

**VINOBA BHAVE UNIVERSITY**  
**HAZARIBAG (JHARKHAND)**

**COURSES OF STUDY**

For

**BACHELOR OF ARTS (B.A.)**  
**(HONS. GENERIC & GENERAL)**

**HOME SCIENCE**

Under

Choice Based Credit System (CBCS)

**THREE YEARS DEGREE COURSE**

*In Semester System*

**Paper wise distribution of marks Honours**

Semester	Paper	Paper Name	Total Marks		Distribution of Marks Mid- & End- Semester			
			FM	PM	Mid-Semester		End-Semester	
		A			FM	PM	FM	PM
Semester -I	CC-1. T. CC-2.T. CC-1&2.P *GE-1.T. *GE-1.P. AECC-1.	Fundamental Of Food & Nutrition	75	40%	20% of Total FM	40%	80% Total FM	40%
		Introduction to Human Development	75					
		Practical	50					
		Interior Decoration	75					
		Practical	25					
Ability Enhancement Compulsory Course-1 English/MIL	50							
Semester -II	CC-3. T. CC-4.T. CC-3&4.P *GE-2.T. *GE-2.P. AECC-2.	Introduction To Resource Management	75	40%	20% of Total FM	40%	80% Total FM	40%
		Introduction To Textile Management	75					
		Practical	50					
		Fundamental Of Food & Nutrition	75					
		Practical	25					
Ability Enhancement Compulsory Course-2 Environment Science	50							
Semester -III	CC-5. T. CC-6.T. CC-7.T. CC-5,6&7.P *GE-3.T. *GE-3.P. SEC-1	Applied Food & Nutrition	75	40%	20% of Total FM	40%	80% Total FM	40%
		Family Relationship	75					
		Research Methodology & Statistics	75					
		Practical	75					
		Community Nutrition	25					
		Practical	50					
Skill Enhancement Course -1 Computer Basic or Food Preservation & Processing								
Semester -IV	CC-8. T. CC-9.T. CC-10.T. CC-8,9,&10.P *GE-4.T. *GE-4.P. SEC-2	Nutritional Management	75	40%	20% of Total FM	40%	80% Total FM	40%
		Introduction To Extension Education	75					
		Communication Process In Development	75					
		Practical	75					
		Applied Food & Nutrition	75					
		Practical	25					
Skill Enhancement Course-2(Bakery)	50							
Semester -V	CC-11. T. CC-12.T. CC-11&12.P DSE-1.T. DSE-2.T. DSE-1&2 P.	Clothing & Textile	75	40%	20% of Total FM	40%	80% Total FM	40%
		Home Decoration	75					
		Practical	50					
		Community Nutrition – 1	75					
		Human Psychology	75					
		Practical	50					

<b>Semester -VI</b>	<b>C-13. T.</b> <b>C-14.T.</b> <b>C-13&amp;14.P</b> <b>DSE-3.T.</b> <b>DSE-4.T.</b> <b>DSE-3&amp;4.P</b> <b>Or</b> <b>C-13. T.</b> <b>C-13 .P</b> <b>DSE-3.T.</b> <b>DSE-4.T.</b> <b>DSE-3&amp;4.P</b> <b>Dissertation/ Project</b>	<b>Home Decoration</b> <b>Early Childhood Care &amp; Education</b> <b>Practical</b> <b>Therapeutic Nutrition</b> <b>Community Nutrition -2</b> <b>Practical</b>  <b>Entrepreneurship Development &amp; Enterprise Managment</b> <b>Practical</b> <b>Indian Textile Heritage</b> <b>Pattern Making and Draping</b> <b>Practical</b>	<b>75</b> <b>75</b> <b>50</b> <b>75</b> <b>75</b> <b>50</b>  <b>75</b> <b>25</b> <b>75</b> <b>75</b> <b>50</b> <b>100</b>	<b>40%</b>	<b>20% of Total FM</b>	<b>40%</b>	<b>80% Total FM</b>	<b>40%</b>
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**\*Generic Elective not for Home Science Students**

Home Science Honours student will choose G.E. of any one of the following subjects.

- (i) Psychology
- (ii) Geography.
- (iii) Political Science.
- (iv) Economics.
- (v) Anthropology.
- (vi) Sociology.
- (VII) History

**B.A.**  
**SEMESTER-I**  
**HOME SCIENCE HONOURS**  
**Core course Theory 1**

**FUNDAMENTALS OF FOOD & NUTRITION**

**C.C.1.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To understand of basic concepts of food & nutrition, role of various nutrients & their requirements, role of deficiency & excess and metabolism of nutrients.
2. To learn about nutritional contributions of different foods & different methods of improving nutritional quality of food.
3. To understand basic knowledge of cell, tissue, blood, enzyme and hormones.

**THEORY UNIT**

- I. Meaning & definition of nutrition, nutrients & food. Functions of food.
- II. Structure, classification, functions, sources, recommended dietary allowances, deficiency & excess (in brief) of carbohydrates, fats, proteins,
- III. Structure, classification, functions, sources, recommended dietary allowances, deficiency & excess (in brief) of vitamins, minerals & water.
- IV. Digestion, absorption metabolism of carbohydrates, fats & proteins.

**Recommended Books:**

1. *Foods & Nutrition* : MS. Swaminathan.
2. *Food Science* : Mudambi, S.R.
3. *Nutritional Science* : B. Srilakshmi
4. *AHHAR & POSHAN* : BARMA & PANDEY
5. *POSHAN VIGYAN* : S P SUKHIYA
6. *Aahar Poshan Vigyan* : Dr. Asha Kumari

**B.A.**  
**SEMESTER-I**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-II**  
**INTRODUCTION TO HUMAN DEVELOPMENT**

**C.C.2.T.**

**Full Marks: 60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**OBJECTIVES:**

1. To learn about basic concepts of human development and their stage & principles.
2. To understand pre-natal and post-natal development of children
3. To sensitize the students towards intervention in the field of human development.

**THEORY**

**UNIT**

- I. Human development: Meaning, stages, importance and principle of development.  
Developmental task.
- II. Prenatal development: Stages & prenatal influences. -
- III. A. Meaning, Developmental aspects of infancy and childhood:- Physical, Social, Motor, Emotional ,Language and cognitive Development.  
.B .Adolescence:- Physical, Social, Emotional, Cognitive ,Moral Development.
- IV Personality development: Definition, stages of personality development and determinants of personality.

**Recommended Books:**

1. *BAL VIKAS & PARIVARIK SAMBANDH* : *Dr. Mathureshwar Parik.*
2. *MATRIKALA & SHISHU KALYAN* : *Dr. G.P. Shairi*
3. *MANAV VIKASH* : *BARMA & PANDEY*
4. *PARIVARIK SAMBANDH* : *BARMA & PANDEY*
5. *Child Development* : *Hurlock, E.B.*
6. *Bal Vikas* : *Nita Agarwal*

**B.A.**  
**SEMESTER-I**  
**HOME SCIENCE HONOURS**  
**CORE COURSE PRACTICAL PAPER 1&2**

**C.C-1&2**

**Full Marks: 40**

**Credits-4**

**Hours- 6**

**OBJECTIVES:**

1. To acquire skills in food preparation techniques.
2. To use appropriate methods of cooking for preparation of specific food products.

**UNIT**

- I. Cooking : (a) Dokla, (b) Poha, (c) Veg Rolls, (d) Gulab Jamun, (e) Pastas Ice Cream, (f)Veg soups, (g) Chikki
- II. Visit of Local Food Industry
- III. Prepare: (a) Height & weight chart of growing children (b) Pictorial chart of motor duet for the child of zero to one year.
- IV. Characteristics features of children's cloths & books.

