

SARDAR PATEL UNIVERSITY, VALLABH VIDYANAGAR
B.Sc. Home Science
(Under Choice Based Credit Scheme) (Effect from June, 2022-23)
Semester - THIRD (GENERAL)

| Course Type | Course Code (10 Digit) | Name of Course | Theory (T) Practical (P) | Credit | Contact hrs/ week | Exam Duration in hrs | Marks | | |
|--|---------------------------|-------------------------------------|--------------------------------|-----------|-------------------------|----------------------------|------------|------------|------------|
| | | | | | | | Internal | External | Total |
| Ability Enhancement Courses | UH03AHSC51 | Communication and Extension | T | 2 | 2 | 2 | 15 | 35 | 50 |
| | UH03AHSC52 | Communication and Extension | P | 2 | 4 | 3 | 15 | 35 | 50 |
| Core Courses | UH03CGEN51 | Family Finance and Consumer Studies | T | 4 | 4 | 3 | 30 | 70 | 100 |
| | UH03CGEN52 | Family Finance and Consumer Studies | P | 2 | 4 | 3 | 15 | 35 | 50 |
| | UH03CGEN53 | Clothes, Self and Family | T | 4 | 4 | 3 | 30 | 70 | 100 |
| Skill Enhancement Courses | UH03SGEN51 | Food Preservation | T | 4 | 4 | 3 | 30 | 70 | 100 |
| | UH03SGEN52 | Food Preservation | P | 2 | 4 | 3 | 15 | 35 | 50 |
| | UH03SGEN53 | Basics of Clothing Construction | P | 2 | 4 | 3 | 15 | 35 | 50 |
| Elective Courses (Any One) | UH03EHSC51 | Effective Speaking and Writing | P | 2 | 4 | 3 | 15 | 35 | 50 |
| | UH03EHSC52 | Health & Herbs | P | 2 | 4 | 3 | 15 | 35 | 50 |
| | UH03EHSC53 | Landscaping and Gardening | P | 2 | 4 | 3 | 15 | 35 | 50 |
| | UH03EHSC54 | Yoga and Meditation | P | 2 | 4 | 3 | 15 | 35 | 50 |
| | | Total | | 24 | 34 | | 180 | 420 | 600 |



Bachelor of Science -Home Science
(B.Sc. - H. Sc.) (Home Science) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|-----------------------------|
| Course Code | UH03AHSC51 | Title of the Course | Communication and Extension |
| Total Credits of the Course | 02 | Hours per Week | 02 |

| | |
|--------------------|--|
| Course Objectives: | <ol style="list-style-type: none">1. Enable to understand the importance of communication in their day to day life2. Acquaint the students with the types of communication and process of communication.3. Shape the students future as a better citizen in the social networking.4. Perceive the importance of extension education |
|--------------------|--|

| Course Content | | |
|----------------|---|----------------|
| Unit | Description | Weightage* (%) |
| 1. | <p>Communication Concept</p> <p>(a) Meaning and importance of communication</p> <p>(b) Elements of Communication – three elements – source, message, receiver, four elements – encoding, decoding, sender and receiver, five elements – communicator, communicate, message, channel and feedback</p> <p>(c) Means of Communication – Oral, Written, Sign / signal, action, object</p> <p>(d) Types of Communication – Formal and Informal Communication</p> <p>(e) Pattern - one way, two way, circular</p> <p>(f) Barriers to Communication – semantic, psychological, organizational and personal</p> | 30 |
| 2. | <p>Communication media –</p> <p>(a) Print and electronic media</p> <p>(b) Advantages and Limitations of communication media</p> | 15 |
| 3. | <p>Effective Communication</p> <p>(a) Characteristics – Clear, correct, complete and precise message, reliability, consideration of the recipient</p> <p>(b) skills – Observance, clarity and Brevity, Listening and Understanding, self-efficacy and self confidence</p> <p>(c) Significance – Team work, Team building, problem solving and decision making skills, facilitate creativity and reduces</p> | 25 |





| | | |
|----|--|----|
| | misunderstanding (d) Concepts relating to communication – perception, fidelity, communication gap, Empathy, Homophily, heterophily | |
| 4. | Unit-IV. Communication and Extension (a) Concept, need, functions, principles and scope of extension (b) Steps in extension teaching (c) Communication methods in extension :group method, mass method and individual method (d) Advantages and limitations of communication and extension (e) Approaches: General Extension, Commodity specialized, Training and visit, Agricultural, Extension participatory, project, farming systems development, cost sharing and Educational Institution approach | 30 |

| | |
|-------------------------------|--|
| Teaching-Learning Methodology | Lecture Method, Questions-Answer method, Discussion method, Brainstorming method, Observational method, Use of ICT |
|-------------------------------|--|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Written Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| | |
|--|---|
| Course Outcomes: Having completed this course, the learner will be able to | |
| 1. | Improved personal relations with immediate and extended communication. |
| 2. | Function more effectively & assertively in public and work environment. |
| 3. | Identify their strengths & weaknesses and improve on weakness. |
| 4. | Better equipped to use media in their professional endeavours |

| |
|-----------------------|
| Suggested References: |
|-----------------------|





| Sr. No. | References |
|---------|---|
| 1. | Sharma, S. R. (1998). <i>Extension Education</i> . Omsons Publications. |
| 2. | Kumar, K. J. (2000). <i>Mass communication in India</i> (Vol. 741). Jaico publishing house. |
| 3. | Rayudu, C. S. (2011). <i>Media and communication management</i> . Himalaya Publishing House. |
| 4. | Mody, B., & Rolston, M. (1991). <i>Designing messages for development communication: An audience participation-based approach</i> . New Delhi: Sage Publications. |
| 5. | Kotler, P. (2006). <i>Marketing Management</i> . India: Pearson Education |

