

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S.Y.B.A. SEMESTER- 4

HOME SCIENCE- CC- 8

FAMILY MEAL PLANNING - 2

Effective from June 2012

Theory- 3 Periods/week

Theory- External-50 Marks

Internal-20 Marks

Practical- 2 Periods/week

Practical- External-20-Marks

Internal-10 Marks

FOCUS:- This course throws focus on dietary management and concept and dimensions of health

OBJECTIVES:-

This course will enable the students to,

- 1 Understand the concept of an adequate diet and the importance of meal planning.
- 2 Know the factors affecting the nutritional needs during the life cycle and RDA for various age groups.
- 3 Gain knowledge about dietary management in specific conditions.

COURSE CONTENT

THEORY

UNIT – I Health

- 1.1 Concept of health
- 1.2 Dimensions of health (physical, mental, social, spiritual, emotional, and vocational)

UNIT – II

2.1 Nutrition for pre-school children

- (i) Growth and development

- (ii) Nutritional requirements
- (iii) Nutrition related problems such as PEM, dental carries, anemia, obesity.
- (iv) Importance of balanced diet

2.2 Nutrition for school going children

- (i) Growth and development
- (ii) Nutritional requirements
- (iii) Meal planning for school child and planning for packed lunch.
- (iv) Food choice and eating habits.
- (v) Importance of balanced diet.

UNIT – III

3.1 Nutrition for adolescent boys and girls.

- (i) Growth and development
- (ii) Nutritional requirements
- (iii) Meal planning
- (v) Nutritional problems such as obesity, eating disorders, predisposition to osteoporosis, anemia, under nutrition.

3.2 Nutrition for industrial workers

- (i) Nutritional requirements
- (ii) Causes of malnutrition
- (iii) Measures for improving malnutrition

UNIT –IV

4.1 Nutrition for athletes

- (i) Nutritional requirements
- (ii) Meal composition and effects of tea, coffee and alcohol on athletic performance.
- (iii) Meal planning for athletes

4.2 Nutrition during old age

- (i) Physical changes
- (ii) Nutritional needs
- (iii) Nutritional problems such as osteoporosis, obesity, neurological disfunctions, anemia, malnutrition, constipation

4.3 Nutrition in specific conditions

- (i) Obesity – definition, etiology, symptoms, risk factors and dietary treatment
- (ii) Under weight - definition, etiology, symptoms, risk factors and dietary Treatment

REFERENCES

- 1 Mudambi Sumati R. and Rajagopal M.V. (1990) Fundamentals of Foods and Nutrition, New Delhi : Wiley, Eastern Ltd.
- 2 Raheena M. Begum (1989) A text book of Foods Nutrition and Dietetics, New Delhi:Wiley Eastern Ltd.
- 3 Srilakshmi B. (1990) Dietetics, New age international (P) Ltd. ,Wiely, Eastern Ltd.
- 4 Gopalan C.,Ramasastri B. and Balasubramanian S. (1993) Nutritive value of Indian foods,National Institute of Nutrition, Indian Council of Medical Research
- 5 Dr. Vrinda Singh, Meal Planning (Hindi version)

PRACTICALS

- (1) Calculation of nutrients present in different foods
- (2) Planning, preparing and calculating whole day's meal of-
 - 1 Pre-school children (1 to 3 and 4 to 6 years)
 - 2 School going children (6 to 9 and 10 to 12 years)
 - 3 Adolescent boys and girls
 - 4 Obese person
 - 5 Under weight person
 - 6 Industrial worker
 - 7 Old age person
 - 8 Athlete

MARKING SCHEME :

| | |
|-------------------|---------|
| Selection of dish | 2 marks |
| Preparation | 4 marks |
| Planning | 5 marks |
| Viva | 2 marks |
| Calculation | 2 marks |
| Journal | 5 marks |

Total 20 marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S.Y.B.A. SEMESTER- 4

HOME SCIENCE- CC- 9

ART AND CRAFT- 2

Effective from June 2012

Theory-3 Periods/week

Theory-External-50 Marks

Internal-20 Marks

Practical-2Periods/week

Practical-External-20-Marks

Internal-10 Marks

FOCUS: This is an introductory course on foundation of Art and Design. It deals with elements and principles of art and design in context of regional, traditional and contemporary art.

