

SEMESTER - I

HOUSING AND INTERIOR DECORATION (HID)

Course code	BA/BSC/HSC/0101		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

The student will be provided with knowledge regarding the concept of housing, aspects of planning and interior decoration.

Learning Objectives

The student is expected understand the fundamentals and principles of house planning, interior decoration and the skills in home management.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT 1	HOUSING	5	2
	<ul style="list-style-type: none"> • Selection of site 		
	<ul style="list-style-type: none"> • Orientation, locality/neighborhood/sanitation 		
	<ul style="list-style-type: none"> • Principles of planning a house 		
	<ul style="list-style-type: none"> • Landscaping 		
UNIT II	PRINCIPLES OF INTERIOR DECORATION	10	5
	<ul style="list-style-type: none"> • Principles and Elements of Art and their relationship to interiors 		
	<ul style="list-style-type: none"> • Colour: colour wheel, characteristics of different colours, colour schemes and use of colour in interior decoration for various rooms 		
UNIT III	FLOWER ARRANGEMENT AND FLOOR DECORATION	5	3
	<ul style="list-style-type: none"> • Principles of flower arrangement, different types, equipment required for flower arrangement 		
	<ul style="list-style-type: none"> • Rangoli/alpana traditional designs and material used 		
UNIT IV	TABLE SETTING AND SELECTION OF FURNITURE AND FURNISHINGS	10	5
	<ul style="list-style-type: none"> • Table setting for different meals: informal, formal, buffet, Indian and western 		
	<ul style="list-style-type: none"> • Types, selection and purchase of furniture, its care and maintenance • Selection, maintenance of fabrics used for soft furnishings-curtains and draperies, upholstered furniture, floor coverings: rugs and carpets • Accessories: uses, classification, selection and arrangement 		

HOME MANAGEMENT

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Floor decoration—making of Alpana/Rangoli for different occasions using different materials	3
2.	Flower arrangements for different rooms using, fresh, dry, artificial flowers and fresh foliage	2
3.	Table setting and table etiquette; table setting for formal and informal meals, buffet-Indian/Western	2
4.	Preparation of two household articles using any of the following techniques:	4
	a) glass painting	
	b) stencil painting	
	c) block painting	
	d) fabric painting	
	e) tie and dye using different techniques	
	f) waste materials	
5.	Drawing of colour wheel & different colour schemes	2
6.	Market survey of furniture/furnishings/accessories	2

List of books:

Text Books

1. Management in Family Living by Paulena Nickell & Jean Muir Dorsey, 4th edition. John Wiley & Sons, Inc.
2. Home Management for Indian Families by Mohinder K. Mann, Balroop Mann. Kalyani Publishers, Ludhiana.
3. Management of Modern Families by Gross, Crandall & Knoll, 3rd edition. Prentice Hall, Inc.
4. Majumdar, Bhaskar (2011). Housing on the Hills in India. Concept Publishing Company Pvt. Ltd., New Delhi.

Books and Readings

5. Build your own homes by R.S. Deshpande. United Book Corporation, Pune.
6. Flower Arrangement of India by Pushpa Bharti.
7. Practical Flower Arrangement by Jean Taylor, Hamlyn, London.
8. Reader's Digest Household Manual. Reader's Digest Association Ltd., Inc.

Reference Books

9. Lawrence, M. (1987). Interior Decoration, New Jersey: Chartwell Books.
10. Reznikoff, S.C. (2002). Interior Graphic & Design, Whitney Library of Design.
11. Riley & Byan (2003). The Elements of Design, Mitchell Beazley.

INTRODUCTION TO FOODS AND NUTRITION (IFN)

Course code	BA/BSC/HSC/0102		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

The course will provide knowledge pertaining to the relationship between food, nutrition and health, nutrients, preparation of dishes.

Learning Objectives

The student is expected to understand the relationship between food, nutrition, nutrients, their sources, learn about the various food groups with respect to their nutritive value, properties, selection and various methods of preparing food.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	BASIC CONCEPTS IN FOODS AND NUTRITION	5	2
	<ul style="list-style-type: none"> • Basic terms used in study of food and nutrition • Understanding relationship between food, nutrition and health • Functions of food –physiological, psychological, and social 		
UNIT II	NUTRIENTS	10	6
	Functions, dietary sources, deficiency and recommended dietary allowances of the following nutrients: <ul style="list-style-type: none"> • Energy, Carbohydrates, Lipids and Proteins • Fat soluble Vitamins-A, D, E, K • Water soluble Vitamins: Thiamine, Riboflavin, Niacin, Pyridoxine, Folate, Vitamin B₁₂ and Vitamin C • Minerals: Iron, Calcium, Phosphorus, Iodine, Fluorine 		
UNIT III	METHODS OF COOKING AND ENHANCING NUTRITIONAL QUALITY	8	5
	<ul style="list-style-type: none"> • Different methods of cooking • Nutrient losses in cooking • Enhancing nutritional quality of foods through supplementation, substitution, fermentation and use of local foods 		
UNIT IV	FOOD GROUPS	7	2
	<ul style="list-style-type: none"> • Five food group plan • Seven food group plan 		

INTRODUCTION TO FOODS AND NUTRITION

Maximum marks: 50

Practical

S.No.	TOPIC	ALLOTTED TIME IN HOURS
1.	Weights and measures	2
2.	Food preparation, understanding the principles involved, nutritional quality and portion size	
3.	Recipe writing and cooking of the following:	3
	Beverages: Hot tea/coffee, Milk shake/ <i>lassi</i>	1
	Cereals: Boiled rice, pulao, <i>chapatti, parantha, puri</i>	1
	Pulses: Whole, dehusked	1
	Vegetables: Curries, dry preparations	1
	Milk and milk products: <i>Kheer</i> , custard	1
	Egg preparations: Boiled, poached, fried, scrambled, omelette	1
	Soups: Plain and cream soups	1
	Baked products: Plain cake, sponge cake, Baked vegetables	1
	Snacks: <i>Pakorras, cutlets, upma, poha</i>	1
	Salads: salads and salad dressings	1

List of Books:

Text Books

1. Antia, F.P. Clinical Dietetics & Nutrition. Oxford Medical Publications
2. Bamji, M.S, Krishnaswamy K., Brahmam, GNV (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.

Books and Readings

3. Srilakshmi (2007). Food Science, 4th edition. New Age International Ltd.
4. Wardlaw and Insel, M.G, Insel, P.M (2004). Perspectives in Nutrition, 6th edition. Mosby.

Reference Books

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 (2002). Basic Food Preparation: A Complete Manual, 3rd edition. Orient Longman Ltd.

SEMESTER-II

FUNDAMENTALS OF TEXTILES (FT)

Course code	BA/BSC/HSC/0203		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

The student will be acquainted with the knowledge of textile fibres and their properties, construction of yarns and fabrics.

