

September 20, 2023

To,  
The Principal Secretary to Governor  
Raj Bhavan, Patna.

**Sub:-Submission of Uniform Syllabus for 4 year Undergraduate courses  
of Bachelor of Arts under CBCS in the subject of Home Science.**

Sir,

With reference to letter No. BSU (UGC)-02/2023-1457/GS (I) dated-  
14.09.2023, a meeting of the panel of experts was held from 18.09.2023 to  
20.09.2023 for preparation of syllabus in the subject of Home Science. We are  
submitting the syllabus on 20.09.2023.

Your Sincerely,

1. Prof. Anju Srivastava  
P.G. Department of Home Science  
Patna University, Patna

Anju Srivastava  
20.09.2023

2. Prof. Kumkum Kumari  
P.G. Department of Home Science  
Patliputra University, Patna

Kumkum Kumari  
20.09.2023

3. Prof. Renu Kumari  
P.G. Department of Home Science  
BRA Bihar University, Muzaffarpur

Renu Kumari  
20/9/2023

4. Prof. Manju Kumari Sinha  
P.G. Department of Home Science  
Jai Prakash University, Chapra

Manju Kumari Sinha  
20/09/2023

5. Dr. Tuhina Vijay  
P.G. Department of Home Science  
Purnea University, Purnea

Tuhina Vijay  
20.09.2023

6. Dr. Vimi Singh  
Department of Home Science, Sri Arvind Mahila College  
Patliputra University, Patna

Vimi Singh  
- 20.9.23

7. Dr. Bimla Kumari  
P.G Department of Home Science  
BN Mandal University, Madhepura

*Bimla kumar*  
20.9.2023

8. Dr. Nirmala Kumari  
P.G Department of Home Science  
Munger University, Munger

*Nimk*  
20-9-23

9. Dr. Rajni Pandey  
Department of Home Science, Magadh Mahila College.  
Patna University, Patna

*Rajni Pandey*  
20.09.2023

10. Dr. Prachi Marwaha  
P.G. Department of Home Science  
LNMU, Darbhanga.

*Prachi*  
20/09/2023

11. Dr. Smita Kumari  
P.G Department of Home Science  
Magadh University, Bodhgaya

*Smita*  
20/09/2023

**4 - Year Undergraduate Programme**

**Bachelor of Arts (Honours)  
(Under CBCS)**

**Home Science**

**Bachelor of Arts (Honours)  
(Under CBCS)**

**Home Science**

Programme Code:

**(A) Major Core Course**

S. No	Semester	Type of Course	Name of Course	Credits	Marks
1.	I	MJC-1	Food and Nutrition (Th)	4	100
2.	I	MJC-1	Foods and Nutrition (P)	2	100
3.	II	MJC-2	Fundamentals of Human Development (Th)	4	100
4.	II	MJC-2	Fundamentals of Human Development (P)	2	100
5.	III	MJC-3	Resource Management Concepts and Context	5	100
6.	III	MJC-4	Human Physiology	4	100
7.	IV	MJC-5	Communication & Extension (Th)	3	100
8.	IV	MJC-5	Communication & Extension(P)	2	100
9.	IV	MJC-6	Introduction to Textile (Th)	3	100
10.	IV	MJC-6	Introduction to Textile (P)	2	100
11.	IV	MJC-7	Planning & Designing interior space (Th)	3	100
12.	IV	MJC-7	Planning & Designing interior space(P)	2	100
13.	V	MJC-8	Child Psychology	5	100
14.	V	MJC-9	Family Finance & Consumer Behavior	5	100
15.	VI	MJC-10	Non-Formal, Adult and Lifelong Education	4	100
16.	VI	MJC-11	Child Rights and Social action	5	100
17.	VI	MJC-12	Dietetics (Th)	3	100
18.	VI	MJC-12	Dietetics (P)	2	100
19.	VII	MJC-13	Clothing Construction (Th)	3	100
20.	VII	MJC-13	Clothing Construction(P)	2	100
21.	VII	MJC-14	Research Methodology	5	100
22.	VII	MJC-15	Early Childhood Care and Education (Th)	4	100
23.	VII	MJC-15	Early Childhood Care and Education (P)	2	100
24.	VIII	MJC-16	Public Health Nutrition	4	100

Kumkum Kumari  
20.09.2023

H. S. Singh  
20.09.2023

Manjushree Singh  
20/09/2023

R. K. Singh  
20.09.2023

Renu Kumari  
20/09/2023

P. K. Singh  
20/09/23

M. K. Singh  
20-9-23

Rajni Bandyopadhyay  
20.9.23.

Singh  
-20.9.23

Singh  
20/09/23

**(B) Minor Course to offered by the Department for students of other Departments of Social Science**

S. No	Semester	Type of Course	Name of Course	Credits	Marks
1.	I	MIC-1	Food and Nutrition (Th)	2	100
2.	I	MIC-1	Food and Nutrition (P)	1	100
3.	II	MIC-2	Fundamentals of Human Development (Th)	2	100
4.	II	MIC-2	Fundamentals of Human Development (P)	1	100
5.	III	MIC-3	Resource Management Concepts and Context	3	100
6.	IV	MIC-4	Communication & Extension (Th)	2	100
7.	IV	MIC-4	Communication & Extension(P)	1	100
8.	V	MIC-5	Child Psychology	3	100
9.	V	MIC-6	Family Finance & Consumer Behavior	3	100
10.	VI	MIC-7	Dietetics (Th)	2	100
11.	VI	MIC-7	Dietetics (P)	1	100
12.	VI	MIC-8	Food Safety, Sanitation and Hygiene	3	100
13.	VII	MIC-9	Clothing Construction (Th)	2	100
14.	VII	MIC-9	Clothing Construction(P)	1	100
15.	VIII	MIC-10	Public Health Nutrition	4	100

**(C) Multidisciplinary Courses to be offered**

S. No	Semester	Type of Course	Name of Course	Credits	Marks
1.	I	MDC-1	Food and Nutrition (Th)	2	100
2.	I	MDC-1	Food and Nutrition (P)	1	100
3.	II	MDC-2	Fundamentals of Human Development (Th)	2	100
4.	II	MDC-2	Fundamentals of Human Development (P)	1	100
5.	III	MDC-3	Resource Management Concepts and Context	3	100

*High Science*  
 21.05.2023.

Mumtum kumar  
 20.09.2023

Rakuma  
 20.9.2023

Rajni Pandey  
 20.9.23.

Praachi  
 20/9/23

Manjulkumari Saha  
 20/09/2023

Renu Kumari  
 20/9/2023

Rinku  
 - 20.9.23

Anshu  
 20/09/23

**Bachelor of Arts (Honours)**  
(Under CBCS)  
**Home Science**

**Programme Outcome**

**At the completion of the programme, students will attain the ability to:**

**PO1:** To impart the fundamental knowledge in all the major domains of Home Science and related areas of studies.

**PO2:** To develop competency in application of knowledge in different settings i.e. family, community, workplace etc.

**PO3:** To impart and develop skills for professional life.

**PO 4:** To prepare for higher degree with specializations, create professionals in different related areas, foster research & development, teaching, government and public service and entrepreneurship.

**Programme Specific Outcome**

**At the completion of the programme, students will attain the ability to:**

**PSO1:** Demonstrate abilities involved in acting as proactive agents of change in promoting the discipline of Family and Community Sciences.

**PSO2:** Demonstrate inclination toward acquiring knowledge and doing in-depth studies on allied subjects of Home Science, for instance Ergonomics in Resource Management; Chemistry in Textiles and Clothing.

**PSO3:** Explore and decide upon viable avenues of self-employment and entrepreneurship plus career options in different facets of Home Science disciplines.

**PSO4:** Analyze and apply research findings for the use of societal needs and contribute to nation building strategies

*Handwritten signatures and dates:*

- Heena 20-9-23
- Manju Kuman Singh 20-09-2023
- Renu Kumari 20/9/2023
- Manjushree Singh 20-09-2023
- Kumkum kumar 20-09-2023
- Rishu 20.9.23
- Sanjay 20/09/23
- Rajni Pandey 20-9-23
- Prachi 20/9/23
- Shikha 20-09-23
- Shikha 20-09-23

**Bachelor of Arts (Honours)**  
(Under CBCS)  
**Home Science**  
**Semester I**

Sl. No.	Name of Course	Type of Course	L-T-P	Credits	Marks
1.	Food and Nutrition (Th)	MJC-1	4-1-0	4	100
2.	Foods and Nutrition (P)	MJC-1	0-0-4	2	100
3.	Food and Nutrition (Th)	MIC-1	2-1-0	2	100
4.	Food and Nutrition (P)	MIC-1	0-0-2	1	100
5.	Food and Nutrition (Th)	MDC-1	2-1-0	2	100
6.	Food and Nutrition (P)	MDC-1	0-0-2	1	100
7.	MIL	AEC-1	2-1-0	2	100
8.	Skill Enhancement Course	SEC-1	1-0-3	3	100
9.	Value Added Course	VAC-1	1-0-3	3	100
<b>Total Credit-20</b>					

Kumkum Kumari  
20-09-2023

Aishwarya  
20-09-2023

Raksha  
20-9-2023

Nishu  
20-9-23

Prachi  
20/9/23

Rajni Pandey  
20.9.23.

Hanju Kumari Saha  
20/09/2023

Subi Priya  
20-09-2023

Renu Kumari  
20/9/2023

Rehna  
20-9-23

Swati  
25/09/23

**SEMESTER – I**  
**MJC-1: Food and Nutrition**

Course Outcomes:

**CO1:** Understand the relationship between food, nutrition and health

**CO2:** Understand the role and functions of nutrients, its composition, requirements and the effect of deficiency and excess

**CO3:** Understand the concept of an adequate diet and the importance of meal planning

**CO4:** Describe different methods of cooking and its impact on the stability of nutrients.

<b>MJC-1: Food and Nutrition</b> (Theory: 4 credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Introduction to Food and Nutrition</b> <ul style="list-style-type: none"> <li>• Definition and terms used in Food and Nutrition</li> <li>• Functions of food</li> <li>• Concept of Balanced Diet</li> <li>• Malnutrition: Types, causes, symptoms and treatment</li> <li>• Meal planning—steps in meal planning, factors affecting meal planning for a family</li> <li>• Food Exchange list, Food pyramids</li> </ul>	06
2	<b>Basic concepts, classification, composition, nutritive value and role in cookery of different food groups.</b> <ul style="list-style-type: none"> <li>• Cereals and Cereal Products</li> <li>• Pulses and Legumes</li> <li>• Fruits and Vegetables</li> <li>• Salt, Sugar and Jaggery</li> <li>• Nuts, Oils and Oil seeds</li> <li>• Milk and Milk Products</li> <li>• Eggs, Meat, poultry and fish</li> </ul> Spices and Condiments -Importance and functional properties	12
3	<b>Macronutrients</b> Definition, classification, dietary Sources, functions, Recommended Dietary Allowances, clinical signs and symptoms of Deficiency diseases and Excess of <ul style="list-style-type: none"> <li>• Carbohydrates</li> <li>• Proteins</li> <li>• Lipids</li> </ul> Water	10
4	<b>Micro nutrients</b> <b>Minerals</b> <ul style="list-style-type: none"> <li>• Classification, Sources, functions and deficiency of Calcium, Phosphorus, Magnesium, Sodium, Potassium, Selenium, Iron, Zinc, Iodine, Copper</li> </ul>	08

