



**Department of Home Science**  
**Siddharth University**  
**Siddharth Nagar, Kapilvastu**

**CBCS based Syllabus**  
**of**  
**B.Sc. HOME SCIENCE**  
**(3 Years Degree Program)**

*Rabhy*  
*14/9/22* *Shrey*

*BM*  
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*Dr. H. M. J.*  
*14/9/22*

## INTRODUCTION

Home Science is a single discipline which equally empowers the individuals towards self-reliance as well as academic enrichment. Its interdisciplinary nature makes it a unique discipline which has countless entrepreneurial avenues to its graduates and at the same time it helps them to develop as a professional contributing in national development. The students are encouraged to develop a scientific temper. All the five windows of opportunity that Home Science offers for its recipients are i.e. Food and Nutrition, Human Development and Family Studies, Family Resource Management, Development Communication and Extension and Fabric and Apparel Sciences. In these courses, the students learn the fundamental principles and foundations of all the five areas. They are expected to internalize the principle of a Home Scientist, that is, to give back to the community from which they draw, for sustainable development. This is a major contribution of Home Science in both developed and developing societies.

### **The objectives of the present B.Sc. Home Science Program course:**

1. To understand and appreciate the role of interdisciplinary sciences in the development and well-being of individuals, families and communities.
2. To learn about the sciences and technologies that enhance quality the life of people
3. To acquire professional and entrepreneurial skills for economic empowerment of the student in particular, and community in general.
4. To develop professional skills in food, nutrition, textiles, housing, product making, extension communication and human development.
5. To take science from the laboratory to the people.

## B.Sc Home Science

### Structure of B.Sc Home Science Under Graduate Program

Year/ Semester	Subject Major 1	Subject Major 2	Subject Major 3	Minor	Co- curricular	Vocational	Industrial Training/ Project	Credits (Major + Minor+Vocational)	Remarks
I <sup>st</sup> Year/ I Sem	Group I 6 credits	Group II 6 credits	Group III 6 credits	Any 4 credit odd/even semesters Course as offered in other Departments	Food, Nutrition and Hygiene	- 3 credits Per Semester As available	-	18+4+3=25	Basic course
I <sup>st</sup> Year/ II Sem	Group I 6credits	Group II 6credits	Group III 6credits		First Aid and Health	3 credits Per Semester As available	-	18+3=21	Basic course
II <sup>nd</sup> Year/ III Sem	Group I 6credits	Group II 6credits	Group III 6credits		Human values and Environment studies	3 credits Per Semester As available	-	18+4+3=25	Basic course
II <sup>nd</sup> Year/ IV Sem	Group I 6credits	Group II 6credits	Group III 6credits		Physical education and Yoga	3 credits Per Semester As available	-	18+3=21	Basic course
III <sup>rd</sup> Year/ V Sem	Group I/II/III 20 credits				Analytic Ability and Digital Awareness	-	qualifying	20 (Major Course) 4 (0+4) (Project)	Only 2 Majors groups to be opted
III <sup>rd</sup> Year/ VI Sem	Group I/II/III 20 credits (8+2)				Communication Skills and Personality Development	-	qualifying	20 (Major Course) 4 (0+4) (Project)	

The complete UG program shall be of 132 credits + 20 qualifying credits.

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*Dr. May*  
*P. B. S.* 14/9/22  
*Deepthi Yini* 14/9/22

**PROGRAM SPECIFIC OUTCOME:**

1. Understand and appreciate the role of interdisciplinary sciences in the development and well-being of individuals, families and communities
2. Understand the sciences and technologies that enhance the quality of life of people
3. Acquire professional and entrepreneurial skills for economic empowerment of self in particular, and community in general
4. Develop professional skills in food, nutrition, textiles, housing, product making, extension communication and human development.
5. Take science from the laboratory to the people
6. Participate as knowledge disseminator for wholesome development of the society

## ALL COURSES AT A GLANCE

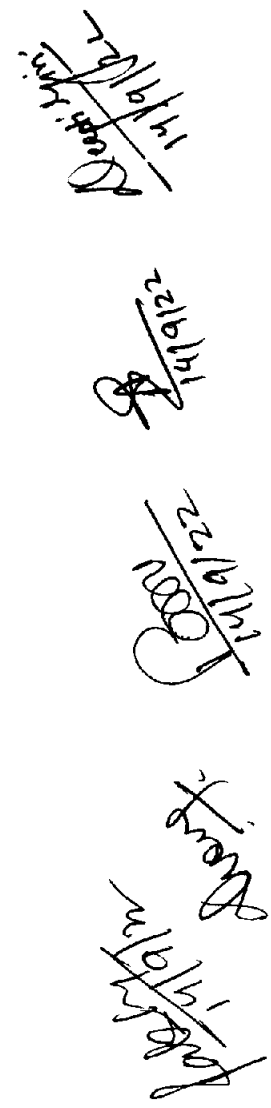
Semesters	Group I		Group II		Group III	
	FOODS AND NUTRITION		HUMAN DEVELOPMENT & EXTENSION EDUCATION		TEXTILES & CLOTHING AND RESOURCE MANAGEMENT	
SEMESTER -1	<ul style="list-style-type: none"> <li>BHSC 111- Fundamentals of Food 3(2+1)</li> <li>BHSC 112- Human Physiology 3(2+1)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 113- Fundamentals of Extension Education 3(2+1)</li> <li>BHSC 114 - Fundamentals of Human Development 3(2+1)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 115- Fundamentals of Textiles 3(2+1)</li> <li>BHSC 116 - Fundamentals of Family Resource Management 3(2+1)</li> </ul>			
SEMESTER -2	<ul style="list-style-type: none"> <li>BHSC 121 - Nutritional Biochemistry 3(2+1)</li> <li>BHSC 122 Food preservation 3(1+2)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 123-Lifespan Development 6 (5+1)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 124 – Housing and Space Management 4(3+1)</li> <li>BHSC 125 - Fundamentals of Statistics and Research Methods in Home Science 2 (2+0)</li> </ul>			
SEMESTER -3	<ul style="list-style-type: none"> <li>BHSC 211-: Nutrition During Life Cycle 6 (4+2)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 212-Extension Communication 6 (4-2)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 213 - Basics of Clothing Construction 6 (4+2)</li> </ul>			
SEMESTER -4	<ul style="list-style-type: none"> <li>BHSC 221 - Food Microbiology 6 (4+2)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 222- Entrepreneurship 6 (4+2)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 223 - Fabric Construction and Finishing 6 (4+2)</li> </ul>			

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<p>SEMESTER -5</p> <ul style="list-style-type: none"> <li>BHSC 311 - Food Science 5 (3+2)</li> <li>BHSC 312-Therapeutic Nutrition 5 (3+2)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 313- Early Childhood Care and Education 5 (3+2)</li> <li>BHSC 314- Extension Training Management 5 (4+1)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 315 - Family Economics and Consumer Education 5 (3+2)</li> <li>BHSC 316 Advance Garment Construction 5 (3+2)</li> </ul>
<p>SEMESTER -6</p> <ul style="list-style-type: none"> <li>BHSC 321-Community Nutrition and Education 5 (3+2)</li> <li>BHSC 322: Food Service Management 5 (1+4)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 323- Community Development 5 (4+1)</li> <li>BHSC 324-Theories of Human Development 5 (5+0)</li> </ul>	<ul style="list-style-type: none"> <li>BHSC 325- Traditional Textiles of India 5 (3+2)</li> <li>BHSC 326 - Interior Designing and Decoration 5 (2+3)</li> </ul>


  
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**B.Sc. HOME SCIENCE**  
**GROUP- I FOODS AND NUTRITION**

**SEMESTER I**

**BHSC(T) 111- FUNDAMENTALS OF FOOD**

**Credit- 3(2+1)**

**Course outcomes**

1. Comprehend relationship between food, nutrition and health.
2. Understand the functions of food, basic concepts of food groups and balanced diet.
3. Understand the selection, nutritional contribution the commonly consumed foods.
4. Develop understanding about the methods of preparing food.
5. Understanding the various food standards and regulations related to food

**Unit I**

**Basic concepts in food and nutrition**

- Concept of nutrition and health, define **balanced diet, recommended dietary allowances (RDA), functional food, fortified food, phytochemicals, nutraceuticals, dietary supplements**
- Relationship between food, nutrition and health
- Functions of Food-Physiological, psychological and social

**Unit II**

- Food Groups and food guide pyramid and its importance,
- Classification based on: Source, Functions Selection, nutritional contribution of the following food groups: Cereals, Pulses, Fruits and vegetables, Milk & milk products, Eggs, Meat, poultry and fish, Fats and Oils.

**Unit III**

- Objectives of cooking, processing, preservation, methods of cooking (Dry, moist and combination) with their merits and demerits.
- Effect of cooking and heat on nutritive value of foods

**Unit IV**

**Food adulteration**

- Definition, common adulterants in food and their effects on health
- Food laws and standard: Prevention of Food Adulteration Act, Fruit Product Order, Agmark, Essential Commodity Act, Consumer Protection Act, Bureau of Indian Standards, Codex Standards

**BHSC(P) - 111 PRACTICAL**

- Identification and use of different kitchen items and equipment
- Laboratory conduct and responsibilities
- Knowledge of different food stuffs in English, Hindi and local language.
- Different Styles of cutting fruits & vegetables

- Salad Decorations & Dressings
- Table Setting
- Weighing of Raw Ingredients
- Preparation of Recipes using different methods of cooking
- Preparation of nutrient rich dishes: Protein, carbohydrate, fat, vitamins, minerals and fibers.

