

B.Sc.(Home Science)

Prospectus No. 2011191

Semester-I Examination - Winter-2010

Semester-II Examination - Summer-2011

संत गाडगे बाबा अमरावती विद्यापीठ
SANT GADGE BABA AMRAVATI UNIVERSITY

गृहविज्ञान विद्याशाखा
(FACULTY OF HOME SCIENCE)

PROSPECTUS

OF

The Examination for the B.Sc. (Home Science)

Semester-I, Winter-2010

Semester-II, Summer-2011

(Six Semester Degree Course)



2010

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B.Sc. (Home Science) (Semester-I & II)

(Prospectus No.2011191)

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SANT GADGE BABA AMRAVATI UNIVERSITY

SPECIAL NOTE FOR INFORMATION OF THE STUDENTS

(1) Notwithstanding anything to the contrary, it is notified for general information and guidance of all concerned that a person, who has passed the qualifying examination and is eligible for admission only to the corresponding next higher examination as an ex-student or an external candidate, shall be examined in accordance with the syllabus of such next higher examination in force at the time of such examination in such subjects, papers or combination of papers in which students from University Departments or Colleges are to be examined by the University.

(2) Be it known to all the students desirous to take examination/s for which this prospectus has been prescribed should, if found necessary for any other information regarding examinations etc. refer the University Ordinance Booklet the various conditions/provisions pertaining to examinations as prescribed in the following Ordinances-

(3)

Ordinance No. 1	:	Enrolment of Students.
Ordinance No. 2	:	Admission of Students
Ordinance No. 4	:	National Cadet Corps
Ordinance No. 6	:	Examination in General (relevant extracts)
Ordinance No. 18/2001	:	An Ordinance to provide grace marks for passing in a Head of passing and Improvement of Division (Higher Class) and getting Distinction in the subject and condonation of defficiency of marks in a subject in all the faculties prescribed by the Statute NO.18, Ordinance 2001.
Ordinance No.9	:	Conduct of Examinations (Relevant extracts)
Ordinance No.10	:	Providing for Exemptions and Compartments
Ordinance No. 19	:	Admission Candidates to Degrees
Ordinance No.109	:	Recording of a change of name of a University Student in the records of the University
Ordinance No.6 of 2008	:	For improvement of Division/Grade.
Ordinance No.19/2001	:	An Ordinance for Central Assessment Programme, Scheme of Evaluation and Moderation of answerbooks and preparation of results of the examinations, conducted by the University, Ordinance 2001.

Dineshkumar Joshi

Registrar

Sant Gadge Baba Amravati University

PATTERN OF QUESTION PAPER ON THE UNIT SYSTEM

The pattern of question paper as per unit system will be boradly based on the following pattern.

- (1) Syllabus has been divided into units equal to the number of question to be answered in the paper. On each unit there will be a question either a long answer type or a short answer type.
- (2) Number of question will be in accordance with the unit prescribed in the syllabi for each paper i.e. there will be one question on each unit.
- (3) For every question long answer type or short answer type there will be an alternative choice from the same unit. However, there will be no internal choice in a question.
- (4) Division of marks between long answer and short answer type question will be in the ratio of 40 and 60.
- (5) Each short answer type question shall Contain 4 to 8 short sub question with no internal choice.

**Syllabus prescribed for B.Sc. Part-I (Home Science)
Semester-I**

**Subject Code 113CS1
Communication Skills**

Theory : 4 Periods/Wk (Credits 3.2)
Tutorial : 1 Period/Wk (Credits 0.4)

Theory Marks : 50
Th.Int.Ass.Marks : 10
Total Mks. : 60

Objectives :- After completing course students will be able to

- develop skills of communication in English and Marathi.
- understand the importance of communication language in academic and professional growth.

Theory

Unit-1 :

1.1 Elements of Communication :

- Sender
- Receiver
- Message
- Channel
- Feedback, and
- Context

1.2 Communication Processes :

- Various stages in the communication process, encoding, transmitting, decoding.
- Comprehending the context
- Knowing the receiver, sender
- Designing the message
- Encoding and Transmitting
- Selecting proper Channel
- Receiving and decoding.
- Feedback.

Unit-2 :

2.1 Effective Communication :

- Communication barriers and ways and means to overcome them.
- Each stage in communication process.
- Developing effective messages : Purpose
- Knowing the audience
- Structuring the messages.
- Selecting an appropriate channel.

2.2 Body Language :

- Introduction – Voluntary and involuntary body language.
- Forms of body language, parts of body language.
- Uses of body language, body language in building interpersonal relations.
- Improving your body language.

Unit-3 :

- Use of Article, conjunctions, prepositions.
- Tenses, moduls, subject-verb arrangement.
- Types of sentences – Assertive, negative, interrogative, exclamatory and imperative, simple, compound and complex.
- Questions and auxiliary verbs.

Unit-4 : Communication Skills in English and Marathi

- Composition
- Letter writing – Personal, official and business correspondence.
- Application – Employment, complaints, resume.

Unit-5 : Communication Skills in English and Marathi

- Picture Composition
- Comprehension of the given passage.

Practicals :-

Practicals will be based on Unit-3, 4 & 5.

Reference :-

- (1) Allan, W., Living English Structure, Orient publications.
- (2) Allan, W., Living English speech, Orient publications.
- (3) Sharma, Pushpa, Effective English, Kumar Pub. N.Delhi.
- (4) Jones, Daniel, Pronunciation of English, Universal Book Stall, N.Delhi.
- (5) Inthera, S.R., Enrich Your English, Central Instt.(CIEFL), Hyderabad
- (6) Cobuild, Student Dictionary and Grammer, Harper Collins Pub. London.
- (7) Jones, Daniel, English Pronouncing Dictionary, Universal Book Stall, New Delhi.
- (8) Murphy R., Intermediate English Grammer, Foundation Books, New Delhi.

