



Re-Accredited by NAAC with 'A' Grade

**VEER NARMAD SOUTH GUJARAT UNIVERSITY**

University Campus, Udhna-Magdal Road, SURAT - 395 007, Gujarat, India

**વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી**

યુનિવર્સિટી કંપસ, ઉધના-મગદલા રોડ, સુરત - ૩૯૫ ૦૦૭, ગુજરાત, ભારત.

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### **-: પરિપત્ર :-**

વિનયન વિદ્યાશાખા હેઠળની સંલગ્ન હોમ સાયન્સ વિષય ચલાવતી સ્નાતક કોલેજોનાં આચાર્યશ્રીઓને જણાવવાનું કે, શૈક્ષણિકવર્ષ ૨૦૨૦-૨૧ અમલમાં આવનાર એફ.વાય.બી.એ. સેમેસ્ટર-૧ અને ૨ હોમસાયન્સ ના અભ્યાસક્રમ અંગે ચર્ચા કરતા હોમસાયન્સ વિષયની અભ્યાસસમિતિની તા.૨૧/૦૩/૨૦૨૦ની સભાનાં ઠરાવ ક્રમાંક: ૨ અન્વયે નીચે મુજબ કરેલ ભલામણ વિનયન વિદ્યાશાખાના અધ્યક્ષશ્રીએ વિનયન વિદ્યાશાખાની મંજૂરી ની અપેક્ષાએ વિદ્યાશાખાવતી મંજૂર કરી એકેડેમિક કાઉન્સિલને કરેલ ભલામણ એકેડેમિક કાઉન્સિલએ તેની તા.૩૦/૦૬/૨૦૨૦ની સભાના ઠરાવ ક્રમાંક:૭૦ અન્વયે સ્વીકારી મંજૂર કરેલ છે. તેની જાણ સંબંધકર્તા શિક્ષકો અને વિદ્યાર્થીઓને કરવી, તદ્દુપરાંત તેનો અમલ કરવો.

**હોમસાયન્સ વિષયની અભ્યાસસમિતિની તા.૨૧/૦૩/૨૦૨૦ની સભાનાં ભલામણ ક્રમાંક: ૨**

:: આથી ઠરાવવામાં આવે છે કે, શૈક્ષણિકવર્ષ ૨૦૨૦-૨૧ અમલમાં આવનાર એફ.વાય.બી.એ. સેમેસ્ટર-૧ અને ૨ હોમસાયન્સનો અભ્યાસક્રમ સર્વાનુમતે સ્વીકારી તે મંજૂર કરવા વિનયન વિદ્યાશાખાને ભલામણ કરવામાં આવે છે.

**એકેડેમિક કાઉન્સિલની તા.૩૦/૦૬/૨૦૨૦ ની સભાનાં ઠરાવ ક્રમાંક: ૭૦**

:: આથી ઠરાવવામાં આવે છે કે, હોમસાયન્સ વિષયની અભ્યાસસમિતિએ તેની તા.૨૧/૦૩/૨૦૨૦ ની સભાનાં ઠરાવ ક્રમાંક: ૨ અન્વયે ભલામણ કરેલ વિનયન વિદ્યાશાખાના અધ્યક્ષશ્રીએ વિનયન વિદ્યાશાખાની મંજૂરીની અપેક્ષાએ વિદ્યાશાખાવતી મંજૂર કરેલ શૈક્ષણિકવર્ષ ૨૦૨૦-૨૧ અમલમાં આવનાર એફ.વાય.બી.એ. સેમેસ્ટર-૧ અને ૨ હોમસાયન્સનો અભ્યાસક્રમ મંજૂર કરવામાં આવે છે.

બિડાણ: ઉપર મુજબ

ક્રમાંક : એકે./પરિપત્ર/૫૭૮૬/૨૦૨૦

તા. ૧૫-૦૭-૨૦૨૦

*R. B. R.*  
*2008*  
ઈ.ચા. કુલસચિવ

પ્રતિ,

૧)વિનયન વિદ્યાશાખા હેઠળની સંલગ્ન હોમ સાયન્સ વિષય ચલાવતી અનુસ્નાતક કોલેજોનાં આચાર્યશ્રીઓ.

૨)અધ્યક્ષશ્રી, વિનયન વિદ્યાશાખા.

૩)પરીક્ષા નિયામકશ્રી, પરીક્ષા વિભાગ, વીર નર્મદ દ. ગુ. યુનિવર્સિટી, સુરત.

.....તરફ જાણ તેમજ અમલ સારું.

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A SEMESTER- 1**

**FUNDAMENTALS OF FASHION DESIGNING – CE-.3**

**Effective from- June 2020-2021**

**Total credits- 04**

**Theory- 2 Credits (2 Periods/week)**

**Theory- External-50 Marks**

**Internal-20 Marks**

**Practical- 1 Credit (2 Periods/week)**

**Practical- External-20-Marks**

**Internal-10 Marks**

**FOCUS:-**This subject throws focus on making students aware of changing fashion trends and keep them informed about basics of fashions and to prepare

**OBJECTIVES:-**

- 1 To make students aware of new trends in fashion.
- 2 To impart knowledge and skill in the basic sewing techniques of clothing construction.
- 3 To give primary knowledge about textile fibres used in fashion designing.

**COURSE CONTENT:-**

**THEORY**

**UNIT-1**

**1.1 History, Scope and importance of clothing**

**1.2 Fashion**

**(A) Introduction to fashion**

**(i) Terms of Fashion**

**(ii) Classification of Fashion**

**(B) History of fashion (in brief)**

**(i) Indian history**

**(ii) Western history**

**(C) Culture and fashion**

*Bruler*

- (D) Fashion cycle
- (E) Innovation in fashion
- (F) Principles of fashion
- (G) Components of fashion- Silhouette, Detail, Texture, colour

## UNIT- II Tools used for clothing construction – their construction, figure, use, Cleaning and care.

- 2.1 Tools for marking.
- 2.2 Tools for cutting.
- 2.3 Tools for drafting.
- 2.4 Tools for sewing.
- 2.5 Tools for finishing.

