

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

Session:2023-24

(Odd Semester)

Name of the professor: Ms. Archana Dua
Class and Section: B.Sc. Home Science(1st Semester)
Subject: Hygiene and PublicHealth(Theory & Practical)

Day1	Orientationofthestudent
Day2	Orientationofthestudent
Day3	Introductionofthesyllabus
Day4	Unit1Definition,Health,PersonalHygiene–allcomponentsandtheirimportance
Day5	PersonalHygiene
Day6	PersonalHygieneContinues
Day7	RevisionofTillDonesyllabus
Day8	AssignmentallotmentandClasstest ofUnit 1
Day9	Unit 2 Infection Communicable diseases -incubation period, mode of infection,preventionof infection
Day10	Infection Communicable diseases -incubation period, mode of infection,preventionof infection
Day11	Infection Communicable diseases -incubation period, mode of infection,preventionof infection
Day12	Immunity
Day13	Types,vaccinationschedules
Day14	Immunity-Types,vaccinationschedules
Day15	Assignment-Whatisimmunity?GiveTypesandwriteabout vaccinationschedule
Day16	Test ofUnit1again
Day17	Revision of 2unit
Day18	Revision of 2unit
Day19	Classtest ofUnit 2
Day20	Communitywater towaste
Day21	Communitywater towaste
Day22	Importanceofwatertocommunity
Day23	Sourcesofcontamination
Day24	HouseHoldmeasuresofpurificationofwater
Day25	HouseHoldmeasuresofpurificationofwater
Day26	Wastedisposal –Sewagedisposalandtreatment
Day27	Disscus previous year question paper
Day28	Disscus previous year question paper
Day29	Solidwasteandliquidwastedisposal
Day30	Solidwasteandliquidwastedisposal
Day31	Revision of 3 unit
Day32	Revision of 3 unit
Day33	Test ofUnit 3
Day34	InfectiousDiseases -Causes,symptoms, modeofspread,treatmentandprevention
Day35	InfectiousDiseases -Causes,symptoms, modeofspread,treatmentandprevention
Day36	Study about Cholera and Diarrhoea
Day37	Study about Cholera and Diarrhoea
Day38	Causes,symptoms,modeofspread,treatment ,preventionofhepatitisandyphoid
Day39	Causes,symptoms,modeofspread,treatment ,preventionofhepatitisandyphoid
Day40	Malaria and Dengue – Causes and Symptoms with mode of spread, treatment andprevention
Day41	Malaria and Dengue – Causes and Symptoms with mode of spread, treatment andprevention
Day42	Causes, symptoms, mode of spread , treatment and prevention of chicken pox andT.B.
Day43	Causes, symptoms, mode of spread , treatment and prevention of chicken pox andT.B.
Day44	Causes,symptoms, modeofspread,treatment andpreventionofLeprosyandTetanus
Day45	Causes,symptoms, modeofspread,treatment andpreventionofLeprosyandTetanus
Day46	MockTest
Day47	MockTest
Day48	MockTest

Day49	MockTest
Day50	MockTest
Day51	MockTest
Day52	Causes,symptoms, modeofspread,treatmentofAIDS
Day53	Causes,symptoms, modeofspread,treatmentofAIDS
Day54	Causes,symptoms,modeof spread,treatmentandpreventionofsyphilis,gonorrhea
Day55	Causes,symptoms,modeof spread,treatmentandpreventionofsyphilis,gonorrhea
Day56	Test ofUnit 4
Day57	Pot painting
Day58	Pot painting
Day59	Pot painting
Day60	Demonstration of Flower arrangement
Day61	Demonstration of Flower arrangement
Day62	Making first aid kit
Day63	Making first aid kit
Day64	Making best out of waste article
Day65	Making best out of waste article
Day66	Making best out of waste article
Day67	Discussion of previous year question paper
Day68	Discussion of previous year question paper
Day69	Discussion of previous year question paper
Day70	Discussion of previous year question paper
Day71	Discussion of previous year question paper
Day72	Discussion of previous year question paper
Day73	Revision ofUnit1
Day74	Revision ofUnit2
Day75	ClassTestofUnit1
Day76	ClassTestofUnit2
Day77	Revision ofUnit3
Day78	Revision ofUnit4
Day79	ClassTestofUnit3
Day80	ClassTestofunit4
Day81	Discussion of previous year question paper
Day82	Discussion of previous year question paper
Day83	Discussion of previous year question paper
Day84	Discussion of previous year question paper
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms. Archana Dua	
Class and Section: B.Sc. Home Science 3RD	
Semester Subject: Extension Education and Rural Development	
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	Objectives of extension education
Day 16	Approaches of Extension
Day 17	Assignment work - Define extension education, How it differs from formal education. Give various principles of extension education.
Day 18	Assignment work - Define extension education, How it differs from formal education. Give various principles of extension education.
Day 19	Practical – The preparation of poster
Day 20	Unit 2. Non Projected Aids
Day 21	Non Projected Aids
Day 22	Advantages and Disadvantages of Non Projected Aids
Day 23	Advantages and Disadvantages of Non Projected Aids
Day 24	Practical – The preparation of poster
Day 25	Revision
Day 26	Non-Projected Aids Continue
Day 27	Continue
Day 28	Practical the preparation of Leaflet
Day 29	Agriculture Extension
Day 30	Revision
Day 31	Home Science Extension
Day 32	Practical of preparation of mobiles
Day 33	Revision of unit 2
Day 34	Test of Unit 2
Day 35	Practical of writing the story for flashcards
Day 36	Practical of writing the story for flashcards
Day 37	Unit 3- Community Development Programme
Day 38	Practical Filework
Day 39	Practical Filework
Day 40	IRDP
Day 41	IRDP
Day 42	Practical- The preparation of Flash Cards
Day 43	NREP
Day 44	NREP
Day 45	ANP
Day 46	ANP
Day 47	TRYSEM
Day 48	TRYSEM

Day49	Practicalofpreparationofflashcards
Day50	Practicalfilework
Day51	ICDS
Day52	SNP and Programplanning
Day53	SNP and Programplanning
Day54	Practical –PreparationofPuppet
Day55	Revisingvarious programsand programplanningsteps.
Day56	Revision
Day57	Test ofUnit 3
Day58	Practicalof preparationofpuppet
Day59	Practicalof preparationofpuppet
Day60	Unit4VoluntaryOrganizations
Day61	Revision
Day62	Roleofvoluntaryorganizationsinrural development
Day63	Roleofvoluntaryorganizationsinrural development
Day64	Practical –Thewritingstoryforpuppetsondifferentthemes
Day65	Revision
Day66	Revision
Day67	MOCKTEST
Day68	MOCKTEST
Day69	MOCKTEST
Day70	MOCKTEST
Day71	MOCKTEST
Day72	MOCKTEST
Day73	Practical–Thevisittovillage to seeanganwadiandvoluntarybodyin action
Day74	Practicalofwritingavisitedreport
Day75	Roleofhomescienceinsolvingproblems of illiteracy, povertyandillhealth
Day76	Roleofhomescienceinsolvingproblems of illiteracy, povertyandillhealth
Day77	Revision ofUnit1
Day78	Revision ofUnit2
Day79	ClassTestofUnit1
Day80	ClassTestofUnit2
Day81	Revision ofUnit3
Day82	Revision ofUnit4
Day83	ClassTestofUnit3
Day84	ClassTestofunit4
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Note: Totalnumberofclassesperweekforthiscourseis3 plus2

Name of the professor: Ms. Archana Dua	
Class and Section: B.Sc. Home Science 3rd	
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	Puberty and its characteristics
Day 17	Puberty and its characteristics
Day 18	Early and late Maturity. periods of stress and storm, parent child conflicts
Day 19	Early and late Maturity. periods of stress and storm, parent child conflicts
Day 20	Early and late Maturity. periods of stress and storm, parent child conflicts
Day 21	Practical Class
Day 22	Test of Unit 2.
Day 23	Practical – Observing 6-12 years old child for all development
Day 24	Assignment - Define Adolescence. Why is this period regarded as period of stress and storm?
Day 25	Test of Unit 2 Short Questions
Day 26	Practical Class of observing an adolescent
Day 27	Unit 3 - late adolescence – characteristics
Day 28	Physical Development
Day 29	Practical of observing an adolescent
Day 30	Emotional Development
Day 31	Emotional Development
Day 32	Social Development
Day 33	Social Development
Day 34	Practical - Observing an adolescent - discussing and drawing conclusions
Day 35	Practical of drawing conclusions or adolescent observations
Day 36	Choosing a career
Day 37	Choosing a career
Day 38	Practical of drawing conclusions or adolescent observations
Day 39	Choosing a career
Day 40	Factors influencing choice of career
Day 41	Factors influencing choice of career
Day 42	Practical
Day 43	Practical Construction of questionnaire cum interviews schedule to study problems of adolescences peer interactions and parent child relation.
Day 44	Construction of questionnaire cum interviews schedule to study problems of adolescences peer interactions and parent child relation.
Day 45	Cognitive development
Day 46	Cognitive development
Day 47	Conflict with authority
Day 48	Conflict with authority
Day 49	Revision of development
Day 50	Test of Unit 3

