

**BHAKTA KAVI NARSINH MEHTA UNIVERSITY,
JUNAGADH**



FACULTY OF HOME SCIENCE

**SYLLABUS FOR
M.A. Home Science (Arts)
SEMESTER- 1**

As Per NEP – 2020

EFFECTIVE FROM JUNE, 2026

BHAKTA KAVI NARSINH MEHTA UNIVERSITY**Syllabus of M.A. (Honors) as per NEP-2020****Faculty of Home Science****DSC/SEC/BKS****Effective from June 2026****Subject: M.A. Home Science (Arts)****SEMESTER- 1****SUMMARY OF THE SYLLABUS**

Sem. No.	Sr. No.	Category of Course	Course Title	Cours e Level	Credit	Teachin g Hrs.	SEE Marks	CCE Marks	Total Marks	Exam Duration
Sem-1	1	DSC-1	Food Science and Experimental Food Preparation	6	4	75	50	50	100	02:00 Hour
	2	DSC-2	Textiles, Clothing and Apparel Management	6	4	75	70	30	100	02:30 Hour
	3	DSC-3	Home Management	6	4	75	70	30	100	02:30 Hour
	4	DSC-4	Successful Marriage life	6	4	75	70	30	100	02:30 Hour
	5	DSC-5	Family And Community Science Education	6	4	75	70	30	100	02:30 Hour
		SEC/BKS	Research Methodology	6	2	30	25	25	50	01:00 Hour
				Total	22					

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Course Level	6	Internal Marks	30
Programme	M. A. Home Science	External Marks	50
Semester	1	Practical Internal	20
Category of Course	DSC- 01	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:00 Hours
Course Title	Food Science and Experimental Food Preparation		

COURSE OBJECTIVES:

- To develop knowledge of food science principles and experimental food preparation.
- To understand the sensory evaluation of foods and factors affecting food acceptability.
- To acquire knowledge of cereals, batters, dough, leavening agents, and their role in food preparation.
- To understand the processing, nutritional changes, and cooking characteristics of fruits, vegetables, and eggs.
- To develop practical skills in scientific food preparation, quality evaluation, and presentation of food products.

COURSE OUTCOMES:

- Explain the scientific principles involved in food preparation and experimental cookery.
- Evaluate food quality using sensory evaluation methods and identify factors affecting food acceptance.
- Apply knowledge of cereals, batters, dough, and leavening agents in the preparation

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of quality food products.

- Analyze the effect of cooking and processing on the nutritional value, colour, texture, and acceptability of fruits, vegetables, and eggs.
- Demonstrate practical skills in preparing, evaluating, and presenting food products using scientific techniques and quality standards.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
1	1	Food Acceptance and Sensory • What is sensory evaluation • Factors affecting on food acceptance • Sensory evaluation testing	15
	2	Cereal • Science and Dough Technology • Factors kept in mind for making batters and dough Leavening agents	15
	3	Fruit and Vegetable Processing • Classification according to pigments • Changes occurring during cooking on colour, palatability and nutritive value of cooked product	15
	4	Eggs • Structure, Composition of egg • Coagulation of egg protein • Changes occurring during cooking eggs • Utility of egg in cookery.	15

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PRACTICALS:

- 1 Changes on vegetables during cooking like flavour, colour, texture and palatability (Anyone Vegetable)
2. Using flour and flour mixtures, preparation of any one recipe
3. Changes on fruits during cooking like flavour, colour, texture and palatability (Anyone fruit)

REFERENCE BOOKS:

- Experimental cookery, Love Belle
- Experimental Cookery Prayogatmak randhankala
- Human Nutrition, Principles and application in India, Maxine E. McDirist and Sumati R. Mudambi
- Our food, M. Swaminathan and Bhagvan
- Journal of American dietetic association
- Food Science - CFTRI, Mysore Flavour Research and
- Food Acceptance, Arther D. Little
- Foods and Principles of cookery, Fitch and Francis Food,
- Selection and Preparation sweetman and McKeller
- Fundamentals of food and nutrition (2004), by Prof. Nilam Buddhadev and Bhavna Vaid, Pravin Pustak Bhandar, Rajkot

WEBSITE:

- www.google.com/experimentalcookery
- [en.wikipedia.org/wiki/sensary evaluation](http://en.wikipedia.org/wiki/sensary_evaluation)

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Course Level	6	Internal Marks	30
Programme	M. A. Home Science	External Marks	70
Semester	1	Practical Internal	
Category of Course	DSC- 2	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:30 Hours
Course Title	Textiles, Clothing and Apparel Management		

COURSE OBJECTIVES:

- To develop an understanding of traditional Indian textiles and their cultural significance.
- To acquire knowledge of textile materials and the selection of fabrics for clothing and household purposes.
- To understand the principles of clothing selection for different age groups, gender, and occasions.
- To develop knowledge of apparel planning, wardrobe management, and garment care.
- To enhance decision-making skills for selecting appropriate textiles and apparel based on quality, comfort, utility, and aesthetics.

