

HOME SCIENCE



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F.Y.B.A. (Home-Science)
Semester-I
Principles of Food and Nutrition (CORE Compulsory – CC 101)

Objectives:-

1. To understand basic concept of Food Nutrition Nutrients, Health, Nutritional Status and role of Nutrition in Maintain Health.
2. To get familiar with the various function of all Nutrients and their deficiency and its remedy.
3. To get knowledge about different food groups.

Unit - 1

- Definition of food, Nutrition, Mal Nutrition, Nutritional status, Balance diet.
- Function of food-Physiological function, psychological and social function.
- Inter-relationship between Nutrition and health, factors affecting on Nutrition and health, factors affecting on nutrition and health ,
- visible symptoms of good health and bad health.
- Seven basic food groups.

Unit - 2 Classification of Nutrients according to their function.

1. Nutrients that furnish energy.
 - A. Carbohydrates composition of carbohydrates, classification and function of carbohydrates, sources of carbohydrates, deficiency and excess of carbohydrates. Recommended daily allowances of carbohydrates.
 - B. Fat :- composition classification function of fat, deficiency and excess of fat, sources of fat, fatty acids, its classification, sources of fat and recommended daily allowances.

Unit - 3

- A. Nutrients that build body E.g. Protein composition of protein, classification of protein Amino acids its types, function of protein sources of protein, deficiency diseases occurs due to protein. Recommended daily allowances of protein.
- B. Protective Nutrients and Regulating Nutrients




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Fat soluble vitamins. Vitamin-A, Vitamin-D, Vitamin-E and Vitamin-K their functions sources deficiency diseases and excess, recommended daily allowances of fat soluble vitamin.

Unit-4

- A. Water soluble vitamins :- vitamin-B₁ (Thiamine), vit- B₂ (riboflavin), Niacin, vit -B₆ (pyridoxine), folic acid cynocobal mine , vitamin -C (Ascorbic acid) etc. their composition, classification function sources and deficiency diseases, recommended allowances.
- B. Minerals:- Calcium, Phosphorus, Iron iodine, Fluorine, Sodium, Potassium, Magnesium their function, sources deficiency diseases and excess effect, Recommended daily allowances.
- C. Water:- importance of water in human life its function, requirement of water and effect of deficiency of water.

References:-

1. Applied Nutrition:- By Rajlaxmi
2. Swaminathan M. :- “ Human Nutrition and Diet ” Bangalore Printing and Publishing Co.
3. Essential of Food and Nutrition volume I and volume -II By M. Swaminathan.
4. Basic elements of food and Nutrition By Sushila I. Patel, Devine Publication.
5. Fundamental of Food and Nutrition by Mudanubi and Rajgopal, Wiley Eastern Limited.




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F.Y.B.A. (Home - Science)
Semester-I
Introduction to Clothing 2 Textile (Core Compulsory – CC 102)

Objectives:-

1. The students will learn about the importance of clothing.
2. They will learn about basic stitches and Embroidery.
3. To learn different parts and operation of sewing Machine.
4. To get knowledge about washing and laundry.

Unit-1

1. Introduction of clothing and its co-relation with Home Science Faculty.
2. To learn about sewing machine types of sewing machine, its parts, care and accessories of sewing machine.
3. Common defects and repairing of sewing machine.

Unit-2 To learn basic hand stitches

1. Taking stitch
2. Running stitch
3. Hemming stitch
4. Back-stitch
5. Button-hole stitch

Types of seams:-

1. Plain seams
2. French seams
3. Flat seam
4. Over-cast seam
5. Piping seam

Types of Fullness

1. Gathers
2. Pleats, Simple Pleat, Box Pleat, Inverted Box Pleat, Round Filling.

Dart:-

1. Half Dart
2. Full Dart

Unit-3 Principle of Laundering

Laundry and finishes equipments

- Scrubbing Board
- Suction Washer
- Washing Machine
- Starching, Bluing and Ironing




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Water and Detergent

- Hard Water
- Soft Water
- Types of Detergents and Water softening

Unit-4 Embroidery Stitches

Stem stitch, Chain stitch, Laizy Daizy Stitch, Satin Stich, Cross Stitch, Feather Stitch, Blanket Stitch, Bullion Stitch, Spider Stich, and Fishbone Stitch.

Traditional Embroidery

1. Punjabi Phulkari
2. Kashmiri Embroidery
3. Kutch Embroidery
4. Chikankari Embroidery
5. Kantha Embroidery
6. Embroidery of Karnataka

Traditional Textile of India

1. Dhaka's Malmul
2. Patola and Badhani
3. Brocade
4. Chanderi
5. Baluchar
6. Pitamber

Reference:-

1. Vastra Vigyan Avam Paridhan
By Dr. Brinda Sinh.
2. Vastra Vigyan Avam Dhulai Karya
By Kamla Tripathi
3. Shivan Margdarshika
By Nirmala Mistri
4. Vyavharik Vastra Vigyan
By Geeta Pushpa
Joy Shila
5. Bharat Margdarashan
By Nirmala Mistri
6. Basic Clothing and Textile
By Amita Patel, Bhavna Patel
7. Dress Designing
By Veena S. Samani
8. Fundamentals of Textiles and Hair Care
By Sushila Dantyagi




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F.Y.B.A. (Home Science)
Semester-I
Nutritional Cookery (Practical)
FSE (I) -103

Objectives:-

1. To develop skill in preparing recipes rich in various Nutrients.
2. Develop skills in preparing recipes according to cooking methods.
3. To learn to calculate Nutritive value from various recipes.

Unit-1 Use of various cooking methods and prepare a one recipe and calculate Nutritive value.

1. Roasting
2. Baking
3. Steaming
4. Frying
5. Grilling
6. Microwave cooking

Unit-2 Prepare one recipe rich in Nutrients and calculate Nutritive value.

1. Carbohydrate rich dish
2. Protein rich dish
3. Fat rich dish
4. Vitamin-A rich dish
5. Vitamin-B1 (Thiamine) rich dish
6. Vitamin-B2 (riboflavin) rich dish

Unit-3 Prepare one recipe and calculate Nutritive value .

1. Niacin rich dish
2. Vitamin-C rich dish
3. Iron rich dish
4. Calcium rich dish
5. Sprouting rich dish
6. Roughage rich and fermented method rich dish

Unit-4

1. Nutritional Survey of 10 families from local community.
2. Presentation of seminar related food and Nutrition.
3. Assignment submission on related subject.




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F.Y.B.A. (Home Science)
Semester-I
Fancy Cookery (Practical)
FSE (I)-103

Objectives:-

1. To develop skill in preparing Fancy Cookery.
2. To develop skills in preparing regional recipes.
3. To develop skills in Continental recipes.

