

MAA VINDHYAVASINI UNIVERSITY, MIRZAPUR
SYLLABUS
Four Year Undergraduate Programme (FYUP 3+1)
HOME SCIENCE



Department of Home Science
Faculty of Science


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Faculty of Science And Technology
Maa Vindhyavasini University, Mirzapur

Semester-wise Titles of the Papers in U.G Programme (HOME-SCIENCE)

Year	Semester.	Course Code	Paper Title	Theory/Practical	Credits
B.A-1	I	A130101T	Fundamentals of Nutrition and Human Development	THEORY	4
	I	A130102P	Cooking Skills and Healthy Recipe Development	PRACTICAL	2
	II	A130201T	Introduction to Clothing and Textile & Family Resource Management	THEORY	4
	II	A130202P	Clothing and Textile	PRACTICAL	2
B.A-2	III	A130301T	Advance Nutrition and Human Development	THEORY	4
	III	A130302P	Human Development	PRACTICAL	2
	IV	A130401T	Housing and Extension Education	THEORY	4
	IV	A130402P	Resource Planning and Decoration	PRACTICAL	2
	IV	A130403RP	Research Project	PROJECT	3
	V	A130501T	Surface Ormentationation of Fabrics	THEORY	4
	V	A130502T	Community Development & Programmed Planning	THEORY	4
	V	A130503P	Community Transformation (Change)	PRACTICAL	2
	VI	A130601T	Dietetics & Therapeutic Nutrition	THEORY	4
	VI	A130602T	Research Methodology and Gender Development	THEORY	4
	VI	A130603P	Therapeutic Diet Preparation & Nutrient Evaluation	PRACTICAL	2
	VII	A130701T	Fundamental of Research	Theory	4
B.A (Hons)	VII	A130702T	Statistical methods in Research	Theory	4
	VII	A130703P	History and theories of human development	Theory	4
	VII	A130704T	Advance Study of Human Development-I	Theory	4
	VII	A130704P	Research tool and Technique	Practical	4
B.A (Hons)	VIII	A130801T	Advanced Food Nutrition	Theory	4
		A130802T	Advanced Human Development-II	Theory	4
		A130803T	Principles of Guidance and Counseling	Theory	4
		A130804T	Institutional Food administration	Theory	4
		A130805P	Nutrition during Lifecycle	Practical	4

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 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.

B.A. First Year

Certificate in Fundamentals of Home Science

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 Development (Theory)	4	60
Cooking Skills and Healthy Recipe Development (Practical)	2	30
Total	6	90

Semester II

Name of Paper	Credits	No. of Lectures
Introduction to Clothing and Textile & Family Resource Management (Theory)	4	60
Clothing and Textile (Practical)	2	30
Total	6	90


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B.A. I | Semester I | Home Science Paper 1

Fundamentals of Nutrition and Human Development (Theory)

Programme/Class	Certificate
Year / Semester	Year: 1 Semester: 1
Subject	Home Science
Course Code	A130101T
Course Title	Fundamentals of Nutrition and Human Development

Course Outcomes:

- Prepare the students to understand physiology-based courses.
- Students will get familiar with different methods of cooking.
- Acquaint students with practical knowledge of nutrient rich foods.
- Explain the need and importance of studying human growth and development across life span.
- Identify the biological and environmental factors affecting human development.
- Learn about the characteristics, needs and developmental tasks of infancy & early childhood years.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60 Lectures

Syllabus Units:

Unit	Topic	No. of Lectures
I	Traditional Home Science and its Relevance in current era. Contribution made by Indian Home Scientists i.e. M. Swaminathan, C.V. Gopalan, S.K. Day, Ravindra Nath Tagore etc.	03
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. Traditional methods of enhancing nutritional value of foods – germination, fermentation, food synergy etc.	08
V	Introduction to Human Development: Concept, Definition and need to study of Human Development. Domains, Stages and contexts of development. Principles of Growth and Development. Determinants of Development – heredity and environment.	08
VI	Prenatal Development and Birth Process: Conception, Pregnancy and Childbirth. Stages of birth. Types of delivery (natural, c-section, breech, home vs. assisted delivery). Physical appearance and capacities of the new-born. Factors affecting Pre-natal development.	06
VII	Infancy: Developmental tasks during Infancy and Preschool Stage. Physical and Motor Development. Social and emotional development. Cognitive and language development.	08
VIII	Early Childhood (Pre School) years: Developmental Tasks during Early childhood. Physical and Motor Development. Social and emotional development. Cognitive and language development.	08


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References:

- Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan, Panchsheel Prakashan, Jaipur; 2015, 15th Ed.
- Chatterjee, C.C., 'Human Physiology', Medical Allied Agency; Vol I, II.
- Text Book of Biology for 10+2 Students (NCERT).
- Sumati R Mudambi, 'Fundamentals of food Nutrition and Diet Therapy', New Age International Pvt. Ltd, New Delhi, 6th Ed. (2018).
- Punita Sethi and Poonam Lakda, 'Aahar Vigyan, Suraksha evam Poshan'; Elite Publishing House, New Delhi; 2015.
- Dr. Anita Singh, Aahar Evam Poshan Vigyan, Star Publications, Agra.
- Dr. Devina Sahai, Aahar Vigyan, New Age International Publishers, New Delhi.
- Berk, L.E. Child Development, New Delhi: Prentice Hall (2005) (5th ed.).
- Hurlock E. Child Development.
- Keenan, T., Evans, S., & Crowley, K. An introduction to child development, Sage (2016).
- Aadhunik Vikasatmak Manovigyan, Shri Vinod Pustak Mandir Agra, Edition 3rd 2015.



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B.A. I | Semester I | Home Science Paper 2

Cooking Skills and Healthy Recipe Development (Practical)

Programme/Class	Certificate
Year / Semester	Year: 1 Semester: 1
Subject	Home Science (Practical)
Course Code	A130102P
Course Title	Cooking Skills and Healthy Recipe Development

Course Outcomes:

- Students will get familiar with different methods of cooking.
- Acquaint students with practical knowledge of nutrient rich foods.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lab Periods
2	25+75	As per university norms	30 Lab Periods (60 hours)

Syllabus Units:

Unit	Topic	No. of Lab Periods
I	Basic cooking skills: Weighing of raw materials. Preparing of different food items before cooking.	06
II	Preparation of various dishes using different methods of cooking: Boiling/Steaming, Roasting, Frying – Deep/Shallow, Pressure cooking, Hot air cooking/Baking.	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

References:

- Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan, Panchsheel Prakashan, Jaipur; 2015, 15th Ed.
- Dr. Nitu Singh, Prayogik Grih Vigyan, Sahitya Prakashan, Agra.
- Sumati R Mudambi, 'Fundamentals of food Nutrition and Diet Therapy', New Age International Pvt. Ltd, New Delhi, 6th Ed. (2018).
- Punita Sethi and Poonam Lakda, 'Aahar Vigyan, Suraksha evam Poshan'; Elite Publishing House, New Delhi; 2015.


