



DR. RAMMANOHAR LOHIYA AVADH UNIVERSITY, AYODHYA

Proposed Structure of Syllabus for Four Year Undergraduate Programme

PROGRAMME (B.A.) 4TH YEAR/PG FIRST YEAR

SUBJECT: HOME SCIENCE

FYU Programme Developed By				
S.N.	Name of Expert/BOS Member	Designation	Department	College / University
1.	Dr. Sangeeta	Convener	Home Science	Ramabai Govt. Degree College Akbarpur, Ambedkarnagar
2.	Dr. Valentina Priya	Member	Home Science	Ramabai Govt. Degree College Akbarpur, Ambedkarnagar
3.	Dr. Abha Singh	Subject Expert	College of Home Science	ANNUAL Kumarganj Ayodhya
4.	Dr. Rashmi Sriwastava	External Expert	Home Science	Pt. DDU Govt. Girls P.G. College Lucknow
5.	Dr. Divya Rani	External Expert	Home Science	DDU University Gorakhpur

SEMESTER WISE COURSE DETAIL HOME SCIENCE (B.A. 4TH Year / PG First Year)

Synt.
10.04.2026



Year	Semester	Course Code	Paper Title	Theory/Practical	Credits
B.A. ^{1ST}	I	A130101T	Fundamentals of Nutrition and Human Development	Theory	4
	I	A130102P	Cooking Skills and Healthy Recipe Development	Practical	2
	II	A130204T	Introduction to Clothing and Textile & Family Resource Management	Theory	4
	II	A130202P	Clothing and Textile		
B.A. 2 ND	III	A130301T	Advance Nutrition and Human Development		
	III	A130302P	Human Development	Practical	2
	IV	A130401T	Housing and Extension Education	Theory	4
	IV	A130402P	Resource Planning and Decoration	Practical	2
B.A. 3 RD	V	A130501T	Surface Ornamentation of Fabrics	Theory	4
	V	A130502T	Community Development & Programme Planning	Theory	4
	V	A130503P	Community Transformation	Practical	2
	V	A130504R	Research Project-1	Project-1	3
	VI	A130601T	Dietetics & Therapeutic Nutrition	Theory	4
	VI	A130602T	Research Methodology and Gender Development	Theory	4
	VI	A130603P	Therapeutic Diet Preparation & Nutrient Evaluation	Practical	2
	VI	A130604R	Research Project-2	Project-2	3
B.A. 4 TH	VII	A130701T	Food Microbiology, Spoilage and Adulterations	Theory	4
	VII	A130702T	Textile Designing and Management	Theory	4
	VII	A130703P	Practical Related Core Paper	Practical	2
	VIII	A130704T	Computer Application and Statistical Analysis	Theory	4
	VIII	A130705T	Community Nutrition	Theory	4
	VII	A130706P	Synopsis Formation and Seminar	Practical	2
	VIII	A130707R	Major Research Project	Major Research Project	3

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B. A. I Year, Semester I

Home Science Paper 1 Fundamentals of Nutrition and Human Development (Theory)

Programme/Class: Certificate		Year: I	Semester: I
Subject: Home Science			
Course Code: AI30101T		Course Title: Fundamentals of Nutrition and Human Development	
Course outcomes: The student at the completion of the course will be able to: • Prepare the students to understand physiology based courses • Students will get familiar with different methods of cooking • Acquaint students with practical knowledge of nutrient rich foods • Explain the need and importance of studying human growth and development across life span • Identify the biological and environmental factors affecting human development. • Learn about the characteristics, needs and developmental tasks of infancy & early childhood years			
Credits:4		Core Compulsory/Elective	
Max.Marks:25+75		Min. Passing Marks:	
Units	Topic:		No. of Lectures
PART-A			
I	Traditional Home Science and its Relevance in current era Contribution made by Indian Home Scientists: • M Swaminathan, • C V Gopalan, • S K Day, • Ravindranath Tagore etc.		03
II	Cell and Digestive System, Respiratory and Cardiovascular system.		10
III	Food and Nutrition : Food- Meaning, Classification and function of Nutrition Concept of Nutrition, Nutrients-Macro and Micro, sources and deficiency diseases.		09
IV	Cooking Methods- Methods, Advantages and Disadvantages Preservation of Nutrients while Cooking. Traditional methods of enhancing nutritional value of foods germination, fermentation, food synergy etc.		08
PART-B			
V	Introduction to Human Development: • Concept, Definition and need to study of Human Development • Domains, Stages and contexts of development Principles of Growth and Development Determinants of Development-		08

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	heredity and environment		
VI	Prenatal Development and Birth Process: • Conception, Pregnancy and Childbirth Stages of birth • Types of delivery (natural, c-section, breech, home vs. assisted delivery) • Physical appearance and capacities of the new-born • Factors affecting Pre-natal development.	06	
VII	Infancy: • Developmental tasks during Infancy and Preschool Stage. • Physical and Motor Development. • Social and emotional development • Cognitive and language development	08	
VIII	Early Childhood (Pre School) years: • Developmental Tasks during Early childhood. • Physical and Motor Development • Social and emotional development • Cognitive and language development	08	
Suggested Readings: • Dr. Bindu Singh, <i>Mamav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur, 2015, 15th Ed.</i> • Chatterjee, C. C., "Human Physiology" Medical Allied Agency; Vol I, II. • Text Book of Biology for 10-2 Students (NCERT) • Sumati R Mudami, "Fundamentals of food Nutrition and Diet Therapy", New Age International Pvt. Ltd, New Delhi, 6th Ed. (2018) • Pooja Sethi and Pooja Lakda, "Aahar Vigyan, Suraksha evam Poshan", Elite Publishing House, New Delhi, 2015 • Dr. Anita Singh, <i>Aahar Evam Poshan Vigyan</i>, Star Publications, Agra • Dr. Devina Sahai, <i>Aahar Vigyan</i>, New Age International Publishers, New Delhi • Berk, L.E. <i>Child development</i> New Delhi: Prentice Hall (2005) (5th ed.). • Berk L.E. <i>Child Development</i> Allyn and Bacon 1992 (6th) Edition. • Kocuan, T., Evans, S., & Crowley, K. <i>An introduction to child development</i>, Sage (2016) • Hurlock E. <i>Child Development</i>. • <i>Aadharik Vikasatmak Manovigyan</i>, Shri Vinod Pastak Mandir Agra Edition 3rd 2015 • Suggestive digital platforms: web links-ePG-Panchajanya, IGNOU & UPRTOL online study material Swayam Portal • http://hecontent.upsc.gov.in/Home.aspx			
This course can be opted as an elective by the students of following subjects: Open for all The eligibility for this paper is 10+2 with any subject			
Suggested Continuous Evaluation Methods: • Seminar/ Presentation on any topic of the above syllabus • Test with multiple choice questions/ short and long answer questions Attendance.			
Course pre requisites: To study this course, a student must have had the subject ALL... in class 12th. The eligibility for this paper is 10+2 with any subject.			

