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<thead>
<tr>
<th>Sr. No.</th>
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<th>Course Code (10 Digit)</th>
<th>Name of Course</th>
<th>Theory (T)</th>
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<td>Foundation Courses</td>
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<td>3</td>
<td>UH05CFDN23</td>
<td>Computer Application in Foods and Nutrition</td>
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<td>4</td>
<td>UH05CFDN24</td>
<td>Medical Nutrition Therapy-1</td>
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<td>6</td>
<td>UH05CFDN26</td>
<td>Nutritional assessment and Surveillance</td>
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<td>7</td>
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<td>Nutritional assessment and Surveillance</td>
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<td>8</td>
<td>UH05CFDN28</td>
<td>Nutraaceutical and functional foods</td>
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<td>Clinical Nutrition</td>
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<td>UH05CFDN30</td>
<td>Maternal and Child Nutrition</td>
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<td>11</td>
<td>UH05CFDN31</td>
<td>Cuisine</td>
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<td>Core Courses</td>
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<td>12</td>
<td>Elective Course (Any One 12,13,14,15)</td>
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<td>13</td>
<td>UH05EHSC02</td>
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<td>UH05EHSC03</td>
<td>Accessories and Adornment</td>
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<td>Public Health Epidemiology</td>
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SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) V SEMESTER
PROGRAMMES FOR RURAL AND URBAN DEVELOPMENT
COURSE CODE: UH05FPRO21

Objectives:
1. To develop understanding regarding the national towards urban and rural development
2. To examine the cumulative impact of these developmental efforts in quantitative and qualitative dimensions.

<table>
<thead>
<tr>
<th>Theory</th>
<th>Content</th>
<th>Weightage</th>
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</thead>
<tbody>
<tr>
<td>Unit-I</td>
<td>Introduction to Community Development Programmes. Program-Before and After Independence</td>
<td>10%</td>
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<tr>
<td>Unit-II</td>
<td>History and Concept History in planning in India Five year plan and their focus Planning at different levels: National to grassroots</td>
<td>10%</td>
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<tr>
<td>Unit-III</td>
<td>Programmes to enhance food productions: Thrust on agriculture National food production programmes Independence, Intensive production schemes</td>
<td>20%</td>
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<tr>
<td>Unit-IV</td>
<td>Poverty alleviation efforts: Rural and Urban communities, characteristics, nature, difference, village organization, rural and urban development(NGOs working), role of CAPART Programmes for poverty alleviation for rural and urban areas, employment generation and social inputs Current programmes for rural and urban poor. (Latest five year plan should be emphasized)</td>
<td>30%</td>
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<tr>
<td>Unit-VI</td>
<td>Programmes for women and Children: Women as target groups, Specific measures for women and children such as DWCRA, ICDS, IMY, ANARDE, SEVA, CHETNA, TF, SGSY, ARSP Current programmes for women as initiated and implemented by the different ministries and departments Shift from welfare to development to empowerment approach Role of Home Science in rural and urban development</td>
<td>30%</td>
</tr>
</tbody>
</table>

Outcomes:
1. The students can get the knowledge of different five years plan.
2. They use the knowledge in self empowerment and indirectly helps the society in poverty alleviation.

References:-
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) V SEMESTER
PROGRAMMES FOR RURAL AND URBAN DEVELOPMENT
COURSE CODE: UH05FPRO22

Practical

Credit: 01  Pd/wk: 02  Marks: 50

Experiment

1. Appraisal of the efforts-
2. Examining the impact of the development efforts in selected rural areas Quantitative achievement and qualitative improvement of a programmes
3. Study of the evaluation reports of the various departments.
4. Conducting Welfare programmes for target groups.
5. Planning a programme for the target groups in link with ongoing programmes in Home Science Problems/need identification of a community.
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) V SEMESTER
COMPUTER APPLICATIONS IN FOODS AND NUTRITION
COURSE CODE: UHO5CFDN23
Practical

Credits: 01     PD/WK-02     Marks: 50

Objectives:

To enable the students to use computer for Nutrition Education and Nutrition Research.

Content

Practical-1    a) Introduction to Excel-including writing formulas.
   b) Formatting Data
      i. Changing column- Width and row height.
      ii. Aligning work sheet data
      iii. Formatting fonts
      iv. Changing number formats
      v. Formatting dates
      vi. Adding borders and colors

Practical-2    a) Charting data
      i. What are charts?
      ii. Creating charts
      iii. Selecting the chart type
      iv. Modifying a chart
      v. Creating a chart sheet
      vi. Simple data analysis- coding and graphs

Practical-3    a) Preparation of slides in power point
      i. 13. Slide presentation
      ii. 14. Adding clip art to slides
      iii. 15. Insert pictures in slides
      iv. 16. Setting time for slides show.
      v. 17. Preparing note pages
      vi. 18. Preparing audience handouts

Practical-4    a) Use of internet
      Web search for updated information.
      Net surfing specific topics related to the subject including the latest advances.
      Locating journals on website.
      Listing of software related to food and nutrition available in the market.

