

**Yashoda Girls' Arts & Commerce College,  
Nagpur**



**Department of Home Economics**

**Teaching Plan**

**Session: 2019-2020**

**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 2019 - 2020

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

Unit	Required Lectures	Months	Duration
Admission process		June 2019	15 June to 30 June 2019
<b>UNIT I - Introduction to Home Economics : Bridge Course</b> A brief history of Home Economics, Scope, Need/importance of Home Economics, <b>Branches of Home Economics, their Utility in Daily Life :</b> (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. <b>Practical – Hand Embroidery</b> <b>Unit Test – I</b>	01 06 05 05 05	July 2019 (Total lectures 22)	15 June To 31 July 2019
<b>Unit II</b> <b>Family Resource Management :</b> 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 <b>Family Budget-</b> Definition, Types of budget, preparation of budget. <b>Decision Making-</b> Meaning & Types of Decisions.	07 04 06	August (Total Lectures 19)	01 August 2019 To 31 August 2019



Steps involved in decision making, Decision Tree. <b>Practical – Hand Embroidery</b> <b>Unit Test - II</b>	02		
<b>Unit III – Elements of Art and Design :</b> (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> . <b>Principles of Art and design</b> <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> <b>Practical – Flower Making Tie and dye</b> <b>Unit Test :III</b>	10  05  05  03	September (Total Lectures 22)	1 September 2019 To 30 September 2019
<b>UNIT IV</b> <b>Introduction Flower Arrangement :</b> <b>Definition -</b> <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. <b>Practical – Making Article( Craft), Guest Lecture</b> <b>Unit Test – IV</b>	06  07  01	October (Total Lectures 13)	1 October 2019 To 15 October 2019
<b>DIWALI VACATION</b>			20 October 2019 To 19 November 2019
<b>Extra Classes for weak learners ,Revision classes</b>			20 November To 31 Nov.



Winter Examination

As per University Schedule

Date:



Signature

Prof. Rekha Meshram  
HOD Dept. Home-economics



Signature

Principal

Principal

Prof. Rekha Meshram  
Commerce College, Nagpur



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



# **Yashoda Girls' Arts & Commerce College, Nagpur**



**Department of Home Economics**

**Teaching Plan**

**Session: 2019-2020**

**Class: B.A. sem III**

# Yashoda Girls' Arts & Commerce College

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## DEPARTMENT OF HOME-ECONOMICS

Session 2019 -  
2020

### 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 2019 To 5 Aug 2019
<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  05  05  04	August (Total Lectures 20)	10 August2019 To 22 August 2019
<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. Water Soluble- Vitamin C, Vitamin B</u>	04  04  03	Aug. and Sep. (Total Lectures 16)	23 August 2019 To 10 September 2019

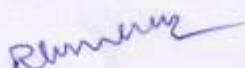


<p><u>Complex ( B1, B2, B3, B6, B12, Folic acid), Properties, Function Sources, Recommended dietary allowances, Absorption, Deficiency</u></p> <p><u>2.2- Water – Function, Sources, Recommended dietary allowances, Deficiency, Practical - Cooking</u></p> <p>Unit Test:2</p>	05		
<p><u>Unit III - 3.1 – Fibre :</u> Composition, Classification, Function, Sources, Recommended dietary allowances, Deficiency, Excess.</p> <p><u>3.2 – Energy ( Calorie) :</u> 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.</p> <p><u>3.3 – Antioxidants</u></p> <p>Practical -</p> <p>Unit Test:3</p>	05  05  03  03	September (Total Lectures 16)	11 September To 30 September 2019
<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></p> <p><u>4.2 Method of Cooking –</u> 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.</p> <p><u>4.3 – Sports Nutrition –</u> Meaning of sports Nutrition, Objectives and disadvantages of cooking food.</p> <p><u>4.3 – Sports Nutrition –</u> Meaning of sports Nutrition,</p>	04    05    07	October (Total Lectures 16)	01 October 2019 To 15 October 2019



Objectives of Nutritional management, sports supplements, nutritional allowances given by NIN Practical - Charts, Nutrition Week, Report writing. Unit Test:4			
<b>DIWALI VACATION</b>			20 October 2019 To 19 November 2019
Extra Classes for weak learners ,Revision classes	05		20 To 25 November 2019
Winter Examination	As per University Schedule		

Date:

  
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College, Gandhinagar, Nagpur-15





# **Yashoda Girls' Arts & Commerce College, Nagpur**



**Department of Home Economics**

**Teaching Plan**

**Session: 2019-2020**

**Class: B.A. sem V**

# Yashoda Girls' Arts & Commerce College

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DEPARTMENT OF HOME-ECONOMICS

