



Tararani Vidyapeeth's
KAMALA COLLEGE, KOLHAPUR
Autonomous

Affiliated to
SHIVAJI UNIVERSITY, KOLHAPUR

Accredited By NAAC with 'A' Grade

Faculty of Interdisciplinary Studies

Structure, Scheme and Curriculum For

Bachelor of Arts Part – I

Semester I and II

HOME SCIENCE

Syllabus to be implemented from June, 2022 onwards



Tararani Vidyapeeth's
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NEW CURRICULUM (CBCS, SEMESTER PATTERN) FOR B.A. I

1. TITLE: B.A. Part I (Home–Science)
Under Faculty of Interdisciplinary Studies
2. YEAR OF IMPLEMENTATION: New Syllabus (CBCS Pattern) (Semester Pattern) will be implemented from June 2022 onwards
3. DURATION: B.A.I – Two Semester (One Year)
4. PATTERN OF EXAMINATION: Semester (CBCS Pattern)

40+10 per semester

40 Marks for theory
and 10 marks for Practical (Internal Evaluation)
5. MEDIUM OF INSTRUCTION: English or Marathi
6. STRUCTURE OF COURSE: B.A. I- Two Semester (Two Courses)



**TararaniVidyapeeth's
Kamala College, Kolhapur
Autonomous**

**Choice Based Credit System Proposed Course Structure
for B.A. Home Science
Three Years (6 Semester) Programme**

**Course Structure of new Curriculum
2022-2023**

B.A. I

S. No.	Class	Semester	Name of the Course
1	B.A. I	I	DSC-B-5: Course I- Fundamentals of Food Science and Nutrition
2	B.A. I	II	DSC - B-10: Course II - Resource Management

B.A. II

S. No.	Class	Semester	Name of the Course
1	B.A.II	III	DSC - D-9: Course III- Basics of Interior Design
			DSC - D-10: Course IV-

			Fundamentals of Food Safety and Preservation
2	B.A. II	IV	DSC - D-19: Course V- Fundamentals of Textile Science and Apparel Construction
			DSC - D-20: Course VI- Fundamentals of Human Development

B.A.III

S. No.	Class	Semester	Name of the Course
1	B.A.III	V	DSE-E-21: Course VII- Nutrition for the Family
			DSE-E-22: Course VIII- Entrepreneurship Development
			DSE-E-23: Course IX- Fundamentals of Fashion Designing
			DSE-E-24: Course X- Life Span Development
			DSE-E-25: Course XI- Research Methodology in Home Science
2	B.A.III	VI	DSE-E-46: Course-XII Therapeutic Nutrition
			DSE-E-47: Course-XIV Traditional Indian Textiles and Embroideries
			DSE-E-48: Course-XIII Space Planning and Design
			DSE-E-49: Course-XV Fundamentals to Guidance and Counselling

			DSE-E-50: Course-XVI Extension for Development
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DSC - Discipline Specific Course

DSE - Discipline Specific Elective

SEC - Skill Enhancement Course

Credit System and Workload

B.A. I

Sr. No.	Semester	Title of the Course	Discipline	Distribution of Credits			Workload			Distribution of Marks		
				Theory	Practical	Total	Theory	Practical	Total	Theory	Practical	Total
1	I	B.A. I	DSC-B-5: Course I- Fundamentals of Food Science and Nutrition	03	01	04	02	02	04	40	10	50
2	II	B.A. I	DSC - B-10: Course II - Resource Management	03	01	04	02	02	04	40	10	50

B.A. II

Sr. No.	Semester	Title of the Course	Discipline	Distribution of Credits			Workload			Distribution of Marks		
				Theory	Practical	Total	Theory	Practical	Total	Theory	Practical	Total
1	III	B.A. II	DSC - D-9: Course III- Basics of Interior Design	03	01	04	02	02	04	40	10	50
2	III	B.A. II	DSC – D10: Course IV- Fundamentals of Food Safety and Preservation	03	01	04	02	02	04	40	10	50
3	IV	B.A. II	DSC - D-19:Course V- Fundamentals of Textile Science and Apparel Construction	03	01	04	02	02	04	40	10	50
4	IV	B.A. II	DSC – D20:Course VI- Fundamentals of Human Development	03	01	04	02	02	04	40	10	50

