

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03FENG21 : ENGLISH

Credit:02

Theory
Pd/wk: 02

Marks :50

OBJECTIVES:

1. To develop basic research skills among students.
2. To develop communication skills for employment.
3. To develop skills of precise writing and vocabulary

UNIT	CONTENT	WEIGHTAGE
I	Drafting of Questionnaire 1. Library going habits of college students 2. Socio-economic conditions of college students 3. Shopping Habits of working women 4. Students' participation in sports at college	25%
II	Precise Writing	20%
III	Grammar & Vocabulary 1. Degree 2. Phrasal Verbs 3. One word substitute	30%
IV	Resume Writing: Application for the Post of lecturer, Lab Assistant, Dietitian etc.	25%

OUTCOME:

At the end of this course learner will be able to:

1. Develop basic research skills.
2. Write resumes and Job application
3. Develop advanced grammar skills

REFERENCES:

1. Essentials of Business Communication – Rajendra Pal and JS Korlahalli (Sultan Chand & Sons)
2. Modern Commercial Communication – BS Shah Publication, Ahmedabad
3. Cambridge International Dictionary of Phrasal Verbs – Cambridge University Press
4. Developing Communication Skills – Krishna Mohan & Meera Benerji (Macmillan)
5. Business Communication – US Rai & SM Rai (Himalaya Publishing House, Mumbai)

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03FEEH22 : EXTENSION EDUCATION IN HOME SCIENCE

Theory

Credit: 02

PD/WK: 02

Marks: 50

OBJECTIVES:

1. Students will gain knowledge of Extension Education and its concept in rural development.
2. Students can get insight on approaches and models of extension system

UNIT	CONTENT	WEIGHTAGE
I	Home Science Extension Education: 1. Extension Education- Meaning, importance and need 2. Aims and objectives of Extension education 3. Characteristics and principles of extension education 4. Functions and components of extension Education 5. Role and qualities of Home Science extension worker	30%
II	Extension models Technology transfer model, social education model, social action model, participation model, combination models.	20%
III	Approaches of Extension Education Agricultural extension, commodity specialized, participatory approach, project, faming systems	20%
IV	National Extension Systems-Year of implementation, Objectives, functions of ICAR extension system, Agricultural Universities, KVK, ATIC, ATMA,EEI, programmes related to Child and Women Development, self- help group, Development work by NGO	30%

OUTCOME:

Course will enable students with National Extension programmes and its implementation in rural development.

REFERENCES:

1. Dhama, O.P. and Bhatnagar O.P. (1991). Education and communication for development. Oxford
IBH Publishing Co., New Delhi.
2. Singh, Ranjit (1987). A textbook of Extension Education, Sahitya Kala Prakashna, Ludhiana.
3. Venkataiah, N. (1996) Educational Technology, New Delhi, IBH Publishing Corporations.
4. Chaubey, B.K. (1979): A Hand Book of Education Extension, Jyoti Prakashan, Allahabad.
5. Extension Educatioin in Community Development (1981): Ministry of Food and Agriculture, Government of India, New Delhi. 4.

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03CFDN23 : COMMUNITY NUTRITION
Theory

Credits:02

Pd/Wk:03

Marks:100

OBJECTIVES:- This course will enable students to:-

1. To sensitize students to the concept of community nutrition and its relevance to developing countries.
2. To acquaint the students with the common nutritional problems.
3. To familiarize the students with the measures taken by the government to improve the Nutritional status of the community.
4. To sensitize the students to differences in dietary patterns of the populations.
5. To enable the students to plan appropriate interventional foods for the vulnerable groups.
6. To enable the students to perform simple tests for detection of food adulteration.

