

**Saurashtra University Rajkot**  
**Second Year Bachelor of Home Science – Major: Food and Nutrition Semester – 4**

| Paper No. | Course                                                   | Subject                        | Credit |           |       | Total Hours | Marks |    |     |     | Exam Hours |           |
|-----------|----------------------------------------------------------|--------------------------------|--------|-----------|-------|-------------|-------|----|-----|-----|------------|-----------|
|           |                                                          |                                | Theory | Practical | Total |             | CCE   | PM | SEE | TM  | Theory     | Practical |
| ✓ 1       | Major Core Course CC8                                    | Meal Planning – 2              | 3      | 1         | 4     | 5           | 25    | 25 | 50  | 100 | 2 Hrs      | 3 Hrs     |
| ✓ 2       | Major Core Course CC9                                    | Food Preservation              | 3      | 1         | 4     | 5           | 25    | 25 | 50  | 100 | 2 Hrs      | 3 Hrs     |
| ✓ 3       | Major Core Course CC10                                   | Diet Therapy                   | 3      | 1         | 4     | 5           | 25    | 25 | 50  | 100 | 2 Hrs      | 3 Hrs     |
| ✓ 4       | Minor Core Course MC3<br>Choose any one from the basket  | Adolescent Period              | 3      | 1         | 4     | 5           | 25    | 25 | 50  | 100 | 2 Hrs      | 3 Hrs     |
|           |                                                          | Event Management               | 3      | 1         | 4     | 5           | 25    | 25 | 50  | 100 | 2 Hrs      | 3 Hrs     |
| ✓ 5       | Ability Enhancement AEC 4 Choose any one from the basket | Household Equipments           | 2      | 0         | 2     | 2           | 25    | 0  | 25  | 50  | 1 Hr       |           |
|           |                                                          | Financial Literacy and Banking | 2      | 0         | 2     | 2           | 25    | 0  | 25  | 50  | 1 Hr       |           |
| ✓ 6       | Skill Enhancement SEC 4 Choose any one from the basket   | Life Skills Education          | 1      | 1         | 2     | 3           | 10    | 15 | 25  | 50  | 1 Hr       | 2 Hr      |
|           |                                                          | Digital Empowerment            | 1      | 1         | 2     | 3           | 10    | 15 | 25  | 50  | 1 Hr       | 2 Hr      |
| ✓ 7       | Value Added Course 2<br>Choose any one from the basket   | Ayurveda and Nutrition         | 2      | 0         | 2     | 2           | 25    | 0  | 25  | 50  | 1 Hr       |           |
|           |                                                          | Yoga                           | 2      | 0         | 2     | 2           | 25    | 0  | 25  | 50  | 1 Hr       |           |
|           |                                                          | Traffic Education              | 2      | 0         | 2     | 2           | 25    | 0  | 25  | 50  | 1 Hr       |           |



| B. Sc (HOME SCIENCE) |    |                                                                                         |              |               |
|----------------------|----|-----------------------------------------------------------------------------------------|--------------|---------------|
| YEAR                 | II | MEAL PLANNING -II<br>PAPER NO. 1<br>MAJOR CORE COURSE CC8<br>MAJOR – FOOD AND NUTRITION | CREDIT       | 04<br>(03+01) |
| SEMESTER             | IV |                                                                                         | HOURS/<br>WK | 05<br>(03+02) |
| Total Marks: 100     |    | Internal: 25                                                                            | Theory: 50   | Practical: 25 |

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે? હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ? હા
3. Value added Courses Imparting Transferable and Life Skills ના ગુણો ધરાવે છે? હા
4. Major ☒ Minor ☐ Skill Enhancement Courses ☐  
Ability Enhancement Courses ☐ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☐ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસંગિક જોગવાઈ કરાયેલ છે ? ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે? હા
8. SwaShram પ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે? ના
9. ઇન્ડીયનનોલેજસીસ્ટમ (IKS) પર આધારિત વિષય છે? ના

| B. Sc (HOME SCIENCE)   |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |            |               |               |
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| YEAR                   | II | MEAL PLANNING -II<br>PAPER NO. 1<br>MAJOR CORE COURSE CC8<br>MAJOR – FOOD AND NUTRITION                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |            | CREDIT        | 04<br>(03+01) |
| SEMESTER               | IV |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |            | HOURS/<br>WK  | 05<br>(03+02) |
| Total Marks: 100       |    | Internal: 25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Theory: 50 | Practical: 25 |               |
| OBJECTIVES             |    | This course will enable the students to<br>1. Understand the importance of meal planning.<br>2. Gain knowledge about dietary management of different age group.<br>3. Know about RDA and healthy food choices.                                                                                                                                                                                                                                                                                                                                           |            |               |               |
| LEARNING OUTCOMES      |    | Knowledge on importance of meal planning, dietary management of different age groups, food pyramid & diet planning for different age– all these lay a foundation for a career in Nutrition and Dietetics                                                                                                                                                                                                                                                                                                                                                 |            |               |               |
| COURSE CONTENT: THEORY |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |            |               |               |
| UNIT -I                |    | Nutrition during Infancy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |            | 10            |               |
|                        |    | <ul style="list-style-type: none"><li>• Infants</li></ul> <ol style="list-style-type: none"><li>1 Growth and development during infancy in brief.</li><li>2 Nutrition Requirements.</li><li>3 Breast feeding.<ul style="list-style-type: none"><li>- Colostrums</li><li>- Advantages of Breast feeding</li></ul></li><li>4 Weaning.<ul style="list-style-type: none"><li>- Meaning, addition of liquid, semi – solid and solid foods.</li><li>- Points to be considered in introducing weaning foods.</li><li>- Problems in weaning.</li></ul></li></ol> |            |               |               |

