

Department of Home Science
Faculty of Science
Siddharth University



Syllabus of Minor Elective Home Science - UG
(CBCS NEP)

(Board of Studies conducted on 20.08.2025)



SIDDHARTH UNIVERSITY

Kapilvastu. Siddharth Nagar (UP)- 272202

Proposed Course for Minor Home Science for UG Level (I Semester)

Course Title: Minor Home Science

Course Code:

Credit Units: 6

Level: Graduate

Credit Distribution of the course		
Lecture (L)	Tutorial (T)	Practical (P)
06	-	-

Course Objectives: To aware students about importance of Home science with scientific application of the subject in day to day life.

Pre-requisites: Senior Secondary (10+2)

Course Contents/Syllabus:

Descriptors/Topics	Weightage (%)
Unit I: Home Science	10
Meaning, scope, importance and History	
Unit II: Foods and Nutrition	20
<ul style="list-style-type: none">Food- Meaning, Classification and functionsNutrition- Nutrients and their classifications, functions, sources and deficiency diseasesCell: Definition and functions of cell organelles	
Unit III: Home Management	15
<ul style="list-style-type: none">Definition, meaning, principles of management, management process, decision making,Income and expenditure, Budget and investment	
Unit IV: Human development	15
<ul style="list-style-type: none">Meaning, scope and importanceDefinition and Principles of growth and development	
Unit IV: Textile and clothing	20
<ul style="list-style-type: none">Importance and function, Scope, factors affecting choice of fabricsClassification of fibres, properties of fibres	

Unit IV: Extension education	20
<ul style="list-style-type: none"> • Meaning, definitions, scope and importance • Types of education, difference between formal and non-formal education, • Principles, steps and process • Audio Visual Aids- Meaning, definitions, advantages and disadvantages, • Classification and characteristics 	

Course Outcomes: After course students will be able to have basic knowledge in the subject and may applied in their day to day life.

Pedagogy for Course Delivery:

The course will be delivered in the form of lectures and discussions.

Assessment/ Examination Scheme:

Evaluation scheme and mode will be as per the guidelines notified by the Siddharth University, Kapilvastu, Siddharth Nagar

Textbooks/ References Books:

- Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
- Srilakshmi (2007). Food Science, 4th Edition. New Age International Ltd.
- Dr. Deepa Verma and Dr. Rajeshwari Pandey (2021) Uchch poshan ewam manav vikas (Advance Nutrition and human development), Sahitya Prakashan
- Dr. Vrinda Singh, (2020). Aahar Vigyan Evam Poshan (Dietetics & Nutrition)
- Dr. Reena Khanuja, (2012). Aahar Evam Poshan Vigyan
- Santrock, J. W. (2011). Life-span development. New York: McGraw-Hill.
- Singh, A. (Ed.) 2015. Foundations of Human Development. New Delhi: Tata McGraw- Hill.
- Berk, L. (2013). Child development. 9th ed. Boston: Pearson.
- Snow, C. W., & McGaha, C. G. (2003). Infant development (3rd ed.). Upper Saddle River, NJ: Prentice Hall.
- Rice, F.P. (1998). Human Development: A Lifespan Approach. New Jersey: Prentice Hall.
- Corbman, P.B. (1983). Textiles: Fibre to Fabric. McGraw-Hill Publishers.
- Dantyagi, S. (1996). Fundamentals of Textiles and their Care. India: Orient Black swan Private Limited.

- Dr. Pramila Verma. Vastra Vigyan evam Paridhan.
- Cowan, M. L. and Jungerman, M. E. 1969. Introduction to textiles. 6th edn. New York. Appleton Century – Crofts. 325 p.
- Dantyagi, S. 1959. Fundamentals of textiles and their Care. New Delhi. Orient Longman Limited.
- Deulkar, D. and Tarabai. 1967. Household textiles and laundry work. 3rd edn. Delhi. Atma Ram and Sons Ltd.
- Nickell & Dorsey: Management in Family Living
- Gross & Crandle: Management for Modern families
- Vargese: Introduction to Home Management
- Dr. Manju Patni. Vastravigyan, paridhan ewam pariwarik sansadhan vayastha (Clothing, textiles and family resource management), Star Publications.
- Dr. Reena Khanuja, Grih Prabandha, Sadhanvayastha ewam aantarik sajja.
- Reddy A : Extension Education, Bapatia, India, Sri Laxmi Press
- Ray, G. L.. Extension Communication and Management. Kalyani Publishers.
- Dahama, O.P. and Bhatnagar, O.P. Education and Communication for Development. Oxford and IBH Publishing Co. Pvt. Ltd.
- Sandhu, A.S. . Textbook on Agricultural Communication: Process and Methods. Oxford and IBH Publishing Co. Pvt. Ltd.
- Chauhan Jitendra (2016): Communication and Extension Management, 2nd edn, Kushal Publications and Distributors.
- Dahama O P and Bhatnagar O P. (2012): Education and Communication for Development, 2nd edn, Oxford and IBH Publishing Co. Pvt. Ltd.
- Dubey V K and Bishnoi Indira (2009): Extension Education and Communication, First edition., New Age International Publishers, New Delhi.
- Grover Indu, Yadav Lali, Kaushik Sushma and Varma Shashi Kanta (2002): Communication and Instructional Technology, Agrotech Publishing Academy, Udaipur.
- Sandhu AS, and Sandhu Anoop Singh (2019): Textbook on Agricultural Communication (Process and Methods), CBS Publishers and Distributors Pvt. Ltd.

<u>Record Matrix</u>	
<u>To be Filled By Institution</u>	
Date of Introduction of course:	March 2025 (Proposed)
Date of Last Revision:	Not applicable
Version*:	1st
Percentage of revision:	Not applicable (New Course)



SIDDHARTH UNIVERSITY

Kapilvastu. Siddharth Nagar (UP)- 272202

Proposed Course for Minor Home Science for UG Level (III Semester)

Course Title: Minor Home Science

Course Code:

Credit Units: 2

Level: Graduate

Credit Distribution of the course		
Lecture (L)	Tutorial (T)	Practical (P)
02	-	-

Course Objectives: To aware students about importance of Home science with scientific application of the subject in day to day life.

Pre-requisites: Senior Secondary (10+2)

Course Contents/Syllabus:

Descriptors/Topics	Weightage (%)
Unit I: Foods and Nutrition	20
<ul style="list-style-type: none">Balanced diet, RDA,Objective of cooking and types of cooking methodsFood Preservation: Definition and techniques of food preservation	
Unit III: Home Management	20
<ul style="list-style-type: none">Values, goals and standards, interrelations between values, goals and standardsResources- types and characteristics, factors affecting	
Unit IV: Human development	20
<ul style="list-style-type: none">Stages of Human Development- Prenatal and PostnatalDomains of human Development and its characteristics	
Unit IV: Textile and clothing	20
<ul style="list-style-type: none">Fibres identification methods,Fabric finishes – classificationTypes of water and removal of hardness of water	
Unit IV: Extension education	20
<ul style="list-style-type: none">Communication- meaning, definitions, importance, functions and	

types	
<ul style="list-style-type: none"> • Elements and process of communication, communication methods 	

Course Outcomes: After course students will be able to have basic knowledge in the subject and may applied in their day to day life.

Pedagogy for Course Delivery:

The course will be delivered in the form of lectures and discussions.

Assessment/ Examination Scheme:

Evaluation scheme and mode will be as per the guidelines notified by the Siddharth University, Kapilvastu, Siddharth Nagar

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Ram and Sons Ltd.

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