## UNIT- III

### 3.1 Introduction to textile fibres.

- (A) What are textiles?
- (B) Textile fibres (i) Filaments (ii) Staple fibres
- (C) Foundation of Fabrics
- (D) Classification of Textile fibres
- (E) Brief introduction of major fibres (Cotton, Linen, Wool, Silk, Rayon, Acrylic, Jute, Nylon, Polyester)
- (F) Identification of fibres by Physical test
  - (i) Appearance test
  - (ii) Feeling test

### 3.2 Preparation of fabric for cutting.

- a) Importance & identification of grain.
- b) Identifying right & wrong side.
- c) Different widths of fabrics.
- d) Shrinking, straightening and pressing the fabric
- e) Folding fabrics for cutting -- lengthwise, crosswise, bias.
- f) Methods of marking on the fabric.

## UNIT- IV

### 4.1 Types of measurements

### 4.2 Knowledge of standard measuring points and taking body measurements for all types of garments.

## REFERENCES:-

- 1 Reena Bhatia & Charu Arora- Introduction to Clothing and Textiles.
- 2 Neelima, Fashion and Textile Design, Sonali publications, 2009, New Delhi- 110002
- 3 Pramila Varma- Vastravigyan evamparidhan (Hindi)

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- 4 Raul Jewel- Encyclopaedia of dress making, A.P.H. Publishing Corporation, New Delhi.
- 5 Jacob Anna Thomas, The Art of Sewing, UBS Publishers and Distributors Ltd., New Delhi, 1993.
- 6 Veena Samani, HinaSanvat, Malini Pathak, Dress Designing, Pravin Pustak Rajkot (Gujarati)
- 7 Dr. Nidhi Shrivastav, ParidhanevamSilaaee, Ritu Publications, Jaipur (Hindi)

### **PRACTICALS:-**

- 1 Study of sewing machine, its parts, use, cleaning and care.
- 2 Machine faults and ways to rectify them.
- 3 Basic construction techniques:- (Make samples)

#### **(A) Hand stitches:-**

- |                                |                  |
|--------------------------------|------------------|
| (a) Basting (even and uneven), | (b) Back stitch, |
| (c) hemming,                   | (d) slip stitch, |
| (e) lock stitch.               |                  |

- #### **(B) Seams-**
- (a) Plain seam
  - (c) Flat fell seam
  - (e) lapped seam
  - (g) Edge machining

- (b) French seam
- (d) Run and fell seam
- (f) Rolled seam
- (h) Faggoting

- #### **(C) Darts:-**
- (a) French dart

- (b) Fish dart

- #### **(D) Gathers**
- (a) Gathers by hand
  - (c) Ruffles

- (b) Gathers by machine

#### **(E) Pleats:-**

- (a) Knife pleats
- (c) Box pleats
- (e) Controlled pleats

- (b) Combination pleats
- (d) Inverted pleats

#### **(F) Tucks:-**

- (a) Pin tucks
- (c) Blind tucks
- (e) Cross tucks
- (g) Graduated.

- (b) Scallop tucks
- (d) Diamond tucks
- (f) Corded tucks

- #### **(G) Application of basic sewing techniques - Stitching an Apron**

### **MARKING SCHEME:-**

1st Q a or b or e (three samples)	6 marks
2nd Q c or d or f (three samples)	6 marks
Journal	4 marks
Class Work	4 marks
<b>Total</b>	<b>20 marks</b>

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A SEMESTER- 1**

**HOME SCIENCE- CC-2**

**HOME MANAGEMENT- 1**

**Effective from- June 2020-2021**

**Total credits- 04**

**Theory- 2 Credits (2 Periods/week)**

**Theory- External-50Marks**

**Internal-20Marks**

**Practical- 1 Credit (2 Periods/week)**

**Practical- External-20-Marks**

**Internal-10Marks**

**FOCUS:-** This course deals with the management of resources in the family with particular reference to mobilize all the resources for achieving the family goals, impart knowledge and understanding of construction of Household equipment, materials used, selection criteria, maintenance and care of electrical and non-electrical equipments.

**OBJECTIVES :**

- 1 To create awareness among the students about management in the family as well as the other systems.**
- 2 To recognize the importance of wise use of resources in order to achieve goals.**
- 3 To make students understand the principles underlying the operation, use and care of various household equipments and new trends in equipments in the market.**
- 4 To enable students to recognize base materials, finishes in the construction Of household equipment**

*Prater*

## **COURSE CONTENT**

### **THEORY**

#### **UNIT-1 Introduction to Management**

- 1:1 Variety of Meaning:- Supervision / Supervisor, Leadership / Leader  
Execute / Executive, organization / Organizer, Administration/  
Administrator, Direction/Director, Control/Controller, Boss, Governor
- 1:2 Definitions of Management and Home Management from:- Dictionary point  
of view , By Henri Fayol (Father of Modern Management), McFarland, Henri  
Sisk, Nickell and Dorsey, R.P.Kotzin, National Conference of family life sub-  
committee Report, Gross and Crandall,  
Traditional and Modern concept of management.

#### **UNIT-2 Motivation in Management**

##### **2:1 Values-**

- (a) Definitions BY Mid Marget, Dr.Radha Kamal Mukherjee, Nickell and  
Dorsey etc,
- (b) Characteristics, Origin and Motivating Values- Types of Values-By Parker,  
Super and Lindsey,
- (c) Factors affecting Values

2:2 Goals:- Definitions, origin and Types of Goals, Long Term, Short Term,  
Means End, related to Personal, Family, Group etc.

2:3 Standards:- Meaning, Classification-As to context, fixedness and Quality.

