

**SHIVAJI UNIVERSITY****Revised Syllabus for Batchelor of Arts – Home Science (Part III)**

**1. TITLE** : Home-Science B.A.III  
Optional under the faculty of Science

**2. YEAR OF IMPLEMENTATION** : Revised Syllabus will be implemented from June 2008 onwards.

**3. PREAMBLE:-**

In modern times great advances have been made in the fields of health, nutrition, sanitation, textiles, psychology, housing etc, with the potentialities of making available scientific knowledge which the home maker needs in her day-to-day work of managing the home. Since the home is the basis of all improvements and basically affects the national programme. It is essential that such knowledge is made available to every homemaker in the country.

The study of home science helps to build the necessary scientific attitude to achieve greater efficiency and bring a qualitative change in life and home. The objectives of the home science education are to help each pupil lead a more satisfying personal, family and community life.

Home science is an attempt to meet the demands of modern society. Home science is the application of many sciences and arts towards achieving better, healthier and happier homes. It includes knowledge of basic sciences, arts, applied sciences, such as nutrition, food, clothing, child care, home nursing, home management and human relationships.

**4 GENERAL OBJECTIVES OF THE COURSE/PAPER/:**  
**(As applicable to the Degree/subject-paper concerned)**

1. To understand the functions of food and the role of various nutrients, their requirements, and deficiencies.
2. To create awareness among students about management in the family as well as consumer problem and protection.
3. To enable and make students to acquire knowledge regarding principles and methods of Meal Management and Dietetics.
4. To develop an ability to plan and prepare meals for different activities, sex and age groups.

- 5. To make students to acquire knowledge and develop the skill of meal planning and preparation for various diseases as dietary treatment.
- 6. To make students aware of housing, interior and house financing.
- 7. To develop skills in clothing construction and dress designing.
- 8. To acquire the knowledge and skills of basic & traditional embroidery.
- 9. To enable the students to gain knowledge of figure sketching & drawing.
- 10. To develop awareness of important aspects of human development
- 11. To release the contribution of home science education to the individual, family community and nation.

5. DURATION : The course shall be a full time course.  
The duration of course shall be of three years.  
B.A.III – One Year.

6. PATTERN : Pattern of examination will be Annual.

7. FEE STRUCTURE: - (as applicable to regular/self supporting course)

- i) Entrance Examination Fee ( If applicable)- Rs--NA----- ( Not refundable)
- ii) Course Fee- will be applicable as per University rules/norms

Particulars	Rupees
Tuition Fee	Rs.
Laboratory Fee	Rs.
Computer Fee	Rs.
Annual/Semester fee- Per student	Total Rs.

Other fee will be applicable as per University rules/norms.

8. IMPLEMENTATION OF FEE STRUCTURE:-  
In case of revision of fee structure, this revision will be implemented guidelines of University in phase wise manner:-  
For Part I- From academic year\_\_\_\_NA\_\_\_\_\_ onwards.  
For Part I & II- From academic year\_\_\_\_NA\_\_\_\_\_ onwards.  
For Part I, II & III- From academic year\_\_\_\_NA\_\_\_\_\_ onwards.

**9. ELIGIBILITY FOR ADMISSION:** As per eligibility criteria prescribed by Shivaji University, Kolhapur.

**10. MEDIUM OF INSTRUCTION :** English or Marathi.

**11. STRUCTURE OF COURSE : FIRST YEAR (No of papers-1)**

Sr. No.	Paper No.	Name of the Subject	Distribution of Marks		
			Theory	Practical	Total
1.	I	Food And Nutrition	80	20	100
	Total				100

**STRUCTURE OF COURSE : Second YEAR (No of papers-2)**

Sr. No.	Paper No.	Name of the Subject	Distribution of Marks		
			Theory	Practical	Total
1.	II	Family Resource Management	80	20	100
2.	III	Textile and clothing	80	20	100
	Total				200

**STRUCTURE OF COURSE : THIRD YEAR (No of papers-5)**

Sr. No.	Paper No.	Name of the Subject	Distribution of Marks		
			Theory	Practical	Total
1.	IV	Meal Management And Dietetics	80	20	100
2.	V	Housing & Interior Decoration	80	20	100

3.	VI	Dress Designing	80	20	100
4.	VII	Introduction to Human Development	100	---	100
5.	VIII	Home Science Extension Education	100	---	100
Total					500

**12. SCHEME OF TEACHING AND EXAMINATION:**  
**B.A.I (Home-Science)**

Sr. No.	Paper No.	Name of the Subject	Teaching Scheme Lectures / Week			Examination Scheme Marks		
			Lectures	Practical	Total	Theory	Practical	Total
1.	I	Food And Nutrition	2	2	04	80	20	100
Total			2	2	04	80	20	100

**B.A.II (Home-Science)**

Sr. No.	Paper No.	Name of the Subject	Teaching Scheme Lectures / Week			Examination Scheme Marks		
			Lectures	Practical	Total	Theory	Practical	Total
1.	II	Family Resource Management	2	2	04	80	20	100
2.	V	Textile and Clothing	2	2	04	80	20	100
Total			4	4	8	160	40	200

**B.A.III (Home-Science)**

Sr. No.	Paper No.	Name of the Subject	Teaching Scheme Lectures / Week			Examination Scheme Marks		
			Lectures	Practical	Total	Theory	Practical	Total
1.	IV	Meal Management And Dietetics	3	4	07	80	20	100
2.	V	Housing & Interior Decoration	3	4	07	80	20	100
3.	VI	Dress Designing	4	4	08	80	20	100
4.	VII	Introduction to Human Development	4	---	04	100	---	100
5.	VIII	Home Science Extension	4	---	04	100	---	100

		Education						
		<b>Total</b>	<b>18</b>	<b>12</b>	<b>30</b>	<b>440</b>	<b>60</b>	<b>500</b>

**13. SCHEME OF EXAMINATION :**

- The examination shall be at the end of each academic year.
- Paper No I to VI shall carry 80 marks for Theory papers and 20 marks for Practicals.
- Paper No. VII & VIII carry 100 marks for Theory papers.
- The evaluation of the performance of the students in theory papers shall be on the basis of Annual Examination as mentioned above.
- Question paper will be set in the view of the / in accordance with the entire syllabus and preferably covering each unit of syllabi.