Learning Objectives

The student is expected to obtain the knowledge of textile fibres in terms of their production, factors regarding their selection and to familiarize herself with their appropriate care and maintenance.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions. **Total marks: 18+8+8+8+8=50.**

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	TEXTILE FIBRES AND THEIR PROPERTIES	5	2
	Primary and secondary properties Classification of textile fibres		
UNIT II	FIBRES AND THEIR PROCESSING, CHEMISTRY AND THEIR PROPERTIES	10	5
	Natural Cellulosic Fibres- Cotton, Linen and Jute Natural Protein- Wool and Silk Man-made- Regenerated rayon and Acetate rayon, Nylon, Polyester and Acrylic		
UNIT III	DYEING AND PRINTING	10	5
	Preparation of fabric for dyeing and printing Classification and application of dyes Methods of printing Auxiliaries in dyeing and printing Dyeing and printing defects		
UNIT IV	CARE AND MAINTAINENCE OF TEXTILES	5	3
	Water: hardness of water and its removal Laundry aids: soaps and detergents, bleaches, bluing, and stiffening agents Labels and standards –BIS, Silk mark, handloom mark, wool mark etc. Consumer problems and remedies /redressal. Understanding washing instructions on labels		

FUNDAMENTALS OF TEXTILES

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Fibre Identification	2
	<ul style="list-style-type: none">• Microscopic test- cellulose, protein, man-made fibres• Burning test of different fibres	
2.	Preparation of soap and detergent	5
3.	Stain removal - turmeric, fruit juice, ink, henna, lipstick, nail polish, paint, grass, rust, oil, sealing wax	5
4.	Project on market survey of different types of fabrics available / labels of readymade garments and labels on fabrics	3

List of Books:

Text Books

1. Corbman, P.B. (1989) Textiles-Fibre to Fabric, 6th edition. New York, McGraw-Hill.
2. Joseph, M. L. (1988), Essentials of Textiles, 5th edition, Holt Rinehart and Winston, New York.
3. Marsh, J.T. (1979). An Introduction to Textile Finishing, B.L Publications, Mumbai.

Reference Books

4. Marshall S. G., Jackson, H.O., Stanley, M.S., Marshall, M. and Specht (2004). Individuality in Clothing Selection & Personal appearance, 6th edition, Pearson Education, NJ.
5. Sekhri S. (2011) Textbook of Fabric Science: Fundamentals to Finishing, PHI Learning, New Delhi.

HUMAN PHYSIOLOGY (HP)

Course code	BA/BSC/HSC/0204		
Credits 4 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

The student will be provided with knowledge regarding the various systems in the human body.

Learning Objectives

This course will enable the students to understand the physiology of the systems of the human body and develop a holistic understanding of the functioning of the human body.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	CIRCULATORY SYSTEM	15	5
	Blood and cardio vascular physiology Blood: composition and functions Structure of heart Blood circulation - systemic, pulmonary, coronary and portal Blood pressure, hypertension Blood groups		
UNIT II	DIGESTIVE SYSTEM	10	3
	Structure of stomach, liver, gall bladder, pancreas and their functions Composition, functions and regulation of GI secretions Process of digestion		
UNIT III	ENDOCRINE SYSTEM	10	5
	Actions and disorders of Pituitary, thyroid, adrenal and pancreatic hormones		
UNIT IV	EXCRETORY SYSTEM	10	2
	Structure of kidney and its functions Structure of skin and its functions Structure of lungs and their functions		

List of Books:

Text Books

1. Reader's Digest Family Health Guide. Reader's Digest Association Ltd., Inc.
2. Anatomy & Physiology for Nurses by Evelyn Pearce. Jaypee Brothers, New Delhi.
3. Sear's Anatomy & Physiology for Nurses by R.S. Winwood, J.L. Smith, 6th edition. English Book Language Society, London.
4. Elementary Physiology by Bhatia & Suri. Orient Longman, Mumbai.
5. Human Physiology by C.C. Chatterjee, Volume I & II. Medical Allied Agency, Kolkata.
6. Your Guide to Health by Anderson. Oriental Watchman Publishing House, Pune.

Reference Books

7. Ross and Wilson (1987). Foundation of Anatomy and Physiology, 6th edition, Medical Division of Longman Group Ltd.
8. Ganong, W.F (2005). Review of Medical Physiology, 22nd edition, McGraw Hill.
9. Park, K (2009). Park's Textbook of Preventive and Social Medicine, 20th edition, M/s Banarsi Das Bhanot, Jabalpur.

SEMESTER-III

FABRIC DESIGN AND CONSTRUCTION (FDC)

Course code	BA/BSC/HSC/0305		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

The student will be introduced to pattern making, design aspects and knowledge about various aspects of fashion.

Learning Objectives

The student will obtain knowledge of style reading, fabric grain and garment construction.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	INTRODUCTION TO PATTERN MAKING	8	5
	Methods of pattern making- drafting flat pattern, draping Rules of pattern making Importance of taking correct body measurements		
UNIT II	DESIGN ASPECTS	6	3
	Structural design and applied design Style reading Garment silhouette and lengths, edge treatment Disposal of fullness: gathers, pleats, tucks, darts tucks		
UNIT III	PREPARATION OF FABRIC FOR CUTTING, LAYOUTS	10	5
	Fabric grain Preparatory steps –pre shrinking, straightening Layouts for patterns- general guidelines for special fabrics, unidirectional, checks, plaids, stripes, bold large prints Pinning, marking and cutting		
UNIT IV	INTRODUCTION TO FASHION	6	2
	Fashion terminology – haute couture, fashion fad, classics, empire lines, princess lines silhouette, accessories, prêt-e-porter etc. Fashion cycle and theories of fashion Sources of fashion studying three Indian and three western fashion designers Factors favouring and retarding fashion		

FABRIC DESIGN AND CONSTRUCTION

Maximum marks: 50

		Practical
S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Introduction to sewing	2
	Tools and equipments for sewing: measuring, marking, cutting, pressing and other useful aids	
	Sewing machine: its various parts and their functions, basic operations, common sewing problems & remedies, care of machine, safety measures to be taken while sewing	
2.	Seams and finishing of raw edges	5
	Types of seams- plain & its finishing, flat, ridge, decorative	
	Additional seam techniques: clipping, notching, grading, trimming, easing, under stitching, stay stitching, mitering, trimming a corner	
	Crossway strips- importance & application	
	Finishing of hem lines	
3.	Drafting	3
	• Basic drafting	
	• Child's bodice block	
	• Sleeve block	
4.	Garment Construction	5
	• Construction of sleeves and collars on a child's bodice block	
	• Plain and puff sleeve	
	• Peter pan, cape and baby collar	
	• Develop style variations in frocks- yokes, short bodice, elongated bodice and A-line (with flares, gathers & pleats)	

List of Books:

Text Books

1. Amita, A. Stamper, Sue, Humphries Stamp (1986). Evaluating Apparel Quality, Fairchild Publications, New York.
2. Armstrong, J. Pattern making for Fashion Design, 14th edition. Pearson Education
3. Thompson & Rea (1947). The Clothing for Children, John Wiley and Sons, Inc., New York.

Books and Readings

4. Doongaji, Deshpandey (1988). Basic Process & Clothing construction
5. Carr, H., Latham, B. The Technology of Clothing Manufacture, 2nd edition, Blackwell Science Publication.

Reference Books

6. Vatsala, R (2003). Textbook of Textiles and Clothing, Indian Council of Agricultural Research.

FOUNDATIONS OF HUMAN DEVELOPMENT (FHD)

Course code	BA/BSC/HSC/0306		
Credits 3 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To familiarize the students with Human Development and its relation to other subjects of Home Science and to comprehend the content and scope of Human Development.

