

# महाराणा प्रताप पी.जी. कॉलेज, जंगल धूषड़, गोरखपुर

| कक्षा : M.A. भाग : प्रथम |           |           |                  | पाठ्यक्रम योजना : सत्र - 2020-21 |                          | विषय : गृह विज्ञान                                     |
|--------------------------|-----------|-----------|------------------|----------------------------------|--------------------------|--------------------------------------------------------|
| दिनांक                   | दिवस      | व्याख्यान | शिक्षक का नाम    | प्रश्न पत्र                      | अध्याय                   | शीर्षक                                                 |
| 04.08.20                 | Tuesday   | 1         | Sunidhi Gupta    | IV                               | clothing and textile     | Introduction                                           |
| 04.08.20                 |           | 1         | **               | I                                | Statistics               | Meaning and scope                                      |
| 04.08.20                 |           | 1         | Apoorva Tripathi | II                               | Advanced food science    | Introduction, concept of nutrition                     |
| 05.08.20                 | Wednesday | 2         | Sunidhi Gupta    | IV                               | Indian costume           | unity in diversity                                     |
| 05.08.20                 |           | 2         | **               | I                                | Statistics               | Role of statistics in research                         |
| 05.08.20                 |           | 2         | Apoorva Tripathi | II                               | Nutrition                | Adequate nutrition                                     |
| 06.08.20                 | Thursday  | 1         | Sunidhi Gupta    | V                                | Home                     | Introduction of home                                   |
| 06.08.20                 |           | 1         | **               | III                              | Child development        | Significance and their aspects                         |
| 06.08.20                 |           | 1         | Apoorva Tripathi | VI                               | Extension                | Meaning and scope                                      |
| 07.08.20                 | Friday    | 2         | Sunidhi Gupta    | V                                | <b>Home</b>              | Meaning                                                |
| 07.08.20                 |           | 2         | **               | III                              | Child development        | Role of nature and nurture in determining intelligence |
| 07.08.20                 |           | 2         | Apoorva Tripathi | VI                               | Extension                | Qualities of extension worker                          |
| 08.08.20                 | Saturday  | 3         | Sunidhi Gupta    | V                                | Home                     | Characteristics                                        |
| 08.08.20                 |           | 3         | **               | III                              | Child development        | Personality and behaviour                              |
| 08.08.20                 |           | 3         | Apoorva Tripathi | VI                               | Extension                | Principles and philosophy                              |
| 10.08.20                 | Monday    |           |                  |                                  | <b>1. Class Teaching</b> |                                                        |
| 10.08.20                 |           | 3         | **               | I                                | Descriptive statistics   | Classification                                         |
| 10.08.20                 |           | 3         | Apoorva Tripathi | II                               | Nutrition                | malnutrition                                           |
| 11.08.20                 | Tuesday   | 3         | Sunidhi Gupta    | IV                               | Indian costume           | Unity in diversity                                     |
| 11.08.20                 |           | 4         | **               | I                                | Representation of data   | Tabulation                                             |
| 11.08.20                 |           | 4         | Apoorva Tripathi | II                               | Nutrition                | Balance diet                                           |
| 13.08.20                 | Thursday  | 4         | Sunidhi Gupta    | V                                | Home                     | Concept                                                |
| 13.08.20                 |           | 4         | **               | III                              | Child development        | Major development in eighth period of the span         |

|          |           |   |                  |     |                          |                                                             |
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| 13.08.20 |           | 4 | Apoorva Tripathi | VI  | Objective of extension   | Objective of extension                                      |
| 14.08.20 | Friday    | 5 | Sunidhi Gupta    | V   | Home                     | Components                                                  |
| 14.08.20 |           | 5 | **               | III | Physiology of pregnancy  | Normal menstrual cycle                                      |
| 14.08.20 |           | 5 | Apoorva Tripathi | VI  | Extension                | Elements involved in extension education                    |
| 17.08.20 | Monday    | 5 | Sunidhi Gupta    | IV  | Indian costume           | North India                                                 |
| 17.08.20 |           | 5 | **               | I   | Representation of data   | Frequency distribution                                      |
| 17.08.20 |           | 5 | Apoorva Tripathi | II  | Nutrition                | Factors affecting balanced diet                             |
| 18.08.20 | Tuesday   | 6 | Sunidhi Gupta    | IV  | Indian costume           | North India                                                 |
| 18.08.20 |           | 6 | **               | I   | Representation of data   | Diagrammatic                                                |
| 18.08.20 |           | 6 | Apoorva Tripathi | II  | Composition of food      | Carbohydrate                                                |
| 19.08.20 | Wednesday |   |                  |     | <b>2. Class Teaching</b> |                                                             |
| 19.08.20 |           | 7 | **               | I   | Representation of data   | Graphical                                                   |
| 19.08.20 |           | 7 | Apoorva Tripathi | II  | Composition of food      | Carbohydrate                                                |
| 20.08.20 | Thursday  | 6 | Sunidhi Gupta    | V   | Motivation of management | Values                                                      |
| 20.08.20 |           | 6 | **               | III | Physiology of pregnancy  | Conception, law of inheritance sign of pregnancy            |
| 20.08.20 |           | 6 | Apoorva Tripathi | VI  | Extension                | Role of extension in research work and development          |
| 21.08.20 | Friday    | 6 | Sunidhi Gupta    | V   | Motivation of management | Values                                                      |
| 21.08.20 |           | 7 | **               | III | Physiology of pregnancy  | Stages of fetal development                                 |
| 21.08.20 |           | 7 | Apoorva Tripathi | VI  | Methods of communication | Classification of extension teaching methods                |
| 22.08.20 | Saturday  | 7 | Sunidhi Gupta    | V   | Motivation of management | Goal                                                        |
| 22.08.20 |           | 8 | **               | III | Physiology of pregnancy  | Preparation for the baby, personal hygiene, common disorder |
| 22.08.20 |           | 8 | Apoorva Tripathi | VI  | Methods of communication | Individual                                                  |
| 24.08.20 | Monday    | 7 | Sunidhi Gupta    | IV  | Indian costume           | South India                                                 |
| 24.08.20 |           | 8 | **               | I   | Representation of data   | Graphical                                                   |
| 24.08.20 |           | 8 | Apoorva Tripathi | II  | Composition of food      | Carbohydrate                                                |
| 25.08.20 | Tuesday   | 8 | Sunidhi Gupta    | IV  | Indian costume           | South India                                                 |
| 25.08.20 |           | 9 | **               | I   | Statistical hypothesis   | Elements of testing of statistical hypothesis               |
| 25.08.20 |           | 9 | Apoorva Tripathi | II  | Composition of food      | Fat                                                         |

