

SAURASHTRA UNIVERSITY

FACULTY OF HOME SCIENCE

Syllabus For

B.A. HOME SCIENCE (GENERAL)

C.B.C.S (Three Year) Programme

Effective From June – 2019 – 2020

Saurashtra University
University Campus, Rajkot – 360 005
Gujarat , India

Website : www.saurashtrauniversity.edu

Preamble

Home Science has contributed a great deal towards national development by training students to take up leadership roles in extension and community outreach programs. The students are encouraged to develop a scientific temper. Familiarizing them with the use of newer technologies, method in family and community linkages, and sustainable use of resources for human development are the hall mark of education in Home Science. As a discipline Home Science integrates the ingredients of the sciences, social sciences and technology to facilitate the study of and enhance the quality of human life. Its approach is therefore inherently interdisciplinary. Traditionally, Home Sciences has adopted an ecological approach in its curriculum that engages the student through teaching, research and extension. The education process in Home Science underscores the importance of the individual's dynamic relationship with his/her family, community and society as a whole, as well as with the resources in the environment. Higher education learning in Home Sciences subjects provides students the opportunity to sharpen their capacities with a sense of social responsibility.

In contemporary times, Home Scientists promote capacity building of individuals and communities for social and economic empowerment. They train community women and youth from various strata of society for entrepreneurship. Many Home Scientists have done exceptionally well as entrepreneurs themselves. They do not remain job seekers but have also become job creators. They gain and provide employment in research organization, food and textile industries, dietetic practice, education and child development domains, accreditation of green buildings, strategic planning and communication technology. Keeping in view the growing aspirations of today's youth and the capacity of Home Science discipline to deliver, the present 3-year Choice Based Credit System curriculum has been drawn up.

Years of national and international experiences in the field has contributed to the wisdom that all the five windows of opportunity that Home Science offers be opened for i.e. Food and Nutrition, Human Development and childhood Studies, Resource Management and Design Application, Development Communication and Extension and Fabric and Apparel Sciences, In this course, the students will learn the fundamental principles and foundations of all the five areas. They are expected to internalize the principles of a Home Scientists, that is, to give back to the community from which they draw, for sustainable development. This is a major contribution of Home Science in both development and developing societies.

The University Grants Commission's model curriculum of Home Science in both developed and developing societies.

The objectives of the B.A. Home Science General course are:

- To understand and appreciate the role of interdisciplinary sciences in the developing and well-being of individuals, families and communities
- To learn about the sciences and technologies that enhance quality the life of people
- To acquire professional and entrepreneurial skills for economic empowerment of the student in particular, and community in general
- To develop professional skills in food, nutrition, textiles, housing, product making, communication technologies and human development
- To take science from the laboratory to the people

Structure of Programme

* **B.A.** Programme consists in **SIX** semester

* There will be **Three** types of course.

1. Foundation Course	FC	08
2. Core Courses	CC	30
3. Elective Course	EC	08
	TOTAL	46

* For each semester the hours per week and credit will be assigned as under:

Semester	Courses	Credits	Hours
I	08	30	36
II	08	30	36
III	08	30	36
IV	08	30	36
V	07	29	37
VI	07	29	37
TOTAL	46	178	218

* The entire programme will contain 46 courses, 178 credits and 218 hours classroom work per week.

* There will be **two** types of courses for Home Science.

1. Core Course	CC	30
2. Elective Course	EC	08
	TOTAL	38

Details of course offering under graduate

(B.A. HOME SCIENCE)

SR. NO.	COURSE	PAPER	THEORY + PRACTICAL	CREDIT	HOURS
1	Foundation Course (FC)	08	24 + 0	24	24
2	Core Course (CC)	30	90 + 40	130	170
3	Elective Course (EC)	08	24	24	24
	TOTAL	46	178	178	218

HOME SCIENCE

SR. NO.	COURSE	PAPER	THEORY + PRACTICAL	CREDIT	HOURS
1	Core Course (CC)	30	90 + 40	130	170
2	Elective Course (EC)	08	24	24	24
	TOTAL	38	154	154	194

CHOICE BASED CREDIT SYSTEM (CBCS) IN

B.A. HOME SCIENCE – GENERAL

SEMESTER	FC	CC	EC
I	FCE/H – I FCS – I	CC – 1 CC – 2 CC – 3 CC – 4	0EC – 1 EC – 2
II	FCE/H – II FCS – II	CC – 5 CC – 6 CC – 7 CC – 8	EC – 3 EC – 4
III	FCE/H – III	CC – 9 CC – 10 CC – 11 CC – 12 CC – 13	EC – 5 EC – 6
IV	FCE/H – IV	CC – 14 CC – 15 CC – 16 CC – 17 CC – 18	EC – 7 EC – 8
V	FCE/H – V	CC – 19 CC – 20 CC – 21 CC – 22 CC – 23 CC – 24	
VI	FCE/H – VI	CC – 25 CC – 26 CC – 27 CC – 28 CC – 29 CC – 30	

B.A Home Science – General

Semester	Course	Paper	Credit T + P = Total	Hours
I	F.C.	2	06 + 00 = 06	06
	CC	4	12 + 06 = 18	24
	E.C.	2	06	6
			30	36
II	F.C.	2	06 + 00 = 06	06
	CC	4	12 + 06 = 18	24
	E.C.	2	06	6
			30	36
III	F.C.	1	03 + 0 = 03	03
	CC	5	15 + 6 = 21	27
	E.C.	2	06	6
			30	36
IV	F.C.	1	03 + 0 = 03	03
	CC	5	15 + 6 = 21	27
	E.C.	2	06	6
			30	36
V	F.C.	1	3 + 0 = 3	03
	CC	6	18 + 8 = 26	34
			29	37
VI	F.C.	1	3 + 0 = 3	03
	CC	6	18 + 8 = 26	34
			29	37
TOTAL COURSE IN HOME SCIENCE		Course	Credit	Hours
		CC - 30	90+40=130	170
		EC - 08	24	24
		38	154	194

Structure of Examination & Marking System

Total Marks / Paper = 100

- * Marks assigned and its division into (1) External Exam= 70 Marks
(2) Internal Exam= 30 Marks
(3) Practical Exam= 20Marks

- * In the paper with practical work, the external marks divided

- External Marks	:	Theory Exam	:	50
		Practical Exam	:	20
- Internal	:		:	30

- * Marking scheme for External Examination = 70 Marks : 50 Marks

Sr No	Type of Question	Que.No		Marks	
		The.	Prac.	Theory Sub	Prac.Sub
1	Long Questions	04	03	4x15=60	3x5=45
2	Short Note	01	01	1x10=10	1x5=05
(Each with internal option)		Time:		2:30 hours	2:00 hours

- * Marking scheme for Internal Exam = 30 Marks

(i) Assignment Test - I	:	10 Marks
(ii) Assignment Test - II	:	10 Marks
(iii) Presentation	:	10 Marks

- * Marking scheme for Practical Exam = 20 Marks

(i) Journal Work	:	05 Marks
(ii) Practical	:	10 Marks
(iii) Viva	:	05 Marks

Duration of Practical Exam : 2:30 hours

Duration of Theory Exam : 70 Marks: 2:30 hours

: 50 Marks: 2 hours

SEMESTER	NO.	SUB-NAME	CODE
I	CC - 1	NUTRITION AND FOOD SCIENCE – I	1901290201010100
	CC - 2	CHILD DEVELOPMENT	1901290201010200
	CC - 3	RESOURCE MANAGEMENT – I	1901290201010300
	CC - 4	FAMILY AND COMMUNITY SCIENCE EDUCATION – I	1901290201010400
II	CC - 5	NUTRITION AND FOOD SCIENCE – II	1901290201020500
	CC - 6	CHILD DEVELOPMENT	1901290201020600
	CC - 7	RESOURCE MANAGEMENT – II	1901290201020700
	CC - 8	HEALTH & BEAUTY	1901290201020800
III	CC - 9	MEAL MANAGEMENT	1901290201030900
	CC - 10	CLOTHING AND TEXTILE – I	1901290201031000
	CC - 11	FOUNDATION OF ART & CRAFT	1901290201031100
	CC - 12	FAMILY AND COMMUNITY SCIENCE EDUCATION	1901290201031200
	CC - 13	HEALTH & NURSING	1901290201031300
IV	CC - 14	FOOD PRESERVATION AND PACKAGING	1901290201041400
	CC - 15	APPAREL MAKING	1901290201041500
	CC - 16	DECORATIVE ARTS & CRAFT	1901290201041600
	CC - 17	HOME SCIENCE EDUCATION AND EXTENSION	1901290201041700
	CC - 18	FAMILY HEALTH MANAGEMENT	1901290201041800
V	CC - 19	DIET THERAPY	1901290201051900
	CC - 20	FASHION STUDY	1901290201052000
	CC - 21	FAMILY HOUSING	1901290201052100
	CC - 22	EVENT MANAGEMENT	1901290201052200
	CC - 23	HEALTHY MARRIED LIFE	1901290201052300
	CC - 24	TRAVEL TOURISM MANAGEMENT	1901290201052400
VI	CC - 25	CHILD NUTRITION	1901290201062500
	CC - 26	FASHION DESIGNING	1901290201062600
	CC - 27	INTERIOR DESIGN	1901290201062700
	CC - 28	DISASTER MANAGEMENT	1901290201062800
	CC - 29	HEALTHY FAMILY AND FAMILY PLANNING	1901290201062900
	CC - 30	HOTEL MANAGEMENT	1901290201063000

SEMESTER	NO.	ELECTIVE COURSE	CODE
SEM – I	EC – 1	INDIAN & INTERNATIONAL FOOD	1901290301010100
	EC – 2	PERSONALITY DEVELOPMENT	1901290401010100
SEM – II	EC – 3	HOUSE HOLD EQUIPMENTS	1901290301020100
	EC – 4	CONSUMER EDUCATION	1901290401020100
SEM – III	EC – 5	WOMEN ENTEPRENEERSHIP	1901290301030100
	EC – 6	GARMENTS SEWING TECHNICS	1901290401030100
SEM – IV	EC – 7	BAKERY & CONFENTIONERY	1901290301040100
	EC – 8	HUMAN PHYSIOLOGY	1901290401040100

❖ ABBREVIATIONS :-

FC	Foundation Course
CC	Core Course
EC	Elective Course
C	Credit
IM	Internal Marks
PM	Practical Marks
EM	External Marks
TM	Total Marks

