# SYLLABUS FOR FOUR YEAR UNDER GRADUATE PROGRAMME (FYUGP)

# **HOME SCIENCE**

(UNDER CHOICE BASED CREDIT SYSTEM)

As per provision of NEP-2020

**ACEADEMIC 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-mall:- registrarbbmku@gmall.com

Ref. No. BBMKU/CCDC/R/ 7/8 /2020, Dhanbad

Date 14/08/202

## 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

- Chairman 1. Dr. Seema Kumari, Associate Professor HEAD, University Dept. of Home Science, BBMKU, Dhanbad Dr. Manju Kumari, Associate Professor - External Member University Dept of Home Science, Ranchi University, Ranchi - External Member Dr. Reshma Xalxo, Associate Professor University Dept of Home Science, Ranchi University, Ranchi - Member 4. Dr. Chanchala Verma, Assistant Professor University Dept. of Home Science, BBMKU, Dhanbad - Member Dr. Asha Singh, Assistant Professor Dept. of Home Science, Bokaro Mahila College, Bokaro - Member Dr. Anju Verma, Assistant Professor Dept of Home Science, BSSM College, Dhanbad For PG - Chairman Dr. Seema Kumari, Associate Professor HEAD, University Dept. of Home Science, BBMKU, Dhanbad Dr. Gayatri Sahu, Associate Professor - External Expert HEAD, University Dept. of Home Science, VBU, Hazaribag Dr. Asha Kumari Prasad, Associate Professor - External Expert HEAD, University Dept of Home Science, Ranchi University, Ranchi - Member 10. Dr. Chanchala Verma, Assistant Professor

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: -

University Dept. of Home Science, BBMKU, Dhanbad

- 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

Assectant Professor P.G. Depit of Home Science Ranchi University Ranchi - \$34008, Jharkhand



Ashewad Cro Mr. Shial Orsen Near Dr. Raghav Sharan Pendense Bariatu Road, Ranchi-8, Jharkhand Ph., 99431103818

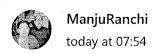
 $A_{i,j}(\Lambda_{i,j})$ 

Date 21/01/2022

This is to certify that for Bin (1440 U.61) Courses in Home, Science (Homs.) at BBMK University Started, Introductory Course. Major Course, Minor Course and advance major Course Under UG-NEP proposed Myllatas are approved.

Cotosnal Member

Ar. Reshma 'salso Associate Professor Associate Professor Department of Home Sci, Roundi University Ranchi





Dr. Manju Kumari Ph.D. D. Utt. Associate Professor University Dept. of Home Science Ranchi University, Ranchi-#34008



Residence: KARNIK COTTAGE A/5, Gauri Enclave, Maitri Marg Barlatu, Ranchi-9 (Jharkhand) Phone: 9651-2541319 Cell.: 9431585498

Date 21-09-2022

This is to certify that syllalus for four year undergraduate programme (FYUMP) cradit—System in Home science at BBMK university, Dhanbad, syllalus for Home science Introductory Course, Major Course, Minor Course and Advance Major Course under NEP-2020 Syllalus are approved.

External Member - MTK.

Dr. Mauju kumani Associale professor University Dept of Home science, R.U. Romali 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

Quema Kumani) 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 Mark	(S	Semest er Internal	End Seme	ster	Pass	Marks
I	CC-1	Language and MI Communication (H	IL lindi)	6	100			100		40	
		Skills (Modern NF Indian Language	H	3	50		-	50		20	
		er	L/Oth nguage	3	50		-	50		20	
	CC-2	Understanding India	iiguage	2	100			100		40	
	CC-3	Heath & Wellness, Yoga Education, Sports Fitness		2	100			100		40	
	IRC-1	Introductory Regular Cou		3	100			100		40	
	IVS-1A	Introductory Vocational Studies-1		3	100			100		40	
	MJ-1	Major Paper I		6	Т	P	T	T	P	T	P
				(4+2)	75	25	15	60	25	30	10
II	CC-4	Language and Communication Skills (English)		6	100			100		40	-
	CC-5	Mathematical & Computer Thinking Analysis	ation	2	100			100		40	
:	CC-6	Global Citizenship Educa & Education for Sustaina Development		2	100			100	-	40	
	IRC-2	Introductory Regular Cou 2	ırse-	3	100			100		40	
	IVS-1B	Introductory Vocational Studies-2		3	100			100		40	
	MJ-2	Major Paper 2		6 (4+2)	T 75	P 25	T 15	T 60	P 25	T 30	P 10
-		Total Credits		44		· · · · · · · · · · · · · · · · · · ·					
Course	Structu	re for Undergradua	ate Di	plom	a Pr	ogra	amme (	Sem	ester	III	& IV)
III	CC-7	Environmental Studies		3	100	<u> </u>		100		40	<u></u>
	CC-8	Digital Education (Elementary Computer Application)		3	100		No on	100		40	
	CC-9	Community Engagement Service (NSS/NCC/Adult Education)	t	3	100			100		40	
	IRC-3	Introductory Regular Cou 3	ırse-	3	100		es es	100		40	
	IAP	Internship/Apprenticeship ject	p/Pro	4	100		4 540	100		40	
,,	MJ-3	Major Paper 3		6	T	P	T	Т	P	T	P
			(	(4+2)	75	25		60	25	30	10
	4	<u> </u>					+	<del></del>	<del> </del>	1	10

