#### SARDAR PATEL UNIVERSITY, VALLABH VIDYANAGAR

#### **B.Sc. Home Science**

# (Under Choice Based Credit Scheme)

#### Semester - FIRST (Effect from June, 2018)

Course Type	Course Code	Name of Course	Theory / Practical	Credit	Contact hrs/ week	Exam Dura.		Marks	
			Practical		nrs/ week	hrs	Internal	External	Total
Foundation	UH01FENG21	English	Т	2	2	2	15	35	50
Courses	UH01FENV22	Environmental Studies	Т	2	2	2	15	35	50
	UH01CCHE23	Chemistry	Т	2	2	2	15	35	50
	UH01CCHE24	Chemistry	Р	1	2	3	15	35	50
	UH01CBIO25	Biology	Т	2	2	2	15	35	50
	UH01CBIO26	Biology	Р	1	2	3	15	35	50
	UH01CFRM27	Introduction to Resource Management	Т	2	2	2	15	35	50
Como Commona	UH01CFRM28	Introduction to Resource Management	Р	1	2	3	15	35	50
Core Courses	UH01CTCL29	Introduction to Clothing	Т	2	2	2	15	35	50
	UH01CTCL30	Introduction to Clothing	Р	1	2	3	15	35	50
	UH01CHUD31	Introduction to Human Development	Т	2	2	2	15	35	50
	UH01CHUD32	Introduction to Human Development	Р	1	2	3	15	35	50
	UH01CFDN33	Introduction to Foods & Nutrition	Т	2	2	2	15	35	50
	UH01CFDN34	Introduction to Foods & Nutrition	Р	1	2	3	15	35	50
	UH01EHSC01	Computer Basic	Т	1	1	Internal	25		25
Elective Courses	UH01EHSC02	Computer Basic	Р	1	1	3	20	30	50
	UH01EHSC03	National Service scheme	Т	2	2	2	20	30	50
	UH01EHSC04	Grooming & Personality	Т	2	2	2	20	30	50
		Total		24	30		390	510	900

# SARDAR PATEL UNIVERSITY First Year B.Sc. (Home) I-Semester ENGLISH Course Code: UH01FENG21

# Theory Pd/Wk: 02

Marks: 50

# **Objectives:**

- 1. To develop basic English reading and writing skills.
- 2. To familiarize learners with English structure.

# Note:- Three Short stories selected from prescribed collection Name of the Text: Ten Short Stories Edited by Jatin Mohanty. Universities Press (Story No. 2. Romance of a Busy Broker, 4. The Earth, 5. A case of Identity)

Theory	Content	Weightage
Unit :I	Questions based on short stories to be asked	30%
Unit :II	<ul><li>a) Short notes based on short story (any one)</li><li>b) B. Paragraph Writing</li></ul>	20%
Unit :III	<ul> <li>Grammar and Vocabulary</li> <li>a) Tenses</li> <li>b) Prepositions</li> <li>c) Antonyms and Synonyms</li> </ul>	30%
Unit :IV	Reading Comprehension	20%

#### **Learning Outcome:**

- 1. At the end of this course learner will be able:
- 2. To develop basic English reading and writing skills.
- **3.** To read and write grammatically correct English

#### **References :**

- 1. Essentials of Business Communication Rajendra Pal and JS Korlahalli (Sultan Chand & Sons)
- 2. Modern Commercial Communication BS Shah Publication, Ahmedabad
- 3. Cambridge International Dictionary of Phrasal Verbs Cambridge University Press
- 4. Developing Communication Skills Krishna Mohan & Meera Benerji (Macmillan)
- 5. Business Communication US Rai & SM Rai (Himalaya Publishing House, Mumbai)

