



माँ शाकुम्भरी विश्वविद्यालय, सहारनपुर
Maa Shakumbhari University, Saharanpur

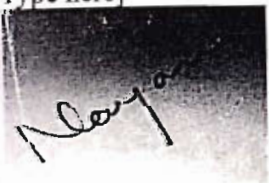
National Education Policy-2020

SUBJECT: HOME SCIENCE

B.A. / HONOURS / HONOURS WITH RESEARCH
FYUP

w.e.f 2024-2025

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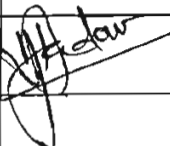

May 2024

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Members, Board of Studies (Home Science)

S. No.	Name	Designation	College/University	Signature
1.	Dr. Nayana Sharma	Convener	Government Women P.G. College, Kandhla, Shamli	
2.	Dr. Nisha Shukla	Member	M.L.&J.N.K. Girls College, Sharanpur	
3.	Dr. Poonam Yadav	Member	Government Girls Degree College, Kota, Saharanpur	
4.	Dr. Uma Joshi	External Expert	V.M.L.G., Ghaziabad	
5.	Dr. Tarvinder Jeet Kaur	External Expert	K.U., Kurukshetra, Haryana	
6.	Dr. Seema Rani	Special invitee	M.L.&J.N.K. Girls College, Sharanpur	




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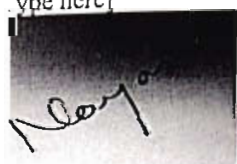


Semester-wise Titles of the Papers in U.G Programme (HOME-SCIENCE)

Year	Semester.	Course Code	Paper Title	Theory/Practical	Credits
B.A-1	I		Fundamentals of Nutrition and Human Development	THEORY	4
	I		Cooking Skills and Healthy Recipe Development	PRACTICAL	2
	II		Introduction to Clothing and Textile & Family Resource Management	THEORY	4
	II		Clothing and Textile	PRACTICAL	2
B.A-2	III		Advance Nutrition and Human Development	THEORY	4
	III		Human Development	PRACTICAL	2
	IV		Housing and Extension Education	THEORY	4
	IV		Resource Planning and Decoration	PRACTICAL	2
	IV		Research Project	PROJECT	3
B.A-3	V		Surface Ornamentation of Fabrics	THEORY	4
	V		Community Development & Programme Planning	THEORY	4
	V		Community Transformation (Change)	PRACTICAL	2
	VI		Dietetics & Therapeutic Nutrition	THEORY	4
	VI		Research Methodology and Gender Development	THEORY	4
	VI		Therapeutic Diet Preparation & Nutrient Evaluation	PRACTICAL	2

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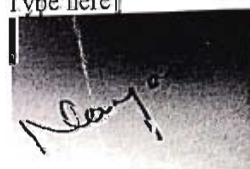


Syllabus (B.A. Home Science Honours with Research) as per NEP2020

Only for the students who obtain 75% marks in all six semesters of UG

Year as per NEP	Sem as per NEP	Course code	Core/Elective/ Value Added	Paper Title	Theory/ Practical/ Project	Credits	Marks(Int+ Ext) =Total
4	VII		Core Compulsory	Advanced Food Nutrition	Theory	4	25+75=100
4	VII		Core Compulsory	Child Development: Prenatal to Old Age	Theory	4	25+75=100
4	VII		Core Compulsory	Traditional Textiles and Fabric Construction	Theory	4	25+75=100
4	VII		Core Compulsory	Any one of the following	Theory/ Project	4	25+75=100
				Research Methods in Home Science			
				Research			
4	VII		Core Compulsory	Practical Paper I	Practical	4	100
4	VIII		Core Compulsory	Approaches to Resource Management and Interior Decoration	Theory	4	25+75=100
4	VIII		Core Compulsory	Extension Education and Communication Management	Theory	4	25+75=100
4	VIII		Core Compulsory	Any one of the following	Theory/ Project	4	25+75=100
				1. Human Physiology			
				2. Marriage and The Family			
				3. Entrepreneurship Development			
				4. Research			
4	VIII		Core Compulsory	Any one of the following			
				1. Community Nutrition			
				2. Early Childhood Care and Parenting			
				3. Consumer Economics and Market			
4	VIII		Core Compulsory	Practical Paper II	Practical	4	100

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Proposed Year wise Structure of UG Program in Home Science

Program Outcomes (POs)

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

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

Develop the ability to address the complexities and interface among of self, societal and national priorities

Inculcate both generic and subject-specific skills to succeed in the employment market and standards of life

Promote research, innovation and design (product) development favouring all the disciplines in Home Science.

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

Certificate in Fundamentals of Home Science

B.A. First Year

Program Specific Outcomes (PSOs)

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

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

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

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

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

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Program Specific Outcomes (PSOs)

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

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

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

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



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Learn more about human and community & relationship.

Semester III	Name of Paper	Credits	No. of Lectures
	Advance Nutrition and Human Development (Theory)	4	60
	Human Development (Practical)	2	30
	Total	6	90
Semester IV	Name of Paper	Credits	No. of Lectures
	Housing and Extension Education (Theory)	4	60
	Resource planning & Decoration (Practical)	2	30
	Research Project	3	45
	Total	9	135

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

Program Specific Outcomes (PSOs)

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

Semester V	Name of Paper	Credits	No. of Lectures
	Surface Ornamentation of Fabrics (Theory)	4	60
	Community Development & programme planning (Theory)	4	60
	Community Transformation (Change) Practical	2	30
	Total	10	150
Semester VI	Name of Paper	Credits	No. of Lectures

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	Dietetics and Therapeutic Nutrition (Theory)	4	60
	Research Methodology and Gender Development (Theory)	4	60
	Therapeutic Diet Preparation and Nutrient Evaluation (Practical)	2	30
	Total	10	195

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

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science		
Course Code:	Course Title: Fundamentals of Nutrition and Human Development	
Course outcomes: The student at the completion of the course will be able to: <ul style="list-style-type: none">▪ Prepare the students to understand physiology based courses▪ Students will get familiar with different methods of cooking▪ Acquaint students with practical knowledge of nutrient rich foods• Explain the need and importance of studying human growth and development across life span• Identify the biological and environmental factors affecting human development.• Learn about the characteristics, needs and developmental tasks of infancy & early childhood years		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Units	Topic	No of Lectures
I	Traditional Home Science and its Relevance in current era Contribution made by Indian Home Scientists i.e. M Swaminathan, C V Gopalan, S K Day & Ravindra Nath Tagore.	03
II	Structure and function of Digestive System Respiratory and Cardiovascular system	10
III	Food and Nutrition Food- Meaning, Classification and function Nutrition- Concept of Nutrition Nutrients-Macro and Micro, sources and deficiency diseases.	09
IV	Cooking Methods- Methods, Advantages and Disadvantages Preservation of Nutrients while Cooking. Methods of enhancing nutritional value of foods by germination, fermentation, Food spoilage, Food preservation, Food adulteration, Food laws and standards.	08
	PART B	

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V	<p>Introduction to Human Development:</p> <ul style="list-style-type: none"> • Concept, Definition and need to study of Human Development • Domains, Stages and contexts of development • Principles of Growth and Development 	8
	Determinants of Development- heredity and environment	
VI	<p>Prenatal Development and Birth Process:</p> <ul style="list-style-type: none"> • Conception, Pregnancy and Childbirth • Stages of birth • Types of delivery (natural, c-section, breech, home vs. assisted delivery) • Physical appearance and capacities of the new-born • Factors affecting Pre-natal development. 	6
VII	<p>Infancy:</p> <ul style="list-style-type: none"> • Developmental tasks during Infancy and Preschool Stage. • Physical and Motor Development. • Social and emotional development • Cognitive and language development 	8
VIII	<p>Early Childhood (Pre School) years:</p> <ul style="list-style-type: none"> • Developmental Tasks during Early childhood. • Physical and Motor Development • Social and emotional development • Cognitive and language development 	8

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Suggested Readings:

- Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur; 2015, 15th Ed.
- Chatterjee, C.C., "Human Physiology" Medical Allied Agency; Vol I, II.
- Text Book of Biology for 10+2 Students (NCERT)
- Sumati R Mudami, "Fundamentals of food Nutrition and Diet Therapy", New Age International Pvt. Ltd, New Delhi, 6th Ed. (2018)
- Punita Sethi and Poonam Lakda, "Aahar Vigyan, Suraksha evam Poshan"; Elite Publishing House, New Delhi; 2015
- Dr. Anita Singh, Aahar Evam Poshan Vigyan, Star Publications, Agra
- Dr. Devina Sahai, Aahar Vigyan, New Age International Publishers, New Delhi
- Berk, L.E. *Child development* New Delhi: Prentice Hall (2005) (5th ed.).
- Berk L.E. *Child Development* Allyn and Bacon 1992 (6th) Edition.
- Keenan, T., Evans, S., & Crowley, K. *An introduction to child development*, Sage (2016)
- Hurlock E. *Child Development*.
- Aadhunik Vikasatmak Manovigyan, Shri Vinod Pustak Mandir Agra Edition 3rd 2015
 - Suggestive digital platforms web links-cPG-Pathshala, IGNOU & UPRTOU online study material
 - Svayam Portal
 - <http://heecontent.upsdc.gov.in/Home.aspx>

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

Suggested Continuous Evaluation Methods:

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

Attendance

Course prerequisites: To study this course, a student must have had the subject in class 12th.
The eligibility for this paper is 10+2 with any subject

Further Suggestions:

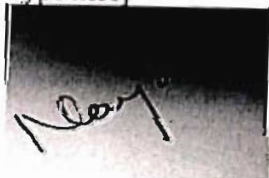
It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure.

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

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

Programme/Class: Certificate	Year: I	Semester: I
Subject: Home Science (Practical)		

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Course Code:		Course Title: Cooking skills and healthy recipe development	
Course outcomes: <ul style="list-style-type: none">▪ Students will get familiar with different methods of cooking▪ Acquaint students with practical knowledge of nutrient rich foods			
Credits: 2		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lab Periods-30 (60 hours)			
Unit	Topic	No. of lab,periods	
I	Basic cooking skills <ul style="list-style-type: none">- Weighing of raw materials- Preparing of different food items before cooking	06	
II	Preparation of various dishes using different methods of cooking and food preservation-Boiling, steaming, Roasting, Frying- Deep/shallow, Pressure cooking, Hot air cooking/Baking, pickling, jam, jellies and murabba preparation	08	
III	Different styles of cutting fruits and vegetables <ul style="list-style-type: none">- Salad Decoration/Dressings	06	
IV	Preparation of nutrient rich dishes <ul style="list-style-type: none">- Protein rich dish- Carbohydrate rich dish- Fat rich dish- Vitamins rich dish- Minerals- Fibers	10	

Suggested Readings:

- ❖ Dr. Brinda Singh, Manav Sharirevam Kriya Vigyan Panchsheel Prakashan, Jaipur; 2015, 15th Ed.
- ❖ Dr. Nitu Singh, Prayogik Grih Vigyan, Sahitya Prakashan, Agra
- ❖ Chatterjee, C.C, "Human Physiology" Medical Allied Agency; Vol I, II.
- ❖ Text Book of Biology for 10+2 Students (NCERT)
- ❖ Sumati R Mudami, "Fundamentals of food Nutrition and Diet Therapy", New Age International Pvt. Ltd, New Delhi, 6th Ed. (2018)
- ❖ Punita Sethi and Poonam Lakda, "Aahar Vigyan, Suraksha evam Poshan"; Elite Publishing House, New Delhi ;2015

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

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Suggested Continuous Evaluation Methods:

- Test with multiple choice questions/short and long answer questions
- Menu planning and calculation of nutrient requirement
- Nutritive value calculation of various nutrient rich dishes

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

Suggested equivalent online courses

- IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad.,
<http://heccontent.upsdc.gov.in/Home.aspx>

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Further Suggestions:

Students may develop their cooking skills with new healthy recipe development after completion of this course and even start their own food service center.