**B.A.**  
**SEMESTER-I**  
**HOME SCIENCE HONOURS**  
**GENERIC ELECTIVE THEORY PAPER-1**  
**INTERIOR DECORATION**

**GE-1.T.**

**Full Marks:60**

**Credits-04 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To understand about interior decoration & different types of Flower arrangement, Furniture and Furnishing materials

**THEORY**

**UNIT**

- I. Interior decoration: Elements and principle of design.
- II. Colour & its role in home decoration.
- III. Flower arrangement: Meaning and Types.
- IV. Furniture & Furnishing : Types & factors affecting purchasing of furniture & home furnishing materials. Care of furniture & furnishing materials.

**Recommended Books:**

1. *GRIH PRABANDH* : DR. G P SHAIRI
2. *GRIH SAZZA & GRIH VAYVASTHA* : DR. S. P. Sukhiya
3. *PARIVARIK SADHNO KI VAYVASTHA* : BARMA & PANDEY
4. *Home Management* : Vargese M.A.

**B.A.**  
**SEMESTER-I**  
**HOME SCIENCE HONOURS**  
**GENERIC ELECTIVE PRACTICAL PAPER-1**  
**INTERIOR DECORATION**

**GE-1.P.**

**Full Marks:20**

**Credits-2**

1. Flower arrangement in different styles.
2. Colour wheel preparation.
3. Presentation on Market survey of furnishing materials

**B.A.**  
**SEMESTER-I**  
**HOME SCIENCE HONOURS**  
**Ability Enhancement Compulsory Course-1**

**AECC-1**

**Full Marks:40**

**English / MIL Communication**



**B.A**  
**SEMESTER-II**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-3**  
**INTRODUCTION TO RESOURCE MANAGEM**

**C.C-3.T.**  
**Credits-4 (Lecture – 60)**

**Full Marks:- 60**  
**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**OBJECTIVES:**

1. To understand about management process and family resource.
2. To learn about management of money, energy and time.

**THEORY**

**UNIT**

- I. Home Management: Concepts, process and importance. Decision making process.
- II. Motivating factors of management: Value, goals & standards. Types, Importance.
- III. A. Family resources: Types, characteristics & importance.  
B. Money management: Family income & expenditure. Family Accounts: Importance & types. Budget: Meaning, types & importance.  
C. Saving & investment: Meaning, objectives & importance. Means of saving i.e., bank, Insurance, private & public sectors schemes, provident fund scheme. Types of Investments.
- IV. Management of energy: Work simplifications.

**Recommended Books:**

1. *GRIH PRABANDH* : DR. G P SHAIRI
2. *GRIH SAZZA & GRIH VAYVASTHA* : DR. S. P. Sukhiya
3. *PARIVARIK SADHNO KI VAYVASTHA* : BARMA & PANDEY
4. *Home Management* : Vargese M.A.

**B.A.**  
**SEMESTER-II**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-4**  
**INTRODUCTION TO TEXTILE SCIENCE**

**C.C-4.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. Acquaint with different textiles and their performances.
2. Impart knowledge on different textile

**UNIT**

- I. Textiles: Introduction, classification & importance.
- II. A. Composition, chemical & physical properties & uses of cotton, wool, silk, nylon & polyester.  
B. Identification of textile fibres.
- III. Methods of Yarn making & weaving and their effects on quality of fabrics.
- IV. Finishes: Meaning, aims and methods.

**Recommended Books:**

1. *VASTR VIGYAN KE SIDHANT* : *Dr. Rani Khanuja*
2. *VASTR VIGYAN* : *BARMA & PANDEY*

**B.A.**  
**SEMESTER-II**  
**HOME SCIENCE HONOURS**  
**CORE COURSE PRACTICAL-3&4**

**C.C-3&4P**

**Full Marks:40**

**Credits-4**

**Hours-3**

1. Method of Weaving.
2. Identification of Textile Fibre: Visual & Thermal.
3. Classification of Textile Fibre.
4. Preparation of Family Budget.

**Recommended Books:**

1. *Grih Prabandh* : *Dr. J.P.Shorry*
2. *VASTR VIGYAN* : *BARMA & PANDEY*

**B.A.**  
**SEMESTER-II**  
**HOME SCIENCE HONOURS**  
**GENERIC ELACTIVE THEORY PAPER-2**  
**FUNDAMENTALS OF FOOD & NUTRITION**

**GE-2.T**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To understand of basic concepts of food & nutrition, role of various nutrients & their requirements, role of deficiency & excess and metabolism of nutrients.

**THEORY UNIT**

- I. Meaning & definition of nutrition, nutrients & food. Functions of food.
- II. Structure, classification, functions, sources, recommended dietary allowances, deficiency & excess (in brief) of carbohydrates, fats and proteins,
- III. Vitamins, minerals & water.
- IV. Digestion, absorption metabolism of carbohydrates, fats & proteins.

**Recommended Books:**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1. <i>Foods &amp; Nutrition</i> | : <i>MS. Swaminathan.</i>   |
| 2. <i>Food Science</i>          | : <i>Mudambi, S.R.</i>      |
| 3. <i>Nutritional Science</i>   | : <i>B. Srilakshmi</i>      |
| 4. <i>AHHAR &amp; POSHAN</i>    | : <i>BARMA &amp; PANDEY</i> |
| 5. <i>POSHAN VIGYAN</i>         | : <i>S P SUKHIYA</i>        |
| 6. <i>Aahar Poshan Vigyan</i>   | : <i>Dr. Asha Kumari</i>    |

**B.A.**  
**SEMESTER-II**  
**HOME SCIENCE HONOURS**  
**GENERIC ELACTIVE PRACTICAL PAPER-2**

**GE-2.P.**

**Full Marks:20**

**Credits-2**

**Hours-6**

- I. Cooking : (a) Dokla, (b) Poha, (c) Veg Rolls, (d) Gulab Jamun, (e) Pastas Ice Cream,  
(f)Veg soups, (g) Chikki

**B.A.**  
**SEMESTER-II**  
**HOME SCIENCE HONOURS**  
**Ability Enhancement Compulsory Course-2**

**AECC-2**

**Full Marks:40**

**Environmental Science**

**B.A.**

**SEMESTER-III**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-5**  
**APPLIED FOOD AND NUTRITION**

**C.C-5.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To learn about nutritional contributions of different foods & different methods of improving nutritional quality of food.

**THEORY**

**UNIT**

- I. Composition & nutritional contributions of cereals, pulses, fruits, vegetables, milk & milk products, nut & oilseeds, meat, fish & poultry, eggs, sugars, beverages & spice & condiments.
- II. Method of Cooking, their advantages & disadvantages.
- III. Changing during cooking and their effect on nutritive value.
- IV. Methods of improving nutritional quality of food. Germination, Fermentation, Supplementation, Fortification and Enrichment.

**Recommended Books:**

- |                                 |                    |
|---------------------------------|--------------------|
| 1. <i>Foods &amp; Nutrition</i> | : MS. Swaminathan. |
| 2. <i>Food Science</i>          | : Mudambi, S.R.    |
| 3. <i>Nutritional Science</i>   | : B. Srilakshmi    |
| 4. <i>AHHAR &amp; POSHAN</i>    | : BARMA & PANDEY   |
| 5. <i>POSHAN VIGYAN</i>         | : S P SUKHIYA      |
| 6. <i>Aahar Poshan Vigyan</i>   | : Dr. Asha Kumari  |

**B.A.**

**SEMESTER-III**  
**HOME SCIENCE HONOURS**  
**CORE COURS THEORY PAPER-6**  
**FAMILY RELATIONSHIP**

**C.C-6.T**

**Full Marks:60**

**Credits- 4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

**The student will**

1. Acquire knowledge and insight about marriage and family systems in India.
2. Became aware of the changing roles and relationship within family.
3. Understand the families in crisis.