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B.A. I | Semester II | Home Science Paper 1

Introduction to Clothing & Textiles & Family Resource Management (Theory)

Programme/Class	Certificate
Year / Semester	Year: 1 Semester: 2
Subject	Home Science
Course Code	A130201T
Course Title	Introduction to Clothing and Textiles & Family Resource Management (Theory)

Course Outcomes:

- Learn about scope of textile and clothing.
- Understanding why fabrics are different.
- Learn how fabrics can be manufactured.
- Understand basic clothing concepts and garment making.
- Learn the family resource management as a whole.
- Understand the decision making and use of resources throughout the Family life cycle.
- Gain knowledge about Time, Money & Energy as a Resource.
- Appreciate Household Equipment for work simplification.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60 Lectures

Syllabus Units:

Unit	Topic	No. of Lectures
I	Introduction: (a) Introduction to Clothing and Textile (b) Its importance in day-to-day life (c) Scope (d) Classification of textile fiber on the basis of their source (e) General properties of fibers – primary and secondary.	07
II	Knowing Fibers – Manufacture, processing, properties and uses of: (a) Cellulosic Fibers – Cotton, Linen (b) Protein Fibers – Wool, Silk (c) Synthetic/Manmade fibers – Nylon, Polyester, Acrylic, Rayon.	08
III	Yarn to Fabrics: (a) Definition of Yarn, Manufacture of Yarn and Yarn Properties (b) Different fabric construction techniques (Weaving, Knitting, Felting, Braiding, Non-woven) (c) Weaving of Cloth – Terminologies and Steps in Weaving (d) Types of weaves – Basic and Decorative.	08
IV	Clothing Construction: (a) Tools for Clothing construction (b) Introduction to sewing machines, its parts and maintenance (c) Importance of Drafting, Draping, Flat pattern techniques – advantages & disadvantages (d) Fabric preparatory steps for stitching a garment – preshrinking, straightening, layout, pinning, marking and cutting.	07
V	Introduction to Home Management: Basic Concepts, Purpose and Obstacles of Management. Process of Management – Planning, Organizing, Controlling and Evaluation. Motivating Factors in Management – Values, Goals and Standards – Definition and Classification.	08
VI	Resources, Decision making & Family life cycle: Meaning, Characteristics, Types and Factors affecting the use of Resources. Steps and Role of Decision Making in Management. Stages of Family Life Cycle.	08

VII	Time, Energy and Money Management: Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management. 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.	07
VIII	Work Simplification and Household Equipments: Meaning and Techniques of Work Simplification, Mundell's Classes of Change. Principle, Use and Care of Household Equipments such as Pressure Cooker, Mixer and Grinder, Refrigerator, Washing Machine, Vacuum Cleaner & Solar Cooker.	07

References:

- Colbmen P. Bernard: Textiles Fiber to Fabric.
- Hollen & Saddler: Introduction to Textile.
- Joseph M: Introduction to Textiles.
- Trotman: Textile Fiber Science.
- Cutting Tailoring and Dress Making: National Open School, New Delhi.
- Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra. ISBN: 978-93-81124-96-3.
- R. Bhatia & C. Arora (1999), Introduction to Clothing and Textile, Baroda.
- Complete Guide to Sewing by Reader's Digest, 2002.
- Deacon R.E. and Firebaugh F.M. (1998) Family Resource Management. N. Delhi: Roy Houghton Mifflin Company.
- Gross, I.H. and Crandall, E.H. (1967). Management for Modern Families. N. Delhi: Sterling Publishers Ltd.
- Nickell, P., and Dorsey, J.M. (2002). Management in Family Living. New Delhi: CBS Publishers.
- Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications, Agra.
- Varghese, M.A., Ogale, N.N. and Srinivasan, K. (2001). Home Management. New Delhi: New Age International (P) Ltd.

B.A. I | Semester II | Home Science Paper 2

Clothing & Textiles (Practical)

Programme/Class	Certificate
Year / Semester	Year: 1 Semester: 2
Subject	Community and Life Science (Home Science)
Course Code	A130202P
Course Title	Clothing and Textiles (Practical)

Course Outcomes:

- Ability to identify fibers and fabrics.
- Understanding why fabrics are different.
- Learning basic Sewing skills.
- Learn how garments are stitched.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lab Periods
2	25+75	As per university norms	30 Lab Periods (60 hours)

Syllabus Units:

Unit	Topic	No. of Lab Periods
I	Identify fibers and fabrics: (a) Fibre identification tests – Visual, burning and microscopic – natural and synthetic, pure and blended fibres. (b) Weaves identification and understanding their usage.	07
II	Learning to stitch: (a) Knowing how to stitch – an idea of straight-line stitching, stitching on curves and at corners. (b) Basic Stitching – Temporary Stitching, Permanent and decorative stitching.	07
III	Basic sewing: (a) Seams – Plain seams and its finishing, run & fell seam, French seam. (b) Attaching different Fasteners. (c) Disposal of fullness – darts, gathers, tucks and pleats. (d) Neckline Finishing – Facing & Binding.	08
IV	Preparing Frock: (a) Drafting, cutting and stitching of Child's basic block and sleeve block. (b) Adaptation to 'Gathered frock' with Peter Pan collar and puff sleeves.	08

References:

- Cutting Tailoring and Dress Making: National Open School, New Delhi.
- R. Bhatia & C. Arora (1999), Introduction to Clothing and Textile, Baroda.
- Complete Guide to Sewing by Reader's Digest, 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.

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

Program Specific Outcomes (PSOs)

- 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 (Theory)	4	60
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

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B.A. II | Semester III | Home Science Paper 1

Advance Nutrition and Human Development (Theory)

Programme/Class	Diploma
Year / Semester	Year: 2 Semester: 3
Subject	Home Science
Course Code	A130301T
Course Title	Advance Nutrition and Human Development (Theory)

Course Outcomes:

- Create an awareness about importance of healthy meal at various stages of life cycle.
- Inculcate healthy eating practices among students.
- Develop skill of meal planning for different physiological groups.
- Explain the Physical & Psychological changes during middle childhood, adolescent and adulthood stage.
- Identify the biological and environmental factors affecting personality.
- Learn about the characteristics, needs and developmental tasks of Middle childhood years, Adolescent & Adulthood stage.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60 Lectures

Syllabus Units:

Unit	Topic	No. of Lectures
I	Meal Planning: Definition, importance, factors affecting meal planning, Balanced Diet, RDA.	07
II	Nutrition During Infancy and Childhood: Nutrition Requirement, RDA and Diet Plan.	07
III	Nutrition During Adolescence, Adulthood and Old Age: Nutrition Requirement, RDA and Diet Plan.	08
IV	Nutrition During Special Condition – Pregnancy and Lactation: Nutrition Requirement, RDA and Diet Plan.	08
V	Middle Childhood Years: Developmental tasks and characteristics of middle childhood period. Physical and motor development. Social & emotional development. Cognitive development. Language development.	08
VI	Puberty and Adolescence: Development tasks and characteristics. Significant Physical, physiological and hormonal changes in puberty. Self and Identity, Factors influencing Identity & Personality development. Family and peer relationship. Problems – Drug and Alcohol abuse, STD, HIV/AIDS, Teenage pregnancy.	08
VII	Cognitive, Language and Moral Development during Adolescence: Perspective on cognitive development, development of intelligence and Creativity. Adolescent language. Adolescent Morality.	07
VIII	Introduction to Adulthood: Concept, transition from adolescence to adulthood. Developmental tasks of Adulthood. Physical and physiological changes from young adulthood to late adulthood. Responsibilities and adjustments – educational, occupational, marital and parenthood.	07

