

B.A./B.Sc. 1st

PAPER 1st

Introduction to Resource Management

MM: 100

Unit-1

- (a) Basic Concept of Management, purpose of Management.
- (b) Obstacles to the Improvements of Management.
 - i. Lack of Awareness of management.
 - ii. Lack of Awareness of resources.
 - iii. Failure to evaluate Result of Management.
 - iv. Seeking readymade answer to problems.
 - v. Lack of information.
- (c) Family Characteristics Influencing Management
 - i. Life style
 - ii. Family size
 - iii. Stage of family life cycle

Unit-2

- (1) Factors motivating Management
 - (a) Goals- Definition, Types of utility.
 - (b) Values- Importance, source of values, classification, characteristics.
 - (c) Life Standards- Definition, Classification.
 - (d) Decision making- Role of decision making in management.
- (2) Meaning and Elements of management Process.
 - (a) Planning- Definition, type, Importance, Techniques.
 - (b) Controlling- Definition, Controlling the plan in the action.
 - (c) Evaluating –Definition, Type, Techniques of self evaluation.

Unit-3

- (1) Resources in the family-
 - (a) Types of Resources
 - (b) Factors affecting the use of resources.
- (2) Management of specific resources.
 - (a) Work simplification, Ergonomics.
 - (b) Time, Energy and money management.

Unit-4

- (1) Fundamental of Art and Design.
 - (a) Elements of Art-Line, Form, Design, texture, Light, Space.
 - (b) Study of colours- Classification, colour wheel and colour schemes.
- (2) Principle of Design
 - (a) Balance
 - (b) Harmony
 - (c) Proportion
 - (d) Rhythm
 - (e) Emphasis

B.A. Ist

PAPER IInd

Food microbiology, Hygiene and Sanitation

MM: 100

Unit-1

- (a) History of food microbiology and introduction to important microorganisms in foods.
- (b) Fundamental of control of microorganisms in food.

Unit-2

*Food spoilage- meaning and types.

Spoilage of different kind of food-cereal and cereal products, vegetables and fruits, meat and meat products, eggs and poultry, milk and milk products, canned foods.

Unit-3

Public health hazards due to contaminated foods. Food born infection and intoxication, symptoms of infection, method of prevention.

Unit-4

Importance of- sanitation and hygiene in foods. Kitchen hygiene. Food plant hygiene and employee health. Food laws.

Practical

1. Demonstration of the different parts of microscope.
2. Study of different methods of food preservation.
3. A market survey on preserved and processed food items.
4. Morphological identification of important microbes in foods through slides.
5. Preparation of common laboratory media for cultivation of microorganisms.

B.A. IInd

PAPER Ist

Fundamental of Food and Nutrition

MM: 100

Unit-1

- (a) Definition and concept of Nutrition.
- (b) Functions of food.

Unit-2

- Nutrients: Macro and micro nutrients- classification, sources, functions, recommended dietary allowance (RDA), deficiency and excess.
- | | |
|--------------------------|----------------|
| 1. Water | 8. Fibres |
| 2. Protein | 9. Iron |
| 3. Fat | 10. Calcium |
| 4. Carbohydrates | 11. Phosphorus |
| 5. Energy | 12. Magnesium |
| 6. Fat soluble vitamins | 13. Iodine |
| 7. Water soluble vitamin | 14. Fluorine |

. Unit-3

- Food production components, structure, nutritional contribution and selection factor for the following-
- | | |
|----------------------------|---------------------------|
| 1. Cereals and millets | 7. Nuts and oil seeds. |
| 2. Pulses | 8. Eggs |
| 3. Fruits | 9. Sugar |
| 4. Vegetables | 10. Beverages |
| 5. Milk and milk products. | 11. Condiments and spices |
| 6. Meat, Fish and poultry | 12. Processed foods. |

Unit-4

- Basic terminology used in food preparation. Method of cooking- their advantages and disadvantages and effect on nutritive value.
Improving nutritional quality of food.
- Germination, fermentation, fortification & enrichment, supplementation.

Fundamental of food & Nutrition

Practicals

M.M.- 30

1. Use and care of kitchen equipments.
2. Study of different type of cooking serving methods.
3. Preparation of any Beverages Hot & Cold.
4. Preparation of recipies from food stuffs used in Breakfast.
Lunch, Snacks, Starters, Dinner & etc.
5. Preparation of recipies from following
 - A. Germination
 - B. Fermentation
6. Preparation of baked food items.
7. Preparation of Traditional dish.

