

Board of Home Economics
Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.

Bachelor of Arts
Curriculum Framework For Three/Four Year
Graduate Programme in Home Economics
As Per NEP-2020
Faculty- Humanities

Home-Economics

(WITH EFFECT FROM 2024-2025)

Committee Members :

Dr. Anuradha Nisal
Dr. Kshama Chavan
Dr. Prabha Ashtankar
Dr. Shubhangi Kukekar
Dr. Bharati Katekhaye
Dr. Seema Pande
Dr. Rita Lanjewar
Dr. Rohini Kalikar

Chairperson
Dr. Sampada Naseri

Anuradha Nisal
15/05/2024

Bharati Katekhaye
15/5/24

S. Naseri
15.5.2024

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Prabha Ashtankar
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UG Degree Programme –(Major-Home Economics)

Sr.No.	Heading	Particulars
1.	Name of the Programme	B.A.(Major-Home Economics)
2.	Eligibility for admission	As per University Rules
3.	Passing Marks	40 percent in each course (Continuous assessment)
4.	Ordinances/Regulations (if any)	As per Direction No.15 of 2023,RTMNU and G.R. No.NEP-2020/CR No. 09 VISHI SHIKANA-3Shikana,Dated, April 20, 2023, Govt. of Maharashtra .
5.	No. of Years/Semesters	Three Years/Six Semesters and Four Years /Eight Semesters.
6.	Level	U.G. Certificate (One Year),U.G. Diploma (Two Years) ,U.G. Degree (Three Years) ,U.G. Honours/Honours with Research (Four Years)
7.	Pattern	Semester 40% weightage to theory 10 % internal assessment 40% weightage to Practical 10 % internal assessment
8.	Status	Revised
9.	To be implemented from the Academic Year	From Academic Year 2024-2025

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Rashtrasant Tukdoji Maharaj Nagpur University Nagpur
Structure and Credit Distribution of UG Degree Programme (Four Year) w.e.f.2024-2025
B.A – Home- Economics -Semester-I (PRACTICAL COURSE) (UG CERTIFICATE)

Sr. No.	Course Type	Course Code	The Programme (Name of the Paper)	Teaching and Learning Scheme			Examination Scheme					Credits
				Total Hours Per Week			Max. Marks	Max. Marks	Max .Marks	Total Marks	Minimum Passing Marks	
				Theory and Practical	Activity	Total	Theory/Practical	Activity	Internal (CIE)			
1.	Major	UGHEC1MM1	Family Resource Management (T-1)	4	-	4	40	-	10	50	20	2
		UGHEC1MM1(P)	Family Resource Management Practical (P-1)	2		2	40		10	50	20	2
		UGHEC1MM2	Home Management (T-2)	2	-	2	40		10	50	20	2
2.	OE	UGHEC1OE1	Interior and Home Decoration (To be selected from common basket of OE).	4	-	4	80	-	20	100	40	4
3.	VSC	UGHEC1VSC1	Women Entrepreneurship	-	4	4	-	50	50	100	50	2
4.	SEC	UGHEC1SEC1	Skills of Kitchen gardening	-	4	4	-	50	50	100	50	2
5.	AEC	UGHEC1AE1	English-1	1	2	3	50	-	50	100	40	2
6.	VEC	UGHEC1VE1	Environmental Studies	2	-	2	40	-	10	50	20	2
7.	IKS	UGHEC1IKS1	Traditional Indian Embroidery	2	-	2	40	-	10	50	20	2
8.	CC	UGHEC1CC1	To be selected from common basket of CC-1	-	4	4	-	50	50	100	50	2
Total				17	14	31	330	150	270	750	330	22

*CIE is Continuous Internal Evaluation

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Rashtrasant Tukdoji Maharaj Nagpur University Nagpur
Structure and Credit Distribution of UG Degree Programme (Four Year) w.e.f.2024-2025
B.A – Home- Economics -Semester-II (PRACTICAL COURSE) (UG CERTIFICATE)

Sr. No.	Course Type	Course Code	The Programme (Name of the Paper)	Teaching and Learning Scheme			Examination Scheme					Credits
				Total Hours Per Week			Max. Marks	Max. Marks	Max .Marks	Total Marks	Minimum Passing Marks	
				Theory/Practical	Activity	Total	Theory/Practical	Activity	Internal(CIE)			
1.	Major	UGHEC2MM3	Family Resource Management (T-3)	4	-	4	40	-	10	50	20	2
		UGHEC2MM3 (P-2)	Family Resource Management Practical (P-2)	2		2	40		10	50	20	2
		UGHEC2MM4	Family Housing(T-4)	2								
2.	Minor	UGHEC2MI1	Self- employment and Consumer Education (MT-1)	2	-	2	40		10	50	20	2
					-	2	40	-	10	50	20	2
3.	OE	UGHEC2OE2	Fashion Designing Decoration (To be selected from common basket of OE).	4	-	4	80	-	20	100	40	4
5.	VSC	UGHEC2VSC2	Mini Event Management	-	4	4	-	50	50	100	50	2
6.	SEC	UGHEC2SEC2	Compost Making	-	4	4	-	50	50	100	50	2
7.	AEC	UGHEC2AE2	Modern Indian Language-AEC -2	1	2	3	50	-	50	100	50	2
8.	VEC	UGHEC2VE2	Environmental Studies	2	-	2	40	-	10	50	20	2
9.	CC	UGHEC2CC2	Cocurricular course	-	4	4	-	50	50	100	50	2
Total				17	14	31	330	150	270	750	330	22

*CIE is Continuous Internal Evaluation

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Note:

1. Duration of each theory and practical class will be minimum of 48 minutes.
2. Th = Theory, P = Practical, TI = Theory Internal, PI = Practical Internal.
3. Each semester will consist of at least 15 weeks of Academic work equivalent to 90 actual teaching days.
4. No. of Students / Practical Batch : 16 Per practical Batch.
5. All semesters shall have a workload of 4 Theory and 2 Practical classes, including activity based teaching per week.

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PATTERN OF EXAMINATION

Theory : Theory / practical and internal will be conducted as per the directions of the RTMNU.

Rules and Regulations

1. There will be four periods per week for theory paper.
2. There will be two periods per week, per batch will be required for practical.
3. Practical batch shall comprise of sixteen students.
4. The minimum passing marks of Theory Paper & Internal Assessment 20 Marks. (40%)
5. The minimum passing marks of Practical Examination & Internal Assessment 20 Marks. (40%).
6. Separate passing in theory and practical is necessary.
7. Marks will not be allotted to student if she found absent in practical and sessional.

Private Candidates and practical work

- In regard to the practical work of the Private candidate should be instructed to complete the practical prescribed in the syllabus in the college affiliated to the Nagpur University and where this subject is taught. The record book should be duly signed by the Head of the Department or Principal of the College.
- Private candidates should write to the Principal concerned at the beginning of the session as per the Semester for information regarding the time of Practical concerned which will be conducted for the private students.

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A. K. Chitambar
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P. P. P.
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Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.

Semester-I

Family Resource Management

Major Mandatory

UGHEC1MM1

Total Marks-100

Theory Exam -40 marks

Theory Internal-10 marks

Practical-40 Marks

Practical Internal-10Marks

Time : 2 Hrs (Theory)

3 Hrs (Practical)

Objectives-

- To create an awareness among the students about the management in the family.
- To provide knowledge and develop skills regarding principles and methods of interior decoration.
- To introduce to the students the job opportunities in Home-Economics.
- To trained the students for self-employment.
- To develop employability skills and 'earn while learn' skills.

Course Outcomes

CO1	Given the knowledge of field of Home Economics and its contribution in Nation's Building, students will be able to work in the field of Home Economics.
CO2	Given the detailed information of Family Resources , the students will be able to prepare themselves in the field of Family Resources and its Management.
CO3	Given the practice of how to prepare family budget ,students will be able to prepare family budget.
CO4	Given the information about principles of Arts and Design, students will be able to make use of Principles of Arts and design.
CO5	Given the knowledge of flower arrangements/floral carpets / bouquets and flower decorations, students will be able to prepare work with event management organizers and start their self- employment.

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Course Content

UNIT-I

a. Introduction to Home-Economics.

- Brief history of Home-Economics.
- Definitions of Home-Economics.
- Scope, Need/Importance of Home-Economics.

b. Branches of Home-Economics, their utility in daily life.

Family Resource Management, Foods and Nutrition, Human Development, Textile and Clothing, Extension and Communication.

- Contribution of Home-Economics education in National Development.

UNIT-II

a. Family Resource Management.

- Definitions and process of Home-Management.
1) Planning 2) Controlling 3) Evaluation
- Definitions of Family Resources.
- Classification of Family Resources.
- Characteristics of Family Resources.
- Ways to improve the use of family resources.
- Factors affecting family resource management.
- Family Budget-Definitions, Types of budget, preparation of family budget.

b. Decision Making

- Meaning, Definitions and Types of Decisions.
- Steps involved in decision making process.
- Decision Tree.

UNIT-III

a. Elements of Art and Design

Line, Form, Texture, Colour, Light, Space, Pattern, Idea.

b. Principles of Art and design-Definitions, importance and application in interior decoration.

- Harmony, Scale and proportion, Balance, Rhythm, Emphasis.

UNIT-IV

a. Flower Arrangement

- Definitions
- Material required for flower arrangement.
- Factors to be considered while arranging flowers.
- Elements and Principles of Art and Design in flower arrangement.

b. Types of flower arrangement-Traditional, Japanese, Miniature, Dry arrangement, Floating.