B.A. Part - III: HOME SCIENCE

Sr. No.	Semester	Title of the Course	Discipline	Distribution of Credit	Workload Theory- lectures/week Practical - Lectures/week/Batch	Total Credit	Total Workload	Theory Marks	Marks Practical/Sessional work
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	r			Theory	Practical	Total	Th.	Pract.	Total				
1.	V	Nutrition for the Family (Course 7)	Home Science Course- DSE-E-21	3	2	5	3	4	7	24 (Theory -18 Practicle -06)	24 (Theory -18 Practicle -12)	40	10
2.	V	Entrepreneurship Development (Course 8)	Home Science Course- DSE-E-22	3	2	5	3	4	7			40	10
3.	V	Fundamentals of Fashion Designing (Course 9)	Home Science Course- DSE-E- 23	4	2	6	4	4	8			40	10
4.	V	Life Span Development (Course 10)	Home Science Course- DSE-E-24	4	--	4	4	-	4			40	10
5	V	Research Methodology in Home Science (Course 11)	Home Science Course- DSE- 25	4	--	4	4	--	4			40	10
6	VI	Therapeutic Nutrition (Course 12)	Home Science Course- DSE-E-46	3	2	5	3	4	7			40	10
7	VI	Space Planning and Design (Course 13)	Home Science Course- DSE-E-47	3	2	5	3	4	7			40	10
8	VI	Traditional Indian Textiles and Embroideries (Course 14)	Home Science Course- DSE-E- 48	4	2	6	4	4	8	24 (Theory -18 Practicle -06)	24 (Theory -18 Practicle -12)	40	10

EQUIVALENCE OF COURSE:**B.A. I**

Sr. No.	Class	Semester	Title of the Course (Old)	Course	Title of the Course (New)
1	B.A. I	I	Fundamentals of Nutrition and Food	1	Fundamentals of Food Science and Nutrition
2	B.A. I	II	Resource Management	2	Resource Management

B.A. II

Sr. No.	Class	Semester	Title of the Course (Old)	Course	Title of the Course (New)
1	B.A. II	III	Basics of Interior Design	3	Basics of Interior Design
2	B.A. II	III	Introduction to Food Safety and Preservation	4	Fundamentals of Food Safety and Preservation
3	B.A. II	IV	Fundamentals of Textile Science and Apparel Construction-I	5	Fundamentals of Textile Science and Apparel Construction
4	B.A. II	IV	Introduction to Human Development	6	Fundamentals of Human Development

B.A.III

Sr. No.	Class	Semester	Title of the Course(Old)	Course	Title of the Course (New)
1.	B.A. III	V	Nutrition for the Family	7	Nutrition for the Family
2.	B.A. III	V	Entrepreneurship Development	8	Entrepreneurship Development
3.	B.A. III	V	Fundamentals of Textile Science and Apparel Construction - II	9	Fundamentals of Fashion Designing
4.	B.A. III	V	Life Span Development	10	Life Span Development
5.	B.A. III	V	Research Methodology in Home Science	11	Research Methodology in Home Science
6.	B.A. III	VI	Therapeutic Nutrition	12	Therapeutic Nutrition
7.	B.A. III	VI	Space Planning and Design	13	Space Planning and Design
8.	B.A. III	VI	Traditional Indian Textiles and Embroideries	14	Traditional Indian Textiles and Embroideries
9.	B.A. III	VI	Introduction to Guidance and Counseling	15	Fundamentals of Guidance and Counselling
10.	B.A. III	VI	Extension for Development	16	Extension for Development

Programme Outcomes: B.A.

1. The students acquire knowledge in the field of social sciences, literature and humanities which make them sensitive and sensible.
2. The arts graduates will be acquainted with traditions, historical facts, social problems, national and international issues, financial matters and ideologies.
3. This programme empowers the graduate to appear for various competitive examinations or choose the academic vertical or horizontal mobility of their choice.
4. Programme provides the base for moral values and the base to be the responsible citizen.

