NATIONAL EDUCATION POLICY (NEP-2020)

Draft Scheme of Implementation for Three/Four-Years UG Programme with Multiple Entry and Multiple Exit Options

For the

Faculty of

Humanities

Home Economics Scheme for
Semester III and IV Level 5.0

Sant Gadge Baba Amravati University

Amravati, Maharashtra

Commencement Year:- 2025-2026

Sr. No	Board Of Study – Home-Economics Sant Gadge Baba Amravati Univ, Amravati
1.	Prof. Dr. Sujata B. Sabane (Zade) Chairman Shri Shivaji Arts and Commerce College, Amravati.
2.	Prof. Dr. Neena S. Chaware Late N.A.D. Arts and Commerce College, Chandur Bazar, Dist. Amravati.
3.	Prof. Dr. Radha Sawjiyani R.D.G. College for Women, Akola.
4.	Prof. Dr. Sunita Balapure Late D.P. Arts College, Nandgaon Peth Dist. Amravati
5.	Prof. Dr. Chanda M. Kantale K.G.Mahila MV, Daryapur
6.	Dr. Swapna Deshmukh V.N.Mahila M, Pusad, Dist Yavatmal
7.	Dr. Rashmi P. Gajare N.W. Arts College, Yavatmal.
8.	Prof. Dr. Kiran R.Belurkar M.J.F Commerce, Science and V. R. Arts College, Bhatkuli, Dist. Amravati.
9.	Dr. Vaishali R. More Smt. S.J.Arts and Science MV, Mehkar Dist. Buldana.
10.	Prof. Dr. Manjiri C. Pande (Chepe) N.R.MV,Badnera, Dist. Amravati.

Three Years Six Semesters Programme: Bachelor of Arts with Major: Home –Economics and Minor Home –Economics (NEP)

Faculty: Humanities Year-Second Semester-III

Sr. No.	Vertical No.	NEP Vertical Type	Course Code	Course	Teaching Scheme Hours			Learning		Teaching Work Load Hours	Marks		
					L	T	P	Total Hour	Credit offered		External	Internal	Total
1	a	Major-Home Economics-(Theory)	630205	**Major III(T)** **Basics of Food science**	02	--	--	02	02	02	30	20	50
			630206	**Major III(P)** **Home -Economics**	**-**	**-**	**04**	**04**	**02**	2xNo.ofbatches	25	25	50
2*	a	Major Home Economics-III(Practical/Laboratories)	630207	**Major IV (T)** **Nutritional Education & Balance Diet**	**03**	**--**	**--**	**03**	**03**	03	60	40	100
3*	b	Minor Home Economics(Theory) Minor(Practical/Laboratories)	630241	**Minor III(T)** **Food Groups & Nutritional Importance**	02	--	--	02	02	02	30	20	50
			630242	**Minor- – Practical-III** **Home Economics**	-	--	04	04	02	02	25	25	50
4	e	iiiValueEducationCourse		Understanding India Environmental Science/ Education-I	- -	- -	02 02	02 02	01 01	2(One batch) 2(one batch)	--	---	---
5	e	i. AEC	630231	**Major discipline related IKS** **Nutritional concept in Ancient India -I**	01	--	--	01	01	01	15	10	25
6	d	Vocational and Skill Enhancement Course(VSEC)		i) SEC Life Skills-III Universal Human Values Leadership and Managerial Skills	01 01	--	--	01 01	01 01	01 01	--	---	---
7 ***	c	Generic/Open Elective(OE)	--	**OE- 5**	02	--	--	02	02	02	--	---	---
			--	**OE- 6**	02	--	--	02	02	02			
8	f	Co-Curricular Courses(Activities)		NSS/UBA/Cultural/Sports/Yoga etc.	-	-----	04	04	02	04	--	---	---
				TOTAL				28+Report+assessment =33to35	**22**		--	---	---

L: Lecture, T:Tutorial,P:Practical/Practicum TotalCreditsoffered:22(Max),Total creditsto beearned:20(Min)

Discipline Specific Core: DSC, Discipline Specific Elective : DSE, Modern Indian Language : MIL, Indian Knowledge System : IKS, Inter Faculty Specific Core : IFSC, Inter Faculty Specific Elective : IFSE, Theory :Th, Practical/Practicum :Pr, Environment Studies :ES, Pre-requisite Course mandatory if applicable: Prq, Laboratory : Lab, Generic/Open Elective Courses: OE; Vocational Skill and Skill Enhancement Courses : VSEC; Vocational Skill Courses :VSC; Skill Enhancement Courses : SEC; Ability Enhancement Courses :AEC;ValueEducationCourses:VEC;OJT: OnJobTraining:Internship/Apprenticeship;Field projects:FP;Communityengagementandservice:CES;Co-curricularCourses:CC;RM: Research Methodology; Research Project :RP

Note : **Co-curricular Courses:** In addition to the above, CC also include but not limited to Academic activities like paper presentations in conferences, Aavishkar, start-ups, Hackathon, Quiz competitions, Article published, Participation in Summer school/Winter School/Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, yoga, sports, cultural, etc. These activities can be completed cumulatively during **Semester III, IV, V and VI. Its credits and grades will be reflected in semester VI credit grade report.**

Elective Courses: Courses to be selected from the Basket of Courses provided by the University

*If the Department Specific Courses do not have practical/practicum/ laboratories, the learning hours & Credits shall be used for the respective Theory Courses.
**CompletionCertificateofInductionProgrammeshouldbesubmittedbyeachstudent.
***O.E.-
1. OE is to be chosen compulsorily from faculty other than that of the Major
2. For those students who do not opt MARATHI language under any vertical, MARATHI will be mandatory as one of the options of OE.(G.R.MarathiBhashaNo.2018/pr.kr.50/bhasha-1,Date14March,2024).

Teaching Days and Learning Hours	**Learning Hours & Credits**	**Teaching Hours & Work Load**
Minimum No. of teaching days = 90MinimumLearningweeksperSemester=17 (Minimum Learning Hours per Semester(NCrF)=600) Minimum Learning Hours per week(NCrF)=600/18or600/17 =33to35	*For Theory/Tutorial-1Hour*= 1Credit,ForPractical-2Hours=1Credit	ForTheory–1Hour=1HourWorkLoad For Tutorial - 1 Hour = 1x No. of batches workload And practical 2Hour=2xNo. of batches workload

Note: The strength of the batch of the Practical for UG Classes shall be 16 with an addition of 10% with the permission of Hon'ble Vice Chancellor. However, for Music Discipline the batch size shall be of 7 students. The number of the students required to constitute a batch or calculate the workload shall be in accordance with the relevant Government Resolution in force at the time, applicable to specific time, region, course type, mode of instruction, and other pertinent factors.

A-1485 **Three Years Six Semesters Programme: Bachelor of Arts with Major: Home –Economics and Minor Home –Economics (NEP)**

Faculty: Humanities Year-Second Semester-IV Semester Level: 5.0

Sr. No.	Vertical No.	NEP Vertical Type	Course Code	Course	Teaching Scheme Hours			Learning		Teaching Work LoadHours	Marks		
					L	T	P	Total Hour	Credit offered		External	Internal	Total
1	a	Major (Theory)	630208	**Major V (T)** **Health Science & Dietetics**	02	--	--	02	02	02	30	20	50
			630209	**Major IV (P)** **Home Economics – Practical-**	--	--	04	04	02	2xNo.ofbatches4xNo.ofbatches	25	25	50
2*	a	Major (Practical/Laboratories)	630210	**Major VI(T)** **Food Technology**	05	-	--	05	05	05	60	40	100
3*	b	Minor (Theory)Minor (Practical/Laboratories)	630243	**Minor IV(T)** **Food Safety**	02	--	--	02	02	02	30	20	50
			630244	**Minor IV (P)** **Home Economics – Practical-**	--	--	04	04	02	2xNo.ofbatches	25	25	50
4	e	Iii Value Education Course		DigitalandTechnologicalsolutions EnvironmentalScience/Education-II	-- -	- -	02 02	02 02	01 01	2(One batch) 2(one batch)			
5	e	i. AEC	630232	**Major discipline related IKS** **Applied Nutrition in Ancient India-II**	01	--	--	01	01	01	15	10	25
6.	b	Minor Elective (Theory)	630245	**Minor V (T) A Millet and Wellness**	04	--	--	04	04	04	60	40	100
			630246	**Minor V (T) B Medicinal and Nutritious Ranbhajya**									
7*	b	Mino Elective (Practical)	**NA**	Minor V(P)	NA	NA	NA	NA	NA	NA			
8	f	Co-Curricular Courses (Activities)		NSS/UBA/Cultural/Sports/Yogaetc.	-	-----	4	4	02	04			
				TOTAL				31+ assessment, report hrs.=33to35	22				