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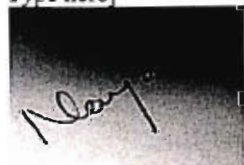
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B.A. I Semester 2 Home Science Paper 1
Introduction to Clothing & Textiles & Family Resource Management (Theory)

Programme/Class: Certificate	Year: I	Semester: 2
Subject: Home Science		
Course Code:	Course Title: Introduction to Clothing and Textiles& Family Resource Management (Theory)	
Course outcomes: <ul style="list-style-type: none">• Learn about scope of textile and clothing• Understanding why fabrics are different• Learn how fabrics can be manufactured• Understand basic clothing concepts and garment making• Learn the family resource management as a whole.• Understand the Decision making and use of resources throughout the Family life cycle.• Gain knowledge about Time, Money & Energy as a Resource.• Appreciate Household Equipments for work simplification		
Credits: 4		Core Compulsory / Elective
Max. Marks: 25+75		Min. Passing Marks:
Total No. of Lectures- 60		
Unit	Topic	No. of Lectures
	PART A	
I	Introduction a) Introduction to Clothing and Textile (b) Its importance in day-to-day life (c) Scope (d) Classification of textile fiber on the basis of their source (e) General properties of fibers- primary and secondary	7
II	Knowing Fibers -Manufacture, processing, properties and uses of (a) Cellulosic Fibers-cotton, Linen (b) Protein Fibers-Wool, Silk (c) Synthetic/Manmade fibers-Nylon, Polyester, Acrylic, Rayon.	8
III	Yarn to Fabrics (a) Definition of Yarn, Manufacture of Yarn and Yarn Properties (b) Different fabric construction techniques (Weaving, Knitting, Felting, Braiding, Non-woven) (c) Weaving of Cloth-Terminologies and Steps in Weaving. (d) Types of weaves-Basic and Decorative	8
IV	Clothing Construction (a)Tools for Clothing construction (b) Introduction to sewing machines, its parts and maintenance, (c) Importance of Drafting, Draping, Flat pattern techniques - advantages & disadvantages (d) fabric preparatory steps for stitching a garment - preshrinking, straightening, layout, pinning, marking and cutting.	7
	PART B	


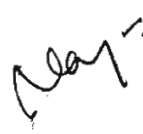

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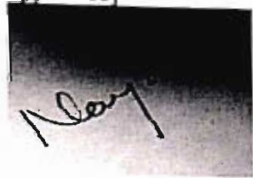




V	Introduction to Home Management: Basic Concepts, Purpose and Obstacles of Management. Process of Management – Planning, Organizing, Controlling and Evaluation. Motivating Factors in Management – Values, Goals and Standards – Definition and Classification.	8
VI	Resources, Decision making & Family life cycle: Meaning, Characteristics, Types and Factors affecting the use of Resources. Steps and Role of Decision Making in Management. Stages of Family Life Cycle.	8
	Time, Energy and Money Management: Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management.	7
VII	Energy as a Resource, Work Curve, Fatigue- Types, Causative Factors and Alleviating Techniques. Family income as a Resource, Sources of Income and Expenditure and Saving. Preparation of Family budget in view of family income.	
VIII	Work Simplification and Household Equipments: Meaning of Work Simplification, Use and Care of time and energy saving Household equipments such as Pressure Cooker, Mixer and Grinder, Refrigerator, Washing Machine, Vacuum Cleaner, air fryer, microwave & Solar Cooker.	7

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Suggested Readings:

- Colbman P Bernard: Textiles Fiber To Fabric
- Hollen & Saddler: Introduction To Textile
- Joseph M: Introduction To Textiles
- Trotman: Textile Fiber Science

Cutting Tailoring And Dress Making: National open School, B-31-B Kailash Colony, New Delhi – 1100048.

- Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra ISBN: 978-93-81124-96-3
- R Bhatia & C Arora (1999), Introduction To Clothing And Textile, Printed by Macho Printery, Raopura, Baroda.
- Complete Guide To Sewing By Reader's Digest: published by The Reader's Digest Association (Canada) Ltd. Montreal-Pleasantville, NY, 2002.
- Deacon R.E. and Firebaugh F.M. (1998) Family Resource Management- Principles and application. N. Delhi.: Roy Houghton Mifflin Company.
- Faulkner, R. & Faulkner, S. (1961) Inside Today's Home. Rev. ed. © Holt, Rinehart & Winston, Inc.
- Gross, I.H. and Crandall, E.H. (1967). Management for Modern Families. N. Delhi: Sterling Publishers Ltd?
- Moorthy G. (Ed.). (1985). Home Management. N. Delhi.: Arya Publishers, Mullick, P. Text book of Home science. Ludhiana.: Kalyani Publishers.
- Nickell, P., and Dorsey, J. M. (2002). *Management in Family Living*. New Delhi: CBS Publishers (ISBN13: 9788123908519)
 - Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications Agra.
 - Varma, Pramila. Vastu Vigyaan Avam Paridhan: Madhya Pradesh Hindi Granth Academy, Bhopal.
- Varghese, M. A, Ogale, N. N and Srinivasan, K. (2001). Home Management. New Delhi. New Age International (P) Ltd.
- Varghese, M.A. Household Equipment Manual, S.N.D.T Women's University, Mumbai.
- Suggestive digital platforms weblinks-
Svayam Portal,
<http://hcecontent.upsdc.gov.in/Home.aspx> ,

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

Suggested Continuous Evaluation Methods:

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

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

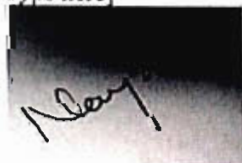
Suggested equivalent online courses:

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

Further Suggestions:

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

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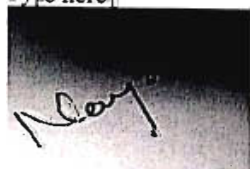
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At the End of the whole syllabus any remarks/ suggestions:

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

Programme/Class: Certificate	Year: 1	Semester: 2
Subject: Community and Life Science (Home Science)		
Course Code:	Course Title: Clothing and Textiles (Practical)	
Course outcomes: <ul style="list-style-type: none">• Ability to identify fibers and fabrics• Understanding why fabrics are different• Learning basic Sewing skills• Learn how garments are stitched		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of lab.periods- 30 (60 hours)		
Unit	Topic	No. of lab.periods
I	Identify fibers and fabrics (a)Fibre identification tests- Visual burning and microscopic- natural and synthetic, pure and blended fibres. (b) Weaves identification and understanding their usage.	7
II	Learning to stitch (a) Knowing the functions of various parts of sewing machine and trouble shooting of major problems during stitching, how to stitch-an idea of straight-line stitching, stitching on curves and at corners (b) Basic Stitching-Temporary Stitching, Permanent and decorative stitching	7
III	Basic sewing (a) Seams-Plain seams and its finishing, run & fell seam, French seam (b) Attaching different Fasteners (c) Disposal of fullness-darts, gathers, tucks and pleats (d) Neckline Finishing-Facing & Binding	8

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IV	Visit-Visit to garment factory/industry/apparel unit/silai Kendra to gain awareness on various types of sewing machines, manufacturing processes like drafting, finishing and packing, report writing.	8
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Suggested Readings:

- Cutting Tailoring and Dress Making: National open School, B-31-B Kailash Colony, New Delhi – 1100048.
 - R Bhatia & C Arora (1999), Introduction to Clothing and Textile, Printed by Macho Printery, Raopura, Baroda.
 - Complete Guide to Sewing by Reader's Digest: published by The Reader's Digest Association (Canada) Ltd. Montreal-Pleasantville, NY, 2002.
 - Helen J Armstrong, Pattern Making for Fashion Design, Prentice Hall
 - Gerry Cooklin, Introduction to Clothing Manufacture, Blackwell Science, UK, 1991
 - Metric Pattern cutting & Grading by Winfred Aldrich.
 - Khanuja, Reena. Vastra Vigyaan ke Sidhant, Agrawal Publication, Agra.
1. Suggestive digital platforms weblinks-
Svayam Portal,
<http://heecontent.upsdc.gov.in/Home.aspx>

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

Suggested Continuous Evaluation Methods:

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

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

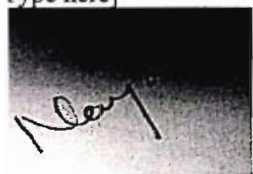
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**B.A. 2 Semester 3 Home Science Paper 1
Advance Nutrition and Human Development (Theory)**

Programme/Class: Diploma	Year: 2	Semester: 3
Subject: Home Science		
Course Code:	Course Title: Advance Nutrition and Human Development (Theory)	
Course outcomes: The student at the completion of the course will be able to: <ul style="list-style-type: none"> • Create an awareness about importance of healthy meal at various stages of life cycle • Inculcate healthy eating practices among students • Develop skill of meal planning for different physiological groups • Explain the Physical & Psychological changes during middle childhood, adolescent and adulthood stage. • Identify the biological and environmental factors affecting personality. • Learn about the characteristics, needs and developmental tasks of Middle childhood years, Adolescent & Adulthood stage. 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Unit	Topic	No of Lectures
I	Meal Planning- Definition, importance, factors affecting meal planning, Balanced Diet, RDA	07
II	Nutrition During Infancy and Childhood- Nutrition Requirement, RDA and Diet Plan	07
III	Nutrition During Adolescence, Adulthood and Old Age. Nutrition Requirement, RDA and Diet Plan	08
IV	Nutrition During special condition pregnancy and lactation Nutrition Requirement, RDA and Diet Plan.	08
	PART B	
V	Middle Childhood Years Developmental tasks and characteristics of middle childhood period <ul style="list-style-type: none"> • Physical and motor development • Social & emotional development • Cognitive development • Language development 	8

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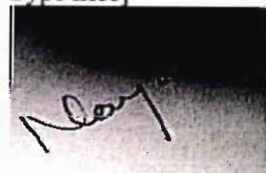


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VI	Puberty and Adolescence <ul style="list-style-type: none"> • Development tasks and characteristics • Significant Physical physiological and hormonal changes in puberty. • Self and Identity, Factors influencing Identity & Personality 	8
	development. <ul style="list-style-type: none"> • Family and peer relationship Problems – Drug and Alcohol abuse, STD, HIV/AIDS, Teenage pregnancy.	
VII	Cognitive, Language and Moral Development during Adolescence: <ul style="list-style-type: none"> • Perspective on cognitive development, development of intelligence and Creativity • Adolescent language • Adolescent Morality 	7
VIII	Introduction to adulthood: <ul style="list-style-type: none"> • Concept, transition from adolescence to adulthood • Developmental tasks of Adulthood • Physical and physiological changes from young adulthood to late adulthood Responsibilities and adjustments-educational, occupational, marital and parenthood	7
<ul style="list-style-type: none"> • Suggested Readings: • Sheel Sharma, "Nutrition and Diet Therapy, Peepee Publishers, New Delhi; 2014 • Ankita Gupta "Text book of Nutrition" Medico Refresher Publisher, Agra, 2018 • Subhangini A Joshi; Nutrition and Dietetics, Mc Graw Hill Education, Private Ltd. • Kumud Khanna, "Text book of Nutrition and Dietetics", Elite Publishing House Pvt. Ltd, New Delhi, 2013, 7th Ed. • Swaminathan M, " Essentials of Food and Nutrition Vol I and II • Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977). • Ambron S.R. Child Development Holt, Rinehart and Winston 1978 (IInd Edition). • Mussen P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Development and Personality (VI Edition) Harper and Row Publishers New York. • Boeknek G. Human Development Brook and Cole Publishing Company 1980. • Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015 • Harpalani. Aahar Vigyaan avam Upcharatmak Poshan, Star Publications, Agra. • Suggestive digital platforms web links- IGNOU & UPRTOU online study material <p>Svayam Portal, http://heecontent.upsdc.gov.in/Home.aspx</p>		

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Suggested Continuous Evaluation Methods:

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

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

Suggested equivalent online courses:

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

Further Suggestions:

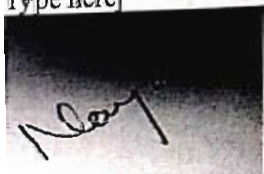
Students can opt. dietitian, nutrition advisor/ Nutritionist as a career in private and government sector as well as extend knowledge by joining advance course in same discipline.

