



**Maharaja Surajmal Brij University**

**Bharatpur (Raj.)**

**SYLLABUS**

**HOME SCIENCE**

**BA PART-III**

**(Session 2020-21)**

**Only For Session  
2020-21**

*Signature*  
**अकादमिक प्रभारी  
महाराजा सुरजमल बृज विश्वविद्यालय  
भरतपुर (राज.)**

**B.A. PART-III**

**MOTHER AND CHILD CARE (THEORY PAPER V)**

**Maximum Marks: 50**

**Minimum marks: 18**

**Teaching workload: 3 hrs/week**

**Total teaching workload: 72 hours/year**

**Objectives :**

1. To understand importance of reproductive cycle
2. To understand the basic care of mother during pregnancy and lactation
3. To understand the problems /complications during pregnancy and their management.
4. To understand the basic care of newborns and infants.
5. To understand the Danger Sign and Common ailments of newborns and their management.

**Contents**

**Unit - I**

**Health of the Mother**

1. Menstruation & Fertility:
  - Normal Menstrual Cycle
  - Process of Reproduction
2. Pregnancy:
  - Sign & Symptoms
  - Use of Pregnancy Kits
  - Signs & Symptoms
  - Common Ailments
  - Abortions-causes & Care of Mother
3. Health & nutritional care during Pregnancy & lactation:
  - Antenatal Care:
    - i. Registration of Pregnancy
    - ii. Common ailments during pregnancy & their management: morning sickness, heartburn, indigestion, constipation, piles, leg cramps, sleeplessness, frequency of micturition, edema, varicose veins
    - iii. Antenatal Checkups & their importance
  - Intra natal care:
    - Danger signs during delivery & management & when to refer
  - Post natal care:
    - i. Complications during post parrum period & their management
    - ii. Post natal Checkups

## Unit II

### Care of New Born

#### 4. New born:

- Nutritional care of New Born (referring to Integrated Management of Neonatal Childhood illness).
- Common ailments of newborns and their management-diarrhea, constipation, flatulence, vomiting, colic, malnutrition, napkin rash, umbilical infection, acute respiratory infections

## Unit III

#### 5. Immunization & growth monitoring of infant and young child

#### 6. Nutritional care of infant & young child (referring to Infant and Young child nutrition guidelines)

- Infancy
  - i. Importance of breastfeeding, early initiation, colostrums
  - ii. Exclusive breastfeeding - techniques of breastfeeding
- Complementary feeding:
  - i. Importance of complementary, feeding

#### 7. Use of Mother & Child protection card

#### 8. Mother and Child Health Nutrition Programme

- Janani Shishu Suraksha Yojana
- Reproductive and Child Health

#### 9. Family Planning

- Advantages & importance
- Abortions-causes & care of mother

### References:

1. Sudha Narayanan & Anupama Narayana (2000). Mothercraft Research Publications. 89 Tripolia Bazar, Jaipur. ISBN 8185789-88-62.
2. Park JE & Park JS (1995). Essentials of Community health Nursing. M/s Banarsidas Bhanot Publishers. 1167 Prem Nagar, Jabalpur. 482001. 2nd Edition. ISBN 81-90011871
3. Dr. Subhash C. Arya (2007). Infant & Child care for the Indian Mother. ISBN 8125914412
4. Shanti Ghosh (2004). Nutrition and Child care: A practical guide. Jaypee Publishers. Second Edition. ISBN: 9788180612077
5. First Aid to the injured. Authorised Manual of St. John Ambulance. I cross road, New Delhi 110001
6. Module 1-8 developed for Asha Sahyoginis.

## MOTHER AND CHILD CARE (PRACTICAL V)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

### Content

#### 1. Use of Pregnancy kits

- Safe Days
- Menstrual Hygiene
- Hygienic use & disposal of Sanitary pads.

#### 2. Use of Mother & Child Protection Card

- Registration & personal details
- Antenatal care
- Danger signs of pregnancy
- Diet during pregnancy
- Planning of low cost nutritious recipe for pregnant mother
- Internal care
- Post antenatal care
- Checkups planning of low cost nutrition's recipes for lactating mother
- Danger signs of new born
- New born care
- Immunization
- Growth monitoring - Demonstration of weighting & measurement of child
- Guidelines for child care

#### 3. Management of Diarrhea

- Skin pinch test for identifying dehydration
- Feeding schedule
- Preparation of oral rehydration solution

#### 4. First aid & home nursing

- First Aid during
  - i. Burns & Scalds
  - ii. Cuts & wounds (Tetanus Toxoid vaccine)
  - iii. Sprains & fractures
  - iv. Unconsciousness
  - v. Electric shock
  - vi. Animal bite - dog, monkey, snake (importance of vaccine)

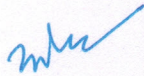
- vii. Poisons
- viii. Heat stroke
- Care in infectious disease
  - i. Isolation
  - ii. Prevention of infection through fomites
  - iii. Ventilation & Disinfection
  - iv. Baby weighing scale, ARIT inner & thermometer, first aid box.

