

**BHAKTA KAVI NARSINH MEHTA UNIVERSITY,
JUNAGADH**



FACULTY OF HOME SCIENCE

**SYLLABUS FOR
M.A. HomeScience (Arts)
SEMESTER- 2**

**As Per NEP – 2020
EFFECTIVE FROM JUNE, 2026**

BHAKTA KAVI NARSINH MEHTA UNIVERSITY**Syllabus of M.A.(Honors) as per NEP-2020****Faculty of Home Science****DSC/SEC/BKS****Effective from June 2026****Subject: M.A. HomeScience (Arts)****SEMESTER-2****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-2	1	DSC-6	Nutrition For Health And Fitness	6	4	75	70	30	100	02:00 Hour
	2	DSC-7	Landscape And Vastu Shastra	6	4	75	70	30	100	02:30 Hour
	3	DSC-8	Laundry Science	6	4	75	70	30	100	02:30 Hour
	4	DSC-9	Marriage & Family Relationship	6	4	75	70	30	100	02:30 Hour
	5	DSC-10	Home Science Education And Extension	6	4	75	70	30	100	02:30 Hour
		SEC/BKS	Research Methodology-2	6	2	30	25	25	50	01:00 Hour
				Total	22					

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CourseLevel	6	InternalMarks	30
Programme	M.A.HomeScience	ExternalMarks	50
Semester	2	PracticalInternal	20
Categoryof Course	DSC-6	PracticalExternal	-
CourseCredit	4	Prac.ExternalExam Duration	-
TeachingHours	75	Total	100
CourseCode		ExamDuration	02:00Hours
CourseTitle	NutritionForHealthAndFitness		

COURSEOBJECTIVES:

- Todevelopanunderstandingofnutritionandphysicalactivityformaintaining optimum health.
- Toacquireknowledgeofholisticapproachesforhealthpromotionanddisease prevention.
- Tounderstandtheharmfuleffectsofunhealthylifestylehabitsand addictions.
- Togainknowledgeofsportsnutritionandphysicalfitness.
- Toencouragehealthylifestylepracticesforlifelongwellness.

COURSEOUTCOMES:

- Explaintherelationshipbetweennutrition,exerciseandhealthybodyweight.
- Applyholistichealthpracticessuchasyoga,meditationandbalanceddietindaily life.
- Assess the impact of unhealthy food habits, smoking and alcohol on health.. Recommendsuitablenutritionandfitnessplansfordifferentagegroupsandsports persons.
- Demonstratehealthylifestylepracticesforimprovingoverallhealthandqualityof life.

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COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
2	1	Nutrition and Exercise regimes during underweight and overweight • Diet and exercise to increase weight • Diet and exercise to reduce weight	15
	2	Alternative systems for health and fitness like Ayurvedic, Yoga, Meditation, Vegetarianism and balanced diet.	15
	3	Effect of Junk food, Fast food and alcoholic drinks and their alternative uses. Effect of smoking, alcohol addiction on health during adulthood and dietary treatment	15
	4	Sports Nutrition and Physical Performance • Fundamentals of sports nutrition. • Nutritional requirements of athletes and active individuals. • Physical fitness and exercise performance. • Importance of regular physical activity for overall health	15

PRACTICALS:

1. Diet plan for overweight person.
2. Diet plan for underweight person
3. Diet plan for sportmen

REFERENCE BOOKS:

1. Tan, T and Rastogi and Rog Nivaran, Sesi Corea (2005), N.M. Thankkar and Co. Mumbai.
2. Health tips bits, Mukund Mehta (2006), Gujarat Granth Ratna Karyalaya.

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3. Arogyaniadilithi, Udhilithi, Dr. Mukund Mehta, (2006), Gurjar Granratna
4. Swasthyagyan, Dr. Rakesh Singh, 1997 Parmeshvari Prakashan, Delhi.
5. Body Language–2005, Achaya Jagdish Sharma, Fuzan Books, New Delhi.