OBJECTIVES:

1. To understand the elements principles of design.
2. To promote group learning in study of art and craft.
3. To develop skill in creating designs and making art objects.
4. To appreciate art and craft.

Unit-I

1.1 Color

(i) Classification of color-Primary, Secondary, Intermediate, Tertiary,

Quaternary

(ii) Qualities of color-Hue, Value, Intensity.

(iii) Color Schemes- Related and Unrelated

UNIT-II

2.1 Principles of Design- Harmony

- (i) Definition, Aspects of Harmony,
- (ii) Types-Repetition, Contrast, Transition, Harmonious lines and shapes.
- (iii) Application to painting, to design, to hanging curtains, to arrangements to interiors, Harmonious sizes-
- (iv) Harmony of textures, Harmony of ideas, Application to exterior and interior design.

Unit-III Principles of Design-

3.1 Proportion-

- (i) Definition, Aspects of Proportion
- (ii) Space relationships: the Greek Oblong how to divide a space-Lines which apparently alter proportions , application to Exterior and Interior Design, Scale or consistence sizes

3.2 Balance-

- (i) Definition-How to balance objects-
- (ii) Types, Formal and Informal balance, in pictorial composition-Application to decorative designs, to exterior design, to advertising, to interior design.

UNIT-IV Principles of Design-

4.1 Emphasis-

- (i) Definition, Simplicity-a factor in emphasis what to emphasize Subordination and standard for backgrounds how to emphasize, Grouping, use of colour contrast,
- (ii) Surface patterns, of plain space, unusual lines and colours.- how much to emphasize, application to displays, To advertising and to interiors, Where

to emphasize- Center of Interest

4.2 Rhythm-

- (i) Definition-How to gain Rhythm,- Through Progression of sizes, continuous line movement, and Repetition,
- (ii) Application of rhythm to exterior and interior design, to displays and advertisement

REFERENCES:-

1. Anna Hong Rutt, Home Furnishing (Unit I,II,III,IV)
2. Collingwood R.G., The Principles of Art, Oxford Univ. Press, London.(Unit-IV)
3. Craig and Rush, Homes with Character (Unit I,II,III,IV)
4. Donald Anderson, Elements of Design (Unit-I,II)
5. Faulkner And Faulkner, Inside Today's Home (Unit I,II,III,IV)
6. Garreston Frouz, Theory and Practice of Color, Studio Vista Publishers, London.(Unit-II)
7. Goldstein and Goldstein, Art In Everyday Life, McMillan Co. Ltd.(Unit-I,II,III,IV)
8. Grames M., The Art of Color and Design, McGraw Hill Co., New York(Unit-I,II,III,IV)

PRACTICALS:-

1 Color

1. Prepare color wheel with any medium.-water color Poster color, Oil paint, Paper, Cloth, or on computer
2. Development of various tints and shades of the same hue using any medium or on computer.
- 3 Color schemes, related and unrelated
- 4 Collect samples of locally available flowers, leaves, trees, birds, grass, butterflies, flowerbeds, landscape, cards, sun rise and set etc. Describe color schemes with variety of tints and shades and different moods (emotional aspect).

2 Proportion

- 1 Enlargement, reduction and completion of design
- 2 Concept of space division through gift wrapping with gift paper.
- 3 Using proportion of 2:3 make flower arrangement-Stick flower vase and
Draw and colour flower arrangement

3 RHYTHM

- 1 Draw any five design motifs. Observe and describe different types of rhythm in each motif.
- 2 Collect any three designs from different states and describe rhythm seen
In it

4 Harmony

- 1 Lettering-Practice various fonts using gel pens, Calligraphy and stencils like Round, Chancery, Old English, etc.(any 2)
- 2 Expressive and decorative lettering
- 3 Make color harmony in flower arrangement, gift packing, painting, rangoli, etc.
- 4 Make journal covers using lettering, subject name, class, roll no., exam no. and Art Elements and Principles

5 Balance

- 1 Collect samples of dress designs/ furnishings where types of balance are Used.
- 2 Decorate any one motif with colours and materials of your choice. Briefly describe psychological impact of formal and informal balance as visible to you in completed motif.

