



“Education for Knowledge, Science and Culture”
-Shikshahnmarshi Dr.Bapuji Salunkhe
Shri Swami Vivekanad Shikshan Sanstha s
VIVEKANAND COLLEGE, KOLHAPUR
(AUTONOMOUS)



Syllabus

Home Science

B.A Part III (CBCS)

With effect from June 2020



“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार”

शिक्षणमहर्षी डॉ. बापूजी साळुंखे

Shri Swami Vivekanand Shikshan Sanstha's

VIVEKANAND COLLEGE (AUTONOMOUS), KOLHAPUR

B .A. PART –III CBCS Syllabus with effect from June 2020

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

CBCS PATTERN

1. TITLE : B.A. Part III (Home–Science)
Under Faculty of Interdisciplinary.
2. YEAR OF IMPLEMENTATION : New Syllabus (CBCS Pattern) (Semester Pattern)
will be implemented from June 2020 onwards.
3. DURATION : B.A.III – Two Semesters (One Year)
4. PATTERN OF EXAMINATION : Semester (CBCS Pattern)
Practical– Internal Evaluation
5. MEDIUM OF INSTRUCTION : English or Marathi.
6. STRUCTURE OF COURSE : B.A. Part – III
Twelve Papers for Two Semesters.
(DSE-10 & SEC-2)



**B.A.III HOME SCIENCE UNDER CBCS SEMESTER PATTERN SYLLABUS
STRUCTURE OF COURSE**

Sr. No	Course Type	Sem	Course Code	Course No.	Name of the Course	Distribution of Marks		
						Theory	Practical	Total
1	DSE	V	1023E1	VII	<i>Nutrition for the Family</i>	40	10	50
2	DSE	V	1023E2	VIII	Fundamentals of Textile Science Apparel Construction-II	40	10	50
3	DSE	V	1023E3	IX	Life Span Development	40	10	50
4	DSE	V	1023E4	X	Space Planning and Design	40	10	50
5	DSE	V	1023E5	XI	Research Methodology in Home Science	40	10	50
6	DSE			E-I	Fashion and Apparel Designing	40	10	50
7	SEC			III	(Home Based Catering -I)			
8	DSE	VI	1023F1	XII	Therapeutic Nutrition	40	10	50
9	DSE	VI	1023F2	XIII	Traditional Indian Textiles and Embroidery	40	10	50
10	DSE	VI	1023F3	XIV	Introduction to Guidance and Counselling	40	10	50
11	DSE	VI	1023F4	XV	Entrepreneurship Development	40	10	50
12	DSE	VI	1023F5	XVI	Extension for Development	40	10	50
13	DSE			E-II	Bakery Science	40	10	50
14	SEC			IV	(Home Based Catering -II)			



Equivalence of Papers

Semester V

Sr. No	Class	Sem	Course Code	Title of Paper	Course	Title of the Course	Course
1	B.A.III	V	1023E1	Nutrition for Family	7	Advanced Food Science	07
2	B.A.III	V	1023E2	Fundamentals of Textile Science and Apparel Construction	8	Fabric Ornamentation and Accessory Designing	9
3	B.A.III	V	1023E3	Life Span Development	9	Late Childhood to Adolescence	10
4	B.A.III	V	1023E4	Space Planning and Design	10	Interior Decoration	13
5	B.A.III	V	1023E5	Research Methodology in Home Science	11	Research Methodology	11
Semester VI							
6	B.A.III	VI	1023F1	Therapeutic Nutrition	12	Meal Management and Diet Therapy	12
7	B.A.III	VI	1023F2	Traditional Indian Textile and Embroideries	13	Fashion and Apparel Designing	14
8	B.A.III	VI	1023F3	Introduction to Guidance and Counselling	14	Dynamics of Marriage and Family	15
9	B.A.III	VI	1023F4	Entrepreneurship Development	15	Entrepreneurship Development	8
10	B.A.III	VI	1023F5	Extension For Development	16	Home Science Extension Education	16



7. SCHEME OF TEACHING :

Sr. No	Course Type	Course Code	Course No	Name of the Course	Total Credits	Teaching Scheme		
						Theory Lectures / week	Practical's/ Lectures/ week/ batch	Total
1	DSE	1023-1	VII	Nutrition for the Family	5(3+2)	3	4	7
2	DSE	1023-2	VIII	Fundamentals of Textile Science Apparel Construction-II	6(4+2)	4	4	8
3	DSE	1023-3	IX	Life Span Development	4(4+0)	4	0	4
4	DSE	1023-4	X	Space Planning and Design	5(3+2)	3	4	7
5	DSE	1023-5	XI	Research Methodology in Home Science	4(4+0)	4	0	4
6	DSE		I	Fashion and Apparel Designing	6(4+2)	4	4	8
7	SEC		III	Home Based Catering -I	2(2+0)	2	0	2
8	DSE	1023F1	XII	Therapeutic Nutrition	5(3+2)	3	4	7
9	DSE	1023F2	XIII	Traditional Indian Textiles and Embroidery	6(4+2)	4	4	8
10	DSE	1023F3	XIV	Introduction to Guidance and Counselling	4(4+0)	4	0	4
11	DSE	1023F4	XV	Entrepreneurship Development	4(3+2)	3	4	7
12	DSE	1023F5	XVI	Extension for Development	4(4+0)	4	0	4
13	DSE		II	Bakery Science	5(3+2)	3	4	7
14	SEC		IV	Home Based Catering- II	2(2+0)	2	0	2



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VIVEKANAND COLLEGE, KOLHAPUR (AUTONOMOUS)

SYLLABUS

Choice Based Credit System

B.A. Part – III Semester-V

HOME SCIENCE,

June 2020 onwards

COURSE – VII. Nutrition for the Family

TOTAL CREDITS: 05

THEORY: 03

PRACTICAL: 02

Total Marks – 50 (Theory - 40, Practical- 10)

Workload: 7 lectures per week

Theory: 3 Lectures per week

Practical: 4 Lectures per week per batch

(Each batch consisting of 10 to 12 students)

COURSE OUTCOMES:

After completion of the course Students will be able to

CO 1 Acquaint with the concept of RDA, nutritional guidelines, nutritional importance and healthy food choices.