## RECOMMENDED READINGS

1. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt Ltd.
2. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
3. Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
4. Srilakshmi (2007). Food Science, 4th Edition. New Age International Ltd.
5. Wardlaw and Insel MG, Insel PM (2004). Perspectives in Nutrition, Sixth Edition.
6. Mosby. Chadha R and Mathur P (eds). Nutrition: A Lifecycle Approach. Orient Blackswan, Delhi. 2015
7. Dr Deepa Verma and Dr Rajeshwari Pandey (2021) Uchch poshan evam manav vikas (Advance Nutrition and human development), Sahitya Prakashan
8. Dr. vrinda singh, (2020). Aahar vigyan evam poshan (Dietetics & Nutrition)
9. Dr. Reena Khanuja, (2012).Aahar Evam Poshan Vigyan

## BHSC(T) 112- HUMAN PHYSIOLOGY

Credit- 3(2+1)

### Course Outcomes

1. Gain the basic knowledge of human anatomy and physiology.
2. Define the main structures composing human body.
3. Explains structure and functions of cells, tissues and organs, systems of the human body
4. Relates structure and functions of tissue.
5. Provides excellent preparation for careers in the health professions and/or biomedical research.

### Unit I

- Introduction to Human body: Organs, tissue and cell, cell structure, cellular organelles and their functions, skeletal system.
- Blood and Lymphatic System: Blood - Composition and functions, plasma Protein -Composition and functions.

### Unit II

#### Cardiovascular system:

- Structure and function of heart, blood vessels (systemic, pulmonary, and portal), Blood pressure (Definition and factors affecting)

#### Respiratory Physiology:

- General overview of the respiratory passage, structure and functions.



### **Digestive system:**

- Overview of the Gastrointestinal Tract, organization and functions of digestive system

### **Unit III**

#### **Excretory System:**

- Structure and functions of kidney and nephrons.
- **Endocrine System:** Overview of endocrine system. functions of endocrine glands: Pituitary, Thyroid, Parathyroid, Adrenal Glands, sex and Pancreatic hormones

### **Unit IV**

- **Nervous System:** Overview of organization of nervous system and functions.
- **Reproductive system:** Structure and function of uterus and ovaries. Menstruation and Menopause

### **BHSC(P)- 112 PRACTICAL**

- Determination of pulse rate in resting condition and after exercise (30 beats/10 beats method)
- Determination of blood pressure by Sphygmomanometer (Auscultator method).
- Detection of Blood group (Slide method).
- Measurement of Haemoglobin level (Sahli's or Drabkin method).

### **RECOMMENDED READINGS**

1. Ganong WF (2014). Review of Medical Physiology, 24th ed. McGraw Hill.
2. Ross and Wilson (2013). Anatomy and Physiology in health and illness, 11th ed. Medical Division of Longman Group Ltd.
3. Guyton, A.C. and Hall, J.E.(2000)Textbook of Medical Physiology.10th ed. India: Harcourt Asia
4. Das, A.(2004)Medical Physiology-Vol. I and II 3rd Books and Allied (P) Ltd.
5. Tortora, G.J and Grabowski, S.R.(2000)Principles of Anatomy and Physiology.9th ed. John Wiley and Sons.Inc.
6. Chaudhari S K.(2000) Concise Medical Physiology.3rd Edition. Central.
7. Mahapatra, A.B.S.(2003):Essentials of Medical Physiology.3rd Edition. Current Books International.

## **SEMESTER-II**

### **BHSC(T)121 - NUTRITIONAL BIOCHEMISTRY**

**Credit- 3(2+1)**

#### **Course outcomes**

1. To study the bio-molecules present in biological system of energy metabolism and its nutritional aspects
2. To study the chemical/biochemical properties of carbohydrates, lipids, and proteins
3. To study the functional role of proteins
4. To examine the functional role of vitamins and minerals.
5. To understand the research techniques used in basic biochemistry and nutritional biochemistry research.

### **UNIT I**

#### **Introduction to Biochemistry**

- Carbohydrate: Importance and classification. Structures of Monosaccharides, Disaccharides and Polysaccharides.
- Carbohydrate metabolism, glycolysis, gluconeogenesis, glycogenesis, glycogenolysis, blood sugar regulation, Inborn errors of metabolism
- Factors affecting energy requirements, BMR, PAL, SDA
- Digestion and absorption of Carbohydrates

## **UNIT II**

### **Lipids**

- Definitions and classification of lipids
- Types and properties of fatty acids
- Ketone bodies and ketosis & significance of cholesterol
- Digestion and absorption of Fat

### **Proteins**

- Definition, classification and properties of amino acids
- Proteins quality: methods of assessment, Factors affecting protein bioavailability
- Urea cycle
- Digestion and absorption of Protein

## **UNIT III**

### **Vitamins – Functions, and biochemical role:**

- Fat soluble vitamins – A, D, E and K
- Water soluble vitamins – B and C
- Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients:

## **UNIT IV**

### **Minerals**

- Biological role of inorganic elements – iron, calcium, phosphorous, iodine, selenium and zinc
- Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients:  
Minerals – Calcium, Iron, Phosphorus, Iodine, Selenium & Zinc Enzymes
- Enzymes: Classification and properties of Enzymes,
- Water, electrolyte and acid base balance

### **BHSC(P)- 121 PRACTICAL**

- Tests of mono, di and polysaccharides and their identification in unknown mixtures
- Qualitative Tests for reducing and non-reducing sugars in foods
- Determination of acid value, saponification and iodine number of natural fats and oils
- Reactions of amino acids and their identification in unknown mixtures
- Estimation of ascorbic acid content of foods by titrimetric method
- Identification of different types of tissues (permanent slides)
- Identification of different types of blood cells -slide preparation
- Monitoring of heart beat, pulse rate and blood pressure

## RECOMMENDED READINGS

1. Guthrie A.H.- (1986) : Introductory Nutrition 6th Ed. The C.V. Mosby Company.
2. Robinson C.H., Lawin, MR, Chenoweth, W.L and Garwick A.E.- (1986) : Normal and therapeutic Nutrition, 17th ED. MacMillan Publishing Company.
3. Swaminathan M.-(1985) Essentials of food and nutrition Vol. I & II, Ganesh & Co. Madra.
4. Gopalan C. – et. al., (1991) Nutrition Value of Indian Foods, Indian Council of Medical Research, (1989).
5. Nutrition Requirements and Recommended Dietary Allowance for Indian, New Delhi.
6. FAO/WHO/UNO- Technical Report-Series 724 (1985) Energy and Protein Requirement Geneva.
7. WHO – Technical Report Series for Different Nutrition
8. Lehninger A L, Nelson D L and Cox M M (2009). Principles of Biochemistry, 6th Ed. CBS Publishers and Distributors.

## BHSC(T) 122 FOOD PRESERVATION

3(1+2)

### UNIT I

- Importance and scope of food preservation and storage.
- Principles and methods of food preservation - drying and dehydration, use of high temperature, use of low temperature, foods as preservatives, use of chemicals, radiation, combination of above methods.

### UNIT II

- Storage of common perishable, semi perishable and non perishable foods. Packaging and packing material, labelling of the product.

## BHSC(P)122 PRACTICAL

- Market survey of raw and preserved foods.
- Drying of fruits and vegetables (blanched & un-blanched) – Solar drying, Sun drying, oven drying.
- Domestic preservation of foods by freezing.
- Preparation of preserved products. Squash, crush, jams, jellies, marmalade, preserves, murabbas, pickles with and without oil, chutneys, ketchup, sauces, candies.
- Shelf life and sensory evaluation of developed products.
- Selection and purchase of foods for preservation
- Demonstration on storage of food grains and canning and bottling of fruits and vegetables..
- Visits to food processing and preservation units, canning and bottling units, grain storage institute dairy plant and FCI godown.

## RECOMMENDED READINGS

- Potter, N.N. (1996). Food Science. The AVI Publishing Company, Inc., Westport, Connecticut. 568 Report of the ICAR Fifth Deans' Committee
- 
- Sehgal, S., Grewal, R.B., Kawatra, A. and Kaur, Y. (1997). Practical Aspects of Food Preservation. Directorate of Publications. Haryana Agricultural University, Hisar.
- Vijay K., (1999), Text book of Food, Storage and Preservation, Kalyani Publishers, New Dehi.

- Kalia, M. and Sood, S. (2010). Food Preservation and Processing. Revised Edition, Kalyani Publishers, New Delhi.
- Jood, S. and Khetarpaul, N. (2002). Food Preservation. Geeta Somani Agrotech Publishing Academy, Udaipur.
- Sivasankar, B. (2002). Food Processing and Preservation. PHI Learning Pvt. Ltd. Delhi

### **SEMESTER-III**

#### **BHSC(T) 211-: NUTRITION DURING LIFE CYCLE**

**Credit 6 (4+2)**

##### **Course outcomes:**

1. Understanding the basic concept of balance diet, principles of meal planning, food pyramid.
2. Acquire knowledge about the nutritional needs of an individual through the life cycle.
3. Gain knowledge of nutrition consideration, guidelines, food selection for different age groups, activity levels and income groups.
4. Competent in calculating nutritive value of food product.
5. Able to provide balanced meal to different age groups and physiological conditions.

##### **UNIT 1:**

- Basic concepts and importance meal planning: Factors affecting meal planning. Dietary guidelines for Indians
- Hormonal and Physiological changes, RDA and selection of food during pregnancy and lactation.

##### **Unit II:**

- Complications of pregnancy and their nutritional management, impact of nutrition on the outcome of pregnancy.
- Psycho-physiology of lactation; milk synthesis and secretion, maternal needs during lactation, composition of colostrums and mature human milk.

