First Year B.Sc. (Home) I-Semester ENGLISH Course Code: UH01FENG21

Theory Pd/Wk: 02

Marks: 50

Objectives:

- 1. To develop basic English reading and writing skills.
- 2. To familiarize learners with English structure.

Note:- Three Short stories selected from prescribed collection Name of the Text: Ten Short Stories Edited by Jatin Mohanty. Universities Press (Story No. 2. Romance of a Busy Broker, 4. The Earth, 5. A case of Identity)

Theory	Content	Weightage
Unit :I	Questions based on short stories to be asked	30%
Unit :II	a) Short notes based on short story (any one)b) B. Paragraph Writing	20%
Unit :III	 Grammar and Vocabulary a) Tenses b) Prepositions c) Antonyms and Synonyms 	30%
Unit :IV	Reading Comprehension	20%

Learning Outcome:

- 1. At the end of this course learner will be able:
- 2. To develop basic English reading and writing skills.
- 3. To read and write grammatically correct English

References :

- 1. Essentials of Business Communication Rajendra Pal and JS Korlahalli (Sultan Chand & Sons)
- 2. Modern Commercial Communication BS Shah Publication, Ahmedabad
- 3. Cambridge International Dictionary of Phrasal Verbs Cambridge University Press
- 4. Developing Communication Skills Krishna Mohan & Meera Benerji (Macmillan)
- 5. Business Communication US Rai & SM Rai (Himalaya Publishing House, Mumbai)

Credit:02

First Year B.Sc. (Home) I-Semester ENVIRONMENT STUDIES Course Code: UH01FENV22

Theory

Pd/Wk: 02

Credit:02

Marks: 50

Objectives	5:	
2. To 3. To	create environmental awareness among the students create an pro-environmental attitude for sustainable development make them understand the importance of conserving natural resources. study the impact of population explosion and social issues related to it.	
Theory	Content	Weightage
Unit-I	The multidisciplinary nature of environmental studiesa) Definition, Scopeand Importanceb) Objectives of environment educationc) Need for public awareness	5%
Unit-II	 Natural Resources a) Forest Resources: Use and over exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people. b) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources. c) Role of an individual in conservation of natural resources. 	15%
Unit-III	 Ecosystems & Biodiversity a) Concept of an ecosystem b) Structure and function of an ecosystem c) Food chains, food webs and ecological pyramids d) Introduction, types, characteristic features, structure and function of the following ecosystems. a) Forest Ecosystems b) Desert ecosystems (ponds, streams, lakes, rivers, oceans, estuaries) e) Biodiversity: b) Definition: c) Types of biodiversity: In-situ and Ex-situ conservation of biodiversity. 	25%

Unit-IV	Environmental Pollution	25%
	a) Definition	
	b) Air Pollution	
	c) Water Pollution	
	d) Soil Pollution	
	e) Noise Pollution	
Unit-V	Human Population, Social issues and the Environment	20%
	a) From unsustainable to sustainable development	
	b) Water conservation, rain water harvesting, watershed	
	management.	
	c) Human population and the environment.	
Unit-VI	Disaster management	10%
	a) Floods	
	b) Earthquakes	
	c) Cyclones and landslides.	

Outcome :

The student should be able to understand the difference between sustainable and unsustainable development and predict problems that future generation has to face if use of non-renewable resources is not restricted and clearly understand their role in preventing pollution and conserving natural resources.

References:

- 1. Bhatt, Patel and Gohil, "Paryavaran, Environmental Studies" New Popular Prakashan, Surat (2008)
- 2. Tiwari, Khulbe and Tiwari", Environmental Studies" I.K. International Publishing House Pvt. Ltd., New Delhi (2007).
- 3. Kaur H. "Environmental Studies" PragatiPrakashan, Meerut (2005).
- 4. BharuchaErach "A Textbook of Environmental Studies" University Grant Commission, University Press Pvt. Ltd., Hyderabad (2005).
- 5. Sharma P.D. "Ecology and Environmental" Rastogi Publications, New Delhi (2003)

First Year B.Sc. (Home) I-Semester CHEMISTRY Course Code: UH01CCHE23

Theory

Pd/Wk: 02

Marks: 50

Objectives:

Credit:02

- 1. To explain the students with the basic information about the chemical formula, chemical reactions and various types of solutions.
- 2. To provide knowledge regarding various acid (strong and weak) and bases.
- 3. To give a knowledge of electro-chemistry. and rate of chemical reaction.
- 4. Use of the various metals including precious metals and also with chemical formulas, its use and reactions with atmospheric changes.
- 5. To prepare him for other related course by providing basic knowledge in this course.

Theory	Content	Weightage
Unit -I	Fundamentals of Chemistry	20%
	a) Scope and usefulness of chemistry	
	b) Branches of Chemistry	
	c) Classification of matter	
	d) Laws of chemical Combination	
	e) Structure of atom	
	f) Bohr's Model of atom	
	g) Electronic Configuration	
	h) Atomic number	
	i) Mass number	
	j) Valence shell and Valence electrons	
	k) Modern Periodic table	
	1) Symbols	
	m) Radicals	
	n) Chemical Formula	
	o) Chemical Bonding and Types of Bonding	
	p) Types of Chemical Reactions	
	q) Chemical Reactions Complete and balance	
Unit -II	Solution	20%
	a) Types of Solution	
	b) Methods for representing Concentration of solution	
	a) Malarity	

- c) Molarity
- d) Normality
- e) Formality

- f) Molality
- g) Percentage W/W, W/V, V/V
- h) Mole Concept
- i) Diffusion and Osmosis

Colloids

- a) Types of Colloids
- b) Difference of True, Colloidal and Suspension solution
- c) Properties of Colloids
- d) Gel and Emulsion
- e) Application of Colloids

Unit -III Acid, base, pH

- a) Acid Definition
- b) General Properties of acid
- c) Types of acid
- d) Preparation, Properties and uses of useful acids
- e) (HCl, H_2SO_4 , HNO₃)
- f) Base-Definition
- g) General Properties of base
- h) Types of base
- i) Preparation, Properties and uses of useful base
- j) (NaOH, Na₂CO₃, NaHCO₃)
- k) pH-Definition,
- l) pH Scale, Explanation
- m) Usefulness of pH
- n) Indicator
- o) Buffer Solution

Chemical Formula, Properties and uses of following

Compounds

- a) Chlorine
- b) Ammonia
- c) Carbon dioxide
- d) Potassium permanganate
- e) Hydrogen peroxide
- f) Boric acid
- g) Bleaching powder
- h) Potash alum

20%

Unit -IV Electro chemistry

- a) Redox reaction
- b) Definition
- c) Electrochemical cell
- d) Electrode potential
- e) Dry cell
- f) Lead Storage cell
- g) Corrosion

Rate of Chemical reaction

- a) Definition and explanation
- b) Rate of Chemical reaction and factors affecting it
- c) Nature of reactant, Concentration of reactant, Temperature, Catalyst

Unit -V Metals

- a) Classification of metals
- b) Difference between Metal and non metal
- c) General properties of metal
- d) Properties, uses and alloys of Copper, Aluminum, Iron
- e) Precious metals: Silver ,Gold and platinum
- f) Properties, uses and care of them

Fire Extinguisher

- a) Type of fire
- b) Methods for extinguishing fire
- c) Chemical fire extinguishers
- d) Dry powder
- e) Carbon dioxide
- f) Foam types.

