

ANNEXURE 18B11

V.V. VANNIAPERUMAL COLLEGE FOR WOMEN



(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

**CHOICE BASED CREDIT SYSTEM
REGULATIONS AND SYLLABUS
(with effect from Academic Year 2018 - 2019)**

V.V. Vanniaperumal College for Women, Virudhunagar, established in 1962, offers 19 UG Programmes, 14 PG Programmes, 6 M.Phil. Programmes and 3 Ph.D. Programmes. All these programmes, except Ph.D. Programmes, have been framed as per the guidelines given by UGC under Choice Based Credit System (CBCS).

The Departments of Commerce, English and History upgraded as Research Centres offer Ph.D. Programmes as per the norms and regulations of Madurai Kamaraj University, Madurai and do not come under the purview of CBCS.

CHOICE BASED CREDIT SYSTEM (CBCS)

The CBCS provides an opportunity for the students to choose courses from the prescribed Courses. The CBCS is followed as per the guidelines formulated by the UGC. The Students' performance will be evaluated based on the uniform grading system. Computation of the Cumulative Grade Point Average (CGPA) is made to ensure uniformity in evaluation system.

List of Programmes in which CBCS/Elective Course System is implemented

UG PROGRAMMES

Arts & Humanities	:	History (E.M. & T.M.), English and Tamil
Physical & Life Sciences	:	Mathematics, Zoology, Chemistry, Physics, Biochemistry, Home Science - Nutrition and Dietetics, Costume Design and Fashion, Microbiology, Biotechnology, Computer Science, Information Technology and Computer Applications.
Commerce & Management	:	Commerce, Commerce with Computer Applications, Commerce with Professional Accounting Business Administration.

PG PROGRAMMES

Arts & Humanities	:	History, English, Tamil
Physical & Life Sciences	:	Mathematics, Physics, Biochemistry, Food Processing & Quality Control, Chemistry, Zoology, Computer Science, Information Technology, Computer Applications (MCA*)
Commerce & Management	:	Commerce, Business Administration (MBA*)

* AICTE approved Programmes

PRE-DOCTORAL PROGRAMMES (M.Phil.)

Arts & Humanities	:	History, English, Tamil
Physical & Life Sciences	:	Mathematics, Biochemistry
Commerce & Management	:	Commerce

OUTLINE OF CHOICE BASED CREDIT SYSTEM

1. Core Courses
2. Elective Courses
 - 2.1. Discipline Specific Elective Courses (DSEC)
 - 2.2. Dissertation / Project
3. Non Major Elective Courses (NMEC)
4. Generic Elective Courses (GEC)
5. Ability Enhancement Courses (AEC)
 - 5.1 Ability Enhancement Compulsory Courses (AECC)
 - 5.2. Skill Enhancement Courses (SEC)

List of Non Major Elective Courses (NMEC) Offered

UG PROGRAMMES

Name of the Course	Semester	Department
Indian National Movement (A.D 1885-1947)	III	History(EM)
இந்திய Njrpய இயக்கம் (கி.பி. 1885 – 1947)	III	History (TM)
Constitution of India	IV	History(EM)
இந்தியாவில் அர்பயல் அமைப்பு	IV	History(TM)
Communication Skills-I	III	English
Communication Skills-II	IV	
இக்காலநீதி இலக்கியம்	III	Tamil
உரைநடை இலக்கியம்	IV	
Basic Hindi - I	III	Hindi
Basic Hindi - II	IV	
Practical Banking	III	Commerce
Basic Accounting Principles	IV	
Business Management	III	Business Administration
Entrepreneurship Development	IV	
Quantitative Aptitude – I	III	Mathematics
Quantitative Aptitude - II	IV	
Physics in Everyday life	III	Physics
Digital Electronics	IV	
Industrial Chemistry-I	III	Chemistry
Industrial Chemistry-II	IV	
Applied Zoology	III	Zoology
Animal Science	IV	
Basic Food Science	III	Home Science – Nutrition and Dietetics
Basic Nutrition and Dietetics	IV	
Women and Health	III	Biochemistry
Life style associated disorders	IV	
Medical Lab Technology	III	Microbiology
Applied Microbiology	IV	
Infectious Diseases	III	Biotechnology
Organic Farming	IV	
Basics of Fashion	III	Costume Design And Fashion
Interior Designing	IV	
Introduction to Computers and Office Automation	III	Computer Science
Introduction to Internet and HTML 5	IV	
Computer Fundamentals and E-mail	III	Information Technology
Introduction to HTML	IV	
Fundamentals of Computers	III	Computer Applications
Web Design with HTML	IV	
Horticulture – I	III	Botany
Horticulture – II	IV	
மருத்துவ தாவரவியல் - I	III	
மருத்துவ தாவரவியல் - II	IV	
Library and Information Science – I	III	Library Science
Library and Information Science - II	IV	

List of Generic Elective Courses (GEC) Offered

GENERIC ELECTIVE COURSES – 1 (Any one)

1. Human Rights/
2. Women Studies

GENERIC ELECTIVE COURSES – 2 (Any one)

1. Constitution of India/
2. Modern Economics/
3. Adolescent Psychology/
4. Disaster Management

ABILITY ENHANCEMENT COMPULSORY COURSES (AECC)

1. Environmental Studies
2. Value Education

மேல்நிலை கல்வி வரை தமிழை முதன்மை பாடமாக எடுத்து படிக்காத மாணவிகள் கீழ்க்கண்ட பாடங்களை கட்டாயம் படிக்க வேண்டும்

1. அடிப்படை தமிழ் - எழுத்தறிதல்
2. அடிப்படைத் தமிழ் - மொழித்திறனறிதல்

ELIGIBILITY FOR ADMISSION

Candidates should have passed the Higher Secondary Examination conducted by the Board of Higher Secondary Education, Tamilnadu or any other Examination accepted by Academic Council with any Science / Home Science / Nursing Vocational group in Higher Secondary Examination.

