

**CHAUDHARY RANBIR SINGH UNIVERSITY JIND**

**Scheme of Examination and Syllabus**

**For**

**Under-Graduate Programme**

**Subject: Home Science**

**Scheme - A**

**Under Multiple Entry-Exit**

**Internship and CBCS-LOCF in accordance to NEP-2020**

**w.e.f. 2023-24 (in phased manner)**



**CHAUDHARY RANBIR SINGH UNIVERSITY JIND**  
**Scheme of Examination For Under-Graduate Programme in Subject Home**  
**Science as per NEP 2020**

Under multiple Entry-Exit, Internship & CBCS-LOCF-CCF in accordance to  
w.e.f. 2023-24 (in phased manner)

**Home Science**  
**SEMESTER-1**

Course	Paper(s)	Nomenclature of Paper	Credits	Hours / Week	Internal marks	External Marks	Total Marks	Exam Duration
<b>CC-1</b> 4 credit	B23-HSE-101	Home and Interior Decor'	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
<b>CC-M1</b> 2 credit	B23-HSE-102	Elementary Home Science I	1	1	10	20	30	3hrs.
		Practical	1	2	5	15	20	4hrs.
<b>MDC-1</b> 3 credits	B23-HSE-103	Basics of Home Science I	2	2	15	35	50	3 hrs.
		Practical	1	2	5	20	25	4 hrs.
<b>AEC-1</b> 2 credit	From available AEC-1 pool list of two credit as per NEP							
<b>SEC-1</b> 3 credit	From Available SEC-1 pool list of two credit as per NEP							
<b>VAC-1</b> 2 credit	From Available VAC-1 pool list of two credit as per NEP							

**SEMESTER-2**

Course	Paper(s)	Nomenclature of Paper	Credits	Hrs/ Week	Internal marks	External Marks	Total Marks	Exam Duration
<b>CC-2</b> 4 credit	B23-HSE-201	Nutrition Science	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
<b>CC-M2</b> 2 credit	B23-HSE-202	Elementary Home Science II	1	1	10	20	30	3hrs.
		Practical	1	2	5	15	20	4hrs.
<b>MDC-2</b> 3 credits	B23-HSE-203	Basics in Home Science II	2	2	15	35	50	3 hrs.
		Practical	1	2	5	20	25	4 hrs.
<b>AEC-2</b> 2 credit	From Available AEC-2 pool list of two credit as per NEP							
<b>SEC-2</b> 3 credit	From Available SEC-2 pool list of three credit as per NEP							
<b>VAC-2</b> 2 credit	From Available VAC-2 pool list of two credit as per NEP							

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Internship of 4 credits of 4-6 weeks duration after 2nd semester

**SEMESTER-3**

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-3 4 credit	B23-HSE-301	Basics of Clothing Construction & Apparel Designing	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
MDC-3 3 credits	B23-HSE-302	Basics in Home Science- III	2	2	15	35	50	3 hrs.
		Practical	1	2	5	20	25	4 hrs.
AEC-3 2 credit	From Available AEC-3 pool list of three credit as per NEP							
SEC-3 3 credit	From Available SEC-3 pool list of three credit as per NEP							

**SEMESTER-4**

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-4 4 credit	B23-HSE-401	Advanced Apparel & Textile Designing	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M4(V) 4 credit	From Available CC-M4(V) pool list of four credit as per NEP							
AEC-4 2 credit	From Available AEC-4 pool list of three credit as per NEP							
VAC-3 2 credit	From Available VAC-4 pool list of two credit as per NEP							

Internship of 4 credits of 4-6 weeks duration after 4<sup>th</sup> semester (If not done in 2<sup>nd</sup> Semester)

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**SEMESTER-5**

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-A5 4 credit	B23-HSE-501	Normal & Therapeutic Nutrition I	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M5(V) 4 credit	From Available CC M5(V) pool list of four credit as per NEP							

**SEMESTER-6**

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-6 4 credit	B23-HSE-601	Family Dynamics & Counseling	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M7(V) 4 credit	From Available CC-M7(V) pool list of four credit as per NEP							

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Session: 2023-24

Part A - Introduction

Subject	Bachelor of Home Science		
Semester	I		
Name of the Course	Home and Interior Décor'		
Course Code	B23-HSE- 101		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	CC-1 (Core Course)		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary (10+2)		
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"><li>1.To encourage experimentation with traditional and contemporary materials, technical processes and methods</li><li>2. To impart knowledge and skills for making different floor plans for different income groups.</li><li>3.To develop skills, abilities &amp; knowledge that enable artistic production &amp; creative problem solving skills.</li><li>4. To develop and apply concepts of art &amp; design to create aesthetically pleasing interiors.</li></ol> <p>5*.To acquire professional and entrepreneurial skills like interior decoration, use of waste material and decorative pieces for economic empowerment.</p>		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5

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**Max. Marks:100**  
**Internal Assessment Marks:20(T)+10(P)=30**  
**End Term Exam Marks: 50(T)+20(P)=70**

**Time:3hrs (T)**  
**4hrs(P)**

**Part B- Contents of the Course**

**Instructions for Paper- Setter** The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question.

**Instructions for the candidate:** The candidates will attempt five questions in all, selecting two questions from each unit as well as compulsory questions.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"><li>➤ Interior decoration: Objectives, importance of elements of art in interior decoration.</li><li>➤ Types of design: Structural and decorative and its Application.</li><li>➤ Elements of art: Line, Form, Texture, Light, Pattern, Colour, Space and its Application in Interior Decoration</li></ul>	10
II	<ul style="list-style-type: none"><li>➤ Principles of design: Rhythm, Balance, Proportion, Emphasis, Harmony and its Application in Interior Decoration</li><li>➤ Colour: Properties of Colour, Psychological Effect of Colour, Color Schemes and its Application in the Interior of a House.</li><li>➤ Lighting:<ul style="list-style-type: none"><li>a) Types and requirement for various activities</li><li>b) Lighting fixtures in the home</li></ul></li></ul>	10
III	<ul style="list-style-type: none"><li>➤ Table setting and table manners: Informal and Formal Table Settings (Buffet Style, Indian Style Restaurant Style, Cafe Style)</li><li>➤ Furniture: Types of Furniture, Furniture Arrangement for Different Areas (Bedroom, Drawing Room, Dining Room, Kitchen And its Types) Factors Affecting the Selection and Purchase of Furniture, Care and Maintenance of Furniture.</li></ul>	10

