

Shri Govind Guru University
Home Science
B.A. Sem-V
Course Structure for C.B.C.S

Sr. No.	Course Type	Name of Course	Credit/Week				Contact hour
			Theory		Practical	Total	
			L	O			
1	Core 301	Food Adulteration and Food Preservation	3	1	1 (2 Lecture)	5	6
2	Core 302	Housing and Space Designing	3	1	1 (2 Lecture)	5	6
3	Core 303	Diet Therapy-I	3	1	1 (2 Lecture)	5	6
4	Core 304	Clothing Construction and Apparel Making - I	3	1	1 (2 Lecture)	5	6
5	Core 305	Family Health and Welfare	3	1	0	4	4
Total			15	5	4	24	28

Shri Govind Guru University
B.A. Semester – V
Home Science
Core-301

Sub : Food Preservation and Adulteration

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

Marks :
External 70 (50+20)
Internal 30

Objectives: This Course will enable the students to :

- 1) Understand the basic principles and other procedures used in food processing .
- 2) Understand the scientific underlying food preservation .
- 3) Develop skills and techniques in Food preservation ensuring safety conservation of nutrients and palatability .
- 4) Understand the chemistry of food and food system .

Unit I: Basic information of Food Preservation

1. History, definition, importance of food preservation
2. Merits and limitation of food preservation
3. Equipment used in food preservation
4. Sterilization of equipments used in food preservation
5. Principles of food preservation
6. Canning and Bottling

Unit II : Methods of Food Preservation.

- 1) Dehydration and Drying .
- 2) High Temperature .
- 3) Low Temperature
- 4) Irradiation
- 5) Chemical (Organic & Inorganic)

Unit III : Micro Organism in food preservation

- 1) Food spoilage
 - a) causes
 - b) changes
- 2) General characteristics ,classification of :
 - a) Yeast
 - b) Mold
 - c) Bacteria
 - d) Virus in detail
- 3) Food poisoning by
 - a) Botulism
 - b) Staphylococcus
 - Salmone

Unit IV : Food adulteration:

- 1)
 - a) Meaning
 - b) Types
 - c) Most common adulteration and their effects on health
- 2) Common house hold methods to detect adulterants in food .
- 3) Food additives
 - a) Types
 - b) Advantages and disadvantages
- 4) Law governing food standards significance
 - a) PFA
 - b) FPO
 - c) ISI (BIS)
 - d) Agmar

Practical :

- 1) Sterilization
- 2) Dehydration(Vegetables)
- 3) Drying(Fruits)
- 4) Freezing
- 5) Bottling(Acidic,non acidic)
- 6) Adulteration
 - a)Common household methods to detects adulterants in food.
 - b)Fat,oil,Spices,Honey,Milk.
- 7) Short term Pickle (any two)
- 8) chutney

Others : Any two

- 1) Seminar
- 2) Assignment
- 3) Visit

References :

- | | |
|---|---|
| 1) "Food Microbiology" | Fraizer w. c. |
| 2) "Preservation of Fruits and Vegetable" | Girdharilal G.S.Siddappa. |
| 3) Fruit and Vegetable Preservation | Ramesh Chand |
| 4) Food Facts & principle- | N.Shakuntla Manay, M.Shadaksharaswamy |
| 5) Food preservation &Fancy cookery | Pro.Kamalamani Rao, Pro.Hena S. Raval |
| 6) Food Processing and Preservation | G.Subbulakshmi, Shobha A. Udipi |
| 7) Fal avam sabjiyon ka Sanrakshan | S.Mathew & Suman Jain |
| 8) Fal Tarkari Parirakshan Prodhogiki | S.Sadashivam Nayer ,Dr.Harishchandra Sharma |
| 9) Physiology,Applied Life Science and Human Health | Bhupendrakaur Bakshi |
| 10) Food Science- | Dr.Vrunda Sinh |
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Shri Govind Guru University
B.A. Semester – V
Home Science
Core-302

Sub :Housing and Space Designing

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

Marks :
External 70 (50+20)
Internal 30

Objectives: This Course will enable the students to :

- 1) Highlight the Importance of Housing and its Needs
- 2) Create awareness of Selection for Site and House
- 3) Learn the use, care and upkeep of various building materials used in building a house

