

SHIVAJI UNIVERSITY, KOLHAPUR.



Accredited By NAAC with 'A' Grade

CHOICE BASED CREDIT SYSTEM

Syllabus For

B.A. Part - I

Home Science

(Syllabus to be implemented from June, 2018 onwards.)

**Course Structure for B.A. Home Science
Three Years (6 Semester) Programme**

B.A. I

Sr.No.	Semester	Name of the Course	Disipline
1	I	Fundamentals of Nutrition and Food Science	Home Science-1
2	II	Resource Management	Home Science-2

B.A. II

Sr.No.	Semester	Name of the Course	Disipline
1	III	Basics of Interior Design	Home Science-3
2	III	Introduction to Food Safety and Preservation	Home Science-4
3	IV	Fundamentals of Textile Science and Apparel Construction - I	Home Science-5
4	IV	Introduction to Human Development	Home Science-6

B.A. III

Sr.No.	Semester	Name of the Course	Disipline
1	V	Nutrition for the Family	Home Science -7
2	V	Space Planning and Design	Home Science-8
3	V	Fundamentals of Textile Science and Apparel Construction - II	Home Science-9
4	V	Life Span Development	Home Science-10
5	V	Research Methodology in Home Science	Home Science-11
6	VI	Therapeutic Nutrition	Home Science-12
7	VI	Traditional Indian Textiles	Home Science-13
8	VI	Entrepreneurship Development	Home Science-14
9	VI	Introduction to Guidance and Counseling	Home Science-15
10	VI	Extension for Development	Home Science-16

B.A. Part - I
Home Science Course – 1

Fundamentals of Nutrition and Food Science

Preamble: Nutrition has been recognized and given a special role in national development. Nutrition is the key to facilitate the study and enhance the quality of human life. This paper covers basic aspects of nutrients, food science, as well as open a vast understanding of the current spectrum of malnutrition,. This course equips the students for skill development, academic understanding, entrepreneurship, community role and employment in various fields of food industry, health clinics, NGOs, etc.

- Objectives:**
1. To familiarize students with fundamentals of food, nutrients and their relationship to Health
 2. To create awareness with respect to deriving maximum benefit from available food resources

Total Credits: 4

Theory: 3Credits

Practical: 1Credit

Workload:

Theory: 2 Lectures per week

Practical: 2 Lectures per week per batch

(Each batch consisting of 15 to 20 students)

Semester – I

Theory

Teaching Hours: 45

Module 1 : Basic concepts in food and nutrition **5**

- 1.1 Basic concepts used in study of food and nutrition: Food, Nutrients, Nutrition, Health, Malnutrition and Balanced Diet
- 1.2 Understanding relationship between food, nutrition and health
- 1.3 Functions of food – Physiological, psychological, social and cultural.

Module 2: Food Groups **10**

Selection and nutritional contribution of the following food groups:

- 2.1 Cereals
- 2.2 Pulses
- 2.3 Fruits and vegetables
- 2.4 Milk & milk products
- 2.5 Eggs
- 2.6 Meat, poultry and fish
- 2.7 Fats and Oils

Module 3: Methods of Cooking with advantages and disadvantages **10**

- 3.1 Moist heat : Boiling, Steaming, Pressure cooking

- 3.2 Dry heat : Roasting, baking
- 3.3 Frying : Deep and Shallow frying
- 3.4 Microwave cooking
- 4.2 Advantages and disadvantages

Module 4: Nutrients

20

Functions, dietary sources and clinical manifestations of deficiency of the following nutrients:

- 4.1 Carbohydrates, lipids and proteins
- 4.2 Fat soluble vitamins-A, D, E and K
- 4.3 Water soluble vitamins – Thiamine, Riboflavin, and vitamin C
- 4.4 Minerals – calcium and iron

Practical

Credit: 1

Teaching Hours: 30

1. Weights and measures of food stuff.
2. Food preparation, understanding the principles involved, nutritional quality and portion size
 - Beverages: Hot tea/coffee/ Milk shake/ lassi / fruit based beverages (Any One)
 - Cereals: Boiled rice / pulao/ chapatti / paratha / puri / pastas (Any One)
 - Pulses: Whole / dehusked (Any One)
 - Vegetables: curries / dry preparations
 - Milk and milk products : Kheer / custard or Meat, Fish and poultry preparations / Egg preparations: Boiled / poached / fried / scrambled / omelettes / egg pudding
3. Plan and prepare nutrient rich recipe of the following with nutritive value calculation.
 - Calorie / Protein (Any One)
 - Vitamin A / Vitamin C (Any One)
 - Vitamin B₁ / Vitamin B₂ (Any One)
 - Iron / Calcium

