

Introduction to Human Development

HD – (201)

CC – 3

2+2=4

Objectives:

1. To orient the students to the principles of child's growth and development factors that influence them.
2. To acquaint the students with various concepts and methods of child study.
3. To impart information of the milestone in ground development of children below 2 years.
4. To create awareness regarding child rearing practices.

Unit – 1

1. Introduction to Human Development
 - (A) Need & Scope
 - (B) Historical Overview & Theoretical perspectives
2. Growth and Development
 - (A) Meaning and Development
 - (B) Principles

Unit – 2

- a. Hearing and Environment.
 - a. Factors influencing – Heredity
 - b. Environment learning, Maturation critical periods.
- b. Prenatal care and development.
 - a. Female reproductive system
 - b. Sign and symptoms of pregnancy
 - c. Prenatal hazards and remedies

Unit – 3

- 1) Birth
 - a. Birth process, steps of labor
 - b. Types of birth
- 2) Postnatal Development
 - a. Care of mother normal and premature babies
 - b. Child rearing practices – Feeding weaning and supplementary feeding immunization.

Unit – 4

- 1)
 - a. Physical development (0 – 2 year)
 - b. Motor development (0 – 2 year)
- 2)
 - a. emotional development (0 – 2 year)
 - b. speech development (0 – 2 year)

PRACTICAL

1. To study the prenatal development of women.
2. To study the types of delivery and steps of labour.
3. To study growth of Infants.
4. To study the development of infancy period.
5. To study child rearing practices in Infancy period(Child rearing, feeding, immunization).

Reference Books

1. Hurlock Elizabeth b;, Child Development 6th edition, MC Graw – Hill book company (1978)
2. Papilla Diane E & olds sally wendkos Human Development, MC Grow – Hill Inc., New York, 5th edition (1992)
3. Vasta Ross, Haith MMshall M. Millon Scott A, Child psychology, The modern science, John wily & sons, Inc. New York (1992).

INTRODUCTION TO FAMILY RESOURCE MANAGEMENT

CC – 4

RM – 202

2+2=4

OBJECTIVES:

- (1) To help students in learning meaning and various concepts of home management
- (2) To help the students learn the basic process of management and its application to facilitated good management.
- (3) To help students learns various roles and responsibilities of good home maker.
- (4) To recognise importance of wise use of money as a resource.
- (5) To development an appreciation of role financial management in family living.
- (6) To aware students about various banking, postal and insurance services.

Unit : 1

(A) Home Management

- 1 Definition and purpose.
- 2 Obstacles in home management
- 3 Family and stages of family.

(B) Management Process

- 1 Importance
- 2 Steps-Planning, organization, directing, evaluating,controlling.
3. Planning -process techniques & types
4. Controlling plan in to action. Energizing checking & adjusting.

(C)

- 1 supervision of delegated plan, types and analyse.
- 2 Evaluation-importance and relationships to goals.

Unit :2

(A) Factors Motivating Management

1. Value- Importance, classification sources, changing values of values of courses.
2. Goal - Definition, nature, types, properties importance
3. Standards - Definition, classification and criteria to judge One's standard of living.

(B) Decision making

1. Role
2. Steps involve
3. Kinds

(C)

1. Qualities of good home maker.
2. Roles and Responsibilities of good home maker.

Unit - 3

(A) Resources.

1. Definition and classification.
2. Characteristics and Factors influencing

(B) Time - as a resource.

1. Importance.
2. Tools for time management.
3. Steps in making a time plan.
4. Controlling and evaluating of time plan.

- (C) Energy - as a resource.
1. Importance.
 2. Fatigue and its types.
 3. Steps involved in energy management
 4. Principles of body mechanics.
 5. Mendel's class of change and conservation of energy

Unit : 4

- (A) Money - as a resource
1. Functions.
 2. Importance of money management.
- (B) Income :
1. Definition.
 2. Types of income sources.
 3. Annual and life profile of income.
 4. Methods of handling income.
- (C) Family budget
1. Definition
 2. Importance and significance of family budget.
 3. Steps in making budget.
 4. Factors influencing budget.
 5. Angle's law of family budget.

PRACTICAL

- (A) To study the home management process.
- (B) Write about types of Decision making tree.
- (C) To study identification of the resources.
- (D) To Study the time planning for different situations.
- (E) To calculate the energy cost for different household activities.