#### **UNIT-3 Resources and their Management in the Family 3:1**

Resources:- Definitions, Meaning and Classification

##### **3:2 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

##### **3.3 Decision making in Management**

- (A) Meaning and Definitions- by Peter Drucker, by Geroge R. Terry, by  
R.S. Davar, from Webster Dictionary
- (B) Steps in Decision Making
  - (i) Problem analysis
    - Perception of the problem
    - Identification of the problem
    - Analysis

*Bale*

- (ii) Search for alternatives
- (iii) Evaluation of alternatives
- (iv) Selection of the best solution
  - (a) Risk Involved, Economy, Timing, Limitation, Implementation of decision
  - (b) Feed back of Decision
  - (c) Types of Decision:- Major and Minor, Programmed and Non-Programmed, Routine and Basic, Personal and Group -Methods of taking Group Decisions

#### **UNIT-IV Materials used for household equipment**

4.1 Base Materials, Iron, Aluminum, Steel, Copper, Brass, Glass, Borosilicate, Soda lime Silica, Plastic, etc.

4.2 Finishes- Mechanical and Applied Finishes

#### **REFERENCES:**

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

#### **PRACTICALS**

Learning the use and care of different Kitchen equipments

- (1) Refrigerator
- (2) Mixer, Grinder, Juicer, Slicer, Grater, Whipper, Kneader
- (3) Tea Kettle, Coffee Percolator / Tea-Coffee Maker
- (4) Tandoor-Electric and Non Electrical
- (5) Oven-Electric and Microwave
- (6) Electric smart snacker or Electric Chopper
- (7) Roti maker

*Pradeep*

## MARKING SCHEME

Figure of the equipment-	3 Marks
Construction of the equipment-	4 Marks
Use of the equipment-	5 Marks
Viva-	2 Marks
Project-	2 Marks
Journal-	4 Marks
<b>Total</b>	<b>20 Marks</b>

*B. K. S.*



**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**B.A SEMESTER- 1**

**CORE ALLIED**

**LIFE SPAN DEVELOPMENT- I**

**Effective from- June 2020-2021**

Total credits- 03

Theory- ~~3~~ Credits (~~3~~ Periods/week) Theory- External-50 Marks Internal-20 Marks

**FOCUS:-** This course covers the entire life span and traces the various development stages. It encompasses in scope development in-utero, infancy up to adolescence Identifying critical concerns in the socio-cultural perspectives.

**OBJECTIVES:-**

- 1 To become acquainted with developmental stages from birth to adolescence.
- 2 To develop awareness of important aspects of development during birth to adolescence.
- 3 To understand the issues faced and adjustments required at each stage.

**NOTE:-** For each of the following stages of development, the influence and interaction of socio-cultural and environmental factors need to be discussed/explained.

**Unit : 1 Basis of Human Developmental Characteristics**

1.1 Genes And Chromosomes– Concept

1.2 Heredity And environment :

(A) Heredity - Meaning and process of Heredity

- Sex determination, Twins and brief information about human Hereditary characters

(B) Environment - Meaning & Role of environment in human development

(C) Interaction of Heredity and Environment

**Unit :2 Prenatal Development**

2.1 Brief information about Prenatal development

2.2 Prenatal influences on the child :

-Biological risks, age of mother, physical characteristics, illness, diet and nutrition, stress & emotional strains, environmental hazards

**Unit : 3 Growth And Development**

3.1 Meaning of Growth And Development

3.2 Factors influences Growth And Development

3.3 Characteristics of Growth And Development

3.4 Role of Maturation and Learning in Growth And Development

3.5 Factors associated with learning

*Pradeep*

### 3.6 Interaction of Maturation and Learning

#### Unit : 4 Stages of Development :

##### 4.1 Brief information about Characteristics /Mile stones

1. Neonate 2. Infant 3. Early childhood 4. Late childhood 5. Adolescence

#### REFERENCES :

- 1 Elizabeth B. Hurlock, Child Development, 6<sup>th</sup> edition, Tata McGrawhil.
- 2 Berk, L.E., Child Development, New Delhi, Prentice Hall.
- 3 Craig, G. Human Development, N.J. Prentice Hall.
- 4 Cole M.& Cole S.: The Development of Children, NY Freeman & Co.
- 5 Gardiner , H.W., Mutler, J.D.(1998): Lives Across Cultures, Boston, Allyn& Bacon.
- 6 Lerner, R.M. &Hultch, D.F.: Human Development: A life Span Perspective, NY :McGraw Hill.
- 7 Rice, F.P.(1965): Human Development: A life Span Approach, NJ: Prentice Hall.
- 8 Santrock, J.W. (1997): Life Span Development, NY: Brown & Bench Mark.

*Breeler*

**VEER NARMAD SOUTH GUJRAT UNIVERSITY, SURAT**

**B.A. SEMESTER-1**

**FAMILY AND COMMUNITY SCIENCE-CE-1**

**EXTENSION EDUCATION**

**EFFECTIVE FROM 2020-2021**

Total Credits – 04

Theory- External – 30 Marks

Theory – 3 Credits (3 Periods/week)

Internal – 10 Marks

Practical -1 Credit (2 Periods/week)

Practical- External – 20 Marks

Internal – 10 Marks

**FOCUS :** This subject focuses on understanding the philosophy of family and community science, job opportunities and opportunities for self-employment.

**OBJECTIVES :**

1. To develop an appreciation for family and community science
2. To create an awareness of the opportunities for using family and community science education in and outside of the home (professional work).
3. To develop awareness of the values of teaching aids in the teaching learning process.

**COURSE CONTENT:**

**THEORY :**

**UNIT-I Introduction to Family and Community Science Education in brief**

1. Definitions of Family and Community Science Education
2. Meaning of Family and Community Science Education
3. Objectives of Family and Community Science Education
4. Philosophy of Family and Community Science Education
5. Areas of Family and Community Science Education. Family and Community Science Education and their contribution to daily living and to the professional fields.

