

SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

LESSON PLAN RECORD OF CLASSES ENGAGED

Course: B.Sc Class: I st YEAR Academic Year:2019 – 2020 Semester: I

Title of the paper : Human Physiology-I

Subject code : 18UAND11

Theory / Practical : Theory Staff in charge: R.Swarnalakshmi And S.M.Prasad

Sl. NO	ORDER	DATE	UNIT	TOPIC PLANNED	COVERED ON
1.	A	17.06.2019	I	Cell_types	17.6.19
2.	B	18.06.2019	I	Cell_types	18.6.19
3.	F	24.06.2019	I	Cell_structure	24.6.19
4.	F	24.06.2019	I	Cell_structure	24.6.19
5.	A	25.06.2019	I	Cell functions	25.6.19
6.	B	26.06.2019	I	Cell functions	26.6.19
7.	F	02.07.2019	I	Tissues_structure	2.7.19
8.	F	02.07.2019	I	Tissues_structure	2.7.19
9.	A	03.07.2019	I	Functions of epithelial tissue	3.7.19
10.	B	04.07.2019	I	Functions of connective tissue	4.7.19
11.	F	10.07.2019	I	Functions of muscular tissue	10.7.19
12.	F	10.07.2019	I	Functions of nerves tissue	10.7.19
13.	A	11.07.2019	II	Blood_composition	11.7.19
14.	B	12.07.2019	II	Blood_functions	12.7.19
15.	F	18.07.2019	II	Blood groups	18.7.19
16.	F	18.07.2019	II	RH Factors	18.7.19
17.	A	19.07.2019	II	Blood coagulation	19.7.19
18.	B	22.07.2019	II	Heart_Structure	22.7.19
19.	F	26.07.2019	II	Blood Vessels	26.7.19
20.	F	26.07.2019	II	Structure Of Artery	26.7.19
21.	A	29.07.2019	II	Structure Of Vein	30.7.19
22.	B	30.07.2019	II	Structure Of Capillaries	3.8.19
23.	F	03.08.2019	II	Cardiac Cycle	3.8.19
24.	F	03.08.2019	II	Blood Circulation	5.8.19
25.	A	05.08.2019	III	Digestive System	6.8.19
26.	B	06.08.2019	III	Digestive System	19.8.19
27.	F	19.08.2019	III	Anatomy Of Digestive System	19.8.19
28.	F	19.08.2019	III	Anatomy Of Digestive System	20.8.19
29.	A	20.08.2019	III	Swallowing	21.8.19
30.	B	21.08.2019	III	Swallowing	28.8.19
31.	F	28.08.2019	III	Process Of Digestion	28.8.19
32.	F	28.08.2019	III	Process Of Digestion	28.8.19
33.	A	29.08.2019	III	Changes in Stomach	29.8.19

S.M.Prasad

34.	B	30.08.2019	III	Changes in Stomach	30.8.19
35.	F	06.09.2019	III	Small Intestine	6.9.19
36.	F	06.09.2019	III	Absorption	6.9.19
37.	A	09.09.2019	IV	Structure of Kidney	9.9.19
38.	B	11.09.2019	IV	Structure of kidney	11.9.19
39.	F	17.09.2019	IV	Structure of kidney	17.9.19
40.	F	17.09.2019	IV	Functions of kidney	17.9.19
41.	A	18.09.2019	IV	Functions of kidney	18.9.19
42.	B	19.09.2019	IV	Functions of kidney	19.9.19
43.	F	25.09.2019	IV	Cross Section Of kidney	25.9.19
44.	F	25.09.2019	IV	Cross Section Of kidney	26.9.19
45.	A	26.09.2019	IV	Structure Of Nephron	27.9.19
46.	B	27.09.2019	IV	Structure Of Nephron	3.10.19
47.	F	03.10.2019	IV	Formation Of Urine	3.10.19
48.	F	03.10.2019	IV	Formation Of Urine	4.9.19
49.	A	04.10.2019	V	Anatomy Of Respiratory System	4.9.19
50.	B	09.10.2019	V	Anatomy Of Respiratory System	9.10.19
51.	F	15.10.2019	V	Mechanism Of Respiration	15.10.19
52.	F	15.10.2019	V	Mechanism Of Respiration	16.10.19
53.	A	16.10.2019	V	Mechanism Of Respiration	17.10.19
54.	B	17.10.2019	V	Gaseous Changes In Tissues	22.10.19
55.	F	22.10.2019	V	Gaseous Changes In Tissues	22.10.19
56.	F	22.10.2019	V	Gaseous Changes In Tissues	23.10.19
57.	A	23.10.2019	V	Oxygen Transport	24.10.19
58.	B	24.10.2019	V	Oxygen Transport	31.10.19
59.	F	31.10.2019	V	Co2 Transport	31.10.19
60.	F	31.10.2019	V	Co2 Transport	31.10.19

