SAURASHTRA UNIVERSITY

FACULTY OF HOME SCIENCE

Syllabus For

B.A. HOME SCIENCE (GENERAL)

C.B.C.S (Three Year) Programme

Effective From June – 2016 – 2017

Saurashtra University
University Campus, Rajkot – 360 005
Gujarat, India

Website: www.saurashtrasuniversity.edu
Preamble

Home Science has contributed a great deal towards national development by training students to take up leadership roles in extension and community outreach programs. The students are encouraged to develop a scientific temper. Familiarizing them with the use of never technologies, method in family and community linkages, and sustainable use of resources for human development are the hall mark of education in Home Science. As a discipline Home Science integrates the ingredients of the sciences, social sciences and technology to facilitate the study of and enhance the quality of human life. Its approach is therefore inherently interdisciplinary. Traditionally, Home Sciences has adopted an ecological approach in its curriculum that engages the student through teaching, research and extension. The education process in Home Science underscores the importance of the individual’s dynamic relationship with his/her family, community and society as a whole, as well as with the resources in the environment. Higher education learning in Home Sciences subjects provides students the opportunity to sharpen their capacities with a sense of social responsibility.

In contemporary times, Home Scientists promote capacity building of individuals and communities for social and economic empowerment. They train community women and youth from various strata of society for entrepreneurship. Many Home Scientists have done exceptionally well as entrepreneurs themselves. They do not remain job seekers but have also become job creators. They gain and provide employment in research organization, food and textile industries, dietetic practice, education and child development domains, accreditation of green buildings, strategic planning and communication technology. Keeping in view the growing aspirations of today’s youth and the capacity of Home Science discipline to deliver, the present 3-year Choice Based Credit System curriculum has been drawn up.

Years of national and international experiences in the field has contributed to the wisdom that all the five windows of opportunity that Home Science offers be opened for i.e. Food and Nutrition, Human Development and childhood Studies, Resource Management and Design Application, Development Communication and Extension and Fabric and Apparel Sciences. In this course, the students will learn the fundamental principles and foundations of all the five areas. They are expected to internalize the principles of a Home Scientists, that is, to give back to the community from which they draw, for sustainable development. This is a major contribution of Home Science in both development and developing societies.

The University Grants Commission’s model curriculum of Home Science in both developed and developing societies.

The objectives of the B.A. Home Science General course are:

- To understand and appreciate the role of interdisciplinary sciences in the developing and well-being of individuals, families and communities
- To learn about the sciences and technologies that enhance quality the life of people
- To acquire professional and entrepreneurial skills for economic empowerment of the student in particular, and community in general
- To develop professional skills in food, nutrition, textiles, housing, product making, communication technologies and human development
- To take science from the laboratory to the people
Structure of Programme

* B.A. Programme consists in SIX semester

* There will be Three types of course.
1. Foundation Course (FC) - 8 credits
2. Core Courses (CC) - 30 credits
3. Elective Course (EC) - 8 credits

TOTAL 46

* For each semester the hours per week and credit will be assigned as under:

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* The entire programme will contain 46 courses, 178 credits and 218 hours classroom work per week.

* There will be two types of courses for Home Science.

1. Core Course (CC) - 30 credits
2. Elective Course (EC) - 08 credits

TOTAL 38

Details of course offering under graduate (B.A. HOME SCIENCE)

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HOME SCIENCE

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B.A. HOME SCIENCE – GENERAL

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**TOTAL COURSE IN HOME SCIENCE**

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Structure of Examination & Marking System

Total Marks / Paper = 100

- Marks assigned and its division into (1) External Exam = 70 Marks
  (2) Internal Exam = 30 Marks
  (3) Practical Exam = 20 Marks

- In the paper with practical work, the external marks divided
  - External Marks : Theory Exam : 50
    Practical Exam : 20
  - Internal : 30

- Marking scheme for External Examination = 70 Marks

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(Each with internal option) **Time:** 2:30 hours

- Marking scheme for Internal Exam = 30 Marks

  (i) M.C.Q. Test – I : 10 Marks
  (ii) M.C.Q. Test – II : 10 Marks
  (iii) Assignment : 10 Marks

- Marking scheme for Practical Exam = 20 Marks

  (iv) Journal Work : 05 Marks
  (v) Practical : 10 Marks
  (vi) Viva : 05 Marks

Duration of Practical Exam : 2:30 hours

Duration of Theory Exam : 70 Marks: 2:30 hours
 : 50 Marks: 2 hours
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FACTOR OF ARTS

Syllabus

SEMESTER 1

Subject: HOME SCIENCE

Course (Paper) Name & No.: CC-1 NUTRITION AND FOOD SCIENCE – I

Course (Paper) Unique Code: 1601290201010100

External exam Time Duration: 2 HOURS

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Objectives:

This course will enable the student to:

- Understand the function and rule of food groups, balanced various diet, nutritional contribution of food.
- To develop an ability to improve the nutritional quality of food.
- To develop an ability to cure deficiency diseases through food and to maintain the health of family and nation.

Theory:

Unit-I: Meaning, Definition and Importance of food and nutrition.

Unit-II: Classification and nutritional contribution of food stuffs.

1 Cereals and Pulses.
2 Milk and Milk products.
3 Vegetables and Fruits.
4 Sugar and Jaggery.
5 Nuts and Oil seeds.
6 Fats and Oil.
7 Eggs, meat and fish.

Unit-III: Cooking Methods.

- Advantages of cooking.
- Methods of cooking.
- Their effects on nutrients.

1 Boiling
2 Steaming
3 Roasting
4 Frying
5 Baking
6 Solar Cooking

Unit- IV: Health Foods.

✓ Prebiotic Foods.
✓ Probiotic Foods.
✓ Functional Foods.
✓ Unconventional Foods.
✓ Neutra ceutical Foods

Unit-V:

✓ Definition and meaning of calorie
✓ Factors affecting on calorie requirements
✓ Determination of energy value of food (direct and in direct method)
✓ Effects of low and excess calorie on body

Practical:-

1 To prepare any one health food or drink.
2 To prepare low calorie dish.
3 To prepare high calorie dish.

References:-

4) Swaminathan M.S. Essentials of food and nutrition VI-1985.

Website:-

1 http:\/\health-wikinet.com
2 www.thesevenbasicfoodgroupsforpropernutrition.wikipedia.com
3 http:\/\medicaldictionary.thefreedictionary.com/over nutrition
Subject: ____________________________

Course (Paper) Name & No.: __________

Course (Paper) Unique Code: ____________

External Exam Time Duration: ____________

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Objectives:

1. To introduce the student to the field of child development.
2. To sensitize the student to understand the development in child, it’s concepts, scope, objective and importance.
3. To sensitize the student to interventions in the field of child development.

Theory:

Unit: I Child Study:
- Introduction
- Historical background of child study
- Importance of child study
- Objectives of child study

Unit: II Introduction of Child Development:
- Definition and scope.
- Objectives of child study.
- Importance of child development.

Unit: III Growth and Development:
- Meaning of growth & development.
- Difference between growth & development.
- Principle of development.
Unit: IV Areas of Development:
- Physical development
- Mental development
- Social development
- Emotional development
- Motor development

Unit: V Stages of Development:
- Stages of development.
- Factors effecting development.

Practicals:
1. Visit to Balwadi & Observation of child behavior.
2. Prepare a storybook, song, album and scrapbook for children.
3. Prepare a indoor game for children.