Unit I :

1. Housing : Meaning and importance of Housing for family
2. Difference between Home and House
3. Need of Housing for Family
4. Planning for building a house :
 - a) Selection of Site
 - b) Selection of Land
 - c) Legal Aspects
 - d) Location/Orientation
 - e) Structure of House

Unit II :

- 1) Principles of House construction Planning
- 2) Factors affecting HousePlanning
 - a) Economic condition of Family
 - b) Occupation
 - c) Number of Family members
 - d) Type of Family
 - e) Family necessity
 - f) Family Life Cycle
 - g) Distance from work place
- 3) VastuShastra : Meaning and importance of VastuShastra for House Planning
- 4) Planning for resistance to Earthquake in building construction, its needs and importance
- 5) Utility Services :
 - a) Ventilation
 - b) Lighting
 - c) Sanitation
 - d) Plumbing

Unit III :

- 1) Different House Plan :
 - a) Site Plan
 - b) Floor Plan
 - c) Cross Plan
 - d) Elevation Plan
 - e) Perspective view Plan
 - f) Land scape Plan
- 2) Planning for Rooms for different activities
 - a) Drawing Room
 - b) Leaving Room
 - c) Bed Room
 - d) Dining Room
 - e) Study Room
 - f) Bathroom and Lavatory
- 3) Building Material, its use, care and upkeep
 - a) Construction Material
 - b) Finishing Material
 - c) Decorative Material

Unit IV :

- 1) Colour :
 - a) Function of colour
 - b) Principle of colour
 - c) Characteristics of colour
 - d) Colour scheme
 - e) Factors affecting the selection of colour in home decoration
- 2) Elements of Art :
 - a) Line
 - b) Shape
 - c) Colour
 - d) Texture
 - e) Space
- 3) Principle of Art :
 - a) Proportion
 - b) Balance
 - c) Rhythm
 - d) Harmony
 - e) Emphasis
- 4) Design : Definition, Types i.e. Structural and Decorative, Characteristics, Judgment of good design

Practical :

- 1) Prepare Colour Wheel (1 Practical)
- 2) Primary, Secondary and Intermediate Colour(2 Practical)
- 3) Colour Scheme :
 - a) Similar Colour Scheme
 - b) Contrast Colour Scheme
- 4) Size and listing of various Furniture for different rooms
- 5) All Kitchen Plans with Storage : (any one model from the following)

- a) "I" shape Kitchen
- b) "L" shape Kitchen
- c) "U" shape Kitchen
- d) Parallel Kitchen
- e) Island Kitchen

Note : Prepare model of any one of the above. (each student should prepare different model)

- 6) Indian Style Kitchen: Plan and Model
- 7) Kitchen with Dining : Plan and Model

Others :

- 1) Seminar
- 2) Assignment

References :

- 1) Home Management and Interior Decoration (Dr. VrundaSinh)
 - 2) Aavas : Aantarik and BahyaAayojan (Dr. VeenaGandotra, Dr. Manisha Shukul, Smt Ami Divetia)
 - 3) GruhSajavatniGeeta (Dr. Neha Shah)
 - 4) Interior Decoration (Gandotra and Aacharya)
 - 5) Home Management, Resource Management and Interior Decoration (Dr. RinaKhanuja)
 - 6) Housing and Interior Decoration (Dr. Karuna Sharma)
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Shri Govind Guru University
B.A. Semester – V
Home Science
Core-303

Sub :Diet Therapy - I

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 know the Concepts and the Principles of Diet Therapy
- 2) To understand the Role of Diet in the management of a various diseases and apply same to patients
- 3) To understand the modification of normal diet for therapeutic purposes
- 4) To understand the role and responsibilities of Dietitian.
- 5) To develop the skill and techniques in the planning and preparation of various therapeutic dishes.
- 6) To provide practical laboratory training for preparation of special diet.