**DETAIL OF SEMESTERWISE COURSE
B.A. HOME SCIENCE GENERAL SEMESTER – 1**

SR NO	COURSE	SUBJECT	T + P	CREADITS	I.M	P.M	E.M	T.M	HOURS							
1	FC – 1	ENGLISH – I	3 + 0	3	30	0	70	100	3							
		OR														
		HINDI – I	3 + 0		30	0	70	100								
2	FC – 2	SANSKRIT – I	3 + 0	3	30	0	70	100	3							
3	CC – 1	NUTRITION AND FOOD SCIENCE – I	3 + 2	5	30	20	50	100	7							
4	CC – 2	INTRODUCTION TO CHILD DEVELOPMENT	3 + 2	5	30	20	50	100	7							
5	CC – 3	RESOURCE MANAGEMENT – I	3 + 2	5	30	20	50	100	7							
6	CC – 4	INTRODUCTION TO HOME SCIENCE EDUCATION	3 + 0	3	30	0	70	100	3							
7	ELE – 1 ANY ONE	INDIAN & INTERNATIONAL FOOD	3 + 0	3	30	0	70	100	3							
		OR														
		PSYCHOLOGY								3 + 0	3	30	0	70	100	3
		OR														
		ECONOMICS	3 + 0	3	30	0	70	100	3							
8	ELE – 2 ANY ONE	PERSONALITY DEVELOPMENT	3 + 0	3	30	0	70	100	3							
		OR														
		PSYCHOLOGY								3 + 0	3	30	0	70	100	3
		OR														
		ECONOMICS	3 + 0	3	30	0	70	100	3							
			TOTAL	30	240	60	500	800	36							

B.A. HOME SCIENCE SEMESTER – 2

SR NO	COURSE	SUBJECT	T + P	CREDITS	I.M	P.M	E.M	T.M	HOURS	
1	FC – 3	ENGLISH – II	3 + 0	3	30	0	70	100	3	
		OR			30	0	70	100		
		HINDI – II	3 + 0							
2	FC – 4	SANSKRIT – II	3 + 0	3	30	0	70	100	3	
3	CC – 5	NUTRITION AND FOOD SCIENCE – II	3 + 2	5	30	20	50	100	7	
4	CC – 6	CHILD DEVELOPMENT	3 + 2	5	30	20	50	100	7	
5	CC – 7	RESOURCE MANAGEMENT – II	3 + 2	5	30	20	50	100	7	
6	CC – 8	HEALTH & BEAUTY	3 + 0	3	30	0	70	100	3	
7	ELE – 3 ANY ONE	HOUSE HOLD EQUIPMENTS	3 + 0	3	30	0	70	100	3	
		OR								
		PSYCHOLOGY			30	0	70	100		
		OR								
		ECONOMICS			30	0	70	100		
8	ELE – 4 ANY ONE	CONSUMER EDUCATION	3 + 0	3	30	0	70	100	3	
		OR								
		PSYCHOLOGY			30	0	70	100		
		OR								
		ECONOMIC			30	0	70	100		
			TOTAL	30	240	60	500	800	36	

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC-1 NUTRITION AND FOOD SCIENCE – I
Course (Paper) Unique Code: 1901290201010100
External exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Core	5	30	50	20	100

Objectives:-

This course will enable the student to....

- Understand the function and rule of food groups, balanced various diet, nutritional contribution of food.
- To develop an ability to improve the nutritional quality of food.
- To develop an ability to cure deficiency diseases through food and to maintain the health of family and nation.

Theory:-

Unit-I: Meaning, Definition and Importance of food and nutrition.

Unit-II: Classification and nutritional contribution of food stuffs.

- Cereals and Pulses.
- Milk and Milk products.
- Vegetables and Fruits.
- Sugar and Jaggery.
- Nuts and Oil seeds.
- Fats and Oil.
- Eggs, meat and fish.

Unit-III: Cooking Methods.

- Advantages of cooking.
- Methods of cooking.
- Their effects on nutrients.
 - Boiling
 - Steaming
 - Roasting

- Frying
- Baking
- Solar Cooking

Unit- IV: Health Foods

- Prebiotic foods
- Probiotic foods
- Functional foods
- Unconventional foods
- Nutraceutical foods

Unit-V: Calorie

- Definition and meaning of calorie
- Factors affecting on calorie requirements
- Determination of calorie value of food (direct and indirect method)
- Effects of low and excess calorie on body

Practicals:-

- 1) To prepare any one health food or drink
- 2) To prepare low calorie dish
- 3) To prepare high calorie dish

References:-

- 1) **Fundamentals of food and nutrition** - Nilam Budhhadev, Pravin Pustak Bhandar-Rajkot -2004.
- 2) **Ahar avam poshan ke mul aadhar**-Shrimati B.K. Bakshi- agraval publication agra –2
- 3) **Posan aur Aahar Vigyan**- D.R.vimalesh kumara Discovery Publishing House –New delhi-2006.
- 4) **Essentials of food and nutrition** Swaminathan M.S. VI-1985.
- 5) **Food and Health**, M.L. Nara Saiah, Discover Publishing House, New delhi-2004.
- 6) **“Bhojan dvara chikitsa”** Dr. Rajiv Sharma –Manoj Publication – 2009.

Website:-

1. <http://health-wikinet.com>
2. www.thesevenbasicfoodgroupsforpropernutrition.wikipedia.com
3. <http://medicaldictionary.thefreedictionary.com/overnutrition>
4. www.healthfood.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE

Course (Paper) Name & No.: CC-2 INTRODUCTION TO CHILD DEVELOPMENT

Course (Paper) Unique Code: 1901290201010200

External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Core	5	30	50	20	100

Objectives :-

1. To introduce the student to the field of child development.
2. To sensitize the student to understand the development in child, it's concepts, scope, objective and importance.
3. To sensitize the student to interventions in the field of child development.

Theory:-

Unit : I Introduction of Child Development:

- Meaning & Definition of Child Development
- Objectives of child study.
- Importance of Child Development.
- Scope of Child Development

Unit: II Growth and Development:

- Meaning & Definition of growth & development.
- Difference between growth & development.
- Principle of development.

Unit: III Areas of Development:

- Physical development
- Mental development
- Social development
- Emotional development
- Motor development

Unit: IV Stages of Development:

- Pregnancy
- Infancy
- Childhood
- Adolescent

Unit: V Effecting factors on Development:

- Pre- birth factors
- Post-birth factors.

Practicals:-

1. Visit to Balwadi & Observation of child behavior.
2. Prepare a storybook, song, album and scrapbook for children.
3. Prepare a indoor game for children.

Reference:-

1. **Baby & Child – Home Medical Care.** -Mitchell J. Einzig & Terril H. Hast Unicorn Books – Pustak Mahal Delhi.
2. **Health Care & Mental Hygiene of a child.** -Nira Gupta – ABD Publishers Jaipur.
3. **Keeping Kids Safe,**- Dr. Kenneth Shore.
4. **Metrukala avm Balvikas** -(Hindi), Dr. Nita Agrawal & Dr. Vida Nigam, Agrawal Publications, Agra-2.
5. **Metrukala avm Shishukalyan-** (Hindi), Mrs. Brindashih, Shayam Prakashan, Jaipur.
6. **Metrukala avm Shishukalyan-** (Hindi), Dr. G.P. Shaary, Vinod Pustak Mandir, Agra.
7. **Bacchoka Palan Poshan-** (Hindi), Shri Ajarab, Pupiles Publishing

Web:

1. www.books.google.com
2. www.khaj.indinindex
3. www.google.childdevelopment.in

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC-3 RESOURCE MANAGEMENT – I
Course (Paper) Unique Code: 1901290201010300
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Core	5	30	50	20	100

Objectives:

- To create an awareness among the students about home management in the family as well as the other systems.
- To recognize the importance of wise use of resources in order to achieve goals.

Theory:

Unit-I. Introduction to home management

- Definition of home management
- Importance of home management
- Process of home management
 - Planning
 - Controlling
 - Evaluation

Unit-II. Principles of home management

- To complete the basic requirement.
- Balancing income and expenditure.
- To complete household activities skillfully.

Unit-III. Fundamental Motives of home management

- Value
 - Definition of value
 - Importance of value
 - Types of value
- Goals
 - Definition of goals
 - Importance of goals
 - Types of goals

- Standard - Definition of Standard
- Importance of Standard
- Types of Standard

Unit-IV. Decision Making

- Definition of decision
- Importance of decision
- Types of decision
- Process of decision making

Unit-V. Methods of Work Simplification

Practicals:

- 1) Poster making
- 2) Flower arrangement
- 3) Sewing various types of curtains.

References:

1. **Management for modern families** Iroma H. Gross, Elizabeth Grandall marjoris M. -Knoll (1937):- prentice Hall, Mc, Englewood Cliffs, New Jersey(Unit: 1-8) paulena Nickell & Jean Muir Dorsery – 1967
2. **Management in family living** – 4th edition.
3. **Home management for Indian families** -Mohinder K. Mann – 1980 2nd edition.
4. **Introduction to home management** -Madhuben Thakkar – 1998 .
5. **Home Management**-Nira Bhatnagar – 1989
6. **Household management and household art** -Dr. G.P. Shairy – 2000
7. **Home management** -Dr. Smt. Kanti Pandey – 1984
8. **Home management.**-Dr. Asha Parik – 1988
9. **Home management.**-Dr. Smt. B.D. Harpalani – 2002

Websites:

- 1) books.google.com/books/home-managment.in
- 2) [wiki.answers.com>.....>](https://wiki.answers.com/>.....>)
- 3) www.google.resourcemanagment.in

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE

Course (Paper) Name & No.: CC-4 INTRODUCTION TO HOME SCIENCE EDUCATION

Course (Paper) Unique Code: 1901290201010400

External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Core	3	30	70	-	100

Objectives:-

- To enable the student to acquire the knowledge and skills required.
- For holistic understanding of the field of home Science Education.
- To enable the student to acquire the knowledge and competence to teach and practice home – science in relevant setting.

Theory:-

Unit: 1 Education

- Meaning of education,
- Definitions of education,
- Importance of Education.

Unit: 2 Home Science Education

- Meaning of home science education,
- Importance of home science education,
- Aims of Home-Science education.

Unit: 3 Principles of Home- Science education.

Unit: 4 Teaching Method of Home-Science Education.

- Different types of Teaching Method and it's advantages and Disadvantages.
 - Lecture method
 - Laboratory method
 - Discussion method
 - Demonstration method
 - Project method

- Assignment method
- Field trip method

Unit: 5 Teaching Aids of Home-Science Education

- Important of teaching aids.
- Types of teaching aids

Visual Aids

- Real objects
- Model
- Pictures
- Maps
- Charts
- Bulletin Board
- Flash Card
- Show Cash Display
- Black Board

Audio Aids

- Radio
- Gramophone
- Type Recorder

Audio Visual Aids

- Cinema
- Television
- Drama

Unit: 6 Qualities of Home Science Teacher.

- Moral Qualities
- Mental Qualities
- Personal Qualities
- Physical Qualities

Reference:-

- 1) **The meaning of Home Science Coimbatore** -Devadas R.P 1958
- 2) **Teaching home-Science** -Mujibal Hasan Siddiqui – 2007
- 3) **Home Science Educations**-Dr. G.P.Shairy- 2007 –
- 4) – **Home Science Educations** -Dr.S.P. Sukhiya – 1984
- 5) **Various aspects of home Science** -Smita Jain – 2007.
- 6) **Home- Science Education** -Anit Varma – 2007.
- 7) **Home- Science Education**-Dipti Desai- 1992

Web:-

1. Books.google.co.in\books
2. Books.google.com>House & Home>General
3. Socyberly.com>education.

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE-1 INDIAN AND INTERNATIONAL FOOD
Course (Paper) Unique Code: 1901290301010100
External exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Elective-1	3	30	70	0	100

Objectives:-

- To aware the student for the different foods of various states of India.
- To make the awareness among the importance of social and cultural life of the different states.
- To aware the students through different types of global recopies and Importance of food of global culture and social life.

