

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,  
AURANGABAD.**



**CIRCULAR NO./SYLL./B.A. HOME SCIENCE SPECIAL/30/2020.**

It is hereby notified for information to all concerned that, the Academic Council at its meeting held on 31 December 2019 has accepted the **curriculum of "B.A. Home Science [Special] Second Year, Semester-III & IV" under the Faculty of Inter-disciplinary Studies.**

This is effective from the Academic Year 2019-20 and Onwards. as appended herewith under the Faculty of Interdisciplinary

This syllabus is also available on the University website [www.bamu.ac.in](http://www.bamu.ac.in).

All concerned are requested to note the contents of the circular and bring notice to the students, teachers and staff for their information and necessary action.

University campus,  
Aurangabad-431 004.

Ref. No. SU/Home Sci. Special/IIInd yr./curri./  
2019/

Date:- 22.01.2020

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**Deputy Registrar,  
Academic [Syllabus]  
Section.**

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Dr. Babasaheb Ambedkar Marathwada University.**
- 2] **The Director, University Network & Information Centre, UNIC, with  
a request to upload this Circular on University Website.**

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  - 4] **The Programmer [Computer Unit-1] Examinations,**
  - 5] **The Programmer [ Computer Unit-2] Examinations,**
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**D R. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY,  
AURANGABAD.**



**B.A. SECOND Year  
III & IV Sem.**

**HOME SCIENCE**

**(EFFECTIVE FROM - 2019 ONWARDS)**

*Dr. Nuzhat  
BOS Chairman*

### Structure Plan of Home Science III Semester Syllabus

Se m.	Paper No,s	Name of the Paper	Credit	Theory Paper Hrs/Week	Practicals Hrs/Week	Internal Marks	External Marks	Total Marks
III	XIII	Adulthood And Middle Age	04	04	-	-	-	50
		Adulthood And Middle Age Practicals	04	-	03	20	30	50
	XIV	Community Nutrition	04	04	-	-	-	50
		Community Nutrition Practicals	04	-	03	20	30	50
	XV	Food Hygiene and Sanitation	04	04	-	-	-	50
		Food Hygiene and Sanitation Practicals	04	-	03	20	30	50
		<b>Total</b>			<b>09</b>	<b>60</b>	<b>90</b>	<b>300</b>

### Structure Plan of Home Science IV Semester Syllabus

Sem.	Paper No, s	Name of the Paper	Credit	Theory Paper Hrs/Week	Practical's Hrs/Week	Internal Marks	External Marks	Total Marks
IV	XVI	Old Age	04	04	-	-	-	50
		Old Age Practical's	04	-	03	20	30	50
	XVII	Child and Maternal Nutrition	04	04	-	-	-	50
		Child and Maternal Nutrition Practical's	04	-	03	20	30	50
	XVIII	Communication Skill in Home Science	04	04	-	-	-	50
		Communication Skill in Home Science Practical's	04	-	03	20	30	50
		<b>Total</b>			<b>09</b>	<b>60</b>	<b>90</b>	<b>300</b>

**Dr. Babasaheb Ambedkar Marathawada University, Aurangabad.**

**Name of the Course** : B.A. II<sup>nd</sup> Year  
**Semester** : III<sup>rd</sup>  
**Paper No & Title** : XIII - Human Development (Adulthood and Middle Age)  
**Total Marks** : 50  
**Work Load per Period** : 4 Period (50 Min / Lect. )

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**Objective :**

1. To study the stages of adulthood and middle age.
2. To develop awareness about important aspects of adulthood
3. To understand the problems and their adjustment during adulthood and middle age.

**Unit 1 : Adulthood (18 to 40 Years) (Credit 1.0)**

1. Stages of Adulthood, Characteristics of adulthood.
2. Development task and Role of Husband & Wife in marital life and parenthood.
3. Changes in interests, physical appearance, cloths, money, marital possession and recreation, social interests.
4. Vocational adjustment, selection of vocation stability in vocation, adjustment to work and achievements.