# Credit : 02

# First Year B.Sc. (Home) I-Semester **ENVIRONMENT STUDIES Course Code: UH01FENV22**

# Theory

Credit : 02 Objectives		Marks: 50
2. То 3. То	create environmental awareness among the students create an pro-environmental attitude for sustainable development make them understand the importance of conserving natural resources. study the impact of population explosion and social issues related to it.	
Theory	Content	Weightage
Unit-I	<ul> <li>The multidisciplinary nature of environmental studies</li> <li>a) Definition, Scopeand Importance</li> <li>b) Objectives of environment education</li> <li>c) Need for public awareness</li> </ul>	5%
Unit-II	<ul> <li>Natural Resources</li> <li>a) Forest Resources: Use and over exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.</li> <li>b) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources.</li> <li>c) Role of an individual in conservation of natural resources.</li> </ul>	15%
Unit-III	<ul> <li>Ecosystems &amp; Biodiversity <ul> <li>a) Concept of an ecosystem</li> <li>b) Structure and function of an ecosystem</li> <li>c) Food chains, food webs and ecological pyramids</li> <li>d) Introduction, types, characteristic features, structure and function of the following ecosystems.</li> <li>Forest Ecosystems</li> <li>Desert ecosystems</li> <li>Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)</li> </ul> </li> <li>e) Biodiversity: <ul> <li>Definition:</li> <li>Types of biodiversity</li> <li>Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.</li> </ul> </li> </ul>	25%

#### **Unit-IV** Environmental Pollution

- a) Definition
- b) Air Pollution
- c) Water Pollution
- d) Soil Pollution
- e) Noise Pollution

Unit-V	Human Population, Social issues and the Environment	20%
	a) From unsustainable to sustainable development	
	b) Water conservation, rain water harvesting, watershed	
	management.	
	c) Human population and the environment.	
Unit-VI	<b>Disaster management</b> a) Floods	10%

25%

- b) Earthquakes
- c) Cyclones and landslides.

#### **Outcome :**

The student should be able to understand the difference between sustainable and unsustainable development and predict problems that future generation has to face if use of non-renewable resources is not restricted and clearly understand their role in preventing pollution and conserving natural resources.

# **References:**

- 1. Bhatt, Patel and Gohil, "Paryavaran, Environmental Studies" New Popular Prakashan, Surat (2008)
- 2. Tiwari, Khulbe and Tiwari", Environmental Studies" I.K. International Publishing House Pvt. Ltd., New Delhi (2007).
- 3. Kaur H. "Environmental Studies" PragatiPrakashan, Meerut (2005).
- 4. BharuchaErach "A Textbook of Environmental Studies" University Grant Commission, University Press Pvt. Ltd., Hyderabad (2005).
- 5. Sharma P.D. "Ecology and Environmental" Rastogi Publications, New Delhi (2003)

# First Year B.Sc. (Home) I-Semester CHEMISTRY Course Code: UH01CCHE23

#### Theory Pd/Wk: 02

#### Marks: 50

# **Objectives:**

Credit: 02

- 1. To explain the students with the basic information about the chemical formula, chemical reactions and various types of solutions.
- 2. To provide knowledge regarding various acid (strong and weak) and bases.
- 3. To give a knowledge of electro-chemistry. and rate of chemical reaction.
- 4. Use of the various metals including precious metals and also with chemical formulas, its use and reactions with atmospheric changes.
- 5. To prepare him for other related course by providing basic knowledge in this course.

Theory	Content	Weightage
Unit -I	Fundamentals of Chemistry	20%
	a) Scope and usefulness of chemistry	
	b) Branches of Chemistry	
	c) Classification of matter	
	d) Laws of chemical Combination	
	e) Structure of atom	
	f) Bohr's Model of atom	
	g) Electronic Configuration	
	h) Atomic number	
	i) Mass number	
	j) Valence shell and Valence electrons	
	k) Modern Periodic table	
	1) Symbols	
	m) Radicals	
	n) Chemical Formula	
	o) Chemical Bonding and Types of Bonding	
	p) Types of Chemical Reactions	
	q) Chemical Reactions Complete and balance	
Unit -II	Solution	20%
	a) Types of Solution	
	b) Methods for representing Concentration of solution	

- c) Molarity
- d) Normality

- e) Formality
- f) Molality
- g) Percentage W/W, W/V, V/V
- h) Mole Concept
- i) Diffusion and Osmosis

# Colloids

- a) Types of Colloids
- b) Difference of True, Colloidal and Suspension solution
- c) Properties of Colloids
- d) Gel and Emulsion
- e) Application of Colloids

