

As per the NEP 2020
Bachelor of Arts
Home Science
(Effective from Academic Year 2024-2025 onwards)



Pandit Deendayal Upadhyaya Shekhawati University
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Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University
Sikar (Rajasthan)

Semester – 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
- PSC exams, school education exams and so on.

Course Title:	Family Resource Management	Course Code: 24BHM5101T
Total Lecture hour 45		Hours
Unit I	Concept and scope of family resource management. Processes in resource Management, Decision Making	12
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.	12
Unit III	Money- Types of income, Supplementing family income Time-Concept, Factors and steps in time management	11
Unit IV	Energy- Efforts, Fatigue, Work simplification, Steps in successful event planning—Planning, Budgeting and Evaluating.	10
Suggestive Readings:		
1	Rao V. S and Narayana P. S., Principles and practices of management, 2007, konark publishers Pvt Ltd.	
2	Nickell, Pand 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: McGraw– Hill Book Company	
9	Kretiner, 2009, Management Theory and Applications, Cengage Larning : India	

Course Title:	Family Resource Management Practical	Course Code: 24BHM5101P
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, Pand 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. NewYork: McGraw– Hill Book Company
9	Kretiner, 2009, Management Theory and Applications, Cengage Learning : India

Semester – II

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

Course Title:	Food and Nutrition	Course Code: 24BHM5201T
Total Lecture hour 45		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.	12
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.	12
Unit III	Nutritional contribution and changes during cooking of the following food groups: Cereal Pulses Fruits and vegetables Milk & milk products Meat, poultry and fish	11
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
Suggestive Readings:		
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, Krishnaswamy K. Brahman GNV (2009). Textbook of Human Nutrition 3rd edition. Oxford and IBH publish Co Pvt Ltd.	

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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.

Course Title:	Food and Nutrition Practical	Course Code: 24BHM5201P
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 • Cereals: Boiled rice, pulao, chapatti, paratha, puri, pastas • Pulses: whole, dehusked • Vegetables: curries, dry preparations • Milk and milk products: Kheer, custard	
3	Understanding the principles of cooking involved and nutritional quality of the following foods. • Baked products: Biscuits, cookies, cakes, tarts and pies • Snacks: pakoras, cutlets, samosas, upma, poha, and sandwiches • Salads: salads and salad dressings. • Fermented products : Idli, dosa, appam, kulcha, dhokla etc.	

Semester – III

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

Course Title:	Textiles	Course Code: 24BHM6301T
Total Lecture Hours 45		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)	12
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.	12
Unit III	Parts of a loom Operations of a loom Classification of weaves (Plain, Basket, Ribbed, Twill, Satin, Sateen)-Structure, Properties, usages	11
Unit IV	Finishing- Mechanical finishes- Beetling, Calendaring, Embossing, Glazing, Napping. Chemical Finishes- Mercerization, Ammoniating, Dyeing - Types of dyes	10

Suggestive Readings:

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

Course Title:	Textile Practical	Course Code: 24BHM6301P
1	Fiber identification tests- visuals, burnings, microscopic	
2	Yarn identification- single, ply, cord, textured, elastic, mono filament, multifilament and spun yarn.	
3	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 (6thE dition), GreggDivision/ McGraw Hill Book Co, US.	
2	Joseph, M.L. (1988) Essentials of Textiles (6 th Edition), Holt, Rinehart and Winston Inc, Florida.	
3	Vilensky G. (1983) Textile science, CBS Publishers and Distributors, Delhi.	
4	Tortora, G. Phyllis, Understanding Textiles, Mc Millann Co. USA.	
5	Sekhri S. (2013) Textbook of Fabric Science: Fundamentals to finishing, PHI Learning, Delhi	

Semester – IV

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 Hours 45		Hours
Unit I	Food groups and food exchange list Factors affecting meal planning. Dietary guidelines for Indians-2017	12
Unit II	RDA, Nutritional guidelines, and healthy food choices Infants Preschool children, School children, Adolescents	12
Unit III	RDA, nutritional guidelines, healthy food choices. Adult Pregnant woman Lactating mother Elderly	11
Unit IV	Nutrition for physical fitness and sports Feeding problems in fussy eaters. (children) Food Consideration during natural disasters e.g. floods,	10
Suggestive Readings:		
1	Human Nutrition-B. Srilaxmi, New age publication.	
2	Principles of Nutrition and Dietetics-Swaminathan M.	

