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VEER NARMAD SOUTH GUJARAT UNIVERSITY

University Campus, Udhna-Magdalla Road, SURAT - 395 007, Gujarat, India.

વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

યુનિવર્સિટી કેમ્પસ, ઉદ્ધના-મગદલા રોડ, સુરત - ૩૯૫ ૦૦૭, ગુજરાત, ભારત.

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-: પરિપત્ર :-

વિનયન વિદ્યાશાખા હેઠળની સંલગ્ન હોમ સાયન્સ વિષય ચલાવતી સ્નાતક કોલેજોનાં આચાર્યશ્રીઓને જણાવવાનું કે, શૈક્ષણિક વર્ષ ૨૦૨૦-૨૧ થી અમલમાં આવેલ એફ.વાય.બી.એ. હોમસાયન્સમાં ક્રેડિટ અને મૂલ્યાંકન અંગે ચર્ચા કરતા હોમ સાયન્સ વિષયની અભ્યાસસમિતિની તા.૦૫/૦૧/૨૦૨૧ની સભાનાં ઠરાવ ક્રમાંક:૫ અન્વયે નીચે મુજબ કરેલ ભલામણ વિનયન વિદ્યાશાખાની તા.૮/૦૨/૨૦૨૧ ની સભાનાં ઠરાવ ક્રમાંક: ૬ અન્વયે સ્વીકારી એકેડેમિક કાઉન્સિલને કરેલ ભલામણ એકેડેમિક કાઉન્સિલએ તેની તા.૦૮/૦૩/૨૦૨૧ ની સભાનાં ઠરાવ ક્રમાંક: ૦૮ થી સ્વીકારી મંજૂર કરેલ છે. તેની જાણ સંબંધકર્તા શિક્ષકો અને વિદ્યાર્થીઓને કરવી, તદ્દઉપરાંત તેનો અમલ કરવો.

હોમ સાયન્સ વિષયની અભ્યાસસમિતિની તા.૦૫/૦૧/૨૦૨૧ની સભાનાં ભલામણ ક્રમાંક:૫

:: આથી ઠરાવવામાં આવે છે કે, એફ.વાય.બી.એ. હોમસાયન્સમાં ક્રેડિટ અને મૂલ્યાંકનમાં રહેલી વિસંગતતા દુર કરવા સર્વાનુમતે મંજૂર કરી વિનયન વિદ્યાશાખાને ભલામણ કરવામાં આવે છે.

વિનયન વિદ્યાશાખાની તા.૮/૦૨/૨૦૨૧ ની સભાનાં ઠરાવ ક્રમાંક: ૭

:: આથી ઠરાવવામાં આવે છે કે, હોમ સાયન્સ વિષયની અભ્યાસસમિતિની તા.૦૫/૦૧/૨૦૨૧ ની સભાનાં ભલામણ ક્રમાંક:૫ અન્વયે કરેલ ભલામણ સ્વીકારી તે મંજૂર કરવા ભલામણ એકેડેમિક કાઉન્સિલને ભલામણ કરવામાં આવે છે.

એકેડેમિક કાઉન્સિલની તા.૦૮/૦૩/૨૦૨૧ ની સભાનાં ઠરાવ ક્રમાંક: ૦૮

:: આથી ઠરાવવામાં આવે છે કે, હોમસાયન્સ વિષયની અભ્યાસસમિતિએ તેની તા.૦૫/૧/૨૦૨૧ ની સભાના ઠરાવ ક્રમાંક : ૫ અન્વયે એફ.વાય.બી.એ. હોમસાયન્સમાં ક્રેડિટ અને મૂલ્યાંકનમાં રહેલી વિસંગતતા દુર કરી તે મુજબ તૈયાર કરેલ અભ્યાસક્રમ વિનયન વિદ્યાશાખાએ તેની તા. ૦૮/૦૨/૨૦૨૧ ની સભાના ઠરાવ ક્રમાંક : ૭ અન્વયે સ્વીકારેલ, તે મંજૂર કરવામાં આવે છે.

