

**Core11: Fashion Designing and Apparel Production**

In order to enable students to discuss the Indian apparel market in the global perspective a portion related to it was included under module 5.

**Core12: Extension education and Communication**

As Environment studies was included in semester 5 as a separate course, the core course Extension Education and communication in Extension education was combined and made as a single paper named as Extension education and Communication.

For connecting people globally in communicating Home Science related messages a portion social networking was also incorporated in the fourth module.

**Choice Based Course**

**Food Safety for Semester 6 Program**

No changes are incorporated with the syllabus as it is found to be in par with the syllabi of national/international standards for bachelor's degree.

It was decided to introduce the following courses in the curriculum:

Add on Course

- 1. Fashion Designing.

Extra Credit Course

- 1. Early Childhood Care.

**Agenda Item No. 2 PG Curriculum**

**MSc.COURSE IN DIETETICS AND FOOD SERVICE MANAGEMENT**

It was decided to follow the existing syllabus of M.G. University without any change in the 16 theory papers and 4 practical papers.

**Agenda Item No.3 Other matters arising from the floor**

**Changing the name of BSc. Degree Programme -Family and Community Science**

A discussion was done to change the name of the Course Family and Community Science to Home Science, its previous name. As some students are facing problems in getting admissions for higher studies in Home Science and also for applying certain jobs the present name of the programme is creating difficulty. But it was decided that it could be changed after the Mahatma Gandhi University's consent.

(Read and confirmed)

Miriam Mani

Dr. Miriam Mani  
(Chairperson)

Kottayam  
27.03.2018

Minutes of the Board of Studies meeting of  
MSc. Dietetics and Food Service Management,  
held at 10.00 am, on April 12<sup>th</sup>, 2019 in the  
Department of Home Science.

Members Present:

1. Dr. Miriam Mani, Chairperson  
HOD, Department of Home Science  
CMS College, Kottayam.

Miriam Mani  
12/4/2019

2. Dr. Seema Divakar  
Associate Professor. [Expert]  
Agriculture College  
Vellayani

SM  
12/4/19

3. Ms. Jyothi. S. Krishnan  
Chief Dietitian  
Believers Church Medical Hospital.  
[Beneficiary Representative]

Jyothi  
12/4/19.

4. Smt. Sreedakshmi. S.  
Asst. Prof. Department of Family & Community Science  
CMS College, Kottayam [Faculty].

Sreedakshmi  
12/4/2019

5. Smt. Kavitha Vijayan  
Asst. Prof. Department of Family & Community Science  
CMS College, Kottayam [Faculty]

Kavitha  
12/4/19.

6. Smt. Renu Abraham, Asst. Prof.  
Dept. of Family & Community Science,  
CMS College, Kottayam [Faculty]

Renu  
12/4/19.

7. Ms. Fazela Mohammed Rasheed

**MINUTES OF BOARD OF STUDIES MEETING IN MSc. DIETETICS & FOOD SERVICE MANAGEMENT(HOME SCIENCE)**

The board of studies meeting of the department of Home Science was conducted on 12/04/2019, Friday at 10.30 am in the department of Home Science. The following members were present in the meeting.

**CHAIRMAN (HOD/ ASSOCIATE PROFESSOR WITH PHD)**

1. Dr. Miriam Mani , Associate Professor and HOD, Department of Family & Community Science, CMS College, Kottayam

**FACULTY**

2. Smt. Sreelakshmi.S, Assistant Professor , Department of Family & Community Science, CMS College, Kottayam
3. Smt. Kavitha Vijayan , Assistant Professor, Department of Family & Community Science, CMS College, Kottayam
4. Smt. Renu K Abraham, Assistant Professor, Department of Family & Community Science, CMS College, Kottayam

**EXPERTS**

5. Dr. Suma Diwakar, Associate Professor, Agriculture College, Vellayani

**BENEFICIARY REPRESENTATIVE**

6. Ms. Jyothi. S. Krishnan, R>D., Chief Dietician, Believers Church Medical College Hospital, Thiruvalla

**ALUMINI REPRESENTATIVE**

7. Smt. Faseela Mohammed Rasheed , Assistant Professor (Government Guest), Department of Family & Community Science, CMS College, Kottayam

Dr. Miriam Mani, the chair person welcomed and thanked all the members for their participation.

After discussion the following resolutions were taken.

It was decided to revise the syllabus of MSc. Dietetics & Food Service Management (Home Science) programme of CMS College, Kottayam by incorporating the following aspects from 2019 admissions.

Agenda1. Specific mentioning should be made in the curriculum with regard to:

Agenda1. Specific mentioning should be made in the curriculum with regard to:

- a.) Programme Outcomes.
- b) Programme outcomes.
- c) Course outcomes.

Agenda2. Develop curriculum with reference to :

- a) Local Needs
- b) National Needs
- c) Regional Needs
- d) Global Needs.

Agenda3. Develop existing courses with focus on :

- a) Employability
- b) Entrepreneurship
- c) Skill development

Note: If any collaboration is made with any organization to facilitate the course, MOU's should be signed with them.

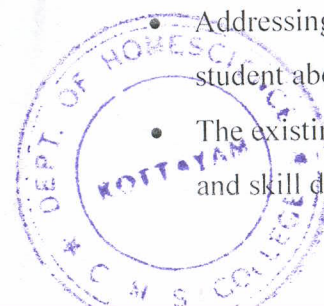
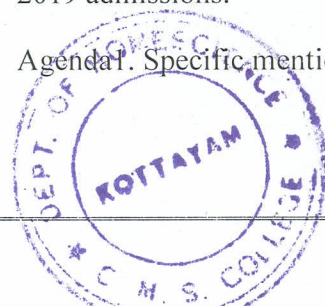
Agenda4. Develop existing courses with focus on

- a) Gender
- b) Environment and sustainability
- c ) Human Values and professional ethics.

Agenda 5. Introduce either Field Projects /research Projects or internships at the end of second and fourth semesters.

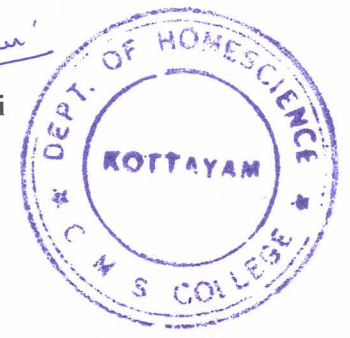
The course in Dietetics and Food Service Management were proposed to be incorporated with the following components:

- Addressing the advances in research and technological infrastructure and to train the student about the scientific advances and discoveries
- The existing courses to be streamlined with focus on employability , entrepreneurship and skill development



- Facilitates the courses, by signing the MOU's in order to collaborate with the organisation relating to the discipline that would be helpful to the students
- Sensitise students by incorporating aspects like Gender, Environment, sustainable living, Human Values and professional ethics in the curriculum.