MARKING SCHEME:-

Unit 1 to 2-

7 marks

| | |
|---|-----------------|
| Unit 3 to 5 | 7 marks |
| Class work-Journal covers – all 5 subjects- | 2 marks |
| Journal | 4 marks |
| Total | 20 marks |

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S. Y. B.A. SEMESTER - 4

HOME SCIENCE- CC-10

HOUSEHOLD & TRADITIONAL TEXTILES

Effective from June 2012

| | |
|--------------------------------------|---|
| 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 throws focus on the importance of household textiles and their selection and care. Also impart knowledge about our Traditional textiles.

COURSE CONTENT

THEORY

Introduction to Household textiles with relation to selection regarding texture, design, colour, Size, use, suitability, durability and care of the fabric

UNIT-1

1.1 Table linen-

Table cloth and table cloth guard, place mats, runners, table napkins

1.2 Towels-

Manufacturing process, weaves design and sizes of different types of towels

Turkish towel, bath towel, beach towel, hand and face towel, kitchen towel,
Dish towel.

UNIT- II

2.1 Bed linen and blankets

Bed linen- Types and sizes -Bed sheets, bed spreads, bed covers,

2.2 Pillows and pillow covers

2.3 Blankets and quilts- Types and materials used.

Unit- III curtains and draperies

3.1 Selection of curtains and draperies

3.2 Types of curtains and draperies

UNIT- IV- Traditional textiles of India

4.1 Dyed and printed textiles of India

- 1 Kalamkari
- 2 Patola and Sambalpore sarees
- 3 Tie and dye of Gujarat and Rajasthan
- 4 Pochampalli and Telia rumal of Andhra Pradesh.
- 5 Ikats

4.2 Woven textiles of India

- 1 Brocades
- 2 Shawls of Kashmir
- 3 Muslins of Bengal
- 4 Chanderis and Baluchar Butedar
- 4 Paithani and Pitambar

REFERENCES:-

- 1 Varma Pramila, vastra vigyan evam Paridhan
- 2 Dr. Bela Bhargava, Vastra vigyan evam dhulai kala, University Book House Pvt. Ltd., Jaipur
- 3 G.P. Sheri, Vastra vigyan ke mool siddhant, Aggrawal Publishers, Agra
- 4 Brinda sinh, Vastra vigyan ke mool siddhant, Panchsheel prakashan, Jaipur
- 5 Dr. Bimlesh Kumari, Vastra vigyan evam dhulai, Discovery Publishing House, New Delhi.

6 Geeta Pushp Shaw and Joyce Sheela shaw, vyavaharik vastra vigyan, Vinod Pustak Mandir, Agra

PRACTICALS:-

- 1 Prepare table mats (set of 2) and decorate with painting or embroidery
- 2 Cushion covers- 2
- 3 Floor mat
- 4 Make samples of Bandhani- Stripes, clump tying, marbling, stitching, knotting, Folded triangle, folded square, circles, two color bandhani.
- 5 Make any one household article of decoration using crochet.
- 6 Make girl's purse using crochet

MARKING SCHEME;-

| | |
|--------------------------------|-----------------|
| Q 1 (From Practical- 1, 2 & 3) | 5 marks |
| Q 2 (From Practical- 4, 5 & 6) | 5 marks |
| Journal | 4 marks |
| Class work | 6 marks |
| Total | 20 marks |

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S. Y.B.A. SEMESTER - 4

FIRST AID AND HOME NURSING – CE- 4

Effective From June 2012

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

OBJECTIVES :

- 1 To learn about the process of first aid.
- 2 To learn and create awareness about home nursing.

COURSE CONTENT:-

THEORY

UNIT -I

2.1 Introduction of First aid :

Definition, Aims and scopes, Main principles, Characteristics of first aider

Rules of first aid

1.2 First aid box :

Necessary points for preparing first aid box

Equipment – contents used in first aid box and their uses

1.3 Very brief information about anatomy and physiological process of human being.

UNIT - II

2.1 Dressing and Bandages :

Dressing :definition, uses, types

Bandages: types, uses, general rules for application of Roller bandages

2.2 Artificial respiration : Definition, Methods

Asphyxia / suffocation / breathing stop: causes, signs and symptoms and first

Aid, First aid in specific kinds of asphyxia-Drowning, Strangulation and

Hanging,

Suffocation by Smoke and poisonous gases, Asthma, Electric shock-stroke.