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IV	<ul style="list-style-type: none"> <li>➤ Flower arrangement: <ul style="list-style-type: none"> <li>a) Different types of Flower Arrangement</li> <li>b) Accessories used and points to be considered for Flower Arrangement</li> <li>c) Flower Decoration for different Occasions</li> </ul> </li> <li>➤ Furnishings: <ul style="list-style-type: none"> <li>a) Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture)</li> <li>b) Wall Treatment and its types</li> <li>c) Window Treatment and Decoration</li> <li>d) Types of Floor Coverings</li> </ul> </li> </ul>	10
V*	<ul style="list-style-type: none"> <li>➤ Preparation of house plans for different income groups (manual/computer aided).</li> <li>➤ Floor decoration: Alpana and Rangoli.</li> <li>➤ Pottery Painting and Decoration.</li> <li>➤ Creating various art pieces/accessories using various types of materials and techniques like Paper cutting, Collage, Candle making, Stone painting, Gift wrapping, Greeting cards with Decorative envelopes, Shopping bags/Decorative pouches, Accessories for Fashion Designing including Jewellery making (any 5).</li> <li>➤ Table setting and Napkin folding.</li> <li>➤ Flower arrangement for different Rooms and Occasions.</li> <li>➤ Planning color Schemes for different Rooms (manual/computer aided).</li> </ul>	30
<b>Suggested Evaluation Methods</b>		

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<b>Internal Assessment:</b> > <b>Theory</b> • Class Participation: • Seminar/presentation/assignment/quiz/class test etc.: • Mid-Term Exam: > <b>Practical</b> • Class Participation: • Seminar/Demonstration/Viva-voce/Lab records etc.: • Mid-Term Exam:	<b>End Term Examination:</b> <b>05</b> <b>05</b> <b>10</b> - <b>10</b> <b>NA</b>
<b>Part C-Learning Resources</b>	
<b>Recommended Books/e-resources/LMS:</b> > Seetharaman P.(2019), Interior Design And Decoration,India:CBS. > M.Pratap Rao (2020),Interior Design: Principles And Practice,Sdnatnat ,aatin hndlirPear nat rirdaidndoar hsd bdt > Frida Ramstedt (2020), The Interior Design Handbook: Furnish, Decorate, and Style Your Space,Clarkson Potter publishing. > Dr. Bhargava B. (2007), Principles of art,University Book House Pvt. Ltd. > Lawrence M, (1987), Interior Decoration, New Jersey: Chartwell Books. > Riley &Bayen., (2003), The Elements of Design, Mitchell Beazley. > Rutt Anna Hong (1961): Home furnishing,Wiley Eastern Pvt.Ltd. > Bhat Pranav and Goenka Shanita (1990): The foundation of art and Design, Bombay: Lakhani Book Depot.	

\*Applicable for courses having practical component.



Session: 2023-24

Part A - Introduction

Subject	Bachelor of Home Science		
Semester	II		
Name of the Course	Nutrition Science		
Course Code	B23- HSE-201		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	CC-2(Core Course)		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary(10+2)		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. To understand basic concepts of nutrition & importance of water & carbohydrates. 2. To understand the functions, sources, requirements and effects of excess and deficiency of different nutrients. 3. The students will be able to know the functions, sources, requirements and effects of excess and deficiency of different vitamins. 4. To understand the functions, sources, requirements and effects of excess and deficiency of different minerals..  5*.To impart practical knowledge about preparation of nutrient rich and some other recipes		
Credits	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	3	1	4
Contact Hours	3	2	5
<b>Max. Marks:100</b> <b>Internal Assessment Marks:20(T)+10(P)=30</b> <b>End Term Exam Marks: 50(T)+20(P)=70</b>	<b>Time:3hrs (T)</b> <b>4hrs(P)</b>		

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## Part B- Contents of the Course

**Instructions for Paper- Setter :** The examiner will set nine questions in all, selecting two questions from each unit and one compulsory.

**Instructions for the Candidate:** The candidates will attempt five questions in all, selecting one question from each unit and the compulsory question as well.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"> <li>➤ Definition of Nutrition, nutrients, recommended dietary allowance, balanced diet, health., reference man &amp; reference woman and BMR-Definition and factors affecting BMR</li> <li>➤ Water: Functions and sources of water for human body</li> <li>➤ Carbohydrates: Classification, functions, sources &amp; requirement, effects of deficiency and excess (in brief)</li> <li>➤ Fibre: Types, functions, sources &amp; requirement and health problems associated with excess and deficiency of fiber</li> </ul>	10
II	<ul style="list-style-type: none"> <li>➤ Protein: Classification. functions, sources &amp; requirement</li> <li>➤ Fats/ Lipids: Classification, functions, sources and requirements and health problems associated with excess and deficiency of lipids.</li> <li>➤ Vitamins: Definition and classification of vitamins, difference between fat soluble &amp; water soluble vitamins</li> <li>➤ Fat soluble Vitamins: Functions, sources, recommended dietary allowances, effects of excess &amp; deficiency (in brief) of: Vitamin A, D, E &amp; K</li> </ul>	11
III	<ul style="list-style-type: none"> <li>➤ Functions, sources, recommended dietary allowances, effects of excess &amp; deficiency (in brief) of various water soluble vitamins : Vitamin C, Vitamin B1 (Thiamine), Vitamin B2, (Riboflavin), Vitamin B6 (Pyridoxine), Vitamin B12 (Cyanocobalamin), Niacin and Folic acid.</li> </ul>	11

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IV	<ul style="list-style-type: none"> <li>➤ Definition and Classification of Minerals</li> <li>➤ Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Magnesium, Sodium and Potassium</li> <li>➤ Micro Minerals: Functions, sources and RDA, Effect of Excess and low intake of Iron, Iodine Fluorine &amp; Zinc</li> </ul>	10
V*	<ul style="list-style-type: none"> <li>➤ Controlling Techniques: Weights and Measures, Standard and household measures for raw and cooked foods</li> <li>➤ Classify foods on the basis of nutrients:-Protein, Iron, Calcium, Vitamin A, Vitamin C</li> <li>➤ Planning, Calculation of nutritive value and Preparation of the following:               <ol style="list-style-type: none"> <li>1. Paranthas/Poories – (simple &amp; stuffed)</li> <li>2. Sandwiches</li> <li>3. Soups</li> <li>4. Desserts</li> <li>5. Sponge Cake</li> <li>6. Main Course Dishes (any 2)</li> </ol> </li> <li>➤ Planning and preparing nutrient rich dishes: Protein, calcium, iron &amp; vitamin A</li> </ul>	28
<b>Suggested Evaluation Methods</b>		
<b>Internal Assessment:</b> <ul style="list-style-type: none"> <li>➤ <b>Theory</b> <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/presentation/assignment/quiz/class test etc.:</li> <li>● Mid-Term Exam:</li> </ul> </li> <li>➤ <b>Practical</b> <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/Demonstration/Viva-voce/Lab records etc.:</li> <li>● Mid-Term Exam:</li> </ul> </li> </ul>	<b>End Term Examination:</b> 05 05 10 - 10 NA	
<b>Part C-Learning Resources</b>		