Session 2019 -  
2020

## 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 2019 To 5 August 2019
<b>Introduction to syllabus</b> <b>Unit I- 1.0 – An overview of the field of child development. Meaning, Definition, Importance and scope of child development.</b> <b>1.1 – Orientation to growth &amp; development. 1) Definition of growth and development 2) Stages of development 3) General principles of growth &amp; development 4) Constraints &amp; facilitators in growth &amp; development 5) Influence of heredity &amp; environment on growth &amp; development 6) Difference between growth &amp; development 7) Factors affecting growth &amp; development</b> <b>Practical – Cooking Practical</b> <b>Unit Test:1</b>	01  05  04  04  03	August (Total Lectures 17)	10 August 2019 To 22 August 2019




<p><b>Unit II – 2.1 – Genetic inheritance-fertilization, Number of chromosomes, sex determination, Genotype &amp; Phenotype.</b>  <b>2.2 – Prenatal development – Emphasis on major developments during the 3 stages of inter-uterine development.</b>  <b>2.3 – Factors affecting prenatal development-Age of mother, illness, diet &amp; nutrition, stress &amp; emotional strains, environmental hazards etc. Misconception of diet intake during pregnancy and its effect on health, Recommendations.</b>  <b>2.4 – Twins-Fraternal and Identical.</b>  <b>Practical – Cooking Practical</b>  <b>Unit Test:2</b></p>	<p>04 03 03 03</p>	<p>Aug. &amp; Sep (Total Lectures 13)</p>	<p>23 August2019 To 10 September2019</p>
<p><b>III- 3.1 – Post-Natal Period- Neonatal period – (From birth to two weeks) Definition , Characteristics, Factors affecting post natal period.</b>  <b>3.2 – Hazards of Neonatal period-Physical hazards, Psychological hazards.</b>  <b>3.3 – Infancy &amp; Babyhood (2 weeks to 2yrs) – Definition , Characteristics of babyhood, Physical growth &amp; Motor development, Speech development – Four Pre speech forms – Crying, Babbling, Gestures.</b>  <b>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.</b>  <b>Practical - Knitting</b>  <b>Unit Test:3</b></p>	<p>04 03 04 03</p>	<p>Sep. (Total Lectures14)</p>	<p>11 September2019 To 30 September 2019</p>
<p><b>Unit IV- 4.1 – Immunization and its importance. Importance of supplementary food.</b>  <b>Practical – Supplementary food, Paper cutting, Milk Bank, toys and Charts, Report writing.</b></p>	<p>08 08 02</p>	<p>October (Total Lectures 18)</p>	<p>1 October 2019 To 15 October 2019</p>



Unit Test:4			
DIWALI VACATION			20 October 2019 To 19 November 2019
Extra Classes for weak learners ,Revision classes	03		20 To25 November2019
Winter Examination	As per University schedule.		

Date:

  
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Coordinator, IQAC  
Commerce College, Nagpur



# **Yashoda Girls' Arts & Commerce College, Nagpur**



**Department of Home Economics**

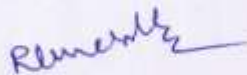
**Teaching Plan**

**Session: 2019-2020**

**Class: B.A. sem II**



Improving Methods of work simplification, Mendel's Law of Changes <b>Colour</b> - Study of colours, Sources of colours, Classification of Colours, Dimensions of colour-Warm and Cool colours etc. Colour Wheel, Colour Schemes and its effects. <b>Practical – Hand Knitting</b> <b>Unit Test – II</b>	06		
<b>Unit III-</b> Meaning and definition, Problems of Consumers, Problems of Consumers, Consumer Protection Act- 198 <b>Practical – Colour Wheel</b> <b>Consumer Education</b> <b>Unit Test – III</b>	10 12	March (Total Lectures 22)	01 March 2020 To 31 March 2020
<b>Unit -IV -Furniture</b> <b>Arrangement :</b> Styles of Furniture ,Traditional, Contemporary, Modern, Factors involved in selection of Furniture Comfort, Rest and relaxation, Durability, For storage purpose <b>Unit IV- Arrangement of Furniture in different rooms</b> Drawing Room, Bed Room, Dining Room, Multipurpose Rooms etc Care of different types of furniture. <b>Practical – Colour Wheel</b> <b>Unit Test: IV</b> Practical – Visit, Report Writing, Preparation of Washing Power, Phenyl, Shampoo ect. Extra Classes for weak learners Revision Classes	08 07 05	April (Total Lectures 20)	01 April 2020 To 30 April 2020
<b>Extra Classes for weak learners</b> <b>Revision classes</b>		April	21 To 30 April 2020
<b>Summer Vacation</b>			1 May2020 To14 June2020

  
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# **Yashoda Girls' Arts & Commerce College, Nagpur**



**Department of Home Economics**

**Teaching Plan**

**Session: 2019-2020**

**Class: B.A. sem IV**



# Yashoda Girls' Arts & Commerce College

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DEPARTMENT OF HOME-ECONOMICS

