

SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

LESSON PLAN RECORD OF CLASSES ENGAGED

Course: B. Sc Class: Nutrition and dietetics Academic Year:2017– 2018

Title of the paper :Human Development Subject code :15UNDA11

Theory / Practical :Theory

Name of the teacher : Ms.V.Angel Mary

Sl. NO	ORDER	DATE	UNIT	TOPIC PLANNED	COVERED ON
1.	D	21.6.17	1	The principles of growth	21.6.2017
2.	D	21.6.17	1	The principles of growth	21.6.2017
3.	E	28.6.17	1	The principles of development	28.6.2017
4.	F	29.6.17	1	The principles of development	29.6.2017
5.	D	4.7.17	1	Factors that influence the development	4/7/2017
6.	D	4.7.17	1	Factors that influence the development	4.7.2017
7.	E	5.7.17	1	Methods of child study	5.7.2017
8.	F	6.7.17	1	Methods of child study with special emphasis	6.7.2017
9.	D	12.7.17	1	Case studymethod	12.7.2017
10.	D	12.7.17	1	Case studymethod	12.7.2017
11.	E	13.7.17	1	Observation method	13.7.2017
12.	F	14.7.17	1	Observation method	14.7.2017
13.	D	19.7.17	2	Appearance of newborn	19.7.2017
14.	D	19.7.17	2	Size of newborn	19.7.2017
15.	E	20.7.17	2	Proportion of newborn	20.7.2017
16.	F	21.7.17	2	Physical care	21.7.2017
17.	D	27.7.17	2	Physical care	27.7.2017
18.	D	27.7.17	2	Daily routine-Bathing	28.7.2017
19.	E	28.7.17	2	Daily routine-Clothing	28.7.2017
20.	F	29.7.17	2	Daily routine-Sleeping	29.7.2017
21.	D	3.8.17	2	Feeding-Natural	3.8.2017
22.	D	3.8.17	2	Feeding-Artificial	3.8.2017
23.	E	4.8.17	2	Immunization schedule	4.8.2017
24.	F	7.8.17	2	Immunization schedule	7.8.2017

25.	D	11.8.17	3	Early childhood period(1to6years)- Physical growth	11.8.2017
26.	D	11.8.17	3	Motor growth	11.8.2017
27.	E	16.8.17	3	Language development	16.8.2017
28.	F	17.8.17	3	Intellectual development	17.8.2017
29.	D	22.8.17	3	Emotional development	22.8.2017
30.	D	22.8.17	3	Social development	22.8.2017
31.	E	23.8.17	3	Late Childhood period(6to12years)- Physical growth	24.8.2017
32.	F	24.8.17	3	Motor growth	4.9.2017
33.	D	4.9.17	3	Intellectual development	4.9.2017
34.	D	4.9.17	3	Emotional development	5.9.2017
35.	E	5.9.17	3	Social development	6.9.2017
36.	F	6.9.17	3	Habits and Habit formation	11.9.2017
37.	D	11.9.17	4	Period of Adolescence-Physical development	11.9.2017
38.	D	11.9.17	4	Physical development	12.9.2017
39.	E	12.9.17	4	Social development	13.9.2017
40.	F	13.9.17	4	Social development	19.9.2017
41.	D	19.9.17	4	Emotional development	19.9.2017
42.	D	19.9.17	4	Emotional development	20.9.2017
43.	E	20.9.17	4	Cognitive development	21.9.2017
44.	F	21.9.17	4	Cognitive development	21.9.2017
45.	D	27.9.17	4	Cognitive development	27.9.2017

46.	D	27.9.17	4	Juvenile delinquency	27.9.2017
47.	E	28.9.17	4	Juvenile delinquency	28.9.2017
48.	F	3.10.17	4	Juvenile delinquency	3.10.2017
49.	D	9.10.17	5	Age related changes-Physical problems of old age	9.10.2017
50.	D	9.10.17	5	Physical problems of old age	10.10.2017
51.	E	10.10.17	5	Physical problems of old age	11.10.2017
52.	F	11.10.17	5	Physical problems of old age	20.10.2017
53.	D	20.10.17	5	Psychological problems of old age	20.10.2017
54.	D	20.10.17	5	Psychological problems of old age	21.10.2017
55.	E	21.10.17	5	Psychological problems of old age	23.10.2017
56.	F	23.10.17	5	Psychological problems of old age	27.10.2017
57.	D	27.10.17	5	Family attitudes towards the aged	27.10.2017
58.	D	27.10.17	5	Family attitudes towards the aged	28.10.2017
59.	E	28.10.17	5	Family attitudes towards the aged	28.10.2017
60.	F	29.10.17	5	Family attitudes towards the aged	29.10.2017

TEXT BOOKS

- 1.
- 2.

