

# National Education Policy-2020 Common Minimum Syllabus for all U.P. State Universities Semester-wise Titles of the Papers in U.G Programme (HOME-SCIENCE)

Year	Semester.	Course Code	Paper Title	Theory/Practical	Credits
B.A-	1	A130101T	Fundamentals of Nutrition and	THEORY	4
1			Human Development		
	1	A130102P	Cooking Skills and Healthy	PRACTICAL	2
			Recipe Development		
	П	A130201T	Introduction to Clothing and	THEORY	4
			Textile & Family Resource		
			Management		
	П	A130202P	Clothing and Textile	PRACTICAL	2
B.A-	Ш	A130301T	Advance Nutrition and Human	THEORY	4
2			Development		
	Ш	A130302P	Human Development	PRACTICAL	2
	IV	A130401T	Housing and Extension	THEORY	4
			Education		
	IV	A130402P	Resource Planning and	PRACTICAL	2
			Decoration		
B.A-	V	A130501T	Surface Ornamentation of	THEORY	4
3			Fabrics		
	V	A130502T	Community Development &	THEORY	4
			Programme Planning		
	V	A130503P	<b>Community Transformation</b>	PRACTICAL	2
			(Change)		
	V	A130504R	Research Project-1	PROJECT	3
	VI	A130601T	<b>Dietetics &amp; Therapeutic</b>	THEORY	4
			Nutrition		
	VI	A130602T	Research Methodology and	THEORY	4
			Gender Development		
	VI	A130603P	Therapeutic Diet Preparation	PRACTICAL	2
			& Nutrient Evaluation		
	VI	A130604R	Research Project-2	PROJECT	3

### Syllabus Developed by:

S. No.	Name	Designation	Department	College/ University
1	Dr. Nitu Singh	Associate	Home Science	Hemvati Nandan Bahuguna Govt. P.G
	Supervisor	Professor		College Naini, Prayagraj
2	Prof. Sangita Saini	Professor	Home Science	Dayalbagh Educational Institute,
	Subject Expert			Dayalbagh, Agra
3	Dr. Rashmi Bishnoi	Associate	Home Science	Netaji Subash Chandra Bose
	Subject Expert	Professor		Government Girls P.G College, Aliganj,
				Lucknow
4	Dr. Monika	Associate	Home Science	Sri Tika Ram Kanya Mahavidyalaya,
	Subject Expert	Professor		Aligarh

### Proposed Year wise Structure of UG Program in Home Science

### **Program Outcomes (POs)**

The program has been framed in such a manner that students receive real feel of quality education by touching all aspects of human lifecycle.

Designed to enhance the capacity of students to understand universal and domain-specific values in Home Science

Develop the ability to address the complexities and interface among of self, societal and national priorities Inculcate both generic and subject-specific skills to succeed in the employment market and standards of life Promote research, innovation and design (product) development favouring all the disciplines in Home Science.

This programme develops scientific and practical approach among the students which helps in their day to day life.

### **Certificate in Fundamentals of Home Science**

## **B.A.** First Year

### **Program Specific Outcomes (PSOs)**

At the end of program following outcomes are expected from students:

Learn about the discipline of Home Science as a holistic field of study covering multiple facets and requirements of human beings in day to day living, for example, achievement of appropriate milestones in personal development; awareness, need and use of family resources; access to adequate nutrition for wholesome development; clothing fundamentals.

May have capabilities to start earning by enhancing their skills in the field of Nutrition and Textiles.

Semester I	Name of Paper	Credits	No of
			Lectures
	Fundamentals of Nutrition and Human	4	60
	Development (Theory)		
	Cooking Skills and Healthy Recipe Development	2	30
	(Practical)		
	Total	6	90
Semester II	Name of Paper	Credits	Lectures
	Introduction to Clothing and Textile &Family	4	60
	Resource Management(Theory)		

Clothing and Textile	(Practical)	2	30
Total		6	90

### B.A. Second Year : Diploma in Interior Design & Human Development

### **Program Specific Outcomes (PSOs)**

At the end of program following outcomes are expected from students:

Develop sensitivity, resourcefulness, and competence to render service to enhance development of individuals, families, communities, and the nation at large.

Enhance abilities involved in acting as proactive agents of change in promoting the discipline of Family and Community Sciences .

Explore and decide upon viable avenues of self-employment and entrepreneurship.

Learn more about human and community & relationship.

Semester III	Name of Paper	Credits	No of
			Lectures
	Advance Nutrition and Human Development	4	60
	(Theory)		
	Human Development (Practical)	2	30
	Total	6	90
Semester IV	Name of Paper	Credits	No of
			Lectures
	Housing and Extension Education (Theory)	4	60
	Resource planning & Decoration (Practical)	2	30
	Total	6	90

### **B.A.** Third Year: Degree in Bachelor of Arts

### Program Specific Outcomes (PSOs)

- Programme is framed to Encourage a genre of responsible students with a passion for lifelong learning and entrepreneurship, it also generate multi-skilled leaders with a holistic perspective that cuts across disciplines.
- Promote research, innovation and design (product) development favouring all the disciplines in Home Science.
- Enhance digital literacy and apply them to engage in real time problem solving and ideation related to all fields of Home Science.
- Appreciate and benefit from the symbiotic relationship among the five core disciplines of Home Science Resource Management, Food Science and Nutrition, Textiles and Clothing, Human Development and Family Studies and Extension and Communication.
- After this degree programme students can be benefitted by getting jobs in various fields like government sector, working with NGOs, jobs as an extension worker, Education etc. and also they can feel the sense of entrepreneurship as well.

Semester V Name of Paper	Credits	No.	of
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			Lectures
	Surface Ornamentation of Fabrics (Theory)	4	60
	Community Development & programme	4	60
	planning (Theory)		
	Community Transformation (Change) Practical	2	30
	Research Project 1	3	45
	Total	13	195
Semester VI	Name of Paper	Credits	No. of
			Lectures
	Dietetics and Therapeutic Nutrition (Theory)	4	60
	Research Methodology and Gender	4	60
	Development (Theory)		
	Therapeutic Diet Preparation and Nutrient	2	30
	Evaluation (Practical)		
	Research Project 2	3	45
	Total	13	195

