

Shri Govind Guru University
B.A. Semester : 3
Home Science
Core Course : 201
Sub : Family Meal Management - I

Total Credit - 5

Theory=3 credits + other=04/week

Practical=1 credits (2 periods week)

Objective :

This course will enable the students to

1. Understand basic concept of meal management & meal planning according to various age groups.
2. It will help students to get familiar with various nutritional & diets treatment
3. Students will get familiar with meaning & various methods of nutritional Assessments.

Unit 1 :

- Definition meaning & importance of meal planning
- Use of basic food groups in meal planning.
- Basic meal patterns & number of serving according to meal timing, breakfast, lunch, snacks, dinner.

Unit 2 :

- Advantages of meal planning
- Point to be considered while meal planning
- Various factors affecting meal planning, nutritional requirement factors like, socio-cultural, religious & resources, physical & mental activities special nutritional conditions/problems.

Unit 3 : Meal Planning for different are groups (Requirements, nutritional problems food selection according to different activities & socio economic levels.

(1) infant feeding (Birth to one year)

(a) Breast Feeding

(b) Bottle feeding

(c) Weaning food (supplementary feeding)

(d) Nutrition for infant (one year old children)

(2) Meal planning for children

(a) Preschoolers (2 to 5 years)

(b) School Children (6 to 12 years)

(c) School Lunch & packed lunch for children

Unit 4 :

- Meal planning for adolescent boy
- Meal planning for adolescent girl
- Meal planning for adult men (Heavy, moderate & sedentry work)
- Meal planning for adult women (Heavy, moderate & sedentry work)

Practicals :

1. Standardization [3]
2. Meal planning for 0 to 5 year child
3. Meal planning for school packed lunch
4. Meal planning for college going girl
5. Meal planning for college going boy
6. Meal planning for adult man (anyone)

7. Meal planning for adult women (anyone)

Others :

- (1) Seminar
- (2) Assignment & Journal

References :

1. Dr. M.Swaminathan, Human Nutririon and Diet" The Banglore Publisher, New Delhi
2. R.Rajalakshmai " Applied Nutrition" Coford, B.H. Publishing Co.Delhi
3. Dr.Swaminathan " Handbook of Food & Nutririon " The Banglore Publisher, New Delhi
4. આહાર આયોજન, ડૉ.ઉમાંવેગ પટેલ, બાલગોવિંદ પ્રકાશન, ગાંધીમાર્ગ, અમદાવાદ
5. ફન્ડામેન્ટલ ઓફ ફૂડ્સ & ન્યુટ્રીશન ૨૦૦૪, બુધ્ધદેવ નીલમ અને વૈદ્ય ભાવના પ્રવીણ પુસ્તક ભંડાર, રાજકોટ
6. પોષણવિદ્યા, ડૉ.જે.ડી.પાઠક, યુનિ.ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ-૬

Shri Govind Guru University
B.A. Semester : 3
Home Science
Core : 202
Sub : Modern Approach to Biology

Marks :

External 70

Internal 30

Unit-1: History of life, characteristics of life, different branches of biology

- History of life, origin and evolution of life
- Requirements of sustenance of life
- Characteristics of life
- Theory of evolution, Lamark's theory of evolution, Darwin's theory of evolution
- Human genetics, Types of chromosomes, chromosome structure, Heridity, Mendel's laws, sex determination and sex linked inheritance, Genetic basis of human diseases: Haemophilia, Colour blindness, Blood group-ABO and Rh system

Unit-2: Plant morphology, Reproduction, Plant water relation

- General characteristics of monocot and dicot plants
- External and internal characters of monocot and dicot seeds and its germination.
- Pollination, Types and Agencies
- Characteristics of insect pollinated and wind pollinated flowers
- Reproduction in flowering plants, modes of reproduction, Vegetative, Sexual and asexual reproduction

