

# BHAKTA KAVI NARSINH MEHTA UNIVERSITY



## FACULTY OF ARTS

Syllabus For

**B.A. HOME SCIENCE (GENERAL)**

**C.B.C.S (Second Year sem-3 & 4)**

**Effective From**

**June – 2019**

**BHAKTA KAVI NARSINH MEHTA UNIVERSITY – JUNAGADH**

Faculty : ARTS

Subject : HOME SCIENCE Semester : 3

ACADEMIC YEAR-2019-20

Sr. no	Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
1	UG	3	FC	ENGLISH III	3	3+0	3	30	70	-	-	100
				OR								
				HINDI III								
2	UG	3	core	MEAL MANAGEMENT	cc-9	2+1	4	30	50	20	-	100
3	UG	3	core	CLOTHING AND TEXTILE – I	CC – 10	2+1	4	30	50	20	-	100
4	UG	3	core	HOME SCIENCE EDUCATION AND EXTENSION – I	CC – 11	2+1	4	30	50	20	-	100
5	UG	3	core	TIME & ENERGY RESOURCE MANAGEMENT	CC – 12	2+1	4	30	50	20	-	100
6	UG	3	core	HEALTH & NURSING	CC – 13	2+1	4	30	50	20	-	100
7	UG	3	ELE-1 ANY ONE	CLOTHING AND TEXTILE – I	ELE -1	2+1	4	30	50	20	-	100
				OR								
				PSYCHOLOGY				30	70	-		100
				OR								
				SOCIOLOGY				30	70	-		100
8	UG	3	ELE-2 ANY ONE	HEALTH & NURSING	ELE – 2	2+1	4	30	50	20	-	100
				OR								
				PSYCHOLOGY				30	70	-		100
				OR								
				SOCIOLOGY				30	70	-		100
					TOTAL	17+7	31	240	460/420	100/140		800

**B.A. HOME SCIENCE SEMESTER – 3**

<b>S R N O</b>	<b>COURS E</b>	<b>SUBJECT</b>	<b>T + P</b>	<b>CREDITS</b>	<b>I.M</b>	<b>P.M</b>	<b>E. M</b>	<b>T.M</b>	<b>HOUR S</b>
1	FC – 5	ENGLISH – III	3 + 0	3	30	0	70	100	3
		OR							
		HINDI – III	3 + 0		30	0	70	100	
2	CC – 9	MEAL MANAGEMENT	2 + 1	3	30	20	50	100	4
3	CC – 10	CLOTHING AND TEXTILE – I	2 + 1	3	30	20	50	100	4
4	CC – 11	HOME SCIENCE EDUCATION AND EXTENSION – I	2 + 1	3	30	20	50	100	4
5	CC – 12	TIME & ENERGY RESOURCE MANAGEMENT	2 + 1	3	30	20	50	100	4
6	CC – 13	HEALTH & NURSING	2 + 1	3	30	20	50	100	4
7	ELE – 1 ANY ONE	CLOTHING AND TEXTILE – I	2 + 1	3	30	20	50	100	4
		OR							
		PSYCHOLOGY	2 + 1	3	30	0	70	100	3
		OR							
		SOCIOLOGY							
8	ELE – 2 ANY ONE	HEALTH & NURSING	2 + 1	3	30	20	50	100	4
		OR							
		PSYCHOLOGY			30	0	70	100	
		OR							
		SOCIOLOGY			30	0	70	100	
			<b>TOTAL</b>	<b>24</b>	<b>240</b>	<b>100/140</b>	<b>460/420</b>	<b>800</b>	<b>29/31</b>

**FACULTY OF ARTS****Syllabus****SEMESTER 3**Subject: B.A. HOME SCIENCECourse (Paper) Name & No.: MEAL MANAGEMENTCourse (Paper) Unique Code: CC – 9External Exam Time Duration: 2 HOURS

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	3	core	MEAL MANAGEMENT	cc-9	2+1	4	30	50	20	-	100

**Objectives:**

This course will enable the student to -

- (1) Understand the concept of an adequate diet and the importance of Meal Planning.
- (2) Know the factors affecting the nutrient needs during the special condition like pregnancy and Lactation.

**Theory:****Unit: I Meal Management**

- Meaning.
- Definition.
- Importance.

**Unit: II Factors which should be considered before planning meals.****Unit: III Nutrition and Meal planning during special condition.**

- Pregnancy.
- Lactation.