**THEORY UNIT**

- I. The Family: Definitions, Types and Life Cycle.
- II. Marriage: Goals, Functions and challenges.
- III. Interrelationship within family: Role, rights and responsibilities with the family.
- IV. A. Families & Problems: Marital disharmony, families in distress, violence, dowry, violence against women.  
B. Intervention for families in trouble- scope, needs, counselling: pre marital & marital. Welfare & rehabilitation policies & programme.

**Recommended Books:**

1. *The Urban family:A study of Hindu Social system* : A K Lal
2. *Parivarik Sambandh* : BARMA & PANDEY

**B.A.**

**SEMESTER-III**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-7**  
**RESEARCH METHODOLOGY AND STATISTICS**

**C.C-7.T**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objective:-**

1. To acquaint students with the concept of research and statistics.
2. To develop an understanding of the nature and scope of research and statistics.

**Contents:-**

**Units-**

1. Research – Meaning , scope and importance.
2. Interview
3. Schedule and questionnaire
4. Meaning and scope of statistics

**Reference book:-**

1. M.K.Gupta and D.D. Dhama, Sosial Research Sahitya Bhawan, Agra.
2. Dr. B. N. Gupta, Statistics,
3. H.K.Kapil, Research Methods, Hari Prasad Bhargaw.(Hindi version)

**B.A.**



**SEMESTER-III**  
**HOME SCIENCE HONOURS**  
**CORE COURSE PRACTICAL PAPER-5,6&7**

**C.C-5,6&7P**

**Full Marks-60**

**Credits-6**

**Hours-6**

**UNIT**

1. Development of Food products by germination and fermentation - Sprouts, Idli and Dhokla.
2. Preparation of Jam, Jelly and Sauce.
3. Survey of rural & urban family .
4. Poster making on AIDS.
5. Visit to Old Age Home.

**B.A.**

**SEMESTER-III**  
**HOME SCIENCE HONOURS**  
**GENERIC ELECTIVE THEORY PAPER-3**  
**COMMUNITY NUTRITION**

**GE-3.T.**

**Full Marks:60**

**Credits- 4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To be familiar with community nutritional problem, cause and its eradication.
2. To understand about role of welfare programme and organization for community health.
3. To know common health hazards and methods of nutritional assessment.

**THEORY**

**UNIT**

- I. National nutritional programme .
- II. Nutritional education: Objectives, Methods & Importance.
- III. Role of national and international Organization in improving nutritional status of the community.(FAO, ANP, ICDS, WHO, UNESCO, UNICEF)
  
- IV. Hazards of community nutritional status:
  - Food adulteration
  - Food Poisoning
  - Pesticide residues in Food.
  - Food contamination.

**Recommended Books:**

1. *UPCHARATH AAHAR THA SAMUDAYIK POSHAN* : B.K. Bakshi
2. *AHHAR & POSHAN* : BARMA & PANDEY

**B.A.**  
**SEMESTER-III**  
**HOME SCIENCE HONOURS**  
**GENERIC ELECTIVE PRACTICAL PAPER-3**

**GE-3.P.**

**Full Marks:20**

**Credits- 2**

**Hours-6**

**Unit:-**

1. Decoration of Salad.
2. Soups and Juices.
3. Poster Making.
4. Visit to Block & Primary Health Centre.

**B.A.**

**SEMESTER-III  
HOME SCIENCE HONOURS  
SKILL ENHANCEMENT COURSE-1**

SEC-1

Full Marks: 40

Credits- 2

Hours-3

**Computer Basic**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Unit 1 – a. Fundamental of computers-** Data information, computer architecture, Number system, generation and Computer History.

**b. operating system-** DOS, Windows.

**Unit 2 – M.S. office-** word, excel, power point presentation

**Unit 3 - Internet and HTML-** Fundamentals, browsing, creating an E-mail account, sending an E- Mail.

**Unit 4-** Computer application in Home Science.

**OR**

**Food Preservation & Processing.**

1. A) Food which can be preserved – food which need to preserved at

Various seasons.

B) Food preservation – physical methods,drying, freeze drying, heat

treatment, irradiation, high pressure processing, chemical preservatives & natural anti microbial compounds. biologically based preservation, system & probiotic bacteria.

2. A) Spoiling of different groups of food.

B) Micro organisms of importance in food.

3) Fermentation technology – use of yeast, milk product, fermented vegetables, beer, vinegar, fermented soy products

4.A) Fruits and vegetables processing canning with special reference to fruit & vegetable syrup for being a pail age and canned food

Precaution to be taken. Principles of food concentration fruit

Concentration, jam, jelly, promotional aspects.

B) Packing, pickles, chutney, sauces.

#### **Suggested Books :-**

1. Adams M.R. and M.G. Moss (1993) – Food microbiology, 1<sup>st</sup> edition , New age international (p) Ltd.
2. Mat/S.A. (1996) – Bakerytechnology & engineering, Third edition, CBS Publishers,New Delhi.
3. Gould. G.W. (1995) – New methords of food preservation, Blackie Academic & professional,London.
4. Dr. Shyam Sundar Srivastava- Food preservation Principles & Methods, Kitab Mahal, Allahabad.

5. Dr. Madhu Chanda - Food preservation, Bharat Prakashan Mandir.

**B.A.**  
**SEMESTER-IV**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-8**  
**NUTRITIONAL MANAGMENT**

**C.C-8.T**

**Credits-4 (Lecture – 60)**

**Full Marks-60**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**OBJECTIVES:**

1. To understand about normal diet and modified diet.
2. To learn about nutritional requirement during different age group.

**THEORY UNIT**

- I. Health: Definition & dimensions.
- II. A. Energy requirement for different age groups, factors affecting energy requirement..  
B. Balance Diet
- III. Meal planning: Definitions, importance, principles & factors affecting meal planning.
- III. Nutritional requirements of infant, preschool children, school going children, adolescents, adult, old aged, pregnant & lactating women.

**Recommended Books:**

1. *AAHAR & UPCHARATMAK POSHAN* : *B.D. Harpalani*
2. *AAHARIKI* : *BARMA & PANDEY*
3. *AHHAR & POSHAN* : *BARMA & PANDEY*
4. *Dietetics* : *Sri Lakshmi, B.*
5. *Food & Nutrition* : *M.S. Swaminathan*

B.A.  
**SEMESTER-IV**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-9**  
**INTRODUCTION TO EXTENSION EDUCATION**

C.C-9.T.

Full Marks: 60

Credits-4 (Lecture – 60)

Hours-3

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. Understand the widening concept of extension.
2. Be aware of the extension models in practice and their scope in facilitating development.

**THEORY UNIT**

- I. Meanings, scope, objectives & importance of extension education.
- II. Philosophy & Principle of extension education.
- III. Extension teaching methods: Classifications, factors affecting choice & use of methods.
- IV. A. Rural sociology & its importance for extension workers. Characteristics of rural life.  
B. Leader: functions, qualities & identifications.

**Recommended Books:**

1. PRASAR SHIKSHA & SANCHAR VAYVASTHA : Shaw & Shaw
2. PRASHAR SHIKSHA : Dr. Harpalini.

B.A.  
**SEMESTER-IV**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-10**  
**COMMUNICATION PROCESS IN DEVELOPMENT**

**C.C-10.T.**

**Full Marks: 60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

To enable students to:

1. understand the process of communication in development work.
2. develop skills in the use of methods & media.

