



Punjab Association's  
**ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras)  
**ANNA NAGAR, CHENNAI 600040**

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CRITERION 1

***1.1.1 Curriculum Planning  
and Implementation***

***LESSON PLAN***

**HOME SCIENCE - NUTRITION, FOOD  
SERVICE MANAGEMENT AND DIETETICS**

# Anna Adarsh College for Women

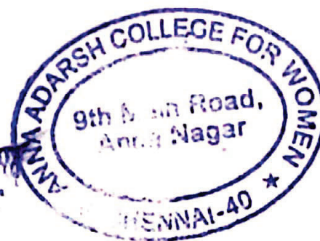
Department of Home Science-N &D

## Lesson Plan

ODD SEMESTER 2021-2022

*R. Shanthi*

PRINCIPAL  
ANNA ADARSH COLLEGE FOR WOMEN  
ANNA NAGAR, CHENNAI-600 040



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*02/02/22*

**ANNA ADARSH COLLEGE FOR WOMEN**

**DEPARTMENT OF HOMESCIENCE-N&D**

**LESSON PLAN**

**ACADEMIC YEAR 2020-21**

**Name of the Staff: DR.SUGANTHI.V.**

**Total hours: 68**

**Name of the subject: Sports Nutrition**

**Year/Semester: III/V**

**Subject Code: TAL5D**

<b>S.NO</b>	<b>CHAPTER</b>	<b>HOURS</b>	<b>METHODOLOGY</b>	<b>ICT TOOLS ADOPTED</b>
1.	<b>Fuel Sources for Muscle and Exercise Metabolism Sources of energy for muscle force generation – fuel stores on skeletal muscle – energy pathways – regulation of energy metabolism – metabolic response to exercise – metabolic adaptation to exercise training – factors influencing choice of fuels – Components of energy expenditure – energy balance</b>	2  4  2  2	<ul style="list-style-type: none"> <li>• Lecture method</li> <li>• Power point presentation and videos</li> <li>• Z-A approach</li> <li>• Interactive class room sessions</li> </ul>	AV presentation <a href="https://docs.google.com/presentation/d/1blQC_T6B-N9ubg849fx96eJAAWiD9YDvFMxktVHjVBfg/edit?usp=sharing">https://docs.google.com/presentation/d/1blQC_T6B-N9ubg849fx96eJAAWiD9YDvFMxktVHjVBfg/edit?usp=sharing</a>  Video presentation <a href="https://youtu.be/LtO-DzWj0fc">https://youtu.be/LtO-DzWj0fc</a>  AV presentation <a href="https://docs.google.com/presentation/d/1U2EJ4wq7KJ2sUCXPGZLB7wmP1BKnapbY6-vKlGTjHoY/edit?usp=sharing">https://docs.google.com/presentation/d/1U2EJ4wq7KJ2sUCXPGZLB7wmP1BKnapbY6-vKlGTjHoY/edit?usp=sharing</a>  AV presentation <a href="https://docs.google.com/presentation/d/1rNFLITD-">https://docs.google.com/presentation/d/1rNFLITD-</a>

				<p><b><u><a href="#">aLvwkLoqkSUKUVcBJ4cIxBuWdTgW2koLxvA/edit?usp=sharing</a></u></b></p> <p><b>Video presentation</b> <u><a href="https://youtu.be/KEhbYNmY3N4">https://youtu.be/KEhbYNmY3N4</a></u></p> <p><u><a href="https://youtu.be/rBUjOY12gJA">https://youtu.be/rBUjOY12gJA</a></u></p> <p><b>Quiz assessment</b></p> <p><b><u><a href="https://docs.google.com/forms/d/1D35QGxUVtIntqZID3sZtbKWLzoFr0akeDt-JwtC7AT0/edit?usp=sharing">https://docs.google.com/forms/d/1D35QGxUVtIntqZID3sZtbKWLzoFr0akeDt-JwtC7AT0/edit?usp=sharing</a></u></b></p>
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2.	<p><b>Macro and Micro Nutrients in Sports Nutrition</b>  <b>Role of carbohydrates before, during and after exercise – carbohydrates loading – Protein requirements for exercise – techniques to study protein and amino acid metabolism – effect of protein intake on protein synthesis – amino acids as ergogenic aids – health risks with excessive protein intake – Fat as a fuel during exercise – fat supplementation and exercise supplements that increase after oxidation. Micronutrients – role of antioxidants – essential function of vitamins and minerals for athletes, ergogenic effect Water – thermoregulation and exercise in the heat – effect of dehydration in exercise performance – heat illness – fluid guidelines before, during and after exercise.</b></p>	<p>5 2 2 3 4</p>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Interactive session with students</li> <li>• Z-A approach</li> </ul>	<p><a href="https://docs.google.com/presentation/d/1PK_rUrJW6w2u-36sCXLobuXrVHptTmP0ghfK9O1AHhw/edit?usp=sharing">https://docs.google.com/presentation/d/1PK_rUrJW6w2u-36sCXLobuXrVHptTmP0ghfK9O1AHhw/edit?usp=sharing</a>  <b>Video explanation</b>  <a href="https://youtu.be/1YbjoTOcsbs">https://youtu.be/1YbjoTOcsbs</a>   <a href="https://youtu.be/fXERyIP0JUw">https://youtu.be/fXERyIP0JUw</a>   <a href="https://youtu.be/xFYd6JmXyCs">https://youtu.be/xFYd6JmXyCs</a>  <b>AV presentation</b>   <a href="https://docs.google.com/presentation/d/1BvM0OodkdPpNY15e-2xQWh1D9nWqQUKeTEw4oUpC-LM/edit?usp=sharing">https://docs.google.com/presentation/d/1BvM0OodkdPpNY15e-2xQWh1D9nWqQUKeTEw4oUpC-LM/edit?usp=sharing</a>   <b>Video explanation</b>  <a href="https://youtu.be/iiBC0H4Ks3w">https://youtu.be/iiBC0H4Ks3w</a>  <a href="https://youtu.be/stWH-rNB2H0">https://youtu.be/stWH-rNB2H0</a>   <a href="https://docs.google.com/presentation/d/1azhF7UG97m5D_kNtNoJuXCbw_GTPXT1fXeaQzLAS8n0/edit#slide=id.p">https://docs.google.com/presentation/d/1azhF7UG97m5D_kNtNoJuXCbw_GTPXT1fXeaQzLAS8n0/edit#slide=id.p</a>   <a href="https://docs.google.com/presentation/d/1X_1FCdJYDCifjCIN-4SVXyMqMGPGfxx_zzGFx_LaOaI/edit?usp=sharing">https://docs.google.com/presentation/d/1X_1FCdJYDCifjCIN-4SVXyMqMGPGfxx_zzGFx_LaOaI/edit?usp=sharing</a>  <b>Video explanation</b></p>
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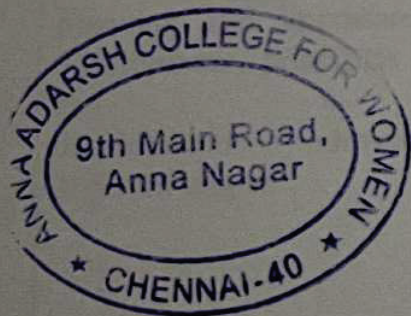
				<a href="https://youtu.be/4sOMfEAqzEg">https://youtu.be/4sOMfEAqzEg</a>
3.	<b>Weight Management and Body Composition</b> <b>Weight management- Ideal body weight and composition – weight loss – making weight and rapid weight loss strategies</b> <b>Eating disorders – types, prevalence, risk factors, effect on sports performance, treatment and prevention</b> <b>Body composition analysis- importance of body composition, different techniques-normative values for comparison.</b>	3 3 6	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Student led learning</li> <li>• Z-A approach</li> </ul>	<b>Video presentation</b> <a href="https://youtu.be/VuDQ3zzhD10">https://youtu.be/VuDQ3zzhD10</a> <b>Video presentation</b> <a href="https://youtu.be/xbat8q8ltAI">https://youtu.be/xbat8q8ltAI</a> <a href="https://youtu.be/Nc0Zg3m1PgW">https://youtu.be/Nc0Zg3m1PgW</a>
4.	<b>Practical Sports Nutrition</b> <b>Pre event and post event meal-</b> <b>preparing for competition, dealing with cramps, stitch</b> <b>GI distress electrolyte balance-</b> <b>sports drinks</b>	6 2 2	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Job instruction technique</li> <li>• Blog review</li> </ul>	<b>AV presentation</b> <a href="https://docs.google.com/presentation/d/1MyHvQuwEtZh5qUisg-mr5XVyVqSqPNWZ19URXdk_oo/edit?usp=sharing">https://docs.google.com/presentation/d/1MyHvQuwEtZh5qUisg-mr5XVyVqSqPNWZ19URXdk_oo/edit?usp=sharing</a> <b>Video presentation</b> <a href="https://youtu.be/5f-I4XpkmNE">https://youtu.be/5f-I4XpkmNE</a> <b>Video presentation</b> <a href="https://youtu.be/hh8s01Hd1IQ">https://youtu.be/hh8s01Hd1IQ</a>

	<p><b>Eating for anaerobic power-aerobic power timing of meals and snacks-guidelines for the travelling athlete-recovery food</b>  <b>Food for power sports, endurance sports, combined power</b>  <b>Nutrition for special population: child athlete, ageing athlete, athletic diabetes, vegetarian and disabled athlete.</b></p>	<p>4 4</p>		
5.	<p><b>Ergogenic aids and supplements</b>  <b>Overview of supplements and sports foods – use of performance enhancing substances among athletes – finding proof of efficacy of supplements and sports foods-</b>  <b>anabolic steroids-sports foods (cereal bar, sports drinks, carbohydrate gels, liquid meal replacements, vitamins)-different types of protein supplements, creatine, glutamine, BCAA, HMB, caffeine, glycerol, bicarbonate, citrate</b></p>	10	<ul style="list-style-type: none"> <li>• <b>Lecture</b></li> <li>• <b>Student led learning</b></li> <li>• <b>Blog review</b></li> <li>• <b>Market survey</b></li> </ul>	<p><b>Video presentation</b>  <a href="https://youtu.be/8tmfrWkk8M"><u>https://youtu.be/8tmfrWkk8M</u></a>  <a href="https://youtu.be/7hq8o6JDDFQ"><u>https://youtu.be/7hq8o6JDDFQ</u></a>  <a href="https://youtu.be/fPrkarBzrg0"><u>https://youtu.be/fPrkarBzrg0</u></a>  <a href="https://youtu.be/dDm21b1kKj8"><u>https://youtu.be/dDm21b1kKj8</u></a>  <a href="https://youtu.be/OwReRS1Chwc"><u>https://youtu.be/OwReRS1Chwc</u></a></p>

	<b>WADA-Anti doping rules and regulations.</b>	<b>2</b>	<b>Assignment Blog reviews</b>	
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*R. Shanthi*

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**ANNA ADARSH COLLEGE FOR WOMEN**  
**Department of Home Science**  
**FORMAT FOR LESSON PLAN**  
**Academic year 2021-22**

**Name of the staff:** Dr. K.Sudha Rani

**Total Hours** : 6

**Name of the subject:** Human Development I

**Year/ Semester:** III/V

**Subject code:** TAL5A

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
1	<p><b>Growth and development</b></p> <p>Introduction to Human Development</p> <p>Meaning and importance of growth and development, principles governing growth and development – developmental task of different stages.</p>	<p>1</p> <p>2</p> <p>2</p> <p>2</p>	<p>Lecture with PPTs suitable examples, and pictures.</p> <p>Quiz</p> <p>Interactive sessions with discussion</p>	<p><b>Digital presentation</b></p> <p><a href="https://docs.google.com/presentation/d/1lz40FAau9UR3M6ic9aQF1Kh0iZoyA2V1hX31fI_-wn8/edit?usp=sharing">https://docs.google.com/presentation/d/1lz40FAau9UR3M6ic9aQF1Kh0iZoyA2V1hX31fI_-wn8/edit?usp=sharing</a> --- Growth and Development</p> <p><b>Quiz</b></p> <p><a href="https://docs.google.com/forms/d/1bNsr3qeWnqBMh3kOSQGCq_XMnXvujzvrhyceQRdSEBk/edit?usp=sharing">https://docs.google.com/forms/d/1bNsr3qeWnqBMh3kOSQGCq_XMnXvujzvrhyceQRdSEBk/edit?usp=sharing</a>---Growth and devt</p>



				<p><a href="https://www.youtube.com/watch?v=a4WGVozTR4A">https://www.youtube.com/watch?v=a4WGVozTR4A</a>  <a href="https://youtu.be/IBnM1Sz3fNw">https://youtu.be/IBnM1Sz3fNw</a></p> <p><a href="https://drive.google.com/file/d/1-h3Qfv-lhxNmKIXXw2oCx_ovvYB2_VfM/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1-h3Qfv-lhxNmKIXXw2oCx_ovvYB2_VfM/view?usp=drive_web&amp;authuser=0</a> - PIAGET'S THEORY -- digital presentation/SEMINAR</p> <p>Reflexes  <a href="https://drive.google.com/file/d/1Tp3uzm9soSRSFCAhgp14BFBvZU0soayE/view?usp=sharing">https://drive.google.com/file/d/1Tp3uzm9soSRSFCAhgp14BFBvZU0soayE/view?usp=sharing</a></p>
	Effect of stimulation – Care of the infant, feeding, toilet training, bathing, clothing, sleeping and immunization.	3+3	<p>Lecture with relevant examples and pictures</p> <p>Student led seminars and discussions</p>	<p><b>Digital presentation</b></p> <p><b>You-tube links, videos and website references</b></p> <p>CARE OF INFANTS  <a href="https://docs.google.com/presentation/d/18kNQHfkdGvcgLxhgrJJc1Nlh455134IC">https://docs.google.com/presentation/d/18kNQHfkdGvcgLxhgrJJc1Nlh455134IC</a></p> <p><a href="https://docs.google.com/document/d/1MITKCFad1SBuwkovjn6fOuoCQS2C9ogV/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/document/d/1MITKCFad1SBuwkovjn6fOuoCQS2C9ogV/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true</a></p> <p><b>Assignment Quiz</b>  <a href="https://docs.google.com/forms/d/1EOuzxanyZodRCn3Em_AaY3YI8nmTl8L8JIMihhrgeQ/edit?usp=">https://docs.google.com/forms/d/1EOuzxanyZodRCn3Em_AaY3YI8nmTl8L8JIMihhrgeQ/edit?usp=</a></p>

	<p>Importance of mothering</p> <p>Importance of psychological needs</p>	<p>2</p> <p>2</p>	<p>Discussion</p> <p>Explanation with examples</p> <p>Quiz</p>	<p>Sharing</p> <p><a href="https://docs.google.com/forms/d/1QUc_rvnz_MvhurRH0EaP8cbX2E-3L97YF9NwPPqhviY/edit?usp=sharing">https://docs.google.com/forms/d/1QUc_rvnz_MvhurRH0EaP8cbX2E-3L97YF9NwPPqhviY/edit?usp=sharing</a> - <b>Quiz -- Techniques</b></p> <p><a href="https://docs.google.com/forms/d/1Fce6UFTvOIItEZUaYMWIIAjU_srknSNXouCBEmSROm0/edit?usp=sharing">https://docs.google.com/forms/d/1Fce6UFTvOIItEZUaYMWIIAjU_srknSNXouCBEmSROm0/edit?usp=sharing</a> --- <b>QuiZ --- Child Rearing Practices</b></p> <p><b>Online presentations</b> Importance of mothering</p> <p><a href="https://docs.google.com/presentation/d/14aQEmHHRFU74xfSjH7RAgeoTpeJt3tSj/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/14aQEmHHRFU74xfSjH7RAgeoTpeJt3tSj/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a></p> <p><a href="https://docs.google.com/presentation/d/1fmVA-wcx7S4wsBJnds9iL8qyDm9Bx_mv/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1fmVA-wcx7S4wsBJnds9iL8qyDm9Bx_mv/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a></p> <p>Importance of psychological needs <a href="https://drive.google.com/file/d/1154nV7LKJGfdKAfFd9zUY-dzsVaHaouE/view?usp=sharing">https://drive.google.com/file/d/1154nV7LKJGfdKAfFd9zUY-dzsVaHaouE/view?usp=sharing</a> --</p>
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				GrEB4I_hzZKR8B_xzt1c/edit?usp=sharing -- <b>Quiz</b>
	Common ailments and Safety measures	2  2	Student led seminar	<p><b>Online presentations</b>  <a href="https://drive.google.com/file/d/1yo3vdBAC-IAmg9ITodGXudZzI7H_K9Fm/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1yo3vdBAC-IAmg9ITodGXudZzI7H_K9Fm/view?usp=drive_web&amp;authuser=0</a> ---<b>safety measures</b> -- digital presentation/SEMINAR</p> <p><a href="https://drive.google.com/file/d/1zPRvMEVBgPsCHrASTcY5ug8TIJDXGiQZ/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1zPRvMEVBgPsCHrASTcY5ug8TIJDXGiQZ/view?usp=drive_web&amp;authuser=0</a> - <b>minor ailments</b> - digital presentation/SEMINAR</p>
	Continuous Internal Assessment I	2  2	Online Quiz  Offline Classroom test	<p><a href="https://docs.google.com/forms/d/1C0JmcNp6Wi69TxUIWNzpiEkf57d5j6ruA6O8qUTB1Mk/edit?usp=sharing">https://docs.google.com/forms/d/1C0JmcNp6Wi69TxUIWNzpiEkf57d5j6ruA6O8qUTB1Mk/edit?usp=sharing</a> --- CIA I</p> <p><a href="https://docs.google.com/forms/d/1Zy1nd8Y_deNpM331FFQWtyspRUBq0eY-UltnW9pFHag/edit?usp=sharing">https://docs.google.com/forms/d/1Zy1nd8Y_deNpM331FFQWtyspRUBq0eY-UltnW9pFHag/edit?usp=sharing</a> --- CIA I</p>
3	<p><b>Early childhood period (2-6 years)</b></p> <p>Characteristics, physical, social, emotional, intellectual, and language development.</p>	3+3	Lecture cum discussions	<p><b>Digital presentation</b></p> <p><b>Videos, and you-tube links</b></p>

				<p><a href="https://docs.google.com/presentation/d/1PepAlFH15jN5OVvnRzWV8c3toQEzzemd/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1PepAlFH15jN5OVvnRzWV8c3toQEzzemd/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a></p> <p><a href="https://youtu.be/C7g5y7eb77c">https://youtu.be/C7g5y7eb77c</a>  <a href="https://youtu.be/zVGdrR-HgBU">https://youtu.be/zVGdrR-HgBU</a>  <a href="http://shaktakaurkhalsa.files.wordpress.com/2012/07/adhd-kids.jpg">http://shaktakaurkhalsa.files.wordpress.com/2012/07/adhd-kids.jpg</a></p>
4	<p><b>Late childhood period (6-12 years)</b></p> <p>Characteristics, physical, social, emotional, intellectual, language and moral development.</p>	<p>3+2</p> <p>1</p>	<p>Lecture with suitable pictures and charts and PPTs</p> <p>Student led seminar with PPTs (Kohlberg's Theory)</p> <p>Explanation with suitable examples</p>	<p><b>Digital presentation</b></p> <p><a href="https://drive.google.com/file/d/1kSVGI-7Z_EtLxeqhhwTO4tot_VMo7EwN/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1kSVGI-7Z_EtLxeqhhwTO4tot_VMo7EwN/view?usp=drive_web&amp;authuser=0</a> - Late childhood-</p> <p><a href="https://drive.google.com/file/d/1RinX2TA_1MfYL0qCO3131n81EB3LgctQ/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1RinX2TA_1MfYL0qCO3131n81EB3LgctQ/view?usp=drive_web&amp;authuser=0</a> - KOHLBERGS THEORY - digital presentation/SEMINAR</p>

	Nursery School – Aims and objectives, building equipment, curriculum program and personnel.	3+3	Lecture with suitable pictures and charts and PPTs  Interactive sessions	<p><b>Digital presentation</b> ( with website references and You-tube links) <a href="https://drive.google.com/file/d/1Pd7pKAV7n5jRIdARYtikCNA1kmD3pEbb/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1Pd7pKAV7n5jRIdARYtikCNA1kmD3pEbb/view?usp=drive_web&amp;authuser=0</a> -- Nursery School education--</p> <p><b>Online study material</b> <a href="https://drive.google.com/file/d/1TvOXZYOYpzDDFtwnzHKrsgPiwWjS86bZL/view?usp=sharing">https://drive.google.com/file/d/1TvOXZYOYpzDDFtwnzHKrsgPiwWjS86bZL/view?usp=sharing</a> - Nursery School Education - textbook</p>
	Continuous Internal Assessment II	1  2	Online quiz  Offline test	<a href="https://docs.google.com/forms/d/1PVsYZUoF_GeTLwwb8TyFa">https://docs.google.com/forms/d/1PVsYZUoF_GeTLwwb8TyFa</a>
5	<b>Adolescence</b> a. Adolescence –physical and psychological changes, emotional, moral and social development.	3+3	Lecture cum Interactive sessions , debates	<p><b>Digital presentation</b> ( with videos and You-tube links)</p> <p><a href="https://drive.google.com/file/d/1oY02zbHNqLI4kcD82qiSg4djBXhxedzj/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1oY02zbHNqLI4kcD82qiSg4djBXhxedzj/view?usp=drive_web&amp;authuser=0</a> --</p>
	b. Problems of adolescents	2+2	Student participation and discussions  Interactive sessions	<p><b>Online presentation</b> <a href="https://docs.google.com/presentation/d/1SHx2L8QU_V-RGPEWOBQfXcb2OxwGNie4">https://docs.google.com/presentation/d/1SHx2L8QU_V-RGPEWOBQfXcb2OxwGNie4</a></p>

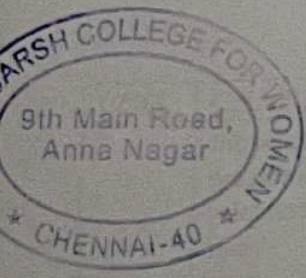
				DVaZwNIYDoY/edit?usp=sharing--- Problems of adolescents
	c..Delinquency –causes, prevention and rehabilitation.	2+2	Student led seminar with discussions	<b>Online presentation</b> <a href="https://drive.google.com/file/d/1RSo8wP375lmUQUIp_HV_RTWI1mA6KXt5/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1RSo8wP375lmUQUIp_HV_RTWI1mA6KXt5/view?usp=drive_web&amp;authuser=0</a> --
	d. Educational and Vocational guidance, Role of family and school and college in guiding adolescents	2+2	Lecture with interactive sessions and student led seminar	<b>Online Presentations with PPTs</b>  <a href="https://drive.google.com/file/d/1TtCoSsVBzK4oKieWDuJ4uD3GXorFAHKs/view?usp=drive_web&amp;authuser=0">https://drive.google.com/file/d/1TtCoSsVBzK4oKieWDuJ4uD3GXorFAHKs/view?usp=drive_web&amp;authuser=0</a> Vocational guidance - -  <a href="https://docs.google.com/presentation/d/1weWaHeBdNneAvjji9tB02II-2jmhL_LV/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=">https://docs.google.com/presentation/d/1weWaHeBdNneAvjji9tB02II-2jmhL_LV/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=</a> Educational guidance - -



	Model Examination	3	Offline test
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**PRINCIPAL**  
**ANNA ADARSH COLLEGE FOR WOMEN**  
**ANNA NAGAR, CHENNAI-600 048**

**Anna Adarsh College for Women Department of Home Science**  
**Lesson Plan for the Year 2021-2022**

**Name of the staff: Dr DEVI MANOHAR**

**Total hours :75 (4+2hours/week)**

**Name of the subject: MICROBIOLOGY**

**Year /Semester: I/I**

**Subject code: SL21B**

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Introduction to microbiology and its relevance to everyday life-  General characteristics of microorganisms- bacteria, virus, yeasts, moulds, algae, protozoa- Morphology, classification, motility, nutrition, respiration and reproduction.	16hours	Online method of teaching will be adopted. permanent mount of all the microorganisms will be shown to the students through <b>Digital presentation</b> Morphology of organisms will be explained using <b>Jam board. Google quiz</b> will be conducted <b>Assignment</b> will be given	<a href="https://docs.google.com/presentation/d/18C8auH6A2eR0Pz6sU_IeK8LtGEaNSXSV/edit#slide=id.p1">https://docs.google.com/presentation/d/18C8auH6A2eR0Pz6sU_IeK8LtGEaNSXSV/edit#slide=id.p1</a> <a href="https://docs.google.com/document/d/1p2IBtujgHSYk5MjCwizAuvskq-LLqtI1/edit">https://docs.google.com/document/d/1p2IBtujgHSYk5MjCwizAuvskq-LLqtI1/edit</a>  <a href="https://drive.google.com/drive/u/1/search?q=ALGAE">https://drive.google.com/drive/u/1/search?q=ALGAE</a>  <a href="https://drive.google.com/drive/u/1/my-drive">https://drive.google.com/drive/u/1/my-drive</a> <a href="https://www.youtube.com/watch?v=7sZ5Nz8_cfc">https://www.youtube.com/watch?v=7sZ5Nz8_cfc</a> <b>VIDEO</b> <a href="https://docs.google.com/document/d/1CpVxvlBEzCIKTwiK6safoGVIwDQslwCD/edit">https://docs.google.com/document/d/1CpVxvlBEzCIKTwiK6safoGVIwDQslwCD/edit</a>  <a href="https://drive.google.com/drive/u/1/search?q=MOULDS">https://drive.google.com/drive/u/1/search?q=MOULDS</a> <a href="https://docs.google.com/document/d/1p2IBtujgHSYk5MjCwizAuvskq-LLqtI1/edit">https://docs.google.com/document/d/1p2IBtujgHSYk5MjCwizAuvskq-LLqtI1/edit</a>

			<b>Videos</b> will be shown to learn the reproduction of microorganisms	
II	<b>DESTRUCTION OF BACTERIA a)</b> Sterilization i) Application of dry heat- burning, flaming and hot air oven. ii) Application of moist heat-boiling, pasteurization, steam steriliser and autoclave. iii) Sterilization with the use of filters iv) Electromagnetic radiation b) Disinfection properties and various types of disinfecting agents.	8 hours	Knowledge will be imparted to the students through <b>lecture method</b> . The students acquire knowledge about sterilization methods by observing the equipment like -hot air oven, autoclave, incubator etc through ppt <b>Google quiz</b> will be conducted. <b>Assignment</b> will be given to illustrate the various equipments	<b>DIGITAL PRESENTATION</b> <a href="https://docs.google.com/presentation/d/1S9Q3N0BJv5-ATGgZbxczJYczNAcQ50Ed/">https://docs.google.com/presentation/d/1S9Q3N0BJv5-ATGgZbxczJYczNAcQ50Ed/</a> edit#slide=id.p1 <b>AUDIO/VIDEO EXPLANATION</b> <a href="https://www.youtube.com/watch?v=UN6xDdxL3rY">https://www.youtube.com/watch?v=UN6xDdxL3rY</a>  <a href="https://www.youtube.com/watch?v=yEsDVJQf4io">https://www.youtube.com/watch?v=yEsDVJQf4io</a>  <a href="https://www.youtube.com/watch?v=zDmP14twN8g">https://www.youtube.com/watch?v=zDmP14twN8g</a>
	<b>CA I will be conducted</b>			<a href="https://docs.google.com/forms/d/1PZHF61fgEUeczZRc0opYyI51JYrzztuFSnluZaTQj0/edit">https://docs.google.com/forms/d/1PZHF61fgEUeczZRc0opYyI51JYrzztuFSnluZaTQj0/edit</a>



	<p>CONTAMINATION AND SPOILAGE FOODS: a) Cereal and Cereal products and baked products. . b) Fruits and vegetables and their products c) Fleshy food 1. Meat, 2.Poultry, 3. Fish d) Eggs e) Milk and Milk Products f)fats and oils.</p>			
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IV	<p>MICRO-ORGANISM CAUSING INFECTION, RESISTANCE AND IMMUNITY i) Different modes of spread of infection. ii) Reaction of the body to infection cellular and chemical defences - phagocytoses -antigens - antibody- 2 examples of antigen antibody reactions. iii) Immunity - active and passive immunity. Antibiotics - use of antibiotics, spectrum of activity, mode of administration, complication arising due to constant use of antibiotics. Brief knowledge of any four common antibiotics</p>	12 hours	<p>Explanation will be given through power point presentation</p> <p>Lecture method followed by a video presentation will be done to impart knowledge about defense mechanism of the body. Study material will be posted in the GCR</p>	<p><b>DIGITAL EXPLANATION</b>  <a href="https://docs.google.com/document/d/12eYdpZZJqS3E1Whb3K3qqijLy8dhvVBW/edit">https://docs.google.com/document/d/12eYdpZZJqS3E1Whb3K3qqijLy8dhvVBW/edit</a>  <b>AUDIO/VIDEO EXPLANATION</b>  <a href="https://www.youtube.com/watch?v=iZYLeIJwe4w">https://www.youtube.com/watch?v=iZYLeIJwe4w</a>  <a href="https://www.youtube.com/watch?v=zQGOcOUBi6s">https://www.youtube.com/watch?v=zQGOcOUBi6s</a>  <a href="https://www.youtube.com/watch?v=PSRJfaAYkW4">https://www.youtube.com/watch?v=PSRJfaAYkW4</a></p>
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	CAII TEST		TO Evaluate the students	<a href="https://classroom.google.com/c/MTE0NDY3ODU3NzAy/sa/MTgzMTE1OTQ4NjA3/submission/status/and-sort-last-name/all">https://classroom.google.com/c/MTE0NDY3ODU3NzAy/sa/MTgzMTE1OTQ4NjA3/submission/status/and-sort-last-name/all</a>
V	<p><b>. MICRO-BIOLOGY OF FOOD POISONING, FOOD INFECTIONS AND FOOD BORNE DISEASES,</b> i) Microbial food poisoning by Staphylococci, Salmonella food poisoning group and clostridium botulinum (Botulism).Measures to prevent microbial food poisoning. ii) Food infections -food borne diseases - Dysenteries, Typhoid, Cholera</p>	8 hours	The content will be discussed through group seminar By creating <b>online collaborative groups</b> , administered educational materials inorder to measure students performance <b>Quiz</b> will be conducted to evaluate the students	<p><a href="https://docs.google.com/document/d/1mLA_i-9MVcynfKda_DnzWRSfUKLe3J_7/edit">https://docs.google.com/document/d/1mLA_i-9MVcynfKda_DnzWRSfUKLe3J_7/edit</a></p> <p><b>VIDEOS</b>  <a href="https://www.youtube.com/watch?v=e6F-wg9ESEE">https://www.youtube.com/watch?v=e6F-wg9ESEE</a></p> <p><b>ANIMATED VIDEOS</b>  <a href="https://www.youtube.com/watch?v=e6F-wg9ESEE">https://www.youtube.com/watch?v=e6F-wg9ESEE</a></p> <p><a href="https://www.youtube.com/watch?v=H7yDmZiPXAg">https://www.youtube.com/watch?v=H7yDmZiPXAg</a></p>
	<b>MODEL EXAMINATION</b>		Knowledge acquired about the subject content is evaluated through model Examination	<a href="https://docs.google.com/document/d/1SATHzrZ8DQoYePGK4VPDQX3USL764akF/edit">https://docs.google.com/document/d/1SATHzrZ8DQoYePGK4VPDQX3USL764akF/edit</a>

1	<p><b>PRACTICALS</b></p> <p>Know the parts of microscope, type and its principle</p>	2hours	<p>The students will be taught to handle the microscope through Demonstration</p> <p>Demonstration will be done through video.Evaluation will be done by asking questions</p>	<p><b>ILLUSTRATION OF MICROSCOPE</b>  <a href="https://www.youtube.com/watch?v=nTEw9UJ7_R8">https://www.youtube.com/watch?v=nTEw9UJ7_R8</a>  <b>ANIMATED VIDEO</b>  <b>AUDIO/VIDEO EXPLANATION</b>  <a href="https://www.youtube.com/watch?v=b2PCJ5s-iyk">https://www.youtube.com/watch?v=b2PCJ5s-iyk</a></p>
2	<p>Identification of prepared slides-- Algae, Yeast, moulds, Protozoa and Bacteria</p>	4 hours	<p>Procedure for mounting the slides will be taught by video</p>	<p>Identification of microorganisms-google quiz  <b>AUDIO/VISUAL EXPLANATION</b>  <a href="https://www.youtube.com/watch?v=sShyLYBXxtE">https://www.youtube.com/watch?v=sShyLYBXxtE</a>  <a href="https://www.youtube.com/watch?v=XfrhN9MBWgY">https://www.youtube.com/watch?v=XfrhN9MBWgY</a></p>
3	<p>Examination of Unstained Organisms, wet methods and hanging drop preparations</p>	2 hours	<p>Explanation will be done through online</p>	<p>The students will be made to write the procedure  <b>Video</b>  <a href="https://www.youtube.com/watch?v=pB5ngeXLx_E">https://www.youtube.com/watch?v=pB5ngeXLx_E</a></p>
4	<p>Examination of stained Organisms- Simple Staining and gram staining</p>	2 hours	<p>Explanation will be done through online</p>	<p>The students will de made to write the procedure,<b>AUDIO/VIDEO EXPLANATION</b>  <a href="https://www.youtube.com/watch?v=JHLsb97_wTA">https://www.youtube.com/watch?v=JHLsb97_wTA</a>  <a href="https://www.youtube.com/watch?v=ROqbhi8s3OY">https://www.youtube.com/watch?v=ROqbhi8s3OY</a></p>



