

Hemwati Nandan Bahuguna Garhwal University , Srinagar (Uttarakhand)

Department of Home Science

School of Sciences

Syllabus for B.A. (Programme) Home Science

B.A. I Year

Semester	Paper Category	Credits	Paper Title	Paper Code
Semester I	Major Paper Core-1	04	Family Resource Management and Interior Decoration	SOS/HSc/CH-1
	Core-1 (Lab)	02	Practical	SOS/HSc/CH-1 (P)
	Additional Multidisciplinary Course-1	04	Nutrition and Health	SOS/HSc/AMD-1
	Skill course-1	02	Early Childhood Stimulation and school readiness	SOS/HSc/SH-1
	Value added course-2	02	Life skill and personality development	VAC-2
Semester II	Major Paper CORE – 2	04	Growth And Development (Prenatal and Infancy Years)	SOS/HSc/CH-2
	Core-2 (Lab)	02	Practical	SOS/HSc/CH-2 (P)
	Additional Multidisciplinary course -2	04	Women Entrepreneurship	SOS/HSc/AMD-2
	Skill course-2	02	Dyeing and Printing Techniques	SOS/HSc/SH-2
	Value added course-1	02	Connecting to Environment	VAC-1

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Syllabus for B.A. (Programme) Home Science

B.A. II Year

Semester	Paper Category	Credits	Paper Title	Paper Code
Semester III	Major Paper Core-3	04	Principles Of Nutrition	SOS/HSc/CH-3
	Core-3 (Lab)	02	Practical	SOS/HSc/CH-3 (P)
	Additional Multidisciplinary Course-1	04	Nutrition and Health	SOS/HSc/AMD-1
	Skill course-1	02	Early Childhood Stimulation and school readiness	SOS/HSc/SH-1
	Value added course-3	02	IKS/ Additional Multidisciplinary skill course (Any one out of four)	VAC-3
Semester IV	Major Paper Core-4	04	Introduction to Textiles	SOS/HSc/CH-4
	Core-4 (Lab)	02	Practical	SOS/HSc/CH-4 (P)
	Additional Multidisciplinary course-2	04	Women Entrepreneurship	SOS/HSc/AMD-2
	Skill course-2	02	Dyeing and Printing Techniques	SOS/HSc/SH-2
	Value added course-3	02	IKS/ Additional Multidisciplinary skill course (Any one out of four)	VAC-3

Details of Courses Undergraduate Programme (B.A.)

I Semester

1. MAJOR PAPER-1- Family Resource Management and Interior Decoration

Course Code: SOS/ HSc/ CH-1

Credits: 04

Course Outcomes:

1. Learn family resource management as a whole.
2. Understand the Decision-making and use of resources throughout the Family life cycle.
3. Gain knowledge about Time, Money & Energy as a Resource.
4. Appreciate Household Equipment's for work simplification. Developing skills for making time plan for an effective balance of work & leisure.
5. Plan & prepare a budget for the family.
6. Incorporate appropriate work simplification in using household equipments.
7. Develop an understanding of interior decoration.

Unit – I Home management

1. Introduction to management, Definition and significance.
2. Process of home management- planning controlling and evaluation.

Unit – II Factors motivating management.

Factors motivating management process-value, goals, standards. Decision making- steps and types.

Unit – III Family resources and their management.

-Type of resources [human and non-human and their proper management]

Unit – IV Interior Decoration

1. Meaning and Principles of interior decoration.
2. Elements and principles of art.
3. Design- Decoration and structural.
4. Colour- properties, classification and color schemes.
5. Lighting.
6. Flower arrangement
7. Accessories.

BOOK RECOMMENDED:

1. Home Management for Indian Families: M.K. Mann

2. Management for Modern Families : Gross and Crandall
3. Management in Family Living : Nickell and Dorsey
4. GrahPrabandh : Sharma and Verma

2. Family Resource Management and Interior Decoration (Lab)

Course Code: SOS/ HSc/ CH-1 (P) Credits-02

Flower arrangement (fresh and dry)
Handicraft (using inexpensive materials), rakhi and greeting cards
Colour chart and colour schemes

3. Additional Multidisciplinary Course- Nutrition and Health

Course Code: SOS/HSc/AMD-1

Credits: 04

Course Outcomes:

1. Learn the concept of adequate diet and meal planning
2. Understand the principles of diet therapy
3. Gain the knowledge of nutrition during life cycle

Unit I: Definition of Nutrition and Health Dimensions of Health (Physical, psychological emotional and spiritual)

Unit II: Factors affecting energy requirement: BMR, activity, age climate, diet, physiological conditions.