**THEORY**

**UNIT**

- I. Concept of communication: Meaning & importance, Purpose & existing patterns.  
Factors that help or hinder communication.
- II. Communication Process: Types, Gaps, Importance and basis for effective communication.
- III. Methods of communication to reach individual Group & Mass: Personal conference, Interviews, House Visits, Exhibits, Group Discussion, Demonstrations, Workshop, Videos, Films, Camp.
- IV. A. Role of Home Science in rural development.  
B. Welfare programme for rural worker and children.

**Recommended Books:**

1. *Prasar Shikha & Sanchar Vayvastha*

: *Shaw & Shaw*



2. *Prasar Shikha*

: *Dr. Harpalini*

B.A.

**SEMESTER-IV**

**HOME SCIENCE HONOURS**

**CORE COURSE PRACTICAL PAPER-8,9&10**

**C.C-8,9&10.P.**

**Full Marks: 60**

**Credits- 6**

**Hours-6**

**Units:-**

- I. Preparation of Meal Planning : Pregnant women, Office worker, Lactating mother, School going children
- II. Poster making
- III. Visit to specific measures for women and children such as DWCRA, ICDS, Anganwadi
- IV. Leaflets making

**B.A.**  
**SEMESTER-IV**  
**HOME SCIENCE HONOURS**  
**GENERIC ELECTIVE THEORY PAPER-4**  
**APPLIED FOOD AND NUTRITION**

**GE-4.T**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To learn about nutritional contributions of different foods & different methods of improving nutritional quality of food.

**THEORY**

**UNIT**

- I. Composition & nutritional contributions of cereals, pulses, fruits, vegetables, milk & milk products, nut & oilseeds, meat, fish & poultry, eggs, sugars, beverages & spice & condiments.
- II. Method of Cooking, their advantages & disadvantages.
- III. Changing during cooking and their effect on nutritive value.
- IV. Methods of improving nutritional quality of food. Germination, Fermentation, Supplementation, Fortification and Enrichment.

**Recommended Books:**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1. <i>Foods &amp; Nutrition</i> | : <i>MS. Swaminathan.</i>   |
| 2. <i>Food Science</i>          | : <i>Mudambi, S.R.</i>      |
| 3. <i>Nutritional Science</i>   | : <i>B. Srilakshmi</i>      |
| 4. <i>AHHAR &amp; POSHAN</i>    | : <i>BARMA &amp; PANDEY</i> |
| 5. <i>POSHAN VIGYAN</i>         | : <i>S P SUKHIYA</i>        |
| 6. <i>Aahar Poshan Vigyan</i>   | : <i>Dr. Asha Kumari</i>    |

**B.A.**  
**SEMESTER-IV**  
**HOME SCIENCE HONOURS**  
**GENERIC ELECTIVE PRACTICAL PAPER-4**

**GE-4.P.**

**Full Marks-20**

**Credits-2**

**Hours-6**

**UNIT**

1. Development of Food products by germination and fermentation, Sprouts, Idli and Dhokla.
2. Preparation of Jam, Jelly and Sauce.

**B.A.**  
**SEMESTER-IV**  
**HOME SCIENCE HONOURS**  
**SKILL ENHANCEMENT COURSE-2**  
**BAKERY**

**SEC-2**

**Full Marks:40**

**Credits- 2**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To gain knowledge regarding the process involved in baking & attain skill in preparing baked item.

**Content:-**

**Units:-**

- I. Baking - Principles of baking.
- II. Ingredients – Weight measurement, Volume & Quality.
- III. Baking Ingredient –
  - \*Flour composition, nature of gluten, its function & absorption.
  - \*Leaving Agents – Classification, function.
  - \*Fats importance, Classification, function & its role in baking.
  - \*Miscellanies Items – Egg, Salt, Sugar, Colouring agents.Methodology for baking mixing kneeding, creaming, cutting, fermentation, puffing etc.
- IV. Standardisation of items – Steps involved in the preparation of bread, cakes, Biscuits, cookies, & pastries, tandoori.
  - \*Decorative of baked foods, types of icing.
  - \*Materials and equipment for baking, study of baking equipments.
  - \*Chemical Analysis – The operation, proper atmosphere, how to yeast act, traditional yeast.

\*The Improver – colour, sugandh & gulbaranak chemical, cocoa & chocolate, cream, colour, flavour, species, oxidizing agent, emulsifier and anti-oxidants.

**B.A.**  
**SEMESTER-V**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-11**  
**CLOTHING & TEXTILE**

**C.C-11.T.**

**Full Marks: 60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To acquaint students with the different textile their processing & choice and care of fabric.
2. To develop skill in clothing constriction.

**THEORY UNIT**

- I.* Principle of clothing constriction: General principle of clothing constriction, Drafting & making Paper Patterns, Taking body measurements for different garments, Layout of pattern, Cutting& marketing.
- II.* A. Traditional Textile of India.  
B. Readymade Vs Homemade Garments. Factors affecting selection of Fabric.
- III.* Dyeing & Printing: Classification of Dues & their applicability to different fibres.  
Methods of dyeing.
- IV.* Care & Storage of Fabric.

**Recommended Books:**

1. *VASTR VIGYAN KE SIDHANT* : *Dr. Rani Khanuja*
2. *VASTR VIGYAN* : *BARMA & PANDEY*

**B.A.**  
**SEMESTER-V**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-12**  
**HOME DECORATION**

**C.C-12.T**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To understand about interior decoration & different types of Flower arrangement, Furniture and Furnishing materials

**THEORY**

**UNIT**

- I. Interior decoration: Elements and principle of design. Colour & its role in home decoration.
- II. Flower arrangement: Meaning and Types.
- III. Planning of rooms for different activities of family: Lighting arrangement in different rooms.
- IV. Furniture & Furnishing : Types & factors affecting purchasing of furniture & home furnishing materials. Care of furniture & furnishing materials.

**Recommended Books:**

1. *GRIH PRABANDH* : DR. G P SHAIRI
2. *GRIH SAZZA & GRIH VAYVASTHA* : DR. S. P. Sukhiya
3. *PARIVARIK SADHNO KI VAYVASTHA* : BARMA & PANDEY

**B.A.**  
**SEMESTER-V**  
**HOME SCIENCE HONOURS**  
**CORE COURS PRACTICAL PAPER-11&12**

**C.C-11&12P**

**Full Marks-40**

**Credits-4 (Lecture – 60)**

**Hours-6**

1. Needle work and tailoring equipments, their use and care.
2. Preparation of garments
  - (a) Petticoat and blouse
  - (b) Churidar Kurta(Girls)
  - (c) Pajama & Kurta(Boys).
3. Preparation of Embroidered articles.
4. Visit to Textile industry: Textile & Modern.
5. Flower arrangement in different styles.
6. Colour wheel preparation.

**B.A.**  
**SEMESTER-V**  
**HOME SCIENCE HONOURS**  
**DISCIPLINE SPECIFIC ELECTIVE THEORY PAPER-1**  
**COMMUNITY NUTRITION**

**DSE-1.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

1. To be familiar with community nutritional problem, cause and its eradication.
2. To know common health hazards and methods of nutritional assessment.

**THEORY**

**UNIT**

- I. Basic concepts of community nutrition & factors influencing community nutrition.
- II. Common nutritional problems in India: Causes & eradications.
- III. A. Assessment of the nutritional status of community: Anthropometry, clinical examinations, vital statistics.  
B. Immunisation schedule of Infant & Children.
- IV. Food habits: Meaning & factors affecting food habits.

