

Dayanand Arya Kanya Mahavidyalaya

Department of Home-Economics

Teaching Plan

Dr Sujata Sakhare

Department of Home-Economics

Academic Session 2021-22

Dayanand Arya Kanya Mahavidyalaya
Department of Home-Economics
2021-22

----- Semester wise Semester I Teaching Plan 2021-22 (Offline Mode)			
Unit	Required Lectures	Monthly Lectures	Duration
Admission Process: 16/07/2021 to 31/08/2021		July/August	
Bridge Course			
UNIT Ia. Introduction to Home-Economics. Brief history of Home-Economics. Definition of Home-Economics. Scope, Need/Importance of Home-Economics. b. Branches of Home-Economics, their utility in daily life. Family Resources Management Foods and Nutrition Human Development Textile and Clothing .Extension and Communication. Contribution of Home-Economics education in National Development. Practical	2 2 2 4 4 2 16	Aug 16T 16P	2/08/21 To 1/09/21
Unit IIa. Family Resource Management. Definition and process of Home-Management. 1) Planning, 2) Controlling, 3) Evaluation Definition of Family Resource Management.Types of Family Resources. Characteristics of Family Resources. Ways to improve the use of family resources.Factors affecting family resource management. Family Budget-Definition, Types of budget, preparation of budget. b. Decision Making Meaning & Types of Decisions. Steps involved in decision making. Decision Tree. Practical	4 2 2 4 2 2 16	Sep 16T 16P	2/09/21 To 30/09/21
Unit III Elements of Art & Design Line,Form,Texture,Colour,Light,Space,Pattern,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	2 2 2 2 4 4 16	OCT 18T 16P	1/10/21 To 28/10/21
Unit IV 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	2 2 2 2 2 2 2 2 16	Nov 16T 16P	29/10/21 To 25/11/21
Extra Class for Slow learners	8		
Revision Class	4		
Mock Test	2		
University Semester Exams	As per University Schedule		
Diwali Vacation/ Semester Brack	31.10.2021 to 10.11.2021		

Date of Submission: 05/07/2022



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----- Semester wise Semester II Teaching Plan 2021-22 (Offline Mode)			
Unit	Required Lectures	Monthly Lectures	Duration
UNIT I a. 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 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	2 2 2 4 4 2 16	Jan 16T 16P	10/01/22 To 2/01/22
Unit II a. Work Simplification Meaning and Importance of work simplification. Techniques of work simplification Improving Methods of work simplification Mundel's Law of Changes. b. Colour Study of colour. Sources of colours. Classification of Colours. Dimensions of colour-Warm and Cool colours etc. Colour Wheel.Colour Schemes and its effects. Practical	4 2 2 4 2 2 16	Feb 16T 16P	03/02/22 To 01/03/22
Unit III Consumer Education Meaning and definition. Problems of Consumers.Rights and Responsibilities of Consumers. Consumer Protection Act- 1986. Practical	2 2 2 2 2 4 2 16	March 16T 16P	02/03/22 To 31/03/22
Unit IV a. Furniture Arrangement Styles of Furniture Traditional, Contemporary, Modern Factors involved in selection of Furniture. Comfort, Rest and relaxation, Durability, For storage purpose. b. Arrangement of Furniture in different rooms Drawing Room, Bed Room, Dining Room, Multipurpose Rooms etc. Care of different types of furniture.Practical	2 2 2 2 2 2 2 2 16	Apr 16T 16P	01/04/22 To 28/04/22
Extra Class for Slow learners	8		
Revision Class	4		
Mock Test	2		
University Semester Exams	As per University Schedule		
Diwali Vacation/ Semester Brack	31.10.2021 to 10.11.2021		

