



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, ઉધના-મગદલા રોડ, સુરત - ૩૯૫ ૦૦૭, ગુજરાત, ભારત.

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સંદર્ભ :- યુનિવર્સિટી કાર્યાલયના પરિપત્ર ક્રમાંક : ઓથો./પરિપત્ર/સિલેબસ/૧૩૭૭૩/૨૦૨૬, તા.૨૩-૦૬-૨૦૨૬

-: પરિપત્ર :-

શૈક્ષણિક વર્ષ ૨૦૨૬-૨૭ થી અમલમાં આવનાર NEP-2020 અંતર્ગત 2 Year PG- M.A Home Science ના સેમેસ્ટર-૧ અને ૨ નો સુધારેલ અભ્યાસક્રમ હોમ સાયન્સ વિષયની અભ્યાસ સમિતિના ચેરપર્સનશ્રી અભ્યાસ સમિતિ વતી મંજૂર કરી વિનયન વિદ્યાશાખાને કરેલ ભલામણ સ્વીકારી વિનયન વિદ્યાશાખાનાં અધ્યક્ષશ્રીએ વિનયન વિદ્યાશાખા વતી મંજૂરી કરી એકેડેમિક કાઉન્સિલને કરેલ ભલામણને એકેડેમિક કાઉન્સિલની તા.૨૪/૧૨/૨૦૨૪ની સભાનાં ઠરાવ ક્રમાંક:૩૫૩ અન્વયે માન. કુલપતિશ્રીને આપેલ સત્તા અંતર્ગત માનનીય કુલપતિશ્રી ધ્વારા મંજૂર કરેલ છે. જેનો અમલ કરવા આથી જાણ કરવામાં આવે છે.

(બિડાણ: ઉપર મુજબ)

ક્રમાંક : ઓથો./પરિપત્ર/સિલેબસ/૨૧૮૬૩/૨૦૨૬

તા.૨૧/૦૮/૨૦૨૬

Wipon
કુલસચિવ

પ્રતિ,

૧) યુનિવર્સિટી સંલગ્ન વિનયન વિદ્યાશાખા હેઠળની તમામ કોલેજોનાં આચાર્યશ્રીઓ.

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

૨) ડીનશ્રી, વિનયન વિદ્યાશાખા.

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

.....તરફ જાણ તેમજ અમલ સારું.

MA HOME SCIENCE PROGRAM COURSE STRUCTURE UNDER NEP 2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT MA SEM I & II HOME SCIENCE STRUCTURE WITH EFFECT FROM 2026 – 27	
Name of Program	M.A.
Program Abbreviation	M.A. HOME SCIENCE
Duration	2 years
Eligibility Criteria	Any Graduate
Pre-requisite	Must have Knowledge of Food Science Nutrition, Interior Design, Apparel Designing, Family and Community Science & Health in hygiene, and human well-being.
Medium of Instruction	Gujarati
Objective of Program	• Provide comprehensive knowledge of Food Science, Nutrition, Interior design, Apparel Designing, Family and Community Science. • Develop scientific understanding of health, hygiene, and human well-being. • Equip students with practical, creative, and professional skills required for design, nutrition, and community-based careers. • Promote critical thinking, research aptitude, and problem-solving abilities through project work and field training. • Prepare students for higher education, entrepreneurship, industry, community service, and professional practice.
Program Outcome (PO)	After successful completion of the M.A. – Home Science program, students will be able to: PO1: Apply scientific principles of Home Science in Food, Nutrition, Apparel, Interior, Health, and Community Settings. PO2: Understand and analyse human nutritional needs, health problems, and lifestyle-related issues. PO3: Demonstrate creative and technical skills in Interior Design, Fashion Design, and Apparel Construction. PO4: Apply knowledge of family, community, and social sciences to improve quality of life and social well-being. PO5: Use critical thinking and problem-solving skills to address real-life issues related to food, health, and the environment. PO6: Communicate effectively and work collaboratively in professional, community, and interdisciplinary environments. PO7: Apply research methodology, data interpretation, and field-based learning through projects, dissertation, or OJT. PO8: Promote sustainable practices, ethical values, and environmental responsibility in personal and professional life.
Program Specific Outcomes (PSO)	PSO1: Plan, prepare, evaluate, and manage food and nutrition programs for individuals, families, and communities. PSO2: Apply principles of food science and nutrition to promote health, hygiene, and disease prevention. PSO3: Design functional and aesthetic interior spaces using principles of interior design and environmental planning. PSO4: Create, construct, and evaluate garments using advanced apparel and fashion design techniques.

	PSO5: Understand family dynamics, community development, and social welfare for effective community engagement. PSO6: Apply professional skills in event management, hospitality, fashion, nutrition services, and allied industries. PSO7: Conduct research, surveys, case studies, and fieldwork as part of research projects or on-job training.						
Mapping between Pos and PSOs	PO	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
	PO1	✓	✓				
	PO2		✓	✓			
	PO3			✓	✓		
	PO4	✓	✓			✓	
	PO5			✓	✓	✓	
	PO6					✓	✓
	PO7			✓			

Structure of Program M.A. HOME SCIENCE SEMESTER – I

Course Category	Course Code	Course Title	Marksheet Title in English	Teaching Hours/Week		Exam Duration		Credit		Internal Marks		External Marks		Total Marks		Grand total
				TH	PR	TH	PR	TH	PR	TH	PR	TH	PR	TH	PR	T+P
MAJOR	Major-01	Food Science	Food science	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
	Major-02	Fundamentals of Interior Design	Fundamentals of Interior Design	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
	Major-03	Fashion Design & Apparel Design	Fashion Design & Apparel Design	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
	Major-04	Family Health & Welfare	Family Health & Welfare	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
	Major-05	Event Management	Event Management	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
SEC	SEC-01	Adjustment Psychology	Adjustment Psychology	&	-	1 Hours	-	2	-	25	-	25	-	50	-	50
Total Credit- 22																

Structure of Program M.A. HOME SCIENCE SEMESTER – II

Course Category	Course Code	Course Title	Marksheet Title in English	Teaching Hours/Week		Exam Duration		Credit		Internal Marks		External Marks		Total Marks		Grand total
				TH	PR	TH	PR	TH	PR	TH	PR	TH	PR	TH	PR	
MAJOR	Major-06	Food Science & Nutrition	Food Science Nutrition	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
	Major-07	Interior Design	Interior Design	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
	Major-08	Advance Apparel Design	Advance Apparel Design	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
	Major-09	Health and Hygiene	Health and Hygiene	2	2	1.30 Hours	2.00 Hours	2	2	35	15	35	15	70	30	100
	Major-10	Advance Home Science Extension & Communication	Advance Home Science Extension & Communication	2	2	1.30 Hours	2.0 Hours	2	2	35	15	35	15	70	30	100
SEC	SEC-02	Educational Psychology	Educational Psychology	2	-	1 Hours	-	2	-	25	-	25	-	50	-	50
Total Credit- 22																

