

Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2018-2019

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 2018 - 2019

Semester wise Teaching Plan B. A. Part One (First Semester) Subject: HOME-ECONOMICS

Unit	Required Lectures	Months	Duration
Admission process		June To Aug 2018	15 June to 7 Aug 2018
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	01 06 07 05	August (Total lectures 19)	10 August2018 To 25August 2018
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.	05 06 05	August To September (Total Lectures 18)	26 August2018 To 10 September 2018



Steps involved in decision making, Decision Tree. Practical – Hand Embroidery Unit Test - II	03		
Unit III – Elements of Art and Design : (1) <u>Line</u> , (2) <u>Form</u> , (3) <u>Texture</u> , (4) <u>Colour</u> , (5) <u>Light</u> , (6) <u>Space</u> , (7) <u>Pattern</u> , (8) <u>Idea</u> . Principles of Art and design <u>Harmony -Definition, importance and application in interior decoration,</u> <u>Scale and proportion- Definition, importance and application</u> <u>Balance - Definition, importance and application</u> <u>Rhythm- Definition, importance and application,</u> <u>Emphasis- Definition, importance and application,</u> Practical – Flower Making Tie and dye Unit Test :III	05 07 05	September (Total Lectures 17)	11 September 2018 To 25 September 2018
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	06 07	September to October (Total Lectures 13)	26 September 2018 To 17 October 2018
DIWALI VACATION			18 October 2018 To 17 November 2018
Extra Classes for weak	November To December		



Learners , Revision Classes	
Winter Examination	25 Dec To 15 Jan 2019

Date:

Rekha

Signature
Prof. Rekha Meshram
HOD Dept. Of Home-economis

[Signature]
Signature
Principal

PRINCIPAL
Yashoda Girls Arts & Commerce Colle.
Sneh Nagar, Nagpur-15

[Signature]

Signature
Dr. K.G. Meshram
Co-ordinator, IQAC
Yashoda Girls Arts &
Commerce College, Nagpur



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2018-2019

Class: B.A. sem III

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 (Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)
 Sneha Nagar, Wardha Road, Nagpur 440015
 Tel: 0712 2290637 Fax: 0712 2290368
 www: ygcngp.org ygc.ngp@rediffmail.com

DEPARTMENT OF HOME-ECONOMICS

Session 2018 -
2019

Semester wise Teaching Plan B. A. Part Two (Third Semester) Subject: HOME-ECONOMICS

Unit	Required Lectures	Months	Duration
Admission Process		June To August	15 June 2018 To 5 Aug 2018
<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	03 05 04 06	August (Total Lectures 18)	07 August 2018 To 25 August 2018
<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) Vitamins : Fat soluble – Vitamin A, D, E, K. Water Soluble- Vitamin C, Vitamin B Complex (B1, B2, B3, B6, B12, Folic acid), Properties,	05 05	August To September (Total Lectures 16)	26 August 2018 To 10 September 2018



<p><u>Function Sources, Recommended dietary allowances, Absorption, Deficiency</u> <u>2.2- Water – Function, Sources, Recommended dietary allowances, Deficiency.</u> <u>Practical - Cooking</u></p> <p>Unit Test:2</p>	06		
<p><u>III - 3.1 – Fibre : Composition, Unit Classification, Function, Sources, Recommended dietary allowances, Deficiency, Excess.</u> <u>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.</u> <u>3.3 – Antioxidants</u> <u>Practical -</u> <u>Unit Test:3</u></p>	05 05 06	September (Total Lectures 16)	11 September 2018 To 30 September 2018
<p><u>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</u> <u>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.</u> <u>4.3 – Sports Nutrition – Meaning of sports Nutrition, Objectives and disadvantages of cooking food.</u> <u>4.3 – Sports Nutrition – Meaning of sports Nutrition, Objectives of Nutritional management, sports supplements, nutritional allowances given by NIN</u> <u>Practical – Charts, Nutrition Week, Report writing.</u> <u>Unit Test:4</u></p>	05 03 04 04	September TO October (Total Lectures 16)	26 September 2018 To 17 October 2018