**14. STANDARD OF PASSING :As per Shivaji University rules and regulations.**

**15. THE NATURE OF QUESTION PAPER AND SCHEME OF MARKING:**

The nature of Question paper and scheme of Marking for Theory and Practical for each paper (IV to VIII) is given separately at the end of syllabi of each paper.

**16. EQUIVALENCE OF PAPERS**

Pre-revised Syllabus	Revised Syllabus
Paper No. IV Meal Management and Dietetics	Paper No. IV Meal Management and Dietetics
Paper No. V Housing and Interior Decoration	Paper No. V Housing and Interior Decoration
Paper No. VI Dress Designing	Paper No. VI Dress Designing
Paper No. VII Introduction to Human Development	Paper No. VII Introduction to Human Development
Paper No. VIII Home Science Extension Education	Paper No. VIII Home Science Extension Education

**17. SPECIAL INSTRUCTION, IF ANY:-**

**List of Laboratory Equipments, Machines and Appliances, other material required for Home-Science at BA.I, II, III**

**1. FOOD AND NUTRITION LABORATORY :**

**a) LABORATORY SIZE :** 30' X 20' with kitchen platform or table sink and water connection.

**b) APPLIANCES :**

<b>Sr. No.</b>	<b>Name of Equipments</b>	<b>No.</b>
1.	Gas Stove with Gas pipeline	06
2.	Steel Vessels – 6” diameter	06
3.	Steel Vessels – 9” diameter	06
4.	Steel Vessels – 12” diameter	06
5.	Steel containers ½ kg capacity	12
6.	Steel containers 1 kg capacity	12
7.	Plastic or glass bottles	12
8.	Kadai	06
9.	Frypan	03
10.	Tawa	06
11.	Non-stick tawa	02
12.	Polpat latane	06
13.	Masala Box	06
14.	Steel Thalies	12
15.	Steel Katories	12
16.	Steel glasses	12
17.	Steel knives	06
18.	Villi	02
19.	Steel spoons for coking	12p
20.	Steel Zara	06
21.	Steel sansies	06
22.	Steel tongs	06
23.	Steel tablespoons	06
24.	Steel Teaspoons	24
25.	Pressure Cooker	02
26.	Solar Cooker	01
27.	Egg beater	06
28.	Plastic bowls – 12” diameter	06
29.	Baking pans	06
30.	Biscuit tray	01
31.	Dinner Set (12 piece each)	01
32.	Juice glasses	12
33.	Water glasses	12
34.	Cups and saucers	06
35.	Serving tray	02
36.	Glass bowls	12
37.	Flour Sieves	02
38.	Steel grater	02
39.	Vegetable Peelers	06
40.	Food cover 18” diameter	12
41.	Measuring spoon (set)	02
42.	Measuring Glasses	02
43.	Measuring Cups (set)	02

Sr. No.	Name of Equipments	No.
44.	Dust bins	02
45.	Soap Case	06

**c) MACHINES AND EQUIPEMENTS :**

1.	Mixer grinder juicer	01
2.	Oven	01
3.	Microwave Oven	01
4.	Cooking range	01
5.	Refrigerator	01
6.	Balance / Weighing machine	02

**d) OTHER MATERIAL :**

1.	Show Case	01
2.	Center table	01
3.	Demonstration table	01

**e) SAFETY EQUIPMENTS :**

1.	Fire Extinguisher	01
2.	First Aid Kit	01
3.	Good earthing and insulated wiring for electric supply	
4.	Apron	02
5.	Hand Gloves	04 (pairs)

**2. TEXTILE AND FAMILY RESOURCE MANAGEMENT LABORATORY :****a) LABORATORY : Size 30' x 20'****b) APPLIANCES**

Sr. No.	Name of the Equipments	No.
1.	Seissors	02
2.	Measuring Tapes	06
3.	Bobbins with bobbin case	06
4.	Full length mirror	01
5.	Ironing board	01
6.	Buckets	04
7.	Plastic Tubs	04
8.	Mugs	04
9.	Eye glass	01

**c) MACHINES AND EQUIPMENTS**

1.	Sewing Machine	04
2.	Fashion maker	01
3.	Iron	02

**d) FURNITURE AND OTHER MATERIALS**

1.	Low table	01
2.	Table with felt Top (For drafting and cutting)	06
3.	Show case	01
4.	Trolley	01
5.	Flower vessels OR Flower pots	06
6.	Pinholders	06
7.	Drying Rack	01
8.	Storage cabinet	01

**e) SAFETY EQUIPMENTS**

1.	Fire Extinguisher	01
2.	First Aid Kit	01
3.	Good earthing and insulated wiring for	



	electric supply	
4.	Apron	02
5.	Hand Gloves	04 (pairs)

