GOUR MOHAN SACHIN MONDAL MAHAVIDYALAYA

ACADEMIC PLAN

Department :Food and nutrition. Part-I. Session: 2015-2016

Teacher Name: Sreeparna Basu

Unit name	Paper &group	Sub unit name	Month	No. Of classes
Law of conversation	I-gr.A.	Law of conversation	Sep	**1**
	Do	Chemical and physical changes	Sep	**1**
	Do	Mechanical mixture and chemical compounds	Sep	**1**
Common laboratory process	Do	Sedimentation, decantation,filtration	Sep	**1**
	Do	Solution, evaporation, boiling	Sep	**1**
	Do	Dessication, distillation, sublimation,	Sep	**1**
	Do	Fusion,ignition,crystallisation, efflorescence, deliquescence	Sep	**2**
Symbol	Do	Symbol,valency, formula	Sep	**1**
		Equation, naming of compounds	Sep	**2**
Acid-base-salt-solution	Do	Acid,base,salt,conjugate acids and conjugate bases	Sep	**1**
	Do	Classification of salts,hydrolysis of salts	Sep	**1**
	Do	pH,Buffer solution	Nov	**1**
	Do	Equivalent weight of acids,bases and salts, neutralization, acid-base indicators	Nov	**2**
	Do	Molar solution, Normal solution, Formal solution	Nov	**1**
Diffusion-osmosis	Do	Diffusion and osmosis,osmotic pressure, Isotonic solution-definitionand examples	Nov	**2**
Colloids	Do	Definition, types of colloidal systems,Important properties of colloidal sols,dialysis	Nov	**3**
Structure of	Do	Discovery of atomic nucleus,	Nov	**2**

atom		Rutherford's atomic model		
	Do	Concept of stationary orbit,Electronic arrangement of elements	Nov	**2**
	Do	Atomic number,isotopes	Nov	**1**
	Do	Electrovalent,covalent and coordinate-covalent bonds hydrogen bond	Nov	**1**
Chemistry of carbon compounds	Do	Classification of organic compounds based on structural characteristics and functional groups	Nov	**1**
	Do	Isomerism, concept of optical isomerism	Nov	**1**
	Do	General methods of preparation, properties and reactions of saturated and unsaturated hydrocarbons	Nov	**2**
	Do	Aliphatic monohydric alcohols,glycerol,aldehyde,ketones and fatty acids with nomenclature	Dec	**3**
Carbohydrates-proteins-lipids	Do	Classification with example, nomenclature, study of important properties of glucose,fructose, sucrose, lactose and galactose	Dec	**2**
	Do	Classification with examples, composition, essential amino acids, general properties of protein	Dec	**2**
	Do	Definition, classification with examples, study of important properties of fats and oils, saponification value,Iodine value	Dec	**2**
Unit	I-grB	C.G.S. &F.P.S. system	Dec	**1**
Mass and weight	Do	Measurement of mass and weight, common and spring balance	Jan	**1**
Motion of body	Do	Displacement, velocity, accelerated units	Jan	**1**
Gravity	Do	Acceleration due to gravity	Jan	**1**

Hydrostatics	Do	Pressure at a point,Archimedes principles, specific gravity	Jan	**1**
	Do	Viscosity, surface tension	Jan	**1**
Thermometry	Do		Jan	**1**
Calorimetry	Do		Jan	**1**
Heat	Do	Transmission of heat,thermoflask	Jan	**1**
Matter	Do	Types,change of state	Jan	**1**
		Pressure cooker,Ice machine	Jan	**1**
Statical electricity	Do	Friction,conductor and insulator	Jan	**1**
Primary cell	Do	Primary cell and storage cell	Jan	**1**
Electroplating	Do		Feb	
Potential	Do		Feb	**2**
Electricity and it's application	Do	Lamp,roster,geyser,iron,micro-oven	Feb	**2**
Refrigerator	Do		Feb	**1**
Electric fuse	Do		Feb	**1**

GOUR MOHAN SACHIN MONDAL MAHAVIDYALAYA

ACADEMIC PLAN (Theoretical)

Department : Food and nutrition. Part-II. Session: 2015-2016

Teacher name:sreeparnaBasu

Unit name	Paper	Sub unit name	Month	No. Of classes
Animal cell	II	Definition, structure and function	Nov	3
Tissue	II	Epithelial tissue	Nov	1
	Do	Connective tissue	Nov	2
	Do	Nervous tissue	Nov	1
	Do	Muscular tissue	Nov	1
Digestive system	Do	Mouth,oesophagus, stomach	Nov	
	Do	Small intestine, large intestine	Nov	
	Do	Liver,pancreas,liver,gall bladder	Nov	3
	Do	Carbohydrate digestion	Nov	2
	Do	Protein digestion	Nov	2
	Do	Fat digestion	Dec	2
	Do	Glycolysis	Dec	1
	Do	Glycogeneses	Dec	1
	Do	Neoglucogenesis	Dec	1
	Do	Coris cycle	Dec	1
	Do	Kreb's cycle	Dec	1
	Do	Deamination	Dec	1
	Do	Transamination	Dec	1
	Do	Role of hormones in carbohydrate metabolism	Dec	2
Food-nutrition-energy	Do	Food,nutrition, nutrients	Jan	1
	Do	Nutritional status,dietetics,balanced diet	Jan	1