On-line resources to be used if available as reference material

On-line Resources

Epgp.inflibnet.ac.in/Home





Bachelor of Science -Home Science
(B.Sc. - H. Sc.) (Home Science) Semester (III)

| | | | |
|-----------------------------|--|---------------------|---|
| Course Code | UH03AHSC52 | Title of the Course | Practical - Communication And Extension |
| Total Credits of the Course | 02 | Hours per Week | 04 |
| Course Objectives: | <ol style="list-style-type: none">1. Develop skill for effective communication and Extension.2. Develop an ability to communicate in various situations.3. Prepare suitable communication aids for educating community.4. Learn the importance media in development communication5. Acquire skills on Information Education and Communication (IEC) technologies and media | | |

| Course Content | | |
|----------------|--|----------------|
| Unit | Description | Weightage* (%) |
| 1. | Communication modes for rural and urban communities: Making charts / posters / cartoons | 10 |
| 2. | Preparing leaflets / folders / handouts | 10 |
| 3. | Demonstration/ techniques or any innovative method for Communication (Games). | 10 |
| 4.. | Preparing scripts for role play/ street play/ puppet shows /Radio and T.V talk show | 10 |
| 5. | Preparing puppets for puppet show. | 10 |
| 6. | Creative writing: Column and article Writing | 10 |
| 7. | Skills in Letter writing | 10 |
| 8. | Presentation Skills : Making PPT. | 10 |
| 9. | Prepare a questionnaire for the community to understand their felt and unfelt need | 10 |
| 10. | Organizing an exhibition of various products related to their respective field. | 10 |

| | |
|-----------|---|
| Teaching- | Questions-Answer method, Discussion method, Brainstorming method, |
|-----------|---|





| | |
|----------------------|--|
| Learning Methodology | Observational method, Role-playing method, Brainstorming method Survey method |
|----------------------|--|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Practical Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Practical, Viva-voce, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| Course Outcomes: Having completed this course, the learner will be able to | |
|--|---|
| 1. | Understand the concept related to communication and extension for development |
| 2. | Focus on different types of media and its uses in the implementation of programme |
| 3. | Analyze the ICT in development communication |

| |
|--|
| On-line resources to be used if available as reference material |
| On-line Resources |
| Epgp.inflibnet.ac.in/Home |





Bachelor of Science - Home Science
(B.Sc.- H.Sc.) (General) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|-------------------------------------|
| Course Code | UH03CGEN51 | Title of the Course | Family Finance and Consumer Studies |
| Total Credits of the Course | 04 | Hours per Week | 04 |

| | |
|--------------------|--|
| Course Objectives: | <ol style="list-style-type: none">1. To identify the importance of wise use of money as a resource.2. To develop an appreciation for financial management in family living.3. To appraise the role of consumers in the Indian economy.4. To create awareness about marketing conditions, rights and responsibilities of consumers |
|--------------------|--|

| Course Content | | |
|----------------|---|----------------|
| Unit | Description | Weightage* (%) |
| 1. | Household income and expenditure (a) Household income (b) Factors influencing expenditure pattern, Engel's law (c) Supplementation of Family income (d) Budgeting | 20 |
| 2. | Family Savings and Credit practices Financial security arrangements: Family savings and investments- need, principles, channels of investment (a) Savings and savings institutions, merits and demerits of each (b) Guidelines for wise savings practices (c) Consumer credit- Concept, meaning, need, sources, credit cards, credit services availed by the family members, types of loans availed by families (d) Mortgages: Definition and conceptual meaning, significance in meeting emergent needs of expenditure (e) Personal finance management :Tax implications, Calculation of personal income tax | 20 |
| 3. | Consumerism in India : (a) Definition, Types of consumer problems (Products and service), Causes and solution (b) Consumer aids: classification – Labels, Trademarks, Brand Names, Patents, Warranty, Guarantee, Quality Control and After Sales Service | 20 |





| | (c) Role of advertisements influencing consumer behaviour | |
|----|--|----|
| 4. | Green Consumerism- Meaning and importance with respect to consumerism, need, consideration in daily consumption and significance, ethos of adopting sustainable/eco-friendly lifestyle as green consumers. | 20 |
| 5. | Consumer protection (a) Concept, need and significance (b) Consumer rights and responsibilities in India (c) Basic legislative framework for consumer protection in India- Consumer Protection Act 1986 (COPRA) , Alternative redressal mechanisms, Mediation centres (d) Standardization and quality control measures: Role of ISI, FPO, AGMARK, ISO, Eco mark, Wool mark, Silk mark, Cotton mark, Handloom mark, BEE Star labelling and others (e) Consumer Protection Act 2019 | 20 |