*Miriam Mani*  
Dr. Miriam Mani  
(Chair Person)



**MODIFICATIONS DONE IN EXISTING SYLLABUS OF MSc. DIETETICS & FOOD SERVICE MANAGEMENT AS PER DISCUSSIONS DONE IN BOARD OF STUDIES**

**Common Changes**

1. Modules were reduced to 5
2. Related topics were merged as single modules and were divided as units under each modules
3. Repetitions were deleted
4. Certain new and recent topics were included

**SEMESTER – I**

**NUTRITION AND DIET IN HEALTH**

**Module 1**

- Rearrangement of terms
- addition of a topic recent trends in nutrition & spell out ABCD method

**Module 2**

- Addition of USDA my plate & balanced diet

**Module 3**

- Deletion of nutritional status and general health
- Rearrangement of terms
- Given more clarity to complications of pregnancy

**Module 4**

- Replacement of terms – lactogous & dietary guidelines.
- Addition of terms – fore milk & hind milk

**Module 5**

- Elaboration of terms
- Deletion of some topics – need and health care of preschool children and supplementary foods
- Elaboration of terms
- Rearrangement of terms
- Elaboration of eating disorders
- Deletion of terms – reference man and reference women due to repetition in module 2
- Addition of term – dietary modifications.

**APPLIED HUMAN PHYSIOLOGY**

Course name changed as **APPLIED HUMAN PHYSIOLOGY AND ANATOMY**

**Module 1:** Unit 2 : Blood Coagulation

Unit 3: Introduction to diseases CAG, CABG in cardiology

**Module 2**

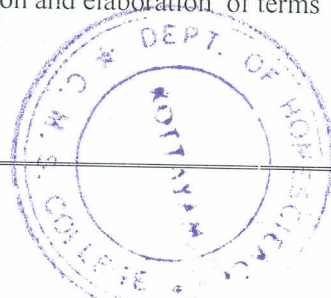
- Elaboration of content

**Module 6**

- Rearrangement of terms

**Module 4**

- Addition and elaboration of terms



*Mammi Man*

- Elaboration of terms
- Rearrangements of terms

**Module 5**

- Deletion of a topic – epigenetics

**FOOD FACILITIES, LAYOUT AND EQUIPMENT**

**Module 2**

- A change made in the module head – Food plant & Lay out
- Elaboration of content
- The last module was shifted to the paper QFP in III semester

**ADVANCED FOOD SCIENCE**

**Module 1**

- Topics of some modules were rearranged and some topics were spelled out

**Module 2**

- Topic Bakery products was changed to baking, role of ingredients in cake & bread making
- Topic processed infant weaning food was deleted.
- Preservation methods of fruits was elaborated
- : **Unit 1: a)** Cereal structure, components & its nutritional importance
- b) Starch – structure, native, modified, resistant starches & their application in industrial sector was added
- **Unit 4:** Wine & pickle was added

**Module 3** Module 3 Name was modified as Food Adulteration, Food Additives, Food Packaging & labeling

- Tests for testing common adulterants was included

**Module 4**

- A unit was added as **Unit 4:** a) Food Packaging & labeling- Definition, importance, signs & symbols used in packaging & labeling
- b) Food Packaging – Definition, Importance, Types, MAP & CAP

**Module 5**

- Topic Chemistry of pre-biotics & pro-biotics was deleted
- *new topic on nutraceutical was included.*

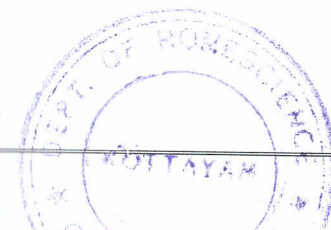
**ADVANCED FOOD SCIENCE – PRACTICAL**

Deletion of topic- to know the likes & dislikes

Certain practical's which are already in BSc. Syllabus were omitted

**Module 1:** Gelatinization of Starch (**Deleted**)

Caramelisation (**Deleted**)



*Man*

Preparation of emulsions (Oil/ water & Water/ Oil) (Added)

**Module 2: Unit 1:** 1. Effect of mechanical action and ingredients (milk, fat, hot & hard water) in the development of gluten. (Variations in chappathies) (Deleted)  
2. Estimation of flour characteristics (Added)

**Unit 2:** 1. Effect of fermentation in development of batters – development of idli / dosa batters with variation in cereal- pulse ratio. (Deleted)  
2. Estimation of Protein quality in pulses (Added)

**Unit 3:** 1. Preparation of Paneer, Khoa & Icecream (any two)  
2. Estimation of Specific gravity, pH, Protein and Lactose in Milk (Added)

**Unit 4:** Development of cakes (Deleted)  
Factors affecting denaturation of egg white protein (effect of acid, heat, alkali, steam mechanical action) (Added)  
Iodine value test for fat was deleted.

**Unit 5:** Retained as such

**Unit 6:** Preparation of emulsion (shifted to module 1)  
- Demonstration of fat estimation in food stuffs (any two)

**Module 3; Revised as**

**Preservation using sugar:** Preparation of Jam, Jelly, Squash, Marmalade  
Testing for doneness of jam preparation  
Estimation of brix using refractometer

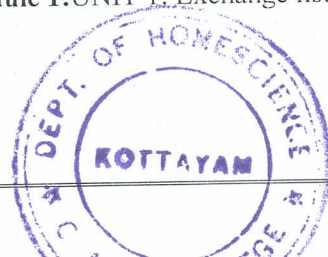
**Preservation using salt:** Brining, pickling  
**Preparation of wine**

**Module 4; Revised & Renamed as** Commercial product Development & Evaluation in terms of sensory parameters & shelf life  
Shelf life study of the new product with different packaging materials  
Deletion of topic- to know the likes & dislikes

SEMESTER – II

#### DIETETICS

- **Module 1:** UNIT 1: Exchange list and standard portion size (ADDED)



- **Module 5:** Deletion of a topic – liver function test as it is a repetition.
- **Module 3 :** Deletion of a topic- rennin angiotensin mechanism and pathogenesis of sodium & water retention
- Mentioning the risk factors, symptoms, causes and pathophysiology for all disease condition, which is extracted from the paper BIOCHEMICAL CHANGES IN DISEASES .
- Mentioning the surgical management for appropriate diseases.

#### DIETETICS PRACTICALS

- **MODULE 1:** practical experience in portion size
- **MODULE 2 :** Standardization of any 10 Kerala traditional dishes and finding its nutritive value using exchange list and nutritive value calculation method. (INCLUDED)
- **MODULE 3:** planning and preparing the diet for typhoid, cholera, pneumonia, juvenile diabetes (EXCLUDED)
- Planning the diet for the following disease conditions : Constipation, diarrhea, cholelithiasis, hypo and hyper thyroidism, and gout

#### BIOCHEMICAL CHANGES IN DISEASES

- All Disease conditions (risk factors, symptoms, causes, pathophysiology, and surgical management) in this paper were merged with dietetics (Semester II itself)
- Medical management & Drugs in different disease conditions were retained.
- Metabolisms of Carbohydrate, Proteins, Lipids, nucleic acid were retained and elaborated  
Module 2 was elaborated  
Module 10 was deleted.  
Estimation of glucose, cholesterol & proteins in body fluids were deleted

#### NUTRITION IN SPECIAL CONDITIONS

- **MODULE 2:** Unit 5 :Nutrition in inborn errors of metabolism(CHO, Protein, Fat), diet(MMA, PKU, MSUD, Lactose Intolerance, Pompey's disease).
- **MODULE 3:** Unit 1: Nutrition in weight management –obesity, underweight
- Addition of one unit in module 3

SEMESTER – III

#### FOOD SERVICE MANAGEMENT

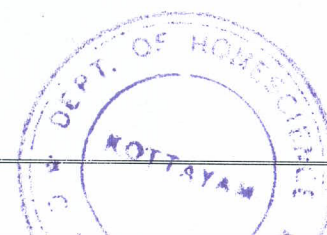
**Module 3**

- **Module 3** of existing syllabus - layout was deleted, as it is already in FFLE (Semester I)

**Module 4**

- A new topic tools of management was added

**Module 5**



- Topic human relations in industry was deleted

**Module 8**

- Evaluation was elaborated and the topic was elaborated

**Module 9**

Topic work study & work simplification was elaborated & job design was deleted

**FOOD SERVICE MANAGEMENT PRACTICALS**

Addition of new unit added to **Module 4**: Visit to a commissary kitchen

**QUANTITY FOOD PREPARATION AND FOOD SERVICE TECHNIQUES**

**Module 1**

- Module 1 of existing syllabus was deleted due to repetition in FSM (Sem III) , instead of that new module on catering system was shifted from FFLE (Sem I).

