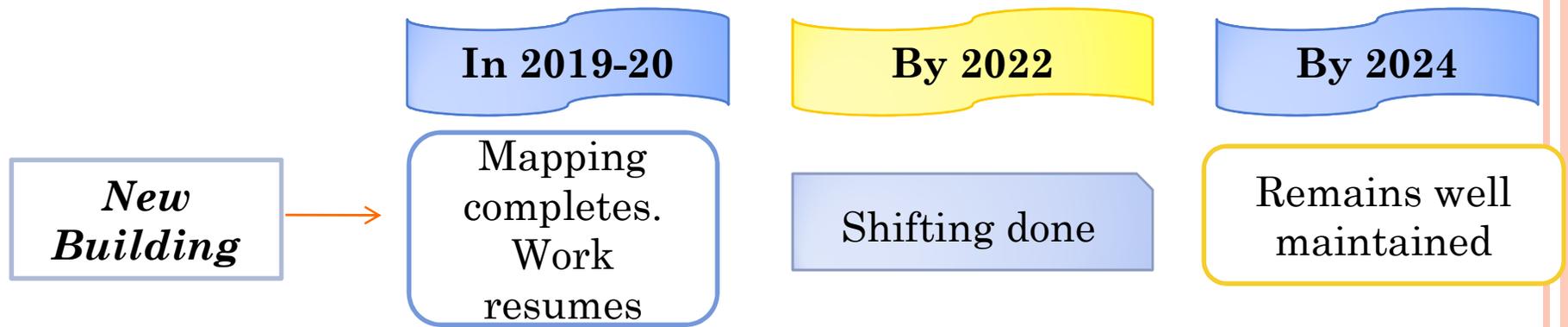
The left side of the page features a decorative graphic consisting of several vertical bars of varying heights and widths, and a cluster of five orange circles of different sizes. The text is centered on the page.

# **FACULTY OF HOME SCIENCE**

## ACTION PLAN- FACULTY OF HOME SCIENCE

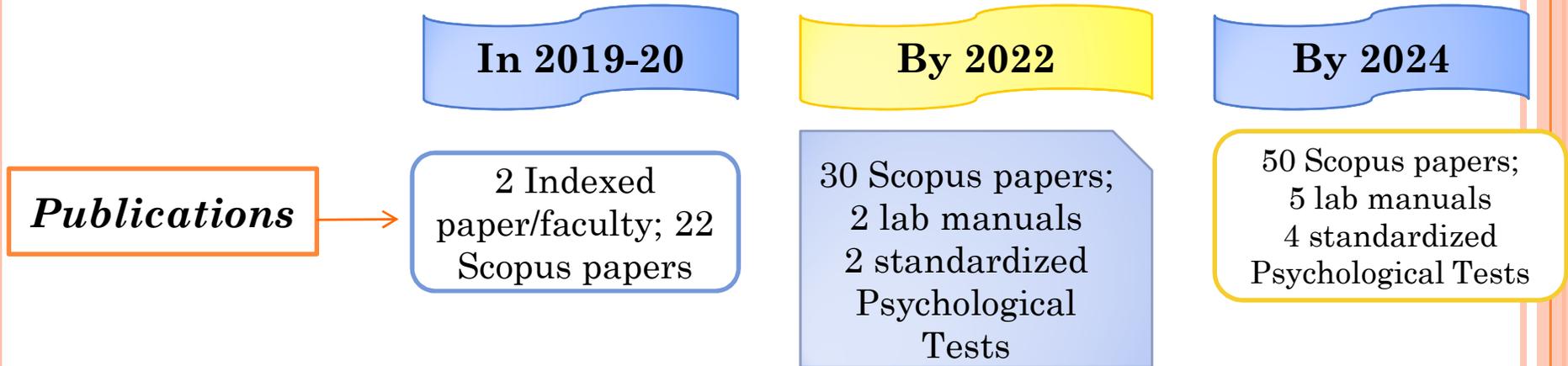
	In 2019-20	By 2022	By 2024
<b>New Building</b>	Mapping completes. Work resumes	Shifting done	Remains well maintained
<b>Publications</b>	2 Indexed papers/faculty; 22 Scopus papers	30 Scopus papers; 2 lab manuals	50 Scopus papers; 5 lab manuals
<b>Patent</b>	Application for 1 design patent	Application for 3 patents	Attainment of at least 2 patents
<b>Resource mobilization</b>	Application for 1 major project; 1 national seminar	Application for 4 major projects; organization of 1 national seminar	Attainment/ Commencement of at least 2 projects
<b>Campus engagement</b>	<ol style="list-style-type: none"> <li>1. Aggregate life skill guidance- 5 sessions</li> <li>2. Training of mess staff in hygiene- 5 hostels</li> </ol>	<ol style="list-style-type: none"> <li>1. 10 sessions / year</li> <li>2. All hostels to be completed</li> </ol>	<ol style="list-style-type: none"> <li>1. Regular activity</li> <li>2. Cycle 2 of training to begin</li> </ol>
<b>Entrepreneurship/ Innovation</b>	Mentoring students to take part in innovation challenges	<ol style="list-style-type: none"> <li>1. 1 start up</li> <li>2. Data compilation on alumnae enterprises</li> </ol>	<ol style="list-style-type: none"> <li>1. 2 start ups</li> <li>2. Data updation on enterprises</li> </ol>
<b>Outreach</b>	Studying the breastfeeding and weaning practices in 2 villages of vicinity	Development of training module for mothers based on knowledge gaps	Wider circulation of module
<b>Alumnae engagement</b>	Listing prominent alumnae and inviting one for interaction	Inviting 2 alumnae per year for interaction	Having video records of prominent alumnae