Kumkum Kumari  
20.09.2023

Prachi  
20/9/23

20.09.2023

Soni G  
20.09.2023

Nisha  
20-9-23

6

Manjulkumarika  
20.9.2023

Rajni Pandey  
20.9.23

Renu Kumari  
20/09/2023

Rishi  
20.9.23

20/09/23

	<b>Vitamins</b> <ul style="list-style-type: none"> <li>Classifications, functions, sources, requirement, clinical signs and symptoms and deficiency of: <ul style="list-style-type: none"> <li>-Fat Soluble Vitamins - A, D, E and K</li> <li>- Water Soluble Vitamins-B Complex Vitamins- Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cyanocobalamin and Vitamin C</li> </ul> </li> </ul>	
5	<b>Methods of Cooking</b> <ul style="list-style-type: none"> <li>Types, Advantages and disadvantages of cooking methods</li> <li>Moist heat methods –boiling, simmering, steaming, &amp; Pressure cooking</li> <li>Dry heat methods – baking, Microwave</li> <li>Fat as a medium for Coking-shallow and deep fat frying</li> </ul>	04
	<b>TOTAL</b>	40

#### Suggested Readings:

- Bamji, MS., Krishnasamy, K., Brahmam ,G.N.V. (2012). Text Book of Human Nutrition, 3rd Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Longvah, T., Ananthan, R., Bhaskarachary, K., Venkaiah, K. (2017). Indian Food
- Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- Maney, S. (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- aina, U., Kashyap, S., Narula, V., Thomas S, Suvira., VirS., Chopra, S. (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017). Nutrition Science, New Age International (P) Ltd., New Delhi.
- Sunetra, Roday. (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Usha, Chandrasekhar. (2002). Food Science and Application in Indian Cookery. Phoenix Publishing House P. Ltd., New Delhi.

Anjali Saini 20.09.23  
 Manju Kumari 20/9/2023  
 Bhuvan 20.9.2023  
 Renu Kumari 20/9/2023  
 Rajni Pandey 20.9.23  
 Brachi 20/9/23  
 Nisha 20-9-23  
 Renu 20.09.2023  
 Renu Kumari 20.09.2023  
 Renu 20.9.23  
 Anshu 20/09/23

### MJC-1: Foods and Nutrition

Practical: 2 Credits

Total -20 Hours

**1. Basic Cooking skills**

Weights and measures - standard and household measures for raw and cooked foods.

**2. Preparation of various dishes using different methods of cooking**

- Boiling/steaming
- Roasting
- Frying-Deep/shallow
- Pressure cooking

**3. Food Preparation, understanding the principles involved, nutritional quality of commonly consumed recipes in each food group**

- Cereals
- Pulses
- Vegetables
- Milk and milk products
- Meat, fish and poultry preparations
- Egg preparations

**4. Different styles of cutting fruits and vegetables**

- Salad Decoration/Dressing
- Table setting, Napkin Folding

**Suggested Readings:**

- Srilakshmi B, (2007), Dietetics. New Age International publishers, New Delhi
- Srilakshmi B ,(2002), Nutrition Science. New Age International publishers, New Delhi
- Swaminathan M. (2002), Advanced text book on food and Nutrition. Volume I. Bappco.
- Gopalan. C., RamaSastry B.V., and S. C. Balasubramanian (2009), Nutritive value of Indian Foods. NIN, ICMR, Hyderabad.
- Mudambi S R and Rajagopal MV, (2008), Fundamentals of Foods, Nutrition & diet therapy by New Age International Publishers, New Delhi

Aishwarya  
20-09-2023

Hitesh  
20-09-2023

Praachi  
20/9/23

Rajni Pandey  
20-9-23

8

Maya Kumari  
20/9/2023

Renu Kumari  
20/9/2023

Kumkum Kumari  
20-09-2023

Rishu  
- 20-9-23

Janita  
20/09/23

**SEMESTER – I**  
**MIC-1: Food and Nutrition**

**Course Outcomes:**

**CO1:** Obtain knowledge on food groups and its nutritional composition

**CO2:** Understand the concept of balanced diets and meal planning

**CO3:** Understand the role and functions of nutrients, its composition, requirements and the effect of Deficiency and excess

**CO4:** Describe different methods of cooking and ways to prevent nutrient losses.

MIC-1: Food and Nutrition		
Theory: 2 credits		
Unit	Topics to be covered	No. of Lectures
1.	<b>Introduction to Food and Nutrition</b> <ul style="list-style-type: none"> <li>• Definition and terms used in Food and Nutrition</li> <li>• Functions of food</li> <li>• Food pyramids</li> <li>• Concept of balanced diet</li> <li>• Malnutrition: Types, causes, symptoms and treatment.</li> <li>• Meal planning–steps in meal planning, factors affecting meal planning for a family</li> </ul>	6
2.	<b>Basic Concepts, classification, composition and nutritive value of different Food Groups: -</b> <ul style="list-style-type: none"> <li>• Cereals and cereal products</li> <li>• Pulses and legumes</li> <li>• Fruits and vegetables</li> <li>• Salt, sugar and jaggery</li> <li>• Nuts, oils and oil seeds</li> <li>• Milk and milk products</li> <li>• Eggs, meat, poultry and fish</li> <li>• Spices and condiments -importance and functional properties</li> </ul>	6
3.	<b>Definition, classification, dietary sources, functions, clinical signs and symptoms of deficiency diseases and excess of:</b> <ul style="list-style-type: none"> <li>• Macronutrients (Carbohydrate, Protein &amp; Fat)</li> <li>• Micro nutrients (Minerals and Vitamins)</li> <li>• Water and fibre</li> </ul>	6
4.	<b>Types, advantages and disadvantages of Cooking methods.</b> <ul style="list-style-type: none"> <li>• Moist heat methods –boiling, simmering, steaming, and Pressure cooking</li> <li>• Dry heat methods – baking, Microwave</li> <li>• Fat as a medium for Cooking-shallow and deep fat frying</li> </ul>	2
<b>TOTAL</b>		<b>20</b>

Anil Singh 20.09.2023  
 Nikk 20-9-23  
 Bhuma 20.9.2023  
 Praeli 20/9/23  
 Manjushree Saha 20/9/2023  
 Renu Kumari 20/9/2023  
 Raju Pandey 20.9.23.  
 Manjushree Saha 20.09.2023  
 Renu Kumari 20.09.2023  
 Renu Kumari 20/09/23

### Suggested Readings:

- Bamji, MS., Krishnasamy, K., Brahmam, G.N.V. (2012). Text Book of Human Nutrition, 3rd Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Longvah, T., Ananthan, R., Bhaskarachary, K., Venkaiah, K. (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- Maney, S. (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- aina, U., Kashyap, S., Narula, V., Thomas S, Suvira., VirS., Chopra, S. (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017). Nutrition Science, New Age International (P) Ltd., New Delhi.
- Sunetra, Roday. (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Usha, Chandrasekhar. (2002). Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi.

MIC-1: Foods and Nutrition		Total -10 Hours
<b>Practical: 1 Credit</b>		
1	<b>Basic Cooking skills:</b> Weights and measures - standard and household measures for raw and cooked foods.	
2	Preparation of various dishes using different cooking methods from different food groups	
3	Table setting	

### Suggested Readings:

- Srilakshmi B, (2007), Dietetics. New Age International publishers. New Delhi
- Srilakshmi B, (2002), Nutrition Science. New Age International publishers. New Delhi
- Swaminathan M. (2002), Advanced text book on food and Nutrition. Volume I. Bapco.
- Gopalan, C., Rama Sastry B. V., and S.C. Balasubramanian (2009), Nutritive value of Indian Foods. NIN. ICMR. Hyderabad.
- Mudambi S R and Rajagopal M V, (2008), Fundamentals of Foods, Nutrition & diet therapy by New Age International Publishers, New Delhi

Ajith Saini G  
20.09.2023

Jyoti V. J.  
20.09.2023  
Nisak  
20-09-23

Prachi  
20/9/23

Bhaktima  
20.9.2023

Kanjankumari Sinda  
20/9/2023  
Kumkum Kumari  
20.09.2023  
Renu Kumari  
20/9/2023

10

Rajni Pandey  
20.9.23.

Jyoti  
20/09/23

**SEMESTER – I**  
**MDC-1: Food and Nutrition**

**Course Outcomes:**

**CO1:** Obtain knowledge on food groups and its nutritional composition

**CO2:** Understand the concept of balanced diets and meal planning

**CO3:** Understand the role and functions of nutrients, its composition, requirements and the effect of Deficiency and excess

**CO4:** Describe different methods of cooking and ways to prevent nutrient losses.

<b>MDC-1: Food and Nutrition</b>		
<b>Theory: 2 credits</b>		
<b>Unit</b>	<b>Topics to be covered</b>	<b>No. of Lectures</b>
1.	<b>Introduction to Food and Nutrition</b> <ul style="list-style-type: none"> <li>• Definition and terms used in Food and Nutrition</li> <li>• Functions of food</li> <li>• Food pyramids</li> <li>• Concept of balanced diet</li> <li>• Malnutrition: Types, causes, symptoms and treatment.</li> <li>• Meal planning–steps in meal planning, factors affecting meal planning for a family</li> </ul>	6
2.	<b>Basic Concepts, classification, composition and nutritive value of different Food Groups: -</b> <ul style="list-style-type: none"> <li>• Cereals and cereal products</li> <li>• Pulses and legumes</li> <li>• Fruits and vegetables</li> <li>• Salt, sugar and jaggery</li> <li>• Nuts, oils and oil seeds</li> <li>• Milk and milk products</li> <li>• Eggs, meat, poultry and fish</li> <li>• Spices and condiments -importance and functional properties</li> </ul>	6
3.	<b>Definition, classification, dietary sources, functions, clinical signs and symptoms of deficiency diseases and excess of:</b> <ul style="list-style-type: none"> <li>• Macronutrients (Carbohydrate, Protein &amp; Fat)</li> <li>• Micro nutrients (Minerals and Vitamins)</li> <li>• Water and fibre</li> </ul>	6
4.	<b>Types, advantages and disadvantages of cooking methods.</b> <ul style="list-style-type: none"> <li>• Moist heat methods –boiling, simmering, steaming, and Pressure cooking</li> <li>• Dry heat methods – baking, Microwave</li> <li>• Fat as a medium for Coking-shallow and deep fat frying</li> </ul>	2
<b>TOTAL</b>		<b>20</b>

*Prachi* 20/9/23  
*Ajith Singh* 20.05.2023  
*Jhivijit* 20.05.2023  
*Mishra* 20-9-23  
*Rajendra* 20-9-2023  
*Rajendra* 20-9-23  
*Manju kumari Sita* 20/09/2023  
*Renu Kumari* 20/9/2023  
*Kumkum Kumari* 20-09-2023  
*Bijah* 20.9.23  
*Suman* 20/09/23

### Suggested Readings:

- Bamji, MS., Krishnasamy, K., Brahmam, G.N.V. (2012). Text Book of Human Nutrition, 3rd Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Longvah, T., Ananthan, R., Bhaskarachary, K., Venkaiah, K. (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- Maney, S. (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- aina, U., Kashyap, S., Narula, V., Thomas S, Suvira., VirS., Chopra, S. (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017). Nutrition Science, New Age International (P) Ltd., New Delhi.
- Sunetra, Roday. (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Usha, Chandrasekhar. (2002). Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi.

