

STRUCTURE OF PROGRAMME B.Sc. HOME SCIENCE 2023-24

SEMESTER – I SYLLABUS

STRUCTURE OF PROGRAMME B.Sc. HOME SCIENCE (2023-24)

General Instruction:

Each B.Sc. Home Science theory paper is of 4 (2+2) credits for which there will be 6 hours of lectures per week. This gives 45 hours of teaching work for each theory paper per semester.

Each Practical shall be of 2 credits for which there will be 4 Hours of laboratory work per batch per batch per week. This gives 60 hours for laboratory work per semester. For laboratory work, a batch should not exceed 20 students. Each theory course shall contain 5 units.

सामान्य निर्देश :

प्रत्येक बी.एस.सी. गृहविज्ञान सैद्धान्तिक पेपर 4 (2+2) क्रेडिट का है जिसके लिए प्रति सप्ताह 6 घंटे का व्याख्यान होगा। इस तरह प्रत्येक सैद्धान्तिक पेपर के लिए प्रति सेमेस्टर 45 घंटे का शिक्षण कार्य होगा। प्रत्येक प्रैक्टिकल 2 क्रेडिट का होगा जिसके लिए प्रतिबैच प्रति सप्ताह 4 घंटे का प्रयोगशाला कार्य होगा। इस तरह प्रतिसेमेस्टर प्रायोगिक कार्य 60 घंटे होगा। प्रयोगशालाकार्य के लिए एक बैच 20 छात्रों से अधिक नहीं होना चाहिए। प्रत्येक सैद्धान्तिक पाठ्यक्रम में 5 इकाइयां होगी।

Instructions to end semester examination theory question paper setters. The end semester examination system adopted is given below-

The course will contain 5 units. The question paper shall contain 3 sections: - **Section A** - (10 Marks) shall contain 10 question two from each unit. Each question shall be of 01 marks. All the questions are compulsory. The answer should not exceed 50 words. **Section B** – (25 Marks) shall contain 5 questions (Two from each unit with external choice) each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answer should not exceed 200 words. **Section C** – (45 Marks) shall contains 5 question one from each 4 unit. Each question shall be of 15 marks. Candidate is required to answer any three questions by selecting these three questions from different units. The answer should not exceed 500 words.

अंत-सेमेस्टर परीक्षा सिद्धांत प्रश्नपत्र सेट करने वालों के लिए निर्देश: अपनाई गई अंत-सेमेस्टर परीक्षा प्रणाली नीचे दी है-**खंड अ** (10 अंक) में प्रत्येक इकाई से 10 प्रश्न होंगे। प्रत्येक प्रश्न 01 अंक का होगा। सभी प्रश्न अनिवार्य है। उत्तर 50 शब्दों से अधिक नहीं होने चाहिए। **खंड ब** (25 अंक) में 5 प्रश्न होंगे (आंतरिक विकल्प के साथ प्रत्येक इकाई से दो)। प्रत्येक प्रश्न 05 अंक का होगा। उम्मीदवार को

सभी 5 प्रश्नों का उत्तर देना आवश्यक है। उत्तर 200 शब्दों से अधिक नहीं होने चाहिए। खंड स (45 अंक) में 5 प्रश्न होंगे, प्रत्येक इकाई से एक। प्रत्येक प्रश्न 15 अंक का होगा। अभ्यर्थी को पांच इकाईयों में से किन्ही तीन प्रश्नों का उत्तर देना आवश्यक है। उत्तर 500 शब्दों से अधिक नहीं होने चाहिए।

विवाद की स्थिति में अंग्रेजी संस्करण को प्राथमिकता दी जाएगी। उम्मीदवार को सैद्धान्तिक, प्रायोगिक और आंतरिक मूल्यांकन परीक्षा में अलग-अलग उत्तीर्ण होने के लिए 36% अंक प्राप्त करना आवश्यक है।

Instructions for internal evaluation: Internal evaluation will be of 30 marks. Continuous comprehensive evaluation process shall be adopted to find out each course level learning outcome, i.e. assignments, test, quiz, seminar etc. that includes logical thinking, knowledge and shall required during the course. The assessment should be done periodically after every 30 days for all core/elective course per semester. The institution should keep proper record of the attendances of students for each evaluation process.