L: Lecture: Tutorial, P: Practical/PracticumTotalCreditsoffered:22(Max),Total credits to beearned:20(Min)

Discipline Specific Core : DSC, Discipline Specific Elective: DSE, Modern Indian Language :MIL, Indian Knowledge System: IKS, Inter Faculty Specific Core: IFSC, Inter Faculty Specific Elective : IFSE, Theory :Th, Practical /Practicum: Pr, Environment Studies: ES, Pre-requisite Course mandatory if applicable: Prq, Laboratory : Lab, Generic/Open Elective Courses: OE; Vocational Skill and Skill Enhancement Courses : VSEC; Vocational Skill Courses : VSC; Skill Enhancement Courses :SEC; Ability Enhancement Courses :AEC;ValueEducationCourses:VEC;OJT:OnJobTraining:Internship/Apprenticeship;Fieldprojects:FP;Communityengagementandservice:CES;Co-curricularCourses:CC;RM:ResearchMethodology;ResearchProject:RP

Note: **Co-curricular Courses:** In addition to the above, CC also include but not limited to Academic activities like paper presentations in conferences, Aavishkar, start-ups,Hackathon, Quiz competitions ,Article published, Participation in Summer school/WinterSchool/Short term course, Scientific Surveys, Societal Surveys ,Field Visits, Study tours, Industrial Visits, yoga, sports, cultural, etc. These activities can be completed cumulatively during **Semester III, IV, V and VI. Its credits and grades will be reflected insemesterVI creditgrade report.**

Elective Courses: Course stobeselectedfromtheBasketofCoursesprovidedbytheUniversity

*If the DepartmentSpecificCoursesdonot havepractical/practicum/laboratories,thelearninghours &CreditswillbeusedfortherespectiveTheoryCourses.

Year	Level	Semesters	OfferedCredits	Minimumcreditstobeearned	Ifoptedforexit
Second 5.0		First and SecondThirdandfourth	44+44=88	40+40=80	Additional Minimum 4 credits skillcourse or internship of minimum120 hrsinchosendisciplineofMajorcourses. Diplomawillbeawardedinadisciplineofmajor

ExitOption:Afterearning minimum80 CreditsfromSemesterI,II,IIIandIVcumulatively,ifthestudentpreferstooptforExitOption, **UGDiploma**shallbeawardedin**MajorandMinor**inwhichanAdditional4CreditsareearnedfromtheMajorrelatedNSQFalignedcourse/Internship/Apprenticeship**OR** studentmayopt to continue furtherwithMajorandMinor.

TeachingDaysandLearningHours	**LearningHours&Credits**	**TeachingHours&WorkLoad**
Minimum No. of teaching days = 90MinimumLearningweeksperSemester=17 (Minimum Learning HoursperSemester(NCrF)=600) Minimum Learning Hours per week(NCrF)=600/18or600/17 =33to35	*For Theory/Tutorial-1Hour*= 1Credit For Practical- 2 Hours=1Credit	For.Theory–1Hour=1HourWorkLoad ForTutorial-1Hour=1xNo.ofbatchesworkload And practical2Hour =2xNo. of batchesworkload

Note:

- The strength of the batch of the Practical for UG Classes shall be 16 with an addition of 10% with the permission of Hon'ble Vice Chancellor. However, for Music Discipline the batch size shall be of 7 students. The number of the students required to constitute a batch or calculate the workload shall be in accordance with the relevant Government Resolution in force at the time, applicable to specific time, region, course type, mode of instruction, and other pertinent factors.

Sant Gadge Baba Amravati University, Amravati

Teaching and Learning Scheme: for the Degree of Bachelor of
(Three Years- Six Semesters Bachelor's Degree Programme)

Humanities

As Per National Education Policy (NEP)-2020

Syllabus

Three Years- Six Semesters Bachelor's Degree Programme
Teaching, Learning & Evaluation Scheme: For the

Degree of Bachelor of Arts with the

Discipline / Subject- Home Economics

SECOND YEAR: SEMESTER – III & IV Level – 5.0

Subject -Home Economics

Code-630

Effective from Academic year - 2025-26

Board of Studies Home-Economics in Humanities

Sant Gadge Baba Amravati University, Amravati
National Education Policy -2020 (NEP)
Syllabus ForAcademic year -2025-2026
Faculty: Humanities
Three Years Six Semester Bachelor's Degree Programme
Board Of Study – Home Economics
Programme: B.A., (Home Economics)
Syllabus: Part II - SEM III & IV
Part A

PSOs	After successfully completion of UG course in Home Economics student will be able to - PSO1: Understand the Elements and benefits of foods. PSO2: Provide nutrition counselling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies PSO3: Implement strategies for food access, procurement, preparation, and safety for individuals, families and Communities. PSO4: Describe the classification of food, cooking methods and media of cooking, processing, and storage of foods. PSO5: Calculate nutritive value and cost value of prepared dishes. PSO6: Identify what foods are good sources for what nutrients

Employability potential of the specific course- program

Food and Nutrition is a branch of Home-Economics which deals with the study of detailed perspective on the science of nutrition along with a focus on health, wellness, and the environment. The subjects that are studied in the course include food classification, public health and nutrition, maternal health and nutrition, family meal planning, dietetics, etc. Employability potential of the program here is a growing number of job opportunities in the field of nutrition and dietetics, both in the public and private sector. In the private sector, works in the health clinics, wellness centers, and food and nutrition-related industries. India is the world's second largest producer of fruits & vegetables after China but hardly 2% of the produce is processed. In spite of a large production base, the level of processing is low (less than 10%). Approximately 2% of fruits and vegetables, 8% marine, 35% milk, 6% poultry are processed.

Employment/volunteering in the field, while student has a useful and often critical way to learn about the profession as well as build skills needed for employment and self-employment, which could potentially lead to strong letters of reference, connections related to supervised practice opportunities, and employment. Having several different employment/volunteer experiences over the course of your academic program will enhance your preparation. Exploring the market for part-time employment will also expand students' knowledge of and connections to the field of nutrition. This is essential both for those completing a degree in Nutrition and seeking any nutrition-related employment and for those also planning to complete a post- practice program to become a registered as Dietitian Nutritionist. Students of undergraduate, seek out several opportunities that will broaden their experiences through class nutrition practical and further their networking household, small scale market system. India's food processing sector ranks fifth in the world in exports, production and consumption. This sector at present contributes significantly to the GDP of the country. This sector also significantly contributes to the employment generation

There are a wide variety of opportunities available for individuals who are interested in pursuing a food industry, food enterprises, cafeteria services and also a career in area of Nutrition to seek opportunities that will enhance the following qualities among students through the course:

➤ Required food handling skills and overall skills.
➤ Strong food stall management skills
➤ Perspective of people, organizations and scientific information about food and nutrition.
➤ Ability to work collaboratively as part of a team as well as individually by doing well theory and practical curriculum.

Graduates with a degree in Home Economics, no matter which track they follow, find employment in a variety of positions of graduates continues to be high and is most often affected by the ability to relocate. Students having strongly encouraged to begin early in their academic preparation determining their areas of interest, setting job goals, and developing a plan that includes exploration of opportunities, development of a resume and letters of application, and established contacts that will assist them in job placement in private food and home industries assistance through the Career and Internship Services. Graduates will find employment in hospitals, clinical dietetics, and food manufacturing enterprises, academic institutions, public health organizations, government agencies, wellness centers, and other settings.

A graduate of a BA with Home Economics subject having a number of areas of job opportunities such as:

- Meal/Diet planning
- Food Services and Marketing
- Culinary fields
- Food Service Directors
- Hospitals, long-term care taker
- Health and Wellness
- Food production and food safety system
- Food Business management including marketing, accounting and human resource management.

Potential employment areas or jobs for Nutrition Studies graduates are-

- Nutrition Communications/Communicators
- Stall management and Marketing Market Research
- Test Kitchens and Culinary Science
- Food scientist/technologist
- Nutritional therapist
- Quality assurance manager.
- Chef
- Development of Nutritive products

- Food Service and Sales
- Food Labelling, Food Packing, Food Systems etc.
- Community Nutrition Guide and Nutrition Education
- Public Health Services
- Food Safety and Food Inspector
- Dietary Guide and counsellor
- Sustainable Nutrition/Food Systems
- Health and Wellness area.
- Hospitals and Sports nutrition supervisor.
- Dietetics jobs include Clinical Nutritionist/Dietitian, Food Service Manager, Health and Wellness Coach, Nutrition Educator and Food Technologist with doing specific courses regarding too.