DURATION OF THE COURSE

The candidates shall undergo the prescribed course of study for a period of three academic years (six semesters)

MEDIUM OF INSTRUCTION

English

SUBJECTS OF STUDY

Part I-Tamil/Hindi

Part II-English

Part-III - Core Courses

Core Elective: Discipline Specific Electives and Project

Allied Courses: 1. Chemistry

2. Allied Biology

Part IV- Skill Enhancement Courses (SEC)

Non-Major Elective Courses (NMEC)

Generic Elective Courses (GEC)

Dissertation / Field Project/Internship

Ability Enhancement Compulsory Courses (AECC)

Part V -National Service Scheme, Physical Education, Youth Red Cross

Society, Red Ribbon Club, Science Forum, Eco Club, Library and

Information Science, Consumer Forum, Health and Fitness Club

Study Tour/ Field visit is mandatory for UG students.

Internship / Field Project is compulsory for II year UG Science students

Internship: A designated activity that carries one credit involving more than 7 days of working in an organization under the guidance of an identified mentor

Field Project: Project students need to undertake project that involve conducting surveys inside/outside the college premises and collection of data from designated communities or natural places

EVALUATION SCHEME**Core Courses, Discipline Specific Electives Courses & Allied Courses**

Components	Internal Assessment Marks	External Examination Marks	Total Marks
Theory	25	75	100
Practical	40	60	100
Project	40	60	100
Internship	50	50	100

PART III - Core Courses, Discipline Specific Elective Courses & Allied Courses

INTERNAL ASSESSMENT**Distribution of Marks****Theory**

Mode of Evaluation		Marks
Periodic Test	:	15
Assignment	:	5
Quiz	:	5
Total	:	25

Three Periodic Tests - Average of the best two will be considered

Two Assignments - Best of the two will be considered

Three Quiz Tests - Best of the three will be considered

Practical

Mode of Evaluation		Marks
Model Test	:	30
Performance	:	10
Total	:	40

Two Model Tests - Best one will be considered

Performance - Attendance and Record

Internship

One month internship training in well reputed hospitals. Internal evaluation carried out by project guide (Dietitian) and external evaluation by University practical examiner.

Question Pattern for Periodic Assessment**Duration: 2 Hours**

Section	Type of Question	No. of Questions	No. of Questions to be answered	Marks for each question	Total Marks
A Q. No.(1- 4)	Multiple choice	4	4	1	4
B Q. No.(5 - 7)	Either or type	3	3	7	21
C Q. No.(8-10)	Open Choice	3	2	10	20
Total					45

EXTERNAL EXAMINATION**Question Pattern****Duration: 3 Hours**

Section	Type of Question	No. of Questions	No. of Questions to be answered	Marks for each question	Total Marks
A Q. No.(1- 10)	Multiple choice (At least Two question from each unit)	10	10	1	10
B Q. No.(11 - 15)	Either or type (one set from each unit)	5	5	7	35
C Q. No.(16-20)	Open Choice (one from each unit)	5	3	10	30
Total					75

CORE COURSES ASSESSMENT

Online Test will be conducted for the Core Courses in V & VI Semester.

Multiple Choice questions Pattern is followed.

PART IV- Skill Enhancement Courses and Non Major Elective Courses

INTERNAL ASSESSMENT**Distribution of Marks****Theory**

Mode of Evaluation		Marks
Periodic Test	:	25
Assignment	:	10
Quiz	:	5
Total	:	40

Three Periodic tests - Average of the best two will be considered

Two Assignments - Best of the two will be considered

Three Quiz Tests - Best of the three will be considered

Question Pattern**Duration 1 Hour**

Section	Types of Question	No. of Questions	No. of Questions to be answered	Marks for each Question	Total Marks
A Q. No.(1- 4)	Open Choice	4	3	5	15
B Q. No.(5- 6)	Open Choice	2	1	10	10
Total					25

External Examination**Duration - 2 Hours**

Section	Types of Question	No. of Questions	No. of Questions to be answered	Marks for each Question	Total Marks
A Q. No.(1- 8)	Open Choice	8	6	5	30
B Q. No.(9- 13)	Open Choice	5	3	10	30
Total					60

PART IV- Generic Elective Courses & Ability Enhancement Compulsory Courses

- Assessment by Internal Examiner only
- Model Examination is conducted after two periodic tests.
- Book and Study Material prepared by the Faculty Members of the respective departments will be prescribed.

ASSESSMENT PATTERN

Mode of Evaluation		Marks
Periodic Test	:	30
Assignment	:	10
Model Examination	:	60
Total	:	100

Two Periodic tests - Best of the two will be considered

Two Assignments - Best of the two will be considered

Question Pattern for Periodic Test**Duration: 1 Hour**

Section	Types of Question	No. of Questions	No. of Questions to be answered	Marks for each Question	Total Marks
A Q. No.(1- 4)	Open Choice	4	3	6	18
B Q. No.(5- 6)	Open Choice	2	1	12	12
Total					30

Question Pattern for Model Examination**Duration: 2 Hours**

Section	Types of Question	No. of Questions	No. of Questions to be answered	Marks for each Question	Total Marks
A Q. No.(1- 8)	Open Choice	8	5	6	30
B Q. No.(9- 13)	Open Choice	5	3	10	30
Total					60

ELIGIBILITY FOR THE DEGREE

- i) The candidate will not be eligible for degree without completing the prescribed Courses of study and a minimum Pass marks in all the Courses.
- ii) Attendance, progress and conduct certification from the Head of the Institution will be required for the students to write the examination.
 - No Pass minimum for Internal Assessment.
 - Pass minimum for External Examination is 27 marks out of 75 marks for Core Courses, Allied Courses and Discipline Specific Elective Courses.
 - Pass minimum for External Examination is 21 marks out of 60 marks for Non Major Elective Courses and Skill Enhancement Courses.
 - The aggregate minimum pass percentage is 40.
 - Pass minimum for External Practical Examination is 21 marks out of 60 marks.
 - Pass minimum for Generic Elective Course and Ability Enchantment Compulsory Course is 40.

ATTENDANCE

The following rules are applicable to the students of all UG, PG and M.Phil. Programmes with effect from 2018-2019.

