VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT.
First Year B. A.
Home Science - I
Introduction To Home Science Education And Clothing.

Theory - 3 periods/week
Practicals - 2 periods/week
Effect from June 2008

Theory - 45 marks
Practical - 25 marks
Internal - 30 marks

Unit-I

OBJECTIVES: To enable students to:
1. Understanding the concept and need of Home Science education and extension.
2. To know various methods of teaching in extension.
3. Understand the principles and procedure in extension programme planning.

COURSE CONTENT :-

Chapter-1 :- Introduction to education
1.1 Meaning and concept of education.
1.2 Types of education.
   - Formal education.
   - Non formal education.
   - Extension education.
1.3 Significance of education.

Chapter -2 :- Introduction to Home Science education in brief.
2.1 Meaning and concept of Home Science education.
2.2 Historical background of Home Science education.
2.3 Objectives of Home Science education.
2.4 Philosophy of Home Science education.
2.5 Major areas of Home Science education.

Chapter -3 :- History and scope of Home Science
3.1 Educational scope of Home science.
3.2 Vocational scope of Home science.
3.3 Home science education in India.

Chapter -4:- Method of teaching Home Science.
Methods of teaching: - Definition of each method, selection, How to organize, advantages & limitations of the following methods:-
(a) Lecture method.
(b) Discussion method.
(c) Demonstration method.
(d) Workshop method.
(e) Practical method.
(f) Assignment method.
(g) Self study method.
(h) Project method.
(i) Report drafting.
(j) Symposium.
(k) Seminar method.
Chaptr-5 :- Home science extension education

5.1 History of Home Science extension.
5.2 Meaning & Definition of Home science Extension education.
5.3 Main aspects of Home science extension Origin, needs & concept of Home science extension education.
5.4 Philosophy of Home science extension.
5.5 Objectives of Home science extension.
5.6 Characteristics of Home science extension education.

Chapter – 6 :- Approaches to extension teaching through different methods:–
Selection, use, advantages & limitations of following extension teaching methods:–

1. Farm and Home Visit.
2. PRA (Participatory rural appraisal techniques)
3. Farmer’s call.
4. General meeting.
5. Discussion.
6. Demonstration.
7. Exhibition and farmers fair.
8. Field trip.
10. Folk media.
11. Plays.
12. Training Camp.
13. Talk.
14. Game.

Chapter -7 :- Definition of

7.1 Audio Aid, Visual Aid,
And Audio Visual Aid.
7.2 Classification of Audio – Visual Aids.
7.3 Edger Dales “The cone of experience”
7.4 The role of audio – Visual aids in teaching learning experience.

Chapter-8 :- Programme of development and their relevance of Home Science.

8.1 Objectives of the programme.
8.2 Integrated rural development programme (IRDP)
8.3 Applied nutrition programme.(ANP)
8.4 Integrated Child Development programme.(ICDS)
8.5 Development of women and Children in rural areas.(DWACRA)
8.6 Revlelance of these programmes to home science.
PRACTICAL

1. METHODS & Principles in Preparing & using the following teaching aids:-
   (i) Posters – 1 practical
   (ii) Charts – 1 practical
   (iii) Graphs – 1 practical
   (iv) Diagram – 1 practical
   (v) Flannel graph – 1 practical
   (vi) Flash card – 1 practical
   (vii) Rod puppet – 1 practical
   (viii) Mobile – 1 practical
   (ix) Display on bulletin board.

Unit-2
INTRODUCTION TO CLOTHING

Objectives

1. To give practice of sewing machine
2. Gain knowledge and skills in the basic methods of clothing construction.

Theory

1 Psychological and sociological importance of clothing.
   1 Psychological effect of clothing
      a. Effect on adults.
      b. Effect on children.
      c. Effect on adolescents.

2 Effect of clothes on human behaviour.
   a. Clothes and self expression, physical expression, social expression.
   b. Individuality in dress clothes their importance and status.

3 Tools used for clothing construction, their use, care and Cleaning.
   b. Tools for cutting.
   c. Tools for drafting.
   d. Tools for sewing.
   e. Tools for finishing.