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| 26.08.20 | Wednesday |    |                  |     | <b>1. Monthly Evolution</b>                        |                                                                                 |
| 26.08.20 |           | 10 | **               | I   | Statistical hypothesis                             | Formulation of th problem                                                       |
| 26.08.20 |           | 10 | Apoorva Tripathi | II  | Composition of food                                | Fat                                                                             |
| 27.08.20 | Thursday  | 8  | Sunidhi Gupta    | V   | Motivation of management                           | Goals                                                                           |
| 27.08.20 |           | 9  | **               | III | Physiology of pregnancy                            | Discomforts and problems during pregnancy                                       |
| 27.08.20 |           | 9  | Apoorva Tripathi | VI  | Methods of communication                           | Group                                                                           |
| 28.08.20 | Friday    | 9  | Sunidhi Gupta    | V   | Motivation of management                           | Goals                                                                           |
| 28.08.20 |           | 10 | **               | III | Physiology of pregnancy                            | Process of normal labour labour                                                 |
| 28.08.20 |           | 10 | Apoorva Tripathi | VI  | Method of communication                            | Mass approach                                                                   |
| 01.09.20 | Tuesday   | 9  | Sunidhi Gupta    | IV  | Indian costume                                     | South India                                                                     |
| 01.09.20 |           | 11 | **               | I   | Statistical hypothesis                             | Definition of type 1 error                                                      |
| 01.09.20 |           | 11 | Apoorva Tripathi | II  | Composition of food                                | fat                                                                             |
| 02.09.20 | Wednesday | 10 | Sunidhi Gupta    | IV  | Indian costume                                     | Western India                                                                   |
| 02.09.20 |           | 12 | **               | I   | Statistical hypothesis                             | Definition of type 2 error                                                      |
| 02.09.20 |           | 12 | Apoorva Tripathi | II  | Composition of food                                | Protein                                                                         |
| 03.09.20 | Thursday  | 10 | Sunidhi Gupta    | V   | Motivation of management                           | Standards                                                                       |
| 03.09.20 |           | 11 | **               | III | Physiology of pregnancy                            | New techniques in the field of fertility                                        |
| 03.09.20 |           | 11 | Apoorva Tripathi | VI  | Media of communication                             | Classification of audio visual aids                                             |
| 04.09.20 | Friday    |    |                  |     | <b>3. Class Teaching</b>                           |                                                                                 |
| 04.09.20 |           | 12 | **               | III | Care of the mother and neonate in postnatal period | Bodily characteristic and behaviour patterns of neonate, needs of neonate       |
| 04.09.20 |           | 12 | Apoorva Tripathi | VI  | Media of communication                             | Classification of audio visual Aids                                             |
| 05.09.20 | Saturday  | 11 | Sunidhi Gupta    | V   | Motivation of management                           | Standards                                                                       |
| 05.09.20 |           | 13 | **               | III | Care of mother and neonate in postnatal period     | Cleanliness and hygiene of puerperium, immediate care of newborn and the mother |
| 05.09.20 |           | 13 | Apoorva Tripathi | VI  | media of communication                             | Importance in extension                                                         |
| 07.09.20 | Monday    | 11 | Sunidhi Gupta    | IV  | Indian costume                                     | Western India                                                                   |
| 07.09.20 |           | 13 | **               | I   | Hypothesis                                         | Level of signification                                                          |
| 07.09.20 |           | 13 | Apoorva Tripathi | II  | Composition of food                                | Protein                                                                         |
| 08.09.20 | Tuesday   | 12 | Sunidhi Gupta    | IV  | Indian costume                                     | Western India                                                                   |

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| 08.09.20 |           | 14 | **               | I   | Hypothesis                                         | Large sample test for proportions                                                                                   |
| 08.09.20 |           | 14 | Apoorva Tripathi | II  | Composition of wood                                | Protein                                                                                                             |
| 09.09.20 | Wednesday | 13 | Sunidhi Gupta    | IV  | Indian costume                                     | East India                                                                                                          |
| 09.09.20 |           | 15 | **               | I   | Hypothesis                                         | Difference in proportions for means                                                                                 |
| 09.09.20 |           | 15 | Apoorva Tripathi | II  | Composition of food                                | Vitamins                                                                                                            |
| 10.09.20 | Thursday  | 12 | Sunidhi Gupta    | V   | Decision making                                    | Individual                                                                                                          |
| 10.09.20 |           | 14 | **               | III | Care of mother and neonate in postnatal period     | Evolution and examination of health of neonate, bath, sleep relaxes, vision, hearing, normal growth and development |
| 10.09.20 |           | 14 | Apoorva Tripathi | VI  | Media of communication                             | Significance of each with respect to community needs                                                                |
| 11.09.20 | Friday    |    |                  |     | <b>4. Class Teaching</b>                           |                                                                                                                     |
| 11.09.20 |           | 15 | Apoorva Tripathi | VI  | Media of communication                             | Significance of each with respect to community needs                                                                |
| 11.09.20 |           | 15 | **               | III | Care of the mother and neonate in postnatal period | Immunization schedule and its importance, reflexes, apgar scores                                                    |
| 12.09.20 | Saturday  | 13 | Sunidhi Gupta    | V   | Decision making                                    | Household                                                                                                           |
| 12.09.20 |           | 16 | **               | III | Infancy                                            | Development task of infancy period, milestones and highlights of development                                        |
| 12.09.20 |           | 16 | Apoorva Tripathi | VI  | Media of communication                             | Significance of each with respect to community needs                                                                |
| 14.09.20 | Monday    | 14 | Sunidhi Gupta    | IV  | Indian costume                                     | East India                                                                                                          |
| 14.09.20 |           | 16 | **               | I   | Hypothesis                                         | Difference in proportions for means                                                                                 |
| 14.09.20 |           | 16 | Apoorva Tripathi | II  | Composition of food                                | Vitamins                                                                                                            |
| 15.09.20 | Tuesday   | 15 | Sunidhi Gupta    | IV  | Indian costume                                     | East India                                                                                                          |
| 15.09.20 |           | 17 | **               | I   | Hypothesis                                         | Difference in mean                                                                                                  |
| 15.09.20 |           | 17 | Apoorva Tripathi | II  | Composition of food                                | Vitamins                                                                                                            |
| 16.09.20 | Wednesday | 16 | Sunidhi Gupta    | IV  | Indian costume                                     | Middle India                                                                                                        |
| 16.09.20 |           | 18 | **               | I   | Hypothesis                                         | Difference in mean                                                                                                  |
| 16.09.20 |           | 18 | Apoorva Tripathi | II  | Composition of food                                | Mineral                                                                                                             |
| 18.09.20 | Friday    | 14 | Sunidhi Gupta    | V   | Decision making                                    | Role                                                                                                                |
| 18.09.20 |           | 17 | **               | III | Infancy                                            | Minor elements and their prevention, diarrhea and ORS treatment                                                     |
| 18.09.20 |           | 17 | Apoorva Tripathi | VI  | Media of communication                             | Advantage and limitation of each                                                                                    |
| 19.09.20 | Saturday  |    |                  |     | <b>5. Class Teaching</b>                           |                                                                                                                     |

