SAURASHTRA UNIVERSITY

RAJKOT

HOME SCIENCE DEPARTMENT

SYLLABUS OF HOME SCIENCE

FOR

UNDER GRADUATE COURSES

F.Y.B.A. (HOME SCIENCE)

AS PER CHOICE BASED CREDIT SYSTEM (CBCS)

( IN FORCE FROM JUE – 2010 )
FIRST YEAR BACHELOR OF ARTS (HOME SCIENCE)

SEMESTER – I

Paper No. 101   INTRODUCTION TO FOOD NUTRITION.
Paper No. 102   INTRODUCTION TO HOME MANAGEMENT.
Paper No. 103   INTRODUCTION TO HOME SCIENCE EDUCATION.

PUNAM KA CHAND "RANGO"KI "DOLI", CHAND SE"USKI" "CHANDNI" BOLI "KHUSHIYON" SE "BHAR" DE SABKI JHOLI, MIBARAK HO AAPKO YE "HOLI".

Paper No. 104   INTRODUCTION TO CHILD DEVELOPMENT.

SEMESTER – II

Paper No. 201   PRINCIPLES OF FOOD AND NUTRITION.
Paper No. 202   PRINCIPLES OF RESOURCES MANAGEMENT
Paper No. 203   HOME SCIENCE EDUCATION AND EXTENSION.

Paper No. 204   MOTHER CRAFT & CHILD CARE.
Objectives:
This course will enable the student to:

- Understand the functions of food and learn about the structure, composition, nutritional contribution and selection of different foodstuffs.
- Be familiar with the different methods of cooking, their effects on nutrients.
- If also assists to understand the various disease, which occurs due to malnutrition, under nutrition and over nutrition.
- If also assists to understand the various disease, which occurs due to malnutrition, under nutrition and over nutrition.
- To develop ability to prepare low and high calorie diet

Theory:

Unit - I

(A) Functions of Food.

(B) Classification and nutritional contribution of food stuff or commodities.
   (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 – II
(A) Advantages of cooking.
(B) Methods of cooking.
(C) Their effect on nutrients.
   (1) Boiling.
   (2) Steaming.
   (3) Roasting.
   (4) Frying.
   (5) Baking.
   (6) Solar cooking.

Unit – III
(A) What is good nutrition?
   - Characteristics of good nutrition.
(B) What is malnutrition and under nutrition?
   - Characteristics and causes of malnutrition and under nutrition.
(C) What is over nutrition?
   - Effect of over nutrition on body.

Unit – IV
(A) Definition of energy
(B) Types of colorimetry. (Direct, Indirect)
(C) Determination of energy value of food.
(D) Factors affecting on calorie requirements.
(E) Calorie values of different foods.
(F) Effects of low and excess calorie on body.
Practicals :-

(1) To prepare a dish by using anyone cooking method.
(2) To prepare low calorie dish
(3) To prepare high calorie dish.

References :-

(3) Food selection and preparation : Sweetman and mekeller.
(4) Human Nutrition and Diet : Aridson, Molke John and Fassmare.
(5) Nutritional improvement of life : Sherman.
(10) Swaminathan M.S. (1985) Essentials of food and nutrition VI.
> **Objectives:**

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

> **Theory:**

**Unit - I**  
**Family resources:**

- Classification of resources.
  
  (A) Human resources.
  (B) Non human resources.

- Characteristics of resources.

**Unit - II**  
**Time management:**

- Definition of time management.

- Importance of time management.

- Basic steps in time management.

- Process of time management.
  
  (A) Planning.
  (B) Controlling.
  (C) Evaluation.

**Unit - III**  
**Energy management:**

- Importance of energy management.

- Process of energy management.
  
  (A) Planning.
(B) Controlling.
(C) Evolution.

**Unit - IV**  **Simplification of work :-**

- Methods of simplification of work.
  
  (A) Pathway chart.
  (B) Process chart.
  (C) Operation chart.

**Unit - V**  **Money management :-**

- Definition of income.
- Importance of income.
- Types of income.
  
  (A) Money income.
  (B) Real income.
  (C) Physical income.

**Unit - VI**  **Budget of family :-**

- Importance of budget.
- Basic steps of budget.
  
  (A) Planning.
  (B) Controlling.
  (C) Evaluation.

- Factors affecting of budget.

> **PRACTICALS** :

(1) One month budget planning for a family.