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B.A. I Year, Semester: I, Home Science
Paper 2: Cooking skills and healthy recipe development (Practical)

Programme/Class: Certificate	Year: I	Semester: I
Subject: Home Science (Practical)		
Course Code: A130102P	Course Title: Cooking skills and healthy recipe development	
Course outcomes:		
♣ Students will get familiar with different methods of cooking		
♣ Acquaint students with practical knowledge of nutrient rich foods		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lab Periods-30 (60 hours)		
Unit	Topic	No. of lab. periods (actual)
I	Basic cooking skills - Weighing of raw materials - Preparing of different food items before cooking	06
II	Preparation of various dishes using different methods of cooking - Boiling/steaming - Roasting - Frying - Deep/shallow - Pressure cooking - Hot air cooking/Baking	08
III	Different styles of cutting fruits and vegetables - Salad Decoration/Dressings	06
IV	Preparation of nutrient rich dishes - Protein rich dish - Carbohydrate rich dish - Fat rich dish - Vitamins rich dish - Minerals - Fibers	10
Suggested Readings:		
• Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur, 2015, 15th Ed. • Dr. Nita Singh, Prayogik Grit Vigyan, Sahitya Prakashan, Agartta Chatterjee, C.C., "Human Physiology" Medical Allied Agency, Vol I, II. • Text Book of Biology for 10+2 Students (NCERT) • Sumati R. Medhavi, "Fundamentals of food Nutrition and Diet Therapy", New Age International Pvt. Ltd, New Delhi, 6th Ed. (2018) • Punita Sethi and Poonam Lakda, "Aahar Vigyan, Suraksha evam Poshan", Elite Publishing House, New Delhi, 2015		

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Suggested Continuous Evaluation Methods:

- Test with multiple choice questions/short and long answer questions
- Menu planning and calculation of nutrient requirement
- Nutritive value calculation of various nutrient rich dishes

Suggested equivalent online courses

IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad, <http://eecontent.upscd.gov.in/Home.aspx>

B. A. I Year, Semester: 2 Home Science: Paper I

Introduction to Clothing & Textiles & Family Resource Management (Theory)

Programme/Class: Certificate		Year: I	Semester: 2
Subject: Home Science			
Course Code: A130201T		Course Title: Introduction to Clothing and Textiles& Family Resource Management (Theory)	
Course outcomes: • Learn about scope of textile and clothing • Understanding why fabrics are different • Learn how fabrics can be manufactured • Understand basic clothing concepts and garment making • Learn the family resource management as a whole. • Understand the Decision making and use of resources throughout the Family life cycle. • Gain knowledge about Time, Money & Energy as a Resource. • Appreciate Household Equipments for work simplification			
Credits: 4			
Max. Marks: 25+75			
Total No. of Lectures- 60			
Unit	Topic:		No. of Lectures
PART - A			
I	Introduction a) Introduction to Clothing and Textile (b) Its importance in day-to-day life (c) Scope (d) Classification of textile fiber on the basis of their source (e) General properties of fibers primary and secondary		07
II	Knowing Fibers-Manufacture, processing, properties and uses of (a) Cellulosic Fibers-cotton, Linen (b) Protein Fibers-Wool, Silk (c) Synthetic/Manmade fibers-Nylon, Polyester, Acrylic, Rayon.		08
III	Yarn to Fabrics(a) Definition of Yarn, Manufacture of Yarn and Yarn Properties (b) Different fabric construction techniques (Weaving, Knitting, Felting, Braiding, Non-woven) (c) Weaving of Cloth-Terminologies and Steps in Weaving. (d) Types of weaves Basic and Decorative		08
IV	Clothing Construction (a)Tools for Clothing construction (b)		07

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	Introduction to sewing machines, its parts and maintenance, (c) Importance of Drafting, Draping, Flat pattern techniques - advantages & disadvantages (d) fabric preparatory steps for stitching a garment - preshrinking, straightening, layout, pinning, marking and cutting.	
PART - B		
V	Introduction to Home Management: Basic Concepts, Purpose and Obstacles of Management. Process of Management – Planning, Organizing, Controlling and Evaluation. Motivating Factors in Management – Values, Goals and Standards – Definition and Classification.	08
VI	Resources, Decision making & Family life cycle: Meaning, Characteristics, Types and Factors affecting the use of Resources. Steps and Role of Decision Making in Management. Stages of Family Life Cycle.	08
VII	Time, Energy and Money Management: Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management. Energy as a Resource, Work Curve, Fatigue- Types, Causative Factors and Alleviating Techniques. Family income as a Resource, Sources of Income and Expenditure and Saving. Preparation of Family budget in view of family income.	07
VIII	Work Simplification and Household Equipments: Meaning and Techniques of Work Simplification, Mundell's Classes of Change. Principle, Use and Care of Household Equipments such as Pressure Cooker, Mixer and Grinder, Refrigerator, Washing Machine, Vacuum Cleaner & Solar Cooker.	07
Suggested Readings: • Colmen P. Betts: Textiles Fiber To Fabric • Hollen & Saddler: Introduction To Textile • Joseph M: Introduction To Textiles • Trotman: Textile Fiber Science Cutting Tailoring And Dress Making: National open School, B-31-B Kailash Colony, New Delhi – 110048 • Khanuja, Roopa (2018) Granh Vyasaatha avam Granh Sajja. Agrawal Publications, Agra ISBN: 978-93-81124-96-3 • R. Dhana & C. Arora (1999), Introduction To Clothing And Textile. Printed by Macho Printery, Raopura, Baroda. • Complete Guide To Sewing By Reader's Digest: published by The Reader's Digest Association (Canada) Ltd. Montreal-Pleasantville, NY, 2003. • Deacon R.E. and Firchaugh F.M. (1998) Family Resource Management- Principles and application. N. Delhi: Roy Houghton Mifflin Company. • Faulkner, R. & Faulkner, S. (1961) Inside Today's Home. Rev. ed. © Holt, Rinehart & Winston, Inc. • Gross, I.H. and Crandall, E.H. (1967). Management for Modern Families. N. Delhi: Sterling Publishers Ltd. • Monerby G. (Ed.). (1985). Home Management. N. Delhi: Arya Publishers, Mulliek, P. Text book of Home science. Ludhiana: Kalyani Publishers. • Nickell, P., and Dorsey, J. M. (2002). Management in Family Living. New Delhi: CBS Publishers (ISBN13: 9788123908519) • Patni Manju & Sharma Lalita, Granh Prabandh, Star Publications Agra. • Varma, Pramala. Vastu Vigyan Avam Paridhan Madhya Pradesh Hindi Granth Academy, Bhopal. • Varghese, M. A. Ogale, N. N and Srinivasan, K. (2001). Home Management. New Delhi. New Age International (P) Ltd. • Varghese, M.A. Household Equipment Manual, S.N.D.T Women's University, Mumbai. • Suggestive digital platforms weblinks- Svayam Portal. • http://heeccontent.upsc.gov.in/Home.aspx. • Suggested equivalent online courses: IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad		

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B. A. I Year, Semester: 2 Home Science: Paper 2
Clothing & Textiles (Practical)

Programme/Class: Certificate		Year: 1	Semester: 2
Subject: Community and Life Science (Home Science)			
Course Code: A130202P		Course Title: Clothing and Textiles (Practical)	
Course outcomes: • Ability to identify fibers and fabrics • Understanding why fabrics are different • Learning basic Sewing skills • Learn how garments are stitched			
Credits: 2		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of lab.periods- 30 (60 hours)			
Unit	Topic		No. of lab.Periods
I	Identify fibers and fabrics (a) fibre identification tests- Visual, burning and microscopic- natural and synthetic, pure and blended fibres. (b) Weaves identification and understanding their usage.		07
II	Learning to stitch (a) Knowing how to stitch-an idea of straight-line stitching, stitching on curves and at corners (b) Basic Stitching-Temporary Stitching, Permanent and decorative stitching		07
III	Basic sewing (a) Seams-Plain seams and its finishing, run & fell seam, French seam (b) Attaching different Fasteners (c) Disposal of fullness-darts, gathers, tucks and pleats (d) Neckline Finishing-Facing & Binding		08
IV	Preparing Frock (a) Drafting, cutting and stitching of Childs' basic block and sleeve block. (b)adaptation to "Gathered frock" with Peter Pan collar and puff sleeves		08
Suggested Readings: • Cutting Tailoring and Dress Making: National open School, B-31-B Kailash Colony, New Delhi – 110048. • R Bhatia & C Arora (1999), Introduction to Clothing and Textile, Printed by Macho Printery, Raopura, Baroda. • Complete Guide to Sewing by Reader's Digest: published by The Reader's Digest Association (Canada)			

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Ltd. Montreal-Pleasantville, NY, 2002.

- Helen J. Armstrong, Pattern Making for Fashion Design, Prentice Hall
- Gerry Cooklin, Introduction to Clothing Manufacture, Blackwell Science, UK, 1991
- Metric Pattern cutting & Grading by Winifred Aldrich.
- Khamuja, Reena. Vastu Vigyan ke Sidhant, Agrawal Publication, Agra. 1. Suggestive digital platforms weblinks- Svayam Portal, <http://heeccontent.upsc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Preparation of samples of various types on fabrics.
- Evaluation of Prepared garment.
- Record file preparation and evaluation, Attendance.

