

Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2021-2022

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)

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DEPARTMENT OF HOME-ECONOMICS

Session 2021 - 2022

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

Unit	Required Lectures	Months	Duration
Admission process		August To September 2021	2 August 2022 To 20 September 2021
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 05 05 05	September (Total lectures 15)	21 September To 05 October 2021
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	07 06	October (Total Lectures 21)	6 October 2021 To 29 October 2021



budget, preparation of budget. Decision Making- Meaning & Types of Decisions. Steps involved in decision making. Decision Tree. Practical – Hand Embroidery Unit Test - II	05 03		
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	07 07 07	November (Total Lectures 21)	11 November 2021 To 30 November
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	08 09 04	December (Total Lectures 20)	1 December 2021 To 24 December 2021



DIWALI VACATION		30 October 2021 To 10 November 2021
Extra Classes for weak learners ,Revision classes		26 December 2022 To 31 December 2022
Winter Examination		12 To 29 January2022

Date:


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Department of Home Economics

Teaching Plan

Session: 2021-2022

Class: B.A. sem III

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DEPARTMENT OF HOME-ECONOMICS

Session 2021 - 2022

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

Unit	Required Lectures	Months	Duration
Admission Process		August To September	August 2021 To September 2021
Syllabus information <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 01	August To September (Total Lectures 20)	2 August 2021 To 5 September 2021
<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>	05 05	September (Total Lectures 16)	06 September 2021 To 29 October 2021



<u>Water Soluble- Vitamin C, Vitamin B Complex (B1, B2, B3, B6, B12, Folic acid), Properties, Function Sources, Recommended dietary allowances, Absorption, Deficiency</u> <u>2.2- Water – Function, Sources, Recommended dietary allowances, Deficiency.</u> <u>Practical - Cooking</u>	<p>04</p> <p>03</p>		
<p>Unit Test:2</p> <p><u>Unit III - 3.1 - Fibre : Composition, Classification, Function, Sources, Recommended dietary allowances, Deficiency, Excess.</u></p> <p><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></p> <p><u>3.3 – Antioxidants</u> <u>Practical -</u> <u>Unit Test:3</u></p>	<p>05</p> <p>05</p> <p>06</p>	<p>October (Total Lectures 16)</p>	<p>11 October 2021 To 30 November 2021</p>
<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 – 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></p> <p><u>4.3 – Sports Nutrition – Meaning of sports Nutrition, Objectives and disadvantages of cooking food.</u></p> <p><u>4.3 – Sports Nutrition – Meaning of sports Nutrition, Objectives of Nutritional management, sports supplements, nutritional</u></p>	<p>08</p> <p>05</p> <p>04</p>	<p>November (Total Lectures 17)</p>	<p>01 November 2021 To 30 November 2021</p>



allowances given by NIN Practical - Charts, Nutrition Week, Report writing.			
Unit Test:4			
DIWALI VACATION			30 October 2021 To 10 November 2021
Winter Examination	12 To 29 Jan 2022		
Extra Classes for weak learners ,Revision classes	26 To 31 December 2021		

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Department of Home Economics

Teaching Plan

Session: 2021-2022

Class: B.A. sem V

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DEPARTMENT OF HOME-ECONOMICS

Session 2021 - 2022

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

Unit	Required Lectures	Months	Duration
Admission Process		August To September	August 2021 To September 2021
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	01 08 08	August To September (Total Lectures 17)	02 5 August 2021 To 05 September 2021



<p>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 and Identical. Practical – Cooking Practical Unit Test:2</p>	<p>05 05 03 04</p>	<p>October (Total Lectures 18)</p>	<p>06 September 2021 To 29 October 2021</p>
<p>III- 3.1 – Post-Natal Period- Neonatal period – (From birth to two weeks) Definition , Characteristics, Factors affecting post natal period. 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 – Crving, Babbling, Gestures. 3.4 – Development of senses – Visual, Auditory, Smell, Taste, Touch, Reflexes during neotal 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</p>	<p>05 05 04</p>	<p>October (Total Lectures14)</p>	<p>11 October2021 To 30 November 2021</p>



Unit IV- 4.1 – Immunization and its importance.	08	November (Total Lectures 17)	01 November 2021 To 30 November 2021
Importance of supplementary food, Practical – Supplementary food, Paper cutting, Milk Bank, toys and Charts, Report writing, Unit Test:4	09		
DIWALI VACATION			30 October 2021 To 10 November 2021
Winter Examination	12 January 2022 To 29 January 2022		
Extra Classes for weak learners ,Revision classes	26 To 31 December 2022		

