

S-29 Nov., 2013 AC after Circulars from Circular No.55 &amp; onwards

- 36 -

**डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ, औरंगाबाद****परिपत्रक क्रमांक/एस.यु./सा.शा./अभ्यासक्रम/गृहशास्त्र /७२/२०१४**

या परिपत्रकाद्वारे सर्व संबंधितांना सुचित करण्यात येते की, सामाजिकशास्त्रे विद्याशाखेने शिफारस केल्यानुसार मा. कुलगुरु यांनी बी.ए. गृहशास्त्र या विषयाचा सुधारीत आराखडा व नवीन तयार करण्यात आलेला अभ्यासक्रम तसेच, बी.ए. प्रथम ते सहाव्या सत्राच्या प्रश्नपत्रिकेच्या प्रारूपास विद्यापरिषदेच्या वतीने मा. कुलगुरु यांनी, त्यांना प्राप्त असलेला विशेष अधिकार महाराष्ट्र विद्यापीठ अधिनियम-१९९४ कलम १४(७) अन्वये मान्यता दिलेली आहे. त्या अनुषंगाने सुधारीत व नवीन तयार केलेल्या अभ्यासक्रमाची प्रत या परिपत्रकासोबत आपल्या पुढील कार्यवाहीसाठी पाठविण्यात येत आहे.

अ.क्र.	अभ्यासक्रम	सत्र
१.	बी.ए. गृहशास्त्र	प्रथम ते चतुर्थ सत्र किरकोळ सुधारणेसह
२.	बी.ए. गृहशास्त्र	पाचवे व सहावे सत्र सुधारीत अभ्यासक्रम
३.	बी.ए. गृहशास्त्र	प्रथम ते सहावे सत्र प्रश्नपत्रिकेचा प्रारूप आराखडा

हा सुधारीत व नवीन तयार केलेल्या अभ्यासक्रमाचा आराखडा शैक्षणिक वर्ष २०१४-१५ करिता मर्यादित असेल व विद्यापरिषदेच्या अंतिम मान्यतेनंतर हे परिपत्रक नियमित ठेवण्याबाबत या कार्यालयाद्वारे नवीन परिपत्रक पारीत करण्यात येईल. तसेच सुधारीत व नवीन तयार केलेल्या अभ्यासक्रमाची प्रत विद्यापीठाच्या संकेतस्थळावर उपलब्ध आहे.

करिता, या परिपत्रकाची सर्व संबंधितांनी नोंद घ्यावी.

विद्यापीठ प्रांगण,  
औरंगाबाद-४३१ ००४.  
संदर्भ क्र.एस.यु./ सा.शा./त्रि.कै.छ. /२०१३-१४/  
५७९४-८०३  
दिनांक :- २७-०५-२०१४

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**संचालक,**  
महाविद्यालये व विद्यापीठ  
विकास मंडळ.

या परिपत्रकाची एक प्रत :-

- १) मा. परिक्षा नियंत्रक, परिक्षा विभाग,
- २) कक्ष अधिकारी, बी.ए. विभाग, परीक्षा भवन,
- ३) कक्ष अधिकारी, पात्रता विभाग, मुख्य प्रशासकीय इमारत,
- ४) मा. प्राचार्य, सर्व संलग्नीत महाविद्यालये,
- ५) संचालक ई-सुविधा केंद्र, विद्यापीठ परिसर,
- ६) अभिलेख विभाग, मुख्य प्रशासकीय इमारती मागे,
- ७) जनसंपर्क अधिकारी, मुख्य प्रशासकीय इमारत,  
डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ, औरंगाबाद.

**D.R. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY,  
AURANGABAD.**



**SYLLABUS OF**  
*and Second*  
**B.A. First Year**

**Semester First to Fourth**  
*(with minor changes)*

**(Home Science)**

*Muzhat*

(EFFECTIVE FROM - 2014 & onwards)

Structure Plan of B.A. F.Y. & ~~S.Y.~~**HOME SCIENCE PAPERS**

## According to Credit System

<b>Class</b>	<b>Semester</b>	<b>Paper</b>	<b>Title of the Paper</b>	<b>Total Marks</b>	<b>No. Of Credit</b>	<b>Total No. Of Periods Per Week</b>
B.A. F.Y.	I Semester	I	Family Resource Management	30	4	60
	Do	II	Food and Nutrition	30	4	60
	Do		Food and Nutrition (Practical)	40	4	120
B.A. F.Y.	II Semester	III	Human Development (Infancy and Childhood)	30	4	60
	Do	IV	Textile and Clothing Construction	30	4	60
	Do		Textile and Clothing (Practical)	40	4	120