MDC-1: Foods and Nutrition	
Practical: 1 Credit	Total -10 Hours
1. Basic Cooking skills: Weights and measures - standard and household measures for raw and cooked foods.	
2. Preparation of various dishes using different cooking methods from different food groups	
3. Table setting	

### Suggested Readings:

- Srilakshmi B, (2007), Dietetics. New Age International publishers. New Delhi
- Srilakshmi B, (2002), Nutrition Science. New Age International publishers. New Delhi
- Swaminathan M. (2002), Advanced text book on food and Nutrition. Volume I, Bapco.
- Gopalan, C., Rama Sastry B. V., and S.C. Balasubramanian (2009), Nutritive value of Indian Foods. NIN. ICMR. Hyderabad.
- Mudambi S R and Rajagopal M V, (2008), Fundamentals of Foods, Nutrition & diet therapy by New Age International Publishers, New Delhi

Prachi  
20/9/23

Harjyoti Kumari  
20/09/2023

Renu Kumari  
20/9/2023

Kumkum Kumari  
20-09-2023

Rishi  
- 20.9.23

Amrita  
20/09/23

12  
Rajni Pandey  
20.9.23

20.09.2023

20.09.2023

20.09.2023

**Bachelor of Arts (Honours)**  
(Under CBCS)  
**Home Science**  
**SEMESTER II**

Sl. No.	Name of Course	Type of Course	L-T-P	Credits	Marks
1.	Fundamentals of Human Development (Th)	MJC-2	4-1-0	4	100
2.	Fundamentals of Human Development (P)	MJC-2	0-0-4	2	100
3.	Fundamentals of Human Development (Th)	MIC-2	2-1-0	2	100
4.	Fundamentals of Human Development (P)	MIC-2	0-0-2	1	100
5.	Fundamentals of Human Development (Th)	MDC-2	2-1-0	2	100
6.	Fundamentals of Human Development (P)	MDC-2	0-0-2	1	100
7.	Environmental Science	AEC-2	2-1-0	2	100
8.	Skill Enhancement Course	SEC-2	1-0-3	3	100
9.	Value Added Course	VAC-2	1-0-3	3	100
<b>Total Credit-20</b>					

*Hij Singh*  
20.09.2023

*Manjesh Kumar Singh*  
20/09/2023

*Renu Kumari*  
20/9/2023

*Mubini Singh*  
20.09.2023

*Rohit Kumar*  
20.9.2023

*Kumkum Kumari*  
20.09.2023

*Nisha*  
20-9-23

*Rajni Pandey*  
20.9.23.

*Bijli*  
20.9.23

*Prachi*  
20/9/23

*Smriti*  
20/09/23

**SEMESTER – II**  
**MJC- 2: Fundamentals of Human Development**

**Course Outcomes:**

**CO1:** Explain the need and importance of studying human growth and development

**CO2:** Identify the biological and environmental factors affecting human development

**CO3:** Describe the characteristics, needs and developmental tasks of different stages in the human life cycle.

<b>MJC-2: Fundamentals of Human Development</b>		
<b>(Theory: 4 credits)</b>		
Unit	Topics to be covered	No. of Lectures
1.	<b>Introduction to Human Development</b> <ul style="list-style-type: none"> <li>• Concept and History of Human Development</li> <li>• Scope of Child Development</li> <li>• Principles of Growth and Development.</li> <li>• Concept of heredity and environment. Factors affecting heredity and environment in development.</li> </ul>	08
2.	<b>Prenatal Development, Birth Process and care in Infancy:</b> <ul style="list-style-type: none"> <li>• Prenatal Development – stages, factors affecting, diagnostics techniques.</li> <li>• Birth Process - Stages of birth Process, Types of delivery</li> <li>• Immediate care of newborn, types of feeding - natural and artificial, weaning, immunization schedule, Common childhood illness</li> </ul>	08
3.	<b>Development during Infancy (0-1 year):</b> <ul style="list-style-type: none"> <li>• Physical development</li> <li>• Motor development</li> <li>• Social development</li> <li>• Emotional development</li> <li>• Cognitive Development</li> <li>• Language development</li> </ul>	08
4.	<b>Development in Early Childhood Period (3 - 6 Years)</b> <ul style="list-style-type: none"> <li>• Physical development</li> <li>• Motor development</li> <li>• Social development</li> <li>• Emotional development</li> <li>• Cognitive Development</li> <li>• Language development</li> </ul>	08

Prachi... 20/9/23  
 Nisha 20-9-23  
 Anshika 20.09.2023  
 Jyoti P. J. 20.09.2023  
 Rakuma 20-9-2023  
 Rajni Pandey 20.9.23.  
 Manjudekuman Saha 20/09/2023  
 Renu Kumari 20/9/2023  
 Anshika 20/09/23  
 Kumbh Kumari 20.09.2023  
 Singh 20.9.23

5.	<b>Late Childhood period (6-12 Years)</b> <ul style="list-style-type: none"> <li>• Physical development</li> <li>• Motor development</li> <li>• Social development</li> <li>• Emotional development</li> <li>• Cognitive Development</li> <li>• Language development</li> </ul>	08
<b>TOTAL</b>		<b>40</b>

**Suggested Readings:**

- Berk, L.E. (2005). Child development (5th ed.). New Delhi: Prentice Hall.
- Bhangaokar, R., & Kapadia, S. (in press). Human Development Research in India: Ahistorical overview. In G. Misra (Ed.), Hundred years of Psychology in India. New Delhi: Springer.
- Feldman, R., & Babu, N. (2009). Discovering the life span. New Delhi: Pearson
- Kakar, S. (1998). The inner world. Psychoanalytic study of childhood and society in India. Delhi: Oxford University Press.
- Kapadia, S. (2011). Psychology and human development in India. Country paper. International Society for the Study of Behavioral Development Bulletin Number 2, Serial No. 60, pp.37-42.
- Keenan, T., Evans, S., & Crowley, K. (2016). An introduction to child development. Sage.
- Lightfoot, C., Cole, M., & Cole, S. (2012). The development of children (7th ed.). New York: Worth Publishers.
- Santrock, J. (2017). A topical approach to life span development (9th ed.). New NY: McGraw-Hill Higher Education.
- Singh, A. (2015). Foundations of Human Development: A life span approach. ND: Orient Black Swan.
- Walsh, B.A., DeFlorio, L., Burnham, M. M., & Weiser, D.A. (2017). Introduction to human Development and Family Studies. NY: Routledge.

<b>MJC-2: Fundamentals of Human Development</b>	
<b>Practical: 2 Credits</b>	<b>Total -20 Hours</b>
<b>Practical:</b>	
1. Preparation of an album on growth chart of 0-12 months baby.	
2. Study of children's (0-3 years) clothes, play materials and books.	

Prachi 20/9/23  
 Anshu Singh 20.09.2023  
 Manjira Kumari Sirohi 20/09/2023  
 Kumbh Kumari 20-09-2023  
 Shikha Singh 20.09.2023  
 Rakshma 20-9-2023  
 Renu Kumari 20/9/2023  
 Singh 20.9.23  
 15  
 Rajni Pandey 20.9.23  
 Jyotsna 20/09/23

**SEMESTER – II**  
**MIC-2: Fundamentals of Human Development**

**Course Outcomes:**

**CO1:** Explain the need and importance of studying human growth and development

**CO2:** Identify the biological and environmental factors affecting human development

**CO3:** Describe the characteristics, needs and developmental tasks of different stages in the human life cycle.

<b>MIC- 2: Fundamentals of Human Development</b>		
<b>(Theory: 3 credits)</b>		
Unit	Topics to be covered	No. of lectures
1.	<p style="text-align: center;"><b>Introduction to Human Development</b></p> <ul style="list-style-type: none"> <li>• Concept and history of human development.</li> <li>• Principles of growth and development.</li> <li>• Concept of heredity and environment. Factors affecting heredity and environment in development.</li> </ul>	08
2.	<p><b>Prenatal Development, Birth process and care in Infancy:</b></p> <ul style="list-style-type: none"> <li>• Prenatal development – stages, factors affecting, diagnostics techniques.</li> <li>• Birth process - stages of birth process, Types of delivery</li> <li>• Immediate care of newborn, types of feeding - natural and artificial, weaning, immunization schedule, common childhood illness</li> </ul>	12
3.	<p style="text-align: center;"><b>Development during Infancy (0-1 year):</b></p> <ul style="list-style-type: none"> <li>• Physical development</li> <li>• Motor development</li> <li>• Social development</li> <li>• Emotional development</li> <li>• Cognitive Development</li> <li>• Language development</li> </ul>	10
<b>TOTAL</b>		<b>30</b>

*Prachi*  
20/9/23

*Ash Singh*  
20/9/23

*Rakshana*  
20-9-2023

*Hari Prasad*  
20.09.2023

*Manju Kumari Sirohi*  
20/09/2023

*Kumkum Kumari*  
20-09-2023

*Renu Kumari*  
20/9/2023

*Rishi*  
-20.9.23

*Rajni Pandey*  
20.9.23.

*Smriti*  
20/09/23

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- Berk, L.E. (2005). Child development (5th ed.). New Delhi: Prentice Hall.
- Bhangaokar, R., & Kapadia, S. (in press). Human Development Research in India: Ahistorical overview. In G. Misra (Ed.), Hundred years of Psychology in India. New Delhi: Springer.
- Feldman, R., & Babu, N. (2009). Discovering the life span. New Delhi: Pearson
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Hij Singh  
20.09.2023

Manjushree  
20/9/2023

Devi Singh  
20.09.2023

Renu  
20.9.2023

Renu Kumari  
20/9/2023

Kum Kum Kumari  
20-09-2023

Rishu  
-20.9.23

Mishu  
20-9-23

Rajni Pandey  
20.9.23.

Smriti  
20/09/23

Beachi  
20/9/23



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- Feldman, R., & Babu, N. (2009). Discovering the life span. New Delhi: Pearson
- Kakar, S. (1998). The inner world. Psychoanalytic study of childhood and society in India. Delhi: Oxford University Press.
- Kapadia, S. (2011). Psychology and human development in India. Country paper. International Society for the Study of Behavioral Development Bulletin Number 2, Serial No. 60, pp.37-42.
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- Lightfoot, C., Cole, M., & Cole, S. (2012). The development of children (7th ed.). New York: Worth Publishers.
- Santrock, J. (2017). A topical approach to life span development (9th ed.). New NY.: McGraw-Hill Higher Education

Hij Singh  
23-09-2023

Devi P. Kumar  
20-9-2023

Naveen  
20-9-23

Prachi  
20/9/23

Rajni Pandey  
20.9.23.