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| 19.09.20 |           | 18 | **               | III | Infancy                         | Physical and psychological care, bowel and bladder habits                                                                |
| 19.09.20 |           | 18 | Apoorva Tripathi | VI  | Media of communication          | Advantages and limitations of each                                                                                       |
| 21.09.20 | Monday    | 17 | Sunidhi Gupta    | IV  | Indian costume                  | Middle India                                                                                                             |
| 21.09.20 |           | 19 | **               | I   | Application of student's t test | Small sample for single mean                                                                                             |
| 21.09.20 |           | 19 | Apoorva Tripathi | II  | Composition of food             | Mineral                                                                                                                  |
| 22.09.20 | Tuesday   | 18 | Sunidhi Gupta    | IV  | Indian costume                  | Middle India                                                                                                             |
| 22.09.20 |           | 20 | **               | I   | Application of student's t test | Small sample for single mean                                                                                             |
| 22.09.20 |           | 20 | Apoorva Tripathi | II  | Composition of food             | Mineral                                                                                                                  |
| 23.09.20 | Wednesday | 19 | Sunidhi Gupta    | IV  | Design                          | Elements of design                                                                                                       |
| 23.09.20 |           | 21 | **               | I   | Application of students t test  | Difference in mean                                                                                                       |
| 23.09.20 |           | 21 | Apoorva Tripathi | II  | Composition of food             | Mineral                                                                                                                  |
| 24.09.20 | Thursday  | 15 | Sunidhi Gupta    | V   | Decision making                 | Scope                                                                                                                    |
| 24.09.20 |           | 19 | **               | III | Infancy                         | Poster in feeding, baby room, clothing, common health and nutritional problem                                            |
| 24.09.20 |           | 19 | Apoorva Tripathi | VI  | Understanding adult learner     | Characteristics of adult learner                                                                                         |
| 25.09.20 | Friday    | 16 | Sunidhi Gupta    | V   | Decision making                 | Decision making process                                                                                                  |
| 25.09.20 |           | 20 | **               | III | Early childhood years           | Importance of early years, developmental task                                                                            |
| 25.09.20 |           | 20 | Apoorva Tripathi | VI  | Understanding adult learners    | Motivation technique                                                                                                     |
| 26.09.20 | Saturday  |    |                  |     | <b>2. Monthly Evolution</b>     |                                                                                                                          |
| 26.09.20 |           | 21 | **               | III | Early childhood years           | Personal hygiene, normal health and development, habit formation, feeding, sleeping, bathing, clothing, toilet, training |
| 26.09.20 |           | 21 | Apoorva Tripathi | VI  | Understanding adult learner     | Problem of adult learners                                                                                                |
| 28.09.20 | Monday    | 20 | Sunidhi Gupta    | IV  | Design                          | Elements of design                                                                                                       |
| 28.09.20 |           | 22 | **               | I   | F test                          | F test for equality of variance                                                                                          |
| 28.09.20 |           | 22 | Apoorva Tripathi | II  | Cooking                         | Method of cooking                                                                                                        |
| 29.09.20 | Tuesday   | 21 | Sunidhi Gupta    | IV  | Design                          | Elements of design                                                                                                       |
| 29.09.20 |           | 23 | **               | I   | F test                          | F test for equality of variance                                                                                          |
| 29.09.20 |           | 23 | Apoorva Tripathi | II  | Cooking                         | Methods of cooking                                                                                                       |
| 30.09.20 | Wednesday | 22 | Sunidhi Gupta    | IV  | Design                          | Elements of design                                                                                                       |