# B.A. I Semester I Home Science Paper 1 Fundamentals of Nutrition and Human Development (Theory)

Programme/Cla Certificate	ISS:	Year: 1		Semester: 1			
Subject: Home	Subject: Home Science						
Course Code: A130101T Course Title:							
~~~~	Fundamentals of Nutrition and Human Development						
<b>Course outcom</b> The student at th		of the course will be	e able to:				
<ul> <li>Students</li> <li>Acquain</li> <li>Explain to</li> <li>Identify</li> </ul>	will get fam t students with the need and i the biological	o understand physic iliar with different th practical knowled mportance of studyin and environmental f cteristics, needs and	methods of lge of nutri ng human g factors affeo	f cooking ent rich foods growth and develo cting human develo	pment across life span lopment. ncy & early childhood		
Credits: 4			Core Con	npulsory			
Max. Marks: 25	5+75		Min. Passing Marks:33				
Total No. of Lo	ectures-60						
Units		Торі	c		No of Lectures		
I Traditional Home Science and its Relevance is Contribution made by Indian Institutions like NIPCCD etc.		e in current era te ICMR, CFTRI,	03				
П	II Cell and Digestive System Respiratory and Cardiovascular system				10		

III	Food and Nutrition Food- Meaning, Classification and function Nutrition- Concept of Nutrition Nutrients-Macro and Micro, sources and deficiency diseases.	09
IV	Cooking Methods- Methods, Advantages and Disadvantages Preservation of Nutrients while Cooking	08
	PART B	
V	<ul> <li>Introduction to Human Development:</li> <li>Concept, Definition and need to study of Human Development</li> <li>Domains, Stages and contexts of development Principles of Growth and Development</li> <li>Determinants of Development-heredity and environment</li> </ul>	8
VI	<ul> <li>Prenatal Development and Birth Process:</li> <li>Conception, Pregnancy and Childbirth Stages of birth</li> <li>Types of delivery (natural, c-section, breech, home vs. assisted delivery)</li> <li>Physical appearance and capacities of the new-born</li> <li>Factors affecting Pre-natal development.</li> </ul>	6
VII	<ul> <li>Infancy:</li> <li>Developmental tasks during Infancy and Preschool Stage.</li> <li>Physical and Motor Development.</li> <li>Social and emotional development</li> <li>Cognitive and language development</li> </ul>	8
VIII	<ul> <li>Early Childhood (Pre School) years:</li> <li>Developmental Tasks during Early childhood.</li> <li>Physical and Motor Development</li> <li>Social and emotional development</li> <li>Cognitive and language development</li> </ul>	8
Suggested Re	eadings:	
- D- D-	nde Singh Manay Sharir, ayam Vriya Vigyan Danahahaal I	

- Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur;2015 ,15<sup>th</sup> Ed.
- Chatterjee, C.C , "Human Physiology" Medical Allied Agency ; Vol I , II .
- Text Book of Biology for 10+2 Students (NCERT)
- Sumati R Mudami, "Fundamentals of food Nutrition and Diet Therapy", New Age International Pvt. Ltd, New Delhi, 6<sup>th</sup> Ed. (2018)
- Punita Sethi and Poonam Lakda, "Aahar Vigyan, Suraksha evam Poshan"; Elite Publishing House, New Delhi ;2015
- Berk, L.E. *Child development* New Delhi: Prentice Hall (2005) (5th ed.).
- Berk L.E. Child Development Allyn and Bacon 1992 (6th) Edition.
- Keenan, T., Evans, S., & Crowley, K. An introduction to child development, Sage (2016)

- Hurlock E. Child Development.
- Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3<sup>rd</sup> 2015
  - Suggestive digital platforms web links-ePG-Pathshala, IGNOU & UPRTOU online study material Svayam Portal

http://heecontent.upsdc.gov.in/Home.aspx

This course can be opted as an elective by the students of following subjects: Open for all The eligibility for this paper is 10+2 with any subject

Suggested Continuous Evaluation Methods:

- Seminar/ Presentation on any topic of the above syllabus
- Test with multiple choice questions/ short and long answer questions

### Attendance

Course prerequisites: To study this course, a student must have had the subject ALL in class12<sup>th</sup>. The eligibility for this paper is 10+2 with any subject

Further Suggestions:

It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure.

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At the End of the whole syllabus any remarks/ suggestions:

B.A. I Semester I Home Science Paper 2 Cooking skills and healthy recipe development (Practical)

	nme/Class: tificate	Year: 1	Se	Semester: 1	
		Subject: Home Science	(Practical)		
Course Code: A	Course Code: A130102P Course Title: Cooking skills and healthy recipe				
Course outco Studer Acqua	nts will get fam	liar with different methods h practical knowledge of m	s of cooking utrient rich foods		
	Credits: 2	,	Core Comp	oulsory	
	Max. Marks: 25+75 Min. Passing				
		Total No. of Lab Periods-3	0 (60 hours)		
Unit		Topic		No. of lab.periods	
I	Basic cookin - Weigh - Prepar	g skills ing of raw materials ing of different food items befo	ore cooking	06	
II	cooking - Boilin - Roasti - Frying - Pressu	of various dishes using differ g /steaming ng – Deep/shallow re cooking cooking/Baking	rent methods of	08	

III	Different styles of cutting fruits and vegetables - Salad Decoration/Dressings	06
IV	Preparation of nutrient rich dishes - Protein rich dish - Carbohydrate rich dish - Fat rich dish - Vitamins rich dish - Minerals - Fibers	10
,15 <sup>th</sup> Ed. ◆ Chatterj ◆ Text Bo ◆ Sumati I Internati ◆ Punita S Publishi	da Singh, Manav Sharir evam Kriya Vigyan Panchsheel Pral	I , II . by" , New Age shan" ; Elite
<ul><li>Test wit</li><li>Menu pl</li><li>Nutritiv</li></ul>	<b>Atinuous Evaluation Methods:</b> h multiple choice questions/short and long answer questions anning and calculation of nutrient requirement re value calculation of various nutrient rich dishes isites: To study this course, a student must have had the subj ficate/diploma.	ect in
Suggested ear	ivalant anlina courses	
o IC "S	ivalent online courses SNOU and other centrally/state operated Universities/MOOG WAYAM" in India and abroad., tp://heecontent.upsdc.gov.in/Home.aspx	C platforms such as
•	stions: evelop their cooking skills with new healthy recipe developn his course and even start their own food service center.	nent after

B.A. I Semester 2 Home Science Paper 1 Introduction to Clothing & Textiles & Family Resource Management (Theory)

Programme/Class	: Certificate Year: 1	Semest	er: 2
Subject: Home Sc	cience		
Course Code: A1302	Course Title: Intro Management (Theo	duction to Clothing and Textiles	& Family Resourc
<ul> <li>Understandi</li> <li>Learn how f</li> <li>Understand</li> <li>Learn the fa</li> <li>Understand</li> <li>Gain knowle</li> </ul>	scope of textile and clothing ing why fabrics are different fabrics can be manufactured basic clothing concepts and garment ma mily resource management as a whole. the Decision making and use of resource edge about Time, Money & Energy as a Household Equipments for work simpli	ces throughout the Family life cy a Resource.	vcle.
	Credits: 4	Core Compulsory	
Max	x. Marks: 25+75	Min. Passing M	larks:33
Total No. o	of Lectures- 60		
Unit	Торіс		No. of Lectures
	PART A		
I	<b>Introduction</b> a) Introduction to Clo importance in day-to-day life (c) Sco fiber on the basis of their source (e) primary and secondary	ope (d) Classification of textile	7