GENERAL AND APPLIED CHEMISTRY

CA 3

CHEM- 203

2+2=4

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1. To provide basic understanding of chemicals their uses in day – to – day activities.
 2. To impart basic knowledge of various types of chemicals, their preparation and properties, their nature of action use and importance in daily life.
 3. To aware students regarding chemicals of day – to – day use.
 4. To provide basic knowledge related to organic and in organic chemistry including petrochemicals.
 5. To acquaint students with the application of basic knowledge of chemicals ingredient and various organic products.

UNIT:1 (A) Atomic structure

- Dalton's theory, Rutherford's experiments, cathode tube experiments.
- Electron, proton, neutron, arrangement of electrons. (octane rule).
- Atomic number, mans number atomic weight, molecular weight and equivalent weight of simple chemicals.
- Chemical communication, Symbol formula, Valiancy
- Chemical equation, balancing of chemical equation.

(B)Chemical bond

- Electrovalent and covalent bond
- Hydrogen bond
- Co-ordinate bond

UNIT : 2 (A) States of matter

- General characteristics of solid
- General characteristics of liquid.
- General characteristics of gases.

(B) Solution.

- Types of solution
- Methods of expressing concentration of solution normality, morality, Formality, mole fraction percentage by weight and volume.
- Relation between solute to solvent, nature of solute and solvent.

- General identification of gases on the basis of their properties (oxygen, hydrogen, hydrogen peroxide, sulphur, ammonia, chlorine).

UNIT:3 (A) Acid and bases

- Properties of Acids
- Theories of acids and bases, Arrhenius theory, Lewis acid, Lowry bronsted theory.
- pH – general information, use of p^H and p^H paper.

(B)Hydrocarbons – Coal and its types, petroleum gases, distillation methods

UNIT: 4 (A) Aliphatic series of carbon, general properties of following.

Alkane, Alkene, Alkyne, Compounds with different functional groups, general properties of following with use. - Alcohol, Ether, Phenol, Aldehydes, Ketones, Benzenes.

(B)Soap and detergents

Definition, Preparation, properties, cleaning action, detergents – definition, industrial preparation their properties, Advantages and disadvantages of using soap and detergents. Brightening agent, optical brightness.

PRACTICALS

1. General apparatus used in chemistry laboratory.
2. Titration.
3. Qualitative analysis of inorganic compounds.
4. Qualitative analysis of organic compounds.

References:

1. 11th and 12th science Textbook by Gujarat Higher Secondary Board.
2. Organic Chemistry – Morrison and Boyd
3. Organic Chemistry – I. L. Finer Vol. I & II
4. A text book of Applied chemistry by Thankam Jacob.
5. Textbook of 11th and 12th science Gujarat Board.

ELEMENTARY MATHEMATICS AND STATISTICS.

CA – 4

Math Stat - 204

3+0=4

Objectives:

1. To provide knowledge about basic calculation by mathematics.
2. To impart the knowledge about statistical calculation.
3. To inform the students regarding the application of statistics in research project.

Unit – 1

1. Logarithm and stock and share.
2. Area – Rectangle, square, sphere, cylinder, cone.
Volume – Cube, cuboids, cone, cylinder, sphere, cone.

Unit – 2

- 1) Simple interest and compound interest.
- 2) Definition and scope, importance uses of statistics.
- 3) Data and its theory.

Unit – 3

- Presentation of statistical information – Frequency distribution, graphical presentation of frequency distribution – Bar graph, frequency polygon, cumulative frequency graph.
- Types of variables – Dependent and independent variables.

Unit – 4

- Measures of central tendency mean, median, mode.
- Measures of dispersion – Range, standard deviation, mean deviation.

References

- Text book of mathematics std – 8th, 9th, 10th, 11th and 12th standard.
- ગુજરાત સરકાર – ભણતરના પુસ્તકો – 8^{મી}, 9^{મી}, 10^{મી}, 11^{મી} અને 12^{મી} સ્તરના. ગુજરાત રાજ્ય, અમદાવાદ.
- ગુજરાત સરકાર – ભણતરના પુસ્તકો – 8^{મી}, 9^{મી}, 10^{મી}, 11^{મી} અને 12^{મી} સ્તરના. ગુજરાત રાજ્ય, અમદાવાદ.

OFFICE MANAGEMENT
OM (205)

EG -2

Credit – 2+0=2

Objectives:-

1. To acquire knowledge regarding need for office.
2. To obtain information regarding various function and managerial goal and duties of responsibilities of staff.