Practical – 5    Use of any one software for nutritional calculation
SARDAR PATEL UNIVERSITY  
THIRD YEAR BSC (HOME) V SEMESTER  
MEDICAL NUTRITION THERAPY –I  
COURSE CODE: - UHO5CFDN24  
Theory  
Credit: 03  
Pd/wk: 03  
Marks:100  
Objectives:  
1. This course will enable students to learn about different diets other than routine diets.  
2. It will help them to plan and calculate diets according to the disease condition  

<table>
<thead>
<tr>
<th>CONTENT</th>
<th>WEIGHTAGE</th>
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<tbody>
<tr>
<td>Unit 1</td>
<td>Therapeutic Diets:</td>
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<tr>
<td>a) Diet therapy and types of therapeutic diets.</td>
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<tr>
<td>b) Hospital diets and Modification of normal diets.</td>
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<tr>
<td>c) Nutrition support method</td>
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<tr>
<td>d) Effective nutrition Counseling</td>
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<tr>
<td>-Role of Dietitian.</td>
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<tr>
<td>-Nutrition care process.</td>
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<td>-Documentation in nutrition care record.</td>
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<tr>
<td>-Guideline for counseling.</td>
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<tr>
<td>-Behavior change, counseling strategy, cognitive behavioral therapy, motivation of effectiveness.</td>
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<tr>
<td>Unit 2</td>
<td>Nutrition in weight management</td>
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<tr>
<td>a) Body weight components.</td>
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<td>b) Regulation of body weight.</td>
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<td>c) Weight Imbalance overweight and obesity management of obesity in adults.</td>
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<td>d) Nutrition in underweight.</td>
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<tr>
<td>Unit 3</td>
<td>Nutrition in eating disorder</td>
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<tr>
<td>a) Anorexia Nervosa</td>
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<td>b) Bulimia.</td>
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<tr>
<td>Unit 4</td>
<td>Nutrition during fever and infection</td>
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<tr>
<td>a) Nutrition in Rheumatoid arthritis.</td>
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<td>b) Nutrition for oral health.</td>
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<td>c) Inborn errors of metabolism</td>
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<td>d) Food allergy</td>
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<tr>
<td>Unit 5</td>
<td>Medical nutritional therapy in Gastro Intestinal Disorders.</td>
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<tr>
<td>a) Etiology, symptoms, dietary management in</td>
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<td>b) Diarrhea, constipation, peptic ulcer and ulcerative colitis</td>
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<tr>
<td>Unit 6</td>
<td>Medical nutritional therapy in menopause</td>
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<tr>
<td>Outcomes</td>
<td>The student will be able to calculate nutrients and plan diets according to disease condition</td>
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<tr>
<td>References:</td>
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SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) V SEMESTER
MEDICAL NUTRITION THERAPY –I
COURSE CODE: - UHO5CFDN25
Practical

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<tr>
<td><strong>Practical Content</strong></td>
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<tr>
<td>1</td>
<td>Planning preparation for the following diets: Modification in normal diet (Clear fluid, full fluid and soft diet)</td>
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<td>2</td>
<td>Medical nutrition therapy in weight management</td>
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<tr>
<td></td>
<td>a) Over weight</td>
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<td>b) Underweight</td>
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<td>3</td>
<td>Medical nutrition therapy in Eating Disorders</td>
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<tr>
<td></td>
<td>a) Anorexia nervosa</td>
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<td>b) Bulimia Nervosa</td>
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<td>4</td>
<td>Medical nutrition therapy in fevers and infections</td>
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<tr>
<td></td>
<td>a) Acute Fever</td>
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<td>b) Chronic Fever</td>
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<td>5</td>
<td>Diet for oral health. Diet for rheumatoid arthritis patient</td>
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<td>6</td>
<td>Medical nutrition therapy in gastrointestinal disorder</td>
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<tr>
<td></td>
<td>a) Diet for Diarrhea patient</td>
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<td>b) Diet for constipation patient</td>
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<td>c) Diet for Peptic Ulcer patient</td>
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<td>d) Diet for Ulcerative Colitis patient</td>
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OBJECTIVES
This course will enable the students to
1. Understand the concept of nutritional status and its relationship to health.
2. Know aims, objectives, methods used for assessment of nutritional status.
3. Identify the factors responsible for the malnutrition.

Unit -I  Nutritional status assessment and surveillance-meaning, need, and importance. 05%

Unit-II Nutrition surveillance system and Nutrition Monitoring. 25%
Diet surveys-need, importance, methods of diet survey.
Interpretation-concept of consumption unit, intra and inter individual Distribution in family,
Adequacy of diet with respect to RDA. Concept of family food security.

Unit-III Direct Nutritional Assessment of Human groups- 25%

a) Clinical signs-need, importance, identifying signs of PEM, Vitamin A, Anemia, Iodine deficiency.
Interpretation of descriptive list of clinical signs

b) Nutrition Anthropometrics-need and importance,
Standards for references, techniques of measuring height, weight, head, chest and arm circumference, Comparision and interpretation of these measurements with the Standards and use of growth charts and interpretation

c) Biochemical tests

d) Biophysical methods

Unit-IV a Rapid assessment procedures- need and importance, technique of rapid assessment, interpretation. 20%
b Surveillance Systems-International, National and Community.

Unit-V Secondary sources of Community health data: 25%
Sources of relevant vital statistics, importance of infant, child and maternal mortality rates. Epidemiology of nutritionally related diseases.

Sociological factors in etiology, prevention of malnutrition, food production and availability, Cultural influences, socio-economic factors, food consumption, conditioning infections, Psychosocial, emergency/disaster conditions like Famine, Floods.
REFERENCES

4. Gopalan C. Nutritional and Health Care, Nutrition foundation of India, special publication series.

OUTCOMES

At the end of the course the students shall have the knowledge to
1. Understand the concept of nutritional status and its relationship to health.
2. Know aims, objectives, methods used for assessment of nutritional status.
3. Identify the factors responsible for the malnutrition.
To assess the nutritional status by use of anthropometric measurements:

   a. Measurement of child’s height, weight, circumference measurements-head, chest, mid upper arm, waist-hip ratio.
   b. Assessment of BMI of adolescents.
   c. Interpretation of data in weight for age, height for age, weight for height.
   d. Measurements of fat using skin fold thickness.
   e. Clinical assessment of PEM, Vitamin A, Anemia, B complex vitamins

2. Formulating tool, collection of Data, estimation of Intake by different dietary methods.

3. Nutrition Health Education activities-preparation of charts, posters, street plays, skits, puppets, lecture demonstration (any one activity by one group).

