





# **Maharaja Surajmal Brij University**

**Bharatpur (Raj.)**

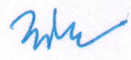
**SYLLABUS**

**HOME SCIENCE**

**BA PART-I, II, III**

**(Session 2020-21)**

**Only For Session  
2020-21**

  
**अकादमिक प्रभारी**  
महाराजा सुरजमल बृज विश्वविद्यालय  
भरतपुर (राज.)



## **B.A. Part I**

### **FAMILY RESOURCE MANAGEMENT (THEORY PAPER -I)**

**Maximum Marks :50**

**Minimum Marks : 18**

**Teaching workload : 3hrs./week**

**Total teaching workload : 72 hrs./year**

#### **Objectives :**

1. To understand the meaning of resources management concepts related to management.
2. To apply managerial process to management of time, energy and money.
3. To understand saving, investment and credit pattern of family.
4. To increase awareness about consumer problems, rights, responsibilities & protection laws

#### **Contents:**

#### **UNIT-I**

##### **Housing**

1. Function & family need of housing
2. Principles of house planning : aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services
3. Elements and principles of arts and design as related to interior decoration with specific reference to color and light
4. Floor decoration with use of elementary art

#### **UNIT-II**

##### **Interior designing**

5. Room arrangement and decoration - arrangement of furniture, furnishings and accessories in various rooms.
6. Kitchen planning, importance of counters, storage, principles, working heights.
7. Household waste & its management by 3R
8. Furniture
  - Types of furniture
  - Selection use & care
  - Arrangement of furniture in various rooms

#### **UNIT-III**

##### **Resource Management**

9. Meaning, definition and importance of home management
10. Process of management:
  - Planning,



- Organization,
  - Implementation,
  - Controlling and evaluation
11. Introduction to motivational factor (meaning and types)
- Values
  - Goals
  - Standards
  - Decision Making
  - Resources
12. Time management :
- Tools in time management
    - (i) Time cost
    - (ii) Peak loads
    - (iii) Work curve and rest periods
  - Process of managing time :
13. Energy Management :
- Process of energy management
  - Fatigue
  - Body mechanics
  - Works simplification, Mundel's Classes of changes
14. Money Management
- Family Income : source & type
  - Budget : Definition & Process of budget making

#### References:

1. Agarwal S. (2009). Grah Prabandh Manual, Shivam book house. Jaipur
2. Birrel Verla Leone (1967). Colour and Design. A Basic Text (Vol. I & II). Digest submitted in requirement for the degree of education in Teacher college Columbia university,
3. Bryan Lawson (1980). How. Designer Think. Architectural press Ltd.
4. David H, Bangs Jr. The market planning guides. Gougotera publishing. 3rd. ED
5. Don Welers (1974). Who buys-A study of the Consumer.
6. Donnelly JH, Gibson JL and Ivancevich JM (1995). Fundamental of Management. Chicago.
7. Fisher CD (1997). Human resource management Chennai : All Indian, publishers and distributors.



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9. Goldstein M & Goldstein V (1967). Art Everything Life. Mc Graw hill books comp. Ltd. New York.
10. Gross I & Crandall E (1963), Management for Modern Families, Appleton Counter Contry .. Craft. New York.
11. Gross IH Crandall, Crandall EW and Knoll MM (1980). Management for modern families Macmillan.
12. Halse Altert O (1978). The use of clour in interior. McGraw Hill Books comp. Ltd. New York. 2nd Ed.
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16. Leland, J. Gordon, Stewart, M, Lee (1974). Economics and consumer. S'Van Nostrand Co. New York 7th Ed.
17. Mullick, Premlata (2000). Textbook of Home Science, Kalyani Publishers, New Delhi.
18. Nickell P and Dosery JM. (1970). Management in family living. Wiley Eastern Ltd. New Delhi
19. Patani M (2010). Hime Management Star Publication, Agra,
20. Sethi M and Seetharaman P (1994). Consumerism - A growing concept. Phoenix Publishing House, New Delhi.
21. Sherlekar SA (1990) Trade Practices & consumerism. Himalaya Publishing House, Mumbai.
22. Steidle RE & Bratton EC (1968). Work in the Home. John Willey and Sons, New York, London.
23. Thomson CH (1970). Home with Character. Massachusetts. C. Health & Co. Lexinngton IIIrd Ed.
24. Varghese MA, Ogle M, Srinivasan K (1985) Home Management. Wiley Eastern Publishers, New Delhi.