- a) The students with an attendance of 85% and above are permitted to appear for the Summative Examinations without any condition.
- b) The students with 78% - 84 % of attendance are permitted to appear for the Summative Examinations by paying a fine of ₹500/-
- c) The students with 66% - 77% of attendance can appear for the Summative Examinations only after getting special permission from the Principal. Special permission shall be granted by the Principal only on medical grounds and those students should also pay a fine of ₹1000/- along with the application form for exemption. If permission is not granted, they have to appear for the Summative Examinations in the next Semester by paying a fine of ₹1000/-
- d) The students who have less than 65% of attendance cannot appear for the Summative Examinations and have to repeat the whole semester.
- e) For Part V Courses, the students require 75% of attendance to get the required credit.
- f) For Certificate, Diploma, Advanced Diploma and Post Graduate Diploma Programmes, the students require 75% of attendance to appear for the Theory/Practical Examinations.

B.Sc. HOME SCIENCE - NUTRITION AND DIETETICS

Program Code -2028

PROGRAMME OUTCOMES

- Encourage intellectually disciplined process of thinking in analyzing, synthesizing, evaluating and applying scientific concepts.
- Develop good rapport with fellow-beings through efficient oral, written and technical communication.
- Connect with the society to transform ideas into action.
- Volunteer support in spreading scientific temperament and stand for the national cause in all core issues.
- Uphold the values and beliefs inherent in the nation's tradition and culture.
- Strive to preserve nature in all forms for a sustainable future.
- Develop an independent and self-disciplined specialized learning in tune with the changing socio-technological scenario

PROGRAMME SPECIFIC OUTCOMES

- ✚ Develop professional competencies in the areas of Home Science such as Food Science, Nutrition, Dietetics, Human Development, Textiles and Clothing, Family Resource Management, Food Service Management and Extension Education
- ✚ Acquire the skills necessary for employment in institutions, industries and organizations related to the field of Home Science or for self-employment
- ✚ Develop research skills in the areas of Home Science
- ✚ Acquire expertise on food utilization and preservation to improve food and nutrition security and overall nutritional status of the communities



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PART – I-TAMIL

S.No.	Sem.	Code	Title of the Course	Credits	Marks
1.	I	18UTAG11	தாள்: 1 பொதுத்தமிழ்	3	100
2.	II	18UTAG21	தாள்: 2 பொதுத்தமிழ்	3	100
3.	III	18UTAG31	தாள்: 3 பொதுத்தமிழ்	3	100
4.	IV	18UTAG41	தாள்: 4 பொதுத்தமிழ்	3	100
TOTAL				12	400

PART I -HINDI

S.No.	Sem.	Code	Title of the Course	Credits	Marks
1.	I	18UHDG11	Prose – I & II, Ekganki - I, Short stories, Functional Hindi – I & Grammar	3	100
2.	II	18UHDG21	Drama, Ekganki – II, Letter Correspondence, Functional Hindi-II & Grammar	3	100
3.	III	18UHDG31	Ancient poetry, Drama, Indian History, Poetics and functional Hindi-III	3	100
4.	IV	18UHDG41	Modern poetry, History of Modern Hindi Literature and functional Hindi -IV	3	100
TOTAL				12	400

PART II

S.No.	Se m.	Code	Title of the Course	Credits	Marks
1.	I	18UENG11A	English for Advanced Learners I	3	100
		18UENG11B	English for Career Guidance - I		
		18UENG11C	English for Communicative Competence-I		
2.	II	18UENG21A	English for Advanced Learners II	3	100
		18UENG21B	English for Career Guidance - II		
		18UENG21C	English for Communicative Competence - II		
3.	III	18UENG31A	English for Advanced Learners III	3	100
		18UENG31B	English for Career Guidance – III		
		18UENG31C	English for Communicative Competence - III		
4.	IV	18UENG41A	English for Advanced Learners IV	3	100
		18UENG41B	English for Career Guidance – IV		
		18UENG41C	English for Communicative Competence - IV		
TOTAL				12	400

PART III – CORE, DISCIPLINE SPECIFIC ELECTIVE COURSES

S.No.	Sem.	Code	Title of the Course	Credits	Marks
1	I	18UHSC11	Food Science I	4	100
2	I	18UHSC12	Nutrition Science	4	100
3	II	18UHSC21	Food Science II	4	100
4	II	18UHSC22	Food Service Management	4	100
5	II	18UHSC21P	Food Science Lab	2	100
6	III	18UHSC31	Dietetics I	5	100
7	IV	18UHSC41	Dietetics II	5	100
8	IV	18UHSC41P	Dietetics Lab	2	100
9	V	18UHSC51	Food Microbiology	4	100
10	V	18UHSC52	Food Preservation and Bakery	4	100
11	V	18UHSC53	Human Development	4	100
12	V	18UHSE51/ 18UHSE52	Family Resource Management/ Bio Statistics	4	100
13	V	18UHSO51	Online Assessment	1	50
14	VI	18UHSC61	Nutritional Biochemistry	4	100
15	VI	18UHSC62	Internship	4	100
16	VI	18UHSC63	Extension Education	4	100
17	VI	18UHSE61/ 18UHSE62	Textiles and Clothing/ Family Dynamics	4	100
18	VI	18UHSO61	Online Assessment	1	50
19	VI	18UHSC61P	Food Analysis Lab	3	100
20	VI	18UHSC62P	Food Preservation and Bakery Lab	3	100
21	VI	18UHSC63P	Art in Everyday Life	2	100
Total				72	2000

PART III – ALLIED COURSE I- CHEMISTRY

S.No.	Sem.	Code	Title of the Course	Credits	Marks
1.	I	18UCHA11	Inorganic, Organic and Physical Chemistry I	4	100
2.	II	18UCHA21	Inorganic, Organic and Physical Chemistry II	4	100
3.	II	18UCHA21P	Volumetric Analysis	2	100
Total				10	300

PART III - ALLIED COURSE II- ALLIED BIOLOGY

S.No.	Sem.	Code	Title of the Course	Credits	Marks
1.	III	18UBHA31	Human Physiology	4	100
2.	IV	18UBHA41	Functional Foods and Nutraceuticals	4	100
	IV	18UBHA41P	Biochemical Analysis	2	100
Total				10	300

PART IV -SKILL ENHANCEMENT COURSES

S.No.	Sem.	Code	Title of the Course	Credits	Marks
1.	II	18UHSS21P	MS-Office - Lab	2	100
2.	III	18UHSS31	Entrepreneurship Development	2	100
3.	IV	18UHSS41	Interior Design	2	100
4.	V	18UHSS51	Food Safety and Quality Control	2	100
5.	V	18UHSS52	Public Nutrition and Hygiene	2	100
6.	VI	18UHSS61	Food Toxicology	2	100
Total				12	600

