"Dissemination of Education for Knowledge, Science and Culture"

- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Vivekanand College, Kolhapur

(An Empowered Autonomous Institute)

DEPARTMENT OF HOME SCIENCE

SYLLABUS

NEP 2020 Level 5.5

NEP 1.0

B.A. Part - III

Semester – V, VI

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

To be implemented from June 2025

CHOICE BASED CREDIT SYSTEM

BA – III (Sem -V and VI) Home Science

Course Structure

to be implemented from 2025-26

Paper No.	Course Code	Title of the Old Course	Title of the New Course	Percentage of Change (%)	Credits (Theory + Practical)
Semester V					
DSC VII	DSC 01HOM 51	Meal Management	Meal Management	10	4(3+1)
DSC VIII	DSC 01HOM 52	Fundamentals of Textile Science and Apparel Construction II	Fundamentals of Textile Science and Apparel Construction II	10	4(3+1)
DSC-IX	DSC 01HOM 53	Space Planning and Design	Space Planning and Design	-	4(3+1)
DSE-I	DSE – 01HOM 51	Human Development (Late Childhood and Adolescence	Human Development (Late Childhood and Adolescence	10	4(4+0)
MIN-V	MIN 01HOM51		Dynamics of Marriage and Family C	100	4(4+0)
FP	FPR01HOM51		Field Project at Aanganwadi /Balwadi		2(2+0)
Semester VI					
DSC-X	DSC 01HOM 61	Dietetics	Dietetics	10	4(3+1)
DSC_XI	DSC – 01HOM 62	Traditional Indian Textile and	Traditional Indian Textiles and Embroidery	10	4(3+1)

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

		Embroideries			
DSC-XII	DSC- 01HOM 63	Home Science Extension Education	Home Science Extension Education	-	4(4+0)
DSE - II	DSE -01HOM 61	Entrepreneurship Development	Entrepreneurship Development	30	4(3+1)
MIN-VI	MIN01HOM 61		Introduction to Guidance and Counselling	100	4(4+0)
OJT	OJT01HOM 61		On Job Training		2(2+0)

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5
Semester – V course – VII
Meal Management (DSC –VII)
DSC 01HOM51

TOTAL CREDITS: 04
THEORY: 03
PRACTICAL: 01
Total Marks – 50 (Theory - 40, Practical- 10)

Workload: 5 lectures per week
Theory: 3 Lectures per week
Practical: 2 Lectures per week per batch
(Each batch consisting of 10 to 12 students)

COURSE OUTCOME:
students will be able to:
CO 1 Appraise the concept of RDA, nutritional guidelines, nutritional importance and healthy food choices.
CO2 Understand the concept and application of food exchange list and nutrition in daily meal planning.
CO 3 Acquire knowledge of meal planning in day-to-day life.
CO 4 Calculate the nutritive value

THEORY THEORY LECTURES: 45

Modules	Syllabus	Teaching hours
Module 1	**Principles of Meal Planning** 1.1 Concept and importance of Balanced Diet and Meal Management 1.2 Factors affecting Meal Planning 1.3 Concept and use of Food Exchange List 1.4 Concept and importance of DRI(Dietary Reference Intakes) and RDA 1.5 Dietary Guidelines for Indians and Food Pyramid	14
Module 2	**Meal Management for Adulthood and Elderly** 2.1 RDA, nutritional guidelines, nutritional importance and healthy food choices for adult 2.2 Physiological changes, RDA, nutritional guidelines, nutritional	08

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	and Importance and healthy food choice for Elderly	
Module 3	**Meal Management during pregnancy and lactation** 3.1 Physiological changes, RDA, nutritional guidelines, nutritional Importance and healthy food choice for Pregnant Woman 3.2 Physiological changes, RDA, nutritional guidelines, nutritional and Importance and healthy food choice for Lactating Mother	08
Module 4	**Meal Management for during Infancy to Adolescent** 4.1 Growth and development, RDA, nutritional guidelines, nutritional importance and healthy choices for Infants 4.2 Growth and development, RDA, nutritional guidelines, nutritional importance and healthy choices for Preschool Children 4.3Growth and development, RDA, nutritional guidelines, nutritional importance and healthy choices for School children 4.4 Physiological changes, RDA, nutritional guidelines, nutritional importance and healthy food choice for Adolescents	15

PRACTICALS: – Credits - 1

Practical lectures: 30

Objectives:

1. To develop in students, the concept of portion size.
2. To impart skills of healthy cooking practices and its application in meal management.

Practical 1. Factors to be consider while meal planning.

