

**Dayanand Arya Kanya Mahavidyalaya**

**Department of Home-Economics**

**Teaching Plan**

**Dr Sujata Sakhare**

**Academic Session  
2019-2020**

**Dayanand Arya Kanya Mahavidyalaya**  
**Department of Home-Economics**  
**2019-2020**

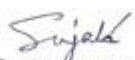
**Semester wise Semester I Teaching Plan 2019-20 ( Offline Mode)**

Unit	Required Lectures	Monthly Lectures	Duration
<b>Admission Process: 09/08/2019 to 04/09/2019</b>		<b>July/August</b>	
<b>Bridge Course</b>			
UNIT I a. 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	July Aug 16T 16P	24/07/2019 to 16/08/2019
Unit II a. 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	Aug Sep 16T 16P	17/08/2019 to 08/09/2019
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	Sept 18T 16P	09/09/2019 to 30/09/2019
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 16	Oct 16T 16P  Nov 16T 16P	01/10/2019 to 19/10/2019  30/10/2019 to 18/11/2019
Extra Class for Slow learners	8		
Revision Class	4		
Mock Test	2		
University Semester Exams	15/06/2019 to 19/11/2019		
Diwali Vacation/ Semester Brack	20/10/19 to 19/11/19		

Date of Submission: 08/07/2019



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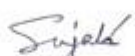
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Semester wise Semester II Teaching Plan 2019-20 ( Offline Mode)			
Unit	Required Lectures	Monthly Lectures	Duration
<b>UNIT I</b> a. Self-Employment in Home-Economics. Definition of self-employment. Need of self-employment in Home-Economics. Opportunities 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	Dec Jan 16T 16P	16/12/2019 to 09/01/2020
<b>Unit II a.</b> Work Simplification Meaning and Importance of work simplification. Techniques of work simplification Improving Methods of work simplification Mundel's Law of Changes. <b>b.</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	Jan Feb 16T 16P	10/01/2020 to 11/02/2020
<b>Unit III</b> Consumer Education Meaning and definition. Problems of Consumers. Rights and Responsibilities of Consumers. Consumer Protection Act- 1986. Practical	4 6 2 3  16	Feb March 16T 16P	12/02/2020 to 14/03/2020
<b>Unit IV</b> <b>a.</b> Furniture Arrangement Styles of Furniture Traditional, Contemporary, Modern Factors involved in selection of Furniture. Comfort, Rest and relaxation, Durability, For storage purpose. <b>b.</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  16	March April 16T 16P	15/03/2020 to 14/04/2020
Extra Class for Slow learners Revision Class Mock Test	8 4 2	April May 16T 16P	15/04/2020 to 07/05/2020
University Semester Exams	20/11/2019 to 30/04/2020		
Diwali Vacation/ Semester Brack	01/05/2020 to 14/06/2020		

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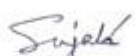
**Semester wise Semester III Teaching Plan 2019-20 ( Offline Mode)**