OUT COMES:

- 1. Students completing this course will be able to give answer about uses of inorganic chemistry in various branches of home science.
- 2. Students will be able to make a chemical formula, chemical reactions. student also gain knowledge about solution preparation, acid and base and pH and various house hold chemicals ,metals and their uses.

REFERENCES:

(1) Fundamental chemistry	(P. L.Soni)
(2) Applied Chemistry	(Thankama Jecob)
(3) Inorganic Chemistry	(Gehani, Parekh, Bhagvat)
(4) Inorganic Chemistry	(B.D. Madam, B.S. Bisht)
(5) Chemistry-Std.XI	(Gujarat State boards of School text book)
(6) Chemistry-Std.XII	(Gujarat State boards of School text book)

20%

20%

First Year B.Sc. (Home) I-Semester CHEMISTRY Course Code: UH01CCHE24

Practical Pd/Wk: 02

Marks: 50

Practicals :

(1) Qualitative analysis of water Soluble inorganic Compounds containing one Positive radical and one negative radical

(2) Acid base titration : Strong acid Strong acid Strong base Weak base Weak acid

Credit:01

First Year B.Sc. (Home) I-Semester BIOLOGY Course Code: UH01CBIO25

Theory

Pd/Wk: 02

Marks: 50

Credit : 02 Objectives:-

To Enable Students-

- 1. To acquaint the students with fundamentals of Biosciences.
- 2. To enable the students understand the significance and utilization of plants and animals in general.
- 3. To familiarize the students with genetic concept.

Note: Plant body: Life processes, economic importance, cell and tissue.

Animal cell and tissue, useful and harmful organisms, Micro-organisms, Genetics, Health and diseases.

Theory	Content	Weightage
Unit I	 Biological Science: Introduction, major branches of Biology, its significance. Elementary study of plant and animal cell. Composition of protoplasm. Brief study of cell division. Study of plant and animal tissues. 	25%
Unit II	 Form, structure and functions of vegetative and reproductive parts of seed bearing plants. Study of unisexual and bisexual flowers. Elementary study of pollination, fertilization and reproduction in plants. Plant metabolism: Transpiration, Photosynthesis and respiration. 	25%
Unit III	 Heredity and variations. Sex determination in man and multiple birth. General Health care and common diseases in human. Economic importance of plants and animals. 	25%
Unit IV	 Transport of materials in living systems Diffusion Exchange of substances between cells and their environment. Intracellular exchange of substances. Water and food transport 	25%

2. Brief account of Virus, Bacteria and yeast, Commercial importance of Microbes.

OUTCOME:

The students would get familiar with the basics of biology, they would gain knowledge regarding the plant and animal kingdom as well as the importance of genetics in human life.

REFERENCES:

- 1. Dutta A.C.,(1980) ' A class book of Botany' John Brown, oxford university press. Faraday House, Calcutta- 13.
- 2. Apsangikar D.K. and Rane K.T.(1975): 'Introduction to Botany': Popular Publication Surat.
- 3. Sharma V.K. (1990) 'Biology class XI'Publishers 23, Daryaganj New Delhi-110002.
- 4. Sankaram M.S.(1990) 'Biology for Class XII'Tata McGraw-Hill Publishing Company Limited 4/12 Asaf Ali Road New Delhi.
- 5. Gujarat State Board of school Text books (1994) 'Biology Standard 12': old assembly Building Sector 17,Gandhinagar.
- 6. Gujarat State Board of school Text books (1996) 'Biology Standard 12': old assembly Building Sector 17,Gandhinagar.
- 7. Maheshwari P.Manoharlal (1996) 'Biology Part 1-7' NCERT New Delhi.

First Year B.Sc. (Home) I-Semester BIOLOGY Course Code: UH01CBIO26

Credit:01

Practical Pd/Wk: 02

Marks: 50

Practicals will be conducted related to theory course and the records will be maintained by each candidate in a special record book, journal.

Practical

6.

Content

- 1. Simple and compound Microscope.
- 2. Typical flowering plant body.
- 3. Unisexual and Bisexual flowers (Datura, Hibiscus, Sunflower, Cucurbits)
- 4. Cell and tissue (Plant and Animal)
- 5. Friend and foe animals.
 - 1. Sexual and asexual reproduction in plants (Seed germination and vegetative propagation)
 - 2. Common economic plants.
- 7. Sexual and asexual reproduction in plants (Seed germination and vegetative propagation)
- 8. Common economic plants.
- 9. Plant physiology (transpiration, Photosynthesis and Respiration)
- 10. Mountings Preparation and observation of Slides

First Year B.Sc. (Home) I-Semester INTRODUCTION TO FAMILY RESOURCE MANAGEMENT **Course Code: UH01CFRM27**

Theory

Pd/Wk: 02

Marks: 50

Weightage

15%

Objectives:

- 1. To help students in learning various concepts of resource management.
- To help students learn the basic process of management. 2.
- 3. To recognize the importance of wise use of resources in order to achieve goals.

Theory Content

Unit-I 1.Meaning and scope of resource management

- a) Definition of resource management
- b) Purpose of resource management
- c) Obstacles in resource management and ways to overcome them

2. Resources

- a) Definition and its importance of resources in effective management
- b) Characteristics of resources
- c) Types of resources
 - Human Resources
 - Non Human Resources

Unit-II Factors motivating resource management

- 1. Values:
 - a) Definition and its importance in human life,
 - b) Types of values
 - Extrinsic
 - Intrinsic •

2. Goals:

- a) Definition and its importance in human life
- b) Types of goals:
 - Short term goals
 - Intermediate goals
 - Long term goals
- 3. Standards.
 - a) Definition and its importance,
 - b) Classification of standards
 - Conventional / Non Conventional
 - Qualitative / Quantitative

Credit:02

20%

Unit III : Decision Making :

- a) Definition and its importance
- b) Steps involved in decision making
- c) Types of decision
 - Individual Decision
 - Group Decision

Unit IV: Management Process

- a) Definition and its importance in daily life
- b) Steps involved in management process
 - Planning : Definition, importance of planning and steps in successful planning, types of plans, characteristics of planning.
 - Controlling: Definition and important steps involved in controlling phase: energizing, checking and adjusting.
 - Evaluation : Feedback : Definition and its importance, type of evaluation.

Unit V: Time Management and Energy Management

- 1. Time Management
 - a) Meaning and need of time management
 - b) Tools of time management
 - c) Management applied to time
 - Planning
 - Controlling
 - Evaluating
- 2. Energy Management
 - a) Meaning and need of energy Management
 - b) Fatigue: Definition, types, methods to avoid fatigue
 - c) Management applied to energy
 - Planning
 - Controlling : Principles of body mechanics
 - Evaluating
 - d) Work simplification : Definition, Techniques of work simplification, Classes of change
 - Class A : Change in product
 - Class B : Change in household environment
 - Class C : Change in hand and body motion

20%

35%

OUTCOMES:

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

- 1. recognize the available resources and make the maximum use of resources to achieve the goals..
- 2. learn the basic process of management.
- 3. Critically analyze and apply the managerial skills in any situation.
- 4. manage the time and energy effectively and be more productive.