आंतरिक मूल्यांकन के लिए निर्देश: आंतरिक मूल्यांकन कुल मिलाकर 30 अंकों का होगा (सैद्धान्तिक और प्रायोगिक में कोई विभाजन नहीं)। प्रत्येक पाठ्यक्रम स्तर के सीखने के परिणाम, यानी असाइनमेंट, प्रयोगशाला रिकार्ड, परीक्षण, प्रश्नोत्तरी, सेमिनार आदि का पता लगाने के लिए निरंतर व्यापक मूल्यांकन प्रक्रिया अपनाई जाएगी जिसमें पाठ्यक्रम के दौरान अर्जित तार्किक सोच, ज्ञान और कौशल शामिल है। प्रति सेमेस्टर सभी मुख्य या वैकल्पिक पाठ्यक्रम के लिए प्रत्येक 30 दिनों के बाद समय-समय पर मूल्यांकन किया जाना चाहिए। संस्थान द्वारा अपनाई गयी प्रत्येक मूल्यांकन प्रक्रिया के लिए छात्रों की उपस्थिति का उचित रिकॉर्ड रखा जाएगा।

STRUCTURE OF PROGRAMME B.Sc. HOME SCIENCE 2023-24

SEMESTER – I

| Paper Code | Paper Name | Code | L | T | P | Total Credits | Maximum Marks | | Total Marks(T +P) | Minimum Passing | |
|-----------------|---|------|---|---|---|---------------|----------------|----------------|-------------------|-----------------|-----|
| | | | | | | | Internal Marks | External Marks | | Int(30) | Ext |
| | | | | | | | | | | | |
| BHS 4.5AECCT11 | Ability enhancement compulsory course Eng./Hindi/Mil | AECC | 2 | - | - | 02 | - | 100 | Marks 100 | 36 | |
| BHS 4.5DCCT12 A | Community Health and Human Physiology | DCC | 2 | - | - | 2 | 30 | 40 | 150 | 11 | 16 |
| BHS 4.5DCCT12B | Community Health and Human Physiology | DCC | 2 | - | - | 2 | | 40 | | | 16 |
| BHS 4.5DCCP12 | Community Health and Human Physiology (Fundamentals of Human Physiology and Community Health) | DCC | - | - | 2 | 2 | | 40 | | | 16 |
| BHS 4.5DCCT13A | Human Development | DCC | 2 | - | - | 2 | 30 | 40 | 150 | 11 | 16 |
| BHS 4.5DCCT13B | Human Development | DCC | 2 | - | - | 2 | | 40 | | | 16 |
| BHS 4.5DCCP13 | Human Development | DCC | - | - | 2 | 2 | | 40 | | | 16 |
| BHS 4.5DCCT14 A | Food & Nutrition | DCC | 2 | - | - | 2 | 30 | 40 | 150 | 11 | 16 |

| | | | | | | | | | | | |
|-------------------|---|-----|---|---|---|---|-----------|------------|------------|--|----|
| BHS 4.5DCCT14B | Food & Nutrition | DCC | 2 | - | - | 2 | | 40 | | | 16 |
| BHS 4.5DCCP14 | Food & Nutrition fundamental of Foods and Nutrition | DCC | - | - | 2 | 2 | | 40 | | | 16 |
| | Total Marks | | | | | | 90 | 360 | 450 | | |

STRUCTURE OF PROGRAMME B.Sc. HOME SCIENCE 2023-24

SEMESTER – II

| Paper Code | Paper Name | Code | L | T | P | Total Credits | Maximum Marks | | Total Marks | Passing marks | | |
|--------------------|--|-------|---|---|---|---------------|----------------|----------------|-------------|---------------|-----|----|
| | | | | | | | Internal Marks | External Marks | | Int(30) | Ext | |
| | | | | | | | | | | | | |
| BHS 4.5AEC21 | Environment Studies | AEC C | 2 | - | - | 2 | - | 100 | | 36 | | |
| BHS 4.5DCCT22A | Extension and Communication | DCC | 2 | - | - | 2 | 30 | 40 | 150 | 11 | 16 | |
| BHS 4.5DCCT22B | Extension and Communication | DCC | 2 | - | - | 2 | | | | | 40 | 16 |
| BHS 4.5DCCP22 | Extension and Communication-I (Introduction to Extension Education) | DCC | - | - | 2 | 2 | | | | | 40 | 16 |
| BHS 4.5DCCT23A | Family Resource Management | DCC | 2 | - | - | 2 | 30 | 40 | 150 | 11 | 16 | |
| BHS 4.5DCCT23B | Family Resource Management | DCC | 2 | - | - | 2 | | | | | 40 | 16 |
| BHS 4.5DCCP23 | Family Resource Management –I (Introduction to Family Resource Management) | DCC | - | - | 2 | 2 | | | | | 40 | 16 |
| BHS 4.5DCCT24A | Introduction to Biochemistry & Food Microbiology. | DCC | 2 | - | - | 2 | 30 | 40 | 150 | 11 | 16 | |
| BHS 4.5DCCT24B | Introduction to Biochemistry & Food Microbiology. | DCC | 2 | - | - | 2 | | | | | 40 | 16 |
| BHS 4.5DCCP24 | Introduction to Biochemistry & Food Microbiology. | DCC | - | - | 2 | 02 | | | | | 40 | 16 |
| Total Marks | | | | | | | 90 | 360 | 450 | | | |

MGSU BIKANER SYLLABUS 2023- 24

SEMESTER - I

Paper Code BHS4.5DCCT12A

COMMUNITY HEALTH & HUMAN PHYSIOLOGY (Fundamentals of Human Physiology & Community Health)

Credit Hours - (2)
Duration of Exam: 15 hrs.