WEBSITE: www.google.com

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Programme	M.A.HomeScience	ExternalMarks	70
Semester	2	PracticalInternal	
Categoryof Course	DSC-7	PracticalExternal	-
CourseCredit	4	Prac.ExternalExam Duration	-
TeachingHours	75	Total	100
CourseCode		ExamDuration	02:30Hours
CourseTitle	LandscapeAndVastuShastra		

COURSEOBJECTIVES:

- To provide students with fundamental knowledge of landscaping, gardening, and the principles of outdoor and indoor plant arrangement.
- To develop an understanding of the selection, cultivation, and maintenance of lawns, trees, shrubs, hedges, flowers, and ornamental plants.
- To familiarize students with the planning, care, and management of home gardens and terrace gardens.
- To introduce the basic concepts, history, and principles of Vastu Shastra and their relevance in residential planning.
- To develop practical skills in landscape planning, plant care, and the application of basic Vastu principles for creating functional, aesthetic, and sustainable living environments.

COURSEOUTCOMES:

- After successful completion of this course, students will be able to:
- Explain the principles, elements, and importance of landscaping and gardening.
- Select suitable plants and demonstrate appropriate methods for establishing and maintaining lawns, gardens, and ornamental plants.
- Apply proper techniques for potting, repotting, composting, watering, and the maintenance of indoor, outdoor, and terrace gardens.
- Describe the origin, history, concepts, and significance of Vastu Shastra, including Vastu Purusha and Vastu Chakra.

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- Prepare simple landscape and home layout plans by applying basic landscaping techniques and fundamental principles of Vastushastra for aesthetically pleasing and functional residential spaces.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
2	1	Introduction to Landscaping & Gardening • Meaning of Landscaping. • - Signs and Symbols used for Landscaping. • - Garden - Selection of plants • Lawn advantages, essential requirement, methods for growing lawn care grass • used for making lawn • Ground cover - meaning, types • Trees - Selection, Common trees used in home garden, care • Flower - Plants, Shrubs, Season flowers • Hedge - Common plants used for making hedge	15
	2	Decorative Outdoor and Indoor plants • Plotting, care, sunlight, compost, repotting • Care • Terrace Garden: Preparation & Water Proofing Planning	15
	3	Introduction to Vastushastra • Origin and meaning of Vastushastra • History of vastushastra • Importance of Vastushastra in home • Vastu Purush & vastuchakra	15
	4	The house & Vastushastra • Knowledge of direction & site • Types of Vastu plots doors. • House plan according to vastu • Arrangement of different rooms according to Vastushastra.	15

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PRACTICALS:

- 1 Preparation of a Simple House Plan Based on Basic Principles of Vastushastra
- 2 Title: Potting, Repotting and Maintenance of Decorative Plants
- 3 Preparation of a Landscape Plan

REFERENCES:

1. AgainTersies: The House: Its plan and use.
2. House & Garden Magazine.
3. Vastushastra, Dr. Chandrakant Pathak, Gajanan Prakashan, Surat.
4. Vastukala, Vidhyasagar, Anjalitar Aedkar, Nasik.
5. Vastusamuchaya, Harendra Shukla, Harihar Pustkalaya. 4. Pushker Gokani, "Lagna Melapak".

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CourseLevel	6		InternalMarks	30
Programme	M.A.HomeScience		ExternalMarks	50
Semester	1		PracticalInternal	20
Categoryof Course	DSC-8		PracticalExternal	-
CourseCredit	4		Prac.ExternalExam Duration	-
TeachingHours	75		Total	100
CourseCode			ExamDuration	02:30Hours
CourseTitle	LaundryScience			

COURSEOBJECTIVES:

- To provide students with fundamental knowledge of the principles and processes of laundering, including wet cleaning, machine washing, and dry cleaning.
- To familiarize students with the materials, equipment, and additives used in laundry for effective fabric care.
- To develop an understanding of different types of stains and appropriate stain removal techniques.
- To impart knowledge about the care, maintenance, and preservation of various textile fabrics through suitable laundering practices.
- To enable students to apply scientific laundering methods for maintaining hygiene, improving fabric durability, and enhancing the appearance of garments.

COURSEOUTCOMES:

- After successful completion of this course, students will be able to:
- Explain the principles, methods, and classification of laundering processes.
- Identify and use appropriate laundry materials, equipment, and additives for different fabric types.
- Classify various stains and apply suitable stain removal techniques effectively.
- Demonstrate proper laundering, maintenance, and care practices for cotton, linen, silk, and other textile fabrics.

