

 <p>शिवाजी विद्यापीठ कोल्हापूर ज्ञानमेवामृतम्</p> <p>Estd. 1962 "A***" Accredited by NAAC (2021) With CGPA 3.52</p>	<p>SHIVAJI UNIVERSITY, KOLHAPUR - 416 004, MAHARASHTRA</p> <p>PHONE : EPABX – 2609000, www.unishivaji.ac.in, bos@unishivaji.ac.in</p> <p>शिवाजी विद्यापीठ, कोल्हापूर - ४१६ ००४, महाराष्ट्र</p> <p>दूरध्वनी - ईपीएबीएक्स - २६०९०००, अभ्यासमंडळे विभाग - ०२३१-२६०९०९४</p>	
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SU/BOS/IDS /

No 00194 Date: 12 SEP 2022

To,

The Principals,
All Concerned Affiliated Colleges / Institutions.
Shivaji University, Kolhapur.

Subject : Regarding syllabi of B.A. Part –I. and Structure for B.Voc Course under the Faculty of Inter-Disciplinary Studies as per National Education Policy, 2020.

Sir/Madam,

With reference to the subject, mentioned above, I am directed to inform you that the university authorities have accepted and granted approval to the syllabi of B.A. Part-I and Structure for B.Voc Course under the Faculty of Inter-Disciplinary Studies. as per National Education Policy, 2020.

1)	B.A. Physical Education Part –I. Sem- I &II.
2)	B.A. Home Science. Part –I. Sem- I &II.
3)	B.Voc. Structure. Part –I. Sem- I &II.

This syllabi and equivalence shall be implemented from the academic year 2022-2023 onwards. A soft copy containing the syllabi is attached herewith and it is also available on university website www.unishivaji.ac.in. (Students / Online Syllabus)

You are, therefore, requested to bring this to the notice of all students and teachers concerned.

Thanking you,

Yours faithfully,

Dy Registrar

Copy to:

1	Director Board of Evaluation and Examination	9	Centre for Distance Education
2	The Dean, Faculty of IDS	10	Computer Centre
3	The Chairman, Respective Board of Studies	11	Affiliation Section (U.G.)
4	B.A.,B.Com., B.Sc. Exam	12	Affiliation Section (P.G.)
5	Eligibility Section	13	P.G.Admission Section
6	O.E. I, II, III, IV Section	14	Appointment Section
7	Dy.registrar (On Exam)	15	P.G.Seminar Section
8	Dy.registrar (Pre. Exam)	16	I.T.cell

SHIVAJI UNIVERSITY, KOLHAPUR.



CBCS Revised Syllabus For B.A. Part-I Home Science

Syllabus to be implemented from June 2022 onwards.

SHIVAJI UNIVERSITY, KOLHAPUR
2022
Choice Based Credit System
Proposed Course Structure for B.A. Home Science
Three Years (6 Semester) Programme

B.A. I

Sr.No.	Semester	Name of the Course	Disipline
1	I	Fundamentals of Food Science and Nutrition	Home Science-1
2	II	Resource Management	Home Science-2

B.A. II

Sr.No.	Semester	Name of the Course	Disipline
1	III	Basics of Interior Design	Home Science-3
2	III	Introduction to Food Safety and Preservation	Home Science-4
3	IV	Fundamentals of Textile Science and Apparel Construction - I	Home Science-5
4	IV	Introduction to Human Development	Home Science-6

B.A. III

Sr.No.	Semester	Name of the Course	Disipline
1	V	Nutrition for the Family	Home Science -7
2	V	Space Planning and Design	Home Science-8
3	V	Fundamentals of Textile Science and Apparel Construction - II	Home Science-9
4	V	Life Span Development	Home Science-10
5	V	Research Methodology in Home Science	Home Science-11
6	VI	Therapeutic Nutrition	Home Science-12
7	VI	Traditional Indian Textiles	Home Science-13
8	VI	Entrepreneurship Development	Home Science-14
9	VI	Introduction to Guidance and Counseling	Home Science-15
10	VI	Extension for Development	Home Science-16

SHIVAJI UNIVERSITY, KOLHAPUR
SYLLABUS
Choice Based Credit System
B.A. Part - I, Semester – I
Home Science Course – 1

June 2022 onwards

Fundamentals of Food Science and Nutrition

Preamble: Food Science and Nutrition has been recognized and given a special role in national development. Nutrition is the key to facilitate the study and enhance the quality of human life. This paper covers basic aspects of nutrients, food science, as well as open a vast understanding of the current spectrum of malnutrition,. This course equip the students for skill development, academic understanding, entrepreneurship, community role and employment in various fields of food industry, health clinics, NGOs, etc.