Learning Objectives

The student is expected to understand the various determinants and stages of development in human beings.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

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Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	BASIC CONCEPTS IN HUMAN DEVELOPMENT	10	2
	<ul style="list-style-type: none"> • Definition and meaning of Human Development • Principles and Determinants of Development • Stages of Development and Developmental Milestones 		
UNIT II	PRENATAL DEVELOPMENT AND THE NEONATE	10	3
	<ul style="list-style-type: none"> • Conception, pregnancy and birth • Stages of prenatal development and factors affecting it • Care of the new born - hygiene, bathing, feeding, and weaning 		
UNIT III	INFANT DEVELOPMENT	10	5
	<ul style="list-style-type: none"> • Physical Development - Growth cycles, hazards and factors affecting it • Motor Development-Sequence, factors affecting it • Language development-stages and factors affecting it 		
UNIT IV	SOCIAL AND EMOTIONAL DEVELOPMENT	15	5
	<ul style="list-style-type: none"> • Social development- process of socialization, role of family & school • Emotional Development: How emotions affect children's personal and social adjustment Characteristics of children's emotions Common childhood emotions-love, fear, anger and jealousy 		

List of Books:

Text Books

1. Bee. H., (1995). The Developing Child. Harper Collins College Publisher.
2. Berk, L. (2006). Child Development. New York: Allyn & Bacon.

4. Chand, Tara. Modern Child Psychology. Anmol Publishers, New Delhi.
5. Don. C. Dinnkmeyer. Child Development-The Emerging Self. Prentice Hall of India Pvt. Ltd.
6. Hurlock, Elizabeth, B. (2007). Child Development. McGraw Hill Kogakusha Ltd.

Books and Readings

7. Cole, M. and Cole, S. R. (1996). The Development of Children. W. H. Freeman and Company.
8. Santrock. (2006). Child Development. New York: Mc Graw- Hill.

SEMESTER-IV

NUTRITION: A LIFE CYCLE APPROACH (NLCA)

Course code	BA/BSC/HSC/0407		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To enable the students to make use of food choices based on the sound knowledge of principles of nutrition in planning diets for various age groups.

Learning Objectives

The students would understand the concept of meal planning and the nutritional concerns of an individual throughout the life cycle.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	FUNDAMENTALS OF FOOD	4	2
	<ul style="list-style-type: none"> • Balanced diet • Food exchange list 		
UNIT II	MEAL PLANNING	8	3
	<ul style="list-style-type: none"> • Factors affecting meal planning and food related behavior • Principles of Meal Planning 		
UNIT III	NUTRITION DURING CHILDHOOD AND ADOLESCENCE	8	5
	RDA, nutritional guidelines for healthy food choices in <ul style="list-style-type: none"> • Infants • Preschool children • School children • Adolescents 		
UNIT IV	NUTRITION DURING ADULTHOOD	10	5
	Physiological changes, RDA, nutritional guidelines, nutritional concerns, energy balance and healthy food choices in <ul style="list-style-type: none"> • Adults • Pregnant women • Lactating mothers • Elderly 		

NUTRITION: A LIFE CYCLE APPROACH

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Introduction to meal planning <ul style="list-style-type: none">• Rich sources of nutrients• Food market survey	2
2.	Planning nutritious diets for <ul style="list-style-type: none">• Pregnant/ Lactating woman• Preschooler• School going child/Adolescent• Elderly	3
3.	Planning & Preparation of nutrient rich snacks/dishes for <ul style="list-style-type: none">• Children• Adolescent• Adults	10

List of Books:

Text Books

1. Antia, F.P. & Abraham, Philip (2002). Clinical Dietetics and Nutrition. 4th edition. Oxford University Press, U.K.
2. Bamji, M.S., Krishnaswamy, K., Brahman, G.N.V (2009). Textbook of Human Nutrition, 3rd edition, Oxford and IBH Publishing Co. Pvt. Ltd.
3. Khanna. K, Gupta, S., Passi, S.J, Seth, R., Mahna, R, Puri, S. (1997). Textbook of Nutrition and Dietetics. Phoenix Publishing House.
4. Srilakshmi, B. (2012). Dietetics, 6th edition. New Age International Publishers.

Reference Books

5. Wardlaw, G.M, Hampl, J.S, DiSilvestro, R.A (2004). Perspectives in Nutrition, 6th edition. McGraw Hill.
6. Gopalan, C., Rama Sastri, B.V., Balasubramanian, S.C (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.
7. Pasricha, Swaran (2000). Count What You Eat. National Institute of Nutrition (NIN), Indian Council of Medical Research (ICMR), Hyderabad.
8. Seth, V., Singh, K. (2005). Diet Planning through the Life Cycle: Part Normal Nutrition. A Practical Manual. Elite Publishing House Pvt. Ltd. New Delhi.

DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD (DAA)

Course code	BA/BSC/HSC/0408		
Credits 3 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To enable the students to know the developmental stages in adolescence and to gain knowledge of the processes in adulthood and appreciate the status of an adult in the Indian context.

Learning Objectives

The student is expected to understand the different aspects and significance of development in adolescence and adulthood.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

- A. Compulsory
- B. Unit I
- C. Unit II
- D. Unit III
- E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	INTRODUCTION TO ADOLESCENCE AND PHYSICAL DEVELOPMENT	10	5
	<ul style="list-style-type: none">• Definitions of adolescence• Physical and physiological changes• Puberty and sexual maturity• Nutrition, health and psychological well-being		
UNIT II	COGNITIVE AND MORAL DEVELOPMENT	10	2
	<ul style="list-style-type: none">• Development of intelligence and creativity• Moral values- practice and reflection in family life and work		
UNIT III	SOCIAL AND EMOTIONAL DEVELOPMENT	15	5
	<ul style="list-style-type: none">• Self and identity at adolescence- contemporary perspectives• Developmental tasks of adolescence in India• Family relationships - parents, siblings, grandparents and significant others• Peer relationships		
UNIT-IV	INTRODUCTION TO ADULTHOOD AND PHYSICAL CHANGE	10	3
	<ul style="list-style-type: none">• Definitions and theoretical perspectives; 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		

List of Books:

Text Books

1. Berk, L.E. (2007). Development through the Lifespan. Pearson Education, New Delhi.
2. Rice, F.P. (1998). Human Development: A Lifespan approach. Prentice Hall, New Jersey.

Books & Readings

3. Rutter, M. and Rutter, M. (1992) Developing Minds. Challenge and Continuity across the life span. Penguin, London.
4. Santrock, J.W. (2007). A Topical approach to life-span development. Tata McGraw-Hill,

New Delhi

5. Tennant, M. and Pogson, P. (1995) Learning and Change in the Adult Year, Jossey-Bass, San Francisco.

TRADITIONAL TEXTILES AND EMBROIDERIES OF INDIA (TTEI)

Course code	BA/BSC/HSC/0409		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To impart knowledge about the traditional textiles and embroideries of India to the students.