References:

- Sheel Sharma, 'Nutrition and Diet Therapy', Peepee Publishers, New Delhi; 2014.
- Ankita Gupta, 'Text book of Nutrition', Medico Refresher Publisher, Agra, 2018.
- Subhangini A. Joshi; Nutrition and Dietetics, Mc Graw Hill Education, Private Ltd.
- Kumud Khanna, 'Text book of Nutrition and Dietetics', Elite Publishing House Pvt. Ltd, New Delhi, 2013, 7th Ed.
- Swaminathan M., 'Essentials of Food and Nutrition Vol I and II'.
- Ambron S.R. Child Development, Holt, Rinehart and Winston 1978 (IIInd Edition).
- Mussen P.H. et al. 1990. Child Development and Personality (VI Edition), Harper and Row Publishers New York.
- Aadhunik Vikasatmak Manovigyan, Shri Vinod Pustak Mandir Agra, Edition 3rd 2015.
- Harpalani. Aahar Vigyaan avam Upcharatmak Poshan, Star Publications, Agra.


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B.A. II | Semester III | Home Science Paper 2

Human Development (Practical)

Programme/Class	Diploma
Year / Semester	Year: 2 Semester: 3
Subject	Community & Essential Science (Home Science)
Course Code	A130302P
Course Title	Advance Human Development (Practical)

Course Outcomes:

- Learn to cope up with adolescent and adulthood problems.
- Understand and handle development related issues more efficiently.
- Able to know human behaviour.
- Understand individual differences.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lab Periods
2	25+75	As per university norms	30 Lab Periods (60 hours)

Syllabus Units:

Unit	Topic	No. of Lab Periods
I	Preparation of an album on developmental milestones of children. Prepare child literature. Visit to Child Care Centres/Anganwadi.	08
II	Study of physical, social, emotional, cognitive, language development (any two). Observations of child rearing practices in families from different social classes.	08
III	Interviews of adolescent girls and boys to understand their lifestyle, behaviour and problems.	07
IV	Carry out case studies to know more about the different life stages, e.g., school going children, adolescents, young adults (any two).	07

B.A. II | Semester IV | Home Science Paper 1

Housing & Extension Education (Theory)

Programme/Class	Diploma
Year / Semester	Year: 2 Semester: 4
Subject	Home Science
Course Code	A130401T
Course Title	Housing & Extension Education (Theory)

Course Outcomes:

- Grasp knowledge of Housing need & selection of site in real life situations.
- Comprehending Housing plans for residential purpose.
- Appreciate principles of design and the contributing factors to refine personal aesthetic senses.
- Learn the widening concepts of Extension Education.
- Develop understanding for Effective teaching and learning.
- Comprehend the various effective communication methods.
- Gain skills to use technologically advanced Audio-visual aids.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60 Lectures

Syllabus Units:

Unit	Topic	No. of Lectures
I	Housing: Needs of a House, Difference between House & Home, way to acquire house (Own & rented). Factors influencing selection and purchase of house and site for house building.	08
II	House Planning: Principles of house planning, Planning different residential spaces in a house. Planning house for different income groups.	07
III	Interior Designing: Introduction to Interior designing. Importance of good taste. Objective of Interior decoration. Elements of design – Line, Shape, Texture, Color, Pattern, Light & Space. Principles of design – Proportion, Balance, Rhythm, Emphasis, Harmony.	08
IV	Home Decors: Furniture, Furnishings (Curtain, Draperies, Floor coverings, Wall ceiling, Lighting), Accessories (Wall painting, Mirrors, wall art, Sculpture & Antiques, Flower arrangements) etc.	07
V	Extension Education: Meaning, Concepts, Objectives, Scope, Principles, Philosophy of Extension Education. Early Extension Efforts in India. Formal & Non-formal Education.	08
VI	Extension Teaching & Learning: Role and Qualities of an Extension worker. Steps in Extension Teaching Process. Criteria for Effective Teaching & Learning.	07
VII	Communication & Extension Teaching Methods: Definition, Importance, Characteristics, Elements, Models & Challenges in communications. Relationship between Communication, Extension & Development. Extension Teaching Methods – Classification, Factors guiding the Selection & use of Extension teaching methods.	08

VIII	Audio-visual Aids: Definition, Importance, Classification, Selection, Preparation & Effective use of Audio-visual Aids.	07
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References:

- Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra. ISBN: 978-93-81124-96-3.
- Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications, Agra.
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- Faulkner, R. & Faulkner, S. (1961) Inside Today's Home. Rev. ed. Holt, Rinehart & Winston, Inc.
- Goldstein, H. & Goldstein V. (1954). Art in Everyday Life, Macmillan Publishers.
- Aggarwal, R. (2008). 'Communication – today and tomorrow', New Delhi: Sublime Company.
- Dahama, O.P., & Bhatnagar, O.P. (1998). 'Education and Communication for Development'. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Reddy, A. (1987). 'Extension Education'. Bapatha, Andhra Pradesh: Sreelekshmi Press.
- Supe A.N. (1983). An introduction to Extension Education. Delhi: Oxford IBH Publishing.

B.A. II | Semester IV | Home Science Paper 2

Resource Planning & Decoration (Practical)

Programme/Class	Diploma
Year / Semester	Year: 2 Semester: 4
Subject	Community and Essential Science (Home Science)
Course Code	A130402P
Course Title	Resource Planning and Decoration (Practical)

Course Outcomes:

- Developing skills for making time plan for effective balance of work & leisure.
- Plan & prepare budget for the family.
- Incorporate appropriate work simplification in using household equipment.
- Develop understanding for house planning & decoration.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lab Periods
2	25+75	As per university norms	30 Lab Periods (60 hours)

Syllabus Units:

Unit	Topic	No. of Lab Periods
I	Preparation of time plans for self and family. Drafting family budget for different income groups.	08
II	Market Survey of Household Equipment – Pressure cooker, Toaster, Gas Stove, Mixer & Grinder, Refrigerator, Washing machine, Microwave, Solar cooker.	08
III	Draw House Plans, Standard Specifications & Furniture Layout.	07
IV	Preparation of Color wheels & Color schemes. Flower Arrangement & Floor Decoration (Rangoli) – Application of Design principles and Elements of Art, Innovation of new styles.	07

References:

- 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.
- Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications, Agra.

B.A. II | Semester IV | Home Science Paper 3

Research Project

Programme/Class	Diploma
Year / Semester	Year: 2 Semester: 4
Subject	Community and Life Science (Home Science)
Course Code	A130403P
Course Title	Resource Planning and Decoration (Practical)

Course Objectives:

Learns to communicate with community around.

Learns to prepare a survey/interview schedule.

Becomes sensitized to problems being faced in community.

Increases awareness of candidate.

