

**CUET PG 2026**  
**COQP04 : B.Ed. Humanities and Social Sciences**  
**HOME SCIENCE by SUDHA MAM**

Date	TOPICS	DATE	TIME
	Orientation	Thursday, August 7, 2025	5:03 PM - 5:15 PM
<b>Food and Nutrition</b>	Functions of food	Tuesday, August 12, 2025	5:03 PM - 5:59 PM
	Balanced diet and RDA	Tuesday, August 19, 2025	5:03 PM - 5:59 PM
	Nutritional deficiency diseases	Friday, August 22, 2025	5:03 PM - 5:59 PM
	Nutritional deficiency diseases Part-2	Tuesday, August 26, 2025	5:03 PM - 5:59 PM
	Macronutrients	Friday, August 29, 2025	5:03 PM - 5:59 PM
	micronutrients	Tuesday, September 2, 2025	5:03 PM - 5:59 PM
	Food preservation methods	Friday, September 5, 2025	5:03 PM - 5:59 PM
	Cooking methods and hygiene	Tuesday, September 9, 2025	5:03 PM - 5:59 PM
<b>Human Development and Child Psychology</b>	Stages of child development (infancy to adolescence)	Friday, September 12, 2025	5:03 PM - 5:59 PM
	Stages of child development theory	Tuesday, September 16, 2025	5:03 PM - 5:59 PM
	Emotional, social development	Friday, September 19, 2025	5:03 PM - 5:59 PM
	cognitive development	Tuesday, September 23, 2025	5:03 PM - 5:59 PM
	Learning theories (Piaget)	Friday, September 26, 2025	5:03 PM - 5:59 PM
	Learning theories ( Erikson)	Tuesday, September 30, 2025	5:03 PM - 5:59 PM
	Early childhood care and education	Friday, October 3, 2025	5:03 PM - 5:59 PM
<b>Family Resource Management</b>	Budgeting and financial management	Tuesday, October 7, 2025	5:03 PM - 5:59 PM
	Time and energy management	Friday, October 10, 2025	5:03 PM - 5:59 PM
<b>Communication and Extension Education</b>	Types of communication (verbal/non-verbal)	Tuesday, October 14, 2025	5:03 PM - 5:59 PM
	Barriers to communication	Friday, October 17, 2025	5:03 PM - 5:59 PM
	Extension teaching methods: demonstrations, group discussions	Friday, October 24, 2025	5:03 PM - 5:59 PM
<b>Consumer Education</b>	Consumer rights	Tuesday, October 28, 2025	5:03 PM - 5:59 PM
	Consumer responsibilities	Friday, October 31, 2025	5:03 PM - 5:59 PM
	Product labeling and quality marks (ISI, AGMARK)	Tuesday, November 4, 2025	5:03 PM - 5:59 PM
	Common malpractices and redressal systems	Friday, November 7, 2025	5:03 PM - 5:59 PM