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Different shapes of flower arrangement-S-Shape, Round-shape, Right angle-shape , triangular shape, Crescent shape, Vertical and Semi Circular.

Practical :1 P1

a. Hand Embroidery

The following stitches should be included on five samples

1. Stem Stitch,
2. Chain stitch,
5. Lazy-Daisy,
3. Satin Stitch,
4. Button hole,

b. Flower Arrangement

1. Bouquet (Fresh/Artificial)
2. Floral Carpet (By using any material)
3. Artificial flower arrangement /Fresh flower arrangement.

c. Tie and Dye (Four Samples) 1. One colour two samples 2. Two colour two samples.

Internal

Skill Development Activities

a. Making of any one article from the following.

- a) Ceramic work.
- b) Wall Hanging
- c) Utility Bag making
- d) Decorative Envelope making
- e) Best out of Waste material.
- f) Mobile Cover
- g) Any article using machine embroidery
- h) Any article using computerized machine
- i) Any article using novelty embroidery stitches

Distribution of Marks

Practical Examination (40 marks)

- | | | |
|---|---|------------|
| 1. Embroidery Sample (Any Two Stitches) | - | (15 marks) |
| 2. Flower Arrangement (Any one) | - | (05 marks) |
| 3. Tie and Dye (Two Samples) | - | (10 marks) |
| 4. Record Book | - | (05 marks) |
| 5. Viva Based on Practical | - | (05 marks) |

Internal (10 marks)

- | | | |
|-----------------------------------|---|------------|
| 1. Preparation of any one article | - | (05 marks) |
| 2. Attendance | - | (05 marks) |

Books Recommended

- 1- Aawas evam Gruhasajja-Karuna Sharma
- 2- Gruhavyvasthapan -Manju Patni
- 3- Aawas evam Gruha Sajja- Manju Patni
- 4- Gruha Prabandh -Kanti Pandeya

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- 5- Gruha Kala Tatha Gruha Prabandha – Vimla Sharma.
- 6- Sajaavatiteel saptarang- Vaishali Shivte, Dr. J. Godsey.
- 7- Kautumbik Sadhansampattiche Vyavasthapan ani Gruhasajawat - Dr.Vandana Dhavad and Dr.Kanchan Kite, G.C.Publishers ,Nagpur.
- 8- Kautumbik Sadhansampattiche Vyavasthapan ani Gruhasajawat -Dr. Mina Kalele ,Pimpalapure Publishers, Nagpur.
- 9- Pariwarik sansadhanonka vyavasthapan aur antariksusajja Dr. Smita Pattarkine, G. C. Publishers, Nagpur.
- 10- Gruha Vyavasthapan evam Antarik Sajja- Dr.Gokula Bhalerao, Satyam Publishers, Shastrinagar, Jaipur.

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Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.

Semester-I

Home Management

Major Mandatory

UGHEC1MM2

Total Marks-50

Theory -40 marks

Internal (CIE)-10 marks

Objectives

1. To understand concepts and principles of Home Management .
2. To develop understanding regarding housing needs, principles, planning of house
3. To develop knowledge regarding various kitchen platform and modular kitchen.

Course Outcomes

CO1	Given a knowledge of Home Management ,students will learn to implement management process in life .
CO2	Given the knowledge of house planning, kitchen plans, students will able to prepared house plans, Kitchen plans.

Unit -1

1) Home Management

- Meaning of Home management
- Importance of Home management
- Different steps of Home management

2) Decision making in Home management

- Meaning, nature and scope of Decision making in Home management.
- Importance and steps in Decision making.
- Types of Decision making
- Factors affecting in decision making in Home management.

Unit -2

3) House planning / Home decorative

- Concept of Housing
- Importance of Family housing
- Principles of House Planning

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- Factors influencing housing
- House planning for lower, middle and high income groups.
- Study of various rooms in the house
- Types of housing plans.

4) Kitchen Plat forms

- One wall kitchen, Two wall ,L – shape, U- shape kitchen, Island kitchen, Modular kitchen
- Building Bylaws
- Different symbols in housing

Internal

Assignment / Presentation –

- Visit and Report (Construction / Residents home) .

Books Recommended

- 11- Aawas evam Gruhasajja-Karuna Sharma
- 12- Gruhavyvasthapan -Manju Patni
- 13- Aawas evam Gruha Sajja- Manju Patni
- 14- Gruha Prabandh -Kanti Pandeya
- 15- Gruha Kala Tatha Gruha Prabandha – Vimla Sharma.
- 16- Sajaavatiteel saptarang- Vaishali Shivte, Dr. J. Godsey.
- 17- Kautumbik Sadhansampattiche Vyavasthapan ani Gruhasajawat - Dr.Vandana Dhavad and Dr.Kanchan Kite, G.C.Publishers ,Nagpur.
- 18- Kautumbik Sadhansampattiche Vyavasthapan ani Gruhasajawat -Dr. Mina Kalele ,Pimpalapur Publishers, Nagpur.
- 19- Pariwarik sansadhanonka vyavasthapan aur antariksusajja Dr. Smita Pattarkine, G. C. Publishers, Nagpur.
- 20- Gruha Vyavasthapan evam Antarik Sajja- Dr.Gokula Bhalerao, Satyam Publishers, Shastrinagar, Jaipur.

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Semester-I

Vocational Skill Course

Subject Code- UGHEC1VSC1

Subject : Women Entrepreneurship

Total Marks : 100

Activity-50 Marks

Internal (CIE)-50

Objectives

- 1.To learn women entrepreneurship development.
2. To study various women entrepreneurship avenues .

Course Outcomes

1. After completion of this course learner will start own enterprise.
2. After completion of this course learners will start women entrepreneurship units.

UNIT I – Earn while Learn Activities .

1. Organization of earn while learn activities such as fresh food stalls, other food related activities etc. Maintaining record of expenditure ,profit and loss etc.
2. Organization of exhibition of various products on small scale.

UNIT II-Marketing

1. Learning marketing skills by door to door contacts.
2. Marketing Survey and Report writing .

Internal (CIE)

1. Marketing for booking of stalls for organization of entrepreneurship activity .
2. Organization of entrepreneurship activity and keep the record of complete activity.

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Semester-I

Skill Enhancement Course (SEC)

Subject Code- UGHEC1SEC1

Subject : Skills of Kitchen Gardening

Total Marks : 100

Activity-50 Marks

Internal (CIE)-50

Objectives

1. To learn the skills of kitchen Gardening.
2. To adopt skills of kitchen Gardening .

Course Outcomes

1. After completion of this course learner will start own kitchen garden.
2. After completion of this course learners will earn by the skills of kitchen garden.

UNIT I – Kitchen Gardening Activities .

1. Preparation of soil .
2. Plantation activity .
3. Maintenance of kitchen garden.

UNIT II- Cultivation of garden

1. Cultivation of garden produce.
2. Care of Kitchen Garden.

Internal (CIE)

1. Collection of information of various methods/types of kitchen gardening.
2. Presentation on self- prepared kitchen garden.

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Semester-I

Indian Knowledge System

Subject Code- UGHECIHKS1

Traditional Embroidery of India

Total Marks 50

Theory : 40

Internal (CIE)-10

Objectives

1. To provide knowledge of traditional Indian Embroidery.
2. To make learners aware of the Indian embroidery skills.

Course Outcome

C1	By given the knowledge of Indian traditional embroidery learners will understand the Indian skills.
C2	By given the knowledge of Indian traditional embroidery, the learners will develop interest in learning traditional embroideries of India.

UNIT -I

1. Traditional Embroidery of Punjab -Fulkari
2. Traditional Embroidery of Bengal -Kantha Work
3. Traditional Embroidery of Karnataka -Kasuti
4. Traditional Embroidery of Uttar Pradesh -Chickenkari
5. Traditional Embroidery of Kashmir -Kashmiri

UNIT -II

1. Traditional Embroidery of Himachal Pradesh -Chamba
2. Traditional Embroidery of Bihar- Applique work
3. Traditional Embroidery of Manipur -Manipuri
4. Traditional Embroidery Gujrat- Kathiyawad
5. Traditional Embroidery of Gujrat- Kacchi

Internal (CIE)

1. Prepare scrape book of pictures of various Indian embroideries with its information.

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Semester-II

Major Mandatory

Subject Code - UGHEC2MM3

Family Resource Management

Total Marks-100

Theory Exam -80 marks

Theory Internal-10 marks

Practical Internal-10 Marks

Time: 2 Hrs (Theory)

3 Hrs (Practical)

Course Outcomes

CO1	Given the information about Self employment ,students will be able to start self - employment related to the field of Home Economics after completion of course.
CO2	Given the knowledge of Principles of housing ,students will be able to make its use .
CO3	Given the knowledge of different techniques of work simplification ,students will be able to use these techniques to save energy, time and money.
CO4	Given the detailed knowledge of different colour schemes, students will be able to use it effectively in arts .
CO5	Given the knowledge about consumers and their rights and laws, students will be able to make community aware about rights of consumers.
CO6	Given the information of different types of furniture and how to take its care, students will be able to implement it at their homes.

Course Content

UNIT-1

a. Self-Employment in Home Economics.