Unit-3: Microoragnism and Economic botany

- General characters and classification of microorganism
- Types of bacteria, Advantages and disadvantages of bacteria
- Virus: Types, structure and disease caused by viruses
- Economic botany: economically useful plants
Cereals-Wheat, Rice, Maize, **Pulses**- Tuwer, Mung, **Vegetables**- Root- Carrot, Raddish, Stem- Potato, Amarphophallus, **Leaf**-Spinach, Amranthus, **Nuts**- Walnuts, Cashwenut, **Fibre**- Cotton, Jute, **Medicinal Plants**- Ginger, Ajwain, Honeybee, Oyster, Silk moth

Unit-4: Human physiology

- Digestive system-structure and function of digestive organs, Absorption in small and large intestine
- Cardiovascular system- Blood & its composition, Structure and function of heart, blood circulation and functions of blood
- Excretory system- structure and function of kidney, formation of urine & its filtration process
- Nervous system- Central Nervous System, Reflex action
- Sensory organs- Eye-structure, function and mechanism, Ear- structure, function and mechanism

Reference :

A.C.Dutta (1980). *Botany for degree students*, oxfords press Ltd.

N.K.Gupta and Sunita Gupta (2005). *Plant Physiology*, Oxford & IBH Publishing Pvt Ltd.
Nakar, Dhaduk and Chovatia (2016). *Medicinal Plants: cultivation and uses*, Astral Int. Publications
P.K.Garg (2001). *Jivvigyan*, Kumar Publication
P.K.Gupta (2014-15). *Genetics*, Rastogi Publications, India
R.D. Vidyarthi (1985). *Text book of Botany*, S. Chand Limited
S.L.Kochar (1998). *Economic botany in tropics*, Macmillan India pvt, Ltd.
V.K.Jain (2000). *Fundamentals of plant physiology*, S. Chand Limited.
Vishwa Nath (1978). *A Text book of zoology*, S.chand Pvt. Ltd.

Shri Govind Guru University
B.A. Semester : 3
Home Science
Core : 203
Sub : Fundamental Textile And Fashion Designing

Credit : 3+2=5
Theory: 3+1 Other=4
Practical: 1 Credit (2 Periods / Week)

Marks
External: 70 (50+20)
Internal: 30

Objectives:

1. To help students learn selection of family clothing.
2. To help students learn clothing management.
3. To make students aware of new trends in fashion.
4. Principles of design necessary in fashion designing.

UNIT 1: Clothing management:

- Fabrics for garment making .
- Family clothing management.
- Wardrobe planning
- Family clothing budget .
- knitting -Types, importance, merits- demerits

UNIT 2 : Buying of Cloths :

- Points to be considered while buying cloths—budget, age ,season, residence, occasion, fashion, etc.
- Buying ready made garments—Types of fabric, cutting, stitching, finishing, comfort, hems, fitting ,pockets fastening .etc.
- Advantages and disadvantages of readymade, tailor made and homemade garments .
- Comparison between readymade ,tailor made and home made garments.

UNIT 3: Fashion:

- History
- Culture and fashion
- Classification of fashion
- Fashion cycle
- Innovation in fashion
- Components of fashion—Silhouette ,Detail , Texture, Colour

UNIT 4: Colour and Design :

Colour :-

- Colour wheel
- Colour schemes
- Use of colour in clothing
- Design:-
- Elements of design
- Principles of design
- Care and storage of clothes

PRACTICAL :

1. Baby frock with smoking
2. Half pant for a boy (5 -7 years)
3. Shirt for a boy
4. Make any one sample by Crochet
5. Make any one sample by two niddle
6. Pillow cover (2-pieces)
7. Hand bag

References:-

1. Reena Bhatia and Charu Arora -Introduction to Clothing & Textile
2. Neelima --Fashion & Textile Design
3. Pramila Verma—Vastra Vignan evm Proidhan
4. Vimla Sharma -Vastra Shilp Vignan

Shri Govind Guru University

B.A. Semester : 3

Home Science

Elective : 201

Sub : Introduction to Community Nutrition (Theory)

Lecture Per Week - 3

Others - 1

Mark External - 70

Mark Internal - 30

Objective :