Day51	PracticalclassofAdmonishingthequestionnaire
Day52	PracticalclassofAdmonishingthequestionnaire
Day53	Unit4Peerrelationshipinlateadolescence
Day54	Peerrelationshipinlateadolescence
Day55	Practical-Drawingconclusionregardingthesubjectstowhomquestionnaire was administered
Day56	Revision
Day57	Revision
Day58	Revision
Day59	MOCKTEST
Day60	MOCKTEST
Day61	MOCKTEST
Day62	MOCKTEST
Day63	MOCKTEST
Day64	MOCKTEST
Day65	MOCKTEST
Day66	MOCKTEST
Day67	Adolescenceproblemscont..
Day68	Adolescenceproblemscont..
Day69	Heterosexualrelationship
Day70	Heterosexualrelationship
Day71	Revision ofUnit1
Day72	Revision ofUnit2
Day73	ClassTestofUnit1
Day74	ClassTestofUnit2
Day75	Revision ofUnit3
Day76	Revision ofUnit4
Day77	ClassTestofUnit3
Day78	ClassTestofunit4
Day79	Revision of complete syllabus
Day80	Practical class
Day81	Practical class
Day82	Practical class
Day83	Practical class
Day84	Practical class
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms. Archana Dua
Class and Section: B.Sc. Home Science 5th
Semester Subject: Normal Nutrition

Day1	Orientation of the student
Day2	Orientation of the student
Day3	Introduction of the syllabus
Day4	Unit-1 Nutrition of health interrelationship
Day5	Practical – Comprehensive food exchange list
Day6	Factors affecting total energy expenditure and requirement
Day7	Basal Metabolic Rate
Day8	Factors affecting BMR
Day9	Dynamic action of food
Day10	Practical of raw weight and cooked weight of certain common recipe
Day11	Unit 2 – Nutritionally Adequate diet
Day12	Meal planning
Day13	Importance of meal planning
Day14	Practical of various steps in meal planning to the taught of example
Day15	Factors affecting meal planning
Day16	Continue
Day17	Continue
Day18	Assignment of asking student to write menu
Day19	Practical of writing their of food items consumed by their mother on the previous day in household measure menu of the previous day.
Day20	Test of Unit 1
Day21	Evaluation of assignment
Day22	Test of unit 2
Day23	Practical - step by step taught in dietary calculation
Day24	Unit 3 - Nutritional Problems during adulthood
Day25	Food selection during adulthood
Day26	Nutrition requirement during adulthood
Day27	Practical class of planning diet for an sedentary man
Day28	Nutritional problems during pregnancy
Day29	Food selection during pregnancy
Day30	Nutritional requirement during pregnancy
Day31	Lactation – Nutritional Problems
Day32	Lactation – Nutritional Problems
Day33	Practical - Preparation and evaluation of diet for an adult sedentary man.
Day34	Practical - Preparation and evaluation of diet for an adult sedentary man.
Day35	Lactation – Food selection and nutritional requirement
Day36	Lactation – Food selection and nutritional requirement
Day37	Lactation – Food selection and nutritional requirement
Day38	Nutritional problem of old age
Day39	Nutritional problem of old age
Day40	Food selection in old age
Day41	Food selection in old age
Day42	Nutritional problem in old age
Day43	Nutritional problem in old age
Day44	Practical – Planning of diet for an adult man moderate worker
Day45	Unit 4 Infancy - Problems/ Contradictions in breastfeeding
Day46	Infancy - Problems/ Contradictions in breastfeeding
Day47	Meaning and nutritional requirement
Day48	Meaning and nutritional requirement
Day49	Preschool Year - Nutritional Problem
Day50	Preschool Year - Nutritional Problem
Day51	Preschool Year - Food Selection
Day52	Practical class – Preparation and evaluation of diet for an adult man

Day53	Preparationandevaluationofdietforanadultman
Day54	Preschoolyears –NutritionalRequirement
Day55	Preschoolyears –NutritionalRequirement
Day56	Preschoolyears –NutritionalRequirement
Day57	SchoolGoing–Nutritionalproblems
Day58	School Going– Foodselection
Day59	SchoolGoing-NutritionalRequirement
Day60	Practical– Planninga diet for apregnantandlactatingmother
Day61	Revisionofunit3
Day62	RevisionofUnit 3
Day63	Test ofUnit 3
Day64	Practical Planningweaningfoodforinfantsand adietforapreschoolchild.
Day65	MOCKTEST
Day66	Planningweaningfoodforinfantsand adietforapreschoolchild
Day67	Revisionofunit4
Day68	Practicalpreparationandevaluationofweaningfoodsforinfantsanddietforpreschool child
Day69	MOCKTEST
Day70	Test ofUnit 4
Day71	Discussionofpreviousyearquestionpaper
Day72	MOCKTEST
Day73	Planninga dietfora schoolgoingchild
Day74	Planninga dietforadolescent
Day75	Planninga dietforelderlyone
Day76	Practical of preparation and evaluation of diet for a school going adolescent andelderly
Day77	Revision ofUnit1
Day78	Revision ofUnit2
Day79	ClassTestofUnit1
Day80	ClassTestofUnit2
Day81	Revision ofUnit3
Day82	Revision ofUnit4
Day83	ClassTestofUnit3
Day84	ClassTestofunit4
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms. Archana Dua	
Class and Section: B.Sc. Home Science 5th	
Semester Subject: Nutritional Biochemistry-1	
Day1	Orientation of the students
Day2	Orientation of the students
Day3	Introduction of the syllabus
Day4	Introduction to biochemistry Sciences, scope, objective, interrelation with other biological sciences.
Day5	Specificity of enzymes, enzyme kinetics
Day6	Enzymes- Definition, Classification, co-enzymes, types of co-enzymes
Day7	Specificity of enzymes, enzyme kinetics
Day8	Factors affecting enzyme activity
Day9	Enzyme inhibition and summarizing enzymes
Day10	Assignment- Scope of nutritional enzymes biochemistry
Day11	Test of Unit 1
Day12	Unit 2- Vitamins, Biochemical role of vitamin A
Day13	Biochemical Role of Vitamin D
Day14	Biochemical Role of Vitamin E
Day15	Revision
Day16	Biochemical Role of Vitamin K
Day17	Biochemical Role of Vitamin B1
Day18	Biochemical Role of Vitamin B2
Day19	Biochemical Role of Vitamin B3
Day20	Biochemical Role of Vitamin B6
Day21	Summary of Unit 2 and assignment to be given
Day22	Practical Class of introducing students to biochemistry lab
Day23	Unit 3- Carbohydrates definition and Classification
Day24	Carbohydrate types and structures
Day25	Practical of reactions of monosaccharides
Day26	Carbohydrates- Structures
Day27	Carbohydrates- Properties
Day28	Properties of Monosaccharides, Disaccharides and Polysaccharides
Day29	Practical class of Reaction between Mono and Disaccharides
Day30	Glycolysis Cycle
Day31	Glycolysis structure
Day32	Gluconeogenesis
Day33	Class test of Glycolysis
Day34	Properties of Monosaccharides, Disaccharides and Polysaccharides
Day35	Practical class of Reaction between Mono and Disaccharides
Day36	Glycolysis Cycle
Day37	Glycolysis structure
Day38	Gluconeogenesis
Day39	Class test of Glycolysis
Day40	Practical Class of Mono, Dia and Polysaccharides
Day41	Practical Class of Mono, Dia and Polysaccharides
Day42	Revision
Day43	Class test of glycogenesis
Day44	Class test of Glycogenolysis
Day45	Class test of Unit 3
Day46	Unit 4 Amino Acids their types and structure
Day47	Amino Acids their types and structure
Day48	Practical class of identification of unknown sugars solution