(2) Time and energy saving household equipments.
  
  (A) Oven   (B) Washing Machine   (C) Vacuum cleaner   (D) Solar cooker.

(3) Places for Savings.
  
  (A) Bank   (B) Post Office   (C) LIC.
> **References** :

1. Ruth E. Deacon, Francille M, Firebaugh (1975), Family recourse 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. Shaity – 207 Household management and household art.


8. Dr. Kiran Raval – 208 – An art of effective. recourses management.

9. Dr. Smt. – Bela Bhargav – 2000 – Gharelu Budget. and energy management.

F.Y.B.A. (Home Science) Semester – II
HOME SCIENCE EDUCATION AND EXTENSION

Paper No. 203

Theory  = 50 Marks
Practical = 20 Marks.
Internal  = 30 Marks

> **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**  Meaning, importance and methods of Home Science education and extension :-

**Unit - II** Time management Function and qualities of Home Science extension worker:-

**Unit - III** Characteristics of urban and rural society :-

(A) Characteristics of Urban Society.

(1) Society varieties.
(2) Fabricated relations 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.
(3) Lack of experience & specification.
(4) Simplicity and Economy
(5) Small group.
(6) Less difference.
(7) Lack of social mobility.
Unit - IV  Role of various welfare agencies in Urban & Rural prosperity :-

(A) Urban Welfare agencies
National Agencies  International Agencies.

(ICMR)  (WHO)  (Sahakari Mandali)
(ICNNDS)  (UNO)  (Mahila Mandal)
(CFTRI)  (UNESLO)  (Yuth club)
(NIN)  (UNICEF)  (Panchayat).

(B) Rural Welfare agencies.

Unit - V  Hindrances in Rural prosperity :-

>PRACTICALS :

(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 :

(2) Dr. Bela Bhargav – 2002 – Parivarik Swastya and Samajik Kalyan .
(4) Prof. Mahendrakumar J Rao – 1966 – Bharatni Samajik Sanstha
(6) Rogers, Alan – 1989 – Teaching methods in extension education for
development, Westwood Row England – Woodmans..
organization.
(9) Oakley, Pater and Devid, Marsden (1984) – approaches to participation in
> **Objectives:**

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.

> **Mother Craft & Child Care**

**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.
- Care of a pregnant mother or Antenatal Care.

**Unit : IV**  
**Prenatal Development & Neonate:**
- Stages of prenatal development.
- Characteristics of neonate.
- Classification of neonate.
- Immediate care of newborn.
- Care of premature infant.

**Unit : V  Child rearing practices :**

- Areas of child rearing.
- Feeding
- Weaning
- Clothing
- Toilet training
- Teething

**Unit : VI  Care of Baby Health & Immunization :**

- Immunity & Immunization.
- Immunization schedule for prevention of major infections diseases.
- Various vaccinations against infections diseases.
- Factors considered while immunization.

> **Practicals :**

1. Toys making
2. Cartoon making
3. Prepare the national immunization

> **Reference Books :**

5. Matrukala avm Shishukalyan (Hindi), Mrs. Brindashih, Shayam Prakashan, Jaipur.
F.Y.B.A. (Home Science) Semester – I
INTRODUCTION TO HOME SCIENCE EDUCATION

Paper No. 103

Theory = 50 Marks
Practical = 20 Marks.
Internal = 30 Marks

> 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 - disiadvantage)
2. Laboratory method - (advantages - disiadvantage)
3. Discussion method - (advantages - disiadvantage)
4. Demonstration method - (advantages - disiadvantage)
5. Project method - (advantages - disiadvantage)
6. Assignment method - (advantages - disiadvantage)

Unit : III Teaching Aids of home science education:

- Black board - Radio - Television
- Bulletin board - Record player - Film
- Showcase display
- Flash card
- Poster
- Pictures
Unit : IV Qualities of home science ideal teacher :
1. General qualities.
2. Special qualities.
3. Personal expertise.

Unit : V Job Opportunities in home science education :

> Practicals :
1. Prepare flash card
2. Prepare bulletin board
3. Prepare poster

> Reference :
5. Dr. S.P. Sukhiya  1984 - Home science educations.
> **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 Introduction to Child Development :**
- Definition and scope.
- Objectives of child study.
- Importance of child development.

**Unit : II Growth and Development :**
- Meaning of growth & development.
- Difference between growth & development
- Principles of development.

