

CURRICULUM

For

B.A. Sem. – 1

(HOME SCIENCE)

(With effective from June - 2023)



Curriculum of Bachelor of Arts (HOME SCIENCE)
Semester 1
Effective from June-2023

Course Type	Course Code	Name of Course	Theory /Practical	Total Credit	Contact Hours Per week	Component of Marks		
						Internal	External	Total
						Total/	Total/	Total/
Major Courses (Discipline Specific Course)	BA23MJ1 HO1	Introduction to Foods and Nutrition-I	(T+P)	4	4	50%	50%	100%
	BA23MJ1 HO2	Introduction to Clothing & Textiles-I	(T+P)	4	4	50%	50%	100%
Minor Courses)	BA23MN1 HO1	Home Science Education	Theory	4	4	50%	50%	100%
Multidisciplinary Course	BA23MD1 HO1	Human Development and Child Psychology (Home Science)	Theory	4	4	50%	50%	100%
SEC Skill Enhancement	BA023SE109	Art and Craft (Home Science)	2	2	2	50%	50%	100%



BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : Introduction to Foods and Nutrition-I

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MJ1HO1	MAJOR	4	3	2	50	50	100

Course Objectives:	<ol style="list-style-type: none">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.
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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.

I) Functions of Food

UNIT – II

1) Classification of food

3) according to need

4) according to sources

2) BMR- meaning, definition & importance

3) Factors affecting BMR

4) Food groups- meaning, importance

5) Five and seven food groups

UNIT-III

1) Balance diet- meaning, definition & importance

- Factor affecting balance diet

2) Carbohydrates- function, sources, R.D.A., deficiency and excess



- Protein- function, sources, R.D.A., deficiency and excess
- Fat-function, sources, R.D.A., deficiency and excess
- Dietary fibres- function, sources, R.D.A., deficiency and excess

UNIT – IV

- Food preparation and serving
 - 1) Reasons of cooking
 - 2) Effect of cooking on Nutrient
 - 3) Retention of Nutrients during cooking
 - 4) Method of Cooking
 - Dry
 - Moist
 - Oil
 - 5) Improving nutritional quality of foods
 - Germination
 - Fermentation
 - Supplementation
 - Fortification and Enrichment

PRACTICALS (FOODS&NUTRITION)	
TOTAL CREDIT-01	Lecture hours-02

- 1) Controlling techniques: Weight and Measures Standard and household measures for raw 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



REFERENCES:

- (1) R. Rajalakshmi "Applied Nutrition"
- (2) Swaminathan M. "Human Nutrition and diet"
- (3) Dr.L.C.Gupta "Food and Nutrition"
- (4) "आहारएवंपोषणवज्ञान" – आशामिश्रा, अलकाअग्रवाल
- (5) "आहारएवंपोषणवज्ञान" – आशाकुिारी



BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : INTRODUCTION TO CLOTHING AND TEXTILE –I

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MJ1HO2	MAJOR	4	3	2	50	50	100

Course Objectives:	This course will enable student to 1) Understand basic concept of clothing and textile 2) Use of sewing machine and various sewing equipment 3) Get knowledge regarding children clothing 4) Recognize basic skills required for clothing construction
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Course Content

UNIT - I

1. Clothing and textiles

- History
- Importance
- Scope

2. Sewing Machine

- Parts and functions of sewing machine
- Problems and remedies of sewing machine
- Body Measurements
- Importance and types

UNIT – II

- Tools use for clothing construction

(1) Construction (2) Figure (3) Use (4) Cleaning (5) Care

- Tools for marking / measuring
- Tools for cutting
- Tools for drafting
- Tools for sewing
- Tools for finishing

- Knowledge of standard measuring points
- Method of taking body measurement for different garment
- 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 of children garment
- 3) Factors affecting the selection of children garments
- 4) Effect of cloth and child growth in children's garments

UNIT – IV

Clothing for different age groups

- Infant
- Creeper
- Toddler
- Pre-school child (2- 4 years)
- Elementary school child
- Pre- adolescent (12-15)
- Adolescent (15-20)
- Adult