CO 2 Understand the concept and application of food exchange list and nutrition in daily meal planning.

CO 3 Apply knowledge of meal planning in day to day life.

CO 4 Calculate nutritive value

THEORY

THEORY LECTURES: 45

Module 1. Principles of Meal Planning

14

1.1 Concept and importance of Balanced Diet

1.2 Concept and use of Food Exchange List

1.3 Concept and importance of DRI(Dietary Reference Intakes) and RDA

1.4 Factors affecting Meal Planning

1.5 Dietary Guidelines for Indians and Food Pyramid

Module II. Nutrition in Adulthood

08

2.1 RDA, nutritional guidelines, nutritional importance and healthy food choices for Adult

2.2 Physiological changes, RDA, nutritional guidelines, nutritional and Importance and healthy food choice for Elderly

Module III. Nutrition during pregnancy and lactation

08

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

Module IV. Nutrition during Infancy to Adolescent 15

- 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
4.3 Growth 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

PRACTICALS:

Practical lectures: 60

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

- Adolescent/Young adult
- Pregnant / Lactating woman
- Infant (6 months to 2 years)
- Preschool child/ School age child
- Elderly person

PRACTICAL ASSESSMENT: Internal Evaluation

Total Marks : 10

Scheme of Practical Assessment:

Q. 1 Submission of Record book

5 marks

Q. 2 Viva voce

5 marks

References:

1. Edelstein S, Sharlin J (ed). Life Cycle Nutrition- An Evidence Based Approach; 2009; Jones and Barlett Publishers.
2. Khanna K et al. Textbook of nutrition and dietetics; 2013; Phoenix Publisher.
3. Sharma S, Wadhwa A. Nutrition in the community- A textbook; 2003; Elite Publishing House Pvt. Ltd.
4. Jain P et al. *Poshan va swasthya ke mool siddhant (Hindi)*; First Ed; 2007; Academic Pratibha.
5. Malhan, Gupta, Jain. *Aahar aayojan, khadya sangrakshan evam griha vyavastha (Hindi)*; 1993; Sultan Chand & Sons Publishing.
6. Vrinda S. *Aahar Vigyan (Hindi)*; 2003; Shyam Prakashan.
7. Ghosh S. Nutrition and child care- A practical guide; 1997; Jaypee Bros.
8. Savage King F, Burgess A. Nutrition for developing countries; Second Ed; 1993;



- Oxford University Press.
9. Dietary guidelines for Indians- A Manual; 2011; NIN, ICMR, Hyderabad.
 10. Gopalan, C et al. Nutritive Value of Indian foods; 1994; NIN, ICMR, Hyderabad.
 11. Raina U, Kashyap S et al. Basic Food Preparation-Complete Manual; 2005; Orient Longman
 12. Seth V and Singh K (2006). Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual. Elite Publishing House Pvt. Ltd. New Delhi.
 13. Chadha R and Mathur P eds. (2015) Nutrition: A Lifecycle Approach: Orient Blackswan, New Delhi.
 14. Shreelaxmi B.(2007). Dietetics: New Age International(P) Limited,Publishers, New Delhi 15.Joshi Shubhangini H.(2012). Nutrition and Dietetics with Indian Case Studies,Tata McGraw Hill Education Private limited, New Delhi
 16. Dr. Molavane Manjusha S.(2001). *Poshhan Shastra(Marathi)*: Kailash Publications, Aurangabad.
 17. Dr. Molavane Manjusha S.(2016). *Annache Vidnyan-Poshhan Shastra(Marathi): Aatmbhan Prkashan*, Hingoli. .
 18. Farkade Triveni s. and Gonge Sulabha S.(2010). *Poshan Aani Aaharshastra(Marathi)*, Pimpalpure and co. Publishers, Nagpur.



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SYLLABUS

Choice Based Credit System

B.A. Part - III Semester – V

HOME SCIENCE

June 2020 onwards

COURSE VIII. Fundamentals of Textile Science and Apparel Construction –II

Total Credits: 6

Theory: 4Credits

Practical: 2Credit

Workload: 8 lectures per week

Theory: 4 Lectures per week

Practical: 4 Lectures per week per batch

(Each batch consisting of 10to 12 students)

Course Outcomes:

After completion of the course Students will be able to

CO 1. 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: 60

Module1 : Introduction to Textile Printing and Painting 15

1.1 Concept of Textile printing and painting

1.2 Styles of printing - Direct, Resist, Discharge

1.3 Methods of Painting - Block, Stencil, Screen

1.4 Fabric painting - Plain, Dotted, Lining, Triangle, Shading

Module2 : Principles and Elements of Design in Apparel Construction 15

2.1Principles of Design - Proportion, Balance, Rhythm, Centre of Interest, Harmony

