

**SWAMI RAMANAND TEERTH MARATHAWADA  
UNIVERSITY, NANDED**

# **SYLLABUS**

**OF**

**B. Sc. / B. A. (Third Year)**

**Home Science**  
**(Semester Pattern)**

**Effective from June, 2013**

## **Semester V**

### **Foods & Nutrition**

#### **Paper – IX**

1. Carbohydrates:  
Chemical Composition Classification,  
Functions.  
Daily Allowances, Sources, Deficiencies
2. Proteins:  
Chemical composition Classification  
Amino acids Types:  
Functions  
Daily allowances Sources  
Deficiencies
3. Fats:  
Chemical composition Classification  
Functions  
Sources Deficiencies Fatty  
Acids
4. Vitamins:  
Classification a) Fat soluble (2) Water soluble Chemical  
Composition, Functions, Sources, Deficiencies
5. Minerals:  
Importance, General Functions Calcium, Iodine,  
Iron  
Functions, Sources, deficiencies
6. Water: Importance and Role
7. Reference books:
  - 1) Essentials of Foods & Nutrition – M. Swaminathan  
VOI I and D., BAPPCO Publication, Bangalore
  - 2) Potion va Aahar Shastra Parichaya, Saral Lele, Pimpalapur Prakashan, Nagpur
  - 3) Potion Shastra, Dr. Manjusha Molawane, Kailas Publication, Aurangabad
  - 4) Manvi Potion va Aahar Shastrachye Multatwe, Dr. Asha Deuskar, Vidya Prakashan, Nagpur

## Home Science Extension And Education

### Paper – X

1. Extension Education – concept, need and importance with special reference to Home- Science, Philosophy, Principles and objectives
2. Communication:  
Concept, Meaning and Principal of Teaching and Learning in Home – Science Extension
3. Communication Methods:  
Individual, Group, Mass
4. Extension Teaching Methods :-  
Home Visits : Concept, use, importance  
Discussion            Concept, use, importance  
Field Trips            Concept, use, importance  
Exhibition            Concept, use, importance  
Demonstration    Concept, use, importance
5. a) Audio visual aids – Meaning, importance  
Classification and Functions  
b) Graphic Communication Media – Charts,  
Posters, Flash cards, Bulletin, Board display,  
Folder  
c) Projected aids – Transparencies and slides.  
d) Electronic Media- Radio, T.V. Internet, E-mail.  
e) Folk Media – importance and types

### Practical

#### Paper- XI

50 Marks

1. Knitting – Sweater (up to 1 year)
2. Fabric painting – One sample
3. Modern embroidery:
  - a. Kashida
  - b. Jardoji
  - c. Tikli / Beed work
  - d. Chicken kari
  - e. Mirror work
4. Stitching:
  - a. Blouse – Any type
  - b. Pujabi dress
5. Batik Printing: One sample

## **Semester VI**

### **Human Development**

#### **Paper – XII**

1. Early childhood – Characteristics, Developmental tasks, Physical development, Emotional development, Social development, Play, speech development, Speech defects, Hazards
2. Late childhood – Characteristics, Developmental tasks, Development of physical skills, Social development, Moral development, Personality development - Hazards
3. Puberty – Characteristics, Physical growth, Changes in behavior and interests, Concerns of Pubescent, Hazards
4. Adolescence – Early and late adolescence Characteristics, Developmental tasks, Physical growth, Psychological and health needs, Social changes, Interests, Emotions, Problems
5. Adulthood – Early and middle adulthood characteristics, Developmental tasks, Interests activities
6. Middle Age – Characteristics and developmental tasks, Changes in interest, Vocational interests and adjustments, Social interests and activities
7. Old age: Characteristics, Developmental tasks, Changes in interest, Hazards

#### **Reference Books:**

1. Developmental psychology - Elizabeth Hurlock, McGraw hill public.co.
2. Child development N. Jaya and Rajmal Devdas
3. Vaikasik Manas Shastra – Borude, Tornekar va itar-Vidyarthi Gruh Prakashan, Pune

## **Practical**

### **Normal and Therapeutic Diets**

#### **Paper- XIII**

**50 Marks**

- A days diet plan for –
- a. Woman
  - b. Pregnant Woman
  - c. Lactating Woman
  - d. Preschool Girl
  - e. Pubescent Girl
  - f. Anemia
  - g. Diabetes
  - h. Jaundice
  - l. Hypertension

## **Practical**

#### **Paper- XIV**

**50 Marks**

1. Paper mache – One article
2. Furniture Arrangement for: Low, Middle, High income group
3. News Paper Article – On current issue - Any one
4. Story Telling: Flash Card Preparation
5. Warli Painting – Greeting Card - One
6. Best Out of Waste – Any one article