## **FAMILY RESOURCE MANAGEMENT (PRACTICAL -I)**

**Maximum marks : 50**

**Minimum marks : 18**

**Teaching workload : 2 practical/week (2hours/practical)**

### **Objectives :**

1. To help students understand various banking procedures.
2. To help students understand house planning and interior decoration.

### **Contents :**

1. Project work on money management :
  - Filling up of slips/forms of bank and post office.
    - i. Application for draft
    - ii. Cheques
    - iii. Withdrawal slip
    - iv. Money order form.
    - v. Application for housing loan
2. Floor decoration : Rangoli & Mandana
3. Flower arrangement : Fresh and dry arrangements, Pottery decoration
4. Best out of waste (one article)
5. House Plans :
  - For various income groups (LIG, MIG, HIG)
    - i. Drawing of architectural symbols of house plan.
    - ii. Furniture symbols
  - Rooms (making any one paper model)
    - i. Drawing Room
    - ii. Dining cum leaving room
    - iii. Bed room
  - Kitchen planning (making any one paper model)
    - i. One wall
    - ii. Two wall
    - iii. L shape

### **Examination scheme :**

**Total Marks : 50 marks**

1. Major: house plan, paper plan of rooms/paper plan of kitchen : 20 marks
2. Minor-I : Table setting/flower arrangement/pottery decoration  
Minor-II : Floor decoration/cleaning/filling of forms: 10 marks
3. Internal - 10 marks



## TEXTILES AND CLOTHING (THEORY PAPER-II)

Maximum marks : 50

Minimum marks : 18

Teaching workload: 3 hrs/week

### Objectives :

The course will lead to :

1. Acquaint students with basic knowledge of textiles and clothing.
2. Familiarize the students to make purchase decisions in selection of clothing
3. Update the students with the recent innovations in the field.
4. Impart knowledge regarding traditional textiles and embroideries of India.

### Contents :

#### UNIT-I

#### Textile Study

##### 1. Fiber

- Classification
- Properties and their importance to the consumer with special reference to the care.
- Natural Fibers
  - (a) Cotton
  - (b) Wool
  - (c) Silk
  - (d) Jute

##### 2. Yarn

- Simple Yarn
- Novelty Yarn
- Textured Yarn

##### 3. Fabric : Different construction methods :

- Weaving
- Parts of loom
- Steps in weaving
- Knitting

##### 4. Finishing

#### Basic Finishes

- Bleaching
- Sizing
- Desizing



### **Functional Finishes**

- Wash and wear
  - Mercerising
  - Sanoforizing
  - Flame retardant
  - Classification of printing
    - i. Direct
    - ii. Resist
    - iii. Discharge
5. Technical textiles
- Categories and use in daily life
    - i. Mobiltech
    - ii. Agrotech
    - iii. Geotech
    - iv. Meditech
    - v. Protech

### **UNIT-II**

#### **Apparel Selection and Care**

6. Selection of suitable fabrics and garments for different ages - infants, toddlers, pre-school children, school going children, adolescents
7. Climate, occasion, occupation, fashion, figure
8. Clothing for people with special needs : maternity and lactation, old age and physically challenged.
9. Labelling
- Textile fiber symbols
10. Wash, Care and storage of
- Silk
  - Wool

### **UNIT-III**

#### **Designing & Traditional Textiles**

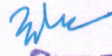
11. Principle of design - Proportion, Harmony, Balance and Emphasis
12. Traditional textile
- Woven : Brocade
  - Printed : Sanganer, Kalamkari
  - Dyed : Bandhani, Patola
  - Embroidered ; Kasuti, Kantha, Phulkari,