1. To Sensitize students to the concept of community nutrition and the role of home science to impart nutrition education in community.
2. To acquaint students with the common nutritional problems, their causes, symptoms, treatment and prevention.
3. To familiarize the students with the measures taken by the government to improve the nutritional status of the community
4. To be aware of importance and aims of nutritional assessment.
5. To get exposed to the role of nutritional and international agents in combating nutritional problems in india

Unit 1 : Basic Concept and Scope of Community Nutrition:

- Definition concept and importance of community nutrition, public health and community programmes.
- Importance, aims and methods of nutritional assessment.
 - Anthropometric Methods
 - Clinical Methods
 - Biochemical Methods

Unit 2 : Nutritional Problems of Community

- Common Problems in india
- Causes (Nutritional & non nutritional)
- Importance of Nutritional Problems as signs and symptoms, treatment & prevention
- Mal-nutrition PEM, Micro-Nutrient deficiencies- vit A, Iron, Iodine, Folate

Unit 3 : National Schemes and Programmes:

- ICDS
- Mid day meal programmes
- Nutritional Anemia Control programme.
- Vitamin - A Prophylaxis Programme.
- National Iodine deficiency disorders

Unit 4 :

- Role of Home Science in Community nutrition
- Role of National Agencies in Combating Nutritional problems in india
- Role of International Agencies in combating Nutritional problems in india

References :

1. Shukla P.K. Nutritional Problems of india
2. Rabinson Lawler, M.R. Chenoweth, W.L. & Garwick A.E.(1986) " Normal & Therapeutic Nutrition" Ed.Macmillan Publishing Co.
3. ડૉ.જે.ડી.પાઠક, પોષણવિદ્યા, યુનિ.ગ્રંથ, નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ- ૬
4. ડૉ.ઉમાબેન પટેલ, પોષણ અને આહાર, બાલગોવિંદ પ્રકાશન, ગાંધીમાર્ગ, અમદાવાદ.

5. બુદ્ધદેવ નીલમ અને વૈધભાવના, ડિપાર્ટમેન્ટલ ઓફ ફૂડ્સ & ન્યુટ્રીશન (૨૦૦૪) પ્રવીણ
પુસ્તક ભંડાર, રાજકોટ

Shri Govind Guru University

B.A. Semester : 3

Home Science

Elective : 202

Sub : Introduction To House Hold Equipment And Consumer Education

Credit : 3+1=4

External:70

Internal:30

Objectives:

1. Recognize base materials, finishes, use, in the construction of house hold equipment.
2. Understand the principles underlying the operation use care and storage of household equipment.
3. Understand the criteria for the selection and buying for appropriate equipment for home and suitable material for functionality
4. Understand consumer rights and responsibilities, as well as handling consumer problems with the help of consumer services and consumer Law.

UNIT 1:

- Importance of learning house hold equipment
- Importance of house hold equipment.
- Material use for house hold equipment.
Metallic Aluminum, Iron, Steel, Copper, Brass,
Non Metallic -Glassware, Plastic and Potteries
- Finishes—
 - a. Mechanical
 - b. Applied

UNIT 2:

- Classification of house hold equipment
 - a. Electrical
 - b. Non electrical
- Time and energy saving equipment
Principles ,construction, use, cleaning, and care of non –electrical equipment

UNIT 3:

- Cares taken while using electrical equipment
- Principle, construction, use, cleaning and care of Electric house hold equipment such as electric cooker, mixer, hand blender refrigerator, microwave oven, atta maker
- Buying of house hold equipment.
- Trends in house hold equipment.

UNIT 4:

- Consumer Rights and Responsibilities.
- Factors affecting buying behavior such as-
 - a. Size and type of family
 - b. Income
 - c. Stages of family life cycle
 - d. Goals and values of family
 - e. Market gullibility
 - f. Knowledge and post experience

- g. Sex of a buyers
- h. Place of residence.
- Standardization for house hold equipment.
 - a. Importance
 - b. Procedure
 - c. Role of BIS
- Consumer's Problems and it's Solutions
- Importance of consumer protection Law and it's types.

References :

1. Peet and Thy' house hold equipment, john wily eastern and company N.y.1981
2. Ogle Varghese and George ,Home Management ,willing esteem, Co New Delhi 1984
3. Pramila Mehra ,good housekeeping
4. J.K.Dehsis, Improving house hold equipment, Punjab Agri. University 1178.