REFERENCE BOOKS:

- 1.
- 2.

Activity	Total Number	Topic I	Topic II	Topic III	Planned Date	Actual Date
Assignment						
Internal Test		Ist Test Portions	IInd Test Portions	IIIrd Test Portions		

V. Arjun
Signature of
Teacher

for V. Arjun
H.O.D



SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

Rahmath Nagar, Tirunelveli - 627 011

Online-Class Lesson Plan

Academic Year 2017-2018 [Odd Semester]

Department: NUTRITION & DIETETICS

Class	:	III B.SC
Semester	:	V
Name of the Faculty	:	Ms.S.Aariba
Title of the Course	:	CLINICAL BIOCHEMISTRY
Subject Code	:	15UNDC52
Reference books	:	Ambika Shanmugam- Fundamentals of Biochemistry for Medical Students

Sl. No	Actual Date	Order	Unit	Topics Planned	Date-Topics Covered on
1.	16.6.17	A	I	Introduction to Clinical Biochemistry	16.6.2017
2.	16.6.17	A	I	Clinical Biochemistry - Meaning, Importance	16.6.2017
3.	20.6.17	C	I	What are Body Fluids? Different test done in Laboratory	20.6.2017
4.	28.6.17	E	I	Basic Equipments used in Clinical Biochemistry Laboratory. Blood Sugar - Meaning and Level	28.6.2017
5.	29.6.17	F	I	Glucose in normal conditions and maintenance of blood glucose level	29.6.2017
6.	30.6.17	A	I	Factors regulating blood glucose level	30.6.2017
7.	30.6.17	A	I	Ketosis, Ketones, ketoacidosis - meaning, Keto Diet and its health Benefits	30.6.2017
8.	3-7.17	C	I	Ketosis - Foods to be included and avoided. Diabetic Ketoacidosis-Meaning, Symptoms	3.7.2017

9.	5.7.17	E	I	Ketosis vs ketoacidosis, How to check ketones?	5.7.2017
10.	6.7.17	F	I	Diabetic Coma- Meaning, Causes, Symptoms and Risk factors	6.7.2017
11.	8.7.17	A	I	Inborn Errors of Carbohydrate Metabolism – Essential Pentosuria (Causes, inheritance pattern, frequency, other names)	8.7.2017
12.	8.7.17	A	I	Galactosuria- Meaning Galactosemia- meaning, Causes, symptoms, diagnosis, Prevention	8.7.2017
13.	11.7.17	C	I	Glycosuria- meaning Glycogen Storage Diseases- Meaning, Types	11.7.2017
14.	13.7.17	E	I	Glycogen Storage Diseases-Causes, Symptoms, Diagnosis, Treatment	13.7.2017
15.	14.7.17	F	II	Blood Lipids – Meaning, Functions, levels	14.7.2017
16.	15.7.17	A	II	Blood Lipids - Types, Lipid Panel	15.7.2017
17.	15.7.17	A	II	Meaning of serum cholesterol, Determination of serum Cholesterol	15.7.2017
18.	18.7.17	C	II	Causes of high cholesterol and its risk factors	18.7.2017
19.	20.7.17	E	II	Hyper lipidemia- meaning, causes, risks, treatment	20.7.2017
20.	21.7.17	F	II	Hypo lipidemia- meaning, causes, risks, treatment	21.7.2017
21.	24.7.17	A	III	Plasma protein- elements, Normal Value, Functions,	24.7.2017
22.	24.7.17	A	III	Types of Plasma protein, Determination of Plasma Protein	24.7.2017
23.	26.7.17	C	III	Total plasma protein test- normal level, Test risks, Results, Symptoms of abnormal plasma protein	26.7.2017
24.	28.7.17	E	III	Inborn errors of amino acid Metabolism- causes, common inborn errors	28.7.2017
25.	29.7.17	F	III	Phenyl Ketonuria- causes, symptoms, diagnosis, treatment	29.7.2017

