

LESSON PLAN (2026 ODD Semester)

B.SC. (HOME SCIENCE) AND B.A HOME SCIENCE

B.Sc. (Home Science) Ist Semester, Ist Year

Home and Interior Decor

			Credits Distribution			Total Credits	Workload			Total Workload	Marks			
	Nomenclature of Course	Course Code	L	T	P		L	T	P		Theory	Practical		Total Marks
											Internal	External	Internal+External	
SEMESTER III (-26)														
	Home and interior Decor	24HSCS401DS01	3.	.	1	4	3	.	2	5	25	.50	25	100

Month	Syllabus
August	- Objectives of interior decoration - Importance of elements of art in interior decoration
	Types of design- structural and decorative and its application
	- Elements of art: line, form, texture - Light, pattern, colour, space and its application in interior decoration
	Principles of design: Rhythm, balance, proportion, emphasis, harmony and its application in interior decoration
September	Color: color wheel, properties of color,
	Psychological effect of color, color schemes and its application in the interior of a house.
	Lighting : functions, types and requirement for various activities
	Lighting fixtures in the home
October	- Furniture : Types of furniture, - Furniture arrangement for different areas (bedroom, drawing room, dining room, kitchen)
	- Factors affecting the selection and purchase of furniture - Care and maintenance of furniture
	Furnishings: Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture)
	Wall treatment and its types

	• Window treatment and decoration • Types of floor coverings.
November	• Table setting and table manners: Informal and formal table settings (buffet style, Indian and western style)
	• Flower arrangement: Different types of Flower arrangement.
	• Accessories used and points to be considered for flower arrangement.
	• Flower decoration for different occasions.

B.Sc. (Home Science) Ist Semester, Ist Year

Home and Interior Décor

Practical

Month	Syllabus
August	Making a color wheel
	• Preparing color schemes for different rooms manual/computer aided).
	• File checking
	• Creating various art pieces using various types of materials and techniques: (Any two) • Paper cutting/Paper flower

September	- Creating various art pieces using various types of materials and techniques: (Any two) - Candle Making (wax/gel candle making) - Stone/ Tile/ Plate Painting - Gift wrapping/Greeting cards/Decorative envelopes - Shopping bags/decorative pouches
	File checking
October	Floor decoration: Alpana and Rangoli.
	Pottery/bottle painting.
	File checking
November	Table setting and napkin folding.
	Flower arrangement
	File checking

B.Sc (H.Sc) Ist Semester Ist year

Name of Program: B.Sc. (Home Science)

Name of the Course: Nutrition Science

			Credits Distribution			Total Credits	Workload			Total Workload	Marks				
	Nomenclature of Course	Course Code	L	T	P		L	T	P			Theory		Practical	Total Marks
												Internal	External	Internal+External	
SEMESTER III (-26)															
	Nutrition Science	24HSCS401DS02	3	.	1	4	3.		2	5	25	50	25		100

Program Code: USHSC4

Course Code: 24HSCS401DS02

Month	Syllabus
August	• Definition of Food, Food groups, Food Guide Pyramid, Nutrition, Nutrients, recommended dietary allowance, balanced diet, health, Malnutrition (over nutrition and under nutrition) reference man & reference woman, functions of food.
	• Water: Functions and sources of water for human body,
	• Dietary Fibre -Types, functions, sources & requirement and health problems associated with excess and deficiency of fiber. • Total Energy Requirement and factors affecting it.
	• Carbohydrates: Classification, functions, sources & requirement, effects of deficiency and excess (in brief).
September	• Protein: Classification. functions, sources, requirement, excess and deficiency of proteins, protein quality.
	• Fats/ Lipids: Classification, functions, sources
	• Requirements and health problems associated with excess and deficiency of lipids
	• Vitamins: Definition and classification of vitamins
	• Difference between fat soluble & water-soluble vitamins.
October	• Fat soluble vitamins: Functions, sources, recommended dietary allowances of Vitamin A, D, E & K
	• Effects of excess & deficiency (in brief) of Vitamin A, D, E & K
	• Water soluble vitamins: Functions, sources, recommended dietary allowances, Vitamin C, Vitamin B (any two
	• Effects of excess & deficiency (in brief) of various water-soluble vitamins: Vitamin C, Vitamin B (any two
November	• Definition and Classification of minerals.
	• Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Magnesium, Sodium and Potassium.
	• Micro Minerals: Functions, sources and RDA, Effect of excess and low intake of Iron, Iodine, Fluorine & Zinc.