Course Outcomes: The students will enable

1. To familiarize with fundamentals of food, nutrients and their relationship to health.
2. To aware about deriving maximum benefit from available food sources.
3. To develop entrepreneurship skills in food catering and allied services.
4. To identify the role of nutrients and its application in daily life.

Total Credits: 4

Theory: 3Credits

Practical: 1Credit

Workload:

Theory: 2 Lectures per week

Practical: 2 Lectures per week per batch

(Each batch consisting of 15 to 20 students)

Theory

Module 1 : Basic concepts in Food and Nutrition

5

- 1.1 Basic concepts of Food, Nutrients, Nutrition, Health, Malnutrition and Balanced Diet
- 1.2 Relationship between food, nutrition and health
- 1.3 Functions of food – Physiological, psychological, social and cultural.

Module 2: Food Groups

2.1 Basic Five Food Groups

10

2.2 Selection and nutritional contribution of the following food groups:

- Cereals
- Pulses
- Fruits and vegetables
- Milk & milk products

Eggs
Meat, poultry and fish
Fats and Oils

Module 3: Methods of Cooking with advantages and disadvantages **10**

- 3.1 Objectives of Cooking and Classification of Cooking methods
- 3.2 Moist heat : Boiling, Steaming, Pressure cooking with advantages and disadvantages
- 3.3 Dry heat : Roasting, baking with advantages and disadvantages
- 3.4 Frying : Deep and Shallow frying with advantages and disadvantages
- 3.5 Microwave cooking with advantages and disadvantages

Module 4: Nutrients **20**

4.1 Classification of nutrients – Macro and micro

Functions, dietary sources and clinical manifestations of deficiency of the following nutrient:

- 4.2 Carbohydrates, lipids and proteins-
- 4.3 Fat soluble vitamins-A, D, E and K
- 4.4 Water soluble vitamins – Thiamine, Riboflavin, and vitamin C
- 4.5 Minerals – Calcium and Iron

Practical

Credit: 1

1. Weights and measures of food stuff.
2. Food preparation, understanding the principles involved, nutritional quality and portion size
 - Beverages: Hot tea/coffee/ Milk shake/ lassi / fruit based beverages (Any One)
 - Cereals: Boiled rice / pulao/ chapatti / paratha / puri / pastas (Any One)
 - Pulses: Whole / dehusked (Any One)
 - Vegetables: curries / dry preparations
 - Milk and milk products : Kheer / custard or Meat, Fish and poultry preparations / Egg preparations: Boiled / poached / fried / scrambled / omelettes / egg pudding
3. Plan and prepare nutrient rich recipe of the following with nutritive value calculation.
 - Calorie / Protein (Any One)
 - Vitamin A / Vitamin C (Any One)
 - Vitamin B₁ / Vitamin B₂ (Any One)
 - Iron / Calcium