2.2 Elements of Design- Colour, Line, Texture, Space, Silhouette

Module3 : Basics of Croqui 15

3.2 Ten Head Croqui - Front and Back view

3.3 Hand and Leg movements

3.4 Types of figure



Module 4 : Elements of Apparel Construction

15

- 4.1 Necklines
- 4.2 Yokes
- 4.3 Sleeves
- 4.4 Collars
- 4.5 Fastener's

Practical:

Practical Lecture : 60

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
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 (03 marks each)

06 marks

References:

- 1.Sodhia Manmeet,DressDesiging,Kalyani Publishers new Delhi.
- 2Sodhia Manmeet,DesigningStudies,Kalyani Publishers new Delhi
- 3Sahu R. K. Handbook of Fashion andTextileDesigning,SatyamPublishers and Distributors Jaipur
- 4Khurana Kamal,Draping and Pattern Making for Fashion Designing , 2012 Sonali Publication New Delhi
- 5Encyclopedia of Dress Making ,2010 A.P.H.Publishing House New Delhi
- 6 Gupta Sushma,GargNeeru, Saini Renu ,Text Book of Clothing andTextiles2004 KalyaniPublishers New Delhi.
- 5 किटे कांचन,माळोदे भावना फॅशन डिझाईनिंगची मुलतत्वे २०१४ श्री साईनाथ प्रकाशन ,नागपूर
- 6 .वैरागडे उज्ज्वला,अग्रवाल अन्विता ,वस्त्रशास्त्राचीसंकल्पनाव फॅशन डिझाईनिंग 2009 विद्या बुक्सपब्लिशर्सऔरंगाबाद .
7. काळे सुनिता,वस्त्रशास्त्र ,पवन प्रकाशन ,परभणी
8. झारापकर का.रा.शिवण शास्त्र भाग 1 व २ नवनीत पब्लिकेशन्स मुंबई
9. भिसे पद्मावती ,सोपे शिवणकाम ,मॅजेस्टीक बुकस्टॉल मुंबई
10. हेगडे कृ.म.शास्त्रोक्त शिवणकला भाग १व २ हेगडे टेलरिंग कॉलेज पुणे.



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**VIVEKANAND COLLEGE, KOLHAPUR (AUTONOMOUS)
SYLLABUS**

**Choice Based Credit System
B.A. Part - III Semester – V
Home Science
June 2020 onwards
DSE Course IX - Life Span Development**

**Total Credits: 4
week**

Theory: 4 Credits

Total Marks:50 (Theory-40,Sessional-10)

Workload: 4 lectures per

Theory: 4 Lectures per week

Course Outcomes:

After completion of the course Students will be able to

CO 1 Understand the changes in the physical , motor , cognitive, and moral development during late childhood and adolescence.

CO2 Know about the effects and problems faced during adolescence.

CO3 Understand the changes in socialization during late childhood and adolescence and it's impact on the relationship.

CO4 Understand the development of morality.

Theory:

Theory lectures: 60

Module 1 : Late Childhood (6 to 12 years): Physical, Motor Development, Emotional development. 15

- 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

Module 2 : Late Childhood- Cognitive development, Social and Moral development 15

- 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 15

- 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, anaemia),attitude and behaviour, 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).

Module 4 : Adolescence : Socialization 15

- 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

Sectional Work:

1. Preparation of scrap book on Late Childhood
2. Preparation of scrap book on Adolescence.
3. Case Study-Late Childhood / Adolescence

Internal Assessment

10 Marks

1. Submission of scrap books -5 Marks
2. Viva-voice – 5 Marks

References:

- Dr. Khalane Shashikant, वैकासिक मानसशास्त्र (*Vaikasic Manasshashtra*)
(*Marathi*), Atharv Publication, Dhule
- 2. Dr. Jadhv K. M., वैकासिक मानसशास्त्र (*Vaikasic Manasshashtra*) (*Marathi*), Diamand
Publication, Pune
- 3. Hirave R. S. , Tadasare V. D. . वैकासिक मानसशास्त्र (*Vaikasic Manasshashtra*)
(*Marathi*), Phadake Prakashan, Kolhapur
- 4. Santrock John. W : Life Span Development, McGrawhill higher education, Boston
2004
- 5. Laura E. Berk : Child Development Prentice Hall of India Private Ltd. New Delhi
(India), 2007



- 6. Diane E. Papalia, Sally Wendkos, Ruth Duskin Felsman : Human Development, The McGraw Hill Company Limited, New Delhi, 2004.
- 7. Hurlock E. B. : Child Development, 6th Edition, International Student Edition.
McGraw Hill Book Company, 1987.
- 8. Hurlock E. B. : Development Psychology, A life Span Approach. Tata Mc Graw - Hill Publishing Company Ltd. New Delhi., 1980
- 9. Steinberg L. and Belsky J. : Infancy, Childhood & Adolescence Development Context. McGraw - Hill, Inc. USA, 1991



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SYLLABUS

Choice Based Credit System

B.A. Part - III Semester – V

Home Science

June 2020 onwards

Course – X. Space Planning and Design

TOTAL CREDITS: 05
week

Workload: 7 lectures per

THEORY: 03

Theory: 3 Lectures per week

PRACTICAL: 02

Practical: 4 Lectures per week per

batch

Total Marks – 50 (Theory - 40, Practical-10) (Each batch consisting of 10 to 12 students)

Course Outcomes:

After completion of the course Students will be able to

CO 1 Prepare floor plan according to various income group.