	• Methods of cooking, Methods of enhancement of nutritional quality
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B.Sc (H.Sc) Ist Semester Ist year

Name of Program: B.Sc. (Home Science)

Name of the Course: Nutrition Science

Program Code: USHSC4

Course Code: 24HSCS401DS02

Practical

Month	Syllabus
August	• Controlling Techniques: Weights and measures,
	• Standard and household measures for raw and cooked foods.
	• File checking
September	• To calculate and prepare nutrient rich recipes at least two: Energy ,Protein
	• To calculate and prepare nutrient rich recipes at least two: Iron, Calcium
	• File checking

October	To calculate and prepare nutrient rich recipes at least two: Vitamin A, Vitamin B Vitamin C
	File checking
November	Preparation of recipes involving sprouting, fermentation and supplementation
	File checking

B.Sc (H.Sc) Ist Semester Ist year

Name of Program: B.Sc. (Home Science)

Name of the Course: Art in Everyday Life

Program Code: USHSC4

SKILL ENHANCEMENT COURSE

			Credits Distribution			Total Credits	Workload			Total Workload	Marks		
Skill Enhancement Course	Nomenclature of Course	Course Code	L	T	P		L	T	P		Theory		Practical
											Internal	External	Internal+External
SEMESTER III (-26)													
SEC 3@3 credits	Art in Everyday Life	24HSC401SE01	.	.	3	3	.	.	6	6	.	.	75
													75

Month	Syllabus
August	- Upcycling - Best out of waste

	• Folder Making/card making • Soft toys making/Puppet making
	• File checking
September	• Mandala art/resin art/worli art/lipan art.
	• Dry flower arrangement and artificial flower making
	• File checking
October	• Stone painting/MGF wood painting/ Bottle decoration. • Tie and dye/Batik
	• File checking
November	• Candle making (wax and gel candle) • Envelope/Paper bag making/potli
	• File checking

Lesson Plan
B.A/ B.Sc. (Home Science) 3rd Semester
Textile Ornamentation 25HSC403SE01

Skill Enhancement Course (SEC)	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
											Internal	External	Internal + External	
SEMESTER III (2025-26)														
SEC 3 @ 3 credits	Textile Ornamentation	25HSC403SE01	-	-	3	3	-	-	6	6	-	-	75	75

Month	Syllabus
AUGUST	1. Prepare the samples (atleast 2 each) of a) Tie and Dye
	Prepare the samples (atleast 2 each) of b) Batik c) Stencil Printing d) Hand Block Printing
SEPTEMBER	Prepare the samples (atleast 2 each) of e) Fabric Painting f) Knitting g) Embroidery
OCTOBER	2. Make an article using any of the above methods 3. Drafting, Cutting and Stitching of Ladies shirt and salwar/palazzo
NOVEMBER	4. Drafting, Cutting and Stitching of Petticot

B.A/ B.Sc. (Home Science) 3rd Semester (2nd year)
Extension Education and Rural Development 25HSC403DS02

			Credits Distribution			Total Credits	Workload			Total Workload	Marks			
	Nomenclature of Course	Course Code	L	T	P		L	T	P			Theory	Practical	Total Marks
												Internal	External	
SEMESTER III (-26)														
	Extension Education and	25HSC403DS02	3	.	1	4	.3	.	2	5	2	.50	25	100

Month -	Syllabus
August	Role of Extension Education in Agriculture development
	Concept of Extension Education
	Meaning and Principles of Extension Education
	Philosophy and Objectives of Extension Education
September	Approaches of Extension
	Qualities and roles of Extension worker
	Non-Projected Aids
	Role of Extension Education in Home Science
October	Rural and Community Development Programs (IRDP)
	NREP,ICDS, TRYSEM, ANP and SNP
	Program Planning
	Role of Voluntary Organization
November	Role of Home Science in Rural Problems
	Literacy and Poverty
	Revision and Discussion Test

B.Sc. Home Science Semester III (2nd year)