**Recommended Books:**

1. *UPCHARATH AAHAR THA SAMUDAYIK POSHAN* : *B.K. Bakshi*
2. *AHHAR & POSHAN* : *BARMA & PANDEY*



**B.A.**  
**SEMESTER-V**  
**HOME SCIENCE HONOURS**  
**DISCIPLINE SPECIFIC ELECTIVE THEORY PAPER-2**  
**HUMAN PHYSIOLOGY**

**DSE-2.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

**To become acquainted with:**

1. An elementary idea about human physiology
2. Role of enzymes & hormones in the body

**THEORY**

- I. Human cell, tissues and its functions.
- II. Enzymatic action with special reference to digestion, absorption and metabolism of food.
- III. Endocrine glands and Hormones: Thyroid, Adrenal, Pituitary, Pancreas and Reproductive.
- IV. Digestive System: Structure & functions of digestive organs.

**Recommended Books:**

1. *Foods & Nutrition* : MS. Swaminathan.
2. *Food Science* : Mudambi, S.R.
3. *Nutritional Science* : B. Srilakshmi
4. *AHHAR & POSHAN* : BARMA & PANDEY
5. *POSHAN VIGYAN* : S P SUKHIYA
6. *Aahar Poshan Vigyan* : Dr. Asha Kumari

**B.A.**  
**SEMESTER-V**  
**HOME SCIENCE HONOURS**  
**DISCIPLINE SPECIFIC ELECTIVE PRACTICAL PAPER-1&2**

**DSE-1&2.P.**

**Full Marks:40**

**Credits-4 (Lecture – 60)**

**Hours-6**

**Units:-**

1. Assessing nutritional status of children by using anthropometric measurement
  
2. clinical methods prepare a project on specific nutritional deficiency disease - identification of symptoms, causes ,effect and developing awareness to prevent them
  
3. Draw the diagram of different internal physiological system with pointing out the subparts and their name.

**B.A.**  
**SEMESTER-VI**  
**HOME SCIENCE HONOURS**  
**CORE COURS THEORY PAPER-13**  
**HOME DECORATION**

**C.C-13.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

2. To understand about interior decoration & different types of Flower arrangement, Furniture and Furnishing materials

**THEORY**

**UNIT**

- I. Interior decoration: Elements and principle of design. Colour & its role in home decoration.
- II. Flower arrangement: Meaning and Types.
- III. Planning of rooms for different activities of family: Lighting arrangement in different rooms.
- IV. Furniture & Furnishing : Types & factors affecting purchasing of furniture & home furnishing materials. Care of furniture & furnishing materials.

**Recommended Books:**

1. *GRIH PRABANDH* : *DR. G P SHAIRI*
2. *GRIH SAZZA & GRIH VAYVASTHA* : *DR. S. P. Sukhiya*
3. *PARIVARIK SADHNO KI VAYVASTHA* : *BARMA & PANDEY*
4. *Home Management* : *Vargese M.A.*

**B.A.**  
**SEMESTER-VI**  
**HOME SCIENCE HONOURS**  
**CORE COURSE THEORY PAPER-14**  
**EARLY CHILDHOOD CARE & EDUCATION**

**C.C-14.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

- 1.To understand about intelligence, early childhood education.
2. To understand importance of play & family relationship.

**THEORY**

**UNIT**

- I. Child rearing practices: Introduction & different techniques of child rearing.
- II. Early childhood education and its importance, Nursery School-Role, Scope & importance.
- III. Child parent relationship: Introduction, Over Protection: Cause & Impact.
- IV. A. Play: Introduction, Utility & importance in development. Types of play & characteristics of Child play.  
B. Substitute care at Home & Outside: Introduction, Importance.

**Recommended Books:**

1. *BAL VIKAS & PARIVARIK SAMBANDH* : Dr. Mathureshwar Parik.
2. *MATRIKALA & SHISHU KALYAN* : Dr. G.P. Shairi
3. *MANAV VIKASH* : BARMA & PANDEY
4. *PARIVARIK SAMBANDH* : BARMA & PANDEY
5. *Child Development* : Hurlock, E.B.
6. *Bal Vikas* : Nita Agarwal

**B.A.**  
**SEMESTER-V**  
**HOME SCIENCE HONOURS**  
**CORE COURS PRACTICAL PAPER-13&14**

**C.C-13&14P.**

**Full Marks: 40**

**Credits-4 (Lecture – 60)**

**Hours-6**

1. Flower arrangement in different styles.
2. Colour wheel preparation.
3. Preparation of Play material for child.
4. Preparation of food items for early childhood.

**B.A.**  
**SEMESTER-VI**  
**HOME SCIENCE HONOURS**  
**DISCIPLINE SPECIFIC ELECTIVE THEORY PAPER-3**  
**THERAPEUTIC NUTRITION**

**DSE-3.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**OBJECTIVES:**

1. To gain knowledge about therapeutic diet in different disease and mode of feeding.

**Contents Units:-**

- I. Principles of diet therapy,
- II. modification of diet – types, importance
- III. Nutritional management & diet planning for:
  - Under weight & overweight
  - Typhoid
  - Constipation
  - Heart disease: hypertension
  - Diabetes
  - Peptic ulcer
  - Hepatitis
  - Kidney disease: kidney failure
- IV. Feeding methods: Meaning & types.

**Recommended Books:**

- |                               |                    |
|-------------------------------|--------------------|
| 1. AAHAR & UPCHARATMAK POSHAN | : B.D. Harpalani   |
| 2. AAHARIKI                   | : BARMA & PANDEY   |
| 3. AHHAR & POSHAN             | : BARMA & PANDEY   |
| 4. Dietetics                  | : Sri Lakshmi, B.  |
| 5. Food & Nutrition           | : M.S. Swaminathan |

**B.A.**  
**SEMESTER-VI**  
**HOME SCIENCE HONOURS**  
**DISCIPLINE SPECIFIC ELECTIVE THEORY PAPER-4**  
**COMMUNITY NUTRITION II**

**DSE-4.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Objectives:**

- 1.To be familiar with community nutritional problem, cause and its eradication.
- 2.To understand about role of welfare programme and organization for community health.
- 3.To know common health hazards and methods of nutritional assessment.

**THEORY**

**UNIT**

- I. National nutritional programme .
- II. Nutritional education: Objectives, Methods & Importance.
- III. Role of national and international Organization in improving nutritional status of the community.
- IV. Hazards of community nutritional status:
  - Food adulteration
  - Food Poisoning
  - Pesticide residues in Food.
  - Food contamination.
  - Food Spoilage Preservation: Type & Importance.