Unit-1 Regional Recipes (one Recipe each)

1. Punjabi
2. South Indian
3. Kathiya Vadi
4. Gujarati
5. Fusion Recipe

Unit-2 Use of Baking Methods

1. Biscuits
2. Bread
3. Cake
4. Cookies
5. Muff ions

Unit-3

1. International Recipe (one recipe each)
2. Chinese recipe
3. Mexican recipe
4. Thai recipe
5. Continental recipe
6. Italian recipe

Unit-4

1. Vegetable carving
2. Recipe decoration
3. Cocktail and mock tail
4. Chocolates




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F.Y.B.A. (Home Science)
Semester-I
Practices on Basic Clothing
FSE (II)-104

Objective:-

1. The student will learn about the different basic stitches.
2. The student will learn about the different embroidery.
3. The student will aware about different seams.
4. The student will learn about different fullness or clothing

Unit-1:-

1. Identification and use of different part of sewing machine.
2. Taking stitch.
3. Running stitch.
4. Hemming stitch.
5. Back stitch.
6. Button hole stitch.

Unit-2:- To Study the various seams

1. Plain seam
2. French seam
3. Flat seam
4. Over cast seam
5. Piping seam

Unit-3 To Study the various fullness

1. Gathers
2. Simple pleat
3. Box pleat
4. Inverted box pleat
5. Half dart
6. Full dart
7. Round filling

Unit-4 To study the various embroidery stitches.

1. Chain stitch.
2. Laizy-Daizy Stitch
3. Satin stitch
4. Feather stitch
5. Cross stitch
6. Spider stitch
7. Stem stitch
8. Blanket stitch
9. Bullion stitch
10. Fishbone stitch




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F.Y.B.A. (Home Science)
Semester-I
Basic Embroidery and Craft
FSE (II)-104

Objectives:-

1. To study about different stitches.
2. The student will learn the various Embroidery stitches.
3. The student will learn he various house-hold textile craft.

Unit-1 To Study various stitches

1. Straight stitch
2. Appliqué wok
3. Herringbone stitch
4. Rumania stitch
5. Bullion stitch
6. Speed stitch

Unit-2 To study various Embroidery

1. Phulkari Embroidery
2. Mirror work
3. Chikankari Embroidery
4. Kantha Embroidery
5. Manipuri Embroidery

Unit-3 To study various craft article

1. Cushion cover
2. Kitchen Apron
3. College Beg
4. Saree cover

Unit-4 To study various craft article

1. Sofa back cover
2. Chair pad and chair back cover
3. Table mate
4. Quilt




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F.Y.B.A. (Home Science)
Semester-I
Early Childhood Development
SSE-105

Objectives:-

1. To orient the students about the growth and development of early childhood.
2. To help the students to understand different development.

Unit-1

1. Meaning & scope of child development.
2. Principles of child development.
3. Development of child from conception to birth.
4. Behavioral characteristics and developmental tasks of children in early years.

Unit-2

1. Physical and motor development.
 - Development of bones, muscles, posture etc.
 - Factors influencing physical development
 - Importance of motor development.
 - Needs and problems in physical & motor development.
2. Social Development:-
 - Socialization in early years, needs and problems.
 - Social learning-modeling, Imitating, encouraging independence and self concept.

Unit-3

1. Emotional Development:-
 - Emotions of early years.
 - Characteristics of child's problems.
 - Emotional needs and problems.
2. Intellectual Development:-
 - Definition of intelligence.
 - Various aspects of intelligence.
 - Concept Development
 - Problem Solving
 - Imagination
 - Memory
 - Creativity




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Unit-4

1. Moral Development:-
 - Definition of Morality.
 - Aggressive and prosocial behavior
2. Language Development
 - Factors influencing
 - Development of Language
 - Needs and problems in language development

Reference:-

1. Child Development
 - By Elizabeth Hurlock
2. Sagarbhaavastha are tamari bakak
 - Dr. Babalal Parikh
3. Bal Sambhal
 - Dr. Meena Shah, Arti Buch
 - Gayatri Munshi
 - Gurjar Granth Ratna
 - Karyaday
4. Bal Manovigyan
 - Pro. Chandrakant Patel
 - Uni. Granth Nirman Board




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F.Y.B.A. (Home Science)
Semester-II
Introduction to House Hold Equipment
(CORE Compulsory CC-111)

Objectives:-

1. Recognize base Materials, Finishes used in the household equipment.
2. Understand the Principles, Structure, Use, Care and Storage of household equipment.
3. Understand the criteria for the selection and buying for appropriate equipment for home.
4. Analyze various equipment with respect to design, cost and maintenance.
5. Understand to handle minor problem of repairs and maintenance.

Unit-1

1. Importance of learning household-equipment.
2. Base material used in household equipment.
3. Difference between traditional and modern equipment.

Unit-2

1. Take care while selecting & purchasing equipment.
2. Ways for collecting information about equipment.
3. Personal care equipments.
 - a) Massager
 - b) Curlers
 - c) Hairdryers
 - d) Stemmers
 - e) Equipments for manicure and pedicure

Unit-3

Principle, Construction, Use, Functioning, Care and Cleaning of equipments.

1. (a) Electric Cooker
(b) Mixer
2. (a) Hand Mixer
(b) Refrigerator
3. (a) Floor Mill
(b) Dish Washer




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Unit-4

Principle, Construction, Use, Functioning Care and Cleaning of Equipments.

1. (a) Microwave Oven
(b) Pizza Maker
2. (a) Coffee Maker
(b) Toaster
3. (a) Oven
(b) Solar Cooker

Reference:-

1. Peat and thy House hold Equipment,
- John Wily Eastern and Company.
2. J.K. Dehsis, Improving House hold Equipment
- Punjab Agri Universtiy-1178.
3. Dr. Neha R. Shah. Gruh Upakaroni Geeta,
- Devine Publication – Ahmedabad-2009.
4. Pramila Mehra, Good House Keeping.
5. Dr. Vrinda Shinh, Gruh Probandh Evam Antrik Sajja, Shital Preinter -
2004.




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F.Y.B.A. (Home Science)
Semester-II
Late Childhood Development
(CORE Compulsory CC-112)

Objectives:-

1. To enable the students to study the change in adolescence.
2. To enable the students to study parental attitude.
3. To make the students aware of needs and importance of sex education.

Unit-1

1. Behavioral, Characteristics and Developmental tasks of late childhood children.
2. Physical, Motor, Emotional, Intellectual language and Moral Development.
3. Needs and Problems.

Unit-2

- Child Rearing Practices.
- Types of Discipline.
- Effects of child rearing on the development of children.
- Parental Deprivation.

