

**SYLLABUS
FOR
UNDER-GRADUATE
COURSE IN HOME SCIENCE
(B.A./ B.Sc. Examination)**

**UNDER UGC CHOICE BASED CREDIT SYSTEM
B.A. Home Science**

Semester	Course Opted	Course Name	Credits
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I	AECC-I	Environmental Science	2
	CC-I Theory	Human Development I: The Childhood Years	4
	CC -I Practical	Human Development I: The Childhood Years Practical	2
	CC -2 Theory	Food and Nutrition	4
	CC -2 Practical	Food and Nutrition Practical	2
II	AECC-II	MIL	2
	CC- 3Theory	Extension Education	4
	CC-3 Practical	Extension Education Practical	2
	CC-4 Theory	Family Resource Management	4
	CC-4 Practical	Family Resource Management Practical	2
	CC-5 Theory	Textiles	4

CC-5 Practical	Textiles Practical	2
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	CC-6 Theory	Dynamics of Communication	4
	CC-6 Practical	Dynamics of Practical Communication	2
	CC-.7 Theory	Personal Finance & Consumer Studies	4
	CC-7 Practical	Personal Finance & Consumer Studies Practical	2
	SEC-I	ENGLISH COMMUNICATION	2
	GE -3 Theory	TEXTILES	6
IV	CC-8 Theory	Human Development in II: Development and Adolescence Adulthood	4
	CC-8 Practical	Human Development in II: Development and Adolescence Adulthood Practical	2
	CC-9 Theory	Nutrition: A Life Cycle Approach	4
	CC-9 Practical	Nutrition: A Life Cycle Practical Approach	2

CC-10 Theory	Fashion Design	4
CC-10 Practical	Fashion Design Practical	2
SEC-2		2
GE -4 Theory	Family Resource Management	6

V	CC-11 Theory	Therapeutic Nutrition	4
	CC-11 Practical	Therapeutic Nutrition Practical	2
	CC-12 Theory	Physiology And Promotive Health	4
	CC-12 Practical	Physiology And Practical Promotive Health	2
	DSE -I Theory	Indian Textiles Heritage	4
	DSE -1 Practical	Indian Textiles Heritage Practical	2
	DSE -2 Theory	Communication System And Mass Media	4
	DSE -2 Practical	Communication System And Mass Media Practical	2
VI	CC-I 3 Theory	Research Methodology in Home Science	4
	CC-13 Practical	Research Methodology in Home Science Practical	2

CC-14 Theory	Socio Economic Environment	4
CC-14 Practical	Socio Economic Environment Practical	2
DSE -3 Theory	Marriage and family relationship	4
DSE -3 Practical	Practical Marriage and family relationship	2
DSE -4 Theory	Public Nutrition	4
DSE -4 Practical	Public Nutrition Practical	2
	Total	140

HONOURS PAPERS:

Core course – 14 papers

Discipline Specific Elective – 4 papers

Generic Elective for Non Home Science students – 4 papers.

Total – 100 marks

Credit per paper – 6

Teaching hours per paper – 50 hours + 10 hours tutorial

Marks per paper with practical – Midterm: 15 marks, End term: 60 marks, Practical: 25 marks

Generic Elective

Marks per paper – Midterm: 20 marks, End term : 80 marks

HOME SCIENCE PASS

Core course – 4 papers

Discipline Specific Elective – 2 papers

Generic Elective -1 paper

SEC- 3 papers

BA HOME SCIENCE (HONS)

CORE COURSES

Core Course 1: HUMAN DEVELOPMENT 1: THE CHILDHOOD YEARS

(CREDITS: THEORY-4, PRACTICAL-2)

THEORY

LECTURES:60

Objective

1. To understand importance of Human development & principles involved in it.
2. To study the developmental pattern of children starting from prenatal period up to middle childhood years in the areas of physical ,motor, social , emotional & language development.

Unit 1: Introduction to Human Development

- Definition of growth and development, scope of child development
- Principles of Growth and Development
- Stages of human Development

Unit II: Prenatal Development, Birth and the Neonate

- Conception, sign and Symptoms of Pregnancy

- Stages of Prenatal Development (Period of ovum, period of Embryo, period of fetus)

- Factors affecting prenatal Development

Unit III: Infancy and Preschool years (0-5 years)

- Physical and motor development
- Social and Emotional development

Unit IV: Late Childhood years (6-10 years)

- Physical development
- Social and emotional development
- Language development

PRACTICAL

1. Prepare poster showing different emotions (pleasant and unpleasant).
2. Plan and develop activities to facilitate physical and motor development through preparation of materials such as Posters, toys etc.
3. Study the role of familial (parents) and non familial (peers/teachers) people in a child's life

RECOMMENDED READINGS

Text book:

- Hurlock, E.B. (2008). Developmental Psychology. Tata McGraw-Hill. New Delhi
- Singh, A. (Ed). (2015). Foundations of Human Development: A life span approach. New Delhi: Orient Black Swan.

Reference book:

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

Core course 2: FOOD AND NUTRITION

(CREDITS: THEORY-4 PRACTICAL-2)

THEORY

LECTURES: 60

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.

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- 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.