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT M.A. HOME SCIENCE SEMESTER- I MAJOR-01- FOOD SCIENCE WITH EFFECT FROM 2026-2027						
Program Name	M.A. HOME SCIENCE					
Semester	01					
NCRF Credit Level	06					
Course Type	Major-1					
Course Subtype	Employability					
Subject Type	Discipline Specific					
Course Code	01					
Course Level	400-499					
Course Title	Food Science					
Credit	Theory:	2	Practical	2	Total:	4
Effective Form	Academic Year : 2026-27					
Course Outcomes	CO1 - Explain the Basic Composition of Food. (Carbohydrates, Proteins, Fats, Vitamins, Minerals, and Water) and their functions in the human body. CO2 - Describe the Physical, Chemical, and Biological properties of Food and how they affect food quality. CO3 - Identify causes of Food Spoilage and methods to prevent contamination and extend shelf life. CO4 - Demonstrate knowledge of Food Safety and Hygiene Practices during food preparation, storage, and handling. CO5 - Explain the Role of Microorganisms in Food — both beneficial (fermentation) and harmful (food poisoning). CO6 - Understand the Nutritional value of Different Food Groups and their importance in planning a balanced diet. CO7 - Analyse the Effect of Cooking Methods on the nutritive value, texture, colour, and flavour of food.					
Course Content UNIT – I	1:1 Evaluation of Food Quality: 1. Sensory evaluation 2. Sensory characteristics 3. Requirements for conducting sensory test 4. Evaluation card 5. Types of tests 6. Objective evaluation 1.2 Cereal and Cereal product(Wheat, Rice, Maize) 1. Structure 2. Composition and nutritive value 3. Cereal Cookery 4. Cereal Protein gluten 5. Cereal Starch 6. Effect Of Moisture heat					

	7. Effect Of Dry heat 8. Fermented Products 9. Un-Fermented Products 10. Points to remember while cooking cereals 11. Role of cereals in cook
UNIT-2	2.1 Pulses 1. Composition & Nutritive value 2. Processing 3. Storage & Infestation 4. Toxic constituents in pulses 5. Pulse cookery 6. Medicinal value of pulses 2.2 Milk and Milk Products 1. Composition & Nutritive value 2. Physical Properties of milk 3. Effect of heat 4. Effect of acid 5. Effect of Enzymes 6. Effect of phenolic compounds& salts 7. Microorganisms 8. Processing 9. Milk Products 10. Milk Substitutes 11. Adulteration of Milk 12. Role of Milk & Milk Products in cookery
UNIT-3	3.1 Beverages and Appetizers 1. Meaning & Classification 2. Coffee 3. Tea 4. Cocoa & Chocolates 5. Fruit beverages 6. Soups 7. Vegetable juices 8. Milk based beverages 9. Malted beverages 10. Carbonated & Non-alcoholic beverages 11. Miscellaneous beverages 12. Alcoholic beverages 3.2 Eggs 1. Structure 1. Composition and nutritive value 2. Pigments 3. Quality of Egg & Evaluation of Egg Quality 4. Egg cookery 5. Deterioration during storage 6. Preservation of eggs 7. Egg recipes

UNIT-4	4.1 Sugar & Related Products 1. Nutritive value 2. Properties 3. Sugar related products 4. Artificial sweetness 4.2 Spices 1. Meaning & general functions 2. Classification 3. Different spices 4. Role of spices in cookery
Course Content Practical	1. Preliminary preparation 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. xiv. 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. Barfi ii. Gulab Jamun 6. Mukhvas i. Mixed mukhvas ii. Drakshavati iii. Sweet Amla iv. Kharek (Stuffed)

Mapping between COs and PSOs		PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
	CO1	✓	✓	✓	✓	✓			
	CO2	✓	✓		✓	✓		✓	
	CO3		✓	✓		✓	✓		
	CO4	✓		✓	✓				
	CO5	✓	✓			✓			
	CO6	✓	✓	✓	✓	✓			✓
Reference Books	1. Bennion, M. & Huges O. Intoductory Foods 2. Belle and Lowe ‘Experimental Cookery’ John Wiley & Sons. 3. Charley Helen ‘Food Science’ Ronald Publications. 4. Burton T. Benjamin ‘Human Nutrision 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’								
Teaching Methodology	Lecture Method, Demonstration, PPT, You Tube Video, Project, Group Discussion, Class Work, Assignment								
Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment:35 Marks Theory External Assessment 15 Marks Practical								
Internal marking Scheme	(1) Class assignment					05 marks			
	(2) Home assignment					05 marks			
	(3) Attendance					05 marks			
	(4) Class test					20 marks			
Total						35 marks			
External Marking Scheme		(1) Short Question (5 out of 7)				10 marks			
		(2) Long Question OR (2) (a) One Question (b) One Question				13 marks 07 marks 06 marks			
		(3) Long Question OR (3) (a) One Question (b) One Question				12 marks 06 marks 06 marks			
		Total Marks				35 marks			
Practical Marking Scheme		Total Marks				15 marks			
		Q 1 Journal				04 marks			
		Q 2 Preparation of various cooking				02 marks			
		Q 3 Preparation of full meal (Any two)				06 marks			
		Q 4 Practical Sweet or Mukhvas				03 marks			
		Total Marks				15 marks			

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT M.A. HOME SCIENCE SEMESTER- I MAJOR-02- FUNDAMENTALS OF INTERIOR DESIGN WITH EFFECT FROM 2026-2027						
Program Name	M.A. HOME SCIENCE					
Semester	1					
NCrF Credit Level	Level 6					
Course Type	Major-02					
Course Subtype	Skill Development					
Subject Type	Discipline Specific					
Course Code	02					
Course Level	400-499					
Course Title	Fundamentals of Interior Design					
Credit	Theory:	02	Practical:	02	Total:	04
Effective Form	Academic Year: 2026-27					
Course Outcomes	CO1: Understand the basic concepts, principles, and scope of interior design. CO2: Identify and explain elements of design such as line, form, color, texture, and space. CO3: Apply principles of design like balance, rhythm, emphasis, proportion, and harmony in interior spaces. CO4: Analyze the functional and aesthetic requirements of residential and commercial interiors. CO5: Develop basic interior layouts considering ergonomics, circulation, and user needs. CO6: Interpret design concepts through simple drawings, sketches, and visual presentations.					
Course Content UNIT-I	1. Introduction: 1.1 Concept of Interior Decoration in India. 1.2 Basics of Interior Decoration and Developing Good Taste. • Good Taste and Optical Illusion • Effect of Culturing • Distribution of Attention					
UNIT-2	2. Language of Design: 2.1 Elements of Design					

	• Line – Types, use in home, effects • Shape – Meaning, Types, use in home, effects • Texture – Meaning, Types, List of textures used in Interior 2.2 Colour • Colour Theories • Pigment Colour Wheel • Classification • Qualities of Colour – Hue, Value, Intensity • Harmonies of Colour – Related and Unrelated • Emotional Effect of Colour • Factors Affecting Colour Harmonies • 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. 2.5 Light – Types, Light Sources and Fixtures, Effect on Object 2.6 Application of Elements of Design in – • Home, Art Objects, Show Case, Furniture, 2.7 Flower Arrangements, Floral Art.
UNIT-3	3. Lighting: 3.1 Types – General and Decorative, Direct and Indirect, 3.2 Effect of Lighting on Decoration
UNIT-4	4. Floors, Flooring and Floor Covering – Meaning, Selection, Types: 4.1 Hard Floor Covering • Tiles – Types, Uses, Characteristics • Bricks • Marble • Quarry • Slate • Asphalt • Cork • Rubber • Linoleum • Wooden Flooring – Hard Wood, Soft Wood, • Plywood, Hard Board, Laminates, Bamboo Flooring 4.2 Soft Floor Covering • Carpets & Rugs – Selection of Carpets, Types of Indian Carpet • Resilient Floor Covering 4.3 Furniture

	• Furniture – Need & Style of Today, Selection Factors • Upholstered Furniture – Selection Factors • Furniture Arrangement Using Art Principles in • Various Rooms of Home				
Course Content Practical	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 redecorate 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 a well-furnished room. Describe the good & bad points of its construction.				
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4
	CO1				✓
	CO2	✓	✓		
	CO3	✓	✓	✓	
	CO4			✓	
	CO5				