**Unit : III Areas of Development :**
- Physical development
- Mental development
- Social development
- Emotional development
- Motor development
Unit : IV  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 Books** :

5. Matrukala avm Shishukalyan (Hindi), Mrs. Brindashih, Shayam Prakashan, Jaipur.
F.Y.B.A. (Home Science) Semester – I
CREATIVE ART

Elective – I

<table>
<thead>
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<th>= 50 Marks</th>
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<td>Practical</td>
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<td>Internal</td>
<td>= 30 Marks</td>
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> **Objectives:**

1. To give platform to the student's inner creative ability.
2. For the understanding of principles and importance of Art.
3. To aware the student's by collaborative work of home and Art.

> **Theory:**

**Unit : I Meaning of Arts :**
- Definition and development.
- Principles of Art.
- Importance of Creative Arts in home science.

**Unit : II Bandhani**
- Bandhani and Batik.
- Development
- Process
- Importance

**Unit : III Flower Making :**
- Cotton satin
- Paper
- Stocking
- Valvet
- Wool
- Flour
- Dry Flour
Unit : IV Ornaments :
- Artificial beads.
- Wool and thread
- Paper
- Siramic / Mudd.

> Practicals :
1. Bandhani & Batik
2. Flower making
3. Ornaments.

> References :
Objectives:
1. To aware the student up the making variety of food of various states of India.
2. To make the awareness among the student by the importance of social & cultural life of the different stats.

Theory:
Unit: I Introduction and Importance of Food:
- Food of Gujarat
- Food of Rajasthan
- Food of South India
- Food of Bangal
- Food of Panjab

Unit: II Serving method & different state of India:

Practicals:
1. Gujarati recipes
2. Rajasthani recipes
3. South Indian recipes
4. Bangali recipes
5. Panjabi recipes
> References:

1. Madrasy Vangio - by Madhu Shala, Nayana Shah, Published by - Amee Publication - Ahmedabad.
F.Y.B.A. (Home Science) Semester – II
APPLIED ART

Elective – I
Theory = 50 Marks
Practical = 20 Marks.
Internal = 30 Marks

> Objectives:

1. Through the two or more experience of Art Create a new applied work.
2. By the creative vision to produce decorative semples at lower cost.
3. Through the use of west material and using the idea in extra time.

> Theory:

Unit: I  Different type of applied work:
- Paper marbling
- Candle making
- Soft toys making
- Making greeting card.

Unit: II  Different types of siramic work:
- Pot work
- Tiles work
- Frame work
- Mirror work

Unit: III  Different type of fabric painting:
- Brush painting
- Finger & Thumb painting
- Thread painting
- Embose painting
- Colour painting.

Unit: IV  Different types of Rangoli:
> Practical:

1. Siramic work
2. Fabric painting
3. Paper marbling
   - Candle making
   - Soft toys
   - Greeting cards

> References:

OBJECTIVES:
1. To make aware the students through different types of Global Receipies.
2. For the participant & to developed interest through the importance of food of Global Culture and Social life.

THEORY:
Unit : I Introduction and Importance of International Food:

Unit : II Different types of International Food:
- Chines food
- Maxican food
- Thai food
- Italian food

Unit : III Basic table setting and Western serving methods:

PRACTICALS:
1. Chines food
2. Maxican food
3. Thai food
4. Italian food
> **References:**

F.Y.B.A. Home Science Semester – I

INTRODUCTION TO FOOD AND NUTRITION

Paper No. 101

Theory = 50 Marks
Practical = 20 Marks.
Internal = 30 Marks

Objectives: This course will enable the student to –

- Understand the functions and role of various nutrients, their requirements and the effects of deficiency.
- To develop an ability to improve the nutritional quality of food.
- To develop an ability to cure deficiency diseases and to maintain the health of family and nation.

Theory:

Unit – I

- Meaning of food and nutrition
- Definition of food and nutrition
- Objectives of food and nutrition
- Importance of food and nutrition

Unit - II

- Classification, functions, sources of carbohydrate.

Unit - III

- Classification, functions and sources of fat.

Unit - IV

- Classification, function, sources, recommended dietary allowances and deficiency diseases of protein.