- Definition of self-employment.
- Need of self-employment in Home-Economics.
- Opportunities of self-employment in Home-Economics.
- **Guiding Principles of self-employment-** Registration, Training, Knowledge of equipment and their care and Material required, Loan facility, Preparation of Project Report, Account Keeping, Costing, Labelling, Packaging.

b. Family Housing

- Family Housing Needs'- Protective, Economic, Affectional, Social, Standard of living, Housing goals, Style, Functional , Occupational.
- Factors to be considered while selection of site .
Legal, Location, Physical Features, Soil Conditions, Cost, Services
- Principles of Housing - Grouping of rooms, Orientation, Circulation, Flexibility, Privacy, Spaciousness, Aesthetics, Economy, Light and Ventilation.

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UNIT-II

a. Work Simplification

- Meaning ,definitions and Importance of work simplification.
- Techniques of work simplification
- Improving Methods of work simplification
- Mundel's Law of Changes

b. Colour-

- Introduction , Sources and Classification of Colours.
- Dimensions of colour-Warm and Cool colours etc.
- Colour Wheel, Colour Schemes and its effects.

UNIT-III

a. Consumer Education

- Meaning , definition and need
- Problems of Consumers
- Consumer Forum
- Rights and Responsibilities of Consumers.

c. Consumer Protection Acts

- Food Adulteration Act-1954
- Standard weights and Measure Act -1956
- Consumer Protection Act -1986

UNIT -IV

a. Furniture Arrangement

- Styles of Furniture
Traditional , Contemporary , Modern
- Factors involved in selection of Furniture
Comfort , Rest and relaxation ,Durability , Flexibility, Utility, Aesthetics, Cost, Maintenance, Expressiveness, Type and need of family .

b. Arrangement of Furniture in different rooms

- Drawing Room , Bed Room , Dining Room , Multipurpose Rooms etc.
- Care of different types of furniture.

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Practical : P-2

a. **Hand Knitting Patterns OR Crochet work** - Making three knitted/ Crochet samples with the following variations.

1. Cable Pattern
2. Double colour pattern
3. Lace pattern

b. **Colour and Colour Schemes**

- a) Preparing colour wheel
- b) Preparing Colour Schemes-i) Mono chromatic, ii) Analogous, iii) Complimentary iv) Double complimentary v) split complimentary vi) Triad.
- c) Prepare Any two samples of Block Printing OR Fabric Painting
(Ex. Varli, Maheshwari, Mandala, Spray ,traditional, Stencil).

Internal :

a) **Visit and Report writing (Any One)**

1. Cottage Industry
2. Women entrepreneurship establishment.
3. Exhibition cum sale and Report writing .

Distribution of Marks

Practical Examination (40 marks)

- | | |
|--|--------------|
| 1. Knitting /Crochet Sample (Any One) | - (15 marks) |
| 2. Colour Schemes or Colour Wheel | - (10 marks) |
| 3. Block printing/ Fabric painting | - (05 marks) |
| 4. Record Book | - (05 marks) |
| 5. Viva Based on Practical | - (05 marks) |

Internals (10 marks)

- | | |
|---------------------|--------------|
| 1. Visit/Exhibition | - (05 marks) |
| 2. Attendance | - (05 marks) |

Books Recommended

- 21- Aawas evam Gruhasajja-Karuna Sharma
- 22- Gruhavyvasthapan -Manju Patni
- 23- Aawas evam Gruha Sajja- Manju Patni
- 24- Gruha Prabandh -Kanti Pandeya
- 25- Gruha Kala Tatha Gruha Prabandha – Vimla Sharma.
- 26- Sajaavatiteel saptarang- Vaishali Shivte, Dr. J. Godsey.

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- 27- Kautumbik Sadhansampattiche Vyavasthapan ani Gruhasajawat - Dr. Vandana Dhavad and Dr. Kanchan Kite, G.C. Publishers, Nagpur.
- 28- Kautumbik Sadhansampattiche Vyavasthapan ani Gruhasajawat - Dr. Mina Kalele, Pimpalapur Publishers, Nagpur.
- 29- Pariwarik sansadhanonka vyavasthapan aur antariksusajja Dr. Smita Pattarkine, G. C. Publishers, Nagpur.
- 30- Gruha Vyavasthapan evam Antarik Sajja- Dr. Gokula Bhalerao, Satyam Publishers, Shastrinagar, Jaipur.

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Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.
Semester-II

Major Mandatory
Subject Code - UGHEC2MM4
Family Housing

Total Marks-50

Theory Exam -40 marks

Internal (CIE) -10 marks

Time: 2 Hrs (Theory)

Objectives

- To create awareness among students about family housing.
- To provide knowledge about foundation, substructure and superstructure in housing.
- To provide knowledge about structural and decorative aspect of colours.
- To create awareness among students about furnishing and lighting in interiors.

Course Outcomes-

CO1	Given the knowledge of elevation, cross sectional plan and perspective plan to students will help in reading the floorplans better.
CO2	Given the knowledge of architectural symbols will help in reading the floorplans better.
CO3	Given the knowledge of fundamentals of design will help in the use of these fundamentals.
CO4	Given the knowledge of furnishing and lighting in interiors will help in the use of these furnishing and lighting.
CO5	Given the knowledge of colour forecasting in interiors will help in forecasting the use of colours in interiors.

Unit I

1. Family Housing

- a) House- Difference between House and Home , Functions, Types.
- b) Influence of family life cycle on dwelling units, floor plans according to income groups- Low, Middle and High
- c) Elevation, Cross sectional plan and Perspective plan

2. Substructure and Superstructure

- a) Foundation- meaning, functions, types
- b) Substructure- meaning, functions, types
- c) Superstructure- meaning, functions, types

Unit II

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Anindakle
15/5/24

Phalilean
15.5.2024

@pande
15.05.24

1. Fundamentals of Design

- Objectives of Art and Interior design
- Types of design- Structural and Decorative
- Colour- Importance and Role in Interior design, Colour forecasting.

2. Furnishing and Lighting in interiors

- Soft Furnishings- curtains and draperies, upholstered furnishings, cushions.
- Floor coverings- Hard and Soft (advantages, disadvantages and maintenance)
- Lighting- Importance, functions and types- ambient, task, accent and decorative.

Internal- (Any one)

- Visit to interior designers workshop and write a report.
- Survey of decorative lights by visiting shops and write a report.
- Survey of furnishings by visiting shops and writing a report.

References:

- Alexander, N.J., Mercoust Brace (1972): Designing Interior Environment. Havanovich Inc.
- Ball, Victoria K. (1980) The Art of interior Design, Mc Millan & Co, New York.
- Bhatt, P.D., Goenka S., (1990) Foundation of Arts Design., Lakhani Book Depot, Bombay.
- Deshpande, R.S. (1974): Modern ideal homes for India, United Book Corporation.
- Dongarkery, K.S.: Interior decoration in India.
- Sid Del Har: Techniques of interior Design, Rendering and Presentation, McGraw Hill. New York.
- Lawrence M., (1987), Interior Decoration, New Jersey: Chartwell Books
- Leinbac (1986) Visualization Techniques, McMillan, New Jersey
- Rangwala N.: Building Materials, Poone.
- Singh N. 2000. Principles of Management: Theories, Practices and Techniques. Deep & Deep.
- S. Premavathy, Batra, S., et al (2005). An Introduction to Family Resource Management. CBS publishers and distributors, New Delhi, p.p-103-123

Anita
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S. Hasari
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Abhinavkumar
15/5/24

Rohini
15.5.2024

R. Pandey
15.05.24

Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.
Semester-II

Minor

Subject Code - UGHEC2MM3
Self employment and Consumer Education

Total Marks-50

Internal (CIE)

Time: 2 Hrs (Theory)

Course Outcomes

CO1	Given the information about Self employment ,students will be able to start self - employment related to the field of Home Economics after completion of course.
CO2	Given the knowledge about consumers and their rights and laws, students will be able to make community aware about rights of consumers.

Course Content

UNIT-I

a. Self-Employment in Home Economics.

- Definition of self-employment.
 - Need of self-employment in Home-Economics.
 - Opportunities of self-employment in Home-Economics.
 - **Guiding Principles of self-employment-** Registration, Training, Knowledge of equipment and their care and Material required, Loan facility, Preparation of Project Report, Account Keeping, Costing, Labelling, Packaging.
- b. Various self employment opportunities in Home Economics .
1. Event management 2. Selfhelp group 3. Art designer 4. Interior Planner 5. Food production 6. Diet planner and tiffin services 7. Rangoli Artist

UNIT-II

a. Consumer Education

- Meaning , definition and need
- Problems of Consumers
- Consumer Forum
- Rights and Responsibilities of Consumers.

b. Consumer Awareness:

- a) Meaning and definition of consumer, Rights and responsibilities of consumer, Needs for protection of consumer, Guarantee regarding weights measure and quantity of goods.
- b) Remedies – Standardization, development of quality control and BIS, Agmark, Informative labelling, Types and function of labels.
- c) Consumer Education and knowledge regarding Consumer Laws. Need for Consumer's education, Consumer education and consumer forums.

d. Consumer Protection Acts

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- Food Adulteration Act-1954
- Standard weights and Measure Act -1956
- Consumer Protection Act -1986.

Internal (CIE)

a) Visit and Report writing (Any One)

1. Women entrepreneurship establishment.
2. Visit to Consumer Forum and report writing .

b) Project Report on any one self -employment in Home Economics .