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

<b>Name of the Course:</b>	<b>B.A. I. Home Science</b>
<b>Semester</b>	<b>: I</b>
<b>Paper No. &amp; Title</b>	<b>: I-Family Resource Management</b>
<b>Credit</b>	<b>: 04</b>
<b>Total Marks</b>	<b>: 30</b>
<b>Workload Perweek</b>	<b>: 4 (50 minutes / lecture)</b>

**OBJECTIVES**

- 1) To enable students to understand the family resources.
- 2) To acquire knowledge about, the management process.
- 3) To develop the ability to improve the work within less time & fatigue.
- 4) To understand the ability how to make household budget to each income group.

**Unit - I**

**Credit - I·5**

1. Introduction to management, Definition and significance.
2. Definition family resource management.
3. Process of family resource management planning controlling and evaluation.
4. Factors enhancing management process.
5. Obstacles in improving of management.

**Unit – II Factors motivating management. Credit – I-5**

1. Value – importance, source, classification and characteristics.
2. Goals – Definition. Types.
3. Standards – Definition and classification.
4. Decision making – steps and types
5. Resources – Types and characteristics

**Unit – III Money Management**

**Credit --5**

- A.
  1. Concept of family income
  2. Types of Income
  3. Importance of budgets
  4. Types of budget
  5. Specimen of household budget
  6. Steps in household budgeting
- B. Saving and investment
  - a) Meaning and objectives of savings and investments.
  - b) Types of saving – Banks, post, Insurance, provident fund, pension.

**Unit – IV Consumer Education & work simplification**

**Credit --5**

- a) Consumer education :
  - i) Definition of consumer
  - ii) Problems of consumer
  - iii) Right and responsibilities of consumer
  - iv) Consumer protection Act 1986
  - v) Consumer education

**b) Work Simplification**

- i) Definition and importance
- ii) Mundel's law of changes
- iii) Fatigue and avoidance of fatigue

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<b>Name of the Course:</b>	<b>B.A. I. Home Science</b>
<b>Semester</b>	<b>: I</b>
<b>Paper No. &amp; Title</b>	<b>: II – Food &amp; Nutrition</b>
<b>Credit</b>	<b>: 04</b>
<b>Total Marks</b>	<b>: 30</b>
<b>Workload Perweek</b>	<b>: 4 (50 minutes / lecture)</b>

**OBJECTIVES**

Students will acquire knowledge in the following fields.

- 1) Role of food and functions of nutrient.
- 2) Different sources and deficiencies of nutrients.
- 3) Students can improve the nutritional quality of food and nutrition.

*Credit*  
(1.0)

**Unit – I Food**

- a. Concept of food
- b. Definition of food, balanced diet, optimal diet, deficient diet.
- c. Functions of food – Physiological, psychological, cultural, social.
- d. Classification of food groups by different methods.

**Unit – II Nutritional significance of –**

1.0

Cereals, pulses, oil seeds, vegetables, fruits, milk & milk products, meat, fish and eggs, sugar & jaggary, Spices and condiments.

1.0

**Unit - III - Nutrition -**

- a. Definitions of Nutrition, Nutrients, Recommended Dietary Allowances (RDA) Health and Malnutrition.

1.0

**Unit - IV - Nutrients -**

- a. Classification - 1. Macro Nutrients -  
Proteins, Carbohydrates, Fats and Water  
2) Micro Nutrients - Vitamins and minerals  
i. Water Soluble Vitamins - B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, Folic Acid, Vit. C  
ii) Fat Soluble Vitamins - A,D,E,K.  
iii) Minerals - Calcium, Phosphorous, Iron & Iodine.

**B. A. F. Y. – I- Sem.**

**(Practical)**

**Foods and Nutrition      Marks 40**

**Contents of the practicals :**

1. Weights & measure of raw & cooked foods.
2. Market price of raw & processed food.
3. Planning & preparation of recepies from food groups.  
(Cereals, Pulses, Vegetables & Fruits, Oil seeds, Milk & Milk products)
4. Planning & Preparation of nutrient rich recipe, for higher, middle & lower income group (Calori, Protein, Fat, Iron, Calcium, Vit-A/Carotene, B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>)
5. Survey regarding food packaging, labeling of different food products.