Reference:
5. Metrukala avm Shishukalyan (Hindi), Mrs. Brindashih, Shayam Prakashan, Jaipur.
7. Bacchoka Palan Poshan (Hindi), Shri Ajarab, Pupiles Publishing
8. House Ltd. New Delhi-55

Web:
1. www.books.google.com
2. www.khaj.indinindex
3. www.google.childdevelopment.in
Objectives:
- To create an awareness among the students about home management in the family as well as the other systems.

Theory:

Unit-I. Introduction to home management
- Definition of home management
- Importance of home management
- Process of home management

A. Planning
   1. Importance of Planning
   2. Types of Planning
   3. Steps of Planning

B. Controlling
   1. Steps of Controlling
   2. Steps of Success

C. Evaluation
   1. Importance of Evaluation
   2. Types of Evaluation

Unit-II. Principles of home management
A. To complete the basic requirement.
B. Balancing income and expenditure.
C. To complete household activities skillfully.
Unit-III. **Fundamental Motives of home management**

1. **Value**
   - Definition of value
   - Importance of value
   - Types of value

2. **Goals**
   - Definition of goals
   - Importance of goals
   - Types of goals

3. **Standard**
   - Definition of Standard
   - Importance of Standard
   - Types of Standard

Unit-IV. **Decision Making**

- Definition of decision
- Importance of decision
- Types of decision
- Process of decision making

**Practicals:**

1) Poster making
2) Flower arrangement
3) Sewing various types of curtains.

**References:**

- Dr. G.P. Shairy – 2000 – Household management and household art.
- Dr. Smt. Kanti Pandey – 1984 –Home management
- Dr. Smt. B.D. Harpalani – 2002 – Home management.

**Websites:**

1) [books.google.com/books/home-management.in](http://books.google.com/books/home-management.in)
2) [wiki.answers.com>........>](http://wiki.answers.com>........>)
3) [www.google.resourcemanagment.in](http://www.google.resourcemanagment.in)
Objectives:

1. To enable the students to acquire the knowledge and skills required for holistic understanding of the field of home science education.
2. To enable the students to acquire the knowledge and competence to teach and practice home science in relevant setting.

Theory:

Unit: I  Meaning, Importance & Aims of teaching home science education:

Unit: II  Methods of teaching home science education:

1. Lecture method - (advantages - disadvantage)
2. Laboratory method - (advantages - disadvantage)
3. Discussion method - (advantages - disadvantage)
4. Demonstration method - (advantages - disadvantage)
5. Project method - (advantages - disadvantage)
6. Assignment method - (advantages - disadvantage)

Unit: III  Teaching Aids of home science education

1) Visual Aids
   - Black board
   - Bulletin board
   - Showcase display
   - Flash card
   - Poster
   - Pictures

2) Audio Aids
   - Radio
   - Record player

3) Audio Visual Aids
   - Television
   - Film
Unit: IV Qualities of house science ideal teacher:
1. General qualities.
2. Special qualities.
3. Personal expertise.

Unit: V Job Opportunities in home science education:

Reference:
5. Dr. S.P. Sukhiya 1984 – Home science education.

Web:
1. Books.google.co.in\books
2. Books.google.com>House & Home>General
FACULTY OF ARTS

Syllabus

SEMESTER 1

Subject: ____________________

HOME SCIENCE

Course (Paper) Name & No.: ____________________ ELE-1 NUTRITION AND FOOD SCIENCE – I

Course (Paper) Unique Code: ____________________ 1601290301010100

External exam Time Duration: ____________________ 2 HOURS

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Objectives:

This course will enable the student to….

- Understand the function and rule of food groups, balanced various diet, nutritional contribution of food.
- To develop an ability to improve the nutritional quality of food.
- To develop an ability to cure deficiency diseases through food and to maintain the health of family and nation.

Theory:

Unit-I: Meaning, Definition and Importance of food and nutrition.
Unit-II: Classification and nutritional contribution of food stuffs.

1. Cereals and Pulses.
4. Sugar and Jaggery.
5. Nuts and Oil seeds.
6. Fats and Oil.
7. Eggs, meat and fish.

Unit-III: Cooking Methods.

- Advantages of cooking.
- Methods of cooking.
- Their effects on nutrients.

1. Boiling
2. Steaming
3. Roasting
4 Frying
5 Baking
7 Solar Cooking

Unit- IV: Health Foods.

✓ Prebiotic Foods.
✓ Probiotic Foods.
✓ Functional Foods.
✓ Unconventional Foods.
✓ Neutra ceutical Foods

Unit-V:

✓ Definition and meaning of calorie
✓ Factors affecting on calorie requirements
✓ Determination of energy value of food (direct and in direct method)
✓ Effects of low and excess calorie on body

Practical:-

1 To prepare any one health food or drink.
2 To prepare low calorie dish.
3 To prepare high calorie dish.

References:-


Website:-

1 http://health-wikinet.com
2 www.thesevenbasicfoodgroupsforpropernutrition.wikipedia.com
3 http://medicaldictionary.thefreedictionary.com/over nutrition
FACULTY OF ARTS

Syllabus

Semester 1

Subject: ___________________

Course (Paper) Name & No.: ELE - 2 FAMILY AND COMMUNITY SCIENCE EDUCATION –I

Course (Paper) Unique Code: __________________________________________ 1601290401010100

External Exam Time Duration: __________________________ 2:30 HOURS

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Objectives:

3. To enable the students to acquire the knowledge and skills required for holistic understanding of the field of home science education.

4. To enable the students to acquire the knowledge and competence to teach and practice home science in relevant setting.

Theory:

Unit: I \hspace{1cm} Meaning, Importance & Aims of teaching home science education:

Unit: II \hspace{1cm} Methods of teaching home science education:

7. Lecture method - (advantages - disadvantage)
8. Laboratory method - (advantages - disadvantage)
9. Discussion method - (advantages - disadvantage)
10. Demonstration method - (advantages - disadvantage)
11. Project method - (advantages - disadvantage)
12. Assignment method - (advantages - disadvantage)

Unit: III \hspace{1cm} Teaching Aids of home science education

1) Visual Aids
   - Black board
   - Bulletin board
   - Showcase display
   - Flash card
   - Poster
   - Pictures

2) Audio Aids
   - Radio
   - Record player

3) Audio Visual Aids
   - Television
   - Film
Unit: IV  Qualities of house science ideal teacher:
  4. General qualities.
  5. Special qualities.
  6. Personal expertise.

Unit: V  Job Opportunities in home science education:

Reference:
  8  Kinder J.S. 1950 – Audio – Visual materials and techniques, New York
 10 Dr. G.P. Shairy -2007 – Home science education.
 11 Dr. S.P. Sukhiya 1984 – Home science education.
 14 Anita Varma – 2007 – Home Science Education.

Web:
  4. Books.google.co.in\books
  5. Books.google.com>House & Home>General
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Objectives:

➢ To understand the function and rule of various nutrients, their requirements and the effects of deficiency.
➢ To develop the skills to prepare protein, vitamin, mineral, rich diet and improve the health of family.
➢ To enable the student to cure malnutrition under nutrition and over nutrition through rich sources food stuffs.

Theory:

Unit-I.

✓ Meaning, definition of nutrition.
✓ Classification, function, and sources of carbohydrates.

Unit-II. Classification, function, sources and deficiency diseases of proteins.

Unit-III. Classification, function, and sources of fat.

Unit-IV. Functions, sources and deficiency diseases of vitamins.

1) Thiamine (Vitamin-B1)
2) Riboflavin (Vitamin-B2)
3) Niacin (Vitamin-B3)
4) Vitamin-C
5) Vitamin-A
6) Vitamin-D
Unit-V. Functions, sources and deficiency diseases of minerals.