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----- Semester wise Semester III Teaching Plan 2021-22 (Offline Mode)			
Unit	Required Lectures	Monthly Lectures	Duration
UNIT I Definition of Health, Nutrition, Dietetics, Nutritional status, optimum Nutrition and Nutrients. Definition of food and functions of food. Dimensions of health (Physical, Psychological, Emotional, Spiritual). Macronutrients-Carbohydrates, Fats, Proteins-Classification, Functions, Sources, Recommended dietary allowances, Deficiency and excess. Practical	2 2 2 4 4 2 16	Aug 16T 16P	02/08/21 To 30/08/21
Unit II 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)	4 2 2 4 2 2 16	Sep 16T 16P	31/08/21 To 26/09/21
Unit III Fibre – composition, Classification, Functions, Sources, Recommended dietary allowances, Deficiency, Excess. Energy (Calorie) - Definition of calorie, Factors affecting energy requirement, Fuel value of foods, Calorimeter-Bomb, Benedict Oxy, Atwater Rosa Benedict. Basal Metabolic Index, Calorie requirement for sedentary, moderate and heavy workers Men and Women. Antioxidants. Practical	2 2 2 2 2 4 2 16	Oct 16T 16P	27/-9/21 To 25/10/21
Unit IV Basic Food Groups- Sources and importance of Cereals, Pulses, oilseeds, Vegetables, Fruits, Milk and milk products, sugar and jiggery, spices, beverages, eggs, fish, meat. by NIN. Practical	2 2 2 2 2 2 2 16	Nov 16T 16P	26/10/21 To 22/11/21
Extra Class for Slow learners	8		
Revision Class	4		
Mock Test	2		
University Semester Exams	As per University Schedule		
Diwali Vacation/ Semester Brack	31.10.2021 to 10.11.2021		

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----- Semester wise Semester IV Teaching Plan 2021-22 (Offline Mode)			
Unit	Required Lectures	Monthly Lectures	Duration
UNIT I Balanced Diet- Definition, Factors affecting balance diet, Different Nutrients in balanced diet, Principles of Meal Planning. Nutrition through Life Cycle Pregnancy, Lactation. Infancy, Pre-School, School going, Adolescence, Adulthood, Old age. Practical	2 2 2 4 4 2 16	Jan 16T 16P	10/01/22 To 2/02/22
Unit II Principles of Diet Therapy. Modification of Normal diet for Therapeutic purposes. Types of Diet Nutritional Management in common diseases. Diarrhoea Diabetes Mellitus. Constipation. Anaemia. Sickle Cell Anaemia. Nutrition Education: Meaning and Definition, Objectives Methods of Nutrition Education. Practical	4 2 2 4 2 2 16	Feb 16T 16P	03/02/22 To 01/03/22
Unit III Food spoilage, Food Poisoning- Definition, various types of food poisoning and Remedies. Food Preservation –Definition and importance. Methods of food preservation- Dehydration, Chemical Preservation, with salt, Sugar, Oil and spices, by control of temperature. Food and Adulteration –Definition, Reasons behind food adulteration, effects of food adulteration, detection of food Adulteration, Standards, Remedies to tackle food adulteration, Laws regarding food adulteration. Practical	2 2 2 2 4 2 16	March 16T 16P	02/03/22 To 31/03/22
Unit IV Improving Nutritional Quality of foods- Germination, Fermentation, Supplementation, Substitution, Fortification and enrichment. Malnutrition in India- Definition of Malnutrition, over nutrition and under nutrition. Nutritional problems in India, Causes and remedies of malnutrition, Different agencies to combat malnutrition-FAO,CARE,NIN. Practical	2 2 2 2 2 2 2 16	Apr 16T 16P	01/04/22 To 28/04/22
Extra Class for Slow learners Revision Class Mock Test	8 4 2		
University Semester Exams	As per University Schedule		
Diwali Vacation/ Semester Brack	31.10.2021 to 10.11.2021		