CO2. Utilize the skills of Kitchen gardening and landscaping.

CO3 Appreciate the need space planning and design

CO4 Optimize space using knowledge of interior environment

THEORY

THEORY LECTURES: 45

Module I. Basic Concept in Space Planning and Design

07

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 of housing needs of the family

Module II. Space Planning

08

2.1 Factors in House planning- site selection (Soil, Health and Community facilities)

2.2 Types of houses

2.3 Symbols used in house plan

2.4 Types of House Plans.



Module III Housing and Interior Environment**15**

- 3.1 Features of housing: Storage spaces, Kitchen, Terrace, Parking area, and Boundary walls.
- 3.2 Plumbing
- 3.3 Drainage facility.

Module IV Room by Room space planning.**15**

- 4.1 Concept and Importance of room by room space planning.
- 4.2 Kitchen.
- 4.3 Drawing Room.
- 4.4 Bed Room
- 4.5 Other Area ; Balcony and passage

Practical:**Practical Lectures:60**

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 Furniture mall Or Residential space.

PRACTICAL ASSESSMENT: Internal Evaluation**Total****Marks : 10****Scheme of Practical Assessment:**

Q. 1 Submission of Record book

5 marks

Q. 2 Draw ground floor plan for any income group

OR

Space planning of kitchen / drawing room/ Bed room

Reference:

1. 1. Mark Kerlen, Space planning Basics, 3rd Edition. John Willey and Amp.sons.
2. 2. Joseph De Chiara, Interior Design and Space, 2nd edition. Time Saver Standards
3. 3. Aadhunik Gruha Yojana va Antargat Sajavat (Marathi): Dr. Vairagade, Latakar, Mule; Vidya Publishers Aurangabad.
4. 4. Margaret G. and Greves Beryl, Fabric Furnishing Bulter, S. B.T. Batsford Ltd., London.
5. 5. Deongarikerry K.S., Interior Decoration in India.
6. 6. Encyclopedia of Interior Design and Decoration.



7. 4. Faulner and Faulkner, Inside Today's Home, Helt Rinehort and Winstd, New York.

8. 5. Anna Rutt and Heng, Home Purnishing, Willey Eastern Pvt. Ltd., Delhi

9. 9. Purohit S.S., Home Gardening.

10. Periodicals:

1. Inside and Outside

2. Journal of Interior Design

3. Interior Architecture and Interior Design

4. Journal of Architecture, London

5. Human Factors: The Journal of Human factors and Ergonomics Society

6. International Journal of Occupational safety and Ergonomics



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B.A. Part – III HOME SCIENCE

June 2020 onwards

COURSE No. XI : Research Methodology in Home Science

Total Credits: 4

Theory: 4 Credits

Total Marks: 50 (Theory-40,Sessional-10)

Workload: 4 lectures per week

Theory: 4 Lectures per week

Course Outcomes:

After completion of the course Students will be able to

CO1. Understand the concept and importance of research

CO2. Know tools and methods of research

CO3. Apply research tools in Home Science

CO4 Inculcate the research culture

Theory :

Theory Lectures-60

Module 1 : Introduction to Research

15

1.1 Concept of Research

1.2 Need and Importance of Research

1.3 Types of Research

1.4 Steps of research

Module 2: Research Methodology

15

2.1 Concept and Types of data

2.2 Methods of Data collection

2.3 Sampling techniques

2.4 Interpretation of data - Measures of Central Tendency

Module 3 – Researches in Home Science

15

3.1 Scope of Home Science Education in Research



- 3.2 Facilities required for conducting research
- 3.3 Use of reference material
- 3.4 Report Writing - Concept and steps

Module 4 – Thrust areas of Research in Home Science

15

- 4.1 Food & Nutrition
- 4.2 Family Resource Management
- 4.3 Human Development & Family Studies
- 4.4 Textile Science and Apparel Construction
- 4.5 Communication and Extension

Sessional works –

Total 10 marks

Research Project on any topic related to Home Science

Internal Assessment:

Project Submission

05 marks

Viva voce

05 marks

References:

1. Research Methodology – Kothari
2. Handbook of Statistics – Sukhatme
3. Statistical analysis for agricultural research – Gomez and Gomez
4. The quality of life : Valuation in social research – Mukharjee, R.

Periodicals :

1. Souvenir – HSAI
2. Souvenir – NSI



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SYLLABUS**

Choice Based Credit System

B.A. Part - III Semester – V

HOME SCIENCE

June 2020 onwards

DSE- COURSE E- I FASHION AND APPAREL DESIGNING

Total Credits: 6
Theory: 4 Credits
Practical: 2 Credit

Workload: 8 lectures per week
Theory: 4 Lectures per week
Practical: 4 Lectures per week per batch
(Each batch consisting of 10 to 12 students)

Course Outcomes:

After completion of the course Students will be able to

CO1. Student will be able to gain knowledge of elements of Design

CO 2. Student will be able to gain knowledge Principles of Design

CO3 Student will be able to Sketch of Garments

CO 4 Student will be able to demonstrate the elements of apparel Constructions

Theory:

Theory lectures: 60

Module I : Fashion Designing 15

1.1 History of Fashion Designing, concept of Fashion.

1.2 Fashion Terminology

1.3 Factors influencing Fashion, Fashion Cycle

1.4 Sources of Fashion

Module II : Adoption of Fashion 15

2.1 Consumer groups – Fashion leaders - followers

2..2 Adoption Process- Trickle –Down Theory , Bottom up Theory and Trickle across Theory

Module III : Design 15



- 3.1 Elements and Principals of Design
- 3.2 Structural and applied design
- 3.3 Role of designer

Module IV : Components of Apparel Construction

15

- 4.1 Fabric ,Seems, Stitches ,Thread, Shaping Methods , dart ,equivalents
- 4.2 Sleeves Cuffs ,necklines collars Plackets Yokes Pockets.
- 4.3 Style variation : bodice skirts Trousers in Various Silhouettes.