Unit -1 Introduction and Importance of Indian Food.

- Food of Gujarat
- Food of Rajasthan
- Food of South India.
- Food of Bengal.
- Food of Punjab.

Unit -2 Different types of International Food:-

- Chinese Food.
- Mexican Food.
- Thai Food.
- Italian Food.

Unit -3 Serving Methods of Different States of India.

Unit-4 Introduction and Importance of International Food.

Unit -5 Basic Table setting and Western Serving Methods.

References :-

1. **Madras vangi**- by madhu shala nayana shah, published by Ameer Publication, Ahmadabad.
2. **Vividh bharatitya vangi** –by smt bhavana maru, publishes by R Ambani and com, Rajkot.
3. **Mangamti Bangali vangi** –by Jayshree thakker, suman prakasion, Mumbai .
4. **Bharat ki pak parmpara.**
Vimal patli, Vakilsfetar and saymuns lit- Bombay
5. **AAvikar- tarla dalal, vakils fetar and symuns lit-** Mumbai.
6. **“Rasasudha”**
Smt. Sudhaben muni and smt. Vaibhavi muni gurjer Publication- ahmedabad.
7. **“Videshi vangi”**
By-bhavanban marur R.
Ahemdabad and com. Rajkot.
8. **“Param Aasuad”**
By – vina khandavala, vakils fetar and symuns lit , Mumbai .

WEB:-

- www.vegrecipesofindia.com
- www.tastyappetite.net
- www.indianfoodwikipedia.com
- www.simpleindianrecipes.com
- www.indianfoodforever.com
- www.indianfoodsite.com
- <https://indianfoodnetwork.in>
- <http://www.foodpanda.in>

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE - 2 PERSONALITY DEVELOPMENT
Course (Paper) Unique Code: 1901290401010100
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	I	Elective-2	3	30	70	00	100

Objectives:-

- To understand the concept of personality, its Development and Significance.
- To understand and develop various traits required for Personality development.
- To acquire Knowledge about personality tools and personality theories.

Unit: 1 Personality

- Introduction
- Meaning and Definition.
- Factors affecting personality development.
- Motivation, significance,
- Internal and external motives,
- Importance of self motivation.

Unit: 2 Aspects of Personality Development

- Body language,
- Assertiveness,
- Problem solving,
- Conflict
- Stress management.

Unit: 3 Aspect of personal Development.

- Decision making skills,
- Positive and creative thinking,
- Leadership and Qualities of Successful Leader,
- Team work.

Unit: 4 Other aspects of Personality development.

- Self esteem, Concept, Symptoms.
- Positive and Negative self esteem.
- Development Positive Personality.
- Communication skill.

Unit: 5 Time Management & Goal settings.

- Time Management.
- Importance of goal Settings, Factors affecting goal settings.
- Importance of reading.

Reference:-

- 1) **Bombay Jaico publishing house**-Adair. j (1992) The Action Centered Leaders,
- 2) **Carrere management : A Now challenge vol – 1**Bhattacharya R. (1987) New Delhi C.
- 3) **Personality Development** -Dr. Rakes. R. Joshi.
- 4) **“Personality Development” Rupa & co** -Mishra R. k..

Web:-

- <https://www.coursera.org/personaldevelopment>
- www.m.selfgrowth.com
- www.achieversmind.com
- www.selfimprovement-advice.org
- <https://www.techgyd.com>
- www.personal-development training.com
- <http://www.productivitytheory.com>ultimate>
- <http://blog.feedspot.com>personaldevelopment>

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC-5 NUTRITION AND FOOD SCIENCE – II
Course (Paper) Unique Code: 1901290201020500
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	II	Core	5	30	50	20	100

Objectives:-

- To understand the function and rule of various nutrients, their requirements and the effects of deficiency.
- To develop the skills to prepare protein, vitamin, mineral, rich diet and improve the health of family.
- To enable the student to cure malnutrition under nutrition and over nutrition through rich sources food stuffs.

Theory:-

Unit-I. Nutrition

- Meaning & definition of nutrition.
- Classification, function, and sources of carbohydrates.

Unit-II. Classification, function, sources and deficiency diseases of proteins.

Unit-III. Classification, function, and sources of fat.

Unit-IV. Functions, sources and deficiency diseases of vitamins.

- Thiamine (Vitamin-B1)
- Riboflavin (Vitamin-B2)
- Niacin (Vitamin-B3)
- Vitamin-C
- Vitamin-A
- Vitamin-D

Unit-V. Functions, sources and deficiency diseases of minerals.

- Calcium

– Phosphorus

– Iron

Practicals:-

- 1) To prepare protein rich dish
- 2) To prepare vitamin rich dish (Anyone)
- 3) To prepare mineral rich dish. (Any One)

References:-

- 1) **“Essentials of food and nutrition”**-Swaminathan M.S. VI-1985
- 2) **“Essentials of food and nutrition”**-Nilam Bhudhadeve and Bhvna Vaid, Pravin Pustak Bhandar – Rajkot-2004
- 3) **Food Science-** CFTRI-Mysore
- 4) **“Nutrition and diet therapy”**-Williams S.R 4th edition 1989]
- 5) **“Normal and therapeutic nutrition”**Robinson C.H., 17th edition 1986
- 6) **“A text book of nutrition- Discovery publishing house”**Chintpalli Vidhya – 2010
- 7) **“Ahar avam poshan vigyan”**-B.K. Bakshi –Agraval publishing
- 8) **“Nutrition status” Discovery publishing house** -Dr. Snehlata - 2006
- 9) **“Nutrition science” Shrishti book distribution** -Sangita Gautam– 2007
- 10) **“Nutrition” Surgeet publication-** Chaney and Ross– 2007

Website:-

- 1) <http://www.innvista.com/health/nutrition/amino/pclass.htm>
- 2) <http://wiki.answer.com/foodand nutrition.com>
- 3) <http://www.helthyvitamin.choice.com/fatwater-somble.html>

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC -6 CHILD DEVELOPMENT
Course (Paper) Unique Code: 1901290201020600
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	II	Core	5	30	50	20	100

Objectives:-

- To introduce the student to the field of mother craft.
- To sensitize the student to understand the field of child care, scope and importance.
- To sensitize the student to interventions in the field of mother craft and child care.

Theory:-

Unit: 1 Physical Development

- Meaning of physical development.
- Importance of physical development.
- Affecting factors of physical development.

Unit: 2 Mental Development & Intelligence

- Meaning of intelligence.
- Importance of mental development.
- Affecting factors of intelligence.

Unit: 3 Language Development

- Meaning of language.
- Importance of language development.
- Affecting factors of language development.
- Some Problems of language development.

Unit: 4 Social Development

- Meaning of social development.

- Stages of social development.
- Affecting factors of social development.

Unit: 5 Creative Activity & Play of Children

- Meaning & definition of play.
- Importance of play.
- Types of play.

Practicals:-

- 1) Prepare a game for mental development.
- 2) Prepare a game for language development.
- 3) Prepare a cartoon and toys for children.

References:-

- 1) **Development psychology** E. Hurlock.
- 2) **Child psychology – Crow & Crow.**
- 3) **The child development – D.C.Din Kmeyer.**

Website:-

- www.childdevelopment.com.
- www.creativeactivity.com.
- www.toys.com.

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC-7 RESOURCE MANAGEMENT-II
Course (Paper) Unique Code: 1901290201020700
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A	II	Core	5	30	50	20	100

Objectives:-

- To recognize the importance of wise use of resources in order to achieve goals.
- To create an awareness among the students about home management in the family as well as the other systems.

Theory:-

Unit: I

Family resources

- Classification of resources.
 - Human resources.
 - Non-human resources.
- Characteristic of resources.

Unit: II

Time Management

- Definition of time management.
- Importance of time management.
- Basic step in time management.
- Process of time management.
 - Planning.
 - Controlling.
 - Evaluation.

Unit: III

Energy management

- Importance of energy management.
- Process of time management.
 - Planning.
 - Controlling.
 - Evaluation.

- Unit: IV** Money Management
- Definition of income.
 - Importance of income.
 - Types of income.
 - Money income.
 - Real income.
 - Physical income.

- Unit : V** Budget of family
- Importance of budget.
 - Basic steps of budget.
 - Planning.
 - Controlling.
 - Evaluation.
 - Factor affecting of budget.

Practicals:-

- (1) One month budget planning for a family.
- (2) Time and energy saving household equipment.
 - (A) Oven (B) Washing Machine (C) Vacuum cleaner (D) Solar cooker.
- (3) Places for Saving.
 - (A) Bank (B) Post Office (C) LIC.

References Books:-

- (1) **Family resource management principle and application, Roy Houghton Mifflin Company (Unit 1,2,3,4,5,)**-Ruth E. Deacon, Francille M, Firebaugh (1975),
- (2) **Home Management-** Dr. Smt. B.D. Harpalani – 2002
- (3) **Home Management-** Dr. Asha Parikh – 1988
- (4) **Home Management-** Dr. Smt. Kanti Pandey – 1984 .
- (5) **Household management and Household art-** Dr. D.G. Shairy – 2007.
- (6) **Home Management-** Nira Bhatnagar – 1989.
- (7) **Introduction to Home Management-** Madhuben Thakkar – 1998.
- (8) **An art of effective. Resource management-** Dr. Kiran Rival – 2000
- (9) **Gharelu Budget. And engery management-** Dr. Smt. – Bela Bhargav – 2000
- (10) **Family financial management -**Jayshree Ranpara – 2012

Web:-

- 1 www.nber.org/chapter/
- 2 [en.wikipedia.org/wiki/time management](http://en.wikipedia.org/wiki/time_management)
- 3 [en.wikipedia.org/wiki/energy management](http://en.wikipedia.org/wiki/energy_management)
1. [en.wikipedia.org/wiki/money management](http://en.wikipedia.org/wiki/money_management)

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC -8 HEALTH & BEAUTY
Course (Paper) Unique Code: 1901290201020800
External Exam Time Duration: 2:30HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	II	Core	3	30	70	-	100

Objectives:-

- This Course will enable the students about the Health & Beauty as well as Other
- Help to learn Simple Health & Beauty effectively.

Unit : I Personality & Beauty

- Beauty – A part of personality.
- Beauty and Health mind and Healthy body.
- Mental Health, Tension & Meditation.

Unit: II Food & Beauty

- A table of weight.
- Calorie chart.
- Dieting.
- Suggestion for increase and decrease the weight.
- Simple Exercise.
- Healthy Habits.
- Vitamins and advantages.

Unit: III Skin and Hair and Beauty

- Different types of skin & Hair.
- Care of skin (skin care).
 - Facial.
 - Face pack.
 - Massage.
 - Food.
- Care of Hair (Hair Care).
 - Conditioning.
 - Hair cutting, palming & styling.
 - Wig.

- White Hair and Hair Dye.
- Care of Hand and foot.
 - Manicure.
 - Pedicure.
 - Nail.

Unit: IV Mark-Up

- Uses of Cosmetics Products in Make-up.
- Uses of Herbal Products in Make -up.