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Yashoda Girls' Arts & Commerce College, Nagpur



Department of Home Economics

Teaching Plan

Session: 2021-2022

Class: B.A. sem II

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DEPARTMENT OF HOME-ECONOMICS

Session 2021 - 2022

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

Unit	Required Lectures	Months	Duration
Bridge Course 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. Family Housing Needs - Protective, Economic . Affectional, Social, Standard of living, Housing goals, Style, Function, Occupation. Factors affecting selection of site : Legal, Location, Physical Features, Soil Conditions, Cost, Services Principles of Housing - Grouping of rooms . Orientation . Circulation, Flexibility, Privacy, Spaciousness, Aesthetics, Economy, Light, Ventilation. Practical – Hand Knitting Unit Test – I	03 04 04 05	January (Total Lectures 16)	1 January 2022 To 31 January 2022
Unit II - Introduction Work Simplification : Meaning and Importance of work simplification.		February	01 February 2022



<p>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</p>	<p>06</p> <p>07</p>	<p>(Total Lectures 13)</p>	<p>To 28 February 2022</p>
<p>Unit III- Meaning and definition, Problems of Consumers, Problems of Consumers, Consumer Protection Act- 198 Practical – Colour Wheel Consumer Education Unit Test – III</p>	<p>08</p> <p>08</p>	<p>March (Total Lectures 16)</p>	<p>01 March 2022 To 31 March 2022</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>Practical – Visit, Report Writing, Preparation of Washing Power, Phenyl, Shampoo ect. Extra Classes for weak learners Revision Classes</p>	<p>08</p> <p>06</p> <p>04</p>	<p>April (Total Lectures18)</p>	<p>01 April 2022 To 25 April 2022</p>



Extra Classes for weak learners ,Revision classes	05		26 April To 30 April
Summer Vacation			09 May2022 To 22 June2022

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Department of Home Economics

Teaching Plan

Session: 2021-2022

Class: B.A. sem IV

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DEPARTMENT OF HOME-ECONOMICS

Session 2021 - 2022

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

Unit	Required Lectures	Months	Duration
<p><u>Introduction to syllabus</u> <u>Unit I- 1.0</u> – 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</p>	<p>06</p> <p>06</p> <p>07</p>	<p>January (Total Lectures 19)</p>	<p>01 January 2022 To 31 January 2022</p>
<p><u>Unit II – 2.1</u> – 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</p>	<p>07</p> <p>08</p>	<p>February (Total Lectures 22)</p>	<p>01 February 2022 To 28 February 2022</p>



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 04 04	March (Total Lectures 21)	01 March 2022 To 31 March 2022
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 08	April (Total Lectures 16)	01 April 2022 To 25 April 2022
Extra Classes for weak learners ,Revision classes	16	16	26 April 2022 To 30 April 2022
Summer Vacation		May to June	09 May to 22 June 2022
University Examination		May To June	

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Department of Home Economics

Teaching Plan

Session: 2021-2022

Class: B.A. sem VI

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DEPARTMENT OF HOME-ECONOMICS

Session 2021 -
2022

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

Unit	Required Lectures	Months	Duration
<u>Unit 1</u> -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 Unit Test:1	06 04 06 04	January (Total Lectures 20)	01 January 2022 To 31 January 2022



<p>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.</p> <p>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>	<p>01</p> <p>07</p> <p>06</p> <p>07</p>	<p>February (Total Lectures 20)</p>	<p>1 February 2022 To 28 February 2022</p>
<p>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.</p> <p>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>	<p>08</p> <p>08</p> <p>04</p>	<p>March (Total Lectures 20)</p>	<p>01 March 2022 To 31 March 2022</p>
<p>Unit IV – 4.1 - Childhood behavioural problems : Common causes of behavioural problems.</p> <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.</p>	<p>05</p> <p>05</p> <p>04</p>	<p>April (Total Lectures 21)</p>	<p>01 April 2022 To 25 April 2022</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	07		
Extra Classes for weak learners ,Revision classes	12	April	26 April 2022 To 30 April 2022
Summer Vacation		May to June	09 May 2022 to 22 June 2022

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