### Examination scheme

**Total Marks: 50 marks**

1. Major problem - 20 marks  
Planning and preparation of low cost recipe for any one
  - Pregnant/ Lactating mother
  - Supplementary foods/ premixes
2. Minor Problem - 15 marks
  - Use of pregnancy kit
  - Management of diarrhea, care of infectious disease, use of Mother & child card
3. Viva voce 5 marks
4. Internal-10 marks

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**EXTENSION EDUCATION AND COMMUNICATION  
(THEORY PAPER VI)**

**Maximum Marks: 50**

**Minimum marks: 18**

**Teaching workload: 3 hrs/week**

**Total teaching workload: 72 hours/year**

**Objectives:**

1. To make the students understand the concept of extension and its related aspects.
2. To understand the support of national and international agencies in extension.
3. To sensitize the students and help them to understand the process of communication and its importance in extension teaching.


**Contents**

<b>Unit -I</b>	<b>Hours</b>
Extension Education	
1. Concept and Meaning- Non Formal Education, Formal Education, Informal Education, Extension Education	3
2. Objectives and principles of Extension Education	4
3. Role and qualities of extension worker	2
4. Extension teaching methods- Personal, Group and mass approach	5
<b>UNIT-II</b>	
5. Communication	
• Concept, meaning and process of communication	4
• Elements and models of communication- Aristotle, Leagens,	5
• Functions and barriers of communications:	4
6. Audio visual aids	
• Meaning and use of audio visual aids	
7. Media	
• Basic concepts of traditional and modern methods of communication	3
• Relative advantages and limitations of traditional and modern methods of communication	2
<b>UNIT III</b>	
8. Support structure and functions -	
• Panchayati Raj - Concept, objectives, and structural organisation. Role of Panchayati Raj for Women empowerment	8
• Village organisations - village school, Cooperatives and KVK's	8
• Role of UNDP, UNICEF, NIRD, NIPCCD, CSWB	8

**References:**

1. Dahama OP (1988). Education and communication for development. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.
2. Supe SV (1997). An Introduction to Extension Education. Oxford BH publishing Co. Pvt. Ltd. New Delhi.
3. Jain R (1993). Mass Media and Rural Development, Vol. III. Manak Publication Pvt. Ltd. New Delhi.
4. Pankajam G (2000). Extension - Third Dimension of Education. Gyan Publishing House. New Delhi.
5. हरपालानी बी.डी. 1998 : गृह विज्ञान में प्रसार शिक्षा, स्टार पब्लिकेशन, आगरा
6. शॉ सुगीता पुष्प और शॉ जामस शीला 2011 : प्रसाद शिक्षा, श्री विनोद पुस्तक मन्दिर, आगरा-2

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## EXTENSION EDUCATION AND COMMUNICATION (PRACTICAL VI)

(Based on the institution's choice)

Vocation Oriented Practical (in the form of training, internship, demonstration)

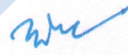
One practical to be selected by the institution based on the available infrastructure and facilities.

\*One of the following any two practicals to be selected by the institution

- Food Preservation
- Extension Activity Management

The student has to opt for the any one practical selected by her institution.

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## FOOD PRESERVATION

**Maximum marks: 50**

**Minimum marks: 18**

**Teaching workload: 2 practical/ week (2 hours/ practical)**

**Total teaching workload: 24 practical/ batch**

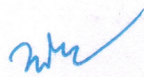
### **Objectives:**

1. To enable the students to develop skills in food preservation.
2. To encourage the students to use these skills at small scale level.

### **Content :**

1. Theory of Preservation : Need, importance, principles of food spoilage, principle of food preservation, various methods of food preservation
2. Development of skills in preparation of:
  - Dried fruits and vegetables
    - i. Sun drying ( Curry leaves, mint, methi, coriander, cauliflower, amla, kair-sangri, guar-fali, amchur, onion, peas, kachri, red chillis)
  - Juices
    - i. Lemon
    - ii. Orange
  - Syrups
  - Jams
    - i. Apple
    - ii. Mixed fruit
    - iii. Tomato Ketchup
    - iv. Tomato Chutney
  - Pastes & Purees
    - i. Onion
    - ii. Garlic
    - iii. Tomato puree
  - Pickles
    - i. Mango
    - ii Mix Vegetables
    - iii. Kair
    - iv. Chilli
    - v. Lemon

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## EXTENSION ACTIVITY MANAGEMENT

Maximum marks: 50

Minimum marks: 18

Teaching Workload: 2 practical/ week (2 hours/ practical)

1. To impart knowledge regarding process of extension activity management.
2. To develop the skills in organizing extension activity at the community level.

### Practicals

1. Theoretical understanding of process of programme/extension activity management.
2. Organise following extension activities from the area of home science:

- Workshop/seminar
- Exhibition

could be taken up in rural/urban/slum community in a group on the basis of following steps

- Identification of the activity - nature, duration, number of participants etc.
- Plan of the activity - selection of venue, resource management (men, material/infrastructure, and money), and delegation of responsibility.
- Scheduling of the activity
- Publicity of the activity
- Organising the activity
- Overall supervision
- Report writing

### Examination scheme:

**Total Marks: 50 marks**

1. Major Problem: 20 Marks

Plan strategy to publicise the chosen extension activity and prepare any one aid out of them.

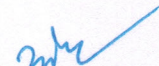
2. Minor Problem: 15 Marks

Prepare financial budget for the planned activity or prepare scheduling of activities according to allotted time.

3. Viva: 5 Marks

4. Internal: 10 Marks

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