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. Practicals	2 2 2 4 4 2  16	July Aug 16T 16P	24/08/2019 to 16/08/2019
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 BComplex, (B1, B2, B3, B6,B12, Folic acid)	4 2 2 4 2 2  16	Aug Sep 16T 16P	17/08/2019 to 08/09/2019
Unit III Fibre – composition, Classification, Functions, Sources, Recommended dietary allowances, Deficiency, Excess. Energy (Calorie) - Definition of calorie, Factors affecting energy requirement, Fuelvalue 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	Sep 16T 16P	09/09/2019 to 30/09/2019
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 2 16	Oct 16T 16P  Nov 16T 16P	01/10/2019 to 19/10/2019  30/10/2019 to 18/11/2019
Extra Class for Slow learners Revision Class Mock Test	8 4 2		
University Semester Exams	15/06/2019 to 19/11/2019  20/10/2019 to 19/11/2019		
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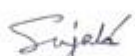
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<b>Semester wise Semester IV Teaching Plan 2019-2020 ( Offline Mode)</b>			
Unit	Required Lectures	Monthly Lectures	Duration
UNIT I Balanced Diet- Definition, Factors affecting balance diet, Different Nutrients in balanced diet, Principles of Meal Planning. Nutrition through Life Cycle Pregnancy, Lactation. Infancy, Pre-School, School going, Adolescence, Adulthood, Old age. Practical	2 2 2 4 4 2 16	Dec Jan 16T 16P	16/12/2019 to 09/01/2020
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	Jan Feb 16T 16P  Feb	10/01/2020 to 11/02/2020
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 2 4 2 16	March 16T 16P	12/02/2020 to 14/03/2020
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	March Apr 16T 16P  Apr/ may	15/03/2020 To 14/04/2020  15/04/2020 to 01/05/2020
Extra Class for Slow learners Revision Class Mock Test	8 4 2		
University Semester Exams	20/11/2019 to 30/04/2020		
Diwali Vacation/ Semester Brack	01/05/2020 to 14/06/2020		

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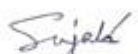
**Semester wise Semester V Teaching Plan 2019-20( Offline Mode)**

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 Principals 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	July Aug 16T 24P	24/08/2019 to 16/08/2019
Unit II Genetic Inheritance-Fertilization,Number of Chromosomes, sex determination,Genotype and Phenotype. Prenatal Development- Emphasis on major developments during the three stages ofinter-uterine development. Factors affecting prenatal development- Age of mother, Illness, diet and nutrition, stress and emotional strains, environmental hazards etc.Misconceptionof diet intake during pregnancy and its effect on health,Recommendations. Twins- Fraternal and Identical. Practical	4 2 2 4 2 2	Aug Sep 16T 24P	17/08/2019 to 08/09/2019
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 speechForms-Crying, Coing,	4 2 2 4 2 2	Sept 16T 24P	09/09/2019 to 30/09/2019
Babbling ,Gestures. development of senses – Visual, Auditory, Smell, Taste, Touch, Reflexes during neotalPeriod-Rooting reflex, Sucking reflex, Blink Reflex, Moro Reflex, BobinskiReflex, Tonic neck Reflex, Darwian Reflex etc. Hazards andHappiness. Practical	4 2 2 4 2	Oct 16T 24P	01/10/2019 to 19/10/2019
Unit IV Immunization and its importance. Importance of Supplementary food. Role of NGOs. Practical	2 24	Nov 16T 16P	30/10/2019 to 18/11/2019
Extra Class for Slow learners	10		
Revision Class	6		
Mock Test	4		
University Semester Exams	15/06/2019 to 19/10/2019  20/10/2019 to 19/11/2019		
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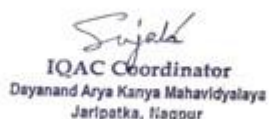
**Semester wise Semester VI Teaching Plan 2019-20 ( Offline Mode)**

Unit	Required Lectures	Monthly Lectures	Duration
<b>UNIT I</b> 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	Dec Jan 16T 24P	16/12/2019 to 09/01/2020
<b>Unit II</b> 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. Lipping 2. Cluttering 3. Stuttering 4. Slurring. Remedies of speech defects. Factors affecting speech development. Intellectual development- Definition, Classification of intelligence, Measurement of intelligence, Intelligence quotient ( I.Q.), Factors affecting intellectual development.	4 2 2 4 2 2  24	Jan Feb 16T 24P	10/01/2020 to 11/02/2020
<b>Unit III</b> 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 of play- Free spontaneous play, Dramatic or imaginary play, Constructive play. Practical	4 2 2 4 2 2  24	Feb March 16T 24P	12/02/2020 to 14/03/2020
<b>Unit IV</b> 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	March Apr 16T 24P  April May 16T 16P	15/03/2020 to 14/04/2020  15/04/2020 to 07/05/2020
Extra Class for Slow learners Revision Class Mock Test	10 6 4		
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