Practical 2. Use of food exchange list

Practical 3. Nutritive value calculations

Practical 4. Planning and preparation of diets with Nutritive value calculations for

- Young adult
- Pregnant / Lactating woman
- Preschool child/ School age child
- Adolescents
- Elderly person
-

Practical Assessment : Internal Evaluation

Total Mark : 10

Scheme of Practical Assessment :

Q.1 Submission of Record book 4 marks

Q.2 Planning calculations and preparation of diets plan (any one) 6 marks

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

(Diet Planning 2 marks, calculation 2 marks, preparation 2 marks)

- Young adult
- Pregnant / Lactating woman
- Preschool child ? school age child
- Adolescents
- Elderly person

References:

- Gopalan, C et al. (2009), Nutritive Value of Indians Foods ; NIN, ICMR, Hyderabad.
- Joshi Shubhangini H. (2014), Nutrition and Dietetics with Indian Case Studies, Tata McGraw Hill Education Private Limited, New Delhi.
- Gupta Shushma (2016) Text Book of Foods & Nutrition Child Care and Dietetics,---
- Arora , Madhu,(1996) Anmol Dictionary of foods Nutrition And Dietetics,------
- Joshi, S. A.(2014), Nutrition and Dietetics, with Indian Case Studies, Tata McGraw Hill Education Private Limited, New Delhi.
- Bhargav, Priya,(2005) Encyclopaedia of home science vol. II : Nutrition :Auxiliaries and Nutrients Commen welth Publisher New Delhi
- Dietary guidelines for Indians- A Manual; (2011) NIN, ICMR, Hyderabad
- Swaminathan M.(2010) Advanced Text book on Food and Nutrition,Vol.1 BAPPCO, Bangalore.
- . Begum Reheena (2001) A Text book on Food, Nutrition and Dietetics, Serling Publisher Delhi.
- महाजनी स्नेहा (2010) शास्त्रशुद्ध आहारशास्त्र ,श्री मंगेश प्रकाशन २३ नवी रामदासपेठ, नागपुर
- लेले सरल (1999) पोषण व आहारशास्त्र परिचय , पिंपळापुरे कंपनी पब्लिशर्स हिन्दू मुलींच्या शाळेजवळ, महात नागपुर
- मोळवणे मंजूषा (2021) समतोल आणि उपचारात्मक आहार, अजिंठा प्रकाशन जयसिंगपूरा औरंगाबाद
- मोळवणे मंजूषा (2001) पोषणशास्त्र, कैलास पब्लिकेशन औरंगाबाद
- मोळवणे मंजूषा (2016) अन्नाचे विज्ञान - पोषणशास्त्र, आत्मभन प्रकाशन हिंगोली
- फराकड़े त्रिवेणी आणि गोंगे (2007) -पोषण आहारशास्त्र, पिंपळापुरे आणि कंपनी पब्लिशर्स नागपुर
- काळेले मीना (2011) पोषण व आहारशास्त्र पिंपळापुरे कंपनी पब्लिशर्स नागपुर
- लेले सरल (1999) पोषण व आहारशास्त्र परिचय , पिंपळापुरे कंपनी पब्लिशर्स हिन्दू मुलींच्या शाळेजवळ, महात नागपुर
- मोळवणे मंजूषा (2021) समतोल आणि उपचारात्मक आहार अजिंठा प्रकाशन जयसिंगपूरा औरंगाबाद
- वाघमारे शोभा (2014) पोषण आणि आहार विद्याबुक्स पब्लिशर्स, औरंगाबाद

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5

CBCS

Semester – V course– DSC VIII

Fundamentals of Textile Science and Apparel Construction –II

DSC 01HOM52

TOTAL CREDITS: 04
THEORY: 03
PRACTICAL: 01
Total Marks – 50 (Theory - 40, Practical- 10)

Workload: 5 lectures per week
Theory: 3 Lectures per week
Practical: 2 Lectures per week per batch
(Each batch consisting of 10 to 12 students)

Course Outcome:

Students will be able to:

CO1 Understand the concept of textile printing and painting.

CO2. Apply the knowledge of elements and principles of design in apparel construction.

CO3 Describe basic concepts of croqui.

CO4 Demonstrate the elements of apparel construction.

Theory:

Theory lectures: 45

Modules	Syllabus	Teaching hours
Module 1	**Introduction to Textile Printing and Painting** 1.1 Concept of Textile printing and painting 1.2 Methods of Painting -Roller ,Batik, Tie & Dye, Block, Stencil , Screen 1.3 Fabric painting - Plain, Dotted, Lining, Triangle, Shading	10
Module 2	**Principles and Elements of Design in Apparel Construction** 2.1Principles of Design - Proportion, Balance, Rhythm, Centre of Interest, Harmony 2.2 Elements of Design- Colour, Line, Texture, Space, Silhoute	10
Module 3	**Basics of Croqui** 3.1 Concept and Principle 3.2 Ten Head Croqui - Front and Back view 3.3 Hand and Leg movements	10

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	3.4 Types of figure	
Module 4	**Elements of Apparel Construction** 4.1Neck and Necklines 4.2 Yokes 4.3 Sleeves 4.4 Collars 4.5 Fastener's	15

PRACTICALS: – Credits - 1

Practical: Practical Lecture : 30

1. Preparation of samples of the following:
   i) Block printing, Stencil printing - One sample each
   ii) Tie and dye (Bandhani) - Single colour and Double Colour
   iii) Fabric painting - Plain, Dotted, Lining, Triangle, Shading-Any four sample

2. Construction of following apparels using elements of Apparel Construction
   i) Kamiz / Designer Kurti/ Short top
   ii) Salwar/Chudidar/ Patiala

PRACTICAL ASSESSMENT : Internal Evaluation Total marks: 10

Q.1: Record Book 04 marks
Q.2: Submission of Garments 02 marks
Q.3 Preparation of samples of the following (any one) 02 marks
i) Block printing/ Stencil printing/ Tie and dye
ii) Fabric painting – Plain/Dotted/ Lining/ Triangle/ Shading
Q.4:Preparation of paper pattern of any one on full size body block 02 marks
i) Kamiz / Designer Kurti/ Short top
ii) Salwar/Chudidar/ Patiala