Books Recommended

- 31- Aawas evam Gruhasajja-Karuna Sharma
- 32- Gruhavyvasthan -Manju Patni
- 33- Aawas evam Gruha Sajja- Manju Patni
- 34- Gruha Prabandh -Kanti Pandeya
- 35- Gruha Kala Tatha Gruha Prabandha – Vimla Sharma.
- 36- Sajaavatiteel saptarang- Vaishali Shivte, Dr. J. Godsey.
- 37- Kautumbik Sadhansampattiche Vyavasthan ani Gruhasajawat - Dr.Vandana Dhavad and Dr.Kanchan Kite, G.C.Publishers ,Nagpur.
- 38- Kautumbik Sadhansampattiche Vyavasthan ani Gruhasajawat -Dr. Mina Kalele ,Pimpalapur Publishers, Nagpur.
- 39- Pariwarik sansadhanonka vyavasthan aur antariksusajja Dr. Smita Pattarkine, G. C. Publishers, Nagpur.
- 40- Gruha Vyavasthan evam Antarik Sajja- Dr.Gokula Bhalerao, Satyam Publishers, Shastrinagar, Jaipur.

Autica
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S. Naseri
15.5.2024

@winchkhede
15/5/24

Rhealika
15.5.2024

Spande
15.05.24

Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.

Semester-II

Vocational Skill Course

Subject Code- UGHEC1VSC1

Subject : Mini Event Management

Total Marks : 100

Activity-50 Marks

Internal (CIE)-50

Objectives

1. To learn small event management .
2. To get the practical knowledge of small event managements .

Course Outcomes

1. After completion of this course learner will start working in the field of event management.
2. After completion of this course learners can open their start up industry .

UNIT- I

1. Event Management Techniques of Birth day Party – Organization of birth day of Children ,Adults and Elderly people .
2. Event Management for Baby Shower Programme – Organization of activity .
3. Event Management for Kitty Parties and other small parties-Organization of Parties .

UNIT -II

1. Organization of Mini Events related to marriage .
 - a) Engagement Ceremony
 - b) Haldi Function
 - c) Mehendi

Internal (CIE)

1. Prepare the brochure for advertisement of mini event management .
2. Marketing of event management .

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Semester-II

Skill Enhancement Course (SEC)

Subject Code- UGHEC1SEC2

Subject : Compost Making

Total Marks : 100

Activity-50 Marks

Internal (CIE)-50

Objectives

1. To learn the skills of compost making.
2. To adopt skills of waste management by compost making .

Course Outcomes

1. After completion of this course learner will learn the compost making process.
2. After completion of this course learners will learn waste management .

UNIT I – Compost Making Activities .

1. Collection of organic wastes .
2. Beginning of composting procedure.

UNIT II- Utilization of compost

1. Care of compost .
2. Utilization of prepared compost.

Internal (CIE)

1. Awareness programme of compost making at small level .
2. Visit to farm /nursery or any organization making waste management .(Ex.NGO)

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Semester-I

Other Electives (OE)

Subject Code- UGHEC10E1

Subject- Interior and Home Decoration

Total Marks : 100

Theory : 80

Sessional : 20

Objectives -To enable students

- To acquire basic knowledge of principles involved in residential houses and its interiors.
- To provide knowledge of the principles and methods of creating attractive interiors.
- To understand the different components of interiors.
- To understand the needs of managing space with relation to needs and efficiency.

Course Outcomes

- 1-Given the information about Element and principles of Design, in interior designing terminology , students will be able to make use of elements and principles of design in interior designing.
- 2-Given the information about materials and methods of interior construction students will be able to make use of materials and methods of interior.
- 3-Given the knowledge of fixtures and finishes and lightings, Students will experience and learn by visiting actual interior construction sites.
- 4-Given the knowledge of Accessories in interior designing, students will be able to work in the field of gardening, sculpture, paintings, flower arrangement and start their self -employment.
- 5-Given the detail information about designing of various spaces, students will be able to prepare work plan of living space, kitchen, sleeping space, child's room bathroom etc.

Course Content

Unit-1

a. Interior Design

Elements of arts and principles of design with reference to interior designing .
Meaning, importance of elements of arts and its use in interior design.

- 1.Line
- 2.Light
- 3.Space
- 4.Pattern
- 5.Shape
- 6.Colour
7. Texture

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8. Idea

Meaning, importance of principles of design and its use in interior design.

1. Harmony

2. Emphasis

3. Balance

4. Rhythm

5. Proportion

b. Terminology used in interior designing.

1. Focal point 2. Elevation 3. Interior wall 4. Hue 5. Case goods

c. Importance of technical drawing and graphic presentation.

Basic symbols used in interior design .

Unit-2

a Interior construction

Materials used for interior construction – Traditional and Modern.

b. Importance of planning and proper utilization of space for interior construction.

Connecting the Space

c. Types of space

Social-Living and Dining area.

Private-Bedroom

Work-Office

Storage

Unit-3

a. Study of various types of Fixtures , used in Home Interior, their use , selection, care, merits and demerits.

b. Study of various types of Finishes used in Home Interior ,their use, selection, care ,merits and demerits.

c. Study of various types of Lightings used in Home Interior ,their use, selection, care ,merits and demerits.

Study of various types of Furniture design used in Home Interior ,their use, selection, care ,merits and demerits.

Unit-4

a. Accessories in interior designing

- Gardening,
- sculpture,
- paintings,
- flower arrangement

b. Designing of space

- Living space
- Kitchen
- Sleeping space
- Children's room
- Bathroom

c. Furnishing

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Internal

20 Marks

1. Assignment on related topic -10 Marks
2. Survey of any one site interior design -10 Marks

References

1. Ball, Victorims, K. (1980)- The of Interior Design, McMillan & Co., New York.
2. Bhatt. P.D., Goenka S (1990)- Foundation of Art & Design, Lakhani Book Depot, Mumbai
3. Encyclopedia of Interior Design
4. Gross, I.H. and Crendall, E.W., and Knoll, M.M.- Management for Modern Families, Prentice Hall Inc. New Delhi
5. Bherathe W and Redsh, K. (1986)- Family Resource Management, Discovery Publishing House, New Delhi, 1994
6. Caroline Atkins, The Sunday Times- Small Spaces for Modern Living
7. Geetika Khanna: The art of interior designing
8. Encyclopedia of interior designs
9. Ball, Victorims K.- The art of interior design, Mc Millan & Co., New York
10. Nickell and Dorsey- Management in family living. CBS Publishers and Distributors, New Delhi
11. A new smart approach to home decorating- Creative Home Owner-Upper Saddler, River, New Jersey

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Semester-II

Other Electives (OE)

Fashion Designing

Subject Code- UGHEC2OE2

Total marks-100

Theory - 80 Marks

Time: 3 Hrs.(Theory)

Internal (CIE)- 20 Marks

Objectives

1. To understand the basics of fashion and designing through skill enhancement and garment components .
2. To study skill development in fashion designing.

Course Outcomes

CO1	Given the knowledge of fashion designing ,students can start self -employment.
CO2	Given the knowledge of anthropometrical measurement, students can work in a boutique.
CO3	Given the knowledge of layout planning, students can assist stitching person and get employment.

Unit-1 -Fashion

a) Definition, history, elements, terminology, cycle, factors affecting fashion, fashion sources, fashion trends in India and abroad. Principles and elements of art in dress designing.

Unit-2 -Anthropometrical Measurement

a) Concept, importance, technique and precautions. Pattern Making: Methods of drafting, draping, flat pattern, techniques and uses .

Unit-3 -Commercial Patterns

a) Concept, selection, and use of commercial pattern Selection of Fabrics. Factors affecting selection of fabric for different garments, Calculating quantity of fabric needed for different garments .

Unit-4 -Different types of Stitches

a) Construction and decorative Different types of seams and seam finish.

b) **Layout Planning-** Definition, types of layout, economy of fabric in placing patterns, adjusting fabric to pattern Fitting- Good fit – definition, principles and clues for good fit (ease, line, grain, set and balance).

Internal (CIE)

Aurica
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Rachika
15.5.2024

Spande
15.05.24

1. Prepare a project on factors affecting fashion, fashion sources, fashion trends in India and abroad(Any One).
2. Construction and decorative different types of seams and seam finish.