##### **UNIT II**

- Nutrition during Infancy- on physical and mental development, Weaning and supplementary foods. Nutritional disorders and common ailments in infancy
- Nutrition during childhood: Growth standards, nutritional guidelines & nutritional concerns, RDA and selection of food for Infants & Preschool children,

##### **UNIT III**

- Nutritional guidelines, RDA and selection of food for Schoolchildren & Adolescents
- Nutrition during the adult years and old age.: RDA, sex and different activities, food selection

#### **BHSC(P) 211 PRACTICAL**

- -Use of Food Composition Table and food exchange list for meal planning
- **Planning and preparation of diets for**
  - a. Pregnant and Lactating woman
  - b. Weaning food
  - c. Preschool child
  - d. School age child and adolescents

- e. packed lunches for preschoolers and school children, adolescent boys and girls,
  - f. Young adult
  - g. Elderly
- Sensory evaluation of all the developed products

### RECOMMENDED READINGS

1. Seth V and Singh K (2006). Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual. Elite Publishing House Pvt. Ltd. New Delhi.
2. Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) Nutritive Value of Indian Foods.
3. National Institute of Nutrition, ICMR, Hyderabad.
4. Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
5. Wardlaw GM, Hampi JS, DiSilvestro RA (2004). Perspectives in Nutrition, 6th edition. McGraw Hill.
6. ICMR (2011) Dietary Guidelines for Indians. Published by National Institute of Nutrition, Hyderabad.
7. ICMR (2010) Recommended Dietary Allowances for Indians .Published by National Institute of Nutrition, Hyderabad.
8. Chadha R and Mathur P eds. Nutrition : A Lifecycle Approach. Orient Blackswan, New Delhi. 2015.
9. Dr. Anita Singh, Advance Poshan ewam manav Vikas.
10. Srivastava/ Agnihotri, Unnat Poshan ewam manav vikas
11. Dr. Lalita Sharma, Matra evam Shishu poshan

## SEMESTER-IV

### BHSC(T) 221 - FOOD MICROBIOLOGY

Credit 6 (4+2)

#### Course Outcomes:

1. To provide knowledge of microorganisms associated with foods and their origin and role;
2. Knowledge of the factors that determine the presence, growth and survival of microorganisms in food
3. Knowledge of the main microbial groups involved in different food types and their prevention.

#### Unit I

- Introduction to microbiology and its relevance to everyday life,
- General morphology of micro-organisms- general characteristics of bacteria, fungi, virus, protozoa and algae

#### Unit II

- Growth of micro-organism- growth curve. Thermal Death Time
- Effect of environmental factors on growth of microorganism, pH, water activities, oxygen availability, temperature
- Growth media, types and uses.
- Control of micro-organisms- Physical and chemical methods

#### Unit III

- Microbial contamination and spoilage of different kinds of foods and their prevention:  
Cereal and cereal products, vegetables and fruits, Meat and fish, eggs and poultry, milk and milk products, canned foods

#### **Unit IV**

- Food fermentation: definition and types (batch, fed batch and continuous)

#### **BHSC 221 (P) PRACTICAL**

- Demonstration of the different parts of the microscope, their use and care of the microscope including oil immersion lens.
- Preparation of Bacterial Smear
- Simple Staining
- Differential Staining: Gram staining: Gram negative and gram positive bacteria
- Isolation of Microorganisms- Pour Plate, Spread Plate, Streak Plate Methods
- Preparation of common laboratory media for cultivation of bacteria, yeast and molds.
- Identification of bread mould, and e-coli in water
- Identification, isolation and confirmation. Microbial examination of vegetable and fruits.

#### **RECOMMENDED READINGS**

- Food Microbiology by Stanier
- Microbiology by Frazier
- Textbook of microbiology by Pelezar

### **SEMESTER-V**

#### **BHSC(T) 311 - FOOD SCIENCE**

**Credit 5 (3+2)**

##### **Course Outcomes**

1. Understand the basic concept of food science and its multidisciplinary nature.
2. Acquire brief and coherent knowledge of food chemistry and its application in cookery.
3. Gain knowledge of nutritional composition of various food commodities, its wise selection and storage guidelines.
4. Get acquainted with the different

##### **UNIT I**

1. Introduction to food science and its multidisciplinary approach
2. Cereals; Functional properties: gelatinization, dextrinization & factors affecting the same, Effect of processing on nutritive value of cereals

##### **UNIT-II**

1. Fats and oils- Shortenings, Emulsifying agents, Fat substitutes, Role in cookery, Deterioration of fats/oils
2. Pulses: Effect of processing on nutritive value, Anti nutritional factors of pulses.
3. Milk: Composition of milk, Effect of heat, acid etc on milk

##### **UNIT-III**

1. Meat, Fish and poultry: Nutritional contribution in diet, brief description of ageing, tenderization and

curing

2. Egg: Structure, composition and nutritive value, storage, evaluation of quality of egg, role of egg in cookery.

#### UNIT-IV

1. Fruits and vegetables: Nutritional contribution, effect of processing on nutritive value and different pigments of Fruits and vegetables.
2. Food additives. Preservatives, coloring agents, antioxidants, emulsifying agents, leavening agents and stabilizing agents

#### BHSC311 (P) PRACTICAL

- Preparation of food items by using different food additives.
- Effect of different processing methods on cereals, pulses, fruits and vegetables, oils and sugars.

#### RECOMMENDED READINGS

- Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt Ltd.
- Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
- 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.
- Wardlaw and Insel MG, Insel PM (2004). Perspectives in Nutrition, Sixth Edition. Mosby.
- Chadha R and Mathur P (eds). Nutrition: A Lifecycle Approach. Orient Blackswan, Delhi. 2015 P13-

#### BHSC(T) 312-THERAPEUTIC NUTRITION

Credit 5 (3+2)

##### Course Outcomes:

- Knowledge of principles of diet therapy
- Understanding the various therapeutic modification of normal diet
- Ability to counsel the persons and individuals about dietary intakes and modifications

##### Unit 1

##### Introduction to Diet Therapy

- Basic concepts of diet therapy, role of dietitian
- **Determination of nutritional requirements: recommended dietary allowance, calorie consumption unit,**
- Therapeutic modifications of the normal diet, types of diets
- Methods of feeding (Normal and artificial)

##### Unit II

##### Common diseases/ disorders

- Aetiology, symptoms and dietary management in acute and chronic fevers. Typhoid, influenza, tuberculosis
- Etiology, clinical features and dietary management of: GIT disorder- Peptic ulcers, Diarrhoea,

constipation, pancreatitis Underweight, overweight and obesity

### **Unit III**

#### **Lifestyle disorders**

- Etiology, clinical features and dietary management of: Diabetes, Cardiovascular disease Hypertension, Hypothyroidism

### **Unit IV**

#### **Chronic diseases**

- Aetiology, symptoms and dietary management in liver diseases. Hepatitis, jaundice, cirrhosis of liver, cholilethiasis.
- Functions of the kidney, nephritis, urinary calculi, types of renal failure, dialysis
- Aetiology, symptoms and dietary management in Arthritis, osteoporosis, and Gout.

### **BHSC312 (P) PRACTICAL**

#### **Visit to hospitals with therapeutic kitchen setup**

1. Planning of different types of diets: Bland, liquid, semi-liquid. Soft and normal
2. Planning and preparation of diets in-
  - a. Overweight and underweight
  - b. Fevers
  - c. Constipation and Diarrhoea, ulcers
  - d. Jaundice and other liver diseases
  - e. Diabetes mellitus, Hypertension and coronary heart diseases,.
  - f. Renal diseases
  - g. Gout
  - h. Arthritis
  - i. Planning and preparation of diets for pregnant and lactating women.
  - j. Planning and preparation of diets for special occasion. Birthdays, festivals, packed lunches.

### **RECOMMENDED READINGS**

- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
- Stacy Nix (2009). William's Basic Nutrition and Diet Therapy, 13th Edition. Elsevier Mosby.
- ICMR (1989) Nutritive value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- Seth V and Singh K (2007). Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual, 4th edition. Elite Publishing House Pvt. Ltd.

## **SEMESTER-VI**



**Course Outcome:**

- Develop basic understanding of concept of community nutrition.
- Understand the Multifaceted nature, causative factors and preventive strategies of common nutritional problems of India.
- Learn Direct and Indirect Nutritional assessment methods for individual, family and community.
- Get insight of various aspects of nutrition education.
- Get familiarize with the policy and programme operating in India to overcome malnutrition.

**UNIT-1**

1. Community nutrition: Definition and importance,
2. Common nutritional deficiencies; Etiology, prevalence, clinical features, prevention and management of Protein Energy Malnutrition (PEM): Marasmus, Kwasiorkor, vicious cycle of malnutrition. Micronutrient deficiencies such as Vitamin A deficiency, iron deficiency Anemia, Iodine Deficiency Disorders, flurosis

**UNIT-II**

1. Assessment of nutritional status: Direct methods – anthropometry, biochemical and clinical examination, dietary surveys and Indirect methods – vital statistics

**UNIT III**

1. Nutrition education: Meaning, objective, importance, principles and methods of nutrition education.

**UNIT-IV**

1. Organizing nutrition education programme
2. National programmes and role of national and international agencies. In improving nutritional status of the community -ICDS, MDM, SNP, ANP, FAO, WHO, UNICEF, CARE, UNDP etc.

