

SYLLABUS
for
Choice Based Credit System
(CBCS)
On the basis of
Outcome Based Education
(OBE)

B.A. HOME SCIENCE

PATNA WOMEN'S COLLEGE

Autonomous

PATNA UNIVERSITY

3rd Cycle NAAC Accredited at 'A' Grade with CGPA 3.58/4

"College with Potential for Excellence" (CPE) Status Accorded by UGC

Vision

Rooted in the life, vision, and teachings of Jesus Christ and inspired by Mother Veronica, the foundress of the Apostolic Carmel, Patna Women's College strives to become a centre of academic excellence in higher education, social responsibility, and empowerment of women.

Mission Statement

Patna Women's College, the first college for women in Bihar, is committed to the holistic development of women so as to make an effective contribution to the creation of a better society.

To this end, we strive

- To become a center of excellence in higher education for women in an atmosphere of autonomy.
- To excel in teaching-learning, research, and consultancy.
- To provide education that promotes capacity building and holistic development of a person.
- To offer subjects for competency building and motivate/animate a workforce imbued with human values.
- To promote patriotism, communal harmony and cultural integration to maintain a free and peaceful atmosphere on the campus.
- To train the students in creative arts, social service, critical thinking, and leadership in order to make an effective contribution to the creation of a new and value-based society.
- To create women leaders and to make them agents of social change.
- To develop skill oriented and value-based courses, for the all-round development of individuals.
- To promote academic exchange and academia-industry interface.
- To form young women who are 'always wise' and who will dare to 'go ahead and conquer knowledge' through, competence, commitment, delicate conscience, and compassion.

Syllabus for Choice Based Credit System (CBCS)

B.A. Home science Honours

PO. No.	Programme Outcome Upon completion of Home Science Degree Programme, the graduates will be able to
PO-1	Understand and appreciate the role of interdisciplinary sciences in the development and well- being of individuals, families and communities
PO-2	Develop professional skills in food, nutrition, textiles, housing, product making, communication technologies and human development
PO-3	Acquire professional and entrepreneurial skills for economic empowerment of self in particular, and community in general
PO-4	Understand the sciences and technologies that enhance the quality of life
PO-5	Inculcate environmental consciousness: Discern the issues of environmental contexts and engages in promoting values

PSO. No.	Programme Specific Outcome Upon completion of these courses the graduates would
PSO-1	Acquire knowledge in physiology and analytical principles of food and nutrients in diet formulation for all age groups; develop skills in organization and management of food service institutions
PSO-2	Understand the principles and patterns of growth and development of humans from conception to old age and know the role of family, society and government to ensure development and protection of the rights of vulnerable groups
PSO-3	Utilize and manage resources and contribute to community development; assess consumer problems and protection, and learn the application of management process in Event Planning & Execution
PSO-4	Learn the principles, methods and approaches of communication and develop practical skills in Communication Process to reach out to the wider community.
PSO-5	Understand and appreciate the textile – modern and traditional.
PSO-6	Acquire academic skills with an aptitude for higher studies / research/entrepreneurship in any branch of the programme

Syllabus for Choice Based Credit System (CBCS)

B.A. Home science Honours

Note: 1 credit = 15 hours

1. Theory paper: 6 credits each (5Theory and 1 Tutorial).
2. Tutorial group of each theory paper should have a group size of 8 students.
3. Practical paper: 6 credits each (4Theory and 2 Practical).
4. Practical paper will not have tutorials.

Core Courses (6 credits each)

Core Course: A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

Semester I

1. Human Development I: The Childhood Years (Theory + Practical)
2. Food and Nutrition (Theory + Practical)

Semester II

3. Dynamics of Communication & Extension (Theory + Practical)
4. Resource Management (Theory + Practical)

Semester III

5. Introduction to Textiles (Theory + Practical)
6. Communication Systems & Mass Media (Theory)
7. Personal Finance and Consumer Studies (Theory + Practical)

Semester IV

8. Human Development II: Development in Adolescence and Adulthood (Practical)
9. Nutrition: A Life Cycle Approach (Theory + Practical)
10. Fashion Design Concepts (Theory + Practical)

Semester V

11. Research Methodology in Home Science (Theory + Practical)
12. Entrepreneurship for Small Catering Units Theory + (Practical)

Semester VI

13. Public Nutrition (Theory + Practical)
14. Study of Indian Socio Economic Environment (Theory)

Generic Elective Papers (GE) (6 credits each)

Generic Elective (GE) Course: An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective.

P.S.: A core course offered in a discipline/subject may be treated as an elective by other discipline/ subject and vice versa and such electives may also be referred to as Generic Elective.

Semester I

1. Care and Well Being in Human Development

Semester II

2. Appreciation of Textile Crafts

Semester III

3. Current Concern in Public Health

Semester IV

4. Child Rights and Social Action

Discipline Specific Elective (DSE) (6 credits each)

Discipline Specific Elective (DSE) Course: Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective. The University/Institute may also offer discipline related Elective courses of interdisciplinary nature (to be offered by main discipline/subject of study).

Semester V

DSE-1

1. Physiology and Promotive Health (Theory + Practical)

DSE-2

2. Indian Textile Heritage (Theory + Practical)

Semester VI

DSE-3

3. Basics of Interior Design & Hospitality Management (Theory + Practical)

DSE-4

4. Dissertation/Project based on field study

Skill Enhancement Course (SEC)(2Credits)

Skill Enhancement Courses (SEC): These courses may be chosen from a pool of courses designed to provide **value-based and/or skill-based knowledge**.

Semester III

1. Inter Religious Studies (Value based)

Semester IV

2. NGO Management and CSR

Home Science (Hons.) CBCS Syllabus

Sem.	Core Course (14) <u>6 Credits each</u>	Ability Enhancement Compulsory Course AECC (2) <u>2 Credits each</u>	Skill Enhancement Course SEC (2) <u>2 Credits each</u>	Discipline Specific Elective DSE (4) <u>6 Credits each</u>	Generic Elective GE (4) <u>6 Credits each</u>
I	HSC CC101: Human Development 1: The Childhood Years	English/ MIL Communication/ Environmental Science			HSC GE101: Care and Well Being
	HSC CC102: Food and Nutrition				
II	HSC CC203: Dynamics of Communication & Extension	English/ MIL Communication/ Environmental Science			HSC GE202: Appreciation of Textile Crafts
	HSC CC204: Resource Management				
III	HSC CC305: Introduction to Textiles		IRS SEC301: Inter-Religious Studies (Value based)		HSC GE303: Current Concern in Public Health
	HSC CC306: Communication Systems & Mass Media				
	HSC CC307: Personal Finance & Consumer Studies				
IV	HSC CC408: Human Development II: Development in Adolescence and Adulthood		HSC SEC402: NGO Management & CSR		HSC GE404: Child Rights and Social Action
	HSC CC409: Nutrition: A Life Cycle Approach				
	HSC CC410: Fashion Design Concepts				
V	HSC CC511: Research Methodology in Home Science			HSC DSE501: Physiology & Promotive Health	
	HSC CC512: Entrepreneurship for Small Catering Units			HSC DSE502: Indian Textile Heritage	
VI	HSC CC613: Public Nutrition			HSC DSE603: Basics of Interior Design & Hospitality Management	
	HSC CC614: A Study of Indian Socio Economic Environment			HSC DSE604: Dissertation/Project on Topics Related to the Papers of Home Science	

Course Structure for B.A. Home Science (Hons.)