Marks: 40
Min. Marks: 16

UNIT I

1. Structure & functions of various systems.
2. Structure and functions of human cell.
3. Cardiovascular System: -
 - A. Blood & its Composition
 - B. Blood Groups
 - C. Coagulation of Blood
 - D. Structure and functions of human heart.
 - E. Circulation of blood: types & mechanisms.
 - F. Heart rate, pulse rate, blood pressure & its Regulation.

UNIT II

1. Skeleton System and Joints: -
 - A. Types and functions of Bones
 - B. Structure of Compact & Cancellous Bone
2. Classification of joints
3. Structure of Synovial Joint

UNIT III

1. NERVOUS SYSTEM: -
 - A. Structure of Neuron.
 - B. Structure and functions of different parts of the brain.
2. ENDOCRINE SYSTEM
 - A. Structure & functions of Endocrine glands.
 - B. Impact of hypo & hyper functioning: -
 - a. Hypothyroidism & Hyperthyroidism.
 - b. Diabetes Mellitus
 - c. Hypo & hyperparathyroidism
 - d. Cushing's Syndrome
 - e. Addison's disease

- f. Prolactinoma
- g. Graves' disease

UNIT IV

1. Structure and functions of digestive system: -
 - a. Structure of stomach
 - b. Structure of small intestine
 - c. Structure of liver
 - d. Structure of Pancreas
 - e. Structure of Gallbladder
2. Digestion & Absorption of Carbohydrate, Protein & Lipids

UNIT-V

1.EXCRETORY SYSTEM:

- A. Structure and functions of Kidney& Nephron.
- B. Formation of Urine
- C. Structure and functions of Skin.

3.RESPIRATORY SYSTEM:

- A. Structure and functions of Respiratory System.
- B. Structure of Lungs.

Paper Code BHS4.5DCCT12B

COMMUNITY HEALTH & HUMAN PHYSIOLOGY (Fundamentals of Human Physiology & Community Health)

Credit - (2)

Duration of Exam: 1.5hrs.

Marks: 40

Min. Marks: 16

UNIT-I

1. Health Concept

a) Health (Physical, mental, social and Spiritual Health improving Factors) Positive Health, Community Health, Determinants of Health, Factors affecting Health, causes of poor health

b) Yoga & Meditation - Concept, Meaning and Importance

2. Environmental Sanitation

UNIT-II

Water- Importance of water, sources of water, types of water soft & hard), Purification of water at domestic level

Ventilation-Importance, impurities in atmosphere and their effect on health, types of ventilation.

Sanitation: Types of refuse, methods/ ways of disposal of refuse (waste). Rural or village sanitation, sanitation, at fairs & festivals.

3. Health Education- Concept, content of health education, objectives principles, role of communication in health education.

UNIT- III

Causes, mode of transmission, incubation period, sign & symptom, life cycle, care and preventive measures of the following diseases: -

a) Water, food and milk borne diseases- cholera, Typhoid, diphtheria.

b) Air borne and viral infections- chicken pox, Whooping Cough, Tuberculosis, poliomyelitis, Measles

c) Disease caused by insect- Malaria.

UNIT- IV

Causes, mode of transmission, incubation period, sign & symptom, life cycle, care and preventive measures of the following diseases :-

1. Diseases caused by direct- contact- Hydrophobia, venereal disease, Tetanus, trachoma, Scabies, Acquired Immuno Deficiency syndrome (AIDS)

2. Worm Infestation (Life- cycle)

1. Ascaris Lumbricoides (Round worm)

2. Ancylostoma Duodenal (Hook Worm)

3. Oxyuris Vermicularis (Thread Worm)

4. Entamoeba Histolytica (Amoebiasis)

UNIT- V

A Immunity- Classification of immunity,

B Types of immunization, routine immunization schedule, hazards of immunized immunization.

BHS 4.5DCCP12

PRACTICAL

Fundamentals of Human Physiology & Community Health

Marks: 40

Min. Marks: 16

I. Aims, Scope and rules of First Aid.

II. General Principles of First Aid in :

- a) Burns and Scalds.
- b) Cuts, Wounds and Hemorrhages.
- c) Sprains, fractures and dislocations, use of splint.
- d) Simple unconsciousness
- e) Electric shock and fire
- f) Heat stroke and frost bite
- g) Animal bite-dog and snake bite
- h) Foreign bodies in the eye, nose and throat.
- i) Common poisoning.

III. First Aid Box

i. Room for the sick, Bed making procedures for the patient.

ii. Essential items for the sick room, bed pan, urinal, bed table, hot water bottle, ice cap, back rest, air ring, glass, measuring glass, spittoon, feeding cup and thermometer.

iii. Basic Knowledge about

1. Recording of temperature (making chart) and pulse rate, blood pressure
2. Applications of moist inhalations Hot and cold fomentation
3. Types of enema.
4. Patients rate of breathing & Patients Discharges (Knowing the condition of patient) examining about patient stool urine respiration vomiting.

