

Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2017-2018

Subject: Compulsory English

Class: B.A. sem I

Yashoda Girls' Arts & Commerce College

NAAC Accreditation B++ with 7.82 CGPA
(Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)

Sneh Nagar, Wardha Road, Nagpur 440015

Tel: 0712 2290637 Fax: 0712 2290368

www: ygcngp.org ygc.ngp@rediffmail.com

DEPARTMENT OF HOME-ECONOMICS

Session 2017 - 2018

Semester wise Teaching Plan B. A. Part One (First Semester) Subject: Home-economics

Unit	Required Lectures	Months	Duration
Admission process		June 2017	15 June to 30 June 2017
Introduction to syllabus- UNIT I - Introduction to Home Economics : A brief history of Home Economics, Scope, Need/importance of Home Economics, Branches of Home Economics, their Utility in Daily Life : (a) Family Resources Management, (b) Foods and Nutrition, (c) Human Development, (d) Textile and Clothing, (e) Extension and Communication, Contribution of Home Economics Education in National Development. Practical - Hand Embroidery Unit Test - I	02 06 07 08	July (Total lectures 22)	1 st July to 31 st July 2017
Unit II Family Resource Management : Definition and process of Home Management, (a) Planning (b) Controlling, (c) Evaluation, Definition of Family Resource Management, Types of Family Resources, Characteristics of Family Resources, Factors affecting family resource management Family Budget- Definition, Types of budget, preparation of budget. Decision Making- Meaning & Types of Decisions. Steps involved in decision making. Decision Tree. Practical - Hand Embroidery Unit Test - II	08 06 07	August (Total Lectures 21)	1 st August 2017 To 31 st August 2017



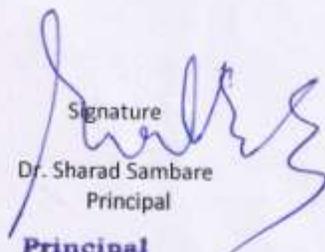
<p>Unit III – Elements of Art and Design : (1) Line, (2) Form, (3) Texture, (4) Colour, (5) Light, (6) Space, (7) Pattern, (8) Idea. Principles of Art and design Harmony -Definition, importance and application in interior decoration. Scale and proportion- Definition, importance and application Balance - Definition, importance and application Rhythm- Definition, importance and application. Emphasis- Definition, importance and application. Practical – Flower Making Tie and dye Unit Test :III</p>	<p>08</p> <p>07</p> <p>06</p>	<p>September (Total Lectures 21)</p>	<p>01 September 2017 To 30 September 2017</p>
<p>UNIT IV Introduction Flower Arrangement : Definition - <input type="checkbox"/> Material required for flower arrangement. <input type="checkbox"/> Factors to be considered while arranging flowers . Art Principles in flower arrangement. <input type="checkbox"/> Types of flower arrangement- Traditional, Japanese, Miniature, Dry arrangement . <input type="checkbox"/> Different shapes of flower arrangement-S-Shape, Round-shape, Right angle-shape. Practical – Making Article(Craft), Guest Lecture Unit Test - IV</p>	<p>06</p> <p>07</p> <p>03</p> <p>01</p>	<p>October (Total Lectures 17)</p>	<p>1 October 2017 To 19 October 2017</p>
<p>Diwali Vacation</p>			<p>20 October To 19 November 2017</p>
<p>Winter Examination</p>	<p>As per University Schedule</p>		


Signature

Prof. Rekha Meshram
HOD Department Of Home-economics


Signature

Dr. Lalita Punnya
Co-ordinator, TGAC
Yashoda Girls Arts &
Commerce College, Nagpur


Signature
Dr. Sharad Sambare
Principal

Principal
Yashoda Girls Arts & Commerce
College, Sneh Nagar, Nagpur-15



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2017-2018

Subject: Compulsory English

Class: B.A. sem III

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Sneh Nagar, Wardha Road, Nagpur 440015

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www.ygcngp.org ygc.ngp@rediffmail.com

DEPARTMENT OF HOME-ECONOMICS

Session 2017 -
2018

Semester wise Teaching Plan B. A. Part Two (Third Semester) Subject: Home-economics