Unit I :

1. Introduction :
 - a) Definition
 - b) Concepts
 - c) Principles
 - d) Objectives of Diet Therapy
2. Therapeutic Nutrition:
 - a) Definition
 - b) Principles
 - c) Objectives
3. Dietitian :
 - a) Role
 - b) Responsibilities as a member Health Team
 - c) Food Exchange Pattern
 - d) Tips for diet prescription

Unit II :

- 1) Feeding Patterns:
 - a) Classification :
 - i) Natural
 - ii) Artificial
 - b) Dietetic care of Hospital patients

- 2) Diet Modification :
 - a) Concept
 - b) Types of modification :
 - i) Structure
 - ii) Nutrients
 - iii) Addition and Subtraction of food
 - iv) Fibre
 - v) Duration of Time
- 3) Teamwork of Doctor, Nurse and Dietitian

Unit III :

- 1) Nutritional care during Fever (Cause, Symptoms and Dietary management) :
 - a) Common
 - b) T.B.
 - c) Typhoid
- 2) Nutritional care in Gastro-Intestinal disorders : (Cause, Symptoms and Dietary Management)
 - a) Constipation
 - b) Diarrhea
 - c) Peptic Ulcer

Unit IV :

- 1) Deficiency diseases (Cause, Symptoms and Dietary Management)
 - a) Anemia
 - b) Vitamin B12
- 2) Weight Management :
 - a) Obesity
 - b) Underweight
- 3) Liver Diseases : (Cause, Symptoms and Dietary Management)
 - a) Jaundice
 - b) Hepatitis

Practical :

- 1) Modification of Diet :
 - a) Liquid
 - b) Soft
 - c) Light
- 2) Diet in Fever :
 - a) Common
 - b) T. B.
 - c) Typhoid
- 3) Diet in Gastro-Intestinal Disorders :
 - a) Constipation
 - b) Diarrhea
 - c) Peptic Ulcer
- 4) Diet in Deficiency Diseases :
 - a) Anemia
 - b) Vitamin B12

- 5) Diet for Over weight
- 6) Diet in Liver diseases :
 - a) Jaundice
 - b) Hepatitis

Others :

- 1) Seminar
- 2) Assignment
- 3) Visit

References :

- 1) SwasthyaevamRogomePoshaniaVyavastha (Dr. ArchanaShrivastav, Dr. Vibha Sinh)
 - 2) Diet Therapy (Dr. Bhavna M. Vaidya)
 - 3) PathyapathyevamupacharthaPoshan (B. K. Bakshi)
 - 4) UpcharathaAaharPrabandhantathaSamudayikPoshan. (B. K. Bakshi)
 - 5) Fundamentals of Foods, Nutrition and Diet Therapy. (Sumai R. Nudambi , M. V. Rajagopal.
 - 6) Food andNutrition and dietetics (Swaminathan)
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Shri Govind Guru University
B.A. Semester – V
Home Science
Core-304

Sub : Clothing Construction and Apparel Making-I

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

Marks :
External 70 (50+20)
Internal 30

Objectives: This Course will enable the students to :

- 1) Know about Yarns and Clothing Construction
- 2) Enable the students to familiarize with the essentials of Apparel Making.
- 3) Acquire skills of drafting and layout and stitching of various Ladies garments

Unit I :

1. Classification of Textile Fibre:
 - a) Basic Origin
 - b) Length
 - c) Elements
2. General Properties of Textile Fibre.
3. Characteristics of Natural Fibre :
 - a) Cotton
 - b) Woolen
 - c) Silk

Unit II :

- 1) Characteristics of Artificial Fibre :
 - a) Man Made Fibre (Rayon)
 - b) Chemical / Synthetic Fibre (Nylon)
- 2) Identification Test of Textile Fibres :
 - a) Physical Test
 - b) Microscopic Test
 - c) Chemical Test.
- 3) Spinning :
 - a) Process of Yarn Construction of Natural Fibres.
 - b) Process of Yarn Construction of Wool Fibre.
 - c) Process of Yarn Construction of Silk Fibre.
 - d) Process of Yarn Construction of Cotton Fibre.

- 4) Types of Spinning :
 - a) Mechanical Spinning
 - b) Chemical Spinning

Unit III :

- 1) Twisting of Yarn.
- 2) Types of Yarn :
 - a) Simple Yarn
 - b) Complex Yarn (Novelty Yarn)
- 3) Various Types of Looms :
 - a) Hand Loom
 - b) Power Loom
- 4) Parts of Looms and Functions.

