SAURASHTRA UNIVERSITY

FACULTY OF HOME SCIENCE

Syllabus For

B.A. HOME SCIENCE (GENERAL)

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

Effective From June – 2019 – 2020

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

Website : www.saurashtrauniversity.edu
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 hallmark 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  | 08 |
  2. Core Courses     | CC  | 30 |
  3. Elective Course  | EC  | 08 |
  **TOTAL**           |     | 46 |

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

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<th>Hours</th>
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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 |
  2. Elective Course | EC  | 08 |
  **TOTAL**          |     | 38 |
Details of course offering under graduate (B.A. HOME SCIENCE)

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HOME SCIENCE

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### CHOICE BASED CREDIT SYSTEM (CBCS) IN

#### B.A. HOME SCIENCE – GENERAL

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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 : 50 Marks

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(Each with internal option)  

Time: 2:30 hours 2:00 hours

* Marking scheme for Internal Exam = 30 Marks
  (i) Assignment Test - I : 10 Marks
  (ii) Assignment Test - II : 10 Marks
  (iii) Presentation : 10 Marks

* Marking scheme for Practical Exam = 20 Marks
  (i) Journal Work : 05 Marks
  (ii) Practical : 10 Marks
  (iii) 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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**ABBREVIATIONS :-**

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# B.A. HOME SCIENCE SEMESTER - 2

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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.

- Cereals and Pulses.
- Milk and Milk products.
- Vegetables and Fruits.
- Sugar and Jaggery.
- Nuts and Oil seeds.
- Fats and Oil.
- Eggs, meat and fish.


- Advantages of cooking.
- Methods of cooking.
- Their effects on nutrients.
  - Boiling
  - Steaming
  - Roasting

11
Unit- IV: Health Foods

- Prebiotic foods
- Probiotic foods
- Functional foods
- Unconventional foods
- Neutraceutical foods

Unit-V: Calorie

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

Practicals:-

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

References:-

2) Ahar avam poshan ke mul aadhara- Shrimati B.K. Bakshiagraval publication agra

Website:-

1. http:\health-wikinet.com
2. www.thesevenbasicfoodgroupsforproperrnutrition.wikipedia.com
3. http:\medicaldictionary.thefreedictionary.com/over nutrition
4. www.healthfood.com
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 of Child Development:
- Meaning & Definition of Child Development
- Objectives of child study.
- Importance of Child Development.
- Scope of Child Development

Unit: II Growth and Development:
- Meaning & Definition of growth & development.
- Difference between growth & development.
- Principle of development.

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

- Pregnancy
- Infancy
- Childhood
- Adolescent

Unit: V  Effecting factors on Development:

- Pre-birth factors
- Post-birth factors

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

Web:

1. www.books.google.com
2. www.khaj.indinindex
3. www.google.childdevelopment.in
Subject: HOME SCIENCE

Course (Paper) Name & No.: CC-3 RESOURCE MANAGEMENT – I
Course (Paper) Unique Code: 1901290201010300
External Exam Time Duration: 2 HOURS

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**Objectives:**

- To create an awareness among the students about home management in the family as well as the other systems.
- To recognize the importance of wise use of resources in order to achieve goals.

**Theory:**

**Unit-I.** Introduction to home management
- Definition of home management
- Importance of home management
- Process of home management
  - Planning
  - Controlling
  - Evaluation

**Unit-II.** Principles of home management
- To complete the basic requirement.
- Balancing income and expenditure.
- To complete household activities skillfully.

**Unit-III.** Fundamental Motives of home management
- Value
  - Definition of value
  - Importance of value
  - Types of value
- Goals
  - Definition of goals
  - Importance of goals
  - Types of goals
− 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

Unit-V. Methods of Work Simplification

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

References:
6. Household management and household art -Dr. G.P. Shairy – 2000
8. Home management.-Dr. Asha Parik – 1988
9. Home management.-Dr. Smt. B.D. Harpalani – 2002

Websites:
1) books.google.com/books/home-managment.in
2) wiki.answers.com>........>
3) www.google.resourcemanagment.in
FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC-4 INTRODUCATION TO HOME SICENCE EDUCATION
Course (Paper) Unique Code: 1901290201010400
External Exam Time Duration: 2:30 HOURS

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Objectives:-

− To enable the student to acquire the knowledge and skills required.
− For holistic understanding of the field of home Science Education.
− To enable the student to acquire the knowledge and competence to teach and practice home – science in relevant setting.

Theory:-

Unit: 1 Education
− Meaning of education,
− Definitions of education,
− Importance of Education.

Unit: 2 Home Science Education
− Meaning of home science education,
− Importance of home science education,
− Aims of Home-Science education.

Unit: 3 Principles of Home- Science education.

Unit: 4 Teaching Method of Home-Science Education.
− Different types of Teaching Method and it’s advantages and Disadvantages.
  − Lecture method
  − Laboratory method
  − Discussion method
  − Demonstration method
  − Project method
− Assignment method
− Field trip method

**Unit: 5**  Teaching Aids of Home-Science Education
− Important of teaching aids.
− Types of teaching aids

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<td>− Cinema</td>
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<td>− Model</td>
<td>− Gramophone</td>
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**Unit: 6**  Qualities of Home Science Teacher.
− Moral Qualities
− Mental Qualities
− Personal Qualities
− Physical Qualities

**Reference:**
1) *The meaning of Home Science Coimbatore* - Devadas R.P 1958
2) *Teaching home-Science* - Mujibal Hasan Siddiqui – 2007
3) *Home Science Educations* - Dr. G.P. Shairy - 2007 –
4) – *Home Science Educations* - Dr. S.P. Sukhiya – 1984
7) *Home-Science Education* - Dipti Desai - 1992

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

Syllabus

Subject: ____________________________ HOME SCIENCE
Course (Paper) Name & No.: ELE-1 INDIAN AND INTERNATIONAL FOOD
Course (Paper) Unique Code: 1901290301010100
External exam Time Duration: 2:30 HOURS

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Objectives:-

− To aware the student for the different foods of various states of India.
− To make the awareness among the importance of social and cultural life of the different states.
− To aware the students through different types of global recopies and Importance of food of global culture and social life.

Unit -1 Introduction and Importance of Indian Food.
− Food of Gujarat
− Food of Rajasthan
− Food of South India.
− Food of Bengal.
− Food of Punjab.

Unit -2 Different types of International Food:-
− Chinese Food.
− Mexican Food.
− Thai Food.
− Italian Food.

Unit -3 Serving Methods of Different States of India.

Unit-4 Introduction and Importance of International Food.