5	Common culture media and uses	2 hours	Preparation of culture and its uses will be explained using Laboratory Manual	Evaluation will be done by asking questions <a href="https://drive.google.com/drive/search?q=Laboratory%20manual">https://drive.google.com/drive/search?q=Laboratory%20manual</a>
6	Direct microscopic count of Organisms in milk. Standard plate count in milk.Reductase test for milk.Methylene Blue Reduction test.	2 hours	Tests done to evaluate the contamination of milk will be explained using the Laboratory Manual	<b>VIDEO</b> <a href="https://www.youtube.com/watch?v=pYFqQHWRWJA">https://www.youtube.com/watch?v=pYFqQHWRWJA</a>
7	<b>DEMONSTRATIONS</b> 1. Study of sterilising equipment. Cultivation of Organisms in the laboratory methods and equipment	2 hours		<b>AUDIO/VIDEO EXPLANATION</b> <a href="https://www.youtube.com/watch?v=zDmP14twN8g">https://www.youtube.com/watch?v=zDmP14twN8g</a>
8	<b>RELATED EXPERIENCE</b> Field trip to Dairy and food industry	2 hours	Knowledge will be gained about the ongoing work in Dairy and food industry through video	<b>ANIMATED VIDEOS</b> <a href="https://www.youtube.com/watch?v=6IybpmJWxm4">https://www.youtube.com/watch?v=6IybpmJWxm4</a>

# Anna Adarsh College for Women

## Department of Home Science

### Lesson Plan for the Year 2021-2022

Name of the staff: Dr DEVI MANOHAR

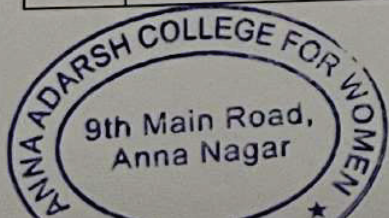
Total hours :10 (1 hour/week)

Name of the subject: Professional English for Arts and Social Science

Year/Semester: I/I Subject code: PZ1AA

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADAPTED
IV	<p><b>PRESENTATION SKILLS</b></p> <p><b>Listening:</b> Listening to lectures.  <b>Speaking:</b> Short talks.  <b>Reading:</b> Reading Comprehension passages  <b>Writing:</b> Writing Recommendations  Interpreting Visuals inputs  <b>Vocabulary:</b> Register specific - Incorporated into the LSRW tasks</p>	5	Assignments will be given. Students will be taught to improve their reading skills	<p><a href="https://classroom.google.com/c/MjEyODAzNTQ3MTA1/a/MjQ4ODM4NTgxODg4/details">https://classroom.google.com/c/MjEyODAzNTQ3MTA1/a/MjQ4ODM4NTgxODg4/details</a></p> <p><a href="https://classroom.google.com/c/MjEyODAzNTQ3MTA1/a/MjQyMDgwOTA1NTc1/details">https://classroom.google.com/c/MjEyODAzNTQ3MTA1/a/MjQyMDgwOTA1NTc1/details</a></p> <p><a href="https://classroom.google.com/c/MjEyODAzNTQ3MTA1/m/MjUwNTUwNzQ4NTI4/details">https://classroom.google.com/c/MjEyODAzNTQ3MTA1/m/MjUwNTUwNzQ4NTI4/details</a></p>

V	<p><b>CRITICAL THINKING SKILLS</b></p> <p><b>Listening:</b> Listening comprehension- Listening for information.</p> <p><b>Speaking:</b> Making presentations (with PPT-practice).</p> <p><b>Reading :</b> Comprehension passages –Note making. Comprehension: Motivational article on Professional Competence, Professional Ethics and Life Skills)</p> <p><b>Writing:</b> Problem and Solution essay– Creative writing –Summary writing <b>Vocabulary:</b> Register specific - Incorporated into the LSRW tasks</p>	5	Blended learning  Videos	<p><a href="https://www.indeed.com/career-advice/career-development/critical-thinking-examples">https://www.indeed.com/career-advice/career-development/critical-thinking-examples</a> <a href="https://www.youtube.com/watch?v=HnJ1bqXUnIM">https://www.youtube.com/watch?v=HnJ1bqXUnIM</a></p>
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ANNA NAGAR, CHENNAI- 600 048

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## ANNA ADARSH COLLEGE FOR WOMEN

## DEPARTMENT OF HOMESCIENCE

## LESSON PLAN

## ACADEMIC YEAR 2021-2022

<b>Name of the Staff: Dr.V.ANITHA</b>				<b>Total Hours: 84 (6 hours/week)</b>
<b>Name of the Subject: Nutrition-II</b>				<b>Year/Semester:III/V</b>
<b>Subject code: TAL5C</b>				
<b>UNIT</b>	<b>CHAPTER</b>	<b>HOURS</b>	<b>METHODOLOGY</b>	<b>ICT Tools Adopted</b>
<b>1</b>	<b>MACRO MINERALS-</b> Calcium- Distribution in the body; functions, effects of deficiency, food sources and RDA.	2 hours	Lecture cum discussion.	<b>Video on DETAILS OF MUSCLE CONTRACTION</b> <a href="https://www.youtube.com/watch?v=f0mDFP7qn1Y">https://www.youtube.com/watch?v=f0mDFP7qn1Y</a>  <b>Video THE RELEASE OF NEUROTRANSMITTER</b> <a href="https://www.youtube.com/watch?v=XGINQ7xhPkM&amp;feature=emb_rel_end">https://www.youtube.com/watch?v=XGINQ7xhPkM&amp;feature=emb_rel_end</a>
		1 hour	Integrated learning on relationship between calcium and vitamin.	
		1 hour	Discussion about calcium rich foods and their bioavailability-inquiry based learning. Sources-brainstorming session.	
		1 hour	Pictorial representation of functions of calcium	<b>Online assignment on Diagrammatic representation of calcium functions</b> <a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/Mzk0OTY1ODMzODU2#u=MzM3NzEwOTU4MDBa&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/Mzk0OTY1ODMzODU2#u=MzM3NzEwOTU4MDBa&amp;t=f</a>

<p><b>Phosphorous-</b> Distribution in the body; functions, effects of deficiency, food sources and RDA.</p>	<p>2 hours</p>	<p>Lecture cum discussion. Assignment.</p>	<p><b>Video on TOP 10 FOODS HIGH IN PHOSPHORUS</b>  <a href="https://www.youtube.com/watch?v=gv8cKtSA0lc">https://www.youtube.com/watch?v=gv8cKtSA0lc</a></p> <p><b>RDA FOR PHOSPHORUS- USING GOOGLE DOC</b>  <a href="https://docs.google.com/document/d/19Cj9A7doQDCFuW34jDKv3IUpH4qRgWDeMdrLOrtqb5w/edit">https://docs.google.com/document/d/19Cj9A7doQDCFuW34jDKv3IUpH4qRgWDeMdrLOrtqb5w/edit</a></p>
<p><b>Magnesium-</b> Distribution in the body; functions, effects of deficiency, food sources and RDA.</p>	<p>2 hours</p>	<p>Lecture cum discussion method.</p>	<p><b>Video on CONDITIONS LINKED TO MAGNESIUM DEFICIENCY</b>  <a href="https://www.youtube.com/watch?v=xcIdAwiG6og">https://www.youtube.com/watch?v=xcIdAwiG6og</a></p> <p><b>WHY IS MAGNESIUM SO IMPORTANT FOR THE HUMAN BODY?- Video</b>  <a href="https://www.youtube.com/watch?v=K_Wta19mkQM">https://www.youtube.com/watch?v=K_Wta19mkQM</a></p> <p><b>Neuromuscular Junction- video presentation</b>  <a href="https://www.youtube.com/watch?v=0mhAN4-8uWo">https://www.youtube.com/watch?v=0mhAN4-8uWo</a></p> <p><b>Online Assignment on Phosphorus rich foods</b>  <a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/p/MzgxOTA4MzY3NDI1/details">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/p/MzgxOTA4MzY3NDI1/details</a></p>
	<p>1 hour</p>	<p>Test</p>	<p><b>ABNORMALITIES IN MAGNESIUM- Online quiz using Google forms</b>  <a href="https://docs.google.com/forms/d/1mvqBkkDWgr4TaBFly0hwEoxVNS6q2VAIPmNcPJrd4kE/edit">https://docs.google.com/forms/d/1mvqBkkDWgr4TaBFly0hwEoxVNS6q2VAIPmNcPJrd4kE/edit</a></p>

**Potassium, Sodium and Chloride-**

Distribution in the body; functions, effects of deficiency, food sources and RDA.

5 hours

Lecture cum seminar method.  
Discussion of electrolyte balance.

**SODIUM VIDEO**

[https://docs.google.com/presentation/d/1a2DmtOGYE\\_B6LTB8MeWNdcpwr5XxRxHmDGAYGjV-D5Zg/edit#slide=id.g920bdc2f2b\\_0\\_65](https://docs.google.com/presentation/d/1a2DmtOGYE_B6LTB8MeWNdcpwr5XxRxHmDGAYGjV-D5Zg/edit#slide=id.g920bdc2f2b_0_65)

**Activity done in online mode- Indian food composition tables**

**Potassium regulation- introduction video**

[https://docs.google.com/presentation/d/1XpgsVLeS-nIU5RbyodPvj2MwBbivFyzBMZTxMoHWv1g/edit#slide=id.g9210ca98e2\\_1\\_4](https://docs.google.com/presentation/d/1XpgsVLeS-nIU5RbyodPvj2MwBbivFyzBMZTxMoHWv1g/edit#slide=id.g9210ca98e2_1_4)

**Chlorine**

**Gibb's Donnan equilibrium- video presentation**

[https://docs.google.com/presentation/d/1L2ykqEgSAjEm4F6CCChwpMtRNFG1yXa5jvmJYUsdECiI/edit#slide=id.g94c921ea54\\_0\\_0](https://docs.google.com/presentation/d/1L2ykqEgSAjEm4F6CCChwpMtRNFG1yXa5jvmJYUsdECiI/edit#slide=id.g94c921ea54_0_0)

**Chlorine**

**Hypochloremia-video**

[https://docs.google.com/presentation/d/1L2ykqEgSAjEm4F6CCChwpMtRNFG1yXa5jvmJYUsdECiI/edit#slide=id.g927aa7676c\\_0\\_23](https://docs.google.com/presentation/d/1L2ykqEgSAjEm4F6CCChwpMtRNFG1yXa5jvmJYUsdECiI/edit#slide=id.g927aa7676c_0_23)

**Hyperchloremia-video presentation**

[https://docs.google.com/presentation/d/1L2ykqEgSAjEm4F6CCChwpMtRNFG1yXa5jvmJYUsdECiI/edit#slide=id.g928a51651d\\_0\\_313](https://docs.google.com/presentation/d/1L2ykqEgSAjEm4F6CCChwpMtRNFG1yXa5jvmJYUsdECiI/edit#slide=id.g928a51651d_0_313).

**Digital posting of seminar topics**

<https://classroom.google.com/c/Mzc2NTQ2MTUwNzg/m/MzkyMDQ5OTk1ODc3/details>

		1 hour	Solutions to overcome calcium deficiencies- critical thinking. Research articles pertaining to macrominerals were discussed through collaborative learning.	
		1 hour	Interrelationship between minerals- Project based learning.	
		2 hours	Revision of macrominerals.	
		1 hour	Seminar cum peer learning	
2	<b>MICRO / TRACE MINERALS in human nutrition -</b> Iron- Distribution in the body; functions, effects of deficiency, food sources and requirements for different age groups.	1 hour	Lecture method using online tool	<b>Digital presentation of Iron</b> <a href="https://docs.google.com/presentation/d/15Utw51zHT6ndJ4THHkgS7u2P-RAgVPbFA7a4p4q3UBQ/edit">https://docs.google.com/presentation/d/15Utw51zHT6ndJ4THHkgS7u2P-RAgVPbFA7a4p4q3UBQ/edit</a>
		1 hour	Discussion about iron rich foods and their bioavailability.	
		1 hour	Diagrammatic representation of iron absorption. Discussion. Assignment.	

<p><b>Zinc-</b> Distribution in the body; functions, effects of deficiency, food sources and requirements for different age groups.</p>	<p>2 hours</p>	<p>Lecture cum discussion.</p>	<p><b>Zinc significance -online presentation</b>  <a href="https://docs.google.com/presentation/d/1t1Vx46KuYnfXx0VR5NIItIkqdoaXxluW2FQUTZo6lnqo/edit#slide=id.g742e3e7cd_1_16">https://docs.google.com/presentation/d/1t1Vx46KuYnfXx0VR5NIItIkqdoaXxluW2FQUTZo6lnqo/edit#slide=id.g742e3e7cd_1_16</a></p>
<p><b>Fluoride-</b> Distribution in the body; functions, effects of deficiency, food sources and requirements for different age groups.</p>	<p>2 hours</p>	<p>Project work on fluorosis, a detailed study of Nalgonda technique through experimental demonstration- video presentation.</p>	<p><b>Fluorine – online presentation using GCR</b>  <a href="https://classroom.google.com/c/MTE0Mzc5ODQzOTY0/m/MTc1MzQ0MDk3Njkx/details">https://classroom.google.com/c/MTE0Mzc5ODQzOTY0/m/MTc1MzQ0MDk3Njkx/details</a></p>
<p><b>Copper-</b>Distribution in the body; functions, effects of deficiency, food sources and requirements for different age groups.</p>	<p>2 hours</p>	<p>Lecture cum discussion. Picture display.</p>	<p><b>Foods that are high in copper-</b> online video  <a href="https://docs.google.com/presentation/d/1emvCCILUzdT1ra9z7X4KCMmBgSGddtNpqZpXfGGMbno/edit#slide=id.gd251bb473_0_681">https://docs.google.com/presentation/d/1emvCCILUzdT1ra9z7X4KCMmBgSGddtNpqZpXfGGMbno/edit#slide=id.gd251bb473_0_681</a></p>
	<p>1 hour</p>	<p>Assessment</p>	<p><b>COPPER ONLINE REVISION-using google forms</b>  <a href="https://docs.google.com/forms/d/19Yy-l6HI1I3CS05dayo6zi95FVW62TFko1jPWbRC7dQ/edit">https://docs.google.com/forms/d/19Yy-l6HI1I3CS05dayo6zi95FVW62TFko1jPWbRC7dQ/edit</a></p>
	<p>1 hour</p>	<p>Revision of microminerals through seminar and group discussion</p>	



3

<b>ULTRATRACE MINERALS-Manganese-</b> Distribution in the body; functions, effects of deficiency, food sources and requirements.	1 hour	Lecture cum discussion method	<b>Top 25 manganese rich foods</b> -video presentation <a href="https://docs.google.com/presentation/d/1Fgz6IzeFYhMuGL4g-VuekPDINI8x_Up4cf8M6DP7kXs/edit#slide=id.gc6f73a04f_0_46">https://docs.google.com/presentation/d/1Fgz6IzeFYhMuGL4g-VuekPDINI8x_Up4cf8M6DP7kXs/edit#slide=id.gc6f73a04f_0_46</a>
<b>Iodine-</b> Distribution in the body; functions, effects of deficiency, food sources and requirements.	2 hours	Lecture cum discussion.	<b>Jod basedow effect was shown as video</b> <a href="https://docs.google.com/presentation/d/1Ke0r5aeCuaz89ySzrrBFh5uqgHQekOs6ub7Cnr4KXjI/edit#slide=id.g9c02c43657_0_16">https://docs.google.com/presentation/d/1Ke0r5aeCuaz89ySzrrBFh5uqgHQekOs6ub7Cnr4KXjI/edit#slide=id.g9c02c43657_0_16</a>
		Collaborative learning of iodine deficiency.	
<b>Selenium-</b> Distribution in the body; functions, effects of deficiency, food sources and requirements.	1 hour	Interactive session, seminar method.	<b>SELENIUM VIDEO PART-I USING GMEET</b> ktt-svmn-xsw (2020-08-31 at 11:28 GMT-7)
		Assessment	<b>SELENIUM ASSIGNMENT- USING GCR</b> <a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgW/a/MzkzMzUxMjM3MzYx/details">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgW/a/MzkzMzUxMjM3MzYx/details</a>
	1 hour	Online assessment of video presentation	<b>SELENIUM VIDEO PART- II- USING GMEET</b> kum-gttm-yuw (2020-09-03 at 07:13 GMT-7) <b>Online assessment using GCR</b> <a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgW/a/MzkxNzY5OTAyOTY3/details">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgW/a/MzkxNzY5OTAyOTY3/details</a>

<p><b>Chromium-</b> Distribution in the body; functions, effects of deficiency, food sources and requirements.</p>	<p>1 hour</p>	<p>Lecture, discussion and interactive session. Digital seminar</p>	<p><b>Video Presentation on Chromium</b>  <a href="https://drive.google.com/file/d/1XcEMzERABc6Iiz_MIR8782yYK0qEneE2/view?usp=sharing">https://drive.google.com/file/d/1XcEMzERABc6Iiz_MIR8782yYK0qEneE2/view?usp=sharing</a>  <b>Online assignment Using Google doc</b>  <a href="https://docs.google.com/document/d/1TAiES1zSV03K8KE2o6Azrdx0qsAO3LAIrGUITM0T-Q/edit">https://docs.google.com/document/d/1TAiES1zSV03K8KE2o6Azrdx0qsAO3LAIrGUITM0T-Q/edit</a></p>
<p><b>Molybdenum-</b> Distribution in the body; functions, effects of deficiency, food sources and requirements.</p>	<p>1 hour</p>	<p>Lecture, discussion and interactive session.</p>	<p><b>MOLYBDENUM VIDEO PART-I</b> USING GMEET  cdh-jxxu-sxr (2020-08-19 at 00:23 GMT-7)</p>
	<p>1 hour</p>	<p>Assessment</p>	<p><b>MOLYBDENUM ASSIGNMENT- USING GCR</b>  A SAMPLE ASSIGNMENT  <a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/MzgzODM2MjQ2MjEy/details">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/MzgzODM2MjQ2MjEy/details</a>  Students work  <a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/MzgzODM2MjQ2MjEy/submissions/by-status/and-sort-last-name/all">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/MzgzODM2MjQ2MjEy/submissions/by-status/and-sort-last-name/all</a>  <b>MOLYBDENUM VIDEO PART- II</b> USING GMEET  xyx-tzjn-ouu (2020-08-21 at 08:43 GMT-7)  Online assignment- PPT preparatio  <a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/MzgzNDA3NDY5MzI5/submissions/by-status/and-sort-last-name/all">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/MzgzNDA3NDY5MzI5/submissions/by-status/and-sort-last-name/all</a></p>
	<p>1 hour</p>	<p>Lecture, discussion and interactive session.</p>	

	<b>Cobalt</b> -Distribution in the body; functions, effects of deficiency, food sources and requirements.	1 hour	Importance of ultra trace minerals to our body through peer learning.	
	Selenium and Vitamin E relationship.	1 hour	Seminar and discussion method. Online seminar presentation	<b>Online student presentation(Selenium and vit E)</b> <a href="https://classroom.google.com/g/tg/MTE0Mzc5ODQ0MDUw/MjA4NzE5NzY3NjI4#u=NTcyNTI1OTUxNzha&amp;t=f">https://classroom.google.com/g/tg/MTE0Mzc5ODQ0MDUw/MjA4NzE5NzY3NjI4#u=NTcyNTI1OTUxNzha&amp;t=f</a>
	Chromium and glucose tolerance factor.	1 hour	Critical thinking about the relationship and their significance.	
		1 hour	Case study analysis of chromium in diabetes mellitus.	
			Analysing the role of selenium as an antioxidant.	
		1 hour	Revision of minerals- blended learning	
		1 hour	Continuous assessment I  Mineral material	<b>NUTRITION-II INTERNALS CA-I using Google Doc</b> <a href="https://docs.google.com/document/d/17JZu1GJXd57SsbPHck2CqAWpaH0M6IO-MFmsb5FFD60/edit">https://docs.google.com/document/d/17JZu1GJXd57SsbPHck2CqAWpaH0M6IO-MFmsb5FFD60/edit</a> <b>Posted as Online material in GCR</b>  <a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/m/NDE5NzE2NTcwNTA5/details">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/m/NDE5NzE2NTcwNTA5/details</a>
4	<b>FAT SOLUBLE VITAMINS</b> - Vitamin –A- Metabolism, Functions, effects of deficiency,	5 hours	Seminar. Diagrammatic representation.	

food sources, requirements, unit of measurements and hypervitaminosis		Lecture cum discussion method-online mode.	<p><b><u>Digital presentation of Fat soluble Vitamin A</u></b></p> <p><a href="https://docs.google.com/presentation/d/1E3yIPvuwy3nFEyIm2ohwezETYeNoAmxdjEK1HhA_zXo/edit#slide=id.p">https://docs.google.com/presentation/d/1E3yIPvuwy3nFEyIm2ohwezETYeNoAmxdjEK1HhA_zXo/edit#slide=id.p</a></p>
		Interactive session. Assignment and seminar on sources and requirements. Flow chart representation. Food sources and requirement- video presentation.	<p><b><u>Vitamin A food sources and requirements- Student Video presentation</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTA0MzkxODU2MDIw&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTA0MzkxODU2MDIw&amp;t=f</a></p>
		Pictorial representation of Vitamin A deficiency.	Hypervitaminosis A student presentation
		Discussion of vitamin- A deficiency and the various Government programmes prevailing in the country to overcome deficiencies. Brainstorming session. Digital Presentation of Hypervitaminosis A	<p><a href="https://classroom.google.com/g/tg/MTE0Mzc5ODQzOTY0/MjA4NzIwNDc1Nzg0#u=NTcyNDc2OTQ2NzFa&amp;t=f">https://classroom.google.com/g/tg/MTE0Mzc5ODQzOTY0/MjA4NzIwNDc1Nzg0#u=NTcyNDc2OTQ2NzFa&amp;t=f</a></p>
Vitamin –E-Metabolism, Functions, effects of deficiency, food sources, requirements, unit of measurements and hypervitaminosis.	2 hours	Lecture cum discussion method-blended learning	<p><b><u>Fat soluble vitamin E- Online presentation</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyODIxNjUxMjkz&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyODIxNjUxMjkz&amp;t=f</a></p>
	1 hour	Significance of vitamin E in scavenging free radicals- powerpoint presentation of scavenging of free radicals.	<p><b><u>Vitamin E deficiency- student online seminar video</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyODIxNjUxMjkz&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyODIxNjUxMjkz&amp;t=f</a></p> <p><b><u>Digital presentation of food sources</u></b></p>

			<a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyNzkzMzgyMTY3&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyNzkzMzgyMTY3&amp;t=f</a>
	1 hour	Continuous Assessment-II	<b>NUTRITION-II INTERNALS CA II Using Google forms</b> <a href="https://docs.google.com/forms/d/1k5NzkzGSTmDsxonCk6ZOFsatLo3UWyKLWrd0D6KHv88/edit#responses">https://docs.google.com/forms/d/1k5NzkzGSTmDsxonCk6ZOFsatLo3UWyKLWrd0D6KHv88/edit#responses</a>
Vitamin –K-Metabolism, Functions, effects of deficiency, food sources, requirements, unit of measurements and hypervitaminosis.	2 hours	Lecture cum discussion. Structure representation. Power point presentation.	<b>Vitamin K- Introduction video</b> <a href="https://mail.google.com/mail/u/0?ui=2&amp;ik=7a6c3c32b1&amp;attid=0.3&amp;permmsgid=msg-f:1574989048457576133&amp;th=15db7c31e671bec5&amp;view=att&amp;disp=safe&amp;realattid=f_j60rjbes2">https://mail.google.com/mail/u/0?ui=2&amp;ik=7a6c3c32b1&amp;attid=0.3&amp;permmsgid=msg-f:1574989048457576133&amp;th=15db7c31e671bec5&amp;view=att&amp;disp=safe&amp;realattid=f_j60rjbes2</a>
	1 hour	Significance of vitamin-k in blood coagulation- video presentation. Vitamin-K food sources- online seminar	<b>Coagulation cascade and warfarin interaction video</b> <a href="https://doc-04-28-docs.googleusercontent.com/docs/securesc/sab3vndvttptgr856me66r6110612109/9s2144s7hrde4bal34tmv4240fae8u2t/1637441025000/04886632525525355621/04886632525525355621/0ByG_opbYFtLRU2ZsaFRvZ3NZOGM?e=download&amp;authuser=0">https://doc-04-28-docs.googleusercontent.com/docs/securesc/sab3vndvttptgr856me66r6110612109/9s2144s7hrde4bal34tmv4240fae8u2t/1637441025000/04886632525525355621/04886632525525355621/0ByG_opbYFtLRU2ZsaFRvZ3NZOGM?e=download&amp;authuser=0</a> <b>Vitamin-k Sources &amp; Requirements- student video</b> <a href="https://drive.google.com/file/d/1yK1DYjQzLyLr4qy8lJjLsu4Lu2MldeFz/view">https://drive.google.com/file/d/1yK1DYjQzLyLr4qy8lJjLsu4Lu2MldeFz/view</a> <b>Hypervitaminosis K- digital presentation</b>

			<a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MzM3NzEwOTU4MDBa&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MzM3NzEwOTU4MDBa&amp;t=f</a>
Vitamin –D-Metabolism, Functions, effects of deficiency, food sources, requirements, unit of measurements and hypervitaminosis.	2 hours	Discussion cum interactive session on deficiencies. Diagrammatic representation of deficiencies. Lecture method.	<b>VITAMIN D &amp; CALCIUM ABSORPTION- VIDEO</b> <a href="https://www.youtube.com/watch?v=YEnxruA-bsk">https://www.youtube.com/watch?v=YEnxruA-bsk</a>
	1 hour	Importance of vitamin D deficiency in the current scenario. Hypervitaminosis D- online presentation	<b>Vitamin D Dangers- online student seminar</b> <a href="https://classroom.google.com/g/tg/MTE0Mzc5ODQzOTY0/MjA4NzIwNDc1Nzg0#u=MTM3MjQ2NTc4NDE0&amp;t=f">https://classroom.google.com/g/tg/MTE0Mzc5ODQzOTY0/MjA4NzIwNDc1Nzg0#u=MTM3MjQ2NTc4NDE0&amp;t=f</a> <b>Vitamin D Sources, Units of Measurement</b> <a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE1Mzc3NjM3&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE1Mzc3NjM3&amp;t=f</a> <b>Vitamin D- Student online presentation</b> <a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyODEyODIzNTAy&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyODEyODIzNTAy&amp;t=f</a>
	1 hour	Revision of Chapter 4- Discussion and peer learning.	
5	<b>WATER SOLUBLE VITAMINS</b> Ascorbic acid- Functions, effects of deficiency, food	1 hour	Lecture, discussion and interactive session

sources and requirements for different age groups	1 hour	Assignment and online seminar on sources and requirements. Pictures of scurvy was shown.	<p><b>Digital presentation of significance of vitamin C</b></p> <p><a href="https://docs.google.com/presentation/d/1V0LBy1PrPhCwPqT-cKT_8szlaGN7ktdDAAzTraIGfjQ/edit#slide=id.p">https://docs.google.com/presentation/d/1V0LBy1PrPhCwPqT-cKT_8szlaGN7ktdDAAzTraIGfjQ/edit#slide=id.p</a></p> <p><b><u>Vitamin C- food sources and requirements- Student online seminar</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0MzQ2MzU5OTI3&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0MzQ2MzU5OTI3&amp;t=f</a></p>
B Complex vitamins- Thiamine, Riboflavin and Niacin- Functions, effects of deficiency, food sources and requirements for different age groups.	4 hours	Lecture cum seminar method. Online seminar videos on thiamine, riboflavin and niacin	<p><b><u>Online Presentation of Thiamine</u></b><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=ODY3NjIyMjE3NzVa&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=ODY3NjIyMjE3NzVa&amp;t=f</a></p> <p><b><u>Riboflavin deficiency-online seminar video</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE2MjYxODQ5&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE2MjYxODQ5&amp;t=f</a></p> <p><b><u>Significance of thiamine- Revision online student seminar</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NDc3NzIzNzky&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NDc3NzIzNzky&amp;t=f</a></p>
	1 hour	Diagrammatic representation and picture display of deficiencies.	<p>Material posted online in GCR for Niacin, Riboflavin, pantothenic acid and Biotin</p> <p><a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/m/NDE4MTM5MDU0ODEz/details">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/m/NDE4MTM5MDU0ODEz/details</a></p>

	1 hour	Flow chart representation of conversion of tryptophan to niacin.	
Importance of folic acid, Pyridoxine, Vitamin B12, Biotin and Pantothenic acid to the body.	3 hours	Seminar cum discussion method. Picture chart. Project based learning (deficiencies). Digital seminar presentations by students.	<p><b>Pyridoxine Material posted in GCR</b></p> <p><a href="https://docs.google.com/presentation/d/1PIaV-XOBXA_u0J7k1xNITnEqA0j8AbOM99QIttoOafl/edi#slide=id.p">https://docs.google.com/presentation/d/1PIaV-XOBXA_u0J7k1xNITnEqA0j8AbOM99QIttoOafl/edi#slide=id.p</a></p> <p><b><u>Folic acid deficiency- Online revision seminar presentation by student</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE3NDM3NjYz&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE3NDM3NjYz&amp;t=f</a></p> <p><b><u>Pantothenic acid significance- online video by student</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTM2ODQxMzc0MTk0&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTM2ODQxMzc0MTk0&amp;t=f</a></p> <p><b><u>Pyridoxine deficiency- online presentation by student</u></b></p> <p><a href="https://photos.google.com/share/AF1QipPdIPoazMQ_Af4fGKTA9BBHPTi5EvpsOOGowBJvI6MKPoFdRyYOcRXTIpSZ14X6w/photo/AF1QipNqjV8oXiZWVaTKbttEIIOPdoL8HnY5oDwgrJP?key=NVM5cXdLTjVBbGNZa2d6WFZ4QIBEU1ZJTEdMREV3">https://photos.google.com/share/AF1QipPdIPoazMQ_Af4fGKTA9BBHPTi5EvpsOOGowBJvI6MKPoFdRyYOcRXTIpSZ14X6w/photo/AF1QipNqjV8oXiZWVaTKbttEIIOPdoL8HnY5oDwgrJP?key=NVM5cXdLTjVBbGNZa2d6WFZ4QIBEU1ZJTEdMREV3</a></p> <p><b><u>Biotin deficiency- digital seminar by student</u></b></p>



<https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=OTA0ODQyMzkzMTJa&t=f>

**Food sources and Requirements of folic acid- seminar video by student**

<https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=ODY3NjEzMjU0NjNa&t=f>

**Folic acid deficiency- Digital presentation**

<https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE3NDM3NjYz&t=f>

**Vitamin B12 student seminar video**

<https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTMyODE0NTE4MzM4&t=f>

**Vitamin B12 deficiency- digital presentation by student**

<https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NDc2MDcwMjUx&t=f>

**Vitamin B12 -study material posted in GCR**

				<a href="https://docs.google.com/presentation/d/1gqTUKcvS3694UeED2f6p0ioDonn8ErnlJQGMlIseMKA/edit#slide=id.p">https://docs.google.com/presentation/d/1gqTUKcvS3694UeED2f6p0ioDonn8ErnlJQGMlIseMKA/edit#slide=id.p</a>
		1 hour	Problem solving method used to find solutions to overcome B-vitamin deficiencies.	
<b>6</b>	<b>WATER</b>			
	WATER–as a nutrient, functions, sources, requirements.	1 hour	Lecture cum assignment	<p><b><u>Functions of water- digital student seminar presentation posted in GCR</u></b></p> <p><a href="https://classroom.google.com/g/tg/MTE0Mzc5ODQzOTY0/MjA4NzIwNDc1Nzg0#u=NTcyNDC4NTYwOTZa&amp;t=f">https://classroom.google.com/g/tg/MTE0Mzc5ODQzOTY0/MjA4NzIwNDc1Nzg0#u=NTcyNDC4NTYwOTZa&amp;t=f</a></p>
	Distribution of water in the body, exchange of water in the body, composition of body fluids, water exchange between plasma and interstitial fluid.	2 hours	Seminar cum discussion method. Online video presentation	<p><b><u>Digital seminar presentation by students on distribution and exchange of water in the body</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=ODY3NzA1OTY3OTNa&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=ODY3NzA1OTY3OTNa&amp;t=f</a></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE1NjI3OTM5&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTE0NTE1NjI3OTM5&amp;t=f</a></p>
	Water imbalance –dehydration-water intoxication	2 hours	Impact of dehydration in metabolism and coping strategies- Peer and collaborative learning.	<p><b><u>Dehydration- online seminar presentation posted in GCR</u></b></p> <p><a href="https://classroom.google.com/g/tg/MTE0Mzc5ODQzOTY0/MjA4NzIwNDc1Nzg0#u=NTcyODE0OTk4MTZa&amp;t=f">https://classroom.google.com/g/tg/MTE0Mzc5ODQzOTY0/MjA4NzIwNDc1Nzg0#u=NTcyODE0OTk4MTZa&amp;t=f</a></p>
	Water and electrolyte mechanism -ADH , vasopressin.	1 hour	Discussion and interactive session.	