4 Basic construction techniques.
   a. Basting (uneven and slip)
   b. Back Stitch.
   c. Hemming.
   d. Lock stitch.
   e. Whip stitch cover.
   f. Preparing bias cloth.
5 Principles of clothing construction.
   a. General principles of clothing construction.
   b. Drafting and making paper patterns.
   c. Taking body measurements for different types of garments.
   e. Laying out of patterns, cutting and marking.

PRACTICALS

1. Introduction to sewing machine and its different part, Care and cleaning. – Practical - 2
2. Machine faults and ways to rectify them. – Practical - 1
3. Basic sewing technique, seams, plackets, yokes neckline finishes-Bias binding, Bias facing, shaped facing. – Practical - 1
4. Desposal of fullness in garments, darts, tucks, pleats. – Practical - 2
5. Various type of sleeves on paper. – Practical - 1
6. Various types of collars on paper. – Practical - 1

REFERENCE BOOKS

Unit-1

(2) Arvinda Chandra, Anupama Shah, Uma Joshi-Fundamentals of teaching Home Science.
(7) Introduction to Home Science by Dr. Chandra Sterling publication, New Delhi.
(9) विशेष विलिंगन पूणने – मुंबई १९६४.
(10) Supe S.V. Introduction to extension education
Unit-II

(1) John Wiley Son’s – Family clothing.
(2) Ku Bhanu Patel – Madhu Sharan - Sociological & Psychological aspect of Clothing.
(3) Reena Bhatia – Charu Arora – Introduction to Clothing and textile.
(4) Vastra Vigyan evarm Paridhan.
(5) Rahul Jewel, encyclopedia of dress making.
(6) Chattopadhyay K. Indian embroidery.
(7) Reader Digest – Complete guide of sewing.
(9) Mc Calls sewing in colour.

Marking Scheme for Practical Exam – 25 marks

Journal - 4 Marks
Class work - 8 Marks

For unit I
Preparing teaching aid any one – 7 Marks

For Unit II
a. Basic Sewing technique – 7 Marks
b. Disposal of fullness in garments – 2 Marks
c. Sleeves of Collars – 2 Marks
Veer Narmad South Gujarat University, Surat.
First Year B.A.
Home Science Paper – II
(Basic Science)

Objective: The theory and practical course is designed to serve as a sound basis for the study of nutrition, Food science, Biochemistry etc.

THEORY SYLLABUS

Unit-I

2. Definition, Characteristics of Elements, metallic and non-metallic elements. compounds and mixture.
3. Acid and base: Definition, Properties, Types (Strong and Weak) and Uses.
4. Main Properties and uses of the following substances
   a. Sodium hydroxide
   b. Potassium hydroxide
   c. Sodium carbonate
   d. Sodium bicarbonate
   e. Sodium Chloride
   f. Alum
   g. Boric Acid
   h. Potassium permanganate
   i. Plaster of Paris
   j. Quick Lime
   k. Sodium benzoate
   l. Potassium meta-bi-sulphate
   m. Citric Acid
   n. Acetic acid
   o. Steel
   p. Types of glasses and their uses.
5. Molecular and structural formula, isomerism.

Unit-II

1. Introduction to cell, types of cell (Prokaryotes and eukaryotic), differences between plant cell and animal cell with diagram.
2. Cell organelles, their structure and function.
4. Blood groups – ABO method and Rh.
5. Flower – Detailed Study of typical flowers
6. Elementary knowledge of vegetables
7. Medicinally important plants – useful parts and their medicinal uses. (e.g. Licorice, Vitex, Cinnamon, cissus guadran gularis, clove, Euealyptus, Vasica, Sucred basil, Nimb, aloe
Unit-III
1. Origin and evolution of life- Oparin’s theory
2. Evidences of evolution
3. Theories of evolution- Lamarck and Darwin
4. Pollution – Air, Water, Soil and Sound pollution.
5. Defensive devices in plants and animals.

PRACTICALS
1. Study of compound microscope.
2. Observation of Plants cells-Mounting:
   a. Onion Peel, Tomato Cells, Spirogyra.
   b. Pollen grains of Hibiscus, Datura and Crinum flowers.
3. Observation of non-living cell contents- Mounting
   a. Starch grains (e.g. Potato, Euphorbia)
   b. Mineral Crystals of Calcium oxalate (from leaf of pothos, petiole of Pothos, leaf of pisia, phylloclade of opuntia etc.)
4. To detect human blood groups
5. Study of animal cells : (Permanent Slides-Amoeba, euglena, Paramecium)
7. Study of different types of Vegetables.
8. Study of medicinally important plants as theory syllabus
9. Study of symbiotic, parasitic and insectivorous plants.
10. Study of evidences of evolution
11. Study of defensive devices in plants
12. Study of defensive devices in animals.