Unit IV :

- 1) Different stages of Weaving.
- 2) Selvage of Cloth and Types of selvage
- 3) Count of Cloth and Balance of Cloth.
- 4) Classification of Weaves :
 - A) Basic Weaves with their variations :
 - i) Plain Weave
 - ii) Rib Weave
 - iii) Basket Weave
 - iv) Twill Weave
 - v) Satin and Sateen Weave
 - B) Complex or Fancy or Decorative Weave :
 - i) Honey Comb Weave
 - ii) Huckaback Weave
 - iii) Pile Weave
 - iv) Leno Weave
 - v) Jacquard Weave
 - vi) Dobby Weave

Practical :

- 1) Collect Samples of various Fibres (1 Practical)
- 2) Collect Samples of various Fabrics (1 Practical)
- 3) Prepare various sleeves (2 Practical)

4) Prepare Sari Blouse with Fancy Sleeves :

- i) Simple Blouse
- ii) Catori Blouse
- iii) Fancy Blouse

5) Prepare various Yocks : (2 Practical)

- i) Round
- ii) Square
- iii) V Shape

6) Prepare Punjabi Kameez with Fancy Yock (2 Practical)

7) Prepare Fancy Salwar (2 Practical)

Others :

- 1) Seminar
- 2) Assignment

References :

- 1) VastraVigyanevamParidhan . (PramilaVarma, Bihar Grant Academy)
 - 2) VastraVigyanevamParidhan. (Dr. VrundaSinh. PanchsheelPrakashan Jaipur)
 - 3) VastraVigyanevamDhulai. (Dr. BelaBhargav, Udaipur)
 - 4) VastraNirmanVigyan. (Santosh Batalia, M.P. Hindi Grant Academy)
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Shri Govind Guru University
B.A. Semester – V
Home Science
Core-305

Sub :Family Health and Welfare

Theory : 3+1 Other=4

Marks :
External 70
Internal 30

Objectives: :

- 1) To guide a student for knowledge about physiology of reproductive organs.
- 2) To give guidelines about Puberty, Menstrual and Menopausal Period
- 3) To give knowledge about how to care during pregnancy.
- 4) To give knowledge about Prenatal Period, Neonatal Care, Care during Puerperium.

Unit I : Reproductive Organs :

1. Physiology of female external and internal genital organs :
Structure and Functions of the organs given below :
 - a) Uterus
 - b) Vagina
 - c) Fallopian tubes
 - d) Ovaries
2. Physiology of Male external and internal genital organs:
Structure and Functions of the organs given below :
 - a) Testis
 - b) Seminal Vesicles and Semen
 - c) Vas deferens
 - d) Epididymis
 - e) Prostate gland
 - f) Penis
3. Process of conception or fertilization, Determination of child sex and number (single or twin Child)

Unit II : Puberty, Menstrual and Menopausal Period

- 1) Puberty Period :
 - a) Introduction (Basic Information about Puberty Period)
 - b) Physical, Mental and Sexual changes (Primary and Secondary sex characteristics)
- 2) Menstrual Period :
 - a) Premenstrual changes
 - b) Menstrual cycle
 - c) Menstrual problems
 - Causes.
 - Different types (Amenorrhoea, Menorrhoea, Hypomenorrhoea, Polymenorrhoea)
 - Overcome and care during menstrual problems.

- 3) Menopausal Period (In brief):
 - a) Physical and mental changes during Menopause
 - b) Problems during Menopause
 - c) Special care in Menopause
 - d) Hormones Replacement Therapy (HRT)

Unit III : Mother Care :

- 1) Signs and symptoms of pregnancy.
- 2) Common discomforts during pregnancy and their treatment
- 3) Care of expectant mother.
- 4) Complications of pregnancy and their treatment (premature birth, Toxemia, Anemia, Miscarriage etc.)
- 5) Care during Puerperium (after delivery)
 - a) Duration of Puerperium
 - b) Changes in uterus and vagina
 - c) Lactation
 - d) Health recovery