Unit I: Basic concepts in food and nutrition

- Basic terms used in study of food and nutrition, Nutrients, Malnutrition (Under nutrition, over nutrition.)
- Classification of food.
- Functions of food- physiological, psychological and social.
- Classification, Functions, dietary sources, daily requirement and clinical manifestations in deficiency/ excess of the following nutrients.
- Carbohydrates, Proteins and Lipids

Unit-II-Vitamins & Minerals

- 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.

Unit III: Food groups

Potato, Sweet potato, Colocasia, carrot, radish

Green leafy vegetables – Amarantha, drumstick leaf, cabbage, fenugreek leaf spinach

Other Vegetables : Pointed gourd, bottle gourd, bitter gourd, Brinjal, Capsiunn, drumstick

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Nutritional contribution and changes during cooking of the following food groups:

Cereal (Rice, wheat, maize, millets)

- Pulses (Bengal gram, Red gram, Green gram, lentil, Black gram, peas kidney bean, Soyabean)
- Fruits and vegetables (Citrus Fruits, Orange, Sweet lime)
- Milk & milk products (Melons : Water, musk)
- Meat, poultry and fish (Other Fruits Mango, Apple, Grapes, Banana, Pear)

Unit IV: Methods of cooking and enhancing the nutritional quality of foods-

- Methods of cooking- Dry, moist, frying and microwave cooking---their advantages and disadvantages.
- Enhancing the nutritional quality of foods ---Supplementation, germination, fermentation, fortification.

PRACTICAL

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

- - 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, cakes
- Snacks: pakoras, upma
- Salads: salads and salad dressings. Fermented products:
Idli, dhokla etc.

RECOMMENDED READINGS

Text Book:

- Sri lakshmi (2007) .Food science .4th edition. New age international Ltd.
- Swaminathan, M. -Essentials of Food and Nutrition. Ganesh and Company

Reference book:

- Bamji MS, Krishnaswamy K. Brahman GNV (2009). Textbook of Human Nutrition 3rd edition. Oxford and IBH publish Co Pvt Ltd.
- Wardlaw and Insel MG Insel PM (2004). Perspectives in Nutrition's sixth edition Mosby.
- Chadha R and Mathur P (eds) Nutrition: a lifecycle approach.

Orient Blackswan, New Delhi. 2015

- 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.
- 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.

Core course:3- EXTENSION EDUCATION

THEORYLECTURES 60 Objectives:

- To enable the student to understand the meaning, principles, philosophy of Home Science Extension Education.
- To enable the student to know about different methods used in Extension Education.
- To enrich the Knowledge of the students about teaching learning process in Extension education.

UNIT -I

Extension Education-

- Definition needs and objectives.
- Principles of extension education.
- Behavioral changes brought about by extension education.

UNIT II

Role of Home Science Extension Education in Development –

- Role of Home Science & its inter relationship with Community Development.
- Role & qualities of Home Science extension workers.

UNIT III

Methods of teaching in Extension Education-

- Individual, group & mass methods. Individual Methods: Farm and Home Visits, Office Calls, Telephone Calls, Personal letters.
- Group Methods: Method Demonstration, Result Demonstration. Group Discussion, Field Trips, Lecture, Seminars and Workshop
- Mass Methods: Leaflets, Circular Letter, Radio, T.V. Bulletins, News Articles, Their advantages & disadvantages.

UNIT IV

Teaching-Learning process-

- Meaning, principles & steps in teaching learning process.
- Criteria for effective extension teaching. Elements of teaching and learning situation.
- Criteria for effective learning. Principles of learning. Factors affecting learning.

**Core paper III: Practical
Practical: 25 Marks**

- Prepare posters: women empowerment, violence against women, child & Maternal health issues, environmental pollution.
- Prepare a project report within one thousand words on any one of the above issues.

Text Book:

- 1.Education and communication for development – O.P. Dahama and O.P. Bhatnagar.
- 2.Extension Education and Communication–V.K. Dubey and Indira Bishnoi

Reference Books:

- Extension communication and management – G.L. Ray.
- Extension Techniques for Rural Management - C. Satapathy & Sabita Mishra.
- Extension Education – A. Reddy

Core course 4
FAMILY RESOURCE MANAGEMENT
(CREDITS: THEORY -4 PRACTICAL-2)

THEORY

LECTURES: 60

Objectives:

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

Unit I: Introduction to Family Resource Management and its application

□ Concept and scope of family resource management

□ Processes in resource Management

□ Decision Making

Unit II: Resources

□ 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.

Unit III: Availability and management of specific resources by an individual/ family

- Money-Types of income, Supplementing family income
- Time-Concept, Factors and steps in time management

Unit IV: Availability and management of specific resources by an individual/ family

- Energy- Efforts, Fatigue, Work simplification
- Steps in successful event planning—Planning, Budgeting and Evaluating.

PRACTICAL

1. Building decision making abilities through management games (Any two)
2. Preparation of time plans for one day for self and family.
3. Event planning for family occasion.(Any one).

