

Lesson Plan (Even Semester)

2024-2025

B.Sc. (Home Science) IInd Semester, Ist year

Human Development-1 (Theory)

Program Code	USHSC4
Course Code	24HSCS402DS01

Month	Syllabus
January, 2025	Unit 1. Understanding Human Development <ul style="list-style-type: none">➤ Human development ; Definitions, Importance, scope and multidisciplinary nature of Human Development.➤ Historical trends in human development➤ Difference between Growth & Development
February, 2025	Unit 1. Understanding Human Development <p>Differences between child psychology and child development .</p> <ul style="list-style-type: none">• Difference between child psychology and child development• Principles of Human Growth and Development. Factors influencing growth & development Unit 2. Theories and methods of child study <ul style="list-style-type: none">➤ Theories of Development : Psychoanalytic theory of Sigmund Freud, Cognitive theory of Piaget

	<p>and Psychosocial theory of Erik Erikson.</p> <ul style="list-style-type: none"> ➤ Methods of Child Study and data collection – observation, interview, questionnaire, case study, cross-sectional, longitudinal methods.
March, 2025	<p>Unit 3. Conception and Infancy (0-2 Years)</p> <ul style="list-style-type: none"> ➤ Stages and Development. ➤ Prenatal development during three trimesters, various factors affecting prenatal development. ➤ Infancy- physical characteristics of neonate, size, weight, height, body proportions, sensory capabilities i.e. hearing, vision, taste, smell, touch, temperature and reflexes of a newborn. ➤ Development tasks, milestones, physical development, motor, social, emotional development, cognitive development. Factors influencing development
April, 2025	<p>Unit 4. Childhood Years (2-6 years)</p> <ul style="list-style-type: none"> ➤ Development tasks, Physical-motor Development, Cognitive and language development. ➤ Socio-emotional development, moral development. ➤ Pre-school orientation and significance. ➤ Factors affecting their development.
May, 2025	<p>Unit 4. Childhood Years (2-6 years)</p>

	<ul style="list-style-type: none"> ➤ Role of school, peers and media. ➤ Importance and types of play for all round development.
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B.Sc. (Home Science) IInd Semester, Ist year

Human Development-1 (Practical)

Month	Syllabus
January, 2025	1 . Methods of Child Study and their application : <ul style="list-style-type: none"> - Interview - Observation - Questionnaire
February, 2025	2 . Plan and develop activities to facilitate development in different domains.
March, 2025	3 . Visiting Nursery schools/ Aanganwadi and preparing a report.
April, 2025	4 . Psychometric test for Children- Development Assessment scale for Indian Infants (DASII), Wechsler pre-school and primary scales of Intelligence (WPPSI), Children Appreciation Test (CAT). Any two.

B.Sc. (Home Science) IInd Semester, Ist year

Fundamentals of Clothing and Textiles (Theory)

Program Code	USHSC4
Course Code	24HSCS402DS02

Month	Syllabus
January, 2025	Unit 1. <ul style="list-style-type: none"> • Objectives, Importance & scope of clothing & textile. • Basic Terminology used for clothing; bias grainline, grain, dart, notches, gathers, fasteners, contours, interfacing, placket, seam allowance

	<ul style="list-style-type: none"> • Parts of the basic sewing machine, its care, maintenance & functioning.
February, 2025	<p>Unit 1.</p> <ul style="list-style-type: none"> • Study of different types of sewing machines, their use in the garment industry. <p>Unit 2.</p> <ul style="list-style-type: none"> • Factors affecting the selection of clothing; Environmental, social, psychological and Physiological. • Clothing requirements of different age groups (infants, toddlers, pre-schoolers and elementary school children, Pregnant lady, and Lactating mother) • Comparison of tailor-made, readymade and home-made garments.
March, 2025	<p>Unit 3.</p> <ul style="list-style-type: none"> • Basic Terminology used for textile; Fiber, Filament, yarn, yarn count, thread count, cord, twist, crimp, tensile strength etc. • Textile Fiber ; Definition and classification, Difference between natural & man-made fibers. • Manufacturing and properties of Natural fibers-Cotton, wool, silk and Man-made fibers-Nylon, rayon & polyester.
April, 2025	<p>Unit 4.</p> <ul style="list-style-type: none"> • Yarn; Definition and process of yarn making (s-twist and z-twist) • Basic principles of yarn making (mechanical, chemical, spinning; wet, dry & melt) • Classification and types; Simple, filament, spun, novelty, complex yarns.
May, 2025	<p>Unit 4.</p> <ul style="list-style-type: none"> • Properties of yarn; Elasticity, plasticity, strength & elongation.

