

B.A.Home Science Programme

SEM – VI

COURSE STRUCTURE FOR C.B.C.S.

Sr. No.	Course Type	Name of Course	Credits / Week				Contact Hours
			Theory		Practical	Total	
			L	O			
1	Core 311	Diet Therapy	3	1	-	4	4
2	Core 312	Textile Designing and Apparel Making	3	1	-	4	4
3	Core 313	Home Science Education and Extension	3	1	-	4	4
4	Core Elective 314 Practical	Dietary Panning and diseases	-	-	4	4	1½ 1 Cr (6 Hrs)
5	Core Elective 315 Practical	Apparel Designing	-	-	4	4	1½ 1 Cr (6 Hrs)
6	Foundation 311	-	1	1	-	2	2
7	Soft Skill 311	-	1	1	-	2	2
8	Comp	English	2	-	-	2	2
			13	5	8	26	30

B.A. HOME SCIENCE
SEM-VI
CORE-311
THEORY
DIET THERAPY

Lectures per week			Total Credits	Marks per paper				Duration of Exam	
Theory	Practical	Other		Internal		External		Hour	
Theory	Practical	Other		Theory	Practical	Theory	Practical	Theory	Practical
3	-	1	4					3	

Focus :

This course intends impart knowledge and importance of diet in various diseases. It enables students with various diets require for various diseases.

Objectives:

1. To know the concept and principles of Diet Therapy
2. To understand the Modifications of Normal Diet for Therapeutic Purposes
3. To understand the role of the Dietician in Preventive, Promotive and Curative Healthcare of patients community
4. To understand causes, symptoms and dietary management in various disease conditions.
5. To develop ability for Diet Planning for different diseases.
6. To develop skills to prepare various modified diets.

UNIT – I

- I. Introduction to Diet Therapy
 - a. Concept and Importance of Diet Therapy
 - b. Objectives and Principles of Therapeutic Nutrition
 - c. Methods of Hospital Diet Feeding: Parental and Enteral Feeding
- II. Types of Hospital Diets:-
 - a. Diet modification according to consistency:- Light, Soft and Liquid diets
 - b. Diet modification according to amount of nutrients :- Diets (High and Low) in Calories, carbohydrate, Protein, Fat and Fiber
- III. Team approach to healthcare of a patient And Role and responsibilities of Dietitian.

UNIT - II

- I. Nutritional Care during Fever:- causes, symptoms and Dietary Management.
 - a. Common Fever,
 - b. Typhoid
 - c. Tuberculosis
- II. Nutritional Care in Gastro-intestinal Disorders:- Causes, Symptoms and Dietary Management
 - a. Constipation
 - b. Diarrhea
 - c. Peptic Ulcer

UNIT - III

- I. Nutritional Care in Liver Diseases:- Causes, Symptoms and Dietary Management
 - a. Hepatitis
 - b. Jaundice
- II. Nutritional Care in Cardiovascular Diseases:- Causes, Symptoms and Dietary Management
- Atherosclerosis
- III Hypertension Nutritional Care in Allergy:- Causes, Symptoms, Dietary Management in Allergy of milk and wheat

UNIT - IV

- I. Nutritional Care in Cancer:- Causes, Symptoms, Dietary Management in
 - a. Intestine
 - b. Breast
 - c. Uterus Cancer
- II. Nutritional Care for Weight Management:-
 - a. Obesity:- Identifying the overweight and obese: Causes, Complications, Symptoms and Dietary Management
 - b. Underweight:- Causes, Symptoms and Dietary Management
- III. Nutritional Care in Diabetes Mellitus:- Causes, Symptoms, and Dietary Management
- IV.

Others-(Any two)

1. Assignments
2. Survey/Preparation
3. Seminar
4. Visit/ Field work

REFERENCES

1. Robinson and Proudfit "Normal and Therapeutic Nutrition", McMilan Pub.
2. M. Swaminathathan "Principles of Nutrition and Dietetics", TheBanglore Printing and Publishing Co. 1990.
3. Joshi Shubhangini A. "Nutrition and Dietetics", Tata McGraw Hill Publications. New Delhi, 1992.
4. B. Shrilaxmi "Dietetics", New Age International (P) Ltd. Pub. 2000.
5. Reader's Digest, "Fight Back with Food", Reader's Digest Association Inc. Pleasantville, New York, Montreal
6. Dr. BrindaSinh, "AaharVignanEvamPoshan", PanchshilPrakashan, Jaipur 2007.
7. Dr. Nilambari Dave, "Nutrition and Diet Therapy", Rajkot.
8. RaheemaBegam, "A Textbook of Foods, Nutrition and Dietetics". Sterling Publishers, New Delhi.

