

BHAKTA KAVI NARSINH MEHTA UNIVERSITY



FACULTY OF HOME SCIENCE **B.A. HOME SCIENCE (GENERAL)** **(Semester 1)**

(CHOICE BASED CREDIT SYSTEM)

(Three Year Full Time Course)

Effective From June-2018

Bhakta Kavi Narsinh Mehta University
Junagadh-362263

Website : **www.bknmu.edu.in**

Preamble

Home science is an interdisciplinary subject in nature it covers many subjects and areas, therefore it contributes a lot in the development of an individual, society and nation by way of holistic grooming of the students. It provides skill and knowledge, it inculcates a sense of familial and social responsibility. It also inculcates scientific temper and approaches in students in modern era, Home science has become a triangulation of science, social science and technological skill. Therefore Home science curriculum has been prepared keeping teaching, rehearsal and extension activities in view.

In the field of higher education Home science attains utmost importance to an individual's dynamic relationship with his/her family, society and nation. In present scenario, Home science empowers students socially and economically by offering various programmes, life capacity building skill and technological aided task. In this way, Home science promotes enterprising and a sense of social responsibility. The youths do not remain merely job seekers but they also become job givers. The students achieve and impart employment and expertise respectively in various spheres like education and child development, dietetic practice, environment, strategic planning, and communication technology, fashion designing, interior decoration etc. The students are expected to understand and assimilate principles of all the also resaid domains. The syllabus has been designed following UGC model curriculum of Home science.

➤ The objectives of the B.A. Home Science General course. Are Follows:

- ❖ To inculcate virtues of effective management and leadership rules.
- ❖ To Develop a scientific approach and temper.
- ❖ To enable students to understand and appreciate the role of interdisciplinary sciences in development and betterment of individual, families and societies.
- ❖ To empower the students economically and socially.
- ❖ To promote enterprising in fashion designing. Food and nutrition. Textile, communication technology among others.
- ❖ To learn about the sciences and technologies that enhance quality the life of people.
- ❖ To take science from the laboratory to the people

Structure of Programme

* **B.A.** Programme consists in **SIX** semester

*

* There will be **Three** types of course.

1.	Foundation Course	FC
2.	Core Courses	CC
3.	Elective Course	EC
		TOTAL

* For each semester the hours per week and credit will be assigned as under:

Semester	Courses	Credits	Hours
I	08	24	24
II	08	24	24
III	08	24	24
IV	08	24	24
V	07	21	21
VI	07	21	21
TOTAL	46	138	138

* The entire programme will contain 46 courses, 138 credits and 218 hours classroom work per week.

* There will be **two** types of courses for Home Science.

1.	Core Course	CC	30
2.	Elective Course	EC	08
		TOTAL	38

Details of course offering under graduate (**BA. HOME SCIENCE**)

SR. NO.	COURSE	PAPER	THEORY + PRACTICAL	CREDIT	HOURS
1	Foundation Course (FC)	08	24	24	
2	Core Course (CC)	30	90	90	
3	Elective Course (EC)	08	24	24	
	TOTAL	46	138	138	

HOME SCIENCE

SR. NO.	COURSE	PAPER	THEORY + PRACTICAL	CREDIT	HOURS
1	Core Course (CC)	30	90 + 40	90	
2	Elective Course (EC)	08	24 + 08	24	
	TOTAL	38	114 + 48	114	

CHOICE BASED CREDIT SYSTEM (CBCS) IN B.A. HOME SCIENCE - GENERAL

SEMESTER	FC	CC	EC
I	FCE/H - I FCS - I	CC - 1 CC - 2 CC - 3 CC - 4	EC - 1 EC - 2
II	FCE/H - II FCS - II	CC - 5 CC - 6 CC - 7 CC - 8	EC - 1 EC - 2
III	FCE/H - III	CC - 9 CC - 10 CC - 11 CC - 12 CC - 13	EC - 1 EC - 2
IV	FCE/H - IV	CC - 14 CC - 15 CC - 16 CC - 17 CC - 18	EC - 1 EC - 2
V	FCE/H - V	CC - 19 CC - 20 CC - 21 CC - 22 CC - 23 CC - 24	
VI	FCE/H - VI	CC - 25 CC - 26 CC - 27 CC - 28 CC - 29 CC - 30	

ABBREVIATIONS

FC	Foundation Course (FC)
CC	Core Course (CC)
EC	Elective Course (EC)
C	Credit
IM	Internal Marks
PM	Practical Marks
EM	External Marks
TM	Total Marks

