

Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2020-2021

Class: B.A. sem I

1-9-20
17-8-20 To
24-12-20

Yashoda Girls Arts & Commerce College, Such nagar, Nagpur.
Semester wise Teaching Plan. 2020-2021
B. A.- First Year- (First Semester)
Subject: Home-Economics

Class	Unit	Required Lectures	Months	Duration
	Admission Process		June	15 th June to 05 Aug. 2020
	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	09 0 0	September (Total Lectures 16+8)	01/09/2020 to 30/09/2020
	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	09 07 07	October (Total Lectures 16+08))	01/10/2020 to 30/10/2020
	Unit II – 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,	08 08	November (Total Lectures 16+08)	01/11/2020 to 30/11/2020



	Emphasis- Definition, importance and application, Practical – Flower Making, Tie and dye Unit Test:III	08		
	UNIT IV Introduction Flower Arrangement : Definition - □ Material required for flower arrangement. □ Factors to be considered while arranging flowers - Art Principles in flower arrangement. □ Types of flower arrangement- Traditional, Japanese, Miniature, Dry arrangement . □ Different shapes of flower arrangement-S-Shape, Round-shape, Right angle-shape. Practical – Making Article(Craft), Guest Lecture Unit Test - IV	04 09 06	December (Total lectures 14+06)	1-12-2020 to 24-12-2020
	DIWALI VACATION Winter Examination			10/-11-2020 TO 16-11-2020 25/12/2020 to 15/01/2021

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Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2020-2021

Class: B.A. sem III

Yashoda Girls Arts & Commerce College, Snehnagar, Nagpur.

Semester wise Teaching Plan 2020-2021

B. A . Second Year - (Third Semester)

Subject:- Home- Economics

Class	Unit	Required Lectures	Months	Duration
	Admission process	-	June to August	15 June to 05 August 2021
	<p><u>Unit I-1.1</u> -Definition of Health, Nutrition, Dietetics, Nutritional status, Optimum Nutrition and Nutrients.</p> <p>1.2 – Definition of food and functions of food.</p> <p>1.3- Dimension of health (Physical, Psychological, Emotional, Spiritual)</p> <p>1.4- Macronutrients -Carbohydrates, Fats, Proteins : Classification, Deficiency and excess.</p> <p>Practical – Cooking practical</p> <p>Unit Test:1</p>	05 03 04 04 08	September (Total Lectures 16+8)	01/09/2020 to 30/09/2020
	<p><u>Unit II- 2.1- Micro Nutrients –</u></p> <p>(A) Minerals : (1) Calcium (2) Phosphorus (3) Iron (4) Sodium (5) Magnesium (6) Iodine-Functions, Sources, Absorption, Recommended dietary allowances, Deficiency.</p> <p>(B) <u>Vitamins : Fat soluble – Vitamin A, D, E, K. Water Soluble- Vitamin C, Vitamin B 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.</u></p> <p><u>Practical - Cooking</u></p> <p>Unit Test:2</p>	06 05 05 08	October (Tot .Lectures 16+08)	01/10/2020 to 30/10/2020
	<p><u>Unit III - 3.1 – Fibre : Composition, Classification, Function, Sources, Recommended dietary allowances, Deficiency, Excess.</u></p> <p>3.2 – Energy (Calorie) : Factors affecting energy requirement, Fuel value of Foods.</p> <p>Calorimeter : Bomb, Benedict Oxy, Atwater Rosa Benedict. Basal Metabolic Index. Calorie requirement for sedentary, moderate an heavy workers Men and Women.</p> <p>3.3 – Antioxidants</p> <p>Practical -</p> <p>Unit Test:3</p>	03 04 05 05 05	November Tot.Lectures 16+06)	01/11/2020 to 30/11/2020 Diwali vacation 10 Nov. to 16 Nov. Extra classes
	<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>	05	December Tot.Lectures 12+6)	01/12/2020 to 31/12/2020



