

**SYLLABUS FOR FOUR YEAR UNDER GRADUATE  
PROGRAMME (FYUGP)**

**HOME SCIENCE**

**(UNDER CHOICE BASED CREDIT SYSTEM)**

**As per provision of NEP-2020**

**ACADEMIC SESSION: w.e.f. 2022-23**



For

All Constituent/Affiliated Colleges Under Binod Bihari  
Mahto Koylanchal University,  
Dhanbad



# BINOD BIHARI MAHTO KOYALANCHAL UNIVERSITY

Dhanbad, Jharkhand - 828130

E-mail:- [registrarbbmku@gmail.com](mailto:registrarbbmku@gmail.com)

Ref. No. BBMKU/CCDC/R/ 718 /2020, Dhanbad Date 14/08/2020

## Notification

In exercise of the powers vested in him under the Jharkhand State Universities Act 2000 as amended up-to-date, the Vice-Chancellor is pleased to constitute a Board of Studies (BOS) in the Department of Home Science, comprising of following members for the period of one year from the date of this notification.

### For UG

- |                                                                                                        |                   |
|--------------------------------------------------------------------------------------------------------|-------------------|
| 1. Dr. Seema Kumari, Associate Professor<br>HEAD, University Dept. of Home Science, BBMKU, Dhanbad     | - Chairman        |
| 2. Dr. Manju Kumari, Associate Professor<br>University Dept of Home Science, Ranchi University, Ranchi | - External Member |
| 3. Dr. Reshma Xalxo, Associate Professor<br>University Dept of Home Science, Ranchi University, Ranchi | - External Member |
| 4. Dr. Chanchala Verma, Assistant Professor<br>University Dept. of Home Science, BBMKU, Dhanbad        | - Member          |
| 5. Dr. Asha Singh, Assistant Professor<br>Dept. of Home Science, Bokaro Mahila College, Bokaro         | - Member          |
| 6. Dr. Anju Verma, Assistant Professor<br>Dept of Home Science, BSSM College, Dhanbad                  | - Member          |

### For PG

- |                                                                                                                       |                   |
|-----------------------------------------------------------------------------------------------------------------------|-------------------|
| 7. Dr. Seema Kumari, Associate Professor<br>HEAD, University Dept. of Home Science, BBMKU, Dhanbad                    | - Chairman        |
| 8. Dr. Gayatri Sahu, Associate Professor<br>HEAD, University Dept. of Home Science, VBU, Hazaribag                    | - External Expert |
| 9. Dr. Asha Kumari Prasad, Associate Professor<br>HEAD, University Dept of Home Science,<br>Ranchi University, Ranchi | - External Expert |
| 10. Dr. Chanchala Verma, Assistant Professor<br>University Dept. of Home Science, BBMKU, Dhanbad                      | - Member          |

BOS will prepare syllabi for various programmes keeping in view the objectives of the institution, interest of stakeholders and national requirements for consideration and approval of the Academic Council. Three members including the Chairperson shall constitute a Board quorum for the meeting.

By order of the Vice Chancellor

Sd/-

Registrar

Memo No. BBMKU/CCDC/R/\_\_\_\_\_/20, Dhanbad Date \_\_\_\_\_

Copy to: -

1. Person Concerned
2. Esstt. Section, BBMKU, Dhanbad.
3. P.A. to VC/PVC/R for information to VC/PVC/R.
4. Guard File.

Colonel (Dr.) M. K. Singh (Retd.)  
Registrar

Associate Professor  
P.G. Dept. of Home Science  
Ranchi University  
Ranchi - 834008, Jharkhand



Ashwadev  
C/o Mr. Shital Ghosh  
Near Dr. Raghuvar Sharan Residence  
Bariatu Road, Ranchi-8, Jharkhand  
Ph. 09431103818

Ref. No. \_\_\_\_\_

Date 21/07/2022

This is to certify that for B.A. (Year U.G.) Courses in Home Science (Hons.) at B.B.M.K. University, Bantbad, Introductory Course, Major Course, Minor Course and advance major Course Under U.G. NEP proposed syllabus are approved.

