

| <b>Study Plan</b>              |                                       |
|--------------------------------|---------------------------------------|
| <b>Mentor</b>                  | <b>Mahima Ma'am</b>                   |
| <b>Lecture Time</b>            | <b>2 PM - 3 PM</b>                    |
| <b>Date</b>                    | <b>Food Chemistry</b>                 |
| <b>Tuesday, Jun 23, 2026</b>   | Introduction to Food chemistry        |
| <b>Wednesday, Jun 24, 2026</b> | Properties of water, pH and buffer    |
| <b>Thursday, Jun 25, 2026</b>  | Carbohydrates Lecture - 1             |
| <b>Friday, Jun 26, 2026</b>    | Carbohydrates Lecture -2              |
| <b>Monday, Jun 29, 2026</b>    | Carbohydrates Lecture- 3              |
| <b>Tuesday, Jun 30, 2026</b>   | Carbohydrates Lecture- 4              |
| <b>Wednesday, Jul 1, 2026</b>  | Lipids lecture- 1                     |
| <b>Thursday, Jul 2, 2026</b>   | Lipids lecture - 2                    |
| <b>Friday, Jul 3, 2026</b>     | Lipids lecture- 3                     |
| <b>Monday, Jul 6, 2026</b>     | Lipids lecture -4                     |
| <b>Tuesday, Jul 7, 2026</b>    | Proteins lecture- 1                   |
| <b>Wednesday, Jul 8, 2026</b>  | proteins lecture- 2                   |
| <b>Thursday, Jul 9, 2026</b>   | proteins lecture - 3                  |
| <b>Friday, Jul 10, 2026</b>    | proteins lecture- 4                   |
| <b>Monday, Jul 13, 2026</b>    | Enzymes lecture- 1                    |
| <b>Tuesday, Jul 14, 2026</b>   | Enzymes lecture- 2                    |
| <b>Wednesday, Jul 15, 2026</b> | Enzymes lecture- 3                    |
| <b>Thursday, Jul 16, 2026</b>  | Enzymes lecture- 4                    |
| <b>Friday, Jul 17, 2026</b>    | Nucleic acids lecture - 1             |
| <b>Monday, Jul 20, 2026</b>    | Nucleic acids lecture - 2             |
| <b>Tuesday, Jul 21, 2026</b>   | Nucleic acids lecture - 3             |
| <b>Wednesday, Jul 22, 2026</b> | Metabolism of carbohydrates lecture 1 |
| <b>Thursday, Jul 23, 2026</b>  | Metabolism of carbohydrates lecture 2 |
| <b>Friday, Jul 24, 2026</b>    | Metabolism of carbohydrates lecture 3 |
| <b>Monday, Jul 27, 2026</b>    | Metabolism of lipids lecture 1        |
| <b>Tuesday, Jul 28, 2026</b>   | Metabolism of lipids lecture 2        |
| <b>Wednesday, Jul 29, 2026</b> | Metabolism of proteins lecture 1      |
| <b>Thursday, Jul 30, 2026</b>  | Metabolism of proteins lecture 2      |
| <b>Friday, Jul 31, 2026</b>    | Vitamins lecture 1                    |
| <b>Monday, Aug 3, 2026</b>     | Vitamins lecture 2                    |
| <b>Tuesday, Aug 4, 2026</b>    | Vitamins lecture 3                    |
| <b>Wednesday, Aug 5, 2026</b>  | Vitamins lecture 4                    |
| <b>Thursday, Aug 6, 2026</b>   | Vitamins lecture 5                    |
| <b>Friday, Aug 7, 2026</b>     | Mineral lecture 1                     |

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| <b>Monday, Aug 10, 2026</b>    | Mineral lecture 2                                       |
| <b>Tuesday, Aug 11, 2026</b>   | Mineral lecture 3                                       |
| <b>Wednesday, Aug 12, 2026</b> | Anti-nutritional factors and their removal lecture 1    |
| <b>Thursday, Aug 13, 2026</b>  | Anti-nutritional factors and their removal lecture 2    |
| <b>Friday, Aug 14, 2026</b>    | Anti-nutritional factors and their removal lecture 3    |
| <b>Monday, Aug 17, 2026</b>    | Nutraceuticals and their functions                      |
| <b>Tuesday, Aug 18, 2026</b>   | Food allergens and allergenicity                        |
| <b>Wednesday, Aug 19, 2026</b> | Diet and its role in managing non-communicable diseases |