B.A. 2 Year Semester: 3 Home Science: Paper 1
Advance Nutrition and Human Development (Theory)

Programme/Class: Diploma		Year: 2	Semester: 3
Subject: Home Science			
Course Code: A130301T		Course Title: Advance Nutrition and Human Development (Theory)	
Course outcomes: The student at the completion of the course will be able to: • Create an awareness about importance of healthy meal at various stages of life cycle • Inculcate healthy eating practices among students • Develop skill of meal planning for different physiological groups • Explain the Physical & Psychological changes during middle childhood, adolescent and adulthood stage. • Identify the biological and environmental factors affecting personality. • Learn about the characteristics, needs and developmental tasks of Middle childhood years, Adolescent & Adulthood stage.			
Credits: 4		Total No. of Lectures-60	
Max. Marks: 25+75			
Unit	Topic		No. of Lectures
PART A			
I	Meal Planning- Definition , importance , factors affecting mea		07
II	Nutrition During Infancy and Childhood- Nutrition Requirement, RDA and Diet Plan		07
III	Nutrition During Infancy and Childhood- Nutrition Requirement, RDA and Diet Plan		08
IV	Nutrition During special condition pregnancy and lactation		08

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Nutrition Requirement, RDA and Diet Plan.		
PART B		
V	Middle Childhood Years Developmental tasks and characteristics of middle childhood period • Physical and motor development • Social & emotional development • Cognitive development • Language development	08
VI	Puberty and Adolescence • Development tasks and characteristics * • Significant Physical physiological and hormonal changes in puberty. • Self and Identity, Factors influencing Identity & Personality development. • Family and peer relationship Problems – Drug and Alcohol abuse, STD, HIV/AIDS, Teenage pregnancy.	08
VII	Cognitive, Language and Moral Development during Adolescence: • Perspective on cognitive development, development of intelligence and Creativity • Adolescent language • Adolescent Morality	07
VIII	Introduction to adulthood: • Concept, transition from adolescence to adulthood • Developmental tasks of Adulthood • Physical and physiological changes from young adulthood to late adulthood Responsibilities and adjustments-educational, occupational, marital and parenthood	07
Suggested Readings: • Sheel Sharma, "Nutrition and Diet Therapy, Peepes Publishers, New Delhi, 2014 • Ankita Gupta "Text book of Nutrition" Medico Refresher Publisher, Agra, 2018 • Subhangini A Joshi; Nutrition and Dietetics, Mc Graw Hill Education, Private Ltd. • Kumud Khanna, "Text book of Nutrition and Dietetics", Elite Publishing House Pvt. Ltd, New Delhi, 2013, 7th Ed. • Swaminathan M, "Essentials of Food and Nutrition Vol I and II • Monaster G.J. 1 Adolescent Development Life Tasks, Mc.Graw Hill (1977). • Ambros S.R. Child Development Holt, Rinehart and Winston 1978 (11th Edition). • Mussen P.H. Conger J.J, Kagan J and Huston A.C. 1990. Child Development and Personality (VI Edition)		

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Harper and Row Publishers New York.

- Boeknek G. Human Development Brook and Cole Publishing Company 1980.
- Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015
- Harpalani. Aahar Vigyaan avam Upcharatmak Poshan, Star Publications ,Agra.
- Suggestive digital platforms web links- IGNOU & UPRTOU online study material Svayam Portal, <http://eecontent.upsdc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Seminar on any topic of the above syllabus.
- Test with multiple choice questions/ short and long answer questions.
- Attendance

Suggested equivalent online courses: • IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad

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B.A. 2 Year, Semester 3 Home Science Paper 2

Human Development (Practical)

Programme/Class: Diploma	Year: 2	Semester: 3
Subject: Community & Essential Science (Home Science)		
Course Code: A130302P	Course Title: Advance Human development (Practical)	
Course outcomes:		
• Learn to cope up with adolescent and adulthood problems. • Understand and handle development related issues more efficiently. • Able to know human behaviour. • Understand individual differences.		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of lab.periods-30(60 hours)		
Unit	Topic	No. of lab.periods
I	Preparation of an album on developmental milestones of children. Prepare child literature. Visit to Child Care Centres/ anganwadi	08
II	Study of physical, social, emotional, cognitive, language development (any two). Observations of child rearing practices in families from different social classes	07
III	Interviews of adolescent girls and boys to understand their life style, behaviour and problems.	07
IV	Carry out case studies to know more about the different life stages, e.g., school going children, adolescents, Young adults. (any two)	07
Suggested Readings:		
1. Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).		
2. Anbron S.R. Child Development Holt, Rencart and Winston 1978 (11nd Edition).		
3. Mussen P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Development and Personality (VI Edition) Harper and Row Publishers New York.		
4. Boecknek G. Human Development Brook and Cole Publishing Company 1980.		
5. Aadhuinik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015		
Suggestive digital platforms web links- ePG- Pathshala, infibnet,IGNOU & UPRTOU online study material.		
Svayam Portal,		
http://hseconcept.upsc.gov.in/Home.aspx		
Suggested Continuous Evaluation Methods: • Assessment of observation report. •		

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Preparation of questionnaire. • Visits Records. • Attendance.

**B.A. 2 Year, Semester: 4 Home Science: Paper 1
Housing & Extension Education (Theory)**

Programme/Class: Diploma		Year: 2	Semester: 4
Subject: Home Science			
Course Code: A130401T		Course Title: Housing & Extension Education (Theory)	
Course outcomes:			
• Grasp knowledge of Housing need & selection of site in real life situations. • Comprehending Housing plans for residential purpose. • Appreciate principles of design and the contributing factors to refine personal • Aesthetic senses. • Learn the widening concepts of Extension Education. • Develop understanding for Effective teaching and learning. • Comprehend the various effective communication methods. • Gain skills to use technologically advanced Audio-visual aids.			
Credits: 4		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lectures- 60			
Unit	Topic		No. of Lectures
PART A			
I	Housing: Needs of a House, Difference between House & Home, way to acquire house (Own & rented). Factors influencing selection and purchase of house and site for house building.		08
II	House Planning: Principles of house planning, Planning different residential spaces in a house. Planning house for different income groups.		07
III	Interior Designing: Introduction to Interior designing. Importance of good taste. Objective of Interior decoration. Elements of design – Line, Shape, Texture, Color, Pattern, Light & Space. Principle of design- Proportion, Balance, Rhythm, Emphasis, Harmony.		08
IV	Home Decors: Furniture, Furnishings (Curtain, Draperies, Floor coverings, Wall celing, Lighting, Accessories (Wall painting, Mirrors, wall art, Sculpture & Antiques, Flower arrangements) etc.		07
PART B			
V	Extension Education: Meaning, Concepts, Objectives, Scope, Principles, Philosophy of Extension Education. Early Extension Efforts in India. Formal & Non-formal Education.		08
VI	Extension Teaching & Learning: Role and Qualities of an Extension worker. Steps in Extension Teaching Process, Criteria for Effective		07