TEXT BOOKS

- 1.
- 2.

REFERENCE BOOKS:

- 1.
- 2.

Activity	Total Number	Topic I	Topic II	Topic III	Planned Date	Actual Date
Assignment					30.07.2019	28.08.2019
Internal Test		Ist Test Portions	IInd Test Portions	IIIrd Test Portions		
		I & II	II & III	IV & V		

Teacher's Sign

HOD Sign

SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

LESSON PLAN RECORD OF CLASSES ENGAGED

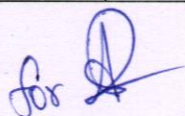
Course: B. Sc Class :Nutrition and dietetics Academic Year:2018 – 2019

Title of the paper :Human Development Subject code :18UCND12

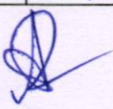
Theory / Practical :Theory

Name of the teacher: V. Angel Mary

Sl. NO	ORDER	DATE	UNIT	TOPIC PLANNED	COVERED ON
1.	B	18.06.19	1	The principles of growth	18.06.19
2.	C	19.06.19	1	The principles of growth	19.06.19
3.	E	21.06.19	1	The principles of development	21.06.19
4.	F	24.6.19	1	The principles of development	24.6.19
5.	B	26.6.19	1	Factors that influence the development	26.6.19
6.	C	27.6.19	1	Factors that influence the development	27.6.19
7.	E	01.7.19	1	Methods of child study	01.7.19
8.	F	02.7.19	1	Methods of child study with special emphasis	02.7.19
9.	B	04.7.19	1	Case studymethod	04.7.19
10.	C	05.7.19	1	Case studymethod	05.7.19
11.	E	09.7.19	1	Observation method	09.7.19
12.	F	10.7.19	1	Observation method	10.7.19
13.	B	12.7.19	2	Appearance of newborn	12.7.19
14.	C	15.7.19	2	Size of newborn	15.7.19
15.	E	17.7.19	2	Proportion of newborn	17.7.19
16.	F	18.7.19	2	Physical care	18.7.19
17.	B	22.7.19	2	Physical care	22.7.19
18.	C	23.7.19	2	Daily routine-Bathing	23.7.19
19.	E	25.7.19	2	Daily routine-Clothing	25.7.19
20.	F	26.7.19	2	Daily routine-Sleeping	26.7.19
21.	B	30.7.19	2	Feeding-Natural	30.7.19
22.	C	31.7.19	2	Feeding-Artificial	31.7.19
23.	E	02.8.19	2	Immunization schedule	02.8.19
24.	F	03.8.19	2	Immunization schedule	03.8.19

for 

25.	B	06.8.19	3	Early childhood period(1to6years)- Physical growth	6.8.19
26.	C	07.8.19	3	Motor growth	7.8.19
27.	E	9.8.19	3	Language development	9.8.19
28.	F	19.8.19	3	Intellectual development	19.8.19
29.	B	21.8.19	3	Emotional development	21.8.19
30.	C	22.8.19	3	Social development	22.8.19
31.	E	27.8.19	3	Late Childhood period(6to12years)- Physical growth	27.8.19
32.	F	28.8.19	3	Motor growth	28.8.19
33.	B	30.8.19	3	Intellectual development	30.8.19
34.	C	3.9.19	3	Emotional development	3.9.19
35.	E	5.9.19	3	Social development	5.9.19
36.	F	06.9.19	3	Habits and Habit formation	6.9.19
37.	B	11.9.19	4	Period of Adolescence-Physical development	11.9.19
38.	C	12.9.19	4	Physical development	12.9.19
39.	E	16.9.19	4	Social development	16.9.19
40.	F	17.9.19	4	Social development	17.9.19
41.	B	19.9.19	4	Emotional development	19.9.19
42.	C	20.9.19	4	Emotional development	20.9.19
43.	E	24.9.19	4	Cognitive development	24.9.19
44.	F	25.9.19	4	Cognitive development	25.9.19
45.	B	27.9.19	4	Cognitive development	27.9.19