RECOMMENDED READINGS

Text Book

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

Core course 5: TEXTILES
(CREDITS: THEORY-4, PRACTICAL-2)
THEORY LECTURES: 60

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

Unit I: Introduction to Textile Fibres

- Meaning and classification of fibres
- Production, properties and usage of fibres Natural fibre: cotton, silk and wool

Unit II: Yarn construction and their properties

- 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 **Unit III: Fabric construction**

- Parts of a loom
- Operations of a loom
- Classification of weaves (Plain, Basket, Ribbed, Twill, Satin, Sateen)- Structure, Properties, usages

Unit IV: Finishing and dyeing

□ Finishing-Mechanical finishes-Beetling, Calendaring, Embossing, Glazing, Napping.

Chemical Finishes- Mercerization, Flame Retardants, Antistatic, crease resistant, moth proofing, water resistant.

Natural dyes and Synthetic dyes (Acid, Basic, Vat, Direct, Mordant)

□ Dyeing - Types of dyes

PRACTICAL

1. Fiber identification tests- visuals, burning, microscopic Yarn identification- single, ply, cord, textured, elastic, monofilament, multifilament and spun yarn.
2. Thread count and balance, Dimensional stability,
3. Weaves- Identification and their design interpretation on graph (any three)

RECOMMENDED READINGS:

Text Book:

Corbman P.B. (1985) Textiles- Fiber to fabric (6th Edition) , Gregg Division /Mc Graw Hill Book Co, US.

Reference Book:

- Joseph, M.L. (1988) Essentials of Textiles (6th Edition), Holt , Rinehart and Winston Inc, Florida.
- Vilensky G. (1983) Textile science, CBS Publishers and Distributors, Delhi.
- Tortora, G. Phyllis, Understanding Textiles, Mc Millanm Co. USA.
- Sekhri S. (2013) Textbook of Fabric Science: Fundamentals to finishing, PHI Learning, Delhi.

Core course 6: DYNAMICS OF COMMUNICATION (CREDITS: THEORY-4, PRACTICAL-2)

THEORY

LECTURES: 60

Objectives:

- To understand the different spheres of communication •

To understand the concept, process, models and process of communication **Unit I: Communication:**

- Concept and nature of Communication
- Functions of communication
- Types of communication- formal and informal communication; verbal and non-verbal communication.
- Scope of communication- education, corporate communication, management of organizations advertising and public relations.
- Barriers of Communication.

Unit II: Principles, elements and models Communication

Principles of communication.

Elements of communication and their characteristics

□ Models of communication- -Aristotle, Lasswell, Shannon & Weaver, Osgood and Schramm

Unit III: Effective communication

- Relevance to communication process: Empathy
- Perception, Listening, propaganda, publicity, persuasion Role of Communication for social change

Unit IV: Diffusion, adoption & innovationConcept

& elements of diffusion

.

Adoption – Characteristics, stages& factors associated with adoption.
Sources of information, Characteristics of adopters.

PRACTICAL

1. Prepare posters on different skills of communications.
2. Collect and Review of selected issues published in newspapers.
3. Writing short stories, related to health and nutrition for conveying messages to the society.

RECOMMENDED READINGS

Text book:

- Devito. J. (1998) Human communication New York: Harper & Row. Extension communication and management – G.L. Ray.

Reference Book:

- Barker, L. (1990) “Communication” New Jersey prentice Hall Inc 171.
- Patri and Patri (2002); Essentials of communication Greenspan publication

Core course 7:
PERSONAL FINANCE AND CONSUMER STUDIES
(CREDITS: THEORY-4 PRACTICAL-2)
THEORY **LECTURES: 60**

Objectives:

To gain knowledge about the need of consumer education

To create awareness among consumers through education

.

Unit I: Income and expenditure

- Budgets, maintaining household accounts
- Factors influencing expenditure Family savings and investments-objectives and types of savings.

Unit II: Consumer in India: Consumer problems and education

Definition of a consumer, Role of consumers.

- Rights and responsibilities of Consumers. Consumer problems- products and service related problems and solution.

Unit III: Consumer Protection

- Consumer education, Meaning, Need, Importance of Consumer Education
- Consumer Aids: - Advertisement, brands, trademarks, labels, Pedagogy, quality marks.
- Guidelines for guide purchase of a consumer.

Unit IV: Legislative Measures for Consumer Protection, Standardization and quality control measures:

- Consumer organizations – Role and function
 - Basic legislative framework for consumer protection in India (Consumer protection Act 1986 (Consumer co-operation, consumer guidance, society of India, other laws of consumer protection)).
 - ISI, FPO, AGMARK, ISO FSSAI, Eco mark, , handloom mark

PRACTICAL

1. Evaluation of labels on different types of food products (at least three).
2. Learning to fill up different forms of banks and post office. (at least three).
3. Different saving schemes available at post-office and bank for senior citizen and children (any three).

RECOMMENDED READING

Text Book :

- Khanna S.R. Hanspal S. Kapoor S. & Awasthi H.K. 2007, Consumer affairs, Universities press India Pvt. Ltd.

Reference Book :

- Sawhney H.K & Mital, M, 2007, Family finance & consumer studies, Elite publishing House Pvt. Ltd.

