

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A SEMESTER- 1**

**HOME SCIENCE- CC- 1**

**FUNDAMENTALS OF FOODS AND NUTRITION-I**

**Effective from- June 2012-2013**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-50 Marks

Internal-20 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

**FOCUS:-** This course enables the students to understand the importance of Nutrition and using proper method of cooking in keeping good health.

**OBJECTIVES:-**

- 1 The course enables the students to understand the functions of food and the role of various nutrients and the effects of hypo and hyper intake.
- 2 To learn about the composition and nutritional contribution and selection of different food stuffs.
- 3 To be familiar with different methods of cooking, their advantages and disadvantages.
- 4 To develop the ability to improve the nutritional value of food.

**COURSE CONTENT**

**THEORY**

**UNIT-I**

- 1:1 Concept of nutrition

1:2 Definition of food, Diet, nutritional status and malnutrition

1:3 Signs of good and poor nutrition.

## **UNIT-II**

2:1 Functions of food.

2:2 Basic Food Groups.

2:3 Balanced Diet

## **UNIT-III**

Macro nutrients: Chemical composition, Classification, digestion, absorption, metabolism, sources, functions, RDA, hypo and hyper intake.

3:1 Carbohydrates

3:2 Protein

3:3 Fat

## **UNIT-IV**

4.1 Energy-Fuel and energy, energy yielding food factors, the energy value of food, energy units, determination of energy value using Bomb Calorimeter, recommended allowances for calories,

4.2 BMR, factors affecting BMR.

4:3 Basic terminology used in food preparation

(A) Peeling, scraping, cutting, grating, emulsification, homogenization, germination, fermentation

(B) Mixing terms:- Beating, blending, creaming, folding.

## **REFERENCES:**

1 F.P. Antia-Diet Therapy

2 Mudambi and Rajgopal-Fundamentals of Foods and Nutrition

3 M. Swaminathan-Food Science, Chemistry and Experimental Foods

- 4 Neelam Buddhdev, Bhavna Vaid-Human Nutrition
- 5 R.Rajalaxmi- Prayukta poshan
- 6 Thangam Philip-Modern Cookery

### **PRACTICALS**

- 1 Controlling techniques: Weight and measures- Standard and household measures for raw foods.
- 2 Preparation and calculation of following nutrients
  - 1 Carbohydrates ----- 6 recipes
  - 2 Protein ----- 6 recipes
  - 3 Fat ----- 6 recipes
- 3 Preparation of recipes using following preparation methods:-
  - 1 Germination ----- 1 recipe
  - 2 Fermentation ----- 1 recipe

### **MARKING SCHEME**

- Selection of dish ----- 4 marks
- Taste, texture, flavor, colour (2 marks each) ----- 8 marks
- Calculation ----- 2 marks
- Viva ----- 2 marks
- Journal- ----- 4 marks

**Total - 20 marks**

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A SEMESTER- 1**

**HOME SCIENCE- CC-2**

**HOME MANAGEMENT- 1**

**Effective from- June 2012-2013**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-50 Marks

Internal-20 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

**FOCUS:-** This course deals with the management of resources in the family with particular reference to mobilize all the resources for achieving the family goals, impart knowledge and understanding of construction of Household equipment, materials used, selection criteria, maintenance and care of electrical and non-electrical equipments.

**OBJECTIVES :**

- 1 To create awareness among the students about management in the family as well as the other systems.
- 2 To recognize the importance of wise use of resources in order to achieve goals.
- 3 To make students understand the principles underlying the operation, use and care of various household equipments and new trends in equipments in the market.
- 4 To enable students to recognize base materials, finishes in the construction Of household equipment

## **COURSE CONTENT**

### **THEORY**

#### **UNIT-1 Introduction to Management**

- 1:1 Variety of Meaning:- Supervision / Supervisor, Leadership / Leader  
Execute / Executive, organization / Organizer, Administration/  
Administrator, Direction/Director, Control/Controller, Boss, Governor
- 1:2 Definitions of Management and Home Management from:- Dictionary point  
of view , By Henri Fayol (Father of Modern Management), McFarland,  
Henri Sisk, Nickell and Dorsey, R.P.Kotzin, National Conference of family  
life sub-committee Report, Gross and Crandall,  
Traditional and Modern concept of management.