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	Teaching & Learning	
VII	Communication & Extension Teaching Methods: Definition, Importance, Characteristics, Elements, Models & Challenges in communications. Relationship between Communication, Extension & Development. Extension Teaching Methods- Classification, Factors guiding the Selection & use of Extension teaching methods.	08
VIII	Audio- visual Aids: Definition, Importance, Classification, Selection, Preparation & Effective use of Audio-visual Aids.	07
Suggested Readings: • Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra ISBN: 978-93-81124-96-3 • Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications Agra. • Cherunilam, F., & Hedggade, O. D. (1987). Housing in India. Bombay: Himalaya Publishing House • Craig, H.T. and Rush, O.D. (1966). Homes with Character. Heath, 1966. • Faulkner, R. & Faulkner, S. (1961) Inside Today's Home. Rev. ed. © Holt, Rinehart & Winston, Inc. • Goldstein, H & Goldstein V. (1954). Art in Everyday Life Macmillan Publishers. • Rutt, A.H. (1963) Home furnishing. John Wiley & Sons, Inc.; • Supriya, K.B. (2004). Landscape gardening and designing with plants. Pointer Publishers. • Teresa, P. Lanker. (1960). Flower Arranging: Step-by-step Instructions for Everyday Designs. Florist Review • Aggarwal, R. (2008). "Communication- today and tomorrow", New Delhi.: Sublime Company • Dubey V.K, Srivastava Archana, Agrawal Garima, Grah Vigyan Prasar Avam Sampreshan, Star Publications Agra. Harpalni B.D. Patni, Manju, (Prasar Shiksha Avam Sanchar) Star Publications, Agra. ISBN 978-93-81246 Shaw Geeta Pushp, Shaw Jois Sheela, Prasar Shiksha, Vinod Pustak Mandir Agra. ISBN 81-7457-104-3 • Dahama, O.P., & Bhatnagar, O.P. [1998]. "Education and Communication for Development", New Delhi. - Oxford and IBH Publishing Co. Pvt.Ltd. • Jaipal Singh " Prasar Shiksha avam Gramin Vikas" SR Scientific Publications, Agra • Reddy, A. [1987]. "Extension Education", Bapathi, Andra Pradesh, India.: Sreelekshmi Press. • Supe A.N. (1983). An introduction to Extension Education. Delhi: Oxford IBH Publishing 2. Suggestive digital platforms weblinks- http://heecontent.upsdc.gov.in/Home.aspx		
Suggested Continuous Evaluation Methods: • Seminar / presentation on any topic of the above syllabus. • Test with multiple choice questions/ short and long answer questions. • Preparation of Audio-visual aids. • Attendance.		
Suggested equivalent online courses: • IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad.		

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**B.A. 2 Year Semester: 4 Home Science Paper 2
Resource Planning & Decoration (Practical)**

Programme/Class: Diploma		Year: 2	Semester: 4
Subject: Community and Essential Science (Home Science)			
Course Code: A130402P		Course Title: Resource Planning and Decoration (Practical)	
Course outcomes: • Developing skills for making time plan for effective balance of work & leisure. • Plan & prepare budget for the family. • Incorporate appropriate work simplification in using household equipments. • Develop understanding for house planning & decoration.			
Credits: 2		Core Compulsory / Elective	
Max. Marks: 25 + 75		Min. Passing Marks:	
Total No. of lab. periods-30 (60 hours)			
Unit	Topic		No. of lab Periods
I	• Preparation of time plans for self and family. • Drafting family budget for different income groups.		08
II	• Market Survey of Household Equipments- (Pressure cooker, Toaster, Gas Stove, Mixer & Grinder, Refrigerator, Washing machine, Microwave, Solar cooker)		08
III	• Draw House Plans Standard Specifications & Furniture Layout.		07
IV	• Preparation of Color wheels & Color schemes. • Flower Arrangement & Floor Decoration (Rangoli)- Application of Design principles and Elements of Art, Innovation of new styles.		07
Suggested Readings: • Alexander, N.J., (1972). Designing Interior Environment. New York: Harcourt Brace, • Bhargava, B. (2005). Family Resource Management and Interior Decoration. Jaipur: Apple Printer and V. R. Printers. • Faulkner, R., and Faulkner, S. (1975). Inside Today's Home, New York: Rinehart. • Gandotra, V., and Jaiswal, N. (2008). Management of Work in Home. New Delhi: Dominant Publishers and Distributors. (ISBN No. 81-7888-526-3) • Harmon, S., and Kennon, K. (2018). The Codes Guidebook for Interiors (5th Ed.). New York: Wiley (ISBN: 978-1-119-34319-6) • Johanson Inc. Ball, V. K. (1982). Art of Interior Design. New York: John Wiley & Sons. • Leach, S. D. (1978). Techniques of Interior Design Rendering and Presentation (1st Ed.). Architectural record Books (ISBN-13: 978-0070368057) • Mohanty, A.B. (1985). Guide to House Buildings. New Delhi: Inter India Publications. • Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications Agra.			

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Suggestive digital platforms weblinks-

- bit.ly/3Dfghi
- <https://bit.ly/39mTwGQ>
- <https://bit.ly/2JqXB2e>
- <https://bit.ly/3lkrWE> Swayam Portal, <http://hecontent.upsc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Assessment of Time-Energy, Budget & House Plans.
- Assessment of Market Survey Records.
- Assessment of Flower Arrangements and Rangoli.
- Attendance.

Suggested equivalent online courses: IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad

B.A. 3 Year, Semester: 5 Home Science Paper 1
Surface Ornamentation of Fabrics (Theory)

Programme/Class: Graduation	Year: 3	Semester: 5
Subject: Home Science		
Course Code: A130501T	Course Title: Surface Ornamentation Of Fabrics (Theory)	
Course outcomes: • Knowing why fabrics look differently • Identify the different techniques of fabric from a surface • Learn about finishes done on fabrics • Knowing about dyeing fabrics • Learn how printing on fabrics is carried • Knowing the traditional embroideries of India • Identifying traditional textiles of different states • Knowing the importance of appropriate laundry method		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 60		
Unit	Topic PART A	No. of Lecture
I	Techniques of Creating variety on fabrics (a) weaving(b) finishing of fabrics(c) dyeing of fabrics(d) printing fabrics(a) embroidery and other decoration methods	08
II	Finishes (a) Classification of fabric finishes (b) Study of purpose and process of finishes (i) General Purpose finishes-Bleaching, Mercerization, Calendering, Sanforization, Tentoring, Singeing, Scouring (ii) Functional Finishes	08
III	Dyeing (a) Classification of dyes- Natural v/s Synthetic, advantages and limitations (b) Theory of dyeing (c) Properties	08

Dr. S. S. S.



	and use of Dyes-Basic, Acidic, Direct, Azoic, Natural, Sulphur, Vat, Disperse and Reactive dyes (d) Resist Dying Techniques-Tie & Die, Batik.	
IV	Printing (a) Direct printing- Block, Screen, Stencil, Roller (b) Transfer printing (c) Discharge printing, Resist printing (d) Polychromatic, Inkjet and Digital printing techniques (e) After treatment of dyed and printed goods	08
PART B		
V	Traditional Embroideries: Meaning and status of traditional crafts in India, Knowing about the Traditional Embroideries of different states - Zardozi, Kashida of Kashmir, Phulkari of Punjab, Kantha of Bengal, Chikankari, Kasuti, of UP, Sindh and Kutch work of Gujarat.	06
VI	Traditional Textiles: Knowing the Traditional textiles of different states of India (a) Woven fabrics- Baluchars, brocades, Kashmir carpets, Patola, Ikat, Pochampalli, Chanderi (b) Printed, painted and dyed-Sanganeri, Bhagru, Kalamkari, Madhubani, Bandhani.	07
VII	Water(a) Water and its uses in textile industry , properties, (b)types of water used for processing (c) Hardness and removal of Hardness of water.	07
VIII	Laundry and dry cleaning of fabrics and garments (a) Methods of Laundry and Dry cleaning (b) Dry cleaning process (c) Reagents of Laundry-Blues, Bleaches, Optical Brighteners, Stiffening agents (d) Types of soaps and detergents (e) Cleaning action of soaps and detergents.	08
Suggested Readings: • Marsh JT: Textile Finishes • Trotman Er: Dyeing And Chemical Technology Of Fibres • Joseph M: Introduction To Textiles • Corbman P Bernard: Textiles- Fibre To Fabric • Hollen & Saddler: Introduction To Textile • J. Hall: The Standard Hand Book Of Textiles, Wood Head Publication, 2004 • J.E. Smith: Textile Processing –Printing, Dyeing, Abhishek Publishing, 2003 • Kate Broughton: Textile Dyeing, Rockport Publishers, 1996 • W.S. Murphy: Textile Finishing, Abhishek Publication, 2000 • Naik.D. Shailaja: Traditional Embroideries Of India, New Age International Publishers, 1996 • Naik.D. Shailaja, Jacquie.A. Willson: Surface Designing Of Textile Fabrics, New Age International Publishers, 2006 • Bhargav, Bela. Vastra Vigyaan, Univ. Book House Pvt. Avam Dhulai Kala, University Book House Pvt Ltd, Jaipur • Patni .Manju, Vastra Vigyaan Avam Paridhan ka Parichay, Star Publications, Agra. Suggestive digital platforms weblinks- 1. Swayam Portal, 2. http://hepcontent.usdc.gov.in/Home.aspx		

