

UGC NET 2022-23 HOME SCIENCE STUDY PLAN

		Clothing & Textile	Methods of Research	Home Management	Human Development	Non formal Education and Extension Education	Food and Nutrition	Institutional Management
DATE	DAY	Prerna Ma'am 9PM - 10PM	Prerna Ma'am 9PM - 10PM	Prerna Ma'am 9PM - 10PM	Prerna Ma'am 9PM - 10PM	Prerna Ma'am 9PM - 10PM	Prerna Ma'am 9PM - 10PM	Prerna Ma'am 9PM - 10PM
15-Nov	Tue	Selection of clothing						
16-Nov	Wed	Care, protection and basic principles of clothing						
17-Nov	Thu	Sewing machine						
18-Nov	Fri	Sewing stitch						
19-Nov	Sat	Laundry material						
21-Nov	Mon	Fabric stains and its removing methods						
22-Nov	Tue	Theories of clothing						
23-Nov	Wed	Drafting, paper pattern, draping methods						
24-Nov	Thu	Different textile fiber						
25-Nov	Fri	Fibers to yarn						
26-Nov	Sat	Fiber identification and properties						
28-Nov	Mon	Fabric weave						
29-Nov	Tue	Fabric finishes						
30-Nov	Wed	Dyeing and printing						
1-Dec	Thu	Fiber spinning						
2-Dec	Fri	Traditional textile of India						
3-Dec	Sat	Traditional embroidery of India						
5-Dec	Mon	Fashion cycle, theory						

		of fashion						
6-Dec	Tue		Treads in research in home science					
7-Dec	Wed		Types of research					
8-Dec	Thu		Selection of a problem					
9-Dec	Fri		Data collection tools					
10-Dec	Sat		Data collection tools					
12-Dec	Mon		Variables					
13-Dec	Tue		Analysis of data through parametric and non-parametric statistics					
14-Dec	Wed		Hypothesis					
15-Dec	Thu		Sampling techniques					
16-Dec	Fri		Report writing					
17-Dec	Sat			Decision making				
19-Dec	Mon			Motivating factor of management				
20-Dec	Tue			Family resources				
21-Dec	Wed			Energy fatigue and work simplification				
22-Dec	Thu			Money management				
23-Dec	Fri			Time management				
24-Dec	Sat			Management process				
26-Dec	Mon			Saving and				

				income				
27-Dec	Tue			Need				
28-Dec	Wed			Consumer education				
29-Dec	Thu			Family				
30-Dec	Fri			Marriage				
31-Dec	Sat			Stages of family life cycle				
2-Jan	Mon			Housing				
3-Jan	Tue			Kitchen planning				
4-Jan	Wed			Interior decoration				
5-Jan	Thu			Color in the home				
6-Jan	Fri			Lighting in the home				
7-Jan	Sat			Floors- finishes and covering				
9-Jan	Mon			Household equipment's				
10-Jan	Tue			Elements of art				
11-Jan	Wed			Principles of design				
12-Jan	Thu			Folk art and festive decoration				
13-Jan	Fri			Meal service and table setting				
14-Jan	Sat			Home safety and first aids				
16-Jan	Mon			Concept of ergonomics				
17-Jan	Tue			Population education				
18-Jan	Wed				Child development- principles and stages, development			

19-Jan	Thu				Theories of human development			
20-Jan	Fri				Early childhood care and education			
21-Jan	Sat				Developmental problem and disabilities			
23-Jan	Mon				Children with special needs			
24-Jan	Tue				Prenatal development and care			
25-Jan	Wed				Play and toy			
26-Jan	Thu				Special, gifted and problematic child			
27-Jan	Fri				Juvenile delinquency			
28-Jan	Sat				Personality development			
30-Jan	Mon					History and development of home science		
31-Jan	Tue					Vocationalization of home science in India		
1-Feb	Wed					General and special method of teaching in home science		
2-Feb	Thu					International and national organization working in the field of nutrition		
3-Feb	Fri					Women in changing India and plans for		

						their development		
4-Feb	Sat					Informal, formal and adult education		
6-Feb	Mon					Evaluation		
7-Feb	Tue					Meaning and origin of extension education Introduction, history, scope, importance and different branches of home science		
8-Feb	Wed					Communication and its models		
9-Feb	Thu					Audio-visual aids		
10-Feb	Fri					Community development programme		
11-Feb	Sat					Current policies and plan		
13-Feb	Mon					Human environment		
14-Feb	Tue						Basic concept of food and nutrition, function of food, State of nutrition (good nutrition, malnutrition), balance diet, Energy metabolism	
15-Feb	Wed						Food microbiology	
16-Feb	Thu						Micro nutrients Micro nutrients	



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