Reference
2. General Biology : James Walt Mavor,
5. Cytology : Rustogi,
6. Cell Biology : Robertics
8. Parter K.R., Bonneville M.a.: Fine structure of cells tissues
Marking Scheme

Section – I (Rotation)
For each Specimen   -04 Minutes

1. Identify and Describe (Animal Cell)       01
2. Identify the pointed part and describe (Typical Flower) 01
3. Identify and Describe (Type of Vegetables) 03
5. Identify and Describe (Useful Part & Medicinal use) 01
6. Identify and Describe (Mode of Nutrition) 02
8. Identify and Describe (Evidence of evolution)       01
9. Identify and Describe (Defensive Device in Plant) 01
10. Identify and Describe (Defensive device in animal) 01

Total 11 Marks

Section – II

1. Mounting-Onion Peel /Tomato Cells /Spirogyra /Pollen grains – Viva  (05)
2. Mounting – Starch grains/Mineral Crystals-Viva (05)
   Or
   TO detect human blood group –Viva
3. Journal. (04)
Objectives:
1. To understand the concepts of Food Nutrition & its relation to health.
2. To understand importance & requirements of nutrients for all age groups.

Theory course content

Unit- I
a. Definitions of food, nutrition & nutrients
b. Functions of food, Classification of food groups for pyramid importance of food groups, nutritive value of food groups.
c. Meaning & importance of balance diet
d. Health & nutrition & their interrelationship
e. History of nutrition

Unit- II
a. units of energy and its daily allowances
b. Methods of determining energy value
c. Methods of measuring energy need of the body
d. Factors affecting basal metabolic rate.
e. Caloric value of protein, carbohydrates and fats
f. Energy balance and problems associates with it.

Unit- III
Micro Nutrients protein
1. Definition, Classification, Sources, Functions, Properties, Daily allowances, Biological value of Protein, Digestion, Absorption, Nitrogen balance, Deficiency disorder of Protein.
2. Carbohydrates: Definition, Classification, Properties, Functions, Sources, Digestion, absorption, Storage in body, importance of daily diet & Problems associated with it.
3. Lipids (Fats & Oil): Definition, Composition, Classification, Food Sources. Properties, Functions of Fats. Fatty Acid, essential & non essential, Digestion absorption, deficiency & excess of Fat intake in our diet.

Unit- IV
Vitamins: History, Classification, Functions, Sources, Daily allowances effect of hypo & hyper intake of vitamins & their treatment
Vitamin A, D, E, K, Vitamin C, B, Complex i.e. Thiamin, Riboflavin, Niacin, Pyridoxine, Cynocobalamin, Folic Acid
Minerals:
Functions, Daily requirement, Food sources, Deficiency of following minerals, calcium Iron, phosphorus, sodium, potassium, flourin & only introduction to trace elements.
Water: as a nutrient, function, requirement, source, dehydration and water intoxication. Importance in our diet.
Cellulose: Importance in our diet.
Unit- V
Principles and methods of food preparation. Comparative study of various methods including nutritional losses during boiling, steaming, roasting, frying, stewing, pressure cooking, microwave cooking and Solor cooking.

Reference:
2. Basic Nutrition & diet therapy Robinson
3. भाषण प्राणशा – युनि. अंबे निवन्ध प्रोट
4. आहारन्या मूलभूत पदार्थ – वा सूचन अध्यापकी
5. क्षेत्रांतर्वर्तक आहेक पूर्व अंबे - प्र. नीविम ज्याणावरून
6. रूमन न्यायसंवत्स्र प्र. नीविम ज्याणावरून

Practicals:
1. Calculation of food values 1 Practical
   To plan & prepare nutrient rich Recipes