14. LIST OF JOURNALS :

I) NATIONAL AND INTERNATIONAL

Sr. No.	NAME	FREQUENCY	PUBLISHER
1.	Indian Journal of Nutrition and Dietetics	Monthly	Sri Avinashillingam Home-Science College for Woman, Coimbatore
2.	Journal of Food Science and technology	Bi-Monthly	Association of Food Technologists, CFTRI Mysore
3.	Nutrition	Quarterly	Nutrition Society of India, National Institute of Nutrition, Hyderabad-7
4.	The Proceedings of the Nutrition Society of India	Published yearly and whenever seminars or symposia held	Nutrition Society of India, National Institute of Nutrition, Hyderabad-7
5.	Maharashtra Journal of Extension Education	Yearly	Panjabrao Krushi Vidyapeeth, Akola
6.	Baroda Journal of Nutrition	Annual	Dept. of Biochemistry M.S. University of Baroda, Baroda
7.	Applied Nutrition	Once a year	Indian Dietetic Association, Kolkatta
8.	Indian Journal of Extension Education	Yearly	Society of Extension Education, New Delhi.
9.	Indian Journal Dairy food and Home-Science	Monthly	Karnol, Hariyan
10.	Journal Family Welfare	Monthly	New Delhi
11.	Indian Journal of Pediatrics	Bi-Monthly	New Delhi
12.	Arogya	Twice a year	Manipal
13.	Indian Journal medical research	Monthly	ICMR New Delhi
14.	Journal Home-Science Association of India	Yearly	MS University of Baroda, Baroda
15.	Social Welfare	Monthly	Tata Institute of Social Sciences,

			Mumbai
16.	Indian Journal of Clinical Physiology	Quarterly	New Delhi.
17.	Journal of Human Development	Quarterly	LAD College, Nagpur.
18.	Advances in Nutritional Research	Yearly	Plenum Press
19.	American Journal of Clinical Nutrition	Monthly	American Society for Clinical Nutrition Bethesda Md USA
20.	British Journal Nutrition	Bi-Monthly	Cambridge University Press, London
21.	Journal Human Nutrition	Bi-Monthly	London
22.	Journal of Nutrition	Monthly	American Institute of Nutrition, Bethesda Md USA
23.	Nutrition and Metabolism	Monthly	S. Karger Basel, Switzerland
24.	Journal of American Dietetics Association	Monthly	USA
25.	Human Ecology	Monthly	New Delhi
26.	Indian Journal of Textil	Monthly	Baroda
27.	Food Nutrition Bulletene	Monthly	UK
28.	Journal of Plant Food and Human Nutrition	Monthly	USA
29.	Asian Journal of Extension Education	Monthly	New Delhi
30.	Journal of Shivaji University	Monthly	Kolhapur

## Shivaji University, Kolhapur

### Revised Syllabus for B. A. Part – III

#### (Home Science)

(To be introduced from June 2008)

**(i) Paper No. IV:**

**(ii) Title of paper: Meal Management And Dietetics**

**(iii) SPECIFIC OBJECTIVES:**

1. To enable students to acquire knowledge regarding principles and methods of Meal Management and Dietetics.
2. To develop an ability to plan and prepare meals for different activities, sex and age groups.
3. To make students to acquire knowledge and develop the skill of meal planning and preparation for various diseases as dietary treatment.

(iv) A brief note: - (On expected level of study from examination and assessment point of view.):-

Total Marks:	100 Marks	Work Load	: 7
Theory	: 80 Marks	Theory	: 3 Lectures /Week
Practical	: 20 Marks	Practical	: 4 Lectures/Week/Batch

#### COURSE CONTENT (Theory)

##### Section I: Meal Management

		No. of Lectures
<b>Unit I :</b>	Definition and importance of Food hygiene, RDA, Balanced diet and Food exchange list.	10
<b>Unit II :</b>	a) Objectives and principles of meal management. b) Factors affecting meal planning.	10
<b>Unit III :</b>	a) Meal Management for adult according to Sex, Activity and Economic status b) Meal management with nutritional modifications for pregnant women and Lactating mother.	10
<b>Unit IV :</b>	Meal management with nutritional modifications for a) Infant                                      b) Preschool children c) School going children      d) Adolescent e) Old age person.	15

##### Section II : Dietetics

<b>Unit I :</b>	a) Meaning of dietetics.	10
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- b)Importance of dietetics.
- c)Role of dietitian.
- d)Indian Dietetic Association.
- e)Types of diet      f) Methods of Feeding.

**Unit II :**      Malnutrition –      10

- a)Under weight – Causes, types, signs and symptoms.
- b)Dietary treatment for under weight person.
- c) Obesity – causes, types, signs and symptoms.
- d)Dietary treatment in obesity.

**Unit III :**      Gastrointestinal diseases :      10

- a) Peptic Ulcer.
- b) Diarrhoea and dysentery.
- c) Constipation.
- their causes, signs and symptoms, types and dietary treatments.

**Unit IV :**      a) Diabetes mellitus – Causes, types, signs and symptoms.      15

- b) Dietary treatment in diabetes mellitus.
- c) Cardiovascular diseases – causes, types, signs and symptoms.
- d) Dietary treatment in Atherosclerosis.

**Practicals :**

**I. Meal planning and preparation for the following groups with nutritive value calculation.      15**

- a) Adult.
- b) Pregnant woman. (Moderate working)
- c) Lactating mother. (Moderate working)
- d) Supplementary food for infant. (6 to 12 months of age)
- e) Preschool children. (4 to 6 years of age)
- f) School going children. (7 to 9 years of age)
- g) Adolescent. (13 to 15 years of age – girl)
- h) Old age person. (above 60 years of age woman)

**II. Planning and preparation of following diets :      01**

- a) Clear fluid.
- b) Full fluid.
- c) Semi Soft.
- d) Soft.

e) Light.

**III. Planning and preparation of the diet as a treatment for following disorders with nutritive value calculations. 14**

- a) Under weight children (6 months to 6 years of age.)
- b) Obesity (adult person, sedentary working)
- c) Peptic ulcer (adult person, sedentary working).
- d) Diarrhoea (adult person, sedentary working).
- e) Constipation (adult person, sedentary working).
- f) Diabetes mellitus (adult person having 60 Kg body weight, 160 cm height).
- g) Heart disease (Atherosclerosis - adult person, sedentary working).

**Scheme of distribution of marks for theory and practical examination:**

**Theory:**

1)	Meal Management (Section – I)	:	40 marks
2)	Dietetics (Section – II)	:	40 marks
Total theory marks			<hr/> 80 marks

As per section-I

Practical : Total 20 marks.

