

BHAKT KAVI NARSHI MEHTA UNIVERSITY
JUNAGADH

FACULTY OF HOME SCIENCE



Syllabus For
B.A. HOME SCIENCE (GENERAL)
C.B.C.S (Three Year) Programme

SEMESTER -II
Effective from June - 2018

FACULTY OF ARTS

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Structure of Programme

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

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

1.	Foundation Course	FC	8
2.	Core Courses	CC	30
3.	Elective Course	EC	8
		TOTAL	46

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

Semester	Courses	Credits	Hours
I	08	24	68
II	08	24	68
III	08	24	68
IV	08	24	68
V	07	21	67
VI	07	21	67
TOTAL	46	138	406

- The entire programme will contain 46 courses, 138 credits and 68 hours classroom work per/practical week.

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

SR. NO.	COURSE	PAPER	THEORY + PRACTICAL	CREDIT	HOURS
1	Foundation Course (FC)	08	24 + 0	24	24
2	Core Course (CC)	30	90 + 20	110	130
3	Elective Course (EC)	08	24 + 0/4	24/28	24/32
	TOTAL	46	138 + 20/24	158/162	178/186

HOME SCIENCE

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

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B.A Home Science – General

Semester	Course	Paper	Credit T + P = Total	Hours
I	F.C.	2	$06 + 00 = 06$	06
	CC	4	$12 + 03 = 15$	18
	E.C.	2	$06 + 0/1 = 6/7$	06/08
			27/28	30/32
II	F.C.	2	$06 + 00 = 06$	06
	CC	4	$12 + 03 = 15$	18
	E.C.	2	$06 + 0/1 = 6/7$	06/08
			27/28	30/32
III	F.C.	1	$03 + 0 = 03$	03
	CC	5	$15 + 3 = 18$	24
	E.C.	2	$6 + 0/1 = 6/7$	06/08
			27/28	30/32
IV	F.C.	1	$03 + 0 = 03$	03
	CC	5	$15 + 3 = 18$	24
	E.C.	2	$6 + 0/1 = 6/7$	06/08
			27/28	30/32
V	F.C.	1	$3 + 0 = 3$	03
	CC	6	$18 + 4 = 22$	26
			25	29
VI	F.C.	1	$3 + 0 = 3$	03
	CC	6	$18 + 4 = 22$	26
			25	29
TOTAL COURSE IN HOME SCIENCE		Course	Credit	Hours
		CC - 30	$90+20=110$	130
		EC - 08	$24+ 4= 28$	32
		TOTAL	138	162

Structure of Examination & Marking System

Total Marks / Paper = 100

Marks assigned and its division into

External Exam= 70 Marks

Internal Exam= 30 Marks

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 Question	Que.No		Marks	
		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 Practical Exam 70 Marks: 2:30 hours 50 Marks: 2 hours

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SEMESTER-II

SR NO	COURSE	SUBJECT	T + P	CREDITS	I.M	P.M	E.M	T.M	HOURS
1	FC - 3	ENGLISH	3 + 0	3	30	0	70	100	3
		OR							
		HINDI – II	3 + 0		30	0	70	100	
2	FC - 4	SANSKRIT – II	3 + 0	3	30	0	70	100	3
3	CC - 5	NUTRITION AND FOOD SCIENCE - II	3 + 1	4	30	20	50	100	5
4	CC - 6	CHILD DEVELOPMENT	3 + 1	4	30	20	50	100	5
5	CC - 7	RESOURCE MANAGEMENT – II	3 + 1	4	30	20	50	100	5
6	CC - 8	FAMILY AND COMMUNITY SCIENCE EDUCATION - II	3 + 0	3	30	0	70	100	3
7	ELE - 1 ANY ONE	NUTRITION AND FOOD SCIENCE - II	3 + 1	4	30	20	50	100	5
		OR							
		PSYCHOLOGY	3 + 0	3	30	0	70	100	3
		OR							
		SOCIOLOGY			30	0	70	100	3
8	ELE - 2 ANY ONE	FAMILY AND COMMUNITY SCIENCE EDUCATION - II	3 + 0	3	30	0	70	100	3
		OR							
		PSYCHOLOGY			30	0	70	100	
		OR							
		SOCIOLOGY			30	0	70	100	
			TOTAL	27/28	240	60/80	480/500	800	30/32

