

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

F.Y.B.A SEMESTER- 2

HOME SCIENCE- CC- 3

FUNDAMENTALS OF FOODS AND NUTRITION- 2

Effective from 2012-2013

Total credits- 04

Theory- 3 Credit (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 focuses on the functions of food and the role of various nutrients and the effect of Hypo and Hyper and composition and nutritional contribution and selection of different food stuffs.

OBJECTIVES:-

- 1 The course enables the students to understand the functions of food and the role of various nutrients and the effect 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 Micro Nutrients

- 1.1 Vitamins-History, Classification, sources, functions, RDA, effects of hypo and hyper intake.

A Fat soluble vitamins A, D, E, K.

B Water soluble vitamins C and B complex-B1, B2, Niacin, B6,
Folic acid, B12.

UNIT- II Minerals :-

- 2.1 Sources, functions and effects of hypo and hyper intake –
- 2.2 Calcium, Phosphorus, Iron, Magnesium, Selenium, Sodium, Potassium,
Chloride, Fluoride, Iodine, Copper

UNIT- III Water-

- 3.1 Sources, water balance and requirement, Hypo and hyper intake in
our body
- 3.2 Functions of water

UNIT-IV

4.1 Methods of food preparation

Boiling	-Poaching
Pressure cooking	-Stewing
Brewing	-Braising
Solar cooking	-Baking
Steaming	-Roasting
Puffing	

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:

I Preparation of recipes rich in

1. Vitamin-A
2. Vitamin-C
3. Vitamin-B1
4. Vitamin-B2
5. Vitamin-B3
6. Phosphorus
7. Calcium
8. Iron

2 Preparing recipes using different methods of cooking

1. Boiling
2. Pressure cooking
3. Steaming
5. Baking
6. Frying-Deep & Shallow

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	Total 20marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

F.Y.B.A. SEMESTER-2

HOME SCIENCE- CC- 4

HOME MANAGEMENT- 2

Effective from 2011-2012

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 mobilizing all the resource for achieving the family goals. It also deals with the factors motivating management and management applied to specific resources.

OBJECTIVES:-

- 1 To make the students aware about the management process used in the family as well as the other systems
- 2 To make students learn time and energy management.
- 3 To make students aware of methods and techniques of work simplification
- 4 To impart knowledge about various insulating materials used in household equipments

UNIT- I Management Process

1:1 Definition and Meaning of Management

1:2 Development and importance of Management

1:3 Home Management as a mental Process

1:4 Conceptual Frame work of Management

1:5 Steps involved in Management Process

1 Planning- Characteristics, Definition and Steps involved in Planning

2 Controlling-Definition and Steps involved in controlling-
Implementation, checking, adjustment

3 Evaluation- Importance, Relation to goals and values

UNIT- II

(A) Time Management Process

2:1 Meaning of time-Clock time, Psychological time, Biological Time,
Time Cost

2:2 Planning of Time Management.-Family life cycle and demand of time,
Time used for activities, Rest period, Factors affecting time planning,
Steps in making time plan

2:3 Controlling

2:4 Evaluation - Gnath Chart for evaluation of time

(B) Energy Management Process

2:1 Planning:

(a) Family life cycle and demand of energy

(b) Energy used for various activities

(c) Fatigue-Types, Reasons(External and Internal) measures to relieve fatigue

2.2 Controlling

2.3 Evaluation

UNIT- III Work Simplification

3.1 Techniques of Work Simplification formal and Informal techniques
(Pen-Pencil)

3.2 Mundell's Classes of Change

- a) Changes in hand and body motion
- b) Changes in work and storage space and equipment
- c) Changes in the stages of working method
- d) Changes in raw materials
- e) Changes in finished product

UNIT-IV House hold equipments

- 4.1 Insulating materials-Mica, Fiber Glass, Mineral Wool, Rock Wool, Cork, Plastic Foam, Rubber etc.

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, Appleton Century Crofts Inc.
- 6 Nickel and Dorsey: Management in Family Living, Wiley Eastern Ltd. New Delhi
- 7 Singh P.N.: Developing and Managing Human Resource Suchandra Publication, Bombay.
- 8 Swanson V.- Introduction to Home Management, Collier, Mac Millan Publisher, London
- 9 Ehrenkranz f. and Lydia I. Equipment in the home, Harper and Row

Publication

- 10 Peet and Thye : Household Equipment – John Wiley and Sons
- 11 Vargese M.A : Household Equipments Mannual, S.N.D.T. Uni, Mumbai
- 12 K.Nath : Elecrrical Appliances,Hind Pocket Books, Delhi
- 13 K.K.Bali : Home Appliances,Orient Paperbacks, Delhi

