

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

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	UH03CTCL51	Indian Embroidery	T	4	4	3	30	70	100
	UH03CTCL52	Indian Embroidery	P	2	4	3	15	35	50
	UH03CTCL53	Clothes, self and family	T	4	4	3	30	70	100
	UH03CTCL54	Textile Science	T	4	4	3	30	70	100
Skill Enhancement Courses	UH03STCL51	Basics of Clothing Construction	P	2	4	3	15	35	50
	UH03STCL52	Flat Pattern Methods	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 and 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
	UH03EHSC55	Integrated Personality Development	T	2	2	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
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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
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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,
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Learning Methodology	Observational method, Role-playing method, Brainstorming method Survey method
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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.) (Textiles and Clothing) Semester (III)

Course Code	UH03CTCL51	Title of the Course	Indian Embroidery
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none">1. Understand Indian traditional embroidery2. Develop skills in Indian traditional embroidery.3. Apply traditional motifs as embellishment on textiles and apparel.
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Course Content		
Unit	Description	Weightage* (%)
	A brief study of various traditional embroideries with reference to history, production centers, techniques, designs, colours and products	
1.	Importance and applications of Indian Embroidery (a) Textiles (b) Apparels	10
2.	Embroideries from Northern states (a) Kashidakari of Kashmir (b) Chamba embroidery of Himachal Pradesh (c) Phulkari of Punjab	30%
3.	Embroideries from Eastern states (a) Manipur embroidery (b) Kantha of Bengal	20
4.	Embroideries from Western states (a) Gujarat Embroideries – Kutch and Kathiawar (b) Gota work of Rajasthan	20%
5.	Embroideries from Southern states Kasuti of Karnataka	10
6.	Embroideries from Central states Chikankari of Uttarpradesh	





7.	Other Embroideries (a) Applique Work – Gujarat, Bihar, Orisa, Utter Pradesh (b) Gold & Silver Embroidery – Utter Pradesh & Gujarat (c) Bead Work- Gujarat & Telangana	15
8.	Loom embroideries	10

Teaching-Learning Methodology	Using demonstration, Blackboard and smart board, power point presentation, through teaching aids as charts, figure discussion and analysis of actual embroidery samples, Assignments
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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.	Student will Understand, Identify and appreciate heritage and diversity of Indian traditional embroideries

Suggested References:	
Sr. No.	References
1.	DongerKery, S.(1951). <i>The Romance of Indian Embroidery</i> . Bombay,Thacker Company Ltd.
2.	Pandit, S. (1975). <i>Indian Embroidery Its Variginating Charm</i> . Baroda, Faculty of Home Science.
3.	Chattopadhyay, K. (1977). <i>Indian Embroidery</i> . New Delhi, Indian Council of Cultural Relations.
4.	Chattopadhyay, K. (1963). <i>Indian Handicrafts</i> . New Delhi, Indian Council of Cultural Relations.





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Syllabus with effect from the Academic Year 2022-2023

5.	Chattopadhyay, K. (1975). <i>Handicrafts of India</i> . New Delhi, Indian Council of Cultural Relations.
6.	Gostelow, Mary (1978). <i>Embroidery</i>
7.	Thomas M. <i>Embroidery</i>
8.	Jones N. <i>Embroidery</i>
9.	Shrikant, U. (1998). <i>Ethnic Embroidery of India</i> . Mumbai, Honesty Publishers & Distributors.
10.	Naik S. D. (1996). <i>Traditional Embroideries of India</i> . New Delhi, A.P.H. Publishing Corporation.





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

Course Code	UH03CTCL52	Title of the Course	Practical - Indian Embroidery
Total Credits of the Course	02	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none">1. Understand importance of Indian Embroidery as an textile craft2. Acquire skills of embroidery stitches, colour, fabric, motifs of various states of India.
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Course Content		
Unit	Description	Weightage* (%)
1.	Study the motifs of Traditional Indian Embroideries.	-
2.	Preparing samples of following Indian embroideries by using traditional motifs, stitches, colors & yarns. (a) Kashmir (b) Kasuti (c) Kantha (d) Kutch (e) Kathiawar (f) Chikankari (g) Chamba (h) Phulkari (i) Manipur (j) Gold & Silver	70
3.	Portfolio Preparation- (a) Traditional motifs of different state embroideries (b) The above embroidered samples.	30

Teaching-Learning Methodology	Sample making, Demonstration and talks by experts, visual sample analysis, discussion, assignments, field trips
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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, 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.	Acquire skills in traditional techniques of embroideries of various states
2.	Develop value added products by incorporating the achieved skills on textiles and apparel

Suggested References:

Sr. No.	References
1.	Doongarkary, S.(1951).The Romance of Indian Embroidery(1951). Thacker Company Ltd., Bombay.
2.	Pandit, S. (1975). Indian Embroidery Its variginating Charm (1975). Faculty of Home Science, Baroda
3.	Chattopadhyay, K.(1977). Indian Embroidery (1977). Indian Council of Cultural Relations, New Delhi
4.	Shrikanth, U. (1998).Ethnic Embroidery of India. Honesty Publishers & Distributors, Mumbai
5.	Naik, S.(1996).Traditional Embroideries of India . A.P.H. Publishing Corporation, New Delhi.
6.	Chattpadhyaya, K.(1975).Handicrafts of India. Indian Council of Cultural Relations, New Delhi.