- Seetharaman P. and Sethi, M. 2001, Consumerism, Strength and Tactics, New Delhi CBS Publisher

**Core Course 8: HUMAN DEVELOPMENT II
DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD
(CREDITS: THEORY-4 PRACTICAL-2)**

THEORY

LECTURES: 60

Objectives:

- To know the different developmental tasks during adolescence.
- To know the socio-emotional and cognitive developments of adulthood.

Unit I : Puberty

Characteristic and age at puberty

Puberty growth spurt

Body changes at puberty

Psychological Effect of puberty

Unit II : Adolescence

Characteristics of adolescent years

Developmental tasks during Adolescence

Physical changes

Emotional changes

Unit III : Early Adulthood

- Developmental tasks of early adulthood
- Characteristics of early adulthood

- Changes in interest

Unit IV : Early Adulthood and family adjustment

- Marital adjustment
- Adjustment to parenthood Adjustment to singlehood

PRACTICAL

1. To study creativity during adolescence
2. Use of the questionnaire method to study the responsibility of an adult in roles as :

Father/ husband

Mother/wife

3. Use of the questionnaire method to study the responsibility of an adult in roles as : - Single parent
- Employed woman **RECOMMENDED**

READINGS

Text book:

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

Reference Book:

- Berk. L.E. (2007) Development through the lifespan, Delhi: Person Education.
- Rice F.P(1998) Human Development: A lifespan approach, New Jersey: Prentice Hall
- Rutter, M. and Rutter , M (1992) A topical approach to lifespan, development, New Delhi Tata Mc Graw-Hill.
- Sntrock J.W. (2007) A tropical approach to life- spam development, New Delhi: Tata McGraw- Hill

- Tennant, M and Pogson, p. (1995) Learning and Change in the Adult year San

Francisco, Jossey- Bass

Core Course 9: NUTRITION: A LIFE CYCLE APPROACH (CREDITS: THEORY-4, PRACTICAL-2)

THEORY LECTURES: 60

Objectives:

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

Unit I : Principle of meal planning Food groups and food exchange list Factors affecting meal planning. Dietary guidelines for Indians-2017

Unit II Nutrition during childhood RDA, nutritional guidelines, and healthy food choices-

- Infants
- Preschool children
- School children
- Adolescents

Unit III: Nutrition during adulthood

RDA, nutritional guidelines, healthy food choices.

- Adult, male and female (weaving/moderate/sedentary)

- Pregnant woman
- Lactating mother
- Elderly

Unit IV: Nutrition for special conditions

- Nutrition for physical fitness and sports
- Feeding problems in fussy eaters. (children)
- Food Consideration **natural disasters e.g. floods** during ,

PRACTICAL

1. Prepare a table on rich sources of different nutrients
2. Prepare a food exchange list
3. Planning and preparation of diets for –
 - Preschooler
 - Pregnant and Lactating woman
 - Elderly

RECOMMENDED READINGS

Text Book:

- Human Nutrition-B. Srilaxmi, New age publication.
- Principles of Nutrition and Dietetics-Swaminathan M.

Reference Book:

- Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) □
Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR,
Hyderabad.
- Seth V and Singh K (2006). Diet Planning through the Life
Cycle: Part 1

- Bamji MS, Krishnaswamy , K. Brahman GNV(2009), Textbook of Human Nutrition 3rdEdition, Oxford and IBH Publishing Co. Pvt. Ltd
- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
- Wardlaw GM, Hampi JS, DiSilvestro RA (2004). Perspectives in Nutrition, 6th edition. McGraw Hill.
- Chadha R and Mathur P eds. Nutrition: A Lifecycle Approach. Orient Blackswan, New Delhi. 2015.

**Core Course 10: FASHION DESIGN
(CREDITS: THEORY-4, PRACTICAL-2)**

THEORY LECTURES:60

Objectives:

- To support and collaborate with fashion, textiles and design industry to achieve a sustainable progress.
- To give advance knowledge and pushing the boundaries in fashion, textile and designing.

Unit I: Fashion

Definition and background of fashion in India, fashion cycle

Factors favoring and retarding fashion

- Role of a designer
- Leading Fashion designing centers in India NIFT, NID, SID,

NIIFT

Unit II: Importance of clothing □

Origin of clothing.

- Functions of Clothing
- Factors influencing selection of clothing
- Clothing related to various activities

Unit III: Selection of Clothing

- Selection of clothes according to body built
 - Use of colours in clothing.
 - Selection and evaluation of ready-made garments
- Unit IV:**

Aesthetics in Dress.

- Elements and principles of design □

Structural and applied design

- Sleeves, necklines, collars, pockets

PRACTICAL

1. Flat sketching of Sleeves, necklines,
2. Flat sketching of collars, pockets
3. Collections of dress designs of famous designers.

RECOMMENDED READINGS

Text Book: Tata S.L., Edwards M.S., 1982, The Complete Book of Fashion Design, Harper and Row Publications, Newyork.

□

The complete Book & Fashion Design, Harper and Row
Publication, New York by

Tate, S.L., Edwards, M.S 1982

Reference Book:

□ Brown, Patty, Rice J., 1998, Ready to Wear Apparel Analysis.
Prentice Hall.