	CO6				
Reference Books	1. Webber, S. B. (2024). Interior Design Fundamentals. Bloomsbury Publishing. Textbook covering design elements, theory, planning & professional practice. 2. Interior Design Research Methods (2023). 1st Edition. by L. Robinson. 3. Seidler, D. R. (2024). Revit Architecture 2024 for Designers. Fairchild Books. 4. Muccio, D. (2024). AutoCAD 2025 for the Interior Designer. SDC Publications. 5. Stine, D. J. (2023). Interior Design Using Autodesk Revit 2024. SDC Publications. 6. પારેખ, રેણુકા. (2017). ઇન્ટિરિયર ડિઝાઇન : કલા, કૌશલ્ય, કાર્યક્ષમતા, વિજ્ઞાન અને વ્યવસાય – ઉપયોગી અભિગમ. અમદાવાદ: યુનિવર્સિટી ગ્રંથનિર્માણ બોર્ડ, ગુજરાત રાજ્ય.				
Teaching Methodology	Classwork, Discussion, Projects, Seminar, Assignments, Workshop, Field work .				
Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment:35 Marks Theory External Assessment 15 Marks Practical				
Internal marking Scheme		(1) Class assignment	05 marks		
		(2) Home assignment	05 marks		
		(3) Attendance	05 marks		
		(4) Class test	20 marks		
		Total	35 marks		
External Marking Scheme		(1) Short Question (5 out of 7)	10 marks		
		(2) Long Question OR (2) (a) One Question (b) One Question	13 marks 07 marks 06 marks		
		(3) Long Question OR (3) (a) One Question (b) One Question	12 marks 06 marks 06 marks		
		Total Marks	35 marks		
Practical Marking Scheme		Total Marks	15 marks		
		Q 1 Journal	04 marks		
		Q 2 Practical (1/2)	03 marks		
		Q 3 Practical (3)	05 marks		
		Q 4 Practical (4/5)	03 marks		
		Total Marks	15 marks		

**NATIONAL EDUCATION POLICY -2020
VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
M.A. HOME SCIENCE SEMESTER – I
MAJOR- 03 -FASHION DESIGN & APPAREL DESIGNING
WITH EFFECT FROM 2026 – 27**

Program Name	M.A. HOMESCIENCE					
Semester	I					
NCrF Credit Level	Level 6					
Course Type	Major – 03					
Course Subtype	Skill Development					
Subject Type	Discipline Specific					
Course Code	03					
Course Level	400-499					
Course Title	Fashion Design & Apparel Designing					
Credit	Theory:	2	Practical:	2	Total:	4
Effective Form	Academic Year: 2026 -27					
Course Outcomes	CO1 To make the students aware of fashion trends and the fashion cycle. CO2 To help the students learn figure analysis for apparel designing. CO3 To make the students aware of human proportions and design garments accordingly.					
Course Content Unit - 1	1.Fashion: 1:1 Role of Fashion in Apparel Designing 1:2 Types of Fashion 1:3 Fashion Trends. 1:4 Fashion Cycle					
Unit – 2	2. Figure Analysis: 2:1 Figure Types 2:2 Body Proportion 2:3 Selection of Design according to different Figure Types					
Unit – 3	3.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 Illusions in Dress					
Unit – 4	4,Human Proportions and Figure Construction 4:1 Fashion Figure-Eight Head Length. 4.2 Fabrics for garment making • Handling of different types of fabrics • Estimation of Material required for the garment • Selection of fabrics for different garments					

Course content practical	1. Preparing Croqui - Basic - (a) Mechanical – Male (10 head), female (8 head), child (4 head) (b) Elongated (c) Shape Croqui – 12 head (any 5 poses) 2. Drawing the human form from different angles: (a) Front (b) Side (c) Back 3 Fashion Illustrations 4 Preparation of basic Blocks. 5 Designing and stitching the following garments; (1) Garments for pregnant & lactating women. (2) Skirt Top						
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
	CO1				✓		
	CO2	✓	✓				✓
	CO3	✓	✓	✓			✓
	CO4			✓			
	CO5					✓	
	CO6						✓
Reference Books	1 Anna Jacob Thomas, The Art of sewing, UBS Publishers, Distributors Ltd., New Delhi. 2 Mane A, Flat Pattern Design, Mcgraw Hill 3 Bray Natali, Dress Pattern Designing, London, Crossby, 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, Encyclopaedia of Dressmaking, APH Publishing Corporation, New Delhi.						
Teaching Methodology	Lecture Method, Demonstration, PPT, YouTube Video, Project, Group Discussion, Class Work, Assignment						
Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment:35 Marks Theory External Assessment 15 Marks Practical						
Internal Marking Scheme		(1) Class assignment			05 Marks		
		(2) Home assignment			05 Marks		
		(3) Attendance			05 Marks		
		(4) Class test			20 Marks		
Total					35 Marks		

External Marking Scheme	(1) Short Question (5 out of 7)	10 Marks
	(2) Long Question OR (2)(a) One Question (b) One Question	13 Marks 07 Marks 06 Marks
	(3) Long Question OR (3) (a) One Question (b) One Question	12 Marks 06 Marks 06 Marks
	Total Marks	35 Marks
Practical Marking Scheme	Total Marks	15 Marks
	Q 1 Journal	04 Marks
	Q 2 Class work	05 Marks
	Q 3 Practical (1/2/3)	03 Marks
	Q 4 Practical (4/5)	03 Marks
	Total Marks	15 Marks

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT M.A. HOME SCIENCE SEMESTER- I MAJOR-04- FAMILY HEALTH & WELFARE WITH EFFECT FROM 2026-27						
Program Name	M.A. HOME SCIENCE					
Semester	I					
NCrF Credit Level	Level 6					
Course Type	Major -04					
Course Subtype	Employability					
Subject Type	Discipline Specific					
Course Code	04					
Course Level	400-499					
Course Title	Family Health & Welfare					
Credit	Theory:	02	Practical:	02	Total:	04
Effective Form	Academic Year: 2026-27					
Course Outcomes	CO1: Explain the concept and determinants of family health. CO2: Analyze health problems affecting families in India. CO3: Understand national health and family welfare programmes. CO4: Apply health education principles for family well-being.					
Course Content UNIT – 1	1. Concept of Family Health: 1.1 Meaning and scope of family health 1.2 Family as a unit of health care 1.3 Determinants of family health 1.4 Biological, Socio-cultural, Economic, Environmental 1.5 Changing family structure and its impact on health 1.6 Role of women in family health management					
UNIT – 2	2.Family Health Management: 2.1 Concept and objectives of family health management 2.2 Reproductive and child health (RCH) 2.3 Contribution of public and private agencies in maintaining family health 2.4 Annual budget for family medical care					
UNIT – 3	3.Nutrition, Health, and Disease Prevention: 3.1 Nutrition and family health 3.2 Common nutritional deficiencies in families 3.3 Lifestyle diseases and family health 3.4 Preventive and promotive health measures 3.5 Role of immunization in family health					