Unit - V

- Classification, functions, sources, recommended dietary allowances and deficiency diseases of water soluble vitamins like - vitamin B1, B2, B3 and Vitamin C
Unit – VI
- Classification, functions, sources, recommended dietary allowances and deficiency diseases of fat soluble vitamins like Vitamin A, D, E and K.

Unit – VII
- Classification, sources, functions, recommended dietary allowances and deficiency diseases of minerals like calcium, phosphorus and iron.

Practical :

(1) To prepare protein rich dish.
(2) To prepare vitamin rich dish. (anyone)
(3) To prepare mineral rich dish. (anyone)

References :


(2) Nutritional disorders and community health by Padmini Gupta and Ruchi Thakkar Pointer publishers - Jaipur - 2003


(6) Fundamental of food and nutrition - Nilam Budhhadave and Bhavna Vaid - Pravin Pustak Bhandar - Rajkot, 1st Ed. 2004


(8) "Food Science" CFTRI - Mysore

(9) Nutrition and food science - Dr. Vimaleshkumari Discovery Publishing house - New Delhi - 2006
F.Y.B.A. Home Science Semester – I

INTRODUCTION OF HOME MANAGEMENT

Paper No. 102 Theory = 50 Marks
Practical = 20 Marks.
Internal = 30 Marks

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
  - Importance of planning
  - Types of planning
  - Steps of planning

(B) Controlling
  - Steps of controlling
  - Steps for success

(C) Evaluation
  - Importance of Evaluation
  - 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
- Type of decision
- Process of decision making

**Practicals** :
1. Poster making.
2. Flower arrangement
3. Sewing various types of curtains.

**References** :
6. Dr. G.P. Shairy – 2000 – Household management and household art.
7. Dr. G.P. Shairy – 2007 – Household management and household art.
SAURASHTRA UNIVERSITY
RAJKOT

SYLLABUS OF HOME SCIENCE
FOR
UNDER GRADUATE COURSES
SECOND YEAR B.A.
(HOME SCIENCE)

AS PER CHOICE BASED CREDIT SYSTEM
(CBCS)
(IN FORCE FROM JUNE – 2011)
## SECOND YEAR BACHELOR OF ARTS

### (HOME SCIENCE)

#### SEMESTER – III

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#### SEMESTER – IV

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Examination structure

Theory :-  2.00 Hours

(1) Type of Question
   (A) MCQ          -  15
   (B) Long question -  02
   (C) Short Question -  01

(2) Mark of Question -
   (A) MCQ          =  1 Mark
   (B) Long Questions = 15 Marks
   (C) Short Question =  5 Marks.

Practical -  2.15 Hrs.

(1) Practical work = 15 Marks.
(2) Viva          =  5 Marks.
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
- Meaning.
- Definition
- Importance

Unit – II
- Principles of Meal Planning.
- Factors which should be considered before planning meals.

Unit – III
- Nutrition and Meal Planning during special condition.
- Pregnancy
- Lactation

Unit – IV
- Nutrition for school going children (8 to 10 years)
- Meal Planning for obesity.

Practical:

1. Planning the meals for pregnant women
2. Planning the meals for lactating women
3. Any two protein rich recipe for school going child.

References:

1. Nutritional Management in health & Disease
   Heena Shah and Daxa Solanki – Rajkot.

2. Human nutrition and Diet – Aridson Molke, John and Fassmare

3. Essentials of Food and nutrition – Swaminathan M.S. 1985

4. 5MQF6 ^J VFCFZ IJ7FG v Dr. G.P. Sherry
Paper No. 306
Home Science Education

Theory : 50 Marks
Practical : 20 Marks
Internal : 30 Marks.

Objectives :

(1) To enable the students 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.

Practical : Write any one assignments about theory

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
Objectives:
- To acquaint with proper notion regarding choice of fabrics.
- To develop skills in clothing construction.

Theory:

Unit – I
- Sewing Machine.
- History of sewing machine
- Types of sewing machine
- Different part of sewing machine.
- Core of sewing machine.

Unit – II
- Sewing Equipment.

Unit – III
- Techniques of measurement
- Direct Measurement
- Indirect Measurement.

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

Practical:
(1) Simple garment making (any two)
(2) Basic hand stitches of sewing (any six)
(3) Sample of seams, darts, pleats and tucks (any two)

References:
(1) Introduction to clothing – Vina Samani and others Rajkot.
(2) “” – Nirmala Mistry
(3) Dress Designing – Vina Samani and others Rajkot.
(4) Art of sewing :- Anna Jacob, UBS PD, New Delhi
(5) “J:+ IJ7FG S[ D}, l;wWF\T” – Dr. G.P. Shery.
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

Unit – II
Any five house hold Non electrical equipment.
- Principle.
- Working Method
- Maintenance.