- |    |                       |   |          |
|----|-----------------------|---|----------|
| 1. | Practical examination | : | 15 marks |
| 2. | Journal               | : | 5 marks  |

**Question for practical examination :**

Planning and preparation of diet for any one from Meal management or Dietetics section : 15 marks.

**Evaluation of practical :**

- |                              |   |         |
|------------------------------|---|---------|
| Diet plan                    | : | 5 marks |
| Selection of Ingredients     | : | 2 marks |
| Nutritive value calculations | : | 2 marks |
| Writing RDA                  | : | 2 marks |
| Organoleptic evaluation      | : | 4 marks |

(One mark each for taste, appearance, texture and overall).

**(vi) :Recommended reading:**

- 1) Begum Rehana : A Text Book of Food Nutrition and Dietetics, Sterling Publishing Pvt. Ltd., New Delhi.
- 2) Gopalan C., B. V. Ramashastri & S. C. Balasubramanian : Nutrition Value of Indian Foods, NIN, Hyderabad.
- 3) Joshi Shubhangini : Nutrition and Dietetics, Second Edition Tata Mc-Graw Hill Publishing Company Ltd., New Delhi.
- 4) Mudambi Sumati : Fundamental of Food and Nutrition, wiley Eastern Ltd., New Delhi.
- 5) Mullick Premalata : A Text Book of Home-Science, Kalyani Publishers, New Delhi.
- 6) Robinson, Lawler, Chenoweth, Gawick : Normal and Therapeutic Nutrition, McMillan Publishing Co.
- 7) Srilakshmi B. : Dietetics, Fourth Edition, New Age international (P) Limited Publishers, New Delhi.
- 8) Swaminathan M. : Food and Nutrition, Bappco (The Bangalore Printing and Publishing Co. Ltd., Bangalore)
- 9) देऊसकर आशा : मानवी पोषण व आहारशास्त्राची मुलतत्वे, विद्या प्रकाशन, नागपूर
- 10) लेले सरल : पोषण आणि आहारशास्त्र, विद्या प्रकाशन, नागपूर
- 11) मोळवणे मंजुषा : आहारशास्त्र, कैलाश पब्लिकेशन्स, औरंगाबाद
- 12) मोळवणे मंजुषा : पोषणशास्त्र, कैलाश पब्लिकेशन्स, औरंगाबाद
- 13) सरदेसाई कृ. वि. : आहार आणि आरोग्य, श्री विद्या प्रकाशन, २५० शनिवार पेठ, पुणे
- 14) तारणेकर मिनाक्षी : आहार आणि पोषण, महाराष्ट्र विद्यापीठ, ग्रंथ निर्मिती मंडळासाठी दत्तसन प्रकाशन, नागपूर.
- 15) सक्सेना अनूराधा : प्रायोगिक आहार नियोजन, युनिव्हर्सिटी बुक हाऊस प्रायव्हेट लिमिटेड, जयपूर.

## **JOURNALS**

### **International :**

- 1) British journal of Nutrition.
- 2) International American journal of clinical nutrition
- 3) Food and Nutrition Bulletins, NIN, Hyderabad.
- 4) Journal of American dietetics Association
- 5) Journal of Human Ecology.

### **National :**

- 1) Indian Journal of Nutrition & Dietetics
- 2) Journal of Daring, foods, Home Science.
- 3) Times Food Processing Journal, World wide India Ltd.,
- 4) Journal of Home-science Association of India.



**B. A. Part – III**  
**(Home Science)**

**(i) Paper No. V:**

**(ii) Title of paper: Housing and Interior Decoration**

**(iii) SPECIFIC OBJECTIVES:**

1. To make the student aware of Housing and Interiors.
2. To apply one's aesthetic and creative ability in making attractive and functional interior.
3. To aware the students regarding house financing.

(iv) A brief note: - (On expected level of study from examination and assessment point of view.):-

Total Marks: 100 Marks  
Theory : 80 Marks  
Practical : 20 Marks

Work Load : 7  
Theory : 3 Lectures /Week  
Practical : 4 Lectures/Week/Batch

**COURSE CONTENT (Theory)**

**Section – I Housing**

<b>Unit –I : Selection of House</b>	<b>No. of Lectures</b>
	<b>10</b>
<ol style="list-style-type: none"> <li>a. Family requirement – size and composition of family, family life cycle, standard of living.</li> <li>b. Climatic condition.</li> <li>c. Important features of house plan – orientation, privacy, grouping, circulation, flexibility, sanitation and practical consideration.</li> <li>d. Room by Room Planning, Types and storage facilities of Living room, Kitchen, Bed room, Bath room, W. C.</li> </ol>	
<b>Unit –II : A) Selection and Purchase of site for House</b>	<b>15</b>
<ol style="list-style-type: none"> <li>a. Physical feature.</li> <li>b. Soil consideration.</li> <li>c. Sanitary requirement.</li> <li>d. Practical consideration and legal records.</li> </ol>	

**B) Housing Finance**

- a. Estimation of cost of construction.
- b. Sources For Financial Assistance (Govt and Private Agencies)

**Unit –III : Services in Housing 10**

- a. Drainage.
- b. Plumbing.
- c. Electricity.

**Unit –IV : Furniture in House 10**

- a. Selection of Furniture.
- b. Types of Furniture.
- c. Furniture arrangement.
- d. Care of Furniture.

**Section – II**  
**Interior Decoration**

**Unit –I : Elements of Arts 15**

- a. Line.
- b. Form.
- c. Texture.
- d. Light.
- e. Space.
- f. Pattern.
- g. Colours : Importance, colour Theories, colour wheel, colour schemes.

**Unit –II : Principles of Arts 10**

- a. Balance.
- b. Harmony.
- c. Rhythm.
- d. Proportion.
- e. Emphasis.