- (9) Murphy R., Essential English Grammar, Cambridge University Press, London.
- (10) Krishnaswamy, N., Teaching English Grammar, T.R.Publications, Chennai.
- (11) Krishnaswamy, N., Teaching Spoken English & Communication Skills, T.R.Publications, Chennai.
- (12) Birkett, Julian, Word Power, T.R.Publications, Chennai.
- (13) Corner, J.D.O., Better English Pronounce, Universal Book Stall, N.Delhi.
- (14) Narang, V., Communicative Language Teaching, Creative Books, New Delhi.
- (15) Palliver, A.K., Communicative Language Teaching in English, Surabhi Pub., Jaipur.
- (16) Kaul, Onkar; Effective Communication Skills, Creative Publications, New Delhi.
- (17) Gautam, K.K.; English Language Teaching, Homan Pub. House, New Delhi.
- (18) Rajunwale, S; Introduction to English Phonetics, Rawat Publications, N. Delhi.
- (19) Mohan Krishna; Speaking English Effectively, Macmillan India Limited, New Delhi.
- (20) Tickoo, M.L.; Current English for Language, Macmillan India Limited, New Delhi.
- (21) Gupta, N.; English for all; Macmillan India Limited, New Delhi.
- (22) Singh, C.P.; Before the Headline, Macmillan India Limited, New Delhi.
- (23) Green David; Contemporary English Grammar
- (24) Andal, N.; Communication Theories and Models; Himalaya Pub. House, Mumbai.
- (25) Rayndu, C.S.; Communication Media and Communication Management; Himalaya Pub. House, Mumbai
- (26) Allan W.S.; Keep Up Your English (Three Audio Cassette), B.I.Languages Institutes, Mumbai.
- (27) Haycraft, J.Creed; Choosing your English + Four Cassette ISBN
- (28) Geddas Marian; How to listen + one cassette
- (29) O'Connor, J.D., A Course of English Pronunciation + Three Cassette, B.I.Languages Institutes, Mumbai.

Subject Code 115CE2
Introduction to Home Science

Theory : 3 Periods/Wk/(Credits 2.4)
Practical : 2 Periods/Wk(Credits 0.8)

Theory Marks : 40
Th.Int.Ass.Marks : 10
Practical Mks. : 20
Practical Int.Ass.Mks.:10
Total Mks. : 80

Objectives :- After completion of course, students will be able to-

- understand the role of Home Science in development of family, community and nation.
- Acquaint with the home science discipline which is an integrated body of knowledge for improving quality of life.

Theory

Unit-1 :

1.1 Home Science as a Discipline :

- Concept, meaning and definition.
- Objectives, philosophy, scope and need of Home Science.
- Home Science as a multidisciplinary course.

1.2 Resource Management :

- Meaning and definition.
- Need and importance of resources.
- Role of resource management in the development of family and community.

Unit-2 : Food Science and Nutrition :

- Meaning and definition.
- Need and importance of food.
- Role of food and nutrition for sound health of individual, family and community.

Unit-3 : Human Development :

- Meaning and definition.
- Importance and Principles.
- Role of Human Development in building good citizen.

Unit-4 : Textiles and Clothing :

- Meaning and definition.
- Need and importance of clothing.
- Role of textile and clothing in personality development.

Unit-5 : Communication and Extension :

- Meaning and definition
- Need and Importance
- Role of Communication and Extension in Community Development

Practical :

- Discuss the following statements and prepare reports.
 1. Home Science is an intra disciplinary course.
 2. Home Science is an inter disciplinary course.
 3. Home Science Education is playing a vital role in building capacity of individual, family and community for better quality of life.

- Maintain bulletin board of your college related to issues in home science by displaying pictures, paper cutting.
- Seminar on current trends in Home Science..

References :

1. Joseph, M.C.; Introduction to Textile Science
2. Alexander D.A.; Textile
3. Vargese; Home Management, Wiley Estern Ltd., Bombay
4. Arvind Chandra, Introduction to Home Science
5. Rajamal P.Devdas; Text Books of Home Science
6. Rajamal P.Devdas; Home Science and the Nation; Units of Madras.
7. Supe S.V.; An introduction to Extension Education.
8. Dahama, O.P.; Extension Education.
9. Swanson Betty, Introduction to Home Management.
10. Shrilakshmi; Food Science, New Age International Publication
11. Shrilakshmi; Nutrition, New Age International Publication
12. Shrilakshmi; Dietetics, New Age International Publication
13. Publication of I.C.M.R., WHO.

**Subject Code 111RM3
Resource Management**

Theory : 3 Periods/Wk (Credits 2.4)
Practical : 2 Periods/Wk (Credits 0.8)

Theory Marks : 40
Th.Int.Ass.Marks : 10
Practical Mks. : 20
Practical Int.Ass.Mks.:10
Total Mks. : 80

Objectives :-

After completion of course, students will be able to -

- Know systematic process of management and role of goal, values, standard etc.
- Understand the decision making process.
- Sensitize with family resources.

Theory

Unit-1 :

- Meaning and importance of Management in day to day life.
- Management Process :
 - Planning
 - Controlling
 - Evaluation.

Unit-2 : Decision Making :

- Meaning
- Types
- Modes of decision making in management.
- Techniques and tools for decision making.
- Decision tree.

Unit-3 : Family Resources :

- Meaning and definition.
- Types of resources.
- Factors affecting use of resources.
- Characteristics of resources.

Unit-4 : Factors Motivating Management :

- Goals.
- Values
- Standards

Unit-5 : Family Characteristics influencing Management :

- Life style.
- Types of family.
- Family Size.
- Stages of family life cycle.

Practical :

1. Plan any one event, execute and evaluate.
2. Identify a problem and go through decision making process.
3. Enlist human and non human resources of a family.
4. Find out the goals and values of a family.

References :

1. Literature of M.B.A. Distance learning courses.
2. Vargese, Home Management.

3. Khanka, S.S. (2007), Organizational Behaviour, S.Chand and Co. Ltd., New Delhi.
4. Alex, K; Soft Skills.
5. Betty Swanson, Introduction to Home Management.

Subject Code 113HP4

Human Physiology

Theory : 3 Periods/Wk (Credits 2.4)
Practical : 2 Periods/Wk (Credits 0.8)

Theory Marks : 40
Th.Int. Ass.Marks : 10
Practical Mks. : 20
Practical Int.Ass.Mks.:10
Total Mks. : 80

Objectives :- After completing the course, the students will be able to-

- understand the physiology of human Body.
- enable the students to understand the integrated functions of all systems of the body.

Theory

Unit-1 :

- Animal Cell – Structure and functions of each component of cell.
- Protoplasm – Physical, chemical and physiological properties of protoplasm.
- Bones – Various types, structure and functions of bone.

Unit-2 : Blood – Blood composition, functions of each component.

- Coagulation of blood and its significance.
- Blood group and Rh factor.
- Blood Vessel – Artery, vein, capillary.

Unit-3 : Heart – Structure and functions of heart.

- Cardiac cycle.
- Blood pressure – systolic and diastolic.
- Electrocardiogram (ECG)

Unit-4 :

- Digestive system – Structure and functions of salivary gland, stomach, small intestine, pancreas and liver.
- Mechanism of mastication and swallowing.
- Digestion and absorption of carbohydrate, protein and fat.

Unit-5 : Respiratory System- Organs, their structure and functions of trachea, bronchi and lungs.

- Mechanism of respiration and its regulation.

