



Re-Accredited 'B++' 2.86 CGPA by NAAC

**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.

Tel : +91 - 261 - 2227141 to 2227146, Toll Free : 1800 2333 011, Digital Helpline No.- 0261 2388888  
E-mail : info@vnsgu.ac.in, Website : www.vnsgu.ac.in

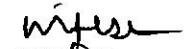
સંદર્ભ: (૧)યુનિવર્સિટી કાર્યાલયના તા.૦૧/૦૭/૨૦૨૩, પરિપત્ર ક્રમાંક:એસ./હોમસાયન્સ/પરિપત્ર/૧૬૧૦૦/૨૦૨  
(૨)યુનિવર્સિટી કાર્યાલયના તા.૦૮/૦૮/૨૦૨૩, પરિપત્ર ક્રમાંક:એસ./હોમસાયન્સ/પરિપત્ર/૨૦૭૭૪/૨૦૨૩

## —: સુધારેલ પરિપત્ર :—

વિનયન વિદ્યાશાખા હેઠળની સંલગ્ન બી.એ. હોમસાયન્સ વિષય ચલાવતી તમામ કોલેજોનાં આચાર્યશ્રીઓને જણાવવાનું કે, શૈક્ષણિક વર્ષ ૨૦૨૩-૨૪ થી અમલમાં આવનાર બી.એ. હોમસાયન્સ વિષયના સેમેસ્ટર ૧ અને ૨ ના Major, Minor, MDC નાં અભ્યાસક્રમમાં જરૂરી સુધારા સાથે બી.એ. હોમસાયન્સ વિષયની અભ્યાસ સમિતિના ચેરમેનશ્રીએ બોર્ડવતી મંજૂર કરી વિનયન વિદ્યાશાખાને ભલામણ કરેલ જે ભલામણ વિનયન વિદ્યાશાખાના કાર્યકારી અધ્યક્ષશ્રીએ વિનયન વિદ્યાશાખા વતી મંજૂર કરી એકેડેમિક કાઉન્સિલને કરેલ ભલામણને એકેડેમિક કાઉન્સિલની તા.૭/૦૮/૨૦૨૩ની સભાનાં ઠરાવ ક્રમાંક: ૯૯ થી એકેડેમિક કાઉન્સિલ વતી મંજૂર કરવા આપેલ સત્તાની રૂએ માનનીય કુલપતિશ્રી ધ્વારા મંજૂર કરેલ છે. જેની આથી જાણ કરવામાં આવે છે.

(બિડાણ: ઉપર મુજબ )

ક્રમાંક : એસ./હોમસાયન્સ/પરિપત્ર/૨૩૬૮૨/૨૦૨૩  
તા.૧૨-૦૮-૨૦૨૩

  
કુલસચિવવતી

પ્રતિ,

૧) વિનયન વિદ્યાશાખા હેઠળની સંલગ્ન બી.એ. હોમસાયન્સવિષયની તમામ કોલેજોનાં આચાર્યશ્રીઓ.

.....આપશ્રીની કોલેજના સંબંધિત શિક્ષકોને જાણ કરી અમલ કરવા સારૂ.

૨) કાર્યકારી અધ્યક્ષશ્રી, વિનયન વિદ્યાશાખા.

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

..... જાણ સારૂ.

NEW EDUCATION POLICY 2020  
VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT  
F.Y.B.A.(HOME SCIENCE) SEMESTER-1  
FUNDAMENTALS OF FOODS AND NUTRITION CC-1  
(Major Subject)  
Effective from- June 2023 -2024

Total credits-04

Theory-3 credits (3 periods/week)

Theory-External-35 Marks

Internal-35 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-15-Marks

Internal-15 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**

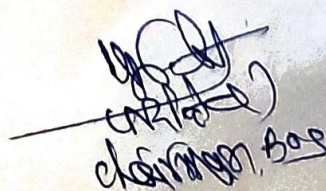
- 1.1. Concept of nutrition
- 1.2. Definition of food, Diet, nutritional status and malnutrition
- 1.3. Signs of good and poor nutrition.

**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.

  
Chandana, B.S.