Books Recommended

1. Corbman P Bernared :Textiles- Fibre to Fabric Joseph M
2. Introduction to Textiles R.S. Prayag: Technology of textile printing. Noyes Data Corp.
3. V.A. Shenai: Technology of printing- technology of textile processing, Vol.IV, Sevak Prakashan
4. M.L. Gulrajani and Deepti Gupta (1990): Natural Dyes and their application to textiles. Ed. IIT, Delhi Publication Chattopadhyaya and Kamala Devi: Handicrafts of India. New Delhi.
5. Indian Council of Cultural Relations. Suggestive digital platforms web links- Svayam Portal.
6. <http://heecontent.upsdc.gov.in/Home.aspx>

Anisa
15/05/2024

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Rashtrasant Tukdoji Maharaj Nagpur University Nagpur
Structure and Credit Distribution of UG Degree Programme (Four Year) w.e.f.2024-2025
B.A – Home- Economics -Semester-III (PRACTICAL COURSE) (UG DIPLOMA)

Sr. No.	Course Type	Course Code	The Programme (Name of the Paper)	Teaching and Learning Scheme			Examination Scheme					Credits	
				Total Hours Per Week			Max. Marks	Max. Marks	Activity Marks	Max .Marks	Total Marks		Minimum Passing Marks
				Theory and Practical	Activity	Total							
1.	Major	UGHEC3MM5 (T-5)	Nutrition and Dietetics (T-5)	4	-	4	40	-	10	50	20	2	
		UGHEC3MM5 (P-3)	Nutrition and Dietetics(P-3)	2		2	40		10	50	20	2	
		UGHEC3MM6	Wellness and Diet (T-6)	2	-	2	40		10	50	20	2	
2.	Minor	UGHEC3MI2	Food and Nutrition	4	-	4	80	-	20	100	40	4	
3.	OE	UGHEC3OE3	Entrepreneurship Development (To be selected from common basket of -OE-3)	2	-	2	40	-	10	50	20	2	
4.	VSC	UGHEC3VSC3	Therapeutic Diet Planner	-	4	4	-	50	50	100	50	2	
5.	AEC	UGHEC3AE3	Modern Language-AEC-3	1	2	3	50	-	50	100	50	2	
6.	FP	UGHEC3FP	Field Project-EP	-	4	4	-	100	-	100	50	2	
7.	CC	UGHEC3CC3	To be selected from common basket .	-	4	4	-	50	50	100	50	2	
Total				15	14	29	290	200	210	700	320	20	

*CIE is Continuous Internal Evaluation

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Rashtrasant Tukdoji Maharaj Nagpur University Nagpur

*CIE is Continuous Internal Evaluation

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Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.

Semester-III

Major Mandatory

Nutrition and Dietetics

Subject Code- UGHEC3MM5

Total marks-100

Time:2Hrs(Theory)

Theory -40Marks

practical: 3 Hrs

Theory Internal-10Marks

Practical -40 marks

Practical Internal-10 marks

Objectives

- To understand the concept of an adequate diet, functions of food and the role of various nutrients, their requirements and the effect of deficiency and excess.
- To learn about the structure, composition, Nutritional contribution and selection of different food stuff.
- To develop and ability to improve the nutritional quality of food.
- To familiarize students with the role of nutritional quality of food.
- To develop marketing and entrepreneurship skills to enhanced employability.

Course Outcomes

CO1	Given the knowledge of Nutritious diet students will be able to provide nutritious diet tiffin services. .
CO2	Given the information of Minerals and Vitamins students will able to produce and sale nutrient rich food .
CO3	Given the knowledge of Energy spent for different activities students will able to give appropriate food for fitness centers .
CO4	Given knowledge of sports nutrition students will able to assist school nutritionist in sports meal planning .
CO5	Given the knowledge of role of micronutrients in maintenance of good health, students will be able to assist NGOs working for child and mother care.
CO6	Given the knowledge of BMI calculation students will be able to calculate energy requirements for malnutrition programmes.

Course Content

UNIT-I

a) **Introduction of Nutrition** - Definition of Health, Nutrition, Dietetics, Nutritional status, optimum Nutrition and Nutrients. Definition of food and functions of food. Dimensions of health (Physical, Psychological, Emotional, Spiritual).

z-Carbohydrates, Fats, Proteins- Classification, Functions, Sources, Recommended dietary allowances, Deficiency and excess.

UNIT-II

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Micro Nutrients-

a) Minerals –

- 1) Calcium, 2) Phosphorus, 3) Iron, 4) Sodium, 5) Magnesium,
6) Iodine Functions, Sources, Absorption, Recommended dietary allowances, Deficiency.

b) Vitamins-

Fat soluble – Vitamin A, D, E, K.

Water Soluble- Vitamin C, Vitamin B Complex, (B1, B2, B3, B6, B12, Folic acid), Properties, Function Sources, Recommended dietary allowances, Absorption, Deficiency.

Water- Function, Sources, Recommended dietary allowances, Deficiency.

UNIT-III

a) **Fibre** – composition, Classification, Functions, Sources, Recommended dietary allowances, Deficiency, Excess.

b) **Energy (Calorie)** –Definition of calorie, Factors affecting energy requirement, Fuel value of foods. Calorimeter- Bomb, Benedict Oxy, Atwater Rosa Benedict.

Basal Metabolic Index (BMI), Calorie requirement for sedentary, moderate and heavy workers Men and Women.

Antioxidants – Sources and importance.

UNIT-IV

a) **Basic Food Groups**-Sources and importance of Cereals, Pulses, oilseeds, Vegetables & Fruits, Milk and milk products, sugar and jiggery, spices, beverages, eggs, fish, meat.

b) **1. Methods of Cooking**- Meaning of cooking of food, objectives of cooking food,

Methods of cooking - Boiling, steaming, Pressure cooking, shallow frying, deep frying, Roasting, Baking, Grilling, Micro wave, solar and informatics. Advantages and disadvantages of cooking methods.

2. Human Digestive System – Parts of digestive system, Structure and Functions of parts of digestive system, role and functions of liver, process of digestion of macro nutrients-Carbohydrates, Proteins and fats.

Practical:3P1

1. Preparation of following recipes & Calculation of Calories and Proteins for prepared dishes.

Snacks: i) Dhokla, ii) Chole Bhature, iii) Mix Millets Vegetable Paratha/Mix Millets Vegetable Thalipeeth.

Sweets: i) Rava Besan Burfi, ii) Modak iv) Til Papdi /Roasted split channa (Dalia) laddu with jaggery.

Baked items:

- 1) Ata Biscuits ,2) cupcakes / Eggless cake

Traditional Welcome health Drink :- Any Two

- 1) Solkadhi, 2) Lemon mint juice (sarbat) ,3) kokam juice (Sarbat) 4) Amla Mint juice

Dry Chutney Powder

- 1) Javas and Til, 2) Kadhipatta,

Activities for Practical Internal (PI)

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1. Celebration of Nutrition Week/World Food Day/Any nutritional awareness programme and report writing of the above programme. (Any one).
2. Organization of Canteen activity/ Entrepreneurship activity/ Earn while Learn activity for ex. Papad, Masala, pickle, metkut , supari , Amla Candy (Any Two).

**Distribution of Marks for Practical Examination
(Total Marks-40)**

- | | | |
|--|---|------------|
| 1. Preparation and presentation of Two Dishes | - | (15Marks.) |
| 2. Calculation of Calories and Proteins of the prepared dishes | - | (10Marks.) |
| 3. Viva based on practical | - | (05Marks) |
| 4. Menu Card | - | (05Marks.) |
| 5. Record Book | - | (05Marks) |

Practical Internal Assessment on Activities

(Total-10Marks)

1. Celebration of Nutrition Week/World Food Day/Any nutritional awareness programme and report writing of the above programme. (Any one). - (05Marks.)
2. Organization of Canteen activity/ Entrepreneurship activity/ Earn while Learn activity for ex. Papad, Masala, pickle, metkut , supari , Amla Candy (Any Two). - (05Marks)

Recommended Books

1. Sherman and Longford: Essentials of Nutrition.
2. Dr .Patwardhan: Nutrition in India
3. W.E Aykoroyd: The Nutritive value of Indian Food and the Planning of Satisfactory Diet.
4. Maxinre, E.Mc. Divit and S.R.Mudambi: Human Nutrition principles and application in India.
5. R.L. Brijlani: Eating Scientifically.
6. Robinson Proudifit : Normal and Therapeutic Nutrition.
7. S.W.Swaminathan : Essential of Nutrition, part -I and II.
8. Poshan Ani Arogya: Dr.SandipaSurjuse, Vishva Publishers, Nagpur.
9. Poshanani Aharshastra-Dr. Anuradha Nisal and Dr.Prabha Chinchkhede, G. C. Publishers, Nagpur.
10. Poshan ani Aaharshstra :Dr. Mina Kalele, Pimpalpure Publishers, Nagpur.

S. H. Aswani
22-5-2024

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22-5-2024
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Semester-III

Major Mandatory

Wellness and Diet

Subject Code- UGHEC3MM6

Total marks-50

Time:2Hrs(Theory)

Theory -40Marks

Internal (CIE) -10Marks

Objectives

- To provide knowledge of wellness and diet to students.
- To create awareness among the students about wellness and diet.
- To create healthiness among society through knowledge of wellness and diet.
- To generate job opportunities through knowledge of wellness and diet.

Course outcome

CO1	After completion of this course ,students will be able to provide guidance on general wellbeing and health related quality of life.
CO2	After completion of this course, students can provide diet counselling and education to individuals, groups, and community.
CO3	After completion of this course, students will be prepare to work with NGO's working in the field of wellness and diet.

Course content

Unit - I

A) Meaning and Definition of wellness ,Benefits of wellness, Lifestyle for wellness 1)Exercise ii)Diet

iii) Lifestyle. Status of wellness in India .Signs of wellness .

B) Dimensions of wellness

- physical wellness
- Mental wellness
- Occupation wellness
- Social wellness
- Intellectual Wellness
- Environmental Wellness

C) Child Wellness and vaccination

S. N. Asuri
22.5.2024

Dr. D. D. D.
22-5-2024
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Abhinav Khale
22/05/24

UNIT -II

- A) Relationship between healthy eating and total wellness
 - B) Nutrients in food – Definition of nutrients, types – Macronutrients and Micronutrients, sources, functions, deficiency, and excess
 - C) Nutrition fads, myths, and truths
- Nutrition Fads

- i) Fast weight loss without scientific evidence

Myths -

- i) Include Millets and avoid gluten.
- ii) Carbohydrates are bad so should be avoided.
- iii) Low fat food is better.
- iv) Meat is needed to stay healthy.
- v) One perfect diet – plan for everyone.