REFERENCES :

- 1. Ogle N. Srinivasan K. Varghese M.A.(1996) "Home Management" New age International House, New Delhi.
- 2. The Educational Planning Group Delhi (1993), "Home Management" Arya Publishing House, New Delhi.
- 3. Nickell P. And Dorsey J.M.,(2002) "Management in Family Living", CBS Publications and Distributors Pvt. Ltd. New Delhi.
- 4. Shukul M. Gandotra V. ,(2006) "Home Management and Family Finance", Dominant Publishers and Distributors, New Delhi.
- 5. ગંડોત્રા વી., મજમુદાર જે. (2007), "ગુરુવ્યવસ્થાપન, અનડા બુક ડીપો, અમદાવાદ.
- 6. ઠક્કર એમ. પુજારા જે., (2001), "ગ્રુહવ્યવસ્થાપન નો પરિચય", પ્રવિણ પુસ્તક ભંડાર, રાજકોટ.

First Year B.Sc. (Home) I-Semester INTRODUCTION TO FAMILY RESOURCE MANAGEMENT Course code: UH01CFRM28

Credit :01

Practical Pd/Wk: 02

Marks: 50

Practicals:

- 1. a) Diagrammatic presentation of resources under different categories with examples.
 - b) Identify and list various community resources within your area.
- 2. Application of management process in day to day life activities.
- 3. Enlist and categorize various human values.
- 4. List five short term, intermediate and long term goals. Mention the resources required to achieve those goals.
- 5. a) Record all the decisions made in last three days and classify.b) Describe the steps in decision making process to make the final choice for the given situation.
- 6. Develop a time plan schedule for the coming week and learn how much time spending on various activities.
- 7. Apply work simplification techniques in day to day life.
- 8. Finding minimum and maximum vertical and horizontal reach of individuals.

First Year B.Sc. (Home) I-Semester INTRODUCTION TO CLOTHING **Course Code: UH01CTCL29**

Theory

Pd/Wk: 02

Marks: 50

Objectives :

Credit:02

- To impart knowledge on the elements & principles of dress design.
 To gain knowledge of the readymade garment industry.
 To develop basic skills in clothing construction

Theory	Content	Weightage
Unit- I	Importance of Clothing	20%
	a) Brief overview of how clothing originated.	
	b) Importance of Clothing (why it originated)	
Unit- II	Elements of dress design & it's effect	20%
	a) Line, Color, Silhouette, Texture	
Unit- III	Principles of dress design & it's effect	20%
	a) Harmony, Balance, Proportion, Rhythm, and Emphasis.	
Unit- IV	Introduction to garment construction	20%
	a) Designing, cutting, sewing, finishing	
	b) Readymade garment manufacturers their brands	
Unit- V	Fashion Industry	20%
	a. Fashion designers- Indian and world.	
	b. Medium of fashion information- T.V., Fashion blogs, Fas	shion shows,
	Newspaper	
REFERE	NCES:	
	1. Fashion Technology M. Narang; Asia Pacific Business Press Inc	. Delhi
	2. Elements of Fashion & Apparel Design; Sumathi G.I. New Age 2002	International Ltd,
	3. The new Textiles; 1993 C.Colchester; thames & Hudson Ltd;	
	4. Fashion Design & product development ; 1992 H.Carr & J. Pom Scientific Publication ;	eroy, Blackwell
	5. Fashion Tourism(2010) Kumar A., Sonali Publication, New De	lhi. India.
	 Fashion Technology, today &tomorrow N. Pundir, Mittal Public Delhi;2007 	cation New
	7. Basic process & Clothing Construction. Doongaji S.C.& Deshpa	nde(1964),New
	Raj Book, New Delhi.	
	 8. Sewing for Apparel Industry, Shaeffer C (2000); Prentice Hall N 9. Textile technology to GCSE(1999), Dawn J., Oxford university pressure of the statement of the sta	•

First Year B.Sc. (Home) I-Semester INTRODUCTION TO CLOTHING Course Code: UH01CTCL30

Credit:01

Practical Pd/Wk: 02

Marks: 50

Practical:

- 1. Sewing machine- Care, threading & use of machine.
 - a) Sewing machine attachments
- 2. Make samples of the following
 - a) Plain seam, flat-filled seam, French seam
 - b) Edge machine- $1/4^{th}$, $1/3^{rd}$, $1/6^{th}$
 - c) over-lock seam
 - d) rolled/ bidding seam
 - e) bias binding, bias facing
 - f) shaped facing
 - g) darts
 - h) side pleat
 - i) Full opening placket
 - j) skirt placket
 - k) continuous placket
 - 1) hemming
 - m) tacking
 - n) running
- 3. Collection of textile components, its application & use
 - a) Buttons, stud fastenings, eyelets, ribbon, lace, braid, buckle, chain, safety pins, rivets, poggles, zip
- 4. Readymade garment analysis- seam type, neckline finishes, fullness etc.
- 5. Related glossary

First Year B.Sc. (Home) I-Semester INTRODUCTION TO HUMAN DEVELOPMENT Course code: UH01CHUD31

Theory Pd/Wk: 02 Marks: 50 Credit: 02 **Objectives:** 1. Introducing the students to the field of human development 2. To sensitize the students to social and cultural context in human development Theory Content Weightage Unit -I An Overview of the field 10% a) What is human development b) Need & importance of studying human development c) Historical view d) Scope of the field of human development Unit -II **Orientation to Growth and Development** 15% a) Meaning and definition of growth and development b) Principlees of development c) Factors affecting growth and development Unit -III **Pre-natal Development** 15% a) The beginning of a new life prenatal development b) Factors influencing prenatal development c) Signs of pregnancy d) Care of pregnant women e) Birth Process f) Types of birth and effect on child Unit -IV Stages of life span meaning and introduction of different 60% stages in Life. a) Infancy b) Physical development, physical growth, change in body proposition, c) Change in height, baby weight. d) Brain development. Baby hood a) Babyhood skills b) Speech development (crying, babbling, gestures) Early childhood:-

- a) Social development
- b) Development of emotion

- c) Common emotions of early childhood (Anger, fear, jealous, curiosity, joy, affection)
- d) Factors influencing social development.
- Late childhood
 - a) Skills of late childhood.
 - b) Speech improvement in late childhood (pronunciations, forming sentences and speech)
 - c) Moral development
 - d) Socialization
 - e) Developments of concepts
 - f) Factors influencing moral development

Adolescence:-

- a) Need, problems and interest in Adolescence.
- b) Guidance to Adolescence.
- c) Social and emotional maturity

Characteristics of Adulthood

- a) Adjustment to change family patterns in middle age
- b) Vocational and family life hazards

OUTCOME:

- 1. They will understand all the stages of lifespan.
- 2. They will come to know about various developments.
- 3. Students will drain about principles of growth and development.