DIWALI VACATION		18 October 2018 To 17 November 2018
Extra Classes for weak learners ,Revision classes	November To December	
Winter Examination	25 Dec 2018 To 15 Jan 2019	

Date:

Rekha Meshram

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

[Signature]

Signature

Principal

PRINCIPAL

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

[Signature]

Signature
Dr. K.G. Meshram
Coordinator, IQAC
Commerce College, Nagpur



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2018-2019

Class: B.A. sem V

Yashoda Girls' Arts & Commerce College

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(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 2018 -
2019

Semester wise Teaching Plan B. A. Part Three (Fifth Semester)

Subject: HOME-ECONOMICS

Unit	Required Lectures	Months	Duration
Admission Process		June To August	15 June 2018 To 5 August 2018
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	01 08 08	August (Total Lectures 17)	10 August 2018 To 25 August 2018
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.	07 04	August To September (Total Lectures 12)	26 August 2018 To 10 September 2018



DIWALI VACATION		18 October 2018 To 17 November 2018
Extra Classes for weak learners ,Revision classes	November To December	
Winter Examination	25 Dec 2018 To 15 Jan 2019	

Date:

Rekha

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

Signature
Dr. Sharad Sambare
Principal

PRINCIPAL
Yashoda Girls Arts & Commerce Coll.
Sneh Nagar, Nagpur-46

lsp

Signature
Dr. K.G. Meshram
Coordinator, IQAC
Commerce College, Nagpur



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2018-2019

Class: B.A. sem II

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

DEPARTMENT OF HOME-ECONOMICS

Session 2018 - 2019

Semester wise Teaching Plan B. A. Part One (Second Semester) Subject HOME-ECONOMICS

Unit	Required Lectures	Months	Duration
<p>Bridge Course</p> <p>Unit I – Self-Employment in Home-Economics : Definition of self-employment, Need of self-employment in Home-Economics. Opportunities of self-employment in Home-Economics.</p> <p>Guiding Principles of self-employment.</p> <p>Registration, Training, Knowledge of equipment's and their care and Material required, Loan facility.</p> <p>Preparation of Project Report, Account Keeping, Costing, Labelling, Packaging.</p> <p>Family Housing Needs - Protective, Economic, Affectional, Social, Standard of living, Housing goals, Style, Function, Occupation.</p> <p>Factors affecting selection of site Legal, Location, Physical Features, Soil Conditions, Cost, Services</p> <p>Principles of Housing - Grouping of rooms, Orientation, Circulation, Flexibility, Privacy, Spaciousness, Aesthetics, Economy, Light, Ventilation.</p> <p>Practical – Hand Knitting</p> <p>Unit Test – I</p>	<p>04</p> <p>04</p> <p>08</p>	<p>January (Total Lectures 16)</p>	<p>16 January 2019 To 31 January 2019</p>
<p>Unit II - Introduction Work</p> <p>Simplification : Meaning and Importance of work simplification.</p> <p>Techniques of work simplification</p>	<p>04</p> <p>07</p>	<p>February (Total Lectures 20)</p>	<p>01 February 2019 To 28 February 20219</p>



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	01		
Unit III- Meaning and definition, Problems of Consumers, Problems of Consumers, Consumer Protection Act- 1998 Practical – Colour Wheel Consumer Education Unit Test – III	11 10 01	March (Total Lectures 22)	01 March 2019 To 31 March 2019
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 Powder, Phenyl, Shampoo ect. Extra Classes for weak learners Revision Classes	08 04 08 02	April (Total Lectures 21)	01 April 2019 To 25 April 2019
Extra Classes for weak learners ,Revision classes	05	05	April
Summer Vacation			1 May 2019 To 14 June 2019