<u>Semester -I</u>	<u>Semester -II</u>
HSC CC101: Human Development I : The Childhood Years	HSC CC203: Dynamics of Communication & Extension
HSC CC102: Food and Nutrition	HSC CC204: Resource Management
ENG AEC101 : English Communication HIN AEC101 : fgUnh O;kdj.k vkSj IEizs"k.k	EVS AEC202 : Environmental Science
HSC GE101: Care and Well Being in Human Development	HSC GE202: Appreciation of Textile Crafts
<u>Semester -III</u>	<u>Semester -IV</u>
HSC CC305: Introduction to Textiles	HSC CC408: Human Development II: Development in Adolescence and Adulthood
HSC CC306: Communication Systems & Mass Media	HSC CC409: Nutrition : A Life Cycle Approach
HSC CC307: Personal Finance and Consumer Studies	HSC CC410: Fashion Design Concepts
IRS SEC301: Inter Religious Studies	HSC SEC402: NGO Management & CSR
HSC GE303: Current Concern in Public Health	HSC GE404: Child Rights and Social Action
<u>Semester -V</u>	<u>Semester -VI</u>
HSC CC511: Research Methodology in Home Science	HSC CC613: Public Nutrition
HSC CC512: Entrepreneurship for Small Catering Units	HSC CC614: A Study of Indian Socio Economic Environment
HSC DSE501: Physiology & Promotive Health	HSC DSE603: Basics of Interior Design & Hospitality Management
HSC DSE502: Indian Textile Heritage	HSC DSE604: Dissertation/Project on Topics Related to the Papers of Home Science

Details of Credits for Courses under B.A., B.Sc., B.Com. Honours Home Science

Semester	Course	Theory	Practical	Tutorial	Total
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					Credits
I. Core Course (14 Papers) – 06 credits each					
I	1. Human Development I: The Childhood Years	4	2	-	6
	2. Food and Nutrition	4	2	-	6
II	3. Dynamics of Communication & Extension	4	2	-	6
	4. Resource Management	4	2	-	6
III	5. Introduction to Textiles	4	2	-	6
	6. Communication Systems & Mass Media	5	-	1	6
	7. Personal Finance & Consumer Studies	4	2	-	6
IV	8. Human Development II: Development in Adolescence and Adulthood	5	-	1	6
	9. Nutrition : Life Cycle Approach	4	2	-	6
	10. Fashion Design Concepts	4	2	-	6
V	11. Research Methodology in Home Science	4	2	-	6
	12. Entrepreneurship for Small Catering Units	4	2	-	6
VI	13. Public Nutrition	4	2	-	6
	14. A Study of Indian Socio Economic Environment	5	-	1	6
II. Elective Course – 06 credits each					
A. 1. Discipline Specific Elective- DSE(4 papers)					
V	1. Physiology and Promotive Health	4	2	-	6
	2. Indian Textile Heritage	4	2	-	6
VI	3. Basics of Interior Design & Hospitality Management	4	2	-	6
	1. Dissertation/ Project based on Field Study	-	6	-	6
B. 1. Generic Elective / Interdisciplinary (4 papers)					
I	1. Care and Well Being in Human Development	5	-	1	6
II	2. Appreciation of Textile Crafts	5	-	1	6
III	3. Current Concern in Public Health	5	-	1	6
IV	4. Child Rights and Social Action	5	-	1	6
III. Ability Enhancement Courses – 02 credits each					
1. Ability Enhancement Compulsory (AECC)					
I	English / Hindi Communication	2			2
II	Environmental Science	2			2
II. Skill Enhancement Course (SEC)					
III	1. Inter Religious Studies	2	-	-	2
IV	2. NGO Management & CSR	2	-	-	2
TOTAL					140

Institute should evolve a system/policy about ECA / General Interest / Hobby / Sports / NCC / NSS / related courses on its own.

*wherever there is practical there will be no tutorial and vice-versa.

Home Science (Honours) Details of CBCS Syllabus

Core Courses (6 credits each)

SEMESTER – I

Core Course: A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

Course Outcome

Course Title	Core Course 1 Human Development I: The Childhood Years		
Code	HSC CC101		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Recall and recognize the concepts, scope and nature of human development	PSO-2	R
CO – 2	Relate and explain prenatal development and care of the new born	PSO-2	U
CO – 3	Describe, record and identify the various developmental milestones during infancy, preschool and middle childhood years	PSO-2	C, Ap
CO – 4	Demonstrate activities to facilitate development in different domains from birth to middle childhood years	PSO-2	R, Ap

(Remember, understand, create, apply, analyse)

HSC CC101 : Human Development I: The Childhood Years		
PWC (Theory: 4 credits + Practical: 2 credits)		
Unit	Topics to be covered	No. of hours
1	Introduction to Human Development: Definition, History and Interdisciplinary nature of Human Development, Scope of Human Development in contemporary society, Domains, Stages and Contexts of development, Principles of Growth and Development	15
2	Prenatal Development, Birth and the Neonate: Reproductive health, Conception, Pregnancy and Birth, Capacities and care of the new born	15
3	Infancy and Preschool years: Physical and Motor development, Social and Emotional development, Cognitive and Language development	15
4	Middle Childhood years, Physical and motor Development, Social and Emotional development, Cognitive and Language development	15
	Practical : Methods of interview, observation and narratives and their use; audio – video sources of studying prenatal to middle childhood period, developing activities to facilitate development in different domains etc.	30
	TOTAL	90

Practical Record: Project File

Reading List

1. Bee. H. (1995). The Developing Child. Harper Collins.
2. Berk, L. E. (2007). Development through the lifespan. Delhi, Pearson Education.
3. Rice. F. P. (1998). Human Development: A lifespan approach. New Jersey, Prentice Hall.
4. Santrock, J. W. (2007). A topical approach to life-span development. New Delhi, Tata McGraw- Hill.
5. Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi, Orient Black Swan.
6. Cole, M. & Cole, S. (1993). The Development of Childre, 2nd Edition. New York, Scientific American Books Freeman & Co.

SEMESTER – I

Course Title	Core Course 2 Food and Nutrition		
Code	HSC CC102		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Recall the basic concepts of food and nutrition and explain the nutrients, their functions, sources and clinical manifestation	PSO-1	R, U, An
CO – 2	Discuss and analyse the effects of cooking and processing techniques on nutritional properties of food	PSO-1	U, An
CO – 3	Outline the nutritional contribution and selection of various food groups	PSO-1	An.
CO – 4	Explain and demonstrate the principles involved in weighing, portion size and nutritional quality of food	PSO-1	U, Ap

HSC CC102 :	Food and Nutrition
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PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Basic concepts in food and nutrition: Basic terms used in study of food and nutrition, Understanding relationship between food, nutrition and health, Functions of food - Physiological, psychological and social	5
2	Nutrients: Functions, Dietary Sources and clinical manifestations of deficiency/ excess of the following nutrients: Energy, Carbohydrates, lipids and proteins; Fat soluble vitamins - A, D, E and K; Water soluble vitamins – thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B ₁₂ and vitamin C; Minerals – calcium, iron, zinc and iodine	20
3	Cooking and processing of foods: (a) Methods of cooking and effects of cooking: Dry, moist, frying and microwave cooking; Advantages, disadvantages and the effect of various methods of cooking on foods (b) Enhancing the nutritional quality of foods: Supplementation, germination, fermentation, fortification and GM foods	10
4	Food Groups: Structure, composition, Products, nutritional contribution, selection and changes during cooking of the following food groups: Cereals, Pulses, Fruits and vegetables, Milk & milk products, Eggs, Meat, poultry and fish, Fats and Oils, Spices and herbs, Beverages	25
	Practical : Weights and measures; preparing market order and table setting; food preparation, understanding the principles involved, nutritional quality and portion size, Sensory evaluation	30
	TOTAL	90

Practical Record: A Project File

Reading List

1. Bamji, M.S., Krishnaswamy, K., Brahmam, GNV, (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
2. Srilakshmi, B., (2007). Food Science, 4th Edition. New Age International Ltd.
3. Wardlaw and Insel, M.G., (2004). Perspectives in Nutrition, Sixth Edition. Mosby.
4. Chadha, R. and Mathur, P., (2015). Nutrition: A Lifecycle Approach. Orient Blackswan, New Delhi.
5. 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.
6. 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.