REFERENCES:

- 1. Mussen, P. N Conger, J.J. Kagar, J & Huston, A C(1990) Child Development & Personality(7ed) N. Y Harper Collins.
- 2. Cole M & Cole. S (1993) : The development of children. New York: Scientific American Books.
- 3. Hurlock "development and psychology"
- 4. Pappalia "human development"
- 5. Berk L.E. "child development" new delhi
- 6. Craig G. "human development" N.J. Prentice Hall
- 7. Cole M. and Cole S. "The development of Children

First Year B.Sc. (Home) I-Semester INTRODUCTION TO HUMAN DEVELOPMENT Course code: UH01CHUD32

Credit: 01

Practical Pd/ Wk: 02

Marks: 50

Objectives:-

- 1. To acquaint the students about growth monitoring & anthropometric Measurements of a child.
- 2. The introduction and application of the basic tools of research in the field of Human Development to the students

Practical:

1. Growth monitoring.

Anthropometric measurements of a child. Ht. Wt., circumferences etc. [by the use of Salter Scale and MUAC]

- 2. Observation of individuals of different stages of life with the help of checklist.
 - 1. Neonate
 - 2. Infancy
 - 3. Early childhood
 - 4. Late childhood
 - 5. Adolescence
 - 6. Young adulthood
 - 7. Middle age
 - 8. Late adulthood
- 3. The major tools of research in child study/ the field of human development.
 - a. Case study
 - b. Interview
 - c. Questionnaire
- 4. Organize film show/slide show/PPT for the students:
 - a) Stages of pregnancy
 - b) Types of birth
 - c) Neonate care

First Year B.Sc. (Home) I-Semester INTRODUCTION TO FOODS AND NUTRITION Course Code: UH01CFDN33

Theory Pd/Wk: 02

Marks: 50

Objectives:

Credit:02

- 1. To understand the functions of food and the role of the various nutrients and their requirements
- 2. To be familiar with different methods of cooking, their advantages and disadvantages.
- 3. To gain knowledge of improving nutritional quality of food

Theory	Content	Weightage
Unit -I	 Concept of Nutrition, function of Foods, Basic five food and their contribution to balanced diet. Method of cooking –advantages and disadvantages ,its effect on nutritive value, Improving nutritional quality foods(germination,fermentation,substitution,fortification,enrichme nt and Supplementation) 	30%
Unit -II	Classification ,sources, function, RDA of Protein ,Carbohydrate and Fats	20%
Unit -III	Classification ,sources, function, RDA of water soluble vitamins: Thiamine, Riboflavin, Niacin, Pyridoxine, Pantothenic acid ,vitamin B12, folic acid and vitamin C	20%
Unit-IV	Classification ,sources, function, RDA of Fat soluble vitamins: Vitamin A,D,E,K	15%
Unit-V	Classification ,sources, functions of RDA of Mineral: Calcium, Phosphorus, Iron, Zinc, Flourine, Iodine ,Selenium, Magnesium	15%

OUTCOMES:

1. The students will learn to identify and classify rich sources of nutrients and it will help them to improve quality of life

REFERENCES:

- 1. Educational Planning group(1991) : "Food and Nutrition, Text book of home science For senior students."3rd Edition, Arya publishing house, New Delhi.
- 2. Mudambi, S.R and Rajagopal M.V . Fundamentals of Nutrition, New Age International Ltd.
- 3. Food science and Nutrition by SunetraRoday, Oxford publication
- 4. Fundamentals of Foods, Nutrition and Diet Therapy <u>MudambiSumati R.</u>

First Year B.Sc. (Home) I-Semester INTRODUCTION TO FOODS AND NUTRITION Course Code: UH01CFDN34

Credit:01

Practical Pd/Wk: 02

Marks: 50

Practicals:

Plan and Prepare rich recipes for the following :

1	Carbohydrates
2	Protein(incorporating combination of cereals and pulses)
3	Fat
4	Vitamin B1(Incorporating fermentation and germination)
5	Vitamin B2
6	Vitamin C
7	Vitamin A
8	Iron
9	Calcium

First Year B.Sc. (Home) I-Semester **COMPUTER BASIC Course Code: UH01EHSC01**

Theory Pd/Wk: 02

1. To familiarize with basics of computer.

• Calculator

Marks: 50

2.	To develop basic skills of using computer.		
3.	To develop basic understanding of compute	r system operation and information	
	accessing tools.		
Theory	Content	Wei	ghtage
Unit –I	A. History of Computer		
	• Early computing machines	• Generation of computers	
	Classification of computers		
	B. The computer system – Input-output	t	
	Devices and data recording medi	a	
	• Characteristics of a computer	• Basic applications of a compute	r
	• Components of a computer system		
	C. Computer peripherals		
	Input Devices	Output Devices	
	D. Data recording media		
	Primary memory	• Representing characters in mem	iory
	Secondary memory	Cache memory	
Unit –II	A. Computer Languages and communic	ation technology.	20 %
	B. MS windows		
	• Introduction to window	• Desktop	
	• Window 95/98/Xp in brief	• Taskbar	
	• Component of start menu		
Unit –III	(A) Data organization		20 %
	• Windows explorer	• Basic components of window	
	• Controlling window sizes	• Shortcuts	
	(B) Window Accessories		
	• Notepad	• WordPad	
	• Paint	• Clipboard	

Credit:01

Objective

Unit -IV A. Microsoft word

- Features of word processor Introduction MS-word
- Creating / Saving / Opening / Closing document ٠

B. Editing and Formatting a Documents

- Selecting text
- Moving the insertion point
- Inserting Text/Overtyping Text
- Inserting a line
- Deleting Text
- Undo command
- Redo command
- Copying Text

C. Word art

- Inserting word art
- Drawing art objects
- Find and replace
- **Inserting Tables** •

- Moving Text
 - Formatting the document
 - Headers and footers
 - Using Grammar and spell check
 - Using thesaurus
 - Using Tab
 - Newspaper style columns
 - Printing & document
 - Inserting clipart
 - Bullets and numbering
 - Mail merge

First Year B.Sc. (Home) I-Semester COMPUTER BASIC Course Code: UH01EHSC02

Credit:01

Practical Pd/Wk: 02

Marks: 50

Practicals:

- 1. Make a list of the storage devices that are used to store the data, used in your computer lab and also write the configuration of your computer Ram, Hard-disk, etc.
- 2. Practical on use of basic window Accessories (2 exercise)
- 3. Create a new document & type a (Letter/Paragraph/ Article).
- 4. By using different icons change document as per instructions.
- 5. Search, Collect & Save the given topic on different search engine and create your account on Gmail & send mail to your friend.