Unit IV : Child Care and Family Health

- 1) Prenatal Period :
 - a) Stages of prenatal development
 - b) Development of Fetus
 - c) Overview of birth process
 - i) Symptoms of labour
 - ii) Stages of labour
 - iii) Types of delivery (Normal and Abnormal)
- 2) Neonatal Care :
 - a) Care of newborn and infant
 - b) Infant feeding
- 3) Genital infectious diseases and their prevention :
 - a) AIDS/HIV
 - b) Syphilis
 - c) Gonorrhoea
- 4) Family Planning : Meaning, Importance and Methods of Family Planning

Others :

- 1) Seminar
- 2) Assignment

References :

- 1) MatrukalaevamShishuKalyan (Dr. VrundaSinh)
- 2) ManavSharirVignyan (Harikishandas Gandhi)
- 3) MatrukalaevamShishuVignyan. (Dr. G. P. Sherry)
- 4) Jan SwasthyaevamPariwarKalyan (VrundaSinh)
- 5) AarogyaSakhi
- 6) Dikrimathi Mata TarafniSwasthyaYatra. (Dr. Kiran Rawal)

Shri Govind Guru University
Home Science
B.A. Sem-VI
Course Structure for C.B.C.S

Sr. No.	Course Type	Name of Course	Credit/Week				Contact hour
			Theory		Practical	Total	
			L	O			
1	Core 311	Food Preservation and Confectionery	3	1	1 (2 Lecture)	5	6
2	Core 312	Housing and Interior Designing	3	1	1 (2 Lecture)	5	6
3	Core 313	Diet Therapy-II	3	1	1 (2 Lecture)	5	6
4	Core 314	Clothing Construction and Apparel Making - II	3	1	1 (2 Lecture)	5	6
5	Core 315	Home Science Extension and Rural Development	3	1	0	4	4
Total			15	5	4	24	28

Shri Govind Guru University
B.A. Semester – VI
Home Science
Core-311

Sub : Food Preservation and Confectionery

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

Marks :
External 70 (50+20)
Internal 30

Objectives: This Course will enable the students to :

- 1) Understand basic concept of confectionary.
- 2) Familiarize with confectionery process and operations.
- 3) Understand the importance of packaging in food preservation .
- 4) Understand food preservation as an income generating activity.

Unit I: Preservation and preparation of different food product

1. Preservation of non perishable food stuff
 - a) Cereals
 - b) Pulses
2. Preservation of perishable food stuff
 - a) Vegetable
 - . roots tubers
 - . leafy vegetable
 - .other vegetable
 - b) Fruits
 - .lemon
 - .apple
 - .amla
 - .grapes
 - .mango
3. Product of pectin substance and other preparation
 - a) Jelly /marmalade
 - b) Jam
 - c) Squash
 - d) Syrup
 - e) Pickles

Unit II :

- 1) Preservation of perishable food
 - a) Milk powder
 - b) Paneer
 - c) Khoya
 - d) Curd
- 2) Beverages
 - a) Importance
 - b) Classification
 - c) Function

- 3) Importance of Spices in Indian cookery
 - a) Classification
 - b) Use of spices in cooking
 - c) Method of using spices

- 4) Post Harvesting Technology of
 - a) cereals
 - b) legumes

Unit III :

- 1) Food Law
 - a) state
 - b) national
 - c) international

- 2) Confectionery
 - A) Aim & objectives
 - B) Ingredients
 - a) Wheat flour
 - b) Sugar/icing sugar
 - c) Cocoa
 - d) Butter
 - e) Coconut
 - f) Essence
 - g) Food colour

- 3) Indian confectionery
 - a) types
 - b) role of sugar in it's preparation

Unit IV : 1. Food Packaging

- a) Objectives
 - b) Types
 - c) Importance
- 2 Various food packaging Material
 - 3 Selection criteria for packaging material
 - 4 Labeling
 - a) importance
 - b) points should kept in mind while labeling.