**Recommended Books:**

1. *UPCHARATH AAHAR THA SAMUDAYIK POSHAN* : B.K. Bakshi
2. *AHHAR & POSHAN* : BARMA & PANDEY

**B.A.**  
**SEMESTER-VI**  
**HOME SCIENCE HONOURS**  
**DISCIPLINE SPECIFIC ELECTIVE PRACTICAL PAPER-3&4**

**DSE-3&4P.**

**Full Marks:40**

**Credits-4 (Lecture – 60)**

**Hours-6**

- 1..Prepare modified diet for constipation, diabetes patient.
- 2.Planning and preparation of diet and calculation of nutrient for the patients of :-  
    Cardio – vascular disease - hypertension and atherosclerosis  
    Gastrointestinal Problems- Diarrhoea,  
  
    Obesity.
- 3.Planning a days meal for deficiency disease
  - a. Vitamin 'A' deficiency.
  - b. Calcium deficiency.
  - c. Anaemia
  - d. Protein calorie malnutrition.
- 4.Visit to Block & Primary Centre



**OR**

**B.A.**

**SEMESTER-VI**

**HOME SCIENCE HONOURS**

**CORE COURSE THEORY PAPER-13**

**ENTREPRENEURSHIP DEVELOPMENT AND ENTERPRISE**

**MANAGEMENT**

**C.C-13.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Unit I: Entrepreneurship Development 18**

- Entrepreneurship- concept, definition, need and significance of entrepreneurship development in India, entrepreneurship growth process, barriers, entrepreneurship education model.
- Entrepreneur-their characteristics, types, gender issues, role demands and challenges.
- Entrepreneurial Motivation.
- Challenges faced by Women Entrepreneurs

42

**Unit II: Enterprise Planning and Launching 20**

- Types of enterprises classification based on capital, product, location, ownership pattern and process
- Sensing business opportunities and assessing market potential; market research
- Appraising of project and feasibility

**Unit III: Enterprise Management and Networking 22**

- Managing Production
  - Organizing Production; input-output cycle
  - Ensuring Quality
- Managing Marketing
  - Understanding markets and marketing
  - Functions of Marketing
  - 4Ps of Marketing(same as marketing mix)
- Financial Management
  - Meaning of Finance
  - Types and Sources of Finance

- Estimation of project cost
- Profit Assessment
- Networking of Enterprises

#### **RECOMMENDED READINGS**

- Gundry Lisa K. & Kickul Jill R.,2007, Entrepreneurship Strategy: Changing Patterns in New Venture Creation, Growth, and Reinvention, SAGE Publications, Inc.
- Taneja & Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia Publishing Company

### **B.A.**

#### **SEMESTER-VI**

#### **HOME SCIENCE HONOURS**

#### **PRACTICAL PAPER-13**

**C.C-13.P.**

**Full Marks:20**

**Credits-2**

**Hours-3**

#### **PRACTICAL**

1. SWOT analysis with respect to entrepreneurial competencies through case profiling of successful entrepreneurs and enterprises. **2**
2. Achievement Motivation lab-development of entrepreneurial competencies **3**
3. Survey of an institution facilitating entrepreneurship development in India. **3**
4. Preparation of business plan. **6**

#### **RECOMMENDED READINGS**

- Gundry Lisa K. & Kickul Jill R.,2007, Entrepreneurship Strategy: Changing Patterns in New Venture Creation, Growth, and Reinvention, SAGE Publications, Inc.
- Taneja & Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia Publishing Company

### **B.A.**

#### **SEMESTER-VI**

#### **HOME SCIENCE HONOURS**

#### **DISCIPLINE SPECIFIC ELECTIVE THEORY PAPER-3**

#### **INDIAN TEXTILE HERITAGE**

**DSE-3.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Unit 1: Study of Textile Crafts of India: with reference to history, production centers, techniques, designs, colours and products**

- Woven Textiles-Benaras Brocades , Jamdanis and Baluchars of Bengal, Kani 12 Shawls of Kashmir
- Embroidered Textiles-Kanthas of Bengal, Kasuti of Karnataka, Phulkari 12 of Punjab, Chikankari of Uttar Pradesh, Kashida of Kashmir, Gujarat embroideries
- Painted and Printed textiles –Kalamkaris of Andhra Pradesh, Dabu printing of 10 Rajasthan , Ajarakh prints of Gujarat
- Dyed textiles –Bandhnis of Rajasthan and Gujarat, Ikats- Patola of Gujarat, 10 41

Bandhas of Orissa, TeliaRumal

**Unit 2: Conservation of Traditional Textiles 8**

- Factors influencing degradation of textiles
- Care and storage techniques

**Unit 3: Status of Traditional Textiles in Modern India 8**

- Evolution and socio-economic significance of Khadi, Handloom and Handicraft sector
- Sustenance of traditional textile crafts
- Interventions by organizations

**Recommended Readings:**

1. Agarwal, O.P., 1977, Care and Presentation of Museum projects – II, NRL
2. Chattopadhyaya, K.D., 1995, Handicrafts of India, Wiley Eastern Limited, N Delhi
3. Das, Shukla, 1992, Fabric Art- Heritage of India, Abhinav Publications, N Delhi

**B.A.**

**SEMESTER-VI**

**HOME SCIENCE HONOURS**

**DISCIPLINE SPECIFIC ELECTIVE THEORY PAPER-4**

**PATTERN MAKING AND DRAPING**

**DSE-4.T.**

**Full Marks:60**

**Credits-4 (Lecture – 60)**

**Hours-3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Unit I: Introduction to Pattern Making**

- Tools, terms and techniques
- Fabric terms
- Dart and Grain line

## **Unit II : Basic Upper and lower sloper**

- Principles in pattern making for

Upper garment

- Lower garment
- Sleeves
- Collars
- Dresses

## **Unit III: Introduction to Draping**

- Basic Preparation – Equipment, dress form and preparation of muslin

69

- Basic Patterns – Basic Bodice, Basic Skirt
- Pattern Making Principles

## **Unit IV: Designing of the Bodice**

- Dart Variation
- Princess line
- Added fullness
- Necklines including cowl

## **Unit V: Design Variations**

- Midriff
- Yokes
- Collars – Flat, Roll and Stand collars

## **RECOMMENDED READINGS**

- Kiisel K. (2013), Draping: The Complete Course, Laurence King Publishing.
- Armstrong, H.J. (2009), Pattern Making for Fashion Design, Harper Collins Publishers, INC, New York.

**B.A.**

**SEMESTER-VI**

**HOME SCIENCE HONOURS**

**DISCIPLINE SPECIFIC ELECTIVE PRACTICAL PAPER-3&4**

**DSE-3&4P.**

**Full Marks:40**

**Credits-4 (Lecture – 60)**

**Hours-6**

## **PRACTICAL**

1. Traditional Embroideries 3
2. Tie and dye 2
3. Batik 2
4. Block printing 2
5. Portfolio and product development 4
6. Visit to craft centers 1

## **RECOMMENDED READINGS**

- Kiisel K. (2013), Draping: The Complete Course, Laurence King Publishing.
- Armstrong, H.J. (2009), Pattern Making for Fashion Design, Harper Collins Publishers, INC, New York.

**DISSERTATION --- Full Marks - 100**

**Paper wise distribution of marks B.A.H.Sc. General/ Pass.**

Semester	Paper	Paper Name	Total Marks		Distribution of Marks Mid- & End- Semester			
			FM	PM	Mid-Semester		End-Semester	
					FM	PM	FM	PM
<b>Semester -I</b>	<b>CA-1. T.</b>	<b>Food &amp; Nutrition</b>	<b>75</b>	<b>40 %</b>	<b>20% of Total FM</b>	<b>40%</b>	<b>80% of Total Marks</b>	<b>40%</b>
	<b>CB-1.T.</b>		<b>75</b>					
	<b>CC-1.T</b>		<b>75</b>					
	<b>CA-1.P</b>	<b>Practical</b>	<b>25</b>					
	<b>CB-1.P</b>		<b>25</b>					
	<b>CC-1.P</b>		<b>25</b>					
	<b>AECC-1.</b>	<b>English / MIL</b>	<b>50</b>					
<b>Semester -II</b>	<b>CA-2. T.</b>	<b>Family Relationship</b>	<b>75</b>	<b>40 %</b>	<b>20% of Total FM</b>	<b>40%</b>	<b>80% of Total Marks</b>	<b>40%</b>
	<b>CB-2.T.</b>		<b>75</b>					
	<b>CC-2.T</b>		<b>75</b>					
	<b>CA-2.P</b>	<b>Practical</b>	<b>25</b>					
	<b>CB-2.P</b>		<b>25</b>					
	<b>CC-2.P</b>		<b>25</b>					
	<b>AECC-2</b>	<b>Environment Science</b>	<b>50</b>					

