

**BHAVNAGAR UNIVERSITY**

**BHAVNAGAR**

**(NACC Accreditation Grade “B”)**

**CREDIT AND SEMESTER SYSTEM  
SYLLABUS**

**BACHELOR OF ARTS (B.A.)**

**HOME SCIENCE**

**(In Force From Academic Year: 2011-2012)**

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**B.A.**  
**Credit and Semester System Syllabus**

**NAME OF THE SUBJECT: HOME SCIENCE**

**SEMESTER: 3<sup>rd</sup>**

<b>SR. NO.</b>	<b>PAPER NO</b>	<b>NAME of THE PAPER</b>	<b>TOTAL MARKS EXT+INT=TOTAL</b>	<b>PASSING STANDARD EXT+INT=TOTAL</b>	<b>TOTAL TEACHING HOURS</b>	<b>CREDITS</b>
1	11	Meal Planning	70 + 30 = 100	28 + 12 = 40	15 Weeks x 2 Hours = 30	02
2	12	Clothing Textiles & Children's Wear	70 + 30 = 100	28 + 12 = 40	15 Weeks x 2 Hours = 30	02
3	13	Introduction to Human Development	70 + 30 = 100	28 + 12 = 40	15 Weeks x 2 Hours = 30	02
4	14	Family Resource Management	70 + 30 = 100	28 + 12 = 40	15 Weeks x 2 Hours = 30	02
5	15	Education & Extension – I	70 + 30 = 100	28 + 12 = 40	15 Weeks x 3 Hours = 45	03
6	16	Practical's (16:11, 16:12, 16:13, 16:14)	100 + 00 = 100 (25 x 4 = 100)	09+09+09+09 = 36	15 Weeks x 2 Hours = 30 30 x 4 = 120 Hours	08

<b>* <u>INTERNAL</u></b>	<b><u>MARKS</u></b>
ASSIGNMENT	10
SEMINAR	10
TEST	10



**B.A.**  
**Credit and Semester System Syllabus**

**NAME OF THE SUBJECT: HOME SCIENCE**

**SEMESTER: 4<sup>th</sup>**

<b>SR. NO.</b>	<b>PAPER NO</b>	<b>NAME of THE PAPER</b>	<b>TOTAL MARKS EXT+INT=TOTAL</b>	<b>PASSING STANDARD EXT+INT=TOTAL</b>	<b>TOTAL TEACHING HOURS</b>	<b>CREDITS</b>
1	17	Nutritional Problems & Diseases	70 + 30 = 100	28 + 12 = 40	15 Weeks x 2 Hours = 30	02
2	18	Vastra Vigyan	70 + 30 = 100	28 + 12 = 40	15 Weeks x 2 Hours = 30	02
3	19	Child Development	70 + 30 = 100	28 + 12 = 40	15 Weeks x 2 Hours = 30	02
4	20	Interior Decoration	70 + 30 = 100	28 + 12 = 40	15 Weeks x 2 Hours = 30	02
5	21	Education & Extension – II	70 + 30 = 100	28 + 12 = 40	15 Weeks x 3 Hours = 45	03
6	22	Practical's (22:17, 22:18, 22:19, 22:20)	100 + 00 = 100 (25 x 4 = 100)	09+09+09+09 = 36	15 Weeks x 2 Hours = 30 30 x 4 = 120 Hours	08

<b>* <u>INTERNAL</u></b>	<b><u>MARKS</u></b>
ASSIGNMENT	10
SEMINAR	10
TEST	10



**B.A. (HOME SCIENCE)**  
**SEMESTER – III**

PAPER NO – 11: Meal Planning:

Credit: 02

**Total Marks: 100**  
**Marks: Semester End Examination: 70**  
**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS / EIGHT
<b>Unit – I</b>	(1) Definition and Meaning of Meal Planning (2) Importance and advantage of Meal Planning (3) Factors to be considered in Meal Planning.	09	14
<b>Unit – II</b>	<b><u>Infancy:</u></b> (1) Growth and development during infancy in brief (2) Meaning of weaning food (3) Problems of weaning periods (4) Nutritional Requirement and Meal Planning for Infancy.	09	14
<b>Unit – III</b>	(1) Pregnancy (i) Changes that occur during the pregnancy – Physiological and Biological changes (ii) Nutritional Requirement and Meal Planning for pregnancy (2) Lactation: (i) Nutritional composition of Human Milk (ii) Comparison of Human Milk with other animal Milk. (iii) Nutritional requirement and Meal planning for lactating woman	09	14
<b>Unit – IV</b>	<b><u>Pre-school child and school age:</u></b> (1) (i) Nutritional requirement for the pre-school child and school age child (ii) Meal planning for the pre-school child and school age child (iii) Meal planning for the packed lunch for the school age. (2) (i) Meal planning for the adolescence: (ii) Nutritional requirement for adolescence.	09	14
<b>Unit – V</b>	(1) Adulthood: (i) Physiological changed during aging (ii) Meal planning and Nutritional requirement for Adulthood (2) Old age: (i) Changed that occur during old age. (ii) Nutritional requirement and Meal planning for the old age	09	14