B.A. IInd

PAPER IInd

Introduction to Clothing & Textile

MM: 100

Unit-1

1. Introduction and Classification of textiles, Terminology in Textiles, Polymer chemistry, history, Composition type, Production, Properties and Uses.
 - A. Natural Fibres –Cotton, Linen
 - B. Protein Fibres –Wool Silk
 - C. Synthetic Fibres –Rayon, Nylon

Unit-2

1. Study of Yarns-
 - A. Types of Yarns –Simple, Complex, Novelty, Slub Spiral, Ratine Loop etc.
 - B. Method of Spinning.
 - C. Yarns numbering systems – Count, Denier, Tex methods.
2. Different types of weaves
 - A. Basic weaves Plain, Rib Basket Twill, Satin Sateen, Huck-back, Honey comb.
 - B. Fancy weaves Pile, Double cloth, Leno, Dobby jacquard

Unit-3

1. Different types of finishes
 - A. Mechanical finishes- Napping Brushing, Shearing, Sizing, Tendering, and Calendaring Singing.
 - B. Chemical finishes- Bleaching, Mercerizing
 - C. Special purpose finishes- Water resistant, Flame resistant, Soil release Dying and Printing.
2. Selection of Fabric
Factors influencing selection of Fabric-Budget, Age, Season, Occupation, Fiogure, Fashion, Occasion etc.

Unit-4

1. Principles of clothing construction and equipment.
 - A. General principle of clothing construction.
 - B. Drafting and making paper patterns
 - C. Taking body measurements for different types of garments.
2. Preparation of fabrics for garments.
 - A. Making layout of patterns
 - B. Cutting and making
 - C. Equipment and supplies used in clothing construction.

B.A. IIIrd

PAPER Ist

Nutritional Management in Health & Diseases

MM: 100

Unit-1

1. Definition Concept and dimensions of health and therapeutic nutrition.
2. Energy Requirements factors affecting energy, requirement BMR, Activity, Age Climat, Diet-induced thermogenesis (SDA), Physiological conditions.

Unit-2

1. Concept of nutritionally adequate diet and meal planning.
 - (I) Importance of meal planning
 - (II) Factors affecting meal planning nutritional, Socio-cultural, Religious, Geographic, Economic, Availability of time and material resources.

Unit-3

Nutrition through the life cycle:

(At different activity and Social economic levels.
requirements nutritional problems)

1. Adult hood.
2. Pregnancy
3. Lactation
4. Infancy
5. Preschool
6. Adolescence
7. Old age

Unit-4

1. Principles of Diet therapy: Modification of normal diet for therapeutic purpose, full diet, soft diet, fluid diet and Bland diet.
2. Nutritional management in common diseases: Requirements and diet planning:
 - a. Diarrhoea
 - b. Constipation
 - c. Fevers

B.A./B.Sc. IIIrd

PAPER IInd

Introduction to Human Development

MM: 100

Unit-1

- (a) What is human Development? Why do we need to study it? Definition of development and human development with focus on life span nature and context of development family and society, variations across cultures and individual differences in human development.
- (b) Human Development is multidisciplinary Science. The need to study human development the process of normative development the process of normative development and recognising development.

Unit-2

An Introduction to the dimensions of development infancy & Early Childhood years.

- (a) Physical and motor
- (b) Cognitive
- (c) Language
- (d) Socioemotionale Personality

Unit-3

- a) i) specialized counselling centres
 - ii) Schools
 - iii) Child counselling centre
- b) i) Understanding growth and development
 - ii) General Principles of development

Unit-4

Early Childhood Care and Education

- (a) National and International agencies Working for Women and Child Welfare.
- (b) Theories- Piaget, Walson, Pavlov, Thorndike

B.A./B.Sc. IIIrd

PAPER IIIrd

(Extension Education & Communication Management)

MM: 100

Unit-1

Extension Education_

- Concept, meaning, need, Philosophy, Principles, objectives and function of extension education.
- Historical background of extension education in India.
- Role and qualities as good extension worker.
- Different type of extension education and related to other sciences such as formal, non-formal, adult education, distance education correspondence education and vocational education.

Unit-2

Community Development-

- Structure, principle, process, level, scope, and objectives of community development programme in India.

Unit-3

Communication and Instructional Technology-

- Origin, meaning, definition, method, function and barriers of communication, Types of communication.
- Classification of audio visual aids, use of mass communication and use of Instructional technology(Internet, Computer Satellites) in India.

Unit-4

Program planning and Evaluation

- Need, concept, Principle type, and step of programme planning.
- Evaluation and monitoring –Meaning, types and difference between evaluation and monitoring and other on going programme of women and children in India.