26.	31.7.17	A	III	Albinism-Types, Causes, Symptoms, diagnosis, treatment	31.7.2017
27.	31.7.17	A		CIA I	31.7.2017
28.	2.8.17	C	III	Alkaptonuria – causes, Symptoms, diagnosis & treatment	2.8.2017
29.	4.8.17	E	III	Maple Syrup Disease- Other Names, Frequency, Types	4.8.2017
30.	7.8.17	F	III	Maple Syrup Disease- causes, symptoms, diagnosis, prevention	7.8.2017
31.	8.8.17	A	IV	Gastric Disorders – Meaning, Common Gastritis, Celiac Disease, Constipation	8.8.2017
32.	8.8.17	A	IV	Gastric Disorders-Crohn's Disease, Diarrhoea, Vomiting	8.8.2017
33.	10.8.17	C	IV	Gastric Disorders –Gastroesophageal Reflux Disease (GERD), Irritable Bowel Syndrome (IBW), Lactose intolerance	10.8.2017
34.	16.8.17	E	IV	Gastric Disorders – Peptic Ulcer Disease (PUD), Colorectal cancer, Ulcerative colitis	16.8.2017
35.	17.8.17	F	IV	Bile Salt Functions, Formation of bile salts, bile acids, bile pigment	17.8.2017
36.	18.8.17	A	IV	Bile pigment-types, clinical relevance	18.8.2017
37.	18.8.17	A	IV	Functions of liver, Types of liver function tests	18.8.2017
38.	21.8.17	C	IV	Liver Function Tests -Alkaline Phosphatase Test (ALP), Alanine Transaminase (ALT)	21.8.2017
39.	23.8.17	E	IV	Liver Function Tests – Albumin, Bilirubin, Prothrombin (PTT) test	23.8.2017
40.	24.8.17	F	IV	Liver Function Tests – Gamma Glutamyl Transpeptidase test (GGT), Lactic dehydrogenase Test (LDH)	24.8.2017
41.	28.8.17	A	V	Urine – colour of urine in Health and Disease	28.8.2017
42.	28.8.17	A	V	Urinary Tract & Urinary Tract Infections	28.8.2017

43.	30.8.17	C	V	Urinalysis, Preparation & Procedure, Alternative Names	30.8.2017
44.	5.9.17	E	V	Common Kidney Function Tests, Symptoms of Kidney Problem	5.9.2017
45.	6.9.17	F	V	24 hour urine sample, Blood sample	6.9.2017
46.	7.9.17	A	V	Creatinine clearance Test- Normal range, preparation, calculation	7.9.2017
47.	7.9.17	A	V	Blood Urea Nitrogen (BUN) Test- purpose, Test Done, Treatment	7.9.2017
48.	9.9.17	C	V	Inulin clearance-Meaning normal range, procedure,	9.9.2017
49.	12.9.17	E	V	Dye test or IVP test- Procedure, Purpose and risks	12.9.2017
50.	13.9.17	F	V	Concentration & Dilution Test - procedure and Results	13.9.2017
51.	14.9.17	A	I	Qualitative analysis of Urine for Sugar	14.9.2017
52.	14.9.17	A	I	Qualitative analysis of Urine for Sugar	14.9.2017
53.	18.9.17	C	II	Qualitative analysis of Urine for Proteins	18.9.2017
54.	20.9.17	E	II	Qualitative analysis of Urine for Proteins	20.9.2017
55.	21.9.17	F	III	Estimation of Serum Cholesterol	21.9.2017
56.	22.9.17	A	III	Estimation of Serum Cholesterol	22.9.2017
57.	22.9.17	A	IV	Estimation of Blood Glucose	22.9.2017
58.	26.9.17	C	IV	Estimation of Blood Glucose	26.9.2017
59.	28.9.17	E	V	Estimation of Blood Urea	28.9.2017