- D) Definition and meaning of Diet.

- E) Types of Diet, Healthy Diet and Unhealthy Diet.

- i) Healthy Diet - Balanced Diet definition and meaning.
- ii) Unhealthy Diet – Diet high in sugar and salt, Diet high in saturated and trans-fat, Low fiber food, high sugar-drinks, Low consumption of fruits and vegetables

- F) New diet trends – Keto diet, Vegan diet, Gluten free diet, DASH diet, High protein diet, Intermittent fasting.

Internal (CIE)

- 1. Project work, scrap book
- 2. Visit to any Wellness center or hospital and report writing.

Recommended Books

- 1. Sherman and Longford: Essentials of Nutrition.
- 2. Dr. Patwardhan: Nutrition in India
- 3. W.E Aykroyd: The Nutritive value of Indian Food and the Planning of Satisfactory Diet.
- 4. Maxinre, E.Mc. Divit and S.R.Mudambi: Human Nutrition principles and application in India.
- 5. R.L. Brijlani: Eating Scientifically.
- 6. Robinson Proudifit : Normal and Therapeutic Nutrition.
- 7. S.W.Swaminathan : Essential of Nutrition, part –I and II.
- 8. Poshan Ani Arogya: Dr.SandipaSurjuse, Vishva Publishers, Nagpur.
- 9. Poshanani Aharshastra-Dr. Anuradha Nisal and Dr.Prabha Chinchkhede, G. C. Publishers, Nagpur.

S. N. Das
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Dr. P. M.
22.5.2024

Chinchkhede
22/05/24

Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.

Semester-III

Minor

Subject Code -UGHEC3MI2

Food and Nutrition

Total marks-50

Time:2Hrs(Theory)

Theory -40Marks

Internal (CIE)-10Marks

Objectives

- To understand the concept of an adequate diet, functions of food and the role of various nutrients, their requirements and the effect of deficiency and excess.
- To learn about the structure, composition, Nutritional contribution and selection of different food stuff.
- To develop and ability to improve the nutritional quality of food.
- To familiarize students with the role of nutritional quality of food.
- To develop marketing and entrepreneurship skills to enhanced employability.

Course Outcomes

CO1	Given the knowledge of Nutritious diet students will be able to provide nutritious diet tiffin services. .
CO2	Given the information of Minerals and Vitamins students will able to produce and sale nutrient rich food .
CO3	Given the knowledge of Energy spent for different activities students will able to give appropriate food for fitness centers .
CO4	Given knowledge of sports nutrition students will able to assist school nutritionist in sports meal planning .
CO5	Given the knowledge of role of micronutrients in maintenance of good health, students will be able to assist NGOs working for child and mother care.
CO6	Given the knowledge of BMI calculation students will be able to calculate energy requirements for malnutrition programmes.

Course Content

UNIT-I

a) **Introduction of Nutrition** - Definition of Health, Nutrition, Dietetics, Nutritional status, optimum Nutrition and Nutrients. Definition of food and functions of food. Dimensions of health (Physical, Psychological, Emotional, Spiritual).

z-Carbohydrates, Fats, Proteins- Classification, Functions, Sources, Recommended dietary allowances, Deficiency and excess.

b) Micro Nutrients-

a) Minerals –

- 1) Calcium, 2) Phosphorus, 3) Iron, 4) Sodium, 5) Magnesium,
6) Iodine Functions, Sources, Absorption, Recommended dietary allowances, Deficiency.

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c) Vitamins-

Fat soluble – Vitamin A, D, E, K.

Water Soluble- Vitamin C, Vitamin B Complex, (B1, B2, B3, B6, B12, Folic acid), Properties, Function Sources, Recommended dietary allowances, Absorption, Deficiency.

Water- Function, Sources, Recommended dietary allowances, Deficiency.

UNIT-II

a) Fibre – composition, Classification, Functions, Sources, Recommended dietary allowances, Deficiency, Excess.

b) Energy (Calorie) – Definition of calorie, Factors affecting energy requirement, Fuel value of foods. Calorimeter- Bomb, Benedict Oxy, Atwater Rosa Benedict.

Basal Metabolic Index (BMI), Calorie requirement for sedentary, moderate and heavy workers Men and Women.

Antioxidants – Sources and importance.

a) Basic Food Groups- Sources and importance of Cereals, Pulses, oilseeds, Vegetables & Fruits, Milk and milk products, sugar and jiggery, spices, beverages, eggs, fish, meat.

b) 1. Methods of Cooking- Meaning of cooking of food, objectives of cooking food,

Methods of cooking - Boiling, steaming, Pressure cooking, shallow frying, deep frying, Roasting, Baking, Grilling, Micro wave, solar and informatics. Advantages and disadvantages of cooking methods.

Internal (CIE)

Activities for Practical Internal (PI)

3. Celebration of Nutrition Week/World Food Day/Any nutritional awareness programme and report writing of the above programme. (Any one).

4. Organization of Canteen activity/ Entrepreneurship activity/

Earn while Learn activity for ex. Papad, Masala, pickle, metkut, supari, Amla Candy (Any Two).

Recommended Books

1. Sherman and Longford: Essentials of Nutrition.
2. Dr. Patwardhan: Nutrition in India
3. W.E Aykroyd: The Nutritive value of Indian Food and the Planning of Satisfactory Diet.
4. Maxinre, E.Mc. Divit and S.R. Mudambi: Human Nutrition principles and application in India.
5. R.L. Brijlani: Eating Scientifically.
6. Robinson Proudfit : Normal and Therapeutic Nutrition.
7. S.W. Swaminathan : Essential of Nutrition, part –I and II.
8. Poshan Ani Arogya: Dr. Sandipa Surjuse, Vishva Publishers, Nagpur.
9. Poshanani Aharshastra-Dr. Anuradha Nisal and Dr. Prabha Chinchkhede, G. C. Publishers, Nagpur.
10. Poshan ani Aaharshstra :Dr. Mina Kalele, Pimpalpure Publishers, Nagpur.

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Semester-III

Vocational Skill Course (VSC)

Therapeutic Diet Planner

Subject Code- UGHEC3VSC3

Total marks-100

Time: 3 Hrs

Activity - 50

Internal (CIE) -50 Marks

Objectives

1. To study therapeutic diet for various diseases.
2. To learn to calculate nutritive value of diet.

C1	After completion of this course learner will be ready to provide therapeutic diet for obesity .
C2	After completion of this course learner will be ready to provide therapeutic diet for diabetes .
C3	After completion of this course learner will be ready to provide therapeutic diet for Hypertension
C4	After completion of this course learner will be ready to provide therapeutic diet for Anaemia .
C5	After completion of this course learner will be ready to provide therapeutic diet for underweight.
C6	After completion of this course learner will be ready to provide therapeutic diet for diarrhoea.
C7	After completion of this course learner will be ready to provide therapeutic diet for constipation.

Course Content

UNIT I

1. Planning of diet for obesity - Calculation of nutritive value .
2. Planning of diet for diabetes -Calculation of nutritive values.
3. Planning of diet for hypertension-Calculation of nutritive values.
4. Planning of diet for anaemia -Calculation of nutritive values.

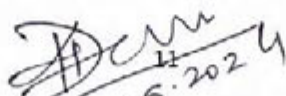
UNIT-II

1. Planning of diet for underweight - Calculation of nutritive value .
2. Planning of diet for diarrhoea - Calculation of nutritive value .
3. Planning of diet for constipation - Calculation of nutritive value .

Internal (CIA)

1. Preparation of diet plan and cooking /presentation of all diets given above.
2. Presentation of diets for various diseases.

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3. Preparation of record book .
4. Viva

Recommended Books

1. Sherman and Longford: Essentials of Nutrition.
2. Dr .Patwardhan: Nutrition in India
3. W.E Aykoroyd: The Nutritive value of Indian Food and the Planning of Satisfactory Diet: 4. Maxinre, E.Mc. Divit and S.R.Mudambi: Human Nutrition principles and application in India.
5. R.L. Brijlani: Eating Scientifically.
6. Robinson Proudifit : Normal and Therapeutic Nutrition.
7. S.W.Swaminathan : Essential of Nutrition, part -I and II.
8. Poshan Ani Arogya: Dr.SandipaSurjuse, Vishva Publishers, Nagpur.
9. Poshanani Aharshastra-Dr. Anuradha Nisal and Dr.Prabha Chinchkhede, G. C. Publishers, Nagpur.
10. Poshan ani Aaharshstra :Dr. Mina Kalele, Pimpalapure Publishers, Nagpur.

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Semester-IV

Major Mandatory

Nutrition and Dietetics

Subject Code -UGHEC4MM7

Total Marks -100

Theory -40Marks

Theory Internal-10Marks

Practical -40 marks

Practical Internal -10 marks

Time:2Hrs(Theory)

3 Hrs (Practical)

Course Outcomes

CO1	Given knowledge of Principles of diet therapy, students will be able to prepare and sale recipe book for special dishes required in therapeutic diet.
CO2	Given knowledge of food preservation, students will be able to launch new recipe booklets and video's on You tube channel .
CO3	Given knowledge of malnutrition, students will be able to formulate small self-help group and will be able to take contract for mid-day meals in school.
CO4	Given practical knowledge of bakery products students will be able to establish bakery centers.
CO5	Given knowledge of food spoilage, students, will be able to prepare and supply hygienic & quality food products.