□ Marshall S G, Jackson H O, Stanley MS, Kefgen M &Specht T,
2009, Individuality in Clothing & Personal

□

Appearance, 6th Edition, Pearson Education, USA.

Core Course 11: THERAPEUTIC NUTRITION (CREDITS: THEORY-4, PRATICAL-2)

THEORY LECTURES: 60

Objectives:

- To study about principles of therapeutic nutrition
- To know the nutritional need during different disease conditions.

Unit 1: Principles of nutrition care-

□

Nutrition Care Process (Nutrition Assessment, Nutrition
Diagnosis, monitoring and evaluation).

- Therapeutic adaptations of normal diet
- Progressive diets- Clear fluid, full fluid, soft and regular

Unit II: Etiology, clinical features and nutritional management:

Weight Imbalances- Over weight and obesity, Under weight

Eating disorder- anorexia nervosa and bulimia

Type 1 and Type 2 -Diabetes Mellitus

Hypertension and Coronary Heart Disease

Unit III: Etiology, Clinical features and nutritional management of the following

Diarrhea

Lactose intolerance

Liver: Infective Hepatitis

Unit IV: Etiology clinical features and nutritional management of the following Typhoid

Tuberculosis

HIV

PRATICAL

Planning of Diets for the following_

1. Therapeutic Diet- Normal, soft, clear and full fluid

2. Obesity, Type 2 Diabetes

3. Hypertension and CHD **RECOMMEDED READING**

Text Book:

Antia, F.P Clinical Dietetics and Nutrition

Srilakshmi. B (2014) Dietetics. New Age International

Publishers **Reference Book:**

Khanna, K . Gupta S, Seth R, Passi, S.J. Mahan, R. PuriS(2013),
Text book of Nutrition and Dietetics Phoenix Publishing House Pvt
Ltd.

- Mahan L K and Escott Stump S (2013) Krause's food & Nutrition Therapy, 13thed Saunders – Elsevier
- Stacy Nix (2009) Willam's Basic Nutrition and Diet Therapy 13th Edition , Elsevier Mosby

□

Seth V and Sing K (2007) Diet Planning through the life Cycle Part 11 Diet Therapy A Practical Manual 4, edition, Elite Publishing House Pvt. Ltd.

□

ICMR (2010) Nutritive value of Indian Foods. National Institute of Nutrition , Indian Council of Medical Research Hyderabad

Core Course 12: PHYSIOLOGY AND PROMOTIVE HEALTH (CREDITS: THEORY-4, PRACTICAL-2)

THEORY

Objectives:

To understand the structure and functions of various organs of the body

- To focus on different mechanism of human body

Unit 1: Respiratory and Circulatory Physiology

- Structure of Lungs and its function
- Structure of Heart and its function
- Different type of blood circulation and cardiac cycle

Unit II: Endocrine Physiology

□

Structure and functions of pituitary, thyroid, parathyroid, adrenal and pancreatic hormones.

Unit III: Renal and Reproductive physiology

- Structure of Kidney and its function
- Female reproductive organs and their functions,
- Physiology of Menstruation and Menopause

Unit IV: Promotive Health

- Concept of Health, Disease and its prevention
- General risk factors and prevention of Anemia, Jaundice and Cancer
- Drug abuse and Alcoholism
 -
 - Family planning and contraception

PRATICAL

1. Demonstration of procedures of clinical examination to see for pallor, jaundice, edema and dehydration and 2. Basic First Aid procedures CPR, Burns.

RECOMMENDED READINGS

Text Book:

- J.E. Park and K. Park (2009). Park's textbook of preventive and Social Medicine, 20th edition. M/s Banarsi Das, Jabalpur.

- Ross and Wilson (1973). Foundation of Anatomy and physiology, medical division of Longman Group Ltd

Reference Book:

- Ganong WF (2003). Review of Medical Physiology, 21sted Mc Graw Hill.
- Yash Pal Bedi (1980). A Handbook of social and preventive medicine, Atma Ram and Sons.

Core Course 13: RESEARCH METHODOLOGY

(CREDITS: THEORY-4 PRATICAL-2) THEORY

LECTURES: 60

Objectives:

- To understand the meaning and process of research in social sciences.
- To know about the technique of collection, analysis and interpretation of data.
- To understand the meaning & process of research in social sciences.
- To have fundamental knowledge about analysis of data & the diagrammatic representation of data.
- To learn the techniques of interpretation of data & report writing.

Unit1: Research- Meaning, purpose and types

- Theoretical, empirical

- Descriptive, analytical
- Applied, fundamental
- Qualitative, quantitative

Unit II: Research Design

- Exploratory
- Explanatory
- and Experimental

Unit III: Sampling, Tools and techniques

- Types of sampling
- Collection of data- primary and secondary data
- Tools and techniques of data collection - observation, survey, interview schedule , questionnaire, case study, FGDs
- Measures of central tendency- Mean , Median and Mode

Unit IV: The Research Process

- Identifying the problems
- Review of literature
- Formulation of objectives and hypothesis
- Preparing the research design
- Data collection
- Data analysis
- Interpretation and report writing
- Bibliography/reference

PRATICAL

1. Prepare a schedule/questionnaire on a topic
2. Make a pilot study by applying the above schedule.
3. Solve a given problem by using mean

RECOMMENDED READINGS

Text Book:



Kothari C.R. (2008) Research Methodology: Methods and Techniques 2nd Ed. New Age International Pvt Ltd. New Delhi.