П	Knowing Fibers-Manufacture, proc (a) Cellulosic Fibers-cotton, Linen ( (c) Synthetic/Manmade fibers-Nylor	8	
III	Yarn to Fabrics(a) Definition of Ya Yarn Properties (b) Different fabric (Weaving, Knitting, Felting, Braidin Cloth-Terminologies and Steps in W Basic and Decorative	arn, Manufacture of Yarn and construction techniques ng, Non-woven) (c) Weaving of	8
IV	Clothing Construction (a)Tools for Introduction to sewing machines, its Importance of Drafting, Draping, Fla advantages & disadvantages (d) fabr stitching a garment - preshrinking, s marking and cutting.	a parts and maintenance, (c) at pattern techniques - ric preparatory steps for	7
	PART	В	
V	Introduction to Home Management and Obstacles of Management. Proc Organizing, Controlling and Evaluat Management – Values, Goals and St Classification.	ess of Management – Planning, tion. Motivating Factors in	8
VI	Resources, Decision making & Fat Characteristics, Types and Factors a Steps and Role of Decision Making Family Life Cycle.	ffecting the use of Resources.	8
VII	<b>Time, Energy and Money Manage</b> Steps in making Time Plan, Tools a		7

	Energy as a Resource, Work Curve, Fatigue-Types, Causative	
	Factors and Alleviating Techniques. Family income as a Resource,	
	Sources of Income and Expenditure and Saving. Preparation of	
	Family budget in view of family income.	
VIII	Work Simplification and Household Equipments: Meaning and	7
V 111	Techniques of Work Simplification, Mundell's Classes of Change.	1
	Principle, Use and Care of Household Equipments such as Pressure	
	Cooker, Mixer and Grinder, Refrigerator, Washing Machine,	
	Vacuum Cleaner & Solar Cooker.	
Suggested Reading		
00 0	ernard: Textiles Fiber To Fabric	
	dler: Introduction To Textile	
	roduction To Textiles	
-		
	tile Fiber Science	
Cutting Tailoring 1100048.	And Dress Making: National open School, B-31-B Kailash Colony, New	w Delhı –
• Khanuja, R 96-3	eena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra ISI	BN: 978-93-81124
• R Bhatia & C Baroda.	Arora (1999), Introduction To Clothing And Textile, Printed by Macho	Printery, Raopura
	de To Sewing By Reader's Digest: published by The Reader's Digest As Montreal-Pleasantville, NY, 2002.	ssociation
• Deacon R.E. a	nd Firebaugh F.M. (1998) Family Resource Management- Principles an ation. N. Delhi.: Roy Houghton Mifflin Company.	d
	& Faulkner, S. (1961) Inside Today's Home. Rev. ed. © Holt, Rlnehart &	Winston Inc
	d Crandall, E.H. (1967). Management for Modern Families. N. Delhi:	
	Ed.). (1985). Home Management. N. Delhi.: Arya Publishers, Mullick . Ludhiana.: Kalyani Publishers.	x, P. Text book o
• Nickell, P., an	d Dorsey, J, M. (2002). <i>Management in Family Living</i> . New Delhi: lishers (ISBN13: 9788123908519)	
<ul> <li>Patni Manj</li> </ul>	u & Sharma Lalita, Grah Prabandh, Star Publications Agra.	
• Varghese, M.	ramila. Vastra Vigyaan Avam Paridhan:Madhya Pradesh Hindi Granth A, Ogale, N. N and Srinivasan, K. (2001). Home Management.	Academy,Bhopal
	Delhi. New Age International (P) Ltd.	
e ,	A. Household Equipment Manual, S.N.D.T Women's University, Mumb	ai.
Suggestive di	gital platforms web links-	
Svaya	m Portal,	
<u>http://</u>	neecontent.upsdc.gov.in/Home.aspx,	
This course can be o	opted as an elective by the students of following subjects: Open for al	1
Suggested Contin-	ous Evaluation Methods:	
	any topic of the above syllabus.	
	altiple choice questions/ short and long answer questions.	
• Attendance		1 4 6 th
Course prerequisite	s: To study this course, a student must have had the subject ALL in c	$lass12^{tn}$ .
Suggested equivale	nt online courses:	
	ntrally/state operated Universities/ MOOC platforms such as "SWAY	AM" in India
and Abroad		

Further Suggestions:

• Students may develop their managerial skills after completion this course and may join any filed. As Management of Resources is applicable everywhere.

At the End of the whole syllabus any remarks/ suggestions:

Printery, Raopura, Baroda.

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## B.A. I Semester 2 Home Science Paper 2 Clothing & Textiles (Practical)

	Programme/Class: Year: 1 Cerificate				
cience)	5	y and Life Science	,		
Course	e Code: A130202P	Course Title: Cloth	ing and Te	extiles (Practical)	
<ul><li>Uno</li><li>Lea</li></ul>	lity to identify fib	brics are different g skills			
	Credits: 2			Core Compulso	ory
	Max. Marks:	25+75		Min. Passin	g Marks:40
Tot	tal No. of lab.peri	ods- 30 (60 hours)			
Unit		opic			No. of lab.periods
I	<b>Identify fibers and fabrics</b> (a)Fibre identification tests- Visua burning and microscopic- natural and synthetic, pure and blended fibres. (b) Weaves identification and understanding their usage.			7	
II	Learning to stitch (a) Knowing how to stitch-an idea of				7
III	Basic sewing (a) Seams-Plain seams and its finishing, run &				8
IV	and sleeve block.	(a)Drafting, cutting, ar b)adaptation to "Gathe R petticoat - drafting, o	ered frock" wi	ith Peter Pan collar	8
Delh	ing Tailoring and 1 i – 1100048.	Dress Making: Nat (1999), Introducti	1	-	

- Complete Guide to Sewing by Reader's Digest: published by The Reader's Digest Association (Canada) Ltd. Montreal-Pleasantville, NY, 2002.
- Helen J Armstrong, Pattern Making for Fashion Design, Prentice Hall
- Gerry Cooklin, Introduction to Clothing Manufacture, Blackwell Science, UK, 1991
- Metric Pattern cutting & Grading by Winfred Aldrich.
- Khanuja, Reena. Vastra Vigyaan ke Sidhant, Agrawal Publication, Agra.
- 1. Suggestive digital platforms web links-

Svayam Portal, http://heecontent.upsdc.gov.in/Home.aspx

This course can be opted as an elective by the students of following subjects: Open for all

Suggested Continuous Evaluation Methods:

- Preparation of samples of various types on fabrics.
- Evaluation of Prepared garment.
- Record file preparation and evaluation, Attendance.

Course prerequisites: To study this course, a student must have had the subject ALL in class12<sup>th</sup>.

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# B.A. 2 Semester 3 Home Science Paper 1 Advance Nutrition and Human Development (Theory)

Programme	/Class: Diploma	Year: 2		Semester: 3	
Subject:	Home Science				
Course Cod	e: A130301T	Course Title: Adva	nce Nutritio	n and Human Devel	lopment (Theory)
	at the completion	of the course will b		- 1 - 4	
		1	2	eal at various stages	s of life cycle
	-	ng practices among	-		
• Deve	elop skill of meal	planning for differ	rent physiol	ogical groups	
<ul><li>adult</li><li>Ident</li><li>Learr</li></ul>	hood stage.	and environmental cteristics, needs an	-	ing middle childhoo cting personality. ental tasks of Middl	
Credits: 4			Core Cor	npulsory	
Max. Marks	Max. Marks: 25+75 Min. Passing Marks:33				
Total No.	of Lectures-60				
Unit		Тор			No of Lectures
Ι		Definition , importanced Diet , RDA			07
П	Nutrition Durin RDA and Diet F	g Infancy and Child lan	lhood- Nutri	tion Requirement,	07
III	III Nutrition During Adolescence, Adulthood and Old Age. Nutrition Requirement, RDA and Diet Plan			C	08
IV	IV Nutrition During special condition pregnancy and lactation Nutrition Requirement, RDA and Diet Plan.			08	
	PART B				
V	1	ood Years al tasks and characte	eristics of m	iddle childhood	8
	period				
	Physical	and motor develop	ment		

	Social & emotional development	
	<ul> <li>Cognitive development</li> </ul>	
