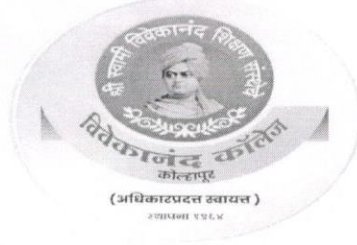


“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार”

शिक्षणमहर्षी डॉ. बापूजी साळुंखे

Shri Swami Vivekanand Shikshan Sanstha's

VIVEKANAND COLLEGE, KOLHAPUR (Empowered Autonomous)



DEPARTMENT OF HOME SCIENCE

B.A.PART-INEP Syllabus with effect from June 2024

REVISED SYLLABUS (SEMESTER PATTERN) FOR B.A. I – HOME SCIENCE

NEP PATTERN

1. TITLE : B.A. Part I (Home–Science) Under Faculty of Interdisciplinary
2. YEAR OF IMPLEMENTATION : New Syllabus (NEP2020Policy) (Semester Pattern)
will be implemented from June 2024 onwards.
3. DURATION : B.A.I–Two Semesters (One Year)
4. PATTERN OF EXAMINATION : Semester ((NEP Pattern)
Practical–Internal Evaluation
5. MEDIUM OF INSTRUCTION : English or Marathi.
6. STRUCTURE OF COURSE : B.A. Part –
Two Semesters



Structure of Question Paper

DSC (Core Papers 1) Sem I

Total Marks: 40

All the questions are compulsory

Time: 2 hrs

Q.1 Multiple Choice Questions

5

Q. 2 Short note (Any 3 out of 5)

15

Q. 3. Solve following questions (Any 2 out of 3)

20

Internal Evaluation & Practical Evaluation

DSC (Core Papers 1)

Sem I

Total Marks: 10

Internal Evaluation

Q.1 Submission of Journal

05

Q.2 Viva

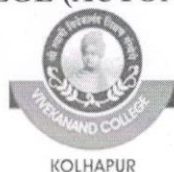
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VIVEKANAND COLLEGE (AUTONOMOUS), KOLHAPUR



Department of Home Science
B.A. Part I Sem. I
NEP 2020 Level 4.5
DSC (Paper I)
Fundamentals of Food Science and Nutrition
June 2024 onwards

Total Credits: 4
Theory: 3 credits
Practical: 1 credit

Workload:
Theory: 3 Lectures per week
Practical: 2 Lectures Per week

Course Outcomes

Student will be able to:

- CO 1: Describe the relationship between food, nutrition and health
CO 2: Articulate the food groups, nutritional contribution and physical changes during cooking
CO 3: Define nutrients and understand their functions, dietary sources and deficiencies
CO 4: Analyze methods of cooking to prevent nutrient losses in the cook

Theory

Module 1

Understanding Food and Nutrition

05

- 1.1 Basic terms used in the study of food and nutrition
1.2 The relationship between food, nutrition and health
1.3 Functions of food

Module 2

Food Groups

10

- 2.1 The basic five food groups
2.2 Selection and nutritional contribution of the following food groups:



1. Cereals
2. Pulses
3. Fruits and vegetables
4. Milk & milk products
5. Eggs
6. Meat, poultry and fish
7. Fats and Oils

Module 3

Methods of cooking with advantages and disadvantages

- 3.1 Objectives of Cooking and Classification of Cooking methods **10**
- 3.2 Moist heat: Boiling, Steaming, Pressure cooking
- 3.3 Dry heat: Roasting, Baking
- 3.4 Frying: Deep and Shallow frying
- 3.5 Recent trends: Microwave cooking

Module 4 Nutrients

20

Functions, dietary sources, and clinical manifestations of deficiency/ excess of the following nutrients:

1. Carbohydrates, lipids and proteins
2. Fat-soluble vitamins A, D, E, and K
3. Water soluble vitamins – thiamine, riboflavin, niacin and vitamin C
4. Minerals – calcium, iron, iodine and zinc

Practical

Teaching Hours: 30

1. Weights and measures.
2. Terms used in food preparation, and serving concept.
 - A) Beverages: tea/coffee / Milkshake/lassi, fruit-based beverages
 - B) Soups: plain and cream soups
3. Plan and Prepare the Nutrient rich recipe of the following with nutritive value calculations and Cooking Methods
 - A) Vit. A
 - B) Thiamine (Vitamin B₁)/ Vitamin C