PRACTICALS:-

- (1) Toaster-Pop-up and Sandwich maker grill
- (2) Deep Fryer
- (3) Snack chef-waffles maker
- (4) Electric Rice Cooker
- (5) Electric Multi Steam Cooker
- (6) Hot Plate and Cooking Range
- (7) Vacuum Cleaner.
- (8) Electric Barbeque or Manual Barbeque

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

Total 20 Marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

F.Y.B.A. SEMESTER- 2

FASHION DESIGNING – CE- 4

EFFECTIVE FROM 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 covers the sociological and psychological effect of clothing, Principles of design necessary in Fashion Designing and introduction to rich Heritage of Traditional Textiles of India.

COURSE CONTENT

THEORY

UNIT- 1

- 1.1 Reasons for wearing clothes – Attitudes towards clothing
- 1.2 Sociological aspects of clothing
- 1.3 Psychological aspects of clothing

UNIT-II Principles of design (With reference to Fashion Designing and application)

- 2.1 Proportion
- 2.2 Harmony
- 2.3 Balance
- 2.4 Rhythm,
- 2.5 Emphasis

UNIT-III- Elements of design

- 3.1 Lines- Types of lines, their analysis and their appropriate use in relation to size and figure.

- 3.2 Shape
- 3.3 Colour and its psychological effect
- 3.4 Texture
- 3.5 Design
- 3.6 Checks and its types
- 3.7 Stripes and its types
- 3.8 Plaids and its types

UNIT- IV Traditional embroideries of India

- 4.1 Phulkari
- 4.2 Chikankari
- 4.3 Kasida
- 4.4 Kantha
- 4.5 Kutch and Kathiawar
- 4.6 Chamba rumal
- 4.7 Kasuti
- 4.8 Manipuri

REFERENCES:-

- 1 Reena Bhatia & Charu Arora- Introduction to Clothing and Textiles.
- 2 Bhanu Patel & Madhu Sharan, Sociological & Psychological aspects of clothing
- 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 Dr. Nidhi Shrivastav, Paridhan evam Silaaee, Ritu Publications, Jaipur (Hindi)

PRACTICALS:-

- (A) Traditional embroideries
 - 1 Phulkari
 - 2 Kantha
 - 3 Chikankari
 - 4 Kasida
 - 5 Kanbi and open chain stitch embroidery of Kutch
 - 6 Mirror work, Sindhi Taropa and Applique work of Kathiawar.
 - 7 Chamba rumal
 - 8 Kasuti
- (B) Modern embroidery
 - 1 Satin stitch

- 2 Slip stitch
- 3 Long and short stitch
- 4 Fishbone stitch
- 5 Feather stitch

MARKING SCHEME

Q 1 Traditional embroidery (one sample)	8 marks
Q 2 Modern embroidery (one sample)	8 marks
(Motif, Colour combination, Cleanliness and Overall effect - 2 marks each)	
Journal	4 marks
Total	20 marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

F.Y.B.A. SEMESTER- 2

INTRODUCTION TO EXTENSION EDUCATION CE- 5

EFFECTIVE FROM 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:- To bring awareness in students about Extension Education and role of teaching aids in Extension Education

OBJECTIVES:- To enable the Students to-

- (1) Understand the Principles, Philosophy and Objectives of Extension.
- (2) To develop awareness of the values of teaching aids in the teaching learning Process.

COURSE CONTENT

THEORY

UNIT- I Introduction to extension education.

- 1.1 Definitions of extension education
- 1.2 Meaning of extension education
- 1.3 Objectives of extension education
- 1.4 Characteristics of extension education
- 1.5 Scope of extension education

UNIT - II Principles of extension education

UNIT- III Teaching of Extension Education.

1.1 Steps in extension teaching.

UNIT- IV General Principles in Selecting and using following teaching aids.

4.1 Rod Puppet

4.2 Mobile

4.3 Diagramme

4.4 Graphs

4.5 Flash Card

REFERENCES :-

- (1) Dr.Hemant Khandai, Prof. kalika yadav.2011 "Extension Education" APH.Publishing Corporation, New Delhi – 110002
- (2) S.V.Supe, " Extension Education" R.Sing Science Publishers Nagpur, 1973

PRACTICALS:-

Methods and Principles of Preparing and using following teaching aids.