**Module 2**

- Topics were elaborated.

**Module 4**

- Topics were elaborated

**Module 5**

- Topics were elaborated

**Module 6**

- Topics were elaborated

**Module 8**

- New topic Green fuel was added

**Module 9**

- Topics were elaborated

**SEMESTER IV**

**FOOD MICROBIOLOGY AND SANITATION**

**Module 1**

- Virus in relation to food science was deleted
- **A new unit added to Module 1**
- **Basics of Microbial Examination:** Different methods of microbial Examinations: - TPC, SPC, Pour plate method, Streaking, Swabbing, Stabbing

**Module 8**

- Introduction, food safety and importance of food were deleted.

**Module 10**

- New topics food infections and intoxications was added

A new chapter on regulatory bodies was added as Module 5

**NUTRITION IN SPORTS & FITNESS**

No Changes were made

**ENTREPRENEURSHIP MANAGEMENT**

No changes were made

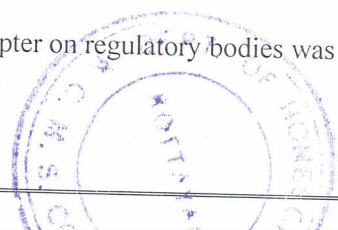
**PUBLIC HEALTH NUTRITION**

Module 4; epidemiology of nutritional disorders was modified as epidemiology of nutritional disorders & included in Module 2

Syllabus was rearranged & related topics were merged under a single module

**PUBLIC HEALTH NUTRITION (Practicals)**

Assessment of nutritional status of preschoolers was modified as Assessment of nutritional status of vulnerable group








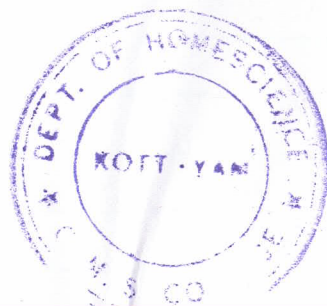
**Minutes of the Board of Studies Meeting of Family and Community Science (Home Science) CMS College Kottayam (Autonomous) held at 10 am on July 22<sup>nd</sup> 2020 in the Department of Home Science**

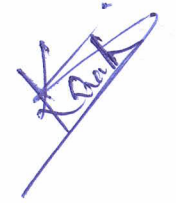
The meeting of the Board of studies of the Department of Family and Community Science was held at 10 am on July 22<sup>nd</sup> 2020 in the Department of Home Science. The external member of the BOS joined the meeting online through Google meet.

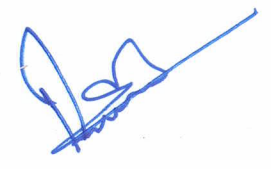
Link of the meeting: <https://meet.google.com/mji-rsyz-vaj>

**Members present:**

1. Dr. Miriam Mani (Chairperson)  
Head of the Department  
Department of Home science  
CMS College Kottayam 
2. Dr. Suma Divakar (ONLINE)  
Professor(Expert)  
Agriculture College, Vellayini
3. Dr. Anu Joseph (Expert) (ONLINE)  
Associate Professor  
Department of Home science , St. Teresa's College, Ernakulam
4. Fazeela Muhammed rasheed (Alumni representative) (ONLINE)  
Government Guest, Department of Home science  
Cms college Kottayam 
5. Veena S Panicker (Faculty)  
Government Guest, Department of Home science  
Cms college Kottayam 
6. Sherin Manu George  
Management Guest ( Faculty)  
Department of Home science  
Cms college Kottayam 
7. Sreelakshmi S  
Assistant Professor (on contract)  
Department of Home science  
CMS College Kottayam 



8. Kavitha Vijayan  
Assistant Professor (on contract)  
Department of Home science  
CMS College Kottayam 

8. Renu K Abraham  
Assistant Professor (on contract)  
Department of Home science  
CMS college Kottayam 

**Agenda**

- To finalise the curriculum and syllabi of value added course in “Bakery and Confectionery” designed for BSc., Family and Community science to be introduced in 2019.
- A prior discussion on the syllabus was done, with the BOS members, before the official board of studies meeting through phone call and Email and course was started.
- To conduct the regular classes (UG &PG), Dietetics internship and community nutrition programme (PG) in online mode during the Covid Pandemic situation.

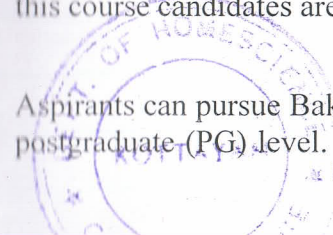
**CURRICULUM AND SYLLABUS**

**Bakery and Confectionery**

**Course Description**

A part of the hospitality industry, in a Bakery and Confectionery course aspirants are not only educated about the art of baking and confectionery but are also taught creativity and communication skills. Apart from this, in a Bakery and Confectionery course candidates are offered theoretical as well as practical training in this sphere. Some of the topics that aspirants are taught as part of a Baking and Confectionery course include knowledge of ingredients used in Baking/ Confectionery, further, candidates are also educated about the selection, composition and the entire process of Baking and Confectionery services. Also, in this course candidates are taught about the procedure in marketing of Products.

Aspirants can pursue Bakery and Confectionery courses at the undergraduate (UG) as well as postgraduate (PG) level. It is a great delight to be able to bake delicious cakes, pastries and



confectionaries. All it needs is a bit of skill and training to be able to do this. Baking is an art which does not need a lot of heavy infrastructure and one can easily start earning as a professional home baker.

**Scheme of Study**

Theory – 18 hrs (50%)

Practical –18 hrs (50%)

**Scheme of Evaluation**

Internal Assessment + External Assessment: 20+80 = 100 Marks

**Internal assessment: 20 Marks**

Record – 10 Marks

Attendance- 5

Market Survey – 5

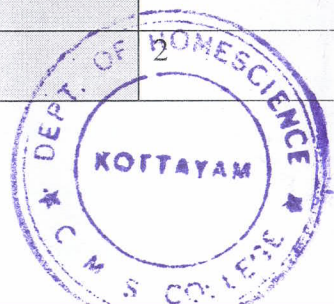
**External examination: Total marks – 80**

Theory -30 Marks

Practical- 50 Marks

Passing Criteria - Combined pass in Theory and Practical (40%).