Shri Govind Guru University
B.A. Semester : 4
Home Science
Core : 211
Sub : Family Meal Management - II

Total Credit - 5

Theory=3 credits + other=04/week

Practical=1 credits (2 periods week)

Objective :

1. Understand basic meal planning according to various age groups festivals etc.
2. It will help students to get familiar with various, nutritional deficiency disease.
3. Students will get familiar with meals and various methods of nutritional assessment.

Unit 1 : Meal Planning for some special physiological needs.

- Meal planning during programmes according to complication occurring in pregnancy.
- Meal planning during lactation
- Meal planning for old man according to complication occurs.

Unit 2 :

- Meal planning during menopause according to complication
- meal planning for athletes according to every expenditure
- Diet Survey

Unit 3 : Dietary Treatment & Nutritional Assessment

- Dietary Treatment in various deficiency disease
 - Protein & Calon deficiency disease
 - Vitamin A & B complete deficiency
 - Iron deficiency
 - Calcium & Phosphors deficiency

Unit 4 :

- Meal planning for festival like Diwali, Uttarayan, Holi
- Meal planning for punjabi
- Meal planning for south indian
- Meal planning for maxican dishes.

Practicals :

1. Meal Planning during pregnant woman.
2. Meal Planning during lactation
3. Meal Planning for old man/menopause
4. Meal Planning for athlets
5. Meal Planning festival (Diwali, Holi, Uttarayan) any one
6. Meal Planning for Punjabi dishes
7. Meal Planning south Indian dishes
8. Meal Planning for protein & calorie malnutrition deficiency
9. Meal Planning for iron deficiency

Others :

(1) Seminar

(2) Assignment & Journal

References :

1. Dr. M.Swaminathan, Human Nutririon and Diet" The Banglore Publisher, New Delhi
2. R.Rajalakshmai " Applied Nutrition" Coford, B.H. Publishing Co.Delhi
3. Dr.Swaminathan " Handbook of Food & Nutririon " The Banglore Publisher, New Delhi
4. આહાર આયોજન, ડૉ.ઉમાંવેગ પટેલ, બાલગોવિંદ પ્રકાશન, ગાંધીમાર્ગ, અમદાવાદ
5. ફન્ડામેન્ટલ ઓફ ફૂડ્સ & ન્યુટ્રીશન ૨૦૦૪, બુધ્ધદેવ નીલમ અને વૈદ્ય ભાવના પ્રવીણ પુસ્તક ભંડાર, રાજકોટ
6. પોષણવિદ્યા, ડૉ.જે.ડી.પાઠક, યુનિ.ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ-૬

Shri Govind Guru University

B.A. Semester : 4

Home Science

Core : 212

Sub : Introduction to Physics & Chemistry

External - 70 Marks

Internal - 30 Marks

Objective :

1. To enable the students to development and understanding of physics & their application in day to day life activities.
2. To Recognize the importance of chemistry, chemical regulation and their uses.
3. The students will be able to understand about fertilizer, fuels, pesticides, medicines & health care & their application in daily life.

Physics :

Unit 1 :

(1) Mechanics :

- State of matter : General & specific properties of matter (solid, Liquid, Gas)
 - Machines : types simple and complex
 - Lever : Types & their functions
 - force : Centripetal and centrifugal force
 - Friction : types laws, advantage & disadvantages.

(2) Light :

- Properties of Light
- Reflection and Refraction of light laws & index
- Lens & Mirror : types & uses
 - Real image & virtual image
 - Image formed by convex lens & concave mirror

Chemistry :

Unit 2 :

(1) Structure of Matter

- Element, compound, mixture
- structure of atom (Rutherford Model)
- Equivalent weight, valency, symbol, chemical formula, equation

(2) Acids, Base & salts

- Definition, properties & concept neutralization
- PH & PH scale, application in everyday life

(3) Water

- Sources, types, impurities
- Effects of impurities on health
- hard water types & its disadvantages
- Methods of removing hardness of water.
- Water purifies for drinking purpose
 - house hold scale
 - municipal water
 - purifier system

Unit 3 :

(1) Fire Prevention

- Major prevention & protection in homes
- Major causes of fire in homes
- fire prevention & fire fighting in homes.
- Methods of extinguishing fire.
- liquid, carbon dioxide, extinguisher & its care

(2) Medicines & Health Care

- Antibiotics
- Antiseptics & disinfectants
- Analgesics, hypnotic & sedative drugs
- Tranquilizers - Laxatives
- Remedies for common cold, influenza & other viral disease.

