

**Bachelor of Arts TDC(CBCS) As per the NEP
2020 (Semester I to IV)**

w.e.f. the Academic Session 2024-25

Discipline: Home Science

Faculty: Social Sciences

2024-25 Onwards



**Pandit Deendayal Upadhyaya Shekhawati University,
Sikar 332024**

w.e.f. 2024-25

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Shekhawati University,
Sikar(Rajasthan)**

Bachelor of Arts
(CBCS) As per the NEP 2020 (Semester I to IV)
w.e.f. the Academic Session 2024-25
Discipline: Home Science
Faculty: Arts

Semester	Course title	Credits	Course Code	Credit distribution of the course			Eligibility criteria
				Lecture	Tutorial	Practical/ Practice	
I	Family Resource Management	DSC (3)	24BHM5101T	3	0	0	10+2 from any recognized Board
I	Family Resource Management Practical	DSC(1)	24BHM5101P	2	0	0	
II	Food and Nutrition	DSC (3)	24BHM5201T	3	0	0	
II	Food and Nutrition Practical	DSC (1)	24BHM5201P	2	0	0	
III	Textiles	DSC(3)	24BHM6301T	3	0	0	
III	Textiles Practical	DSC (1)	24BHM6301P	2	0	0	
IV	Nutrition: A Life Cycle Approach	DSC (3)	24BHM6401T	3	0	0	
IV	Nutrition: A Life Cycle Approach Practical	DSC (1)	24BHM6401P	2	0	0	

Semester – I
Paper – I

Learning Objectives

- To achieve goals in life through judicious resource management
- To utilize the available resources effectively.

Learning outcomes

- To develop an understanding of theoretical concepts related with **Family Resource Management**.
- To create strong foundation of various Family Resource Management and its application.
- To extend knowledge of motivating factors in home management.
- To cover basic contents for various competitive examinations such as civil services, state level

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PSC exams, school education exams and so on.

Course Title:	Family Resource Management	Course Code:
Total Lecture hour 40		24BHM5101T
Unit I	Concept and scope of family resource management Processes in resource Management , Decision Making	Hours
Unit II	Meaning, classification and characteristics of family resources, factors affecting utilization of resources. Motivating factors in home management: values, standards and goals and their inter-relationship.	10
Unit III	Money-Types of income, Supplementing family income Time-Concept, Factors and steps in time management	10
Unit IV	Energy- Efforts, Fatigue, Work simplification, Steps in successful event planning—Planning, Budgeting and Evaluating.	10

Reference Books:

1. Rao V.S and Narayana P.S., Principles and practices of management, 2007, konark publishers Pvt Ltd.
2. Nickell, P and Dorsey, J.M., Management in family living, 2015, CBS Publishers and Distributors Management for Modern Families – I.H.Gross and E.W. Crandall.
3. Home Management - Vergese, Ogale, Srinivasan
4. Home Management for Indian Families. – M.K.Mann
5. Home Management – Education Planning Group, Arya publishing house, Delhi.
6. Text book of Home Science- Premlata Mallick.
7. An Introduction to family Resource management-Premavathy Seetharaman, Sonia Batra & Preeti mehera
8. Koontz H and O'Donnel C, 2005 Management- A System and Contingency analysis of Managerial Functions. New York: Mc Graw – Hill Book Company
9. Kretiner, 2009 , Management Theory and Applications , Cengage Larning : India

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Paper – II

Course Title:	Family Resource Management Practical	Course Code: 24BHM5101P
Total Lecture hour	26	Hours
PRACTICAL		
1. SWOC analysis		
2. Building decision making abilities through management games (Any two)		
3. Preparation of time plans for one day for self and family. Event planning for family occasion.(Any one).		
Reference Books:		
1. Rao V.S and Narayana P.S., Principles and practices of management, 2007, konark publishers Pvt Ltd.		
2. Nickell, P and Dorsey, J.M., Management in family living,2015,CBS Publishers and Distributors Management for Modern Families – I.H.Gross and E.W. Crandall.		
3. Home Management - Vergese, Ogale, Srinivasan		
4. Home Management for Indian Families. – M.K.Mann		
5. Home Management – Education Planning Group, Arya publishing house,Delhi.		
6. Text book of Home Science- Premlata Mallick.		
7. An Introduction to family Resource management-Premavathy Seetharaman, Sonia Batra & Preeti mehera		
8. Koontz H and O'Donnel C, 2005Management- A System and Contingency analysis of Managerial Functions. New York: Mc Graw – Hill Book Company		
9. Kretiner, 2009 , Management Theory and Applications , Cengage Larning : India		