First Year B.Sc. (Home) I-Semester NATIONAL SERVICE SCHEME Course Code: UH01EHSC03

	Theory	
Credit : 01	Pd/Wk: 02	Marks: 50
Unit -I: Intro	oduction and Basic Concepts of NSS	10%
a)	History, philosophy, aims & objectives of NSS	
b)	Emblem, flag, motto, song, badge etc.	
c)	Organizational structure, roles and responsibilities of various NSS	
d)	functionaries	
Unit -II: NSS	Programmes and Activities	30%
a)	Concept of regular activities, special camping, Day Camps	
b)	Basis of adoption of village/slums, Methodology of conducting	
	Survey	
c)	Financial pattern of the scheme	
d)	Other youth prog./schemes of GOI	
e)	Coordination with different agencies	
f)	Maintenance of the Diary	
Unit -III: Un	derstanding Youth	10%
a)	Definition, profile of youth, categories of youth	
b)	Issues, challenges and opportunities for youth	
c)	Youth as an agent of social change	
Unit -IV: Co	mmunity Mobilisation	30%
a)	Mapping of community stakeholders	
b)	Designing the message in the context of the problem and the culture of the community	e
c)	Identifying methods of mobilisation	
	Youth-adult partnership	
Unit -V: Volu	unteerism and Shramdan	20%
a)	Indian Tradition of volunteerism	
b)	Needs & importance of volunteerism	
c)	Motivation and Constraints of Volunteerism	

d) Shramdan as a part of volunteerism

First Year B.Sc. (Home) II-Semester ENGLISH Course Code: UH02FENG21

Theory Pd/Wk: 02

Marks: 50

Objectives:

Credit:02

- 1. To develop advanced reading and writing skills among learners.
- 2. To enhance core vocabulary to be conversant in English

Note:- Three Short stories selected from prescribed collection
Name of the Text: Ten Short Stories
Edited by Jatin Mohanty. Universities Press
(Story No. 1. What Men Live By, 3. A Cup of Tea, 7. The Bet)

Theory	Content	Weightage
Unit :I	Questions based on short stories to be asked.	30%
Unit :II	(A) Short notes based on short stories. (Any One)(B) Report Writing	10% 10%
Unit :III	Grammar and Vocabulary a) Jumbled Up Sentences b) Prefix and Suffix c) Confused Words (Match A with B)	30%
Unit :IV	Letter Writing: Formal and Informal letters to be asked (any one)	20%
1.7	the end of this course learners will be able to: To write formal Write –ups like reports etc. To use essential words in English to communicate	

- 1. Essentials of Business Communication Rajendra Pal and JS Korlahalli (Sultan Chand & Sons)
- 2. Modern Commercial Communication BS Shah Publication, Ahmedabad
- 3. Cambridge International Dictionary of Phrasal Verbs CambridgeUniversity Press
- 4. Developing Communication Skills Krishna Mohan & MeeraBenerji (Macmillan)
- 5. Business Communication US Rai & SM Rai (Himalaya Publishing House, Mumbai)

First Year B.Sc. (Home) II-Semester **EFFECTIVE SPEAKING AND WRITING Course Code: UH02FESW22**

Theory Pd/Wk: 02

Marks: 50

Objectives:-

Credit : 02

The syllabus tends to make the students aware about

- 1. The importance of speaking and writing skills
- 2. Overcome self-consciousness and physical tension when speaking.
- 3. Understand the communication process as it pertains to public speaking.
- 4. Develop good listening habits in a wide variety of speech situations.

Theory

Theory	Content	Weightage
Unit-I	Basics of Effective Speaking	10%
	Need Based	
	 a) Commonness and Uniqueness among Audience Focused and Target Oriented 	
	b) Interest and Level of Audience Selection of Topic	
	c) As per the Demand of the Situation Content Briefing	
	d) A Sense of Timing	
	e) A Systematic Approach	
	f) Planning	
	g) Beginning	
	h) Middle	
	i) End	
	Logical and Constructive Evaluation	
	a) Evaluating Impact of One's Speaking	
	b) Review of Results	
	c) Future Scope	
Unit-II	Essentials of Good Writing	10%
	a) Effective and Direct Words	
	b) Comprehensive Language	
	c) Importance of Bullets, Highlighters, Subheading and Punctuations	
	d) Scientific Writing and its Application	
	e) Outlining	

- f) Drafting
- g) Editing

Unit-III	Ways	and Approaches of Addressing Public	10%
	a)	Up-beat Body Language	
	b)	Preparing & Crafting a Speech	
	c)	Citation of day-to-day Examples	
	d)	Analyzing Impact and Influence of Speech on Audience	
	e)	Taking Appropriate Pauses	
	f)	Verbal and Visual Support	
Unit-IV	Types	of Speeches	10%
		Informative	
	,	Persuasive	
		Entertaining	
		ance of Ice-Breakers	
	a)	At Formal and Informal Gathering	
	b)	Effective during Team Building Event	
Unit-V	Qualit	ies of a Presenter or a Communicator	30%
	a)	Personal Appearance	
	b)	Vocal Delivery	
	c)	Body Language	
	d)	Gestures and Facial Expressions	
	e)	Awareness about Latest Multimedia Tools and its Applications	
	f)	Clarity of Pronunciations	
	g)	Acknowledgement of the Subject	
	h)	Etiquettes and Mannerism	
OUTCOM	AE:		

- 1. The students shall be able to understand the importance of Speaking and writing effectively in every walk of life.
- 2. At the end of the course, the students shall become more confident in presenting their views and opinions in front of public.
- 3. It also shall enhance the personality of the student.

REFERENCES:

- The Small Book of Big Presentation Skills: R.K.Bali, A.Dwivedi and Rajeev K.Bali Publisher: Lexden Publishing
- 2. Effective Communication and Public Speaking: S.K.Mandal Publisher: Jaico Publishing House
- 3. Corridors to Communication: Ranu Vanikar Publisher: Orient Longman

First Year B.Sc. (Home) II-Semester CHEMISTRY Course Code: UHO2CCHE23

Theory Pd/Wk: 02

Marks: 50

Objectives:

- 1. To provide basic knowledge related to organic chemistry including petroleum products.
- 2. To acquaint students with the application of basic knowledge of chemical ingredient and various organic products.

Theory Content

Unit-I

a) Introduction to organic chemistry

- a) Introduction
- b) sources
- c) importance
- d) petroleum

b) **Organic compounds**

- a) Hydrocarbons
- b) Functional Groups
- c) IUPAC nomenclature
- d) Examples of aliphatic and aromatic compounds
- e) Isomerism
- f) Homologues series
- g) Properties of alkane, alkene, alkyne.

Unit-II

20%

a) Structures, Properties And Uses Of Organic Compound

- a) Citric Acid
- b) Tartaric Acid
- c) Phenol
- d) Acetone
- e) Ethyl Alcohol,
- f) Glycerin,
- g) Glucose
- h) Formaldehyde,
- i) Carbon Tetra Chloride,
- j) Naphthalene,
- k) Paracetamol
- 1) Aspirine

Credit:02

Weightage

20%

b) Fuels

- a) Classification
- b) Characteristics
- c) Important properties
- d) Units
- e) Types of fuels

Unit-III

a) Soap and Detergent

- a) Soap
- b) Preparation
- c) Cleansing action
- d) Advantages and limitations,
- e) Detergent
- f) Classification
- g) Bio soft and bio hard
- h) Advantages and limitations
- i) Difference between Soap and Detergent
- j) Ingredients
- k) Preparation of dish washing powder
- 1) Liquid soap,
- m) Phenyl
- n) Detergent

b) Pesticides

- a) Definition and explanation
- b) Classification
- c) Some important Pesticides (DDT, BHC)

Unit-IV

a) Polymer

- a) Definition and explanation
- b) Classification
- c) General Properties
- d) Structures, properties and uses of following Polymers
 - (1) Polythene
 - (2) Polystyrene
 - (3) Polypropylene
 - (4) Polyvinylchloride
 - (5) Teflon
 - (6) Nylon
 - (7) Polyester
 - (8) Bakelite
 - (9) Melamine
 - (10) UFR.

b) Dyes and drug

- a) Definition and explanation
- b) Classification with example.