Learning Objectives

The student is expected to get acquainted with development, importance, historical perspective of textiles.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	DEVELOPMENT OF TEXTILES IN INDIA	4	2
	<ul style="list-style-type: none">• Historical Perspective		
UNIT II	TRADITIONAL TEXTILES WITH REFERENCE TO ORIGIN, PRODUCTION, COLOUR & DESIGN	10	5
	<ul style="list-style-type: none">• Muslins• Brocades – Benaras, Aurangabad• Shawls – Kashmir, Himachal Pradesh, Nagaland• Carpets and floor coverings with regional variations		
UNIT III	TRADITIONAL EMBROIDERIES	6	3
	Historical Perspective: Selection of motifs, fabrics of the given embroidery <ul style="list-style-type: none">• Phulkari• Chikankari• Kantha• Kashida• Kasuti• Kutch• Chamba Rumal		
UNIT IV	DYED AND PRINTED TEXTILES	10	5
	<ul style="list-style-type: none">• Ikats• Bandhini• Kalamkari• Bagh• Ajrakh		

TRADITIONAL TEXTILES AND EMBROIDERIES OF INDIA

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
	Preparation of samples of the following embroideries keeping motif choice of colours in mind:	
1.	Phulkari of Punjab	2
2.	Chikankari of U.P.	2
3.	Kashida of Kashmir	1
4.	Kantha of Bengal	2
5.	Chamba Rumal of Himachal Pradesh	2
6.	Kasuti of Karnataka	2
7.	Kutch work of Gujarat	2
8.	Mirror work	2

List of Books:

1. Clarke, W. (1977). An Introduction to Textile Printing, Newnes-Buterworths, Boston.
2. Chattopadhyaya, K. (1975). Handicrafts of India. All India Handicrafts Board, New Delhi.
3. Miles, L. (1994). Textile Printing, 2nd edition, Society of Dyers and Colourants.
4. Storey, J. (1992). Manual of Textile Printing, Thames and Hudson Publications, London.
5. Mcller, Sand, Eiffer, J. (1991). Textile Design, Hudson Publications, London.

SEMESTER-V

TEXTILE SCIENCE (TS)

Course code	BA/BSC/HSC/0510		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

The course offers an in-depth study of textiles with reference to yarns, their properties, classification of fabrics and their treatment.

Learning Objectives

The students will obtain information about yarns, various construction techniques and concepts of mechanical and chemical finishing of textiles.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	YARNS	4	2
	<ul style="list-style-type: none"> • Types of yarns: staple, filament, simple, complex • Yarn properties: yarn number, twist • Basic principles of yarn making: Mechanical spinning--cotton system, wool system • Blends: properties and usage 		
UNIT II	TECHNIQUES OF FABRIC CONSTRUCTION	8	5
	Weaving <ul style="list-style-type: none"> • Terminology • Types of weaves-basic & fancy weaves 		
UNIT III	KNITTING	12	5
	<ul style="list-style-type: none"> • Classification of knits: warp and weft in brief • Non woven fabrics-felting, bonding • Types-felts, needle felts, bonded fabrics • Other methods of fabric construction-braiding, knotting FINISHES <ul style="list-style-type: none"> • Classification of finishes-mechanical & chemical • Preparatory finishes • Finishes affecting appearance and texture-mecerization, tentering, sanforization, embossing, moireing • Finishes for enhancing special characteristics-calendering, glazing, water proofing, flame proofing and crease resistance 		
UNIT IV	DYEING AND PRINTING	6	3
	Classification of dyes: Vegetable, Synthetic <ul style="list-style-type: none"> • Printing styles • Methods of printing: Block, Stencil, Roller 		

TEXTILE SCIENCE

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Yarn count	2
2.	Yarn & Thread Identification in terms of type, twist and use	2
3.	Fabric identification- woven, knitted, non woven and their variations	2
4.	Weaves – Identification	2
5.	Dimensional stability- cotton and wool	1
6.	Colour fastness--wash, crock	1
7.	Tie and dye: techniques & article	3
8.	Market Survey of different types of fabric available for clothing/home furnishing	2

List of Books:

Text Books

1. Complete Guide to Sewing. Reader's Digest Association, Inc.
2. Davis, Marian, L. Visual Design in Dress.
3. Frings, Gini Stephens. Fashion from Concept to Consumer. Pearson Education.
4. Ryan, Mary Shaw. Clothing –A study in Human Behaviour. Prentice Hall, Inc.
5. Sodhi, Manmeet. Dress
6. Sumathi, G.J. Elements of Fashion and Apparel Design. New Age International Publishers.
7. Sekhri S. (2011). Textbook of Fabric Science: Fundamentals to Finishing, PHI Learning, New Delhi.

Reference Books

8. Corbman, P.B. (1985). Textiles- Fiber to Fabric, 6th edition, Greg Division/McGraw Hill Book Co., U.S.A.
9. Joseph, M.L. (1988). Essentials of Textiles, 6th edition, Holt, Rinehart and Winston Inc., Florida.

PUBLIC NUTRITION AND DIETETICS (PND)

Course code	BA/BSC/HSC/0511		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

The course deals with the assessment of the nutritional status and common nutrition related problems of the community.

Learning Objectives

The students would learn the basic principles of diet therapy and therapeutic nutrition and understand the dietary management in common diseases/disorders commonly observed in the community.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	CONCEPT AND SCOPE OF PUBLIC NUTRITION	6	2
	Importance and objectives		
UNIT II	COMMON NUTRITIONAL DEFICIENCIES	10	5
	Etiology, prevalence, clinical features, prevention and management of nutritional deficiencies: <ul style="list-style-type: none"> • PEM • Micronutrient deficiencies such as: Vitamin A deficiency Nutritional Anaemias Iodine Deficiency Disorders 		
UNIT III	INTRODUCTION TO DIET THERAPY	4	3
	<ul style="list-style-type: none"> • Basic concepts of diet therapy • Therapeutic modifications of the normal diet 		
UNIT IV	COMMON DISEASES/ DISORDERS	10	5
	Etiology, clinical features and nutritional management of: <ul style="list-style-type: none"> • Febrile disorders-Typhoid, Cholera • Diarrhoea, Constipation • Infective Hepatitis • Underweight, Overweight and Obesity 		

PUBLIC NUTRITION AND DIETETICS

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Assessment of nutritional status through one day dietary recall and Body Mass Index of at least five subjects	2
2.	Development of low cost nutritious recipes for population groups vulnerable to nutritional deficiencies	5
3.	Planning and preparation of diets/dishes for individuals suffering from <ul style="list-style-type: none">• Febrile disorders-Typhoid, Cholera• Diarrhoea, Constipation• Infective Hepatitis• Underweight, Overweight/ Obesity	8

List of Books:

Text Books

1. Khanna, K., Gupta, S., Seth, R., Passi, S.J, Mahna, R., Puri, S. (1997). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
2. Wadhwa, A and Sharma, S (2003). Nutrition in the Community- A Textbook. Elite Publishing Pvt Ltd, New Delhi.

Books and Readings

3. Stacy Nix (2009). William's Basic Nutrition and Diet Therapy, 13th Edition. Elsevier Mosby.

Reference Books

4. ICMR (1989) Nutritive value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
5. ICMR (1998) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
6. 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.