301 Extension Education and Rural Development (Practical)

Month	Syllabus
August	Preparation of Chart
	Selection of Topics for Poster
	Preparation of Poster
	Preparation of Poster
September	Leaflets
	Pamphlets
	Flash Card
	Preparation of Flash Card
October	Writing Story for Puppet
	Preparation of Puppets
	Preparation of Puppets
	File Making
November	Government Organization in action
	Voluntary Organization in Action
	File Checking

Food Science- (Theory)

			Credits Distribution			Total Credits	Workload			Total Workload	Marks			
	Nomenclature of Course	Course Code	L	T	P		L	T	P		Theory		Practical	Total Marks
											Internal	External	Internal+External	
SEMESTER III (-26)														
	Food Science	25HSC403DS01	3	.	1	4	3	.	2	5	25	50	25	100

Month	Syllabus
August	Unit 1 Food science , Food technology and Future foods ,Basic Terminologies used in Food Science.
	Biofortification, Nutraceuticals, organic foods, Space foods, Probiotics, Prebiotics, GMF.
	Cereal and Cereal Products-Structure, Composition and Nutritive value of Wheat and Rice, Milling of Wheat and Rice, Products of Wheat, Parboiling of Rice, Rice Products, Ageing of Rice.
	- Brief description about Oats, Rye, Barley and Millets like Corn, Jowar, Bajra, Ragi, Quinoa. - Cereals starch cookery-Effect of moist and dry heat on starch - Convenience Cereal food (in brief) - Role of Cereals in Cookery
September	Unit 2 Pulses- Composition and Nutritive value, Digestibility of Pulses, Processing, Toxic constituents of Pulses, Pulse cookery
	Milk and Milk Products- Composition and Nutritive value, Milk cookery, Maillard Reaction (non enzymatic browning), Processing(Clarification, Pasteurisation, Homogenisation and Freezing) , Milk Products
	Eggs- Structure, Composition and Nutritive value, Quality and Evaluation of Eggs, Egg cookery(effect of heat) , Role of Egg in Cooking

	• Raising and leavening agents- Types, Uses in Cookery and Bakery
October	Unit 3 • Vegetables and Foods- • Vegetables- Classification, Composition and Nutritive value, Pigments, Vegetable cookery, Vegetable storage (in brief) • MAP(Modified Atmosphere Packaging)
	• Fruits-Classification, Composition and Nutritive value, Post harvest changes in fruits, Ripening of Fruits , Enzymatic browning
	• Sugar and Related Products- Nutritive value, Properties , Sugar Products, Sugar cookery , Stages of Sugar cookery, Role of Sugar in cookery, Artificial Sweeteners (in brief)
	• Fats and Oils- , Composition and Nutritive value, Refining and Processing of fats (Hydrogenation, Winterisation , Plasticity, Shortening of Fats, Emulsions, Rancidity, Effect of Heating on Fats, Role of Fats/Oils in Cookery.)
	Unit 4 • Spices and Condiments- General functions of specific spices, herbs of daily use, MSG, Role of Spices in Cookery
November	• Flesh Foods- • Meat and Meat Products- Composition and Nutritive value, Postmortem changes, Ageing of Meat, Tenderizing, Curing, Marbling, Meat Cookery, Methods of Cooking.
	• Poultry- Classification, , Composition and Nutritive value, Poultry cooking • Fish-Classification, , Composition and Nutritive value, Fish Cookery, Preservation(in brief)
	• Evaluation of Food Quality- Types of evaluation, Important test of sensory and Objective Evaluation, Instruments used for Texture Evaluation

Lesson Plan of B.Sc Home Science Semester-III
Food Science- (Practical)

Month	Syllabus
August	• Food Preparation, Understanding the Principles involved and portion size
	• Cereals- Boiled Rice, Pulao, Chapati, Parantha, Puri
	File Checking Pulses-

	• Whole and Dehusked\ • Milk and Milk Products- Kheer and Custard
	File Checking
September	• Vegetables- Curries, Dry Preparations • Sugar and Related Products-Peanut Chikkis, Roasted Chana Laddu
	File checking
October	• Fats and Oils-Pakorras, Cutlets
	• Fermented Products- Idli, Dosa, Uthappam
	File checking
November	Sensory Evaluation of the Preparation done.
	File Checking

B.Sc. Home Science Semester V
Housing and Space Management (26HSCS405DS01)
Theory