IV	MJ-4	Major Paper-4	6 (4+2)	T	P			T	P	Ť		P	
				75	2	5 15	<b>i</b>	60	25	30		10	
	MJ-5	Major Paper -5	6 (4+2	T	P	T		T	P	T		P	
				75	2	5 15		60	25	30		10	
	MN-1	Minor Paper-1	6 (4+2)	T	P	T	<del></del>	T	P	T		P	
			(4.2)	75	2	5 15	·	60	25	30		10	
	VS-1	Vocational Studies -1	4	100				100	<del></del>	40		<u></u>	
		Total Credits	44										
C	ourse Str	ucture for Bachelor's D	egree	Prog	ran	ıme	(Se	emest	er V	7 &	VI)		
V	МЈ-6	Major Paper 6 (Disciplinary //Interdisciplinary Major)	6 (4+2)	T 75	P 2:	T		T 60	P 25	T 3		P	
	MJ-7	Major Paper 7 (Disciplinary	6 (4+2)	$\frac{173}{T}$	$\frac{2}{P}$	T		T	23   P	T			
		/Interdisciplinary Major		75	2:			60	25	3		10	
	MN-2	Minor Paper 2(Disciplinary	6 (4+2)	T	P	T		T	P	1		P	
	VS-2 Vocational Studies		4	75 100	2:	5 15		100	25		0	10	
VI	MJ-8	Major Paper 8 (Disciplinary	6	T	P	T		T		   P	TT	ТР	
**		/Interdisciplinary Major)	(4+2)	75	25	15		60		25	30	10	
	NATO	Major Paper 9 (Disciplinary	6 (4+2	T	P	T		T		P	Т	P	
	MJ-9 MN-3	/Interdisciplinary Major) Minor Paper 3(Disciplinary	6 (4+2)	75 T	25 P	15 T		60 T	<del></del>	25 P	30 T		
	1111, 5	/Interdisciplinary Minor)		75	25	15		60		25	30		
	VS-3	Vocational Studies 3 (Minor)	4	100				100		L	40		
	G	Total Credits	44										
Cour	rse Structure	for Bachelor's Degree with H	lons/Re	search	ı Pro	gram	me	(Seme	ster \	VII &	v VIII	)	
VII	AMJ-1	Advance Major Paper 1 (Disciplinary	6 (4+2)	T 75	P 25	T 15		T 60		P 25	T 30	P 10	
	1.5.2.2	/Interdisciplinary Major) Advance Major Paper 2	6 (4+2)	T	P	Т		T		P	T	P	
	AMJ-2	(Disciplinary /Interdisciplinary Major)		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	6 (4+2)	Т	Р	T		T		Р	T	Р	
		(Disciplinary // Interdisciplinary Major)		75	25	15	<del>, , , , , , , , , , , , , , , , , , , </del>	60		25	30	P	
	43.67.4	Advance Major Paper 4	6 (4+2)	Т	Р	Т		Т		Р	Т	Р	
	AMJ-4	(Disciplinary /Interdisciplinary Major)	·	75	25	15		60	***************************************	25	30	P	
	RC-3	Research Internship/Field Work)	4	100				100			30 10 40		
	RC-4	Research Report)	4	100			10001-200	100			40		
:	VSR	Vocational Studies (Associated with Research)	2	100	100		100			40			
	<del></del>	Total Credit	44	<del> </del>				L	-,	***************************************	L		
		Total Credit	7-7										

## 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 MahtoKoylanchal 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		MJ-1	Fundamentals of food and nutrition.	6(4+2)
Major Paper II		MJ-2	Introduction to Human	C/4:2\
major raper n	"	1013-2	Development	6(4+2)
Major Paper III	111	MJ-3	Fundamentals of	6(4+2)
• • • • • • • • • • • • • • • • • • • •			family Resource	0(4+2)
		,	Management	
Major Paper IV		MJ-4	Introduction to	6(4+2)
			clothing and Textile	O(
Major Paper V	IV %	MJ-5	Applied food and	6(4+2)
			nutrition	-(,
Major Paper VI		MJ-6	Introduction to	6(4+2)
	V		extension education	,
Major Paper VII		MJ-7	Family Relationship	6(4+2)
Major Paper VIII		MJ-8	Early childhood care	6(4+2)
	_  VI		and education	
Major Paper IX		MJ-9	Food Preservation and	6(4+2)
			Processing	
Advance Major		AMJ-1A	Community Nutrition-I	6(4+2)
Paper I		AMJ-1B	Children with	6(4+2)
(Choice to choose any one paper)			Disabilities	
any one paper)	VII	AMJ-1C	Traditional Indian	6(4+2)
Advance Major	-  VII	A D A L D A	Textile	
Paper II		AMJ-2A	Human Physiology	6(4+2)
Choice to choose		AMJ-2B	Extension	6(4+2)
any one paper)		AMJ-2C	Management Communication for	
any one papery		Alvij-2C	Development	6(4+2)
Advance Major		AMJ-3A	Therapeutic Nutrition	6(4:2)
Paper III		AMJ-3B	Child Rights and	6(4+2) 6(4+2)
Choice to choose			Gender Empowerment	U(4TZ)
any one paper)		AMJ-3C	Consumer Education	6(4+2)
			and Safety	U(712)
Advance Major	VIII	AMJ-4A	Community Nutrition-II	6(4+2)
Paper IV		AMJ-4B	Basics of Design	6(4+2)
Choice to choose			application	-(,
any one paper)		AMJ-4C	Entrepreneurship	6(4+2)
			Management	• •

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

# **UNIVERSITY: Binod Bihari MahtoKoylanchal University, Dhanbad**

# **Subject: Home Science**

## **Minor Paper**

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

Paper	Semester	Code	Paper Title	Credit		
Minor Paper – I	IV	MN-1	Introduction to Home	6(4+2)		
			Management and			
			Interior Decoration			
Minor Paper – II	V	MN-2	Fundamentals of	6(4+2)		
			Food and Nutrition			
Minor Paper – III	VI	MN-3	Therapeutic Nutrition	6(4+2)		

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

# 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 diver4se sociocultural 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 manger 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 domainspecific values in Home Science.

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

- 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.

## <u>Unit</u>

- 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.

## **Syllabus for Undergraduate Diploma Programme:**

## **Semester-III**

## **Major Theory Paper - III**

## **Home Science**

## Fundamentals of Family Resource Management

HSC-MJ-3(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 about management process and family resource.
- 2. To learn about management of money, energy and time.