Unit -5 Basic Table setting and Western Serving Methods.
References :-

2. **Vividh bharatitya vabgio** – by smt bhvana maru, publishes by R Ambani and com, Rajkot.
3. **Mangamti Bangali vanagio** – by Jayshree thakker, suman prakashion, Mumbai.
4. **Bharat ki pak parmpara**.
   Vimal patli, Vakilsfetar and saymuns lit- Bombay
5. **AAvikar- tarla dalal, vakils fetar and symuns lit**- Mumbai.
6. **“Rasasudha”**
7. **“Videshi vangio”**
8. **“Param Aasuad”**
   By – vina khandavala, vakils fetar and symuns lit , Mumbai .

WEB:-

- [www.vegrecipesofindia.com](http://www.vegrecipesofindia.com)
- [www.tastyappetite.net](http://www.tastyappetite.net)
- [www.indianfoodwikipedia.com](http://www.indianfoodwikipedia.com)
- [www.simpleindianrecipes.com](http://www.simpleindianrecipes.com)
- [www.indianfoodforever.com](http://www.indianfoodforever.com)
- [www.indianfoodsite.com](http://www.indianfoodsite.com)
- [https://indianfoodnetwork.in](https://indianfoodnetwork.in)
- [http://www.foodpanda.in](http://www.foodpanda.in)
Objectives:-

− To understand the concept of personality, its Development and Significance.
− To understand and develop various traits required for Personality development.
− To acquire Knowledge about personality tools and personality theories.

Unit: 1 Personality
− Introduction
− Meaning and Definition.
− Factors affecting personality development.
− Motivation, significance,
− Internal and external motives,
− Importance of self motivation.

Unit: 2 Aspects of Personality Development
− Body language,
− Assertiveness,
− Problem solving,
− Conflict
− Stress management.

Unit: 3 Aspect of personal Development.
− Decision making skills,
− Positive and creative thinking,
− Leadership and Qualities of Successful Leader,
− Team work.

Unit: 4 Other aspects of Personality development.
− Self esteem, Concept, Symptoms.
− Positive and Negative self esteem.
− Development Positive Personality.
− Communication skill.

Unit: 5 Time Management & Goal settings.
– Time Management.
– Importance of goal Settings, Factors affecting goal settings.
– Importance of reading.

**Reference:-**

1) **Bombay Jaico publishing house**- Adair. j (1992) The Action Centered Leaders,
2) **Carrere management : A Now challenge vol** – 1Bhattacharya R. (1987) New Delhi C.
3) **Personality Development** -Dr. Rakes. R. Joshi.
4) “**Personality Development” Rupa & co** -Mishra R. k.

**Web:-**

– [https://www.coursera.org/personaldevelopment](https://www.coursera.org/personaldevelopment)
– [www.m.selfgrowth.com](http://www.m.selfgrowth.com)
– [www.achieversmind.com](http://www.achieversmind.com)
– [www.selfimprovement-advice.org](http://www.selfimprovement-advice.org)
– [https://www.techgyd.com](https://www.techgyd.com)
– [www.personal-development training.com](http://www.personal-development training.com)
Subject: _________________________ HOME SCIENCE
Course (Paper) Name & No.: CC-5 NUTRITION AND FOOD SCIENCE – II
Course (Paper) Unique Code: 1901290201020500
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. Nutrition
− 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.
− Thiamine (Vitamin-B1)
− Riboflavin (Vitamin-B2)
− Niacin (Vitamin-B3)
− Vitamin-C
− Vitamin-A
− Vitamin-D

Unit-V. Functions, sources and deficiency diseases of minerals.
− Calcium
– Phosphorus
– Iron

**Practicals:**

1) To prepare protein rich dish
2) To prepare vitamin rich dish (Anyone)
3) To prepare mineral rich dish. (Any One)

**References:**

1) “Essentials of food and nutrition”-Swaminathan M.S. VI-1985
2) “Essentials of food and nutrition”–Nilam Bhudhhaledeve and Bhvna Vaid, Pravin Pustak Bhandar – Rajkot-2004
3) Food Science- CFTRI-Mysare
6) “A text book of nutrition- Discovery publishing house”Chintpalli Vidhya – 2010
7) “Ahar avam poshan vigyan”-B.K. Bakshi –Agraval publishing
8) “Nutrition status” Discovery publishing house -Dr. Snehlata - 2006
10) “Nutrition” Surgeet publication- Chaney and Ross– 2007

**Website:**

1) [http://www.innvista.com/health/nutrition/amino/pclass.htm](http://www.innvista.com/health/nutrition/amino/pclass.htm)
2) [http://wiki.answer.com/foodand nutrition.com](http://wiki.answer.com/foodand nutrition.com)
3) [http://www.helthyvitamin.choice.com/fatwater-somble.html](http://www.helthyvitamin.choice.com/fatwater-somble.html)
Objectives:

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

Theory:

Unit: 1 Physical Development

- Meaning of physical development.
- Importance of physical development.
- Affecting factors of physical development.

Unit: 2 Mental Development & Intelligence

- Meaning of intelligence.
- Importance of mental development.
- Affecting factors of intelligence.

Unit: 3 Language Development

- Meaning of language.
- Importance of language development.
- Affecting factors of language development.
- Some Problems of language development.

Unit: 4 Social Development

- Meaning of social development.
– Stages of social development.
– Affecting factors of social development.

Unit: 5  Creative Activity & Play of Children

– Meaning & definition of play.
– Importance of play.
– Types of play.

Practicals:-

1) Prepare a game for mental development.
2) Prepare a game for language development.
3) Prepare a cartoon and toys for children.

References:-

1) Development psychology E. Hurlock.
2) Child psychology – Crow & Crow.
3) The child development – D.C.Din Kmeyer.

Website:-
Objectives:-

- To recognize the importance of wise use of resources in order to achieve goals.
- To create an awareness among the students about home management in the family as well as the other systems.

Theory:-

Unit: I
Family resources
- Classification of resources.
  - Human resources.
  - 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.
  - Planning.
  - Controlling.
  - Evaluation.

Unit: III
Energy management
- Importance of energy management.
- Process of time management.
  – Planning.
  – Controlling.
  – Evaluation.
Unit: IV
Money Management
- Definition of income.
- Importance of income.
- Types of income.
  - Money income.
  - Real income.
  - Physical income.