B.A Home Science – General

Semester	Course	Paper	Credit T + P = Total	Hours
I	F.C.	2	06 + 00 = 06	
	CC	4	12 = 12	
	E.C.	2	06 = 6	
			24	

Structure of Examination & Marking System

Total Marks / Paper = 100

- * Marks assigned and its division into (1) External Exam= 70 Marks
 - (2) Internal Exam= 30 Marks
 - (3) Practical Exam= 20Marks
- * In the paper with practical work, the external marks divided

External Marks :	Theory Exam :	50
	Practical Exam :	20
Internal :		30

* Marking scheme for External Examination = 70 Marks

Sr	Type of	Que.No		Marks	
No	Question	The.	Pra.	Theory Sub	Prac.Sub
1	Long Questions	04	03	4x15=60	3x15=45
2	Short Note	01	01	1x10=10	1x5=05
	(Each with internal option)	Time:		2:30 hours	2:00 hours
		Total		70	50

* Marking scheme for Internal Exam = 30 Marks

- | | | | |
|-------|------------------|---|---------|
| (i) | M.C.Q. Test - I | : | 10Marks |
| (ii) | M.C.Q. Test - II | : | 10Marks |
| (iii) | Assignment | : | 10Marks |

* Marking scheme for Practical Exam = 20 Marks

(iv)	Journal Work	:	05Marks
(v)	Practical	:	10Marks

Duration of Theory Exam 2:30 hours

Duration of Practical Exam 70 Marks: 2:30 hours 50 Marks: 2 hours

**DETAIL OF SEMESTERWISE COURSE
B.A. HOME SCIENCE GENERAL SEMESTER - 1**

SR NO	COURSE	SUBJECT	T + P	CREDITS	I.M	P.M	E.M	T.M	HOURS
1	FC - 1	ENGLISH - I	3 + 0	3	30	0	70	100	3
		OR							
		HINDI - I	3 + 0		30	0	70	100	
2	FC - 2	SANSKRIT - I	3 + 0	3	30	0	70	100	3
3	CC - 1	NUTRITION AND FOOD SCIENCE - I	3 + 1	4	30	20	50	100	5
4	CC - 2	MOTHER CRAFT AND CHIL CARE	3 + 1	4	30	20	50	100	5
5	CC - 3	RESOURCE MANAGEMENT - I	3 + 1	4	30	20	50	100	5
6	CC - 4	FAMILY AND COMMUNITY SCIENCE EDUCATION - I	3 + 0	3	30	0	70	100	3
7	ELE - 1 ANY ONE	NUTRITION AND FOOD SCIENCE - I	3 + 1	4	30	20	50	100	5
		OR							
		PSYCHOLOGY	3		30	0	70	100	3
		OR							
		SOCIOLOGY	3		30	0	70	100	3
8	ELE - 2 ANY ONE	FAMILY AND COMMUNITY SCIENCE EDUCATION - I	3 + 0	3	30	0	70	100	3
		OR							
		PSYCHOLOGY	3 + 0	3	30	0	70	100	3
		OR							
		SOCIOLOGY	3 + 0	3	30	0	70	100	3
			TOTAL	28	240	60/80	480/500	800	36/40

SEMESTER 1

Subject: _

HOME SCIENCE

Course (Paper) Name & No.: CC-1 NUTRITION AND FOOD SCIENCE - I

Course (Paper) Unique Code: _____

External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or Practical Or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	II	Core	3	30	50	20	100

Objectives:

- > To understand the function and rule of various nutrients, their requirements and the effects of deficiency.
- > To develop the skills to prepare protein, vitamin, mineral, rich diet and improve the health of family.
- > To enable the student to cure malnutrition under nutrition and over nutrition through rich sources food stuffs.

Theory:

Unit-I	Meaning, definition of nutrition.
Unit-II.	Classification, function, and sources of carbohydrates. Classification, function, sources and deficiency diseases of proteins. Classification, function, and sources of fat.
Unit-III.	Functions, sources and deficiency diseases of vitamins.
Unit-IV.	1) Thiamine (Vitamin-B1) 2) Riboflavin (Vitamin-B2) 3) Niacin (Vitamin-B3) 4) Vitamin-C 5) Vitamin-A 6) Vitamin-D

Unit-V. Functions, sources and deficiency diseases of minerals.