Students may choose to pursue a career in any of the options above or Business/Entrepreneurial/Management perspective.

Transferable Skills:

During the course student will develop skills other than laboratory skills that are transferable across the number of career areas. These are: •

- Analytical skill
- Report writing skill
- Presentation skill
- Time management
- Creative thinking
- Problem solving
- Planning

Part B
Sant Gadge Baba Amravati University, Amravati
National Education Policy -2020 (NEP)
Faculty: Humanities

Syllabus
B. A. Semester- III NEP Level 5.0
Major-DSC-Home- Economics

Course Code -630205
Course Title – Major -III (Theory) - Basics of food science

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./week	Exam Duration	Max Marks 50	
5.0	III	630205	Major - III (Theory) Basics of food science	2	2	2 Hrs.	External 30	Internal 20

Course Objectives	1. To introduce basic concepts and terms in food science. 2. To study the functions and types of major nutrients. 3. To understand the importance of various food groups in daily diet. 4. To understand the importance of vegetables, fruits, and *ranbhajya* in health.
Course Outcomes	After successfully completion of course students should be able to –**CO1.** Define key terms and explain the basic functions of food. **CO2.** Identify nutrients and their roles in the human body. **CO3.** Recognize the value of different food groups in nutrition. **CO4.** Apply food science knowledge to promote healthy eating habits.

Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Introduction of food science**. 1.1. Definitions: food, nutrition, nutrients, malnutrition, health. 1.2. Functions of foods: physical, psychological and socio- cultural. 1.3. Importance of food science. 1.4. Water - function and deficiency symptoms.	**7 Hours**	**7 Marks**	Chalk & Board, PPTs, Videos, Charts Lecture Experienti al learning Assignment Participati ve learning Guest Lectur es
Unit II	**Energy giving nutrients**. 2.1. carbohydrates- classification, sources, functions, requirement and symptoms due to excess consumption. 2.2 Cereals & Millets -Types and importance. 2.3. Fats - classification, sources, functions, requirement and symptoms due to excess consumption. 2.4. Oil and oil seeds- Types and importance.	**8 Hours**	**8 Marks**	
Unit III	**Body building nutrients.** 3.1. - protein- Classification, sources, functions, requirement and deficiency symptoms. 3.2. Pulses and legumes. - Types and importance. 3.3. Eggs- structure, nutritive value. 3.4. Milk meat, fish- types and nutritive value.	**7 Hours**	**7 Marks**	
Unit IV	**Protecting and regulating nutrients.** 4.1. Vitamins- A, B, C, D, E, K- functions, sources, deficiency and symptoms. 4.2 - Minerals- Calcium, phosphorus, Sodium Chloride, Iron & Iodine- Functions, sources, requirement and deficiency symptoms. 4.3. Vegetables and fruits- Types and importance.	8 **Hours**	**8 Marks**	

	4.4. Ranbhajya- Types and importance		

Internal 1. Class tests ((Open Book Test/ Objective type Test/Descriptive Test)
2.Assignment/ Seminar/ Group Discussion/ Visit Report

References: Course material/learning resources

Reference Books:

1.Bamji. M Et al (1996) Text book of Hi nan Nutrition. IB Pub Co. New Delhi
2. Gopalan C. Et, al (2004) Nutritive Value of Indian Foods. NIN Hyderabad.
3. Sharma R. (2013) Diet Management B Pub Co. New Delhi
4. Rajlaxmi R. (1974) Applied Nutrition BH Pub Co Lmt.
5. Swaminathan M.S.Texbook on Food and Nutrition
6. Robinson C.H and Weighey E.S. (1996) Basic nutrition and Diet Therapy

Text Book

1. Mudambi, S. R and Rajgopal M.V- Fundamental of Food and Nutrition, Wiley Eastern Limited Ansari Road, New Delhi, 1987.
2. Swaminathan, M. Essential Food and Nutrition V1 & Bangalore Printing and Publishing Comp, Mysore road, Bangalore
3. Desai, Vasant Entrepreneurship Development Himalaya Pub House 1991
4. Shrilakshmi, B. Sethi, M. and Mathun, 1998 Dietetics Edi-III New Age international Ltd. Pub. Pune
5. बाळापुरे डॉ. सुनिता, अन्न आणि पोषण शास्त्र, श्री साईनाथ प्रकाशन नागपूर.
6. महाजनी स्नेहा, आहारशास्त्राची मुलत वे, मंगेश प्रकाशन, नागपूर.
7. लेले आणि देऊस्कर आहारमिमांसा, म्.वि.प्र.नि. मंडळ, नागपूर,
8. लेले आणि देऊस्कर आहारशास्त्र विविध दृष्टीकोनातून, म.वि. प्र.नि.मंडळ, नागपूर.
9. टिळक निर्मला, पार्टी-पार्टी शाकाहारी, पॉप्युलर प्रकाशन, मुंबई
10. परुळेकर आशा आणि कांबळे वसुंधर।, रुचिपूर्णी, शारथ साहित्य, बुधवारपेठ, पुणे.
11. लेले सरळ, देऊस्कर आशा पोषण व आहारशास्त्र परिचय, डॉ. इंदिरा खडसे, पोषण व आहारशास्त्र, हिमालय पब्लिशिंग
12. जोशी संध्या अन्न व पोषण प्रात्यक्षिक कार्यपुस्तीका, प्रकाशक, व्ही. एल. देऊस्कर, वृंदावन कॉलनी, अमरावती.

Links

https://www.tarladalal.com/recipes-for-maharashtrian-snacks-nashta-846
https://www.tarladalal.com/recipe -for-maharashtrian-breakfast-1212
https://food.ndtv.com/food-drinks recipes-you-must-try-3150180 poha-misal-pav-and-more-7-classic-maharashtrian-breakfast-
https://www.vegrecipesofindia.corn/recipes/maharashtrian-cuisine

You tube links

https://www.google.com/search?r1 =1C1JJTC enIN980IN980&q=maharashtrian dishes+for+b reakfast&tbm=vid&sa=X&ved 2ahUKEwjQ8ubewuj AhU8eGwGHUoaATAQ0pQJcgQICxA B&biw=1042&bih=718&dpr-1.25 /fpstate=ive&vld=cid:decb6bdd.vid:o4pk-kaemVw
https://www.youtube.com/channel UClafYOmBmYWcObqzyTyZKaA
https://www.youtube.com/watch?v=aPyEo_OWEIM
https://www.youtube.com/shorts/er 4FyySnbyl

Internal Assessment and External Evaluation and Examination system

Internal Assessment	**20 Marks**
1.Class tests –Assessment on any two (Open Book Test/ Objective type Test/Descriptive Test)	10 Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report	10 Marks
External Evaluation and Examination system	**30 marks**
External Theory	
Two Short Ans Type questions (8x2=16 marks) : 2 x 4 =8 (1 Ques for 4 marks) (Solve 2 out of 4)	Two Long Ans Type questions (7x2=14 marks) Two Long Type questions should Internal choice

Model Questions:	**Model Questions:** **Short Type** 1.Importance of food and science 2- Physical functions of food. 3- importance of millets 4- Functions of protein. 5- Deficiency symptoms of vitamin A. 6- Functions of calcium **Long type**. Q1- Functions of food. Q2- Classification of carbohydrates. Q3- Importance of fruits and vegetables. Q4- Classifications of protein. Q5- Functions and deficiency symptoms of iodine.

Syllabus - Practical- Major -III Course Code -630206

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs/week	Exam Duration	Max Marks
5.0	III	630206	**Lab Practical III (Laboratory/Practical/practicum/ hands- on/Activity)**	2	4	3Hrs.	**Practical 50** External 25 Internal 25

Course Objectives:	**Objectives.** 1. To obtain hand on practicum experience through laboratory work. 2. To know the rule and safety while doing menu preparation 3. To apply the teaching learning by doing for skills enhancement
Course Outcomes:	**After successfully completion of practical course student will be able to-** CO1- Apply obtained hand on practical experience in their daily life and entrepreneur CO2- Acquire about roll and safety to protect life while doing menu preparation. CO3- Calculate nutritive values of dishes

lab practical Contents		**Workload Allotted**	**Incorporation of Pedagogies**
Practical activity		40 Hours	➢ **Demonstration** ➢ **Practical** ➢ **Lecture** ➢ **Experiential Learning** ➢ **Practice**
1.	Laboratory rules and safety rules		
2.	Weights and measures		
3.	Demonstration of Gravies		
4.	Organize competition –Based on rich nutrients		
Papered any two dish of Rich Nutrients			
1.	1.Calories 2.Protein 3.Vitamin A 4.Iron 5.Calcium 6.Thiamine	80 Hours	
2.	1.Compute Nutritive value of each dish		
3.	1. Maintain Record Book and activity report.		