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

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

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

Programme/Class: Diploma	Year: 2	Semester: 3
Subject: Community & Essential Science (Home Science)		
Course Code:	Course Title: Advance HUMAN development (Practical)	
Course outcomes: <ul style="list-style-type: none">• Learn to cope up with adolescent and adulthood problems.• Understand and handle development related issues more efficiently.• Able to know human behaviour.• Understand individual differences.		
Credits: 2		Core Compulsory / Elective
Max. Marks: 25+75		Min. Passing Marks:
Total No. of lab. periods-30(60 hours)		
Unit	Topic	No. of lab.periods
I	Preparation of an album on developmental milestones of children. Prepare child literature. Visit to Child Care Centres/ anganwadi	8
II	Study of physical, social, emotional, cognitive, language development (any two). Observations of child rearing practices in families from different social classes	8
III	Interviews of adolescent girls and boys to understand their life style, behaviour and problems.	7
IV	Carry out case studies to know more about the different life stages, e.g., school going children, adolescents, Young adults. (any two)	7

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Suggested Readings:

1. Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).
2. Ambron S.R. Child Development Holt, Rinehart and Winston 1978 (IInd Edition).
3. Mussen P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Development and Personality (VI Edition) Harper and Row Publishers New York.
4. Boeknek G. Human Development Brook and Cole Publishing Company 1980.

5. Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015

Suggestive digital platforms web links- ePG- Pathshala, infibnet,IGNOU & UPRTOU online study material.

Svayam Portal,

<http://hcecontent.upsdc.gov.in/Home.aspx>

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

Suggested Continuous Evaluation Methods:

- Assessment of observation report.
- Preparation of questionnaire.
- Visits Records.
- Attendance.

Course prerequisites: To study this course, a student must have had the subject in class 12th.
The eligibility for this paper is 10+2 with any subject

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**B.A. 2 Semester 4 Home Science Paper 1
Housing & Extension Education (Theory)**



Programme/Class: Diploma	Year: 2	Semester: 4
Subject: Home Science		
Course Code:	Course Title: Housing & Extension Education (Theory)	
Course outcomes:		
<ul style="list-style-type: none">• Grasp knowledge of Housing need & selection of site in real life situations.• Comprehending Housing plans for residential purpose.• Appreciate principles of design and the contributing factors to refine personal aesthetic senses.• Learn the widening concepts of Extension Education.• Develop understanding for Effective teaching and learning.• Comprehend the various effective communication methods.• Gain skills to use technologically advanced Audio-visual aids.		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 60		
Unit	Topic	No. of Lectures
I	Housing: Needs of a House, Difference between House & Home, way to acquire house (Own & rented). Factors influencing selection and purchase of house and site for house building.	8
II	House Planning: Principles of house planning, Planning different residential spaces in a house. Planning house for different income groups.	7
III	Interior Designing: Introduction to Interior designing. Importance of good taste. Objective of Interior decoration. Elements of design – Line, Shape, Texture, Color, Pattern, Light & Space. Principle of design- Proportion, Balance, Rhythm, Emphasis, Harmony.	8
IV	Home Decors: Furniture, Furnishings (Curtain, Draperies, Floor coverings, Wall ceiling, Lighting, Accessories (Wall painting, Mirrors, wall art, Sculpture & Antiques, Flower arrangements) etc.	7
	PART B	

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V	Extension Education: Meaning, Concepts, Objectives, Scope, Principles, Philosophy of Extension Education. Early Extension Efforts in India. Formal & Non-formal Education.	8
VI	Extension Teaching & Learning: Role and Qualities of an Extension worker. Steps in Extension Teaching Process, Criteria for Effective Teaching & Learning.	7
	Communication & Extension Teaching Methods: Definition, Importance, Characteristics, Elements, Models	
VII	&Challenges in communications. Relationship between Communication, Extension & Development. Extension Teaching Methods- Classification, Factors guiding the Selection & use of Extension teaching methods.	8
VIII	Audio- visual Aids: Definition, Importance, Classification, Selection, Preparation & Effective use of Audio-visual Aids.	7

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Suggested Readings:

- Khanuja, Recna (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra ISBN: 978-93-81124-96-3
- Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications Agra.
- Cherunilam, F., & Hedggade, O. D. (1987). *Housing in India*. Bombay: Himalaya Publishing House.
- Craig, H.T. and Rush, O.D. (1966). *Homes with Character*. Heath, 1966.
- Faulkner, R. & Faulkner, S. (1961) *Inside Today's Home*. Rev. ed. © Holt, Rinehart & Winston, Inc.
- Goldstein, H & Goldstein V. (1954). *Art in Everyday Life* Macmillan Publishers.
- Rutt, A.H. (1963) *Home furnishing*. John Wiley & Sons, Inc.;
- Supriya, K.B. (2004). *Landscape gardening and designing with plants*. Pointer Publishers.
- Teresa, P. Lanker. (1960). *Flower Arranging: Step-by-step Instructions for Everyday Designs*. Florist Review
- Aggarwal, R. (2008). "Communication- today and tomorrow", New Delhi.: Sublime Company
- Dubey V.K, Srivastava Archana, Agrawal Garima, Grah Vigyan Prasar Avam Sampreshan. Star Publications Agra.
- Harpalni B.D. Patni.Manju, (Prasar Shiksha Avam Sanchar) Star Publications, Agra. ISBN 978-93-81246
- Shaw Geeta Pushp, Shaw Jois Sheela, Prasar Shiksha, Vinod Pustak Mandir Agra. ISBN 81-7457-104-3
- Dahama, O.P., & Bhatnagar, O.P.[1998]. "Education and Communication for Development". New Delhi. - Oxford and IBH Publishing Co. Pvt.Ltd.
- Jaipal Singh." Prasar Shiksha avam Gramin Vikas" SR Scientific Publications, Agra
- Reddy, A. [1987]. "Extension Education". Bapatha, Andra Pradesh, India.: Sreelekshmi Press.
- Supe A.N. (1983). *An introduction to Extension Education*. Delhi: Oxford IBH Publishing

2. Suggestive digital platforms weblinks-

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

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

Suggested Continuous Evaluation Methods:

- Seminar / presentation on any topic of the above syllabus.
- Test with multiple choice questions/ short and long answer questions.
- Preparation of Audio-visual aids.
- Attendance.

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

Suggested equivalent online courses:

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

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Further Suggestions:

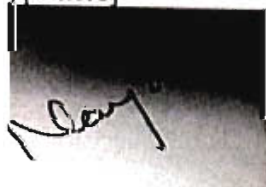
It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure. Extension work will speed up the (1) Man Environment; (2) Basic structures (Gram Panchayat, Village School and Cooperative Societies) etc.

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

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

Programme/Class: Diploma	Year: 2	Semester: 4
Subject: Community and Essential Science (Home Science)		
Course Code:	Course Title: Resource Planning and Decoration (Practical)	
Course outcomes:		
<ul style="list-style-type: none">• Developing skills for making time plan for effective balance of work & leisure.• Plan & prepare budget for the family.• Incorporate appropriate work simplification in using household equipments.• Develop understanding for house planning & decoration.		
Credits: 2		Core Compulsory / Elective
Max. Marks: 25+75		Min. Passing Marks:
Total No. of lab.periods-30 (60 hours)		
Unit	Topic	No. of lab.periods
I	<ul style="list-style-type: none">• Preparation of time plans for self and family.• Drafting family budget for different income groups.	8
II	<ul style="list-style-type: none">• Market Survey of Household Equipments- (Pressure cooker, Toaster, Gas Stove, Mixer & Grinder, Refrigerator, Washing machine, Microwave, Solar cooker)	8

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III	<ul style="list-style-type: none"> Study of different house plans-designs and styles. Draw a house plan keeping in mind the principles of house planning with special emphasis on plantation, water harvesting and other environment friendly factors, also place appropriate furniture in the floor plan using elements of design 	7
IV	<ul style="list-style-type: none"> Preparation of Color wheels & Color schemes. Flower Arrangement & Floor Decoration (Rangoli)- 	7

	Application of Design principles and Elements of Art , Innovation of new styles.	
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Suggested Readings:

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

Suggestive digital platforms weblinks-

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

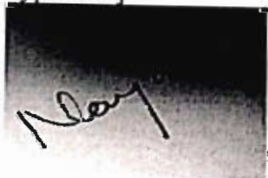
This course can be opted as an elective by the students of following subjects: Open for all

Suggested Continuous Evaluation Methods:

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

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

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Suggested equivalent online courses:
IGNOU & Other centrally/state operated Universities/ MOOC platforms such as
"SWAYAM" in India and Abroad

Further Suggestions:

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

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

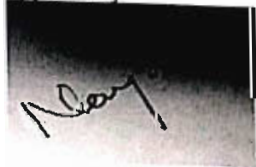
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B.A. 2 Semester 4 Home Science Paper 3

Research Project

Programme/Class: Graduation	Year: 2	Semester: 4
Subject: Community and Life Science (Home Science)		
Course Code:	Course Title: Research project	
Course outcomes: Learns to communicate with community around Learns to prepare a survey/interview schedule Becomes sensitized to problems being faced in community Increases awareness of candidate.		
Credits: 3	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of lectures-45 hours		
Unit	Topics	No. of hours

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I	<p>Survey of community services surrounding living area of candidate</p> <p>The Candidate has to explore the surroundings and study / identify problem in any one of the following.</p> <p>It may include Anganwadi/ Health services/ Market / Dairy/ Agricultural farmland / NGO / Crèche/ Nursery School/ Hospital/ Fitness center/ Diet councillor/ Boutique/Balwadi/ Youth center/ Primary school/ Vridha Ashram(old age home)/ Divang school/ Mentally challenged institution/ Village panchayat / School councillor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods</p>	12
II	<p>Seek permission to carry the visits, Plan Visits to the area/ site for developing an understanding</p>	11

III	Develop a tool for conducting a survey of the selected area and collect data from the area/ seek permission to conduct short training in the area.	12
IV	A detailed Report to be prepared and submitted.	10

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

Suggested Continuous Evaluation Methods:

Prepare Survey or tool on any one of the above areas

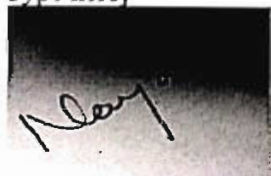
Collection of data related to the area.

A letter certifying the authenticity of work done from the mentor

Report of the identified problems and survey conducted.

Course prerequisites: To study this course, a student must have had cleared the 4th semester

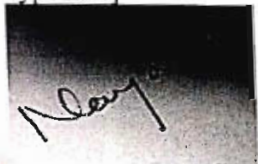
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**B.A. 3 Semester 5 Home Science Paper 1
Surface Ornamentation of fabrics(Theory)**

Programme/Class: Graduation	Year: 3	Semester: 5
Subject: Home Science		
Course Code:	Course Title: Surface Ornamentation Of Fabrics (Theory)	
Course outcomes:		
<ul style="list-style-type: none"> • Knowing why fabrics look differently • Identify the different techniques of fabric from surface • Learn about finishes done on fabrics • Knowing about dyeing fabrics • Learn how printing on fabrics is carried • Knowing the traditional embroideries of India • Identifying traditional textiles of different states • Knowing the importance of appropriate laundry method 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 60		
Unit	Topics	No. of Lecture
I	Techniques of Creating variety on fabrics (a) weaving(b) finishing of fabrics(c) dyeing of fabrics(d) printing fabrics(a) embroidery and other decoration methods	8
II	Finishes (a) Classification of fabric finishes (b) Study of purpose and process of finishes (i) General Purpose finishes-Bleaching, Mercerization, Calendering, Sanforization, Tenting, Singeing, Scouring (ii) Functional Finishes	8
III	Dyeing -Classification and use of dyes-Natural v/s Synthetic, (Basic, Acidic, Direct, Azoic, Natural, Sulphur, Vat, Disperse and Reactive dyes) Resist Dying Techniques- Tie & Dye, Batik.	8
IV	Printing (a) Direct printing- Block, Screen, Stencil, Roller (b) Transfer printing (c) Discharge printing, Resist printing (d) Polychromatic, Inkjet and Digital printing techniques (e) After treatment of dyed and printed goods	8
V	Traditional Embroideries: Meaning and status of traditional craft India, Knowing about the Traditional Embroideries of different states Zardozi, Kashida of Kashmir, Phulkari of Punjab, Kantha of Ben Chikankari, Kasuti, of UP, Sindh and Kutch work of Gujarat.	6

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VI	Traditional Textiles: Knowing the Traditional textiles of different states of India (a) Woven fabrics- Baluchars, brocades, Kashmir carpets, Patola, Ikat, Pochampalli, Chanderi (b) Printed, painted and dyed-Sanganeri, Bhagru, Kalamkari, Madhubani, Bandhani.	7
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VII	Water (a) Water and its uses in textile industry, properties, (b)types of water used for processing (c) Hardness and removal of Hardness of water.	7
VIII	Laundry and dry cleaning of fabrics and garments (a) Methods of Laundry and Dry cleaning (b) Dry cleaning process (c) Reagents of Laundry-Blues, Bleaches, Optical Brighteners, Stiffening agents (d) Types of soaps and detergents (e) Cleaning action of soaps and detergents.	8

Suggested Readings:

- Marsh JT: Textile Finishes
- Trotman Er: Dyeing And Chemical Technology Of Fibres
- Joseph M: Introduction To Textiles
- Corbman P Bernard: Textiles- Fibre To Fabric
- Hollen & Saddler: Introduction To Textile
- J. Hall: The Standard Hand Book Of Textiles, Wood Head Publication, 2004
- J.E. Smith: Textile Processing –Printing, Dyeing, Abhishek Publishing, 2003
- Kate Broughton: Textile Dyeing, Rockport Publishers, 1996
- W.S. Murphy: Textile Finishing, Abhishek Publication, 2000
- Naik.D. Shailiaja:Traditional Embroideries Of India, New Age International Publishers, 1996
- Naik.D. Shailiaja, Jacquie.A. Willson: Surface Designing Of Textile Fabrics, New Age International Publishers,2006
- Bhargav, Bela. Vastra Vigyaan, Univ. Book House Pvt. Avam Dhulai Kala,University Book House Pvt Ltd. Jaipur
- Patni .Manju, Vastra Vigyaan Avam Paridhan ka Parichay ,Star Publications, Agra.