PART IV –NON MAJOR ELECTIVE COURSES

S.No.	Sem.	Code	Title of the Course	Credits	Marks
1.	III	18UHSN31	Basic Food Science	2	100
2.	IV	18UHSN41	Basic Nutrition and Dietetics	2	100
Total				4	200

PARTIV–GENERIC ELECTIVE AND ABILITY ENHANCEMENT COMPULSORY COURSES

S.No.	Sem.	Code	Title of the Course	Credits	Marks
1.	I	18UGVE11	Value Education	2	100
2	III	18UGHR31 18UGWS32	Human Rights Women studies	1	100
3.	IV	18UGEC41	Constitution of India	1	100
		18UGEM42	Modern Economics		
		18UGEA44	Adolescent Psychology		
		18UGED45	Disaster Management		
4		18UPHI41G	Internship/Field Project	1	100
		PART V	Extension Activities	1	-
5	V	18UGES51	Environmental Studies	2	100
Total				8	500

PART –V -EXTENSION ACTIVITIES

S.No.	Sem.	Code	Title of the Course	Credit
1	I, II, III & IV	18UVNS1	National Service Scheme	1
2		18UVNS2	Physical Education	
3		18UVYR1	Youth Red Cross Society	
		18UVYR2		
4		18UVRR1	Red Ribbon Club	
5		18UVSF1	Science Forum	
6		18UVEC1	Eco Club	
7		18UVLI1	Library and Information Science	
8		18UVCC1	Consumer Forum	
9	18UVHF1	Health and Fitness Club		



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DEPARTMENT OF HOME SCIENCE B.Sc. HOME SCIENCE - NUTRITION AND DIETETICS PROGRAMME STRUCTURE

Semester	Course Code	Courses	Hours per week	Credits	Total Marks		
					Int.	Ext.	
I	Part I	18UTAG11	Tamil/Hindi I	6	3	25	75
	Part II	18UENG11	English I	6	3	25	75
	Part III	18UHSC11	Core Course -1 Food Science I	4	4	25	75
		18UHSC12	Core Course - 2 Nutrition Science	4	4	25	75
		18UHSC21P	Core Course Practical – 1 Food Science Lab	2	-	-	-
		18UCHA11	Allied Course –I Inorganic , Organic and Physical Chemistry -1 Allied Practical 1	4	4	25	75
		18UCHA11P		2			
	Part IV	18UGVE11	Value Education	2	2	100	
	TOTAL			30	20	600	

Semester	Course Code	Courses	Hours per week	Credits	Total Marks		
					Int.	Ext.	
II	Part I	18UTAG21	Tamil /Hindi II	6	3	25	75
	Part II	18UENG21	English II	6	3	25	75
	Part III	18UHSC21	Core Course - 3 Food Science II	4	4	25	75
		18UHSC22	Core Course - 4 Food Service Management	4	4	25	75
		18UHSC21P	Core Course Practical –1 Food Science Lab	2	2	40	60
		18UCHA21	Allied Course –I Inorganic , Organic and Physical Chemistry -2	4	2	25	75
		18UCHA21P	Allied Practical- 1	2	2	40	60
	Part IV	18UHSS21P	SEC -1 MS Office Lab	2 T-1,P-1	2	40	60
	TOTAL			30	24	800	

Semester	Course Code	Courses	Hours per week	Credits	Total Marks		
					Int.	Ext.	
III	Part I	18UTAG31	Tamil/ Hindi III	6	3	25	75
	Part II	18UENG31	English III	6	3	25	75
	Part III	18UHSC31	Core Course -5 Dietetics I	5	5	25	75
		18UHSC41P	Core Course Practical – 2 Dietetics Lab	2	-	-	-
		18UBHA31	Allied II -Course 1 Allied Biology – Human Physiology	4	4	25	75
		18UBHA41P	Biochemical Analysis Lab	2	-	-	-
	Part IV	18UHSS31	SEC -2 Entrepreneurship Development	2	2	40	60
		18UHSN31	NMEC-1 Basic Food Science	2	2	40	60
	Part IV	18UGHR31 18UGWS32	Generic Elective -1 1.Human Rights/ 2. Women studies	0	1	40	60
		18UGEC41	Generic Elective -2 Constitution of India/	1	-	-	-
		18UGEM42	Modern Economics/				
		18UGEA43	Adolescent Psychology/				
		18UGED44	Disaster Management				
		TOTAL			30	20	700

Semester	Course Code	Courses	Hours per week	Credits	Total Marks		
					Int	Ext	
IV	Part I	18UTAG41	Tamil /Hindi IV	6	3	25	75
	Part II	18UENG41	English IV	6	3	25	75
	Part III	18UHSC41	Core Course - 6 Dietetics II	5	5	25	75
		18UHSC41P	Core Course Practical-2 Dietetics Lab	2	2	40	60
		18UBHA41	Allied II -Course – 2 Allied Biology – Functional Foods and Nutraceuticals	4	4	25	75
		18UBHA41P	Biochemical Analysis Lab	2	2	40	60
	Part IV	18UHSS41	SEC -3 Interior Design	2	2	40	60
		18UHSN41	NMEC-2 Basic Nutrition and Dietetics	2	2	40	60
		18UHS41G	Internship/Field Project	0	1	100	-
			Generic Elective -2	1	1	100	-
		18UGEC41	Constitution of India				
		18UGEM42	Modern Economics				
		18UGEA43	Adolescent Psychology				
		18UGED44	Disaster Management				
Part V		Extension Activities	-	1	-	-	
		TOTAL	30	26	1000		

Semester	Course Code	Courses	Hours per week	Credits	Total Marks		
					Int.	Ext.	
V	Part III	18UHSC51	Core Course – 7 Food Microbiology	4	4	25	75
		18UHSC52	Core Course - 8 Food Preservation and Bakery	4	4	25	75
		18UHSC53	Core Course – 9 Human Development	4	4	25	75
		18UHSC61P	Core Course Practical - 3 Food Analysis Lab	3	-	-	-
		18UHSC62P	Core Course Practical - 4 Food Preservation and Bakery Lab	3	-	-	-
		18UHSC63P	Core Course Practical -5 Art in Everyday Life	2	-	-	-
		18UHSE51 18UHSE52	DSEC -1 1. Family Resource Management 2. Bio Statistics	4	4	25	75
		18UHSO51	Online Assessment	-	1	50	
	Part IV	18UHSS51	SEC -4 Food Safety and Quality Control	2	2	40	60
		18UHSS52	SEC -5 Public Nutrition and Hygiene	2	2	40	60
		18UGES51	Environmental Studies	2	2	100	
			TOTAL	30	23	750	