Unit-3

1. Parental Attitudes.
 - Rejecting.
 - Aggressive.
 - Over Protecting.
 - Over Ambitious.
 - Favoritism.
2. Parent-Child Relationship
 - Factors affecting on parent-child relationship.

Unit-4

1. Adolescence Development.
 - Characteristics of Adolescence.
 - Needs of Adolescence.
 - Problem of Adolescence.




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2. Sex Education.
 - Importance of Sex Education.
 - What to Teach?
 - How to Teach?
 - Who Teaches?
 - Delinquency of Adolescence

Reference:-

1. Educational Psychology (Guj.)
 - Ujamsi Kapadiya
2. Adhyeta : Swarup & Vikas
 - Nirav Prakashn




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F.Y.B.A. (Home Science)
Semester-II
Application of Household Equipment
(Practical FSE (I)-113)

Objectives:-

1. Get skills in cleaning and maintaining various materials used for house hold equipments.
2. To develop skills in selecting, purchasing, using, maintaining and cleaning various electrical and non electrical equipments.
3. To develop skill to prepare food items by using various electrical and non electrical equipments.

Unit-1

Use and Cleaning of Different Equipments (with one recipe)

1. Electric Cooker
2. Mixer
3. Hand Mixer
4. Refrigerator
5. Floor Mill
6. Coffee Maker

Unit-2

Use and Cleaning of Different Equipments (with one recipe)

1. Pizza Maker
2. Toaster
3. Sandwich Toaster
4. Oven
5. Microwave Oven
6. Ice-cream Maker

Unit-3

Use and Cleaning of Different Equipments

1. Pressure Cooker
2. Coconut Scrapper
3. Cooking Range
4. Gas Tander
5. Nonstick Dhosa Tava and Fraying Pan




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6. Roti Maker and Electric Hotplate

Unit-4

1. Do a community survey and list down various household equipments used in terms of design, selection, cost usage, care and maintenance, time and energy saving value, storage quality and their brands or manufacturers.
2. Do a market survey for house hold equipments accordingly various types.



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F.Y.B.A. (Home Science)
Semester-II
Home Appliance
(Practical FSE (I)-113)

Objectives:-

1. Get skills in cleaning and maintaining various materials used from household equipments.
2. To develop skills and cleaning various electrical and non electrical equipments.
3. To develop skill to prepare food items by using various electrical and non electrical equipments.

Unit-1

Use and Cleaning of Different Equipments (with one recipe)

1. Pizza Maker
2. Microwave Oven
3. Pressure Cooker
4. Nonstick Dhosa Tava and Fraying Pan
5. Mixer
6. Floor Mill

Unit-2

Use and cleaning of Different Equipments (with recipe)

1. Toaster
2. Ice-cream Maker
3. Coconut Scrapper
4. Gas Tandur
5. Coffee Maker
6. Hand Mixer

Unit-3

Use and Cleaning of Different Equipments (with one recipe)

1. Sandwich Toaster
2. Oven
3. Cooking Range
4. Roti Maker and Electric Hotplate
5. Refrigerator
6. Electric Cooker




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Unit-4

1. Do a market survey for home appliances accordingly various types.
2. Do a community survey and list down various home appliances used in terms of design, selection, cost, usage, care and maintenance, time and energy saving value storage, quality and their brands or manufactures.




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F.Y.B.A. (Home Science)
Semester-II
Development of Child Skill
(Practical FSE (II)-114)

Objectives:-

1. To aware students about the skills of nursery school children.
2. To prepare them for nursery school teachers
3. To give them vocational training for balwadi or ganization.

Unit-1

1. Writing report on – visits to the nursery school
2. To observe physical aspects of nursery school building, playground, storage, furniture equipment
3. Daily activities programme

Unit-2

Prepare following things for nursery school children

1. Song (Any-3)
2. Drawing (Any-3)
3. Playthings (Any-3)
4. To prepare different charts (4)
5. Blocks (4)

Unit-3

Prepare following things for nursery school children

1. Clay works (Any-3)
2. Printing:- * block , * Vegetable, * Finger
3. Puzzles
4. Activities with crayon, chalk and pencil, colors etc.

Color filling in different pictures (Any-2)

Unit-4

1. Activities of reading, writing & arithmetic
2. Making list & various play
3. Making time table fro balwadi
4. Festival celebration (Any-2)
5. Birthday celebration




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F.Y.B.A. (Home Science)
Semester-II
Creativity of Children
(Course Practical FSE (II) -114)

Objectives:-

1. To develop an ability to use waste materials in a creative way for preparation of teaching aids and activities for children.
2. To prepare materials for promoting learning in children.

Unit-1

Senses organs development activities (Any-3)

1. Eyes
2. Ears
3. Tongue
4. Hand
5. Nose

Unit-2

Emotional development activities (Any-2)

Unit-3

1. To prepare stories for children (Any-3)
2. To prepare clay work articles (Any-3)
3. To prepare paper work articles (Any-3)
4. To prepare masks (Any-3)

Unit-4

Teaching Aids

1. Flash cards (Any-2)
2. Puppets (Any-2)




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F.Y.B.A. (Home Science)
Semester-II
Applied Biology
(SSE -115)

Objectives:-

1. To understand the relation between biology and human welfare
2. To understand the roll of gene in human.

Unit-1

1. Biology – Definition & Branches of Biology.
2. Difference between animal cell & plant cell.
3. Characteristics of Living Creatures Roots-Definition, Normal & Specific Functions.

Unit-2

1. Stem - Definition, Normal & Specific Functions .
2. Leaf – A typical leaf (banyan).
3. Flower – A typical flower (Dhatura).
4. Artificial reproduction method in flowering plants.

Unit-3

1. Life History of Mosquito
- Malaria, Sighs & Symptoms, causes and prevention .
2. Genetics – Mendal’s law of Heredity, Monohybridates.
3. Sex determination in human being, blood groups.

Unit-4

1. Useful Animals.
2. Useful Plants.
3. Sense Organs – Structure & Functions of Ear & Eye.

Reference:-

1. Jinnigyan – University Granth Nirman Board
2. Biology – Maur Prakashan (Gujarati)




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F.Y.B.A (Home Science)
Semester-II
Introduction to Chemistry
(SSE-115)

Objectives:-

1. To aware he students about chemistry and chemical reaction .

Unit-1

1. Explanation of: Elements, Mixture, Compound.
 - Structure of atom.
 - Definition & Examples: Atom, Molecule, Atomic Weight, Molecular Weight, Equivalent Weight, Valiancy Symbol .
2. Chemical Reaction.
 - Factors affecting on chemical reaction.
 - Acid & Base: Definition, Properties .
 - Useful Acids & Bases.
3. P^H Scale, Measurement and importance of P^H.