**DR. BABASAHEB AMBEDKAR MARATHWADA  
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<b>Name of the course</b>	<b>:</b>	<b>B.A. I- Home Science</b>
<b>Semester</b>	<b>:</b>	<b>II</b>
<b>Paper No. &amp; Title</b>	<b>:</b>	<b>III - Human Development (Prenatal Development and early Childhood Development)</b>
<b>Credit</b>	<b>:</b>	<b>4</b>
<b>Total Marks</b>	<b>:</b>	<b>30</b>
<b>Workload per week</b>	<b>:</b>	<b>4 (50 Minutes per lecture)</b>

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**OBJECTIVE:-**

1. To study the meaning & scope of Human Development.
2. To understand the importance of prenatal development.
3. To know the adjustmental problems of infancy.

**Unit 1- Introduction to Human Development Credit - I**

- a. Meaning, Definition, Importance and scope of Human Development.
- b. Stages of Human Development.

- c. Growth and Development- Definition of Growth and Development, Difference between growth and Development, Principles of Growth and Development, Factors influencing on growth and Development.

**Unit- II The beginning of new Life.**

**Credit-1**

- a. Reproductive system of male and Female, Conception, Sex determination.
- b. Preparation for parenthood.
- c. Prenatal development- Signs and symptoms, stages of prenatal development, prenatal care.
- d. Factors affecting parental development.
- e. Stages of birth process, Types of birth
- f. Postnatal care of mother and baby.

**Unit- III. Period of infancy to early childhood (6 years)**

1.5

- a. Definitions, characteristics and reflexes.
- b. Adjustments during infancy, milestones, factors affecting development during infancy.  
Physical Growth and development, motor, development, cognitive development, language

development, social development, development of different senses, sensory and perceptual development.

- c. Developmental tasks of infancy and childhood.
- d. Importance of early stimulation.

**Unite- IV: Childhood Problems.**

**Credit-|.5**

- a. Child rearing practices – Types and Effects on personality development.
- b. Behavioral problems in early childhood – Thumb-sucking, Bed Wetting, temper tantrum.

**Sessional Work (Any one)**

- 1. A visit to pediatric ward/Private children Hospital having modern Medical facilities.

**OR**

A visit to maternity Hospital to know about the possibility of complications during delivery.

- 2. Case study of a pregnant Women.

**OR**

Case study of a lactating mother.

**REFERENCES:**

1. Hurlock E.E., "Child Growth & Development", McGrowth Hill Co.
2. Harris A.C., "Child Growth and development"
3. Cole M and Lole S, " Development of Child" New York, Scientific American Books.
4. Date and Akhani, "Child Development" Kitab Mahal.
5. M. Ganorkar, "An approach to child development", Supustika Prakashan, Indore.
6. Elizabeth & Hurlock, "Child Development, McGraw Hill Kogausha Ltd.
7. Dr. Mullick Pramila, "A Text book, of Home Science, Khalyani Publications New Delhi.
8. प्र. शंत प्र. व्हेले, प्र. अष्टुत्रे, बाल विकास निळकंठ बुक्स, पुणे.
9. प्र. प्रियंवदा लाठकर मातृकला व बालविकास विद्या बुक्स पब्लिशर्स, औरंगाबाद.
10. डॉ. ज्योती गायकवाड, बालविकासशास्त्र श्री. मंगेश प्रकाशन, औरंगाबाद.
11. डॉ. नलिनी वऱ्हाडपांडे बालविकासशास्त्र पिंपळापुरे अॅण्ड कं. पब्लिशर्स, नागपूर.
12. धते पन्ना आखानी बालविकासाची मूलतत्त्वे किताब महल.
13. प्रा. सुरेखा मराठे, डॉ. पूषा भाग्यवंत मानव वैकासिक मानसशास्त्र, औरंगाबाद.
14. प्रा. बोरुडे आर. आर. वैकासिक मानसशास्त्र, औरंगाबाद.

15. झुनूकर कूसूम मातृकला महाराष्ट्रा विद्यापिठ ग्रंथनिर्मिती मंडळ, पूणे.
16. कांडलकर लिना मानव विकास विद्या प्रकाशन, नागपूर.
17. शिरवाडकर बाळाची पहिली सहा वर्षे, मॅजेस्टीक प्रकाशन.