2.3 Wounds and Bleeding :

Types, signs and symptoms of external and internal bleeding and their first aid.

First aid for Nose bleeding, Bruises.

UNIT -III

3.1 Causes, Types, Signs and symptoms, First aid of following specific problems :

- 1 Fracture, Sprain of joints
- 2 Burns and Scalds
- 3 Insensibility (unconsciousness)
- 4 Fainting-Shock
- 5 Head injuries
- 6 Heat stroke
- 7 Epilepsy, Hysteria, Convulsions(in child)
- 8 Heart attack
- 9 Poisoning

3.2 First aid of miscellaneous conditions :

- 1 Foreign bodies in the eye, ear, nose, throat, stomach

- 2 Animal bites-Dog, Snake, Scorpion, Insects
- 3 Frost bite
- 4 Diarrhoea
- 5 Fever/High body temperature

UNIT - IV

4.1 Home-nursing :

- 1 Basic principles
- 2 Care for the patient who is in bed positioning

REFERENCES :

- 1 American Red Cross-Family health and Home-nursing
- 2 British Red Cross – Practical first aid
- 3 Manual of first aid(Gujarati) The authorized manual of St. John Ambulance Association, Published by Red cross Road, New Delhi.
- 4 Human physiology by C .C. Chatterjee.
- 5 Where There is no Doctor; a health care handbook (Gujarati version)
By Dr. Kiran Shinglot. Locost, Vadodara.

PRACTICALS

- 1 Study of equipments-contents used in first aid.
- 2 Methods of artificial respiration.
 - (i) Mouth to mouth ventilation
 - (ii) External chest compression method
 - (iii) Holger nelson method
 - (iv) Sylvester method
- 3 Stop bleeding and dressing of wound.(Demonstration)
- 4 Application of Triangular bandages :
broad, narrow, triangular bandage

-Reef knot

-Ring pad

-Slings

-Bandages for fore head, front or back of the chest, shoulder, elbow, hand, knee, foot, stump.

5 Application of Roller bandages :

Methods of applying roller bandages :simple, spiral, reverse spiral, figure of eight, spica.

Bandaging for the hand, elbow, lower arm, upper arm, fingers, finger tips, thumb, leg, knee, Ankle of, skull.

6 Study of various methods of transporting and handing the injured persons.

7 Bed making of a patient.

MARKING SCHEME

- | | |
|---|---------|
| 1 Identify and mention uses.(4 samples of contents used in first aid) | 6 marks |
| 2 Do as directed : | 6 marks |
| 1 Method of artificial respiration | |
| 2 Stop bleeding and dressing of wound | |
| 3 Method of transporting and handling the injured persons | |
| 4 Bed making of patient | |
| 3 Bandaging | 3 marks |
| 4 Journal | 5 marks |

Total 20 marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

SECOND YEAR B.A SEMESTER - 4

WATER MANAGEMENT – CE- 5

Effective From June- 2012

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

OBJECTIVES

- 1 To be aware of the holistic ecological approaches to environment.
- 2 To be aware of the water as a natural resource, save environment.
- 3 To be aware of the water problems, water pollution, water Conservation and harvesting, recharge of water and reuse of water.

UNIT –I

1.1 Water - Meaning, Watercycle

-Properties of water, characteristics of potable water

-General methods of cleaning potable water in house

-Water and diseases (In brief information)

-Biological importance of water

1.2 Types of water, Methods of softening hardwater

UNIT - II

2.1 Sources of water, Classification of water in soil

2.2 Water problems in Gujarat :

- General problems
- Other problems of increase salinity, proportion of fluoride in potable water, big dam, trading of underground water of sub-surface level, trading of drinking water
- Water pollution

2.3 Assumptive measures of water problems

UNIT - III

3.1 Water conservation :

- Measures of water conservation in farming and supplies

3.2 Water harvesting / water storage by Farm ponds, Fresh water village

Ponds, Small check dam, Water storage tanks, Underground transverse Bundhs

3.3 Recharge of water: (In brief information)

- Natural and artificial recharge
- Recharge

UNIT -IV

4.1 Development of watershed area and aims of watershed development Programme

4.2 Reuse of water :

- Concepts, Definition of Municipal waste water, Industrial waste water, Advanced waste treatment
- Composition of waste water
- Types of waste water reuse
- Irrigation reuse its advantage and disadvantage

