SHRI GOVIND GURU UNIVERSITY
HOME SCIENCE
F.Y.B.A. – SEM – II
COURSE STRUCTURE FOR C.B.C.S.

Sr. No.	Course Type	Name of Course	Credits / Week				Contact Hour
			Theory		Practical	Total	
			L	O			
1.	Core 111	Introduction to Foods and Nutrition – II	3	1	1 (2 Lecture)	05	06
2.	Core 112	Introduction to Clothing and Textiles – II	3	1	1 (2 Lecture)	05	06
3.	Elective- I 111	Family Resource Management – II	3	1	-	04	04
4.	Elective- I 112	Home Science Education – II	3	1	-	04	04
5.	Elective- II 111	Introduction to Human Development – II	1	1	-	02	02
Total			**13**	**5**	**2**	**20**	**22**

F.Y.B.A. HOME SCIENCE PRORGRAMME

INTRODUCTION TO FOODS AND NUTRITION - II

SEM- II

CORE - 111

Total Credits - 05		Marks
Theory	– 3 Credits / Week + 1 Other = 04	External – 70
Practical	- 1 Credit (2 Periods / Week)	Internal - 30

Objectives :

1) The course enable the students to understand the functions of Vitamin and role of Vitamins and the effects of deficiency and excess
2) To learn about Mineral and it's functions
3) The course enables to understand Role of water in our body.

UNIT - I

Vitamins

(1) Classification of Vitamins

(2) Fat Soluble

(3) Function, RDA deficiency and excess and sources of Vitamin A, D, E, K

UNIT - II

Water soluble Vitamin

Functions, sources, RDA deficiency and excess

(1) Thiamin

(2) Riboflavin

(3) Niacin

(4) Vit 'C'

(5) Vit 'B_{12}'

UNIT - III

Minerals

Functions, deficiency and excess sources RDA

(1) Calcium (2) Iron (3) Iodine (4) Sodium (5) Potassium (6) Copper

UNIT - IV

Water

1) Sources, Water balance and requirement hyper and hypo intake in our body.
2) Function of Water

References :

(1) Mudambi and Rajgopal 'Fundamental of Food and Nutrition

(2) M.Swaminathan

(3) Neelam Buddhdev, Bhavana Ved ' Human Nutrition'

(4) R.Raja Laxmi Prayukt Poshan

Practical :-

I Preparation of Recipes rich in

a) Vitamin –A

b) Vitamin – C

c) Vitamin – B_1

d) Vitamin – B_2

e) Vitamin – B_3 – Niacin

f) Calcium + Phosphorus

II Low cost Nutritious Recipes by use of

a) Germinational
b) Fermentation
c) Enrichment

III Preparation of Salad with sprouting pulses and fresh vegetable.

F.Y.B.A. HOME SCIENCE PRORGRAMME

INTRODUCTION TO CLOTHING AND TEXTILE - II

SEM- II

CORE – 112

Total Credits	- 03 + 1 + 1 = 05	Marks
Theory	– 3 + 1 Credits /Week	External – 70
Practical	- 1 Credit (2 Periods / Week)	Internal - 30

Objectives :

1) To become aware of the rich traditional textile of India
2) To become familiar with embroideries of India
3) Basic skills required for embroidery

UNIT - I

I Study of Traditional Textile

(A) Dyed and Painted textile's of India
- (1) Kalakari (Painted and block printed)
- (2) Patola of Gujarat (Rajkot and Patan)
- (3) Tie and dye of Gujarat and Rajasthan
- (4) Pochumpally of AndraPradesh

(B) Woven Textile of India
- (1) Brocades
- (2) Shawls of Kashmir
- (3) Carpet
- (4) Silk of Karnataka
- (5) Embroidery of Kutch and Kathiawar
- (6) Kasuti of Karnataka
- (7) Chamal Rumal of Himachal Pradesh

UNIT - II

Woven Sarees of India
- (1) Madhy Pradesh – Maheshwari and Chandari
- (2) Maharashtra - Painthani and Narayan Peth
- (3) Bengal – Baluchari and Mekhala
- (4) Orissa - Sambalpuri (Vichitrapuri)
- (5) Uttar Pradesh - Banarasi

Khadi :

- Khadi History and Importance
- Requirement of Khadi for benefit of women being
- Advantages of Khadi Production
- Different handloom products
- Khadi Bhandar

UNIT - III

Fundamentals of Embroidery

- (1) Meaning
- (2) Types
- (3) Types of threads
- (4) Types of Needles, use of different fabric
- (5) Types of various contemporary embroideries
- (6) Shadow work, Cut-work, Drawn thread work

UNIT - IV

Traditional Embroideries of India

(1) Kantha of Bengali

(2) Phulkari of Panjab

(3) Kasida of Kashmir

(4) Chikankari of Luckhnow

(5) Embroidery of Kutch and Kathiawar

(6) Kasuti of Karnataka

(7) Chamal Rumal of Himachal Pradesh

References :

(5) Pramita Verma – ' Vastra Vigyan evam Paridhan

(6) Amita Patel – ' Kashida'

(7) Chattopadhyay Kamaladevi- 'Handicrafts of India'