#### **THEORY UNIT**

- I. Home Management: Concept, process and importance. Decision making process.
- II. Motivating factors of management: Value, goals & standards. Types, Importance.
- III. A. Family resources: Types, characteristics & importance
  - B. Money Management: Family income & expenditure. Family Accounts: Importance & types. Budget: Meaning, types & importance.
  - C. Saving & Investment: Meaning, objectives & importance. Means of saving i.e. Bank, Insurance, Private & Public sectors schemes, provident fund scheme. Types of Investments.
- IV. Management of energy: Work simplifications.

#### **Recommended Books:**

1. Grih Prabandh

: Dr. G.P. Shairi

2. Grih Sazza & Grin Vayvastha

: Dr. S.P. Sukhiya

3. Parivarik Sadhno ki Vavyastha

: Barma & Pandey

4. Home Management

: Vargese M.A.

## **Syllabus for Undergraduate Diploma Programme**

## Semester-III

## Major Practical Paper - III

## **Home Science**

HSC-MJ-3(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

1. Preparation of Family Budget for all income groups.

2. Survey on the service of Bank in context of saving & investment.

#### **Recommended Books:**

1. Vastr Vigyan ke Sidhant

: Dr. J.P. Shairy

2. Vastr Vigyan

: Barma & Pandey

## **Syllabus for Undergraduate Diploma Programme:**

## **Semester-IV**

## Major Theory Paper - IV

## **Home Science**

## **Introduction to Clothing and Textile**

HSC-MJ-4(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. Acquaint with different textiles and their performances.
- 2. Impart knowledge on different textiles.

#### **THEORY UNIT**

- I. Textile: Introduction, classification & importance.
- II. A. Composition, Chemical & Physical properties & uses of cotton, wool, silk, nylon & polyester.
  - B. Identification of textile fibers.
- III. Methods of Yarn making & weaving and their effects on quality of fabrics.
- IV. Finishes: Meaning, aims and methods.

#### **Recommended Books:**

1. Vastr Vigyan ke Sidhant

: Dr. Rani Khanuja

2. Vastr Vigyan

: Barma & Pandey

# **Syllabus for Undergraduate Diploma Programme**

## **Semester-IV**

## Major Practical Paper - IV

## **Home Science**

HSC-MJ-4(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

- 1. Different Method of Weaving.
- 2. Identification of Textile Fiber: Visual & Burning test.
- 3. Classification of Textile Fiber.

#### **Recommended Books:**

3. Vastr Vigyan ke Sidhant

: Dr. J.P. Shairy

4. Vastr Vigyan

: Barma & Pandey

## Syllabus for Undergraduate Diploma Programme:

## **Semester-IV**

## Major Theory Paper - V

## **Home Science**

## **Applied Food & Nutrition**

HSC-MJ-5(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 nutritional contributions of different food items
- 2. Different methods of improving nutritional quality of food.

#### **THEORY**

#### **UNIT**

- 1. Composition & nutritional contributions of cereals, pulses, fruits, vegetables, milk & milk products, nut & oilseads, meat, fish & poultry, eggs, sugars, beverages, spices & condiments.
- 11. Different Method of cooking, their advantages & disadvantages.
- Changes take place during cooking and their effect on nutritive value of 111. food.
- IV. Methods of improving nutritional quality of food: Germination, Fermentation, Supplementation, Fortification and Enrichment.

#### **Recommended Books:**

1. Food & Nutrition

: MS. Swaminathan

2. Food Science

: Mudambi, S.R.

3. Nutritional Science

: B. Srilakshmi

4. Ahhar & Poshan

: Barma & Pandey

5. Poshan Vigyan

: S.P. Sukhiya

6. Aahar Poshan Vigyan

: Dr. Asha Kumari

# **Syllabus for Undergraduate Diploma Programme**

## **Semester-IV**

# Major Practical Paper - V

# **Home Science**

HSC-MJ-5(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

## <u>UNIT</u>

1. Development of Food products by germination: Sporouts

2. Development of Food products by fermentation: Idle & Dhokla

3. Nutritional contribution of different type of milk products.

## **Semester-V**

## Major Theory Paper - VI

## **Home Science**

## **Introduction to Extension Education**

HSC-MJ-6(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. Understand the widening concept of extension.
- 2. Be aware of the extension models in practice and their scope in facilitating development.

#### **THEORY UNIT**

- Ι. Meaning, scope, objectives & importance of extension education.
- 11. Philosophy & principle of extension education.
- III. Extension teaching methods: Classification, factors affecting choice & use of methods.
- IV. A. Rural sociology & its importance for extension workers. Characteristics of rural life.
  - B. Leader: functions, qualities & Identifications.

#### **Recommended Books:**

1. Prasar Shiksha & Sanchar Vayvastha : Shaw & Shaw

2. Prashar Shiksha : Dr. Harpalini.

## Semester-V

## Major Practical Paper - VI

# **Home Science**

HSC-MJ-6(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

#### **UNITS:-**

- I. Poster making
- II. Visit of specific measures for women and children such as DWCRA, ICDS, Anganwadi.
- III. Preparation of Flash Card, Puppets.

#### **Semester-V**

## Major Theory Paper - VII

#### **Home Science**

## **Family Relationship**

HSC-MJ-7(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:**

#### The student will

- 1. Acquire knowledge and insight about marriage and family systems in India.
- 2. Became aware of the changing roles and relationship within family.
- 3. Understand the families in crisis.

#### **THEORY UNIT**

- I. The Family: Definition, Type and Life Cycle.
- II. Marriage: Goal, Functions and challenges.
- III. Interrelationship within family: Role, right and responsibilities with the family.
- IV. A. Families & Problems: Marital disharmony, families in distress, violence, dowry, violence against women.
  - B. Intervention for families in trouble-scope, needs, counselling: pre marital & marital. Welfare & rehabilitations policies & programme implemented by government.