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Suggested Continuous Evaluation Methods:

- Seminar on any topic of the above syllabus.
- Test with multiple choice questions/ short and long answer questions.
- Subjective long questions

**B.A. 3 Year, Semester 5 Home Science Paper 2
Community Development & Programme Planning (Theory)**

Programme/Class: Degree		Year: 3	Semester: 5
Subject: Home Science			
Course Code: A130502T		Course Title: Community Development & Programme planning. (Theory)	
Course outcomes: • Understand the Community Development dynamics & organizing system for Development. • Create awareness about the various development programmes. • Identify the leadership pattern in the community. • Impart skills to implement, monitor & evaluate programmes.			
Credits: 4		Core Compulsory / Elective	
Total No. of Lectures- 60			
Max. Marks: 25+75		Min. Passing Marks:	
Unit	Topic PART A		No. of Lectures
I	Community Development: Meaning, Definition, Functions, Objectives, Philosophy, Principles of Community Development Programme in India.		08
II	Community Development Organization: Meaning, Types, Principles, Role & Administrative Structure at the National, State, District, Block & Village levels.		08
III	Home Science Extension Education in Community Development: Origin, Concept, Need, Importance and Contribution of Home Science Extension Education in National Development.		07
IV	Recent Development Programme for Women &Children: Support to Training & Employment for women (STEP), Swarn jayanti Gram Swarajgar Yojna (SGSY), Integrated Child Development Services (ICDS) etc.		07
PART B			
V	Support Service of Youth Development: NCC, NSS, Youth Camp Youth Clubs etc.		08

By
10.04.2026



VI	NGO & Others; Contribution towards community services, Types & Role of NGO - WHO, CARE, UNICEF, UNESCO, UNDP, CRY, HELP-AGE INDIA.	08
VII	Leadership: Concept, Definitions, Types, Importance, Function and Role of Community leaders. Methods of Identifying and Training of leaders.	07
VIII	Programme Planning: Programme planning component cycle and its components- (i) Designing the project – Defining the objectives, Identifying resources, approach, feasibility and Work plan. (ii) Implementation. (iii) Monitoring and Evaluation.	08

Suggested Readings:

- Clark John. (1991). Voluntary Organizations: Their Contribution to Development. London: Earth Scan
- Dahama, O.P., & Bhatnagar, O.P. "Extension & Rural Welfare". New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Ghosh Bhola Nath, (1996), "Rural Leadership & Development" Mohit Publications, New Delhi.
- Julie Fisher. (2003). Governments, NGO's and the Political Development of the Third World. Jaipur: Rawat Publications
- Mohsionn/deem, (1985), "Rural Development through Government/Program" Mittal Publication. New Delhi.
- Manju Patni & Harpalini, (2018) Prasar Shiksha avam sanchar, Star Publications, Agra.
- Reddy, A [1987]. "Extension Education". Bapatha, Andra Pradesh, India.: Sreelekshmi Press.
- Ravi Shankar Kumar Singh. (2003). Role of NGO's in Developing Countries (Potentials, Constraints and Policies). New Delhi: Deep & Deep Publications (P) Ltd

Suggestive digital platforms weblinks

- <https://bit.ly/313Avaj>
- <https://bit.ly/35RnyAi>
- <https://www.un.org/en/universal-declaration-human-rights/>
- <https://www.un.org/womenwatch/daw/cedaw/text/econvention.htm>
- <https://www.ohchr.org/EN/ProfessionalInterest/Pages/CRC.aspx>
- <https://www.undp.org/content/undp/en/home/sustainable-development-goals.html>
- <https://bit.ly/39ROD8X>
- <https://www.unicef.org/>
- <https://www.who.int/about>
- <https://www.careindia.org/>

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Suggested Continuous Evaluation Methods:

- Seminar on any topic of the above syllabus.
- Test with multiple choice questions/ short and long answer questions.
- Attendance.

**B.A. 3 Year Semester 5 Home Science Paper 3
Community Transforming (change) (Practical)**

Programme/Class: Degree		Year: 3	Semester: 5
Subject: Home Science			
Course Code: A130503P		Course Title: Community Transformation (Change). (Practical)	
Course outcomes:			
• Address & resolve women & family related issues. • Make use of Audio-visual aids in planning & conducting group communication • Understand the role of Government bodies in development of the community. • Organizing people for their own development.			
Credits: 2		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of lab. Periods 30(60 hours)			
Unit	Topic		No. of lab. periods
I	• Identify the target group & their relevant issues i.e. help nutrition, Education, Women's & Family issues followed by preparing a report.		08
II	• Observe & Critical analysis nearby community of women & children related welfare programme followed by the preparation of report.		07
III	• Prepare & learn the use of Audio-visual Aids		07
IV	• Identify to create awareness on the existing contemporary issues. • Develop a script in the Folk drama (Nukkad Natak) format to perform in the target group.		08
Suggested Readings:			
• Mondal Sagar, Misra OP (2018) "Fundamentals of Extension education & Rural Development", Kalyani Publications, New Delhi. • Mortiss PD (1988) Agricultural Extension- Practical Manual" Department of Primary Industries, Queens Land Government. • Pradhan.K. Varaprasad.C (2018) Glimpses of Practical in Extension Education, New India Publishing Agency, New Delhi • Jaipal Singh." Prasar Shiksha avam Gramin Vikas" SR Scientific Publications, Agra 1.			
Suggestive digital platforms weblinks-			
https://bit.ly/3922ZTH			
Swayam Portal,			
http://heecontent.upsc.gov.in/Home.aspx			

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Suggested Continuous Evaluation Methods:	
• Assessment of Audio-visual Aids and their use.	
• Assessment of techniques and communication skills.	
• Assessment of Educational Plan and Visits Record.	
• Attendance.	

**B.A. 3 Year Semester 5 Home Science Paper 4
Research Project**

Programme/Class: Graduation		Year: 3	Semester: 5
Subject: Community and Life Science (Home Science)			
Course Code: A130504R		Course Title: Research project	
Course outcomes: Learns to communicate with community around Learns to prepare a survey/interview schedule Becomes sensitized to problems being faced in community Increases awareness of candidate.			
Credits: 3		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of lectures-45 hours			
Unit	Topics		No. of Hours
I	Survey of community services surrounding living area of candidate The Candidate has to explore the surroundings and study / identify problem in any one of the following. It may include Anganwadi/ Health services/ Market / Dairy/ Agricultural farmland / NGO / Crèche/ Nursery School/ Hospital/ Fitness center/ Diet councillor/ Boutique/Balwadi/ Youth center/ Primary school/ Vridha Ashram(old age home)/ Divang school/ Mentally challenged institution/ Village panchayat / School councillor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods		12
II	Seek permission to carry the visits, Plan Visits to the area/ site for developing an understanding		11
III	Develop a tool for conducting a survey of the selected area and collect data from the area/ seek permission to conduct short training in the area.		12
IV	A detailed Report to be prepared and submitted.		10
This course can be opted as an elective by the students of following subjects: Open for all			

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10.04.2026



Suggested Continuous Evaluation Methods: Prepare Survey or tool on any one of the above areas Collection of data related to the area. A letter certifying the authenticity of work done from the mentor Report of the identified problems and survey conducted.