Unit -1 Definition of office

- Latest office appliance.
- Office manuals – definition, characteristics, types.
- Methods of preparing office manuals .
- Merit and demerit of office manuals.

Unit-2 Company secretary.

- Types of secretary.
- Definition, qualities of company secretary.
- Status of company secretary and responsibilities.
- Handling of meeting.

Unit -3 Office stationary.

- Introduction
- Types of office stationary
 - o Purchasing of office stationary
 - o Methods
- Control of office stationary consumption.
- Office registers and account keeping.

Unit-4 Office behaviors

- Importance of human behavior in office
- Behaviors with out siders.
- Behavior of superiors
- Behavior with colleague

- Behavior subordinates
- Meral support of office staff
- Motivation and incentives of office staff.
- Filing and indexing

TOURISM IN INDIA

EG -2

T.I. - 205

2+0=2

UNIT- 1

India's rich heritage - archaeological sites - ancient monuments and diverse, monuments and architecture, religion and religious festivals - cultural and artistic heritage of India - dance, music, sculpture, painting, etc.

UNIT- 2

Himalayas - the proud crown of India - Himalayan ranges, valleys, peaks, meadows, hill stations - mountaineering and adventure tourism in Himalayas.

UNIT- 3

Wildlife Resources of India - Major national parks and wildlife sanctuaries in India - bio-reserve centres - bio diversity and eco system - Wildlife Protection Act, 1972 (Introduction).

UNIT- 4

Fairs and Festivals in India - desert tourism in India - beaches & backwaters.
Major attractions in North India, Major attractions in South India.

References

1. India - A Travel Survival Kit by Geoff Crowther & Others. Lonely Planet Publication.
2. India - A Travellers Companion by Pran Nath Seth.
3. Tourism Products of India - Dr. I.C. Gupta & Dr. Sushama Kasbekar.
4. Tourism in India - V.K. Gupta, Gian Publishing House, Delhi - 7.
5. Cultural Tourism & Heritage Management - by Shalini Sign, Rawat Publication, Jaipur.
6. Hill Stations of India - Gillan Wright, Penguin Books, New Delhi - 19.
7. Tourism in India - K.K. Sharma, Classic Publishing House, Jaipur.
8. Invitation to Indian Dances by Susheela Misra Arnold Publishers, New, Delhi - 29.

FIRST AID & COMMUNITY NURSING

ES – 2

FCN – (206)

2+0=2

Objectives:

- i. To provide information about principles & importance of first aid.
- ii. To aware students about importance of health education.
- iii. To give knowledge about health care & services.
- iv. To give knowledge about first aid in various situation.

Unit – 1 Introduction

- (A) Meaning, Importance
- (B) Principles, Objectives
- (C) Qualities of person who gives first aid
- (D) First aid box: Components / material of first aid box and its uses
- (E) First aid in heat stock
- (F) First aid in heat burns
- (G) First aid in fever, cough
- (H) First aid in swallowing any thing

Unit – 2 First aid during facture

- (I) First aid during animal and insects bite
- (J) First aid during wounds
- (K) First aid in electric shock

Unit – 3 First aid during hemorrhage

- (L) First aid during attacks
- (M) First aid during person deled in water
- (N) Bandage – importance, Types

Unit – 4 Community Nursing: Basic principles of community nursing, Objectives. Importance, need, Personal hygiene – care of hair, nail, nose, ear, eye etc.

References

1. Dr. G.R. Bhatt (2006) Physiology , Health and Sports Science. Dhaval Prakashan. Naranpura, Ahmedabad.

YOGA AND MEDIATION

ES – 2

YM -206

2+0=2

Practical:

1. Pravthana & religious songs.
2. Yogic sharirik kriya
3. Shitilikarn vyayam
4. Asana (different)
5. Pranayam
6. Different mudras
7. Surya namaskar
8. Sharirshuddhi kriyayo

PERSONALITY DEVELOPMENT

FE – 2

P.D. – 207

2+0=2

Objectives:

- To understand the concept of personality and personality development and its significance.
- To understand and develop various traits required for personality development.
- To acquire knowledge about personality tools and personality theories.

Unit – 1 Introduction

(O) Personality: Definition, meaning and determinants of personality and its significance, personality pattern.

(P) Basic personality traits: Introduction

- Attitude: concept, significance, factors – positive attitude and negative attitude and its effects.
- Motivation: Significance, Internal and External motive, importance of self motivation, factors feeding to de motivation.