- 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 .....	1.5 marks
Taste, texture, flavour, colour (2 marks each) .....	2.0 marks
Calculation .....	2.0 marks
Journal .....	2.0 marks
Vive Voce.....	5.0 marks
Attendance.....	2.5 marks
Total -15 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

*(Handwritten signature)*

5. R.Rajalaxmi- Prayukta poshan

6. Thangam Phillip-Modern Cookery

~~MS  
CARTON~~

**NEW EDUCATION POLICY 2020**  
**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**  
**F.Y.B.A.**  
**SEMESTER-I**  
**Major Course**  
**HOME SCIENCE**  
**HOME MANAGEMENT CC-2**  
**EFFECT FROM 2023-2024**

**Total Credit-4**

**Theory-3 Credits (3 Periods/week)**

**Practical- 1Credit (2-Periods/week)**

**Theory- External- 35Marks**

**Internal- 35 Marks**

**Practical- External-15-Marks**

**Internal- 15 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 ,imparts knowledge and understanding of construction of Household equipment, materials used, selection criteria, maintenance and care of electrical and non-electrical equipments.

**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 uses of resources in order to achieve goals.
3. To makes students understand the principle underlying the operation, use and care of various household equipments and new trends in equipments in the market.
4. To enable students to recognize base materials finishes the construction of Household equipments.

**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**

  
chairman, B&E

**1.2 Definitions of Management and Home Management From:- Dictionary point of view , By Henri Foyal (Father of Modern Management), Mc Farland, Henri Sisk, Nickell and Dorsey, R.P.Kotzin, National Conference of family life sub-committee Report, Gross and Crandall, Traditional and Modern Concept of Management.**

## **UNIT-2 Motivation in Management**

### **2.1 Values**

- (a) Definitions- Mid Marget, Dr.Radha Kamal Mukherjee, Nickell and Dorsey Etc,
- (b) Characteristics, Origin and Motivating Values, -Types of Values-By Parker, By Super, By Lindsey,
- (c) 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

#### **3.3 Decision making in Management**

- (A) Meaning and Definitions- By Peter Drucker, By Geroge R. Terry, By R.S. Davar, From Webster Dictionary
- (B) Steps in Decision Making
  - (i) Problem analysis
    - Perception of the problem
    - Identification of the problem
    - Analysis
  - (ii) Search for alternatives
  - (iii) Evaluation of alternatives
  - (iv) Selection of the best solution
    - (a) Risk involved, Economy, Timing, Limitation, Implementation of decision -
    - (b) Feed back of Decision

A handwritten signature in black ink is written over a rectangular stamp. The signature is cursive and appears to be 'U. S. Davar'. The stamp contains some illegible text, possibly a name or title.

(c) Types of Decision: Major and Minor, Programmed and Non Programmed  
Routine and Basic, Personal and Group, Methods of taking Group Decisions

**UNIT-4 Materials used for household equipment**

4.1 Base Materials, Iron, Aluminum, Steel, Copper, Brass, Glass, Borosilicate, Soda  
lime, Silica, Plastic, etc.

4.2 Finished- Mechanical and Applied Finishes

**THEORY MARKING SCHEME:-**

Theory :-      Internal 35

External 35

---

Total      70

University marking style (1) Short answer (5 out of 6) -05

(2) Short notes (1 out of 2) - 10

(3) Short notes. (1 out of 2)- 10

(4) Short notes. (2 out of 3) - 10

Total - 35 marks

**MARKS DISTRIBUTION : (1) THEORY : 1. Class Assignment -05**

2. Home Assignment -05

3. Attendance. -05

4. Class test. -20

Total - 35 marks

**PRACTICAL**

Learning the use and care of different Kitchen equipments

1. Refrigerator

2. Mixer, Grinder, Juicer, Slicer, Grater, Whipper, Kneader



Handwritten signature and date: 4/2/19

3. Tea Kettle, Coffee Percolator / Tea-Coffee Maker
4. Tandoor-Electric and Non Electrical
5. Oven-Electric and Microwave
6. Electric smart snacker or Electric Chopper
7. Roti maker

**MARKING SCHEME**

1st Q Attendance class work journal	04 Marks
2nd Q Vice voce -Figure of the equipment, Construction of the equipment, Viva	06 Marks
3 <sup>rd</sup> Q lab work -Use of the equipment	05 Marks
<b>Total</b>	<b>15 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, Sahita Bhawan 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 Resources Suchendra Publication, Bombay
8. Swanson V.: Introduction to Home Management, Collier, Mac Millan Publisher, London.