Credits	Max. Marks	Min. Passing Marks	Total No. Classes
3	25+75	As per university norms	45

Unit	Topics	No. of Hrs
I	Survey of community services surrounding living area of candidate It may include Anganwadi/ Health services/ Market / Dairy/ Agricultural farmland/ NGO/ Crèche/ Nursery School/ Hospital/ Fitness centre/ Diet councillor/ Boutique/Balwadi/ Youth centre/ Primary school/ Vridha Ashram(old age home)/ Divyang school/ Mentally challenged institution/ Village panchayat / School counsellor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods	12
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

B.A. III | Semester V | Home Science Paper 3

Community Transformation (Change) (Practical)

Programme/Class	Degree
Year / Semester	Year: 3 Semester: 5
Subject	Home Science
Course Code	A130503P
Course Title	Community Transformation (Change) – Practical

Course Outcomes:

- Address & resolve women & family related issues.
- Make use of Audio-visual aids in planning & conducting group communication.
- Understand the role of Government bodies in development of the community.
- Organizing people for their own development.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lab Periods
2	25+75	As per university norms	30 Lab Periods (60 hours)

Syllabus Units:

Unit	Topic	No. of Lab Periods
I	Identify the target group & their relevant issues i.e. help nutrition, Education, Women's & Family issues followed by preparing a report.	08
II	Observe & critically analyse nearby community women & children related welfare programme followed by the preparation of report.	07
III	Prepare & learn the use of Audio-visual Aids.	07
IV	Identify to create an awareness on the existing contemporary issues. Develop a script in the Folk drama (Nukkad Natak) format to perform in the target group.	08



B.A. III | Semester V | Home Science Paper 2

Community Development & Programme Planning (Theory)

Programme/Class	Degree
Year / Semester	Year: 3 Semester: 5
Subject	Home Science
Course Code	A130502T
Course Title	Community Development & Programme Planning (Theory)

Course Outcomes:

- Understand the Community Development dynamics & organizing system for Development.
- Create awareness about the various development programmes.
- Identify the leadership pattern in the community.
- Impart skills to implement, monitor & evaluate programmes.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60 Lectures

Syllabus Units:

Unit	Topic	No. of Lectures
I	Community Development: Meaning, Definition, Functions, Objectives, Philosophy, Principles of Community Development Programme in India.	08
II	Community Development Organization: Meaning, Types, Principles, Role & Administrative Structure at the National, State, District, Block & Village levels.	08
III	Home Science Extension Education in Community Development: Origin, Concept, Need, Importance and Contribution of Home Science Extension Education in National Development.	07
IV	Recent Development Programme for Women & Children: Support to Training & Employment for women (STEP), Swarn Jayanti Gram Swarajgar Yojana (SGSY), Integrated Child Development Services (ICDS) etc.	07
V	Support Service of Youth Development: NCC, NSS, Youth Camp, Youth Clubs etc.	07
VI	NGO & Others: Contribution towards community services. Types & Role of NGO – WHO, CARE, UNICEF, UNESCO, UNDP, CRY, HELP-AGE INDIA.	08
VII	Leadership: Concept, Definitions, Types, Importance, Function and Role of Community leaders. Methods of Identifying and Training of leaders.	07
VIII	Programme Planning: Programme planning component cycle and its components – (i) Designing the project – Defining the objectives, Identifying resources, approach, feasibility and Work plan; (ii) Implementation; (iii) Monitoring and Evaluation.	08

References:

- Clark John. (1991). Voluntary Organizations: Their Contribution to Development. London: Earth Scan.
- Dahama, O.P., & Bhatnagar, O.P. 'Extension & Rural Welfare'. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Ghosh Bhola Nath, (1996), 'Rural Leadership & Development', Mohit Publications, New Delhi

VII	Water: (a) Water and its uses in textile industry, properties (b) Types of water used for processing (c) Hardness and removal of Hardness of water.	07
VIII	Laundry and dry cleaning of fabrics and garments: (a) Methods of Laundry and Dry cleaning (b) Dry cleaning process (c) Reagents of Laundry – Blues, Bleaches, Optical Brighteners, Stiffening agents (d) Types of soaps and detergents (e) Cleaning action of soaps and detergents.	08

References:

- Marsh J.T.: Textile Finishes.
- Trotman E.R.: Dyeing and Chemical Technology of Fibres.
- Joseph M.: Introduction to Textiles.
- Corbman P. Bernard: Textiles – Fibre to Fabric.
- J. Hall: The Standard Handbook of Textiles, Wood Head Publication, 2004.
- J.E. Smith: Textile Processing – Printing, Dyeing, Abhishek Publishing, 2003.
- Kate Broughton: Textile Dyeing, Rockport Publishers, 1996.
- Naik, D. Shailaja: Traditional Embroideries of India, New Age International Publishers, 1996.
- Naik, D. Shailaja, Jacquie A. Willson: Surface Designing of Textile Fabrics, New Age International Publishers, 2006.
- Bhargav, Bela. Vastra Vigyaan, University Book House Pvt. Ltd. Jaipur.
- Patni, Manju. Vastra Vigyaan Avam Paridhan ka Parichay, Star Publications, Agra.

B.A. III | Semester VI | Home Science Paper 1

Dietetics & Therapeutic Nutrition (Theory)

Programme/Class	Degree
Year / Semester	Year: 3 Semester: 6
Subject	Home Science
Course Code	A130601T
Course Title	Dietetics and Therapeutic Nutrition

Course Outcomes:

- Gain knowledge of principles of diet therapy.
- Develop and understand modification of the normal diet for therapeutic purposes.
- Practical knowledge of dietary management in some common disorders.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60 Lectures

Syllabus Units:

Unit	Topic	No. of Lectures
I	Introduction: (a) Definition of Health, Dietetics and Therapeutic Nutrition (b) Importance of Diet Therapy (c) Facts about fast foods/Junk foods (d) Objectives of therapeutic Diet (e) Principles of diet therapy.	07
II	Diet and feeding methods: (a) Modification of normal diets for therapeutic purposes (b) Methods of modification – On the basis of nutrients, On basis of consistency (c) Different feeding methods – Oral feeding, Tube feeding.	07
III	Energy Metabolism: (a) The calorific value of food (b) Measurement of energy exchange in the body – Direct calorimeter, Indirect calorimeter (c) Factors influencing the Basal Metabolic Rate (d) Factors influencing the total energy requirement.	08
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	Diet during Digestive system disorders: (a) Peptic ulcers – Causes, symptoms and diet modification (b) Diarrhea and Constipation – Causes, treatment and diet modification.	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	Endocrinal Disorders: (a) Introduction to endocrinology (b) Various endocrine glands and their functions – Thyroid, Adrenal and Pancreas (c) Diabetes Mellitus – occurrence, types, symptoms, metabolic changes, dietary modification and educating the patient.	08

References:

- Sumati R. Mudambi, 'Fundamentals of food, Nutrition and Diet Therapy', New Age International Pvt. Ltd, New Delhi, 6th Edition (2018).
- B. Srilakshmi, 'Dietetics', New Age International Publishers, New Delhi, 2017.
- Bamji M.S., Krishnaswamy K. and Brahman G.N.V. (Eds) (2009), Text book of Human Nutrition, 3rd Edition, Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi.
- Dr. Brinda Singh, Aahar Vigyan evam Poshan, Panchsheel Prakashan, Jaipur, 2015; 13th Ed.
- Dr. Sheel Sharma, 'Nutrition and Diet Therapy', PEEPEE Publishers and Distributors (P) Ltd. Delhi, 2014, 1st Ed.
- Shubhangini A. Joshi, 'Nutrition and Dietetics', Mc Graw Hill Education Private Ltd., New Delhi, 2013.
- Kumud Khanna, 'Text book of Nutrition and Dietetics', Elite Publishing House Pvt. Ltd, New Delhi, 7th Ed. 2013.
- M. Swaminathan, Essentials of food and Nutrition, Vol II, The Bangalore Printing and Publishing Co. Ltd, Bangalore, 2nd Edition 1985.