Man and Woman

- Elders

PRACTICALS (CLOTHING & TEXTILES)	
TOTAL CREDIT-01	Lecture Hours-02

- Hand Stitches
 - a) tacking stitches
 - b) Hemming stitches
 - c) Running stitches
 - d) Back stitches
- Machine Seams
 - a) Plane



- b) French
- c) Run and fell
- d) Flat – fell
- Gathers and Pleats
 - a) Hand and Machine gathers
 - b) Knife pleats, box pleats
- Drawing diagram brown paper cutting and stitching garments
 - a) Nappies
 - b) Jhabhala
 - c) Panty
 - d) Apron

REFERENCES:

- (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 – 1

TITLE OF THE COURSE : HOME SCIENCE EDUCATION - I

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MN1HO1	MINOR	4	4	-	50	50	100

Course Objective	Objectives:
S:	<ol style="list-style-type: none">1) To create awareness about various aspects of Home-Science as a discipline2) 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) Definition and Importance of Home Science in Modern time
- 2) Areas of Home Science discipline
- 3) History of Home Science in India
- 4) Broad objectives of Home Science
- 5) Specific objectives of each area of Home Science
- 6) Types of Home Science institutions

UNIT – II

- 1) Types of education
- 2) Difference between formal education and home science education
- 3) Home science education
 - Introduction
 - Meaning



- Definition
- Need
- Goals

UNIT – III

- (1) Significance of teacher in Home Science
- (2) Functions of Home Science teacher
- (3) Characteristics of an ideal Home Science teacher
- (4) Set up Home Science education department at school level
- (5) Set up Home Science education department at college level

UNIT – IV

- 1) Administration of the Home Science education institutions
- 2) Problems in the administration of Home Science education institutions
- 3) Concept of educational technology in Home Science
- 4) Classification of educational technology in Home Science
- 5) Need of educational technology in Home Science
- 6) Teaching & learning method of home science education

References:

- (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

BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : HUMAN DEVELOPMENT & CHILD PSYCHOLOGY

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MD1HO1	MDC	4	4	-	50	50	100

Course 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.

Course Content

UNIT – I

1) Orientation to Growth and development

- Concept of Human development
 - Concept, General Principles and effective factors of growth and development
 - Influences of Heredity and Environment on growth and development
 - Different stages of Human development
- 2) Growth and development during pregnancy
 - 3) Complication of pregnancy
 - 4) Care of pregnant woman

UNIT – II

1) Growth and development of 0 to 2 years

- Overall development
- Physical development
- Motor development
- Mental development
- Emotional development
- social development

2) Growth and development of 2 to 6 years

- Physical development
- Motor development



- Mental development
- Emotional development
- Social development

UNIT – III

- 1) Growth and development of 6 to 12 years
 - Overall development
 - Physical development
 - Motor development
 - Mental development
 - Emotional development
 - social development
- 2) Problems of school going children
- 3) Growth and development of 12 to 18 years (Adolescence)
 - Definition and signification
 - developmental task and adolescence
 - need and care
 - problems and copping with adolescence

UNIT – IV

- 1) Some common behaviour problems
 - Discipline
 - Destructiveness
 - Telling lies
 - Fears
 - Thumb sucking
 - Bed wetting
 - Nail biting
- 2) Some special problems
 - Separated parents
 - Working mother
 - Care of special child
 - Parental problems



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



BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : ART AND CRAFT

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA023SE109	SEC	2	2	-	25	25	50

Course Objectives	<ol style="list-style-type: none">1) To achieve student's skill about vocational development2) To development professional value of students.3) To develop art skill of students.4) To develop business skill of students
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Course Content

UNIT-I

- 1) Colour Concept
- 2) Elements of art
- 3) Different materials for art and craft (pencil, charcoal, water colour, oil colour)

UNIT-II

- 1) Clay work
- 2) Pencil work
- 3) Paper work
- 4) Greeting card

UNIT-III

PRACTICAL

- 1) Best out of waste
- 2) Fabric painting
- 3) Pot decoration
- 4) Clay making
- 5) Gift packing
- 6) Paper work

REFERENCE:

- 1) The complete book of Art and Craft – fall river –publisher
- 2) Art aevam craft- Jupiter series
- 3.) History of Indian art Dr. saroj Bhargav translated by Dr. Hemlata Agrwal –