		1 hour	Lecture cum seminar method. Digital seminar presentation	<p><b><u>Regulation of water balance- student digital presentation</u></b></p> <p><a href="https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTA0NDAxNDQzODU4&amp;t=f">https://classroom.google.com/g/tg/Mzc2NTQ2MTUwNzgw/NDE5NzE2OTg0MzA4#u=MTA0NDAxNDQzODU4&amp;t=f</a></p>
		3 hours	Revision of entire syllabus. Discussion of question papers.	<p><b><u>Online assignment cum discussion using GCR</u></b></p> <p><a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/NDI0MzA2MzU5MjY2/submissions/by-status/and-sort-name/all">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/NDI0MzA2MzU5MjY2/submissions/by-status/and-sort-name/all</a></p> <p><b><u>Online/ Offline 2 marks test- Revision of entire syllabus</u></b></p> <p><a href="https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/NDQ2MzY5MTk1OTk1/submissions/by-status/and-sort-last-name/all">https://classroom.google.com/c/Mzc2NTQ2MTUwNzgw/a/NDQ2MzY5MTk1OTk1/submissions/by-status/and-sort-last-name/all</a></p>

## ANNA ADARSH COLLEGE FOR WOMEN

## DEPARTMENT OF HOMESCIENCE

## LESSON PLAN

## ACADEMIC YEAR 2021-2022

<b>Name of the Staff: Dr.V.ANITHA</b>				<b>Total Hours: 42( 3 hours/week)</b>
<b>Name of the Subject: Food Service Management-I</b>				<b>Year/Semester:III/V</b>
<b>Subject code: TAL5B</b>				
<b>UNIT</b>	<b>CHAPTER</b>	<b>HOURS</b>	<b>METHODOLOGY</b>	<b>ICT Tools Adopted</b>
2	Management Definition, principles and functions of management Organization – Types and theories of organisation. Tools of management	6 hours	Lecture cum discussion-collaborative learning of types and theories of organisation. Online Assignment on managerial functions.	<b>Organisation- online presentation</b> <a href="https://docs.google.com/presentation/d/1N_aBJ2GmLgYNln6vLMsqN14t2nOUZzfdnHZz1zZlnk/edit#slide=id.gc6f9e470d_0_0">https://docs.google.com/presentation/d/1N_aBJ2GmLgYNln6vLMsqN14t2nOUZzfdnHZz1zZlnk/edit#slide=id.gc6f9e470d_0_0</a> <a href="https://classroom.google.com/c/MzE5MjY1MjMzMDYx/sa/Mzg0OTY2NTQwNDI5/submissions/by-status/and-sort-name/all">https://classroom.google.com/c/MzE5MjY1MjMzMDYx/sa/Mzg0OTY2NTQwNDI5/submissions/by-status/and-sort-name/all</a> <b>Assignment on Managerial functions using GOOGLE CLASSROOM</b> <a href="https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/Mzg0OTY4MDY2NDY2/submissions/by-status/and-sort-last-name/all">https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/Mzg0OTY4MDY2NDY2/submissions/by-status/and-sort-last-name/all</a> <b>Online Assignment on Principles of management</b> <a href="https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/Mzg4Njk5Mzg3NTE0/details">https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/Mzg4Njk5Mzg3NTE0/details</a> <b>Digital Assignment on Steps in planning</b> <a href="https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/Mzg5MDAyMzc2ODM3/submissions/by-status/and-sort-last-name/all">https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/Mzg5MDAyMzc2ODM3/submissions/by-status/and-sort-last-name/all</a> <b>Online Assignment Using Google classroom</b>
		6 hours	Lecture cum Problem solving – tools of management.	<b>Online study material on Tools of management and Organisation</b> <a href="https://classroom.google.com/c/MTE0NTk1OTI0MzY4/m/MzQxNTcxMDU3Nzda/details">https://classroom.google.com/c/MTE0NTk1OTI0MzY4/m/MzQxNTcxMDU3Nzda/details</a>

			<a href="https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/MzkwODE0NDE3MDYy/submissions/by-status/and-sort-last-name/all">https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/MzkwODE0NDE3MDYy/submissions/by-status/and-sort-last-name/all</a> <b>Digital Assignment on Tools of Management using Google classroom</b> <b>Online assignment on Types of organisation</b> <a href="https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/NDAwMzUxMzU3ODkz/submissions/by-status/and-sort-last-name/all">https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/NDAwMzUxMzU3ODkz/submissions/by-status/and-sort-last-name/all</a>
		1 hour	Continuous Assessment- I  <b>FSM-I INTERNALS (CA-I) Using Google forms</b> <a href="https://docs.google.com/document/d/1Z6ZVL6GIDA6Olt4h-zp821RE7vFsrFn9e2mQfuhJC1g/edit">https://docs.google.com/document/d/1Z6ZVL6GIDA6Olt4h-zp821RE7vFsrFn9e2mQfuhJC1g/edit</a>
Staffing Manpower Planning Labour sources, Selection, Recruitment and training wages, salaries, incentives, promotion demotion, transfer, dismissal. Managerial Problems of Food Service Unit.		3 hours	Creative teaching- staffing and manpower planning.  <b>Digital presentation of staffing</b> <a href="https://docs.google.com/presentation/d/1YPL_Sm-k9RNcTnnjLOEdawXbiYML1MOw1OjmKCPiC4/edit#slide=id.p">https://docs.google.com/presentation/d/1YPL_Sm-k9RNcTnnjLOEdawXbiYML1MOw1OjmKCPiC4/edit#slide=id.p</a>
		2 hours	Real world learning about selection, recruitment .
		2 hours	Integrated learning- training.  <b>Online assignment on Job training</b> <a href="https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/NDA1NjIyNTkzODUx/details">https://classroom.google.com/c/MzE5MjY1MjMzMDYx/a/NDA1NjIyNTkzODUx/details</a>

		6 hours	Lecture cum collaborative learning- wages, salaries, incentives, promotion, demotion, transfer and dismissal.	<p><b>Online presentation – Performance appraisal and HR concepts</b>  <a href="https://docs.google.com/presentation/d/1bLnFSlcUIJTcNtbyNEABMUIAOLJ2nxRf8Si2rUD68U0/edit#slide=id.gac5b05cd9a_0_108">https://docs.google.com/presentation/d/1bLnFSlcUIJTcNtbyNEABMUIAOLJ2nxRf8Si2rUD68U0/edit#slide=id.gac5b05cd9a_0_108</a></p>
		3 hours	Case study analysis cum problem solving method- Managerial problems of food service unit.	<p><b>Managerial problems in food service unit or organisations- Online assignment</b>  <b>Sample work</b>  <a href="https://classroom.google.com/g/tg/MTE0NTk1OTI0MzY4/MjMvNjY2MzcwODE1#u=MT E0NTI4Mjg3MTk5&amp;t=f">https://classroom.google.com/g/tg/MTE0NTk1OTI0MzY4/MjMvNjY2MzcwODE1#u=MT E0NTI4Mjg3MTk5&amp;t=f</a></p>
6	Application of Computers in Catering	7 hours	Lecture method using ppt, Seminar cum discussion method	<p><b>Online material posted in GCR- about computers in catering</b>  <a href="https://classroom.google.com/c/MTE0NTk1OTI0MzY4/m/MjM3OTU3Njk2NDA1/details">https://classroom.google.com/c/MTE0NTk1OTI0MzY4/m/MjM3OTU3Njk2NDA1/details</a></p> <p><b>Digital Presentation of Computerised accounting</b>  <a href="https://docs.google.com/presentation/d/1P-k4hkvyQZE3v8Wq115_IhQ-K03C_dXt/edit">https://docs.google.com/presentation/d/1P-k4hkvyQZE3v8Wq115_IhQ-K03C_dXt/edit</a></p> <p><b>Powerpoint presentation where created by students and posted in GCR on Topics</b></p>

related to computers in catering  
Sample of student work

**Computer Reservation System**

<https://classroom.google.com/g/tg/MzE5MjY1MjMzMDYx/NDE2NDIzODc2MTg5#u=MTM2ODQxMzc0MTk0&t=f>

**Revenue Management module**

<https://classroom.google.com/g/tg/MzE5MjY1MjMzMDYx/NDE2NDIzODc2MTg5#u=MTTE0NTM4NDU1OTky&t=f>

**Micros Software application**

<https://classroom.google.com/g/tg/MzE5MjY1MjMzMDYx/NDE2NDIzODc2MTg5#u=MTTE0NTA4MjA4MzEx&t=f>

**Property Management system**

<https://classroom.google.com/g/tg/MzE5MjY1MjMzMDYx/NDE2NDIzODc2MTg5#u=MTTE0NTE2MjYxODQ5&t=f>

**Room Management Module**

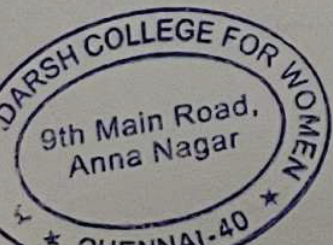
<https://classroom.google.com/g/tg/MzE5MjY1MjMzMDYx/NDE2NDIzODc2MTg5#u=MTMyNzkzMzgyMTY3&t=f>

4 hours

Revision

2 hours

Discussion of previous year question papers



*R. Shanthi*

PRINCIPAL  
ANNA ADARSH COLLEGE FOR WOMEN  
ANNA NAGAR, CHENNAI- 600 040

*suganthi ✓*

Anna Adarsh College for Women  
Department of Home Science  
Lesson Plan Academic year 2021-22

Name of the Staff: Dr.Shahana Mubeen  
Name of the Subject: HUMAN NUTRITION-II

Total Hours: 75 (6 Hrs/Week)  
Year/Semester:II/III

Subject Code: SL23B

Unit	Chapter	Hours	Methodology	ICT Tools Adopted
I.	WATER – functions, sources, requirements. Distribution of water in the body, composition of body fluids. Water imbalance-dehydration and water intoxication, water and electrolyte balance.	5	Lecture method, Discussion, interactive session, recap method	Water balance in the body <a href="https://www.youtube.com/watch?v=ezDJ1GSX14s">https://www.youtube.com/watch?v=ezDJ1GSX14s</a> Excretion - ADH and Homeostasis <a href="https://www.youtube.com/watch?v=yXWISve_7Uw">https://www.youtube.com/watch?v=yXWISve_7Uw</a> Fluid and Electrolytes <a href="https://www.youtube.com/watch?v=7piicQkfauk">https://www.youtube.com/watch?v=7piicQkfauk</a> Digital presentation Water <a href="https://docs.google.com/presentation/d/1PvExbMAx0qS6tawdnbf172MNGrFJ8MaM/edit#slide=id.p1">https://docs.google.com/presentation/d/1PvExbMAx0qS6tawdnbf172MNGrFJ8MaM/edit#slide=id.p1</a>
II.	MACRO MINERALS- Calcium, Phosphorous, Magnesium, Potassium, Sodium and Chloride- Distribution in the body; functions, effects of deficiency, toxicity, food sources and RDA. MICRO / TRACE MINERALS in human	14	Lecture method, Discussion, Recap method  Internal Assesment –I	Calcium Homeostasis: Regulation & Maintenance <a href="https://www.youtube.com/watch?v=o_IBAPBhflo">https://www.youtube.com/watch?v=o_IBAPBhflo</a> Calcium and Phosphate Regulation <a href="https://www.youtube.com/watch?v=EEM0iRJNhU8">https://www.youtube.com/watch?v=EEM0iRJNhU8</a> Sodium potassium pump <a href="https://www.youtube.com/watch?v=bPFKDdWICg">https://www.youtube.com/watch?v=bPFKDdWICg</a> Chloride Shift <a href="https://www.youtube.com/watch?v=qRpEjldHaUE">https://www.youtube.com/watch?v=qRpEjldHaUE</a> Sodium Regulation: Renin-Angiotensin-Aldosterone System <a href="https://www.youtube.com/watch?v=HZVKVjojpfE">https://www.youtube.com/watch?v=HZVKVjojpfE</a> Hypokalaemia and Hyperkalaemia



	<p>nutrition - Iron, Zinc, Fluoride and Copper- Distribution in the body; functions, effects of deficiency, toxicity, food sources and requirements for different age groups.</p>		<p><a href="https://www.youtube.com/watch?v=uNTQOXn2kB0">https://www.youtube.com/watch?v=uNTQOXn2kB0</a> Wilson's disease</p> <p><a href="https://www.youtube.com/watch?v=Cr8R_bnKAtk">https://www.youtube.com/watch?v=Cr8R_bnKAtk</a> Iron-Deficiency Anemia Signs &amp; Symptoms</p> <p><a href="https://www.youtube.com/watch?v=cAOFhgPcRSw">https://www.youtube.com/watch?v=cAOFhgPcRSw</a> Internal Assesment –I</p> <p><a href="https://docs.google.com/forms/d/1VJiSS8iuje1FWzr-mzDu7lj_VhPBnXLoHLZtlo4UhGI/edit">https://docs.google.com/forms/d/1VJiSS8iuje1FWzr-mzDu7lj_VhPBnXLoHLZtlo4UhGI/edit</a></p> <p>Digital Presentation Calcium <a href="https://docs.google.com/presentation/d/1NB5rigIiCGG3ELdLx0GuVOLW2Jyc8_j8/edit#slide=id.p1">https://docs.google.com/presentation/d/1NB5rigIiCGG3ELdLx0GuVOLW2Jyc8_j8/edit#slide=id.p1</a> Phosphorous <a href="https://docs.google.com/presentation/d/1nRmIbtezZ0ZnroNuAJQEgzOZp5wsb4o-/edit#slide=id.p1">https://docs.google.com/presentation/d/1nRmIbtezZ0ZnroNuAJQEgzOZp5wsb4o-/edit#slide=id.p1</a> Magnesium <a href="https://docs.google.com/presentation/d/1ig-p_tvEhxnaO0WnH6BB9NZ_WZXzru_K/edit#slide=id.p1">https://docs.google.com/presentation/d/1ig-p_tvEhxnaO0WnH6BB9NZ_WZXzru_K/edit#slide=id.p1</a> Chloride <a href="https://docs.google.com/presentation/d/1CM-dVggR9cqtzNLOVey5_Ntpy9bolg-/edit#slide=id.p1">https://docs.google.com/presentation/d/1CM-dVggR9cqtzNLOVey5_Ntpy9bolg-/edit#slide=id.p1</a> Potassium <a href="https://docs.google.com/presentation/d/1_YbOWELfwmlEdrxKDvRj7MKO0em_GIWI/edit#slide=id.p1">https://docs.google.com/presentation/d/1_YbOWELfwmlEdrxKDvRj7MKO0em_GIWI/edit#slide=id.p1</a> Sodium <a href="https://docs.google.com/presentation/d/1p5FceAAXIYmdF4I19zVz9sVMR4OnNNjS/edit#slide=id.p1">https://docs.google.com/presentation/d/1p5FceAAXIYmdF4I19zVz9sVMR4OnNNjS/edit#slide=id.p1</a> Zinc <a href="https://docs.google.com/presentation/d/1e6gKK0GTqthKQ70zesgzG1_D13M_rbFz/edit#slide=id.p1">https://docs.google.com/presentation/d/1e6gKK0GTqthKQ70zesgzG1_D13M_rbFz/edit#slide=id.p1</a> Iron <a href="https://docs.google.com/presentation/d/13nXRC1OcOkX-G6YZ7l1zdgNBJ4dL5J3U/edit#slide=id.p1">https://docs.google.com/presentation/d/13nXRC1OcOkX-G6YZ7l1zdgNBJ4dL5J3U/edit#slide=id.p1</a></p>
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				<p>Copper  <a href="https://docs.google.com/presentation/d/1u2soTP-nmmpTJlCvx-T1hRNDCoJ5LxtD/edit#slide=id.p1">https://docs.google.com/presentation/d/1u2soTP-nmmpTJlCvx-T1hRNDCoJ5LxtD/edit#slide=id.p1</a></p> <p>Fluorine  <a href="https://docs.google.com/presentation/d/17PU5I5IAOQQyy15g1ZnybUjQtHI1_Efj/edit#slide=id.p1">https://docs.google.com/presentation/d/17PU5I5IAOQQyy15g1ZnybUjQtHI1_Efj/edit#slide=id.p1</a></p>
III.	<p>UNIT III          ULTRATRACE          MINERALS- Iodine-          Distribution in the          body; functions, effects          of deficiency, food          sources and          requirements;          Selenium, Manganese,          Chromium,          Molybdenum          and Cobalt- Functions          and food sources.          Selenium and Vitamin          E relationship.          Chromium and glucose          tolerance factor.</p>	16	<p>Lecture method, Discussion,          interactive session, recap          method.</p> <p>Internal Assessment-II</p>	<p>Internal Assesment –II  <a href="https://docs.google.com/forms/d/1MbNquYiaONxC1GDGGlqPMY2wR_flCvhe-JW1MMRjjHI/edit">https://docs.google.com/forms/d/1MbNquYiaONxC1GDGGlqPMY2wR_flCvhe-JW1MMRjjHI/edit</a>          Digital presentation          Selenium  <a href="https://docs.google.com/presentation/d/1K7TA5na_gGZ56LJWWOCQ_NkoMaHL3Hn3V/edit#slide=id.p1">https://docs.google.com/presentation/d/1K7TA5na_gGZ56LJWWOCQ_NkoMaHL3Hn3V/edit#slide=id.p1</a>          Manganese  <a href="https://docs.google.com/presentation/d/114ch6PMQ8cgTJRUH1KvZY_A7iuWARh_pq/edit#slide=id.p1">https://docs.google.com/presentation/d/114ch6PMQ8cgTJRUH1KvZY_A7iuWARh_pq/edit#slide=id.p1</a>          Molybdenum  <a href="https://docs.google.com/presentation/d/1orqAmbUAGG-cEH9NMTqFdeMANgD4WYyN/edit#slide=id.p1">https://docs.google.com/presentation/d/1orqAmbUAGG-cEH9NMTqFdeMANgD4WYyN/edit#slide=id.p1</a>          Cobalt  <a href="https://docs.google.com/presentation/d/1baR5elrJhFTxr4VL_eEfPjBy_b1Xj2lKE/edit#slide=id.p1">https://docs.google.com/presentation/d/1baR5elrJhFTxr4VL_eEfPjBy_b1Xj2lKE/edit#slide=id.p1</a>          Chromium  <a href="https://docs.google.com/presentation/d/1bU2h4q02WzPenMu1w30E_CK9WHe2cR7xf/edit#slide=id.p1">https://docs.google.com/presentation/d/1bU2h4q02WzPenMu1w30E_CK9WHe2cR7xf/edit#slide=id.p1</a>          Iodine  <a href="https://docs.google.com/presentation/d/1ONVX-28ZF3F4hn2QpTEzk4LaE81g8JXf/edit#slide=id.p1">https://docs.google.com/presentation/d/1ONVX-28ZF3F4hn2QpTEzk4LaE81g8JXf/edit#slide=id.p1</a></p>
IV.	FAT SOLUBLE VITAMINS	20	Lecture method, Discussion, interactive session, recap method. Brainstorming method	<p>Wald's visual cycle  <a href="https://www.youtube.com/watch?v=6UtOz-mXO-4">https://www.youtube.com/watch?v=6UtOz-mXO-4</a>          Vitamin A   vitamin A Function   vitamin A metabolism   What</p>

	Metabolism, Functions, effects of deficiency, food sources, requirements, unit of measurements and hypervitaminosis of vitamins A, D, E and K.		to express their thoughts and innovations to reduce deficiencies	<p>happens when vitamin A is deficient?  <a href="https://www.youtube.com/watch?v=AKR1g4aHNb4">https://www.youtube.com/watch?v=AKR1g4aHNb4</a>  Vitamin D metabolism and function  <a href="https://www.alpco.com/vitamin-d-metabolism-function">https://www.alpco.com/vitamin-d-metabolism-function</a>  Vitamin D3 (Cholecalciferol) - Vitamin D2 (Ergocalciferol)  <a href="https://www.youtube.com/watch?v=bwD29RS5_AE">https://www.youtube.com/watch?v=bwD29RS5_AE</a>  Vitamin E : Source, function and deficiency  <a href="https://www.youtube.com/watch?v=AJV8qBUvbkc">https://www.youtube.com/watch?v=AJV8qBUvbkc</a>  Vitamin K and blood clotting  <a href="https://www.youtube.com/watch?v=eI8kZlqa-VU">https://www.youtube.com/watch?v=eI8kZlqa-VU</a>  Digital Presentation  Vitamin E  <a href="https://docs.google.com/presentation/d/1F8D20Ysucjg5oE3m9CJmakVUSMBBomHn/edit#slide=id.p1">https://docs.google.com/presentation/d/1F8D20Ysucjg5oE3m9CJmakVUSMBBomHn/edit#slide=id.p1</a>  Vitamin K  <a href="https://docs.google.com/presentation/d/1JJXDInGFNLkzpcpmcVWVHxJ45GkquTAQ/edit#slide=id.p1">https://docs.google.com/presentation/d/1JJXDInGFNLkzpcpmcVWVHxJ45GkquTAQ/edit#slide=id.p1</a>  Vitamin A  <a href="https://docs.google.com/presentation/d/1li8xz-YlYZFjh1BTyXgZl5hBydag_R0-/edit#slide=id.p1">https://docs.google.com/presentation/d/1li8xz-YlYZFjh1BTyXgZl5hBydag_R0-/edit#slide=id.p1</a>  Vitamin D  <a href="https://docs.google.com/presentation/d/1Xw_zKE41JUDPs77apHl2uJtQEEDeghqK/edit#slide=id.p1">https://docs.google.com/presentation/d/1Xw_zKE41JUDPs77apHl2uJtQEEDeghqK/edit#slide=id.p1</a></p>
V.	WATER SOLUBLE VITAMINS Ascorbic acid and B Complex vitamins- Thiamine, Riboflavin and Niacin- Functions, effects of deficiency, food sources and requirements for different age groups.	18	Lecture method, Discussion, interactive session, recap method	<p>Vitamin B1: Daily requirements, Sources, Functions, Deficiency  <a href="https://www.youtube.com/watch?v=XbvnH5v7_SE">https://www.youtube.com/watch?v=XbvnH5v7_SE</a>  Riboflavin (Vitamin B2)  <a href="https://www.youtube.com/watch?v=QSsygm8_kgk">https://www.youtube.com/watch?v=QSsygm8_kgk</a>  Vitamin B3 (Niacin)  <a href="https://www.youtube.com/watch?v=-hR7GI3dsEU">https://www.youtube.com/watch?v=-hR7GI3dsEU</a>  Folic acid Functions, sources of foods  <a href="https://www.youtube.com/watch?v=nvss-sVIRw8">https://www.youtube.com/watch?v=nvss-sVIRw8</a>  Vitamin B6 - Functions - Deficiency of Vitamin B6  <a href="https://www.youtube.com/watch?v=IFM3c7sMmDY">https://www.youtube.com/watch?v=IFM3c7sMmDY</a>  Biotin Deficiency Sources, Purposes, Causes, Symptoms</p>

	<p>Importance of Folic acid, Pyridoxine, Vitamin B12, Biotin and Pantothenic acid to the body.</p>		<p><a href="https://www.youtube.com/watch?v=n3Ej02a5Q58">https://www.youtube.com/watch?v=n3Ej02a5Q58</a>  Pantothenic Acid  <a href="https://www.youtube.com/watch?v=G3w4yXJNr-8">https://www.youtube.com/watch?v=G3w4yXJNr-8</a>  Vitamin B12 - Functions, Sources of foods  <a href="https://www.youtube.com/watch?v=JDH6p8K955o">https://www.youtube.com/watch?v=JDH6p8K955o</a>  Assignment  <a href="https://classroom.google.com/g/tg/Mzc5MjY5MDE4MTE4/NDM2NjU4NzMxNzQz#u=MTQ4NTQ0MzM2NzE3&amp;t=f">https://classroom.google.com/g/tg/Mzc5MjY5MDE4MTE4/NDM2NjU4NzMxNzQz#u=MTQ4NTQ0MzM2NzE3&amp;t=f</a>  Biotin Digital Presentation  <a href="https://docs.google.com/presentation/d/1gUmm_d_FsPDIkqS3lo xZXII02kgOu7hTNAItJZd6UpU/edit#slide=id.p1">https://docs.google.com/presentation/d/1gUmm_d_FsPDIkqS3lo xZXII02kgOu7hTNAItJZd6UpU/edit#slide=id.p1</a>  Important Questions  <a href="https://classroom.google.com/c/Mzc5MjY5MDE4MTE4">https://classroom.google.com/c/Mzc5MjY5MDE4MTE4</a>  Digital Presentaion  Pyridoxine  <a href="https://docs.google.com/presentation/d/1Up32mGTBhc-zknQDkouVn5dXJKlI8M91/edit#slide=id.p1">https://docs.google.com/presentation/d/1Up32mGTBhc-zknQDkouVn5dXJKlI8M91/edit#slide=id.p1</a>  Thiamine  <a href="https://docs.google.com/presentation/d/1sgmVfxHEqORrWFS6glaxvK YPM_ghwfmz/edit#slide=id.p1">https://docs.google.com/presentation/d/1sgmVfxHEqORrWFS6glaxvK YPM_ghwfmz/edit#slide=id.p1</a>  Riboflavin  <a href="https://docs.google.com/presentation/d/1OnoEeILybL8naKfzC52Sb-o08LDOiv0G/edit#slide=id.p1">https://docs.google.com/presentation/d/1OnoEeILybL8naKfzC52Sb-o08LDOiv0G/edit#slide=id.p1</a>  Niacin  <a href="https://docs.google.com/presentation/d/1oOhFe49EWZQDyUGd4NIT eEYI9WSiOiL0/edit#slide=id.p1">https://docs.google.com/presentation/d/1oOhFe49EWZQDyUGd4NIT eEYI9WSiOiL0/edit#slide=id.p1</a>  Vitamin B12  <a href="https://docs.google.com/presentation/d/1LINDoBqy-DUfWyAGxeYSQZVTZuQQ9IUv/edit">https://docs.google.com/presentation/d/1LINDoBqy-DUfWyAGxeYSQZVTZuQQ9IUv/edit</a>  Folic acid  <a href="https://docs.google.com/presentation/d/1zjXgfa8NTQ7DneuLxWsaQ8 C15negXfit/edit#slide=id.p1">https://docs.google.com/presentation/d/1zjXgfa8NTQ7DneuLxWsaQ8 C15negXfit/edit#slide=id.p1</a>  Pantothenic acid  <a href="https://docs.google.com/presentation/d/1QkFnVpMldfvvMvjc_SUCRZ">https://docs.google.com/presentation/d/1QkFnVpMldfvvMvjc_SUCRZ</a></p>
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				<a href="https://docs.google.com/presentation/d/1hBx-aQQgGt/edit#slide=id.p1">hBx-aQQgGt/edit#slide=id.p1</a> Vitamin C <a href="https://docs.google.com/presentation/d/1CzRKay-xmpcazb2-JDipS2Ak-uso5yQ/edit#slide=id.p1">https://docs.google.com/presentation/d/1CzRKay-xmpcazb2-JDipS2Ak-uso5yQ/edit#slide=id.p1</a> Biotin <a href="https://docs.google.com/presentation/d/1qWMLCavy_umhGXM_srejeGT4RsfpMDd9t/edit#slide=id.p1">https://docs.google.com/presentation/d/1qWMLCavy_umhGXM_srejeGT4RsfpMDd9t/edit#slide=id.p1</a>
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Anna Adarsh College for Women  
Department of Home Science  
Academic year 2021-22

Name of the Staff: Dr.Shahana Mubeen  
Name of the Subject: SPORTS NUTRITION PRACTICALS

Total Hours:22 Hrs( 2Hrs/Wk)  
Year/Semester: III/ V

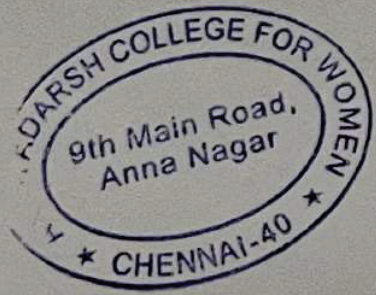
Subject Code:TAL5D

Unit	Chapter	Hours	Methodology	ICT Tools Adopted
1	Body fat analysis-learn to use skin fold callipers, bio electrical impedance analysis technique. Observe DEXA analysis.	4	Lecture method, Discussion method, demonstrated. Discussed on the composition of fat with the help of skin fold callipers, video was shown how dexa analysis is done, skin fold callipers used and calculations were done	Dexa Analysis: <a href="https://www.youtube.com/watch?v=OkjndlCsqBQ">https://www.youtube.com/watch?v=OkjndlCsqBQ</a> skin fold callipers <a href="https://www.youtube.com/watch?v=uSeEiitTR8g">https://www.youtube.com/watch?v=uSeEiitTR8g</a>
2	Measurement of Blood pressure, heart rate, calculate METs, VO2 max	4	B.P, pulse rate, heart rate were measured for all the students. Lecture method was adopted to explain VO2 max and calculations done. BIA videos were shown	Bio electrical impedance <a href="https://www.youtube.com/watch?v=vTcUS3qCLSU">https://www.youtube.com/watch?v=vTcUS3qCLSU</a> VO2 Max <a href="https://www.youtube.com/watch?v=_opYH7ZTAC0">https://www.youtube.com/watch?v=_opYH7ZTAC0</a>
3	Learn to take whole body measurements from a certified fitness trainer using a measuring tape	2	Video was shown how to take body measurements and students took the body measurements	Body Measurements: <a href="https://www.youtube.com/watch?v=Jy1A70xYqz8">https://www.youtube.com/watch?v=Jy1A70xYqz8</a>
4	Observe fitness testing methods by a sports physiotherapist or certified fitness trainer- to	4	Lecture method and students performed various endurance tests.	<a href="https://www.youtube.com/watch?v=cvEJ5WFk2KE">https://www.youtube.com/watch?v=cvEJ5WFk2KE</a>

	measure cardio vascular fitness, core strength, muscular endurance, explosive power, flexibility, agility, stability, strength, speed			
5	Planning diets for strength sports, endurance sports, racquet sports, team games	4	Planned diets for different sports events	
6	Planning diets for competition, recovery (case studies)	3	Planned diets and case studies were done	
7	Assignment on sports foods and supplements available in the market		Students were asked to do survey about ergogenic foods and discussed in the class	
8	Guest lecture by a sports nutritionist, fitness trainer, sports physician or physiotherapist on career opportunities	1	Questionnaire was filled on Awareness on physical activity and food frequency questionnaire	
9	Attend a sports tournament- swimming or tennis or hockey or cricket or track and field sports etc.			

