

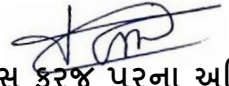


પરિપત્ર:

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટીની હોમ સાયન્સ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં આચાર્યશ્રીઓને સવિનય જણાવવાનું કે હોમ સાયન્સ વિદ્યાશાખા હેઠળનો NEP-૨૦૨૦ અંતર્ગત હોમ સાયન્સ (આર્ટસ) વિષય સેમેસ્ટર-૬નો અભ્યાસક્રમ આ સાથે સામેલ છે.

માનનીય કુલપતિશ્રીની મંજૂરી અનુસાર સદર અભ્યાસક્રમ શૈક્ષણિક વર્ષ જુન, ૨૦૨૫ થી અમલવારી કરવાની રહે છે. હોમ સાયન્સ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજો ધ્વારા તેની અમલવારી કરવા જણાવવામાં આવે છે.




ખાસ ફરજ પરના અધિકારી
(એકેડેમિક)

ક્રમાંક/બીકેએનએમયુ/ એકેડેમિક/૭૫૧/૨૦૨૫

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી,

સરકારી પોલીટેકનિક કેમ્પસ,

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી રોડ,

ખડીયા, જૂનાગઢ-૩૬૨૨૬૩

તા.૦૩/૧૧/૨૦૨૫

પ્રતિ,

- ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી સંલગ્ન હોમ સાયન્સ વિદ્યાશાખાનાં અભ્યાસક્રમો ચલાવતી તમામ કોલેજોના આચાર્યશ્રીઓ તરફ....

નકલ સાદર રવાના:-

- માન.કુલપતિશ્રી/ કુલસચિવશ્રીનાં અંગત સચિવશ્રી.
- પરીક્ષા નિયામકશ્રી, ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી, જુનાગઢ

નકલ રવાના જાણ તથા યોગ્ય કાર્યવાહી અર્થે:

- સીસ્ટમ મેનેજરશ્રી, આઈ.ટી.સેલ વિભાગ (વેબસાઇટ ઉપર પ્રસિદ્ધ થવા અર્થે.)



BHAKTA KAVI NARSINH MEHTA UNIVERSITY
JUNAGADH



BOARD OF STUDIES

FACULTY OF HOME SCIENCE

SYLLABUS FOR HOME SCIENCE (ARTS) (HONOURS)

PROGRAMME (SEMESTER- VI)

EFFECTIVE FROM JUNE, 2025

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. (Honors) as per NEP-2020
Faculty of Home Science
Effective from June 2025
Subject: Home Science (Arts)
SEMESTER- VI

SUMMARY OF THE SYLLABUS

Sem No.	Sr. No.	Category of Course	Course Title	Course Level	Credit	Teaching Hrs.	SEE Marks	CCE Marks	Total Marks	Exam Duration
Sem-6	1	Major-14	Nutrition Management in Health & Disease	5.5	3+1	5	50	50	100	02:00 Hours
	2	Major-15	Mother Craft & Child Care	5.5	3+1	5	50	50	100	02:00 Hours
	3	Major-16	Hotel Management	5.5	3+1	5	50	50	100	02:00 Hours
	4	Minor-6	Healthy Family & Family Planning	5.5	3+1	5	50	50	100	02:00 Hours
				Total	16					

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SEMESTER- VI

Course Level	5.5	Internal Marks	25
Programme	B.A. Home Science	External Marks	50
Semester	6	Practical Internal	25
Category of Course	Major-14	Practical External	-
Course Credit	3+1	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code	DSCM-14	Exam Duration	02:00 Hours
Course Title	Nutrition Management in Health & Disease		

Focus: This course emphasizes the importance of diet in therapeutic management and role of the dietitian

Objectives: This course will enable the students to:

- Know the principles of diet therapy.
- Understand the modification of normal diet for the therapeutic purpose.
- Understand the role of dietitian

Course Outcomes:

- Understand the role of nutrition in maintaining health and managing various diseases.
- Learn about the requirements and functions of nutrients and the effects of their deficiency or excess.
- Plan balanced diets for healthy as well as diseased individuals.
- Acquire skills to modify diets according to specific diseases such as diabetes, hypertension, and anemia.
- Develop the ability to provide nutrition education for community health improvement.