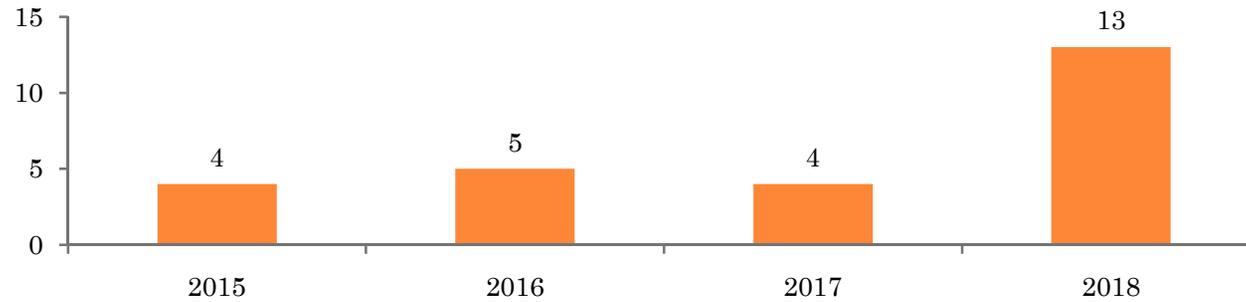
- The faculty resolved to take up the planning of the upcoming “Sharmila Dalmia School of Home Science” with renewed vigor; so that by the beginning of the academic session in 2020 the faculty is in a position to move and function in the new premises with expanded facilities and advanced infrastructure.



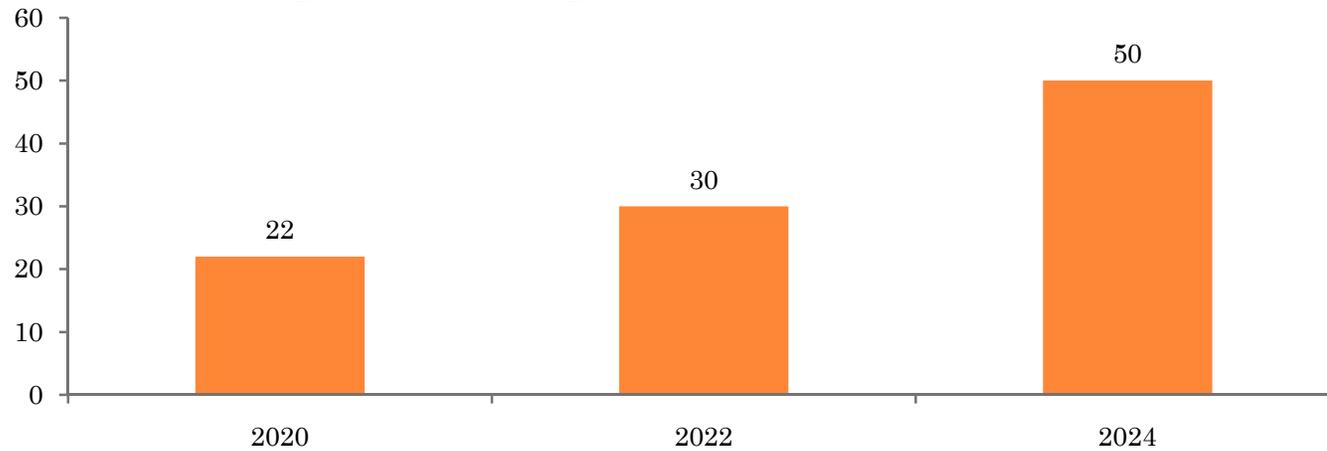
# PROPOSED RESEARCH ACTIVITIES FOR THE NEXT FIVE YEARS