**UNIT–II Importance and Value of Family and Community Science Education**

1. Vocational value
2. Foundation of good citizenship
3. Universality

4. Self-reliance
5. Solution of household problems
6. Preparation for the change to come.
7. As a general education
8. Preservation and Transmission of culture
9. Economic importance
10. Ability to live a richer and purposeful life

### **UNIT–III Need and Significance of vocationalization of Family and Community Science Education**

1. Reasons for vocationalization of Family and Community Science Education
2. Job opportunities for Family and Community Scientist
3. Self-employment for Family and Community Scientist

### **UNIT IV Teaching Aids**

1. The role of teaching aids in teaching learning process
2. Classification of teaching aids
3. Edgar Dale- “Cone of Experience”
4. General Principles in selecting and using following teaching aids and advantages and limitations of following aids.
  - Poster
  - Charts
  - Flannel Graphs
  - Display on bulletin board

### **PRACTICALS**

Methods and Principles in preparing and using the following teaching aids

1. Poster
2. Charts
  - Simple chart
  - Tree chart
  - Organization chart
  - Suspense chart
  - Pictorial chart

- Comparison chart
- Contrast chart

3. Flannel Graphs

4. Display on bulletin board

### **MARKING SCHEME:**

Q1. Preparation of teaching aid (From practical 1 & 2)	5 Marks
Q2. Preparation of teaching aid (From practical 3 & 4)	5 Marks
Class work	6 Marks
Journal	4 Marks

### **REFERENCES:**

1. Das R.R.Roy Binita—Teaching of Home Science,sterling publishers Ltd,1973.
2. Das Nividita --- Teaching Home Science,DOMINANT Publishers and Distributors, New Delhi.
3. Dr.ParlikarKalpana what is Home Science Diamond Publication, Baroda.
4. Mehta Neepa, Mehta Avani—Designing Graphics Aids Department of Home Science Extension & communication, M.S. University, Vadodara.

# **VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

## **B.A. SEMESTER- 1**

### **HOME SCIENCE : CC-1**

#### **FUNDAMENTALS OF FOODS AND NUTRITION- I**

**Effective from- June 2020 - 2021**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory-External-30 Marks

Internal-10 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

**FOCUS:-** This course enables the students to understand the importance of Nutrition and using proper method of cooking in keeping good health.

#### **OBJECTIVES:-**

- 1 The course enables the students to understand the functions of food and the role of various nutrients and the effects of hypo and hyper intake.
- 2 To learn about the composition and nutritional contribution and selection of different food stuffs.
- 3 To be familiar with different methods of cooking, their advantages and disadvantages.
- 4 To develop the ability to improve the nutritional value of food.

#### **COURSE CONTENT**

##### **THEORY**

##### **UNIT- 1**

1:1 Concept of nutrition

1:2 Definition of food, Diet, nutritional status and malnutrition

1:3 Signs of good and poor nutrition.

##### **UNIT- 2**

2:1 Functions of food.

2:2 Basic Food Groups.

2:3 Balanced Diet

##### **UNIT-3**

Macro nutrients: Chemical composition, Classification, digestion, absorption, metabolism, sources, functions, RDA, hypo and hyper intake.

3:1 Carbohydrates

3:2 Protein

3.3 Fat

## UNIT- 4

4:1 Energy-Fuel and energy, energy yielding food factors, the energy value of food, energy units, determination of energy value using Bomb Calorimeter, recommended allowances for calories,

4:2 BMR, factors affecting BMR.

4:3 Basic terminology used in food preparation

(A) Peeling, scraping, cutting, grating, emulsification, homogenization, germination, fermentation

(B) Mixing terms:- Beating, blending, creaming, folding.

### PRACTICALS:-

- 1 Controlling techniques: Weight and measures- Standard and household measures for raw foods.
- 2 Preparation and calculation of following nutrients
  - 1 Carbohydrates ----- 6 recipes
  - 2 Protein ----- 6 recipes
  - 3 Fat ..... 6 recipes
- 3 Preparation of recipes using following preparation methods:-
  - 1 Germination ----- 1 recipe
  - 2 Fermentation ----- 1 recipe

### MARKING SCHEME:-

Selection of dish .....	4 marks
Taste, texture, flavor, colour (2 marks each)	8 marks
Calculation .....	2 marks
Viva .....	2 marks
Journal- .....	4 marks

**Total - 20 marks**

### REFERENCES:

- 1 F.P. Antia-Diet Therapy
- 2 Mudambi and Rajgopal-Fundamentals of Foods and Nutrition
- 3 M. Swaminathan-Food Science, Chemistry and Experimental Foods
- 4 Neelam Buddhdev, Bhavna Vaid-Human Nutrition
- 5 R.Rajalaxmi- Prayukta poshan
- 6 Thangam Philip-Modern Cookery

**B.A. SEMESTER - 1**  
**FAMILY AND COMMUNITY SCIENCE : CE - 2**

**INTRODUCTION TO MEDICINAL PLANTS**

**Effective from- June 2020 - 2021**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-30 Marks

Internal-10 Marks

Practical-1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

**FOCUS:-** Use of plants and plant products is common practice in every household. They are used for varied purpose. Quite a few spices and common plants are also used as medicine. In fact it is the heritage of India. This course aims to rekindle the interest of educated graduates into this period practice using available material at household or at the doorsteps

**COURSE CONTENT**

**THEORY**

**UNIT-1 Introduction to cell :**

- 1:1 Definition, Types of cells (Akaryotic, Prokaryotic and Eukaryotic )
- 1:2 Difference between Plant cell and Animal cell
- 1:3 Plant cell organelles : Structure and function

**UNIT-2 Introduction of Non-living plant cell contents (In brief) :**

- 2:1 Storage substances
- 2:2 Secretory substances
- 2:3 Excretory substances

**UNIT-3 Kitchen Garden : Method of cultivation and their medicinal value**

- 3:1 Tulsi – Ocimum sanctum
- 3:2 Kumarpantu – Aloe vera
- 3:3 Jasud – Hibiscus rosasinensis
- 3:4 Ardusi – Justicia adhatoda
- 3:5 Marigold – Calendula officinalis
- 3:6 Brahmi – Centella asiatica
- 3:7 Kariyatu - Swertia chirata
- 3:8 Methi -Trigonella foenum-graceum