Programme Specific Outcomes: B.A. Home Science

On the completion of the programme student will be able to:

1. Understand of core knowledge of various specialization of Home Science.

2. Apply the knowledge of subject in day-to-day life.
3. Identify their area of interest for further specialization.
4. Develop skills, relate their knowledge to develop entrepreneurship.
5. Develop skills in experimentation and research to understand the theoretical and experimental dimensions of Home Science

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Choice Based Credit System
B.A. Part – I Home Science DSC-B-5
Course–I

June 2022 onwards

Fundamentals of Food Science and Nutrition

Preamble: Nutrition has been recognized and given a special role in national development. Nutrition is the key to facilitate the study and enhance the quality of human life. This course covers basic aspects of nutrition, food science, as well as opens a vast understanding of the current spectrum of malnutrition. This course equips the students for skill development, academic understanding, entrepreneurship, community role and employment in various fields of food industry, health clinics, NGOs, etc.

Course outcome:

This Course will enable students

1. to understand fundamental concept of food, nutrients and nutrition, their relationship to Health.
2. to apply the knowledge of nutritional facts to derive maximum benefit from available food resources.

Total Credits: 04

Workload:

Theory: 03 Credits

Theory: 2 Lectures per week

Practical: 01 Credit

Practical: 2 Lectures per week per

batch (Each batch consisting of 15 to 20 students)

Semester – I

Theory

Module 1: Basic concepts in food and nutrition

5

1.1 Basic concepts used in study of food and nutrition-

Food, Nutrients, Nutrition, Health, Malnutrition and Balanced Diet

1.2 Understanding relationship between food, nutrition and health

1.3 Functions of food – Physiological, psychological, social and cultural

Module 2: Food Groups

- 2.1 Basic Five Food Groups 15
- 2.2 Cereals and Pulses: Selection and nutritional contribution
- 2.3 Fruits and vegetables: Selection and nutritional contribution
- 2.4 Milk & milk products: Selection and nutritional contribution
- 2.5 Eggs, Meat, poultry, and fish: Selection and nutritional contribution
- 2.6 Fats and Oil: Selection and nutritional contribution

Module 3: Methods of Cooking with advantages and disadvantages 10

- 3.1 Moist heat: Boiling, Steaming, Pressure-cooking
- 3.2 Dry heat: Roasting, baking
- 3.3 Frying: Deep and Shallow frying
- 3.4 Microwave cooking

Module 4: Nutrients 15

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

- 4.1 Carbohydrates, lipids and proteins
- 4.2 Fat soluble vitamins-A, D, E and K
- 4.3 Water soluble vitamins – Thiamine, Riboflavin, and vitamin C
- 4.4 Minerals – Calcium and Iron

Practical

Credit: 01

1. Weights and measures of foodstuff.
2. Food preparation, understanding the principles involved, nutritional quality and portion size
 - 2.1 Beverages: Hot tea/coffee/Milkshake/lassi/fruit-based beverages (Any One)
 - 2.1 Cereals: Boiled rice / pulao/ chapatti / paratha / puri / pastas (Any One)
 - 2.2 Pulses: Whole / dehusked (Any One)
 - 2.3 Vegetables: curries / dry preparations
 - 2.4 Milk and milk products: Kheer/custard or Meat, Fish and poultry preparations/Egg preparations: Boiled / poached / fried / scrambled / omelet / Egg pudding
3. Plan and prepare nutrient rich recipe of the following with nutritive value calculation.
 - 3.1 Calorie / Protein (Any One)
 - 3.2 Vitamin A / Vitamin C (Any One)
 - 3.3 Vitamin B₁ / Vitamin B₂ (Any One)
 - Iron / Calcium