B.Sc. (Home Science), IInd semester, Ist year

Fundamentals of Clothing and Textiles (Practical)

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Demonstration, use and care of parts of sewing machine and other equipment used in clothing construction.
February, 2025	<ul style="list-style-type: none">• Identification of textile fibers; Microscopic, Burning and Chemical test (cotton, silk, linen, wool, nylon, rayon)
March, 2025	<ul style="list-style-type: none">• Prepare samples of basic hand processes; Visible and invisible hemming, tacking, overcasting, running stitch, backstitch, buttonhole and application of fasteners.
April, 2025	<ul style="list-style-type: none">• Prepare samples of basic machine processes; Tucks, Pleats, Gathers, Darts and Placket.
May, 2025	<ul style="list-style-type: none">• Prepare samples of different seams; plain seam, counter seam, run and fell seam, french seam and mantua maker.

B.Sc (Home Science), IInd Semester (Ist year)

Culinary skills (Practical)

Program Code	USHSC4
Course Code	24HSC402SE01

Month	Syllabus
January, 2025	1 . Planning and preparation of the following dishes: at least any two from each category. a) Beverages
February, 2025	b) Breakfast dishes c) snacks d) Desserts/Cakes
March, 2025	e) soups f) Salads g) Main Course Dishes
April, 2025	2 . Planning and preparing nutrient rich recipes: Protein, calcium, iron & vitamin A

B.Sc (IInd year) IVth semester

Community Development and Communication (Theory) 401

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Communication-<ol style="list-style-type: none">1. Meaning, scope and importance of communication2. Elements of communication3. Problems of communication with special reference to India
February, 2025	<ul style="list-style-type: none">• Communication-<ol style="list-style-type: none">4. Models of communication and various types of communication• Classification of teaching methods according to form and use• The scope, advantage and limitations of different extension methods.
March, 2025	<ul style="list-style-type: none">• Panchayati raj system- meaning, functions, organizational set up, problems• Principles of democratic decentralization
April, 2025	<ul style="list-style-type: none">• Classification of audio- visual aids- different aids, their scope, advantage and limitations, factors limiting the selection and use of audio-visual aids.
May, 2025	<ul style="list-style-type: none">• Use of radio talks, television, personal talk, conferences, tours, campaigns, village fair

B.Sc (IInd year) IVth semester

Community Development and Communication (Practical)401

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Use of any five non-projected aids to educate rural women on different aspects
February, 2025	<ul style="list-style-type: none">• Preparation of projected aids- Transparency and power point presentation
March, 2025	<ul style="list-style-type: none">• Use of puppet as a media of communication
April, 2025	<ul style="list-style-type: none">• Preparing a radio talk on any topic

B.Sc (Home Science) , IVth semester (IInd year)

Human Development III (Theory)-402

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Definition, Development task, Significance of period in young adulthood.• Responsibilities and Adjustment, New family, work place, parenthood in young adulthood.
February, 2025	<ul style="list-style-type: none">• Sex roles issues and implications for young adults.• Definition, Physical changes, menopause in middle adulthood.• Health issues, stress in middle age, coping with stress in middle age.
March, 2025	<ul style="list-style-type: none">• Occupation and job satisfaction, preparation for retirement.• Definition, developmental task of old age.• Common interest in old age, adjustment to family life in old age.
April, 2025	<ul style="list-style-type: none">• Psychology changes, health problems in old age.• Cognitive and memory changed in old age.• Retirement-Effects on self, family, society and friendship.
May, 2025	<ul style="list-style-type: none">• Problems of old age and coping strategies.

B.Sc IInd year (IVth semester)

Psychology – 403

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Motivation – Definition, Types of Motives• Learning – Meaning, Native and Theories effect of Motivation
February, 2025	<ul style="list-style-type: none">• Principles of Learning, Factors affecting Learning, Test• Intelligence (Concept Theories, Development and Measurement)• Thinking (Concept and Tools of Thinking)• Imagination – Nature and Development
March, 2025	<ul style="list-style-type: none">• Reasoning as related to imagination and Thinking• Personality Concept Definition and Types• Assessment of Personality• Factors Influencing Personality
April, 2025	<ul style="list-style-type: none">• Freud's Theory of Personality, Test• Memory Definition and Analysis Improvement• Types of Memory Remembering, Test• Forgetting Concept and Types
May, 2025	<ul style="list-style-type: none">• Theories Test