Unit: V
Budget of family
- Importance of budget.
- Basic steps of budget.
  - Planning.
  - Controlling.
  - 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) Family resource management principle and application, Roy Houghton Mifflin Company (Unit 1,2,3,4,5, )-Ruth E. Deacon, Francille M, Firebaugh (1975),
(2) Home Management- Dr. Smt. B.D. Harpalani – 2002
(3) Home Management- Dr. Asha Parikh – 1988
(4) Home Management- Dr. Smt. Kanti Pandey – 1984
(9) Gharelu Budget. And engery management- Dr. Smt. – Bela Bhargav – 2000
(10) Family financial management -Jayshree Ranpara – 2012

Web:-
1 www.nber.org/chapter/
2 en.wikipedia.org/wiki/time management
3 en.wikipedia.org/wiki/energy management
1. en.wikipedia.org/wiki/money management
FACULTY OF ARTS

Syllabus

Subject: _____________________________

HOME SCIENCE

Course (Paper) Name & No.:  CC - 8  HEALTH & BEAUTY

Course (Paper) Unique Code:  1901290201020800

External Exam Time Duration:  2:30HOURS

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Objectives:-

− This Course will enable the students about the Health & Beauty as well as Other
− Help to learn Simple Health & Beauty effectively.

Unit: I Personality & Beauty
− Beauty – A part of personality.
− Beauty and Health mind and Healthy body.
− Mental Health, Tension & Meditation.

Unit: II Food & Beauty
− A table of weight.
− Calorie chart.
− Dieting.
− Suggestion for increase and decrease the weight.
− Simple Exercise.
− Healthy Habits.
− Vitamins and advantages.

Unit: III Skin and Hair and Beauty
− Different types of skin & Hair.
− Care of skin (skin care).
− Facial.
− Face pack.
− Massage.
− Food.
− Care of Hair (Hair Care).
− Conditioning.
− Hair cutting, palming & styling.
− Wig.
– White Hair and Hair Dye.

– Care of Hand and foot.
  – Manicure.
  – Pedicure.
  – Nail.

Unit: IV  Mark-Up
– Uses of Cosmetics Products in Make-up.
– Uses of Herbal Products in Make-up.

Unit: V  Different Types Of Make-Up
– Face, Lips & Eyes.
– Routine Make-up.
– Make-up for Professional women.
– Day t Night Make-up.
– Party make-up.
– Bridal make-up.
– Travel make-up.
– Fashion & Model make-up.

References:-

1) Roopsajja - kaljal - sanjay, Book Jelf Nav bharat Sahitya Mandir / Ahmadabad.
2) Make-up Album – Richa Dave Navneet house – Ahmadabad.

Website :-
2. www.beaty.com
Objectives:-

This course will enable the student to -

- Learn about different types of equipment used in the home.
- Learn way of maintaining equipment in good working condition.
- 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, producer and cost
- Effecting factor of family purchasing.
- Some points keep in mind for effective purchasing.

References Books:
(2) **“Asrkark sa2n VyvS4a”**: એક કલા - Dr. Kiran A. Raval, AtulPrakashan
(3) **Gruhuupkaranoni Geeta**: Dr. Champak Modi, WBG pub. Ahmedabad.
(4) **Gruhkala Nishnant Bano**: Vaidhya Baldevprasad pravin prakashan – Rajkot.

Web:
(1) en.wikipedia.org/wiki\householdequipment
(2) www.google.com\householdequipment
(3) www.vilib.org
(4) www.housestuffworks.com
Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE-4 CONSUMER EDUCATION
Course (Paper) Unique Code: 1901290401020100
External Exam Time Duration: 2:30 HOURS

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Objectives:
- To create an awareness among the students about consumer education
- To enable students to learn protecting consumer interest.
- To develop understanding regarding procedure of brand, packaging and labeling.
- To help students to learn buying process.

Unit:-1 Consumer Education
- Importance of consumer education.
- Definition of consumer.
- Consumer’s rights and responsibilities.

Unit:-2 Buying Decision
- Factors affecting buying decisions.
- Buying and choice making problem faced by the consumer in present days market.
- Producer’s aid to consumer.
- Brand.
- Packaging.
- Labeling.
- Price.

Unit:-3 Consumer protection laws
- Consumer protection laws and their need to protect consumer interest.
- Prevention of food adulteration act.
- Fruit product order 1961.
– AGMARK act- 1073
– Meat product order.
– Food and administration act.
– Electrical equipment quality control act-1976

Unit:-4 Consumer protection agencies.

– Legal guidance center.
– Consumer education research center.
– Consumer guidance society of India.
– Advertising As marketing aid.

References:-

• “Consumer Education” by Gundotra and Divatia.
• A consumer guide for home makers by Neelam Khetarpal and indu Grover.
• Marketing management – Philip kotler.
• Marketing management –vijay Bhasotia.

Website:-

– https://childcareta.acf.hhs.gov
– https://www.consumerclassroom.eu/
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Course (Paper) Unique Code: ________________1901290201030900_________________________
External Exam Time Duration: _______________2 HOURS

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**Objectives:-**

This course will enable the student to -

− Understand the concept of an adequate diet and the importance of Meal Planning.
− 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

Problems during adolescence period.

**Unit: V** Nutrition and Meal Planning for school going children (5 to 12 years).

**Practical:-**

1. Meal planning for pregnant women.
2. Meal planning for lactating Mother.
3. Meal planning for Adolescent Girl.
References Books:-

(1) *Nutritional Management in health & Disease.*
    Heena Shah and DaxaSolanki – Rajkot.
(2) *Human nutrition and Diet* – AridsonMolke, John and Fassmare.
(3) *Essentials of Food and nutrition* – Swaminathan M.S. 1985.
(4) भोजन एवं आहर विश्लेषण – 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/nutritionforadolesentgirl
Subject: HOME SCIENCE

Course (Paper) Name & No.: CC – 10 CLOTHING AND TEXTILE

Course (Paper) Unique Code: 1901290201031000

External Exam Time Duration: 2 HOURS

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Objectives:-

− To enable student to acquaint with the different textile and their performance.
− Impart knowledge on different textile finishes.

Theory:-

Unit: 1 Introduction of Clothing & Textile

− Introduction.
− Importance of Clothes.
− Importance and Areas of Clothing & Textile.
− Textile Terminology.

Unit: 2 Fibers: The basic unit of fabrics.

− Classification of fibers.
− Manufacture and Properties of….
  − Cotton.
  − Silk.
  − Rayon.

Unit: 3 Weaves

− Meaning & definition of weaving.
− Type of weaving.
  − Simple Weave.
  − Fancy Weave.
Unit: 4  Dyes

- Meaning & definition of dyes.
- Type of dyes.

Unit: 5  Printing

- Meaning & definition of printing.
- Type of printing.

Practical:-

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

References Books:-

2. Textile & clothing – Nirajyadav,sanityPrakashan
3. वस्त्रविज्ञानके मूलसिध्धान्त-डो.जी.पी.शेरे
4. वस्त्रविज्ञानअवधुलायकला-डो.श्रीमतिवेलाभार्गव
5. वस्त्रविज्ञानकेतल्प – Dr. Asha Jain & Dr. NilimaMalaiya, Agra.