R. Shanthi

suganthi v



PRINCIPAL  
ANNA ADARSH COLLEGE FOR WOMEN  
ANNA NAGAR, CHENNAI-600 040

**ANNA ADARSH COLLEGE FOR WOMEN**  
**Department of Home Science LESSON PLAN**  
**Academic year 2021-22**

**Name of the staff:** Dr.V.R.Anurathi **Total Hours: 75**  
**Name of the subject:** Family meal management **Year/ Sem: 2/3**  
**Subject code:** SL23A

**FAMILY MEAL MANAGEMENT**

UNI T	Chapter	Hours	Methodology followed	ICT TOOLS
UNI T I	Introduction to meal management, Balanced diet – food guide, food pyramid, food plate, principles of meal management – objectives – steps in meal planning and low cost balanced diet.	9	Lecture cum interactive session Power point presentation	<a href="https://www.youtube.com/watch?v=MGKZxKpwxWg">https://www.youtube.com/watch?v=MGKZxKpwxWg</a>  <a href="https://www.youtube.com/watch?v=L7QOUiQCb5E">https://www.youtube.com/watch?v=L7QOUiQCb5E</a>  Digital presentation- <a href="https://docs.google.com/presentation/d/1MSganHHPQt5gehsF4C7T4bF8xakRoip/edit?usp=drivesdk&amp;ouid=106967784118112978669&amp;rtfpof=true&amp;sd=true">https://docs.google.com/presentation/d/1MSganHHPQt5gehsF4C7T4bF8xakRoip/edit?usp=drivesdk&amp;ouid=106967784118112978669&amp;rtfpof=true&amp;sd=true</a>
UNI T II	Nutrition for Adult, reference man, reference women, activity groups, nutrient needs. Geriatric nutrition – Factors affecting food intake and nutrient use – nutrient needs – nutrition related problems.	11	Lecture Power point presentation	<a href="https://www.youtube.com/watch?v=y8tdCqSRxiU">https://www.youtube.com/watch?v=y8tdCqSRxiU</a> PPT  CA2 <a href="https://forms.gle/YuPjLEnrRjN53XEh8">https://forms.gle/YuPjLEnrRjN53XEh8</a>



				<a href="https://www.youtube.com/watch?v=Gah7ydI8W_A">https://www.youtube.com/watch?v=Gah7ydI8W_A</a>  Video presentation  <a href="https://youtu.be/goqOvjutvc8">https://youtu.be/goqOvjutvc8</a>
UNIT III	Nutrition in pregnancy – physiological stages, food selection – complications of pregnancy. Nutrition during lactation – Physiology of lactation – nutrition requirements, special foods given during lactation. WABA, EBM, breast milk pump, human breast milk bank.	12	Lecture Group Discussion Power point presentation	<a href="https://www.youtube.com/watch?v=V3kYV2tUqgY">https://www.youtube.com/watch?v=V3kYV2tUqgY</a>  <a href="https://www.youtube.com/watch?v=R9mYuYH1t8M">https://www.youtube.com/watch?v=R9mYuYH1t8M</a>  PPT
UNIT IV	Nutrition during infancy – Growth and Development – nutrition requirements- Breast feeding – Infant formula – Introduction of supplementary foods. Nutrition during early childhood (Toddler/Preschool) Growth and Nutritional needs – nutrition related problems, Feeding patterns – acceptance.	11	Lecture + Interactive sessions  Group Discussion Power point presentation	<a href="https://www.youtube.com/watch?v=1KjScylgg3o">https://www.youtube.com/watch?v=1KjScylgg3o</a>  PPT  <a href="https://youtu.be/TTIOQN24YJ4">https://youtu.be/TTIOQN24YJ4</a>
UNIT V	Nutrition of school children – Nutritional requirement – Importance of snacks – school lunch.	10	Lecture Group Discussion PPT	<a href="https://youtu.be/dp4I2qu4Owo">https://youtu.be/dp4I2qu4Owo</a> AV DISCUSSION <a href="https://docs.google.com/presentation/d/1FY2LbJLG_wvv-">https://docs.google.com/presentation/d/1FY2LbJLG_wvv-</a>

	<p>Nutrition during Adolescence, Growth development and nutrient needs – food choices, eating habits – factors influencing them.</p>		<p><a href="https://drive.google.com/file/d/17BCbFB1HT6-3DrhXcccxrNyWEuR3D-YV/view?usp=drivesdk">cE0lboWTH6klavvPoYB/edit?usp=drivesdk&amp;ouid=116299696103330058739&amp;rtpof=true&amp;sd=true</a></p> <p><a href="https://www.youtube.com/watch?v=EC7jjqEnpw4">https://www.youtube.com/watch?v=EC7jjqEnpw4</a> AV Presentation</p> <p><a href="https://drive.google.com/file/d/17BCbFB1HT6-3DrhXcccxrNyWEuR3D-YV/view?usp=drivesdk">https://drive.google.com/file/d/17BCbFB1HT6-3DrhXcccxrNyWEuR3D-YV/view?usp=drivesdk</a></p> <p><a href="https://www.youtube.com/watch?v=HAYV8XdpKSg">https://www.youtube.com/watch?v=HAYV8XdpKSg</a></p>
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## PRACTICAL

Ex.No	Contents	Hours	Methodology followed
I	Basic principles of meal and menu planning	2	Lecture + Demonstration of measuring techniques for dry ingredients and perishables
II	Daily food guide - The 5 food groups, the use of the food groups. Food Costing.	4	Lecture + PPT
III	Planning for adult man and woman during different physical activities - sedentary, moderate, heavy worker. Preparation of above diet.	2	Diet Planning, Preparation and discussion
IV	Planning and Preparation of a balanced diet for a pregnant woman -	2	Diet Planning, Preparation and discussion

	Nutrient requirements, modifications of dietary pattern.		
V	Planning and preparation of a balanced diet for a nursing mother - modification of normal meal pattern - nutritional requirements.	2	Diet Planning, Preparation and discussion of the suitability of the diet planned
VI	Nutrition during infancy - nutritional requirements during infancy-advantages of breast feeding - disadvantages of bottle feeding	2	Diet Planning, Preparation and discussion of the suitability of the diet planned
VII	Supplementary feeding-preparation of weaning foods	2	Diet Planning, Preparation and discussion of the suitability of the diet planned
VIII	Planning and preparation of diet for a toddler, pre-school child-nutritional requirements - food pattern.	2	Diet Planning, Preparation and discussion of the suitability of the diet planned
IX	Nutrition during school age - nutritional considerations - planning and preparation of meals / packed lunch	2	Diet Planning, Preparation and discussion of the suitability of the diet planned
X	Nutrition during adolescence - nutritional requirements. Factors influencing food habits - preparation of meal.	2	Diet Planning, Preparation and discussion of the suitability of the diet planned
XI	Planning a diet for a senior citizen - factors affecting food intake and nutrient use - special needs - nutritional requirements - Preparation of meals.	2	Diet Planning, Preparation and discussion of the suitability of the diet planned

**ANNA ADARSH COLLEGE FOR WOMEN**  
**Department of Home Science LESSON PLAN**  
**Academic year 2021-22**

**Name of the staff:** Dr.V.R.Anurathi

**Total Hours:** 38

**Name of the subject:** Food Service Management - I

**Year/ Sem:** 3/5

**Subject code:** TAL5D

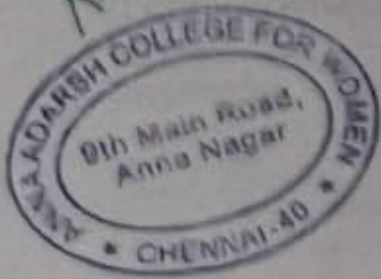
UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
3	Staffing Manpower Planning Labour sources, Selection, Recruitment and training wages, salaries, incentives, promotion demotion, transfer, dismissal.  Managerial Problems of Food Service Unit.	16	Lecture Interactive session Power point presentation, group discussion	U tube Videos  <a href="https://youtu.be/_SYfJx_ogB4">https://youtu.be/_SYfJx_ogB4</a>  <a href="https://youtu.be/-J5rHICDkto">https://youtu.be/-J5rHICDkto</a>  <a href="https://youtu.be/qg4wMFndjhs">https://youtu.be/qg4wMFndjhs</a>  <a href="https://youtu.be/qBQqR_DBwlo">https://youtu.be/qBQqR_DBwlo</a>  <a href="https://youtu.be/GZ7ishl90ig">https://youtu.be/GZ7ishl90ig</a>  <a href="https://youtu.be/IGgOO2ZGpf0">https://youtu.be/IGgOO2ZGpf0</a>

				<a href="https://youtu.be/6FLKLX14m60">https://youtu.be/6FLKLX14m60</a>
4	<p>Food cost and review of maintenance of accounts.</p> <p>Accountability Daily, Weekly, Monthly accounts for food, labour equipment and furnishing, rent, water, fuel, light, licences, cleaning supplies, maintenance, miscellaneous.</p> <p>Double entry book keeping, ledger accounts journal and balance sheet, budgetary control.</p> <p>Cost control, fixed, variable, average marginal and unit cost, break even analysis – production planning control.</p>	17	<p>Lecture</p> <p>Power point presentation</p>	<p>U tube Videos</p> <p><a href="https://youtu.be/afznXJBNGZI">https://youtu.be/afznXJBNGZI</a></p> <p><a href="https://youtu.be/ijPDIv6gXxc">https://youtu.be/ijPDIv6gXxc</a></p> <p>PPT LINK Budget  <a href="https://drive.google.com/file/d/1rfvMwRXUvlEtwYGTAAdPFQI3I_LW-it8Q/view?usp=drivesdk">https://drive.google.com/file/d/1rfvMwRXUvlEtwYGTAAdPFQI3I_LW-it8Q/view?usp=drivesdk</a></p> <p><a href="https://youtu.be/xXRn3cG0JKU">https://youtu.be/xXRn3cG0JKU</a></p> <p>AV PRESENTATION  <a href="https://docs.google.com/presentation/d/1x2VC4psnajRU_ATf09cEYlo8hI0CLEHEzfKKQdrKFyw/edit?usp=drivesdk">https://docs.google.com/presentation/d/1x2VC4psnajRU_ATf09cEYlo8hI0CLEHEzfKKQdrKFyw/edit?usp=drivesdk</a></p>
5	Application of Computers in catering.	5	<p>Lecture cum interactive session</p> <p>Power point presentation</p>	<p><a href="https://youtu.be/ezJ6l0kK-10">https://youtu.be/ezJ6l0kK-10</a></p> <p>e pg pathasala video</p> <p>Digital presentation</p>

				<a href="https://docs.google.com/presentation/d/1-CeYFTTucL5w1ZgFv0hJL3H0V1pwkAboXa0tlyuKMDY/edit?usp=driveak">https://docs.google.com/presentation/d/1-CeYFTTucL5w1ZgFv0hJL3H0V1pwkAboXa0tlyuKMDY/edit?usp=driveak</a>
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*R. Kavitha*

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**ANNA ADARSH COLLEGE FOR WOMEN**  
ANNA NAGAR, CHENNAI-600 042

Lesson Plan for Odd Semester 2021-2022

ANNA ADARSH COLLEGE FOR WOMEN  
 Department of Home Science  
 Lesson Plan Academic Year 2021-2022

Name of the Staff: Mrs.U.Kabira

Name of the Subject: Fundamentals of Textiles

Total Hours: 6/Week

Subject Code: TEL5A

Year/Semester: III Yr/V Sem

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Fiber study Classification of fibers – study of properties common to protein, cellulose, mineral and thermoplastic fibers.	4 Hours	PPT Presentation and Lecture method, Showing pictures of different fibers from website	<a href="https://youtu.be/PDuiSnBYCQc">https://youtu.be/PDuiSnBYCQc</a> Introduction of textile fibers <a href="https://youtu.be/25ZbQZ_c5SI">https://youtu.be/25ZbQZ_c5SI</a> fiber properties
I	Manufacture, uses and properties of Cotton, Jute, Viscose Rayon, Wool, Silk, Nylon, Terylene and Acrylic.	6 Hours	PPT Presentation and Lecture method, youtube videos	<a href="https://youtu.be/4GxeSO7DyaE">https://youtu.be/4GxeSO7DyaE</a> -Nylon yarn <a href="https://youtu.be/vCZQ56oVfDM">https://youtu.be/vCZQ56oVfDM</a> -Silk <a href="https://youtu.be/QHgNoSYlhYs">https://youtu.be/QHgNoSYlhYs</a> -Cotton

II	Yarn processing: Steps involved in processing cotton yarns – classification of yarns based on direction of twist, count – simple and novelty yarns.	8 Hours	Video Presentation and Lecture method, pictures from website	<a href="https://youtu.be/K69WTOXQZa4">https://youtu.be/K69WTOXQZa4</a> - yarn
III	Techniques of clothing construction a) Selection, use and care of sewing machine and sewing tools.	6 Hours	Video Presentation and Lecture method, video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTI2MjY2NjU1/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTI2MjY2NjU1/details</a> -parts of sewing machine <a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTI5MzMwMjEx/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTI5MzMwMjEx/details</a> -How to operate the sewing machine
III	b) Study of basic hand stitches-temporary and permanent.	1 Hours	Video Presentation and Lecture method, Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDAyMjY0MjM5NDgz/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDAyMjY0MjM5NDgz/details</a> - Basic hand stitches demo <a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTU0ODU4MTEEx/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTU0ODU4MTEEx/details</a> -Seam



III	c) Seams and seam finishes.	1 Hours	Video Presentation and Lecture method, Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTU4MDk3MzE1/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTU4MDk3MzE1/details</a> -Seam finishes
III	d) Methods of introducing fullness into a fabric-darts, tucks, pleats and gathers.	3 Hours	Video Presentation and Lecture method, Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA2ODEyNTY4NDMw/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA2ODEyNTY4NDMw/details</a> - Tucks <a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA1MTgyNjY5NjAz/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA1MTgyNjY5NjAz/details</a> - Pleats <a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA1MTc0MDMyNjA0/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA1MTc0MDMyNjA0/details</a> - Godets <a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA1MTc0MDMyMzcz/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA1MTc0MDMyMzcz/details</a> -Darts <a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA0Mjc5MTkzMzA3/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDA0Mjc5MTkzMzA3/details</a> -Gathers
IV	Principles of Pattern Making: a) Steps in preparing the basic bodice, sleeve and skirt pattern for children and adult women based on body measurements.	8 Hours	Video Presentation and Lecture method, Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDE4OTc0MDE2NzQz/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDE4OTc0MDE2NzQz/details</a> - Paper pattern
IV	b) Steps in fabric preparation.	6 Hours	Video Presentation and Lecture method, Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDE4OTc0MDE2NzQz/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDE4OTc0MDE2NzQz/details</a> - fabric layout

	c) Pattern Layout.			
IV	d) Methods of transferring pattern markings on to a fabric.	5 Hours	Video Presentation and Lecture method, Video demonstration	
V	Fabric Embellishment a) Embroidery	10 Hours	Video Presentation and Lecture method, Video demonstration you tube	<a href="https://classroom.google.com/c/Mzc5MTQ3NTQ4NTc1/m/ND AxOTM0OTg4MTE5/details">https://classroom.google.com/c/Mzc5MTQ3NTQ4NTc1/m/ND AxOTM0OTg4MTE5/details</a> -Embroidery <a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/ND AxOTM2NzY5MDI0/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/ND AxOTM2NzY5MDI0/details</a> -Embroidery <a href="https://youtu.be/atfMR-S3nNo">https://youtu.be/atfMR-S3nNo</a> -Techniques of tracing design <a href="https://youtu.be/43X3QyH9CWo">https://youtu.be/43X3QyH9CWo</a> -Techniques of tracing design <a href="https://youtu.be/2OSN5U5cYgs">https://youtu.be/2OSN5U5cYgs</a> -Techniques of tracing design
V	b) Applique c) Sequince and Zari work	6 Hours	Video Presentation and Lecture method, Video demonstration you tube	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/ND A1MTQ4NjA1ODI1/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/ND A1MTQ4NjA1ODI1/details</a> - Applique <a href="https://thedesigncart.com/blogs/news/the-art-of-zari">https://thedesigncart.com/blogs/news/the-art-of-zari</a> -Zari <a href="https://en.m.wikipedia.org/wiki/Gota_(embroidery)">https://en.m.wikipedia.org/wiki/Gota_(embroidery)</a> -gota <a href="https://youtu.be/UTRvrNgcxgk">https://youtu.be/UTRvrNgcxgk</a> -Aari <a href="https://m.youtube.com/watch?v=RGFnIf5bgBw">https://m.youtube.com/watch?v=RGFnIf5bgBw</a> -Gota <a href="https://youtu.be/-VKbBEnL4fE">https://youtu.be/-VKbBEnL4fE</a> -Seqince

				<a href="https://images.app.goo.gl/T5UFLTuXTB2VdnXf9">https://images.app.goo.gl/T5UFLTuXTB2VdnXf9</a> -types of sequins
	PRACTICALS:			
	1. Sewing process: a) Hand stitches – temporary and permanent.	1 Hour	Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDAyMjY0MjM5NDgz/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDAyMjY0MjM5NDgz/details</a> - Basic hand stitches
	b) Seam and seam finishes	1 Hour	Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTU0ODU4MTEw/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTU0ODU4MTEw/details</a> -seams  <a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTU4MDk3MzE1/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTU4MDk3MzE1/details</a> seam finishes
	c) Preparation and application of true bias, bias facing, shaped facing & bias binding	1 Hour	Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTE5MzA1NDM0/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTE5MzA1NDM0/details</a> Neckline finishes
	d) Plackets and opening – continuous placket, bound & faced placket	1 Hour	Video demonstration	<a href="https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTE5MzA1MzU1/details">https://classroom.google.com/c/Mzc5MTQ3NTUwMDM5/m/NDM2NTE5MzA1MzU1/details</a> Plackets
	2. Garment	7		<a href="https://youtu.be/bnaSC3Eo8Pg">https://youtu.be/bnaSC3Eo8Pg</a> -Jabala

construction: a) Saree petticoat b) Apron / Jabala.	Hours	<a href="https://youtu.be/6VXwOXhzHd4">https://youtu.be/6VXwOXhzHd4</a> Jabala <a href="https://youtu.be/CfDPv8LKR-8">https://youtu.be/CfDPv8LKR-8</a> -Saree petticoat <a href="https://youtu.be/6SVaWXxyIVE">https://youtu.be/6SVaWXxyIVE</a> -saree petticoat
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ANNA ADARSH COLLEGE FOR WOMEN  
Department of Home Science  
Lesson Plan Academic Year 2021-2022

Name of the Staff: Mrs.U.Kabira

Name of the Subject: Fabric Embellishment

Total Hours: 2/Week

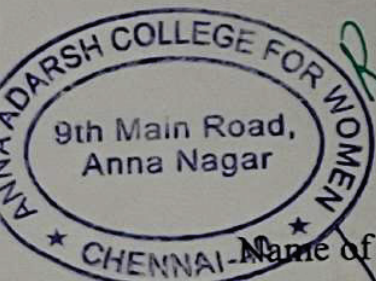
Subject Code: SL51D

Year/Semester: I Yr/I Sem

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Definition of embroidery, Tools used for embroidery ,Method of transferring design on fabric for embroidery	3 Hours	Video Presentation Video Demonstration, YouTube channel	<a href="https://classroom.google.com/c/MzKxODYwMzEzNzk5/mNDIyMjAzOTMxNTAw/details">https://classroom.google.com/c/MzKxODYwMzEzNzk5/mNDIyMjAzOTMxNTAw/details</a> -Embroidery notes <a href="https://youtu.be/atfMR-S3nNo">https://youtu.be/atfMR-S3nNo</a> -Transferring design on fabric <a href="https://youtu.be/43X3QyH9CWo">https://youtu.be/43X3QyH9CWo</a> -Transferring design on fabric

				<a href="https://youtu.be/2OSN5U5cYgs">https://youtu.be/2OSN5U5cYgs</a> -Transferring design on fabric
I	b.) Basic embroidery stitches outline stitches- Stem, Running, Back, Chain, couching. Filling stitches- satin, long and short, Herringbone, Fish bone, Cretan, buttonhole, cross stitch. Interlaced stitch-Whipped running, Laced running, Pekinese. Knot and Loop stitches- French knot, double knot, bullion.	12 Hours	Video Demonstration	<a href="https://classroom.google.com/c/MzkxODYwMzEzNzk5/mNDIyMjAzOTMxNjkw/details">https://classroom.google.com/c/MzkxODYwMzEzNzk5/mNDIyMjAzOTMxNjkw/details</a> - embroidery videos  <a href="https://classroom.google.com/c/MzkxODYwMzEzNzk5/mNDIyMjAzOTMxOTM0/details">https://classroom.google.com/c/MzkxODYwMzEzNzk5/mNDIyMjAzOTMxOTM0/details</a> -Embroidery videos
II	Traditional Embroidery of India- Designs/motifs used, colour combination, Types	6 Hours	Video Presentation  Lecture method, sharing youtube video	<a href="https://classroom.google.com/c/MzkxODYwMzEzNzk5/mNDExODc2NzgwODU0/details">https://classroom.google.com/c/MzkxODYwMzEzNzk5/mNDExODc2NzgwODU0/details</a> - Traditional Embroidery notes  <a href="https://youtu.be/yv2kWx2EfvU">https://youtu.be/yv2kWx2EfvU</a> Kantha  <a href="https://youtu.be/eHORdzYDkAg">https://youtu.be/eHORdzYDkAg</a> -Chikankari

	Punjab e.) Chikankari of Uttar Pradesh.			<a href="https://youtu.be/3tSf4w_DJ60">https://youtu.be/3tSf4w_DJ60</a> -Kasuti
III	Fabric Painting Preparation of fabric before painting, transferring design on fabric for painting, Tools used for fabric painting, Types of Brushes,	6 Hours	Video Presentation  Lecture method, You tube channel	<a href="https://classroom.google.com/c/MzKxODYwMzEzNzk0NDIyMTk3NzkxNzk0/details">https://classroom.google.com/c/MzKxODYwMzEzNzk0NDIyMTk3NzkxNzk0/details</a> -fabric painting technique  <a href="https://classroom.google.com/c/MzKxODYwMzEzNzk0NDExODc2NzgyNTYy/details">https://classroom.google.com/c/MzKxODYwMzEzNzk0NDExODc2NzgyNTYy/details</a> -Fabric painting notes



*R. Hanthi*

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PRINCIPAL ANNA ADARSH COLLEGE FOR WOMEN  
 ANNA ADARSH COLLEGE FOR WOMEN Department of Home Science  
 ANNA NAGAR, CHENNAI- 600 040  
 Lesson Plan Academic Year 2020-2021

Name of the Staff: Mrs.U.Kabira

**ANNA ADARSH COLLEGE FOR WOMEN**

**Department of HOME SCIENCE**

**Academic year 2021-2022 (ODD SEMESTER)**

**Name of the staff: Mrs. PREMAKUMARI. C**

**Total Hours: 3 hours/ Week**

**Name of the subject: FOOD SERVICE MANAGEMENT- I- TAL 5B**

**Year/ Semester: III/ V**

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
<b>Introduction</b>	Outline of the syllabus and the orientation to the concepts in each of the units.	1 hour	<b>Lecture method</b>	-----
<b>I</b>	Definition and scope of Food Industries	2 Hours	■ Interactive class room sessions	Video explanation <a href="https://www.youtube.com/watch?v=1m6h59wIyI">https://www.youtube.com/watch?v=1m6h59wIyI</a>
	Classification of Commercial and Non Commercial food service and welfare food service institutions.	10 Hours	<b>Blended learning</b>  ■ Lecture method  ■ Power Point presentation and videos	AV presentation <a href="https://docs.google.com/presentation/d/15h5jNG9hrCHJOdV-fSoiYuAEvQ26ZSRmb3dgvW4-uOE/edit#slide=id.p">https://docs.google.com/presentation/d/15h5jNG9hrCHJOdV-fSoiYuAEvQ26ZSRmb3dgvW4-uOE/edit#slide=id.p</a>  Quiz Assessment <a href="https://docs.google.com/forms/d/1jlr0jsc2-mCWrmHHW6FzuZ6IQ4XOHXjLNZ12FoWkjXQ/edit">https://docs.google.com/forms/d/1jlr0jsc2-mCWrmHHW6FzuZ6IQ4XOHXjLNZ12FoWkjXQ/edit</a>
<b>III</b>	Directing and direction	1 hour	Blended Learning  ■ Lecture method	Video explanation <a href="https://www.youtube.com/watch?v=KNbrtvgIBjE">https://www.youtube.com/watch?v=KNbrtvgIBjE</a>

	<p>Leadership- Leadership styles and qualities. <b>2 hours</b></p> <p>Delegation and controlling-decentralization and centralization 2 hours</p> <p>Supervision, Human relation industry Authority and responsibility 3 hours</p> <p>Motivation, Communication Evaluation techniques. 4 hours</p>	<ul style="list-style-type: none"> <li>■ Z- A approach</li> <li>■ PowerPoint presentation</li> <li>■ Role play on the leadership styles</li> <li>■ Business games on communication techniques and barriers</li> </ul>	<p>Video explanation <a href="https://www.youtube.com/watch?v=iAHAhQyHqqA">https://www.youtube.com/watch?v=iAHAhQyHqqA</a></p> <p>Video explanation <a href="https://www.youtube.com/watch?v=1Bx-VVj6Ek8">https://www.youtube.com/watch?v=1Bx-VVj6Ek8</a></p> <p>AV presentation <a href="https://docs.google.com/presentation/d/16QO1I335HMWo5cN7uzGwf7Ba_cold3A99eC4vqz2_jQ/edit#slide=id.p1">https://docs.google.com/presentation/d/16QO1I335HMWo5cN7uzGwf7Ba_cold3A99eC4vqz2_jQ/edit#slide=id.p1</a></p> <p>Quiz Assessment <a href="https://docs.google.com/forms/d/1DBRXZjexE2ePbI-P2rlg2R43BSE1-0LRvB2tjT-F9WU/edit">https://docs.google.com/forms/d/1DBRXZjexE2ePbI-P2rlg2R43BSE1-0LRvB2tjT-F9WU/edit</a></p>
<b><u>IV</u></b>	<p>Food cost and review of maintenance of accounts 2 hours</p> <p>Accountability Daily, Weekly, Monthly accounts for food, labour equipment and furnishing, rent, water, fuel, light, licences, cleaning supplies, maintenance, miscellaneous. 3 Hours</p> <p>Double entry book keeping, ledger accounts journal and balance sheet. 3 Hours</p> <p>Budgetary control. Cost control, fixed, variable, average marginal and unit cost, break even analysis. 3 Hours</p> <p>Production planning control 1 Hour</p>	<ul style="list-style-type: none"> <li>■ Lecture method citing examples and problems</li> <li>■ Case studies and sample problems</li> <li>■ Group discussions</li> </ul>	<p>Video explanation <a href="https://www.youtube.com/watch?v=kKKLlzxrqos">https://www.youtube.com/watch?v=kKKLlzxrqos</a></p> <p>Slide share Presentation <a href="https://www.slideshare.net/AkmalHafiz2/food-and-beverage-cost-control-35640241">https://www.slideshare.net/AkmalHafiz2/food-and-beverage-cost-control-35640241</a></p> <p>Slide share Presentation <a href="https://www.slideshare.net/JanithaMadawalaGradD/food-and-beverage-cost-control-2nd-edition">https://www.slideshare.net/JanithaMadawalaGradD/food-and-beverage-cost-control-2nd-edition</a></p> <p>AV presentation <a href="https://drive.google.com/file/d/1qJ-PM7y5yoz1YIUE80vDqCI1KDMHLTQR/view?usp=sharing">https://drive.google.com/file/d/1qJ-PM7y5yoz1YIUE80vDqCI1KDMHLTQR/view?usp=sharing</a></p>



**Name of the staff: Mrs. PREMAKUMARI. C**

**Total Hours: 4 Hours/ Week**

**Name of the subject: HUMAN PHYSIOLOGY – SL21A**

**Year/ Semester: I/ I**

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Cell – Structure and functions of the organelles	2	Interactive Lecture sessions	Video explanation <a href="https://www.youtube.com/watch?v=URUJD5NEXC8">https://www.youtube.com/watch?v=URUJD5NEXC8</a>
	Cell division- Mitosis and meiosis	1	Lecture method- Video lectures	Video explanation <a href="https://www.youtube.com/watch?v=EmV3H-ALSqg">https://www.youtube.com/watch?v=EmV3H-ALSqg</a>
	Tissues – Classification, structure and functions of Epithelial tissue, Connective tissue, Muscular tissue and Nervous tissue.	4	Lecture method- Illustrations, Microscopic examination of permanent slides Google form - Quiz Assessment	Video explanation <a href="https://www.youtube.com/watch?v=O0ZvbPak4ck">https://www.youtube.com/watch?v=O0ZvbPak4ck</a> Quiz Assessment <a href="https://docs.google.com/forms/d/1-PjYsX3MvaP19E4shMfXlaAo3efratGvpz4g2ZwqUSQ/edit">https://docs.google.com/forms/d/1-PjYsX3MvaP19E4shMfXlaAo3efratGvpz4g2ZwqUSQ/edit</a>
	Sense organs – structure of eye and physiology of vision.	2	Lecture method with PowerPoint presentation Animated content	Video explanation <a href="https://www.youtube.com/watch?v=o0DYP-u1rNM&amp;t=243s">https://www.youtube.com/watch?v=o0DYP-u1rNM&amp;t=243s</a>
		9 Hours		
II	Functions of blood	3	Lecture method	Video explanation

	Classification of WBC and its functions Structure of RBC and its functions.		Microscopic examination of blood smear	<a href="https://www.youtube.com/watch?v=yj7bfZKlIp8&amp;t=188s">https://www.youtube.com/watch?v=yj7bfZKlIp8&amp;t=188s</a>
	Anatomy of the heart, conducting system of the heart and types of circulation. Cardiac cycle.	4	Lecture method with proper illustration. Video explanations Animated content	Video explanation <a href="https://www.youtube.com/watch?v=IS9TD9fHFv0">https://www.youtube.com/watch?v=IS9TD9fHFv0</a>
	Blood pressure - definition, physical factors affecting blood pressure and ECG.	4	Lecture method Web searching session Demonstration of the effect of factors like physical activity on BP.	Video explanation <a href="https://www.youtube.com/watch?v=bsPxv5UjxMU">https://www.youtube.com/watch?v=bsPxv5UjxMU</a>
		11 Hours		
III	Respiratory system – Anatomy and physiology of respiratory organs, Gaseous exchange in the lungs.	6	Lecture method PowerPoint presentation with illustrations	AV explanation <a href="https://www.youtube.com/watch?v=TgcyiVQnVBs">https://www.youtube.com/watch?v=TgcyiVQnVBs</a>  E- book <a href="https://drive.google.com/file/d/1sKoT6wVr5NAVKDQokVTnW8IEQTqRbxuL/view">https://drive.google.com/file/d/1sKoT6wVr5NAVKDQokVTnW8IEQTqRbxuL/view</a>
	Digestive system –Anatomy of the gastrointestinal tract. Digestion and absorption of carbohydrates, proteins and fats.	6	Interactive Lecture session Animated explanation Quiz assessment	Animated content <a href="https://www.youtube.com/watch?v=48XO9iyZevs">https://www.youtube.com/watch?v=48XO9iyZevs</a>  Quiz Assessment <a href="https://docs.google.com/forms/d/1SBac0DSG5hBYL11GXB37J0O87eOxFITA235y_vyQX9I/edit">https://docs.google.com/forms/d/1SBac0DSG5hBYL11GXB37J0O87eOxFITA235y_vyQX9I/edit</a>
		12 Hours		

IV	Excretory system: Structure of kidney, Structure of nephron, Physiology of urine formation.	6	Lecture method with Illustrations	Video aid <a href="https://www.youtube.com/watch?v=zAczdDFyglA">https://www.youtube.com/watch?v=zAczdDFyglA</a>  E- book <a href="https://classroom.google.com/u/1/w/Mzk5Nzg1NTcxODg3/t/all">https://classroom.google.com/u/1/w/Mzk5Nzg1NTcxODg3/t/all</a>
	Nervous system – structure of a neuron, Structure and functions of brain – Cerebrum, brain stem and cerebellum, Functions of spinal nerves and cranial nerves.	6	Lecture method Illustrations Word processing	Animated Explanation <a href="https://www.youtube.com/watch?v=dGT7E5BsXf4">https://www.youtube.com/watch?v=dGT7E5BsXf4</a>  Illustrated e-book <a href="http://course.sdu.edu.cn/G2S/eWebEditor/uploadfile/20130328161819736.pdf">http://course.sdu.edu.cn/G2S/eWebEditor/uploadfile/20130328161819736.pdf</a>
		12 Hours		
V	Endocrinology- Pituitary, Thyroid, Parathyroid, adrenal and pancreas functions, hypo and hypersecretions.	8	Interactive Lecture session with PowerPoint presentation	Digital presentation <a href="https://www.slideshare.net/9426401633/endocrine-system-1-73527168">https://www.slideshare.net/9426401633/endocrine-system-1-73527168</a>  E- illustration content <a href="https://www.anatomy.org/AAA/Resources/Anatomical-Science-Image-Library.aspx">https://www.anatomy.org/AAA/Resources/Anatomical-Science-Image-Library.aspx</a>
	Reproductive system – Anatomy of the male reproductive system, Anatomy of the female reproductive system, Menstruation.	8	Lecture method PowerPoint presentation Video on the stages of the cycle	Video explanation <a href="https://www.youtube.com/watch?v=tOluxtc3Cpw">https://www.youtube.com/watch?v=tOluxtc3Cpw</a>  E- book

				<a href="https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/nursing_students/in_human_anat_final.pdf">https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/nursing_students/in_human_anat_final.pdf</a>
		16 Hours		

**ANNA ADARSH COLLEGE FOR WOMEN**

**Department of HOME SCIENCE**

**Academic year 2021-2022**

**Name of the staff: Mrs. PREMAKUMARI. C**

**Total Hours: 2 hours/ Week (15 hours)**

**Name of the subject: HUMAN PHYSIOLOGY- PRACTICALS**

**Year/ Semester: I/ II**

<b><u>EXPT</u></b>	<b><u>TITLE</u></b>	<b><u>HOURS</u></b>	<b><u>PROCEDURE</u></b>	<b><u>ICT TOOLS USED</u></b>
I	Microscopic study of blood- Peripheral Blood smear	2	Demonstration followed by individual practice	Tutorial video presentation <a href="https://www.youtube.com/watch?v=EdU06Jh4zss">youtube.com/watch?v=EdU06Jh4zss</a> <a href="https://www.youtube.com/watch?v=KSs0SMfERuA">https://www.youtube.com/watch?v=KSs0SMfERuA</a>
II	WBC estimation	2	Demonstration followed by individual practice	Tutorial video <a href="https://www.youtube.com/watch?v=xyhbIPSLBsA">https://www.youtube.com/watch?v=xyhbIPSLBsA</a> Worksheet <a href="https://forms.gle/5J8Pf8MKi26bpYC3A">https://forms.gle/5J8Pf8MKi26bpYC3A</a>
III	RBC estimation	2	Demonstration followed by individual practice	Tutorial videos <a href="https://www.youtube.com/watch?v=0f9p9JX4qJk">https://www.youtube.com/watch?v=0f9p9JX4qJk</a> Worksheet <a href="https://forms.gle/5J8Pf8MKi26bpYC3A">https://forms.gle/5J8Pf8MKi26bpYC3A</a>