1) Calcium
2) Phosphorus
3) Iron

Practical:
1) To prepare protein rich dish
2) To prepare vitamin rich dish (Anyone)
3) To prepare mineral rich dish.

References
1) Swaminathan M.S. “Essentials of food and nutrition”-VI-1985
2) “Fundamentals of food and nutrition” –Nilam Bhudhhadev and Bhavna Vaid, Pravin Pustak Bhandar – Rajkot-2004
3) Food Science- CFTRI-Mysare
7) B.K. Bakshi – “Ahar Avam Poshan Vigyan” Agraval publishing
8) Dr. Snehlata “Nutrition status” Discovery publishing house- 2006
10) Chaney and Ross “Nutrition” Surgeet publication – 2007

Website:
1) http://www.innvista.com/health/nutrition/alpha cloned.htm
2) http://wiki.answer.com/foodand nutrition.com
3) http://www.healthyvitamin.choice.com/fatwater-somble.html
Objective:

1. To introduce the student to the field of mother craft.
2. To sensitize the student to understand the field of child care, scope and importance.
3. To sensitize the student to interventions in the field of mother craft and child care.

Theory:

Unit: I  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.

Unit: II  Fitness for motherhood:
- Biological fitness.
- Economic fitness.
- Psychological fitness.

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

Unit: V  **Care of Baby Health & Immunization:**
- Immunity & Immunization.
- Immunization schedule for prevention of major infectious diseases.
- Various vaccinations against infectious diseases.
- Factor considered while immunization.

**Practicals:**
- Toys making.
- Cartoon making.
- Prepare the national immunization.

**References Books:**
5. Matrukala avm Shishukalyan (Hindi), Mrs.Brindashin, Shayam Prakashan, Jaipur.

**Web:**
2. [www.textbookonline.childcare](http://www.textbookonline.childcare).
Objectives:

To recognize the importance of wise use of resources in order to achieve goals.

Theory:

Unit: I  Family resources:
- Classification of resources.
  1. Human resources.
  2. Non-human resources.
- Characteristic of resources.

Unit: II  Time Management:
- Definition of time management.
- Importance of time management.
- Basic step in time management.
- Process of time management.
  (A) Planning.
  (B) Controlling.
  (C) Evaluation.

Unit: III  Energy management:
- Importance of energy management.
- Process of time management.
  (A) Planning.
  (B) Controlling.
  (C) Evaluation.
Unit: IV  Money Management:
- Definition of income.
- Importance of income.
- Types of income.
  (A) Money income.
  (B) Real income.
  (C) Physical income.

Unit : V  Budget of family:
- Importance of budget.
- Basic steps of budget.
  (A) Planning.
  (B) Controlling.
  (C) Evaluation.
- Factor affecting of budget.

Practicals:

(1) One month budget planning for a family.
(2) Time and energy saving household equipment.
    (A) Oven  (B) Washing Machine  (C) Vacuum cleaner  (D) Solar cooker.
(3) Places for Saving.
    (A) Bank  (B) Post Office  (C) LIC.

References Books:
(1) Ruth E. Deacon, Francille M, Firebaugh (1975), Family resource management principle and application, Roy Houghton Mifflin Company (Unit 1,2,3,4,5, )
(2) Dr. Smt. B.D. Harpalani – 202 – Home Management.
(5) Dr. D.G. Shairy – 207 Household management and Household art.
(9) Dr. Smt. – Bela Bhargav – 2000 – Gharelu Budget. And energy management.
(10) Jayshree Ranpara – 2022 – Family financial management.

Web:
1  www.nber.org/chapter/
2  en.wikipedia.org/wiki/time_management
3  en.wikipedia.org/wiki/energy_management
4  en.wikipedia.org/wiki/money_management
FACULTY OF ARTS

Syllabus

SEMESTER 2

Subject: ____________________________

HOME SCIENCE

Course (Paper) Name & No.: CC -8 FAMILY AND COMMUNITY SCIENCE EDUCATION-II

Course (Paper) Unique Code: 1601290201020800

External Exam Time Duration: 2:30HOURS

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Objectives:

(1) To enable the student to acquire the knowledge and skills required for holistic understanding of the field of home science education

(2) Understand the widening concept of Home Science education

Theory:

Unit-I  -  Meaning and Definition of Education.
           -  Importance of Education.

Unit-II -  Co-relation with other subject of Home Science.

Unit-III -  Syllabus of Home Science education and Evaluation methods.

Unit-IV -  Current problems and Home Science education

References:

(1) Home Science Education – Anita Varma – 2007
(2) Home Science Education – Dipti Desai – 1992
(3) Various aspect of home science – Sumita jain – 2007
(4) Home Science Education – Dr. G.P.Shairy – 2007
(5) Home Science Education – Dr.S.P.Sukhiya – 1984

Web:

(1) en.wikipedia.org/wiki/education
(2) books.google.co.in/books
(3) www.ehow.com> education
FACULTY OF ARTS

Syllabus

SEMESTER 2

Subject: ________________________

HOME SCIENCE

Course (Paper) Name & No.: _______ ELE-1 _______ NUTRITION AND FOOD SCIENCE – II _______

Course (Paper) Unique Code: _______ 1601290301020100 _______

External Exam Time Duration: _______ 2 HOURS _______

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Objectives:

➢ To understand the function and rule of various nutrients, their requirements and the effects of deficiency.
➢ To develop the skills to prepare protein, vitamin, mineral, rich diet and improve the health of family.
➢ To enable the student to cure malnutrition under nutrition and over nutrition through rich sources food stuffs.

Theory:

Unit - I

✓ Meaning, definition of nutrition.
✓ Classification, function, and sources of carbohydrates.

Unit - II  Classification, function, sources and deficiency diseases of proteins.

Unit - III  Classification, function, and sources of fat.

Unit - IV  Functions, sources and deficiency diseases of vitamins.

1) Thiamine (Vitamin-B1)
2) Riboflavin (Vitamin-B2)
3) Niacin (Vitamin-B3)
4) Vitamin-C
5) Vitamin-A
6) Vitamin-D
Unit - V Functions, sources and deficiency diseases of minerals.

7) Calcium
8) Phosphorus
9) Iron

Practical:
4) To prepare protein rich dish
5) To prepare vitamin rich dish (Anyone)
6) To prepare mineral rich dish.

References
11) Swaminathan M.S. “Essentials of food and nutrition”-VI-1985
12) “Fundamentals of food and nutrition” –Nilam Bhudhhadeve and Bhvna Vaid, Pravin
     Pustak Bhandar – Rajkot-2004
13) Food Science- CFTRI-Mysare
17) B.K. Bakshi – “Ahar avam poshan vigyan” Agraval publishing
18) Dr. Snehlata “Nutrition status” Discovery publishing house- 2006
20) Chaney and Ross “Nutrition” Surgeet publication – 2007

Website:
1  http://www.innvista.com/health/nutrition/amo/pclass.htm
2  http://wiki.answer.com/foodandnutrition.com
3  http://www.helthyvitamin.choice.com/fatwater-somble.html
Subject: _______________________

HOME SCIENCE

Course (Paper) Name & No.: ELE-2 FAMILY AND COMMUNITY SCIENCE EDUCATION-II

Course (Paper) Unique Code: __________________________

1601290401020100

External Exam Time Duration: __________________________

2:30 HOURS

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Objectives:-

(3) To enable the student to acquire the knowledge and skills required for holistic understanding of the field of home science education

(4) Understand the widening concept of Home Science education

Theory:-

Unit-I - Meaning and Definition of Education.
- Importance of Education.

Unit-II - Co-relation with other subject of Home Science.