B.Sc IInd year (IVth semester)

Institutional Food Management (Theory) – 404

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Catering Management – Definition and Scope• Hygiene and Sanitation – Environmental
February, 2025	<ul style="list-style-type: none">• Hygiene in food Handling• Personal Hygiene Test• Organization of Spaces – Workspace• Work Spaces, Lighting and Ventilation
March, 2025	<ul style="list-style-type: none">• Storage Spaces – Location, Types, Sanitation• Surface Areas – Location and Planning Test• Menu Planning – Planning and Writing Menus• Types of Menus, Use of Menu
April, 2025	<ul style="list-style-type: none">• Food Service – Various Styles of Service Test

	<ul style="list-style-type: none"> • Food Cost Control – Why Control Food Costs • Costing of Dishes, Means and Events • Pricing – Methods of Pricing
May, 2025	<ul style="list-style-type: none"> • Factors affecting Pricing Test
	<ul style="list-style-type: none"> •

B.Sc (Home Science), IVth semester (IInd year)

Garment Construction and Apparel Science (405) Theory

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> ➤ Selection of garments for Infant ➤ Selection of garments for toddlers and preschool
February, 2025	<ul style="list-style-type: none"> ➤ Selection of garments for School going and teenager and class test ➤ Selection of garments for adult and old age ➤ Selection of household linen and curtain ➤ Selection of garments for draperies and towels
March, 2025	<ul style="list-style-type: none"> ➤ Selection of readymade garments ➤ Renovation and mending and class test ➤ Construction of drafting and pattern making ➤ Construction of draping and types
April, 2025	<ul style="list-style-type: none"> ➤ Fit : recognizing correct fit and balance ➤ Problems of fit and remedies and class test ➤ Fashion & factors favouring and retarding fashion ➤ Fashion cycle and buying criteria for readymade garments
May, 2025	<ul style="list-style-type: none"> ➤ Samples of increasing and decreasing of knit

B.Sc (Home Science), IVth semester (IInd year)

Garment construction and apparel science (405) Practical

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Drafting of child bodice block • Drafting of child bodice block with collar
February, 2025	<ul style="list-style-type: none"> • Drafting checking and problem taking • Drafting of A line frock • Drafting of frock • Cutting and stitching of A line frock
March, 2025	<ul style="list-style-type: none"> • Garments checking and file checking • Drafting of Kameej

	<ul style="list-style-type: none"> • Drafting of same and query taking • Drafting of Salwar
April, 2025	<ul style="list-style-type: none"> • Cutting of Kameej and Salwar • Stitching of Kameej and Salwar • Drafting of petticoat • Stitching of petticoat
May, 2025	<ul style="list-style-type: none"> • Checking of garments

B.Sc. IInd year (IVth semester)

Introduction to Home Management-II (Theory) -406

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Ergonomics in Home • Work Simplification – Body Mechanics
February, 2025	<ul style="list-style-type: none"> • Mendel's Classes of Change • Work Study Techniques – Test • Income – Types of Income, Budget • Steps in Budget, Factors affecting Budget
March, 2025	<ul style="list-style-type: none"> • Saving – Types of Saving – Bank • Insurance, Provident Fund – Test • Credit – its use, Types of Credit • Problem in Credit, Taxation – Types
April, 2025	<ul style="list-style-type: none"> • Basic Calculation of Income Tax – Test • Introduction of Art – Elements of Art • Colour, Pattern, Shape, Light, Space • Colour – Classification, Dimensions. Colour Scheme
May, 2025	<ul style="list-style-type: none"> • Factors, Influencing colour

B.Sc (IInd year) IVth semester

Introduction to Home Management-II (Practical)

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Making budget for LIG, MIG, HIG
February, 2025	<ul style="list-style-type: none"> • Pathway chart for time and energy management
March, 2025	<ul style="list-style-type: none"> • Calculating income tax
April, 2025	<ul style="list-style-type: none"> • Making colour wheel and colour schemes- complementary, monochromatic, triad, analogous
May, 2025	<ul style="list-style-type: none"> • Floor decoration- Alpana and Rangoli

B.Sc. IInd year (IVth semester)