#### **Recommended Books:**

- 1. The Urban family: A study of Hindu social system: A. K. Lal
- 2. Parivarik Sambandh

: Barma & Pandev

# Semester-V

# Major Practical Paper - VII

## **Home Science**

HSC-MJ-7(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

#### <u>UNIT</u>

- $1.\ \mathsf{A}$  comparative study on rural and urban family on social economical and religious perspective.
- 2. A survey on the problems of women in society.
- 3. Visit to Old Age Home.

## **Semester-VI**

## Major Theory Paper - VIII

#### **Home Science**

## **Early Childhood Care & Education**

HSC-MJ-8(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 about intelligence, early childhood education.
- 2. To understand importance of play & family relationship.

#### **UNIT**

- I. Child rearing practices: Introduction & different techniques of child rearing.
- II. Early childhood education and its importance, nursery, school-role, scope & importance.
- III. Child parent relationship: Introduction, over protection: cause & impact.
- IV. A. Play: Introduction, utility & importance in development. Types of play & characteristics of child play.
  - B. Substitute care at home & outside: Introduction, importance.

#### **Recommended Books:**

Bal vikash & parivarik Sambandh : Dr. Mathureshwar Parik.

2. Matrikala & Shishu Kalyan : 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

() $\bigcirc$  $\cap$  $\mathcal{L}$ 

## **Semester-VI**

## **Major Practical Paper - VIII**

## **Home Science**

HSC-MJ-8(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

- 1. Preparation of play material for child.
- 2. Preparation of food items for early childhood.
- 3. A comparative survey on development of children having both parents working and signal parent working.

## Semester-VI

## Major Theory Paper - IX

## **Home Science**

## **Food Preservation & Processing**

HSC-MJ-9(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.

- I. A). Food which can be preserved Food which need to preserved at various seasons.
  - B). Food preservation Physical methods, drying, freeze drying, heat treatment, irradiation, high pressure processing, chemical preservatives & normal anti microbial compounds biologically based preservation, system & probiotic bacteria.
- II. A). Spoilage of different groups of food.
  - B). Importance of microorganism in food.
- III. Fermentation technology Use of yeast, milk product, fermented vegetables, beer, vinegar, fermented soy products.
- IV. A. Fruits and vegetables processing: Canning with special reference to fruit & vegetables syrup and canned food, precaution to be taken. Principle of food concentration, fruit, concentration, Jam, Jelly.
  - B. Packaging: Pickles, Chutney, Sauces.

#### **Recommended Books:**

1. Bal vikash & parivarik Sambandh : Dr. Mathureshwar Parik.

2. Matrikala & Shishu Kalyan : Dr. G.P. Shairi

3. Manav Vikash4. Parivarik Sambandh3. Barma & Pandey4. Barma & Pandey

5. Child Development : Hurlock, E.B.

6. Bal Vikas : Nita Agarwal

## **Semester-VI**

## **Major Practical Paper - IX**

# **Home Science**

HSC-MJ-9(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

- 1. Jam, Jelly Preparation.
- 2. Preparation of pickels, chutnieys and sauces.
- 3. Preparation of food items using fermentation technology.

# Syllabus for Diploma Programme:

## Semester-IV

## Minor Theory Paper - I

## **Home Science**

# **Introduction to Home Management and Interior Decoration**

HSC-MN-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 about interior decoration & different types of Flower arrangement, Furniture and Furnishing materials.

#### **THEORY UNIT**

- ١. Interior decoration: Elements and principle of design.
- Colour & its role in home decoration. Lighting Arrangement in different rooms. 11.
- Flower arrangement: Meaning and Types. 111.
- Furniture & Furnishing: Types & factors affecting purchasing of furniture & home IV. furnishing materials. Care of furniture & furnishing materials.

#### **Recommended Books:**

1. Grih Prabandh

: Dr. G.P. Shairi

2. Grih Sazza & Grin Vayvastha

: Dr. S.P. Sukhiya

3. Parivarik Sadhno ki Vavyastha : Barma & Pandey

4. Home Management

: Vargese M.A.

# Syllabus for Diploma Programme:

# **Semester-IV**

# Minor Practical Paper - I

## **Home Science**

HSC-MN-1(P)

Credit: 02(Lecture 60)

Full Marks:25

Pass Marks: 10

Hours: 6

- 1. Flower arrangement in different styles.
- 2. Colour wheel preparation.
- 3. Market survey on furnishing materials.

## Semester-V

# Minor Theory Paper - II

## **Home Science**

# Fundamentals of Food & Nutrition

HSC-MN-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 understand of basic concepts of food & nutrition, role of various nutrients & their requirements, role of deficiency & excess and metabolism of nutrients.

## **THEORY UNIT**

- I. Meaning & definition of nutrition, nutrients & food. Function of food.
- II. Structure, classification, functions, sources, recommended dietary allowance, deficiency & excess (in brief) of carbohydrates, fats and proteins.
- III. Vitamins, Minerals & Water.
- IV. Digestion, absorption metabolism of carbohydrates, fats & proteins.

#### **Recommended Books:**

1. Food & Nutrition

: MS. Swaminathan

2. Food Science

: Mudambi, S.R.

3. Nutritional Science

: B. Srilakshmi

4. Aahar & Poshan

: Barma & Pandey

5. Poshan Vigyan

: S.P. Sukhiya

6. Aahar Poshan Vigyan

: Dr. Asha Kumari.

## **Semester-V**

# Minor Practical Paper - II

# **Home Science**

HSC-MN-2(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

- 1. Cooking: (a) Dhokla, (b) Poha, (c) Veg rolls, (d) Gulab Jamun, (e) Pastas, Ice-Cream, (f) Veg Soups, (g) Chikki.
- 2. Preparation of chart on vitamins or minerals.

## Syllabus for Bachelor's Degree Programme:

# Semester-VI Minor Theory Paper - III Home Science Therapeutic Nutrition

HSC-MN-3(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 gain knowledge about therapeutic died in different disease and mode of feeding.