Unit-2

1. Methods of laboratory preparation, properties and use of the following.
(1) H₂ (2) O₂ (3) CO₂ (4) SO₂ (5) Cl₂
2. Water – Method of water purification.
3. Hard water – disadvantage, Types and removal of water hardness.

Unit-3

1. Metals – physical Properties and uses of the following.
(1) CU (2) Fe (3) Al.
2. Fuels – Types of Fuels.
 - Proper Combustion of Gases.
 - Use of L.P.G.
 - Use of C.N.G.

Unit-4

1. Insecticides – Classification, care in use of Insecticides.
2. Drugs - Antibiotics, Analgesic.

Reference:-

1. Chemistry (Gujarati).
 - University Granth Nirman Board.
2. Chemistry.
 - Azaraben Kazi.




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S.Y.B.A. (Home-Science)- III Semester

Family Meal management (CORE Compulsory -CC 205)

➤ **Objectives :-**

1. To learn the importance of meal planning and principal of meal planning
2. To be able to plan and prepare meals for different age groups and special groups
3. To plan and prepare foods for various group of people

➤ **Unit – 1**

1. Definition of meal planning , principal of meal planning, importance of meal planning, factors affecting of meal planning, process of meal planning
2. Balance diet:- Its definition, factors affecting on balance diet, points to be kept in mind while planning balance diet
3. Importance of weights and Measures

➤ **Unit- 2**

1. Nutrition during infancy
 - Growth and development during infancy
 - Nutritional requirements
 - Importance of breast milk and its advantages
 - Bottle feeding, its advantages and disadvantages
 - Supplementary foods, Low cost supplementary foods
2. Nutrition for preschool children and their meal management
 - Growth and development
 - Nutritional requirement
 - Balanced diet for them
 - Points to be kept in mind for planning a meal for preschool children
 - Nutritional problems of pre school children




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➤ **Unit- 3**

1. Nutrition and meal management for school children
 - Nutritional requirement of school children
 - Balanced diet for school children
 - Planning of school snacks and list of school snacks

2. Nutrition for adolescence and their meal management
 - Growth and development
 - Nutritional requirements
 - Balanced diet
 - Nutritional problems of Adolescence

3. Nutrition for Adulthood
 - Classification of adult person according to their work
 - Nutritional requirement of adult man and women according to their work
 - Factors affecting on nutritional requirement of Adult man and woman
 - Balanced diet for Adult man and woman

➤ **Unit -4**

1. Nutrition during pregnancy and meal management in pregnancy
 - Changes during pregnancy
 - Desirable weight gain in pregnancy
 - Nutritional requirement in pregnancy
 - Meal planning for pregnant woman
 - Complications during various stages of pregnancy

2. Nutrition for lactating woman and their meal management
 - Nutritional requirement during lactation
 - Meal planning for lactating mother
 - Effect of mother's diet on the composition and out put milk

3. Geriatric nutrition (Nutrition for old age people)
 - Changes occur during aging
 - Nutritional requirement during old age
 - Problems of old age
 - Special meal planning for old people




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1. Mudambi Sumati R and Rajgopal MV (1990)
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2. Raheena M Begum (1989)
A text book of Food Nutrition and Dietetics, New Delhi: Wiley Eastern Ltd.
3. Srilakshmi B (1990)
Dietetics, New Delhi: New age international Pvt. Ltd.
Publishers- Wiley Eastern Ltd.
4. Dr. Vrunda Sinh
Ahar Niyojan (Meal Planning) Jaipur: Shyam Prakashan




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S.Y.B.A.(Home-Science)- III Semester

Biochemistry and Microbiology (CORE Compulsory -CC 206)

➤ **Objectives :-**

1. To understand relations between nutrition and biochemistry.
2. To aware about metabolism of nutrients.
3. To provide orientation to the role of micro organism in water and food.
4. To provide knowledge concerning microbial food contamination and human disease

➤ **Unit – 1**

1. Chemical composition and classification of carbohydrates
2. Metabolism of carbohydrates
(A)Glycolysis . (B) Citric acid cycle (Kreb's cycle)
3. Classification and properties of lipids
4. Metabolism of lipids, oxidation of fatty acids.

➤ **Unit- 2**

- Classification and structure of amino acids
(By amino group and carboxylic group wise)
- Structure of proteins: Primary, secondary, tertiary.
- Biological importance of peptides and proteins
- Urea cycle.

➤ **Unit- 3**

1. Microbiology of water
-(A) surface and subsurface water (B) Atmospheric water
2. Water purification for drinking purpose
 - (A) Household scale (B) Municipal water purification system
3. Micro organism responsible for food poisoning
 - Food poisoning of botulism, salmonella and staphylococcus
4. Advantages and disadvantages of Micro organism in food




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➤ **Unit -4**

1. Microbiology of milk: Raw milk, pasteurized milk, sterilized milk
2. Micro biology of fermented milk and milk products e.g. curd, cheese
3. Micro biology of bakery industry
4. Pathogen involved in human disease
(A)Gastrointestinal (B) Tuberculosis (C) Malaria

➤ **References:-**

1. Murry R K , Granner D K , Mayes P A and Rodwell W W (1990)-
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S.Y.B.A.(Home-Science)- III Semester

Family Dynamic (CORE Compulsory -CC 207)

➤ **Objectives :-**

1. The student will understand their role as a member of society.
2. They will develop various qualities to play the role as a member of society.
3. They will develop quality and attitude towards happiness in marriage.
4. They will understand their responsibilities towards elders

➤ **Unit – 1**

Marriage

- Definition and aim of marriage
- Maturity and ability for marriage
- Marital adjustment in various fields of life
- Factors affecting on successful marriage
-

➤ **Unit- 2**

Family

- Definition and function of family
- Factors affecting which separate the joint family.
- Changes of family in modern time
-

➤ **Unit- 3**

Old age

- Problems and adjustments of old age
- Changes on attitude towards old people in modern time
- Points to be kept in mind before old age and during old age



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➤ **Unit -4**

Divorce

- Meaning and causes of divorce
- Necessity of divorce
- Opposite thinking of divorce
- Special marriage act
- Indian marriage and divorce act.
- Indian Nominee act

References:-

1. લગ્ન કુટુંબ અને સમાયાજન - ધીરજ ધકાન
2. દામ્પત્યજીવન નું અનુકુલન - લીલાબેન શાહ
3. લગ્ન અને કાટોબક સંબંધ. લીલાબેન શાહ
4. મહાલા બાળ કલ્યાણ - બાપાનચન્દ્ર વષ્ટાવ
5. વન સ ફ્ર (મનાવજ્ઞાનક કડાઆ. વનરાજ માલવી



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S.Y.B.A. (Home-Science)- III Semester

Practical- Practices on meal Management

(CORE Elective paper -CE 205)

➤ **Objectives :-**

To enable the students to

1. Learn the principles of meal planning.
2. Plan and prepare meals for the family at different income levels.
3. Plan meals for special Groups.