SEMESTER – II

Course Title	Core Course 3
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Dynamics of Communication & Extension			
Code	HSC CC203		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Describe the basic Principle of Communication.	PSO-4	R
CO – 2	Explain various Communication methods, approaches and illustrate communication process	PSO-4	U
CO – 3	Outline the relationship between Communication Extension and Development.	PSO-4	An
CO – 4	Demonstrate skills in Communication Process.	PSO-4	Ap

HSC CC203 : Dynamics of Communication and Extension		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Communication: Concepts, Historical background, concept and nature, Functions of Communication, Types of Communication - communication transactions; Formal and informal communication; Verbal and Non-verbal Communication; Scope of Communication; Communication process; ICTs and web based communication; Communication for social change	20
2	Understanding Human Communication: Culture and communication- Signs, symbols and codes in communication, Postulates/Principles of Communication, Elements of Communication and their characteristics, Models of Communication, Barriers to Communication	18
3	Communicating Effectively: Concept, nature and relevance to communication process: Empathy, Persuasion, Perception, Listening; Characteristics of successful communication: The 7C's and 4S's	8
4	Communication for Extension: Concept, nature and philosophy of Extension, Principles of Extension, Methods and Media of community outreach; Audio-Visual aids- concept, classification, characteristics and scope	14
	Practical : Developing skills in planning and conducting small group communication; review of media on selected issues; Comprehension with TAT (Thematic Apperception Test), Classroom communication in Home Science Trends. Organize a health education session for a group of people in the community. Follow the steps involved in communication.	30
	TOTAL	90

Practical Record: A Project File

Reading List

1. Barker, L., (1990). Communication. New Jersey, Prentice Hall.
2. Brown et al (1983). Audio Visual Instruction Technology, Media and Methods, 6th Edition. Mc Graw Hill Book Co., New York
3. Devito, J., (1998). Human Communication. New York, Harper & Row.
4. Joshi, Uma (1997). Text book of Mass Communication and Media. Anmol Publications, New Delhi
5. Joshi, Uma (2001). Understanding Development Communications. Domincent Publishers, New Delhi
6. Patri and Patri, (2002). Essentials of Communication., Greenspan Publications

SEMESTER – II

Course Title	Core Course 4 Resource Management		
Code	HSC CC204		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the fundamentals of resource management in a changing scenario	PSO-3	U
CO – 2	Inculcate skills in identifying, creating, selecting and using available resources judiciously with emphasis on maximization and conservation	PSO-3	U, C, Ap
CO – 3	Know the scientific application of the process of management in the right use of resources and apply the management process in event planning and execution	PSO-3	U, Ap
CO – 4	Understand self as a resource – SWOT analysis, building decision making abilities;	PSO-3	U, An

HSC CC204 : Resource Management		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Introduction to Resource Management: Concept, universality and scope of management, significance and principles of management; Approaches to management; Motivation Theory	18
2	Resources: Understanding meaning, classification and characteristics of resources, factors affecting utilization of resources, Maximizing use of resources and resource conservation, Availability and management of specific resources by an individual/ family – Money, Time, Energy, Space	20
3	Functions of Management: An overview: Decision Making, Planning, Supervising, Controlling, Organizing, Evaluation	17
4	Management Process: Application of management process in Event	5

	Planning & Execution	
	Practical : Resource conservation and optimization/green technologies: Portfolio; Identification and development of self as a resource – SWOT analysis, building decision making abilities; Event planning, management and evaluation.	30
	TOTAL	90

Practical Record: A Project File

Reading List

1. Casio, Wayne F. (1985). Managing Human Resource. Mc Graw Hill Book Co., New York
2. Koontz,H. and O'Donnel, C., (2005). Management – A Systems and Contingency Analysis of Managerial Functions. New York, McGraw-Hill Book Company
3. Kreitner, (2009). Management Theory and Applications. Cengage Learning, India
4. Rao, T.V. (1992). Appraising and Developing Managerial Performances, Academy of Human Resource Development. B. K. Publications, Delhi
5. Rao, V.S. and Narayana, P. S., (2007). Principles and Practices of Management. Konark Publishers Pvt. Ltd.

SEMESTER – III

Course Title	Core Course 5 Introduction to Textiles		
Code	HSC CC305		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the structure, properties and production techniques of various natural and manmade fibres, yarn spinning	PSO-5	U
CO – 2	Demonstrate an understanding of various types of fabric construction methods	PSO-5	Ap
CO – 3	Understand and apply various dyeing, printing and finishing techniques	PSO-5	U, Ap
CO – 4	Identify fabrics and relate it to specific products keeping in mind fabric properties and characteristics	PSO-5	An, Ap

HSC CC305 : Introduction to Textiles		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Introduction to textile fibres: Morphology of textile fibres, Primary and secondary properties, Fibre classification	8
2	Production, chemistry, properties and usage of fibres: Natural fibre - Cotton, Flax, Silk and Wool; Man-made fibers - Rayon, Polyamides, Polyester, Acrylic, Olefins (Polyethylene and Polypropylene) and elastomeric fibres	16
3	Production and properties of Yarns: Yarn construction - Mechanical Spinning (Cotton system, Wool system, Worsted system); Chemical Spinning (Wet, Dry, Melt); Types of yarns - Staple and Filament, Simple yarns, Complex yarns; Yarn Properties-Yarn Numbering, Yarn Twist; Textured yarns - Types and properties; Difference between Threads and Yarns; Blends: Types of blends and purpose of blending	10
4	Techniques of fabric construction and Wet Processing: Weaving - Parts of a loom, Operations and motions of the loom, Classification of weaves- construction, characteristics, usage; Knitting - Classification of knits, Construction and properties of warp and weft knits; Non-wovens – Types, Construction, Properties and usage; Fundamentals of dyeing and printing	26
	Practical : Fibre identification tests; yarn identification; thread count and balance; weave identification; fabric analysis; Tie and Die, Block Printing and spray printing	30
	TOTAL	90

Practical Record: A Project File and specimen

Reading List

1. Corbman, P.B., (1985). Textiles - Fiber to Fabric (6th Edition). Gregg Division, McGraw Hill Book Co., US.
2. Joseph, M.L., (1988). Essentials of Textiles (6th Edition). Holt, Rinehart and Winston Inc., Florida.
3. Vilensky , G., (1983). Textile Science. CBS Publishers and Distributors, Delhi.
4. Tortora, G. Phyllis, Understanding Textiles. McMillan Co. USA.
5. Sekhri, S., (2013). Textbook of Fabric Science: Fundamentals to Finishing. PHI Learning, Delhi

SEMESTER – III

Course Title	Core Course 6 Communication Systems & Mass Media		
Code	HSC CC306		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the role of self in communication, Intrapersonal Communication	PSO-4	U
CO – 2	Illustrate Interpersonal Communication	PSO-4	U
CO – 3	Describe Public and Mass Communication concept and techniques and types and impact of mass media in communication	PSO-4	R, An
CO – 4	Understand and apply group dynamics in organizations and content analysis of mass media.	PSO-4	U, Ap

HSC CC306 : Communication Systems and Mass Media		
PWC (Theory: 5 credits + Tutorial: 1 credit)		
Unit	Topics to be covered	No. of hours
1	Self and Communication: Awareness of self in communication, Intrapersonal Communication, Self-concept and self esteem	10
2	Interpersonal Communication: Concept, types and functions of interpersonal communication; Dyadic, small and large group communication.	20
3	Organization, and Public Communication: Organizational communication - concept, types, functions and network – Types of communication networks in organizations; Public communication - concept and techniques.	25