Web:-

5. [www.google.com\textile](http://www.google.com\textile)
6. [www.google.com\yarn](http://www.google.com\yarn)
7. [www.google.com\weaving](http://www.google.com\weaving)
8. [www.google.com\dyesandprinting](http://www.google.com\dyesandprinting)
Subject: ____________________________ HOME SCIENCE

Course (Paper) Name & No.: CC – 11 FOUNDATION OF ART & DESIGN

Course (Paper) Unique Code: 1901290201031100

External Exam Time Duration: 2 HOURS

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Objectives:

This course will enable the student to -

− Understand elements and principles of art and design.
− Develop skill in creating design and making art objects.

Unit: 1 Art

− Introduction.
− Meaning & Definition of Arts.
− Importance of Arts.

Unit: 2 Principles of Art

− Harmony.
− Balance.
− Proportion.
− Rhythm.
− Emphasis.

Unit: 3 Paper Arts

− Paper marbling.
− Paper Mache.
− Paper collage.
− Paper card & envelope.
− Paper origami.
Unit: 4  Design

−  Meaning & definition.
−  Types of design.
−  Factors consider to making design.

Unit: 5  Wall & floor designing

−  Wall designing of Kutch.
−  Floor designing by (Rangoli & Alpana).
  −  Meaning & importance 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, Klbrook
    Press Brighton, South Australia

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

Website:-

−  https://ocac.edu
−  https://arts.vcu.edu/artfoundation
−  www.happyhands.in
−  www.artandcraft.com
Objectives:

– To enable the student to acquire the knowledge and skills required.
– For holistic understanding of the field of home Science Education.
– To enable the student to acquire the knowledge and competence to teach and practice home – science in relevant setting.

Theory:

Unit-1 Curriculum of Home Science education.

– Meaning and definition of Curriculum.
– Components of Curriculum.
– Limitation of Curriculum.

Unit-2 Significance of Home Science education.

Unit-3 Correlation with other subject of Home Science.

Unit-4 Role of Home Science for the solution of current problems.

– Increase population.
– Health.
– Environmental remedy.
– Dearness.
– Illiteracy.

Unit-5 Evaluation

- Meaning, definition and importance.
- Evaluation methods.
Unit-6  
Job opportunities in Home Science education.

Reference:-

1) The meaning of Home Science Coimbatore - Devadas R.P 1958
2) Teaching home-Science - Mujibal Hasan Siddiqui – 2007
3) Home Science Educations - Dr. G.P. Shairy - 2007 –
4) – Home Science Educations - Dr. S.P. Sukhiya – 1984
7) Home- Science Education- Dipti Desai- 1992

Website:-

- http://targetstudy.com
- www.communityscience.com
- www.indcareer.com
- http://career.webindia123.com
- www.familyandcommunityservices-study.com
- http://career.webindia123.com
- www.m.htcampus.com
Objective:-

− To enable the students to know Concepts of Health and Nursing.
− To know the Students about Health of Family Members.
− To learn about the importance of Health.
− Providing basic information about the first Aid.

Unit-1 Health

− Definition.
− Types of Health.
− Affecting Factors.
− Common Rules for Health.

Unit-2 Nursing

− Definition.
− Meaning.
− Important.
− Characteristics of ideal Nurse.

Unit-3 First Aid

− Meaning of first Aid.
− Importance of first Aid.
− Common rules of first Aid.

Unit – 4 Health and Diseases

− Importance.
− What is good Health
− Pain or Diseases
− Types of Disease
− Invectives Disease
− How to prevention

Unit-5 Care of sick person at home
− Daily care, bed making , care of month bed ( sponging) giving medicine protection of patient and nurse.

Unit-6 First aid in Some accidental condition
− Snakebite.
− Sinking.
− Burning.
− Nosebleeds.
− Burning and Scalding.

Unit-7 Current dangerous diseases
− Aids.
− TB.
− Swine flu.
− Cancer.

Reference:-
1) “Sarkramk Rogo” prelate Trilled.
2) “Aahar and Rogo” Parshana Ajaria
4) “Anatomy and Health protection” Dr Snellata
5) Community Health Sci- Dr J.J.Park & Dr k parkweb:-

Website:-
1) W.W.W. google.com/ detination of Heath.
2) LHP II Medical dictionary the free dictionary. Com Community Health & Nursing.
Subject: HOME SCIENCE

Course (Paper) Name & No.: ELE – 5 WOMEN ENTERPRENEURSHIP

Course (Paper) Unique Code: 1901290301030100

External Exam Time Duration: 2:30HOURS

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Objectives:-
- To develop a positive attitude and values for entrepreneurship.
- To become aware of entrepreneurial and acquire knowledge skill and competencies to run a business effectively.

Unit-1 Entrepreneurship
- Definitions of basic entrepreneurs, entrepreneurship, enterprise, their interrelationship, self employment.
- Behavioral, attitudinal and managerial competences needed for the successful management of a business enterprise.
- Business ethics and responsibilities.

Unit-2 Identification and opportunistic of business opportunities.
- Ideas and opportunities, brain storming, recognizing needs and higher level wants.
- Market research for selecting a product or a service for establishing a business.
- Preparation of preliminary project report, planning and preparation.

Unit-3 Needs and importance of an organization and human planning
- Types of ownership-relative merits and demerits – Factors influencing selection/choice of ownership.
- SSI, Tiny units, Ancillary units, their role and need in the Indian context.
- Project cost and it’s financing.
  - Types of cost-Direct or indirect.
  - Fixed and variables
  - Breakeven Analysis
  - Management of working capital
Unit-4  Financial requirement for fixed capital and working capital.
  − Sources of finding lone Terms and condition- RBI, IDBI, Commercial Banks and co-operative banks.
  − Government policy and entrepreneurship development for women in particular.

Reference Books:-

2. “Entrepreneurship Development volume 1,2,3.” -Vansant Desai
3. D “How to start own S.S.I.” -Shorba G.

Website:-

− www.womwnenterpreneursindia.com
− www.womenenterpreneurs.info
− https://sheownsit.com
− www.wonenenterpreneursontheweb.com
− www.farbes.com
− http://blog.sinonassociates.net>terrific
− http://blog.feedspot.com>women-in-b
− http://pakwired.com
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.
- 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

Unit: VI Common Faults during swing
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 मूल सिद्धांत” – Dr. G. P. Shery.
(6) “शीघ्र भारतीय शैली” – Nirmala mishtry.