Course Contents:

Sem	Unit No.	Syllabus	Teaching Hours
6	1	1. Meaning and definition of diet therapy • History of diet therapy. • Importance of diet therapy. 2. Meaning of diet modification. • Object of diet modification	15

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2	Hospital Diets. • Liquid diet • Soft Diet • Ligat Diet	15
3	Diet for peptic ulcer patient. • Diet for diabetic patient. • Diet for heart disease patient.	15
4	Duties and Team work of doctor, nurse and diatition.	15

Practical

- Diet in Diabetes
- Diet in Heart Diseases
- Diet in peptic ulcer.

Reference Books:

1. Nutrition in Health and Disease-Anderson. L. Dibble, M. V. Turkki, P.R. Mitchell H.S. and Rynbergin.
2. Nutrition and dietetics, Joshi S. A. Tata McGraw Hill publication, New Delhi.
3. A Tex Book of Foods, Nutrition and Dietetics Raheena Begum, Sterling Publishers, New Delhi.
4. Nutritional Management in Health & Disease. Heena Shah and Dexa Solanki.

Web:

1. www.deittherapy.in
2. www.hospital.diet
3. www.dietindifferentdisease

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INTERNAL EVALUATION SCHEME		
No	Particulars	Marks
1	Practical Exam/ Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self – test / Online test	05
6	Essay / Article writing	05
7	Quizzes / Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Report Writing	05
11	Research/ Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft Work	05
20	Co – curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr. No. 1 is mandatory. Select any five from Sr. No. 2 to 24. Each Contains five marks.

Student should secure 18 Marks for passing in internal exam.

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SEMESTER- VI

Paper Style: In the paper with practical work, the external marks divided.

Marking scheme for External Examination = 50 Marks

Ques. No.	Particulars	From which Unit	Marks
1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

Marking scheme for practical Exam = 25 Marks

1	Journal Work	05 Marks
2	Practical	15 Marks
3	Viva	05 Marks

Duration of Practical Exam: 2.30 Hours

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SEMESTER- VI

Course Level	5.5	Internal Marks	25
Programme	B.A. Home Science	External Marks	50
Semester	6	Practical Internal	25
Category of Course	Major-15	Practical External	-
Course Credit	3+1	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code	DSCM-15	Exam Duration	02:00 Hours
Course Title	Mother Craft & Child Care		

Course Objectives: To introduce the student to the field of mother craft.

- To sensitize the student to understand the field of child care, scope and importance.
- To sensitize the student to interventions in the field of mother craft and child care.

Course Outcomes:

- Understand the stages of pregnancy, postnatal care, and child development.
- Learn the physical, mental, and emotional development of the child and the role of family.
- Gain knowledge about nutrition, hygiene, and health care for mother and child.
- Understand basic first aid and disease prevention in child care.
- Develop skills to create a positive environment for the overall growth of the child.

Sem	Unit No.	Syllabus	Teaching Hours
6	1	Meaning and Importance of Mother Craft & Child Care: • Meaning of mother craft. • Meaning of mother craft & child care. • Importance of mother craft & child care. • Scope of mother craft & child care.	15
	2	Fitness for motherhood: • Biological fitness. • Economic fitness. • Psychological fitness	15

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	3	Pregnancy - Signs & Problems: • Primary symptoms. • Main symptoms. • Problems of pregnancy. • Complication of pregnancy. • Care of a pregnant mother or Antenatal Care.	15
	4	Prenatal Development & Neonate: • Stage of prenatal development. • Characteristic of neonate. • Classification of neonate. • Immediate care of newborn. • Care of premature infant. • Feeding and weaning.	15

Practicals:

- Toys making
- Cartoon making.
- Prepare the national immunization.