Month	Syllabus
August	UNIT-1
	Concept and importance of housing, housing needs of family, advantage and disadvantage of owned and rented house.
	Housing & space management, Selection of site, orientation, soil, locality, sanitation facilities etc.
	Principle of planning of room-grouping of rooms, circulation, flexibility, privacy, spaciousness, ventilation
September	UNIT-2
	Building material for construction-stone, brick, cement-concrete, plastic, wood, glass, iron
	Principle of Economic Design o Economy in plot, economy in planning, economy in construction. Calculating cost of construction.
October	UNIT-3
	Principle of Kitchen planning-orientation & location, size shape, ventilation& light, socio economic status of family, cost & aesthetics, storage needs, work center & work triangle, color & safety.
	Types of kitchens.
November	UNIT-4
	Selection of equipment and factors affecting it.
	Care & maintenance of household equipment-refrigerator, washing machine
	microwave oven, vacuum cleaner, iron, toaster

B.Sc. Home Science Semester V
Housing and Space Management (26HSCS405DS01)
Practical

Month	Syllabus
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August	Cleaning and Care of Household Materials: Metals, glass, and upholstery
September	Care and Maintenance of Household Equipment: Washing machine, vacuum cleaner, refrigerator, microwave oven, iron, toaster, and cooking range.
October	Preparation of House Plans: Design house plans for Low-Income Group (LIG), Middle-Income Group (MIG), and High-Income Group (HIG) families
November	Market Survey: Conduct a market survey of commonly used building materials and compare them based on cost, quality, and suitability for construction.

B.Sc. Home Science Semester V
Advanced Apparel and Textile Designing (26HSCS405DS02)
Theory

Month	Syllabus
August	UNIT-1
	Dyes: Definition, Classification of dyes (brief) on the basis of source of dye, Natural dyes: vegetable, animal and mineral;
	Synthetic dyes: basic, acidic and neutral.
	Classification based on method of dyeing: Sulphur, Direct, Vat, Mordant, and Developed dyes Stages of dyeing: Raw fibre dyeing, Skein dyeing, Fabric dyeing, and Garment dyeing.
September	UNIT-2
	Printing: Definition, classification. Methods of printing- Hand printing: Block, stencil and screen.
	Machine printing: Roller, screen, discharge, resist and duplex printing. Resist dyeing: Tie and dye, batik and screen.
October	UNIT-3
	Fabric finishes: Definition and importance. Classification of finishes- Physical: Singeing, napping, brushing, shearing, sizing, tendering, and calendaring.
	Chemical: Mercerizing, and bleaching. Special-purpose finishes: Wrinkle resistant, water resistant and flame retardant
	UNIT-4

November	Elements and principles of design as applied in apparel designing
	Elementary Computer aided Designing
	Computers in apparel construction

B.Sc. Home Science Semester V
Advanced Apparel and Textile Designing (26HSCS405DS02)
Practical

Month	Syllabus
August	- Line and form- Geometric, simplified, naturalized and abstract using digital tools. - Colour- Colour harmonies.
September	Motif enlarging and reducing.
October	Creating design- Development of motif, placement for all over patterns.
November	Preparation of article using various techniques of applied design.

B.Sc. (Home Science) Vth Semester, IIIrd Year
Institutional Management- I(26HSCS405DS03)Theory

Month	Syllabus
August	UNIT-1
	Catering Management– Definition & scope
	Catering in the 21st century
	Hygiene and sanitation-Environmental hygiene and sanitation, hygienic food handling, personal hygiene
September	UNIT-2
	Organization of spaces—Kitchen spaces– Work space, work surfaces, lighting, and ventilation.
	Storage spaces– Location; types; sanitation, safety and security of stores
	Service areas– Location & planning.