Syllabus
SEMESTER 2

Subject: HOME SCIENCE

Course (Paper) Name & No.: CC-5 NUTRITION AND FOOD SCIENCE - II

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	4	30	50	20	100

Objectives:-

- This course will enable the student...
- To understand the function and rule of food groups, balanced various diet, nutritional contribution of food.
- To develop an ability to improve the nutritional quality of food.
- To develop an ability to cure deficiency diseases through food and to maintain the health of family and nation.

Theory:-

Unit-I: Meaning, Definition and Importance of food and nutrition.

Unit-II: Classification and nutritional contribution of food stuffs.

- Cereals and Pulses.
- Milk and Milk products.
- Vegetables and Fruits.
- Sugar and Jaggery.
- Nuts and Oil seeds.
- Fats and Oil.
- Eggs, meat and fish.

Unit-III: Cooking Methods.

- Advantages of cooking.
- Methods of cooking.

Their effects on nutrients.

- Boiling
- Steaming
- Roasting

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- Frying
- Baking
- Solar Cooking

Unit- IV: Good nutrition and mal nutrition

- Definition and meaning of good nutrition and malnutrition
- Characteristic of good nutrition and malnutrition
- Causes of malnutrition

Unit-V:

- Definition and meaning of calorie
- Factors affecting on calorie requirements
- Determination of energy value of food (direct and in direct method)
- Effects of low and excess calorie on body

Practical:-

- To prepare dish to use any one cooking method
- To prepare low calorie dish.
- To prepare high calorie dish.

References:-

- Dr. Rajiv Sharma - "Bhojan dvara chikitsa" Manoj Publication - 2009.
- Ahar avam poshan ke mul aadhar-shrimati **B.K. Bakshi**- agraval publication Agra -2
- Posan aur Aahar Vigyan- D.R.vimalesh kumara Discovery Publishing House – New Delhi-2006.
- Swaminathan M.S. Essentials of food and nutrition VI-1985.
- Food and health, M.L. Nara Saiah, Discover Publishing House, New Delhi- 2004.
- Fundamentals of Food and Nutrition Nilam Budhhadev, Pravin Pustak bhandar-Rajkot -2004.

Websites:-

- <http://health-wikinet.com>
- www.thesevenbasicfoodgroupsforpropernutrition.wikipedia.com
- <http://Wmedicaldictionary.thefreedictionary.com/over nutrition>

Subject: _____ SEMESTER 2
 Course (Paper) Name & No.: HOME SCIENCE
 CC-6 CHILD DEVELOPMENT
 _ 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	4	30	50	20	100

Syllabus

Objectives :

- To introduce the student to the field of child development.
- To sensitize the student to understand the development in child, it's concepts, scope, objective and importance.
- To sensitize the student to interventions in the field of child development.

Theory:

Unit : I Child Study:

- Introduction
- Historical background of child study
- Importance of child study
- Objectives of child study

Unit: II Introduction of Child Development:

- Definition and scope.
- Objectives of child study.
- Importance of child development.

Unit: III Growth and Development:

- Meaning of growth & development.

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- Difference between growth & development.
- Principle of development.

Unit: IV Areas of Development:

- Physical development
- Mental development
- Social development
- Emotional development
- Motor development

Unit: V Stages of Development:

- Stages of development.
- Factors effecting development.

Practicals :

1. Visit to Balwadi & Observation of child behavior.
2. Prepare a storybook, song, album and scrapbook for children.
3. Prepare a indoor game for children.