**DR. BABASAHEB AMBEDKAR MARATHWADA  
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<b>Name of the course</b>	<b>:</b>	<b>B.A. I- Home Science</b>
<b>Semester</b>	<b>:</b>	<b>II</b>
<b>Paper No. &amp; Title</b>	<b>:</b>	<b>IV - Textiles and clothing</b> <b>(Clothing Construction)</b>
<b>Credit</b>	<b>:</b>	<b>4</b>
<b>Total Marks</b>	<b>:</b>	<b>30</b>
<b>Workload per week</b>	<b>:</b>	<b>4 (50 Minutes per lecture)</b>

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**OBJECTIVE:-**

1. To enable students for proper choice of fabrics.
2. To impart knowledge regarding textile and clothing.
3. To impart creative and technical skills in clothing construction.
4. To enable students to develop skills in embroidery.
5. To encourage entrepreneurship.

**Unit – I: Textile Fiber**

**Credit – I**

- a. Introduction and Tabular classification of textile fibers, Primary and Secondary properties of fibers.
- b. Primary Properties - Length and Width, Tenacity, Flexibility Cohesiveness, Uniformity.
- c. Secondary Properties- Luster, Moisture absorption, and regain, elasticity, Thermal behavior, resistance to

environment, resistance to sunlight, resistance to micro organism, affinity to dyes.

**Unit – II: Finishes: Introduction to finishing process.**

**a) Finishing Process**

**b) Finishing methods: Credit – I**

- I. Physical finishes- Singeing, brushing, napping, shrinking, tendering, calendaring,
  - II. Chemical finishes – Mercerising, Bleaching, water resistance and water repellent, flame retardant, antipilling.
- c) Special finishers: Wrinkle resistance

**Unit – III. Principles of clothing construction. Credit–1.5**

- a. Taking body measurements (Horizontal & Vertical)
- b. Drafting and making paper pattern
- c. Preparation of Cloth for layout and cutting
- d. Basic elements in clothing construction
  - i. Seams- plain, corded, hemming, circular French and flat fell.
  - ii. Types of fullness- Frills, Trucks, Gathers, Darts, Pleats.
  - iii. Sleeve- Plain Puff and bell.

- iv. Neckline- Plain, High, Boat.
- v. Collar- Flat, peterpan, Stand and Turtle neck.
- vi. Trimming materials

**Unit- IV Fundamentals of Embroidery**

**Credit .5**

- a. History of embroidery.
- b. Rules of Embroidery.
- c. Principles of design.
- d. Selection of design, color combination and threads used for embroidery.
- e. Methods of tracing the design.

**B.A. I YEAR  
IInd Semester  
Practical - Textile and clothing**

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**CONTENT OF PRACTICAL**

*Marks-40*

- I. Preparation of Samples.
- i. **Basic stitches – Running, Hemming, slip stitches and back stitch Hand Embroidery stitches (Any Ten)**
- II. **Fabric Painting:-**
- Preparation of handkerchief with painting (Any five)
  - Frame making (any one)
- III. **Preparation of the following item.**
- a. Saree kit.
  - b. Mobile cover (Either stitched / knitted).
  - c. Small Travelling kit / pouch for pen, pencil etc.
- IV. **Drafting, Cutting and stitching of the garments.**
1. Garment for infant: Yoke Zabla
  2. Garment for preschool children – Self-help
  3. Kitchen apron/Traveling bag.

**REFERENCES:**

1. Anna Jacob, " Art of sewing" UBS publications, New Delhi.
2. Brij Bhusan Janila, "The Craft of Weavers, the costume and textiles of India," D E Tarapora Valla on and comp. Pvt. Ltd. Bombay.
3. Bane A, " Tailoring" McGraw Hill publication, New York.
4. Dantiyagi S, " Fundamentals of Textiles and Care", Orient Longman Ltd. New Delhi.
5. Deulkar D. "Household Textiles and Laundry work", Atma and Sons. New Delhi 1985.
6. Gupta, Garg and Saini, "A Text book of Clothing and Textile", Kalyani Publishers, New Delhi.
7. G.K. Ghosh and Shukul Ghosh, "Indian Textile – Past and present", APH publishing Corporation New Delhi.
8. Isaqel B.W., "Textile fabrics and their relation" prentice Hill inc Englewood cliffs.
9. Mehata J.R, "Handicrafts of India," Tarapore Walla House of Books, Mumbai.
10. Mullick Pramila, "A Textbook of Home Science," Kalyani Publishers, New Delhi.

