

National Education Policy-2020

Common Minimum Syllabus for Uttarakhand State Universities and Colleges

List of Value Added Courses

**DEPARTMENT OF HOME SCIENCE
SURAJMAL AGARWAL PRIVATE KANYA MAHAVIDYALAYA**

**Kichha, Udham Singh Nagar Uttarakhand
(Affiliated to Kumaun University, Nainital, Uttarakhand)**

EXPERT COMMITTEE

S.NO.	NAME	DESIGNATION	DEPARTMENT	AFFILIATION
1.	Prof. Lata Pandey	Convenor and Head	Department of Home Science D.S.B Campus	Kumaun University, Nainital
2.	Dr. Chhavi Arya	Expert, Associate Professor	Department of Home Science, D.S.B Campus	Kumaun University, Nainital
3.	Dr. Meena Batham	Expert, Associate Professor	Department of Fabric and Apparel Science, Institute of Home Economics, Delh	Delhi University
4.	Dr. Mukta Singh	Expert, Head	Department of Home Science, M.M.V.	B.H.U., Uttar Pradesh
5.	Dr. Manisha Ghalot	Expert, Head	Deptt. of Apparel & Textile Science	GBPUA&T, Pantnagar
6..	Dr. Rekha Naithani	Expert, Head	Department of Home Science	BGR Campus, Pauri, C.U. Garhwal
7.	Dr. Sunita Rani	Expert, Head	Department of Home Science	Kumaun University, Nainital
8.	Mr. Satish Kandpal	Registrar	Gyanarthi College, Kashipur	Kumaun University, Nainital

SYLLABUS PREPARATION COMMITTEE

S. NO.	NAME	DESIGNATION	DEPARTMENT	AFFILIATION
1.	Dr. Sunita Rani	Head	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
2.	Dr. Janki Joshi	Assistant Professor	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
3.	Dr. Neha Tiwari	Assistant Professor	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
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5.	Dr. Jyoti Pant	Assistant Professor	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
6.	Mrs. Ankita Punetha	Teaching Assistant	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
7.	Dr. Rushda Anam Malik	Assistant Professor	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital

VALUE ADDITION COURSE (VAC) PREPARED FOR THE POOL OF COURSES

Course Code	Course Title	Theory /Practical	Credits
VAC-1	Value Addition of Apparels	Practical	2
VAC-2	Value Added Products from fruits & Vegetables	Practical	2
VAC-3	Ayurveda and Nutrition	Theory+ Practical	1+1
VAC-4	Fashion Illustration	Practical	2

VALUE ADDITION COURSE (VAC-1) Value Addition of Apparels

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
VAC - 1 Value Addition of Apparels	2	0	0	2	Passed class XII with Science, Arts and Commerce	Nil
UNDERGRADUATE CERTIFICATE I HOME SCIENCE						
Programme/ Class: Certificate in Home Science		Year: First			Semester: First	
Subject : Home science						
Course Code: VAC-1		Course Title: Value Addition of Apparels				
Course outcomes:						
The Student at the completion of the course will be able to:						
<ul style="list-style-type: none"> To introduce and train students on value addition aspects. To enable students to learn methods of value addition through various techniques. 						
Credits: 2		Value Addition Course				
Max. Marks: As per Univ. rules		Min. Passing marks: As per Univ. rules				
Total No. of lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2						
Unit	Topics					No. of Hours
Unit I	Value addition: Introduction, Techniques of value addition, Importance of Value Addition					6
Unit II	Preparation of samples using different techniques a. Screen printing, b. Block printing, c. Stencil printing, d. Spray printing e. Batik					20
Unit III	Preparation of samples using different tie –dye techniques					10
Unit IV	Preparation of samples using patch work					4
Unit V	Preparation of one household and one apparel articles by using value addition techniques					20
References:						
<ul style="list-style-type: none"> V. A. Sehnaï, Chemistry of Dyes and principle of Dyeing. Sevak Prakasahan, Mumbai Hall AJ. 1955. <i>Handbook of Textile Dyeing & Printing</i>. The National Trade Press. Shenai VA. 1994. <i>Technology of Dyeing</i>. Sevak Publ. 						
Suggested Continuous Evaluation Methods: Seminar/ Presentation on any topic of the above syllabus •						
Test with multiple choice questions/ short and long answer questions • Attendance						