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

Unit – IV
The factor effecting of using equipment.

Practical:

1. List of House Hold equipment.
2. Use of any two electrical equipment.
3. Use of any two non electrical equipment.

References:

1. "" – Neha Shah
2. "": Eak Kala - Dr. Kiran A. Raval
   Dr. Neha R. Shah, Atul Prakashan.
Paper No. 309
Health and Nursing.

Theory : 50 Marks Practical : 20 Marks
Internal : 30 Marks.

Objectives :

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

Theory :

Unit – I Introduction of Health and Nursing.
- Definition and meaning of Health
- Importance of Health

Unit – II - Characteristics of ideal nurse.

Unit – III First Aid
- Meaning of First Aid
- Importance of First Aid.

Unit – IV First aid in some accidental condition.
- Snake bite
- Sinking
- Burning.
- Nosebleeds
- Facture.

Practical :
(1) First Aid
(2) Pulties
(3) Use of thermometer.

References : -
(1) “Sankramak Rogo” – Premlata Trivedi.
(2) “Rogo And Aahar” – Darshna Anjaria.
(3) The A-2 of First Aid. – Ian Andrews Blize Edition
(6) Community Health Science – Dr. J.I.Park & Dr. K. Park.
Elective – III

Introduction to bakery and confectionery

Theory : 50 Marks  Practical : 20 Marks
Internal : 30 Marks.

Objectives : This course will enable the students to -

(1) Understand basic concepts of baking.
(2) Acquaint with the role of various major and minor ingredients in bakery products.
(3) Familiarize with backing process and operations.
(4) Learn the quality parameters of bakery products.

Theory :

Unit – I
Introduction to bakery and confectionery - Aims and objectives.

Unit – II Various ingredients and their function in baking.
- Wheat Flour
- Sugar
- Egg
- Fat
- Milk products
- Enzymes
- Leavening Agents.

Unit – III Method of preparing
- Variety of baked products
- Biscuit
- Cake
- Cookies.

Practical :
(1) Preparation of Biscuit
(2) Preparation of sponge cake
(3) Preparation of cookies.

References :
Objectives:
To enable the students to –
(1) Improve the skill in garment making.
(2) Import more elaborate skills.
(3) Equip them with the techniques.

Theory:

Unit – I - Importance of sewing.

Unit – II - Equipment of sewing.

Unit – III - Sewing machine
Type, part and its care.

Unit – IV - Techniques of measurement.

Practical:

(1) Sewing techniques
- Basic stitches.
- Seams.

(2) Garments construction.
Drafting, cutting and stitching of simple garment (any five)
(1) Baby Frock, Sun suit, ramper
(2) Bush shirt, knickers, petticoat.

References:

(1) “Sivan Margdarshika” – Nirmala Mistry.
(2) Art of Sewing :- Anna Jacob, UBS PD, New Delhi
(3) Dress Designing. – Veena Samani and others, Rajkot.
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 it's importance.

Theory:

Unit – I
- Introduction to Food preservation.
- Definition
- Importance
- Principles.

Unit – II
- Method of Food Preservation.

Unit – III
- Food packaging.
- Aims, types and importance.
- Selecting criteria for packaging materials.

Unit – IV
- Aims and objectives of cooking foods.

Practical:

1. Jam
2. Jellies
3. Pickles
4. Tomato Ketchup

References:

1. Food preservation and Fancy cookery
   Prof. Kamalamani R. Rao and Prof. Heena S. Raval.
2. “Food processing and preservation”
   G. Subbulaxmi – Shobha A. Udipi.
Objectives:

(1) To impart knowledge about the extension education.
(2) Understand the widening field and important of extension education.

Theory:

Unit – I
- Extension Education.
- Definition & meaning of extension education
- importance

Unit – II
- Objective of Extension education
- Primary
- General
- Pragmatic

Unit – III
- Fields and importance of extension education.

Unit – IV
- Characteristics of extension workers.

Practical:

Any one assignment from the curriculum.

References:

(1) “Dhiraj Dhakan and Kanak D. Dhakan.