*(Handwritten signature)*  
 (N. S. Jaiswal)

**NEW EDUCATION POLICY 2020**  
**BA Program Course Structure under NEP 2020**  
**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**  
**B.A SEMESTER- 1**  
**Minor Course**  
**Home science CE 1**  
**FASHION DESIGNING CE 1**  
**Effective from- June 2023-2024**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-25 Marks

Internal-25 Marks

Practical- 1 Credit (2 Periods/week)

Practical-External-25-Marks

Internal-25 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 fibers used in fashion designing.
- 4 Introduction to rich Heritage of Traditional Embroideries of India.

**COURSE CONTENT:-**

**THEORY**

**UNIT-1**

1:1 History, Scope and importance of clothing

1:2 Fashion: Introduction to Fashion-Definition & History.

**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.

  
Chairman, B.A

### UNIT- 3

3:1 Introduction to textile fibres.

(A) Classification of Textile fibres

(B) Brief introduction of major textile fibres

(i) Cellulosic (vegetable) fibres- Cotton and Linen.

(ii) Protein (Animal) fibres- Wool and Silk.

(iii) Synthetic fibres- Rayon, Nylon.

### UNIT- 4 Brief introduction of 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

### THEORY MARKING SCHEME:-

Theory :-	Internal	25
	External	25
		-----
	Total	50

University marking style (1) short answer (5 out of 6) -05

(2) short note (1 out of 2)- 10

(3) short note (1 out of 2)- 10

Total 25

Internal marking style (1) Theory (25 Mark)

(1) class assignment 03

(2) home assignment 03

(3) Attendance 04

(4) class test 15

Total 25

*(Signature)*  
UNIVERSITY

**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) lock stitch.

**(B) Seams-**

- (1) Plain seam (2) French seam
- (3) Flat seam (4) lapped seam (5) Faggoting

**(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

**(F) Tucks:-**

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

**(G) Traditional Embroideries**

- (1) Phulkari
- (2) Chikankari
- (3) Kasida
- (4) Kantha
- (5) Kutch and Kathiawar

**(K) Modern Embroidery**

- (1) Satin stitch
- (2) Fishbone stitch
- (3) Feather stitch



**PRACTICAL MARKING SCHEME:-**

1st Q Attendance class work journal	05 marks
2nd Q Vice voce (B/C/D/E/F) (two samples)	10 marks
3rd Q lab work (G/K) ( One samples)	10 marks
<b>Total</b>	<b>25 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. Dr. Nidhi Shrivastav – Paridhan evam Silaaee- Ritu Publication ,Jaipur (hindi)
  9. vA#i(vXin a[vm pr)win: b&°di(sh p>cS)l p¾l)k[Sn.
- 

*Handwritten signature:*  
UR  
CRP (Patel)

**NEW EDUCATION POLICY 2020**

**VEER NARMAD SOUTH GUJRAT UNIVERSITY, SURAT**

**B.A. SEMESTER-I**

**HOME SCIENCE EXTENSION EDUCATION MTC - 1**

**(Multi-Disciplinary course)**

**EFFECTIVE FROM 2023-2024**

**Total Credits – 04 Theory External – 50 Marks**

**Theory – 4 Credits (4 Periods/week)**

**Internal – 50 Marks**

**FOCUS :** To bring awareness in students about extension education and role teaching methods 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-I Introduction to Extension Education**

1. Definitions of Extension Education
2. Objectives of Extension Education
3. Characteristics of Extension Education
4. Scope of Extension Education

**UNIT-II Principles of Extension Education.**

1. Principle of Interest and needs
2. Principle of Cultural and differences
3. Principle of Cultural changes
4. Principle of Cooperation and participation
5. Principle of Applied Science and democratic approach
6. Principle of Learning by doing
7. Principle of Trained specialist
8. Principle of Leadership
9. Principle of Satisfaction
10. Principle of family well being

*[Handwritten Signature]*  
Chairman, BoB

### **UNIT-III Teaching of Extension Education**

1. Steps in Extension Teaching
2. Role of Extension Education in rural development
3. Difference between formal education and Extension Education

### **UNIT IV Methods of teaching Home Science.**

1. Lecture Method
2. Discussion method
3. Practical Method
4. Assignment Method
5. Self-study Method
6. Seminar Method
7. Project Method.