# Unit -III Acid, base, pH

- a) Acid Definition
- b) General Properties of acid
- c) Types of acid
- d) Preparation, Properties and uses of useful acids
- e) (HCl,  $H_2SO_4$ , HNO<sub>3</sub>)
- f) Base-Definition
- g) General Properties of base
- h) Types of base
- i) Preparation, Properties and uses of useful base
- j) (NaOH, Na<sub>2</sub>CO<sub>3</sub>, NaHCO<sub>3</sub>)
- k) pH-Definition,
- 1) pH Scale, Explanation
- m) Usefulness of pH
- n) Indicator
- o) Buffer Solution

# Chemical Formula, Properties and uses of following

# Compounds

- a) Chlorine
- b) Ammonia
- c) Carbon dioxide
- d) Potassium permanganate
- e) Hydrogen peroxide
- f) Boric acid
- g) Bleaching powder
- h) Potash alum

20%

# Unit -IV Electro chemistry

- a) Redox reaction
- b) Definition
- c) Electrochemical cell
- d) Electrode potential
- e) Dry cell
- f) Lead Storage cell
- g) Corrosion

# **Rate of Chemical reaction**

- a) Definition and explanation
- b) Rate of Chemical reaction and factors affecting it
- c) Nature of reactant, Concentration of reactant, Temperature, Catalyst

# Unit -V Metals

- a) Classification of metals
- b) Difference between Metal and non metal
- c) General properties of metal
- d) Properties, uses and alloys of Copper, Aluminum, Iron
- e) Precious metals: Silver ,Gold and platinum
- f) Properties, uses and care of them

# **Fire Extinguisher**

- a) Type of fire
- b) Methods for extinguishing fire
- c) Chemical fire extinguishers
- d) Dry powder
- e) Carbon dioxide
- f) Foam types.

# **OUT COMES:**

- 1. Students completing this course will be able to give answer about uses of inorganic chemistry in various branches of home science.
- **2.** Students will be able to make a chemical formula, chemical reactions. student also gain knowledge about solution preparation, acid and base and pH and various house hold chemicals ,metals and their uses.

# **REFERENCES:**

Fundamental chemistry
 Applied Chemistry
 Inorganic Chemistry
 Inorganic Chemistry
 Chemistry-Std.XI
 P. L .Soni )
 (Thankama Jecob)
 (Gehani, Parekh, Bhagvat )
 (B.D. Madam, B.S. Bisht)
 (Gujarat State boards of School text book)

20%

# 20%

# (6) Chemistry-Std.XII (Gujarat State boards of School text book) First Year B.Sc. (Home) I-Semester CHEMISTRY Course Code: UH01CCHE24

# Practical Pd/Wk: 02

Marks: 50

# Practicals :

(1) Qualitative analysis of water Soluble inorganic Compounds containing one Positive radical and one negative radical

(2) Acid base titration : Strong acid	Strong base
Strong acid	Weak base
Strong base	Weak acid

Credit:01

# First Year B.Sc. (Home) I-Semester BIOLOGY **Course Code: UH01CBIO25** Theory Pd/Wk: 02

Credit : 02 **Objectives:-**

To Enable Students-

- 1. To acquaint the students with fundamentals of Biosciences.
- 2. To enable the students understand the significance and utilization of plants and animals in general.
- 3. To familiarize the students with genetic concept.

Note: Plant body: Life processes, economic importance, cell and tissue. Animal cell and tissue, useful and harmful organisms, Micro-organisms, Genetics, Health and diseases.

Theory	Content	Weightage
Unit I	<ol> <li>Biological Science: Introduction, major branches of Biology, its significance.</li> </ol>	25%
	2. Elementary study of plant and animal cell.	
	3. Composition of protoplasm.	
	4. Brief study of cell division.	
	5. Study of plant and animal tissues.	
Unit II	1. Form, structure and functions of vegetative and	25%
	reproductive parts of seed bearing plants.	
	2. Study of unisexual and bisexual flowers.	
	3. Elementary study of pollination, fertilization and	
	reproduction in plants.	
	4. Plant metabolism: Transpiration, Photosynthesis and	
	respiration.	
Unit III	1. Heredity and variations.	25%
	2. Sex determination in man and multiple birth.	
	3. General Health care and common diseases in human.	
	4. Economic importance of plants and animals.	
Unit IV	1. Transport of materials in living systems	25%
	a. Diffusion	
	b. Exchange of substances between cells and their environment.	
	c. Intracellular exchange of substances.	
	d. Water and food transport	
	2. Brief account of Virus, Bacteria and yeast, Commercial	
	importance of Microbes.	