#### **UNIT-2 Motivation in Management**

- 2:1 Values-
  - (a) Definitions BY Mid Marget, Dr.Radha Kamal Mukherjee, Nickell and  
Dorsey etc,
  - (b) Characteristics, Origin and Motivating Values- Types of Values-By Parker,  
Super and Lindsey,
  - (c) Factors affecting Values
- 2:2 Goals:- Definitions, origin and Types of Goals, Long Term, Short Term,  
Means End, related to Personal, Family, Group etc.
- 2:3 Standards:- Meaning, Classification-As to context, fixedness and Quality.

#### **UNIT-3 Resources and their Management in the Family**

- 3:1 Resources:- Definitions, Meaning and Classification
- 3:2 Family characteristics influencing management
  - (A) Family:-Introduction, Meaning, Definitions-Elliot and Merrill, Besong  
and Besong, Burges and Loke, Types of Family in India -On the basis of  
residence, Authority, Lineage Marriage, Succession, Number and  
structure, advantages and Disadvantages of Joint and Nuclear Family
  - (B) Family Life Cycle
  - (C) Life Styles
- 3.3 Decision making in Management
  - (A) Meaning and Definitions- by Peter Drucker, by Geroge R. Terry, by  
R.S. Davar, from Webster Dictionary
  - (B) Steps in Decision Making
    - (i) Problem analysis
      - Perception of the problem
      - Identification of the problem
      - Analysis

- (ii) Search for alternatives
- (iii) Evaluation of alternatives
- (iv) Selection of the best solution
  - (a) Risk involved, Economy, Timing, Limitation, Implementation of decision
  - (b) Feed back of Decision
  - (c) Types of Decision:- Major and Minor, Programmed and Non-Programmed, Routine and Basic, Personal and Group -Methods of taking Group Decisions

#### **UNIT-IV Materials used for household equipment**

- 4.1 Base Materials, Iron, Aluminum, Steel, Copper, Brass, Glass, Borosilicate, Soda lime Silica, Plastic, etc.
- 4.2 Finishes- Mechanical and Applied Finishes

#### **REFERENCES:**

1. Atkinson, Jacqueline: Better Time Management, Indus, New Delhi
2. Bharathi and Jacintha: Family Resource Management, Discovery Publishing House, Delhi.
3. Dr.Saksena S.C: Business Administration and Management, Sahitya Bhawan, Agra.
4. Fontana D:Managing time, Excel Books, New Delhi.
5. Gross, Crandall: Management for Modern Families Appletion Century Crofts Inc.
6. Nickel and Dorsey: Management in Family Living, Wiley Eastern Ltd. New Delhi
7. Singh P.N.: Developing and Managing Human Resources, Suchandra Publication, Bombay.
8. Swanson V.: Introduction to Home Management, Coller, MacMillan Publisher, London.

#### **PRACTICALS**

Learning the use and care of different Kitchen equipments

- (1) Refrigerator
- (2) Mixer, Grinder, Juicer, Slicer, Grater, Whipper, Kneader
- (3) Tea Kettle, Coffee Percolator / Tea-Coffee Maker
- (4) Tandoor-Electric and Non Electrical
- (5) Oven-Electric and Microwave
- (6) Electric smart snacker or Electric Chopper
- (7) Roti maker

## **MARKING SCHEME**

Figure of the equipment-	3 Marks
Construction of the equipment-	4 Marks
Use of the equipment-	5 Marks
Viva-	2 Marks
Project-	2 Marks
Journal-	4 Marks
<b>Total</b>	<b>20 Marks</b>

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A SEMESTER- 1**

**FUNDAMENTALS OF FASHION DESIGNING – CE-1**

**Effective from- June 2012-2013**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-50 Marks

Internal-20 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

**FOCUS:-** This subject throws focus on making students aware of changing fashion trends and keep them informed about basics of fashions and to prepare

**OBJECTIVES:-**

- 1 To make students aware of new trends in fashion.
- 2 To impart knowledge and skill in the basic sewing techniques of clothing construction.
- 3 To give primary knowledge about textile fibres used in fashion designing.