### **REFERENCES:**

1. Dr. Hemant Khandari, Prof. Kalika Yadav 2011 "Extension Education" APH. Publishing Corporation, New Delhi - 110002
2. S.V. Supe, "Extension Education" R.Singh Science Publishers Nagpur, 1973
3. Devdas Rajamal P. Methods of Teaching Home science NCERT, New Delhi 1977.
4. "प्रसारशिक्षा" गीतापुष्पशॉ, जोयसशीलाशॉ, रॉबिनशॉपुष्प
5. O.P Dhama, O.P Bhatnagar Education and Communication for Development.

### **University Paper Style:-**

- (1) Short Answer (Any 5 out of 8)-10 Marks
- (2) General Question (Any 1 out of 2)-10 Marks
- (3) General Questions (Any 1 out of 2)-10 Marks
- (4) Short Notes (Any 2 out of 4)/(Any 1 out of 2)-10 Marks
- (5) Short Notes (Any 2 out of 4)-10 Marks

---

**Total- 50 Marks**

**Mark distribution: Theory: Class Assignment-7 marks**

**Home Assignment-8 marks**

**Attendance-10 marks**

*Handwritten signature*  
CRS/10

Class Test-25 marks

Total 50 marks

~~U.S.A~~  
(N/A)

NEW EDUCATION POLICY 2020  
VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT  
F.Y.B.A.(HOME SCIENCE) SEMESTER-2  
APPLIED NUTRITION CC-3  
(Major Subject)  
Effective from- June 2023 -2024

Total credits-04

Theory-3 credits (3 periods/week)

Theory-External-35 Marks

Internal-35 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-15-Marks

Internal-15 Marks

**FOCUS:-** This course focuses on the functions of foods 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 nutrient 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 Micro Nutrient:- Vitamins**

**History, Classification, Sources, Functions, RDA, Effect of hypo and hyper intake of**

- 1.1. Fat soluble vitamins A, D, E & K
- 1.2. Water soluble vitamins C and B Complex- B1, B2, B3, B6 & B12

**UNIT-2 Micro Nutrients:- Minerals**

**Sources, Functions and effect of hypo & hyper intake of**

- 2.1. Calcium, Phosphorus, Iron, Magnesium, Sodium, Potassium, Chloride, Fluoride, Iodine and Copper

*U. Patel*  
CR (Hd)  
Chairman, BOS

**UNIT-3 WATER**

- 3.1. Sources, Water balance and requirements, hypo & hyper intake
- 3.2. Functions of water

**UNIT-4 METHODS OF FOOD PREPARATINS**

- 4.1. Boiling- Poaching
- 4.2. Pressure Cooking- Stewing
- 4.3. Brewing- Braising
- 4.4. Solar Cooking- Baking
- 4.5. Steaming- Roasting
- 4.6. Puffing

**PRACTICALS: -**

A. Preparation of recipes rich in

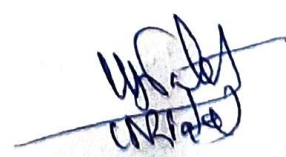
- 1. Vitamin A
- 2. Vitamin C
- 3. Vitamin B1
- 4. Vitamin B2
- 5. Vitamin B3
- 6. Calcium
- 7. Phosphorus
- 8. Iron

B. Preparing recipes using different methods of cooking

- 1. Boiling
- 2. Pressure cooking
- 3. Steaming
- 4. Baking
- 5. Frying- Deep & Shallow

**MARKING SCHEME: -**

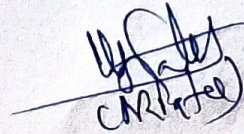
- 1. Selection of dish .....1.5 marks
- 2. Taste, texture, flavour, colour (2 marks each) .....2.0 marks
- 3. Calculation .....2.0 marks
- 4. Journal .....2.0 marks
- 5. Viva.....5.0 marks
- 6. Attendance.....2.5 marks