**Unit: IV Nutrition and Meal Planning for Adolescent Girl**

- Old age
- Sports man
- Industrial workers

**Unit: V Food Budgeting**

- Factors Including food budgeting
- Economy in food budgeting

- **Preparation of food budg**

**Practical:**

1. Meal planning for pregnant women.
2. Meal planning for lactating Mother.
3. Meal planning for old age women

**References Books:**

- (1) Nutritional Management in health & Disease.  
Heena Shah and DaxaSolanki – Rajkot.
- (2) Human nutrition and Diet – AridsonMolke, John and Fassmare.
- (3) Essenials of Food and nutrition – Swaminathan M.S. 1985.
- (4) Poshan evam Ahar Vigyan – Dr. G. P. Sherry

**Web:**

- (1) <http://wiki-answers.com/q/whatismealmanagement>
- (2) [en-wikipedia.org/wiki/mealmanagement](http://en-wikipedia.org/wiki/mealmanagement)
- (3) [www.google.com/schoolgoingchildren](http://www.google.com/schoolgoingchildren)
- (4) [www.google.com/nutritionforadolesentgirl](http://www.google.com/nutritionforadolesentgirl)

**FACULTY OF ARTS****Syllabus****SEMESTER 3**Subject: B.A.HOME SCIENCECourse (Paper) Name & No.: CLOTHING AND TEXTILE – ICourse (Paper) Unique Code: CC – 10External Exam Time Duration: 2 HOURS

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	3	core	CLOTHING AND TEXTILE – I	CC – 10	2+1	4	30	50	20	-	100

**Objectives:**

- (1) To enable student to acquaint with the different textile and their Performance.
- (2) Impart knowledge on different textile finishes. .

**Theory:****Unit: I** Introduction of clothing Textiles**Unit: II**

- Classification of fibers
- Manufacture and properties of -
  - (a) Cotton
  - (b) Silk
  - (c) Rayon
  - (d) Wool

**Unit: III** yarn construction – meaning and types of yarn.**Unit: IV** Weaves

- Meaning and types of weaves.
- Simple weaves and fancy weaves.

**Practical:**

- (1) Identification test of textile fibers
- (2) Simple weaves.
- (3) Fancy Weaves.

**References Books:**

- (1) Textile and laundry works – Anand Sharma, Research Publication New Delhi.
- (2) Textile & clothing – Niraj yadav, sanity Prakashan
- (3) Vastra vigyan ke mul Sidhdhant - Dr. G.P.Sheri
- (4) Vastra Vigyan avm Dhulay Kala – Dr.Smt Bela Bhargav
- (5) Vastra Vigyan ke Tatva \_- Dr. Asha Jain & Dr. Nilima Malaiya, Agra.

**Web:**

- (1) [www.google.com/textile](http://www.google.com/textile)
- (2) [www.google.com/yarn](http://www.google.com/yarn)
- (3) [www.google.com/weaving](http://www.google.com/weaving)
- (4) [www.google.com/dyesandprinting](http://www.google.com/dyesandprinting)



**FACULTY OF ARTS****Syllabus****SEMESTER 3**Subject: **B.A HOME SCIENCE**Course (Paper) Name & No.: **HOME SCIENCE EDUCATION AND EXTENSION – I**Course (Paper) Unique Code: **CC-11**External Exam Time Duration: **2 HOURS**

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	3	core	HOME SCIENCE EDUCATION AND EXTENSION – I	CC – 11	2+1	4	30	50	20	-	100

**Objectives:**

To enable students to

- Understand the widening concept of extension.
- Be aware of the extension models in practice and their scope in facilitating development.
- Feel strongly for the people without power and influence them to become partners in developing project and programs.

**Theory:****Unit: I**      **principals-philosophy And Aims of Education Extension****Unit: II**      **Definition, Meaning, Importance, and method of Home Science Education and Extension****Unit: III**      **Quality of Home Science Extension Worker.****Unit: Iv**      **Characteristic of Urban and Rural Society.****(A) Characteristics  
of Urban  
Society.**

- (1) Society varieties.
- (2) Fabricated relation among formal groups
- (3) Lack of social tolerance.
- (4) Lack of social control.
- (5) Social mobility
- (6) Voluntary groups.
- (7) Opportunity for specialized personality development.

**(B) Characteristics  
of Rural  
Society.**

- (1) Dominance of close relationships
- (2) Effect of main business on life.
- (3) Lack of experience & specification.
- (4) Simplicity and Economy.
- (5) Small group.
- (6) Less difference.
- (8) Sectorization of areas.

(7) Lack of social mobility.

