

गूँज Batch Study Plan

Date	Day	Prerna Ma'am Home Science 2PM-3PM
21-Aug	Mon	Basic concept of food and nutrition, function of food
22-Aug	Tue	Basic concept of food and nutrition, function of food
23-Aug	Wed	State of nutrition (good nutrition, malnutrition), balance diet
24-Aug	Thu	State of nutrition (good nutrition, malnutrition), balance diet
25-Aug	Fri	Energy metabolism
28-Aug	Mon	Energy metabolism
29-Aug	Tue	Nutrients
30-Aug	Wed	Nutrients
1-Sep	Fri	Nutrients
4-Sep	Mon	Nutrients
5-Sep	Tue	Nutrients
6-Sep	Wed	Nutrients
7-Sep	Thu	Nutrients
8-Sep	Fri	Nutrients
11-Sep	Mon	Nutrients
12-Sep	Tue	Nutrients
13-Sep	Wed	Carbohydrate
14-Sep	Thu	Carbohydrate
15-Sep	Fri	Protein

18-Sep	Mon	Protein
19-Sep	Tue	Fat
20-Sep	Wed	Fat
21-Sep	Thu	Vitamin
22-Sep	Fri	Vitamin
25-Sep	Mon	Minerals
26-Sep	Tue	Minerals
27-Sep	Wed	Water
28-Sep	Thu	Vegetarian sources of food
29-Sep	Fri	Vegetarian sources of food
3-Oct	Tue	Vegetarian sources of food
4-Oct	Wed	Vegetarian sources of food
5-Oct	Thu	Vegetarian sources of food
6-Oct	Fri	Vegetarian sources of food
9-Oct	Mon	Vegetarian sources of food
10-Oct	Tue	Vegetarian sources of food
11-Oct	Wed	Vegetarian sources of food
12-Oct	Thu	Vegetarian sources of food
13-Oct	Fri	Cereals
16-Oct	Mon	Cereals
17-Oct	Tue	Pulses
18-Oct	Wed	Fruits/vegetables
19-Oct	Thu	Fruits/vegetables
20-Oct	Fri	Nuts and oil seeds
23-Oct	Mon	Sugar
24-Oct	Tue	Condiments and spices
25-Oct	Wed	Beverages
26-Oct	Thu	Animal sources of food

27-Oct	Fri	Animal sources of food
30-Oct	Mon	Animal sources of food
31-Oct	Tue	Animal sources of food
1-Nov	Wed	Milk and milk products
2-Nov	Thu	Milk and milk products
3-Nov	Fri	Meat fish poultry
6-Nov	Mon	Egg
7-Nov	Tue	Meal planning through life span
8-Nov	Wed	Meal planning through life span
9-Nov	Thu	Meal planning through life span
10-Nov	Fri	Meal planning through life span
13-Nov	Mon	Meal planning through life span
14-Nov	Tue	Nutrition for infancy
15-Nov	Wed	Nutrition for preschool or school going children
16-Nov	Thu	Nutrition for pregnant and lactating mother
17-Nov	Fri	Nutrition for adolescence
20-Nov	Mon	Nutrition for old age
21-Nov	Tue	Nutrition for old age
22-Nov	Wed	Menu planning
23-Nov	Thu	Therapeutic nutrition
24-Nov	Fri	Therapeutic nutrition
27-Nov	Mon	Therapeutic nutrition
28-Nov	Tue	Therapeutic nutrition
29-Nov	Wed	Therapeutic nutrition
30-Nov	Thu	Therapeutic nutrition
1-Dec	Fri	Therapeutic nutrition
4-Dec	Mon	Therapeutic nutrition
5-Dec	Tue	Diet in diabetes

6-Dec	Wed	Diet in jaundice
7-Dec	Thu	Diet in peptic ulcer
8-Dec	Fri	Diet in case of fever
11-Dec	Mon	Diet in obesity and underweight
12-Dec	Tue	Diet in hypertension
13-Dec	Wed	Diet in kidney disease
14-Dec	Thu	Food testing and storage
15-Dec	Fri	Food adulteration
18-Dec	Mon	Methods of cooking, effect on cooking on food
19-Dec	Tue	Food microbiology
20-Dec	Wed	Nutrition for the community
21-Dec	Thu	Testing of textile fibers
22-Dec	Fri	Cotton
25-Dec	Mon	Linen and jute
26-Dec	Tue	Wool
27-Dec	Wed	Silk
28-Dec	Thu	Rayon and nylon
29-Dec	Fri	Polyester fiber
1-Jan	Mon	Manufacture and finishing of textile
2-Jan	Tue	Manufacture and finishing of textile
3-Jan	Wed	Manufacture and finishing of textile
4-Jan	Thu	Manufacture and finishing of textile
5-Jan	Fri	Manufacture and finishing of textile
8-Jan	Mon	Manufacture and finishing of textile
9-Jan	Tue	Spinning
10-Jan	Wed	Types of yarn
11-Jan	Thu	Loom
12-Jan	Fri	Weaving