Suggestive digital platforms weblinks-

Swayam Portal,

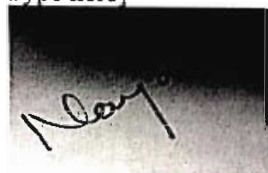
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This course can be opted as an elective by the students of following subjects: Open for all
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Suggested Continuous Evaluation Methods:

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

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

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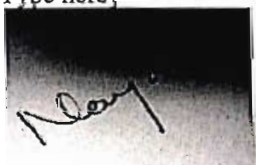
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B.A. 3 Semester 5 Home Science Paper 2
Community Development & Programme Planning (Theory)

Programme/Class: Degree		Year: 3	Semester: 5
Subject: Home Science			
Course Code:		Course Title: Community Development & Programme planning. (Theory)	
Course outcomes:			
<ul style="list-style-type: none">• Understand the Community Development dynamics & organizing system for Development.• Create awareness about the various development programmes.• Identify the leadership pattern in the community.• Impart skills to implement, monitor & evaluate programmes.			
Credits: 4		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lectures- 60			
Unit	Topic		No. of Lectures
I	Community Development: Meaning, Definition, Functions, Objectives, Philosophy, Principles of Community Development Programme in India.		8
II	Community Development Organization: Meaning, Types, Principles, Role & Administrative Structure at the National, State, District, Block & Village levels.		8
III	Home Science Extension Education in Community Development: Origin, Concept, Need, Importance and Contribution of Home Science Extension Education in National Development.		7
IV	Recent Development Programme for Women & Children: Support to Training & Employment for women (STEP), Swarn jayanti Gram Swarojgar Yogna (SGSY), Integrated Child Development Services (ICDS) etc.		7
V	Support Service of Youth Development: NCC, NSS, Youth Camp Youth Clubs etc.		7
VI	NGO & Others: Contribution towards community services, Types & Role of NGO - WHO, CARE, UNICEF, UNESCO, UNDP, CRY, HELP-AGE INDIA.		8

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VII	Leadership: Concept, Definitions, Types, Importance, Function and Role of Community leaders. Methods of Identifying and Training of leaders.	7
VIII	Programme Planning: Programme planning component cycle and its components- (i) Designing the project – Defining the objectives, Identifying resources, approach, feasibility and Work plan.	8

	(ii) Implementation. (iii) Monitoring and Evaluation.	
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Suggested Readings:

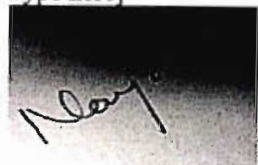
- Clark John. (1991). Voluntary Organizations: Their Contribution to Development. London: Earth Scan
- Dahama, O.P., & Bhatnagar, O.P. "Extension & Rural Welfare". New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Ghosh Bhola Nath, (1996), "Rural Leadership & Development" Mohit Publications, New Delhi.
- Julie Fisher. (2003). Governments, NGO's and the Political Development of the Third World. Jaipur: Rawat Publications
- Mohsionnadeem, (1985), "Rural Development through Government Program" Mittal Publications New Delhi.
- Manju Patni & Harpalini, (2018) Prasar Shiksha avam sanchar, Star Publications, Agra.
- Reddy, A [1987]. "Extension Education". Bapatha, Andra Pradesh, India.: Sreelekshmi Press.
- Ravi Shankar Kumar Singh. (2003). Role of NGO's in Developing Countries (Potentials, Constraints and Policies). New Delhi: Deep & Deep Publications (P) Ltd

Suggestive digital platforms weblinks

- <https://bit.ly/3I3AyaI>
- <https://bit.ly/35RnyAi>
- <https://www.un.org/en/universal-declaration-human-rights/>
- <https://www.un.org/womenwatch/daw/cedaw/text/econvention.htm>
- <https://www.ohchr.org/EN/ProfessionalInterest/Pages/CRC.aspx>
- <https://www.undp.org/content/undp/en/home/sustainable-development-goals.html>
- <https://bit.ly/39ROD8X>
- <https://www.unicef.org/>
- <https://www.who.int/about>
- <https://www.careindia.org/>

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

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Suggested Continuous Evaluation Methods:

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

Course prerequisites: To study this course, a student must have had the subject in class 12th

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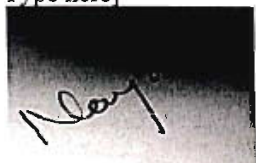
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**B.A. 3 Semester 5 Home Science Paper 3
Community Transforming (change) (Practical)**

Programme/Class: Degree	Year: 3	Semester: 5
Subject: Home Science		
Course Code:	Course Title: Community Transformation (Change). (Practical)	
Course outcomes: <ul style="list-style-type: none">• Address & resolve women & family related issues.• Make use of Audio-visual aids in planning & conducting group communication• Understand the role of Government bodies in development of the community.• Organizing people for their own development.		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of lab.periods 30(60 hours)		
Unit	Topic	No. of lab.periods
I	<ul style="list-style-type: none">• Identify the target group & their relevant issues i.e. poor health, malnutrition, illiteracy, poverty, domestic issues related to women and children. Observe and critical analysis of welfare programme followed by preparation of report.	8
II	<ul style="list-style-type: none">• Stimulation in nearby community for local economy through acquiring skills in surface ornamentation of fabric such as tie and dye, batik, block, stencil printing and spray (any three), Kashida of Kashmir, Phulkari of Punjab, Kantha of Bengal, chickenkari of Lucknow, kutch work of Gujrat Sindhi stitch, Kasuti of UP and zardozi work(any three)	7
III	<ul style="list-style-type: none">• Prepare & learn the use of Audio-visual Aids.	7
IV	<ul style="list-style-type: none">• Develop a script in the Folk drama (Nukkad Natak) format to perform in the target group.	8

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Suggested Readings:

- Mondal Sagar, Misra OP (2018) "Fundamentals of Extension education & Rural Development", Kalyani Publications, New Delhi.
- Mortiss PD (1988) Agricultural Extension- Practical Manual" Department of Primary Industries, Queens Land Government.
- Pradhan.K. Varaprasad.C (2018) Glimpses of Practical in Extension Education, New India Publishing Agency. New Delhi
- Jaipal Singh." Prasar Shiksha avam Gramin Vikas" SR Scientific Publications, Agra

1. Suggestive digital platforms weblinks-

<https://bit.ly/3922ZTH>

Svayam Portal,

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

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

Suggested Continuous Evaluation Methods:

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

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

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

Programme/Class: Certificate	Year: 3	Semester: 6
Subject: Home Science		
Course Code:	Course Title: Dietetics and Therapeutic Nutrition	
Course outcomes: 1- Gain knowledge of principles of diet therapy 2- Develop and understand modification of the normal diet for therapeutic purposes 3- Practical knowledge of dietary management in some common disorders		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Unit	Topics	No. of Lectures
I	Introduction a) Definition of Health Dietetics and Therapeutic Nutrition b) Importance of Diet Therapy c) Facts about fast foods/Junk foods d) Objectives of therapeutic Diet e) Principles of diet therapy	07

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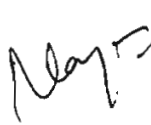
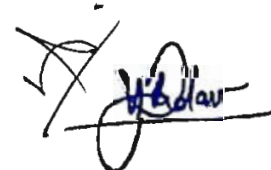
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II	Diet and feeding methods a) Modification of normal diets for therapeutic purposes b) Methods of modification <ul style="list-style-type: none"> On the basis of nutrients On basis of consistency c) Different feeding methods <ul style="list-style-type: none"> Oral feeding Tube feeding 	07
III	Energy Metabolism a) The calorific value of food b) Measurement of energy exchange in the body <ul style="list-style-type: none"> Direct calorimeter Indirect calorimeter c) Factors influencing the Basal Metabolic Rate d) Factors influencing the total energy requirement	08

IV	Diet during fevers and infections a) Introduction to fever –Acute fever –Chronic fever b) Important changes in nutrition during fever c) Modification of the diet	07
V	Diet during Digestive system disorders a) Peptic ulcers–Causes, symptoms and diet modification b) Diarrhea and Constipation –Causes, treatment and diet modification	08
VI	Weight Management a) Overweight and Obesity <ul style="list-style-type: none"> –Introduction to Obesity –Causes of Obesity –Diet Modification b) Underweight <ul style="list-style-type: none"> –Causes –Treatment –Diet Therapy 	07

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VII	Therapeutic Diets in Cardiac Diseases a) Atherosclerosis -Introduction -Dietary factors influencing lipid level in blood -Modification of diet and Meal Pattern b) Hypertension -Causes and symptoms -Diet in Hypertension	08
VIII	Endocrinal Disorders a) Introduction to endocrinology b) Various endocrine glands and their functions: Thyroid, Adrenal and Pancreas c) Diabetes Mellitus-occurrence types, symptoms, metabolic changes, dietary modification and educating the patient	08

Suggested Readings:

- ❖ Sumati R Mudambi – “Fundamentals of food, Nutrition and Diet Therapy”, New Age International Pvt. Ltd, New Delhi, 6th Edition (2018).
- ❖ B Srilakshmi- “Dietetics”, New Age International Publishers, New Delhi 2017
- ❖ Bamji MS, Krishnaswamy K and Brahmam GNV(Eds) (2009), Text book of Human Nutrition, 3rd Edition , Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi
- ❖ Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13th Ed.
- ❖ Dr.DevinaSahai, SamanyaEvamUpcharatmakPoshan, New Age International Publishers.
- ❖ Dr. Sheel Sharma, “Nutrition and Diet Therapy” PEEPEE Publishers and Distributers (P) Ltd. Delhi, 2014, 1st Ed.
- ❖ Shubhangini A Joshi, – “Nutrition and Dietetics”, Mc Graw Hill Education Private Ltd., New Delhi, 2013
- ❖ Kumud khanna– “Text book of Nutrition and Dietetics”, Elite Publishing House Pvt. Ltd, New Delhi, 7th Ed. 2013

- ❖ M Swaminathan – Essentials of food and Nutrition, Vol II, Applied Aspects, The Bangalore Printing and Publishing Co. Ltd, Bangalore, 2nd Edition 1985, Reprint 1997.

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

Suggested Continuous Evaluation Methods:

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

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Course prerequisites: To study this course, a student must have had the subjectin class/12th/ certificate/diploma.