VALUE ADDITION COURSE (VAC-2) - Value added products from fruits and vegetables

CREDIT DISTRIBUTION ELIGIBILITY AND PRE REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
VAC-2 Value added products from fruits and vegetables	2	0	0	2	Passed class XII with Science, Arts and Commerce	Nil
UNDRGRADUATE CERTIFICATE IN HOME SCIENCE						
Programme/Class: Value added products from fruits and Vegetables				Year: First	Semester: Second Paper- VAC-2	
Subject : Home Science						
Course VAC-2		Course Title: Value added products from fruits and vegetables				
Course outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none"> • Explain various methods of preservation for fresh fruits and vegetables. • Get to know the value-added products made from fruits and vegetables. 						
Credits: 2				Value Addition Course		
Max. Marks: As per Univ. rules				Min. Passing Marks: As per Univ. rules		
Unit	Topics					No. of Hours
Unit I	Processing and preservation by application of heat(Blanching, pasteurization and sterilization)					10
Unit II	Chemical preservatives, drying, addition of sugar, Refrigeration and freezing					10
Unit III	Fruit juices: extraction, clarification, preservation and packaging.					10
Unit IV	Preparation of fruit juice and beverages viz. Juices, nectars, squashes, crushes, cordials, syrups.					10
Unit V	Methods of preparation, flow charts, packaging, storage and spoilage of pickles, tomato ketchup, spoilage and packaging					10
Unit VI	Visit to Food Processing Unit					10
Recommended Readings: <ul style="list-style-type: none"> • Giridharilal, G. S. Siddappa and G.L.Tandon (2007) Preservation of Fruits and Vegetables, Indian Council of Agri. Res., New Delhi. • Srivastava, R.P., and Sanjeev Kumar (2019) Fruit and Vegetable Preservation : Principles and Practices, CBS Publishers & Distributors Pvt., Ltd., New Delhi • Thompson, A.K. (1995) Post Harvest Technology of Fruits and Vegetables. Blackwell Sci.,U.K. • Verma, L.R. and V.K. Joshi (2000) Post Harvest Technology of Fruits and Vegetables. Indus Publ., New Delhi 						
Suggested Continuous Evaluation Methods: Seminar/ Presentation on any topic of the above syllabus □ Test with multiple choice questions/ short and long answer questions □ Attendance						

Undergraduate Diploma in Home Science
VALUE ADDITION COURSE (VAC-3) - Ayurveda and Nutrition

No. of Hours - 15+30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
VAC-3 Ayurveda and Nutrition	2	1	0	1	Passed class XII with Science, Arts and Commerce	Nil
UNDERGRADUATE DIPLOMA IN HOME SCIENCE						
Programme/Class: Diploma in Home Science			Year: Second		Semester: Third Course: VAC-3	
Subject: Home science						
Course: VAC-3			Course Title: Ayurveda and Nutrition			
Course outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">To Understand Indian Knowledge Systems (IKS) and key Vedic principles with respect to Food and Nutrition						
Credits: 2			VALUE ADDITION COURSE			
Max. Marks: As per Univ. Rules			Mini. Passing Marks: As per Univ. Rules			
Unit	Topics					No. of Hours
Unit I	Introduction to Ayurvedic Nutrition					
	<ul style="list-style-type: none">Ayurveda and Indian food culturesNutrition and lifestyle transition over the yearsRegional Food Traditions of India					5
Unit II	Basic principles of Food and Nutrition and Ayurveda					
	<ul style="list-style-type: none">Understanding rich sources of nutrientsConcept of <i>Doshas</i> & assessmentAyurvedic Principles of food habits and factors determining quality of food (<i>Ahara vidhi visheshaayatana</i>)FSSAI regulations on Ayurvedic Aahar					5
Unit III	Ayurvedic Diets <ul style="list-style-type: none">Principles of Diet: <i>Aharavidhi vidhan</i>, <i>Sattvic</i>, <i>Rajasi</i>, <i>Tamasic</i> foodsIncompatible food (<i>Viruddha Ahara</i>), <i>Pathya</i>; <i>Apathya</i>; <i>Viprita Ahaar</i>Lifestyle Management with <i>Dincharya</i> and <i>Ritucharya</i>Application of Ayurvedic diets to stress linked food behaviour					5
Practical						
Unit I	Visit your local market and classify the available food items according to <i>Sattvic</i> , <i>Rajasi</i> , <i>Tamasic</i> foods					10
Unit II	To study the food consumption patterns and intake of incompatible food: <i>Viruddha Ahara</i> , <i>Pathya</i> ; <i>Apathya</i> ; <i>Viprita Ahaar</i>					10
Unit III	The students may share their experiences in the form of audio-visual presentations of 15-30 minutes.					5
Unit IV	Visit to Ayurveda Hospitals					5