Unit	Required Lectures	Months	Duration
Admission Process		June	15 June 2017 To 30 June 2017
<u>Unit I-1.1</u> -Definition of Health, Nutrition, Dietetics, Nutritional status, Optimum Nutrition and Nutrients. 1.2 – Definition of food and functions of food. 1.3- Dimension of health (Physical, Psychological, Emotional, Spiritual) 1.4- Macronutrients - Carbohydrates, Fats, Proteins : Classification, Deficiency and excess. Practical – Cooking practical Unit Test:1	01 05 07 07	JULY (Total Lectures 20)	01 July 2017 To 31 July 2017
<u>Unit II- 2.1-</u> Micro Nutrients – (A) Minerals : (1) Calcium (2) Phosphorus (3) Iron (4) Sodium (5) Magnesium (6) Iodine-Functions, Sources, Absorption, Recommended dietary allowances, Deficiency. (B) <u>Vitamins : Fat soluble – Vitamin A, D, E, K</u> <u>Water Soluble- Vitamin C, Vitamin B Complex (B1, B2, B3, B6, B12, Folic acid), Properties,</u>	05 05	August (Total Lectures 16)	01 August 2017 To 31 August 2017



<p><u>Function Sources,</u> <u>Recommended dietary,</u> <u>allowances, Absorption,</u> <u>Deficiency</u> <u>2.2- Water – Function,</u> <u>Sources, Recommended</u> <u>dietary allowances,</u> <u>Deficiency,</u> <u>Practical - Cooking</u></p> <p>Unit Test:2</p>	06		
<p>Unit III - 3.1 – Fibre : Composition, Classification, Function, Sources, Recommended dietary allowances, Deficiency, Excess. 3.2 – Energy (Calorie) : Factors affecting energy requirement, Fuel value of foods. Calorimeter : Bomb, Benedict Oxy, Atwater Rosa Benedict. Basal Metabolic Index. Calorie requirement for sedentary, moderate an heavy workers Men and Women. 3.3 – Antioxidants Practical - Unit Test:3</p>	05 05 06	September (Total Lectures 16)	01 September 2017 To 30 September 2017
<p>Unit IV - 4.1- – Basic Food Groups – Sources and importance of Cereals, Pulses ,Oilseeds, Vegetables, Fruits, Milk, and milk products, sugar and jaggery, spices, beverages, eggs, fish, meat 4.2 Method of Cooking – Meaning of cooking of food, objectives, of cooking of food, Methods : Boiling, Steaming, Pressure cooking, Shallow frying, Deep frying, Deep frying, Roasting, Baking, Grilling, Micro wave, Solar and informatics, Advantages and disadvantages of cooking food. 4.3 – Sports Nutrition – Meaning of sports Nutrition, Objectives and disadvantages of cooking food. 4.3 – Sports Nutrition – Meaning of sports Nutrition, Objectives of Nutritional management, sports supplements, nutritional allowances given by NIN Practical – Charts, Nutrition Week, Report writing. Unit Test:4</p>	08 08 02 01	October (Total Lectures 19)	01 October 2017 To 19 October 2017



DIWALI VACATION		20 October 2017 To 19 October 2017
Extra Classes for weak learners ,Revision classes	Nov.	
Winter Examination	As per University Schedule	

Rekha

Signature
Prof. Rekha Meshram
HOD Department Of Home-economics

lep

Signature
Dr. Lalita Punya
Coordinator, ICAC
Yashwantrao Chavan Arts &
Commerce College, Nagpur

Principal
Dr. Sharad Sambare
Signature

Principal
Yashwantrao Chavan Arts & Commerce
College, Sush Nagar, Nagpur-18



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2017-2018

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Class: B.A. sem V

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DEPARTMENT OF HOME-ECONIMICS

Session 2017 -
2018

Semester wise Teaching Plan B. A. Part Three (Fifth Semester) Subject: Home-economics

Unit	Required Lectures	Months	Duration
Admission Process		June	15 June 2017 To 30 June 2017
Introduction of syllabus Unit I- 1.0 – An overview of the field of child development. Meaning, Definition, Importance and scope of child development. 1.1 – Orientation to growth & development. 1) Definition of growth and development 2) Stages of development 3) General principles of growth & development 4) Constraints & facilitators in growth & development 5) Influence of heredity & environment on growth & development 6) Difference between growth & development 7) Factors affecting growth & development Practical – Cooking Practical Unit Test: I	01 08 05 05 03	July (Total Lectures 22)	01 July 2017 To 31 July 2017
Unit II – 2.1 – Genetic inheritance- fertilization, Number of chromosomes, sex determination, Genotype & Phenotype. 2.2 – Prenatal development – Emphasis on major developments during the 3 stages of inter-uterine development. 2.3 – Factors affecting prenatal	06 06 05	August (Total Lectures 20)	01 August 2017 To 31 August 2017