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

On-line Resources





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

Course Code	UH03CTCL53	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
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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	
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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
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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.) (Textiles and Clothing) Semester (III)

Course Code	UH03CTCL54	Title of the Course	Textile Science
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none">1. knowledge about type, structures and properties of textile fibers2. Differentiate textile fibers3. Selection of appropriate fiber for its usage
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Course Content		
Unit	Description	Weightage* (%)
1.	Introduction to textile fibers (a) Classification of textile fibers (b) Introduction to fiber polymers – micro structure and macro structure (c) General properties of fiber	10
2.	Structure, microscopic appearance and properties of natural cellulosic fibers (a) Cotton (b) Jute (c) Linen (d) Mineral (e) Rubber	10
3.	Structure, microscopic appearance and properties of natural protein fibers (a) Wool (b) Silk	20
4.	Structure, microscopic appearance and properties of regenerated fibers (a) Rayon (b) Acetate	20





5.	Structure, microscopic appearance and properties of synthetic fibers. (a) Nylon (b) P Polyester (c) Acrylic (d) Elastane	20%
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Teaching- Learning Methodology	Using demonstration, Blackboard and smart board, Power point presentation, through teaching aids as charts, figure discussion and analysis of actual embroidery samples Assignments
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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 knowledge on textile fibres, its structure and properties.
2.	Identify the natural, regenerated and synthetic fibers and fabrics through appearance and properties.

Suggested References:	
Sr. No.	References
1.	Gohl, E.P.G., & Vilensky, L.D. (1983). <i>Textile Science, An Explanation of Fiber</i>





	<i>Properties</i> . Melbourne, 48: Longman Chesire.
2.	Cowan, Jungerman. (1980). <i>Introduction to Textiles</i> . New York. :Appleton Century Crafts, Meredith Corporation.
3.	Norma, H., Saddler, J., & Langford, A.(1979). <i>Textiles</i> . Macmillan Company.
4.	Corbman, B.P.(1985). <i>Textile fibers to fabric</i> . MacGraw- Hill Book Co.
5.	Joseph, Marjoy L. (1980). <i>Essentials of Textiles</i> . New York, Rinehart and Winston.
6.	Mishra S.P. (2000). <i>A Text Book of fiber Science and Technology</i> . New Delhi , New Age International Publishers.
7.	Shenai, V.A. (2000). <i>Textile Fiber</i> Mumbai, Sevak Publication.
8.	Murphy, W.S. (2002).Elements of fiber science. Abhishek Publication, Chandigarh.
9.	Dorothy Lyle(1997). <i>Modern Textiles</i> . New York ,John Wiley and Sons, Inc.
10.	Nakamura, A.(2000). <i>Fiber Science And Technology</i> . New Delhi, Oxford & IBH Publishing Co. Pvt. Ltd.





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

Course Code	UH03STCL51	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.
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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
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Practical Examination (As per CBCS R.6.8.3)	15%





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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.

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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.) (Textiles and Clothing) Semester (III)

Course Code	UH03STCL52	Title of the Course	Practical - Flat Pattern Methods
Total Credits of the Course	02	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none">1. Gain knowledge and develop skills in flat pattern methods2. Develop ability in manipulating the dress design according to trends.
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Course Content		
Unit	Description	Weightage* (%)
1.	Prepare a standard block for teenager (viz., size 30,32,34)	-
2.	Dart Manipulation (a) Slash- spread technique –single dart series, two dart series (b) Pivotal – transfer technique - single dart series, two dart series	20
3.	Fullness through (a) Tuck (b) Gathers (c) Pleats	20
4.	Contouring (a) The Classic Empire –Princess line	10
5.	Types of (a) Yoke- V, Round (b) Collars – Flat, Chinese, Peterpan, shirt (c) Sleeves – set –in, Cap, Puff, bottom flared (d) Pockets	10
6.	Drafting of 3 patterns using flat pattern techniques	10
7.	Prepare any 3 ready –to-use paper patterns according to trends for teenager/ college going girl/ young woman.	30

Teaching-Learning Methodology	Draft making, Demonstration and talks by experts, visual sample analysis, discussion, assignments, field trips
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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.	Develop skill in garment design for people with various figure types.
2.	Students can prepare ready-to-use paper patterns for commercial application

Suggested References:	
Sr. No.	References
1.	Ervin M.D. (1969). <i>Practical Dress Design</i> . The Macmillan Company
2.	Kinchen, E. (1970). <i>Clothing for Moderns</i> . The Macmillan Company
3.	Natie, B. (1970). <i>Dress Pattern Designing</i> . London, Crosby Lockwood and Son Ltd.
4.	Natie, B. (1978). <i>More Dress Pattern Designing</i> . London, Garnate Publishing.
5.	Stanley, H.(1995). <i>Flat Pattern Cutting And Modeling For Fashion</i> . Thorns Publishers Ltd.
6.	Gerry, C.(1996). <i>Pattern Grading For Women's Clothes (The Technology of Sizing)</i> . Blackwell Science.
7.	Goul B. <i>Introducing Pattern Cutting, Grading and Modelling</i> . London B.T. Bradford Ltd.
8.	Ireland P.J. (1987). <i>Encyclopaedia of Fashion Details</i> .
9.	Pattern Making For Fashion Design; Armstrong H.J.





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





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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.
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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, Padhastasana, Natarajasana (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) Kapalbhata	30%





4.	Exercises for Relaxation and Flexibility (a) Flexibility Exercises (b) Breathing Exercises Before or After Sleep (c) Stress Buster Exercises for Relaxation	15%
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Teaching- Learning Methodology	Assignment Method, Classroom Discussion, Demonstration
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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