## **Unit: V    Role of various welfare agencies in Rural prosperity.**

Rural Welfare agencies

- (1) Sahakari Mandali
- (2) Mahila Mandal
- (3) Youth club
- (4) Panchayat

## **Unit: VI    Community Development Plan and Home Science Education**

### **Practical:**

- (1) Prepare a dish for low cost and high nutritive value
- (2) Prepare a waste from best sample for rural women
- (3) Prepare a Embroidery work for rural women
  - (A) Simple Embroidery work sample
  - (B) Kashmiri Embroidery work sample

### **References Books:**

- (1) Prof.Dhiraj Dhakan – 1998 – Vistaran Shikhnana Multatvo.
- (2) Dr. Bela Bhargav – 2002 – Parivarik Swastya and Samajik Kalyan.
- (3) Prof.A.G.Shah – 1970 – Samanya Samaj shastra.
- (4) Prof. Mahendra kumar J Rao – 1966 – Bharatni Samajik Sanshtha.
- (5) Prof. Jagdish K Dave – 1974 – Samajik shastrano Parichaya.
- (6) Rogers, Alan – 1989 – Teaching Methods in extension education for development, Westwood Row England – Woodmans.
- (7) Reddy A. 1947 – Extension Education, Bapatia, India, Shree Lakshmi Press.
- (8) WHO – 1988 – Education for health, Geneva, Swtzerland, world health organization.
- (9) Oakley, Pater and Devid, Marsden (1984) – Approaches to participation in Rural development Geneva, International Labour Office.

### **Web:**

- (1) [www.scribd.com/ .../extension- educationmeaning-scope](http://www.scribd.com/.../extension-educationmeaning-scope)
- (2) [www.India.gov.in.goverment](http://www.India.gov.in.goverment)
- (3) [www.hesco-in/rural.php](http://www.hesco-in/rural.php)
- (4) [en.wikipedia.org/wiki/socialdevelopmenttheory](http://en.wikipedia.org/wiki/socialdevelopmenttheory)

**FACULTY OF ARTS****Syllabus****SEMESTER 3**Subject: B.A.HOME SCIENCECourse (Paper) Name & No.: TIME & ENERGY RESOURCE MANAGEMENTCourse (Paper) Unique Code: CC-12External Exam Time Duration: 2 HOURS

Level UG or PG	Seme ster	Cours e	Course (paper) title	Paper no.	Credit	Teach ing hours	Inter nal mar ks	Exter nal marks	Practi cal intern al marks	Practical external marks	Total marks
UG	3	core	TIME & ENERGY RESOURCE MANAGEMEN T	CC – 12	2+1	4	30	50	20	-	100

**Objectives:**

This course will enable the student to -

- (1) Learn about different types of equipment used in the home.
- (2) Learn way of maintaining equipment in good working condition.
- (3) Use equipment in the best possible manner.

**Theory:****Unit: I House hold equipment**

- Introduction.
- Importance.
- Classification/types of equipment.
- The factor effecting of using equipment.

**Unit: II Different between traditional and modern household equipment.****Unit: III Any five house hold Non electrical equipment**

- Principle.
- Working Method
- Maintenance.

**Unit: IV Any five house hold electrical equipment**

- Principle.
- Working Method
- Maintenance.

## **Unit: V Purchasing Art**

- Meaning and definition of consumer, producer and cost
- Effecting factor of family purchasing.
- Some points keep in mind for effective purchasing.

### **Practical :**

- (1) Classification of House hold equipment.
- (2) Any two house hold non electrical equipment.
- (3) Any two house hold electrical equipment.

### **References Books:**

- (4) “ગૃહીંગિતા” Dr. Neha R. Shah
- (5) “આસ્કાર્ક સાન વ્યવસાય”: ઝૂંઝ ઝૂંઝ - Dr. Kiran A. Raval, AtulPrakashan

### **Web:**

- (5) [en.wikipedia.org/wiki/householdequipment](http://en.wikipedia.org/wiki/householdequipment)
- (6) [www.google.com/householdequipment](http://www.google.com/householdequipment)
- (7) [www.vilib.org](http://www.vilib.org)
- (8) [www.housestuffworks.com](http://www.housestuffworks.com)

**FACULTY OF ARTS****Syllabus****SEMESTER 3**Subject: B.A. HOME SCIENCECourse (Paper) Name & No.: HEALTH & NURSINGCourse (Paper) Unique Code: CC – 13External Exam Time Duration: 2 HOURS

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	3	core	HEALTH & NURSING	CC – 13	2+1	4	30	50	20	-	100

**Objectives:**

- (1) To learn about the importance of health.
- (2) Providing basic information about the first aid.

**Theory:****Unit: I Introduction of Health and Nursing.**

- Definition.
- Meaning.
- Importance.