4. a) Field visits for surveillance system used in nutrition and health programmes.
   b) Assessment of BMI for Adolescents
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) V SEMESTER
NUTRACEUTICALS AND FUNCTIONAL FOODS
COURSE CODE: UH05CFDN28

Theory

Credits: 02 Pd/Wk: 02 Marks: 50

OBJECTIVES:

THEORY CONTENT WEIGHTAGE

I
1. Introduction to Nutraceuticals as Science:
   c. Sources of Nutraceuticals.
2. Structure and functions of various Nutraceuticals:
   a. Glucosamine, Octacosanol, Lycopene, Carnitine, Melatonin and Ornithine alpha ketoglutarate. Use of proanthocyanidins, grape products, flaxseed oil as Nutraceuticals.

II
Functional Foods – I
   a) Functional Foods-1: Definition, Relation of functional foods & Nutraceuticals (FFN) to foods & drugs.
   b) Applications of herbs to functional foods. Concept of free radicals and antioxidants; Nutritive and Non-nutritive food components with potential health effects.

III
Food as remedies:
   a) Nutraceuticals bridging the gap between food and drug, Nutraceuticals in treatment for cognitive decline, Nutraceutical remedies for common disorders like Arthritis, Bronchitis, circulatory problems, hypoglycemia, Nephrological disorders, Liver disorders, Osteoporosis, Psoriasis and Ulcers etc.
   b) Brief idea about some Nutraceutical rich supplements e.g. Bee pollen, Caffeine, Green tea, Lecithin, Mushroom extract, Chlorophyll, Kelp and 
   c) General idea about probiotics and prebiotics as nutraceuticals.

IV
Functional Foods – II
   b) Health effects of common beans, Capsicum annum, mustards, Ginseng, garlic, grape, citrus fruits, fish oils, and sea foods, nuts.
   c) Role of dietary fiber in disease prevention.
   d) Anti-nutritional Factors present in Foods:
   e) General idea about role of Probiotics and Prebiotics as nutraceuticals.

OUTCOME:

Students will learn the knowledge of nutraceuticals of food

REFERENCES:


SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) V SEMESTER
CLINICAL NUTRITION
COURSE CODE: UHO5CFDN29

Theory

Credits: 03 PD/WK: 03 Marks: 100

I

Introduction, principles of clinical nutrition 15%
   a. Spectrum of nutritional problems, nutrient requirements.
   b. Effects of disorders on nutritional requirements.
   c. Importance of nutritional screening.
   d. Clinical assessment of nutritional status.
   e. Nutritional assessment tools in clinical decision making.
      i. MUST, SGA, NIA, MNA GMRI
      ii. Different types of histories

II

Over nutrition and Under nutrition- 20%
   a. Introduction, clinical presentation, clinical assessment, treatment approaches and prevention,
   b. Chronic under nutrition, under nutrition in elderly individuals, assessment of under nutrition, metabolic disorder, treatment.

III

1. Gastrointestinal tract - the pathophysiology, laboratory assessment and nutritional assessment - 45%
   a. Esophagitis, peptic ulcers
   b. Celiac disease-ulcerative colitis and Irritable Bowel Syndrome

2. Liver diseases-- the pathophysiology, laboratory assessment and nutritional assessment-
   a. Acute Viral Hepatitis, Chronic Viral Hepatitis

3. Pancreatic and gall bladder disorder- the pathophysiology, laboratory assessment and nutritional assessment-
   a. Diseases of Exocrine Pancreas
      i. Acute Pancreatitis
      ii. Chronic Pancreatitis
      iii. Diseases of Endocrine Pancreas
      iv. Diabetes mellitus-types, factors causing, pathophysiology,
      v. Complications of Diabetes Mellitus- DKA, Macro Vascular Diseases, Micro Vascular Diseases
   b. Diseases of gall bladder
      i. Cholestasis
ii. Cholelithiasis

4. Kidney Disorder- the pathophysiology, laboratory assessment and nutritional assessment-
   a. Nephritis
   b. Nephrotic Syndrome
   c. Nephrolithiasis,
   d. Acute Renal Failure
   e. Chronic Renal Failure
   f. ESRD

5. Heart and blood vessels- the pathophysiology, laboratory assessment and nutritional assessment-
   a. Cardio Vascular Diseases-
   b. Atherosclerosis-Factors-Modifiable and Non-Modifiable
   c. Lipoproteins- their role in CVD
   d. Hyper tension
   e. Heart Failure

IV Nutrition in surgery and trauma- 10%
Introduction, stress response to trauma and its effects on mechanism
Nutrition support in preoperative care.

V Nutrition and Drug interaction 10%
   a. Risk factors of Food drug interactions
   b. Effect of Drugs on Nutritional Status,
   c. Effect of Drugs on Food and Nutrition
   d. Effect of food on Drug Therapy

REFERENCES:


OUTCOME:

1. At the end of the course the students shall have the knowledge of
2. The basic nutrition screening process and the tools used
3. Clinical assessment of nutritional status in various diseases
4. Metabolic changes in stress and trauma and drug and nutrient interaction
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) V SEMESTER
MATERNAL AND CHILD NUTRITION
COURSE CODE: UH05CFDN30
Theory

Credits-02                                         Pd/Wk-02                                         Marks-
50

OBJECTIVES:
This course should enable the students to-
1. Understand the physiology of pregnancy and lactation and how these
   influence nutritional requirements.
2. Learn benefits of breast feeding.
3. Be aware of problems encountered in pregnancy and during breast feeding
   and how to cope with these problems.
4. Understand the process of growth and development from birth until adulthood.
5. Get familiar with nutritional needs at different stages of growth.
6. Understand the concept of growth promotion.