COURSE OUTCOMES:

- Explain the characteristics and importance of traditional Indian textiles and their applications.
- Select appropriate fabrics for garments and household textiles based on fibre properties and end use.
- Apply the principles of clothing selection for different age groups, gender, and occasions.
- Demonstrate knowledge of wardrobe planning, clothing care, and maintenance

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techniques.

- Evaluate textiles and apparel based on quality, functionality, comfort, aesthetics, and consumer requirements

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
1	1	Traditional and Cultural Textiles of India • Introduction • Traditional Textiles of India	15
	2	Fabric Selection for Clothing and Home Furnishing • Selection of household fabrics • Selection of fabrics for garments	15
	3	Clothing Selection Across Age Groups Clothing for Children • Clothing for School-going Children • Clothing for Adults • Clothing for Women • Clothing for Men	15
	4	Occasional and Functional Clothing • Traditional Wear • Festive Wear • Formal Wear • Casual Wear • Professional Wear	15

REFERENCESBOOKS:

1. Vastra Vigyan Avm Paridhan, Dr. Brindasinh, Panchshil Prakashan, Jaipur
2. Textile & Laundry Dr. Vimleshkumari, Discovery Pub. House, New Delhi
3. Textiles and Laundry work, Dr. Bela Bhargav, University book house, Pvt. Ltd., Jaipur
4. Textile & Clothing, Nirja Yadav, Sahitya Prakashan, Agra

WEBSITE:

[www.google.com/tradition textiles in india](http://www.google.com/tradition%20textiles%20in%20india)
[www.google.com/occassional dress](http://www.google.com/occassional%20dress)

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Course Level	6	Internal Marks	30
Programme	M. A. Home Science	External Marks	70
Semester	1	Practical Internal	
Category of Course	DSC- 3	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:30 Hours
Course Title	Home Management		

COURSE OBJECTIVES:

- To develop a comprehensive understanding of the concepts, principles, and scope of home management in family, business, and institutional settings.
- To enhance knowledge of the home management process, including planning, controlling, and evaluation for effective decision-making.
- To develop an understanding of goals, values, and standards as fundamental elements of home management and their role in efficient resource utilization.
- To equip learners with managerial skills for organizing, utilizing, and evaluating available resources to improve the quality of family and community life.

COURSE OUTCOMES:

- Explain the concepts, principles, and significance of home management and its application in various organizational settings.
- Apply the processes of planning, controlling, and evaluation to solve day-to-day management problems effectively.
- Analyze the influence of goals, values, and standards on decision-making and resource management in family life.
- Demonstrate managerial and decision-making skills for the efficient utilization of human and material resources to achieve desired objectives

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Sem.	Unit No.	Syllabus	Teaching Hours
1	1	Home Management • Definition, Meaning • Importance • History and development of home management in India and abroad • Management in business, Industry and Institution.	15
	2	Process of Home management • Planning • Importance • Types • Points of planning • Controlling • Importance , Points of controlling • Evaluation • Importance • Types	15
	3	Fundamental motives of home management Goal • Definition, Importance • Types • Reasons of failure in achievement of goal Value - Definition, Importance - Types - Affecting factors Standard Definition, Importance - Types - Affecting factors	15
	4	Decision making in home management Definition Importance - Types - - References: Process Affecting factors	15

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REFERENCESBOOKS:

1. Gross and Crandall - "Management for modern families".
2. Nickell and Dorsey - "Management in family living".
3. Stidl and Bratton - "Working Home".
4. Mohinder K. Mann - "Home Management for Indian Families".
5. Dr. Rina Khanuja - "Home management, Resource management and Interior decoration"

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Programme	M. A. Home Science	External Marks	70
Semester	1	Practical Internal	
Category of Course	DSC- 4	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:30 Hours
Course Title	Successful Marriage life		

COURSE OBJECTIVES:

- To develop a comprehensive understanding of the concepts, principles, and scope of home management in family, business, and institutional settings.
- To enhance knowledge of the home management process, including planning, controlling, and evaluation for effective decision-making.
- To develop an understanding of goals, values, and standards as fundamental elements of home management and their role in efficient resource utilization.
- To equip learners with managerial skills for organizing, utilizing, and evaluating available resources to improve the quality of family and community life.

COURSE OUTCOMES:

- Explain the concepts, principles, and significance of home management and its application in various organizational settings.
- Apply the processes of planning, controlling, and evaluation to solve day-to-day management problems effectively.
- Analyze the influence of goals, values, and standards on decision-making and resource management in family life.
- Demonstrate managerial and decision-making skills for the efficient utilization of human and material resources to achieve desired objectives.