Reference:

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. Metrukala avm Balvikas (Hindi), Dr. Nita Agrawal & Dr. Vida Nigam,
Agrawal Publications, Agra-2.
5. Metrukala avm Shishukalyan (Hindi), Mrs. Brindashih, Shayam Prakashan, Jaipur.
6. Metrukala avm Shishukalyan (Hindi), Dr. G.P. Shaary, Vinod Pustak Mandir, Agra.
7. Bacchoka Palan Poshan (Hindi), Shri Ajarab, Pupiles Publishing
8. House Ltd. New Delhi-55

Web:

1. www.books.google.com
2. www.khaj.indinindex
3. www.google.childdevelopment.in

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SEMESTER 2

Subject: HOME SCIENCE

Course (Paper) Name & No.: CC-7 RESOURCE MANAGEMENT-II

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	4	30	50	20	100

Syllabus

Objectives:

To recognize the importance of wise use of resources in order to achieve goals.

Theory:

Unit: I Family resources:

Characteristic of resources

Classification of resources

1. Suggestions for the use of the resources
2. Misconception and obstacle
3. Obstacles for good management

Unit: II Time Management:

- Definition of time management.
- Importance of time management.
- Process of time management.

- (A) Planning.
Controlling.
- (C) Evaluation.

Unit: III Energy management:

- Definition of energy management
- Importance of energy management.
- Process of energy management.

- (A) Planning.
(B) Controlling.
(C) Evaluation.

Unit: IV Money Management:

- Definition of income.
- Importance of income.
- Types of income.
- (A) Money income.
- (B) Real income.
- (C) Physical income.

Unit : V Budget of family:

- Definition of budget
- Importance of budget.
- Characteristic of good budget
- Basic steps of budget.
- Factor affecting of budget.

Practicals:

- (1) One month budget planning for a family.
- (2) Time and energy saving household equipment.
(A) Oven (B) Washing Machine (C) Vacuum cleaner (D) Solar cooker.
- (3) Places for Saving.
(A) Bank (B) Post Office (C) LIC.

References Books:

- (1) Ruth E. Deacon, Francille M, Firebaugh (1975), Family resource management principle and application, Roy Houghton Mifflin Company (Unit 1,2,3,4,5,)
- (2) Dr. Smt. B.D. Harpalani - 202 - Home Management.
- (3) Dr. Asha Parikh - 1988 - Home Management.
- (4) Dr. Smt. Kanti Pandey - 1984 - Home Management.
- (5) Dr. D.G. Shairy - 207 Household management and Household art.
- (6) Nira Bhatnagar - 1989 - Home Management.
- (7) Madhuben Thakkar - 1998 - Introduction to Home Management.
- (8) Dr. Kiran Rival - 20 - An art of effective. Resource management.
- (9) Dr. Smt. - Bela Bhargav - 2000 - Gharelu Budget. And engery management.
- (10) Jayshree Ranpara - 2022 - Family financial management.

Web:

- 1 www.nber.org/chapter/
- 2 en.wikipedia.org/wiki/time management
- 3 en.wikipedia.org/wiki/energy management
1. en.wikipedia.org/wiki/money management

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SEMESTER 2

Subject: _____ HOME SCIENCE _____

Course (Paper) Name & No.: CC -8 FAMILY AND COMMUNITY SCIENCE
EDUCATION-II

Course (Paper) Unique Code: _____

External Exam Time Duration: 2:30HOURS

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	70	-	100

Syllabus

Objectives:-

- To enable the student to acquire the knowledge and skills required for holistic understanding of the field of home science education
- (2) Understand the widening concept of Home Science education

Theory:-

Unit-I

Meaning and Definition of Education.
Importance of Education evaluation in Home science education

Unit-II

The need for education for the community
Co-relation with other subject of Home Science.

Unit-II

Syllabus of Home Science education and
Evaluation methods.