	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.	02	
	4.3 – Sports Nutrition – Meaning of sports Nutrition, Objectives and disadvantages of cooking food.	05	
	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.	04	
Unit Test:4			
Extra Classes for weaklearners Revision Classes			25/-12-2020 TO 30-12-2020
Winter Vacation			25/12/2020 to 15/01/2021


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Department of Home Economics

Teaching Plan

Session: 2020-2021

Class: B.A. sem V

Yashoda Girls Arts & Commerce College, Snehnagar, Nagpur.
Semester wise Teaching Plan. 2020-2021
B.A. – Third Year- (Fifth Semester)
Subject:- Home-Economics

Class	Unit	Required Lectures	Months	Duration
	Admission Process	-	June	15 June to 05 August 2021
	<u>Unit I- 1.0 – An overview of the field of child development. Meaning, Definition, Importance and scope of child development.</u> 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	07 09 08	September (Total Lectures 16+8)	01-09-2020 to 30-09-2020
	<u>Unit II – 2.1 – Genetic inheritance-fertilization, Number of chromosomes, sex determination, Genotype & Phenotype.</u> 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 and Identical. Practical – Cooking Practical Unit Test:2	03 03 06 02 02 08	October (Tot.Lectures 16+8)	01/10/2020 to 30/10/2020
	<u>Unit III- 3.1 – Post-Natal Period-Neonatal period – (From birth to two weeks) Definition , Characteristics, Factors affecting post natal period.</u> 3.2 – Hazards of Neonatal period-Physical hazards, Psychological hazards. 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. 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. Practical - Knitting Unit Test:3	04 03 03 03 06	November Tot.Lectures 12+06)	01-11-2020 to 30-11-2020 Diwali Vacation – 10-11-2020 to 16-11-2020
	<u>Unit IV- 4.1 – Immunization and its importance. Importance of supplementary</u>	09 06	December Tot.Lectures	01/12/2020 to 24/12/2020



<u>food.</u> <u>Practical – Supplementary food, Paper cutting,</u> <u>Milk Bank, toys and Charts, Report writing.</u> Unit Test:4	05	15+06)	
Winter Vacation			25/-12-2020 TO 15-01-2021


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Department of Home Economics

Teaching Plan

Session: 2020-2021

Class: B.A. sem II

B. A. First Year –(Second Semester)
Subject:- Home- Economics

class	Unit	Required Lectures	Months	Duration
	University Examination			25 th December 2020 to 15 th January 2021
	<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. Guiding Principles of self-employment. Registration, Training, Knowledge of equipment's and their care and Material required, Loan facility. 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>05</p> <p>04</p> <p>03</p> <p>04</p>	<p>January (Total Lectures 12+04)</p>	<p>16/01/2021 to 31/01/2021</p>
	<p>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</p> <p>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.</p> <p>Practical – Hand Knitting</p> <p>Unit Test – II</p>	<p>06</p> <p>08</p> <p>06</p>	<p>February (Total Lectures 14+06)</p>	<p>01/02/2021 to 28/02/2001</p>
	<p>Unit -III - Consumer Education Meaning and definition, Problems of Consumers, Problems of Consumers, Consumer Protection Act- 198</p> <p>Practical – Colour Wheel</p> <p>Unit Test – III</p>	<p>08</p> <p>08</p>	<p>March (Total Lectures16+08)</p>	<p>01/11/2020 to 30/11/2020</p>



<p>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</p>	<p>08 08</p>	<p>April (Total Lectures 16+08)</p>	<p>01/04/2021 to 30/04/2021</p>
<p>Practical – Visit, Report Writing, Preparation of Washing Powder, Phenyl, Shampoo ect. Extra Classes for weak learners Revision Classes</p>	<p>08 05 06</p>	<p>May (Total Lecture12+04)</p>	<p>1/05/2021 to 25/05/2021</p>
<p>DIWALI VACATION</p>		<p>May/JUNE</p>	<p>26/05/2021 TO 26-05-2021</p>



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Department of Home Economics

Teaching Plan

Session: 2020-2021

Class: B.A. sem IV

Yashoda Girls Arts & Commerce College, Snehnagar, Nagpur.

