

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**Circular.NO.SU/ Foundation Course/81/2022**

It is hereby inform to all concerned that, on the recommendation by the Faculty of Interdisciplinary Studies at it's Meeting held on 27.12.2021 the Hon'ble Vice-Chancellor has accepted the **M.A. First Year Foundation Course for Introduction to Home Science (First Semester) of four credits** under the Faculty of Interdisciplinary Studies in his emergency powers U/S 12[7] the Maharashtra Public Universities Act, 2016 on behalf of the Academic Council, **as appended herewith.**

This syllabus is also available on the University Website www.bamu.ac.in

This will be applicable from the **Academic year 2021-2022 and onwards in All affiliated Colleges and University Department.**

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

University Campus,
Aurangabad-431 004.
REF.NO.SU/Foundation Course for M.A.
Home Science /2022/ **8820-27**

★
★
★
★
★

(Signature)
**Deputy Registrar,
Academic (Syllabus)
Section.**

Date:- 23-02-2022.

Copy forwarded with compliments to:-

- 1] **The Prof. & Head, Department of Home Sci., Dr. Babasaheb Ambedkar Marathwada University.**
- 2] **The Principals, All affiliated concerned colleges, Dr. Babasaheb Ambedkar Marathwada University.**

Copy to :-

- 1] Director, Board of Examinations & Evaluation, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.
- 2] **The Section Officer, [M.A.Unit], Examinations, Dr. Babasaheb Ambedkar Marathwada University,**
- 3] The In-Charge, E-Suvidha Kendra, [Professional Unit], Rajarshi Shahu Maharaj Pariksha Bhavan, Dr. Babasaheb Ambedkar Marathwada University,
- 4] The Programmer [Computer Unit-1] Examinations, Dr. Babasaheb Ambedkar Marathwada University,
- 5] The Programmer [Computer Unit-2] Examinations,
- 6] The Record Keeper, Examinations, Dr. Babasaheb Ambedkar Marathwada University,

==*-

**M.A. FIRST YEAR
HOME SCIENCE
(First Semester)
Foundation Course**

Introduction to Home Science

Theory : 80

Subject Ref. No.	: HSC
No. of Credits	: 04
No. of periods per weeks	: 04
Assignments / Sessionals	: 20
Semester Exam	: 80

Objectives :

Unit I Introduction to Home Science

- a. Home Science- Nature, Definition and importance i.e. contribution of Home Science to Individual and Society.
- b. Major areas of Home Science-their nature, scope , significance and purpose
- c. Aims, objectives, History and Philosophy of Home Science in General Universities and State agriculture Universities, Introduction of IFHE and HSAI.
- d. Major areas of Home Science-their nature, scope , significance and purpose
- e. Inter relationship between other science/subjects
- f. Renowned home Science & scientists in India & abroad.


14/2/2022

Unit II Population Education and community health

A. Various Definitions

- a. Terms related to population dynamics
- b. Causes and consequences of population blast
- c. Family life education and Sex education
- d. Benefits of small family/Nuclear families.

B. I) Concept of positive health including physical, social, and school health.

II) Causes of poor health standards.

I) Health education

Unit III Food & Nutrition

1. Food Meaning , functions, classification

2. Food groups, characteristics of food group Balance diet. Recommended daily allowances for various age group by ICMR

3. Food Preparation (Brief)

a. Reasons for cooking

b. Principles of food Preparation

c. Methods : Classification-Microwave cooking & Induction Cooking Procedure, merits and limitations

d. Effect of cooking

I) Food constituents, chemical, physiochemical and microbiological

II) Nutritive value of food

Unit IV Human Development

- I) Growth and Development-Meaning & definition difference between growth & development
 - a. Principles of development
 - b. Inter relationship between various areas of development
 - c. Stages of human development
- II) Importance and Characteristics of each stage.
- III) Development task of each stage.
- IV) Ecology of development, Factors influencing –Gender Family-Size, Ordinal position, working women, Socio economic Status. Caste and religion etc.

Related activities/sessionals

- 1) Assignment in relation to unit I
- 2) Collect 5 current articles on child development from news papers/magazines etc.
 - d. Preparing of resource file of
 - a) 5 Stories for Children based on moral things.
 - b) 5 Songs for Children based on nature.
 - c) Collect 5 Current articles on Childs Development from news paper/magazines etc. and its Display on Board .

Internal Assessment Work

Nutrition Cookery

- i) Terms, Weight, & Measures, Principles for designs in laying of meals, types of serving.
- ii) Cooking Methods:

Demonstration of Methods: Boiling, Steaming, Baking, Roasting, & frying (Shallow & Deep)

iii) Preparing of five dishes each of the following.

- a) Drinks, Soups
- b) Snacks, Raita & Chutney
- c) Vegetables, Pulses, Salads
- d) Sweets deserts & Ice cream
- e) Cakes & Biscuits
- f) Demonstration of cake icing
- g) Food preservation-Jam, Jelly, Pickles & Sauces

REFERENCES :

1. Dr. Mullick Pramila, "A Text book, of Home Science, Khalyani Publications New Delhi.
2. Hurlock E.E. "Child Growth & Development, Mc Growth Hill Co.
3. Harris A.C. "Child Growth and development"
4. Prof. Surekha Marathe, Dr. Pushpa Bhagvant Manav Vikasik Manashastra, Aurangabad.

Dr. ee
24/2/2022