**References :**

1. Susheela Dhantyagi "Fundamentals of Textiles and their care" Orient Longman Ltd. 4th edition 1983 Reprinted 1994.
2. Shrivastave K.N. and Gupta M "Pramparagat Bhartiya Vastra" Hindi Granth Academy, 2011
3. Bela Bargava (2003) "Vastra Vigyan Avam dhulai Kriya" University Book House Jaipur
4. Joseph M.L. (19 8), Essentials of Textiles, 5th edition, Holt Rinehart and Winston, New York
5. Ruby Jain (2006) "Basic Stitching Processes" CBH Publications.
6. Daulkar Durga, A Guide to household textile and loundary work, Atma Ram & Sons, New Delhi.
7. Isble B. Wintage-Textile fibers and their selection, Prentice hall Inc, Englewood, clif, N Jersey.

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## TEXTILES AND CLOTHING

**Maximum Marks : 50**

**Minimum Marks : 18**

**Teaching workload-2 practical/week (2hrs./practical) (batch of 20 student each)**

### **Contents :**

#### **Textile**


1. Make a Scrap Book of the Following:
  - a. Fiber Samples - Cotton, Silk, Wool Jute, Nylon plaster
  - b. Fabric Samples - woven knitted and Non Woven - Falt (wool)
2. Printing – Tie & Dye/marketing sample
3. Construction Process in garment making
  - a. Simple Stitches
  - b. Seams and seam finishes
  - c. Darts, Tucks, Pleats and Gathers
  - d. Fasteners- Press - Button, Hook eye Button hole
  - e. Embroidery stitches (at least 10)
4. Garment construction Petticoat

### **Examination Scheme**

**Total Marks - 50 marks**

1. Major - 25 marks
  - Printing
  - Embroidery sample + Garment Construction
2. Minor - 15 marks
  - Weaving/Stain removal/Identification of fibers/Stitcls/Darts, Pleats/Fastners (any two)
3. Internal marks – 10 marks

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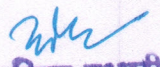
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**HOME SCIENCE**

**BA PART-II**

**(Session 2020-21)**

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## BA PART--II

### HUMAN DEVELOPMENT (THEORY PAPER –III)

**Maximum Marks:50**

**Minimum Marks:18**

**Teaching Workload:3hrs/week**

**Total teaching workload:72 hours/year**

#### **Objectives :**

1. To acquaint the student with the scope and foundation of human development.
2. To understand development through different life span stages.
3. To learn regarding the significant development task of each stage,

#### **Contents :**

#### **UNIT -I**

1. Definition and scope of human development as a field of study
2. Principles of development
3. Factors affecting development.

#### **UNIT II**

#### **Development from conception to adolescence:**

4. Physical development
5. Motor development
6. Socio- emotional development
7. Language and cognitive development

#### **UNIT III**

8. Importance and objectives of early childhood education.
9. Definitions, functions and types of families; changing roles and challenges faced by Indian families
10. Understanding differently abled children; definitions meaning and classification

#### **References:**

1. Santrock JW (2007). Life span development. Tata -McGraw Hill. New Delhi.3rd Ed.
2. Bee H (1995). The developing child. Harper Collins College Publisher.
3. Berk L (2006). Child development. Alyn & Bacon. New York.
4. Cole M and Cole CR (1996). The development of children. W.H. Freeman and Company
5. Rice F (1992). Human development: A Life span Approach. Prentice Hall.
6. Rice FP. Marriage and Parenthood. Alyn and Bacon inc. Toronto.
7. VidhyaBhushanandSachdeva (2000). Introduction to Sociology.



## HUMAN DEVELOPMENT- PRACTICAL - III

Maximum Marks:50

Minimum Marks:18

Teaching Workload: 2 practical/week(2 hours/practical)

### Objectives:

1. Student will gain insight into the growth patterns, developmental characteristics and activities of children in a practical situation.
2. They will also learn to understand significant related to adolescents, adults and ageing people.