Day49	Protein–definition,classificationandstructure
Day50	Protein-Properties
Day51	Transaminationreactionsofaminoacids
Day52	Transaminationofaminoacidsandoxidativedeamination
Day53	Practicalclassofidentificationofaminoacidsmixturebycircularchromatography
Day54	Decarboxylationofaminoacid
Day55	Decarboxylationofaminoacid
Day56	Ureacycle
Day57	Ureacyclecontinued
Day58	Testofoxidativedeamination
Day59	Practicalofidentificationofunknownaminoacidbycircularchromatography
Day60	Transaminationreaction
Day61	TestofUreacycle
Day62	Testofaminoacidstructure
Day63	TestofUnit 4(halftopic)
Day64	Practicalofchromatographyrepeated
Day65	Testofunit4(REMAININGONE)
Day66	PracticalClassofEstimationofamountofglucoseinthegivensolutionbyfehlep’sSoxhlet method
Day67	Revision
Day68	Revision
Day69	MockTest
Day70	MockTest
Day71	MockTest
Day72	MockTest
Day73	MockTest
Day74	PracticalFileWork
Day75	PracticalFileWork
Day76	PracticalFileWork
Day77	Revision ofUnit1
Day78	Revision ofUnit2
Day79	ClassTestofUnit1
Day80	ClassTestofUnit2
Day81	Revision ofUnit3
Day82	Revision ofUnit4
Day83	ClassTestofUnit3
Day84	ClassTestofunit4
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Note: Totalnumberof Classesperweekforthiscourseis 4 plus3

Name of the professor: Ms. Usha

PantClassandSection:B.Sc.-

3rdSemester

Subject:IntroductiontoHome Management–I(4periodsperweek)

Day1	Orientationofstudents
Day2	Introductionofthesyllabus
Day3	Discussingsyllabus
Day4	Homemanagement –Introductionanddefinition
Day5	Conceptofhomemanagement
Day6	Managementprocess-Introduction
Day7	Planning-importance
Day8	Typesofplan
Day9	Controlling-meaning
Day10	Phasesofcontrolling
Day11	Evaluation –meaning
Day12	Importanceofevaluation
Day13	Typesofevaluation
Day14	Techniqueofself-evaluation
Day15	ClasstestI
Day16	Decisionmaking-meaning
Day17	Stepsin decisionmaking
Day18	Typesofdecision
Day19	Typesofdecision
Day20	Factors affectingdecisionmaking
Day21	Factorsaffectingdecisionmaking
Day22	Inter-relatednessofdecision
Day23	Inter-relatednessofdecision
Day24	Discussionondecisionmaking
Day25	RevisionTest
Day26	Stagesof familylifecycle
Day27	Stagesof familylifecycle
Day28	Values-introduction
Day29	Classificationofvalues
Day30	Valuestructure
Day31	Goals-meaningand classification
Day32	Standard-introduction
Day33	Classificationofstandard
Day34	Interrelationofvalues goalsandstandard
Day35	Discussiononfactorsmotivatingmanagementie. value goaland standard
Day36	Resourcesinthefamily-introduction
Day37	Humanresources
Day38	Non-humanresources
Day39	Factors affectinguseof resources
Day40	Factors affectinguseof resources
Day41	Similaritiesamongresources
Day42	Similaritiesamongresources
Day43	Discussion on commonlyusedresourcesbystudent
Day44	Revisiontest
Day45	Timemanagement
Day46	Introductions
Day47	Importanceoftimemanagement
Day48	Stepsin makingtime plan
Day49	Stepsin makingtime plan
Day50	Timeplanof astudent-assignment

Day51	Toolsintimeplan-peakloadperiod
Day52	Workcurve
Day53	Workcurve
Day54	Restperiodas toolin timeplan
Day55	Restperiodas toolin timeplan
Day56	Revisionoftimemanagement
Day57	Energymanagement-introduction
Day58	Energycost of various activities
Day59	Energycost of various activities
Day60	Fatiguemeaning
Day61	Psychologicalfatigue-causeandeffect
Day62	Psychologicalfatigue-causeandeffect
Day63	Importanceof energymanagement
Day64	Importanceof energymanagement
Day65	Revision
Day66	Revision
Day67	Revision
Day68	MockTest
Day69	MockTest
Day70	MockTest
Day71	MockTest
Day72	MockTest
Day73	PracticalFileWork
Day74	PracticalFileWork
Day75	PracticalFileWork
Day76	Revision ofUnit1
Day77	Revision ofUnit2
Day78	ClassTestofUnit1
Day79	ClassTestofUnit2
Day80	Revision ofUnit3
Day81	Revision ofUnit4
Day82	ClassTestofUnit3
Day83	ClassTestofunit4
Day84	Discussion of previous year question paper
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

NOTE:Aspernumberofperiods/week.

Name of the professor: Ms. Usha	
Class and Section: B.Sc.-5th Semester	
Subject: Interior Space Designing (theory-4 days, practical-1 day, per week)	
Day1	Orientation of students
Day2	Introduction of syllabus
Day3	Discussing syllabus
Day4	Housing and space management-meaning and introduction
Day5	Selection of site
Day6	Orientation for ideal house
Day7	Discussion on practicals syllabus
Day8	Role of soil and locality in selection of house
Day9	Sanitation facilities required for ideal house
Day10	Discussion on the chapter
Day11	Test
Day12	Practical-brass article cleaning
Day13	Principles of planning of rooms-grouping of rooms, circulation
Day14	Flexibility and privacy while planning of rooms
Day15	Spaciousness, ventilation, ventilation and roominess
Day16	Summarize the chapter
Day17	Cleaning of silver article
Day18	Building materials for construction-introduction
Day19	Stone-types and seasoning
Day20	Types of stone for construction
Day21	Bricks-types of brick and their use
Day22	Practical-floor planning-meaning, making furniture on graph paper
Day23	Cement-method of preparing cement,
Day24	Use and types of cement
Day25	Timber-seasoning of wood
Day26	Use of timber as building material
Day27	Practical-Making floor plan of bedroom
Day28	Use of glass and plastic as building material
Day29	Iron and concrete-use in building material
Day30	Discussing commonly used building material
Day31	Class test
Day32	Practical-making floor plan of drawing room
Day33	Principle of economic design
Day34	Economy in construction
Day35	Calculating cost of construction
Day36	Calculating cost of construction
Day37	Practical-making floor plan of dining room
Day38	Principle of kitchen planning-introduction
Day39	Principles of kitchen planning
Day40	Types of kitchens
Day41	Types of kitchen
Day42	Practical-making floor plan of various kitchens
Day43	Test
Day44	Selection of equipment-importance

Day45	Factors affectingselectionofequipment
Day46	Factors affectingselectionofequipment
Day47	Practical-planningcolorschemeforbedroom
Day48	Useof household equipment
Day49	Careandmaintenanceof household equipment-introduction
Day50	washingmachine-use, typesandworkingprinciple
Day51	Careandmaintenance of washingmachine
Day52	Practical-planningcolor schemeofdrawingroom
Day53	Vacuumcleaner-useandworkingprinciple
Day54	Careandmaintenance of vacuumcleaner
Day55	Toaster-use andworkingprinciple
Day56	Careandmaintenance oftoaster
Day57	Practical-makinghouse planofLIG
Day58	Refrigerator-useandworkingprinciple
Day59	Careandmaintenanceof refrigerator
Day60	Microwaveoven-use andworkingprinciple
Day61	Microwaveoven-use andworkingprinciple
Day62	Careandmaintenance of microwaveoven
Day63	Careandmaintenance of microwaveoven
Day64	Practical-makingfloorplanofMIG
Day65	Electriciron-useand workingprinciple
Day66	Electriciron-useand workingprinciple
Day67	Careandmaintenance of electriciron
Day68	Careandmaintenance of electriciron
Day69	Practical file work
Day70	Practical file work
Day71	Practical file work
Day72	Revision
Day73	Revision
Day74	Revision
Day75	Mocktest
Day76	Mocktest
Day77	Mocktest
Day78	Mocktest
Day79	Mocktest
Day80	Mocktest
Day81	Vacuumcleaner-use,careandmaintenance
Day82	Practical-careandmaintenanceofequipment
Day83	Test
Day84	Revision
Day85	Revision
Day86	Discussingoldquestionpaper
Day87	Practical-filemaking
Day88	Revision
Day89	Discussingoldquestionpaper
Day90	Practical-filemaking

NOTE:Aspernumberofperiods/week.