**UNIT-4**

Collection and processing of parts of medicinal plants:

- 4:1 Underground parts
- 4:2 Bark
- 4:3 Leaves
- 4:4 Flowers
- 4:5 Fruits and Seeds



## PRACTICALS

- (1) Study of plant cells: Mounting -Onion peel, Tomato pith cells
- (2) Study of Non-living cell contents : Mounting
  - (a) Starch grains (potato, euphorbia)
  - (b) Mineral crystals of Calcium oxalate (From of pothos, phylloclade of opuntia, bulb of amorphophallus)
- (3) Identification and their medicinal value of parts of medicinal plants: Tulsi, Kumarpathu, Jasud, Arduasi, Marigold, Brahmi, Kariyatu, Methi
- (4) Study of garden tools.
- (5) Preparation of plan for kitchen gardening or home garden.
- (6) Preparing seed bed and seed sowing in garden or pot.

## MARKING SCHEME -

- |   |         |
|---|---------|
| (1) Identify and mention uses of-<br>Specimen no. 1 to 6 (medicinal uses)<br>Specimen no. 7 to 8 (garden tools) | 8 marks |
| (2) Mounting : Plant cells/Non-living plant cell contents   | 5 marks |
| (3) Preparing plan for kitchen garden or home garden  | 3 marks |

OR

- |   |         |
|---|---------|
| Preparing seed bed and seed sowing in pot |         |
| (4) Journal                               | 4 marks |

**Total- 20 marks**

## REFERENCES :

- 1 A Text Book of Botany – A. C. Datta
- 2 Cell Biology - De Roberties
- 3 Cytology - Rustogy
- 4 Cell Structure and functions - Loeny A. and Sarkerly (1995)
- 5 Manual of Botany Practicals - D.A.Apsungikar
- 6 A Text Book of Botany for F.Y.B.Sc. - Popular Publishing Co., Surat
- 7 શાસ્ત્રા શર્કર દાજી પટે (2008) આયુર્વેદિક (28મી આવૃત્તિ); સસ્તુ સાહિત્ય વપક ઝવિયાલય, અમદાવાદ.
- 8 શાહ મહાસકર અને પરબીઆ (2005), પ્રાચીનક સ્વાસ્થ્ય માં વનસ્પતિ ઔષધો સમન્વય, વિવિધ આશ્રમ, ગાંધી, વડોદરા- 390021.
- 9 પરબીઆ અને પાઠક (2002), આપણી વનઔષધ, માનવ વિકાસ સંસ્થાન, સુરત: 395007
- 10 પરબીઆ, પરબીઆ અને શેઠ (2011) દાદામાળા ગુણ, સાહિત્ય સંગ્રહ, સુરત.

- 11 જનકદુ આદર પૂવાય, બાપલાલ ગ. વઘ પ્રકાશક આત્માનંદ સરસ્વતી,  
આયુવાદક સહકારા ફામસાલામડો, સુરત
- 12 જનકદુ આદર પૂવાય, બાપલાલ ગ. વઘ પ્રકાશક આત્માનંદ સરસ્વતી, આયુવાદક  
સહકારા ફામસાલામડો, સુરત
- 13 વનસ્પાત વૈભવ અને તેના કામતા ઉપયોગ, ડો. અચના ત્રિવેદી, ડો. લક્ષ્મી ત્રિવેદી,  
ગુજરાત પુસ્તકાલય સહાયક સહકારા મહાળા, મોતીભાઈ અમીન માગ, સસ્થા વસાહત  
રાવપુરા, વડોદરા.

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**B.A SEMESTER- 2**

**CORE ALLIED**

**LIFE SPAN DEVELOPMENT- II**

**Effective from- June 2020-2021**

Total credits- 03

Theory- 2 Credits (2 Periods/week)

Theory- External-50 Marks

Internal-20 Marks

**FOCUS:-**This course covers the entire life span and traces the various development stages. It encompasses in scope development in-utero, infancy up to adolescence Identifying critical concerns in the socio-cultural perspectives.

**OBJECTIVES:-**

- 1 To become acquainted with developmental stages from birth to old age.
- 2 To develop awareness of important aspects of development during the whole life span.
- 3 To understand the issues faced and adjustments required at each stage.

**UNIT : 1**

**1:1 Physical Growth And Development During Childhood.**

- (A) Meaning, importance
- (B) Order of Physical Growth
- (C) Nature of Physical Growth And Development
- (D) Disorders of Physical Development

**1:2 Some common motor skills of childhood**

**UNIT : 2**

**2:1 Mental/Intellectual Development During Childhood**

- (A) Meaning of intelligence and its types
- (B) Importance of Intellectual Development
- (C) Brief information about Intelligence test, Mental age, Actual age and Intelligence quotient
- (D) Development of intelligence
- (E) Factors affecting Intellectual Development

**2:2 Speech And Language Development**

- (A) Speech and Language – its tasks, Importance of Speech and Language development
- (B) Process of Speech and Language development : Pre language stage and process of speech development

- (C) Development of reading capacity
- (D) Speech disorders

### UNIT : 3

#### 3:1 Emotional development

- (A) Definition, Characteristics of child emotions
- (B) Emotional development during Infancy, Childhood, Adolescence
- (C) Control of emotions

#### 3:2 Social Development

- (A) Explain the words – Social behavior & Social Development
- (B) Pattern of Social Development : Stages of Social Development
  1. Pre Social behavior
  2. Starting of Social behavior
  3. Social Development during Infancy
  4. Social Development during childhood
  5. Gang life

