services
Day 4	Wants and utility
Day 5	Income and its types
Day 6	Standardization and grading
Day 7	Consumer and consumption
Day 8	Class test
Day 9	Meaning of consumption
Day 10	Laws of consumption
Day 11	Discussion of old question papers
Day 12	Meaning of demand
Day 13	Importance of demand
Day 14	Laws of demand,
Day 15	Meaning of supply
Day 16	Importance of supply
Day 17	laws of supply
Day 18	Introduction to market
Day 19	Market and its types
Day 20	Functions of market
Day 21	Consumer- meaning and definition
Day 22	Role of consumer in the economy
Day 23	Consumer buying motives
Day 24	Consumer buying motives
Day 25	Discussion of old question papers
Day 26	Introduction to malpractices prevailing in Indian markets
Day 27	Adulteration
Day 28	False advertisement
Day 29	Incomplete label
Day 30	Monopoly
Day 31	Faulty weights and measurements
Day 32	Class test
Day 33	Introduction to buying aids
Day 34	Different types of labels
Day 35	Packaging and advertising
Day 36	Meaning of buying guides
Day 37	Role of educational institutions
Day 38	Discussion of old question papers
Day 39	Rights of consumers
Day 40	Responsibilities of consumer
Day 41	Doubt class
Day 42	Meaning of consumer education
Day 43	Needs and objectives of consumer education
Day 44	Media and the consumer
Day 45	Laws for consumer protection
Day 46	Consumer organizations
Day 47	Doubt class
Day 48	Revision
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<b>Name of the professor: Ms. Jyoti</b>	
<b>Class and Section: B.A - Home Science - 3<sup>rd</sup> Semester</b>	
<b>Subject: Clothing and Textiles (Theory+ Practical)</b>	
Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Definition of fibers / practical – basic stitches
Day 5	Classification of fibers / practical - basic stitches
Day 6	Contd.. / practical – basic stitches
Day 7	Properties and uses of cotton fibers
Day 8	Properties and uses of silk fibers
Day 9	Properties and uses of wool fibers / practical – basic stitches
Day 10	Properties and uses of nylon fiber / practical – basic stitches
Day 11	Class test of unit 1 / practical – basic stitches
Day 12	Brief introduction of weaving
Day 13	Basic weaves
Day 14	Plain weave
Day 15	Twill weave / practical – seams
Day 16	Satin weave / practical – seams
Day 17	Assignment on properties of fibers / practical – seams
Day 18	Finishing processes in fabrics
Day 19	Meaning and objectives of finishing
Day 20	Different types of finishes
Day 21	Calendaring / practical - gathers
Day 22	Sizing / practical - pleats
Day 23	Mercerizing / practical - pleats
Day 24	Crease resistant
Day 25	Class test of basic weaves
Day 26	Discussion of previous year question paper
Day 27	Assignment on properties of different fibers / practical - pleats
Day 28	Introduction to dyes and dyeing / practical - pleats
Day 29	Contd.. / practical- tucks
Day 30	Simple dyeing
Day 31	Resist dyeing
Day 32	Dyeing at various stages
Day 33	Class test on finishes / practical - tucks
Day 34	Assignment on different types of dyes / practical - darts
Day 35	Types of printing / practical - darts
Day 36	Contd..
Day 37	Class test of unit 2
Day 38	Discussion of objective type questions
Day 39	Doubt class / practical- button
Day 40	Selection of fabric acc. to age / practical- hooks
Day 41	Selection of fabric acc. to season / practical- tich button
Day 42	Selection of fabric acc. to budget
Day 43	Selection of fabric acc. to occupation
Day 44	Selection of fabric acc. to figure
Day 45	Selection of fabric acc. to fashion / practical – neck lines
Day 46	Selection of fabric acc. to occasion / practical -neck lines
Day 47	Traditional embroideries of India- basic introduction / practical - neck lines
Day 48	Phulkari
Day 49	kantha
Day 50	kashida
Day 51	Chikankari / practical- neck lines
Day 52	Doubt class/ practical- neck lines
Day 53	Discussion of objective type questions / practical - neck lines
Day 54	Traditional sarees of India- Baluchari

Day 55	Banarsi saree
Day 56	Chanderi and patola saree
Day 57	Bandhani saree / practical - knitting
Day 58	Class test of traditional embroideries / practical - knitting
Day 59	Doubt class / practical - knitting
Day 60	Other textiles- dhaka
Day 61	Mulmul and brocade
Day 62	Class test of unit 3
Day 63	Discussion of previous year question paper / practical - knitting
Day 64	Soaps and detergents- composition and manufacturing / practical - knitting
Day 65	Difference between soaps and detergents / practical- knitting
Day 66	Types of starches, blues and bleaches
Day 67	Contd...
Day 68	Uses of starch
Day 69	Uses of blues and bleaches / practical - knitting
Day 70	Assignment on soaps and detergents / practical - knitting
Day 71	Reagents used in laundry- acids, alkalis / practical - knitting
Day 72	Solvents and absorbents
Day 73	Doubt class
Day 74	Stain removal
Day 75	Classification of stains / practical- knitting
Day 76	Methods of removing different types of stains / practical - knitting
Day 77	Contd.. / practical - knitting
Day 78	Class test of unit 4
Day 79	Doubt class
Day 80	Discussion of previous year question paper
Day 81	Test of objective type questions / practical- care of sewing machine
Day 82	Revision of unit 1 / practical - care of sewing machine
Day 83	Revision of unit 1 / practical - care of sewing machine
Day 84	Mock test
Day 85	Revision of unit 2
Day 86	Mock test
Day 87	Revision of unit 3
Day 88	Mock test
Day 89	Revision of unit 4
Day 90	Mock test