**Break up of continuous internal evaluation:**

1.	Assignment	10 marks
2.	Seminar	10 marks
3.	Test	10 marks
	<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. Fundamentals of Food and Nutritional – by S. Mydambi.
2. Ignou DNE – Block 3. Meal planning.
3. Ignou CPFN -1, Block -1, Ignou DNE – Block -2.
4. Introductory Nutrition” – by Guthrie.
5. Meal planning” – by



PAPER NO – 12: Clothing Textiles and Children’s Wear:

**Credit: 02**

**Total Marks: 100**  
**Marks: Semester End Examination: 70**  
**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
<b>Unit – I</b>	<b><u>Textiles Fibers:</u></b> (1) Identification of Textiles fibers (2) Classification of Textiles fibers – Natural and synthetic fibers Minor and Major fibers (3) History of Textiles fibers.	09	14
<b>Unit – II</b>	Composition, types, production, properties, manufacture and use of: (1) Cotton. (2) Silk. (3) Wool and (4) Nylon etc.	09	14
<b>Unit – III</b>	<b><u>Structure of fabrics:</u></b> (1) Textiles fibers (2) Preparation of yarn.	09	14
<b>Unit – IV</b>	(1) Fabric construction by weaving and knitting (2) Basic waves and its variations.	09	14
<b>Unit – V</b>	<b><u>Children’s clothing:</u></b> (1) Infant clothing. (2) List of Garments. (3) Safety and Health. (4) Psychological effect of clothing on children (5) Effect of clothes and physical development of child	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	<u>10</u> marks
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. “Clothes Care “by A.J.B.Myss.
2. “Text book of clothing and Textiles” by Dr. S. Gupta and N. Garge
3. “Shivan Margdarshika” -by Nirmala Mistry.
4. “Vastra Shilp Vigyan“- by Vimla Sharma.
5. “Paridhan Avom Vatra Vigyan” – by Susma Gupta and Neery Garge.
6. “Manual of children’s clothing” – by S.Pandit.



PAPER NO – 13: Introduction to Human Development:

**Credit: 02**

**Total Marks: 100**  
**Marks: Semester End Examination: 70**  
**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
Unit – I	<b><u>An overview of the field of HD:</u></b> A. What is Human Development? Why do we need to study it? – Definition of development and Human development with focus on life span nature and context of development. i.e. family and society, variation across culture and individual difference in H.D. B. Human development is a multidisciplinary science. The need to study human development, the process of normative development and recognizing unusual development.	09	14
Unit – II	<b><u>Orientation to growth and development:</u></b> A. Understanding growth and development (definition) B. General principles of Development	09	14
Unit – III	<b><u>Constraints and facilitators in growth and development:</u></b> (Influences of heredity and environment) 1. Genetic inheritance (i) Fertilization (ii) Number of chromosomes (iii) The unique third pair determines sex. (iv) Genotype and phenotype (v) Sex linked genetic effects.	09	14
Unit – IV	<b><u>Environmental pre – requisites:</u></b> (i) Nutrition. (ii) Opportunities.	09	14
Unit – V	<b><u>Interaction between Environment and inheritance:</u></b> (i) Genes provide the predisposition range and direction of development (ii) Environment determines the Extent or limit	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	<u>10</u> marks
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. Human development – by Gordon I.J.
2. Human development – A life span perspective – by Lerner R.M. and Holtsch.
3. Child development – by Harris A.C.
4. The development of children – by Cole M and Cole S.
5. Sense of C.C.C.D course – by Babasaheb Ambedkar Uni.