Marks: 50

# **OUTCOME:**

The students would get familiar with the basics of biology, they would gain knowledge regarding the plant and animal kingdom as well as the importance of genetics in human life.

# **REFERENCES:**

- 1. Dutta A.C.,(1980) ' A class book of Botany' John Brown, oxford university press. Faraday House, Calcutta- 13.
- 2. Apsangikar D.K. and Rane K.T.(1975): 'Introduction to Botany': Popular Publication Surat.
- 3. Sharma V.K. (1990) 'Biology class XI'Publishers 23, Daryaganj New Delhi-110002.
- 4. Sankaram M.S.(1990) 'Biology for Class XII'Tata McGraw-Hill Publishing Company Limited 4/12 Asaf Ali Road New Delhi.
- 5. Gujarat State Board of school Text books (1994) 'Biology Standard 12': old assembly Building Sector 17,Gandhinagar.
- 6. Gujarat State Board of school Text books (1996) 'Biology Standard 12': old assembly Building Sector 17,Gandhinagar.
- 7. Maheshwari P.Manoharlal (1996) 'Biology Part 1-7' NCERT New Delhi.

# First Year B.Sc. (Home) I-Semester BIOLOGY Course Code: UH01CBIO26

# Practical Pd/Wk: 02

Marks: 50

Practicals will be conducted related to theory course and the records will be maintained by each candidate in a special record book, journal.

# Practical

6.

# Content

- 1. Simple and compound Microscope.
- 2. Typical flowering plant body.
- 3. Unisexual and Bisexual flowers (Datura, Hibiscus, Sunflower, Cucurbits)
- 4. Cell and tissue (Plant and Animal)
- 5. Friend and foe animals.
  - 1. Sexual and asexual reproduction in plants (Seed germination and vegetative propagation)
    - 2. Common economic plants.
- 7. Sexual and asexual reproduction in plants (Seed germination and vegetative propagation)
- 8. Common economic plants.
- 9. Plant physiology (transpiration, Photosynthesis and Respiration)
- 10. Mountings Preparation and observation of Slides

Credit : 01

# First Year B.Sc. (Home) I-Semester INTRODUCTION TO FAMILY RESOURCE MANAGEMENT Course Code: UH01CFRM27

#### Theory Pd/Wk: 02

Marks: 50

# **Objectives:**

Credit: 02

- 1. To help students in learning various concepts of resource management.
- 2. To help students learn the basic process of management.
- 3. To recognize the importance of wise use of resources in order to achieve goals.

# TheoryContentWeUnit-I 1.Meaning and scope of resource management

- a) Definition of resource management
- b) Purpose of resource management
- c) Obstacles in resource management and ways to overcome them

# 2. Resources

- a) Definition and its importance of resources in effective management
- b) Characteristics of resources
- c) Types of resources
  - Human Resources
  - Non Human Resources

# Unit-II Factors motivating resource management

- 1. Values:
  - a) Definition and its importance in human life,
  - b) Types of values
    - Extrinsic
    - Intrinsic
- 2. Goals:
  - a) Definition and its importance in human life
  - b) Types of goals:
    - Short term goals
    - Intermediate goals
    - Long term goals
- 3. Standards.
  - a) Definition and its importance,
  - b) Classification of standards
    - Conventional / Non Conventional

# Weightage

15%

#### 20%

• Qualitative / Quantitative

# Unit III: Decision Making:

- a) Definition and its importance
- b) Steps involved in decision making
- c) Types of decision
  - Individual Decision
  - Group Decision

# Unit IV: Management Process

- a) Definition and its importance in daily life
- b) Steps involved in management process
  - Planning : Definition, importance of planning and steps in successful planning, types of plans, characteristics of planning.
  - Controlling: Definition and important steps involved in controlling phase: energizing, checking and adjusting.
  - Evaluation : Feedback : Definition and its importance, type of evaluation.

