

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
HOME SCIENCE (CBCS SCHEME)
M.A. SEMESTER- I
Effective From 2014-2015

Sr. No.	Course Type	Subject	T	P	total Credits	Marks Ext.	Marks Int.
1	CCT- 01	Experimental Cookery	3	1	4	70	30
2	CCT-0 2	Interior Decoration- I	3	1	4	70	30
3	CCT-03	Apparel Design	3	1	4	70	30
4	ECT-01	Adjustment Psychology	4	-	4	70	30
5	ICT- 01	Research Methodology	4	-	4	70	30
6	SOC-01	Term Paper	2	-	2		

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

M.A. (SEMESTER – I)

HOME SCIENCE – CCT- 01

Experimental Cookery

With Effect From 2014- 2015

Total credits- 04

Theory- 3 Credits

Theory- External - 50 Marks

Internal - 20 Marks

Practical- 1 Credit

Practical-External - 20-Marks

Internal - 10 Marks

FOCUS : This course deals with nutrients and components in different foods & their behavior while cooking. It also enables the students to understand the changes that take place in specific foods.

OBJECTIVES :

- 1 To inculcate the skill of sensory and objective evaluation of food.
- 2 To acquaint the students with composition .nutritive value and cooking of various food stuffs.
- 3 To develop interest in varied cooking

COURSE CONTENT.

THEORY

UNIT – I

1:1 Evaluation of Food Quality :

- (i) Sensory evaluation
- (ii) Sensory characteristics
- (iii) Requirements for conducting sensory test
- (iv) Evaluation card
- (v) Types of tests
- (vi) Objective evaluation

1:2. Cereal and Cereal products : (Wheat, Rice and Maize)

- (i) Structure
- (ii) Composition and nutritive value
- (iii) Cereal cookery
- (iv) Cereal protein – gluten

- (v) Cereal starch
- (vi) Effect of moist heat
- (vii) Effect of dry heat
- (viii) Fermented products
- (ix) Unfermented products
- (x) Points to remember while cooking cereals
- (xi) Role of cereals in cookery

UNIT – II

2:1 Pulses :

- (i) Composition & nutritive value
- (ii) Processing
- (iii) Storage & infestation
- (iv) Toxic constituents in pulses
- (v) Pulse cookery
- (vi) Medicinal values of pulses

2:2. Milk & Milk products :

- (i) Composition & nutritive value
- (ii) Physical properties of milk
- (iii) Effects of heat
- (iv) Effects of acid
- (v) Effects of enzymes
- (vi) Effects of phenolic compounds & salts
- (vii) Micro- organisms
- (viii) Processing
- (ix) Milk products
- (x) Milk substitutes
- (xi) Adulteration of milk
- (xii) Role of milk & milk products in cookery

UNIT – III

3;1 Beverages and Appetizers :

- (i) Meaning & Classification
- (ii) Coffee
- (iii) Tea
- (iv) Cocoa & Chocolate
- (v) Fruit beverages
- (vi) Soups
- (vii) Vegetable juices
- (viii) Milk based beverages

- (ix) Malted beverages
- (x) Carbonated & non-alcoholic beverages
- (xi) Miscellaneous beverages
- (xii) Alcoholic beverages

3:2. Eggs :

- (i) Structure
- (ii) Composition and nutritive value
- (iii) Pigments
- (iv) Quality of Egg & evaluation of egg quality
- (v) Egg cookery
- (vi) Deterioration during storage
- (vii) Preservation of eggs
- (viii) Egg recipes

UNIT – IV

4:1 Sugar & related products :

- (i) Nutritive value
- (ii) Properties
- (iii) Sugar related products
- (iv) Sugar cookery
- (v) Artificial sweeteners

4:2. Spices :

- (i) Meaning & general functions
- (ii) Classification
- (iii) Different spices
- (iv) Role of spices in cookery

PRACTICALS

1. Preliminary preparations for various cooking - their meaning , advantage and disadvantages (Demonstration)

- (i) Cleaning
- (ii) Peeling & stirring
- (iii) Cutting & grating
- (iv) Sieving
- (v) Soaking
- (vi) Processing
- (vii) Blanching
- (viii) Marinating
- (ix) Fermentation
- (x) Sprouting