UNIT	CONTENT	WEIGHTAGE
I	<p>Concept of community nutrition Relevance of community nutrition for a developing country like India.</p> <ol style="list-style-type: none"> 1. Nutritional Problems of the community .Important Nutritional disorders in India. Etiology, Symptoms, Consequences, Treatment and Preventive Measures for : <ol style="list-style-type: none"> a. Protein Calorie Malnutrition-SAM and MAM b. Iron and Folic acid deficiency Anemia c. Vitamin A deficiency d. Iodine deficiency e. Fluorosis f. Life style and nutritional disorders –obesity, diabetes mellitus, hypertension, cancer, AIDS, alcoholism, Lack of exercise. 	30%
II	<ol style="list-style-type: none"> 1. Current National policies in India focused on improving nutritional and health status (National Nutrition Policy & Gujarat state Nutrition Policy and national/state plan of action. 2. National Nutrition Programs – Objectives Target Groups, Monitoring System, Mode of Implementation, Administrative Setup, Coverage, Compliance, Impact Operational Hurdles, Successes, Constraints Recommendations, Newer Initiatives- <ol style="list-style-type: none"> a. Integrated Child Development Services Scheme- Universalization of ICDS with quality, ICDS in mission mode b. Mid Day/ Nutritious meal Program c. National Nutritional Anemia Control Program, National Iron Plus initiative d. Nutritional Program for Control of Anemia among Adolescent Girls e. National Program to control Iodine deficiency disorders f. Vitamin A prophylaxis programmes g. Diarrheal control program h. Janani Suraksha yojana/ IGMSY/ Chiranjeevi yojana etc. (Gujarat) 	30%
III	<ol style="list-style-type: none"> 1. Identification of at risk group-Infants & Mothers. 2. National plan of action for nutrition & IYCF Use of premixes, ARF for supplementary feeding 3. Universal Immunization Programme and its importance 	

IV MDG/ SDG Goals & WHO Nutrition Targets Related to Public Health/Nutrition (MDG 1, 4, 5 & 6)

20%

20%

1. Four Core Themes of the United Nations Millennium Development Goals
2. Introduction to the specific MDGs/SDGs
3. MDG global targets and indicators for MDG 1,4,5 & 6 & SDG's
4. WHO Nutrition targets to WHO Nutrition targets to be achieved by 2025
5. Institutional framework for implementing MDG/ SDG & Nutrition targets in India and the role of different stake holders
6. National & State progress on health & nutrition related goals & targets
7. Possible required/alternative strategies for accelerating achieving specific SDG's & Nutrition targets

OUTCOME:

At the end of the course, the students will have the knowledge of:

1. To enable students to know the policies concerning health and nutrition
2. To become familiar with the ongoing schemes and programs for combating nutrition and health problems currently in use in the country and the developing world

REFERENCES:

1. K. Park (2011). Text Book of Preventive and Social Medicine, 21 EDITION. Banarsidas Bhanot Publishers. Jabalpur. ISBN13: 9788190607995. 868 pages.
2. Lal S. (2009) Textbook of Community Medicine, CBS Publication
3. Tracking progress on child and maternal Nutrition UNICEF (2009)
4. International Institute for Population Sciences (IIPS) and Macro International. 2007. National Family Health Survey (NFHS-3), 2005-06: India: Volume I. Mumbai: IIPS.
5. Vir Sheila (2011). Public Health Nutrition in Developing Countries published by Woodhead Publishing India. ISBN-13: 9780857090041, ISBN-10: 0857090046
6. Census India, www.censusindia.gov.in
7. Census Gujarat, www.censusgujarat.gov.in
8. Socioeconomic & cast census, www.secc.gov.in
9. United Nations Millennium Developmental Goals, www.un.org/millenniumgoals
10. Millennium Development Report, India country report, 2014.
[http://www.in.undp.org/content/dam/india/docs/MDG %20-20India%20Report%202014.pdf](http://www.in.undp.org/content/dam/india/docs/MDG%20-20India%20Report%202014.pdf)
11. WHO Global Targets 2025, www.who.int/nutrition/topics/nutrition_globaltargets2025/en/
12. Role of health systems in improving child nutrition in India, India Health Beat, Vol5 (7) June 2011
13. Repositioning Nutrition as central to development- A study for large scale development. The World Bank Report (2006)