B.A. III | Semester V | Home Science Paper 1

Surface Ornamentation of Fabrics (Theory)

Programme/Class	Graduation
Year / Semester	Year: 3 Semester: 5
Subject	Home Science
Course Code	A130501T
Course Title	Surface Ornamentation of Fabrics (Theory)

Course Outcomes:

- Knowing why fabrics look differently.
- Identify the different techniques of fabric from surface.
- Learn about finishes done on fabrics.
- Knowing about dyeing fabrics.
- Learn how printing on fabrics is carried.
- Knowing the traditional embroideries of India.
- Identifying traditional textiles of different states.
- Knowing the importance of appropriate laundry method.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60 Lectures

Syllabus Units:

Unit	Topic	No. of Lectures
I	Techniques of Creating variety on fabrics: (a) Weaving (b) Finishing of fabrics (c) Dyeing of fabrics (d) Printing fabrics (e) Embroidery and other decoration methods.	08
II	Finishes: (a) Classification of fabric finishes (b) Study of purpose and process of finishes: (i) General Purpose finishes – Bleaching, Mercerization, Calendering, Sanforization, Tenting, Singeing, Scouring; (ii) Functional Finishes.	08
III	Dyeing: (a) Classification of dyes – Natural vs. Synthetic, advantages and limitations (b) Theory of dyeing (c) Properties and use of Dyes – Basic, Acidic, Direct, Azoic, Natural, Sulphur, Vat, Disperse and Reactive dyes (d) Resist Dyeing Techniques – Tie & Die, Batik.	08
IV	Printing: (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.	08
V	Traditional Embroideries: Meaning and status of traditional crafts in India. Knowing about the Traditional Embroideries of different states – Zardozi, Kashida of Kashmir, Phulkari of Punjab, Kantha of Bengal, Chikankari, Kasuti, Sindh and Kutch work of Gujarat.	06
VI	Traditional Textiles: 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.	07

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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 generates 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 Lectures
Surface Ornamentation of Fabrics (Theory)	4	60
Community Development & Programme Planning (Theory)	4	60
Community Transformation (Change) – Practical	2	30
Total	10	150

Semester VI

Name of Paper	Credits	No. of Lectures
Dietetics and Therapeutic Nutrition (Theory)	4	60
Research Methodology and Gender Development (Theory)	4	60
Therapeutic Diet Preparation and Nutrient Evaluation (Practical)	2	30
Total	10	150

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B.A. III | Semester VI | Home Science Paper 2

Research Methodology and Gender Development (Theory)

Programme/Class	Degree
Year / Semester	Year: 3 Semester: 6
Subject	Home Science
Course Code	A130602T
Course Title	Research Methodology and Gender Development (Theory)

Course Outcomes:

- Explain the concept and use of Research.
- Develop a research proposal.
- Learn about the data, sample and report writing.
- Conduct survey.
- To develop insight into the General issues of women.
- To understand strategies for empowerment of women.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60 Lectures

Syllabus Units:

Unit	Topic	No. of Lectures
I	Social Research: Concept, Scope, Steps of research.	06
II	Sampling: Concept, Techniques, Principles and Limitations of sampling.	06
III	Data Collection: Sources of Data Collection – Primary & Secondary. Tools of Data collection – Interview schedule, Observation, Questionnaire. Methods of data collection.	08
IV	Report Writing: Summary, Conclusion and Recommendations. Writing references. Writing process of research report – Formal Style of writing, Preface, Chapterization, Headings, Tables and Figures, Appendices, Bibliography and Acknowledgement.	10
V	Women in Development: Capacity Building for women – Education, Decision Making abilities, Opportunities, Awareness & Information on social and legal issues.	08
VI	Women's Organizations & Collective Strength: Women's action groups and women's participation in development initiative.	07
VII	Employment Trends of women: Need for self-employment, Opportunities & challenges in an organized and un-organized sector.	07
VIII	Entrepreneurship Development to empower women: Motivation, Development of women entrepreneurs in India. Schemes – (a) Bhartiya Mahila Bank Business Loan (b) Annapurna Scheme (c) Stree Shakti Package (d) Mudra Yojana scheme for women (e) Mahila Udyam Nidhi scheme.	08



References:

- C.R. Kothari: Research Methodology – Method and Techniques.
- R. Kumar: Research Methodology: A step by Step Guide for Beginners.
- M.H. Gopal: Introduction to Research Methodology for Social Sciences.
- Good, Carter, Scales and Douglas: Methods of Research.
- Bhasin, Kamla (2000). Understanding Gender. New Delhi: Kaali for Women.
- Devi, Uma (1994). Women Work, Development and Ecology. New Delhi: Har-Anand Publications.
- Krishna, Sumi (2007). Women's Livelihood Rights: Recasting Citizenship for Development, New Delhi: Sage Publications.
- Gundry Lisa K. & Kickul Jill R., 2007, Entrepreneurship Strategy, SAGE Publications, Inc.
- Taneja & Gupta, 2001, Entrepreneur Development – New Venture Creation, Galgotia Publishing Company.
- Patni, Manju. Anusandhan Vigyaan, Star Publications, Agra.



B.A. III | Semester VI | Home Science Paper 3

Therapeutic Diet Preparation & Nutrient Evaluation (Practical)

Programme/Class	Degree
Year / Semester	Year: 3 Semester: 6
Subject	Home Science (Practical)
Course Code	A130603P
Course Title	Therapeutic Diet Preparation and Nutrient Calculation

Course Outcomes:

- Gain knowledge of principles of diet therapy.
- Develop and understand modification of the normal diet for therapeutic purposes.
- Practical knowledge of dietary management in some common disorders.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lab Periods
2	25+75	As per university norms	30 Lab Periods (60 hours)

Syllabus Units:

Unit	Topic	No. of Lab Periods
I	Modification of normal diet for therapeutic purposes – preparation and presentation.	06
II	Therapeutic Diet Preparation and Nutrient Calculation of: Diet in fever, Diet in diarrhea, Diet in Constipation.	08
III	Therapeutic Diet Preparation and Nutrient Calculation of some Common Disorders: Diet in Diabetes Mellitus, Diet in Hypertension, Diet in Atherosclerosis.	08
IV	Dietary Modification for weight management – Preparation and Nutrient Calculation of diet in: Overweight & Obesity, Underweight.	08



B.A. IV | Semester VII | Home Science Paper 1**FUNDAMENTAL OF RESEACH**

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 7
Subject	Home Science
Course Code	A130701T
Course Title	FUNDAMENTAL OF RESEACH

Course Outcome:

- To understand the significance of statistics and research methodology in Home Science research to enable students to become aware and sensitized to issues related to care of families.
- To understand the types, tools methods of research and develop the ability to construct data gathering instruments appropriate to the research design.
- To understand and apply the appropriate statistical technique for the measurement scale and design.