(2) Meeta Rajpara, Pravin Pustak Bhandar.
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
  (b) Silk
  (c) Rayon

Unit – II - Weaves
- Meaning and types of weaves.
- Simple weaves and fancy weaves.

Unit – III - Dyes
- Meaning and types of dyes.

Unit – IV - Printing
- Printing and types of printing.

Practical:

1. Identification test of Textile fibers
2. Types of Simple weaves.
3. Simple dyeing and printing.

References:

2. Textile and clothing. – Nirja Yadav, Sanity Prakashan.
3. Dr. Asha Jain & Dr. Nilima Malaiya, Agra.
Objectives:

1. To know the importance 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.
- Chara & Importance of Disaster Management
- Classification of Disaster
  (A) Natural Disaster
  (B) Man made Disaster
  (C) Other Disaster.

Unit – II: Disaster Management Plan.
- Disaster-wise plan
- Phase-wise Plan
- Level-wise Plan.

Unit – III: Disaster Management & Voluntary service organization.
- Role of U.S.O. in Disaster Management
- Some suggestion for U.S.O.

Unit – IV: Disaster Management Education.

Practical:

Any one assignment from the curriculum.

References:

1. Disaster Management
   Dr. R.I. Yadav, Navbharat Sahitya Mandir, Ahmedabad.
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 mouth bed bath (sponging) giving medicine protection of patient and Nurse.

Unit – III
- National & International organization working for community health.
  - Indian Red cross Society.
  - Hindu Kushth Nivaran Sangh
  - Indian council for child welfare (ICCW)
  - Bharat Seva Samaj.
  - Central Welfare Board.
  - WHO (World Health Organization)
  - UNICEF
  - UNICEF in India.

Unit – IV
- Aids and T.B.
Practical:

(1) Bed making
(2) Food of patient.
   (A) Liquid Diet.
   (B) Semi Liquid diet.
   (C) Soft diet.
(3) Types of bandages.

References:

(1) Community Health and Family Welfare.
    Dr. R.L. Sharma,
(2) Community Health Science.
    Dr. J.I. Park & Dr. K. Park.
(3) Public Health – Daniel M Wilner.
Elective - IV

Fundamentals of Bakery and confectionary

Theory : 50 Marks  Practical : 20 Marks
Internal : 30 Marks.

Objectives : 
This course will enable students to

1. Acquire ability to prepare different types of bakery and confectionary
2. Learn quality characteristics and evaluation of ingredients and its products.
3. Get an exposure to the preparation of different bakery products.

Theory :

Unit – I 
Baking Process :
- Basic concepts
- Dough mixing
- Dividing.
- Moulding.
- Panning
- Proofing
- Baking.

Unit – II 
Methods of preparing bread, Pizza, pastries.

Unit – III 
- Sensory evaluation of bakery products :
  - Qualitative changes during different units operations and quality control.

Practical :
(1) Preparation of bread
(2) Preparation of Pizza
(3) Preparation of cookies.

References :-

(1) Kent, N.L. (1975) Technology of cereals with special reference to wheat, pergamon press, New York, USA
(2) France, W.J. the student technology of bread making and flour confectionery. Routledge and Kegan Paul Ltd. Landon, U.K.
(3) Technology for the materials of baking Elsevier science publishers, barking England.
(5) Bakery – Vigyan and Udyog
  M.K. Kamaliya, K.B. Kamaliya
  L.R. Deumal and Co. Baroda.
Elective - IV
Indian Embroidery

Theory : 50 Marks
Practical : 20 Marks
Internal : 30 Marks.

Objectives :

(1) To develop taste in Embroidery
(2) To import skill in hand Embroidery.

Theory :

Unit – I  Fundamental of Embroidery
- Meaning
- Importance
- Care.

Unit – II  Equipment for embroidery.

Unit – III  Technique of designing.

Unit – IV  Study of the types of various embroidery in India like
- Kashida of Kashmir and Bhiar
- Kantha of Bengal, Kasuti of Karnataka
- Embroidery of Kutch and Kathiavads
- Phulkari of Punjab Chikankari of Lucknow.

Practical :

(1) Making samples of traditional embroidery of India (in five)
(2) Preparation of two consumer items using embroidery.

References :-

(1) Indian Embroidery its variegated charm Pandit Savitri (1975)
    Faculty of Home Science, Baroda.