**Unit II : Middle age (40 to 60 year) (Credit 1.0)**

1. Characteristics, development of tasks in middle age.
2. Physical Mental changes in middle age.
3. Interest in social vocational areas
4. Achievements (house, Jobs, Careers)

**Unit III : Problems in Adulthood & Middle age (Credit 1.0)**

1. Physical Mental, Financial Problems.
2. Family Problems - Spouse Relationships & Adjustment, Sexual Problems
3. Social Problems - Job related, retirement, society & friendship.
4. Menopausal Syndromes & Adjustment.

**Unit 4 : Adjustment & Stress in Middle age & Adulthood : (Credit 1.0)**

1. Mental Stress in various areas
2. Single man & Single Women family adjustment.
3. Parenting - Caring of old age parents and Next generation adjustment
4. Responsibilities of families & Marriage & family adjustment.



**References :**

1. Craig G.C. (1999) Human Development, New Jersey, Prentice Hall.
2. Bhatia M.S., 'Aging and Society' Araya's book centre, Udaipur.
3. Desai K.G. Aging in India, Tata Institute of social sciences, Bombay.
4. Sinha J.M.P. 'Problems of Aging', Classical Publishing Company, New Delhi.
5. Sati P.N. "Retired and Aging People", Mittal Publishers, Delhi.
6. Gandhi, A.B., The Law of Maintenance of Wives, Children and parents in India, Milan Law Publishers, Bombay.
7. Dr. R.R. Borade, Vaikasik Maharashtra, Vidya Prakashan, Aurangabad.
8. Triveni Farkade, Gonge, Vivah and Koutumbik Sambandh Vidya Prakashan, Nagpur.

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Name of the Course : B.A. II<sup>nd</sup> Year  
Semester : III<sup>rd</sup>  
Paper No & Title : Human Development (Adulthood  
and Middle Age) Practicals  
Total Marks : 50 (20 +30)  
Work Load per Period : 3 Periods (50 Min / Lect. )

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Unit I-Case study of Adulthood age health problem	(Credit 1)
Unit II Visit to single women & single man family	(Credit 1)
Unit III Survey of family Crises (atleast5 families)	(Credit 1)
Unit IV Case study of Middle age health problem	(Credit 1)

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<b>Name of the Course</b>	<b>B.A. II - Home Science</b>
<b>Semester</b>	<b>III</b>
<b>Paper No. &amp; Title</b>	<b>XIV Community Nutrition</b>
<b>Credit</b>	<b>04</b>
<b>Total Marks</b>	<b>50</b>
<b>Workload per week</b>	<b>4 (50 mins per lecture)</b>

**Objectives :**

- 1) To know & help effective community nutrition for the society.
- 2) Students should able to plant and develop health/ nutrition education.
- 3) To able the community on various issues related to health and nutritional status of individual and the community.

**Unit I - Nature and scope of community nutrition**

**Credit 1.5**

- 1) Nutritional problems of the community and implication for public health.
- 2) Causes, prevalence, signs and symptoms prevention and treatment of protein energy malnutrition, iron deficiency anemia, iodine, deficiency and flurosis.

**Unit II - Nutrition Education**

**Credit 1.5**

- 1) Meaning and importance of nutrition education.
- 2) Methods and evolution of nutrition education programme.
- 3) Problem involved in organizing nutrition education programm for the community & how to solve them.
- 4) National Nutrition programme ICDS, MDM, programme notional nutrition anaemia propylaxis, vitamin a propylaxis programmed and goiter control.
- 5) National organizations : ICAR, ICMR, NIN, CFTRI,
- 6) International organizations : FAO, WHO, UNICEF, CARE.

