

Study Plan	
Mentor	Mahima Ma'am
Lecture Time	2 PM - 3 PM
Date	Food Chemistry
Thursday, Oct 1, 2026	Introduction to Food chemistry
Friday, Oct 2, 2026	Properties of water, pH and buffer
Monday, Oct 5, 2026	Carbohydrates Lecture - 1
Tuesday, Oct 6, 2026	Carbohydrates Lecture -2
Wednesday, Oct 7, 2026	Carbohydrates Lecture- 3
Thursday, Oct 8, 2026	Carbohydrates Lecture- 4
Friday, Oct 9, 2026	Lipids lecture- 1
Monday, Oct 12, 2026	Lipids lecture - 2
Tuesday, Oct 13, 2026	Lipids lecture- 3
Wednesday, Oct 14, 2026	Lipids lecture -4
Thursday, Oct 15, 2026	Proteins lecture- 1
Friday, Oct 16, 2026	proteins lecture- 2
Monday, Oct 19, 2026	proteins lecture - 3
Tuesday, Oct 20, 2026	proteins lecture- 4
Wednesday, Oct 21, 2026	Enzymes lecture- 1
Thursday, Oct 22, 2026	Enzymes lecture- 2
Friday, Oct 23, 2026	Enzymes lecture- 3
Monday, Oct 26, 2026	Enzymes lecture- 4
Tuesday, Oct 27, 2026	Nucleic acids lecture - 1
Wednesday, Oct 28, 2026	Nucleic acids lecture - 2
Thursday, Oct 29, 2026	Nucleic acids lecture - 3
Friday, Oct 30, 2026	Metabolism of carbohydrates lecture 1
Monday, Nov 2, 2026	Metabolism of carbohydrates lecture 2
Tuesday, Nov 3, 2026	Metabolism of carbohydrates lecture 3
Wednesday, Nov 4, 2026	Metabolism of lipids lecture 1
Thursday, Nov 5, 2026	Metabolism of lipids lecture 2

Friday, Nov 6, 2026	Metabolism of proteins lecture 1
Monday, Nov 9, 2026	Metabolism of proteins lecture 2
Tuesday, Nov 10, 2026	Vitamins lecture 1
Wednesday, Nov 11, 2026	Vitamins lecture 2
Thursday, Nov 12, 2026	Vitamins lecture 3
Friday, Nov 13, 2026	Vitamins lecture 4
Monday, Nov 16, 2026	Vitamins lecture 5
Tuesday, Nov 17, 2026	Mineral lecture 1
Wednesday, Nov 18, 2026	Mineral lecture 2
Thursday, Nov 19, 2026	Mineral lecture 3
Friday, Nov 20, 2026	Anti-nutritional factors and their removal lecture 1
Monday, Nov 23, 2026	Anti-nutritional factors and their removal lecture 2
Tuesday, Nov 24, 2026	Anti-nutritional factors and their removal lecture 3
Wednesday, Nov 25, 2026	Nutraceuticals and their functions
Thursday, Nov 26, 2026	Food allergens and allergenicity
Friday, Nov 27, 2026	Diet and its role in managing non-communicable diseases