	<ul> <li>Language development</li> </ul>	
VI	Puberty and Adolescence	8
V I	<ul> <li>Development tasks and characteristics</li> </ul>	0
	<ul> <li>Significant Physical physiological and hormonal changes in</li> </ul>	
	puberty.	
	<ul> <li>Self and Identity, Factors influencing Identity&amp; Personality</li> </ul>	
	development.	
	• Family and peer relationship	
	Problems – Drug and Alcohol abuse, STD, HIV/AIDS, Teenage pregnancy.	
	Cognitive, Language and Moral Development during Adolescence:	
VII	• Perspective on cognitive development, development of	7
	intelligence and Creativity	
	Adolescent language	
	Adolescent Morality	
VIII	Introduction to adulthood:	7
	• Concept, transition from adolescence to adulthood	
	<ul> <li>Developmental tasks of Adulthood</li> </ul>	
	Physical and physiological changes from young adulthood	
	to late adulthood	
	Responsibilities and adjustments-educational, occupational, marital and parenthood	
	sted Readings:	
• Sheel S	Sharma, "Nutrition and Diet Therapy, Peepee Publishers, New D	elhi ; 2014
	Gupta "Text book of Nutrition" Medico Refresher Publisher, Ag	
	ngini A Joshi; Nutrition and Dietetics, Mc Graw Hill Education, P	
Kumuc     Navy D	l Khanna, "Text book of Nutrition and Dietetics", Elite Publishing	, House Pvt. Ltd,
	elhi, 2013, 7 <sup>th</sup> Ed. nathan M, " Essentials of Food and Nutrition Vol I and II	
	er G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977)	
	n S.R. Child Development Holt, Renehart and Winston 1978 (IInd E	
		<i>,</i>
	P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Developme	in and Personality
	tion) Harper and Row Publishers New York.	20
	ek G. Human Development Brook and Cole Publishing Company 19	
	nik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Ed	
-	ani. Aahar Vigyaan avam Upcharatmak Poshan, Star Publications ,A tive digital platforms web links- IGNOU & UPRTOU online stud	-
• Sugges	are digital platforms web miks- 101000 & 01 K100 binne stud	y material
Svayan	n Portal,	
•	eecontent.upsdc.gov.in/Home.aspx	
Suggested C	ontinuous Evaluation Methods.	
00	ontinuous Evaluation Methods: har on any topic of the above syllabus.	
• Semin	ontinuous Evaluation Methods: har on any topic of the above syllabus. with multiple choice questions/ short and long answer questions.	

Course prerequisites: To study this course, a student must have had the subject  $\dots$  in class/12<sup>th</sup>/ certificate/diploma.

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## Suggested equivalent online courses:

• IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad

### **Further Suggestions:**

Students can opt. dietitian, nutrition advisor/ Nutritionist as a career in private and government sector as well as extend knowledge by joining advance course in same discipline.

It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure.

### At the End of the whole syllabus any remarks/ suggestions:

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## **B.A. 2 Semester 3 Home Science Paper 2** Human Development ( Practical)

Programm Diploma	e/Class:		Year: 2		Sen	nester: 3	
Subject: Co Science)	mmunity & E	Essential	Science	(Home			
Course	Code: A130302P	Course	Title: Adv	vance HUN	IAN developmen	t (Practical)	
Course outc • Lear • Unde • Able • Unde		h adolesc lle develo behaviou l differen	cent and ad opment rel r. ces.	dulthood pr lated issues	roblems. s more efficiently	<i>J</i> .	
	Credits: 2				Core Compulso	ory	
	Max. Marks:	25+75			Min. Passin	ng Marks:40	
Tota	ıl No. of lab.peri	ods-30(6	0 hours)				
Unit	Тс	opic				No. of lab.periods	
I	Preparation of a children. OR Prepare child lit		on develop	omental mi	lestones of	8	
	Visit to Child C						
II Study of physical, social, emotional, cognitive, language development (any two). Observations of child rearing practices in families from different social classes			8				
ш	Interviews of ac style, behaviour		-	boys to und	erstand their life	7	

IV	Carry out case studies to know more about the different life stages, e.g., school going children, adolescents, Young adults. (any two)	7
	Suggested Readings:	
1. Mona	aster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (	(1977).
2. Ambr	on S.R. Child Development Holt, Renehart and Winston 1978 (I	Ind Edition).
	en P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Develo	,
	nality (VI Edition) Harper and Row Publishers New York.	1
	nek G. Human Development Brook and Cole Publishing Compar	ıv 1980.
	unik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Ag	5
This course	Svayam Portal, <u>content.upsdc.gov.in/Home.aspx</u> can be opted as an elective by the students of following subject ty for this paper is 10+2 with any subject	cts: Open for all
<u> </u>		
	Continuous Evaluation Methods: essment of observation report.	
	aration of questionnaire.	
1	ts Records.	
	ndance.	
	equisites: To study this course, a student must have had the s	ubject ALL in
	ty for this paper is 10+2 with any subject	
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# B.A. 2 Semester 4 Home Science Paper 1 Housing & Extension Education ( Theory)

Programı Diploma	me/Class:	Year: 2		Semester: 4		
Subje	ct: Home Science					
Course	e Code: A130401T		Course Tit (Theory)	le: Housing &	Extension Education	
Course out	tcomes:					
<ul> <li>Com</li> <li>Appi</li> <li>aesth</li> <li>Lear</li> <li>Deve</li> <li>Com</li> </ul>	prehending Housin reciate principles of netic senses. In the widening con elop understanding prehend the variou	ousing need & selecting plans for residen of design and the concepts of Extension for Effective teach as effective commu- cologically advance	itial purpos ntributing f Education ning and lea nication me	e. actors to refine p rning. ethods.	tions. ersonal	
	Credits: 4			Core Compulse	ory	
	Max. Marks:	25+75		Min. Passin	g Marks:33	
To	tal No. of Lecture	s- 60				
Unit	Тс	ppic			No. of Lectures	
I	Home, way to a	s of a House, Differ cquire house (Own ction and purchase	& rented).	Factors	8	
П		<b>House Planning</b> : Principles of house planning, Planning different residential spaces in a house. Planning house for				
ш	Interior Designing: Introduction to Interior designing. Importance of good taste. Objective of Interior decoration. Elements of design – Line, Shape, Texture, Color, Pattern, Light & Space. Principle of design- Proportion, Balance, Rhythm, Emphasis, Harmony.			8		
IV	Home Decors: Floor coverings	Furniture, Furnishin, Wall celing, Light s, wall art, Sculptu	ting, Acces	sories (Wall	7	
V	Principles, Philo	<b>cation</b> : Meaning, C osophy of Extension ts in India. Formal	8			
VI	Extension Teac Extension work	ching & Learning: er. Steps in Extensi ective Teaching & I	Role and C on Teachin	Qualities of an	7	
	Communicatio	<b>n &amp; Extension Te</b> ortance, Characteris	aching Met			

	Challenges in communications. Relationship between	
VII	Communication, Extension & Development.	8
	Extension Teaching Methods- Classification, Factors guiding	
	the Selection & use of Extension teaching methods.	
VIII	Audio- visual Aids: Definition, Importance, Classification, Selection, Preparation & Effective use of Audio-visual Aids.	7
Suggested F	6	
ISBN	uja, Reena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Pu [: 978-93-81124-96-3	blications, Agra
• Patni	Manju & Sharma Lalita, Grah Prabandh, Star PublicationsAgra.	