4	Mass Communication: concept, need, functions and elements; theories of mass communication; Barriers in communication Mass Media: Types, characteristics, reach and access.	20
	Tutorial : Know yourself exercises; studying group dynamics in organizations; audience analysis; content analysis of mass media.	15
	TOTAL	90

Reading List

1. Devito, J., (1998). Human Communication. New York, Harper & Row.
2. Barker, Larry Lee, (1990). Communication. Eaglewood Cliffs, New Jersey, Prentice Hall.
3. McQuail, D., (2000.) Mass Communication Theories. London, Sage Publications
4. Baran Stanley, J., (2009). Introduction to Mass Communication. McGraw hill medical publishing
5. Baran Stanley, J., (2014). Mass Communication Theory. Wadsworth Publishing
6. Vivian, J., (2012). The Media of Mass Communication. Pearson
7. Dominick, Joseph, R., (2012). Dynamics of Mass Communication: Media in Transition. McGraw hill education

SEMESTER – III

Course Title	Core Course 7 Personal Finance and Consumer Studies		
Code	HSC CC307		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Familiarize the students with the changing socio-economic environment and consumer behaviour, consumer problems, consumer movement and consumer protection	PSO-3	U
CO – 2	Strengthen the financial management practices for wise consumer behaviour	PSO-3	R, Ap
CO – 3	Know the standardization and quality control measures for various consumer products	PSO-3	U
CO – 4	Application of knowledge for evaluation and designing of advertisements and food products	PSO-3,6	C, Ap,E

HSC CC307 : Personal Finance and Consumer Studies		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Income and Expenditure: Household Income – Types, Sources, Supplementation of family income, use of family income, budgets, maintaining household accounts; Factors influencing expenditure pattern; Family savings and investments- need ,principles, channels of investment, tax implications	20
2	Consumer in India: Definition of a consumer; Role of consumers in the economy, Types of consumer problems – products and service related, Causes and solutions	10
3	Consumer education and empowerment: Consumer Protection, Consumer rights and responsibilities, Basic legislative framework for consumer protection in India, Consumer Protection Act 1986 COPRA, Alternative redressal mechanisms, Mediation centres	15
4	Standardization and quality control measures - ISI, BIS, FPO, AGMARK, ISO, Eco mark, Wool mark, Silk mark, Cotton mark, Handloom mark, BEE star labelling; FSSAI, Codex, HACCP, Food laws	15
	Practical : Evaluation and designing of advertisements in print media; evaluation and designing of labels for food products; Consumer awareness surveys	30
	TOTAL	90

Practical Record: A Project File

Reading List

1. East, Robert (1990). Changing Consumer Behaviour. Cassel Educational Limited, Artillery House, Artillery Row, London
2. Engel, J.F. and Black, Well R.D. (1990). Consumer Behaviour, 4th Edition. Holt Sanders International Edition.
3. Khanna, S.R., Hanspal, S., Kapoor, S. & Awasthi, H. K., (2007). Consumer Affairs. Universities Press India Pvt. Ltd.
4. Sawhney, H. K. & Mital, M., (2007). Family Finance & Consumer Studies. Elite Publishing House Pvt. Ltd.
5. Seetharaman, P. and Sethi, M., (2001). Consumerism: Strength and Tactics. New Delhi, CBS Publishers.

SEMESTER – IV

Course Title	Core Course 8 Human Development II: Development in Adolescence and Adulthood		
Code	HSC CC408		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Recognize the basic concept of puberty, health, family and peer relationship during adolescence	PSO-2	R
CO – 2	Describe and identify the various developmental milestones of the adolescent period and the developmental tasks of adulthood	PSO-2	U, An
CO – 3	Recall and relate marriage, parenting and grand parenting	PSO-2	R,Ap
CO – 4	State and discuss various personality and intelligence tests	PSO-2	U, An

HSC CC408: Human Development II: Development in Adolescence and Adulthood		
PWC (Theory: 5 credits + Tutorial: 1credit)		
Unit	Topics to be covered	No. of hours
1	Introduction to Adolescence: Developmental tasks during Adolescence; Puberty, sexual maturity, nutrition, health, and psychological well-being; Self and identity; Family and peer relationships; Adolescent interface with media	20
2	Cognitive, Language and Moral development: Perspectives on cognitive development; Development of intelligence and creativity; Adolescent language; Adolescent moral development Theory – (Kohlberg & Jean Piaget	15
3	Introduction to Adulthood: Definitions, transition from adolescence to adulthood; Developmental tasks of adulthood; Physical and physiological changes from young adulthood to late adulthood Significance of health, nutrition, and well being	25
4	Socio-emotional and Cognitive development: Diversity in roles and relationships; Marriage-contemporary trends; Parenting and grand parenting	15
	Tutorial : Case profile of an adolescent; study of adult roles through interview/ questionnaire method; Intelligence and personality tests	15
	TOTAL	90

Reading List

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

SEMESTER – IV

Course Title	Core Course 9 Nutrition: A Life Cycle Approach		
Code	HSC CC409		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand balanced diet and meal planning	PSO-1	U
CO – 2	Describe the nutritional requirements and concerns of children, adolescents and adulthood	PSO-1	An
CO – 3	Acquaint about the physiological, metabolic conditions and nutritional need during old age	PSO-1	U, Ap
CO – 4	Gain skills in planning diet during various stages of life	PSO-1,5	Ap

HSC CC409 : Nutrition: A Life Cycle Approach		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Principles of meal planning: Food exchange list; Factors affecting meal planning; Dietary guidelines for Indians, RDA, Balanced diet, Low cost food	12
2	Nutrition during infancy, importance of breast feeding, human milk composition, complementary food, nutrition for preschool children, school children & adolescents; RDA, nutritional guidelines, nutritional concerns, and healthy food choices.	20
3	Nutrition during adulthood: RDA, nutritional concerns and guidelines, healthy food choices - Adults, Pregnant women, Lactating mothers,	20

4	Geriatric Nutrition: The ageing process – physiological, metabolic changes and impact on health, nutritional concerns and needs.	08
	Practical : Diet planning and calculation of important nutrients for various age groups: Preschool, school going, adolescence, adult, pregnancy, lactation and old age.	30
	TOTAL	90

Practical Record: A Project File

Reading List

1. Bamji, M. S., Krishnaswamy, K., Brahmam, GNV. (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
2. Khanna, K., Gupta, S., Passi, S.J., Seth, R., Mahna, R., Puri, S., (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House.
3. Wardlaw, G. M., Hampl, J.S., DiSilvestro, R. A., (2004). Perspectives in Nutrition, 6th edition. McGraw Hill.
4. Chadha, R., and Mathur, P., (2015). Nutrition: A Lifecycle Approach. Orient Blackswan, Delhi.
5. Gopalan, C., Rama Sastri. B. V., Balasubramanian, S. C., (1989). Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.

SEMESTER – IV

Course Title	Core Course 10 Fashion Design Concepts		
Code	HSC CC410		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the role of fashion and clothing in communication of cultural practices	PSO-5	U
CO – 2	Understand the functions of a garment and to explore meaning of fashion and clothing	PSO-5	U, C
CO – 3	Analyse the contribution of fashion designers to the world	PSO-5	An
CO – 4	Express the social and psychological reason for	PSO-5	Ap

	fashion changes, fashion cycle and forecasting		
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HSC CC410 : Fashion Design Concepts		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Fashion: Terminology, Fashion cycle, Sources of fashion, Factors favouring and retarding fashion, Role of a designer, Leading Fashion centres and designers	16
2	Importance of clothing: Clothing functions and theories of origin, Clothing terminology, Individuality and conformity, conspicuous consumption and emulation, Selection of clothes for self, Selection and Evaluation of ready-made garments	16
3	Components of garment: classification and application; Fabric, seams, stitches, thread, shaping methods, dart equivalents, Sleeves, cuffs, necklines, collars, plackets, yokes, pockets and trims, Style variation: bodice, skirts, trousers in various silhouettes	20
4	Design: Elements and principles of design; Structural and applied design	08
	Practical: 1. Flat sketching of garment component 2. Development and identification – (i) Basic stitches, (ii) Seams, (iii) Fasteners, (iv) Plackets, (v) Edge finishes (bindings and finishes) (vi) Pleats and Gathers	30
	TOTAL	90

Practical Record: A Project File and specimen

Reading List

1. Brown, Patty, Rice J., (1998). Ready to Wear Apparel Analysis. Prentice Hall.
2. Castelino, M. (1994). Fashion Kaleidoscope. Rup & Co.