Unit-III - Syllabus of Home Science education and Evaluation methods.

Unit-IV - Current problems and Home Science education

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(6) Home Science Education – Anita Varma – 2007
(7) Home Science Education – Dipti Desai – 1992
(8) Various aspect of home science – Sumita jain – 2007
(9) Home Science Education – Dr. G.P. Shairy – 2007
(10) Home Science Education – Dr. S.P. Sukhiya – 1984

Web:-

(4) en.wikipedia.org/wiki/education
(5) books.google.co.in/books
(6) www.ehow.com> education
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Subject: HOME SCIENCE

Course (Paper) Name & No.: CC – 9 MEAL MANAGEMENT

Course (Paper) Unique Code: 1601290201030900

External Exam Time Duration: 2 HOURS

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Objectives:

This course will enable the student to -

1. Understand the concept of an adequate diet and the importance of Meal Planning.
2. Know the factors affecting the nutrient needs during the special condition like pregnancy and Lactation.

Theory:

Unit: I Meal Management
- Meaning.
- Definition.
- Importance.

Unit: II Factors which should be considered before planning meals.

Unit: III Nutrition and Meal planning during special condition.
- Pregnancy.
- Lactation.

Unit: IV Nutrition and Meal Planning for Adolescent Girl

Unit: V Nutrition and Meal planning for school going children (8 to 10 years).
Practical:

1. Meal planning for pregnant women.
2. Meal planning for lactating Mother.
3. Meal planning for Adolescent Girl.

References Books:

(2) Human nutrition and Diet – AridsonMolke, John and Fassmare.
(3) Essentials of Food and nutrition – Swaminathan M.S. 1985.
(4) Poshan evam Ahar Vigyan – Dr. G. P. Sherry

Web:

(1) http://wiki-answers.com/q/whatismealmanagement
(2) en.wikipedia.org/wiki/mealmanagement
(3) www.google.com/schoolgoingchildren
(4) www.google.com/nutritionforadolescentgirl
Objectives:

(1) To enable student to acquaint with the different textile and their Performance.
(2) Impart knowledge on different textile finishes.

Theory:

Unit: I
- Classification of fibers
- Manufacture and properties of -
  (a) Cotton and Linen.
  (b) Silk and Wool.
  (c) Rayon and Nylon.

Unit: II
yarn construction – meaning and types of yarn.

Unit: III
Weaves
- Meaning and types of weaves.
- Simple weaves and fancy weaves.

Unit: IV
Dyes
- Meaning and types of dyes.

Unit: V
Printing.
- Meaning and types of printing.
Practical:

(1) Identification test of textile fibers
(2) Types of Simple weaves.
(3) Simple dyeing and printing.

References Books:

(1) Textile and laundry works – Anand Sharma, Research Publication New Delhi.
(2) Textile & clothing – Niraj Yadav, Sanity Prakashan
(3) वस्त्र विज्ञान के मूल सिद्धान्त डॉ.जी.पी.शरीरी
(4) वस्त्र विज्ञान अवं धुऱाय कलाडो.श्रीमति बेला भार्गव
(5) वस्त्र विज्ञान के तत्त्व – Dr. Asha Jain & Dr. Nilima Malaiya, Agra.

Web:

(1) www.google.com\textile
(2) www.google.com\yarn
(3) www.google.com\weaving
(4) www.google.com\dyesandprinting
Objectives:

To enable students to

- Understand the widening concept of extension.
- Be aware of the extension models in practice and their scope in facilitating development.
- Feel strongly for the people without power and influence them to become partners in developing project and programs.

Theory:

Unit: I  Definition, Meaning, Importance, and method of Home Science Education and Extension

Unit: II  Quality of Home Science Extension Worker.

Unit: III  Characteristic of Urban and Rural Society.

(A) Characteristics of Urban Society.

1. Society varieties.
2. Fabricated relation among formal groups.
3. Lack of social tolerance.
4. Lack of social control.
5. Social mobility.
6. Voluntary groups.
7. Opportunity for specialized personality development.
8. Sectorization of areas.

(B) Characteristics of Rural Society.

1. Dominance of close relationships.
2. Effect of main business on life.
4. Simplicity and Economy.
5. Small group.
7. Lack of social mobility.
Unit: IV  Role of various welfare agencies in Urban & Rural prosperity.

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Unit: V  Hindrances in Rural Prosperity.

Practical:

(1) Prepare a dish for low cost and high nutritive value
(2) Prepare a waste from best sample for rural women
(3) Prepare a Embroidery work for rural women
   (A) Simple Embroidery work sample
   (B) Kashmiri Embroidery work sample

References Books:

(2) Dr. Bela Bhargav – 2002 – Parivarik Swastya and Samajik Kalyan.

Web:

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

Syllabus

SEMESTER 3

Subject: _________________________

HOME SCIENCE

Course (Paper) Name & No.: CC – 12 TIME & ENERGY RESOURCE MANAGEMENT

Course (Paper) Unique Code: 1601290201031200

External Exam Time Duration: 2:30 HOURS

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Objectives:

This course will enable the student to -

(1) Learn about different types of equipment used in the home.
(2) Learn way of maintaining equipment in good working condition.
(3) Use equipment in the best possible manner.

Theory:

Unit: I  House hold equipment
- Introduction.
- Importance.
- Classification/types of equipment.
- The factor effecting of using equipment.

Unit: II Different between traditional and modern household equipment.

Unit: III Any five house hold Non electrical equipment
- Principle.
- Working Method
- Maintenance.

Unit: IV Any five house hold electrical equipment
- Principle.
- Working Method
- Maintenance.
Unit: V Purchasing Art

- Meaning and definition of consumer, producter and cost
- Effecting factor of family purchasing.
- Some points keep in mind for effective purchasing.

References Books:

(1) “g<hl’lnljltc” Dr. Neha R. Shah
(2) “Asrkark sa2n VyvS4a” : છેં વેટળ - Dr. Kiran A. Raval, AtulPrakashan

Web:

(5) en.wikipedia.org/wiki/householdequipment
(6) www.google.com/householdequipment
(7) www.vilib.org
(8) www.housestuffworks.com
Subject: ______________________________

Home Science

Course (Paper) Name & No.: CC – 13 HEALTH & NURSING

Course (Paper) Unique Code: 1601290201031300

External Exam Time Duration: 2:30 HOURS

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Objectives:

(1) To learn about the importance of health.
(2) Providing basic information about the first aid.

Theory:

Unit: I Health and Nursing.

- Definition.
- Meaning.
- Importance.

Unit: II Characteristics of ideal nurse.

Unit: III Meaning of first Aid.

Importance of first Aid.

Unit: IV The common rules of first Aid

Unit: V First aid in some accidental condition.

- Snake Bite.
- Sinking.
- Burning.
- Nose bleeds.
- Burning and scalding.
References Books:

(1) “Sankramak Rogo” – Prem lata Trivedi.
(2) “Rogo And Aahar” – Darshana Anjaria.
(6) Community Health Science – Dr. J.I. Park & Dr. K. Park.

WEB:

(1) www.google.com/definationhealth.
(2) http://medicaldictionary.thefreedictionary.comcommunity+health+nursing.
(3) http://www.ask.com/question.about.importanceoffirstaid.
(4) http/www.wf.net/snake/firsbite.htm.
Subject: ___________________________________________

Course (Paper) Name & No.: ELE – 1 CLOTHING AND TEXTILE – I

Course (Paper) Unique Code: 1601290301030100

External Exam Time Duration: 2 HOURS

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Objectives:

(1) To enable student to acquaint with the different textile and their Performance.