- | | | |
|-----|----------------------------|--------------|
| (1) | Rod Puppet | 1 Practical |
| (2) | Diagrams | |
| | 1 cross sectional diagram. | |
| | 2 Scientific | |
| | 3 Machine | |
| | | 2 Practicals |
| (3) | Graphs | |
| | 1- Pie graph | |
| | 2- Bar graph | |
| | 3- Line graph | 2 Practicals |
| (4) | Flash Card | 2 Practicals |

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
Total marks	20 marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

F.Y.B.A. SEMESTER- 2

APPLICATION OF MEDICINAL PLANTS - CE- 6

EFFECTIVE FROM 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. Infact it is the heritage of India. This course aims to rekindle the interest of educated graduates into this ageold practice using available material at household or at the doorsteps.

OBJECTIVES :-

UNIT-I Study of following plants for their medicinal uses :

1.1 Underground parts

Withania somnifera : Ashwagandha

Glycyrrhiza glabra : Licorice

Zingiber officinalis : Adu, sunth

Curcuma longa : Haldi

1.2 Bark

Terminalia arjuna : Arjun chhal

Moringa oleifera : Saragavo

Cinnamon : Taj

UNIT - II

2.1 Leaves

Justicia adhatoda : Arduasi

Aloe vera : Kumarpattu

Centella asiatica : Brahmi

Ocimum sanctum : Tulsi

Vitex negundo : Nagod

Calotropis gigantea : Ankado

Hibiscus rosasinensis : Jasud

Calendula officinalis : Marigold

2.2 Fruits and Seeds

Emblica officinalis : Ambla

Terminalia chebula : Harde

Terminalia bellirica : Baheda

Foeniculum vulgare : Variali

2.3 Panchang

Eclipta alba : Bhangaro

Solanum xanthocarpum : Bhoiringni

UNIT- III Preparation of the following :-

3.1 Churna

3.2 Mukhvas

3.3 Kwath

3.4 Avaleha

3.5 Sharbat

3.6 Goolkand

UNIT-IV Diseases and uses of herbs : causes, sign and symptoms and uses of herbs

in diseases

4.1 Diabetes

4.2 Anemia

PRACTICALS

- 1 Identification of parts of medicinal plants mentioned in theory syllabus and their medicinal uses .
- 2 Preparation of the following :
 - (i) Churna-Trifala (Harde, Behda, Amla)
-Trikatu (Sunth, Mari, Peper)

Erandbhriste Harde
 - (ii) Mukhvas: Harde, Drakshadivati, Variali, Tal
 - (iii) Kwath : Method in general
 - (iv) Avaleha : Chyavan prasha
- 3 Sharbat : Health drink-Aloe vera,Fennel
- 4 Goolkand : Rose, Shemal
Preparation of Journal,Herbarium sheet, Specimens(whole sample or parts)

MARKING SCHEME:-

- | | |
|---|---------|
| (1) Identify and mention uses of following –a , b, c, d, e, f (a to f one each from underground parts, bark, leaves, flowers, fruits and seeds, panchang) | 6 marks |
| (2) Prepare as mentioned below: | 6 marks |
| Churna | |
| Mukhvas | |
| Kwath | |
| Avaleha | |
| Sharbat | |
| Goolkand | |
| (3) Submission of prepared Herbarium sheet, Samples | 4 marks |
| (4) Journal | 4 marks |

Total marks 20 marks

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 શા રીશ્ચર દા પદ (2008) આય ભષકૃ28મી આ ૃિ),;સ ૃુસા હ યવ્ષ્ઠ કાયાલય, અમદાવાદ.
- 8 શાહ હસકસ્મને પરબીઆ(2007), ાથમિક વા યંવ્ષ્ઠા પત્તિઔષઘો સમ વય્રવિનોબા આ ૃુગો ૃિવડોદરા- 390021.
- 9 પરબીઆ અને પાઠક (2002), આપણી વન ઔષધિ, માનવ વિકાસ સં થાન ૃુરત- 395007
- 10 પરબીઆ, પરબીઆ અને શેઠ (2011) દદ માના ૃુસખા, સા હ સંગમ, ૃુરત.
- 11 આ ૃુવ દક્ષહકાર ફામસી, લમિઠ, ૃુરત.
- 12 નિઘં ૃુ આદશ-ઉ રાધ્રબાપાલાલ ગ.વૈ , કાશક ૃિ વામીઆ માંજ સર વત્તી આ ૃુવ દક્ષહકાર ફામસી, લમિઠ, ૃુરત.
- 13 વન પત્તિભવ અને તેના ક મત્તીઉપયોગ, ડો અચના ૃિેજ, ડો વિ ૃુ ૃિેજ , ૃુજરાત ૃુ તકાલય્સહાયક સહકાર મં ળ લમોતીભાઈ અમીન માગ, સં થા વસાહત, રાવ ૃુરા, વડોદરા..