**Unit: II** Characteristics of ideal nurse.**Unit: III** Meaning of first Aid.  
Importance of first Aid.  
Scope of first Aid**Unit: IV** Aims/objective of first Aid  
The common rules of first Aid

- **Special duties of family members**
- **Suggestions for the hospital admitted patients**
- **Things to be considered before consulting the doctor**

**Unit: V** First aid in some accidental condition.

- Snake Bite.
- Sinking.
- Burning.
- Nose bleeds.
- Burning and scalding.

**Practical :-**

- (1) First aid
- (2) Use of thermometer
- (3) Use of B.P. Instrument

**References Books:**

- (1) “Sankramak Rogo” – Prem lata Trivedi.
- (2) “Rogo And Aahar” – Darshana Anjaria.
- (3) The A-2 of First Aid. – Ian Andrews Blize Edition.
- (4) Community Health & Family Welfare – Dr. R. L. Sharma.
- (5) Public Health – Danial M Wilner Walkern & Goer keItvouta.
- (6) Community Health Science – Dr. J.I.Park & Dr. K. Park.

**WEB:**

- (1) [www.google.com/definationhealth](http://www.google.com/definationhealth).
- (2) <http://medicaldictionary.thefreedictionary.comcommunity+health+nursing>.
- (3) <http://www.ask.com/question.about.importanceoffirstaid>.
- (4) <http://www.wf.net/snake/firsbite.htm>.

**FACULTY OF ARTS****Syllabus**

SEMESTER 3

Subject: \_\_\_\_\_ B.A.HOME SCIENCE \_\_\_\_\_

Course (Paper) Name &amp; No.: \_\_\_\_\_ CLOTHING AND TEXTILE – I \_\_\_\_\_

Course (Paper) Unique Code: \_\_\_\_\_ ELE – 1 \_\_\_\_\_

External Exam Time Duration: \_\_\_\_\_ 2 HOURS \_\_\_\_\_

Level UG or PG	Seme ster	Cou rse	Course (paper) title	Paper no.	Cred it	Teach ing hours	Inter nal mark s	Exter nal marks	Practi cal intern al marks	Practical external marks	Total marks
UG	3	ELE	CLOTHING AND TEXTILE – I	ELE-1	2+1	4	30	50	20	-	100

**Objectives:**

- (1) To enable student to acquaint with the different textile and their Performance.
- (2) Impart knowledge on different textile finishes. .

**Theory:****Unit: I** Introduction of clothing Textiles

**Unit: II**

- Classification of fibers
- Manufacture and properties of -
  - (e) Cotton
  - (f) Silk
  - (g) Rayon
  - (h) Wool

**Unit: III** yarn construction – meaning and types of yarn.**Unit: IV Weaves**

- Meaning and types of weaves.
- Simple weaves and fancy weaves.



**Practical:**

- (1) Identification test of textile fibers
- (2) Simple weaves.
- (3) Fancy Weaves.

**References Books:**

- (1) Textile and laundry works – Anand Sharma, Research Publication New Delhi.
- (2) Textile & clothing – Niraj yadav, sanity Prakashan
- (3) Vastra vigyan ke mul Sidhdhant - Dr. G.P.Sheri
- (4) Vastra Vigyan avm Dhulay Kala – Dr.Smt Bela Bhargav
- (5) Vastra Vigyan ke Tatva \_- Dr. Asha Jain & Dr. Nilima Malaiya, Agra.

**Web:**

- (5) [www.google.com/textile](http://www.google.com/textile)
- (6) [www.google.com/yarn](http://www.google.com/yarn)
- (7) [www.google.com/weaving](http://www.google.com/weaving)
- (8) [www.google.com/dyesandprinting](http://www.google.com/dyesandprinting)

**FACULTY OF ARTS****Syllabus****SEMESTER 3**Subject: B.A. HOME SCIENCECourse (Paper) Name & No.: ELE – 2 HEALTH & NURSINGCourse (Paper) Unique Code: ELE – 2External Exam Time Duration: 2 HOURS

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	3	ELE	HEALTH & NURSING	ELE-2	2+1	4	30	50	20	-	100

**Objectives:**

- (1) To learn about the importance of health.
- (2) Providing basic information about the first aid.

**Theory:****Unit: I Introduction of Health and Nursing.**

- Definition.
- Meaning.
- Importance.

**Unit: II** Characteristics of ideal nurse.**Unit: III** Meaning of first Aid.  
Importance of first Aid.  
Scope of first Aid

Aims/objective of first Aid

**Unit: IV** The common rules of first Aid

- **Special duties of family members**
- **Suggestions for the hospital admitted patients**
- **Things to be considered before consulting the doctor**

**Unit: V** First aid in some accidental condition.

- Snake Bite.
- Sinking.
- Burning.
- Nose bleeds.
- Burning and scalding.