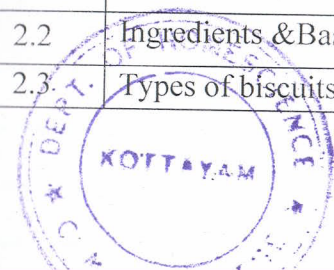
	Details
Code	
Title	BAKERY AND CONFECTIONERY (Theory)
Degree	BSc
Branch(s)	Family & Community Science
Year/Semester	
Type	VALUE ADDED COURSE
Credits	



CO No.	Expected Course Outcomes <i>Upon completion of this course, the students will be able to:</i>	Cognitive Level	PSO No.
1	Develop skill in various baking procedures	Ap	
2	Know the various kinds of ingredients used in baking	U	
3	Have working knowledge of equipments needed for baking	Ap	
4	Know the various types of bakery and confectionery items	U	
5	Understand the procedure to set up a bakery unit at home	U	
6	To acquire skill in preparing biscuits, cakes, pastries, doughnuts, homemade chocolates and toffees.	C	
7	Develop skills for a career option in bakery and confectionery.	Ap	

Total Hours: \_\_18

Module	Course Description	Hrs	CO.No.
1.0	<b>Ingredients needed for bakery and confectionary</b>	2	
1.1	Classification-perishables ,Non perishables, Semi-perishable	1	2
1.2	Selection, storage (hygiene) use	1/2	2
1.3	Equipment-Bakery tools and equipments	1/2	3
2.0	<b>Biscuits</b>	3	1
2.1	Classification –Hard dough and soft dough origin	1	1
2.2	Ingredients & Basic procedure in production.	1	1
2.3	Types of biscuits: Salted, Ice-Box, Piping, Rolling, cookies and snow	1	6





	ball.		
<b>3.0</b>	<b>Cakes</b>	3	
3.1	Classification of cakes	1/2	4
3.2	Baking cakes.- ingredients used	1/2	1
3.3	Basic procedure	1/2	1
3.4	Tips in baking cakes	1	1
3.5	Decorative, Non-decorative.	1/2	1
<b>4.0</b>	<b>Icing</b>	2	
4.1	Classification: a) Butter cream icing, b) Fresh cream icing, c) Royal d) glaze e) fondant, f) ganache	1/2	4
4.2	Preparing and applying any three types of Icing.	1/2	
4.3	Ingredients & Basic Procedure.	1/2	1
4.4	Tools and Equipments	1/2	3
<b>5.0</b>	<b>Pastries and Doughnuts</b>	3	
5.1	Characteristics of pastries and doughnuts	1/2	3
5.2	Classification	1	4
5.3	Preparing Pastries and doughnuts	1/2	2
5.4	Ingredients & Basic Procedure	1/2	3
5.5	Tools and equipments	1/2	3
<b>6.0</b>	<b>Home Made chocolates &amp; Toffee</b>	3	
6.1	Chocolates- Types & Characteristics	1/2	4
6.2	Ingredients & Basic Procedure & tips in making chocolates	1/2	2,4
6.3	Tools and equipments Needed	1/2	3
6.4	Toffee-Types & Characteristics	1/2	
6.5	Ingredients & Basic Procedure in making toffee	1/2	2,4
6.6	Tools and equipments Needed	1/2	3
<b>7</b>	<b>Marketing of Products</b>	2	
7.1	Food laws & standards connected with bakery and confectionary- HACCP, GMP, FSSA	1/2	5
7.2	Procedure for obtaining licence for starting a small bakery unit at home/commercially	1/2	5
7.3	Calculation of selling and cost price, gross profit and net profit.	1	5

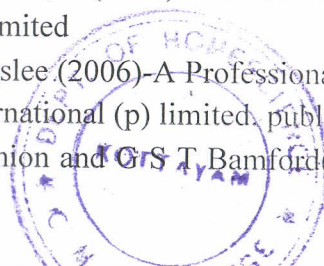
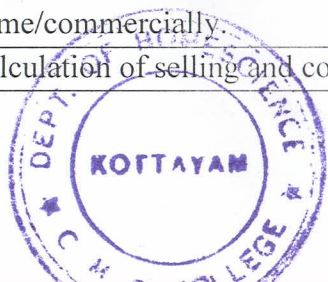
Course	Details
Title	BAKERY AND CONFECTIONERY -PRACTICAL
Degree	BSc.
Branch(s)	Family & Community Science
Year/Semester	2
Type	VALUE ADDED COURSE
Credits	1

Total Hours: \_\_18

Module	Course Description	Hrs	CO.No.
1	<b>Ingredients needed for bakery and confectionary</b>	2	
	Market survey of equipments & tools needed for bakery & confectionary and prepare a report.		3,7
2	<b>Biscuits</b>	3	
	Demonstration and Preparation of Salted, Ice-box, Piping, Rolling cookies and snowball (Any three)		1,2,6,7
3	<b>Cakes</b>	3	
	Demonstration and Preparation of a decorative and non decorative cake		1,2,6,7
	Visit to a cake baking unit		
4.	<b>Icing</b>	3	
	Demonstration on the preparation and application of any three types of icing		1,2,6,7
5.	<b>Pastries &amp; Dough Nuts</b>	3	
	Demonstration and Preparation of Cream Roll, Jam roll and doughnuts		1,2,6,7
6	<b>Home Made Chocolates &amp; Toffee</b>	3	
	Demonstration and Preparation of any three varieties of chocolates and a toffee		1,2,6,7
7	<b>Marketing of Products</b>	1	
	Visit to Municipality to understand the current procedure in acquiring a license for running a home / commercial baking unit		5,7

#### Text Books for Reference

- Ashokkumar, Y(2019)-Text book of bakery and confectionary, New Delhi PHI Learning private limited
- Johnkingslee (2006)-A Professional textbook to bakery and confectionary. New Delhi, New Age International (p) limited publishers.
- E B Bennion and G S T Bamford (1997) -Technology of cake making 6<sup>th</sup> edition-champon & Hall



B.Srilakshmi (2015), Food Science, 6<sup>th</sup> edn. New Delhi, New Age International (p) limited. Publishers.

N.Manay S and Shadaksharaswamy .M (2008) Foods ,facts and Principles , New Delhi, New Age International (p) limited.,publishers.

#### Matters Discussed and Finalised:

The Board scrutinised the proposed syllabus and approved with following recommendations:

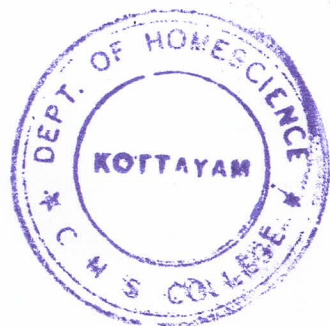
- Course examination should be in multiple Choice question formats with 40 questions of 1 mark each.
- Duration of examination could be for 1 hour
- To prepare a hand book which comprises the syllabus with additional contents and practical manual
- To help the interested students in obtaining licence for starting a small bakery unit at home/commercially.

Based on government order and College Principal's instructions following decisions are made:

- Class timing will be from 9am to 2pm
- Should follow the regular college time table
- Teachers can use the online platforms such as Google meet, Google classroom, Zoom etc
- Recommended to conduct course related webinars

*Miriam Mani*

CHAIRPERSON  
Dr. Miriam Mani



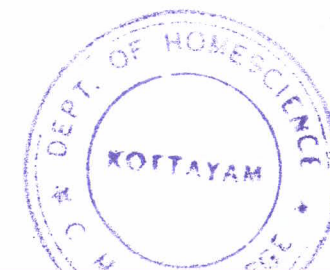
#### Minutes of the Board of Studies Meeting of Family and Community Science (Home Science) CMS College Kottayam (Autonomous) held at 10 am on 20<sup>th</sup> December 2020 in the Department of Home Science

The meeting of the Board of studies of the Department of Family and Community Science was held at 10am on 20<sup>th</sup> December 2020 in the Department of Home Science. The external member of the BOS joined the meeting online through Google meet.