60.	3.10.17	F	V	Estimation of Blood Urea	3.10.2017
61.	4.10.17	A	VI	A report on blood analysis techniques	4.10.2017
62.	4.10.17	A	VI	A report on blood analysis techniques	4.10.2017
63.	6.10.17	C	VI	A report on blood analysis techniques	6.10.2017
64.	10.10.17	E	VI	A report on blood analysis techniques	10.10.2017
65.	11.10.17	F	V	Video-Urine Analysis, Urine Infection	11.10.2017
66.	12.10.17	A	V	Video – Urine Analysis Dipstick	12.10.2017
67.	12.10.17	A	I	Video-Diabetic Sugar level chart	12.10.2017
68.	16.10.17	C	II	Video – Myths about cholesterol	16.10.2017
69.	21.10.17	E	II	Video-Cholesterol test	21.10.2017
70.	23.10.17	F	V	Video – Good Foods for Kidney	23.10.2017
71.	24.10.17	A	V	Video – Uric Acid Formation	24.10.2017
72.	24.10.17	A	IV	Video- Peptic Ulcer	26.10.2017
73.	26.10.17	C	IV	Video- Peptic Ulcer Treatment	26.10.2017
74.	30.10.17	E	I	Video- Diabetes, Glucometer	30.10.2017
75.	31.10.17	F	I	Video- Diabetic sugar level chart	31.10.2017

Signature of the Faculty

R. [Signature]

Signature of the HOD

for [Signature]

SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

LESSON PLAN RECORD OF CLASSES ENGAGED

Course: B.Sc. Nutrition and Dietetics
Semester: V
Subject code :15UNDC6P1

Class: 3rd year Academic Year:2017 – 2018
Title of the paper : Community Nutrition
Theory / Practical : Practical

Name of the teacher: Mr.S.M.Prasad

Sl. NO	ORDER	DATE	UNIT	TOPIC PLANNED	COVERED ON
1.	D	21.6.17		Assessment of Nutritional Status of an Individual Community	21.6.17
2.	D	4.7.17		Anthropometric Assessment	4.7.17
3.	D	12.7.17		Biochemical Assessment	12.7.17
4.	D	19.7.17		Clinical Assessment	19.7.17
5.	D	27.7.17		Dietary Survey	27.7.17
6.	D	3.8.17		Visit to Local Health Centers to Identify Clinical Signs	3.8.17
7.	D	11.8.17		Symptoms of Nutritional Problems	11.8.17
8.	D	22.8.17		Visit to an ICDS Block	22.8.17
9.	D	4.9.17		Development of Audio Visual Aids	4.9.17
10.	D	11.9.17		Development of Audio Visual Aids	11.9.17
11.	D	19.9.17		Planning of Nutritional Education for a Target Group	19.9.17
12.	D	27.9.17		Planning of Nutritional Education for a Target Group	27.9.17
13.	D	9.10.17		Implementation of Nutritional Education for a Target Group	9.10.17
14.	D	20.10.17		Evaluation of Nutritional Education for a Target Group	9.10.17
15.	D	27.10.17		Evaluation of Nutritional Education for a Target Group	9.10.17

TEXT BOOKS

- 1.
- 2.

REFERENCE BOOKS:

- 1.
- 2.

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



Signature of Teacher


H.O.D.
box



SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

Rahmath Nagar, Tirunelveli - 627 011

Lesson Plan

Academic Year 2017-2018[Odd Semester]

Department: NUTRITION AND DIETETICS

Class	:	II B.Sc Nutrition and Dietetics
Semester	:	III Semester
Name of the Faculty	:	Mrs.M.Vadivel Devi
Title of the Course	:	Bakery
Subject Code	:	15UNDE5A
Reference books	:	Textbook of food science and Technology by Vijaya Khader

Sl. No	Actual Date	Order	Unit	Topics Planned	Date-Topics Covered on
1.	19.6.17	B	I	Introduction to Baking	19.6.2017
2.	19.6.17	B	I	Principles of Baking	19.6.2017
3.	21.6.17	D	I	Basic Ingredients used in baking	21.6.2017
4.	21.6.17	D	I	Introduction to wheat flour	21.6.2017
5.	29.6.17	F	I	Types of wheat flour	29.6.2017
6.	1.7.17	B	I	Types of wheat flour	1.7.2017
7.	1.7.17	B	I	Role of wheat flour in baking	1.7.2017
8.	4.7.17	D	I	Baking quality of wheat flour	4.7.2017
9.	4.7.17	D	I	Role of water in baking	4.7.2017
10.	6.7.17	F	I	Role of water in baking	6.7.2017