(3) Structure properties & uses of chemical substance

(1) Inorganic Compound :

- Caustic soda, baking soda, washing soda, common salt alum, potassium, permanganate, boric acid, bleaching powder, hydrogen peroxide

(2) Organic Compound :

- Acetic acid, citric acid, phenol aniline, ethyl alcohol, glucose

Unit 4 :

(1) Pesticides in common use

- Definition classification
- Toxic its & Hazards of pesticides
- Proper care in use of pesticides

(2) Fuel for home

- Classification, characteristics, important properties.
- Health Hazards of fuels.
- LPG & Gobar gas.

(3) Fertilizer

- Necessary elements for nutriment of plants
- symptoms of their deficiency
- Nitrogen, phosphoric & potassic fertilizer

References Books:

1. Modern approach to physics & chemistry, Arun bahl & B.S.Bahl (2010)
2. Fundamental inorganic chemistry (P.L.Soni)
3. Text Book of organic chemistry, P.L.Soni
4. Chemistry Azaraben kazi
5. A text Book of organic applied chemistry for home science & allied science - T.Jaob

Shri Govind Guru University

B.A. Semester : 4

Home Science

Core - 213

Sub : Women Empowerment And Entrepreneurship

Total Credits - 05

Marks

Theory - 3 Periods / Week + 1 Other = 04

External - 70(50+20)

Practical - 1 Credit (2 Periods / Week)

Internal - 30

Objectives :

- 1) To enable students for development of balanced personality and stress management
- 2) To enable students to achieve the goal of women empowerment and motivated for self-improvement
- 3) To develop skill for production of various handicraft articles leading to ENTREPRENEURSHIP

UNIT - I

- I) Personality Development
 - i.) Meaning and Definition
 - ii.) Factors affecting Personality development
 - iii.) Determinants of personality
 - iv.) Stress Management, Coping strategies
 - v.) Conflicts and depression

UNIT - II

- II) Personal grooming and Etiquette.
 - (1) Concepts and significance of Manners and etiquette
 - (2) Adaption of Manners and Etiquette
 - (1) Meal Table (2) Telephone Talk (3) Educational Institutions
 - (3) (I) Personal grooming
 - (1) Significance and its Importance
 - (II) Body Care
 - (1) Skin (2) Hair
 - (III) Body Fitness
 - (1) Yoga (2) Exercises

UNIT - III

- (I) Women Empowerment
 - 1) Concept need and importance
 - 2) Women development
 - (1) Personal (2) Social (3) National Perspective
- (II) Women related Law
 - 1) domestic violence
 - 2) dowry
 - 3) Sexual harassment

- 4) Marriage & divorce

UNIT - IV

ENTREPRENEURSHIP

- 1)
 - i) Definition, need and characteristics of ENTREPRENEURSHIP
 - ii) Type of industry
 - ii) Preliminary Preparations to start small scale industry
 - (1) steps for selecting of products
 - (2) Market survey
 - (3) Visualizing the risks
 - iii) Government funding for ENTREPRENEURSHIP
 - iv) Areas of ENTREPRENEURSHIP under Homescience

Practicals :-

- (1) Flower making (any 4 types)
- (2) Pot decoration
- (3) Glass painting
- (4) Fabric painting
 - i. Rumal
 - ii. big garments
- (5) Gift Raping
- (6) Paper work
- (7) Paper bag

Reference books :