Link of the meeting: <https://meet.google.com/uzn-svaw-bfr>

#### Members present:

1. Dr. Miriam Mani (Chairperson)  
Head of the Department  
Department of Home science  
CMS College Kottayam  
*Miriam Mani*
2. Dr. Suma Divakar (ONLINE)  
Professor (Expert)  
Agriculture College, Vellayini
3. Dr. Anu Joseph (Expert) (ONLINE)  
Associate Professor  
Department of Home Science , St. Teresa's College, Ernakulam
4. Fazeela Muhammed Rasheed (Alumni representative)  
Government Guest, Department of Home science  
CMS College Kottayam  
*Fazeela*
5. Veena S Panicker (Faculty)  
Government Guest, Department of Home science  
CMS College Kottayam  
*Veena S Panicker*
6. Sreelakshmi S  
Assistant Professor (on contract)  
Department of Home science  
CMS College Kottayam  
*Sreelakshmi S*
7. Kavitha Vijayan  
Assistant Professor (on contract)  
Department of Home science  
CMS College Kottayam  
*Kavitha Vijayan*



8. Renu K Abraham  
Assistant Professor (on contract)  
Department of Home science  
CMS College Kottayam



#### AGENDA

- To decide the mode of examinations ( In semester ) to be implemented for UG and PG during the Covid Pandemic situation.
- To finalise the examiners panel for the conduct of practical, project, Viva and dissertation

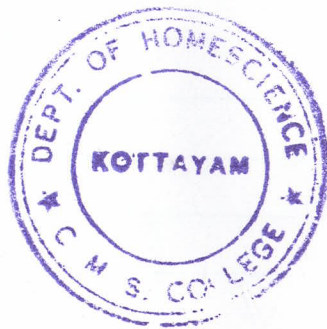
#### Matters discussed and finalised:

Based on government order and College Principal's instructions and order from Controller of Examination, following decisions are made:

- In semester examination could be in online mode of One hour preferably quiz using Google Form, Kahoot, Quiziz etc and also in descriptive form. (UG)
- For PG, In semester examination could be in online mode ,preferably quiz using Google Form, Kahoot, Quiziz etc and also in descriptive form
- An online Viva of 20 minutes should be conducted for each student for all courses.
- It has been decided to valuate end semester practical Examinations, viva, project and dissertation internally. (Considering Covid Pandemic situation)
- List of question paper setters and evaluators were prepared

*Miriam Mani*

CHAIRPERSON  
Dr. Miriam Mani



#### Minutes of the Board of Studies Meeting of Family and Community Science (Home Science) CMS College Kottayam (Autonomous) held at 10 am on 4<sup>th</sup> January 2021 in the Department of Home Science

The meeting of the Board of studies of the Department of Family and Community Science was held at 10 am on 4<sup>th</sup> January 2021 in the Department of Home Science. The external member of the BOS joined the meeting online through Google meet.

Link of the meeting: <https://meet.google.com/jqt-emrg-mqh>

#### Members present:

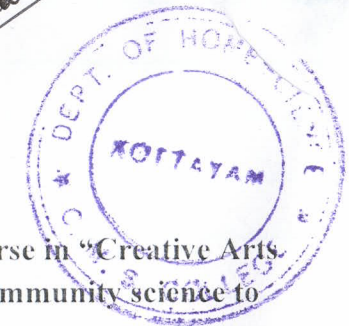
1. Dr. Miriam Mani (Chairperson)  
Head of the Department  
Department of Home science  
CMS College Kottayam
2. Dr. Suma Divakar (ONLINE )  
Professor (Expert)  
Agriculture College, Vellayini
3. Dr. Anu Joseph (Expert) (ONLINE )  
Associate Professor  
Department of Home science , St. Teresa's College, Ernakulam
4. Dr. Susan Cherian ( External Expert) (ONLINE)  
Associate Professor  
Department of Home science , St. Teresa's College, Ernakulam
5. Fazeela Muhammed rasheed (Alumni representative)  
Government Guest, Department of Home science  
CMS College Kottayam
6. Veena S Panicker (Faculty)  
Government Guest, Department of Home science  
CMS College Kottayam

*Miriam Mani*

*Suma Divakar*

#### AGENDA

To discuss and finalise the curriculum and syllabi of certificate course in "Creative Arts And Environment Management" designed for BSc., Family and Community science to be introduced in 2021.



**SYLLABUS**

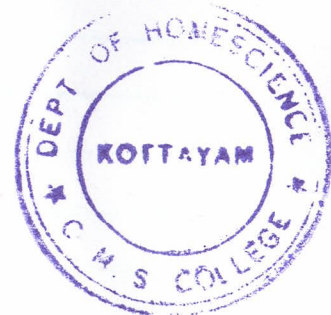
**CERTIFICATE COURSE IN CREATIVE ARTS AND ENVIRONMENT MANAGEMENT**

	Details
Code	
Title	<b>Certificate course in Creative arts and Environment Management</b>
Degree	B.Sc
Branch(s)	Family And Community Science
Year/Semester	
Type	Theory (6)& practical(12)
Credits	1

Total Hours: 18(Theory 8 and Practical 10)

CO No.	Expected Course Outcomes <i>Upon completion of this course, the students will be able to:</i>	Cognitive Level
1	Create decorative arts and crafts	Ap, C
2	Prepare flower arrangements in different styles and shapes	C,Ap
3	Understand the current trends in eco friendly products.	U,Ap
4	Explain the need for green consumerism and ways to incorporate into day to day lives	U
5	Incorporate eco – friendly techniques in planning and implementing product designs.	C, Ap

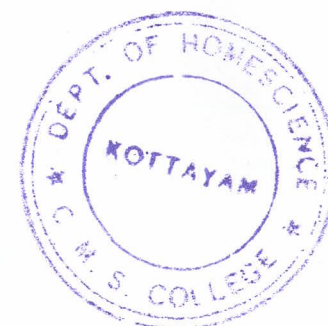
CO- Course outcome ;Cognitive Level: R-Remember, U- Understanding, AP-Apply;  
An- Analyse ; E- Evaluate; C-Create



Module	Course Description	Hrs	CO. No.
1.0	<b>Creation of art objects(creation of any decorative /functional accessory)</b>	1	1
1.1	Accessories –classification and their role in interiors	1	1
2.0	<b>Flower arrangement-</b>	3	2
2.1	Principles ,different styles and basic shapes	1	
2.1	Artificial flower making& arrangement	1	2
2.2	Dry flower arrangement and drying techniques	1	2
3.0	<b>Environment impact and green alternatives</b>	2	3
3.1	<b>Green consumerism</b>	1	4
3.2	<ul style="list-style-type: none"> <li>• Importance of green consumerism.</li> <li>• Awareness of eco friendly products and green consumer practices</li> </ul>	1	4

**Practical**

MODULE	Course Description	Hrs	CO. NO
1.1	Creation of art objects <ul style="list-style-type: none"> <li>• Decoupage</li> <li>• Mural painting, glass painting</li> <li>• Wall art and wall mural</li> <li>• Traditional art, Doodle art, Mandela art</li> <li>•</li> </ul>	6	
2.1	preparation of artificial flowers and its arrangement	2	
2.2	Demonstration of dry flower arrangement	2	
3.1	creation of eco friendly utilities <ul style="list-style-type: none"> <li>• paper bag making</li> <li>• paper file making</li> </ul>	2	



## REFERENCES

- Rutt, A.H. (1963) Home furnishing. John Wiley & Sons, Inc.;
- Teresa, P. Lanker. (1960). Flower Arranging: Step-by-step Instructions for Everyday Designs. Florist Review
- Varghese, M.A., Ogale, N. N and Srinivasan, K. (2001). Home Management. New Delhi. New Age International (P) Ltd. Varghese, M.A. Household Equipment Manual, S.N.D.T Women's University

## Text Books for Enrichment

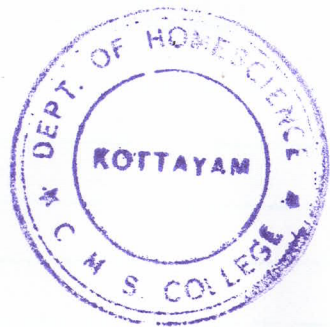
- Faulkner, R. & Faulkner, S. (1961) Inside Today's Home. Rev. ed. © Holt, Rinehart & Winston, Inc.
- Craig, H.T. and Rush, O.D. (1966). Homes With Character. Heath, 1966
- Goldstein, H. & Goldstein, V. (1954). Art in Everyday Life. Macmillan Publishers.