## **CONTENTS UNIT**

- I. Principles of diet therapy
- II. Modification of diet –Types, importance
- III. Nutritional management & diet planning for:
  - Under weight & over weight
  - Typhoid
  - Constipation
  - Heart disease: Hypertension
  - Diabetes
  - Peptic ulcer
  - Hepatitis
  - Kidney disease: Kidney failure
- IV. Feeding methods: Meaning & Types.

#### **Recommended Books:**

1. Aahar & Upchararth Poshan

: B.D. Harpalani

2. Aahariki

: Barma & Pandev

3. Aahar & Poshan

: Barma & Pandev

4. Dietetics

: Sri Lakshmi, B.

5. Food & Nutrition

: M.S. Swaminathan

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

# **Syllabus for Bachelor's Degree Programme:**

## Semester-VI

## Minor Practical Paper - III

## **Home Science**

HSC-MN-3(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Prepare modified diet for constipation, diabetes and cardio vascular disease.
- 2. Planning a day meal for deficiency disease
  - a. Vitamin 'A' deficiency
  - b. Calcium deficiency
  - c. Anemia
  - d. Protein calorie malnutrition.

## **Semester-VII**

## <u>Advance Major Theory Paper – IA</u>

# **Home Science Community Nutrition-I**

HSC-AMJ-1A(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 be familiar with community nutritional problem, cause and its eradication.
- 2. To know common health hazards and methods of nutritional assessment.

#### **THEORY UNIT**

- I. Basic concepts of community nutrition & factors influencing community nutrition.
- II. Common nutritional problems in India: Causes & eradications.
- III. A. Assessment of the nutritional status of community: Anthropometry, clinical examinations, vital statistics.
  - B. Immunization schedule of infant & children.
- IV. Food habits: Meaning & factors affecting food habits.

#### **Recommended Books:**

1. Upcharath Aahar tha Samudayik Poshan

: B.K. Bakshi

2. Aahar & Poshan

: Barma & Pandey

# Semester-VII Advance Major Practical Paper – IA Home Science

HSC-AMJ-1A(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Assessing nutritional status of children by using anthropometric measurement.
- Clinical methods prepare a project on specific nutritional deficiency disease identification of symptoms, causes, effect and developing awareness to prevent them.
- 3. Prepare an immunization chart of infant and children.

...) . ) 

### **Semester-VII**

## <u> Advance Major Theory Paper – IB</u>

# **Home Science Children with Disabilities**

HSC-AMJ-1B(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.

#### Unit 1 Introduction to Childhood Disabilities

- Defining disabilities
- Models of disability
- Classifying disabilities
- Social construction of disability
- Demography

#### **Unit 2 Common Childhood Disabilities**

Identification, Assessment and etiology with reference to

- Locomotor disability
- Visual disability
- Auditory and speech disability
- Intellectual disability
- Autism
- Learning Disability

#### Unit 3 Children with Disabilities and Society

- Families of children with disability
- Prevention and management of different disabilities
- Educational practices-Special education and inclusion
- Policy and laws

#### **Recommended Books:**

- 1. Chopra, G., (2012), Early Detection of Disabilities and persons with disabilities in the community. New Delhi: Engage publications.
- 2. Chopra, G., (2012), Stimulating Development of Young Children with Disabilities Anganwadi and at Home: A Practical Guide. New Delhi: Engage publications.

# Semester-VII Advance Major Practical Paper – IB Home Science

HSC-AMJ-1B(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Visits to organizations working for children with disabilities.
- 2. A survey on children with disabilities in families and institutions.
- 3. Prepare a chart on policy and laws implemented for children with disabilities.

## **Semester-VII**

## Advance Major Theory Paper - IC

## **Home Science**

## **Traditional Indian Textiles**

HSC-AMJ-1C(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.

#### Unit 1 Study of Textile Crafts of India:

- Woven Textiles-Banaras Brocades, Jamdanis and Balucharies of Bengal, Kani Shawls of Kashmir.
- Embroidered Textiles-Kanthas of Bengal, Kasuti of Karnataka, Phulkari of Punjab, Chikankari of Uttar Pradesh, Kashida of Kashmir, Gujarat embroideries.
- Painted and Printed textiles Kalamkaris of Andhra Pradesh, Dabu printing of Rajasthan, Ajarakh prints of Gujarat
- Dyed textiles Bandhnis of Rajasthan and Gujarat, Ikats- Patola of Gujarat, Bandhase of Orissa. Telia Rumal.

### Unit 2 Status of Traditional Texties in Modern India

- Evolution and socio-economic significance of Khadi, Handloom and Handicraft Sector.
- Sustenance of traditional textile crafts
- Interventions by organizations.

#### **Unit 3 Conservation of Textiles**

Care and storage of textiles.

#### **Recommended Books:**

- 1. Agarwal, O.P., 1977, Care and Presentation of Museum projects-II NRL
- 2. Chattopadhaya, K.D., 1995. Handicrafts of India, Wiley Eastern Limited, N Delhi
- 3. Das, Shukla, 1992, Fabric Art-Heritage of India, Abhinav Publications, N Delhi.

## <u>Semester-VII</u> <u>Advance Major Practical Paper – IC</u> <u>Home Science</u>

HSC-AMJ-1C(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Embroidery stitches of traditional embroideries.
- 2. Tie & dye using various techniques, Batik printing, Block printing.

#### **Semester-VII**

## Advance Major Theory Paper - 2A

# Home Science Human Physiology

**HSC-AMJ-2A(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:**

#### To become acquainted with:

- 1. An elementary idea about human physiology.
- 2. Role of enzymes & hormones in the body.

#### UNIT

- I. Human cell, tissues and its functions.
- II. Cardiovascular system: Structure and function of heart.
- III. Digestive System: Structure & functions of digestive organs. Enzymatic action with special reference to digestion, absorption and metabolism of food.
- IV. Endocrine glands and hormones: Thyroid, Adrenal, Pituitary, Pancreas and Reproductive.