References Books:

1. Baby & child - Home Medical Care. Mitchell J. Einzig & Terril H. Hast Unicorn Books - Pustak Mahal Delhi.
2. Health Care & Mental Hygiene of a child. Nira Gupta - ABD Publishers Jaipur.
3. Keeping Kids Safe, Dr. Kenneth Shore.
4. Matrukala avm Balvikas (Hindi), Dr. Nita Agrawal & Dr. Vida Nigam, Agrawal Publications, Agra-2.
5. Matrukala avm Shishukalyan (Hindi), Mrs.Brindashin, Shayam Prakashan, Jaipur.
6. Matrukala avm Shishukalyan (Hindi), Dr. G. P. Shaary, Vinod pustak Mandir, Agra.
7. Bacchoka Palan Poshan (Hindi), Shri Ajarab, Pupiles Publishing House Ltd, New Delhi-55.

Web:

1. www.books.google.com/childpsvchology.
2. www.textbookonline.childcare.
3. www.Mamma.com.

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INTERNAL EVALUATION SCHEME		
No	Particulars	Marks
1	Practical Exam/ Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self – test / Online test	05
6	Essay / Article writing	05
7	Quizzes / Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Report Writing	05
11	Research/ Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft Work	05
20	Co – curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr. No. 1 is mandatory. Select any five from Sr. No. 2 to 24.
Each Contains five marks.
Student should secure 18 Marks for passing in internal exam.

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SEMESTER- VI

Paper Style: In the paper with practical work, the external marks divided.

Marking scheme for External Examination = 50 Marks

Ques. No.	Particulars	From which Unit	Marks
1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

Marking scheme for practical Exam = 25 Marks

1	Journal Work	05 Marks
2	Practical	15 Marks
3	Viva	05 Marks

Duration of Practical Exam: 2.30 Hours

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Course Level	5.5	Internal Marks	25
Programme	B.A. Home Science	External Marks	50
Semester	6	Practical Internal	25
Category of Course	Major-16	Practical External	-
Course Credit	3+1	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code	DSCM-16	Exam Duration	02:00 Hours
Course Title	Hotel Management		

Focus:

- The focus is to help students develop skill in dealing with people and acquainting them with procedures of Front Office Management for effective functioning.

Course Objectives:

- Understand the Organizational procedures of the Front Office.
- To acquire skills in personnel management.
- To become aware of the different areas and function of Housekeeping department.
- To develop and acquire skills in Housekeeping activities.

Course Outcomes:

- Understand the structure and functions of different hotel departments such as front office, housekeeping, and food production.
- Learn the importance of food quality, hygiene, and presentation.
- Acquire professional skills in customer service and hospitality management.
- Develop organizational and managerial skills for hotel operations.
- Gain practical knowledge to run small food service or catering units efficiently.

Sem	Unit No.	Syllabus	Teaching Hours
6	1	• History of hotel industry. • Type of Hotels.	15
	2	• Meaning of front office. • Planning equipment and furniture for the Front office.	15
	3	• Duties of Front office staff.	15

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4	• Meaning of House/Housekeeping Department • Different section of Housekeeping Department. • Staff duties and Co-ordination with other Department.	15
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Practical:

1. Visit nearly hotel to see and observe stagin pattern and job.
2. Table setting
 - i. Formal
 - ii. Informal
3. Buffet Table Seting

References:

1. Travel Tourism and computer awareness, Manisha N Khakhar. Pravin Publishing Rajkot.
2. Hotel front office Training Manual., Suchir Andrews. Tata McGraw Hill Publishing Co. Ltd. New Delhi
3. Tourism and Hotel Management, Pushpinder S.GillAnmol Publication Pvt. Ltd.
4. The Art of serving, Anita S. Kumar. Yash Publication, Pune.