## Matters Discussed and Finalised:

The Board scrutinised the proposed syllabus and approved with following recommendations:

- Recommended to conduct hands on Workshops on- Ecofriendly friendly utilities, flower arrangement and drying techniques could be incorporated.
- Evaluation of the course can be conducted by quiz for the theory part in an online mode and also by evaluating the practical work done by the students especially the samples of work submitted them

*Miriam Mani*  
CHAIRMAN  
Dr. Miriam Mani



## Minutes of the Board of Studies Meeting of Family and Community Science (Home Science) CMS College Kottayam (Autonomous) held at 10 am on 6<sup>th</sup> January 2021 in the Department of Home Science

The meeting of the Board of studies of the Department of Family and Community Science was held at 10 am on 6<sup>th</sup> January 2021 in the Department of Home Science. The external member of the BOS joined the meeting online through Google meet.

Link of the meeting: <https://meet.google.com/uzn-svaw-bfr>

## Members present:

1. Dr. Miriam Mani (Chairperson)  
Head of the Department  
Department of Home science  
CMS College Kottayam

*Miriam Mani*

2. Dr. Suma Divakar (ONLINE)  
Professor (Expert)  
Agriculture College, Vellayini

3. Dr. Anu Joseph (Expert) (ONLINE)  
Associate Professor  
Department of Home Science, St. Teresa's College, Ernakulam

4. Rajani Devi T R ( External Expert) (ONLINE)  
Assistant Professor  
Department of Home science  
Morning Star College, Angamaly

5. Fazeela Muhammed rasheed (Alumni representative)  
Government Guest, Department of Home science  
CMS College Kottayam

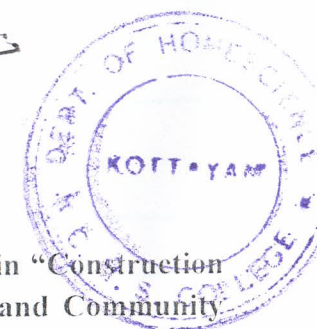
*Sas*

6. Veena S Panicker (Faculty)  
Government Guest, Department of Home science  
CMS College Kottayam

*Veena S Panicker*

## AGENDA

To discuss and finalise the curriculum and syllabi of certificate course in "Construction & Embellishment of basic kids garments" designed for BSc., Family and Community science to be introduced in 2021.



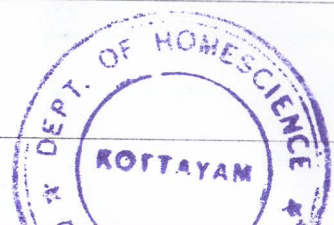
**SYLLABUS**

**DBT STAR FUNDED CERTIFICATE COURSE IN CONSTRUCTION AND EMBELLISHMENT OF BASIC KIDS GARMENT**

	Details
Title	<b>CERTIFICATE COURSE IN CONSTRUCTION AND EMBELLISHMENT OF BASIC KIDS GARMENTS</b>
Degree	BSc
Branch(s)	Family & Community Science
Type	<b>Extra Credit Course</b>
Credits	1

Total Hours:18(Theory 8 and Practical 10)

CO No.	Expected Course Outcomes <i>Upon completion of this course, the students will be able to:</i>	Cognitive Level	PSO No.
1	Understand the process of pattern making and apply the use of patterns for constructing kid's garments	U,Ap	4
2	Design simple frocks for kid's	U, Ap	4
3	Visualize and apply the basic procedure in kids frock construction.	U, Ap	4
4	Acquire skills in doing various basic hand embroidery, surface designing and their ornamentation techniques.	C	4
5	Develop skill in applying surface embellishments on basic kid's garments.	C,Ap	4



Module	Course Description	Hrs	CO.No.
1.0	<b>Construction of Kids Garments-Pattern making and sewing techniques</b>	3	1,2,3
1.1	Pattern Making	1	2,3
1.2	Body Measurements -Importance, guidelines for measuring children's/Kid's measurements	1	2
1.3	Methods of pattern making-1 Drafting .2. Draping, Pattern alterations.	1	3
2.0	<b>Garment construction</b>	2	1
2.1	Preparation of fabric for cutting, Pattern layouts, Marking, Cutting , Stitching and Finishing of kid's garment	1	3
2.2	Single needle sewing machine -Parts and functions Tools and equipments used for sewing	1	1
3.	<b>Embellishment Techniques</b>	3	4
3.1	Embroidery tools and techniques-embroidery threads and their classification, Selection of threads, needle and cloth, tracing techniques, ironing and finishing of embroidered articles.	1	4.5
3.2	Basic hand embroidery - Running stitch, back stitch, stem stitch, chain stitch, lazy daisy stitch, buttonhole stitch, feather stitch, herringbone, satin stitch and cross stitch.	1	4
3.3	<b>Special Embellishment Techniques</b> -Ribbon work, Appliqué, Patch work, Mirror work, bead work, attaching sequins, show buttons, crocheting. Fabric painting (4methods). Hand, stencil-dabbing and spraying, liquid embroidery <b>Dyeing and Printing</b> -Tie and dye techniques, batik and block printing (2 methods each)	1	4
<b>PRACTICAL</b>		10	2,3,5
4.0	<b>Pattern Making &amp; Garment Construction</b>		
4.1	<b>Pattern Making</b> - Making paper patterns for Kids Frocks-New born and Pre-school girl.	1	2
4.2	<b>Garment Construction</b> – frocks (New born Baby and Pre-School girl)	3	2,3



5.0	Embellishment Techniques		
5.1	Preparation of samples for all the embellishment Techniques studied.	3	5
5.2	Application of suitable embellishments on constructed frocks.	3	5

#### Text Books for Reference

- Mathews, M., (2008) Practical Clothing Construction, Part II, Bhattaram's Reprographics (P Ltd, Chennai).
- Mullick .P., (2002) Garment Construction Skills, Kalyani Publishers, New Delhi.
- Picture Dictionary of Hand Embroidery Stitches (Sarah's Hand Embroidery Tutorials)
- .Juby Aleyas Koll (2020) Amazon.in
- Art of embroidery: History of style and technique, 1995, Lanto Synge, Woodridge
- Helen M David & Charles, The timeless embroidery
- Shailaja .N. Traditional Embroideries of India., Mumbai APH Publications