(બિડાણ: ઉપર મુજબ)

ક્રમાંક:એકે/પરિપત્ર/ ૩૮૨૫/૨૦૨૧

તા. ૧૬-૦૩-૨૦૨૧

ઈ.ચા. કુલસચિવ

પ્રતિ,

૧)વિનયન વિદ્યાશાખા હેઠળની સંલગ્ન હોમ-સાયન્સ વિષય ચલાવતી સ્નાતક કોલેજોનાં આચાર્યશ્રીઓ.

૨)અધ્યક્ષશ્રી, વિનયન વિદ્યાશાખા.

૩)પરીક્ષા નિયામકશ્રી, પરીક્ષા વિભાગ, વીર નર્મદ દ. ગુ. યુનિવર્સિટી, સુરત.

.....તરફ જાણ તેમજ અમલ સારૂ.

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

B.A. SEMESTER- 1

HOME SCIENCE : CC-1

FUNDAMENTALS OF FOODS AND NUTRITION- I

Effective from- June 2020-2021

Total credits- 03

Theory- 2 Credits(2Periods/week)

Theory-External-30 Marks

Internal-10Marks

Practical- 1 Credit(2Periods/week)

Practical- External-20-Marks

Internal-10Marks

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 hyperintake.
- 2 To learn about the composition and nutritional contribution and selection of different foodstuffs.
- 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 rawfoods.
- 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- Prayuktaposhan
- 6 Thangam Philip-Modern Cookery

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B.A SEMESTER- 1

CORE ALLIED

LIFE SPAN DEVELOPMENT- I

Effective from- June 2020-2021

Total credits- 03

Theory-3 Credits (3 Periods/week) Theory- External-50 Marks Internal-20 Marks

FOCUS:-This course covers the entire life span and traces the various development stages. It encompasses in scope development in-utero, infancy up to adolescence Identifying critical concerns in the socio-cultural perspectives.

OBJECTIVES:-

- 1 To become acquainted with developmental stages from birth to adolescence.
- 2 To develop awareness of important aspects of development during birth to adolescence.
- 3 To understand the issues faced and adjustments required at each stage.

NOTE:- For each of the following stages of development, the influence and interaction of socio-cultural and environmental factors need to be discussed/explained.

Unit : 1 Basis of Human Developmental Characteristics

1.1 Genes And Chromosomes– Concept

1.2 Heredity And environment :

(A) Heredity - Meaning and process of Heredity

- Sex determination, Twins and brief information about human Hereditary characters

(B) Environment - Meaning & Role of environment in human development

(C) Interaction of Heredity and Environment

Unit :2 Prenatal Development

2.1 Brief information about Prenatal development

2.2 Prenatal influences on the child :

-Biological risks, age of mother, physical characteristics, illness, diet and nutrition, stress & emotional strains, environmental hazards

Unit : 3 Growth And Development

3.1 Meaning of Growth And Development

3.2 Factors influences Growth And Development

3.3 Characteristics of Growth And Development

3.4 Role of Maturation and Learning in Growth And Development

3.5 Factors associated with learning

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3.6 Interaction of Maturation and Learning

Unit : 4 Stages of Development :

4.1 Brief information about Characteristics /Mile stones

1. Neonate
2. Infant
3. Early childhood
4. Late childhood
5. Adolescence

REFERENCES :

- 1 Elizabeth B. Hurlock, Child Development, 6th edition, Tata McGrawhil.
- 2 Berk, L.E., Child Development, New Delhi, Prentice Hall.
- 3 Craig, G. Human Development, N.J. Prentice Hall.
- 4 Cole M.& Cole S.: The Development of Children, NY Freeman & Co.
- 5 Gardiner , H.W., Mutler, J.D.(1998): Lives Across Cultures, Boston, Allyn& Bacon.
- 6 Lerner, R.M. &Hultch, D.F.: Human Development: A life Span Perspective, NY :McGraw Hill.
- 7 Rice, F.P.(1965): Human Development: A life Span Approach, NJ: Prentice Hall.
- 8 Santrock, J.W. (1997): Life Span Development, NY: Brown & Bench Mark.

