

# Shri Govind Guru University

( Established by Government of Gujarat Vide Gujarat Act no 24/2015 )



**Faculty of Arts**

**Bachelor of Arts**

**Syllabus for**

**HOME SCIENCE (NEP Programme)**

**Semester - 2**

**Effective from June-2023**

**Website: [www.sgggu.ac.in](http://www.sgggu.ac.in)**

## Curriculum of Bachelor of Arts (HOME SCIENCE) Semester - II

Course Type	Course Code	Name of Course	Theory /Practical	Total Credit	Contact Hours Per week	Component of Marks		
						Internal	External	Total
Major Courses (Discipline Specific Course)	BA23MJ2HO1	Introduction To Foods And Nutrition-II	(T+P)	4	4	50 %	50 %	100 %
	BA23MJ2HO2	Introduction To Clothing And Textile - II	(T+P)	4	4	50%	50%	100%
Minor	BA23MN2HO1	Introduction to Home Science Extension	Theory	4	4	50%	50%	100%
Multi-Disciplinary	BA23MD2HO1	Family Resource Management & Banking	Theory	4	4	50%	50%	100%
Skill Enhancement Course	BA023SE209	Stress Management	Theory	2	2	50%	50%	100%
Value Added Course	BA023VA207	Environmental Studies	Theory	2	2	50%	50%	100%

**BACHELOR OF ARTS (B.A.) SEMESTER – II**

**TITLE OF THE COURSE: Introduction To Foods And Nutrition-II**

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MJ2HO1	MAJOR	T-3+P-1	45	30	50%	50%	100%

<b>Course Objectives</b>	1) The course enables the students to understand the functions of Vitamin, role of Vitamins and the effects of its deficiency and excess
	2) To learn about Mineral and its functions
	3) The course enables to students understand Role of water in our body.

<b>Course Outcomes :</b>	<b>After completion of the course, learners will be able to:</b>
	1) The learners will become enables to understand the functions of Vitamin, role of Vitamins and the effects of its deficiency and excess
	2) To learn about Mineral and its functions
	3) To understand Role of water in our body.

<b>Teaching - Learning Methodology</b>	Black Board Teaching, PowerPoint presentation E -Learning, Seminar Workshop, Guest Lecture
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<b>Course – Content</b>		
<b>Unit</b>	<b>Description</b>	<b>Weightage</b>
1.	Vitamins	20 %
	(1) Classification of Vitamins	
	- Fat Soluble - Vitamin A, D, E, K	
	(2) Function, RDA, sources, deficiency and excess of Vitamin A	
	(3) Function, RDA, sources, deficiency and excess of Vitamin D	
	(4) Function, RDA, sources, deficiency and excess of Vitamin E	
	(5) Function, RDA, sources, deficiency and excess of Vitamin K	
2.	-Water soluble Vitamin – Vitamin B complex and vitamin C	20 %
	(1) Functions, RDA, sources, deficiency and excess of Thiamine	
	(2) Functions, RDA, sources, deficiency and excess of Riboflavin	
	(3) Functions, RDA, sources, deficiency and excess of Niacin	
	(4) Functions, RDA, sources, deficiency and excess of Vit 'B12'	
	(5) Functions, RDA, sources, deficiency and excess of Vit 'C'	
3.	-Minerals	20 %
	(1) Functions, RDA, sources, deficiency and excess of Calcium	
	(2) Functions, RDA, sources, deficiency and excess of Iron	
	(3) Functions, RDA, sources, deficiency and excess of Iodine	
	(4) Functions, RDA, sources, deficiency and excess of Sodium	
	(5) Functions, RDA, sources, deficiency and excess of Potassium	
	(6) Functions, RDA, sources, deficiency and excess of Copper	

4.	- Water	20%
	1) Sources	
	2) Water balance	
	3) Function of Water	
	4) Requirement hyper and hypo intake in our body	
5.	Multiple Question from all above four units	20%
	Total	100%

## INTRODUCTION TO FOODS AND NUTRITION PRACTICAL

**Total Credit-01**

### I) Preparation of Recipes rich in

- a) Vitamin –A
- b) Vitamin – C
- c) Vitamin – B1
- d) Vitamin – B2
- e) Vitamin – B3 – Niacin
- f) Calcium + Phosphorus

### II Low-cost Nutritious Recipes by use of

- a) Germination
- b) Fermentation
- c) Enrichment

### III Preparation of Salad with sprouting pulses and fresh vegetable

### Suggested Readings:

1. R. Rajalakshmi "Applied Nutrition"
2. Swaminathan M. "Human Nutrition and diet"
3. Dr.L.C.Gupta "Food and Nutrition"
4. "आहारएवंपोषणववज्ञान" - आशामिश्रा, अलकाअग्रवाल
5. "आहारएवंपोषणववज्ञान" - आशाकुमारी

**BACHELOR OF ARTS (B.A.) SEMESTER – II**

**TITLE OF THE COURSE: Introduction To Clothing and Textiles-II**

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MJ2HO2	MAJOR	T-3+P-1	45	30	50%	50%	100%