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**Recommended Books/e-resources/LMS:**

- Srilakshmi, B. (2017). Nutrition Science. New Age International Limited, Publishers, New Delhi.
- Agarwal, A. and Udipi, S. (2014). Text Book of Human Nutrition, Jaypee Medical Publication, New Delhi.
- Bamji, M.S.; Rao, N.P. and Reddy, V. (Editors) (1999). Textbook of Human Nutrition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- ICMR (2010). Nutrient Requirements and Recommended Dietary Allowance for Indians. A Report of the Expert Group of ICMR. NIN, Hyderabad.
- Maney S (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- Mahtab, S. Bamji, Kamala Krishnasamy, Brahmam G.N.V (2012) Text Book of Human Nutrition, Third Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Sunetra Roday (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Longvah, T, Ananthan, R., Bhaskarachary, K., Venkaiah, K (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- Raina U, Kashyap S, Narula V, Thomas S Suvira, VirS, Chopra S (2010) Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Tikoo, S.S. (2022). Foods and Nutrition. Modern Publishers Jullunder.

\*Applicable for courses having practical component.

Session: 2023-24			
Part A - Introduction			
Subject	Bachelor of Home Science		
Semester	III		
Name of the Course	Basics of Clothing Construction and Apparel Designing		
Course Code	B23-HSE- 301		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	CC-3(Core Course)		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior secondary (10+2)		
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> <li>1. Acquire the knowledge of application of elements of arts and principles of design in clothing construction and techniques of dress designing.</li> <li>2. Students get aware about the fabric construction techniques and Non woven fabrics.</li> <li>3. Gains information about the methods of developing design.</li> <li>4. Students understand the concept of fashion, figure types and fitting.</li> <li>5* Students gain practical knowledge of drafting, cutting and stitching of basic children's garments.</li> </ol>		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5
<b>Max. Marks:</b> <b>Internal Assessment Marks: 20(T)+10(P)=30</b> <b>End Term Exam Marks: 50(T) +20(P) =70</b>		<b>Time: 3hrs (T)</b> <b>4hrs (P)</b>	

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**Part B- Contents of the Course**

**Instructions for Paper-Setter:** The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question.

**Instructions for the candidate:** The candidates will attempt five questions in all, selecting atleast one question from each unit and the compulsory question as well.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"> <li>➤ Importance of Apparel Designing &amp; its Role in Personality Development.</li> <li>➤ Application of Elements of Arts and Principles of Designs in Clothing Construction</li> <li>➤ Types of Designs: Structural &amp; Decorative</li> <li>➤ Wardrobe Planning: Principles, Steps involved and Importance.</li> </ul>	10
II	<ul style="list-style-type: none"> <li>➤ Fabric construction :               <ul style="list-style-type: none"> <li>● Weaving : Parts and function of loom</li> <li>● Types of weaves (plain, twill and their variation, satin and sateen weave.)</li> </ul> </li> <li>➤ Knitting : Types, characteristics, stitches used in knitting</li> <li>➤ Non wovens fabrics: Felting, bonding, netting, braiding, laces</li> </ul>	10
III	<ul style="list-style-type: none"> <li>➤ Anthropometry: Definition, Importance and Equipment required               <ul style="list-style-type: none"> <li>● Types of Anthropometric Measurements (vertical, horizontal, girth/round measurement)</li> <li>● Care to be taken while taking Body Measurement</li> </ul> </li> <li>➤ Methods of developing Design/ Pattern:               <ul style="list-style-type: none"> <li>● Drafting: Drafting Tools, Techniques, Advantages and Disadvantages of Drafting.</li> <li>● Paper Pattern: Types, Principles, Advantages and Disadvantages of Paper Pattern.</li> <li>● Draping: Techniques of Draping and Advantages And Disadvantages Of Draping.</li> </ul> </li> <li>➤ Preparation of Fabric: Preshrinking, Straightening The Grain, Pressing, Identify Face And Back, Square Up, Marking, Pinning, Types of Markings,</li> <li>➤ Methods And Precautions For Cutting, Sewing &amp; Finishing</li> </ul>	11



IV	<ul style="list-style-type: none"> <li>➤ Fashion: Concept , Importance and Terminology { Fad ,Style, Classic ,Silhouette Vogue ,Haute Couture, Niche ,Brand}</li> <li>➤ Fashion Cycle and Fashion Favoring and Retarding Factors</li> <li>➤ Figure Analysis and Fitting: Figure Types, Common Fitting Problems, Reason for Poor Fitting and their Remedies</li> </ul>	9
V*	<ul style="list-style-type: none"> <li>➤ Prepare Samples of Different Types Of Weaves.</li> <li>➤ Prepare a Sample of Knitting (Any Two).</li> <li>➤ Prepare a Sample Consisting of Ten Basic Embroidery Stitches : Stem Stitch, Chain Stitch, Feather Stitch, Herringbone, Stitch, Satin Stitch, Lazy Daisy Stitch, French Knots, Bullions Stitch, Cross Stitch, Long And Short Stitch.</li> <li>➤ Drafting of Child's Bodice Block.&amp; Sleeves Block.</li> <li>➤ Cutting and Stitching of Napkins, Bib, Jhabla.</li> </ul>	30
<b>Suggested Evaluation Methods</b>		
<b>Internal Assessment:</b> <ul style="list-style-type: none"> <li>➤ <b>Theory</b> <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/presentation/assignment/quiz/class test etc.:</li> <li>● Mid-Term Exam:</li> </ul> </li> <li>➤ <b>Practical</b> <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/Demonstration/Viva-voce/Lab records etc.:</li> <li>● Mid-Term Exam:</li> </ul> </li> </ul>		<b>End Term Examination</b> 05 05 10 - 10 NA
<b>Part C-Learning Resources</b>		

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**Recommended Books/e-resources/LMS:**

- Sushma Gupta, Neeru Garg and Renu Saini Test book of clothing and textiles and laundry Kalyani Pub.
- Doongaji S., Deshpande R., 1989. Basic processes and clothing construction. 2nd ed. New raj book depot, New delhi.
- Nornia D'Souza, 1998. Fabric Care, New Age International Pvt. Ltd., New Delhi
- G.J. Sumathi, 2022. Elements of fashion and apparel design, New Age International Publishers 2cc
- Ireland Patric, 1972. Basic Fashion Design, London, B.T. Bastford Ltd.
- W.S. Murphy, 2003. Textile weaving and design, Abhishek Publication.
- Hideaka Chijiwa, Colour Harmony- A Guide to creative colour combination
- Dantyagi, S. (1996). Fundamentals of Textiles and their Care. India: Orient Black swan Private Limited. D'Souza, N. (2014). Fabric Care. New Delhi: New Age International Publishers.
- Tikoo, S.S. (2022). Clothing and Textiles. Modern Publishers Jullunder.