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 Sneha Pandey (Incharge)

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 1
6	Bamji MS, Krishnaswamy, K. Brahman GNV (2009), Textbook of Human Nutrition 3 rd Edition, Oxford and IBH Publishing Co. Pvt. Ltd
7.	KhannaK, 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 Peds. Nutrition: A Life cycle Approach. Orient Blackswan, New Delhi, 2015

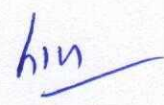
Course Title:	Nutrition: A Life Cycle Approach Practical	Course Code: 24BHM6401P
1	Prepare a table on rich sources of different nutrients Prepare a of food exchange list Planning and preparation of diets for –Preschooler Pregnant and Lactating woman, Elderly	
Reference Books:		
1	Human Nutrition-B. Srilaxmi, 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 1	
6	Bamji MS, Krishnaswamy, K. Brahman GNV (2009), Textbook of Human Nutrition 3 rd Edition, Oxford and IBH Publishing Co. Pvt. Ltd	
7	KhannaK, 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 Peds. Nutrition: A Life cycle Approach. Orient Blackswan, New Delhi, 2015	


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Semester – V
Extension Education

Course Title:	Extension Education	Course Code: 24BHM7501T
Total Lecture Hours 45		Hours
Unit I	1. Concept and meaning-Non formal education, formal education, informal education, extension education. 2. History of extension education in India. 3. Objective and principal of extension education. 4. Role and qualities of extension worker.	12
Unit II	1. Extension teaching methods-Personal, Group and Mass approach. 2. Basic knowledge of flagship development programme of the Government of India in reference to objective, target group, activities, organizational structure and financial support. 3. Communication-concept meaning and process of communication, elements and model of communication-Aristotle, Leavens, Roger and Shoemakers. 4. Function and barriers of communication.	12
Unit III	1. Audio visual aids-meaning and use of audio visual aids, Cone of experience 2. Classification of audio visual aids-Projected and non-projected visual, audio and audio visual aids. 3. Media-Basic concepts of traditional and modern methods of communication, relative advantages and limitations of traditional and modern methods of communication.	11
Unit IV	1. Support structure and function- Panchayati Raj Concept, objectives and structural organization. Role of Panchayati Raj for Women empowerment. 2. Village's organization- village school, Yuva Mandal, Mahila Mandal, Cooperatives and KVK's. 3. Role of UNDP, UNICEF, NIRD, NIPCCD, CSWB	10
Suggestive Readings:		
1	Dahama OP (1998). Education and Communication for Development. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.	
2	Supe SV (1997). An Introduction to Extension Education. Oxford BH Publishing Co. Pvt. Ltd. New Delhi	
3	Jain R. (1993) Mass Media And Rural Development, Vol. III MANak Publication Pvt. :Ltd. New Delhi	
4	Pankajam G (2000) Extension – Third Dimension Of Education. Gyan Publishing House . New Delhi	
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Course Title:	Extension Education Practical	Course Code: 24BHM6401P
1	1. Planning, Preparation and Presentation of Communication aids/media for rural and urban background. A. (I) Poster (II) Chart/Flip Chart (III) Pamphlet/leaflet B. (i) Flash Card (ii) Folder/Puppet 2. Report writing/Role play any one topic for women health, child nutrition and care, immunization, Family Planning, environment conservation, Food Preservation, women empowerment	

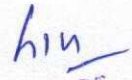

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	Distribution of Marks (1) Preparation and display of teaching aids (A & B) ----- 15 (2) Report/Role play ----- 10 (3) File ----- 10 (4) Viva ----- 5
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Semester – VI
Human Development

Course Title:		Human Development	Course Code: 24BHM7501T
Total Lecture Hours 45			Hours
Unit I	1. Definition and scope of Human Development as a field of study. 2. Principles of development. 3. Role of Heredity and environment and learning and maturation in development. 4. Factors affecting development.		12
Unit II	Development from conception to adolescence-Physical development, motor development, Socio-emotional development, Language and cognitive development		12
Unit III	1. Importance and objectives of early childhood education; impact of deprivation and early stimulation. 2. Definitions, functions and types of families; changing roles and challenges faced by Indian Families.		11
Unit IV	1. Understanding differently abled children; definitions, meaning and classification. 2. Major development tasks, achievements and problems of adulthood and aging. Need for care and support for aging individuals.		10
Suggestive Readings:			
1	Santrock JW (2007)., Lifespan Development Tata – McGrawHill. New Delhi. 3 rd ED.		
2	Bee H (1995). The developing Child. Harper Collins College Publisher.		
3	Berk L (2006). Child Development Allyn, \$ Bacon. New York		
4	Cole M and Cole Sr (1996). The Development of Children. W.H Preman and Company		
5	Rice F (1992). Human Development: A Life Span Approach. Prentice Hall		
6	Rice ZZP. Marriage and Parenthood: Allyn, \$ Bacon Inc. Toronto.		
7.	Vidhya Bhusan and Sachdeva(2000) Introduction to Sociology		

Course Title:	Human Development Practical	Course Code: 24BHM6401P
1	Major Problems 1. Anthropometric measurement of children from birth to 6 years plotting and interpretation of data as per W.H.O. norms. 2. Interviewing of mothers of young infant regarding breast feeding schedules supplementary foods and weaning practices	


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	3. Organizing and conduction play and creative activities of children in a nursery school. Minor Problems 1. Prepare infant stimulating toys for promoting sensory motor development. 2. Prepare a folder/leaflet on maternal and child care. Major Problem ----- 20 Marks Minor Problem -----10 Marks File/Internal ----- 20 Marks
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