Practicals :

1. Study of various bone.
2. Determination of blood group.
3. Determination of bleeding time.
4. Determination of clotting time.
5. Study of blood smear (fresh smear)

References :-

1. Guyton A.C., Hall, A.J. – Text Book of Medical Physiology.
2. K.Sembulinga – Essentials of Medical Physiology.
3. Chatterjee – Text Book of Medical Physiology.
4. Chatterjee C.C.-Human Physiology
5. Guyton : Functions of Human Body
6. Jacfod and francone : Elements of Anatomy and Physiology.
7. Joglakar V.H. –
8. Sharpe L & L., Schafer Histology.
9. Best and Taylerr : Human Body.
10. Rastogee. Text Book of Cytology.

Subject Code 112FC5

Food Chemistry

Theory : 3 Periods/Wk/(Credits 2.4)
Practical : 2 Periods/Wk/(Credits 0.8)

Theory Marks : 40
Th.Int.Ass.Marks: 10
Practical Mks. : 20
Practical Int.Ass.Mks.:10
Total Mks. : 80

Objectives :-

After completion of course, students will be able to -

- understand food composition.
- understand chemistry of food.

Theory

Unit-1 : Definition of Food Nutrients :

- Food Composition - Nutrients : Macro Nutrient, Micro Nutrient
- Chemistry of Carbohydrates – Monosaccharides, disaccharides, polysaccharides.
- Proteins – Simple proteins, conjugated proteins and designed proteins.
- Lipids – Simple lipids, compound lipids.

Unit-2 : Chemistry of Vitamins : (in brief)

- Water Soluble Vitamins – Vitamin C, Thiamine, Riboflavin, Niacin, Folic Acid, Pyridoxine, Vit.B₁₂.
- Fat Soluble Vitamins – Vitamin A, Vitamin D, Vitamin E and Vitamin K.

Unit-3 : Chemistry of Minerals : (in brief)

- Minerals : Calcium, Phosphorous, Sulphur, Potassium, Chlorine, Sodium and Magnesium.
- Trace Elements : Iron, fluorine, zinc, copper, iodine, chromium and cobalt.

Unit-4 : Chemistry of :

- Water-pH, turbidity, hardness, dissolved gases.
- Fibre.

Unit-5 : Chemistry of Non-nutrient components of food : (in brief)

- Oxalates
- Pigments
- Phytates
- Enzymes
- Tannins
- Trypsin inhibitors.

Practicals :

1. Detection of carbohydrates in a given sample
- Molish test.
2. Estimation of the concentration of reducing sugar
-Benedict's Test.
3. Demonstration of breakdown of starch to monosaccharides with Hydrochloric acid.
4. Detection of proteins using colour reactions.
 - Biuret test
 - Xanthoproteic test
 - Million's test.
5. Detection of fats using-
 - Solubility Test
 - Emulsification
 - Bromine Water Test
 - Saponification
6. Detection of Iodine from salt.
7. Estimation of Vitamin C in a given sample.
8. Estimation of Iron in a given sample.

References :-

1. Pottarn N. and Hotchkiss, J.H. (1996), Food Science; C.B.S. Publishers and distributors, New Delhi.
2. Duck Worth, R.B. (1978), Water Retention to Foods, Academic Press, London.
3. Peckham, G.G. (1969); Foundation of Food Preparation, McMillan Co.
4. Fox B.A. and Cameron, A.G.; Food Science and Chemical Approach; University of London, 1970.
5. Kraner, A. and Twing B.A.; Fundamentals of Quality Control for food industry, The AVI Publishing Co, 1966.
6. C.Gopalan, B.V.Rama Sastri, S.C.Balasubramanian (2004), Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.

**Subject Code 115EE6
Ecology and Environment**

Theory : 3 Periods/Wk/(Credits 2.4)

Practical : 2 Periods/Wk/(Credits 0.8)

Theory Marks : 40

Th.Int.Ass.Marks: 10

Practical Mks. : 20

Practical Int.Ass.Mks.:10

Total Mks. : 80

Objectives :- To make students aware of Environment and Ecology.

Theory

Unit-1 :

- Introduction :- Meaning and definitions of ecology and environment, scope of subject, dimensions of environment, land, air, water, forest, habitat, population.
- Environmental Education :- Meaning, need, objectives & types. Role of Government, N.G.O's and Educational institution.
- Human Rights.

Unit-2 :

- Land :- As a resource, energy and mineral resources.
Land pollution – Sources, smelting, mining, industrial waste, domestic waste, agriculture. Major health hazard. Prevention and control.
- Water:- Utility of water, water pollution and scarcity. Pollutants, health hazards and their control.

Unit-3 :

- Forest :- Utility of forest and forest resources, deforestation and its impact. Forest conservation.
- Wild Life :- Endanger of species. Wild life preservation programmes, sanctuaries.

Unit-4 :

- Energy – Major sources of energy – Definition and classification.
- Non-renewable energy sources – Coal Natural Gas, mineral oils, radiological substances.
- Renewable energy sources – Solar energy, wind power, wave power, flux and reflux, Earth Power, Hydro Electricity, Biomass, Biogas.
- Uncertainties with Non-renewable energy sources.
- Alternative Energy sources and Energy conservation measures.

Unit-5 :

- Basic Gardening – Types of soil, plant nutrients and use of fertilizers (Biofertilizer, Vermicompost). Basic Garden Plants & their classification. Cultivation of oyster mushroom.

Practicals :

- (1) Study of Garden Equipment.
- (2) Chemical characteristics of soil.
Simple test – Mechanical composition of soil.
- (3) Determination of C-O-D & B-O-D in given sample of water.
- (4) Morphological study and identification of flower plants.
- (5) Educational tour to sanctuary
- (6) Visit to
 - Solar energy plant
 - Biogas, Biodiesel
 - Water treatment
 - Rain water harvesting
 - Water Conservation
 - Recycling Plant etc.

(Every student shall attend the excursion and shall submit a report of field studies.)

