

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

UNIT	TOPICS	DATE	TIME
	Orientation	Tuesday, October 7, 2025	5:03 PM - 5:15 PM
Family Resource Management	Budgeting and financial management	Tuesday, October 7, 2025	5:16 PM - 5:59 PM
	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
Human Development and Child Psychology	Stages of child development (infancy to adolescence)	Tuesday, December 9, 2025	5:03 PM - 5:59 PM
	Stages of child development theory	Friday, December 12, 2025	5:03 PM - 5:59 PM
	Emotional, social development	Tuesday, December 16, 2025	5:03 PM - 5:59 PM
	cognitive development	Friday, December 19, 2025	5:03 PM - 5:59 PM
	Learning theories (Piaget)	Tuesday, December 23, 2025	5:03 PM - 5:59 PM
	Learning theories (Erikson)	Friday, December 26, 2025	5:03 PM - 5:59 PM
	Early childhood care and education	Tuesday, December 30, 2025	5:03 PM - 5:59 PM