	Do	Malnutrition	Jan	1
	Do	Energy	Jan	1
Nutrients	Do	Carbohydrate	Jan	2
	Do	Protein	Jan	2
	Do	Fat	Jan	1
	Do	Vitamines	Jan	3
	Do	Minerals	Jan	2
	Do	Essential fatty acids	Jan	1
	Do	Essential amino acids	Jan	1
	Do	Biological value of protein, nitrogen balance	Jan	1
	Do	Function of water and fiber	Jan	1
Five food groups	Do	Cereals,pulses	Feb	1
	Do	Milk	Feb	1
	Do	Meat,fish	Feb	1
	Do	Vegetables	Feb	1
	Do	Eggs,nuts	Feb	1
	Do	Oils,sugar	Feb	1
B.M.R.	Do	Definition, factors	Feb	2
	Do	Total energy requirment	Feb	1
Meal planning	Do	Principles and objectives	Feb	1
	Do	Diet for infant	Feb	2
	Do	Diet preschool child	Mar	2
	Do	Diet school child	Mar	2
	Do	Adult diet	Mar	1
	Do	Pregnancy diet	Mar	2
	Do	Lactation diet	Mar	2
Therapeutic diet	Do	Diarrhoea	Mar	
	Do	Fever	Mar	1
	Do	Obesity	Mar	1
	Do	Diabetes	Mar	2
	Do	Heart disease	Mar	2
Food processing &	Do	Food spoliage		2

preservation				
	Do	Food borne infection and infestation	Apr	2
	Do	Different methods of cooking and food preservation	Apr	3
Diet survey	Do	Elementary idea	Apr	2

GOUR MOHAN SACHIN MONDAL MAHAVIDYALAYA

ACADEMIC PLAN(practical)

Department : Food and nutrition. Part-II. Session: 2015-2016

Teacher name: Sreeparna Basu

Unit name	Paper & group	Sub unit name	Month	Session
Fitting of apparatus	III-gr A	Solution, filtration	Nov	1
	Do	Distillation and crystallisation	Nov	1
Titration	Do	Bases	Nov	2
	Do	Acids	Nov	2
	Do	Hardness of water	Nov	1
	Do	Estimation of glucose	Dec	2
Chemical	Do	Starch and	Dec	1

tests		dextrin		
	Do	Glucose	Dec	1
	Do	Cane sugar and lactose	Dec	1
Qualitative tests	Do	Milk and egg protein	Jan	2
	Do	Calcium phosphorus and iron in food stuff	Jan	2
Balance	III-gr B		Jan	1
Specific gravity	Do	Solid	Feb	2
	Do	Liquid	Feb	2
		Liquid by specific gravity bottle	Feb	2
Barometer	Do		Feb	1
Thermometer	Do		Feb	2
Electric fuses	Do		Feb	1
Weight-measure	III-gr C		Mar	1
Preparation	Do	Cereals, pulses Vegetables	Mar	2
	Do	Egg,milk	Mar	2
	Do	Fish,nuts	Mar	2
Planning and preparation of diet	Do	Pregnancy		2
	Do	Lactation	Apr	2
ORS	Do		Apr	1
Demonstration	Do	Jam,jelly	Apr	1
	Do	Squash	Apr	1
	Do	Pickles	Apr	1
Preparation of school tiffin	Do		Apr	2
Diet survey	Do		Apr	2

GOUR MOHAN SACHIN MONDAL MAHAVIDYALAYA

ACADEMIC PLAN (Theoretical)

Department : Food and nutrition. Part-III Session: 2015-2016

Teacher name: Sreeparna Basu

Unit name	Paper and group	Sub unit name	Month	No.of classes
Community health	IV-grA	Mortality	Nov	2
	Do	Morbidity	Nov	2
	Do	Role of health workers	Nov	1
	Do	FAO,ICMR	Nov	1
	Do	WHO,ICDS	Nov	1
	Do	ICAR,CSIR	Nov	1
	Do	ANP,VHAI	Nov	1
	Do	NIN,CFTRI	Nov	1
Kitchen	Do	Layout	Nov	1
	Do	Pest control	Nov	1
Personal hygiene of food handler	Do		Nov	2
Food contamination	Do	Sources and transmission	Dec	2
	Do	Food toxins	Dec	1
	Do	Aflatoxin	Dec	1
	Do	Lead,cadmium, zinc poisoning	Dec	2
Water contamination	Do	Prevention	Dec	1
	Do	Methods of water purification	Dec	2
	Do	Water born diseases	Dec	2

	Do	Diarrhea, dysentry	Dec	1
	Do	Typhoid	Jan	1
	Do	Hepatitis	Jan	1
Food additives	Do	Definition	Jan	1
	Do	Classification	Jan	1
	Do	Health hazards	Jan	1
	Do	Food adulteration	Jan	1
Fermentation	Do	Definition, advantages	Jan	1
	Do	Yogurt,cheese	Jan	2
	Do	Vinegar	Jan	1
	Do	Fermented pickles	Jan	1
Spices	Do	Functions	Jan	1
	Do	Turmaric,cumin	Jan	1
	Do	Corriander,fenugreek	Jan	1
	Do	Black pepper, chilli, ajawan	Feb	1

GOUR MOHAN SACHIN MONDAL MAHAVIDYALAYA

ACADEMIC PLAN (Practical)

Department : Food and nutrition. Part-IV. Session: 2015-2016

Teacher name: Sreeparna Basu

Unit name	Paper/group	Sub Unit Name	Month	No.of classes

Visit of ideal kitchen	IV-gr B	Hepatitis	Feb	3
Therapeutic diet preparation	Do	Hypertension	Feb	3
	Do	Diabetes	Feb	3
	Do	Obesity	Feb	3
Determination of blood pressure	Do		Mar	2
Determination of haemoglobin percentage	Do		Mar	3
			Mar	