Method of Evaluation : Internal Evaluation of Practical

- Q. 1 Submission of Journal - 5 Marks
- Q. 2 Viva - 5 Marks

RECOMMENDED READINGS

- Mudambi, SR and Rajagopal, MV. Fundamentals of Foods, Nutrition and Diet• Therapy; Fifth Ed; 2012; New Age International Publishers
 - Mudambi, SR, Rao SM and Rajagopal, MV. Food Science; Second Ed; 2006; New• Age International Publishers
 - Srilakshmi B. Nutrition Science; 2012; New Age International (P) Ltd.
 - Srilakshmi B. Food Science; Fourth Ed; 2010; New Age International (P) Ltd.
 - Swaminathan M. Handbook of Foods and Nutrition; Fifth Ed; 1986; BAPPCO
 - Bamji MS, Rao NP, and Reddy V. Text Book of Human Nutrition; 2009; Oxford• & IBH Publishing Co. Pvt Ltd.
 - Wardlaw GM, Hampl JS. Perspectives in Nutrition; Seventh Ed; 2007; McGraw• Hill.
 - Lakra P, Singh MD. Textbook of Nutrition and Health; First Ed; 2008; Academic• Excellence.
 - Manay MS, Shadaksharaswamy. Food-Facts and Principles; 2004; New Age• International (P) Ltd.
 - Potter NN, Hotchkiss JH. Food Science; Fifth Ed; 2006; CBS Publishers and• Distributors.
 - Sethi P and Lakra P Aahaar Vigyaan, Poshan Evam Suruksha, Elite Publishing• House, 2015
 - Jain P et al. Poshan va swasthya ke mool siddhant (Hindi); First Ed; 2007;• Academic
 - Pratibha. Vrinda S. Aahar Vigyan (Hindi); 2003; Shyam Prakashan
 - Suri S. and Malhotra A. Food Science, Nutrition & Food Safety Pearson India Ltd. 2014.
 - Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S. Basic Food Preparation – A Complete Manual. Orient Longman, 2005.
 - Khanna K, Gupta S, Seth R, Mahana R, Rekhi T. The Art and Science of Cooking. • Phoenix Publishing House Private Limited, Delhi 1998. DSC-NHE IB: NUTRITION FOR THE FAMI
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SHIVAJI UNIVERSITY, KOLHAPUR
SYLLABUS

Choice Based Credit System

B.A.-I

Home Science Course – 2

June 2022 onwards

RESOURCE MANAGEMENT

Preamble: We are living in a world of scarce and finite resources and hence, management of resources becomes imperative for the society as a whole. The stream of Resource Management focuses on optimization of resource utilization in life. This paper intends to acquaint students about managerial process and resource management.

Course Outcomes: The students will enable

1. To acquaint about process of management
2. To know about resources and its availability and management.

Semester – II

Total Credits: 4

Theory: 3Credits

Practical: 1Credit

Workload:

Theory: 2 Lectures per week

Practical: 2 Lectures per week per
batch

(Each batch consisting of 15 to 20 students)

THEORY

Module I: Introduction to Resource Management Process

15

1.1 Definition of Management and Home Management

1.2 Steps in Management Process

- a) Planning – Meaning, steps, Characteristics and advantages
- b) Controlling – Meaning, steps and importance
- c) Evaluation – Meaning, types and advantages

1.3 Decision Making- Meaning, steps and importance

Module II: Motivating factors in Management

2.1 Values-Definition and Classification

2.2 Goals-Definition and Classification

2.3 Standards-Definition and Classification

Module III: Resources

10

- 3.1 Meaning and concept of resources
- 3.2 Classification of resources
- 3.3 Characteristics of resources
- 3.4 Factors affecting utilization of resources

Module IV: Money, Time and Energy Management

10

- 4.1 Money: Family budget- Definition, steps in preparing family budget
- 4.2 Time: Concept, classification, importance and characteristic
- 4.3 Energy: Concept, classification and importance

Practical

- 1.Observation, listing and classification of resources available to family.
- 2.Identification and development of self of as a resource.
 - SWOC analysis
 - Building Decision making abilities through management game / role play
3. Preparation of time plan for self and family
- 4.Event planning, management and evaluation with reference to Managerial process

Method of Evaluation: internal Evaluation

Marks: 10

Q.1 Submission of journal – 5 Marks

Q. 2 Viva – 5 Marks

RECOMMENDED READINGS

- Koontz.H. and O'Donnel C., 2005, Management – A systems and contingency analysis of managerial functions. New York: McGraw-Hill Book Company
 - Kreitner. 2009, Management Theory and Applications, Cengage Learning: India
 - Rao V.S. and Narayana P.S., Principles and Practices of Management, 2007, Konark Publishers Pvt. Ltd.
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NATURE OF THE QUESTION PAPER

Theory

Total Marks 40

- | | | |
|-----|---|----|
| Q.1 | Multiple choice question | 5 |
| Q.2 | Solve the following questions. (Any two out of three) | 20 |
| Q.3 | Short Note (any 3 out of 5) | 15 |

Practical

The evaluation of the performance of the students in practical shall be on the basis of internal evaluation at the end of each semester.