# Unit V: Time Management and Energy Management

- 1. Time Management
  - a) Meaning and need of time management
  - b) Tools of time management
  - c) Management applied to time
    - Planning
    - Controlling
    - Evaluating
- 2. Energy Management
  - a) Meaning and need of energy Management
  - b) Fatigue: Definition, types, methods to avoid fatigue
  - c) Management applied to energy
    - Planning
    - Controlling : Principles of body mechanics
    - Evaluating
  - d) Work simplification : Definition, Techniques of work simplification, Classes of change
    - Class A : Change in product
    - Class B : Change in household environment
    - Class C : Change in hand and body motion

20%

35%

#### **OUTCOMES:**

By the end of this course, students will be able to:

- 1. recognize the available resources and make the maximum use of resources to achieve the goals..
- 2. learn the basic process of management.
- 3. Critically analyze and apply the managerial skills in any situation.
- 4. manage the time and energy effectively and be more productive.

#### **REFERENCES :**

- 1. Ogle N. Srinivasan K. Varghese M.A.(1996) "Home Management" New age International House, New Delhi.
- 2. The Educational Planning Group Delhi (1993), "Home Management" Arya Publishing House, New Delhi.
- 3. Nickell P. And Dorsey J.M.,(2002) "Management in Family Living", CBS Publications and Distributors Pvt. Ltd. New Delhi.
- 4. Shukul M. Gandotra V. ,(2006) "Home Management and Family Finance", Dominant Publishers and Distributors, New Delhi.
- 5. ગંડોત્રા વી., મજમુદાર જે. (2007), "ગુરુવ્યવસ્થાપન, અનડા બુક ડીપો, અમદાવાદ.
- 6. ઠક્કર એમ. પુજારા જે., (2001), "ગ્રુહવ્યવસ્થાપન નો પરિચય", પ્રવિણ પુસ્તક ભંડાર, રાજકોટ.

# First Year B.Sc. (Home) I-Semester INTRODUCTION TO FAMILY RESOURCE MANAGEMENT Course code: UH01CFRM28

#### Practical Pd/Wk: 02

Marks: 50

# **Practicals:**

Credit :01

- 1. a) Diagrammatic presentation of resources under different categories with examples.
  - b) Identify and list various community resources within your area.
- 2. Application of management process in day to day life activities.
- 3. Enlist and categorize various human values.
- 4. List five short term, intermediate and long term goals. Mention the resources required to achieve those goals.
- 5. a) Record all the decisions made in last three days and classify.b) Describe the steps in decision making process to make the final choice for the given situation.
- 6. Develop a time plan schedule for the coming week and learn how much time spending on various activities.
- 7. Apply work simplification techniques in day to day life.
- 8. Finding minimum and maximum vertical and horizontal reach of individuals.

# First Year B.Sc. (Home) I-Semester INTRODUCTION TO CLOTHING Course Code: UH01CTCL29

#### Theory Pd/Wk: 02

Marks: 50

# **Objectives :**

Credit: 02

- 1. To impart knowledge on the elements & principles of dress design.
- 2. To gain knowledge of the readymade garment industry.
- 3. To develop basic skills in clothing construction

Theory	Content	Weightage
Unit- I	Importance of Clothing	20%
	a) Brief overview of how clothing originated.	
	b) Importance of Clothing ( why it originated)	
Unit- II	Elements of dress design & it's effect	20%
	a) Line, Color, Silhouette, Texture	
Unit- III	Principles of dress design & it's effect	20%
	a) Harmony, Balance, Proportion, Rhythm, and Emphasis.	
Unit- IV	Introduction to garment construction	20%
	a) Designing, cutting, sewing, finishing	
	b) Readymade garment manufacturers their brands	
Unit- V	Fashion Industry	20%
	a. Fashion designers- Indian and world.	
	b. Medium of fashion information- T.V., Fashion blogs, Fashio	on shows,
	Newspaper	
REFEREN	NCES:	
	1. Fashion Technology M. Narang; Asia Pacific Business Press Inc. D	elhi
	2. Elements of Fashion & Apparel Design; Sumathi G.I. New Age Inte	ernational Ltd,
	2002	
	3. The new Textiles; 1993 C.Colchester; thames & Hudson Ltd;	