Food Science (Theory) – 407

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Vegetables and Fruits – Classification, Composition• Nutritive Value, Selection, Vegetables Cookery, Shortage
February, 2025	<ul style="list-style-type: none">• Past Harvest Changes in Fruits, Enzymatic Browning• Raising and Leavening Agents – Types, uses• Eggs – Composition, Quality of Eggs, Egg Cookery• Use of Egg in different preparations
March, 2025	<ul style="list-style-type: none">• Meat, Fish and Poultry – Meat – Composition• Nutritive Value, Post Mortem changes in Meat• Fish – Types, Composition, Fish Cookery• Fish Spoilage, Storage
April, 2025	<ul style="list-style-type: none">• Poultry – Types, Composition, Nutritive Value• Spices and Condiments – Classification• Uses, Storage of Spices, Note on Herbs• Evaluation of Food Quality – Sensory Evaluation
May, 2025	<ul style="list-style-type: none">• Objective Evaluation, Texture Evaluation

B.Sc. IInd year (IVth semester)

Food Science (Practical) – 407

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Preparation of Jams – Group I• Preparation of Jams – Group II
February, 2025	<ul style="list-style-type: none">• File Checking• Preparation of Chutney – Group I• Preparation of Chutney – Group II• File Checking
March, 2025	<ul style="list-style-type: none">• Preparation of Pickles – Group I• Preparation of Pickles – Group II• File Checking• Preparation of Jelly – Group I
April, 2025	<ul style="list-style-type: none">• Preparation of Jelly – Group II• File Checking• Preparation of Murabbas – Group I• Preparation of Murabbas – Group II

May, 2025	<ul style="list-style-type: none"> • Visiting to Food Industry, File Checking
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B.Sc. IIIrd year (VIth semester)

Women Empowerment 601

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Status of Indian Women Legal, Social • Status of Women Economic, Political
February, 2025	<ul style="list-style-type: none"> • Status of Women Educational • Problems related to Women Violence and Abuse • Families with Marital disharmony and dowry • Sexual discrimination and Exploitation
March, 2025	<ul style="list-style-type: none"> • Mass Media and Women Empowerment • Education and Empowerment • Empowerment and Empowerment • Home Science Education and Empowerment
April, 2025	<ul style="list-style-type: none"> • Role of H.Sc in Professional Development • Trends in Women's Movement • Women movement in reference to India • Social Welfare Programmes
May, 2025	<ul style="list-style-type: none"> • Impact of Social Welfare Programmes

B.Sc. IIIrd year (VIth semester)

Child Welfare (Theory) – 602

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Definition and Objectives of Child Welfare • Philosophy of Child Welfare
February, 2025	<ul style="list-style-type: none"> • National Policy of Child Welfare (Needs & Goals) • Problem of School dropouts and Child Labour • Effect of Mass Media on Children • Nutritional and Educational Deprivation
March, 2025	<ul style="list-style-type: none"> • Emotional Deprivation, Test • Children with Special needs Blind Children • Deaf and Dumb Children • Mentally retarded Children
April, 2025	<ul style="list-style-type: none"> • Juvenile Delinquency, Test

	<ul style="list-style-type: none"> • Voluntary Agencies • International Agencies • Family Planning Programme in India
May, 2025	<ul style="list-style-type: none"> • Family Planning Programmes, Test

B.Sc. IIIrd year (VIth semester)

Child Welfare (Practical) – 602

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Visit to Bal Bhawan, Writing Report • Visit to Nursery School, Writing Report
February, 2025	<ul style="list-style-type: none"> • File Checking • Visiting to the Institutes for Children, Report • Preparing Play Material and Toys (4-6 years old) • Preparing Play Material (4-6 years old)
March, 2025	<ul style="list-style-type: none"> • Prepare Questionnaire for Survey • Survey to know deprivation of girls • Report writing and checking of files • Observation of Child Welfare Activities
April, 2025	<ul style="list-style-type: none"> • Write a Report on involvement of Children • File Check • Make resource file regarding C.W. happening • Collect child Welfare happenings
May, 2025	<ul style="list-style-type: none"> • File Check

B.Sc. H.Sc. IIIrd year

Subject: Nutritional Biochemistry II (603) Theory

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Definition and Classification of Lipids • Properties of Fatty acids
February, 2025	<ul style="list-style-type: none"> • Beta Oxidation of Lipids • Biosynthesis of Fatty acids • Ketone body formation, Ketosis, Fatty Liver • TCA Cycle
March, 2025	<ul style="list-style-type: none"> • ETC • Oxidative Phosphorylation • Biosynthesis of Proteins • Biosynthesis of Proteins
April, 2025	<ul style="list-style-type: none"> • Nucleic Acid – Concept & Composition • Replication of Nucleic Acid • Transcription of Nucleic Acid • Genetic Code
May, 2025	<ul style="list-style-type: none"> • Structure of DNA and RNA