- C) Iron / Calcium
4. Understanding the principles involved in food preparation.
- A) Cereals: Boiled rice/pulao/ chapatti /paratha/puri
- B) Pulses: Whole / dehusked
- C) Vegetables: curries / dry preparations
- D) Milk and milk products: Kheer/custard

Method of Evaluation: Internal Evaluation of Practical

- Q.1 Submission of Journal – 5 Marks
- Q.2 Viva – 5 Marks

RECOMMENDED READINGS:

1. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). *The Art and Science of Cooking: A Practical Manual*, Revised Edition. Elite Publishing House Pvt L
2. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). *Basic Food Preparation: A Complete Manual*, Fourth Edition. Orient Black Swan Ltd.
3. Bamji MS, Krishnaswamy K, Brahmam GNV (2009). *Textbook of Human Nutrition*, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
4. Srilakshmi (2007). *Food Science*, 4th Edition. New Age International Ltd.
5. Wardlaw and Insel MG, Insel PM (2004). *Perspectives in Nutrition*, Sixth Edition. Mosby.
6. Chadha R and Mathur P (eds). *Nutrition: A Lifecycle Approach*. Orient Blackswan
7. Dr. M. Swaminathan- *Advanced Text book on Food and Nutrition, Vol.I*, BAPPCO, Bangalore.



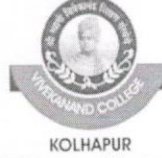
8. M. Reheena Begum - A Text book on Food, Nutrition and Dietetics, SerthingNew Delhi.
9. M. E. Barasi - Human Nutrition: a health perspective, Arnold, New Delhi.
10. Subhangini Joshi - Nutrition and Dietetics, Tata McGraw-Hill Publishing Company Ltd., New Delhi.
- 11.. Dr. Molavane Manjusha S.(2016). Annache Vidnyan- PoshhanShastra(Marathi): Aatmbhan Prkashan, Hingoli. .
- 10..Farkade Triveni and Gonge Sulabha (2010). Poshan Aani Aaharshastra(Marathi) Pimpalasure and co. Publishers, Nagpur.
- 11 Waghmare-Naik, Shobha(2008): Poshan Aani Aahar (Marathi), Vidya BooksPublishers, Aurangabad



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Department of Home Science

B.A. Part I Sem. II

NEP 2020 Level 4.5

DSC (Paper II)

RESOURCE MANAGEMENT

June 2024 onwards

Total Credits: 4
Theory: 3 credits
Practical: 1 credit

Workload:
Theory: 3 Lectures per week
Practical: 2 Lectures Per week

Course Outcomes

Student will be able to

CO 1 Describe the concept and process of resource management

CO 2 Classify resources and identify the development of self of as a resource with

SWOC analysis

CO 3 Adapt of money management and time management for self and family

CO 4 Apply managerial process in event planning management and evaluation

Theory

Module 1

Introduction to Resource Management

10

1.1 Meaning and Concept of Management

1.2 Need of Management in day-to-day life

1.3 Management in the Changing World Club

1.4 Motivational factors in management - Values, Goals and Standards

Module 2

Resources

10

2.1 Understanding the meaning and concept of resources

2.2 Classification of resources

2.3 Characteristics of resources

2.4 Factors affecting the utilization of resources



Module 3

Availability and Management of Specific resources by an individual /Family 10

- 3.1 Money: Meaning ,sources, ways of improving money income
- 3.2 Time: Concept, Classification, importance and Characteristic
- 3.3 Energy: Concept Classification and Importance

Module 4

Functions of Management : An overview 15

- 4.1 Decision Making –Meaning, steps and Importance
- 4.2 Planning – Meaning ,Steps Characteristics and advantages
- 4.3 Controlling- Meaning, Steps and importance
- 4.4 Evaluation –Meaning, types and advantages

Practical

Teaching Hours: 30

1. Application of motivational factors of management in day-to-day life
2. Identification and development of self as a resource, through SWOC analysis
3. Observation, listing and classification of resources available in family.
4. Preparation of time plans for self and family
5. Event planning, Management and evaluation - with reference to -
Managerial Process