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

References:

- Jewel, raul, (2010), Encyclopedia of Dress Making, A. P. H. Publishing House New Delhi.
- Gupta Sushma, Garg Neeru, Saini Renu (2004), Text Book of Clothing And Textiles. Kalyani Publishers New Delhi.
- Khurana Kamal (2012),Draping and Pattern Making for Fashion Designing , Sonali Publication New Delhi
- Encyclopedia of Dress Making ,(2010) A.P.H. Publishing House New Delhi
- Sodhia Manmeet (2017),DressDesiging, Kalyani Publishers new Delhi.
- किटे कांचन, माळोदे भावना (2014) फॅशन डिझाईनिंगची मुलतत्वे ,श्री साईनाथ प्रकाशन , नागपूर
- वैरागडे उज्ज्वला, अग्रवाल अन्विता (2009) , वस्त्रशास्त्राची संकल्पना व फॅशन डिझाईनिंग
- विद्या बुक्सपब्लिशर्सऔरंगाबाद
- काळे सुनिता, (2004) वस्त्रशास्त्र , पवन प्रकाशन , परभणी
- झारापकर का. रा. (2009) शिवण शास्त्र भाग 1 व २ नवनीत पब्लिकेशन्स मुंबई
- भिसे पद्मावती , (1996) सोपे शिवणकाम , मॅजेस्टीक बुकस्टॉल मुंबई
- हेगडे कृ. म. (1980) शास्त्रोक्त शिवणकला भाग १ व २ हेगडे टेलरिंग कॉलेज

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5

CBCS

Semester – V course– DSC IX

Space Planning and Design

(DSC 01HOM53)

TOTAL CREDITS: 04
THEORY: 03
PRACTICAL: 01
Total Marks – 50 (Theory - 40, Practical- 10)

Workload: 5 lectures per week
Theory: 3 Lectures per week
Practical: 2 Lectures per week per batch
(Each batch consisting of 10 to 12 students)

Course Outcome:

students will able to-

CO1 Appreciate the need space planning and design
CO2 Adapt floor plan according to various income group.
CO3 Optimize space using knowledge of interior environment
CO4 Acquire the skills of Kitchen gardening and landscaping

THEORY

THEORY LECTURES: 45

Modules	Syllabus	Teaching hours
Module 1	**Basic Concept in Space Planning and Design** 1.1 Concept of house and adequacy of space 1.2 Characteristics and Principles of Space Planning 1.3 Importance of Housing 1.4 Factors affecting the housing needs of the family	07
Module 2	**Space Planning** 2.1 Factors in House planning- site selection (Soil, Health and ommunity facilities) 2.2 Types of houses 2.3 Symbols used in the house plan 2.4 Types of House Plans.	08
Module 3	**Housing and Interior Environment**	15

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	3.1 Features of housing: Storage spaces, Kitchen, Terrace, Parking area, and Boundary walls. 3.2 Room by room planning. 3.3 Plumbing 3.4 Drainage facility.	
Module 4	**Landscaping** 4.1 Definition, Concept, and Importance 4.2 Plants used in Landscaping 4.3 Material/Objects/Articles used in Landscaping 4.4 Kitchen. Gardening Concept, Importance and Guidelines	15

Practical: Credits -1

Practical: Practical Lectures: 30

1. Symbols used in House plan.
2. Draw ground floor plan for Low-income group.
3. Draw ground floor plan for Middle income group.
4. Draw ground floor plan for High income group.
5. Space planning of kitchen and drawing room/ Bed room
6. Visit to Landscaping site/ Kitchen. Garden/Flower show

PRACTICAL ASSESSMENT: Internal Evaluation Total Marks : 10

Scheme of Practical Assessment:

Q. 1 Submission of Record book **4 marks**

Q. 2 Draw ground floor plan for any income group **6 marks**

Reference books:

- Kerlen Mark (2009) Space planning Basics : 3rd Edition.John willey and amp.sons.
- Joseph Dechiara (2017) Interior design and space 2nd edition. Time saver standards.
- Margaret G.Butler and Beryl S Greves,(1972) Fabric Furnishing S. B.T. Batsford Ltd. London.
- Limaye K. ( ) R.B. Publication New Delhi
- Banham Joanna (!997) Encyclopedia of Interior Design and Decoration.

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

- Fauliner and Faulkner, Helt Rinehort and Winsted .Inside Todays Home, New York.
- Rutt Anna .Willey Eastern (1961) Home Furnishings,Pvt. Ltd., Delhi 6.
- कांडलकर लिना (2005) गृह अर्थशास्त्राची मूलतत्वे, विद्या प्रकाशन रुईकर रोड, महाल , नागपुर.
- लिमये क्षमा (1989) गृहव्यवस्थापन आणि गृहकला, विद्या प्रकाशन रुईकर मार्ग, नागपुर.
- मुनशी, जठार (2001) गृहव्यवस्थापन, पिंपळापुरे ॲड कंपनी पब्लिशर्स हिन्दू मुलींच्या शाळेजवळ, महाल नागपुर

- Periodicals: 1. Inside and outside

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5

CBCS

Semester – V Paper –DSE -I

Human Development (Late Childhood and Adolescence)

DSE 01HOM 51

TOTAL CREDITS: 04
THEORY: 04
Total Marks – 50 (Theory - 40, Internal- 10)

Workload: 4 lectures per week
Theory: 4 Lectures per week

Course Outcome:

Students will be able to-

CO1 Approximate the changes in the physical and motor cognitive and moral development during Late Childhood and Adolescence

CO2 Appraise about the effects and problems faced during adolescence.