20%

20%

Unit-V

a) **The molecule of life**

- a) Carbohydrates
- b) Lipids
- c) Proteins
- d) Enzymes
- e) Nucleic acids
- f) Vitamin
- g) Hormones.
- b) Water
 - a) Sources
 - b) Types of impurities
 - c) Effect of impurities
 - d) Hardness
 - e) Types of hardness
 - f) Units of hardness
 - g) Water treatment for domestic purpose.

Out come

- **1.** Students completing this course will be able to give answer about uses of organic chemistry in various branches of home science.
- **2.** Students will be able to make a chemical structures, properties of some important organic chemicals . student also gain knowledge about dyes, drugs, fibers ,polymers and various house hold organic chemicals.
- **3.** Students will also be able to know molecule required for life and about water.

Reference:

- (1) Chemistry for F. Y. B. Sc. Home Science
- (2) Fundamental Chemistry by P. L. Soni
- (3) Organic Chemistry by B.S. Bhal
- (4) Chemistry –Std- XI (Gujarat State boards of School text book)
- (5) Chemistry Std-XII (Gujarat State boards of School text book)
- (6) Chemistry for XI & XII by R.D. Madan & B.S. Bisht
- (7) A text book of Applied Chemistry for Home Science and allied Science by thankamma Jacob.
- (8) Understanding Chemistry by CNR Rao
- (9) Synthetic Organic Chemistry by Gurdeep R. Chatwal.
- (10) Chemical technology in Gujarati by Yogi Prakashan.

First Year B.Sc. (Home) II-Semester CHEMISTRY Course Code: UHO2CCHE24

Practical Pd/Wk: 02

Marks: 50

Practical :

Credit:01

- (1) Identification of Functional group from mono substituted Organic Compounds.
- (2) Redox titration : $KMnO_4 \rightarrow FeSO_4$, $7H_2O$ $KMnO_4 \rightarrow Oxalic acid$ $K_2Cr_2O_7 \rightarrow FeSO_4$, $7H_2O$

First Year B.Sc. (Home) II-Semester **BIOLOGY Course Code: UH02CBIO25**

Theory Pd/Wk: 02

Marks: 50

25%

25%

25%

Credit : 02

Objectives:

- 1. To aquatint the students with the practices of gardening
- 2. Training the students to learn the garden operations and take care of indoor/outdoor paints and make use of cut flowers.
- 3. To make them understand the significance of growing vegetable sin the home garden.

Weight age	Content
250/	

Unit-I

Theory

- 1. Horticulture
 - a) Introduction,
 - b) Significance and scope
 - c) Different branches
- 2. Landscaping
 - a) Design and lay-out of a garden (essential and decorative features)
- 3. Vegetables
 - a) Kitchen garden, Planning and vegetable culture
- Making of a lawn and its maintenance 4.

Unit-II

- 1. Summer, winter and rainy season common annuals, Herbs shrubs, creepers, trees, Edge Plants and hedge plants
- 2. Propagation methods
- 3. Rose cultivation and maintenance
- 4. Cacti and bulbous plants

Unit-III

- 1. Pot culture and Indoor gardening selection and placement of indoor plants first aid,
- 2. Grooming and general care of house plants.
- 3. Cut flowers varieties, care and handling

Unit -IV

- 1. Garden operations and Nursery management
 - a) Staking, Budding, Disbudding,
 - b) Types of soil enrichment, Organic and Inorganic Manures Compost making.
- 2. Common pest and diseases of plants.

Outcome:

- 1) At the end of the course students would learn the fundamentals of Horticulture and landscaping.
- 2) They learn about creation and maintains of Home garden.
- 3) Knowledge of Horticulture might enable the students to establish a nursery and generate Income.

First Year B.Sc. (Home) II-Semester BIOLOGY Course Code: UH02CBIO26

Practical Pd/Wk: 02

Credit : 02

Marks: 50

Practicals:

Practicals will be conducted related to theory course and the records will be maintained by each candidate in a special record book / journal

Contents of the practicals:

- 1. Garden tools
- 2. types of pot filling and repotting
- 3. methods of plant propagation division, cutting layering graft age
- 4. study of flowering annuals shrubs creepers and trees
- 5. ornamental plants foliage
- 6. Cacti and bulbous plants
- 7. preparing seed bed and transplanting seeding and growing vegetables
- 8. preparing a plan of home garden
- 9. use of cut flowers
- 10. learning garden operation and study of pests & diseases
- 11. Organic and inorganic fertilize and compost making

Reference Books

- 1. Gopalswamiengar (1970) : 'Complete Gardening in India : G. Kasturi Rangan, 177, 5th Rd. CHAMARJPET, Banglore-18
- 2. Grindal E. W. 1968 : Everyday Gardening in India : D.B. Taraporevala Sons & Co. Dr. Dadabhai Naorojo Road Fort Bombay – 1
- 3. Trivedi P.P 1983 : Home Gardening ; Indian council of Agricultural Research New Delhi
- 4. Bose T.K.& Mukharjee D. 1977 Gardening in India Gulab Primalani oxford & IBH Publishing Co. 17 Park Street Calcutta 700016.
- 5. Manibhushan Rao K. 1991 : Text books of Horticul ture , Macmilan India Ltd. 2/10

Ansari Rd: Daryaganj New Delhi 110002.

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First Year B.Sc. (Home) II-Semester FAMILY DYNAMICS Course Code: UH02CHUD27

Theory Pd/Wk: 01

Marks: 25

Objectives:

Credit:01

- 1. To acquaint the students with the dynamics of contemporary marriage and it alternates.
- 2. To sensitization the students to dynamics of family systems in India.
- 3. To make the students aware of same pertinent contemporary issues that affect the quality of life of individual families and community.

Theory	Content	Weightage
Unit-I	1. Definition of family	10%
	2. Functions of family	
	3. Types of family with reference to India	
Unit-II	1. Family life cycle – stages and sub stages	15%
	2. Changing trends in India regarding family pattern –	
	structural, functional	
	3. Alternate family life styles	
	a) Female headed households	
	b) Single parent families	
	c) Working families	
	d) Families with adopted children	
	e) Voluntary childlessness	
	f) Live in relationship	
Unit-III	1. Marriage as an institution	10%
	a) Definition of marriage	
	b) Need of marriage	
	c) Types of marriage	
	d) Changes and challenges in marriage	
	2. Selection of a life partner	10%
	a) Factors influencing	
	b) Changing trends [sources]	
	c) Arranged and personal choices	10%
	3. Preparation for marriage	10%
	a) Social and emotional issues	
	b) Financial concerns	

- 4. Marital adjustments
 - a) Individual roles, rights and responsibilities within the family
 - b) Areas of adjustment within the family.
 - c) Ways of dealing with adjustment
 - d) Planned parenthood
 - e) Qualities for enhancement of marital adjustment

Unit-IV Significant contemporary issues and concerns:

35%

10%

- a) Families with marital disharmony and crisis, casual factor responsible for stress in family.
- b) Violence in the family, children, women and elderly.
- c) Interventions for families in trouble scope, needs and assessment 15%
- d) Counselling premarital and marital
- e) Help lines and welfare programs.

