



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

DEPARTMENT OF HOME ECONOMICS

*BACHELOR OF ARTS
TEACHING - PLAN (ODD SEMESTER)*

SESSION:-2024-2025

Purushottam Khaparde Health & Education Society's
Yashoda Girls' Arts & Commerce College

Accredited B++ with 2.97 CGPA for Second Cycle by NAAC
 (Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)

Sneh Nagar, Wardha Road, Nagpur 440015
 Tel. 0712 2290637 Fax: 0712 2290368 www: <https://yashodagirlscollege.edu.in> E-mail: ygc.ngp@rediffmail.com

DEPARTMENT OF HOME-ECONOMICS

Semester wise Teaching Plan 2024-25

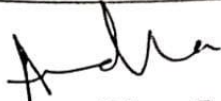
B.ARTS. – First Year Semester-I

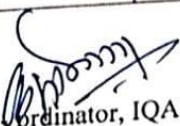
(First Term: 18/06/2024 to 28/10/2024)

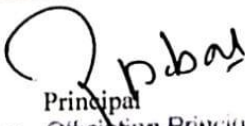
Subject:-Family resources Management (MajorT1)

Unit	Required Lectures	Months	Duration
Admission process		June/July	18 June 2024 To 09 July 2024
Bridge Course			
Unit I-Introduction to Home-Economics A brief history of Home Economics, scope, Need/importance of Home Economics.	03		
Branches of Home Economics, their Utility in Daily Life :			
(a) Family Resources Management	04	July	15 July 2024 To
(b) Foods and Nutrition		(Total 10 lectures)	31 July 2024
(c) Human Development			
(d) Textile and Clothing			
(e) Extension and Communication, Contribution of Home Economics Education in National Development.	03		
Practical – Hand Embroidery.			
Unit II- Family Resource Management : Definition and process of Home Management,	01		
(a) Planning	04	August	1 August 2024
(b) Controlling	04	(Total 20 lectures)	To 31 August 2024
(c) Evaluation, Definition of Family Resource Management, Types of Family Resources, Characteristics of Family Resources,	03		
Factors effecting family resource management	04		
Family Budget – Definition, Types of Budget, Preparation of budget.			
Practical – Hand Embroidery	04		
UNIT TEST—1st			

Unit – III – Elements of Art and Design : (1) Line, (2) Form, (3) Texture, (4) Color, (5) Light, (6) Space, (7) Patterns, (8) Idea.	04		
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.	04 03 04 01	September (Total 22 lectures)	01 September 2024 To 30 September 2024
Practical-Flower Making & Making Article (Craft)	06		
UNIT IV			
Introduction Flower Arrangement : Definitions – <ul style="list-style-type: none"> ▪ 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 Triangular shape, crescent shape, vertical and semicircular ▪ Practical Tie and dye – Making Article (Craft) 	02 04 04 04 08	October (Total 22 lectures)	1 October 2024 To 28 October 2024
UNIT TEST:-2nd		November	29 October To 28 November
DIWALI Vacation			
As per University Schedule			
Winter Examination			


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 Anuradha S. Navghare


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B.ARTS. – First Year Semester-I

(First Term: 18/06/2024 to 28/10/2024)

Subject:-Home Management (Major T2)

Unit	Required Lectures	Month	Duration
ADMISSION PROCESS		JUNE/JULY	18 June 2024 - 09 July 2024
Unit – I – 1)HOME MANAGEMENT -Meaning of Home management Importance of Home management Different steps of Home management	02 02	July (Total lectures4)	15 July 2024 To 31 July 2024
2)Decision making in Home management meanings nature and scope of Decision making in Home management Importance and steps in Decision making Types of Decision making Factor affecting in decision making in Home management	02 02 02 02	August (Total lectures 10)	01 August To 31 August 2024

UNIT II			
3) Housing planning/ home decorative:-	01		
Concept of Housing	02		
Importance of Family housing	02	September (Total lectures-07)	
Principles of Family Housing	02		
Factor influencing housing	02		
Housing planning for lower ,middle and high income group	02		
UNIT TEST I			
Study of various rooms in the house	02		
Types of housing plans.			
4)Kitchen plan forms			
One wall kitchen, Two wall, L-shape, U-shape kitchen,Island kitchen, Modular kitchen Building	01	October (Total lectures-07)	1 October 2024 To 28 October 2024
Bylaws	02		
Different symbols in housing.	02		
	02		
DIWALI Vacation		November	29 October To 28 November
Winter Examination	As per University Schedule		