**COURSE CONTENT:-**

**THEORY**

**UNIT-1**

1.1 History, Scope and importance of clothing

1.2 Fashion

(A) Introduction to fashion

(i) Terms of Fashion

(ii) Classification of Fashion

(B) History of fashion (in brief)

(i) Indian history

(ii) Western history

(C) Culture and fashion

- (D) Fashion cycle
- (E) Innovation in fashion
- (F) Principles of fashion
- (G) Components of fashion- Silhouette, Detail, Texture, colour

**UNIT- II** Tools used for clothing construction – their construction, figure, use, Cleaning and care.

- 2.1 Tools for marking.
- 2.2 Tools for cutting.
- 2.3 Tools for drafting.
- 2.4 Tools for sewing.
- 2.5 Tools for finishing.

**UNIT- III**

- 3.1 Introduction to textile fibres.
  - (A) What are textiles?
  - (B) Textile fibres (i) Filaments (ii) Staple fibres
  - (C) Foundation of Fabrics
  - (D) Classification of Textile fibres
  - (E) Brief introduction of major fibres(Cotton, Linen, Wool, Silk, Rayon, Acrylic, Jute, Nylon, Polyester)
  - (F) Identification of fibres by Physical test
    - (i) Appearance test
    - (ii) Feeling test
- 3.2 Preparation of fabric for cutting.
  - a) Importance & identification of grain.
  - b) Identifying right & wrong side.
  - c) Different widths of fabrics.
  - d) Shrinking, straightening and pressing the fabric
  - e) Folding fabrics for cutting – lengthwise, crosswise, bias.
  - f) Methods of marking on the fabric.

**UNIT- IV**

- 4.1 Types of measurements
- 4.2 Knowledge of standard measuring points and taking body measurements for all types of garments.

**REFERENCES:-**

- 1 Reena Bhatia & Charu Arora- Introduction to Clothing and Textiles.
- 2 Neelima, Fashion and Textile Design, Sonali publications, 2009, New Delhi- 110002
- 3 Pramila Varma- Vastra vigyaan evam paridhan (Hindi)

- 4 Raul Jewel- Encyclopaedia of dress making, A.P.H. Publishing Corporation, New Delhi.
- 5 Jacob Anna Thomas, The Art of Sewing, UBS Publishers and Distributors Ltd., New Delhi, 1993.
- 6 Veena Samani, Hina Sanvat, Malini Pathak, Dress Designing, Pravin Pustak Rajkot (Gujarati)
- 7 Dr. Nidhi Shrivastav, Paridhan evam Silaaee, Ritu Publications, Jaipur (Hindi)

**PRACTICALS:-**

- 1 Study of sewing machine, its parts, use, cleaning and care.
- 2 Machine faults and ways to rectify them.
- 3 Basic construction techniques:- (Make samples)
  - (A) Hand stitches:-
 

(a) Basting (even and uneven),	(b) Back stitch,
(c) hemming,	(d) slip stitch,
(e) lock stitch.	
  - (B) Seams-
 

(a) Plain seam	(b) French seam
(c) Flat fell seam	(d) Run and fell seam
(e) lapped seam	(f) Rolled seam
(g) Edge machining	(h) Faggoting
  - (C) Darts:- (a) French dart (b) Fish dart
  - (D) Gathers (a) Gathers by hand (b) Gathers by machine
  - (c) Ruffles
  - (E) Pleats:-
 

(a) Knife pleats	(b) Combination pleats
(c) Box pleats	(d) Inverted pleats
(e) Controlled pleats	
  - (F) Tucks:-
 

(a) Pin tucks	(b) Scallop tucks
(c) Blind tucks	(d) Diamond tucks
(e) Cross tucks	(f) Corded tucks
(g) Graduated.	
  - (G) Application of basic sewing techniques - Stitching an Apron