Suggested equivalent online courses:

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

Further Suggestions:

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

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

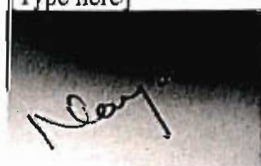
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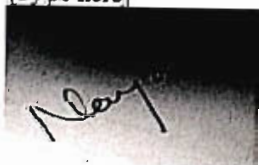
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B.A. 3 Semester 6 Home Science Paper 2
Research Methodology and Gender Development (Theory)

Programme/Class: Degree		Year: 3	Semester: 6
Subject: Community & Essential Science (Home Science)			
Course Code:		Course Title: Research Methodology and Gender Development (Theory)	
Course outcomes: The student at the completion of the course will be able to: <ul style="list-style-type: none">• Explain the concept and use of Research.• Develop a research proposal.• Learn about the data, sample and report writing.• Conduct survey.• To develop insight into the General issues of women.• To understand strategies for empowerment of women.			
Credits: 4		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lectures-Tutorials- 60Lectures			
Unit	Topic	No. of Lectures	
	PART A		
I	Social Research: <ul style="list-style-type: none">• Concept,• Scope,• Steps of research	6	
II	Sampling <ul style="list-style-type: none">• Concept, Techniques, Principles and Limitations of sampling.	6	
III	Data Collection: <ul style="list-style-type: none">• Sources of Data Collection: Primary & Secondary• Tools of Data collection: Interview schedule, Observation, Questionnaire• Methods of data collection	8	

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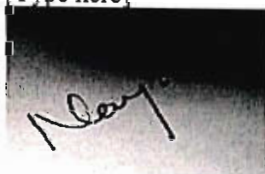
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IV	Report Writing <ul style="list-style-type: none"> • Summary, Conclusion and Recommendations • Writing references • Writing process of research report: Formal Style of writing, Preface, Chapterization, Headings, Tables and 	10
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	Figures, Appendices, Bibliography and Acknowledgement	
	PART B	
V	Women in Development: Capacity Building for women- Education, Decision Making abilities, Opportunities, Awareness & Information on social and legal issues.	8
VI	Women's Organizations & Collective Strength: Women's action groups and women's participation in development initiative.	7
VII	Employment Trends of women: Need for self-employment, Opportunities & challenges in an organized and un-organized sector.	7
VIII	Entrepreneurship Development to empower women: Motivation, Development of women entrepreneurs in India, Schemes available to encourage women entrepreneurship. (a) Bhartiya Mahila Bank Business Loan (b) Annapurna Scheme. (c) Stree Shakti Package (d) Mudra yojana scheme for women. (e) Mahila udyam nidhi scheme.	8

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Suggested Readings:

1. C. R. Kothari: Research Methodology- Method and Techniques
2. R. Kumar: Research Methodology: A step by Step Guide for Beginners
3. M. H. Gopal: Introduction to Research Methodology for Social Sciences
4. Good, Carter, Scales and Douglas: Methods of Research
5. Bhasin, Kamla (2000). Understanding Gender. New Delhi. Kaali for Women.
6. Devi, Uma (1994). Women Work, Development and Ecology. New Delhi, Har-Anand Publications.
7. Krishna, Sumi (2007). Women's Livelihood Rights: Recasting Citizenship for Development, New Delhi, Sage Publications.
8. Sohoni, K Neerj, (1994), Status of Girls in Development Strategies, New Delhi, Har-Anand Publications.
9. Gundry Lisa K. & Kickul Jill R., 2007, Entrepreneurship Strategy: Changing Patterns in New Venture Creation, Growth, and Reinvention, SAGE Publications, Inc.
10. Taneja & Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia Publishing Company
11. Patni, Manju. Anusandhan Vigyaan, Star Publications, Agra.
12. Sudha, G.S. Vyavsayik Prabandh ke Siddhant avam Udyamita, RBD Publications.
13. Gupta, U.C. Udyamita Vikas, Kailash Pustak Sadan, Bhopal
14. Suggestive digital platforms web links- e-PG Pathshala – Infilibnet

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

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

Suggested Continuous Evaluation Methods:

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

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

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

Suggested equivalent online courses:

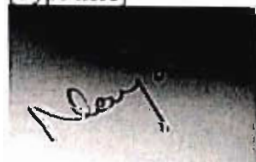
- IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad.

Further Suggestions:

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

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

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

Programme/Class: Certificate	Year: 3	Semester: 6
Subject: Home Science(Practical)		
Course Code:	Course Title: Therapeutic Diet Preparation and Nutrient Calculation	
Course outcomes: 1- Gain knowledge of principles of diet therapy 2- Develop and understand modification of the normal diet for therapeutic purposes 3- Practical knowledge of dietary management in some common disorders		
Credits: 2		Core Compulsory / Elective
Max. Marks: 25+75		Min. Passing Marks:
Total No. of lab.periods -30(60 hours)		
Unit	Topic	No. of lab.periods
I	Modification of normal diet for therapeutic purposes- preparation and presentation	06
II	Therapeutic Diet Preparation and Nutrient Calculation of - Diet in fever - Diet in diarrhea - Diet in Constipation	08
III	Therapeutic Diet Preparation and Nutrient Calculation of some Common Disorders - Diet in diabetes Mellitus - Diet in Hypertension - Diet in Atherosclerosis	08
IV	Dietary Modification for weight management – Preparation and Nutrient Calculation of diet in- - Overweight & obesity - Underweight	08
Suggested Readings: ❖ Sumati R Mudambi – “Fundamentals of food, Nutrition and Diet Therapy”, New Age		

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<p>International Pvt. Ltd, New Delhi, 6th Edition (2018).</p> <ul style="list-style-type: none"> ❖ B Srilakshmi- "Dietetics", New Age International Publishers, New Delhi 2017 ❖ Bamji MS, Krishnaswamy K and Brahmam GNV(Eds) (2009), Text book of Human Nutrition, 3rd Edition , Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi ❖ Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13th Ed. ❖ Dr. Sheel Sharma, "Nutrition and Diet Therapy" PEEPEE Publishers and Distributers (P) Ltd. Delhi, 2014, 1st Ed. <p>□</p>
<p>This course can be opted as an elective by the students of following subjects: Open for all</p> <p>.....</p>
<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> • Test with multiple choice questions/short and long answer questions • Menu planning and calculation of nutrient requirement
<p>Course prerequisites: To study this course, a student must have had the subjectin class/12th/ certificate/diploma.</p> <p>.....</p>
<p>Suggested equivalent online courses:</p> <p>IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad Svayam Portal, http://heecontent.upsdc.gov.in/Home.aspx</p>
<p>Further Suggestions:</p> <p>Students can opt. dietitian, nutrition advisor/ Nutritionist as a career in private and government sector as well as extend knowledge by joining advance course in same discipline.</p>

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B.A 4TH YEAR SEMESTER VII as per NEP

Advance Food Nutrition

Course Type: Major
Credit: 4

Objectives:

- To understand the basic concept of food, nutrition and role of nutrition maintaining health.
- Get an insight about the various major and micro nutrients.
- To gain knowledge regarding methods of cooking and methods to improve nutritional quality of food

Contents

Unit	Topic	No. of Lectures
I	Introduction to the Study of Nutrition- Food, Nutrition and Health, Digestion, Absorption and Utilization of Nutrients, The Recommended Dietary Allowances for Nutrients	07
II	Energy Metabolism- Determination of energy value of food-Bomb Calorimeter, Basal Metabolic rate and factors affecting Basal Metabolic Rate	04
III	The Nutrients	07
	Carbohydrates- Composition and Classification, Sources, Properties, Functions, Food sources, Utilization in the Body, Regulation of Blood Sugar, RDA, Dietary Fiber, Clinical Problems	07
	Fats and Lipids- Composition and Classification, Sources, Properties, Functions, Food Sources, Essential Fatty Acids, Digestion and Absorption, RDA, Clinical Problems	07
	Proteins and Amino Acids- Composition and Classification, Sources, Properties, Functions, Food Sources, Essential Amino Acids, Digestion and Absorption, RDA, Clinical Problems	07
	Vitamins- Introduction, Nature of Vitamins, Fat soluble Vitamins- Vitamin A, D, E, K- Functions, Food Sources, RDA, Effect of Deficiency, Water Soluble Vitamins- Vitamin B Complex and Ascorbic Acid- Functions, Food Sources, RDA, Effect of Deficiency	07

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	Major and Trace Minerals- Introduction, Functions of Minerals, Major Minerals (Calcium, Phosphorous, Magnesium, Sodium, Potassium)- Food sources, Function and Deficiency, Trace Minerals (Iron, Iodine, Copper, Zinc, Selenium, Cobalt, Fluorine, Molybdenum, Manganese)	07
	Water- Functions, Acid-Base Balance, Food Sources, Requirement, Problems of Dhydration and Oedema	04
IV	Methods of Cooking and Preventing Nutrients Losses- Moist Heat Methods of Cooking- Boiling, Poaching, Steaming, Stewing, Braising, Dry Heat Methods of Cooking- Baking, Roasting and Grilling, Frying, Modern Methods of Cooking- Microwave Cooking, Infra-red Cooking	06
V	Methods to Improve Nutritional Quality of Food- Germination, Fermentation, Supplementation, Fortification and Enrichment, Substitution	04

References:

1. M. Swaminathan: Handbook of Food and Nutrition, The Bangalore Printing & Publishing Co. Ltd 2018.
2. Anita Singh: Food and Nutrition, Star Publication, Agra, India, 2018.
3. Sumati R Mudambi and M V Rajagopal: Fundamentals of Foods, Nutrition and Diet Therapy, New Age International Publishers, 2018.
4. Dr. Reena Khanuja: Aahar Evam Poshan Vigyan.
5. Dr. Sarita Kumawat: Aahar Evam Poshan Vigyan .
6. Dr. Vrinda Singh: Aahar and Poshan Vigyan.

Sessional Work:

1. Seminar presentation
2. Internal Assessment test
3. Assignment on any topic from entire syllabus
4. Attendance

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Child Development: Prenatal to Old Age**Course Type: Major****Credit: 4****Objectives:**

- To have an overview of development from prenatal stage to old age stage.
- To develop the ability among students to understand the aspects of all development stages during different phase of life cycle.

Contents

Unit	Topic	No. of Lectures
I	Concept of development- Introduction to Development, Stages and Principles of growth and development, Developmental tasks, Individual Differences, Heredity and Environment	08
II	Prenatal Development- Conception, stages of Prenatal Development, Factors affecting Prenatal Development, Common complications during pregnancy, Types and Stages of Birth Process	06
III	Birth to Infancy- New Born – Physical description, Sensory capacity and reflexes, Stages of Language Development, Social Development during infancy	06
IV	2-6 Yrs. (Early Childhood)- Physical and motor development, Cognitive Development, Language Development, Emotional Development, Social Development	10

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V	7-11 Yrs. (Middle Childhood)- Physical and Motor Development, Cognitive Development, Language Development, Emotional Development, Social Development	10
VI	Adolescence- The concept of adolescence, developmental task of Adolescence, Development of Primary and Secondary sex characters, sex education, Family, Peers and friendship	08
VII	Adulthood- Introduction, physical continuity and changes, Health and Diseases	06
VIII	Old age- Introduction and changes during old age, Health and Diseases and Psycho social Changes	06

References:

1. Vrinda Singh: *Bal Vikas*, PanchsheelPrakashan
2. Hurlock E. B.: *Child Development*, New Delhi, McGraw Hill
3. Kuppaswamy, B.: *Text Book of Child Behaviour and Development*, Konark Publication.
4. Devdas, R.P, and Jaya N.: *Text Book of Child development*, New Delhi, Macmillan Publishing Co.
5. Anita Shrivastava: *AdhunikVikasatmakManovigyaaan*, Lal J.N., Vinod Pustak Mandir, Agra.
6. Neeta Agrawal: *Matru Kala AvamShishuPalan*.
7. D.E Papalia: *Human Development*, Tata McGraw Hill's Publication, 1997.
8. A, Singh: *Foundations of Human Development: Lifespan Approach*. (Ed.), Orient Blackswan 2015.
9. N, Jaya and R,P Devdas: *Text Book of Child development*, New Delhi, Macmillan Publishing Co., 1996.
10. Dehart G.B. &Stroufe. L Alan: *Child Development- its Nature and Course*.