Credits	Max. Marks	Min Passing Marks	Total no. of Lectures
4	25+75	As per UGC Norms	60

Syllabus Units

Unit I	Topic	No. of Lectures
	Science, scientific methods, scientific approach.	15
	Role of statistics and research in Home Science discipline. Objectives of research: Explanation, control and prediction.	
	Types of Research: Historical, descriptive, experimental, case study, social research, participatory research	
Unit II		
	Definition and Identification of a Research Problem	15
	Selection of research problem	
	Justification	
	Theory, hypothesis, basis assumptions, limitations and delimitations of the problem.	
	Types of variables	
	Theory of probability	
	Population and sample	



	Probability sampling: simple random, systematic random sampling, two stages and multistage sampling, cluster sampling.	
	Non-Probability sampling purposive, quota and volunteer sampling/snowball sampling.	
Unit-III		
	Basis principles of Research Design	
	Purposes of research design: Fundamental, applied and action, exploratory and	
	descriptive, experimental, survey and case study, ex-post facto,	
	Longitudinal and cross sectional, co-relational.	
	Qualitative Research Methods:	
	Theory and design in qualitative research	
	Definition and type of qualitative research	
	Methods and techniques of data collection	
	• Group discussions • Interviews: Key informants, in-depth interviews • Observations • Social mapping • Participatory rapid assessment • Participatory learning assessment	15
Unit-IV		
	Data Gathering Instruments:	
	Observation, questionnaire, interview, scaling methods, case study, home visits, reliability and validity of measuring instruments.	
	Scales of measurement and the appropriate statistical techniques	
	Critical analysis of research.	
	Writing a research proposal	
	Analysis of data and research report	15

References:

- Bhandarkar, P.L. and Wilkinson T.S. (2000): Methodology and Techniques of Social Research, Himalaya Publishing House, Mumbai.
- Bhatnagar, G.L. (1990): Research Methods and Measurements in Behavioral and Social Sciences, Agri, Cole Publishing Academy, New Delhi.
- Gay, L.R. (1981, 2nd Ed): Educational Research, Charles, E. Merrill, Columbus, Ohio
- Mukherjee, R. (1989): The Quality of Life: Valuation in Social Research, Saga Publications, New Delhi..



B.A. IV | Semester VII | Home Science Paper 2

STATISTICAL METHODS IN RESEARCH

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 7
Subject	Home Science
Course Code	A130702T
Course Title	STATISTICAL METHODS IN RESEARCH

Course Outcome:

- To understand the role of statistics and computer applications in research.
To apply statistical techniques to research data for analyzing and interpreting data meaningfully.

Credits	Max. Marks	Min Passing Marks	Total no. of Lectures
4	25+75	As per UGC Norms	60

Note: Student should be given hands on experience to use appropriate software packages for selected statistical analyses.

Unit I	Topic	No. of Lectures
	Conceptual understanding of statistical measures. Classification and tabulation of data. Measurement of central tendency, measures of variation.	15
	Frequency distribution, histogram, frequency, polygons, Ogive.	
	Binomial distribution	
Unit II	Normal distribution- Use of normal probability tables.	15
	Parametric and non-parametric tests.	
	Testing of hypothesis. Type I and Type II errors. Levels of significance.	
Unit-III	Chi-square test. Goodness of fit. Independence of attributes 2 x 2 and r x c contingency tables.	15
	Application of student 't' tests for small samples Difference in proportion for means and difference in means.	
	Correlation, coefficient of correlation, rank correlation	
	Regression and prediction	
	Analysis of variance, one way and two-way classification	
Unit IV	Experimental Designs	

	Completely randomized design	15
	Randomized block design	
	Latin square design	
	Factorial design	
	Trend analysis	

References:

Garrett, Henry E (1971): Statistics in Psychology and Education: David Healy and Co.

Edwards: Experimental Design in Psychological Research Kerlinger: Foundation of Educational Research

SPSS/PC for the IBM PC/XT :SPSS Inc.

Sonkar Anju (2017): Sankhayaki Evam Computer Anuprayog: Book Ocean Publication

B.A. IV | Semester VII | Home Science Paper 3

HISTORY AND THEORY OF HUMAN DEVELOPMENT

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 7
Subject	Home Science
Course Code	A130703T
Course Title	History And Theory of Human Development

Course Outcomes:

- To understand the need for theory in Human Development
- To see theories in context.
- To examine historical perspectives in the evolution of theory
- To understand the practical applications of a theory
- To discuss various theories of Human Development.
- To critically evaluate the cross-cultural applicability of theory.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60

Unit I	Topic	No. of Lectures
	Early Theories Preformationist, Locke, Rousseau, Eastern Philosophers.	15
	Ethological theories Darwin, Lorenz, Tinbergen, and Bowlby: cross-cultural relevance, status.	
Unit II		
	Freud's psychoanalytic theory Freudian theory, neo-Freudians, cross-cultural relevance, status.	15
	Learning theory Pavlov, Watson, Skinner, cross-cultural relevance, and status of learning theory.	
Unit-III		
	Cognitive developmental theory Piaget's theory: cross-cultural relevance and status. Vygotsky's cross-cultural relevance and status.	15
	Social learning and social cognition theories Bandura's theory: cross-cultural relevance and status.	
Unit-IV		



	Conclusion Humanistic Psychology and developmental theory.	15
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References:

1. Aries P. (1962). Centuries of Childhood, New York: Knopf.
2. Crain, W. (1962). Theories of Development, Concepts, and applications. New Jersey: Prentice Hall.
3. James, A. and Prout, J. (Ed.). (1990). Constructing and Reconstructing Childhood, London: Falmer Press.
4. Kar, S. (1977). Cultural and Psyche-Selected Essays, Delhi: Oxford University Press.
5. Kakar, S. (1978). The Inner World, Delhi: Oxford University Press.
6. Roland, A. (1988). In Search of Self in India and Japan. Princeton. N.J. Princeton University Press.
7. Roland, A. (1996). Cultural Pluralism and Psychoanalysis. New York: Routledge.
8. Smith, J.A. Harre, R., and Van Langenhove, L. (1995) Rethinking Psychology, London: Sage.
9. Vasta, R (ed.) (1992). Six Theories of Child Development: Revised formulations and current issues. London: Jessica Kingsley Publishers Ltd.
10. Srivastava D.N. (2002) "Adhunik Asamanya Manovigyan", Sahitya Prakashan Agra

B.A. IV | Semester VII | Home Science Paper 4

ADVANCE STUDY OF HUMAN DEVELOPMENT-I

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 7
Subject	Home Science
Course Code	A130704T
Course Title	Advance Study of Human Development-I

Course Outcomes:

- To undertake an advanced study of the stages in human development with special focus on stages from prenatal development to adolescence'
- To understand; the principles and factors influencing human development; in these stages.