Semester wise Teaching Plan. 2020-2021

B.A.- Second Year- (Fourth Semester)

Subject:- Home - economics

Class	Unit	Required Lectures	Months	Duration
	<u>University Examination</u>	-	-	25 December 2020 to 15 January 2021
	<u>Unit I</u> –1.1- Balanced Diet-Definition , Factors affecting balance diet, Difference Nutrients in balanced diet , Principles of Meal Planning. 1.2- Nutrition through Life Cycle. (1) Pregnancy (2) Lactation (3) Infancy (4) Pre-school (5) School going (6) Adolescence (7) Adulthood (8) Old age. Practical – Cooking practical Unit Test -1	04 04 04	January (Total Lectures 08+4)	16/01/2021 to 31/01/2021
	<u>Unit II</u> -2.1- Principles of Diet Therapy. (a) Modification of Normal diet for Therapeutic purposes. (b) Types of Diet. (c) Nutritional Management in common diseases. (d) (i) Diarrhoea (ii) Diabetes Mellitus (iii) Constipation (iv) Anaemia (v) Sickle Cell Anaemia 2.2- Nutritional Education : Meaning and Definition, Objectives, Method of Nutrition Education. Practical – Cooking practical Unit Test -2	06 08 06	February (Total Lectures 15+6)	01/02/2021 to 28/02/2021
	<u>Unit III</u> – 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	05 06 05 08	March (Tot.Lectures 16+8)	01/03/2021 to 31/05/2021
	<u>Unit IV</u> – 4.1- Improving Nutritional Quality of foods-Germination, Fermentation, Supplementation, Substitution, Fortification and enrichment. 4.2- Malnutrition in India – Definition of Malnutrition, over nutrition and remedies of malnutrition, Different agencies to combat malnutrition – FAO, CARE, NIN. Practical – BIM Calculation, Canteen activity, Cutting collection, Report writing Unit Test:4	08 08 08	April Tot.Lectures 16+08)	01/04/2021 to 30/04/2021
	Extra Classes for weak learners	08	May	01/-05-2021 TO 24-05-



	Revision Classes	0	Tot lec.16	2021
	Summer Examination	-	May/June	26/05/2021 to 26/06/2021


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Department of Home Economics

Teaching Plan

Session: 2020-2021

Class: B.A. sem VI

Semester wise Teaching Plan. 2020-2021

B. A. – Third Year-(Sixth Semester)

Subject :- Home- Economics

Class	Unit	Required Lectures	Months	Duration
	University Examination	-	Dec & Janu.	25 th Dec. 2020 to 15 th January 2021
	<p><u>Unit I -1.1 – Early childhood : (2-6)</u> Characteristics, development task . 1.2- Physical development – Definition, 1. Change in size-change in high 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</p>	03 05 03 05 08	January (Total Lectures 16+08)	01/01/2021 to 31/01/2021
	<p><u>Unit II - 2.1 – Speech development –</u> 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. 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</p>	10 06 06	February (Tot.Lectures 14,+06)	01/02/2021to 28/02/2021
	<p><u>Unit III – 3.1 – Social development –</u> 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</p>	09 07 08	March Tot.Lectures 16+08)	01/03/2021 to 31/03/2021
	<p><u>Unit IV – 4.1 - Childhood behavioural problems : Common causes of behavioural problems.</u></p>	03 04	April Tot.Lectures 16+08)	01/04/2021 to 30/04/2021



<p>4.2 – Types of behavioural problems ,its causes and remedies – 1. Lying , 2. Stealing, 3. Temper tantrums, 4. Nail biting, 5. Thumb Sucking .</p> <p>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.</p> <p>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.</p> <p>4.5 – Agencies in the field of child development – Mahila evam Balkalyan vibhag, ICDS, UNICEF, role of NGO's.</p> <p>Practical – Stitching, Guest Lecture, Puppets....., Report Writing</p> <p>Unit Test:4</p>	03		
	02		
	02 01		
	08		
Extra Classes for weak learners Revision Classes	12	May	01/-05-2021 TO 24-05-2021
sss Summer Examination		May/June	26/05/2021 to 26/06/2021



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