<b>Course Objectives</b>	1) Students will become aware about rich traditional textile of India
	2) They will become familiar with embroideries of India
	3) They learn about basic skills required for embroidery

<b>Course Outcomes :</b>	<b>After completion of the course, learners will be able to:</b>
	1) Know the rich traditional textile of India
	2) Familiar with embroideries of India
	3) Get knowledge regarding children clothing
	4) Have skills required for clothing construction

<b>Teaching - Learning Methodology</b>	Black Board Teaching, PowerPoint presentation E -Learning, Seminar Workshop, Guest Lecture
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<b>Course – Content</b>		
<b>Unit</b>	<b>Description</b>	<b>Weight age</b>
1.	I Study of Traditional Textile	20 %
	(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 AndhraPradesh	
	(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) ChamalRumal of Himachal Pradesh	
2.	Woven Sarees of India	20 %
	(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 :	
	- History and Importance	
	- Requirement of Khadi for benefit of women being	
	- Advantages of Khadi Production	
	- Different handloom products	
	- Khadi Bhandar	
3.	Fundamentals of Embroidery	20%
	(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	
4.	Traditional Embroideries of India	20%
	(1) Kantha of Bengali	
	(2) Phulkari of Panjab	
	(3) Kasida of Kashmir	
	(4) Chikankari of Lucknow	
	(5) Embroidery of Kutch and Kathiawar	
	(6) Kasuti of Karnataka	
	(7) Chamal Rumal of Himachal Pradesh	
5.	Multiple Question from all above four units	20%
	Total	100%

**INTRODUCTION TO CLOTHING AND TEXTILE Practical: -**

**Total Credit-01**

**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

**Suggested Readings:**

- (1) Clothing and Textile - Dr. Sushma Gupat, Dr.Neru Garg, Dr. Renu Sani
- (2) Vastra Vigyan avamparidhan - Pramila Varma
- (3) Introduction to Clothing and Textile – Reema + Bhatia, and Charu Arora

**BACHELOR OF ARTS (B.A.) SEMESTER – II**

**TITLE OF THE COURSE: Introduction To Home Science Extension-II**

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MN2HO1	MINOR	4	60	00	50%	50%	100%

<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>Understand the meaning process and evolution of extension and extension systems of pre-independence era to present era.</li> </ul>
	<ul style="list-style-type: none"> <li>Comprehend the relationship between home science educations with extension system.</li> </ul>
	<ul style="list-style-type: none"> <li>Familiarize with the structural and functional concepts of rural society.</li> </ul>
	<ul style="list-style-type: none"> <li>Acquire Knowledge regarding various existing extension and rural development programmes.</li> </ul>

<b>Course Outcomes :</b>	<b>After completion of the course, learners will be able to:</b>
	<ul style="list-style-type: none"> <li>Understand the meaning process of extension education system</li> </ul>
	<ul style="list-style-type: none"> <li>Comprehend the relationship between home science educations with extension system.</li> </ul>
	<ul style="list-style-type: none"> <li>Familiarize with the extension activities for rural development.</li> </ul>
	<ul style="list-style-type: none"> <li>Acquire Knowledge regarding various extension technology, its tools and techniques for raising their standard of living</li> </ul>

<b>Teaching - Learning Methodology</b>	Black Board Teaching, PowerPoint presentation E -Learning, Seminar Workshop, Guest Lecture
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<b>Course – Content</b>		
<b>Unit</b>	<b>Description</b>	<b>Weight age</b>
1.	<b>Teaching Method(Meaning, types, Merits&amp; demerits)</b>	20%
	Demonstration	
	Discussion	
	Campaign	
	E-learning	
	Laboratory	
2.	<b>Teaching Aids</b>	20 %
	Meaning, definition and need	
	Point to be consider while selecting the teaching aids	
	Types of classification	
	Types of boards	
	Black Board	
	Bulletin board	

	Magnet board	
3.	<b>Teaching aids</b>	20%
	Model	
	Chart	
	Graph	
	Poster	
	Puppet	
	Slides	
	OHP	
4.	<b>Home Science Extension</b>	20%
	Concept, definition & needs	
	Objectives	
	Philosophy & Principles	
	Characteristics	
	Scope	
5.	Multiple Question from all above four units	20%
	Total	100%

**Suggested Readings:**

- (1) Chandra Arvida Shah, Anupama and Joshi Uma- ' Fundamentals of Home Science'
- (2) Parlikar Kalpna- ' What is home science?'
- (3) Devdas Rajmal P. Methods of teaching Home Science
- (4) Dahama O.P. and Bhatnagar Education and communication for development

**Note: Learners are advised to use latest edition of books.**

**BACHELOR OF ARTS (B.A.) SEMESTER – II**

**TITLE OF THE COURSE: FAMILY RESOURCE MANAGEMENT & BANKING**

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	<b>BA23MD2HO1</b>	MDC	4	60	00	50%	50%	100%

<b>Course Objectives</b>	1) Understand basic concept of resource management
	2) Understand basic concept resource management process
	3) Get knowledge regarding banker and customer relations
	4) Recognize basic skills required for e-banking