for 

46.	C	28.9.19	4	Juvenile delinquency	28.9.19
47.	E	01.10.19	4	Juvenile delinquency	1.10.19
48.	F	03.10.19	4	Juvenile delinquency	3.10.19
49.	B	09.10.19	5	Age related changes-Physical problems of old age	9.10.19
50.	C	10.10.19	5	Physical problems of old age	10.10.19
51.	E	14.10.19	5	Physical problems of old age	14.10.19
52.	F	15.10.19	5	Physical problems of old age	15.10.19
53.	B	17.10.19	5	Psychological problems of old age	17.10.19
54.	C	18.10.19	5	Psychological problems of old age	18.10.19
55.	E	21.10.19	5	Psychological problems of old age	21.10.19
56.	F	22.10.19	5	Psychological problems of old age	22.10.19
57.	B	24.10.19	5	Family attitudes towards the aged	24.10.19
58.	C	25.10.19	5	Family attitudes towards the aged	25.10.19
59.	E	30.10.19	5	Family attitudes towards the aged	30.10.19
60.	F	31.10.19	5	Family attitudes towards the aged	31.10.19

TEXT BOOKS

1. Suriyakanthi, Child development
- 2.

REFERENCE BOOKS:

1. Rajammal .P. Devadoss, Child development
- 2.

Activity	Total Number	Topic I	Topic II	Topic III	Planned Date	Actual Date
Assignment		Unit I & II	Unit III & IV		05.07.19	05.07.19
Internal Test		Ist Test Portions	IInd Test Portions	IIIrd Test Portions		
		Unit I-1	Unit II-1/2	Unit III-1		

Teacher's Sign

HOD Sign

SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

LESSON PLAN RECORD OF CLASSES ENGAGED

Course: B.Sc. Class: III YEAR

Academic Year: 2019 – 2020

Semester: V

Title of the paper : CLINICAL BIOCHEMISTRY

Subject code : 15UNDC52

Theory / Practical : THEORY

Name of the Teacher: S.M. Prasad.

Sl. NO	ORDER	DATE	UNIT	TOPIC PLANNED	COVERED ON
1.	A	17.6.19	I	Blood sugar	17.6.19
2.	A	17.6.19	I	Level of blood glucose	17.6.19
3.	B	18.6.19	I	Glucose in normal conditions	18.6.19
4.	C	19.6.19	I	Maintenance of blood glucose level	19.6.19
5.	F	24.6.19	I	Maintenance of blood glucose level	24.6.19
6.	A	25.6.19	I	Inborn errors of carbohydrate metabolism	25.6.19
7.	A	25.6.19	I	Inborn errors of carbohydrate metabolism	25.6.19
8.	B	26.6.19	I	Ketosis	26.6.19
9.	C	27.6.19	I	Diabetic coma	27.6.19
10.	F	2.7.19	I	Pentosuria	2.7.19
11.	A	3.7.19	I	Galactosemia	3.7.19
12.	A	3.7.19	I	Glycosuria	3.7.19
13.	B	4.7.19	I	Glucose-6-phosphate	4.7.19
14.	C	5.7.19	I	Glycogen storage disease	5.7.19
15.	F	6.7.19	I	Glycogen storage disease	6.7.19
16.	A	11.7.19	II	Blood lipids	11.7.19
17.	A	11.7.19	II	Blood lipids	11.7.19
18.	B	12.7.19	II	Types of lipids in blood	12.7.19