THEORY

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<th>CONTENT</th>
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<tbody>
<tr>
<td>Unit-I</td>
<td>Nutrition during pregnancy:</td>
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<tr>
<td>a) Placental development and function, foetal growth and development</td>
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<tr>
<td>b) physiological changes during pregnancy, Importance of proper weight gain</td>
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<tr>
<td>c) Nutritional and non-nutritional factors affecting pregnancy outcome</td>
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<td>d) Antenatal care, Effects of fetal malnutrition</td>
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<td>e) Common problems of pregnancy and their management</td>
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<td>f) Pregnancy induced diabetes and hypertension</td>
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<td>g) Food aversions and cravings, Pica</td>
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<td>h) Importance of nutritional requirements and modification of</td>
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<tr>
<td>a. existing diet, supplementations, Deficiency of nutrients and their</td>
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<td>b. impact.</td>
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<tr>
<td>i) Adolescent pregnancy, consequences, cares, etc.</td>
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Unit-II Nutrition during Lactation: 25%

a) Nutrition during lactation and dietary management, food supplements, lactagogues
b) Physiology of lactation
c) Factors affecting lactation
d) problems during lactation
e) lactation amenorrhea, breast hygiene, milk bank in India and its function

Unit-III Nutrition during Infancy: 20%
a) Breast feeding- colostrums, its composition and importance in
feeding. Initiation of breast
b) Feeding and duration of breast feeding. Nutritional and other advantages of breast feeding.
c) Introduction of complimentary foods, initiation and management of weaning, sterilization of bottles, mixed feeding and artificial feeding. Teething and management of problems.

Unit-V Growth and development during preschool, school going and adolescent child with special needs:

a) Management of preterm and low birth weight children
b) Dietary management of preschoolers and school going child.
c) Physical, brain and mental development, anorexia nervosa & bulimia during Adolescents.
d) Puberty, Prepubertal and pubertal changes, Menarche/menstrual cycle.

OUTCOME:
1. The students will get the knowledge of importance of nutrition during childhood and adolescence which influence a woman’s preconceptional nutritional status which subsequently influences the outcome of pregnancy and health of her child.
2. The students will understand the beneficial effects of breast feeding for both mother and infant as well as how intrauterine malnutrition is a key predictor of developmental delay.

REFERENCES:
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) V SEMESTER
CUISINE
COURSE CODE: UH05CFDN31
Practical

Credit: 02  Pd/wk: 04  Marks: 100

2. Brief Introduction, cooking terms, special ingredients and preparation of recipes of Southern India-Andhra Pradesh, Tamilnadu, Kerala, Karnataka- Any two states
3. Brief Introduction, cooking terms, special ingredients and preparation of recipes of western India- Rajasthan, Maharashtra, Goa, Madhya Pradesh, Gujarat- Any two states
4. Brief Introduction, cooking terms, special ingredients and preparation of recipes of Eastern India- Assam, West Bengal, Tripura, Nagaland, Manipur, Arunachal Pradesh- Any two states
5. Oriental Cuisine- Arabic, Chinese, Japanese, Ceylonese, Thai, Indonesian-Any two
6. South American Cuisine- Mexican
7. Mediterranean Cuisine – Egyptian, Greek (Any one)
### SARDAR Patel University, Vallabhidyanagar

**B.Sc. Home Science**  
(Under Choice Based Credit Scheme)  
Semester - Sixth (Foods and Nutrition)

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Course Type</th>
<th>Course Code (10 Digit)</th>
<th>Name of Course</th>
<th>Theory (T)</th>
<th>Practical (P)</th>
<th>Credit</th>
<th>Contact hrs/week</th>
<th>Exam Duration in hrs</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Foundation Courses</td>
<td>UH06FINT21</td>
<td>Interpersonal communication in workplace</td>
<td>T</td>
<td>3</td>
<td>3</td>
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<td>30</td>
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<td>2</td>
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<td>UH06FSEM22</td>
<td>Seminar</td>
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<td>Internal</td>
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<tr>
<td>3</td>
<td>Core Courses</td>
<td>UH06CFDN23</td>
<td>Medical Nutrition Therapy-II</td>
<td>T</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>4</td>
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<td>UH06CFDN24</td>
<td>Medical Nutrition Therapy-II</td>
<td>P</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>15</td>
<td>35</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>UH06CFDN25</td>
<td>Food Processing Technology</td>
<td>T</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
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<tr>
<td>6</td>
<td></td>
<td>UH06CFDN26</td>
<td>Food Service Management</td>
<td>T</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
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<td>7</td>
<td></td>
<td>UH06CFDN27</td>
<td>Nutritional Biochemistry</td>
<td>T</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>15</td>
<td>35</td>
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<tr>
<td>8</td>
<td></td>
<td>UH06CFDN28</td>
<td>Analysis of food</td>
<td>T</td>
<td>1</td>
<td>1</td>
<td>Internal</td>
<td>25</td>
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<tr>
<td>9</td>
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<td>UH06CFDN29</td>
<td>Analysis of food</td>
<td>P</td>
<td>2</td>
<td>3</td>
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<td>30</td>
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<td></td>
<td>UH05CFDN30</td>
<td>Internship</td>
<td>P</td>
<td>3</td>
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<td>Internal</td>
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**Elective Course (Any One 11,12,13,14)**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Elective Courses</th>
<th>Course Code (10 Digit)</th>
<th>Name of Course</th>
<th>Theory (T)</th>
<th>Practical (P)</th>
<th>Credit</th>
<th>Contact hrs/week</th>
<th>Exam Duration in hrs</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td></td>
<td>UH06EHSC01</td>
<td>Marketing</td>
<td>T</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>15</td>
<td>35</td>
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<tr>
<td>12</td>
<td></td>
<td>UH06EHSC02</td>
<td>Life skills</td>
<td>T</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>15</td>
<td>35</td>
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<tr>
<td>13</td>
<td></td>
<td>UH06EHSC03</td>
<td>Garment Export and Import</td>
<td>T</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>15</td>
<td>35</td>
</tr>
<tr>
<td>14</td>
<td></td>
<td>UH06EHSC04</td>
<td>Hygiene and Sanitation</td>
<td>T</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>15</td>
<td>35</td>
</tr>
</tbody>
</table>

