



પરિપત્ર:

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટીની આર્ટસ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં આચાર્યશ્રીઓને સવિનય જણાવવાનું કે આર્ટસ વિદ્યાશાખા હેઠળનો હોમ સાયન્સ વિષયનો એમ.એ. પ્રોગ્રામનો સેમેસ્ટર-૨ નો અભ્યાસક્રમ આ સાથે સામેલ છે.

માનનીય કુલપતિશ્રીની મંજૂરી અનુસાર સદર અભ્યાસક્રમ શૈક્ષણિક વર્ષ જુન, ૨૦૨૩થી અમલવારી કરવાની રહે છે. આર્ટસ વિદ્યાશાખાનાં હોમ સાયન્સ વિષયનાં પી.જી.નો અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં પી.જી.સેન્ટર ધ્વારા તેની અમલવારી કરવા જણાવવામાં આવે છે.



[Signature]
01/01/2024

ખાસ ફરજ પરના અધિકારી
(એકેડેમિક)

ક્રમાંક/બીકેએનએમયુ/એકેડેમિક/૦૭/૨૦૨૪
ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી,
સરકારી પોલીટેકનિક કેમ્પસ,
ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી રોડ,
ખડીયા, જૂનાગઢ-૩૬૨૨૬૩
તા.૦૧/૦૧/૨૦૨૪

પ્રતિ,

- ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી સંલગ્ન આર્ટસ વિદ્યાશાખાનાં પી.જી.(હોમ સાયન્સ)નાં અભ્યાસક્રમો ચલાવતી તમામ કોલેજોના આચાર્યશ્રીઓ તરફ....

નકલ સાદર રવાના:-

- માન.કુલપતિશ્રી/કુલસચિવશ્રીનાં અંગત સચિવશ્રી.
- પરીક્ષા નિયામકશ્રી, ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી, જૂનાગઢ

નકલ રવાના જાણ તથા યોગ્ય કાર્યવાહી અર્થે:

સીસ્ટમ મેનેજરશ્રી, આઈ.ટી.સેલ વિભાગ (વેબસાઇટ ઉપર પ્રસિદ્ધ થવા અર્થે.)



Bhakta Kavi Narsinh Mehta University Junagadh



BOARD OF HOME SCIENCE STUDIES
FACULTY OF ARTS
SYLLABUS FOR
MASTER OF ARTS (Home Science) PROGRAMME
(SEMESTER-II)
EFFECTIVE FROM JUNE, 2023

Preamble

Home Science has contributed a great deal towards national development by training students to take up leadership roles in extension and community outreach programs. The students are encouraged to develop a scientific temper. Familiarizing them with the use of newer technologies, method in family and community linkages, and sustainable use of resources for human development are the hall mark of education in Home Science. As a discipline Home Science integrates the ingredients of the sciences, social sciences and technology to facilitate the study of and enhance the quality of human life. Its approach is therefore inherently interdisciplinary. Traditionally, Home Sciences has adopted an ecological approach in its curriculum that engages the student through teaching, research and extension. The education process in Home Science underscores the importance of the individual's dynamic relationship with his/her family, community and society as a whole, as well as with the resources in the environment. Higher education learning in Home Sciences subjects provides students the opportunity to sharpen their capacities with a sense of social responsibility.

In contemporary times, Home Scientists promote capacity building of individuals and communities for social and economic empowerment. They train community women and youth from various strata of society for entrepreneurship. Many Home Scientists have done exceptionally well as entrepreneurs themselves. They do not remain job seekers but have also become job creators. They gain and provide employment in research organization, food and textile industries, dietetic practice, education and child development domains, accreditation of green buildings, strategic planning and communication technology. Keeping in view the growing aspirations of today's youth and the capacity of Home Science discipline to deliver, the present 3-year Choice Based Credit System curriculum has been drawn up.

Years of national and international experiences in the field has contributed to the wisdom that all the five windows of opportunity that Home Science offers be opened for i.e. Food and Nutrition, Human Development and childhood Studies, Resource Management and Design Application, Development Communication and Extension and Fabric and Apparel Sciences, In this course, the students will learn the fundamental principles and foundations of all the five areas. They are expected to internalize the principles of a Home Scientists, that is, to give back to the community from which they draw, for sustainable development. This is a major contribution of Home Science in both development and developing societies.

The University Grants Commission's model curriculum of Home Science in both developed and developing societies.

The objectives of the M.A. Home Science General course are:

To understand and appreciate the role of interdisciplinary sciences in the developing and well-being of individuals, families and communities

To learn about the sciences and technologies that enhance quality the life of people

To acquire professional and entrepreneurial skills for economic empowerment of the student in particular, and community in general

To develop professional skills in food, nutrition, textiles, housing, product making, communication technologies and human development. To take science from the laboratory to the people

Structure of Programme

M.A. Programme consists in **Four** semesters.