Method of Evaluation: Internal Evaluation of Practical
Total Marks 10

Q. 1 Submission of Journal – 5Marks

Q. 2 Viva – 5Marks

RECOMMENDED READINGS

1. Mudambi, S. and Rajagopal, M. V. Fundamentals of Foods, Nutrition and Diet Therapy; Fifth Ed; 2012; New Age International Publishers
 2. Mudambi S.R., Rao S. M. and Rajagopal M. V., Food Science; Second Ed; 2006; New Age International Publishers
 3. Srilakshmi B. Nutrition Science; 2012; New Age International (P) Ltd.
 4. Srilakshmi B., Food Science; Fourth Ed; 2010; New Age International (P) Ltd.
 5. Swaminathan M., Handbook of Foods and Nutrition; Fifth Ed; 1986; BAPPCO
 6. Bamji M. S., Rao N. P., and Reddy V., Text Book of Human Nutrition; 2009; Oxford & IBH Publishing Co. Pvt Ltd.
 7. Wardlaw GM, Hampl JS. Perspectives in Nutrition; Seventh Ed; 2007; McGraw Hill.
 8. Lakra P, Singh MD. Textbook of Nutrition and Health; First Ed; 2008; Academic Excellence.
 9. Manay MS, Shadaksharaswamy. Food- Facts and Principles; 2004; New Age International (P) Ltd.
 10. Potter NN, Hotchkiss JH. Food Science; Fifth Ed; 2006; CBS Publishers and Distributors.
 11. Sethi P and Lakra P. Aahaar Vigyaan, Poshan Evam Suruksha, Elite Publishing House, 2015
 12. Jain P. Poshanvaswasthyakemoolsiddhant (Hindi); First Ed; 2007; Academic
 13. Pratibha. Vrinda S. Aahar Vigyan (Hindi); 2003; Shyam Prakashan
 14. Suri S. and Malhotra A. Food Science, Nutrition & Food Safety Pearson India Ltd. 2014.
 15. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S. Basic Food Preparation – A Complete Manual. Orient Longman, 2005.
- Khanna K, Gupta S, Seth R, Mahana R, Rekhi T. The Art and Science of Cooking. Phoenix Publishing House Private Limited, Delhi 1998. =====

**Tararani Vidyapeeth's
Kamala College, Kolhapur
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Choice Based Credit System B.A. Part–
I Home Science DSC-B-10
Course–II**

June 2022 onwards

RESOURCE MANAGEMENT

Preamble: We are living in a world of scarce and finite resources and hence, management of resources become imperative for the society. Resource Management focuses on optimization of resource utilization in life. This paper intends to acquaint students about managerial process and resource management.

Course outcome:

This Course will enable students

1. to acquaint with process of management.
2. to know about resources and its availability and management in day to day life.

Semester – II

Total Credits: 04

Workload:

Theory: 03 Credits

Theory: 2 Lectures per week

Practical: 01 Credit

**Practical: 2 Lectures per week per
batch (Each batch consisting of 15 to 20
students)**

THEORY

Module I: Introduction to Resource Management 10

- 1.1 Concept, Meaning and Scope of Management
- 1.2 Meaning and definition of family resource management
- 1.3 Values, Goals and Standards- Meaning and Types

Module II: Resources 10

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

Module III: Management of resources by an individual / family 10

- 3.1 Money - Meaning, sources, ways of improving money income

- 3.1 Time: Concept, classification, importance, and characteristic
3.2 Energy: Concept of Human Energy, classification, and importance

Module IV: Functions of Management

15

- 4.1 Decision Making – Meaning, steps and importance
4.2 Planning – Meaning, steps, Characteristics, and advantages
4.3 Controlling – Meaning, steps and importance
4.4 Evaluation – Meaning, types and advantages

Practical

1. Observation, listing and classification of resources available to family.
2. Identification and development of self of as a resource.
 - SWOC analysis
 - Building Decision making abilities through management game / role play
3. Preparation of time plan for self and family
4. Event planning, management, and evaluation with reference to Managerial process

Method of Evaluation: internal Evaluation

Marks: 10

- Q.1 Submission of journal – 5 Marks
Q. 2 Viva – 5 Marks

RECOMMENDED READINGS

1. Koontz.H. and O'Donnel C., 2005, Management – A systems and contingency analysis of managerial functions. New York: McGraw-Hill Book Company
2. Kreitner. 2009, Management Theory and Applications, Cengage Learning: India
3. Rao V.S. and Narayana P.S., Principles and Practices of Management, 2007, Konark Publishers Pvt. Ltd.
4. Study Group, 2019, *Gruhvysthapanstd.* 11th- *Bhalbharati*, Pune
5. Study Group, 2019, *Gruhvysthapanstd.* 12th-*Bhalbharati*, Pune

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