Essential Readings

- Rastogi S (2014) Ayurvedic Science of Food and Nutrition. ASIN: BOOHWMV094, Springer: ISBN-13:978-1461496274
- Rastogi S (2010) Building bridges between Ayurveda and modern science. Int J Ayurveda Res. 1(1):41- 46.
- FSSAI regulations on Ayurveda Aahar Regulations 2022. Gazette of India CG-DL-E-07052022- 235642. New Delhi, Friday, May 6, 2022/ Vaisakha 16, 1944.
- Frawley D (2012) Ayurvedic healing: A comprehensive guide. Lotus Press, India.
- <https://iksindia.org/>: Indian Knowledge Systems Suggested Readings
- Charaka Samhita, Charaka (1998) In: Tripathi BN (ed) Sutra Stahan Maharashitiya Adhyay. Chaukhamba Orientalia, Varanasi.

Kapoor Kapil & Singh AK Indian Knowledge Systems Volume – 1. Indian Institute of Advanced Study Shimla. Published by DK Printworld (P) Ltd, N.Delhi. <https://www.lkouniv.ac.in>

Suggested Continuous Evaluation Methods: Seminar/ Presentation on any topic of the above syllabus ☐
Test with multiple choice questions/ short and long answer questions ☐ Attendance

Undergraduate Diploma in Home Science
VALUE ADDITION COURSE (VAC-4) -Fashion Illustration

No. of Hours - 60

CREDIT DISTRIBUTION ELIGIBILITY AND PRE REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
VAC- 4 Fashion Illustration	2	0	0	2	Passed class XII with Science, Arts and Commerce	Nil
Programme/Class: Diploma in Home Science		Year: Second			Semester: Fourth Paper- VAC-4	
Subject : Home science						
Course VAC-4		Course Title: Fashion Illustration				
Course outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">● To develop knowledge and skill about basic figure drawing and illustration of human features.● To enable students to sketch their imagination into reality by using stylish figure and fashion figures.● To apply various types of textures and mediums in the figures.						
Credits:				Value Addition Course		
Max. Marks: As per Univ. rules				Min. Passing Marks: As per Univ. rules		
Unit	Topics					No. of Hours
Unit I	Fashion Illustration: Introduction, Tools for Sketching and Illustration.					10
Unit II	Designing of Clothing: Design, Classification of Design, Element of design, Principle of Design.					10
Unit III	Create and practice the type of lines and apply different lines in dress designing.					10
Unit IV	Create and apply the colors Schemes in Dress Designing by using Acrylic or Water colors.					10
Unit V	Create and apply the effect of line/variety of lines in Dress Designing by using pencil and brushes.					10
Unit VI	Draw the different Sketch of fashion detail by using pencil and brushes- <ul style="list-style-type: none">● Different types of necklines● Different types of sleeves● Different types of collars● Different types of skirts					10

Recommended Readings:

- Figure Drawing for Fashion, Isao Yajima, Graphic-Sha; First Edition (1987)
- Fashion Art for the Fashion Industry, Rita Gersten, Fair child Books(1989).
- Fashion Drawing–The Basic Principles, Anne Allen and Julian Seaman, Anova Books.
- Fashion illustration and Presentation, Manmeet Sodhia, Kalyani Publishers.
- Fashion Source Book, Kathryn Mckelvey, Blackwell Science
- Encyclopedia of fashion details, Patrick John Ireland, Batsford.
- Fashion Illustration, Colin Barnes, Little Brown and Co.(UK)(April 1995).
- Snap Fashion Sketch Book, Bill Glazer, Prentice Hall;2 edition(2007).

Suggested Continuous Evaluation Methods: Seminar/ Presentation on any topic of the above syllabus ☐ Test with multiple choice questions/ short and long answer questions ☐ Attendance