Publi	unilam, F., &Hedggade, O. D. (1987). <i>Housing in India</i> . Bombay shing House.	-
• Faulk	, H.T. and Rush, O.D. (1966). Homes with Character. Heath, 196 ener, R. & Faulkner, S. (1961) Inside Today's Home. Rev. ed. ©	
	ton, Inc.	D-1-1:-1
• Rutt,	stein. H & Goldstein V. (1954). Art in Everyday Life Macmillan A.H. (1963) Home furnishing. John Wiley & Sons, Inc.;	
• Teres	<ul> <li>ya, K.B. (2004). Landscape gardening and designing with plants.</li> <li>a, P. Lanker. (1960). Flower Arranging: Step-by-step Instruction</li> <li>gns. Florist</li> <li>Review</li> </ul>	
• Agga Company	rwal, R. (2008). "Communication- today and tomorrow", New D	elhi.: Sublime
Dubey V	, K, Srivastava Archana, Agrawal Garima, Grah Vigyan Prasar A preshan. Star Publications Agra.	vam
ISBN	B.D. Patni.Manju, (Prasar Shiksha Avam Sanchar) Star Publica 1978-93-81246	-
	eeta Pushp, Shaw Jois Sheela, Prasar Shiksha , Vinod Pustak Man V 81-7457-104-3	dir Agra.
	ma, O.P., & Bhatnagar, O.P.[1998]. "Education and Communica	tion for
	lopment". New Delhi Oxford and IBH Publishing Co. Pvt.Ltd. l Singh." Prasar Shiksha avam Gramin Vikas" SR Scientific Publ	ications Agra
-	y, A. [1987]. "Extension Education". Bapatha, Andra Pradesh, In	_
	S.V. (1983). An introduction to Extension Education. Delhi: Ox	ford IBH Publishing
2. Suggestiv	ve digital platforms web links-	
	econtent.upsdc.gov.in/Home.aspx	
This course	e can be opted as an elective by the students of following subject	cts: Open for all
Suggested (	Continuous Evaluation Methods:	
	inar / presentation on any topic of the above syllabus.	
	with multiple choice questions/ short and long answer question	ns.
• Prep	paration of Audio-visual aids.	
	ndance.	
Course prei class12 <sup>th</sup> .	requisites: To study this course, a student must have had the s	ubject ALL in
Suggested ed	quivalent online courses:	
• IGNO	DU & Other centrally/state operated Universities/ MOOC platf AYAM" in India and Abroad.	orms such as

Further Suggestions:

It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure. Extension work will speed up the (1) Man Environment; (2) Basic structures (Gram Panchayat, Village School and Cooperative Societies) etc.

At the End of the whole syllabus any remarks/ suggestions:

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### **B.A. 2 Semester 4 Home Science Paper 2 Resource Planning & Decoration (Practical)**

Programme Diploma	Programme/Class: Year: 2				nester: 4
Subject: Con Science)	nmunity and	Essential Scien	ce (Home		
Course Code:	A130402P	Course Title: Re	source Planni	ing and Decoratio	n (Practical)
Course outcon Develo		naking time plan	for effective	balance of work &	& leisure.
• Plan &	prepare budget	for the family.			
• Incorp	orate appropriat	e work simplifica	ation in using	household equipe	ements.
• Develo	op understanding	g for house plann	ing & decora	tion.	
Credits: Core Compulsory 2					
	Max. Marks: 25+75 Min. Passin				
Total	l No. of lab.peri	ods-30 (60 hour	s)		
Unit	То	opic			No. of lab.periods
I		ion of time plans family budget f			8
П	• Market Survey of Household Equipments- (Pressure cooker, Toaster, Gas Stove, Mixer & Grinder, Refrigerator, Washing machine, Microwave, Solar cooker)			8	
Draw House Plans Standard Specifications & Furniture Layout.				7	
IV	Preparation of Color wheels & Color schemes				

#### **Suggested Readings:**

- Alexander. N.J., (1972). Designing Interior Environment. New York: Harcourt Brace,
- Bhargava, B. (2005). Family Resource Management and Interior Decoration, Jaipur: Apple Printer and V. R. Printers.
- Faulkner, R., and Faulkner, S. (1975). Inside Today's Home, New York: Rinehart.
- Gandotra, V., and Jaiswal, N. (2008). Management of Work in Home, New Delhi: Dominant Publishers and Distributors. (ISBN No. 81-7888-526-3)
- Harmon. S., and Kennon, K. (2018). The Codes Guidebook for Interiors (5thEd.). New York: Wiley (ISBN: 978-1-119-34319-6)
- Johanovich Inc. Ball, V. K. (1982). Art of Interior Design. New York: John Wiley & Sons.
- Leach, S. D. (1978). Techniques of Interior Design Rendering and Presentation (1st Ed.). Architectural record Books (ISBN-13: 978-0070368057)
- Mohanty, A.B. (1985). Guide to House Buildings. New Delhi: Inter India Publications
- Patni Manju & Sharma Lalita, Grah Prabandh, Star PublicationsAgra.

Suggestive digital platforms web links-

- bit.ly/3fJfghi
- https://bit.ly/39mTwGQ
- https://bit.ly/2JoXB2e
- <u>https://bit.ly/3ljkrWf</u>.
   Svayam Portal,
   http://beccentert.upgd
  - http://heecontent.upsdc.gov.in/Home.aspx

This course can be opted as an elective by the students of following subjects: Open for all

Suggested Continuous Evaluation Methods:

- Assessment of Time-Energy, Budget & House Plans.
- Assessment of Market Survey Records.
- Assessment of Flower Arrangements and Rangoli.
- Attendance.

Course prerequisites: To study this course, a student must have had the subject ALL in class/12<sup>th</sup>.

Suggested equivalent online courses:

IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad

Further Suggestions:

• Students may develop their managerial skills & Interior designing skills after completion this course with the capability to opt for a job or start their own ventures. The program giving an opportunity to advancement their knowledge by enrolling for advanced specialized program of their own area of need & interest.

At the End of the whole syllabus any remarks/ suggestions:

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# B.A. 3 Semester 5 Home Science Paper 1 Surface Ornamentation of fabrics(Theory)

Programm Graduatio		Year: 3		Sei	mester: 5
Subject: Hon	ne Science				
Course	Code: A130501T	Course Title: Surfa	ce Ornamei	ntation Of Fabric	es (Theory)
Course outco	omes:				
<ul> <li>Ident</li> <li>Learr</li> <li>Know</li> <li>Learr</li> <li>Know</li> <li>Ident</li> <li>Know</li> </ul>	a about finishes don ving about dyeing fa how printing on fa ving the traditional ifying traditional te ving the importance	hniques of fabric fro e on fabrics abrics	ia ates dry method	l	
	Credits: 4			Core Compuls	sory
	Max. Marks: 25	5+75		Min. Passin	ng Marks:33
Tot	al No. of Lectures-	60			
Unit		Topics			No. of Lecture
Ι	I Techniques of Creating variety on fabrics (a) weaving (b) finishing of fabrics (c) dyeing of fabrics (d) printing fabrics (a) embroidery and other decoration methods				8
II Finishes (a) Classification of fabric finishes (b) Study of purpose and process of finishes (i) General Purpose finishes-Bleaching, Mercerization, Calandering, Sanforization, Tentering, Singeing, Scouring (ii) Functional Finishes					8
ш	advantages and lin and use of Dyes-E	fication of dyes- Na nitations (b) Theory Basic, Acidic, Direct Reactive dyes (d) R	y of dyeing , Azoic, Na	(c) Properties tural, Sulphur,	8

	Tie & Die, Batik.	
IV	<b>Printing</b> (a) Direct printing- Block, Screen, Stencil, Roller (b) Transfer printing (c) Discharge printing, Resist printing (d) Polychromatic, Inkjet and Digital printing techniques (e) After treatment of dyed and printed goods	8
V	<b>Traditional Embroideries</b> : Meaning and status of traditional craf India, Knowing about the Traditional Embroideries of different s Zardozi, Kashida of Kashmir, Phulkari of Punjab, Kantha of Ben Chikankari, Kasuti, of UP, Sindh and Kutch work of Gujarat.	6