### UNIT : 4

#### 4:1 Adolescence stage

- (A) Meaning, Physical growth and development – growth spurt
- (B) Reasons of growth spurt, physical changes
- (C) Sexual development –Primary & Secondary sex characteristics
- (D) Problems of Adolescence –Basic problems, drugs & alcohol abuse, psychological breakdown, STD-AIDS, pregnancy

#### 4:2 Adulthood

- (A) Meaning, Sub stages of adulthood
- (B) Developmental task of adulthood

### REFERENCES:-

- 1 Elizabeth B. Hurlock, Child Development, 6<sup>th</sup> edition, Tata McGrawhil.
- 2 B. Kuppaswami, A Textbook of Child behaviour and Development, Vikas Publishing House, Pvt. Ltd.
- 3 Laura E. Burk, Child Development, 8<sup>th</sup> edition, PHI LEARNING PVT. Ltd.
- 4 Berk, L.E., Child Development, New Delhi, Prentice Hall.
- 5 Craig, G. Human Development, N.J. Prentice Hall.
- 6 Cole M.& Cole S.: The Development of Children, NY Freeman & Co.
- 7 Gardiner, H.W., Mutler, J.D.(1998): Lives Across Cultures, Boston, Allyn& Bacon.
- 8 Lerner, R.M. &Hultch, D.F.: Human Development: A life Span Perspective, NY :McGraw Hill.
- 9 Rice, F.P.(1965): Human Development: A life Span Approach, NJ: PrenticeHall.
- 10 Santrock, J.W. (1997): Life Span Development, NY: Brown & Bench Mark.

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A. SEMESTER-2**

**HOME SCIENCE- CC- 4**

**HOME MANAGEMENT- 2**

**Effective from 2020-2021**

**Total credits- 04**

**Theory- 3 Credits (3 Periods/week)**

**Theory- External-50 Marks**

**Internal-20 Marks**

**Practical- 1 Credit (2 Periods/week)**

**Practical- External-20-Marks**

**Internal-10 Marks**

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

**OBJECTIVES:-**

- 1 To make the students aware about the management process used in the family as well as the other systems
- 2 To make students learn time and energy management.
- 3 To make students aware of methods and techniques of work simplification
- 4 To impart knowledge about various insulating materials used in household equipments

**UNIT- I Management Process**

- 1:1 Definition and Meaning of Management
- 1:2 Development and importance of Management
- 1:3 Home Management as a mental Process

*Blair*

1:4 Conceptual Frame work of Management

1:5 Steps involved in Management Process

1 Planning- Characteristics, Definition and Steps involved in Planning

2 Controlling-Definition and Steps involved in controlling-  
Implementation, checking, adjustment

3 Evaluation- Importance, Relation to goals and values

## **UNIT- II**

### **(A) Time Management Process**

2:1 Meaning of time-Clock time, Psychological time, Biological Time,

Time Cost

2:2 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

2:3 Controlling

2:4 Evaluation - Gnath Chart for evaluation of time

### **(B) Energy Management Process**

2:1 Planning:

(a) Family life cycle and demand of energy

(b) Energy used for various activities

(c) Fatigue-Types, Reasons(External and Internal) measures to relieve fatigue

2.2 Controlling

2.3 Evaluation

## **UNIT- III Work Simplification**

3.1 Techniques of Work Simplification formal and Informal techniques

(Pen-Pencil)

*B. P. S.*

### 3.2 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-IV House hold equipments

4.1 Insulating materials-Mica, Fiber Glass, Mineral Wool, Rock Wool, Cork, Plastic Foam, Rubber etc.

### REFERENCES:

- 1 Atkinson, Jacqueline, Better Time Management, Indus, New Delhi
- 2 Bharathi and Jacintha: Family Resource Management, Discovery Publishing House, Delhi
- 3 Dr. Saksena S.C: Business Administration and Management, Sahitya Bhawan, Agra
- 4 Fontana D., Managing time, Excel Books, New Delhi.
- 5 Gross, Crandall: Management for Modern Families, Appleton Century Crofts Inc.
- 6 Nickel and Dorsey: Management in Family Living, Wiley Eastern Ltd. New Delhi
- 7 Singh P.N.: Developing and Managing Human Resource Suchandra Publication, Bombay.
- 8 Swanson V.- Introduction to Home Management, Collier, Mac Millan Publisher, London
- 9 Ehrenkranz f. and Lydia I. Equipment in the home, Harper and Row

*B. P. S.*

### Publication

- 10 Peet and Thye : Household Equipment – John Wiley and Sons
- 11 Vargese M.A : Household Equipments Manual, S.N.D.T. Uni, Mumbai
- 12 K.Nath : Electrical Appliances, Hind Pocket Books, Delhi
- 13 K.K.Bali : Home Appliances, Orient Paperbacks, Delhi

### PRACTICALS:-

- (1) Toaster-Pop-up and Sandwich maker grill
- (2) Deep Fryer
- (3) Snack chef-waffles maker
- (4) Electric Rice Cooker
- (5) Electric Multi Steam Cooker
- (6) Hot Plate and Cooking Range
- (7) Vacuum Cleaner.
- (8) Electric Barbeque or Manual Barbeque

### MARKING SCHEME:

Figure of the equipment-	3 Marks
Construction of the equipment-	4 Marks
Use of the equipment-	5 Marks
Viva-	2 Marks
Project-	2 Marks
Journal-	4 Marks
<b>Total</b>	<b>20 Marks</b>

*Bali*



**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**F.Y.B.A. SEMESTER- 2**

**FASHION DESIGNING – CE- 6**

**EFFECTIVE FROM 2020-2021**

**Total credits- 04**

**Theory- 2 Credits (2 Periods/week)**

**Theory- External-50 Marks**

**Internal-20 Marks**

**Practical- 1 Credit (2 Periods/week)**

**Practical- External-20-Marks**

**Internal-10 Marks**

**FOCUS:-** This course covers the sociological and psychological effect of clothing, Principles of design necessary in Fashion Designing and introduction to rich Heritage of Traditional Textiles of India.