PRACTICALS

➤ **Unit – 1**

- Study the concept of various weights and measures .
- Conversion of weights and volumes of raw foods to cooked foods.
- Preparation of weaning foods (Supplementary foods) .
- Planning a whole day's meal for an infant (10-12 months), calculate nutritive value of whole day's plan and prepare any two recipes from the plan .

➤ **Unit- 2**

- Planning a whole day's meal for pre-school children (1 to 5 years), calculate nutritive value of whole day's plan and prepare any two recipes from the plan .
- Planning a whole day's meal for school going children (6 to 12 years), calculate nutritive value of whole day's plan and prepare a packed lunch for school going child .
- Planning a whole day's meal for adolescence (boys and girls) and calculate nutritive value of whole day's plan and prepare 2-2 recipes for each(Boys and girls)




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➤ **Unit- 3**

- Planning a whole day's meal adult man and woman during different physical activities e.g. sedentary worker, moderate worker, hard worker and according to their income e.g. high income group, middle income group and low income group and calculate nutritive value ,prepare any two recipes from each group.
- Planning a whole day's meal for pregnant woman, calculate nutritive value and prepare any two recipes for pregnant woman.

➤ **Unit -4**

- Planning a whole day's meal for lactating woman, calculate nutritive value and prepare any two recipes for lactating woman.
- Planning a whole day's meal for old person, calculate nutritive value and prepare any two recipes for old person.
- Prepare a chart of recommended dietary allowances for Indian people.

➤ **References**

1. Dr.Vrunda Sinh- Shyam Prakashan Jaipur
Ahar Niyojan (Meal Planning)
2. Srilakshmi B (1990)
Dietics,New delhi, New Age International (P) Ltd.
Publishers- Wiley Eastern Ltd.
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S.Y.B.A. (Home-Science)- III Semester

Practical-Family Diet Planning (CORE Elective paper -CE 205)

➤ Objectives :-

1. To develop skill in preparing meal planning.
2. To be able to Plan and prepare meals for different age groups and special groups.
3. Menu planning for different income level and according to different activities.

PRACTICALS

➤ Unit – 1

- Study the concept of various weights and measures like cup, glass, spoon etc.
- To study the weights of raw and cooked foods
- Preparation of Supplementary foods

➤ Unit – 2

- Diet Plan for 1 to 5 years old child, calculate nutritive value and prepare any four recipes from the plan .
- Diet Plan for 6 to 12 years old child, calculate nutritive value and prepare any four recipes from the plan .
- Diet Plan for Adolescent boys and girls, calculate their nutritive value and prepare any four recipes from the plan .

➤ Unit- 3

- Diet Plan for adult man according to their occupation and income, calculate their nutritive value and prepare any three recipes for each plan.
- Diet Plan for adult woman according to their occupation and income, calculate their nutritive value and prepare any three recipes for each plan.
- Diet Plan for pregnant woman, calculate their nutritive value and prepare any three recipes from the plan.




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➤ **Unit -4**

- Diet Plan for lactating woman, calculate nutritive value of plan and prepare any three recipes from the plan.
- Diet Plan for old age person, calculate nutritive value of plan and prepare any three recipes from the plan.
- Prepare a chart of recommended dietary allowances for Indian people

➤ **References**

1. Dr.Vrunda Sinh- Shyam Prakashan Jaipur Ahar Niyojan (Meal Planning)
2. Srilakshmi B (1990) Dietics,New delhi, New Age International (P) Ltd. Publishers- Wiley Eastern Ltd.
3. Gopalan C. Rama Sastri B V and Balasubramanyam S C (1993) Revised and updated by Narasingha Rao B S Deosthale y G and Paul K C ,Nutritive value of Indian foodfs , Hyderabad, National Institute of Nutrition , Indian council of Medical research



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S.Y.B.A. (Home-Science) - III Semester

Practical on Biochemistry (CORE Elective paper-CE 206)

PRACTICALS

➤ Unit – 1

Qualitative test of carbohydrates

- Benedict's test from urine.
- Barfoed's test from starch.
- Fehling's test from starch.
- Iodine test from starch.

➤ Unit- 2

Qualitative test from proteins

- Xanthoprotein test from egg
- Millon test from egg.
- Biuret test from egg.
- Congulation of protein from egg.

➤ Unit- 3

- Volumetric experiments (One strong acid and one strong base)
- PH measurement

➤ Unit -4

- Iodine value
- Food adulteration – To find adulterants from following food products
(A)Oil (B) Ghee (C) Turmeric (D) Dry red chilli Powder (E) Milk

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S.Y.B.A. (Home-Science) - III Semester

Practical on Microbiology (CORE Elective paper-CE 206)

PRACTICALS

➤ Unit – 1

- To understand compound microscope and its parts.
- Preparation of bacterial slide and staining from curd.

➤ Unit- 2

- Classification of bacteria by chart
- Study of amoeba and paramecium by slide .

➤ Unit- 3

- Enumeration of bacteria by
- Direct microscopic count
- Methylene blue reduction test of milk

➤ Unit -4

- Preparation of dilution blanks and media
 1. Preparation of phosphate buffer
 2. Nutrient ager media
 3. Reconstitution of dehydrated media for yeast and mould

➤ References

1. Experimental Microbiology – volume 1 & 2
By Rakesh J. Patel
By Kiran R. Patel
Adity Prakashan , Ahmedabad.



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S.Y.B.A. (Home-Science)

Semester-IV

Family Resource Management (Core Compulsory CC 208)

➤ **Objectives :-**

1. To create an awareness among the students about the management at the family levels as well as at micro levels.
2. To recognize the importance of the use of resources to active family goals.
3. To recognize the importance of wise use of resources.
4. To develop competence in efficient use of time and energy.
5. To make the students aware of different techniques of work simplification.

➤ **Unit – 1**

Introduction of family resource management .

- Meaning and definition of family resource management.
- Purpose of family resource management.
- Roles, responsibilities and qualities of good home maker.

➤ **Unit – 2**

(A) Meaning and steps of management process

- A Planning, importance, techniques, types of plans .
- Controlling- the plan in action.
- Evaluation.

(B) Family budget as guide to good financial management

- Importance of budget.
- Steps involved in budget making.




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➤ **Unit- 3**

(A)Time and energy management

- It's importance.
- Making time plans
- Wise use of leisure time.

(B)Energy as resources.

- It' Importance to the students and home maker.
- Types of fatigue, reasons and methods of avoiding fatigue.

➤ **Unit -4**

Work simplification and principals of body mechanics.

- Management process applied of energy.
- Storage and principals of good storage.