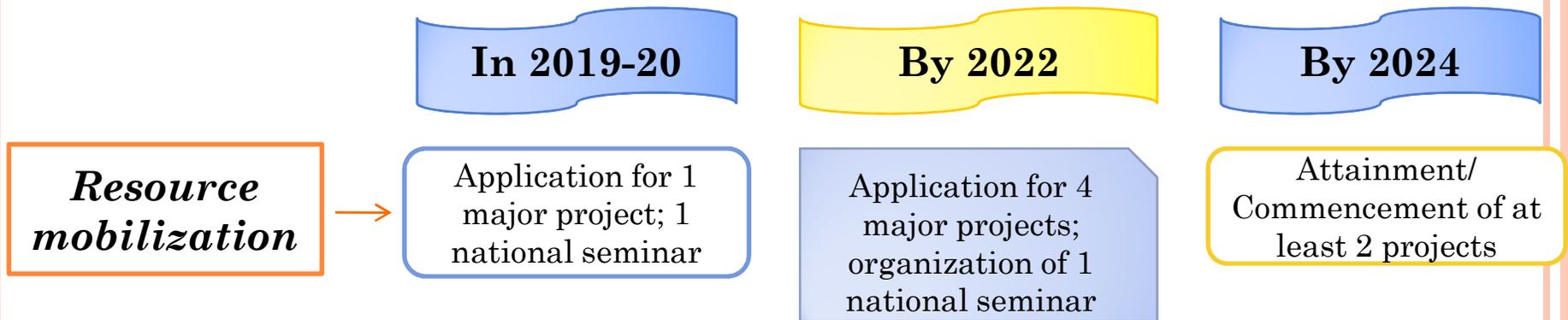


## Publications in scopus Indexed Journals in last four years



## Target for Scopus Indexed Publications





- Generate funds through sponsored research projects or collaborative industry- driven researches with Government ,UNICEF and other agencies.
- Apply for two research projects of up to Rs. 75 Lacs (i) Reproductive health practices/ breastfeeding practices (ii) Digitization of traditional knowledge and practices of community to funding agencies ICSSR and DST.
- Increasing the number of post- doc fellows  
Ph.D. candidates be encouraged to write Post- Doc fellowship proposals to various agencies
- Mentor and encourage Masters students to apply for Minor Research Projects to DST, Government of Rajasthan and other agencies