Course Content

UNIT-I

- a) **Balanced Diet** -Definition, Factors affecting balance diet, Different Nutrients in balanced diet, Principles of Meal Planning.
- b) **Nutrition through Life Cycle**- 1.Pregnancy, 2. Lactation. 3. Infancy, 4. Pre-School, 5.School going, 6. Adolescence, 7. Adulthood, 8. Old age.

UNIT-II

- a) **Principles of Diet Therapy.** a) Modification of Normal diet for Therapeutic purposes.
- b) Types of Diet c) Nutritional Management in common diseases. i) Diarrhea ii) Diabetes Mellitus iii) Constipation iv) Anemia v) Sickle Cell Anemia.
- b) **Nutrition Education:** Meaning and Definition, Objectives, Methods of Nutrition Education.

UNIT-III

- a) **Food spoilage, Food Poisoning** – Definition, various types of food poisoning and Remedies.

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b) **Food Preservation** – Definition and importance of food preservation, Methods of food preservation - Dehydration, with salt, Sugar, Oil and spices, by control of temperature, Chemical Preservation .

Food and Adulteration – Definition, Reasons behind food adulteration, effects of food adulteration, detection of food Adulteration, Standards, Remedies to tackle food adulteration, Laws regarding food adulteration.

UNIT- IV

a) Improving Nutritional Quality of foods-Germination, Fermentation, Supplementation, Substitution, Fortification and enrichment.

b) Malnutrition in India-Definition of Malnutrition, over nutrition and under nutrition. Nutritional problems in India, Causes and remedies of malnutrition, Different agencies to combat malnutrition - FAO,CARE,NIN.

Practical

1. *Preparation of following recipes. Calculation of Calories and Proteins of prepared dishes.*

➤ **Types of Rice (Any Two)** Vegetable Pulav / Curd Rice / Lemon Rice.

➤ **Types of Sweets - (Any Two)**

i) Khawa Poli, ii) Karanji, iii) Sattu Laddoo, iv) Gajar Halwa/Bottle guard (lauki) Halwa

Types of paratha (Any one)- Millets Stuff Vegetable Paratha / Mix green vegetable Paratha .

➤ **Starters (Any two) i)** Hara Bhara Kabab / Moong Pakoda / Cutlets / Appe

➤ **Party Menu–** Pav Bhaji, Ragda Patice.

Internal

1. Exhibition of students made products .

2. Report writing with costing of above activity.

Distribution of marks Practical Examination (Total Marks-40)

1. Preparation and presentation of Two Dishes - (15Marks.)

2. Calculation of Calories, Proteins of the prepared dishes - (10Marks.)

3. Viva based on practical - (05 Marks)

4. Menu Card - (05Marks.)

5. Record Book - (05 Marks.)

Internal Assessment on Activities (Total-10Marks)

1. Exhibition of students made products . (05 marks).

2. Report writing with costing of above activity. (05 marks)

Books Recommended

1. Sherman and Longford: Essentials of Nutrition.

2. Dr .Patwardhan: Nutrition in India

3. W.E Aykoroyd: The Nutritive value of Indian Food and the Planning of Satisfactory Diet. 4. Maxinre, E.Me. Divit and S.R.Mudambi: Human Nutrition principles and application in India.

5. R.L. Brijlani: Eating Scientifically.

6. Robinson Proudifit : Normal and Therapeutic Nutrition.

7. S.W.Swaminathan : Essential of Nutrition, part –I and II.

8. Poshan Ani Arogya: Dr.SandipaSurjuse, Vishva Publishers, Nagpur.

9. Poshanani Aharshastra-Dr. Anuradha Nisal and Dr.Prabha Chinchkhede, G. C. Publishers, Nagpur.

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Semester-IV

Basics of Nutrition

Major Mandatory -UGHEC4MM7

Total Marks -50

Time:2Hrs(Theory)

Theory -40Marks

Internal (CIE) -10Marks

Objectives

1. To study scientific knowledge of foods and nutrition .
2. To understand basic food groups .
3. To understand rich sources of foods.

Course Outcome

CO1	After completion of the course, students will be able to work in the field of nutrition.
CO2	After completion of the course learners can assist dietician.
CO3	After completion of the course students will be able to work with NGO's in the field of nutrition.

Unit-I

Food and Nutrition

- a. Basic concept of food and Nutrition.
- b. Definition of Food, Balanced diet, optional diet and deficient diet.
- c. Important functions of food-physiological, psychological, cultural, social.
- d. Classification of Food groups by different method.
- e. Nutritional significance of : Cereals, Pulses, Oil seeds, vegetables, Fruits, Milk and Milk Products, Meat fish and eggs, sugar and Jaggary, Spices and condiments, Tea, Coffee and other beverages.

Unit-II

a)Methods of Cooking and Improving nutritional quality of food

- a. Traditional cooking methods : Boiling, Frying, Roasting, Poaching, Parboiling.
- b. Advanced cooking methods : steaming ,Pressure cooking, grilling, Baking, microwave cooking, solar cooking.
- c. Improving Nutritional quality of food : Germination,fermentation, supplementation, substitution, fortification,enrichment.

b) Nutrition

1. Definitions of Nutrition, Nutrients, Recommended Dietary Allowances (RDA), Health, Malnutrition.
2. Nutrients :- Classification, sources, functions, RDA, deficiency of Fat soluble vitamins ,Vit A, D, E, K; water.

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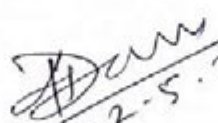
soluble vitamins – Vit. B complex – B1, B2, B3, Folic acid and Vit C, Minerals – calcium, phosphorous, iron and Iodine, water.

3. Household method of Food Preservation Using high and low temperature, using preservatives, dehydration method.

Recommended Books

1. Seema Yadav, "Text book of Nutrition & Health" Anmol Publications Pvt. Ltd., New Delhi.
2. Mullick Pramila, "A text book of Home Science", Kalyani Publications, New Delhi
3. Robinson, "Fundamentals of Normal Nutrition", Macmillan Publishing company, New York.
4. Wilson, Katherine, Fequa, "Principles of Nutrition" wiley Eastern Pvt. Ltd. New York.
5. Joshi Shubhangini, "Nutrition & Dietetics", Tata Mc Graw Hill Pub. Co. New Delhi.
6. Swaminathan M.S., "Essentials of Foods & Nutrition". Bappco Publications.
7. Poshan Ani Arogya: Dr. Sandipa Surjuse, Vishva Publishers, Nagpur.
8. Poshanani Aharshastra-Dr. Anuradha Nisal and Dr. Prabha Chinchkhede, G. C. Publishers, Nagpur.
9. Poshan ani Aaharshstra :Dr. Mina Kalele, Pimpalpure Publishers, Nagpur.

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Semester-IV

Minor

Nutrition and Dietetics

Subject Code -UGHEC4MI3

Total Marks –100

Theory -40Marks

Theory Internal-10Marks

Practical -40 marks

Practical Internal -10 marks

Time:2Hrs(Theory)

3 Hrs (Practical)

Course Outcomes

CO1	Given knowledge of Principles of diet therapy, students will be able to prepare and sale recipe book for special dishes required in therapeutic diet.
CO2	Given knowledge of food preservation, students will be able to launch new recipe booklets and video's on You tube channel .
CO3	Given knowledge of malnutrition, students will be able to formulate small self-help group and will be able to take contract for mid-day meals in school.
CO4	Given practical knowledge of bakery products students will be able to establish bakery centers.
CO5	Given knowledge of food spoilage, students, will be able to prepare and supply hygienic & quality food products.

Course Content

UNIT-I

a) **Balanced Diet** -Definition, Factors affecting balance diet, Different Nutrients in balanced diet, Principles of Meal Planning.

b) **Nutrition through Life Cycle**- 1.Pregnancy, 2. Lactation. 3. Infancy, 4. Pre-School, 5.School going, 6. Adolescence, 7. Adulthood, 8. Old age.

UNIT-II

a) **Principles of Diet Therapy.** a) Modification of Normal diet for Therapeutic purposes.

b) Types of Diet c) Nutritional Management in common diseases. i) Diarrhea ii) Diabetes Mellitus iii) Constipation iv) Anemia v) Sickle Cell Anemia.

b) **Nutrition Education:** Meaning and Definition, Objectives, Methods of Nutrition Education.

UNIT-III

a) **Food spoilage, Food Poisoning** – Definition, various types of food poisoning and Remedies.

b) **Food Preservation** – Definition and importance of food preservation, Methods of food preservation - Dehydration, with salt, Sugar, Oil and spices, by control of temperature, Chemical Preservation

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Food and Adulteration – Definition, Reasons behind food adulteration, effects of food adulteration, detection of food Adulteration, Standards, Remedies to tackle food adulteration, Laws regarding food adulteration.

UNIT- IV

- a) **Improving Nutritional Quality of foods**-Germination, Fermentation, Supplementation, Substitution, Fortification and enrichment.
- b) **Malnutrition in India**-Definition of Malnutrition, over nutrition and under nutrition. Nutritional problems in India, Causes and remedies of malnutrition, Different agencies to combat malnutrition - FAO,CARE,NIN.