Unit – 2 Self esteem: Concept, symptoms, advantages, Do's and Don'ts to develop positives self esteem, positive and negative self esteem.

- Interpersonal Relationships: Developing positive personality, Analysis of Strengths and Weaknesses.
- Goal setting: Importance of goals
Factors affecting to goal setting classification of goal

Unit – 3

1. Other aspects of Personality Development

(Q) Body language, Assertiveness, Problem-solving, conflict and stress management

(R) Decision making skills, positive and creative thinking, leadership and qualities of a successful leader, character building, teamwork

(S) Lateral thinking, Time management, work ethics, management of change, good manners and etiquettes.

2. Personality disorders:

Paranoid, schizoid, antisocial, borderline, narcissistic, avoidant, dependent, obsessive.

Unit – 4

3. Personality Tests.

(T) Projects techniques : Rorschach ink-blot test, Thematic apperception test, word association test, sociometry

4. Personality theories

(U) Freudian stages of development

(V) Erik – Erickson's stages of development

(W) Maslow's hierarchy of needs

(X) Kohlberg's stages

(Y) Contribution of Karl Jung.

References :

(Z) Block, Jack (2010) The five factor framing of personality and beyond; some ruminations
psychological inquiry 21 (1), - 25.

(AA) Organizational Behavior – S.P. Robbins – Prentice – Hall of India Pvt. Ltd.,

PERSONAL EMPOWERMENT

FE – 2

PE – 207

2+0=2

Objectives:

- (1) The students will become aware of the need, competencies and skill to be developed for empowerment and be motivated for self improvement / self enrichment.
- (2) The students will become aware of the role of empowerment of women from the perspectives of personal and national development.
- (3) The students will become aware of the interdisciplinary of Home Science education and its potential food personal and professional enhancement.
- (4) The student will become sensitized to some pertinent contemporary issues that affect the quality of life of individuals, families and community.

Unit – 1 Personal Growth and Personality Development.

- The challenge: understanding and managing oneself: being aware of one's strengths and weaknesses.
- Personality Development: Factors and influences: emotional and motivational aspects; assertion vs. aggression.
- Peer pressures : Issues and management; group conformity and individualism as co-existing aspects.
- Conflicts and stresses, simple coping strategies.
- Adjustment and readjustment to changing needs and conditions of contemporary society. (technological changes, social changes, changes in values).

Unit – 2 Empowerment of women

- Women and Development: The personal, familial, Societal and national perspectives.
- Capacity building for women; Education, decision – making abilities and opportunities, awareness and information on legal and political issues.
- Women's organizations and collective strength; women's action groups, women's participation in development initiatives.

- Study and discussion of life histories, case studies of illustrious Indian women from different walks of life (e.g. Indira Gandhi, Jashi ki Rani, Medha Patkar, Kiran Bedi, Vijyalaxmi Pandit, Sudha Chandran, Anutai Wagh, Ila Bhatt, Bhanvari Devi).

Unit – 3

- Home Science Education as Empowerment.
- The interdisciplinary of Home Science Education.
- The role of Home Science Education for personal growth and professional development.
- Home Science as holistic education with integration of goals for persons, enhancement and community development.

Unit – 4

- Some Significant contemporary Issues of concern.
- Gender issues: inequalities and discriminations, biases and stereo types, myths and facts
- Substance abuse: Why and how to say no
- Healthy Habits: In relation, to physique to studies, to heterosexual intereerts.
- AIDS: Awareness and education.

Reference:

- (1) Adair, J. (1992): The action centred headers, Bombay: Jaico Publication House.
- (2) Chandrashekhar, R. (1992): (Ed) Women's Resource and National Development – A perspective, New Delhi: Gaurav Publishing House.
- (3) Furhan, A. (1995): Why psychology, London; University College, London Press Ltd.
- (4) Garimwood, C. and popple stone, R. (1993); Women management and core, Hong Kong; The Macmillan Press Ltd.
- (5) Gupta, J.L. (1988); Challenges to the Fair Sex – Indian women; problems, plight and progresses.
- (6) Rather, S. and Brid, J. (1983): Adjustment and Growth; The challenge of Life, New York; C.B.S. College publishing Co.
- (7) Singh, R.N. (1992); Sky is the Limit: Practical Guide Lines on Effective career planning, Bombay, Schandra Publication