Unit: V Different Types Of Make-Up

- Face, Lips & Eyes.
- Routine Make-up.
- Make-up for Professional women.
- Day t Night Make-up.
- Party make-up.
- Bridal make-up.
- Travel make-up.
- Fashion & Model make-up.

References:-

- 1) **Roopsajja** - kaljal - sanjay, Book Jelf Nav bharat Sahitya Mandir / Ahmadabad.
- 2) **Make-up Album** – Richa Dave Navneet house – Ahmadabad.

Website :-

1. www.health.com.
2. www.beaty.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE

Course (Paper) Name & No.: ELE-3 HOUSE HOLD EQUIPMENTS

Course (Paper) Unique Code: 1901290301020100

External Exam Time Duration: 2 : 30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-3 Or Elective-4	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	II	Elective-3	3	30	70	00	100

Objectives:-

This course will enable the student to -

- Learn about different types of equipment used in the home.
- Learn way of maintaining equipment in good working condition.
- Use equipment in the best possible manner.

Theory:-

Unit: I House hold equipment

- Introduction.
- Importance.
- Classification/types of equipment.
- The factor effecting of using equipment.

Unit: II Different between traditional and modern household equipment.

Unit: III Any five house hold Non electrical equipment

- Principle.
- Working Method
- Maintenance.

Unit: IV Any five house hold electrical equipment

- Principle.
- Working Method
- Maintenance.

Unit: V Purchasing Art

- Meaning and definition of consumer, producer and cost
- Effecting factor of family purchasing.
- Some points keep in mind for effective purchasing.

References Books:

- (1) **Gruhuupkaranoni Geeta** : Dr. Neha R. Shah. Divine pub. Ahmedabad.
- (2) **“Asrkark sa2n VyvS4a”**: ઁઃ ઃઃ - Dr. Kiran A. Raval, AtulPrakashan
- (3) **Gruhuupkaranoni Geeta** : Dr. Champak Modi, WBG pub. Ahmedabad.
- (4) **Gruhkala Nishnant Bano** : Vaidhya Baldevprasad pravin prakashan – Rajkot.

Web:

- (1) en.wikipedia.org/wiki/householdequipment
- (2) www.google.com/householdequipment
- (3) www.vilib.org
- (4) www.housestuffworks.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE-4 CONSUMER EDUCATION
Course (Paper) Unique Code: 1901290401020100
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-3 Or Elective-4	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	II	Elective-4	3	30	70	-	100

Objectives:

- To create an awareness among the students about consumer education
- To enable students to learn protecting consumer interest.
- To develop understanding regarding procedure of brand, packaging and labeling.
- To help students to learn buying process.

Unit:-1 Consumer Education

- Importance of consumer education.
- Definition of consumer.
- Consumer's rights and responsibilities.

Unit:-2 Buying Decision

- Factors affecting buying decisions.
- Buying and choice making problem faced by the consumer in present days market.
- Producer's aid to consumer.
- Brand.
- Packaging.
- Labeling.
- Price.

Unit:-3 Consumer protection laws

- Consumer protection laws and their need to protect consumer interest.
 - Prevention of food adulteration act.
 - Fruit product order 1961.

- AGMARK act- 1073
- Meat product order.
- Food and administration act.
- Electrical equipment quality control act-1976

Unit:-4 Consumer protection agencies.

- Legal guidance center.
- Consumer education research center.
- Consumer guidance society of India.
- Advertising As marketing aid.

References:-

- **“Consumer Education”** by Gundotra and Divatia.
- **A consumer guide for home makers** by Neelam Khetarpal and indu Grover.
- **Marketing management** – Philip kotler.
- **Marketing management** –vijay Bhasotia.
- **“Consumer protection Act”**-Malchandani N.M- 1991.

Website:-

- <https://childcareta.acf.hhs.gov>
- https://en.wikipedia.org/wiki/Consumer_education
- <https://www.consumerclassroom.eu/>

B.A. HOME SCIENCE SEMESTER – 3

SR NO	COURSE	SUBJECT	T + P	CREADITS	I.M	P.M	E.M	T.M	HOURS							
1	FC – 5	ENGLISH – III	3 + 0	3	30	0	70	100	3							
		OR														
		HINDI – III	3 + 0		30	0	70	100								
2	CC – 9	MEAL MANAGEMENT	3 + 2	5	30	20	50	100	7							
3	CC – 10	INTRODUCTION TO CLOTHING AND TEXTILE	3 + 2	5	30	20	50	100	7							
4	CC – 11	FOUNDATION OF ART & DESIGN	3 + 2	5	30	20	50	100	7							
5	CC – 12	FAMILY AND COMMUNITY SCIENCE EDUCATION	3 + 0	3	30	0	70	100	3							
6	CC – 13	HEALTH & NURSING	3 + 0	3	30	0	70	100	3							
7	ELE – 5 ANY ONE	WOMEN ENTERPRENEERSHIP	3 + 0	3	30	0	70	100	3							
		OR														
		PSYCHOLOGY								3 + 0	3	30	0	70	100	3
		OR														
		ECONOMICS	3 + 0	3	30	0	70	100	3							
8	ELE – 6 ANY ONE	GARMENTS SEWING TECHNIC	3 + 0	3	30	0	70	100	3							
		OR														
		PSYCHOLOGY										30	0	70	100	
		OR														
		ECONOMICS			30	0	70	100								
TOTAL				30	240	60	500	800	36							

B.A. HOME SCIENCE SEMESTER – 4

SR NO	COURSE	SUBJECT	T + P	CREADIT S	I.M	P.M	E.M	T.M	HOUR S							
1	FC – 6	ENGLISH – IV	3 + 0	3	30	0	70	100	3							
		OR														
		HINDI – IV	3 + 0		30	0	70	100								
2	CC – 14	FOOD PRESERVATION AND PACKAGING	3 + 2	5	30	20	50	100	7							
3	CC – 15	APPERAL MAKING	3 + 2	5	30	20	50	100	7							
4	CC – 16	DECORATIVE ARTS & CRAFT	3 + 2	5	30	20	50	100	7							
5	CC – 17	HOME SCIENCE EDUCATION AND EXTENSION	3 + 0	3	30	0	70	100	3							
6	CC – 18	FAMILY HEALTH MANAGEMENT	3 + 0	3	30	0	70	100	3							
7	ELE – 7 ANY ONE	BAKERY & CONFENTIONERY	3 + 0	3	30	0	70	100	3							
		OR														
		PSYCHOLOGY								3 + 0		30	0	70	100	3
		OR														
		ECONOMICS								3 + 0		30	0	70	100	3
8	ELE – 8 ANY ONE	HUMAN PHYSIOLOGY	3 + 0	3	30	0	70	100	3							
		OR														
		PSYCHOLOGY										30	0	70	100	
		OR														
		ECONOMICS										30	0	70	100	
			TOTAL	30	240	60	500	800	36							

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 9 MEAL MANAGEMENT
Course (Paper) Unique Code: 1901290201030900
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B. A.	III	CORE	5	30	50	20	100

Objectives:-

This course will enable the student to -

- Understand the concept of an adequate diet and the importance of Meal Planning.
- Know the factors affecting the nutrient needs during the special condition like pregnancy and Lactation.

Theory:

Unit: I Meal Management

- Meaning.
- Definition.
- Importance.

Unit: II Factors which should be considered before planning meals.

Unit: III Nutrition and Meal Planning during special condition.

- Pregnancy.
- Lactation.

Unit: IV Nutrition and Meal Planning for Adolescent Girl

Problems during adolescence period.

Unit: V Nutrition and Meal Planning for school going children (5 to 12 years).

Practical:-

1. Meal planning for pregnant women.
2. Meal planning for lactating Mother.
3. Meal planning for Adolescent Girl.

References Books:-

- (1) **Nutritional Management in health & Disease.**
Heena Shah and DaxaSolanki – Rajkot.
- (2) **Human nutrition and Diet** – AridsonMolke, John and Fassmare.
- (3) **Essentials of Food and nutrition** – Swaminathan M.S. 1985.
- (4) पोषण एवं आहार विज्ञान – Dr. G. P. Sherry

Web:-

- (1) <http://wiki-answers.com/q/whatismealmanagement>
- (2) en-wikipedia.org/wiki/mealmanagement
- (3) www.google.com/schoolgoingchildren
- (4) www.google.com/nutritionforadolesentgirl

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 10 CLOTHING AND TEXTILE
Course (Paper) Unique Code: 1901290201031000
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B. A.	III	CORE	5	30	50	20	100

Objectives:-

- To enable student to acquaint with the different textile and their performance.
- Impart knowledge on different textile finishes.

Theory:-

Unit: 1 Introduction of Clothing & Textile

- Introduction.
- Importance of Clothes.
- Importance and Areas of Clothing & Textile.
- Textile Terminology.

Unit: 2 Fibers: The basic unit of fabrics.

- Classification of fibers.
- Manufacture and Properties of....
 - Cotton.
 - Silk.
 - Rayon.

Unit: 3 Weaves

- Meaning & definition of weaving.
- Type of weaving.
 - Simple Weave.
 - Fancy Weave.

Unit: 4 Dyes

- Meaning & definition of dyes.
- Type of dyes.

Unit: 5 Printing

- Meaning & definition of printing.
- Type of printing.

Practical:-

- (1) Identification test of textile fibers
- (2) Types of Simple weaves.
- (3) Simple dyeing and printing.

References Books:-

- (1) **Textile and laundry works** – Anand Sharma, Research Publication New Delhi.
- (2) **Textile & clothing** – Nirajyadav, sanityPrakashan
- (3) **वस्त्रविज्ञानकेमूलसिद्धान्त**-डॉ.जी.पी.शेरी
- (4) **वस्त्रविज्ञानअवंधुलायकला**-डॉ.श्रीमतिबेलाभार्गव
- (5) **वस्त्रविज्ञानकेतत्त्व** – Dr. Asha Jain & Dr. NilimaMalaiya, Agra.

Web:-

- (5) www.google.com/textile
- (6) www.google.com/varn
- (7) www.google.com/weaving
- (8) www.google.com/dyesandprinting

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE

Course (Paper) Name & No.: CC – 11 FOUNDATION OF ART & DESIGN

Course (Paper) Unique Code: 1901290201031100

External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2 Or	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B. A.	III	CORE	5	30	50	20	100

Objectives:

This course will enable the student to -

- Understand elements and principles of art and design.
- Develop skill in creating design and making art objects.

Unit: 1 Art

- Introduction.
- Meaning & Definition of Arts.
- Importance of Arts.

Unit: 2 Principles of Art

- Harmony.
- Balance.
- Proportion.
- Rhythm.
- Emphasis.

Unit: 3 Paper Arts

- Paper marbling.
- Paper Mache.
- Paper collage.
- Paper card & envelope.
- Paper origami.

Unit: 4 Design

- Meaning & definition.
- Types of design.
- Factors consider to making design.

Unit: 5 Wall & floor designing

- Wall designing of Kutch.
- Floor designing by (Rangoli & Alpana).
 - Meaning & importance of alpana.
 - Variation in Alpana.