Practical :-

1. First aid
2. Use of thermometer
3. Use of B.P. Instrument

**References Books:**

- (1) “Sankramak Rogo” – Prem lata Trivedi.
- (2) “Rogo And Aahar” – Darshana Anjaria.
- (3) The A-2 of First Aid. – Ian Andrews Blize Edition.
- (4) Community Health & Family Welfare – Dr. R. L. Sharma.
- (5) Public Health – Danial M Wilner Walkern & Goer ke Itvouta.
- (6) Community Health Science – Dr. J.I. Park & Dr. K. Park.

**WEB:**

- (1) [www.google.com//definationhealth](http://www.google.com//definationhealth).
- (2) <http://medicaldictionary.thefreedictionary.comcommunity+health+nursing>.
- (3) <http://www.ask.com/question.about.importanceoffirstaid>.
- (4) <http://www.wf.net/snake/firsbite.htm>.

# BHAKTA KAVI NARSINH MEHTA UNIVERSITY



## FACULTY OF HOME SCIENCE

Syllabus For

**B.A. HOME SCIENCE (GENERAL)**

**C.B.C.S (Second Year sem-4)**

**Effective From**

**June – 2019**

**BHAKTA KAVI NARSINH MEHTA UNIVERSITY – JUNAGADH**

Faculty : ARTS

Subject : HOME SCIENCE

Semester : 4 ACADEMIC YEAR-2019-20

Sr. no	Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
1	UG	3	FC	ENGLISH III	3	3+0	3	30	70	-	-	100
				OR								
				HINDI III								
2	UG	4	core	FOOD PRESERVATION AND PACKAGING	CC – 14	2+1	4	30	50	20	-	100
3	UG	4	core	CLOTHING AND TEXTILE – II	CC – 15	2+1	4	30	50	20	-	100
4	UG	4	core	HOME SCIENCE EDUCATION AND EXTENSION – II	CC – 16	2+1	4	30	50	20	-	100
5	UG	4	core	HEALTH & BEAUTY	CC – 17	2+1	4	30	50	20	-	100
6	UG	4	core	FAMILY AND COMMUNITY HEALTH	CC – 18	2+1	4	30	50	20	-	100
7	UG	4	ELE	CLOTHING AND TEXTILE – II	ELE-1	2+1	4	30	50	20	-	100
				OR								
				PSYCHOLOGY				30	70	-		100
				OR								
				SOCIOLOGY				30	70	-		100
8	UG	4	ELE	HEALTH & BEAUTY	ELE-2	2+1	4	30	50	20	-	100
				OR								
				PSYCHOLOGY				30	70	-		100
				OR								
				SOCIOLOGY				30	70	-		100
					TOTAL	17+7	24	240	460/420	100/140		800

**B.A. HOME SCIENCE SEMESTER – 4**

<b>SR NO</b>	<b>COURSE</b>	<b>SUBJECT</b>	<b>T + P</b>	<b>CREDITS</b>	<b>L.M</b>	<b>P.M</b>	<b>E. M</b>	<b>T.M</b>	<b>HOURS</b>
1	FC – 6	ENGLISH – IV	3 + 0	3	30	0	70	100	3
		OR							
		HINDI – IV	3 + 0		30	0	70	100	
2	CC – 14	FOOD PRESERVATION AND PACKAGING	2 + 1	5	30	20	50	100	7
3	CC – 15	CLOTHING AND TEXTILE – II	2 + 1	5	30	20	50	100	7
4	CC – 16	HOME SCIENCE EDUCATION AND EXTENSION – II	2 + 1	5	30	20	50	100	7
5	CC – 17	HEALTH & BEAUTY	2 + 1	3	30	20	50	100	3
6	CC – 18	FAMILY AND COMMUNITY HEALTH	2 + 1	3	30	20	50	100	3
7	ELE – 1 ANY ONE	CLOTHING AND TEXTILE – II	2 + 1	5	30	20	50	100	7
		OR							
		PSYCHOLOGY	3 + 0		30	0	70	100	3
		OR							
		SOCIOLOGY	3 + 0		30	0	70	100	3
8	ELE – 2 ANY ONE	HEALTH & BEAUTY	2 + 1	3	30	20	50	100	3
		OR							
		PSYCHOLOGY			30	0	70	100	
		OR							
		SOCIOLOGY			30	0	70	100	
			<b>TOTAL</b>	<b>24</b>	<b>240</b>	<b>100/140</b>	<b>460/420</b>	<b>800</b>	<b>29/31</b>

**FACULTY OF ARTS****Syllabus****SEMESTER 4**Subject: B.A.HOME SCIENCECourse (Paper) Name & No.: FOOD PRESERVATION AND PACKAGINGCourse (Paper) Unique Code: CC – 14External Exam Time Duration: 2 HOURS

Level UG or PG	Se mes ter	Cours e	Course (paper) title	Paper no.	Credit	Teachin g hours	Intern al marks	Exter nal marks	Practi cal intern al marks	Practical external marks	Total marks
UG	4	core	FOOD PRESERVA TION AND PACKAGIN G	CC – 14	2+1	4	30	50	20	-	100

**Objectives:**

This course should enable the student to -

- (1) Understand the principles and Importance of food preservation
- (2) To gain knowledge on various food packing materials and its importance.