Textbook of Anatomy and physiology for nurses - P.R. Asha Latha

Anatomy and physiology for nurses by Evelyn Pearce

डॉ. कमलजीत कौर मान : शरीर रचना एवं क्रिया विज्ञान – दिल्ली पब्लिकेशन

कान्ति पाण्डेय, प्रमिला वर्मा : शरीर क्रिया विज्ञान – हिन्दी ग्रन्थ अकादमी

पाण्डेय एवं अग्रवाल : शरीर रचना एवं क्रिया विज्ञान

वृन्दा सिंह : शरीर रचना एवं क्रिया विज्ञान – पंचशील प्रकाशन

डॉ. सत्यदेव आर्य : स्वास्थ्य विज्ञान, हिन्दी ग्रन्थ अकादमी, जयपुर।

डॉ. डी.एस. भरारा: प्राथमिक चिकित्सा, सेंट एम्बुलेंस एसोसिएशन, नई दिल्ली

मनोरमा बैद, डॉ. निधि सिंघल : प्राथमिक सहायता एवं गृह परिचर्या, अजमेरा बुक डिपो, त्रिपोलिया बाजार जयपुर।

बेला भार्गव : जन स्वास्थ्य एवं परिवार कल्याण, जैना पब्लिकेशन, जयपुर।

डॉ. वृन्दा सिंह, जन स्वास्थ्य एवं परिवार कल्याण, पंचशील प्रकाशन, जयपुर।

डॉ. सुधा नारायण। स्वास्थ्य एवं परिवार कल्याण, मातृ एवं शिशु कल्याण कालेज बुक डिपो।

BHS 4.5 DCCT13A

HUMAN DEVELOPMENT-I (LIFE SPAN DEVELOPMENT)

Credit - (2)
Duration of Exam: 1.5hrs.

Marks: 40
Min. Marks: 16

Unit-I

- 1.) Introduction to Human Development :
 - a.) Definition, Scope Concept of Growth &Development, Role of Heredity & Environment on development, Importance, need & scope of life Span Development.
 - b.) Stages, Principles of Human Development , Methods of Studying Human Development , Conception to birth .
- 2.) Genetic & Environmental influences on Development , Stages of Human development.

Unit-II

- 3.) Early Childhood Years : Development in Infancy and Preschool Physical Development -Meaning , Importance, Stages, Factors affecting Development.
- 4.) Motor Development-meaning, importance stages, factors, Hand & Leg skills &Handedness , Reflexes

Unit-III

- 5.) Speech and Language development :

Pre speech & speech forms of communication, Major tasks in learning to speak ,Hazards in Speech development
- 6.) Social Development: Meaning, Importance, Pattern ,Hazards of social development.

Unit – IV

- 7.) Emotional development: Meaning, Importance, Pattern , Preschool and Play, Role of Family and Society.
- 8.) Moral Development-Moral behaviour, Morality, Pattern, Importance, Stages, Factors affecting Moral Development , Meanings essentials of discipline

Unit –V

- 9.) Cognitive Development -definition, stages, characteristics, cognitive abilities in childhood, factors affecting cognitive development.
- 10.) a.) Play Development:

Meaning, importance, Contributions & Characteristic, types of play activities.
- b.) Development of Creativity: Meaning, Values & Development Expressions & Hazards of Creativity.

References:

- Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi: Orient BlackSwan.

- Santrock, J. W. (2007). A topical approach to life-span development. New Delhi: Tata a. McGraw- Hill.
- Berk, L. E. (2007). Development through the lifespan. Delhi: Pearson Education.
- Baal Manovigyan : Baal Vikas by Dr. Preeti Verma & Dr. D.N. Shrivastava, ShriVinod Pustak Mandir.
- Manav Vikas AvamParivarikSambandh : Dr. Brinda Singh , PUNCHSHEELPrakashan.

BHS 4.5 DCCT13B

HUMAN DEVELOPMENT (LIFE SPAN DEVELOPMENT)

Credit - (2)
Duration of Exam: 1.5hrs.

Marks: 40
Min. Marks: 16

Unit-I

- 1.) Introduction to Adolescence**
 - a.) Definition, Introduction and theoretical perspective
 - b.) Physical and physiological changes
 - c.) Transition in family relations, Problems during adolescence

Unit-II

- 2.)a.) Cognitive Development(Adolescence)**
- b.) Socio-emotional and moral development
- c.) Counselling for adolescents.