Sessional Work:

1. Internal Assessment Test
2. Assignment/Seminar presentationon any topic from entire syllabus
3. Attendance

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Traditional Textiles and Fabric Construction

Course Type: Major
Credit: 4

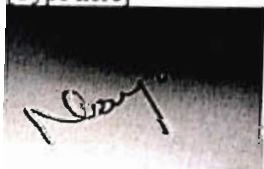
Objectives:

- To enable students to understand about traditional textiles of India
- To develop skills to create basic weaves and learn techniques and methods of developing fabric using different fibres and yarns.
- To familiarize with clothing construction and care of clothing

Contents

Unit	Topic	No. of Lectures
I	Study of traditional embroideries of India (History,	10

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	production area, techniques, designs, colour and products)- Embroidered Textiles of India- Kasuti, Kashida, Sindhi, Phulkari, ChambaRumal, Chikankari, Kasuti, Kantha, Pipli Applique	
II	Resist Dyed Textiles-Bandhani of Gujarat, Bandhej&Lehariya of Rajasthan, Patola of Gujarat, Bandhas of Odisha, Ikat Textiles of Andhra Pradesh	05
III	Printed Textiles- Bagru prints from Rajasthan, Sanganer prints from Rajasthan, Kalamkari from Andhra Pradesh	03
IV	Hand-woven Textiles- Banaras Brocades, Baluchari Saris, Jamdani Saris, Paithani Saris, Kanjeevaram Saris, Chanderi Saris, Maheshwari Saris, Kashmir Shawls, Kullu& Kinnaur Shawls, Wraps of North-east	04
V	Fabric construction analysis- weave, ends, picks, count of cloth, weight, crimp & thickness	04
VI	Fabric construction methods- foam, felt, non-woven, braid, lace & knit, other methods of fabric construction: felting, non-woven, laces, braids, and nets- their properties	05
VII	Weaving technology- Parts and functions of handlooms and power looms, Types of weaves: Plain, Twill, Satin, Sateen, Terry Pile, Double Cloth	08
VIII	Knitting technology- Types of knits: Weft knitting, Warp knitting, Basic knitted structures	05
IX	Finishes (purpose and types)- scouring, bleaching, mercerization, texturing, shearing, singeing, Mechanical finishes- calendering, napping,moiering,, Chemical finishes- spill off, wash and wear, parchmentation, durable press, antcrease, Special purpose finishes- flame retardant, water repellent antistatic, soil release, moth proofing.	08
X	Dyeing and Printing- classification of textile dyes- synthetic and natural, CI number, colour and chemical component of dyes, dyeing theory and method. Printing- difference from dyeing, Method and techniques of printing, styles of printing-block, roller, screen, stencil, rotary screen, auxiliaries used in printing	08

References:

1. Smt. Santosh Batalia: *Bharat Ki ParamparagatKashidakari*(Hindi Book).
2. Shailaja D. Naik: *Traditional Embroideries of India*.
3. [cbseacademic.nic.in/web_material/Curriculum/Vocational/2015/Traditional India Textile and Basic Pattern Dev XII/CBSE Traditional Indian Textiles XII.pdf](http://cbseacademic.nic.in/web_material/Curriculum/Vocational/2015/Traditional%20India%20Textile%20and%20Basic%20Pattern%20Dev%20XII/CBSE%20Traditional%20Indian%20Textiles%20XII.pdf)
4. Manju Patni: *Family Clothing*, Star Publication.
5. Pramila Verma: *Vastra Vigyan AivamParidhan*, HindiGranth Academy.
6. Reena Khanuja: *Vastra Vigyan KeSidhant*, Agarwal Publication.
7. K.N Srivastava and Meenakshi Gupta: *Pramparagat Bhartiya Vastra*, Rajasthan Hindi Grant Academy.

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8. Anjali Kairolia: Traditional Indian Handcrafted Textiles: History, Techniques, Processes, and Design: -Vol. I & II, 2019.
9. M.D. Potter and B.P. Corbman: Fibre to Fabric. The Crais and Publishing Company New York.
10. V.A Shenai.- History of Textile Design. Sevak Publications Mumbai

Sessional Work:

1. Internal assessment test
2. Assignment/Seminar presentationon any topic from entire syllabus
3. Attendance

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Research Methods in Home Science

Credit: 4

Objectives: • To understand the significance of research methodology in Home Science research.

• To enable the students to understand about data collection tools and various statistical method to interpret the data.

• To develop skills to preparation of research proposal and report writing.

Course Content

Unit	Topic	No. of Lectures
I	Introduction and Meaning of Scientific Research- Definition, Characteristics, Scope, Importance, Need and Criteria of research	05
II	Types of Research- Basic/Pure, Applied, Fundamental, Descriptive, Analytical, Explorative, Explanatory, Experimental, Evaluative, Quantitative, Qualitative	05
III	Stages involved in research- Selection of the problems, Hypothesis, Research Design, Sampling, Data Analysis and Interpretation, Report writing and Conclusion	12
IV	Sources of Information- Concept and sources of information, Importance, Classification and sources of data collection	03
V	Methods of Sampling- Characteristics of good sampling, Probability or random sampling, non probability sampling	03
VI	Concept of data- Types of Data: Qualitative and Quantitative data analysis	04
VII	Data Collection Tools and Statistical Methods- Tools in data collection (Interview, Questionnaire, Case study method), Measurement and Scaling Techniques, Validity, Reliability, Processing of data: Editing, Coding, Classification, Tabulation and interpretation of data, Measurement of central Tendency: Mean, Median, Mode	14
VIII	Report Writing- Different forms of report writing: Articles in journals, Research notes, Review articles, Monographs, Dissertations, Bibliographies.	14

References:

1. C. R. Kothari: Research Methodology- Method and Techniques (English, Hindi Both), 2000.
2. R. Kumar: Research Methodology: A step by Step Guide for Beginners.
3. M. H. Gopal: Introduction to Research Methodology for Social Sciences.
4. Dr. B.L Fadia: SodhPaddhati, Sahitya Bhawan Publication.
5. A.Kumar: ResearchMethodology inSocial Sciences,Sarupand Sons,NewDelhi, 2000.
6. H.R Bernard: Social Research Methods- Qualitative and Quantitative,2000.

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- Sessional Work:**
1. Internal Assessment test
 2. Assignment/Seminar presentation on any topic from entire syllabus
 3. Attendance

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Research

Course Type: Project
Credit: 4

Course content:

- Identification of research problem
- Preparation and finalization of synopsis
- Review of literature and methodology of the study
- Finalization of data collection tool.

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Practical paper I

Course Type: Major/Practical
Credit: 4

Objectives:

- To have practical knowledge of Food Science and Nutrition.
- To acquire practical knowledge of preparation of research proposal, data gathering tools, conducting research and analysing data.
- To enable students to understand about traditional textiles of India
- To enable students to create basic weaves and learn techniques and methods of developing fabric using different fibres and yarns.
- To have practical overview of development from prenatal stage to old age stage.

Contents

Unit	Topic	No. of Lectures
I	Preparation of recipe- Use of cooking methods preventing nutrient loss (Moist Heat Methods of Cooking, Dry Heat Methods of Cooking, Modern Methods of Cooking), improve nutritional quality of food (Germination, Fermentation, Supplementation, Fortification and Enrichment, Substitution).	12
II	Prepare a research plan in any field of Home Science. Construct a Questionnaire / Schedule as data gathering tool.	12
III	Samples of various traditional embroideries- Kasuti, Kashida, Sindhi, Phulkari, Chamba Rumal, Chikankari, Kantha,	24

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	Applique work, Weaves- Identification and their design interpretation on graph, Samples of different types of knit, Samples of Tie and dye technique, Block printing and Batik technique.	
IV	Case Study of late childhood to adolescence with reference to physical, motor, social, emotional, language, intellectual and moral development.	12

References:

1. K, Chattopadhyay: Handicrafts of India, All India Handicrafts Board, New Delhi, 1975.
2. Traditional Indian costumes and Textiles, Parul Bhatnagar, Abhishek Publication, Chandigarh, 2004.
3. Jaslen Dhamija and Jyotindra Jain: Hand-woven Fabrics of India, , Mapin Publishing Pvt. Ltd Ahmedabad, 1989
4. G.P Shorie: *Vastra Vigyan KeMoolSidhant*, VinodPustak Mandir, Hospital Road, Agra, 2007. (Hind Book)
5. Promila, Verma, : *Vastra Vigyan AvamParidhan*, Madhya Pradesh Hindi GranthAkademy, Bhopal 2003. (Hindi Book)
6. G.J., Monaster: Adolescent Development Life Tasks. Mc.Graw Hill, 1977.
7. Shri Vinod Pustak Mandir: *AadhunikVikasatmakManovigyan* , Agra Edition 3rd 2015.
8. C.R. Kothari: Research Methodology, Methods and Techniques –Wiley Eastern Limited.
9. P.L. Bandarkar & T.S. Wilkinson: Methodology and Techniques of Social Research — Himalaya Publishing House- Mumbai.
10. G.L. Bhatnagar: Research Methods & Measurements in Behavioural & Social Sciences, (1990): Agri. Cole. Publishing Academy, New Delhi.
11. Shakuntala Manay, Shadaksharaswamy. M: Foods, Facts and Principles, New Age, 2000.
12. Chandrasekhar, U: Food Science and applications in Indian Cookery (2002) Phoenix Publishing House, New Delhi International Pvt Ltd Publishers, 2nd Edition
13. Swaminathan M.: Food and Nutrition, Vol I & Vol II, BAPPCO
14. <https://uou.ac.in/sites/default/files/slm/BHM-201T.pdf>

Sessional Work:

1. Preparation of practical files
2. Attendance

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SEMESTER VIII as per NEP

Approaches to Resource Management and Interior Decoration

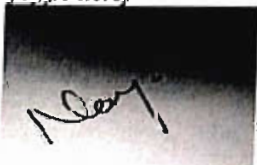
Course Type: Major

Credit: 4

Objectives:

- To enable students to understand the significance of management in the micro and macro-organization.
- To enlighten students about the techniques involved in lighting, colour, landscape and interiors.
- To enable the students to understand the principles of the interior design, to operate effectively within a professional environment and interior design.

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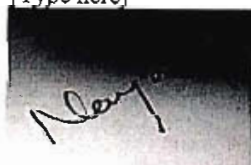
Contents

Unit	Topic	No. of Lectures
I	Management as a system and process- Definition, elements, types and application in family resource management, Management process- Planning, Organizing, Supervision, Controlling and Evaluation.	10
II	Time & energy management- Time Plan, Peak load, Techniques to study method of workers, work place and Work Simplification- Pathway Chart, Process Chart, Micro motion Chart, Principals of Body mechanics, Fatigue- Definition, types, methods to avoid fatigue.	06
III	Motivating factors of Resource Management- Definitions, Characteristics and types of values, goals and standards.	06
IV	Family Decision Making - Definition, characteristics & types, Decision Making process.	06
V	Interior decoration- Introduction and Objective, Elements of art and their importance in interior decoration. Principles of design and their application to enrich the interiors, dimensions of colours, colours scheme.	08
VI	Psychological impact of colours – warm, cool and neutral colour, impact of specific hue, use of colour in various functional contexts- Residential interior, Non-residential interiors, use of colours in special situations-outdoor/indoor spaces, accessories and art works.	06
VII	Accessories in Interior- Definition, classification, selection and placement of accessories -pictures, sculptures, antiques, indoor plants and flower arrangements, Lighting in Interiors.	06
VIII	Furniture- Basics of furniture design and types of furniture design.	04
IX	Space Saving Techniques- Need for saving indoor space, technique such as combination/multipurpose rooms, combination/multipurpose furniture, in-built furniture, techniques of creating illusion	04
X	Soft floor covering - Selection factors for carpets and rugstypes (woven and non-woven) materials used, care and maintenance. Household linen – types, selection, use and care.	04

References:

1. Suja Nair: Consumer behaviour, Sultan Chand and sons, New Delhi, 2002.
2. M,Sethi and Seetharaman: Consumerism a growing concept, Phoenix publishers, New Delhi, 1994.
3. S.SSharma: Consumer behaviour, Arihant Publishing,1992.
4. Seetharaman P., Bata, S., Mehra, P: An introduction to family resource management, CBS Publisher and distributors, NewDelhi, 2005.
5. Gross Crandall: Management for Modern Families: Wiley Eastern Ltd. New Delhi.

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6. Bakshi B.K: *GrahPrabandh*.
7. Manju Patni: *GrahPrabandh*.
8. Gross I.H. &Crendall E.W. Knoll M.M,: Management for Modern Families, Prentice Hall Inc., New Jersey 1980.
9. Bhargava, B.: Family Resource Management and Interior Decoration. University Book House Ltd Jaipur, 2001.
10. Bhargava, B.: Housing and Space Management, University Book House Ltd. Jaipur, 2001.
11. Deshpande, R.S.: Build Your Own House. United book Cooperation, Pune,2000.
12. Chaudhari, S.N.: Interior Design, Aavishkar Publishers, Jaipur, India, 2006.
13. Choudhury, A.K.R. Modern Concepts of Colour and Apperance, Oxford and IBH publishing Co. Pvt. Ltd., New Delhi, 2000.
14. Hillard, E.: Brilliant Colour at Home, Kyle Cathie Ltd., London, 2000.
15. Kasu, A.A.: Interior Design, Ashish Book Centre, Delhi, 2005.