References :

- 1] Douglas, Ian (1983) : the Urban Environment, London, Edward Arnold.
- 2] Dowdswell, Elizabeth (1997) : Salvaging the Earth : Need for Action. P. 20-24 in Environmental crisis and humans at risk : Priorities for action. Edited by Sinha, Rajiv K. Ina Shree Publ., Jaipur.
- 3] Sinha, Rajiv K. (1997) : Reforesting the earth : an insurance for survival, P.213-227 in Environmental crisis and humans at risk : priorities for action, edited by Sinha, Rajiv K., Ina Shree Publ. Jaipur.
- 4] United Nations : Environment programme / World Health Organisation (1992) : Urban Air Pollution in Megacities of the World, Oxford : Blackwell.
- 5] White, R.R. (1994) Urban Environmental management, Environmental Change and Urban Design, London, John Wiley & Sons.
- 6] Water Resource Management., P. 17-254 in Strategies in Development Planning, edited by Singh, Alok Kumar & Rai, Vinay Kumar & Mishra, Anand Prasad.
- 7] Enger, Eldon D & Smith, Bradley F (1995) : Environmental Science : A Study of Interrelationships. Wm. C. Brown Publ., Dubuque, I.A.
- 8] Rao, B., Narsimha: Chemical pesticides in human environment : a serious health hazard. P. 105-110 In Environmental crisis and humans at risk. Priorities for action. Edited by Sinha, Rajiv K., Ina Shree Publ., Jaipur, 1997.
- 9] Shastri, Satish & Trivedi, Manjoo Bala (1997) : Environmental laws in India : How effective it is. P. 277-283 In Environmental crisis and humans at risk priorities for action. Edited by Sinha, Rajiv, Ina Shree Publ. Jaipur.
- 10] Sinha, Rajiv K. (1997) : Environmental Pollution : the 20th Century killer. P.49-64. in Environmental crisis and humans at risk : priorities for action, edited by Sinha, Rajiv K., Ina Shree Publ. Jaipur.
- 11] Sinha, Rajiv K. (1997) : Deforestation and Habitat Destruction : Threat to the Global Ecological Balance. P.65- 76. in Environmental crisis and humans at risk : priorities for action, edited by Sinha, Rajiv K., Ina Shree Publ. Jaipur.
- 12] Sinha, Rajiv K. & Khinchi, Shyam Sundar (1997) : Desertification : The silent eco crisis of land sterlization and annihilation of human civilization. P. 87-94 in Environmental crisis and humans at risk : priorities for action, edited by Sinha, Rajiv K., Ina Shree Publ. Jaipur.
- 13] Fundamentals of Botany - K.S.Bilgramy, L.M. Shrivastava, J.L.Shrimali.
- 14] Complete gardening in Botany - G.I. Yengar.
- 15] Basic Gardening - By the Editors of sunset Books and sunset mazzines.
- 16] Water Pollution - Kudesia.
- 17] Publications of national Centres for Mushroom Research and Training.
- 18] Environmental protection - Paras, Devan.
- 19] उद्यान कला - श्रीवास्तव

- 20] परसातील लक्ष्मी - श्री.ग.सबनीस
- 21] Adoption of Ecology - Rustogi.
- 22] Water Pollution - Kudesia.
- 23] Sewage and Waste treatment.
- 24] Introduction to Environmental Microbiology - Mitchell, Ralph.
- 25] Water Pollution - Zajic J.E.
- 26] Plant Ecology - Bhatia, Sharma.
- 27] Ecology - Mahan P. Arora.
- 28] Air Pollution - Perlins H.L.
- 29] Introduction to waste water treatment process - Ramalhr R.S.

Add-on Elective Course

**Subject Code 11AEL 7.1
Personality Development-I**

Theory : 1 Period/Wk/(Credit 0.8)
Practical : 2 Periods/Wk/(Credits 1.6)

Th.Int.Marks : 20
Practical Mks. : 15
Practical Int.Mks.:5
Total Mks. : 40

Objectives :-

After completing of course, students will be able to improve personality through study of etiquettes, manners, personal grooming and swot analysis.

Unit-1 : Personality Development :

- 1.1 Concept of Personality
- 1.2 Determinents of Personality
- 1.3 Assesemnt of Personality
- 1.4 Improving Personality

Unit-2 : Personal Grooming :

- 2.1 Personal Hygiene
- 2.2 Balance Diet
- 2.3 Dressing
- 2.4 Care and maintenance of Hair, facial features, complexion, etc.
- 2.5 Exercise

Unit-3 : Etiquette and Manner :

- 3.1 Introduction to Etiquette, benefits of Etiquette.
- 3.2 Introduction to manner, practicing good manners.
- 3.3 Test Etiquettes and manners.

Unit-4 : Self Discovery :

- 4.1 Importance of knowing yourself.
- 4.2 SWOT Analysis.
- 4.3 Use of SWOT Analysis.

Unit-5 : Emotional Intelligence :

- 5.1 Meaning of emotions and moods.
- 5.2 Types of emotion.
- 5.3 Emotional intelligence.

Practical :-

- (1) Assessment of your own personality through role play, skits, clues etc,
- (2) Testing of emotional quotient.
- (3) Prepare your own (personal / professional) SWOT analysis grid and set your working goals.
- (4) Study of various types of dressings.
- (5) Do's and don'ts of diet in care of personality.
- (6) Improving personality through exercise.

References :-

- (1) Robin S.P., Organization Behaviour, Prentice Hall of India.
- (2) Luthans F., Organization Behaviour, Mc Graw Hill.

**Subject Code 11AEL 7.2
Pranayam**

Theory : 1 Period/Wk/Credit 0.8
Practical : 2 Periods/Wk/Credits 0.8

Th.Int.Ass.Marks : 20
Practical Mks. : 15
Practical Int.Ass.Mks.:5
Total Mks. : 40

Objectives :- After completion of course, students will be able to -

- understand health benefit of pranayam.
- develop skill of doing pranayam.
- practice pranayam.
- know the importance of Mudras and Chakaras.

Theory

Unit-1 :

- Introduction to Yoga.
- Pranayam – Meaning and Importance.

Unit-2 :

- Bhastrika
- Kapalbhata
- Bahaya
- Oojace

Unit-3 :

- Anulom Vilom
- Bharamari
- Oodgi th
- Pranav

Unit-4 :

- Mudras – Types and importance.
Dhyan, Shoonya, Apan, Vayu, Pruthvi, Shakti and Varun Mudra.

Unit-5 : Chakaras

- Root Chakra – Reproductive system.
- Hypogastric Plexus – Excretory system.
- Solar Plexus – Digestive system.
- Lower mind plexus – Skeleton system.
- Cardiac Plexus – Circulatory system.
- Carotid Plexus – Respiratory system.
- Medulary Plexus – Nervous system.

Practical :-

- Practice of Mudras
- Practice chakaras
- Develop skill of pranayam.

References : Publications of Patanjali Yogpeeth, Haridwar.

**Subject Code 11AEL 7.3
Kitchen Gardening-I**

Theory : 1 Period/Wk (Credit 0.8)
Practical : 2 Periods/Wk (Credits 0.8)

Th.Int.Marks : 20
Practical Mks. : 15
Practical Int.Mks.:5
Total Mks. : 40

Objectives :- After completing the course the students will be able to -

- understand importance and cultivation of fruits and medicinal plants.
- know the various household technologies..