15-Jan	Mon	Finishing of textile
16-Jan	Tue	Dyeing and printing
17-Jan	Wed	Traditional textile of India
18-Jan	Thu	Traditional embroidery of India
19-Jan	Fri	Fashion cycle, theory of fashion
22-Jan	Mon	Selection of clothing
23-Jan	Tue	Care, protection and basic principles of clothing
24-Jan	Wed	Sewing machine
25-Jan	Thu	Sewing art
26-Jan	Fri	Laundry material
29-Jan	Mon	Fabric stains and its removing methods
30-Jan	Tue	Decision making
31-Jan	Wed	Value, standard and goals
1-Feb	Thu	Resources
2-Feb	Fri	Savings and income
5-Feb	Mon	Need
6-Feb	Tue	Consumption and consumer, market
7-Feb	Wed	Family
8-Feb	Thu	Marriage
9-Feb	Fri	Time management, money management, energy management
12-Feb	Mon	Time management, money management, energy management
13-Feb	Tue	Work simplification
14-Feb	Wed	Kitchen and cleaning and maintenance of kitchen
15-Feb	Thu	Household equipments
16-Feb	Fri	Interior decoration
19-Feb	Mon	Elements of art
20-Feb	Tue	Principles of designs
21-Feb	Wed	Color

22-Feb	Thu	Furniture
23-Feb	Fri	Flower arrangement
26-Feb	Mon	Lighting and ventilation
27-Feb	Tue	Meaning and origin of extension education
28-Feb	Wed	Introduction, history, scope, importance and different branches of home science
29-Feb	Thu	Communication and its models
1-Mar	Fri	Audio-visual aids
4-Mar	Mon	Community development programme
5-Mar	Tue	Community development programme
6-Mar	Wed	International and national organization working in the field of nutrition
7-Mar	Thu	International and national organization working in the field of nutrition
8-Mar	Fri	Women empowerment
11-Mar	Mon	Women empowerment
12-Mar	Tue	Informal, formal and adult education
13-Mar	Wed	Evaluation
14-Mar	Thu	Basic of development model(heredity, environment, learning)
15-Mar	Fri	Growth and development
18-Mar	Mon	Stages of development
19-Mar	Tue	Stages of development
20-Mar	Wed	Stages of development
21-Mar	Thu	Stages of development
22-Mar	Fri	Stages of development
25-Mar	Mon	Infancy
26-Mar	Tue	Childhood
27-Mar	Wed	Adolescence
28-Mar	Thu	Adulthood
29-Mar	Fri	Old age
1-Apr	Mon	Principles of development

2-Apr	Tue	Piaget's cognitive development theory
3-Apr	Wed	Freud's psychoanalytic theory
4-Apr	Thu	Erikson psychosocial theory
5-Apr	Fri	Meaning and importance of maternal and child rearing
8-Apr	Mon	Female and male reproductive organs
9-Apr	Tue	Menstruation, sperm, maturation of egg, conception or fertilization
10-Apr	Wed	Pregnancy and its complications, types of delivery, birth process
11-Apr	Thu	Breastfeeding
12-Apr	Fri	Child health, protection, immunization
15-Apr	Mon	Physical and motor development of children
16-Apr	Tue	Social and emotional development of children
17-Apr	Wed	Language development of children
18-Apr	Thu	Cognitive development of children
19-Apr	Fri	Play and its importance
20-Apr	Sat	Meaning of personality development and factors affecting personality
21-Apr	Sun	Special, gifted and problematic child
22-Apr	Mon	Juvenile delinquency
23-Apr	Tue	Cell
24-Apr	Wed	Tissue
25-Apr	Thu	Bones
26-Apr	Fri	Respiratory system
29-Apr	Mon	Digestive system
30-Apr	Tue	Hormones
1-May	Wed	Blood and circulatory systems
2-May	Thu	Nervous system and brain

3-May	Fri	Sensory organs (eyes, nose, ears, skin)
6-May	Mon	Excretory system
7-May	Tue	Disease and antibiotics
8-May	Wed	Kindergarten
9-May	Thu	Primary school, secondary school, higher education institutions
10-May	Fri	Physical, mental and social handicapped
13-May	Mon	Basic concept of health and hygiene
14-May	Tue	Organization working in field of health
15-May	Wed	Human environment
16-May	Thu	Environmental pollution
17-May	Fri	Water and air born disease
20-May	Mon	First aid, common accident and their solutions
21-May	Tue	Programme for environment and different act for environment
22-May	Wed	Types of bandages
23-May	Thu	Health preventive medicine, public health administration
24-May	Fri	Air and ventilation
27-May	Mon	Cleanliness of the house drainage and disposal of sanitary waste
28-May	Tue	Structure , sources and method of water purification