\*Applicable for courses having practical component.

RSV

Session: 2023-24

Part A - Introduction

Subject	Bachelor of Home Science		
Semester	IV		
Name of the Course	Advance Apparel and Textile Designing		
Course Code	B23-HSE-401		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	CC-4(Core Course)		
Level of the course (As per Annexure-I	100-199		
Pre-requisite for the course (if any)	Senior secondary(10+2)		
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"><li>1. Gain knowledge about different types of finishes given to fabrics.</li><li>2. Get acquainted with different types of dyes and methods of dyeing.</li><li>3. Acquire the technique of different types of printing.</li><li>4. Equipped with the knowledge of laundry process, soap making , stiffening and bluing agents.</li></ol> <hr/> <p>5*Students become able to do the drafting of various sleeves, collars and implement the technique of tie\ dye and printing on fabric ,and acquire knowledge of the process of stain removal.</p>		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5

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**Max. Marks:**  
**Internal Assessment Marks: 20(T)+10(P)=30**  
**End Term Exam Marks: 50(T) +20(P) =70**

**Time: 3hrs (T)**  
**4hrs(P)**

**Part B- Contents of the Course**

**Instructions for Paper-Setter:** The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question.

**Instructions for the candidate:** The candidates will attempt five questions in all, selecting atleast one question from each unit and the compulsory question as well.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"> <li>➤ Fabric finishes: Definition and Objectives</li> <li>➤ Classification of Finishes:               <ul style="list-style-type: none"> <li>• Physical: Singeing, Napping, Brushing, Shearing, sizing, Tentering, and Calendaring</li> <li>• Chemical: Mercerising, Durable finishes,</li> <li>• Special-purpose finishes: Wrinkle resistant , Water Resistant, Soil repellent, and Flame repellent</li> </ul> </li> <li>➤ Bleaching &amp; its Types.</li> </ul>	10
II	<ul style="list-style-type: none"> <li>➤ Dyeing: Definition Classification of Dyes: (in Brief):</li> <li>➤ On the Basis of Source of Dye:               <ul style="list-style-type: none"> <li>• Natural: Vegetable. Animal &amp; Mineral</li> <li>• Synthetic Dye: Basic, Acidic &amp; Neutral Dye</li> </ul> </li> <li>➤ On the Basis of Method of Dyeing: Sulphur Dyes, Direct Dyes, Vat Dyes, Mordant Dyes &amp; Developed Dyes</li> <li>➤ On the Basis of Stages of Dyeing: Raw Stock Dyeing, Skein Dyeing, Cloth Dyeing</li> <li>➤ Simple Dyeing: Principles and Methods of Dyeing, Faults in Dyeing and Remedies</li> <li>➤ Resist Dyeing: Tie and Dye, Batik and Screen</li> </ul>	11

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III	<ul style="list-style-type: none"> <li>➤ Printing: Definition, Classification</li> <li>➤ Methods of Printing: <ul style="list-style-type: none"> <li>• Hand Printing: Block, Stencil, Screen</li> <li>• Machine Printing: Roller, Screen, Discharge, Resist and Duplex Printing.</li> </ul> </li> <li>➤ Care (Darning, Mending &amp; Renovation) and Storage of Fabrics</li> <li>➤ Dry Cleaning: Principle, Process (In Brief) and Advantages</li> </ul>	10
IV	<ul style="list-style-type: none"> <li>➤ Laundry: Process of Laundry, Laundry Equipment and their Uses.</li> <li>➤ Stain Removal: <ul style="list-style-type: none"> <li>• Types of Stains &amp; Methods of Removing Stains( Solvent, Absorbent &amp; Chemical Methods)</li> <li>• Removal Of Different Stains( Tea, Coffee, Fruits, Blood, Oil/ Ghee, Turmeric, Colour, Egg, Ink, Iron Rust, Lipstick, Nail Paint, Sweat, Perfume &amp; Stain of Hot Iron)</li> </ul> </li> <li>➤ Soaps and Detergents: Types and Manufacture of Soap and Detergents.</li> <li>➤ Stiffening Agent and Blueing Agent.</li> </ul>	9
V*	<ul style="list-style-type: none"> <li>➤ Drafting Of Sleeves: Puff, Umbrella, Raglan, Ruffle, Kimono.</li> <li>➤ Drafting Of Collars: Baby Collar, Flat Peter Pan, Raised Peter- Pan, Chinese Band And Sailor's Collar.</li> <li>➤ Drafting And Construction Of Children's Garment Frock (Any One ) : A Line / Gathered / Party Wear.</li> <li>➤ Prepare Samples And One Article Of Tie &amp; Dye.</li> <li>➤ Prepare A Sample of Batik.</li> <li>➤ Prepare Samples of Block, Stencil And Screen Printing.</li> <li>➤ Prepare Samples of Darning, Mending (Patching) and Renovation.</li> <li>➤ Removal of Different Types of Stains : Tea, Coffee, Oil/ Ghee, Curry, Blood, Ink, Iron Rust, Lipstick, Nail Paint.</li> </ul>	30
<b>Suggested Evaluation Methods</b>		

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Internal Assessment:	End Term Examination:
<ul style="list-style-type: none"> <li>➤ Theory               <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/presentation/assignment/quiz/class test etc.:</li> <li>● Mid-Term Exam:</li> </ul> </li> <li>➤ Practical               <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/Demonstration/Viva-voce/Lab records etc.:</li> <li>● Mid-Term Exam:</li> </ul> </li> </ul>	05 05 10 - 10 NA

### Part C-Learning Resources

#### Recommended Books/e-resources/LMS:

- Sushma Gupta, Neeru Garg and Renu Saini Test book of clothing and textiles and laundry Kalyani Pub.
- Doongaji S., Deshpande R., 1989. Basic processes and clothing construction. 2nd ed. New raj book depot, New delhi.
- Nornia D'Souza, 1998. Fabric Care, New Age International Pvt. Ltd., New Delhi
- G.J. Sumathi, 2022. Elements of fashion and apparel design, New Age International Publishers2cc
- Ireland Patric, 1972. Basic Fashion Design ,London, B.T. Bastford Ltd.
- W.S. Murphy, 2003. Textile weaving and design, Abhishek Publication.
- Hideaka Chijiwa, Colour Harmony- A Guide to creative colour combination
- Dantyagi, S. (1996). Fundamentals of Textiles and their Care. India: Orient Black swan Private Limited. D'Souza, N. (2014). Fabric Care. New Delhi: New Age International Publishers
- Tikoo, S.S. ( 2022 ). Clothing and Textiles. Modern Publishers Jullunder

\*Applicable for courses having practical component.