Course prerequisites: To study this course, a student must have had cleared the 4th semester

**B.A. 3 Year Semester 6 Home Science Paper 1
Therapeutic Nutrition (Theory)**

Programme/Class: Certificate		Year: 3	Semester: 6
Subject: Home Science			
Course Code: A130601T		Course Title: Dietetics And Therapeutic Nutrition	
Course outcomes:			
1-Gain knowledge of principles of diet therapy			
2-Develop and understand modification of the normal diet for therapeutic purposes			
3- Practical knowledge of dietary management in some common disorders			
Credits: 4		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lectures-60			
Unit	Topics PART A		No. of Lectures
I	Introduction a) Definition of Health Dietetics and Therapeutic Nutrition b) Importance of Diet Therapy c) Facts about fast foods/Junk foods d) Objectives of therapeutic Diet e) Principles of diet therapy		
II	Diet and feeding methods a) Modification of normal diets for therapeutic purposes b) Methods of modification • On the basis of nutrients • On basis of consistency c) Different feeding methods • Oral feeding • Tube feeding		
III	Energy Metabolism a) The calorific value of food b) Measurement of energy exchange in the body • Direct calorimeter • Indirect calorimeter c) Factors influencing the Basal Metabolic Rate d) Factors influencing the total energy requirement		
IV	Diet during fevers and infections a) Introduction to fever – Acute fever –Chronic fever b) Important changes in nutrition during fever c) Modification of the diet		
PART B			
V	Diet during Digestive system disorders a) Peptic ulcers–Causes, symptoms and diet modification b) Diarrhea and Constipation –		

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	Causes, treatment and diet modification	
VI	Weight Management a) Overweight and Obesity –Introduction to Obesity –Causes of Obesity –Diet Modification b) Underweight –Causes –Treatment –Diet Therapy	
VII	Therapeutic Diets in Cardiac Diseases a) Atherosclerosis – Introduction –Dietary factors influencing lipid level in blood – Modification of diet and Meal Pattern b) Hypertension –Causes and symptoms –Diet in Hypertension	
VIII	Endocrinal Disorders a) Introduction to endocrinology b) Various endocrine glands and their functions : Thyroid, Adrenal and Pancreas c) Diabetes Mellitus–occurrence types, symptoms, metabolic changes, dietary modification and educating the patient	
Suggested Readings: Sumati R Mudambi – “Fundamentals of food, Nutrition and Diet Therapy”, New Age International Pvt. Ltd, New Delhi, 6th Edition (2018). B Sri Lakshmi- “Dietetics” , New Age International Publishers, New Delhi 2017 Banji MS, Krishnaswamy K and Brahmam GNV(Eds) (2009), Text book of Human Nutrition, 3rd Edition , Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi Dr. Brinda Singh- Aahar Vigyan evam Poshan , Panchsheel Prakashan, Jaipur, 2015; 13th Ed. Dr.DevinaSahai, SamanyaEvamUpcharatmakPoshan, New Age International Publishers. Dr. Sheel Sharma, “Nutrition and Diet Therapy” PEEPER Publishers and Distributors (P) Ltd, Delhi, 2014, 1st Ed. Shubhangini A Joshi, – “Nutrition and Dietetics”, Mc Graw Hill Education Private Ltd, New Delhi, 2013 Karmud khanna- “Text book of Nutrition and Dietetics” , Elite Publishing House Pvt. Ltd, New Delhi, 7th Ed. 2013 M Swaminathan – Essentials of food and Nutrition , Vol II, Applied Aspects, The Bangalore Printing and Publishing Co. Ltd, Bangalore, 2nd Edition 1985, Reprint 1997.		
Suggested Continuous Evaluation Methods: • Test with multiple choice questions/short and long answer questions • Menu planning and calculation of nutrient requirement • Seminar on any above topics		
Suggested equivalent online courses: • IGNOU and other centrally/state operated Universities/MOOC platforms “SWAYAM” in India and abroad http://heecontent.upsdc.gov.in/Home.aspx		

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B.A. 3 Year Semester 6 Home Science Paper 2
Research Methodology and Gender Development (Theory)

Programme/Class: Degree		Year: 3	Semester: 6
Subject: Community & Essential Science (Home Science)			
Course Code: A130602T		Course Title: Research Methodology and Gender Development (Theory)	
Course outcomes: The student at the completion of the course will be able to: • Explain the concept and use of Research. • Develop a research proposal. • Learn about the data, sample and report writing. • Conduct survey. • To develop insight into the General issues of women. • To understand strategies for empowerment of women.			
Credits: 4		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lectures-Tutorials- 60 Lectures			
Unit	Topic		No. of Lecture
PART A			
I	Social Research: • Concept, • Scope, • Steps of research		06
II	Sampling • Concept, Techniques, Principles and Limitations of sampling.		06
III	Data Collection: • Sources of Data Collection: Primary & Secondary • Tools of Data collection: Interview schedule, Observation, Questionnaire • Methods of data collection		08
IV	Report Writing		10

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	• Summary, Conclusion and Recommendations • Writing references • Writing process of research report: Formal Style of writing, Preface, Chapterization, Headings, Tables and 10 Figures, Appendices, Bibliography and Acknowledgement	
PART B		
V	Women in Development: Capacity Building for women Education, Decision Making abilities, Opportunities, Awareness & Information on social and legal issues.	08
VI	Women's Organizations & Collective Strength: Women's action groups and women's participation in development initiative.	07
VII	Employment Trends of women: Need for self-employment, Opportunities & challenges in an organized and un-organized sector.	07
VIII	Entrepreneurship Development to empower women: Motivation, Development of women entrepreneurs in India, Schemes available to encourage women entrepreneurship. (a) Bhartiya Mahila Bank Business Loan (b) Annapurna Scheme. (c) Stree Shakti Package (d) Mudra yojana scheme for women. (e) Mahila udyam nidhi scheme.	08
Suggested Readings: 1. C. R. Kothari: Research Methodology- Method and Technique 2. R. Kumar: Research Methodology: A step by Step Guide for Beginners 3. M. H. Gopal: Introduction to Research Methodology for Social Sciences 4. Gould, Carter, Scales and Douglas: Methods of Research 5. Bhasin, Kamla (2000). Understanding Gender. New Delhi, Kaali for Women. 6. Devi, Uma (1994). Women Work, Development and Ecology. New Delhi, Har-Anand Publications. 7. Krishna, Sumi (2007). Women's Livelihood Rights: Recasting Citizenship for Development, New Delhi, Sage Publications. 8. Sohoni, K Neerj, (1994). Status of Girls in Development Strategies, New Delhi, Har Anand Publications. 9. Gundry Lisa K. & Kickul Jill R., 2007, Entrepreneurship Strategy: Changing Patterns in New Venture 10. Creation, Growth, and Reinvention, SAGE Publications, Inc. 11. Taneja & Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia Publishing Company 12. Patni, Manju, Anusandhan Vigyaan, Star Publications, Agra. 13. Sudha, G.S. Vyavsayik Prabandh ke Siddhant avam Udyamita, RHD Publications. 14. Gupta, U.C. Udyamita Vikas, Kailash Pustak Sadan, Bhopal Suggestive digital platforms web links- e-PG Pathshala – Infibnet Suggested equivalent online courses: • IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad. Suggested Continuous Evaluation Methods: • Seminar/ Presentation on any topic of the above syllabus • Test with multiple choice questions/ short and long answer questions • Attendance		

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B.A. 3 Semester 6 Home Science Paper 3
Therapeutic Diet Preparation and Nutrient Evaluation (Practical)

Programme/Class: Certificate		Year: 3	Semester: 6
Subject: Home Science(Practical)			
Course Code: A130603P		Course Title: Therapeutic Diet Preparation and Nutrient Calculation	
Course outcomes:			
1- Gain knowledge of principles of diet therapy			
2- 2-Develop and understand modification of the normal diet for therapeutic purposes			
3- - Practical knowledge of dietary management in some common disorders			
Credits: 2		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lab. Periods -30(60 hours)			
Unit	Topic		No. of Lab. Periods
I	Modification of normal diet for therapeutic purposes- preparation and presentation		06
II	Therapeutic Diet Preparation and Nutrient Calculation of - Diet in fever - Diet in diarrhea - Diet in Constipation		08
III	Therapeutic Diet Preparation and Nutrient Calculation of some Common Disorders - Diet in diabetes Mellitus - Diet in Hypertension - Diet in Atherosclerosis		08
IV	Dietary Modification for weight management – Preparation and Nutrient Calculation of diet in- - Overweight & obesity - Underweight		08
Suggested Readings:			
➤ Sumati R Mudambi – “Fundamentals of food, Nutrition and Diet Therapy”, New Age International Pvt. Ltd, New Delhi, 6th Edition (2018).			
➤ B SriLakshmi- “Dietetics” , New Age International Publishers, New Delhi 2017 .			
➤ Bamji MS, Krishnaswamy K and Brahman GNV(Eds) (2009), Text book of Human Nutrition, 3rd			