Unit III: Concept of Adequate diet and meal planning.

a) Importance of meal planning

b) Factors effecting meal planning: age, nutritional, socio-cultural, religious, economic factors and availability of material resources.

c) Nutrition during Pregnancy and Lactation: Importance of adequate diet, nutritional requirements during pregnancy, Deficiency of nutrients and its impact, common, problems of pregnancy and their management. Nutritional requirements during lactation and dietary management.

Unit IV: Principles of Diet Therapy: Modification of normal diet for therapeutic purposes, Fluid diet, soft diet, Bland diet.

Unit V: Nutritional and Health care Programs for the mother and the child: ICDS and role of primary health centres.

REFERENCES:

1. William, S.R. (1989) Nutrition and Diet Therapy 4th Ed. C.V. Mosby Co.
2. Robinson, C.H. Laer, MR., Chenoweth, W.L. Warwick A.E. (1986) Normal and Therapeutic Nutrition. MacMillan publishing Co. New York.
3. Swaminathan, M.(1985) : Essentials of food & Nutrition vol. I and II
4. Ghosh, S (1992) The feeding and care of infants and young children. VHA1 6th Ed. New Delhi.

Details of Courses Undergraduate Programme (B.A.) II Semester

4. Major Paper- II- Child growth and development (Prenatal and Infancy Years)

Course Code: SOS/ HSc/ CH-2

Credits: 04

Course Outcomes:

1. Understand the concept of growth and development
2. Develop an understanding of various areas of development and factors affecting environment
3. Learn about developmental tasks
4. Get the knowledge of prenatal development and development during infancy

Unit I: Growth and Development

Scope and Importance of studying child development

Definition and difference between growth and development

Factors affecting development

Unit II: Development

Chief areas of development

Principles of development (Including Types of changes in development, Stages of development, Developmental tasks)

Unit III: Prenatal Development

Conception and signs of pregnancy

Factors influencing prenatal development

Problems and Complications of pregnancy

Periods of prenatal development: Period of zygote, period of embryo, period of fetus.

Unit IV: Infancy

Kinds of birth, Adjustments after birth: Temperature, Breathing, Sucking and swallowing or taking nourishment, Elimination

Infancy: Definition, Characteristics and behavior of the newborn Physical development; Sensory capacities

5. Child growth and development (Prenatal and Infancy Years) (Lab)

Credits 2

Observing the characteristics and behaviour, and sensory capacities of the infants.

RECOMMENDED READINGS:

Bee. H. (1995). The Developing Child. Harper Collins.

Berk, L. E. (2007). Development through the lifespan. Delhi: Pearson Education.

Rice. F. P. (1998). Human Development: A lifespan approach. New Jersey: Prentice Hall.

Santrock, J. W. (2007). A topical approach to life-span development. New Delhi: Tata McGraw- Hill.

Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi: Orient Black Swan.

6. Multidisciplinary Paper: Women Entrepreneurship

Course Code: SOS/HSc/AMD-2

Credits: 04

Course Outcomes:

1. Understand the requisite characteristics of an entrepreneur along with getting knowledge of various sectors where there is immense scope of entrepreneurship development
2. Learn about various government programmes and schemes which promote and develop women entrepreneurship
3. Get the knowledge of different types of Self Help Groups, small businesses and marketing management

Unit I: Entrepreneurship: A Conceptual Framework

Entrepreneurship: Concept; and definition; scope and purpose. Types, forms and approaches to entrepreneurship; importance of being an entrepreneur; entrepreneurial qualities and attributes. Entrepreneurial Functions- Functions of an entrepreneur; entrepreneurial opportunities; entrepreneurial competencies and entrepreneurial motivation.