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B.ARTS. – First Year Semester-I

(First Term: 18/06/2024 to 28/10/2024)

Subject:-Interior and Home Decoration(Open Elective)

Unit	Required Lectures	Months	Duration
Admission process		June/July	18 June 2024 To 09 July 2024
Bridge Course	03		
Unit I:-Interior designing. :-Element of Arts and principle of design with reference to interior designing meaning importance of element of Arts and its use in interior design 1)line 2) lights 3) space4) pattern5) shape6) colour 7) Texture 8)idea	04	July (Total 10 lectures)	15 July 2024 To 31 July 2024
Meaning,Importance of principle of design and its use in interior designing 1)Harmony2)Balance3)Emphasis 4)Rhythm5)Proportion	03		
b. Terminology use in interior designing 1) Focal Point2Elevation 3)Interior wall 4)Hue. 5)Case good.c. Importance of technical drawing and graphic presentation basic symbol used in interior design.			
Unit II	01		1 August 2024 To 31
a. Interior construction material used for interior construction Traditional and Modern	04	August (Total 16 lectures)	August 2024
b. Importance of planning and proper utilisation of space for interior construction connecting the space.	03		

c. Types of space social living and dining area private bedroom work office storage UNIT TEST—1 st	04		
Unit – III – .. study of various types of pictures used in home interior their use selection care Merit and demerit. study of various types of finishes used in home interior their use selection care Merit and demerit. study of various types of lightings used in home interior they are you selection care Merit and demerits study of various types of furniture design used in home interior their use selection care Merit and demerits	04 04 03 04 01	September (Total 16 lectures)	1 September 2024 To 30 September 2024
UNIT IV a. accessories in interior designing gardening sculpture painting flower arrangement designing of space living space kitchen sleeping space children rooms bathroom Furnishing	02 04	October (Total 14 lectures)	1 October 2024 To 28 October 2024
DIWALI Vacation		November	29 October To 28 November
Winter Examination	As per University Schedule		


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B.ARTS. – First Year Semester-I

(First Term: 18/06/2024 to 28/10/2024)

Subject:- Women Entrepreneurship (Vocational skills courses)

Unit	Required Lectures	Months Lectures	Duration
Admission Process		June/July	18 June 2024 To 09 July 2024
Bridge Course Unit 1) Earn while learn activities. 1) Organisation of earn while learn activities such as Fresh Food stall, other food related activities etc. maintaining record of book	04	July 04	15/07/2024 To 31/07/2024
Expenditure, profit and loss 2) Organisation of Exhibition of various product on small scale	04 04	August 08	01/08/ 2024 To 31/ 08/ 2024
Unit 2) Marketing 1) learn marketing skill by door to door contact	04 04	September 08	01/09/2024 To 30/09/2024
2) marketing survey and report writing, project .	04 04	October 08	01/10/2024 To 28/10/2024
Winter Examination	As per University Schedule		


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B.ARTS. – First Year Semester-I

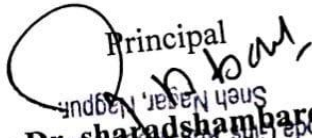
(First Term: 18/06/2024 to 28/10/2024)

Subject:-Skills of Kitchen Gardening (Skill Enhancement Course)

Unit	Required Lectures	Months Lectures	Duration
Admission Process: 18 June 2024 To 14 July 2024		June/July	18 June 2024 To 09 July 2024
Bridge Course Unit 1) –Kitchen gardening Activities. 1.Preparation of soil. 2.Plantation activity. 3.Maintenance of kitchen garden.	02 02 04 04	July /August 12	15/07/2024 To 31/07/2024
Unit 2) Cultivation of garden 1. Cultivation of garden produce . 2. Care of Kitchen Garden.	04 04 04 04	September /October 16	01/09/2024 To 30/09/2024
Winter Examination	As per University Schedule		


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B.ARTS. – First Year Semester-I

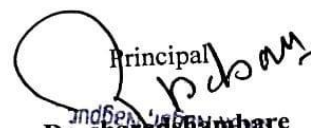
(First Term: 18/06/2024 to 28/10/2024)

Subject:- Traditional Embroidery of India (Indian Knowledge System)