IV	Hemoglobin estimation.	2	Demonstration followed by individual practice	Tutorial video explanation youtube.com/watch?v=0f9p9JX4qJk Demonstration video <a href="https://drive.google.com/file/d/1Q32-ZLIY2m3lrNE_LbPAg44Mmr6uBo03/view">https://drive.google.com/file/d/1Q32-ZLIY2m3lrNE_LbPAg44Mmr6uBo03/view</a>
V	Blood pressure.	2	Demonstration followed by individual practice	Tutorial video explanation <a href="https://www.youtube.com/watch?v=NSfuEI9Reyw">https://www.youtube.com/watch?v=NSfuEI9Reyw</a>
VI	Respiratory rate and pulse rate.	2	Demonstration followed by individual practice	Tutorial video explanation <a href="https://www.youtube.com/watch?v=IDFaPKFbIO8">https://www.youtube.com/watch?v=IDFaPKFbIO8</a>
VII	Demonstration experiment- Determination of blood groups	1	Demonstration of the procedure	Video explanation <a href="https://www.youtube.com/watch?v=PLhbRulwNVo">https://www.youtube.com/watch?v=PLhbRulwNVo</a>

**ANNA ADARSH COLLEGE FOR WOMEN  
DEPARTMENT OF HOME SCIENCE-N&D  
ACADEMIC YEAR 2021-2022**

**Name of the staff: Mrs.S.Sangamithra**  
**Name of the subject: Biochemistry**  
**Subject Code: TBL3A**

**Total Hours: 80**  
**Year/Semester: II/III**

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	<p><b>INTRODUCTION TO BOCHEMISTRY-</b> Definition and relation to nutrition.</p> <p><b>Enzyme</b> classification, Nomenclature, Factors affecting enzymatic activity, Mechanism of action. Co-enzyme and prosthetic group- role of B vitamins; Biological oxidation and Electron Transport Chain (ETC);</p> <p><b>Nucleic acids,</b> Purine and Pyrimidine bases, Nucleoside and Nucleotide- structure and functions</p>	20 Hrs	Online Lecture; Continuous Internal Assessment using Google Form Quiz.	<p><a href="https://forms.gle/Xga4WeiH1kkggCN9g7">https://forms.gle/Xga4WeiH1kkggCN9g7</a></p> <p><a href="https://youtu.be/C8VHyezOJD4">https://youtu.be/C8VHyezOJD4</a></p> <p><a href="https://www.youtube.com/watch?v=MA-ouz1LtpM">https://www.youtube.com/watch?v=MA-ouz1LtpM</a></p> <p><a href="https://www.youtube.com/watch?v=Xjja9w0Z8tA">https://www.youtube.com/watch?v=Xjja9w0Z8tA</a></p> <p><a href="https://www.youtube.com/watch?v=CmhIOgorD1M">https://www.youtube.com/watch?v=CmhIOgorD1M</a></p> <p><a href="https://www.youtube.com/watch?v=5wp8gBflWtA">https://www.youtube.com/watch?v=5wp8gBflWtA</a></p> <p><a href="https://www.youtube.com/watch?v=EFX7hQITC_Q">https://www.youtube.com/watch?v=EFX7hQITC_Q</a></p> <p><a href="https://www.youtube.com/watch?v=BvvAqoWY7LM">https://www.youtube.com/watch?v=BvvAqoWY7LM</a></p>

II	<p><b>CARBOHYDRATE</b> – structure, general reaction of mono, di, tri and oligo saccharides, interconversion of sugars – metabolism of carbohydrate – glucose oxidation through glycolysis – Krebs – TCA cycle, pentose phosphate cycle – gluconeogenesis.</p>	10 Hrs	<p>Online Lectures; Google docs used for teaching structures of carbohydrates; Digital presentation on properties and reactions of carbohydrates; Mnemonics used for teaching gluconeogenesis.</p>	<p><a href="https://docs.google.com/document/d/1j56OYB_1trMb_7HW1GGJ4h-1bj2P2YzSs-9Y0_lbFI4/edit?usp=sharing">1)https://docs.google.com/document/d/1j56OYB_1trMb_7HW1GGJ4h-1bj2P2YzSs-9Y0_lbFI4/edit?usp=sharing</a>;  <a href="https://docs.google.com/presentation/d/1NJ2WcJ80oGbIcA1roGHn5U-8qysnb6b_S6DhjBM-5Tg/edit?usp=sharing">2)https://docs.google.com/presentation/d/1NJ2WcJ80oGbIcA1roGHn5U-8qysnb6b_S6DhjBM-5Tg/edit?usp=sharing</a></p>
III	<p><b>PROTEINS</b>  <b>Amino acids</b> – classification, chemical properties due to amino and carboxyl groups. Chromatographic separation.</p> <p><b>Peptides</b> – structure and nomenclature, determination of amino acids sequence.</p> <p><b>Proteins</b> – primary, secondary, tertiary structure of proteins – Hydrolysis of proteins – Denaturation, precipitation, coagulation, metabolism of proteins, general pathways of metabolism of amino acids. Deamination, transamination, decarboxylation – urea cycle fate of carbon skeleton of amino acids.</p> <p><b>Protein biosynthesis</b></p>	10 Hrs	<p>Online Lecture; Student assignment on classification of aminoacids; YouTube videos on chromatography;</p>	<p>1)<a href="https://youtu.be/uOhefwQBAbI?t=9">https://youtu.be/uOhefwQBAbI?t=9</a>  2)<a href="https://youtu.be/qdmKGskCyh8?t=1">https://youtu.be/qdmKGskCyh8?t=1</a>  3)<a href="https://youtu.be/kz_egMtdnL4?t=1">https://youtu.be/kz_egMtdnL4?t=1</a>  4)<a href="https://youtu.be/Oryyo2y9Keg?t=15">https://youtu.be/Oryyo2y9Keg?t=15</a>  5)<a href="https://youtu.be/ZpPzImDSfqc?t=9">https://youtu.be/ZpPzImDSfqc?t=9</a></p>



				6) <a href="https://www.youtube.com/watch?v=8wAwLwJAGHs">https://www.youtube.com/watch?v=8wAwLwJAGHs</a>
IV	<b>LIPIDS AND LIPID METABOLISM</b> – Chemical composition of fats, $\beta$ -oxidation of fatty acids, Bio- synthesis of fatty acids ketogenesis. Cholesterol – Biosynthesis and metabolism.	10 Hrs	Online Lecture; Video on B-oxidation of unsaturated fatty acids.	1) <a href="https://youtu.be/75HMMRcrwa0">https://youtu.be/75HMMRcrwa0</a> 2) <a href="https://www.youtube.com/watch?v=7jxNkePCGmg">https://www.youtube.com/watch?v=7jxNkePCGmg</a>
V	<b>INTERMEDIARY METABOLISM</b> - Inter relationship between carbohydrate, fat and protein metabolism – Hormonal regulation of metabolism. Inborne errors of metabolism with reference to carbohydrate – Fructosuria and galactosemia; Protein – Phenyl ketonuria, Alkaptonuria, aminoaciduria.	10 Hrs	Online Lecture; Student Seminar on Hormonal regulation of metabolism - Tabular column prepared after discussion in class.	<a href="https://docs.google.com/spreadsheets/d/1ifbH0uG6dtTlf3HbizxsjUkwVxqhDlp-Oi7VozXFx8k/edit?usp=sharing">https://docs.google.com/spreadsheets/d/1ifbH0uG6dtTlf3HbizxsjUkwVxqhDlp-Oi7VozXFx8k/edit?usp=sharing</a>
	<b>PRACTICALS</b>			
1	<b>Qualitative test for sugars-</b> Glucose, Fructose, Lactose, Maltose, Sucrose	10 Hrs	Online videos; Record work	1) <a href="https://youtu.be/4jJchoz0-T0?t=2">https://youtu.be/4jJchoz0-T0?t=2</a> 2) <a href="https://youtu.be/R2Jhyp7ZU5s?t=2">https://youtu.be/R2Jhyp7ZU5s?t=2</a> 3) <a href="https://youtu.be/aWisAdJFJbw?t=2">https://youtu.be/aWisAdJFJbw?t=2</a>
2	<b>Quantitative estimation of reducing sugar</b>	2 Hrs	Online videos; Record work	<a href="https://youtu.be/F2hGtlbMsA0">https://youtu.be/F2hGtlbMsA0</a>
3	<b>Qualitative test for proteins</b>	4 Hrs	Online videos; Record work	<a href="https://youtu.be/aWisAdJFJbw?t=2">https://youtu.be/aWisAdJFJbw?t=2</a>

4	<b>Demonstration experiments-</b> a. Estimation of total nitrogen in foods (Micro or MacroKjeldahl methods), b. Lipid extraction,    c. Determination of iodine value	4 Hrs	online videos and discussion	<a href="https://youtu.be/fQ1hSNGnXYX">https://youtu.be/fQ1hSNGnXYX</a>
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**ANNA ADARSH COLLEGE FOR WOMEN  
DEPARTMENT OF HOME SCIENCE-N&D  
ACADEMIC YEAR 2021-2022**

Name of the staff: Mrs. S. Sangamithra

Name of the subject: Food Service Management-I

Subject Code: TAL5B

Total Hours: 38

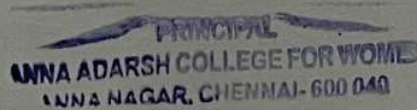
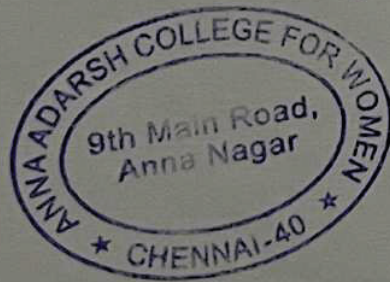
Year/ Semester: III /V

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	<b>Definition and scope of Food Industries – classification of Commercial and Non-commercial food service and welfare food service institutions.</b>	12	Online Lecture; Digital presentation; Student assignment on any one type of Food Service Institution (Google Slides); Quiz in G form	1) <a href="https://docs.google.com/presentation/d/1CPqz3vGN6Azj_VBWskpRiUDeBjFDTVMrGosT1WylZeM/edit?usp=sharing">https://docs.google.com/presentation/d/1CPqz3vGN6Azj_VBWskpRiUDeBjFDTVMrGosT1WylZeM/edit?usp=sharing</a> 2) <a href="https://docs.google.com/document/d/1HmSJ2LcjMf1zohCkgRJLOEtKZlijYNk0tGdVTwhOXYy/edit?usp=sharing">https://docs.google.com/document/d/1HmSJ2LcjMf1zohCkgRJLOEtKZlijYNk0tGdVTwhOXYy/edit?usp=sharing</a> 3) <a href="https://forms.gle/qnhMVucBfYqGM3BE7">https://forms.gle/qnhMVucBfYqGM3BE7</a>
II	<b>Management Definition, principles and functions of management, Organization – Types and theories of organisation. Tools of management</b>	14	Online Lecture; Student Seminars; Assignments; Video on types of organisation.	<a href="https://classroom.google.com/c/Mzc3NDc4MTA3MDUy/a/MzkyODA2NjlxNDY1/details">https://classroom.google.com/c/Mzc3NDc4MTA3MDUy/a/MzkyODA2NjlxNDY1/details</a> <a href="https://www.youtube.com/watch?v=RlozYN_rhkA">https://www.youtube.com/watch?v=RlozYN_rhkA</a> <a href="https://www.youtube.com/watch?v=dXHPqYGWIkg">https://www.youtube.com/watch?v=dXHPqYGWIkg</a> <a href="https://youtu.be/4o6v0XlYlZA">https://youtu.be/4o6v0XlYlZA</a>

	<p><b>Directing and direction, leadership, delegation and controlling decentralization, centralization, supervision, human relation industry, authority and responsibility, motivation, communication evaluation techniques. Leadership styles and qualities.</b></p>	<p>12</p>	<p>Online Lecture; Video on leadership style; Student assignment on Leadership Style; Continuous Assessment in GCR.</p>	<p><a href="https://www.youtube.com/watch?v=0fx7yy9-L7E">https://www.youtube.com/watch?v=0fx7yy9-L7E</a>  <a href="https://classroom.google.com/c/Mzc3NDc4MTA3MDUy/a/NDExODYyNzY5MzYx/details">https://classroom.google.com/c/Mzc3NDc4MTA3MDUy/a/NDExODYyNzY5MzYx/details</a></p>
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*R. Hanthi*

*argnthe V*



Name of the Staff: DR.SUGANTHI.V.

Total hours: 77+ 38 hours

Name of the subject: DIET THERAPY

Year/Semester: II/IV

Subject Code: TAL4A

S.NO	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
1.	<b>INTRODUCTION TO THERAPEUTIC DIETS</b> Principles of diet therapy-Routine hospital diets-Pre and Post operative diets Special feeding methods-Tube feeding and Total Parenteral nutrition Metabolic change in fevers-Modification of diet in Typhoid and Tuberculosis Diet in Burns and HIV Role and responsibilities of Dietitian, Indian Dietetic Association.	4 4 3 2	<ul style="list-style-type: none"><li>▪ Lecture method</li><li>▪ Student led learning</li><li>▪ Job instruction technique</li></ul>	<b>Digital presentation</b> <a href="https://docs.google.com/presentation/d/1S7pERnNTs6-bQGyhuVFm5sH9Shw1SDDnSTwxObH2RVk/edit?usp=sharing">https://docs.google.com/presentation/d/1S7pERnNTs6-bQGyhuVFm5sH9Shw1SDDnSTwxObH2RVk/edit?usp=sharing</a> <b>Video presentation</b> <a href="https://youtu.be/oJaIOSAYcIg">https://youtu.be/oJaIOSAYcIg</a> <a href="https://youtu.be/Oa-9tOwY2IQ">https://youtu.be/Oa-9tOwY2IQ</a> <b>AV presentation</b> <a href="https://docs.google.com/presentation/d/1cEQ7e5bt9Oacnyn7BMVwVt3YYu27LNASbklB8vztHaY/edit?usp=sharing">https://docs.google.com/presentation/d/1cEQ7e5bt9Oacnyn7BMVwVt3YYu27LNASbklB8vztHaY/edit?usp=sharing</a> <b>AV presentation</b> <a href="https://youtu.be/dd6Rqysi610">https://youtu.be/dd6Rqysi610</a> <a href="https://youtu.be/PmfyeRuxN2k">https://youtu.be/PmfyeRuxN2k</a>
2.	<b>DIET IN GASTROINTESTINAL, LIVER AND</b>		<ul style="list-style-type: none"><li>▪ Lecture method</li></ul>	<b>Digital presentation</b> <a href="https://docs.google.com/presentation/d/1WiKaYujKpouocQtChR2112U_YJfelR5AVUzNHZuRE8s/edit?usp=sharing">https://docs.google.com/presentation/d/1WiKaYujKpouocQtChR2112U_YJfelR5AVUzNHZuRE8s/edit?usp=sharing</a>

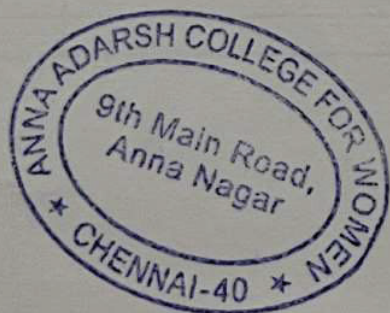
	<p><b>GALL BLADDER DISEASES</b> Etiology and modification in gastrointestinal diseases (a) Peptic ulcer (b) Diarrhoea (c) Constipation (d) Malabsorption syndrome e) gluten enteropathy and lactose intolerance</p> <p>Etiology and modification of diet in Hepatitis, Cirrhosis and Hepatic coma, Wilson's Disease Etiology and modification of diet in Cholecystitis and Cholelithiasis</p>	<p>6</p> <p>4</p> <p>4</p> <p>2</p>	<ul style="list-style-type: none"> <li>▪ Interactive session with students</li> <li>▪ Job instruction techniques</li> <li>▪ Student led learning</li> </ul>	<p><b>Video presentation</b> <a href="https://youtu.be/uDnJclE4Hpc">https://youtu.be/uDnJclE4Hpc</a></p> <p><b>AV presentation</b> <a href="https://docs.google.com/presentation/d/1pFKJGtEXU-gsAQcoKNp60G0tE78CtmELdUvyHYtP8Gs/edit?usp=sharing">https://docs.google.com/presentation/d/1pFKJGtEXU-gsAQcoKNp60G0tE78CtmELdUvyHYtP8Gs/edit?usp=sharing</a></p> <p><b>Digital presentation</b> <a href="https://docs.google.com/presentation/d/1ehqBAeQkn3N4syvKoQ4W4J3l2aNRBpNZ/edit?usp=sharing&amp;oid=109589926642852767435&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1ehqBAeQkn3N4syvKoQ4W4J3l2aNRBpNZ/edit?usp=sharing&amp;oid=109589926642852767435&amp;rtpof=true&amp;sd=true</a></p>
3.	<p><b>DIET IN METABOLIC DISEASES</b> Etiology, Diagnosis and modification of diet in Obesity and Underweight Diabetes mellitus- Prevalence, types, symptoms and</p>	<p>6</p> <p>8</p> <p>2</p>	<ul style="list-style-type: none"> <li>▪ Lecture method</li> <li>▪ Z-A approach</li> <li>▪ Student led learning</li> <li>▪ Case studies</li> </ul>	<p><b>Digital presentation</b> <a href="https://docs.google.com/presentation/d/1IBVfpVFL8J9IzC58fjtBDEN4aw7ckBBzPsKN4phhiOc/edit?usp=sharing">https://docs.google.com/presentation/d/1IBVfpVFL8J9IzC58fjtBDEN4aw7ckBBzPsKN4phhiOc/edit?usp=sharing</a></p> <p><b>AV presentation</b> <a href="https://docs.google.com/presentation/d/1buJuCYgvllnx11KefT0p6xYqOtdOJmQwnqXK5li2qEM/edit?usp=sharing">https://docs.google.com/presentation/d/1buJuCYgvllnx11KefT0p6xYqOtdOJmQwnqXK5li2qEM/edit?usp=sharing</a></p> <p><b>Digital presentation</b> <a href="https://docs.google.com/presentation/d/1K3lDbPmChTQgRgCBi6n5VTdyZr1G-">https://docs.google.com/presentation/d/1K3lDbPmChTQgRgCBi6n5VTdyZr1G-</a></p>

	<p>metabolic changes, Diagnosis, treatment with diet and insulin, complications.</p> <p>Nutrition management in acute and chronic pancreatitis</p>			<p><a href="https://docs.google.com/presentation/d/1B2h42o4FaHMacOfpzU6_g7XiRiQ3U9XND1PwCAfGvag/edit?usp=sharing&amp;oid=109589926642852767435&amp;rtpof=true&amp;sd=true">ozX/edit?usp=sharing&amp;oid=109589926642852767435&amp;rtpof=true&amp;sd=true</a></p> <p>Video presentation <a href="https://youtu.be/met9SntRZe8">https://youtu.be/met9SntRZe8</a></p>
4.	<p>DIET IN DEGENERATIVE DISEASES</p> <p>Etiology and modification of diet in Hypertension</p> <p>Prevalence, risk factors and modification of diet in atherosclerosis</p> <p>Risk factors and modification of diet in cancer-Nutritional problems of cancer therapy</p> <p>Role of antioxidants in the prevention of degenerative diseases</p>	<p>3</p> <p>6</p> <p>6</p> <p>2</p>	<ul style="list-style-type: none"> <li>▪ Lecture method</li> <li>▪ Case studies</li> <li>▪ Student led learning</li> <li>▪ Z-A approach</li> </ul>	<p>AV presentation <a href="https://docs.google.com/presentation/d/1B2h42o4FaHMacOfpzU6_g7XiRiQ3U9XND1PwCAfGvag/edit?usp=sharing">https://docs.google.com/presentation/d/1B2h42o4FaHMacOfpzU6_g7XiRiQ3U9XND1PwCAfGvag/edit?usp=sharing</a></p> <p><a href="https://docs.google.com/presentation/d/1fewadgFVggHLvEoVI7UCI3-wJJ0HKYPQLCjQ04al5s/edit?usp=sharing">https://docs.google.com/presentation/d/1fewadgFVggHLvEoVI7UCI3-wJJ0HKYPQLCjQ04al5s/edit?usp=sharing</a></p> <p>Digital presentation <a href="https://docs.google.com/presentation/d/1ZQRrApbXSvJd3wYVBDZ38c15R5PdHJd4ruQvQODUeXY/edit?usp=sharing">https://docs.google.com/presentation/d/1ZQRrApbXSvJd3wYVBDZ38c15R5PdHJd4ruQvQODUeXY/edit?usp=sharing</a></p> <p>Video presentation <a href="https://youtu.be/ILw8ZqGaih8">https://youtu.be/ILw8ZqGaih8</a></p>

5.	<b>DIET IN KIDNEY DISORDERS</b> Etiology, symptoms and modification of diet in nephritis, nephrotic syndrome, acute renal failure and chronic renal failure- <b>Dialysis</b> Etiology and modification of diet in urinary calculi, gout, phenylketonuria. Diet therapy in nutritional anaemia	8   5  2	<ul style="list-style-type: none"> <li>▪ Lecture method</li> <li>▪ Job instruction techniques</li> <li>▪ Z-A method</li> <li>▪ Student led learning</li> </ul>	<b>Digital presentation</b> <a href="https://docs.google.com/presentation/d/1Vx6qC6Ayr25gHKLnS VGnC0KNX Cl04i0p0X5sPsLNBI/edit?usp=sharing">https://docs.google.com/presentation/d/1Vx6qC6Ayr25gHKLnS VGnC0KNX Cl04i0p0X5sPsLNBI/edit?usp=sharing</a>  <a href="https://docs.google.com/presentation/d/1gaMBTiRtFMIXOvP85NX4gg7G4d07NQ8cx5A46j8pdXs/edit?usp=sharing">https://docs.google.com/presentation/d/1gaMBTiRtFMIXOvP85NX4gg7G4d07NQ8cx5A46j8pdXs/edit?usp=sharing</a>  <b>Video presentation</b> <a href="https://youtu.be/IQKQ4eoKfTg">https://youtu.be/IQKQ4eoKfTg</a>  <b>Video presentation</b> <a href="https://youtu.be/kLxBks6s4M8">https://youtu.be/kLxBks6s4M8</a> <a href="https://youtu.be/bznoU5bke4U">https://youtu.be/bznoU5bke4U</a> <a href="https://youtu.be/0sauoF4ppwA">https://youtu.be/0sauoF4ppwA</a>  <b>Video presentation</b> <a href="https://youtu.be/M56OCD1O6P4">https://youtu.be/M56OCD1O6P4</a>
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*R. Shanthi*

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PRINCIPAL  
 ANNA ADARSH COLLEGE FOR WOMEN  
 ANNA NAGAR, CHENNAI- 600 040



**ANNA ADARSH COLLEGE FOR WOMEN**  
**Department of Home Science**  
**FORMAT FOR LESSON PLAN**  
**Academic year 2021-22**

**Name of the staff** : Dr. K.Sudha Rani  
**Name of the subject:** Human Development II  
**Subject code** : TEL6B

**Total Hours** : 4+2  
**Year/ Semester:** IV/VI

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
1	<b>Adulthood</b> Characteristics and developmental tasks, All aspects of development and vocational adjustments.	1  3+2	Lecture method along with PPTs and video	<b>Digital presentation</b>  <a href="https://docs.google.com/presentation/d/1vR5Sqf_IKFaTAr1XMCGGQlroYIvmxAU">https://docs.google.com/presentation/d/1vR5Sqf_IKFaTAr1XMCGGQlroYIvmxAU</a> --Adulthood  <a href="https://docs.google.com/presentation/d/1JC_TX_ZH0kTJGxmKVrJcKfb1PLjVtbeK/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1JC_TX_ZH0kTJGxmKVrJcKfb1PLjVtbeK/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> -middle adulthood
2	<b>Marriage and family</b> *Characteristics and developmental tasks- *types of family-Indian, traditional and modern.	2  2	Interactive session, with pictures and discussions.	<b>Online presentation</b>  <a href="https://docs.google.com/presentation/d/19hq6nBp71wQ1ph84BCX3Ds1FDxgbQp8m/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/19hq6nBp71wQ1ph84BCX3Ds1FDxgbQp8m/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> -- Family -

	<p>*Functions of family and marriage, motives of marriage, marriage and family as a basic social institution.</p> <p><b>Survey on preference of adolescents in choosing life partner (PRACTICALS)</b></p>	<p>2</p> <p>1</p>	<p>Lecture cum discussions with PPTs</p> <p>Interactive sessions</p>	<p><b>Digital presentation</b></p> <p><a href="https://docs.google.com/presentation/d/1IqJcPrymM96RT9aSXihofXWDJPg65jkl/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1IqJcPrymM96RT9aSXihofXWDJPg65jkl/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> presentation - Marriage</p>
	<p>*Adjustment in marriage- adjustment towards mate, sex, finance, society and in-law</p>	<p>2</p> <p>2</p>	<p>Lecture with Videos. Interactive sessions and discussions and doubts clarified regarding new trends</p>	<p><b>Online presentation</b></p> <p><a href="https://docs.google.com/presentation/d/1IwbJYVZ0tJBeoFfZKE4ARqfYsMzTSJIg/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1IwbJYVZ0tJBeoFfZKE4ARqfYsMzTSJIg/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> adjustments in marriage</p>
	<p>*Family life cycle-stages-beginning family, expanding family, contracting family, adjustment in different stages.</p> <p><b>Survey on</b></p>	<p>3</p>	<p>Lecture and explanation</p>	<p><b>Online presentations</b></p> <p><a href="https://drive.google.com/file/d/1Fu37OX56Him">https://drive.google.com/file/d/1Fu37OX56Him</a></p>

	<b>in-law relationship (PRACTICALS)</b>	2		0TPgFeKay2fyyuV9kXxu6/view?usp=sharing - -Family life cycle
	* Crisis in the family-critical family situation and their impact on children.	2	Interactive sessions, research articles and case studies	
	*Maternal and Paternal deprivation and their effect on child growth and development	2	Student led seminar followed by discussion	<b>Online presentation</b> With PPTs and Research articles from website references <a href="https://docs.google.com/presentation/d/1JCzoUfXYK5Szk8i0moeVxVWzrRq5fZSS/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1JCzoUfXYK5Szk8i0moeVxVWzrRq5fZSS/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true</a>  <a href="https://docs.google.com/presentation/d/1K69GVoip3KmyExqqrLSqq6nkF6u42YKg/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1K69GVoip3KmyExqqrLSqq6nkF6u42YKg/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> -- presentation --Significance of Father absence

	*Paternal attitudes and their influence on their children; *styles of parenting.	2  1	Lecture, Interactive sessions  Student led seminar  Lecture	<b>Online presentations</b> Paternal attitudes <a href="https://docs.google.com/presentation/d/1GXNsmIxorgASXb9TuYCjwvSeOUTjHrOM/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1GXNsmIxorgASXb9TuYCjwvSeOUTjHrOM/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true</a>  Styles of parenting <a href="https://docs.google.com/presentation/d/1sY7rTHwXNioi0KKiC9i48w9a4ITpTBvs/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1sY7rTHwXNioi0KKiC9i48w9a4ITpTBvs/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true</a>
	*Small family norms-concepts, advantages and limitations.	3	Student led seminar with suitable pictures, videos and discussions	<b>Online presentations,</b>  <a href="https://docs.google.com/presentation/d/1DvnmZ9HU-P8up3z5nB4Nb00V4gIKpFLH/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1DvnmZ9HU-P8up3z5nB4Nb00V4gIKpFLH/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> ---small family norms
	Continuous Internal Assessment I	2		
3	<b>Pregnancy and Prenatal Development</b> *Conception-test tube baby; * periods of prenatal development, factors affecting prenatal development, prenatal care.	2	Student led seminars,	<b>Digital presentation</b>  <a href="https://docs.google.com/presentation/d/1G1-tJHR4L1Uekxv5hS0kSo3rufW_CWRZ/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=">https://docs.google.com/presentation/d/1G1-tJHR4L1Uekxv5hS0kSo3rufW_CWRZ/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=</a>

		2	Lecture and explanation with PPTs	<p>true&amp;sd=true--- IVF --Presentation--IVF</p> <p><a href="https://docs.google.com/presentation/d/1E3_kKEpqqmCR9l7HpogTI7aVrlyjOwok/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true--">https://docs.google.com/presentation/d/1E3_kKEpqqmCR9l7HpogTI7aVrlyjOwok/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true--</a> (1</p> <p><a href="https://docs.google.com/presentation/d/1E6fFb7msr5Fxqvz6nV5kM_eJub7PKRsR/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true(part2)">https://docs.google.com/presentation/d/1E6fFb7msr5Fxqvz6nV5kM_eJub7PKRsR/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true(part2)</a></p> <p><a href="https://docs.google.com/presentation/d/1E6fFb7msr5Fxqvz6nV5kM_eJub7PKRsR/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true(part3)">https://docs.google.com/presentation/d/1E6fFb7msr5Fxqvz6nV5kM_eJub7PKRsR/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true(part3)</a> ---Prenatal development---</p> <p><a href="https://docs.google.com/presentation/d/1EGizMCACAcS0alqu6D6xa8x6tWnsSPG6/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true----(part7)-----">https://docs.google.com/presentation/d/1EGizMCACAcS0alqu6D6xa8x6tWnsSPG6/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true----(part7)-----</a>Factore influencing</p>
	<p>*Management of normal pregnancy -hygiene, diet and medical supervision. * Common discomfort and hazards during pregnancy;</p> <p>* birth process-signs of labour, stages of labour; * types of birth, birth injuries.</p>	2  1	Lecture cum discussion  Lecture with pictures and PPTs	<p><b>Digital presentation</b></p> <p><a href="https://docs.google.com/presentation/d/1GXNsmIxorgASXb9TuYCjwvSeOUTjHrOM/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1GXNsmIxorgASXb9TuYCjwvSeOUTjHrOM/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> --Complications during pregnancy</p>

		2		<a href="https://docs.google.com/presentation/d/1GLVgqpl32Vxvu2_2E8AL6UsyyooIkOD-/edit?usp=sharing&amp;oid=116871015548650865302&amp;rt_pof=true&amp;sd=true">https://docs.google.com/presentation/d/1GLVgqpl32Vxvu2_2E8AL6UsyyooIkOD-/edit?usp=sharing&amp;oid=116871015548650865302&amp;rt_pof=true&amp;sd=true</a> - Hazards during prenatal dpt- Hazards during pregnancy
		2		<a href="https://drive.google.com/file/d/1eOJvhtXO1uAVIhqPI_mfw7MkrbjT_kiq/view?usp=sharing">https://drive.google.com/file/d/1eOJvhtXO1uAVIhqPI_mfw7MkrbjT_kiq/view?usp=sharing</a> --Child birth -child birth
	Continuous Internal Assessment II	2		<a href="https://docs.google.com/forms/d/1XPfpBdEbNk1NPN5kBo2QtP-GrEB4I_hzZKR8B_xzt1c/edit?usp=sharing">https://docs.google.com/forms/d/1XPfpBdEbNk1NPN5kBo2QtP-GrEB4I_hzZKR8B_xzt1c/edit?usp=sharing</a> --- --- Prenatal Devt, Child birth--- Quiz --CA II
	* Post-natal care, normal peurperium * Prevention of gynecological complications * Adjustment of new born - temperature, breathing, feeding and elimination.	1  2  1	Lecture , Interactive sessions  Student led seminar and Interactive sessions  Lecture	<a href="https://drive.google.com/file/d/1YNAFh43OXIxXkQZnQjNVvTw6q5Oys1Bl/view?usp=sharing">https://drive.google.com/file/d/1YNAFh43OXIxXkQZnQjNVvTw6q5Oys1Bl/view?usp=sharing</a> <a href="https://drive.google.com/file/d/1YJaqmE2vyB-n_tlki0JyePHTvJP6YCNF/view?usp=sharing">https://drive.google.com/file/d/1YJaqmE2vyB-n_tlki0JyePHTvJP6YCNF/view?usp=sharing</a> <a href="https://drive.google.com/file/d/1YF3djpYpewzYZpz0s8B4vl_w-7k6A1y8/view?usp=sharing">https://drive.google.com/file/d/1YF3djpYpewzYZpz0s8B4vl_w-7k6A1y8/view?usp=sharing</a> <a href="https://drive.google.com/file/d/1Y6kI4lzok2SoYbmom3Rf7bbXY_UIkIkw/view?usp=sharing">https://drive.google.com/file/d/1Y6kI4lzok2SoYbmom3Rf7bbXY_UIkIkw/view?usp=sharing</a>