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03CFDN24 : COMMUNITY NUTRITION
Practical

Credits:01

Pd/Wk:02

Marks:50

PRACTICAL

CONTENT

1. To study variations in the diet due to different factors.
2. Planning and Preparation of low cost recipes for-
 - a. Protein Calorie Malnutrition
 - b. Iron and Folic acid Deficiency
 - c. Vitamin A deficiency
 - d. Complementary Foods (emphases of premixes and ARF)
 - e. School going children(1-5 years and 6 to 10 years)
 - f. Pregnant woman
 - g. Lactating mother
3. Use of growth charts for nutrition assessment of child
4. Detection of common adulterants in food by use of simple adultration tests.

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03CFRM25 : PERSONAL FINANCE AND CONSUMER STUDIES

Theory

Credit: 03

Pd/Wk: 03

Marks: 100

OBJECTIVES:

1. To recognize the importance of wise use of money as a resource.
2. To develop an appreciation for financial management in family living.
3. To enlighten them with the role of consumers in the Indian economy.
4. To create awareness of marketing conditions, rights and responsibilities of consumers

UNIT	CONTENT	WEIGHT AGE
I	Income and Expenditure	30%
	<ol style="list-style-type: none"> 1. Household Income <ol style="list-style-type: none"> a. Types b. Sources 2. Supplementation of Family income 3. Use of family income 4. Budget 5. Maintaining household accounts 	
II	Factors influencing expenditure pattern	10%
III	<ol style="list-style-type: none"> 1. Family savings and investments – <ol style="list-style-type: none"> a. Need b. Principles c. Channels of Investment 2. Consumer Credit <ol style="list-style-type: none"> a. Need b. Sources b. Credit cards d. Housing finance 	20%
IV	Personal finance management	10%
	<ol style="list-style-type: none"> 1. Tax implications 2. Calculation of personal income tax 	
V	Consumer in India : Consumer problems and education	30%
	<ol style="list-style-type: none"> 1. Definition of a consumer 2. Types of consumer problems - Products and service related, investment and infrastructure related, Causes and solution 3. Consumer Protection 4. Consumer rights and responsibilities 5. Guidelines for wise buying practices 	

OUTCOMES:

This course will enable the students to:

1. Understand the importance of wise use of money as a resource.
2. Develop an appreciation of role of financial management in family living.
3. Understand the role of consumer in the market.
4. Become aware of marketing conditions, rights and responsibilities of consumers.
5. Recognize the problem while purchasing goods / services from market.

REFERENCES:

1. Ogle N. Srinivasan K. Varghese M.A.(1996) "Home Management" New age International House, New Delhi.
2. The Educational Planning Group Delhi (1993), "Home Management" Arya Publishing House, New Delhi.
3. Shukul M. Gandotra V.,(2006) "Home Management and Family Finance", Dominant Publishers and Distributors, New Delhi.
4. Sawhney H. K. and Mital M.,(2007), Family Finance and Consumer Studies, Elite Publishing House Pvt. Ltd.
5. Sarkar A. (1989) 'Problems of consumer in modern India' Discovery publishing House, Delhi
6. Agarawal Anju (1989) 'A practical handbook for consumer' Bombay, India book house

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03CFRM26 : PERSONAL FINANCE AND CONSUMER STUDIES

Practical

Credit:01

Pd/Wk: 02

Marks: 50

1. To understand the types of income and their sources.
2. Planning family budget for various income groups
 - a. Low income group family.
 - b. Middle income group family
 - c. High Income group family.
3. To learn the methods of account keeping for families.
4. Learning to fill various bank forms.
5. To find out current saving and investment schemes from various financial institutions.
6. To make students aware about consumer rights and responsibilities.
7. To prepare handouts to create consumer awareness.
8. To study the malpractices existing in the market.
9. Evaluating the information given on the labels.