Name of the professor: Ms. Usha Pant

Class and Section: B AI

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.....groupie
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 free hand 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 free hand 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

Day51	Rangolipracticeonfloor.....grpI
Day52	Rangolipracticeonfloor.....grpII
Day53	Rangolipracticeonfloor.....grpII
Day54	Rangolipracticeonfloor.....grpII
Day55	Tablesettingandtablemanners....grpI
Day56	MakingTablesettingonfile....grpI
Day57	MakingTablesettingonfile....grpI
Day58	Tablesettingandtablemanners....grpII
Day59	MakingTablesettingonfile....grp II
Day60	MakingTablesettingonfile....grpII
Day61	BudgetmakingforLIG...grpI
Day62	BudgetmakingforMIG...grpI
Day63	Budgetmakingfor HIG....grpI
Day64	BudgetmakingforLIG...grpII
Day65	BudgetmakingforMIG...grpII
Day66	Budgetmakingfor HIG....grpII
Day67	Careandcleaningof refrigerator....grpI
Day68	Careandcleaningofmixie...grpI
Day69	Careandcleaningof washingmachine...grpI
Day70	Careandcleaningof refrigerator....grpII
Day71	Careandcleaningof mixie...grpII
Day72	Careandcleaningof washingmachine...grpII
Day73	Completingfilework...grpI
Day74	Careandcleaningof microwaveoven...grp I
Day75	Filework...grpI
Day76	Completingfilework...grpII
Day77	Careandcleaningof microwaveoven...grp II
Day78	Filework...grpII
Day79	Preparingforviva...grpI
Day80	Preparingforviva....grp I
Day81	Alpanapractice....grp I
Day82	Preparingforviva...grpII
Day83	Preparingforviva...grpII
Day84	Alpanapractice....grp II
Day85	Rangolipractice...grpI
Day86	Rangolipractice...grpI
Day87	Filework...grpI
Day88	Rangolipractice...grpII
Day89	Rangolipractice...grpIIs
Day90	Filework...grpII

Nameoftheprofessor:Ms.UshaPant

Classand Section: B. A-1st

SemesterSubject:HomeScience

Day1	Orientationofthestudents
Day2	Introductionofthesyllabus
Day3	Meaningandconceptof HomeScience
Day4	Scopeofhomescience
Day5	Scopeofhomescience
Day6	Functionsofhome
Day7	Functionsofhome
Day8	Ownvs rentedhouse
Day9	Selectionofsiteforidealhouse
Day10	Roleofsoilin selectionofhouse
Day11	Bestorientationinidealhouse
Day12	Roleoffacilityfordisposal of wasteand refuseinselection ofhouse
Day13	Discussiononthechapter
Day14	Test
Day15	Kitchen gardening-meaningandutility
Day16	Planningandraisingofkitchen garden
Day17	Makingbedsforkitchengarden
Day18	Selectionofvegetablesforkitchengarden
Day19	Toolsandequipmentsneededforgardening
Day20	Typesofmanure
Day21	Typesofmanure
Day22	Careofkitchengarden
Day23	Discussionandrevisingthechapter
Day24	Test
Day25	Elementsof art-introduction
Day26	Lines-types
Day27	Useoflinesininteriordecoration
Day28	Texture-typesandusein decoration
Day29	Form
Day30	Pattern-typesofpatterns
Day31	Sizeasanelementof art
Day32	Color-introduction
Day33	Characteristicsofcolor—hue,value
Day34	Intensity,warm andcoolcolors,advancingand recedingcolors
Day35	Emotionaleffectofcolor
Day36	Discussionandrevison
Day37	Test
Day38	Colorwheel-primary,secondaryandtertiarycolors
Day39	Makingacolorwheel-assignment
Day40	Colorscheme
Day41	Colorschemes
Day42	Useof colorscheme inhome decoration
Day43	Test
Day44	Principlesofart-introduction
Day45	Harmonyandbalance-meaningand theirusein decoration
Day46	Rhythmandproportion-meaningandtheiruseindecoration
Day47	Balance---meaninganduseindecoration
Day48	Revisingthechapter
Day49	Flowerarrangement-itsimportance
Day50	Typesofflowerarrangement
Day51	Useofprinciples ofartin flowerarrangement
Day52	Useofprinciples ofartin flowerarrangement

Day53	Test
Day54	Consumer-meaning,typesofchoiceof consumers
Day55	Buyingpracticesof consumers
Day56	Problemsfaced byconsumer
Day57	Buyingproblemsofconsumers
Day58	Discussingthe problem facedbyconsumers inmarket with example
Day59	Rightsofconsumer
Day60	Responsibilitiesofconsumer
Day61	ConsumerprotectionAct
Day62	Revisingthechapter
Day63	Oraltest
Day64	HomeManagement-meaningandintroduction
Day65	Processofhomemanagement-planning
Day66	Controlling-phasesof controlling
Day67	Evaluation-itsimportanceandmeaning
Day68	Summarizingthechapterwithdiscussionandexamples
Day69	Resources-introduction
Day70	Classificationofresources
Day71	Classificationofresources
Day72	Similaritiesamongresources
Day73	Similaritiesamongresources
Day74	Meaning ofmoneymanagement
Day75	Typesofincome
Day76	Budget-meaningandtypes
Day77	Factorsaffectingbudget
Day78	Stepsinmakingbudget
Day79	Evaluationofbudget
Day80	Timemanagement-introductionandimportance
Day81	Makingatime plan
Day82	Toolsintimeplan-peakloadperiodandrestperiod
Day83	Energymanagement-energycost of variousactivities
Day84	Fatigue-meaningandtypes
Day85	Methodofremovingfatigue
Day86	Worksimplication-meaningandimportance
Day87	Classesofchange
Day88	Classesofchange
Day89	Doubtclass
Day90	Sharingand discussingold papers

Name of the Professor: Dr. Sangeeta Kulshrestha	
Class and Section: B.Sc- Home Science - Ist	
Semester Subject: Basic Foods	
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	Principles of Cooking
Day 18	Wet methods of cooking
Day 19	Topic contd.
Day 20	Dry methods of Cooking
Day 21	Dry methods of Cooking
Day 22	Topic contd.
Day 23	Solar cooking
Day 24	Solar cooking contd.
Day 25	Microwave Cooking
Day 26	Topic contd.
Day 27	Test- Methods of Cooking
Day 28	Basic terms used in the study of Foods
Day 29	Basic terms used in the study of Foods
Day 30	Enhancing Nutritional Quality of Foods-Introduction
Day 31	Enhancing Nutritional Quality of Foods-Introduction
Day 32	Germination and Fermentation
Day 33	Germination and Fermentation
Day 34	Supplementation and Substitution
Day 35	Supplementation and Substitution
Day 36	Fortification and Enrichment
Day 37	Fortification and Enrichment
Day 38	Revision
Day 39	Test-Enhancing Nutritional Quality of Foods
Day 40	Food Adulteration
Day 41	Types of Adulterants in Common Foods
Day 42	Types of Adulterants in Common Foods
Day 43	Topic contd.
Day 44	Topic contd.
Day 45	Pesticide residues in foods
Day 46	Food Laws and Standards
Day 47	Food Laws and Standards
Day 48	Prevention of Food Adulteration Act
Day 49	Prevention of Food Adulteration Act contd.
Day 50	Essential Commodities Act
Day 51	Essential Commodities Act
Day 52	Fruit Products Order
Day 53	Fruit Products Order contd.
Day 54	AGMARK
Day 55	AGMARK

Day56	Revision
Day57	BIS
Day58	BIS contd.
Day59	FSSAI
Day60	FSSAI
Day61	Revision
Day62	Test-Food Adulteration
Day63	Revision
Day64	Revision
Day65	Revision
Day66	Revision
Day67	DiscussionofOldquestionPapers
Day68	DiscussionofOldquestionPapers
Day69	Pr.-General instructionsforworkinginaFoodLab.
Day70	Pr.-Weights andMeasures
Day71	Pr.-Standardand Household measuresforraw and cookedfoods
Day72	Pr.-TablesettingandTable Manners
Day73	Pr.- Preparation of dishesusingBoilingmethod
Day74	Pr. -Preparation ofdishesusingSimmeringmethod
Day75	Pr.-Preparation ofdishesusingPressure cookingmethod
Day76	Pr. -Preparation ofdishesusingSteamingmethod
Day77	Pr. -Preparation ofdishesusingSauteingmethod
Day78	Pr. -Preparation ofdishesusingShallow FatFryingmethod
Day79	Pr.-Preparation ofdishesusingDeep FatFryingmethod
Day80	Pr.PreparationofdishesusingBakingmethod
Day81	Mock Test
Day82	Mock Test
Day83	MockPracticalTest
Day84	Pr.-Preparation ofdishes usingSprouting
Day85	Pr.-Preparation ofdishes usingFermentation
Day86	Pr.Revisionofleftout Practicals
Day87	Pr.Revisionofleftout Practicals
Day88	Pr.RevisionofleftoutPracticals
Day89	Pr.Viva preparation
Day90	Pr.Viva preparation