3. Carr, H. and Pomery, J. (1992). Fashion Design and Product Development. Blackwell Scientific Publications, London
4. Marshall, S. G., Jackson, H. O., Stanley, M. S., Kefgen, M. & Specht, T., (2009). Individuality in Clothing & Personal Appearance, 6th Edition. Pearson Education, USA.
5. Tate S.L., Edwards M.S., (1982). The Complete Book of Fashion Design. Harper and Row Publications, New York.

SEMESTER – V

Course Title	Core Course 11 Research Methodology in Home Science		
Code	HSC CC511		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the background and need of research and discuss the research process	PSO-6	U, R
CO – 2	Compose and appraise the methods for data collection and their analysis	PSO-6	U, R, An
CO – 3	Write and choose appropriate technique for reporting studies	PSO-6	U, An
CO – 4	Hands-on experience for different steps of research process	PSO-6	Ap

HSC CC511 : Research Methodology in Home Science		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Research- Meaning, Objectives, types, approaches and significance; Criteria of good research.	20
2	The Research Process: Selecting and defining the problem, hypotheses, objectives, Review of related literature, Research design and sampling techniques.	20
3	Data: Types, collection methods and analysis (Frequency distribution, Mean, Standard Deviation and Student's t-test)	10
4	Report Writing	10
	Practical : Exercise in sampling, random number table; designing tools and their analysis; data collection process: interview, FGDs, case studies.	30

TOTAL	90
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Practical Record: A Project File

Reading List

1. Bulmer, M.C. (1984). Sociological Research Methods : An Introduction. Macmillan, Hong Kong
2. Black, J.A. & Champion, D. J., (1976). Methods and Issues in Social Research. New York, John Wiley and Sons.
3. Holloway, I. (1997). Basic Concepts of Qualitative Research. Blackwell Science, London
4. Kumar, R., (2005), Research Methodology: A Step by Step Guide for Beginners. Sage Publications, New Delhi.
5. Kerlinger, F. N. and Lee, H.B. (2000). Foundations of Behavioural Research, 4th Edition. Harcourt College Publishers
6. Kothari, C. R., (2008). Research Methodology: Methods and Techniques, 2nd Edition. New Age International Pvt. Ltd., New Delhi.

SEMESTER – V

Course Title	Core Course 12 Entrepreneurship for Small Catering Units		
Code	HSC CC512		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the concept of entrepreneurship	PSO-1	U
CO – 2	Get familiarized with the process & procedures for establishing an enterprise.	PSO-1	R,U
CO – 3	Understand the art of food service system planning, organising and management	PSO-1	U
CO – 4	Hands-on experience in planning of a small food service unit	PSO-5,6	C, Ap

HSC CC512 : Entrepreneurship for Small Catering Units		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Introduction to Food Service Units: Origin of Food Service units, Kinds of food service units	4
2	Food Service System Planning and Management: (A)Planning - Types of kitchen areas, Flow of work and work area relationship, Equipment - Factors affecting selection of equipment; (B) Organization & Management, Functions of management, Personnel Management, Financial Management.	15
3	Food Service Operations: (A) Food Management - Importance of menu and Types of menu (B) Food Production Process - Food purchase and receiving, Storage; Quantity food production: Standardization of recipes, Recipe adjustments and portion control, Quantity food production techniques, Food service, Food hygiene and sanitation	29
4	Planning of a Small Food Service Unit: Preliminary Planning, Survey of types of units, identifying clientele, menu, operations and delivery,	12
	Practical : Market survey of food items; survey of food service units; standardization of a recipe; planning menus for catering units	30
	TOTAL	90

Practical Record: A Project File

Reading List

1. West, Bessie & Wood, Levelle (1988). Food Service in Institutions 6th Edition. Macmillian Publishing Company, New York.
2. Sethi, Mohini (2005). Institution Food Management. New Age International Publishers
3. Knight, J. B. & Kotschevar, L. H., (2000). Quantity Food Production Planning & Management, 3rd Edition. John Wiley & Sons
4. Dessler, Gary (1987). Personnel Management, Modern Concepts & Techniques. Prentice Hall, New Jersey
5. Tripathi, P. C., (2000). Personnel management, 15th Edition. Sultan Chand, New Delhi
6. Kazarian, E. A., (1977). Food Service facilities Planning, 3rd Edition. Von Nostrand Reinhold, New York

7. Kotas, Richard & Jayawardardene, C., (1994). Profitable Food and Beverage Management. Hodder & Stoughton Publications
8. Longree, K., Langree, K., Longrie, K., (1996). Quantity Food Sanitation. John Wiley & sons
9. Roday,S., (2003). Food Hygiene & Sanitation. Tata Mc Graw Hill publication Ltd.
10. Taneja, S. and Gupta, S. L., (2001). Entrepreneurship development. Galgotia Publishing

SEMESTER – VI

Course Title	Core Course 13 Public Nutrition		
Code	HSC CC613		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Recognize insight into concept, scope and role of public nutrition	PSO-1	R
CO – 2	Know the different ways to assess the nutritional status of the community	PSO-1	U
CO – 3	Sketch the nutritional problem in vulnerable section of a community and gain skills in planning and conducting food demonstration	PSO-1	U, An, Ap
CO – 4	Understand the agencies involved in betterment of public health	PSO-1	U

<u>HSC CC613 : Public Nutrition</u>		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Concept and scope of public nutrition: Definition and multidisciplinary nature of public nutrition; Role of public nutritionist	5
2	Assessment of nutritional status: Objectives and importance, Methods of assessment – (a) Direct – clinical signs, nutritional anthropometry, biochemical tests, biophysical tests (b) Indirect – Diet surveys, vital statistics	18
3	Nutritional problems, Etiology, prevalence, clinical features and preventive strategies of Protein energy malnutrition, nutritional anemia, vitamin A deficiency, iodine deficiency disorders	22
4	National Nutrition Policy and Programmes - Integrated Child Development Services (ICDS) Scheme, Mid day Meal Programme (MDMP), National programmes for prevention of Anaemia, Vitamin A deficiency, Iodine Deficiency Disorders	15

Practical :	Planning of low cost nutritious recipes for deficiency diseases – anemia, PEM & Vitamin A deficiency; conducting food demonstration; visit to NHP Programme	30
TOTAL		90

Practical Record: A Project File

Reading List

1. Wadhwa, A. and Sharma, S., (2003). Nutrition in the Community-A Textbook. Elite Publishing House Pvt. Ltd., New Delhi.
2. Park, K., (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s Banarasidas Bhanot Publishers, Jabalpur, India.
3. Bamji, M. S., Krishnaswamy, K. and Brahmam, GNV, (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi.
4. ICMR (1989). Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
5. ICMR (2011). Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
6. Jelliffe, D. B., Jelliffe, E. R.P., Zerfas, A. and Neumann, C. G., (1989). Community Nutritional Assessment with special reference to Less Technically Developed Countries. Oxford University Press. Oxford.
7. World Health Organization (2006). WHO Child Growth Standards: Methods and Development