Unit-III

- 3.) Personality Development(Adolescence)**
 - a.) Meaning, Development, Determinants
 - b.) Changes in interests during adolescence
 - c.) School , Media and Peer impact on adolescent

Unit-IV

- 4.) Young Adulthood**
 - a.) Transition from adolescence to adulthood
 - b.) Socio-emotional development
 - c.) Relationships, Marriage and Parenting

Unit-V

- 5.) Middle and Late Adulthood & Old age**
 - a.) Physical and physiological changes and aging
 - b.) Diversity in roles and relationships
 - c.) Old age related problems and factors.

BHS 4.5DCCP13

PRACTICAL: 2 HUMAN DEVELOPMENT (LIFE SPAN DEVELOPMENT)

Credit - (2)

Marks: 40

Min. Marks: 16

- 1.) Assessment of Growth and Development through Anthropometry.
- 2.) Use of different methods of studying Human Development.
- 3.) Reviewing Interview and Observation
Questionnaire ,Case study , Sociometry
- 4.) Preparation and use of teaching aids for promoting various developments.
- 5.) Report Writing on Different Stages of life span Development (Any Two)
Infancy ,Pre-school ,School going,Adolescence ,Adulthood ,Old age
- 6.) Report Writing /Project file making

Distribution of Marks:

- 1.) Methods of studying Human Development 05 Marks
- 2.) Report writing 05 Marks
- 3.) Teaching Aid 05 Marks
- 4.) Activity planning & Implementation 05 Marks
- 5.) File & Record 15 Marks
- 6.) Viva Voce 05 Marks

Total Marks: 40

References:

- Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi: Orient BlackSwan.
- Santrock, J. W. (2007). A topical approach to life-span development. New Delhi: Tata a. McGraw- Hill.
- Berk, L. E. (2007). Development through the lifespan. Delhi: Pearson Education.
- Baal Manovigyan : Baal Vikas by Dr. Preeti Verma & Dr. D.N. Shrivastava, ShriVinod Pustak Mandir.
- Manav Vikas AvamParivarikSambandh : Dr. Brinda Singh , PUNCHSHEELPrakashan.

BHS 4.5DCCT14A

FOODS AND NUTRITION Fundamentals of Foods and Nutrition

Credit - (2)
Duration of Exam: 1.5hrs.

Marks: 40
Min. Marks: 16

UNIT I

1. Concept and definition of the terms- nutrition, food, nutrients, malnutrition and health, Relationship between food, nutrition, health and disease. Brief history of nutritional science. Scope of Foods and Nutrition.
2. Functions of Food-Physiological, psychological and sociocultural functions.

UNIT II

1. Concept of Balanced Diet, Basic Food Groups
2. Exchange lists.
3. Food Guide Pyramid

UNIT III

1. Factors affecting selection of food & related behavior of families -availability, agricultural production, food cost and economy, environment, socio-cultural, psychological and religious factors, role of industrialization, urbanization, work pattern, mass media etc. Acceptability of foods- sensory qualities, likes & dislikes, knowledge.
2. Attitude & practices regarding food-fads, fallacies and beliefs.

UNIT IV

1. Nutrients: Macro and Micronutrients. Classification, composition, chemistry, properties, functions, sources, digestion, absorption and utilization, Recommended Dietary Allowances, Deficiency and excess of
 - (a) Carbohydrate
 - (b) Fat

UNIT-V

Nutrients: Macro and Micronutrients. Classification, composition, chemistry, properties, functions, sources, digestion, absorption and utilization, Recommended Dietary Allowances, Deficiency and excess of :-

1. Protein (including - protein quality-definition, biological & chemical methods of assessment, factors affecting protein quality & methods of improving protein quality of diets.)
2. Sources of Protein.

BHS 4.5DCCT14B

FOODS AND NUTRITION **Fundamentals of Foods and Nutrition**

Credit - (2)
Duration of Exam: 1.5hrs.

Marks: 40
Min. Marks: 16

UNIT-I

Nutrients: Macro and Micronutrients. Classification, composition, chemistry, properties, functions, sources, digestion, absorption and utilization, Recommended Dietary Allowances, Deficiency and excess of :-

1. Minerals & Trace elements-calcium, phosphorous, magnesium, manganese's, iron, copper, zinc, selenium, fluorine, iodine, sodium and potassium.
2. Sources of Minerals.

UNIT II

Nutrients: Macro and Micronutrients. Classification, composition, chemistry, properties, functions, sources, digestion, absorption and utilization, Recommended Dietary Allowances, Deficiency and excess of :-

1. Vitamins
 - (i) Fat soluble vitamins-A, D, E, & K
 - (ii) Water soluble vitamins- Thiamine, riboflavin, niacin, pyridoxine, pantothenic acid, folic acid, cynocobalamin and ascorbic acid.
2. Phyto chemicals
3. Sources of Vitamins.

UNIT III

1. Food Preparation
 - (a) Basic terminology used in food preparation
 - (b) Reasons of cooking food
 - (c) Principles of food preparation
 - (d) Methods of cooking-classification, procedure, merits & limitations

UNIT IV

1. Water Balance
2. Regulation of water balance in the body
3. Electrolyte balance

UNIT V

Food Preservation :-

1. Methods of Food Preservation.
2. Chemicals used in food Preservation.
3. Advantages & Disadvantages of Food Preservation.