(2) Impart knowledge on different textile finishes.

Theory:

Unit: I
- Classification of fibers
  - Manufacture and properties of -
    (a) Cotton and Linen.
    (b) Silk and Wool.
    (c) Rayon and Nylon.

Unit: II
yarn construction – meaning and types of yarn.

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4 वस्त्र विज्ञान अवं धुलायक लाडो.श्रीमति बेला भार्गव
5 वस्त्र विज्ञान के तत्त्व – Dr. Asha Jain & Dr. Nilima Malaiya, Agra.

Web:

1 www.google.com\textile
2 www.google.com\yarn
3 www.google.com\weaving
4 www.google.com\dyesandprinting
FACULTY OF ARTS

Syllabus

SEMESTER 3

Subject: ______________________________

Home Science

Course (Paper) Name & No.: ________________ ELE – 2 HEALTH & NURSING

Course (Paper) Unique Code: ________________ 1601290401030100

External Exam Time Duration: ________________ 2:30 HOURS

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Objectives:

(1) To learn about the importance of health.
(2) Providing basic information about the first aid.

Theory:

Unit: I Health and Nursing.
- Definition.
- Meaning.
- Importance.

Unit: II Characteristics of ideal nurse.

Unit: III Meaning of first Aid.
Importance of first Aid.

Unit: IV The common rules of first Aid

Unit: V First aid in some accidental condition.
- Snake Bite.
- Sinking.
- Burning.
- Nose bleeds.
- Burning and scalding.
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1  “Sankramak Rogo” – Prem Iata Trivedi.
2  “Rogo And Aahar” – Darshana Anjaria.
4  Community Health & Family Welfare – Dr. R. L. Sharma.
5  Public Health – Danial M Wilner Walkern & Goer Keltvouta.
6  Community Health Science – Dr. J.I. Park & Dr. K. Park.

WEB:

1  www.google.com//definationhealth.
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Objectives:

This course should enable the student to -

1. Understand the principles and Importance of food preservation
2. To gain knowledge on various food packing materials and its importance.

Theory:

Unit: I  Food Preservation
- Meaning.
- Definition.
- Importance of food preservation.

Unit: II  Methods of food preservation.

Unit: III  Food Packaging
- Meaning of Food Packaging
- Types of Food Packaging.
- Importance of Food Packaging

Unit: IV  Selecting criteria of packaging materials

Unit: V  Meaning of food preservatives.

→ Types of food preservatives and it's uses.
Practical:

(1) Jam
(2) Jellies
(3) Pickles
(4) Tomato Ketchup

References Books:

(7) Food preservation and Fancy cookery
(8) “Food processing and preservation”
    G. Subbulaxmi – Shobha A. Udipi.
(3) પાકશ્ય પરીક્ષણ માધ્યમક અનેલ પ્રારંભ ગુજરાત રાજય – ગામીન નગર

WEB:

(1) http://www.dummies.com/how.to/content/foodpreservation-method-canning
(2) http://en.wikipedia.org/wiki/foodpreservation
(3) http://wiki-answers.com/Q/what_are_the_aims_and_objectives_of_cooking_for_food
(4) http://www.cookeryindia.com/students/fp/cooking1.html
Objectives:

1. To acquaint with proper notion regarding choice of fabrics.
2. To develop skills in clothing construction.

Theory:

Unit: I  Sewing Machine.
- History of Sewing Machine.
- Types of Sewing Machine.
- Different part of Sewing Machine.
- Care of Sewing Machine.

Unit: II  Sewing Equipment.

Unit: III  Techniques of measurement
- Direct measurement
- Indirect measurement

Unit: IV  Sewing Techniques.
- Seams, Darts, Pleats, Tucks.

Unit: V  Smoking & Honeycomb works
Practical:

(1) Simple garment making (any two)
(2) Basic hand stitches of sewing (any six)
(3) Sample of seams, darts, pleats, tucks smoking & honeycomb (Any two).

References Books:

(9) Introduction to clothing – Vina Samani and others Rajkot.
(10) Dress Designing - Vina Samani and others Rajkot.
(11) Art of sewing – Anna Jacob, UBS PD, New Delhi.
(12) “वस्त्र विज्ञान के मूल सिद्धांत” – Dr. G. P. Shery.
(14) “सील्विंग मैंजिप्शियोलिय” – Nirmala mishtry.

Web:

(1) en.wikipedia.org/wiki/clothing
(2) www.google.com/sewingmachine
(3) www.manojpublications.com
Objectives:

- To impart knowledge about the extension education.
- Understand the widening field and important of extension education.

Theory:

Unit: I  Objective of education Extension
(1) Primary
(2) General
(3) Pragmatic

Unit: II  Principles of education Extension

Unit: III  Extension: Administration & Extension Organisation& Supervision.

(A) Meaning of Administration
   - Basic Principle of Administration
(B) Meaning of Extension Organisation
   - Technical Problems in Building of an Organisation
(C) Supervision in Extension Work

Unit: IV  Extension Training.

(A) Meaning & Definition of Training
(B) Importance of Training
(C) Types of Training
(D) Importance of Research in Extension Training
Unit: V  Home Science Extension.
- Role of Home Science in Rural Development.

Practical:

(1) Prepare one sample of fabric painting for rural teenage girl.
(2) Prepare a rich dish for rural woman.
(3) Prepare a children game.

Reference:

(1) “विस्तरण शिक्षणाचा मूळ तत्त्व”
"Dhiraj Dhakan and Kanak. D. Dhakan"

(2) गृह विज्ञान विस्तरणाचे प्रभाव, Meeta Rajpara, (Pravin Pushtak Bhandar)

(3) गृह विज्ञान शिक्षण, शंकुतला व्यास (वंदना पब्लिकेशन्स)

(4) गृह विज्ञान शिक्षण, डॉ. जी. पी. शरी आप्रवाल पब्लिकेशन्स

Web:

(1) www.cals.ncsv.edu/agexed/aee50/principles
(2) www.sosyalarastirmalar.com/ci/t1/sayi4/sayi4pdf/khali/-and-vapdf
(3) www.newagepublishers.com/samplechapter/001591pdf
Objectives:

(1) To know the important and classification of Disaster Management.
(2) Understand the role of NGO in disaster management.

Theory:

Unit: I Introduction of Disaster Management
- Meaning & Definition of Disaster Management.
- Characteristic & Importance of Disaster Management
- Classification of Disaster.
  (A) Natural disaster
  (B) Man made disaster
  (C) Other disaster

Unit: II Ecological Disaster in India

Unit: III Disaster Management: Forecasting, rumass and mythologies.
Disaster Management and Technologies
Disaster Management related some question

Unit: IV Disaster Management & Voluntary service organization.
- Role of V.S.O. in Disaster Management
- Some suggestion for V.S.O.

Unit: V Disaster Management Plan and Disaster Management Education.
References Books:

(1) Disaster Management
    Dr. R.J. Yadav, Nav Bharat Sathiya Mandir, Ahmedabad.

Web:

(1) www.google.com\Disaster Management
(2) www.infomine.usr.edu
(3) www.khoj.indiainfex\1&3india
(4) en.wikipedia.org\wiki\Disaster Management
Objectives:

(1) Understand the concept of health from the individual and community perspective.
(2) Understand the role of National and international organization in community health.

Theory:

Unit: I
- Family – Meaning, Definition and Importance.
- Community Health – Meaning and definition.
- Factor affecting on community health.

Unit: II Care of sick person at home
- Daily care, bed making, care of month bed (sponging) giving medicine protection of patient and nurse.