External Member

*Reshma*

21/07/2022

Dr. Reshma Waloo  
Associate Professor

Department of Home Sci.,  
Ranchi University Ranchi



ManjuRanchi  
today at 07:54



**Dr. Manju Kumari**  
Ph.D., D.Litt.  
Associate Professor  
University Dept. of Home Science  
Ranchi University, Ranchi-814008



**Residence :**  
KARNIK COTTAGE  
A/5, Geuri Enclave, Maitri Marg,  
Bariatu, Ranchi-9 (Jharkhand)  
Phone : 0651-2541319  
Cell : 9431585498

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Ref : ..... Date : 21-09-2022

This is to certify that syllabus for four year undergraduate programme (FYUP) credit system in Home science at BBMK University, Dhanbad, syllabus for Home science Introductory Course, Major Course, Minor Course and Advance Major course under NEP-2020 syllabus are approved.

External Member - *mm*

Dr. Manju Kumari  
Associate Professor  
University Dept of  
Home Science, R.U.  
Ranchi



**Members of Board of Studies of Four Years Under-Graduate Programme (FYUGP) syllabus as per Guidelines of the (NEP-2020) Binod Bihari Mahto Koyalanchal University, Dhanbad**

1. Chairman : Dr. Seema Kumari
2. External expert member : Dr. Manju Kumari
3. External expert member : Dr. Reshma Xalxo
4. Members : Dr. Chanchala Verma

  
(Dr. Seema Kumari) 22/04/2022

Head

University Department of Home Science  
BBMKU, Dhanbad

**Dr. Seema Kumari**  
**Head of the P.G. Deptt. of Home Science**  
**B.B.M.K. University**  
**Dhanbad-826001 (Jharkhand)**

## Course Structure for Four Year Undergraduate Programme in Home Science

### Semester wise Course Code, Marks, Credit Points:

### Course Structure for Undergraduate Certificate Programme (Semester I & II)

Semester	Course Code	Name of Paper		Credit	Full Marks		Semester Internal	End Semester		Pass Marks	
					T	P		T	P	T	P
I	CC-1	Language and Communication Skills (Modern Indian Language including TRL)	MIL (Hindi)	6	100		--	100		40	
			NH	3	50		-	50		20	
			TRL/Other Language	3	50		-	50		20	
	CC-2	Understanding India		2	100		--	100		40	
	CC-3	Health & Wellness, Yoga Education, Sports Fitness		2	100		--	100		40	
	IRC-1	Introductory Regular Course-1		3	100		--	100		40	
	IVS-1A	Introductory Vocational Studies-1		3	100		--	100		40	
	MJ-1	Major Paper I		6 (4+2)	T	P	T	T	P	T	P
					75	25	15	60	25	30	10
II	CC-4	Language and Communication Skills (English)		6	100		--	100		40	
	CC-5	Mathematical & Computation Thinking Analysis		2	100		--	100		40	
	CC-6	Global Citizenship Education & Education for Sustainable Development		2	100		--	100		40	
	IRC-2	Introductory Regular Course-2		3	100		--	100		40	
	IVS-1B	Introductory Vocational Studies-2		3	100		--	100		40	
	MJ-2	Major Paper 2		6 (4+2)	T	P	T	T	P	T	P
					75	25	15	60	25	30	10
		Total Credits		44							
<b>Course Structure for Undergraduate Diploma Programme (Semester III &amp; IV)</b>											
III	CC-7	Environmental Studies		3	100		--	100		40	
	CC-8	Digital Education (Elementary Computer Application)		3	100		--	100		40	
	CC-9	Community Engagement Service (NSS/NCC/Adult Education)		3	100		--	100		40	
	IRC-3	Introductory Regular Course-3		3	100		--	100		40	
	IAP	Internship/Apprenticeship/Project		4	100		--	100		40	
	MJ-3	Major Paper 3		6 (4+2)	T	P	T	T	P	T	P
					75	25	15	60	25	30	10

