

HOME SCIENCE DEPARTMENT
 JAI NARAIN VYAS UNIVERSITY, JODHPUR
 SYLLABUS AS PER NEW EDUCATION POLICY
 B. A. HOME SCIENCE CBCS SCHEME 2023-24
 SEMESTER – I & II

SEMESTER – I (2023-24)

Level/ Semester	Nature of Course	Course Code	Course Title	MM	Lecture	Tutorial	Practical	S	Total Credits
I Semester L5	DCC I	H. Sc. 5001 T	Introduction to Home Science	100	-	4	-	-	4
		H. Sc. 5001 P	Home Science Practical – I Introduction to Home Science	100	-	-	2	-	2
TOTAL				200		4	2		6

SEMESTER – II (2023-24)

Level/ Semester	Nature of Course	Course Code	Course Title	MM	Lecture	Tutorial	Practical	S	Total Credits
II Semester L5	DCC II	H. Sc. 5002 T	Community Health, Mother Craft and Communication	100		4	-		4
		H. Sc. 5002 P	Home Science Practical – II Extension Education	100	-	-	2		2
TOTAL				200		4	2		6

B. A. Home Science (Semester - I)
Course Code H. Sc. 5001 T
PAPER – I
INTRODUCTION TO HOME SCIENCE

Time: 4 Hours
Max. Marks: 100

UNIT – I HOME SCIENCE

1. Definition and importance of Home Science.
2. History and Major Areas of Home Science. Their nature and scope.
3. Introduction of Extension education:
 - a) Concept of Education and Extension Education.
 - b) Objectives of Extension Education.
 - c) Function and Scope of Extension Education.
 - d) Principles of Extension Education.
 - e) Process of extension education.
 - f) Qualities of an Extension worker.

UNIT – II HUMAN DEVELOPMENT

1. A) Meaning and importance of studying human development and family studies.
B) Concept of life span development.
2. Definition of growth and development and the individual difference, Dimensions of development: Physical, Motor, Cognitive, Socio and emotional development.
3. Principles of development.
4. Stages of human development and their importance.

UNIT – III FOOD AND NUTRITION

1. Food and Nutrition, Concept of Health, Nutritional status, Nutritional care, Nutritional Status, Nutritional Care.
2. Balanced Diet, Nutrients, Foods Groups.
3. Recommended Dietary Allowance – RDA, IDA.
4. Digestion absorption and metabolism.
5. Malnutrition, Nutritional Deficiency Diseases.
6. Quality enhancement of food - Fortification, Enrichment, Supplementation, Supplementation.

UNIT – IV CLOTHING AND TEXTILES

1. Fibre, Fabric, count and balance of cloth, Fashion, Boutique, Draping, Fabric Finishing, Yarn, Weave, Knitting.
2. Personality Development – Concept of personality, Posture, Emotional, Socio and Psychological aspect, Importance and need of grooming.
3. Basic concepts regarding different body features.
4. Grooming Pertaining to various body features (with reference to accessories, clothing, makeup and jewellery).

UNIT – V HOME MANAGEMENT

1. Home Management, Planning, controlling and Evaluation.
2. Element of Arts: line, Form, Colour and Texture.
3. Values, Standards, Goals, Needs, Resources.
4. Principle of Design, Proportion, Balance, Harmony, Rhythm and Emphasis.

(Semester - I)
Course Code H. Sc. 5001 P
Home Science Practical - I
INTRODUCTION TO HOME SCIENCE

Time: 2 Hrs.
Max. Marks: 100

1. First Aid and Home Nursing:
 - a. First aid box preparation and use of material in first aid box.
 - b. First aid treatment of following – Burns & Scalds, Wounds, Foreign body in body, Fractures, Dislocation and Sprain.
 - c. Recording of temperature, BP, Sugar.
 - d. Transportation of injured/patient – four arm sling blanket lift, four man's lift
 - e. CPR
2. Cookery:
 - a. Terms, Weight & Measures types of serving.
 - b. Preparation of five dishes each covering different method of cooking of the following:
 - i. Drinks, Soups.
 - ii. Snacks, Raita, Chutney.
 - iii. Vegetable, Pulses, Salads.
 - iv. Rice Preparation – Pulav, Biryani etc.
 - v. Sweets deserts
 - vi. Cakes & Biscuits
3. Textile:
 - a. Part of sewing machine- equipments for placing, cutting and sewing, making of stitches.
 - b. Demonstration on personal grooming.
4. Home Management:
 - a. Floor decoration – Mandna, Rangoli
 - b. Best out of waste (any one creative item)