B.Sc. IIIrd year (VIth semester)

Food Microbiology Theory (604)

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Characteristics of Moulds, Yeasts and Bacteria• Useful and Pathogenic Micro-organisms
February, 2025	<ul style="list-style-type: none">• Brief History of food microbiology• Important Micro-organisms in food – Test• Primary Source of micro-organisms in foods• Extrinsic and Intrinsic Parameters of growth
March, 2025	<ul style="list-style-type: none">• Contamination and Spoilage by Micro-organisms• Preservation – Cereal, Egg, Poultry – Test• Food Preservation – Use of High and Low temperature• Freeze drying, Irradiation in Food Preservation
April, 2025	<ul style="list-style-type: none">• Microbes used in Food Bio-technology• Fermented food and their benefits text• Public Health Hazards due to contaminated foods• Food borne Infections, Indices of Food, Milk
May, 2025	<ul style="list-style-type: none">• Food, Water and Milk Testing - Test

B.Sc. (Home Science) VIth semester, IIIrd year

Apparel designing (605) Theory

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Design : its components and characteristics• Structural design through variation in yarn
February, 2025	<ul style="list-style-type: none">• Structural design through variation in weaves• Structural design through decorative finishes• Applied designs through dyeing & printing• Applied designs through embroidery
March, 2025	<ul style="list-style-type: none">• Line, form and shapes analysis• Texture analysis and colours use in garments• Use of Colours in garments

	<ul style="list-style-type: none"> Principles of design in garments
April, 2025	<ul style="list-style-type: none"> Study average figure types Designing clothes for different figure Designing clothes for figure with variation Use of computer in apparel construction
May, 2025	<ul style="list-style-type: none"> Application of computer aided designing

B.Sc. (Home Science) VIth semester, IIIrd year

Apparel Designing (605) Practical

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> ➤ Study colours, and colour wheel ➤ Use of colour schemes in garments
February, 2025	<ul style="list-style-type: none"> ➤ Study grey scale and value scale ➤ Checking of work sheets ➤ Use of line in garments ➤ Study of body shapes
March, 2025	<ul style="list-style-type: none"> ➤ Developments of motif and its placement ➤ Making of same ➤ Motif enlarging and reducing effect ➤ Making an apparel by embroidery
April, 2025	<ul style="list-style-type: none"> ➤ Making an household article by printing ➤ Study of batik on fabric ➤ Making an article of batik ➤ File checking
May, 2025	<ul style="list-style-type: none"> ➤ Garments checking and problem solving

B.Sc. H.Sc (IIIrd year) VIth semester

Interior Designing (Theory)-606

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> Furniture- Selection and type Furniture arrangement
February, 2025	<ul style="list-style-type: none"> Types of lighting suitable for different areas of house. Various types of accessories and their place in Interior decoration. Window treatment- Basic window treatment, types of curtains.
March, 2025	<ul style="list-style-type: none"> Draping fabric- Selection and care. Hanging of Curtain- Pelmet, swages, valances. Wall finishes- Paints, Wood paneling, wallpaper
April, 2025	<ul style="list-style-type: none"> Floor treatment types- Brick, Stone, Tiles, Soft floor covering

	<ul style="list-style-type: none"> • Design- Definition and types • Principles of Design.
May, 2025	<ul style="list-style-type: none"> • Flower arrangement.

B.Sc H.Sc (IIIrd year) VIth semester

Interior Designing (Practical)-606

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Flower arrangement for different areas in house
February, 2025	<ul style="list-style-type: none"> • Pottery painting & decoration
March, 2025	<ul style="list-style-type: none"> • Making samples of different types of curtains
April, 2025	<ul style="list-style-type: none"> • Creating art pieces using various types of material & techniques like candle decoration , utility article, gift wrapping, getting card, decorative envelops (any two)

B.Sc. H.Sc. (IIIrd year) VI semester

Subject: Therapeutic Nutrition (607)

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Principles of Diet Therapy • Modification of Normal Diet & Purposes
February, 2025	<ul style="list-style-type: none"> • Full, Soft & Bland Diet • Dietician and the Role of Dietician • GIT disorders – Diarrhea • Constipation
March, 2025	<ul style="list-style-type: none"> • Fevers – Typhoid • T.B. • Weight Management – Obesity • Under nutrition
April, 2025	<ul style="list-style-type: none"> • Diabetes Mellitus • Hypertension • Hypertension • Kidney Disorders
May, 2025	<ul style="list-style-type: none"> • Kidney Disorders