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| 30.09.20 |           | 24 | **               | I   | Correlation                  | Meaning definition kinds                                 |
| 30.09.20 |           | 24 | Apoorva Tripathi | II  | Cooking                      | Effect of cooking on nutrients                           |
| 01.10.20 | Thursday  | 17 | Sunidhi Gupta    | V   | Decision making              | Decision making process                                  |
| 01.10.20 |           | 22 | **               | III | Early childhood years        | Classroom its requirement and decoration                 |
| 01.10.20 |           | 22 | Apoorva Tripathi | VI  | Standing adult learners      | Need based education                                     |
| 03.10.20 | Saturday  | 18 | Sunidhi Gupta    | V   | Decision making              | Decision conflict                                        |
| 03.10.20 |           | 23 | **               | III | Early childhood years        | Common problems and their management, behaviour problems |
| 03.10.20 |           | 23 | Apoorva Tripathi | VI  | Understanding adult learners | The process of adoption process                          |
| 05.10.20 | Monday    |    |                  |     | <b>6. Class Teaching</b>     |                                                          |
| 05.10.20 |           | 25 | **               | I   | Correlation                  | Coefficient of correlation                               |
| 05.10.20 |           | 25 | Apoorva Tripathi | II  | Cereals                      | Structure                                                |
| 06.10.20 | Tuesday   | 23 | Sunidhi Gupta    | IV  | Design                       | Principle of design                                      |
| 06.10.20 |           | 26 | **               | I   | Correlation                  | Its interpretation                                       |
| 06.10.20 |           | 26 | Apoorva Tripathi | II  | Cereals                      | Composition                                              |
| 07.10.20 | Wednesday | 24 | Sunidhi Gupta    | IV  | Design                       | Principle of design                                      |
| 07.10.20 |           | 27 | **               | I   | Correlation                  | Rank correlation regression equation and prediction      |
| 07.10.20 |           | 27 | Apoorva Tripathi | II  | Cereals                      | Types and selection                                      |
| 09.10.20 | Friday    | 19 | Sunidhi Gupta    | V   | Decision making              | Decision conflict                                        |
| 09.10.20 |           | 24 | **               | III | Preschool                    | Goals and objectives                                     |
| 09.10.20 |           | 24 | Apoorva Tripathi | VI  | Understanding adult learners | The process of adoption process                          |
| 10.10.20 | Saturday  | 20 | Sunidhi Gupta    | V   | Energy management            | Meaning and definition                                   |
| 10.10.20 |           | 25 | **               | III | Preschool                    | Improving creativity-art activities, other materials     |
| 10.10.20 |           | 25 | Apoorva Tripathi | VI  | Understanding adult learners | Factors influencing adoption innovation                  |
| 12.10.20 | Monday    | 25 | Sunidhi Gupta    | IV  | Design                       | Principle of design                                      |
| 12.10.20 |           | 28 | **               | I   | Correlation                  | Rank correlation regression equation and predictions     |
| 12.10.20 |           | 28 | Apoorva Tripathi | II  | Cereals                      | Various preparation                                      |
| 13.10.20 | Tuesday   |    |                  |     | <b>7. Class Teaching</b>     |                                                          |
| 13.10.20 |           | 29 | **               | I   | Hypothesis                   | Nonparametric tests                                      |

|          |           |    |                  |     |                                            |                                                                                |
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| 13.10.20 |           | 29 | Apoorva Tripathi | II  | Cereals                                    | Changes during preparation                                                     |
| 14.10.20 | Wednesday | 26 | Sunidhi Gupta    | IV  | Design                                     | Principle of design                                                            |
| 14.10.20 |           | 30 | **               | I   | Non parametric test                        | Application of chi square test                                                 |
| 14.10.20 |           | 30 | Apoorva Tripathi | II  | Pulses and legumes                         | Composition                                                                    |
| 15.10.20 | Thursday  | 21 | Sunidhi Gupta    | V   | Energy consumption pattern and fuel needs  | Coal and their major uses                                                      |
| 15.10.20 |           | 26 | **               | III | Preschool                                  | Music and rhymes, puppetry and creative drama                                  |
| 15.10.20 |           | 26 | Apoorva Tripathi | VI  | Understanding adult learners               | Factors influencing adoption innovation                                        |
| 16.10.20 | Friday    | 22 | Sunidhi Gupta    | V   | Energy consumption patterns and fuel needs | Coal and their major uses                                                      |
| 16.10.20 |           | 27 | **               | III | Nursery school education                   | Aims and objective of nursery school education                                 |
| 16.10.20 |           | 27 | Apoorva Tripathi | VI  | Rural development programme                | History of community development movement in India                             |
| 17.10.20 | Saturday  | 23 | Sunidhi Gupta    | V   | Energy consumption pattern and fuel needs  | Oil products and consuming industries                                          |
| 17.10.20 |           | 28 | **               | III | Activities in nursery school               | Free play, finer coordination, concept formation, reading activities           |
| 17.10.20 |           | 28 | Apoorva Tripathi | VI  | Rural development programme                | History of community development movement in India                             |
| 19.10.20 | Monday    | 27 | Sunidhi Gupta    | IV  | Colour                                     | Importance of colour                                                           |
| 19.10.20 |           | 31 | **               | I   | Non parametric test                        | Application of chi square test                                                 |
| 19.10.20 |           | 31 | Apoorva Tripathi | II  | Pulses and legumes                         | Types and selection                                                            |
| 20.10.20 | Tuesday   |    |                  |     | <b>3. Monthly Evolution</b>                |                                                                                |
| 20.10.20 |           | 32 | **               | I   | Non parametric test                        | Goodness of fit                                                                |
| 20.10.20 |           | 32 | Apoorva Tripathi | II  | Pulses and legumes                         | Different way of preparations                                                  |
| 21.10.20 | Wednesday | 28 | Sunidhi Gupta    | IV  | Colour                                     | Importance of colour                                                           |
| 21.10.20 |           | 33 | **               | I   | Non parametric test                        | Independence of attributes 2×2                                                 |
| 21.10.20 |           | 33 | Apoorva Tripathi | II  | Pulses and legumes                         | Effect of cooking on nutritive value                                           |
| 22.10.20 | Thursday  | 24 | Sunidhi Gupta    | V   | Energy consumption patterns                | Oil products and consuming industries                                          |
| 22.10.20 |           | 29 | **               | III | Records and register                       | Needs and method of maintaining administration, health and development records |
| 22.10.20 |           | 29 | Apoorva Tripathi | VI  | Rural development programme                | Evolution of Panchayati Raj                                                    |
| 23.10.20 | Friday    | 25 | Sunidhi Gupta    | V   | Energy consumption pattern                 | Electricity                                                                    |
| 23.10.20 |           | 30 | **               | III | Nursery school                             | Nursery school personal, role of a nursery school teacher                      |
| 23.10.20 |           | 30 | Apoorva Tripathi | VI  | Evolution of Panchayati Raj                | Evolution of Panchayati Raj                                                    |