Semester – II

Paper – III

Learning Objectives

- To understand basic concepts of food, nutrition and their related terms
- To study the functions, requirement & deficiency of macro & micronutrients in the human body.
- To examine the difference between weights & measures of raw & cooked foods. To gain knowledge on nutritional contribution of various foods and principles involved in its cooking

Learning outcomes

Course Title:	Food and Nutrition	Course Code: 24BHM5201T
Total Lecture hour 40		Hours
Unit I	Basic terms used in study of food and nutrition. Understanding relationship between food, nutrition and health. Classification of food Functions of food- physiological, psychological and social.	10
Unit II	Classification, Functions, dietary sources, daily requirement and clinical manifestations in deficiency/ excess of the following nutrients: Carbohydrates, Proteins and Lipids Fat soluble vitamins- A, D, E and K Water soluble vitamins- Thiamin, Riboflavin, Niacin, Folate, Vitamin B12 and Vitamin C, Minerals- Calcium, Iron, Zinc and Iodine.	10
Unit III	Nutritional contribution and changes during cooking of the following food groups: Cereal Pulses Fruits and vegetables	10

	Milk & milk products Meat, poultry and fish	
Unit IV	Methods of cooking- Dry, moist, frying and microwave cooking---their advantages and disadvantages. Enhancing the nutritional quality of foods --- Supplementation, germination, fermentation, fortification and GM foods.	10
RECOMMENDED READINGS		
<ol style="list-style-type: none"> 1. Sri lakshmi (2007) .Food science .4th edition. New age international Ltd. 2. Swaminathan,M. -Essentials of Food and Nutrition. Ganesh and Company 3. Bamji MS, KrishnaswamyK.Brahman GNV (2009). Textbook of Human Nutrition 3rd edition. Oxford and IBH publish Co Pvt Ltd. 4. Wardlaw and insel MG Insel PM (2004). Perspectives in Nutrition's sixth edition Mosby. 5. Chadha R and Mathur P (eds) Nutrition: a lifecycle approach. Orient Blackswan, New Delhi. 2015 6. Khanna K, Gupta S, Seth R, Mahhna R, Rekhi T (2004). The art and science of cooking; a practical manual revised edition elite publishing house pvt Ltd. 7. Raina U. Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic food preparation -A complete manual, fourth edition. Orient black swan Ltd. 		

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Paper – IV

Course Title:	Food and Nutrition Practical	Course Code: 24BHM5201P
Total Lecture hour 26		Hours
1. Weights and measures- Raw and Cooked food (Rice, dal, chapatti, egg, seasonal vegetables)		
2. Understanding the principles of cooking involved and nutritional quality of following foods		
a. Cereals: Boiled rice, pulao, chapatti, paratha, puri, pastas		
b. Pulses: whole, dehusked		
c. Vegetables: curries, dry preparations		
d. Milk and milk products: Kheer, custard		
3. Understanding the principles of cooking involved and nutritional quality of the following foods.		
a. Baked products: Biscuits, cookies, cakes, tarts and pies		
b. Snacks: pakoras, cutlets, samosas, upma, poha, and sandwiches		
c. Salads: salads and salad dressings.		
d. Fermented products : Idli, dosa, appam, kulcha, dhokla etc.		

**Semester - III
Paper - V**

Learning Objectives

- To know the manufacturing process of different types of textile fibers, their structures and uses
- To know the manufacturing process of different types of fabrics.
- To impart knowledge on different textile finishes

Learning outcomes

Course Title:	Textiles	Course Code: 24BHM6301T
Total Lecture hour 40		Hours
Unit I	Meaning and classification of fibres Production, properties and usage of fibres Natural fibre: cotton, flax, silk and wool Man-made fibers: Rayon(Viscose)	10
Unit II	Yarn formation Mechanical spinning (cotton system, wool system, worsted system) chemical spinning (wet, dry, melt) Types of yarns: Staple and filament, simple yarn, complex yarns	10
Unit III	Parts of a loom Operations of a loom Classification of weaves (Plain, Basket, Ribbed, Twill, Satin, Sateen)- Structure, Properties, usages	10
Unit IV	Finishing-Mechanical finishes-Beetling, Calendaring, Embossing,	10