FUNDAMENTALS OF RESOURCE MANAGEMENT (FRM)

Course code	BA/BSC/HSC/0512		
Credits 4 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

This course gives an understanding about the fundamentals of resource management in a changing scenario and appraises the students of the scientific application of the process of management in the utilization of resources.

Learning Objectives

The students would learn to inculcate skills in identifying, creating, selecting and using available resources judiciously with emphasis on maximization and conservation.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	INTRODUCTION TO MANAGEMENT	10	5
	<ul style="list-style-type: none"> • Concept and scope of management Resources <ul style="list-style-type: none"> • Meaning, definition, importance and characteristics of resources • Identification and classification of resources • Factors affecting utilization of resources 		
UNIT II	FUNCTIONS OF MANAGEMENT	8	3
	<ul style="list-style-type: none"> • Decision Making • Planning • Supervising • Controlling • Organizing • Evaluation 		
UNIT III	FAMILY FINANCE	15	5
	Money <ul style="list-style-type: none"> • Types of income • Budgeting—advantages and limitations • Planning of budgets for different income groups • Means of supplementing family income • Investment—Bank accounts, fixed deposits, recurring deposits, insurance, post office accounts, stock and shares, debentures, mutual funds, employee provident fund, public provident fund 		
UNIT IV	TIME MANAGEMENT	12	2
	<ul style="list-style-type: none"> • Introduction, steps in making time plans • Tools in time management—peak loads, work curves, rest periods • Energy management—fatigue, its types, causes and effects, ways to overcome fatigue • Work simplification—inter-relationship of time and energy, principles of work simplification 		

List of Books:

Text Books

1. Koontz, H. and O'Donnel, C. (2005). Management – A Systems and Contingency Analysis of Managerial functions, McGraw-Hill Book Company, New York.
2. Kreitner (2009). Management Theory and Applications, Cengage Learning.
3. Nickell, P., & Dorsey, J.M.(1962). Management in Family living. 4th edition. Wiley, New York.

Books and Readings

4. Rao, V.S. and Narayana P.S. (2007). Principles and Practices of Management. Konark Publishers Pvt. Ltd.
5. Stoner J. (2008). Management. PHI Learning.

SEMESTER-VI

APPAREL AND TEXTILE DESIGN (ATD)

Course code	BA/BSC/HSC/0613		
Credits 4 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To create awareness about the significance of apparel and textile design and to develop sensitivity towards selection of fabric and design for apparel.

Learning Objectives

The student would get familiarized with the importance of clothing and its functions, style reading, pattern development and garment construction.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	DESIGN INTERPRETATION	10	3
	<ul style="list-style-type: none"> • Elements of design • Principles of design 		
UNIT II	IMPORTANCE OF CLOTHING	12	5
	<ul style="list-style-type: none"> • Why do we dress the way we do? • Clothing functions and theories of origin • Individuality and conformity, conspicuous consumption and emulation • Evaluating the figure: Figure types-standard, ideal & symmetrical figure, asymmetrical figure, posture evaluation • Selection of clothes for self 		
UNIT III	INTRODUCTION TO FASHION	15	5
	<ul style="list-style-type: none"> • Terminology • Fashion cycle • Sources of fashion • Factors favouring and retarding fashion 		
UNIT IV	FACTORS AFFECTING USE AND CARE OF DIFFERENT FABRICS	8	2
	Durability, appearance, comfort, maintenance of: Silk, wool & cotton		

List of books:

Text Books

1. Corbman, Bernard. Textiles-Fibre to Fabric. McGraw Hill International.
2. Dhantyagi, Susheela. Fundamentals of Textiles and their Care. Orient Longman.
3. Ghosh, G.K. and Ghosh, Shukla (1995). Indian Textiles. APH Publishing Co., New Delhi.
4. Hollen, Norma, Saddler, Jane. Textiles. McMillan Company
5. Joseph, Marjory. Introductory Textile Science. Holt Rinchart Winston.

Books and Readings

6. Liechty, E.G., D.N. Potterberg and J.A. Rasband (2001). Fitting and Pattern Alteration: A multi method approach, 2nd edition, Fairchild Publication, New York.
7. Storey, Joyce (1974). Textile Printing, Thames and Hudson, London.

COMMUNITY NUTRITION

Course code	BA/BSC/HSC/0614		
Credits 3 (Theory)	L	T	P
Credit 1 (Practical)	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To understand the process of communication for behaviour change in the people and to know about the national policies and intervention programs for managing various diseases.

Learning Objectives

To enable the students to appreciate the significance of nutrition education and dietary counseling and to understand the dietary management of some common disorders / diseases.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
		L	T
UNIT I	FOOD BEHAVIOUR	10	5
	<ul style="list-style-type: none"> • Food related behaviour – definition, concept and factors affecting it • Food Adulterants & Food safety issues 		
UNIT II	POLICIES AND PROGRAMS FOR PREVENTION/ CONTROL OF NUTRITIONAL PROBLEMS	6	3
	<ul style="list-style-type: none"> • National Nutrition Policy • Mid-day Meal Program 		
UNIT III	NUTRITIONAL CARE FOR COMMON DEGENERATIVE DISEASES/ DISORDERS	10	5
	Causative factors, clinical signs, diagnosis, nutritional management and dietary counseling for: <ul style="list-style-type: none"> • Common metabolic disorders: Diabetes mellitus, Hypo and Hyperthyroidism • Cardiovascular Diseases 		
UNIT IV	AWARENESS OF SPECIFIC FOOD RELATED PROBLEMS	4	2
	Food Allergy & Intolerance: Honey, egg, milk, wheat, peanuts		

COMMUNITY NUTRITION

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Planning and preparation of diets /dishes for patients suffering from: <ul style="list-style-type: none">• Diabetes mellitus• Hypertension• Thyroid disorders	6
2.	Planning and preparation of innovative and nutritious mid-day meals	4
3.	Study of nutrition labels	2
4.	Demonstration on detection of common adulterants in foods.	3

List of books:

Text Books

1. Wadhwa, A and Sharma, S. (2003). Nutrition in the Community- A Textbook. Elite Publishing Pvt. Ltd, New Delhi.
2. Joshi, S.A (2010). Nutrition and Dietetics, 3rd Edition. Tata McGraw Hill Edu. Pvt Ltd.
3. Khanna, K., Gupta, S., Seth, R., Passi, S.J, Mahna, R., Puri, S. (1997). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
4. Park, K. (2009). Park's Textbook of Preventive and Social Medicine, 20th edition. Jabalpur, Banarsidas Bhanot.

Reference Books

5. Stacy, Nix (2009). William's Basic Nutrition and Diet Therapy, 13th edition. Elsevier Mosby.
6. ICMR (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
7. ICMR (1998) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
8. 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.