**Total**  
24 31 24 300 525 825
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
INTERPERSONAL COMMUNICATION IN WORKPLACE
COURSE CODE: UHO6FINT21

Theory
Credit:03  Pd/Wk: 03  Marks: 100

Objectives:
- To prepare the students for work place
- To include in them important aspects of life career growth leadership
- To help them understand the intricacies of team work in work place.

<table>
<thead>
<tr>
<th>THEORY</th>
<th>CONTENT</th>
<th>WEIGHTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Need for interpersonal skill development</td>
<td>20%</td>
</tr>
<tr>
<td>-</td>
<td>Understanding the universal need for developing interpersonal skills</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>How to develop interpersonal skills in a workplace</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Informal learning</td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>Understanding the difference between individuals</td>
<td>25%</td>
</tr>
<tr>
<td>-</td>
<td>What is personality</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>The main personality traits and factors</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Effect of personality traits on job performance</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>How to deal with different personality types</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Value differences and how to deal with them</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Different kinds of intelligences</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Work ethics</td>
<td></td>
</tr>
<tr>
<td>III</td>
<td>Interpersonal communication</td>
<td>25%</td>
</tr>
<tr>
<td>-</td>
<td>How does communication happen</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Relationship building</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Non-verbal communication</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Overcoming communication barriers</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Steps to effective communication</td>
<td></td>
</tr>
<tr>
<td>IV</td>
<td>Team work skills</td>
<td>20%</td>
</tr>
<tr>
<td>-</td>
<td>Why team work is important</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Types of teams</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>The advantage and disadvantage of teamwork</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Role distribution</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Guidelines for team level communication</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Trust, recognition, sharing</td>
<td></td>
</tr>
<tr>
<td>V</td>
<td>Diversity in Understanding Cultural differences</td>
<td>10%</td>
</tr>
</tbody>
</table>

Outcome:
Students will be able to understand workplace strategies, importance of interpersonal skills and perform better in their workplace.

References:
SARDAR PATEL UNIVERSITY
Third Year B.Sc. (Home) VI Semester
SEMINAR
Course Code: UH06FSEM22
Practical

Credit: 01  Pd/Wk: 02  Marks: 50 (Internal)

Objectives:
1. To provide an opportunity to develop insight into various recent researches/ issues related to their fields.
2. To help students develop an ability to review contemporary articles in their own fields of specialization.
3. To help the students to develop confidence in preparing and presenting reports.

Outcome:
After the completion of the course the students will be able to get a brief idea about:
1. Making a research proposal, framing objectives, collecting review, preparing tool for data collection and implementing it.
2. They will be able to analyze and interpret the data.
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
MEDICAL NUTRITION THERAPY –II
COURSE CODE: UHO6CFDN23

Theory

Credit:03
Pd/wk: 03
Marks: 100

Objectives: course will enable the students to:
1. Understand the role of diet in therapy.
2. Gain knowledge on dietary modifications for various diseases.
3. Be able to plan and prepare diets for various diseases.

<table>
<thead>
<tr>
<th>THEORY CONTENT</th>
<th>WEIGHTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Diseases of liver:</td>
<td>20%</td>
</tr>
<tr>
<td>a) Functions of liver (review)</td>
<td></td>
</tr>
<tr>
<td>b) Etiology, Symptoms and dietary management in – viral hepatitis, cirrhosis of liver, hepatic coma</td>
<td></td>
</tr>
<tr>
<td>II Diseases of kidney</td>
<td>20%</td>
</tr>
<tr>
<td>a) Functions of kidney (review)</td>
<td></td>
</tr>
<tr>
<td>b) Etiology, Symptoms and dietary management in – Nephritis, Nephrotic Syndrome, Nephrolithiasis, Renal failure and dialysis, Low sodium diets. Level of sodium restriction</td>
<td></td>
</tr>
<tr>
<td>III Diseases of Cardiovascular System:</td>
<td>20%</td>
</tr>
<tr>
<td>a) Functions of Heart (Review).</td>
<td></td>
</tr>
<tr>
<td>b) Etiology Symptoms and dietary management in – Artherosclerosis- hypertension and congestive cardiac failure</td>
<td></td>
</tr>
<tr>
<td>IV Diet in Diabetes Mellitus:</td>
<td>20%</td>
</tr>
<tr>
<td>a) Classification and symptoms, Tests used for diagnosis of diabetes Mellitus.</td>
<td></td>
</tr>
<tr>
<td>b) Glycemic Index of Foods.</td>
<td></td>
</tr>
<tr>
<td>c) Etiology, Symptoms and dietary management in – of Diabetes Mellitus. Diabetic coma, Insulin shock and chronic complications due to diabetic mellitus (in brief)</td>
<td></td>
</tr>
<tr>
<td>V a) Diet in cancer.</td>
<td>20%</td>
</tr>
<tr>
<td>b) Diet in HIV Infection.</td>
<td></td>
</tr>
</tbody>
</table>