- 4. Fashion Design & product development ; 1992 H.Carr & J. Pomeroy, Blackwell Scientific Publication ;
- 5. Fashion Tourism(2010) Kumar A., Sonali Publication, New Delhi. India.
- Fashion Technology, today &tomorrow; N. Pundir, Mittal Publication New Delhi;2007
- 7. Basic process & Clothing Construction. Doongaji S.C.& Deshpande(1964),New Raj Book, New Delhi.
- 8. Sewing for Apparel Industry, Shaeffer C (2000); Prentice Hall New Jersey.

# 9. Textile technology to GCSE(1999), Dawn J., Oxford university press First Year B.Sc. (Home) I-Semester INTRODUCTION TO CLOTHING Course Code: UH01CTCL30

# Practical Pd/Wk: 02

Marks: 50

# Practical:

- 1. Sewing machine- Care, threading & use of machine.
  - a) Sewing machine attachments
- 2. Make samples of the following
  - a) Plain seam, flat-filled seam, French seam
  - b) Edge machine- $1/4^{\text{th}}$ ,  $1/3^{\text{rd}}$ ,  $1/6^{\text{th}}$
  - c) over-lock seam
  - d) rolled/ bidding seam
  - e) bias binding, bias facing
  - f) shaped facing
  - g) darts
  - h) side pleat
  - i) Full opening placket
  - j) skirt placket
  - k) continuous placket
  - 1) hemming
  - m) tacking
  - n) running
- 3. Collection of textile components, its application & use
  - a) Buttons, stud fastenings, eyelets, ribbon, lace, braid, buckle, chain, safety pins, rivets, poggles, zip
- 4. Readymade garment analysis- seam type, neckline finishes, fullness etc.
- 5. Related glossary

# Credit:01

# First Year B.Sc. (Home) I-Semester INTRODUCTION TO HUMAN DEVELOPMENT Course code: UH01CHUD31

#### Theory Pd/Wk: 02 Marks: 50 Credit: 02 **Objectives:** 1. Introducing the students to the field of human development 2. To sensitize the students to social and cultural context in human development Theory Content Weightage Unit -I An Overview of the field 10% a) What is human development b) Need & importance of studying human development c) Historical view d) Scope of the field of human development Unit -II **Orientation to Growth and Development** 15% a) Meaning and definition of growth and development b) Principlees of development c) Factors affecting growth and development Unit -III **Pre-natal Development** 15% a) The beginning of a new life prenatal development b) Factors influencing prenatal development c) Signs of pregnancy d) Care of pregnant women e) Birth Process f) Types of birth and effect on child Unit -IV Stages of life span meaning and introduction of different 60% stages in Life. a) Infancy b) Physical development, physical growth, change in body proposition, c) Change in height, baby weight. d) Brain development. Baby hood a) Babyhood skills b) Speech development (crying, babbling, gestures) Early childhood:-

- a) Social development
- b) Development of emotion

- c) Common emotions of early childhood (Anger, fear, jealous, curiosity, joy, affection)
- d) Factors influencing social development.
- Late childhood
  - a) Skills of late childhood.
  - b) Speech improvement in late childhood (pronunciations, forming sentences and speech)
  - c) Moral development
  - d) Socialization
  - e) Developments of concepts
  - f) Factors influencing moral development

Adolescence:-

- a) Need, problems and interest in Adolescence.
- b) Guidance to Adolescence.
- c) Social and emotional maturity

Characteristics of Adulthood

- a) Adjustment to change family patterns in middle age
- b) Vocational and family life hazards

# **OUTCOME:**

- 1. They will understand all the stages of lifespan.
- 2. They will come to know about various developments.
- 3. Students will drain about principles of growth and development.

