



*YASHODA GIRLS' ARTS & COMMERCE
COLLEGE SNEHNAGAR, NAGPUR*

*DEPARTMENT OF
HOME-ECONOMICS*

TEACHING –PLAN (ODD SEMESTER)

SESSION :- 2023-2024

TEACHING PLAN –ODD SEMESTER- 1st (2024-2025)

Yashoda Girl's Arts & Commerce College

NAAC Accreditations B++ with 7.82 CGPA
(Affiliated to Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur)
Sneh Nagar, Wardha Road, Nagpur - 440015
Tel. : 0712 2990637 Fax : 0712 2990368
www.ygcnp.org, ygc.ngp@rediffmail.com

DEPARTMENTS OF HOME – ECONOMICS

Session 2023-2024

Semester wise Teaching Plan
B. A. Part one (First Semester)
Subject :- Home – Economics

Unit	Required Lectures	Months	Duration
Admission process		June/July	16 June 2023 To 09 July 2023
Bridge Course	06		
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 :	06	July (Total lectures 18)	10 July 2023 To 31 July 2023
(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.	06		
Practical – Hand Embroidery. UNIT TEST—1st			
Unit II- Family Resource Management : Definition and process of Home Management,	05		
(a) Planning			
(b) Controlling			
(c) Evaluation, Definition of Family Resource Management, Types of Family Resources, Characteristics of Family Resources, Factors effecting family resource management	06	August (Total lectures 24)	1 August 2023 To 31 August 2023
Family Budget – Definition, Types of Budget, Preparation of budget.	04		
Decision Making – Meaning & Types of Decisions. Steps involved in decision making, Decision Tree.	06		
Practical – Hand Embroidery UNIT TEST—2nd	03		

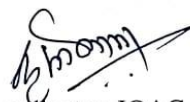
TEACHING PLAN –ODD SEMESTER- 1st (2024-2025)

Unit – III – Elementsof Art and Design : (1) Line, (2) Form, (3) Texture, (4) Color, (5) Light, (6) Space, (7) Patterns, (8) Idea,	02		
Principles of Art and Design Harmony – Definition, importance and application in interior decoration.	05		
Scale and proportion – Definition, importance and application, Balance – Definition, importance and application.	05	September (Total lectures 23)	1 September 2023 To 30 September 2023
Rhythm – Definition, importance and application.	05		
Emphasis – Definition, importance and application.			
Practical – Flower Making Tie and dye.			
UNIT TEST –3rd	06		
UNIT IV Introduction Flower Arrangement : Definitions –	05		
▪ Material required for flower arrangement.	06		
▪ Factors to be considered while arranging flowers.			
▪ Art principles in flower arrangement.	06	October (Total lectures-24)	1 October 2023 To 31 October 2023
▪ Types of flower arrangement - Traditional, Japanese, Miniature, Dry arrangement.	05		
▪ Different shapes of flower arrangement-S-Shape, Round – shape, Right angle-shape.	02		
Practical – Making Article (Craft)			
UNIT TEST:-4rth			
DIWALI Vacation		November	1 November To 30 November
Winter Examination		As per University Schedule	

Department of Home-Economics
Miss . Anuradha S. Navghare



Co-ordinator, IQAC
Dr. K. G. Meshram

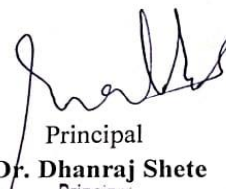


Principal

Dr. Dhanraj Shete

Principal

Yashoda Girls Arts & Commerce Colleg
Sneh Nagar. Nagpur-15



TEACHING PLAN – ODD SEMESTER – 3rd (2024-2025)

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DEPARTMENTS OF HOME – ECONOMICS

Session 2023-2024

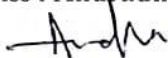
Semester wise Teaching Plan
B. A. Part Two (Third Semester)
Subject: Home – Economics