Hanju Kumar Sin  
20.9.2023

Renu Kumari  
20/9/2023

kumkum kumar  
20-09-2023

Bingh  
20.9.23

Smita  
20/09/23

**Bachelor of Arts (Honours)**  
(Under CBCS)  
**Home Science**  
**SEMESTER III**

S. No	Name of Course	Type of Course	L-T-P	Credits	Marks
1.	Resource Management Concepts and Context	MJC-3	5-1-0	5	100
2.	Human Physiology	MJC-4	4-1-0	4	100
3.	Resource Management Concepts and Context	MIC-3	3-1-0	3	100
4.	Resource Management Concepts and Context	MDC-3	3-1-0	3	100
5.	Ability enhancing Course (Course on Disaster Risk Management)	AEC-3	2-1-0	2	100
6.	Skill Enhancement Course	SEC-3	1-0-3	3	100
<b>Total Credit- 20</b>					

*High Sierra*  
20.09.2023  
*Bkuma*  
20.9.2023  
*Nisad*  
20-9-23  
*Rajni Pandey*  
20.9.23  
*Prachi*  
20/9/23  
*Manjushree*  
20/09/2023  
*Renu Kumari*  
20/9/2023  
*Kumkum Kumari*  
20-09-2023  
*Rishi*  
20.9.23  
*Smriti*  
20/09/23



### Suggested Readings:

- Management and Interior Decoration, Jaipur: Apple Printer and V. R. Printers.
- Deacon, R. F., and Firebaugh, F.M. (1975). Home Management: Contexts and Concepts. Boston: Houghton Mifflin Company.
- Fitzsimmons, C. (1950). The Management of Family Resources. California: W. H. Freeman Co.
- Gandotra, V., and Jaiswal, N.(2008). Management of Work in Home, New Delhi: Dominant Publishers and Distributors.(ISBN No. 81-7888-526-3).
- Grandjean, E., and Kroemer, K.H.E. (1999). Fitting the Task to the Human - A Text Book of Occupational Ergonomics, New York: Taylor and Francis.
- Gross. I.H., Crandall, E. W., and Knoll, M. M.(1980). Management for Modern Families. New Jersey: Prentice Hall Inc.
- Gross.I.H., and Crandall, E. W. (1967).Management for Modern Families. Delhi: Sterling Publishers.
- Koontz, H., and O'Donnel C. (2005).Management – A Systems and Contingency Analysis of Managerial Functions. New York: McGraw-Hill Book Company.
- Kreitner. R. (2009/2010). Management Theory and Applications. India: Cengage Learning India Pvt Ltd (ISBN 13: 9788131511244).
- Nickell, P., Rice, A. S., and Tucker, S.P. (1976).Management in Family Living. New York: John Wiley& Sons Inc.
- Nickell, P., and Dorsey, J. M. (2002). Management in Family Living. New Delhi: CBS Publishers (ISBN13: 9788123908519).
- Rao V.S.P., and Narayana P.S. (2008). Principles and Practices of Management. New Delhi: Konark Publishers Pvt. Ltd.( ISBN 13: 9788122000283).
- Seetharaman, P., Batra, S., and Mehra, P. (2005). An Introduction to Family Resource Management. New Delhi: CBS Publishers & Distributors (ISBN 13: 9788123911861).
- Shukul, M., and Gandotra, V. (2006). Home Management and Family Finance. New Delhi: Dominant Publishers and Distributors.(ISBN No. 81-7888-403-8).
- Swanson, B. (1983). Introduction to Home Management. New York: Macmillan Publishing Co. Inc.
- Varghese, M. A., Ogale. N., and Srinivasan, K. (1985).Home Management. New Delhi: New Age International (P) Limited, Publishers (ISBN 13: 9780852269046).

Bhakti  
20/9/23

Ajith Saini  
20.09.2023

Juhi V. P.  
20.09.2023

Heek  
20-9-23

Kumkum Kumari  
20.09.2023  
Renu Kumari  
20.9.2023  
Anjita Kumari  
20.9.2023

Renu Kumari  
20/9/2023

Renuh  
-20.9.23

Rajni Pandey  
20.9.23

Smriti  
20/09/23

**SEMESTER III**  
**MJC4: Human Physiology**  
**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1:** Gain the basic knowledge of human anatomy and physiology.  
**CO2:** Define the main structures composing human body.  
**CO3:** Explain structure and functions of cells, tissues and organ system of the human body.  
**CO4:** Relate structure and functions of tissue.

<b>MJC-4: Human Physiology</b> <b>(Theory: 4 credits)</b>		
Unit	Topics to be covered	No. of Lectures
1	<b>Introduction to Human Body</b> <ul style="list-style-type: none"> <li>• Basic concepts of Organs, tissue and cell and their functions, Blood-Composition, blood groups and Functions</li> </ul>	06
2	<b>Digestive System and Excretory Systems</b> <b>Digestive System</b> <ul style="list-style-type: none"> <li>• Principal organs of the digestive system – Mouth, tongue, Teeth, Esophagus, Stomach, Small Intestine, Large Intestine, Rectum, Anus- structure &amp; function</li> <li>• Process of Digestion of food</li> <li>• Role of hormones &amp; enzymes in Digestion</li> </ul> <b>Excretory System</b> <ul style="list-style-type: none"> <li>• Structure and functions of Excretory System</li> </ul>	10
3	<b>Cardiovascular System and Respiratory Systems</b> <b>Cardiovascular System</b> <ul style="list-style-type: none"> <li>• Structure and functions of heart</li> <li>• Blood Pressure (Systolic &amp; Diastolic Blood pressure)</li> </ul> <b>Respiratory System</b> <ul style="list-style-type: none"> <li>• Physiology of Respiratory Tract</li> <li>• Transport of Respiratory Gases in Blood</li> </ul>	10
4	<b>Endocrine and Nervous System</b> <b>Endocrine Systems</b> <ul style="list-style-type: none"> <li>• Introduction to Endocrinology</li> <li>• Functions of Hormones secreted by Pituitary Gland, Thyroid Gland and Parathyroid Gland and Adrenal Gland, Sex glands</li> </ul> <b>Nervous System</b> <ul style="list-style-type: none"> <li>• Structure and functions of Nervous System</li> </ul>	08
5	<b>Reproductive System</b> <ul style="list-style-type: none"> <li>• Structure and functions of Male and Female Reproductive Organs</li> <li>• Pregnancy and associated changes</li> <li>• Physiology of lactation.</li> </ul>	06
<b>TOTAL</b>		40

*Prachi*  
20/9/23

*Meer*  
20-9-23

*Ajith Saini*  
20-09-23

*Jatinder*  
20.09.2023

*Kumkum Kumari*  
20-09-23

*Renu Kumari*  
20/9/2023

*Manju Kumari Saini*  
20/09/2023

*Talwar*  
20.9.2023

*Rajni Pandey*  
20.9.23.

*Ajith*  
20-9-23

*Smriti*  
20/09/23



**SEMESTER- III**

**MIC-3: Resource Management Concepts and Contexts**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1:** Develop understanding on the concepts related to family resource management
- CO2:** Understand the significance of management process in efficient use of resources
- CO3:** Imbibe nuances of human values and standards for successful management and decision making
- CO4:** Focus on management of human and non-human family resources

<b>MIC-3: Resource Management Concepts and Contexts (Theory: 3 credits)</b>		
<b>Unit</b>	<b>Topics to be covered</b>	<b>No. of Lectures</b>
1	<b>Introduction to resource management in family</b> <ul style="list-style-type: none"><li>• Introduction to home management- meaning, definitions, conceptual framework, need and philosophy</li><li>• Motivating factors in management – Values, Standards and Goals</li></ul>	06
2	<b>Family Resources</b> <ul style="list-style-type: none"><li>• Meaning, definition, Concept, classification and characteristics of family resources</li><li>• Factors affecting utilization of family resources</li></ul>	04
3	<b>Functions of Management: An Overview</b> <ul style="list-style-type: none"><li>• Decision Making- Definition, steps, types of decision making,</li><li>• Management process: Definitions and steps in management process: Planning, Controlling and Evaluation</li></ul>	08
4	<b>Management process applicable to specific resource</b> <ul style="list-style-type: none"><li>• Money- Income, types of income, ways of increasing family income</li><li>• Time – concept of time schedule, tools of time management</li><li>• Energy – Energy need during different stages of family life cycle, fatigue, causes and removal of fatigue</li></ul>	06
5	<b>Work simplification</b> <ul style="list-style-type: none"><li>• Definition, need and advantages of work simplification</li><li>• Work simplification techniques</li></ul>	06
<b>TOTAL</b>		<b>30</b>

*Prachi* 20/9/23  
*Rajni* 20-9-23  
*Nink* 20-9-23  
*Ajita* 20.09.2023  
*H. S. S. S. S.* 20.09.2023  
*Hanju Kumari* 20/09/2023  
*Renu Kumari* 20/9/2023  
*Rajni Pandey* 20-9-23  
*Amity* 20/09/23  
*Kumkum Kumari* 20.09.2023  
*Bingh* - 20.9.23

### Suggested Readings:

- Management and Interior Decoration, Jaipur: Apple Printer and V. R. Printers.
- Deacon, R. F., and Firebaugh, F.M. (1975). Home Management: Contexts and Concepts. Boston: Houghton Mifflin Company.
- Fitzsimmons, C. (1950). The Management of Family Resources. California: W. H. Freeman Co.
- Gandotra, V., and Jaiswal, N. (2008). Management of Work in Home, New Delhi: Dominant Publishers and Distributors. (ISBN No. 81-7888-526-3).
- Grandjean, E., and Kroemer, K.H.E. (1999). Fitting the Task to the Human - A Text Book of Occupational Ergonomics, New York: Taylor and Francis.
- Gross, I.H., Crandall, E. W., and Knoll, M. M. (1980). Management for Modern Families. New Jersey: Prentice Hall Inc.
- Gross, I.H., and Crandall, E. W. (1967). Management for Modern Families. Delhi: Sterling Publishers.
- Koontz, H., and O'Donnel C. (2005). Management - A Systems and Contingency Analysis of Managerial Functions. New York: McGraw-Hill Book Company.
- Kreitner, R. (2009/2010). Management Theory and Applications. India: Cengage Learning India Pvt Ltd (ISBN 13: 9788131511244).
- Nickell, P., Rice, A. S., and Tucker, S.P. (1976). Management in Family Living. New York: John Wiley & Sons Inc.
- Nickell, P., and Dorsey, J. M. (2002). Management in Family Living. New Delhi: CBS Publishers (ISBN 13: 9788123908519).
- Rao V.S.P., and Narayana P.S. (2008). Principles and Practices of Management. New Delhi: Konark Publishers Pvt. Ltd. (ISBN 13: 9788122000283).
- Seetharaman, P., Batra, S., and Mehra, P. (2005). An Introduction to Family Resource Management. New Delhi: CBS Publishers & Distributors (ISBN 13: 9788123911861).
- Shukul, M., and Gandotra, V. (2006). Home Management and Family Finance. New Delhi: Dominant Publishers and Distributors. (ISBN No. 81-7888-403-8).
- Swanson, B. (1983). Introduction to Home Management. New York: Macmillan Publishing Co. Inc.
- Varghese, M. A., Ogale, N., and Srinivasan, K. (1985). Home Management. New Delhi: New Age International (P) Limited, Publishers (ISBN 13: 9780852269046).