|          |           |    |                  |     |                              |                                                                              |
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| 29.10.20 | Thursday  | 26 | Sunidhi Gupta    | V   | Energy consumption pattern   | Electricity                                                                  |
| 29.10.20 |           | 31 | **               | III | Welfare of children in India | National organization of children                                            |
| 29.10.20 |           | 31 | Apoorva Tripathi | VI  | Rural development programme  | Democratic decentralization                                                  |
| 31.10.20 | Saturday  | 27 | Sunidhi Gupta    | V   | Energy consume pattern       | Manufacturing sector domestic sector in urban and rural areas                |
| 31.10.20 |           | 32 | **               | III | Welfare of children in India | International organization                                                   |
| 31.10.20 |           | 32 | Apoorva Tripathi | VI  | Rural development programme  | Democratic decentralization                                                  |
| 02.11.20 | Monday    |    |                  |     | <b>8. Class Teaching</b>     |                                                                              |
| 02.11.20 |           | 34 | **               | I   | Non parametric test          | Independence of R×C contingency table                                        |
| 02.11.20 |           | 34 | Apoorva Tripathi | II  | Vegetable and fruits         | Composition                                                                  |
| 03.11.20 | Tuesday   | 29 | Sunidhi Gupta    | IV  | Colour                       | Study of colour theories                                                     |
| 03.11.20 |           | 35 | **               | I   | Research                     | Definition                                                                   |
| 03.11.20 |           | 35 | Apoorva Tripathi | II  | Vegetable and fruits         | Recognition of quality care in storage                                       |
| 04.11.20 | Wednesday | 30 | Sunidhi Gupta    | IV  | Colour                       | Study of colour theories                                                     |
| 04.11.20 |           | 36 | **               | I   | Research                     | Scope in home science                                                        |
| 04.11.20 |           | 36 | Apoorva Tripathi | II  | Vegetable and fruits         | Methods of cooking                                                           |
| 05.11.20 | Thursday  | 28 | Sunidhi Gupta    | V   | Energy consumption pattern   | Units of consumption                                                         |
| 05.11.20 |           | 33 | **               | III | Psycho- analytical theory    | Introduction, significance in child development                              |
| 05.11.20 |           | 33 | Apoorva Tripathi | VI  | Rural development programme  | Five year plan                                                               |
| 06.11.20 | Friday    | 29 | Sunidhi Gupta    | V   | Energy consumption pattern   | Types of uses expenditure pattern of energy use                              |
| 06.11.20 |           | 34 | **               | III | Cognitive theory             | Introduction and significance in child development                           |
| 06.11.20 |           | 34 | Apoorva Tripathi | VI  | Rural development programme  | Five year plan                                                               |
| 07.11.20 | Saturday  | 30 | Sunidhi Gupta    | V   | Energy resources of India    | Fossil                                                                       |
| 07.11.20 |           | 35 | **               | III | Middle childhood             | Importance of development task, normal health and development, socialization |
| 07.11.20 |           | 35 | Apoorva Tripathi | VI  | Rural development programme  | Factors influencing adoption innovation                                      |
| 09.11.20 | Monday    |    |                  |     | <b>9. Class Teaching</b>     |                                                                              |
| 09.11.20 |           | 37 | **               | I   | Types of research            | Historical                                                                   |
| 09.11.20 |           | 37 | Apoorva Tripathi | II  | Vegetable and fruits         | Cooking losses                                                               |
| 10.11.20 | Tuesday   | 31 | Sunidhi Gupta    | IV  | Colour                       | Study of colour theory                                                       |

|          |           |    |                  |     |                                           |                                                                                      |
|----------|-----------|----|------------------|-----|-------------------------------------------|--------------------------------------------------------------------------------------|
| 10.11.20 |           | 38 | **               | I   | Types of research                         | Survey                                                                               |
| 10.11.20 |           | 38 | Apoorva Tripathi | II  | Milk and milk product                     | Types                                                                                |
| 17.11.20 | Tuesday   | 32 | Sunidhi Gupta    | IV  | Colour                                    | Study of colour theory                                                               |
| 17.11.20 |           | 39 | **               | I   | Types of research                         | Experimental                                                                         |
| 17.11.20 |           | 39 | Apoorva Tripathi | II  | Milk and milk product                     | Composition                                                                          |
| 18.11.20 | Wednesday | 33 | Sunidhi Gupta    | IV  | Colour                                    | Study of colour theory                                                               |
| 18.11.20 |           | 40 | **               | I   | Types of research                         | Case study                                                                           |
| 18.11.20 |           | 40 | Apoorva Tripathi | II  | Milk and milk product                     | Preparation                                                                          |
| 19.11.20 | Thursday  | 31 | Sunidhi Gupta    | V   | Energy resources of India                 | Coal oil and gas                                                                     |
| 19.11.20 |           | 36 | **               | III | Middle childhood                          | Negative attitude towards curriculum, physical, motor, emotional, mental development |
| 19.11.20 |           | 36 | Apoorva Tripathi | VI  | Role of voluntary agencies                | Contribution of voluntary agencies to rural development                              |
| 21.11.20 | Saturday  | 32 | Sunidhi Gupta    | V   | Energy resources of India                 | Hydroelectric sources, nuclear fuels                                                 |
| 21.11.20 |           | 37 | **               | III | Early childhood                           | Moral and language development among the school children                             |
| 21.11.20 |           | 37 | Apoorva Tripathi | VI  | Role of voluntary agencies                | Contribution of voluntary agencies to rural development                              |
| 23.11.20 | Monday    |    |                  |     | <b>4. Monthly Evolution</b>               |                                                                                      |
| 23.11.20 |           | 41 | **               | I   | Research problem                          | Definition and identification                                                        |
| 23.11.20 |           | 41 | Apoorva Tripathi | II  | Milk and milk product                     | Effect of cooking and used in cookery                                                |
| 24.11.20 | Tuesday   | 34 | Sunidhi Gupta    | IV  | Colour                                    | Colour wheel                                                                         |
| 24.11.20 |           | 42 | **               | I   | Research problem                          | Selection of problem                                                                 |
| 24.11.20 |           | 42 | Apoorva Tripathi | II  | Eggs                                      | Structure                                                                            |
| 26.11.20 | Thursday  | 33 | Sunidhi Gupta    | V   | Energy resources of India                 | Geothermal energy wind energy                                                        |
| 26.11.20 |           | 38 | **               | III | Government facilities                     | Brief knowledge of government facilities for nursery primary and secondary schools   |
| 26.11.20 |           | 38 | Apoorva Tripathi | VI  | Role of voluntary agencies                | Central welfare board                                                                |
| 27.11.20 | Friday    | 34 | Sunidhi Gupta    | V   | Energy resources of India                 | Solar energy and non commercial fuels                                                |
| 27.11.20 |           | 39 | **               | III | Government facilities                     | Special benefits available for different section of the community                    |
| 27.11.20 |           | 39 | Apoorva Tripathi | VI  | Role of voluntary agencies                | State welfare boards                                                                 |
| 28.11.20 | Saturday  | 35 | Sunidhi Gupta    | V   | Technology of alternate sources of energy | Gobar gas and biogas plants                                                          |