### Contents:

1. Interviewing mother of young infants of regarding breast feeding schedules supplementary foods and weaning practices.
2. Organizing and conducting play and creative activities, of children in a nursery school.
3. Preparation and conduction of various activities to enhance overall development of children : physical, motor, language, cognitive, social and emotional.
4. Preparation of a brief questionnaire to identify the problems faced by adults and aging people in communities. Report the information as individual case profile.
5. Preparation of a scrap book on relevant issues of human development.

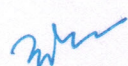
### Examination scheme .

#### Total Marks : 50

1. Major Problem - 25 Marks  
Preparation and conducting of various activities to enhance overall development interviewing mothers of infants,  
Organizing and conducting Play.
2. Minor Problem - 15 Marks  
FGD Preparation of toys, book, poems questionnaire, Anthropometric measurements
3. Internal

10 Marks

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## FOODS & NUTRITION (THEORY PAPER-IV)

Maximum Marks:50

Minimum Marks:18

Teaching Workload:3hrs/week

Total teaching workload:72 hours/week

### Objectives :

1. To give knowledge about basics of nutrition, nutrients and metabolism.
2. To give knowledge about meal planning for families and individuals.
3. To give knowledge about normal and therapeutic nutrition.
4. To give knowledge about nutritional problems of public importance.

### Contents :

#### UNIT -I

1. Definition of Food and Nutrition, 5 Basic Food groups, Balanced diet
2. Functions of Food :
  - Physiological - Hunger, Appetite, Satiety
  - Psychological
  - Social, Economic, Cultural.
3. Functions, Sources, Effect of deficiency, Daily allowances of :
  - Macro Nutrients
    1. Carbohydrates
    - II. Proteins
    - III. Fats
  - Micro Nutrients
    1. Minerals - Calcium, Iron, Iodine, Fluorine
    - II. Vitamins
      - Water soluble - B Complex vitamins, vitamin C
      - Fat soluble - A, D, E & K
  - Energy Metabolism
    - I. BMR and factors affecting BMR/Energy requirement (RDA) and factors affecting energy requirement

#### UNIT -II

4. Meal Planning
  - Advantages & importance of meal planning.
  - Goals of meal Planning
    - I. Other factors - taste, aroma, flavour, texture, temperature, traditions, likes & dislikes.
  - Factors affecting meal planning.

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5. Normal Nutrition - Nutritional requirements, physiological demands, problems, dietary guidelines for :
- Pregnancy
  - Lactation
  - Infancy (With Special emphasis on breastfeeding & complementary feeding)
  - Adolescent

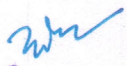
### UNIT – III

6. Therapeutic Nutrition
- Modification of normal diet to therapeutic diet.
  - Dietary management of the following.
    - i. Diseases of the gastrointestinal tract - Diarrhoea, Constipation. Dyspepsia/Indigestion
    - ii. Fevers
    - iii. Liver - Jaundice
    - iv. Diabetes
7. Nutrition Problems of public Health Importance and their management :
- Protein Energy malnutrition
  - Anaemia
  - Iodine Deficiency Disorder

### References :

1. Srilakshmi B (2011). Dietetics. New Age International publishers
2. Srilakshmi B Food science, New Age International (P) Ltd. Publishers, New delhi
3. Swaminathn MS (2010) Aharevam Poshan, NR Brother, MY hospital marg, Indore
4. Kumud Khanna, Shardagupta, Santosh Jain Passi, Rama Sethi, Ranjana Mahna & Seema Puri (2005), Elite publishing house Pvt. Ltd. Ansari Road, Darya Ganj, New Delhi
5. Mudambi, S.R. AND Rajgopal. M.V. 1997 Fundamentals of food & nutrition, New Age International (P) Ltd, New Delhi.