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|                    | <b>5 Artificial Feeding.</b> <ul style="list-style-type: none"> <li>- Advantages and disadvantages of bottle feeding</li> <li>- Modification of the formula</li> </ul> <b>6 Feeding the preterm baby.</b>                                                                                                                                                                                                                                                       |           |
|                    | <b>7 Supplementary foods.</b> <ul style="list-style-type: none"> <li>- Different supplementary foods.</li> <li>- Low cost supplementary foods developed in India..</li> </ul>                                                                                                                                                                                                                                                                                   |           |
| <b>UNIT -II</b>    | <b>Nutrition during childhood</b>                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• <b>Preschool children</b> <ol style="list-style-type: none"> <li>1 Nutritional Requirements.</li> <li>2 Meal planning for pre – school child.</li> <li>3 Nutrition Related problems of preschoolers.</li> </ol> </li> <li>• <b>School children.</b> <ol style="list-style-type: none"> <li>1 Nutritional Requirements.</li> <li>2 Meal planning for school child and planning for packed lunch.</li> </ol> </li> </ul> |           |
| <b>UNIT -III</b>   | <b>Nutrition during Adolescence</b>                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• <b>Adolescents</b> <ol style="list-style-type: none"> <li>1 Nutritional Requirement.</li> <li>2 Meal planning for the adolescent.</li> <li>3 Nutritional problems.</li> </ol> </li> </ul>                                                                                                                                                                                                                              |           |
| <b>UNIT-IV</b>     | <b>Nutrition for Industrial Worker</b>                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• Nutritional Requirements.</li> <li>• Causes of malnutrition among Industrial Workers.</li> <li>• Measures for improving worker's nutrition.</li> </ul>                                                                                                                                                                                                                                                                 |           |
| <b>UNIT – V</b>    | <b>Nutrition for Athletes.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• Nutritional Requirements.</li> <li>• Meal composition and athletic performance.</li> <li>• Diet for Athletes.</li> </ul>                                                                                                                                                                                                                                                                                               |           |
| <b>Total Hours</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>50</b> |
| <b>PRACTICALS</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |
|                    | <b>1 Introduction to meal planning</b> <ul style="list-style-type: none"> <li>• Use food exchange list</li> </ul>                                                                                                                                                                                                                                                                                                                                               |           |
|                    | <b>2 Planning and preparation of diets and dishes for</b> <ul style="list-style-type: none"> <li>• Infants</li> <li>• Preschool children</li> <li>• School children</li> <li>• Adolescents</li> </ul>                                                                                                                                                                                                                                                           |           |
|                    | <b>3 Planning complementary food for infants.</b>                                                                                                                                                                                                                                                                                                                                                                                                               |           |
| <b>REFERENCES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |
|                    | <b>1 Seth V and Singh K (2006). <i>Diet Planning through the Life Cycle: Part I Natural Nutrition. A Practical M rition</i>, ICMR, Hyderabad.</b>                                                                                                                                                                                                                                                                                                               |           |
|                    | <b>2 Khanna K. Gupta S. Seth R, Passi SJ, Mahna R, Puri S (2013). <i>Textbook of Nutrition and Dieteties</i>. Phoenix Publishing House Pvt. Ltd.</b>                                                                                                                                                                                                                                                                                                            |           |



|   |                                                                                                                          |
|---|--------------------------------------------------------------------------------------------------------------------------|
| 3 | Wardlaw GM, Hampi JS, DiSilvestro RA (2204). <i>Perspectives in Nutrition</i> . 6 <sup>th</sup> edition. McGraw Hill.    |
| 4 | ICMR (2011) <i>Dietary Guidelines for Indians</i> . Published by National Institute of Nutrition, Hyderabad.             |
| 5 | ICMR (2010) <i>Recommended Dietary Allowances for Indians</i> . Published by National Institute of Nutrition, Hyderabad. |
| 6 | Chadha R and Mathur P eds. <i>Nutrition: A Lifecycle Approach</i> . Orient Blackswan, New Delhi. 2015.                   |
| 7 | ICMR (2011) <i>Dietary Guidelines for Indians</i> . Published by National Institute of Nutrition, Hyderabad.             |
| 8 | Hina Shah & Daxa Solanki (2009) <i>Meal Planning</i> , First Edition, Pravin Prakashan, Rajkot.                          |

| YEAR             | II           | B. Sc (HOME SCIENCE)                                                                    |                                                    |
|------------------|--------------|-----------------------------------------------------------------------------------------|----------------------------------------------------|
| SEMESTER         | IV           | FOOD PRESERVATION<br>PAPER NO. 2<br>MAJOR CORE COURSE CC9<br>MAJOR – FOOD AND NUTRITION | CREDIT 04<br>(03+01)<br>HOURS/<br>WK 05<br>(03+02) |
| Total Marks: 100 | Internal: 25 | Theory: 50                                                                              | Practical: 25                                      |