Rekha Meshram

Signature
Prof. Rekha Meshram
Department Of Home-economics

Signature
Dr. Sharad Sambare
Principal

PRINCIPAL
Yashoda Otris Arts & Commerce Colles
Sneh Nagar, Nagpur-15

Dr. K. G. Meshram
Co-ordinator, IQAC
Yashoda Otris Arts &
Commerce College, Nagpur



Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2018-2019

Class: B.A. sem IV

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(Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)

Sneh Nagar, Wardha Road, Nagpur 440015

Tel: 0712 2290637 Fax: 0712 2290368

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DEPARTMENT OF HOME-ECONOMICS

Session 2018 -
2019

Semester wise Teaching Plan B. A. Part Two (Fourth Semester) Subject: HOME-ECONOMICS

Unit	Required Lectures	Months	Duration
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: I	06 06 07	January (Total Lectures 19)	16 January 2019 To 31 January 2019
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,	07 08	February (Total Lectures 22)	01 February 2019 To 28 February 2019



diet intake during pregnancy and its effect on health, Recommendations. 2.4 – Twins-Fraternal and Identical. Practical – Cooking Practical Unit Test:2	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	06 07 07	March (Total Lectures 20)	01 March 2019 To 31 March 2019
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 07 02	April (Total Lectures16)	01 April 2019 To 25 April 2019
Extra Classes for weak learners ,Revision classes	16	16	26 April2019 To 30 April 2019
Summer Vacation		May to June	1 May to 14 June2019

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

Dr. K.G. Meshram
Signature
Co-ordinator, IQAC
Yashoda Girls Arts & Commerce College,
Nagpur

Dr. Sharad Sambare
Signature
Principal
PRINCIPAL
Yashoda Girls Arts & Commerce College,
Sneh Nagar, Nagpur-15

SEAL

Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2018-2019

Class: B.A. sem VI

Coordinator, IQAC

Yashoda Girls' Arts & Commerce College

NAAC Accreditation B++ with 7.82 CGPA
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Sneh Nagar, Wardha Road, Nagpur 440015

Tel. 0712 2290637 Fax: 0712 2290368

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

DEPARTMENT OF HOME-ECONOMICS

Session 2018 -
2019

Semester wise Teaching Plan B. A. Part Three (Sixth Semester) Subject: HOME-ECONOMICS

Unit	Required Lectures	Months	Duration
Unit I -1.1 – Early childhood : (2-6) Characteristics, development task . 1.2- Physical development – Definition, 1. Change in size-change in height weight, development of bones, teeth etc. 2. Change in body proportion, 3. Growth of internal organs, factors affecting physical development. 1.3 – Motor Development – Meaning skills of early childhood-Hand skills, factor affecting motor development. 1.4 – Emotional development – Definition. Types of emotion, importance of emotion, Emotion during early childhood – Positive Emotion – Happiness, Love and affection, Curiosity. Negative emotion – Fear , anger, Jealousy, Anxiety. Characteristics of emotion, factors affecting emotional development. Practical - Cooking	01 05 08 04	January (Total Lectures 18)	01 January 2019 To 31 January 2019



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	07 06 07	February (Total Lectures 20)	1 February 2019 To 28 February 2019
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	10 11	March (Total Lectures 21)	01 March 2019 To 31 March 2019
Unit IV - 4.1 - Childhood behavioural problems : Common causes of behavioural problems.	05	April (Total Lectures 21)	01 April 2019 To 30 April 2019



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	03		
Extra Classes for weak learners ,Revision classes	05	April	26 April 2019 To 30 April 2019
Summer Vacation		May to June	01 May 2019 to 14 June 2019

Date:

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

Dr. Sharad Sambare
 Signature
 Dr. Sharad Sambare
 Principal

PRINCIPAL
 Yashoda Girls Arts & Commerce Coll.,
 Sneh Nagar, Nagpur-15

K.G. Meshram
 Signature
 Dr. K.G. Meshram
 Coordinator, IQAC
 Commerce College, Nagpur