Unit II: Women Empowerment and Skill Development:

Women Empowerment- Concept and significance of women empowerment; Goals and component of women empowerment; Approach, Strategies, Programme and Policies of women empowerment.

Skill Development- Understanding entrepreneurial skills; functions and approaches of skill development; Institutions of skill development, policies, programmes and schemes for women entrepreneurship and skill development.

Unit III: Women Entrepreneurship Process

Creativity and innovation in women entrepreneurship, negotiations and risk management, Identification of business opportunity, need assessment and feasibility analysis (raw material, financial, technical, socio-economic feasibility analysis) and feasibility report preparation

Unit-IV Case Study of Successful Women Entrepreneur

Study and analysis of different case studies (different sectors) in Uttarakhand; factors leading to success and failures; Innovation and entrepreneurship: types and sources of innovation (A Case study analysis)

Suggested Readings

Committee on the Status of Women in India 1974: Towards Equality. Min. of Women and Child Development, Govt. of India, New Delhi. Government of India 1988: National Perspective Plan for Women's Development 1988-2000. Govt. of India: New Delhi.

Carsrud, A. L., and Brannback, M. E. (2007). Entrepreneurship. Westport, Connecticut: Greenwood Publishing Group.

Drucker, P. (2014). Innovation and Entrepreneurship. Routledge: New York.

Hisrich, R. (2011). Entrepreneurship 6/E. New Delhi: Tata McGraw-Hill.

Pandya, R. (2016). Skill Development and Entrepreneurship in India. New Delhi: New Century Publications.

Sharma, S. (2016). Entrepreneurship Development. New Delhi: PHI Learning Pvt. Ltd.

Soota, A., and Gopalan, S. R. (2016). Entrepreneurship Simplified: From Idea to IPO. UK: Penguin.

Vaidya, S. (2014). Developing Entrepreneurial Life Skills: Creating and Strengthening Entrepreneurial Culture in Indian Schools. New Delhi: Springer Science and Business Media.

Semester III

7. Major Paper

Core- 3- Principles of Nutrition

Course Code: SOS/HSc/CH-3

Credits: 04

1. Gain knowledge of the principles of Nutrition.
2. Develop an understanding of essential constituents of food and their
3. Elementary knowledge of basic food groups.
4. Get an understanding of nutrition during life cycle and meal planning

Unit I: Introduction to food and nutrition:

- (a) Definition- Foods, Nutrition, Nutrients.
- (b) Classification and function of foods.
- (c) Energy-factors affecting total energy requirements of the body

Unit II: Essential constituents of food: their sources, functions, requirements, absorption and deficiency diseases:

- (a) Protein
- (b) Carbohydrate
- (c) Fat
- (d) Vitamins
- (e) Minerals
- (f) Water

Unit III: Elementary knowledge of basic food groups.

Importance of basic food groups in the diet. Nutritive contribution of food stuffs and their importance in Indian diets like cereals and millets, pulses, nuts and oilseeds, vegetables, fruits, milk and milk products, egg, meat, fish and other flesh, fats and oils, sugar and jaggery spices and condiments.

Unit IV: Nutrition during life cycle:

- (a) Nutrition during childhood
- (b) Nutrition for adolescence
- (c) Nutrition for adults
- (d) Nutrition during old age
- (e) Pregnancy and lactation

Unit V: Meal planning

a. Importance and basic principles of meal planning, factors affecting meal planning, meal planning for special occasions, like festival and birthday party.

b. Diet planning for different economic levels and different age groups- Early and late childhood adolescence, adulthood and old age.

8. Principles of Nutrition (Lab)

Course Code: SOS/HSc/CH-3(P)

Credits -02

Diet planning and preparing diets for different economic levels and different age groups- Early and late childhood adolescence, adulthood and old age.