   Protein rich recipes 1 Practical
   Carbohydrate rich recipes 1 Practical
   Fats & oil 1 Practical
   Vitamin “A” 1 Practical
   Vitamin “C” 1 Practical
   Vitamin “B1” 1 Practical
   Vitamin “B2” 1 Practical
   Vitamin “Niacin” 1 Practical
   Minerals, Calcium 1 Practical
   Minerals, Iron 1 Practical
   Minerals, Phosphorous 1 Practical

Marking Scheme For Practical Examination

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<tr>
<th>Component</th>
<th>Marks</th>
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<tbody>
<tr>
<td>Journal</td>
<td>4</td>
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<tr>
<td>Selection &amp; dish</td>
<td>8</td>
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<tr>
<td>Table setting</td>
<td>8</td>
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<tr>
<td>Viva</td>
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<tr>
<td>Calculation</td>
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Veer Narmad South Gujarat University, Surat.
FIRST YEAR B.A.
HOME SCIENCE-IV
HOME MANAGEMENT
Effect from June 2008

Theory-3 Periods/week  Theory- External-45 Marks
                       Internal-20 Marks
Practical-2 Periods/week Practical External-25 Marks
                       Internal-10 Marks

A. INTRODUCTION TO RESOURCE MANAGEMENT

Focus:
This Course deals with the management of resources in the family with particular
reference to mobilizing all the resources for achieving the family goals. It also deals
with the factors motivating management and management applied to specific
resources.

OBJECTIVES:

To create awareness among the students about management in the
family as well as the other systems
To recognize the importance of wise uses of resources in order to achieve
Goals

UNIT-1 Introduction to Management

Ch-1 Variety of Meaning
       Supervision / Supervisor, Leadership / Leader, Execute / Executive,
       Organisation / Organiser, Administration/ Administrator, Direction/
       Director, Control/Controller, Boss, Governor

Ch-2 Definitions of Management and Home Management From Dictionary point of
       view, By Henri Fayol (Father of Modern Management), Mc Farland,
       Henri Sisk, A Simple preferred Definition, Nickell and Dorsey, R.P. Kotzin,
       National Conference of family life sub-committee Report, Gross and
       Crandall, Traditional and Modern Concept of Definitions.

UNIT-2 Motivation in Management

Ch-1 Values
       Definitions- Mid Marget, Dr. Radha Kamal Mukherjee, Nickell and
       Dorsey Etc, Characteristics, Origin and Motivating Values, Types of
       Values- By Paker, By Super, By Lindsey, Factors affecting Values

Ch-2 Goals
       Definitions, origin and Types of Goals, Long Term, Short Term,
       Means end, Related to Personal, Family, real, Group etc.

Ch-3 Standards
       Meaning, Classification- As to context, fixedness and Quality.
UNIT-3  Resources and their Management in the Family

Ch-1  Resources
Definitions, Meaning and Classification

Ch-2  Family characteristics influencing management
A. Family
  Introduction, Meaning, Definitions-Elliot and Merrill, Besong and Besong, Burges and Loke
  Types of Family in India
  On the basis of residence, Authority, Lineage Marriage, Succession, Number and structure, Advantages and Disadvantages of Joint and Nuclear Family
B. Family Life Cycle
C. Life Styles

Ch-3  Management Process
A. Definition and Meaning of Management
B. Development and importance of Management
C. Home Management is a mental Process
D. Conceptual Frame work of Management
E. Steps involved in Management Process
   Step-1 Planning
      Characteristics, Definition and Steps involved in Planning
   Step-2 Controlling
      Definition and Steps involved in controlling- Implementation, checking, adjustment
   Step-3 Evaluation
      Importance, Relation to goals and values

Ch-4  Time Management Process
1. Meaning of time-Clock time, Psychological time, Biological Time, Time Cost
2. Planning of Time Management
   Family life cycle and demand of time
   Time used for activities
   Rest period
   Factors affecting time planning
   Steps in making time plan
3. Controlling
4. Evaluation
   Gnath Chart for evaluation of time

Ch-5  Energy Management Process
1. Planning
   a) Family life cycle and demand of energy
   b) Energy used for various activities
   c) Fatigue-Types, Reasons (External and Internal)
      Mesures to relieve fatigue
   d) Step in making energy plan
2. Controlling
3. Evaluation
UNIT-4  **Work Simplification**
1. Techniques of Work Simplification formal and Informal techniques
2. Mundell’s Classes of Change
   a) Changes in hand and body motion
   b) Changes in work and storage space and equipment
   c) Changes in the stages of working method
   d) Changes in raw materials
   e) Changes in finished product