IV	MJ-4	Major Paper-4	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	MJ-5	Major Paper -5	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	MN-1	Minor Paper-1	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	VS-1	Vocational Studies -1	4	100		--	100		40	
		Total Credits	44							
<b>Course Structure for Bachelor's Degree Programme (Semester V &amp; VI)</b>										
V	MJ-6	Major Paper 6 (Disciplinary /Interdisciplinary Major)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	MJ-7	Major Paper 7 (Disciplinary /Interdisciplinary Major)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	MN-2	Minor Paper 2(Disciplinary /Interdisciplinary Minor)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	VS-2	Vocational Studies 2 (Minor)	4	100		--	100		40	
VI	MJ-8	Major Paper 8 (Disciplinary /Interdisciplinary Major)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	MJ-9	Major Paper 9 (Disciplinary /Interdisciplinary Major)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	MN-3	Minor Paper 3(Disciplinary /Interdisciplinary Minor)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	VS-3	Vocational Studies 3 (Minor)	4	100		--	100		40	
		Total Credits	44							
<b>Course Structure for Bachelor's Degree with Hons/Research Programme (Semester VII &amp; VIII)</b>										
VII	AMJ-1	Advance Major Paper 1 (Disciplinary /Interdisciplinary Major)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	AMJ-2	Advance Major Paper 2 (Disciplinary /Interdisciplinary Major)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	RC-1	Research Methodology	6	100		--	100		40	
	RC-2	Research Proposal	4	100		--	100		40	
VIII	AMJ-3	Advance Major Paper 3 (Disciplinary /Interdisciplinary Major)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	AMJ-4	Advance Major Paper 4 (Disciplinary /Interdisciplinary Major)	6 (4+2)	T	P	T	T	P	T	P
				75	25	15	60	25	30	10
	RC-3	Research Internship/Field Work)	4	100		--	100		40	
	RC-4	Research Report)	4	100		--	100		40	
	VSR	Vocational Studies (Associated with Research)	2	100		--	100		40	
		Total Credit	44							
		Grand Total Credits	176							

**Abbreviations:**

CC – Common Courses

IRC – Introductory Regular Courses

IVS – Introductory Vocational Studies

IPA – Internship/Apprenticeship/Project

VS – Vocational Studies

MJ – Major Disciplinary/Interdisciplinary Courses

MN – Minor Disciplinary/Interdisciplinary Courses

AMJ – Advance Major Disciplinary/Interdisciplinary Courses

RC – Research Courses

VSR – Vocational Studies Associated with Research

# UNIVERSITY: Binod Bihari Mahto Koylanchal University, Dhanbad

## Subject: Home Science

### Major/Advanced Major Paper

Credits: 6 (Theory:4, Practical: 2)

Paper	Semester	Course Code	Paper Title	Credit
Major Paper I	I	MJ-1	Fundamentals of food and nutrition.	6(4+2)
Major Paper II	II	MJ-2	Introduction to Human Development	6(4+2)
Major Paper III	III	MJ-3	Fundamentals of family Resource Management	6(4+2)
Major Paper IV	IV	MJ-4	Introduction to clothing and Textile	6(4+2)
Major Paper V		MJ-5	Applied food and nutrition	6(4+2)
Major Paper VI	V	MJ-6	Introduction to extension education	6(4+2)
Major Paper VII		MJ-7	Family Relationship	6(4+2)
Major Paper VIII	VI	MJ-8	Early childhood care and education	6(4+2)
Major Paper IX		MJ-9	Food Preservation and Processing	6(4+2)
Advance Major Paper I (Choice to choose any one paper)	VII	AMJ-1A	Community Nutrition-I	6(4+2)
		AMJ-1B	Children with Disabilities	6(4+2)
		AMJ-1C	Traditional Indian Textile	6(4+2)
Advance Major Paper II (Choice to choose any one paper)	VII	AMJ-2A	Human Physiology	6(4+2)
		AMJ-2B	Extension Management	6(4+2)
		AMJ-2C	Communication for Development	6(4+2)
Advance Major Paper III (Choice to choose any one paper)	VIII	AMJ-3A	Therapeutic Nutrition	6(4+2)
		AMJ-3B	Child Rights and Gender Empowerment	6(4+2)
		AMJ-3C	Consumer Education and Safety	6(4+2)
Advance Major Paper IV (Choice to choose any one paper)	VIII	AMJ-4A	Community Nutrition-II	6(4+2)
		AMJ-4B	Basics of Design application	6(4+2)
		AMJ-4C	Entrepreneurship Management	6(4+2)

### Year wise structure of U.G. Programme in Home Science

Under Graduate Department of Home Science Binod Bihari Mahato Koylanchal University, Dhanbad

## • **Learning Outcome Based Approach to Curriculum Planning**

The degree is awarded on the basis of demonstrated achievement of outcomes of knowledge, skill and community interventions and academic standards expected from Home Science. Learning outcomes specify what graduates completing a particular programme of study are expected to know, understand and be able to do at the end of their programme of study.