UNIT – 4	4.Family Welfare Programs, Policies and Laws: 4.1 National Family Welfare Programme 4.2 National Family Policy 4.3 National Health Mission (NHM) 4.4 ICDS, POSHAN Abhiyaan 4.5 Ayurveda, Yoga and Naturopathy, Unani, Siddha, Homoeopathy (AYUSH) 4.6 Role of Anganwadi and ASHA workers 4.7 Health education for families 4.8 Family Welfare Laws and Protective laws			
Course content practical	1. Family Planning and Welfare- counseling techniques. 2. Home Visiting: Planning and executing home visit for assessing family health. 3.Environmental Sanitation: Monitoring water sources, assessing household sanitation, and safe waste disposal. 4. Health Education: Organizing health education sessions, developing posters, and using audio-visual aids for family health awareness. 5.Case Studies: Presentation of family health studies.			
Mapping between Cos and PSOs		PSO1	PSO2	PSO3
	CO1			
	CO2	✓	✓	
	CO3	✓	✓	✓
	CO4			✓
Reference Books	1. Park, K. (2023). Park's Textbook of Preventive and Social Medicine (27th ed.). Jabalpur: Banarsidas Bhanot Publishers. 2. Gulati, J. K. & Galhotra, A. (2019). Community Health Nursing – Principles and Practices. New Delhi: CBS Publishers & Distributors. 3. World Health Organization (WHO). (2018). Family Health and Community Health Guidelines. Geneva: WHO Press. 4. UNICEF. (2020). Maternal, Newborn, Child and Adolescent Health. New York: United Nations Children's Fund. 5. Government of India. Ministry of Health and Family Welfare. (2021). National Health Mission: Framework for Implementation. New Delhi: MoHFW. 6. Gopalan, C., Sastri, B. V. R., & Balasubramanian, S. C. (2019). Nutritive Value of Indian Foods. Hyderabad: National Institute of Nutrition (ICMR). 7. Kishore, J. (2022). National Health Programs of India (14th ed.). New Delhi: Century Publications. 8. WHO & UNICEF. (2019). Primary Health Care: Transforming Vision into Action. Geneva: World Health Organization.			
Teaching Methodology	Lecture Method, Demonstration, PPT, YouTube Video, Project, Group Discussion, Class Work, Assignment			
Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment:35 Marks Theory External Assessment 15 Marks Practical			

Internal Marking Scheme	(1) Class assignment	05 Marks
	(2) Home assignment	05 Marks
	(3) Attendance	05 Marks
	(4) Class test	20 Marks
Total		35 Marks

External Marking Scheme	(1) Short Question (5 out of 7)	10 Marks
	(2) Long Question OR (2) (a) One Question (b) One Question	13 Marks 07 Marks 06 Marks
	(3) Long Question OR (3) (a) One Question (b) One Question	12 Marks 06 Marks 06 Marks
	Total Marks	35 Marks
Practical Marking Scheme	Total Marks	15 Marks
	Q 1 Journal	04 Marks
	Q 2 Class work	04 Marks
	Q 3 Practical (1/2/3)	04 Marks
	Q 4 Practical (4/5)	03 Marks
	Total Marks	15 Marks

Subject code for Theory [2601132501050001]

Subject code for Practical [2601132501050002]

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT M.A. HOME SCIENCE SEMESTER-I HOME SCIENCE- MAJOR 5 EVENT MANAGEMENT WITH EFFECT FROM 2026-2027						
Program Name	M.A. HOME SCIENCE					
Semester	1					
NCrF Credit Level	Level 6					
Course Type	Major-05					
Course Subtype	Skill Development					
Subject Type	Vocational Education					
Course Code	05					
Course Level	400-499					
Course Title	Event Management					
Credit	Theory:	02	Practical:	02	Total:	04
Effective Form	Academic Year: 2026-27					
Course Outcomes	CO1: Acquire the knowledge about the event industry. CO2: Learn and understand the process of planning and controlling. CO3: Understand the importance of marketing and promotion in events. CO4: Know about the various protocol codes and staging techniques. CO5: Understand the financial aspects and safety measures in event.					
Course Content Unit - 1	1.Introduction to Event Management: 1.1 Events- Definition, Size and types 1.2 The event team, Qualities of event manager 1.3 Code of ethics, Feasibility factors (SWOT analysis, Keys to success) 1.4 Concept and Design • Planning and designing the event • Developing and analyzing the concept • Logistics of the concept					
Unit - 2	2.Marketing and Promotion: 2.1 Nature and Process of Event Marketing 2.2 Sponsorship 2.3 Image/Branding, Advertising, Publicity 2.4 Developing Public Relations					
UNIT-3	3.Protocol and Staging: 3.1 Titles, Protocol for dress, speakers 3.2 Protocol for various events 3.3 Preparing for dignitaries					

UNIT- 4	4.Financial aspect, Safety and Security: 4.1 Event Budgeting: Estimating the cost of events 4.2 Making a balance sheet 4.3 Break even analysis/Profit-Loss 4.4 Tips to make the event profitable 4.5 Legal aspects 4.6 Occupational safety and health				
Course Content Practical	1. Planning and Designing of Event- Theme, Selection of site and staging - Birthday/ anniversary/ meeting/ seminars/ exhibition/ fashion show etc. 2. Minor Project: Students analyze real-world events (weddings, fairs, festivals, corporate meetings) to understand their objectives, target audience, and organizational structure. 3. Theme Decoration and Styling: Creating decorative items and planning the aesthetic setup for events using resources effectively. 4. Entrepreneurial Activities: Organizing small-scale, profit-oriented events like candle-making workshops, diyas craft exhibitions, or food stalls.				
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4
	CO1				✓
	CO2	✓	✓		✓
	CO3	✓	✓	✓	
	CO4			✓	
	CO5				
Reference Books	1) Allen, J. (2009). The business of event planning: Behind-the-scenes secrets of successful special events. John Wiley & Sons. 2) Bladen, C., Kennell, J., Abson, E., & Wilde, N. (2018). Events management: An introduction (2nd ed.). Routledge. 3) Bowdin, G., Allen, J., O'Toole, W., Harris, R., & McDonnell, I. (2011). Events management (3rd ed.). Routledge. 4) Chaturvedi, A. (2012). Event management: A professional approach. Global India Publications. 5) Conway, D. G. (2010). The event manager's bible. Event Strategies Group. 6) Getz, D. (2012). Event studies: Theory, research and policy for planned events. Routledge. 7) Quick, L. (2020). Managing events (2nd ed.). SAGE Publications. 8) Raj, R., Walters, P., & Rashid, T. (2013). Events management: Principles and practice. SAGE Publications.				
Teaching Methodology	Lecture Method, Demonstration, PPT, YouTube Video, Project, Group Discussion, Class Work, Assignment				
Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment: 35 Marks Theory External Assessment 15 Marks Practical				

Internal Marking Scheme	(1) Class assignment	05 Marks
	(2) Home assignment	05 Marks
	(3) Attendance	05 Marks
	(4) Class test	20 Marks
Total		35 Marks

External Marking Scheme	(1) Short Question (5 out of 7)	10 Marks
	(2) Long Question OR (2) (a) One Question (b) One Question	13 Marks 07 Marks 06 Marks
	(3) Long Question OR (3) (a) One Question (b) One Question	12 Marks 06 Marks 06 Marks
	Total Marks	35 Marks
Practical Marking Scheme	Total Marks	15 Marks
	Q 1 Journal	04 Marks
	Q 2 Class work	04 Marks
	Q 3 Practical (1/2)	04 Marks
	Q 4 Practical (3/4)	03 Marks
	Total Marks	15 Marks

**NATIONAL EDUCATION POLICY -2020
VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT.
M.A. HOME SCIENCE SEMESTER-I
SEC-01 ADJUSTMENT PSYCHOLOGY
WITH EFFECT FROM 2026-2027**

Program Name	M.A. HOME SCIENCE					
Semester	I					
NCrF Credit Level	Level 6					
Course Type	SEC-01					
Course Subtype	Employability					
Subject Type	Discipline Specific					
Course Code	01					
Course Level	400-499					
Course Title	Adjustment Psychology					
Credit	Theory:	2	Practical:	0	Total:	2
Effective Form	Academic Year: 2026-2027					
Course Outcomes	CO1 - Remembering the concepts that are important in Adjustment psychology. CO2 - Understanding the key patterns that contribute to faulty development that affect adjustment. CO3 - Applying the theories and approaches significant in adjustment psychology to daily life. CO4 - Evaluating the impact of different stressors and issues faced in human life. CO5 - Creating an ability to understand key adjustment challenges and stressors faced in life.					
Course Content Unit - 1	1.1 Introduction to Adjustment Psychology • Definition & Nature of Adjustment • Need for Adjustment Psychology • Psychological Approaches to Adjustment • Origin of the Adjustment of the Problem 1.2 Stress • Types and Sources of Stress • Severity of Stress • Key Aspects of Stress • Overcoming Stress					