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03CTCL27 : CLOTHES AND INDIVIDUAL

Theory

Credit: 03

PD/WK: 03

Marks: 100

OBJECTIVES:

1. To acquaint students with impact of clothes on figure type.
2. To develop understanding for labels on textiles and garments and its interpretations.
3. To acquire knowledge of wardrobe, its storage and care.

UNIT	CONTENT	WEIGHTAGE
I	Clothes and figure 1. Clothes as per figure type 2. Clothes and occasion – office wear, casual wear, evening wear, clothes for travel etc. 3. Formal and informal wear.	30%
II	Wardrobe and wardrobe planning 1. Identifying clothing needs and wardrobe planning 2. Organization and categorization of wardrobe 3. Essentials of basic wardrobe 4. Wardrobe expansion	20%
III	Storage and care of garments / textiles 1. as per occasion 2. as per the textile fabrics.	30%
IV	Labels and labeling on garments and textiles 1. Importance & Meaning of label 2. Types of label 3. Labels and its understanding	10%
V	Stain and stain removal 1. Meaning of stain 2. Classification of stain 3. Techniques of stain removal	10%

OUTCOMES:

1. At the end of course student will be able to build a positive personality by selecting garments as per their figure.
2. Students can store and take proper care of garments and textiles.
3. Course will enable learner to develop self sufficient wardrobe.

REFERENCES:

1. How You Look and Dress (1969); Carson Bytra; Webster Division, McGraw Hill Co.
2. Textiles Fibers and Their Use; Hess Katharine; Oxford of IBH Bombay
3. Textile Fabrics and Their Selection (1976); Wingate I.B.; Prentice Hall Inc, New Jersey
4. Textile Products, Selection, Use & Care (1977); Alexander, R.R Houghton Mifflin Co. Boston
5. Textile technology to GCSE(1999); Dawn J.; Oxford university press.
6. The new Textiles (1993); C.Colchester; thames & Hudson Ltd;

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03HUD29 : EARLY CHILDHOOD CARE AND EDUCATION

Theory

Credits: 03

Pd/wk:03

Marks:100

OBJECTIVES:

1. To know the importance of early childhood years and significance of intervention programmes for early child development.
2. To develop an insight into planning the programme
3. To understand major theoretical approaches and implications for early child Development.

UNIT	CONTENT	WEIGHTAGE
I	<p>Significance and objectives of early childhood care and education.</p> <ol style="list-style-type: none"> 1. Meaning, definition, Importance and scope of early childhood education 2. Significance of early childhood years in individual development 3. Objectives of ECCE 4. Emerging issues and trends in ECCE 	20%
II	<p>Teacher of ECCE</p> <ol style="list-style-type: none"> 1. Qualification, role and responsibilities, Qualities and Resourcefulness of teacher 2. Parents and community involvement in ECCE 	10%
III	<p>ECCE programmes in Indian settings</p> <ol style="list-style-type: none"> 1. Programmes in ECCE an overview 2. Objectives of the programmes, daily routine and target group covered by each of the following:- Balwadi, Anganwadi, Nursery school, Kinder garden, Montessori, Laboratory Nursery School, Crèche, Mobile Creche, Play centre, Day care, Hobby centre, Franchises etc. 	20%
IV	<p>Stimulation in ECCE</p> <ol style="list-style-type: none"> 1. Introduction to stimulation 2. Importance of stimulation in early year 3. Objectives of early childhood stimulation <ol style="list-style-type: none"> a. Effects of stimulation on overall development b. Developmental rhythm of children for 0-6m, 6 to 12 m, 1 to 2 year, 2 to 3 year, 3 to 4 year, 4 to 5 year, 5 to 6 year, 6 to 8 year. 	20%

Unit-V Programme planning in ECCE

30%

1. Meaning, need & importance of curriculum.
2. Factors to be taken care while making the curriculum
3. Principles of programme planning.
 - a. Incidental and Planned learning,
 - b. Know to Unknown,
 - c. Simple to Complex,
 - d. Concrete to abstract,
 - e. Balanced between individual and group activity, indoor and outdoor play quiet and active play, guided and free play)
4. Factors influencing programme planning.
 - a. Meaning and importance of planning
 - b. Short term and Long term

OUTCOMES:

1. Student will come to know importance of ECCE and stimulation in early years.
2. They will learn about principles of preschool programme planning.
3. It will enhance qualities of good teacher in students.
4. Students will learn about planning and curriculum.