| | |
|-------------------------------|---|
| Teaching-Learning Methodology | Participatory lectures with active learning, reflective learning, written exercises, collaborative learning, problem solving, lectures(black-board and chalk), tutorials, library use and e-learning through videos coupled with market survey, field-based learning, Assignments |
|-------------------------------|---|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Written Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| Course Outcomes: Having completed this course, the learner will be able to | |
|--|---|
| 1. | Understand the importance of wise use of money as a resource. |
| 2. | Develop an appreciation of role of financial management in family living. |
| 3. | Understand the role of consumer in the market. |
| 4. | Become aware of marketing conditions, rights and responsibilities of consumers. |





| | |
|----|--|
| 5. | Recognize the problem while purchasing goods / services from market. |
|----|--|

Suggested References:

| Sr. No. | References |
|---------|--|
| 1. | Ogle, N., Srinivasan, K., Varghese, M.A. (1996). <i>Home Management</i> , New Delhi: New Age International House. |
| 2. | The Educational Planning Group Delhi. (1993). <i>Home Management</i> . New Delhi: Arya Publishing House. |
| 3. | Shukul, M. and Gandotra, V. (2006). <i>Home Management and Family Finance</i> . New Delhi: Dominant Publishers and Distributors. |
| 4. | Sawhney, H. K., and Mital, M. (2007), <i>Family Finance and Consumer Studies</i> . New Delhi: Elite Publishing House Pvt. Ltd. |
| 5. | Sarkar, A. (1989). <i>Problems of Consumer in Modern India</i> . Delhi: Discovery Publishing House. |
| 6. | Agarwal, Anju (1989). <i>A Practical Handbook for Consumer</i> . Bombay: India book house. |

On-line resources to be used if available as reference material

On-line Resources

Consumer handbook https://consumeraffairs.nic.in/sites/default/files/file-uploads/consumer_information/Consumer_Handbook_H.pdf

Consumer handbook https://consumeraffairs.nic.in/sites/default/files/file-uploads/consumer_information/Consumer_Handbook.pdf





Bachelor of Science - Home Science
(B.Sc.- H.Sc.) (General) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|---|
| Course Code | UH03CGEN52 | Title of the Course | Practical-Family Finance and Consumer Studies |
| Total Credits of the Course | 02 | Hours per Week | 04 |

| | |
|--------------------|---|
| Course Objectives: | <ol style="list-style-type: none">1. To comprehend the importance of wise use of money as a resource.2. To develop an appreciation for financial management in family living.3. To appraise the role of consumers in the Indian economy.4. To create awareness about marketing conditions, rights and responsibilities of consumers. |
|--------------------|---|

| Course Content | | |
|----------------|---|----------------|
| Unit | Description | Weightage* (%) |
| 1. | To understand the types of income and their sources along with supplementation of existing income | 05 |
| 2. | To prepare customized budget for families with specified income and goals. | 10 |
| 3. | To find out current saving and investment schemes from various financial institutions. | 05 |
| 4. | Learning to fill various forms and digital mode of money transfer | 10 |
| 5. | To make students aware about consumer rights and responsibilities. | 05 |
| 6. | To study the malpractices existing in the market. | 05 |
| 7. | To evaluate and design informative and attractive labels for different type of products. | 10 |
| 8. | To discuss advantages and disadvantages of various packaging materials. | 10 |
| 9. | To distinguish various quality marks by drawing logo and colour of logo | 10 |
| 10. | To understand the three tier redressal mechanism under COPRA | 10 |
| 11. | Visit to consumer Forums and consumer courts to understand their operational procedures | 05 |





| | | |
|-----|--|----|
| 12. | Debates/discussions on: Consumer credit, Online shopping, Debit cards/credit cards | 05 |
| 13. | Calculate taxable income and accruing tax for an individual whose occupation, monthly income, savings and like are specified | 10 |

| | |
|-------------------------------|---|
| Teaching-Learning Methodology | Active learning, reflective learning, written exercises, collaborative learning, problem solving, Discussions and display of various materials, e-learning coupled with market survey ,field-based learning, Assignments, |
|-------------------------------|---|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Practical Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Practical, Viva-voce, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| Course Outcomes: Having completed this course, the learner will be able to | |
|--|---|
| 1. | Understand the importance of wise use of money as a resource. |
| 2. | Develop an appreciation of role of financial management in family living. |
| 3. | Understand the role of consumer in the market. |
| 4. | Become aware of marketing conditions, rights and responsibilities of consumers. |
| 5. | Recognize the problem while purchasing goods / services from market. |

| Suggested References: | |
|-----------------------|--|
| Sr. No. | References |
| 1. | Ogle, N. Srinivasan, K. and Varghese, M.A. (1996). <i>Home Management</i> . New Delhi: |





| | |
|----|--|
| | New age International House. |
| 2. | The Educational Planning Group Delhi. (1993). <i>Home Management</i> . New Delhi: Arya Publishing House. |
| 3. | Shukul, M. and Gandotra, V. (2006). <i>Home Management and Family Finance</i> . New Delhi: Dominant Publishers and Distributors. |
| 4. | Sawhney, H. K. and Mital, M. (2007). <i>Family Finance and Consumer Studies</i> . New Delhi: Elite Publishing House Pvt. Ltd. |
| 5. | Sarkar, A. (1989). <i>Problems of Consumer in Modern India</i> . Delhi: Discovery Publishing House. |
| 6. | Agarwal, A. (1989). <i>A Practical Handbook for Consumer</i> . Bombay: India book house |
| 7. | Rani, A. (2011). <i>Home Budget and Time Management</i> . New Delhi: Sonali Publications. |