Theory

Unit-1 : Kitchen Garden

- Meaning and concept.
- Kitchen Garden an approach to food security at house hold level.
- Other benefits of Kitchen Garden.

Unit-2 : Management of Kitchen Garden

- Soil, tools, fertilizers, seed, water etc.
- Guidelines of successful management of Kitchen Garden.
- Post harvest handling of plant produce.

Unit-3 : Classification of Vegetable Crops :

Based on season (rainy, winter & summer) fruit vegetable, root vegetables, bulbous vegetables, tuber vegetables, leafy vegetables, legume vegetables, cole crops, cucurbits.

Unit-4 :

Cultivation aspects of rainy season. Vegetables in kitchen garden.
Chilli, Cowpea, Okra, Palak, Cluster bean.

Unit-5 :

Cultivation aspects of Winter season vegetables in kitchen garden.
Tomato, Onion, Corriander, Cauliflower, Brinjal.
(Points for cultivation aspect of rainy and winter season vegetables – Season and climate, soil, nursery management, manuring, spacing, bed preparation, irrigation, interculture operation, harvesting, yield, disease, pest.)

Practicals :-

- (1) Planning and lay-out of kitchen garden.
- (2) Preparation of different beds for vegetables.
- (3) Classification of manures & fertilizers.
- (4) Methods of irrigation in kitchen garden.
- (5) Preparation of nursery bed and transplanting.
- (6) Identification and control of vegetable pest.
- (7) Identification and control of vegetable diseases.
- (8) Use of different pots for vegetable cultivation in terrace garden.
- (9) Preparation of vermicompost, zero energy cool chamber.
- (10) Visit to different Kitchen Garden.

References :-

- (1) Kitchen Gardening – S.P.Singh
- (2) Vegetable crops in India – K.S.Yawalkar
- (3) Vegetable production in India – D.V.S.Chauhan
- (4) Principles of vegetable production – S.P.Singh
- (5) Leaf Vegetables – Krishnamurthy.

**Syllabus prescribed for B.Sc. Part-I (Home Science)
Semester-II**

**Subject Code 123CS8
Communication Skills**

Theory : 4 Periods/Wk (Credits 3.2)
Tutorial : 1 Period/Wk (Credits 0.4)

Theory Marks : 50
Th.Int.Ass.Marks : 10
Total Mks. : 60

Objectives :- After completing the course, students will be able to improve with knowledge and skills of communication interact in social conventions.

Theory

Unit-1 : Reading Skills :

- Reading and its benefits.
- Mechanics of reading
- Types of reading, surveying, skimming and scanning.
- Reading and making notes – by summary, by answering the given questions.
- Casual reading and focused reading.
- Reading for entertainment, information and intellectual purposes.

Unit-2 : Listening Skills :

- Hearing and Listening.
- Factors making hearing easy and listening difficult.
- Barriers in the exercise of listening and ways and means to overcome them.

Unit-3 : Speaking Skills :

- Useful information of phonetics.
- Greeting, responses, introducing self, guests and friends.
- Taking leave and requesting.
- Inviting, accepting and declining an invitation.
- Visiting a doctor and lawyer etc.
- Narrating an experience.
- Asking for information.
- Making suggestions.
- Describing a scene or incident.
- Making and presenting advertisements and slogans.

Unit-4 : Communication in English and Marathi :

- Story building.
- Dialogue writing.

Unit-5 : Communication in English and Marathi :

- Writing narrative.
- Report writing.
- Notice for – meeting, agenda and minutes.

Practicals :- Practical will be based on following skills-

Writing Skills :-

- (1) Practice the skills of good hand writing.
- (2) Learn spelling, punctuation, use of capital.
- (3) Reinforce vocabulary and strengthen already mastered skills.
- (4) Keep a written record of what has been learnt.
- (5) Take notes from books, newspapers, lectures.
- (6) Keep records and to maintain a diary.
- (7) Write narrative.
- (8) Describe a picture.
- (9) Practise reproducing spoken language in written form.
- (10) Participation in Spelling games like word building, spelling bee competition, memory game etc.

Reading Skills :-

- (1) Practice development of a large, right vocabulary.
- (2) Practice development of skill in identifying unfamiliar words.
- (3) Practice development of good eye movement habit.
- (4) Development of proper habits of posture, holding books and so on.
- (5) Development of speed and fluency in reading.
- (6) Practice reading with correct stress, rhythm and intonation.

Listening Skills :-

- (1) Practice listening to take notes.
- (2) Practice listening closely to remember & recall.
- (3) Practice listening alternatively to answer simple listening tasks and questions.
- (4) Practice being able to predict what the speaker is going to say next.
- (5) Practice identifying the right pronunciation.

Speaking Skills :-

- (1) Practice speaking in chorus in small groups or individually.
- (2) Practice pronunciation skills in the class.
- (3) Practice for correct stress and intonation.
- (4) Practicing oral composition developed by question answer techniques.
- (5) Practice narrating simple experiences / incidents.
- (6) Practice speaking for two or three minutes on a given topic or to take part in a debate.
- (7) Practice speaking through role plays.

References :-

1. Loneragan, J. : Teacher's Manual + Three Video Cassettes + Two Audio
2. Loneragan, J. : Follow through students.
3. Hobbs J. : Teaching Observed + Two Video Cassettes, British Institute.
4. Tomaleni, B. : Video in Classroom + One Video Cassette, British Institute, UCO Building.
5. Haycraft J. : Getting on in English + Four Cassettes, , British Institute.
6. Kumar, K.J. : Communication Skills in English, Vipul Prakashan Mumbai.
7. Longman, A.: Essential Activator, Longmans.
8. Taylor G. : English Conversation Practice, Mc Graw Hill Pub., New Delhi.
9. Leech G. : English Grammar for Today, Macmillan, London.
10. Philips, Sam. : 3000 Synonyms and Antonyms, Goodwill Pub. N.Delhi.
11. Duff, A.M. : A Twist in the Tail + Three Audio Cassettes, Oxford New Delhi.
12. Bansal, R.K. : Spoken English
13. Augustine, A.E., Macmillan Grammar, Macmillan.
14. Hengh, G.A. : News Writing, Kanishk Pub., N.Delhi.
15. Hyde, H.W. : Television and Radio Announcing.
16. Mitra Anand : Television & popular Culture in India.
17. Kabir, N.M. : Talking Films., Oxford Publications.
18. DeSouza, Y.K. : Electronic Media & Internet, Book Enclave.
19. Dattatreya, P. : Group Discussion Methods of Teaching, Prentice Hall of India Pvt.Ltd.
20. Dixon, Robert J. : Eveready Dialogues in English Speaking Effectively, Cambridge Univ. Press, London.
21. Field, Marion : Improving Your Written English, Jaiko Publishing House.
22. Swan, Michael : Practical English Usage, Oxford.
23. Jones, Daniel, Cambridge English Pronouncing Dictionary, Cambridge Univ. Press, London.