Unit: III National & International organization working for community health.
- Indian Red Cross Society
- Hindu Krushth Nivaran Sangh
- Indian Council for Child Welfare (ICCW)
- Bharat Seva Samaj
- Central Welfare Board.
- WHO (World Health Organization)
- UNICEF
- UNICEF in India

Unit: IV Current dangerous diseases:
- Swine flu, dengue, cancer, AIDS and T.B.
Reference:

1. Community Health and Family Welfare
   Dr. R. L. Sharma.

2. Community Health Science
   Dr. J. I. Park & Dr. K. Park.


WEB:
(1) www.google.com=...,communityhealth
(2) http://www.treatment.org.
FACULTY OF ARTS

Syllabus

SEMESTER 4

Subject: _____________________ HOME SCIENCE

Course (Paper) Name & No.: ELE – 1 CLOTHING AND TEXTILE – II

Course (Paper) Unique Code: 1601290301040100

External Exam Time Duration: 2 HOURS

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Objectives:

(1) To acquaint with proper notion regarding choice of fabrics.
(2) To develop skills in clothing construction.

Theory:

Unit: I  Sewing Machine.
- History of Sewing Machine.
- Types of Sewing Machine.
- Different part of Sewing Machine.
- Care of Sewing Machine.

Unit: II  Sewing Equipment.

Unit: III Techniques of measurement
- Direct measurement
- Indirect measurement

Unit: IV  Sewing Techniques.
- Seams, Darts, Pleats, Tucks.

Unit: V  Smoking & Honeycomb works
Practical:

(1) Simple garment making (any two)

(2) Basic hand stitches of sewing (any six)

(3) Sample of seams, darts, pleats, tucks smoking & honeycomb (Any two).

References Books:

1. Introduction to clothing – Vina Samani and others Rajkot.
2. Dress Designing - Vina Samani and others Rajkot.
3. Art of sewing – Anna Jacob, UBS PD, New Delhi.
4. “वस्त्र विज्ञान के मूळ सिद्धांत” – Dr. G. P. Shery.
6. “सीवलण भागगदलीकां” – Nirmala mishtry.

Web:

1. en.wikipedia.org/wiki/clothing
2. www.google.com/sewingmachine
3. www.manojpublications.com
Objectives:

(1) To know the important and classification of Disaster Management.
(2) Understand the role of NGO in disaster management.

Theory:

Unit: I
Introduction of Disaster Management
- Meaning & Definition of Disaster Management.
- Characteristic & Importance of Disaster Management
- Classification of Disaster.
  (D) Natural disaster
  (E) Manmade disaster
  (F) Other disaster

Unit: II
Ecological Disaster in India

Unit: III
Disaster Management: Forecasting, rumass and mythologies.
Disaster Management and Technologies
Disaster Management related some question

Unit: IV
Disaster Management & Voluntary service organization.
- Role of V.S.O. in Disaster Management
- Some suggestion for V.S.O.

Unit: V
Disaster Management Plan and Disaster Management Education.
References Books:

1. Disaster Management
   Dr. R.J. Yadav, Nav Bharat Sathiya Mandir, Ahmedabad.

Web:

1. www.google.com\Disaster Management
2. www.infomine.usr.edu
3. www.khoj.indiainfex\1&3india
4. en.wikipedia.org\wiki\Disaster Management
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Focus:

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

Objectives:

This course will enable the students to - 

1. Know the principles of diet therapy.
2. Understand the modification of normal diet for therapeutic purpose.
3. Understand the role of dietician.

Theory:

Unit – I

Meaning and definition of diet therapy.
- History of diet therapy.
- Importance of diet therapy.

Unit – II

Meaning of diet modification.
Objective of diet modification

Unit – III

Hospital Diets.
- Liquid diet
- Soft Diet
- Ligat Diet

Unit – IV

Diet for peptic ulcer patient.
Diet for diabetic patient.
Unit – V  Diet for heart disease patient.

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

References :-

(1) Nutrition in Health and Disease
    - Anderson. L. Dibble,  M.V. Turkki,
      P.R. Mitchell H.S. and Rynbergen.

(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 DexaSolanki.

Web:
(1) www.deittherapy.in
(2) www.hospital.diet
(3) www.dietindifferentdisease
Focus:
This course is designed to give the additional skill in garment sewing technique for the student.

Objectives:
- To understand Garment Sewing.
- To import an in-depth knowledge of style pattern making and Garment Sewing Technique.

Theory:

Unit – I  Tailoring Terminology and different attachment for different kinds of work.

Unit – II  Common faults during sewing.

Unit – III  Different methods of repairing clothes.
- Renovation
- Alteration

Unit – IV  Pattern making technique.
- Drafting.
- Paper pattern.
- Block pattern.
- Lay out.
Practical:

(1) Drafting and paper cutting advanced study of the figure, drafting by system should be taught for essential garments such as:
- Blouse
- Sari Petticoat
- Baba Suit

(2) Use of sewing machine will be allowed where necessary such as (Any Two):
- Salwar kurta.
- Night Dress.
- Baby Frock.

References:

(1) Modern pattern drafting and grooming for children clothing – Baroda.
(2) Basic process and clothing construction, New Raj Depot – New Delhi.
(3) कटिंग, टेलरिंग ड्रेस डीजाइनिंग बुटिक कोर्स, कृष्ण कुमार अग्रवाल, मनोज पब्लिकेशन, दिल्ली – ६

Web:
- google.com/garments sewing technique.
- google.com/tailoring terminology.
- google.com/pattern making technique.
- www.manojpublications.com
**FACULTY OF ARTS**

**Syllabus**

**SEMESTER 5**

**Subject:** ____________________________

**HOME SCIENCE**

**Course (Paper) Name & No.:** CC – 21__APPLIED ART

**Course (Paper) Unique Code:** 1601290201052100

**External Exam Time Duration:** 2 HOURS

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**Focus**:

This course emphasizes on developing skills in drawing and rendering and creating of art objects.

**Objectives**:

This course will enable the student to -

(1) Understand elements and principles of art and design.

(2) Develop skill in creating design and making art objects.

**Theory**:

**Unit – I**

Applied Art.

- Definition and meaning of Applied Art.
- Importance of Applied Art.

**Unit – II**

- Art and principles of Art.

**Unit – III**

Design

- Types of design.
- Factors consider to making design.

**Unit – IV**

Paper Arts.

- Paper Marbling
- Paper Mache
- Paper Collage
- Paper Card & Envelope
- Paper Origami.
Unit – V

- Wall & Floor designing.
  - Wall Designing of Kutch.
  - Floor designing by Alpana.
    - Meaning & Important of Alpana.
    - Variation in Alpana.

Practical:

(1) Types of Design (Any Four)
(2) Paper art (Any Four)
(3) Wall and Floor designing (Any Two)

References:

(1) Key Terms in Art & Design
    By Josh skill, Kibrook
    Press Brighton, South Australia

(2) કરાકોલામ
    by Hamel Bhatt – Azad Printers, Rajkot.

Web:-

(1) www.google.com
(2) en.wikipedia.org/design
(3) en.wikipedia.paperart>papermarbling
(4) www.google.papermache
(5) www.google.papercollage
(6) www.google.origami
(7) www.google.alpana
Focus:
This course intends to develop an understanding of planning residential space such as multipurpose room, various sizes of different room and its furniture arrangement.

Objectives:

(1) Gain knowledge in principles of planning various types of residential space.

(2) Develop the skill of drawing house plans, and furniture layouts.

(3) Understand the application of anthropometrics measurements in space designing for various activities.