**Theory:****Unit: I**

Food Preservation

- Meaning.
- Definition.
- Importance of food preservation.

**Unit: II**

Principal of food preservation.

**Unit: III****Methods of Food Packaging**

- Canning, Bottling
- Dehydration
- Freezing

**Unit: Iv**

Food Packaging

- Meaning
- Types
- Importance
- Selecting criteria of packaging materials

**Unit: V**

food spoilage

**Practical :**

- (1) Jam
- (2) Pickles
- (3) Tomato Ketchup

**References Books:**

- (1) Food preservation and Fancy cookery  
Prof. Kamalamani R. Rao and Prof. Heena S. Rawal.
- (2) “Food processing and preservation”  
G. Subbulaxmi – Shobha A. Udipi.
- (3) Fal Shakbhaji parikshan margdarshika bagayat khatu Gujarat rajya-Gandhinagar

**WEB:**

- (1) <http://www.dummies.com/how.to/content/foodpreservation-method-canning>
- (2) <http://en.wikipedia.org/wiki/foodpreservation>
- (3) [http://wiki-answers.com/Q/what are the aims and objectives of cooking for food](http://wiki-answers.com/Q/what%20are%20the%20aims%20and%20objectives%20of%20cooking%20for%20food)
- (4) <http://www.cookeryindia.com/students/fp/cooking1.html>



**FACULTY OF ARTS****Syllabus****SEMESTER 4**Subject: **B.A. HOME SCIENCE**Course (Paper) Name & No.: **CLOTHING AND TEXTILE – II**Course (Paper) Unique Code: **CC – 15**External Exam Time Duration: **2 HOURS**

Level UG or PG	Se mes ter	Cours e	Course (paper) title	Paper no.	Credit	Teach ing hours	Intern al marks	Exter nal marks	Practical internal marks	Practical external marks	Total mark s
UG	4	core	CLOTHING AND TEXTILE – II	CC – 15	2+1	4	30	50	20	-	100

**Objectives :**

- (1) Impart knowledge on different textile finishes.

**Theory:****Unit: I** Dyes.

- Meaning and types of dyes.

**Unit: II** Printing

- Meaning and types of Printing.

**Unit: III** Bleaching

- Meaning and types of Bleaching
- Starch methods of different types of clothes.

**Unit: IV** Drayelining**Unit: V** Stain removal technique.

- Stain removal different types of clothing
- Patch
- Renovation
- Alteration

**Unit: VI** Lowndary work & Washing work

- Lowndary work & Washing work
- Care of different clothes.

**Practical:**

- (1) Simple dyeing (Bandhani)
- (2) Remove different types of stain (any six)
- (3) Types of Printing (semple)
  - (a) Block Printing
  - (b) Hand Printing
  - (c) Vegetal Printing

**References Books:**

- (1) Introduction to clothing – Vina Samani and others Rajkot.
- (2) Dress Designing - Vina Samani and others Rajkot.
- (3) Art of sewing – Anna Jacob, UBS PD, New Delhi.
- (4) Vastu Vigyan ke mul Shiddhant – Dr. G. P. Shetye.
- (5) Vastu Vigyan Aur Dhulai Kala” - Bela Bhargava – Uni Book House – Jaipur.
- (6) Shivan Margdarshika – Nirmala Mishra.

**Web:**

- (1) [en.wikipedia.org/wiki/clothing](http://en.wikipedia.org/wiki/clothing)
- (2) [www.google.com/sewingmachine](http://www.google.com/sewingmachine)
- (3) [www.manoipublications.com](http://www.manoipublications.com)

**FACULTY OF ARTS****Syllabus****SEMESTER 4**Subject: B.A HOME SCIENCECourse (Paper) Name & No.: HOME SCIENCE EDUCATION AND EXTENSION – IICourse (Paper) Unique Code: CC – 16External Exam Time Duration: 2 HOURS

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	4	core	HOME SCIENCE EDUCATION AND EXTENSION – II	CC – 16	2+1	4	30	50	20	-	100

**Objectives:**

- To impart knowledge about the extension education.
- Understand the widening field and important of extension education.