Subject Code 122FN9
Food & Nutrition

Theory : 3 Periods/Wk/(Credits 2.4)
Practical : 2 Period/Wk/(Credits 0.8)

Theory Marks : 40
Th.Int.Ass.Marks : 10
Practical Marks : 20
Practical Int.Ass.Marks : 10
Total Mks. : 80

Objectives :- After completing the course, students will be able to-

- understand the functions of food and the role of various nutrients, requirements and their effects of deficiency and excess.
- make familiar with the different methods of cooking and methods of improving the nutritional quality of food.
- develop skill of preparing nutrient rich recipes.

Theory

Unit-1 : Introduction to Nutrition :

- Basic Terminologies in nutrition and food preparation.
- Classification of food according to functions.
- Functions of food :-
Physiological, mental, social & spiritual functions.

Unit-2 :

- Classification of nutrients
- Macro nutrients :
Carbohydrates – Classification, sources, functions, requirement.
Proteins – Classification, sources, function and requirement.
Fats - Classification, sources, function and requirement.

Unit-3 :

- Micro nutrients :
Vitamins – Classification.
Fat soluble vitamins - sources, function and requirement.
Water soluble vitamins - sources, function and requirement.

Unit-4 :

- Micro nutrients.
- Minerals.
Macro Minerals – Calcium, Phosphorous, Sulphur, Potassium.
Sources, functions, RDA, deficiency.
Micro Minerals – Zinc, Fluorine, Iron, Iodine, Copper, Magnese.
Sources, functions, RDA, deficiency

Unit-5 :

- Methods of Cooking and Effect of cooking on nutritive value of food.
- Methods of improving nutritional quality of food.
Germination, Fermentation, Supplementation, Substitution, Fortification & Enrichment.

Practicals :-

1. Basics of Cookery

- Preparation of Kitchen work area.
- Kitchen Equipments – Use and care.
- Standard portion size of foods and their nutritional contribution.
- Standard and household measures of one portion of raw and cooked food.
- Calculation of cost and nutritive value per serving portion.
- Evaluation of recipe.

2. Prepare list of excellent and good sources of energy, protein, vitamins, and minerals and prepare following recipes out of them.

- Energy giving recipes
Rice, wheat, sorghum, Ragi, Bajra, corn recipes. (5)
.Potato, Sweet Potato, other roots, sago recipes. (2)
Energy rich hot and cold beverages. (2)
- Protein Rich Recipes :
Soy, pulses, nuts and oil seeds, meat, fish, poultry egg, milk etc. recipes. (10)
- Vitamin and Mineral Recipes.
 - Vitamin B Complex rich recipes. (2)
 - Vitamin C rich recipes. (2)
 - Vitamin A rich recipes. (2)
 - Calcium rich recipes. (2)
 - Iron rich recipes. (2)

References :

- (1) Dietary Guidelines for Indians ICMR.
- (2) Nutritive Value of Indian foods ICMR
- (3) Shri Laxmi – Food Science

- (4) Shri Laxmi – Nutrition
- (5) Shubhangi Joshi – Nutrition and Dietetics
- (6) Shakuntala Manay – Food Science.
- (7) Park and Park – Preventive and Social Medicine.

Subject Code 123HD10
Human Development

Theory : 3 Periods/Wk (Credits 2.4)
Practical : 2 Period/Wk (Credits 0.8)

Theory Marks : 40
Th.Int.Marks : 10
Practical Marks : 20
Practical Int.Marks : 10
Total Mks. : 80

Objectives :- After completion of the course, students will be able to-

- introduce the students to the major concepts of Human Development.
- bring awareness amongst the students regarding the concept, scope and dimensions.
- sensitize the student to interventions in the field of Human Development.
- acquaint the students about the areas of Human Development.

Theory

Unit-1 : Introduction to Human Development :

- 1.1 Meaning & Definition of Human Development.
- 1.2 Scope of Human Development.
- 1.3 History of Human Development.
- 1.4 Studies of Human Development.

Unit-2 : Growth and Development :

- 2.1 Meaning & Definition.
- 2.2 Principles of Development.
- 2.3 Factors influencing growth and development.

Unit-3 : Stages of Development (Age, Characteristics and Developmental Tasks) :

- 3.1 Prenatal Development.
- 3.2 Infancy (0-2 yrs)
- 3.3 Childhood (2 to 12 yrs)
- 3.4 Puberty

Unit-4 : Types of Development (Upto Puberty) :

- 4.1 Physical Development.
- 4.2 Motor Development.
- 4.3 Speech Development.

Unit-5 :

- 5.1 Emotional Development.
- 5.2 Social Development
- 5.3 Intellectual Development

Practical :-

- (1) Preparation of Resource file on Human Development.
- (2) Visits to nursery school.
- (3) Class Tests
- (4) Types of painting (brush, pencil spray vegetable)
- (5) Paper Work
- (6) Flash Cards
- (7) Clay Modelling.
- (8) Record Book.

Books :-

- (1) Development Psychology – E.B.Hurlock
- (2) Child Behaviour and Development – B.Kuppuswamy.
- (3) बाल विकास & नलिनी वन्हाडपांडे
- (4) बालविकास एवं पारंपारिक संबंध - सुरेस भटनागर
- (5) मानव विकास – डॉ.शशीप्रभा जैन
- (6) Adolescent Development & Adjustment – L.Crow & A.Crow
- (7) किशोरावस्था – नलिनी चांदवसकर
- (8) बालविकास – डॉ.पद्मा अखानी, डॉ.सुषमा दाते.

Subject Code 123HP11
Human Physiology

Theory : 3 Periods/Wk (Credits 2.4)
Practical : 2 Period/Wk (Credits 0.8)

Theory Marks : 40
Th.Int.Marks : 10
Practical Marks : 20
Practical Int.Marks : 10
Total Mks. : 80

Objectives :- After completing the course, the students will be able to-

- understand the Physiology of Human Body.
- enable the students to understand the integrated functions of all systems of the body.

Theory

Unit-1 : Excretory System – Organs of excretion, their structure and functions.

- Mechanism of urine formation.
- Normal and abnormal constituents of urine.

Unit-2 : Female Reproductive System :

- Structure and functions of ovaries, fallopian tubes and uterus.
- Menstrual Cycle, ovulation and menopause.
- Pregnancy, parturition and lactation.

Unit-3 : Nervous System.