Method of Evaluation : Internal Evaluation of Practical

- Q. 1 Submission of Journal - 5 Marks
- Q. 2 Viva - 5 Marks

RECOMMENDED READINGS

- Mudambi, SR and Rajagopal, MV. Fundamentals of Foods, Nutrition and Diet• Therapy; Fifth Ed; 2012; New Age International Publishers

- Mudambi, SR, Rao SM and Rajagopal, MV. Food Science; Second Ed; 2006; New Age International Publishers
 - Srilakshmi B. Nutrition Science; 2012; New Age International (P) Ltd.
 - Srilakshmi B. Food Science; Fourth Ed; 2010; New Age International (P) Ltd.
 - Swaminathan M. Handbook of Foods and Nutrition; Fifth Ed; 1986; BAPPCO
 - Bamji MS, Rao NP, and Reddy V. Text Book of Human Nutrition; 2009; Oxford & IBH Publishing Co. Pvt Ltd.
 - Wardlaw GM, Hampl JS. Perspectives in Nutrition; Seventh Ed; 2007; McGraw Hill.
 - Lakra P, Singh MD. Textbook of Nutrition and Health; First Ed; 2008; Academic Excellence.
 - Manay MS, Shadaksharaswamy. Food-Facts and Principles; 2004; New Age International (P) Ltd.
 - Potter NN, Hotchkiss JH. Food Science; Fifth Ed; 2006; CBS Publishers and Distributors.
 - Sethi P and Lakra P Aahaar Vigyaan, Poshan Evam Suruksha, Elite Publishing House, 2015
 - Jain P et al. Poshan va swasthya ke mool siddhant (Hindi); First Ed; 2007; Academic
 - Pratibha. Vrinda S. Aahar Vigyan (Hindi); 2003; Shyam Prakashan
 - Suri S. and Malhotra A. Food Science, Nutrition & Food Safety Pearson India Ltd. 2014.
 - Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S. Basic Food Preparation – A Complete Manual. Orient Longman, 2005.
 - Khanna K, Gupta S, Seth R, Mahana R, Rekhi T. The Art and Science of Cooking. Phoenix Publishing House Private Limited, Delhi 1998. DSC-NHE IB: NUTRITION FOR THE FAMI
-

B.A.-I
Home Science Course – 2

RESOURCE MANAGEMENT

Preamble: We are living in a world of scarce and finite resources and hence, management of resources becomes imperative for the society as a whole. The stream of Resource Management focuses on optimization of resource utilization in life. This paper intends to acquaint students about managerial process and resource management.

- Objectives :** 1. To acquaint the students about process of management
2. To know about resources and its availability and management.

Semester – II

Total Credits : 4

Theory : 3Credits

Practical : 1Credit

Workload :

Theory : 2 Lectures per week

Practical : 2 Lectures per week per
batch

(Each batch consisting of 15 to 20 students)

THEORY

Teaching Hours: 45

Module I: Introduction to Resource Management

10

- 1.1 Concept, Meaning and Scope of Management
- 1.2 Need of Management in day-to-day life
- 1.3 Management in changing world

Module II: Resources

10

- 2.1 Understanding meaning and concept of resources
- 2.2 Classification of resources
- 2.3 Characteristics of resources
- 2.4 Factors affecting utilization of resources

Module III: Availability and Management of Specific resources by an individual / family

10

- 3.1 Money - Meaning, sources, ways of improving money income

3.1 Time : Concept, classification, importance and characteristic

3.2 Energy : Concept, classification and importance

Module IV: Functions of Management: An overview

15

4.1 Decision Making – Meaning, steps and importance

4.2 Planning – Meaning, steps, Characteristics and advantages

4.3 Controlling – Meaning, steps and importance

4.4 Evaluation – Meaning, types and advantages

Practical

Teaching Hours: 30

1. Observation, listing and classification of resources available to family.
2. Identification and development of self of as a resource.
 - SWOC analysis
 - Building Decision making abilities through management game / role play
3. Preparation of time plan for self and family
4. Event planning, management and evaluation with reference to Managerial process

Method of Evaluation: internal Evaluation

Marks: 10

Q.1 Submission of journal – 5 Marks

Q. 2 Viva – 5 Marks

RECOMMENDED READINGS

- Koontz.H. and O'Donnel C., 2005, Management – A systems and contingency analysis of managerial functions. New York: McGraw-Hill Book Company
 - Kreitner. 2009, Management Theory and Applications, Cengage Learning: India
 - Rao V.S. and Narayana P.S., Principles and Practices of Management, 2007, Konark Publishers Pvt. Ltd.
-