#### Matters Discussed and Finalised:

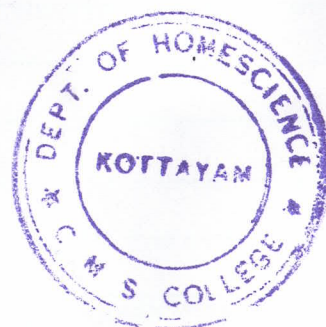
The Board scrutinised the proposed syllabus and approved with following recommendations:

- Recommended to conduct hands on Workshops on - special surface embellishment techniques on fabrics (Ribbon work, attaching sequins, crochet, fabric painting, mirror work etc. and Construction of basic kids garments
- Encourage the students to conduct a sale/ to donate the constructed garments.
- Evaluation of the course can be conducted as quiz for the theory part in an online mode and also by evaluating the practical work done by the students especially the samples of work submitted them

*Miriam Mani*

CHAIRPERSON

Dr. Miriam Mani



#### Minutes of the Board of Studies Meeting of Family and Community Science (Home Science) CMS College Kottayam (Autonomous) held at 10 am on 10<sup>th</sup> February 2021 in the Department of Home Science

The meeting of the Board of studies of the Department of Family and Community Science was held at 10 am on 10<sup>th</sup> February 2021 in the Department of Home Science. The external member of the BOS joined the meeting online through Google meet.

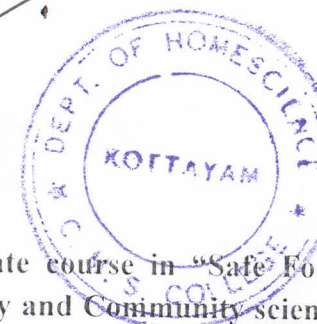
Link of the meeting: <https://meet.google.com/jqt-emrg-mqh>

#### Members present:

1. Dr. Miriam Mani (Chairperson)  
Head of the Department  
Department of Home science  
CMS College Kottayam  
*Miriam Mani*
2. Dr. Suma Divakar (ONLINE )  
Professor (Expert)  
Agriculture College, Vellayini
3. Dr. Anu Joseph (Expert) (ONLINE )  
Associate Professor  
Department of Home Science , St. Teresa's College, Ernakulam
4. Fazeela Muhammed Rasheed (Alumni representative)  
Government Guest, Department of Home science  
CMS College Kottayam  
*Fazeela*
5. Veena S Panicker (Faculty)  
Government Guest, Department of Home science  
CMS College Kottayam  
*Veena*

#### AGENDA

To discuss and finalise the curriculum and syllabi of certificate course in "Safe Food Production For Health And Immunity" designed for BSc., Family and Community science to be introduced in 2021.



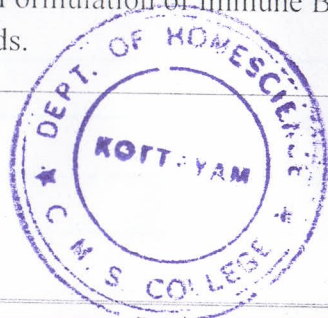
SYLLABUS

CERTIFICATE COURSE IN  
SAFE FOOD PRODUCTION FOR HEALTH AND IMMUNITY

	Details
Title	SAFE FOOD PRODUCTION FOR HEALTH AND IMMUNITY
Degree	BSc.
Branch(s)	Family & Community Science
Type	Theory (13 hrs)and Practical (5 hrs)
Credits	1

CO No.	Expected Course Outcomes	Cognitive Level
	<i>Upon completion of this course, the students will be able to:</i>	
1	Hands on training in Food Preservation techniques	Ap, C
2	Formulate Immune Boosting Recipes using locally available foods and analysis of its nutritive value.	C
3	Equipped to manage and Supervise a Catering Establishment	Ap
4	Extent learnt skills to homemakers and caterers	Ap
5	Prepare Extension messages to the public on the importance of Nutrition for Immunity	Ap, C
6	Become a certified Food Safety Supervisor (recognised by the Govt. of India)	Ap
7	Prepare a project on Formulation of Immune Boosting Recipes using locally available foods.	C, Ap

Total Hours: 19



Module	Course Description	Hrs	CO.No.
1.0	<b>Food Preservation Technology</b>	8	1,4
1.1	Basic Principle of Food Preservation	1	1
1.2	Microorganisms in Food	1	1
1.3	Food Spoilage by Microorganisms	1	1
1.4	Modern Technologies in Food Preservation	1	1
1.5	Value Addition to Fruits and Vegetables through Processing	1	3
1.6	Guidelines for commercial food preservation	1	3
1.7	Preparation of Jam	1	7
1.8	Preparation of Jelly	1	7
2.0	<b>Food Safety Supervisor Course (Advance Level 2 Course)</b>	5	3,4
2.1	Introduction to Food Safety	1/2	3
2.2	Location, Layout and Facilities of Food Service Establishment	1	3
2.3	Material Handling & Pre-Production Processing	1/2	3
2.4	Food Production	1	3
2.5	Holding, Serving, Catering, Dining and Transportation	1	3
2.6	Personal Hygiene & Support Services	1	4
3.0	<b>Nutrition for Boosting Immunity</b>	5	2,7
3.1	Introduction to Immunity	1	2
3.2	Importance of Nutrition in the COVID 19 Pandemic Situation	1	2
3.3	Nutrients needed for Immunity- Vitamin C, Vitamin D, Zinc and Iron	1	7
3.4	Project on preparation of Immune- Boosting Foods	1	7
3.5	Assessment of Knowledge and Attitude of Nutrition & immunity among College Going Students	1	5





### Text Books for Reference

1. B.Srilakshmi (2015), Food Science, 6<sup>th</sup>edn. New Delhi, New Age International (p) limited. Publishers.
2. N.Manay S and Shadaksharaswamy .M (2008) Foods ,facts and Principles , New Delhi, New Age International (p) limited.,publishers.

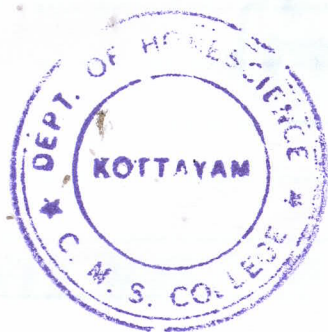
### Matters Discussed and Finalised:

The Board scrutinised the proposed syllabus and approved with following recommendations:

- Recommended to conduct hands on Workshops on -Food preservation techniques, Food safety supervisor training level-2 from a registered agency can be provided to students to increase the employability.
- Evaluation of the course can be conducted by quiz for the theory part in an online mode and also by evaluating the practical work done by the students

*Miriam Mani*  
CHAIRPERSON

Dr. Miriam Mani



### Minutes of the Board of Studies Meeting of Family and Community Science (Home Science) CMS College Kottayam (Autonomous) held at 2pm on August 23<sup>rd</sup> 2022 at IQAC Conference Hall CMS College Kottayam

#### Members present:

Mrs. Kavitha Vijayan (Chairman)  
Head of the Department (Self Financing)  
Department of Family & Community Science  
CMS College Kottayam (Autonomous)

Dr. Suma Divakar  
Associate Professor  
Agriculture College  
Vellayani (External Expert)

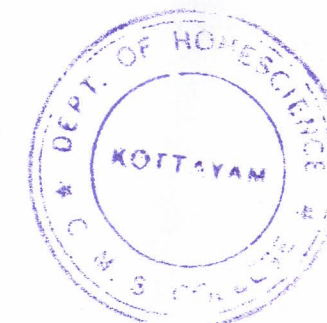
Dr. Selsa S  
Associate Professor,  
SN College for Women  
Kollam (External Expert)