VI	<b>Traditional Textiles</b> : Knowing the Traditional textiles of different states of India (a) Woven fabrics- Baluchars, brocades, Kashmir carpets, Patola, Ikat, Pochampalli, Chanderi (b) Printed, painted and dyed-Sanganeri, Bhagru, Kalamkari, Madhubani, Bandhani.	7
VII	Selection of fabrics and apparel: A) Selection of fabrics for clothing B) Selection of readymade garments C) Selection of household linen, drapery and upholstery	7
VIII	Care and Storage of clothing (Household methods) <ul> <li>A) Dry cleaning</li> <li>B) Stain removal</li> <li>C) Laundry</li> <li>D) Proper storage methods</li> </ul>	8
<ul> <li>Mars</li> <li>Trott</li> <li>Josej</li> <li>Corb</li> <li>Holle</li> <li>J. Ha</li> <li>J.E. 3</li> <li>Kate</li> <li>W.S.</li> <li>Naik</li> <li>Naik</li> <li>Inter</li> <li>Bhar, Pvt L</li> <li>Pa</li> <li>Suggestive</li> <li>Swayam Po</li> <li>http://heeco</li> </ul>	ontent.upsdc.gov.in/Home.aspx	2003 onal Publishers, 1996 rics, New Age iversity Book House cations, Agra.
This cours	e can be opted as an elective by the students of following subjects	s: Open for all
<ul><li>Sen</li><li>Tes</li></ul>	Continuous Evaluation Methods: ninar on any topic of the above syllabus. st with multiple choice questions/ short and long answer questions bjective long questions	3.

Course prerequisites: To study this course, a student must have had the subject ALL in class/12<sup>th</sup>.

## B.A. 3 Semester 5 Home Science Paper 2 Community Development & Programme Planning (Theory)

Program	me/Class: Degree Year: 3			Sen	nester: 5	
Subject: Ho	me Science					
Course	Course Code: A130502T Course Title: Community Development & Programme planning (Theory)					
Dev     Cre     Idev	derstand the Co velopment. ate awareness about ntify the leadershir	mmunity Develo ut the various deve pattern in the com nent, monitor & ev	lopment pro	ogrammes.	unizing system for	
	Credits: 4			Core Compulso	ory	
	Max. Marks: 25+75 Min. Passing					
То	tal No. of Lecture	s- 60				
Unit		Topic			No. of Lectures	
Ι	Objectives, Phil	<b>Community Development</b> : Meaning, Definition, Functions, Objectives, Philosophy, Principles of Community Development Programme in India.			8	
II Community Development Organization: Meaning, Types, Principles, Role & Administrative Structure at the National, State, District, Block & Village levels.			8			
ш	Home Science Development:	Extension Educati Origin, Concept, N n of Home Science	ion in Com leed, Impor	tance	7	

IV	Recent Development Programme for Women & Children:	7
1 V	Support to Training & Employment for women (STEP),	/
	Swarn jayanti Gram Swarojgar Yogna (SGSY), Integrated	
	Child Development Services (ICDS) etc.	
V	Support Service of Youth Development: NCC, NSS, Youth	7
v	Camp	1
	Youth Clubs etc.	
N/T	NGO & Others: Contribution towards community services,	0
VI	Types & Role of NGO - WHO, CARE, UNICEF, UNESCO,	8
	UNDP, CRY, HELP-AGE INDIA.	
	Leadership: Concept, Definitions, Types, Importance,	7
VII	Function and Role of Community leaders. Methods of	
	Identifying and Training of leaders.	
VIII	Programme Planning: Programme planning component	8
VIII	cycle and its components-	0
	(i)Designing the project – Defining the objectives, Identifying	
	resources, approach, feasibility and Work plan.	
	(ii) Implementation.	
	(iii) Monitoring and Evaluation.	
Suggested I		
	John. (1991). Voluntary Organizations: Their Contribution to D	evelopment. London
Earth		
	na, O.P., & Bhatnagar, O.P. "Extension & Rural Welfare". New ublishing Co. Pvt. Ltd.	Delhi: Oxford and
Ghosh	Bhola Nath, (1996), "Rural Leadership & Development" Mohit	t Publications, New
Delhi.		
	Fisher. (2003). Governments, NGO's and the Political Developm J. Jaipur: Rawat Publications	ent of the Third
	onnadeem, (1985), "Rural Development through Government P rations New Delhi.	rogram" Mittal
	Patni & Harpalini, (2018) Prasar Shiksha avam sanchar, Star Pu	
Press.	r, A [1987]. "Extension Education". Bapatha, Andra Pradesh, Ind	
	Shankar Kumar Singh. (2003). Role of NGO's in Developing Co raints and Policies). New Delhi: Deep & Deep Publications (P) I	
Suggestiv	e digital platforms web links	
• <u>htt</u>	<u>ps://bit.ly/3l3Ayaj</u>	
• <u>htt</u>	ps://bit.ly/35RnyAi	
• htt	ps://www.un.org/en/universal-declaration-human-rights/	
	tps://www.un.org/womenwatch/daw/cedaw/text/econvention.htr	n
	ps://www.ohchr.org/EN/ProfessionalInterest/Pages/CRC.aspx	_
	ps://www.undp.org/content/undp/en/home/sustainable-developm	nent-goals html
	ps://bit.ly/39ROD8X	Sources Sources and Sources an
	ps://www.unicef.org/	
	ps://www.who.int/about	
• <u>htt</u>	ps://www.careindia.org/	
This course	can be opted as an elective by the students of following subject	cts: Open for all
Suggested (	Continuous Evaluation Methods:	
~ussection (	inor on any tonic of the above syllabus	

- Seminar on any topic of the above syllabus.
  Test with multiple choice questions/ short and long answer questions.

• Attendance.
Course prerequisites: To study this course, a student must have had the subject ALL in class12 <sup>th</sup>

B.A. 3 Semester 5 Home Science Paper 3 Community Transforming (change) (Practical)

Programme/Class: Degree Year: 3 Sem			mester: 5		
Subject: Home					
Course Code: A130503P Course Title: Community Transformation (					hange). (Practical)
<ul><li>Make</li><li>Under</li></ul>	ess & resolve we use of Audio-v rstand the role o	omen & family rel isual aids in plann f Government boo their own develop	ing & cond lies in deve	tucting group co elopment of the	ommunication community.
Credits: Core Compulsory 2					ory
Max. Marks: 25+75 Min. Passir					ng Marks:40
Total	Total No. of lab.periods 30(60 hours)				
Unit	То	Topic			No. of lab.periods
Ι	help nuti	• Identify the target group & their relevant issues i.e. help nutrition, Education, Women's & Family issues followed by preparing a report.			8
II	Observe     women &	rve & Critical analysis nearby community of en & children related welfare programme wed by the preparation of report.			7
III	Prepare	epare & learn the use of Audio-visual Aids. aborate any two			7
IV	<ul><li> Identity contemp</li><li> Develop</li></ul>	dentity to create an awareness on the existing ontemporary issues. Develop a script in the Folk drama (Nukkad Natak) format to perform in the target group.			8

Suggested Readings:

- Mondal Sagar, Misra OP (2018) "Fundamentals of Extension education & Rural Development'', Kalyani Publications, New Delhi. Mortiss PD (1988) Agricultural Extension- Practical Manual'' Department of Primary
- Industries, Queens Land Government.
- Pradhan.K. Varaprasad.C (2018) Glimpses of Practical in Extension Education, New India Publishing Agency. New Delhi
- Jaipal Singh." Prasar Shiksha avam Gramin Vikas" SR Scientific Publications, Agra •
- 1. Suggestive digital platforms web linkshttps://bit.ly/3922ZTH Svayam Portal, http://heecontent.upsdc.gov.in/Home.aspx

This course can be opted as an elective by the students of following subjects: Open for all

Suggested Continuous Evaluation Methods:

- Assessment of Audio-visual Aids and their use.
- Assessment of techniques and communication skills. •
- Assessment of Educational Plan and Visits Record.
- Attendance.

Course prerequisites: To study this course, a student must have had the subject ALL in class12<sup>th.</sup>