**Theory:****Unit: I** Objective of education Extension

- (1) Primary
- (2) General
- (3) Pragmatic

**Unit: II** Principles of education Extension**Unit: III** Home Science Extension.

- Role of Home Science in Rural Development.

**Unit: IV** Extension: Administration & Extension Organisation & Supervision.

- (A) Meaning of Administration
  - Basic Principle of Administration
- (B) Meaning of Extension Organisation
  - Technical Problems in Building of an Organisation
- (C) Supervision in Extension Work

**Unit: V** Extension Training.

- (A) Meaning & Definition of Training
- (B) Importance of Training
- (C) Types of Training
- (D) Importance of Research in Extension Training

**Practical:**

- (1) Prepare one sample of fabric painting for rural teenage girl.
- (2) Prepare a rich dish for rural woman.
- (3) children game.

**Reference :**

- (1) Vistaran Shikshan na Mul Tatvo "Dhiraj Dhakan and Kanak. D. Dhakan"
- (2) Home Science Vistaran ane Pratayayan Meeta Rajpara, (Pravin Pushtak Bhandar
- (3) Home Science Shikshan, Sakuntala Vyas (Vandana Publication)
- (4) Home Science Shikshan, Dr. G.P.Sheri (Agarval Publication )

**Web:**

- (1) [www.cals.ncsv.edu/agexed/aec50/principles](http://www.cals.ncsv.edu/agexed/aec50/principles)
- (2) [www.sosyalarastirmalar.com/ci/t1/savi4/savi4pdf/khali/-and-vapdf](http://www.sosyalarastirmalar.com/ci/t1/savi4/savi4pdf/khali/-and-vapdf)
- (3) [www.newagepublishers.com/samplechapter/001591pdf](http://www.newagepublishers.com/samplechapter/001591pdf)

**FACULTY OF ARTS****Syllabus****SEMESTER 4**Subject: B.A.HOME SCIENCECourse (Paper) Name & No.: HEALTH & BEAUTYCourse (Paper) Unique Code: CC – 17External Exam Time Duration: 2 HOURS

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	4	core	HEALTH & BEAUTY	CC – 17	2+1	4	30	50	20	-	100

**Objectives:**

- (1) This Course will enable the students about the Health & Beauty as well as other.
- (2) Help to learn Simple Health & Beauty effectively.

**Theory:****Unit: I****Personality & Beauty**

- Beauty-A part of personality
- Beauty and Health mind and Healthy body.
- Mental Health, Tension & Meditation..

**Unit: II****Food & Beauty**

- A table of weight.
- Calorie chart
- Dieting
- Suggestion for increase and decrease the weight.
- Simple Exercise.
- Healthy Habits.
- Vitamins and advantages.

**Unit: III** **Skin and Hair and Beauty**

- Different types of skin & Hair
- Care of skin (skin care)
  - Facial.
  - Face pack
  - Massage
  - Food
- Care of Hair (Hair Care)
  - Conditioning
  - Hair Cutting, palming & styling
  - Wig
  - White Hair and Hair Dye
- Care of Hand and foot
  - Manicure.
  - Pedicure

**Unit: IV**    Make-Up

- Nail.
- Uses of cosmetics Products in Make-up.
- Steps of make-up

**Practical :-**

- (1) Face pack
- (2) Diet for decrease weigh
- (3) Manicare

**References :-**

- (1) Roopsajja-kaljal – Sanjay, Book Jelf Nav bharat Sahitya Mandir / Ahmadabad
- (2) Make – up Album – Richa Dave Navneet house – Ahmadabad

**Website :-**

- (1) [www.health.com](http://www.health.com)
- (2) [www.beaty.com](http://www.beaty.com)

**FACULTY OF ARTS****Syllabus****SEMESTER 4**Subject: HOME SCIENCECourse (Paper) Name & No.: FAMILY AND COMMUNITY HEALTHCourse (Paper) Unique Code: CC – 18External Exam Time Duration: 2 HOURS

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	4	core	FAMILY AND COMMUNITY HEALTH	CC – 18	2+1	4	30	50	20	-	100

**Objectives:**

- (1) Understand the concept of health from the individual and community perspective.
- (2) Understand the role of National and international organization in community health.

**Theory:****Unit: I**

- Family – Meaning, Definition and Importance.
- Community Health – Meaning and definition.
- Factor affecting on community health.