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## FOODS AND NUTRITION PRACTICAL- IV

Maximum Marks:50

Minimum Marks:18

Teaching Workload: 7 practicals/ week (2hrs/practicals)

### Contents:

1. Methods of cooking: -Preparation of any dishes using the following methods of cooking
  - Boiling-for e.g. Rice, Tea, coffee
  - Steaming-Idli, Dhokla, Muthia
  - Simmering -Kheer, rabdi, khadhi, custard, stews-apple & pear
  - Frying
    - I. Shallow-Cheela, parantha, tikki
    - II. Deep- pao, mathri, samosa, kofta etc.
    - III. Baking-cake, biscuit, nan khatai
    - IV. Roasting-papad, moongphali (groundnuts)
2. Cereal Cookery-cheela, bhatura, rice, (plain, pulao, sweet), khichdi, daliya, upma, halwa, mathri, pizza
3. Legumes & pulses-daal (plain & daal fry), rajma, chhole, dal makhani, kadhi, mangodi, dahivada, dal pakodi, besanpakodi, sprout chaat, daalhalwa.
4. Milk & Milk products, kheer, fruit custard, raita
5. Soups-clear& cream including Indian soups-palak, tomato, mix veg.
6. Savory food preparation- dosa, uttupam, cutlets, burger, samosa, kofta, kachori, spring rolls, bhel puri.
7. Sweets-coconut barfi, gujiya
8. Meal planning for
  - Pregnant woman
  - Lactating woman
9. Plan dishes rich in
  - Protein
  - Iron

### Examination Scheme:

Total Marks: 50

25 Marks

#### Major Problems

1. Meal planning and preparation of one dish for any one of the following

- Pregnant woman
- Lactating woman
- Packed lunch for school going child adult man/woman
- Elderly

15 Marks

2. Minor Problem

Preparation of one dish from

- Any one method of cooking
- Any one food group (cereals, vegetables, milk etc.)

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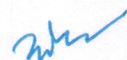
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**HOME SCIENCE**

**BA PART-III**

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**B.A. PART-III**  
**MOTHER AND CHILD CARE (THEORY PAPER V)**

**Maximum Marks: 50**

**Minimum marks: 18**

**Teaching workload: 3 hrs/week**

**Total teaching workload: 72 hours/year**

**Objectives :**

1. To understand importance of reproductive cycle
2. To understand the basic care of mother during pregnancy and lactation
3. To understand the problems /complications during pregnancy and their management.
4. To understand the basic care of newborns and infants.
5. To understand the Danger Sign and Common ailments of newborns and their management.

**Contents**

**Unit - I**

**Health of the Mother**

1. Menstruation & Fertility:
  - Normal Menstrual Cycle
  - Process of Reproduction
2. Pregnancy:
  - Sign & Symptoms
  - Use of Pregnancy Kits
  - Signs & Symptoms
  - Common Ailments
  - Abortions-causes & Care of Mother
3. Health & nutritional care during Pregnancy & lactation:
  - Antenatal Care:
    - i. Registration of Pregnancy
    - ii. Common ailments during pregnancy & their management: morning sickness, heartburn, indigestion, constipation, piles, leg cramps, sleeplessness, frequency of micturition, edema, varicose veins
    - iii. Antenatal Checkups & their importance
  - Intra natal care:
  - Danger signs during delivery & management & when to refer
  - Post natal care:
    - i. Complications during post parrum period & their management
    - ii. Post natal Checkups



## Unit II

### Care of New Born

#### 4. New born:

- Nutritional care of New Born (referring to Integrated Management of Neonatal Childhood illness).
- Common ailments of newborns and their management-diarrhea, constipation, flatulence, vomiting, colic, malnutrition, napkin rash, umbilical infection, acute respiratory infections

## Unit III

#### 5. Immunization & growth monitoring of infant and young child

#### 6. Nutritional care of infant & young child (referring to Infant and Young child nutrition guidelines)

- Infancy
  - i. Importance of breastfeeding, early initiation, colostrums
  - ii. Exclusive breastfeeding - techniques of breastfeeding
- Complementary feeding:
  - i. Importance of complementary, feeding