BHS 4.5DCCT14

PRACTICAL FOODS AND NUTRITION Fundamentals of Foods and Nutrition

Credit - (2)

Marks: 40

Min. Marks: 16

OBJECTIVES:

Develop skill in food preparation techniques.

Develop skill in methods of cooking for preparation of specific food products.

Learn proper handling, preparation and service of foods.

Be familiar with evaluation of food products for their quality characteristics.

Contents:

1. Use and care of kitchen equipment

2. Controlling techniques :

a. Weights and Measures- Standard and household measures for raw and cooked foods.

b. Recipe standardization technique.

c. Evaluation of food product for quality characteristics as a sources of specific nutrients.

3. Categorization of foods as rich, moderate and poor sources of energy and nutrients.

4. Preparation, serving and evaluating food items.

a. Beverages-tea, coffee, cocoa, fruit juice, punches, milk shakes etc.

b. Cereals- breakfast cereals-upma, pohae, variation in paranthas, chapati, rice, pulao, biryani, sandwiches, pastas, pancakes, biscuits, cookies, cakes, etc.

c. Pulses- using whole, dehusked and sprouted pulses-chana, rajmah, vadas, dhokla, kadi etc.

d. Vegetables- dry vegetables, curries, koftas, baked vegetables, cutlets, etc.

e. Salads, Soups and Stews

f. Milk, cheese and Khoa preparation- puddings- custards, kheers, ice creams

g. Eggs-hard and soft boiled, poached, scrambled. Omelette and egg-nogs, etc.

h. Meat, fish and poultry (Optional)

i. Desserts-halwas, souffles, baked and steamed desserts, other hot and cold desserts.

j. Snacks-Savoury: mathri, kachories, pakoras, etc. Sweets: ladoos, gunjias, malpuas.

Distribution of Marks

a) Preparation of two dishes 20 Marks

i) Quality characteristics 05 Marks

ii) Method of work & cleanliness 05 Marks

iii) Serving 03 Marks

b) Files and Records 05 Marks

Viva-voce 02 Marks

Total 30 Marks

डॉ. मुक्ता अग्रवाल : भोजन एवं पोषण – अजमेरा बुक डिपो, जयपुर।

डॉ. निधि अग्रवाल, संगीता धोलपुरिया – आहार एवं पोषण विज्ञान, अग्रवाल साहित्य सदन, श्रीगंगानगर

सी.गोपालन, भारतीय खाद्यान्नों का पोषण मान, आहार विज्ञान

तरला दलाल : पूर्ण सैट भोजन बनाने की विधि, वकील एण्ड फेफेयर्स, मुम्बई

अंजली शरण : व्यंजन कोश तीन खण्ड, अचार मुरब्बे एवं कन्फेक्शनरी, स्वादिष्ट व्यंजन – बजरंग प्रकाशन, नई दिल्ली

MGSU BIKANER SYLLABUS 2023- 24

SEMESTER II

BHS 4.5DCCT22A

Extension and Communication

Introduction to Extension Education

Credit - (2)
Duration of Exam: 1.5hrs.

Marks: 40
Min. Marks: 16

Objectives:

1. To understand the concept, philosophy, principles and objective so extension education and its contribution towards rural development.
2. To develop understanding about selected rural development programmes of government.

Unit - I

1. Home science and Extension Education:
 - a) Definition of Extension Education with special reference to Home Science. Concept, need and importance of Extension Education. Introduction of home science association of India.
 - b) Extension Education and its relationship with other Social Science.
 - c) Need and role of Home Science Extension Education for the development of society.

Unit - II

Philosophy, objectives, principles and scope of Extension Education.

Unit-III

Community Development programme - Concept, objectives, organisation, activities, achievement and failure. Duties and skills required in community worker.

Unit-IV

Panchayati Raj Institutions : -

1. Concept
2. objectives
3. structure and functions.

Unit-V

3. Extension Teaching Methods & approaches.
 - a) Classification of Extension Teaching Methods.
 - b) Concept, use, importance and limitations of various types of Extension Teaching Methods.
 - c) Factors affecting the use and selection of teaching methods.

BHS 4.5DCCT22B

Extension and Communication

Introduction to Extension Education

Credit - (2)

Duration of Exam: 1.5hrs.

Marks: 40

Min. Marks: 16

Unit - I

1. Rural Development programmes:-

- A. NEGP
- B. DWCRA
- C. IRDP
- D. TRYSEM
- E. SGSY
- F. WDP
- G. ICDS

2. Role of voluntary agencies and rural Institutions in Rural Development

Unit - II

Motivation and Learning: Teaching & learning

a) Definition, principles, types and role of motivation in Extension Education.

b) Definition, principles and process of learning, factors affecting learning.

c) Principles of teaching and learning in Extension and their implications in Extension Education, adult learning.