|          |           |    |                  |     |                               |                                                                               |
|----------|-----------|----|------------------|-----|-------------------------------|-------------------------------------------------------------------------------|
| 28.11.20 |           | 40 | **               | III | Personality development       | Definition, biological and social culture factor affecting of the child       |
| 28.11.20 |           | 40 | Apoorva tripathi | VI  | Role of voluntary agencies    | Bhartiya gramin mahila Sangh                                                  |
| 01.12.20 | Tuesday   | 35 | Sunidhi Gupta    | IV  | Colour                        | Colour wheel                                                                  |
| 01.12.20 |           | 43 | **               | I   | Research problem              | Theory                                                                        |
| 01.12.20 |           | 43 | Apoorva Tripathi | II  | Eggs                          | Composition                                                                   |
| 02.12.20 | Wednesday |    |                  |     | <b>10. Class Teaching</b>     |                                                                               |
| 02.12.20 |           | 44 | **               | I   | Research problem              | Hypothesis                                                                    |
| 02.12.20 |           | 44 | Apoorva Tripathi | II  | Eggs                          | Quality, care in storage                                                      |
| 03.12.20 | Thursday  | 36 | Sunidhi Gupta    | V   | Alternative sources of energy | Solar energy and fuel wood plantation (bio mass)                              |
| 03.12.20 |           | 41 | **               | III | Children with special needs   | Definition of exceptional children and classification                         |
| 03.12.20 |           | 41 | Apoorva Tripathi | VI  | Role of voluntary agencies    | Bhartiya gramin mahila Sangh                                                  |
| 07.12.20 | Monday    | 36 | Sunidhi Gupta    | IV  | Colour                        | Colour wheel                                                                  |
| 07.12.20 |           | 45 | **               | I   | Research problem              | Basic assumptions and limitations                                             |
| 07.12.20 |           | 45 | Apoorva Tripathi | II  | Eggs                          | Methods of cooking                                                            |
| 08.12.20 | Tuesday   | 37 | Sunidhi Gupta    | IV  | Colour                        | Colour in clothing                                                            |
| 08.12.20 |           | 46 | **               | I   | Sampling                      | Types of samples                                                              |
| 08.12.20 |           | 46 | Apoorva Tripathi | II  | Eggs                          | Use in cookery                                                                |
| 09.12.20 | Wednesday | 38 | Sunidhi Gupta    | IV  | <b>Colour</b>                 | Colour in clothing                                                            |
| 09.12.20 |           | 47 | **               | I   | Sampling                      | Selection and benefits of sampling                                            |
| 09.12.20 |           | 47 | Apoorva Tripathi | II  | Meat fish and poultry         | Types and quality                                                             |
| 11.12.20 | Friday    | 37 | Sunidhi Gupta    | V   | Application of new technology | Family and community sized biogas plant, economic liability social acceptance |
| 11.12.20 |           | 42 | **               | III | Children with special needs   | Types of identification and methods of training                               |
| 11.12.20 |           | 42 | Apoorva Tripathi | VI  | Role of voluntary agencies    | All India women conference                                                    |
| 12.12.20 | Saturday  |    |                  |     | <b>11. Class Teaching</b>     |                                                                               |
| 12.12.20 |           | 43 | **               | III | Adolescence period            | Psychological changes, values, interest, problems                             |
| 12.12.20 |           | 43 | Apoorva Tripathi | VI  | Role of voluntary agencies    | All India women conference                                                    |
| 14.12.20 | Monday    | 39 | Sunidhi Gupta    | IV  | Classification of design      | Structural design                                                             |
| 14.12.20 |           | 48 | **               | I   | Sampling                      | Evaluating a sample                                                           |