#### 7. Use of Mother & Child protection card

#### 8. Mother and Child Health Nutrition Programme

- Janani Shishu Suraksha Yojana
- Reproductive and Child Health

#### 9. Family Planning

- Advantages & importance
- Abortions-causes & care of mother

### References:

1. Sudha Narayanan & Anupama Narayana (2000). Mothercraft Research Publications. 89 Tripolia Bazar, Jaipur. ISBN 8185789-88-62.
2. Park JE & Park JS (1995). Essentials of Community health Nursing. M/s Banarsidas Bhanot Publishers. 1167 Prem Nagar, Jabalpur. 482001. 2nd Edition. ISBN 81-90011871
3. Dr. Subhash C. Arya (2007). Infant & Child care for the Indian Mother. ISBN 8125914412
4. Shanti Ghosh (2004). Nutrition and Child care: A practical guide. Jaypee Publishers. Second Edition. ISBN: 9788180612077
5. First Aid to the injured. Authorised Manual of St. John Ambulance. I cross road, New Delhi 110001
6. Module 1-8 developed for Asha Sahyoginis.



## MOTHER AND CHILD CARE (PRACTICAL V)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

### Content

#### 1. Use of Pregnancy kits

- Safe Days
- Menstrual Hygiene
- Hygienic use & disposal of Sanitary pads.

#### 2. Use of Mother & Child Protection Card

- Registration & personal details
- Antenatal care
- Danger signs of pregnancy
- Diet during pregnancy
- Planning of low cost nutritious recipe for pregnant mother
- Internal care
- Post antenatal care
- Checkups planning of low cost nutrition's recipes for lactating mother
- Danger signs of new born
- New born care
- Immunization
- Growth monitoring - Demonstration of weighting & measurement of child
- Guidelines for child care

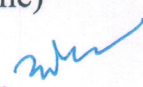
#### 3. Management of Diarrhea

- Skin pinch test for identifying dehydration
- Feeding schedule
- Preparation of oral rehydration solution

#### 4. First aid & home nursing

- First Aid during
  - i. Burns & Scalds
  - ii. Cuts & wounds (Tetanus Toxoid vaccine)
  - iii. Sprains & fractures
  - iv. Unconsciousness
  - v. Electric shock
  - vi. Animal bite - dog, monkey, snake (importance of vaccine)

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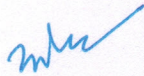
- vii. Poisons
- viii. Heat stroke
- Care in infectious disease
  - i. Isolation
  - ii. Prevention of infection through fomites
  - iii. Ventilation & Disinfection
  - iv. Baby weighing scale, ARIT inner & thermometer, first aid box.

### **Examination scheme**

#### **Total Marks: 50 marks**

1. Major problem - 20 marks  
Planning and preparation of low cost recipe for any one
  - Pregnant/ Lactating mother
  - Supplementary foods/ premixes
2. Minor Problem - 15 marks
  - Use of pregnancy kit
  - Management of diarrhea, care of infectious disease, use of Mother & child card
3. Viva voce 5 marks
4. Internal-10 marks

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2020-21**

  
**अकादमिक प्रभारी**  
महाराजा गुरुजानल दृष्ट विश्वविद्यालय  
भरतपुर (राज.)



**EXTENSION EDUCATION AND COMMUNICATION  
(THEORY PAPER VI)**

**Maximum Marks: 50**

**Minimum marks: 18**

**Teaching workload: 3 hrs/week**

**Total teaching workload: 72 hours/year**

**Objectives:**

1. To make the students understand the concept of extension and its related aspects.
2. To understand the support of national and international agencies in extension.
3. To sensitize the students and help them to understand the process of communication and its importance in extension teaching.

**Contents**

**Unit -I** **Hours**

**Extension Education**

1. Concept and Meaning- Non Formal Education, Formal Education, Informal Education, Extension Education 3
2. Objectives and principles of Extension Education 4
3. Role and qualities of extension worker 2
4. Extension teaching methods- Personal, Group and mass approach 5

**UNIT-II**

5. Communication 4
  - Concept, meaning and process of communication 4
  - Elements and models of communication- Aristotle, Leagens, 5
  - Functions and barriers of communications: 4
6. Audio visual aids 3
  - Meaning and use of audio visual aids 2
7. Media 3
  - Basic concepts of traditional and modern methods of communication 2
  - Relative advantages and limitations of traditional and modern methods of communication 2