Web:-

(1) en.wikipedia.org/wiki/clothing
(2) www.google.com/swapmachine
(3) www.manojpublications.com
Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 14 FOOD PRESERVATION AND PACKAGING
Course (Paper) Unique Code: 1901290201041400
External Exam Time Duration: 2 HOURS

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Objectives:-

This course should enable the student to:
- Understand the principles and Importance of food preservation
- To gain knowledge on various food packing materials and its importance.

Theory:-

Unit: I Food Preservation
- Meaning.
- Definition.
- Importance

Unit: II Methods of food preservation.

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

Unit: IV Packaging Materials
- Selecting criteria of packaging materials
- Materials used for food packing

Unit: V Food Preservatives.
- Meaning of food preservatives.
- Importance of food preservatives.
- Types of food preservatives and it's uses.
Practicals:

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

References Books:–

1. **Food preservation and Fancy cookery**

2. **“Food processing and preservation”**
   G. Subbulaxmi – Shobha A. Udipi.

WEB:

(1) [http://www.dummies.com/how.to/content/foodpreservation-method-canning](http://www.dummies.com/how.to/content/foodpreservation-method-canning)
(2) [http://en.wikipedia.org/wiki/foodpreservation](http://en.wikipedia.org/wiki/foodpreservation)
(3) [http://wiki-answers.com/Q/what+are+the+aims+and+objectives+of+cooking+for+food](http://wiki-answers.com/Q/what+are+the+aims+and+objectives+of+cooking+for+food)
(4) [http://www.cookeryindia.com/students/fp/cooking1.html](http://www.cookeryindia.com/students/fp/cooking1.html)
Objective:-

- To gain knowledge on textile and apparel design.
- Producing sketches of different designs requires skill and fundamentals of arts in drawing forms and design.
- To enable students developing skills in enhancement of fabric and garments with all the detail in an appealing manner.

Unit-1 Pre Preparation Of Clothing Construction.

- Width Of Fabric.
- Pre preparation of Fabric before Cutting.
- Tailoring Terminology.

Unit-2 Techniques of pattern making.

- Drafting.
- Paper Pattern.
- Block – pattern.
- Lay – Out.

Unit-3 Different attachment for different kind of tailoring work.

Unit-4 Different method of repairing clothes.

- Darning.
- Patch.
- Renovation.
- Alteration.
Unit-5  Selection of readymade clothes.

- Points should be consider while selection of readymade clothes.
- Points should be consider while selection of readymade clothes & evaluation.

Practical:-

1. Make a list of textile terminology.
2. Techniques of pattern making. (Any Two).
   And
   Different method of repairing clothes. (Any Two).

References Books:-

1. Apparel making -1 Dr. – Vina Samani and others Rajkot. (2012)
3. Introduction to clothing – Vina Samani and others Rajkot.
4. Dress Designing - Vina Samani and others Rajkot.
5. Art of sewing – Anna Jacob, UBS PD, New Delhi.
6. “वस्त्र विज्ञान के मूल सिद्धांत” – Dr. G. P. Shery.
8. “सीवश्च मार्गेरिनैक्ट” – Nirmala mishtry.
9.

Web:-

(4) en.wikipedia.org/wiki/clothing
(5) www.google.com/sewingmachine
(6) www.manojpublications.com
Subject: _______________________ HOME SCIENCE
Course (Paper) Name & No.: CC – 16 DECORATIVE ARTS & CRAFT
Course (Paper) Unique Code: _________________1901290201041600
External Exam Time Duration: _________________2 HOURS

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

Unit I: Decorative Arts & Craft
− Meaning and Definition of Decorative Arts & Craft
− Origin and History of Decorative Arts & Craft
− Difference between Decorative Arts & Craft and Fine Art
− Importance of Decorative Arts & Craft

Unit II: Decorative Arts & Craft for Home
− Tools and Equipment
− Decorative Arts & Craft Activities
  - Wall Hanging & Wall Piece
  - Photo Frame & Wind Chimes
  - Gift Wrapping
  - Rangoli
− Importance

Unit III: Decorative Arts & Craft for Kids
− Tools and Equipment
− Decorative Arts & Craft Activities
  - Paper and Cardboard Craft
  - Clay and Ceramic Craft
  - Nature Craft
  - Puppet Making
  - Card Making
  - Other activities like...
    - Wool & String activity
    - Seed & Pulse activity
– Ice-cream Spoon activity
  - Importance

**Unit IV**: Printing & Painting
  - Tools and Equipment
    – Printing
      - Thumb Print
      - Thread Print
      - Sponge Print
      - Spray Print
      - Leaf & Vegetable Print
      - Knife Print
    – Painting
      - Colour Painting
      - Pot Painting
      - Stone Painting
      - Glass Painting
      - Stenciling Painting
      - Fabric Painting

**Unit: 5** Art & Craft Work
  – Soft toys
  – Candle making
  – Ornaments making
  – Bhandhani & Batic

**Practical:-**
1. Sample of Home Decoration (Any two)
2. Sample of Kids Art & Craft and Printing & Painting (Any Six)
3. Sample of Art & Craft work. (Any two)

**References:-**
1. *Tiny Tot Art & Craft - Activity Book 1 to 8* - Tiny Tot Publications, Delhi
2. *Wonderful gift wrapping* - Jyoti Nikunj Parekh, Navneet Publications Limited, Mumbai
3. *Craft for Kids, Paint* - Tony Smart, Chartwell Books, New Jersey
4. *Kala Vaibhav* : Kanu nayak, Mumbai
5. *Kala Kaustubh* : Kanu nayak, Mumbai

**Website:**
- [www.decoration.com](http://www.decoration.com)
- [www.decorativearts&craft.com](http://www.decorativearts&craft.com)
- [www.kidsartandcraft.com](http://www.kidsartandcraft.com)
FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 17 HOME SCIENCE EDUCATION AND EXTENSION
Course (Paper) Unique Code: 1901290201041700
External Exam Time Duration: 2:30 HOURS

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Objectives:
- To import knowledge about the extension education.
- Understand the widening field and important of extension education.

Theory:

Unit-1 Home Science Education And Extension
- Definition of home science education and extension.
- meaning of home science education and extension.
- Importance of home science education and extension.
- method of home science education and extension.

Unit-2 Objectives of Education Extension.
- Primary
- General
- Pragmatic

Unit-3 Principles of Home Science Education and Extension.

Unit-4 Quality of Home Science Extension worker.

Unit-5 Characteristic of Urban and Rural Society.
- Characteristics of Urban Society.
- Society varieties.
- Fabricated relation among formal groups
- Lack of social tolerance.
- Characteristics of Rural Society.
- Dominance of close relationships
- Effect of main business on life.
- Lack of experience & specification.
Lack of social control.  
Social mobility  
Voluntary groups.  
Opportunity for specialized personality development.  
Sectorization of areas.