	Required Lectures	Months	Duration
Admission process		June/July 2023	15 June to 31 July
Unit I – 1.1 - 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:- 1st	06 06 06	July (Total lecturer 18)	10 July 2023 To 31 July 2023
Unit II 2.1 – 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, Function Sources, Recommended dietary allowances, Absorption, Deficiency - 2.2 Water – Function, Sources - Recommended dietary allowances, - Deficiency, - Practical – Cooking UNIT TEST :- 2nd	04 04 02 04 02 04 04	Augusts (Total lecturer 24)	1 August 2023 To 31 August 2023

TEACHING PLAN –ODD SEMESTER- 3rd (2024-2025)

<p>Unit III - 3.1 – Fiber : 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 –cooking practical UNIT TEST :-3rd</p>	<p>02 03 04 04 03 06</p>	<p>September (Total lecturer 22)</p>	<p>1 September 2023 30 September 2023</p>
<p>Unit IV - 4.1 –Basic Food Groups - Sources and importance of Cereals, Pulses, Oilseeds, Vegetables, Fruits, Milk, and milk Products, sugar and jiggery, spices beverages, eggs, fish, meat. 4.2 Methods of Cooking – Meaning of cooking of food, objectives of cooking of food, Methods: Boiling, Steaming, Pressure cooking, Shallow 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. Objectives of Nutritional management, sports supplements, nutritional allowances given by NIN Practical – Charts, Nutrition Week, Report writing. UNIT TEST :-4rth</p>	<p>03 04 04 04 04 05</p>	<p>October (Total lecturer 24)</p>	<p>1 October 2023 To 31 October 2023</p>
<p>DIWALI VACCATION</p>		<p>November</p>	<p>1 November To 30 November 2023</p>
<p>Winter Examination</p>	<p>As per University Schedule</p>		

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TEACHING PLAN – ODD SEMESTER-5th (2024-2025)

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DEPARTMENTS OF HOME – ECONOMICS

Session 2023-2024

Semester wise Teaching Plan
B. A. Part Three (Fifth Semester)
Subject: Home – Economics

Unit	Required Lectures	Months	Duration
Admission process		June /July2023	16 June to 9 July
<u>Unit – I Introduction to syllabus</u> 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 -1st	06 05 05 01	July (Total lecturer 17)	10 July 2023 To 31 July
Unit – II 2.1 -Genetic inheritance– fertilization, Number of chromosomes, sex determination, Genotype & Phenotype. 2.2 – Prenatal development – Emphasis on major development 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-2nd	04 05 05 05 02	August (Total lecturer 21)	23 August 2023 To 31 August 2023

TEACHING PLAN – ODD SEMESTER- 5th (2024-2025)

Unit – III			
3.1 – Post – Natal Period – Neonatal period – (From birth to two weeks) Definition, Characteristics, Factors affecting post natal period.	02		
	05		
3.2 – Hazards of Neonatal period – Physical hazards, Psychological hazards.	04	September (Total lecturer21)	1 September 2023 To 30 September 2023
3.3 – Infancy & Babyhood (2 weeks to 2 yrs) – Definition, Characteristics of babyhood, Physical growth & Motor development, Speech development – Four pre speech forms – Crying, Babbling, Gestures.	05		
3.4 – Development of senses – Visual, Auditory, Smell, Taste, Touch, Reflexes during natal Period – Rooting reflex, Sucking reflex, Blink Reflex, Tonic neck reflex, Darwin reflex etc. Hazards and Happiness. Practical – Knitting	05		
UNIT TEST :-3rd			
Unit – IV –	04		
4.1 – Immunization and its importance, Importance of supplementary food. Practical – Supplementary food, Paper Cutting, Milk Bank, toys and Charts, Report writing. Practical:- Knitting	05 05 05 06	October (Total lecturer 25)	1 October 2023 To 31 October 2023
UNIT TEST :-4rth			
DIWALI VACCATION		1 November To 30 November	2023
Winter Examination		As per University schedule	

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