**BHSC(P) 321Practical**

- Identification of nutritional problems among vulnerable groups.
- Visit to local health centre to identify clinical signs and symptoms of nutritional problems
- Planning, implementation and evaluation of nutrition education for a target group
- Plan a diet for
  - a. Protein energy mal-nutrition
  - b. Vitamin A deficiency
  - c. Iron Deficiency Anemia
  - d. Planning nutritive recipes
- Monitoring growth of child: Weighing and charting graph.
- Community survey for Nutritional Assessment
- Visit to an ICDS Block.
- Development of audio visual aids- radio script; popular article; chart/posters leaflets etc. Planning, implementation and evaluation of nutrition education for a target group.
- Setting up a unit for nutrition counseling. Role play exercises for counseling. Supervised counseling of patients/clients

## **RECOMMENDED READINGS**

1. Wadhwa A and Sharma S (2003). Nutrition in the Community- A Textbook. Elite Publishing Pvt Ltd, New Delhi.
2. ICMR (1989) Nutritive value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
3. ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
4. Understanding Nutrition: Whitney E.N. & Rolfes S.R. 8th Edition West/ Wordsworth. 1999
5. Nutritional Research: Current Scenario and Future Trends Editor: K, Krishnaswamy, Oxford and IBH Publication Co. Pvt. Ltd., 2000 6)
6. Nutritional Problems of India: Shukla P.K., Prentice Hall of India Pvt. Ltd., Delhi 1982

## **BHSC(T) 322: FOOD SERVICE MANAGEMENT**

**Credit 5(1+4)**

### **Course Outcomes:**

1. Knowledge of type of food services in INDIA
2. Understanding characteristics of various food service outlets
3. Analysis of various resources required for food service establishments

## **UNIT I**

### **Introduction to Food Service**

- types of food service institutions,
- Factors contributing to the growth of food service industry

## **UNIT II**

- Menu planning: Importance and types of menu, Factors affecting menu planning, Menu planning for different kinds of food service units
- Food Purchase and Storage
- Quantity Food production: Standardization of recipes, quantity food preparation techniques, recipe adjustments and portion control

## **UNIT III**

- Financial management- Cost concepts, food cost control, pricing, book-keeping, accounting
- Personnel management- Policies, recruitment, selection, facilities, benefits, trainings and development

## **UNIT IV**

- Sanitation, hygiene and safety in food service establishment. Laws governing food service establishments, legal issues. Current issues

## **BHSC 322(P) Practical**

- Preparation and service of Hi teas/ lunches for special occasions and a formal lunch.
- Visit to a Food Service Establishments to study its planning and functioning

- Visit to canteen attached to hospital and dietary department cafeteria, 3-star hotel/restaurant, 5-star hotel / restaurant, industrial canteen
- Standardization of recipes suitable for fast food outlet, industrial canteen, hospitals, college hostel.
- Analyze the relationship between the purchased amount, edible portion and cooked weight of food stuffs.
- Cost analysis of menu.
- Practical exercise on planning, preparation and service in a cafeteria, snack, bar fast food outlet. Management of cafeteria – preparation, costing and fixing of price for meal items.

Analysis of food safety and hygiene in different food instructions

### **RECOMMENDED READINGS**

- West B Bessie & Wood Levelle (1988) Food Service in Institutions 6th Edition Revised By Hargar FV, Shuggart SG, & Palgne Palacio June, Macmillian Publishing Company New York.
- Sethi Mohini (2005) Institution Food Management New Age International Publishers
- Knight J B & Kotschevar LH (2000) Quantity Food Production Planning & Management 3rd edition John Wiley & Sons
- Philip E Thangam (2008) Modern Cookery for teaching and Trade Part I & II Orient Longman
- Taneja S and Gupta SL (2001) Entrepreneurship development, Galgotia Publishing
- Dinesh Kumar, Food service and catering management.

## **GROUP II- HUMAN DEVELOPMENT & EXTENSION EDUCATION**

### **SEMESTER-1**

**BHSC 113 (T)- FUNDAMENTALS OF EXTENSION EDUCATION**

**3(2+1)**

#### **Course Outcomes**

- Gain knowledge on the need and importance of extension education and its significance in exchange of information
- Scope and importance of Home Science Extension Education
- Gain knowledge on community development and its importance - **ADD**
- ~~Acquire knowledge on the extension models and approaches~~ —**DELETE**

#### **Unit-I**

- Concept, Meaning, origin, history, scope and importance of Extension Education with special reference to Home Science
- Principles, scope, Goals, objectives and philosophy of Extension Education
- Evolution of Extension Education: glimpses of pre- and post-independence era.
- Home Science Education as empowerment, The interdisciplinary role of Home Science Education
- ~~History and scope of Home science education~~
- The role of Home Science education for personal growth and professional development, National

## Development

- Types of Education, differences between formal, informal and non-formal education
- Characteristics and features of extension education

## Unit-II

- Teaching Learning process: Meaning and Definition of Teaching, Learning, Learning experience and Learning situation, Elements of learning situation and its characteristics. Principles of learning and their implication for teaching.
- Motivation, needs, cone of experience
- Extension worker- Role and Qualities of extension worker
- Extension Education Process and steps

## Unit –III

- Community Development Programme – (i) Meaning, Definition, Elements and Principles of community development (ii) Origin of community Development Programme.

## BHSC 113 (P) PRACTICAL

- Interaction with villagers and understand the felt and unfelt need
- Visit to a community organization/women development and understand the organizational structure and Interact with the staff and understand their functions
- Use Supportive techniques – secondary sources, direct observation, and semi structured interviews, case studies and stories, drama, games, role play, workshops etc. as per the situation
- Develop common information materials

## RECOMMENDED READINGS

- Reddy A, Extension Education, Bapatia, India, Sri Laxmi Press
- WHO- Education for Health
- Gorges, Alan Teaching Adults in Extension Education
- Ray, G. L. (2003), Extension Communication and Management. Kalyani Publishers.
- Dahama, O.P. and Bhatnagar, O.P. (2003). Education and Communication for Development. Oxford and IBH Publishing Co. Pvt. Ltd.
- Sandhu, A.S. (1993) Textbook on Agricultural Communication: Process and Methods. Oxford and IBH Publishing Co. Pvt. Ltd.
- Manju Patni, Prasaar Siksha ewam sanchar
- Huma Zaidi. Introduction To Home Science. Omega Publications
- Manju Patni and Harplani. Prasar Siksha and Sanchar. Star Publications.

## BHSC(T) 114 - FUNDAMENTALS OF HUMAN DEVELOPMENT Credit 3(2+1)

### Course Outcomes:

- Get insight of meaning, domains and the multidisciplinary nature of human development.

- Develop basic understanding of development from conception to old age.
- Understand theoretical perspectives in human development.
- Identify the principles guiding growth and development.
- Comprehend different methods to study development in children.

#### **Unit I**

- History, scope and importance of human development from a life-span perspective.
- Human Development: Definitions, Stages and domains of development and its characteristics

#### **Unit II:**

- Maturation and learning, heredity and environment Growth and Development: Definition, and difference between growth and development. Principles of development.

#### **Unit III:**

- Prenatal development (three stages of intra-uterine development) and stages of birth process Prenatal influence on the fetus, biological risks, age of mother, illness, diet and nutrition, stress and emotional strain, environmental hazard

#### **Unit IV:**

- Types of Parenting Styles and their effects: authoritative, authoritarian, permissive, or uninvolved
- Theories of human development: naturalism. environmentalism, maturational, need, ecological, ethological, cognitive, social, psychoanalytical, language and moral

#### **BHSC(P) 114 PRACTICAL**

- Organizing and evaluating programs for women and children at village level
- Preparation of booklet on different stages and domain of life.

#### **RECOMMENDED READINGS**

- 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.
- Rutter, M. and Rutter, M. (1992). Developing Minds: Challenge and continuity across the lifespan. London: Penguin
- Papalia, D.E. and Martorell, G. (2015). Experience Human Development. McGraw Hill Education.
- Sharma and Sharma, Baal Vikas

## SEMESTER-II

### **BHSC (T) 123-LIFESPAN DEVELOPMENT**

**Credit 6(4+2)**

#### **Course Outcomes**

- Develop an understanding about the need and importance of studying human growth and development across life span
- Learn about the biological and environmental factors that affect development
- Learn about the characteristics, needs and developmental tasks of different stages in the human life cycle
- Understand the different theoretical frameworks fundamental to HDFS
- Learn about the classic human development theories
- Develop professional attitude for working with human beings across life span

#### **Unit-I**

- Prenatal, perinatal and postnatal stages- Issues and scientific concepts associated with conception, pregnancy, prenatal development, labor/ birth, postnatal life.
- **Infancy-** physical, motor, social, emotional, cognitive and language characteristics.
- **Early Childhood-** Physical, motor, social, emotional, cognitive and language characteristics. Stimulating approaches for optimising development.
- **Middle childhood-** Physical, motor, social, emotional, cognitive and language characteristics.

#### **Unit-II**

- **Adolescence-** Physical, motor, social, emotional, cognitive and language characteristics.
- **Adulthood-** Physical, motor, social, emotional, cognitive and language characteristics.. Stimulating approaches for optimising development

#### **Unit III**

- **Old age-** Physical, motor, social, emotional, cognitive and language characteristics. Stimulating approaches for optimising development..
- Decline of language in the aged (Speech impairment and disorders).

#### **Unit IV**

- **Development stages of play:** Play as means of development and learning. Social dimension of play, unoccupied behaviour, onlooker behaviour, solitary play, parallel play, associative play and co-operative play.
- **Marriage:** Meaning, definition, purpose, motives, functions and types of marriage. Laws related to marriage and family. Stages of family life cycle;

### **BHSC(P) 123PRACTICAL**

1. Observing children indifferent situations, recording the observations, analysing the observations and writing report
2. Assessment of physical development of children
3. Assessment of motor development of children: gross motor skills, fine motor skills

4. Assessment of social behavior
5. Assessment of emotional maturity/ emotional quotient
6. Plan and develop activities to facilitate development in different domains
7. Prepare play materials and teaching aids for children
8. Observational visits to baby clinic to observe full term and preterm babies.

### **RECOMMENDED READINGS**

1. Rice, F. P. (1998). Human Development: A lifespan approach. New Jersey: Prentice Hall.
2. Rutter, M. and Rutter, M. (1992) Developing Minds. Challenge and continuity across the life span. London: Penguin.
3. Santrock, J. W. (2007). A topical approach to life-span development. New Delhi: Tata McGraw- Hill.
4. Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi: Orient BlackSwan.
5. Tennant, M. and Pogson, P. (1995) Learning and Change in the Adult Year, San Francisco: Jossey-Bass.