There will be **Three** types of courses.

Core Courses	CCT	12
Elective Courses	ECT	06
Interdisciplinary Courses	ICT	02
	TOTAL	20

For each semester the hours per week and credit will be assigned as under:

Semester	Courses	Hours	Credits
I	05	27	25
II	05	27	25
III	05	27	25
IV	<u>05</u>	<u>27</u>	<u>25</u>
TOTAL	20	108	100

The entire programme will contain 20 courses, 100 credits and 108 hours classroomwork.

Structure of Examination & Marking System

Total Marks / Paper = 100

- * Marks assigned and its division into
 - (1) External Exam= 70 Marks
 - (2) Internal Exam= 30 Marks

- * In the paper with practical work, the external marks divided

- External Marks	:	Theory Exam	:	50
		Practical Exam	:	20
- Internal Marks	:		:	30

- * Marking scheme for External Examination = 70 Marks

Sr No	Type of Question	Que. No		Marks	
		The.	Pra.	Theory Sub.	Prac. Sub.
1	Long Question(T.04,P.03)	04	03	04 x 14=56	03 x 14=42
2	Short Note	02	02	02 x 07=14	02 x 04=08
				70	50
(Each with internal option)				Time: 2:30 hours	2:00 hours

- * Marking scheme for Internal Exam = 30 Marks

(i)	Assignments	:	10 Marks
(ii)	Written /M.C.Q. Test	:	10 Marks
(iii)	Seminar Presentation	:	10 Marks
Or			
	Written M.C.Q. Test		

- * Marking scheme for Practical Exam = 20 Marks

(iv)	Journal	:	05
(v)	Practical Work	:	10
(vi)	Viva	:	05

Duration of Practical Exam : 2:30 hours

Duration of Theory Exam : 70 Marks : 2:30 hours
 : 50 Marks : 2 hours

STRUCTURE OF COURSES

Semester :II

No	Course Code	Paper No.	Name of Course	Credit			Teaching Hours
				Theory	Practical	Total	
1	CCT-04	201	Nutrition For Health And Fitness	3	2	5	7
2	CCT-05	202	Landscape planning & Vastushastra	5	0	5	5
3	CCT-06	203	Laundry Science	5	0	5	5
4	ECT-03	204	Marriage & Family Relationship	5	0	5	5
	OR						
	ECT-03	204	Women Empowerment	5	0	5	5
5	ECT-04	205	Research Methodology	5	0	5	5
	OR						
	ECT-04	205	Personal Empowerment	5	0	5	5
					Total:-	25	27

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FACULTY OF ARTS

Subject: HOME SCIENCE

Course (Paper) Name & No.: CCT-04 NUTRITION FOR HEALTH AND FITNESS

Course (Paper) Unique Code:

External Exam Time Duration: 2:00 HOURS

Name of Program	Semester	Course Group Core course or Elective-1 or Elective-2 or Interdisciplinary or Practical or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
M.A.	II	Core	05	30	50	20	100

Unit I: Nutrition and Exercise regimes during underweight and overweight
* Diet and exercise to increase weight
* Diet and exercise to reduce weight

Unit II : Alternative systems for health and fitness like Ayurvedic, Yoga, Meditation, Vegetarianism and balanced diet.

Unit III : Effect of Junk food, Fast food and alcoholic drinks and their alternative uses.
* Effect of smoking, alcohol addiction on health during adulthood and dietary treatment

Unit IV : Health and Sports

Practicals:

1. Diet plan for overweight person.
2. Diet plan for underweight person
3. Diet plan for sportsmen

References:

1. Tan, Tandurasti and Rog Nivaran, Sesi Corea (2005), N. M. Thankkar and Co. Mumbai.
2. Health tips bits, Mukund Mehta (2006), Gujarat granthratna Karyalaya.
3. Arogyani adiliti, Udhiliti, Dr. Mukund Mehta,(2006), Gurjar Granratna.
4. Swasthya gyan, Dr. Rakesh Singh, 1997 Parmeshvari Prakashan, Delhi.
5. Body Language – 2005, Achaya Jagdish Sharma, Fuzan Books, New Delhi.