SEMESTER – VI

Course Title	Core Course 14 A Study of Indian Socio Economic Environment		
Code	HSC CC614		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Create an awareness of Indian society,culture and diversity in sociological perspective.	PSO-2	U
CO – 2	Understand the sociological study of children, youth, women and the aged population and problems faced by them.	PSO-2	U, An
CO – 3	Learn about different sectors of Indian economy and various government policies and programmes.	PSO-3	U, R
CO – 4	Understand and analyse dynamics of Indian society, changing socio-economic role of individual in society, challenges of exclusion in society.	PSO-3,6	U, An

HSC CC614 : A Study of Indian Socio Economic Environment		
PWC (Theory: 5 credits + Tutorial: 1 credit)		
Unit	Topics to be covered	No. of hours
1	Part I: Sociological Concerns and Orientation Sociological Orientation: Society, Culture and Institutions; Family, Kinship and Relationships; Social Groups and multiplicity; Cultural diversity in contemporary life.	15
2	Social mobility and social change; Emergent Cultural Stereotypes; Ethnographic approaches to the study of groups; Appreciating cultural plurality, Sociological Studies of Children, Youth and Women and the aged	15
3	Part II : Economic Theory and Environment Definition and scope of Economics, Central problems of an economy - Wants – Classification and Characteristics; Utility – Law of Diminishing Marginal Utility; Demand – Law of Demand, Elasticity of Demand; Engel’s Law of Consumption, consumer’s surplus; Supply – Law of Supply, Elasticity of Supply, equilibrium of Demand and Supply; Factors of Production– land, labour and capital; Types of Markets; Types & functions of money, value of money.	25
4	Indian Economic Environment: Structure of Indian Economy, Changing structure of Indian Economy; Constraints on growth - issues of population, income distribution, poverty, unemployment, inequality and migration, food security; Role, importance and organization of Indian Agriculture; Role, importance and problems of Indian industries; Resent developmental programmes of the Government of India - Jana Dhana Yojna, Sarva Siksha Yojana; Issues related to health, education, environmental problems and gender.	20
	Tutorial : Changing status and roles in varied spaces in family, work, the elderly and its implication on the individual and society across cultures; study of experiences of exclusion on the individual: caste, minority, disability, violence and immigration	15
	TOTAL	90

Practical Record: A Project File

Reading List

1. Abraham, M. F., (2006). Contemporary Sociology: An introduction to Concepts and Theories. New York, Oxford University Press.
2. Beattie, J., (1964). Other cultures. Cohen and West.
3. Das, V., (2003). The Oxford Companion to Sociology and Social Anthropology: volume 1 and 2. New Delhi, Oxford University Press.
4. Johnson, M.H., (2001). Sociology: A Systematic Introduction. New Delhi, Allied Publishers Limited.

5. Rawat, H. K., (2007). Sociology: Basic Concepts. New Delhi, Rawat Publications.
6. Srinivas, M. N., (1996). Caste: Its Twentieth Century Avatar. New Delhi, Viking Penguin.
7. Ahuja, H. L., (2010). Modern Micro Economics. Sultan Chand & sons
8. Dhingra, I. C. and Garg, V.K., (2010). Introductory Economic Theory. Sultan Chand & Sons
9. Mishra & Puri, (2014). Indian Economy. Himalaya Publishing House.
10. Mithani, D. M., (2010). Macro-Economics. Himalaya Publishing House
11. Sundaram, K. P. M., (2010). Introduction to Economics. Ratan Prakashan

Generic Elective Papers (GE) (6 credits each)

SEMESTER – I

Generic Elective (GE) Course: An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective.

P.S.: A core course offered in a discipline/subject may be treated as an elective by other discipline/ subject and vice versa and such electives may also be referred to as Generic Elective.

Course Title	Generic Elective 1 Care and Well Being		
Code	HSC GE101		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the principles and components of care and know the factors and experience that promote well being	PSO-2	U, R
CO – 2	Acquaint with the various stages of lifespan development.	PSO-2	U
CO – 3	Understand and analyse the policies, services and programs of the government to promote health.	PSO-2	U, An
CO – 4	Get exposure to the concept of Human Development as a field of study.	PSO-2, 6	U, Ap

HSC GE101 : Care and Well-Being in Human Development		
PWC (Theory: 5 credits + Tutorial: 1 credit)		
Unit	Topics to be covered	No. of hours
1	Human Development: Definition, concepts and stages of human development	15
2	Well-being: meaning, concept, benefits and dimensions of well-being; Factors & experiences that promote well-being	20
3	Care & well-being at different stages of life: Childhood years, Adolescence, Adulthood and old age, principles and components of care, Well-being of caregivers	25
4	Policies, Services & Programs: School health programs, Nutrition & health for all; Counselling & yoga	15
	Tutorial :	15

	Observation of children to understand their care needs; interview of persons from various age groups to understand their perspectives of well-being; lecture on significance of counselling; participation in yoga.	
	TOTAL	90

Practical Record: A Project File

Reading List

1. IGNOU., (2011). Positive psychology-2. MCFT-006 Applied social Psychology, New Delhi, IGNOU.
2. Santrock, J.W., (2007). Life Span Development (3rd ed.). New Delhi, Tata McGraw-Hill.
3. Seligman, M.E.P., (2002). Authentic Happiness: Using the New Positive Psychology to Realize your Potential for Lasting Fulfillment. New York, Free Press.
4. Sriram, R. (2004). Ensuring Infant and Maternal Health in India. In J. Pattnaik (Edition.).
5. Childhood in South Asia: A critical look at issues, policies and programs. Conn.USA: Information Age.
6. Singhi, P. (1999). Child Health & Well-being: Psychosocial Care Within and Beyond Hospital Walls.
7. In T.S. Saraswathi (Ed.). Culture, socialization and human development. New Delhi, Sage.

SEMESTER – II

Course Title	Generic Elective 2 Appreciation of Textile Crafts		
Code	HSC GE202		
CO No.	Course Outcomes	PSOs	Cognitive

		Addressed	Level
CO – 1	Recognize and appreciate the design effects in textile masterpieces of India.	PSO-5	R, An
CO – 2	Understand the role of artisan and craft persons	PSO-5	U
CO – 3	Identify traditional and modern textile crafts; gain skills in traditional textile craft techniques of India	PSO-5	An, Ap
CO – 4	Explain cultural and economic significance of textile crafts in national economy	PSO-5	U, R

HSC GE202 : Appreciation of Textile Crafts		
PWC (Theory: 5 credits + Tutorial: 1 credit)		
Unit	Topics to be covered	No. of hours
1	Introduction to Textile Crafts: Types and classification; Craftsperson- role and responsibilities; Indigenous and contemporary textile crafts	10
2	Traditional needle craft techniques – Kashida, Kasuti, Kantha, Chikankari, Cutch work and Phulkari	10
3	Dyed, Painted and Printed Textiles - Kalamkari ,Bandhani, Ikats, Pichwais, Ajrakh, Bagru;	45
4	Woven Saris of India - Brocades, Jamdani, Baluchar, Paithani, Chanderi, Kanjeevarams; Shawls and Carpets of various centres	10
	Tutorial : Interaction with artisans, Visit to craft centre/museum; demonstration of traditional hand stitches, block printing/mud resist printing/bandhani and leharia	15
	TOTAL	90

Practical Record: A Project File

Reading List

1. Chattopadhyaya, K.D., (1995). Handicrafts of India. Wiley Eastern Limited, New Delhi
2. Das, Shukla, (1992). Fabric Art- Heritage of India. Abhinav Publications, New Delhi

SEMESTER – III

Course Title	Generic Elective 3 Current Concern in Public Health		
Code	HSC GE303		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Outline different public health challenges and distinguish preventive approaches	PSO-1	U, R
CO – 2	Outline and restate nutrition policies and programmes	PSO-1	R,U
CO – 3	Classify and outline different approaches for food and nutrition security	PSO-1	U, An
CO – 4	Formulate low cost nutritional recipes	PSO-1, 6	C