BOOKS RECOMMENDED:

1. Normal and therapeutic nutrition : Robinson
2. Essential of foods and nutrition : Swaminathan
3. Human nutrition and application in India: Mudambi
4. Nutritive value of Indian foods : Gopalan C.
5. Basic AaharavamPoshanVigyan :Vimla Sharma
6. Poshan Vigyan KeMool : S.P. Sukhiya Siddhant Siddhant

9. Skill Paper - Early Childhood Stimulation and School Readiness (Students can opt skill course 1 and 2 either in 1st year or 2nd year)

Course code SOS/HSc/SH-1

Credits: 02

Course Outcomes:

1. Learn the importance of stimulation during early years
2. Learn the objectives of early childhood stimulation

Note: The students are required to develop Portfolio of the activities listed in the Units below. These are to be used for development stimulation during the Early Childhood Years

Unit 1

Early Childhood Stimulation – definition, need and significance; Components of Stimulation; Objectives of Early Childhood Stimulation

Unit 2

Patterns of development in children (3- 4 years olds, 4-5 years olds 5-6 years olds) – physical and motor, Language, Personal and socio-emotional and cognitive abilities
Developing Stimulation Activities for 3-4 years olds, 4-5 years olds and 5-6 years olds

Unit 3

School Readiness: Definition, Concept and importance

Components of School Readiness: Reading Readiness, Writing Readiness and Number Readiness

Factors influencing readiness to read, write and number work

Reasons for not using formal teaching methods in ECE Classroom

Unit 4

Role of teacher in ECE classroom

Developmental characteristics of pre-school children

Steps in preparing children to read, write and for number work: Concept, necessity and preparing play materials and designing activities to be provided

References:

Stimulation Activities for young children – Rajalakshmi Muralidharan and Shobita Asthana, Department of Preschool and Elementary Education, NCERT, New Delhi

Little Steps – Readiness for reading, writing and number work – A Manual for pre-school teachers – Romila Soni, NCERT, New Delhi

IV Semester

10. MAJOR PAPER

Core - 4: Introduction to Textiles

Course code: SOS/HSc/CH-4

Credits: 04

Course Outcomes

1. Ability to identify fibres and fabrics
2. Understanding how fabrics are different
3. Learn various techniques of fabric construction

UNIT-I: Textiles Fibers: -Manufacturing, characteristics, properties, uses and classification of textile fibres:

(a) Natural plant fibres-cotton, flax

(b) Natural animal fibres-wool and silk

(c) Synthetic fibres-rayon, nylon

UNIT-II: Identification of common fibres- microscopic, burning and physical tests.

UNIT-III: Yarn construction

- Types of yarns
- Different processes of yarn making

UNIT-IV: Fabric construction

- Weaving- classification of weaves
- Different ways of fabric construction- weaving, knitting, knotting, braiding etc.

BOOK RECOMMENDED:

1. Guide to household textiles and laundry work : Durga Deulkar
2. Fundamentals of textiles and their care :SusheelaDantyagi
3. Vastra Vigyan keMoolSiddhanth : G.P. Sherry
4. VastraShilpVigyan :Vimla Sharma

11. Introduction to Textiles

Course code: SOS/HSc/CH-4(P)

Credit-02

Identification of fibres (microscopic test, burning test, physical test)

Samples of weaves and knitting

Identification of common fibres- microscopic, burning and physical tests

12. Skill Paper : Dyeing and Printing Techniques

Course code: SOS/ HSc/SH-2

Credits: 02

Course Outcomes:

1. Knowing why fabrics look differently
2. Identify the different techniques of fabric from surface
3. Learn about finishes done on fabrics
4. Knowing about dyeing fabrics
5. Learn how printing on fabrics is carried out.

Unit I - Theory and principle of dyeing and printing in relation to various types of dyes.

Dyes – Definition and classification of dyes

Natural dyes and Synthetic dyes , Pigments and Mordant.

Unit II – Preparation of fabric for dyeing and printing

Colour Fastness – Sunlight, Washing , Crocking , Perspiration

Unit III – Textile design through dyeing – Tie and Dye and Batik

Printing – significance, methods- Block, Stencil , Screen , Roller

Printing defects and remedies, advantages and disadvantages of various printing methods

Unit IV- Printing Paste, Thickeners and after treatments of printed goods

Practical work – construction of articles using different types of printing and dyeing techniques

References:

Vastra Rachna evam Chappai Takneek, Jain and Gupta, Shiva Prakashan Indore

Vastra evam Paridhan, Jain and Jain Shiva Prakashan Indore