UNIT-5  **Decision making in Management**
Ch-1  Meaning and Definitions
    - By Peter Drucker, By Geroge R. Terry, By R.S. Davar, From Webster Dictionary
Ch-2  Steps in Decision Making
    A.  Problem analysis
        - Perception of the problem
        - Identification of the problem
        - Analysis
    B.  Search for alternatives
    C.  Evaluation of alternatives
    D.  Selection of the best solution
        Risk involved, Economy, Timing, Limitations
        Implementation of decision
        Feed back of Decision
Ch-3  Types of Decision
    Major and Minor
    Programmed and Non-Programmed
    Routine and Basic
    Personal and Group
    - Methods of taking Group Decisions

UNIT-6  **Communication in Management**
Ch-1  Definitions
    Oxford Dictionary, Keith Davis, Mc Farland
Ch-2  Importance and objectives of Communication
Ch-3  Elements of Communication
    Sent Message, Medium, Language, Receive Contexts

**Reference:**
1. Gross,Crandall: Management for Modern Families
   Appletion century crofts Inc.
2. Nickel and Dorsey: Management in Family Living
   Wiley Eastern Ltd. New Delhi
3. Dr.Saksena S.C: Business Administration and Management
   Sahitya Bhawan, Agra
4. Swanson V. Introduction to Home Management
   Coller, Mac Millan Publisher, London
5. Singh P.N. Developing and Managing Human Resources
   Suchandra Publication, Bombay
6. Fontana D: Managing time
   Excel Books, New Delhi
7. Atkinson, JacQueline: Better Time Management
   Indus,New Delhi
8. Bharathi and Jacintha: Family Resoruce Management
   Discovery Publishing House, Delhi
B. HOUSE HOLD EQUIPMENTS

Focus:
This Course inted to impart knowledge and understanding of construction of Household equipment, material used, selection criteria, maintenance and care

OBJECTIVES
To enable students to:
1. Recognize base materials, finishes in the construction of household equipment
2. Understand the principles underlying the operation use, care and storage
3. Be aware of new trends in equipment

UNIT-1   Materials used for household equipment
Ch-1 Base Materials, Iron, Aluminum, Steel, Copper, Brass, Glass, Borosilicate, Soda lime Silica, Plastic, etc.
Ch-2 Finished- Mechanical and Applied Finishes
Ch-3 Insulating materials-Mica, Fibre Glass, Mineral Wool, rock Wool, Cork, Plastic Foam, Rubber etc.
Ch-4 Assignment
Market survey of Electrical and Non Electrical Equipments in the Local market and write two recipes using any six electrical equipments

Marking Scheme for Practical Exam
Journal  4 Marks
Assignment  5 Marks
Construction  6 Marks
Figure  2 Marks
Use  6 Marks
Viva  2 Marks
Total  25 Marks
B. HOUSE HOLD EQUIPMENTS
PRACTICAL

Focus:
The course on household equipment’s designed to learn the operation and care of electrical and non-electrical equipments.

OBJECTIVES:
To make the Students aware of
1. Understanding operation and care of various household equipments of new trends in equipments in the market

UNIT-1 Learning the use and care of different
Ch-1 Kitchen equipments (15)
a. Refrigerator
b. Mixer, Grinder, Juicer, Slicer, Grater, Whipper, Kneader
c. Tea Kettle, Coffee Percolator / Tea-Coffee Maker
d. Tandoor-Electric and Non Electrical
e. Oven-Electric and Microwave
f. Toaster-Pop-up and Sandwich maker grill
g. Deep Fryer
h. Snack chef-waffles maker
i. Ele.Rice Cooker + Ele.Multi Steam cooker
j. Hot Plate and cooking range

Ch-2 Cleaning Equipment
a. Vacuum Cleaner, Mopper (1 Prac)

Reference:
1. Ehrenkanz f.and Lydia I
   Equipment in the home, Harper and Row Publication
4. K. Nath : Electrical Appliances, Hind Pocket Books, Delhi
5. K.K.Bali : Home Appliances, Orient Paperbacks, Delhi
6. मंज़री अज़याद़ : गृह उपकरणों के अध्याय
