

(Family and Community Sciences)
HOME SCIENCE UNDERGRADUATE PROGRAMME
COURSE STRUCTURE FOR C.B.C.S
June 2018

T.Y B.A HOME SCIENCE
SEM VI

SR NO	COURSE TYPE	NAME OF COURSE	CREDITS / WEEKS				CONTACT HOURS
			Theory		Practical	Total	
			L	O			
1	CORE 311	Diet Therapy	3	1	--	4	4
2	CORE 312	Textile Designing and Apparel Making	3	1	--	4	4
3	CORE 313	Home Science Education and Extension	3	1	--	4	4
4	CORE ELECTIVE 314 Practical	Dietary Planning and Diseases.	--	--	4	4	1.5/L Cr (6 Hrs)
5	CORE ELECTIVE 315 Practical	Apparel Designing	--	--	4	4	1.5/L Cr (6 Hrs)
6	CORE ELECTIVE 316	Essay	2	1	--	3	3
7	COMP	English	2	--		2	2
			13	4	8	25	29

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B.A. HOME SCIENCE

SEMESTER-VI

CORE ELECTIVE- 316 ESSAY

Lectures per week			Total Credits	Marks per Paper (Total Marks 100)		Duration of Exam Hour
Theory	Practical	Others		Internal	External	
02	--	01	03	30	70	2:30

Focus: This course builds upon the Essay writing & Research paper in various subjects of Home science. The course focuses on UGC & NET/SLET syllabus. So this course manifests students' ability to present their thoughts on a particular topic.

Objectives:

- To Develop the process of writing an essay and strengthen their faculty of thinking.
- To manifest students' ability to present their thoughts on a particular topic in an organized manner.
- To make them aware about the various subjects of home science such as stress relaxation, Yoga & health .
- To enable the students about use of computer technology in subject of Home science.
- To make them aware about the Health care.
- Role of Anganwadi .

(1) Stress ,Stressor & strategies for relaxation.

- Introduction.
- Definitions & concept
- sources of stress
- Dimension of stress
- Types, causes& effects.
- strategies for coping with stress
- stress management-Tips &relaxation techniques

(2)Yoga & Health.

- Introduction
- Definition
- Stages of yoga
- {1}Yama (2)Niyama(3)Asana(4)Pranayama(5)Pratyahara(6)Dharana(7)Samadhi
- Asana Types &Benefits.
- Padmasana,Parvatasana,Vajrasana,Shavasana,Uttanpadasana,Makrasana,Dhanurasana,Shirshasana.
- PranayamaTypes&Benefits.
- Bhastrika, Bhramri, Sitali&Sitkari, Anuloma viloma

(3) Use of computer Technology in Home science education.

- Computer Technology- meaning, need & use in Home science education
- Use of multimedia computer in Home science education
- Internet Technology

Concept.

Facilities by Internet such as email ,world wide web, file, transfer prstode (FTP),Search, Telnet, use nate ,Internet phone ,vedio conferanceing

- Use of Internate in Home science education.

(4) Aanganwadi

- Meaning & importance of Aanganwadi
 - Importance of Aanganwadi in child development
 - Role of Aanganwadi worker, their capacity, & characteristic, relation with child & parents.
- Aanganwadi organization, activities & programmes

(5) Health care Professionals.

- Concept, need & types of Health care professionals.
- The dietician-meaning & classification.
- Responsibilities and roles of a dietitian in health care of a patient and community
- Team approach to health care of a patient.

(6). Nutritional Assessment

Concept, importance, aim & need of Nutritional assessment in community Nutrition
Methods of Nutritional assessment, use & points to be considered while using method.

- (a). Anthropometric method
- (b). Clinical method
- (c). Biochemical method
- (d). Diet survey

- Reference books.

- Stress management. Prof. P.M. Shah & Avani P. Shah. Kumar prakashan (2011-12)
- Yoga & Health- Swamy Adhyatmananda. Gurjar Grantha Ratna karyalaya (2001)
- Agrawal Educational Technology
- A.K. Sharma Educational Technology. Pustak Mandir, Agra, 1981.
- B. Srilakshmi-Nutritional science New Age.