Unit - 2	2.1 Interpersonal Relationships • Interpersonal Relationships: Friendship & Intimacy • Interpersonal Relationships: Dating & Marriage • Human Sexuality: Sexual behaviours & problems • Human Sexuality: Role of Sexes 2.2 Pre-marital & Marital Adjustment • Meaning of Marriage • Changing Pre-Marital Patterns • Marital Relationship and Adjustment • Marital Unhappiness and Divorce						
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
	CO1	✓					
	CO2		✓				✓
	CO3			✓			
	CO4				✓		
	CO5	✓				✓	
Reference Books	1. Grayson, J. et al. (2000). Psychology, Adjustment and Everyday Living, Prentice Osborne. 2. Wietan, W. et al. (2016). Psychology Applied to Modern Life: Adjustment in the 21st Century, Cengage Learning. 3. Moritsugu, J., Vera, E.M., Jacobs, J.H. & Kennedy, M. (2017). Psychology of Adjustment: The Search for Meaningful Balance. New Delhi: Sage Publications, Inc 4. Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). Psychology (5th Ed. Indian Adaptation). Pearson India Education Services Pvt. Ltd. 5. Feldman, S. R. (2021). Essentials of understanding psychology (14th Ed.) Mc Graw Hill. 6. Ogden, J. (2017). Health psychology: A textbook (4th ed.).McGraw Hill Education. 7. Taylor, S. E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition						
Teaching Methodology	• Lecture • Demonstration • Videos						
Evaluation Method	Internal Assessment: 25 Marks External Assessment: 25 Marks						
Internal Marking Scheme		(1) Class assignment					03 Marks
		(2) Home assignment					03 Marks
		(3) Attendance					04 Marks
		(4) Class test					15 Marks
Total							25 Marks

External Marking Scheme	(1) Short Question (5 out of 7)	10 Marks
	(2) Long Question OR (2) Write the following answers (a) One Question (b) One Question (2) Write the following answers (a) One Question (b) One Question (c) One Question	15 Marks 08 Marks 07 Marks 05 Marks 05 Marks 05 Marks
Total		25 Marks

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT. M.A. HOME SCIENCE SEMESTER- II MAJOR - 06 FOOD SCIENCE & NUTRITION WITH EFFECT FROM 2026-2027						
Program Name	M.A. HOME SCIENCE					
Semester	II					
NCrF Credit Level	Level-6					
Course Type	Major - 06					
Course Subtype	Entrepreneurship / Employability / Skill Development					
Subject Type	Discipline Specific					
Course Code	06					
Course Level	400-499					
Course Title	FOOD SCIENCE & NUTRITION					
Credit	Theory:	02	Practical:	02	Total:	4
Effective Form	Academic Year: 2026-27					
Course Outcomes	CO1 - Explain the fundamentals of Food Science and nutrition. CO2 - Describe the significance of different foods and nutrients for good health. CO3 - Explain the properties of foods and their preliminary preparations CO4 - Describe the composition of foods and changes occurs during pre and post harvesting and preparations. CO5 - Describe the nutrient-specific nutritional importance, composition, processing, spoilage, characteristics and their role in cooking. CO6 - Describe the food-specific characteristics that spoil the food. CO7 - Understand the reactions occurs during storage, processing and preparation.					
Course Content Unit - 1	1.1 Introduction to Food Science and Nutrition (i) Food and nutrition in relation to health. (ii) Physicochemical properties of foods. (iii) Colloids, Gels, Emulsions, Foams, Bound water in foods. 1.2 Preliminary Preparations.					
Unit – 2	2.1 Fats and Oils (i) Nutritional importance. (ii) Composition (iii) Processing and refining of fats. (iv) Specific fats (v) Emulsions (vi) Rancidity (vii) Smoking points (viii) Role of fats and oils in cooking.					
Unit – 3	3.1 Vegetables (i) Classification (ii) Composition and Nutritive value (iii) Pigments					

	3. Punjabi cooking. (1) Soup (2) Starter (3) Subji (4) Rice (5) Dal (6) Salad (7) Roti / Stuffed paratha/ Naans/ Bhaturas/ Kulcha 4. Mexican cooking (1) Drinks & Soups. (2) Salads (3) Dips & Starter (4) Main dishes 5. Indian Sweets (1) Rasgullas & Variations. (2) Halwas & Pinnis. 6. Mukhwas (1) Dhana dal (2) Green goli (3) Dadam churna (4) Sweet Amoliya (5) Green Variyali							
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
	CO1		✓	✓	✓	✓	✓	✓
	CO2	✓	✓		✓	✓	✓	✓
	CO3		✓				✓	✓
	CO4	✓	✓				✓	✓
	CO5	✓	✓			✓		✓
	CO6	✓	✓	✓	✓	✓	✓	✓
Reference Books	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 McGraw Hill, New Delhi. 5. Fitch & Francis “ Foods & Principles & Application in India. 6. B. Srilakshmi “ Food Science. 7. Mudambi Sumati R. ‘ Human Nutrition, Principles & Application in India’ Phillip Thugham, ‘ Modern Cookery for Teaching & Trade’							
Teaching Methodology	Lecture Method, Demonstration, PPT, You Tube Video, Project, Group Discussion, Class Work, Assignment							
Evaluation Method	The + Pra =Total Marks Internal Assessment : 35+15= 50Marks External Assessment : 35+15= 50Marks							
Internal marking Scheme		(1) Class assignment				05 marks		

	(2) Home assignment	05 marks
	(3) Attendance	05 marks
	(4) Class test	20 marks
	Total	35 marks
External Marking Scheme	(1) Short Question (5 out of 7)	10 marks
	(2) Long Question OR (2) (a) One Question (b) One Question	13 marks 07 marks 06 marks
	(3) Long Question OR (3) (a) One Question (b) One Question	12 marks 06 marks 06 marks
	Total Marks	35 marks
Practical Marking Scheme	Total Marks	15 marks
	Q 1 Journal	04 marks
	Q 2 Preparation of various cooking / masalas/ basic recipes.	02 marks
	Q 3 Preparation of full meal (Any two)	06 marks
	Q 4 Practical Sweet or Mukhvas	03 marks
	Total Marks	15 marks

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT M.A. HOME SCIENCE SEMESTER – 2 MAJOR- 07–INTERIOR DESIGN WITH EFFECT FROM 2026 – 27						
Program Name	M. A. HOMESCIENCE					
Semester	2					
NCrF Credit Level	6					
Course Type	Major -07					
Course Subtype	Skill Development					
Subject Type	Vocational Education					
Course Code	07					
Course Level	400-499					
Course Title	INTERIOR DESIGN					
Credit	Theory:	02	Practical:	02	Total:	04
Effective Form	Academic Year: 2026-2027					
Course Outcomes	CO1: Understand the basic principles and elements of interior design CO2: Apply space planning and furniture layout techniques CO3: Select appropriate materials, colours, and finishes CO4: Prepare interior drawings and design presentations CO5: Incorporate sustainability and ergonomics in interior spaces					
Course Content UNIT – 1	1.Principles of Design: 1.1 Meaning, Origin, Types, Psychological Effects: • Proportion • Balance • Harmony • Emphasis • Rhythm 1.2 Application of Principles of Design • Home • Art objects • Showcase • Furniture • Flower arrangements • Floral art					