B.Sc. H.Sc. (IIIrd year)

Subject: Therapeutic Nutrition (607) Practical

Month	Syllabus
January, 2025	<ul style="list-style-type: none">➤ Planning of Diet- Constipation & Diarrhea➤ Planning of Diet- Constipation & Diarrhea
February, 2025	<ul style="list-style-type: none">➤ Planning of Diet- Constipation & Diarrhea➤ Preparation of Diet for Constipation & Diarrhea➤ Planning of Diet for Typhoid➤ Planning of Diet for Typhoid
March, 2025	<ul style="list-style-type: none">➤ Preparation of Diet for Typhoid➤ Planning of Diet for Hypertension➤ Planning of Diet for Hypertension➤ Preparation of Diet for Hypertension
April, 2025	<ul style="list-style-type: none">➤ Planning of Diet for Diabetes Mellitus➤ Planning of Diet for Diabetes Mellitus➤ Preparation of Diet for Diabetes➤ Planning of Diet for Obesity
May, 2025	<ul style="list-style-type: none">➤ Preparation of Diet for Obesity

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Lesson Plan (Even Semester)

2024-2025

B.A. (Home Science), IInd semester (Ist year)

Nutrition Science (Theory)

Program Code	HSC
Course Code	24HSCM402DS01

Month	Syllabus
January, 2025	Unit 1: <ul style="list-style-type: none">• Definition of Food, Food groups, Food guide Pyramid, Nutrition, nutrients, balanced diet, health, Malnutrition (over nutrition and under nutrition).• Functions of food.
February, 2025	Unit 1 : <ul style="list-style-type: none">• Water : Functions and sources of water for human body,

	<ul style="list-style-type: none"> • Dietary Fiber – Types, functions, sources & requirement and health problems associated with excess and deficiency of fiber. <p>Unit 2 :</p> <ul style="list-style-type: none"> • Carbohydrates : Classification, functions, sources & requirements, effects of deficiency and excess. • Protein : Classification, Functions, sources & requirements, excess and deficiency of proteins. • Lipids : Classification, functions, sources and requirements and health problems associated with excess and deficiency of lipids.
March, 2025	<p>Unit 3 :</p> <ul style="list-style-type: none"> • Vitamins : Definition and Classification of vitamins. • Fat soluble vitamins : Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of : Vitamin A, D, E & K. • Water soluble vitamins : Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of various water soluble vitamins : Vitamin C, Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B12 (Cyanocobalamin), Niacin (B3) and Folic acid.
April, 2025	<p>Unit 4 :</p> <ul style="list-style-type: none"> • Definition and Classification of minerals • Macro minerals : Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Sodium and Potassium. • Micro Minerals : Functions, sources and RDA, effect of excess and low intake if Iron, Iodine, Fluorine and Zinc.
May, 2025	<p>Unit 4 :</p> <ul style="list-style-type: none"> • Methods of cooking, Method of enhancement of nutritional quality.

B.A. (Home Science) , IInd Semester, (Ist year)

Nutrition Science (Practical)

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Basic terminology used in cooking.
February, 2025	<ul style="list-style-type: none">• Controlling techniques : Weight and measures, standard and household measures for raw and cooked food.
March, 2025	<ul style="list-style-type: none">• Preparing recipes using Fermented foods, sprouting and supplementation.
April, 2025	<ul style="list-style-type: none">• Preparing 2 food recipes using different methods of cooking.

B.A. (Home Science) , IInd semester (Ist year)

Culinary skills (Practical)

Program Code	USHSC4
Course Code	24HSC402SE01

Month	Syllabus
January, 2025	1 . Planning and preparation of the following dishes: at least any two from each category. a) Beverages
February, 2025	b) Breakfast dishes c) snacks d) Deserts/Cakes
March, 2025	e) soups f) Salads g) Main Course Dishes
April, 2025	2 . Planning and preparing nutrient rich recipes: Protein, calcium, iron & Vitamin A

B.A. (Home Science) , IVth semester, (IInd year)

Home Science (HS04) Theory

Month	Syllabus
January, 2025	<ul style="list-style-type: none">• Animal cell-structure and functions of cell organelles• Skeletal System: Functions, Types of bones, Names of bones and types of joints.