REFERENCES:

1. Bose .A.(1987) Encyclopedia of social work in India”Vol.2.New Delhi.
2. George S.Morrison (1998) Early Childhood Education Today, Merrill-Prentice hall.
3. Mechingses Fred M., “Preschool Education”
4. MuralidharnaRajlaxmi(1969), “A Guide for Nursery School Teacher”,NCERT.
Preschool in India”(1975) NIPCCID.
5. PreranaMahite&Savita Amin (1999) Groming& Learning: The preschoolyears.
BSST Vadodara.
6. Reed .K.(1969), “The Nursery School”, Oxford I.B.H. Publication Co.
7. Rajammal P. Devadas N. Jaya (2008) ‘A Text book on Child Deveolpment
8. ThakkarAruna (1986), “Perspective in preschool education”, Popular prakasan.

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03CFDN31 : INSTITUTIONAL FOOD SERVICE MANAGEMENT

Practical

Credits:2

Pd/Wk:04

Marks-100

OBJECTIVES

:

- (1) It will enable students to learn the concept of institutional management

PRACTICAL content

- 1 Survey to find out the prevailing pricing of various food stuff.
- 2 Analysis of relationship between the purchase amount, edible portion and cooked weight of foodstuff
- 3 Quantity cooking- concept, principals, and techniques
- 4 Planning and organizing a mid day snack for pre school children.
- 5 Planning and organizing meals for college canteen.
- 6 Planning and organizing meals for college hostel mess
- 7 Planning and organizing meals for working women hostel
- 8 Planning and organizing meals for Industrial canteen.
- 9 Planning and organizing meals for different occasion
(birthday, cocktail party, conferences etc)

OUTCOMES: The students will learn to plan meals and do quantity cookery

- References:**
- Sethi M.,Malhan, S. (1993) Catering Management –An integrated Approach,2ndEdidtion ,New Age International Publishers,New Delhi.
 - Sethi.M. (2004) Institutional Food Management. New Age International Publishers,New Delhi.
 - Mudambi.S.R.,Rajagopal M.V.(2007)Fundamentals of Foods , Nutrition and Diet therapy. New Age International Publishers,New Delhi.
 - .Ronald. .F.(1994) Quality Sanitation and Management,Educational Institute of the American Hotel and Motel Association,U.S.A.

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER

UH03EHSC01 : APPLIED AND ALLIED CHEMISTRY
Theory

Credit : 01

Pd/Wk: 01

Marks: 25

OBJECTIVES:

1. To provide knowledge regarding various chemical substance, its properties and uses.
2. Help Students to learn and retain the facts and concepts of Chemistry better than traditionally organized academic course.
3. Besides, the basic attitudes and approach to learning and to life in general become more scientific.

UNIT	CONTENT	WEIGHTAGE
I	Cleansing agents - Body, Textiles, and Home cleaners.	30%
II	Cosmetics: a. Advantages and disadvantages of Natural and Synthetic cosmetics, Cosmetic hazard b. Properties, Ingredients and uses of the following. 1. Face, Lips, Eyes, Nails, Body 2. Dentifrices 3. Perfumes and Deodorants 4. Herbal cosmetics	50%
III	Food and Hazardous Chemicals Food additives- colour, preservatives etc.	20%

OUT COME:

1. Students completing this course will be able to give answer about uses and preparation of various house hold chemicals.
2. Students will also able to know the properties of some important product . student also gain knowledge about Food and Hazardous Chemicals, Food color, Chemical poison in food

REFERENCES:

- a. Jacob, T. (1987). Poisons in our Food.
- b. A text book of Applied Chemistry for Home Science and allied Science by thankamma Jacob.
- c. A text book of Applied Chemistry by S.N. Narkhede, M.M. Thatte and K.M.Gokhale
- d. Panda, H. (2000). Herbal Cosmetics Hand Book. National Institute of Industrial Re.
- e. Panda, H Handbook on Soaps, Detergents & Acid Slurry

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03EHSC02 APPLIED AND ALLIED CHEMISTRY
Practical

Credit : 01

Pd/Wk: 02

Marks: 50

OBJECTIVES:

1. To provide knowledge regarding various House hold chemical substance, its properties and uses.
2. Help Students to learn and retain the facts and concepts of Chemistry better than traditionally organized academic course.
3. Besides, the basic attitudes and approach to learning and to life in general become more Scientific.

PRACTICAL:

Preparation of following households chemicals:

Washing Soap, Bathing Soap, Dish Washing Soap, Liquid Soap,
Detergent Cake, Detergent Powder, Dish Washing Powder

1. White Phenyl, Black Phenyl
2. Cold Cream, Shampoo, Face Wash, Hand Wash (Any One)
3. Tooth Powder, Herbal Cosmetic (Any One)

ESTIMATION:

1. Determination of available oxygen in a Hydrogen Peroxide Solution
2. Determination of available Chlorine in a Bleaching powder Solution.
3. Determination of total hardness in a given water Samples.
4. Determination of total alkali from the given Soap Solution.

OUTCOME:

1. Students completing this course will be able to give answer about uses and preparation of various house hold chemicals.
2. Students will also able to know the properties of some important product.

REFERENCES:

1. Technology of Gums, Adhesive and Sealants with formulation, written by EIRI BOARD OF CONSULTANTS AND ENGINEERS, ISBN: 81-86732-73-X
2. Complete Technology book on detergents with formulation, written by EIRI BOARD OF CONSULTANTS AND ENGINEERS, ISBN: 9789380772448
3. Handbook of Synthetic Detergent with formulation, written by EIRI BOARD OF CONSULTANTS AND ENGINEERS, ISBN: 9788186732434
4. Manufacture Of Disinfectants, Cleaners, Phenyl, Repellents, Deodorants, Dishwashing Detergents And Aerosols With Formulations written by EIRI BOARD OF CONSULTANTS AND ENGINEERS, ISBN: 9789380772455
5. Manufacture Of Washing Soap, Toilet Soap, Detergent Powders, Liquid Soap, Herbal And Paste Detergent And Perfumes With Formulations, Written by EIRI BOARD OF CONSULTANTS AND ENGINEERS, ISBN: 9789380772530
6. Manufacture Of House Hold Soaps, Toilet Soaps And Other Soaps With Formulation, Written by EIRI BOARD OF CONSULTANTS AND ENGINEERS, ISBN: 81-86732-53-5
7. Candle Making Process And Formulations Hand Book, Written by EIRI BOARD OF CONSULTANTS AND ENGINEERS, ISBN: 81-86732-62-4
8. Herbal Cosmetics And Beauty Products With Formulations, Written by EIRI BOARD OF CONSULTANTS AND ENGINEERS, ISBN: 81-86732-45-4
9. Synthetic Detergents, Cleaners, Soap And Shampoo (Hindi), Written By Krishnakumar Agrawal, Published By Manoj Publication, Delhi, ISBN: 978-81-8133-663-7

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER

UH03EHSC03 : HEALTH & HERBS

Theory

Credit : 01

Pd/Wk: 01

Marks: 50

OBJECTIVE:-

1. To help students learn about our Herbal Wealth in nature.
2. To familiarize the students about Herbs and their prophylactic uses.
3. To teach the students about the alternative Herbal remedies and treatment of common diseases.