PRACTICAL LECTURES - 60

PRACTICAL

1. Flat Sketching of garments
2. Study of collections of famous designers
3. Construction of skirt of self
4. Construction of skirt Top / kurta for self

REFERENCE

- Brown Patty ,Rice J, 1998, Ready to Wear Apparel Analysis Prentice Hall
- Tast S.L. Edwards M.S. 1982.
- .वैरागडे उज्ज्वला,अग्रवाल अन्विता ,वस्त्रशास्त्राचीसंकल्पनाव फॅशन डिझाईनिंग
- 2009 विद्या बुक्सपब्लिशर्सऔरंगाबाद .
- काळे सुनिता,वस्त्रशास्त्र ,पवन प्रकाशन ,परभणी
- झारापकर का.रा.शिवण शास्त्र भाग 1 व २ नवनीत पब्लिकेशन्स मुंबई
- भिसे पद्मावती ,सोपे शिवणकाम ,मॅजेस्टीक बुकस्टॉल मुंबई
- हेगडे कृ.म.शास्त्रोक्त शिवणकला भाग १व २ हेगडे टेलरिंग कॉलेज पुणे.



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B .A. PART –III CBCS Syllabus with effect from June 2020

SEC III:Home Based Catering – I

(CREDITS: THEORY2)

Course outcomes:

After completion of the course students will be able to:

- CO1. Understand the kinds of food service establishments
- CO2. Understand food production process
- CO3. Know the importance of hygiene and sanitization
- CO4. Know state wise Indian food and their history

Unit 1 Introduction to Food Service

- Kinds of food service establishments
- Factors contributing to the growth of food service industry

Unit 2 Food Production

- Menu planning: Importance of menu, Factors affecting menu planning, Menu planning for different kinds of food service units
- Food Purchase and Storage
- Standardization of recipes
- Quality and Quantity of food preparation

Unit 3 Hygiene and Sanitization

- What is Hygiene
- Importance of hygiene and sanitization

Unit 4 Indian Cookery

- State wise Indian food & their history
 - a) Maharashtra
 - b) Gujarat
 - c) Rajasthan
 - d) Punjab



RECOMMENDED READINGS

- West B Bessie & Wood Levelle (1988) Food Service in Institutions 6th Edition Revised
By Hargar FV, Shuggart SG, &Palgne Palacio June, Macmillian Publishing Company
New York.
- Sethi Mohini (2005) Institution Food Management New Age International Publishers
- Knight J B &Kotschevar LH (2000) Quantity Food Production Planning & Management 3rd edition John Wiley & Sons
- Philip E Thangam (2008) Modern Cookery for teaching and Trade Part I & II
Orient
Longmam
- Taneja S and Gupta SL (2001) Enterpreneurship development, Galgotia Publishing



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SYLLABUS

Choice Based Credit System

B.A. Part - III Semester – VI

Home Science

June 2020 onwards

COURSE XII : THERAPEUTIC NUTRITION

TOTAL CREDITS: 05

THEORY: 03

PRACTICAL: 02

Total Marks – 50 (Theory - 40, Practical- 10) (Each batch consisting of 10 to 12 students)

Workload: 8 lectures per week

Theory: 3 Lectures per week

Practical: 4 Lectures per week per batch

COURSE OUTCOMES:

After completion of the course Students will be able to

CO1 Understand the etiology, clinical features of various diseases

CO2 Appraise various types of diseases

CO3 Modify normal diet according changing needs of various therapeutic conditions

CO4 Analyse nutritive value

THEORY:

THEORY LECTURES: 45

Module 1. Introduction to Therapeutic Nutrition

15

1.1 Meaning and Objectives of Therapeutic Nutrition

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

Module II: Etiology, clinical features, types and nutritional management of Infections and Fever

15

2.1 Typhoid

2.2 Tuberculosis

2.3 HIV



Module III: Etiology, clinical features, types and nutritional management of

G I Tract Disorders:

07

- 3.1 Diarrhea
- 3.2 Constipation
- 3.3 Infective Hepatitis

Module IV: Etiology, clinical features and nutritional management in following condition

08

- 4.1 Overweight and Obesity
- 4.2 Underweight
- 4.3 Eating Disorders: Anorexia Nervosa and Bulimia

PRACTICALS:

Practical Lectures:60

Objectives:

- 1. To develop in students, the basic concept of Nutrition care and Therapeutic nutrition.
- 2. To impart skills in planning and preparation of therapeutic diet.

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 Infective Hepatitis

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) **6 marks**
(Diet plan, Preparation and Calculations 2 marks each)
 - Typhoid/ Tuberculosis/HIV
 - Diarrhoea/Constipation/Infection Hepatitis
 - Overweight / Obesity/ Underweight

Refereces:

- 1. 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.
- 2. Mahan, L. K and Escott Stump, S (2013). Krause's Food & Nutrition Therapy, 13thed. Saunders-Elsevier. Stacy, Nix (2009).
- 3. William's Basic Nutrition and Diet Therapy, 13th Edition. Elsevier, Mosby.
- 4. ICMR (1999). Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.