Theory:

Unit – I House

- Importance of house
  - Objectives of house
  - Points to be considered during the selection of house.
Unit – II  Type of house.
- House on rent and its advantages and disadvantages.
- Self constructed house and its advantages and disadvantages
- Purchase of readymade house and its advantages and disadvantages

Unit – III  Factor affecting the cost of house.

Unit – IV  Financial aids provided by various institution for building a house.

Unit – V  Principles of house plan.
- Methods of measurement.
- Methods of arrangement of various rooms.

Practical  :
House plan
- To prepare I shape kitchen plan. ’I’
- To prepare L- shape kitchen plan. ‘L’
- To prepare U- shape kitchen plan ‘U’

References:-
(1) आवास : आंतररिक अने भाषा आयोजन
डॉ. बींडा गंगोत्रा, बनीषा शुक्ल अने अभी दीवेदीया
(2) गृह निर्माण एवं स्थान व्यवस्था
डॉ. बेतला लार्जव
(3) गृह निर्माण और गृह और गृह सज्जा
डॉ. सेलिबल
(4) आवास एवं गृह निर्माण व्यवस्था
डॉ. सुधा गोरवल

Web:-
(1) www.ehouseplans.com/geeneral-home
(2) En.wikipedia.org/wiki/listofhousetypes
(3) www.houseconstructiontips.com
(4) www.mortgagenewsdaily.com/7222005

71
Subject: ______________________

HOME SCIENCE

Course (Paper) Name & No.: CC – 23 HEALTHY MARRIED LIFE

Course (Paper) Unique Code: 1601290201052300

External Exam Time Duration: 2:30 HOURS

Name of Program | Semester | Course Group | Credit | Internal Marks | External Marks | Practical/ Viva marks | Total Marks
--- | --- | --- | --- | --- | --- | --- | ---
B.A. | V | CORE | 3 | 30 | 70 | - | 100

**Focus**: This course purposes to create awareness & appreciation for the role and functions of marriage as basic institutions. The dynamics of adjustment and contemporary problems and issues are to be critically analysed for developing better understanding of needs adjustment area and intervention strategies

**Objectives**:

1. Acquire knowledge and insights about the dynamics of contemporary marriage
2. Become acquainted with the concept goals and areas of adjustment in marital relationship

**Theory**:

Unit – I  Marriage

- The meaning of marriage
  - Definition of marriage.
  - Function of marriage.
  - Type of marriage.

Unit – II Criteria for choosing a life partner.
Unit – III  Fitness for marriage.

- Economic fitness.
- Emotional fitness.
- Sexual fitness.
- Reproductive fitness.
- General Health.

Unit – IV  Suggestions for marital success

- Ideal marriage.

References :

(1) Judson T. Landis & Murry G. Landis
“Building a successful marriage”

(2) Alphonse H. Clemens :
“Design for successful marriage”
(Prentice Hall, Inc, Englewood Cliffs, N.J. 1964)

(3) Stone H.M. & Stone A.S.
“A marriage Manual”
(Simon & Schuster Inc 1970)

(4) “જનીવધાળા અને દાંપતય નુ મનોવિશ્લેષણ”
લેખકો: પ.સ. વ.પ. શેને, ડો. બી. શેની. ક્રેયેકટર

(5) T.H. VandeVelde : “Ideal Marriage”
(Allied Publisher Pvt. Ltd. 2nd Edition Revised by Dr. MargetSmita 1965.)

(6) સાદ્ધ સાધ – દેશના આંશિકિતા પણ ધરતિયા

(7) લોખંડ કુલકા અને સમાયોજન – ધીરજ ધાકન

(8) લોખંડ કુલકા અને હળા ક્લાયારા – એ. એસ. વાબેલા અને એન. વી. મંડલિયા

(9) ક્રોસ કર્ણી સપ્તાહી ની સંગઠન – વનલાજ માલતી

Web:

(1) Wikipedia.org/wiki/marriage
(2) en.wikipedia.org/……/ideal marriage
(3) www.ispub.com/....../material_age
(4) www.merriam_webstor.com/dictionory/marriage
FACULTY OF ARTS

Syllabus

SEMESTER 5

Subject: ____________________ HOME SCIENCE
Course (Paper) Name & No.: CC – 24 TRAVEL TOURISM MANAGEMENT
Course (Paper) Unique Code: 1601290201052400
External Exam Time Duration: 2:30 HOURS

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Focus:
The focus is on providing exposure to travelling and tourism industry and give training for handling various jobs involved in this field.

Objectives:
To enable students to -
- Develop an awareness about tourism and its scope in India.
- Understand about various aspects of tourism and to develop various skills required for this trade.

Theory:

Unit – I
Meaning of Travel Tourism
- Definition of Travel Tourism.
- Importance of Travel Tourism.
- Job Opportunities for Women.

Unit – II
Travel Agency:
- Introduction about travel agency.
- Types of Travel Agency.
- How to open a travel Agency.
- Function of Travel Agent.

Unit – III
Different types of Transportation
- Road Transportation
- Rail Transportation
- Sea Transportation
- Air Transportation
Unit – IV  Introduction of Gujarat Tourism
- Tourist places of Gujarat.

References:
(1) Tourism Development and Management
* Mario D’souza
Mangal Deep Publication.

(2) Tourism and Hotel Management
* Pushpinder S. Gill
Anmol Publication Pvt. Ltd.

(3) ટ્રાલેર ટુયીજભ અને કમ્પ્યુટર અલેયાનેવ
- પિ. મનીજા જોમ. પણકર
- પિ. ભાવના ડી. રાજ્ય
પ્રીલી પુસ્તક સંકાર-સાંજીટ

Web :
- www.wikipidia.transportation.in
- www.wikipidia.tourismmanagement
- www.wikipidia.travelproducts
- www.wikipidia.tourismindia.in
# B.A. HOME SCIENCE SEMESTER – 6

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Objectives:

To make good nutrition way of life.
(1) To teach children about healthy eating and nutrition resources.
(2) To prevent deficiency related disease and obesity in child.

Theory:

Unit: I  Meaning of nutrition.  
Importance of child nutrition.

Unit: II  Meaning and of history of mal nutrition causes of meal nutrition in children.  
→ Causes of mal nutrition in children.

Unit: III  Disease due to malnutrition in children.  
Preventive measures for malnutrition.

Unit: IV  Nutrition for preschool children (1 to 4 years)  
Nutrition for school going children (5 to 12 years)

Unit: V  Healthy diet tips for children getting food in balwadi, anganvadi, midday meal, day school, school hostel, primary school. School lunch programme etc.
Practical:

1. Protein – calorie rich dish
2. Iron rich dish
3. All vitamins and all mineral rich dish

References:

(1) Journal of child nutrition and management – 2008 to 2015
(2) Maternal and child nutrition
(3) Child Nutrition – US national library of medicin – medline plus – 2014 – be the sda..
(4) “Good enough to eat” lizzy Rockwell – 2015
(5) Breakfast Lola.m.Schaefer, Ted Schaefer - 2015

Web:

1. http://school.nutrition.org/jcnm/
3. www.starthealthystayhealthy.in/
4. www.nestlenutrition_institute.org/
Focus:

This course is designed to give the skill in fashion designing and embroidery.

Objectives:

- To understand about fashion and fashion designing.
- To import an in-depth knowledge of embroidery and fancy work.
- To increase the knowledge about the boutique.

Theory:

Unit – I The Boutique
- Meaning of boutique.
- Selection of space/place for Boutique.
- Planning for boutique.

Unit – II Fashion Designing.
- Meaning and definition.
- Fashion cycle and fashion innovation.
- Importance of fashion
- Factors affecting fashion.