**Unit –III : Materials used in Interior 10**

- a. Selection and care of wood.

- b. Selection and care of glass.
- c. Selection and care of plastics.
- d. Selection and care of metals.
- e. Flower Arrangement – Principles, Types and Materials used.

#### **Unit – IV : Home Furnishing.**

**10**

- a. Type, selection and care of carpets and other Floor coverings.
- b. Type, selection and care of curtains and Bed covers.
- c. Recent trends in Home Furnishing.

#### **Practicals –**

1. House Plans For Different Income Groups – Low Income, Lower-middle, Middle, Higher middle and Higher Income Groups.
2. Furniture plans for Different rooms – Kitchen, Drawing, Dinning, Bed, Guest and Office Room.
3. Lighting Arrangements for Different Income Groups.
4. Preparation of Colour Wheel, Colour Schemes.
5. Making Samples of Curtains – any five
6. Flower Arrangements for different rooms.

#### **• Related Activities :**

1. Collection of information for various housing finance schemes.
2. Decorative article (Best from Waste).

#### **Schemes of Distribution of Marks for Theory and Practical Examination.**

<b>Theory</b>	:	1) Housing (Section – I)	:	40 Marks
		2) Interior Decoration (Section – II):	:	40 Marks
Total Theory Marks –				80 Marks

#### **Practicals**

Total	:	20 marks
1. Practical examination	:	15 marks
2. Journal	:	5 marks
Q.1	:	House plan for any one income group. - 4 marks
Q.2	:	Furniture plan for any one room. - 4 marks
Q.3	:	Flower arrangement or colour schemes - 4 marks
Q.4	:	Decorative article - 3 marks

Q.5 : Record book

- 5 marks

**Recommended Readings:**

1. Agan : The House, J. B. Lipineatt, New York.
2. Albert O. Halse: The use of colour in Interior, McGrow Hill Company, New York.
3. Butter Margaret G. and Greves Beryl, S.: Fabric Furnishing. B. T. Batsford Ltd., London.
4. Cherunilam F. and Heggade O. D. : Housing in India, Himalaya Publishing, Bombay.
5. Deongarkerry K. S. : Interior Decoration in India.
6. Deshpande, R. S. : Building Your Own Home United Book Corporation, India.
7. Encyclopaedia of Interior Design and Decoration.
8. Faulkner and Faulkner : Inside Todays Home, Helt Rinehort and Winstd, New York.
9. Hall, E. : Home Plumbing, New Butter Wrath.
10. Richard Wilas : Home Lighting Ideas, Aura Edition, Middlesex.
11. Rutt Anna Hong : Home Furnishing, Willey Eastern Pvt. Ltd., Delhi.
12. अशोक गोयल, मधुमोहन : मॉडर्न हाऊस प्लान, पुस्तक महाल, दिल्ली.
13. अशोक गोयल, मधुमोहन : ५१ हाऊस, डिझाईन
14. डॉ. सौ. लिमये क्षमा : गृह व्यवस्थापन आणि गृहकला, विद्या प्रकाशन, नागपूर.
15. लिमये, मुन्शी, कोल्हे, तारणेकर, इंदापवार : कुटुंब निवास, महाराष्ट्र ग्रंथ निर्मिती मंडळ, नागपूर
16. प्रा. वसू सुनंदा, प्रा. महाजनी निता : आधुनिक गृह व्यवस्थापन, श्री मंगेश प्रकाशन, नागपूर.
17. प्रा. कांडलकर लीना : गृहअर्थशास्त्राची मूलतत्वे, विद्या प्रकाशन नागपूर.
18. प्रा. वसू सुनंदा, डॉ. मेहरे रजनी, गृहव्यवस्थापन आणि आंतरिक सजावट, श्री साईनाथ प्रकाशन, नागपूर
19. डॉ. मुन्शी भाग्यलक्ष्मी, डॉ. जठार नन्दिनी : गृह अर्थशास्त्र भाग-१, डॉ. पिंपळापूरे अॅन्ड कं. पब्लिशर्स नागपूर.
20. डॉ. मुन्शी भाग्यलक्ष्मी, डॉ. जठार नन्दिनी : गृह व्यवस्थापन, डॉ. पिंपळापूरे अॅन्ड कं. पब्लिशर्स नागपूर.
21. फरकाडे जिवेणी, गोंगे सुलभा : कौटुंबिक संसाधनांचे व्यवस्थापन आणि गृहसजावट, पिंपळापूरे अॅन्ड कं. पब्लिशर्स, नागपूर.
22. डॉ. गायकवाड ज्योती : गृहअर्थशास्त्र व गृहव्यवस्थापन, श्री. मंगेश प्रकाशन, नागपूर.

**B. A. Part – III**  
**(Home Science)**

(i) Paper VI

(ii) Title of paper: Dress Designing

(iii): Specific Objectives:

- 1) To develop skills in dress designing.
- 2) To acquire the knowledge and skills of basic & traditional embroidery.
- 3) To enable the students to gain knowledge of figure sketching & drawing.
- 4) To understand the Dress design concepts.