Credits	Max. Marks	Min. Passing Marks	Total No. of Lectures
4	25+75	As per university norms	60

Unit I	Topic	No. of Lectures
	Principles and Concept of Development - Principal of growth and development - Developmental tasks. - Basic concepts of development-maturation and learning, sensitive periods, individual difference nature-nature issue. - Secular trend in growth	20
	Prenatal development - Recapitulation of stages in prenatal development, genetic and environmental factors: maternal conditions and teratogens. Significance of the genome project for understanding human development. - Importance of Indian practices during pregnancy.	
Unit II		
	Infancy: (Birth-2 years) - The newborn: birth process and the neonate Physical description, sensory capacities and reflexes Becoming coordinated - feeding, sleeping, crying. - Limitation, objects permanence and other cognitive accomplishments. - Early language development. - Social relationship during infancy. - The cultural experience of being an infant.	20
Unit-III		

	Early Childhood (2-6 years) - Transition from infancy to childhood - Physical and motor development. - Play and social relationships. The emerging self. - Language, cognition, and emotions in early years. - Early childhood education. - Early socialization, parenting and cultural processes.	20
	1. Middle Childhood (7-11 years) - Physical and motor development: changes and challenges. - Sense of industry and personality development - Cognitive, moral and language development. - Social relationships - peers, siblings and parents. The experience of schooling - academic achievement	
Unit-IV		
	Adolescence (11-18 years) - Transition from childhood to sexual maturity - Development of Formal operations - Adolescent thought. Integration of the self - issues of identity. - Role of family, peers, community and ethnic group. - Moral reasoning and judgment. - Health, sexuality, mental health - Delinquency-conformity.	

References:

Rice, F.P. (1995). Human Development. New Jersey: Prentice Hall. Berk, L.E. (1995). Child Development. London: Allen & Bacon
 Cole, M. & Cole, S. (1993). The development of children. (2nd Ed.)
 Sonkar Anju (2021): Maanav Vikas ki Pragati ka Adhayan; Vijay Prakshan Mandir Varanasi

B.A. IV | Semester VII | Home Science Paper 5

Research Tool and Technique (Practical)

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 7
Subject	Home Science
Course Code	A130704P
Course Title	Research Tool and Technique – Practical

Course Outcomes:

- Understand the fundamentals and significance of research in academic and business contexts.
- Identify and formulate research problems and objectives effectively.
- Develop appropriate research designs and methodologies for different research problems

Credits	Max. Marks	Min. Passing Marks	Total No. of Classes
4	25+75	As per university norms	30 Lab Periods (60 hours)

Syllabus Units:

Unit	Topic: Introduction to Research	No. of Classes
I	Meaning, Nature, and Importance of Research	07
II	Research Design and Sampling	07
III	Data Collection Methods	06
IV	Data Analysis and Interpretation	06
V	Report Writing and Research Ethics	04



B.A. IV | Semester VIII | Home Science Paper 1

Paper III : ADVANCED FOOD NUTRITION

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 8
Subject	Home Science
Course Code	A130801T
Course Title	Advanced Food Nutrition

Course Outcomes:

This course is designed to:

- Provide in-depth knowledge of the physiological and metabolic role of various nutrients and their interactions in human nutrition.
- Enable students to understand the basis of human nutritional requirements and recommendations through the life cycle.
- Enable students to understand the pharmacological actions of nutrients and their implications.
- Familiarize students with the recent advances in nutrition.

Credits	Max. Marks	Min. Passing Marks	Total No. of Classes
4	25+75	As per university norms	60

Unit I	Topic	No. of Lectures
	Energy: Energy content of foods. Physiological fuel value-review. Measurement of Energy Expenditure: BMR, RMR, thermic effect of feeding and physical activity, methods of measurement. Estimating energy requirements of individuals and groups. Regulation of energy metabolism: control of food intake, digestion, absorption and body weight.	15
	Carbohydrates: Types, classification, digestion, and transport-review, dietary fiber, fructo-oligosaccharides, resistant starch-chemical composition and physiological effects Glycemic index of foods. Sweeteners -nutritive and non- nutritive.	

Unit II	Proteins: Classification, digestion, absorption and transport-review Metabolism of proteins: Role of muscle, liver and gastrointestinal tract. Protein quality, methods of evaluating protein quality. Protein and amino acid requirements. Therapeutic applications of specific amino acids: Branched chain, glutamine arginine, homocysteine, cysteine	15
	Lipids: Classification digestion, absorption, transport-review. Functions of EFA. Role of n-3, n-6 fatty acids in health and disease. Requirements of total fat and fatty acids. Trans fatty acids. Prostaglandins.	
	Water: Regulation of intra and extra cellular volume. Osmolality, water balance and its regulation.	
Unit-III	Minerals: (Note: for each nutrient sources, bioavailability, metabolism, function, requirements, RDI/ESADDI, deficiency and toxicity, interactions with other nutrients are to be discussed). Macro minerals: calcium, phosphorus, magnesium, sodium, potassium and chloride. Micro minerals: Iron, copper, zinc, manganese, iodine, fluoride. Trace minerals: selenium, cobalt, chromium, vanadium silicon, boron, nickel.	15
	Vitamins: Historical background, structure, food sources, absorption and transport, metabolism, biochemical function, assessment of status. Interaction with other nutrients. Physiological, pharmacological and therapeutic effects, toxicity and deficiency with respect to the following: a) Fat Soluble: Vitamins A, D, E & K. B) Water soluble: Thiamine, riboflavin, niacin, biotin, pyridoxine, folic acid, pantothenic acid, ascorbic acid, cyanocobalamin, choline, inositol.	
Unit IV	Non-nutritive food components with potential health effects: Polyphenols, tannins, phytate, phytoestrogens, cyanogenic compounds, lectins and saponins.	15
	Nutritional regulation of gene expression.	
	Nutrition management in special conditions: Space travel, high altitudes, low temperatures, submarines	

References:

1. Shils, M.E_t.h: Olson, J.:Shike, M. and Roos, C. (1998): Modern Nutrition in Health and Disease. 9 edition Williams and Williams, A Beverly co, London.
2. Indian Council of Medical Research. Recommended Dietary intakes for Indians-Latest Recommendations.
3. Baeurle, P.A. (ed) (1994) Inducible Gene Expression. Part I: Environmental Stresses and Nutrients. Boston: Birkhauser
4. Sonkar Anju (2022) : Aahar Poshan aur Swasth Vigyan: Vijay prakshan Mandir Varanasi

B.A. IV | Semester VIII | Home Science Paper 2

Paper I: ADVANCED HUMAN DEVELOPMENT-II

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 8
Subject	Home Science
Course Code	A130802T
Course Title	Advanced Human Development

Objectives:

- To understand an advanced study of the stages in human development with specific focus on youth, adulthood, and old age.
- To understand the principles and factors influencing human development in these stages.