Dr. Betty Rani Isaac  
Associate Professor and Head  
Department of Family & Community Science  
St. Teresa's College  
Ernakulam (University Nominee)

Mrs. Faseela Mohammed Rasheed  
Former Assistant Professor (Government  
Guest)  
Department of Family & Community Science  
CMS College Kottayam (Autonomous) (Alumni Representative)

Ms. Jyothi. S. Krishnan, R.D.  
Chief Dietician  
Believers Church Medical College Hospital  
Thiruvalla (Beneficiary  
Representative)

Mrs. Renu K Abraham  
Assistant Professor  
Department of Family & Community Science  
CMS College Kottayam (Autonomous) (Member)



Mrs. Kavitha Vijayan, Head of the department in charge, Department of Family and Community science, CMS College Kottayam chaired the meeting

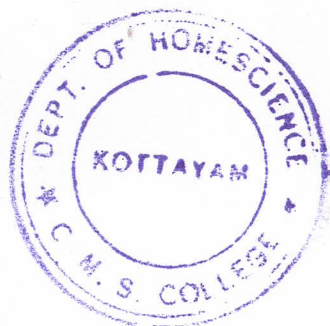
The meeting started with silent prayer.

The Chairman welcomed the members of Board of Studies (BOS) to the meeting. In her introductory remarks she pointed out the significance of M.Sc. Clinical Nutrition and Dietetics. She appreciated the members for their presence and active participation in approving the syllabus of M.Sc. Clinical Nutrition and Dietetics programme. The following resolutions were taken after the discussions

#### Curriculum of M.Sc.Clinical Nutrition and Dietetics

The syllabus of M.Sc.Clinical Nutrition and Dietetics programme of the Mahatma Gandhi University forms the basis of the present syllabus recommended for the M.Sc.Clinical Nutrition and Dietetics programme of Department of Family and Community Science, CMS College Kottayam (Autonomous) for the academic year 2023-2024.

The course content of M.Sc.Clinical Nutrition and Dietetics programme of the Mahatma Gandhi University is well conceived with the aim of molding the students to work in hospitals as Dietician and also for higher studies. Therefore the syllabus of the MG university is adopted without any changes. The BOS members suggested to add the course outcomes for all courses and map the outcomes with modules.



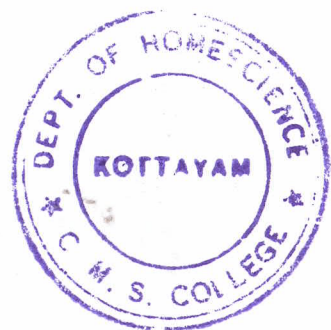
### PROGRAMME STRUCTURE


Semester	Course Type	Course Code	Course Title	Hours/W	credits	Total Credits
I	Core Theory		Applied Human Physiology	5	5	22
	Core Theory		Clinical Biochemistry	5	5	
	Core Theory		Therapeutic Nutrition	5	4	
	Core Theory		Advanced Food Science	5	4	
	Core Practical		Advanced Food Science Practical	5	4	
II	Core Theory		Nutrigenomics & Pharmacogenomics	5	4	22
	Core Theory		Public Health Nutrition	5	5	
	Core Theory		Advanced Nutrition	5	5	
	Core Theory		Nutrition Through Life cycle	5	4	
	Core Practical		Community Nutrition Practical	5	4	
III	Core Theory		Nutrition in critical care	5	4	20
	Core Theory		Research Methodology & Statistics	5	4	
	Core Theory		Organization and management of Dietary / Advanced Techniques in Food/ Post Harvest technology	5	4	
	Core Theory		Food Microbiology / Food Safety and Quality Assurance/ Biotechnology	5	4	
	Core Practical		Therapeutic Nutrition Practical	5	4	
IV	OJT/ Project		Hospital internship / Dissertation	-	10	16
			Comprehensive Viva- voce		6	



**Resolution :**

After the discussions it is resolved to approve the program structure and syllabus of M.Sc. Clinical Nutrition and Dietetics and forwarded the same to the Academic Council for the further action.



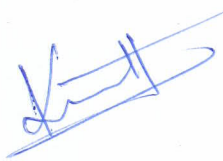




  
Kavitha Vijayan  
Chairman

BOS in Department of Family and Community Science

**Minutes of the Board of Studies Meeting of Family and Community Science (Home Science) CMS College Kottayam (Autonomous) held at 2pm on March 13<sup>th</sup> 2023 in the Department of Family and Community Science.**

The meeting of the Board of studies of the Department of Family and Community Science was held at 2pm on March 13<sup>th</sup> 2023 in the Department of Family and Community Science

**Members present:**

1. Mrs. Kavitha Vijayan (Chairperson)  
Head of the Department (Self Financing)  
Department of Family and Community Science  
CMS College Kottayam (Autonomous) 
2. Dr. Suma Divakar (ONLINE)  
Associate Professor (Expert)  
Agriculture College, Vellayini
3. Dr. Selsa S  
Associate Professor  
Department of Home Science  
SN College Kollam 
4. Ms. Jyothi. S. Krishnan  
R.D. Chief Dietician  
Believers Church Medical College Hospital Thiruvalla 
5. Mrs. Renu K Abraham  
Assistant Professor (Self Financing)  
Department of Family and Community Science  
CMS College Kottayam 
6. Mrs. Sreeja S  
Assistant Professor (Self Financing)  
Department of Family and Community Science  
CMS College Kottayam 
7. Ms. Nimmy Reghu (HOD in charge UG)  
Government Guest, Department of Family and Community Science  
CMS College Kottayam
8. Abhirami A.K (Faculty)  
Government Guest, Department of Family and Community Science  
CMS College Kottayam

**Agenda:**

- Preliminary discussions and suggestions for syllabus revision
- Evaluation of value added programs based on UGC norms
- Other academic plans for the academic year 2023-2024

Mrs. Kavitha Vijayan, Head of the department in charge, Dietetics and Food Service Management, Department of Family and Community science, CMS College Kottayam chaired the meeting

The meeting started with silent prayer. The Chairman welcomed the members of Board of Studies (BOS) to the meeting. She has mentioned about the changes to be done in the UG syllabus such as introducing Autocad theory and practical in Interior Designing. Dr.Selsa recommended conducting the Autocad practicals with external organization. And she also suggested to include more content in Open course. For the PG syllabus Dr.Suma Divakar suggested to include one month internship in Food Service Management Sector as part of practical session. Ms.Jyothi Krishna suggested to implement atleast 3 months to 6 months Dietary internship instead of one month internship. As well discussed on splitting the course Dietetics' into two semesters by put together with the course Biochemical changes in Disease Conditions. All the members unanimously supported it. Mrs. Kavitha Vijayan suggested to add a clause in the syllabus to do PG thesis in reputed organization such as research centre, hospital, food industry etc.

All the members have gone through the Report of Value Added Course conducted in the current year for UG students and it was approved by the external experts. Following Academic Plans for the next academic year has been introduced

- Observe and celebrate special days in connection with health and Nutrition
- Webinars, seminars, talk, awareness program etc will be organized
- Guest lecture classes will be organized with Carithas Hospital as part of MoU
- Hospital Visit and practical exposure will be arranged as part of MoU

Meeting concluded at 4pm.



Kavitha Vijayan  
Chairman

BOS in Department of Family and Community Science