**Unit: II** Care of sick person at home

- Daily care, bed making, care of month bed (sponging) giving medicine protection of patient and nurse

**Unit: III** National & International organization working for community health.

National	International
Indian Red Cross Society	WHO
UNICEF in India	UNICEF
ICDS	UNESCO
Hindu Kushth Nivaran Sangh	UNO

**Unit: IV** Current dangerous diseases:

- Swine flu, dengue, cancer, AIDS and T.B.

**Practical:**

- (1) Food of patient
  - Liquid Diet
  - Semi Liquid Diet
  - Soft Diet
- (2) Bed Making
- (3) Bandages

**Reference:**

- 1 Community Health and Family Welfare  
Dr. R. L. Sharma.
- 2 Community Health Science  
Dr. J. I. Park & Dr. K. Park.
- 3 Public Health – Daniel M Wilner.

**WEB:**

- (1) [www.google.com=..communityhealth](http://www.google.com=..communityhealth)
- (2) <http://www.treatment.org>.



**FACULTY OF ARTS****Syllabus****SEMESTER 4**Subject: B.A.HOME SCIENCECourse (Paper) Name & No.: CLOTHING AND TEXTILE – IICourse (Paper) Unique Code: ELE – 1External Exam Time Duration: 2 HOURS

Level UG or PG	Se mes ter	Cours e	Course (paper) title	Paper no.	Credit	Teach ing hours	Intern al marks	Exter nal marks	Practical internal marks	Practical external marks	Total mark s
UG	4	ELE	CLOTHING AND TEXTILE – II	ELE- 1	2+1	4	30	50	20	-	100

**Objectives :**

- (1) Impart knowledge on different textile finishes.

**Theory:****Unit: I** Dyes.

- Meaning and types of dyes.

**Unit: II** Printing

- Meaning and types of Printing.

**Unit: III** Bleaching

- Meaning and types of Bleaching
- Starch methods of different types of clothes.

**Unit: IV** Drayelining**Unit: V** Stain removal technique.

- Stain removal different types of clothing
- Patch
- Renovation
- Alteration

**Unit: VI** Lowndary work & Washing work

- Lowndary work & Washing work
- Care of different clothes.

**Practical:**

- (1) Simple dyeing (Bandhani)
- (2) Remove different types of stain (any six)
- (3) Types of Printing (semple)
  - (A) Block Printing
  - (B) Hand Printing
  - (C) Vegetal Printing

**References Books:**

- (1) Introduction to clothing – Vina Samani and others Rajkot.
- (2) Dress Designing - Vina Samani and others Rajkot.
- (3) Art of sewing – Anna Jacob, UBS PD, New Delhi.
- (4) Vastu Vigyan ke mul Shiddhant – Dr. G. P. Shetye.
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**FACULTY OF ARTS****Syllabus****SEMESTER 4**Subject: B.A.HOME SCIENCECourse (Paper) Name & No.: HEALTH & BEAUTYCourse (Paper) Unique Code: ELE- 2External Exam Time Duration: 2 HOURS

Level UG or PG	Semester	Course	Course (paper) title	Paper no.	Credit	Teaching hours	Internal marks	External marks	Practical internal marks	Practical external marks	Total marks
UG	4	ELE	HEALTH & BEAUTY	ELE-2	2+1	4	30	50	20	-	100

**Objectives:**

- (1) This Course will enable the students about the Health & Beauty as well as other.
- (2) Help to learn Simple Health & Beauty effectively.

**Theory:****Unit: I** Personality & Beauty

- Beauty-A part of personality
- Beauty and Health mind and Healthy body.
- Mental Health, Tension & Meditation..

**Unit: II** Food & Beauty

- A table of weight.
- Calorie chart
- Dieting
- Suggestion for increase and decrease the weight.
- Simple Exercise.
- Healthy Habits.
- Vitamins and advantages.

**Unit: III** Skin and Hair and Beauty

- Different types of skin & Hair
- Care of skin (skin care)
  - Facial.
  - Face pack
  - Massage
  - Food
- Care of Hair (Hair Care)
  - Conditioning
  - Hair Cutting, palming & styling
  - Wig
  - White Hair and Hair Dye
- Care of Hand and foot
  - Manicure.
  - Pedicure
  - Nail.

#### **Unit: IV    Make-Up**

- Uses of cosmetics Products in Make-up.
- Steps of make-up

#### **Practical :-**

- (1)     Face pack
- (2)     Diet for decrease weigh
- (3)     Manicare

#### **References :-**

- (1)     Roopsajja-kaljal – Sanjay, Book Jelf Nav bharat Sahitya Mandir / Ahmadabad
- (2)     Make – up Album – Richa Dave Navneet house – Ahmadabad

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- (2)     [www.beaty.com](http://www.beaty.com)