Hijji Seetha  
20.09.2023

Juhi Pijli  
20.09.2023

Bhuvan  
20-9-2023

Neha  
20-9-23

Prachi  
20/9/23

Hemjidekumari Saha  
20/09/2023

Renu Kumari  
20/9/2023

Rajni Pandey  
20.9.23.

Kumkum Kumari

20-09-2023

Devi  
- 20/9/23

Smriti  
20/09/23

**SEMESTER- III**

**MDC-3: Resource Management Concepts and Contexts**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Develop understanding on the concepts related to family resource management
- CO2: Understand the significance of management process in efficient use of resources
- CO3: Imbibe nuances of human values and standards for successful management and decision making
- CO4: Focus on management of human and non-human family resources

<b>MDC-3: Resource Management Concepts and Contexts (Theory: 3 credits)</b>		
<b>Unit</b>	<b>Topics to be covered</b>	<b>No. of Lectures</b>
1	<b>Introduction to resource management in family</b> <ul style="list-style-type: none"><li>• Introduction to home management- meaning, definitions, conceptual framework, need and philosophy</li><li>• Motivating factors in management – Values, Standards and Goals</li></ul>	06
2	<b>Family Resources</b> <ul style="list-style-type: none"><li>• Meaning, definition, Concept, classification and characteristics of family resources</li><li>• Factors affecting utilization of family resources</li></ul>	04
3	<b>Functions of Management: An Overview</b> <ul style="list-style-type: none"><li>• Decision Making- Definition, steps, types of decision making,</li><li>• Management process: Definitions and steps in management process: Planning, Controlling and Evaluation</li></ul>	08
4	<b>Management process applicable to specific resource</b> <ul style="list-style-type: none"><li>• Money- Income, types of income, ways of increasing family income</li><li>• Time – concept of time schedule, tools of time management</li><li>• Energy – Energy need during different stages of family life cycle, fatigue, causes and removal of fatigue</li></ul>	06
5	<b>Work simplification</b> <ul style="list-style-type: none"><li>• Definition, need and advantages of work simplification</li><li>• Work simplification techniques</li></ul>	06
<b>TOTAL</b>		<b>30</b>

humbhum kumari  
20-09-2023

Bkumar  
20-9-2023

Nikh  
20-9-23

Ayushi Singh  
20-09-2023  
Jubilee  
20-09-2023

Rajni Pandey  
20.9.23

P. P. P.  
20/9/23

Manju Kumari Sinha  
20/09/2023

Renu Kumari  
20/9/2023

Rinsh  
-20/9-23

Smita  
25/09/23

### Suggested Readings:

- Management and Interior Decoration, Jaipur: Apple Printer and V. R. Printers.
- Deacon, R. F., and Firebaugh, F.M. (1975). Home Management: Contexts and Concepts. Boston: Houghton Mifflin Company.
- Fitzsimmons, C. (1950). The Management of Family Resources. California: W. H. Freeman Co.
- Gandotra, V., and Jaiswal, N. (2008). Management of Work in Home, New Delhi: Dominant Publishers and Distributors. (ISBN No. 81-7888-526-3).
- Grandjean, E., and Kroemer, K.H.E. (1999). Fitting the Task to the Human - A Text Book of Occupational Ergonomics, New York: Taylor and Francis.
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- Gross, I.H., and Crandall, E. W. (1967). Management for Modern Families. Delhi: Sterling Publishers.
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- Kreitner, R. (2009/2010). Management Theory and Applications. India: Cengage Learning India Pvt Ltd (ISBN 13: 9788131511244).
- Nickell, P., Rice, A. S., and Tucker, S.P. (1976). Management in Family Living. New York: John Wiley & Sons Inc.
- Nickell, P., and Dorsey, J. M. (2002). Management in Family Living. New Delhi: CBS Publishers (ISBN 13: 9788123908519).
- Rao V.S.P., and Narayana P.S. (2008). Principles and Practices of Management. New Delhi: Konark Publishers Pvt. Ltd. (ISBN 13: 9788122000283).
- Seetharaman, P., Batra, S., and Mehra, P. (2005). An Introduction to Family Resource Management. New Delhi: CBS Publishers & Distributors (ISBN 13: 9788123911861).
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- Swanson, B. (1983). Introduction to Home Management. New York: Macmillan Publishing Co. Inc.
- Varghese, M. A., Ogale, N., and Srinivasan, K. (1985). Home Management. New Delhi: New Age International (P) Limited, Publishers (ISBN 13: 9780852269046).

Hishu Srinivasan  
20-9-23

Kumkum Kumari  
20.09.23

Hemangi Kumari Singh  
20.09.2023

Renu Kumari  
20/9/2023

Hishu  
20-9-23

Juhi Singh  
20.09.2023

Rishi  
-20.9.23

Rajni Pandey  
20.9.23.

Bhavana  
20.9.2023

Smriti  
20/09/23

28

P. Ravi  
20/9/23

**Bachelor of Arts (Honours)**  
(Under CBCS)  
**Home Science**

**SEMESTER IV**

S. No	Name of Course	Type of Course	L-T-P	Credits	Marks
1.	Communication & Extension (Th)	MJC-5	3-1-0	3	100
2.	Communication & Extension(P)	MJC-5	0-0-4	2	100
3.	Introduction to Textile (Th)	MJC-6	3-1-0	3	100
4.	Introduction to Textile (P)	MJC-6	0-0-4	2	100
5.	Planning & Designing interior space (Th)	MJC-7	3-1-0	3	100
6.	Planning & Designing interior space(P)	MJC-7	0-0-4	2	100
7.	Communication & Extension (Th)	MIC-4	2-1-0	2	100
8.	Communication & Extension(P)	MIC-4	0-0-2	1	100
9.	Ability enhancing Course (Course on NCC/NSS/ NGO'S/Social Service/	AEC-4	2-1-0	2	100
<b>Total Credit- 20</b>					

*High Seema*  
20.05.2023

*Hanjudekumari Sindel. kumkum kumar*  
20/09/2023 20-09-2023

*Renu Kumari*  
20/9/2023

*Renu*  
- 20.9.23

*Smriti*  
20/09/23

*Meeta Sidani*  
20.09.2023

*Pankaj*  
20-9-2023

*Nirak*  
20-9-23

*Rajni Pandey.*  
20.9.23

*Prachi*  
20/9/23

**SEMESTER – IV**

**MJC-5: Communication and Extension**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1:** Gain knowledge on the need and importance of communication and its significance in exchange of information  
**CO2:** Analyze the models of Communication and role of media in societal development  
**CO3:** Perceive the importance of extension education  
**CO4:** Acquire knowledge on the extension models and approaches

<b>MJC-5: Communication and Extension (Theory: 3 credits)</b>		
<b>Unit</b>	<b>Topics to be covered</b>	<b>No. of Lectures</b>
1	<ul style="list-style-type: none"><li>• Meaning, definition, nature, scope and importance of communication</li><li>• Functions of communication–information function, command constructive function, influencers, persuasive function and integrative function.</li><li>• Elements of Communication – three elements – source, message, receiver, four elements – encoding, decoding, sender and receiver, five elements– communicator, communicate, message, channel and feedback</li><li>• Means of Communication –Oral, Written, Sign/signal, action, object</li><li>• Types of Communication–Formal and Informal Communication</li><li>• Pattern-one way, two-way, circular</li><li>• Communication media– Printed electronic media</li><li>• Advantages and Limitations of communication media</li></ul>	08
2	<ul style="list-style-type: none"><li>• Importance of communication in extension</li><li>• Models of Communication-Aristotle Model, Shannon – Weaver Model, Berlo Model, Scharmm Model</li><li>• Concept, purposes and significance of model in communication.</li><li>• Barriers to Communication –semantic, psychological, organizational and personal</li></ul>	06
3	<ul style="list-style-type: none"><li>• Meaning, Scope, Objectives, Need of Extension Education</li><li>• Philosophy and principles of extension education</li><li>• Steps in extension teaching</li><li>• Extension teaching methods</li><li>• Audio Visual Aids</li></ul>	08

humbum kumari  
Bkumar 20-09-23  
20-9-2023  
Nihal  
20-9-23

30

Ajith Saini  
20-09-2023  
Rajni Pandey  
20-9-23  
Jehvi Viji  
20-09-2023  
Blasini  
20/9/23

Manjulkumar Sarda  
20/09/2023  
Renu Kumari  
20/9/2023  
Rishabh  
20-9-23

4	<b>Rural Sociology</b> <ul style="list-style-type: none"> <li>• Meaning and definition of rural sociology</li> <li>• Scope of rural sociology</li> <li>• Characteristics of rural society</li> <li>• Elements of rural sociology</li> <li>• Importance of rural sociology for extension workers</li> </ul>	04
5	<b>Rural Leadership</b> <ul style="list-style-type: none"> <li>• Meaning and definition</li> <li>• Classification of leadership</li> <li>• Qualities of a leader</li> <li>• Role of a leadership</li> <li>• Identifying local leadership</li> </ul> Methods of leadership training	04
<b>TOTAL</b>		30

**Suggested Readings:**

- Dahama, O.P and Bhatnagar O.P.(1995) .Education and Communication for Development. New Delhi: Oxford and IBH Co.
- Gupta, D.(2007). Development Communication in Rural Sector. New Delhi: Mukhopadhyay Abhijeet Publication
- Nisha, M.(2006).Understanding Extension Education. New Delhi: Kalpay Publications
- Reddy, A.A.(2001).Extension Education. Bapatla: Sri Lakshmi Press
- Rogers Everett, M.(2003).Diffusion of Innovations,5th Ed. New York: The Free Press
- Singh, U.K and Nayak, A.K.(2007). Extension Education. New Delhi: Common Wealth Publishers
- Wilson, M.C., and Gallup,G.(1955). Extension Teaching Methods. Washington: US Department of Agriculture

<b>MJC-5: Communication and Extension (Practical)</b>	
<b>Practical: 2 credits</b>	<b>Total -20 Hours</b>
<b>Practical:</b>	
<ol style="list-style-type: none"> <li>1. Preparation of Audio-Visual Aids</li> <li>2. Visit to a community</li> <li>3. Interaction with people and understand the felt and unmet need</li> </ol>	

Kumkum Kumari  
20-09-2023

H. S. Saini  
20-09-2023

Manjinder Kaur Sarda  
20/09/2023

H. S. Saini  
20-09-2023

Renu Kumari  
20/9/2023  
Singh  
-20-9-23

Smriti  
20/09/23

B. Kumar  
20-9-2023  
Nishu  
20-9-23

Rajni Pandey  
20-9-23-

Prachi  
20/9/23

**SEMESTER IV**

**MJC-6: Introduction to Textile**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Develop understanding of concept and basics of textiles.
- CO2: Develop critical understanding of the techniques of yarn and fabric manufacture.
- CO3: Identify the fibers, yarn and fabrics for its appropriate use.
- CO4: Develop a comprehensive skill of dyed and printed textiles