**MARKING SCHEME:-**

1st Q a or b or e (three samples)	6 marks
2nd Q c or d or f (three samples)	6 marks
Journal	4 marks
<b>Total</b>	<b>20 marks</b>

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A SEMESTER- 1**

**FAMILY AND COMMUNITY SCIENCE & TEACHING AIDS – CE- 2**

**Effective from- June 2012-2013**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-50 Marks

Internal-20 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

**FOCUS:-** This subject focuses on understanding the philosophy of Family and Community Science, job opportunities and opportunities for self- employment

**OBJECTIVES:**

- (1) To develop an appreciation for Family and Community Science
- (2) To create an awareness of the opportunities for using Family and Community Science education in and outside of the home (Professional work)
- (3) To develop awareness of the values of teaching aids in the teaching - Learning process.

**COURSE CONTENT**

**THEORY**

**UNIT I Introduction to Family and Community Science Education in brief.**

1:1 Definitions of Family and Community Science Education.

1:2 Meaning of Family and Community Science Education.

1:3 Objectives of Family and Community Science Education.

1:4 Philosophy of Family and Community Science Education.

1:5 Areas of Family and Community Science Education. Family and Community Science Education and their contribution to daily living and to the Professional fields.

## **UNIT- II Importance and Value of Family and Community Science Education.**

2:1 Vocational value

2:2 Foundation of good citizenship.

2:3 Universality.

2:4 Self-Reliance.

2:5 Solution of Household Problems.

2:6 Preparation for the change to come.

2:7 As a general education.

2:8 Preservation and Transmission of culture.

2:9 Economic importance.

2:10 Ability to live a richer and purposeful life.

## **UNIT- III Need and Significance of vocationalization of Family and Community Science education.**

3.1 Reasons for vocationalization of Family and Community Science education.

3.2 Job opportunities for Family and Community Scientist.

3.3 Self employment for family and community scientist.

## **UNIT- IV Teaching Aids**

4:1 The Role of teaching aids in teaching learning Process.

4:2 Classification of teaching aids.

4:3 Edgar Dale- "Cone of Experience".

4:4 General Principles in selecting & using following teaching aids and

advantage and limitations of following teaching aids.

- (1) Poster
- (2) Charts
- (3) Flannel graphs
- (4) Display on bulletin board

## **REFERENCES**

- (1) Das, R. R. Roy Binita – “Teaching of Home Science”, sterling Publishers Ltd,1973.
- (2) Das Nivedita –“ Teaching of Home Science,” Dominant Publishers and Distributors, New Delhi.
- (3) Dr.Parlikar Kalpana, “what is Home Science,”Dimond Publication, Baroda.
- (4) Mehta Neepa, Mehta Avani-Designing Graphic Aids Department of Home Science Extension & communication, M.S. University, Vadodara.

## **PRACTICALS**

Methods & Principles in Preparing and using the following teaching aids.

- (1) Poster
  - 1 Simple
  - 2 Tree chart
  - 3 Organization chart
  - 4 Suspence chart
- (3) Flannel Graphs
- (4) Display on bulletin board

**MARKING SCHEME: -**

Q no.1	Preparation of teaching aid (From practical 1&2)	5 marks
Q no.2	Preparation of teaching aid (From practical 3&4)	5 marks
Class work:		6 marks
Journal-		4 marks
	<b>Total</b>	<b>20 marks</b>

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A SEMESTER- 1**

**INTRODUCTION TO MEDICINAL PLANTS – CE- 3**

**Effective from- June 2012-2013**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-50 Marks

Internal-20 Marks

Practical-1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

**FOCUS:** Use of plants and plant products is common practice in every household. They are used for varied purpose. Quite a few spices and common plants are also used as medicine. In fact it is the heritage of India. This course aims to rekindle the interest of educated graduates into this period practice using available material at household or at the doorsteps.