Website:

www.google.com

Syllabus

FACULTY OF ARTS

Subject: HOME SCIENCE

Course (Paper) Name & No.: CCT – 05 LANDSCAPE PLANNING & VASTUSHAstra

Course (Paper) Unique Code:

External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Core course or Elective-1 or Elective-2 or Interdisciplinary or Practical or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
M.A.	II	CCT-05	05	30	70	-	100

Unit I: Introduction to Landscaping & Gardening
- Meaning of Landscaping.
- Signs and Symbols used for Landscaping.
- Garden - Selection of plants
Lawn advantages , essential requirement, methods for growing lawn care grass used for making lawn
Ground cover – meaning, types
Trees – Selection, Common trees used in home garden, care
Flower – Plants , Shrubs, Season flowers
Hedge – Common plants used for making hedge

Unit II: Decorative Outdoor and Indoor plants
Plotting, care, sunlight, compost, repotting
Care
Terrace Garden : Preparation & Water Proofing Planning

Unit III: Introduction to Vastushastra
Origin and meaning of Vastushastra
History of vastushastra
Importance of Vastushastra in home
VastuPurush&vastu chakra

Unit: IV The house & Vastu shastra
Knowledge of direction & site
Types of Vastu plots doors.
House plan according to vastu
Arrangement of different rooms according to Vastushastra.

References

1. Again Tersies : The House : Its plan and use.
2. House & Garden Magazine.
3. Vastushastra, Dr. Chandrakant Pathak, Gajanan Prakashan, Surat.
4. Vastukala, Vidhyasagar, Anjalitar Aedkar, Nasik.
5. Vastusamuchaya, Harendra Shukla, Harihar Pustkalaya.

Website

1. www.landscapeplanning.com
2. www.vastushastra.co

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FACULTY OF ARTS

Subject: _____ HOME SCIENCE _____

Course (Paper) Name & No.: _____ CCT – 06 LAUNDRY SCIENCE _____

Course (Paper) Unique Code: _____

External Exam Time Duration: _____ 2:30 HOURS _____

Name of Program	Semester	Course Group Core course or Elective-1 or Elective-2 or Interdisciplinary or Practical or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
M.A	II	CORE	05	30	70	-	100

Unit I: Care & Storage of Fabrics

Unit II : Principles of Laundry and Laundry Equipments

- * Methods of washing
- * Useful suggestion for laundering
- * Laundry equipment for :
 - Wetting of clothes
 - Drying & Laundered of clothes
 - Ironing and finishing for clothes
 - Storage of Clothes

Unit III : Laundering of different clothes

- * Laundering of Cotton & Linon clothes
- * Laundering of Wollen clothes
- * Laundering of Silk clothes
- * Laundering of Rayon clothes
- * Laundering of Artificial clothes

Unit IV : Dry Cleaning & Removal of stain

- * Dry cleaning - meaning, importance, principles, agents, methods
- * Removal of stain
- * Types of stain
- * Identification of stain
- * Different methods of removal stain
- * General instruction for removal stain

References:

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:

1. www.texttile.com
2. www.laundry.com

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FACULTY OF ARTS

Subject: HOME SCIENCE

Course (Paper) Name & No.: ECT – 03 MARRIAGE & FAMILY RELATIONSHIP

Course (Paper) Unique Code:

External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Core course or Elective-1 or Elective-2 or Interdisciplinary or Practical or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
M.A.	II	ECT-03	05	30	70	-	100

Unit I: Marriage - Condition or Sanskar

Unit II : Family
* Meaning and definition of family
* Characteristics of family
* Role of family

Unit III : Joint family and Nuclear family
* Definition of joint family and nuclear family
* Characteristics of joint family and nuclear family
* Advantages and disadvantages of joint family and nuclear family
* Changes in joint family

Unit IV : Effect of Western culture on marriage and family
* Prem (Love)
* Dating

References:

1. Mrs. Eroj Siddiqui, "Women marriage and family".
2. Dhiraj Dhakan, "Marriage, Family and Adjustment".
3. Dr. Mohanbhai Panchal, "Kuryat Sada Mangalam".
4. Vanraj Malvi, "Saptapadi no Sangath".

Website:

1. www.marriage.com
2. www.familyrelation.com

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FACULTY OF ARTS

Subject: _____ HOME SCIENCE

Course (Paper) Name & No.: _____ ECT-04 WOMEN EMPOWERMENT

Course (Paper) Unique Code: _____

External Exam Time Duration: _____ 2:30 HOURS

Name of Program	Semester	Course Group Core course or Elective-1 or Elective-2 or Interdisciplinary or Practical or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
M.A.	II	ECT-04	05	30	70	-	100

Unit I : Empowerment of Women

- * Women and Development - The Personal, Familial, Societal and National perspectives.
- * Capacity building for women - education, decision-making, abilities and opportunities.

Unit II : Women at the grassroots

- * Need for emphasizing women at the grassroots. Means of Empowerment.
- * Factors influencing such changes bridging gender differences to share the benefits of development.
- * Need for organizational support - efforts towards this.

Unit III : Situation of women

- * Overview of the status of women in India health, educational, employment, issues relating to dowry, domestic, violence.