19.	C	15.7.19	II	Types of lipids in blood	15.7.19
20.	F	18.7.19	II	Levels of lipids in blood	18.7.19
21.	A	19.7.19	II	Levels of lipids in blood	19.7.19
22.	A	19.7.19	II	Hyperlipidemia	19.7.19
23.	B	22.7.19	II	Hyperlipidemia	22.7.19
24.	C	23.7.19	II	Hypolipidemia	23.7.19
25.	F	26.7.19	II	Hypolipidemia	26.7.19
26.	A	29.7.19	II	Inborn errors of fat metabolism	29.7.19
27.	A	29.7.19	II	Inborn errors of fat metabolism	29.7.19
28.	B	30.7.19	II	Inborn errors of fat metabolism	30.7.19
29.	C	31.7.19	II	Determination of serum cholesterol	31.7.19
30.	F	3.8.19	II	Determination of serum cholesterol	3.8.19
31.	A	5.8.19	III	Plasma protein	5.8.19
32.	A	5.8.19	III	Plasma protein	5.8.19
33.	B	6.8.19	III	Plasma protein	6.8.19
34.	C	7.8.19	III	Functions of plasma protein	7.8.19
35.	F	19.8.19	III	Functions of plasma protein	19.8.19
36.	A	20.8.19	III	Determination of total plasma protein	20.8.19
37.	A	20.8.19	III	Determination of total plasma protein	20.8.19
38.	B	21.8.19	III	Determination of total plasma protein	21.8.19
39.	C	22.8.19	III	Inborn errors of amino acid metabolism	22.8.19
40.	F	28.8.19	III	Inborn errors of amino acid metabolism	28.8.19
41.	A	29.8.19	III	Inborn errors of amino acid metabolism	29.8.19
42.	A	29.8.19	III	Phenylketonuria	29.8.19

43.	B	30.8.19	III	Albinism	30.8.19
44.	C	3.9.19	III	Alkaptonuria	3.9.19
45.	F	6.9.19	III	Maple syrup disease	6.9.19
46.	A	9.9.19	IV	Gastric disorders	9.9.19
47.	A	9.9.19	IV	Gastric disorders	9.9.19
48.	B	11.9.19	IV	Bile salts	11.9.19
49.	C	12.9.19	IV	Bile salts	12.9.19
50.	F	17.9.19	IV	Functions of bile salts	17.9.19
51.	A	18.9.19	IV	Functions of bile salts	18.9.19
52.	A	18.9.19	IV	Formation of bile acids	18.9.19
53.	B	19.9.19	IV	Formation of bile acids	19.9.19
54.	C	20.9.19	IV	Formation of bile salts	20.9.19
55.	F	25.9.19	IV	Formation of bile salts	25.9.19
56.	A	26.9.19	IV	Bile pigments from haemoglobin	26.9.19
57.	A	26.9.19	IV	Bile pigments from haemoglobin	26.9.19
58.	B	27.9.19	IV	Test for liver function	27.9.19
59.	C	28.9.19	IV	Test for liver function	28.9.19
60.	F	3.10.19	IV	Test for liver function	3.10.19
61.	A	4.10.19	V	Urine	4.10.19
62.	A	4.10.19	V	Urine	4.10.19
63.	B	9.10.19	V	Urine examination	9.10.19
64.	C	10.10.19	V	Urine examination	10.10.19
65.	F	15.10.19	V	Their significance in health & disease	15.10.19
66.	A	16.10.19	V	Their significance in health & disease	16.10.19

67.	A	16.10.19	V	Test for kidney function	16.10.19
68.	B	17.10.19	V	Test for kidney function	17.10.19
69.	C	18.10.19	V	Creatinine clearance test	18.10.19
70.	F	22.10.19	V	Urea clearance	22.10.19
71.	A	23.10.19	V	Insulin clearance	23.10.19
72.	A	23.10.19	V	Dye test	23.10.19
73.	B	24.10.19	V	Dilution test	24.10.19
74.	C	25.10.19	V	Dialysis	25.10.19
75.	F	31.10.19	V	Dialysis	31.10.19

TEXT BOOKS

1. Ambika Shanmugam, Biochemistry for medical students

REFERENCE BOOKS:

1. Biochemistry, Arumugam.

Activity	Total Number	Topic I	Topic II	Topic III	Planned Date	Actual Date
Assignment	41	Unit I & II	Unit III & IV			
Internal Test		I st Test Portions	II nd Test Portions	III rd Test Portions	22.8.19	29.8.19.
		Unit I - 1 Unit II - 1/2	Unit II - 1/2 Unit III	Unit IV Unit V		

