# B.A. Home Science Programme

## SEM – VI

**COURSE STRUCTURE FOR C.B.C.S.**

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<tr>
<th>Sr. No.</th>
<th>Course Type</th>
<th>Name of Course</th>
<th>Credits / Week</th>
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<td>Core 311</td>
<td>Diet Therapy</td>
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<td>Core 312</td>
<td>Textile Designing and Apparel Making</td>
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<td>Dietary Panning and diseases</td>
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<td>Apparel Designing</td>
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<td>Comp English</td>
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| Total   | 13 L 5 O 8 | 26 | 30 |
Focus:

This course intends impart knowledge and importance of diet in various diseases. It enables students with various diets require for various diseases.

Objectives:

1. To know the concept and principles of Diet Therapy
2. To understand the Modifications of Normal Diet for Therapeutic Purposes
3. To understand the role of the Dietician in Preventive, Promotive and Curative Healthcare of patients community
4. To understand causes, symptoms and dietary management in various disease conditions.
5. To develop ability for Diet Planning for different diseases.
6. To develop skills to prepare various modified diets.

UNIT – I

I. Introduction to Diet Therapy
   a. Concept and Importance of Diet Therapy
   b. Objectives and Principles of Therapeutic Nutrition
   c. Methods of Hospital Diet Feeding: Parental and Enternal Feeding

II. Types of Hospital Diets:-
   a. Diet modification according to consistency:- Light, Soft and Liquid diets
   b. Diet modification according to amount of nutrients :- Diets (High and Low) in Calories, carbohydrate, Protein, Fat and Fiber

III. Team approach to healthcare of a patient And Role and responsibilities of Dietitian.
UNIT - II

I. Nutritional Care during Fever:- causes, symptoms and Dietary Management.
   a. Common Fever,
   b. Typhoid
   c. Tuberculosis

II. Nutritional Care in Gastro-intestinal Disorders:- Causes, Symptoms and Dietary Management
   a. Constipation
   b. Diarrhea
   c. Peptic Ulcer

UNIT – III

I. Nutritional Care in Liver Diseases:- Causes, Symptoms and Dietary Management
   a. Hepatitis
   b. Jaundice

II. Nutritional Care in Cardiovascular Diseases:- Causes, Symptoms and Dietary Management
   a. Atherosclerosis

III. Hypertension Nutritional Care in Allergy:- Causes, Symptoms, Dietary Management in Allergy of milk and wheat

UNIT – IV

I. Nutritional Care in Cancer:- Causes, Symptoms, Dietary Management in
   a. Intestine
   b. Breast
   c. Uterus Cancer

II. Nutritional Care for Weight Management:-
   a. Obesity:- Identifying the overweight and obese: Causes, Complications, Symptoms and Dietary Management
   b. Underweight:- Causes, Symptoms and Dietary Management

III. Nutritional Care in Diabetes Mellitus:- Causes, Symptoms, and Dietary Management

IV. Others–( Any two)

1. Assignments
2. Survey/Preparation
3. Seminar
4. Visit/ Field work
REFERENCES

5. Reader’s Digest, “Fight Back with Food”, Reader’s Digest Association Inc. Pleasantville, New York, Montreal
Focus:

This course is designed to provide knowledge of Textile details, construction of cloths and methods of apparel making.

Objectives:-

This course will enable the students to:

1) To know about Yarns and Clothing construction.
2) To learn about Tie and Dye, Batik and Printing.
3) Basic Knowledge of Paper pattern and designing.
4) To enable the students to familiarize with the essentials of Apparel Making

UNIT – I

Textile Science

Textile Fibers and Yarns:

1 Classification of Textile Fibers.
2 General Properties of Textile fibers.
3 Types of Spinning and Processes involved in it.
   • Mechanical Spinning,(Cotton)
   • Chemical Spinning.
4 Types of Yarns:
   • Simple Yarns
   • Novelty Yarns.
UNIT – II
Clothing Construction

Structure of fabrics:

1. Various Types of Looms, Their parts and function.
2. Classification of Weaves
   a) Basic weaves with their variations.
      - Plain weaves
      - Twill weaves
      - Satin weaves
3. Complex or Decorative weaves.
   - Honey comb
   - Leno.
   - Dobby
   - Jacquard.
   - Pile
   - Huck-a-back.
   - Flat
   - Bonded.
   - Laminated.