MJC-6: Introduction to Textile (Theory: 3 Credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Introduction to Textiles</b> <ul style="list-style-type: none"> <li>• Definition and Classification of textile fibers</li> </ul>	04
2	<b>Fibers: Origin, Properties, Identification and Manufacturing Process</b> <ul style="list-style-type: none"> <li>• Natural fibers – Vegetative, Animal and Mineral</li> <li>• Man-made fibers –Rayon, Nylon, Polyester</li> </ul>	08
3	<b>Yarn and Fabric</b> <b>Yarn</b> <ul style="list-style-type: none"> <li>• Types of yarns- Simple and Complex</li> <li>• Properties of yarn: strength, extension, fineness, length, diameter, composition.</li> <li>• Construction of yarn</li> </ul> <b>Fabric</b> <ul style="list-style-type: none"> <li>• Woven and non-woven fabrics</li> <li>• Knitted fabrics- Hand knitting and Machine knitting</li> </ul>	10
4	<b>Finishes of Textiles</b> <ul style="list-style-type: none"> <li>• Definition, Importance, Classification</li> <li>• Dyeing and Printing</li> </ul>	05
5	<b>Care and Storage of textiles</b>	03
	<b>TOTAL</b>	<b>30</b>

Kumkum Kumari  
20-09-2023

H. S. Singh  
20-09-2023

Hanjur Kumari Singh  
20/09/2023

Renu Kumari  
20/9/2023

Rishabh  
- 20.9.23

B. Kumar  
20-9-2023  
Nikhil  
20-9-23

Rajni Pandey<sup>32</sup>  
20.9.23-

Prachi  
20/9/23

Smriti  
20/09/23

**Suggested Readings:**

- Booth, J.E. (1996). Principles of Textile Testing. New Delhi: CBS Publishers & Distributors Pvt. Ltd.
- Corbman, P.B. (1983). Textiles: Fibre to Fabric. McGraw-Hill Publishers.
- Collier, B.J., & Epps, H.H. (1998). Textile testing and analysis. Prentice Hall Publishers. Sizing, Weighting, Degumming, Mercerizing, Sanforizing and Calendaring - Special finishes V 5.1 Laundry, storage and care of textiles Methods and care during laundering of different textiles 5 Practicals 1. Fiber identification: Identification of natural and manmade fibers i.e. burning test method 2. Dyeing: Dyeing of yarn/fabric with different classes of dyes a. Dyeing of cotton yarn and fabric with direct dyes 3. Printing of fabrics using: i. Direct style - block, stencil and screen ii. Resist style - Tie & Dye, Batik 4. Care of Textiles i. Stain removal 20 Total 60
- Dantyagi, S. (1996). Fundamentals of Textiles and their Care. India: Orient Black swan Private Limited.
- D'Souza, N. (2014). Fabric Care. New Delhi: New Age International Publishers.
- Greaves, P.H., Saville, B. P. (1995). Microscopy of textile fibres bios Scientific Publishers Gohl, E., Vile sky, L. (2003), Textile Science: an explanation of fiber properties (2 edition), New Delhi.
- Hollen, R. N., Saddler, J., & Langford, A. (1979). Textiles. Macmillan Publishers.
- Joseph, M. (1992), Introductory Textile Science. Sixth edition, California: Harcourt College Publishers
- Kadolph, S.J. 2009. Textiles. Tenth edition. New Delhi: Dorling Kindersley (India)
- Madhulika, P. (2013). Weaving. New Delhi: Random Publishing.
- Mahapatra, N.N. (2015). Textile Technology. New Delhi: A.P.H. Publishing Co-operation.
- Needles, L.H. (1986). Textile Fibers, Dyes, Finishes, and Processes. USA, New Jersey: Noyes Publications.
- Rastogi, D., & Chopra, S. (2017). Textile Science. India: Orient Blackswan Private Limited.
- Robert, R. & Mather, R. H. (2015). The Chemistry of Textile Fibers. Cambridge: RSC Publishers.
- Sekhri, S. (2011). Textbook of Fabric Science: Fundamentals to Finishing. India: PHI Learning Pvt. Ltd.
- Smith, J.L. (2015). Textile Processing: Printing Dyeing Finishing. Chandigarh: Abhishek Publication.
- Tyagi, A. (2016). Handbook of Fashion and Textile Design. New Delhi: Sonali publication.
- Wynne, A., (1997). Textiles, The Motivate Series Mc Millain Education Ltd., London.

<b>MJC-6: Introduction to Textile (Practical)</b>	
<b>Practical: 2 credits</b>	<b>Total -20 Hours</b>
<b>Practical :</b>	
1. Fiber identification: Visual inspection, Physical Method i.e. burning test method	
2. Care of Textiles	
i. Stain removal	

*Bhaskar*  
 20.9.2023  
*Niax*  
 20-9-23  
*Ajith Sankar*  
 20.09.2023  
*Jubhi*  
 20.09.2023  
*Rajni Pandey*  
 20.9.23.  
*Manjiv Kumar Saha*  
 20/09/2023  
*Renu Kumari*  
 20/9/2023  
*Prachi*  
 20/9/23  
*Kumbh Kumbh*  
 20-09-2023  
*Devi*  
 20.9.23  
*Smriti*  
 20/09/23

**SEMESTER IV**

**MJC-7: Planning and Designing Interior Space**

Course Outcomes

After the completion of the course, the student will be able to:

- CO1: Get acquainted with selection of site and building principles in real life situations
- CO2: Enable reading and comprehending building plans, evaluating and drafting them
- CO3: Appreciate principles of design and the contributing factors and refine personal aesthetic senses

MJC-7: Planning and Designing Interior Space (Theory: 3 credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Concept of Housing</b> <ul style="list-style-type: none"> <li>• Definition, importance and functions of a house, family's housing needs, housing as a symbol of standard of living</li> </ul>	03
2	<b>Constructional Considerations in Designing Interior Spaces</b> <ul style="list-style-type: none"> <li>• Selection of site for houses, factors influencing and legal aspects</li> <li>• Building materials- Types, characteristics and use</li> </ul> Concept of green buildings and eco-friendly materials as modern trends in building construction	10
3	<b>Fundamentals in Designing Interior Space</b> <ul style="list-style-type: none"> <li>• Concept and meaning of aesthetics, perception and good taste in designing</li> <li>• Design: Definition and types</li> <li>• Elements and Principles of design</li> </ul>	07
4	<b>Aesthetic and Functional Considerations in Designing Interior Space</b> <ul style="list-style-type: none"> <li>• Color harmonies- Use and application in interiors</li> <li>• Furniture- Classification, styles, use and factors influencing selection</li> <li>• Lighting- Requirements of good lighting and its use</li> <li>• Accessories in the interior- Definition, use and role in interior designing</li> </ul>	06
5	<b>Building Services in an Interior</b> <ul style="list-style-type: none"> <li>• Waste disposal methods</li> <li>• Rain water harvesting system</li> </ul>	04
<b>TOTAL</b>		<b>30</b>

*High Singh*  
 20.09.2023  
*Manjiv Kumar*  
 20/09/2023  
*Renu Kumari*  
 20/09/2023  
*Rajni Pandey*  
 20.9.23.  
*Prachi*  
 20/9/23  
*Sumit*  
 20/09/23  
*Bluma*  
 20-9-2023  
*Harak*  
 20-9-23  
*Kumkum Kumar*  
 20-09-2023  
*Renu*  
 -20.9.23

### Suggested Readings:

- Alexander, N.J. (1972). Designing Interior Environment. New York: Harcourt Brace, Johanovich Inc.
- Ball, V. K. (1982). Art of Interior Design. New York: John Wiley & Sons.
- Bhargava, B. (2001). Family Resource Management and Interior Decoration, Delhi: University Book House.
- Bhargava, B. (2001). Housing and Space Management. Jaipur: University Book House Ltd.
- Bharucha, E. (2005). Text Book of Environmental Studies. University Grants Commission.
- Bhatt P.D., and Goenka, S. (1990). Foundation of Arts Design. Bombay: Lakhari Book Depot.
- Bonda, P. and Sonsnowchik, K. (2007). Sustainable Commercial Interiors. Jaipur: John Wiley and Book House Ltd.
- Chauhan, B.C. (2008). Environmental Studies. New Delhi: University Science Press.
- Cherunilam, F. and Hedggade, O. D. (1987). Housing in India. Bombay: Himalaya Publishing House.
- Crafti (2004). The office – Designing for Success. Jaipur: Images Publication.
- De, A.K. (2010). Environmental Chemistry, New Delhi: Willey Eastern Ltd.
- Deshpande, R. S. (1980). Modern Ideal Homes for India. Poona: United Book Corporation.
- Deshpande, R.S. (2000). Build Your Own Home. Pune: United book Corporation.
- Duffy, F. (1997). The New Office. USA: Conran Octopus Publication.
- Faulkner, R. and Faulkner, S. (1975). Inside Today's Home, New York: Rinehart.
- Grandjean, E. (1979). Human Dimensions and Interior Space. New York: Whitney
- Grondzik, W.T., Kwok, A.G., Stein, B and Reynolds, J.S (2010). Mechanical and Electrical Equipment for Buildings (11th Ed). New York: Wiley, ISBN: 978-0-470-62106-6.
- Harmon. S. and Kennon, K. (2018). The Codes Guidebook for Interiors (5th Ed.). New York: Wiley (ISBN: 978-1-119-34319-6).
- Karen, G. and Robert, Y. (1983). Corporate Design, London: Thomas and Hudson.
- Kasu, A.A. (2005). Interior Design. Mumbai: Ashish Book Center.
- Leger, E. (2003). Complete Building Construction. (4th Ed.). New Delhi: Wiley India.
- Leibing, W. R. (1999). Architectural Working Drawings (4th Ed). New York: John Wiley and sons.
- Leinbac (1986). Visualisation Techniques. New Jersey: McMillan (Prentice Hall).
- Leach, S. D. (1978). Techniques of Interior Design Rendering and Presentation (1st Ed.). Architectural record Books (ISBN-13: 978-0070368057).
- Margaret, G.B. and Beryl, S. G. (1980): Fabric Furnishing. London: E.T. Badsford Ltd.
- Mohanty, A.B. (1985). Guide to House Buildings. New Delhi: Inter India Publications.
- National Building Organization- Monograph of Housing Statistics.
- Park, K. (2003). Preventive and Social Medicine, Jabalpur: M/s Banarsi das Bhanot Publishers.
- Piotrowski, C. and Rogers, E. (1999). Designing Commercial Interiors (2nd Ed.). London: John Wiley.
- Robert, G.V. (1983). Rendering with pen + Ink. London: Thames, Hudson.
- Seetharaman, P. and Sethi, M. (2002). Interior Design and Decoration, New Delhi: CBS Publishers and Distributors.
- Singh, G. (1985). Bhavan Nirman Samagri. New Delhi: Standard Publishers Distributors, Delhi Sons Publication, University Press.