B. A. Home Science (Semester - II)

Course Code H. Sc. 5002 T

PAPER – II

COMMUNITY HEALTH, MOTHER CRAFT AND COMMUNICATION

Time: 4 Hours

Max. Marks: 100

UNIT – I

Concept of Health: Air and Ventilation, Composition of air, impurities in the air, their source and effect on health,

Natural purification, Principles and methods of ventilation (with special reference to India) Effect of defective ventilation and overcrowding on health

Water: Composition and source of water, hardness of water and its removal, supply of water and purification of water

Waste Water: its removal and disposal

Refuse: collection, removal and disposal

Sulabh Sauchalaya: Water carriage system and its advantages, disposal of sewage

UNIT – II

Infection: source of disease, disease producing microbes, modes of transmission of infection, entry into body, channels of infection, Immunity

Stages following infection: Restraint of infection, General measures

Infectious diseases: Study of the following diseases as regard to their cause, mode of transmission, symptoms, incubation and infection periods-Diphtheria, Whooping cough, Poliomyelitis, Tetanus, Cholera, Malaria, Tuberculosis, AIDS

Methods of protection and prevention of spread of infection, School hygiene and village sanitation programme, National and International agencies working for public health and hygiene. World Health Organization, UNICEF, Red Cross Society

UNIT – III

Human Reproductive system: Anatomy of the reproductive organs, Physiology of Reproduction, production of ovum and sperm. Fertilization and implantation, menstrual cycle.

Symptoms of pregnancy, common disturbances during pregnancy and their management Morning sickness, Heart burn. Indigestion, constipation, Piles, Varicose veins, Cramps, Sleeplessness, Frequency of micturition, Oedema.

Anti-natal hygiene and care of expectant mother, advice regarding diet, dress, cleanliness, bath, exercise, rest and sleep, regulation of bowels, care of teeth, care of breasts, mental hygiene. Anti-natal clinic and their importance

Regular medical check-up for satisfactory progress and to detect signs of abnormality.

Toxemias of pregnancy: symptoms, detection and care, pernicious vomiting of pregnancy, albuminuria preeclamptic state and eclampsia

Abortion and miscarriage- Threatened abortion, inevitable, complete, incomplete, missed and repeated- symptoms, importance and care.

UNIT – IV

Preparation for confinement and arrival of the new born symptoms and signs of Delivery. Delivery process.

Care during puerperium, recording of temperature, pulse involution of uterus and any abnormal symptoms or sign.

Precaution to avoid sepsis, causes and prevention, enlarged breast, cracked nipples, management of diet, bowels, retention of urine, proper rest and sleep, care of breast and care of feeding equipment

Post natal care- Light exercise, rest and sleep, clothing, feeding of an infant. Return to normal activity.

Care of new born and young baby: Bath, toilet, care of the umbilicus in the new born, clothing, importance of fresh air and sunshine, proper habit formation with regard to eating, sleeping, elimination, posture, cleanliness, feeding

Breast feeding: its importance, management, preparation, position and time schedule. Causes of insufficient milk in the breast and its management.

Weaning: Different weaning foods: mixed feeding, food supplement at various stages, points to be noted.

Common digestive disturbances during infancy and their management: diarrhoea, constipation, vomiting flatulence, intestinal colic, Vaccination Health problems of infants and its management napkin rashes, umbilical infection, infection of eye, jaundice, swelling of the breast of newly born child.

UNIT – V

Communication

- a. Meaning
- b. Is communication an Art or Science
- c. Elements of Communication and their characteristics- communicator, message, channels, treatment of message, Audience and audience response
- d. Commandments of good communication
- e. Seven C,s of Communication
- f. Objective of communication
- g. Self confidence for effective communication

Introduction to Communication and Information Technology

- a) Folk media- meaning - importance and Types
- b) Electronic media, Social media - importance and Types
- c) Advantage and disadvantage of Radio
- d) Telecommunication (meaning and use in communication only)- Television, Telephone, Mobiles, video conferencing, E- mail, Meets.

(Semester - II)
Course Code H. Sc. 5002 P
Home Science Practical - II
EXTENSION EDUCATION

Time: 2 Hrs.
Max. Marks: 100

1. Preparation and use of teaching aids on Public health issues: Charts, Posters, Leaflets, Flash Cards, Pamphlets, Mobile.
2. Developing skill and use of different training methods – Role play, Demonstration, Drama, exhibition, puppet play.
3. Use of Electronic media for mass communication, writing script for Radio and Television. Making reels & Shorts