Outcomes The student will be able to calculate nutrients and plan diets according to disease condition

References:
5. Robinson, C.H.Lawer, M.R.,Chenoweth, W.L. and Garwlic,
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
MEDICAL NUTRITION THERAPY –II
COURSE CODE:-UHO6CFDN24
Practical

Credit:01  Pd/wk: 02  Marks:50

Objectives:
1. This course will enable students to learn about different diets other than routine diets.
2. It will help them to plan and calculate diets according to the disease condition

PRACTICAL CONTENT
1 Medical nutrition therapy in
   a) Viral hepatitis (moderate and severe jaundice)
   b) Diet in liver cirrhosis

2 Medical nutrition therapy in Renal disorder
   a) Diet in acute and chronic nephritis
   b) Diet in Nephrotic syndrome
   c) Diet in kidney stones.
   d) Diet in chronic Renal failure

3 Medical nutrition therapy in cardiovascular disorder
   a) Diet in hypertension
   b) Diet in Atherosclerosis

4 Medical nutrition therapy in Diabetes Mellitus
   a) Diet for IDDM Patient
   b) Diet for NIDDM Patient

5 Diet for Cancer Patient

6 Diet for HIV positive patient

Outcomes The student will be able to calculate nutrients and plan diets according to disease condition

References:
5. Robinson, C.H.Lawer, M.R.,Chenoweth, W.L. and Garwle,

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
FOOD PROCESSING TECHNOLOGY
COURSE CODE: UHO6CFDN25
Theory

Credit: 03
Pd/wk: 03
Marks:100

Objectives:
1. To acquaint students with processing of various foods.
2. To acquaint the students with food additives, fermented foods, role of enzymes in food processing.

THEORY CONTENT

| I   | a) Cereals and products - wheat, rice, maize, processing and their products (any two popular products) in detail. |
|     | b) Dals and legumes including soybean technology, processing and their products (any two popular products) in detail. |
|     | 20% |
| II  | a) Nuts and Oilseeds –Processing and their products (any two popular products) in detail. |
|     | b) Milk and Milk products- Processing and their products (any two popular products) in detail. |
|     | 20% |
| III | a) Meat ,fish and poultry and eggs - Processing and their products (Any two popular Products) in detail. |
|     | b) Vegetable and fruits - Processing and their products (any two popular Products) in detail. |
|     | c) Vinegar preparation. |
|     | 20% |
| IV  | a) Sugar and Jaggery- Processing and their products (any two popular Products) in detail. |
|     | b) Beverages-classification, Processing and their products (any two popular Products) in detail. |
|     | 20% |
| V   | Food Irradiation, principles and applications. |
|     | Food additives. |
|     | 20% |

Outcomes
Students will able to learn food processing technology

References:
1. Foods science and experimental foods by M. Swaminathan (latest edition)
2. Foods science by srilaxmi. (latest edition)
4. Food science by Norman Potter. (latest edition)
5. Fruit processing technology.
6. Encyclopedia of food science and technology
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
FOOD SERVICE MANAGEMENT
COURSE CODE - UHO6CFDN26
Theory

Credit: 03  
Pd/wk: 03  
Marks: 100

Objectives:
1) Gain knowledge of the types of food services in India and the factors which have led to their development,
2) Understand the special characteristics of food service establishments.
3) Know the types of resources required for the managing food outlets.
4) Maximize resources use.
5) Learn manpower management techniques.
6) Understand human relations and behavior at work.
7) Know the types of costs involved and how to control them.
8) Maintain and analyze accounting information for decision making.

THEORY CONTENT WEIGHTAGE

I Introduction to food service Institutions:
1. Development of food service institutions in India.
   a. Characteristics of food service Establishments.
2. Food service Management –Definition, Principles and Functions and tools of Management.
20%

II Approaches to Management:
1. Traditional management, System approach, Management by objectives, Total quality management.
10%

III Management of resources:
1. Finance, spaces, Equipment and furniture, materials, staff, time and energy procedures.
25%

IV Personnel Management-
2. Trade Union negotiation and settlement.
25%

V Costs and management accounting-
10%
1. Definition and scope, costs and their control, management accounting profit planning.

Outcomes:

1. The students will understand the special characteristics of food service establishments.
2. Think of starting a food service.

References:

SARDAR PATEL UNIVERSITY  
THIRD YEAR BSC (HOME) VI SEMESTER  
NUTRITIONAL BIOCHEMISTRY  
COURSE CODE: UH06CFDN27  
Theory

Credit: 02  
Pd/wk: 02  
Marks: 50

Objectives:
1. It will enable students to learn the basics of nutritional biochemistry.  
2. Obtain an insight into the chemistry of vitamins and minerals and physiologically important compounds.  
3. Understand the biological process and system as applicable to human nutrition.

Theory:

<table>
<thead>
<tr>
<th>Content</th>
<th>Weightage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Structure and Function of DNA, RNA, Nucleotide</td>
<td>15%</td>
</tr>
<tr>
<td>II Vitamins –structure and biochemical role</td>
<td>15%</td>
</tr>
<tr>
<td>Fat soluble vitamins-A, D, E, K.</td>
<td></td>
</tr>
<tr>
<td>III Vitamins –structure and biochemical role</td>
<td>20%</td>
</tr>
<tr>
<td>Water soluble vitamins-B1, B2, B3, B6, folic acid, B12 and C</td>
<td></td>
</tr>
<tr>
<td>IV Minerals –biological occurrence of inorganic elements, biochemical role structure</td>
<td>30%</td>
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<tr>
<td>Iron, calcium, phosphorus, iodine, selenium, zinc.</td>
<td></td>
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<tr>
<td>V Enzymes –classification, nomenclature, enzyme inhibition, factor affecting enzyme activity</td>
<td>15%</td>
</tr>
</tbody>
</table>

Outcomes:
1. The students will learn nutritional biochemistry as applicable to human nutrition.