October	UNIT-3
	• Menu Planning– Planning and writing menus, Types of menus, use of menu.
	• Foodservice– Various styles of service
November	UNIT-4
	• Food Cost Control-reasons for controlling costs, costing of dishes, meals and events
	• Pricing--Methods of pricing, factors affecting pricing

B.Sc. (Home Science) Vth Semester, IIIrd Year

Community Development (26HSCS405DS04)Theory

Month	Syllabus
August	UNIT-1
	• Community development: concept, meaning, objectives, types importance, scope and philosophy.
	• Elements of Community development. Principles of community development.
	• Coordination of various services in community development and extension.
September	UNIT-2
	• Organisational setup and working of community development programme at central, state, district and village level.
	• Role of Home scientists in community development.
	• Community problems. Role of community development worker. Impact of Community development in India.
October	UNIT-3
	• Community development processes: identifying problems and needs, planning of programs.
	• Developing effective communication channels and user organisational channels.
	• The similarities and dissimilarities between community development and extension education.
	• Role of community development worker. Difference between an extension worker and a community development worker.
November	UNIT-4
	• Rural development: Definition, meaning, importance and objectives.
	• Developmental programs for the welfare of women and children in India.
	• NGOs: Role, objectives, importance and challenges faced in Indian rural communities.

B.Sc. (Home Science) Vth Semester, IIIrd Year

Community Development (26HSCS405DS04) Practical

Month	Syllabus
August	• Preparation of non-projected aids- Displayboards/Bulletin Boards/Flannel Boards • Preparation of PPT/recordings/short video clips as a media of communication.
September	• Prepare articles/writings for newspapers.
October	• Visit Anganwadi to understand the set up and services and prepare report.
November	• Preparation of article using various techniques of applied

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Lesson Plan : 2026-2027

ODD SEMESTER

B.A (Home Science) Ist Semester, Ist Year
Home Science HS01

Month	Syllabus
August	• Objectives of interior decoration, importance of elements of art in interior decoration. • Types of design: structural and decorative and its application. • Principles of design: Rhythm, balance, proportion, emphasis, harmony and its application in interior decoration • Color: Color Wheel, Properties of color, psychological effect of color, color schemes and its application in the interior of a house. • Lighting: a) Types and requirement for various activities b) Lighting fixtures in the home

SEPTEMBER	• Furniture: Types of furniture, furniture arrangement for different areas (bedroom, drawing room, dining room, kitchen and its types) Factors affecting the selection and purchase of furniture, care and maintenance of furniture. • Furnishings: a) Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture) b) Wall treatment and its types c) Window treatment and decoration d) Types of floor coverings.
OCTOBER	• Table setting and table manners: Informal and formal table settings (buffet style, Indian and western style) • Elements of art: line, form, texture, light, pattern, colour, space and its application in interior decoration.
NOVEMBER	• Flower arrangement: a) Different types of Flower arrangement b) Accessories used and points to be considered for flower arrangement • Flower decoration for different occasions

B.A. (Home Science) Ist Semester, Ist Year

Home and Interior Décor

Program Code	UMBA4
Course Code	24HSCM401DS01

Practical

Month	Syllabus
August	• Making a color wheel
	• Floor decoration: Rangoli.
	• File checking
	• Floor decoration: Alpana
September	• Pottery/bottle painting.
	• File checking
October	• Table setting and napkin folding.
	• File checking

November	Flower arrangement
	File checking

B.A (H.Sc) Ist Semester Ist year

Name of Program: B.A. (Home Science)

Name of the Course: Art in Everyday Life

Program Code: HSC

Course Code: 24HSC401SE01

SKILL ENHANCEMENT COURSE

Month	Syllabus
August	- Upcycling - Best out of waste
	- Folder Making/card making - Soft toys making/Puppet making
	File checking
September	Mandala art/resin art/worli art/lipan art.
	Dry flower arrangement and artificial flower making

	• File checking
October	• Stone painting/MGF wood painting/ Bottle decoration. • Tie and dye/Batik
	• File checking
November	• Candle making (wax and gel candle) • Envelope/Paper bag making/potli
	• File checking

B.A (Home Science) 3rd Semester
Introduction to Clothing and Textile 25HSCM403DS01

Discipline Specific Courses/ Major Course	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
											Internal	External	Internal + External	
Semester III (Session 2025-26)														
DSC – A3 @ 4 credits	Introduction to Clothing and Textile	25HSCM403DS01	3	-	1	4	3	-	2	5	25	50	25	100