Name of the Professor: Dr.SangeetaKulshresthaClass	
andSection:B.Sc-HomeScience-5thSemester	
Subject:CommunityNutrition	
Day1	Introductiontothesyllabus
Day2	Nutritional problems of the Community
Day3	Nutritionalproblems ofthe communityContd.
Day4	Non-nutritionalcausesofnutritionaldisorders
Day5	Non-nutritionalcausesof nutritionaldisorderscontd.
Day6	Non-nutritionalcausesof nutritionaldisorderscontd.
Day7	Nutritionalcauses
Day8	Nutritionalcausescontd.
Day9	PEM-Introduction
Day10	PrevalenceofPEM
Day11	CausesofPEM
Day12	SignsandSymptoms
Day13	PreventionofPEM
Day14	TreatmentofPEM
Day15	VitaminA deficiency
Day16	PrevalenceofVitaminA deficiency
Day17	Causes,signsandSymptoms
Day18	PreventionandTreatmentofVitaminAdeficiency
Day19	IronDeficiencyAnemia-Introduction
Day20	PrevalenceandCauses
Day21	SignsandSymptoms
Day22	PreventionandTreatment
Day23	IodineDeficiencyDisorders-Introduction
Day24	Prevalence
Day25	Signs,symptomsandcauses
Day26	PreventionandTreatment
Day27	Fluorosis
Day28	ProphylaxisprogramsIndia
Day29	Mid-daymealprogram
Day30	ICDS
Day31	ICDSContd.
Day32	AssessmentofNutritional Status
Day33	AssessmentofAnthropometricmeasurementsinchildren
Day34	AssessmentofAnthropometricmeasurementsinchildrencontd.
Day35	AssessmentofAnthropometricmeasurementsinadults
Day36	AssessmentofAnthropometricmeasurements inadultscontd.
Day37	Dietarysurvey
Day38	Dietarysurveycontd.
Day39	Clinicalexamination
Day40	Clinicalexaminationcontd.
Day41	Biophysicaltest
Day42	Biochemicaltests
Day43	FunctionalAssessment
Day44	Vital Statistics
Day45	Revision
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Name of the professor: Dr. Sangeeta Kulshrestha	
Class and Section: B.A -Home Science -	
5th Semester Subject: Food and Nutrition	
Day1	Introduction to the syllabus
Day2	General instructions for cookery practical
Day3	Weighing and measuring foods
Day4	Beverages-Introduction
Day5	Planning and preparation of various Beverages
Day6	Hot and cold coffee and saccharides
Day7	Giving recipes for Aam Panna and fruit shakes
Day8	Preparing Aam Panna and fruit shakes
Day9	Giving recipes for various Soups
Day10	Preparing Tomato and Sweet Corn soup
Day11	Preparing Tomato and Sweet Corn soup
Day12	Preparing Tomato and Chinese soup
Day13	Snacks-Introduction
Day14	Giving recipes for various Snacks
Day15	Preparing Dhokla and Samosa
Day16	Preparing Samosa and Masala Vada
Day17	Preparing Chana Kabab
Day18	Giving recipe of Idli, Sambhar and Coconut chutney
Day19	Preparing Idli, Sambhar and Coconut chutney
Day20	Preparing fried Idli from Suji Idli
Day21	Giving recipe of Poha, Upma and Veg. Vermicelli
Day22	Preparing Poha, Upma and Veg. Vermicelli
Day23	Preparing Cheela/Bread pizza
Day24	Masala Dosa
Day25	Planning and giving recipes of various Desserts
Day26	Cake (Eggless/with Egg) in oven
Day27	Preparing cake in pressure cooker
Day28	Making Khoya/Coconut Burfi
Day29	Making Besan laddu
Day30	Preparing Moong dal halwa
Day31	Sprout salad and Russian salad
Day32	Channa salad and Macaroni salad
Day33	Preparing Dal makhani
Day34	Dum Aloo and Veg Briyani
Day35	Lemon rice, Shahi paneer and fruit custard
Day36	Rice kheer, malaikofta
Day37	Apple kheer and Dry fruit kheer
Day38	Paneer kheer and Sewain kheer
Day39	Preparing menu card
Day40	Table setting
Day41	Preparing Manchurian
Day42	Fried rice
Day43	Practical file work
Day44	Practical file work
Day45	Practical file work
Day46	Practical file work
Day47	Practical file work
Day48	Revision
Day49	Revision
Day50	Revision
Day51	Mock Test
Day52	Mock Test
Day53	Mock Test
Day54	Mock Test
Day55	Mock Test

Day56	MockTest
Day57	MockTest
Day58	MockTest
Day59	PracticalFileWork
Day60	PracticalFileWork
Day61	PracticalFileWork
Day62	Revision ofUnit1
Day63	Revision ofUnit2
Day64	ClassTestofUnit1
Day65	ClassTestofUnit2
Day66	Revision ofUnit3
Day67	Revision ofUnit4
Day68	ClassTestofUnit3
Day69	ClassTestofunit4
Day70	Discussion of previous year question paper
Day71	Discussion of previous year question paper
Day72	Discussion of previous year question paper
Day73	Discussion of previous year question paper
Day74	Discussion of previous year question paper
Day75	Discussion of previous year question paper
Day76	Discussion of previous year question paper
Day77	Revision ofUnit1
Day78	Revision ofUnit2
Day79	Revision ofUnit3
Day80	Revision ofUnit4
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Name of the professor: Ms. Benu Mehta
Class and Section: B.Sc. Home Science-
5th Semester Subject: Indian Textiles

Day1	Orientation of the students
Day2	Orientation of the students
Day3	Introduction of the syllabus
Day4	Importance of Indian textiles in historic perspective
Day5	Cotton Fabric, Sarees and dhatis of India
Day6	Continue
Day7	Continue
Day8	Revision of till done syllabus
Day9	Revision and discussion of chapter again
Day10	Introduction to the phulkari's of Punjab, threads used in the fabric
Day11	Continue
Day12	Classes of Till done syllabus
Day13	Phulkari embroidery continue
Day14	Silk and brocades of Banaras
Day15	Silk sarees from Bengal
Day16	Silk sarees from Gujrat
Day17	Continued
Day18	Continued
Day19	Silk sarees from Karnataka
Day20	Silk sarees from Andhra Pradesh
Day21	Silk sarees from Tamil Nadu
Day22	Continue
Day23	Continue
Day24	Shawls of India—Kashmiri Shawls
Day25	Carpet weaving, centers of India revision
Day26	Origin of embroidery in India
Day27	Carpets, Durries and rugs from all over India
Day28	Embroideries, Their importance in everyday life
Day29	Revision
Day30	Continue
Day31	Continue
Day32	Discussing motifs of Kashmir, embroidery, portfolio continued
Day33	Court embroideries, trade embroideries
Day34	Temple Embroidery, folk embroidery
Day35	Introduction of Kashmiri, embroidery— threads and motifs
Day36	Continue
Day37	Continue
Day38	9 Embroideries from Punjab and Himachal Pradesh
Day39	Continued
Day40	Embroidery from Uttar Pradesh
Day41	Embroidery from Karnataka
Day42	Embroidery from Gujrat
Day43	Continue
Day44	Continue
Day45	Sample of Kashmir Embroidery in portfolio
Day46	Embroidery from Bengal
Day47	Embroideries from Bihar
Day48	Banjara Embroideries
Day49	Revision and discussion of full chapter of embroideries
Day50	Revision
Day51	Continue
Day52	Introducing Mirror work, embroidery, stitches and thread

Day53	Testofpreviousdone chapter
Day54	Revision
Day55	Reviewofpreviousyearquestionpaper
Day56	Reviewofpreviousyearquestionpaper
Day57	Dyeing–Antiquity–VariousIndiaethnicdyeingstyles
Day58	Ethnic-dyeingstyles of India
Day59	BandhejfromRajasthan
Day60	Continue
Day61	PracticalFile workday
Day62	BandhejfromGujarat
Day63	Blockprinting– Techniquefrom variouspart of India
Day64	ScreenandRollerPrinting
Day65	Finishingofmirrorwork,sampleandportfolio competition
Day66	ResistPrinting
Day67	Revision,Discussionandassignmentofdyeingandprinting
Day68	Testof previousdonetopics
Day69	Practicalfilework day
Day70	Makingmotifs and embroiderysamples of shadowwork
Day71	Batikfromcoromandel
Day72	Batik-Varioustechniques
Day73	Completionofshadowworkandportfoliodesign
Day74	Paintingonfabrics
Day75	VarioustypesofprintingonfabricsinancientIndia
Day76	PracticalFileWork
Day77	PracticalFileWork
Day78	PracticalFileWork
Day79	Revision ofUnit1
Day80	Revision ofUnit2
Day81	ClassTestofUnit1
Day82	ClassTestofUnit2
Day83	Revision ofUnit3
Day84	Revision ofUnit4
Day85	ClassTestofUnit3
Day86	ClassTestofunit4
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms. Benu Mehta
Class and Section: B.Sc. Home Science 1st Semester Sub
ject: Introductory Clothing