development-Age of mother, illness, diet & nutrition, stress & emotional strains, environmental hazards etc. Misconception of diet intake during pregnancy and its effect on health, Recommendations. 2.4 – Twins-Fraternal and Identical. Practical – Cooking Practical Unit Test:2	03		
<u>Unit III- 3.1 – Post-Natal Period- Neonatal period – (From birth to two weeks) Definition, Characteristics, Factors affecting post natal period.</u> <u>3.2 – Hazards of Neonatal period- Physical hazards, Psychological hazards.</u> <u>3.3 – Infancy & Babyhood (2 weeks to 2yrs) – Definition, Characteristics of babyhood, Physical growth & Motor development, Speech development – Four Pre speech forms – Crying, Babbling, Gestures.</u> <u>3.4 – Development of senses – Visual, Auditory, Smell, Taste, Touch, Reflexes during neonatal Period-Rooting reflex, Sucking reflex, Blink Reflex, Moro Reflex, Bobinski Reflex, Tonic neck reflex, Darwin reflex etc. Hazards and Happiness.</u> Practical - Knitting Unit Test:3	03 05 06	September (Total Lectures 14)	01 September 2017 To 30 September 2017
<u>Unit IV- 4.1 – Immunization and its importance. Importance of supplementary food.</u> Practical – Supplementary food, Paper cutting, Milk Bank, toys and Charts, Report writing. Unit Test:4	09 08	October (Total Lectures 17)	01 October 2017 To 19 October 2017
DIWALI VACATION			20 October 2017 To 19 Nov.2017
Extra Classes For Weak Learners, Revision Test		December	
Winter Examination		As per University Schedule	

Rekha Meshram
Signature
Prof. Rekha Meshram
HOD Dept Home-economics

Yasho
Signature
Co-ordinator, IQAC
Yasho
Commerce College, Nagpur

Dr. Sharad Sambare
Signature
Dr. Sharad Sambare
Principal

Principal
Yasho
College of Arts & Commerce
K. J. Somaiya Nagar, Nagpur-440012-38



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2017-2018

Subject: Compulsory English

Class: B.A. sem II

Flexibility, Privacy, Spaciousness, Aesthetics, Economy, Light, Ventilation. Practical – Hand Knitting Unit Test – I	06		
Unit II - Introduction Work Simplification : Meaning and Importance of work simplification. Techniques of work simplification Improving Methods of work simplification, Mendel's Law of Changes Colour - Study of colours, Sources of colours, Classification of Colours, Dimensions of colour-Warm and Cool colours etc. Colour Wheel, Colour Schemes and its effects. Practical – Hand Knitting Unit Test – II	11 08 02	February (Total Lectures 21)	01 February 2018 To 29 February 2018
Unit III- Meaning and definition, Problems of Consumers, Problems of Consumers, Consumer Protection Act-198 Practical – Colour Wheel Consumer Education Unit Test – III	11 10	March (Total Lectures 21)	01 March 2018 To 31 March 2018
Unit -IV -Furniture Arrangement : Styles of Furniture ,Traditional, Contemporary, Modern, Factors involved in selection of Furniture Comfort, Rest and relaxation, Durability, For storage purpose Unit IV- Arrangement of Furniture in different rooms Drawing Room, Bed Room, Dining Room, Multipurpose Rooms etc Care of different types of furniture. Practical – Colour Wheel Unit Test: IV Practical – Visit, Report Writing, Preparation of Washing Power, Phenyl, Shampoo ect. Extra Classes for weak learners Revision Classes	07 07 04 02 02	April (Total Lectures 22)	01 April 2018 To 30 April 2018



Extra Classes for weak learners	2	2		April
Revision classes				

Rekha

Prof. Rekha Meshram
HOD Department Of Home-economics

Bibam

Dr. Sharad Sambare
Principal

Principal

Yashoda Girls Arts & Commerce
College, Bhash Nagar, Nagpur-46

lep

Dr. Lalita Punnya
Co-ordinator, IOA
Yashoda Girls' Arts &
Commerce College, Nagpur



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2017-2018

Subject: Compulsory English

Class: B.A. sem IV

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DEPARTMENT OF HOME-ECONOMICS

Session 2017 -
2018

Semester wise Teaching Plan B. A. Second Year (Fourth Semester) Subject: Home-economics

Unit	Required Lectures	Months	Duration
University Examination		November To Dec .	20 Nov. 2017 To 31 Dec. 2017
Introduction to syllabus Unit I- 1.0 – An overview of the field of child development. Meaning, Definition, Importance and scope of child development. 1.1 – Orientation to growth & development. 1) Definition of growth and development 2) Stages of development 3) General principles of growth & development 4) Constraints & facilitators in growth & development 5) Influence of heredity & environment on growth & development 6) Difference between growth & development 7) Factors affecting growth & development Practical – Cooking Practical Unit Test:1	06 06 07	January (Total Lectures 19)	01 January 2018 To 31 January 2018