Unit-6  
Home Science Education Extension Training.

- Meaning, definition of training
- Importance of training
- Types of training
- Importance of Research in extension training.

Unit-7  
Home science Education and Extension.

- Role of Home science in Rural development.

Reference:

(1) “વિસ્તૃત શાળાશિલ્હીયતાનમૂલતતઃ”  
"Dhiraj Dhakan and Kanak. D. Dhakan"

(2) ગુજરાતિ વિદ્યા વિસ્તરાણને પ્રત્યેકના, Meeta Rajpara, (PravinPushtakBhandar

(3) ગુજરાતિ શાળાશિલ્હીયતા, શંખુલતાચેસ (વંદનાપિલિકેશનલ) 

(4) ગુજરાતિ શાળાશિલ્હીયતા, ડૉ. જ. પી. શૈર (અગવાળપિલિકેશનલ)

Web:

(1) www.cals.ncsv.edu/agnexed/aeex50/principles
(2) www.sosyalarasirmalar.com/ci/t1/sayi4/sayi4pdf/khali/-and-vapdf
(3) www.newagepublishers.com/samplechapter/001591pdf
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 & Community Health.
- 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 SevaSamaj
- 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.

3  Public Health – Daniel M Wilner.

WEB:
   (1) www.google.com=....communityhealth
   (2) http://www.treatment.org.
Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE – 7   BAKERY & CONFENTIONERY
Course (Paper) Unique Code: 1901290301040100
External Exam Time Duration: 2 HOURS

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Objectives:

− To understand basic concepts baking.
− To familiarize with baking process and operations.
− To develop the ability to prepare different types of bakery and confectionary food.

Unit -1 Introduction to Bakery and Confectionery.
  − Aims and Importance.

Unit -2 Various Ingredients and there function in baking.
  − Wheat flour
  − Sugar
  − Egg
  − Fat
  − Milk products
  − Enzymes
  − Leavening Agents

Unit-3 Method of preparing
  − Variety of baked products.
  − Biscuit.
  − Cake
  − Cookies
  − Bread
  − Pizza
  − Pastries

Unit -4 Baking process
  − Basic concepts
– Dough mixing
– Dividing
– Mulching
– Panning
– Proofing
– Baking

**Unit-5** Sensory evolution of bakery products

– Qualitative changes during different units
– Operation and Quality control

**References :-**


**Website:-**

- [http://redmoonbakery.com](http://redmoonbakery.com)
- [www.beverlysbakery.com](http://www.beverlysbakery.com)
- [http://getbento.com>blog>bestbakery](http://getbento.com>blog>bestbakery)
- [www.mangoliabakery.com](http://www.mangoliabakery.com)
- [http://www/wix.com>cafeandbakery](http://www/wix.com>cafeandbakery)
Objectives:

- To know the important and classification of Disaster Management.
- Understand the role of NGO in disaster management.

Theory:

Unit-I. Gastro Intestinal System :-
- Structure of various of the GL tract.
- Function of various of the GL tract.

Unit-II. Respiratory System :-
- Structure of lungs.
- Mechanism of respiration & its regulation.

Unit-III. Cardiovascular System :-
- Blood & its composition.
- Structure & function of heart.
- Circulation of blood.

Unit-IV. Excretory System:-
- Structure & function of kidney.
- Formation of urine & its filtration process.

Unit-V. Nervous System:-
- Parts of brain & its function.
- Reflex action.

Unit-VI. Sensory Organs:-
References Books:

1) Biology dr.p.k.-Garg

Web:
www.physiology.com
www.humanphysiology.com
www.humansystem.com
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Subject: __________________________ HOME SCIENCE
Course (Paper) Name & No.: CC – 19 DIET THERAPY
Course (Paper) Unique Code: 1901290201051900
External Exam Time Duration: 2 HOURS

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Objectives:
This course will enable the students to -

- Know the principles of diet therapy.
- Understand the modification of normal diet for therapeutic purpose.
- 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.
            Objectives of Diet Modification

Unit – III  Hospital Diets.
            - Liquid Diet
            - Soft Diet
            - Light Diet

Unit – IV   Causes and Diet for peptic ulcer patient.
            Causes and Diet for Diabetic patient.

Unit – V    Causes and Diet for heart disease patient.
            Causes and Diet for renal disorders
Practical:
- Diet in Diabetes
- Diet in Heart Diseases
- Diet in Peptic Ulcer
- Diet in Kidney Diseases.

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.

   Heena Shah and DexaSolanki.

Web:
1. www.deittherapy.in
2. www.hospital.diet
3. www.dietindifferentdisease
Syllabus

Subject: _____________________________ HOME SCIENCE

Course (Paper) Name & No.: CC – 20 FASHION STUDY

Course (Paper) Unique Code: 1901290201052000

External Exam Time Duration: 2 HOURS

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Objectives :-

- To understand about fashion in detail.
- To import an in depth knowledge about fashion cycle and components of fashion.

Unit: 1  Fashion:

- Introduction.
- Meaning & Definition Of Fashion.
- History Of Fashion.
- Terminology of Fashion.

Unit: 2  Components of fashion:

- Silhouette.
- Details.
- Colour.
- Fabric.
- Texture.
- Seams.
- Trims.

Unit: 3  Fashion Cycle:

- Stages of Fashion Cycle.
- Fashion Forecasting.
Unit: 4  Fashion adaptations:

- Customer Group Of Fashion.
- Fashion Leaders.
- Fashion Followers.
- Other.
- Adaptation process.

Unit: 5  Affecting Factors of Fashion:

- Age & Gender.
- Culture.
- Geography Area.
- Economical Status.
- Technology.
- Communication.
- Transportation.

Practical :-

1. Terminology of fashion make a portfolio.
2. Make a portfolio: Sketches of-
   - Primary elements.
   - Shape with curved line.
   - Forms.
   - Patterns and textile.
   - Yoke and neck.
3. Color scheme.

References :-

1. **Dress Designing** : vina samani & other, prauin pustak Bhandur, Rajkot.
3. **Introduction to clothing** – Vina Samani and others Rajkot

Website :-

www.nift.ac.in
www.fashion.com
www.fashionstyle.com
Objectives:

− Gain knowledge in principles of planning various types of residential space.
− Develop the skill of drawing house plans, and furniture layouts.
− 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.

Unit – V  Principles of House plan.