**Course Structure for B.A Home Science
Three Years (6 Semester) Program
B.A. Part - I : HOME SCIENCE**

Sr. No.	Semester	Title of the Paper	Discipline	Distribution of Credit			Workload			Total Credit	Marks	
				Theory	Practical	Total	Theory	Practical	Total		Theory	Practical
1.	I	Fundamentals of Nutrition and Food Science	Home Science Course-1	3	1	4	2	2	4	4	40	10
2.	II	Resource Management	Home Science Course-2	3	1	4	2	2	4		40	10

B.A. Part - II : HOME SCIENCE

Sr. No.	Semester	Title of the Paper	Discipline	Distribution of Credit			Workload			Total Credit	Marks	
				Theory	Practical	Total	Theory lectures/week	Practical lectures/week	Total lectures/week		Theory	Practical
1.	III	Basics of Interior Design	Home Science Course-3	3	1	4	2	2	4	8	40	10
2.	III	Introduction to Food Safety and Preservation	Home Science Course-4	3	1	4	2	2	4		40	10
3.	IV	Fundamentals of Textile Science and Apparel Construction	Home Science Course-5	3	1	4	2	2	4		40	10

4.	IV	Introduction to Human Development	Home Science Course-6	3	1	4	2	2	4	40	10
----	----	-----------------------------------	-----------------------	---	---	---	---	---	---	----	----

B.A. Part - III : HOME SCIENCE

Sr. No.	Semester	Title of the Paper	Discipline	Distribution of Credit			Workload			Total Credit	Theory Marks	Practical/Sessional work
				Theory	Practical	Total	Theory (Lectures/week)	Practical Lectures/week	Total (Lectures/week)			
1.	V	Nutrition for the Family	Home Science Course-7	2	2	4	3	4	7	30	40	10
2.	V	Space Planning and Design	Home Science Course-8	2	2	4	3	4	7		40	10
3.	V	Fundamental Textile Science and Apparel Construction - II	Home Science Course-9	2	2	4	4	4	8		40	10
4.	V	Life Span Development	Home Science Course-10	4	--	4	4	-	4		40	10
	V	Research Methodology in Home Science	Home Science Course-11	4	--	4	4	--	4		40	10
Sr. No.	Semester	Title of the Paper	Discipline	Distribution of Credits			Workload			Total Credit	Marks	
				Theory	Practical	Total	Theory Lectures/week	Practical Lectures/week	Total		Theory	Practical/Sessional work

5.	VI	Therapeutic Nutrition	Home Science Course-12	2	2	4	3	4	7	30	40	10
6.	VI	Entrepreneurship Development	Home Science Course13	2	2	4	3	4	7		40	10
7.	VI	Traditional Indian Textiles	Home Science Course14	2	2	4	4	4	8		40	10
8.	VI	Introduction to Guidance and Counseling	Home Science Course15	4	--	4	4	--	4		40	10
9.	VI	Extension for Development	Home Science Course16	4	--	4	4	--	4		40	10

**B.A. HOME SCIENCE
EQUIVALENCE**

Sr. No.	Class	Semester	Title of the Paper(Old)	Paper No. Old	Title of the Course (New)
1.	B.A. I	I	Introduction to Home Science	I	Introduction to Nutrition and Food Science
2.	B.A. I	II	Fundamentals of Food and Nutrition	II	Resource Management
3.	B.A. II	III	Applied Arts and Housing	III	Basics of Interior Design
4.	B.A. II	III	Food Preservation, Bakery and Confectionary	IV	Introduction to Food Safety and Preservation
5.	B.A. II	IV	Textile Science and Clothing	V	Fundamentals of Textile Science and Apparel Construction
6.	B.A. II	IV	Prenatal Period To Early Childhood	VI	Introduction to Human Development
7.	B.A. III	V	Advanced Food Science	VII	Nutrition for the Family
8.	B.A. III	V	Entrepreneurship Development	VII	Space Planning and Design
9.	B.A. III	V	Fabric Ornamentation and Accessory Designing	IX	Fundamental Textile Science and Apparel Construction - II
10.	B.A. III	V	Late Childhood to Adolescence	X	Life Span Development
11.	B.A. III	V	Research Methodology	XI	Research Methodology in Home Science
12.	B.A. III	VI	Meal Management and Diet Therapy	XII	Therapeutic Nutrition
13.	B.A. III	VI	Interior Decoration	XIII	Entrepreneurship Development
14.	B.A. III	VI	Fashion and Apparel Designing	XIV	Traditional Indian Textiles
15.	B.A. III	VI	Dynamics of Marriage and Family	XV	Introduction to Guidance and Counseling
16.	B.A. III	VI	Home Science Extension Education	XVI	Extension for Development