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- Apply scientific knowledge of laundering to ensure fabric hygiene, longevity, and efficient garment care in domestic and professional settings.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
2	1	Principle of laundering: • Introduction and classification of laundry process. • Wet cleaning (hand washing and machine washing) • Dry cleaning • Materials and equipment used for laundry	15
	2	Additives used in laundry • Optical brighteners • Bleaching agents • Starches	15
	3	Stain Removals • Definition and classification of stain • Types of stains • Techniques of stain removal	15
	4	Laundering-maintenance and care of clothes • Cotton/Linen • Silk • Wool • Synthetics	15

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REFERENCESBOOKS:

- 1 Rastogi,M.(2009)TextileandLaundry,SonaliPublications,Delhi
- 2 Rastogi,M.(2009)MineralTextile,SonaliPublications,Delhi
- 3 Yadav,Seema(1997),Textbookoftextileandlaundry,AnmolPublicationsPvt.
Ltd.Delhi
- 4 Alexander,R.R.(1997)TextilesProductselection,useandcareBostonHoughton
Miffin Co.
- 5 DuelkarDurga,(1976)Householdtextileandlaundrywork,DelhiAtmaramand
Sons.
- 6 VastraVighyanandDhulaikala-Dr.BelaBhargav.

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CourseLevel	6	InternalMarks	30
Programme	M.A.HomeScience	ExternalMarks	50
Semester	2	PracticalInternal	20
Categoryof Course	DSC-9	PracticalExternal	-
CourseCredit	4	Prac.ExternalExam Duration	-
TeachingHours	75	Total	100
CourseCode		ExamDuration	02:30Hours
CourseTitle	Marriage&Family Relationship		

COURSEOBJECTIVES:

- Tounderstandtheconceptsandsignificanceofmarriageandfamily.
- Todevelopknowledgeaboutfamilystructure, functionsand relationships.
- Tostudychangingfamilypatternsandcontemporaryfamilyissues.Tounderstand the influence of socio-cultural changes on marriage and family.
- Topromotehealthyinterpersonalrelationshipsandresponsiblefamilylife.

COURSEOUTCOMES:

- Explaintheconceptsandimportanceofmarriageandfamilyinsociety.
- Differentiatevariousfamilysystemsandevaluatetheir characteristics.
- Analyzechangingtrendsandchallengesinmarriageandfamilylife.
- Assesstheimpactofsocialand culturalchangesonfamilyrelationships.
- Demonstratepositiveinterpersonalskillsformaintaininghealthyfamily relationships.

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COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
2	1	Foundations of Marriage and Family Life • Meaning, concept and significance of marriage. • Marriage as a social institution and sacred bond. • Objectives and functions of marriage. • Changing perspectives of marriage in modern society.	15
	2	Family Structure and Functions • Meaning and concept of family. • Types and characteristics of family. • Functions and responsibilities of the family. • Role of family in personality development and socialization	15
	3	Effect of Western culture on marriage and family • Prem (Love) • Dating	15
	4	Joint family and Nuclear family • Definition of joint family and nuclear family • Characteristics of joint family and nuclear family • Advantages and disadvantages of joint family and nuclear family - Changes in joint family	15

REFERENCE BOOKS:

1. Mrs. Eroj Siddiqui, "Women marriage and family".
2. Dhiraj Dhakan, "Marriage, Family and Adjustment".
3. Dr. Mohanbhai Panchal, "Kuryat Sada Mangalam".
4. Vanraj Malvi, "Saptapadino Sangath".

WEBSITE

www.marriage.com
www.familyrelation.com:

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Programme	M.A.HomeScience	ExternalMarks	50
Semester	2	PracticalInternal	20
Categoryof Course	DSC-10	PracticalExternal	-
CourseCredit	4	Prac.ExternalExam Duration	-
TeachingHours	75	Total	100
CourseCode		ExamDuration	02:30Hours
CourseTitle	HomeScienceEducationAnd Extension		

COURSEOBJECTIVES:

- To understand the concept, meaning, importance, principles, and methods of Home Science Education and Extension.
- To develop an understanding of the characteristics of urban and rural societies and their influence on family and community development.
- To acquire knowledge about the roles, responsibilities, and essential qualities of an effective Home Science Extension Worker and identify barriers to rural prosperity.
- To understand the educational objectives in the cognitive, affective, and psychomotor domains and their application in Family and Community Science Education.
- To develop skills for planning, implementing, and evaluating extension education programmes for individuals, families, and communities.
- To promote communication, leadership, problem-solving, and community participation through Home Science Extension activities.