CO3 Articulate changes in socialization during Late Childhood and Adolescence, its impact on the relationship

CO4. Understand the development of morality.

Theory: Theory lectures: 60

Modules	Syllabus	Teaching hours
Module 1	**Late Childhood (6 to 12 years): Physical, Motor Development, Emotional development.** 1.1 Characteristics of late childhood 1.2 Physical Development- height, weight, body proportion, muscle and fat, skeleton, brain. 1.3 Motor Development- Abilities for Motor Skills- flexibility, balance, agility, force, speed 1.4 Emotional Development- developing sense of self, self-esteem, self-control, heightened emotionality, emotional catharsis	15
Module 2	**Late Childhood- Cognitive development, Social and Moral**	15

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	2.1 Cognitive Development- Logical thinking (concrete operations), development of concepts- conservation, seriation, classification, reversibility, numerate. 2.2 Social Development- Characteristics of child gangs, impact of gang behaviour, peers during late childhood, group leadership. 2.3 Moral Development- Parents and moral development, Kohlberg's theory (pre-conventional, conventional, post-conventional) , discipline and it's elements, role of family relationship.	
Module 3	**Adolescence (12-20 years): Physical Growth, Effects and Problems** 3.1 Meaning. definition and characteristics of Adolescence 3.2 Physical Growth- Height, weight, body proportion, changes in (primary and secondary) sex characteristics, growth spurt. 3.3 Effect of Puberty- Health (importance of balanced diet, exercise, obesity, anemia),attitude and behavior, early and late maturity 3.4 Adolescent problems- Addictions (drugs, alcohol, mobile, gaming, social media), pre-marital sex, teenage pregnancy, juvenile delinquency, Sexually Transmitted Diseases (STD's), depression and suicide, impulsive behaviours (risks and accidents).	**15**
Module 4	**Adolescence : Socialization** 4.1 Friendships - Importance, characteristics, types of friendships (cliques, crowds, gang) 4.2 Relationship with family: Importance, causes of conflict with parents and siblings, Improvement 4.3 Relationship with peers: Importance, influence of peers 4.4 Gender equality: Concept and importance in socialization	**15**

Sectional Work:

1. Preparation of scrap book on Late Childhood

2. Preparation of scrap book on Adolescence.

3.Seminar

Internal Assessment **10 Marks**

1.Submission of scrap books - 3 Marks

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

2. Viva-voice – 3 Marks
3. Seminar- 4 marks

References:

- Bhargav Priya ,(2005)Encyclopedia of Home Science Vol-.V Child Care Commen welth Publisher New Delhi
  Hurlock Elizabeth B. (1997) Child Development , McGraw Hill New Delhi
- Hurlock Elizabeth B. (2000) Child Growth & Development Tata McGraw Hill Delhi
- हिरवे आर.एस.,तडसरे व्ही.डी.( ) वैकासिक मानसशास्त्र,फडके प्रकाशन,कोल्हापुर.
- लाटकर श.प्रियवंदा (2014),मातृकला बालविकास व बालशिक्षण, विद्या बुक्स पब्लिशर्स, औरंगपुरा,औरंगाबाद.
- कांडलकर लीना (2000), मानव विकास, विद्या प्रकाशन, रुईकर रोड,नागपुर.
- जाधव के. एम. (2012), वैकासिक मानसशास्त्र,डायमंड पब्लिकेशन,सदाशिव पेठ, पुणे.
- बोरुडे, कुमठेकर, देसाई, गोळविलकर (2005),वैकासिक मानसशास्त्र, पुणे विद्यार्थी गृह प्रकाशन, सदाशिव पेठ,पुणे.
- खलाणे शशिकांत (2014), वैकासिक मानसशास्त्र – मानव विकास, अथर्व पब्लिकेशन, धुळे.

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5
CBCS
Semester – V course–MIN -V
Dynamic of Marriage and Family
MIN 01HOM 51

TOTAL CREDITS: 04
THEORY: 04
Total Marks – 50 (Theory - 40, Internal- 10)

Workload: 4 lectures per week
Theory: 4 Lectures per week

Course Outcome:

students will be able to

CO 1 understand concept of marriage and family .

CO 2 understand the issues reloaded to adjustment parenthood and family Planning

CO 3 Aware of the causes for marital dissolution divorce and family under distress

CO 4 Aware of acquaint with different law's of marriage and family .