11. Needle Craft by Readers Digest – A complete guide to sewing Association Inc. New York, New Delhi.
12. Saviti Pandit, “ Manual for Children”, McGraw Hill company New York.
13. Murphy, “Testile Finishing”, Abhishek Publications, Chandighadh.
14. आढाव विमल वस्त्रशास्त्र महाराष्ट्र विद्यापिठ ग्रंथ निर्मिती मंडळ, नागपूर.
15. डॉ. वैरागडे, प्रा. अनिल अग्रवाल वस्त्रशास्त्र संकल्पना व फॅशन डिझाईनिंग विद्या बुक्स पब्लिशर्स, औरंगाबाद.
16. प्रा. सुनिता काळे पवार वस्त्र पवन प्रकाशन, प्रभणी.
17. प्रा. वर्षा घाटपांडे, प्र. विनता कुलकर्णी वस्त्रशास्त्राची मुलतत्वे निळकंठ मुक्स, पूणे.
18. डॉ. क्षमा लिमये वस्त्रशास्त्राची रुपरेषा शेठ पब्लिशर्स प्रा.लि. मुंबई.
19. डॉ. इंदिरा खडसे वस्त्रशास्त्र परिचय हिमालया बुक्स प्रा.लि. मुंबई.
20. प्रभावती पूरत भरतकला.
21. झारापकर शिवणकला भाग १ व २ नवनीत पब्लिकेशन्स, मुंबई.
22. गायत्री वर्मा कटाई-सिलाई-थेअरी एशियान पब्लिकेशन्स, मुंबई.

**PATTERN OF HOME SCIENCE PRACTICAL  
EXAMINATION**

**B.A. First Year**

**Time : 3 Hours**

**Total Marks : 80**

**MARKS DISTRIBUTION FOR <sup>Annual</sup> PRACTICAL EXAMINATION**

1	Planning of nutrient rich recipes for three income groups	10
2	Preparation of given recipe	10
3	Write-up & cost calculation	10
4	Drafting, cutting & stitching of garment	15
5	Record Book	20
6	Related Activities (Report writing of visit / case study)	05
7	Accessories (Article related to Embroidery or painting)	10
	<b>TOTAL</b>	<b>80</b>

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

<b>Name of the course</b>	<b>:</b>	<b>B.A. II- Home Science</b>
<b>Semester</b>	<b>:</b>	<b>III</b>
<b>Paper No. &amp; Title</b>	<b>:</b>	<b>V - Extension Education</b>
<b>Credit</b>	<b>:</b>	<b>4</b>
<b>Total Marks</b>	<b>:</b>	<b>30</b>
<b>Workload per week</b>	<b>:</b>	<b>4 (50 Minutes per lecture)</b>

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**OBJECTIVE:-**

1. To understand the meaning, importance and need of Home science Extension Education
2. To Impart knowledge of extension Education.
3. To understand the process of communication in development work.
4. To get acquainted with the terms in extension approaches and models.

**Unite- I**

**Credit-1.5**

- a. Extension Education – definition of education, types of education, definition of extension education, difference between formal and extension education, origin, scope, objectives, fields, principles and essential links in the chain of rural development in extension education.

- b. Home Science extension – Fields of Home Science, Scope objectives, philosophy, role of home Science extension worker in the field of development, essential qualities needed by extension worker.

**Unit- II: Extension Models and Method**

**Cridet-1**

Models – Technology innovation, transfer model, Social Education Model, indigenization model, Social action, empowerment, participation model, combination Model.

Methods – Individual contact methods group contact methods and mass contact methods.

**Unit – III Community Organization**

**Credit – 1.5**

- a. Community development – Definition, Concept and objectives of community development, Brief history of Community development.
- b. Role of Government, N.G.O. Universities and rural development authorities.

**Unit IV - Social Problems:**

Meaning Importance of Social Problems, unemployment, poor health and sanitation.

Community Organization, Objectives, Principles and methods.