Practical :

- (1) Types of Design (Any Four)
- (2) Paper art (Any Four)
- (3) Wall and Floor designing (Any Two)

References :-

- (1) Key Terms in Art & Design
By Josh skill, Klbrook
Press Brighton, South Australia
- (2) કલ્પ કૌશલ્ય
by Hamel Bhatt – Azad Printers, Rajkot.

Website:-

- <https://ocac.edu>
- <https://arts.vcu.edu>artfoundation>
- www.happyhands.in
- www.artandcraft.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 12 FAMILY AND COMMUNITY SCIENCE EDUCATION
Course (Paper) Unique Code: 1901290201031200
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B. A.	III	CORE	3	30	70	00	100

Objectives:-

- To enable the student to acquire the knowledge and skills required.
- For holistic understanding of the field of home Science Education.
- To enable the student to acquire the knowledge and competence to teach and practice home – science in relevant setting.

Theory:

Unit-1 Curriculum of Home Science education.

- Meaning and definition of Curriculum.
- Components of Curriculum.
- Limitation of Curriculum.

Unit-2 Significance of Home Science education.

Unit-3 Correlation with other subject of Home Science.

Unit-4 Role of Home Science for the solution of current problems.

- Increase population.
- Health.
- Environmental remedy.
- Dearness.
- Illiteracy.

Unit-5 Evaluation

- Meaning, definition and importance.
- Evaluation methods.

Unit-6 Job opportunities in Home Science education.

Reference:-

- 1) **The meaning of Home Science Coimbatore** -Devadas R.P 1958
- 2) **Teaching home-Science** -Mujibal Hasan Siddiqui – 2007
- 3) **Home Science Educations**-Dr. G.P.Shairy- 2007 –
- 4) – **Home Science Educations** -Dr.S.P. Sukhiya – 1984
- 5) **Various aspects of home Science** -Smita Jain – 2007.
- 6) **Home- Science Education** -Anit Varma – 2007.
- 7) **Home- Science Education**-Dipti Desai- 1992

Website:-

- <http://targetstudy.com>
- www.communityscience.com
- www.indcareer.com
- <http://career.webindia123.com>
- www.familyandcommunityservices-study.com
- <http://career.webindia123.com>
- www.m.htcampus.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 13 HEALTH & NURSING
Course (Paper) Unique Code: 1901290201031300
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	III	CORE	3	30	70	00	100

Objective:-

- To enable the students to know Concepts of Health and Nursing.
- To know the Students about Health of Family Members.
- To learn about the importance of Health.
- Providing basic information about the first Aid.

Unit-1 Health

- Definition.
- Types of Health.
- Affecting Factors.
- Common Rules for Health.

Unit-2 Nursing

- Definition.
- Meaning.
- Important.
- Characteristics of ideal Nurse.

Unit -3 First Aid

- Meaning of first Aid.
- Importance of first Aid.
- Common rules of first Aid.

Unit – 4 Health and Diseases

- Importance.
- What is good Health

- Pain or Diseases
- Types of Disease
- Infectives Disease
- How to prevention

Unit-5 Care of sick person at home

- Daily care, bed making , care of month bed (sponging) giving medicine protection of patient and nurse.

Unit -6 First aid in Some accidental condition

- Snakebite.
- Sinking.
- Burning.
- Nosebleeds.
- Burning and Scalding.

Unit -7 Current dangerous diseases

- Aids.
- TB.
- Swine flu.
- Cancer.

Reference:-

- 1) **“Sarkramk Rogo”** prelate Trilled.
- 2) **“Aahar and Rogo”** Parshana Ajaria
- 3) **The A-2 of first Aid** – Lan Andrews Blice Edition
- 4) **“Anatomy and Health protection”** Dr Snellata
- 5) **Community Health Sci-** Dr J.J.Park & Dr k parkweb:-

Website:-

- 1) W.W.W. googel.Com/ detination of Heath.
- 2) LHP II Medical dictionary the free dictionary. Com Community Health & Nursing.

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE – 5 WOMEN ENTER PRENEURSHIP
Course (Paper) Unique Code: 1901290301030100
External Exam Time Duration: 2 :30HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-5 Or Elective-6	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B. A.	III	Elective-5	3	30	70	00	100

Objectives:-

- To develop a positive attitude and values for entrepreneurship.
- To become aware of entrepreneurial and acquire knowledge skill and competencies to run a business effectively.

Unit-1 Entrepreneurship

- Definitions of basic entrepreneurs, entrepreneurship, enterprise, their inter relationship, self employment.
- Behavioral, attitudinal and managerial competences needed for the successful management of a business enterprise.
- Business ethics and responsibilities.

Unit -2 Identification and opportunistic of business opportunities.

- Ideas and opportunities, brain storming, recognizing needs and higher level wants.
- Market research for selecting a product or a service for establishing a business.
- Preparation of preliminary project report, planning and preparation.

Unit-3 Needs and importance of an organization and human planning

- Types of ownership-relative merits and demerits – Factors influencing selection/choice of ownership.
- SSI, Tiny units, Ancillary units, their role and need in the Indian context.
- Project cost and it's financing.
 - Types of cost-Direct or indirect.
 - Fixed and variables
 - Breakeven Analysis
 - Management of working capital

Unit-4 Financial requirement for fixed capital and working capital.

- Sources of finding lone Terms and condition- RBI, IDBI, Commercial Banks and co-operative banks.
- Government policy and entrepreneurship development for women in particular.

Reference Books:-

1. **Encyclopedia of entrepreneurship** -Calvin A.K .- “Engle wood cliff prentice” 1982
2. **“Entrepreneurship Development volume 1,2,3.”** -Vansant Desai
3. **D “How to start own S.S.I.”** -Shorba G.

Website:-

- www.womwnentrepreneursindia.com
- www.womenentrepreneurs.info
- <https://sheownsit.com>
- www.wonenentrepreneursontheweb.com
- www.farbes.com
- <http://blog.sinonassociates.net>terrific>
- <http://blog.feedspot.com>women-in-b>
- <http://pakwired.com>

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE – 6 GARMENTS SEWING TECHNIQUES
Course (Paper) Unique Code: 1901290401030100
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-5 Or Elective-6	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	III	Elective-6	3	30	70	-	100

Objectives :-

- To acquaint with proper notion regarding choice of fabrics.
- To develop skills in clothing construction.

Theory:-

- Unit: I** Sewing Machine.
- History of Sewing Machine.
 - Types of Sewing Machine.
 - Different part of Sewing Machine.
 - Care of Sewing Machine.
- Unit: II** Sewing Equipment.
- Unit: III** Techniques of measurement
- Direct measurement
 - Indirect measurement
- Unit: IV** Sewing Techniques.
- Seams, Darts, Pleats, Tucks.
- Unit: V** Smoking & Honeycomb works
- Unit: VI** Common Faults during swing

References Books:-

- (1) **Introduction to clothing** – Vina Samani and others Rajkot.
- (2) **Dress Designing** - Vina Samani and others Rajkot.
- (3) **Art of sewing** – Anna Jacob, UBS PD, New Delhi.
- (4) “वस्त्र विज्ञान के मूल सिद्धांत” – Dr. G. P. Shery.
- (5) “वस्त्र विज्ञान और धुलाई कला” - Bela Bhargav – Uni Book House – Jaipur.
- (6) “सीवण मार्गदर्शिका” – Nirmala mishtry.

Web:-

- (1) en.wikipedia.org/wiki/clothing
- (2) www.google.com/sewingmachine
- (3) www.manojpublications.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 14 FOOD PRESERVATION AND PACKAGING
Course (Paper) Unique Code: 1901290201041400
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	IV	CORE	5	30	50	20	100

Objectives:-

This course should enable the student to -

- Understand the principles and Importance of food preservation
- To gain knowledge on various food packing materials and its importance.

Theory:-

Unit: I Food Preservation

- Meaning.
- Definition.
- Importance

Unit: II Methods of food preservation.

Unit: III Food Packaging

- Meaning of Food Packaging
- Types of Food Packaging.
- Importance of Food Packaging

Unit: IV Packaging Materials

- Selecting criteria of packaging materials
- Materials used for food packing

Unit: V Food Preservatives.

- Meaning of food preservatives.
- Importance of food preservatives.
- Types of food preservatives and it's uses.

Practicals :

- (1) Jam
- (2) Jelly
- (3) Pickles
- (4) Tomato Ketchup

References Books:-

1. **Food preservation and Fancy cookery**
Prof. Kamalamani R. Rao and Prof. Heena S. Rawal.
2. **“Food processing and preservation”**
G. Subbulaxmi – Shobha A. Udipi.
- (3) ફળ શાકભાજી પરિક્ષણ માર્ગદર્શિકા બાગાયત ખાતું ગુજરાત રાજ્ય – ગાંધીનગર

WEB:-

- (1) <http://www.dummies.com/how.to/content/foodpreservation-method-canning>
- (2) <http://en.wikipedia.org/wiki/foodpreservation>
- (3) <http://wiki-answers.com/Q/what are the aims and objectives of cooking for food>
- (4) <http://www.cookeryindia.com/students/fp/cooking1.html>

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 15 APPERAL MAKING
Course (Paper) Unique Code: 1901290201041500
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	IV	CORE	5	30	50	20	100

Objective:-

- To gain knowledge on textile and apparel design.
- Producing sketches of different designs requires skill and fundamentals of arts in drawing forms and design.
- To enable students developing skills in enhancement of fabric and garments with all the detail in an appealing manner.

Unit-1 Pre Preparation Of Clothing Construction.

- Width Of Fabric .
- Pre preparation of Fabric before Cutting .
- Tailoring Terminology.

Unit-2 Techniques of pattern making .

- Drafting.
- Paper Pattern.
- Block –pattern.
- Lay – Out.

Unit-3 Different attachment for different kind of tailoring work .

Unit-4 Different method of repairing clothes..

- Darning.
- Patch.
- Renovation.
- Alteration.

Unit-5 Selection of readymade clothes.

- Points should be consider while selection of readymade clothes.
- Points should be consider while selection of readymade clothes & evaluation.

Practical:-

1. Make a list of textile terminology.
2. Techniques of pattern making. (Any Two).
And
Different method of repairing clothes. (Any Two).
3. Sample of simple garments. (Any Two).

References Books:-

1. **Apparel making -1** Dr. – Vina Samani and others Rajkot. (2012)
2. **Fashion Studies** – Vina Samani, Sau. Uni. Rajkot. (2017)
3. **Introduction to clothing** – Vina Samani and others Rajkot.
4. **Dress Designing** - Vina Samani and others Rajkot.
5. **Art of sewing** – Anna Jacob, UBS PD, New Delhi.
6. “वस्त्र विज्ञान के मूल सिद्धांत” – Dr. G. P. Shery.
7. “वस्त्र विज्ञान और धुलाई कला” - Bela Bhargav – Uni Book House – Jaipur.
8. “सीवण मार्गदर्शिका” – Nirmala mishtry.
- 9.

Web:-

- (4) en.wikipedia.org/wiki/clothing
- (5) www.google.com/sewingmachine
- (6) www.manopublications.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 16 DECORATIVE ARTS & CRAFT
Course (Paper) Unique Code: 1901290201041600
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	IV	CORE	5	30	50	20	100

Objectives:

- By the creative vision to produce decorative sample at low cost.
- Through the use of waste material and using the idea in extra time.