UNIT – 2	2.Accessories – 2.1 Selection factors, uses, placement of accessories: • Types of Paintings, Clocks, Books, Sculptures, Miniatures • Mirrors, Candle holders, Bowls and Vases Natural objects Screens • Dividers, Plants, Living Pets, Fish plant aquarium • Pictures – Types Framing, Arranging, Size and shape, Hanging Pictures
UNIT – 3	3.Walls: 3.1 Definition, Material and construction, Durability, • Maintenance, Insulation, Applied finishes on walls, Paints – Types • Varnishes, Wall paper- Types, Wall covering like Wall board • Metal Linoleum, Wood Ceramic tiles, Wall Decoration- Stencil • Painting – Murals, Okali kala, Lipan kam with mirrors, Warli etc. 3.2 Window Treatments • Exterior- Awnings, Shutters, Grills, Fences, ○ Trellis • Interior – Rollers Shades, Blinds, Curtains – Headings, Cornices- ○ Pelmet, Valances, Swags, Jabots, Cascades, Accessories for curtain ○ Hooks, Cords Rods, Tie Backs etc. 3.3 Ceilings – Meaning, Importance, Shape, Direction, materials Colour, Texture, Ceiling Decorations
Unit- 4	4. Flower Arrangement- 4.1 Definition, Purposes, Equipments and material needed, Selection of Containers, Elements and Principles of Flower arrangement, types of flower arrangement, Japanese flower arrangement, Ikebana, styles – Moribana and Nageire, Kubari – Meaning, Making of kubari, Indoor Plants, Terrace Garden. 4.2 a) Interior Designer and his role – Characteristics of proper Designer, Fees of designer role, Ethics and professional conduct of designer. b) Professional practice – The client practice procedure of execution, CPM

Course Content Practical	1. Application of Principles of design in- (a) Flower arrangement (b) Showcase (c) Flower art (d) Floral art (e) Furniture arrangement (f) Clip two pictures of any room and analyze it. 2. Walls & Windows 1. Make wall Decoration – Okali art, Warli Painting, Stencil Painting, Graphics, Graffiti, Painting techniques and textures etc. 2. Make various types of curtains 3. Flower Arrangement- Fresh and dry flower arrangement.				
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4
	CO1				✓
	CO2	✓	✓		✓
	CO3	✓	✓	✓	
	CO4			✓	
	CO5				
	CO6				
Reference Books	1. Grimley, C., & Love, M. (2025). Interior Design Reference & Specification Book (Updated & Revised). Rockport Publishers. 2. Dellatore, C. (2025). Interior Design Master Class: 100 Rooms. Rizzoli. 3. Retrouvius. (2025). Contemporary Salvage: Designing Homes from a Philosophy of Re-Use. Rizzoli. 4. Scheerer, T. (2025). Still Decorating. Rizzoli. 5. Okin, A. (2026). The Happy Home: Layered Interiors for Joyful Living. Rizzoli. 6. Turner, N. (2026). I Love Decorating: Creating Stylish, Thoughtful, and Personal Spaces. Clarkson Potter. 7. Huh, Y. (2026). A Mood, A Thought, A Feeling: Interiors. Rizzoli. 8. Kemp, K. (2026). Design Stories. Rizzoli. 9. Ching, F. D. K., & Binggeli, C. (2018). Interior Design Illustrated (5th ed.). Wiley. 10. Panero, J., & Zelnik, M. (2014). Human Dimension & Interior Space: A Source Book of Design Reference Standards. Watson-Guption. 11. S. (Ed.). (2018). Time-Saver Standards for Interior Design and Space Planning (3rd ed.). McGraw-Hill. 12. Gaines, J. (2015). Homebody: A Guide to Creating Spaces You Never Want to Leave. Harper Design.				
Teaching Methodology	Classwork, Discussion, Projects, Seminar, Assignments, Workshop, Field work				

Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment:35 Marks Theory External Assessment 15 Marks Practical
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Internal marking Scheme	(1) Class assignment	05 marks
	(2) Home assignment	05 marks
	(3) Attendance	05 marks
	(4) Class test	20 marks
	Total	35 marks
External Marking Scheme	(1) Short Question (5 out of 7)	10 marks
	(2) Long Question OR (2) (a) One Question (b) One Question	13 marks 07 marks 06 marks
	(3) Long Question OR (3) (a) One Question (b) One Question	12 marks 06 marks 06 marks
	Total Marks	35 marks

Practical Marking Scheme	Q 1 Journal	03 marks
	Q 2 Class work	03 marks
	Q 3 Practical (1)	03 marks
	Q 4 Practical (2)	03 marks
	Q 5 Practical (3)	03 marks
	Total Marks	15 marks

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT M.A. HOME SCIENCE SEMESTER – II MAJOR- 08 Advance Apparel Designing WITH EFFECT FROM 2026 - 27						
Program Name	M.A. Home Science					
Semester	II					
NCrF Credit Level	Level 6					
Course Type	Major – 08					
Course Subtype	Skill Development					
Subject Type	Discipline Specific					
Course Code	08					
Course Level	400-499					
Course Title	Advance Apparel Designing					
Credit	Theory:	02	Practical:	02	Total:	04
Effective Form	Academic Year:					
Course Outcomes	CO1: Learn various methods of clothing construction, including drafting, flat pattern, and draping. CO2: Analyse different figure types and select suitable dress designs for each figure. CO3: Identify abnormal body figures and apply appropriate fitting and garment selection techniques. CO4: Develop skills in solving common fitting problems through proper garment construction methods. CO6: Design, illustrate, and stitch garments for special occasions using appropriate techniques.					
Course Content Unit – 1	1.Methods of Clothing Construction (A) Drafting (B) Flat Pattern (i) Slash & Spread method. (ii) Pivot method (C) Draping method (i) Basic pattern on the dress form (a) Basic Upper Block (b) Basic Lower Block					
Unit – 2	2.Selection of dresses for the following figure (i) Stout Figure (ii) Thin Figure (iii) Narrow Shoulders (iv) Broad Shoulders (v) Drop Shoulders (vi) Large Bust					
Unit – 3	3.Selection of dresses for the following figure (i) Flat Chest (ii) Large Hips (iii) Large Abdomen (iv) Long Neck					

	(v) Short or Thick Neck								
Unit – 4	4.Selection of Dress for an Abnormal Figure: (i) Points to be taken into consideration while selecting a dress for different abnormal figures. (ii) Methods of proper fitting. (iii) Common Fitting Problems and their Solution.								
Course Content Practical	(1) Basic pattern on Dress form (a) Basic Upper Block (b) Basic Lower Block (2) Prepare any one western garment from draping on a dress form with an illustration (3) Prepare sari & Katori blouse with surface ornamentation with Illustration (4) Designing and stitching the following garments for a special occasion: - One-piece dress.								
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
	CO1				✓				
	CO2		✓				✓		
	CO3	✓	✓	✓					
	CO4	✓	✓						
	CO5					✓	✓	✓	
	CO6						✓		✓
Reference Books	1 Anna Jacob Thomas, The Art of Sewing, UBS Publishers, Distributors Ltd., New Delhi. 2 Mane A, Flat Pattern Design, McGraw Hill 3 Bray Natali, Dress Pattern Designing, London, Crossby, 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, Encyclopaedia of Dress Making, APH Publishing Corporation, New Delhi								
Teaching Methodology	Lecture Method, Demonstration, PPT, YouTube Video, Project, Group Discussion, Class Work, Assignment								
Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment:35 Marks Theory External Assessment 15 Marks Practical								
Internal Marking Scheme		(1) Class assignment					05 Marks		
		(2) Home assignment					05 Marks		
		(3) Attendance					05 Marks		