### **The main objectives of the U.G. Home Science Programme are :-**

- Enable students with knowledge, skills, attitudes and values to do community work in all areas of Home Science.
- Ensure global competitiveness and excellence in theory and practice
- Prepare the students for higher education.
- Train the students to take science from lab to community to improve quality of life of people.

### **Some of the characteristics attributes of U.G. Home Science include:-**

- **Disciplinary Knowledge:** Students are able to demonstrate comprehensive knowledge and understanding of major concepts of the five Home Science disciplines (Food & Nutrition, Human Development & Childhood Studies, Fabric & Apparel Science, Development Communication & Extension, Resource Management & Design Application) with support of different allied subjects of Life Science, Physical Science and the Social Science.
- **Communication Skills:** Students are competent in public speaking, writing and inter personal skills. Students are exposed to technical and soft skills. Communication is a core area in the discipline of Home Science.
- **Critical thinking:** Students develop critical sensitivity towards both community issues and process. They learn to do lateral thinking developing out of the box solution and effective problem solving skills to address community issues.
- **Cooperative/team work:** Students have basic management skills for independently organizing events, resource mobilization and leading community based projects and initiatives.
- **Multicultural competence:** Students are confident of working in diverse socio-cultural contexts. They are able to effectively engage with multicultural groups and teams. They have sensitivities of cross cultural and ethnic diversity which they can apply to different settings.
- **Lifelong learning:** Students are capable to self-directed/paced learning for the continued learning and holistic development for meeting their professional and personal needs in varying environment and changing contexts.

### **Program Outcomes (POs)**

- The program has been framed in such a manner that students receive real feel of quality education by touching all aspects of human lifecycle.
- Designed to enhance the capacity of students to understand universal and domain-specific values in Home Science.

- Develop the ability to address the complexities and interface among of self, social and national priorities.
- Inculcate both generic and subject-specific skills to succeed in the employment market and standards of life.
- Promote research and innovation and design (product) development favouring all the disciplines in Home Science.
- This programme develops scientific and practical approach among the students which helps in their day-to-day life.
- Develop professional skills in food, nutrition, textiles, housing, product making, communication technologies and human development.

# Syllabus For Undergraduate Certificate Programme

## Introductory Regular Course, Theory Paper

### Home Science

HSC-IRC-1(T)

Full Marks: 100

Credits: 3 (Lecture-45)

Pass Marks: 40

#### Instructions to Question setter for End Semester Examination (ESE)

There will be two groups of questions. Group A is compulsory which will contain three questions. Question no. 1 will be Very Short Answer Type (Fill in the blanks, MCQ etc.) Consisting of ten questions of 1 marks each. Question No. 2 and 3 will be Short Answer Type Questions of 5 marks each. Group B will contain descriptive type six questions of 20 marks each, out of which any four are to be answered.

#### Objectives

1. To understand the basic concept of food and nutrition, role of various nutrients and their requirements.
2. To learn about basic concepts of human development and their stages and principles.
3. To understand about management process and family resource.
4. To understand basic concept of different textiles.
5. To understand the widening concept of Extension.

#### Theory unit

- I. Introduction of nutrition, nutrients and food, Definition and functions of food. Food Guide -Basic five food groups.
- II. Human development: meaning, stages, importance and principles of development.
- III. Home management: Concepts, process and importance.
- IV. Textile: Introduction, classification and importance. Identification of textile fibers.
- V. Meaning, scope, objectives and importance of Extension education.

#### Recommended Books

1. Aahar and Poshan :Barma and Pandey
2. Manav Vikash: Barma and Pandey
3. Home Management: Dr. Rina Khanuja
4. Vastra Vigyan KeSidhant: Dr. Rina Khanuja
5. Prashar Shiksha: Dr. Harpalani

# **Syllabus for Undergraduate Certificate Programme:**

## **Semester-I**

### **Major Theory Paper - I**

#### **Home Science**

#### **Fundamentals of Food and Nutrition**

HSC-MJ-1(T)  
Credit -04 (Lecture-60)

Full Marks 75  
SIE-15  
ESE-60  
Pass Marks-30  
Hours:3

#### **Instructions to Question Setter for End Semester Exam (ESE):**

There will be two group of questions Group A is compulsory which will contain three questions. Question no, 1 will be very short answer type (MCQs, True/False, Fill in the blanks etc.) consisting of five questions of 1 mark each. Question nos. 2 and 3 will be short answer type of 5 marks each. Group B will contain Descriptive type five questions of fifteen marks each, out of which any three are to answer.

