

"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

B.A. Part - I
Semester - I

SYLLABUS

NEP 2020

To be implemented from June 2026



“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार”

शिक्षणमहर्षी डॉ. बापूजी साळुंखे

Shri Swami Vivekanand Shikshan Sanstha's

VIVEKANAND COLLEGE, KOLHAPUR

(AN EMPOWERED AUTONOMOUS INSTITUTE)

B.A. PART –I NEP Syllabus with effect from June 2026

REVISED SYLLABUS (SEMESTER PATTERN) FOR B.A. I – HOME SCIENCE

NEP PATTERN

1. TITLE : B.A. Part I (Home–Science)
Under Faculty of Interdisciplinary
2. YEAR OF : New Syllabus (NEP2020 Policy) (Semester Pattern)
IMPLEMENTATION will be implemented from June 2026 onwards.
3. DURATION : B.A. I – Two Semesters (One Year)
4. PATTERN OF : Semester ((NEP Pattern)
EXAMINATION Practical– Internal Evaluation
5. MEDIUM OF : English or Marathi.
INSTRUCTION
6. STRUCTURE OF : B.A. Part – I
COURSE Two Semesters



Structure of Question Paper

Sem I & II

Total Marks: 60

Time: 2 hrs.

- All the questions are compulsory
- Q.1 A) Multiple Choice Questions. 5 Marks
B) Answer in one sentence. 5 Marks
- Q.2 Write Short answer(Any 3 out of 5) 15 Marks
- Q.3. Solve following questions 10 Marks
A)
OR
B)
- Q.4 Solve following questions 10 Marks
A)
OR
B)
- Q. 5 Short note (Any 3 out of 5) 15 Marks

10

15

Internal Evaluation & Practical Evaluation Sem I & II

Method of Internal Evaluation

Internal Evaluation of Theory - 20 Marks

- i) Home Assignment /Tutorial - 10 Marks
- ii) Midterm test - 10 Marks

Internal Evaluation of Practical - 20 Marks

- Q.1 Submission of Journal – 10 Marks
- Q.2 Practical Work - 5 Marks
- Q.3 Viva – 5 Marks

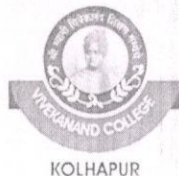


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Department of Home Science
B.A. Part I Sem. I
NEP 2020 Level 4.5
DSC (Paper I) 2DSC01HOM11
Fundamentals of Food Science and Nutrition
June 2026 onwards

Total Credits: 4
Theory: 3 credits
Practical: 1 credit

Workload:
Theory: 3 Lectures per week
Practical: 2 Lectures Per week

Course Outcomes

Student will be able to:

- CO 1: Describe the relationship between food, nutrition and health
- CO 2: Articulate the food groups, nutritional contribution and physical changes during cooking
- CO 3: Define nutrients and understand their functions, dietary sources and deficiencies
- CO 4: Analyze methods of cooking to prevent nutrient losses in the cook

Theory

Module 1

Understanding Food and Nutrition

- 1.1 Basic terms used in the study of food and nutrition
- 1.2 Objectives in the study of food Science
- 1.3 The relationship between food, nutrition, and health
- 1.4 Functions of food -Physiological, Social, Psychological

05



Module 2

10

Food Groups

2.1 The basic five food groups

2.2 Selection and nutritional contribution of the following food groups

1. Cereals
2. Pulses
3. Fruits and vegetables
4. Milk & milk products
5. Eggs
6. Meat, poultry and fish
7. Fats and Oils

Module 3

Methods of cooking with

3.1 Objectives of Cooking

3.2 Mode of heat transfer

3.3 Classification of Cooking Methods

3.4 Advantages and disadvantages of following Cooking Methods 10

Moist heat: Boiling, Steaming, Pressure cooking

Dry heat: Roasting, Baking

Frying: Deep and Shallow frying

Recent trends: Microwave cooking

Module 4 Nutrients

20

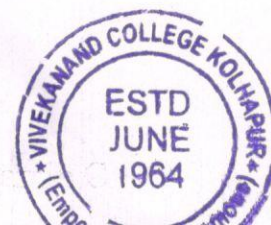
Functions, dietary sources, and clinical manifestations of deficiency/ excess of the following nutrients:

1. Carbohydrates, lipids and proteins
2. Fat-soluble vitamins A, D, E, and K
3. Water soluble vitamins – thiamine, riboflavin, niacin and vitamin C
4. Minerals – calcium, iron, iodine and zinc

Practical

Teaching Hours: 30

1. Weights and measures.
2. Terms used in food preparation, and serving concept.
 - A) Beverages: tea/coffee / Milkshake/lassi, fruit-based beverages
 - B) Soups: plain and cream soups
3. Understanding the principles involved in food preparation.
 - A) Cereals: Boiled rice/pulao/ chapatti /paratha/puri
 - B) Pulses: Whole / dehusked



- C) Vegetables: curries / dry preparations
D) Milk and milk products: Kheer/custard

1. M. Reheena Begum - A Text book on Food, Nutrition and Dietetics, Serling New Delhi.
2. M. E. Barasi - Human Nutrition: a health perspective, Arnold, New Delhi.
3. Subhangini Joshi - Nutrition and Dietetics, Tata McGraw-Hill Publishing Company Ltd., New Delhi.
4. . Dr. Molavane Manjusha S.(2016). Annache Vidnyan- Poshhan Shastra(Marathi): Aatmbhan Prkashan, Hingoli. .
- 10..Farkade Triveni and Gonge Sulabha (2010). Poshan Aani Aaharshastra(Marathi) Pimpalapure and co. Publishers, Nagpur.
- 11 Waghmare-Naik, Shobha(2008): Poshan Aani Aahar (Marathi), Vidya Books Publishers, Aurangabad



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KOLHAPUR

Department of Home Science

B.A. Part I Sem. II

NEP 2020 Level 4.5

DSC (Paper II)2DSC01HOM 21

RESOURCE MANAGEMENT

June 2026 onwards

Total Credits: 4
Theory: 3 credits
Practical: 1 credit

Workload:
Theory: 3 Lectures per week
Practical: 2 Lectures Per week

Course Outcomes

Student will be able to

- CO 1 Describe the concept and process of resource management
- CO 2 Classify resources and identify the development of self of as a resource with SWOC analysis
- CO 3 Adapt of money management and time management for self and family
- CO 4 Apply managerial process in event planning management and evaluation Theory

Module 1

Introduction to Resource Management

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- 1.1 Meaning and Concept of Management
- 1.2 Need of Management in day-to-day life
- 1.3 Management in the Changing World Club
- 1.4 Motivational factors in management - Values, Goals and Standards

Module 2

Resources

10

- 2.1 Understanding the meaning and concept of resources
- 2.2 Classification of resources
- 2.3 Characteristics of resources
- 2.4 Factors affecting the utilization of resources



Module 3

Availability and Management of Specific resources by an individual /Family 10

3.1 Family Income : Definition, Types, Sources, Supplementing Family Income

3.2 Money: Family Budget, Saving and Investment, Account keeping

Evaluation of money management

3.3 Time: Concept, Classification, importance and Characteristic

3.4 Energy: Concept Classification and Importance

Module 4

Functions of Management : An overview

15

4.1 Decision Making –Meaning, steps and Importance

4.2 Planning – Meaning ,Steps Characteristics and advantages

4.3 Controlling- Meaning, Steps and importance

4.4 Evaluation –Meaning, types and advantages

Practical

Teaching Hours: 30

1. Application of motivational factors of management in day-to-day life
2. Identification and development of self as a resource, through SWOC analysis
3. Observation, listing and classification of resources available in family.
4. Make a list of your own expenditure for a week and priorities them.
5. Preparation of time plans for self and family
6. Event Planning, Controlling, and Evaluation - with reference to -Managerial Process

Method of Evaluation: Internal Evaluation of Practical - 20 Marks

- Q.1 Submission of Journal – 10 Marks
- Q.2 Practical Work - 5 Marks
- Q.3 Viva – 5 Marks



