## T.Y B.A HOME SCIENCE
### SEM VI

<table>
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<th>SR NO</th>
<th>COURSE TYPE</th>
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<td>CORE 312</td>
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(Family and Community Sciences)

HOME SCIENCE UNDERGRADUATE PROGRAMME

COURSE STRUCTURE FOR C.B.C.S

June 2018

B.A. HOME SCIENCE

SEMESTER-VI

CORE ELECTIVE- 316 ESSAY

<table>
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<tr>
<th>Lectures per week</th>
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<th>Marks per Paper (Total Marks 100)</th>
<th>Duration of Exam Hour</th>
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<td>Theory</td>
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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 Aanganwadi.
(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, Shivasana, Uttanpadasana, Makrasana, Dhanurasana, Shirhasana.
- Pranayama Types & 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, video conferancing
    - 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, & characterististic, relation with child & parents.

Aanganwadi organization, activities, & programmes

(5) Health care Professionals.

- Concept, need & types of Health care professionals.
- The dietician-meaning & classification.
- Responsibilities & 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)
- Agrawal Educational Technology
- B. Srilakshmi-Nutritional science New Age.