***Patent***

Application for 1  
design patent

Application for 3  
patents

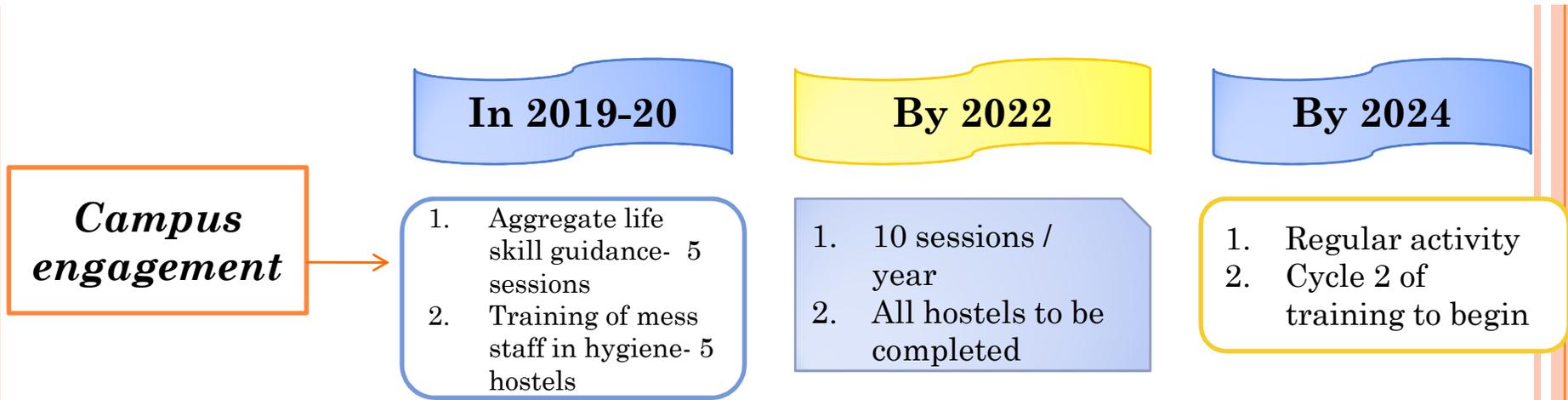
Attainment of at  
least 2 patents

**In 2019-20**

**By 2022**

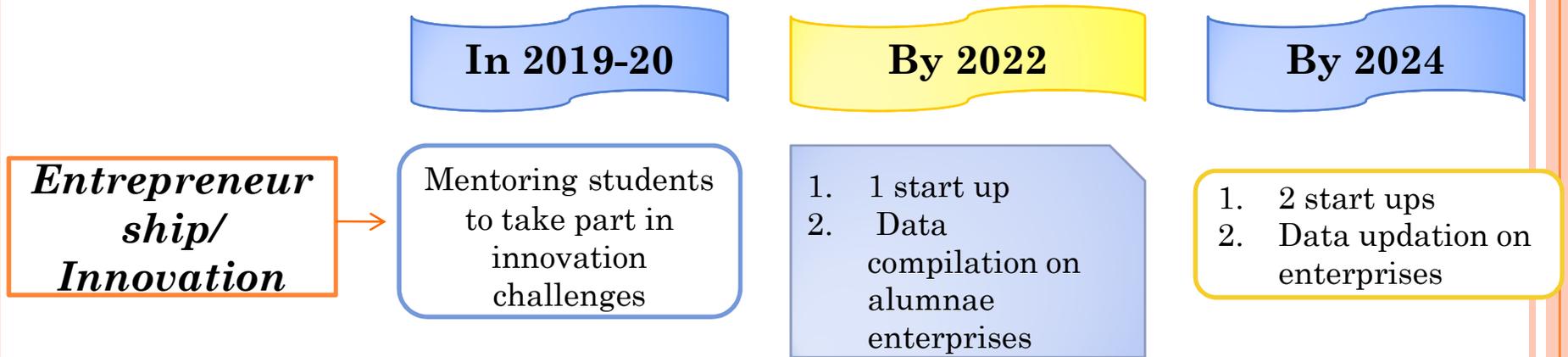
**By 2024**





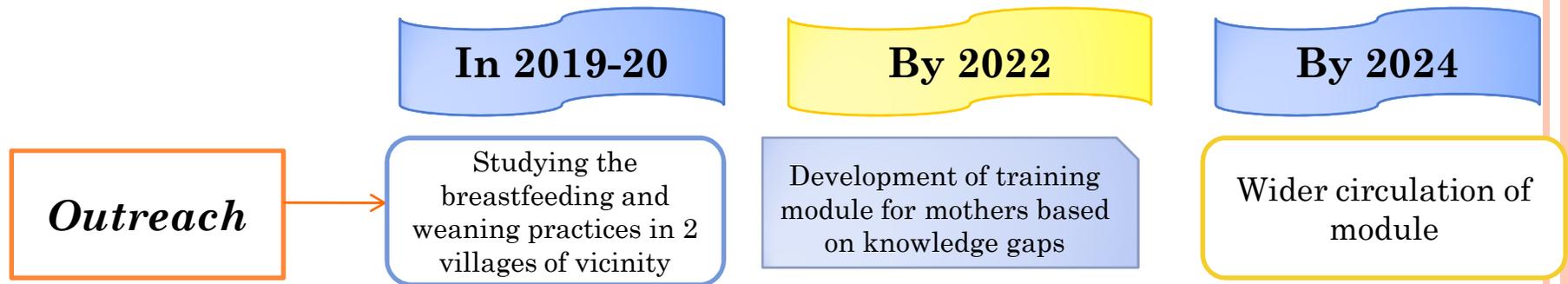
- Conduct in-campus workshops/ presentation series for campus dwellers on topics of contemporary importance and interest, like reproductive health, nutrition and health, parenting challenges, work simplification, soft skills
- Short term trainings for mess workers, in food hygiene and healthful food preparation
- Invite identified industry experts to interact with students and staff to understand the needs of the industry for planning industry- driven projects