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*Beenu* 20/9/23  
*Bhuma* 20.9.2023  
*Nishu* 20-9-23  
*Ajita Singh* 20.09.23  
*Jubiraji* 20.9.2023  
*Harijudekumari Sarda* 20/09/2023  
*Renu Kumari* 20/9/2023  
*Rajni Pandey* 20.9.23  
*kumkum kumari* 20-09-2023  
*Rinky* 20.9.23  
*Smrity* 20/09/23

MJC-7 : Planning and Designing Interior Space (Practical)

Practical: 2 credits

Total -20 Hours

Practical:

Market Study on:

1. Availability and popularity of eco-friendly materials
2. Submission of layout drawings for different rooms & furniture using cut outs
3. Making accessories of functional and aesthetic value like pottery, paintings (different types), floor decorations, flower arrangement
4. Prang color system, color harmonies, color schemes for various rooms
5. Submission of a complete record

Kumkum Kumari  
20-09-2023

Hijab Saini G.  
20-09-2023

Mamjudumoni Sida.  
20/09/2023

Renu Kumari  
20/09/2023

Rejha  
-20.9.23

Nink  
20-9-23

Mehi Rishi  
20-09-2023

Prachi  
20/9/23

Rajni Pandey  
20.9.23.

Janita  
20/09/23

Bkumar  
20-9-2023

**SEMESTER – IV**  
**MIC-4: Communication and Extension**  
**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Gain knowledge on the need and importance of communication and its significance in exchange of information  
 CO2: Analyze the models of Communication and role of media in societal development  
 CO3: Perceive the importance of extension education  
 CO4: Acquire knowledge on the extension models and approaches

<b>MIC-4: Communication and Extension (Theory: 2 credits)</b>		
Unit	Topics to be covered	No. of Lectures
1	<ul style="list-style-type: none"> <li>• Meaning, definition, nature, scope and importance of communication</li> <li>• Functions of communication–information function, command constructive function, influencers, persuasive function and integrative function.</li> <li>• Elements of Communication – three elements – source, message, receiver, four elements – encoding, decoding, sender and receiver, five elements– communicator, communicate, message, channel and feedback</li> </ul>	03
2	<ul style="list-style-type: none"> <li>• Means of Communication –Oral, Written, Sign/signal, action, object</li> <li>• Types of Communication–Formal and Informal Communication</li> <li>• Pattern-one way, two-way, circular</li> <li>• Communication media– Printed electronic media</li> <li>• Advantages and Limitations of communication media</li> </ul>	05
3	<ul style="list-style-type: none"> <li>• Meaning, Scope, Objectives, Need of Extension Education</li> <li>• Philosophy and principles of extension education</li> <li>• Steps in extension teaching</li> <li>• Extension teaching methods</li> <li>• Audio Visual Aids</li> </ul>	06
4	<p><b>Rural Sociology</b></p> <ul style="list-style-type: none"> <li>• Meaning and definition of rural sociology</li> <li>• Scope of rural sociology</li> <li>• Characteristics of rural society</li> <li>• Elements of rural sociology</li> <li>• Importance of rural sociology for extension workers</li> </ul>	03

Kumbhakar Kumari 20-09-2023  
 B. Kumar 20-9-2023  
 Himx 20-9-23  
 Jyoti Sarda 20.09.23  
 Manju Kumari Sarda 20.09.2023  
 Renu Kumari 20/9/2023  
 P. Ravi 20/9/23  
 Renu 20/09/23  
 Rajni Pandey 20-9-23

5	<b>Rural Leadership</b> <ul style="list-style-type: none"> <li>• Meaning and definition</li> <li>• Classification of leadership</li> <li>• Qualities of a leader</li> <li>• Role of a leadership</li> <li>• Identifying local leadership</li> <li>• Methods of leadership training</li> </ul>	03
<b>TOTAL</b>		20

**Suggested Readings:**

- Dahama, O.P and Bhatnagar O.P.(1995) ,Education and Communication for Development. New Delhi: Oxford and IBH Co.
- Gupta, D.(2007). Development Communication in Rural Sector. New Delhi: Mukhopadhyay Abhijeet Publication
- Nisha, M.(2006).Understanding Extension Education. New Delhi: Kalpay Publications
- Reddy, A.A.(2001).Extension Education. Bapatla: Sri Lakshmi Press
- Rogers Everett, M.(2003).Diffusion of Innovations,5th Ed. New York: The Free Press
- Singh, U.K and Nayak, A.K.(2007). Extension Education. New Delhi: Common Wealth Publishers
- Wilson, M.C., and Gallup,G.(1955). Extension Teaching Methods. Washington: US Department of Agriculture

<b>MIC-4: Communication and Extension (Practical)</b>	
<b>Practical: 1 credits</b>	<b>Total -10 Hours</b>
<b>Practical :</b>	
<ol style="list-style-type: none"> <li>1. Preparation of Audio-Visual Aids</li> <li>2. Visit to a community</li> <li>3. Interaction with people and understand the felt and unfelt need</li> </ol>	

Kumkum Kumari  
20-09-2023

H. S. Saini  
20-09-2023

Manju Kumari Saha  
20/09/2023

Shikha  
20-09-2023

Renu Kumari  
20/9/2023

Bhuvan  
20-9-2023  
Nihar  
20-9-23

Rajiv Khanday  
20-9-23

Rishi  
20-9-23

Smriti  
20/09/23

Prachi  
20/9/23

**Bachelor of Arts (Honours)**  
(Under CBCS)  
**Home Science**

**SEMESTER V**

S. No	Name of Course	Type of Course	L-T-P	Credits	Marks
1.	Child Psychology	MJC-8	5-1-0	5	100
2.	Family Finance & Consumer Behavior	MJC-9	5-1-0	5	100
3.	Child Psychology	MIC-5	3-1-0	3	100
4.	Family Finance & Consumer Behavior	MIC-6	3-1-0	3	100
5.	Internship	INT-1	-	4	100
<b>Total Credit- 20</b>					

*Ajith Singh G.*  
*20.09.2023.*  
*Manju Kumari Sharma*  
*20/09/2023*  
*Renu Kumari*  
*20/9/2023*  
*Binsh*  
*-20-9-23*  
*Prerna*  
*20-9-2023*  
*Neha*  
*20-9-23*  
*Rajni Pandey*  
*20.9.23.*  
*Smriti*  
*20/09/23*  
*Prasanna*  
*20/9/23*

**SEMESTER – V**

**MJC-8: Child Psychology**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1:** Explain the need and importance of studying children.  
**CO2:** Explain the need, importance, causes, characteristics, assessment and intervention of various disabilities of studying children.  
**CO3:** Distinguish the education patterns between normal and children with disabilities.  
**CO4:** Describe the coping strategies adopted by parents and family while dealing with children with disabilities.  
**CO5:** Design academic and extra- curricular activities for children with special need.

MJC-8: Child Psychology (Theory: 5 Credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Methods of Child Study</b> <ul style="list-style-type: none"><li>• Biographical Method</li><li>• Case Study and Clinical Method</li><li>• Observation Method</li><li>• Longitudinal and cross-sectional method</li></ul>	10
2	<b>Behavioral Psychology</b> <ul style="list-style-type: none"><li>• Role of play in child development</li><li>• Thinking and learning in children</li><li>• Measurement of intelligence, factors affecting intellectual development</li></ul>	12
3	<b>Guidance and Counseling</b> <ul style="list-style-type: none"><li>• Meaning and importance</li><li>• Educational and vocational guidance for the development of right personality</li></ul>	08
4	<b>Common Childhood Developmental Disorders and Disabilities</b> <ul style="list-style-type: none"><li>• Causes, characteristic, identification, assessment and intervention with reference to: loco motor disability, Visual disability, Auditory and speech disability, Learning disability, Juvenile Delinquency</li></ul>	12
5	<b>Programs and policies for families with differently abled children</b> <ul style="list-style-type: none"><li>• Role of parents in upbringing special children</li><li>• Rights of the child with disability</li><li>• Policy and laws related to children with disability</li></ul>	08
<b>TOTAL</b>		50

Kumkum Kumari  
20-09-2023

Nishu  
20-9-23

Beach  
20/9/23

Reema  
20-9-2023

Rajni Pandey  
20.9.23

Shubhi  
20-09-2023

Manju Kuman Singh  
20/09/2023

Renu Kumari  
20/9/2023

Rishu  
-20.9.23

Smriti  
20/09/23

### Suggested Readings:

- Balsara, M. (2011). Inclusive education for special children. New Delhi: Kanishka Publishers.
- Berk, L. E. (2007). Development through the lifespan. Delhi: Pearson Education.
- Chopra, G. (2012). Early detection of disabilities and persons with disabilities in the community. New Delhi: Engage Publications.
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- Sharma, N. (2010). The social ecology of disability. Technical Series-3. New Delhi: Academic Excellence.
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**SEMESTER – V**

**MJC-9: Family Finance and Consumer Behavior**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Get acquainted with family finance and changing trends in consumerism
- CO2: Enrich their knowledge on market systems
- CO3: Emerge as informed and aware consumers

<b>MJC-9: Family Finance and Consumer Behavior (Theory: 5 Credits)</b>		
<b>Unit</b>	<b>Topics to be covered</b>	<b>No. of Lectures</b>
<b>1</b>	<b>Family Finance Management</b> <ul style="list-style-type: none"><li>• Meaning and definition</li><li>• Process of budgeting- steps in drafting a family budget</li><li>• Engel's Laws of consumption</li><li>• Account keeping - balance sheets, account books, ledgers, income-expenditure records</li></ul>	<b>10</b>
<b>2</b>	<b>Family Security Arrangements</b> <ul style="list-style-type: none"><li>• Basic concept of savings and investment</li><li>• Need, principles and channels of investment</li><li>• Consumer credit- needs, sources, credit cards</li></ul>	<b>06</b>
<b>3</b>	<b>Role of Consumers in the Economy</b> <ul style="list-style-type: none"><li>• Definition of a consumer</li><li>• Consumer behavior--Meaning, characteristics of buyer behavior, consumer buying process</li><li>• Factors influencing consumer behavior</li><li>• Change in consumer purchase practices in the modern market (concept of e-commerce, m-commerce, online shopping)</li></ul>	<b>12</b>
<b>4</b>	<b>Consumer Education</b> <ul style="list-style-type: none"><li>• Meaning, definition and need</li><li>• Different methods of consumer education</li><li>• Challenges of consumers in present scenario and its solutions</li></ul>	<b>10</b>

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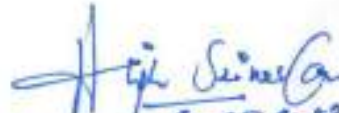
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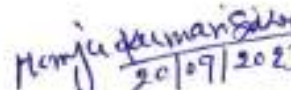
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5	<b>Consumer Protection Laws and Organizations in India</b> <ul style="list-style-type: none"> <li>• Consumer protection- Concept, need and significance</li> <li>• Consumer rights and responsibilities</li> <li>• Consumer aids: classification – Labels, Trademarks, Brand Names, Patents, Warranty, Guarantee</li> <li>• Standardization and quality control measures: ISI, FPO, AGMARK, ISO, Eco mark, Wool mark, Silk mark, Cotton mark, Handloom mark, BEE star labeling</li> </ul>	12
	<b>TOTAL</b>	50

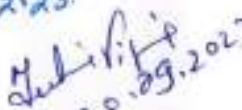
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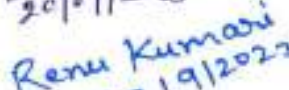
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- Pattanchetti, C.C., and Reddy (2002). Principles of Marketing. Coimbatore: Rainbow Publishers
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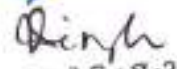
  
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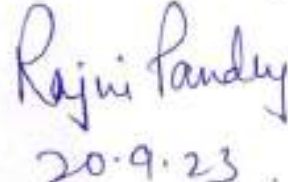
  
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**SEMESTER – V**

**MIC-5: Child Psychology**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Explain the need and importance of studying children.
- CO2: Explain the need, importance, causes, characteristics, assessment and intervention of various disabilities of studying children.
- CO3: Distinguish the education patterns between normal and children with disabilities.
- CO4: Describe the coping strategies adopted by parents and family while dealing with children with disabilities.
- CO5: Design academic and extra- curricular activities for children with special need.

