



“Education for Knowledge, Science and Culture”  
-Shikshahmaharshi Dr.Bapuji Salunkhe  
Shri Swami Vivekanand Shikshan Sanstha s  
**VIVEKANAND COLLEGE, KOLHAPUR**  
**(AUTONOMOUS)**



# Syllabus

Home Science

B.A Part I (NEP )

With effect from July 2023



“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार”

शिक्षणमहर्षी डॉ. बापूजी साळुंखे

Shri Swami Vivekanand Shikshan Sanstha's

**VIVEKANAND COLLEGE (AUTONOMOUS), KOLHAPUR**

B.A. PART –I NEP Syllabus with effect from July 2023

**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 (NEP2020 Policy) (Semester Pattern)  
will be implemented from July2023onwards.
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 – I  
Two Semesters



## Structure of Question Paper

DSC Major Papers I and Minor Paper -I

All the questions are compulsory.

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 Major Papers I and Minor Paper -I

Total Marks: 10

#### Internal Evaluation

Q.1 Submission of Journal	05
Q.2 Viva	05





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

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 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 for preventing nutrient losses in cook

**Theory**

**Module 1**

**Understanding food and Nutrition**

**05**

1. Basic terms used in study of food and nutrition
2. Understanding relationship between food, nutrition and health
3. Functions of food

**Module 2**

**10**

**Food Groups**

- 1 Basic five food groups
- 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 disadvantage 10**

1. Moist heat : Boiling ,Steaming, Pressure cooking
2. Dry heat : Roasting ,Baking
3. Frying: Deep and Shallow frying
4. Resent 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, serving concept.
  - A) Beverages: tea/coffee / Milk shake / lassi, fruit based beverages
  - B) Soups: Broth, plain and cream soups
3. Plan and Prepare Nutrient rich recipe of the following with nutritive value calculations and cooking Method
  - A) Vit. A
  - B) Thiamine (Vitamin B<sub>1</sub>)/ 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*, 3<sup>rd</sup> 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, Seriting New 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- Poshhan Shastra(Marathi): Aatmbhan Prkashan, Hingoli. .
- 10..Farkade Triveni and Gonge Sulabha (2010). Poshan Aani Aaharshastra(Marathi) Pimpalpure and co. Publishers, Nagpur.
- 11 Waghmare-Naik, Shobha(2008): Poshan Aani Aahar (Marathi), Vidya Books Publishers, Aurangabad





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Department of Home Science

B.A. Part I Sem. I  
NEP2020 Level 4.5  
DSE (Minor Paper I)

**Introduction to Food Science and Nutrition**

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

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

**Course Outcome:**

**Student will be able to :**

- CO 1: Describe 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 for preventing nutrient losses in cook

**Total Credits: 4**

**Theory**

**Module 1**

**Understanding food and Nutrition**

**05**

1. Basic terms used in study of food and nutrition
2. Understanding relationship between food, nutrition and health
3. Functions of food

**Module 2**

**10**

**Food Groups**

- 1 Basic five food groups
- 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 disadvantage 10**

5. Moist heat : Boiling ,Steaming, Pressure cooking
6. Dry heat : Roasting ,Baking
1. Frying: Deep and Shallow frying
2. Resent trends: Microwave cooking

### **Module 4**

#### **Nutrients 20**

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

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

### **Practical**

**Teaching Hours: 30**

1. Weights and measures.
2. Terms used in food preparation, serving concept.
  - A) Beverages: tea/coffee / Milk shake / lassi, fruit based beverages
  - B) Soups: Broth, plain and cream soups
3. Plan and Prepare Nutrient rich recipe of the following with nutritive value calculations and cooking Method
  - A) Vit. A
  - B) Thiamine (Vitamin B<sub>1</sub>)/ 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:**

- 12.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
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- 14.Bamji MS, Krishnaswamy K, Brahmam GNV (2009). *Textbook of Human Nutrition*, 3<sup>rd</sup>edition. Oxford and IBH Publishing Co. Pvt. Ltd.
- 15.Srilakshmi (2007). *Food Science*, 4th Edition. New Age International Ltd.
16. Wardlaw and Insel MG, Insel PM (2004). *Perspectives in Nutrition*, Sixth Edition. Mosby.
- 17.Chadha R and Mathur P (eds). *Nutrition: A Lifecycle Approach*. Orient Blackswan
- 18.Dr. M. Swaminathan- *Advanced Text book on Food and Nutrition*, Vol.I, BAPPCO, Bangalore.





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



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**B.A. Part - I Semester I**

**NEP 2020 Level 4.5**

**VSC-I**

**Bakery Science**

**July 2023 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

CO 1: Acquire knowledge of bakery Science.