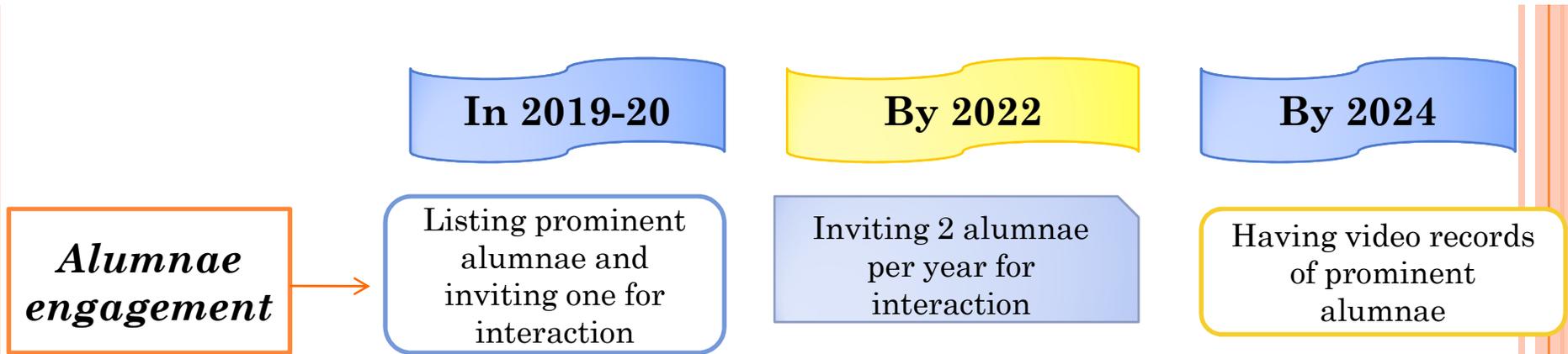
- Mentoring students to catalyze their way to participation
- Sharing success stories of alumnae who are entrepreneurs to encourage students to set up their start ups





- Joining hands with the Home Science department of KVK to conduct trainings in craft/ infant and young child feeding/ cottage industry set up in adopted villages
- Study reproductive health practices/ breastfeeding practices among the rural women and devise an effective module of useful information. This will provide experiential learning to the students and would be a way to impart education for life.





Prepare a comprehensive list of alumnae and

Invite a couple of prominent ones each year to interact with and motivate the current lot of students



## SUGGESTIONS TO IMPROVE STANDARDS OF DAY-TO-DAY TEACHING LEARNING PROCESS

- A teacher mentor for each class/section to deal with the day to day queries and problems of the students
- Promote multidisciplinary learning and collaboration
- Motivation to consult the text books and the reference books pertaining to the subjects
- Crisply made handout for each paper distributed on the commencement of the semester

Contd....



- Novel methods of teaching like
  - *Quizzes, unannounced (surprise) test, presentations, participatory learning exercises, project / model making for continuous assessment*
  - *Teaching by testing*
  - *Putting a poster on a topic etc.*
  - *The play – way method*
- *FGDs on some topics given for self study*
- *Regularity and punctuality in teaching and other chores on part of teachers*
- *Creating more facilities for research and innovative programme*
- *Access for differently abled students*
- *Knowledge generation, development of effective instructional material and its transmission*



# GUIDELINES TO IMPROVE QUALITY OF QUESTION PAPERS

- Touch upon all the aspects of the prescribed syllabus
- Judicious mix of short and long answer type questions
- The paper setter should not fall for setting obvious and stereo type questions.
- Including knowledge based, skill based, imaginative thinking, creative thinking, reasoning based questions
- Difficulty level of questions in each unit /section be comparable
- Differentiate between high achiever, average and low achievers
- Allocation of marks to each question or parts of question, with a more detailed breakdown wherever necessary



# INTRODUCING M.PHIL. /M.PHIL. PH.D. INTEGRATED PROGRAMME IN HOME SCIENCE

- **Programme Name:** M.Phil / M.Phil Ph.D (Integrated) in Home Science(Clothing and Textile/Human Development/Food Science and Nutrition/Resource Management/Extension Education)
- **Duration:** M Phil – 2 Semesters
- **Significance:** The ratio of students who are interested in PhD and the number that can be accommodated is high in Home Science. The M.Phil + PhD Integrated programme will be a promising programme to retain all those students who are currently being denied admission in PhD.