## B.A. 3 Semester 5 Home Science Paper 4

### **Research Project**

Programme/O Graduation	Class:						
Subject: Con	Subject: Community and Life Science (Home Science)						
Course Code	e: A130504R Course Title: Research project						
Learns to con Learns to pre Becomes sen	Course outcomes: Learns to communicate with community around Learns to prepare a survey/interview schedule Becomes sensitized to problems being faced in community ncreases awareness of candidate.						
Credits: 3	Credits: 3 Core Compulsory						
Max. Marks: 25+75 Min. Passing Marks:40							
Total No. of lectures-45 hours							
Unit	Topics				No. of hours		
Ι	Survey of con candidate	urvey of community services surrounding living area of andidate			12		
	The Candidate has to explore the surroundings and study / identify problem in any one of the following.						

	It many include Anganwadi/ Health services/ Market / Dairy/ Agricultural farmland / NGO / Crèche/ Nursery School/ Hospital/ Fitness center/ Diet councellor/ Boutique/Balwadi/ Youth center/ Primary school/ Vridha Ashram(old age home)/ Divang school/ Mentally challenged institution/ Village panchayat / School councellor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods	
II	Seek permission to carry the visits, Plan Visits to the area/ site for developing an understanding	11
III	Develop a tool for conducting a survey of the selected area and collect data from the area/ seek permission to conduct short training in the area.	12
IV	A detailed Report to be prepared and submitted.	10
This cours	se can be opted as an elective by the students of following subjects	s: Open for all
Prepare Su Collection A letter ce Report of	l Continuous Evaluation Methods: urvey or tool on any one of the above areas n of data related to the area. ertifying the authenticity of work done from the mentor the identified problems and survey conducted. erequisites: To study this course, a student must have had cleared	the 4th semester

# B.A. 3 Semester 6 Home Science Paper 1 Therapeutic Nutrition( Theory)

Programme/ Certificate	Class:	Year: 3		Semester: 6	
Subject: Ho	me Science	I			
Course Code	Course Code: A130601T Course Title: Dietetics And Therapeutic Nutrit				
Course outco	mes:	L			
2-Develop an	nd understand m	oles of diet therapy odification of the n etary management i	ormal diet n some cor	for therapeutic punnon disorders	urposes
Credits: 4	Credits: 4 Core Compulsory				
Max. Marks:	25+75		Min. Pass	sing Marks:33	
Total N	o. of Lectures-6	0			
Unit		Topics			No. of Lectures
I	<ul> <li>Introduction <ul> <li>a) Definition of Health Dietetics and Therapeutic Nutrition</li> <li>b) Importance of Diet Therapy</li> <li>c) Facts about fast foods/Junk foods</li> <li>d) Objectives of therapeutic Diet</li> <li>e) Principles of diet therapy</li> </ul> </li> </ul>			07	
II	<ul> <li>On the</li> <li>On basic</li> <li>Different for</li> <li>Oral fee</li> <li>Tube fee</li> </ul>	on of normal diets for modification basis of nutrients is of consistency eeding methods eding	or therapeut	ic purposes	07
Image: Internet Forming         Energy Metabolism         a) The calorific value of food         b) Measurement of energy exchange in the body         • Direct calorimeter         • Indirect calorimeter         • Indirect calorimeter         c) Factors influencing the Basal Metabolic Rate         d) Factors influencing the total energy requirement			08		

		<b>1</b>			
IV	Diet during fevers and infections a) Introduction to fever –Acute fever –Chronic fever b) Important changes in nutrition during fever c) Modification of the diet	07			
V	<ul> <li>Diet during Digestive system disorders</li> <li>a) Peptic ulcers–Causes, symptoms and diet modification</li> <li>b) Diarrhea and Constipation –Causes, treatment and diet modification</li> </ul>	08			
VI	Weight Management a) Overweight and Obesity -Introduction to Obesity -Causes of Obesity -Diet Modification b) Underweight -Causes -Treatment -Diet Therapy	07			
VII	Therapeutic Diets in Cardiac Diseases a) Atherosclerosis –Introduction –Dietary factors influencing lipid level in blood –Modification of diet and Meal Pattern b) Hypertension –Causes and symptoms –Diet in Hypertension	08			
VIII	<ul> <li>Endocrinal Disorders <ul> <li>a) Introduction to endocrinology</li> <li>b) Various endocrine glands and their functions : Thyroid, Adrenal and Pancreas</li> <li>c) Diabetes Mellitus–occurrence types, symptoms, metabolic changes, dietary modification and educating the patient</li> </ul> </li> </ul>	08			
Suggested R					
<ul> <li>Suggested Readings.</li> <li>Sumati R Mudambi – "Fundamentals of food, Nutrition and Diet Therapy", New Age</li> </ul>					
International Pvt. Ltd, New Delhi, 6 <sup>th</sup> Edition (2018).					
<ul> <li>B Srilakshmi- "Dietetics", New Age International Publishers, New Delhi 2017</li> <li>D = "N(S, K, i l) = K = 1 D = (D) (2000) T = (1 - 1) (2000)</li> </ul>					
Bamji MS, Krishnaswamy K and Brahmam GNV(Eds) (2009), Text book of Human Nutrition 2 <sup>rd</sup> Edition Oxford & IBH Publishing Co. Put. Ltd. New Dolhi					
Nutrition, 3 <sup>rd</sup> Edition, Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi					
Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13 <sup>th</sup> Ed.					
<ul> <li>Dr. Sheel Sharma, "Nutrition and Diet Therapy" PEEPEE Publishers and Distributers</li> </ul>					
	Ltd. Delhi, 2014, Ist Ed.				
<ul><li>Shu</li></ul>	bhangini A Joshi, - "Nutrition and Dietetics", Mc Graw Hill E	ducation Private			
	., New Delhi, 2013	liching Harry Der			
	mud khanna– "Text book of Nutrition and Dietetics", Elite Pul, New Delhi, 7 <sup>th</sup> Ed. 2013	blisning House Pvt.			
	Swaminathan – Essentials of food and Nutrition, Vol II, Applie	ed Aspects, The			

Bangalore Printing and Publishing Co. Ltd, Bangalore, 2<sup>nd</sup> Edition 1985, Reprint 1997.

This course can be opted as an elective by the students of following subjects: Open for all

### Suggested Continuous Evaluation Methods:

- Test with multiple choice questions/short and long answer questions
- Menu planning and calculation of nutrient requirement
- Seminar on any above topics

Course prerequisites: To study this course, a student must have had the subject ...... in  $class/12^{th}/certificate/diploma$ .

### Suggested equivalent online courses:

IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad

http://heecontent.upsdc.gov.in/Home.aspx

### **Further Suggestions:**

• Students can opt. dietitian, nutrition advisor/ Nutritionist as a career in private and government sector as well as extend knowledge by joining advance course in same discipline.

At the End of the whole syllabus any remarks/ suggestions:

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# B.A. 3 Semester 6 Home Science Paper 2 Research Methodology and Gender Development ( Theory)

Programme/Class: Degree Year				Ser	mester: 6
Subject: Commun	ity & Essential Se	cience (Home Scier	nce)		
Course Code:	A130602T	Course Title: Re (Theory)	search Met	thodology and	Gender Development
Course outcomes:					
The student at the	completion of the	e course will be able	e to:		
Explain the	e concept and use	of Research.			
• Develop a	research proposal	1.			
Learn abou	it the data, sample	e and report writing	5.		
Conduct su					