February, 2025	<ul style="list-style-type: none"> • Digestive System: Parts of Alimentary Canal-Mouth, Pharynx, Oesophagus, Stomach, Small Intestine and Large Intestine. Digestion and Absorption of food • Excretory System: Structure and functions of Kidney, Skin and Lungs
March, 2025	<ul style="list-style-type: none"> • Circulatory System: <ul style="list-style-type: none"> (a) Composition and Functions of Blood (b) Heart: Structure and Working (c) Coagulation of blood (d) Blood Pressure (e) Normal levels of haemoglobin, cholesterol, urea, uric acid and glucose in blood
April, 2025	<ul style="list-style-type: none"> • Reproductive System: <ul style="list-style-type: none"> (a) Female reproductive system (b) Sex Glands (Male and Female) (c) Menstruation (d) Fertilization (e) Pregnancy (f) Lactation • Endocrine System: Functions of different glands- Pituitary, Thyroid, Parathyroid, Adrenal Gland,
May, 2025	<ul style="list-style-type: none"> • Endocrine System: Functions of different glands- Islets of Langerhans in Pancreas.

B.A. (Home Science) , IVth semester, (IInd year)

Home Science (HS04) Practical

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> • Study of sewing machine with parts • Making diagram of sewing machine
February, 2025	<ul style="list-style-type: none"> • Study anthropometric body measurements • Drafting of child bodice block with collar • Drafting of A line frock
March, 2025	<ul style="list-style-type: none"> • Cutting and stitching of A line frock • Drafting of Kameej • Drafting of Salwar • Checking of Draftings
April, 2025	<ul style="list-style-type: none"> • Kameej and Salwar cutting • Stitching of garments (Kameej and Salwar) • Drafting of petticoat • Checking of petticoat drafting

May, 2025	<ul style="list-style-type: none"> Cutting and stitching of petticoat
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B.A. Home Science , VI semester (IIIrd semester)

Home Science (HS06)

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> Definition, Aims, Subject Matter, Objective of Child Psychology Learning – What is Learning , Importance of Learning
February, 2025	<ul style="list-style-type: none"> Methods of Learning, Factors affecting Learning Role of Reward and Punishment in Learning, Test Personality Development – Nature of Personality, Definition Play – Definition, Features of Play, Types of Play
March, 2025	<ul style="list-style-type: none"> Stages of Development of Child, Problems of Adolescence Roles of Parents and Teachers, Test The Expectant Mother – Signs of Pregnancy Discomforts of Pregnancy
April, 2025	<ul style="list-style-type: none"> Ill effects of an Early Marriage, Test Breast Feeding, Artificial Feeding Common Ailments in Childhood – Cold, Cough, Fever Digestive Disturbance – Diarrhea, Constipation, Vomiting
May, 2025	<ul style="list-style-type: none"> Skin Infections - Test

B.A. Home Science, VI semester (IIIrd year)

Home Science (Practical) HS06

Month	Syllabus
January, 2025	<ul style="list-style-type: none"> ➤ Planning and preparing meal for Pre-schoolers, Group-I ➤ Planning and preparing meal for Pre-schoolers, Group-II
February, 2025	<ul style="list-style-type: none"> ➤ Planning and preparing meal for School Goers, Group-I ➤ Planning and preparing meal for School Goers, Group-II

March, 2025	<ul style="list-style-type: none"> ➤ Planning and preparing meal for Adolescents, Group-I ➤ Planning and preparing meal for Adolescents, Group-II ➤ Planning and preparing meal for pregnant woman, Group-I
April, 2025	<ul style="list-style-type: none"> ➤ Planning and preparing meal for Pregnant woman, Group-II ➤ Food Preservation – Pickle, Chutney ➤ Preparation of Jam, Squash
May, 2025	<ul style="list-style-type: none"> ➤ Preparation of Murabba

Department of Home Science

Mrs. Ritu Hooda

Sr. Pankaj Sharma

	1	2	3	4	5	6	7	8
Mon		CT III 43b	CT II 43b	CT I 28F		CT III 43b		
Tues		CT III 43b	CT II 43b			CT III 43b	CT III 43b	
Wed			CT II 43b	CT III 43b				
Thur		CT I 43b				CT II 43b		
Fri		CT I 43b		CT III 43b		CT II 43b		
Sat		CT I 43b	CT II 28F			CT II 43b		

	1	2	3	4	5	6	7	8
Mon	28F HDI		40b WE	28F Psycho	Ext 40b			
Tues	28F HDI		40b WE	28F Psycho				
Wed	28F HDI		28F WE	28F Psycho	Ext 28F	40b ISD		
Thur	28F HDI		43b CW	Ext 40b		B.A III 40b		
Fri	28F HDI		43b CW	Ext 28F	Ext 40b			
Sat		Ext 40b	43b CW	Ext 43b	43b CW	28F		