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Edition, Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi ➤ Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13th Ed. ➤ Dr. Shool Sharma, "Nutrition and Diet Therapy" PEBPEE Publishers and Distributors (P) Ltd. Delhi, 2014, 1st Ed.
Suggested Continuous Evaluation Methods: • Test with multiple choice questions/short and long answer questions • Menu planning and calculation of nutrient requirement
Suggested equivalent online courses: ➤ IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad Swayam Portal. ➤ http://heerointerupside.gov.in/Home.aspx

**B.A. 3Year Semester 6 Home Science Paper 4
Research Project**

Programme/Class: Graduation		Year: 3	Semester: 6
Subject: Community and Life Science (Home Science)			
Course Code: A130604R		Course Title: Research Project II	
Course outcomes: Learns to communicate with community around Becomes sensitive to needs of the society where she lives Tries with some intervention plan for problems faced in community Improves writing and presentation abilities of the candidate.			
Credits: 3		Core Compulsory / Elective	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lectures- 45(Hours)			
Unit	Topics		No.of Lectures (Hours)
I	The Candidate has to select and give inputs in any one of the following. It may include Anganwadi/ Health services/ Market / Dairy/ Agricultural farmland / NGO / Crèche/ Nursery School/ Hospital/ Fitness center/ Diet councillor/ Boutique/Balwadi/ Youth center/ Primary school/ Vridha Ashram(old age home)/ Divang school/ Mentally challenged institution/ Village panchayat / School councillor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods		12
II	An intervention plan would be developed based on problem		

By: 10.04.2026



	identified in the area/ a field visit is mandatory to develop an understanding of the whole process.	11
III	The planned intervention to be carried in the selected area Based on the intervention, the pre-intervention state and post intervention data has to be collected and compared / based on visit and interaction the detailed in-depth data has to be collected.	12
VI	A detailed Report is to be submitted and evaluated.	10
Suggested Continuous Evaluation Methods:		
• Prepared intervention plan on any one of the above areas • Collection of data related to the area. • A letter certifying the authenticity of work done from the mentor • Report of the implemented plan and impact/experience of intervention.		

B.A. 4th Year, Semester VII - Home Science: Paper 1ST Theory

Programme/Class: Graduation Degree Honors with Research	Year 4	Semester 7
Subject: Microbiology, Food Handelling (Home science)		
Course Code: A130701T	Course Title: Food Microbiology, Spoilage and Adulterations	
Course outcome:		
• Awareness about food handling and spoilage. • Health concern and infection due to spoilage and adulteration • Community Awareness and precaution while using packed food. • Develop practical knowledge and health risk due to various virus and bacterial infection.		
Credits: 4	Core Compulsory / Elective	
Max.Marks: 25+ 75	Min Marks:	
Total no of Lectures: 60		
PART A		
Unit	Topic	No. of Lecture
I	Intorduction to Indian Knowledg System in Home Science IKS for Healthy and Better Lifestyle,Traditional Food System, Yaga and Meditation. Different kind Shatras and Social Rituals of IKS: Nyaya, Vyakarana, Krishi,Shilp,Vastu, Natya, and Sangeet.	06

By
10.04.2026



II	Introduction to Food Microbiology: Understanding the scope of food microbiology, the types of microorganisms (bacteria, fungi, yeasts, etc.) found in food and their importance in food systems.	06
III	Microbial Growth and Survival: Factors affecting microbial growth in food, both intrinsic (e.g., pH, moisture) and extrinsic (e.g., temperature, atmosphere).	08
IV	Food borne Illnesses: Understanding the role of microorganisms in causing food borne diseases, including common pathogens and their sources.	10
PART B		
V	Food Spoilage: Understanding the different types of food spoilage (microbial, chemical, and physical). Learning about methods to prevent or delay spoilage (preservation techniques, proper storage).	08
VI	Food Adulteration: Defining food adulteration and its various forms (intentional, incidental). Identifying common adulterants in various food items (milk, oils, spices, etc.). Understanding the health impacts of food adulteration.	07
VII	Understanding Food borne Illnesses: Defining food borne diseases, identifying common pathogens like bacteria (e.g., Salmonella, E. coli), viruses (e.g., Norovirus), and parasites, and understanding the mechanisms of transmission.	07
VIII	Microbial Food Spoilage: Understanding how microorganisms can cause food spoilage and how to control microbial growth in food to prevent food borne diseases.	08
Suggestive Readings: - Food Preservation, Nutrition and Microbiology, Prahlad House, CBS Publishers & Distributors Private Limited Delhi. - ESSENTIALS OF FOOD MICROBIOLOGY: Understanding the Basics for Food Safety & Hygiene, Publisher Notion Press.		

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- General Microbiology Concept and Techniques, J Sai [Prasad, Mohd Ashiq, Sangeeta, K. Sumita, Pratima Raypa, Sheetal-sha Gupta, Elite Publishing House.
- A TEXT BOOK OF FOOD ADULTERATION, DR. VIDYA JONALLAGADDA, Publisher : DLPI

Suggested equivalent online courses:

- IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad Swayam Portal,

<http://eecontent.upsc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Test with multiple choice questions/short and long answer questions.

B.A. 4th Year, Semester VII- Home Science: Paper 2nd Theory

Programme/Class: Graduation Degree Honors with Research	Year 4	Semester 7
Subject: Textiles and Designing (Home Science)		
Course Outcome:		
• Learning basics of Cutting, Stitching and designing • Learn about latest fashion fitting and trends		
Course Code: A130702T	Title: Apparel Designing and Construction	
Credits: 4	Core Compulsory / Elective	
Max.Marks: 25+ 75	Min Marks:	Max.Marks: 25+ 75
Total no of Lectures: 60		
Unit	Topic	No. of Lecture
I	Anthropometric Measurement: Concept, importance, techniques. Pattern making: Methods of Drafting, draping, flat pattern, techniques, use; Principles of pattern making; Importance of patterns and patterns importation.	15
II	Selection of fabrics: Factors affecting the selection of fabric for different garments; Calculating amount of fabric needed for different garments. Lay out planning: Definition, types of lay outs; General guide lines for lay out planning for patterns and fabric.	15
III	Fitting: Good fit, definition, principles and clues for good fit; Fitting areas, fitting guide lines and procedures. Different types of stitches: Construction and decorative. Different types of seams and seam finishes.	15

By: 10.04.2026



IV	Fashion and design: Elements and principles of arts in dress designing; Designing for different figures types Fashion: Definition, fashion cycle; Sources of fashion, factors favoring and retarding fashion	15
Suggestive Reading: • Basic Process of clothing construction, Dongaji Das, New Raj Book Depot, New Delhi • Complete Sewing Guide, Reader's Digest Publications • Handbook for Fashion Designing, Best Drafting Techniques, Rither, Jindal Mittal Publications, New Delhi • Isabel B. Wingots Textile, Fabrics and their selection practice, • Hall Iye Ends, Wood Cliff, New Jersey More dress pattern designing, Natalie Bray, Om Boom Services, Prakash House, New Delhi • Pattern for women's clothing, Grey Cookling, Om Boom Services, Prakash House, New Delhi • Zarapker system of cutting, Zarepker, Navneet Publications Ltd., Bombay Suggestive digital platforms web links- • Swayam Portal, • http://heecontent.uesdc.gov.in/Home.aspx		

B.A. 4th Year, Semester VII - Home Science: Paper 3rd Practical Related core paper