HSC GE303 : Current Concerns in Public Health Nutrition		
PWC (Theory: 5credits + Tutorial: 1credit)		
Unit	Topics to be covered	No. of hours
1	Nutritional problems affecting the community: Etiology, prevalence, clinical features and preventive strategies of Undernutrition (Protein energy malnutrition; Nutritional Anemia, Vitamin A Deficiency, Iodine Deficiency Disorders) and Overnutrition – obesity	30
2	Strategies for improving nutrition and health status of the community: Appropriate interventions involving different sectors such as Food , Health and Education	10
3	Nutrition Policy and Programmes: National Nutrition Policy, Integrated Child Development Services (ICDS) Scheme, Mid day Meal Programme (MDMP), National programmes for prevention of Anemia, Vitamin A deficiency, Iodine Deficiency Disorders	25
4	Food and Nutrition Security: Concept, components, determinants and approaches.	10
	Tutorial : Planning and evaluation of low cost nutritious recipes for vitamin A deficiency; Protein Energy Malnutrition and Anemia; conducting food demonstration; visit to an ongoing MMP	15
	TOTAL	90

Reading List

1. Wadhwa, A. and Sharma, S., (2003). Nutrition in the Community - A Textbook. Elite Publishing House Pvt. Ltd., New Delhi.
2. Park, K., (2011). Textbook of Preventive and Social Medicine, 21st Edition. M/s Banarasidas Bhanot Publishers, Jabalpur, India.
3. Bamji, M.S., Krishnaswamy K. and Brahmam, GNV. (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi.
4. Gibney M.J., (2005). Public Health Nutrition.
5. Vir, S. (2011). Public Health Nutrition in Developing Countries, Vol 1 and 2
6. ICMR (1989). Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
7. ICMR (2011). Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

SEMESTER – IV

Course Title	Generic Elective 4 Child Rights and Social Action		
Code	HSC GE404		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Describe the rights of child and role of community in protection of child rights	PSO-2	U, R
CO – 2	Summarise the causes and consequences of vulnerable group	PSO-2	U
CO – 3	Discuss the national and international laws related to children and Evaluate the policies and programmes for children	PSO-2	U,R, An
CO – 4	Recognize and record the documentaries related to violence against children	PSO-2	R, Ap

HSC GE404 : Child Rights and Social Action		
PWC (Theory: 5 credits +Tutorial: 1credit)		
Unit	Topics to be covered	No. of hours
1	Introduction to Child Rights: Definitions of child and child rights, Key philosophical concepts in the discourse on child rights, Factors of exclusion - socio-economic, disability, geo-political and others, Role of family, community and child herself in protecting rights	25
2	Vulnerable Groups: Causes and Consequences, Street and working, destitute, homeless, institutionalized children; Living with: chronic illness, HIV/AIDS, disabilities; Affected by war, conflict, riots, disasters; Victims of child-trafficking, abuse, dysfunctional families Children in conflict with law	25
3	Framework for Social Action: Role of state in protection of child rights; Laws for children- Indian & international; Constitutional provisions in India	20
4	National policies and programmes, Institutional & non-institutional services	5
	Tutorial : Screening of documentaries related to violence against children; lecture/workshop on Child rights and Indian and International Laws for children	15
	TOTAL	90

Reading List

1. Bajpai, A., (2006). Child rights in India: Law, policy and practice. New Delhi, Oxford University Press.
2. Bhargava, V., (2005). Adoption in India: Policies and experiences. New Delhi, Sage.
3. Virani, (2000). Bitter chocolate: Child Sexual abuse in India. New Delhi, Penguin
4. Weiner, M., Burra, N., Bajpai, A. (2007). Born Unfree: Child Labour, Education, and the State in India. New Delhi, Oxford University Press.

Discipline Specific Elective (DSE) (6 credits each)

SEMESTER – V

Discipline Specific Elective (DSE) Course: Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective. The University/Institute may also offer discipline related Elective courses of interdisciplinary nature (to be offered by main discipline/subject of study).

Course Title	Discipline Specific Elective 1 Physiology		
Code	HSC DSE501		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the functioning of various organ systems in the human body.	PSO-1	U
CO – 2	Compare the action of different hormones and the effect of their imbalances.	PSO-1	U, R, An
CO – 3	Understand the reproductive system and its development.	PSO-1	U
CO – 4	Acquire competence on the techniques used for identification of different pathogenic microbes.	PSO-1,6	U, Ap

HSC DSE501 : Physiology and Promotive Health		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Physiology: Cardio- Respiratory Physiology: Blood -Composition and function, Blood circulations (systemic, pulmonary, coronary and portal); Cardiac cycle, Cardiac output, Blood pressure; Structure of lungs and its function	20
2	Gastrointestinal Physiology: Structure of stomach, liver, gallbladder, pancreas and their functions; Composition, function and regulation of GI secretions.	10
3	Neuro- Endocrine Physiology: Organization of nervous system; Hormones and their functions.	10
4	Renal Physiology: Structure of kidney and its function; Human reproductive system.	20
	Practical: Compound Microscope: Use of microscope to see different	30

cells. Blood group: Determination of blood groups; Use of Sphygmomanometer: Measurement of human blood pressure. Estimation of haemoglobin	
TOTAL	90

Practical Record: A Project File

Reading List

1. Ganong, W. F., (2003). Review of Medical Physiology, 21st Edition. McGraw Hill.
2. J.E. Park and K. Park (2009). Park's Textbook of Preventive and Social Medicine, 20th edition. M/s Banarsi Das Bhanot, Jabalpur.
3. Ross and Wilson (1973). Foundation of Anatomy and Physiology. Medical Division of Longman Group Ltd.
4. Yash Pal Bedi (1980). A Handbook of Social and Preventive Medicine. Atma Ram and Sons.

SEMESTER – V

Course Title	Discipline Specific Elective 2 Indian Textile Heritage		
Code	HSC DSE502		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Analyse the traditional textile arts in their historical perspective and discuss sustenance of traditional textile crafts and interventions by organisations	PSO-5	U, An
CO – 2	Provide an insight into the evolution and socio economic significance of khadi, handloom and handicraft sectors	PSO-5	U, R
CO – 3	Indicate/illustrate care and conservation of traditional textiles	PSO-5	R, Ap
CO – 4	Understand the impact of modernisation and their contemporary status on traditional textile crafts.	PSO-5	U

<u>HSC DSE502</u> : Indian Textile Heritage PWC (Theory: 4 credits + Practical: 2credits)

Unit	Topics to be covered	No. of hours
1	Study of Textile Crafts of India: with reference to history, production centers, techniques, designs, colours and products - Woven Textiles- Benaras Brocades , Jamdanis and Baluchars of Bengal, Kani Shawls of Kashmir; Embroidered Textiles- Kanthas of Bengal, Kasuti of Karnataka, Phulkari of Punjab, Chikankari of Uttar Pradesh, Kashida of Kashmir, Gujarat embroideries; Painted and Printed textiles –Kalamkaris of Andhra Pradesh, Dabu printing of Rajasthan , Ajarakh prints of Gujarat; Dyed textiles – Bandhnis of Rajasthan and Gujarat, Ikats- Patola of Gujarat, Bandhas of Orissa, Telia Rumal.	44
2	Conservation of Traditional Textiles: Factors influencing degradation of textiles, Care and storage techniques.	8
3	Status of Traditional Textiles in Modern India: Evolution and socio-economic significance of Khadi, Handloom and Handicraft sector.	4
4	Sustenance of traditional textile crafts: Organizations working for the sustenance of textile crafts, Interventions by organizations	4
	Practical : 1. Making samples of traditional embroideries of – (i) Kshida of Kashmir (ii) Kantha of Bengal (iv) Kasuti of Karnataka (iv) Embroideries of Gurat (v) Phulakari of Punjab (vi) Chikankari of Lucknow 2. Batik and Block Printing 3. Visit to craft centres.	30
	TOTAL	90