Evaluation and Assessment (Distribution of Practical Marks)		**Allotted Marks**	**Total Marks 50**
Mode of Evaluation			
External	1. Preparation Dish (Any Two)	16	**25**
	2. Compute Nutritive value	04	
	3. Viva	05	
Internal	1. Lab Work	10	**25**
	2. Class Work: Activity report	05	
	3. Record book	10	

Syllabus

B. A. Semester- III NEP Level 5.0

Major-DSC-Home- Economics

Course Code -630207

Course Title – Major -IV (Theory) - Nutrition Education and Balance Diet

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./Week	Exam Duration	Max Marks 100	
5.0	III	630207	**Major -IV (Theory)** Nutrition Education and Balance Diet	3	3	3 Hrs.	External 60	Internal 40

Course Objectives	1. To introduce the concept and methods of nutrition education. 2. To study key nutrition-related institutions. 3. To understand the effects and control of junk food. 4. To learn about balanced diet and its importance. 5. To understand principles of diet planning. 6. To explore diet planning for different life stages.
Course Outcomes	After successfully completion of course students should be able to – **CO1.** Explain nutrition education and its methods. **CO2.** Identify national and international nutrition organizations. **CO3.** Describe junk food hazards and control measures. **CO4.** Understand balanced diet and related factors. **CO5.** Apply diet planning principles and guidelines. **CO6.** Plan diets for various age and life stages.

Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Nutrition education.** 1.1. Meaning and definition of Nutrition education. 1.2. Objectives of Nutrition education. 1.3. Methods of Nutrition education 1.4. Ways to solve Nutrition problems	**10 Hours**	**10 Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**National and international institute**. 2.1. WHO. 2.2.UNICEF 2.3. NIN 2.4. FAO	**10 Hours**	**10 Marks**	
Unit III	**Junk food**. 3.1. Concept and definition of junk food. 3.2. Control to junk food. 3.3. Hazards of junk food 3.4 Remedies for reduce junk food habit	**10 Hours**	**10 Marks**	
Unit IV	**Balance diet**. 4.1. Meaning and definition of balance diet. 4.2. Objectives of balance diet. 4.3 Importance of balance diet. 4.4. Factors affecting on balance diet	**10 Hours**	**10 Marks**	

Unit V	**Diet planning.** 5.1 Meaning of diet planning. 5.2 Principles of diet planning. 5.3. Dietary guideline for Indians. 5.4. Considering things when diet planning	**10 Hours**	**10 Marks**	
Unit VI	**Diet planning for stages**. 6.1. Pregnant women. 6.2. Lactating women. 6.3. Childhood - Early childhood and late childhood. 6.4 Adolescent	**10 Hours**	**10 Marks**	

Internal

1.Class tests ((Open Book Test/ Objective type Test/Descriptive Test)

2.Assignment/ Seminar/ Group Discussion/ Visit Report

Course material/learning resources

Reference Books:

1. Bamji. M Et al (1996) Text book of Hi nan Nutrition. IB Pub Co. New Delhi

2. Gopalan C. Et, al (2004) Nutritive Value of Indian Foods. NIN Hyderabad.

3. Sharma R. (2013) Diet Management B Pub Co. New Delhi

4. Rajlaxmi R. (1974) Applied Nutrition BH Pub Co Lmt.

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Text Book

1. Mudambi, S. R and Rajgopal M.V- Fundamental of Food and Nutrition, Wiley Eastern Limited Ansari Road, New Delhi, 1987.

2. Swaminathan, M. Essential Food and Nutrition V1 & Bangalore Printing and Publishing Comp, Mysore road, Bangalore

3. Desai, Vasant Entrepreneurship Development Himalaya Pub House 1991

4. Shrilakshmi, B. Sethi, M. and Mathun, 1998 Dietetics Edi-III New Age international Ltd. Pub. Pune

5. बाळापुरे डॉ. सुनिता, अन्न आणि पोषण शास्त्र, श्री साईनाथ प्रकाशन नागपूर.

6. महाजनी स्नेहा, आहारशास्त्राची मुलत वे, मंगेश प्रकाशन, नागपूर.

7. लेले आणि देऊस्कर आहारमिमांसा, म्.वि.प्र.नि. मंडळ, नागपूर,

8. लेले आणि देऊस्कर आहारशास्त्र विविध दृष्टीकोनातून, म.वि. प्र.नि.मंडळ, नागपूर.

9. टिळक निर्मला, पार्टी-पार्टी शाकाहारी, पॉप्युलर प्रकाशन, मुंबई

10. परुळेकर आशा आणि कांबळे वसुंधर।, रुचिपूर्णी, शारथ साहित्य, बुधवारपेठ, पुणे.

11. लेले सरळ, देऊस्कर आशा पोषण व आहारशास्त्र परिचय, डॉ. इंदिरा खडसे, पोषण व आहारशास्त्र, हिमालय पब्लिशिंग

12. जोशी संध्या अन्न व पोषण प्रात्यक्षिक कार्यपुस्तीका, प्रकाशक, व्ही. एल. देऊस्कर, वृंदावन कॉलनी, अमरावती.

Links

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B&biw=1042&bih=718&dpr-1.25 /fpstate=ive&vld=cid:decb6bdd.vid:o4pk-kaemVw

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Internal Assessment and External Evaluation and Examination system

Internal Assessment	**40 Marks**
1.Class tests – (Open Book Test/ Objective type Test/Descriptive Test)	20 Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report	20 Marks

External Evaluation and Examination system

External Theory **60 marks**

Two Short Ans Type question (10 x 4 = 40 marks) : (Solve 2 out of 4 in each question) (5x2 =10)	Two Long Ans Type question (10 x 2 = 20 marks) Two Long Type questions should Internal choice

Syllabus

B. A. Semester- III NEP Level 5.0

Major-IKS-DSC-Home- Economics

Course Code -630231

Course Title – Major -IKS- Nutritional Concept in Ancient India

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./week	Exam Duration	Max Marks 25	
5.0	III	630231	Major-IKS - Nutritional Concept in Ancient India	1	1	1 Hrs.	External 15	Internal 10

Course Objectives	1. To understand Ayurvedic diet concepts – gunas, doshas, and six tastes. 2. To learn about ancient Indian food habits – seasonal, regional, and staple foods. 3. To explore food as medicine – herbs, spices, fasting, and healing			
Course Outcomes	After successfully completion of course students should be able to – CO1**:** Understand Ayurvedic dietary concepts like gunas, doshas, and tastes. CO2**:** Identify traditional food habits and regional practices in ancient India. CO3: Recognize the healing role of food, herbs, and fasting in wellness			
Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Traditional Dietary Principles in Ancient India-** **1.1** Ayurvedic Dietary Classification – The three gunas (Sattva, Rajas, Tamas) and their effects on health. **1.2.** Food and Doshas – The relationship between food and the three doshas (Vata, Pitta, Kapha). **1.3.** Six Tastes (Shad Rasa) – Sweet, sour, salty, bitter, pungent, and astringent flavors in balance. **1.4.** Seasonal and Regional Eating – How ancient diets adapted to geography and climate.	**7 Hours**	**7 Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**Nutritional Practices and Food Sources in Ancient India** **2.1** Staple Food-Grains (rice, wheat, millets) legumes, dairy, and oils in daily diets. **2.2** Use of Herbs and Spices – Turmeric, ginger, black pepper, and their medicinal properties. **2.3.** Fasting and Detoxification – The role of fasting in cleansing and rejuvenation **2.4**. Food as Medicine – Concept of "Anna as Amrita" (food as nectar) and its healing	**8 Hours**	**8 Marks**	
Internal 1. Class tests ((Open Book Test/ Objective type Test/Descriptive Test) **2**. Assignment/ Seminar/ Group Discussion				

References:

1. Charka Samhita – A foundational text in Ayurveda detailing diet, gunas, doshas, and therapeutic food use.

2. **Sushruta Samhita** – Focuses on surgical practices but also includes dietary rules and seasonal regimens.

3. **Ashtanga Hridaya** – Combines the teachings of Charaka and Sushruta, covering digestion, tastes (shad rasa), and dosha balancing

Internal Assessment and External Evaluation and Examination system	
Internal Assessment	**10 Marks**
1.Class tests –Assessment on any two (Open Book Test/ Objective type Test/Descriptive Test)	05 Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report	05 Marks
External Evaluation and Examination system **External Theory**	**15 marks**
Three Short Ans Type questions (3x3=9marks) : (1 Ques for 3 marks) (Solve 3 out of 6)	One Long Ans Type questions (6 x1=6 marks) Long Type questions should Internal choice

Syllabus

B. A. Semester- III NEP Level 5.0

Minor-DSC-Home- Economics

Course Code -630241

Course Title – Minor-III (Theory) - Food Groups & Nutritional Importance.