## **SEMESTER-III**

### **BHSC 212 (T)- EXTENSION COMMUNICATION**

**6 (4+2)**

#### **Course Outcomes:**

- Develop understanding of scope and concepts of communication.
- Comprehend the elements and process of effective communication
- Understanding about various communication methods and their use in community setting

#### **UNIT I**

1. Concept of development communication
2. Meaning, scope, importance, nature, level and purpose of communication in development

#### **UNIT II**

1. Communication process- concept , importance and elements
2. Some concepts related to communication- entropy, redundancy, frame of reference etc.
3. Channels of communication-dimension, classification, selection and use
4. Communication barriers and ways to overcome them.
5. Gaps in communication or distortions in transmission of message and their causes

#### **Unit III**

1. Theories and models of communication
  - Methods of communication to reach individuals
    - ✓ Individual, Group and Mass methods : types and characteristics, Selection, preparations, use and evaluation of the above methods

#### **Unit IV**

**Media for Development communication:**

- Traditional media
- Print and electronic media
- Audios visuals Aids:
  - ✓ Classification and characteristics
  - ✓ Selection, preparation and effective use of media in development education and evaluation of the effectiveness of the media

### **BHSC 212 (P) PRACTICAL**

1. Preparation of various communication tools - charts, posters, flash cards, scripts, reading materials, Leaflet, Handouts, Booklet, flipbook, Slides, magazines, flash cards, flannel cars and other teaching aids
2. Practice in use of extension methods and techniques in the community.
3. Identification of local folk forms of the region.
4. Dramatization of any issue through suitable communication method.

### **RECOMMENDED READINGS:**

1. Reddy A : Extension Education, Bapatia, India, Sri Laxmi Press
2. WHO- Education for Health
3. Gorges, Alan Teaching Adults in Extension Education
4. Dhama OP & Bhatnagar OP: Education and Communication for Development
5. Ray, G.L. (2004), Extension Communication and Management. New Delhi : Kalyani Publishers.
6. Dr. Alpana Singh. Extension Education. Agra Book International Publishers.

## **SEMESTER IV**

### **BHSC 222 (T)- ENTREPRENEURSHIP**

**6 (4+2)**

#### **Course Outcomes:**

1. Development of concept of Enterprise and Entrepreneurship
2. Development of Understanding of scope of Entrepreneurship
3. Development of Understanding of process of Entrepreneurship
4. Development of Understanding of support institutions to promote Entrepreneurship

#### **UNIT I**

- Definition and concept of Entrepreneurship, difference between Wage Employment, self-employment and Entrepreneurship
- Role of entrepreneurs in economic development of India.
- Role of women entrepreneurs: opportunities and problems

#### **UNIT II**

1. Qualities of personality of an entrepreneur
2. Entrepreneurial motivation
3. Process of Enterprise development and management



- Process of initiating enterprise.
- Identification of opportunity
- Preplanning of formalities
- Preparation of preliminary project report

### **UNIT III**

- Evolution of entrepreneurship, objectives of entrepreneurial activities
- Types of entrepreneurs, functions and characteristics of entrepreneurs, importance of entrepreneurial development, and process of entrepreneurship development.
- Government policies and schemes for entrepreneurship development among farm women.

### **BHSC 222 (P) PRACTICAL**

- Project Planning, formulation and report preparation (individual/group exercise)
- Interaction with entrepreneurs (industry visits)
- Visit to small scale industries.
- Interaction with successful entrepreneurs.
- Visit to financial institutions and support agencies.
- Preparation of project proposal for funding by different agencies

### **RECOMMENDED READINGS:**

- Kaulgud A Entrepreneurship management
- Ormerod A Textile Project Management, the Textile Institute, 1992.
- SangramKeshariMohanti Fundamentals & Entrepreneurship: 2009: PHI learning.
- Vasanth Desai the dynamics of entrepreneurial development & Management: 6th edition Himalaya publish house. 2009.
- Franklin, T. Principles of Management, AITBS, 2002

## **SEMESTER V**

### **BHSC(T) 313- EARLY CHILDHOOD CARE AND EDUCATION Credit 5(3+2)**

#### **Course Outcomes:**

- Explain the need and importance of studying childhood as a distinctive stage of the life-span.
- Describe the historical views and theories on childhood
- Describe the characteristics, needs and developmental tasks of infancy, early childhood
- Explain the importance of early childhood years and significance of intervention programs for early childhood development.

#### **Unit I**

- Significance and objectives of Early Childhood Care and Education.

- Historical Overview of ECCE:
- Objectives of ECCE: ECE Programme- Balwadi, Anganwadi, Nursery Schools, Kindergarten, Montessori, Laboratory Nursery School. ECCE Programme- I.C.D.S. and Mobile Creche, Play Group, Crèche and Day Care

#### **Unit II**

- View of Educationist and Philosophers - Comenius, Rousseau, Pestalozzi, Frobel, McMillan Sisters, Dewey and Montessori.
- Psychological- Recognition of Effect of experiences in early childhood years, opportunities for expression of anger, tension through creative activities and dramatic play for proper mental hygiene.
- Cognitive approach – Piaget’s contribution to curriculum for cognitive development.

#### **Unit III**

- ECCE in India – Contribution of Rabindra Nath Tagore, Gandhiji, Tarabai Modak
- Recent Development: Policies, Institutions and contributions of NGOs

#### **Unit IV**

- Programme planning in ECE- Steps and types of programme planning, activities to promote all round development of preschool children- cognitive, language, socio-emotional and motor development, role, qualities and responsibilities of an early childhood personnel.
- Preparing equipments lists for indoor and outdoor activities
- Parental involvement in early childhood education and care programmes.

#### **BHSC(P) 313**

1. Developing and conducting activities to promote all the developments i.e. physical, motor, cognitive, language, socio-emotional and personality.
2. Prepare picture book/story/Resource book for infants and toddlers.
3. Planning pre-reading and writing skills. Collection of traditional stories and songs.
4. Plan activities/materials to promote mathematical concepts and science experience.
5. Visit, observe and submit report to early childhood education center and recording observation. crèches, balwadis/aganwadi and preparatory schools.

#### **RECOMMENDED READINGS :**

- Agarwal, J. C. (2007). Early childhood care and education: principles and practices. New Delhi: Shipra
- Agarwal, S.P. and Usmani, M. (2000). Children’s education in India: from vedic a. times to twenty first century New Delhi: Shipra.
- Canning, N. (2010) Play and practice in the early years: Foundation stage. New Delhi: Sage.
- Fler, M. (2010). Early learning and development: Cultural–historical concepts in play. Cambridge: Cambridge University Press.

**Course Outcomes:**

- Understanding the basic concept of training and its importance
- Knowledge on various training methods
- Understanding concept of adult learning

**Unit I**

- Training: Concept, need, definition, importance. Identification of training need. Types of Training.
- Training process, different phases of training and its management.
- Qualities of good trainer- communications skills, training skills, motivational skills and handling difficult situations.

**Unit II**

- Adult learning, characteristics of adult learner.
- Facilitation skills in training, problem and prospects of training.

**Unit III**

- Designing training module: Basic guidelines, steps in module designing.
- Training methods- seminar, conference, symposium, workshop etc.
- Training evaluation: Objectives, principle, steps and indicators of training evaluation. Important training institutions in India

**BHSC- 314 (P) PRACTICAL**

- Visit to state level training institutes and vocational training institutes, report writing and presentation, Hands-on-experience with training need analysis.
- Writing training objectives.
- Hands-on-experience on training methods, Familiarization with monitoring and evaluation tools of training, Familiarization with offline and online training module.
- Preparation of training module, Designing, conducting and evaluation of training programme
- ~~Designing and conducting training programmes for HRD of 3-5 days duration.~~
- Developing and use of evaluation tools for measuring learning out comes.

**RECOMMENDED READINGS:**

- Gupta, C.B. (2001). Human Resource Management. Sultan Chand and Sons.
- Dahama, O.P. and Bhatnagar, O.P. (2003). Education and Communication for Development. Oxford and IBH Publishing Co. Pvt. Ltd.
- Lynton, R.P. and Pareek, V. (2008). Training for Development. Vistaar Publications.
- Narwani, G.S. (2002). Training for Rural Development. Rawat Publication.
- Saxena, J.P. and Kakkar, A.T. (2000). Training and Development.

**SEMESTER VI**

**Course Outcomes:**

1. Learn the history of community development programs in India
2. Get acquainted with extension activities for community development
3. Gain knowledge of extension methods and approaches
4. Awareness on developmental programmes and schemes

**UNIT I**

- History of Community Development: Definition, objectives, steps and process, limitations and elements of community development, Role of community development worker
- Pre and post-independence development programmes- Shriniketan rural reconstruction, Gurgaon experiment, Marthandum project, Gandhian constructive programme, Etawah pilot project, Indian village service, Firka development scheme, Nilokheri experiment etc.

**UNIT II**

- Schemes and programmes for community development-JRY, SGSY, TYSEM, DWCRA, CRY, SITRA, MNREGA, ICDS and other latest programmes

**UNIT III**

- Participatory tools and Approaches
- People's participation and social mobilization in development

**UNIT IV**

- Diffusion and adoption of innovation: concept and meaning, process and stages of adoption
- Concept and elements of adoption and diffusion process.
- Adoption: meaning, definition, adoption process, factor affecting adoption and innovation – decision process and constraints.
- Innovation–decision process, types of innovation decision, perceived attributes of Innovation, consequences of innovations.
- Adopter categories- concept and types.
- Different terms used in diffusion of innovation and adoption process: Rate of adoption, overadoption, innovativeness, dissonance, rejection, discontinuance.