<b>Semester -III</b>	CA-3. T. CB-3.T. CC-3.T CA-3.P CB-3.P CC-3.P SEC-1.T	<b>Textile &amp; Clothing</b>  <b>Practical</b>  <b>Bakery</b>	75 75 75 25 25 25 50	<b>40 %</b>	<b>20% of Total FM</b>	<b>40%</b>	<b>80% of Total Marks</b>	<b>40%</b>
<b>Semester -IV</b>	CA-4. T. CB-4.T. CC-4.T CA-4.P CB-4.P CC-4.P SEC-2.T	<b>Home Management</b>  <b>Practical</b>  <b>Food Preservation and Processing</b>	75 75 75 25 25 25 50	<b>40 %</b>	<b>20% of Total FM</b>	<b>40%</b>	<b>80% of Total Marks</b>	<b>40%</b>
<b>Semester -V</b>	DSE.A.1.T DSE.B.1.T DSE.C.1.T DSE.A.1.P DSE.B.1.P DSE.C.1.P SEC.-3.T	<b>Community Nutrition</b>  <b>Practical</b>  <b>Clothing Construction and Indian Embroidery</b>	75 75 75 25 25 25 25	<b>40 %</b>	<b>20% of Total FM</b>	<b>40%</b>	<b>80% of Total Marks</b>	<b>40%</b>
<b>Semester -VI</b>	DSE.A.2.T DSE.B.2.T DSE.C.2.T DSE.A.2.P DSE.B.2.P DSE.C.2.P SEC.-3.T	<b>Nutritional Management</b>  <b>Practical</b>  <b>Interior Decoration</b>	75 75 75 25 25 25 50	<b>40 %</b>	<b>20% of Total FM</b>	<b>40%</b>	<b>80% of Total Marks</b>	<b>40%</b>

## DEGREE GENERAL / PASS COURSE

### Semester I

### CORE COURSE THEORY A 1

#### FOOD & NUTRITION

CA-1T

Full Marks- 60

Credits-4 (Lecture – 60)

Hours – 3

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

### **UNIT**

- I. Classification, function, deficiency, sources and dietary allowances of Carbohydrates, Fats, Proteins, Vitamins, Minerals and Water.
- II. Nutritional contributions of cereals, pulses, vegetables, milk products, meat, fish, egg and fruits.
- III. Balanced Diet: Meaning, Importance, Meal Planning for Adolescence and Pregnancy.
- IV. Cooking Methods: Types, merits & demerits.
- V. Methods and Importance of Food preservation and Food Spoilage.

### **Recommended Books:**

1. *Foods & Nutrition* : MS. Swaminathan.
2. *Food Science* : Mudambi, S.R.
3. *Nutritional Science* : B. Srilakshmi
4. *AHHAR & POSHAN* : BARMA & PANDEY
5. *POSHAN VIGYAN* : S P SUKHIYA
6. *Aahar Poshan Vigyan* : Dr. Asha Kumari

### **SEMESTER-I**

### **CORE COURSE PRACTICAL PAPER-A1**

**CA-1P**

**Full Marks- 20**

**Credits-2**

1. Preparation different items by different Cooking Methods.
2. Preparation of beverages i.e., Tea, Coffee, Milkshake, Juices, Poha, Vegetable Pakoda, Halwa.

**Semester I**

## ABILITY ENHASEMENT COMPULSARY COURSE 1

AECC-1

English/MIL

Full Marks- 40

Credits-2(Lecture-30)

### Semester- II

#### CORE COURSE THEORY A 2

CA-2T

Full Marks- 60

Credits-4 (Lecture – 60)

Hours – 3

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

#### FAMILY RELATIONSHIP

##### UNIT

- I. The Family: Types and their advantages & disadvantages.
- II. Marriage: Types, Functions and adjustments.
- III. Parent child relationship, sibling relationship and single parenthood.
- IV. Different problems of aged people.
- V. Family planning: Importance, Methods and population education.

##### **Recommended Books:**

1. *AAHAR POSHAN VIGYAN* : Dr. Asha Kumari
2. *PARIVARIK SAMBANDH* : BARMA & PANDEY

### SEMESTER-II

#### CORE COURS PRACTICAL PAPER-A2

CA-2P

Full Marks- 20

Credits-2



## UNIT

1. Visit to Old Aged Home.
2. Survey of marriage counseling centre.
3. Survey of Rural & Urban Family.

## Semester II

### ABILITY ENHANCEMENT COMPULSARY COURSE 2

AECC-2

Environmental Science

Full Marks- 40

Credits-2(Lecture-30)

## Semester- III

### CORE COURSE THEORY A 3

CA-3T

Full Marks- 60

Credits-4 (Lecture – 60)

Hours – 3

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

## TEXTILE & CLOTHING

### UNIT

- I. Classification of Textile Fibres.
- II. Yarn making and weaving.
- III. Characteristics of cotton, silk, wool and synthetic fibres.
- IV. Finishing: Objectives and Methods.
- V. Traditional Textile of India.
- VI. Care and storage of fibres.

#### Recommended Books:

1. *VASTR VIGYAN KE SIDHANT* : Dr. Rani Khanuja
2. *VASTR VIGYAN* : BARMA & PANDEY

**SEMESTER-III**  
**CORE COURS PRACTICAL PAPER-A3**

**CA-3P**  
**Credits-2**

**Full Marks- 20**

**UNIT**

1. Drafting, Cutting & sewing of Baby frocks, Blouse, Peticcoat and Knitting of Cardigon.
2. Preparation of embroidered articles.
3. Visit to Textile Industry.

**Semester III**  
**SKILL ENHASEMENT COURSE-1**

**SEC-1T**

**Full Marks- 40**

**Credits-2(Lecture-30)**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**BAKERY**

**Objectives:**

1. To gain knowledge regarding the process involved in baking & attain skill in preparing baked item.

**Content:-**

**Units:-**

1. Baking - Principles of baking.
2. Ingredients – Weight measurement, Volume & Quality.
3. Baking Ingredient –
  - \*Flour composition, nature of gluten, its function & absorption.
  - \*Leaving Agents – Classification, function.
  - \*Fats importance, Classification, function & its role in baking.

\*Miscellaneous Items – Egg, Salt, Sugar, Colouring agents.

Methodology for baking mixing kneading, creaming, cutting, fermentation, puffing etc.

4. Standardisation of items – Steps involved in the preparation of bread, cakes, Biscuits, cookies, & pastries, tandoori.

\*Decorative of baked foods, types of icing.

\*Materials and equipment for baking, study of baking equipments.

\*Chemical Analysis – The operation, proper atmosphere, how to yeast act, traditional yeast.

\*The Improver – colour, sugar & gulbaranak chemical, cocoa & chocolate, cream, colour, flavour, species, oxidizing agent, emulsifier and anti-oxidant

## **Semester- IV**

### **CORE COURSE THEORY A 4**

**CA-4T**

**Full Marks- 60**

**Credits-4 (Lecture – 60)**

**Hours – 3**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

### **HOME MANAGEMENT**

#### **UNIT**

- I. Home management: Meaning, steps and importance.
- II. Management of resource: Time and energy. Labour saving devices.
- III. Furniture: Types and influencing factors to purchase furniture.
- IV. Household Economics: Budgeting, Account Keeping, Saving and investment.
- V. Elements of Arts and Principle of Decoration. Role of Colour in Household decoration.