- (xi) Grinding
 - (xii) Drying
 - (xiii) Filtering
 - (xiii) Roasting
2. Making of various masalas used for various cooking (Demonstration)
 - (i) Chaat masala
 - (ii) Sambhar masala
 - (iii) Garam masala
 - (iv) Kashmiri garam masala
 - (v) Curry masala
 - (vi) Rasam masala
 - (vii) Panch Phoram
 3. Chinese cooking :
 - (i) Basic recipes
 - (ii) Soups
 - (iii) Starters
 - (iv) Main Dishes
 - (v) Desserts
 4. Italian cooking :
 - (i) Basic recipes
 - (ii) Soups
 - (iii) Main Dishes
 5. Indian Sweets :
 - (i) Burfis
 - (ii) Gulab Jamun
 6. Mukhwas :
 - (i) Mixed mukhwas
 - (ii) Drakshadivati
 - (iii) Sweet amla
 - (iv) Kharek (Stuffed)

MARKING SCHEME :

- | | |
|---|-----------------|
| 1. Journal | 04 Marks |
| 2. Preparation for various cooking / masalas / basic recipes
(to write only) | 02 Marks |
| 3. Preparation of full meal | 10 Marks |
| 4. Indian sweet | 02 Marks |
| 5. Mukhwas | 02 Marks |
| Total | 20 Marks |

REFERENCES :

1. Bennion, M. & Huges O. Introductory Foods
2. Belle and Lowe ' Experimental Cookery ' John Wiley & Sons
3. Charley Helen ' Food Science ' Ronald publications
4. Burton T. Benjamin ' Human Nutrition ' Tata McGrow Hill, New Delhi
5. Fitch & Francis ' Foods & Principles of Cookery '
6. B. Srilakshmi ' Food Science '
7. Mudambi Sumati R. ' Human Nutrition , Principles & Application In India '
8. Phillip Thungham ' Modern Cookery for Teaching & Trade '

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
M.A. (SEMESTER – I)
HOME SCIENCE – CCT- 02
INTERIOR DECORATION – 1
With Effect From 2014- 2015

Total credits- 04

Theory- 3 Credits

Theory- External - 50 Marks

Internal - 20 Marks

Practical- 1 Credit

Practical-External - 20-Marks

Internal - 10 Marks

FOCUS: This course deals with the study of interior decoration and the factors influencing the residential interiors.

OBJECTIVES: To enable students to-

1. Gain better understanding of the principles of Interior Decoration.
2. Provide adequate facility for work relaxation, rest, comfort, privacy, maintenance and aesthetics etc. through interiors.

COURSE CONTENT

THEORY

UNIT – I Introduction

1:1 Concept of Interior Decoration in India.

1:2. Basics of Interior Decoration and developing Good Taste.

(i) Good Taste and Optical Illusion

(ii) Effect of culturing.

(iii) Distribution of attention.

UNIT – II Language of Design.

2:1 Elements of Design

(i) Line -Types, use in home, effects

(ii) Shape- Meaning, Types, use in home, effects

(iii) Texture- Meaning, Types, List of textures used in Interior

2:2 Colour

(i) Colour theories

(ii) Pigment colour wheel

(iii) Classification

- (iv) Qualities of colour-Hue, Value, Intensity
 - (v) Harmonies of colour – related and unrelated
 - (vi) Emotional effect of colour
 - (vii) Factors affecting colour harmonies
 - (viii) Various colour harmonies for various rooms –Living, Bed, Kitchen, Dining, Guest, etc.
- 2:3 Space- Application, psychological effects, various techniques etc.
- 2:4 Form- Application, psychological effects, various techniques etc.
Light-Types, Light sources and fixtures, Effect on object
Application of elements of design in- 1 Home, 2 Art objects,3
Show case ,4 Furniture, 5 Flower arrangements, 6 Floral art

UNIT – III

- 3:1 Lighting- Types-General and Decorative, Direct and Indirect, Effect of Lighting on decoration

UNIT-IV

- 4:1 Floors, Flooring, and Floor Covering- Meaning, Selection, Types:-
- (1) Hard Floor covering
 - (i) Tiles- Types, Uses, Characteristics, (ii) Bricks, (iii) Mosaic Tiles
 - (iv) Marble (v) Quarry (vi) Slate (vii) Asphalt (viii) Cork
 - (ix) Rubber (x) Linoleum (xi) Wooden flooring - Hard Wood, Soft wood, Plywood, Hard Board, Laminates, Bamboo flooring
 - (2) Soft Floor Covering
 - (i) Carpets & Rugs- Selection of carpets, Types, Types of Indian Carpet
 - (ii) Resilient Floor covering
- 4:2 Furniture
- (i) Furniture - need & style of today, Selection Factors,
 - (ii) Upholstered Furniture- Selection Factors,
 - (iii) Furniture arrangement using Art Principles in various rooms of home

PRACTICALS

1 Good Taste

Clip two pictures from a magazine or use a photograph of any room which may show attractive furniture. Stick it on plain paper. Describe its good and bad points. Improve the room and remove bad points according to good taste.