(2) The Romance of Indian Embroidery Dongerkery S. Thocket
    Co. Ltd. Mumbai

(3) Creative Embroidery Designs – Idonesia Publication.
THIRD YEAR BACHELOR OF ARTS

(HOME SCIENCE)

SEMESTER – V

Paper No.  510  ELEMENTARY PHYSIOLOGY
Paper No.  511  APPLIED ART.
Paper No.  512  GARMENT SEWING TECHNIQUE
Paper No.  513  HOTEL MANAGEMENT
Paper No.  514  HEALTHY MARRIED LIFE.
Paper No.  515  FAMILY HOUSING

SEMESTER – VI

Paper No  610  DIET THERAPY.
Paper No  611  COMMERCIAL ART
Paper No  612  FASHION DESIGNING & EMBRODIERY
Paper No  613  TRAVEL TOURISM MANAGEMENT
Paper No  614  HEALTHY FAMILY AND FAMILY PLANNING.
Paper No.  615  INTERIOR DESIGN.
Examination structure

**Theory :- 2.00 Hours**

1. **Type of Question**
   - (A) MCQ - 15
   - (B) Long question - 02
   - (C) Short Question - 01

2. **Mark of Question**
   - (A) MCQ = 1 Mark
   - (B) Long Questions = 15 Marks
   - (C) Short Question = 5 Marks.

**Practical - 2.15 Hrs.**

1. **Practical work** = 15 Marks.
2. **Viva** = 5 Marks.
Focus:

This foundation course has been structured to provide information about the functioning of the human body in health. Further, it also proposes to expose the students to some important biological hazards to human health.

Objectives:

This course will enable the student to -

(1) Understand the physiology of human body..
(2) Understand the composition and role of different system of human body.

Theory:

Unit – I - Digestive System.
Unit – II - Respiratory System
Unit – III - Cardiovascular System.
- Blood functions, composition and blood group.
- Structure and functions of heart.
Unit – IV - Excretory System

Practical:

Write any one assignment about your theory topic.

References:

(1) Anatomy and Physiology
   - Dr. Lakshmikant and Dr. Gunashvar Singh, Jaipur.

(2) XZLZ IS|IF IJ7FG v Z\HLT SMZ ;gW] VH]"G 5la,IX\U CFp;
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.
  - Important of Applied Art.

Unit – II
- Art and principles of Art.

Unit – III
- Design
  - Types of design.
  - Factors consider to making design.

Unit – IV
- Paper marbaling, papermasi and colaz

Practical:

(1) Paper marbaling.
(2) Colaz
(3) Types of design.

References:

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

(2) by Hamel Bhatt – Azad Printers, Rajkot.
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 reading pattern making and Garment Sewing Technique.

Theory:
Unit – I Tailoring Terminology.
Unit – II Different attachment for different kinds of work.
Unit – III Common faults during sewing.
Unit – IV Different methods of repairing clothes.
  - Renovation
  - Alternation
Unit – V 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
  - Baby frock
  - Baba Suit
  - Ladies Nighty & shirt.

Contd....2
(2) Use of sewing machine will be allowed where necessary such as
- Salwar kurta.
- Night Dress.
- Blouse

References :-
(1) Modern pattern drafting and grooming for children clothing – Baroda.
(2) Basic process and clothing construction, New Raj Depot – New Delhi.
(3) S8L\U 8l,IZ\U 0=[\l0hF.lG\Uš A88S SM;" S'Q6S]DFZ VU|JF,4
DGMH 5la,S[Xg;4 IN<,Lv&
(4)
(5)
(6)
(7)
(8)
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 House keeping department.
4. To develop and acquire skills in House keeping activities.

Theory:

Unit – I
Introduction
- The Hotel Industry Introduction
- Type of Hotels (classification of Hotels)

Unit – II
Front Office Management
- Front office introduction.
- Planning equipment and furniture for the Front office.

Unit – III
Organization and staffing
- Front office staff qualities, duties and responsibilities.

Unit – IV
House keeping Department
- House keeping staff duties and responsibilities.
- Co-ordination of House keeping Department with other Department.

Contd...2
Practical:

1. Visit nearly Hotel to see and observe staging pattern and job.
2. Table setting.
   - Formal
   - Informal
   - Buffet.

References:

1. Travel Tourism and computer awareness
3. Tourism and Hotel Management
   - Pushpinder S.Gill Anmol Publication Pvt. Ltd.
4. The Art of serving
Focus:

This course purports 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 areas 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.