- (1) Antony M.J. (1989) Women's rights New Delhi
- (2) Batra G.S. (1999) ENTREPRENEURSHIP & Small scale industries Deep & Deep Pub. New Delhi
- (3) Dargulkar M.D. (1983) Udyogdeep, Udyog Sachitra Prakashan, Mathora sadan Bombay
- (4) Patri C.N. (1999) Self Employment and successful ENTREPRENEURSHIP Kanishta Pub.Co. New Delhi

Shri Govind Guru University
B.A. Semester : 4
Home Science
Elective : 211
Sub : Family Dynamic

Credit : 3+1=4
Theory: 3+1 Other=4

Marks
external: 70
Internal: 30

Objectives:-

The Students will

1. Acquire knowledge and Insights about the dynamics of contemporary marriage and family systems in Indian .
2. Become acquainted with the concept, goals and areas of adjustments in marital relationship and within the family .
3. Become aware of the changing roles and relationship within the family.
4. Understand the dynamics of families in distress and crisis.

Unit-1 : Engagement

- Changing Patterns before marriage in modern ear.
- Spouse selection.
- Factors affecting in a selection of spouse.
- An Engagement-
 - Its Importance
 - The courtship period
 - The engagement period
 - Factors for breaking engagement
 - The problems arisedue to break of engagement.

Unit-2 : Marriage and Adjustment in Marriage life-

- Concept of marriage :
 - Meaning, definition of marriage.
 - Types of marriage-
 - Arrange marriage
 - Love –marriage
- Wedding ceremonies :
 - Types of ceremonies in different communities in India
 - Importance of wedding ceremonies.
 - Good and harmful ceremonies.
- Adjustment in different stages of family life.
- Factors in good marital adjustment.

Unit-3 : Family

- Importance of Family as a Social institution in India.
- Definition ,function and characteristics.
- Types of family
 - Characteristics of different types of family
 - Merits and demerits of joints family, extended family and Nuclear family.

Unit-4: Family Problems-

- Marital Disruption-
 - casual factors of marital disruption-
 - i)Desertion
 - ii) Divorce
 - iii) Dowry
 - iv) Viololence against women.
- **Social Act**
 - i)Dowry prohibition act.
 - ii)Child marriage prohibition act.
 - iii) Female feticide act.
 - iv)Sex detritions.
 - v) House hold fortune act.
- Family Counseling Service.
- Legal Remedies.

References:

- 1 Dampatya jeevan anukoolan –Leelaben Shah
- 2 Langa ane kautumbic sambandho- Leelaben Shah
- 3 Bharat ni samajik sansthavo –A.G.Shah and J.K Dave
- 4 Legal rights for women and families –Verm,V.S.Q Singh M.(1988)

Shri Govind Guru University

B.A. Semester : 4

Home Science

Elective- 212

Sub : Household Textile And Laundry Science

Total Credits - 04

Theory - 3 Periods / Week + 1 Other = 04

Marks

External - 70

Internal - 30

Objectives :

1. To know household textiles and their selection and care.
2. Teach students different Materials regents, equipments and process involved in laundering for different fabrics

UNIT - I

Selection of household fabrics / care

(1) Bedsheet (2) Pillow cover (3) Table cloth (4) Table mats (5) Towel. (6) Curtains and dreperies (7) Upholstery

UNIT - II

Occasional dresses

(1) Selection of fabrics for garments

(2) Occasional dresses

Clothing for

- i.) Interview
- ii.) Office, business, workplace
- iii.) Wedding ceremoney
- iv.) Dating
- v.) Travelling and journey
- vi.) Rest
- vii.) Sports

UNIT - III

Laundry Science

Importance

Principles of Laundering and it's application

Laundry Equipemnts

Types Laundry

UNIT - IV

Water

- i) Effect of water on washing
- ii) Hard and soft water
- iii) Removal of hardness

Laundry Soap and detergents

Laundry Starch and blue

(1) Functions

(2) Use

References :

- Vastr shilp Vignan – Vimal Sharma
- Vastr shilp Vignan evm paridan – Pramila Varma
- Indian Costumes – Gurey G.S. The Popular Book Dept. Bombay
- Costumes and Textile of India – Jamia Hco