Additional elective courses offered by the Home Science Department (can be chosen for earning credits over and above 56 major subject credits, 40 minor elective credits, 9 compulsory course credits and GI&H Course credits)

Semester	Course Code	Course Type	Course Name	Credits	Cumulated credits
IV	BA/BSC/HSC/0615	Core/elective course (additional) *	Health & Disease	4	
V	BA/BSC/HSC/0616	Core/elective course (additional) *	Fashion Design and Development	4	
VI	BA/BSC/HSC/0617	Core/elective course (additional) *	Introduction to Fruit and Vegetable preservation Technology	4	
VI	BA/BSC/HSC/0618	Core/elective course (additional) *	Well-being across the Life span	4	
VI	BA/BSC/HSC/0619	Core/elective course (additional)	Apparel Industry and Quality assessment	4	
VI	BA/BSC/HSC/0620	Core/elective course (additional) *	Empowerment of Women	4	
VI	BA/BSC/HSC/0621	Core/elective course (additional) *	Nutrition and Physical Fitness	4	

HEALTH & DISEASE

Course code	BA/BSC/HSC/0615		
Credits 4 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To enable the student to understand the importance of good health, personal hygiene in keeping the body free from diseases.

Learning Objectives

The student is expected understand the causes of occurrence of diseases, their symptoms, prevention and the basic aspects of ageing.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	CONCEPT OF HEALTH & DISEASE	10	3
	<ul style="list-style-type: none"> • WHO definition of Health • Definition of infection • Source • Carrier • Control • Immunity 		
UNIT II	COMMUNICABLE DISEASES & NON-COMMUNICABLE DISEASES	15	5
	Causes, spread and control of the following diseases: <ul style="list-style-type: none"> • Carried by insects—malaria, dengue fever • Conveyed by ingestion—enteric fever, cholera, dysentery, hepatitis. • Spread by droplet infection—diphtheria, polio, chicken pox, measles, mumps, flu, T.B. • By contact—leprosy, eczema, ringworm. • AIDS, Cancer • Arthritis 		
UNIT III	PERSONAL HYGIENE	5	2
	<ul style="list-style-type: none"> • Meaning of personal hygiene • Hygienic handling of food 		
UNIT IV	GERIATRIC HEALTH	15	5
	<ul style="list-style-type: none"> • Geriatric Health • Basic concepts of ageing • Health problems in old age 		

List of Books:

Text books

1. Bedi, Yashpal (2000). Social & Preventive Medicine. Anand Publishing Company, Amritsar.
2. Godman. A. Health Science for Tropics. Longman Publishers.
3. Today's Health Guide. American Medical Association.
4. Reader's Digest Family Health Guide. Reader's Digest Association Ltd. Inc.

Books & Readings

5. Park, K. (2009). Park's Textbook of Preventive and Social Medicine, 20th

- edition. M/s Banarasi Das Bhanot, Jabalpur.
6. Your Guide to Health by Anderson. Oriental Watchman Publishing House, Pune.

FASHION DESIGN AND DEVELOPMENT

Course code	BA/BSC/HSC/0616		
Credits 4 (Theory)	L	T	P
	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To enable the students to understand the basics of fashion design and knowledge of the Indian and global fashion industry.

Learning Objectives

The student is expected to learn the concept of fashion and the various details of designing clothes.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	ADOPTION OF FASHION	10	2
	<ul style="list-style-type: none"> • Consumer groups- fashion leaders, followers • Adoption process- Trickle-down theory, bottom up theory & trickle across theory • Fashion Forecasting • Process: Colour, inspiration 		
UNIT II	FASHION TERMINOLOGY	10	3
	<ul style="list-style-type: none"> • Haute Couture • Custom clothes • Pret-e-porter • Fashion • Fads • Classics • Silhouette • Accessories • Hi-style 		
UNIT III	DEVELOPMENT OF FASHION DETAILS	15	5
	<ul style="list-style-type: none"> • Necklines-high and low • Collar– classification, stand and fall, shawl- flat & raised, shirt collar, peter-pan collar on deep neck lines • Sleeves and cuffs- cap, leg-o-mutton, shirt maker and bishop petal saddler • Skirts- high and low waist, gathered, gored, pleated, flared with & without yokes • Pockets- applied, in-seam & slashed 		
UNIT IV	DESIGNING A SUCCESSFUL GARMENT	10	5
	<ul style="list-style-type: none"> • Role of a designer • Facets of successful design, aesthetics • Organization of a line • Fabricating a line • Cost of a garment 		

FASHION DESIGN AND DEVELOPMENT

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Practical drawing of fashion details: skirts, bodices, sleeves, necklines, collars and accessories.	2
2.	Development of collars: Stand and fall Shawl (flat and raised)	2
3.	Applied and in-seam pockets	1
4.	Development of variations in sleeve	10
	---Set in sleeves- leg-o-mutton, shirt maker, pet al ---Sleeve and bodice combination- saddler Design variations in bodice through dart manipulation	
	Design variations in skirt on half scale templates	

List of books:

1. Armstrong, H.J. (2009). Pattern Making for Fashion Design, Harper Collins Publishers, INC, New York.
2. Fringes, G.S. (1999). Fashion from Concept to Consumer, 6th edition, Prentice Hall.
3. Jarnow, N.J. Dickerson, J., Kitty, G. (1987), Inside the Fashion Business, Prentice Hall, New Jersey.

INTRODUCTION TO FRUIT & VEGETABLE PRESERVATION

Course code	BA/BSC/HSC/0617		
Credits 4 (Theory)	L	T	P
	30	15	15
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course objectives

The Practical will familiarize the students with various preserved fruit and vegetable products available in the market.

Learning objectives

The students are expected to learn the skills required for preservation, packaging and sensory evaluation of recipes prepared from fruits and vegetables.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	SCOPE OF PRESERVATION INDUSTRY IN INDIA	5	4
	Post-harvest changes		
	Physical Chemical Microbial Control Measures		
UNIT II	METHODS OF PRESERVATION	10	3
	Principles of preservation of fruits & vegetables Asepsis Use of low & high temperature Removal of moisture Removal of air Use of chemical preservatives Fermentation Pasteurization Irradiation		
UNIT III	CANNING & BOTTLING	10	5
	Definition & objectives Steps of canning fruits & vegetables with special emphasis on blanching and heat processing		
UNIT IV	FRUIT & VEGETABLE PROCESSING	5	3
	Chutney & Sauces-definition, method of preservation, Steps in preparing chutney and sauce Fruit beverages-definition & classification Use of chemical preservatives, sugar, oils, spices		

INTRODUCTION TO FRUIT & VEGETABLE PRESERVATION

Maximum marks: 50

Practical

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Market survey of preserved fruit and vegetable products.	2
2.	Preparation, packing and sensory evaluation of:	10
3.	<ul style="list-style-type: none">• Sauces (Chilli and Tomato sauce)• Ketchup (Tomato)• Chutney (Tomato, Tamarind)• Pickle (Mixed vegetable, Mango)• Squash (Lemon, Apple)• Jam(Apple, Guava)	
4.	Preparation of labels for preserved foods	3

List of books:

Text books

1. Handbook of Fruits and Fruit processing (2008). Editor Y.H. Yui. Blackwell Publishers, Iowa, U.S.A.
2. Khurdla, O.S. (1995). Preservation of Fruits and Vegetables. Indian Council of Agricultural Research, New Delhi.
3. Raina, U., Kashyap, S., Narula, V., Thomas, S. W., Suvira, Vir, S., Chopra, S. (2010). Basic Food Preparation-A complete Manual. Orient Blackswan.