Web:

1. www.hotelindustry.com
2. www.housekeeping.in
3. www.hotelequipments.in

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INTERNAL EVALUATION SCHEME		
No	Particulars	Marks
1	Practical Exam/ Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self – test / Online test	05
6	Essay / Article writing	05
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8	Class assignment	05
9	Home assignment	05
10	Report Writing	05
11	Research/ Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft Work	05
20	Co – curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr. No. 1 is mandatory. Select any five from Sr. No. 2 to 24.
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Ques. No.	Particulars	From which Unit	Marks
1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

Marking scheme for practical Exam = 25 Marks

1	Journal Work	05 Marks
2	Practical	15 Marks
3	Viva	05 Marks

Duration of Practical Exam: 2.30 Hours

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Course Level	5.5	Internal Marks	25
Programme	B.A. Home Science	External Marks	50
Semester	6	Practical Internal	25
Category of Course	Minor-06	Practical External	-
Course Credit	3+1	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code	MI-6	Exam Duration	02:00 Hours
Course Title	Healthy Family & Family Planning Management		

Focus:

- This course purports to create awareness and appreciation for the role and functions of marriage and family as basic institutions. The dynamics of adjustment and contemporary problems and issues are to be critically analyses for developing better understanding of needs adjustment areas and intervention strategies.

Objectives:

- Acquire knowledge and insights about the dynamics of contemporary family.
- Become acquainted with the concept goals and areas of adjustment in marital relationship and within the family
- Become aware of the interceptive and preventive family welfare measures.

Course Outcomes:

- Understand the concept of a healthy family — its structure, roles, and the importance of physical, mental, and emotional well-being in family life.
- Recognize the factors influencing family health, including nutrition, hygiene, sanitation, environment, and lifestyle habits.
- Learn the importance of family planning in maintaining the health and stability of the family and community.
- Gain knowledge about various methods of family planning, their advantages, and precautions to be taken.
- Understand maternal and child health care programs and their role in promoting healthy families.
- Develop awareness about government and community health services related to family welfare and population control.

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Sem	Unit No.	Syllabus	Teaching Hours
6	1	The family • Meaning • Definition • Characteristics • Functions • Life cycle of family	15
	2	Marriage and adjustment • In law relationship • Emotional adjustment • Sex adjustment	15
	3	Joint family and divided family • Definition • Characteristics • Advantages and Disadvantages	15
	4	Family Planning • Meaning • Importance / Necessary • Natural Methods • Artificial Methods • Contraceptional artificial tools for male • Contraceptional artificial tools for female • Contraception and health	15

Practical:

1. Preparation of play cards for the publicity of family planning.
2. The collection of floating advertisement through the audio-visual tools.
3. Any one
 - i. Visit of a joining family
 - ii. Visit of a divided family

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References Books:

1. Kapadia K. M., “Marriage Family in India”.
2. Pramillakapur, “Love, marriage, sex and Indian woman” (Orient paper backs, 1976)
3. Desai I.P. “Some aspects of family in India”
4. જાતીયતા અને દાંપત્યનું મનોવિજ્ઞાન
5. લગ્ન કુટુંબ અને સમાયોજન -ધીરજ ધક્કાન
6. લગ્ન કુટુંબ અને બાળ કલ્યાણ - એ.એસ. વાઘેલા -એન.વી. માંડલિયા
7. કોનો કરજો સપ્તપદી નો સંગાથ-વનરાજ માલવી

Web:

1. www.deittherapy.in
2. www.hospital.diet
3. www.dietindifferentdisease
4. www.Mamma.com.

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15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft Work	05
20	Co – curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr. No. 1 is mandatory. Select any five from Sr. No. 2 to 24.
Each Contains five marks.
Student should secure 18 Marks for passing in internal exam.

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Marking scheme for External Examination = 50 Marks

Ques. No.	Particulars	From which Unit	Marks
1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

Marking scheme for practical Exam = 25 Marks

1	Journal Work	05 Marks
2	Practical	15 Marks
3	Viva	05 Marks

Duration of Practical Exam: 2.30 Hours