Method of Evaluation: Internal Evaluation of Practical

- Q.1 Submission of Journal – 5 Marks
- Q.2 Viva – 5 Marks

RECOMMENDED READINGS

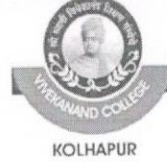
1. Koontz .H.and O'Donnel C,2005 Management – A systems and contingency analysis of managerial function New york: McGraw-Hill BookCompany.
2. Kreitner.2009,Management Theory and Applications, Cengage Language Learning: India
3. Rao V.S. and Narayana P.S. Principles and Practices of Management,2007,Konark Publishers Pvt.Ltd.
4. Farkade Triveni and Gonge Sulabha (2005). Kautumbik SawsadhanncheVyasthapan ani Gruhsajawat(Marathi), Pimpalpure andco. Publishers, Nagpur.
5. Kadalkar Leena (2012) Graharhashastrachi Multatave (Marathi) Vidya prakashan Nagpur
6. Gaikwad Joyti (2001) Graharhashastra va GruhVyasthapan MangeshPrakashan Nagpur
7. Munshi Jathar (2001) GruhVyasthapan Pimpalpure and co Publishers,Nagpur
8. Limaye Ksham (1989) GruhVyasthapan ani Gruhkala Vidya prakashanNagpur



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Department of Home Science

B.A. Part - I Semester I

NEP 2020 Level 4.5

IKS

Indian Traditional cuisine

July 2024 onwards

Total Credits: 2

Total Marks 25

Course Outcome:

Students will be able to understand

1. Rich food culture of India
2. Know state wise Indian cuisine and their history
3. Food cuisine and cooking style of various states of India
4. Internationally Famous food recipes of India.

Module 1: Indian Cuisine 15

- 1.1 History of Indian Traditional cuisine
- 1.2 Indian food culture
- 1.3 Indian Spices / Masale
- 1.4 Indian Traditional Sweets

Module 2: State traditional Cuisine. 15

- 2.1 Maharashtrian cuisine
- 2.2 Rajsthani cuisine
- 2.3 Karnataka cuisine
- 2.4 Panjabi cuisine.
- 2.5 Madhya Pradesh cuisine.

Reference books:

- निशा कोतावार - भारतीय खाद्य संस्कृती
- वाघमारे शोभा - पोषण आणि आहार
- फरकाडे, गोंगे - पोषण आणि आहारशास्त्र



Workload: Theory : 2 Lectures per week

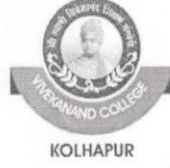
Teaching Hours: 30

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Department of Home Science

B.A. Part - I Semester II

NEP 2020 Level 4.5

VSC-I

Bakery Science

July 2024 onwards

TOTAL CREDITS: 02

THEORY: 01

PRACTICAL: 01

Total Marks – 25

Workload: 2 lectures per week

Theory: 1 Lectures per week

Practical: 2 Lectures per week per batch

Course Outcomes:

Students will be able to

1. understand the knowledge of bakery Science.
2. know the bakery skills and decoration skills
- 3 know the techniques of cake, pastry and cookies
- 4 start their own start up in bakery industry

THEORY

THEORY 15 PRACTICAL : 30

Module I : Bakery

- 1.1 Scope and importance of Bakery industry
- 1.2 Use of Food material and quality required for baking
- 1.3 Instruments and Equipment required for baking.

PRACTICAL

1. Weights and measures of raw material.
2. Preparation Sensory evaluation of cakes ,Pastries and cookies
3. Cakes - Plain cake, Chocolate cake / fruit cake with icing , Muffins
4. Pastries- Plain Pastries, /fruit Pastries Chocolate Pastries
5. Cookies- Nankhatai, Coconut Cookies/ Chocolate Cookies

References:

- Dubey SC Basic Baking Science and Craft Society of Indian Bakers ,Delhi 2007.
- Encyclopedia of Food Science and Technology ,Academic Press.1993.
- Khanna K Gupta s, Seth R, Mahana R, Rekhi T. The Art and Science of Cooking Phoenix Publishing House Private Limited ,Delhi.2004.
- डॉ. सय्यद रिझवान आधुनिक बेकरी तंत्रज्ञान
- वसंत धोत्रे, कदम, केकचे प्रकार,केक आयसिंग व केक सजावट
- वसंत धोत्रे, सुलभ बेकरी व्यवसाय