Total -15 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 Phillip-Modern Cookery

  
CNR/10/10

NEW EDUCATION POLICY 2020  
VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT  
B.A. SEMESTER-2  
HOME SCIENCE  
RESOURCE MANAGEMENT CC- 4  
MAJOR COURSE  
EFFECT FROM 2023-2024

Total Credit-4

Theory-3 Credits (3 Periods/week)

Theory- External- 35Marks

Internal- 35Marks

Practical- 1Credit (2-Periods/week)

Practical- External- 15Marks

Internal- 15 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 make the students aware about the management process used in the family as well as the other systems
2. To make students learn time and energy management
3. To make students aware of methods and techniques of work simplification
4. To impart knowledge about various insulating materials used in household equipments

**UNIT-I 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 Steps involved in Management Process

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

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

  
Chairman, Bas

### **3. Evaluation- Importance and types**

#### **UNIT-II**

##### **(A) Time Management Process**

**2.1. Meaning of time-Clock time, Psychological time, Biological Time, Time Cost 2.2 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**

**2.3. Controlling**

**2.4. Evaluation**

##### **(B)Energy Management Process**

**2.1. Plannig:**

- 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**

**2.3 Controlling**

**2.4 Evaluation**

#### **UNIT-III Work Simplificatin**

**3.1 Defination,Factors determining the efficiency of the worker**

**3.2 Techniques to study method of workers and workplace**

**-Pathway chart**

**-Process chart**

**-Micro motion chart**

**3.3 Mundell's Classes of Change**

- a) Changes in hand and body motion**

*Handwritten signature*  
(M. K. S. S.)

- 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-IV HOUSE HOLD EQUIPMENTS

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

#### THEORY MARKING SCHEME:-

Theory :- Internal 35  
External 35

---

Total 70

University marking style (1) Short answer (5 out of 6) -05  
 (2) Short notes (1 out of 2) – 10  
 (3) Short notes. (1 out of 2)- 10  
 (4) Short notes. (2 out of 3) – 10  
 Total - 35 marks

MARKS DISTRIBUTION : (1) THEORY :1. Class Assignment -05  
 2. Home Assignment -05  
 3. Attendance. -05  
 4. Class test. -20  
 Total - 35 marks

#### PRACTICALS

1. Toaster-Pop-up and Sandwich maker grill
2. Deep Fryer
3. Snack chef-waffles maker
4. Ele.Rice Cooker
5. Ele.Multi Steam cooker 6. Hot Plate and cooking range
7. Vaccum Cleaner.

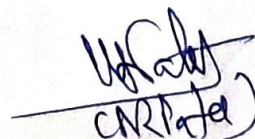
**8. Electric Barbeque or Manual Barbeque**

**MARKING SCHEME**

1st Q Attendance class work journal	04 Marks
2nd Q Vice voce -Figure of the equipment, Construction of the equipment, Viva	06 Marks
3rd Q lab work -Use of the equipment	05 Marks
<b>Total</b>	<b>15 marks</b>

**REFERENCES:**

1. Atkinson, Jacqueline: Better Time Management, Indus, New Delhi
2. Bharathi and Jacintha: Family Resoruce 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, Mac Millan Publisher, London
9. Ehrenkantz 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 Mannual S.N.D.T.Uni, Mumbai
12. K.Nath : Elecrrical Appliances, Hind Pocket Books, Delhi
13. K.K.Bali : Home Appliances, Orient Paperbacks, Delhi

  
K.K. Bali

NEW EDUCATION POLICY 2020  
VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT  
F.Y.B.A.(HOME SCIENCE) SEMESTER-2  
INTRODUCTION TO MEDICINAL PLANTS CE-2  
(Multi Disciplinary Course (MDC) Subject)  
Effective from- June 2023 -2024

Total credits-04

Theory-3 credits (3 periods/week)

Theory-External-25 Marks

Internal-25 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-25-Marks

Internal-25 Marks

**FOCUS:-** Use of plants and plant products is common practice in every household. They are used for various purpose. Quite a few spices and common plants are also used as medicine. In facts 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 Study of following plants for their medicinal uses:**