B.A.HOME-SCIENCE

SEM-VI

CORE-312

THEORY

Textile Designing and Apparel Making

Lectures Per Week			Total Credits	Mark Per Paper				Duration of Exam	
Theory	Practical	Other		Internal		External		Hour	
				Theory	Practical	Theory	Practical	Theory	Practical
3	-	1	4					3	-

Focus:

This course is designed to provide knowledge of Textile details, construction of cloths and methods of apparel making.

Objectives:-

This course will enable the students to:

- 1) To know about Yarns and Clothing construction.
- 2) To learn about Tie and Dye, Batik and Printing.
- 3) Basic Knowledge of Paper pattern and designing.
- 4) To enable the students to familiarize with the essentials of Apparel Making

UNIT – I

Textile Science

Textile Fibers and Yarns:

- 1 Classification of Textile Fibers.
- 2 General Properties of Textile fibers.
- 3 Types of Spinning and Processes involved in it.
 - Mechanical Spinning.(Cotton)
 - Chemical Spinning.
- 4 Types of Yarns:
 - Simple Yarns
 - Novelty Yarns.

UNIT – II
Clothing Construction

Structure of fabrics :

- 1 Various Types of Looms, Their parts and function.
- 2 Classification of Weaves
 - a) Basic weaves with their variations.
 - Plain weaves
 - Twill weaves
 - Satin weaves
- 3 Complex or Decorative weaves.
 - Honey comb
 - Leno.
 - Dobby
 - Jacquard.
 - Pile
 - Huck-a-back.
- 4 Non-woven Textiles.
 - Flat
 - Bonded.
 - Laminated.

UNIT – III
Methods of Dying Printing and Finishing

- 1 Dying:
 - Types of Dyes and Pigments
 - Methods of Dying.
- 2 Printing:
 - Type of Printing:
 - Hand Printing-Block, Stencil and Screen.
 - Machine Printing-Roller and Their Types.
- 3 Types of Tie and Dye and Batik in brief.
- 4 Finishing:
 - Importance and Classification of finishing:
 - Physical process-Calendarizing, Shrinking, Embossing, Weighting, Moiering
 - Chemical Process-Mercerizing, Wrinkle-resistant, Water Proofing, Wash and Wear, Mothproofing, Flame-Protecting.

UNIT – IV

Consumer Problems and Apparel Making

- 1 Consumer problems in clothing and Textiles and Their Remedies.
- 2 Pattern Making:
 - Flat patterns.-Application, Merit and Demerits.
 - Draping.-Application ,Merits and Demerits.
- 3 Fitting Of Garments
 - Factors affecting good fit
 - Problems and remedies.

Others–(Any two)

1. Assignments
2. Survey/Preparation
3. Seminar
4. Visit/ Field work

REFERENCES

- 1 Pramila Verma, Vastra Vignan evam Paridhan, Bihar Grant Academy.
- 2 Dr.BelaBhargav,Vastra Vignan evam Dhulai, Udaipur.
- 3 David Potter, Tantu Se Vastra.
- 4 Sushama Gupta, Niru Gerg, Vastra Vignan evam Paridhan.
- 5 Vimala Sharma,Vastra Shilp Vignan.
- 6 Gita Pushp,Vyavharic Vastra Vignan.
- 7 Vina Samani,Hina Sanvat and Malini Pathak,Dress Designing

B.A.HOME-SCIENCE

SEM-VI

CORE-313

THEORY

Home Science Education and Extension

Lectures Per Week			Total Credits	Mark Per Paper				Duration of Exam	
Theory	Practical	Other		Internal		External		Hour	
Theory	Practical	Other		Theory	Practical	Theory	Practical	Theory	Practical
3	-	1	4					3	-

Focus:

This course is designed to provide knowledge about needs and importance of home science discipline for society.