Day1	Orientation of the students
Day2	Orientation of the students
Day3	Introduction of the syllabus
Day4	Sewing, Equipment's, tools for the measuring drafting
Day5	Practical of introduction to sewing equipment's and tools
Day6	Revision
Day7	Revision
Day8	Practical file work day
Day9	Sewing equipment for measuring, drafting
Day10	Revision
Day11	Revision
Day12	Sewing equipment's for drafting and pinning
Day13	Practical work
Day14	Continue
Day15	Types of scissors and their care
Day16	Revision of complete syllabus till done
Day17	Equipment for finishing of stretched clothes
Day18	Revision
Day19	Basic stitches – Tasking and hemming
Day20	Continue
Day21	Continue
Day22	Continue
Day23	Sewing machine – types
Day24	Parts and functions of sewing machine
Day25	Parts and functions of sewing machine
Day26	Revision
Day27	Revision
Day28	Various hand stitches, seams and seam finishes
Day29	Defects of sewing machine and how to correct them
Day30	Continue
Day31	Oiling, care and maintenance of sewing machine
Day32	Revision and doubt clearing class
Day33	Revision
Day34	Class test of till done topics
Day35	Seams, seam finishes and fasteners
Day36	Principle of cloth constructing
Day37	Continue
Day38	Principle of cloth constructing
Day39	Placket opening, necklines
Day40	Anthropometrics measurements
Day41	Revision of syllabus
Day42	Points to be considered while taking measurements
Day43	Class test of all done syllabus
Day44	Importance of taking body measurements, important body landmarks
Day45	Gathers, pleats and darts
Day46	Revision
Day47	Revision
Day48	Practical file work day

Day49	Howto record bodymeasurement
Day50	Revisionandsolvingstudents'problem inpracticalclass
Day51	Testof all abovedonesyllabus
Day52	Preparationoffabricbeforecutting
Day53	Completingthesamplefile,finishingofall thesamples
Day54	Understandingdirectionoffabrics, grainlinesandbias
Day55	Basictermsused inclothingconstruction
Day56	Variousmethodsofdesigning
Day57	Basic conceptsofdrafting
Day58	Learningembroiderystitches
Day59	Whatispaperpattern
Day60	Whatisdrafting
Day61	Whatisdraping
Day62	Importanceofall themethods ofdesigning
Day63	Bestmethodsforbeginners
Day64	Makinghandkerchiefs usingvariousembroiderystudents
Day65	Whyand how to shrink fabrics
Day66	Straighteningfabrics
Day67	Howtoselect fabricsforbeginners -Printsand Napped
Day68	Completingfivehandkerchiefs
Day69	Meaningofpatternlayout,making, pinningandcutting
Day70	Classtestof alldonesyllabus
Day71	Draftingof cuttingofbib/ panty
Day72	Importanceofclothing– Physiological,Sociological&psychological
Day73	Suitablefabricsaccordingtoage
Day74	Suitablefabricsaccordingtofashion
Day75	MockTest
Day76	PracticalFileWork
Day77	PracticalFileWork
Day78	PracticalFileWork
Day79	Revision ofUnit1
Day80	Revision ofUnit2
Day81	ClassTestofUnit1
Day82	ClassTestofUnit2
Day83	Revision ofUnit3
Day84	Revision ofUnit4
Day85	ClassTestofUnit3
Day86	ClassTestofunit4
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms. Benu Mehta
Class and Section: B.Sc. Home Science 3rd Semester Sub
ject: 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 workday
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	Woolen and synthetics
Day 19	Revision of till done syllabus
Day 20	Practical of Tie and dye
Day 21	Practical file workday
Day 22	Class test of unit 2
Day 23	Fabric finishing, Importance of finishing
Day 24	Physical Finishes like Napping, sizing and centering
Day 25	Calendar finish
Day 26	Chemical Finish like bleaching
Day 27	Mercerizing
Day 28	Special Purpose finishes- Wrinkleresistant and waterresistant
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	Varmordant and dispersed 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

Day51	PracticalclassofBlockPrinting
Day52	PracticalClassofStencilPrinting
Day53	Revision
Day54	PracticalFilework
Day55	Revision
Day56	Revision
Day57	Revision
Day58	Revision
Day59	Revision
Day60	Revision
Day61	Revision
Day62	Revision
Day63	Revision
Day64	Revision
Day65	Revision
Day66	Revision
Day67	PracticalFilework
Day68	Revision
Day69	Revision
Day70	Revision
Day71	Revision
Day72	MockTest
Day73	Revision
Day74	Mocktest
Day75	Revision
Day76	Mocktest
Day77	Revision
Day78	PracticalFilework
Day79	PracticalFilework
Day80	PracticalFilework
Day81	PracticalFilework
Day82	PracticalFilework
Day83	Discussion of previous year question paper
Day84	Discussion of previous year question paper
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms.Priyanka Pawar

Class and Section: B.Sc. 5th

Semester Subject: Family Dynamics

Day1	Orientationofthestudents
Day2	Orientationofstudents
Day3	Introductionofcompletesyllabus
Day4	IntroductionofUnit1,Marriageasaninstitution,needsandgoals
Day5	CertaincriteriaofSuccessfulMarriage
Day6	AdjustmentsinMarriage
Day7	Continue
Day8	RevisionofallTopics done
Day9	Inter-casteand Inter-Religiousmarriage
Day10	Continue
Day11	Revisionofcompletesyllabus
Day12	Classtest of Unit 1
Day13	IntroductiontoUnit 2Topics discussaboutwhat isto bedone
Day14	DefinitionsandFunctionsoffamily
Day15	Basicstagesof FamilyLifeCycle
Day16	Discussaboutchangingtrends inIndia dueto Westernizationand Modernization
Day17	Discussed about familyideologies, values, familystructureand social Changes
Day18	Continue
Day19	Revisionoftillldonesyllabus
Day20	Discussionaboutfactorsinfluencingplannedparenthood
Day21	Classtest of Unit 1
Day22	IntroductiontoUnit3,Explanationaboutthetopicstobecoved
Day23	Alternativefamilystyles,discussedaboutsinglparentfamily
Day24	DINK Family(Doubleincomenokids)
Day25	Latchkeychildren
Day26	Familieswithadoptedchildren
Day27	Continue
Day28	Revisionofabovedonesyllabus
Day29	IntroductiontoUnit4,Internalrelationswithinthefamily
Day30	Individualroles,rightsandresponsibilitieswithinthefamily
Day31	Areasofadjustmentswithin thefamily,atdifferent phasesoffamilylife Cycle
Day32	RevisionofPreviousyearquestionpaper
Day33	Parentssiblings,children andfamilyrelationships discussion
Day34	Revisionofpreviousdonequestionpaper
Day35	Classtest of Unit 1
Day36	Classtest of Unit 2
Day37	IntroductiontoUnit 4,about crisesin afamily
Day38	DiscussionaboutBereavement,itsimpactonlife
Day39	DiscussionaboutDivorceanditsimpact onlife
Day40	DiscussionaboutLongillness and itsimpact onlifeand family

Day42	Discussionabout birthofahandicapped childin a family
Day43	Review of questionpapers
Day44	Reviewof questionpapers
Day45	Reviewof questionpapers
Day46	Internalrelationswithinthefamily
Day47	Individualroles,righsandresponsibilitieswithinthefamily
Day48	Areasofadjustmentswithin thefamily,atdifferent phasesoffamilylife Cycle
Day49	Areasofadjustmentswithin thefamily,atdifferent phasesoffamilylife Cycle
Day50	DINK Family(Doubleincomenokids)
Day51	Latchkeychildren
Day52	Familieswithadoptedchildren
Day53	Marriageasaninstitution,needsandgoals
Day54	Marriageasaninstitution,needsandgoals
Day55	CertaincriteriaofSuccessfulMarriage
Day56	CertaincriteriaofSuccessfulMarriage
Day57	AdjustmentsinMarriage
Day58	AdjustmentsinMarriage
Day59	Practical file work
Day60	Practical file work
Day61	Practical file work
Day62	Practical file work
Day63	Practical file work
Day64	Revision
Day65	Revision
Day66	Revision
Day67	Revision
Day68	Revision
Day69	MockTest
Day70	Revision
Day71	Mocktest
Day72	Revision
Day73	Mocktest
Day74	Revision
Day75	PracticalFilework
Day76	PracticalFilework
Day77	PracticalFilework
Day78	PracticalFilework
Day79	PracticalFilework
Day80	Discussion of previous year question paper
Day81	Discussion of previous year question paper
Day82	Discussion of previous year question paper
Day83	Discussion of previous year question paper
Day84	Discussion of previous year question paper
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper



Name of the professor: Ms. Priyanka	
Class and Section: B.Sc. Home Science-	
3rd Semester Subject: Food Science	
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 workday
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 oil seeds - their nutritive value.
Day 50	Revision of Unit 3 (Both chapters)

Day51	DoubtClass
Day52	TestofFats andOils.
Day53	PracticalClassofpreparationofcakes
Day54	PracticalFilework
Day55	Revisionofallabovesyllabus
Day56	Reviewofpreviousyearquestionpapers
Day57	PracticalFileworkDay.
Day58	PracticalClassofpreparationofpulao'svarietiesandice-creams.
Day59	IntroductionofUnit 4-Chapter-1 Milkand milkprep
Day60	Nutritivevalue ofmilk and composition ofmilk
Day61	Effectofheatonmilk, Impactofacidandenzymesovermilk
Day62	Processingof milk
Day63	ExplanationonPasteurizationandHomogenization
Day64	Storageofmilk
Day65	MilkProducts(Fermentedandunfermentedmilkproducts)
Day66	Useofmilkindifferentrecipes
Day67	RevisionofMilkChapter
Day68	TestofCereal
Day69	ReviewofpreviousyearQuestionpaper
Day70	IntroductiontoChapter7Sugar,studied aboutnutritivevalueofsugar
Day71	PropertiesofSugarandsugarrelatedproducts
Day72	StagesofSugar insugar cookery
Day73	ArtificialSweeteners
Day74	Sugar Cookeryand millingof sugar
Day75	PracticalFileclass
Day76	PracticalFileclass
Day77	PracticalFileclass
Day78	PracticalFileclass
Day79	Revision
Day80	Revision
Day81	Revision
Day82	Revision
Day83	Discussion of previous year question paper
Day84	Discussion of previous year question paper
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms. Priyanka
Class and Section: B.Sc.-
1st Semester Subject: Human Physiology

Day1	Orientation Of Student
Day2	Orientation Of Student
Day3	Introduction to Unit 1 Cell
Day4	Types of cells, Functions of Cell
Day5	Various cell organelles, location and function
Day6	Difference between plant cell and animal cell
Day7	Diagrammatic presentation of prokaryotes and eukaryotes
Day8	Doubt Class and Revision
Day9	Test Of Cell Organelles (Location and function)
Day10	Introduction to Unit 1, Chapter 2 Cardiovascular system
Day11	Explanation of complete blood structure, composition
Day12	Types of Blood cell, functions and location
Day13	Blood groups and types with define
Day14	Coagulation of blood clotting factors steps
Day15	Revision of above topics
Day16	Structure and function of heart
Day17	Double circulation of heart
Day18	Blood Pressure and its regulation
Day19	Various types of blood vessels
Day20	Doubt Class of Unit 1 (Complete revision of cell and heart structure and circulation)
Day21	Introduction to Unit 2: Descriptive data on digestive system
Day22	Introduction to complete alimentary canal, location and function
Day23	Structure and functions of various parts of digestive system
Day24	Structural and functional system of Liver, Pancreas and Gall Bladder
Day25	Doubt Class
Day26	Revision of till done syllabus
Day27	Classes of Blood groups, cell organelles and double circulation
Day28	Digestion and absorption in different parts of body
Day29	Digestion in Buccal Cavity, Stomach
Day30	Role of liver, pancreas and gall bladder in digestion
Day31	Digestion in Small intestines and large intestines
Day32	Functions and location of Salivary glands
Day33	Revision class
Day34	Introduction to Unit 2, Skeletal system
Day35	Structure and functions, number and names of various bones
Day36	Various types of Joints
Day37	Various examples of types of joints
Day38	Test of Digestive system
Day39	Revision of till Done Syllabus
Day40	Introduction to Unit 3, Reproductive system, Complete introduction of reproductive system
Day41	Structural study of male and female reproductive system
Day42	Menstrual Cycle and physiology of pregnancy
Day43	Explanation of menopause, lactation and parturition
Day44	Doubt Class
Day45	Revision test of Complete Reproductive System
Day46	Introduction to Unit 3, Chapter-2 Nervous system
Day47	Structure and functions of brain
Day48	Parts of Brain, Spinal Cord
Day49	Structure and function of Nerve Cell

Day50	DoubtClass of all above done syllabus
Day51	Test of Reproductive system
Day52	Practical class of study of Human Skeleton
Day53	Practical file work
Day54	Introduction to Unit 4, Explanation about Excretory system
Day55	Functions and structure of kidney
Day56	Formation of urine
Day57	Functions of skin
Day58	Regulation of body temperature
Day59	Doubt Class
Day60	Revision of Above done all syllabus
Day61	Test of Chapter Digestive System and Cell
Day62	Introduction to Unit 4, Respiratory System
Day63	Structure of lungs and mechanism of Respiration
Day64	Regulation of Breathing and Respiration
Day65	Regulation of oxygen and carbon dioxide transport in blood
Day66	Practical class of Blood cells, Fresh mount and stained
Day67	Practical of determination of hemoglobin percentage in blood
Day68	Practical class of blood coagulation
Day69	Practical class of blood pressure measurement
Day70	Practical class of blood grouping determination
Day71	Study through certain models like kidney, stomach, ear, lungs etc.
Day72	Study through certain charts of body system
Day73	Practical File work day
Day74	Revision Class of Previous done syllabus
Day75	Revision Class
Day76	Revision Class
Day77	Revision Class
Day78	Mock test
Day79	Mock test
Day80	Mock test
Day81	Mock test
Day82	Revision Class
Day83	Discussion of previous year question paper
Day84	Discussion of previous year question paper
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms. Jyoti
Class and Section: B.Sc-
3rd Semester Subject: Consumer Economics

Day1	Orientation of the students
Day2	Orientation of the students
Day3	Introduction of the syllabus
Day4	Introduction to Basic concepts of economics
Day5	Goods and services
Day6	Wants and utility
Day7	Income and its types
Day8	Standardization and grading
Day9	Consumer and consumption
Day10	Class test
Day11	Meaning and Laws of consumption
Day12	Discussion of old question papers
Day13	Meaning and Importance of demand
Day14	Laws of demand
Day15	Meaning and Importance of supply
Day16	laws of supply
Day17	Class test
Day18	Introduction to market
Day19	Market and its types
Day20	Functions of market
Day21	Consumer-meaning and definition
Day22	Role of consumer in the economy
Day23	Consumer buying motives
Day24	Consumer buying motives
Day25	Discussion of old question papers
Day26	Introduction to malpractices prevailing in Indian markets
Day27	Adulteration
Day28	Adulteration
Day29	False advertisement
Day30	Incomplete label and Monopoly
Day31	Faulty weights and measurements
Day32	Faulty weights and measurements
Day33	Introduction to buying aids
Day34	Packaging and advertising
Day35	Packaging and advertising
Day36	Role of educational institutions
Day37	Role of educational institutions
Day38	Revision
Day39	Discussion of old question papers
Day40	Class test
Day41	Meaning of buying guides
Day42	Meaning of buying guides
Day43	Different types of labels
Day44	Different types of labels
Day45	Rights of consumers
Day46	Rights of consumers
Day47	Rights of consumers
Day48	Class test
Day49	Responsibilities of consumer
Day50	Responsibilities of consumer

Day51	Responsibilitiesofconsumer
Day52	Meaningofconsumereducation
Day53	Needsandobjectivesof consumereducation
Day54	Needsandobjectivesof consumereducation
Day55	Mediaandtheconsumer
Day56	Mediaandtheconsumer
Day57	Mediaandtheconsumer
Day58	Revision
Day59	Revision
Day60	Mock test
Day61	Mock test
Day62	Mock test
Day63	Lawsfor consumerprotection
Day64	Lawsfor consumerprotection
Day65	Consumerorganizations
Day66	Consumerorganizations
Day67	Revisionofunit 2
Day68	Mocktest
Day69	Revisionofunit 3
Day70	Mocktest
Day71	Revisionofunit 4
Day72	Mocktest
Day73	Discussionofold questionpapers
Day74	Revision
Day75	Discussionofold questionpapers
Day76	Revision
Day77	Discussionofold questionpapers
Day78	Revision
Day79	Revision
Day80	Revision
Day81	Revision
Day82	Revision
Day83	Revision
Day84	Revision
Day85	Revision
Day86	Revision
Day87	Revision
Day88	Revision
Day89	Revision
Day90	Revision

Name of the professor: Ms. Jyoti
Class and Section: B.Sc-
3rd Semester Subject: Psychology

