

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**B.A SEMESTER- 2**

**HOME SCIENCE- CC- 3**

**FUNDAMENTALS OF FOODS AND NUTRITION- 2**

**Effective from 2016-2017**

Total credits- 04

Theory- 3 Credit (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 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

### **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

#### **2Preparing 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, flavour, colour (2 marks each) 8 marks

Calculation 2 marks

Viva 2 marks

Journal 4 marks

**Total 20marks**

### **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 NeelamBuddhdev, BhavnaVaid-Human Nutrition
- 5 R.Rajalaxmi-Prayuktaposhan
- 6 Thangam Philip-Modern Cookery

# VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

## B.A. SEMESTER-2

### HOME SCIENCE- CC- 4

### HOME MANAGEMENT- 2

Effective from 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 resource 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 aware about the 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.

#### **UNIT- 1 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

Step-1 Planning- Characteristics, Definition and Steps involved in Planning

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

Step-3 Evaluation- Importance, Relation to goals and values

#### **UNIT- 2**

##### **2:1 Time Management Process**

1 Meaning of time-Clock time, Psychological time, Biological Time, Time cost

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

3 Controlling

4 Evaluation - Gantt Chart for evaluation of time

##### **2:2 Energy Management Process**

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 Controlling

3 Evaluation

### **UNIT- 3 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-4 House hold equipments**

4:1 Insulating materials-Mica, Fiber Glass, Mineral Wool, Rock Wool,Cork, Plastic Foam, Rubber etc.

4:2 Assignment

Market survey of Electrical and non- electrical equipments in the local market and write two recipes using any six electrical equipments

### **PRACTICALS:-**

- (1) Toaster-Pop-up and Sandwich maker, griller
- (2) Ele. Deep Fryer
- (3) Snack chef-waffles maker
- (4) Electric Rice Cooker
- (5) Electric Multi Steam Cooker
- (6) Ele. Hot Plate and Cooking Range
- (7) Ele. Induction cooker.
- (8) Electric Barbeque/ Manual Barbeque
- (9) Ele. Air Fryer

### **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**

### **REFERENCES:**

1 Atkinson, Jacqueline, Better Time Management, Indus, New Delhi

2 Bharathi and Jacintha:FamilyResoruce Management, Discovery PublishingHouse, Delhi

3Dr.SaksenaS.C:Business Administration and Management, SahityaBhawan,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 Manual, S.N.D.T. Uni, Mumbai
- 12 K.Nath : Electrical Appliances, Hind Pocket Books, Delhi
- 13 K.K.Bali : Home Appliances, Orient Paperbacks, Delhi

# VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

## B.A. SEMESTER- 2

### FAMILY AND COMMUNITY SCIENCE – CE-3

#### FASHION DESIGNING

EFFECTIVE FROM 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 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 Sociological aspects and importance of clothing for children, adolescents, and adults.

1:2 Psychological aspects and importance of clothing for children, adolescents, and adults.

#### **UNIT- 2 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- 3 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 Plaids.

3:7 Stripes 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 Chambarumal
- 4:7 Kasuti
- 4:8 Manipuri

**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 Chambarumal
- 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

Journal 4 marks

**Total 20 marks**

**REFERENCES:-**

- 1 Bhanu Patel & Madhu Sharan, Sociological & Psychological aspects of clothing
- 2 Jacob Anna Thomas, The Art of Sewing, UBS Publishers and Distributors Ltd., New Delhi, 1993.
- 3 Raul Jewel- Encyclopaedia of dress making, A.P.H. Publishing Corporation, New Delhi.
- 4 Reena Bhatia & Charu Arora- Introduction to Clothing and Textiles.