On-line resources to be used if available as reference material

On-line Resources

Consumer handbook https://consumeraffairs.nic.in/sites/default/files/file-uploads/consumer_information/Consumer_Handbook_H.pdf

Consumer handbook https://consumeraffairs.nic.in/sites/default/files/file-uploads/consumer_information/Consumer_Handbook.pdf





Bachelor of Science - Home Science
(B.Sc. - H.Sc.) (General) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|--------------------------|
| Course Code | UH03CGEN53 | Title of the Course | Clothes, Self and Family |
| Total Credits of the Course | 04 | Hours per Week | 04 |

| | |
|--------------------|---|
| Course Objectives: | <ol style="list-style-type: none">1. Impart knowledge for selection of family clothing with reference to age, occasion, figure type and special needs.2. Develop consumer awareness in clothing3. Acquire knowledge of wardrobe, its storage and care |
|--------------------|---|

| Course Content | | |
|----------------|--|----------------|
| Unit | Description | Weightage* (%) |
| 1. | Clothing for the family (a) Clothes as per age - infants, children, adolescent, teenage, young adults, adult, elderly (b) Clothes and occasion- office wear, casual wear, evening wear, travel, sports | 25 |
| 2. | Clothes and figure (a) Clothes as per figure type (b) Formal and informal wear | 15 |
| 3. | Clothes for people with special needs (a) Physically handicapped (b) Blind (c) lactating mother (d) pregnant lady | 20 |
| 4. | Wardrobe and wardrobe planning (a) Essentials of a basic wardrobe (b) Wardrobe analysis and organization (c) Wardrobe style identification (d) Organization and categorization of wardrobe | 20 |
| 5. | Storage and care of garments (a) Tips of garment maintenance (b) as per occasion as per the textile fabrics | 10 |
| 6. | Personal shopping (a) Preview of apparel / accessory stores ad brands in context to | 10 |





| | | |
|--|---|--|
| | style, size and budget (b) Optimizing wardrobe | |
|--|---|--|

| | |
|-------------------------------|--|
| Teaching-Learning Methodology | Using demonstration Blackboard and smart board power point presentation, through teaching aids as charts, figure discussion and analysis of actual home textile analyses |
|-------------------------------|--|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Written Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| | |
|--|---|
| Course Outcomes: Having completed this course, the learner will be able to | |
| 1. | Select material, color and style suitable to the family member of various age groups and special needs. |
| 2. | Build a positive personality selecting garments as per their figure. |
| 3. | Store and take proper care of garments and enable them to develop self-sufficient wardrobe. |

| Suggested References: | |
|-----------------------|--|
| Sr. No. | References |
| 1. | Tate and Glisson, (1961). <i>Family Clothing</i> . |
| 2. | Natie, B.(1970). <i>Dress Pattern Designing</i> . London , Cross lockwood & Son Ltd. |
| 3. | Doongaji & Deshpande.(1970). <i>Basic Processes and Clothing Construction</i> , Delhi, New Raj Book Depot. |





| | |
|-----|---|
| 4. | Wingate, I.B. (1976). <i>Textile Fabrics and Their Selection</i> . New Jersey, Prentice Hall Inc |
| 5. | Alexander. (1977). <i>Textile Products, Selection, Use & Care</i> . Boston, R.R Houghton Mifflin Co. |
| 6. | Pandit, S.& Elizabeth,T.(1972). <i>Grooming Selection & Care</i> . Baroda , Unity Printers |
| 7. | Wingate, I.B. (1988). <i>Dictionary of Textiles</i> . Bombay. Universal Pub. Corporation |
| 8. | Natlle, B. (1997). <i>More Dress Pattern Designing</i> . Blackwell Science |
| 9. | Jacob, A. (1998). <i>The Art of Sewing</i> . New Delhi, B.S. Publishers Ltd, |
| 10. | Bytra, C. (1969). <i>How You Look and Dress</i> . Webster Division, McGraw Hill Co. |
| 11. | Katharine, H. <i>Textiles Fibers And Their Use</i> . Bombay, Oxford of IBH |
| 12. | Zarapkar, K.R. <i>Zarapkar-System Of Cutting</i> . Bombay. |
| 13. | Aldrich, F. <i>Matric Pattern For Women's wear</i> . |
| 14. | Magazines related to Textiles and Clothing – Apparel, Cloths line, Cloth Market, The Indian Textile Journal |