Session: 2023-24

Part A - Introduction

Subject	Home Science		
Semester	I		
Name of the Course	Elementary Home Science I		
Course Code	B23-HSE-102		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-M1		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	12 <sup>th</sup>		
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"><li>1. Understand the concept and scope of Home Science</li><li>2. Learn about Elements and Principles of Art</li><li>3. Acquire knowledge about the role of Food , Balanced diet and Macronutrients in Human Body</li><li>4. Get acquainted with basic concepts of Textile fiber, Yarn and Weaving</li><li>5. Study about the concept of Human Development and Prenatal development</li></ol> <hr/> <p>5* Learn making of Colour wheel, Flower arrangement, Rangoli, Decorative article; Practice Weight &amp; Measures, Sewing Machine, different seams, stitches and embroideries</p>		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	1	2	3

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**Max. Marks:50**  
**Internal Assessment Marks:10(T)+5(P)=15**  
**End Term Exam Marks: 20(T)+15(P)=35**

**Time: 1hrs (T)**  
**2hrs(P)**

**Part B- Contents of the Course**

**Instructions for Paper- Setter:** The examiner will set nine questions in all, selecting two questions from each unit and one compulsory.

**Instructions for the Candidate:** The candidates will attempt five questions in all, selecting one question from each unit and the compulsory question as well.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"> <li>➤ Introduction to Home science: Concept and Scope</li> <li>➤ Elements of Art</li> <li>➤ Principles of Art</li> </ul>	4
II	<ul style="list-style-type: none"> <li>➤ Classification and Function of Food, Balanced Diet</li> <li>➤ Macro Nutrients: Definition, Classification, Source, Function, Daily Requirement and Deficiency of Carbohydrate, Protein, Fat</li> </ul>	4
III	<ul style="list-style-type: none"> <li>➤ Textile Fibre: Definition and Classification</li> <li>➤ Yarn: Definition, Properties and Types</li> <li>➤ Weaving: Definition, Types and Variations</li> </ul>	4
IV	<ul style="list-style-type: none"> <li>➤ Meaning, Definition, Scope and Stages of Human Development</li> <li>➤ Prenatal Development : Conception, Course of prenatal development</li> </ul>	4
V*	<ul style="list-style-type: none"> <li>➤ Draw a Colour Wheel</li> <li>➤ Making of Flower arrangement for different occasions - Fresh &amp; Dry</li> <li>➤ Making Rangolies of different types</li> <li>➤ One decorative/utility article from waste material</li> <li>➤ Study of Weights and Measures- Raw and Cooked food (Rice, dal, chapatti, egg, seasonal vegetables and fruits etc.)</li> <li>➤ Practice sewing machine, Plain seam, Run and Fell, French seam, Different necklines, Gathers, Pleats, Tucks, Basic Hand stitches for sewing.</li> </ul>	15

**Suggested Evaluation Methods**



<b>Internal Assessment:</b> > <b>Theory</b> <ul style="list-style-type: none"> <li>• Class Participation:</li> <li>• Seminar/presentation/assignment/quiz/class test etc.:</li> <li>• Mid-Term Exam:</li> </ul> > <b>Practical</b> <ul style="list-style-type: none"> <li>• Class Participation:</li> <li>• Seminar/Demonstration/Viva-voce/Lab records etc.:</li> <li>• Mid-Term Exam:</li> </ul>	<b>End Term Examination:</b> <b>04</b> <b>NA</b> <b>06</b>  <b>-</b> <b>05</b> <b>NA</b>
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**Part C-Learning Resources**

**Recommended Books/e-resources/LMS:**

- > Varghese, M. A., Ogale, N.N., Srinivasan, K. (1917). Home Management. New Age International (P) Limited, New Delhi.
- > Srilakshmi, B. (2017). Nutrition Science. New Age International Limited, Publishers, New Delhi.
- > ICMR (2010). Nutrient Requirements and Recommended Dietary Allowance for Indians. A Report of the Expert Group of ICMR. NIN, Hyderabad.
- > Maney S (2008). Foods, Facts and Principles, 3 rd Edition Published by Wiley Eastern, New Delhi.
- > Longvah, T, Ananthan, R., Bhaskarachary, K., Venkaiah, K (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- > Raina U, Kashyap S, Narula V, Thomas S Suvira, VirS, Chopra S (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- > Bhatnagar P. (2004), Traditional Indian Costumes and Textiles, Abhishek Publications, New Delhi.
- > Dawson, R. (1976). A Complete Guide to Embroidery. London & New York: Marshall Cavendish Publishers.
- > Karolia, A. (2019). Traditional India Handcrafted Textiles: Techniques, Processes and Designs Vol.I and II, Niyogi books, Delhi
- > Gupta, S., Garg, N., Saini, R. (2000). Text Book of Clothing & textiles, Kalyani Pub; New Delhi.
- > Feldman, R., & Babu, N. (2009). Discovering the life span. New Delhi: Pearson
- > Walsh, B.A., Deflorio, L., Burnham, M.M., & Weiser, D.A. (2017). Introduction to Human Development and Family Studies. NY: Routledge.
- > Tikoo, S.S. (2022). Family Resource Management. Modern Publishers Jullunder.
- > Tikoo, S.S. (2022). Foods and Nutrition. Modern Publishers Jullunder.
- > Tikoo, S.S. (2022). Clothing and Textiles. Modern Publishers Jullunder.
- > Tikoo, S.S. (2022). Human Development. Modern Publishers Jullunder.

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Session: 2023-24	
Part A - Introduction	
Subject	Home Science
Semester	II
Name of the Course	Elementary of Home Science II
Course Code	B23-HSE-202
Course Type: (CC/MCC/MDC/CCM/DSEC/ VOC/DSE/PC/AEC/VAC)	CC-M2
Level of the course (As per Annexure-I)	100-199
Pre-requisite for the course (if any)	12 <sup>th</sup>
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the concept of Work Simplification and Consumer Education</li> <li>2. Acquire knowledge about the Micro Nutrients: Definition, Classification, Sources, Functions, Daily Requirements, Deficiency and Toxicity</li> <li>3. Get acquainted with basic concepts of Traditional Textile, Hand Embroideries and Stitches</li> <li>4. Understand the Concepts of Early Childhood and Adolescence</li> </ol> <p>5* Learn Preparing Time plans, Scrap book showing different nutrients, Articles of embroidery, Samples of Tie &amp; Dye, Block Printing and Placket Opening</p>

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Credits	Theory	Practical	Total
	1	1	2
Contact Hours	1	2	3

**Max. Marks:50**

**Internal Assessment Marks:10(T)+5(P)=15**

**End Term Exam Marks: 20(T)+15(P)=35**

**Time: 1hrs (T)**

**2hrs(P)**

**Part B- Contents of the Course**

**Instructions for Paper- Setter:** The examiner will set nine questions in all, selecting two questions from each unit and one compulsory.