**BHSC-323 (P) PRACTICAL**

1. Visit of Local NGO
2. Analysis of different development programmes
3. Exercise on PRA tools and techniques

**RECOMMENDED READINGS**

- S. Chandra, Guidelines for NGO Management in India (2003), Published by Kanishka Distributors, New Delhi

- D. Lewis, Management of Non Governmental Development Organization (2001), Second Edition, Published by Routledge, Newyork.
- A. Abraham, Formation and Management of NGOs (2003), Third Edition, Published by Universal Law Publishing Co. Pvt Ltd., New Delhi.
- Sundar, P. 2013, Business and Community: The Story of Corporate Social Responsibility in India, New Delhi, Sage Publication.
- Aggarwal, S.2008, Corporate Social Responsibility in India, Sage Publication Pvt. Ltd
- Ray, G.L. (2003) Extension Communication and Management. Kalyani Publishers. Fifth revised and enlarge edition.
- Dahama, O.P. and Bhatnagar, O.P. (2003). education and communication for development. Oxford and IBH Publishing Co. Pvt. Ltd.
- Sandhu, A.S. (1993) Têxtbook on Agricultural Communication: Process and Methods”. Oxford and IBH Publishing Co. Pvt. Ltd.
- Chitambar, J.B. (2008) Introductory Rural Sociology. New Age International (P) Ltd.
- Sachdeva, D. R. and Bhushan, V. (2007) An Introduction to Sociology. Kitab Mahal Agency.

## **BHSC(T) 324-THEORIES OF HUMAN DEVELOPMENT**

**Credit 6(5+0)**

### **Course Outcomes:**

1. Apply the theoretical approaches to work with human being across life span
2. Learn about the classic human development theories
3. Develop professional attitude for working with human beings across life span
4. Explain the need and importance of studying human growth and development across life span.
5. Identify the biological and environmental factors affecting human development.

### **Unit 1**

Early views on human development: Western and Indian Perspective of Human Development  
Psychosexual Development Theory and Psychoanalytic Theory of Personality – Sigmund Freud  
Psychosocial Theory – Erik Erikson

### **Unit 2**

Social Learning Theory – Albert Bandura  
Learning Theories – Watson, Pavlov and Skinner

### **Unit 3**

Cognitive Development Theory – Jean Piaget  
Socio-Cultural theory of Cognitive Development – Vygotsky

### **Unit 4**

Kohlberg’s Moral Judgement Theory  
Ecological Theory – UrieBronfenbrenner

## **RECOMMENDED READINGS:**

1. Bhangaokar, R., & Kapadia, S. (in press). Human Development Research in India: A historical overview. In G. Misra (Ed.), Hundred years of Psychology in India. New Delhi: Springer.
2. Feldman, R., & Babu, N. (2009). Discovering the life span. New Delhi: Pearson
3. Kakar, S. (1998). The inner world. Psychoanalytic study of childhood and society in India. Delhi: Oxford University Press.
4. Kapadia, S. (2011). Psychology and human development in India. Country paper. International Society for the Study of Behavioural Development Bulletin Number 2, Serial No. 60, pp.37-42.
5. Keenan, T., Evans, S., & Crowley, K. (2016). An introduction to child development. Sage.
6. Lightfoot, C., Cole, M., & Cole, S. (2012). The development of children (7th ed.). New York: Worth Publishers.
7. Santrock, J. (2017). A topical approach to life span development (9th ed.). New NY.: McGraw-Hill Higher Education.
8. Singh, A. (2015). Foundations of Human Development: A life span approach. ND: Orient Black Swan.
9. Walsh, B.A., Deflorio, L., Burnham, M.M., & Weiser, D.A. (2017). Introduction to Human Development and Family Studies. NY: Routledge

## **GROUP III- TEXTILES & CLOTHING AND RESOURCE MANAGEMENT**

### **SEMESTER-1**

**BHSC 115- (T) FUNDAMENTALS OF TEXTILES**

**3(2+1)**

#### **Course Outcomes:**

1. Fundamental understanding of Textiles
2. Knowledge development regarding various types of basic textiles fibres
3. Learning development regarding processes involved in yarn manufacture
4. Comprehension development regarding use of various types of fibres and yarns

#### **Unit I**

- Basics of textile and clothing
- Scope and importance of textile and clothing
- Importance and function of clothes and factors affecting clothing choices

- Terminologies used in textile and clothing

#### **Unit II**

- Yarn: definition and basic concepts, types and properties
- Manufacturing process: Mechanical spinning and Chemical Spinning
- Yarn numbering system-count, denier, Tex
- Twists in yarns, Textured yarns, Fibre blends
- The effect of yarn on the finished fabrics

#### **Unit III**

- Definition and Classification of textile fibres
- History, manufacture, properties (physical , chemical and microscopic) and importance of following textile fibres:
- Natural Fibres:
  - ✓ Protein: wool, silk
  - ✓ Cellulose : cotton, linen
  - ✓ Mineral : Asbestos

#### **Unit IV**

- Man-made/Synthetic Fibres:
- Cellulose: Rayon
- Polyamide : Nylon
- Polyester
- Acrylic and Modacrylic
- Olefin
- Elastomeric
- Mineral: Glass, Metallic

#### **BHSC 115 (P) PRACTICAL**

1. Study of general physical properties of fibers
2. Fibre identification: Identification of natural and manmade fibers appearance microscopic test, burning test and solubility test.
3. Study of effect of various acids on fibres
4. Study of effect of various alkalis on fibres
5. Study of effect of sunlight on fibres
6. Study of effect of various laundry substances (soaps and detergents, bleaches) on fibers
7. Collection and study of various types of Yarns.
8. Study of S twist and Z twist
9. Collection and preparation of resource book

#### **RECOMMENDED READINGS**

1. Booth, J.E. (1996). Principles of Textile Testing. New Delhi: CBS Publishers & Distributors Pvt. Ltd.

2. Corbman, P.B. (1983). Textiles: Fibre to Fabric. McGraw-Hill Publishers.
3. Collier, B.J., & Epps, H.H. (1998). Textile testing and analysis. Prentice Hall Publishers.
4. Dantiyagi, S. (1996). Fundamentals of Textiles and their Care. India: Orient Black swan Private Limited.
5. D'Souza, N. (2014). Fabric Care. New Delhi: New Age International Publishers.
6. Greaves, P.H., Saville, B. P. (1995). Microscopy of textile fibres. Bios Scientific Publishers
7. Gohl, E., Vilesky, L. (2003), Textile Science: an explanation of fiber properties (2 edition), New Delhi.
8. Hollen, R. N., Saddler, J., & Langford, A. (1979). Textiles. Macmillan Publishers.
9. Joseph, M. (1992), Introductory Textile Science. Sixth edition, California: Harcourt College Publishers
10. Rastogi, D., & Chopra, S. (2017). Textile Science. India: Orient Blackswan Private Limited
11. Dr. Reena Khanooja, Vastra Vigyan evam paridhan.
12. Dr. Reena Khanooja. Vastra Vigyan ke Siddhant.
13. Dr. Pramila Verma. Vastra Vigyan evam Paridhan.

**BHSC 116 - FUNDAMENTALS OF FAMILY RESOURCE MANAGEMENT 3(2+1)**

**Course Outcomes:**

1. Comprehend the fundamentals of resource management in changing scenario
2. Familiarize the students with the available resources, their uses and conservation
3. Enable the students to utilize resources in a prudent manner
4. Understand the processes of management in a scientific manner in the use of resources.

**Unit-I**

1. Introduction to management:
  - Basic concepts of management
  - Purpose of Management
2. Obstacles to the improvement of management
  - Lack of awareness of management
  - Lack of awareness of resources
  - Failure to evaluate result of management
  - Lack of information
  - Seeking readymade answer to problems

**Unit-II**

1. Management Process: POSTCoRB



- planning
  - controlling
  - evaluation etc.
2. Factors motivating management
    - Goal-definition, types and utility
    - Values- importance, sources of values, classifications, characteristic, changing values
    - Standards-definition, classification

#### **Unit-III**

1. Decision Making
  - Role of decision making in management
  - Steps in decision making
2. Resources in the family:
  - a) Classification
  - b) Factors affecting the use of resources
  - c) The family life cycle

#### **Unit-IV**

1. Money Management:
  - Family income
  - Expenditure
  - Family budget
  - Savings
2. Time management:
  - Importance and
  - Tools in time management-
  - Work simplification- importance, steps, advantages and disadvantages, principles, techniques, Mundell's Classes of change in method of work

#### **BHSC 116 (P) PRACTICAL**

1. Application of management process to organize an event – planning, organization, evaluation.
2. Listing out human and non – human resources, listing community resources
3. ~~Preparation of resource book~~

#### **RECOMMENDED READINGS**

1. Nickell& Dorsey: Management in Family Living
2. Gross & Crandle: Management for Modern families
3. Vargese: Introduction to Home Management
4. Dr. Manju Patni. Vastra vigyan, paridhan ewam pariwarik sansadhan vayastha (Clothing, tixtiles and family resource management), Star Publications.

5. Dr Deepa Verma and Monika Tiwari (2021) Vastra vigyan, paridhan ewam pariwarik sansadhan vayastha (Clothing, textiles and family resource management), Sahitya Prakashan
6. Manju Patni, Grih Prabandhan
7. Dr. Reena Khanuja, Grih Prabandha, Sadhan vayastha ewam aantarik sajja.