Unit - III

1. Meaning & definition of formal and Informal Teaching.

2. Difference in teaching in formal and informal situations.

3. Steps in Extension Teaching : AIDCAS (Attention, Interest, Desire, Conviction, Action and Satisfaction)

Unit - IV

National Agencies for extension education :-

- 1. ISEE : Indian Society of Extension Education
- 2. ICAR : Indian Council of Agricultural Research
- 3. NIRDPR : National Institute of Rural Development and Panchayatiraj
- 4. IRMA : Institute of Rural Management

Unit - V

Extension Education process :-

- 1. Definition and meaning.
- 2. Extension education scope and process.
- 3. Steps in extension process.

BHS 4.5DCCT22

PRACTICAL Extension and Communication

Credit - (2)

Marks: 40

Min. Marks: 16

1. Planning and use of following teaching methods.
 - a) Demonstration
 - b) Dramatization
 - c) Exhibition
 - d) Home visit

References:

1. Rogers, Alan, Teaching Adults in Extension Education for Development, West wood Proce:, Tilehurst, Reading Rg 316 LT England, Woodmans, 1989.
2. Rogers, A., Teaching Methods in Extension Education for Development, WestwoodRow, Tilehurst, Reading RG 316 LT, England, Woodmans, 1989., 3. Reddy, A., Extension Education, Bapatia India, Sreelakshmi Press, 1987. 4. Extension Education in Community Development, Directorate of Extension Ministryof Food and Agriculture, Government of India, New Delhi, 1961.
5. Supe, S.V., An Introduction to Extension Education, Oxford and IBH Publishing Co.Pvt. New Delhi, 1980.
6. Waghmare, S.K., teaching Extension Educatin, Prashant Publishers, VallabhVidyanagar, 1980.
7. Parlikar, K.P., The Art of Teaching Home Science, Exvira Publications, Baroda, 1990.
8. Devadas, R.P., Methods of Teaching Home Science, National Council of Educational Research and Training, New Delhi, 1978.
9. Singh, R., Textbook of Extension Education, Sahitya Kala Prakashan, Ludhiana, 1987.
- 10.बी डी हरपलानी:प्रसारशिक्षा, स्टारपब्लिकेशन, आगरा।
11. कमलेशशर्मा,गृहविज्ञानप्रसारशिक्षण, साहित्यभवन, आगरा।

BHS 4.5DCCT23A

Family Resource Management Introduction to Family Resource Management

Credit - (2)

Duration of Exam: 1.5hrs.

Marks: 40

Min. Marks: 16

Unit - I

1. Introduction of family resource management : Basic concepts, Objectives, Process, Management Functions, Obstacles

Unit - II

2. Motivating factors in Management.
 - (a) Goals - definition, importance, types
 - (b) Values definition, importance, sources, classification, characteristics.

Unit - III

3. Decision making - Meaning, Importance, types, steps, tools, role of decision making in Management.
4. Management process applied to energy concept, fatigue causes, types and measures to relieve fatigue,

Unit - IV

5. Management of specific resources,
 - (a) Family Resources - definition, types, characteristics, factors affecting resources, Guidelines to increasing satisfaction from resources.

Unit - V

6. Management of Family Income;
 - (a) Types of income, sources, family budgeting & its importance, methods of handling budget, steps in making budget, factors affecting the budget

BHS 4.5DCCT23B

Family Resource Management Introduction to Family Resource Management

Credit - (2)
Duration of Exam: 1.5hrs.

Marks: 40
Min. Marks: 16

Unit – I

1. Introduction to family resource management:-

- a) Objective and principles of Management.
- b) Family Life Cycle - Stages and factors affecting them-money, time & energy Management.

Unit-II

2. Motivating factors in Management.
 - (a) Standards - definition, classification.
 - (b) Interrelatedness of values, goals and standards

Unit-III

3. Process of energy management, effective use of body in energy management.
4. Work simplification-Definition, Importance, techniques, Mundel's classes of change.

Unit-IV

5. Management of specific resources,
 - (a) The use of Management process applied to time-philosophy of time, tools of time management, process of time management.

Unit-V

6. Management of Family Income;
 - b) Savings & investments - Meaning, importance and types.

BHS 4.5DCCP23

PRACTICAL

MANAGEMENT IN THE FAMILY

Credit - (2)

Marks: 40

Min. Marks: 16

1. Study of time management practices of selected families.
2. Application of managerial process for various events e.g. organizing party, official meeting etc.
3. Work simplification techniques and Mundel's Classes of change.
4. Budgeting - Planning & Implementation of Seven days expenditure of the students.
5. Pot decoration & flower arrangement.

Distribution of Marks

1. File and records – 05 Marks
2. Two major problems – 10+10 Marks
3. One minor problems – 08 Marks.
4. Viva Voce – 07 Marks.