➤ **References**

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2. જી. .
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Management in family living




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S.Y.B.A. (Home-Science)

Semester-IV

Family Clothing (Core Compulsory CC 209)

➤ **Objectives :-**

1. To get skills in taking body measurement.
2. To get knowledge regarding children clothing .
3. The students will get knowledge about fabric of household tex tile.
4. The students will get knowledge about readymade garments.

➤ **Unit – 1**

- Needs and importance of body measurement . Principals of measurement.
- Problems in garments fitting and its solution.
- Drafting and its importance.

➤ **Unit – 2**

(A) Factors affecting on selection and buying of readymade garments for children.

- Infant.
- Creeping age.
- Preschool age
- School going age (5 to 11 years)

(B) Care and storage of clothing

➤ **Unit- 3**

- Physical, sociological and psychological aspects of children clothing.
- Factors affecting on planning of ward rob, children clothing management according to seasons, occasions, special needs.
- Problems and solutions of Indian customer in clothing and textile field.




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➤ **Unit -4**

- Fashion and culture.
- Fashion cycle.
- New changes in fashion.
- Principals and elements of design.

➤ **References**

1. By Nirmala Mistry
Shivan Margdarshan
2. By Durga Deakor
Fundamental of textiles and its care
3. By Pramila Verma and By Dr. Brinda Sinh
Vastra Vigyan a vam Paridhan



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Semester-IV

Human Physiology (Core Compulsory CC 210)

➤ **Objectives :-**

1. To study body mechanism of human body.
2. To study function of internal organs of different systems.

➤ **Unit – 1**

- General Anatomy of human body.
- Main organs of human body.
- Various systems of human body.

➤ **Unit – 2**

- Study of the digestive tract and process of digestion.
- Metabolism of CHO, fat and Protein.
- Study of the respiratory system

➤ **Unit- 3**

(A) Study of the circulatory Systems .

- Functions and composition of blood.
- Functions and structure of heart.

(B) Study of the reproductive systems

- Male
- Female.

➤ **Unit -4**

- Study of the excretory systems.
- Study of endocrine glands.




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➤ **References**

1. By K.M.Bywar
Text book of Physiology.
2. By Dr C C Chettarji
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3. ડો. હષ્ટ મહતા અન ડો
4. રાસરા (.ણ બાડ)
માનવ શરાર રચના અન શરારાક્રયા શાસ્ત્ર



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S.Y.B.A. (Home-Science)

semester-IV

Practical Event management (CORE Elective paper-CE 207)

➤ **Objectives :-**

1. To develop skill in preparing table setting .
2. To develop skill in preparing card and gift packing.
3. To develop skill for party arrangement.
4. To develop skill for preparing flower arrangement and rangoli.

PRACTICALS

➤ **Unit – 1**

Different type of table settings.

- Indian Style with menu card .
- Western style with menu card.
- Management for marriage ceremony.

➤ **Unit – 2**

- Preparation of different type of gift packing.(Ant two)
- Preparation of napkin fold (Any Six)
- Prepare menu planning according to various festivals.(Any three festivals)

➤ **Unit- 3**

Prepare different types of party (prepare one recipe from each party)

- Birth day party
- Buffet party
- Tea party



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➤ **Unit -4**

- Party decoration.
- Preparation of flower arrangement
- Preparation of Rangoli (Under water and On water)
- Room Decoration

➤ **References**

1.
2. ગુરૂ પ્રબધ સાધન વ્યવસ્થા .વ.



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S.Y.B.A. (Home-Science)

semester-IV

Practical-Home Decoration (CORE Elective paper -CE 207)

➤ **Objectives :-**

1. To get the student aware about different flower management .
2. To get the student aware about card, cover and pot
3. To get the student aware about different printing
4. To develop skill in preparing best out of waste .

PRACTICALS

➤ **Unit – 1**

(A) Floor Decoration

- Over water rangoli.
- Under water rangoli.
- Different region rangoli.

(B) Flower Arrangement

- Miniature
- Mass
- Dry and Artificial

➤ **Unit – 2**

Preparation of following article

- Mobile cover (Any one).
- Greeting card and cover (Any two).
- Preparation of flowers and flower pot.

➤ **Unit- 3**

- Glass printing (Any one)
- Block Printing (Any one)




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➤ **Unit -4**

- Make a sample –Best out of waste.
- Fabric painting- Table cloth and Napkin (four pieces)

➤ **References**

1.

.d,

2. ગુરુ પ્રબધ સાધન વ્યવસ્થા અવમ આતરાક સજ્જા



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semester-IV

Practical-Children Garment (CORE Elective paper-CE- 208)

➤ **Objectives :-**

1. To develop basic skill in children clothing construction .
2. To develop entrepreneurship skill in children garment making .

PRACTICALS

➤ **Unit – 1**

Drafting, cutting and stitching of

- Baby top
- Baby skirt.

➤ **Unit – 2**

Drafting, cutting and stitching of

- "A "Line frock.

➤ **Unit- 3**

Drafting, cutting and stitching of

- Sunsuit
- Simple zabhala

➤ **Unit -4**

Drafting and cutting

- Different types of necklines used in children garments.
- Different types of sleeves used in children garments.

➤ **References**

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“ .દરણ “

2. “ .દરણ “



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Semester-IV

Practical-Baby lay out (CORE Elective paper-CE- 208)

➤ **Objectives :-**

1. To develop basic skill in Baby lay out.
2. To develop entrepreneurship skill in baby lay out making.

PRACTICALS

➤ **Unit – 1**

Drafting, cutting and stitching of

- Covered gadi with Zip
- Cylindrical Pillow.
- Cushion

➤ **Unit – 2**

Drafting, cutting and stitching of

- Towel with head cover
- Bib
- Gloves of hands and legs

➤ **Unit-3**

Drafting, cutting and stitching of

- Fancy Zabbla
- Panty

➤ **Unit -4**

Drafting, cutting and stitching of

- Cap (Simple or fancy)
- Cover of Day per.

➤ **References**

1. ગુલ મહલ
“ ટાઈલડા”
2. “ ટાઈલડા”



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T.Y.B.A. (Home-Science) - Semester-V
Diet Therapy- Theory (Core Compulsory-CC-311)

Objectives:-

- To understand the role of diet in management of various diseases.
- To understand the role of dietitian.
- To develop the skills and techniques in the planning and preparation of therapeutic diets for various diseases.
- To provide practical laboratory training in preparation of special diets.

Course content

Unit-1

- Definition of diet – Therapy.
- Principle of diet –Therapy.
- Importance of therapeutic diet.
- Role and responsibilities of dietician.
- Diet modification.
- Method of tube feeding.

Unit-2

- Dietary management causes, sign's and treatment in following diseases.
 - Peptic ulcer.
 - Diharroea and constipation.
 - Ulcerative colitis.