				://docs.google.com/presentation/d/1G0Pv_OyohCLTuPq1fcAHrWhQGfxTuGYI gynecological complications
4	<b>Introduction to Children with Special Needs</b> *Gifted children	2	Lecture cum seminars with relevant photos and pictures (of Institutes and Equipments)	<b>Online presentations</b> <a href="https://docs.google.com/presentation/d/1FSJnsVphf6LnTp0llmu_StwuowwE52GG/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1FSJnsVphf6LnTp0llmu_StwuowwE52GG/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> --- gifted children
	*Mentally retarded	2	Lecture cum seminars with relevant photos and pictures (of Institutes and Equipments)	<a href="https://docs.google.com/presentation/d/1NbD3SksM3IFfdD2uL2DoD87ltRNZSh2o/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1NbD3SksM3IFfdD2uL2DoD87ltRNZSh2o/edit?usp=sharing&amp;ouid=116871015548650865302&amp;rtpof=true&amp;sd=true</a> -- mentally challenged
	*Visually handicapped	2	Lecture cum seminars with relevant photos and pictures (of Institutes and Equipments)	<a href="https://drive.google.com/file/d/1K3Pn2B438RM-LP9c-T_7wfQ0bpr_2qYZ/view?usp=sharing">https://drive.google.com/file/d/1K3Pn2B438RM-LP9c-T_7wfQ0bpr_2qYZ/view?usp=sharing</a> --- visually handicapped
	* Orthopedically challenged <b>Visit to an institution for exceptional children</b> (Practicals)	2	Lecture cum seminars with relevant photos and pictures (of Institutes and Equipments)	<a href="https://drive.google.com/file/d/1RIYVWDaDya7Dzb0Z3Pgiq2xs2WIHNINL/view?usp=sharing">https://drive.google.com/file/d/1RIYVWDaDya7Dzb0Z3Pgiq2xs2WIHNINL/view?usp=sharing</a> orthopedically challenged

	*Hearing impaired	2	Lecture cum seminars with relevant photos and pictures (of Institutes and Equipments)	<a href="https://drive.google.com/file/d/1IaVNmkR93aC0BDDZgkb5mBwqc1Poa6Pe/view?usp=sharing---hearing%20impairment">https://drive.google.com/file/d/1IaVNmkR93aC0BDDZgkb5mBwqc1Poa6Pe/view?usp=sharing---hearing impairment</a>
	*Learning disabled	2	Lecture cum seminars with relevant photos and pictures (of Institutes and Equipments)	<a href="https://docs.google.com/presentation/d/1FzZu2MLwyXXbjN4d18VnTXyofXDgiqc/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true---Learning%20disabilities">https://docs.google.com/presentation/d/1FzZu2MLwyXXbjN4d18VnTXyofXDgiqc/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true---Learning disabilities</a>
5	<b>Old Age</b> Characteristics of old age; physical changes, and psychological changes.	2 3	Lecture with Interactive sessions	<b>Digital presentations</b>  <a href="https://docs.google.com/presentation/d/1UZEpDNpIPfBuY65cINtNSz4xWnhSN-n8/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1UZEpDNpIPfBuY65cINtNSz4xWnhSN-n8/edit?usp=sharing&amp;oid=116871015548650865302&amp;rtpof=true&amp;sd=true</a>
	Place of the aged in Indian Society. <b>Survey on problems of old age</b> ( Practicals)	2	Lecture with discussion and debate	
	Model Examination	3		<a href="https://drive.google.com/file/d/11_u1t7haK6oUO-vwS7Fi8kJ8ITPgsPB3/view?usp=sharing-">https://drive.google.com/file/d/11_u1t7haK6oUO-vwS7Fi8kJ8ITPgsPB3/view?usp=sharing-</a>



*R. Senthil*

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# Anna Adarsh College for Women

## Department of Home Science

### Lesson Plan for the Year 2021-2022

Name of the staff: Dr DEVI MANOHAR

Total hours :75 (6 hours/week)

Name of the subject: PRINCIPLES OF INTERIOR DECORATION

Year/Semester: III/II Subject code: TAL6C

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADAPTED
I	<p>Art in daily living - importance of good taste objectives of interior design.</p> <p>Design - elements of design - line, shape, size, space, texture, pattern, colour and light,</p> <p>Types and Characteristics of design,</p> <p>Principles of design - Harmony, Balance,</p>	16 hours	<p>Knowledge about the topic will be imparted through lecture method</p> <p>The topic will be discussed by discussion method</p> <p>Explanation will be given through ppt</p>	<p><a href="https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==">https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==</a></p> <p><a href="https://www.youtube.com/watch?v=7W8nwKgFGk0">https://www.youtube.com/watch?v=7W8nwKgFGk0</a></p>

	Rhythm, Proportion, Emphasis			
II	Colour - Qualities of colour - Hue, value, and intensity, Colour harmony, developing colour schemes for different rooms	15 hours	<b>Blended learning</b> <ul style="list-style-type: none"> <li>■ Lecture method</li> <li>■ Power Point presentation and videos</li> </ul>	<a href="https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==">https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==</a> <a href="https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==">https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==</a>
	<b>CA I will be conducted</b>			
III	Furniture and Furnishings - selection and arrangement of furniture in different rooms. Different types of furnishing materials - Factors considered in their selection. Floor coverings, Curtains and draperies, Window treatment.	15 hours	<ul style="list-style-type: none"> <li>■ Lecture method citing examples and problems</li> <li>■ Group discussion</li> </ul>	<a href="https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==">https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==</a> <a href="https://study.com/academy/lesson/importance-of-furniture-in-interior-design.html">https://study.com/academy/lesson/importance-of-furniture-in-interior-design.html</a> U tube Videos <a href="https://www.youtube.com/watc">https://www.youtube.com/watc</a>

				<b>BLENDED LEARNING</b> AUDIO/VISUAL EXPLANATION
IV	Accessories - Selection, Use and Care of accessories, Types - traditional and modern - art objects - pictures, flower arrangement- Types, use and care- Flower arrangement for different rooms. Indoor plants-use and care	12 hours	Chalk and Talk method Power point presentation Lecture cum interactive session	AUDIO/VIDEO EXPLANATION <a href="https://www.ihmnotes.in/assets/Docs/Sem-3&amp;4/Accomodation/Ch-5%20Flower%20Arrangement.pdf">https://www.ihmnotes.in/assets/Docs/Sem-3&amp;4/Accomodation/Ch-5%20Flower%20Arrangement.pdf</a> <a href="https://www.bhg.com/decorating/home-accessories/flower-arranging/how-to-make-a-flower-arrangement/">https://www.bhg.com/decorating/home-accessories/flower-arranging/how-to-make-a-flower-arrangement/</a>  U tube Videos\ Epg pathshala <a href="https://www.youtube.com/watc">https://www.youtube.com/watc</a>
	CAII TEST		To Evaluate the students	
V	Lighting - Importance of lighting - Principles and types of Lighting - Lighting needs for various activities.	8 hours	Importance of lighting will be explained by lecture method. Principles of lighting will be taught through digital videos	<b>VIDEOS</b> <a href="https://www.youtube.com/watch?v=YzgOWu7JL4o">h?v=YzgOWu7JL4o</a> <a href="https://www.youtube.com/watch?v=DzZuLREiQOg">https://www.youtube.com/watch?v=DzZuLREiQOg</a>  <b>ANIMATED VIDEOS</b> <a href="https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==">https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==</a>

	<b>MODEL EXAMINATION</b>		Knowledge acquired about the subject content is evaluated through model Examination	
	<b>PRACTICALS</b>			
1	Analysis design for their qualities	2hours	Students will be asked to draw various rooms depicting the various elements of design	Record work
2	Arranging various areas using the different principles of design	4 hours	Different area arrangements using principles of design will be done by students as group	<a href="https://www.youtube.com/watch?v=rFRNsQIoUoA">https://www.youtube.com/watch?v=rFRNsQIoUoA</a> VIDEO EXPLANATION
3	Special area arrangement- Hotels, Restaurant, Auditoriums, Airports etc.	2 hours	Arrangements in various special areas will be shown through videos	<a href="https://www.google.com/search?q=interior+decoration+in+hotel&amp;rlz=1C1CHBF_enIN968IN968&amp;hl=en&amp;tbm=isch&amp;sxsrf=APq-WBsoTnB-kC6M7mn1xfuEBvpelrP">https://www.google.com/search?q=interior+decoration+in+hotel&amp;rlz=1C1CHBF_enIN968IN968&amp;hl=en&amp;tbm=isch&amp;sxsrf=APq-WBsoTnB-kC6M7mn1xfuEBvpelrP</a>
4	Harmonious combination of colour in different areas	2 hours	Prang colour chart will be made by the students	<a href="h?v=PfSLIRMSDuA">h?v=PfSLIRMSDuA</a> <a href="https://www.youtube.com/watch?v=MzMSqwZqF3g">https://www.youtube.com/watch?v=MzMSqwZqF3g</a>

			<a href="https://docs.google.com/presentation/d/11E7eBORLkFV-4WuxbbP0YoG1m0W2CUx/edit#slide=id.p1">https://docs.google.com/presentation/d/11E7eBORLkFV-4WuxbbP0YoG1m0W2CUx/edit#slide=id.p1</a> Model Exam:
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*R. Shanthi*

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**ANNA ADARSH COLLEGE FOR WOMEN**

**DEPARTMENT OF HOMESCIENCE**

**LESSON PLAN**

**ACADEMIC YEAR 2021-2022**

<b>Name of the Staff: Dr.V.ANITHA</b>				<b>Total Hours: 84( 4 hours/week Theory and 2 hours/week Practicals)</b>
<b>Name of the Subject: Food Science</b>				<b>Year/Semester:I/II</b>
<b>Subject Code:SL22A</b>				
UNIT	CHAPTER	HOURS	METHODOLOGY	ICT Tools Adopted
I	<p>Definition, Classification, and Functions of foods- Functions of food in relation to health -</p> <p>Classification of foods based on nutrients- MyPlate. Preliminary preparation of foods -</p> <p>Different methods of cooking - Dry methods- frying, broiling, parching, and baking. Moist methods - boiling, stewing, cooking under pressure. Solar cooking, Microwave cooking - advantages and disadvantages.</p>	<p>2 hours</p> <p>2 hours</p> <p>2 hours</p>	<p>Lecture cum discussion method Assignment- Pictorial representation of foods and its relation to health. Video on functions of foods. Brainstorming session on functions of foods. Observation cum discussion method Assignment- different ways to reduce nutrient loss during preliminary preparations- Home observational study. My Plate- Self-analysis method</p> <p>Cross- Over learning Student demonstration Brainstorming session Discussion cum problem solving method</p>	<p><a href="https://www.youtube.com/watch?v=WD8NKTCYRhM-"><u>https://www.youtube.com/watch?v=WD8NKTCYRhM-</u></a> <b>Video on Functions of food</b></p> <p><a href="https://www.youtube.com/watch?v=9xQV8_u3a2wreliminary"><u>https://www.youtube.com/watch?v=9xQV8_u3a2wreliminary</u></a> <b>Video on preliminary cooking</b></p> <p>Assignment in GCR</p> <p><a href="https://www.youtube.com/watch?v=HyUBsva-e9g"><u>https://www.youtube.com/watch?v=HyUBsva-e9g</u></a> <b>Digital presentation of basic vegetable cuts</b></p> <p><b>Video on Unhealthy and healthy options of cooking</b> <a href="https://www.youtube.com/watch?v=NIX_5B0_U_8"><u>https://www.youtube.com/watch?v=NIX_5B0_U_8</u></a></p>

II	<p>Cereal and Cereal products – Structure, Composition and Nutritive value of Rice, Wheat and locally available millets.</p> <p>Effect of cooking on the nutritive value of cereals. Gelatinisation, Dextrinization and gluten formation.</p> <p>Pulses and nuts - Composition, Nutritive value of grams, dhals - some common nuts – meat substitutes - soya products. Germination and its benefits</p> <p>Effect of soaking, germination, cooking on Pulses. Toxic constituents of pulses. Textured Vegetable Protein (TVP). Vegetables and Fruits -Classification, composition Nutritive value Methods to minimize the loss of nutrients, Types of pigments, effects of cooking, alkali &amp; acid on color, texture and flavor.</p>	<p>2 hours</p> <p>2 hours</p> <p>2 hours</p> <p>2 hours</p> <p>1 hour</p> <p>1 hour</p>	<p>Lecture cum discussion- diagrammatic representation of structure Comparative study of nutrients present in rice and wheat using IFCT Collection of locally available millets with nutrient content and health benefits- Food album. Discuaaion cum peer learning Demonstration cum discussion method Assignment on gelatinisation &amp; dextrinization and cooking methods Recipe demonstration using locally available millets</p> <p>Lecture cum discussion method Critical thinking and analysis cum discussion Role play- health benefits of dals and grams Assignment on soy products- health benefis Brainstorming session Laboratory method</p> <p>Lecture cum discussion with power point Recipe demonstration</p>	<p><a href="https://www.youtube.com/watch?v=ZpkQOXuBLXo">Video on Cereals   Average Composition   Effects of Cooking   Advantages &amp; Disadvantages</a> <a href="https://www.youtube.com/watch?v=ZpkQOXuBLXo">https://www.youtube.com/watch?v=ZpkQOXuBLXo</a></p> <p><b><u>Digital video on Dextrinisation</u></b> <a href="https://www.youtube.com/watch?v=55WXRjvUaoY">https://www.youtube.com/watch?v=55WXRjvUaoY</a></p> <p><b><u>Online video on Factors affecting gelatinisation</u></b> <a href="https://www.youtube.com/watch?v=CH5NMN6FN30">https://www.youtube.com/watch?v=CH5NMN6FN30</a></p> <p><b><u>Digital presentation Factors affecting gluten formation</u></b> <a href="https://www.youtube.com/watch?v=m4mqLpmdR18">https://www.youtube.com/watch?v=m4mqLpmdR18</a></p> <p><b><u>Video on Nutrition from pulses</u></b> <a href="https://pulses.org/future-of-food/pulses-nutrition">https://pulses.org/future-of-food/pulses-nutrition</a></p> <p><b><u>Video on Soaking, Germination and fermentation of pulses</u></b> <a href="https://www.youtube.com/watch?v=-e0ZKAD-Tc">https://www.youtube.com/watch?v=-e0ZKAD-Tc</a></p> <p><b><u>Online presentation on TVP manufacturing process</u></b> <a href="https://www.youtube.com/watch?v=cLn0QVpA29w">https://www.youtube.com/watch?v=cLn0QVpA29w</a></p> <p><b><u>How does cooking affects the nutrients in veggies?- digital presentation</u></b> <a href="https://www.youtube.com/watch?v=6hFxSJcq-KU">https://www.youtube.com/watch?v=6hFxSJcq-KU</a></p> <p><b><u>Video on Post-harvest handling to maintain fresh produce</u></b> <a href="https://www.youtube.com/watch?v=niYA0qrUJiE">https://www.youtube.com/watch?v=niYA0qrUJiE</a></p> <p><b><u>Video on Browning reactions</u></b> <a href="https://www.youtube.com/watch?v=gpTUG2UITyA">https://www.youtube.com/watch?v=gpTUG2UITyA</a></p>





	Nutritive value, selection - principles of egg cookery – uses of eggs in cookery, methods of cooking eggs.	1 hour 1 hour 2 hours 1 hour 1 hour	Diagrammatic representation of structure of egg Critical thinking and analysis of nutrients Experimental method Video- foam formation demonstration Assignment cum observation Egg recipes- hard or soft eggs (impact of ingredients added, temperature on texture, colour and composition)	<a href="https://www.youtube.com/watch?v=iucbA01WiCs">https://www.youtube.com/watch?v=iucbA01WiCs</a> Stages of foam formation <a href="https://www.youtube.com/watch?v=jg6wgYZGXn8">https://www.youtube.com/watch?v=jg6wgYZGXn8</a> Factors affecting foam formation <a href="https://www.youtube.com/watch?v=3CnAQzEiuvQ">https://www.youtube.com/watch?v=3CnAQzEiuvQ</a> Hard and soft boiled eggs
IV	Meat - Nutritive value, methods of cooking - Post mortem changes in meat, Factors affecting tenderness - organ meat. Fish - Classification,  Nutritive value - selection, Methods of cooking  Poultry - Nutritive value, economic aspects. Principles and methods of cooking poultry.	2 hours 1 hour 1 hour 1 hour 1 hour 1 hour 1 hour	Nutritive value- Assignment Lecture cum discussion using PPT Discussion cum video presentation Reference /Research Book method  Pictorial representation of various types of fishes Critical analysis of nutritive value Video presentation on selection Recipe demonstration  Critical thinking method Problem solving Project cum recipe demonstration	<b><u>Digital video on choosing the proper technique for cooking meat</u></b> <a href="https://www.youtube.com/watch?v=mBT5O3OXXkY-">https://www.youtube.com/watch?v=mBT5O3OXXkY-</a> Nutritive value assignment in GCR <b><u>Video on Fish types</u></b> <a href="https://www.youtube.com/watch?v=KUs-dwCMwLA">https://www.youtube.com/watch?v=KUs-dwCMwLA</a> <b><u>Video on Selection of fish</u></b> <a href="https://www.youtube.com/watch?v=ofGWrapZwXY">https://www.youtube.com/watch?v=ofGWrapZwXY</a> <b><u>Online video on Methods of cooking poultry</u></b> <a href="https://www.youtube.com/watch?v=-nMwLPCUF XU">https://www.youtube.com/watch?v=-nMwLPCUF XU</a> <b><u>Digital video on Types and Methods of cooking poultry</u></b> <a href="https://www.youtube.com/watch?v=ZcWkIVIAOSI">https://www.youtube.com/watch?v=ZcWkIVIAOSI</a>  Using Google Forms

	Continuous Assessment-II	1 hour		
V	<p>Fats and Oils - Types - Hydrogenation - Invisible fats – uses of fat in cookery factors affecting absorption of fats - smoking point Rancidity. *Spices Spices and Condiments - Importance, composition and classification. Uses in Indian cookery. Sugar and Sugar Products - Jaggery – nutritional significance uses in Indian cookery – Stages in sugar cookery, Indian Sweets. Beverages - Classification, Nutritive value and uses – processing of coffee, tea, cocoa.</p>	<p>2 hours 1 hour 1 hour 1 hour 1 hour 1 hour 2 hours 2 hours</p>	<p>Food Specimen Record Brain storming – Debate Lecture cum discussion with PPT Peer learning cum discussion Laboratory cum observation method  Problem solving method  Lecture cum discussion Video on spices Assignment Food Album Assignment cum brainstorming session Mini project work  Demonstration cum video presentation  Lecture method with PPT Assignment cum recipe demonstration Video presentation, Lecture cum discussion Method</p>	<p><b><u>Video on Role of fat in cookery</u></b> <a href="https://www.youtube.com/watch?v=XrQP34zYUE4">https://www.youtube.com/watch?v=XrQP34zYUE4</a>  <b><u>Online presentation of Types of spices</u></b> <a href="https://www.youtube.com/watch?v=v7Uqa1muXN4">https://www.youtube.com/watch?v=v7Uqa1muXN4</a> <b><u>Video on Uses of spices in Indian cookery</u></b> <a href="https://www.youtube.com/watch?v=67pNcO8bssk">https://www.youtube.com/watch?v=67pNcO8bssk</a> <b><u>Video on Benefits of jaggery</u></b> <a href="https://www.youtube.com/watch?v=-58S9ltdGKY">https://www.youtube.com/watch?v=-58S9ltdGKY</a>  <b><u>Video on Indian sweet preparations</u></b> <a href="https://www.youtube.com/watch?v=GWfU93hcAts">https://www.youtube.com/watch?v=GWfU93hcAts</a> <a href="https://www.youtube.com/watch?v=yagagM7SIWs">https://www.youtube.com/watch?v=yagagM7SIWs</a> <b><u>Coffee processing-video</u></b> <a href="https://www.youtube.com/watch?v=m6yiKKXRrs2o">https://www.youtube.com/watch?v=m6yiKKXRrs2o</a> <b><u>Tea processing- video</u></b> <a href="https://www.youtube.com/watch?v=yYWZsGSwaIs">https://www.youtube.com/watch?v=yYWZsGSwaIs</a> <b><u>cocoa processing-video</u></b></p>

	Continuous Assessment-III Revision of University Question Papers and syllabus	1 hour 3 hours		Using Google Doc Using Google Doc and PPT
1	<b>PRACTICALS</b> Gluten formation and gelatinisation of starch	2 hours	Demonstration cum experimental work. Recipes – gelatinisation is involved	<a href="https://www.youtube.com/watch?v=_9oU-FReopE">https://www.youtube.com/watch?v=_9oU-FReopE</a> <b>Video-How to extract gluten from flour?</b> <a href="https://www.youtube.com/watch?v=63ycLv1gfo4">https://www.youtube.com/watch?v=63ycLv1gfo4</a> <b>Digital presentation of Starch gelatinisation</b>
2	Germination and factors affecting cooking of pulses.	2 hours	Laboratory method	<a href="https://www.youtube.com/watch?v=nhlR_RxBXHQ">https://www.youtube.com/watch?v=nhlR_RxBXHQ</a> <b>Video on Germination process</b>
3	Effect of cooking and addition of acid & alkali on the colour, flavour and texture of vegetables. Enzymatic browning in fruits and vegetables. Pectin extraction.	4 hours	Demonstration cum experimental work Observation method Experimental work	<a href="https://www.youtube.com/watch?v=pESu6RwGWCI">https://www.youtube.com/watch?v=pESu6RwGWCI</a> <b>Effect of acid, alkali , cooking on vegetables-Video</b> <a href="https://www.youtube.com/watch?v=j6NKkG048cA">https://www.youtube.com/watch?v=j6NKkG048cA</a> <b>Video on Enzymatic Browning</b> <a href="https://www.youtube.com/watch?v=um7Ljp-20sE">https://www.youtube.com/watch?v=um7Ljp-20sE</a> <b>Pectin extraction-alcohol test video</b>
4	Preparation of white sauce and paneer. Factors affecting coagulation of milk.	4 hours	Demonstration method Experimental work Recipes using coagulated protein	<a href="https://www.youtube.com/watch?v=RH-q-NWrLuM">https://www.youtube.com/watch?v=RH-q-NWrLuM</a> <b>white sauce preparation-video</b> <a href="https://www.youtube.com/watch?v=A9bwHBikW8o">https://www.youtube.com/watch?v=A9bwHBikW8o</a> <b>Paneer preparation-video</b>
5	Determination of smoking point of various fats and oils. Effect of oil temperature on frying.	2 hours	Laboratory method. Recipes -frying	<a href="https://www.youtube.com/watch?v=w5qFvdihQbg">https://www.youtube.com/watch?v=w5qFvdihQbg</a> <b>Types of cooking oil and smoke point-digital presentation</b>
6	Ferrous sulphide formation in boiled eggs. Factors affecting egg foam formation. Factors affecting coagulation of eggs. Tests to determine quality of eggs.	4 hours	Demonstration method Video on foam formation Video on Quality of eggs	<a href="https://www.youtube.com/watch?v=ytqpeHcFT3Y">https://www.youtube.com/watch?v=ytqpeHcFT3Y</a> <b>Ferrous sulphide formation in egg-Video</b>
7	Stages of sugar cookery	4 hours	Demonstration cum experimental work. Recipes using Sugar products	<a href="https://www.youtube.com/watch?v=uNbNbz_hC0o">https://www.youtube.com/watch?v=uNbNbz_hC0o</a> <b>Stages of sugar cookery- Video</b>

8	Various methods of preparation for tea and coffee.	2 hours	Demonstration cum experimental work	Critical analysis cum demonstration
9	Market survey of the available food additives.	4 hours	Project work cum discussion	Food additives in market is analysed through survey-nutritive value analysis
10	Common tests to detect adulteration in foods	2 hours	Experimental work	Observation cum demonstration method

**ANNA ADARSH COLLEGE FOR WOMEN**

**DEPARTMENT OF HOMESCIENCE**

**LESSON PLAN**

**ACADEMIC YEAR 2021-2022**

<b>Name of the Staff: Dr.V.ANITHA</b>				<b>Total Hours: 42( 3 hours/week)</b>
<b>Name of the Subject: Principles of Resource Management</b>				<b>Year/Semester:III/VI</b>
<b>Subject Code:TAL6A</b>				
<b>UNIT</b>	<b>CHAPTER</b>	<b>HOURS</b>	<b>METHODOLOGY</b>	<b>ICT Tools Adopted</b>
I	Concept of resource management Definition, Management Process Planning, Controlling Energising, Adjusting, Checking- Supervision Directing and Guiding, Evaluating Qualities of A Good Manager Continuous Assessment-I	2 hours  5 hours  1 hour 1 hour	Lecture cum discussion method Managerial process- assignment cum peer learning Problem solving method  Peer learning	<a href="https://www.youtube.com/watch?v=Hukib-LOOZA">https://www.youtube.com/watch?v=Hukib-LOOZA</a> <b>Effective home management- Video</b>  Using Google form
IV	Energy Management a. Work simplification b. Definition, techniques and Mundel's classes of changes	3 hours 4 hours	Lecture cum discussion method using PPT. Work simplification Techniques- Application of work simplification techniques and Mundel's classes of changes in day to day life.	<a href="https://www.youtube.com/watch?v=DlifAzNItNQ">https://www.youtube.com/watch?v=DlifAzNItNQ</a> <b>Video on Energy conservation and work simplification examples</b> <a href="https://www.youtube.com/watch?v=lgDVQqAfZ5M">https://www.youtube.com/watch?v=lgDVQqAfZ5M</a> <b>Work simplification- Video</b>
	Continuous Assessment-II	1 hour		Using Google Doc

V	Money Management		Lecture cum discussion method using PPT	<a href="https://www.youtube.com/watch?v=AJfbEq1oYYE">https://www.youtube.com/watch?v=AJfbEq1oYYE</a>
	a. Family Income – types, methods of handling family income, methods of augmenting family income.	3 hours	Critical analysis and thinking- on increase in family income	<b>Money management- Online material</b>
	b. b. Family expenditure – Budget – Meaning, steps involved in planning a budget. Advantages of budgeting. Financial records- types and evaluation	6 hours	Preparation of budget- sample formulation Financial records- blended learning	<a href="https://www.youtube.com/watch?v=NIdDhg05Ydw">https://www.youtube.com/watch?v=NIdDhg05Ydw</a> <b>Sources and types of family income-video</b>
	Continuous Assessment-III Revision Of University Question papers	3 hours 1 hour 3 hours		<a href="https://www.youtube.com/watch?v=ubWSHBOkYCI">https://www.youtube.com/watch?v=ubWSHBOkYCI</a> <b>Indian Budget planning-Video</b> Using Google Doc
1	PRACTICALS Identification of managerial activities performed at home	3 hours	Observation, analysis method- Assignment	<a href="https://www.youtube.com/watch?v=TvduLfJP0Qc">https://www.youtube.com/watch?v=TvduLfJP0Qc</a> <b>Tips for doing housework faster and effective-Video</b>
3	Formulation of budgets for family and for a department	3 hours	Budget formulation- effective planning of budget – Project work	<a href="https://www.youtube.com/watch?v=yNz8di5-HLA">https://www.youtube.com/watch?v=yNz8di5-HLA</a> <b>How to plan home budget- Online material</b>
4	Techniques to study work simplification.	3 hours	Experimental method Problem solving method- critical analysis	<a href="https://www.youtube.com/watch?v=VXc4dnoGzoY">https://www.youtube.com/watch?v=VXc4dnoGzoY</a> <b>Work simplification techniques-Video</b>

**ANNA ADARSH COLLEGE FOR WOMEN**

**DEPARTMENT OF HOMESCIENCE**

**LESSON PLAN**

**ACADEMIC YEAR 2021-2022**

<b>Name of the Staff:</b> Dr.V.ANITHA				<b>Total Hours: 42( 3 hours/week)</b>
<b>Name of the Subject:</b> Nutrition Practicals				<b>Year/Semester:II/IV</b>
<b>UNIT</b>	<b>CHAPTER</b>	<b>HOURS</b>	<b>METHODOLOGY</b>	<b>ICT Tools Adopted</b>
1	General instructions	2 hours	General instructions to be carried out in the lab was explained by lecture cum discussion method in online mode.	
2	Introduction		Orientation of the various glasswares and equipments using diagrams and pictures.	
3	Laboratory techniques			
4	Safety precautions to be taken	3 hours	Handling of various glasswares and equipments by demonstration. Basic principles were taught using ppt.  Accidents and safety precautions to be carried out in the lab was discussed.	BASIC INFORMATION AND TECHNIQUES- PRESENTATION  <a href="https://docs.google.com/presentation/d/113OSz8J1L6V7awCTZQGAo3Dz-rCJDcAL9PitEbVX66U/edit#slide=id.p">https://docs.google.com/presentation/d/113OSz8J1L6V7awCTZQGAo3Dz-rCJDcAL9PitEbVX66U/edit#slide=id.p</a>

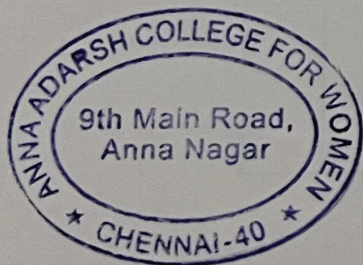




9	Quantitative estimation of Iron	6 hours		<a href="https://www.youtube.com/watch?v=8JuX8lJrcr8">https://www.youtube.com/watch?v=8JuX8lJrcr8</a> - <b>video Presentation of Iron estimation</b>
10	Demonstration Experiments.			
	a) Qualitative tests for Vitamin A	3 hours	Discussion cum interactive session	
	b) Quantitative estimation of carotene	4 hours	Demonstration method	
		3 hours	Practical Revision	
		3 hours	Model practical exam	

*R. Shanthi*

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PRINCIPAL  
ANNA ADARSH COLLEGE FOR WOMEN  
ANNA NAGAR, CHENNAI-600 040

Anna Adarsh College for Women  
Department of Home Science  
Lesson Plan Academic year 2021-22

Name of the Staff: Dr.Shahana Mubeen      Total Hours: 75 (6 Hrs/Week)  
Name of the Subject: HUMAN NUTRITION-I      Year/Semester:I/ II