- 1) Calcium
- 2) Phosphorus
- 3) Iron

Practical:

- 1) To prepare protein rich dish
- 2) To prepare vitamin rich dish(Anyone)
- 3) To prepare mineral rich dish.

References

- 1) Swaminathan M.S. “Essentials of food and nutrition”-VI-1985
- 2) “Fundamentals of food and nutrition” -Nilam Bhudhhadev and Bhavna Vaid, Pravin Pustak Bhandar - Rajkot-2004
- 3) Food Science- CFTRI-Mysore
- 4) Williams S.R. “Nutrition and diet therapy” 4th edition 1989]
- 5) Robinson C.H., “Normal and therapeutic nutrition” 17th edition 1986
- 6) Chintpalli Vidhya - “A text book of nutrition- Discovery publishing house - 2010
- 7) B.K. Bakshi - “Ahar Avam Poshan Vigyan” Agraval publishing
- 8) Dr. Snehlata “Nutrition status” Discovery publishing house- 2006
- 9) Sangita Gautam “Nutrition science” Shrishti book distribution - 2007
- 10) Chaney and Ross “Nutrition” Surgeet publication - 2007

Website:

- 1) <http://www.innvista.com/health/nutrition/amino/pclass.htm>
- 2) <http://wiki.answer.com/foodand nutrition.com>
- 3) <http://www.helthyvitamin.choice.com/fatwater-somble.html>

SEMESTER 1

Subject:

HOME SCIENCE

Course (Paper) Name & No.: CC -2 MOTHER CRAFT & CHILD CARE

Course (Paper) Unique Code: _____

External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or Practical Or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	II	core	3	30	50	20	100

Objectives:

1. To introduce the student to the field of mother craft.
2. To sensitize the student to understand the field of child care, scope and importance.
3. To sensitize the student to interventions in the field of mother craft and child care.

Theory

Unit: I

Meaning and Importance of Mother Craft & Child Care:

Meaning of mother craft.

Meaning of mother craft & child care.

Importance of mother craft & child care.

Scope of mother craft & child care.

Unit: II Fitness for motherhood:

- Biological fitness.
- Economic fitness.
- Psychological fitness.

Unit: III Pregnancy - Signs & Problems:

- Primary symptoms.
- Main symptoms.
- Problems of pregnancy.

- Complication of pregnancy.
- Care of a pregnant mother or Antenatal Care.

Unit: IV Prenatal Development & Neonate:

- Stage of prenatal development.
- Characteristic of neonate.
- Classification of neonate.
- Immediate care of newborn.
- Care of premature infant.
- Feeding and weaning.

Unit : V Care of Baby Health & Immunization:

- Immunity & Immunization.
- Immunization schedule for prevention of major infectious diseases.
- Various vaccinations against infectious diseases.
- Factor considered while immunization.

Practicals:

- Toys making.
- Cartoon making.
- Prepare the national immunization.

References Books:

1. Baby & child - Home Medical Care. Mitchell J. Einzig & Terril H. Hast Unicorn Books - Pustak Mahal Delhi.
2. Health Care & Mental Hygiene of a child. Nira Gupta - ABD Publishers Jaipur.
3. Keeping Kids Safe, Dr. Kenneth Shore.
4. Matrukala avm Balvikas (Hindi), Dr. Nita Agrawal & Dr. Vida Nigam, Agrawal Publications, Agra-2.
5. Matrukala avm Shishukalyan (Hindi), Mrs.Brindashin, Shayam Prakashan, Jaipur.
6. Matrukala avm Shishukalyan (Hindi), Dr. G. P. Shaary, Vinod pustak Mandir, Agra.
7. Bacchoka Palan Poshan (Hindi), Shri Ajarab, Pupiles Publishing House Ltd, New Delhi-55.

Web:

1. www.books.google.com/childpsvchology.
2. www.textbookonline.childcare.

3. www.Mamma.com.

SEMESTER 1**HOME SCIENCE**

Subject:

Course (Paper) Name & No.: CC-3 RESOURCE MANAGEMENT - I

Course (Paper) Unique Code: _____

External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or Practical Or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Core	5	30	50	20	100

Objectives:

- To create an awareness among the students about home management in the family as well as the other systems.