References:

1. Gross and Crandall E. (1963) - Management for Modern Families, Appleton Cenary Craft, New York.
2. Nickel and Dorsey J.M. (1970) - Management in family living, wiley Eastern Ltd., New Delhi.
3. Mullick, Premlak (2000) Textbook of Home Science Kolyani Publishers, New Delhi.
4. Steidal R.E. & Bratton E.C., Work in Home.
5. Gross I.H. Crandall, E.W. Crandall and Knoll, N.M. 1980 Management for Modern Families.
6. Donnelly J.H., Gibson, J.L. and Francerich, J.M. 1995 Fundamentals for Management, Chicago.
7. Fisher C.D. 1997 Human Resource Management, Chennai, All Indian Publisher and distributors.
8. Kole M.G. (1998) Management and human resources.
9. डॉ. बैलाभार्गव : 2001. गृह प्रबन्ध, साधन व्यवस्था एवं आन्तरिक सज्जा, युनिवर्सिटी बुक हाउस, जयपुर।
10. डॉ. बृन्दा सिंह, 2005, गृह प्रबन्ध एवं आन्तरिक सज्जा पंचशील प्रकाशन, जयपुर।
11. मंजूपाटनी, गृहप्रबंध, विजयबुकसेंटर, जयपुर।

BHS 4.5DCCT24A

INTRODUCTION TO BIOCHEMISTRY & FOOD MICROBIOLOGY

Credit - (2)

Duration of Exam: 1.5hrs.

Marks: 40

Min. Marks: 16

Note:

The question paper shall contain three sections. Section A contains 10 questions two from each unit of 1.5 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. Section B shall contain 5 questions, one from each unit with internal choice. Each question shall be of 3 marks. The candidate is required to answer all questions. The answers should not exceed 200 words. Section C shall contain 5 questions of 5 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

UNIT-I

1. Introduction to Biochemistry – Definition, objectives scope and inter-relationship between biochemistry and other biological science.
2. Water Balance : Positive and Negative water balance, regulation of water balance in the body, Dehydration, ORT & ORS.
3. Fluid : Electrolyte and acid-base-balance.

UNIT-II

4. (a) Molecular aspects of transport : Passive diffusion, facilitated diffusion and active transport.
- (b) Definition of digestion and absorption.
- (c) Digestion and absorption of proteins, carbohydrates and lipids

UNIT-III

1. Carbohydrates : Definition, classification, structure & Functions.
2. Role of Dietary fibre in health and disease.

UNIT-IV

1. Lipids : Definition, Classification, structure & Functions.
2. Role of fatty acids in heart disease.

UNIT-V

1. Proteins : Definition, classification, structure & Functions.
2. Sources of high quality protein.

BHS 4.5DCCT24B

INTRODUCTION TO BIOCHEMISTRY & FOOD MICROBIOLOGY

Credit - (2)

Duration of Exam: 1.5hrs.

Marks: 40

Min. Marks: 16

UNIT-I (Introduction to food microbiology)

1. Microbiology : Brief history, classification of microorganisms-Moulds, yeasts, bacteria, protozoa, funji & algae.

UNIT-II

1. Structure of typical bacterial cell and virus, useful and pathogenic micro organisms.

UNIT-III

1. Economic importance of bacteria.
2. Useful and pathogenic micro organisms.

UNIT-IV

1. Microbiology of food : microorganisms responsible for spoilage of fresh meat, processed meat, fish, eggs, fresh fruit and vegetables, pickles, sugar products honey and syrups, bread, ghee & butter.

UNIT-V

1. Environmental micro biology(Scope and Importance) .
2. Anti microbial resistance (In Brief)

RECOMMENDED READING :

1. Principles of Biochemistry by Lehninger
2. Textbook of Biochemistry by U. Satyanarayana & U. Chakrapani
3. General Microbiology : Volume II, Dr. C.B. Power & Dr. H.F. Dagainawalal Himalaya Publishing House Mumbai.
4. Mycology, Microbiology & Plant Pathology by Dr. Gyanprakash Sharma. Sakshi Publishing House, Jaipur
5. Funji, Microbiology and Plant pathology by C.B. Gena, B.L. Choudhary & K.C. Sharma, Alka Publication, Ajmer.

BHS 4.5DCCT24
PRACTICAL
INTRODUCTION TO BIOCHEMISTRY & MICROBIOLOGY

Credit - (2)

Marks: 40

Duration of Exam: 1.5hrs.

Min. Marks: 16

1. Qualitative tests for carbohydrates.
2. Qualitative tests for protein.
3. Qualitative tests for lipids.
4. Identification of Blood groups.
5. Estimation of Hemoglobin by sahli's Hemoglobinometer.

Distribution of Marks

1. Two qualitative tests = 10 Marks (05 Marks each)
2. One quantitative tests = 20 Marks
3. Record = 5 Marks
4. Viva Voice = 5 Marks