Bachelor of Science- Home Science
(B.Sc. - H. Sc.) (General) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|-------------------|
| Course Code | UH03SGEN51 | Title of the Course | Food Preservation |
| Total Credits of the Course | 04 | Hours per Week | 04 |

| | |
|--------------------|--|
| Course Objectives: | <ol style="list-style-type: none">1. Acquire knowledge regarding principles and methods of preserving foods.2. Acquire knowledge concerning nutritive value of preserved foods, Food adulteration, food standards and packaging.3. Develop ability in preparing and preserving various foods by household methods. |
|--------------------|--|

| Course Content | | |
|----------------|---|----------------|
| Unit | Description | Weightage* (%) |
| 1. | (a) Introduction to food Preservation, Principles, Techniques used and its importance. (b) Principals involved in preserving foods by different methods, preservation by salting, sugar, chemicals, fermentation antibiotics & irradiation & heat. (c) Cereal, Pulses & Products (one cereal, one millet & one pulse): Preservation of cereals, Pulses and its products, Steps involved in preservation of various products. | 25 |
| 2. | Preparation of different products for preservation: (a) Fruit juice, Squashes: Types of fruit beverages , Steps involved in preparation and preservation , Preservatives used. (b) Jams, Jellies and Marmalades: Composition, Pectic substances present in fruits, Fruits rich in pectin and acid, Methods of determining pectin content in fruit extract, Extraction of pectin from fruit, Theory of jelly formation, Difficulties in jelly making | 25 |
| 3. | Preserves & candies: Steps involved in preparation & preservation (a) Tomato products: Different tomato products, Effect of heat on tomato pigments. (b) Chutneys & Sauces: Types of sauces, Methods of preservation of chutneys & sauces. (c) Pickling: Principles involved , Action of Preservatives ,Types of | 25 |





| | | |
|----|---|----|
| | Pickles , Spoilage of pickle. | |
| 4. | Processing methods for food preservation: (a) Canning & bottling steps involved, Principle of processing acid & non acid foods(one each) (b) Preservation by use of low temperature, Principles involved, Types of low temperature, Storage, Types of freezing, changes during freezing & thawing, Types of containers used. (c) Drying & dehydration, Principle involved in methods of drying & dehydration, Different types of driers, freeze drying, packing & storage. | 20 |
| 5. | By- Products Utilization: Different types of by-products from fruits and vegetables, Different types of by-products from cereals and pulses.(also include recent researches) | 5 |

| | |
|-------------------------------|--|
| Teaching-Learning Methodology | Chalk and duster, Lecture Method, Questions-Answer method, Discussion method, Brainstorming method, Observational method, Use of ICT |
|-------------------------------|--|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Written Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| | |
|--|--|
| Course Outcomes: Having completed this course, the learner will be able to | |
| 1. | Develop skill of food preservation by different methods |
| 2. | Preserve food on small scale industry and household purpose and can learn about by products. |





Suggested References:

| Sr. No. | References |
|---------|--|
| 1. | Kalia, M., Kalia, M., & Sood, S. (2004). <i>Food preservation and processing</i> . Kalyani Publishers. |
| 2. | Srivastava, R. P., & Kumar, S. (2007). <i>Fruits and vegetables preservation-principles and practices</i> , (Edn 3), International Book Distribution Company. |
| 3. | Lal, G., Siddappa, G. S., & Tandon, G. L. (2011). <i>Preservation of fruits and vegetables</i> . Publications and Information Division, Indian Council of Agricultural Research. |

On-line resources to be used if available as reference material

On-line Resources: Egpp.inflibnet.ac.in/Home





Bachelor of Science-Home Science
(B.Sc. - H. Sc.) (General) Semester (III)

| | | | |
|-----------------------------|--|---------------------|-----------------------------|
| Course Code | UH03SGEN52 | Title of the Course | Practical-Food Preservation |
| Total Credits of the Course | 02 | Hours per Week | 04 |
| Course Objectives: | 1. Acquire knowledge regarding Principles of methods of preserving foods. 2. Acquire knowledge concerning nutritive value of preserved foods. 3. Learn about the food adulteration and food standards 4. Develop ability in preparing & preserving various foods by household and commercial methods. | | |

| Course Content | | |
|----------------|--|----------------|
| Unit | Description | Weightage* (%) |
| 1. | Sterilization of equipment. | 10 |
| 2. | Labelling and costing of Preserved Products. | 10 |
| 3. | Preparation of fruit products: Fruit juice, squash and fruit juice cordial. | 10 |
| 4. | Preparations of mix fruit jam, jelly - compare and find the difference. | 10 |
| 5. | Preparation of pickles: mixed vegetables and lemon pickle | 10 |
| 6. | Preparation of tomato products: ketchup, sauce and chutney. | 10 |
| 7. | Preparation of instant mixes: upma/dhokla/wadas | 10 |
| 8. | Preparation of dehydrated products: Cereals, pulses, vegetables, fruits, roots and tubers (one product each) | 10 |
| 9. | Freezing of fruits and vegetables. | 10 |
| 10. | Reconstitution of dried vegetables. | 10 |

| | |
|-------------------------------|---|
| Teaching-Learning Methodology | Demonstration Method, Questions-Answer method, Discussion method and Vedio Clips. |
|-------------------------------|---|

| Evaluation Pattern | | |
|--------------------|---------------------------|-----------|
| Sr. No. | Details of the Evaluation | Weightage |





SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25))
Syllabus with effect from the Academic Year 2022-2023

| | | |
|----|--|-----|
| 1. | Internal Practical Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Practical, Viva-voce, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

Course Outcomes: Having completed this course, the learner will be able to

| | |
|----|---|
| 1. | Learn skills of food preservation by different methods on household and commercial basis. |
| 2. | Acquainted with basic principles involved in food preservation. |

On-line resources to be used if available as reference material

On-line Resources: Epgp.inflibnet.ac.in/Home





Bachelor of Science - Home Science
(B.Sc. - H.Sc.) (General) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|--|
| Course Code | UH03SGEN53 | Title of the Course | Practical- Basics of Clothing Construction |
| Total Credits of the Course | 02 | Hours per Week | 04 |

| | |
|--------------------|--|
| Course Objectives: | <ol style="list-style-type: none">1. Develop skills in clothing construction techniques2. Knowledge on basic industrial constructions techniques for sleeves, collars, pockets, plackets, zipper attachments. |
|--------------------|--|

| Course Content | | |
|----------------|---|----------------|
| Unit | Description | Weightage* (%) |
| 1. | Preparing samples of the following: Types of collars – straight band, peter pan, flat, shirt | 15 |
| 2. | Types of Sleeves - set in, puff, flared bottom, cape, raglan | 15 |
| 3. | Types of plackets – Continuous opening, skirt placket, full opening. | 20 |
| 4. | Types of pockets - patch, welt, side-slit inset, waist line, flap | 20 |
| 5. | Types of Flies – Children trouser, adult trouser | 20 |
| 6. | Types of zipper attachments - Invisible, metal | 10 |
| 7. | Make a portfolio of the drafts and samples done. | - |

| | |
|-------------------------------|---|
| Teaching-Learning Methodology | Demonstration, Sample making Actual sample collection and discussion Survey Portfolio preparation of drafts and samples |
|-------------------------------|---|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Practical Examination (As per CBCS R.6.8.3) | 15% |





SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25))
Syllabus with effect from the Academic Year 2022-2023

| | | |
|----|--|-----|
| 2. | Internal Continuous Assessment in the form of Practical, Viva-voce, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

Course Outcomes: Having completed this course, the learner will be able to

1. Develop understand and skills in basic techniques of apparel construction.

...

Suggested References:

| Sr. No. | References |
|---------|---|
| 1. | Zarapkar, K.R. <i>Zarapkar System Of Cutting</i> . Bombay. |
| 2. | Aldrich, F. <i>Matric Pattern For Women's wear</i> . |
| 3. | Jacob, A.(1998). <i>The Art of Sewing</i> . New Delhi, B.S. Publishers Ltd. |
| 4. | Tate and Glisson .(1961). <i>Family Clothing</i> . |
| 5. | Natalie, B.(1970). <i>Dress Pattern Designing</i> . London, Cross lockwood & Son Ltd. |
| 6. | Doongaji & Deshpande. (1970). <i>Basic Processes and Clothing Construction</i> . New Delhi, Raj Book Depot. |





Bachelor of Science-Home Science
(B.Sc.-H. Sc.) (Home Science) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|--|
| Course Code | UH03EHSC51 | Title of the Course | Practical-Effective Speaking and Writing |
| Total Credits of the Course | 02 | Hours per Week | 04 |

| | |
|--------------------|--|
| Course Objectives: | <ol style="list-style-type: none">1. Give an overview of the different skills of communication2. Generate awareness regarding the importance of writing skills3. Familiarise students with the importance of listening skills4. Sensitize students with the presentation skills |
|--------------------|--|

| Course Content | | |
|----------------|--|----------------|
| Unit | Description | Weightage* (%) |
| 1. | Basics of Effective Speaking Class introduction (Individual) | 05 |
| 2. | VERBAL COMMUNICATION (WRITTEN) Elements of Effective Writing -The Sentence, Phrases and Clauses, Types of Sentences, Importance of Bullets, Highlighters, Subheading and Punctuations. | 15 |
| 3. | (a) Writing skills-Picture description and completion of a story (b) Writing skills-paragraph writing (c) Report writing, Notice writing, note making, | 15 |
| 4. | VERBAL COMMUNICATION (ORAL-AURAL) Listening Skills-Purpose of Listening, listening to conversation (Formal and Informal), Benefits of Effective Listening, Barriers to Listening, Traits of a good listener Listening skills Listening to Announcements- (a) (railway/ bus stations/ airport /sports announcement/ commentaries) (b) Academic Listening (Listening to Lectures) (c) Listening to Talks (d) Note Taking Tips | 15 |
| 5. | (a) Non-Verbal Communication Personal Appearance, Gestures, Postures, Facial Expression, Eye Contact, Body Language (Kinesics), Time language, Silence, Tips for Improving Non-Verbal Communication, (b) Ways and Approaches of Addressing Public Overcoming Stage Fear, Up-beat Body Language, Audience Analysis, | 15 |





| | | |
|----|---|----|
| | Analysing Impact and Influence of Speech on Audience, Taking Appropriate Pauses, Verbal and Visual Support i. Story telling ii. Impromptu | |
| 6. | Practising Reading skills | 10 |
| 7. | Telephonic conversation | 10 |
| 8 | (a) Awareness about Latest Multimedia Tools and its Applications, Etiquettes and Mannerism i. Presentation skills ii. Email writing | 15 |

| | |
|-------------------------------|---|
| Teaching-Learning Methodology | Writing Assignments, Impromptu Exercises, Listening to Audio Tapes, Video Clips, Use of ICT Materials, Experiential Learning, Demonstration, Worksheets |
|-------------------------------|---|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Practical Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Practical, Viva-voce, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| | |
|--|--|
| Course Outcomes: Having completed this course, the learner will be able to | |
| 1. | Write different types of letters |
| 2. | Demonstrate the speaking skills by story telling, impromptu speeches |
| 3. | Understand the nuances of presentation skills |
| 4. | Understand the importance of listening skills |