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે? હા
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3. Value added Courses Imparting Transferable and Life Skills ના ગુણો ધરાવે છે? હા
4. Major ☒ Minor ☐ Skill Enhancement Courses ☐  
Ability Enhancement Courses ☐ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☐ Multidisciplinary ☐ Interdisciplinary ☐
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| B. Sc (HOME SCIENCE)   |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                |            |
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| YEAR                   | II | FOOD PRESERVATION                                                                                                                                                                                                                                                                                                                                                                                                                              |            |
| SEMESTER               | IV | PAPER NO. 2                                                                                                                                                                                                                                                                                                                                                                                                                                    |            |
|                        |    | MAJOR CORE COURSE CC9                                                                                                                                                                                                                                                                                                                                                                                                                          |            |
|                        |    | MAJOR – FOOD AND NUTRITION                                                                                                                                                                                                                                                                                                                                                                                                                     |            |
| Total Marks: 100       |    | Internal: 25                                                                                                                                                                                                                                                                                                                                                                                                                                   | Theory: 50 |
|                        |    | Practical: 25                                                                                                                                                                                                                                                                                                                                                                                                                                  |            |
| OBJECTIVES             |    | To enable students to<br>1. To gain knowledge regarding principles of food preservation.<br>2. To prepare students for home scale production of preservation products such as jam, jelly, tomato ketchup etc.<br>3. To teach students different methods of food preservation.<br>4. To appraise the students of the latest development in food preservation.<br>5. To understand cookery as science<br>6. To apply science to food preparation |            |
| LEARNING OUTCOMES      |    | Students will gain knowledge on different types of preserved foods available in market and gain knowledge of foods preservation principles- all these lay a foundation for a career in food industries and knowledge for starting new food processing industries.                                                                                                                                                                              |            |
| COURSE CONTENT: THEORY |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                |            |
| UNIT – I               |    | Food Preservation                                                                                                                                                                                                                                                                                                                                                                                                                              | 10         |
|                        |    | <ul style="list-style-type: none"><li>• Introduction, Importance and problems of food preservation's industries in India</li><li>• Principles of food preservation</li><li>• Methods of food preservation ( Bacteriostatic methods and Bactericidal methods</li></ul>                                                                                                                                                                          |            |

|             |                                                                                                                                                                           |    |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| UNIT - II   | Review of Nutritive value and Composition of Perishable foods                                                                                                             | 10 |
|             | • Vegetables, fruits, Milk and Milk Product, Meat, Fish and eggs                                                                                                          |    |
| UNIT - III  | Food Spoilage                                                                                                                                                             | 10 |
|             | • Causes of food spoilage                                                                                                                                                 |    |
| UNIT - IV   | Preservation of fruits                                                                                                                                                    | 10 |
|             | • Fruit juice, Fruit juice based beverages and fruit juice concentrate<br>• Jam, Jelly, Marmalade                                                                         |    |
| UNIT -V     | Preservation of fruits and vegetables                                                                                                                                     | 10 |
|             | • Tomato products (Chutney and Sauces)<br>• Pickles                                                                                                                       |    |
| Total Hours |                                                                                                                                                                           | 50 |
| PRACTICALS  |                                                                                                                                                                           |    |
| 1           | Prepare the following food products in the laboratory<br><br>1. Syrup<br>2. Squash<br>3. Jam<br>4. Jelly<br>5. Marmalade<br>6. Pickles<br>7. Chutney<br>8. Tomato ketchup |    |
| REFERENCES  |                                                                                                                                                                           |    |
| 1           | Foundations of food preparation - Peckham. Macmillan Publishing Co. Inc. New Work.                                                                                        |    |
| 2           | Modern Cookery Vol. I and II - Thangam E. Phillip. Orient Longman Publication.                                                                                            |    |
| 3           | "Basic food preparation" Department of Foods and Nutrition, Orient Longman Publication, New Delhi                                                                         |    |
| 4           | G. Subbulakshmi - Shobha A. Udipi, "Food Processing and Preservation", New Age International Publisher.                                                                   |    |
| 5           | Girdharilal, G.S. Siddappa - G.L. Tandon, Preservation of Fruits and Vegetables.                                                                                          |    |
| 6           | M. Swaminathan, "Food Science, Chemistry and Experimental Foods".                                                                                                         |    |



| B. Sc (HOME SCIENCE) |    |                                                                                    |              |               |
|----------------------|----|------------------------------------------------------------------------------------|--------------|---------------|
| YEAR                 | II | DIET THERAPY<br>PAPER NO.3<br>MAJOR CORE COURSE CC10<br>MAJOR – FOOD AND NUTRITION | CREDIT       | 04<br>(03+01) |
| SEMESTER             | IV |                                                                                    | HOURS/<br>WK | 05<br>(03+02) |
| Total Marks: 100     |    | Internal: 25                                                                       | Theory: 50   | Practical: 25 |

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે? હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ? હા
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4. Major ☒ Minor ☐ Skill Enhancement Courses ☐  
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6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસાંગિક જોગવાઈ કરાયેલ છે ? ના
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8. Swaam પ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે? ના
9. ઇન્ડિયનનોલેજસીસ્ટમ (IKS) પર આધારિત વિષય છે? ના