Teacher's Sign

ban

HOD Sign

SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

Course: B.Sc Class: 1st Year Academic Year:2019 – 2020 Subject code :18UCND11

Title of the paper: Food science Theory / Practical: Theory Semester: I

Staff In charge :M. VADIVEL DEVI

Sl. NO	ORDER	DATE	UNIT	TOPIC PLANNED	COVERED ON
1.	A	17.06.2019	I	Introduction to food science	17.06.2019
2.	B	18.06.2019	I	Definition of food and nutrients	18.06.2019
3.	D	20.06.2019	I	Nutritional status	20.06.2019
4.	E	21.06.2019	I	Malnutrition and under nutrition	21.06.2019
5.	A	25.06.2019	I	Over nutrition, Health	25.06.2019
6.	B	26.06.2019	I	Balanced diet	26.06.2019
7.	D	28.06.2019	I	Introduction to food groups	28.06.2019
8.	E	01.07.2019	I	Basic four and five food groups	1.07.2019
9.	A	03.07.2019	I	Functions of food	03.07.2019
10.	B	04.07.2019	I	Nutritional classification of food	4.07.2019
11.	D	08.07.2019	I	Methods of cooking	8.07.2019
12.	E	09.07.2019	I	Merits and demerits of cooking	9.07.2019
13.	A	11.07.2019	II	Introduction to cereals	11.07.2019
14.	B	12.07.2019	II	Structure of wheat	12.07.2019
15.	D	16.07.2019	II	Nutritive value of cereals	16.07.2019
16.	E	17.07.2019	II	Milling and parboiling of rice	17.07.2019
17.	A	19.07.2019	II	Nutritive value of wheat	19.07.2019
18.	B	22.07.2019	II	Introduction to pulses	22.07.2019
19.	D	24.07.2019	II	Composition of pulses	24.07.2019

20.	E	25.07.2019	II	Nutritive value of pulses	25.07.2019
21.	A	29.07.2019	II	Toxic substance in pulses	29.07.2019
22.	B	30.07.2019	II	Milling process	30.07.2019
23.	D	01.08.2019	II	Factors affecting cooking quality	1.08.2019
24.	E	02.08.2019	II	Germination of pulses	2.8.2019
25.	A	05.08.2019	III	Introduction to vegetables	5.8.2019
26.	B	06.08.2019	III	Classification of vegetables	6.8.2019
27.	D	08.08.2019	III	Nutritive value of vegetables	8.8.2019
28.	E	09.08.2019	III	Changes during cooking of vegetables	9.8.2019
29.	A	20.08.2019	III	Nutritive value of vegetables	20.8.2019
30.	B	21.08.2019	III	Introduction to fruits	21.8.2019
31.	D	26.08.2019	III	Classification of fruits	26.8.2019
32.	E	27.08.2019	III	Nutritive value of fruits	27.8.2019
33.	A	29.08.2019	III	Ripening of fruits	29.8.2019
34.	B	30.08.2019	III	Changes during ripening	30.8.2019
35.	D	04.09.2019	III	Storage process	04.8.2019
36.	E	05.09.2019	III	Storage process of fruits	05.8.2019
37.	A	09.09.2019	IV	Introduction to milk products	9.9.2019
38.	B	11.09.2019	IV	Composition of milk	11.9.2019
39.	D	13.09.2019	IV	Nutritive value of milk	13.9.2019
40.	E	16.09.2019	IV	Different types of milk	16.9.2019
41.	A	18.09.2019	IV	Types of milk products	18.9.2019
42.	B	19.09.2019	IV	Structure of egg	19.9.2019
43.	D	23.09.2019	IV	Composition of egg	23.9.2019
44.	E	24.09.2019	IV	Nutritive value of egg	24.9.2019
45.	A	26.09.2019	IV	Uses of egg in cookery	26.9.2019