Day1	Orientation of the students
Day2	Orientation of the students
Day3	Introduction of the syllabus
Day4	Basic concept of psychology
Day5	Meaning of psychology
Day6	Definitions related to psychology
Day7	Scope and nature of psychology
Day8	Class test
Day9	Relation of psychology with Home Science
Day10	Method of psychological studies
Day11	Observation method
Day12	Types of observation
Day13	Merits and demerits of observation method
Day14	Experimental method
Day15	Types of experimental method
Day16	Merits and demerits of experimental method
Day17	Interview technique
Day18	Types of interview scales
Day19	Merits and demerits of Interview technique
Day20	Questionnaire method
Day21	Types of questionnaire
Day22	Merits and demerits of Questionnaire method
Day23	Case study method
Day24	Types of case study
Day25	Merits and demerits of case study method
Day26	Discussion of previous year question paper
Day27	Relation between mind and body
Day28	Sensation meaning and definition
Day29	Nature of sensation
Day30	Attributes of sensation
Day31	Attributes of sensation
Day32	Functions of sensation
Day33	Functions of sensation
Day34	Special sensation
Day35	Special sensation
Day36	Perception meaning and definition
Day37	Perception meaning and definition
Day38	Attributes of Perception
Day39	Attributes of Perception
Day40	Class test
Day41	Functions and nature of Perception
Day42	Functions and nature of Perception
Day43	Functions and nature of Perception
Day44	Discussion of old question papers
Day45	Class test
Day46	Fundamental characteristics of Perception
Day47	Fundamental characteristics of Perception
Day48	Fundamental characteristics of Perception
Day49	Concept and conditions of attention
Day50	Concept and conditions of attention

Day51	NatureandTypesof attention
Day52	NatureandTypesof attention
Day53	Revision
Day54	Inattentionconcept andmeaning
Day55	Inattentionconcept andmeaning
Day56	Definitionandmeaningofemotions
Day57	Definitionandmeaningofemotions
Day58	Theoriesof emotion
Day59	Theoriesof emotion
Day60	Factors affectingemotions
Day61	Factors affectingemotions
Day62	Class test
Day63	Emotionsandemotionalintelligence
Day64	Emotionsandemotionalintelligence
Day65	Revision
Day66	Revision
Day67	MockTest
Day68	MockTest
Day69	MockTest
Day70	MockTest
Day71	MockTest
Day72	PracticalFileWork
Day73	PracticalFileWork
Day74	PracticalFileWork
Day75	Revision ofUnit1
Day76	Revision ofUnit2
Day77	ClassTestofUnit1
Day78	ClassTestofUnit2
Day79	Revision ofUnit3
Day80	Revision ofUnit4
Day81	ClassTestofUnit3
Day82	ClassTestofunit4
Day83	Discussion of previous year question paper
Day84	Discussion of previous year question paper
Day85	Discussion of previous year question paper
Day86	Discussion of previous year question paper
Day87	Discussion of previous year question paper
Day88	Discussion of previous year question paper
Day89	Discussion of previous year question paper
Day90	Discussion of previous year question paper

Name of the professor: Ms. Jyoti	
Class and Section: B.A-3rd Semester	
Subject: Clothing and Textiles (Theory + Practical)	
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	Creaseresistant
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-tick 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 – necklines
Day 48	Phulkari
Day 49	Kantha

Day50	Kashida
Day51	Chikankari/practical-necklines
Day52	Doubtclass/practical-necklines
Day53	Discussionofobjectivetypequestions/practical-necklines
Day54	TraditionalsareesofIndia-Baluchari
Day55	Banarsisaree
Day56	Chanderiandpatolasaree
Day57	Bandhanisaree/ practical-knitting
Day58	Classtestoftraditionalembroideries/practical-knitting
Day59	Doubtclass/ practical – knitting
Day60	Othertextiles-dhaka
Day61	Mulmulandbrocade
Day62	Classtest of unit 3s
Day63	Discussionofpreviousyearquestion paper/practical-knitting
Day64	Soapsanddetergents-compositionand manufacturing/practical-knitting
Day65	Differencebetween soapsanddetergents /practical-knitting
Day66	Typesofstarches,bluesandbleaches
Day67	Contd...
Day68	Usesofstarch
Day69	Usesofblues andbleaches /practical-knitting
Day70	Assignmentonsoapsanddetergents/practical-knitting
Day71	Reagentsusedinlaundry-acids, alkalis/practical-knitting
Day72	Solventsandabsorbents
Day73	Doubtclass
Day74	Stainremoval
Day75	Classificationofstains/ practical-knitting
Day76	Methodsofremovingdifferent typesofstains/ practical-knitting
Day77	Contd../practical-knitting
Day78	Classtest of unit 4
Day79	Doubtclass
Day80	Discussionofpreviousyearquestionpaper
Day81	Testofobjectivetypequestions /practical-careof sewingmachine
Day82	Revisionofunit1 / practical-careofsewingmachine
Day83	Revisionofunit1 / practical-careofsewingmachine
Day84	Mocktest
Day85	Revisionofunit 2
Day86	Mocktest
Day87	Revisionofunit 3
Day88	Mocktest
Day89	Revisionofunit 4
Day90	Mocktest

Name of the professor: : Ms. Jyoti	
ClassandSection:B.Sc-3rdSemester	
Subject:ChildcareandRearingpractices(Theory+practical)	
Day1	Orientationofthestudents
Day2	Orientationofthestudents
Day3	Introductionofthesyllabus
Day4	Pregnancy-signsanddiscomforts
Day5	Practical- activityforchildrenof2yrs.
Day6	Pregnancycareof expectant mother
Day7	Pregnancycareof expectant mother
Day8	Practical
Day9	Activityofchildren2-3years
Day10	Confinementpractices
Day11	Stagesofdelivery
Day12	Practical –activityofchildren4years
Day13	Typesofdelivery
Day14	Careof newborn
Day15	Testof unit1
Day16	Weaningdefinitionandmeaning
Day17	Importanceofweaning
Day18	Typesofweaning
Day19	Practical-questionnaireonnutritionrequirementofpregnantwomen
Day20	Importanceofweaning
Day21	Supplementaryfood-definition
Day22	Principlesofsupplementaryfood
Day23	Homemadeand premixsupplementaryfood
Day24	Breastfeeding
Day25	Practical-questionnaireonnutritionrequirementofpregnantwomen
Day26	ImportanceofBreastfeeding
Day27	Artificialfeeding
Day28	ComparisonofBreastfeedingandArtificialfeeding
Day29	Assignmenton breast feeding
Day30	Testof unit2
Day31	Practical-preparingimmunizationchart
Day32	Sleeproutineofinfants
Day33	Sleepingpattern
Day34	Sleepingpattern
Day35	Sleepingpatternofchildrenbelow2years
Day36	Sleepingpatternofchildrenbelow2years
Day37	Toilettrainingandhygienepactices
Day38	Toilettrainingandhygienepactices
Day39	Practical–activityofchildrenbelow5years
Day40	Roleofmotherin trainingof aninfant
Day41	Roleofmotherin trainingof aninfant
Day42	Assignmenton breast feeding
Day43	Problemsandremediesofchildrenbelow5years
Day44	Problemsandremediesofchildrenbelow5years
Day45	Discussionofpreviousyearquestionpaper
Day46	Problemsregardingfeeding
Day47	Problemsregardingfeeding
Day48	Discussionofobjectivetypequestions
Day49	Classtest of unit 3
Day50	Practical –questionnaire onfeedingpatternsofchildren

Day51	Assignmentonproblem andremedies
Day52	Practical–visittoachildcare
Day53	Reportpreparation
Day54	Speechdisorder
Day55	Classtest of unit 4
Day56	Discussionofpreviousyearquestionpaper
Day57	Revisionofunit 4
Day58	Practical file work
Day59	Practical file work
Day60	Practical file work
Day61	Practical file work
Day62	Practical file work
Day63	Practical file work
Day64	Problemandremediesregardingsleepdisorder
Day65	Problemandremediesregardingsleepdisorder
Day66	Siblingrivalry
Day67	Siblingrivalry
Day68	Practical-makingasoft toy
Day69	Separationanxiety
Day70	Separationanxiety
Day71	Excessivefear-bedwetting
Day72	Excessivefear-bedwetting
Day73	Nailbitingandthumbsucking
Day74	Nailbitingandthumbsucking
Day75	Revision
Day76	Revision
Day77	Revision
Day78	Revision
Day79	Revision
Day80	Revision
Day81	Revision
Day82	Mocktest
Day83	Revision
Day84	Revision
Day85	Revision
Day86	Assignmentonpreviousyearquestionpaper
Day87	Mocktest
Day88	Assignmentonpreviousyearquestionpaper
Day89	Assignmentonpreviousyearquestionpaper
Day90	Assignmentonpreviousyearquestionpaper