COURSEOUTCOMES:

- Explain the meaning, importance, principles, and methods of Home Science Education and Extension.
- Differentiate between urban and rural societies based on their characteristics and analyze their impact on community life.
- Demonstrate an understanding of the qualities, responsibilities, and functions of a Home Science Extension Worker and recognize the major obstacles to rural development.

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- Apply cognitive, affective, and psychomotor educational objectives while planning teaching and extension activities.
- Plan and organize effective extension programmes for family and community development using appropriate educational approaches.
- Develop communication, leadership, teamwork, and decision-making skills for effective community education and extension work.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
2	1	Definition, Meaning, Importance • Method of Home Science Education and Extension	15
		Principles of Home Science education Extension	15
	3	Objective of Home Science Education Extension • Primary • General • Pragmatic	15
	4	Extension: Administration & Extension Organization & Supervision. • Meaning of Administration - Basic Principle of Administration • Meaning of Extension Organization - Technical Problems in Building of an Organization • Supervision in Extension Work	15

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REFERENCESBOOKS:

- (1) Prof.DhirajDhakan–1998–VistaranShikhnanaMultatvo.
- (2) Dr.BelaBhargav–2002–ParivarikSwastyaandSamajikKalyan.
- (3) Prof.A.G.Shah–1970–SamanyaSamajshastra.
- (4) Prof.MahendrakumarJRao–1966–BharatniSamajik Sanshtha.
- (5) Prof.JagdishKDave–1974–SamajikshastranoParichaya.
- (6) Rogers,Alan–1989–TeachingMethods inextensioneducationfordevelopment,Westwood Row England – Woodmans.
- (7) ReddyA.1947–ExtensionEducation,Bapatia,India,ShreeLakshmiPress.
- (8) WHO–1988–Educationforhealth,Geneva,Switzerland,worldhealthorganization.
- (9) Oakley,PaterandDevid,Marsden(1984)–ApproachestoparticipationinRural development Geneva, International Labour Office.

Web:

- (1) www.scribd.com/....../extension-educationmeaning-scope
- (2) www.India.gov.in.government
- (3) www.hesco-in/rural.php
- (4) en.wikipedia.org/wiki/socialdevelopmenttheory

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Programme	M.A.HomeScience		ExternalMarks	25
Semester	2		PracticalInternal	
Categoryof Course	SEC/BKS-2		PracticalExternal	-
CourseCredit	2		Prac.ExternalExam Duration	-
TeachingHours			Total	50
CourseCode			ExamDuration	01:00Hours
CourseTitle	ResearchMethodology-2			

COURSEOBJECTIVES:

- Tounderstandtheresearchprocess.
- Tolearnresearchdesignandsamplingmethods.
- Todevelopskillsindatacollectionand analysis.
- Tounderstandreportwritingtechniques.
- Topromoteethicalresearch practices.

COURSEOUTCOMES:

- Explainthestepsinvolvedinresearch.
- Selectappropriateresearchmethodsandtools.
- Analyzeandinterpretresearchdata.
- Prepareascientificresearch report.
- Conductresearchfollowingethicalprinciples.

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Sem.	Unit No.	Syllabus	Teaching Hours
2	1	ResearchDesign • Meaningofresearchdesign • Needforresearchdesign • Featuresofagoodresearchdesign	
	2	Types of Research Tools (Qualitative and Quantitative) • Lady finger, Beans, sweet potatoes, carrots, cabbage,onionsandgarlic,tomatoe,Brinjals, leafyvegetables • Lemon,grapes,PomegranateStrawberry, Banana, guava	
		Projectpreparation	

REFERENCES:

1. FowlerFJ(2001).SurveyResearchMethods(3rded.).SagePublications,Newbury Park
2. KothariCR(2008).ResearchMethodology:MethodsandTechniques(2nded.). New Age International Publishers, New Delhi, India.
- 3VandanaVohra,(2013),ResearchMethodology,Jaipur:PratikshaPublication
- 4.B.M.Ratnakar,(2012),ResearchMethodology,NewDelhi:PmegaPrakashan
- 5A.N.Sadhu,(1980).Researchmethodologyinsocialscience,Bombay:Himalayas Publishing House