UNIT – III
Methods of Dying Printing and Finishing

1. Dying:
   - Types of Dyes and Pigments
   - Methods of Dying.
2. Printing:
   Type of Printing:
   - Hand Printing-Block, Stencil and Screen.
   - Machine Printing-Roller and Their Types.
3. Types of Tie and Dye and Batik in brief.
4. Finishing:
   - Importance and Classification of finishing:
     o Physical process-Calendaring, Shrinking, Embossing, Weighting, Moiering
UNIT – IV

Consumer Problems and Apparel Making

1 Consumer problems in clothing and Textiles and Their Remedies.
2 Pattern Making:
   • Flat patterns.-Application, Merit and Demerits.
   • Draping.-Application, Merits and Demerits.
3 Fitting Of Garments
   • Factors affecting good fit
   • Problems and remedies.

Others—( Any two)

1. Assignments
2. Survey/Preparation
3. Seminar
4. Visit/ Field work

REFERENCES

1 Pramila Verma, Vastra Vignan evam Paridhan, Bihar Grant Academy.
2 Dr. Bela Bhargav, Vastra Vignan evam Dhulai, Udaipur.
3 David Potter, Tantu Se Vastra.
4 Sushama Gupta, Niru Gerg, Vastra Vignan evam Paridhan.
5 Vimala Sharma, Vastra Shilp Vignan.
6 Gita Pushp, Vyavharic Vastra Vignan.
7 Vina Samani, Hina Sanvat and Malini Pathak, Dress Designing
B.A. HOME-SCIENCE
SEM-VI
CORE-313
THEORY
Home Science Education and Extension

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<th>Lectures Per Week</th>
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Focus:

This course is designed to provide knowledge about needs and importance of home science discipline for society.

Objectives:

1. To create awareness about various aspects of H. Sc. as a discipline.
2. To develop understanding regarding type, setup and administration of H. Sc. Institutions.
3. To create understanding regarding significances, functions and characteristics of H. Sc. teacher.
4. To develop understanding regarding advantages, technique of effective use and limitations of various teaching methods employed in H. Sc.
5. To create awareness regarding benefits of teaching aids.
6. To develop understanding regarding benefits, techniques of effective use and limitations of various teaching aids.

UNIT – I
Understanding the discipline of Home Science

I. Meaning, Need and Philosophy of Home Science in modern times
II. Structure of H. Sc. Discipline and Areas of Home Science discipline
III. Broad Objectives of Home Science
IV. Specific objectives of each area of H. Sc.
V. Career opportunities available to the Home Scientists
UNIT – II

Home Science Department and Home Science Teacher

I. Setup of H. Sc. Department at college level
II. Effective administration of the H. Sc. Department
III. Functions of H. Sc. Teacher
IV. Characteristics of an ideal H. Sc. teacher
V. Concept, Principles and Need for Home Science Extension Education

UNIT – III

Educational Technology in Home Science

Concept, Classification and need of educational technology in Home Science.

I. Points to be considered while selecting teaching methods in Home Science.
II. Teaching methods with respect to advantages, technique for the effective use and their limitations.
   a. Lecture Method
   b. Discussion Method
   c. Demonstration Method
   d. Laboratory Method
   e. Workshop Method
   f. Fieldtrip Method
   g. Survey Method
   h. Exhibition as a teaching technique

UNIT – IV

Teaching Aids in Home Science

I. Concept, classification and need for teaching aids.
II. Points to be considered while selecting teaching aids.
III. Teaching aids with respect to advantages, technique for selection/preparation, presentation and limitations
   a. Blackboard
   b. Bulletin board
   c. Magnet board
   d. Flannel board
   e. Model
   f. Chart
   g. Slides
   h. Poster
   i. Puppet
   j. Radio
   k. Transparency and OHP
   l. Flashcards
   m. Television and Film
   n. Pictures
   o. LCD
   p. Graph
   q. Computer
Others—( Any two)

1. Assignments
2. Survey/Preparation
3. Seminar
4. Visit/ Field work

REFERENCES

B.A.HOME-SCIENCE
SEM-VI
CORE ELECTIVE-314
PRACTICAL

Dietary Planning in Diseases

(Total Practicals 24)

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6. To develop skills to prepare various modified diets.