**OBJECTIVES:-**

**UNIT-I Introduction to cell :**

- 1:1 Definition, Types of cells (Akaryotic, Prokaryotic and Eukaryotic )
- 1:2 Difference between Plant cell and Animal cell
- 1:3 Plant cell organelles : Structure and function

**UNIT-II Introduction of Non-living plant cell contents (In brief) :**

- 2.1 Storage substances
- 2.2 Secretory substances
- 2.3 Excretory substances

**UNIT-III Kitchen Garden : Method of cultivation and their medicinal value**

- 3.1 Tulsi – Ocimum sanctum
- 3.2 Kumarpathu – Aloe vera

- a. Jasud – Hibiscus rosasinensis
- b. Ardusi – Justicia adhatoda
- c. Marigold – Calendula officinalis

### 3.6 Brahmi – Centella asiatica

## UNIT-IV

Collection and processing of parts of medicinal plants :

Underground parts

- 4.1 Bark
- 4.2 Leaves
- 4.3 Flowers
- 4.5 Fruits and Seeds

## REFERENCES :

- 1 A Text Book of Botany – A. C. Datta
- 2 Cell Biology - De Roberties
- 3 Cytology - Rustogy
- 4 Cell Structure and functions - Loeny A. and Sarkerly (1995)
- 5 Manual of Botany Practicals - D.A.Apsungikar
- 6 A Text Book of Botany for F.Y.B.Sc. - Popular Publishing Co.,Surat
- 7 શાહ રીજીર દા પદ (2008) આય લખણ 28મી આ િ),;સ ંસા હ યવ્ધ  
કાયાલય,અમદાવાદ.
- 8 શાહ હસકરખને પરબીઆ(2007), ાથમિક વા ંવસ પતિયૌષધો સમ વયવિનોબા  
આ મુગો િવડોદરા- 390021.
- 9 પરબીઆ અને પાઠક (2002), આપણી વન ઔષધિ, માનવ વિકાસ સં થાનુ ંરત- 395007
- 10 પરબીઆ, પરબીઆ અને શેઠ (2011) દદ માનાુસખા, સા હ સંગમ, ંરત.

- 11 નિઘંતુ આદશ- વૂવાધ, બાપાલાલ ગ. વૈ , કાશક િ વામીઆ માંજ સર વત્તીઆ ડુવ દક સહકાર ફામસી, લમિટ, ડુરત.
- 12 નિઘંતુ આદશ- ઉ રાધબાપાલાલ ગ. વૈ , કાશક િ વામીઆ માંજ સર વત્તીઆ ડુવ દક સહકાર ફામસી, લમિટ, ડુરત.
- 13 વન પત્તિભવ અને તેના ક મતીઉપયોગ, ડો અચના િ વેદ, ડો વિ ડુ િ વેદ, ડુ જરાત ડુ તકાલચ્છહાયક સહકાર મં ળ દ્રમોતીભાઈ અમીન માગ, સં થલસાહત, રાવ ડુરા, વડોદરા..

## **PRACTICALS**

- (1) Study of plant cells: Mounting -Onion peel, Tomato pith cells
- (2) Study of Non-living cell contents : Mounting
  - (a) Starch grains (potato, euphorbia)
  - (b) Mineral crystals of Calcium oxalate (From of pothos, phylloclade of opuntia, bulb of amorpho phallus)
- (3) Identification and their medicinal value of parts of medicinal plants :  
Tulsi, Kumarpathu, Jasud, Ardusi, Marigold and Brahmi
- (4) Study of garden tools.
- (5) Preparation of plan for kitchen gardening or home garden.
- (6) Preparing seed bed and seed sowing in garden or pot.
- (7) Tour to near by natural vegetation/Institution.

**MARKING SCHEME -**

- (1) Identify and mention uses of- 5 marks  
Specimen no. 1 to 4 (medicinal uses)  
Specimen no. 5 (garden tool)
- (2) Mounting : Plant cells/Non-living plant cell contents 5 marks
- (3) Preparing plan for kitchen garden or home garden 5 marks

OR

- Preparing seed bed and seed sowing in pot
- (4) Journal 5 marks

**Total- 20 marks**