**Recommended Books:**

- |   |                             |
|---|-----------------------------|
| 1. <i>GRIH PRABANDH</i>                   | : <i>DR. G P SHAIRI</i>     |
| 2. <i>GRIH SAZZA &amp; GRIH VAYVASTHA</i> | : <i>DR. S. P. Sukhiya</i>  |
| 3. <i>PARIVARIK SADHNO KI VAYVASTHA</i>   | : <i>BARMA &amp; PANDEY</i> |
| 4. <i>Home Management</i>                 | : <i>Vargese M.A.</i>       |

**SEMESTER-IV**  
**CORE COURSE PRACTICAL PAPER-A4**

**CA-4P**

**Full Marks-20**

**Credits-2**

**UNIT**

1. Colour wheel preparation.
2. Cooking: Vegetable Cutlet, Dahi-Para, Stuffed Puree, Cake and Sandwich.
3. Flower arrangement.
4. Spray painting.
5. Cleaning of metal.

**Semester IV**

**SKILL ENHANCEMENT COURSE-2**

**SEC-2T**

**Full Marks- 40**

**Credits-2(Lecture-30)**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Food Preservation & Processing.**

2.                   A) Food which can be preserved – food which need to preserved at

Various seasons.

C) Food preservation – physical methods, drying, freeze drying, heat

treatment, irradiation, high pressure processing, chemical

preservatives & natural anti microbial compounds. biologically

based preservation, system & probiotic bacteria.

2. A) Spoiling of different groups of food.

B) Micro organisms of importance in food.

3) Fermentation technology – use of yeast, milk product, fermented

vegetables, beer, vinegar, fermented soy products

4.A) Fruits and vegetables processing canning with special reference to

fruit & vegetable syrup for being a pail age and canned food

Precaution to be taken. Principles of food concentration fruit

Concentration, jam, jelly, promotional aspects.

B) Packing, pickles, chutney, sauces.

### **Suggested Books :-**

6. Adams M.R. and M.G. Moss (1993) – Food microbiology, 1<sup>st</sup> edition , New age international (p) Ltd.

7. Mat/S.A. (1996) – Bakerytechnology & engineering, Third edition, CBS Publishers,New Delhi.

8. Gould. G.W. (1995) – New methods of food preservation, Blackie

Academic & professional, London.

9. Dr. Shyam Sundar Srivastava- Food preservation Principles & Methods,  
Kitab Mahal, Allahabad.

10. Dr. Madhu Chanda - Food preservation, Bharat Prakashan Mandir.

**SEMESTER-V**  
**DISCIPLINE SPECIFIC ELECTIVE THEORY PAPER-A1**  
**COMMUNITY NUTRITION**

**DSE-A1.T.**

**Full Marks: 60**

**Credits-4 (Lecture – 60)**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

**Unit-**

1. Concept of community nutrition
2. Nutrition problems of the community and implication for public health;-
  - Common health problems in India
  - Causes (Nutritional and non nutritional)
  - Incidence of nutritional problems, signs and symptoms, treatment
    - PEM
    - Micro-nutrient (Vit.A, Iron, Iodine)
    - Fluorosis
3. Hazards to community Health and Nutritional Status
  - Food adulteration
  - Food Poisoning

- Pesticide residues in Food.

- Food contamination.

4. Schemes and programme to combat nutritional problem in India:

-Prophylaxis programme

-Midday meal programme

-ICDS

**Recommended Books:**

1. *UPCHARATH AAHAR THA SAMUDAYIK POSHAN* : B.K. Bakshi

2. *AHHAR & POSHAN* : BARMA & PANDEY

**SEMESTER-V**

**DISCIPLINE SPECIFIC ELECTIVE PRACTICAL PAPER-A1**

**DSE-A1.P.**

**Full Marks: 20**

**Credits-2**

1 .Planning a days meal for deficiency disease

- a. Vitamin 'A' deficiency.
- b. Iodine deficiency.
- c. Anaemia
- d. Protein calorie malnutrition.

2..Visit to Block & Primary Centre

**Semester V**

## **SKILL ENHASEMENT COURSE-3**

### **Clothing Construction and Indian Embroidery**

**SEC-3T**

**Full Marks- 40**

**Credits-2(Lecture-30)**

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

#### **Objective:-**

1. To know the basic principles and techniques of clothing construction.
2. To know the techniques of Indian Embroideries

#### **Contents:-**

Unit 1- Equipment and supplies used in clothing construction, their maintenance with specific reference to sewing machine.

Unit2- General principles of clothing construction. Drafting and making paper patterns. Taking body measurements for different types of garments.

Unit3- Drafting, cutting and stitching of simple garment, such as Apron, Petcot, kurti,salwar, blouse.

Unit4- Indian embroidery.

#### **Reference:-**

1. Anna Jacob:Art of Sewing-UBS PD, New Delhi
2. Pandit Sawitri: Indian Embroidery as variegated Charm, Baroda, faculty of Home Scienc

## **SEMESTER-VI**

### **DISCIPLINE SPECIFIC ELECTIVE THEORY PAPER-A2**

#### **NUTRITIONAL MANAGEMENT**

**DSE-A2.T.**

**Full Marks: 60**

**Credits-4 (Lecture – 60)**

**Hours – 3**



Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

#### UNIT

1. Health: Definition & dimensions.
2. A. Energy requirement for different age groups, factors affecting energy requirement..  
B. Balance Diet
3. Meal planning: Definitions, importance, principles & factors affecting meal planning.
4. Nutritional requirements of infant, preschool children, school going children, adolescents, adult, old aged, pregnant & lactating women.

#### **Recommended Books:**

- |                               |                    |
|-------------------------------|--------------------|
| 6. AAHAR & UPCHARATMAK POSHAN | : B.D. Harpalani   |
| 7. AAHARIKI                   | : BARMA & PANDEY   |
| 8. AHHAR & POSHAN             | : BARMA & PANDEY   |
| 9. Dietetics                  | : Sri Lakshmi, B.  |
| 10. Food & Nutrition          | : M.S. Swaminathan |

### **SEMESTER-V DISCIPLINE SPECIFIC ELECTIVE PRACTICAL PAPER-A2**

**DSE-A2.P.**

**Full Marks: 20**

**Credits-2**

1. Plan & prepare whole day menu for Pregnant women.
2. Plan & prepare whole day menu for Office worker.
3. Plan & prepare whole day menu for Lactating mother.
4. Plan & prepare whole day menu for School going children.
5. Plan & prepare whole day menu for adolescents.

C

## Semester VI

### SKILL ENHASEMENT COURSE-4

SEC-

Interior Decoration

Full Marks- 40

Credits-2(Lecture-30)

Eight questions of equal value will be set, out of which four questions are to be answered. Questions number one will be compulsory (multiple choice or preferably fill in the blanks type) covering the entire syllabus.

#### Objectives:

1. To understand about interior decoration & different types of Flower arrangement, Furniture and Furnishing materials

#### THEORY

#### UNIT

1. Interior decoration: Elements and principle of design.
2. Colour & its role in home decoration.
3. Flower arrangement: Meaning and Types.
4. Furniture & Furnishing : Types & factors affecting purchasing of furniture & home furnishing materials. Care of furniture & furnishing materials.

#### Recommended Books:

5. *GRIH PRABANDH* : DR. G P SHAIRI
6. *GRIH SAZZA & GRIH VAYVASTHA* : DR. S. P. Sukhiya
7. *PARIVARIK SADHNO KI VAYVASTHA* : BARMA & PANDEY
8. *Home Management* : Vargese M.A.