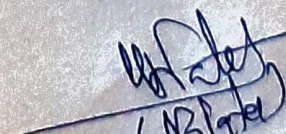
1.1. Underground parts :

- A. Ashwagandha: *Withania somnifera*
- B. Licorice : *Glycyrrhiza glabra*
- C. Adu, Sunth : *Zingiber officilis*
- D. Haldi : *Curcuma longa*
- E. Shatavari : *Asparagus racemosus*
- F. Grlic : *Allium sativum*

1.2 Bark and Stem:

- A. Arjunchhal : *Terminalia arjuna*
- B. Saragavo : *Moringa oleifera*
- C. Taj: *Cinnamomum zilencicum*
- D. Hadsakal: *Cissus quadrangularis*

**UNIT-2 study of following plants for their medicinal uses:**

  
Chairman, AOS

2.1. Leaves

- A. Arduasi : Justica adhatoda
- B. Kumarpathu : Aloe vera
- C. Brahmi: Centella asiatica
- D. Tulsi : Ocimum sanctum
- E. Nagod : Vinex negundo
- F. Ankado : Calotropis gigantea
- G. Jasud : Hibiscus rosasinensis
- H. Marigold: Calendula officinalis
- I. Neem: Azadiracta indica

2.2. Fruits and seeds :

- A. Amla : Emblica officinalis
- B. Harde : Terminalia chebula
- C. Baheda : Terminalia bellirica
- D. Variali(Fenugreek) : Foeniculum vulgare

2.3. Panchag

- A. Bhangaro : Eclipta alba
- B. Bhoiringani : Solanum xanthocarpum

**UNIT-3 Preparation of the following:**

- 3.1. Churna
- 3.2. Mukhvaas
- 3.3. Kwath
- 3.4. Avaleha
- 3.5. Sharbat
- 3.6. Goolkand

**UNIT-4 Diseases and uses of herbs: causes, sign & symptoms and uses of herbs in below diseases:**

- 4.1. Diabetes
- 4.2. Anemia

**PRACTICALS: -**

1. Identification of medicinal plant parts mentioned in theory syllabus and their medicinal uses:

2. Preparation of the following:

A. Churna – Trifala (Harde, Baheda Amla)

Trikatu (Sunth, Mari, Pepper)

B. Mukhvas: Drakshadivati, Variali & Tal

C. Kwath : Method in general

D. Avaleha: Chyavanprasha

E: Sharbat: Health drink –1. Aloe vera , 2. Fennel

F. Goolkand: Rose

*Handwritten signature*  
CH/1/1/1/1

**MARKING SCHEME: -**

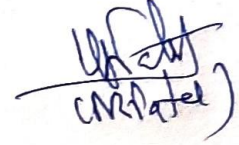
1. Identify and mention medicinal uses of medicinal plants parts as per theory syllabus. 5 marks  
(5 Specimen)
  2. Preparing as mentioned below (any one) 3 marks
    - A. Churna
    - B. Mukhvas
    - C. Kwath
    - D. Avaleha
    - E. Sharbat
    - F. Goolkand
  3. Vice Voce 10 marks
  4. Journal 2 marks
  5. Attendance 5 marks
- Total -25 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
5. Manual of Botany Practicals –D.A.Apsungikar
6. A Text Book of Botany For F.Y.B.Sc. – Popular Publications, Surat
7. शास्त्री शंकर दाजु पद (२००८) आर्य लिचेक (२८ भी आवृत्ती ) सस्तु साहित्य वर्धक  
कार्यालय,अमदावाड
8. शाह म्हास्कर अने परबीया (२००५) प्राथमिक स्वास्थ्यमां वनस्पति औषधो समन्वय /विनोबा  
आश्रम , गोत्री, वडोदरा-३९००२१

  
DR. P. K. S.