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Glazing, Napping. Chemical Finishes- Mercerization, Ammoniating. Dyeing - Types of dyes	
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Reference Books:

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

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Paper – VI

Course Title:	Textile Practical	Course Code: 24BHM6301P
Total Lecture hour 26		
Fiber identification tests- visuals, burning, microscopic		
Yarn identification- single, ply, cord, textured, elastic, monofilament, multifilament and spun yarn.		
Thread count and balance, Dimensional stability,		
Weaves- Identification and their design interpretation on graph (any three)		
Reference Books:		
1. Corbman P.B. (1985) Textiles- Fiber to fabric (6 th Edition) , Gregg Division /Mc Graw Hill Book Co, US. Joseph, M.L. (1988) Essentials of Textiles (6 th Edition), Holt , Rinehart and Winston Inc, Florida.		
2. Vilensky G. (1983) Textile science, CBS Publishers and Distributors, Delhi.		
3. Tortora, G. Phyllis, Understanding Textiles, Mc Millanm Co. USA.		
4. Sekhri S. (2013) Textbook of Fabric Science: Fundamentals to finishing, PHI Learning, Delhi.		

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Semester – IV
Paper – VII

Learning Objectives

- To know the importance of nutrition in different stages of life cycle.
- To study the nutritional need in special conditions.

Learning outcomes

- Become familiar with the meaning, approaches, and concepts of economic geography.
- Understand the major industries, natural and mineral resources, and principal crops of the world.
- Examine the patterns of world transportation and international trade.

Course Title:	Nutrition: A Life Cycle Approach	Course Code: 24BHM6401T
Total Lecture hour 40		Hours
Unit I	Food groups and food exchange list Factors affecting meal planning. Dietary guidelines for Indians-2017	10
Unit II	RDA, Nutritional guidelines, and healthy food choices Infants Preschool children, School children, Adolescents	10
Unit III	RDA, nutritional guidelines, healthy food choices. Adult Pregnant woman Lactating mother Elderly	8
Unit IV	Nutrition for physical fitness and sports Feeding problems in fussy eaters. (children) Food Consideration during natural disasters e.g. floods,	12
Reference Books:		
1. Human Nutrition-B. Srilaxmi , New age publication. 2. Principles of Nutrition and Dietetics-Swaminathan M. 3. Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) 4. Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad. 5. Seth V and Singh K (2006). Diet Planning through the Life Cycle: Part I 6. Bamji MS, Krishnaswamy , K. Brahman GNV(2009), Textbook of Human Nutrition 3 rd Edition, Oxford and IBH Publishing Co. Pvt. Ltd 7. Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and		

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Dietetics. Phoenix Publishing House Pvt. Ltd.

8. Wardlaw GM, Hampi JS, DiSilvestro RA (2004). Perspectives in Nutrition, 6th edition. McGraw Hill.
9. Chadha R and Mathur P eds. Nutrition: A Lifecycle Approach. Orient Blackswan, New Delhi. 2015

Paper – VIII

Course Title:	Nutrition: A Life Cycle Approach Practical	Course Code: 24BHM6401P
Total Lecture hour 26		
Prepare a table on rich sources of different nutrients		
Prepare a of food exchange list		
Planning and preparation of diets for – Preschooler		
Pregnant and Lactating woman Elderly		
Reference Books:		
<ol style="list-style-type: none">1. Human Nutrition-B. Srilaxmi , New age publication.2. Principles of Nutrition and Dietetics-Swaminathan M.3. Gopalan C, Rama Sastri BV, Balasubramanian SC (1989)4. Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.5. Seth V and Singh K (2006). Diet Planning through the Life Cycle: Part I6. Bamji MS, Krishnaswamy , K. Brahman GNV(2009), Textbook of Human Nutrition 3rd Edition, Oxford and IBH Publishing Co. Pvt. Ltd7. Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.8. Wardlaw GM, Hampi JS, DiSilvestro RA (2004). Perspectives in Nutrition, 6th edition. McGraw Hill.9. Chadha R and Mathur P eds. Nutrition: A Lifecycle Approach. Orient Blackswan, New Delhi. 2015		

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