	(4) Class test	20 Marks
	Total	35 Marks

External Marking Scheme	(1) Short Question (5 out of 7)	10 Marks
	(2) Long Question OR (2) Long Question (a) One Question (b) One Question	13 Marks 07 Marks 06 Marks
	(3) Long Question OR (3) (a) One Question (b) One Question	12 Marks 06 Marks 06 Marks
	Total Marks	35 Marks
Practical Marking Scheme	Total Marks	15 Marks
	Q 1 Journal	04 Marks
	Q 2 Class work	05 Marks
	Q 3 Practical (1/2)	03 Marks
	Q 4 Practical (3/4)	03 Marks
	Total Marks	15 Marks

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT M.A. HOME SCIENCE SEMESTER – II MAJOR- 09 –HEALTH AND HYGIENE WITH EFFECT FROM 2026 – 27						
Program Name	M.A. HOME SCIENCE					
Semester	II					
NCrF Credit Level	Level 6					
Course Type	Major-09					
Course Subtype	Employability					
Subject Type	Discipline Specific					
Course Code	09					
Course Level	400-499					
Course Title	Health and Hygiene					
Credit	Theory:	02	Practical:	02	Total:	04
Effective Form	Academic Year: 2026-27					
Course Outcomes	CO1: Explain dimensions of health and personal hygiene. CO2: Describe nutrition, food hygiene, and healthy lifestyle. CO3: Identify environmental hygiene and communicable diseases. CO4: Understand mental, family, and public health.					
Course Content Unit - 1	1. Concept of Health and Personal Hygiene: 1.1 Concept and dimensions of health • Physical • Mental • Social • Emotional • Spiritual 1.2 Determinants of health: biological, social, economic and environmental 1.3 Concept and importance of hygiene and Personal hygiene 1.4 Care of skin, hair, eyes, ears, nose, teeth and nails 1.5 Clothing hygiene 1.6 Health Care System • Health care system in India • Primary, Secondary and Tertiary health care • Role of government and NGO's					

Unit - 2	2.Environmental Hygiene and Sanitation: 2.1: Concept and scope of environmental hygiene. 2.2: Housing and health: ventilation, lighting, water supply and space 2.3: Water hygiene: - Sources of water - Water purification methods and storage 2.4 Waste management: 2.5 Solid waste disposal 2.6 Sewage and excreta disposal 2.7 Food hygiene			
Unit-3	3.Diseases and Preventive Health Care: 3.1 Communicable diseases: - Modes of transmission - Prevention and control measures 3.2 Overview of common diseases: TB, Malaria, Dengue, Cholera, COVID-19 3.3 Non-communicable diseases: - Lifestyle diseases: Diabetes, Hypertension, Obesity, Cardiovascular diseases 3.4 Role of hygiene in disease prevention 3.5 Immunization 3.6 National Immunization Programme (overview)			
Unit-4	4.Public and Mental Health, Nutrition and Health Education: 4.1 Concept and scope of public health and mental health 4.2 Role of nutrition in health and hygiene 4.3 Malnutrition: Under-nutrition, over-nutrition and obesity 4.4 Role of Home Scientist in health education and promotion 4.5 Mental health and stress management 4.6 Community Engagement: Health education activity / survey			
Course content practical	1. Personal hygiene and hand washing demonstration. 2. Health inequality mapping chart. 3. Food hygiene and nutrition label reading. 4. Environmental hygiene survey. 5. Mental health and stress management activities.			
Mapping between Cos and PSOs		PSO1	PSO2	PSO3
	CO1			
	CO2	✓	✓	
	CO3	✓	✓	✓
	CO4			✓
Reference Books	1) Park, K. (Latest Edition). Park's Textbook of Preventive and Social Medicine. Banarsidas Bhanot, Jabalpur. 2) Gopalan, C., Rama Sastri, B. V., & Balasubramanian, S. C. (Latest Edition). Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR. 3) Srilakshmi, B. (Latest Edition). Nutrition Science. New Age International Publishers. 4) Chadha, R., & Seth, V. (2018). Textbook of Community Nutrition. Jaypee Brothers Medical Publishers.			

	5) Jelliffe, D. B., & Jelliffe, E. F. P. (2019). Community Nutritional Assessment. Oxford University Press. 6) UNICEF. (Latest Publications). Water, Sanitation and Hygiene (WASH) Manuals. 7) Sharma, R. K. (2017). Environmental Health and Sanitation. Atlantic Publishers.	
Teaching Methodology	Lecture Method, Demonstration, PPT, YouTube Video, Project, Group Discussion, Class Work, Assignment	
Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment: 35 Marks Theory External Assessment 15 Marks Practical	
Internal Marking Scheme	(1) Class assignment	05 Marks
	(2) Home assignment	05 Marks
	(3) Attendance	05 Marks
	(4) Class test	20 Marks
Total		35 Marks

External Marking Scheme	(1) Short Question (5 out of 7)	10 Marks
	(2) Long Question OR (2)(a) One Question (b) One Question	13 Marks 07 Marks 06 Marks
	(3) Long Question OR (3) (a) One Question (b) One Question	12 Marks 06 Marks 06 Marks
	Total Marks	35 Marks
Practical Marking Scheme	Total Marks	15 Marks
	Q 1 Journal	04 Marks
	Q 2 Class work	04 Marks
	Q 3 Practical (1/2/3)	04 Marks
	Q 4 Practical (4/5)	03 Marks
	Total Marks	15 Marks

NATIONAL EDUCATION POLICY -2020 VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT. M.A. (HOME SCIENCE) SEMESTER-II MAJOR-10 ADVANCED HOME SCIENCE EXTENSION AND COMMUNICATION WITH EFFECT FROM 2026-2027						
Program Name	M.A (HOME SCIENCE)					
Semester	2					
NCRF Credit Level	6					
Course Type	Major-10					
Course Subtype	Employability					
Subject Type	Discipline Specific					
Course Code	10					
Course Level	400-499					
Course Title	ADVANCED HOME SCIENCE EXTENSION AND COMMUNICATION					
Credit	Theory:	2	Practical:	2	Total:	4
Effective Form	Academic Year: 2026-27					
Course Outcomes	CO1 Explain the advanced concepts, principles, and scope of Home Science Extension Education in community development. CO2. Analyse the role of communication in behaviour change, social development, and women empowerment. CO3. Demonstrate effective use of advanced communication methods, tools, and media (ICT, audio-visual aids, digital platforms) for extension work. CO4. Design need-based extension programmes for individuals, families, and communities using scientific planning approaches. CO5. Apply participatory communication techniques for mobilizing community groups, SHGs, and local institutions. CO6. Develop educational and communication materials (posters, leaflets, scripts, digital content) for awareness and training programmes. CO7. Conduct training, demonstrations, campaigns, and workshops using appropriate extension teaching methods.					
Course Content UNIT-1	1.Adult Education (A.E.): (i) Formal, Non-formal & Informal system of education, Concept, background, (ii) Meaning & Definition of A.E. (iii) Aim, objectives and goals of A.E.					