Practical :-

I Method of designing

a) Tracing

b) Block

c) Use of Carbon Paper

II Traditional Embroideries of India

a) Kantha of Bengal

b) Phulkari of Panjab

c) Kasida of Kashmir

d) Chikankari of Lucknow

e) Kutchi and Kathiawari

f) Kasuti of Karnataka

F.Y.B.A. HOME SCIENCE PRORGRAMME

FAMILY RESOURCE MANAGEMENT - II

SEM- II

E.C. – 1 – 111

Total Credits - 04 Marks External – 70

Theory – 3 + 1 Credits /Week + 1 Other Internal - 30

Objectives :

1) To create awareness among the students about management in family as well as the other systems
2) To recognize the importance of wise uses of resources in order to achieve goals
3) To recognize use of insulation materials in the construction of household equipment
4) Understand the Principles underlying operation
   (4) Use care and storage
   (5) Be aware of new trends in equipment

UNIT - I

Motivation in Management

1) Values – Definition, characteristics, types values by Parker, Super and Lindsy
2) Goals – Definition, types of Goals
3) Standard - Meaning, Classification

UNIT - II

Time Management

1) Meaning of time – Clock time, psychological time, biological time, time cost
2) Planning of time management – Family life cycle and demand of time, time used for activities, Rest period, factors affecting time planning, steps in making time plan
3) Controlling, Evaluation

UNIT - III

Energy Management Process

1) Process of Management energy – Planning control of plan, evaluation
2) Fatigues – Types, Measures to relieve fatigue
3) Work Simplification – Definition, factors determining the efficiency of the worker
4) Techniques to study method of workers and work place
   (1) Path way chart
   (2) Process chart
   (3) Micro motion chart.

UNIT - IV

I Money Management

(a) Money as a resource in family
(b) Source of income – Salary, wages, business, farming and labour etc.
(c) Types of income – Money, real,. psychic,
(d) Method of handling income
   (1) Budget
   (2) Equal salary method
   (3) Hand out method
(e) (i)Envelop method (ii) Card file method (iii) notebook method

II Family saving and investments

(8) Importance

(9) Types of saving (Compulsory and voluntary)

References :

(8) Vargese M.A. : Household Equipment Mannual S.N.D.T. Mumbai

(9) K.K.Bali – Home Appliances : Orient Paper books - Delhi

(10) Singh – Developing and managing Human Resources, Suchandra Publication, Bonbay

F.Y.B.A. HOME SCIENCE PRORGRAMME

INTRODUCTION TO HOME SCIENCE EDUCATION - II

SEM- II

E.C. – 1 – 112

Total Credits - 04 Marks External – 70

Theory – 3 + 1 Periods + 1 Period / Week (Other) Internal - 30

Objectives :

1) To develop understanding regarding advantage technique as effective use and limitations of various teaching methods, employed in home in Home Science
2) To create awareness regarding benefits of teaching method.
3) To develop understanding regarding benefits techniques of effective use and limitation of various teaching aids.

UNIT - I

Teaching method :

1) Points to be considered while selecting teaching method in Home Science
2) Teaching method with respect to advantages techniques for effective use and their limitations
3) Standard - Meaning, Classification

   (4) Lecture method

   (5) Discussion

   (6) Demonstration

UNIT - II

Teaching Method

1) Laboratory
2) Workshop
3) Field trip
4) Survey
5) Exhibition as teaching technique
6) E- Learning as an advanced technique of teaching learning
7) Campaign

UNIT - III

Teaching aid

1) Concept classification and need for teaching aids
2) Paints to be considered while selecting teaching aid
3) Teaching aids with respect to advantages technique for selection preparation and limitations.

   (1) Black board

   (2) Bulletin board

   (3) Magnet Board

UNIT - IV

(1) Model (2) Chart (3) Slides (4) Poster (5) Puppet (6) Radio (7) OHP

References :

(1) Chandra Arvinda, Shah Anupama and Joshi Uma ' Fundamental of Home Science

(2) Parlikar Kalpana ' What is Home Science'

(3) Ramal P.Devda – Method of teaching Home Sciecne

(4) Chakarborty Sujit K.Audio Visual Education in India

F.Y.B.A. HOME SCIENCE PRORGRAMME

INTRODUCTION TO HUMAN DEVELOPMENT - II

SEM- II

E.C. – 2 – 111

Total Credits - 02 Marks External – 70

Theory –1 Period / Week + 1 Period / Week (Other) Internal - 30

Objectives :

1) To develop awareness of importance aspect of growth and development during different age group
2) To sensitive to student to understand the issue face and adjustment require at pre-schoolear adulthood and old age

UNIT - I

Growth and development of Pre-School (2-6)

1) Developmental tasks, significance of this period
2) Orientation to pre-school education and significance need and care of pre-schoolars
3) Problems and coping with them during pre-school

UNIT - II

Growth and development during school going children (6-12)

1) Definition
2) Developmental tasks and significance of this period
3) Role of school peer group care taker parents play etc. in all over development of children

UNIT - III

Growth and development during adolescence

1) Definition and significance
5) Developmental tasks and adolescence
6) Need and Care
7) Problems and Coping with adolescence

UNIT - IV

Growth and development during adulthood and aging period

1) Definition and significance
2) Need and Care
3) Problems and Coping

References :

(1) Child growth and development by Elizabeth B. Hurlock

(2) Craig G., Human Development

(3) Santrock I.W. Life Span Development