

Govind Guru Tribal University, Banswara

Details of Discipline Centric Core and Elective Courses for freshers who will be admitted in the session 2023-24

(Separate sheet to be used for each discipline/subject)

Name of University: Govind Guru Tribal University, Banswara

Name of Faculty(ies): Social Science

Name of Discipline/Subject: Home Science

Three-Year Bachelor Degree Program								
#	Level	Semester	Type	Title	Credits			Total
					L+T	P		
1	5	I	DCC	Human Development I : The Childhood Years	3	1	2	6
2	5	II	DCC	Food and Nutrition	3	1	2	6
3	6	III	DCC	Family Resource Management	3	1	2	6
4	6	IV	DCC	Textiles	3	1	2	6
6	7	V	DSE	Communication System and Mass Media	3	1	2	6
7	7	VI	DSE/ GE	Marriage and Family Relationship	3	1	2	6

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GOVIND GURU TRIBAL UNIVERSITY BANSWARA

B.A Three Year Graduate Course Semester I HOME SCIENCE DCC Human Development

Unit I

Growth and Development:

- Pre natal development- stages, factors affecting pre natal development
- Principles of growth and development, developmental task, factors affecting growth and development, heredity and environment.
- Learning and maturation: meaning, definition, significance, theories of learning.

Unit II

Development during infancy, early and late childhood –


- Physical and motor development
- Social development
- Emotional Development
- Mental and cognitive development
- Language development
- Personality development

Unit III

- Adolescence Age- Meaning, definition, Characteristics, physiological and psychological changes, problems and their solutions
- Play- Meaning, definition, importance, characteristics, kinds of play- free and spontaneous, constructive, sports etc.
- Indian Thinkers of child development- Mahatma Gandhi, Rabindranath Tagore, Giju Bhai Badeka, Tara Bai Modak.

References

1. Child Development- Hurlock.
2. Child Development- Laura, E., Berk Second Edition.
3. Child Development and family relationship – Dr. Asha Pañik.
4. Child Development and Child Psychology – Dr. Nidhi Srivastva and Dr. Raksha Ninama.



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**GOVIND GURU TRIBAL UNIVERSITY
BANSWARA**

**B.A
Three Year Graduate Course
Semester I
HOME SCIENCE
DCC
Physiology, First Aid and Home Nursing**

1. Structure and functions of following Systems:
 - (a) Cell, tissue, blood, sense organs, endocrine system.
 - (b) Muscular system, skeletal system, joints, lymphatic system, digestive system.
 - (c) Respiratory system, excretory system, nervous system, reproductive system.
2. Aims, scope and rules of first aid:
 - (a) Burns and scalds
 - (b) Cuts, wounds and haemorrhages
 - (c) Artificial respirations
 - (d) Simple unconsciousness, common poisoning
 - (e) Foreign bodies in the eye, nose and throat
3. Home nursing
 - (a) Room for the sick person, bed making procedures for the patient.
 - (b) Essential items for the sick room: Bed pan, urinal, bed table, hot water bottle, ice cap, back rest, air ring, eye glass, measuring glass, spittoon, feeding cup, and thermometer.
 - (c) Knowledge of recording temperature and pulse rate.
 - (d) Application of triangular and roller bandages.
 - (e) First aid box.


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**GOVIND GURU TRIBAL UNIVERSITY
BANSWARA**

**B.A
Three Year Graduate Course
Semester II
HOME SCIENCE
DCC
Food and Nutrition**

Unit I

1. Nutritional significance of food groups: cereals and millets, pulses and legumes, fruits and vegetables, sugar and jaggery, nuts and oil seeds, milk and milk products, meat and fish, eggs, spices and condiments.

Unit II


2. Macronutrients and micronutrients: Definition, classification, dietary sources, functions, recommended dietary allowances, clinical signs and symptoms of deficiency and excess of carbohydrates, protein, lipid, vitamins and minerals.

Unit III

3. Different cooking methods and its advantages and disadvantages:
 - (a) On modes of heat transfer like radiation, conduction and convection.
 - (b) Moist heat methods like boiling, simmering, poaching, steaming, pressure cooking.
 - (c) Dry heat methods- Air as medium of cooking: Grilling, broiling, roasting, Baking.
 - (d) Fat as medium of cooking: sauteing, shallow and deep fat frying.
 - (e) Combined (moist and dry) methods: Braising, stewing.
 - (f) Other cooking methods: Microwave and solar cooking.

References

1. D. N. Shrivastav (2020). Food and nutrition. Sanjay sahitya bahavan publication.
2. Sahay Devina (2019). Food Science. New age international publisher.
3. Dr. Shrinanadan Bansal (2022). Food & Nutrition. AITBS Publishers, India.


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**B.A
Three Year Graduate Course
Semester II
HOME SCIENCE
DCC
Practical II**

Basic Food Preparation

1. Introduction of cooking lab, cooking terms, weight and measurement and equipments.
2. Preparation of cereals, pulses, nuts and oil seeds, vegetables and fruits, milk and milk products, egg and their combinations.
3. Preparation of nutritional value addition recipes.
4. Preparation of sups and beverages, salad.
5. Preparation of sauce, Jam, pickle and squashes.
6. Preparation for special occasions.


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