RECOMMENDED READINGS

1. Koontz .H.and O'Donnel C,2005 Management – A systems and contingency analysis of managerial function New york: McGraw-Hill BookCompany.
2. Kreitner.2009,Management Theory and Applications, Cengage LanguageLearning: India
3. Rao V.S. and Narayana P.S. Principles and Practices of Management,2007,Konark Publishers Pvt.Ltd.
4. Farkade Triveni and Gonge Sulabha (2005). Kautumbik Sawsadhannche Vyasthapan ani Gruhsajawat(Marathi), Pimpalasure andco. Publishers, Nagpur.
5. Kadalkar Leena (2012) Graharthashastrachi Multatave (Marathi) Vidyapakashan Nagpur
6. Gaikwad Joyti (2001) Graharthashastra va GruhVyasthapan MangeshPrakashan Nagpur
7. Munshi Jathar (2001) GruhVyasthapan Pimpalasure and co Publishers,Nagpur
8. Limaye Ksham (1989) GruhVyasthapan ani Gruhkala Vidya prakashanNagpur



B.A. Part - I Semester I
NEP 2020

IKS
Indian Traditional cuisine
Credits: 2

Course Outcome:

By the end of this course, students will be able to:

CO 1: Acquire the knowledge about traditional Indian food and it's rich food culture

CO 2: Understand food cuisine and cooking style of various states of India

CO 3: Analyze internationally Famous food recipes of India

CO 4: Understand use and importance of spices in Indian Cuisine

Unit	Syllabus	Lectures
Module 1	Indian Cuisine a. History of Indian Traditional cuisine b. Indian food culture c. Indian Spices / Masale Indian Traditional Sweets	15
Module 2	State traditional Cuisine a. Eastern state cuisine (Assam) b. Western state cuisine (Maharashtra) c. Southern state cuisine (Karnataka) d. Northern state cuisine. (Panjab) e. Central state cuisine (Madhya Pradesh)	15

Reference books:

- कोत्तावार निशा - भारतीय खाद्य संस्कृती, मंगेश प्रकाशन, नागपूर
- वाघमारे शोभा - पोषण आणि आहार, विद्या बुक्स पब्लिशर्स, औरंगाबाद
- फरकाडे, गोंगे - पोषण आणि आहारशास्त्र, पिंपळापुरे अँड कंपनी पब्लिशर्स, नागपूर
- लेले सरल - अन्नशास्त्र व पोषण शास्त्र, पिंपळापुरे अँड पब्लिशर्स, नागपूर
- गोडबोले कमला - महाराष्ट्रीन खास पदार्थ, साठे प्रकाशन, पुणे
- दिवेकर ऋतुजा - इंडियन सुपर फूड्स, अमेय इनस्पारींग, पुणे
- Khosala Anju - Culture and household cookery, Discovery publishing house, New Delhi



B.A. Part - I Semester II

NEP 2020 Level 4.5

VSC-I

Bakery Science

CREDITS: 02

Course Outcomes:

Students will be able to

CO 1: Acquire knowledge of bakery Science.

CO 2: Apply the bakery skills and decoration skills.

CO 3: Acquaint the techniques of cake, pastry and cookies.

CO 4: Acquire entrepreneurship skills to start their own start up in bakery industry.

THEORY LECTURES: 15

Unit	Syllabus	Lectures
Module 1	Bakery 1.1 Scope and importance of Bakery industry 1.2 Use of Food material and quality required for baking 1.3 Instruments and Equipment required for baking.	15

PRACTICAL LECTURES : 30

1. Weights and measures of raw material.
2. Preparation Sensory evaluation of cakes ,Pastries and cookies
3. Cakes
Plain cake
Chocolate cake /fruit cake with icing
Muffins
4. Pastries
Plain Pastries
Chocolate Pastries /fruit Pastries
5. Cookies
Nankhatai
Coconut Cookies/ Chocolate Cookies

References:

- Dubey SC Basic Baking Science and Craft Society of Indian Bakers ,Delhi 2007.
- Encyclopedia of Food Science and Technology ,Academic Press.1993.
- Khanna K Gupta s, Seth R, Mahana R, Rekhi T. The Art and Science of Cooking Phoenix Publishing House Private Limited ,Delhi.2004.
- डॉ.सय्यद रिझवान आधुनिक बेकरी तंत्रज्ञान
- वसंत धोत्रे, कदम, केकचे प्रकार,केक आयसिंग व केक सजावट
- वसंत धोत्रे, सुलभ बेकरी व्यवसाय\