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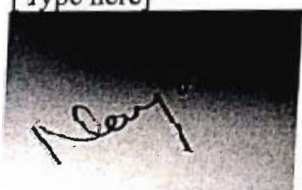
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2. Assignment/Seminar presentation
3. Attendance

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Extension Education and Communication Management

Course Type: Major

Credit: 4

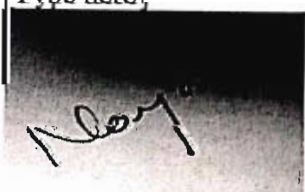
Objectives:

- To acquaint the students about the role of extension – education in community development.
- To understand the various programmes, favoring the wellbeing of the community.
- Comprehend the various effective communication methods.

Contents

Unit	Topic	No. of Lectures
I	Fundamentals of Extension Education- Meaning and Definition, types of education, Scope of Extension Education, Principles and Objectives of Extension Education, Extension Education Process.	08
II	Extension Programme Planning- Objectives of Programme planning, Principles of Extension Programme Planning, Steps of Extension Programme Planning Process.	06
III	Extension System in India- Pre-independence era Programmes: Sriniketan Project, Marthandam Project, Firka Development scheme, Post- Independence Era Programme: Etawah Pilot Project, Nilokheri Project.	10
IV	Teaching and learning: Principles of teaching and learning, Learning process, Laws of learning, Factors affecting learning, Teaching process, Principles for consideration in selection of teaching methods, Qualities of good teacher, Essentials of a teaching plan.	08
V	Extension teaching methods- Meaning nature and classification, Individual, Group and mass contact methods, Selection and use of extension methods, Audio visuals aids – meaning and nature graphics aids (flash cards, flannel graphs charts, posters), Projected aids (Slides & film projector overhead projector) other aids – models, mockups).	10
VI	I.T Technology and Tools- concept & importance, Tools-Radio, TV, Teleconferencing, Internet, e-mail, Telephone, Fax.	03
VII	Communication- Concept, importance, elements, characteristics, functions, models, principles and types of communication. Levels of communication and barriers in communication.	07
VIII	Audio visual aids - Meaning, importance &	02

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	soft skills; effective oral communication, public speaking; non-verbal communication, writing skills; soft skills; role of ICT in communication.	04
X	Diffusion and Adoption- Innovation, innovation adoption process, factors influencing innovation. Diffusion of innovation and classification of Adopters	04

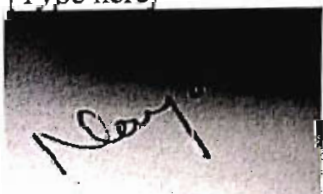
References:

1. Manju Sharma and Sandhya Choudhary: *Karyakaramniyojan and Mulyankan*, Shivprakashan.
2. Aggarwal, R.: *Communication- today and tomorrow*, New Delhi.: Sublime Company, 2008.
3. Dubey V.K, Srivastava Archana, Agrawal Garima,: *Grah Vigyan PrasarAvamSampreshan*, Sta Publications Agra.
4. Harpalni B.D. Patni.Manju,: *Prasar Shiksha Avam Sanchar*, Star Publications, Agra. ISBN 978-93-81246.
5. Shaw Geeta Pushp, Shaw Jois Sheela,: *PrasarShiksha*, Vinod Pustak Mandir Agra. ISBN 81-7457-104-3
6. Dahama, O.P., & Bhatnagar, O.P.: "Education and Communication for Development". New Delhi. Oxford and IBH Publishing Co. Pvt.Ltd, 1998.
7. Jaipal Singh: *Prasar Shiksha avam Gramin Vikas*, SR Scientific Publications, Agra
8. Reddy, A.: *Extension Education*. Bapatha, Andra Pradesh, India.: Sreelekshmi Press, 1987.
9. Supe A.N.: *An introduction to Extension Education*. Delhi: Oxford IBH Publishing, 1983.
10. Kuppasawmi B: *Communication and Social Development in India*, Media Promoters and Publishers Pvt. Ltd. Mumbai.
11. Honolulu: *Communication and change: The Last Ten Years and Next*, University of Hawai Press 1976.

Sessional Work:

1. Internal assessment test
2. Assignment/Seminar presentation
3. Attendance

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Human Physiology

Course Type: Major (OPTIONAL)

Credit: 4

Objectives:

- To enable students to understand the relevant issues and topics of human physiology.
- To get an insight about the integrated function of all major organ system.
- To understand the structures and functions of various organ system in relation to the disease condition.

Contents

Unit	Topic	No. of Lectures
I	Cell and Tissues- Structure and function of cell, organ and system, elementary tissues in human body.	03
II	Musculoskeletal system- Types of muscles, their properties, characteristics, structure and function, structural and function of bone.	05
III	Blood- composition and function of blood, blood group and blood clotting.	05
V	Respiratory system- Structure and Breathing mechanism, Exchange and transport of gases and its regulation, Lung Volumes and capacities.	06
VI	Excretory System- Structure and Mechanism of urine formation, the role of the kidneys in maintaining water and electrolyte balance.	06
VII	Digestive System- Structure and Functions of the salivary glands, stomach, pancreas, liver and the intestines, mechanism of digestion and absorption of carbohydrates, proteins and fats, role of enzymes in digestion of carbohydrates, proteins and fats.	12
VIII	Endocrine System- Structure and functions of the	05

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	following glands: thyroid, parathyroid, adrenal, pancreas, pituitary and pineal gland.	
IX	Reproductive System- Structure and function of male and female sex organs, menstrual cycle.	06
X	Nervous System and Senses- Structure and function of nerve and receptor organs, central nervous system: brain spinal cord, transmission of nerve impulse, autonomic nervous system, physiology of vision, hearing, taste and smell.	12

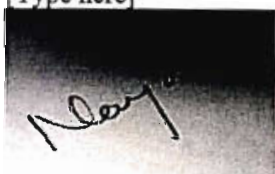
References:

1. Jain, A K.: Textbook of Physiology (5thed.). Avichal Publishing Company. Vol I and Vol II, 2012.
2. Best and Taylor's.: Physiological Basis of Medical Practice. The Williams and Wilkins Company.
3. Chatterjee, C.C.: Human Physiology. Vol I and Vol II. Medical Allied Agency, 1997.
4. Ganong W.F.: Review of Medical Physiology. 21st ed. McGraw Hill, 2003.
5. Guyton A.C. and Hall J.E.: Textbook of Medical Physiology. 10th ed. India: Harcourt Asia, 2000.
6. Tortora G.J and Grabowski S.R.: Principles of Anatomy and Physiology. 9th ed. John Wiley and Sons. Inc., 2003.
7. West J.B.: Physiological Basis of Medical Practice. 12th Edition. B. I. Waverly Pvt. Ltd, 1996.

Sessional Work:

1. Internal assessment test
2. Assignment/Seminar presentation
3. Chart on any topic from entire syllabus
4. Attendance

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Marriage and the Family

Course Type: Major (OPTIONAL)

Credit: 4

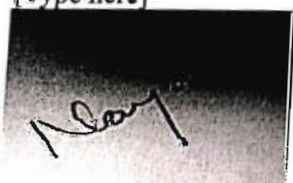
Objectives:

- To develop understanding towards the institution of marriage in different cultural context.
- To develop conceptual understanding for harmonious and wholesome family living.

Contents

Unit	Topic	No. of Lectures
I	Marriage- Definition, goals/functions, types/forms of marriage in India.	06
II	Marital roles and behaviours- Definition and importance of marital roles, determinants of marital behaviour.	03
III	Marital adjustment- Definition, areas of marital adjustment, factors influencing marital adjustment,	05

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	obstacles in marital adjustment.	
IV	Family- Definition, functions, types of family, family structure, pattern of changes in family structure and relationships in India.	08
V	Family life cycle- Definition, importance of studying family life cycle.	06
VI	Marital dissolution- Definition, types-voluntary and involuntary, factors responsible for an increase in the rate of legal marital dissolution, consequences of divorce, adjustment to divorce family	08
VII	Typical and alternative forms of families- Characteristics of Single parent families, female headed families, childless families, adoptive families, dual earner families and its merits and demerits	08
VIII	Laws and Acts- Marriage, Adoption, Divorce in India	10
IX	Counselling (premarital, marital and family)- Objectives, Importance, Types, Process and Effects	06

References:

1. Benokraitis.V.N.: Marriage and families. 8th ed. Pearson publication, 2014.
2. Ahuja, R.: Indian social system. Rawat publication. New Delhi, 2005.
3. Kumar, R.: Violence against women. Anmol publication pvt ltd., New Delhi, 2000.
4. Goode, W.J.: The family. New Delhi: Prentice Hall of India Private Limited, 1989.
5. Adams B.N.: The family: A sociological interpretation. 3rded. Rand McNally College Publishing Company, Chicago, 1980.
6. Nye, I.: The family: Its structure and interaction, 1973.
7. Tiwari G.: Dynamics of Marriage and Family Agrotech publishing Academy, 2015.

Sessional Work:

1. Internal assessment test
2. Assignment/Seminar presentation
3. Study of matrimonial advertisements published in popular daily news papers
4. Merits and demerits of nuclear family/joint family - Group discussion
5. Attendance

Entrepreneurship Development

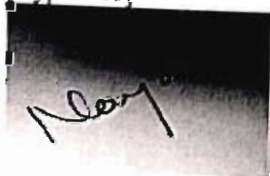
Course Type: Major (OPTIONAL)

Credit: 4

Objectives:

- To develop understanding the nature of entrepreneurial activities.
- To enable the students to seek self-employment ventures.
- To understand the challenges of women entrepreneurs and the institutional support for start-ups.

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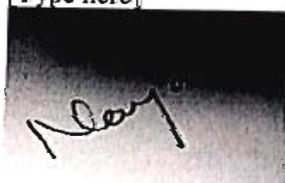
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Contents

Unit	Topic	No. of Lectures
I	Entrepreneurship - Introduction, definition, concept, types, characteristics and importance. Factors stimulating entrepreneurship, traits of entrepreneurship, factors affecting entrepreneurial growth - economic, social, cultural and personal.	10
II	Entrepreneurship Development Skills - Meaning and types of Entrepreneurship skill, Business management skills, Teamwork and leadership skills, Communication and listening, Customer service skills, financial skills, Analytical and problem-solving skills, Critical thinking skills, Strategic thinking and planning skills, technical skills, Time management and organizational skills, Branding, marketing and networking skills.	10
III	Entrepreneurial Motivation - Motivation, Maslow's theory, Herzberg's theory, McGrigor's Theory, McClelland's Need – Achievement Theory, Culture & Society, Values / Ethics, Risk taking behaviour	10
IV	Women Entrepreneur - Concept, Importance, Challenges of women entrepreneurs. Means of overcoming challenges of women entrepreneurs. Suggestions for development of women entrepreneurs.	06
V	Institutions Supporting and Taxation Benefits - Central level Institutions: NABARD; SIDBI, – State Level Institutions –DICs – SFC - Government Policy for MSMEs - Tax Incentives and Concessions	06
VI	Organizations - Meaning and Definition of organizations, Types of organization-Sole proprietorship, partnership, joint stock company, State enterprises and Co-operative societies – meaning, merits and demerits of each.	06
VII	Communication - Importance of communication, barriers and gateways to communication, listening to people, the power of talk, personal selling, risk taking & resilience, negotiation.	05
VIII	Project Formulation - Meaning, Concept, Significance, Objective, Elements, Classification, Identification, Constraints-Internal and External, and Feasibility Analysis	07

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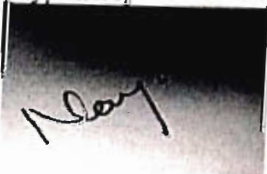
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1. Dr. V. C. Sinha, Dr. Pushpa Sinha:- Indian Economy and Entrepreneurship Development, *Bhartiya Arthaya Vayvastha Aivam Udhmita Vikas*
2. Sanjeet Sharma: Entrepreneurship And Small Scale Business.
3. B. Krishna Murthy, and K. malar Mathi: Becoming a Woman Entrepreneur, Arya Kumar, Entrepreneurship, Pearson, Delhi
4. Poomima: Entrepreneurship Development - Small Business Enterprises, Pearson, Delhi
5. Sangeetha Sharma, Entrepreneurship Development, PHI Learning
6. Kanishka Bedi, Management and Entrepreneurship, Oxford University Press, Delhi
7. Anil Kumar, S., et.al.,: Entrepreneurship Development, New Age International Publishers, New Delhi
8. Khanka, SS: Entrepreneurship Development, S. Chand, New Delhi
9. Peter F. Drucker: Innovation and Entrepreneurship
10. A. Sahay, M. S. Chhikara: New Vistas of Entrepreneurship: Challenges & Opportunities
11. Dr B E V L Naidu: Entrepreneurship. Seven Hills Publishers

Sessional Work:

1. Internal assessment test
2. Assignment/Seminar presentation
3. Group discussion on START- Up in India.
4. Attendance

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Community Nutrition

Course Type: Major (OPTIONAL)

Credit: 4

Objectives:

- To enable students, have knowledge about various nutritional problems and their prevention.
- To understand the causes and consequences of nutrition problem in society.
- Acquire basic knowledge about various approaches to nutrition and health programmes.