**Instructions for the Candidate:** The candidates will attempt five questions in all, selecting one question from each unit and the compulsory question as well.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"> <li>➤ Work simplification: Meaning and Methods</li> <li>➤ Consumer Education; Definition, Consumer Problems, Rights and Responsibilities of consumer, Consumer protection</li> </ul>	4
II	<ul style="list-style-type: none"> <li>➤ Micro Nutrients: Definition and Classification of Vitamin and Mineral</li> <li>➤ Source, Function, Daily Requirement, Deficiency and Toxicity of Vitamin: A,D, B, C</li> <li>➤ Source, Function, Daily Requirement, Deficiency and Toxicity of Minerals: Calcium, Iron, Iodine</li> </ul>	4
III	<ul style="list-style-type: none"> <li>➤ Introduction to traditional textiles of India (with reference to origin, production centres, techniques, designs and colours): Brocades, Baluchari, Jamdani, Bandhni</li> <li>➤ Introduction to Hand Embroideries of India (with reference to Motifs, Color combination, Type of thread used, Stitches): Kantha, Phulkari, Kashida, Mirrorwork (Gujarat)</li> </ul>	4
IV	<ul style="list-style-type: none"> <li>➤ Early Childhood :Characteristics, Developmental tasks and Behaviour problems</li> <li>➤ Adolescence: Characteristics, Developmental tasks and Socio emotional problems</li> </ul>	4

*3*



V*	<ul style="list-style-type: none"> <li>➤ Preparing time plans for adolescents and home makers</li> <li>➤ Preparation of scrap book showing rich sources of different nutrients from all Food Groups</li> <li>➤ Make one article of fancy embroidery using at least four stitches</li> <li>➤ Preparation of samples: Tie and Dye, Block Printing</li> <li>➤ Placket opening (continues, wrap and two piece placket)</li> </ul>	15
<b>Suggested Evaluation Methods</b>		
<b>Internal Assessment:</b> <ul style="list-style-type: none"> <li>➤ <b>Theory</b> <ul style="list-style-type: none"> <li>• Class Participation:</li> <li>• Seminar/presentation/assignment/quiz/class test etc.:</li> <li>• Mid-Term Exam:</li> </ul> </li> <li>➤ <b>Practical</b> <ul style="list-style-type: none"> <li>• Class Participation:</li> <li>• Seminar/Demonstration/Viva-voce/Lab records etc.:</li> <li>• Mid-Term Exam:</li> </ul> </li> </ul>	<b>End Term Examination:</b> <b>04</b> - <b>06</b> - <b>05</b> <b>NA</b>	
<b>Part C-Learning Resources</b>		
<b>Recommended Books/e-resources/LMS:</b> <ul style="list-style-type: none"> <li>➤ Varghese, M. A., Ogale, N.N., Srinivasan, K. (1917). Home Management. New Age International (P) Limited, New Delhi.</li> <li>➤ Srilakshmi, B. (2017). Nutrition Science. New Age International Limited, Publishers, New Delhi.</li> <li>➤ ICMR (2010). Nutrient Requirements and Recommended Dietary Allowance for Indians. A Report of the Expert Group of ICMR. NIN, Hyderabad.</li> <li>➤ Maney S (2008). Foods, Facts and Principles, 3 rd Edition Published by Wiley Eastern, New Delhi.</li> <li>➤ Longvah, T, Ananthan, R., Bhaskarachary, K., Venkaiah, K (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.</li> <li>➤ Raina U, Kashyap S, Narula V, Thomas S Suvira, VirS, Chopra S (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.</li> <li>➤ Bhatnagar P. (2004), Traditional Indian Costumes and Textiles, Abhishek Publications, New Delhi.</li> <li>➤ Dawson, R. (1976). A Complete Guide to Embroidery. London &amp; New York: Marshall Cavendish Publishers.</li> <li>➤ Karolia, A. (2019), Traditional India Handcrafted Textiles: Techniques, Processes and Designs Vol.I and II, Niyogi books, Delhi</li> <li>➤ Gupta, S., Garg, N., Saini, R. (2000). Text Book of Clothing &amp; textiles, Kalyani Pub, New Delhi.</li> <li>➤ Feldman, R., &amp; Babu, N. (2009). Discovering the life span. New Delhi: Pearson</li> </ul>		



- Walsh, B.A., DeFlorio, L., Burnham, M.M., & Weiser, D.A. (2017). Introduction to Human Development and Family Studies. NY: Routledge.
- Tikoo, S.S. (2022). Family Resource Management. Modern Publishers Jullunder.
- Tikoo, S.S. (2022). Foods and Nutrition. Modern Publishers Jullunder.
- Tikoo, S.S. (2022). Clothing and Textiles. Modern Publishers Jullunder.
- Tikoo, S.S. (2022). Human Development. Modern Publishers Jullunder

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<b>Session: 2023-24</b>			
<b>Part A - Introduction</b>			
Subject	Bachelor of Home Science		
Semester	I		
Name of the Course	Basics of Home science I		
Course Code	B23- HSE-103		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC-1		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary(10+2)		
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> <li>1. To acquire knowledge of various concepts of food &amp; nutrition science.</li> <li>2. To enable the students to have basic knowledge of textiles fibres, yarn and various stitches</li> <li>3. To have knowledge of and basic concepts related to human development</li> <li>4. To have knowledge of family resource Management and extension education</li> </ol> <p>5*.To impart practical training on various aspects of home science</p>		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2	2	4
<b>Max. Marks: 75</b> <b>Internal Assessment Marks:15(T)+5(P)=20</b> <b>End Term Exam Marks: 35(T)+20(P)=55</b>		<b>Time:3hrs (T)</b> <b>4hrs(P)</b>	