5. Joshi Shubhangini H.(2012). Nutrition and Dietetics with Indian Case Studies, Tata McGraw Hill Education Private limited, New Delhi
6. Waghmare-Naik, Shobha(2010): *Aaharopchar Aani Samudayik Poshan(Marathi)*, Vidya Books Publishers, Aurangabad.
7. Shreelaxmi B.(2007). Dietetics: New Age International(P) Limited,Publishers, New Delhi.
8. Farkade Triveni s. and Gonge Sulabha S.(2010). *Poshan Aani Aaharshastra(Marathi)*, Pimpalapure and co. Publishers, Nagpur.

Periodicals:

1. Asian Journal of Home Science
2. Indian Journal of Nutrition and Dietetics
3. Journal of Food Science and Technology
4. Indian Journal of Dairying, Food and Home Science
5. Indian Journal of Medical Research
6. American Journal of Clinical Nutrition
7. International Journal of Food Sciences and Nutrition
8. Journal of American Dietetics Association



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SYLLABUS

Choice Based Credit System

B.A. Part – III Semester – VI

Home Science

June 2020 onwards

Course XIII. Traditional Indian Textiles and Embroideries

Total Credits: 6

Theory: 4 Credits

Practical: 2 Credit

Workload: 8 lectures per week

Theory: 4 Lectures per week

Practical: 4 Lectures per week per batch

(Each batch consisting of 10 to 12 students)

Course Outcomes:

After completion of the course Students will be able to

CO1. Understand the concept of Traditional Indian textile.

CO2. Demonstrate skills in Traditional Indian Embroideries.

CO 3. Acquaint skill of basic and traditional embroidery.

CO 4. Develop entrepreneurship skills in traditional embroidery and stitches.

Theory:

Theory lectures: 60

Module1 :Traditional Textiles of Maharashtra and Gujrat

15

1.1 History, technique, designs and colour: Paithani of Maharashtra

1.2 History, technique, designs and colour: Patola of Gujrat

Module2 :Traditional Textiles of Banaras and West Bengal

15

2.1 History, technique, designs and colour: Brocades of Banasar

2.2 History, technique, designs and colour: Balucheri and Jamdani of West Bengal

Module3 : Basic Indian Hand Embroidery Stitches

10

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



Module4 :Traditional Indian Hand Embroideries

20

History, Motiffs, Colour Combinations, Types of Threads and Stitches used in-

4.1Kantha of West Bengal

4.2 Kasuti of Karnataka

4.3 Chikankari of Utter Pradesh

4.4 Kaida of kashmir

Practicals:

Practical lectures; 60

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

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



(06 marks: 02 marks for colour combination, 02 marks for stitches uses, 02 marks for finishing and neatness)

Reference:

1. The Costumes and Textiles in India, By Bhushan Brij Jamila, 1958, D.B.Taraporwala Sons and Co. Ltd, Bombay
2. The Kanthas of Bengal, By Dhamija Jasleen , 1971, The Times of India Annual.
3. Indian Embroideries, By Irwin and Hall, published by S.R.Bastikar, P.B. 28, Ahmedabad
4. Kasuti of Karanataka, By Joshi Indira Popular prakashan , Bombay,1963
5. Indian Embroidery By Savitri Pandit
6. Traditional Indian Textiles by Parul B. Abhishek Publications
7. Colourful Textiles of Rajasthan by Gulab Kothari Jaipur Printers

References:

1. .Bajaj Amrit ,Creating Sketching for Embroidery,Sonali Publications New Delhi.
2. Naik Shailaja,Traditional embroideries of India,A.P.H.Publishing Corporation New Delhi.
3. Irwin and Hall, Indian Embroideriespublished by S.R.Bastikar, P.B. 28, Ahmedabad
- 4 Joshi Indira .Kasuti of Karanataka1963Popular prakashan , Bombay
- 5 .Parul B. . Traditional Indian Textiles Abhishek Publications
- 6.Dhamija Jasleen The Kanthas of Bengal 1971, The Times of India Annual.
7. Kothari Gulab. Colourful Textiles of Rajasthan, Jaipur Printers
- 8 The Costumes and Textiles in India, By Bhushan Brij Jamila, 1958,
- 9 D.B.Taraporwala Sons and Co. Ltd, Bombay
- 10 Indian Embroidery By Savitri Pandit
- 11 Choudapurkar Anita, कर्नाटकी कशिदा, स्वाती प्रकाशन, पुणे, २०१०
- 12 Tyagi Anita, Traditional Indian textiles, Sonali Publications, New Dehil, 20



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SYLLABUS

Choice Based Credit System

B.A. Part - III Semester-VI

Home Science

June 2020 onwards

DSE Course XIV. Introduction to Guidance and Counselling

Total Credits: 4

Theory: 4 Credits

Total Marks:50 (Theory-40,Sessional-10)

Workload : 4 lectures per week

Theory : 4 Lectures per week

Course Outcomes:

After completion of the course Students will be able to

CO 1. Understand the basic concepts of guidance and counselling and its importance

CO2. Know the qualities and skills of a good counsellor

CO3. Aware of the ethical and professional issues

CO4. Understand the process of counselling

Theory:

Theory Lectures: 60

Module 1 : Introduction to Guidance and Counselling

15

1.5 Definition and importance of Guidance and Counselling, difference between guidance and counselling.

1.6 Goals of Counselling

1.7 Professional and Ethical Issues

1.8 Characteristics and skills of a counsellor

Module2 : Counselling Process and techniques.