OUT COME:

- 1. It will help in mate selection, preparation of marriage, adjustment in marriage.
- 2. Students will learn about the dynamics of family system in india.
- 3. Students will come to know contemporary issues related to marriage and family.

REFERENCES:

- 1. Mussen, P. N Conger, J.J. Kagar, J & Huston, A C(1990) Child Development & Personality(7ed) N. Y Harper Collins.
- 2. Cole M & Cole. S (1993) : The development of children. New York: Scientific American Books.
- 3. Hurlock "development and psychology"
- 4. Pappalia "human development"
- 5. Berk L.E. "child development" new delhi
- 6. Craig G. "human development" N.J. Prentice Hall

First Year B.Sc. (Home) II-Semester INTRODUCTION TO TEXTILES Course Code: UHO2CTCL28

Theory Pd/Wk: 02

Marks: 50

Objectives:

Credit:02

- 1. To impart knowledge of various fibers, yarns and fabrics used in textiles.
- 2. To gain knowledge on various fabric construction techniques, its fabric count and relation to the weight of fabric.

Theory	Content	Weightage
Unit-I	Classification of Textile fibers	10%
Unit-II	Properties, use & care of the natural fibers	20%
	 Animal/ Protein fiber Plant/ Cellulosic fiber Natural Rubber Natural Mineral 	
Unit-III	Properties, use & care of the manufactured fibers	20%
	 Regenerated fiber Synthetic fiber Inorganic fiber 	
Unit-IV	Yarns	20%
	 Classification of yarns Types of yarns – Simple, Novelty , Textured, Threads 	
Unit-IV	Methods of Fabric construction	20%
	 Weaving-properties, uses and care Knitting- properties, uses and care Non-woven- properties, uses and care Other methods- laces braiding, tuffing etc. 	

4. Other methods- laces, braiding, tufting etc.

Unit-V Textile Finishes

- 1. Classification- temporary, durable, permanent
- 2. Importance

References:

- 1. Fiber Science And Technology, Nakamar A (1996), Oxford & IBH Pub. Bombay.
- 2. Fundamentals of Textiles and Their Care, (1996), Dantyagi Sushila
- 3. Modern Home Laundry Work, Hentry E, Byett J.D
- 4. Fabric Structure & Design;(2009) N. Gokaneshan; New Age International (P) Ltd. New Delhi;
- 5. Textile-Fibers to Fabrics, (1983) B.P.Corbman; M.C.grow Hill International Editions;
- 6. Textile technology to GCSE(1999), Dawn J., Oxford university press

First Year B.Sc. (Home) II-Semester INTRODUCTION TO TEXTILES Course Code: UHO2CTCL29

Practical Pd/Wk: 02

Marks: 50

Practical :

Credit : 02

- Fiber identification(microscopic appearance)

 a) cotton, jute, silk, wool, rayon, acetate, polyester, nylon
- 2. Calculate fabric count
 - a) poplin, muslin, buckram/canvas, kantaan, lizy bizy, art silk,
- 3. Study the weight per unit area
 - a) georgette, jean, poplin, flannel, jersey, marquisite/ net, velvet
- 4. Sample collection and fabric identification(any 05 each)
 - a) Woven fabrics
 - b) knitted fabrics
 - c) non-woven fabrics
- 5. Sample Collection of types of yarn
 - a) Simple yarn- single, ply, cord
 - b) Novelty yarn-loop, slub, ratine, metallic
 - c) Textured yarn

Second Year B.Sc. (Home) II-Semester BASICS OF DESIGN APPLICATION Course code: UHO2CFRM30

Theory Pd/Wk: 03

Marks: 100

Objectives:

Credit: 03

- 1. To guide students gain an understanding of basic art principles
- 2. To learn to appreciate art.
- 3. To develop skill in creating designs and making art objects
- 4. To develop an understanding to the application of principles of art and design in decoration.
- 5. To develop ability of using colors effectively.

Theory	Content	Weightage
Unit-I	Design Fundamentals	30%
	1. Objectives of Art & Interior Design.	
	2. Types of Design: Structural & Decorative.	
	3. Elements of Art: Space, Point, Line, Shape, Form, Texture, Light	& Color.
	4. Principles of Art – Rhythm, Balance, Proportion, Emphasis, Unity	1
Unit-II	Color And its application	35%
	1. Importance of color and its role in Art	
	2. Dimensions of color: hue, value and intensity	
	3. Classification of color: primary, secondary, intermediate, tertiary a quaternary colors.	and
	4. Color harmonies: Related and contrast	
	5. Effect of color	
Unit-III	Flower arrangement as an Art	15%
	1. Importance and types	
	2. Application of Principle of Art	

3. Equipments and accessories

Unit-IV

- 1. Lights and its use in interiors(Direct and indirect Light) 20%
- 2. Accessories in interior

OUTCOMES:

- 1. The students will be able to understand the basic concept of design and principle of art.
- 2. The students will be enlightened regarding color and its usage.
- 3. The course will help them to understand the art of flower arrangement.
- 4. The course is designed to prepare the students to recognize the significance of light and accessories as an art.

REFERENCES:

- 1. Anna Hong Rutt (1948) "Home Furnishing" Joh Wiley and Sons, New Yourk.
- 2. Bhatt Pranav and Goenka Shantika, (1990) "Foundation of Art and Design: The lakperw book depot Bombay.
- 3. Crag Hazel and Rush Day (1952) "Homes with Character" Bosten D. C. Health and Co.
- 4. Varghesem N.N.Ogale K. Srinivasan (1996) "Home Management" New Age International Ltd.
- 5. "Home Management" (1993) Arya publishing House, New Delhi.
- 6. Han Hall, "The Creative book of Flower Arranging" Salmander Books Ltd., London.
- "Creative Ideas with color from creating a h\Home Series" (1997), Ward lock, UK.

Second Year B.Sc. (Home) II-Semester BASICS OF DESIGN APPLICATION Course code: UHO2CFRM31

Credit: 01

Practical Pd/Wk: 02

Marks: 50

Practical: Maintaining a scrap book on

- 1. Color wheel
- 2. Classes of color
- 3. Properties of color
- 4. Color harmonies
- 5. Types of printing
- 6. Flower arrangements
- 7. Rangoli
- 8. Greeting cards
- 9. Preparation of one accessory

First Year B.Sc. (Home) II-Semester NUTRITION FOR FAMILY Course Code: UH02CFDN32

Theory Pd/Wk: 02

Marks: 50

Credit: 02

Objectives:-

To Enable Students-

- 1. To learn the principles of meal planning.
- 2. To be able to plan and prepare a balanced meal for different age groups and special group.
- 3. Plan meal for different income and activity groups.