Programme/Class: Graduation Degree Honors with Research		Year 4	Semester 7
Subject: Practical			
Course Outcome: • Gain practical knowledge of relevant topics. • Learn practical Knowledge In decoration and other relevant topic			
Course Code: A130703P		Course Title: Practical	
Credits: 2		Core Compulsory / Elective	
Total Lab Practical : 45			
Unit	Topic		No. of Lab Classes
1	Application of elements and principles of interior design and Decoration. Preparation of utility and decoration articles by using various painting/printing techniques. Calligraphy Use of floor decoration		12

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10.04.2026



	in , Flower arrangement and decoration for different areas and occasions. Stationery designs; cover designs for books, magazines, illustrations, lettering construction etc. Accessories; various types, materials and techniques; pottery, collage, handicrafts, utility articles, paper mache items, paper sculpture, poster making, greeting cards, fabric painting, glass painting, gift wrapping etc.	
II	Designing and styling using flat pattern technique Moving, dividing and combining darts: Pivot and slash method Converting darts into seam lines. Adding fullness by gathers, pleats and tuck Construction of different types of yokes collars: full roll collar, convertible collar, sailor collar, chines collar, polo collar sleeves: set-in sleeve and its variations, raglan sleeve, kimono sleeve, skirts: 'A' line, pleated and gathered Preparation of basic block using draping techniques, Construction of formal dress for teenager using draping technique.	10
III	Menu planning for industrial canteen, hospital canteen, cafeteria, snack bar, residential hostel. Standardization of recipes suitable for fast food outlet, industrial canteen, hospitals, college hostel. Practical exercise on planning, preparation and service in a cafeteria. Management of cafeteria – preparation, costing and fixing of price for meal items. Evaluation of management process and report presentation.	12
IV	Identifying methods of development of creativity -Analyzing situations/ conditions that foster creativity-Preparation of art file with different forms of paintings Preparation of collage, murals and models appropriate for infancy through early childhood -Art activities (Painting and graphics, Tearing, cutting, pasting and collage, murals, modeling, printing, blocks, sand and mud, water)- preparation of each medium of art activity for young child's development. Developing resource file	11

By: 10-04-2026



B.A. 4th Year, Semester VIII - Home Science: Paper 1st Theory

Programme/Class: Graduation Degree Honors with Research		Year 4	Semester : 8
Course Code: AI30704T		Title: Computer Application and Statistical Analysis	
Course Outcome:			
• Learn about Basics of Computer skill and its application. • Student will learn about statistical analysis in research.			
Credit 4		Core Compulsory / Elective	
Max. Marks: 25+ 75		Min Marks:	
Total No of Lectures: 60			
Unit	Topic PART - A		No. of Lecture
I	Overview of a Computer system: Software and Hardware, MS-DOS, MS-WORD, WINDOWS, EXCELL		08
II	Classification and Tabulation of data, Definition, Meaning, Types of classification, formation of table .		08
III	Graphical Representation on data, Percentage, Graph, pie, bar graph etc.		07
PART - B			
V	Scientific Approach to Research: Meaning, significance, types of research studies. Research Process: Formulating the problem, objectives, hypothesis, Experimental design, sample design, collecting data: observation, interview, questionnaire, case study, focus group discussion, analysis of data, interpretation, Report writing, Nutritional/Food Surveillance.		11
VI	Sampling design: Census vs. sample survey. Steps, types. Scaling techniques: Continuum, Reliability, Validity, Scale construction techniques. Experimental designs: Randomized Block design. Processing of data: Development of code book.		10
VII	Measurements: Nature of measurements, types of measurement scale, Frequency distribution, graphical presentation of data. Measures of Central Tendency: Computation of mean, median and mode, their uses. Measures of variability: Computation of mean deviations, Quartile deviation and standard deviation, their uses.		08
VIII	Correlation and Regression, Tests of significance of difference between means: t-test, Analysis of Variance (ANOVA): One way and two ways. Applications to food quality assessments, Multivariate statistics: MANOVA, Non-parametric statistics. Uses and merits. Statistical packages.		08
Suggested Readings:			
1. C. R. Kothari: Research Methodology- Method and Techniques			
2. R. Kumar: Research Methodology: A step by Step Guide for Beginners			

By: 10.04.2026



3. M. H. Gopal: Introduction to Research Methodology for Social Sciences
4. Good, Carter, Scales and Douglas: Methods of Research

Suggestive digital platforms web links-

- e-PG Pathshala – Inffibnet
- Swayam Portal,
- <http://heerportalent.unsdc.gov.in/Home.aspx>
- IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad.

B.A. 4th Year, Semester VIII - Home Science: Paper 2nd Theory

Programme/Class: Graduation Degree Honors with Research	Year 4	Semester : 8
Course Code: A130705T	Title: Community Nutrition	
Course outcomes: 1- Gain knowledge of Community nutrition and Public Health. 2-Develop understanding of nutritional status assessment. 3- Knowledge of primary and Secondary Health Statistics.		
Credit:4	Core Compulsory / Elective	
Max.Marks: 25+ 75	Min Marks:	
Total No of Lectures: 60		
Unit	Topic PART - A	No. of Lecture
I	Concepts of community nutrition. Nutritional problems of the community and its implications for public health. Causes, incidence, signs and symptoms and treatment of PEM, Vitamin A deficiency, Iron Deficiency, Iodine Deficiency, Fluorosis and Lathyrism.	15
II	Sociological factors contributing in the Etiology and Prevention of Malnutrition: Food production and availability, cultural influences, socio-economic factors, food consumption and distribution, emergency disaster conditions.	15
III	Malnutrition and Infection: Interrelationship between the two, Immunization. Assessment of Nutritional Status: Meaning, Need, Objectives and Techniques. Primary Methods: Anthropometric measurements: Weight, Height, Skin Fold Thickness, Head Circumference, MUAC, Chest Circumference;	15
IV	Use of Growth Chart; Bio-chemical Assessment; Clinical Method; Dietary Survey - Types, Secondary Methods: Vital Statistics; Mortality Rates- Crude death rate; infant mortality rate; maternal mortality rate; survival rate; morbidity rate; fertility rate.	15

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Suggested Readings:

- Publications of the International Life Science Institute.
- Serimshaw N and Glesson G (ed.) (1991). Rapid Assessment Methodologies for Planning and Evaluation. Health Related Programme published by (INFDC) International Nutrition Foundation for Developing Countries.
- Stryer L. (1984). 4th ed. Bio-Chemistry WH Freeman and Co.
- UNICEF's State of the World's Children.
- WHO (1999) Nutrition for Health and Development Progress and Prospects. On the eve of the 21st Century WHO INHD, 99.9 Geneva.

Suggested equivalent online courses:

e-PG Pathshala – Infibnet

- Swayam Portal.
- <http://www.content.upsc.gov.in/Home.aspx>
- IGNOU & Other centrally/state operated Universities/ MOOC platforms "SWAYAM" in India and Abroad.

B.A. 4th Year, Semester VIII - Home Science: Paper ^{3rd} Practical

Programme/Class: Graduation Degree Honors with Research	Year 4	Semester : 8
Subject Home Science		
Course Code: AI30706P	Course Title: Synopsis Formation and Seminar	
Course Credit: 2	Core / Compulsory	
Course outcomes:		
To make students aware and able to prepare research synopsis for major project work.		
Total No. of Practical : 45		
	Topic Description	No of Practical
	- Find out the problem for research. - Students will learn how to prepare synopsis for research. - Pre testing of questionnaire and Pilot study. - Seminar and Presentation on taken research topic	45

By: 10.04.2026

B.A. 4th Year, Semester VIII - Home Science: Paper ^{4th}



Major Research Project:

Programme/Class: Graduation Degree Honors with Research	Year 4	Semester : 8
Subject Home Science		
Course Code: A130707R	Course Major Research Project	
Course outcomes: • Learns to communicate with community around • Becomes sensitive to needs of the society where she lives • Tries with some intervention plan for problems faced in community • Improves writing and presentation abilities of the candidate.		
Credits: 3	Credits: 3 Core Compulsory / Elective	
Topic Description: • Students will conduct survey on prior taken topic. • Collection of data related to the area selected and analysis. • Chapter wise preparation of research work with all relevant information. • Bibliography and references and appendix etc.		

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