Unit-3

- Dietary management causes, sign's and treatment in following diseases.
 - Diabetes.
 - Anamia.
 - Jaundice.

Unit-4

- Dietary management causes, sign's and treatment in following diseases.
 - Heart diseases.
 - Tuberculosis.
 - Kidney diseases.
 - Obesity.

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2. Dietetics (1st edition) Shrilaxmi B.(1993) Wiley Eastern Ltd.
3. Aharniyojan – Vrundasinh-Shyam Prakashan- Jaipur
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T.Y.B.A. (Home-Science) - Semester-V
Advance clothing and textiles-Theory (Core Compulsory-CC-312)

Objectives:-

- To acquaint students with knowledge of different fibers.
- To equip students with knowledge of different weaves of fabric.
- To enrich students with knowledge of finishes applied of fabric.
- To feed students with knowledge of colours and designs in clothing.
- To teach students yarn construction and its types which are used in fabric.

Unit-1

- Terminology of Textiles.
 - Fibre , Filament, staple, yarn, Warp, Weft, Spining.
 - Thread , Twist, Selvedge, Grainline, Trade mark, Trade name.
- Consumer problems in textile and its solutions.
- Properties of textile fibres.

Unit-2

- Classification of fibres and properties of natural fibres.
- Yarn construction from
 - Fibres
 - Filament
 - Staple
- Different stages of yarn construction .
- Types of Yarns.
 - Simple
 - Complex

Unit-3

- Weaving Units.
 - Types of looms.
 - Types of loom's parts.
 - Structure and functions of looms.
- Types of waves.
 - Simple waves.
 - Fancy waves.




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Unit-4

- Textile finishes and its importance in textile Industry
 - Aims and Types of finishes.
 - Mechanical and chemical finishes.
- Importance of colour in clothes.
 - Principle and types of colour.
 - Colour contrasts and colour schemes.
- Elements of design in clothes.
 - Principles of design.
 - Elements of design.

References:-

1. Fundamentals of Textile- S.Dantysi
2. Text book of clothing and textile - Sushma Gupta, Neru Garg, Rehu Sachi.
3. વસ્ત્ર વિજ્ઞાન એવં પરિધાન – ડૉ વુન્દાસિંહ
4. વસ્ત્ર વિજ્ઞાન એવં પરિધાન – નિરજા યાદવ
5. વસ્ત્ર વિજ્ઞાન એવં પરિધાન – બેલા ભાર્ગવ
6. બેજીક કલોર્ઘીગ એન્ડ ટેક્ષટાઈલ – ભાનુ પટેલ, અમિતા પટેલ




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T.Y.B.A. (Home-Science) - Semester-V
Community Nutrition Education -Theory (Core Compulsory-CC-313)

Objectives:-

- To enable the students to understand the relationship between nutrition and malnutrition.
- To educate the students to understand the problems of nutrition and health in Indian community.
- To create awareness about water borne diseases.
- To equip students to learn and understand about nutrition uplift programmes.

Unit-1

- Good Nutrition.
 - Definition and symptoms of good nutrition.
 - Evaluation of good nutrition.
- Malnutrition.
 - Definition and conditions of malnutrition.
 - Causes of malnutrition.
 - Symptoms of malnutrition.
 - Diseases due to malnutrition.
 - Measures for prevention and control.

Unit-2

- Community Nutrition and Health.
 - Definition and concept of health.
 - Definition and concept of nutrition and its relation to health.
 - Factors affecting on community health and nutrition.

Unit-3

- Programmes related to Health and Nutrition.
 - I C D S
 - Anemia prophylaxis programme
 - I D D Programme
 - Vitamin-A prophylaxis programme
- Food fad and fallacious.

Unit-4

- Specific health problems in India - its causes, Symptoms and dietary guidelines.
 - AIDS
 - Cancer
 - Thalesemia
- Water borne diseases.
 - Cholera
 - Typhoid
 - Diphtheria

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T.Y.B.A. (Home-Science) - Semester-V
Practical on Diet Therapy- (Core Compulsory-CC-314)

Objectives:-

- To enable students to plan and prepare diets for various diseases.
- To provide practical laboratory training in preparation of special diets and therapeutic diet.

Course Content:-

Unit-1

- Planning and preparation of
 - Normal diet
 - Liquid diet - Clear fluid diet
- Full fluid diet
 - Soft diet ,Bland diet and fiber diet
- Planning of whole day diet plan for patient of following diseases and calculate nutritive value of whole day's diet plan , prepare any three recipes from each diet plan.
 - Peptic ulcer
 - Constipation
 - Diarrhoea
 - Ulcerative colitis

Unit-2

- Planning of whole day diet plan for patient of following diseases and calculate nutritive value of whole day's diet plan , prepare any three recipes from each diet plan.
 - Diabetes
 - Jaundice
 - Obese person

Unit-3

- Planning of whole day diet plan for patient of following diseases and calculate nutritive value of whole day's diet plan , prepare any three recipes from each diet plan.
 - Heart Diseases.
 - Anemia

Unit-4

- Planning of whole day diet plan for patient of following diseases and calculate nutritive value of whole day's diet plan , prepare any three recipes from each diet plan.
 - Tuberculosis
 - Kidney diseases

References:-

1. Aharniyojan – Vrundasinh-Shyam Prakashan- Jaipur
2. Normal and Therapeutic Nutrition - Robinson




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T.Y.B.A. (Home-Science) - Semester-V
Practical on Dress designing for college girl (Core Compulsory-CC-315)

Objectives:-

- To learn different types of sleeves.
- To learn different types of collar.
- To develop skills for making garment.
- To develop skills for finishing in garment.

Unit-1

- Types of sleeves.
 - Simple sleeve
 - Puff sleeve
 - Umbrella sleeve
 - Megiya sleeve

Unit-2

- Types of Garments. (Taking measurement – drafting- paper cutting- Sticking)
 - Punjabi Kurti
 - Patiyala Salwar

Unit-3

- Types of collar.
 - Round collar
 - Tennis collar
 - Seilar collar (V collar)
 - Stand patti collar

Unit-4

- Types of Garments. (Taking measurement – drafting- paper cutting- Sticking)
 - Top
 - Cappri

References:-

1. "શિવણ માર્ગદર્શિકા" – નિર્મળા મિસ્ત્રી
2. "શિવણ માર્ગદર્શિકા" – બાબુભાઈ પટેલ




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T.Y.B.A. (Home-Science) - Semester-VI
Food preservation –Theory (Core Compulsory-CC-316)

Objectives:-

1. Acquire knowledge pertaining to principles and methods of preserving foods.
2. Develop ability in preparing and preserving various foods by household methods.
3. Understand the food laws, food standards and food adult ration .