Reference Book:



Kumar R. (2006) Research Methodology: A step by step Guide for Beginners, Sage

Publication, New Delhi.



Kelinger F.N. and Lee, H.B (2000) Foundations of Behavioral Research 4th Ed. Harcourt College Publishers.



Black J.A & Champion D.J. (1976); Methods and issues in Social Research New York:

John Wiley and Sons.

Core Course 14: SOCIO ECONOMIC ENVIRONMENT

(CREDITS: THEORY:-4, PRACTICAL -2) THEORY

LECTURES: 60

Objectives:

- To know the relationship between society, economy and environment.
- Create awareness among people regarding constraints in economic environment and its consequences.

Unit -1: Sociological Concerns and Orientation

Sociological Orientation

- Society, Culture and institutions
- Family, Kinship and Relationships
- Social mobility and social change
- Cultural diversity in contemporary society.

Unit-II: Economics Theory and Environment

- Definition, Scope of Economics
- Wants- Classification and Characteristics
- Utility- Law of Diminishing Marginal Utility, Law of EquiMarginal Utility ,
Engel's Law of Consumption.

Unit III. Money, Banking and Public Revenue

- Types and function of money, inflation
- Types and functions of banks

Unit IV. Indian Economic Environment

□ Recent development programmes of the Government of India :
Jana Dhana Yojana,

Sarva Sikha Yojana , Objective and Achievement

□ Issues related to gender discrimination: IMR, MMR, Sex Ratio,
Literacy.

PRACTICAL

Do a project on any of the following topic

□ Changing families & Relations in Society □

Changing status and roles at home and work place □

Gender discrimination.

□ current economic issues (Development and Environmental)

RECOMMENDED READINGS

Text Book:

□ Ahuja H.L., 2010, Modern Micro Economics. Sultan Chand &
sons

□ Dhingra IC and Garg VK, 2010, Introductory Economic

Theory. Sultan Chand & Sons □ Mishra &Puri, Recent edition

2014, Indian Economy, Himalaya Publishing House. **Reference**

Book:

□ Abraham, M. F. (2006). Contemporary Sociology: An introduction
to concepts and theories: New York: Oxford University Press.

- Beattie, J. (1964). Other cultures. Cohen and West.
- Das, V. (Ed.) (2003) The Oxford companion to sociology and social anthropology: volume 1 and 2. New Delhi: Oxford University Press.
- Johnson, M.H. (2001). Sociology: A systematic introduction. New Delhi: Allied Publishers Limited.
- Rawat, H.K. (2007). Sociology: Basic concepts. New Delhi: Rawat Publications.
- Srinivas, M.N. (Ed.) (1996). Cast: Its twentieth century avatar. New Delhi: Viking Penguin
- Mithani D.M., 2010 New Edition, Macro-Economics. Himalaya Publishing House
- Sundaram K.P.M., 2010, Introduction to Economics. Ratan Prakashan.

**DISCIPLINE SPECIFIC ELECTIVE (DSE)
DSE 1: INDIAN TEXTILES HERITAGE**

(CREDITS: THEORY-4, PRACTICAL-2)

THEORY LECTURES: 60

Objectives

- To study about different traditional textile and crafts of India
- To know the care and storage techniques of different traditional textile.
- To study the socio- economic significance of traditional textile and its popularity in modern India.

Unit I: Study of Textile Crafts of India: with reference to history, production centers, techniques, designs, colours and products

Woven Textiles -Benaras Brocades, Jamdanis and Baluchars of Bengal, Kani Shawls of Kashmir.

Unit II: Study of Textile Crafts of India: with reference to history, production centers, techniques, designs, colours and products

Embroidered Textiles-Kanthas of Bengal, Kasuti of Karnataka, Phulkari of Punjab, Chikankari of Uttar Pradesh, Kashida of Kashmir, Gujarat embroideries.

Unit III: Study of Textile Crafts of India: with reference to history, production centers, techniques, designs, colours and products

- Painted and Printed textiles –Kalamkaris of Andhra Pradesh, Dabu printing of Rajasthan ,Ajarakh prints of Gujarat
- Dyed textiles –Bandhnis of Rajasthan and Gujarat, Ikats- Patola of Gujarat. □ Bandhas of Orissa

Unit IV. Conservation of Traditional Textile



Evolution and Socio- economic significance of Khadi, Handloom and Handicraft sector



Sustenance of Traditional textile crafts

PRACTICAL

1. Traditional Embroideries-Ant three
2. Tie and dye

Block Printing

Stenciling

3. Project on women textiles, Benarasi, Baluchuri, Jamdani, Kani shawl. **Recommended Readings.**

Text Book:

- Chattopadhaya K.D. 1995, Handicrafts of India, Wiley Eastern

Limited Delhi **Reference Book:**

- Agrawal O.P. 1977 Care and Presentation of Museum Projects –II
NRL

Das Shukla, Fabric Art- Heritage of India, Abhinav Publications
N.Delhi

DSE II: COMMUNICATION SYSTEMS AND MASS MEDIA

(CREDITS: THEORY-4 PRACTICAL-2)

THEORY LECTURES:60

Objectives:

- To achieve the target of the organization by motivating and influencing the audience.
- To inform the public locally or globally.