Mrs. Monika Narang

Sr. Princy Katyal

	1	2	3	4	5	6	7	8
Mon	43b FN II			40b Micro				
Tues	43b FN II	SEC B.A I 40b		40b Micro		40b FN II		
Wed	43b FN II	SEC B.A I 40b				41b IFM		
Thur	43b FN II	28F B.A I	SEC B.A I 28F	43b Micro	41b B.A I			
Fri	43b IFM	28F B.A I	SEC B.A I 40b		41b B.A I			
Sat	43b IFM	28F B.A I		40b Micro				

	1	2	3	4	5	6	7	8
Mon	40b ISD	40b HM II		41b B.A III				
Tues	40b ISD	40b HM II		41b B.A III	TN 28F			
Wed	40b ISD	40b HM II		41b B.A III		40b ISD		
Thur	40b ISD	40b HM II	40b HM II	41b B.A III		B.A III 40b		
Fri	40b Biochem	40b HM II	41b B.A III	41b B.A III		B.A III 40b		
Sat	40b ISD			41b B.A III		B.A III 40b	ISD 40b	

Sr. Nutan Toon

	1	2	3	4	5	6	7	8
Mon		41b B.A II	41b B.A II			28F HD II	28F HD II	
Tues		41b B.A II	41b B.A II			FN-II 40		
Wed		43b TN	41b B.A II			41b TN	28F HD II	28F TN
Thur		41b B.A II	41b B.A II	TN-43 B.Sc-3 SEC 28F			28F TN	
Fri		41b B.A II	40b SEC				28F TN	
Sat	SEC B.Sc I 28F		41b B.A II					

File 11/11/25

HOD, H.Sc dept

TIME TABLE (2024-25) EVEN SEMESTER

Dept. of HOME-SCIENCE

	1 9:00-10:00	2 10:00-11:00	3 11:00-12:00	4 12:00-1:00	5 1:00-2:00	6 2:00-3:00	7 3:00-4:00	
B.Sc H.Sc 2 nd Sem.	HD (1-3) PS 28-F ← HD → (4,5) PS 28-F SEC (6) N 28-F	Hindi (1-2) CT (4-6) RH 43-B	Comp (1-2) ← CT (6) RH 28-F SEC (5) N 40-B	← CT (1) RH 28-F SEC (4) N 28-F				
B.A. H.Sc. 2 nd Sem.		H.Sc (Th) (4-6) MN 28-F ← SEC (2) MN 28-F SEC (3) MN 40-B	← SEC (4) 28-F MN SEC (5) MN 40-B			← H.Sc (Pa) (4,5) MN 41-B		
	1 9:00-9:45	2 9:45-10:30	3 10:30-11:15	4 11:15-12:00	5 12:00-12:45	6 12:45-1:30	7 1:30-2:15	8 2:15-3:00
B.Sc H.Sc 4 th Sem	FN (1-4) MN 43-B IFM (5-6) MN 43-B	HM (1-4) PK 40-B ← HM (5) PK 41-B Ext PS 40-B	← HM (4) PK 40-B CT (1-3) RH 43-B	Psycho (1-3) PS 28-F Ext (4-6) PS 40,28,43	← Ext PS (1,3,5) 40,28,28-F	HD (1) N 28-F HD (3) N 28-F FN (2) MN 40-B CT (5,6) RH 43-B	HD (1) N 28-F IFM (3) MN 41-B	
B.Sc H.Sc 6 th Sem	ISD (1-4) PK 40-B Biochem (5) PK 40-B ← ISD (6) PK 40-B	CT (1,2) RH 43-B TN (3) N 43-B	WE (1-3) PS 40,40,28-F CW (4-6) PS 43-B	CT (3,5) RH 43-B TN (4) N 43-B	← TN (3) N 41-B TN (2) PK 28-F	← ISD PK (3) CW (6) PS 28-F CT (1) RH 43-B	← TN (3) N 28-F TN (5) N 28-F TN (4) N 28-F	
B.A H.Sc 4 th Sem		B.A (Th) (5) N 41-B ← B.A III N (1,2,4) 41-B	B.A (Th) N (1-6) (6) 41-B					
B.A H.Sc 6 th Sem				B.A (Th) (1-6) 41-B		← B.A (Pac) (4-6) 40-B		

24/10/25