Objectives:

1. To create awareness about various aspects of H. Sc. as a discipline.
2. To develop understanding regarding type, setup and administration of H. Sc. Institutions.
3. To create understanding regarding significances, functions and characteristics of H. Sc. teacher.
4. To develop understanding regarding advantages, technique of effective use and limitations of various teaching methods employed in H. Sc.
5. To create awareness regarding benefits of teaching aids.
6. To develop understanding regarding benefits, techniques of effective use and limitations of various teaching aids.

UNIT – I

Understanding the discipline of Home Science

- I. Meaning, Need and Philosophy of Home Science in modern times
- II. Structure of H. Sc. Discipline and Areas of Home Science discipline
- III. Broad Objectives of Home Science
- IV. Specific objectives of each area of H. Sc.
- V. Career opportunities available to the Home Scientists

UNIT – II

Home Science Department and Home Science Teacher

- I. Setup of H. Sc. Department at college level
- II. Effective administration of the H. Sc. Department
- III. Functions of H. Sc. Teacher
- IV. Characteristics of an ideal H. Sc. teacher
- V. Concept, Principles and Need for Home Science Extension Education

UNIT – III

Educational Technology in Home Science

Concept, Classification and need of educational technology in Home Science.

- I. Points to be considered while selecting teaching methods in Home Science.
- II. Teaching methods with respect to advantages, technique for the effective use and their limitations.
 - a. Lecture Method
 - b. Discussion Method
 - c. Demonstration Method
 - d. Laboratory Method
 - e. Workshop Method
 - f. Fieldtrip Method
 - g. Survey Method
 - h. Exhibition as a teaching technique

UNIT – IV

Teaching Aids in Home Science

- I. Concept, classification and need for teaching aids.
- II. Points to be considered while selecting teaching aids.
- III. Teaching aids with respect to advantages, technique for selection/preparation, presentation and limitations-
 - a. Blackboard
 - b. Bulletin board
 - c. Magnet board
 - d. Flannel board
 - e. Model
 - f. Chart
 - g. Slides
 - h. Poster
 - i. Puppet
 - j. Radio
 - k. Transparency and OHP
 - l. Flashcards
 - m. Television and Film
 - n. Pictures
 - o. LCD
 - p. Graph
 - q. Computer

Others–(Any two)

1. Assignments
2. Survey/Preparation
3. Seminar
4. Visit/ Field work

REFERENCES

1. Chandra Arvinda, Shah Anupma and Joshi Uma. "Fundamentals of Home Science" Sterling Publishers Private Limited, 1989.
 2. ParalikarKalpana. "What is Home Science?" Diamond Printing Press, 1983
 3. ChakrabortySujit K. Audio–Visual Education in India. The Oxford College, Calcutta and New Delhi, 1967.
 4. DevdasRajmal P. Methods of Teaching Home Science, 1959.
 5. Chandra Arvida Introduction to Home Science Metropolitan Book Co. Ltd., New Delhi, 1978
 6. Dahama O.P. and Bhatnagar Education and Communication for Development Oxford Book Co., 2002
 7. Chakrabharti, Audio Visual Education in India, Oxford Book Co. New Delhi.
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B.A.HOME-SCIENCE

SEM-VI

CORE ELECTIVE-314

PRACTICAL

Dietary Planning in Diseases

(Total Practicals 24)

Lectures Per Week			Total Credits	Mark Per Paper				Duration of Exam	
Theory	Practical	Other		Internal		External		Hour	
Theory	Practical	Other	Theory	Practical	Theory	Practical	Theory	Practical	
-	4	-	4					-	4

Focus :

This course intends impart knowledge and importance of diet in various diseases practically. It enables students with various diets require for various diseases.

Objectives:

- 1.To know the concept and principles of Diet Therapy
- 2.To understand the Modifications of Normal Diet for Therapeutic Purposes
- 3.To understand the role of the Dietician in Preventive, Promotive and Curative Healthcare of patients community
- 4.To understand causes, symptoms and dietary management in various disease conditions.
- 5.To develop ability for Diet Planning for different diseases.
- 6.To develop skills to prepare various modified diets.

All practical should be planned according to the second stage disease.