#### **Objectives:**

1. To understand the basic concept of Food and Nutrition, role of various nutrients & their requirements, deficiency, excess and metabolism of nutrients.
2. To learn about nutritional contributions of different food and different methods of improving nutritional quality of food.

#### **Theory Units:**

- I. Meaning and Definition of Nutrition, Nutrients and Food. Functions of Food.
- II. Structure, Classification, Function, Sources, recommended dietary allowances, deficiency and excess (in brief) of Carbohydrate, Protein and Fat.
- III. Structure, Classification, Function, Sources, recommended dietary allowances, deficiency and excess (in brief) of Vitamins, Minerals and Water.
- IV. Digestion, Absorption and Metabolism of Carbohydrate, Protein and Fat.

#### **Recommended Books:**

- |                             |                  |
|-----------------------------|------------------|
| 1. Food & Nutrition         | M Swaminathan    |
| 2. Food Science             | Mudambi, S.R.    |
| 3. Nutritional Science      | B. Sri Lakshmi   |
| 4. Aahar & Poshan           | Verma & Pandey   |
| 5. Aahar evam Poshan Vigyan | Dr. Aasha Kumari |

# Syllabus for Undergraduate Certificate Programme

## Semester-I

### Major Practical Paper – I

#### Home Science

HSC-MJ-1(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

#### Objectives

1. To acquire skills in different cooking methods.
2. Awareness regarding balanced diet.

#### Unit

- I. Preparation of following items by using different cooking methods: Dhokla, Poha, Veg Rolls, Gulab Jamun, Veg Soup, Roasted Veg Kebab.
- II. Preparation of balanced diet of one day for infancy, childhood and adolescents.

# Syllabus for Undergraduate Certificate Programme:

## Semester-II

### Major Theory Paper - II

#### Home Science

#### Introduction to Human Development

HSC-MJ-2(T)

Credit -04 (Lecture-60)

Full Marks 75

SIE-15

ESE-60

Pass Marks-30

Hours:3

#### Instructions to Question Setter for End Semester Exam (ESE):

There will be two group of questions Group A is compulsory which will contain three questions. Question no, 1 will be very short answer type (MCQs, True/False, Fill in the blanks etc.) consisting of five questions of 1 mark each. Question nos. 2 and 3 will be short answer type of 5 marks each. Group B will contain Descriptive type five questions of fifteen marks each, out of which any three are to answer.

#### **Objectives:**

1. To learn about basic concepts of human development and their stage & principles.
2. To understand pre-natal and post-natal development of children.
3. To sensitize the students towards intervention in the filed of human development.

#### THEORY UNIT

- I. Human development: Meaning, stages, importance and principle of development. Development task.
- II. Prenatal development: Stages & Prenatal influences.
- III. A. Meaning, Development aspects of infancy and childhood:- Physical, social, motor, emotional, languages and cognitive development.  
B. Adolescence: Physical, social, emotional, cognitive, moral development.
- IV. Personality development: Definition, stages of personality development and determinants.

#### **Recommended Books:**

1. Bal Vikas & Parivarik Sambandh : Dr. Mathureshwar Parik.
2. Mantrikala & Shishu Klayan : Dr. G.P. Shairi
3. Manav Vikash : Barma & Pandey
4. Parivarik Sambandh : Barma & Pandey
5. Child Development : Hurlock, E.B.
6. Bal Vikas : Nita Agarwal

# Syllabus for Undergraduate Certificate Programme

## Semester-II

### Major Practical Paper – II

#### Home Science

HSC-MJ-2(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

#### UNIT

- I. Prepare: (a) Height & Weight chart of growing children (b) Pictorial chart of motor development for the child of zero to one year.
- II. Characteristics features of children's cloth & books.
- III. Write a report on the personal and social development of adolescents.