Practical Record: A Project File and specimen

Reading List

1. Agarwal, O.P., (1977). Care and Presentation of Museum projects – II. NRL
2. Chattopadhyaya, K.D., (1995). Handicrafts of India. Wiley Eastern Limited, New Delhi
3. Das, Shukla, (1992). Fabric Art- Heritage of India. Abhinav Publications, New Delhi
4. Naik, Shailaja D. (1996). Traditional Embroideries of India. A.P.H. Publishing Corporation, New Delhi

SEMESTER – VI

Course Title	Discipline Specific Elective 3 Basics of Interior Design and Hospitality Management		
Code	HSC DSE603		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Understand the objectives of design and recognize the elements and principles of design and their applications.	PSO-3	U, R
CO – 2	Demonstrate competency in interior designing.	PSO-3	Ap
CO – 3	Understand the significance of hospitality industry.	PSO-1,3	U
CO – 4	Demonstrate competency in the use of design fundamentals as principal tools in establishing design criteria and developing the overall design process.	PSO-3	C

HSC DSE603 : Basics of Interior Design and Hospitality Management		
PWC (Theory: 4 credits + Practical: 2credits)		
Unit	Topics to be covered	No. of hours
1	Introduction to foundation of art and design: Objectives of design - Beauty, Functionalism and Expressiveness; Types of Design - Structural and decorative (Naturalistic, stylized, abstract and geometric); Modern and traditional design	10
2	Introduction to Elements and Principles of Design: Elements of design - Line, Shape and form, Space, Pattern, Texture, Light, Color; Principles of design - Balance, Harmony, Scale, Proportion, Rhythm, Emphasis	10
3	Introduction to components of Interior Design: Surface in Interior - wall finishes, floor finishes, ceiling finishes; Types of Furniture and furnishings; Flower arrangements	20
4	Introduction to Hospitality Industry: Importance & functions of housekeeping department in hospitality industry; Functions and management of Food Service Department	20
	Practical : Making drawing sheet on – types of lines, patterns, textures, colour, types of designs; demonstration of flower arrangement, napkin folding, table setting in restaurants & banquets.	30
	TOTAL	90

Practical Record: A Project File

Reading List

1. Andrews, S., (1982). Hotel Front Office Training Manual. Tata McGraw Hill Publishing Co. Ltd, New Delhi.
2. Andrews, S. (2000). Food and Beverage Management. Tata McGraw Hill Publishing Co. Ltd, New Delhi.
3. A. K. Bhatia, (1983). Tourism Development: Principles and Practices, 2nd Edition. Stealing Publishing Co., (Unit I-VII, IX), New Delhi.
4. Andrew, Sudhir (1985). Hotel Housekeeping - Training Manual. Tata McGraw-Hill Publishing Co. Ltd., New Delhi.
5. Botter and Lockart (1961). Design for you. John Willey & Sons Inc., New York.
6. Bhatt, Pranav and Goenka, Shanita (1990). The Foundation of Art and Design. Lakhani book Depot, Bombay.
7. Duncan, Miller (1949). Interior Decoration. London, The Publications, New York
8. Faulkner, Sarah and Faulkner, Ray (1960). Inside Today's Homes. Holt Rinchart and Winston Inc., New York.
9. Goldstein, H. and Goldstein, V. (1967). Art in Everyday Life. Oxford & IBH Publishing Co., New Delhi
10. Gravas, Maitland (1951). The art of Color and Design (2nd Edition). McGraw Hill books Comp. Ltd., New York.
11. Halse, Altert O., (1978). The Use of Color in Interior (2nd Ed.). McGraw Hill books Comp. Ltd., New York.
12. Rutt, Anna Hong, (1949). Home Furnishing. John Willey and Sons Inc., New York.
13. Gandotra, V., Shukul, M. and Jaiswal, N., (2010). Introduction to Interior Design and Decoration. Dominant Publishers and Distributors, Delhi.
14. Seetharaman, P, and Pannu, P., (2005). Interior Design & Decoration. CBS Publishers & Distribution, New Delhi.

SEMESTER – VI

HSC DSE604 : Dissertation/Project on Topics Related to the Papers of Home Science PWC (Practical : 06 credits)

Skill Enhancement Course (SEC)(2Credits)

SEMESTER – III

Skill Enhancement Courses (SEC): These courses may be chosen from a pool of courses designed to provide **value-based and/or skill-based knowledge**.

IRS SEC301 : Inter-Religious Studies (Value Based) (02credits)		
PWC		
Unit	Topics to be covered	No. of hours
1	Nature and Need of Inter-Religious study, Scope of Comparative Religion.	05
2	Salient Features of Hinduism, Jainism and Buddhism, Salient Features of Christianity, Islam and Sikhism.	10
3	Similarities and Differences among Religions, Conflicting Truth claims of different religions and inter-religious Harmony.	10
4	Religious Tolerance, Secularism.	05
	TOTAL	30

Reading List

1. Chaudhary, C. Neeraj (1979). "Hinduism", B.I. Publication, New Delhi.
2. Devraj, N.K., (1917)- "Hinduism and Christianity" Asian Publishing House.
3. Gordh, George, - "Christian Faith and its Cultural Exoperssion", Printed in USA.
4. Hick, John, - "Philosophy of Religion", Prentice Hall of India.
5. Hopfe, M. Lewis (1983)- "Religion of the World", Macmillan Publishing Co. Inc, New York
6. Masih, Y. (1990)- "Comparitive study of Relgion", Motilal Banarasidass.
7. Sethi, S. Arijit, Pummer, Reinhard, (1979)- "Comparitive Religion", Vikas Publishing House pvt. ltd, Delhi.
8. Singh, B.N., (1994)- "Vishwa Dharma Darshan ki Samasyain", Ratna Printing Works.
9. Tiwari, Nath Kedar, (1983)- "Comparative Religion", Motilal Banarasidass.
10. Ward, CHS (1998) – "Early Buddhism", Caxton Publication, Delhi.

SEMESTER – IV

Course Title	Skill Enhancement Course 2 NGO Management and CSR		
Code	HSC SEC402		
CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO – 1	Describe and represent concept of NGO	PSO-3	R, U
CO – 2	Illustrate Start up of NGO	PSO-3,6	U, An
CO – 3	Know management of NGO and learn the importance of resource mobilization and documentation	PSO-3	U, R
CO – 4	Classify problems of NGO	PSO-3	U

HSC SEC402 : NGO Management & CSR		
PWC (Theory: 2credits)		
Unit	Topics to be covered	No. of hours
1	Concept of NGO: Meaning of NGO and GO, Difference between Government Organizations and NGO, Characteristics of good NGO, Structure of NGO, Functions of NGO, Historical Perspective of NGO, Advantages of NGO	10
2	Starting of NGO: Steps for starting NGO, Registration of NGO, Selection of Personnel, Training of Personnel, Proposal writing under NGO, Identifying Funding agencies, Resource Mobilization.	10
3	Planning, implementation and Evaluation strategy under NGO, Documentation, PR in NGO.	5
4	Problems of NGO: Training, Recruitment, Funding, Resource Mobilization, Documentation	5
	TOTAL	30

Reading List

1. S. Chandra, (2003). Guidelines for NGO Management in India. Kanishka Distributors, New Delhi
2. D. Lewis, (2001). Management of Non Governmental Development Organization, 2nd Edition. Routledge, Newyork.
3. A. Abraham, (2003). Formation and Management of NGOs, 3rd Edition. Universal Law Publishing Co. Pvt Ltd., New Delhi.
4. Sundar, P., (2013). Business and Community: The Story of Corporate Social Responsibility in India. New Delhi, Sage Publication.
5. Aggarwal, S., (2008). Corporate Social Responsibility in India. Sage publication Pvt. Ltd.