- Structure of neurone.
- Structure and functions of cerebrum and cerebellum.
- Cerebrospinal fluid (C.S.F.)
- Reflex arc and reflex action.

Unit-4 : Endocrine Gland :

- Structure and functions of Pituitary Gland.
- Structure and functions of Thyroid Gland.

Unit-5 : Human Genetics :

- Human Chromosome, the inheritance and variation in Man..
- The genetic basic of human disease like sickle cell.anaemia, haemophilia, centured, blindness and diabetics.

Pracitcals :-

- (1) Identification of slides.
- (2) Determination haemoglobin percentage.
- (3) Recording pulse rate.
- (4) Measurement of blood pressure.
- (5) Physical and chemical examination of urine.

References :-

- (1) Guyton A.C., Hall, A.J. – Text Book of Medical Physiology.
- (2) K.Sembulinga – Essentials of Medical Physiology.
- (3) Chatterjee – Text Book of Medical Physiology.
- (4) Chatterjee C.C.-Human Physiology
- (5) Guyton : Functions of Human Body
- (6) Jacfod and francone : Elements of Anatomy and Physiology.
- (7) Joglakar V.H. –
- (8) Sharpe L & L., Schafer Histology.
- (9) Best and Taylerr : Human Body.
- (10)Rastogee. Text Book of Cytology.

Subject Code 124TC12
Textile Chemistry

Theory : 3 Periods/Wk (Credits 2.4)
Practical : 2 Period/Wk (Credits 0.8)

Theory Marks : 40
Th.Int.Marks : 10
Practical Marks : 20
Practical Int.Marks : 10
Total Mks. : 80

Objectives :- To enable the students to-

- impart knowledge pertaining to basic principles of dyeing.
- acquaint with the materials, reagents, equipments and processes involved in laundering.
- sensitize them the difference in the laundering processes used for different fabrics.

Theory

- Unit-1** : A brief study of different types of dyes, classification of dyes and their applicability to different fibres.
- Unit-2** : Methods and styles of dyeing.
- Methods – Jet, Jiq, winch warp beam etc.
 - Styles – Resist, discharge and direct.
- Unit-3** : Classification and introduction to laundry process.
- Wet and dry cleaning.
 - Materials and equipments.
- Unit-4** : Water, soaps and Detergents :
- Hard and soft water – Temporary and Permanent
 - Hardness – Problems caused by hard water.
 - Methods of softening water.
- Unit-5** : Bleaches, additives and starches, stain removers..
- Classification, application of bleaches to various fibres.
- Additives – Optical brighteners, blueing agents, fluorescent, whiteners.
- Starches – Types, characteristics and methods of application.

Practicals :-

- (1) Dyeing of different fabrics using suitable dyes.
- (2) Resist dyeing.
- (3) Stain Remover
- (4) Laundry of different fibres.
- (5) Bleaching and Starching.
- (6) Dry cleaning.

References :-

- (1) Cockett, B.R. (1964) : Dyeing and Printing, London, Sir Issac, Pitman and Sons Ltd.
- (2) Shenai V.A. (1973) : Chemistry of Dyes and Principles of Dyeing, Textile Book Sellers and Publishers.
- (3) Shenai V.A. (1977) : Technology of Dyeing, Technology Textile Processing, Vol. VI, Bombay Sevak Publication.
- (4) Sammel Delvin (2006) : Dyes and Pigments. Delhi JVI Publishing House.
- (5) Alexander, R.R. (1977) : Textile Products Selection, Use and Care, Boston, Houghton Mifflin Co.
- (6) Deolkar Durga (1976) : Household Textile and Laundry Work, Delhi Atmaram and Sons.
- (7) Tortora Phillis (1978) : Understnading Textiles, Macmillan Publishing Co. Inc. N.Y.
- (8) Priya Bharkar and Tara Chand (2005) : Textile and Laundry, New Delhi Common Wealth Publisher.

Subject Code 125EE13 Ecology & Environment

Theory : 3 Periods/Wk/(Credits 2.4)
Practical : 2 Period/Wk/(Credits 0.8)

Theory Marks : 40
Th.Int.Marks : 10
Practical Marks : 20
Practical Int.Marks : 10
Total Mks. : 80

Objectives :- To make students aware of Environment and Ecology.

Theory

- Unit-1** : **Habitat and Population :**
Uncontrolled population growth. Causes and its impact, unplanned growth of cities and towns, migration, problems of housing and essential services controlled measures.
- Unit-2** : **Waste Management :**
Waste, types of waste, effects of waste, methods of waste management, dumping or filling, controlled tipping or sanitary pits, burning or inciniation, manure pit, barial composting.
- Unit-3** : Air – Composition and Usefulness to plant and animal kingdom. Air pollution – sources, effects and controlled measures. Green house effect, ozone layer depletion, acid rain.
Noise Pollution – Sources, effects and control.
- Unit-4** : Basic Gardening – Garden, types of garden, importance of garden (aesthetic, medicinal & commercial), study of some common medicinal plants. Plant Diseases – Tika, rust, powdery mild.
Pest – Aphid. Thrips and Catter Pillaus.
Green Revolution – impact on environment.

Unit-5 : Ecosystem – Structure and functions.
Environmental Protection – Policies, programmes and legislations. Rights and duties of citizen for environmental protection.

Practicals :-

- (1) Useful garden operations – Preparation of different types of beds, sowing, trans planting – Potting and Repotting.
- (2) Plant Propagation Techniques – Cutting, layering, Budding and Grafting.
- (3) Experiments on Air Pollution.
- (4) Measurement of noise level of different places by noise level meter.
- (5) Morphological study and identification of seeds & vegetables.
- (6) Morphological study and identification of common medicinal plants.
- (7) Identification of some common plant diseases.
- (8) Visit to pond ecosystem / lake / river ecosystem.
- (9) Visit to ornamental garden and medicinal garden.
- (10) Visit to agriculture to study impact of agrochemicals on environment.
- (11) Visit to agriculture to study elements of sustainable agriculture.