# **REFERENCES:**

- 1. Mussen, P. N Conger, J.J. Kagar, J & Huston, A C(1990) Child Development & Personality(7ed) N. Y Harper Collins.
- 2. Cole M & Cole. S (1993) : The development of children. New York: Scientific American Books.
- 3. Hurlock "development and psychology"
- 4. Pappalia "human development"
- 5. Berk L.E. "child development" new delhi
- 6. Craig G. "human development" N.J. Prentice Hall
- 7. Cole M. and Cole S. "The development of Children

# First Year B.Sc. (Home) I-Semester INTRODUCTION TO HUMAN DEVELOPMENT Course code: UH01CHUD32

# Credit: 01

# Practical Pd/ Wk: 02

Marks: 50

# **Objectives:-**

- 1. To acquaint the students about growth monitoring & anthropometric Measurements of a child.
- 2. The introduction and application of the basic tools of research in the field of Human Development to the students

# **Practical:**

1. Growth monitoring.

Anthropometric measurements of a child. Ht. Wt., circumferences etc. [by the use of Salter Scale and MUAC]

- 2. Observation of individuals of different stages of life with the help of checklist.
  - 1. Neonate
  - 2. Infancy
  - 3. Early childhood
  - 4. Late childhood
  - 5. Adolescence
  - 6. Young adulthood
  - 7. Middle age
  - 8. Late adulthood
- 3. The major tools of research in child study/ the field of human development.
  - a. Case study
  - b. Interview
  - c. Questionnaire
- 4. Organize film show/slide show/PPT for the students:
  - a) Stages of pregnancy
  - b) Types of birth
  - c) Neonate care

# First Year B.Sc. (Home) I-Semester INTRODUCTION TO FOODS AND NUTRITION Course Code: UH01CFDN33 Theory Pd/Wk: 02

Marks: 50

# Credit : 02 Objectives:

- 1. To understand the functions of food and the role of the various nutrients and their requirements
- 2. To be familiar with different methods of cooking, their advantages and disadvantages.
- 3. To gain knowledge of improving nutritional quality of food

Theory	Content	Weightage
Unit -I	1. Concept of Nutrition, function of Foods, Basic five food and their contribution to balanced diet.	30%
	2. Method of cooking –advantages and disadvantages ,its effect on nutritive value,	
	3. Improving nutritional quality	
	foods(germination,fermentation,substitution,fortification,enrichme nt and Supplementation)	
Unit -II	Classification ,sources, function, RDA of Protein ,Carbohydrate and	20%
	Fats	
Unit -III	Classification ,sources, function, RDA of water soluble vitamins:	20%
	Thiamine, Riboflavin, Niacin, Pyridoxine, Pantothenic acid ,vitamin	
	B12, folic acid and vitamin C	
Unit-IV	Classification ,sources, function, RDA of Fat soluble vitamins:	15%
	Vitamin A,D,E,K	
Unit-V	Classification ,sources, functions of RDA of Mineral: Calcium,	15%
	Phosphorus, Iron, Zinc, Flourine, Iodine ,Selenium, Magnesium	
OUTCOM	IES:	
1.	The students will learn to identify and classify rich sources of nutrients and	d it will
	help them to improve quality of life	

# **REFERENCES:**

- 1. Educational Planning group(1991) : "Food and Nutrition, Text book of home science For senior students."3rd Edition, Arya publishing house, New Delhi.
- 2. Mudambi, S.R and Rajagopal M.V . Fundamentals of Nutrition, New Age International Ltd.
- 3. Food science and Nutrition by SunetraRoday, Oxford publication
- 4. Fundamentals of Foods, Nutrition and Diet Therapy <u>MudambiSumati R.</u>

# First Year B.Sc. (Home) I-Semester INTRODUCTION TO FOODS AND NUTRITION Course Code: UH01CFDN34

# Credit:01

# Practical Pd/Wk: 02

Marks: 50

# **Practicals:**

# Plan and Prepare rich recipes for the following :

1 Carbohydrates	
2 Protein(incorporating combination of cereals and pu	lses)
3 Fat	
4 Vitamin B1(Incorporating fermentation and germina	tion)
5 Vitamin B2	
6 Vitamin C	
7 Vitamin A	
8 Iron	
9 Calcium	

# First Year B.Sc. (Home) I-Semester COMPUTER BASIC Course Code: UH01EHSC01

#### Theory Pd/Wk: 02

Marks: 50

# Objective

Credit:01

- 1. To familiarize with basics of computer.
- 2. To develop basic skills of using computer.
- 3. To develop basic understanding of computer system operation and information accessing tools.