**Unit III Nutritional Assessment :**

**Credit 1.0**

- 1) Anthropometry
- 2) Diet Survey
- 3) Clinical assessment
- 4) Laboratory methods : Biochemical and biophysical



### References:

1. Health nutrition & Diseases
2. Swaminathan M.S Essentials of food & Nutrition, Vol II
3. Vaidya D.B Rao A text book of nutrition ,Discovering Publishing house New Delhi.
4. Kedkar Shanta Health and Nutrition, Maharashtra state sahitya and sanskruti Mandal Mumbai.
5. Applied Nutrition- R. Rajlaxmi.
6. Food Science by B. Sri Lakshmi, New Age International (P), Ltd., New Delhi.
7. Nutritive value of Indian foods- Gopalan C, Ramashastri B.V. & Balasubramaniam, NIN, Hyderabad.
8. Food Science- Potter.
9. Textbook of Human Nutrition- Bamji, M.S. & Rao, N.P.
10. Food Science, Chemistry & Experimental Foods- Dr. M. Swaminathan
11. Essentials of Food & Nutrition- Dr. M. Swaminathan
12. Normal & Therapeutic Nutrition by Robinson CH & Lawers MR.
13. Text Book of Food Science, Nutrition and Dietetics- Begum. R.
14. Nutrition Science- Srilakshmi. B., III Edition, New Age International Publishers, New Delhi.
15. A Text Book of Nutrition- Chintapalli Vidya, New Delhi: Discovery Publishing House
16. Dr Rajkumar Kamble Food Preservation Mehta publisher house ,pune.
17. Professor P.K Kulkarni, Health and Society ,Demand publication Pune

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<b>Name of the Course</b>	<b>B.A. II - Home Science</b>
<b>Semester</b>	<b>III</b>
<b>Paper No. &amp; Title</b>	<b>XIV Community Nutrition(practical)</b>
<b>Credit</b>	<b>04</b>
<b>Total Marks</b>	<b>50 (20+30)</b>
<b>Workload per week</b>	<b>3 (50 mins per lecture)</b>

**Unit I-**To prepare the Scrap book regarding malnutrition **Credit 1.0**

**Unit I** Survey of ten malnourished children **Credit 1.0**

**Unit I** Assignment on national nutrition programme **Credit 1.0**

**UnitI-**To study the malnourished children, based on anthropometric measurements heights, weight, head circumferences and arm circumference.  
**Credit 1.0**

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<b>Name of the course</b>	<b>B.A. II<sup>nd</sup> year</b>
<b>Semester</b>	<b>IVth</b>
<b>Paper No. &amp; Title</b>	<b>XVI – (Human Development) Old age</b>
<b>Total Marks</b>	<b>50</b>
<b>Work load per week</b>	<b>4 periods (50 min/lect.)</b>

**Objectives :**

- 1) To understand the nature of developmental pattern in old age.
- 2) To know different aspects in old age.
- 3) To gain knowledge regarding Adjustments during old age.
- 4) To know mental health about old age.
- 5) To understand problem of old age people

**Unit -I Old Age (age 60 years to death)**

**Credit : 1.0**

- 1) Meaning, characteristics, and developmental tasks of old age.
- 2) Physical changes during old age - a) Internal changes, b) External changes.
- 3) Prolonged illness.
- 4) Changes in Mental abilities, interests, emotional behavior.

**Unit -II Adjustments to different Areas**

**Credit - 1.0**

- 1) Adjustments to changes in relationship with a spouse and off springs.
- 2) Adjustment to family.
- 3) Adjustment to retirement.

**Unit - III Mental Health**

**Credit 1.0**

- 1) Definition, Symptoms of mental health.
- 2) Psychological changes of old age.
- 3) Relationship between physical and mental health.

#### **Unit - IV A) Problems of old age**

**Credit 1.0**

- 1) Various problems - Economic, mental, social, loneliness, memory.
- 2) Causes of old age problems.

#### **B) Living Arrangement for old age people and schemes.**

- 1) Old age home
- 2) Day care centers
- 3) Govt. and Non Govt. Agencies working for elderly.
- 4) Old age schemes of Maharashtra Government.