Theory lectures: 45

Modules	Syllabus	Teaching hours
Module 1	**Marriage** 1.1 Definition and Function of marriage 1.2 Readiness for marriage and factors to be considered for mate selection 1.3 Types of marriage – arranged, love, registered, inter caste marriage 1.4 Changing nature of marriage / Characteristics of marriage	10
Module 2	**Family** 2.1 Definition and function of family 2.2 Types of family – a] Nuclear- Characteristics and defect b] Joint - Characteristics and defect c] Extended - Characteristics and defect 2.3 Changing forms of family – causes and consequences 2.4 Role of husband and wife – traditional and modern	10

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	b] Joint - Characteristics and defect c] Extended - Characteristics and defect 2.3 Changing forms of family – causes and consequences 2.4 Role of husband and wife – traditional and modern	
Module 3	**Adjustment in Marriage and family** 3.1 Adjustment in Marriage and family - economical, sexual, career, religious and social 3.2 Parenthood – Concept, Task and Skills of parenthood, 3.2 Family Planning – Need and Method 3.4 Family crisis – Concept, Causes and Ways of coping – Divorce, Severe and prolonged illness, Unemployment, Death	10
Module 4	**Laws related to Marriage and Family** 4.1 Hindu Marriage act, Special Marriage act, Family Violence act, Sexual Harassment at work place act, Prohibition of sex selection act, Hindu Adoption and Maintenance act 4.2 Surrogacy 4.3 Problems of adult signal women	15

Sessional work

1. Visit to family court or counseling center and its report writing / Seminar 10

Internal Assessment **Total Marks: 10**

Q.1 Submission of Seminar 05

Q.2 Presentation of Seminar 05

References

- फरकाडे, गोंगे विवाह आणि कौटुंबिक संबंध विद्या प्रकाशन नागपुर
- Kapadia K.M. "Marriage and Family in India" ( ) Oxford University Press ,Bombay
- Durall E.M. "Marriage and family Development (1977) Lippincott Co, Philadelphia.

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5

CBCS

Semester – V course– FP

Field Project at Anganwadi / Balwadi

FPR 01HOM 51

VIVEKANAND COLLEGE KOLHAPUR
ESTD
JUNE
1964
(Empowered Autonomous)

B.A. Part-III NEP 2020 Level 5.5
CBCS
Semester – VI course DSC - X
Dietetics (DSC– 01HOM 61)

TOTAL CREDITS: 04
THEORY: 03
PRACTICAL: 01
Total Marks – 50 (Theory - 40, Practical- 10)

Workload: 5 lectures per week
Theory: 3 Lectures per week
Practical: 2 Lectures per week per batch
(Each batch consisting of 10 to 12 students)

Course Outcome:

Students will be able to-

CO 1: Assess the etiology and clinical features of various diseases.

CO 2: Appraise various types of diseases.

CO 3: Arrange normal diet according to changing needs of various therapeutic conditions

CO 4: Analyze nutritive value

THEORY:

THEORY LECTURES: 45

Modules	Syllabus	Teaching hours
Module 1	**Introduction to Therapeutic Nutrition** 1.1 Meaning and Objectives of Therapeutic Nutrition 1.2 Role of Dietician in Nutrition Care Process 1.3 Therapeutic adaptations of the normal diet a. Progressive diets–clear fluid, full fluid, soft and regular b. Method of Feeding-tube, parenteral c. Modification of diet according nutrient requirement	15
Module 2	**Etiology, clinical features, types and nutritional management of Infections and Fever** 2.1Typhoid 2.2 Tuberculosis 2.3 HIV	15
Module 3	**Etiology, clinical features, types and nutritional management of G I Tract Disorders:**	07

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	3.1 Diarrhea 3.2 Constipation 3.3 Peptic Ulcers	
Module 4	**Etiology, clinical features and nutritional management in following condition** 4.1Overweight and Obesity 4.2 Underweight 4.3 Eating Disorders: Anorexia Nervosa and Bulimia	08

PRACTICALS: **Practical Lectures:30**

Practical 1. Planning and preparation of Progressive diets-clear fluid, full fluid, soft and regular

Practical 2. Planning, preparation and nutritive value calculations of diet for Typhoid/Tuberculosis

Practical 3. Planning, preparation and nutritive value calculations of diet for Diarrhoea/Constipation and Peptic Ulcers

Practical 4. Planning, preparation and nutritive value calculations of diets for Obesity/ Underweight

PRACTICAL ASSESSMENT: **Internal Examination** **Total Marks: 10**

Scheme of Practical Assessment:

Q. 1 Submission of Record book **4 marks**

Q. 2 Diet planning, preparation and nutritive value calculations of the following Therapeutic conditions (any one) **06marks**

(Diet plan 2 marks, Preparation 2 marks ,Calculations 2 marks)

- Typhoid/ Tuberculosis/HIV

Diarrhoea/Constipation/ Peptic Ulcers

- Overweight / Obesity/ Underweight

Reference books:

- Khanna, K, Gupta S, Seth, R, Passi, S. J, Mahna, R, Puri, S (2013). Text book of Nutrition• and Dietetics. Phoenix Publishing House Pvt. Ltd.
- ICMR (1999). Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- Joshi Shubhangini H.(2012). Nutrition and Dietetics with Indian Case Studies,Tata McGraw Hill Education Private limited, New Delhi