Practical :

- 1) Jam
- 2) Jelly /Marmalade
- 3) Squashes
- 4) Syrups
- 5) Ketchup
- 6) Murabba
- 7) Candy (Tuty fruty)
- 8) Drying (cereals,pulses)
- 9) Chocalates

Others : Any two

- 1) Seminar
- 2) Assignment
- 3) Visit

References :

- | | |
|--|---|
| 1) "Food Microbiology" | Fraizer w. c. |
| 2) "Preservation of Fruits and Vegetable" | Girdharilal G.S.Siddappa. |
| 3) Fruit and Vegetable Preservation | Ramesh Chand |
| 4) Food Facts & principle- | N.Shakuntla Manay, M.Shadaksharaswamy |
| 5) Food preservation & Fancy cookery | Pro.Kamalamani Rao, Pro.Hena S. Raval |
| 6) Food Processing and Preservation | G.Subbulakshmi, Shobha A. Udipi |
| 7) Fal avam sabjiyon ka Sanrakshan | S.Mathew & Suman Jain |
| 8) Fal Tarkari Parirakshan Prodhyogiki | S.Sadashivam Nayer ,Dr.Harishchandra Sharma |
| 9) Physiology,Applied Life Scince and Human Health | Bhupendrakaur Bakshi |
| 10) Food Science- | Dr.Vrunda Sinh |
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Shri Govind Guru University
B.A. Semester – VI
Home Science
Core-312

Sub :Housing and Interior Designing

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

Marks :
External 70 (50+20)
Internal 30

Objectives: This Course will enable the students to :

- 1) Understanding the Importance of Housing and its Needs
- 2) Guide students to gather information on financial arrangement for house construction
- 3) Learn home furnishing techniques and apply them in day-to-day life
- 4) Understand the factors influencing room design

Unit I :

1. Way to acquire house
2. Self-built house and rental house : Merits and demerits of each
3. Owning already built house (readymade house) : Selection of readymade house and its merits-demerits
4. Housing as an investment for family and Nation and as mark of progress
5. Housing as an industry and employment opportunity

Unit II :

- 1) Financial consideration :
 - a) Rough cost of calculation
 - b) Methods of financing house safety : Merits and demerits
 - c) Institution lending money for house construction :
 - i) Government Agency
 - ii) Semi-Government Agency
 - iii) Private Organizations.
- 2) High Rise building or malty-storied building and its needs to-day.
- 3) Economy in building construction, its needs and way to practice economy

Unit III :

- 1) Home Decoration :
 - a) Meaning
 - b) Objectives
 - c) Styles
 - d) Merits and de-merits of styles
- 2) Furniture arrangement :
 - a) Importance of furniture

- b) Types of furniture :
 - i) According to materials used
 - ii) According to its price
 - iii) According to its style.
- c) Selection of furniture
- d) Space saving and multipurpose furniture

Unit IV :

- 1) Accessories :
 - a) Definition
 - b) Importance
 - c) Types of accessories :
 - i) Artistic
 - ii) Natural
 - iii) Useful
 - d) Arrangement of accessories
 - e) Maintenance of accessories
- 2) Landscape designing :
 - a) Importance of landscape designing
 - b) Factors affecting landscape designing
 - c) Planning of different parts of Landscape designing :
 - i) Entrance area
 - ii) Private area
- 3) Kitchen Garden
- 4) Indoor gardening :
 - a) Indoor plants
 - b) Care of indoor gardening

Practical :

- 1) Dining with leaving room Plan
- 2) Dining with storage room Plan

Note : Prepare model of any one of the above.

- 3) Leaving Room :Plan and Model
 - a) Indian Style Leaving Room
 - b) Western Style Leaving Room
- 4) All bed room plan with bath, storage and study etc.:
 - a) Bedroom for high school children
 - b) Bedroom for College going Boy
 - c) Bedroom for College going Girl
 - d) Planning for master bedroom
 - e) Bedroom for old age parents

Note : Prepare model of any one of the above.(each student should prepare different model)

- 5) Office room : Plan and Model
- 6) Multipurpose room : Plan and Model
- 7) House Plan :
 - a) Small flat or Row house : 75 to 100 Sq. Yards
 - b) Luxurious apartment : 150 to 175 Sq. Yards
 - c) Bungalow : More than 200 Sq. Yards.