Unit I: Self and communication

- Awareness of self in communication
- Intrapersonal communication
- Self-concept and self esteem

Unit II: Interpersonal communication

- Concept, types and functions of interpersonal communication
- Dyadic, small and large group communication
- Small group communication: types and functions

Unit III: Organization and public communication

- Organizational communication: concept, types, functions and networks
- Public communication- concept and techniques

Unit IV: Mass Communication and Mass media

Mass communication – concept, significance, functions and elements

- Print media: types, nature, characteristics, reach access.
- Radio: types, nature, characteristics, reach, access.

- Television and cinema: types, nature, characteristics, reach, access.
- ICTs: types, characteristics, reach and access.

PRACTICAL

1. Record preparation on print media, radio, TV Cinema & ICT
2. Studying group dynamics in organizations- formal and informal
3. Audience analysis- Leadership, listenership and viewership studies
,Content analysis of mass media

RECOMMENDED READINGS

Text Book:

Roy, G.L. Extension, Communication and Management.

Devito, J. (1998) Human communication. New York: Harper & Row.

Baran Stanley J (2009). Introduction to mass communication, Mc Graw hill medical publishing.

Reference Book:

- Barker, Larry Lee (1990) communication. Eaglewood cliffs, New Jersey: Prentice Hall.
- Mc Quail, D. (2000) Mass communication theories London: sage Publications
 - Vivian, J (2012). The Media of mass communication, Pearson.

- □ Dominick, Joseph R. (2012). Dynamics of mass communication: media in transition , Mc Graw hill education
- Baran, Stanley J (2014). Mass communication theory, Wadsworth publishing

DSE 3: MARRIAGE & FAMILY RELATIONSHIP (CREDITS: THEORY 4 AND PRACTICAL:2)

THEORY

Objectives:

- To understand the concept of marriage & its importance in family life.

To acquire knowledge about the different pattern of marriage rituals & ceremonies existing in Indian society.

- To understand the problems of Family & Marital life prevalent in the society.

UNIT I: Marriage as an Institution

- Meaning, definitions, functions& importance of marriage.

Types of marriages- Monogamy, polygamy, Exogamy, Endogamy, polyandry, Polygyny.

- Marriage in contemporary society.

UNIT II: Marriage Rituals & Ceremonies in different Indian Communities

- Significance of marriage.
- Process of marriage among Hindu, Muslim & Christian Community.

Adjustments in marriage- Sex, financial, in laws and among working couples.

UNIT III: Family, kinship and relationship

- Meaning, definition, importance, characteristics & functions of family.
- Contemporary Family types prevalent in India.
- Family life Cycle: meaning, importance, & stages of family

life cycle.

Family- in- transition- Merits & demerits.

UNIT IV: Problems of Family

- Prolonged sickness/illness, accidents widowhood, unemployment, economic distress /poverty, broken family, family with a disables and suicide in the family.
 - Marital problems-Marital disharmony& conflict, separation & divorce, single parenthood, loss of spouse. **Practical**
1. Do a Project work on a topic related to marriage rituals of Hindu, Muslim and Christian community.
 2. Collection of news clippings on contemporary family issues(empowerment, poverty, dowry torture, bride burning).

RECOMMENDED READINGS

Text Book:

- Marriage and Family in India – Kapadia

Reference Books:

- The Family – Goode, W.J.
- India Social Problems – Madan G.R.

- Sociology – Vidya Bhusan
- Indian Society and Social Institutions – Nukhi H. R. Surjeet.
- An Introduction to Sociology – Vidya Bhusan and Sachadeva.
- Indian Social Problems. Vol. I and II – G.R. Madan.

DSE-4: PUBLIC NUTRITION

THEORY LECTURES: 60

Objectives:

- To understand the importance of public health nutrition and its role
- To gain knowledge on different ongoing nutrition programmes.
- To study the different methods for assessment of nutritional status.

Unit 1 Concept and scope of public nutrition

- Definition, Concept and Scope of public health nutrition
- Objectives , principles and scope of nutrition and health education and its promotion
- Role of Public nutritionist

Unit II: Nutritional problems and their implications

Etiology, prevalence, clinical features and preventive strategies of

Under nutrition -

- Protein energy malnutrition, nutritional anemia, vitamin A deficiency, iodine deficiency disorders.

- Over nutrition- obesity.
- Fluorosis

Unit III: Assessment of nutritional Status

- Objectives and importance
 - Methods of Assessment
- A. Direct- Clinical signs, nutritional anthropometry.
- B. Indirect- Diet Surveys.

Unit IV -International and National Programmes:

International Agencies and their functions – World Health Organization (WHO), Food and Agriculture Organization (FAO), United Nations International Children’s Emergency Fund (UNICEF), Cooperatives for Assistance & Relief Everywhere (CARE).