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./week	Exam Duration	Max Marks 50	
5.0	III	630241	Minor Theory III Food Groups & Nutritional Importance.	2	2	2 Hrs.	External 30	Internal 20

Course Objectives	1. To introduce the basic concepts of food nutrients and their physiological functions. 2. To study the composition, types, and importance of protein-rich food sources. 3. To understand the classification and nutritional value of energy-yielding food groups. 4. To learn about vitamins, minerals, vegetables, fruits, and spices and their role in health.
Course Outcomes	After successfully completion of course students should be able to – **CO1:** Define major nutrients and describe their basic functions in the human body. **CO2:** Identify and evaluate protein-rich food groups such as pulses, eggs, milk, meat, and fish. **CO3:** Classify energy foods like cereals, sugars, oils, and describe their significance in diet planning. **CO4:** Explain the importance of vitamins, minerals, vegetables, fruits, and spices in maintaining good health.

Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Nutrients and its Functions** 1.1. Carbohydrates 1.2. Protein 1.3. Fats 1.4. water	**7 Hours**	**7 Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**Protein Group.** **2.1**. Pulses and legumes - Types and Importance 2.2. Eggs. Structure and storage. 2.3. Milk - types and milk products. 2.4. Meet, Fish and Poultry- Importance	**8 Hours**	**8 Marks**	
Unit III	**Energy Group**. 3.1. Cereals and Tube -Types and Importance 3.2. Importance of Sugar, Jaggery & Honey 3.3. Beverages 3.4.Oil seeds, Oil and Ghee- Types and Importance	**7 Hours**	**7 Marks**	
Unit IV	**Vitamin & Mineral Group.** 4.1 Functions of Vitamins- A, B, C, D 4.2. Functions of Minerals- Calcium, Iron , Iodine 4.3 - Vegetables & fruits- Types and Importance 4.4. Spices - Types and Importance	8 **Hours**	**8 Marks**	
Internal 1. Class tests ((Open Book Test/ Objective type Test/Descriptive Test) 2.Assignment/ Seminar/ Group Discussion/ Visit Report				
References:				

Course material/learning resources

Reference Books:

1. Bamji. M Et al (1996) Text book of Hi nan Nutrition. IB Pub Co. New Delhi
2. Gopalan C. Et, al (2004) Nutritive Value of Indian Foods. NIN Hyderabad.
3. Sharma R. (2013) Diet Management B Pub Co. New Delhi
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6. महाजनी स्नेहा, आहारशास्त्राची मुलत वे, मंगेश प्रकाशन, नागपूर.
7. लेले आणि देऊस्कर आहारमिमांसा, म्.वि.प्र.नि. मंडळ, नागपूर,
8. लेले आणि देऊस्कर आहारशास्त्र विविध दृष्टीकोनातून, म.वि. प्र.नि.मंडळ, नागपूर.
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10. परुळेकर आशा आणि कांबळे वसुंधर।, रुचिपूर्णी, शारथ साहित्य, बुधवारपेठ, पुणे.
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https://www.vegrecipesofindia.corn/recipes/maharashtrian-cuisine

You tube links

https://www.google.com/search?r1 =1C1JJTC enIN980IN980&q=maharashtrian dishes+for+b
reakfast&tbm=vid&sa=X&ved 2ahUKEwjQ8ubewuj AhU8eGwGHUoaATAQ0pQJcgQICxA
B&biw=1042&bih=718&dpr-1.25 /fpstate=ive&vld=cid:decb6bdd.vid:o4pk-kaemVw
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https://www.youtube.com/watch?v=aPyEo_OWEIM
https://www.youtube.com/shorts/er 4FyySnbyl

Internal Assessment and External Evaluation and Examination system

Internal Assessment	**20 Marks**
1.Class tests –Assessment on any two (Open Book Test/ Objective type Test/Descriptive Test)	10 Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report	10 Marks
External Evaluation and Examination system **External Theory**	**30 marks**

Two Short Ans Type questions (8x2=16 marks) : 2 x 4 =8 (1 Ques for 4 marks) (Solve 2 out of 4)	Two Long Ans Type questions (7x2=14 marks) Two Long Type questions should Internal choice

Syllabus - Practical- Minor-III Course Code -630242

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs/week	Exam Duration	Max Marks
5.0	III	630242	**Lab Practical Minor - III (Laboratory/Practical/practicum/ hands- on/Activity)**	2	4	3Hrs.	**Practical 50** External 25 Internal 25

Course Objectives:	**1**. To obtain hand on practicum experience through laboratory work. 2.To know the rule and safety while doing menu preparation 3.To apply the teaching learning by doing for skills enhancement
Course Outcomes:	**After successfully completion of practical course student will be able to-** CO1- Apply obtained hand on practical experience in their daily life and entrepreneur CO2- Acquire about roll and safety to protect life while doing menu preparation. CO3- Calculate nutritive values of dishes

lab practical Contents		**Workload Allotted**	**Incorporation of Pedagogies**
Practical activity		40 Hours	➢ **Demonstration** ➢ **Practical** ➢ **Lecture** ➢ **Experiential Learning** ➢ **Practice**
1.	Laboratory rules and safety rules		
2.	Weights and measures		
3.	Demonstration of Protein-Rich dish any two		
4.	Organize competition –Based on rich nutrients		
Papered healthy dish			
1.	1. Types of Chapatti – Til Roti, khava Roti, Gul Roti (jiggery) 2. Types of Rice – Veg. pulao, curd rice, Dal Khichdi. 3. Types of salad – any three	80 Hours	
2.	1.Presentation of each dish		
3.	1. Maintain Record Book and activity report.		

Evaluation and Assessment (Distribution of Practical Marks)		**Allotted Marks**	**Total Marks 50**
Mode of Evaluation			
External	1. Preparation Dish (Any Two)	16	**25**
	2. Presentation of dish	04	
	3. Viva	05	
Internal	1. Lab Work	10	**25**
	2. Class Work: Activity report	05	
	3. Record book	10	

Sant Gadge Baba Amravati University, Amravati
National Education Policy -2020 (NEP)
Faculty: Humanities

Syllabus

B. A. Semester- IV NEP Level 5.0
Major-DSC-Home- Economics

Course Code -630208
Course Title – Major -V (Theory) - Health Science and Dietetics.

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./Week	Exam Duration	Max Marks 50	
5.0	IV	630208	Major -V (Theory) Health Science and Dietetics.	2	2	2 Hrs.	External 30	Internal 20

Course Objectives	1. To understand the concept, types, and importance of health. 2. To introduce the basics of dietetics and the role of a dietitian. 3. To learn about therapeutic diets for common diseases. 4. To study diet modifications for lifestyle and chronic diseases.
Course Outcomes	After completing the course, students will be able to: **CO1.** Explain the concept and types of health. **CO2.** Define dietetics and state the role of a dietitian. **CO3.** Identify therapeutic diets for common illnesses. **CO4.** Apply dietary knowledge for managing chronic conditions

Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Health science**. 1.1. Concept of health. 1.2. Importance of health. 1.3. Factors affecting on health. 1.4. Type of health- Physical, Mental, Emotional and Social	**7 Hours**	**7 Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**Dietetics.** 2.1. Definition - Dietetics, Dietitian & Therapeutic diet. 2.2. Role of dietitian in diet therapy. 2.3. Objective and advantages of therapeutic diet. 2.4. Types of therapeutic diet	**7 Hours**	**7 Marks**	
Unit III	**Therapeutic diet on disease.** 3.1. Diarrhea. 3.2. Anemia. 3.3. Jaundice. 3.4. Diabetes	**8 Hours**	**8 Marks**	

Unit IV	**Therapeutic Diet on disease.** 4.1. Heart Disease. 4.2. Kidney stone. 4.3. Arthritis. 4.4. Obesity	8 **Hours**	**8 Marks**

Internal

1.Class tests ((Open Book Test/ Objective type Test/Descriptive Test)

2.Assignment/ Seminar/ Group Discussion/ Visit Report

Course material/learning resources

Reference Books:

1. Bamji. M Et al (1996) Text book of Hi nan Nutrition. IB Pub Co. New Delhi
2. Gopalan C. Et, al (2004) Nutritive Value of Indian Foods. NIN Hyderabad.
3. Sharma R. (2013) Diet Management B Pub Co. New Delhi
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Links

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You tube links

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B&biw=1042&bih=718&dpr-1.25 /fpstate=ive&vld=cid:decb6bdd.vid:o4pk-kaemVw