Reference books

4. Siddhapa, G.S., Lal, G and Tandon (1986). Preservation of Fruits and Vegetables. Indian Council of Agricultural Research, New Delhi.
5. Sinha, Satya Prakash (2009). Principles of Food Processing. Adhyayan Publishers & Distributors, New Delhi.
6. Srivastava, R.S., Kumar, S. (2005). Fruit and Vegetable Preservation: Principles and Practices. International Book Distributing Company, Lucknow.

WELL-BEING ACROSS THE LIFE SPAN

Course code	BA/BSC/HSC/0618		
Credits 4 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course objectives

To enable the students to understand the significance and role of care and well-being within the family unit and to explore the services and institutions that promote, care and well-being.

Learning objectives

The student is expected to understand the various components of well being of a person and the factors which enhance its effectivity.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	GENERAL CARE AND DEVELOPMENT	5	2
	<ul style="list-style-type: none"> • Concept, relevance, growth, development and the role of care • Principles and components of care giving within the family (early childhood, adolescence and elderly) • Disability, chronic illness and care giving 		
UNIT II	COMPONENTS OF CARE – HEALTH, NUTRITION	15	5
	<ul style="list-style-type: none"> • Parenting and promotion of well-being • Schooling / skill development and self worth • Ageing and elderly 		
UNIT III	WELL-BEING, DEVELOPMENT IN SOCIAL CONTEXT	15	5
	<ul style="list-style-type: none"> • Concept of well-being-physical, socio-emotional, psychological and spiritual • Well-being at different stages • Life crises and well-being 		
UNIT IV	POLICIES, PROGRAMMES AND SERVICES	10	3
	<ul style="list-style-type: none"> • Nutritional and health services • School health services • Counseling services, Spiritual groups for well-being 		

List of Books:

Text Books

1. Chelsea, C., Fielder, D., Komilzoda, S. & Pathmanathan, I. (2009). Child health policy and programming for marginalized communities. UNICEF, New Delhi:
2. Ghosh, S. (1981). The Feeding & Care of Infant & Young Children (4th edition): Voluntary Health Association of India, New Delhi.
3. Schaefer, W. (2000). Stress management (India edition) (4th edition), Wadsworth Cengage Learning, Australia.

APPAREL INDUSTRY AND QUALITY ASSESSMENT

Course code	BA/BSC/HSC/0619		
Credits 4 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course objectives

To enable the students to understand the functioning of the readymade garment industry and to also understand the role of merchandiser in the apparel industry.

Learning objectives

To acquaint the students about readymade garment industry, its problems and prospects and to understand the concept of marketing.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for the students:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	QUALITY ASSESSMENT	15	5
	<ul style="list-style-type: none"> Judging the quality of readymade garments: overall appearance, fabric, fit, workmanship and price. Project work: Visit to a Retail outlet for readymade garments and compare the workmanship, fabric etc. of the garments, presentation of a report. 		
UNIT II	IMPORTANCE OF LABELS AND CONSUMER AWARENESS	7	2
	<ul style="list-style-type: none"> Garment Labels – Types and importance of labels with special reference to care labels. 		
UNIT III	MARKETING IN APPAREL INDUSTRY	15	5
	<ul style="list-style-type: none"> Introduction to Apparel marketing and merchandising concepts 4P's of Marketing – Product, Price, Place and Promotion Market Segmentation – Target group and Demographics Principles and techniques of merchandising Role of a merchandiser Introduction to promotion campaigns Advertising through brochures, leaflets etc. Readymade Garment industry Importance in Export and Domestic sector Problems and prospects 		
UNIT IV	APPAREL RETAILING	8	3
	<ul style="list-style-type: none"> A brief overview of different channels Visit to a Garment export House and a Fabrication Unit 		

List of Books:

Text books

- Bhardwaj, S.K. and Mehta, P.V. (1998). Managing Quality in Apparel Industry, New Age International, New Delhi
- Kotler, P. and Armstrong, G. (1999). Principles of Marketing, Prentice Hall, New Delhi.
- Constantino, M. (1998). Fashion Marketing, BT Batsford, London.

Books and Readings

- Diamond, E. (2005). Retailing a Multi-channel Approach, Prentice Hall.
- Fritz, A and Cant, J. Consumer Textiles, Oxford University Press.

5. Grace, E. (1978). Introduction to Fashion Merchandising, Prentice hall, New Jersey.
6. Jackson, Tim (2001). Mastering fashion and Merchandising Management, MacMillan Press, London.
7. Stone, Elaine (1985). Fashion Merchandising, Mc Graw Hill Inc.

WOMEN EMPOWERMENT

Course code	BA/BSC/HSC/0620		
Credits 4 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

To develop an understanding of the women related issues in India.

Learning Objectives

The student will become aware of the nutrition, health related problems of the women, government policies and legal provisions.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for Paper setters:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	STATUS OF WOMEN	15	5
	<ul style="list-style-type: none">• Women empowerment: Concept and need• Issues related to women: socio-economic issues, discrimination against women• Female foeticide and infanticide• Women in urban and rural sectors• Education: its importance in the life of women. School drop-out rate in young girls		
UNIT II	MATERNAL HEALTH	8	3
	<ul style="list-style-type: none">• Importance of maternal health• Nutrition: its impact on women's health• Maternal Mortality Rate (MMR)		
UNIT III	LEGAL PROVISIONS FOR WOMEN	7	2
	<ul style="list-style-type: none">• Domestic Violence Act 2005• Maternity Benefit Act 2008• Others laws related to working women		
UNIT IV	WOMEN AND WORK	15	5
	<ul style="list-style-type: none">• Women in organized and unorganized sector• Problems faced by working women		

List of Books:

Text books

1. Chatterjee, M. (2006). Violence against Women, Aavishkar Publications, Jaipur.
2. Goel, S.L. (2005). Population Policy and Family Welfare. Deep & Deep Publications, New Delhi.
3. Mahapatra, Subhasini (2006). Status of Women: Towards Empowerment. Rajat Publications, New Delhi.

Books and Readings

4. Rose, K. (1997). Where Women are Leaders. Sage Publications.
5. Siddiqui, F.E & Ranganathan, S. (2001). Handbook on Women and Human Rights: A Guide for Social Activists (Part I), Kanishka Publishers, New Delhi.
6. Singh, N. (2008). Mahila Vidhi, Radha Publications, New Delhi.

NUTRITION AND PHYSICAL FITNESS

Course code	BA/BSC/HSC/0621		
Credits 4 (Theory)	L	T	P
	45	15	--
Name of the course	Major/Minor/Elective		
Lectures to be delivered	60		

Course Objectives

The course deals with the approaches to the management of physical fitness and nutrition.

Learning Objectives

The student will be acquainted with the relationship between nutrition and fitness of the body in relation to alternate systems for maintenance of good health.

Semester End Examination:

Maximum marks: 50

Minimum marks: 23

Maximum time: 3 hrs.

Continuous Comprehensive Assessment:

Minor tests (2): 30 marks

Class tests, Tutorials/Assignments: 10 marks

Quiz/Seminar: 5 marks

Attendance: 5 marks

Maximum marks: 50

1. Instructions for Paper setters:

The question paper will consist of 5 sections:

A. Compulsory

B. Unit I

C. Unit II

D. Unit III

E. Unit IV

Section A: It will be compulsory consisting of 18 marks with 10 objective type questions which could be multiple choice questions, true/false, fill in the blanks etc. of 1 mark each and 4 short answer type questions of 2 marks each covering the entire syllabus.