## SEMESTER-II

### **BHSC 124 (T) - HOUSING AND SPACE MANAGEMENT**

**4 (3+1)**

#### **Course Outcomes:**

1. Understand the basic concepts of housing and space management
2. Basic knowledge on principles and concepts on art and design
3. Knowledge on factors influencing planning of life space
4. Develop confidence in decorating interiors using furniture and furnishings

#### **Unit I**

1. Family housing needs – protective, economic, affectionate, standard of living, housing goals, function
2. Factors influencing selective and purchase of site for house building:
3. Legal aspects, location, physical features, soil condition, services, housing cost
4. Housing
  - Principles of house planning – grouping, orientation, circulation, flexibility, privacy, spaciousness, aesthetics, economy, light and ventilation.
  - Planning different residential spaces: entrance, living rooms, drawing rooms, bedrooms, store rooms, study rooms, bath room

#### **Unit II**

- Introduction to Fundamentals of Art : Design, Definition and types : Structural and Decorative
- Elements of Design : Line, Size, Form, Structure, Space, Pattern, Shape, Light : Characteristics and classification
- Principles of Design – definition and their characteristics and types : Balance, Harmony, Proportion, Rhythm, Emphasis
- Study of colours – classification, dimensions, color wheel, colour schemes and effect

#### **Unit III**

- Kitchen planning – types of kitchen, planning different work areas in the kitchen.
- Furnitures:
  - ✓ Types of furniture

- ✓ Selection of furniture
- Furnishing : Selection, care and maintenance, factors affecting furnishing choices.
- ✓ Soft furnishing – selection and care of bed linen, table linen
- Curtains and draperies: type, selection and care, upholstered furniture, cushions
- Floor covering, rugs and carpets: Types, care and cleaning.

#### **Unit IV**

- Flower making from different materials. Flower collection, storage and arrangement. Care of flowers and foliage. Selection and preparation of plant materials. Drying and preservation of flowers and foliage.
- Application of flower arrangements for different areas and occasions.
- Preparation of permanent arrangement. Preparation of bouquets, garlands etc.

#### **BHSC 124 (P) PRACTICAL**

1. Preparation of colour wheel and colour schemes.
2. Application of elements and principles of design
3. Use of Colour for wall/floor decorations and making accessories.
4. Application of design principles in flower arrangement
5. Drawing house plans
6. Preparation of resource book

#### **RECOMMENDED READINGS:**

1. Arora. S. P., and Bindra S.P. (2005). Building Construction. Delhi: DhanpatRai Publications
2. Bhavikatti, S.S., and Chitawadagi, M.V. (2019). (1st Ed.). Building Planning and Drawing. Hubli: Dreamtech Press
3. Faulkner, R. and Faulkner, S. (1987). Inside Today's Home. New York: Rinehart Winston, India.
4. Gandotra V., Shukul M., and Jaiswal N. (2011). Introduction to Interior Design and Decoration, New Delhi: Dominant publishers, India.
5. Jankowsky, W.(2001). Modern Kitchen Work Book. New Delhi: Rockport Publishers, India.
6. Dr. Reena Khanuja, Grih Prabandha, Sadhan vayastha ewam aantarik sajja.
7. Management in family living Nickle and Dorsey
8. Home - furnishing A. H. Rutt.
9. Home with characters Craig and Rush.
10. Home Management Gross and Crandell.
11. Grih prabandhan, Manju Patni

12. Grih prabandhan, sadhan vyavastha ttha antarik sajja, Bela Bhargav

~~7. Furniture layout of living, dining, kitchen and bedroom~~

~~8. Development of designs and construction of any five items Cushions, Curtains, Carpets, Door mats, Rugs, Table mats.~~

~~9. Wall paintings, Picture frame designs and Crafts out of fibre, fabric coir, bamboo, clay metal etc.~~

~~10. Flower arrangements, styles, innovation of new style~~

**BHSC 125 – Fundamentals of Statistics and Research Methods in Home Science 2(2+0)**

**Course outcomes:**

- Understanding the concept and use of statistics and research
- Understanding basic concepts of statistics
- Practice to develop a research proposal.
- Learn about the data, sample and report writing.
- Develop understanding to conduct survey.

**Unit-I**

- Statistics – concept, meaning, scope and importance
- Some common statistical tests – Measures of central tendency, Measures of variability dispersion etc

**Unit-II**

- Social research- concept, meaning, scope and importance types and classification
- Sampling- Concept, Techniques, Principles and Limitations of sampling

**Unit-III**

- Data collection tool and techniques- survey, interview, questionnaire etc
- Report writing

**RECOMMENDED 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, HarAnandPublications.
9. Gundry Lisa K. & Kickul Jill R.,2007, Entrepreneurship Strategy: Changing Patterns in New Venture
10. Creation, Growth, and Reinvention, SAGE Publications, Inc.
11. Taneja & Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia PublishingCompany
12. Patni , Manju. Anusandhan Vigyaan , Star Publications, Agra.
13. Sudha, G.S. Vyavsayik Prabandh ke Siddhant avam Udyamita,RBD Publications.
14. Gupta ,U.C.Udyamita Vikas,Kailash Pustak Sadan, Bhopal
15. Suggestive digital platforms web links- e-PG Pathshala – Inlibnet

### **SEMESTER-III**

**BHSC 213 (T) - BASICS OF CLOTHING CONSTRUCTION**

**6(4+2)**

**Course Outcomes:**

1. Understanding fundamentals of Clothing Construction
2. Learning terms and terminologies used in clothing construction
3. Development of ability for selection of fabrics
4. Acquiring practical knowledge about construction of some basic garments

**Unit I**

1. Basic terminologies used in clothing construction
2. Equipments and supplies used in clothing construction, their maintenance, and problems faced remedies with specific reference to sewing machine.
3. Drafting and general principles of clothing construction,
4. Selection of Fabrics, understanding width and right side of fabric, Arranging Stitching area, Layout of paper pattern, marking, cutting and stay stitching

## **Unit II**

1. Body measurement for different types of garments
2. Preparation of fabrics for garment making, laying out of pattern, marking and cutting of different types of fabrics (like checks, floral prints, pile etc.)
3. Interfacing, lining and interlining

## **Unit III**

1. Different types of stitches, necklines, fasteners etc. used in clothing construction
2. Fullness, gathers, pleats, tucks etc.
3. Finishing of raw edges and disposal of fullness in clothing construction

## **Unit IV**

1. Special considerations for sewing for babies and children
2. Household Linen: Importance, factors affecting selection of various household linen, care and maintenance
3. Mending and renovation

## **BHSC 213 (P) PRACTICAL**

- Sewing machine and its parts, common defects and remedy for them, equipment used for clothing construction.
- Sewing techniques: basic stitches, seams, fullness, gathers, pockets, tucks
- Fasteners in common use, their application to the garments
- Drafting, cutting and stitching of some common garments such as: Bib, apron, frock, blouse, petticoat, suits etc.

## **RECOMMENDED READINGS:**

- Armstrong, Pearson. (1995), Pattern making for Fashion Design, Fairchild Publication, New York 1995 (Indian Ed.)
- Cream, Penelope.,(1996), The Complete Book of Sewing - A Practical Step by Step Guide to Sewing Techniques, DK Publishing Book, New York
- Dorothy wood, the practical encyclopaedia of sewing, Anness publishing Ltd, London.
- Holman, Gillian. (1997), Pattern Cutting Made Easy, BSP.
- Janace E. Bubonia. (2012), Apparel production terms and processes, Fairchild Books, New York.
- Anna Jacob: Art of Sewing UBSPD, New Delhi
- Bane A –Tailoring, Mc Graw Hill Publication
- Reader's Digest: Complete Guide to Sewing, Association inc New York
- Doongaji&Deshpandey : Basic Process and Clothing Construction, New Delhi, NewRaj Book Depot

## **SEMESTER IV**

**Course Outcomes:**

1. Understanding techniques and processes involved in fabric construction
2. Understanding the principles and processes of finishing fabrics
3. Understanding applications and use of various types of fabric finishes for specific purposes

**Unit I**

1. Fabric construction
2. Structure and working of handloom
3. Types of weaves and Weaving process

**Unit II**

1. Other processes of fabric preparation- Felting, Braiding, Netting, Knitting, Bonding, Lace etc.

**Unit-III**

1. Definition Classification and purpose of finishes
2. Finishing of Textiles
  - Bleaching
  - Mercerization
  - Weighing and sizing
  - Singeing
  - Beetling
  - Calendaring
  - Tentering

**Unit-IV**

1. Finishing of Textiles
  - Embossing
  - Napping
  - Water resistant and water proof
  - Crease resistant
  - Sanforization
  - Moth resistant and bacteriostate
  - Antistatic
  - Stain and soil resistant

**Unit- V**

Different types of printing- block printing, stencil printing, tie and dye, batik with different dyes, screen printing etc.

### **BHSC 223 (P) Practical**

- Weaving: Graphical representation of straight draft plan, lift plan and tie-up of plain weave and its variations
- Preparation of handloom for plain weave and weaving of sample identification of fancy weaves.
- Identification of fancy weaves
- Design development: All over design, border design, spot design and pallav design.
- Printing: Block printing, stencil printing, tie and dye and batik with different dyes.
- Screen printing and Stain removal
- Bleaching, whitening, Mercerization and Starching

### **RECOMMENDED READING:**

1. Corbman, P.B. (1983). Textiles: Fibre to Fabric. McGraw-Hill Publishers.
2. Dantyagi, S. (1996). Fundamentals of Textiles and their Care. India: Orient Black swan Private Limited.
3. D'Souza, N. (2014). Fabric Care. New Delhi: New Age International Publishers.
4. Gohl, E., Vile sky, L. (2003), Textile Science: an explanation of fiber properties (2 edition), New Delhi.
5. Hollen, R. N., Saddler, J., & Langford, A. (1979). Textiles. Macmillan Publishers.
6. Joseph, M. (1992), Introductory Textile Science. Sixth edition, California: Harcourt College Publishers
7. Rastogi, D., & Chopra, S. (2017). Textile Science. India: Orient Blackswan Private Limited.

## **SEMESTER V**

### **BHSC 315 (T)- FAMILY ECONOMICS AND CONSUMER EDUCATION      5 (3+2)**

#### **Course outcomes:**

1. To learn about the family income.
2. To have a fair knowledge about the saving methods
3. To know about the consumer rights and laws

#### **Unit-I**

- Meaning and scope of family finance management.