2 Application of elements of design in-

- (1) Flower arrangement
- (2) Show case

- (3) Floral art
- (4) Furniture arrangement
- (5) Clip two pictures of any room and analyze it.

3 Colour in interiors

- (1) Draw a floor plan and elevation plan of any room of a home. Colour it with various colours using colour harmonies.
- (2) Make a chart of various rooms of your home. List colours of your room. Use colour schemes if you have to re decorate it.

4 Floor Covering

Stick two Pictures of well decorated floor of any interiors . Describe its type & good & bad points

5 Furniture

Stick two pictures of well furnished room Describe its good & bad points of its construction.

MARKING SCHEME

Journal	04 Marks
Class Work	02 Marks
Q 1 Good Taste/ Element & principles of art	04 Marks
Q 2 Colour & colour shemes	06 Marks
Q 3 Furniture/ Floor covering	04 Marks
Total	20 Marks

REFRENCES

- 1 Anna, Hong, Rutt,: Home Furnishing
- 2 Faulkner and Faulkner,: Inside Today` s Home
- 3 Faulkner., Ziogefeld and Hill,: Art Today
- 4 Ford and Ford,: Design of Modern Interiors
- 5 Goldstein and Goldstein,: Art In Everyday Life

MAGAZINES:

- 1 Inside Outside
- 2 Interiors

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

M.A. (SEMESTER – I)

HOME SCIENCE – CCT- 03

APPAREL DESIGNING - I

With Effect From 2014 – 2015

Total credits- 04

Theory- 3 Credits

Theory- External - 50 Marks

Internal - 20 Marks

Practical- 1 Credit

Practical-External - 20-Marks

Internal - 10 Marks

OBJECTIVES:-

- 1 To make the students aware of fashion trends and fashion cycle.
- 2 To help the students learn figure analysis for apparel designing.
- 3 To make the students aware of human proportions and design garments accordingly.

COURSE CONTENT

THEORY

UNIT- I Fashion:-

- 1:1 Role of Fashion in Apparel Designing
- 1:2 Types of Fashion.
- 1:3 Fashion Trends.
- 1:4 Fashion Cycle.

UNIT- II Figure Analysis:-

- 2:1 Figure Types
- 2:2 Body Proportion
- 2:3 Selection of Design in relation Figure Types

UNIT- III Creating Optical Illusion in Dress Designing

- 3:1 Use of Optical Illusion
- 3:2 Types of Illusion.
- 3:3 Creating Optical Illusion in Dress.
- 3:4 Methods of Creating Optical Illusion in Dress Making.

UNIT- IV Human Proportions and Figure Construction

4:1 Fashion Figure – Eight Head Length.

PRACTICALS:-

- 1 Preparing Croqui;-
Basic - (a) Mechanical
(b) Elongated
(c) Shape Croqui
- 2 Fashion Illustrations:-
- 3 Preparation of Basic blocks.
- 4 Designing and stitching following garments;-
 - (1) Garments for pregnant woman.
 - (2) Garments for lactating woman
 - (3) Sari Blouse.

MARKING SCHEME

Journal	04 Marks
Class Work	06 Marks
Preparing Croqui/ Fashion Illustration	05 Marks
Make a garment	05 Marks
Total	20 Marks

REFERENCES:-

- 1 Anna Jacob Thomas, The Art of sewing, UBS Publishers, Distributors Ltd., New Delhi.
- 2 Bane A, Flat Pattern Design, Mcgraw Hill
- 3 Bray Natali, Dress Pattern Designing, London, Crosby, Lockwood & Staples.
- 4 Brenda M, The Techniques of Dress Design.
- 5 Goldstein & Goldstein, Art in everyday life, IBH Publishing Co.
- 6 Goselle, D.A & Nerta B. Figure types and size ranges.
- 7 Helen L. Brokman, The Theory of Fashion Design, John Wiley & Sons. Inc. New York
- 8 Jindal Ritu, Handbook of Fashion Designing- best drafting techniques, Mittal Publications, New Delhi, 1998.
- 9 Raul Jewel, Encyclopedia of Dress Making, APH Publishing Corporation, New Delhi.

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
M.A. (SEMESTER – I)
HOME SCIENCE – ECT- 01
ADJUSTMENT PSYCHOLOGY
With Effect From 2014 – 2015

Total credits- 04
Theory- 4 Credits

Theory- External - 70 Marks
Internal - 30 Marks

COURSE CONTENT
THEORY

UNIT- I

1:1 Introduction

- (i) Definition-Nature-Importance of Adjustment
- (ii) Field (Scope)- Psychological models of Man

1:2 Origin of Adjustment Problems

- (i) Process of Human Development
- (ii) Patterns of Human Development
- (iii) Healthy and Faulty Development
- (iv) Role of Motivation

UNIT- II

2:1 Reactions to Problems of Adjustment

- (i) Problem of Adjustment (Stress)
- (ii) Reaction to Adjustive demands
- (iii) Faulty patterns of Adjustment

2:2 Interpersonal Relationship

- (i) What is Relationship?
- (ii) How does the Relationship is formed?
- (iii) How does the Relationship develops?
- (iv) Intimacy
- (v) Love and its Principle- Types of Love

UNIT-3

3:1 Marriage and Family

- (i) What is Family?

