SHRI GOVIND GURU UNIVERSITY

HOME SCIENCE

F.Y.B.A. – SEM – 1

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 101	Introduction to Foods and Nutrition - I	3	1	1 (2 Lecture)	05	06
2.	Core 102	Introduction to Clothing and Textiles – I	3	1	1 (2 Lecture)	05	06
3.	Elective- I 101	Family Resource Management – I	3	1	-	04	04
4.	Elective- I 102	Home Science Education – I	3	1	-	04	04
5.	Elective- II 101	Introduction to Human Development – I	1	1	-	02	02
Total			**13**	**5**	**2**	**20**	**22**

F.Y.B.A. HOME SCIENCE PRORGRAMME

INTRODUCTION TO FOODS AND NUTRITION- I

SEM- 1

CORE - 101

Theory	– 3 Periods / Week + 1 Other = 04	Marks
Practical	- 2 Periods / Week	External – 70
Core Course	- 4 + 1 = 5	Internal - 30

Objectives :

1) The course enables the students to understand the functions of food and role of various nutrients and the effect of deficiency and excess.
2) To learn about the nutritional contribution and selection of different food stuffs.
3) To be familiar with different methods of cooking, their advantages and disadvantages.
4) To develop the ability to improve the Nutritional value of food.

COURSE CONTENT – THEORY

UNIT - I

I) Definition and concept
   (1) Food (2) Nutrition (3) Health (4) Nutritional Status (5) R.D.A. (6) WHO (7) Diet
II) Mal – Nutrition
   (1) Good Nutrition
   (2) Poor Nutrition
   (3) Reasons of malnutrition in India.
III) Functions of Food

UNIT - II

I) Classification of food
   (1) according to need
   (2) according to sources
II) Balance diet
III) Food groups
IV) BMR, factors affecting BMR

UNIT - III

MACRO NUTRIENTS

Functions, Sources, R.D.A., Deficiency and Excess

1) Carbohydrate and dietary fibers
2) Protein
3) Fat

UNIT - IV

Food preparation and serving

1) Cooking Method
   (1) Reasons of cooking
   (2) Effect of cooking on Nutrient
   (3) Method of Cooking
      (i) dry
      (ii) moist
      (iii) oil
   (4) Retention of Nutrients
2) Improving nutritional quality of foods
   (1) Germination
   (2) Fermentation
   (3) Supplementation
   (4) Fortification and Enrichment

References :

(1) R. Rajalakshmi "Applied Nutrition"

(2) Swaminathan M. "Human Nutrition and diet"

(3) Dr.L.C.Gupta "Food and Nutrition"

(4) "आहार एवं पोषण विज्ञान" – आशा मिश्रा, अलका अग्रवाल

(5) "आहार एवं पोषण विज्ञान" – आशा कुमारी

Practical :-

1) Controlling techniques : Weight and Measures Standard and household measures for row food
2) Preparation and Calculation of following nutrients
   a) Carbohydrates
   b) Protein
   c) Fat
3) Cooking Method
   a) Water Medium
      i) Steaming
      ii) Boiling
   b) Dry heat as a medium
      i) Roasting
      ii) Baking
   c) Oil Medium
      i) Shallow frying
      ii) Deep frying
4) Germination
   a) Fermentation

F.Y.B.A. HOME SCIENCE PRORGRAMME

INTRODUCTION TO CLOTHING AND TEXTILE - 1

SEM – I

CORE – 102

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

Objectives :

This course will enable student to

1) Understand basic concept of clothing and textile
2) Use of sewing machine and various sewing equipments
3) Get knowledge regarding children clothing
4) Recognize basic skills required for clothing construction

UNIT - I

I) History, importance and scope of clothing and textiles

II) Sewing Machine
   (1) Parts and functions of sewing machine
   (2) Problems and remedies of sewing machine
   (3) Care of sewing machine

III) Tools use for clothing construction their
   (1) Construction (2) Figure (3) Use (4) Cleaning (5) Care
   (a) Tools for marking / measuring
   (b) Tools of cutting
   (c) Tools for drafting
   (d) Tools for sewing
   (e) Tools for finishing

UNIT - II

V) Body Measurements
   (1) Importance and types
   (2) Knowledge of standard measuring paints
   (3) Method of taking body measurement for different garment
   (4) Drafting and paper techniques

UNIT - III

Children clothing

1) Sociological and psychological aspects of children clothing
2) Children clothing management to seasons special need occasions, storage and care pf children garment.
3) Factors affecting the selection of children garments
4) Effect of cloth and child growth in children garments.

UNIT - IV

Clothing for different age groups

I) Child
   (1) Infant
   (2) Creeper
   (3) Toddler
   (4) Pre-school child (2- 4 years)

II) Clothing for
   (1) Elementary school child
   (2) Pre- adolescent (12-15)
   (3) Adolescent (15-20)

III) Clothing for
   (1) Adult
      (a) Man
      (b) Woman
   (2) Elders

References :

(1) Clothing and Textile - Dr. Sushma Gupat, Dr.Neru Garg, Dr. Renu Sani

(2) Vastra Vigyan avam paridhan - Pramila Varma

(3) Introduction to Clothing and Textile – Reema + Bhatia, and Charu Arora

Practical :-

1) Study of sewing Machine it's parts, use, cleaning and care
2) Problems and Remedies
3) Understanding the use of Sewing equipment / figures and their uses
4) Taking body measurement on human body
5) Hand Stitches
   a) tacking stitches
   b) Hemming stitches
   c) Running stitches
   d) Back stitches
6) Machine Seams
   a) Plane
   b) French
   c) Run and fell
   d) Flat – fell
7) Gathers and Pleats
   a) Hand and Machine gathers
   b) Knife pleats, box pleats
8) Drawing diagram brown paper cutting and stitching garments
   a) Nappies
   b) Jhabhala
   c) Panty
   d) Apron