**COURSE CONTENT**

**THEORY**

**UNIT- 1**

1.1 Reasons for wearing clothes – Attitudes towards clothing

1.2 Sociological aspects of clothing

1.3 Psychological aspects of clothing

**UNIT-II Principles of design (With reference to Fashion Designing and application)**

2.1 Proportion

2.2 Harmony

2.3 Balance

2.4 Rhythm,

2.5 Emphasis

**UNIT-III- Elements of design**

3.1 Lines- Types of lines, their analysis and their appropriate use in relation to size and figure.

*Pradeep*

- 3.2 Shape
- 3.3 Colour and its psychological effect
- 3.4 Texture
- 3.5 Design
- 3.6 Checks and its types
- 3.7 Stripes and its types
- 3.8 Plaids and its types

#### **UNIT- IV Traditional embroideries of India**

- 4.1 Phulkari
- 4.2 Chikankari
- 4.3 Kasida
- 4.4 Kantha
- 4.5 Kutch and Kathiawar
- 4.6 Chambarumal
- 4.7 Kasuti
- 4.8 Manipuri

#### **REFERENCES:-**

- 1 Reena Bhatia & Charu Arora- Introduction to Clothing and Textiles.
- 2 Bhanu Patel & Madhu Sharan, Sociological & Psychological aspects of clothing
- 3 Pramila Varma- Vastravigyaanevamparidhan (Hindi)
- 4 Raul Jewel- Encyclopaedia of dress making, A.P.H. Publishing Corporation, New Delhi.
- 5 Jacob Anna Thomas, The Art of Sewing, UBS Publishers and Distributors Ltd., New Delhi, 1993.
- 6 Dr. Nidhi Shrivastav, ParidhanevamSilaaee, Ritu Publications, Jaipur (Hindi)

#### **PRACTICALS:-**

##### **(A) Traditional embroideries**

- 1 Phulkari
- 2 Kantha
- 3 Chikankari
- 4 Kasida
- 5 Kanbi and open chain stitch embroidery of Kutch
- 6 Mirror work, Sindhi Taropa and Applique work of Kathiawar.
- 7 Chambarumal
- 8 Kasuti

##### **(B) Modern embroidery**

- 1 Satin stitch

*Blull*

- 2 Slip stitch
- 3 Long and short stitch
- 4 Fishbone stitch
- 5 Feather stitch

### MARKING SCHEME

Q 1 Traditional embroidery (one sample) 6 marks

Q 2 Modern embroidery (one sample) 6 marks

Journal 4 marks

Class Works 4 marks

**Total 20 marks**

*Breeler*

**VEER NARMAD SOUTH GUJRAT UNIVERSITY, SURAT**

**B.A. SEMESTER-2**

**FAMILY AND COMMUNITY SCIENCE-CE-4**

**EXTENSION EDUCATION**

**EFFECTIVE FROM 2020-2021**

Total Credits – 04

Theory- External – 30 Marks

Theory – 3 Credits (3 Periods/week)

Internal – 10 Marks

Practical -1 Credit (2 Periods/week)

Practical- External – 20 Marks

Internal – 10 Marks

**FOCUS :** To bring awareness in students about extension education and role teaching aids in extension education

**OBJECTIVES : To enable the students to -**

1. Understand the principles, philosophy and objectives of extension
2. To develop awareness of the values of teaching aids in the teaching learning process

**COURSE CONTENT:**

**THEORY :**

**UNIT-I Introduction to Extension Education**

1. Definitions of Extension Education
2. Meaning of Extension Education
3. Objectives of Extension Education
4. Characteristics of Extension Education
5. Scope of Extension Education

**UNIT–II Principles of Extension Education**

**UNIT–III Teaching of Extension Education**

1. Steps in Extension Teaching
2. Role of Extension Education in rural development
3. Difference between formal education and Extension Education

## **UNIT IV General Principles in Selecting and Using Following Teaching Aids**

1. Rod puppet
2. Mobile
3. Diagram'
4. Graphs
5. Flash cards

### **PRACTICALS**

Methods and Principles in preparing and using the following teaching aids

1. Rod puppet
2. Shadow puppet
3. Diagrams – 4 Practical
  - Cross sectional diagram
  - Scientific diagram
  - Machine diagram
4. Graphs – 2 practical
  - Pie graph
  - Bar graph
  - Line graph
5. Flash Card – 2 practical

### **MARKING SCHEME:**

Q1. Preparation of teaching aid (From practical 1&2)	5 Marks
Q2. Preparation of teaching aid (From practical 3, 4 &5)	5 Marks
Class work	6 Marks
Journal	4 Marks

Total marks: 20 marks

### **REFERENCES:**

1. Dr.HemantKhandari, Prof. KalikaYadav 2011 "Extension Education" APH. Publishing Corporation, New Delhi - 110002
2. S.V. Supe, "Extension Education" R.Singh Science Publishers Nagpur, 1973

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**B.A. SEMESTER – 2**

**HOME SCIENCE : CC-3**

**FUNDAMENTALS OF FOODS AND NUTRITION - II**

**Effective from 2020 - 2021**

Total credits- 04

Theory- 3 Credit (3 Periods/week)      Theory: External-30 Marks

Practical-1 Credit (2 Periods/week)      Internal -10 Marks

Practical:External-20Marks

Internal -10 Marks

**FOCUS:-**This course focuses on the functions of food and the role of various nutrients and the effect of Hypo and Hyper and composition and nutritional contribution and selection of different food stuffs.

**OBJECTIVES:-**

- 1 The course enables the students to understand the functions of food and the role of various nutrients and the effect of Hypo and Hyper intake.
- 2 To learn about the composition and nutritional contribution and selection of different food stuffs.
- 3 To be familiar with different methods of cooking, their advantages and disadvantages.
- 4 To develop the ability to improve the nutritional value of food.