2.1 Preparation of Counselling

2.2 Counselling relationship

2.3 Techniques of counselling.

2.4 Factors affecting the counselling process

Module 3 : Educational Counselling

15

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



Module 4 : Counselling Application

15

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

Sessional work:

10

Marks

1. Preparation of resource file.
2. Visit to family court/ counselling centres/counselling centres for special children's and report writing

References:

- Rao N.S. (2006), Counselling and Guidance, ISBN 0-07-460474-0, Tata McGraw 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.
- "Marriage and Family in India", Kapadia K.M., Oxford University Press, Bombay.
- Marriage and Family Development, Durall, E.M. (1977), Lippincott Co., Philadelphia.
- Courtship, Marriage and Family, Dyer E.D. (1983), American Style, The Dorsey Press, Illinois.
- Personal Adjustment, Marriage and Family, Landis J.T. and Landis M.G., Prentice Hall International INC. 1975.
- Encyclopedia of Marriage and Family.
- The family, its structures and functions, Coser Rose (1975). Mcmillon Publication, New York.
- Counselling Psychology, Narayanrao S. (1991), 2nd edition, Reprint 2001, Tata McGraw Hill Publishing Company, New Delhi.
- The Indian Family in Transition, Augustine, J.S., Vikas Publishing House, New Delhi.
- Family and its relationship, Skinner

Periodicals:

1. Journal of Home Science, Vadodara
2. Research Reach, SNTD, Mumbai
3. Family



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SYLLABUS

Choice Based Credit System

B.A. Part – III Semester-VI

HOME SCIENCE,

June 2020 onwards

COURSE – XV. ENTREPRENEURSHIP DEVELOPMENT

Total Credits: 4

Theory: 4 Credits

Total Marks:50 (Theory-40, Practical-10)

Workload: 4 lectures per week

Theory: 4 Lectures per week

COURSE OUTCOMES:

After completion of the course Students will be able to

CO1 Understand the concept of entrepreneurship

CO2 Prepare project proposal for new enterprise

CO3 Understand the policies and schemes of Go's and NGO's regarding start up of enterprise

CO4 Acquire entrepreneurship skills

Theory:

Theory Lectures-60

Module 1. Entrepreneur 15

1.1 Meaning and Definition of Entrepreneur

1.2 Qualities of Successful Entrepreneur

1.3 Types of Entrepreneur

1.4 Obstacles to Become an Entrepreneur

1.5 Challenges Before existing Entrepreneur

Module II. Entrepreneurship Development 15

2.1 Entrepreneurship - Concept, Definition and Importance

2.2 Entrepreneurship Development -Concept, Objective and Scope

2.3 Process of Entrepreneurship Development

2.4 Problems of Entrepreneurship Development

Module III: Women Entrepreneurship 15

3.1 Concept and Functions of Women Entrepreneurship

3.2 Qualities of Women Entrepreneur

3.3 Problems and Remedies for Women Entrepreneurship



3.4 Recent Trends in Women Entrepreneurship

Module IV: Entrepreneurship Through Home Science Education 15

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

PRACTICALS:

60

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

Practical 2. Study Visit to any Small or Large Scale Industry

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

Practical 4. One week training for skill development in any field and submission of report

Internal Assessment:

Total

Marks: 10

Scheme of Practical Assessment:

Q. 1 Submission of Record Book

05 marks

Q. 2 Submission of Training Report with Viva-Voce marks

05

References:

1. Taneja and Gupta S.L., Entrepreneurship Development, New Venture Creation ,Galgeha Publication Company, New Delhi.
2. Desai V.,Entrepreneurship Development, Himalaya publication House, Mumbai.
3. Khanna and Chand Company Ltd., Entrepreneurial Development, Ram Nagar New Delhi.
4. Deshpande Manohar Entrepreneurship of Small Scale Industries, Deep and Deep Publication New Delhi.
5. Dr.A.K.Gawai, Fundamentals of Entrepreneurship- Fadake Prakashan ,Kolhapur.
6. सुधीर सेवेकर,उद्योजगता , संकल्पना आणि प्रेरणा
7. डॉ.जितेंद्र अहिरराव उद्योजकता, चिन्मय प्रकाशन औरंगाबाद
8. डॉ. शहा एन. व्ही.,उद्योजकतेची मुलतत्वे, निराली प्रकाशन, पुणे

PERIODICALS:

1. Maharashtra Journal of extension education.
2. उद्योजक MITCON, AURANGABAD .
3. संपदा , मराठा चेंबर ऑफ कॉमर्स , मुंबई.



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SYLLABUS
Choice Based Credit System
B.A. Part – III Semester -VI
HOME SCIENCE,
June 2020 onwards

DSE Course – XVI. Extension For Development

Total Credits: 4
lectures per week

Theory: 4 Credits

Total Marks:50 (Theory-40, Sessional-10)

Workload: 4

Theory: 4 Lectures per week

Course Outcomes:

After completion of the course Students will be able to

CO1. Understand the concept of extension for development

CO2. Apply the principles and use of extension teaching methods

CO3. Utilize the means of communication for extension development

CO4 Apply the knowledge in day-to-day life

Theory :