CO 2: Apply the bakery skills and decoration skills.

CO 3: Acquaint the techniques of cake, pastry and cookies.

CO 4: Acquire entrepreneurship skills to start their own start up in bakery industry.

THEORY

THEORY LECTURES : 15

Module I : Bakery

15

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

PRACTICAL LECTURES : 30

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

Chocolate Pastries /fruit 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



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**B.A. Part - I Semester I**

**NEP 2020 Level 4.5**

**IKS**

**Indian Traditional cuisine**

**July 2023 onwards**

Total Credits: 2

Total Marks 25

Workload: Theory: 2 Lectures per week

Teaching Hours: 30

### Course Outcome:

By the end of this course, students will be able to:

CO 1: Acquire the knowledge about traditional Indian food and it's rich food culture

CO 2: Understand food cuisine and cooking style of various states of India

CO 3: Analyze internationally Famous food recipes of India

CO 4: Understand use and importance of spices in Indian Cuisine

Module 1: Indian Cuisine

15

- History of Indian Traditional cuisine
- Indian food culture
- Indian Spices / Masale
- Indian Traditional Sweets

Module 2: State traditional Cuisine

15

- Eastern state cuisine (Assam)
- Western state cuisine (Maharashtra)
- Southern state cuisine (Karnataka)
- Northern state cuisine. (Panjab)
- Central state cuisine (Madhya Pradesh)

Reference books:

- कोत्तावार निशा - भारतीय खाद्य संस्कृती, मंगेश प्रकाशन, नागपूर
- वाघमारे शोभा - पोषण आणि आहार, विद्या बुक्स पब्लिशर्स, औरंगाबाद
- फरकाडे, गोंगे - पोषण आणि आहारशास्त्र, पिंपळापुणे अॅन्ड कंपनी पब्लिशर्स, नागपूर
- लेले सरल - अन्नशास्त्र व पोषण शास्त्र, पिंपळापुणे अॅन्ड पब्लिशर्स, नागपूर
- गोडबोले कमला - महाराष्ट्रीयन खास पदार्थ, साठे प्रकाशन, पुणे
- दिवेकर ऋतुजा - इंडियन सुपर फूड्स, अमेय इनस्पारींग, पुणे
- Khosala Anju - Culture and household cookery, Discovery publishing house, New Delhi





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(EMPOWERED AUTONOMOUS)



KOLHAPUR

**Department of Home Science**  
**B.A. Part I Sem. II**  
**NEP 2020 Level 4.5**  
**DSC (Major Paper II)**  
**RESOURCE MANAGEMENT**  
**July 2023 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 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

- 1) Meaning and Concept of Management
- 2) Need of Management in day –to-day life
- 3) Management in changing world
- 4) Motivational factors in management

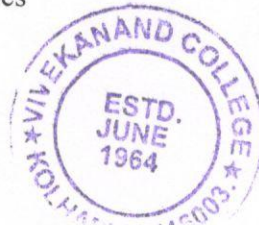
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#### Module 2

##### Resources

- 1) Understanding meaning and concept of resources
- 2) Classification of resources
- 3) Characteristics of resources
- 4) Factors affecting utilization of resources

10



### Module 3

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

- 1) Money: Meaning ,sources, ways of improving money income
- 2) Time: Concept, Classification, importance and Characteristic
- 3) Energy: Concept Classification and Importance

### Module 4

#### Functions of Management : An overview

15

- 1) Decision Making –Meaning, steps and Importance
- 2) Planning – Meaning ,Steps Characteristics and advantages
- 3) Controlling- Meaning, Steps and importance
- 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, 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 LanguageLearning: 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) Graharthashastrachi Multatave (Marathi) Vidyaprakashan Nagpur
6. Gaikwad Joyti (2001) Graharthashastra 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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KOLHAPUR

**Department of Home Science**

**B.A. Part I Sem. II**

**NEP 2020 Level 4.5**

**(Minor Paper II)**

**BASICS OF RARESOURCE MANAGEMENT**

**July 2023 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 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**

- 5) Meaning and Concept of Management
- 6) Need of Management in day –to-day life
- 7) Management in changing world
- 8) Motivational factors in management

10

#### **Module 2**

##### **Resources**

- 5) Understanding meaning and concept of resources
- 6) Classification of resources
- 7) Characteristics of resources
- 8) Factors affecting utilization of resources

10



### Module 3

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

- 1) Money: Meaning ,sources, ways of improving money income
- 2) Time: Concept, Classification, importance and Characteristic
- 3) Energy: Concept Classification and Importance