#### **Recommended Books:**

1. Food & Nutrition

: MS. Swaminathan

2. Food Science

: Mudambi, S.R.

3. Nutritional Science

: B. Srilakshmi

4. Aahar & Poshan

: Barma & Pandey

5. Poshan Vigyan

: S.P. Sukhiya

6. Aahar Poshan Vigyan

: Dr. Asha Kumari.

# Semester-VII Advance Major Practical Paper – 2A Home Science

HSC-AMJ-2A(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Draw the diagram of different internal physiological system with pointing out the subparts and their name.
- 2. Prepare a chart on different enzymes and their functions.

## Semester-VII

## Advance Major Theory Paper - 2B

## **Home Science**

## **Extension Management**

HSC-AMJ-2B(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.

#### **Unit 1 Extension: Concept**

- Extension Education : concept, goals, philosophy and history
- Adult learning components of extension education
- Principles of extension education
- Relationship between communication and extension education role of extension education in development.

## Unit 2 Methods and Approaches of Extension

- Stakeholders in development
- People's participation and social mobilization in development
- Extension systems- types, advantages and disadvantages
- Diffusion of innovation and adoption
- Extension methods and approaches classification, characteristics and selection

### **Recommended Books:**

- 1. Mikkelsen, Britha, (2002), Methods for Development Work and Research. New Delhi: Sage Publications.
- 2. Dale. R, (2004) Evaluating Development Programmes and Projects. New Delhi: Sage Publications.
- 3. Kumar & Hansra, (1997) Extension Education for Human Resource Development. New Delhi: Concept Publishers.

## <u>Semester-VII</u> <u>Advance Major Practical Paper – 2B</u> <u>Home Science</u>

HSC-AMJ-2B(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

1. Analysis of development programmes in extension system.

- 2. Evaluate strategies used by development agencies for implementation of development programmes.
- 3. Survey on Adult Education System.

## Semester-VII

## Advance Major Theory Paper - 2C

## **Home Science**

## Communication for Development

HSC-AMJ-2C(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.

### **Unit 1 Concept of Development Communication**

- Concept of development, characteristics of developing countries
- Measuring development Indices of measuring development and classification of countries based on development indices.
- Models of Development Dominant Paradigm, Basic Needs Model, New Paradigm of development.

## **Unit 2 Understanding Paradigms of Development**

- Press theories: Normative: Authoritarian, Libertarian, Social Responsibility, Democratic Participant theory: Sociological: Uses & Gratification, Agenda setting: Two-Step Flow: Psychological: Bullet Theory
- Success stories in Development Communication

## **Unit 3 Development Communication and Media**

- Traditional Media: Types, characteristics, role in development communication.
- News reporting: Definition of news, ingredients and qualities of news, news value, types of news reports, structure of news reports.
- Television: Programs and genres: Role in development communication

#### **Recommended Books:**

- 1. Narule Uma (1994) Development Communication, New Delhi, Hariand Publication.
- 2. Servaes, Jan (2008) Communication for Development and Social changes, New Delhi, Sage Publication.
- 3. Paulo Mefalopulos, Development Communication Sourcebook- Broadening the boundaries of communication, The World Bank, 2008.

# Semester-VII Advance Major Practical Paper – 2C Home Science

HSC-AMJ-2C(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Analysis of media for development communication.
- 2. Analysis of development indicators National and International perspectives.

## **Semester-VIII**

## Advance Major Theory Paper - 3A

# Home Science Therapeutic Nutrition

HSC-AMJ-3A(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:**

2. To gain knowledge about therapeutic died in different disease and mode of feeding.

#### **CONTENTS UNIT**

- i. Principles of diet therapy
- ii. Modification of diet –Types, importance
- iii. Nutritional management & diet planning for:
  - Under weight & over weight
  - Typhoid
  - Constipation
  - Heart disease: Hypertension
  - Diabetes
  - Peptic ulcer
  - Hepatitis
  - Kidney disease: Kidney failure
- iv. Feeding methods: Meaning & Types.

#### **Recommended Books:**

5. Aahar & Upchararth Poshan

: B.D. Harpalani

6. Aahariki

: Barma & Pandey

7. Aahar & Poshan

: Barma & Pandey

8. Dietetics

: Sri Lakshmi, B.

9. Food & Nutrition

: M.S. Swaminathan

# Semester-VIII Advance Major Practical Paper – 3A Home Science

HSC-AMJ-3A(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

Hours: 6

1. Prepare modified diet for constipation, diabetes patient.

2. Planning and preparation of diet and calculation of nutrient for the patients of :

Cardio – Vascular disease – Hypertension and antherosclerosis

Gastrointestinal Problems - Diarrhiea, Obesity and peptic ulcer.

## **Semester-VIII**

## Advance Major Theory Paper - 3B

## **Home Science**

## **Child Rights and General Empowerment**

HSC-AMJ-3B(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. Understanding Child Rights

- Meaning of Child Rights and Convention of Child Rights
- Knowing disadvantage and exclusion in relation to children
- Demographic profile of the child in India
- The role of state, family and children in promotion and protection of child rights

### 2. Children in Different circumstances

- Street children, working children and homeless children
- Child Abuse
- Child Trafficking
- Children in conflict with law
- Laws and policies

#### 3. Conceptualizing Gender

- Defining terms sex, gender, masculinity, femininity
- Socialisation for gender- gender roles, gender stereotypes
- Patriarchy and social institutions
- Perspectives on feminism

### 4. Gender Empowerment

- Demographic profile
- Issues and concerns related to girls and women in India
- Media and gender
- Laws, policies and programmes for girls and women in India

#### Recommended Books

- 1. Agarwal, A & Rao, B.V. (2007), Education of Disabled Children, New Delhi: Eastern Book Corporation.
- 2. Agnes, F. (1999) Law and Gender Inequality: The politics of Women's Right in India. Oxford University Press.
- 3. Bajpai, A (2006) Child Rights in India: Law, Policy and Practice. Oxford University Press.
- 4. Kishwar, M. (1999) Off the Beaten Track: Rethinking Gender Justice for India Women. New Delhi: Oxford University Press.