**COURSE CONTENT:-**

**THEORY:**

**UNIT- I Micro Nutrients:-**

1:1 Vitamins-History, Classification, sources, functions, RDA, effects of hypo and hyper intake.

(A) Fat soluble vitamins A, D, E, K.

(B) Water soluble vitamins C and B complex-B1, B2, Niacin, B6, Folic acid, B12.

**UNIT- II Minerals :-**

2:1 Sources, functions and effects of hypo and hyper intake –

2:2 Calcium, Phosphorus, Iron, Magnesium, Selenium, Sodium, Potassium, Chloride, Fluoride, Iodine, Copper

**UNIT- III Water:-**

3:1 Sources, water balance and requirement, Hypo and hyper intake in our body

3:2 Functions of water

**UNIT-IV**

4:1 Methods of food preparation

Boiling -Poaching

Pressure cooking -Stewing  
Brewing -Braising  
Solar cooking -Baking  
Steaming -Roasting  
Puffing

### **PRACTICALS:**

#### **I Preparation of recipes rich in**

1. Vitamin-A
2. Vitamin-C
3. Vitamin-B1
4. Vitamin-B2
5. Vitamin-B3
6. Phosphorus
7. Calcium
8. Iron

#### **2Preparing recipes using different methods of cooking**

1. Boiling
2. Pressure cooking
3. Steaming
5. Baking
6. Frying-Deep & Shallow

### **MARKING SCHEME:-**

Selection of dish 4 marks

Taste, texture, flavour, colour (2 marks each) 8 marks

Calculation 2 marks

Viva 2 marks

Journal 4 marks

**Total 20marks**

### **REFERENCES:-**

- 1 F.P. Antia-Diet Therapy
- 2 Mudambi and Rajgopal-Fundamentals of Foods and Nutrition
- 3 M. Swaminathan-Food Science, Chemistry and Experimental Foods
- 4 NeelamBuddhdev, BhavnaVaid-Human Nutrition
- 5 R.Rajalaxmi-Prayuktaposhan
- 6 Thangam Philip-Modern Cook

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT**

**B.A. SEMESTER - 2**

**FAMILY AND COMMUNITY SCIENCE : CE - 5**

**APPLICATION OF MEDICINAL PLANTS**

**EFFECTIVE FROM 2020 - 2021**

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-30 Marks

Internal-10 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

**FOCUS:-**Use of plants and plant products is common practice in every household.

They are used for varied purpose. Quite a few spices and common plants are also used as medicine. Infact it is the heritage of India. This course aims to rekindle the interest of educated graduates into this age-old practice using available material at household or at the doorsteps.

**UNIT-I Study of following plants for their medicinal uses :**

Underground parts :

- Withania somnifera :Ashwagandha
- Glycyrrhiza glabra :Licorice
- Zingiber officinalis :Adu, sunth
- Curcuma longa :Haldi
- Asparagus racemosus : Shatavari
- Allium sativum : Garlic

Bark and Stem :

- Terminalia arjuna:Arjunchhal
- Moringa oleifera :Saragavo
- Cinnamomum zeylanicum :Taj
- Cissus quadrangularis :
- Hadsakal

**UNIT - II**

Leaves :

- Justicia adhatoda :Ardusi
- Aloe vera :Kumarpantu
- Centella asiatica :Brahmi
- Ocimum sanctum :Tulsi
- Vitex negundo :Nagod
- Calotropis gigantea :Ankado
- Hibiscus rosasinensis :Jasud
- Calendula officinalis : Marigold
- Azadirachta indica : Neem



Fruits and Seeds :

Emblica officinalis :Ambla

Terminalia chebula :Harde

Terminalia bellirica: Baheda

Foeniculum vulgare :Variali

Panchang:

Eclipta alba :Bhangaro

Solanum xanthocarpum :Bhoyringni

**UNIT- III Preparation of the following :-**

3.1 Churna

3.2 Mukhvas

3.3 Kwath

3.4 Avaleha

3.5 Sharbat

3.6 Goolkand

**UNIT-IV Diseases and uses of herbs :** causes, sign and symptoms and uses of herbs in diseases :

Diabetes

Anemia

**PRACTICALS**

1. Identification of parts of medicinal plants mentioned in theory syllabus and their medicinal uses.
2. Preparation of the following :
  - (i) Churna-Trifala (Harde, Behda, Amla)  
Trikatu (Sunth, Mari, Peper)
  - (ii) Mukhvas: Drakshadivati, Variali & Tal
  - (iii) Kwath : Method in general
  - (iv) Avaleha :Chyavanprasha
  - (V) Sharbat : Health drink-Aloe vera, Fennel
  - (VI) Goolkand : Rose, Shemal

**MARKING SCHEME:-**

- |  |          |
|--|----------|
| (1) Identify and mention medicinal uses of parts of medicinal plants as per theory syllabus.( 10 specimens ) | 10 marks |
| (2) Prepare as mentioned below:<br>Churna<br>Mukhvas<br>Kwath<br>Avaleha<br>Sharbat<br>Goolkand              | 6 marks  |
| (3) Journal  | 4 marks  |

**Total marks 20 marks**

## REFERENCES:-

- 1 A Text Book of Botany – A. C. Datta
- 2 Cell Biology - De Roberties
- 3 Cytology - Rustogy
- 4 Cell Structure and functions - Loeny A. and Sarkerly (1995)
- 5 Manual of Botany Practicals - D.A. Apsungikar
- 6 A Text Book of Botany for F.Y.B.Sc. - Popular Publishing Co.,Surat
- 7શાસ્ત્રાશકરદાજીપદ (2008) આયામવક (28માઆવૃત્ત);સસ્તુસાહત્યવવકકાવાલવ,  
અમદાવાદ.
- 8શાહમ્હાસકરઅનપરબાઆ(2005), પ્રાથમકસ્વાસ્થ્યમાવનસ્પાતઆવચાસમન્વય,વિનૌઆ  
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