|          |           |    |                  |     |                               |                                                                                          |
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| 14.12.20 |           | 48 | Apoorva Tripathi | II  | Meat fish and poultry         | Factor affecting tenderness                                                              |
| 15.12.20 | Tuesday   | 40 | Sunidhi Gupta    | IV  | Classification of design      | Structural design                                                                        |
| 15.12.20 |           | 49 | **               | I   | Analysis of data              | Categorizations                                                                          |
| 15.12.20 |           | 49 | Apoorva Tripathi | II  | Meat fish and poultry         | Methods of cooking                                                                       |
| 16.12.20 | Wednesday | 41 | Sunidhi Gupta    | IV  | Classification of design      | Decorative designs                                                                       |
| 16.12.20 |           | 50 | **               | I   | Analysis of data              | Coding                                                                                   |
| 16.12.20 |           | 50 | Apoorva Tripathi | II  | Meat fish and poultry         | Effect of heat on nutritive value                                                        |
| 17.12.20 | Thursday  | 38 | Sunidhi Gupta    | V   | Application of new technology | Adequacy of meeting energy needs particularly of rural communities and low income groups |
| 17.12.20 |           | 44 | **               | III | Adolescence period            | Adjustment, juvenile delinquency-causes and cure                                         |
| 17.12.20 |           | 44 | Apoorva Tripathi | VI  | Role of voluntary agencies    | Kasturba Gandhi national memorial trust                                                  |
| 18.12.20 | Friday    | 39 | Sunidhi Gupta    | V   | Application of new technology | Appliances, stores, refrigerator, solar energy cooler                                    |
| 18.12.20 |           | 45 | **               | III | Guidance and counselling      | Definition, fundamentals and basic techniques                                            |
| 18.12.20 |           | 45 | Apoorva tripathi | VI  | Role of voluntary agencies    | Kasturba Gandhi national memorial trust                                                  |
| 21.12.20 | Monday    |    |                  |     | <b>12. Class Teaching</b>     |                                                                                          |
| 21.12.20 |           | 51 | **               | I   | Analysis of the data          | Tabulation                                                                               |
| 21.12.20 |           | 51 | Apoorva Tripathi | II  | Condiments and spices         | Types                                                                                    |
| 22.12.20 | Tuesday   | 42 | Sunidhi Gupta    | IV  | Classification of design      | Decorative design                                                                        |
| 22.12.20 |           | 52 | **               | I   | Analysis of the data          | Statistical testing                                                                      |
| 22.12.20 |           | 52 | Apoorva Tripathi | II  | Condiments and spices         | Its uses                                                                                 |
| 23.12.20 | Wednesday | 43 | Sunidhi Gupta    | IV  | Classification of design      | Realistic and abstract design                                                            |
| 23.12.20 |           | 53 | **               | I   | Conclusion and recommendation | Summary techniques                                                                       |
| 23.12.20 |           | 53 | Apoorva Tripathi | II  | Fats and oils                 | Composition                                                                              |
| 24.12.20 | Thursday  | 40 | Sunidhi Gupta    | V   | Application of new technology | Solar water heater, solar lantern, solar light, solar pumps                              |
| 24.12.20 |           | 46 | **               | III | Guidance and counselling      | Importance of counselling in child guidance clinic                                       |
| 24.12.20 |           | 46 | Apoorva Tripathi | VI  | Role of voluntary agencies    | Other voluntary agencies                                                                 |
| 26.12.20 | Saturday  | 41 | Sunidhi Gupta    | V   | Application of new technology | Food dryers, air conditioner, consideration in biogas technology                         |
| 26.12.20 |           | 47 | **               | III | Psychology of adulthood       | Significance of period, responsibilities and adjustment                                  |
| 26.12.20 |           | 47 | Apoorva Tripathi | VI  | Entrepreneurship              | Concept                                                                                  |

|          |           |    |                  |     |                                                |                                                                                                                           |
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| 28.12.20 | Monday    | 44 | Sunidhi Gupta    | IV  | Classification of design                       | Stylized and geometric designs                                                                                            |
| 28.12.20 |           | 54 | **               | I   | Conclusion and recommendation                  | Conclusion and recommendations                                                                                            |
| 28.12.20 |           | 54 | Apoorva Tripathi | II  | Fats and oils                                  | Types                                                                                                                     |
| 29.12.20 | Tuesday   |    |                  |     | <b>5. Monthly Evolution</b>                    |                                                                                                                           |
| 29.12.20 |           | 55 | **               | I   | Report writing                                 | Presentation of report format footnotes                                                                                   |
| 29.12.20 |           | 55 | Apoorva Tripathi | II  | Fats and oils                                  | Use in cookery                                                                                                            |
| 30.12.20 | Wednesday | 45 | Sunidhi Gupta    | IV  | Classification of designs                      | Traditional design                                                                                                        |
| 30.12.20 |           | 56 | **               | I   | Report writing                                 | Bibliographical citations                                                                                                 |
| 30.12.20 |           | 56 | Apoorva Tripathi | II  | Food preservation                              | Methods of food preservation                                                                                              |
| 31.12.20 | Thursday  | 42 | Sunidhi Gupta    | V   | Developing of design and performance standard  | Development of standard, ergonomic consideration for equipment design, organizations contributing to developing standards |
| 31.12.20 |           | 48 | **               | III | Psychology of adulthood                        | Issues and implications for young adult                                                                                   |
| 31.12.20 |           | 48 | Apoorva Tripathi | VI  | Entrepreneurship                               | Concept                                                                                                                   |
| 01.01.21 | Friday    | 43 | Sunidhi Gupta    | V   | Development of design and performance standard | Types of standard already developed standard for various equipment                                                        |
| 01.01.21 |           | 49 | **               | III | Middle adulthood                               | Definition, physical changes, menopause health issue, stress in middle age                                                |
| 01.01.21 |           | 49 | Apoorva Tripathi | VI  | Entrepreneurship                               | Process                                                                                                                   |
| 02.01.21 | Saturday  | 44 | Sunidhi Gupta    | V   | Lighting                                       | Lighting for home and wiring plants for home lighting                                                                     |
| 02.01.21 |           | 50 | **               | III | Middle adulthood                               | Coping with stress of family, workplace, occupation and job satisfaction                                                  |
| 02.01.21 |           | 50 | Apoorva Tripathi | VI  | Entrepreneurship                               | Process                                                                                                                   |
| 04.01.21 | Monday    | 46 | Sunidhi Gupta    | IV  | Collars                                        | Types of collars                                                                                                          |
| 04.01.21 |           | 57 | **               | I   | Report writing                                 | Preparation of an abstract                                                                                                |
| 04.01.21 |           | 57 | Apoorva Tripathi | II  | Food preservation                              | Methods of food preservation                                                                                              |
| 06.01.21 | Wednesday |    |                  |     | <b>13. Class Teaching</b>                      |                                                                                                                           |
| 06.01.21 |           | 58 | **               | I   | Report writing                                 | Preparation of an abstract                                                                                                |
| 06.01.21 |           | 58 | Apoorva Tripathi | II  | Food preservation                              | Methods of food preservation                                                                                              |
| 07.01.21 | Thursday  | 45 | Sunidhi Gupta    | V   | Lighting                                       | Requirements, slandered lighting                                                                                          |
| 07.01.21 |           | 51 | **               | III | Middle adulthood                               | Pre retirement and leisure-preparation for retirement and leisure                                                         |
| 07.01.21 |           | 51 | Apoorva Tripathi | VI  | Entrepreneurship                               | Process                                                                                                                   |