- Methods of measurement.
- Methods of arrangement of various rooms.
Practical: Kitchen Plan
- To prepare I shape kitchen plan. ‘I’
- To prepare L- shape kitchen plan. ‘L’
- To prepare a U- shape kitchen plan ‘U’

References:
(1) आवास : आंतरिकअन्वेषणमयजित,डॉ. वीणागंधो, मनीषकुलमन्यमदीवी
(2) गृहनिर्माणस्थानमितर्वस्था,डॉ. बेलाभागव
(3) गृहनिर्माणौरेगृहौरतूस्ला,डॉ. जेनेल
(4) आवासस्थानगृहनिर्माणमितर्वस्था,डॉ. सुधागोयल

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

Syllabus

Subject: _______________________HOME SCIENCE

Course (Paper) Name & No.: _______ CC – 22 EVENT MANAGEMENT

Course (Paper) Unique Code: _________1901290201052200

External Exam Time Duration: ________ 2 HOURS

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Objectives:-

To enable students to:
- To provide knowledge for event planning process and tools and strategy.
- To prepare students for project management to the creation and development of festivals and event.

Theory:-

Unit: 1 Introduction of Event management:
- Meaning and importance of Event management.
- Classification of Event management.
- Commercialization of Event management.
- Career in Event management.

Unit: 2 Event Planning:
- Event scheduling.
- Develop strategies for success.
  - Make checklist.
  - Create budget.
  - Plan publicity.
  - Timing.
  - Organizing committee.
  - Role of official.
- Key tips in developing the event plan:
Unit: 3
Event Leadership:
- Growth opportunities for event leader.
- Developing the career.
  - Mastering yourself.
  - Effective timing management.
  - Financial and accounting skill.
  - Mastering in technology.
  - Human resource skill.
  - Event leadership careers.

Unit: 4
Successful Event management:
- Techniques of market research.
- Qualitative and quantitative research.
- Validity and reliability.
- Produce considering effective events.
- Event design.
- Creative process in event research.
- Needs assessments and analysis.

Unit: 5
Catering of or premises event:
- Types of catering.
- Staff position of catering.
- Policies of catering department.
- Challenges of catering department.

Practical:-

1) Arrange any one competition in your college:
   a) Recipe competition.
   b) Mahanadi competition.
   c) Rangoli competition.
   d) Drawing competition.
   e) Hairstyle competition.

2) Plan and manage any one of the event in your college & evaluate it:
   a) Re-public day/independence day.
   b) Navratri festival.
   c) New year function.
   d) Emigration function of new students.
   e) Farewell function of students.

   − Celebrate different students day e.g.
     a) Sports Day.
     b) Sari Day.
     c) Green Day
d) Friendship Day.
e) Teacher’s day.

References :-

(2) Event Management: Swarup K Goyel, Adhyayan Publishers, Darya Ganj, New Delhi,

Website:-

http://www.google.eventmanagement.com

http://en.m.wikipedia.org
Subject: ______________________ HOME SCIENCE

Course (Paper) Name & No.: __________ CC – 23 HEALTHY MARRIED LIFE
Course (Paper) Unique Code: __________ 1901290201052300
External Exam Time Duration: __________ 2:30 HOURS

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Objectives:

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

Theory:

Unit – I Marriage
- 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.

Unit-V The Relation between marriage and family
Unit-VI  Marriage Melapak

Unit-VII  Problems after Divorce

References :

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

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

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

(4)  "अतीतस्रकारितयनगरमिदेशर्टमतमीनोपशालन"
    लेखक: पृ. सी. बी. 6वे, हो. ही. बी. एम. शेल्टर

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

(6)  साधसाध – हैशर्नामत

(7)  वस्मावतमाधेशायु – अहर्नयन

(8)  वस्मावतमाधेशायु – मै. वे.से. व्यमानमाधेशायु. ही. मांडलिया

(9)  शीर्षस्राशीतनपांलसंयोजय – वनराजमालवी

Web:
(1)  www.Wikipedia.org/wiki/marriage

(2)  www.en.wikipedia.org/…./ideal-marriag

(3)  www.ispub.com/…./material_age

(4)  www.merriam_webstor.com/dictionory/marriage
Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 24 TRAVEL TOURISM MANAGEMENT
Course (Paper) Unique Code: 1901290201052400
External Exam Time Duration: 2:30 HOURS

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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 Travel Tourism
- History of Travel Tourism
- Meaning and definition of travel tourism
- Development and impact of Travel Tourism Industry in India

Unit – II Travel Tourism
- Importance of Travel Tourism.
- Job Opportunities for Women.
- The important points kept in mind while travelling

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

Unit – IV Different types of Transportation
- Road Transportation
- Rail Transportation
- Sea Transportation
- Air Transportation

Unit – V  Gujarat Tourism
- Introduction of Gujarat Tourism
- Tourist places of Gujarat.

Unit-VI  Classification of Tourism
Unit- VII  Top Ten Heritage Places in India

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)  છંદર ગાંધી નેશનલ ઓપન યુનિવર્સિટી
    ડો.બાબાસાહેબ આંદોલનકર ઓપન યુનિવર્સિટી

(4)  ટ્રાવેલ ટ્રાફિક અને ક્લાસ્સયુટર આફેરનેસ
    - પ્ર. મનીષા ખેમ. અભાર, પ્ર. લાવલા દી. રાખુ, પ્રેવીલ્જ પુસ્તક બનકર-રાજકોટ

Web :-
- www.wikipidia.transportation.in
- www.wikipidia.tourismmanagement
- www.wikipidia.travelproducts
- www.wikipidia.tourisminindia.in
Syllabus

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Subject: HOME SCIENCE

Course (Paper) Name & No.: CC – 25 CHILD NUTRITION
Course (Paper) Unique Code: 1901290201062500
External Exam Time Duration: 2 HOURS

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Objectives:
- To make good nutrition way of life.
- To teach children about healthy eating and nutrition resources.
- To prevent deficiency related disease and obesity in child.

Theory:

Unit: I Child Nutrition.
- Meaning of nutrition.
- Importance of child nutrition.

Unit: II Malnutrition
- Meaning of malnutrition
- History of malnutrition
- Causes of malnutrition in children.

Unit: III Malnutrition & Diseases
- Diseases due to malnutrition in children.
- Preventive measures for malnutrition.

Unit: IV Nutrition for Children
- 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
– Balwadi,
– Anganvadi,
– Midday Meal,
– Day School,
– School Hostel,
– Primary School.
– School lunch programme.