- National Agencies and their functions , Indian Council of Agriculture (ICAR), Indian Council of Medical Research (ICMR), National Institute of Nutrition (NIN). National Institute of Public cooperation & child development(NIPCCD)

PRACTICAL

1. Assessment of nutritional status:
 - Anthropometry- weight and height measurements
 - Interpretation of data on the basis of BMI of ten numbers of adolescents

RECOMMENDED READINGS

Text Book:

- B Srilakshmi, Nutrition Science, New Age Publication
- Park K (2011) Park's Text book of Preventive and Social Medicine, 21st Edition, M/S Banarasidas Bhanot Publisher, Jabalpur, India

Reference Book:

- Wadhwa A and Sharma S (2003) Nutrition in community – A Text book, Elite

Publishing House Pvt. Ltd New Delhi

- Park K (2011) Park's Text book of Preventive and Social Medicine, 21st Edition, M/S

Banarasidas Bhanot Publisher, Jabalpur, India

- Bamji MS Krishnaswamy K and Brahman GNC (Eds) (2009), Text Book of Human

Nutrition 3rd Edition, Oxford and IBH Publishing Co Pvt Ltd New Delhi,

- ICMR (2011) Dietary Guideline for Indian- A Manual National

Institute of Nutrition, Indian Council of Medical Research

Hyderabad.

□

Bamji MS Krishnaswamy K and Brahman GNC (Eds) (2009), Text Book of Human

Nutrition 3rd Edition, Oxford and IBH Publishing Co Pvt Ltd New Delhi,

- Jeliffe DB, Jeliffe ERP, Zarfar A and NeumananCG(1989) Community Nutritional Assessment with special reference to less technically developed countries, Oxford University Press Oxford.
- World Health Organization (2006) WHO Child growth Standards. Methods and development , length/height for age, weight of age, weight-for length , weight for height and body mass index for age ([http:// who.int/child growth/standards/en/](http://who.int/child growth/standards/en/)).

**Generic Elective Courses (GE) Generic
Elective Paper III**

**TEXTILES
(CREDITS: THEORY-6)**

THEORY LECTURES: 60

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

Unit I: Introduction to Textile Fibres

Meaning and classification of fibres

Source, composition, manufacturing processes and properties : Natural fibers: cotton, silk and wool

Unit II: Yarn making

Twist in yarn-S, Z twist

Types of yarns: Simple and novelty yarns : Grandrelle yarns, spiral yarns, Gimp Yarns, Curl Yarns, Knot Yarns, Flake yarns. □ **Unit**

III: Techniques of fabric construction

- Parts of a loom
- Operations of a loom
- Classification of weaves (Plain, Basket, Ribbed, Twill, Satin, Sateen)- Structure, Properties, usages

Unit IV: Finishing

- Finishing-Mechanical finishes-Beetling, Calendaring, Embossing, Glazing, Napping.
- Chemical Finishes- Mercerization, waterproof and water repellent.

Dyeing - Types of dyes : Natural dyes and synthetic dyes (Acid, Basic, Vat, Direct, Mordant)

RECOMMENDED READINGS:

Text Book: Corbman P.B. (1985) Textiles- Fiber to fabric (6th Edition) , Gregg Division /Mc Graw Hill Book Co, US.

Reference Book:

1. Joseph, M.L. (1988) Essentials of Textiles (6th Edition), Holt , Rinehart and Winston Inc, Florida.
2. Vilensky G. (1983) Textile science, CBS Publishers and Distributors, Delhi.
3. Tortora, G. Phyllis, Understanding Textiles, Mc Millanm Co. USA.
4. Sekhri S. (2013) Textbook of Fabric Science: Fundamentals to finishing, PHI Learning, Delhi.

Generic Elective Paper -IV

FAMILY RESOURCE MANAGEMENT

(CREDITS: THEORY -6)

THEORY LECTURES: 60

Objectives:

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

Unit I: Introduction to Family Resource Management and its application

□ Concept and scope of family resource management

□ Processes in resource Management

□ Decision Making

Unit II: Resources

□

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.

Unit III: Availability and management of specific resources by an individual/ family

□ Money-Types of income, Supplementing family income

□ Time-Concept, Factors and steps in time management **Unit**

Unit IV: Availability and management of specific resources by an individual/

□ **family** Energy- Efforts, Fatigue, Work simplification

Steps in successful event planning—Planning, Budgeting and Evaluating.

RECOMMENDED READINGS

Text Book

□

Rao V.S and Narayana P.S., Principles and practices of management, 2007, konark publishers Pvt Ltd.

□

Nickell, P and Dorsey, J.M., Management in family living, 2015, CBS Publishers and Distributors

Reference Book

- Management for Modern Families – I.H.Gross and E.W. Crandall.
- Home Management - Vergese, Ogale, Srinivasan
- Home Management – Education Planning Group, Arya publishing house, Delhi.
- An Introduction to family Resource management-Premavathy Seetharaman, Sonia Batra & Preeti Mehera
- Koontz H and O'Donnel C, 2005Management- A System and Contingency analysis of Managerial Functions. New York: Mc Graw – Hill Book Company
- Kretiner, 2009 , Management Theory and Applications , Cengage Larning : India