| B. Sc (HOME SCIENCE)   |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |            |               |               |
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| YEAR                   | II | DIET THERAPY<br>PAPER NO.3<br>MAJOR CORE COURSE CC10<br>MAJOR – FOOD AND NUTRITION                                                                                                                                                                                                                                                                                                                                                                                                                                             |            | CREDIT        | 04<br>(03+01) |
| SEMESTER               | IV |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |            | HOURS/<br>WK  | 05<br>(03+02) |
| Total Marks: 100       |    | Internal: 25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Theory: 50 | Practical: 25 |               |
| OBJECTIVES             |    | 1. To understand the role of diet therapy.<br>2. Classify therapeutic diets and adaptation of normal diet.<br>3. Learn the different modes of feeding.<br>4. To gain knowledge on the dietary modifications for various diseases.                                                                                                                                                                                                                                                                                              |            |               |               |
| LEARNING OUTCOMES      |    | The students will be imbibed with knowledge, skills and under-standing of the subject which will help them to enter professions of teaching, research, counselling etc. after higher studies in related fields.                                                                                                                                                                                                                                                                                                                |            |               |               |
| COURSE CONTENT: THEORY |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |            |               |               |
| UNIT – I               |    | Introduction                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |            | 10            |               |
|                        |    | 1.Application of the principles of diet therapy <ul style="list-style-type: none"><li>• Tips for diet prescription</li><li>• Dietetic care in hospital patients</li><li>• Team approach to health care &amp;role of dietitian in the hospital &amp; community</li><li>• Assessment of patient needs</li></ul> 2. Modes of feedings <ul style="list-style-type: none"><li>• Enteral</li><li>• Tube Feeding</li><li>• Composition of tube feeds and their preparation</li><li>• Parenteral feeding: Indication for use</li></ul> |            |               |               |

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| <b>UNIT - II</b>   | <b>Diet in Special Conditions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>10</b> |
|                    | 1. Risk factors for Chronic Degenerative Disorders <ul style="list-style-type: none"> <li>• Diet for healthy living</li> </ul> 2. Diet in special conditions <ul style="list-style-type: none"> <li>• Dietary management in febrile conditions, infections and HIV</li> <li>• Diet and surgery – Pre operative and post operative nutrition</li> </ul>                                                                                                                            |           |
| <b>UNIT - III</b>  | <b>Etiology, Diagnosis and Dietary Management of Obesity and Underweight</b>                                                                                                                                                                                                                                                                                                                                                                                                      | <b>10</b> |
|                    | 1. Obesity <ul style="list-style-type: none"> <li>• Types and causes of obesity, prevention and treatment</li> <li>• Criteria for obesity and overweight.</li> <li>• Dietary management of obesity, types of diet and desirable rate of loss of weight</li> </ul> 2. Underweight <ul style="list-style-type: none"> <li>• The problem of underweight</li> <li>• Definition, etiology and assessment</li> <li>• Anorexia nervosa, bulimia</li> <li>• Dietary management</li> </ul> |           |
| <b>UNIT - IV</b>   | <b>Etiology, Diagnosis and Dietary Management of common Gastro intestinal disturbances</b>                                                                                                                                                                                                                                                                                                                                                                                        | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• Constipation</li> <li>• Diarrhoea</li> <li>• Peptic Ulcer</li> <li>• Ulcerative Colitis</li> </ul>                                                                                                                                                                                                                                                                                                                                       |           |
| <b>UNIT - V</b>    | <b>Etiology, Diagnosis and Dietary Management of Anemia</b>                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• Nutritional Anemia</li> <li>• Sickle cell Anemia</li> <li>• Megaloblastic Anemia</li> <li>• Pernicious Anemia</li> <li>• Anemia due to acute hemorrhages</li> </ul>                                                                                                                                                                                                                                                                      |           |
| <b>Total Hours</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>50</b> |
| <b>PRACTICALS</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |
| 1                  | Planning and preparation of <ul style="list-style-type: none"> <li>• Clear liquid diet</li> <li>• Full liquid diet</li> <li>• Soft diet</li> <li>• Tube feeding</li> </ul>                                                                                                                                                                                                                                                                                                        |           |
| 2                  | Planning and preparation of diets for <ul style="list-style-type: none"> <li>• Typhoid</li> <li>• Patient with tuberculosis</li> <li>• Patient with HIV infection</li> </ul>                                                                                                                                                                                                                                                                                                      |           |
| 3                  | Planning and preparation of diets for <ul style="list-style-type: none"> <li>• Underweight</li> <li>• Obesity</li> </ul>                                                                                                                                                                                                                                                                                                                                                          |           |



|                   |                                                                                                                                                                      |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4                 | To plan and prepare diets for <ul style="list-style-type: none"><li>• Constipation</li><li>• Diarrhoea</li><li>• Peptic Ulcer</li><li>• Ulcerative Colitis</li></ul> |
| 5                 | Plan & Prepare diet in <ul style="list-style-type: none"><li>• Nutritional Anemia</li><li>• Megaloblastic Anemia</li></ul>                                           |
| <b>REFERENCES</b> |                                                                                                                                                                      |
| 1                 | Corinne H Robinson, Marilyn R Lawler – Normal and Therapeutic Nutrition, 17 <sup>th</sup> Edi Oxford and IBH Publishing Co., New Delhi                               |
| 2                 | S.R. Williams – ESSENTIALS OF NUTRITION AND DIET THERAPY, 5 <sup>TH</sup> Edi, Times Mirror / Mosby College Publishing, Boston.                                      |
| 3                 | Kathleen Mahan, Sylvia Stamp – Food, Nutrition and Diet Therapy – 11 <sup>th</sup> Edi, W.B. Saunders Co., Philadelphia                                              |
| 4                 | Krause M.V. and Hinster M.- Food, Nutrition and Diet Therapy, W.B. Saunders                                                                                          |
| 5                 | SOME THERAPETUTIC DIETS, NIN, Hyderabad                                                                                                                              |
| 6                 | Vaid B. M. - Diet Therapy, Saurashtra University                                                                                                                     |
| 7                 | Vaid B. M. - Therapeutic Nutrition, Saurashtra University                                                                                                            |

|                         |                     |                             |                      |                |
|-------------------------|---------------------|-----------------------------|----------------------|----------------|
| <b>YEAR</b>             | <b>II</b>           | <b>B. Sc (HOME SCIENCE)</b> | <b>CREDIT</b>        | <b>04</b>      |
| <b>SEMESTER</b>         | <b>IV</b>           | <b>EVENT MANAGEMENT</b>     |                      | <b>(03+01)</b> |
|                         |                     | <b>PAPER NO. 4</b>          | <b>HOURS/</b>        | <b>05</b>      |
|                         |                     | <b>MINOR COURSE MC 03</b>   | <b>WK</b>            | <b>(03+02)</b> |
| <b>Total Marks: 100</b> | <b>Internal: 25</b> | <b>Theory: 50</b>           | <b>Practical: 25</b> |                |