UNIT	CONTENT	MARKS
I	<ol style="list-style-type: none">a. History of Herbs and indigenous system of medicinesb. Use of Herbs for Optimal Health.c. Sources of drugs: plant roots, stems, bark, leaf, flowers and seeds.	
	<ol style="list-style-type: none">a. Cultivation, collection, processing and storage of crude drugs.b. Factors influencing cultivation of medicinal plants- Types of soil and common fertilizers used.c. Quality control of crude drugs.	
III	Identification and Morphological characters of selected medicinal plants. <ol style="list-style-type: none">a. Creepers - Asparagus (Satavari), Tinospora Cordifolia(Gado)b. Trees - arjun, amla, neem, saragva, jambu, belc. Herbs - tulsi, mint, arduasi, asvagandha, lemon grass, kuvaar pathu	
IV	<ol style="list-style-type: none">a. Nutraceutical.b. Herbal tonics.c. Herbal cosmetics	
V	Herbal remedies for common diseases- (Prophylactic and curatives) <ol style="list-style-type: none">a. Digestive disordersb. Respiratory infectionsc. Skind. Urinary disorderse. Diabetesf. Cardiac careg. Herbal first aid	

REFERENCES:

1. Medicinal plants for primary health care compiled and edited by Goraya GS and B.S. Somashakher.
2. Glossary of Indian Medicinal plants, CSIR 1956.
3. Ayurved Jadi/Buti Rahasya by Acharya Balkrishna, Divya Prakashan

**SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER**

**UH03EHSC04 : HEALTH & HERBS
Practical**

**Credit:01
50**

Pd/Wk:2

Marks:

PRACTICALS:

1. Collection of local medicinal herbs and making herbarium.
2. Preparation of household natural health drinks.
3. Curative and prophylactic preparation for digestive disorders.
4. Curative and prophylactic preparation for skin diseases.
5. Herbal mouth fresheners.
6. Herbal first aid.

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03EHSC05 : LANDSCAPING AND GARDENING

Theory

Credit:01
(Internal)

Pd/Wk:01

Marks:25

OBJECTIVES:

1. To develop skills of landscape planning.
2. To give them opportunity to utilize available land effectively.
3. To gain insight into various decorative features of garden.
4. To understand effect of light and colour in the garden.

UNIT	CONTENT	WEIGHTAGE
I	Landscaping 1. Definition 2. Importance 3. Objectives 4. Factors affecting landscape planning	20%
II	Landscape Planning 1. Principles of planning 2. Division of space a. The approach to house from main street to 1. The main entrance 2. The back entrance b. Division of grounds in front yard 1. Lawns 2. Flower beds 3. Shrubs, vines 4. Trees and plants c. Division of space in back yard 1. Place for drying laundry 2. Place for washing 3. Place for garbage disposal 4. Kitchen garden	35%
III	Selection of plants 1. All year round plants grass for lawn, hedges, shrubs 2. Indoor plants 3. Decorative plants	20%

V Landscape design

25%

1. Light and colour in the garden
2. Other garden features
 - a. Landscape paths
 - b. Rock garden
 - c. Water garden
 - d. Miniature garden
 - e. Green house and summer house

OUTCOME:

After completion of this course the students will be able to

1. Learn division of exterior space effectively.
2. Generate productive income by developing kitchen garden.
3. They can work as a counselor for landscape planning.

REFERENCES:

1. Michael Wright, "The Complete Book of Gardening", Published by Ebury Press.
2. S. Percy. Lancaster (1977), "Gardening in India", Published by Oxford and IBH Publishing Co. Pvt. Ltd.
3. Peter Mchay (1987) "Anatomy of Garden", Published by Wendward.
4. Trivedi P.P (1983) "home Gardening" Published by ICAR, New Delhi.

SARDAR PATEL UNIVERSITY
B.SC (HOME) III -SEMESTER
UH03EHSC06 : LANDSCAPING AND GARDENING

Credit:01

Practical
Pd/Wk: 02

Marks:50

1. Identification and drawing of various garden tools and machines.
2. To draw symbols used in landscape planning.
3. To visit various nurseries.
4. Preparing chart for seasonal fruits vegetables and flowers.
5. Make a layout of landscape plans.
6. Kitchen garden layout.
7. Aesthetic arrangement of plants.