PAPER NO – 14: Family Resource Management:

**Credit: 02**

**Total Marks: 100**  
**Marks: Semester End Examination: 70**  
**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
Unit – I	<b><u>Introduction to Home Management:</u></b> (i) Meaning and definition of Home Management. (ii) Philosophy of Home Management. (iii) Role and Function of Home maker. (iv) Responsibility of family member.	09	14
Unit – II	<b><u>Resources in the family:</u></b> (i) Meaning and Importance of family resources (ii) Types of resources (iii) Characteristics of family resources (iv) Factors effecting the use of resources	09	14
Unit – III	<b><u>Importance of Time Management:</u></b> (i) Meaning of Time Management. (ii) Time as a resource in Home management. (iii) Importance right use of leisure time, avoidance of peak loads.	09	14
Unit – IV	<b><u>Importance of Energy Management:</u></b> (i) Meaning and importance of energy. (ii) Fatigues Types of fatigues. (iii) Work simplification methods.	09	14
Unit – V	A. Importance of money management. 1. Meaning and management of family Income. 2. Types of income. 3. Budget making, Investment and saving. B. Planning different rooms such as, living room kitchen bed room etc.	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	10 marks
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. Home management – by M. A. Vergbose, N. N. Ogle and K. Shrinivasan.
2. Gruhkala and gruh vyavstha – by G.P.Shery.
3. Parivarik sansadhan vyavstha – by Dr. Brindashih
4. Family Resource Management – by Dr. Brindashih.



PAPER NO – 15: Education and Extension – I:

**Credit: 03**

**Total Marks: 100**  
**Marks: Semester End Examination: 70**  
**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
<b>Unit – I</b>	1. The place of Home Science in Education 2. Meaning of Home Science 3. Philosophy of Home Science 4. Objectives of Home Science.	09	14
<b>Unit – II</b>	Need for Home Science Education for Indian families – Homes.	09	14
<b>Unit – III</b>	scope of Home Science	09	14
<b>Unit – IV</b>	Methods of Teaching in Home Science. Selection and use different methods of teaching in Home Science.	09	14
<b>Unit – V</b>	Use of Different audio visual aids for teaching in Home Science.	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	<u>10</u> marks
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. Extension Education in Community Development – by Ministry of food and Agriculture Govt. of India.
2. A Handbook of Education Extension – by Chaubey B.K
3. The principles and Methods of Teaching – by Bhatia and Bhatia.

PAPER NO – 16: Practicals:

**Credit: 08**

**Total Marks: 100**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
<b>Unit – I</b>	<b><u>Meal Planning:</u></b> 16:11 Practical: Meal planning for infant including weaning and supplementary food, pre scholars, pack lunch for pre scholars, adolescents youth, adult man and women, pregnant women, lactating woman, old man and women etc.	09	25
<b>Unit – II</b>	<b><u>Clothing, Textiles and Children’s Wear:</u></b> 16:12 Practical: Identification of fibers – Microscopic test, burning test and solubility test, Chemical test, Identification of Weaves, Plain weave and its variation, Twill weave and its variation, satin weave, sateen weave, stitching for the children clothes Baby’s laytee, Baby’s Zabla, Bib, Nappi pad, Sleeping bags etc.	09	25
<b>Unit – III</b>	<b><u>Introduction to Human Development:</u></b> 16:13 Practical: Story writing, Making various types of children’s albums, different types of paper cutting, hobby collection, making toys and children’s activities from different materials and visit to pre-school centers (L.K.G., H.K.G.) etc.	09	25
<b>Unit – IV</b>	<b><u>Family Resource Management:</u></b> 16:14 Practical: (1) Budget making from different economical level families (2) Room planning, living room, kitchens, bed room, office room, multipurpose room, dinning rooms, children’s room plan etc.	09	25



**B.A. (HOME SCIENCE)**  
**SEMESTER – III**

PAPER NO – 17: Nutritional Problems and Diseases:

**Credit: 02**

**Total Marks: 100**  
**Marks: Semester End Examination: 70**  
**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
Unit – I	<b><u>Nutritional Problems:</u></b> Nutrition related problems of pre – schoolers such as, a. Pam, b. Anemia c. Dental carries d. Obesity	09	14
Unit – II	<b><u>Nutritional Problems of adolescence such as,</u></b> (a) Obesity (b) Eating disorders (c) Pre disposition to osteoporosis (d) Anemia (e) Under nutrition	09	14
Unit – III	<b><u>Nutritional Problems of old age such as,</u></b> (1) Osteoporosis (2) Obesity (3) Neurological disfunction (4) Anemia (5) Malnutrition (6) Constipation (7) Menopause	09	14
Unit – IV	<b><u>Nutritional Management in common elements (Diseases). Diseases: Causes, symptoms, prevention of diseases, diet and care:</u></b> (1) Obesity (2) Digestive system- Diarrhea, constipation, etc. (3) Typhoid (4) Under weight (5) Blood pressure (6) T.B. (7) Diabetes. (8) Kidney.	09	14
Unit – V	<b><u>A. Food Habits:</u></b> 1. Knowledge, attitude and practice. 2. Food habits and dietary patterns in different regions. 3. Factors effecting food habits. <b><u>B. Food Hygiene and food sanitation:</u></b> 1. Benefits from improvements in this food sanitation measures 2. Improvement in food hygiene and sanitation. 3. Advantages and disadvantages of food hygiene and food sanitation.	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	10 marks
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. Dietetics – by Shrilaxmi.
2. Preventive and social Medicine – by K. Paul.
3. Normal and Therapeutic Nutrition – by Robinson.
4. Essential to food and Nutrition – by Dr. M. Swaminathan (Vol. 1 to 11)
5. Ignou C.P.N.F. Block No.3-4.



PAPER NO – 18: Vastra Vigyan:

**Credit: 02**

**Total Marks: 100**

**Marks: Semester End Examination: 70**

**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
Unit – I	<b>Process:</b> ♣ Printing –Types of printing: (1) Block print (2) Stencil print (3) Resist print (4) Discharging print (5) Roller print (6) Tie and dye print.	09	14
Unit – II	<b>Dyes:</b> ♣ Different dyes and their application on cloth. (1) Direct dyes (2) Acid dyes (3) Vat dyes etc.	09	14
Unit – III	Methods of dyeing. (1) Piece dyeing (2) Resist dyeing (3) Yarn dyeing etc.	09	14
Unit – IV	<b>Finishes:</b> 1. Importance of finishes 2. Different methods and use of finishes like: a. Chemical methods and its types b. Mechanical methods and its types.	09	14
Unit – V	<b>A. Stiffening Aents:</b> (1) Rice starch (2) Wheat starch (3) Corn starch (4) Potato starch (5) Commercial gum starch (6) Chemical starch <b>B. Preparation of Sarch:</b> (1) Hot water starch (2) Cold water starch (3) Methods of applications	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	<u>10</u> marks
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. Textbook of clothing and Textiles – by S. Gupta and N. Garge.
2. Household Textiles and Laundry – by Durga Deulker
3. Vastra ship vigyan – by Vimala Sharma.



PAPER NO – 19: Child Development:

**Credit: 02**

**Total Marks: 100**

**Marks: Semester End Examination: 70**

**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
<b>Unit – I</b>	<b><u>An introduction to the dimension of development over the life span:</u></b> (i) Physical and Motor (ii) Cognitive (iii) Language (iv) Socio Emotional (v) Personality	09	14
<b>Unit – II</b>	1. Physical development 2. Motor development	09	14
<b>Unit – III</b>	<b><u>Socio Emotional development across the life span:</u></b> A Understanding social development (i) Introduce socialization as an important part of the Process of becoming human (ii) Social mile stone: beginning with the emergence of Social smile, attachment, separation, anxiety, acquiring Sex roles in childhood induction into occupational roles by adulthood and in the Elderly patterns and role of Parent child interaction. Interaction with sibling and peers social and cultural interaction through infancy to old age	09	14
<b>Unit – IV</b>	<b><u>Emotional development:</u></b> Emotion serve to adaptive functions (i) Motivating and (ii) Communication basic Emotional reaction. (Joy, Fear, Jealousy, anger, sadness, aggressions.)	09	14
<b>Unit – V</b>	Personality development Across to life span: (a) What is personality? (b) Personality may be influenced by Heredity (ii) Environment (parenting styles peer groups, Social interactions, early childhood experience, life events, Support, available in a community etc.) (c) The role of social norms in personality developments, deviant Personality (Juvenile delinquency in childhood and anti-social Personality in adulthood.)	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	<u>10</u> marks
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. “Child development and Adjustment.” by Crow and Alic.
2. “Child development and personality” by Myssen P. Gonger, J.J. Kagan, J and Hyston
3. “The child development” by Harris A.C.
4. The development of children” by Cole M and Cole S



PAPER NO – 20: Interior Decoration:

**Credit: 02**

**Total Marks: 100**

**Marks: Semester End Examination: 70**

**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
Unit – I	<b><u>Principles of Decoration:</u></b> 1. Importance and Meaning of Decoration 2. Principles of Decoration (a) Balance (b) Proportion (c) Harmony (d) Rhythm (e) Emphasis	09	14
Unit – II	<b><u>Element of Designs:</u></b> ♣ Different style used in Home Decoration (a) Line (b) Space (c) Texture (d) Pattern (e) Color (f) Foam (g) Shape (h) Light	09	14
Unit – III	<b><u>Color arrangement in House Decoration:</u></b> 1. Meaning and Importance of colour 2. Function and principles of colour 3. Effect of colour on Human mind	09	14
Unit – IV	<b><u>Furniture arrangement of House Decoration:</u></b> 1. Meaning and Importance of furniture 2. Types of furniture 3. Furniture arrangement in Different rooms	09	14
Unit – V	<b><u>Flower Arrangement in House Decoration :</u></b> (A) Application of Elements of Art and principles of design in arranging flowers (B) Preparation of flowers before Arranging (C) Equipments required of flower arrangements (D) Types of flower arrangements	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	10 marks
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. "Grub prabandh" –by Kanti Pandey
2. "The art of Flower Management" –by Rekha Mehra
3. "Home Management and House Keeping" -by S.R. Sharma
4. "Good House Keeping"-by Pramila Mehra
5. "Grub Kala and Grub Vyavstha" –by G.P .Sherry
6. "Interior Home Decoration"-by Dr. Brindasinh



PAPER NO – 21: Education Extension – II:

**Credit: 03**

**Total Marks: 100**

**Marks: Semester End Examination: 70**

**Continues Internal Evaluation: 30**

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
<b>Unit – I</b>	<b><u>Extension Education in Home Science:</u></b> 1. Meaning of Extension Education 2. Principles of Home Science Extension –Education 3. Characteristic of Extension Education 4. Approaches in Extension Education	09	14
<b>Unit – II</b>	1. Role and function of gram sevika in (rural area) extension 2. Extension Education in Different communities with special reference to rural and urban area 3. Meaning of social change and factors affecting to it.	09	14
<b>Unit – III</b>	Characteristic and goals of urban community and factors effecting to urban development	09	14
<b>Unit – IV</b>	Characteristic and goals of rural community and factors effecting to rural development and obstacles in rural development	09	14
<b>Unit – V</b>	The Roll of different welfare organizations and a Home Science Extension worker for the development of rural and urban areas, e.g. Balwadi, School, youth club, Mahila Mandal, Panchayat, Co-operative society etc.	09	14

**Break up of continuous internal evaluation:**

1. Assignment	10 marks
2. Seminar	10 marks
3. Test	<u>10 marks</u>
<b>Total</b>	<b>30 marks</b>

**Reference / Text –Books / Additional Reading:**

1. "Teaching methods in Extension in Education for development "–by Rogers Alan, (1989)
2. "Approaches to participation in Rural Development. "– by Oakley, and David Marsden (1984)
3. "Rural Development in India" –by Patnayak Rama



PAPER NO – 22: Practical:

Credit: 08

Total Marks: 100

UNIT	DETAILED SYLLABUS	TEACHING HOURS	MARKS/EIGHT
Unit – I	<b><u>Nutritional problems and diseases.</u></b> 22:17 Practical : Diet – in Blood Pressure, Obesity, Under weight, Typhoid, Tuber Closes (T.B), Kidney, Diabetes and Digestive system –like constipation, Diarrhoea, acidities, etc.	09	25
Unit – II	<b><u>Vastra Vigyan:</u></b> 22:18 Practical: Fancy stitches-over cast stitch, Feather stitch, Bullian Stitch, spider stitch, French not stitch, etc, simple Home dyeing, Two or three colors, stitching of different garments (1) Pillow cover (2) Children’s fit knickers (3) Baby frock (4) Patty coat and (5) Night dress for children	09	25
Unit – III	<b><u>Chilled Development:</u></b> 22:19 Practical: Making soft toys from different materials Different types of paper cuttings Different types of printings Children’s activities Different articles of available materials, etc	09	25
Unit – IV	<b><u>Interior Decoration:</u></b> 22:20 Practical: Simple paintings and it’s ideas, wall painting, wall Decoration, flower pots, flowers, tablemate, Door mates ,craft out of fabric, clay, metal and available materials, etc .	09	25