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#### **References :**

- 1) Craig G.C. (1999) Human Development, New Jersey, Prentice Hall.
- 2) Bhatia M.S., 'Aging and Society' Arav's book centre, Udaipur.
- 3) Desai K.G., Aging in India, Tata Institute of social sciences, Bombay.
- 4) Sinha J.M.P. 'Problems of Aging', Classical publishing company, New Delhi.
- 5) Sati P.N., 'Retired and Aging People', Mittal Publishers, Delhi.
- 6) Gandhi, A.B., The Law of Maintenance of Wives, Children and parents in India, Milan Law Publishers, Bombay.
- 7) Dr.R.R. Borade, Vaikasik Manashasthra, Vidya Prakashan, Aurangabad.  
Triveni Farkade, Gonge, Vivah and Koutumbik Samb handh, Vidhya Prakashan, Nagpur

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**Name of the course : B.A. II<sup>nd</sup> year**  
**Semester IV<sup>th</sup>**  
**Paper No. & Title : Human Development, Old age (Practical)**  
**Total Marks : 50 (20+30)**  
**Work load per week : 3 periods (50 min/lect.)**

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<b>Unit I-Case study of old people</b>	<b>Credit 1.0</b>
<b>Unit II- Health problem of old people.</b>	<b>Credit 1.0</b>
<b>Unit III- Visit to old age home.</b>	<b>Credit 1.0</b>
<b>Unit IV- Study of problems and adjustment during old age (Survey of ten sample</b>	<b>Credit1.0</b>

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<b>Name of the Course</b>	<b>B.A. II - Home Science</b>
<b>Semester</b>	<b>III</b>
<b>Paper No. &amp; Title</b>	<b>XVII Child and Maternal Nutrition</b>
<b>Credit</b>	<b>4</b>
<b>Total Marks</b>	<b>50</b>
<b>Workload per week</b>	<b>4 (50 mins per lecture)</b>

**OBJECTIVES :**

- To introduce the students to the fundamentals of Nutrition, food and health
- To familiarize them with importance of nutrition during various stages of life.
- To impart knowledge regarding etiology and management of nutritional disorders ranging from nutritional deficiencies to life style disorders.
- To emphasize on the importance of food safety, food quality, food laws and regulations, ongoing national programmes as well as imparting entrepreneurship skill for job enhancement.

**Unit I**

**Credit 1**

Nutritional needs during pregnancy, common disorders of pregnancy (Anaemia, HIV infection, Pregnancy induced hypertension), relationship between maternal diet and birth outcome. Maternal health and nutritional status, maternal mortality and issues relating to maternal health.

**Unit II**

**Credit 1**

Nutritional needs of nursing mothers and infants, determinants of birth weight and consequences of low birth weight, Breastfeeding biology, Breastfeeding support and counseling.

### **Unit III**

**Credit 1**

Infant and young child feeding and care - Current feeding practices and nutritional concerns, guidelines for infant and young child feeding, Breast feeding, weaning and complementary feeding.

Assessment and management of moderate and severe malnutrition among children, Micronutrient malnutrition among preschool children  
Child health and morbidity, neonatal, infant and child mortality, IMR and U5MR; link between mortality and malnutrition.

### **Unit IV**

**Credit 1**

Overview of maternal and child nutrition policies and programmes.

### **REFERENCES:**

Wadhwa A and Sharma S (2003). Nutrition in the Community-A Textbook. Elite Publishing House Pvt. Ltd. New Delhi.

- Park K (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s Banarasidas Bhanot Publishers, Jabalpur, India.

- Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.

Gibney MJ ( 2005). Public Health Nutrition.

- Vir S. ( 2011) Public Health Nutrition in developing countries. Vol 1 and 2

- ICMR (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

- ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

- Park K (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s Banarasidas Bhanot Publishers, Jabalpur, India.

- Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.

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<b>Semester</b>	<b>III</b>
<b>Paper No. &amp; Title</b>	<b>Child and Maternal Nutrition (Practicals)</b>
<b>Credit</b>	<b>4</b>
<b>Total Marks</b>	<b>50 (20+30)</b>
<b>Workload per week</b>	<b>3 (50 mins per lecture)</b>

**Credit 1**

**Unit I** –I Planning and evaluation of low cost nutritious recipes for infants , malnutrients baby, LBW Baby , pregnant and nursing mothers.