Subject Code:SL22B

Unit	Chapter	Hours	Methodology	ICT Tools Adopted
I	History of Nutrition – Development of Nutrition as a Science – Definition of Nutrition –Under nutrition, over nutrition and malnutrition. Introduction to nutrition – food as a source of nutrients, function of foods, definition of nutrients, adequate , optimum and good nutrition. Inter relationship between nutrition and health.	7	Lecture method, Discussion, interactive session, recap method Assignment on pioneers. Discussion on Interrelation ship between nutrition and health	Food Pyramid: <a href="https://www.youtube.com/watch?v=0KbA8pFW3tg">https://www.youtube.com/watch?v=0KbA8pFW3tg</a> Digestive system of Human Body You Tube: <a href="https://www.youtube.com/watch?v=X3TAR0otFfM">https://www.youtube.com/watch?v=X3TAR0otFfM</a>  Chapter-I PPT: <a href="https://docs.google.com/presentation/d/1sIjxnGJ_JhgxIpaGRchjso2A6StAAIVj/edit#slide=id.p1">https://docs.google.com/presentation/d/1sIjxnGJ_JhgxIpaGRchjso2A6StAAIVj/edit#slide=id.p1</a> Notes: <a href="https://docs.google.com/document/d/1t5vDCAyBLEU2HyhyoqeUU-igVdaxn7bs/edit">https://docs.google.com/document/d/1t5vDCAyBLEU2HyhyoqeUU-igVdaxn7bs/edit</a>
II	Energy units----Introduction, Units, determination of energy value of food, physiological fuel value, Benedict's Oxy-calorimeter, relation between oxygen required and calorimeter value. Respiratory quotient ,Specific dynamic action of food (Thermic effect of food). Definition of BMR and factors	14	Lecture method, Discussion, Recap method, self-analytical method.  Assignment on energy giving foods  Assignment on thermic effect of foods	Bomb Calorimeter its parts You Tube <a href="https://www.youtube.com/watch?v=NoRRcDf9Ijs">https://www.youtube.com/watch?v=NoRRcDf9Ijs</a> Basal Metabolic Rate PPT: <a href="https://docs.google.com/presentation/d/1ReWF-63XAdTVLf3JAJIn-4j5KAgniNj/edit#slide=id.p1">https://docs.google.com/presentation/d/1ReWF-63XAdTVLf3JAJIn-4j5KAgniNj/edit#slide=id.p1</a>  Energy Calculations PPT: <a href="https://docs.google.com/presentation/d/1EyCgeATs">https://docs.google.com/presentation/d/1EyCgeATs</a>

	affecting BMR – determination of energy metabolism, during work – energy requirements for various types of activities, factorial methods for calculation of the daily energy requirements of an adult for varying degrees of physical activity, RDA.		Calculating BMR	<a href="https://docs.google.com/presentation/d/1PZ-museE7ipBzRvaEo4Vq3D/edit#slide=id.p1">PZ-museE7ipBzRvaEo4Vq3D/edit#slide=id.p1</a> Notes: <a href="https://docs.google.com/document/d/1Dg4P0OVqWeUAETv7jJx-1ORg_HlfFyj1/edit">https://docs.google.com/document/d/1Dg4P0OVqWeUAETv7jJx-1ORg_HlfFyj1/edit</a>
III	<b>CARBOHYDRATES</b> Definition ,composition, classification, functions of carbohydrates in the body, food sources, short chain carbohydrates definition, digestion, absorption and utilization of carbohydrates, regulation of blood glucose concentration by hormones. Glycaemic index, glycaemic load, types of resistant starch. Dietary fibre – Definition, types, sources, RDA, physiological effects of dietary fibre	15	Lecture method, Discussion, interactive session, recap method.  Assignment on dietary fibre rich foods  Assignment on carbohydrate sources, Glycaemic index of foods. Discussion on insulin sensitivity and Glycaemic load and its calculations Panel discussion on dietary fibre Internal Assessment-I	Why is Fibre important for us You Tube: <a href="https://www.youtube.com/watch?v=rvXkoiWVKFY">https://www.youtube.com/watch?v=rvXkoiWVKFY</a> Difference between soluble and insoluble fibre You Tube: <a href="https://www.youtube.com/watch?v=24pPNbFrh5E">https://www.youtube.com/watch?v=24pPNbFrh5E</a>  Carbohydrates Introduction, Functions PPT <a href="https://docs.google.com/presentation/d/1Q9T4-5B6qDwpUcoxgVh0_jMZ91kMSaWu/edit#slide=id.p1">https://docs.google.com/presentation/d/1Q9T4-5B6qDwpUcoxgVh0_jMZ91kMSaWu/edit#slide=id.p1</a>  Role of Hormones in maintaining Blood Glucose levels <a href="https://www.youtube.com/watch?v=h3NazGSQEqI">https://www.youtube.com/watch?v=h3NazGSQEqI</a> Hormonal Control of Blood Glucose Levels PPT: <a href="https://docs.google.com/presentation/d/1UVvzzRj9KRuWPxu5qULT5_wYpIticI8C/edit#slide=id.p1">https://docs.google.com/presentation/d/1UVvzzRj9KRuWPxu5qULT5_wYpIticI8C/edit#slide=id.p1</a> Glycaemic Index and Glycaemic Load PPT: <a href="https://docs.google.com/presentation/d/1jnPBzkWPWNOIuuxf_OFO8lCncLdv_vVV/edit#slide=id.p1">https://docs.google.com/presentation/d/1jnPBzkWPWNOIuuxf_OFO8lCncLdv_vVV/edit#slide=id.p1</a> Dietary Fibre PPT: <a href="https://docs.google.com/presentation/d/1H6wZ4cOiNuPUxmYUBTmq4ZPKeHV5rjM/edit#slide=id.p1">https://docs.google.com/presentation/d/1H6wZ4cOiNuPUxmYUBTmq4ZPKeHV5rjM/edit#slide=id.p1</a>

IV	<p>PROTEINS---classification, functions of proteins, Food sources, Requirements and RDA. Digestion, absorption and metabolic utilization of protein . Amino acids – Indispensable and dispensable amino acids – Therapeutic applications of specific amino acids. Protein Energy Malnutrition – KWASHIORKOR and MARASUMS –etiology, clinical features, treatment and prevention. Evaluation of protein quality –PER, BV, NPU and NPR, chemical score, nitrogen balance, mutual amino acid supplementation of proteins.</p>	18	<p>Lecture method, Discussion, interactive session, recap method, Discussion on mutual supplementation</p>	<p>Pathophysiology of Kwashiorkor and Marasmus You Tube:  <a href="https://www.youtube.com/watch?v=fwxFmUnoNZw">https://www.youtube.com/watch?v=fwxFmUnoNZw</a>  Difference between kwashiorkor and marasmus  <a href="https://www.youtube.com/watch?v=zq6SvljUcfU">https://www.youtube.com/watch?v=zq6SvljUcfU</a>  Evaluation of Protein Quality PPT:  <a href="https://docs.google.com/presentation/d/1wrFBzBOK_2gQSGOtWi5IuLteZwRJplfn/edit#slide=id.p1">https://docs.google.com/presentation/d/1wrFBzBOK_2gQSGOtWi5IuLteZwRJplfn/edit#slide=id.p1</a>  Introduction of Proteins PPT:  <a href="https://docs.google.com/presentation/d/1wNbIeIrMP4PD9KtCOqx-kNnqmLK0KQPc/edit#slide=id.p1">https://docs.google.com/presentation/d/1wNbIeIrMP4PD9KtCOqx-kNnqmLK0KQPc/edit#slide=id.p1</a>   PEM PPT:  <a href="https://docs.google.com/presentation/d/10C_EN7-WeLoDmUdGIIIX0i-Rf6CXxxeG/edit#slide=id.p1">https://docs.google.com/presentation/d/10C_EN7-WeLoDmUdGIIIX0i-Rf6CXxxeG/edit#slide=id.p1</a>  Proteins Notes:  <a href="https://docs.google.com/document/d/1-nDrwGor_fhdkTrKV5aNpi81SUh2S16X/edit">https://docs.google.com/document/d/1-nDrwGor_fhdkTrKV5aNpi81SUh2S16X/edit</a></p>
V	<p>LIPIDS  Classification, functions of EFA, MUFA, PUFA, SFA, food sources , Requirements, RDA, digestion and absorption.Characteristics of animal and vegetable fats, cholesterol–function, food sources, phospholipids – functions. Omega fatty acids functions, role in good health, food sources. Role of dietary lipids and CVD</p>	21	<p>Lecture method, Discussion, interactive session, recap method. Brainstorming method to express their thoughts and innovations.</p> <p>Assignment--- survey on types of oils</p> <p>Class Test on sources, and the role of fats in atherosclerosis</p> <p>Internal Assessment II</p>	<p>Atherosclerosis You Tube:  <a href="https://www.youtube.com/watch?v=8fuvtMiZfao">https://www.youtube.com/watch?v=8fuvtMiZfao</a>  Lipid Metbolism  <a href="https://www.youtube.com/watch?v=ppqpUVaasNc">https://www.youtube.com/watch?v=ppqpUVaasNc</a>  Ketone bodies types and functions:  <a href="https://www.youtube.com/watch?v=o87yio1cfXE">https://www.youtube.com/watch?v=o87yio1cfXE</a>  Internal Test –II  Metabolism of lipids digestion, absorption, resynthesis in the intestinal wall PPT  <a href="https://docs.google.com/presentation/d/1K6xY5e23_1UxGKLKSxANHk5POzeGs326/edit#slide=id.p1">https://docs.google.com/presentation/d/1K6xY5e23_1UxGKLKSxANHk5POzeGs326/edit#slide=id.p1</a>  Lipo Proteins PPT:  <a href="https://docs.google.com/presentation/d/1Bf_JddJ8-">https://docs.google.com/presentation/d/1Bf_JddJ8-</a></p>

				<p><a href="https://docs.google.com/document/d/1VhnsWMXqAZPUZ1Z8M_wpDly/edit#slide=id.p1">bHnsWMXqAZPUZ1Z8M_wpDly/edit#slide=id.p1</a></p> <p>Lipids Notes: <a href="https://docs.google.com/document/d/1VhnsWMXqAZPUZ1Z8M_wpDly/edit#slide=id.p1">https://docs.google.com/document/d/1VhnsWMXqAZPUZ1Z8M_wpDly/edit#slide=id.p1</a></p> <p>Phospholipids PPT: <a href="https://docs.google.com/presentation/d/1C-F4hDjvLAeCFBZsvLBUW5ddTneZK5w9/edit#slide=id.p1">https://docs.google.com/presentation/d/1C-F4hDjvLAeCFBZsvLBUW5ddTneZK5w9/edit#slide=id.p1</a></p> <p>Essential Fatty Acids PPT: <a href="https://docs.google.com/presentation/d/1DSjT0cQmLEDTy-tU_MUJxv70jTCnOYAO/edit#slide=id.p1">https://docs.google.com/presentation/d/1DSjT0cQmLEDTy-tU_MUJxv70jTCnOYAO/edit#slide=id.p1</a></p> <p>CVD PPT: <a href="https://docs.google.com/presentation/d/1XL9cWlnP5oMR_kUuIc3IojR0JgBiuiLj/edit#slide=id.p1">https://docs.google.com/presentation/d/1XL9cWlnP5oMR_kUuIc3IojR0JgBiuiLj/edit#slide=id.p1</a></p> <p>Lipids Notes: <a href="https://docs.google.com/document/d/1uD6xVVRJsMY8OzLo5M7r1zOoe2H97V4L/edit">https://docs.google.com/document/d/1uD6xVVRJsMY8OzLo5M7r1zOoe2H97V4L/edit</a></p> <p>Lipid Digestion PPT: <a href="https://docs.google.com/presentation/d/1HbPS0YHPAznEpaO0TZu-5r4hd8fVKDxT/edit#slide=id.p1">https://docs.google.com/presentation/d/1HbPS0YHPAznEpaO0TZu-5r4hd8fVKDxT/edit#slide=id.p1</a></p> <p>Lipid Introduction PPT: <a href="https://docs.google.com/presentation/d/11fE7eB0RLkFV-4WuxbbP0YoG1m0W2CUx/edit#slide=id.p1">https://docs.google.com/presentation/d/11fE7eB0RLkFV-4WuxbbP0YoG1m0W2CUx/edit#slide=id.p1</a></p> <p>Model Exam:</p>
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Anna Adarsh College for Women  
Department of Home Science  
Academic year 2021-22

Name of the Staff: Dr.Shahana Mubeen                      Total Hours: 38( 3 hours/week)  
Name of the Subject: NUTRITION PRACTICALS              Year/Semester:II/IV

Subject Code:

Unit	Chapter	Hours	Methodology	ICT Tools Adopted
1	Qualitative tests for minerals	9	Introductory glass --- Discussion method where the usage of all the glass ware and equipment usage. Lecture method, Discussion method and students performed the tests and explanation was given by all the students	BASIC INFORMATION AND TECHNIQUES- PRESENTATION <a href="https://docs.google.com/presentation/d/113OSz8J1L6V7awCTZQG Ao3Dz-rCJDcAL9PitEbVX66U/edit#slide=id">https://docs.google.com/presentation/d/113OSz8J1L6V7awCTZQG Ao3Dz-rCJDcAL9PitEbVX66U/edit#slide=id</a> .
2	Quantitative estimation of calcium	4	Lecture method, Discussion method and students performed the tests and explanation was given to the students	
3	Quantitative estimation of phosphorus	6	Lecture method, Discussion method and students performed the tests and explanation was given to the students	

4	Quantitative estimation of vitamin C	3	Lecture method, Discussion method and students performed the tests and explanation was given to the students with the calculations	
5	Demonstration Experiments. Estimation of Iron	6	Lecture method, Discussion method and students performed the tests and explanation was given to the students	
6	Qualitative tests for vitamin A	2	Lecture method, Discussion method	
7	Quantitative estimation of carotene	2	Lecture method, Discussion method	
		3 3	Practical Revision Model practical examination	

Anna Adarsh College for Women  
Department of Home Science  
Academic year 2021-22

Name of the Staff: Dr.Shahana Mubeen                      Total Hours: 38( 3 hours/week)  
Name of the Subject: PRINCIPLES OF RESOURCE MANAGEMENT Year/Semester:III/VI

Subject Code: TAL6A

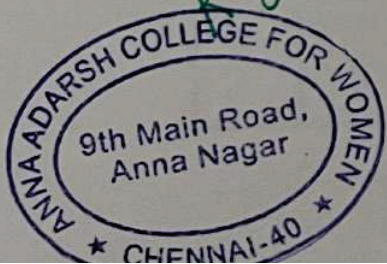
Unit	Chapter	Hours	Methodology	ICT Tools Adopted
1	Managerial Inputs - Values, Goals, Standards and Resources - Meaning and classification, optimizing the use of family resources, Factors affecting the use of resources. Decision making - Meaning and its importance, Types of decisions, Decision making process, Methods of resolving conflicts	14	Lecture method, Discussion, interactive session, recap method. Brainstorming method to express their thoughts and innovations Internal Assessment	<a href="http://e-PGPathshala.inflibnet.ac.in">e-PGPathshala (inflibnet.ac.in)</a> <a href="https://www.youtube.com/watch?v=uZO5xIu1A">HE 6 - Effective Home Management - YouTube</a> <a href="https://www.youtube.com/watch?v=lpBTfj_QOIE">https://www.youtube.com/watch?v=lpBTfj_QOIE</a> <a href="https://www.youtube.com/watch?v=YEXr1XBo78A">https://www.youtube.com/watch?v=YEXr1XBo78A</a>
2	Time Management a. Tools in Time Management – Peak Loads, work curve and rest periods. b. Time management process – Planning – Steps in making time schedule, Controlling	14	Lecture method, Discussion, interactive session, recap method.	<a href="http://e-PGPathshala.inflibnet.ac.in">e-PGPathshala (inflibnet.ac.in)</a> <a href="https://www.youtube.com/watch?v=KJLHIOldqA4">https://www.youtube.com/watch?v=KJLHIOldqA4</a> <a href="https://www.youtube.com/watch?v=HxjnKL4Hhgo">https://www.youtube.com/watch?v=HxjnKL4Hhgo</a> <a href="https://www.youtube.com/watch?v=N9sF7C-4er4">https://www.youtube.com/watch?v=N9sF7C-4er4</a>



	making time schedule, Controlling and Evaluating			
3	Energy Management - The efforts required in home-making activities, Energy requirements for household activities, types – Physiological and Psychological fatigue	6		<a href="https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==">https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=8x0nJkh/R0vHkX1U70Z/CQ==</a> <a href="https://www.youtube.com/watch?v=uTNn6hPz9vo">https://www.youtube.com/watch?v=uTNn6hPz9vo</a> <a href="https://www.youtube.com/watch?v=phkhWHF436A">https://www.youtube.com/watch?v=phkhWHF436A</a>
	Practicals			
1.	Identification of personal and family values and goals	2		
2.	Time expenditure pattern of selected groups	2	Assignment on Expenditure of Time by the girls and family members	<a href="https://www.youtube.com/watch?v=qRE0WicGz4I">https://www.youtube.com/watch?v=qRE0WicGz4I</a> <a href="https://www.youtube.com/watch?v=RZAdjEi17KI">https://www.youtube.com/watch?v=RZAdjEi17KI</a>
			Model Exam	

*R. Shanthy*

*Surjan K. V*



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**ANNA ADARSH COLLEGE FOR WOMEN**

**Department of Home Science LESSON PLAN**

**Academic year 2021-22**

**Name of the staff: Dr.V.R.Anurathi Total Hours: 75**

**Name of the subject: Principles of Interior Decoration**

**Year/ Sem: 2/4**

**Subject code:**

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS
1.	Art in daily living – Importance of good taste, objective of interior design. Design – elements of design – line, shape, size, space, texture, pattern, colour and light, Types and Characteristics of design, Principles of design – Harmony, Balance Rhythm, Proportion, Emphasis.	10	Chalk and Talk method Lecture cum interactive session Group Discussion Power point presentation	U tube Videos <a href="https://www.youtube.com/watch?v=OYQw9s4UI3Y">https://www.youtube.com/watch?v=OYQw9s4UI3Y</a> <a href="https://www.youtube.com/watch?v=7W8nwKgFGk0">https://www.youtube.com/watch?v=7W8nwKgFGk0</a> <a href="https://www.youtube.com/watch?v=xHGOZimYaU8">https://www.youtube.com/watch?v=xHGOZimYaU8</a> <a href="https://www.youtube.com/watch?v=0uVnWE7pI9U">https://www.youtube.com/watch?v=0uVnWE7pI9U</a>
2.	Colour – Qualities of colour – Hue, value and intensity, color aspects, Prang color wheel, Colour harmony, developing colour schemes for different rooms.	15	Chalk and Talk method Power point presentation Lecture cum interactive session Demo on Prang color wheel	U tube Videos <a href="https://www.youtube.com/watch?v=PfSLIRMSDuA">https://www.youtube.com/watch?v=PfSLIRMSDuA</a> <a href="https://www.youtube.com/watch?v=MzMSqwZqF3g">https://www.youtube.com/watch?v=MzMSqwZqF3g</a>

3.	Furniture and Furnishings – selection and arrangement of furniture in different rooms. Different types of furnishing materials – Factors considered in their selection. Floor coverings, curtains and draperies, Window treatment.	15	Lecture cum interactive session Power point presentation  Power point presentation Power point presentation Lecture + Seminar	U tube Videos <a href="https://www.youtube.com/watch?v=ecOUIdWRykg">https://www.youtube.com/watch?v=ecOUIdWRykg</a>  epg pathshala video <a href="https://www.youtube.com/watch?v=2KyOTYoQmQ">https://www.youtube.com/watch?v=2KyOTYoQmQ</a>  <a href="https://www.youtube.com/watch?v=gayXwxKIMLc">https://www.youtube.com/watch?v=gayXwxKIMLc</a>  <a href="https://www.youtube.com/watch?v=pjNuRHvz02o">https://www.youtube.com/watch?v=pjNuRHvz02o</a>  epg pathshala (Dr.Devi Manohar) <a href="https://www.youtube.com/watch?v=cei5jENDc2o">https://www.youtube.com/watch?v=cei5jENDc2o</a>
4.	Accessories – Selection, Use and Care of accessories, Types – traditional and modern – art objects – pictures, flower arrangement – Types, use and care - Flower arrangement for different rooms. Indoor plants – use and care. Lighting – Importance of lighting – Principles and types of Lighting – Lighting needs for various activities	15	Lecture cum interactive session Seminar Chalk and Talk + Demonstration Seminar	U tube Videos Epg pathshala (Dr.V.R.Anurathi) <a href="https://www.youtube.com/watch?v=ZmqTuXcX-E4">https://www.youtube.com/watch?v=ZmqTuXcX-E4</a> <a href="https://www.youtube.com/watch?v=IHzwLjpK16c">https://www.youtube.com/watch?v=IHzwLjpK16c</a> <a href="https://www.youtube.com/watch?v=_T7Hqeaollg">https://www.youtube.com/watch?v=_T7Hqeaollg</a> <a href="https://www.youtube.com/watch">https://www.youtube.com/watch</a>

				<p>h?v=tMW4qf2EdvY</p> <p><a href="https://www.youtube.com/watch?v=YzgOWu7JL4o">https://www.youtube.com/watch?v=YzgOWu7JL4o</a></p> <p><a href="https://www.youtube.com/watch?v=DzZuLREiQOg">https://www.youtube.com/watch?v=DzZuLREiQOg</a></p>
5.	<p>Organisation of the housekeeping department in an institution - House keeping staff – their duties and responsibilities – Management of House keeping department – Selection and handling of personnel, training of staff – Distribution of jobs and job chart – Safety, health and welfare of staff – Inter-departmental Co-operation, Qualification and personal qualities of a house keeper.</p>	15	<p>Lecture cum interactive session Power point presentation Power point presentation</p>	<p>U tube Videos EPg pathshala <a href="https://youtu.be/hftvKqFb_gg">https://youtu.be/hftvKqFb_gg</a>  <a href="https://youtu.be/hTGIA1FPrss">https://youtu.be/hTGIA1FPrss</a>  <a href="https://youtu.be/dDYsiaoPpEI">https://youtu.be/dDYsiaoPpEI</a>  <a href="https://youtu.be/In9TRhRGYvg">https://youtu.be/In9TRhRGYvg</a></p>
	<p><b>PRACTICALS</b> Evaluation of design, Preparation of Colour Chart and various colour schemes, Arranging various areas applying all the art principles.</p>	5	<p>Record drawing various rooms depicting the various elements of design and arranging various areas using the different principles of design</p>	<p><a href="https://www.youtube.com/watch?v=rFRNsQIoUoA">https://www.youtube.com/watch?v=rFRNsQIoUoA</a></p>

**ANNA ADARSH COLLEGE FOR WOMEN**  
**Department of Home Science LESSON PLAN**  
**Academic year 2021-22**

**Name of the staff:** Dr.V.R.Anurathi

**Total Hours:** 12

**Name of the subject:** ENVIRONMENTAL SCIENCE

**Year/ Sem:** 2/4

**Subject code:**

UNIT	Chapter	Hours	Methodology followed	ICT TOOLS
UNIT I	Introduction to Environmental Studies Multidisciplinary nature of environmental studies; Scope and importance; concept of sustainability and sustainable development.	1	Lecture cum interactive session	<a href="https://youtu.be/pBtPCXUltB8">https://youtu.be/pBtPCXUltB8</a>
UNIT II	Ecosystem What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem; Food chains, food webs and ecological succession, Case studies of the following ecosystem: a) Forest ecosystem b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystem (ponds, stream, lakes, rivers, ocean, estuaries)	2	Lecture cum interactive session	<a href="https://youtu.be/3Tkc97rVYt8">https://youtu.be/3Tkc97rVYt8</a> <a href="https://youtu.be/JRkBUISvmBU">https://youtu.be/JRkBUISvmBU</a>
UNIT III	Natural Resources : Renewable and Non – renewable Resources Land resources and land use change: Land degradation, soil erosion and desertification. Deforestation : Causes and impacts due to mining, dam building on environment.	2	Lecture cum interactive session	<a href="https://youtu.be/zBH19rTEcRE">https://youtu.be/zBH19rTEcRE</a> <a href="https://youtu.be/DDpP-HIp2oI">https://youtu.be/DDpP-HIp2oI</a>

	<p>forests, biodiversity and tribal populations.</p> <p>Water : Use and over –exploitation of surface and ground water, floods, droughts, conflicts over water ( international and inter-state).</p> <p>Energy resources : Renewable and non renewable energy sources, use of alternate energy sources, growing energy needs, case studies.</p>			
UNIT IV	<p>Biodiversity and Conservation</p> <p>Levels of biological diversity: genetics, species and ecosystem diversity.</p> <p>Biogeographic zones of India: Biodiversity patterns and global biodiversity hot spots</p> <p>India as a mega- biodiversity nation, Endangered and endemic species of India.</p> <p>Threats to biodiversity: Habitat loss, poaching of wildlife, man- wildlife conflicts, biological invasions; Conservations of biodiversity: In-situ and Ex-situ Conservation of biodiversity.</p> <p>Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.</p>	2	Lecture cum interactive session	<a href="https://youtu.be/iUG4uCWvAVI">https://youtu.be/iUG4uCWvAVI</a>
UNIT V	<p>Environmental Pollution</p> <p>Environmental pollution: types, causes, effects and controls: Air, Water, soil and noise Pollution.</p> <p>Nuclear hazards and human health risks</p> <p>Solid waste management: Control measures of urban and industrial waste</p> <p>Pollution case studies.</p>	1	Lecture cum interactive session	<a href="https://youtu.be/oSbUp3XYQX8">https://youtu.be/oSbUp3XYQX8</a>
UNIT VI	<p>Environmental Policies &amp; Practices</p> <p>Climate change, global warming, ozone layer depletion, acid rain and impacts on</p>	2	Lecture cum interactive session	<a href="https://youtu.be/l8lUmFdS5vo">https://youtu.be/l8lUmFdS5vo</a>

	<p><i>human communities and agriculture</i>  <b>Environment Laws:</b> Environment Protection Act, Air (Prevention &amp; Control of Pollution) Act; Water (Prevention and Control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD).          Nature reserves, tribal populations and rights, and human Wildlife conflicts in Indian context.</p>			
UNIT VII	<p><b>Human Communities and the Environment</b>          Human population growth, impacts on environment, human health and welfare.          Resettlement and rehabilitation of projects affected persons; case studies.          Disaster management: floods, earthquake, cyclone and landslides.          Environmental movements : Chipko, Silent Valley, Bishnois of Rajasthan.          Environmental ethics : Role of Indian and other religions and cultures in environmental conservation.          Environmental communication and public awareness, case studies(e.g. CNG Vehicles in Delhi)</p>	1	Lecture cum interactive session	<a href="https://youtu.be/511LDLxgCIQ">https://youtu.be/511LDLxgCIQ</a>
UNIT VIII	<p><b>Field Work</b>          Visit to an area to document environmental assets: river / forest/ floral/ fauna etc.          Visit to a local polluted site – Urban / Rural/ Industrial/ Agricultural.          Study of common plants, insects, birds and basic principles of identification.          Study of simple ecosystem- pond, river, Delhi Ridge etc.</p>	1	Lecture cum interactive session	



*R. Jhaanthi*

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Lesson Plan for Even Semester 2021-2022

ANNA ADARSH COLLEGE FOR WOMEN

Department of Home Science

Lesson Plan Academic Year 2021-2022

Name of the Staff: Mrs.U.Kabira

Name of the Subject: Health Psychology

Total Hours: 6/Week

Subject Code: TEL6A

Year/Semester:III Yr/VI Sem

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Foundation of Health Psychology Health and health psychology- health and illness-trends that shape health psychology perspectives in health psychology	8 Hours	PPT Presentation, Lecture method and sharing videos in youtube	<a href="https://youtu.be/AjmxZD5n9KA">https://youtu.be/AjmxZD5n9KA</a> Foundation of Health psychology <a href="https://youtu.be/D0KY4JdsAbE">https://youtu.be/D0KY4JdsAbE</a> Intro of health psychology



II	<p>Stress and Health Stress-measurement- Physiology of stress-sources-psychological factors in stress-stress responsefactors affecting the ability to cope stress management.</p>	12 Hours	<p>PPT Presentation, Lecture method and sharing videos in you tube,Discussion with students regarding their daily hassles of life</p>	<p><a href="https://youtu.be/CIRPnKFXAIo">https://youtu.be/CIRPnKFXAIo</a> stress</p> <p><a href="https://youtu.be/v-t1Z5-oPtU">https://youtu.be/v-t1Z5-oPtU</a></p> <p>How stress affect your body</p> <p><a href="https://youtu.be/jZsX5mwqoGU">https://youtu.be/jZsX5mwqoGU</a></p> <p>Coping the stress</p>
III	<p>Health psychology through life span Childhood and adolescence-childhood nutrition, childhood obesity, adolescents and risk taking interventions, adulthood and ageing theories of ageing life</p>	12 Hours	<p>PPT Presentation, Lecture method and sharing videos in you tube</p>	<p><a href="https://www.coursera.org/lecture/childnutrition/introduction-to-child-nutrition-HhUiz?utm_source=mobile&amp;utm_medium=page_share&amp;utm_content=vlp&amp;utm_campaign=top_button">https://www.coursera.org/lecture/childnutrition/introduction-to-child-nutrition-HhUiz?utm_source=mobile&amp;utm_medium=page_share&amp;utm_content=vlp&amp;utm_campaign=top_button</a> -Child nutrition</p> <p><a href="https://youtu.be/MsBFmCfUp6s">https://youtu.be/MsBFmCfUp6s</a> -Adolescence Nutrition</p> <p><a href="https://youtu.be/BkcXbx5rSzw">https://youtu.be/BkcXbx5rSzw</a> - The science of Aging</p> <p><a href="https://youtu.be/STmGcw46GTE">https://youtu.be/STmGcw46GTE</a> - Cognitive Aging</p> <p><a href="https://youtu.be/jvIFA9W836w">https://youtu.be/jvIFA9W836w</a> - Aging theories</p>

	style and aging.			
IV	Nutrition and Illness Nutrition-obesity-treatment-eating disorders-substance abuse-alcoholism and tobacco abuse, chronic and life threatening illness-	8 Hours	PPT Presentation, Lecture method and sharing videos in you tube	<a href="https://youtu.be/iQUJ1HV0PWc">https://youtu.be/iQUJ1HV0PWc</a> -Obesity <a href="https://youtu.be/_yM7_hbpRXc">https://youtu.be/_yM7_hbpRXc</a> - Eating disorders <a href="https://youtu.be/PH3xNHhCoMI">https://youtu.be/PH3xNHhCoMI</a> - substance abuse screening tools <a href="https://youtu.be/b6Dte96WdqM">https://youtu.be/b6Dte96WdqM</a> - drug abuse <a href="https://youtu.be/WN0jU1-Ni-Y">https://youtu.be/WN0jU1-Ni-Y</a> - Alcohol addict
IV	Psychological factors in cardio vascular disease, managing stress following CVD	4 Hours	PPT Presentation, Lecture method and sharing videos in you tube	<a href="https://youtu.be/3_PYnWVoUzM">https://youtu.be/3_PYnWVoUzM</a> - CVD risk
IV	Health psychology and diabetes, coping with cancer, Intervention strategy for	8Hours	PPT Presentation, Lecture method and sharing videos in you tube	<a href="https://www.verywellhealth.com/things-everyone-should-know-about-hiv-49359">https://www.verywellhealth.com/things-everyone-should-know-about-hiv-49359</a> -About HIV <a href="https://www.cancer.net/coping-with-cancer/managing-emotions">https://www.cancer.net/coping-with-cancer/managing-emotions</a> - coping with cancer

	AIDS, Coping with AIDS or HIV			<a href="https://youtu.be/PxNiQdaoyi0">https://youtu.be/PxNiQdaoyi0</a> - intervention strategy for AIDS
V	Intervention Strategies Applications of principle of counseling and psychotherapy in disease management and health care	6 Hours	PPT Presentation, Lecture method and sharing videos in you tube	<a href="https://youtu.be/GkQBNXrfzn8">https://youtu.be/GkQBNXrfzn8</a> <a href="https://youtu.be/rSR26IIxQXs">https://youtu.be/rSR26IIxQXs</a>
V	Relaxation technique, somatic oriented cognitive and behavioral skills in the management of diseases. Support group-family counseling,	10 Hours	PPT Presentation, Lecture method and sharing videos in you tube	<a href="https://youtu.be/ihO02wUzgkc">https://youtu.be/ihO02wUzgkc</a> Relaxation techniques

V	Alternative healing systems.	7 Hours	PPT Presentation, Lecture method and sharing videos in you tube	<a href="https://youtu.be/aMMxihyH2U">https://youtu.be/aMMxihyH2U</a> Alternative healing system <a href="https://youtu.be/JnKPNw9K2Ng">https://youtu.be/JnKPNw9K2Ng</a>
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ANNA ADARSH COLLEGE FOR WOMEN  
Department of Home Science  
Lesson Plan Academic Year 2021-2022

Name of the Staff: Mrs.U.Kabira

Name of the Subject: Textile Designing

Subject Code: SL52D

Total Hours: 2/Week

Year/Semester: I Yr/II Sem

UNI T	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Introduction to textile designing – principles of designs – elements of design – colour concepts.	12 Hours	Online study material Lecture method You Tube Video	<a href="https://classroom.google.com/c/Mjc1MTgyNDIwNDYw/m/MzEwNjlzOTIwMDE4/detail">https://classroom.google.com/c/Mjc1MTgyNDIwNDYw/m/MzEwNjlzOTIwMDE4/detail</a> -Colour <a href="https://youtu.be/L1CK9bE3H_s">https://youtu.be/L1CK9bE3H_s</a> - Colour you tube <a href="https://classroom.google.com/c/Mjc1MTgyNDIwNDYw/m/MzEwNTQ3MDQzOTY4/detail">https://classroom.google.com/c/Mjc1MTgyNDIwNDYw/m/MzEwNTQ3MDQzOTY4/detail</a> ils -Principles of design and elements of design
II	Printing – Introduction – types of printing (hand and machine method) styles of	10 Hours	Online study material Lecture method You Tube Video	<a href="https://classroom.google.com/c/Mjc1MTgyNDIwNDYw/m/MzA3Njk4MTgyNTEy/detail">https://classroom.google.com/c/Mjc1MTgyNDIwNDYw/m/MzA3Njk4MTgyNTEy/detail</a> -Printing method <a href="https://youtu.be/5n9NOPWcWfU">https://youtu.be/5n9NOPWcWfU</a> -Block printing <a href="https://youtu.be/TUkKSM5eaEA">https://youtu.be/TUkKSM5eaEA</a> -Screen printing

	printing – direct, discharge and resist method. Block printing and screen-printing.			
III	Dyeing – difference between dyeing and printing – dyes suitable for cotton, silk and synthetic – designing fabric through dyeing – Tie & Dye, Batik.	8 Hours	Online study material Lecture method  You Tube Video	<a href="https://classroom.google.com/c/Mjc1MTgyNDIwNDYw/m/MzEwNTEwMzAwNDkz/details">https://classroom.google.com/c/Mjc1MTgyNDIwNDYw/m/MzEwNTEwMzAwNDkz/details</a> -Dyeing the fabric <a href="https://youtu.be/ela3DPUZ9cw">https://youtu.be/ela3DPUZ9cw</a> -Tie and dye <a href="https://youtu.be/xJzXSvT1tw">https://youtu.be/xJzXSvT1tw</a> -Batik printing

ANNA ADARSH COLLEGE FOR WOMEN  
Department of Home Science  
Lesson Plan Academic Year 2021-2022