(iii) (iv) A brief note: - (On expected level of study from examination and assessment point of view.): -

Total Marks : 100 Marks  
Theory : 80 Marks  
Practical : 20 Marks

Work Load : 8  
Theory : 4 Lectures/Week  
Practical : 4 Lectures/Week/Batch

**COURSE CONTENT**

<b>Theory :</b>		<b>No. of Lectures</b>
<b>Unit I :</b>	<b>Introduction to Dress Designing, its scope &amp; importance.</b>	<b>5</b>
<b>Unit II :</b>	<b>Elements of Design as applied to Dress Designing.</b>	<b>15</b>
	a) Colour	
	b) Line	
	c) Texture	
	d) Silhouette (Shape)	
	e) Space	
<b>Unit III :</b>	<b>Principles of Design as applied to Dress Designing</b>	<b>15</b>
	a) Proportion	
	b) Balance	
	c) Rhythm	
	d) Centre of interest	
	e) Harmony	
<b>Unit IV :</b>	<b>Elements of Fashion</b>	<b>30</b>
	a) Types of Seam	
	b) Types of Darts & Tucks	

- c) Types of Necklines
- d) Types of Yokes
- e) Types of Sleeves
- f) Types of Collars
- g) Types of Cuffs
- h) Types of Pockets
- i) Types of Pleats / Frills
- j) Types of Fastners

**Unit V : A) Necessary terms needed for designing sketching. 15**

**B) Explanation of Croquis**

- a) Ten head Croquis
- b) Front and back view
- c) Hand and leg movements

**Unit VI : Study of Figure. 10**

- a) Types of Human Figure According to structure.
- b) Figure irregularities and remedies.

**Unit VII : Basic Hand Embroidery 15**

**(Procedure and Diagram of stitch, design and uses of the following)**

- a) Running Stitch
- b) Back Stitch
- c) Stem Stitch
- d) Chain Stitch
- e) Herringbone Stitch
- f) Button hole Stitch
- g) Lazy Daisy Stitch
- h) French Knot
- i) Fly Stitch

**Unit VIII : History, Types, Materials, Motives used in following traditional Embroidery 15**

- a) Kantha.
- b) Kashida.
- c) Lucknowi Embroidery.
- d) Zardosi & Jari Ari work.

**Practicals :****I. Basic sketching of Croquis****30**

Ten head – Front and back view. (Adult Male and Female)

**II Sample making of Basic Stitches**

(Motive Size – 2 x 2 inch)

- a. Running Stitch
- b. Back Stitch
- c. Stem Stitch
- d. Chain Stitch
- e. Herringbone Stitch
- f. Button hole Stitch
- g. Lazy Daisy Stitch
- h. French Knot
- i. Fly Stitch

**III Sample making of Traditional Embroidery (Fabric size 20cms x 20 cms)**

- a. Kantha
- b. Kashida
- c. Lucknowi Embroidery
- d. Zardosi & Jari Ari work

**IV Drafting, cutting & sample making ( 3 each)**

- a. Types of Collar
- b. Types of Sleeves
- c. Types of Yoke
- d. Types of Neckline

**V Drafting, cutting & stitching of**

- a. Salwar
- b. Kameez
- c. Blouse with midriff yoke

**Scheme of Distribution of Marks for Theory and Practical Examination :****Theory** : 80 marks**Practical** : 20 marks

- Practical** : 20 marks
- Q.1 : Drafting, cutting & stitching of any one of following garment  
(1/4<sup>th</sup> scale) 8 marks
- Salwar
  - Kameez
  - Blouse with midriff yoke
- Marking scheme** :
- |                      |   |         |
|----------------------|---|---------|
| Drafting             | - | 3 marks |
| Cutting              | - | 1 mark  |
| Stitching            | - | 3 marks |
| Finishing & Neatness | - | 1 mark  |
- Q.2 : Preparation of Embroidery sample with Basic Stitches  
(Minimum 3 stitches to be used)  
(Motive size 2 inch x 2 inch) – 4 marks.
- Marking scheme** :
- |                    |   |         |
|--------------------|---|---------|
| Stitch             | - | 2 marks |
| Colour Combination | - | 1 mark  |
| Neatness           | - | 1 mark  |
- Q. 3. : Submission of Garment - 3 marks
- Q. 4. : Journal - 5 marks

**References :**

1. Brokman Helen L. : The Theory of Fashion Design
2. Gupta Sushma, Garg Neeru, Saini Renu : A Text Book of Clothing and Textile, Kalyani Publications, Delhi.
3. Hillary Pame : Designing Pattern (a fresh approach to pattern cutting), Campbell Stainley Publishers Ltd., Home Book Services.
4. Ireland John Patrick : Encyclopaedia of Fashion details, B.T. Bradford Ltd., London.
5. Lewis Virginia Stolpe : Comparative Clothing Construction Techniques, Surjeet Publications, Delhi.
6. Mullick Premlata : Handbook for Home makers, Kalyani Publisher, Delhi.
7. Reader's Digest : Complete Guide to Needlework
8. Sema Allen and Julian : Fashion Drawing Basic Principles, B. T. Baexmord, London.
9. Sodhia Manmeet : Dress Designing, Kalyani Publications, Delhi.
10. Varma, Dev Kapil : Cutting And Tailoring (Practical Drafting, Asian Publisher)



11. श्री. हेगडे कृ.म. : शास्त्रोक्त शिवणकला, भाग १ व २, हेगडे टेलेरिंग कॉलेज, पुणे.
12. श्रीमती भिसे पद्मावती : सोपे शिवणकाम, इंदायणी साहित्य, पुणे.
13. श्रीमती. पुरम पद्मावती : भरतकला, उत्कर्ष प्रकाशन, पुणे.
14. श्री. झारापकर का. रा. व श्री. झारापकर अ. का. : झारापकर शिवणशास्त्र, नवनीत पब्लिकेशन्स लि.
15. शर्मा सिमा, अग्रवाल कृष्णकुमार, डॉ. रजनीवाला : कर्टिंग टेलेरिंग ड्रेस डिझायनिंग ब्युटिक कोर्स मनोज पब्लिकेशन्स, दिल्ली.

**B. A. Part – III**  
**(Home Science)**

(i):Paper No. VII

(ii) Title of paper- Introduction to Human Development

**(iii)Specific objectives:**

1. To develop awareness about important aspects of development during 0-6 years.
2. To understand the nature of developmental of pattern.