Section B: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section C: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section D: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Section E: There will be two questions of 8 marks each. These questions may contain sub parts and will be of long answer type. The student will attempt one out of the two questions.

Total marks: 18+8+8+8+8=50.

2. Instructions for Paper setters:

The students are required to attempt 5 questions in all. One compulsory question from section A and selecting one question from each of the sections B, C, D and E of the question paper.

UNIT	TOPIC	ALLOTTED TIME IN HOURS (L+T)	
UNIT I	FACTORS INFLUENCING DIETARY INTAKE	8	5
	<ul style="list-style-type: none"> • Food habits • Food fads, fallacies and their influence on health and wellbeing 		
UNIT II	DIET AND EXERCISE	15	3
	<ul style="list-style-type: none"> • Effect of specific nutrients on work performance and physical fitness • Mobilization of fuel stores during exercise • Nutrition, exercise, physical fitness and health – their inter- relationship 		
UNIT III	SIGNIFICANCE OF PHYSICAL FITNESS AND NUTRITION IN PREVENTION AND MANAGEMENT OF DISEASES	12	2
	<ul style="list-style-type: none"> • Overweight& Obesity • Diabetes mellitus • Hypertension • Cardio-vascular diseases 		
UNIT IV	AWARENESS ABOUT THE ALTERNATIVE SYSTEMS FOR HEALTH AND FITNESS:	10	5
	<ul style="list-style-type: none"> • Yoga • Meditation • Vegetarianism • Food supplements 		

List of Books:

Text Books

1. Ira Wolinsky (Ed.) (1998). Nutrition in Exercise and Sports, 3rd Edition, CRC Press.
2. Mahan, L.K. & Ecott-Stump, S. (2000). Krause's Food, Nutrition and Diet Therapy, 10th Edition, W.B. Saunders Ltd.
3. McArdle, W. Katch, G. and Katch, V. (1996). Exercise Physiology, Energy, Nutrition and Human Performance, 4th Edition, Williams and Wilkins, Philadelphia.
- 4.Sizer, F & Whitney, E. (2000). Nutrition – Concepts and Controversies, 8th Edition, Wadsworth Thomson Learning.
5. Shils, M.E., Olson, J.A. Shike, N and Ross, A.C. (Ed) (1999). Modern Nutrition in Health and Disease, 9th Edition, Williams & Wilkins.
6. Whitney, E.N. & Rolfes, S.R. (1999). Understanding Nutrition, 8th Edition, WestWadsworth, An International Thompson Publishing Company.

General Interest / Hobby Courses offered by Home Science Department

S. No.	Semester	Course Code	Course Type	Course Name	Credits
1.	I/II/III	BA/BSC/HSC**22	GI/H	Home Crafts	1
2.	I/II/III	BA/BSC/HSC**23	GI/H	Basic Cookery	1
3.	I/II/III	BA/BSC/HSC**24	GI/H	Textile Designing	1
4.	I/II/III	BA/BSC/HSC**25	GI/H	Stitching for Beginners	1
5.	I/II/III	BA/BSC/HSC**26	GI/H	Traditional Embroidery	1

HOME CRAFTS

Course Code	BA/BSC/HSC/**22		
Credits 1	L	T	P
	--	--	15
Name of the Course	GI/Hobby		
Lectures to be delivered	15		

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Floor decoration—making of Alpana/Rangoli for different occasions using different materials.	3
2.	Flower arrangements for different rooms using, fresh, dry, artificial flowers and fresh foliage.	2
3.	Table setting and table etiquette; table setting for formal and informal meals, buffet-Indian/Western.	2
4.	Preparation of two household articles using any of the following techniques:	4
	g) glass painting	
	h) stencil painting	
	i) block painting	
	j) fabric painting	
	k) tie and dye using different techniques	
	l) waste materials	
5.	Drawing of colour wheel & different colour schemes.	2
6.	Market survey of furniture/furnishings/accessories.	2

BASIC COOKERY

Course Code	BA/BSC/HSC/**23		
Credits 1	L	T	P
	--	--	15
Name of the Course	GI/Hobby		
Lectures to be delivered	15		

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Weights and measures	2
2.	Food preparation, understanding the principles involved, nutritional quality and portion size	
3.	Recipe writing and cooking of the following:	3
	Beverages: Hot tea/coffee, Milk shake/ <i>lassi</i>	1
	Cereals: Boiled rice, pulao, chapatti, <i>parantha</i> , <i>puri</i> , pastas and sandwiches	1
	Pulses: Whole, dehusked	1
	Vegetables: Curries, dry preparations	1
	Milk and milk products: <i>Kheer</i> , custard	1
	Egg preparations: Boiled, poached, fried, scrambled, omelette	1
	Soups: Plain and cream soups	1
	Baked products: Plain cake, sponge cake, Baked vegetables	1
	Snacks: <i>Pakor</i> s, cutlets, <i>upma</i> , <i>poha</i>	1
	Salads: salads and salad dressings	1

TEXTILE DESIGNING

Course Code	BA/BSC/HSC/**24		
Credits 1	L	T	P
	--	--	15
Name of the Course	GI/Hobby		
Lectures to be delivered	15		

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Design Development	5
	<ul style="list-style-type: none"> • Motif development (big & small) • Placement of motifs 	
2.	Basic embroidery stitches and preparation of an article using minimum of five embroidery stitches.	3
3.	Tie and dye:	3
	<ul style="list-style-type: none"> • Using different medium (paints & dyes) • Different techniques 	
4.	Block Printing/Stencil Printing. Preparation of a stencil.	2
5.	Fabric painting using different techniques.	2

STITCHING FOR BEGINNERS

Course Code	BA/BSC/HSC/**25		
Credits 1	L	T	P
	--	--	15
Name of the Course	GI/Hobby		
Lectures to be delivered	15		

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Introduction to sewing	1
2.	Tools and equipments required for cutting and stitching	2
3.	Preparation of basic samples of hemming, tacking, plackets, gathers, pleats, darts, tucks	
4.	Seam and seam finishes	2
5.	Drafting of:	5
	• Panty/bloomer	
	• Child's bodice block	
	• Basic sleeves: gathered, cap	
	• Basic collars: Peter pan, cape and baby collar	
6.	Construction of a romper/A-line frock.	5

TRADITIONAL EMBROIDERY

Course Code	BA/BSC/HSC/**26		
Credits 1	L	T	P
	--	--	15
Name of the Course	GI/Hobby		
Lectures to be delivered	15		

S.NO.	TOPIC	ALLOTTED TIME IN HOURS
1.	Preparation of samples of the following embroideries keeping motif choice of colours in mind:	
	Phulkari of Punjab	2
	Chikankari of U.P.	2
	Kashida of Kashmir	1
	Kantha of Bengal	2
	Chamba Rumal of Himachal Pradesh	2
	Kasuti of Karnataka	2
	Kutch work of Gujarat	2
	Mirror work	2