# Semester-VIII Advance Major Practical Paper – 3B Home Science

HSC-AMJ-3B(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Understanding child rights and children in diverse social groups through visits.
- 2. Interactions with children in difficult circumstances.
- 3. Organizing a departmental seminar on policies and programmes implemented by government for girls and women in India.

## Semester-VIII

## Advance Major Theory Paper - 3C

## **Home Science**

# **Consumer Education and Consumer Safety**

**HSC-AMJ-3C(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.

- Unit I Consumer Education: Brief History, Definition, Concept and Significance, needs, objectives.
- Unit II Consumer Protection: Need, Measure and methods. Role of consumer organization- National and International Consumer, International Regional Offices at Pune, India.
- Unit III Future of consumer Education: Needs for research, organizing implementing.

  Organization role Agencies conducting and supporting research. Formulation of projects in consumer research. Empowerment of consumers.
- Unit IV- Quality Control and Standardization for : Food, Textile, Consumer durable, Building materials.

#### **Recommended Books**

- 1. Chandra, R. (1995): The emerging consumer, New Age International Publishers Ltd. and Wiley Eastern Ltd, New Delhi.
- 2. Margery, K. Schiller (1989): A guide book for teaching consumer.

# Semester-VIII Advance Major Practical Paper – 3C Home Science

HSC-AMJ-3C(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Study of labels of consumer goods for safety, instructions for care and maintenance, quality marks etc.
- 2. Preparation of a list for quality control and standardization for food and building material.
- 3. Preparation of chart on polices and laws implemented for consumers.

## **Semester-VIII**

## Advance Major Theory Paper - 4A

# Home Science Community Nutrition-II

HSC-AMJ-4A(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 be familiar with community nutritional problem, cause and its eradication.
- 2. To understand about role of welfare programme and organization for community health.
- 3. To know common health hazards and methods of nutritional assessment.

#### **THEORY UNIT**

- I. National nutritional programme.
- II. Nutrition education: Objectives, Methods & Importance.
- III. Role of National & International Organization in improving nutritional status of the community.
- IV. Hazards of community nutritional status:

Food adulteration

Food poisoning

Pesticide residues in food

Food contamination

Food spoilage preservation: Type & Importance.

V. Food Preservation: Methods and Importance.

#### **Recommended Books:**

1. Upchararth Aahar and Samudayik Poshan

: B.K. Bakshi

2. Aahar & Poshan

: Barma & Pandey

## <u>Semester-VIII</u> <u>Advance Major Practical Paper – 4A</u> <u>Home Science</u>

HSC-AMJ-4A(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Prepare a chart on the National Nutritional Programmes.
- 2. Prepare a chart on objectives of National and International Organizations working for improving nutritional status of community.
- 3. Produce sample of preserved food items consisting different methods of preservation.

## **Semester-VIII**

## Advance Major Theory Paper - 4B

## **Home Science**

## **Basics of Design Application**

HSC-AMJ-4B(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:**

#### **Unit 1 Design Fundamentals**

- Objectives of Arts & Interior Design.
- Types of Design: Structural & Decorative.
- Elements of Design: Space, Point, Line, Shape, Form, Texture, Light & Color
- Principles of Design Rhythm, Balance, Proportion, Emphasis, Unity, (Variety, Simplicity/Economy/Suitability).
- Composition of a Drawing Harmony, Clarity, Adequacy.
- Color & Application.
  - Dimension of color.
  - Importance of color & its role in creation of the design.
  - Color system & Theories.
  - Color Harmonies.
  - Principles of Design as applied to color use.
  - Color Forecasting.

## **Unit 2 Furniture & Furnishings: Historical Perspectives & Contemporary Trends**

- History of Interior Design including periods like Mughal Architecture, Colonial style Renaissance.
- Furniture Type, Construction, Selection and purchase, Arrangement, Care at maintenance.
- Furnishings selection, care and maintenance of fabrics used for –
   Soft furnishings: curtains and draperies, upholstered furniture, cushions at pillows etc.
   Floor coverings
- Accessories Uses, Classification, Design, Selection & Arrangement.
- Traditional and Modern Surface Finishes types and uses
  - Furniture
  - Wall
  - Floor
  - Ceilings
  - Roofing

#### **Recommended Books**

- 1. Lawrence M. (1987), Interior Decoration, New Jersey: Chartwell Books.
- 2. Riley & Bayen, (2003), The Elements of Design, Mitchell Beazley.

# Syllabus for Bachelor's Degree with Hons/Research Programme: <u>Semester-VIII</u>

# Advance Major Practical Paper – 4B Home Science

HSC-AMJ-4B(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. Color Color wheel Dimension & Harmoies of color.
- 2. Furniture & Furnishing plans of specific areas: Middle income group house, office.
- 3. Preparation of Rangoli and Alpana.

## <u>Semester-VIII</u>

# <u>Advance Major Theory Paper – 4C</u>

## **Home Science**

## **Entrepreneurship Management**

HSC-AMJ-4C(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.

- Unit I Conceptual Framework: Concept need and process in entrepreneurship development. Government policies and schemes for enterprise development.
   Institutional support in enterprise development and management.
- Unit II The Entrepreneur: Developing Entrepreneurial competencies self awareness, interpersonal skills, creativity assertiveness, achievement, factors affecting entrepreneur's role.
- Unit III Growth strategies : Performance appraised and assessment
- **Unit –** IV **Consu**mer Protection : Need, measure and methods. Consumer laws-role and provision of the implication.