Unit I : Decorative Arts & Craft

- Meaning and Definition of Decorative Arts & Craft
- Origin and History of Decorative Arts & Craft
- Difference between Decorative Arts & Craft and Fine Art
- Importance of Decorative Arts & Craft

Unit II : Decorative Arts & Craft for Home

- Tools and Equipment
- Decorative Arts & Craft Activities
 - Wall Hanging & Wall Piece
 - Photo Frame & Wind Chimes
 - Gift Wrapping
 - Rangoli
- Importance

Unit III : Decorative Arts & Craft for Kids

- Tools and Equipment
- Decorative Arts & Craft Activities
 - Paper and Cardboard Craft
 - Clay and Ceramic Craft
 - Nature Craft
 - Puppet Making
 - Card Making
 - Other activities like...
 - Wool & String activity
 - Seed & Pulse activity

- Ice-cream Spoon activity
- Importance

Unit IV : Printing & Painting

- Tools and Equipment
- Printing
 - Thumb Print
 - Thread Print
 - Sponge Print
 - Spray Print
 - Leaf & Vegetable Print
 - Knife Print
- Painting
 - Colour Painting
 - Pot Painting
 - Stone Painting
 - Glass Painting
 - Stenciling Painting
 - Fabric Painting

Unit: 5 Art & Craft Work

- Soft toys
- Candle making
- Ornaments making
- Bhandhani & Batic

Practical:-

1. Sample of Home Decoration (Any two)
2. Sample of Kids Art & Craft and Printing & Painting (Any Six)
3. Sample of Art & Craft work. (Any two)

References:-

1. **Tiny Tot Art & Craft - Activity Book 1 to 8**
Tiny Tot Publications, Delhi
2. **Wonderful gift wrapping-** Jyoti Nikunj Parekh,
Navneet Publications Limited, Mumbai
3. **Craft for Kids, Paint-** Tony Smart,
Chartwell Books, New Jersey
4. **Kala Vaibhav :** Kanu nayak, Mumbai
5. **Kala Kaustubh :** Kanu nayak, Mumbai
6. **Shiksha ka Vahan :** Kala, National book trust New delhi, India.

Website:

- www.decoration.com
- www.decorativearts&craft.com
- www.kidsartandcraft.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 17 HOME SCIENCE EDUCATION AND EXTENSION
Course (Paper) Unique Code: 1901290201041700
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	IV	CORE	3	30	70	-	100

Objectives:

- To impart knowledge about the extension education.
- Understand the widening field and important of extension education.

Theory:

Unit-1 Home Science Education And Extension

- Definition of home science education and extension.
- meaning of home science education and extension.
- Importance of home science education and extension.
- method of home science education and extension.

Unit-2 Objectives of Education Extension.

- Primary
- General
- Pragmatic

Unit-3 Principles of Home Science Education and Extension.

Unit-4 Quality of Home Science Extension worker.

Unit-5 Characteristic of Urban and Rural Society.

- **Characteristics of Urban Society.**
- Society varieties.
- Fabricated relation among formal groups
- Lack of social tolerance.
- **Characteristics of Rural Society.**
- Dominance of close relationships
- Effect of main business on life.
- Lack of experience & specification.

- Lack of social control.
- Social mobility
- Voluntary groups.
- Opportunity for specialized personality development.
- Sectorization of areas.
- Simplicity and Economy.
- Small group.
- Less difference.
- Lack of social mobility.

Unit-6 Home Science Education Extension Training.

- Meaning, definition of training
- Importance of training
- Types of training
- Importance of Research in extension training.

Unit-7 Home science Education and Extension.

- Role of Home science in Rural development.

Reference:

- (1) “विस्तरणशिक्षणामूलतत्त्वो”
”DhirajDhakan and Kanak. D. Dhakan”
- (2) गृहविज्ञानविस्तरणअनेप्रत्यायन, MeetaRajpara, (PravinPushtakBhandar
- (3) गृहविज्ञानशिक्षण, शंकुतलाव्यास (वंदनापब्लिकेशन्स)
- (4) गृहविज्ञानशिक्षण, डॉ. ज. पी. शैरी (अग्रवालपब्लिकेशन्स)

Web:

- (1) www.cals.ncsv.edu/agexed/aee50/principles
- (2) www.sosyalarastirmalar.com/ci/t1/sayi4/sayi4pdf/khali/-and-vapdf
- (3) www.newagepublishers.com/samplechapter/001591pdf

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 18 FAMILY HEALTH MANAGEMENT
Course (Paper) Unique Code: 1901290201041800
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	IV	CORE	3	30	70	-	100

Objectives:

- (1) Understand the concept of health from the individual and community perspective.
- (2) Understand the role of National and international organization in community health.

Theory:

Unit: I Family & Community Health.

- Family – Meaning, Definition and Importance.
- Community Health –Meaning and definition.
- Factor affecting on community health.

Unit: II Care of Sick Person at Home

- Daily care, bed making, care of month bed (sponging) giving medicine protection of patient and nurse

Unit: III National & International Organization Working for Community Health.

- Indian Red cross Society
- Hindu Krushth Nivaran Sangh
- Indian council for child welfare (ICCW)
- Bharat SevaSamaj
- Central Welfare Board.
- WHO (World Health Organization)
- UNICEF
- UNICEF in India

Unit: IV Current dangerous diseases:

- Swine flu, Dengue, Cancer, AIDS and T.B.

Reference:

- 1 **Community Health and Family Welfare**
Dr. R. L. Sharma.
- 2 **Community Health Science**
Dr. J. I. Park & Dr. K. Park.
- 3 **Public Health** – Daniel M Wilner.

WEB:

- (1) www.google.com=...communityhealth
- (2) <http://www.treatment.org>.

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE – 7 BAKERY & CONFENTIONERY
Course (Paper) Unique Code: 1901290301040100
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-7 Or Elective-8	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	IV	Elective-7	3	30	70	00	100

Objectives :

- To understand basic concepts baking.
- To familiarize with baking process and operations.
- To develop the ability to prepare different types of bakery and confectionary food .

Unit -1 Introduction to Bakery and Confectionery .

- Aims and Importance.

Unit -2 Various Ingredients and there function in baking.

- Wheat flour
- Sugar
- Egg
- Fat
- Milk products
- Enzymes
- Leavening Agents

Unit-3 Method of preparing

- Variety of baked products.
- Biscuit.
- Cake
- Cookies
- Bread
- Pizza
- Pastries

Unit -4 Baking process

- Basic concepts

- Dough mixing
- Dividing
- Mulching
- Panning
- Proofing
- Baking

Unit-5 Sensory evolution of bakery products

- Qualitative changes during different units
- Operation and Quality control

References :-

1. **technology for the materials of baking Elsevier science publishers, Barking, England- Mats SA (1989).**
2. **Bakery – Vigyan and Udyog M.K. Kamaliya and K.B. kamaliya L.R.deumal and com Baroda.**
3. **Practical baking manual for students and instructions, AVT Publishing CO, INC, West Connecticut. Sultan W.Y (1976)**
4. **Wheat chemistry and technology vol-1 and II, American Asso. Of cereal Chemists, 3rd Ed. And paul Minnesota. UNA. Pomeranz, Y (1988)**
5. **technology of cereals with special reference to wheat, Pergamum press, New York – USA. Kent N.L. (1975)**
6. **The student technology of bread making and flour confectionery , Rutledge and keg an paul Ltd. France. W.Y- London- U.K.**

Website:-

- <http://redmoonbakery.com>
- www.beverlysbakery.com
- <http://getbento.com>blog>bestbakery>
- www.mangoliabakery.com
- <http://www.wix.com>cafeandbakery>

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: ELE- 8 HUMAN PHYSIOLOGY
Course (Paper) Unique Code: 1901290401040100
External Exam Time Duration: 2:30HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-7 Or Elective-8	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	IV	Elective-8	3	30	70	-	100

Objectives:

- To know the important and classification of Disaster Management.
- Understand the role of NGO in disaster management.

Theory:

Unit-I. Gastro Intestinal System :-

- Structure of various of the GL tract.
- Function of various of the GL tract.

Unit-II. Respiratory System :-

- Structure of lungs.
- Mechanism of respiration & its regulation.

Unit-III. Cardiovascular System :-

- Blood & its composition.
- Structure & function of heart.
- Circulation of blood.

Unit-IV. Excretory System:-

- Structure & function of kidney.
- Formation of urine & its filtration process.

Unit-V. Nervous System:-

- Parts of brain & its function.
- Reflex action.

Unit-VI. Sensory Organs:-

References Books:

- 1) **Biology dr.p.k.-Garg**

Web:

www.physiology.com

www.humanphysiology.com

www.humansystem.com

B.A. HOME SCIENCE SEMESTER – 5

SR NO	COURSE	SUBJECT	T + P	CREADITS	I.M	P.M	E.M	T.M	HOURS
1	FC – 7	ENGLISH - V	3 + 0	3	30	0	70	100	3
		OR							
		HINDI – V	3 + 0		30	0	70	100	
2	CC – 19	DIET THERAPY	3 + 2	5	30	20	50	100	7
3	CC – 20	FASHION STUDY	3 + 2	5	30	20	50	100	7
4	CC – 21	FAMILY HOUSING	3 + 2	5	30	20	50	100	7
5	CC – 22	EVENT MANAGEMENT	3 + 2	5	30	20	50	100	7
6	CC – 23	HEALTHY MARRIED LIFE	3 + 0	3	30	0	70	100	3
7	CC – 24	TRAVEL TOURISM MANAGEMENT	3 + 0	3	30	0	70	100	3
			TOTAL	29	210	80	410	700	37

B.A. HOME SCIENCE SEMESTER – 6

SR NO	COURSE	SUBJECT	T + P	CREADITS	I.M	P.M	E.M	T.M	HOURS
1	FC – 8	ENGLISH – VI	3 + 0	3	30	0	70	100	3
		OR							
		HINDI – VI	3 + 0		30	0	70	100	
2	CC – 25	CHILD NUTRITION	3 + 2	5	30	20	50	100	7
3	CC – 26	FASHION DESIGNING	3 + 2	5	30	20	50	100	7
4	CC – 27	INTERIOR DESIGN	3 + 2	5	30	20	50	100	7
5	CC – 28	DISASTER MANAGEMENT	3 + 2	5	30	20	50	100	7
6	CC – 29	HEALTHY FAMILY AND FAMILY PLANNING	3 + 0	3	30	0	70	100	3
7	CC – 30	HOTEL MANAGEMENT	3 + 0	3	30	0	70	100	3
			TOTAL	29	210	80	410	700	37

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 19 DIET THERAPY
Course (Paper) Unique Code: 1901290201051900
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	V	CORE	5	30	50	20	100

Objectives:

This course will enable the students to -

- Know the principles of diet therapy.
- Understand the modification of normal diet for therapeutic purpose. .
- Understand the role of dietician.

Theory:

Unit – I Meaning and Definition of Diet Therapy.

- History of Diet Therapy.
- Importance of Diet Therapy.