UNIT – I

(1) Modification of Diet (06 Practical)

- ◆ Liquid Diet – Full, Semi and Clear
- ◆ Soft Diet - with fibers and without fibers
- ◆ Light Diet

UNIT – II

- (3) Diet for underweight and obesity (02 practical)
- (4) Diet during Fever and Infection (03 practicals)

- ◆ Common Fever
- ◆ Typhoid
- ◆ Tuberculosis

- (2) Diet in Diabetes Mellitus (01 practical)

For Obese Diabetic Patient

UNIT – III

- (5) Diet in Liver Disorders (02 practical)

- ◆ Jaundice
- ◆ Hepatitis

- (4) Diet in Gastrointestinal disorders (04 practicals)

- ◆ Constipation
- ◆ Diarrhea
- ◆ Peptic Ulcer

UNIT – IV

- (8) Diet in Heart Diseases (02 practicals)

- ◆ Atherosclerosis
- ◆ Hypertension

- (9) Diet in Allergy (01 practical)

- ◆ Milk Allergy

- (10) Diet in Cancer (01 practical)

- (11) Visit to Hospital to understand Team approach to healthcare of a patient.

(Any one disease from two) (02 practicals)

1. Listing various functions of Heart, Liver, Gastro-intestinal track
2. Listing various Diagnostic Tests in Allergy, Cancer, Liver Disorders, Diabetes Mellitus, Heart Diseases.

REFERENCES

1. Robinson and Proudfit "Normal and Therapeutic Nutrition", McMilan Pub.
2. M. Swaminathathan "Principles of Nutrition and Dietetics", TheBanglore Printing and Publishing Co. 1990.
3. Joshi Shubhangini A. "Nutrition and Dietetics", Tata McGraw Hill Publications. New Delhi, 1992.
4. B. Shrilaxmi "Dietetics", New Age International (P) Ltd. Pub. 2000.
5. Reader's Digest, "Fight Back with Food", Reader's Digest Association Inc. Pleasantville, New York, Montreal
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7. Dr. Nilambari Dave, "Nutrition and Diet Therapy", Rajkot.
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B.A.HOME-SCIENCE

SEM-VI

CORE ELECTIVE - 315

PRACTICAL

Apparel Designing

Total Practicals 29

Lectures Per Week			Total Credits	Mark Per Paper				Duration of Exam	
Theory	Practical	Other		Internal		External		Hour	
Theory	Practical	Other		Theory	Practical	Theory	Practical	Theory	Practical
-	4	-	4					-	4

Focus :

This course is designed to provide the skills to identify fibers and fabrics. Learn about cloth preparation process. With Special focus on finishing and coloring on fibers and fabrics. Awareness of purchasing clothes and garments. Also based on stitching and dyeing of various ladies garments.

Objectives :

This course will enable students to :

1. Get skills of drafting, layout and stitching of various Ladies garments,
2. Get skills to dye fabrics.
3. Develop basic skills of printing.

UNIT – I

1. Collect samples of various fibers and fabrics.(1 Practical)
2. Preparation of various sleeves: (2 Practical)
 - Magyar
 - Puff.
 - Legomatton
3. Prepare Simple Sari Blouse with Fancy sleeve.(3 Practical)

UNIT – II

- 1 Preparation of various collars: (2 Practical)
 - Chinese
 - Flat
 - Baby.
- 2 Prepare Kurti with Fancy Collar. (3 Practical)
- 3 Preparation of various Yokes:(2 Practical)
 - Round
 - Square
 - ‘V’Shape.
- 4 Prepare Punjabi kameez with fancy yoke.(3 Practical)

UNIT – III

- 1 Prepare Salwar or Chudidar (3 Practical)
- 2 Prepare Skirt (3 Practical)
- 3 Prepare Various Necklines (2 Practical)
 - Square
 - Pentagon
 - “V”Shape.

UNIT – IV

- 1 Prepare any one sample of Block printing (1 Practical)
(Table cloth/Cushion cover)
- 2 Prepare any one sample of Tie and Dye (2 Practical)
(Dupatta / yoke)
- 3 Prepare any one sample of Batik (1 Practical)
(Wall piece / 4 hand kerchief)
- 4 Market survey and Computerized report on any one of these subjects(1 practical)
 - Woven fabrics.
 - Consumer problems.
 - Dyes and Pigments.
 - Fashion.
 - Fibers and yarns.

REFERENCES

- 1 Pramila Verma, Vastra Vignan evam Paridhan, Bihar Grant Academy.
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