Course content: -

Unit-1

- Importance of food preservation.
- Principles of food preservation.
- Methods of Food preservation.
 - Bacteriostatic Method
 - Bactericidal Method
- Food spoilage- perishable foods, semi-perishable foods, Non perishable foods, causes of food spoilage.

Unit-2

- Equipments used in food preservation.
- Study of various preservatives used in food preservation.
- Methods of preparing squash, syrup, cordial.
- Methods of preparing Jam, Jelly and Marmalade.

Unit-3

- Methods of preparing Murabba.
- Methods of preparing Pickles, Importance of Pickles, Types of Pickles, Signs and causes for spoilage of Pickles.
- Tomato products and Chutney.

Unit-4

- Canning and bottling.
- Preservation of cereals and Pulses.
- Food laws, food standards and Food Adult ration .

References:-

1. Food Microbiology -Frazier W.C./DC westhuff M.C. Grow Hill Ltd.
2. Food preservation – Sushila I Patel Namra Prakashan , Kalol (Gujarat)
3. The Technology of Food Preservation – James N.Desrosier, Oxford University , Delhi
4. Storage of Food grains- National institute of Nutrition , ICMR by Ramesh Bhatt




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T.Y.B.A. (Home-Science) - Semester-VI
Family Housing and Home furnishing -Theory (Core Compulsory-CC-317)

Objectives:-

1. To highlight an importance of housing.
2. To create an awareness of selection for site and house.
3. To develop ability to select furniture and arrangement in rooms.
4. To understand the factors influencing for room design.

Course content: -

Unit-1

- Importance of housing for family.
- Planning to build a house.
- Principles of house construction planning.

Unit-2

- Planning of rooms for different activities.
 - Drawing room
 - Kitchen
 - Bed room

Unit -3

- Types of furniture.
- Points to be considered while selection of furniture with reference to ergonomics.
- Arrangement of furniture.

Unit-4

- Principles of an art.
- Arrangement of light.
- Selection and arrangement of accessories.

References:-

1. Gruhsajvat ni Gita- Dr. Neha Shah, Parshv Publications, Ahmedabad.
2. Gruh prabandh avem antrik sajja - Dr. Vrinda Shih, Panchshil Prakashan , Jaipur-2004.
3. Foundation of Art and Design- Bhatt P.D. Goenkas, Lakhani book depo, B ombay-1976.
4. Gruh Vyavashtha aevam Gruh Kala - Dr. G.P. Shairy




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T.Y.B.A. (Home-Science) - Semester-VI
Home-Science Extension Education and communication –Theory
(Core Compulsory-CC-318)

Objectives:-

- To aware the students about the principals of extension education.
- To aware the students about the application of extension education in Home Science.
- To aware about communication.

Unit-1

Home Science Education

- Importance of Home Science education.
- Objectives of Home Science education .
- Philosophy of Home Science education.
- The job oriented Courses :
Nutrition, Dietetics, Food preservation, Housing, Clothing and textiles, Interior design, Pre -school education and Extension, Job opportunities in Home Science and others.

Unit-2

Extension Education

- Meaning and definition of Extension Education.
- Principals of Extension Education.
- Philosophy of Extension Education.
- Stages of Extension Education.

Unit-3

Communication

- Meaning and definition of communication.
- Elements of communication.
- Importance of communication.
- Models of communication.

Unit-4

Communication

- Types of communication.
- Media of communication.
- Problems of communication.
- Characteristics of good communication.

References:-

1. ગૃહવિજ્ઞાન શિક્ષણ – દિપ્તી દેસાઈ
2. ગૃહવિજ્ઞાન શિક્ષણ – ડૉ. શ્રીમતી જી.પી.શૈરી
3. વિસ્તરણ શિક્ષણ – બાબુભાઈ અવરાણી
4. ગૃહવિજ્ઞાન શિક્ષણ અને પ્રત્યાયન – મીતા રાજપુરા
5. Education and communication for development - Dharna and Bhatnagar
6. Fundamental of teaching Home science - Chandra, Arvind shah, Anupama Uma




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T.Y.B.A. (Home-Science) - Semester-VI
Practical on Food Preservation (Core Compulsory-CC-319)

Objectives:-

- To understand the basic principals and underlying food preservation as an income generating activity.
- To develop ability in preserving foods by laboratory and household Methods.

Course content: -

Unit-1

- Methods of sterilization.
- Preparation of squash- With the use of sodium benzoate and potassium metabisulphate as preservatives .(two –two practical each)
- Preparation of synthetic syrup . (serving with water and milk)(two –two practical each)
- Preparation of tomato ketchup .

Unit-2

- Preparation of Jam, mix fruit Jam . (Any two)
- Preparation of Jelly and marmlede. (Any two)
- Preparation of Murabba.(Any two)
- Preparation of fruit chutney .
- Preparation of chyawanprash.

Unit-3

- Preparation of Pickles.
- Short term Pickles. (Any two)
- Long term pickles. (Any two)
- Sweet pickles, Sour pickles.
- Bottling of Acidic and non Acidic foods.

Unit-4

- Freezing of Foods. (Freezing of fruits and vegetables)
- Dehydration of foods.
- Cereal preparation, Rice preparation, Wheat preparation.
- Dehydration of vegetables and fruits e.g. Potato chips, Sweet Amla, Pachan Amla.

References:-

1. Food Microbiology -Frazier W.C./DC westhuff M.C. Grow Hill Ltd.
2. Food preservation – Sushila I Patel Namra Prakashan , Kalol (Gujarat)
3. The Technology of Food Preservation – Jamesh N.Desrosier, Oxford University , Delhi
4. Storage of Food grains- National institute of Nutrition , ICMR by Ramesh Bhatt




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T.Y.B.A. (Home-Science) - Semester-VI
Practical on Family Housing and Home furnishing (Core Compulsory-CC-320)

Objectives:-

- To develop ability to draw rooms plan.
- To create ability to arrange furniture, lighting, accessories, etc. in different rooms.

Unit-1

- To prepare Color schemes and color wheel.
- Common measurement for furniture.

Unit-2

- Room plan with color scheme, furniture arrangement, lighting accessories etc. (with color pencil)
- Kitchen- One wall- 'L' shape, 'U' shape, 'I' land

Unit-3

To prepare plan for Drawing room

- Indian.
- Indowestern.

Unit-4

To prepare plan for Bed room

- Bed room for single person .
- Bed room for old age person.
- Master bed room .

References:-

1. Gruhsajavat ni Gita- Dr. Neha Shah, Parshv Publications, Ahmedabad.
2. Gruh prabandh avem antrik sajja - Dr. Vrinda Shih, Panchshil Prakashan, Jaipur -2004.
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