(iv) A brief note: - (On expected level of study from examination and assessment point of view.):-

Total Marks : 100 Marks

Work Load : 4

Theory : 4 Lectures/Week

**No. of Lectures**

**Unit-I: Growth and Development 15**

- a) Meaning of Growth and Development.
- b) Difference between Growth and Development.
- c) Principles of Development.
- d) Factors influencing growth and development.
- e) Developmental stages.

**Unit-II : Reproductive System and Prenatal Development 15**

- a) Female Reproductive System.
- b) Male Reproductive System.
- c) Planning of Parenthood.
- d) Conception.
- e) Signs and Symptoms of Pregnancy and Danger signals of pregnancy.
- f) Care during Pregnancy.
- g) Factors affecting parental development.
- h) Stages of Labour.

**Unit- III : Infancy (0-2 years) 15**

- a) Definition, physical growth and development in infancy.
- b) Adjustments in infancy.
- c) Development of different senses and Reflexes.
- d) Bathing, clothing and sleep of infant
- e) Feeding of Infant : Breast Feeding and Artificial Feeding.

f) Toilet training in infancy.

g) Immunization schedule.

**Unit – IV : Physical development ( 2 to 6 years) 15**

a) Height and weight.

b) Changes in body proportion.

c) Skeletal development.

d) Development of Teeth and Care of teeth.

e) Muscular Development.

**Unit – V : Motor Development ( 2 to 6 years) 15**

a) Importance of development of motor skills.

b) Various motor skills.

c) Factors affecting Motor skills – Body size, readiness, motivation, attention span, feed back, opportunity, practice.

**Unit – VI : Mental Development ( 2 to 6 years) 15**

a) Perception, memory, imagination, concept formation, thinking and reasoning.

b) Importance of Cognitive Development.

c) Language development–Comprehension, vocabulary building, sentence formation, speech defects.

**Unit – VII : Emotional Development ( 2 to 6 years) 15**

a) Definition, Characteristics and Importance of Emotions.

b) Common emotions – Love and Affection, fear, anger, jealousy.

c) Expressing above emotions, values and ways to handle.

**Unit – VIII : Social Development ( 2 to 6 years) 15**

a) Process of socialization.

b) Role of parents, teachers and other adults in socialization.

c) Forms of social behavior : Negativism, aggression, quarreling, rivalry, shyness, timidity.

d) Importance of play.

**Recommended Reading:**

- 1) Berk L. E. (1996) : Child Development, New Delhi : Prentice Hall
- 2) Cole M. and Cole S. (1989). The Development of children, New York, Scientific, American Books.
- 3) Craig, G. (1999) : Human Development, NJ : Prentice Hall
- 4) Gordon I. J. (1975). Human Development, New York, Harper and Row Unit.
- 5) Harris A. C. (1986) : Child Development. St. Paul : West Pub.
- 6) Kher Nirmala : An introduction to child development,.
- 7) Lerner, R. M. and Hultsch, D. F. (1983). Human Development. A life span perspectives, N. Y. Mc. Crew Hill.
- 8) Mulik Premalata : Text book of Home-Science a Kalyani Publications, Delhi.
- 9) Dr. Vyas J. N : Child development.
- 10) बोरुडे आर. आर. : वैकासिक मानसशास्त्र,
- 11) दहाते सु आखानी. पं. : बालविकासाची मूलतत्वे
- 12) प्रा. जुननकर कुसुम, : मातृत्व आणि बालसंगोपन, पिंपळापूर अँड कं. पब्लिशर्स, नागपूर.
- 13) डॉ. पाटील सुधा : बालपरिचर्या
- 14) डॉ. परिख बाबालाल व सौ. परिख उषा बा. : गर्भावस्था आणि तुमचे बालक
- 15) प्रा. कांडलकर लीना, मानव विकास, विद्या प्रकाशन नागपूर.
- 16) प्रा. सौ. जोशी सुष्मा, डॉ. पांडे व.ग. : बालविकास शास्त्राची मूलतत्वे
- 17) डॉ. वराडपांडे नलिनी, बालविकास, पिंपळापूर अँड कं. पब्लिशर्स, नागपूर. मातृकला एवं शिशुकल्याण वृद्धा सिंहा, शामप्रकाशन जयपूर.

**Journals :**

- 1) Indian Journal of Pediatrics.

**B. A. Part – III  
(Home Science)**

- (i) Paper No. VIII
- (ii) Title of paper: Home Science Extension Education

(iii) Specific objectives:

- 1) To understand the concept, philosophy and objectives of Home Science Education.
  - 2) To realise the contribution of Home Science education for the development of individual, family, community and nation.
  - 3) To know the meaning and objectives of extension education.
  - 4) To understand the role of communication in extension education.
  - 5) To know the principles and use of audio-visual aids in extension work.
- (iii) A brief note: - (On expected level of study from examination and assessment point of view.):-

Total Marks: 100

Work Load : 4

Theory : 4 Lectures/Week

**COURSE CONTENT**

**No. of Lectures**

**Unit – I – Home Science Education**

**15**

- a) Meaning, philosophy and objectives of higher education in Home Science.
- b) History and development of Home Science in India and abroad.
- c) Nature and structure of Home Science and scope of different areas of Home Science.

**Unit – II – Extension Education**

**15**

- a) Meaning, philosophy, scope and objectives of Extension Education.
- b) Principles of extension education and Extension Education programme.
- c) Role of Home Science in Extension Education.
- d) Definitions and Principles of Extension Teaching.
- e) Definitions and Principles of Extension Learning.

**Unit – III – Non-Projected Aids in Extension Education.**

**15**

- a) Chalk Board
- b) Posters
- c) Charts
- d) Graphs
- e) Diagrams.
- f) Pictures
- g) Flannel Boards
- h) Models
- i) Specimens

**Unit – IV – Projected aids in extension education.**

**15**

- a) Films
- b) Film strips
- c) Slides
- d) Radio
- e) Television
- f) Slide projector
- g) Over-head projector
- h) L.C.D. projector (Multimedia projector)

**Unit – V – Teaching methods in Extension Education.**

**15**

- a) Lecture
- b) Demonstration
- c) Discussion
- d) Exhibition
- e) Field trips
- f) Pappets and Dramatization
- g) Farm and Home visits
- h) Campaign.