Month	Syllabus
AUGUST	Unit 1. ☐ Objectives, Importance & scope of clothing & textile. ☐ 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 Unit 2. ☐ Factors affecting the selection of clothing: Environmental, social, psychological and physiological.
SEPTEMBER	☐ Clothing requirements of different age groups (infants, toddlers, pre-school children and elementary school children, Pregnant lady and Lactating mother) ☐ Comparison of tailor-made, readymade and home-made garments. Unit 3. ☐ Finishing: Meaning, objectives, Types (Calendering, Sizing, Mercerizing, Crease resistant) ☐ Dyeing: Simple and Resist dyeing
OCTOBER	☐ Types of Printing ☐ Soaps and Detergents: Composition and manufacturing, difference between soaps and detergent ☐ Types and uses of starches and blues
NOVEMBER	Unit 4 ☐ Traditional Embroideries of India: Chikankari, Phulkari, Kashida and Kantha. ☐ Traditional Textiles of India: Banarasi, Chanderi, Patola, Bandhani and Brocade. ☐ Stain removal: Classification of stains, methods of removing different types of stains.

B.A. (Home Science) 3rd Semester

Introduction to Clothing and Textiles (Practical)

25HSCM403DS01

Name of the Course	Introduction to Clothing and Textiles (Practical)	Course Code	25HSCM403DS01
Hours per Week	2	Credits	1
Maximum Marks	25 (External term-end exam) -20 (Internal -05)	Time of Examinations	3 Hours

Month	Syllabus
August	1. Demonstration, use and care of parts of sewing machine and other equipment used in clothing construction. 2. Taking body measurements. 3. Prepare samples of basic hand processes: Visible and invisible hemming, tacking, overcasting, running stitch, backstitch., buttonhole and application of fasteners. 4. Prepare samples of basic machine processes: Tucks, Pleats, Gathers, Darts and Placket.
September	5. Prepare samples of different seams: plain seam, counter seam, run and fell seam, french seam and mantua maker. 6. Prepare samples consisting of basic embroidery stitches: Stem stitch, Chain stitch, Feather stitch,
October	Prepare samples consisting of basic embroidery stitches: Herringbone stitch, Satin stitch, Lazy daisy stitch, French knots, Bullions stitch, Cross stitch, Long and short stitch.

November	7. Stain removal- curry, tea or coffee, lipstick, nail polish, paint, grease, blue ink, ball pen and rust.
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B.A/ B.Sc. (Home Science) 3rd Semester
Textile Ornamentation 25HSC403SE01

Skill Enhancement Course (SEC)	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
											Internal	External	Internal + External	
SEMESTER III (2025-26)														
SEC 3 @ 3 credits	Textile Ornamentation	25HSC403SE01	-	-	3	3	-	-	6	6	-	-	75	75

Month	Syllabus
AUGUST	1. Prepare the samples (atleast 2 each) of a) Tie and Dye
	Prepare the samples (atleast 2 each) of b) Batik c) Stencil Printing d) Hand Block Printing
SEPTEMBER	Prepare the samples (atleast 2 each) of e) Fabric Painting f) Knitting g) Embroidery

OCTOBER	2. Make an article using any of the above methods 3. Drafting, Cutting and Stitching of Ladies shirt and salwar/palazzo
NOVEMBERs	4. Drafting, Cutting and Stitching of Petticot

**B.A (Home Science) Vth Semester,
IIIrd Year Normal And
Therapeutic Nutrition
26HSCM405DS01 –Theory**

Month	Syllabus
AUGUST	• Concept of Balanced Diet • RDA, • Food Plate • Meal Planning • Principles, Factors affecting Meal Planning • Planning for Preschool Children • Meal Planning for School going children
SEPTEMBER	• Meal Planning for Adolescents • Meal Planning for Adults • Meal Planning for Pregnant Women and Lactating Mother
OCTOBER	• Introduction to Therapeutic Nutrition • Therapeutic Adaptations of the Normal diet • Planning Diets for G.I. Disorders -Constipation, Diarrhea and Peptic Ulcer
NOVEMBER	• Planning diets for weight management • Planning diets for diabetes and high blood pressure • Planning diets for typhoid Fever and Tuberculosis(T.B.)

**B.A (Home Science) Vth Semester,
IIIrd Year Normal And
Therapeutic Nutrition
Practical**

Month	Syllabus
AUGUST	1) Planning and Preparation of meals for • Pre-school and school going child • Adolescent boy and girl • File checking
SEPTEMBER	• Adult man and woman • Pregnant and Lactating Mothe • File checking
OCTOBER	2) Planning and preparation of diets for patients suffering from • Constipation • Obesity • File checking
NOVEMBER	• Diabetes • Hypertension • Fever • File checking