**Social Activities - (Any one)**

1. Preparation of Teaching/ Learning materials-  
Charts/posters/ pamphlets/flash cards/folders.
2. Visit to different areas: (any one)  
Slum/Rural/ICPS/PHC
3. Report Writing on (any one)
  1. Visit to NGO/ Aganwadi
  2. Case study or Reputed self help group working in  
the fields of self employment.
  3. Visit to village.

**REFERENCES: -**

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14. प्रा. फरकाडे सा. गोंग गृहविज्ञान विस्तार विद्या प्रकाशन नागपूर.
15. प्रा. चंद्रशेखर लाख सामुदायिक विकास आणि विस्तार शिक्षण श्री. गणेश प्रकाशन, नागपूर.
16. शोपान सूपे विस्तार शिक्षण.
17. प्रा. सूधा काळदाते आधुनिक भारताच्या सामाजिक समस्या.
18. डॉ. धो. काचोळे ग्रामीण समाजशास्त्र.
19. प्रा. बनसोडे पी.एल. व चराटे एस.जी. भारतीय समाजिक समस्या.
20. प्रा. डॉ. खडके भारतीय समाजिक समस्या.
21. विजय कविमंडन व गंगाधर कराळे (अनुवादक) ग्रामीण विकासाचा एकात्मिक दृष्टिकोन.

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

<b>Name of the course</b>	<b>:</b>	<b>B.A. II- Home Science</b>
<b>Semester</b>	<b>:</b>	<b>III</b>
<b>Paper No. &amp; Title</b>	<b>:</b>	<b>VI - Textiles and clothing (Garment Designing and Printing)</b>
<b>Credit</b>	<b>:</b>	<b>4</b>
<b>Total Marks</b>	<b>:</b>	<b>30</b>
<b>Workload per week</b>	<b>:</b>	<b>4 (50 Minutes per lecture)</b>

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**OBJECTIVE:-**

1. To impart knowledge about the basic principles of design and painting.
2. To enable students to know about important aspects of clothing.
3. To impart knowledge about wardrobe planning.
4. To impart knowledge regarding selection of clothes for different age group, texture and fabric.

**Unit- I Introduction to dyeing:**

**Credit – 1.5**

1. Classification and types of dyes.
  - a. Natural dyes – Plant, animal, and Mineral

- b. Synthetic dyes – acid, Direct, Basic, Mordant, Vat, Sulpher, Azoic and Naphthol dyes.
2. Dyeing Methods – Stock dyeing, Yam dyeing and piece dyeing.

**Unit-II Printing:**

**Credit - .5**

- a. Introduction
- b. Household Printing Methods- tie & Dye, Batik, Block & screen printing.

**Unit-III Introduction to clothing management.**

- a. Importance of clothing.
- b. Psychological aspects of clothing.
- c. Wardrobe planning.
- d. Clothing requirement for different age groups - infancy, toddler, preschool children, school going children, teenage, adult age old age.

**Unit- IV: Care of household clothing.**

**Credit- 1**

- a. Factors in influencing selection of household clothing.
- b. Renovation of garments. Darning, Patch work.
- c. Storage of different clothes.

**B.A. II YEAR**  
**III – SEMESTER**

**Practical**

**Textile and Clothing**

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Marks – 40

- I. Knitting - 4 different types of weaves (2x2 inches)
- II. Printing - a) Tie and dye (any 5)  
b) Block Printing  
c) Batik.
- III. Elements of Sleeves- Plain, bell and puff.
- IV. Construction of Garments
1. Skirt (1/4 size) Umbrella/ pleated.
  2. Diaper (any one type)
  3. Child Short (1/4 size)

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<b>Semester</b>	<b>:</b>	<b>IV</b>
<b>Paper No. &amp; Title</b>	<b>:</b>	<b>VII – Child Development (Late Childhood and Adolescent)</b>
<b>Credit</b>	<b>:</b>	<b>4</b>
<b>Total Marks</b>	<b>:</b>	<b>30</b>
<b>Workload per week</b>	<b>:</b>	<b>4 (50 Minutes per lecture)</b>

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**OBJECTIVE:-**

1. To appreciate the sequential stages of development during late childhood.
2. To understand the behavioral problems during Late childhood.
3. To aware the need and skills to be developed for self improvement.
4. To know the development and behaviors during adolescence.

**Unite – I Late Childhood.**

**Credit – 2.0**

- a. Definition, characteristics and developmental tasks.