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે? હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ? હા
3. Value added Courses Imparting Transferable and Life Skills ના ગુણો ધરાવે છે? હા
4. Major ☐ Minor ☒ Skill Enhancement Courses ☐  
Ability Enhancement Courses ☐ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☐ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસંગિક જોગવાઈ કરાયેલ છે? ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે? હા
8. Swaam પ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે? ના
9. ઇન્ડિયનનોલેજસીસ્ટમ (IKS) પર આધારિત વિષય છે? ના

| B. Sc (HOME SCIENCE)   |    |                                                                                                                                                                                                                                                                                                                                                 |            |               |               |
|------------------------|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------|---------------|
| YEAR                   | II | EVENT MANAGEMENT<br>PAPER NO. 4<br>MINOR COURSE MC03<br>MAJOR – FOOD AND NUTRITION                                                                                                                                                                                                                                                              |            | CREDIT        | 04<br>(03+01) |
| SEMESTER               | IV |                                                                                                                                                                                                                                                                                                                                                 |            | HOURS/<br>WK  | 05<br>(03+02) |
| Total Marks: 100       |    | Internal: 25                                                                                                                                                                                                                                                                                                                                    | Theory: 50 | Practical: 25 |               |
| OBJECTIVES             |    | 1. To prepare student for project management to the creation and development of festivals and event.<br>2. To provide knowledge for event planning process and tools and strategy                                                                                                                                                               |            |               |               |
| LEARNING OUTCOMES      |    | Students will be able to:<br>1. Demonstrate an understanding the need for event planning and management.<br>2. Demonstrate the ability to develop leadership, market research as well design and market an event.<br>3. Understand various steps of successful execution of an event.<br>4. Understand the policies and challenges of catering. |            |               |               |
| COURSE CONTENT: THEORY |    |                                                                                                                                                                                                                                                                                                                                                 |            |               |               |
| UNIT – I               |    | Introduction                                                                                                                                                                                                                                                                                                                                    |            | 10            |               |
|                        |    | <ul style="list-style-type: none"><li>• Kinds of event management</li><li>• Career in event management</li></ul>                                                                                                                                                                                                                                |            |               |               |
| UNIT – II              |    | Event planning                                                                                                                                                                                                                                                                                                                                  |            | 10            |               |
|                        |    | <ul style="list-style-type: none"><li>• Event scheduling</li><li>• Develop strategies for success</li><li>- Make checklist</li></ul>                                                                                                                                                                                                            |            |               |               |

|                    |                                                                                                                                                                                                                                                                                                                                                                                                           |           |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
|                    | <ul style="list-style-type: none"> <li>- Create budget</li> <li>- Plan publicity</li> <li>- Timing</li> <li>- Organizing committee</li> <li>- Role of official</li> <li>• Key tips in developing the event plan</li> </ul>                                                                                                                                                                                |           |
| <b>UNIT – III</b>  | <b>Event leadership</b>                                                                                                                                                                                                                                                                                                                                                                                   | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• Growth opportunities for event leader</li> <li>• Developing the career               <ul style="list-style-type: none"> <li>- Mastering yourself</li> <li>- Effective timing management</li> <li>- Financial and accounting skill</li> <li>- Mastering in technology</li> <li>- Human resource skill</li> <li>- Event leadership carriers</li> </ul> </li> </ul> |           |
| <b>UNIT – IV</b>   | <b>Steps of successful event management</b>                                                                                                                                                                                                                                                                                                                                                               | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• Techniques of market research</li> <li>• Qualitative and quantitative research</li> <li>• Validity and reliability</li> <li>• Produce considering effective events</li> <li>• Event design</li> <li>• Creative process in event research</li> <li>• Needs assessments and analysis</li> </ul>                                                                    |           |
| <b>UNIT – V</b>    | <b>Catering of premises event</b>                                                                                                                                                                                                                                                                                                                                                                         | <b>10</b> |
|                    | <ul style="list-style-type: none"> <li>• Kinds of catering</li> <li>• Catering staff position</li> <li>• Policies of catering department</li> <li>• Challenges of catering department</li> </ul>                                                                                                                                                                                                          |           |
| <b>Total Hours</b> |                                                                                                                                                                                                                                                                                                                                                                                                           | <b>50</b> |
| <b>PRACTICALS</b>  |                                                                                                                                                                                                                                                                                                                                                                                                           |           |
| 1                  | 1. Arrange any one competition in your college <ul style="list-style-type: none"> <li>• Recipe competition</li> <li>• Rangoli competition</li> <li>• Mehndi competition etc.</li> </ul>                                                                                                                                                                                                                   |           |
| 2                  | 2. Plan and manage any of the event in your college and evaluate it. <ul style="list-style-type: none"> <li>• Annual day</li> <li>• Navratri festival</li> <li>• New year celebration</li> <li>• Teacher's day or Gurupoornima day etc.</li> </ul>                                                                                                                                                        |           |
| 3                  | 3. Celebrate any one awareness day <ul style="list-style-type: none"> <li>• Plastic Free Campus</li> <li>• Plantation Day</li> <li>• No Horn Awareness</li> <li>• Swachhta Abhiyan</li> <li>• Hygiene Awareness etc.</li> </ul>                                                                                                                                                                           |           |
| <b>REFERENCES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                           |           |
| 1                  | Swarup K Goyal 2010 Adhyayan publishers and distributors Darya Ganj New Delhi                                                                                                                                                                                                                                                                                                                             |           |