REFERENCES :

- 1 Water Management-Conservation, Harvesting and Artificial Recharge
Dr. A.S.Patel, Dr. D.L.Shah - New Age International Publishers

2 Principle of water and waste water treatment by P.K. Gaur S.B.S.

Publisher and Dstributor pvt Ltd. New Delhi

3 Applied Chemistry, S. N. Narkhede, M. N. Thatte, K. M. Gokhale, Nirali

Prakashan

4 Paryavaran Sathi (Gujarati version), Ramesh Savaliya Centre for Environment Education, Ahmedabad

PRACTICALS

- (1) Introduction to chemistry laboratory apparatus.
- (2) Determination of Calcium hardness of water.(EDTA method) Two samples
- (3) Determination of Magnassium and Total hardness of water : (EDTA method)
Two samples
- (4) Determination of total Alkalinity of water : Two samples
- (5) Determnation of pH of water by pH universal indicator. (Four water samples)
- (6) To measure water Boiling point, Freezing point and influence of solutes.

MARKING SCHEME

- | | |
|--|-----------------|
| 1 Hardness of water (Calcium, Magnesium, Total)/Total Alkalinity of water | 12 marks |
| 2 Determination of pH (Three samples of water) / Boiling point and Freezing point of water sample. | 3 marks |
| 3 Journal | 5 marks |
| Total | 20 marks |

* For question no. 1 - observation-01

-reading -07

-formula -01

-calculation -02

-unit -01

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
SECOND YEAR B.A SEMESTER - 4
SOCIAL WELFARE AND COMMUNITY DEVELOPMENT CE - 6
Effective From June 2012

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

OBJECTIVES:-

1-To develop an understanding of the meaning, goals and programme of community development

2- To develop the meaning, concept of social welfare.

3- Develop understanding about the various social welfare organizations contributing to the perspectives of social work in India.

4- To develop their abilities in using various audio –visual aids.

COURSE CONTENT:-

THEORY

UNIT- I Community development programme.

- 1.1 Analysis of term 'Community Development'.
- 1.2 Definitions of community development.
- 1.3 Essential elements of community development.

UNIT- II Historical background of C.D. programme.

- 2.1 History of community development programme in India.
- 2.2 Philosophy of community development programme.

UNIT- III Process of community development

UNIT- IV Social welfare.

- 4.1 Meaning and definitions of social welfare.
- 4.2 Concept of social welfare.
- 4.3 Welfare organizations working in India.
 - 1- Early Welfare organizations working in India.
 - 2- Recent Welfare organizations working in India.
 - 3- International Welfare organizations working in India

REFERENCES:-

- 1 Dilip Agrawal, "Samajkarya evam Jankalyan" Prizam books,(India), Jaipur.
- 2 O.P.Dhama,O.P.Bhatnagar; Education and communication for development , second edition,Oxford & IBH publishing co. pvt.ltd, New Delhi. 2007.
- 3 Chaudhary; D.P. Introduction to social work. Atmaram & sons, Delhi,1976.
- 4 Chaudhary D.P. Hand book of Social welfare. Atmaram & sons, Delhi,1976.
- 5 Avani.V.Thakar,Gramya vikas mate vistaran sikshan Pravin pustak bhandar, Rajkot.
- 6 Batra,Nitin (2004) Dynamics of social work in India, Jaipur, Raj Publishing House
- 7 Bhattacharya, Integrated Approach to social work in India, Jaipur, Raj Publishing House.

Journals-

- (1) Social Welfare, Central social welfare Board, New Delhi

(2) The Journal of family welfare.

The Family Planning Association of India, Bombay.

PRACTICALS:-

Visit to study the developmental programmes in nearby community-such as I.C.D.S. Programme, Mid-day meal programme and prepare a report on their experience.....4 Practicals

1- Use of following Audio-Visual aids-

1- LCD Projector.....2 Practicals

2- Digital camera..... 1 Practical

3- Laptop..... 2 Practicals

4- Internet..... 1 Practical

Note: Students will maintain a record of their practical experience.