**UNIT III**


8. Support structure and functions - 8
  - Panchayati Raj - Concept, objectives, and structural organisation. Role of Panchayati Raj for Women empowerment 8
  - Village organisations - village school, Cooperatives and KVK's 8
  - Role of UNDP, UNICEF, NIRD, NIPCCD, CSWB 8



**References:**

1. Dahama OP (1988). Education and communication for development. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.
2. Supe SV (1997). An Introduction to Extension Education. Oxford BH publishing Co. Pvt. Ltd. New Delhi.
3. Jain R (1993). Mass Media and Rural Development, Vol. III. Manak Publication Pvt. Ltd. New Delhi.
4. Pankajam G (2000). Extension - Third Dimension of Education. Gyan Publishing House. New Delhi.
5. हरपालानी बी.डी. 1998 : गृह विज्ञान में प्रसार शिक्षा, स्टार पब्लिकेशन, आगरा
6. शॉ सुगीता पुष्प और शॉ जामस शीला 2011 : प्रसाद शिक्षा, श्री विनोद पुस्तक मन्दिर, आगरा-2

**Only For Session  
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## **EXTENSION EDUCATION AND COMMUNICATION (PRACTICAL VI)**

(Based on the institution's choice)

Vocation Oriented Practical (in the form of training, internship, demonstration)

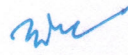
One practical to be selected by the institution based on the available infrastructure and facilities.

\*One of the following any two practicals to be selected by the institution

- Food Preservation
- Extension Activity Management

The student has to opt for the any one practical selected by her institution.

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## FOOD PRESERVATION

**Maximum marks: 50**

**Minimum marks: 18**

**Teaching workload: 2 practical/ week (2 hours/ practical)**

**Total teaching workload: 24 practical/ batch**

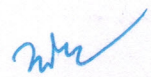
### **Objectives:**

1. To enable the students to develop skills in food preservation.
2. To encourage the students to use these skills at small scale level.

### **Content :**

1. Theory of Preservation : Need, importance, principles of food spoilage, principle of food preservation, various methods of food preservation
2. Development of skills in preparation of:
  - Dried fruits and vegetables
    - i. Sun drying ( Curry leaves, mint, methi, coriander, cauliflower, amla, kair-sangri, guar-fali, amchur, onion, peas, kachri, red chillis)
  - Juices
    - i. Lemon
    - ii. Orange
  - Syrups
  - Jams
    - i. Apple
    - ii. Mixed fruit
    - iii. Tomato Ketchup
    - iv. Tomato Chutney
  - Pastes & Purees
    - i. Onion
    - ii. Garlic
    - iii. Tomato puree
  - Pickles
    - i. Mango
    - ii Mix Vegetables
    - iii. Kair
    - iv. Chilli
    - v. Lemon

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## EXTENSION ACTIVITY MANAGEMENT

Maximum marks: 50

Minimum marks: 18

Teaching Workload: 2 practical/ week (2 hours/ practical)

1. To impart knowledge regarding process of extension activity management.
2. To develop the skills in organizing extension activity at the community level.

### Practicals

1. Theoretical understanding of process of programme/extension activity management.
2. Organise following extension activities from the area of home science:

- Workshop/seminar
- Exhibition

could be taken up in rural/urban/slum community in a group on the basis of following steps

- Identification of the activity - nature, duration, number of participants etc.
- Plan of the activity - selection of venue, resource management (men, material/infrastructure, and money), and delegation of responsibility.
- Scheduling of the activity
- Publicity of the activity
- Organising the activity
- Overall supervision
- Report writing

### Examination scheme:

#### Total Marks: 50 marks

1. Major Problem: 20 Marks

Plan strategy to publicise the chosen extension activity and prepare any one aid out of them.

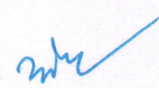
2. Minor Problem: 15 Marks

Prepare financial budget for the planned activity or prepare scheduling of activities according to allotted time.

3. Viva: 5 Marks

4. Internal: 10 Marks

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