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COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
1	1	Marriage and Maturity • Meaning of maturity Characteristics of maturity • Types of maturity • Important points of marriage maturity	15
	2	Changes in Indian marriage • Age • Selection of life partner • Inter cast marriage • Monogamy Marriage • Divorce	15
	3	Marriage and Problems • Dowry • Child Marriage • Female Feticide • Domestic Violence	15
	4	Marriage and Laws • Meaning & Definition • Marriage related laws	15

REFERENCESBOOKS:

1. Mrs. Eroj Siddiqui, "Women marriage and family".
2. Dhiraj Dhakan, "Marriage, Family and adjustment".
3. Dr. Vaghela and Mandalika, "Marriage, Family and Bal kalyan".
4. Pushker Gokani, "Lagna Melapak". Website

WEBSITE:

en.wikipedia.org/wiki/marriage

en.wikipedia.org/wiki/ideal_marriage

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Programme	M. A. Home Science	External Marks	70
Semester	1	Practical Internal	
Category of Course	DSC- 5	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:30 Hours
Course Title	FAMILY AND COMMUNITY SCIENCE EDUCATION		

COURSE OBJECTIVES:

- To understand the meaning, importance, aims, and scope of Family and Community Science Education.
- To identify career opportunities and professional prospects in the field of Family and Community Science Education.
- To develop an understanding of the personal, professional, and pedagogical qualities required for an ideal Family and Community Science teacher.
- To acquire knowledge of various teaching methods and their appropriate application in Family and Community Science Education.
- To develop skills in selecting, preparing, and using suitable teaching aids for effective teaching-learning.
- To enhance communication, presentation, classroom management, and instructional skills for effective teaching.

COURSE OUTCOMES:

- Demonstrate the essential qualities, competencies, and professional ethics of an effective Family and Community Science teacher.
- Compare and apply appropriate teaching methods based on classroom needs and learning objectives.
- Evaluate the advantages and limitations of different teaching methods used in

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- Select, prepare, and effectively use appropriate teaching aids to improve the teaching-learning process.
- Plan and conduct effective classroom teaching by applying appropriate teaching methods, teaching aids, communication skills, and classroom management techniques.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
1	1	Meaning, Importance & Aims of teaching home science education Job Opportunities in home science education	15
	2	Qualities of home science ideal teacher • General qualities. • Special qualities. • Personal expertise	15
	3	Methods of teaching home science education • Lecture method - (advantages - disadvantage) • Laboratory method - (advantages - disadvantage) • Discussion method - (advantages - disadvantage) • Demonstration method - (advantages - disadvantage) • Project method - (advantages - disadvantage) • Assignment method - (advantages - disadvantage)	15
	4	Teaching Aids of home science education • Visual Aids • Audio Aids Audio • Visual Aids	15

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REFERENCESBOOKS:

Home Science Education – Anita Varma – 2007
Home Science Education – Dipti Desai – 1992
Various aspect of home science – Sumita jain – 2007
Home Science Education – Dr. G.P.Shairy – 2007
Home Science Education – Dr.S.P.Sukhiya – 1984

WEBSITE:

en.wikipedia.org/wiki/education
books.google.co.in/books
www.ehow.com> education

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Course Level	6	Internal Marks	25
Programme	M. A. Home Science	External Marks	25
Semester	1	Practical Internal	
Category of Course	SEC/BKS - 1	Practical External	-
Course Credit	2	Prac. External Exam Duration	-
Teaching Hours	30	Total	50
Course Code		Exam Duration	01:00 Hours
Course Title	Research Methodology		

COURSE OBJECTIVES:

- To understand the research process.
- To learn research design and sampling methods.
- To develop skills in data collection and analysis.
- To understand report writing techniques.
- To promote ethical research practices.

COURSE OUTCOMES:

- Explain the steps involved in research.
- Select appropriate research methods and tools.
- Analyze and interpret research data.
- Prepare a scientific research report.
- Conduct research following ethical principles.

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Sem.	Unit No.	Syllabus	Teaching Hours
1	1	Introduction to Research • Meaning of research, objectives of research, types of research, significance of research, research process • Variables – independent, dependent, intervening • Identification of a research problem • Formulation of research questions, hypothesis and objectives	15
	2	Sampling and Sampling Design • Types of sampling, their advantages and disadvantages: Convenience sampling, Random sampling, Stratified sampling, Cluster sampling, Purposive sampling, Snowball sampling etc • Bias and errors in sampling • Selection of adequate sample size	15

REFERENCES:

1. Fowler FJ (2001). Survey Research Methods (3rd ed.). Sage Publications, Newbury Park
2. Kothari C R (2008). Research Methodology: Methods and Techniques (2nd ed.). New Age International Publishers, New Delhi, India.
- 3 Vandana Vohra, (2013), Research Methodology, Jaipur: Pratiksha Publication
4. B.M.Ratnakar,(2012), Research Methodology, New Delhi: Pmega Prakashan
- 5 A.N.Sadhu,(1980). Research methodology in social science, Bombay: Himalayas Publishing House