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https://www.youtube.com/shorts/er 4FyySnbyl

Internal Assessment and External Evaluation and Examination system

Internal Assessment	**20Marks**
1.Class tests – (Open Book Test/ Objective type Test/Descriptive Test)	10Marks

2.Assignment/ Seminar/ Group Discussion/ Visit Report	10 Marks

External Evaluation and Examination system	
External Theory	**30 marks**
Two Short Ans Type question (8x2=16 marks) : (Solve 2 out of 4) (4x2=8)	Two Long Ans Type question (7x2=14 marks) Two Long Type questions should Internal choice

Syllabus - Practical- Major-V Course Code -630209

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs/week	Exam Duration	Max Marks
5.0	IV	630209	Major-V **Lab Practical IV (Laboratory/Practical/practicum/ hands- on/Activity)**	2	4	3Hrs.	**Practical 50** External 25 Internal 25

Course Objectives:	1.To obtain hands on exercises through laboratory work. 2. To know the rule and safety while doing menu preparation. 3. To apply the technique learning by doing for skills enhancement. 4.To prepare nutritious dishes , cafeteria dishes and preservatives in a scientific procedure
Course Outcomes:	**After successfully completion of practical course student will be able to-** CO1- Apply obtained hand on practicum experience in their daily life and entrepreneurs. CO2- Acquire about rules and safety to protect life while doing menu preparation. CO3- list and classify food stuffs according to its nutritive values.

lab practical Contents		**Workload Allotted**	**Incorporation of Pedagogies**
Practical activity		40 Hours	➢ **Demonstration** ➢ **Practical** ➢ **Lecture** ➢ **Experiential Learning** ➢ **Practice**
1.	Laboratory rules and safety rules		
2.	Weights and measures		
3.	Demonstration of energy bar /alkaline Water		
4.	Organize competition –Based on Healthy Diet		
Papered any two dish of regional food			
1.	1. Maharashtra - Misal paw/ Aaluwada/ Gilawada/Sambharwadi 2. Gujrat - khaman dhokla, Handava,Dabeli 3. Punjabi – Chole bhature, Dahi bhalla/Wada 4. South indian – Sambhar wada,/Uttappa/Idali Sambhar 5. Bengali – Gulabjamun/ Mishtidoi/ Rrasgulla/ Roshbora	80 Hours	
2.	1.Compute Cost of each dish		
3.	1. Maintain Record Book and activity report.		

Evaluation and Assessment (Distribution of Practical Marks)		**Allotted Marks**	**Total Marks 50**
Mode of Evaluation			
External	1. Preparation Dish (Any Two)	16	**25**
	2. Compute Cost	04	
	3. Viva	05	
Internal	1. Lab Work	10	**25**
	2. Class Work: Activity report	05	
	3. Record book	10	

Syllabus

B. A. Semester- IV NEP Level 5.0

Major-DSC-Home- Economics

Course Code -630210

Course Title – Major -VI (Theory) - Food Technology

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./Week	Exam Duration	Max Marks 100	
5.0	IV	630210	Major -VI (Theory) Food Technology	5	5	3 Hrs.	External 60	Internal 40

Course Objectives	1. To understand the concept and importance of food cooking and its modern methods. 2. To learn the principles and techniques of food preservation. 3. To study methods of improving the nutritional quality of food. 4. To identify food adulteration, its effects, and legal measures. 5. To understand processed foods, their effects, and related diseases. 6. To learn about food packaging and labelling for consumer safety and awareness.
Course Outcomes	After completing the course, students will be able to: **CO1.** Define food cooking and describe its processes, methods, and effects. **CO2.** Explain the need for food preservation and compare household and industrial methods **CO3.** Identify techniques that enhance the nutritional quality of food. **CO4.** Detect food adulteration and understand its health hazards and laws. **CO5.** Evaluate processed foods and recognize their health implications. **CO6 .**Understand food packing types and the importance of food labelling.

Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Food Cooking.** 1.1. Meaning and definition of food cooking. 1.2. Advantages and disadvantages of food cooking. 1.3. Changes of cooking process. 1.4. Modern methods of food cooking.	10 **Hours**	10 **Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**Food Preservation**. 2.1 meaning and definition of food preservation. 2.2 Objectives of food preservation. 2.3. Household methods. 2.4. Industrial methods.	10 **Hours**	10 **Marks**	
Unit III	**Improving nutritional quality of food.** 3.1. Importance of improving nutritional quality of food. 3.2. Germination, Supplementation. 3.3. Fermentation, Liming. 3.4. Malting , Enrichment and Fortification	10 **Hours**	10 **Marks**	
Unit IV	**Food Adulteration.** 4.1. Meaning and definition of food adulteration. 4.2. Causes of food adulteration. 4.3. Health hazards. 4.4. Precautions and Food adulteration Act-1954	10 **Hours**	10 **Marks**	

Unit V	**Processed food.** 5.1. Meaning and definition of processed food. 5.2. Advantages and disadvantages of processed food. 5.3. Side effects of eating processed food. 5.4. Disease caused by processed food	10 **Hours**	10 **Marks**	
Unit VI	**Food packing and labelling.** 6.1. Concept and objective of food packing. 6.2 Types of food packing. 6.3. Concept and importance of labelling. 6.4. Types of labelling	10 **Hours**	10 **Marks**	

Internal

1.Class tests ((Open Book Test/ Objective type Test/Descriptive Test)

2.Assignment/ Seminar/ Group Discussion/ Visit Report

Course material/learning resources

Reference Books:

1.Bamji. M Et al (1996) Text book of Hi nan Nutrition. IB Pub Co. New Delhi
2. Gopalan C. Et, al (2004) Nutritive Value of Indian Foods. NIN Hyderabad.
3. Sharma R. (2013) Diet Management B Pub Co. New Delhi
4. Rajlaxmi R. (1974) Applied Nutrition BH Pub Co Lmt.
5. Swaminathan M.S.Texbook on Food and Nutrition
6. Robinson C.H and Weighey E.S. (1996) Basic nutrition and Diet Therapy

Text Book

1. Mudambi, S. R and Rajgopal M.V- Fundamental of Food and Nutrition, Wiley Eastern Limited Ansari Road, New Delhi, 1987.
2. Swaminathan, M. Essential Food and Nutrition V1 & Bangalore Printing and Publishing Comp, Mysore road, Bangalore
3. Desai, Vasant Entrepreneurship Development Himalaya Pub House 1991
4. Shrilakshmi, B. Sethi, M. and Mathun, 1998 Dietetics Edi-III New Age international Ltd. Pub. Pune
5. बाळापुरे डॉ. सुनिता, अन्न आणि पोषण शास्त्र, श्री साईनाथ प्रकाशन नागपूर.
6. महाजनी स्नेहा, आहारशास्त्राची मुलत वे, मंगेश प्रकाशन, नागपूर.
7. लेले आणि देऊस्कर आहारमिमांसा, म्.वि.प्र.नि. मंडळ, नागपूर,
8. लेले आणि देऊस्कर आहारशास्त्र विविध दृष्टीकोनातून, म.वि. प्र.नि.मंडळ, नागपूर.
9. टिळक निर्मला, पार्टी-पार्टी शाकाहारी, पॉप्युलर प्रकाशन, मुंबई
10. परुळेकर आशा आणि कांबळे वसुंधर।, रुचिपूर्णी, शारथ साहित्य, बुधवारपेठ, पुणे.
11. लेले सरळ, देऊस्कर आशा पोषण व आहारशास्त्र परिचय, डॉ. इंदिरा खडसे, पोषण व आहारशास्त्र, हिमालय पब्लिशिंग
12. जोशी संध्या अन्न व पोषण प्रात्यक्षिक कार्यपुस्तीका, प्रकाशक, व्ही. एल. देऊस्कर, वृंदावन कॉलनी, अमरावती.