References :

- 1] Douglas, Ian (1983) : the Urban Environment, London, Edward Arnold.
- 2] Dowdswell, Elizabeth (1997) : Salvaging the Earth : Need for Action. P. 20-24 in Environmental crisis and humans at risk : Priorities for action. Edited by Sinha, Rajiv K. Ina Shree Publ., Jaipur.
- 3] Sinha, Rajiv K. (1997) : Reforesting the earth : an insurance for survival, P.213-227 in Environmental crisis and humans at risk : priorities for action, edited by Sinha, Rajiv K., Ina Shree Publ. Jaipur.
- 4] United Nations : Environment programme / World Health Organisation (1992) : Urban Air Pollution in Megacities of the World, Oxford : Blackwell.
- 5] White, R.R. (1994) Urban Environmental management, Environmental Change and Urban Design, London, John Wiley & Sons.
- 6] Water Resource Management, P. 17-254 in Strategies in Development Planning, edited by Singh, Alok Kumar & Rai, Vinay Kumar & Mishra, Anand Prasad.
- 7] Enger, Eldon D & Smith, Bradley F (1995) : Environmental Science : A Study of Interrelationships. Wm. C. Brown Publ., Dubuque, I.A.
- 8] Rao, B., Narsimha: Chemical pesticides in human environment : a serious health hazard. P. 105-110 In Environmental crisis and humans at risk. Priorities for action. Edited by Sinha, Rajiv K., Ina Shree Publ., Jaipur, 1997.
- 9] Shastri, Satish & Trivedi, Manjoo Bala (1997) : Environmental laws in India : How effective it is. P. 277-283 In Environmental crisis and humans at risk priorities for action. Edited by Sinha, Rajiv, Ina Shree Publ. Jaipur.
- 10] Sinha, Rajiv K. (1997) : Environmental Pollution : the 20th Century killer. P.49-64. in Environmental crisis and humans at risk : priorities for action, edited by Sinha, Rajiv K., Ina Shree Publ. Jaipur.
- 11] Sinha, Rajiv K. (1997) : Deforestation and Habitat Destruction : Threat to the Global Ecological Balance. P.65- 76. in Environmental crisis and humans at risk : priorities for action, edited by Sinha, Rajiv K., Ina Shree Publ. Jaipur.
- 12] Sinha, Rajiv K. & Khinchi, Shyam Sundar (1997) : Desertification : The silent eco crisis of land sterlization and annihilation of human civilization. P. 87-94 in Environmental crisis and humans at risk : priorities for action, edited by Sinha, Rajiv K., Ina Shree Publ. Jaipur.
- 13] Fundamentals of Botany - K.S.Bilgramy, L.M. Shrivastava, J.L.Shrimali.
- 14] Complete gardening in Botany - G.I. Yengar.
- 15] Basic Gardening - By the Editors of sunset Books and sunset magazines.
- 16] Water Pollution - Kudesia.
- 17] Publications of national Centres for Mushroom Research and Training.
- 18] Environmental protection - Paras, Devan.
- 19] उद्यान कला - श्रीवास्तव
- 20] परसातील लक्ष्मी - श्री.ग.सबनीस
- 21] Adoption of Ecology - Rustogi.
- 22] Water Pollution - Kudesia.
- 23] Sewage and Waste treatment.
- 24] Introduction to Environmental Microbiology - Mitchell, Ralph.
- 25] Water Pollution - Zajic J.E.
- 26] Plant Ecology - Bhatia, Sharma.
- 27] Ecology - Mahan P. Arora.
- 28] Air Pollution - Perlins H.L.
- 29] Introduction to waste water treatment process - Ramalhr R.S.

Addon Elective Course

**Subject Code 12AEL 14.1
Personality Development-II**

Theory : 1Periods/Wk (Credits 0.8)
Practical : 2 Period/Wk (Credits 0.8)

Th.Int.Marks : 20
Practical Marks : 15
Practical Int.Marks : 05
Total Mks. : 40

Objectives :-

- To introduce the knowledge for basic requirement of self presentation in competitive world.
- To acquaint the students about the skills of vocational field.
- To inculcate the various skills of corporate life in students.

Theory

Unit-1 : Forming Values :

- Meaning, importance.
- Types of values.

Unit-2 : Career Planning :

- Benefit.
- Guidelines.

Unit-3 : Presentation of Employability Skills :

- Body language.
- Interpersonal Skills – Team work, group discussion.
- Aptitude tests – Interview, Personal, Telephone.

Unit-4 : Negotiation Skills :

- Negotiation during intervenes with prospective employers.
- Presenting a positive self image during customer interaction.

Unit-5 : Stress Management :

- Meaning, kinds of stress, measures to overcome stress.

Practicals :-

Based on theory portion.

References :-

- (1) Wallace & Masters – Personal Development for life and work.
- (2) Thomson – All about Body language – Good Will Publishing Hosue.

**Subject Code 12AEL 14.2
Yogasana**

Theory : 1Periods/Wk/(Credits 0.8)
Practical : 2 Period/Wk/(Credits 0.8)

Th.Int.Marks : 20
Practical Marks : 15
Practical Int.Marks : 05
Total Mks. : 40

Objectives :- After completion of course students will-

- understand need and importance of yogasana
- develop skill of yogasana.

Theory

Unit-I : Introduction to Yogasana :

- Meaning
- Importance and need.
- Various types of Yogasana.

Unit-II : Yogasana for-

- General fitness.
- Increase height.

Unit-III : Yogasana for-

- Pregnant woman.
- Lactating mother.

Unit-IV : Yogasana for Reduction of body fat (weight) -

- Stomach
- Thighs
- Hip
- Breast etc.

Unit-V : Yogasana in -

- Diabetics
- Arthritis
- Other degenerative diseases.

Practical :-

Practice Yogasana given in theory.

References :-

- (1) Publications of Patanjali Yogpeeth, Haridwar.
- (2) योगासन – प्राणायम करा व निरोगी रहा, नवनीत पब्लिकेशन्स लिमिटेड, अहमदाबाद.

**Subject Code 12AEL 14.3
Kitchen Gardening-II**

Theory : 1Periods/Wk (Credits 0.8)
Practical : 2 Period/Wk (Credits 0.8)

Th.Int.Marks : 20
Practical Marks : 15
Practical Int.Marks : 05
Total Mks. : 40

Objectives :- After completing the course the students will be able to -

- understand importance and cultivation of fruits and medicinal plants.
- know the various household technologies..

Theory

Unit-1 : Organic kitchen garden :

- Meaning
- Need and importance.

Unit-2 : Cultivation of Fruits :

- Papaya, banana, lemon, pomegrante, custard apple etc.

Unit-3 : Cultivation of Medicinal Plants :

- Korphad, Tulas, Gulwel, Kadulimb etc..

Unit-4 : Cultivation of Technology :

- Mushroom.
- Wheat Grass.

Unit-5 : Household Technology :

- Vermi compost.
- Vermi culture
- Vermi wash.
- Jiwamrut
- Zero energy cool chamber.

Practicals :-

Based on Unit-4 & 5.

References :-

- (1) Kitchen Gardening – S.P.Singh
- (2) Vegetable crops in India – K.S.Yawalkar
- (3) Vegetable production in India – D.V.S.Chauhan
- (4) Principles of vegetable production – S.P.Singh
- (5) Leaf Vegetables – Krishnamurthy.