References:
3. Biochemistry for Medical students by Vasudevan  
4. Biochemistry by Satynarayan  
SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
ANALYSIS OF FOOD
COURSE CODE: UH06CFDN28
PD/WK: 01
MARKS: 50
CREDITS: 01

OBJECTIVES:

This course should enable the students to-
1) To get acquainted with various methods of Food analysis.
2) To make students aware regarding Analytical techniques used in Food industries.

THEORY

<table>
<thead>
<tr>
<th>CONTENT</th>
<th>WEIGHTAGE</th>
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<tbody>
<tr>
<td>General physical methods of Analysis of foods.</td>
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</tr>
<tr>
<td>I</td>
<td></td>
</tr>
<tr>
<td>1. Photo electrometric determination</td>
<td>25%</td>
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<tr>
<td>2. Refractrometry</td>
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<td>3. Food rheology</td>
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<td>4. Viscosity</td>
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<td>5. Surface tension</td>
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<td>6. Specific gravity</td>
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<tr>
<td>General chemical methods of analysis in food.</td>
<td></td>
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<tr>
<td>II</td>
<td></td>
</tr>
<tr>
<td>1. Proximate principles</td>
<td>25%</td>
</tr>
<tr>
<td>2. Moisture determination</td>
<td></td>
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<tr>
<td>3. Ash types</td>
<td></td>
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<tr>
<td>Total nitrogen</td>
<td></td>
</tr>
<tr>
<td>III</td>
<td></td>
</tr>
<tr>
<td>1. Total fats and fatty acids</td>
<td>25%</td>
</tr>
<tr>
<td>2. Total carbohydrates</td>
<td></td>
</tr>
<tr>
<td>3. Crude fibre and dietary fibres</td>
<td></td>
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<tr>
<td>IV</td>
<td></td>
</tr>
<tr>
<td>1. Determination of Vitamins and Minerals</td>
<td>25%</td>
</tr>
<tr>
<td>2. Chemical, biological, microbiological and titrimetric methods</td>
<td></td>
</tr>
</tbody>
</table>

OUTCOME:

1. The students will understand the quantitative analytical procedures commonly used to analyze various nutrients from the food.

2. After completion of this course, the students will be able to know the general physical and chemical methods for analysis of food.

REFERENCES:


SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
ANALYSIS OF FOOD
COURSE CODE UH06CFDN29
Practical

Credits-02 PD/WK-04 MARKS:100

PRACTICALS

CONTENT

Estimation in Foods: Proximate principles, minerals, trace elements & Vitamins in the following:

1. Moisture in Foods: Vacuum drying, Moisture meter
2. Protein foods: Kjeldahl, Colorimetric, electrophoresis
3. Fat foods: Gravimetric, Volumetric, TLC, Chromatographic applications
4. Fiber: Crude fiber, dietary fiber
5. Minerals: Colorimetric, Fluorometric and Chromatography
6. Vitamins: Colorimetric, Fluorometric and Chromatography
Objectives: To enable the students to-
1. Understand the working of health organization and food industry.
2. Gain the knowledge in various aspects in management of institutions and Beneficiaries.

Content
1 The internee would work for period of three weeks in any one setting such as
   a) Multispecialty hospital
   b) ICDS centers.
   c) Women welfare organization
   d) Hostels
   e) Food industries
   f) Canteens of Industries and Institutes.

2 Report writing and presentation would be done at the end of the training period.
3 Evaluation would be carried out for the same.
SARDAR PATEL UNIVERSITY  
THIRD YEAR B.SC. (HOME) VI SEMESTER  
UH06EHSC01 MARKETING  
Theory  
Credit:02  
Pd/Wk: 02  
Marks:50  

Objectives:  
1. To get acquainted with the basic concepts of market and marketing.  
2. To familiarize the students about product development.  
3. To make the students aware about different business organization.  
4. To acquainted students with pricing policies and strategies.

<table>
<thead>
<tr>
<th>Unit</th>
<th>Content</th>
<th>Weightage</th>
</tr>
</thead>
</table>
| I | Concept of Marketing  
1. Definition of marketing and marketing management.  
2. Concepts of market-place, area and demand.  
3. Types of market.  
4. Market Segmentation: Definition and basis.  
Organization and function of organization  
1. Sole Proprietorship and Partnership.  
2. Characteristics of ideal form of organization.  
4. Features of partnership merits & demerits.  
5. Ideal partnership.  
6. Partnership Deed, Registration of firm, rights of partner. | 25% |
| II | The Product  
1. Classification of consumer products.  
2. The product life cycle.  
3. The adoption & diffusion process.  
4. New product development. | 15% |
| III | Pricing  
1. Definition and importance of pricing.  
2. Pricing objectives.  
3. Price determining process.  
4. Factors influencing price decisions.  
5. Pricing policies and strategies. | 25% |
| IV | Distribution  
1. Marketing channels.  
2. Direct and Indirect.  
3. Choice of distribution channel.  
4. Types of distribution systems.  
5. Physical distribution, warehousing and transportation. | 20% |
| V | Promotion  
1. Sales Promotion: Definition and techniques.  
2. Personal Selling: Definition, Kinds of salesman, qualities of successive salesman, types of training. | 15% |

Outcome:  
After the completion of the course the students will be able to get a brief idea about:  
1. The role of marketing in the economy.  
2. Marketing skills needed for sales promotion and personal selling.  
3. Procedure for new product development, pricing decisions and distribution.