Unit – II Meaning of Diet Modification.
Objectives of Diet Modification

Unit – III Hospital Diets.

- Liquid Diet
- Soft Diet
- Light Diet

Unit – IV Causes and Diet for peptic ulcer patient.
Causes and Diet for Diabetic patient.

Unit – V Causes and Diet for heart disease patient.
Causes and Diet for renal disorders

Practical :

- Diet in Diabetes
- Diet in Heart Diseases
- Diet in Peptic Ulcer
- Diet in Kidney Diseases.

References :-

- (1) **Nutrition in Health and Disease**
- Anderson. L. Dibble, M.V. Turkki,
P.R. Mitchell H.S. and Rynbergin.
- (2) **Nutrition and dietetics**, Joshi S.A.
Tata McGraw Hill publication, New Delhi.
- (3) **A Tex Book of Foods**, Nutrition and Dietetics
Raheena Begum, Sterling Publishers, New Delhi.
- (4) **Nutritional Management in Health & Disease.**
Heena Shah and DexaSolanki.

Web:

- (1) www.deittherapy.in
- (2) www.hospital.diet
- (3) www.dietindifferentdisease

FACULTY OF ARTS

Syllabus

Subject: _____ HOME SCIENCE _____
Course (Paper) Name & No.: _____ CC – 20 FASHION STUDY _____
Course (Paper) Unique Code: _____ 1901290201052000 _____
External Exam Time Duration: _____ 2 HOURS _____

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	V	CORE	5	30	50	20	100

Objectives :-

- To understand about fashion in detail.
- To import an in depth knowledge about fashion cycle and components of fashion.

Unit:1 Fashion:

- Introduction.
- Meaning & Definition Of Fashion.
- History Of Fashion.
- Terminology of Fashion.

Unit:2 Components of fashion:

- Silhouette.
- Details.
- Colour.
- Fabric.
- Texture.
- Seams.
- Trims.

Unit: 3 Fashion Cycle:

- Stages of Fashion Cycle.
- Fashion Forecasting.

Unit: 4 Fashion adaptations:

- Customer Group Of Fashion.
- Fashion Leaders.
- Fashion Followers.
- Other.
- Adaptation process.

Unit: 5 Affecting Factors of Fashion:

- Age & Gender.
- Culture.
- Geography Area.
- Economical Status.
- Technology.
- Communication.
- Transportation.

Practical :-

1. Terminology of fashion make a portfolio.
2. Make a portfolio: Sketches of-
 - Primary elements.
 - Shape with curved line.
 - Forms.
 - Patterns and textile.
 - Yoke and neck.
3. Color scheme.

References :-

1. **Dress Designing** : vina samani & other, prauin pustak Bhandur, Rajkot.
2. **Fashion Studies** – Vina Samani, Sau. Uni. Rajkot. (2017)
3. **Introduction to clothing** – Vina Samani and others Rajkot

Website :-

www.nift.ac.in
www.fashion.com
www.fashionstyle.com

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 21 FAMILY HOUSING
Course (Paper) Unique Code: 1901290201052100
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	V	CORE	5	30	50	20	100

Objectives:

- Gain knowledge in principles of planning various types of residential space.
- Develop the skill of drawing house plans, and furniture layouts.
- Understand the application of anthropometrics measurements in space designing for various activities.

Theory:

Unit – I House

- Importance of house
- Objectives of house
- Points to be considered during the selection of house.

Unit – II Type of House.

- House on rent and its advantages and disadvantages.
- Self constructed house and its advantages and disadvantages
- Purchase of readymade house and its advantages and disadvantages

Unit – III Factor affecting the cost of house.

Unit – IV Financial aids provided by various institution for building a house.

Unit – V Principles of House plan.

- Methods of measurement.
- Methods of arrangement of various rooms.

Practical :

Kitchen Plan

- To prepare I shape kitchen plan. 'I'
- To prepare L- shape kitchen plan. 'L'
- To prepare a U- shape kitchen plan 'U'

References:-

- (1) આવાસ : આંતરિકઅનેબાહ્યઆયોજન,ડૉ. વીણાગંડોત્રા,
મનીષાશુક્લઅનેઅમીટીવેટીયા
- (2) ગૃહનિર્માણએવંસ્થાનવ્યવસ્થા,ડૉ. બેલાભાર્ગવ
- (3) ગૃહનિર્માણઔરગૃહઔરગૃહસજ્જા,ડૉ. સ્નેહલ
- (4) આવાસએવંગૃહનિર્માણવ્યવસ્થા,ડૉ. સુધાગોયલ

Web:-

- (1) www.ehouseplans.com/geeneral-home
- (2) www.En-wikipedia.org/wiki/house
- (3) www.houseconstructiontips.com
- (4) www.mortgagenewsdaily.com/7222005

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 22 EVENT MANAGEMENT
Course (Paper) Unique Code: 1901290201052200
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	V	CORE	5	30	50	20	100

Objectives:-

To enable students to:

- To provide knowledge for event planning process and tools and strategy.
- To prepare students for project management to the creation and development of festivals and event.

Theory:-

- Unit: 1** Introduction of Event management:
- Meaning and importance of Event management.
 - Classification of Event management.
 - Commercialization of Event management.
 - Career in Event management.

- Unit: 2** Event Planning:
- Event scheduling.
 - Develop strategies for success.
 - Make checklist.
 - Creat budget.
 - Plan publicity.
 - Timing.
 - Organizing committee.
 - Role of official.
 - Key tips in developing the event plan:

- Unit: 3** Event Leadership:
- Growth opportunities for event leader.
 - Developing the career.
 - Mastering yourself.
 - Effective timing management.
 - Financial and accounting skill.
 - Mastering in technology.
 - Human resource skill.
 - Event leadership careers.

- Unit: 4** Successful Event management:
- Techniques of market research.
 - Qualitative and quantitative research.
 - Validity and reliability.
 - Produce considering effective events.
 - Event design.
 - Creative process in event research.
 - Needs assessments and analysis.

- Unit: 5** Catering of or premises event:
- Types of catering.
 - Staff position of catering.
 - Policies of catering department.
 - Challenges of catering department.

Practical:-

- 1) Arrange any one competition in your college:
 - a) Recipe competition.
 - b) Mahanadi competition.
 - c) Rangoli competition.
 - d) Drawing competition.
 - e) Hairstyle competition.
 - 2) Plan and manage any one of the event in your college & evaluate it:
 - a) Re-public day/independence day.
 - b) Navratri festival.
 - c) New year function.
 - d) Emigration function of new students.
 - e) Farewell function of students.
- Celebrate different students day e.g.
 - a) Sports Day.
 - b) Sari Day.
 - c) Green Day

- d) Friendship Day.
- e) Teacher's day.

References :-

- (1) **Event Management:** Allen J., Harris R. & Huyasken M., University of Technology, Sydney.
- (2) **Event Management:** Swarup K Goyal, Adhyayan Publishers, Darya Ganj, New Delhi,

Website:-

<http://www.google.eventmanagement.com>

<http://en.m.wikipadia.org>

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE

Course (Paper) Name & No.: CC – 23 HEALTHY MARRIED LIFE

Course (Paper) Unique Code: 1901290201052300

External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	V	CORE	3	30	70	-	100

Objectives:

- Acquire knowledge and insights about the dynamics of contemporary marriage
- Become acquainted with the concept goals and areas of adjustment in marital relationship

Theory:

Unit – I Marriage

- Meaning of marriage
- Definition of marriage.
- Function of marriage.
- Type of marriage.

Unit – II Criteria for choosing a life partner.

Unit – III Fitness for marriage.

- Economic fitness.
- Emotional fitness.
- Sexual fitness.
- Reproductive fitness.
- General Health.

Unit – IV Suggestions for marital success

- Ideal marriage.

Unit-V The Relation between marriage and family

Unit-VI Marriage Melapak

Unit-VII Problems after Divorce

References :-

- (1) **“Building a successful marriage”**
Judson T. Landis & Murry G. Landis
(Prentice Hall, Inc, Englewood Cliffs,
N.J. 9th Edition 1963)
- (2) **“Design for successful marriage”**
Alphonse H. Clemens :
(Prentice Hall, Inc, Englewood Cliffs, N.J. 1964)
- (3) **“A marriage Manual”**
Stone H.M. & Stone A.S.
(Simon & Schuster Inc 1970)
- (4) **“જાતીયતા અને દાંપત્યનું મનોવિજ્ઞાન”**
લેખકો: પ્રા. સી. બી. દવે, ડૉ. બી.એમ. કોન્ટેક્ટર
- (5) **“Ideal Marriage”.**
T.H. VandeVelde :
(Allied Publisher Pvt. Ltd. 2nd Edition
Revised by Dr. MargetSmita 1965.)
- (6) સાથસાથ - દર્શનાચંજારિયા
- (7) લગ્નકુટુંબ અને સમાયોજન - ધીરજધકાન
- (8) લગ્નકુટુંબ અને બાળકલ્યાણ - એ. એસ. વાઘેલા અને એન. વી. માંડલિયા
- (9) કોનોકરજોસપ્તપદીનો સંન્યાસ - વનરાજમાલવી

Web:

- (1) www.Wikipedia.org/wiki/marriage
- (2) www.en-wikipedia.org/...../ideal-marriag
- (3) www.ispub.com/.../material_age
- (4) www.merriam_webstor.com/dictionary/marriage

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 24 TRAVEL TOURISM MANAGEMENT
Course (Paper) Unique Code: 1901290201052400
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	V	CORE	3	30	70	00	100

Objectives :

To enable students to -

- Develop an awareness about tourism and its scope in India.
- Understand about various aspects of tourism and to develop various skills required for this trade.

Theory:

Unit-I Travel Tourism

- History of Travel Tourism
- Meaning and definition of travel tourism
- Development and impact of Travel Tourism Industry in India

Unit – II Travel Tourism

- Importance of Travel Tourism.
- Job Opportunities for Women.
- The important points kept in mind while travelling

Unit – III Travel Agency:-

- Introduction about travel agency.
- Types of Travel Agency.
- How to open a travel Agency.
- Function of Travel Agent.

Unit – IV Different types of Transportation

- Road Transportation
- Rail Transportation

- Sea Transportation
- Air Transportation

Unit – V Gujarat Tourism

- Introduction of Gujarat Tourism
- Tourist places of Gujarat.

Unit-VI Classification of Tourism

Unit- VII Top Ten Heritage Places in India

References:-

(1) **Tourism Development and Management**

- * Mario D'souza
Mangal Deep Publication. .

(2) **Tourism and Hotel Management**

- * Pushpinder S. Gill
Anmol Publication Pvt. Ltd.

(3) ઇન્દિરા ગાંધી નેશનલ ઓપન યુનીવર્સિટી

ડૉ.બાબાસાહેબ આંબેડકર ઓપન યુનીવર્સિટી

(4) ટ્રાવેલ ટુરીઝમ અને કમ્પ્યુટર અવેરનેસ

- પ્રા. મનીષા એમ. ખખર, પ્રા. ભાવના ડી. રાચ્છ, પ્રવીણ પુસ્તક ભંડાર-રાજકોટ

Web :-

- www.wikipedia.transportation.in
- www.wikipedia.tourismmanagment
- www.wikipedia.travelproducts
- www.wikipedia.tourisminindia.in

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 25 CHILD NUTRITION
Course (Paper) Unique Code: 1901290201062500
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	VI	CORE	5	30	50	20	100

Objectives:

- To make good nutrition way of life.
- To teach children about healthy eating and nutrition resources.
- To prevent deficiency related disease and obesity in child.