Unit II – 2.1 – Genetic inheritance-fertilization, Number of chromosomes, sex determination, Genotype & Phenotype. 2.2 – Prenatal development – Emphasis on major developments during the 3 stages of inter-uterine development. 2.3 – Factors affecting prenatal development-Age of mother, illness, diet & nutrition, stress & emotional strains, environmental hazards etc. Misconception of diet intake during pregnancy and its effect on health, Recommendations. 2.4 Twins-Fraternal & Identical. Practical – Cooking Practical Unit Test:2	07	February (Total Lectures 22)	01 February 2018 To 28 February 2018
	08		
	07		
Unit III – 3.1- Food spoilage, foods Poisoning -Definition, various types of food poisoning and Remedies 3.2- Food Preservation- Definition and importance, Methods of food preservation Dehydration, Chemical Preservation, with Salt, Sugar, Oil and Spices, by control of temperature. 3.3- Food and Adulteration – Definition, Reasons behind food adulteration, detection of food Adulteration, Standards, Remedies to tackle food adulteration, Laws regarding food adulteration . Practical – Cooking practical Unit Test -3	08	April (Total Lectures16)	01 April 2018 To 30 April 2018
	04		
	04		
Unit IV- 4.1 – Immunization and its importance, Importance of supplementary food. Practical – Supplementary food, Paper cutting, Milk Bank, toys and Charts, Report writing. Unit Test:4	08	May (Total Lecture16)	1 May 2018 To 10 May 2018
	08		
Extra Classes for weak learners ,Revision classes	5	5	11 May 2018 To 15 May 2018
Summer Examination		As Per Uni. Schedule	

Rkesham
 Prof. Rekha Meshram
 HOD Department Of Home-economics

lep
 Dr. Lalita Punjwa
 Co-ordinator, IQA
 Yashoda Girls' Arts &
 Commerce College, Nagpur

S. S. S. S.
 Dr. Shobha Sambare
 Principal
 Yashoda Girls Arts & Commerce
 College, Bhab Nagar, Nagpur-15



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2017-2018

Class: B.A. sem VI

emotion, factors affecting emotional development. Practical - Cooking Unit Test:1			
Unit II - 2.1 - Speech development - Definition, Importance of speech. Steps of speech development during early childhood - 1) Comprehension, 2) Pronunciation, 3) Vocabulary building, 4) Sentence formation. Speech defects - 1) Lispering 2) Cluttering 3) Stuttering 4) Slurring. Remedies of speech defects. Factors affecting speech development. 2.2 - Intellectual development - Definition, Classification of intelligence, Measurement of intelligence, Intelligence quotient (I.Q.), Factors affecting intellectual development. Practical - Cooking practical Unit Test:2	04 03 06 03 04	February (Total Lectures 20)	1 February 2018 To 28 February 2018
Unit III - 3.1 - Social development - Definition, Companions during early childhood 1) Associates, 2) Playmates, 3) Friends, 4) imaginary friends. Forms of social behaviour.. Factors affecting social development. 3.2 - Play- Importance of play (Values of play), characteristics of play, Stages of play. Types of play - Free spontaneous play, Dramatic or imaginary play, Constructive play. Practical - Stitching Unit Test:3	06 04 05 06	March (Total Lectures 21)	01 March 2018 To 31 March 2018
Unit IV - 4.1 - Childhood behavioural problems : Common causes of behavioural problems. 4.2 - Types of behavioural problems ,its causes and remedies - 1. Lying , 2. Stealing, 3. Temper tantrums, 4. Nail biting, 5. Thumb Sucking . 4.3 - Parent-child relationship - Importance, Need for	03 04 05	April (Total Lectures 21)	01 April 2018 To 30 April 2018



desirable. Child rearing practices, Parental Challenges – Attraction toward junk food, Television watching and its effects on children. 4.4 – Discipline – Definition, Objectives, Need & importance, Types of discipline. 1. Authoritarian discipline 2. Democratic discipline 3. Permissive discipline. Advantages & Disadvantages. Role of Reward and Punishment in discipline. 4.5 – Agencies in the field of child development – Mahila evam Balkalyan vibhag, ICDS, UNICEF, role of NGO's. Practical – Stitching, Guest Lecture, Puppets....., Report Writing Unit Test:4	04		
	05		
Extra Classes for weak learners ,Revision classes	12	May	1 May 2018 To 24 May 2018
Summer Examination		May to June	26 May 2018 to 26 June 2018

Date:

R Meshram
Signature
Prof. Rekha Meshram
HOD Department Of HEC

S Sambare
Signature
Dr. Sharad Sambare
Principal

Principal
Yashoda Girls Arts & Commerce College, Sneh Nagar, Nagpur-15

K.G. Meshram
Signature
Co-ordinator, IQAC
Dr. K.G. Meshram &
Coordinator, IQAC
Commerce College, Nagpur