**Unit – VI – Causes, Types, Remedies, Role of Extension Education in-**

**15**

- a) Problems of Women
- b) HIV / AIDS.

**Unit – VII – Communication and Instructional Technology in Extension Education**

**15**

Working Principles, Types, Functions, Advantages and Limitations of the following –

- a) Telephone
- b) Fax
- c) Computer – Internet and E-mail service

**Unit – VIII – Developmental programmes –**

**15**

- a) Self Help Group – Concept, Formation, Stages and Functions.
- b) Integrated Child Development Scheme : Objectives and Services.

**Recommended reading :**

1. Chandra A. : Introduction to Home Science, New Delhi.
2. Chandra A. Shah A. and Joshi V. : Fundamentals of teaching Home Science., Sterling Publication Pvt.Ltd. New Delhi.,
3. Devdas Rajmal. Methods of teaching Home Science.
4. Ray. G. L. : Communication and Extension Management., Oxford and IBH Publication, Calcutta.
5. Reddy A.: Extension Education, Baptai publication, Shri Laxmi Press, Bapatai, India
6. Rogers Alan : Teaching Methods in Extension Education for Development, Westwood Row, Tilehyrt, London.
7. Ray Vinita, Das R. R. : Teaching of Home-Science, Serling Publication Pvt. Ltd., New Delhi.
8. Supe S.V. : An Introduction to extension Education., Oxford and IBH Publishing Co.Pvt.Ltd.,New Delhi.
9. Yadav Seema : Teaching of Home-Science, Anmol Puiblisher Pvt. Ltd., New Delhi.
10. श्रीमती. गोंगे आणि फरकाडे त्रिवेणी : गृहविज्ञान विस्तार शिक्षण, विद्या प्रकाशन, नागपूर.
11. सोनार मधुकर - दृक्श्राव्य शिक्षण साहित्य तंत्र व पद्धती
12. तिजारे बाबा : सामुदायिक विकास व विस्तार शिक्षण, महाराष्ट्र विद्यापीठ ग्रंथ निर्मित मंडळासाठी विद्या बुक्स, औरंगाबाद
13. सोनार मधुकर - दृक्श्राव्य शिक्षण साहित्य तंत्र व पद्धती, गा.य.राणे प्रकाशन, पुणे.
14. लाखे चं.वा. : सामुदायिक विकास व विस्तार कार्याची तत्वे, श्रीमंगेश प्रकाशन, पुणे.

**Journals**

- 1) Maharashtra Journal of Extension Education : Panjabrao Krushi Vidyapeeth, Akola.



- 2) Indian Journal of Extension : The Indian Society of Extension Education; Division of Agricultural Extension, IARI, New Delhi.
- 3) Yojana : Director, Publication Division, Putiala House, New Delhi, India.

**C] OTHER FEATURES :**

1. **INTAKE CAPACITY / NUMBER OF STUDENTS: - NA**  
(Wherever applicable)
2. **TEACHERS QUALIFICATIONS:-**
  - As prescribed by norms.
  - However required number of core faculty should be given for particular course along with paper wise and Specialization wise work load allocation.
  - Work load details should be as per Apex body/UGC/State Govt./University norms.
3. **The Board of studies should clearly mention the required Books, Journals and specific Equipments necessary for the Course.**

f) **LABORATORY SIZE :** 30' X 20' with kitchen platform or table sink and water connection.

g) **APPLIANCES :**

Sr. No.	Name of Equipments	No.
1.	Gas Stove with Gas pipeline	06
2.	Steel Vessels – 6" diameter	06
3.	Steel Vessels – 9" diameter	06
4.	Steel Vessels – 12" diameter	06
5.	Steel containers ½ kg capacity	12
6.	Steel containers 1 kg capacity	12
7.	Plastic or glass bottles	12
8.	Kadai	06
9.	Frypan	03
10.	Tawa	06
11.	Non-stick tawa	02
12.	Polpat latane	06
13.	Masala Box	06
14.	Steel Thalies	12
15.	Steel Katories	12
16.	Steel glasses	12
17.	Steel knives	06
18.	Villi	02
19.	Steel spoons for coking	12p
20.	Steel Zara	06
21.	Steel sansies	06
22.	Steel tongs	06
23.	Steel tablespoons	06

Sr. No.	Name of Equipments	No.
24.	Steel Teaspoons	24
25.	Pressure Cooker	02
26.	Solar Cooker	01
27.	Egg beater	06
28.	Plastic bowls – 12” diameter	06
29.	Baking pans	06
30.	Biscuit tray	01
31.	Dinner Set (12 piece each)	01
32.	Juice glasses	12
33.	Water glasses	12
34.	Cups and saucers	06
35.	Serving tray	02
36.	Glass bowls	12
37.	Flour Sieves	02
38.	Steel grater	02
39.	Vegetable Peelers	06
40.	Food cover 18” diameter	12
41.	Measuring spoon (set)	02
42.	Measuring Glasses	02
43.	Measuring Cups (set)	02
44.	Dust bins	02
45.	Soap Case	06

#### **h) MACHINES AND EQUIPEMENTS :**

1.	Mixer grinder juicer	01
2.	Oven	01
3.	Microwave Oven	01
4.	Cooking range	01
5.	Refrigerator	01
6.	Balance / Weighing machine	02

#### **LABORATORY SAFETY EQUIPMENTS :**

1.	Fire Extinguisher	01
2.	First Aid Kit	01
3.	Good earthing and insulated wiring for electric supply	
4.	Apron	02
5.	Hand Gloves	04 (pairs)