F.Y.B.A. HOME SCIENCE PRORGRAMME

FAMILY RESOURCE MANAGEMENT - 1

SEM- 1

E.C. 1 (101)

Theory – 3 + 1 Periods / Week + Other Marks External – 70

Credit - 4 Internal - 30

Objectives :

1) This course will enable the students of make about Management in the family as well as other systems.
2) Recognize the importance of wise use of Resources in order to achieve goals.
3) Help to learn utilize resources effectively.

UNIT - I

Introduction to Management

1) Definition Of Management and Home Management
2) Concept of Home Management
3) Importance or objective of Home Management

UNIT - II

Management Process

1) Definition and Meaning
2) Management Process as a Mental Process
3) Steps involve in Management process
   (1) Planning : Meaning, definition, characteristics types
   (2) Organizing : Definition, different steps in organization
   (3) Controlling : Definition and step involve in controlling – implementation, checking, adjusting
   (4) Evaluation : Importance and type

UNIT - III

I Resource in the Family
   (1) Definition, classification and importance of Resources
   (2) Characteristics of Resources
   (3) Objective of Use of Resources

UNIT - IV

I Decision making in Management
   (a) Meaning and definitions
   (b) Characteristics of Decision making
   (c) Steps of Decision making
   (d) Types of decision

II - Multidimensional Roles of Home maker in modern time
   - Problems of Home maker

References :

(1) Dr.Reema Khanoja ' Home Management, Resource Management and Interior decoration

(2) Bharti and Jacintha ' Family Resource Management'

(3) Ogl, Vergish and George ' Home Management '

(4) Bela Bhargve ' Family Resource Management and Interior Decorations'

F.Y.B.A. HOME SCIENCE PRORGRAMME

INTRODUCTION TO HOME SCIENCE EDUCATION- I

SEM- 1

E.C. 1 (102)

Theory – 3 Periods / Week + Other Marks External – 70

Credit - 4 Internal - 30

Objectives :

1) To create awareness about various aspects of Home-Science as a discipline
2) To develop understanding regarding type set up and administration of Home – Science institutions.
3) To develop understanding regarding advantage technique of effective use and limitations of various teaching methods.
4) To create understanding regarding significances, functions and characteristics of Home-Science teacher.

COURSE CONTENT

UNIT - I

1) Meaning and Importance of Home Science in Modern time
2) Philosophy of Home Science
3) Areas of Home Science discipline
4) History of Home Science in India
5) Broad objectives of Home Science

UNIT - II

1) Specific objectives of each areas of Home Science
2) Structure of Home Science discipline
3) Types of Home Science institutions
4) Importance and value of Home Science

UNIT - III

1) Set up Home Science department at school level
2) Set up Home Science department at college level
3) Administration of the Home Science institutions
4) Problems in the administration of Home Science institutions

UNIT - IV

I Teacher

(5) Significance of teacher in Home Science
(6) Functions of Home Science teacher
(7) Characteristics of an ideal Home Science teacher
(8) Concept, Classification and need of educational technology in Home Science

References :

(6) Chandra Arvida Shah, Anupama and Joshi Uma- ' Fundamentals of Home Science'

(7) Parlikar Kalpna- ' What is home science?'

(8) Devdas Rajmal P. Methods of teaching Home Science

(9) Dahama O.P.and Bhatnagar Education and communication for development.

F.Y.B.A. HOME SCIENCE PRORGRAMME

INTRODUCTION TO HUMAN DEVELOPMENT - I

SEM- 1

E.C. 2 (101)

Theory – 1 Periods / Week + Other Marks External – 70

Credit - 2 Internal - 30

Objectives :

1) To develop awareness of important aspect of growth and development during the whole life span.
2) To become acquainted with developmental stage from prenatal period to old age.
3) To sensitive the student to understand the issues faced and adjustments required at each stage across the life span

UNIT - I

I) Orientation to Growth and development
(1) Concept of Human development
(2) Concept, General Principles and effective factors of growth and development
(3) Influences of Heredity and Environment on growth and development

UNIT - II

I) Different stages of Human development
II) Various aspect of development and inter relationship among them.
(1) Physical Development
(2) Mental Development
(3) Motor Development
(4) Social Development
(5) Emotional Development
(6) Cognitive Development
(7) Cultural Development
III) (1) Growth and development during prenatal period
(2) Factors affecting on it.
(3) Problems during prenatal period

UNIT - III

1) Problems during postnatal period
2) Growth and development during infancy period (0-2 years)
3) Factors affecting during infancy development
4) Need and care during infancy period

UNIT - IV

I) Immunization
II) Some common behavior problems
(1) Discipline
(2)Destructiveness
(3)Telling lies
(4)Fears
(5)Thumb sucking
(6)Bed wetting
(7)Nail biting
Some special problems
1) Separated parents
2) Working mother
3) Handicapped child

References :

(1) Berk, L.E. Child development

(2) Craig, G. Human development

(3) Dr. K.C.Panda, Elements of child development

(4) Sharma Poonam & Garida Lata Fundamentals of child development and child care