- (ii) Family structure
- (iii) Family as Interactive systems
- (iv) Marriage motivation- Selecting a Mate
- (v) Adjustment in Marriage
- (vi) Destabilizing factors in Marriage
- (vii) Divorce-Causes & Effects

UNIT- IV

4:1 Old Age Adjustment

- (i) The Aging process
- (ii) Sources of Adjustment difficulties
- (iii) Way of Adjustment to the Aging process

REFERENCES:

1. " Psychology and Effective Behaviour" by James.C.Coleman, D.B.Tarapurwala & co, Mumbai
2. " Psychology and Adjustment" by Ronald.J.Cohen(1994), Allyn & Bacon
3. Dr.B.A.Parikh, Dr. R.M.Vyas & Prof. Ramparia (2003), " Samayojan nu Manovigyan", Popular Prakashan, Surat

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
M.A. (SEMESTER – I)
HOME SCIENCE – ICT- 01
RESEARCH METHODOLOGY- I
With Effect From 2014 – 2015

Total credits- 04

Theory- 4 Credits

Marks

Theory- External - 70

Internal - 30 Marks

OBJECTIVES:-

To enable students to.....

1. Understand the signification of research.
2. Develop ability to construct data gathering instruments appropriate to the research design and
3. Develop ability to present and interpret data in a research report of thesis.
4. Understand the role of statistics in research and
5. Apply statistical techniques to research data for analyzing and interpreting data meaningfully.

COURSE CONTENT

UNIT- I

- 1:1 **Science and Scientific Methods of research:** Definition & Characteristics of Science. Peculiarity of Scientific Methods.
- 1:2 **Research:**
Definition and Scope in Home Science
- 1:3 **Types of Research:**
Historical, social, survey, experimental and case study.

UNIT- II

- 2:1 **Definition and Identification of a Research Problem:**
Selection of problem, theory, hypothesis, basic assumptions and limitations of the problem.
- 2:2 **Basic Principles of Research Designing:** Meaning, Purpose of research design, Function of research design, Types of research design.

UNIT- III

- 3:1 **Introduction of Statistics and Presentation of Data:** Statistics :
Meaning, Definition, Function, Importance, Limitation.
Classification & Tabulation: Meaning, Types, Importance.
Frequency distribution: Diagrammatic & graphic representation of the data.

UNIT- IV

- 4:1 **Measures of central tendency and dispersion, Skewness:** Measures of central tendency: Mean, Median, Mode (There are merits & demerits)
Combined mean. Dispersion: Absolute & Relative dispersion, Range, mean deviation, Standard deviation (There are merits & demerits) Co-efficient of variation and its uses.
- 4:2 Skewness: Meaning, types, measures of skewness (Charl Pearson's & Bowley)

REFERENCES

- 1 Good C.V. and Carter, D.E., Methods of Research, Educational, Psychological, Sociological Applications, Century Crafts. New York, 1954.
- 2 Best, J.W., Research in Education, Prentice. Hall, New Delhi, 1983.
- 3 Kerlinger Foundations of Behavioral research, New York, Holt, Rinehart and Winson Inc 1966.
- 4 Doby, J T. An Introduction to Social Research, Appleton Century Crafts 1967.
- 5 Philips, B.S., Social Research Strategy and tactics, Mac Millan, 1977.
- 6 Young, P.V. and Schmid, C F Scientific Social Survey and Research, Prentice Hall New Delhi 1968.
- 7 Devdas, R.P. and Kulandaivel K. Hand book & Research Methodology, Sri Ramakrishna Mission Vidhyalaya 1971.
- 8 Shakla M. C. and Gulshan S.S. statistics, Theory and Practice, Sultanchand co. New Delhi 1970.
- 9 Gupta, S.P., Statistical Methods, Sultanchand & Co. New Delhi 1970.
- 10 Devendra Thakur., Research Methodology in social Sciences
- 11 Dr. Gajendra B. Shukla & Dr. R. K. Naik. Research Methodology
- 12 A. G. Shah & J. K. Dave., An Introduction to research Methods and Statistical Analysis in Sociology. (Anada Book Depo.)
- 13 A. G. Shah & Jagadish K. Dave., Research Methods Of Sociology.