Theory:

- Unit: I** Child Nutrition.
- Meaning of nutrition.
 - Importance of child nutrition.

- Unit: II** Malnutrition
- Meaning of malnutrition
 - History of malnutrition
 - Causes of malnutrition in children.

- Unit: III** Malnutrition & Diseases
- Diseases due to malnutrition in children.
 - Preventive measures for malnutrition.

- Unit: IV** Nutrition for Children
- Nutrition for preschool children (1 to 4 years)
 - Nutrition for school going children (5 to 12 years)

- Unit: V** Healthy diet tips, for children getting food

- Balwadi,
- Anganvadi,
- Midday Meal,
- Day School,
- School Hostel,
- Primary School.
- School lunch programme.

Practical:

- 1 To Prepare Protein – calorie rich dish
- 1 To Prepare Iron rich dish
- 2 To Prepare All vitamins and all mineral rich dish

References:

- (1) **Journal of child nutrition and management** – 2008 to 2015
- (2) **Maternal and child nutrition**
 - Edited by – victoria hall maran and Rafael perez – vol 11-12 2015,2016
- (3) **Child Nutrition** – US national library of medicin – medline plus – 2014 – be the sda..
- (4) **“Good enough to eat”** lizzy Rockwell – 2015
- (5) **Breakfast Lola.m.Schaefer, Ted Schaefer** - 2015

Web:

- 1 www.scholl-nutrition.org/jcnm/
- 2 [www.nutrition.gov/life-stages/children.](http://www.nutrition.gov/life-stages/children)
- 3 www.starthealthystayhealthy.in/
- 4 www.nestlenutrition_institute.org/

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 26 FASHION DESIGNING
Course (Paper) Unique Code: 1901290201062600
External Exam Time Duration: 2.00 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	VI	CORE	5	30	50	20	100

Objectives :-

- To understand about fashion & fashion designing.
- To import an in-depth knowledge about manually designing & computer.
- To increase the knowledge about the boutique.

Unit: 1 Cultural & Fashion:
- Changes in fashion trends.
- Different between fashion & Style.

Unit: 2 Sources of fashion:
- Importance of Fashion.

Unit: 3 Designing:
- Meaning & definitions of design.
- Elements of design.
- Principles of design.
- Different types of design.
- Color scheme.

Unit: 4 Manually designing & computer designing:
- Designing for men & women & children.
- Designing for purses, bags & Jewelely.
- Knowledge of computer designing.
- Corel Draw.

Unit: 5 The boutique:
- Meaning of boutique.

- Selection of place space for boutique.
- Planning for boutique.

Practical :-

1. Draw the elements of design, and types of design.
2. Designing the sketches of men, women & children.
3. Designing the sketches of purses, bags & jewelry.

References :-

1. **Dress Designing-** Vina Samani and other, Pravin Pustak Bhandar, Rajkot.
2. **Fashion Studies** – Vina Samani, Sau. Uni. Rajkot. (2017)
3. **Introduction to clothing** – Vina Samani and others Rajkot.
4. **Art of sewing** – Anna Jacob, UBS PD, New Delhi.
5. **Cutting, tailoring, Dress designing Boutique course-** Krishnakumar Agrawal, Manoj Publication, Delhi - 6.

Web:

- (1) <http://fashionagazine.com>
- (2) <http://instble.com>
- (3) <http://en.m.wikipedia.org>

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 27 INTERIOR DESIGN
Course (Paper) Unique Code: 1901290201062800
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	VI	CORE	5	30	50	20	100

Objectives:

- Gain better understanding of the principles of interior designing.
- Provide adequate facility for work, rest, relaxation, comfort privacy, maintenance and aesthetics etc.... through interiors.
- Develop the skill of creating designs for furnishing items. .

Theory:

- Unit – I** Furniture
- Importance and principles of furniture arrangement
 - Importance and principles of home furnishing
- Unit – II** Points to be considered during the purchase and arrangement of furniture
- Unit – III** Information regarding furniture and other arrangement in different rooms.
- Bed Room
 - Children room.
 - Drawing room.
 - Dining room
 - Kitchen
- Unit – IV** (1) Type of furniture
(2) Maintenance of furniture.
- Unit – V** Accessories of interior designing.

Practical :

- (1) To prepare a plan of bed room on graph paper and explain it. .
- (2) To prepare a plan of children room on graph paper and explain it.
- (3) To prepare a plan of drawing room on graph paper and explain it. (Indian and Western)
- (4) To prepare a plan of dining room on graph paper and explain it.

References :-

- (1) કલાકેસિધ્ધાંતએવંઆંતરિકસજ્જા, ડૉ. બેલાભાગવ
- (2) **Interior Design** :S.N.Chaudhari
- (3) ગૃહનિર્માણએવંસ્થાનવ્યવસ્થા:ડૉ. બેલાભાગવ
- (4) ગૃહનિર્માણઔરગૃહસજ્જા, ડૉ. સ્નેહલતા

WEB:

- (1) www.furniture.about.com>home>furniture>decorating
- (2) www.computergraphic.com
- (3) www.en.wikipedia.org/wiki/listoffurniture
- (4) www.fromeysdesingcenter.com/pdf/furniture.carepdf

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 28 DISASTER MANAGEMENT
Course (Paper) Unique Code: 1901290201062700
External Exam Time Duration: 2 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	VI	CORE	5	30	50	20	100

Objectives:

- To know the important and classification of Disaster Management.
- Understand the role of NGO in disaster management.

Theory:

Unit: I

Introduction of Disaster Management

- Meaning & Definition of Disaster Management.
 - Characteristic & Importance of Disaster Management
 - Classification of Disaster.
 - Natural disaster
 - Man made disaster
 - Other disaster

Unit: II

Ecological Disaster in India

Unit: III

Disaster Management: Forecasting, rumass and mythologies.

- Disaster Management and Technologies
- Disaster Management related some question

Unit: IV

Disaster Management & Voluntary service organization.

- Role of V.S.O. in Disaster Management
- Some suggestion for V.S.O.

Unit: V

Disaster Management Plan and Disaster Management Education.

Practical:-

- 1) Write Assignment on any three topics of disaster management.

References Books:

- (1) **Disaster Management**, Dr. R.J. Yadav, NavBharatSathiyaMandir, Ahmedabad.
- (2) **Environment risks and harards**,KatarSushan. L,prentice Hall of India Limit. New Delhi.

Web:

- (1) www.google.com/Disaster-Management
- (2) www.infomine.usr.edu
- (3) www.khoj.indiainfex\1&3india
- (4) www.en.wikipedia.org/wiki/Disaster-Management

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 29 HEALTHY FAMILY AND FAMILY PLANNING
Course (Paper) Unique Code: 1901290201062900
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	VI	CORE	3	30	70	-	100

Objectives:

- Acquire knowledge and insights about the dynamics of contemporary family.
- Become acquainted with the concept goals and areas of adjustment in marital relationship and within the family
- Become aware of the interceptive and preventive family welfare measures.

Theory:

Unit – I The family

- Definition.
- Functions
- Types

Unit – II

- Characteristics of family
- Family life cycle.

Unit – III A marriage life as a process of adjustment.

- In law relationship
- Emotional adjustment
- Sex adjustment

Unit – IV Family Planning.

- Meaning of family planning.
- Importance of family planning.
- Method of Family planning.
 - Cervical
 - Diaphragm
 - Intrauterine Device
 - Condoms
 - Contraceptive pills
 - Spermicidal
 - Withdrawal

Unit-V Factor affecting on family

Unit-VI Inharmoniousness in family

References :-

- (1) **“Marriage Family in India”.**
Kapadia K. M.
- (2) **“Love, marriage, sex and Indian woman”** Pramillakapur
(Orient paper backs, 1976)
- (3) **“Some aspects of family in India”**-Desai I.P.
- (4) જાતીયતાઅનેદાંપત્યનુંમનોવિજ્ઞાન
લેખકો: (1) પ્રા. સી .બી.દવે
(2) ડૉ. બી. એમ. કોન્ટેકટર
(3) પ્રા. યોગેનએચ. ભટ્ટ
- (5) લગ્ન,કુટુંબઅનેસમાયોજન – ધીરજધકાન
- (6) **“Psychology of Sex”** Havelock Ellis
(A Manual for student – 1957)
- (7) લગ્નકુટુંબઅનેબાળકલ્યાણ
(1) એ. એસ. વાઘેલા
(2) એન. વી. માંડલીયા
- (8) કોનોકરજોસપ્તપદીનોસંન્યાસ – વનરાજમાલવી

Web:

- (1) en.wikipedia.org/wiki/family
- (2) www.amazon.com/sexual/adjustment
- (3) www.en.wikipedia-org/wiki/familyplanning
- (4) www.marriage.about.com/pointsofconflicts/inlaw

FACULTY OF ARTS

Syllabus

Subject: HOME SCIENCE
Course (Paper) Name & No.: CC – 30 HOTEL MANAGEMENT
Course (Paper) Unique Code: 1901290201063000
External Exam Time Duration: 2:30 HOURS

Name of Program	Semester	Course Group Foundation Or Core Or Elective-1 Or Elective-2	Credit	Internal Marks	External Marks	Practical/ Viva marks	Total Marks
B.A.	VI	CORE	3	30	70	00	100

Objectives:

- Understand the Organizational procedures of the Front Office.
- To acquire skills in personnel management.
- To become aware of the different areas and function of Housekeeping department. .
- To develop and acquire skills in Housekeeping activities.

Theory:

Unit – I History of Hotel Industry.
Type of Hotels.

Unit – II Front Office

- Meaning of front office.
- Planning equipment and furniture for the Front office.
- Duties of Front office staff.

Unit – III Housekeeping Department

- Meaning of Housekeeping Department
- Different section of Housekeeping Department.
- Staff duties and Co-ordination with other Department.

Unit – IV Food and Beverage Production

- Food and beverage service.
- Hygiene and food safety.

Unit-V Hospitality Management

- Accommodations Management
- Financial Management in Hotels

References :-

- (1) **Travel Tourism and computer awareness**
- Manisha N Khakhar. Pravin Publishing Rajkot.
- (2) **Hotel front office Training Manual.**
- Suchir Andrews. Tata McGraw Hill Publishing Co. Ltd. New Delhi
- (3) **Tourism and Hotel Management**
- PushpinderS.GillAnmol Publication Pvt. Ltd.
- (4) **The Art of serving**
- Anita S. Kumar. Yash Publication, Pune.

Web :-

- (1) www.hotelindustry.com
- (2) www.housekeeping.in
- (3) www.hotelequipments.in
- (4) <http://www.hotelpro.com>
- (5) <http://blog.feedspot.com>hotelmanagement>
- (6) <http://www.xotels.com>
- (7) <http://hotelogix.com>