THEORY LECTURES: 60

Module 1: Education & Communication

15

1.1 Teaching – Definition and Principles

1.2 Learning – Definition and Principles

1.3 Education – Definition, Meaning and Types

Module 2: Extension Education

15

2.1 Introduction, Definition and Objectives

2.2 Principles of Extensions education

2.3 Extension Education process

2.4 Extension workers: Definition and Qualities

Module 3:. Extension Teaching Methods

15

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, Demonstration,

Workshop, Seminar, Conferences, Symposium

3.4 Mass contact methods – Radio, TV, Film shows, Puppet show, Drama, Street play



Module 4. Means of Communication in Extension Education

15

- 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 Means of Advance Communication : ICT and Social Networking

Sessional Work:

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

Internal Assessment:

Project submission	10 marks
Viva -voce	05 marks
marks	05

References:

1. Dhama O.P. and Bhatnagar O. P., (2003), Education for Communication, New
2. Kumar and Hansra, (1997), Extension Education for Human Resource Development, Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi
3. Barker, L. (1990), 'Communication', New Jersey, Prentice Hall, Inc, 171
4. Devito, J. (1998), Human Communication, New York; Harper and Row
5. Patri and Patri (2002); Essentials of Communication, Greenspan Publications
6. A. Adivi Reddy, Extension Education
7. A. S. Sandhu, Text Book on Agricultural Communication
8. वैरागडे,मुळे (२०१२) सामुदायिक विकास,विस्तार शिक्षण व महिला सबलीकरण विद्या बुक्स पब्लिशर्स औरंगाबाद.
9. फरकाडे ,गोंगे(२००२) गृहविज्ञान विस्तार विद्या प्रकाशन नागपूर.



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SYLLABUS

Choice Based Credit System

B.A. Part – III Semester VI

HOME SCIENCE

June 2020 onwards

DSE- COURSE No .E -2 Bakery Science

TOTAL CREDITS: 05

THEORY: 03

PRACTICAL: 02

per batch

Total Marks – 50 (Theory - 40, Practical- 10) (Each batch consisting of 10 to 12 students)

Workload: 8 lectures per week

Theory: 3 Lectures per week

Practical: 4 Lectures per week

Course Outcomes:

After completion of the course Students will be able to

CO1. understand the knowledge of bakery Science.

CO2. apply the techniques of cake, pastry and biscuit in own bakery business .

CO3. understand the concept of Food Safety.

CO4 understand the concept of cost Control.

THEORY

THEORY LECTURES : 45

Module I : Bakery Industry

05

Bakery industry and its scope in the Indian economy.

Present Trends and Prospects.

Module II : Cake and Pastry Science

20

Preparation of cakes – types of cakes

Ingredients used ; methods of batter

Preparation ; steps in cake making ;balancing of

Operational faults in cake Processing and the remedial measures Preparation of

Pastry – types of Pastries (Short Crust Puff / Flaky and choux Pastry) ;

ingredients; Processing and evaluation Faults and remedies.



Module IV : Biscuit and Cooking Science

10

Preparation of biscuits and cooking Types ; ingredients Processing and evaluation.

Module V : Food Safety & cost Control

10

Key terms , factors affecting food Safety.

Food additives used in baking.

Cost control – food cost labour cost & other costs.

PRACTICAL

PRACTICAL LECTURES : 60

Objective :

To equip Students With the necessary skill for cake biscuits and Pastry Processing.

1. Weights and measures selection of raw material.
2. Preparation Sensory evaluation and Packaging of cakes
 - Fatless sponge cakes
 - Shortened cakes
 - Eggless cakes
 - Muffins and brownies
3. Preparation sensory evaluation and Packaging of Pastries
 - Short crust
 - Puff / flaky
 - Choux pastry
4. Preparation sensory evaluation and Packaging of biscuits

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.
- Matz A. Bakery Technology and Engineering CBS Publishers,Delhi1998
- Da^ . rajakumaar kaMbaLo - Anna saMrxaNa maohata ,piblaiSaMga ha}sa puNao
- BaalacaMd` jaaoSal - fla saMrxaNa



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B .A. PART –III CBCS Syllabus with effect from June 2020

CBCS PATTERN

SEC IV: Home Based Catering – II

(CREDITS: THEORY2)

Course outcomes:

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

CO1. Understand types of food service systems

CO2. Understand resources required for food service systems

CO3. How to plan and make a good project proposal

CO4. Understand marketing and selling strategies

Unit I Food Service Systems

•Types of food service systems

a) Conventional

b) Commissary

c) Ready prepared

d) Assembly/serve.

•Do's&Don'ts in home-based catering

Unit 2 Resources

• Money

• Manpower

• Time

• Facilities and equipment

• Utilities

Unit 3 Planning of A Food Service Unit

• Preliminary Planning

Survey of types of units, identifying customers, menu, operations and delivery

• Planning the set up:

a) Identifying resources

b) Developing Project plan

c) Determining investments

d) Project Proposal

Unit 4 Marketing & Selling strategies

a) Marketing strategies –



1. Product strategy
2. Service strategy
3. Pricing strategy
- b) Selling Strategies –
 - 1: Build a Genuine Relationship with Your Prospect.
 - 2: Give Before You Take.
 - 3: Demonstrate Your Expertise and Credibility.
 - 4: Use Time-Based Deadlines.

RECOMMENDED READINGS

- West B Bessie & Wood Levelle (1988) Food Service in Institutions 6th Edition Revised
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- Knight J B &Kotschevar LH (2000) Quantity Food Production Planning & Management 3rd edition John Wiley & Sons
- Philip E Thangam (2008) Modern Cookery for teaching and Trade Part I & II
Orient
Longmam
- Taneja S and Gupta SL (2001) Enterpreneurship development, Galgotia Publishing




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