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

- Shreelaxmi B.(2007). Dietetics: New Age International(P) Limited, Publishers, New Delhi
- वाघमारे शोभा(2010)आहारोपचार आणि सामुदायिक पोषण विद्याबुक्स पब्लिशर्स, औरंगाबाद
- मोळवणे मंजूषा (2021) समतोल आणि उपचारात्मक आहार, अजिंठा प्रकाशन जयसिंगपूरा औरंगाबाद
- फराकड़े त्रिवेणी आणि गोंगे (2010) – पोषण आहारशास्त्र, पिंपळापुरे अँ कंपनी पब्लिशर्स नागपुर
- मोळवणे मंजूषा(2016) अन्नाचे विज्ञान - पोषणशास्त्र, आत्मभन प्रकाशन हिगोली
- लेले सरल (1999) पोषण व आहारशास्त्र परिचय , पिंपळापुरे कंपनी पब्लिशर्स हिन्दू मुलींच्या शाळेजवळ, महात नागपुर

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5
CBCS
Semester – VI course DSC - XI
Traditional Indian Textiles and Embroideries
(DSC– 01HOM 62)

TOTAL CREDITS: 04
THEORY: 03
PRACTICAL: 01
Total Marks – 50 (Theory - 40, Practical- 10)

Workload: 5 lectures per week
Theory: 3 Lectures per week
Practical: 2 Lectures per week per batch
(Each batch consisting of 10 to 12 students)

Course Outcome:

Students will be able to:

CO 1 Describe the concept of Traditional Indian textile.

CO 2 Demonstrate skills in Traditional Indian Embroideries

CO3 Acquaint skill of basic and traditional embroidery

CO4 Acquire entrepreneurship skills in traditional embroidery and stitches

Theory:

Theory lectures: 45

Modules	Syllabus	Teaching hours
Module 1	**Traditional Textiles of Maharashtra and Gujrat** 1.1 History, technique, designs and colour: Paithani of Maharashtra 1.2 History, technique, designs and colour: Patola of Gujrat	7
Module 2	**Traditional Textiles of Banaras and West Bengal** 2.1 History, technique, designs and colour: Brocades of Banasar 2.2 History, technique, designs and colour: Balucheri and Jamdani of West Bengal	8
Module 3	**Basic Indian Hand Embroidery Stitches** 3.1 Material required for Indian Hand Embroidery 3.2 Design and colour combination used in Hand Embroidery 3.3 Basic Hand Embroidery Stitches- Running, Back, Stem, Lazy-Dazy, Chain, French Knot, Feather, Bullion, Satin, Buttonhole and Herringbone Stitch	15
Module 4	**Traditional Embroideries of Indian**	15

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	History, Motiffs, Colour Combinations, Types of Threads and Stitches used in- 4.1 Kantha of West Bengal 4.2 Kasuti of Karnataka 4.3 Chikankari of Utter Pradesh 4.4. Phulkari of Panjab 4.5 Kashmiri Embroidery.	

Practicals: **Practical lectures; 30**

1. Material used in Indian Hand Embroidery.
2. Selection, drawing and tracing of motiffs.
3. Preparation of embroidery samples of the following Stitches:
   Running, Back, Stem, Lazy-Dazy, Chain, French Knot, Feather, Bullion, Satin, Buttonhole and Herringbone Stitch
4. Preparation of samples of the following:
   1. Kantha of West Bengal
   2. Kasuti of Karnataka
   3. Chikankari of Utter Pradesh
   4. Phulkari of Panjab
   5 Kashmiri Embroidery.

Methods of Evaluation: Internal Practical Examination Total marks : 10

Nature of Question Paper

Q.1: Record Book 04 marks

Q.2: Preparation of the following sample (Any One) 06 marks

Basic Hand Embroidery Stitches (Minimum Four Stitches)

OR

Kantha/Kasuti/Chikankari/Phulkari/ Kashmiri

(06 marks: 2 marks for stitches uses , 2 marks for colour combination, , 2 marks for finishing and neatness)

References:

- Bajaj Amrit ,(2011) Creating Sketching for Embroidery,Sonali Publications New Delhi.
- Naik Shailaja, (1996) Traditional embroideries of India, A. P. H. Publishing Corporation New Delhi.
- Joshi Indira (1963). Kasuti of Karanataka Popular prakashan , Bombay

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

- .Parul B.(2004) Traditional Indian Costumes & Textiles Abhishek Publications
- Tyagi Anita(2016) Traditional Indian textiles, Sonali Publications, New Dehil,
- Kothari Gulab.(2016) Colourful Textiles of Rajasthan, Jaipur Printers
- Pandit Savitri (1976) Indian Embroidery
- चोधापूरकर अनिता (2010) कर्नाटकी कशिदा, स्वाती प्रकाशन, पुणे
- किटे कांचन, माळोदे भावना (2014) फॅशन डिझाईनिंगची मुलतत्वे, श्री साईनाथ प्रकाशन , नागपूर
- वैरागडे उज्ज्वला, अग्रवाल अन्विता (2010) ,वस्त्रशास्त्राची संकल्पनाव फॅशन डिझाईनिंग
- विद्या बुक्स पब्लिशर्सऔरंगाबाद .
- पूरम प्रभावती (1978), भरतकला

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5
CBCS
Semester – VI course DSC - XII
Home Science Extension Education
(DSC01HOM63)

TOTAL CREDITS: 04
THEORY: 04
Total Marks – 50 (Theory - 40, Internal - 10)

Workload: 4 lectures per week
Theory: 4 Lectures per week

Course Outcomes:

students will be able to-

CO1 Articulate the concept of extension for development

CO2 Apply the principles and use of extension teaching methods

CO3 Acquire the means of communication for extension development

CO4 Apply the knowledge in day-to-day life

Theory :