<b>Name of the professor: : Ms. Jyoti</b>	
<b>Class and Section: B.Sc. Home Science- 5<sup>th</sup> Semester</b>	
<b>Subject: Childcare and Rearing practices (Theory + practical)</b>	
Day 1	Orientation of the students
Day 2	Orientation of the students
Day 3	Introduction of the syllabus
Day 4	Pregnancy- signs
Day 5	Contd..
Day 6	Pregnancy discomforts
Day 7	Practical- activity for children of 2 yrs.
Day 8	Pregnancy care of expectant mother
Day 9	Pregnancy care of expectant mother
Day 10	Practical
Day 11	Activity of children 2-3 years
Day 12	Confinement practices
Day 13	Stages of delivery
Day 14	Practical – activity of children 4 years
Day 15	Types of delivery
Day 16	Care of new born
Day 17	Test of unit 1
Day 18	Weaning definition and meaning
Day 19	Importance of weaning
Day 20	Types of weaning
Day 21	Practical- questionnaire on nutrition requirement of pregnant women
Day 22	Importance of weaning
Day 23	Supplementary food- definition
Day 24	Contd..
Day 25	Principles of supplementary food
Day 26	Homemade and pre mix supplementary food
Day 27	Breast feeding
Day 28	Practical- questionnaire on nutrition requirement of pregnant women
Day 29	Importance of Breast feeding
Day 30	Artificial feeding
Day 31	Comparison of Breast feeding and Artificial feeding
Day 32	Assignment on breast feeding
Day 33	Test of unit 2
Day 34	Practical- preparing immunization chart
Day 35	Sleep routine of infants
Day 36	Contd..
Day 37	Sleeping pattern
Day 38	Sleeping pattern of children below 2 years
Day 39	Toilet training and hygiene practices
Day 40	Contd..
Day 41	Practical – activity of children below 5 years
Day 42	Role of mother in training of an infant
Day 43	Contd..
Day 44	Assignment on breast feeding
Day 45	Problems and remedies of children below 5 years
Day 46	Discussion of previous year question paper
Day 47	Problems regarding feeding
Day 48	Discussion of objective type questions
Day 49	Class test of unit 3
Day 50	Practical – questionnaire on feeding patterns of children
Day 51	Problem and remedies regarding sleep disorder
Day 52	Excessive fear- bed wetting
Day 53	Nail biting and thumb sucking
Day 54	Sibling rivalry

Day 55	Practical- making a soft toy
Day 56	Separation anxiety
Day 57	Discussion of previous year question paper
Day 58	Discussion of previous year question paper
Day 59	Discussion of objective type questions
Day 60	Assignment on problem and remedies
Day 61	Practical – visit to a child care
Day 62	Report preparation
Day 63	Speech disorder
Day 64	Class test of unit 4
Day 65	Revision
Day 66	Revision
Day 67	Mock test
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**Name of the professor: Ms. Jyoti**  
**Class and Section: B.Sc. -Home Science - 3<sup>rd</sup> Semester**  
**Subject: Psychology-I**

Day 1	Orientation of the students
Day 2	Basic concept of psychology
Day 3	Meaning of psychology
Day 4	Scope of psychology
Day 5	Nature of psychology
Day 6	Relation of psychology with Home Science
Day 7	Discussion of previous year question paper
Day 8	Method of psychological studies
Day 9	Observation method
Day 10	Types of observation
Day 11	Merits and demerits of observation method
Day 12	Experimental method
Day 13	Types of experimental method
Day 14	Merits and demerits of experimental method
Day 15	Class test
Day 16	Discussion of short answer type questions
Day 17	Interview method
Day 18	Interview technique
Day 19	Types of interview scales
Day 20	Merits and demerits of Interview technique
Day 21	Questionnaire method
Day 22	Types of questionnaire
Day 23	Merits and demerits of Questionnaire method
Day 24	Case study method
Day 25	Types of case study
Day 26	Merits and demerits of case study method
Day 27	Class test
Day 28	Relation between mind and body
Day 29	Sensation meaning and definition
Day 30	Nature of sensation
Day 31	Attributes of sensation
Day 32	Functions of sensation
Day 33	Special sensation
Day 34	Perception meaning and definition
Day 35	Attributes of Perception
Day 36	Functions of Perception
Day 37	Nature of Perception
Day 38	Concept of attention
Day 39	Nature of attention
Day 40	Types of attention
Day 41	Conditions of attention
Day 42	Inattention concept and meaning
Day 43	Discussion of long answer type questions
Day 44	Revision
Day 45	Revision
Day 46	Emotions and emotional intelligence
Day 47	Definition and meaning of emotions
Day 48	Theories of emotion
Day 49	Factors affecting emotions
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