CONTD.....

In accordance with proposed structure of vidyapith

**Core paper or disciplinary courses-**

- Recent advances in Clothing and Textiles
- Recent advances in Human Development
- Recent advances in Extension Education
- Recent advances in Food science and Nutrition
- Recent advances in Family Resource Management

(Course content likely to be revised every two year)



CONTD....

Courses for Reading electives-

### **Human Development**

- Gender issues in Human Development and Family Relations
- Organization and management of programme for children and families in need
- Development of learning material and children's literature
- Mental health in developmental perspective
- Inclusive education
- Stress: implications and management

### **Food Science and Nutrition**

- Food and Nutrition Security
- Introduction to nutrigenomics
- Prebiotics and Probiotics
- Public nutrition – Salient Features
- Newer technologies for food processing
- Nutrition in Ayurveda



CONTD....

## **Clothing and Textiles**

- Textile conservation
- Color science and instrumentation
- Science of clothing comfort
- Functional clothing
- Design thinking

## **Family resource management**

- Ergonomic applications in interior design
- Ergonomic Evaluation : Tools and Techniques
- Advances in Product Designing
- Cognitive Ergonomics and its Applications

## **Extension Education**

- Media and Society
- Communication for Development



# POLICIES REGARDING AWARDING PH.D. DEGREE

- If a student has one Master's degree in any specialization of Home Science, Ph.D. degree should carry the title according to the specific nomenclature of Master's degree.
- If a student has two Master's degree either in different specialization of Home Science or in two different disciplines (e.g., one in Home-Science and second in other than Home-Science such as psychology/ education.), it should be the discretion of student to choose any one title in Ph.D. degree at the time of admission and degree should carry that title.

<b>Nomenclature of Master's degree</b>	<b>Titles in Ph.D. Degree</b>
Master of Science (Home Science) Clothing & Textile	Doctor of Philosophy Home Science (Clothing &Textile)
Master of Science (Home Science) Food Science and Nutrition	Doctor of Philosophy Home Science (Food Science and Nutrition)
Master of Science (Home Science) Human Development	Doctor of Philosophy Home Science (Human Development)



## TO AWARD DEGREE TO POST-DOCTORAL FELLOW:

Vidyapith will issue a certificate mentioning joining date in the Vidyapith and relieving of candidate should be issued after completion of the work. Project Evaluation Certificate will be issued by the sponsoring agency in due course



# PROPOSAL TO START BASIC FOOD PREPARATION AS A PART OF FIVE FOLD EDUCATION

## **Objectives:**

- To provide basic knowledge about food and its preparation
- To make the students learn the fundamentals of basic cooking
- To enhance the skills in general cooking and food storage



Foundation course on **'Body Systems and health'**



# INTRODUCING ONE VOCATIONAL COURSE IN UNDER GRADUATION III YEAR

**‘Culinary Science’** in V semester

and

**‘Culinary Art’** in IV semester



## ADMISSION CRITERIA TO M.SC HOME SCIENCE

Apart from B.Sc Home Science students who seek admission in M.Sc. (Home Science) Human Development, Food Science, Clothing and Textile but graduating from disciplines that (1) have one of the above mentioned as optional subject(s) in graduation will become eligible to do so.



- Students, who do not have B.Sc. Home Science degree at undergraduate level, but want to take admission in M.Sc. Home Science, Faculty recommended that students with graduate degree; B.A.(Home Science), B.Sc.(Bioscience/ Biotechnology), Bachelor degree in Hotel Management are eligible for admission in M.Sc. ( Food science and Nutrition). B.A. (Home Science) B.A. (Psychology) are eligible for admission in M.Sc. (Human Development) and B.A. (Home Science), B.A. (Textile) are eligible for admission in M.Sc. ( Clothing and Textile).
- These students will have to undertake one year bridge course. In one year bridge course student will complete eight subject specialized papers; four in each semester as recommended by departmental expert committee formed for this purpose, based on background of undergraduate degree and the course in which admission being sought. Students graduate from other universities will also have to opt for two foundation courses and one vocational course.