### Module 4

#### Functions of Management : An overview

15

- 5) Decision Making –Meaning, steps and Importance
- 6) Planning – Meaning ,Steps Characteristics and advantages
- 7) Controlling- Meaning, Steps and importance
- 8) Evaluation –Meaning, types and advantages

#### Practical

Teaching Hours: 30

6. Application of motivational factors of management in day-to-day life
7. Identification and development of self as a resource, SWOC analysis
8. Observation, listing and classification of resources available in family.
9. Preparation of time plans for self and family
10. 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 and Publishers, Nagpur.
5. Kadalkar Leena (2012) Graharthashastrachi Multatave (Marathi) Vidyaprakashan Nagpur
6. Gaikwad Joyti (2001) Graharthashastra va GruhVyasthapan MangeshPrakashan Nagpur
7. Munshi Jathar (2001) Gruh Vyasthapan Pimpalpure and co. Publishers,Nagpur.
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(EMPOWERED AUTONOMOUS)

B.A. Part - I Semester II

NEP 2020 Level 4.5

VSC-II

Family resource Management

July 2023 onwards

**TOTAL CREDITS: 02**

**THEORY: 01**

**PRACTICAL: 01**

**Workload: 2 lectures per week**

Theory: 1 Lectures per week

Practical: 2 Lectures per week per batch

**Total Marks – 25**

**Course Outcomes:**

Students will be able to

CO 1 Understand the importance of work simplification.

CO 2 Analyze Mundel's classes of change for work simplification.

CO 3 Describe the techniques of work simplification.

CO 4 Apply the Mundel's classes of change to various household tasks.

THEORY

THEORY LECTURES : 15

**Module I : Unite I : Work Simplification**

1.1 Definition and importance of Work Simplification .

1.2 Principles of Work Simplification .

1.3 Mundel's classes of change.

1.4 Techniques of work simplification.

1.5 Application of Mundel's classes of change in household activities.

PRACTICAL

PRACTICAL LECTURES : 30

**Practical's :**

1) Changes in body position and motion : Body Alignment -Natural & Unbalanced

2) Changes in work arrangement and equipment : Comfortable working aera – Horizontal & Vertical Posture.

3) Prepare Process Chart

4) Prepare Operation Chart

5) Prepare Pathway Chart

References:

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 Sawsadhannche Vyasthapan ani Gruhsajawat (Marathi), Pimpalapur and co. Publishers, Nagpur.
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**B.A. Part - I Semester II**

**NEP 2020 Level 4.5**

**SEC II**

**Furnishing Fabric in Interior decoration  
July 2023 onwards**

**TOTAL CREDITS: 02**

**Workload: 2 lectures per week**

**THEORY: 2**

**Total Marks – 25**

**Course Outcome**

**Students will able to**

CO 1: Understand importance of furnishings in Interior Decoration

CO 2: Describe different furnishings used in Interior Decoration

CO 3: Apply aesthetic and creative ability for Interior Decoration

CO 4: Develop entrepreneurship skills in Interior Decoration

**Module I: Furnishing in Interior**

10 hrs

a) Importance and need of Furnishing fabric

b) Types of fabric use in Interior decoration

**Module II: Furnishing used in Interior decoration**

20 hrs

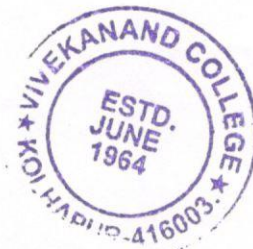
a) Carpets - Types, Selection and care

b) Curtain – Types, Selection and care

c) Bed Cover, Table cloth, cushions

**Reference books:**

1. Deograkerry K.S. : Interior Decoration in India.
2. Deshpande R. S. Building Your Own House, United Book corporation, India.
3. Encyclopedia of Interior Design and Decoration.
4. Falulkner and Faulkner : Inside Today's Home, Helt Rinehort and Winstd, New York.
5. Hall, E. Have Plumbing, New butter wrath.
6. Richard Wilas : Home Furnishing Idas Aura, eiditon, Middlesex.
7. Rutt Anna Hang Have: Furnishing, Willey Eastern Pvt Ltd, Delhi.



“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार”

शिक्षणमहर्षी डॉ. बापूजी साळुंखे

Shri Swami Vivekanand Shikshan Sanstha's

**VIVEKANAND COLLEGE, KOLHAPUR  
(EMPOWERED AUTONOMOUS)**

**B.A. Part - I Semester II**

**NEP 2020 Level 4.5**

**CEP- I**

**Community Engagement in Nutrition**

**July 2023 onwards**

Workload: 2 lectures per week