Unit-IV

Current problems and Home Science education

Unit- v

Methods of people's approach

References:-

- (1) Home Science Education - Anita Varma - 2007
- (2) Home Science Education - Dipti Desai - 1992
- (3) Various aspect of home science - Sumita jain - 2007
- (4) Home Science Education - Dr. G.P.Shairy - 2007
- (5) Home Science Education - Dr.S.P.Sukhiya - 1984

Web:-

- (1) en.wikipedia.org/wiki/education
- (2) books.google.co.in/books
- (3) www.ehow.com> education

SEMESTER 2

Subject: _____ HOME SCIENCE _____

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

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	4	30	50	20	100

Objectives:-

This course will enable the student to....

- Understand the function and rule of food groups, balanced various diet, nutritional contribution of food.
- To develop an ability to improve the nutritional quality of food.
- To develop an ability to cure deficiency diseases through food and to maintain the health of family and nation.

Theory:-

Unit-I: Meaning, Definition and Importance of food and nutrition.

Unit-II: Classification and nutritional contribution of food stuffs.

- 1 Cereals and Pulses.
- 2 Milk and Milk products.
- 3 Vegetables and Fruits.
- 4 Sugar and Jaggery.
- 5 Nuts and Oil seeds.
- 6 Fats and Oil.
- 7 Eggs, meat and fish.

Unit-III: Cooking Methods.

- 8 Advantages of cooking.
- 9 Methods of cooking.
- 10 Their effects on nutrients.

- 1 Boiling
- 2 Steaming
- 3 Roasting

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- 4 Frying
- 5 Baking
- 6 Solar Cooking

Unit- IV: Good nutrition and mal nutrition

- 1 Definition and meaning of good nutrition and malnutrition
- 2 Characteristic of good nutrition and malnutrition
- 3 Causes of malnutrition

Foods Unit-V:

- 4 Definition and meaning of calorie
- 5 Factors affecting on calorie requirements
- 6 Determination of energy value of food (direct and in direct method)
- 7 Effects of low and excess calorie on body

Practical:-

- 1 To prepare dish to use any one cooking method
- 2 To prepare low calorie dish.
- 3 To prepare high calorie dish.

References:-

- 1) Dr. Rajiv Sharma - "Bhojan dvara chikitsa" Manoj Publication - 2009.
- 2) Ahar avam poshan ke mul aadhar-shrimati **B.K. Bakshi**- agraval publication Agra -2 .
- 3) Posan aur Aahar Vigyan- D.R.vimalesh kumara Discovery Publishing House - New Delhi-2006.
- 4) Swaminathan M.S. Essentials of food and nutrition VI-1985.
- 5) Food and health, M.L. Nara Saiah, Discover Publishing House, New Delhi- 2004.
- 6) Fundamentals of Food and Nutrition Nilam Budhhadev, Pravin Pustak bhandar-Rajkot -2004.

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- 1 <http://health-wikinet.com>
- 2 www.thesevenbasicfoodgroupsforpropernutrition.wikipedia.com
- 3 [http://Wmedicaldictionary.thefreedictionary.com/over nutrition](http://Wmedicaldictionary.thefreedictionary.com/over_nutrition)

Syllabus

Subject: _____ HOME SCIENCE _____

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

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.	II	Elective-2	3	30	70	-	100

Objectives:-

- To enable the student to acquire the knowledge and skills required for holistic understanding of the field of home science education
- Understand the widening concept of Home Science education

Theory:-

Unit-I -Meaning and Definition of Education.

- Importance of Education.

Unit-II -Co-relation with other subject of Home Science.

Unit-III -Syllabus of Home Science education and
Evaluation methods.

Unit-IV -Current problems and Home Science education

References:-

- (6) Home Science Education - Anita Varma - 2007
- (7) Home Science Education - Dipti Desai - 1992
- (8) Various aspect of home science - Sumita jain - 2007
- (9) Home Science Education - Dr. G.P.Shairy – 2007
- (10) Home Science Education - Dr.S.P.Sukhiya - 1984

Web:-

- (4) en.wikipedia.org/wiki/education
- (5) books.google.co.in/books
- (6) www.ehow.com> education