**Credit 1**

**Unit II**- Planning and evaluation of low calorie nutritious recipes for weight management of mother and child baby.

**Credit 1**

**Unit III**- Planning and conducting a food demonstration for child and mother.

**Credit 1**

**Unit IV**-Visit to an ongoing nutrition programme and PHC Center or Anganwadi.

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**Name of the Course : B.A. III Year Home Science**  
**Semester : IVth**  
**Paper No & Title : XVIII- Communication Skill in Home Science**  
**Total Marks : 50**  
**Work load per week : 4 Periods (50 min./ Lect.)**

**OBJECTIVES :**

1. To understand the role of communication in development.
2. To know the process of communication and effects of media.
3. To develop the skills in the students about the use of communication methods and media.
4. To enable the qualities of leadership in the students.
5. To know the importance of programmer, planning, implementation of program and evaluation.

**Unit I – Concept of Development and Communication**

**Credit 1**

1. Nature, Scope and Functions of Communication.
2. Principles and Patterns of Communication.
3. Role of effective Communication.
4. Importance and use of ICT in the process of Home Science Communication.
5. Factors that help of hinder communication.  
(Barriers in Communication, Useful things in Communication.)

**Unit II – Communication Process.**

**Credit 1**

1. Communication Process.
2. The Communication Process Model.
3. Rule of Five.
4. Elements involved in Communication process
5. Communicator, Message channel, Treatment of Message.
6. Audience and audience response.
7. Use of Channel to Transmit the Message.
8. The Receiver.
9. The important 'e' is communication.



**Unit III – Methods Communication.****Credit1**

1. Individual – interview, personal consultation.
2. Small Group – Role Play, Demonstration.
3. Mass communication – Printing Material, Audio Visuals.
4. Use & Importance of methods of communication in Home Science

**Unit – IV: Art of Presentation in Communication****Credit0.5**

Meaning, Basic steps of presentation.

Devices used in effective communication-OHP, Opaque Projector, DVD Player, LCD etc. Selection, preparation & use of various teaching aids.

**Unit – V : Cross-Cultural Communication;****Credit0.5**

Concept of cultures, function of culture, impact of culture on communication..

**References:**

1. Dahama O.P. and Bhatnagar O.P.:“Education & Communication for development”Oxford and I.B.H. Publishing Co. New Delhi, 1977.
2. J.K. Singh: Mass Media and Information Technology (Issue for 21st Century) Mangal Deep Publication, Jaipur.
3. Kumar K.J.L. Mass Communication in India, Jaico Publishing House, Mumbai, 1989.
4. Snell Shelagh and Carpenter Jeff, Communication in Travel and Tourism- Hodder and Stoughton Ltd. Kenit by page Bros. (Norwich) Ltd., 1990.
5. Leisikar V. Raymond and Petit D. John. “Business Communication”, Richard D. Irwin, 1992.
6. R.K. Madhukar, “Business Communication”, Vikas Publishing House, New Delhi.
7. K.K. Sinha, Business Communication.
8. “Business Correspondence and report writing”, Sharma, RC and Mohan, K, Tata McGraw hill, 1994, “Model Business Letters,” Gartside, L, Pitman, 1992.
9. Body Language by Allan Pease, Publisher Sheldon pres



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**Name of the Course : B.A. II Year Home Science**  
**Semester : IVth**  
**Paper No & Title : XVIII- Communication Skill in**  
**Home Science (practical)**  
**Total Marks : 50 (20+30)**  
**Work load per week : 4 Periods (50 min./ Lect.)**  
**Practical's will be based on following Skill.**

**Unit I- To Keep records and to maintain a diary: Credit 1.5**

Take notes from books, news papers ,lectures

Participation in spelling games like word building, spelling bee  
compitation, memory games etc., Describe a picture.

**Unit II- To organize Seminar and observe the following skills: Credit 1.5**

Large and right vocabulary

Developing and Identifying the skill of unfamiliar words.

Development of speed and fluency in reading.

**Unit III- To develop Speaking Skills through the following activities :  
Credit 1.5**

Observe the pronunciation skills in the class

Narrating simple experiences / incidents

To organize debate competition for two or three minutes by given topic.

To organize role play by improving speech development.