Theory	Content	Weightage
Unit-I	Meaning, Objectives, Factors affecting meal planning, basic meal of the day, basic meal pattern and its modification to suit different levels, use of food groups in meal planning. MEAL PLANNING DURING VARIOUS PHASES OF LIFE.	15%
Unit-II	1. Adolescent age	10%
	2. Adulthood	15%
Unit-III	1. Pregnancy-reasons for increased requirements.	10%
	2. Lactation- reasons for increased requirements.	10%
Unit-IV	1. Infancy and preschoolers	15%
	2. Importance-Breast Feeding, ARF, Weaning	
	3. School going children	10%
Unit-V	1. Athlete	05%
•	2. Geriatrics	10%

OUTCOMES:

The students will learn to plan meals with reference to age, gender, occupation, income and nutritional needs.

REFERENCE:

- Educational Planning group(1991) : "Food and Nutrition, Text book of home Science. For senior students." 3rd Edition, Arya publishing house, New Delhi.
- 2. Mudambi, S.R and Rajagopal M.V. Fundamentals of Nutrition, New Age International Ltd.

First Year B.Sc. (Home) II-Semester NUTRITION FOR FAMILY Course Code: UH02CFDN33

Credit: 01

Practical Pd/Wk: 02

Marks: 50

Objectives:

- 1. To familiarize the students with planning of balanced meals.
- 2. To sensitize the students to differences in dietary requirements and nutritional needs
- 3. through the different stages of lifespan
- 4. To equip the students with skills to plan balanced meals

*Record of one's own diet based on factors affecting balanced diet.

MEAL PLANNING THROUGH VARIOUS STAGES OF LIFE SPAN.

*Meal planning according to meal times viz. – breakfast, lunch, dinner and contribution of each meal to meal planning

Practical	Content	
1	Meal planning with the use of five food groups (balanced meal)	
2	Meal planning for Adolescent boy and girl-(Differences	
3	Meal planning for Adult Men	
4 5	Meal planning for Adult Women Meal planning for Pregnant women(different income)	
6	Meal planning for Lactating women (different income)	
7	Meal planning for infants (6-12 months)	
8	Meal planning for pre-school child	
9	Meal planning for school age children (including packed lunch)	
10	Meal planning for Geriatric age.	

First Year B.Sc. (Home) II-Semester PERSONAL EMPOWERMENT Course Code: UHO2CHUD12

Theory Pd /WK: 2+0

Marks: 100

Objectives:

Credit: T2 +P0

i) To make the students aware of their own potential.

ii) To empower the students for self improvement and self enhancement

Uı I	nit		Content	Weightage
1	1.		lenge – understanding oneself and being aware of one's s and weaknesses.	10%
	2.	Personality development		20%
		i)	Concept of positive self and negative self.	, .
		ii)	Impact of personality.	
		iii)	Coping strategies	
		iv)	Factors influencing personality development	
II		Peer pres	sure	
	a)			20%
		i)	Issues and management	
		ii)	Group conformity	
		iii)	Individualism as co existing aspects	
		iv)	Changing relationships [hetero sexual]	
		v)	Conflicts and stress	
		vi)	Simple coping strategies	
	b)	•	nent and readjustment to changing needs and condition of con	
		societ	•	15%
		i)	Adjustment to technological changes	
		ii)	Adjustment to social changes	
		iii)	Changes in values	
		iv)	Development of identity	
III		Some si	gnificant contemporary issues of concern	
	a)	Gende	r issues	10%
		i)	Inequities and discriminations	
		ii)	Biases and stereo types	
		iii)	Myths and facts	
	b)		ance abuse	10%
		i)	Causes	
		ii)	Types	
		iii)	Remedial measures	

10%
5%

References:

- Mussen, P. N Conger, J.J. Kagar, J & Huston, A C(1990) Child Development & Personality(7ed) N. Y Harper Collins.
- Cole M & Cole. S (1993) : The development of children. New York: Scientific American Books.
- Hurlock "development and psychology"
- Pappalia "human development"
- Berk L.E. "child development" new delhi
- Craig G. "human development" N.J. Prentice Hall
- Cole M. and Cole S. "The development of Children"

First Year B.Sc. (Home) II-Semester COMPUTER APPLICATION Course Code: UH02EHSC01

Credit: 01

Theory Pd/Wk: 02

Marks: 50

Objectives:

- 1. To develop skills in using tools of word processor, to manage data base, to make graphs, to analyze reports using spread sheet.
- 2. To make the students aware about various services offered by the internet.
- 3. To give knowledge about troubleshooting tips for software.

Theory

Content

Unit –I MS-Powerpoint

- a) Starting powerpoint
- b) Creating a presentation
- c) Saving the presentation
- d) Naming presentations
- e) Opening a presentation
- f) Powerpoint views
- g) Creating and Editing slides
- h) Entering text in a placeholder

Unit –II (A) Charts and Drawing objects

- a) Inserting an organization chart
- c) Inserting a clipart picture

(B) Giving life to a presentation

- a) Adding Sound
- b) Animating text and objects
- c) Side transition
- d) Starting a slide show

- i) Adding new text boxes
- j) Working with text levels
- k) Selecting text
- 1) Editing text and formatting text
- m) Changing the layout of a slide
- n) Displaying the ruler
- o) Applying a new design
- p) Changing the slide background

20%

- b) Drawing objects
- e) Saving a presentation to always open as a slide show
- f) Setting timing for a slide show
- g) Printing presentation items

Weightage 20 %

Unit –III (A) MS-Excel

- a) Advantages of spreadsheets (Excel)
- b) Starting Excel
- c) Workbook, Worksheets and cells
- d) Saving a workbook
- e) Entering information (Date in worksheet)
- f) Types of Data

(B) Editing and formatting data in worksheet

- a) Selecting a range
- b) Editing cell contents
- c) Undo/Redo command
- d) Deleting data
- e) Copying data
- f) Moving data
- g) Inserting rows and columns
- h) Deleting Row/Columns

Unit –IV Formulas in Excel

- a) Formula in Text
- b) Formula in Numeric
- c) Auto sum feature
- d) Auto calculate

Unit –V Creating charts in excel

- a) Chart types of MS-Excel
- b) Components of chart
- c) Creating a chart in MS-Excel

- i) Inserting / Deleting cells
- j) Changing row height
- k) Changing columns width
- 1) Formatting data
- m) Formatting data
- n) Formatting text
- o) Adding comments
- p) Using auto fill
- q) Creating custom lists
- e) Cell referencing in worksheet
- f) Using simple statistical functions
- g) What-if analysis
- h) Data tables
- d) Editing a chart
- e) Printing worksheets

20 %

20 %

First Year B.Sc. (Home) II-Semester NATIONAL SERVICE SCHEME Course Code: UH02EHSC03

	Theory	
Credit: 01	Pd/Wk: 02	Marks: 50
-	ortance and Role of Youth Leadership	15%
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,	Qualities of good leaders; traits of leadership	
c)	Importance and role of youth leadership	
Unit -II: Life	Competencies	35%
a)	Definition and importance of life competencies	
b)	Communication	
c)	Inter Personal	
d)	Problem-solving and decision-making	
Unit -III: Soc	cial Harmony and National Integration	25%
a)	Indian history and culture	
b)	Role of youth in peace-building and conflict resolution	
c)	Role of youth in Nation building	
Unit -IV: Yo	uth Development Programmes in India	25%
a)	National Youth Policy	
b)	Youth development programmes at the National Level, State Levand voluntary sector	vel
c)	Youth-focused and Youth-led organisations	