# Theory

# Content

- Unit –I A. History of Computer
  - Early computing machines Generation of computers
  - Classification of computers

# B. The computer system – Input-output Devices and data recording media

- Characteristics of a computer
- Components of a computer system

# C. Computer peripherals

• Input Devices

# D. Data recording media

- Primary memory
- Secondary memory
   Cacl

# Unit –II A. Computer Languages and communication technology. 2 B. MS windows

- Introduction to window
   Desktop
  - Window 95/98/Xp in brief
  - Component of start menu

# Unit –III (A) Data organization

٠

- Windows explorer
- Controlling window sizes
- (B) Window Accessories
- Notepad
- Paint
- Calculator

- Basic components of window
- Shortcuts

• Taskbar

- WordPad
- Clipboard

# Weightage

- Basic applications of a computer
- Output Devices
- Representing characters in memory
- Cache memory
- 20 %

20 %

# Unit -IV A. Microsoft word

- Features of word processor • Introduction MS-word
- Creating / Saving / Opening / Closing document ٠

#### **B.** Editing and Formatting a Documents

- Selecting text
- Moving the insertion point
- Inserting Text/Overtyping Text
- Inserting a line
- Deleting Text
- Undo command
- Redo command
- Copying Text

# C. Word art

- Inserting word art
- Drawing art objects
- Find and replace
- **Inserting Tables** •

- Moving Text
  - Formatting the document
  - Headers and footers
  - Using Grammar and spell check
  - Using thesaurus
  - Using Tab
  - Newspaper style columns
  - Printing & document
  - Inserting clipart
  - Bullets and numbering
  - Mail merge

# First Year B.Sc. (Home) I-Semester COMPUTER BASIC Course Code: UH01EHSC02

# Credit:01

# Practical Pd/Wk: 02

Marks: 50

# **Practicals:**

- 1. Make a list of the storage devices that are used to store the data, used in your computer lab and also write the configuration of your computer Ram, Hard-disk, etc.
- 2. Practical on use of basic window Accessories (2 exercise)
- 3. Create a new document & type a (Letter/Paragraph/ Article).
- 4. By using different icons change document as per instructions.
- 5. Search, Collect & Save the given topic on different search engine and create your account on Gmail & send mail to your friend.

# First Year B.Sc. (Home) I-Semester NATIONAL SERVICE SCHEME Course Code: UH01EHSC03

Theory				
Credit : 01	Pd/Wk: 02	Marks: 50		
Unit -I: Introduction and Basic Concepts of NSS		10%		
a)	History, philosophy, aims & objectives of NSS			
b)	Emblem, flag, motto, song, badge etc.			
<b>c</b> )	Organizational structure, roles and responsibilities of various NSS			
d)	functionaries			
Unit -II: NSS	Programmes and Activities	30%		
a)	Concept of regular activities, special camping, Day Camps			
b)	Basis of adoption of village/slums, Methodology of conducting Survey			
c)	Financial pattern of the scheme			
	Other youth prog./schemes of GOI			
e)	Coordination with different agencies			
f)	Maintenance of the Diary			
Unit -III: Un	derstanding Youth	10%		
a)	Definition, profile of youth, categories of youth			
b)	Issues, challenges and opportunities for youth			
c)	Youth as an agent of social change			
Unit -IV: Co	mmunity Mobilisation	30%		
a)	Mapping of community stakeholders			
b)	Designing the message in the context of the problem and the cultur of the community	e		
c)	Identifying methods of mobilisation			
d)	Youth-adult partnership			
Unit -V: Volu	inteerism and Shramdan	20%		
a)	Indian Tradition of volunteerism			
b)	Needs & importance of volunteerism			
c)	Motivation and Constraints of Volunteerism			

d) Shramdan as a part of volunteerism