References:  

SARDAR PATEL UNIVERSITY
THIRD YEAR B.SC (HOME) VI SEMESTER
LIFE SKILLS
COURSE CODE: UH06EHSC02

Credits: 02                  Pd/Wk: 02                  Marks: 50

OBJECTIVES
1) To cater the need of modern corporate economy and urban living.
2) To update students about globalization and multicultural work set up by providing valuable trained on life skills.
3) To motivate students for personal and professional growth.
4) To provide tools for success and character building.

THEORY

UNIT-I  Introduction
1) Understanding what are life skills meaning and usefulness
2) Need for life skills in today’s world
3) Preparing and dealing with changes.

UNIT-II  Driving our own growth.
1) Motivation: meaning need and sources
2) Development of positive thinking
3) Benefits of positive thinking
4) Mind power: Meaning, benefits of meditation

UNIT-III  Stress management
1) Understanding stress symptoms and consequences
2) Techniques to manage stress
3) Understanding relation between life goals, motivation, productivity and stress.

UNIT-IV  Leadership skills
Key characteristics’ of leader, self-confidence, assertiveness, trustworthiness, morality, emotional, stability, self-awareness, objectivity, developing of teamwork
Skills, decision making, emotional stability.

OUTCOMES:
1) It will develop personal and professional growth.
2) The knowledge will help in improvement of personality.
3) It will enhance employability.

REFERENCES:
SARDAR PATEL UNIVERSITY
THIRD YEAR B.SC. (HOME), VI SEMESTER
GARMENTS – EXPORT & IMPORT
COURSE CODE: UH06EHSC03

Credit: T 2 PD/wk: 2 Marks: 50

Objectives:
1. To make students aware of garment import & export marketing techniques.
2. To acquire knowledge of textile policies in India.
3. To develop insight in quality assurance of apparel & textile products.

Theory:

UNIT CONTENT WEIGHTAGE
I 1. Introduction to export & import management 20%
   2. Management function

II Finance function 20%
   1. Nature & Scope
   2. Methods of financing
   3. Financial planning

III Policies in apparel & textile export 15%
   1. Government
   2. Nongovernment

IV Business System 25%
   1. Laundering a proprietorship
   2. Joint stock company
   3. Cooperatives
   4. Partnership

V Quality Control in apparel & textile units 20%
   1. Importance
   2. Stage of Quality Control in Industry
   3. Role of Information technology

Outcome:
Learners can work in the field of export and import of textiles.

Reference:
1. How to export garments successfully (1995); Shukla R.S.; Abhinav Publishing Industries Pvt. Ltd. New Delhi, India.
2. Textile Industry - Problems & prospects in 21st Century (2002); Dr. Rai I; Books Treasure, Jodhpur, India.
3. Inside the fashion business (2003); Dickerson K.G.; Pearson Education Pvt Ltd, Delhi, India.
4. Indian Textile policy for 21st Century(1999); R. Venkatesan & V.Katti; B.R. Publishing Corporation New Delhi, India
5. Reorienting fashion “ The globalization of Asian dress” (2003)Edited by Sandra Niessen, A Leshkowich & C. Jones Published by BERG, Oxford International Publisher Ltd.
8. Introduction to clothing manufacture(1991), G. Cooklin, Black well Science Ltd, U.K.
9. Inside the fashion design(2004); S.L. Tate; Person Education Inc.
SARDAR PATEL UNIVERSITY  
THIRD YEAR BSC (HOME) VI SEMESTER  
HYGIENE AND SANITATION  
COURSE CODE: UH06EHSC04  
Theory 

Credits-02 PD/Wk-02 Marks-50 

Objectives: 

This course will enable students to:  
1. Develop correct habits of personal and environmental hygiene.  
2. Learn safe handling of food and ensure complete safety of raw and processed foods. 

<table>
<thead>
<tr>
<th>THEORY</th>
<th>CONTENT</th>
<th>WEIGHTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Definition of hygiene its application to everyday life. Personal hygiene care of skin, hair, hands feet, teeth, use of cosmetics and jewellery.</td>
<td>10%</td>
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<tr>
<td>II</td>
<td>Safe handling of food – Personal hygiene including uniform, medical checkup, good food handling habits and training, control and eradication of flies, cockroaches, rodents and other pests.</td>
<td>20%</td>
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<tr>
<td>III</td>
<td>Disinfections – Definition of disinfectant, sanitation, antiseptic and germicides, common disinfectants, use in case of working surfaces. Plant equipment’s. Dish washing, hand washing etc., and sterilization of plant equipment’s.</td>
<td>20%</td>
</tr>
<tr>
<td>IV</td>
<td>Care of premises and equipment’s–impervious washable floors and walls, table tops, floors etc. Good ventilation and lighting, care of dark corners, crevices and cracks. Garbage disposal – collection storage and proper disposal from the premises including effluents.</td>
<td>25%</td>
</tr>
<tr>
<td>V</td>
<td>1. Storage of food – Technique of correct storage temperature of different commodities to prevent bacterial contamination of milk, butter, cream, cheese, fruit juices. LTHT, HTST method, sterilization of milk, water etc. 2. Legal administration and quality control – Laws relating to Food Hygiene.</td>
<td>25%</td>
</tr>
</tbody>
</table>

Outcomes:  
1. Students can get the knowledge of personal and industrial hygiene and sanitation.  
2. They can get the information regarding storage and care of food and equipment.  
3. They will aware about legal standards related with food hygiene.  

References –  