Unit – III Embroidery work.
- Meaning and importance
- Technique of Designing.
- Colour combination in embroidery work.
- Useful tools for embroidery work
- Care of embroidery work.
Unit – IV  Fancy work.
- Crosia work
- Tating work
- Mekram work.

Practical :

(1) Samples of Hand embroidery (Any three)
- Bullion stitch
- Double Lazy Daisy stitch.
- Long and short stitch.
- Chain filling stitch.
- Buttonhole stitch

(2) Samples of Fancy work. (Any two)
- Crosio work (Single/double0
- Tating work
- Mekram

References :

(1) Traditional embroidery of India
- Shailuja Naik, A.P.N. Publication, New Delhi.

(2) Indian Embroidery
- Chattopadhyay Kamala devi, New Delhi.

(3) Dress Designing.
- Vina Samani and other, Pravin Pustak Bhandar, Rajkot.

(4) Cutting, tailoring, Dress designing Boutique course
- Krishna kumar Agrawal, Manoj Publication, Delhi - 6.

(5) Embroidery and knitting
- Rasiklal Bhokaj, Ahmedabad.

Web:
(1) www.google.com/fashiondesigning
(2) www.google.com/embroidery
(3) www.google.com/maquarm
(4) www.google.com/tatingwork
(5) www.google.com/crosiowork
(6) www.manojpublications.com
FACULTY OF ARTS

Syllabus

SEMESTER 6

Subject: HOME SCIENCE

Course (Paper) Name & No.: CC – 27 COMMERCIAL ART

Course (Paper) Unique Code: 1601290201062700

External Exam Time Duration: 2 HOURS

Name of Program | Semester | Course Group | Credit | Internal Marks | External Marks | Practical/Viva marks | Total Marks
--- | --- | --- | --- | --- | --- | --- | ---
B.A. | VI | CORE | 5 | 30 | 50 | 20 | 100

Focus:
This course focuses on basic principles of art elements of design and appreciation of regional traditional and contemporary art in all aspects of living.

Objectives:
1. By the creative vision to produce creative sample at low cost.
2. Through the use of waste material and using the idea in extra time.

Theory:

Unit – I
Commercial Art.
- Meaning and Importance.

Unit – II
Bandhani and Batik
- Development.
- Process.
- Importance.

Unit – III
(A) Soft toys
(B) Candle making.
(C) Frame Work.
(D) Sea – shell work.

Unit – IV
Ornament & Bead work
- Artificial bead
- Wool and thread.
- Paper
- Ceramic and mud.

Unit – V
Job opportunity in commercial Art.
Practical:  
(1) Ornament/Bead work
(2) Bandhani/Batic
(3) Candle making and any one decorative frame.

References: -

(1) Key Tems in Art & Design  
By Josh skill. Klbrook  
Press Brighton, South Australia

(2) કરા કોળલ્મ  
by Hamal Bhatt – Azad Printers, Rajkot.

Web:

(1) En.wikipedia.org/wikicommercialArt  
(2) En.wikipedia.org/wikioranameats  
(3) www.google.com
Focus:
The course deals with the study of interior designing and the factors influencing furnishing, history of furniture, space organization for the residential interiors.

Objectives:
(1) Gain better understanding of the principles of interior designing.
(2) Provide adequate facility for work, rest, relaxation, comfort, privacy, maintenance and aesthetics etc… through interiors.
(3) Develop the skill of creating designs for furnishing items

Theory:
Unit – I
Furniture
(1) Importance and principles of furniture arrangement
(2) Importance and principles of home furnishing

Unit – II
Points to be considered during the purchase and arrangement of furniture.

Unit – III
Information regarding furniture and other arrangement in different rooms.
(1) Bed Room
(2) Children room.
(3) Drawing room.
(4) Dining room
(5) Kitchen

Unit – IV
(1) Type of furniture
(2) Maintenance of furniture.

Unit – V
Accessories of interior designing.
Practical:

1. To prepare a plan of bedroom on graph paper and explain it.
2. To prepare a plan of children room on graph paper and explain it.
3. To prepare a plan of drawing room on graph paper and explain it. (Indian and Western)
4. To prepare a plan of dining room on graph paper and explain it.

References:

1. कला के सिद्धांत एवं आंतरिक सज्जा
   डॉ. बेला शाळे
2. Interior Design:
   S.N. Chaudhari
3. गृह निर्माण एवं स्थान व्यवस्था:
   डॉ. बेला शाळे
4. गृह निर्माण ओर गृह सज्जा
   डॉ. सनेहलता

WEB:

1. furniture.about.com/home/furniture/decorating
2. onlinelibrary.wiki.com/….>computergraphicsforum>vol.28
3. en.wikipedia.org/wiki/listoffurniture
4. www.fromeydesigncenter.com/pdf/furniture.carepdf
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 analysed for developing better understanding of needs adjustment areas and intervention strategies.

Objectives:

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

Theory:

Unit – I
The family
- Definition.
- Functions
- Types

Unit – II
- Characteristics of family
- Family life cycle.

Unit – III
A marriage life as a process of adjustment.
- In law relationship
- Emotional adjustment
- Sex adjustment

Unit – IV
Family Planning.
- The meaning of family planning.
- Importance of family planning.
- Method of Family planning.
  (1) Cervical
  (2) Diaphragm
  (3) Intrauterine Device
  (4) Condoms
(5) Contraceptive pills
(6) Spermicides
(7) Withdrawal

References :

(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) जनित्रवता अने दंपत्यनु मनोविकल  
लेखक: (1) प्र. सी. वी. डे
(2) प्र. भी. धे. कॉनेक्टर  
(3) प्र. योजनेन्या. बुध

(5) लज्ज, दुःख अने समायोजन – धीरज धकान

(6) Havelock Ellis  
“Psychology of Sex”  
(A Manual for student – 1957)

(7) लज्ज, दुःख अने बाण काहद्या  
(1) व. ईस. वाथेला  
(2) वेन. वी. मांडलीया

(8) केल्या कर्त्ते सप्तपदीनो संगाळ्य – धनराज माळवी

Web:  
(1) en.wikipedia.org/wiki/family  
(2) www.amazon.com/sexual/adjustment  
(3) en.wikipedia.org/wiki/familyplanning  
(4) marriage.about.com…>pointsofconflicts>inlaw
FACULTY OF ARTS

Syllabus

SEMESTER 6

Subject: ______________________________ HOME SCIENCE _______________________

Course (Paper) Name & No.: __________ CC – 30 __________ HOTEL MANAGEMENT __________

Course (Paper) Unique Code: _______________ 1601290201063000 ________________

External Exam Time Duration: _______________ 2:30 HOURS ________________

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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.

Objectives:

(1) Understand the Organizational procedures of the Front Office.

(2) To acquire skills in personnel management.

(3) To become aware of the different areas and function of Housekeeping department.

(4) To develop and acquire skills in Housekeeping activities.

Theory:

Unit – I History of hotel industry.
Type of Hotels.

Unit – II Meaning of front office.
Planning equipment and furniture for the Front office.

Unit – III Duties of Front office staff.

Unit – IV Meaning of House/Housekeeping Department
- Different section of Housekeeping Department.
- Staff duties and Co-ordination with other Department.
References :-

(1) Travel Tourism and computer awareness

(2) Hotel front office Training Manual.

(3) Tourism and Hotel Management
    - PushpinderS.GillAnmol Publication Pvt. Ltd.

(4) The Art of serving

Web :-

(8) www.hotelindustry.com
(9) www.housekeeping.in
(10) www.hotelequipments.in