

# VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

## B.A SEMESTER- 1

### HOME SCIENCE- CC- 1

#### FUNDAMENTALS OF FOODS AND NUTRITION- I

Effective from- June 2016-2017

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory-External-30 Marks

Internal-10 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- 1**

1:1 Concept of nutrition

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

1:3 Signs of good and poor nutrition.

##### **UNIT- 2**

2:1 Functions of food.

2:2 Basic Food Groups.

2:3 Balanced Diet

##### **UNIT-3**

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- 4

- 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.

#### 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**

#### 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

# VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

## B.A SEMESTER- 1

### HOME SCIENCE- CC-2

### HOME MANAGEMENT- 1

Effective from- June 2016-2017

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-30 Marks

Internal-10 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 resources for achieving the family goals. It also deals with the factors motivating management and management applied to specific resources.

#### **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.

#### **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, A simple preferred definition, Nickell and Dorsey, R.P.Kotzin, National Conference of family life sub-committee Report, Gross and Crandall, Traditional and Modern concept of definitions.
- 1:3 (A) Fayol's scientific management principle  
(B) Management by objectives.

##### **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.

(c) Types of Values-By Parker, by Super and by Lindsey,

(d) Factors affecting Values

2:2 Goals:- Definitions, origin and Types of Goals, Long Term, Short Term, Means End, related to Personal, Family, real, 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

(1) Meaning and Definitions- by Peter Drucker, by Geroge R. Terry, by R.S. Davar, from Webster Dictionary

(2) Steps in Decision Making.

(A) Problem analysis

- Perception of the problem

- Identification of the problem

- Analysis

(B) Search for alternatives

(C) Evaluation of alternatives

(D) Selection of the best solution

- Risk involved, Economy, Timing, Limitation, Implementation of decision

- Feed back of Decision

(3) Types of Decision:-

- Major and Minor,

- Programmed and Non-Programmed,

- Routine and Basic,

- Personal and Group

- Methods of taking Group Decisions

### **UNIT- 4 Household equipments**

4:1 Base Materials- Iron, Aluminum, Steel, Copper, Brass, Glass, Borosilicate, Soda lime, Plastic, etc.- Characteristics, cleaning and care

4:2 Finishes- Types and characteristics

### **PRACTICALS**

**FOCUS:-** The course on household equipments is designed to learn the operation and care of electrical and non- electrical equipments.

**OBJECTIVES:-** To make the students aware of understanding operation and care of various household equipments of new trends in equipments in the market.

**Learning the use and care of following Kitchen equipments**

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

**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>

**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, Collier, MacMillan Publisher, London.

# VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

## B.A SEMESTER- 1

### FAMILY AND COMMUNITY SCIENCE – CE- 1

### FUNDAMENTALS OF FASHION DESIGNING

Effective from- June 2016-2017

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-30 Marks

Internal-10 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 learn basic techniques of clothing construction.

#### **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 Reasons for wearing clothes – Attitudes towards clothing

1:3 Factors influencing selection of fabric and clothes:- Family Budget, Age, season, occupation, occasion, Complexion, Figure and fashion.

**UNIT-2** 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- 3**

3:1 Introduction to textile fibres.

(A) General properties of textile fibres

(B) Classification of Textile fibres

(C) Brief introduction of major textile fibres

- (i) Cellulosic (vegetable) fibres- Cotton and Linen.
- (ii) Protein (Animal) fibres- Wool and Silk.
- (iii) Synthetic fibres- Rayon, Acrylic, Nylon.
- (D) Identification of fibres by Physical test
  - (1) Appearance test      (2) Feeling test      (3) Breaking test
  - (4) Creasing test      (5) Tearing test      (6) Ink test
  - (7) Oil test      (8) Moisture test

3:2 Preparation of fabric for cutting.

- a) Importance & identification of grain.
- b) Identifying right & wrong side.
- c) Shrinking, straightening and pressing the fabric
- e) Folding fabrics for cutting --- lengthwise, crosswise, bias.
- f) Methods of marking on the fabric.

**UNIT- 4**

4:1 Types of measurements

4:2 Knowledge of standard measuring points and taking body measurements for all types of garments.

**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:-

- (1) Basting (even and uneven),      (2) Back stitch,      (3) hemming,
- (4) slip stitch,      (5) lock stitch.      (6) overcasting

(B) Seams-

- (1) Plain seam      (2) French seam      (3) Flat fell seam
- (4) Flat seam      (5) lapped seam      (6) Edge machining
- (7) Rolled seam      (8) Faggoting      (9) Bias seam

(C) Darts:- (a) French dart      (b) Fish dart

(D) Gathers (a) Gathers by hand      (b) Gathers by machine      (c) Ruffles

(E) Pleats:-

- (1) Knife pleats      (2) Combination pleats      (3) Box pleats
- (4) Inverted pleats      (5) Controlled pleats

(F) Tucks:-

- (1) Pin tucks      (2) Scallop tucks      (3) Blind tucks
- (4) Diamond tucks      (5) Cross tucks      (6) Corded tucks

(G) Necklines (1) Bias binding      (2) Bias facing      (3) Shaped facing

**MARKING SCHEME:-**

1st Q (A) (two samples)	4 marks
2nd Q (B/C/E) (two samples)	6 marks
3 <sup>rd</sup> Q (D/F/G) (two samples)	6 marks
Journal	4 marks
<b>Total</b>	<b>20 marks</b>