Semester	Course Code	Courses	Hours per week	Credits	Total Marks		
					Int.	Ext.	
VI	Part III	18UHSC61	Core Course -10 Nutritional Biochemistry	5	4	25	75
		18UHSC62	Core Course -11 Internship	5	4	50	50
		18UHSC63	Core Course -12 Extension Education	5	4	25	75
		18UHSC61P	Core Course Practical -3 Food Analysis Lab	3	3	40	60
		18UHSC62P	Core Course Practical -4 Food Preservation and Bakery Lab	3	3	40	60
		18UHSC63P	Core Course Practical -5 Art in Everyday Life	2	2	40	60
		18UHSE61/ 18UHSE62	DSEC -2 1. Textiles and Clothing 2. Family Dynamics	5	4	25	75
		18UGOL61	Online Assessment	-	1	50	
	Part IV	18UHSS61	SEC -6 Food Toxicology	2	2	40	60
TOTAL			30	27	850		

DSEC : Discipline Specific Elective Course

SEC : Skill Enhancement Course



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VIRUDHUNAGAR - 626 001

B.Sc. Home Science - Nutrition and Dietetics (Semester) (2018 -19 onwards)

Semester I	FOOD SCIENCE I	Hours/Week: 4	
Core Course-1		Credits: 4	
Course Code 18UHSC11		Internal 25	External 75

COURSE OUTCOMES

On completion of the course, students will be able to

- understand the functions of food in relation to health.
- obtain knowledge of different food groups and their contribution to nutrition.
- learn about the structure, composition, nutritive value and selection of different foodstuffs.
- familiar with the different methods of cooking food.
- comprehend the processing techniques and storage of cereals, pulses, fruits and vegetables.
- understand the effect of cooking foods in terms of colour, flavour, texture and overall acceptability.

UNIT I Introduction

Food- definition, functions, food groups, food guide pyramid, food in relation to health
Cooking- objectives and its methods (5 Hours)

UNIT II Cereals

Cereals - composition and nutritive value of rice, structure of wheat, milling and parboiling of wheat and rice, cereal products, cereal cookery – effect of moist and dry heat, Role of cereals and factors to be considered while cooking cereals.
Millets - maize, jowar, ragi and Bajra - nutritive value and processing.
(15 Hours)

UNIT III Pulses

Pulses and Legumes – nutritive value, processing, storage and infestation, toxic constituents. Pulse Cookery - factors affecting cooking quality – role of pulses in cookery. (10 Hours)

UNIT IV Fruits and Vegetables

Fruits - classification, composition, storage, ripening of fruits, enzymatic and non-enzymatic browning reactions.

Vegetables- classification, composition, pigments – water insoluble and water soluble pigments, effect of cooking on pigments, selection and storage. Vegetable cookery-changes during cooking, loss of nutrients during cooking, factors to be considered while cooking vegetables and role of vegetables in cookery. (15 Hours)

UNIT V Sugar and Food Adjuncts

Sugar and sugar products – nutritive value, properties, sugar related products, stages of sugar cookery, role of sugar in cookery. Spices – functions, its medicinal values and role of spices in cookery, Herbs used in cooking. (15 Hours)

TEXT BOOK

Sri Lakshmi,B. (2015).*Food Science*, New Age International Ltd., New Delhi.

REFERENCE BOOKS

1. Swaminathan, M. (2003). *Essentials of Food and Nutrition*, Vol I & II. The Bangalore printing and Publishing Co Ltd, Bangalore.
2. ShakuntalaManay,N., and Shadaksharaswamy.M, (2008) *Foods Facts and Principles*, New Age International Ltd., New Delhi.
3. Mudambi,S.R., and Rao,S.M.(2006). *Food Science*, New Age International Ltd., New Delhi.
4. Potter,N.N., and Hotchkiss,J.H. (2006). *Food Science*, CBS Publishers, New Delhi.



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B.Sc. Home Science - Nutrition and Dietetics (Semester) (2018 -19 onwards)

Semester I	NUTRITION SCIENCE	Hours/Week: 4	
Core Course-2		Credits: 4	
Course Code 18UHSC12		Internal 25	External 75

COURSE OUTCOMES

On completion of the course, students will be able to

- understand the vital link between nutrition and health.
- acquire knowledge on sources, functions, digestion, absorption and metabolism of macro nutrients.
- attain knowledge on sources, functions, digestion, absorption and metabolism of micro nutrients.
- get familiar with the Recommended Dietary Allowances at different stages of growth.
- comprehend the effects of nutrients deficiency diseases on human health.
- realize the importance of nutrients in day today life.

UNIT I Introduction to Nutrition

Nutrition, health and nutrients - definition

Nutritional status-optimum/ideal nutrition - Malnutrition - under and over nutrition, signs of good and poor nutrition.

Energy - Unit of energy, definition, RDA, determination of energy value of food, Total Energy Requirements. Basal Metabolic Rate – factors influencing BMR.

(12 Hours)

UNIT II Carbohydrates

Carbohydrates – Nutritional classification, sources, digestion and absorption and functions.

Dietary Fibre - Role of dietary fibre in human nutrition, Recommended Dietary Allowances. (12 Hours)

UNIT III Protein

Protein - Nutritional classification of protein, sources, functions, digestion and absorption, measurement of protein quality, deficiency diseases and RD (11 Hours)

UNIT IV Lipids

Lipids - Nutritional classification, sources, digestion, absorption and functions of lipids on human health.

Fatty acids – types, sources, functions, deficiency diseases and RDA. Functions of essential fatty acids. (11 Hours)

UNIT Vitamins and Minerals

Vitamins- Classification, unit of measurements, sources, functions , deficiency diseases and RDA.