Theory:Unit-I. Introduction to home management

- Definition of home management
- Importance of home management
- Role and responsibilities of a good Home maker
- Attributes of a good Home maker

Unit II. – Process of home management

A. Planning

1. Definition of planning
2. Importance of Planning
3. Steps of Planning

B. Controlling

1. Definition of controlling
2. Steps of Controlling
3. Steps of Success

C. Evaluation

1. Definition of evaluation
2. Importance of Evaluation
3. Types of Evaluation

Unit-II. Principles of home management**A.** To complete the basic requirement.**B.** Balancing income and expenditure.**C.** To complete household activities skillfully.

1. <u>Value</u>	Definition of value Types of value
2. Goals	Definition of goals Types of goals Definition of Standard Types of Standard
3. Standard	

Unit-IV. **Decision Making**

^ Definition of decision
Importance of decision Types of
decision ^ Process of decision
making

Practicals:

- 1) Poster making
- 2) Flower arrangement
- 3) Sewing various types of curtains.

References:

- ^ Iroma H. Gross, Elizabeth Grandall marjoris M. Knoll (1937): Management for modern families, prentice Hall, Mc, Englewood Cliffs, New Jersey(Unit: 1-8) paulena Nickell & Jean Muir Dorserly - 1967 ^ Management in family living - 4th edition.
^ Mohinder K. Mann - 1980 Home management for Indian families 2nd edition. ^
Madhuben Thakkar - 1998 - Introduction to home management.
^ Nira Bhatnagar - 1989 - Home Management.
^ Dr. G.P. Shairy - 2000 - Household management and household art.
^ Dr. Smt. Kanti Pandey - 1984 -Home management ^ Dr. Asha Parik - 1988 -Home management.
^ Dr. Smt. B.D. Harpalani - 2002 - Home management.

Websites:

- 1) books.google.com/books/home-managment.in
- 2) [wiki.answers.com>.....>](https://wiki.answers.com/>.....>)
- 3) www.google.resourcemanagment.in

Unit-III. **Fundamental Motives of home management**

SEMESTER 1

Subject:

HOME SCIENCE

Course (Paper) Name & No.: CC-4 FAMILY AND COMMUNITY SCIENCE EDUCATION - I

Course (Paper) Unique Code: _____

External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or Practical Or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Core	3	30	70	-	100

Objectives:

1. To enable the students to acquire the knowledge and skills required for holistic understanding of the field of home science education.
2. To enable the students to acquire the knowledge and competence to teach and practice home science in relevant setting.

Unit: I

Theory:

Meaning, Importance & Aims of teaching home science education:

- | | | |
|-------------------------|---|---------------------------------|
| | - | (advantages - disadvantage) |
| 1. Lecture method | - | (advantages - disadvantage) --- |
| 2. Laboratory method | - | (advantages - disadvantage) |
| 3. Discussion method | - | (advantages - disadvantage) |
| 4. Demonstration method | - | (advantages - disadvantage) |
| 5. Project method | - | (advantages - disadvantage) |
| 6. Assignment method | | |

Unit: II Methods of teaching home science education:

Unit: III Teaching Aids of home science education

1) Visual Aids

- Black board
- Bulletin board
- Showcase display
- Flash card
- Poster
- Pictures

2) Audio Aids

- Radio
- Record player

3) Audio Visual Aids

- Television
- Film

Unit: IV **Qualities of house science ideal teacher:**

1. General qualities.
2. Special qualities.
3. Personal expertise.

Unit: V Job Opportunities in home science education:

Reference:

1. Devadas R.P. 1958 - The meaning of home science - Coimbatore.
2. Kinder J.S. 1950 - Audio - Visual materials and techniques, New York
3. Mujibu Hasan Siddiqui - 2007 - Teaching home science.
4. Dr. G.P. Shairy -2007 - Home science education.
5. Dr. S.P. Sukhiya 1984 - Home science education.
6. Spatford I.A. 1948 - Functioning programme of home economics - New York, American book.
7. Sumita Jain - 2007 - various aspects of home science.
8. Anita Varma - 2007 - Home Science Education.
9. Dipti Desai - 1992 - Home Science Education.

Web:

1. Books.google.co.in\books
2. Books.google.com>House & Home>General
3. Socyberty.com>education.

SEMESTER 1

Subject:

HOME SCIENCE

Course (Paper) Name & No.: ELE-1 NUTRITION AND FOOD SCIENCE - I

Course (Paper) Unique Code: _____

External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or Practical Or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	II	Core	5	30	50	20	100

Objectives:

- > To understand the function and rule of various nutrients, their requirements and the effects of deficiency.
- > To develop the skills to prepare protein, vitamin, mineral, rich diet and improve the health of family.
- > To enable the student to cure malnutrition under nutrition and over nutrition through rich sources food stuffs.