SHIVAJI UNIVERSITY, KOLHAPUR

Choice Based Credit System Proposed Course Structure for B.A Home Science Three Years (6 Semester) Program B.A. Part - I : HOME SCIENCE

Sr. No.	Semester	Title of the Paper	Disipline	Distribution of Credit			Workload			Total Credit	Marks	
				Theory	Practical	Total	Theory	Practical	Total		Theory	Practical
1.	I	Fundamentals of Food Science and Nutrition	Home Science Course-1	3	1	4	2	2	4	4	40	10
2.	II	Resource Management	Home Science Course-2	3	1	4	2	2	4		40	10

B.A. Part - II : HOME SCIENCE

Sr. No	Semester	Title of the Paper	Discipline	Distribution of Credit			Workload			Total Credit	Marks	
				Theory	Practical	Total	Theory lectures/week	Practical lectures/week	Total lectures/week		Theory	Practical
1.	III	Basics of Interior Design	Home Science Course-3	3	1	4	2	2	4	8	40	10
2.	III	Introduction to Food Preservation and Safety	Home Science Course-4	3	1	4	2	2	4		40	10
3.	IV	Fundamentals of Textile Science and Apparel Construction	Home Science Course-5	3	1	4	2	2	4		40	10
4.	IV	Introduction to Human Development	Home Science Course-6	3	1	4	2	2	4		40	10

B.A. Part - III : HOME SCIENCE

Sr. No.	Semester	Title of the Paper	Discipline	Distribution of Credit			Workload			Total Credit	Theory Marks	Practical/Sessional work
				Theory	Practical	Total	Theory (Lectures/week)	Practical Lectures/week	Total (Lectures/week)			
1.	V	Nutrition for the Family	Home Science Course-7	2	2	4	3	4	7	30	40	10
2.	V	Space Planning and Design	Home Science Course-8	2	2	4	3	4	7		40	10
3.	V	Fundamental Textile Science and	Home Science	2	2	4	4	4	8		40	10

		Apparel Construction - II	Course-9									
4.	V	Life Span Development	Home Science Course-10	4	--	4	4	-	4		40	10
	V	Research Methodology in Home Science	Home Science Course-11	4	--	4	4	--	4		40	10
Sr. No.	Semester	Title of the Paper	Discipline	Distribution of Credits			Workload			Total Credit	Marks	
				Theory	Practical	Total	Theory Lectures/week	Practical Lectures/week	Total		Theory	Practical/Sessional work
5.	VI	Therapeutic Nutrition	Home Science Course-12	2	2	4	3	4	7	30	40	10
6.	VI	Entrepreneurship Development	Home Science Course13	2	2	4	3	4	7		40	10
7.	VI	Traditional Indian Textiles	Home Science Course14	2	2	4	4	4	8		40	10
8.	VI	Introduction to Guidance and Counseling	Home Science Course15	4	--	4	4	--	4		40	10
9.	VI	Extension for Development	Home Science Course16	4	--	4	4	--	4		40	10

SHIVAJI UNIVERSITY, KOLHAPUR

**Choice Based Credit System
B.A. HOME SCIENCE
EQUIVALENCE**

Sr. No.	Class	Semester	Title of the Paper(Old)	Paper No. Old	Title of the Course (New)
1.	B.A. I	I	Introduction to Home Science	I	Introduction to Nutrition and Food Science
2.	B.A. I	II	Fundamentals of Food and Nutrition	II	Resource Management
3.	B.A. II	III	Applied Arts and Housing	III	Basics of Interior Design
4.	B.A. II	III	Food Preservation, Bakery and Confectionary	IV	Introduction to Food Preservation and Safety
5.	B.A. II	IV	Textile Science and Clothing	V	Fundamentals of Textile Science and Apparel Construction
6.	B.A. II	IV	Prenatal Period To Early Childhood	VI	Introduction to Human Development
7.	B.A. III	V	Advanced Food Science	VII	Nutrition for the Family
8.	B.A. III	V	Entrepreneurship Development	VII	Space Planning and Design
9.	B.A. III	V	Fabric Ornamentation and Accessory Designing	IX	Fundamental Textile Science and Apparel Construction - II
10.	B.A. III	V	Late Childhood to Adolescence	X	Life Span Development
11.	B.A. III	V	Research Methodology	XI	Research Methodology in Home Science
12.	B.A. III	VI	Meal Management and Diet Therapy	XII	Therapeutic Nutrition
13.	B.A. III	VI	Interior Decoration	XIII	Entrepreneurship Development
14.	B.A. III	VI	Fashion and Apparel Designing	XIV	Traditional Indian Textiles
15.	B.A. III	VI	Dynamics of Marriage and Family	XV	Introduction to Guidance and Counseling
16.	B.A. III	VI	Home Science Extension Education	XVI	Extension for Development