Others :

- 1) Seminar
- 2) Assignment

References :

- 1) Home Management and Interior Decoration (Dr. VrundaSinh)
 - 2) Aavas : Aantarik and BahyaAayojan (Dr. VeenaGandotra, Dr. Manisha Shukul, Smt Ami Divetia)
 - 3) GruhSajavatniGeeta (Dr. Neha Shah)
 - 4) Interior Decoration (Gandotra and Aacharya)
 - 5) Home Management, Resource Management and Interior Decoration (Dr. RinaKhanuja)
 - 6) Housing and Interior Decoration (Dr. Karuna Sharma)
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Shri Govind Guru University
B.A. Semester – VI
Home Science
Core-313

Sub :Diet Therapy - II

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 know the Concepts and the Principles of Diet Therapy
- 2) To understand the Role of Diet in the management of a various diseases and apply same to patients
- 3) To understand the modification of normal diet for therapeutic purposes
- 4) To understand the role and responsibilities of Dietitian.
- 5) To develop the skill and techniques in the planning and preparation of various therapeutic dishes.
- 6) To provide practical laboratory training for preparation of special diet.

Unit I :

1. Hypertension :
 - a) Definition, Classification, Symptoms, Causes , Nutritional requirement and Prevention
 - b) Dietary Modification
 - c) Non pharmacology treatment
 - d) Use of Salt alternatives
2. Low Blood Pressure:
 - a) Causes
 - b) Definition
 - c) Symptoms
 - d) Dietary modification
3. Arthrosclerosis :
 - a) Causes
 - b) Symptoms
 - c) Dietary modification
4. Diet : Bye pass Surgery and Heart Attack.

Unit II :

- 1) Nutritional Care in Diabetes Mellitus:
 - a) Causes
 - b) Types
 - c) Symptoms

- d) Diagnosis
- e) Dietary modification
- f) Insulin Therapy
- g) Oral Hypoglycemic agent

Unit III :

- 1)
 - a) Complication due to Diabetes
 - b) Sugar Substitute
 - c) Non Pharmacological treatment
- 2) Nutritional care in Cancer : Cause, Symptoms and Dietary Management
 - a) Intestine
 - b) Breast
 - c) Mouth

Unit IV :

- 1) Nutritional Management in Renal disorders :
 - a) Structure of Kidney
 - b) Functions
- 2) Renal Disorder :
 - a) Glomerulonephritis
 - b) Nephrosis
 - c) Uremia/Renal failure
 - d) Dialysis
 - e) Urinary Calculi

Practical :

- 1) Food Should be categorized as follows :
 - a) Foods to be avoided
 - b) Foods to be taken
 - c) Foods to be taken in limited amount
- 2) One of the recipes from the menu plan should be selected and actually prepared :
 - a) Moderate Hypertension
 - b) Low Blood Pressure
 - c) Arthrosclerosis
 - d) Over weight diabetic male
 - e) Pregnant diabetic femal
 - f) Acute Nephritis
 - g) Diet in Mouth Cancer
 - h) Diet in Intestine Cancer
 - i) Heart Attack

Others :

- 1) Seminar
- 2) Assignment
- 3) Visit

References :

- 1) SwasthyaevamRogomePoshaniaVyavastha (Dr. ArchanaShrivastav, Dr. Vibha Sinh)
- 2) Diet Therapy (Dr. Bhavna M. Vaidya)
- 3) PathyapathyevamupacharthaPoshan (B. K. Bakshi)
- 4) UpcharathaAaharPrabandhantathaSamudayikPoshan. (B. K. Bakshi)
- 5) Fundamentals of Foods, Nutrition and Diet Therapy. (Sumai R. Nudambi , M. V. Rajagopal.
- 6) Food andNutrition and dietetics (Swaminathan)

Shri Govind Guru University
B.A. Semester – VI
Home Science
Core-314

Sub : Clothing Construction and Apparel Making-II

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

Marks :
External 70 (50+20)
Internal 30

Objectives: This Course will enable the students to :

- 1) Learn about Finishing, Dying and Printing
- 2) Know about Consumer problems in Clothing and Textile.
- 3) Acquire basic knowledge of Paper Pattern and Designing
- 4) Acquire skills of dying Fabrics.
- 5) Develop basic skills of Printing

Unit I :

1. Non-woven Textile:
 - a) Felt
 - b) Bonded
 - c) Laminated.
 - d) Net and Lace
2. Dying – Types of Colors
 - a) Natural Dyes
 - b) Synthetic Dyes
3. Differentiate between Dyes and Pigments
4. Different stages of Dying
 - a) Raw Stock Dying
 - b) Skein Dying
 - c) Piece Dying