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----- Semester wise Semester V Teaching Plan 2021-22 (Offline Mode)			
Unit	Required Lectures	Monthly Lectures	Duration
UNIT I An overview of the field of child-development. Meaning, Definition, importance and scope of child- development. Orientation to growth and development Definition of growth and development. Stages of development. General Principles of growth and development. Constraints and facilitators in growth and development. Influence of heredity and environment on growth and development. Difference between growth and development. Factors affecting growth and development. Practical	4 2 2 4 2 2	Aug 16T 24P	02/08/21 To 30/08/21
Unit II Genetic Inheritance-Fertilization, Number of Chromosomes, sex determination, Genotype and Phenotype. Prenatal Development- Emphasis on major developments during the three stages of inter-uterine development. Factors affecting prenatal development- Age of mother, Illness, diet and nutrition, stress and emotional strains, environmental hazards etc. Misconception of diet intake during pregnancy and its effect on health, Recommendations. Twins- Fraternal and Identical. Practical	4 2 2 4 2 2	Sep 16T 24P	31/08/21 To 29/09/21
Unit III Post- Natal Period -Neonatal Period -(From birth to two weeks)-Definition, Characteristics, Factors affecting post natal period. Hazards of Neonatal period-Physical hazards, Psychological hazards. Infancy and Babyhood (2 weeks to 2 years)- Definition, Characteristics of babyhood, Physical growth and Motor development, Speech development – Four Pre speech Forms-Crying, Cooing, Babbling, Gestures. 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, Darwinian Reflex etc. Hazards and Happiness. Practical	4 2 2 4 2 2	Oct 16T 24P	01/10/21 To 28/10/21
Unit IV Immunization and its importance. Importance of Supplementary food. Role of NGOs. Practical	4 2 2 4 2 2 24	Nov 16T 24P	29/10/21 To 28/11/21
Extra Class for Slow learners	10		
Revision Class	6		
Mock Test	4		
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----- Semester wise Semester VI Teaching Plan 2021-22 (Offline Mode)			
Unit	Required Lectures	Monthly Lectures	Duration
UNIT I Early Childhood- (2-6 years) Characteristics, developmental tasks. Physical development -Definition, Change in size- change in height, weight,development of bones, Teeth etc. Change in body proportion. Growth of internal organs, factors affecting physical development. Motor Development - Meaning, Skills of early childhood- Hand skills and leg skills.Handedness, Essentials of development of skills, factors affecting motor development.	4 2 2 4 2 2 24	Jan 16T 24P	10/01/22 To 05/02/22
Unit II Speech Development -Definition, Importance of speech.Steps of speech developmentduring early childhood- 1)comprehension, 2) Pronunciation, 3) Vocabulary building,4) Sentence formation. Speech defects - 1. Lispering 2. Cluttering3. Stuttering 4.Slurring. Remedies of speech defects.Factors affecting speech development. Intellectual development - Definition, Classification of intelligence,Measurement ofintelligence,Intelligence quotient (I.Q.), Factors affecting intellectual development.	4 2 2 4 2 2 24	Feb 16T 24P	06/02/22 To 01/03/22
Unit III Social Development -Definition, Companions during early childhood 1. Associates, 2.Playmates,3. Friends, 4. Imaginary friends. Forms of social behaviour. Factors affecting social development. Play- Importance of play(Values of play), characteristics of play, Stages of play, Types ofplay-Free spontaneous play, Dramatic or imaginary play, Constructive play. Practical	4 2 2 4 2 2 24	March 16T 24P	02/03/22 To 31/03/22
Unit IV Childhood behavioural problems: Common causes of behavioural problems. Types of Behavioural problems, its causes and remedies-1. Lying,2. Stealing,3. Temper Tantrums, 4. Nail biting,5. Thumb Sucking. Parent-child relationship- Importance, Need for desirable Child rearing practices, Parental Challenges –Attraction toward junk food, Television watching and its effects on children. Discipline- Definition, Objectives, Need and importance,	4 2 2 4 2 2 24	Apr 16T 24P	01/04/22 To 28/04/22
Extra Class for Slow learners Revision Class Mock Test	10 6 4		
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