**5 प्रामला वमा, वस्त्र विज्ञान एव पारधान.**

**6 डा आनाथ आवास्तव, पारधान एव आसलाइ, आरतु पाबलकशन्स, जयपुर**

**7 स्वात भागव, वस्त्र-विज्ञान एव पारधान, आनवास पाबलकशन्स, जयपुर।**

**8 आमता पटल, आरताय कशाहाडारा, आवयल सायन्स इण्डरशन्, वल्लभ विद्यानगर.**

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**B.A. SEMESTER- 2**

**FAMILY AND COMMUNITY SCIENCE – CE- 4 (A)**

**INTRODUCTION TO EXTENSION EDUCATION**

**EFFECTIVE FROM 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:-**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-1 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.**

3.1 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

4.6 Role of Extension Education in rural development

4.7 Difference between formal education and Extension Education

**PRACTICALS:-**

**Methods and Principles of Preparing and using following teaching aids.**

- (1) Rod Puppet 1 practical
- (2) shadow puppet
- (3) Diagrams -4 Practicals  
1 cross sectional diagram.  
2 Scientificdiagram  
3 Machine “
- (4) Graphs - 2 Practicals  
1- Pie graph  
2- Bar graph  
3- Line graph
- (5)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**

**REFERENCES :-**

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

# VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

## B.A. SEMESTER- 2

### FAMILY AND COMMUNITY SCIENCE – CE- 4 (B)

#### APPLICATION OF MEDICINAL PLANTS

EFFECTIVE FROM 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. 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.

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

##### 1.1 Underground parts

- Withaniasomnifera :Ashwagandha
- Glycyrrhizaglabra :Licorice
- Zingiberofficinalis :Adu, sunth
- Curcuma longa :Haldi

##### 1.2 Bark

- Terminaliaarjuna :Arjunchhal
- Moringaoleifera :Saragavo
- Cinnamon :Taj

#### **UNIT - II**

##### 2.1 Leaves

- Justiciaadhatoda :Ardusi
- Aloe vera :Kumarpathu
- Centellaasiatica :Brahmi
- Ocimumsanctum :Tulsi
- Vitexnegundo :Nagod
- Calotropisgigantea :Ankado
- Hibiscus rosasinensis :Jasud
- Calendula officinalis : Marigold

##### 2.2 Fruits and Seeds

- Emblicaofficinalis :Ambla
- Terminaliachebula :Harde
- Terminaliabellirica :Baheda

Foeniculumvulgare :Variali

2.3 Panchang

Ecliptaalba :Bhangaro

Solanumxanthocarpum :Bhoyringni

**UNIT- III Preparation of the following :-**

3.1 Churna

3.2Mukhvas

3.3 Kwath

3.4Avaleha

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)

ErandbhristeHarde

(ii) Mukhvas: Harde, Drakshadivati, Variali, Tal

(iii) Kwath : Method in general

(iv) Avaleha :Chyavanprasha

(V) Sharbat : Health drink-Aloe vera,Fennel

(VI) Goolkand : Rose, Shemal

3. 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
- 7शास्त्राशरकरडाशुपड (2008) आयालषक (28माआवृता);सस्तुसाहृत्यवचकडयालय,  
अमडावाड.
- 8शाहमहासकरअनपरभाआ(2005), प्राथामकस्वास्थ्यमावनस्पातआषघासमन्वय,वनोभा  
आश्रम,गात्रा, वडोडरा- 390021.
- 9परबीआअनेपाडक (2002), आपड्डीवनशौषध, मानवावकाससस्थान,सुरत:395007
- 10परबीआ, परबीआअनेशेठ (2011) डाडामानानुसभा, साहृत्यसगम, सुरत.
- 11 लनघडुआडशपूवाघ,भापालालग. वड प्रकाशकआत्मानडसरस्वता, आयुवाडकसहकारा  
शमसालामडड,सुरत
- 12लनघडुआडशपूवाघ,भापालालग. वड प्रकाशकआत्मानडसरस्वता, आयुवाडकसहकारा  
शमसालामडड,सुरत
- 13 वनस्पातवलवअनतनाकामताउपयाग, डी.अयनात्रवडा,डावष्युत्रवडा,  
गुजरातपुस्तकालयसहायकसहकारामडणाल, मातालाडअमानमाग, सस्था  
वसाहत, रावपुरा,वडोडरा