Session 2019 -  
2020

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

Unit	Required Lectures	Months	Duration
<p><u>Introduction to syllabus</u>  <b>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 &amp; development. 1) Definition of growth and development 2) Stages of development 3) General principles of growth &amp; development 4) Constraints &amp; facilitators in growth &amp; development 5) Influence of heredity &amp; environment on growth &amp; development 6) Difference between growth &amp; development 7) Factors affecting growth &amp; development</b>                      Practical – Cooking Practical                      Unit Test:1</p>	<p>06</p> <p>06</p> <p>07</p>	<p>January                      (Total Lectures 19)</p>	<p>20.11.2019                      To                      31 January 2020</p>
<p><b>Unit II – 2.1 – Genetic inheritance-fertilization, Number of chromosomes, sex determination, Genotype &amp; 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 &amp; nutrition, stress &amp; emotional strains, environmental hazards etc. Misconception of</b></p>	<p>07</p> <p>08</p>	<p>February                      (Total Lectures 22)</p>	<p>01 February 202                      To                      29 February 2020</p>



diet intake during pregnancy and its effect on health, Recommendations. 2.4 – Twins-Fraternal and Identical. Practical – Cooking Practical Unit Test:2	07		
<u>Unit III – 3.1- Food spoilage, foods Poisoning -Definition, various types of food poisoning and Remedies</u> <u>3.2- Food Preservation- Definition and importance, Methods of food preservation Dehydration, Chemical Preservation, with Salt, Sugar, Oil and Spices, by control of temperature.</u> <u>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</u> Unit Test -3	06  07  07	March (Total Lectures 20)	01 March 2020 To 31 March 2020
<u>Unit IV- 4.1 – Immunization and its importance, Importance of supplementary food, Practical – Supplementary food, Paper cutting, Milk Bank, toys and Charts, Report writing,</u> Unit Test:4	08 09 02	April (Total Lectures 20)	01 April 2020 To 30 April 2020
Extra Classes for weak learners ,Revision classes	5	5	25 April 2020 To 30 April 2020
Summer Vacation		May to June	01 May to 14 June

Date:

  
Signature

Prof. Rekha Meshram  
HOD Department of Home-economics

  
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# **Yashoda Girls' Arts & Commerce College, Nagpur**



**Department of Home Economics**

**Teaching Plan**

**Session: 2019-2020**

**Class: B.A. sem VI**

# Yashoda Girls' Arts & Commerce College

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DEPARTMENT OF HOME-ECONOMICS

Session 2019 -  
2020

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

Unit	Required Lectures	Months	Duration
<b>Unit I -1.1 – Early childhood : (2-6)</b> 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 Unit Test:1	01  09  07  04	January (Total Lectures 21)	20 Nov. 2019 To 31 January 2020



<p><b>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) Lipping 2) Cluttering 3) Stuttering 4) Slurring. Remedies of speech defects. Factors affecting speech development.</b></p> <p><b>2.2 - Intellectual development - Definition, Classification of intelligence, Measurement of intelligence, Intelligence quotient (I.Q.), Factors affecting intellectual development. Practical - Cooking practical</b></p> <p><b>Unit Test:2</b></p>	<p>07</p> <p>05</p> <p>05</p> <p>03</p>	<p>February (Total Lectures 20)</p>	<p>1 February 2020 To 29 February 2020</p>
<p><b>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.</b></p> <p><b>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.</b></p> <p><b>Practical - Stitching</b></p> <p><b>Unit Test:3</b></p>	<p>10</p> <p>09</p>	<p>March (Total Lectures 19)</p>	<p>01 March 2020 To 31 March 2020</p>
<p><b>Unit IV - 4.1 - Childhood behavioural problems : Common causes of behavioural problems.</b></p> <p><b>4.2 - Types of behavioural problems ,its causes and remedies - 1. Lying , 2. Stealing, 3. Temper tantrums, 4. Nail biting, 5. Thumb Sucking .</b></p> <p><b>4.3 - Parent-child relationship - Importance, Need for desirable. Child rearing practices, Parental Challenges - Attraction toward junk food, Television watching and its effects on children.</b></p> <p><b>4.4 - Discipline - Definition, Objectives, Need &amp; importance, Types of discipline. 1. Authoritarian discipline 2. Democratic discipline 3.</b></p>	<p>04</p> <p>03</p> <p>02</p>	<p>April (Total Lectures 17)</p>	<p>01 April 2020 To 24 April 2020</p>



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	08		
Extra Classes for weak learners ,Revision classes	05	April	25 April 2020 To 30 April 2020
Summer Vacation		May to June	01 May 2020 to 14 June 2020

Date:

*Rekha Meshram*

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Prof. Rekha Meshram

Department Of Home-economics

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