Unit II : Printing :

- 1) Steps of Printing
- 2) Types of Printing
 - a) Hand Printing – Block, Stencil, Screen
 - b) Machine Printing : Roller Printing and types of roller printing
- 3) Factors affecting Colorfastness
- 4) Testing of colors – Fastness of the Fabric

Unit III :

- 1) Finishing of Fabrics :
- 2) Objectives of Fabric Finishes :
 - a) Mechanical Finish : Beating, Singeing, Shearing and Brushing, Sizing and Dressing, Tenting, Napping, Calendering, Moireing, Embossing, Shrinking (Sanforising).
 - b) Chemical Finishing : Mercerising, Crease Resistant, Water Proof Finish, Fire Proof Finish, Moth Proof Finish, Wash and Wear.
- 3) Determination of Finish.
- 4) Consumer Problems in Clothing and Textile and their remedies.

Unit IV :

- 1) Apparel making Process
- 2) Pattern Making Techniques :
 - a) Drafting
 - b) Flat Pattern
 - c) Draping
- 3) Fitting :
 - a) Principle of Fitting
 - b) Problems and Remedies of Fitting
- 4) Points for making Beautiful Garments

Practical :

- 1) Prepare various necklines (2 Practical) :
 - a) Round
 - b) Square
 - c) Pentagon
 - d) V shape
- 2) Prepare various Collars (2 Practical)
 - a) Chinese
 - b) Flat
 - c) Baby
- 3) Prepare Curtains with fancy collars (3 Practical)
- 4) Prepare Skirt (2 Practical)
- 5) Prepare Natural Dye (Any Three)
- 6) Prepare Cushion Cover of Block Printing (2 Practical)
- 7) Prepare Table Cloth of Stencil Printing
- 8) Prepare Dupatta of Tie and Dye (2 Practical)
- 9) Prepare one sample of Batik (Wall Piece or Four Handkerchiefs) (2 Practical)

Others :

- 1) Seminar
- 2) Assignment

References :

- 1) VastraVigyanevamParidhan . (PramilaVarma, Bihar Grant Academy)
- 2) VastraVigyanevamParidhan. (Dr. VrundaSinh. PanchsheelPrakashan Jaipur)
- 3) VastraVigyanevamDhulai. (Dr. BelaBhargav, Udaipur)
- 4) VastraNirmanVigyan. (Santosh Batalia, M.P. Hindi Grant Academy)
- 5) Dress Designing (VinaSamani, HinaSanvat and MaliniPathak)

Shri Govind Guru University
B.A. Semester – VI
Home Science
Core-315

Sub :HOME SCIENCE EXTENTION AND COMMUNICATION

Theory : 3+1 Other=4

Marks :

External 70

Internal 30

Objectives: :

- 1) To help student to understand the principles and meaning of Home science Extension.
- 2) Understand the process of communication in development work .
- 3) To help student to understand extension work
- 4) To understand the Rural development
- 5) To help the student to understand the contribution of Home Science in Nation development .

Unit I : Home Science Extension Education :

1. Concept and Definition
2. Objective
3. Principles
4. Characteristics.
5. Teaching Method.

Unit II : Communication :

- a. Meaning, concept, and definition
- b. Importance
- c. Objectives
- d. Scope
- e. Communication process

Unit III : Extension Education

1. Definition
2. Scope
3. Methods
4. Qualities of Extension worker
5. Adult education

Unit IV : Rural Development

1. Contribution of home science in National development
2. Role of women in Rural development
3. Welfare programmes for rural women and children

Others :

- 1) Seminar
- 2) Assignment
- 3) Visit

References :

- | | |
|--|-------------------------------------|
| 1. Prasar shiksha ; | Geetapushp Sha and Jayas Sheela Sha |
| 2. Gruh Vigyan Shikshan ; | Dr.G.P. Shorie |
| 3. Gruh Vigyan Vistaran ane Pratyayan ; | Mita Rajpura |
| 4. Education and Communication for development; Second edition : O.P.Dhama | |
| 5. Gruh Vigyan shiksha vistar k shiddant ; | Dr.Shrimati Jyoti Prasad |
| 6. Gruh Vigyan avam Prasar shiksha; | Renu Arya and Sonam Arya |