Practical:

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

References:

(1) *Journal of child nutrition and management* – 2008 to 2015
(2) *Maternal and child nutrition*
   - Edited by – victoria hall maran and Rafael perez – vol 11-12 2015,2016
(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. [www.scholl-nutrition.org/jcnm/](http://www.scholl-nutrition.org/jcnm/)
3. [www.starhealthystayhealthy.in/](http://www.starhealthystayhealthy.in/)
FACULTY OF ARTS

Syllabus

Subject: __________________________ HOME SCIENCE

Course (Paper) Name & No.: CC – 26 FASHION DESIGNING

Course (Paper) Unique Code: 1901290201062600

External Exam Time Duration: 2.00 HOURS

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Objectives:-

- To understand about fashion & fashion designing.
- To import an in-depth knowledge about manually designing & computer.
- To increase the knowledge about the boutique.

Unit: 1 Cultural & Fashion:
- Changes in fashion trends.
- Different between fashion & Style.

Unit: 2 Sources of fashion:
- Importance of Fashion.

Unit: 3 Designing:
- Meaning & definitions of design.
- Elements of design.
- Principles of design.
- Different types of design.
- Color scheme.

Unit: 4 Manually designing & computer designing:
- Designing for men & women & children.
- Designing for purses, bags & Jeweley.
- Knowledge of computer designing.
- Corel Draw.

Unit: 5 The boutique:
- Meaning of boutique.
- Selection of place space for boutique.
- Planning for boutique.

Practical :-

1. Draw the elements of design, and types of design.
2. Designing the sketches of men, women & children.
3. Designing the sketches of purses, bags & jewelry.

References :-

1. Dress Designing - Vina Samani and other, Pravin Pustak Bhandar, Rajkot.
3. Introduction to clothing – Vina Samani and others Rajkot.
4. Art of sewing – Anna Jacob, UBS PD, New Delhi.

Web:
(1) http://fashionmagazine.com
(2) http://instble.com
(3) http://en.m.wikipedia.org
Objectives:
- Gain better understanding of the principles of interior designing.
- Provide adequate facility for work, rest, relaxation, comfort privacy, maintenance and aesthetics etc…. through interiors.
- Develop the skill of creating designs for furnishing items.

Theory:

Unit – I
Furniture
- Importance and principles of furniture arrangement
- 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.

- Bed Room
- Children room.
- Drawing room.
- Dining room
- Kitchen

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

Unit – V
Accessories of interior designing.
Practical:

(1) To prepare a plan of bed room 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) કલાકસિતાંત્રકલામંચાંતરિકસિતા, ડો. બેલાભાગવ
(2) Interior Design : S.N. Chaudhari
(3) ગૃહનિમાંચુંયુંયું વસ્ત્રણોનું વસ્ત્રણો : ડો. બેલાભાગવ
(4) ગૃહનિમાંચું ગૃહનિમાંચું, ડો. અહલતા

WEB:

(1) www.furniture.about.com/home/furniture/decorating
(2) www.computergraphic.com
(3) www.en.wikipedia.org/wiki/listoffurniture
(4) www.fromeyssdesigncenter.com/pdf/furniture.carepdf
Subject: _____________________________HOME SCIENCE  
Course (Paper) Name & No.: _________CC – 28 DISASTER MANAGEMENT  
Course (Paper) Unique Code: 1901290201062700  
External Exam Time Duration: 2 HOURS

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Objectives:

- To know the important and classification of Disaster Management.
- 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.
  - Natural disaster
  - Man made disaster
  - 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.

Practical:-

1) Write Assignment on any three topics of disaster management.
References Books:

(1) **Disaster Management**, Dr. R.J. Yadav, NavBharatSathiyaMandir, Ahmedabad.
(2) **Environment risks and hazards**, KatarSushan, prentice Hall of India Limit. New Delhi.

Web:

(1) [www.google.com/Disaster-Management](http://www.google.com/Disaster-Management)
(2) [www.infomine.usr.edu](http://www.infomine.usr.edu)
(3) [www.khoj.indiainfex\1&3india](http://www.khoj.indiainfex\1&3india)
Subject: _______________________ HOME SCIENCE  
Course (Paper) Name & No.: CC – 29 HEALTHY FAMILY AND FAMILY PLANNING  
Course (Paper) Unique Code: 1901290201062900  
External Exam Time Duration: 2:30 HOURS

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Objectives:

- Acquire knowledge and insights about the dynamics of contemporary family.
- Become acquainted with the concept goals and areas of adjustment in marital relationship and within the family.
- 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.
- Meaning of family planning.
- Importance of family planning.
- Method of Family planning.
  - Cervical
  - Diaphragm
  - Intrauterine Device
  - Condoms
  - Contraceptive pills
  - Spermicidal
  - Withdrawal

Unit-V

Factor affecting on family

Unit-VI

Inharmoniousness in family
References :-

(1) “Marriage Family in India”.
    Kapadia K. M.

(2) “Love, marriage, sex and Indian woman” Pramillakapur
    (Orient paper backs, 1976)

(3) “Some aspects of family in India”-Desai I.P.

(4) जातीयताअनुपात्यनुमनोबिज्ञान
    लेखक: (1) प्र. सी. बी. देव
    (2) प्र. बी. अभ. कोलेक्टर
    (3) प्र. योगेनराय एक.

(5) लग्न, कुटुंबसम्बन्धमायोजन – धीरजधान

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

(7) लग्न, कुटुंबसम्बन्धमायोजन
    (1) शे. अयस. वाघेला
    (2) अय. वी. मांडलिया

(8) कोलेक्टरजोस्पटप्पलोसंवेदना – वनराजमालवी

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

− Understand the Organizational procedures of the Front Office.
− To acquire skills in personnel management.
− To become aware of the different areas and function of Housekeeping department.
− To develop and acquire skills in Housekeeping activities.

Theory:

Unit – I History of Hotel Industry.
Type of Hotels.

Unit – II Front Office
− Meaning of front office.
− Planning equipment and furniture for the Front office.
− Duties of Front office staff.

Unit – III Housekeeping Department
− Meaning of Housekeeping Department
- Different section of Housekeeping Department.
− Staff duties and Co-ordination with other Department.

Unit – IV Food and Beverage Production
− Food and beverage service.
− Hygiene and food safety.

Unit-V Hospitality Management
− Accommodations Management
− Financial Management in Hotels
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 :-

(1)  [www.hotelindustry.com](http://www.hotelindustry.com)
(2)  [www.housekeeping.in](http://www.housekeeping.in)
(3)  [www.hotelequipments.in](http://www.hotelequipments.in)
(4)  [http://www.hotelpro.com](http://www.hotelpro.com)
(5)  [http://blog.feedspot.com>hotelmanagement](http://blog.feedspot.com>hotelmanagement)
(6)  [http://www.xotels.com](http://www.xotels.com)
(7)  [http://hotelogix.com](http://hotelogix.com)