## Part B- Contents of the Course

### Instructions for Paper- Setter

**Instructions for Paper- Setter:** The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question.

**Instructions for the candidate:** The candidates will attempt five questions in all, selecting atleast one question from each unit as well as compulsory questions.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"> <li>➤ Introduction to Home Science: Concept And Its Job Opportunities</li> <li>➤ Basic Terminology: Food, Nutrients, Nutrition, Health, Balanced Diet, Malnutrition (Over &amp; Undernutrition),</li> <li>➤ Classification and Function of Food</li> <li>➤ Carbohydrate, Protein, Fat: Source, Function &amp; Effect of Deficiency</li> </ul>	10
II	<ul style="list-style-type: none"> <li>➤ Definition and Classification and Uses of Textile Fibers: (Cotton, Jute, Wool, Silk, Rayon, Nylon and Polyester) .</li> <li>➤ Yarn: Definition and Classification ( Simple, Novelty and Complex).</li> <li>➤ Sewing Machine: Parts and Functions, Care and Maintenance</li> </ul>	8
III	<ul style="list-style-type: none"> <li>➤ Human Growth and Development: Meaning and Concept, Factors Influencing Growth &amp; Development</li> <li>➤ Developmental Milestones of Infancy (0-2 Years) and Early Childhood (3-6 Years):                             <ul style="list-style-type: none"> <li>● Physical and Motor Development</li> <li>● Social and Emotional Development</li> <li>● Cognitive and Language Development</li> </ul> </li> </ul>	9
IV	<ul style="list-style-type: none"> <li>➤ Resource Management - Definition and Importance .</li> <li>➤ Process of Time, Energy and Money Management.</li> <li>➤ Extension Education: Meaning and Importance</li> <li>➤ Qualities of an Extension Worker</li> </ul>	9
V*	<ul style="list-style-type: none"> <li>➤ Cooking Terminology</li> <li>➤ Cooking of Following Recipes: Paratha, Pulao, Raita, Sandwich, Manchurian, Chocolates.</li> <li>➤ Basic Stitches: Hemming, Buttonhole Stitch, Blanket Stitch, Running Stitch</li> <li>➤ Prepare a Play Material for Infants/Preschoolers</li> <li>➤ Prepare Immunization Chart For a Child Up To 5 Years.</li> </ul>	28

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### Suggested Evaluation Methods

Internal Assessment:	End Term Examination:
<b>&gt; Theory</b> <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/presentation/assignment/quiz/class test etc.:</li> <li>● Mid-Term Exam:</li> </ul>	4 4 7
<b>&gt; Practical</b> <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/Demonstration/Viva-voce/Lab records etc.:</li> <li>● Mid-Term Exam:</li> </ul>	- 5 -

### Part C-Learning Resources

#### Recommended Books/e-resources/LMS:

- Srilakshmi, B. (2001) Food Science (2nd edition). New Age International Pvt. Ltd. Publishers: New Delhi.
- Mudambi. S.R. and Rao S. Fundamentals of Food & Nutrition. (2nd ed.) Wiley Eastern Ltd.: New Delhi.
- Bamiji, M.S.; Rao, N.P. and Reddy, V. (Editors) (1999). Textbook of Human Nutrition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Saraswathi, T.S. & Kaur. B. (1993): The development of Children, New York: Scientific American Books.
- Srivastava S., Rani K.S. (2014): Textbook of Human Development, S.Chand publication, New Delhi.
- Tara L. Kuther (2022). Lifespan Development: Lives in Context. A Topical Approach, Second Edition. Western Connecticut State University, USA.
- Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur.
- Premalatha Mullick (2011). Textbook of Home Science, Kalyani Publishers, New Delhi.
- Sushma Gupta, Neeru Garg and Amita Aggarwal (1993). Home Management, Hygiene and Physiology. Kalyani Publishers, Ludhiana.
- Sushma Gupta, Neeru Garg and Renu Saini, 2013. Text book of clothing, textiles and laundry Kalyani Pub.
- Ray, G.L. (2004). Extension education and Management. Kalyani Publisher, New Delhi.
- Reddy, A.A.(2001). Extension Education. Bapatla : Sri Lakshmi Press.

\*Applicable for courses having practical component.

Session: 2023-24

Part A - Introduction

Subject	Bachelor of Home science		
Semester	II		
Name of the Course	Basics of Home science II		
Course Code	B23- HSE-203		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC-2		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary(10+2)		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"><li>• To understand the functions, sources, requirements and effects of excess and deficiency of different nutrients</li><li>• To gain knowledge about clothing &amp; fabric construction</li><li>• To gain knowledge about development during childhood and adolescence.</li><li>• To learn the relationships that characterize art and design practice and impart knowledge about consumer education</li><li>5*. To impart practical training on various aspects of home science</li></ul>		
Credits	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	2	1	3
Contact Hours	2	2	4
<b>Max. Marks: 75</b> <b>Internal Assessment Marks: 15(T)+5(P)=20</b> <b>End Term Exam Marks: 35(T)+20(P)=55</b>	<b>Time:3hrs (T)</b> <b>4hrs(P)</b>		

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**Part B- Contents of the Course**

**Instructions for Paper- Setter**

**Instructions for Paper- Setter:** The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question.

**Instructions for the candidate:** The candidates will attempt five questions in all, selecting atleast one question from each unit as well as compulsory questions.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"> <li>➤ Micro Nutrients: Definition and Classification of Vitamin and Mineral</li> <li>➤ Source, Requirement and Deficiency of Vitamin: A,D, E, K, B, C (In Brief)</li> <li>➤ Source, Requirement, Deficiency of Minerals: Calcium, Iron, Iodine, Sodium, Potassium</li> </ul>	7
II	<ul style="list-style-type: none"> <li>➤ Factors Affecting Selection of Clothing., Weaving- Definition and Different Types of Weaves</li> <li>➤ Meaning and Objectives of Application of Finishes</li> <li>➤ Different Types of Finishes- Wrinkle Resistant , Water Resistant, Soil Repellent and Flame Repellent Finishes</li> </ul>	8
III	<ul style="list-style-type: none"> <li>➤ Major Physical , Motor, Emotional and Cognitive Development Milestones Through Middle School Age.</li> <li>➤ Role of the Family and Community in Socialization of the Child.</li> <li>➤ Developmental Changes During Adolescence: Social, Emotional, Cognitive and Moral Development.</li> </ul>	6
IV	<ul style="list-style-type: none"> <li>➤ Importance of Interior Decoration, Elements of Arts and Principles of Design. Consumer Protection Act &amp; Consumer Rights, Standardized Marks {AGMARK, FPO, WOOL MARK, ECOMARK, ISI}</li> </ul>	9
*V	<ul style="list-style-type: none"> <li>➤ Preparation of Vitamin Rich Recipes and Sponge Cake</li> <li>➤ Prepare Samples of Basic Weaves</li> <li>➤ Prepare a Teaching Aid For Children</li> <li>➤ Prepare a Color Wheel</li> <li>➤ Make Illustration of Following Standardized Marks: AGMARK, FPO, WOOL MARK, ECOMARK, ISI</li> </ul>	30