11.	10.7.17	B	I	Role of salt in baking	10.7.2017
12.	10.7.17	B	I	Role of salt in baking	10.7.2017
13.	12.7.17	D	II	Introduction to leavening agent - Definition	12.7.2017
14.	12.7.17	D	II	Types of leavening agent	12.7.2017
15.	14.7.17	F	II	Physical leavening agent	14.7.2017
16.	17.7.17	B	II	Chemical leavening agent	17.7.2017
17.	17.7.17	B	II	Biological leavening agent	17.7.2017
18.	19.7.17	D	II	Role of leavening agents in baking	19.7.2017
19.	19.7.17	D	II	Introduction to sugar - Definition	19.7.2017
20.	21.7.17	F	II	Types of sugar - Granulated, Caster, Confectionery sugar	21.7.2017
21.	25.7.17	B	II	Types of sugar - Pearl, Sanding, Brown sugar	21.7.2017
22.	25.7.17	B	II	Types of sugar - Demerara, Turbinado, Muscovado sugar	25.7.2017
23.	27.7.17	D	II	Types of sugar - Molasses, Honey, Maple syrup	25.7.2017
24.	27.7.17	D	II	Role of sugar in baking	27.7.2017
25.	29.7.17	F	III	Introduction to Fats	29.7.2017
26.	1.8.17	B	III	Types of fats used in baking	1.8.2017
27.	1.8.17	B	III	Role of fat in baking	1.8.2017
28.	3.8.17	D	III	Role of fat in baking	3.8.2017

29.	3.8.17	D	III	Introduction to milk products	3.8.2017
30.	7.8.17	F	III	Types of milk products used in baking	7.8.2017
31.	9.8.17	B	III	Types of milk products used in baking	9.8.2017
32.	9.8.17	B	III	Role of milk and milk products in baking	9.8.2017
33.	11.8.17	D	III	Introduction to eggs	11.8.2017
34.	11.8.17	D	III	Role of egg white in baking	11.8.2017
35.	17.8.17	F	III	Role of egg yolk in baking	17.8.2017
36.	19.8.17	B	III	Functions of egg in baking	19.8.2017
37.	19.8.17	B	IV	General Introduction to dried fruits and nuts	19.8.2017
38.	22.8.17	D	IV	Common dried fruits used in baking	22.8.2017
39.	22.8.17	D	IV	Role of dried fruits in baking	24.8.2017
40.	24.8.17	F	IV	Common nuts used in baking	24.8.2017
41.	29.8.17	B	IV	Role of nuts in baking	29.8.2017
42.	29.8.17	B	IV	Colouring agent - Introduction	29.8.2017
43.	4.9.17	D	IV	Different forms of food colours used in baking	4.9.2017
44.	4.9.17	D	IV	Role of food colours in baking	4.9.2017
45.	6.9.17	F	IV	Flavouring agent - Introduction	6.9.2017
46.	8.9.17	B	IV	Different forms of flavouring agents used in baking	8.9.2017

47.	8.9.17	B	IV	Role of flavouring agents in baking	8.9.2017
48.	11.9.17	D	IV	Role of enzymes in baking	11.9.2017
49.	11.9.17	D	V	Major equipments needed for bakery unit	11.9.2017
50.	13.9.17	F	V	Major equipments needed for bakery unit	13.9.2017
51.	15.9.17	B	V	Minor equipments needed for bakery unit	15.9.2017
52.	15.9.17	B	V	Minor equipments needed for bakery unit	15.9.2017
53.	19.9.17	D	V	Plan to run a bakery unit	19.9.2017
54.	19.9.17	D	V	Introduction to hygiene and sanitation - Definition	19.9.2017
55.	21.9.17	F	V	Hygienic practices of employees	21.9.2017
56.	25.9.17	B	V	Hygienic awareness	25.9.2017
57.	25.9.17	B	V	Method of cleaning equipments	25.9.2017
58.	27.9.17	D	V	Hygienic practices in storage area	27.9.2017
59.	27.9.17	D	V	Sanitary measures in bakery unit	27.9.2017
60.	3.10.17	F	V	Revision	30.10.2017

Signature of the Faculty

Signature of the HOD