|   |                                                                                                                                                                                          |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | Allen J Jarris R & Huyasken M Event Management Syndey University of Technology                                                                                                           |
| 3 | Berridge, G. (2006) Events design and experience. Oxford: Butterworth-Heinemann.                                                                                                         |
| 4 | Bowdin, G. A. J. (2011) Events management. 3rd ed. London: Butterworth-Heinemann                                                                                                         |
| 5 | Columbus, G. and Goldblatt, J. J. (2010) The complete guide to careers in special events: step toward success! New York: Wiley.                                                          |
| 6 | Davidson, R. and Rogers, T. (2006) Marketing destinations and venues for conferences, conventions and business events: a convention and event perspective. Oxford: Butterworth-Heinemann |
| 7 | Ferdinand, N. and Kitchin, P. (2012) Events management: an international approach. Los Angeles, [Calif.]: Sage.                                                                          |
| 8 | Getz, D. (2016) Event studies: theory, research and policy for planned events. 3rd ed. London: Routledge                                                                                 |



| B SC (HOME SCIENCE) |    |                                                                                                             |              |                |
|---------------------|----|-------------------------------------------------------------------------------------------------------------|--------------|----------------|
| YEAR                | II | HOUSE HOLD EQUIPMENTS<br>ABILITY ENHANCEMENT COURSE<br>AEC - 4<br>PAPER NO. 5<br>MAJOR - FOOD AND NUTRITION | CREDIT       | 02<br>(02+00)  |
| SEMESTER            | IV |                                                                                                             | HOURS/<br>WK | 02<br>(02+00)  |
| Total Marks: 50     |    | Internal: 25                                                                                                | Theory: 25   | Practical: --- |

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે? હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ? હા
3. Value added Courses Imparting Transferable and Life Skills'ના ગુણો ધરાવે છે? હા
4. Major ☐ Minor ☐ Skill Enhancement Courses ☐  
Ability Enhancement Courses ☒ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☐ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસંગિક જોગવાઈ કરાયેલ છે? ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે? હા
8. Swayam પ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે? ના
9. ઇન્ડિયનનોલેજસીસ્ટમ (IKS) પર આધારિત વિષય છે? ના

| B. Sc (HOME SCIENCE)   |    |                                                                                                                                                                                                                                                    |            |                |               |
|------------------------|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------------|---------------|
| YEAR                   | II | HOUSE HOLD EQUIPMENTS<br>ABILITY ENHANCEMENT COURSE<br>AEC – 4<br>PAPER NO. 5<br>MAJOR – FOOD AND NUTRITION                                                                                                                                        |            | CREDIT         | 02<br>(02+00) |
| SEMESTER               | IV |                                                                                                                                                                                                                                                    |            | HOURS/<br>WK   | 02<br>(02+00) |
| Total Marks: 50        |    | Internal: 25                                                                                                                                                                                                                                       | Theory: 25 | Practical: --- |               |
| OBJECTIVES             |    | To enable students to:<br>1. Understand domestic utilities and their availability.<br>2. Understand design principles for various domestic layouts.<br>3. Draw service layouts.<br>4. Learn to project from market surveys about equipment trends. |            |                |               |
| LEARNING OUTCOMES      |    | 1 Students will be able to use house hold equipments<br>2 Students can do fuse and wiring<br>3 Students will be able to do proper care and maintainance of house hold equipments                                                                   |            |                |               |
| COURSE CONTENT: THEORY |    |                                                                                                                                                                                                                                                    |            |                |               |
| UNIT - I               |    | Basic aspects of biophysics                                                                                                                                                                                                                        |            |                | 10            |
|                        |    | • Measurements & Units<br>a. Systems of unit<br>b. Fundamental and Derived units                                                                                                                                                                   |            |                |               |