Practical 4P1

2. *Preparation of following recipes. Calculation of Calories and Proteins of prepared dishes.*

- **Types of Rice (Any Two)** Vegetable Pulav / Curd Rice / Lemon Rice.
- **Types of Sweets - (Any Two)**
i) Khawa Poli, ii) Karanji, iii) Sattu Laddoo, iv) Gajar Halwa/Bottle guard (lauki) Halwa
- Types of paratha (Any one)**- Millets Stuff Vegetable Paratha / Mix green vegetable Paratha .
- **Starters (Any two)** i) Hara Bhara Kabab / Moong Pakoda / Cutlets / Appe
- **Party Menu**– Pav Bhaji, Ragda Patice.

Internal

3. Exhibition of students made products .
4. Report writing with costing of above activity.

Distribution of marks Practical Examination (Total Marks-40)

- | | |
|---|---------------|
| 1. Preparation and presentation of Two Dishes | - (15Marks.) |
| 2. Calculation of Calories, Proteins of the prepared dishes | - (10Marks.) |
| 3. Viva based on practical | - (05 Marks) |
| 4. Menu Card | - (05Marks.) |
| 5. Record Book | - (05 Marks.) |

Internal Assessment on Activities (Total-10Marks)

3. Exhibition of students made products . (05 marks).
4. Report writing with costing of above activity. (05 marks)

Books Recommended

1. Sherman and Longford: Essentials of Nutrition.
2. Dr. Patwardhan: Nutrition in India
3. W.E Aykroyd: The Nutritive value of Indian Food and the Planning of Satisfactory Diet.
4. Maxinre, E.Mc. Divit and S.R. Mudambi: Human Nutrition principles and application in India.
5. R.L. Brijlani: Eating Scientifically.
6. Robinson Proudfit : Normal and Therapeutic Nutrition.
7. S.W. Swaminathan : Essential of Nutrition, part –I and II.
8. Poshan Ani Arogya: Dr. Sandipa Surjuse, Vishva Publishers, Nagpur.
9. Poshanani Aharshastra-Dr. Anuradha Nisal and Dr. Prabha Chinchkhede, G. C. Publishers, Nagpur.
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Semester-III

Other Electives (OE)

Entrepreneurship Development

Subject Code- UGHEC2OE3

Time: 2 Hrs.(Theory)

Total Marks: 50

Theory: 40

Internal: 10

Objectives: To enable students to

- 1.To understand the concept of entrepreneurship.
- 2.To study the basics related to managing business related to Home Economics.

Course Outcome: After successful completion of the students shall be able to-

- CO1-Understand the concept and importance of Entrepreneurship.
- CO2- Be aware of various entrepreneurship related to Home Economics.
- CO3-Gain the knowledge about the opportunities for entrepreneurs in rural and service sector.
- CO4-Gain knowledge about steps involved in project planning and implementation.

Course Content:

Unit I: Introduction:

- a. Entrepreneur – Meaning, Definitions, Characteristics and Functions of an Entrepreneur and Types of Entrepreneur., Social responsibility of entrepreneurs.
- b. Entrepreneurship – Definition, need, scope, characteristics and Importance of entrepreneurship, Challenges & Issues in entrepreneurship, Barriers of entrepreneurship
- c. Entrepreneur and Economic Development, Types of Enterprise, Factors affecting Entrepreneurial Growth, Entrepreneurial Competencies.

Unit II: Entrepreneurship Development in India:

- a.Historical background of Entrepreneurship Development.
 - b.Meaning of Entrepreneurship Development Programme (EDP), Objectives, Process and phases of EDP.
 - c.Institutions for Entrepreneurship Development: NIESBUD, EDII, NAYE, TCO, NEDB, NISIET, EDP's by Banks, SIDBI.
- Role of Co-operative Banks in Entrepreneurship Development.

Unit III : Opportunities for Entrepreneurs:

- a. Rural Entrepreneurship: Concept, Importance ,Characteristics , Barriers and Schemes for Rural Entrepreneurship Development.

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- b. Service Sector opportunities for Entrepreneurs: Meaning, Characteristics and opportunities in service sector and its types.

UNIT-IV

a. Infrastructure and support system, Procedure and steps involved in setting up an enterprise. Project planning and formulation of project, identification and product selection, generating project ideas, short listing, final selection, market survey, market alternatives, an overview of the future, Product development, Product Selection, Preparation of project report.

Internal:

Total 10 Marks

- a. Assignment on curriculum related topics. 05 marks
b. Interaction with entrepreneurs/Visit to industry/Project planning /formulation and report preparation / Case studies and report writing. 05 marks

References:

1. Bedekar, S.J. (1991): Marketing- Concept and Strategies, Oxford University Press, Mumbai.
2. Entrepreneurship Development: S.S Khanka, Sultan Chand & Co.Ltd.
3. Fundamentals of Entrepreneurship: G.S. Sudha, Ramesh Book Depot.
4. Entrepreneurship Development: Colombo Plan Staff College for Technician Education, Manila, Tata McGraw Hill
5. Small Scale Industries and Entrepreneurship: Vasant Desai, Himalaya Publishing House.
6. Entrepreneurship Development: C.B. Gupta & N.P. Srinivasan, Sultan Chand & Sons.
7. Entrepreneurship Development: E. Gordon, K.Natrajan, Amishi Arora , Himalaya Publishing House 1st Edition (2009).
8. Udyojakta : Sankalpana ani Prerana I and II: Prof. Sudhir Sevekar, Vidya Books Publishers , Aurangabad.

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Semester-IV

Communication Technologies in Extension

Other Electives (OE)

Subject Code-UGHEC4OE4

Time: 2 Hrs.(Theory)

Total Marks: 50

Theory: 40

Internal: 10

Objectives

- 1.To impart knowledge and understanding of various communication systems.
2. To enhance the versatility of the students in the selection and use of media in different socio-cultural environments.
3. To impart skill in preparation of Computer Aided Media messages .

Course Outcomes

CO1- Given knowledge of communication system, students will be able to prepare themselves to work in the mass communication field.

CO2- Given knowledge of , advertising students will be able to assist in advertising agencies.

CO3s- Given knowledge of mock interviews, students will be able to conduct interviews for research purpose.

Course Content

Unit-1

Communication Systems:

- a) Types of communication systems- concept, functions and significant interpersonal, organizational, public and mass communication.
- b)Elements, characteristics and scope of mass communication.
- c)Mass communication-models and theories; Visual communication-elements of visual design - colour, line, form, texture and space; Principles of visual design - rhythm, harmony, proportion, balance and emphasis; Visual composition and editing.

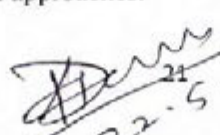
Unit-2 -Media Systems

- a)Media Systems: Trends and Techniques: Concept, scope and relevance of media in society.
- b)Historical background: nature, characteristics, advantages and limitations and future prospects of media.
- c)Traditional media vs. Modern media.

Unit-3-Electronic Media

- a)Electronic Media: Trends in Radio, TV and Cyber Media.
- b) Impact and policies, future challenges and scope.
- c) Media Research: Need, scope and approaches.

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Unit-4-Print Media

- a) Print Media: Role of press in Mass Media Press Law in India: History and present scenario.
- b) News: Its meaning, concept and news agencies .
- c) Advertising: Definition, concept and role of advertising in modern marketing system and national economy.

Internal - 10 Marks

- 1. Conduct an interview of a famous personality and prepare an article and present it in the classroom- 05Marks
- 2. Preparation of Digital Library of Photographs /prepare a short video film on current issues - 05Marks

References—

- 1. Chaubey BK (1990) A Handbook of Education Extension, Jyoti Publication, Allahabad
- 2. Singh , R. (1987) Text Book of Extension Sahitya Kala Prakashan , Ludhiana
- 3. Extension Programme Planning, Oxford and IBH Publishing Company Pvt. Ltd. New Delhi
- 4. Joshi Umer (1997). Textbook of Mass Communication and Media, Anmol Publications, New Delhi.
- 5. Kergner, Harold, Project Management- A System Approach to Planning, Scheduling and Controlling, New Delhi, CSB Publishers and Distributors.

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Semester-IV

Skill Enhancement Course (SEC)

Subject Code- UGHEC1SEC-3

Subject : Art and Craft Skills

Total Marks : 100

Activity-50 Marks

Internal (CIE)-50

Objectives

- 1.To learn the skills of art and crafts.
2. To adopt skills of art and craft .

Course Outcomes

1. After completion of this course learner will learn art and craft activities.
2. After completion of this course learners can earn by using art and craft .
- 3.Art and craft skills can be enhanced.

UNIT I

A) Mehendi Art – Any two types from the following .

1. Indian Style Mehendi.
- 2.Arabic Mehendi
- 3.Bridal Mehendi
- 4.Tattoo Mehendi

B).Paper Bag Making -Any two from the following .

1. Simple paper bag .
- 2.Bakery Bags
- 3.Recycled paper bags.
- 4.Novelty paper bags.

Unit II

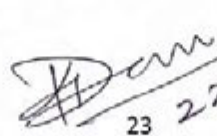
A).Floral Art - Any two from the following .

1. Floral Jewellery (Artificial or fresh)
- 2.Floral Nail art.
- 3.Floral Decoratives (Artificial)
- 4.Floral Toran (Artificial)

B)Painting- Any two from the following.

- 1.Warli Painting.
2. Gond Art.
- 3.Any Indian Traditional Painting.

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4.Modern Painting.

Internal (CIE)

1. Organization of Exhibition cum sale of student made art and craft articles .
2. Preparation of advertisement for marketing of art and craft article by students.

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