Links

https://www.tarladalal.com/recipes-for-maharashtrian-snacks-nashta-846
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https://www.youtube.com/watch?v=aPyEo_OWEIM
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Internal Assessment and External Evaluation and Examination system

Internal Assessment	**40Marks**
1.Class tests – (Open Book Test/ Objective type Test/Descriptive Test)	20Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report	20 Marks

External Evaluation and Examination system

External Theory **60 marks**

Two Short Ans Type question (10x4=40 marks) : (Solve 2 out of 4 in each question) (5x2=10)	Two Long Ans Type question (10x2=20 marks) Two Long Type questions should Internal choice

Syllabus

B. A. Semester- IV NEP Level 5.0

Major-IKS-DSC-Home- Economics

Course Code -630232

Course Title – Major -IKS- Applied Nutrition in Ancient India

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./week	Exam Duration	Max Marks 25	
5.0	IV	630232	Major -IKS- Applied Nutrition in Ancient India	1	1	1 Hrs.	External 15	Internal 10

Course Objectives	1. To understand diet based on body types and seasons. 2. To explore the health benefits of ancient herbs, foods, and fasting.			
Course Outcomes	After successfully completion of course students should be able to – **CO1.** Identify suitable diets for different body types. **CO2.** Recognize the health value of herbs, millets, and fasting			
Unit System	**Contents**	**Workload Allotted**	**Weightage of Marks Allotted**	**Incorporation of Pedagogies**
Unit I	**Practical Diet in Ancient India** 1.1. Diet Based on Body Type – Eating according to Vata, Pitta, and Kapha. 1.2. Healing Foods – Good and bad foods for different health conditions. 1.3. **Timing of Meals** – Ideal times for eating according to Ayurveda for better digestion and energy flow. 1.4. Traditional Cooking Methods – Steaming, fermenting, roasting, and their benefits.	**7 Hours**	**7 Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**Healthy Foods and Their Benefits** 2.1. Medicinal Herbs and Spices – How turmeric, ginger, and tulsi boost health. 2.2Nutritious Ancient Foods – Benefits of millets, ghee, and honey. 2.3. Fasting for Health – How fasting helps digestion and overall well-being. 2.4. Food Combinations – Best food pairings for better digestion	**8 Hours**	**8 Marks**	
Internal 1. Class tests ((Open Book Test/ Objective type Test/Descriptive Test) **2.** Assignment/ Seminar/ Group Discussion				
References:				

1. Charka **Samhita** – A foundational text in Ayurveda detailing diet, gunas, doshas, and therapeutic food use.

2. Sushruta **Samhita** – Focuses on surgical practices but also includes dietary rules and seasonal regimens.

3. **Ashtanga Hridaya** – Combines the teachings of Charaka and Sushruta, covering digestion, tastes (shad rasa), and dosha balancing

Internal Assessment and External Evaluation and Examination system	
Internal Assessment	**10 Marks**
1.Class tests –Assessment on any two (Open Book Test/ Objective type Test/Descriptive Test)	05 Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report	05 Marks
External Evaluation and Examination system **External Theory**	**15 marks**
Three Short Ans Type questions (3x3=9marks) : (1 Ques for 3 marks) (Solve 3 out of 6)	One Long Ans Type questions (6 x1=6 marks) Long Type questions should Internal choice

Syllabus

B. A. Semester- IV NEP Level 5.0

Minor-DSC-Home- Economics

Course Code -630243

Course Title – Minor-IV (Theory) - Food Safety.

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./week	Exam Duration	Max Marks 50	
5.0	IV	630243	Minor -IV Food Safety	2	2	2 Hrs.	External 30	Internal 20

Course Objectives	1. To introduce the concepts and importance of food safety and sanitation. 2. To understand the causes, effects, and legal control of food adulteration. 3. To study the importance and methods of food preservation used at home and commercially. 4. To learn about food packaging and labelling, including types and their role in consumer awareness.
Course Outcomes	After successfully completion of course students should be able to- CO1: Understand basic concepts of food safety and sanitation. CO2: Identify food adulterants and related safety regulations. CO3: Know household and commercial food preservation methods. CO4: Understand types and importance of food packaging and labelling.

Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Introduction of food safety.** 1.1. Concept and definition of food safety. 1.2. Meaning and definition of food sanitation. 1.3. Importance of food safety. 1.4. Practices of food safety	**7 Hours**	**7 Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**Food Adulteration.** 2.1. Meaning and causes of food adulteration. 2.2. Hazards of food adulteration. 2.3. Control on food adulteration & Food Safety Acts. 2.4 food product quality standards- Agmark & ISI	**8 Hours**	**8 Marks**	
Unit III	**Food Preservation.** 3.1. Meaning and definition of food preservation. 3.2. Importance of food preservation. 3.3. Household methods. 3.4. Commercial methods	**7 Hours**	**7 Marks**	
Unit IV	**Packing and Labelling.** 4.1. Concept and objectives of food packing. 4.2. Types of packing. 4.3. Meaning and importance of labelling. 4.4. Types of labelling.	8 **Hours**	**8 Marks**	

Internal 1. Class tests ((Open Book Test/ Objective type Test/Descriptive Test)
2.Assignment/ Seminar/ Group Discussion/ Visit Report

References:

Course material/learning resources
Reference Books:

1. Bamji. M Et al (1996) Text book of Hi nan Nutrition. IB Pub Co. New Delhi

2. Gopalan C. Et, al (2004) Nutritive Value of Indian Foods. NIN Hyderabad.

3. Sharma R. (2013) Diet Management B Pub Co. New Delhi

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3. Desai, Vasant Entrepreneurship Development Himalaya Pub House 1991
4. Shrilakshmi, B. Sethi, M. and Mathun, 1998 Dietetics Edi-III New Age international Ltd. Pub. Pune
5. बाळापुरे डॉ. सुनिता, अन्न आणि पोषण शास्त्र, श्री साईनाथ प्रकाशन नागपूर.
6. महाजनी स्नेहा, आहारशास्त्राची मुलत वे, मंगेश प्रकाशन, नागपूर.
7. लेले आणि देऊस्कर आहारमिमांसा, म्.वि.प्र.नि. मंडळ, नागपूर,
8. लेले आणि देऊस्कर आहारशास्त्र विविध दृष्टीकोनातून, म.वि. प्र.नि.मंडळ, नागपूर.
9. टिळक निर्मला, पार्टी-पार्टी शाकाहारी, पॉप्युलर प्रकाशन, मुंबई
10. परुळेकर आशा आणि कांबळे वसुंधर।, रुचिपूर्णी, शारथ साहित्य, बुधवारपेठ, पुणे.
11. लेले सरळ, देऊस्कर आशा पोषण व आहारशास्त्र परिचय, डॉ. इंदिरा खडसे, पोषण व आहारशास्त्र, हिमालय पब्लिशिंग
12. जोशी संध्या अन्न व पोषण प्रात्यक्षिक कार्यपुस्तीका, प्रकाशक, व्ही. एल. देऊस्कर, वृंदावन कॉलनी, अमरावती.

Links

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You tube links

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B&biw=1042&bih=718&dpr-1.25 /fpstate=ive&vld=cid:decb6bdd.vid:o4pk-kaemVw

https://www.youtube.com/channel UClafYOmBmYWcObqzyTyZKaA

https://www.youtube.com/watch?v=aPyEo_OWEIM

https://www.youtube.com/shorts/er 4FyySnbyl

Internal Assessment and External Evaluation and Examination system

Internal Assessment	**20 Marks**
1.Class tests –Assessment on any two (Open Book Test/ Objective type Test/Descriptive Test)	10 Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report	10 Marks
External Evaluation and Examination system **External Theory**	**30 marks**

Two Short Ans Type questions (8x2=16 marks) : 2 x 4 =8 (1 Ques for 4 marks) (Solve 2 out of 4)	Two Long Ans Type questions (7x2=14 marks) Two Long Type questions should Internal choice

Syllabus - Practical- Minor-IV Course Code -630244

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs/week	Exam Duration	Max Marks
5.0	IV	630244	**Minor lab Practical - IV (Laboratory/Practical/practicum/ hands- on/Activity)**	2	4	3Hrs.	**Practical 50** External 25 Internal 25

Course Objectives:	1. To obtain hand on practicum experience through laboratory work. 2. To know the rule and safety while doing menu preparation 3. To apply the teaching learning by doing for skills enhancement
Course Outcomes:	**After successfully completion of practical course student will be able to-** CO1- Apply obtained hand on practical experience in their daily life and entrepreneur CO2- Acquire about roll and safety to protect life while doing menu preparation. CO3- Calculate nutritive values of dishes

lab practical Contents		**Workload Allotted**	**Incorporation of Pedagogies**
Practical activity		40 Hours	➢ **Demonstration** ➢ **Practical** ➢ **Lecture** ➢ **Experiential Learning** ➢ **Practice**
1.	Laboratory rules and safety rules		
2.	Weights and measures		
3.	Demonstration of preservative recipe – pickle, squash		
4.	Organize competition –Based on rich nutrients		
Papered healthy dish			
1.	1. Types stuff paratha – any three 2. Types of starter – any three 3. Types of dessert – any three	80 Hours	
2.	1.Presentation of each dish		
3.	1. Maintain Record Book and activity report.		