On-line resources to be used if available as reference material

On-line Resources

[Bookboon Premium](#)

<https://www.tcd.ie/>





Bachelor of Science-Home Science
(B.Sc.-H. Sc.) (Home Science) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|------------------------------|
| Course Code | UH03EHSC52 | Title of the Course | Practical - Health and Herbs |
| Total Credits of the Course | 02 | Hours per Week | 04 |

| | |
|--------------------|--|
| Course Objectives: | <ol style="list-style-type: none">1. Help students learn about our Herbal Wealth in nature.2. Familiarize the students about Herbs and their prophylactic uses.3. Teach the students about the alternative Herbal remedies and treatment of common diseases. |
|--------------------|--|

| Course Content | | |
|----------------|--|----------------|
| Unit | Description | Weightage* (%) |
| 1. | History of Herbs and indigenous system of medicines Use of Herbs for Optimal Health. | 10 |
| 2 | Factors influencing cultivation of medicinal plants Cultivating medicinal plants in the garden | 10 |
| 3 | Factors influencing cultivation of kitchen herbs Cultivating kitchen herbs in the garden | 10 |
| 4 | Identification and Morphological characters of selected medicinal plants. (a) Creepers - Asparagus (Satavari), Tinospora Cordifolia(Gado) (b) Trees - arjun, amla, neem, saragva, jambu, bel (c) Herbs - tulsi, mint, arduci, asvagandha, lemon grass, kuvaar pathu | 10 |
| 5 | Collection of local medicinal herbs and making herbarium. Discussing the benefits of each herb and medicinal plant in detail | 10 |
| 6 | Curative and prophylactic preparation for digestive disorders. Preparation of household natural health drinks | 10 |





| | | |
|-----|--|----|
| 7 | Curative and prophylactic preparation for skin diseases. | 10 |
| 8. | Herbal remedies for common diseases- (Prophylactic and curatives) (a) Respiratory infections (b) Urinary disorders (c) Diabetes (d) Cardiac care | 10 |
| 9. | Herbal mouth fresheners. | 10 |
| 10. | Herbal first aid | 10 |

| | |
|-------------------------------|---|
| Teaching-Learning Methodology | Class Discussions/ Demonstrations, Power point presentations, Class activities/ assignments, group discussions, video clips, chalk and board, on field practicals |
|-------------------------------|---|

| Evaluation Pattern | | |
|--------------------|---|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Practical Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of practical performance, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| | |
|--|---|
| Course Outcomes: Having completed this course, the learner will be able to | |
| 1. | Identify the herbs |
| 2. | Identify the medicinal plants |
| 3. | Know the benefits of herbs and medicinal plants |

| |
|-----------------------|
| Suggested References: |
|-----------------------|





SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25))
Syllabus with effect from the Academic Year 2022-2023

| Sr. No. | References |
|------------|--|
| 1. | Goraya GS and B.S. Somashakher , <i>Medicinal Plants for Primary Health Care</i> |
| 2. | <i>Glussary of Indian Medicinal Plants</i> , (1956),CSIR. |
| 3. | Balkrishna A., <i>Ayurved Jadi/Buti Rahasya</i> , Divya Prakashan |





Bachelor of Science - Home Science
(B.Sc.- H.Sc.) (Home Science) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|-------------------------------------|
| Course Code | UH03EHSC53 | Title of the Course | Practical-Landscaping and Gardening |
| Total Credits of the Course | 02 | Hours per Week | 04 |

| | |
|--------------------|--|
| Course Objectives: | <ol style="list-style-type: none">1. Develop skills of landscape planning.2. Give them opportunity to utilize available land efficiently.3. Gain insight into various decorative features of garden.4. Understand effect of light and colour in the garden. |
|--------------------|--|

| Course Content | | |
|----------------|---|----------------|
| Unit | Description | Weightage* (%) |
| 1. | Overview of the factors affecting landscape planning. | 10 |
| 2. | Draw and learn blueprint symbols used in landscaping. . | 10 |
| 3. | Learn the basic principles of garden planning. | 10 |
| 4. | Evaluation of principles in the given garden. | 10 |
| 5. | Collection of pictures of round plants, hedges, shrubs with their names and characteristics. | 10 |
| 6. | Prepare a catalogue of indoor plants: Air Purifying and Decorative | 10 |
| 7. | Prepare and maintain a pot / terrarium /small landscape | 10 |
| 8. | Evaluation of different garden features in any institutional / community / private garden: Rock, water, light, colour, sound. | 10 |
| 9. | Making plan for division of exterior space | 10 |
| 10. | Visit to a nearby Nursery. | 10 |

| | |
|-------------------------------|--|
| Teaching-Learning Methodology | Brainstorming, Class Projects, Classroom Discussion, Field Visit, Group Projects, Hands-on activities. |
|-------------------------------|--|

| Evaluation Pattern | | |
|--------------------|---------------------------|-----------|
| Sr. | Details of the Evaluation | Weightage |





SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25))
Syllabus with effect from the Academic Year 2022-2023

| No. | | |
|-----|---|-----|
| 1. | Internal Practical Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Practical, Viva-voce, Assignments, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

Course Outcomes: Having completed this course, the learner will be able to

| | |
|----|---|
| 1. | Evolve the competency in efficient use of exterior space. |
| 2. | Appraise the light and colour in the landscaping and gardening. |
| 3. | Develop the skill in application of various features in the garden. |
| 4. | Seize the opportunity to work as a landscape planner. |

Suggested References:

| Sr. No. | References |
|---------|--|
| 1. | Michael Wright, <i>The Complete Book of Gardening</i> , London: Published by Ebury Press. |
| 2. | S. Percy. Lancaster (1977), <i>Gardening in India</i> , London: Published by Oxford and IBH Publishing Co. Pvt. Ltd. |
| 3. | Trivedi P.P (1983), <i>Home Gardening</i> , New Delhi: Published by ICAR. |





Bachelor of Science -Home Science
(B.Sc. - H. Sc.) (Home Science) Semester (III)

| | | | |
|-----------------------------|------------|---------------------|---------------------------------|
| Course Code | UH03EHSC54 | Title of the Course | Practical - Yoga and Meditation |
| Total Credits of the Course | 02 | Hours per Week | 04 |

| | |
|--------------------|---|
| Course Objectives: | <ol style="list-style-type: none">1. Understand and Practice Yoga and Meditation in their Day-to-Day Life.2. Inculcate required skills and Training in Yoga for its effectiveness in promotion of Health.3. Give them a basic understanding of Yoga, its types, nature, scope and its relevance with today's lifestyle. |
|--------------------|---|

| Course Content | | |
|----------------|--|----------------|
| Unit | Description | Weightage* (%) |
| 1. | Introduction to yoga (a) History & Meaning (b) Importance & Relevance (c) Things to keep in mind before doing asanas | 15% |
| 2. | Yoga Asanas (a) Standing Asanas Tadasana, Vrikshasana, Suryanamaskar, Padhastana, Natrajasana (b) Sitting Asanas Sukhasana, Vajrasana, Shashakasana, Vakrasana, Ushtrasana (c) Lying (front) Asanas Pavanmuktasana, Uttanpadasana, Halasana, Pad Chakrasana, Shavasana (d) Lying (Back) Asanas Makarasana, Sarpasana, Bhujangasana, Salbhasana, Dhanurasana | 40% |
| 3. | Breathing & Meditation (a) Anulom - Vilom Pranayama (b) Sheetal Pranayama (c) Bhramari Pranayama (d) Omkar & Meditation (e) Kapalbhati | 30% |





| | | |
|----|--|-----|
| 4. | Exercises for Relaxation and Flexibility (a) Flexibility Exercises (b) Breathing Exercises Before or After Sleep (c) Stress Buster Exercises for Relaxation | 15% |
|----|--|-----|

| | |
|--------------------------------------|--|
| Teaching- Learning Methodology | Assignment Method, Classroom Discussion, Demonstration |
|--------------------------------------|--|

| Evaluation Pattern | | |
|--------------------|--|-----------|
| Sr. No. | Details of the Evaluation | Weightage |
| 1. | Internal Practical Examination (As per CBCS R.6.8.3) | 15% |
| 2. | Internal Continuous Assessment in the form of Practical, Viva-voce, Attendance (As per CBCS R.6.8.3) | 15% |
| 3. | University Examination | 70% |

| | |
|--|---|
| Course Outcomes: Having completed this course, the learner will be able to | |
| 1. | Promote Physical and Emotional wellbeing through regular Asanas. |
| 2. | Promote economic and cultural development through yogic Exercise. |
| 3. | Socially and morally empower by Meditation. |

| Suggested References: | |
|-----------------------|--|
| Sr. No. | References |
| 1. | Shivendra C.S. & Krishan, P. <i>Health Education & Physical Education</i> . New Delhi: Subject Publications Ltd. |
| 2. | Kuvalyanand, S. (1993). <i>Asanas</i> . Lonavala: Kaivlyadhm. |
| 3. | Kuvalyanand, S. (1983). <i>Pranayam</i> . Lonavala: Kaivlyadham. |





| | |
|----|---|
| 4. | Sarin, N. (1995). <i>YogaShiksha Avem Dvara Rog Nivaran</i> . Delhi: Khel Sahitya Kendra. |
| 5. | Aayenger, B. K. <i>Yoga Deepika</i> . Mumbai : Orient Longman Pvt. Ltd. |

| |
|---|
| On-line resources to be used if available as reference material |
| On-line Resources |
| Physical Education – Wikipedia |
| Physical fitness- Wikipedia |