|                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                       |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <b>UNIT - II</b>  | <b>Classification of household equipments in terms of</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>10</b>             |
|                   | <ul style="list-style-type: none"><li>• Portable and non –portable</li><li>• Electrical- Motor driven and heating</li><li>• Food related (cooking, devices, cookers)</li><li>• Laundry</li><li>• Cleaning</li><li>• Personal care</li><li>• Non-electrical</li><li>• Motorized equipments</li><li>• Heating appliances</li><li>• Cooling appliances</li></ul>                                                                                                                                                                                                                                                                              |                       |
| <b>UNIT - III</b> | <b>House hold Equipment and Consumer Awareness</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>10</b>             |
|                   | <ul style="list-style-type: none"><li>• Motorized equipments: Vacuum cleaners, Clothes washing machine, Dish washers, Food processors, Electric chimney.</li><li>• Heating appliances: Electric irons, Electric water heaters, Gas and electric cooking ranges, Solar Energy and its applications.</li><li>• Cooling appliances: Refrigeration and air conditioning, Various types of Refrigerators, air conditioners and air coolers,</li><li>• Guarantee and warranty of all household equipments, Precautions while using equipments and servicing of equipment used.</li><li>• Maintenance and care of household equipments.</li></ul> |                       |
| <b>REFERENCES</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Total Hours 30</b> |
|                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                       |
| 1                 | College Practical Physics by Khanna and Gulati, S. Chand and Co., (1999) Peet LJ (1970).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                       |
| 2                 | Household Physics (2012), Claude H. Brechner, Hardpress. Applied Photography Optics, 3rd Edition, Sidney E. Ray, Focal Press 2002. □                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                       |
| 3                 | Household Equipment (6th ed.). Published by John Wiley & Sons, New York 9.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                       |
| 4                 | Modern Physics, Murugesan, S. Chand and Co., 2002.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                       |
| 5                 | Engineering Physics: Fundamentals and modern applications, P. Khare and A. Swarup, Jones and Barlett Publishers, 2010.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                       |
| 6                 | Principles of Instrumental Analysis, 6th edition (2006), D.A. Skoog et. al., Saunders College Publishing.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                       |
| 7                 | Murugesan, Modern Physics, S. Chand and Co., 2002.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                       |
| 8                 | Van Zante J (1970). Household Equipment Principles. Published by Prentice Hall, New York                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                       |
| 9                 | Bhatia, K.B., Elements of Electrical Gadgets, Arya Book Depot, 1993.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                       |
| 10                | Principles of Instrumental Analysis, 6th édition (2006), D.A. Skoog et. al., Saunders College Publishing.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                       |



| YEAR           | II | B. Sc (HOME SCIENCE)             |            |                         |
|----------------|----|----------------------------------|------------|-------------------------|
|                |    | LIFE SKILLS EDUCATION            |            |                         |
| SEMESTER       | IV | SKILL ENHANCEMENT COURSE SEC - 4 |            |                         |
|                |    | PAPER - 6                        |            |                         |
|                |    | MAJOR - FOOD AND NUTRITION       |            |                         |
| Total Marks 50 |    | Internal: 25                     | Theory: 25 | CREDIT 01<br>(01+00)    |
|                |    |                                  |            | HOURS/ WK 02<br>(02+00) |
|                |    |                                  |            | Practical: ---          |

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે? હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ? હા
3. Value added Courses Imparting Transferable and Life Skills ના ગુણો ધરાવે છે? હા
4. Major ☐ Minor ☐ Skill Enhancement Courses ☒  
Ability Enhancement Courses ☐ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☐ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસંગિક જોગવાઈ કરાયેલ છે? ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે? હા
8. Swayam પ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે? ના
9. ઇન્ડિયનનોલેજસીસ્ટમ (IKS) પર આધારિત વિષય છે? ના

| YEAR              | II | B. Sc (HOME SCIENCE)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |            |                         |
|-------------------|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-------------------------|
|                   |    | LIFE SKILLS EDUCATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |            |                         |
| SEMESTER          | IV | SKILL ENHANCEMENT COURSE SEC - 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |            |                         |
|                   |    | PAPER - 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |            |                         |
|                   |    | MAJOR - FOOD AND NUTRITION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |            |                         |
| Total Marks 50    |    | Internal: 25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Theory: 25 | CREDIT 01<br>(01+00)    |
|                   |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |            | HOURS/ WK 02<br>(02+00) |
|                   |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |            | Practical: ---          |
| OBJECTIVES        |    | <ol style="list-style-type: none"> <li>1. Enhance the ability to be fully self-aware by overcoming all fears and insecurities and grow fully from inside-out and outside-in.</li> <li>2. Increase self-knowledge and awareness of emotional competency and emotional intelligence at the place of study/work.</li> <li>3. Provide the opportunity for realizing self-potential through practical experience.</li> <li>4. Develop interpersonal skills and adopt good leadership behaviour for self-empowerment and the empowerment of others.</li> <li>5. Set appropriate goals; manage stress and time effectively.</li> <li>6. Manage competency —mix at all levels for achieving excellence.</li> </ol> |            |                         |
| LEARNING OUTCOMES |    | <ol style="list-style-type: none"> <li>1. Gain Self-competency and Confidence</li> <li>2. Practice Emotional Competency</li> <li>3. Gain Intellectual Competency</li> <li>4. Gain an Edge through Professional Competency</li> <li>5. Aim for a High Sense of Social Competency</li> <li>6. Be an Integral Human Being</li> </ol>                                                                                                                                                                                                                                                                                                                                                                          |            |                         |