Fat soluble vitamins -Vitamin A, D, E and K

Water soluble vitamins -Vitamin B Complex and C

Minerals-Functions, sources, storage in body, RDA and deficiency of macro (Ca,P, Mg)and micro (Fe,I,Fl,cu,zn) minerals. (14 Hours)

TEXT BOOK

SriLakshmi B. (2016). *Nutrition Science*, New Age International Ltd., New Delhi.

REFERENCE BOOKS

1. Robinson H. Corinne (1978) *Fundamentals of Normal Nutrition*, 3rd Edition. Collier Macmillan international Edition. Macmillan.
2. Williams, Sue Rodewell, *Nutrition and Diet therapy* (1985) 5th edition. St. Louis: Times Mirror/Mosby College Publications.
3. Swaminathan, M. (2003). *Essentials of Food and Nutrition*, Vol I & II. The Bangalore printing and Publishing Co Ltd, Bangalore.
4. Kravse. M.V. and Mohan – *Food, Nutrition and Diet therapy* (1984). W.B. Saunders company, Philadelphia.
5. Gopalan. C., and Vijayaragavan.K., *Nutrition, Atlas of India* (1971). NIN/ICMR, Hyderabad.

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Semester I	VALUE EDUCATION (2018 -19 onwards)	Hours/Week: 2	
Ability Enhancement Compulsory Course		Credits: 2	
Course Code 18UGVE11		Internal 100	External -

COURSE OUTCOMES

On completion of the course, the students will be able to

- instill moral values of life in mind of students
- realize potential of human being and glory of human life
- be aware of Indian culture and heritage
- be aware of their rights as women and thereby enabling them to meet the challenges of life.

UNIT I - Values of Life

Introduction - Definition of Values - Significance of Values - Classification of Values – Need for Value Education.

UNIT II Values for Individual Welfare

Honesty and Integrity- Punctuality- Positive Thinking - Commitment at the Workplace .

UNIT III Values for Familial Welfare/Peace

Respect and Love for Elders – Truthfulness- Harmonious Relationship – Hospitality.

UNIT IV Values for Social Welfare/Prosperity

Patriotism and Non-Violence-Human Rights-Women's Rights.

UNIT V Values for Spiritual Welfare/Well being

Faith in God- Meditation- Purity- Self Surrender.

BOOK PRESCRIBED

Maithili.B & Thilakam.C., *et al.* (2014) . *Value Education*. Chennai: New Century Book House (P) Ltd.



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B.Sc. Home Science - Nutrition and Dietetics (Semester) (2018 -19 onwards)

Semester II	FOOD SCIENCE II	Hours/Week: 4	
Core Course-3		Credits: 4	
Course Code 18UHSC21		Internal 25	External 75

COURSE OUTCOMES

On completion of the course, students will be able to

- understand the composition and nutritive value of flesh foods, milk, egg, nuts and oil seeds.
- gain knowledge on processing and preservation of food.
- understand the different aspects of sensory evaluation and their applications.
- comprehend the scientific principles governing the acceptability of food preparations.
- understand the theoretical aspects in ensuring food quality.
- know the basic principles of food for future research.

UNIT I Milk and Milk Products

Milk - Composition and nutritive value, physical properties, effect of heat, acid, enzymes and salts on milk, milk products and role of milk in cookery

(12 Hours)

UNIT II Eggs

Egg – Structure, composition and nutritive value, pigments, quality of egg, evaluation, preservation, egg white foams and role of egg in cookery.

(12Hours)

UNIT III Flesh Foods

Meat– Structure, composition and nutritive value, post-mortem changes - ageing, tenderizing, curing, cuts and grades, meat cookery.

Poultry-Classification, composition and nutritive value, preservation and storage.

Fish- Classification, composition and nutritive value, selection, spoilage, storage and preservation and fish cookery. (12 Hours)

UNIT IV Fats and Oils

Fats and Oils – composition and nutritive value, refining and processing of fats, specific fats and oils, emulsions, rancidity, effect of heating and role of fats in cookery.
Nuts and oil seeds

Composition and nutritive value of specific nuts and oil seeds – almonds, coconut, groundnut, soya bean and flax seed. Role of nuts and oils seeds in cookery. (12 Hours)

UNIT V

Sensory Evaluation - sensory characteristics of foods, types of tests - difference tests, rating test, sensitivity tests and descriptive tests. (12 Hours)

TEXT BOOK

Sri Lakshmi,B. (2015).*Food Science*, New Age International Ltd., New Delhi.

REFERENCE BOOKS

1. Swaminathan, M. (2003). *Essentials of Food and Nutrition*, Vol I & II. The Bangalore printing and Publishing Co Ltd, Bangalore.
2. ShakuntalaManay,N., and Shadaksharaswamy.M, (2008) *Foods Facts and Principles*, New Age International Ltd., New Delhi.
3. Mudambi,S.R., and Rao,S.M.(2006). *Food Science*, New Age International Ltd., New Delhi.
4. Potter,N.N., and Hotchkiss,J.H. (2006). *Food Science*, CBS Publishers, New Delhi.



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B.Sc. Home Science - Nutrition and Dietetics (Semester) (2018 -19 onwards)

Semester II	FOOD SERVICE MANAGEMENT	Hours/Week: 4	
Core Course-4		Credits: 4	
Course Code 18UHSC22		Internal 25	External 75

On completion of the course, students will be able to

- gain knowledge about the various types of food service and its management aspects.
- develop skills in handling equipments and maintenance.
- develop skills in menu planning for quality preparation and applications of basic principle in bulk production of the food.
- understand the methods of calculating the food cost.
- recognize the importance of sanitation and hygiene in food service institutions.
- understand the importance of book keeping in business operation.

UNIT I

Management and Organisation

Food service establishment – history, types – commercial and non- commercial food service establishment

Management - functions and tools. (12 Hours)

UNIT II

Physical Plant and Equipment

Kitchen- layout, size and types, Storage areas- space, types and layout, Service area- location and layout, Equipment- classification, selection, care and maintenance. (12 Hours)

UNIT III

Quantity Food Production and Services

Food - Purchasing, receiving, storing and issuing of foods.

Menu planning- meaning, types, points to be considered while planning, standardisation of recipes, portion control and effective use of left over.

Styles of service – waiter service, self- service, vending and mobile catering.