- Family - definitions, characteristics, its types and factors affecting family income and expenditure.
- Income concepts: productive income, hidden income, money income, real income, psychic income.
- Budgeting - steps and types of family budget, Engel's law of consumption. Account keeping and record keeping.
- Credit : need, types, use and credit institutions.
- Planning for family's financial security - savings, investments, insurance, taxation and will.

#### **Unit-II**

- Consumer – definition and role.
- Consumer problems in rural and urban areas.
- Consumerism - its growth, consumers right and responsibilities.
- Unfair trade practices - adulteration, faulty weights and measures etc., Sources of consumer information - advertisements, labels, packages etc.
- Consumer protection and welfare. Consumer protection laws.

#### **BHSC 315 (P) Practical**

- Making personal and family budget, Family financial record keeping, Bank withdrawals, deposits, drafts etc.
- Visit to saving and insurance institutions.
- Adulteration detection.
- Critical analysis of labels and brands of consumer products, standardized marks, weights and measures etc.

#### **RECOMMENDED READING:**

- Bhargava, Bela. (2005). Family Resource Management and Interior Decoration. Univ. book home Pvt. Ltd. Jaipur.
- Khetarpaul, N and Grover, I. (2004). Consumer Guide for Home Maker – Udaipur: Agratech Pub Academy.
- Maneesha Shukul and Veena Gandotra. (2006). Home Management and Family Finance. Dominant Publishers and Distributors, New Delhi.
- Mann, M.K. (2004) Home Management for Indian Families. Kalyani Publishers, New Delhi.
- Rice, Nickel and Tucker. (1976). Management in Family Finance. John Wiley and Sons., New York
- Seetharaman P. Sethi M. (2002). Consumerism Strategies and Tactics. CBS Publishers and Distributors. New Delhi.
- Tiwari, O.P. (2000). Consumer Protection Act Allahabad: Allahabad Law Agency.
- Verghese, M.N. Ugale, W. N. and Srinivasan, K. (1997). Home Management, New Delhi: New Age International.

## **BHSC 316 (T) - ADVANCE GARMENT CONSTRUCTION**

**5(3+2)**

### **Course Outcomes:**

- Learning the use of components of garment construction
- Understanding the scientific approach to Anthropometric measurements
- Gaining knowledge about use and handling of various types of fabrics
- Getting acquainted about pattern and pattern making
- Learning and practicing about fitting and common fitting problems

### **Unit I**

1. Taking Measurement:
  - Anthropometric measure. Concept and importance
  - Methods of taking body measurement for different garments.
2. Fabrics for Garment making:
  - Handling of different types of fabrics.
  - Estimation of material required for different garments.

### **Unit II**

1. Working on the Bias
2. Study of garment components and trims
3. Basics of binding, Frills, Braids, Tassel, Pompons and fringe preparation
4. Pattern Making: Techniques of pattern making. Principles and application of flat patterns for different styles.

### **Unit-III**

1. Draping.: concept, requirements, technique, advantages and disadvantages
2. Fitting
  - Principle of fitting.
  - Common fitting problems and remedial methods.

### **Unit IV**

1. Commercial Patterns: concept, Common fitting problems and remedial methods
2. Introduction to Clothing manufacture industry: Concept and basic operation

### **Unit V**

1. Embroidery stitches: basics of embroidery and types

## **BHSC 316 (P) PRACTICAL**

- Embroidery stitches- making a display file of various embroideries
- Make samples of different types of stitches

- Preparation of two consumers items using contemporary embroidery.
- Pattern making: variation in collars, sleeves, yokes
- Garments: Gathered frock with Peter pan collar, Salwar kameez, Saree blouse, Nightie
- Drafting and construction of following garments for women, men and children fancy frock salwar/ pyjama/pyjama kurta (gents)/kameez (ladies) night dress/ gown
- Preparation of Yoke, gather, pleats, tucks, shirring, smocking, trimmings

#### **RECOMMENDED READINGS:**

- Anna Jacob: Art of Sewing UBSPD, New Delhi
- Bane A –Tailoring, Mc Graw Hill Publication
- Reader's Digest: Complete Guide to Sewing, Association inc New York
- Majumdar&Vatsala : Textbook of Clothing Construction, ICMR
- Carr& Latham: The Technology of Clothing Manufacture, Blackwell Science
- Doongaji&Deshpandey: Basic Process and Clothing Construction. New Raj Book Depot, New Delhi
- Jindal R: handbook of Fashion Designing
- Frings GS fashion from concept to consumer Prentice Hall Inc New Jersey, United States of America

## **SEMESTER VI**

**BHSC 325 (T) - TRADITIONAL TEXTILES OF INDIA**

**5(3+2)**

#### **Course Outcomes:**

- Appreciation of diverse and rich textiles heritage of India
- Learning about traditional embroideries from different parts of the country
- Comprehending about traditional textiles from different parts of the country
- Understanding role and significance of khadi
- Scientific knowledge about conservation of textiles

#### **Unit 1**

**Dyed and printed textiles:** Kalamkari (painted and block printed), Patola, bandhani (tie and dye) of Gujarat and Rajasthan. Ikat of Orissa

#### **Unit II**

**Woven textiles:** Brocades of Uttar Pradesh, Baluchar of West Bengal, Brocades of South India, Muslin of Bengal, Shawls of Kashmir

### **Unit III**

**Embroidered Textiles:** Chikankari of Lucknow, Phulkari of Punjab, Kantha of Bengal, Kashidakari of Kashmir, Kasuti of Karnataka, Zari embroidery, Embroidery of Kutch and Kathiawar.

### **UNIT IV**

- Status of traditional textiles in modern India: Evolution and socio economic significance of khadi, hand loom and handicrafts sector
- Intervention by organizations in sustenance of Indian textile craft
- Conservation of textiles: factors affecting deterioration of textiles, care and storage of textiles

### **BHSC 325 (P) Practical**

- Collection of various textile samples
- Practice on various traditional embroideries
- Development of resource book

### **RECOMMENDED READINGS:**

- Dar SN Costumes of India and Pakistan. Bombay D B Taraporewala sons & Co Pvt Ld
- Chattopadhyaya K D: Handicrafts of India Indian Council for Cultural Relations
- Dhamija & Jain: Handwoven Fabrics of India . Ahmedabad Mapin Publishing Pvt Ltd
- Bhatnagar P Traditional Indian Costumes & Textiles India Abhishek publications Chandigarh

### **BHSC 326 (T) - INTERIOR DESIGNING AND DECORATION      5 (2+3)**

#### **Course Outcomes:**

- Understanding on the concepts designing and decoration
- Understanding the various techniques of designing and decoration
- Use of resources in designing and decoration

#### **Unit-I**

- Understand and apply the elements and principles of design in interior to enhance aesthetic performance.
- Principles of Interior Design
- Basics of Decorative styles and accessories

#### **Unit-II**

- Lighting - Definition – Objectives – Functions and Importance of lighting.
- Types of lighting - Natural and Artificial lighting. Methods of lighting - direct, semi-direct, In-direct, semi indirect and diffused lighting.
- Lighting accessories – Selection of lamps and lamp shades.
- Lighting fixtures – Structural lighting, Free-standing or portable - Table lamp, Floor lamp, standard lamp fixtures and office task light luminaries.

### **Unit-III**

- Accessories - Definition and importance in interiors, Classification – functional, decorative and both accessories. Factors influencing the selection of accessories, Placement, location and background for accessories.
- Kinds of accessories - Decorative - mural, photographs, pictures, artefacts, drawings, antiques and Functional - books, Mirror, Clock, accent furniture, indoor plants and flower arrangement as miscellaneous accessories.
- Compare the types of accessories and choose the appropriate lighting in interiors.

### **Unit-IV**

- Art and Crafts – definition, kinds of art and crafts-pot painting, idols, sculptures, glass painting, wall art, wall hanging, pillows, cushions, pebble art, wood art, shell art, origami, models, lamps and vases, baskets, doll making, bamboo crafts, folk arts and crafts of India,
- Application of arts and crafts in interiors

### **BHSC 326 (P) Practical**

- Application of elements and principles of interior design and Decoration
- Preparation of utility and decoration articles by using various painting/printing techniques  
Calligraphy Use of floor decoration in interiors
- Stationery designs; cover designs for books, magazines, illustrations, lettering construction etc.
- Accessories; various types, materials and techniques; pottery, collage, handicrafts, utility articles, paper mache items, paper sculpture, poster making, greeting cards, fabric painting, glass painting, gift wrapping etc.

### **Suggested Readings**

- Dorothi, S. et al. (1980). Introduction to Interior Design. New York: Mc Millan.
- Faulkner and Faulkner. (1975). Inside Today's Home. New York: Holt, Rinehart and Winston.
- Gewther, M. (1970). The Home, its Furnishings and Equipment U.S.A. Mc. Graw Hill.
- Mike, L. (1986). The Complete Interior Decoration. United Kingdom: Mc Donald.
- Ruth, M. (1975). The Home and its Furnishings, U.S.A.: Mc. Graw Hill.
- Seetharaman P. Sethi M. (2002). Interior Design and Decoration. CBS Publishers and Distributors. New Delhi.
- Chaudhari, S.N. 2006, Interior Design. Aavishkar Publishers, Jaipur.

- PremavathySeetharaman and ParveenPannu, (2009). Interior Design and Decoration.CBS Publishers and Distributors Pvt Ltd. New Delhi.
- Goldstein, (1976). Art in Every Day Life.Oxford and IBH Publishing House.
- Kasu, A.A. 2005, Interior Design, Ashish Book centre Delhi.
- Andal. A and Parimalam.P,(2008).A Text Book of Interior Decoration.Satish Serial Publishing House.