46.	B	27.09.2019	IV	Composition & Nutritive value of flesh foods	27.9.2019
47.	D	30.09.2019	IV	Selection of meat, fish & poultry	30.9.2019
48.	E	01.10.2019	IV	Rigor mortis & Tenderization	01.10.2019
49.	A	04.10.2019	V	Introduction to nuts & oil seeds	04.10.2019
50.	B	09.10.2019	V	Composition of nuts & oil seeds	9.10.2019
51.	D	11.10.2019	V	Nutritive value of nuts & oil seeds	11.10.2019
52.	E	14.10.2019	V	Introduction to beverages	14.10.2019
53.	A	16.10.2019	V	Classification of beverages	16.10.2019
54.	B	17.10.2019	V	Nutritive value of coffee, Tea	17.10.2019
55.	D	19.10.2019	V	Cocoa, milk based juices	19.10.2019
56.	E	21.10.2019	V	Aerated beverages	21.10.2019
57.	A	23.10.2019	V	Alcoholic beverages	23.10.2019
58.	B	24.10.2019	V	Introduction to spices	24.10.2019
59.	D	29.10.2019	V	Uses of spices & Condiments	29.10.2019
60.	E	30.10.2019	V	Abuses of spices & Condiments	30.10.2019

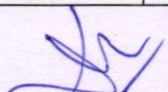
TEXT BOOKS

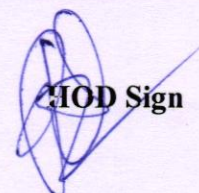
REFERENCE BOOKS:

- 1.
- 2.

- 1.
- 2.

Activity	Total Number	Topic I	Topic II	Topic III	Planned Date	Actual Date
Assignment	48				11.07.2019	30.07.2019
Internal Test		Ist Test Portions	IInd Test Portions	IIIrd Test Portions		
		I&II half	II & III	IV & V		


Teacher's Sign


HOD Sign



Sadakathullah Appa College

(AUTONOMOUS)

Rahmath-Nagar, Tirunelveli - 627 011.

LESSON PLAN AND RECORD OF CLASSES ENGAGED

Course : Nutrition & Dietetics Class : III year Academic Year : 2019 - 2020 Semester : V
 Title of the Paper : Community Nutrition Practical Subject Code : 15UNDC6P1
 Theory / Practical Name of the Teacher : Dr. P. Mageeswari

Sl.No.	Date & Order	Unit	Topics planned	Covered on
1.	19/06/19 "C"	III	Introduction to Community Nutrition Practical	19/06/19
2.	21/06/19 "F"	III	Assessment of Nutritional Status of an Individual & community.	21/06/19
3.	27/06/19 "C"		Assessment of Nutritional Status - Adolescents	27/06/19
4.	02/07/19 "F"		Assessment of Nutritional Status - Height, weight, BMI, waist circumference, Hip circumference, waist hip ratio, skinfold thickness	02/07/19
5.	05/07/19 "C"		Assessment of Nutritional Status for children	05/07/19

Text books :

1. Textbooks of community nutrition.
- 2.

Reference books :

- 1.
- 2.

Activity	Total Number	Topic I	Topic II	Topic III	Planned Date	Actual Date
Assignment						
Internal Test		I st Test Portions	II nd Test Portions	III rd Test Portions		

P. Mageeswari
Teacher's Signature

[Signature]
HOD Signature

FM3/Rev01



Sadakathullah Appa College

(AUTONOMOUS)

Rahmath Nagar, Tirunelveli - 627 011.

LESSON PLAN AND RECORD OF CLASSES ENGAGED



Sl.No.	Date & Order	Unit	Topics planned	Covered on
6.	12/07/19 "F"		Assessment of Nutritional Status among adults using Anthropometric method.	12/07/19
7.	15/07/19 "C"		Dietary survey 24 hour recall method	15/07/19
8.	18/07/19 "F"		Dietary survey food frequency method.	18/07/19
9.	23/07/19 "C"		Dietary survey - weighment of raw food	23/07/19
10.	26/07/19 "F"		Dietary - survey weighment of cooked food.	26/07/19
11.	31/07/19 "C"		Nutritional problems protein energy malnutrition	31/07/19
12.	03/08/19 "F"		Vitamin A deficiency	03/08/19
13.	07/08/19 "C"		Iron deficiency anemia	07/08/19
14.	19/08/19 "F"		Iodine deficiency disorder (IDD)	19/08/19
15.	22/08/19 "C"		Development of visual aids	22/08/19
16.	28/08/19 "F"		visual aid preparation - chart.	28/08/19
17.	03/09/19 "C"		chart preparation, news letter, flash cards	03/09/19

P. Mani
Teacher's Signature

HOD Signature

FM3/Rev01