**Suggested Evaluation Methods**

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<p><b>Internal Assessment:</b></p> <p>➤ <b>Theory</b></p> <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/presentation/assignment/quiz/class test etc.:</li> <li>● Mid-Term Exam:</li> </ul> <p>➤ <b>Practical</b></p> <ul style="list-style-type: none"> <li>● Class Participation:</li> <li>● Seminar/Demonstration/Viva-voce/Lab records etc.:</li> <li>● Mid-Term Exam:</li> </ul>	<p><b>End Term Examination:</b></p> <p>4</p> <p>4</p> <p>7</p> <p>-</p> <p>5</p>
<p><b>Part C-Learning Resources</b></p>	
<p><b>Recommended Books/e-resources/LMS:</b></p> <ul style="list-style-type: none"> <li>➤ Srilakshmi, B. (2002). Nutrition Science. New Age International Limited, Publishers, New Delhi.</li> <li>➤ Srilakshmi, B. (2001) Food Science (2nd edition). New Age International Pvt. Ltd. Publishers: New Delhi.</li> <li>➤ Khader, V.(2011) Text book on Food Storage &amp; Preservation. Kalyani Publishers, New Delhi</li> <li>➤ Rajalakshmi, R. (1990) Applied Nutrition (3rd ed.) Oxford and IBH Pub. Co. Pvt. Ltd.: New Delhi.</li> <li>➤ Swaminathan, M. (1988). Essentials of Food and Nutrition - An Advanced Text Book Vol. I and II. (2nd ed.) BAPPCO: Bangalore.</li> <li>➤ Srivastava S., Rani K.S. (2014): Textbook of Human Development, S.Chand publication, New Delhi</li> <li>➤ Kumar,K.(1993): Study of childhood and family. In T.S Saraswathi &amp; B. Kaur (Eds).Human development and family studies in India: An agenda for research and policy New Delhi:Sage.</li> <li>➤ Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur.</li> <li>➤ Home Management- A Textbook of Home Science for Senior Students. The Educational Planning Group, Arya Publishing House, Karol Bagh, New Delhi.</li> <li>➤ Sushma Gupta, Neeru Garg and Amita Aggarwal (1993). Home Management, Hygiene and Physiology. Kalyani Publishers, Ludhiana.</li> </ul>	

\*Applicable for courses having practical component.

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<b>Session: 2023-24</b>			
<b>Part A - Introduction</b>			
Subject	Bachelor of Home science		
Semester	III		
Name of the Course	Basics of Home Science III		
Course Code	B23 -HSE- 302		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC-3		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary(10+2)		
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> <li>1. To obtain knowledge about dietary management of diseases and modifications of normal diet for therapeutic purposes and preservation.</li> <li>2. To impart knowledge about traditional embroideries of India and stain removal</li> <li>3. To inculcate the skills of effective guidance &amp; counseling</li> <li>4. To impart knowledge about traditional embroideries of India and stain removal</li> </ol> <p>5*. To impart practical training on various aspects of home science</p>		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2	2	4



**Max. Marks: 75**

**Internal Assessment Marks: 15(T)+5(P)=20**

**End Term Exam Marks: 35(T)+20(P)=55**

**Time:3hrs (T)**

**4hrs(P)**

**Part B- Contents of the Course**

**Instructions for Paper- Setter:** The examiner will set nine questions in all, selecting four questions from each unit and one compulsory objective type question.

**Instructions for the candidate:** The candidates will attempt five questions in all, selecting atleast one question from each unit as well as compulsory questions.

<b>Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
I	<ul style="list-style-type: none"><li>➤ Meal Planning: Its Meaning &amp; Principles</li><li>➤ Planning Diet for School Going Children &amp; Adolescents; Food Preservation</li><li>➤ Principles and Home Scale Methods</li></ul>	8
II	<ul style="list-style-type: none"><li>➤ Traditional Embroideries of India: Chikankari, Phulkari, Kantha, Chamba And Kasuti.</li><li>➤ Soaps and Detergents, Starches, Blues And Bleaches</li><li>➤ Stain Removal-Classification of Stains, Methods of Removing Different Types of Stain</li></ul>	7
III	<ul style="list-style-type: none"><li>➤ Physical Changes, Health Problems and Adjustments in Old Age</li><li>➤ Guidance: Meaning and Its Types</li><li>➤ Skills and Characteristics of Effective Counseling</li></ul>	9
IV	<ul style="list-style-type: none"><li>➤ Various Color Schemes and its Application. Table Etiquettes and Table Setting -- Formal and Informal</li><li>➤ Communication- Meaning, Importance and Types</li><li>➤ Major Nutritional Problems in India; PEM, IDD, Anemia</li></ul>	8
V*	<ul style="list-style-type: none"><li>➤ Prepare a Counseling Aid for Children</li><li>➤ Preparation of Chocolate Cake &amp; Pineapple Cake</li><li>➤ Make Rangoli/Alpana on Floor</li><li>➤ Prepare Samples of Embroidery Stitches / Tie &amp; Dye</li></ul>	30

**Suggested Evaluation Methods**

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<b>Internal Assessment:</b> > <b>Theory</b> • Class Participation: • Seminar/presentation/assignment/quiz/class test etc.: • Mid-Term Exam: > <b>Practical</b> • Class Participation: • Seminar/Demonstration/Viva-voce/Lab records etc : • Mid-Term Exam:	<b>End Term Examination:</b> 4 4 7 - 5 -
<b>Part C-Learning Resources</b>	
<b>Recommended Books/e-resources/LMS:</b> > Srilakshmi, B. (2001) Food Science (2nd edition). New Age International Pvt. Ltd. Publishers: New Delhi. > Mudambi. S.R. and Rao S. Fundamentals of Food & Nutrition. (2nd ed.) Wiley Eastern Ltd.: New Delhi. > Bamiji, M.S.; Rao, N.P. and Reddy, V. (Editors) (1999). Textbook of Human Nutrition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd. > Saraswathi. T.S. & Kaur. B. (1993): The development of Children. New York: Scientific American Books. > Srivastava S., Rani K.S. (2014): Textbook of Human Development, S.Chand publication, New Delhi. > Tara L. Kuther (2022). Lifespan Development: Lives in Context. A Topical Approach, Second Edition. Western Connecticut State University, USA. > Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur. > Premalatha Mullick (2011). Textbook of Home Science, Kalyani Publishers, New Delhi. > Sushma Gupta, Neeru Garg and Amita Aggarwal (1993). Home Management, Hygiene and Physiology. Kalyani Publishers, Ludhiana. > Sushma Gupta, Neeru Garg and Renu Saini, 2013. Text book of clothing, textiles and laundry Kalyani Pub. > Ray, G.L. (2004). Extension education and Management. Kalyani Publisher, New Delhi. > Reddy, A.A.(2001). Extension Education. Bapatla : Sri Lakshmi Press.	

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