**REFERENCES:-**

- 1 Dr. Neeru Saluja, Recent Developments in Clothing Construction, House (P) Ltd. Jaipur
- 2 Jacob Anna Thomas, The Art of Sewing, UBS Publishers and Distributors Ltd., New Delhi, 1993.
- 3 Neelima, Fashion and Textile Design, Sonali publications, 2009, New Delhi- 110002
- 4 Raul Jewel-Encyclopaedia of dress making, A.P.H. Publishing Corporation, New Delhi.
- 5 Reena Bhatia & Charu Arora- Introduction to Clothing and Textiles.
- 6 Tate and Glisson, Family Clothing, John Wiley & Sons, Inc. New York.
- 7 Veena Samani, Hina Sanvat, Malini Pathak, Dress Designing, Pravin Pustak Rajkot (Gujarati)
- 8 प्रामला वमा, वस्त्र विज्ञान एव पारधान.
- 9 डा अनाथ आवास्तव, पारधान एव असलाइ, रतु पाब्लकशन्स, जयपुर.
- 10 बूदा असह, वस्त्र-विज्ञान एव पारधान, पचशाल प्रकाशन, जयपुर.
- 11 कान्त पाड, आभनव गृह विज्ञान, ज्ञानदा प्रकाशन.

# VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

## B.A SEMESTER- 1

### FAMILY AND COMMUNITY SCIENCE – CE- 2 (A)

#### FAMILY AND COMMUNITY SCIENCE & TEACHING AIDS

Effective from- June 2016-2017

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-30 Marks

Internal-10 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- 1 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- 2 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- 3 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- 4 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 advantages and limitations of following teaching aids.
  - (1) Poster
  - (2) Charts
  - (3) Flannel graphs
  - (4) Display on bulletin board

### **PRACTICALS**

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

- (1) Poster
- (2) Charts
  - 1 Simple
  - 2 Tree chart
  - 3 Organization chart
  - 4 Suspense chart
  - 5 Pictorial chart
  - 6 Comparison and contrast 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

**Total 20 marks**

### **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.

# VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

## B.A SEMESTER- 1

### FAMILY AND COMMUNITY SCIENCE- CE- 2 (B)

#### INTRODUCTION TO MEDICINAL PLANTS

Effective from- June 2016-2017

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-30 Marks

Internal-10 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

#### COURSE CONTENT

##### THEORY

##### UNIT-1 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-2 Introduction of Non-living plant cell contents (In brief) :

- 2:1 Storage substances
- 2:2 Secretory substances
- 2:3 Excretory substances

##### UNIT-3 Kitchen Garden : Method of cultivation and their medicinal value

- 3:1 Tulsi – Ocimum sanctum
- 3:2 Kumarpantu – Aloe vera
- 3:3 Jasud – Hibiscus rosasinensis
- 3:4 Arduci – Justica adhatoda
- 3:5 Marigold – Calendula officinalis
- 3:6 Brahmi – Centella asiatica

##### UNIT-4

Collection and processing of parts of medicinal plants: Underground parts

- 4:1 Bark
- 4:2 Leaves
- 4:3 Flowers
- 4:4 Fruits and Seeds

## 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, Arduci, 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) TO collect & process parts of medicinal plants : Underground parts, Bark, Leaves, Flowers, Fruits and seeds (submit sample)

## MARKING SCHEME -

- |   |         |
|---|---------|
| (1) Identify and mention uses of-<br>Specimen no. 1 to 4 (medicinal uses)<br>Specimen no. 5 (garden tool) | 5 marks |
| (2) Mounting : Plant cells/Non-living plant cell contents   | 5 marks |
| (3) Preparing plan for kitchen garden or home garden  | 3 marks |
| OR  |         |
| Preparing seed bed and seed sowing in pot   |         |
| (4) Collection sample   | 3 marks |
| Journal   | 4 marks |
| <b>Total- 20 marks</b>  |         |

## 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 શાસ્ત્રા શર્કર દાજી પદ (2008) આયુર્વેદ (28મી આવૃત્તિ); સસ્તુ સાહત્ય વચક કાયાલય, અમદાવાદ.
- 8 શાહ મ્હાસકર અને પરબીઆ (2005), પ્રાચીનક સ્વાસ્થ્ય માં વનસ્પાત ઔષધો સમન્વય, વિનોબા આશ્રમ, ગાત્રા, વડોદરા- 390021.
- 9 પરબીઆ અને પાઠક (2002), આપણી વન ઔષધ, માનવ વિકાસ સંસ્થાન, સુરત:395007
- 10 પરબીઆ, પરબીઆ અને શેઠ (2011) દાદામાના નુસખા, સાહત્ય સંગમ, સુરત.

- 11 ભઘડુ આદશ પૂવાઘ, બાપાલાલ ઁ. વઘ પ્રકાશક આત્માનદ સરસ્વતા,  
આયુવાદક સહકારા ફામસા લામટઁ, સુરત
- 12 ભઘડુ આદશ પૂવાઘ, બાપાલાલ ઁ. વઘ પ્રકાશક આત્માનદ સરસ્વતા, આયુવાદક  
સહકારા ફામસા લામટઁ, સુરત
- 13 વનસ્પાત વૈભવ અને તેના કામતા ઉપયોગ, ડો. અચના ત્રવદા, ડો વષ્ણુ ત્રવદા,  
ગુજરાત પુસ્તકાલય સહાયક સહકારા મડળા લ, મોતીભાઈ અમીન માગ, સસ્યા વસાહત  
રાવપુરા, વડોદરા.