|          |           |    |                  |     |                                             |                                                                       |
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| 08.01.21 | Friday    | 46 | Sunidhi Gupta    | V   | Lighting                                    | Services adequate lighting quantity, wiring plan                      |
| 08.01.21 |           | 52 | **               | III | Late adulthood and ageing                   | Definition, psychological changes                                     |
| 08.01.21 |           | 51 | Apoorva Tripathi | VI  | Revision and Previous year paper discussion |                                                                       |
| 09.01.21 | Saturday  | 47 | Sunidhi Gupta    | V   | Equipment                                   | Smart appliances                                                      |
| 09.01.21 |           | 53 | **               | III | Late adulthood and ageing                   | Health problems and cognitive and memory changes                      |
| 09.01.21 |           | 52 | Apoorva Tripathi | VI  | Revision and Previous year paper discussion |                                                                       |
| 11.01.21 | Monday    | 47 | Sunidhi Gupta    | IV  | Sleeves                                     | Types of sleeves                                                      |
| 11.01.21 |           | 59 | **               | I   | Report writing                              | Paper for publication                                                 |
| 11.01.21 |           | 59 | Apoorva Tripathi | II  | Food preservation                           | Importance of food preservation                                       |
| 12.01.21 | Tuesday   | 48 | Sunidhi Gupta    | IV  | Yoke and cuffs                              | Types of yoke and cuffs                                               |
| 12.01.21 |           | 60 | **               | I   | Report writing                              | Paper for publications                                                |
| 12.01.21 |           | 60 | Apoorva Tripathi | II  | Food adulteration                           | Food fortification                                                    |
| 13.01.21 | Wednesday |    |                  |     | <b>14. Class Teaching</b>                   |                                                                       |
| 13.01.21 |           | 61 | **               | I   | Report writing                              | Paper for publication                                                 |
| 13.01.21 |           | 61 | Apoorva Tripathi | II  | Food adulteration                           | Food laws                                                             |
| 16.01.21 | Saturday  | 48 | Sunidhi Gupta    | V   | Equipment                                   | Electrical appliances                                                 |
| 16.01.21 |           | 54 | **               | III | Late adulthood and aging                    | Retirement - effects of retirement                                    |
| 16.01.21 |           | 53 | Apoorva Tripathi | VI  | Revision and Previous year paper discussion |                                                                       |
| 18.01.21 | Monday    | 49 | Sunidhi Gupta    | IV  | Clothing for different age groups           | Infancy toddler preschool child                                       |
| 18.01.21 |           | 55 | **               | III | Late adulthood                              | Social family factors, attitude towards aged, old age and friendship  |
| 18.01.21 |           | 62 | Apoorva Tripathi | II  | Food adulteration                           | Food laws                                                             |
| 19.01.21 | Tuesday   | 50 | Sunidhi Gupta    | IV  | Clothing for different age group            | Adolescence adulthood old age                                         |
| 19.01.21 |           | 56 | **               | III | Late adulthood                              | Issues- old age homes, loneliness, coping with, loneliness, prolonged |
| 19.01.21 |           | 63 | Apoorva Tripathi | II  | Food adulteration                           | Food laws                                                             |
| 20.01.21 | Wednesday | 51 | Sunidhi Gupta    | IV  | Textile industry in India                   | Importance in Indian economy                                          |
| 20.01.21 |           | 62 | **               | I   | Revision and Previous year paper discussion |                                                                       |
| 20.01.21 |           | 64 | Apoorva Tripathi | II  | Food adulteration                           | Quality control                                                       |
| 21.01.21 | Thursday  | 49 | Sunidhi Gupta    | V   | Equipment                                   | Motor appliances                                                      |

|          |           |    |                  |     |                                             |                                     |
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| 21.01.21 |           | 57 | **               | III | Revision and Previous year paper discussion |                                     |
| 21.01.21 |           | 54 | Apoorva Tripathi | VI  | Revision and Previous year paper discussion |                                     |
| 22.01.21 | Friday    |    |                  |     | <b>15. Class Teaching</b>                   |                                     |
| 22.01.21 |           | 57 | **               | III | Revision and Previous year paper discussion |                                     |
| 22.01.21 |           | 55 | Apoorva Tripathi | VI  | Revision and Previous year paper discussion |                                     |
| 23.01.21 | Saturday  | 50 | Sunidhi Gupta    | V   | Equipment                                   | New electrical household appliances |
| 23.01.21 |           | 58 | **               | III | Revision and Previous year paper discussion |                                     |
| 23.01.21 |           | 56 | Apoorva Tripathi | VI  | Revision and Previous year paper discussion |                                     |
| 25.01.21 | Monday    | 52 | Sunidhi Gupta    | IV  | Textile industry in India                   | Its importance in Indian economy    |
| 25.01.21 |           | 59 | **               | III | Revision and Previous year paper discussion |                                     |
| 25.01.21 |           | 65 | Apoorva Tripathi | II  | Revision and Previous year paper discussion |                                     |
| 27.01.21 | Wednesday | 53 | Sunidhi Gupta    | IV  | Revision and previous year paper discussion |                                     |
| 27.01.21 |           | 60 | **               | III | Revision and Previous year paper discussion |                                     |
| 27.01.21 |           | 66 | Apoorva Tripathi | II  | Revision and Previous year paper discussion |                                     |
| 28.01.21 | Thursday  | 51 | Sunidhi Gupta    | V   | Equipment                                   | Personal Care appliances            |
| 28.01.21 |           | 63 | **               | I   | Revision and Previous year paper discussion |                                     |
| 28.01.21 |           | 67 | Apoorva Tripathi | II  | Revision and Previous year paper discussion |                                     |
| 29.01.21 | Friday    | 54 | Sunidhi Gupta    | IV  | Revision and Previous year paper discussion |                                     |
| 29.01.21 |           | 64 | **               | I   | Revision and Previous year paper discussion |                                     |
| 29.01.21 |           | 68 | Apoorva Tripathi | II  | Revision and Previous year paper discussion |                                     |
| 30.01.21 | Saturday  |    |                  |     | <b>6. Monthly Evolution</b>                 |                                     |
| 30.01.21 |           | 65 | **               | I   | Revision and Previous year paper discussion |                                     |
| 30.01.21 |           | 69 | Apoorva Tripathi | II  | Revision and Previous year paper discussion |                                     |

- **Note: Changes in the Lesson Plan are possible due to unavoidable reasons.**