Contd….2
Practical:

List of assignments.
To prepare one assignment in the curriculum.

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) T.H. Vande Velde: “Ideal Marriage"
(Allied Publisher Pvt. Ltd. 2nd Revised by Dr. Marget Smita 1965.)

(5) T.H. Vande Velde: “Ideal Marriage"
(Allied Publisher Pvt. Ltd. 2nd Edition Revised by Dr. Marget Smita 1965.)

(6)

(7)

(8)

(9)
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 ready made 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.

Contd….2

- 2 -

Unit – V  Principles of house plan.

- Methods of measurement.
- Methods of arrangement of various rooms.

Practical :

House plan

- To prepare a house plan of 500 sq.ft for poor family.
- To prepare a house plan of 1200 sq.ft for middle family.
- To prepare a house plan of 1500 to 2000 sq.ft for rich family.
- To prepare a decorative piece for drawing room.

References :-

(1) [Text]

(2) [Text]

(3) [Text]

(4) [Text]
Focus:
This course emphasizes the importance of diet in therapeutic management and role of the dietician.

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  Diet Therapy
- History of dietic
- Objective of diet therapy.
- Importance of diet therapy.
- Duticsant teamwork of Doctor Nurse and Dictation.
- Special care of his food preparation.
- General care of patient.

Unit – II  Hospital diets
- The meaning of modification.
- Objective of modification.
- Type of hospital diets.

Unit – III  Diet in disorder of stomach and intestine.
- Peptic ulcer
- Diet in diabetes

Unit – IV  Diet during surgery, infection and minor sickness.
- Diet in Heart diseases
- Diet in blood pressure.

Contd... 2
Practical:
- Diet in Diabetes
- Diet in Heart Diseases
- Diet in ulcer.

References:

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

(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 Dexa Solanki.
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 samples 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 Batic
  - Development.
  - Process.
  - Importance.

Unit – III
(A) Soft toys
(B) Candle making.

Unit – IV
- Ornament
  - Artificial beds
  - Wool and thread.
  - Paper
  - Ceramic and mud.

Practical:
(1) Ornament
(2) Bandhani
(3) Candle making.

References:
(1) Key Terms in Art & Design
   By Josh Skill, Klbrook Press Brighton, South Australia

(2) by Hamel Bhatt – Azad Printers, Rajkot.
Focus:
This course is designed to give the skill in fashion designing and embroidery.

Objectives:
- To understand about fashion and fashion designing.
- To import and 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
- Affecting factors of fashion.

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

Unit – IV
Fancy work.
- Crosia work
- Tabing work
- Maquarum
- smoking
- Honey comb
- Contd... 2
Practical:

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

(2) Samples of Fancy work.
- Crosio work (Single/double)
- Tabing work
- Maquarum
- Smoking
- Honey cob.

References:-

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

(2) Indian Embroidery
- Chattopadhyay Kamaladevi, New Delhi.

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

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

(5) Embroidery and knitting
- Rasiklal Bhokaj, Ahmedabad.
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 and nature of tourism
- Definition and meaning.
- Demand for Tourism
- Scope of Tourism and opportunities for women

Unit – II
Planning of Tourism and development
- Goal of Tourism Development
- Scope of development plans..
- Formulating plans.
- Management of Tourism Development
- Government Regulation and Incentives.

Unit – III
Travel Agencies and Travel Related products.
- Travel Agency
- Types of Travel Agency
- How to open a Travel Agency?
- Function of a Travel Agent.
- Travel related products.

Unit – IV
Transportation
- Transportation and Transportation equipment.
- Road Transportation
- Rail Transportation
- Sea Transportation
- Air Transportation

Contd... 2
Practical:

Write any one assignment about your theory topic.

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) 

(4) 

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 interventive 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

Contd... 2
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

Practical:

List of Assignments.
  - To prepare one assignment in the curriculum

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

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

(6) Havelock Ellis
  “Psychology of Sex”
  (A Manual for student – 1957)
Focus:
This 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.... though 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.

Contd... 2
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.
(4) To prepare a plan of dining room on graph paper and explain it.
(5) To prepare a plan of kitchen on graph paper and explain it.

References:-

(1) Interiors

(2) Interior Design:
S.N. Chaudhari

(3) Interiors

(4) Interiors