Contents

Unit	Topic	No. of Lectures
I	Community Nutrition -Concept, Definition and Scope	03
II	Health Care - Concept of Health Care, Levels of Health Care, Primary Health Care, Health Care Delivery	04
III	Nutritional Assessment and Surveillance -Meaning, need, objectives and importance	03
IV	Nutritional assessment of human - Direct: Anthropometric, clinical and Biochemical, Indirect: Vital Static diet survey.	06
V	Nutrition Problems (Strategies to combat public nutrition problems) - PEM Vitamin A deficiency Iron deficiency Anaemia (IDA) Iodine deficiency disorder (IDD) Zinc deficiency, Vitamin Deficiencies Beriberi Ariboflavinosis Pellagra Folic acid and B12 deficiency Scurvy Rickets and osteomalacia	12
VI	Biological factors contributing in the Etiology and Prevention of Malnutrition - Foodproduction and availability, cultural influences, socio-economic factors, food consumptionand distribution, emergency disaster conditions.	06
VII	Food and Nutritional Security - Understanding the concept of food and nutrition security, Determinants of food security, India's food security system.	06
VIII	National and International Agencies (Women and Child Welfare - National agencies – ICDS, ICMR, ICAR, NIPCCD, International agencies – WHO, FAO, UNICEF	08
IX	Nutrition Education - Need, scope, importance, theories, Process of nutrition education, Nutrition education communication, Programme, formulation, implementation and evaluation.	12

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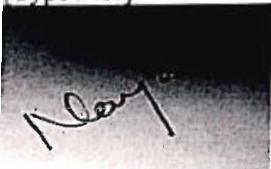
References:

1. Gopalon. C.: Nutrition Foundation of India, Special Publication service.
2. Gopaldas, T. Seshadri, S.: Nutrition Monitoring and Assessment: Oxford University Press.
3. Park K.: Park's Text Book of Preventive and Social Medicine, 18th Edition, M/S BanarasidasBhano Jabalpur, 2000.
4. National Nutrition Policy Deptt. of WCD, Govt. of India, 1993. [nnp_0.pdf \(wcd.nic.in\)](#)
5. Suryatapa Das: Textbook of Community Nutrition, Academic Publishers.
6. Mahtab S Bamji: Text Book of Human Nutrition, Oxford Publication, New Delhi
7. Joshi Shubhangini A.: Nutrition and Dietetics, Tata McGraw Hill Co. Ltd. New Delhi, 2002.
8. Swaminathan M.: Food and Nutrition, Vol I & Vol II, BAPPCO
9. Mudambi. S R. and Rajagopal M.V.: Fundamentals of Foods Nutrition and Diet Therapy, New Age International Publisher, New Delhi.
10. Shukla P. K.: Nutritional Problems of India. Prentice Hall of India, 1982.

Sessional Work:

1. Internal assessment test
2. Development of low-cost nutritious recipes suitable for various vulnerable groups.
3. Techniques of assessment of nutritional status.
4. Attendance

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Early Childhood Education and Parenting

Course Type: Major (OPTIONAL)

Credit: 4

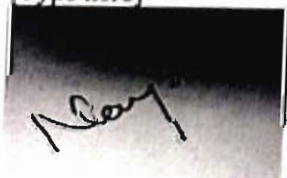
Objectives:

- To gain knowledge regarding early childhood care and education.
- To develop the skills to plan activities of creches, day care centers, pre-school and *aganwadi* center.
- To understand the significance of parent role in early childhood.

Contents

Unit	Topic	No. of Lectures
I	Educational psychology- Meaning, nature, Scope and importance, History of its evolution in abroad, in India, Recent trends, Challenges.	04
II	Concept of learning- definition, essential features, types of learning, laws of learning, principles of learning, learning traits, learning environment, reinforcement, punishment, Motivation	04
III	Early Childhood Care and Education- Importance, need, scope, objective, Types of preschool- play centers, day care, Montessori, kindergarten, <i>balwadi</i> , <i>aganwadi</i> .	03
IV	Contribution and thinkers in Early Childhood Care and Education- Rousseau, Froebel, Maria Montessori, Mohan Das Karam Chandi Gandhi, Rabindra Nath Tagore, Aurobindo, Tarabai Modak.	06
V	Early Childhood Care and Education in India- Pre Independence era and Post independence era.	06
VII	Activities to promote all round development of preschool	05

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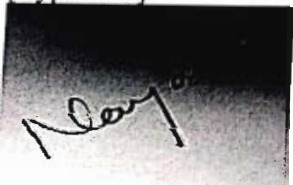
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	children- Physical and motor development cognitive, speech and language, socio-emotional, moral development	
VIII	Disciplining children- Tips for teachers and parents to introduce positive discipline.	04
IX	Parenting skills- The task of parenting and the concept of parenting skills, Changing concept of parenthood and childhood, types of parenting.	06
X	Individual parenting roles- Determinant of Parenting behaviour, Characteristics of the parenting roles, Role of Father, Role of Mother, Concept of Family	12
XI	Developmental interaction in early childhood years- Parent role in developing self-awareness in children, Family relation and communication, Helping the child to learn to express and control emotions, Helping the children to discover personal capabilities, establishing routine and showing responsible behaviour.	10

References:

1. Kilkarni, S.: Parents Education Perspective and Approaches, Rawat Publication, Jaipur, 1988.
2. Gopal Krishnan N.: Mental Health in You, Popular Prakashan, Mumbai.
3. Gupte: Speaking of child care, everything you wanted to know, 2nd Edn. Sterling Publication New Delhi, 1981.
4. Lidhop, M.: Child Rearing and Psycho-Social Development, Ashish Publication, New Delhi, 1987.
5. Bigner J.: Parent Child Relation: An Introduction to Parenting, Mc Million Publication, New York 1979.
6. Agarwal, J S.: Early Childhood Education. Foundation & Practice. National Psychological Corporation, Agra, 1984.

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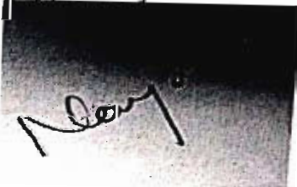
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7. Bhatia and Bhatia: Theory and Principles of Education, Doaba house, Delhi.
8. Kaul, V.: Early Childhood Education Programme, New Delhi, NCERT.
9. Sushma Parek: *Bharat Me Parambhik Balawasthaya Dekhbhal Aur Siksha*, Doaba house, Delhi.
10. A. Chowdhury & R. Choudhury: Pre-school Children – Development, care & Education — New Age International Limited – Publishers, New Delhi.

Sessional Work:

1. Internal assessment test
2. Preparation of suitable teaching learning material used for preschool children.
3. Visit to play centres/ day care/ Montessori/ kindergarten/ balwadi/ aganwadi
4. Attendance

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Consumer Economics and Market

Course Type: Major (OPTIONAL)

Credit: 4

Objectives:

- To understand the basic concept of consumer economics
- To enlighten students about the duties and responsibilities of a wise consumer.
- To impart knowledge in consumer behaviour, consumer acts and regulations.

Contents

Unit	Topic	No. of Lectures
I	Consumer Economics -Definition and importance of the subject, types of economic system- capitalist, socialist, mixed economy its characteristics and effect on consumer, concept of goods and services and its classification.	08
II	Consumption - Meaning, laws of consumption, utility, law of diminishing marginal utility, marginal and total utility, utility and price of the commodity, nature of wants, classification of human wants and standard of living.	08
III	Consumer Demand - Demand and types of demand, factors affecting demand, characteristic of good budget planning.	05
IV	Consumer Buying Decision - Process, types and motivating factor of purchase- decision, types of purchasing practices of consumers, role of price, factors affecting price, competition and monopoly.	08
V	Consumer Education and Protection - Introduction, significance of Consumer Education and Protection, Basic concepts, Consumer Product, Consumer Behaviour, Consumer Forum, Consumer Footfalls, Consumer Problems, Consumer Rights, Standardized Marks (ISI, Wool Mark, Hall Mark, Silk Mark), Protection Councils, Consumer Responsibilities.	12
VI	Adulteration - Definition, types of adulteration, detection methods, health hazards of adulteration, measures to control adulteration. Consumer Protection Acts 1986, Standard institutions - BIS, AGMARK, ISO.	10
VII	Consumer co-operatives & Public utilities and services - Structure and functions of consumer co-operatives. Role and functions of public utilities and services.	05
VIII	Advertisement - Definition and objectives, classification of advertisement, Methods of advertisement.	04

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References:

1. Wilhelms and Heamer: Consumer Economics – Principles and Problems.
2. Oppenheim- The Family as Consumer.
3. Elizabeth B. Goldsmith: Consumer Economics: Issues and Behaviors.
4. Naresh Chandra Tripathi and Garima Tripathi- *UpbhoktaArthshastra*.
5. Bhupinder Kaur Bakshi: *UpbhoktaArthshastra*.
6. Durairaj Maheswaran: Understanding Indian Consumers, Oxford University Press, 2017.

Sessional Work:

1. Internal assessment test
2. Survey and report writing on motivating factors on purchase decision/types of purchasing practices.
3. Attendance

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Research

Course Type: Project
Credit: 4

Course content:

- Data collection of the study.
- Interpretation of data.
- Report writing and finalization of research project.

Note: • Research project writing should be accompanied by presentation and interview.

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Practical paper II

Course Type: Major/Practical
Credit: 4

Objectives:

- To developed knowledge and understanding of the creativesubject, and able to appreciate the essence of art and deign
- To acquaint students about communication process, recent advances in communication and diffusion
- To help students acquire necessary communication skills.

Contents

Unit	Topic	No. of Lectures
I	Basic Application of Design- Types of Design: Structural and decorative, Design Decorative designs: Naturalistic, stylized, geometric and abstract.	06
II	Basic Application of elements of Design in interior Design- Line, point, form and shape, size, colour, light, pattern, texture and space. Balance, rhythm, emphasis, harmony, proportion, Unity.	08
III	Dimension of the colour- Hue, Value, Intensity. Colour wheel colour Schemes- Harmonious colour Schemes: Monochromatic & analogous. Non-Harmonious colour Schemes: Triad, Complementary, Double Complementary Spilt Complementary, Double Complementary, Tetrad, Polychromatic. Neutral colour harmonies & Accented	15

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Key:

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	Neutral. Impact of Colours on Psychology: Advancing, Receding, Warm Cool colour.	
IV	Planning and designing of following aids- Chart, Poster, Flash cards, Leaflet/ folder/ pamphlet, Puppet.	15
V	Planning & use of selected extension teaching method- Farm and home visit, Demonstration, Group discussion, Role play, Exhibition.	06
VI	Planning and use of different communication approaches.	06
VII	Preparation of lesson plans of selected topics	04

References:

1. Burden: Design Presentation, Mc Graw Hill, London, 1984.
2. M. Pratap Rao: Interior Design Principles and Practice, Standard Publishers, Delhi, 2005.
3. Premavathy Seetharaman and Parveen Pannu: Interior Design and Decoration."CBS Publishers and Distributors Private Limited, New Delhi, 2005.
4. Prathap Rao: Interior Design Principles and Practice." Standard Publishers and Distributors, Delhi 2018.
5. Sally Walton: Colour Your Home." Parragon Book; UK, 2002.
6. Nisha, M.: Understanding Extension Education, Delhi, Kalpaz Publication, 2006.
7. Dahama, O.P and Bhatnagar, O.P.: Education and Communication for Development, New Delhi Oxford & IBH Publishing Co., 1987.
8. Dubey, V.K and Indira Boshnoi: Extension Education and Communication, New Delhi: New Age International Publishers, 2009.

Sessional Work:

1. Preparation of practical files.
2. Attendance

Neeraj

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