#### **Recommended Books**

- 1. Akhauri M.M.P. (1990): Entrepreneurship for women in India, NIESBUB, New Delhi.
- 2. Hisrich, R.D. and Brush, C.G. (1986) The Women Entrepreneurs, D.C. Health and Co. Torento

# Semester-VIII Advance Major Practical Paper – 4C Home Science

HSC-AMJ-4C(P)

Full Marks:25

Credit: 02(Lecture 60)

Pass Marks: 10

- 1. SWOT analysis with respect to entrepreneurial competencies through case profiling of successful entrepreneurs and enterprises.
- 2. Preparation of tools of evaluation, observation sheet.

# FORMAT OF QUESTION PAPER FOR SEMESTER INTERNAL EXAMINATION



# Binod Bihari Mahato Koylanchal University, Dhanbad

# Question format for 10 Marks:

T1 3 5 4 5	Subject/Code	
F.M.=10	Time=1Hr.	Exam Year
General 1	nstruction:	Daum I car
i.	Group A carries very short answer type compulsory question.	
ii.	Answer 1 out of 2 subjective/descriptive questions given in Group B.	
iii.	Answer in your own words as far as practicable.	
iv.	Answer all sub parts of a question at one place.	
v.	Numbers in right indicate full marks of the question.	
	Group A	
1.		[5x1=5]
	i	[0.11 0]
	ii	
	iii	
	iv	
	V	
2	Group B	
2	***************************************	[5]
3	••••••••••••••••••••••••••••••••••••••	[5]
Note: Ther	e may be subdivisions in each question asked in Theory Exar	nination.

# FORMAT OF QUESTION PAPER FOR SEMESTER INTERNAL EXAMINATION



# Binod Bihari Mahato Koylanchal University, Dhanbad

# Question format for 20 Marks:

	Subject/Code	
F.M.=20	Time=1Hr.	Exam Year
General I	Instruction:	DAMM I VAI
i.	Group A carries very short answer type compulsory question.	
ii.	Answer 1 out of 2 subjective/descriptive questions given in Group B.	
iii.	Answer in your own words as far as practicable.	
iv.	Answer all sub parts of a question at one place.	
v.	Numbers in right indicate full marks of the question.	
1.	Group A	
1.		[5x1=5]
	1	
	11	
	iii	
	iv	
	V	
2.	***************************************	[5]
		<b></b>
2	<u>Group B</u>	
3 4		[10]
4	•	[10]
Note: There	e may be subdivisions in each guardian at 11 my	
2.000. 111010	e may be subdivisions in each question asked in Theory Exar	nination.



# Binod Bihari Mahato Koylanchal University, Dhanbad

# Question format for 50 Marks:

	Subject/Code	
F.M.=50	Time=3Hrs.	Exam Year
General 1	Instruction:	LAMII I CAI
i.	Group A carries very short answer type compulsory question.	
ii.	Answer 3 out of 5 subjective/descriptive questions given in Group B.	
iii.	Answer in your own words as far as practicable.	
iv.	Answer all sub parts of a question at one place.	
V.	Numbers in right indicate full marks of the question.	
_	Group A	
1.		[5x1=5]
	i	[
	ii	
	iii	
	iv	
	V	
	Group B	
2	•••••••	[15]
3	••••••	[15]
4	•	[15]
5,	***************************************	[15]
6		[15]
Note: Ther	e may be subdivisions in each question asked in Theory Exar	



# Binod Bihari Mahato Koylanchal University, Dhanbad

# Question format for 60 Marks:

Subject/Code		
F.M.=60	Time=3Hrs.	Exam Year
General 1	Instruction:	
i.	Group A carries very short answer type compulsory question.	
ii.	Answer 3 out of 5 subjective/descriptive questions given in Group B.	
iii.	Answer in your own words as far as practicable.	
iv.	Answer all sub parts of a question at one place.	
v.	Numbers in right indicate full marks of the question.	
	Group A	
1.	<u> </u>	[5v1-5]
i.		[5x1=5]
ii.		
iii.		
iv.	***************************************	
v.	***************************************	
2	••••••	[5]
3		[5]
	Group B	[~]
4	••••••	[15]
5	***************************************	[15]
6	***************************************	[15]
	***************************************	[15]
	***************	[15]
o	***************************************	[15]
lote: There	e may be subdivisions in each question at 11 mg	
	e may be subdivisions in each question asked in Theory Exar	nination.



# Binod Bihari Mahato Koylanchal University, Dhanbad

## Question format for 75 Marks:

F.M.=75	Subject/Code Time=3Hrs.	E-vous X/
	nstruction:	Exam Year
i.	Group A carries very short answer type compulsory question.	
ii.	Answer 4 out of 6 subjective/descriptive questions given in Group B.	
iii.	Answer in your own words as far as practicable.	
iv.	Answer all sub parts of a question at one place.	
v.	Numbers in right indicate full marks of the question.	
1.		[5x1=5]
	i	
	ii	
	iii	
•	iv	
	v	
2		[5]
3	•••••	[5]
	Group B	
	***************************************	[15]
5	•••••••	[15]
6	•••••	[15]
7	***************************************	[15]
8	•••••	[15]
0		[15]
Note: Ther	e may be subdivisions in each question asked in Theory Exa	~ _



# Binod Bihari Mahato Koylanchal University, Dhanbad

# Question format for 100 Marks:

	Subject/Code	
F.M.=100	11116-31118.	Exam Year
General I	nstruction:	
i.	Group A carries very short answer type compulso	ory question
ii.	Answer 4 out of 6 subjective/descriptive question	s given in Group B
iii.	Answer in your own words as far as practicable.	s g. ven in Group B.
iv.	Answer all sub parts of a question at one place.	
v.	Numbers in right indicate full marks of the question	on.
	Group A	
1.		[10x1=10]
	i. vi	
	ii. vii	
	iii. viii. viii	
	iv. ix	
	v x	•••••
	•••••	[5]
3	***************************************	[5]
	Group B	[-]
	•••••	[20]
5	•••••	[20]
6	•	[20]
7	*************	[20]
	*************	
	***********	[20]
	*	[20]
lote: There	may be subdivisions in each question ask	ed in Theory Evening!
	- Jacobion ask	od in Theory Examination.