	(iv) Role of Adult Education in National Development ▪ History of adult education in Post-Independent India ▪ Gram Shikshan Mohim ▪ Farmer's functional literacy project ▪ Non-formal education for youth (NAEY) ▪ National adult education programme (NAEP) ▪ State adult education programme (SAEP) (v) Literacy scenario of national, state, district & local areas. Choice of Language for literacy, dialects Vs standard.
Unit – 2	2.Community participation in A.E.: Training for Development (i) Concept, meaning & types of training; Institutional, Interactive, Participatory, (ii) Various Training Approaches: Creativity Training, Field Training, Group, Dynamics, Laboratory Training, Motivation Training, (iii) Self-awareness & self-development, (iv) Techniques of Training, including RRA (Rapid Rural Appraisal) (v) PRA (Participatory Rural Appraisal)
UNIT-3	3. Genesis & growth of Folk and Electronic media in India: (i) Types of folk media, folk music & dances, street theatre & its educational value, role of puppetry & different types of puppets, (ii) importance of folk media in the development context & criteria for selection of Folk media. (iii) Concept, meaning & role of electronic media, - various forms of electronic media (broadcast media, T.V., film media), - Feedback mechanism for all types of electronic media.
Unit – 4	4.Advertisement and Visual Publicity: (i) Meaning, importance and role of visual communication and print media, (ii) Advertising as a mass communication process, Need for advertising communication, economic & social effect of advertising, (iii)Types of advertising media; print media, broadcast media, outdoor

	advertisement (hoardings, posters, bill board, bulletin board, electronic signs, litterbins, aerial methods, wall magazines), (iv)Transportation media (mobile vehicles), exhibitions & trade fairs, non- media advertising, (v)Techniques of Advertising; choosing content, layout & design, media Planning.									
PRACTICAL	1 Plan a program keeping in mind the steps of program Planning. 2 Proposal writing. 3 Planning, preparing and conducting an extension/ community talk. 4 Planning and preparing a creative packaging of any product, and making a suitable jingle and advertisement for the same. 5 Planning and preparing the layout for the magazine cover and preparing a dummy of the magazine. 6 Organizing a Fair/ Mela /Exhibition.									
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8	
	CO1	✓	✓	✓	✓	✓	✓	✓	✓	
	CO2	✓	✓		✓	✓				
	CO3		✓	✓		✓	✓	✓		
	CO4	✓		✓	✓		✓	✓	✓	
	CO5	✓	✓			✓		✓		
	CO6	✓	✓	✓	✓	✓	✓	✓	✓	
Reference Books	1. McGivney, Veronica & Murray, 2. Frances : Adult Education in Development - Methods & Approaches for Changing Societies, 3. De Mant Fort Street Leicester LE, U.K. National Institute of Adult & Continuing 4. Lynton Rolf P. & Pareek Uday, Training for Development Homewood, Iwrois, Dorsey Press. Jain 5. Mass Media & Rural Development, Vol. II, New Delhi, Mank Publication									
Teaching Methodology	YouTube Videos, Lecture, Demonstration									
Evaluation Method	Internal Assessment: 35 Marks Theory Internal Assessment- 15 Marks Practical External Assessment:35 Marks Theory External Assessment 15 Marks Practical									
Internal Marking Scheme		(1) Class assignment					05 Marks			

	(2) Home assignment	05 Marks
	(3) Attendance	05 Marks
	(4) Class test	20 Marks
	Total	35 Marks

External Marking Scheme	(1) Short Question (5 out of 7)	10 Marks
	(2) Long Question OR (2) Long Question (a) One Question (b) One Question	13 Marks 07 Marks 06 Marks
	(3) Long Question OR (3) (a) One Question (b) One Question	12 Marks 06 Marks 06 Marks
	Total Marks	35 Marks
Practical Marking Scheme	Total Marks	15 Marks
	Q 1 Journal	04 Marks
	Q 2 Class work	05 Marks
	Q 3 Practical (1/2)	03 Marks
	Q 4 Practical (3/4)	03 Marks
	Total Marks	15 Marks

NATIONAL EDUCATION POLICY -2020
VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
MA HOME SCIENCE – SEMESTER – II
SEC – II EDUCATIONAL PSYCHOLOGY
WITH EFFECT FROM 2026 - 2027
SYLLABUS

Program Name	M A HOME SCIENCE					
Semester	2					
NCrF Credit Level	6					
Course Type	SEC – 2					
Course Subtype	Skill Development					
Subject Type	Discipline Specific					
Course Code	2					
Course Level	400-499					
Course Title	EDUCATIONAL PSYCHOLOGY					
Credit	Theory:	2	Practical:	0	Total:	2
Effective Form	Academic Year: 2026-2027					
Course Outcomes	CO1 - To understand the nature, scope, and importance of educational psychology in teaching–learning. CO2 - To study human growth and development (physical, cognitive, emotional, social) and its educational implications. CO3- To understand individual differences among learners and ways to address them in the classroom. CO4- To explain learning theories and apply them to effective teaching practices. CO5- To understand intelligence, creativity, aptitude, and personality and their role in education. CO6- To study motivation and its importance in improving learning outcomes. CO7- To understand mental health, adjustment, and guidance of students.					
Course Content Unit: 1	1.1 Introduction to Educational Psychology • Meaning, definition, nature, scope of Educational Psychology • Importance of Educational Psychology in Home Science • Role of Educational Psychology in teaching–learning process • Relationship of Psychology with Education and Home Science 1.2 Intelligence • Meaning and definition of intelligence • Types of intelligence ◦ Theories of intelligence: Uni-factor theory, Multi-factor theory, Multiple Intelligence (Gardner – basic idea) • Intelligence Quotient (IQ) • Measurement of intelligence					

Unit:2	2.1 Personality • Meaning and definition of personality • Factors influencing personality development • Types of personality ◦ Theories of personality (basic introduction): Trait theory, Type theory 2.2 Motivation • Meaning and types of motivation • Intrinsic and extrinsic motivation • Role of motivation in learning 2 Students with emotional and behavioral disorders 2.1 Attention deficit disorder (ADD). 2.2 Attention deficit Hyperactivity disorder (ADHD). 2.3 Gifted and talented students. • Specific learning and reading disability. Intervention and special education for various forms of exceptionally mainstreaming.						
Mapping between Cos and PSOs		PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
	CO1	✓	✓				✓
	CO2	✓	✓	✓		✓	
	CO3	✓	✓	✓	✓		
	CO4	✓	✓	✓		✓	
	CO5	✓	✓	✓	✓	✓	✓
Reference Books	• L.D. AMD Crow, Educational Psychology (Rev. Ed.) New York American Book Co. 1958. • C.E. Ikiner: Elementary Educational Psychology, (2nd Ed., New York, Prentice Hall 1953. • DR. S. Sathiyagirirajan, Psychology in Education. An Introduction to Basics - A Hand Book, Former Professor of Education, DDE ; Former Director, UGC – Academic Staff College (Human Resources Development Centre) Madurai Kamaraj University, Madurai – T.N. India. -625 021. • B.F. Skinner, “Theories of Learning” A foundational text on learning theories. • Herbert A. Simon. “The Psychology of Learning and Motivation” Explores cognitive aspects of learning. • Barry J. Zimmerman and Dale H. Schunk, "Educational Psychology: A Century of Contributions" by Barry J. Zimmerman and Dale H. Schunk: A comprehensive overview of the field's history and key concepts.						
Teaching Methodology	Lectures, Group Discussion. You tube videos, Assignment, PPT.						
Evaluation Method	Internal Assessment: 25 Marks External Assessment: 25 Marks Total 50 Marks						
Internal Marking Scheme		(1) Class assignment					03 Marks
		(2) Home assignment					03 Marks

	(3) Attendance	04 Marks
	(4) Class test	15 Marks
Total		25 Marks
External Marking Scheme	(1) Short Question (5 out of 7)	10 Marks
	(2) Long Question OR (2) (a) One Question (b) One Question OR (2) Write short notes. (a) (b) (c)	15 Marks 08 Marks 07 Marks 05 Marks 05 Marks 05 Marks
	Total Marks	Marks