(12 Hours)

UNIT IV

Financial Management

Cost – Types of cost, food Cost Control - factors responsible for losses, method of controlling food cost

Books keeping and Accounting –types of account, book of accounts, trial balance, profit and loss account, balance sheet. (12 Hours)

UNIT V

Hygiene, Sanitation and Safety

Hygiene and Sanitation – environmental hygiene and sanitation, hygiene in food handling and personnel hygiene

Safety - accidents and its prevention

Laws – Factories Act, Catering Establishment Act, FPO, PFA, MPO and AGMARK (12 Hours)

TEXT BOOKS

1. Mohini Sethi and Surjeet Malhan.(1993). *Catering Management and Integrated Approach*, Wiley Eastern Ltd., New Delhi.
2. Suganthi and Premakumari. (2017). *Food service Management*, Dipti press PVT Ltd., Chennai.

REFERENCES BOOKS

1. Malhotra,R.K.(1998) *Food Service Management*, Anmol publishers, New Delhi.
2. George,B and Chatterjee,S. (2008). *Food and Beverage Service Management*, Jaico publishing house, Chennai.
3. Verghese,B. (1999). *Professional Food and Beverage Service Management*, Rajiv Beri for Macmillan India Ltd., Chennai.



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B.Sc. Home Science - Nutrition and Dietetics (Semester) (2018 -19 onwards)

Semester II	FOOD SCIENCE LAB	Hours/Week: 2	
Core Practical - 1		Credits: 2	
Course Code 18UHSC21P		Internal 40	External 60

PRACTICALS

- ❖ Method of measuring ingredients
- ❖ Calculate the percentage of edible portion
- ❖ Cereal Cookery
 - Examine the structure of starch granules.
 - Find out the gelatinization temperature and changes occur during gelatinization.
 - Examine the factors affecting gelatinization.
 - Determine the best cooking method combining cereal flour with water.
 - Examine the gluten formation in wheat flour, maida and ragi flour.
 - Determine the best method of cooking rice.
 - Preparation of cereal based Indian recipes.
- ❖ Pulse cookery
 - Determine the time, temperature and water required for sprouting whole pulses and legumes.
 - Find out the effect of cooking on whole and washed or dehusked/decorticated pulses and legumes.
 - Effect of cooking on pulses and legumes by the addition of salt, acid, alkali and enzymes.
 - Preparation of selected pulses and legumes based recipes.
- ❖ Fruits and vegetables cookery
 - Determine the factors affecting chlorophyll pigments in vegetables.
 - Determine the factors affecting carotenoids in vegetables.

- Determine the factors affecting betalain in vegetables.
 - Determine the factors affecting anthocyanin in vegetables.
 - Determine the factors affecting anthoxanin in vegetables.
 - Analyse the pH in different fruits.
 - Effect of cooking on vegetables by adding acid and alkali.
 - Examine the browning reaction on fruits and vegetables.
 - Preparation of selected fruits and vegetables based recipes.
- ❖ Sugar cookery
- Analyse the stages of sugar cookery.
 - Preparation of selected desserts.

PRACTICAL

- ❖ Milk
- Effect of heat and acid on the milk protein.
 - Effect of added substance on the stability of milk.
 - Effect of fermentation on milk protein.
 - Preparation of milk sweets, sauces, cheese and curds.
- ❖ Egg
- Method of evaluating quality of egg.
 - Effect of cooking on colour, texture and acceptance of the whole egg.
 - Effect of method of cooking on the coagulation properties of eggs.
 - Effect of different factors on the gelatinisation temperature and consistency of egg custard.
 - Best method of preparing stable emulsion like mayonnaise.
 - Effect of salt, sugar, acid, fat and other variables on the stability of egg white foam.
 - Effect of foaming on the volume and texture of omelettes.
 - Preparation of selected egg based cookery.
- ❖ Meat Cookery
- Effect of prepreparation techniques on meat tenderization.
 - Effect of time and temperature on cooking of meat.
 - Effect of different methods and ingredients affecting tenderization of meat.

- Methods of judging freshness of fish.
- Preparation of selected meat and fish based recipes.
- ❖ Nuts and Oil Cookery
 - Determination of smoking points of fats and oils.
 - Effect of roasting on nuts and oil seeds.
 - Method of preparing peanut butter.
 - Preparation of burfi using nuts and oil seeds.
- ❖ Sensory Evaluation
 - Method of assessing different qualities of food
 - Difference, rating technique, Numerical scoring, Hedonic scale technique, Composite scoring, Descriptive analysis.
- ❖ Visit to various food processing industries.

REFERENCES BOOKS

- Srilakshmi,B. (2003). *Food Science - Laboratory Manual*, Scitech Publications (India) Pvt, Ltd. Chennai.
- Mohini Sethi and Rao,E.S. (2013). *Food Science Experiments and Applications*, CBS Publishers and Distributors, New Delhi.



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Semester II	MS-OFFICE – LAB	Hours/Week: 2-T-1,P-1	
Skill Enhancement Course Practical - 1		Credits: 2	
Course Code 18UHSS21P		Internal 40	External 60

On completion of the course, students will be able to acquire the knowledge and skills in MS word, MS Excel and MS Power Point.

UNIT I

Introduction to windows - windows - Graphic User Interface (GUI) - multitasking - format of a Window - icons - selecting, moving, sizing windows - menus - Help menu.

UNIT II

MS-WORD - opening word – Toolbar highlights – changing fonts - settings – documents patterns - Book marks - Auto text – AutoCorrect - Auto save- other major commends.

Exercises

- Preparing a bio data using formatting options.
- Implementing mail merge option.
- Hotel menu card using clipart and word art.

UNIT III

MS-EXCEL - Excel windows - Data in work sheet – Types. Formula - types, entering and editing formula. Functions - Cell referencing - Manipulating worksheet - Formatting cells – MS Excel charts – types and components.

Exercises

- Prepare table for nutrient content of given foods.
- Create a chart for the BMI of the students.
- Perform calculations using formula.

UNIT IV

MS-Power Point – component of a power point window – creates a presentation using Auto Content Wizard and based on Blank presentation, types of auto layouts – power point views – enhancing the presentation – working with charts and tables – importing and exporting charts.

Exercises

- Create PPT slides for Food processing techniques.
- Create a slide show for new product development advertisement.