THEORY LECTURES: 60

Modules	Syllabus	Teaching hours
Module 1	**Education & Communication** 1.1 Teaching – Definition and Principles 1.2 Learning – Definition and Principles 1.3 Education – Definition, Meaning and Types	15
Module 2	**Extension Education** 2.1 Introduction, Definition and Objectives 2.2 Principles of Extensions education 2.3 Extension Education process 2.4 Extension workers: Definition and Qualities	15
Module 3	**Extension Teaching Methods** 3.1 Definition and Classification of Extension Teaching methods 3.2 Individual Contact Methods – Farm & home visit, Telephone call, Personal letters 3.3 Group Contact Methods – General meeting, Lecture,	15

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	Demonstration, Workshop, Seminar, Conferences, Symposium 3.4 Mass contact methods – Radio, TV, Film shows, Puppet show, Drama, Street play	
Module 4	**Communication in Extension Education** 4.1 Communication – Definition, Process, Types 4.2 Audio visual aids - Meaning and Classification 4.3 Non projected Aids: Posters, Boards, Graphs, Charts, Flash cards, Exhibition, Booklets and Models 4.4 Projected Aids: LCD, Interactive board 4.5 Advance Communication : ICT and Social Networking	15

Sessional Work:

1. Preparation of Chart /Poster
2. Preparation of Flash card/Folder
3. Preparation of Booklet/Model

Internal Assessment: **10 Marks**

1. Submission of sessional work 05 Marks
2. Viva Voce 05 Marks

References:

- Dharma O. P , (2019) Education & Communication for Development , Oxford & IBH Publishing.
- तिजारे बाबा सामुदायिक विकास व विस्तार महाराष्ट्र विद्यापीठ ग्रंथनिर्मित मंडळासाठी विद्या बुक्स औरंगाबाद
- वैरागडे, मुळे (2009) सामुदायिक विकास व विस्तार शिक्षण, विद्या बुक्स औरंगाबाद
- वैरागडे, मुळे (2018) सामुदायिक विकास , विस्तार शिक्षण व महिलासबलीकरण विद्या बुक्स औरंगाबाद
- लाखे च.वा.सामुदायिक विकास आणि विस्तार कार्याची मुलतत्वे श्रीमंगेश प्रकाशन नागपूर
- फरकाडे, गोंगे, (2002) गृहविज्ञान विस्तार विद्या प्रकाशन नागपूर

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5
CBCS
Semester – VI course DSE - II
Entrepreneurship Development (DSE II- 01HOM61)

TOTAL CREDITS: 04
THEORY: 03
PRACTICAL: 01
Total Marks – 50 (Theory - 40, Practical- 10)

Workload: 5 lectures per week
Theory: 3 Lectures per week
Practical: 2 Lectures per week per batch
(Each batch consisting of 10 to 12 students)

Course Outcome:

On completion of the course, students will be able to:

CO 1 Define the concept of entrepreneurship

CO 2 Blueprint the project proposal for new enterprise

CO3 Describe the policies and schemes of Go's and NGO's regarding startup of enterprise.

CO4 Acquire entrepreneurship skills

Theory:

Theory Lectures-45

Modules	Syllabus	Teaching hours
Module 1	**Entrepreneurship Development** 1.1 Meaning and Definition of Entrepreneur 1.2 Entrepreneurship - Concept, Definition and Importance 1.3 Entrepreneurship Development -Concept, Objective and Scope 1.4 Process of Entrepreneurship Development 1.5 Problems of Entrepreneurship Development	7
Module 2	**Project Report and Proposal** 2.1 Project Report -Meaning, Objective and Importance 2.2 Preparation of Project Report 2.3 Project Proposal - Meaning, Objective and Importance 2.4 Preparation of Project Proposal	8
Module 3	**Women Entrepreneurship** 3.1 Concept and Functions of Women Entrepreneurship 3.2 Qualities of Women Entrepreneur	15

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	3.3 Problems and Remedies for Women Entrepreneurship 3.4 Recent Trends in Women Entrepreneurship	
Module 4	**Entrepreneurship Through Home Science Education** 4.1 Scope of Home Science Education for Entrepreneurship 4.2 Micro, Small and Medium Enterprises – Definition ,Importance, Problems 4.3 Policies and Schemes for Micro, Small and Medium Enterprises 4.4 Recent Trends in Entrepreneurship – Start up in India	15

Practical: Credits -1

Practical Lectures: 30

PRACTICALS:

Practical 1. Preparation of detail Project Report on any related topic

Practical 2. Preparation of Proposal

Practical 3. Interview of Successful Women Enterprises in the Relevant Field

Practical 4. Study Visit to any Small or Large Scale Industry

Internal Assessment: **10 Marks**

Project Submission 04 marks

Submission of Training Report 03 marks

Viva voce 03 marks

References:

- Taneja and Gupta S.L.(2004), Entrepreneurship Development, New Venture Creation, Galgeha Publication Company, New Delhi.
- Desai V.(2014),Entrepreneurship Development, Himalaya publication House, Mumbai.
- Khanna S.S.(2007) Entrepreneurial Development Khanna and Chand Company Ltd., , Ram Nagar New Delhi.
- Deshpande Manohar (1982) Entrepreneurship of Small Scale Industries, Deep and Deep Publication New Delhi.
- Gawai A.K.(2004), Fundamentals of Entrepreneurship- Fadake Prakashan ,Kolhapur.
- सेवेकर सुधीर,(2013) उद्योजगता , संकल्पना आणि प्रेरणा
- अहिरराव जितेंद्र,(2022) उद्योजकता, चिन्मय प्रकाशन औरंगाबाद
- शहा एन.व्ही.,उद्योजकतेची मुलतत्वे, निराली प्रकाशन, पुणे
- मानकर, लिमये, मोहिते, (2020) उद्योजकतेची मुलतत्वे, फडके प्रकाशन, कोल्हापूर
- मानकर, देशपांडे, लिमये,पाटील(2017) उद्योजकतेची मुलतत्वे, फडके प्रकाशन, कोल्हापू

VIVEKANAND COLLEGE KOLHAPUR (Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5
CBCS
Semester – VI course VI (Minor)
Introduction to Guidance and Counseling (MIN01HOM 61)

TOTAL CREDITS: 04
THEORY: 04
Total Marks – 50 (Theory - 40, Internal- 10)

Workload: 4 lectures per week
Theory: 4 Lectures per week

Course Outcomes:

Students will be able to-

CO 1 Define the basic concepts of guidance and counseling and its importance
CO 2 Appraise the qualities and skills of a good counselor
CO3 Aware of the ethical and professional issues.
CO4 Articulate the process of counseling

Theory: **Theory Lectures: 60**

Modules	Syllabus	Teaching hours
Module 1	**Introduction to Guidance and Counselling** 1.1Definition and importance of Guidance and Counselling, difference between guidance and counselling. 1.2Goals of Counselling 1.3Professional and Ethical Issues 1.4Characteristics and skills of a counsellor	15
Module 2	**Counselling Process and techniques** 2.1 Preparation of Counselling 2.2 Counselling process 2.3 Techniques of counselling. 2.4 Factors affecting the counselling process	15
Module 3	**Educational Counselling** 3.1 Counselling the Elementary school child 3.2 Counselling High school child 3.3 Counselling college student 3.4 Role of teacher in Counselling	15
Module 4	**Counselling Application**	

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

	4.1 Family Counselling 4.2 Pre-marital and Marital Counselling 4.3 Career Counselling 4.4 Counselling for special children's	15

Sessional work: **10 Marks**

1. Seminar 05 Marks
2. Visit to family court/ counselling center's/counselling center's for special children's and report writing 5 Marks

References:

- Rao N.S. (2006), Counselling and Guidance, ISBN 0-07-460474-0, Tata Mc Graw Hill Publishing Co. Ltd., New Delhi, India
- Gibson L.R., Mitchell H.M. (2005), Introduction to Counselling and Guidance, ISBN 81-297-1029-3, Pearson Education (Singapore) Pvt. Ltd., New Delhi India. Kapadia K.M,(1966) Marriage and Family in India, Oxford University Press, Bombay.
- James J. Ponzetti (2002) Encyclopedia of Marriage and Family. Macmillan Library Reference.

Narayanrao S. (1991), Counselling Psychology, 2nd edition, Reprint 2001,

- Tata McGraw Hill Publishing Company, New Delhi.
- Augustine, J.S.,(1982) The Indian Family in Transition, Vikas Publishing House, New Delhi.
- पवार बी .एस .समुदेशन मानसशास्त्र, श्री प्रशांत पब्लिकेशन , पुणे
- हिरवे, तडसरे,वैकासिक मानसशास्त्र
- देशपांडे चंद्रशेखर,.समुदेशन :शास्त्रीय प्रक्रीया व उपयोजन , उन्मेष प्रकाशन पुणे
- शिरगावे, नाईक , घस्ते,समुदेशन मानसशास्त्र -निराली प्रकाशन पुणे
- हिरवे , तडसरे,समुदेशन मानसशास्त्र -फडके प्रकाशन कोल्हापुर

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964

B.A. Part-III NEP 2020 Level 5.5

CBCS

Semester – VI

OJT01HOM61

On Job Training

Credits - 2

VIVEKANAND COLLEGE KOLHAPUR
ESTD
JUNE
1964
(Empowered Autonomous)

Evaluation Pattern

Scheme of Marking

Sr. No	Paper No.	Name of the Course	Distribution of Marks		
			Theory	Practical	Total
1	DSC VII	Meal Management	40	10	50
2	DSC VIII	Fundamentals of Textile Science and Apparel Construction II	40	10	50
3	DSC-IX	Space Planning and Design	40	10	50
4	DSE -I	Human Development (Late Childhood and Adolescence	40	10	50
5	MIN-V	Dynamics of Marriage and Family C	40	10	50
6	FP	Field Project at Aanganwadi /Balwadi			25
7	DSC-X	Dietetics	40	10	50
8	DSC_XI	Traditional Indian Textiles and Embroidery	40	10	50
9	DSC-XII	Home Science Extension Education	40	10	50
10	DSE - II	Entrepreneurship Development	40	10	50
11	MIN-VI	Introduction to Guidance and Counselling	40	10	50
12	OJT	On Job Training			25

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous) ESTD JUNE 1964