- b. Factors affecting development.
- c. Developments: Physical, motor, social, emotional, Language, Cognitive, moral, play, interests.
- d. Behavioral problems in late childhood, stealing, lying, nail biting, Temper tantrum, Day dreaming.

**Unit- II Parent and child relationship. Credit- .5**

- a. Importance and effects of personality development.
- b. Discipline - Significance, methods, rewards and punishment.

**Unit- III Adolescence: Credit - 1.5**

- a. Characteristics, developmental task, Physical changes, social development and emotional maturity.
- b. Trends in adolescent's thinking, interests, relationship with parents and teachers.

**Unit - IV**

Problems in adolescence : Family & School.

Behavioral problems, juveniles delinquency, child labour.

**Sessional Activities: (Any one)**

1. Visit to Remand Home (Report writing)
2. Case study of Behavioral problems.
3. Survey of Adolescent's interests.
4. Preparation of scrap book regarding child labour.

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<b>Name of the course</b>	<b>:</b>	<b>B.A. II- Home Science</b>
<b>Semester</b>	<b>:</b>	<b>IV</b>
<b>Paper No. &amp; Title</b>	<b>:</b>	<b>VIII – Food and Nutrition</b>
<b>Credit</b>	<b>:</b>	<b>4</b>
<b>Total Marks</b>	<b>:</b>	<b>30</b>
<b>Workload per week</b>	<b>:</b>	<b>4 (50 Minutes per lecture)</b>

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**OBJECTIVE:-**

1. To gain acquaintance with human gastro intestinal tract.
2. To understand the concept of an adequate diet and importance of meal planning.
3. To know the different methods of food preservation.
4. To be aware of the effect of food poisoning and food adulteration.
5. To gain the knowledge about the nutrient needs for various age groups.

**Unite – I Digestive system (With illustration) Credit - .5**

- a. Digestion of food – Carbohydrates, proteins and fats.
- b. Functions of endocrine glands.

**Unite - II Energy.**

- a. Definition, Energy requirement.
- b. Factors affecting on energy requirement, and BMR
- c. Methods of measuring value of food. Calorimeters.

**Unite – III Meal planning**

- a. Importance of meal planning.
- b. Factors affecting on meal planning.
- c. Principles of planning a balanced diet.
- d. Menu planning for the different economic level and different age groups. Weaning food, Baby hood. Early and late childhood, adolescence, adulthood and old age.

**Unite – IV Food preservation**

**Credit - .5**

- a. Concept & Principles of food preservation
- b. Methods of food preservation.

**Unite – V Food Poisoning**

**Credit – 1**

- a. Effect of food poisoning and their precautions.
- b. Food Toxins, Food hygiene
- c. Food adulteration. Identifying methods, adulterants used.  
Food law and Consumer Law.

**B.A. II YEAR - IV SEMESTER**

**PAPER**

**Practical**

**Food and Nutrition**

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Marks – 40

- I Planning and Preparation of diets for different age groups at different socioeconomic levels in relation to specific nutritional requirement.
1. Pregnancy.
  2. Lactation.
  3. Weaning Food.
  4. Preschool.
  5. School going.
  6. Adolescents.
  7. Adult
  8. Old age.
- II. Salad Decoration – Demonstration and practice.
- III. Food Preservation – Jam, Jellies, Sauce and Ketchup.
- IV. Food Adulteration – Demonstration to identify the adulterants used in food.

**Sessional Activities (Any One)**

1. Visit to food industry / Bakery / Adulteration Department (Report Writing)
2. Case study of five children about their Behavioral problems.
3. Caste study of five children about their Behavioral problems.
4. Observation of school Tiffin's of middle school children (minimum 05)

**PATTERN OF HOME SCIENCE PRACTICAL  
EXAMINATION**

**B.A. Second Year**

**Time : 3 Hours**

**Total Marks : 80**

**MARKS DISTRIBUTION FOR <sup>Annual</sup> PRACTICAL EXAMINATION**

1	Drafting, cutting and Stitching of 1/4 <sup>th</sup> garment	15
2	Planning, preparation and calculation and write-up of day's diet for any one age group (Pregnancy, Lactation, Weaning Food, Preschool, School going, Adolescents, Adult, Old age).	25
3	Record Book	20
4	Related Activities	10
5	Accessories (Related to textile such as knitting, printing or construction)	10
	<b>TOTAL</b>	<b>80</b>