All practical should be planned according to the second stage disease.

UNIT – I

(1) Modification of Diet (06 Practical)

- Liquid Diet – Full, Semi and Clear
- Soft Diet - with fibers and without fibers
- Light Diet
UNIT – II

(3) Diet for underweight and obesity (02 practical)
(4) Diet during Fever and Infection (03 practicals)
   • Common Fever
   • Typhoid
   • Tuberculosis
(2) Diet in Diabetes Mellitus (01 practical)
   For Obese Diabetic Patient

UNIT – III

(5) Diet in Liver Disorders (02 practical)
   • Jaundice
   • Hepatitis
(4) Diet in Gastrointestinal disorders (04 practicals)
   • Constipation
   • Diarrhea
   • Peptic Ulcer

UNIT – IV

(8) Diet in Heart Diseases (02 practicals)
   • Atherosclerosis
   • Hypertension
(9) Diet in Allergy (01 practical)
   • Milk Allergy
(10) Diet in Cancer (01 practical)
(11) Visit to Hospital to understand Team approach to healthcare of a patient.

(Any one disease from two) (02 practicals)

1. Listing various functions of Heart, Liver, Gastro-intestinal track
2. Listing various Diagnostic Tests in Allergy, Cancer, Liver Disorders, Diabetes Mellitus, Heart Diseases.
REFERENCES

5. Reader’s Digest, “Fight Back with Food”, Reader’s Digest Association Inc. Pleasantville, New York, Montreal
B.A.HOME-SCIENCE

SEM-VI

CORE ELECTIVE - 315

PRACTICAL

Apparel Designing

Total Practicals 29

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Focus:

This course is designed to provide the skills to identify fibers and fabrics. Learn about cloth preparation process. With Special focus on finishing and coloring on fibers and fabrics. Awareness of purchasing clothes and garments. Also based on stitching and dying of various ladies garments.

Objectives:

This course will enable students to:

1. Get skills of drafting, layout and stitching of various Ladies garments,
2. Get skills to dye fabrics.
3. Develop basic skills of printing.

UNIT – I

1. Collect samples of various fibers and fabrics.(1 Practical)
2. Preparation of various sleeves: (2 Practical)
   - Magyar
   - Puff.
   - Legomatten
3. Prepare Simple Sari Blouse with Fancy sleeve.(3 Practical)
UNIT – II

1 Preparation of various collars: (2 Practical)
   - Chinese
   - Flat
   - Baby.
2 Prepare Kurti with Fancy Collar. (3 Practical)
3 Preparation of various Yokes: (2 Practical)
   - Round
   - Square
   - ‘V’Shape.
4 Prepare Punjabi kameez with fancy yoke. (3 Practical)

UNIT – IIII

1 Prepare Salwar or Chudidar (3 Practical)
2 Prepare Skirt (3 Practical)
3 Prepare Various Necklines (2 Practical)
   - Square
   - Pentagon
   - “V”Shape.

UNIT – IV

1 Prepare any one sample of Block printing (1 Practical)
   (Table cloth/Cushion cover)
2 Prepare any one sample of Tie and Dye (2 Practical)
   (Dupatta / yoke)
3 Prepare any one sample of Batik (1 Practical)
   (Wall piece / 4 hand kerchief)
4 Market survey and Computerized report on any one of these subjects (1 practical)
   - Woven fabrics.
   - Consumer problems.
   - Dyes and Pigments.
   - Fashion.
   - Fibers and yarns.

15
REFERENCES

1 Pramila Verma, Vastra Vignan evam Paridhan, Bihar Grant Academy.
2 Dr. Bela Bhargav, Vastra Vignan evam Dhulai, Udaipur.
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