Theory:**V Unit-I.**

- ✓ Meaning, definition of nutrition.

Unit-II. Classification, function, and sources of carbohydrates. Classification,

Unit-III. function, sources and deficiency diseases of proteins. Classification,

Unit-III. function, and sources of fat.

Unit-IV. Functions, sources and deficiency diseases of vitamins.

- 1) Thiamine (Vitamin-B1)
- 2) Riboflavin (Vitamin-B2)
- 3) Niacin (Vitamin-B3)
- 4) Vitamin-C
- 5) Vitamin-A
- 6) Vitamin-D

Unit-V. Functions, sources and deficiency diseases of minerals.

- 1) Calcium
- 2) Phosphorus
- 3) Iron

Practical:

- 1) To prepare protein rich dish
- 2) To prepare vitamin rich dish(Anyone)
- 3) To prepare mineral rich dish.

References

- 11) Swaminathan M.S. “Essentials of food and nutrition”-VI-1985
- 12) “Fundamentals of food and nutrition” -Nilam Bhudhhadev and Bhavna Vaid, Pravin Pustak Bhandar - Rajkot-2004
- 13) Food Science- CFTRI-Mysare
- 14) Williams S.R. “Nutrition and diet therapy” 4th edition 1989]
- 15) Robinson C.H., “Normal and therapeutic nutrition” 17th edition 1986
- 16) Chintpalli Vidhya - “A text book of nutrition- Discovery publishing house - 2010
- 17) B.K. Bakshi - “Ahar Avam Poshan Vigyan” Agraval publishing
- 18) Dr. Snehlata “Nutrition status” Discovery publishing house- 2006
- 19) Sangita Gautam “Nutrition science” Shrishti book distribution - 2007
- 20) Chaney and Ross “Nutrition” Surgeet publication - 2007

Website:

- 4) <http://www.innvista.com/health/nutrition/amino/pclass.htm>
- 5) <http://wiki.answer.com/foodand nutrition.com>
- 6) <http://www.helthyvitamin.choice.com/fatwater-somble.html>

SEMESTER 1

Subject: _____ HOME SCIENCE _____

Course (Paper) Name & No.: ELE - 2 FAMILY AND COMMUNITY SCIENCE EDUCATION -I

Course (Paper) Unique Code: _____

External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or Practical Or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Elective	3	30	70	-	100

Objectives:

3. To enable the students to acquire the knowledge and skills required for holistic understanding of the field of home science education.
4. To enable the students to acquire the knowledge and competence to teach and practice home science in relevant setting.

Theory:

Unit: I Meaning, Importance & Aims of teaching home science education:

Unit: II Methods of teaching home science education:

7. Lecture method - (advantages - disadvantage)
8. Laboratory method - (advantages - disadvantage)
9. Discussion method - (advantages - disadvantage)
10. Demonstration method - (advantages - disadvantage)
11. Project method - (advantages - disadvantage)
12. Assignment method - (advantages - disadvantage)

Unit: III Teaching Aids of home science education

- | | | |
|--------------------|-----------------|----------------------|
| 1) Visual Aids | 2) Audio Aids | 3) Audio Visual Aids |
| - Black board | - Radio | - Television |
| - Bulletin board | - Record player | - Film |
| - Showcase display | | |
| - Flash card | | |
| - Poster | | |
| - Pictures | | |

Unit: IV **Qualities of house science ideal teacher:**

4. General qualities.
5. Special qualities.
6. Personal expertise.

Unit: V Job Opportunities in home science education:

Reference:

- 1 Devadas R.P. 1958 - The meaning of home science - Coimbatore.
- 2 Kinder J.S. 1950 - Audio - Visual materials and techniques, New York
- 3 Mujibu Hasan Siddiqui - 2007 - Teaching home science.
- 4 Dr. G.P. Shairy -2007 - Home science education.
- 5 Dr. S.P. Sukhiya 1984 - Home science education.
- 6 Spat ford I.A. 1948 - Functioning programme of home economics - New York, American book.
- 7 Sumita Jain - 2007 - various aspects of home science.
- 8 Anita Varma - 2007 - Home Science Education.
- 9 Dipti Desai - 1992 - Home Science Education.

Web:

4. Books.google.co.in\books
5. Books.google.com>House & Home>General
6. Socyberty.com>education.