Evaluation and Assessment (Distribution of Practical Marks)		**Allotted Marks**	**Total Marks 50**
Mode of Evaluation			
External	1. Preparation Dish (Any Two)	16	**25**
	2. Presentation of dish	04	
	3. Viva	05	
Internal	1. Lab Work	10	**25**
	2. Class Work: Activity report	05	
	3. Record book	10	

Syllabus

B. A. Semester- IV NEP Level 5.0

Minor-Elective -DSC-Home- Economics

Course Code -630245

Course Title – Minor Elective- V (A) (Theory) - Millets and Wellness

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./week	Exam Duration	Max Marks 100	
5.0	IV	630245	Minor Elective–V(A) (Theory) Millets and Wellness.	4	4	3 Hrs.	External 60	Internal 40

Course Objectives	1. To understand the basics and history of millets. 2. To study millet awareness, research, and policies. 3. To learn the health and environmental benefits of millets. 4. To know the dietary use of Bajra, Ragi, Kodo, and Rala. 5. To explore the value of Varai, Barti, Kutki, and Morbanti. 6. To understand the use of Rajgira, Sawa, and Bakvit in diet.
Course Outcomes	After successfully completion of course students should be able to – CO1: Know millet basics, history, and properties. CO2: Understand millet research, processing, and government support. CO3: Learn health, lifestyle, and environmental benefits of millets. CO4: Identify uses of Bajra, Ragi, Kodo, and Rala in diet. CO5: Describe importance of Varai, Barti, Kutki, and Morbanti. CO6: Explain dietary role of Rajgira, Sawa, and Bakvit.

Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Introduction.** 1.1. Introduction and concept of millets. 1.2. History of millets. 1.3. Characteristics of millets. 1.4. Properties of millets	**10 Hours**	**10 Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**Awareness and policy.** 2.1. Indian institute of millets research (IIMR). 2.2. International millets year. 2.3. Methods of value added products of millets- Milling technology, Puffing, Convenience product, Baking, Flaking and Extrusion. 2.4. Government policy to increase income through millets	**10 Hours**	**10 Marks**	
Unit III	Importance and Benefits of millets. 3.1 Health benefits. 3.2. Environmental benefits. 3.3. Importance of Ayurveda view. 3.4. Benefits for problem caused by changing lifestyle.	**10 Hours**	**10 Marks**	
Unit IV	**Importance and use in diet.** 4.1 Bajra. 4.2. Ragi. 4.3. Kodo (kondra) 4.4. Rala	**10 Hours**	**10 Marks**	

Unit V	**Importance and use in diet.** 5.1. Varai (bhagar) 5.2. Barti. (Sawa) 5.3. Kutki. 5.4. Morbanti.	**10 Hours**	**10 Marks**	
Unit VI	**Importance anduse in diet.** 6.1 Rajgira. 6.2. Kangni (foxtail millet) 6.3. Bakvit (kuttu) 6.4. Cheena (proso millet)	**10 Hours**	**10 Marks**	

Internal 1. Class tests ((Open Book Test/ Objective type Test/Descriptive Test)
2.Assignment/ Seminar/ Group Discussion/ Visit Report

References: Reference.

1. Millets and their tradable parameters: Agriculture and farmers welfare Government of India.
2. प्रा.परमेश्वरी पवार, कृषी पणन मित्र, एप्रिल 2024.
3. महाराष्ट्र मिलेट मिशन, लोकराज्य, फेब्रुवारी 2023.
4. बाळापुरे डॉ. सुनिता, अन्न आणि पोषण शास्त्र, श्री साईनाथ प्रकाशन नागपूर.
5. श्री अन्न आणि पोषण, महाराष्ट्र शासन कृषी विभाग, कृषी आयुक्तालय, महाराष्ट्र राज्य, पुणे.

Links:
https://pib.gov.in.
https://mr.wikipedia.org.
Kokanmedia.in.
https ://kisanraaj.com

Internal Assessment and External Evaluation and Examination system

Internal Assessment	**40 Marks**
1.Class tests –Assessment on any two (Open Book Test/ Objective type Test/Descriptive Test)	20 Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report	20 Marks
External Evaluation and Examination system **External Theory**	**60 marks**

Two Short Ans Type questions (10x4=40 marks) : 2 x 5 =10 (1 Ques for 5 marks) (Solve 2 out of 4 in each question)	Two Long Ans Type questions (10x2=20marks) Two Long Type questions should Internal choice

Syllabus

B. A. Semester- IV NEP Level 5.0

Minor-Elective -DSC-Home- Economics

Course Code -630246

Course Title – Minor Elective- V (B) (Theory) - Medicinal and nutritious Ranbhajya

.

Level	Semester	Course Code	Course Name	Credits	Teaching Hrs./week	Exam Duration	Max Marks 100	
5.0	IV	630246	Minor Elective–V (B) (Theory) Medicinal and nutritious Ranbhajya	4	4	3 Hrs.	External 60	Internal 40

Course Objectives	1. To understand the concept, importance, and health benefits of Ranbhajya. 2. To learn the causes of extinction and the need for conservation and awareness. 3. To study types and uses of Kartule, Gulwel, Hadga, and Bharangi. 4. To understand the role of Ambadi, Tarota, Gokharu, and Pathari. 5. To explore the value of Bhokar, Shatawari, Kunjar, and Chawli. 6. To gain knowledge of medicinal plants, their types, and properties
Course Outcomes	After successfully completion of course students should be able to – CO1: Explain the concept and health benefits of Ranbhajya. CO2: Understand extinction causes and conservation methods. CO3: Identify and describe the importance of selected wild vegetables. CO4: Recognize the nutritional and medicinal value of regional plants. CO5: Know the dietary use and benefits of lesser-known edible plants. CO6: Describe the types and uses of common medicinal plants.

Unit System	Contents	Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogies
Unit I	**Introduction.** 1.1 concept and introduction of Ranbhajya. 1.2. Medicinal properties of Ranbhajya. 1.3. Importance of Ranbhajya. 1.4. Health Benefits of Ranbhajya**.**	**10 Hours**	**10 Marks**	• Chalk & Board, • PPTs, • Videos, • Charts • Lecture • Experiential learning • Assignment • Participative learning • Guest Lectures
Unit II	**Awareness and Needs.** 2.1. Causes of extinction 2.2. Need of conservation 2.3. Methods of awareness- mahotsav and exhibition 2.4. Economic benefits	**10 Hours**	**10 Marks**	
Unit III	**Type and Importance**. 3.1. Kartule. 3.2. Gulwel. 3.3 Hadga. 3.4. Bharangi.	**10 Hours**	**10 Marks**	
Unit IV	**Types and importance**. 4.1 Ambadi. 4.2. Tarota (cassia tore). 4.3. Gokharu. 4.4. Pathari	**10 Hours**	**10 Marks**	

Unit V	**Types and importance.** 5.1 Bhokar (cordia dochiloma). 5.2. Shatawari (Asparagus). 5.3. Kunjar. 5.4. Chawli (tandulja).	**10 Hours**	**10 Marks**	
Unit VI	**Medicinal plants.** 6.1. Concept and meaning of medicinal plant. 6.2. Importance of medicinal plants. 6.3. Properties of medicinal plants. 6.4. Types of medicinal plants- Basil, Panphuti, Neem, Jeshthmadh, Bramhi, Aloevera , Durwa	**10 Hours**	**10 Marks**	

Internal 1. Class tests ((Open Book Test/ Objective type Test/Descriptive Test)
2.Assignment/ Seminar/ Group Discussion/ Visit Report

References:

1. बाचूळकर, मधुकर, आरोग्यदायी रानभाज्या, सकाळ प्रकाशन.
2. नीलिमा जोरवर, बखर रानभाज्यांची: प्रवास रानभाज्यांच्या शोधाचा, लोकवाङ्मय प्रकाशन.
3. भा. पं. जोशी, रानभाज्या, कॉन्टिनेन्टल प्रकाशन.
4. चोथे, प्रा. आश्विनी, हेल्दी रानभाज्या, अक्षरधारा प्रकाशन.
5. रानभाज्यांची माहिती पुस्तिका: कृषी विभाग
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Internal Assessment and External Evaluation and Examination system

Internal Assessment	**40 Marks**
1.Class tests –Assessment on any two (Open Book Test/ Objective type Test/Descriptive Test)	20 Marks
2.Assignment/ Seminar/ Group Discussion/ Visit Report (visit to Ranbhajya Mahotsav /farm and report writing)	20 Marks
External Evaluation and Examination system **External Theory**	**60 marks**

Two Short Ans Type questions (10x4=40 marks) : 2 x 5 =10 (1 Ques for 5 marks) (Solve 2 out of 4 in each question)	Two Long Ans Type questions (10x2=20 marks) Two Long Type questions should Internal choice

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