Unit IV : Service for women in distress

- * Rescue Homes
- * Short stay Homes
- * Special cell for women in distress in the police stations
- * Protective Homes for women and girls under the prevention of Immoral Traffic Act.s

References

1. Society in India - Ram Ahuja
2. The Sociology of gender - Laura Kramer
3. Bhartiya – samajik sarkchana avm parivartan – K. L. Sharma
4. Bharat ke samajik parivartan – Sunil Moyal - Sangita Moyal.
5. Bhartiya samajma shtrino darjo – Pro. L. G. Shah - Pro. J. K. Dave.
6. Samajik Samsyao – University Granthnirman, Gujarat Rajy Bord.
7. Bhartiya Samajma Prashno ane Samsyao.

Website:

1. www.womenempowerment.com
2. www.women.com

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FACULTY OF ARTS

Subject: _____ HOME SCIENCE _____

Course (Paper) Name & No.: _____ ECT – 04 RESEARCH METHODOLOGY _____

Course (Paper) Unique Code: _____

External Exam Time Duration: _____ 2:30 HOURS _____

Name of Program	Semester	Course Group Core course or Elective-1 or Elective-2 or Interdisciplinary or Practical or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
M.A.	II	ECT-04	05	30	70	-	100

Unit I : Introduction of Research
 * Meaning of Research
 * Objectives of Research
 * Major steps in research process
 Selection and formulation of Research Problem
 * Selection of the research subject
 * Characteristics of a research problem
 * Feasibility of research

Unit II : Principles of sampling
 * Definitions
 * Sampling techniques
 * Probability and non probability sampling

Unit III : Research method
 * Experimental method
 * Observation method
 * Survey method
 * Questionnaire method
 * Interview method

Unit IV : Research report writing

References :

1. Kerlinger F.N., "Foundation of Behavioral Reserach" (5th edition, 2000), Surjeet Publication, Delhi
2. Kothari C. R., "Research methodology" (2nd edition, 1999) Wishva Prakashan, New Delhi
3. Moser C. A., "Survey method in Social investigation" (1967) Hel Neman, London
4. Wilkinson T.S. and Bhandarkar, "Methodology and Techniques of Social Research" (1977), Himalaya Pub. House, Bombay
5. C. Jamnadas and Co., "Research methods in Psychology" (2008) Pub. by Jamnadas and Co., Ahmedabad

Websites:

1. www.reacher.com
2. www.method.com

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FACULTY OF ARTS

Subject: HOME SCIENCE

Course (Paper) Name & No.: ECT-04 PERSONAL EMPOWERMENT

Course (Paper) Unique Code: _____

External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Core course or Elective-1 or Elective-2 or Interdisciplinary or Practical or Project	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
M.A.	II	ECT-04	05	30	70	-	100

Unit I : Personal Growth and Personality Development (through exercises, role play, discussion)

- * The challenge: understanding and managing oneself: being aware of one's strengths and weaknesses.
- * Personality Development: Factors and influences; emotional and motivational aspects; assertion vs. aggression.
- * Peer pressures: Issues and management; group conformity and individualism as co-existing aspects.
- * Conflicts and stresses, simple coping strategies.
- * Adjustment and readjustment to changing needs and conditions of contemporary society (technological changes, social changes, changes in values.)

Unit II : Empowerment of Women

- * Women and Development: The personal, familial, societal and national perspectives.
- * Capacity building for women: Education, decision-making abilities and opportunities, awareness and information on legal and political issues.
- * Women's organizations and collective strength: Women's action groups, women's participation in development initiatives.
- * Study and discussion of life histories, case studies of illustrious Indian women from different walks of life (eg. Indira Gandhi, Jhansi ki Rani, Medha Patkar, Kiran Bedi, Vijyalaxmi Pandit, Sudha Chandran, Anutai Wagh, Ila Bhat, Bhanvari Devi.)

Unit III : Home Science Education as Empowerment

- * The interdisciplinarity of Home Science Education.
- * The role of Home Science Education for personal growth and professional development.
- * Home Science as holistic education with integration of goals for persons, enhancement and community development.

Unit IV : Some Significant Contemporary Issues of Concern

- * Gender Issues: inequities and discriminations, biases and stereotypes; myths and facts.
- * Substance abuse: Why and how to say no.
- * Healthy Habits: In relation to physique, to studies, to heterosexual interests.
- * AIDS: Awareness and education

References

1. Adair, J. (1992): The Action Centred Leaders, Bombay: Jaico Publishing House.
2. Bhattacharya R. (1987): Career Management: A New Challenge, Vol. I, New Delhi, Enkg.
3. Chandrashekhar R. (1992): (Ed) Women's Resource and National Development - A Perspective, New Delhi. Gaurav Publishing House.
4. Chandra A.A. Shah and U. Joshi (1989): Fundamentals of Teaching Home Science, New Delhi: Sterling Publishers Pvt. Ltd.
5. Gupta, J.L. (1988): Challenges to the Fair Sex - Indian Woman: Problems, Plights and Progresses.

Website:

www.personalempowerment.com