<ul> <li>To develop</li> <li>To underst</li> </ul>	o insight into the	General issues of r empowerment of	women.		
	Credits: 4			Core Compuls	ory
			Min. Passir	ng Marks:33	
Total No.	of Lectures-Tuto	orials- 60Lectures			
Unit		opic			No. of
		1			Lectures
	PART A				
Т	Social Research	h:			
•	• Concept,			6	
	• Scope,				
	-	research			
п	Sampling				6
		Concept, Techniques, Principles and Limitations of sampling.			
	Data Collection	:			
III	Sources of Data Collection: Primary & Secondary			Secondary	8
	• Tools of Data collection: Interview schedule,			edule,	
		tion, Questionnaire			
		s of data collection			
IV	Report Writing				10
		y, Conclusion and	Recommend	lations	
		references			
	-	process of research	-	•	
	writing,	Preface, Chapteriza	ation, Headi	ngs, Tables and	

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Publications.	
9. Gundry Lisa K. & Kickul Jill R.,2007, Entrepreneurship Strategy: Changing Patterns in Ne	ew
10. Creation, Growth, and Reinvention, SAGE Publications, Inc.	ahin
<ol> <li>Taneja &amp; Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia Publi Company</li> </ol>	SIIII
12. Patni, Manju. Anusandhan Vigyaan, Star Publications, Agra.	
13. Sudha, G.S. Vyavsayik Prabandh ke Siddhant avam Udyamita, RBD Publications.	
14. Gupta ,U.C.Udyamita Vikas,Kailash Pustak Sadan, Bhopal	
Suggestive digital platforms web links- e-PG Pathshala – Inflibnet	

This course can be opted as an elective by the students of following subjects: Open for all

• The eligibility for this paper is 10+2 with any subject

Suggested Continuous Evaluation Methods:

- Seminar/ Presentation on any topic of the above syllabus
- Test with multiple choice questions/ short and long answer questions
- Attendance

Course prerequisites: To study this course, a student must have had the subject ALL in class12<sup>th</sup>.

• The eligibility for this paper is 10+2 with any subject

Suggested equivalent online courses:

• IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad.

Further Suggestions:

It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure.

At the End of the whole syllabus any remarks/ suggestions:

# **B.A. 3 Semester 6 Home Science Paper 3** Therapeutic Diet Preparation and Nutrient Evaluation (**Practical**)

Programme/Class: Year: 3 Se Certificate			emester: 6			
Subject: Home Science(Practical)						
Course Code			-	-	d Nutrient Calculation	
Course outcom	es: 1- Gain kn	owledge of princip	les of diet t	herapy		
2-Develop and	understand m	odification of the n	ormal diet	for therapeutic p	urposes	
3- Practical kno	wledge of die	etary management i	n some con	nmon disorders		
	Credits: 2	,		Core Comp	oulsory	
1	Max. Marks: 2	5+75		Min. Passing	Marks:40	
Total No. of	lab.periods -3	30(60 hours)				
Unit	Topic No. of lab.periods				No. of lab.periods	
I	Modification preparation a	Modification of normal diet for therapeutic purposes- preparation and presentation06				
II Therapeutic Diet Preparation and Nutrient Calculation of - Diet in fever - Diet in diarrhea - Diet in Constipation 08						
IIITherapeutic Diet Preparation and Nutrient Calculation of some - Diet in diabetes Mellitus - Diet in Hypertension - Diet in Atherosclerosis08						
IV	Dietary Modification for weight management – Preparation and Nutrient Calculation of diet in- - Overweight & obesity - Underweight 08					
	Suggested Readings:					

International Pvt. Ltd, New Delhi, 6<sup>th</sup> Edition (2018).

- ♦ B Srilakshmi- "Dietetics", New Age International Publishers, New Delhi 2017
- Bamji MS, Krishnaswamy K and Brahmam GNV(Eds) (2009), Text book of Human Nutrition, 3<sup>rd</sup> Edition, Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi
- Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13<sup>th</sup> Ed.
- Dr. Sheel Sharma, "Nutrition and Diet Therapy" PEEPEE Publishers and Distributers (P) Ltd. Delhi, 2014, Ist Ed.

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This course can be opted as an elective by the students of following subjects: Open for all

### **Suggested Continuous Evaluation Methods:**

- Test with multiple choice questions/short and long answer questions
- Menu planning and calculation of nutrient requirement

Course prerequisites: To study this course, a student must have had the subject ..... in  $class/12^{th}/certificate/diploma$ .

.....

### Suggested equivalent online courses:

IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad Svayam Portal, http://heecontent.upsdc.gov.in/Home.aspx

#### **Further Suggestions:**

Students can opt. dietitian, nutrition advisor/ Nutritionist as a career in private and government sector as well as extend knowledge by joining advance course in same discipline.

## B.A. 3 Semester 6 Home Science Paper 4

**Research Project** 

Programme/O Graduation		Year:3		Semester: 6					
Subject: Con	Subject: Community and Life Science (Home Science)								
Course Code: A130604R Course Title: Research Project II									
Course outco	mes:								
		community arour	bd						
	Learns to communicate with community around Becomes sensitive to needs of the society where she lives								
	Tries with some intervention plan for problems faced in community								
Improves writing and presentation abilities of the candidate.									
Credits: 3 Core Compulsory									
Max. Marks: 25+75 Min. Passing Marks: 40									
Total No. of Lectures- 45( hours)									
Unit Topics					No. of				
	1				Lecture				

	s(ho urs)
The Candidate has to select and give inputs in any one of the following.	12
It many include Anganwadi/ Health services/ Market / Dairy/ Agricultural	
NGO / Crèche/ Nursery School/ Hospital/ Fitness center/ Diet councellor/ Boutique/Balwadi/ Youth center/ Primary school/ Vridha Ashram(old age home)/ Divang school/ Mentally challenged institution/ Village panchayat / School councellor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods	
An intervention plan would be developed based on problem identified in the area/ a field visit is mandatory to develop an understanding of the whole process.	11
The planned intervention to be carried in the selected area	12
Based on the intervention, the pre-intervention state and post intervention data has to be collected and compared / based on visit and interaction the detailed indepth data has to be collected.	
A detailed Report is to be submitted and evaluated.	10
can be opted as an elective by the students of following subject	s: Open for all
Continuous Evaluation Mothods:	
ared intervention plan on any one of the above areas	
	the following. It many include Anganwadi/ Health services/ Market / Dairy/ Agricultural farmland / NGO / Crèche/ Nursery School/ Hospital/ Fitness center/ Diet councellor/ Boutique/Balwadi/ Youth center/ Primary school/ Vridha Ashram(old age home)/ Divang school/ Mentally challenged institution/ Village panchayat / School councellor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods An intervention plan would be developed based on problem identified in the area/ a field visit is mandatory to develop an understanding of the whole process. The planned intervention to be carried in the selected area Based on the intervention, the pre-intervention state and post intervention data has to be collected and compared / based on visit and interaction the detailed indepth data has to be collected.