Credits	Max. Marks	Min. Passing Marks	Total No. of Classes
4	25+75	As per university norms	60

Unit I	Topic	No. of Lectures
	Youth/Young adulthood (20-35) - Introduction: Biological, cultural and developmental perspectives on youth and adulthood. - Developmental needs, Importance of social organization. - Life cycle approach - sexuality, marriage, marital adjustment, parenthood. - Census data on adult population in India	15
Unit II		
	Middle adulthood (35-50 years) - Physical continuity and changes. Adult intelligence. Personality development - role in family. - Development of the self. Inter - generation relationships, maintaining family relationships. - Friendships. - Parenting adult offspring and their marriage. Menopause in women. Health and disease, adult sexuality. Work and career development - gender differences.	15
Unit-III		

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	Late adulthood (50-65 years) - Continuity and change in personality-the family lifecycle. - Social relationships. - Grand parenthood - intergenerational relations. - Occupational continuity and change - effect in identity. - Retirement from formal work. - Health and disease.	15
Unit-IV		
	Old age (65+years) - Physical aspects of aging. - Change in cognitive abilities and creativity. - Psychosocial development. - Changes in family life cycle. Health and disease. - Death, dying and bereavement.	15

References

1. Rice, F.P. (1992). Human development: A life-span approach. New Jersey: Prentice Hall.
2. Schimberg, L.B.&Smith, K.U. (1982). Human Development. New York: Macmillan.
3. Shamrock, J.W. (1997). Life span development. Brown and Benchmark
4. Sonkar Anju (2021): Maanav Vikas ka Adyatan Adhyan: Vijay Prakshan Mandir Varanasi



B.A. IV | Semester VIII | Home Science Paper 3

Paper III: PRINCIPLES OF GUIDANCE AND COUNSELING

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 8
Subject	Home Science
Course Code	A130803T
Course Title	Principles of Guidance and Counselling

Objectives:

- To understand the significance of parents role in early childhood.
- To develop skills to involve parents in early childhood education programmes.
- To learn to conduct parent education programmes.

Credits	Max. Marks	Min. Passing Marks	Total No. of Classes
4	25+75	As per university norms	60

Unit I	Topic	No. of Lectures
	Introduction: - The task of parenting and the concept of parenting skills. - Changing concept of parenthood and childhood - Being a competent parent.	15
Unit II	Individual Parenting Roles - Determinants of parenting behavior - Characteristics of the parenting roles. - The mothering role - The fathering role - Concept of family, the family life cycle stages.	15
Unit-III		

Four

	Developmental Interaction in Early Childhood Years - Parents role in developing self-awareness in children - Family relations and communication. - Helping the child to learn to express and control emotions. - Helping children discover personal capabilities. - Establishing routines and showing responsible behavior. - Learning social role and interactions with others. - Meeting the family needs during this stage. - Meeting the children's needs.	15
Unit-IV		
	Techniques of Parent Education in Preschool Setting - Informal Meetings: Occasional/accidental meeting, written/printed-newsletters, circulars, notices etc. - Parent library, toy library - Workshops/demonstration center - Parent's corner - Open house - Large/small group meetings. - Individual meetings: House visits, individual sessions. - Working with vulnerable families.	15
	Parent Education and Support - Role of professionals - Parents as family workers - Flexibly to different needs. - Personal development for parents	

References:

1. Binger, J. (1979): Parent child relation: An introduction to parenting. N.Y.: McMillan Pub.
2. Brim, Harman (1980): Learning to be parents, principles, programmes and methods, Saga Pub.
3. Fine Marvin (1980): Handbook on parent education, New York: Academic Press Inc.

B.A. IV | Semester VIII | Home Science Paper 4

Paper IV : INSTITUTIONAL FOOD ADMINISTRATION

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 8
Subject	Home Science
Course Code	A130804T
Course Title	Institutional Food Administration

Objectives:

- To develop a knowledge base in key areas of Institutional Food Administration
- To provide practical field level experience in Institutional Food administration
- To impart necessary expertise to function as a food service manager
- To equip individual to start their own food service unit leading to entrepreneurship
- To develop critical abilities and provide basic grounding in research techniques

To develop critical abilities and provide basic grounding in research techniques			
Credits	Max. Marks	Min. Passing Marks	Total No. of Classes
4	25+75	As per university norms	60
Unit	Topic	No. of Lectures	
Unit 1		15	
	Introduction to Food Service Systems Evolution of the food service industry, Characteristics of the various types of foodservice units		
	Approaches to Management Theories of management, Aspects of management, Styles of management, Management tools		
	Strategies in Planning Conceptual strategy, Marketing strategy, Financial Strategy,		
Unit II		15	



	1. Management of Resources • Finance Determining the finance needed to establish or run an unit, Budgets, Sources of finance, Planning adequate cash flow • Space & Equipment Steps in planning layouts, Determining equipment, Selection	
Unit-III		15
	Management of Resources • Material Menu planning, Planning the material needed, Methods of selection, Storage, Quantity food production, Service and modes of delivery • Staff Manpower planning, Manpower placement, Recruitment, induction, training. Motivation and performance appraisal • Time and Energy Measures for utilisation and conservation	
Unit-IV		15
	Techno-economic feasibility of food production/service enterprise	
	Cost accounting/analysis • Food cost analysis • Records to be maintained • Reports and trend analysis	
	Marketing and sales management • Marketing strategies • Sales analysis • Market promotion	



	Quality assurance ☐ Food quality ☐ Total quality management	
	Computer aided record maintenance and management	

References

Management:

1. West, B Bessie & Wood, Level (1988) Food Service in Institution 6th Edition. Revised by Harger FV. Shuggart SG & Palgne-Palacio: Macmillian Publication Company, New York.
2. Kotas Richard & Jayawardardene C (1994): Profitable Food and Beverage Management, Hodder & Stoughton Publication.
3. Green E.F., Drake G.G. Sweeny J.F. (1978) :Profitable Food and Beverage Management: Planning, Operations :Hayden Book Company, New Jersey.
4. Knootz, HG, O Donnel C (1968) Principles of Management McGraw Hill Book Company

Personnel Management

- 5 Desseler, Garry (1987) Personnel Management Modern Concepts and Techniques, Prentice Hall New Jersey
6. Kumar, H.L. (1986) Personnel Management in Hotel and Catering Industries, Metropolitan Book Company N. Delhi.

Cost Control

1. Keiser, J & Kaillo, E. (1974): Controlling and Analysis of Cost in Food Service Operations Wiley and Sons N. York.
2. Khari, W.L. (I) (1977): Introduction To Modern Food and beverage Service. (1979) Advanced Modern Food and Beverage service: Prentice Hall series
3. Levison (1976): Food and Beverage Operation Cost Control & System Management: Prentice Hall Series.

B.A. IV | Semester VIII | Home Science Paper 4

NUTRITION DURING LIFE CYCLE (Practical)

Programme/Class	B.A./B.Sc Honours with Research
Year / Semester	Year: 4 Semester: 8
Subject	Home Science
Course Code	A130804P
Course Title	Nutrition during Life Cycle

Course Outcomes:

- Understand the concept and importance of nutrition during different stages of the life cycle.
- Identify nutritional requirements and dietary modifications for various age groups.
- Analyze the relationship between nutrition, growth, development, and health.

Credits	Max. Marks	Min. Passing Marks	Total No. of Classes
4	25+75	As per university norms	60

Syllabus Units:

Unit	Topic: Nutrition during Life Cycle	No. of Classes
I	Introduction to Nutrition and Life Cycle	20
II	Nutrition During Infancy and Childhood	10
III	Nutrition During Adolescence and Adulthood	15
IV	Nutrition During Pregnancy, Lactation, and Old Age	15
V	Community Nutrition and Health Promotion	10