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

B.A SEMESTER- 1

CORE ALLIED

LIFE SPAN DEVELOPMENT- I

Effective from- June 2020-2021

Total credits- 03

Theory- 3 Credits (3 Periods/week) Theory- External-50 Marks Internal-20 Marks

FOCUS:-This course covers the entire life span and traces the various development stages. It encompasses in scope development in-utero, infancy up to adolescence Identifying critical concerns in the socio-cultural perspectives.

OBJECTIVES:-

1. To become acquainted with developmental stages from birth to adolescence.
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NOTE:- For each of the following stages of development, the influence and interaction of socio-cultural and environmental factors need to be discussed/explained.

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1.1 Genes And Chromosomes– Concept

1.2 Heredity And environment :

(A) Heredity - Meaning and process of Heredity

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Unit :2 Prenatal Development

2.1 Brief information about Prenatal development

2.2 Prenatal influences on the child :

-Biological risks, age of mother, physical characteristics, illness, diet and nutrition, stress & emotional strains, environmental hazards

Unit : 3 Growth And Development

3.1 Meaning of Growth And Development

3.2 Factors influences Growth And Development

3.3 Characteristics of Growth And Development

3.4 Role of Maturation and Learning in Growth And Development

3.5 Factors associated with learning

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B.A. SEMESTER - 1
FAMILY AND COMMUNITY SCIENCE : CE - 2

INTRODUCTION TO MEDICINAL PLANTS

Effective from- June 2020 - 2021

Total credits- 03

Theory- 2 Credits (2 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 Kumarpathu – Aloe vera
- 3:3 Jasud – Hibiscus rosasinensis
- 3:4 Ardusi – Justica adhatoda
- 3:5 Marigold – Calendula officinalis
- 3:6 Brahmi – Centella asiatica
- 3:7 Kariyatu - Swertia chirata
- 3:8 Methi -Trigonella foenum-
graceum

UNIT-4

Collection and processing of parts of medicinal plants:

- 4:1 Underground parts
- 4:2 Bark
- 4:3 Leaves
- 4:4 Flowers
- 4:5 Fruits and Seeds

PRACTICALS

- (1) Study of plant cells: Mounting -Onion peel, Tomato pithcells
- (2) Study of Non-living cell contents :Mounting
 - (a) Starch grains (potato,euphorbia)
 - (b) MineralcrystalsofCalciumoxalate(Fromofpothos,phyllocladeofopuntia,bulb of amorphophallus)
- (3) Identification and their medicinal value of parts of medicinal plants:Tulsi, Kumarpathu, Jasud, Ardusi, Marigold, Brahmi, Kariyatu, Methi
- (4) Study of gardentools.
- (5) Preparation of plan for kitchen gardening or homegarden.
- (6) Preparing seed bed and seed sawing in garden orpot.

MARKING SCHEME -

- | | |
|--|--------|
| (1) Identify and mentionusesof-
Specimen no. 1 to 6 (medicinaluses)
Specimen no. 7 to 8 (garden tools) | 8marks |
| (2) Mounting : Plant cells/Non-living plantcellcontents | 5marks |
| (3) Preparing plan for kitchen garden orhomegarden | 3marks |

OR

- | | |
|---|--------|
| Preparing seed bed and seed sawing in pot | |
| (4) Journal | 4marks |
| Total- 20marks | |

REFERENCES :

- 1 A Text Book of Botany – A. C.Datta
- 2 Cell Biology - DeRoberties
- 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 શકરદાસ (2008) (આવ લખક (આવૃત્ત); સસ્તુ સાહત્ય વચક કાયાલય, 28મીઅમદાવાદ.
- 8 શાહમ્હાસકર અનેપરબીઆ(2005), પ્રાથામક સ્વાસ્થ્ય માંવનસ્પાત ઔષધોસમન્વય, વિવનોબાઅશ્રમ, ગાત્રા, વડોદરા-390021.
- 9 પરબીઆઅનેપાઠક(2002), આપણીવનઔષધ, માનવિવકાસ સસ્થાન, સુરત:395007
- 10 પરબીઆ, પરબીઆઅનેશેઠ(2011) દાદામાળા ગુસખા, સાહત્ય સંગમ, સુરત.

