

**SWAMI RAMANAND TEERTH MARATHAWADA UNIVERSITY,
NANDED**

**SYLLABUS OF
B. Sc. / B. A. (Second Year)**

**Home Science
(Semester Pattern)**

Effective from June, 2014

B.Sc./B.A. Home Syllabus (Semester Pattern)

Semester - III

B.Sc./B.A. Second Year

Marks : 40

Paper-V

Introduction to Nutrition

- I. Nutrition and Health**
Definition of Nutrition, Health
Functions of Food
Methods of Cooking
- II. Balanced Diet**
Concept
Importance
- III. Food groups**
Types
Importance
- IV. Malnutrition**
Concept
Causes
Types
Remedies
- V. Food Preservation**
Concept
Types
- VI. Food Adulteration**
Concept
Types
Laws

REFERENCE BOOKS

1. Aahar Shastrache Multatwe - Dr. Sneha Mahajane
2. Anna va Potion - Saral Lele
3. Manavi Potion va Aahar Shastrachi Multatwe - Dr. Asha Deuskar

4. Essential of Food and Nutrition, Vol. I & II by M Swaminathan
5. Normal and Theruptic Nutrition – Robinson
6. N I N R D A Book
7. I C M R – Nutritive Value of Indian Foods

	Paper-VI Practical	
	Semester - III	
B.Sc./B.A. Second Year	Mark - 50	Total Periods - 4 / Week
	Nutrition and Dietetics	

- 1) **Weights and measurements by**
 1. Spoon
 2. Katori
 3. Glass
 4. Fist
- 2) **Preparation of salads - Cucumber, tomato beetroot, Radish, Mix.**
- 3) **Preparation of Paratha :**
 - 1) Paneer paratha
 - 2) Tri- colour paratha
- 4) **Shakes :**
 1. Chikoo
 2. Mix Fruit
- 5) **Soups.**
 1. Tomato
 2. Corn
- 6) **Baking:**
 1. Spong cake
 2. Pizza Base.
- 7) **Curries:**
 - 1) Stuffed pottato Kofta (2) Paneer Butter Masala
- 8) **Sweets:**
 1. Fruits Custard
 2. Lavang Latika
- 9) **Snacks:**
 - 1) Ragada Patties
 - 2) Handwa
- 10) **Rice:** 1) Pulihara 2) Coconut Sweet Rice
- 11) **Preservation Recipes:** 1) Guava Jelly 2) Tomato

	Paper- VII	Semester - IV
B A (Second Year)	Marks 40	4 Periods / Week
	Family Resource Management, Applied Arts and Interior Decoration	

I Introduction to Home management

- i) Concept of Home management
- ii) Meaning & Definition of Home management
- II. Elements of Art:**
Line, Form, Colour, Texture, Space, Light, Design, Pattern.
- III. Principles of Art:**
Harmony, Emphasis, Rhythm, Proportion, Balance.
- IV. Housing**
 - i) Introduction to housing
 - ii) Functions of house & its site
 - iii) Structural Planning of house
 - iv) Building material
 - v) Lighting & Ventilation of house
 - a) Types of lighting-Artificial, Natural, General, Decorative
 - b) Types of Ventilation-With reference to doors, windows & furniture
- V. Care of Home -**
 - i) Cleanliness - Definition, Meaning
 - ii) Types of Cleaning
 - iii) Equipments used in home cleaning.

REFERENCE BOOKS

1. Gruh Vyavasthapan va Gruh Kala - Dr. Kshama Limaye
2. Gruh Artha Shastrachi Multatwe - Dr. Kshama Limaye
3. Gruh Vyavasthapan va Gruh Sajawat - Dr. Munshi va Jathar
4. Kutumb Nivas – Tornekar va itar
5. Aadhunik Gruh Vyavasthapan – Vasu Mahajan
6. Management for Modern Living – Nickell & Dorsey
7. Art in Every Day Life – Gold Steing & Gold Steing

Paper VIII Textile and Management (Practical)

B A (Second Year)

Marks 50

4 Periods / Week

- 1) Knitting - Socks
- 2) Umbrella Frock stitching
- 3) House coat- Drafting only
- 4) Types of Sleeves - 1)Simple 2)Mega 3)Puff
- 5) Stencil Printing- 2 samples
- 6) Smoking-Any Two
- 7) Glass Painting
- 8) Renovation-
Darning
Patching
Alteration
Appliqué making