<b>Course Outcomes:</b>	<b>After completion of the course, learners will be able to:</b>
	1) Understand basic concept of family resource management process
	2) Get knowledge regarding enhancing the banker and customer relations
	3) Recognize basic skills required for e-banking

<b>Teaching - Learning Methodology</b>	Black Board Teaching, PowerPoint presentation E -Learning, Seminar Workshop, Guest Lecture
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<b>Course – Content</b>		
<b>Unit</b>	<b>Description</b>	<b>Weight age</b>
1.	➤ Introduction to management	20%
	Definition of Management, Family Resource Management, Importance and objectives of management	
	➤ Management process	
	Definition and meaning, steps involve in management process	
	- Planning	
	- Implementation	
	- Evaluation	
2.	Resources in the family	20%
	- Definition, classification and importance of resources	

	- Time management- Type of time (clock time , psychological time and biological time)	
	- Factors affecting time planning	
	- Energy Management- process of energy management (planning, controlling and evaluation)	
	- Fatigue- types, Measures to relieve fatigue	
3.	<b>Banks</b>	20%
	Meaning & definition	
	Type of banking	
	Type of Accounts	
	Saving, current, fixed deposit account, Joint account,	
	Recurring account, NRI- Non-Resident account	
4.	<b>Banker and customer</b>	20%
	Meaning and Definition	
	Banker and customer general relation	
	Legal relation of Banker and customer	
	Cheque- Meaning and types	
	Benefits and limitations of cheque	
	Internet Banking- Meaning, importance and limitations of internet Banking	
	Types of E- Banking	
	1. Credit card, debit card, ATM and Mobile Banking	
5.	Multiple Question from all above four units	20%
	Total	100%

### **Suggested Readings:**

- (1) Mehta R.R. 'Fundamentals of Bank' Fundamentals of Home Science'
- (2) Howells and Bain 'The Economics of Money, Banking & Finance,
- (3) Modern Banking- R. S. Sayers
- (4) Money and Banking-R.P. Kent
- (4) Money and Banking-S. Mitra

**BACHELOR OF ARTS (B.A.) SEMESTER – II**

**TITLE OF THE COURSE: STRESS MANAGEMENT**

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA023SE209	SEC	2	30	00	25%	25%	50%

<b>Course Objectives</b>	1) Students will learn about mental health.
	2) Students will understand about stress.
	3) Students will learn about coping strategies

<b>Course Outcomes:</b>	<b>After completion of the course, learners will be able to:</b>
	1) Students will understand the stress
	2) Students will learn to deal with stress
	3) Students will understand the problems of stress

<b>Course – Content</b>		
<b>Unit</b>	<b>Description</b>	<b>Weightage</b>
1.	➤ Metal Health	
	Meaning, importance and concept of mental health	
	Definition of mental health	
	Symptoms of good metal health	
	Characteristics of metal health	
	Causes of ill metal health	
	Determinants of mental health	
	Measures for promoting mental health	
2.	➤ Stress	
	Meaning, importance and concept of mental health	
	Causes of stress	
	Copping strategies for stress	
	Reaction of stress	
3.	➤ Problems of stress	
	Depression	
	Anxiety	
	Conflict	
	Frustration	

**Suggested Readings:**

- (1) Developmental psychology by Rajendra Prasad & Jitendra kumar, Upadhyay
- (2) Abnormal psychology- Mafatlal Patel
- (3) Child psychology and child development D.N. Shrivastav & Kruti Verma
- (4) Bal vikas evam bal manovigyan by Suresh Bhatnagar

**BACHELOR OF ARTS (B.A.) SEMESTER – II**

**TITLE OF THE COURSE: ENVIRONMENTAL STUDIES**

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA023VA207	VAC	02	30	00	25%	25%	50%

<b>Course Objectives</b>	1) Student will get knowledge about environment and ecology.
	2) Student will learn about pollution control
	3) Student will get knowledge about communicable disease and its control

<b>Course Outcomes:</b>	<b>After completion of the course, learners will be able to:</b>
	1) To improve status of family
	2) To improve lifestyle of people
	3) To improve health and social status of family
	4) Recognize basic skills required for clothing construction

<b>Course – Content</b>		
<b>Unit</b>	<b>Description</b>	<b>Weightage</b>
1.	Introduction	
	Importance	
	Definition	
	Classification of Environment	
	Components Part of Environment	
	Scope of Environment	
2.	Environmental Pollution	
	- Air pollution	
	- Water pollution	
	- Soil pollution	
	- Radiation pollution	
	- Land pollution	
	- Noise pollution	

	- Thermal pollution	
3.	The Environment Protection Act	
	- Communicable disease and its transmission, non communicable disease	
	- State pollution control board	
	- Central pollution control board	

**Suggested Readings:**

- (1) Environment and disaster management by jignesh
- (2) Joshi paryavaran Sahitya by R.Y.Gupta
- (3) Paryavaran adhyan-Erach Bharucha
- (4) Environmental Studies by Dr. Suresh K. Dhameja,2007, S.K. kataria &sons, New Delhi