

CareersAdda

CUET PG 2026 COQP04 : B.Ed. Humanities and Social Sciences HOME SCIENCE by SUDHA MAM			
UNIT	TOPICS	DATE	TIME
	Orientation	Monday, December 29, 2025	7:03 PM - 7:15 PM
Food and Nutrition	Functions of food	Wednesday, December 31, 2025	7:03 PM - 7:59 PM
	Balanced diet and RDA	Friday, January 2, 2026	7:03 PM - 7:59 PM
	Nutritional deficiency diseases	Saturday, January 3, 2026	7:03 PM - 7:59 PM
	Nutritional deficiency diseases Part-2	Monday, January 5, 2026	7:03 PM - 7:59 PM
	Macronutrients	Tuesday, January 6, 2026	7:03 PM - 7:59 PM
	micronutrients	Wednesday, January 7, 2026	7:03 PM - 7:59 PM
	Food preservation methods	Thursday, January 8, 2026	7:03 PM - 7:59 PM
	Cooking methods and hygiene	Friday, January 9, 2026	7:03 PM - 7:59 PM
Human Development and Child Psychology	Stages of child development (infancy to adolescence)	Saturday, January 10, 2026	7:03 PM - 7:59 PM
	Stages of child development theory	Monday, January 12, 2026	7:03 PM - 7:59 PM
	Emotional, social development	Tuesday, January 13, 2026	7:03 PM - 7:59 PM
	cognitive development	Wednesday, January 14, 2026	7:03 PM - 7:59 PM
	Learning theories (Piaget)	Thursday, January 15, 2026	7:03 PM - 7:59 PM
	Learning theories (Erikson)	Friday, January 16, 2026	7:03 PM - 7:59 PM
	Early childhood care and education	Saturday, January 17, 2026	7:03 PM - 7:59 PM
Family Resource Management	Budgeting and financial management	Monday, January 19, 2026	7:03 PM - 7:59 PM
	Time and energy management	Tuesday, January 20, 2026	7:03 PM - 7:59 PM
Communication and Extension Education	Types of communication (verbal/non-verbal)	Wednesday, January 21, 2026	7:03 PM - 7:59 PM
	Barriers to communication	Thursday, January 22, 2026	7:03 PM - 7:59 PM
	Extension teaching methods: demonstrations, group discussions	Friday, January 23, 2026	7:03 PM - 7:59 PM
Consumer Education	Consumer rights	Saturday, January 24, 2026	7:03 PM - 7:59 PM
	Consumer responsibilities	Tuesday, January 27, 2026	7:03 PM - 7:59 PM
	Product labeling and quality marks (ISI, AGMARK)	Wednesday, January 28, 2026	7:03 PM - 7:59 PM
	Common malpractices and redressal systems	Thursday, January 29, 2026	7:03 PM - 7:59 PM