| COURSE CONTENT: THEORY |                                                                                                                                                                                                                                                                                               |    |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| UNIT - I               | Life Skills                                                                                                                                                                                                                                                                                   | 10 |
|                        | Self Awareness – SWOT Self Esteem – Self Confidence<br>Empathy – Team Work – Life Goal Setting<br>Observation & Concentration Skills – Self Discipline – Commitment<br>Critical Thinking – Stress Management – Negotiation Skills<br>Problem Solving & Decision Making – Interpersonal Skills |    |
| UNIT - II              | Employability Skills – 1                                                                                                                                                                                                                                                                      | 10 |
|                        | Cover Letter – Resume Writing<br>Interview Skills – Group Discussion<br>Grooming and Personal Hygiene<br>Etiquette – Body language                                                                                                                                                            |    |
| UNIT - III             | Employability Skills – 2                                                                                                                                                                                                                                                                      | 10 |
|                        | Time Management & Punctuality – Efficiency<br>Presentation Skills – Professional Goal Setting<br>Planning & Organizational – Leadership Skills<br>Professional Ethics                                                                                                                         |    |
| Total Hours            |                                                                                                                                                                                                                                                                                               | 30 |
| REFERENCES             |                                                                                                                                                                                                                                                                                               |    |
| 1                      | Ashokan, M. S. 2015. Karmayogi: A Biography of E.                                                                                                                                                                                                                                             |    |
| 2                      | Brown, T. 2012. Change by Design. New York: Harper Business.                                                                                                                                                                                                                                  |    |
| 3                      | Chandra, P. 2017. Financial Management: Theory & Practice. 9th edition. New York: McGraw Hill Education.                                                                                                                                                                                      |    |
| 4                      | Dawkins, E.R. 2016. 52 Weeks of Self Reflection — Your Guided Journal of Self Reflection. Chicago: A B Johnson Publishing.                                                                                                                                                                    |    |
| 5                      | Sreedharan. London, UK: Penguin Elkington, J., and Hartigan, P. 2008. The Power of Unreasonable People: How Social Entrepreneurs                                                                                                                                                              |    |
| 6                      | Create Markets that Change the World. Boston, MA: Harvard Business Press.                                                                                                                                                                                                                     |    |



| B. Sc (HOME SCIENCE) |    |                                                                         |              |                |
|----------------------|----|-------------------------------------------------------------------------|--------------|----------------|
| YEAR                 | II | YOGA<br>VALUE ADDED COURSE VAC<br>PAPER 7<br>MAJOR – FOOD AND NUTRITION | CREDIT       | 02<br>(02+00)  |
| SEMESTER             | IV |                                                                         | HOURS/<br>WK | 02<br>(02+00)  |
| Total Marks 50       |    | Internal: 25                                                            | Theory: 25   | Practical: --- |

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે? હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ? હા
3. Value added Courses Imparting Transferable and Life Skills ના ગુણો ધરાવે છે? હા
4. Major ☐ Minor ☐ Skill Enhancement Courses ☐  
Ability Enhancement Courses ☐ Value Added Courses ☒ Exit/ Vocational Courses ☐
5. Holistic Education ☐ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસંગિક જોગવાઈ કરાયેલ છે ? ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે? હા
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9. ઇન્ડિયનનોલેજસીસ્ટમ (IKS) પર આધારિત વિષય છે? ના

| B. Sc (HOME SCIENCE)   |    |                                                                                                                                                                                                                 |            |                |               |
|------------------------|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------------|---------------|
| YEAR                   | II | YOGA<br>VALUE ADDED COURSE VAC<br>PAPER 7<br>MAJOR – FOOD AND NUTRITION                                                                                                                                         |            | CREDIT         | 02<br>(02+00) |
| SEMESTER               | IV |                                                                                                                                                                                                                 |            | HOURS/<br>WK   | 02<br>(02+00) |
| Total Marks 50         |    | Internal: 25                                                                                                                                                                                                    | Theory: 25 | Practical: --- |               |
| OBJECTIVES             |    | 1. To learn the fundamentals of Yoga for harmonising the body, mind and emotions.<br>2. To demonstrate the value and the practice of holistic living.<br>3. To value the heritage of Yoga for self and society. |            |                |               |
| LEARNING OUTCOMES      |    | 1. Understanding ways to harmonies the body and mind through Yoga.<br>2. Disciplining the mind through practicing Yoga.                                                                                         |            |                |               |
| COURSE CONTENT: THEORY |    |                                                                                                                                                                                                                 |            |                |               |
| UNIT - I               |    | Yoga: Asana, Pranayama and Dhyana                                                                                                                                                                               |            |                | 10            |
|                        |    | <ul style="list-style-type: none"><li>• History of Yoga</li><li>• Significance of Asana</li><li>• Effect of Pranayama</li><li>• Importance of Dhyana</li></ul>                                                  |            |                |               |
| UNIT - II              |    | Patanjali's Yogasutra and Chakra                                                                                                                                                                                |            |                | 10            |
|                        |    | <ul style="list-style-type: none"><li>• Patanjali's Yogasutra: a summary</li><li>• First sutra</li><li>• Second sutra</li><li>• Chakras (psychic centres)</li></ul>                                             |            |                |               |



|                   |                                                                                                                     |                                                                                                                                |            |
|-------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------|
| <b>UNIT - III</b> |                                                                                                                     | <b>Understanding Asana and Pranayama</b>                                                                                       | <b>10.</b> |
|                   |                                                                                                                     | <ul style="list-style-type: none"><li>• Asana: the basics</li><li>• Surya Namaskara</li><li>• Nadishodhana Pranayama</li></ul> |            |
|                   |                                                                                                                     | <b>Total Hours</b>                                                                                                             | <b>30</b>  |
| <b>REFERENCES</b> |                                                                                                                     |                                                                                                                                |            |
| 1                 | Patanjali Yog Pradeep- Swami Omanand Saraswati, Gita Press, Gorakhpur, 2013                                         |                                                                                                                                |            |
| 2                 | Science of Pranayama-Swami Sivananda, Edition by David De Angellis, 2019                                            |                                                                                                                                |            |
| 3                 | Udayveer Shastri Granthavali 4, Patanjali- Yoga Darshanam, Udayavir Shastri, Govindram Hasanand, Delhi 6.           |                                                                                                                                |            |
| 4                 | Asanas, Pranayama and Mudra Bandh, Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India, 2004. |                                                                                                                                |            |
| 5                 | Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga                                                       |                                                                                                                                |            |