Name of the Staff: Mrs.U.Kabira

Name of the Subject: Professional Communication Course for Arts and Science Colleges(Professional English)

Total Hours: 1/Week

Subject Code: PZ1AB

Year/Semester: I Yr/II Sem

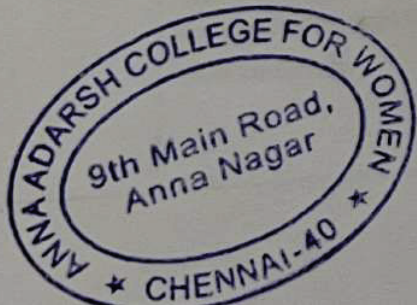
UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
IV	<p>- Creativity and Imagination</p> <p>Listening to short (2 to 5 minutes) academic videos (prepared by EMRC/ other</p> <p>MOOC videos on Indian academic sites – E.g.</p> <p><a href="https://www.youtube.com/watch?v=tpvicScuDy0">https://www.youtube.com/watch?v=tpvicScuDy0</a>)</p> <p>Speaking: Making oral presentations through short films – subject based</p> <p>Reading: Essay on Creativity and Imagination (subject based)</p> <p>Writing – Basic Script Writing for short films (subject based)</p> <p>- Creating webpages, blogs, flyers and brochures (subject based)</p> <p>- Poster making – writing slogans/captions(subject based)</p>	15 Hours	Lecture method ,Discussion, Giving Task	<p><a href="https://youtu.be/AI3NfpVJI-U">https://youtu.be/AI3NfpVJI-U</a></p> <p><a href="https://youtu.be/B8EJVcRJSXo">https://youtu.be/B8EJVcRJSXo</a></p> <p><a href="https://youtu.be/xQfYiHbAjJo">https://youtu.be/xQfYiHbAjJo</a></p> <p><a href="https://youtu.be/nMbyWcilhpY">https://youtu.be/nMbyWcilhpY</a></p>
V	<p>- Workplace Communication&amp; Basics of Academic Writing</p> <p>Speaking: Short academic presentation using</p>	15 Hours	Discussion ,Lecture method	<p><a href="https://www.youtube.com/watch?v=tpvicScuDy0">https://www.youtube.com/watch?v=tpvicScuDy0</a></p> <p><a href="https://www.youtube.com/watch?v=tpvicScuDy0">https://www.youtube.com/watch?v=tpvicScuDy0</a></p>

	<p>PowerPoint</p> <p>Reading &amp; Writing: Product Profiles, Circulars, Minutes of Meeting.</p> <p>Writing an introduction, paraphrasing</p> <p>Punctuation(period, question mark, exclamation point, comma, semicolon, colon, dash, hyphen,</p> <p>parentheses, brackets, braces, apostrophe, quotation marks, and ellipsis)</p>			
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question mark,  
exclamation point,  
comma, semicolon,  
colon, dash,  
hyphen,  
parentheses,  
brackets, braces,  
apostrophe,  
quotation marks,  
and ellipsis)  
Capitalization (use  
of upper case)

*suganthi v*

*R. Suganthi*



PRINCIPAL  
ANNA ADARSH COLLEGE FOR WOMEN  
ANNA NAGAR, CHENNAI-600 040



**ANNA ADARSH COLLEGE FOR WOMEN**

**Department of HOME SCIENCE**

**Academic year 2021-2022 (EVEN SEMESTER)**

**Name of the staff: Mrs. PREMAKUMARI. C**

**Total Hours: 4 hours/ Week (60 hours)**

**Name of the subject: FOOD SERVICE MANAGEMENT- II THEORY- TAL 6B**

**Year/ Semester: III/ VI**

<b>UNIT</b>	<b>CHAPTER</b>	<b>HOURS</b>	<b>METHODOLOGY</b>	<b>ICT TOOLS ADOPTED</b>
I	Equipment in food service	2 Hours	Blended learning	Video explanation <a href="https://www.youtube.com/watch?v=0BFJnpAajYM">https://www.youtube.com/watch?v=0BFJnpAajYM</a>
	Classification of equipment, factors affecting selection of equipment	2 Hours	<ul style="list-style-type: none"><li>■ Lecture method</li><li>■ Interactive class room sessions</li><li>■ Power Point presentation and videos</li><li>■ Quiz assessment</li></ul>	Google form assessment <a href="https://docs.google.com/forms/d/1YpLc3KeCOLO8RCSPdYri4f56otzehpNGb6GVA9jawRw/edit?usp=forms_home&amp;ths=true">https://docs.google.com/forms/d/1YpLc3KeCOLO8RCSPdYri4f56otzehpNGb6GVA9jawRw/edit?usp=forms_home&amp;ths=true</a>
	Electrical and nonelectrical equipment for food storage, preparation, service and dishwashing	6 Hours		Digital presentation <a href="https://docs.google.com/presentation/u/0/d/1Wjp-BTRyY_stxmHK4t3AKpZdVgqDuZZ5/edit?dls=true&amp;usp=gmail_attachment_preview">https://docs.google.com/presentation/u/0/d/1Wjp-BTRyY_stxmHK4t3AKpZdVgqDuZZ5/edit?dls=true&amp;usp=gmail_attachment_preview</a>

	Base materials and insulating materials	4 Hours		E-book <a href="https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9">https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9</a>
II	Planning of Food Service unit.	2 hours	<ul style="list-style-type: none"> <li>■ Lecture method with illustrative plans</li> <li>■ Web searching</li> <li>■ Power Point presentation and videos used as aids in the class</li> <li>■ Blog Analysis and Review</li> </ul>	E- book <a href="https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9">https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9</a>
	Layout of food plants	2 hours		Digital sketch <a href="https://www.roomsketcher.com/floor-plan-gallery/hotel/hotel-room-layout/">https://www.roomsketcher.com/floor-plan-gallery/hotel/hotel-room-layout/</a>
	Different work area	2 hours		<a href="https://www.hospitalitynet.org/opinion/4085813.html">https://www.hospitalitynet.org/opinion/4085813.html</a>
	Planning of storage, production and service areas.	4 hours		Blog content review <a href="https://www.grundig.com/ktchnmag/blog/the-complete-guide-to-kitchen-layouts/">https://www.grundig.com/ktchnmag/blog/the-complete-guide-to-kitchen-layouts/</a>
	Lighting and ventilation.	2 hours		
III	Menu planning – Definition, types	2 Hours	Lecture method with audio visual aids <ul style="list-style-type: none"> <li>■ Flipped classroom teaching</li> <li>■ Hands on training on menu formatting and compilation</li> <li>■ Role play on different services.</li> </ul>	Video explanation <a href="https://www.youtube.com/watch?v=2AyqzeIOTs0">https://www.youtube.com/watch?v=2AyqzeIOTs0</a>
	Menu planning for various sectors and institutions	2 Hours		<a href="https://www.youtube.com/watch?v=qvsRq5TwY9E">https://www.youtube.com/watch?v=qvsRq5TwY9E</a>
	Health safety in menu planning	2 Hours		E- book <a href="https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9">https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9</a>
	Standardization of recipes	1 Hour		Slideshare presentation

	Portion control.	1 Hour		<a href="https://www.slideshare.net/harksarmiento/recipe-development-standardization">https://www.slideshare.net/harksarmiento/recipe-development-standardization</a>
	Types of food and beverage services.	4 Hours		
IV	Sanitation and safety in food service institutions	6 Hours	<ul style="list-style-type: none"> <li>■ Lecture method citing examples and problems</li> <li>■ Presentation</li> <li>■ Case studies</li> <li>■ Problem solving learning</li> <li>■ Blog article analysis</li> </ul>	<p>E- book  <a href="https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9">https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9</a></p> <p>Video explanation  <a href="https://www.youtube.com/watch?v=7SRhQtAHKB">https://www.youtube.com/watch?v=7SRhQtAHKB</a></p> <p>U  Case study  <a href="https://www.atlantis-press.com/proceedings/icss-18/25903849">https://www.atlantis-press.com/proceedings/icss-18/25903849</a></p> <p>Slideshare review  <a href="https://www.slideshare.net/socialconnect/hotel-hygiene-13580638">https://www.slideshare.net/socialconnect/hotel-hygiene-13580638</a></p> <p>Blog review  <a href="https://blog.decon7.com/blog/understanding-the-importance-of-sanitation-and-hygiene-in-hotel-and-restaurant-operations">https://blog.decon7.com/blog/understanding-the-importance-of-sanitation-and-hygiene-in-hotel-and-restaurant-operations</a></p>
V	FSSAI (Food safety standard authority of India)	3 Hours	<ul style="list-style-type: none"> <li>■ Lecture method</li> <li>■ Case studies</li> <li>■ Project based learning</li> <li>■ Student seminars</li> </ul>	<p>Digital presentation  <a href="https://docs.google.com/presentation/u/0/d/1XxuTfqdShCMkMb3ZejuJoKczU1_QTgI8/edit?usp=gmail_attachment_preview">https://docs.google.com/presentation/u/0/d/1XxuTfqdShCMkMb3ZejuJoKczU1_QTgI8/edit?usp=gmail_attachment_preview</a></p> <p>Case study</p>
	HACCP	3 Hours		
	Entrepreneurial ship in catering.	4 Hours		

				<p><a href="https://www.hzu.edu.in/uploads/Hazard_Analysis_and_Critical_Control_Points_(HACCP)_Case_Study.pdf">https://www.hzu.edu.in/uploads/Hazard_Analysis_and_Critical_Control_Points (HACCP) Case Study .pdf</a></p> <p>Video explanation</p> <p><a href="https://www.youtube.com/watch?v=AgocMgeKZVw">https://www.youtube.com/watch?v=AgocMgeKZVw</a></p> <p>E- book -</p> <p><a href="https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9">https://drive.google.com/drive/u/0/folders/1AuGzRo9Qa5KJzaTOxyZz096bWohrTBh9</a></p>
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**Name of the staff: Mrs. PREMAKUMARI. C**

**Total Hours: 4 hours/ Week (15 hours)**

**Name of the subject: FOOD SERVICE MANAGEMENT- II PRACTICALS**

**Year/ Semester: III/ VI**

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
I	Standardization of four selected recipes from each of the following cuisines-South Indian North Indian, East Indian and West Indian.	4	Hands on practical training <ul style="list-style-type: none"><li>• Recipe development and compilation in class</li><li>• Recipe standardization in cookery lab in 5 groups</li></ul> Brainstorming Discussion after every cookery session. Simulation exercises Student participation in menu formatting.	Digital presentation- Explanation aid <a href="https://www.slideshare.net/harksarmiento/recipe-development-standardization">https://www.slideshare.net/harksarmiento/recipe-development-standardization</a>  E- book- Indian recipes <a href="https://silo.tips/download/indian-food-recipes">https://silo.tips/download/indian-food-recipes</a>  <a href="https://archive.fssai.gov.in/dam/jcr:51a0b985-6d64-4077-9be7-ea605e9aff77/Feasts_Flavours_&amp;_Fusion_of_India.pdf">https://archive.fssai.gov.in/dam/jcr:51a0b985-6d64-4077-9be7-ea605e9aff77/Feasts Flavours &amp; Fusion of India.pdf</a> E content - Recipe standardisation- <a href="https://www.txcte.org/sites/default/files/resources/documents/Recipe-Standardization-Process1.pdf">https://www.txcte.org/sites/default/files/resources/documents/Recipe-Standardization-Process1.pdf</a>  <a href="https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/recipe-standardization-steps.pdf">https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/recipe-standardization-steps.pdf</a>

II	Organizing, preparing and serving lunch menu for 25 and 50 members.	4	Student led - Work based learning and implementation in the lab	Video explanation <a href="https://www.youtube.com/watch?v=3OzkdxdF9E">https://www.youtube.com/watch?v=3OzkdxdF9E</a>
III	Setting up the restaurant-laying of table cloth changing, setting up the silver and other table arrangements. Folding of serviettes correct use of waiter's cloth. Preparation for customers.	4	Presentations and lectures. Guided facilitation of group learning - group work  Demonstration followed by Job instruction technique. Role play by students	Tutorial videos <a href="https://www.youtube.com/watch?v=A0001BKaQWU">https://www.youtube.com/watch?v=A0001BKaQWU</a>  <a href="https://www.youtube.com/watch?v=ZBxdRe5j7mk">https://www.youtube.com/watch?v=ZBxdRe5j7mk</a>  <a href="https://www.youtube.com/watch?v=f-h8ssWVpjM">https://www.youtube.com/watch?v=f-h8ssWVpjM</a>
IV	Serving and clearing practice, French and English Service. Service of beverage tea, coffee, juices and alcoholic beverages. Laying for breakfast. Tray service. Order taking, making out checks bills presentation of bills. Up keep and cleaning of cutlery, crockery, other equipment.	3	Classroom presentations and lectures. Vestibule training of students Simulating Mise-en-Scene and Mise – en – place of Dining area activities Problem based learning Case studies Project log book.	Tutorial videos <a href="https://www.youtube.com/watch?v=sI62FkQal9E">https://www.youtube.com/watch?v=sI62FkQal9E</a>  <a href="https://www.youtube.com/watch?v=O0p9zw4-4no">https://www.youtube.com/watch?v=O0p9zw4-4no</a>  Case study <a href="https://repository.usfca.edu/cgi/viewcontent.cgi?article=1005&amp;context=fe">https://repository.usfca.edu/cgi/viewcontent.cgi?article=1005&amp;context=fe</a>

**ANNA ADARSH COLLEGE FOR WOMEN**

**Department of HOME SCIENCE**

**Academic year 2021-2022**

**Name of the staff: Mrs. PREMAKUMARI. C**

**Total Hours: 3 hours/ Week (30 hours)**

**Name of the subject: PRINCIPLES OF RESOURCE MANAGEMENT- TAL6A**

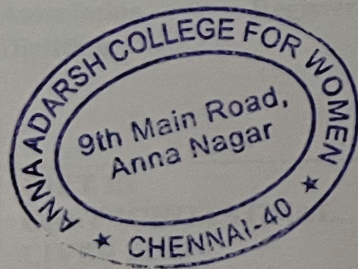
**Year/ Semester: III/VI**

<b>UNIT</b>	<b>CHAPTER</b>	<b>HOURS</b>	<b>METHODOLOGY</b>	<b>ICT TOOLS ADOPTED</b>
<b>I</b>	<b><u>MANAGEMENT</u></b>		Blended learning	Video explanation
	a. Definition and significance	2 Hours	Lecture Method with AV aids	Management Principles and Applications <a href="https://www.youtube.com/watch?v=vtVJOg_tW4o">https://www.youtube.com/watch?v=vtVJOg_tW4o</a>
	b. Management process – planning, controlling and evaluating.	6 Hours	Case study Analysis Management games Evaluation assessment	Home management <a href="https://www.youtube.com/watch?v=0EXATABURIU">https://www.youtube.com/watch?v=0EXATABURIU</a>
	c. Qualities of an ideal Home maker	2 Hours	games  Role play	E- Book Resource <a href="https://1lib.in/book/684351/d4f78a">https://1lib.in/book/684351/d4f78a</a>

			Assignment Assessment	<a href="https://1lib.in/category/113/Business--Economics-Management--Leadership">https://1lib.in/category/113/Business--Economics-Management--Leadership</a>
<b>II</b>	<b><u>MANAGERIAL INPUTS</u></b>			Video supplementation
	a. Values, goals and standards.	2 Hours	Lecture method with aids	<a href="https://www.youtube.com/watch?v=YEXr1XBo78A">https://www.youtube.com/watch?v=YEXr1XBo78A</a>
	b. Resources -meaning and classification. Optimizing the use of family resources.	2 Hours	Interactive Class room discussions	<a href="https://www.youtube.com/watch?v=DCjC_cG4vF4">https://www.youtube.com/watch?v=DCjC_cG4vF4</a>
	c. Decisions – Definition, types of decision. Decision making process	2 Hours	Decision making skill activities	E- Resource <a href="http://magadhmahilacollege.org/wp-content/uploads/2020/08/Values-Goals-and-Standards.pdf">http://magadhmahilacollege.org/wp-content/uploads/2020/08/Values-Goals-and-Standards.pdf</a>
	d. Methods of resolving conflicts	2 Hours	Problem solving activities	<a href="http://public.econ.duke.edu/~vjh3/working_papers/FamDecisionMaking.pdf">http://public.econ.duke.edu/~vjh3/working_papers/FamDecisionMaking.pdf</a>
			Student Led learning- Role play on Conflict Resolving	<a href="https://www.vedantu.com/commerce/types-of-decisions">https://www.vedantu.com/commerce/types-of-decisions</a>
			Case study Analysis	
			Quiz Assessment	<a href="https://www.pon.harvard.edu/daily/conflict-resolution/what-is-conflict-resolution-and-how-does-it-work/">https://www.pon.harvard.edu/daily/conflict-resolution/what-is-conflict-resolution-and-how-does-it-work/</a>
			Student Seminars	



				<p>Activity Link</p> <p><a href="https://www.michigan.gov/documents/mdch/Decision_Making_Activities_456247_7.doc">https://www.michigan.gov/documents/mdch/Decision Making Activities 456247 7.doc</a></p> <p><a href="https://positivechoices.org.au/documents/huw8sv6VzK/worksheet-decision-making-and-problem-solving/">https://positivechoices.org.au/documents/huw8sv6VzK/worksheet-decision-making-and-problem-solving/</a></p>
<b>III (Half)</b>	<b><u>TIME MANAGEMENT</u></b>			<p>AV presentation</p> <p><a href="https://www.youtube.com/watch?v=voL7TUegM">https://www.youtube.com/watch?v=voL7TUegM</a></p> <p><a href="https://www.youtube.com/watch?v=EPJhRf5abJU">https://www.youtube.com/watch?v=EPJhRf5abJU</a></p> <p>E- Resource</p> <p><a href="https://www.managementstudyguide.com/time-management.htm">https://www.managementstudyguide.com/time-management.htm</a></p> <p><a href="http://cms.gcg11.ac.in/attachments/article/86/TIME%20MANAGEMENT-converted.pdf">http://cms.gcg11.ac.in/attachments/article/86/TIME%20MANAGEMENT-converted.pdf</a></p>
	Tools in Time Management	4 Hours	Lecture method	
	Peak Loads	2 Hours	Classroom group discussions	
	Work curve and rest periods	2 Hours	Student Led learning – Web Searching Work schedule checklist Project based Learning Log book	



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*suganthi v.*

**ANNA ADARSH COLLEGE FOR WOMEN  
DEPARTMENT OF HOME SCIENCE-N&D  
ACADEMIC YEAR 2021-2022**

Name of the Staff: Mrs. S. Sangamithra

Total hours: Theory -75 Hrs

Name of the subject: Diet Therapy

Year/Semester: II/IV

Subject Code:

S.NO	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
1.	<p><b>INTRODUCTION TO THERAPEUTIC DIETS</b> Principles of diet therapy- Routine hospital diets-Pre and Post operative diets. Special feeding methods- Tube feeding and Total Parenteral nutrition</p> <p>Metabolic change in fevers- Modification of diet in Typhoid and Tuberculosis.</p> <p>Diet in Burns and HIV.</p> <p>Role and responsibilities of Dietitian, Indian Dietetic Association- Registered Dietitian.</p>	4     4  3  2	<p>Lecture method;</p> <p>Student led learning.</p>	<p>Digital presentation <a href="https://docs.google.com/presentation/d/1S7pERnNTs6-bOGyhuVFm5sH9Shw1SDDnSTwxObH2RVk/edit?usp=sharing">https://docs.google.com/presentation/d/1S7pERnNTs6-bOGyhuVFm5sH9Shw1SDDnSTwxObH2RVk/edit?usp=sharing</a></p> <p>Video presentation <a href="https://youtu.be/oJaIOSAYcIg">https://youtu.be/oJaIOSAYcIg</a></p> <p><a href="https://youtu.be/Oa-9tOwY2IO">https://youtu.be/Oa-9tOwY2IO</a> AV presentation <a href="https://docs.google.com/presentation/d/1cEO7e5bt9Oacnyn7BMVwVt3YYu27LNasbklB8vztHaY/edit?usp=sharing">https://docs.google.com/presentation/d/1cEO7e5bt9Oacnyn7BMVwVt3YYu27LNasbklB8vztHaY/edit?usp=sharing</a></p> <p>AV presentation <a href="https://youtu.be/dd6Rqysi610">https://youtu.be/dd6Rqysi610</a></p> <p><a href="https://youtu.be/PmfyeRuxN2k">https://youtu.be/PmfyeRuxN2k</a></p>
2.	<p><b>DIET IN GASTROINTESTINAL, LIVER AND GALL BLADDER</b></p>	6	<p>Lecture method;</p> <p>Interactive session</p>	<p>Digital presentation <a href="https://docs.google.com/presentation/d/1WiKaYujKpouocQtChR2112U_YJfelR5AVUzNHZuRE8s/edit?usp=sharing">https://docs.google.com/presentation/d/1WiKaYujKpouocQtChR2112U_YJfelR5AVUzNHZuRE8s/edit?usp=sharing</a></p>

	<p><b>DISEASES</b>  <b>Pathophysiology, Nutritional Implications, Etiology and modification in gastrointestinal diseases</b>  <b>(a) Peptic ulcer (b) Diarrhoea (c) Constipation</b></p> <p><b>(d) Malabsorption syndrome</b>  <b>e) gluten enteropathy and lactose intolerance</b></p> <p><b>Pathophysiology, Nutritional Implications, Etiology and modification of diet in Hepatitis, Cirrhosis and Hepatic coma, Wilson's Disease</b></p> <p><b>Pathophysiology, Nutritional Implications, Etiology and modification of diet in Cholecystitis and Cholelithiasis</b></p>	<p>4</p> <p>4</p> <p>2</p>	<p>with students;  <b>Job instruction techniques;</b>  <b>Student led learning.</b></p>	<p><b>Video presentation</b>  <a href="https://youtu.be/uDnJclE4Hpc">https://youtu.be/uDnJclE4Hpc</a></p> <p><b>AV presentation</b>  <a href="https://docs.google.com/presentation/d/1pFKJGtEXU-gsAOcoKNp60G0tE78CtmELdUvyHYtP8Gs/edit?usp=sharing">https://docs.google.com/presentation/d/1pFKJGtEXU-gsAOcoKNp60G0tE78CtmELdUvyHYtP8Gs/edit?usp=sharing</a></p> <p><b>Digital presentation</b>  <a href="https://docs.google.com/presentation/d/1ehqBAeOkn3N4syvKoO4W4J3l2aNRBpNZ/edit?usp=sharing&amp;oid=109589926642852767435&amp;rtpof=true&amp;sd=true">https://docs.google.com/presentation/d/1ehqBAeOkn3N4syvKoO4W4J3l2aNRBpNZ/edit?usp=sharing&amp;oid=109589926642852767435&amp;rtpof=true&amp;sd=true</a></p> <p><a href="https://www.webmd.com/digestive-disorders/features/gallbladder-diet-foods-for-gallbladder-problems">https://www.webmd.com/digestive-disorders/features/gallbladder-diet-foods-for-gallbladder-problems</a></p>
<p>3.</p>	<p><b>DIET IN METABOLIC DISEASES - Pathophysiology, Etiology, Nutritional Implications and modification of diet in Obesity.</b></p> <p><b>Etiology, Nutritional Implications and</b></p>	<p>6</p>	<p><b>Lecture method;</b>  <b>Student led</b></p>	<p><b>Digital presentation</b>  <a href="https://docs.google.com/presentation/d/1IBVfpVFL8J9IzC58ftBDEN4aw7ckBBzPsKN4pghiOc/edit?usp=sharing">https://docs.google.com/presentation/d/1IBVfpVFL8J9IzC58ftBDEN4aw7ckBBzPsKN4pghiOc/edit?usp=sharing</a></p> <p><b>AV presentation</b>  <a href="https://docs.google.com/presentation/d/1buJuCYgyIlnx11KefT0p6xYqOtdOJmOwnqXK5li2qEM/edit?usp=sharing">https://docs.google.com/presentation/d/1buJuCYgyIlnx11KefT0p6xYqOtdOJmOwnqXK5li2qEM/edit?usp=sharing</a></p> <p><b>Digital presentation</b>  <a href="https://docs.google.com/presentation/d/1K3lDbPmChTQgRgCBi6n5VTdyZr1G-">https://docs.google.com/presentation/d/1K3lDbPmChTQgRgCBi6n5VTdyZr1G-</a></p>

	<p>modification of diet in PCOS, Hypothyroidism and Underweight</p> <p>Diabetes mellitus- Prevalence, types, symptoms and metabolic changes, Diagnosis, treatment with diet and insulin, complications.</p> <p>Nutrition management in acute and chronic pancreatitis</p>	6  2	<p>learning;</p> <p>Case studies.</p>	<p><a href="https://voutu.be/met9SntRZe8">ozX/edit?usp=sharing&amp;oid=109589926642852767435&amp;rtpof=true&amp;sd=true</a></p> <p>Video presentation <a href="https://voutu.be/met9SntRZe8">https://voutu.be/met9SntRZe8</a></p>
4.	<p>DIET IN DEGENERATIVE DISEASES Etiology and modification of diet in Hypertension.</p> <p>Prevalence, Pathophysiology, Nutritional Implications, risk factors and modification of diet in atherosclerosis.</p> <p>Prevalence, Risk factors and modification of diet in cancer-Nutritional modification of cancer therapy.</p> <p>Role of antioxidants in the prevention of degenerative diseases.</p>	3  6  6  2	<p>Lecture method;</p> <p>Student led learning;</p> <p>Case studies.</p>	<p>AV presentation <a href="https://docs.google.com/presentation/d/1B2h42o4FaHMacOfpzU6_g7XiRiO3U9XND1PwCAfGvag/edit?usp=sharing">https://docs.google.com/presentation/d/1B2h42o4FaHMacOfpzU6_g7XiRiO3U9XND1PwCAfGvag/edit?usp=sharing</a></p> <p><a href="https://docs.google.com/presentation/d/1fewadgFVggHLvEoVI7UCI3_-wJJ0HKYPOLCjO04al5s/edit?usp=sharing">https://docs.google.com/presentation/d/1fewadgFVggHLvEoVI7UCI3_-wJJ0HKYPOLCjO04al5s/edit?usp=sharing</a></p> <p>Digital presentation <a href="https://docs.google.com/presentation/d/1ZORrApbXSvJd3wYVBDZ38c15R5PdHJd4ruQvOODUeXY/edit?usp=sharing">https://docs.google.com/presentation/d/1ZORrApbXSvJd3wYVBDZ38c15R5PdHJd4ruQvOODUeXY/edit?usp=sharing</a></p> <p>Video presentation <a href="https://youtu.be/ILw8ZqGaih8">https://youtu.be/ILw8ZqGaih8</a></p> <p><a href="https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/coronary-artery-disease/v/atherosclerosis">https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/coronary-artery-disease/v/atherosclerosis</a></p>
5.	<p>DIET IN KIDNEY DISORDERS Etiology, symptoms and</p>	8	Lecture method;	<p>Digital presentation <a href="https://docs.google.com/presentation/d/1Vx6qC6Ayr25gHKLnSVGnC0KNX_Clo4i0p0X5sPsLNBI/edit?usp=sharing">https://docs.google.com/presentation/d/1Vx6qC6Ayr25gHKLnSVGnC0KNX_Clo4i0p0X5sPsLNBI/edit?usp=sharing</a></p>

<p><b>modification of diet in nephritis, nephrotic syndrome, acute renal failure and chronic renal failure- Dialysis</b></p> <p><b>Etiology and modification of diet in urinary calculi, gout.</b></p>	<p>5</p> <p>2</p>	<p><b>Student led learning;</b></p> <p><b>Case studies.</b></p>	<p><a href="https://docs.google.com/presentation/d/1gaMBTiRtFMIXOvP85NX4gg7G4d07NO8cx5A46j8pdXs/edit?usp=sharing">https://docs.google.com/presentation/d/1gaMBTiRtFMIXOvP85NX4gg7G4d07NO8cx5A46j8pdXs/edit?usp=sharing</a></p> <p><b>Video presentation</b></p> <p><a href="https://youtu.be/IOKO4eoKfTg">https://youtu.be/IOKO4eoKfTg</a></p> <p><b>Video presentation</b></p> <p><a href="https://youtu.be/UZF0dUP4UTY">https://youtu.be/UZF0dUP4UTY</a></p> <p><a href="https://youtu.be/kLxBks6s4M8">https://youtu.be/kLxBks6s4M8</a></p> <p><a href="https://youtu.be/bznoU5bke4U">https://youtu.be/bznoU5bke4U</a></p> <p><a href="https://youtu.be/0sauoF4ppwA">https://youtu.be/0sauoF4ppwA</a></p> <p><b>Video presentation</b> <a href="https://youtu.be/M56OCD1O6P4">https://youtu.be/M56OCD1O6P4</a></p>
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Name of the Staff: Mrs. S. Sangamithra

Total hours: Theory-38 Hrs

Name of the subject: Dietetics Practicals

Year/Semester: II/IV

Subject Code:

S.NO	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
1.	<b>Planning and preparing diets for the following conditions:</b> 1. Clear fluid, full fluid and soft diet 2. Typhoid and Tuberculosis 3. Peptic ulcer, Diarrhoea and Constipation 4. Hepatitis and Cirrhosis 5. Obesity and Underweight 6. Type 1 and Type 2 Diabetes mellitus 7. Hypertension and atherosclerosis 8. Nephritis and Nephrotic syndrome	2hrs 2hrs 6hrs 2hrs 4hrs 6 hrs 4 hrs 4 hrs 2 hrs 4 hrs	<ul style="list-style-type: none"><li>• Lecture</li><li>• Job instruction technique</li><li>• Demonstration</li></ul>	
2.	<b>Planning and Preparation of 5 suitable recipes for:</b> 1. Cholelithiasis 2. Urinary Calculi	2 hrs		
3.	<b>Dietary internship for one month in a hospital</b>		<b>Internship</b>	

**ANNA ADARSH COLLEGE FOR WOMEN  
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ACADEMIC YEAR 2021-2022**

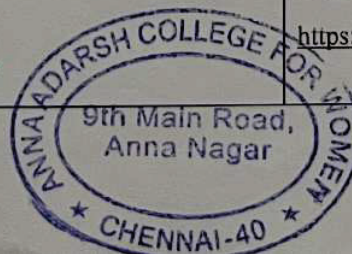
Name of the staff: Mrs. S. Sangamithra  
Name of the subject: Principles of Resource Management  
Subject Code: TAL6A

Total Hours: 38  
Year/ Semester: III /VI

UNIT	CHAPTER	HOURS	METHODOLOGY	ICT TOOLS ADOPTED
III (Half)	<b>TIME MANAGEMENT</b> b. Time management process – Planning – Steps in making time schedule, Controlling and Evaluating	10	Online Lecture; Student Seminars; Assignments; Videos on time management and time scheduling.  Practicals on Preparation of a Time Schedule.	1) <a href="https://www.youtube.com/watch?v=RZAdjEi17KI">https://www.youtube.com/watch?v=RZAdjEi17KI</a> 2) <a href="https://www.youtube.com/watch?v=LwN3jm3fxMU">https://www.youtube.com/watch?v=LwN3jm3fxMU</a>
IV	<b>ENERGY MANAGEMENT</b> a. Work simplification Definition, techniques and Mundel's classes of changes. b. Fatigue – Concept, types – Physiological and Psychological fatigue	14	Online Lecture; Student Seminars; Assignments; Video on work simplification techniques; Assessment of student's knowledge using Google form quiz.  Practicals on Assessment of Convenient Work Heights; maximum and comfortable reach in Sitting and Standing Positions.	<a href="https://www.youtube.com/watch?v=VXc4dnoGzoY">https://www.youtube.com/watch?v=VXc4dnoGzoY</a> <a href="https://www.youtube.com/watch?v=DlifAzNItNQ">https://www.youtube.com/watch?v=DlifAzNItNQ</a> <a href="https://www.youtube.com/watch?v=uTNn6hPz9vo">https://www.youtube.com/watch?v=uTNn6hPz9vo</a>
V	<b>MONEY MANAGEMENT</b> a. Family Income – types, methods of handling family income, methods of augmenting family income. b. Family expenditure – Budget – Meaning, steps involved in planning a budget. Advantages of budgeting. Financial Records – types and evaluation.	14	Online Lecture; Video on handling family income, augmenting family income, budget.  Practicals on Planning family budget.	<a href="https://youtu.be/yi89ZrEog6M">https://youtu.be/yi89ZrEog6M</a> <a href="https://www.youtube.com/watch?v=NldDhg05Ydw">https://www.youtube.com/watch?v=NldDhg05Ydw</a> <a href="https://www.youtube.com/watch?v=KDx4PbXhK4w">https://www.youtube.com/watch?v=KDx4PbXhK4w</a> <a href="https://www.youtube.com/watch?v=Mw3GBz_GX7I">https://www.youtube.com/watch?v=Mw3GBz_GX7I</a> <a href="https://www.youtube.com/watch?v=1OXYImMJYW8">https://www.youtube.com/watch?v=1OXYImMJYW8</a>

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