## Lab: 4 hours/week

- List of common culinary terms
- Behaviour in the kitchen
- Personal hygiene and protective clothing
- Safety procedure in handling equipment
- Ingredient identification, their names in hindi and english
- Food adulteration and household tests of detection
- Storage of perishable, semi perishable and non perishable ingredients
- Types of knives and peelers; basic types of cuts of fruits and vegetables
- Pretreatments- Soaking, washing, blanching, sprouting
- Methods of cooking- a snack recipe each by boiling, steaming, roasting, frying, microwaving, baking, grilling
- Cooking of Indian breads-tawa roti, paratha, poori
- Cooking of pulses- Moong dhal, sambhar, kadi, chhole, rajma
- Cooking of two types vegetables (dry and curry based)
- Cooking of two varieties of chutneys
- Cooking of two types of sweets
- Cooking of dhal, baati, choorma
- Table setting
- Basic food service



## References

- Raina U, Kashyap S et al (2010). Basic Food Preparation- A Complete Manual (4th edition). Lady Irwin College. New Delhi: Orient Longman Pvt. Ltd.
- Srilakshmi B (2015). Food Science (6<sup>th</sup> edition). New Age International Publishers.
- Lopez- Alt JK (2015). The Food Lab – Better Home Cooking Through Science.

## Suggested E Learning Material

- Indian Recipes for Beginners
- <https://www.thespruceeats.com/indian-recipes-for-beginners-1957888>
- Indian Recipes
- <https://www.allrecipes.com/recipes/233/world-cuisine/asian/indian/>
- WHO- Food Hygiene
- [https://www.who.int/foodsafety/areas\\_work/food-hygiene/en/](https://www.who.int/foodsafety/areas_work/food-hygiene/en/)



# INTRODUCING ONE VOCATIONAL COURSE IN UNDER GRADUATION III YEAR

**‘Culinary Science’** in V semester  
and  
**‘Culinary Art’** in IV semester



- **Semester V- CULINARY SCIENCE**

- **Objectives:**

- To provide basic knowledge about working in a kitchen
- To make the students learn the fundamentals of food hygiene and storage
- To enhance the skills in cutting and food service

- 

- **Lab: 4 hours/week**

- 

- List of common culinary terms
- Behaviour in the kitchen
- Personal hygiene and protective clothing
- Safety procedure in handling equipment
- Ingredient identification, their names in Hindi and English
- Food adulteration and household tests of detection
- Storage of perishable, semi perishable and non perishable ingredients
- Types of knives and peelers; basic types of cuts of fruits and vegetables
- Pretreatments- Soaking, washing, blanching, sprouting
- Balanced diet- five food groups and nutrients
- Methods of cooking- a snack recipe each by boiling, steaming, roasting, frying, microwaving, baking, grilling
- Table setting and basic food service



## **Semester VI- CULINARY ART**

### **Objectives:**

- To provide basic knowledge about food and its preparation
- To make the students learn the fundamentals of basic cooking
- To enhance the skills in general cooking

### **Lab: 4 hours/week**

- Indian breads- tawa roti, paratha, poori
- Pulses- Moong dhal, sambhar, kadhi, rajma
- Two types vegetables (dry and curry based)
- Two varieties of chutneys
- Two types of sweets (one using sugar syrup)
- Eggless cake
- Dhal, baati, choorma
- Chholebhature
- Healthy sandwiches
- Two types of soups



## References

- Lopez- Alt JK (2015). The Food Lab – Better Home Cooking Through Science.
- Raina U, Kashyap S et al (2010). Basic Food Preparation- A Complete Manual (4th edition). Lady Irwin College. New Delhi: Orient Longman Pvt. Ltd.
- Srilakshmi B (2015). Food Science (6<sup>th</sup> edition). New Age International Publishers.

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- Indian Recipes
- <https://www.allrecipes.com/recipes/233/world-cuisine/asian/indian/>
- WHO- Food Hygiene
- [https://www.who.int/foodsafety/areas\\_work/food-hygiene/en/](https://www.who.int/foodsafety/areas_work/food-hygiene/en/)