Unit	Required Lectures	Months Lectures	Duration
Admission Process		June/July	18 June 2024 To 09 July 2024
Bridge Course			
Unit 1) Traditional Embroidery of Punjab-Fulkari. 2) Traditional Embroidery of Bengal-Kantha Work. 3) Traditional Embroidery of Karnataka-Kantha work.	04 04	July 08	15/07/2024 To 31/07/2024
4) Traditional Embroidery of Uttar Pradesh-Chickenkari. 5) Traditional Embroidery of Kashmir-Kashmiri. UNIT II	04 04	August 08	01/08/ 2024 To 31/ 08/ 2024
6) Traditional Embroidery of Himachal Pradesh-Chamba. 7) Traditional Embroidery of Bihar – Applique work. 8) Traditional Embroidery of Manipur-Manipuri.	04 04	September 08	01/09/2024 To 30/09/2024
9) Traditional Embroidery of Gujarat-Kathiyawad. 10) Traditional Embroidery of Gujarat –Kacchi.	04 04	October 08	01/10/2024 To 28/10/2024
Winter Examination		As per University Schedule	


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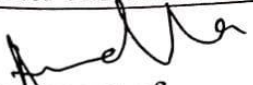
B.ARTS. – Second Year Semester-III


(First Term: 18/06/2024 to 28/10/2024)

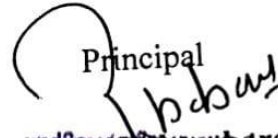
Subject:-Food and Nutrition

	Required Lectures	Months	Duration
Admission process		June/July 2024	18 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	04 04 04 03	July (Total lecturer19)	1 July 2024 To 31 July 2024
Unit II 2.1 – Micro Nutrients – (A) Minerals : (1) Calcium (2) Phosphoru (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,	01 04 03 04 04	Augusts (Total lecturer 20)	1 August 2024 To 31 August 2024

- Practical - Cooking			
UNIT TEST :- 1st	04		
Unit III - 3.1 - Fiber : Composition, Classification, Function, Sources, Recommended dietary allowances, Deficiency, Excess.	03		
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.	03	September (Total lecturer 21)	1 September 2024 30 September 2024
3.3 - Antioxidants	04		
Practical -cooking practical	01		
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.	04		
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.	04	October (Total lecturer 22)	1 October 2024 To 28 October 2024
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	04		
Practical - Charts, Nutrition Week, Report writing.	01		
UNIT TEST :-2nd	06		
DIWALI VACCATION	03	November	29 October 29 November 2024
As per University Schedule			
Winter Examination			


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B.ARTS. Third Year Semester-V

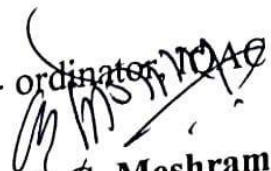
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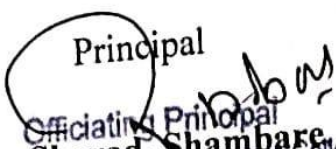
Subject:-Child Developments

Unit	Required Lectures	Months	Duration
Admission process		June 2024	18 June 2024 to 29 June 2024
Unit – I Introduction to syllabus			
1.0 – An overview of the field of child development. Meaning, Definition, Importance and scope of child development.	04		
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	04 03 04 02 06	July (Total lecturer 23)	1 July 2024 To 31 July 2024
Unit – II			
2.1 -Genetic inheritance– fertilization, Number of chromosomes, sex determination, Genotype & Phenotype.	02 04		
2.2 – Prenatal development – Emphasis on major development during the 3 stages of inter-uterine development.	04 04	August (Total lecturer 24)	1 August 2024 To 31 August 2024
2.3 – Factors affecting prenatal development-Age of mother, illness, diet & nutrition, stress & emotional strains, environmental hazards etc.	04 04		

misconception of diet intake during pregnancy and its effect on health, Recommendations. 2.4 – Twins – Fraternal and identical. Practical – Cooking Practical UNIT TEST-1"	02		
Unit – 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 2 yrs) – 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 natal Period – Rooting reflex, Sucking reflex, Blink Reflex, Tonic neck reflex, Darwin reflex etc. Hazards and Happiness. Practical – Knitting	03 04 04 04 03 04	September (Total lecturer22)	1 September 2024 To 30 September 2024
Unit – IV – 4.1 – Immunization and its importance, Importance of supplementary food. Practical – Supplementary food, Paper Cutting, Milk Bank, toys and Charts, Report writing. Practical:- Knitting UNIT TEST :-2nd	02 03 04 04 02 06	October (Total lecturer 21)	1 October 2024 To 28 October 2024
DIWALI VACCATION	29 October To 30 November 2024		
Winter Examination	As per University schedule		


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