

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

| UNIT | TOPICS | DATE | TIME |
|---|---|------------------------------|-------------------|
| | Orientation | Thursday, September 11, 2025 | 5:03 PM - 5:15 PM |
| Human Development and Child Psychology | 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 |
| | Budgeting and financial management | Tuesday, October 7, 2025 | 5:03 PM - 5:59 PM |
| Family Resource Management | Time and energy management | Friday, October 10, 2025 | 5:03 PM - 5:59 PM |
| Communication and Extension Education | 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 |
| Consumer Education | 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 |
| Food and Nutrition | Functions of food | Tuesday, November 11, 2025 | 5:03 PM - 5:59 PM |
| | Balanced diet and RDA | Friday, November 14, 2025 | 5:03 PM - 5:59 PM |
| | Nutritional deficiency diseases | Tuesday, November 18, 2025 | 5:03 PM - 5:59 PM |
| | Nutritional deficiency diseases Part-2 | Friday, November 21, 2025 | 5:03 PM - 5:59 PM |
| | Macronutrients | Tuesday, November 25, 2025 | 5:03 PM - 5:59 PM |
| | micronutrients | Friday, November 28, 2025 | 5:03 PM - 5:59 PM |
| | Food preservation methods | Tuesday, December 2, 2025 | 5:03 PM - 5:59 PM |
| | Cooking methods and hygiene | Friday, December 5, 2025 | 5:03 PM - 5:59 PM |