9. પરબીઆ અને પાઠક (2002), આપણી વન ઔષધી , માનવ વિકાસ સંસ્થાન, સુરત-395007
10. પરબીઆ, પરબીઆ અને શેઠ (2011) દાદીમાના નુસકા, સાહિત્ય સંગમ, સુરત.
11. નિઘટ્ટુ આદર્શ પૂવાઘ, બધાલાલ ગ. વૈદ પ્રકાશક આત્માનંદ સરસ્વતી આર્યુવેદિક સહકારી ફાર્મસી લીમીટેડ , સુરત
12. વનસ્પતિ વૈભવ અને તેના કામના ઉપયોગ ડૉ.અર્યના ત્રિવેદી, ડૉ. વિષ્ણુ ત્રિવેદી , ગુજરાત પુસ્તકાલય સહાયક સહકાળી મંડળી લિ. મોતીલાઈ અમિન માર્ગ, સંસ્થા વસાહત, રાવપુરા, વડોદરા

  
(સહકારી)

**NEW EDUCATION POLICY 2020**  
**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**  
**B. A SEMESTER – II**  
**HOME SCIENCE - MDC-2**  
**LIFE SPAN DEVELOPMENT**  
**EFFECTIVE FROM JUNE – 2023-2024**

Total Credits – 4 Theory External – 50 Marks

Theory – 4 (4 Periods/Week) Internal – 50 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 development 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**

**1.1 Growth and Development**

- (1) Meaning of Growth and development
- (2) Factors influences Growth and development
- (3) Characteristics of Growth and development
- (4) Role of Maturation and learning in Growth and development
- (5) Factors associated with learning
- (6) Interaction of Maturation and learning

  
chairman, Ses

## **1.2 Brief information about characteristics / Mile stones**

- (1) Neonate**
- (2) Infant**
- (3) Early childhood**
- (4) Late childhood**
- (5) Adolescence**

### **Unit: - 2**

#### **2.1 Physical Growth and development During childhood**

- (1) Meaning and importance**
- (2) Order of Physical Growth**
- (3) Nature of Physical Growth and Development**
- (4) Disorders of Physical Development**

#### **2.2 Some common motor skills of childhood**

### **Unit: - 3 Mental/Intellectual Development During childhood**

- (1) Meaning of intelligence and its types**
- (2) Importance of intellectual Development**
- (3) Brief information about intelligence test, Mental age, Actual age and intelligence quotient**
- (4) Development of intelligence**
- (5) Factors affecting Intellectual Development**

### **Unit: - 4**

#### **4.1 Emotional Development**

- (1) Definition, Characteristics of child emotion**
- (2) Emotional development during infancy, Childhood, Adolescence**
- (3) Control of emotions**

#### **4.2 Social Development**

- (1) Explain the words – Social behavior & Social Development**
- (2) Pattern of Social Development: Stages of Social Development**
  - (A) Pre Social behavior**
  - (B) Starting of Social behavior**

*[Handwritten signature]*  
Chairman, Bd

- (C) Social Development during Infancy
- (D) Social Development during childhood
- (E) Gang life

University marking style :-

(1) Short answer (5 out of 8) -	10	
(2) General Question (1 out of 2) -	10	
(3) General Question (1 out of 2) -	10	
(4) Short note (2 out of 4) -	10	
(5) Short note (2 out of 4) -	10	
		Total - 50

Internal marking style:-

(1) Class assignment	07
(2) home assignment	08
(3) Attendance	10
(4) Class test	25
	Total - 50

REFERENCES: -

1. Elizabeth B. Hurlock, Child Development, 6<sup>th</sup> edition, Tata McGrawhil.
2. B. Kuppaswami, A Textbook of Child behavior and Development, Vikas Publishing House, Pvt. Ltd.
3. Laura E. Burk, Child Development 8<sup>th</sup> edition, PHI LERNING Pvt. Ltd.
4. Berk, L. E. Child Development, New Delhi, Prentice Hall
5. Craig, G, Human Development, N. J. Prentice Hall.
6. Cole N. & Cole S.: The Development of Children, NY Freeman & Co.
7. Gardiner, H.W., Mutler, H.D.(1998): Lives Across Cultures, Boston, Allyn& Bacon.
8. Lerner, R.M. &Hultch, D.F.: Human Development: A life Span Perspective, NH :McGraw Hill.
9. Rice, F.P.(1965): Human Development: A Life Span Approach, NJ: PrenticeHall.
- 10 Santrock, J.W.(1997): Life Span Development NY: Brown&Bench Mark.

*[Handwritten signature]*  
 (NK/10/1)