UNIT –V

MS-Access – Database - parts of access window – creating a new database – creating a database through table wizard – creating a new table – saving the database – relationships – creating table through design view – query forms – reports.

Exercises

- Create a database containing details in your class.
- Create a form using design view.
- Create a query using design view.

REFERENCES BOOKS

1. Revathi,M.(2008). *Hand book on MS Office*.1st Edition. V.V.V. College – Virudhunagar.
2. Nellai Kannan, C. (2012).*MS-Office*. Nels Publications, Tirunelveli, Tamilnadu.
3. Nagpal,D.P.(2001). *Computer Course*, Wheelers Publishing. New Delhi.



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B.Sc. Home Science - Nutrition and Dietetics (Semester) (2018 -19 onwards)

Semester I	HOME FURNISHING	Hours/Week: 4	
Allied Paper-I		Credits: 4	
Course Code 18UHSA11		Internal 25	External 75

COURSE OUTCOMES

On completion of the course, students will be able to

- understand the importance of home furnishing.
- create a trend out of inspiration from past history.
- gain knowledge about the maintenance of household materials.
- familiar with the basic fundamental techniques that are needed for home decoration.
- attain the knowledge about the fabrics that are used for home furnishing.

UNIT I

Introduction to Home Furnishing

Introduction to home furnishing – types and selection of furnishing materials. Living room linen – upholstery, wall hangings sofa cover, cushion cover, bolster and bolster cover.

(7 Hours)

UNIT II

Curtains and Draperies

Doors and windows – different types. Curtains- draw, tailored, pleated, café curtains, 3 tier curtains - accessories and functions, care and maintenance. Styles in draperies. Valances -different types.

(15 Hours)

UNIT III

Floor Coverings and Wall Coverings

Wall coverings-definition, types, use and care. Floor coverings- hard floor coverings- definition, types, use and care. Soft floor coverings - definition, types, use and care.

(15 Hours)

UNIT IV

Linens

Types of Bed linen – sheets, blankets, blankets covers, comfort, comfort covers, bed spreads, mattress, mattress covers, pillow and pillow covers. Kitchen linen –apron, table linen and hand towel. Bath room linen –bath towel. (15 Hours)

UNIT V

Care and Maintenance

Dry Cleaning – definition, types of fabric polishing Stain removal – classification into animals, vegetables, grease, dye and mineral stain – scorch and glass stain – general rules and ways of stains removal. (8 Hours)

TEXT BOOK

Muriel clark and Pauline, (1981). *Home management a Fresh Approach*, Richard clay Ltd. London.

REFERENCE BOOKS

1. Baker.W, (2000).*Curtain and Fabric Sector*, Collins and Brown Publication Pvt.Ltd.,London,.
2. AlexanderN.G, (2002).*Designing Interior Environment*, University of Glasgow.
3. DurgaDeulkar, (1991). *Household textiles and Laundrywork*, Alma Ram and Sons, New Delhi.
4. Dantyagi.S, (1980).*Fundamentals of Textiles and their Care*, Orient Longman Ltd., New Delhi.



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B.Sc. Home Science - Nutrition and Dietetics (Semester) (2018 -19 onwards)

Semester II	ENTREPRENEURIAL SKILLDEVELOPMENT	Hours/Week: 4	
Allied Paper-1		Credits: 4	
Course Code 18UHSA21		Internal 25	External 75

COURSE OUTCOMES

On completion of the course, students will be able to

- familiarize the concept and overview of entrepreneurship with a view to enhance entrepreneurial talents.
- analyze environmental set up relating to small industry and promoting it and understand the procedure involved in setting up small units.
- develop and strengthen entrepreneurial qualities and know the sources of help and support available for starting a small-scale industry.
- explore new vistas of entrepreneurship in 21st century environment to generate innovative business ideas.

UNIT I

Entrepreneurship – meaning, definition and types, need for entrepreneurs, qualities and types of entrepreneurs, difference between entrepreneur and manager. Management – definition, management as a process – planning, organising, directing, controlling and co – ordination. (10 Hours)

UNIT II

Institutions supporting entrepreneurs – DIC, NSIC, SISI, SIPCOT, TIIC, KVIC, CODISSIA, Commercial banks – SBI organisational structure of a garment unit – hierarchical organization, production planning and control. (15 Hours)

UNIT III

Different departments in a garment unit – design department, finance department, purchasing department, production department. Organizing different sections – hierarchy, personnel involved in all the departments, nature of the job. (10 Hours)

UNIT IV

Factory design and layout – importance of factory design, factors affecting factory design, types of buildings (single and multi-store) – advantages and limitations. Factory layout – process, product and combined layout design requirements – requirements relating to health, safety and welfare. (15 Hours)

UNIT V

Performance of Indian Garment Exports, SWOT analysis, setting up garment unit for export market, export documents, export finance – payment methods, export shipping. Role of merchandiser in a garment unit. (10 Hours)

TEXT BOOK

Chuter,A.J (1995), *Introduction to Clothing Production Management*, second edition,Wiley Blackwell publications.U.S.A

REFERENCE BOOKS

1. Gupta,C.B and Srinivasan,N.P (1997). *Entrepreneurship Development Principles of Management* ,Sultan Chand and Sons, Delhi.
2. Chester,A.J (1998).*Introduction to Clothing Production Management*,2nd Edition, Wrenbury Associates Ltd,UK.
3. Harold Carr and Barbara Latham, (1994). *The Technology of Clothing Manufacture*, Blackwell Science, US.

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Semester II	HOME TEXTILE LAB	Hours/Week: 2	
Allied Practical-1		Credits: 2	
Course Code 18UHSA21P		Internal 40	External 60

COURSE OUTCOME

On completion of the course, students will be able to acquire the skills to develop household accessories.

PRACTICAL:

❖ Preparation of art items

1. Cushion Making
 2. Pillow Cover
 3. Curtains
 4. Rugs
 5. Letter Holder
 6. Mixi Cover
 7. Grinder Cover
 8. Fridge Cover
 9. Table Mat
- Industrial Visit

PRACTICAL:

❖ **Preparation of art items**

1. Cafe Curtain
2. Bread Basket
3. Pot Holder
4. Oven Mitten
5. Chair Pads
6. Table Runners
7. Bolster
8. Stain Removal
9. Dry Cleaning – demonstration
10. Marketing of the prepared items