MIC-5: Child Psychology (Theory: 3 Credits)		
Unit	Topics to be covered	No. of Lectures
1.	<b>Methods of Child Study</b> <ul style="list-style-type: none"><li>• Case Study and Clinical Method</li><li>• Observation Method</li><li>• Longitudinal and cross-sectional method</li></ul>	06
2.	<b>Behavioral Psychology</b> <ul style="list-style-type: none"><li>• Role of play in child development</li><li>• Thinking and learning in children</li><li>• Measurement of intelligence, factors affecting intellectual development</li></ul>	06
3.	<b>Guidance and Counseling</b> <ul style="list-style-type: none"><li>• Meaning and importance</li><li>• Educational and vocational guidance for the development of right personality</li></ul>	06
4.	<b>Programs and policies for families with differently abled children</b> <ul style="list-style-type: none"><li>• Role of parents in upbringing special children</li><li>• Rights of the child with disability</li></ul>	08
5.	<b>Policy and laws</b> <ul style="list-style-type: none"><li>• Related to children with disability</li></ul>	04
<b>TOTAL</b>		<b>30</b>

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### Suggested Readings:

- Balsara, M. (2011). Inclusive education for special children. New Delhi: Kanishka Publishers.
- Berk, L. E. (2007). Development through the lifespan. Delhi: Pearson Education.
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- Singh, A. (Ed). (2015). Foundations of human development: A life span approach. New Delhi: Orient Black Swan.

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Rajni Pandey  
20.9.23.

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Prachi  
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SEMESTER - V

**MIC-6: Family Finance and Consumer Behavior**

Course Outcomes

After the completion of the course, the student will be able to:

- CO1: Get acquainted with family finance and changing trends in consumerism
- CO2: Enrich their knowledge on market systems
- CO3: Emerge as informed and aware consumers

MIC-6: Family Finance and Consumer Behavior (Theory: 3 Credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Family Finance Management</b> <ul style="list-style-type: none"><li>• Meaning and definition</li><li>• Process of budgeting- steps in drafting a family budget</li><li>• Account keeping - balance sheets, account books, ledgers, income-expenditure records</li></ul>	08
2	<b>Family Security Arrangements</b> <ul style="list-style-type: none"><li>• Basic concept of savings and investment</li><li>• Need, principles and channels of investment</li><li>• Consumer credit- needs, sources, credit cards</li></ul>	06
3	<b>Role of Consumers in the Economy</b> <ul style="list-style-type: none"><li>• Definition of a consumer</li><li>• Factors influencing consumer behavior</li><li>• Change in consumer purchase practices in the modern market (concept of e-commerce, m-commerce, online shopping)</li></ul>	06
4	<b>Consumer protection</b> <ul style="list-style-type: none"><li>• Concept, need and significance</li><li>• Consumer rights and responsibilities</li><li>• Consumer aids: classification - Labels, Trademarks, Brand Names, Patents, Warranty, Guarantee</li></ul>	06
5	<b>Standardization and quality control measures</b> <ul style="list-style-type: none"><li>• ISI, FPO, AGMARK, ISO, Eco mark, Wool mark, Silk mark, Cotton mark, Handloom mark</li></ul>	04
<b>TOTAL</b>		<b>30</b>

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- Manish Kumar 20.09.2023
- Harshita Singh 20.09.2023
- Manju Kumari 20/09/2023
- Blayana 20.9.2023
- Renu Kumari 20/9/2023
- Nishu 20-9-23
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- Lajpatandey 20.9.23.
- Rishu - 20.9.23
- Prachi 20/9/23
- Smriti 20/09/23

### Suggested Readings:

- Khanna S.R., Hanspal S., Kapoor S. & Awasthi H.K., 2007, Consumer Affairs, Universities Press India Pvt. Ltd.
- Sawhney, H.K. & Mital, M., 2007, Family Finance & Consumer Studies, Elite Publishing House Pvt. Ltd.
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## Bachelor of Arts (Honours)

(Under CBCS)

### Home Science

#### SEMESTER VI

S. No	Name of Course	Type of Course	L-T-P	Credits	Marks
1.	Non-Formal, Adult and Lifelong Education	MJC-10	4-1-0	4	100
2.	Child Rights and Social action	MJC-11	5-1-0	5	100
3.	Dietetics (Th)	MJC-12	3-1-0	3	100
4.	Dietetics (P)	MJC-12	0-0-4	2	100
5.	Dietetics (Th)	MIC-7	2-1-0	2	100
6.	Dietetics (P)	MIC-7	0-0-4	1	100
7.	Food Safety, Sanitation and Hygiene	MIC-8	3-1-0	3	100
Total Credit- 20					

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**SEMESTER – VI**

**MJC-10: Non-formal, Adult and Life-long Education**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Develop an understanding of concept of non-formal, adult and lifelong education
- CO2: Acquire understanding on the selection of the methods and material for non-formal, adult and lifelong education
- CO3: Analyze and assess programs of non-formal, adult and lifelong education

<b>MJC-10: Non-formal, Adult and Life-long Education (Theory: 4 Credits)</b>		
Unit	Topics to be covered	No. of Lectures
1	<b>Non-Formal Education (NFE)</b> <ul style="list-style-type: none"><li>• Difference between formal &amp; Non-Formal Education</li><li>• Significance and scope of Non-Formal Education in India</li><li>• New education policy &amp; NFE</li></ul>	08
2	<b>Adult Education</b> <ul style="list-style-type: none"><li>• Definition, meaning, and scope of adult education</li><li>• Adult Education program in India</li><li>• Adult Education and Extension</li><li>• Characteristics of adult learners; Difference between adult &amp; child learning</li><li>• Factors associated with adult learning. Motivating and sustaining adult learners</li></ul>	10
3	<b>Life Long Education</b> <ul style="list-style-type: none"><li>• Definition, meaning and concept of life-long education</li><li>• Forms and domains, objectives and significance of life-long education</li><li>• Principles of life-long education</li></ul>	06
4	<b>Methods and Material for Non-Formal/Adult/Life Long Education</b> <ul style="list-style-type: none"><li>• Methods and approaches for organizing NFE program</li><li>• Scope of communication methods and materials for NFE objectives</li></ul>	06
5	<b>Program of Non-Formal/Adult/Life Long and Continuing Education</b> <ul style="list-style-type: none"><li>• Local, State, national and international agencies- policy and program</li><li>• Monitoring and evaluation of NFE /Adult/ life-long and continuing education program</li></ul>	10
<b>TOTAL</b>		40

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- Kumkum Kumari* 20-09-2023
- Harjotkumari Saini* 20/09/2023
- Renu Kumari* 20/9/2023
- Rajni Pandey* 20/9/23
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- Subir Singh* 20.09.2023
- Prakumar* 20.9.2023
- Nishu* 20-9-23
- Devi Singh* 20-09-2023
- Devi* 20-9-23

### Suggested Readings:

- Mishra. L., Adult Education, A study of the trials, APH Publishing Corporation, New Delhi.
- Chandra A., Shah A. 1987, Non- Formal Education for All, Sterling Publishers, New Delhi.
- Singh M., 2007, New Companion to Adult Educators, International Institute of II Adult Education
- Meaning, concept and scope of Adult Education
- Adult Education program in India
- Adult Education and Extension
- Characteristics of Adult Learners; Difference between Adult & Child learning
- Learning theories; Characteristics of Adult learning, developmental tasks of adults
- Factors associated with adult learning. Motivating and sustaining adult learners 12 III Life Long Education
- Definition, meaning and concept of Life Long Education
- Life Long Education: Historical and contemporary perspectives
- Components and objectives of Life Long Education
- Significance of Life Long Education in contemporary society
- Forms and domains of Life Long Education
- Principles of Life Long Education 12 IV Methods and Material for Non-Formal/Adult/Life Long Education
- Methods and approaches for organizing NFE program for different target groups
- Scope of communication methods and materials for NFE objectives 10 V Program of Non-Formal/Adult/Life Long and Continuing Education
- National and international program
- Local, State, National and international agencies- policy and program
- Monitoring and evaluation of NFE /Adult/ Life Long and Continuing Education program 14 TOTAL 60 Adult and Life Long Education, New Delhi.
- Singh N.K., 2010, Adult Education, Saurabh Publishing House, New Delhi.
- Khajuria D.P., New Trends in Indian Education, Narendra Publishing House, Jalandhar.

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## SEMESTER – VI

### MJC-11: Child Rights and Social Action

After completion of the course the students will be able to CO1:

Understand child rights and various vulnerable groups

CO3: Develop an understanding related to child rights laws for children

CO4: Get acquainted with the policies and programs safeguarding child rights CO5:

Become aware regarding types of violence against children

MJC-11: Child Rights and Social Action (Theory: 5 Credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Introduction to Child Rights</b> <ul style="list-style-type: none"><li>• Definitions of child and child rights</li><li>• Key philosophical concepts in the discourse on child rights</li><li>• Role of family, community and child herself in protecting rights</li></ul>	10
2	<b>Vulnerable Groups: Causes and Consequences</b> <ul style="list-style-type: none"><li>• Street and working, destitute, homeless, institutionalized children; Living with: chronic illness, HIV/AIDS, disabilities; Affected by war, conflict, riots, disasters; Victims of child-trafficking, abuse, dysfunctional families Children in conflict with law</li></ul>	12
3	<b>Framework for Social Action</b> <ul style="list-style-type: none"><li>• Role of state in protection of child rights;</li><li>• Laws for children- Indian and International; Constitutional provisions in India.</li></ul>	10
4	<b>National policies and programs, Institutional and Non-institutional services</b>	08
5	<b>Case study on different types of violence against children in the state/country</b>	10
<b>TOTAL</b>		<b>50</b>

#### Suggested Readings:

Bajpai, A. (2006). Child rights in India: Law, policy and practice. New Delhi: Oxford University Press

Bhargava, V. (2005). Adoption in India: Policies and experiences. New Delhi: Sage. Virani,

(2000). Bitter chocolate: Child Sexual abuse in India. New Delhi: Penguin Weiner, M., Burra, N.,

Bajpai, A. (2007). Born un free: Child labour, Education, and the state in India. New Delhi: Oxford University Press.

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20-09-2023

*Mithi V. J*  
20-09-2023

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20/9/2023  
*Dinsh*  
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*Swita*  
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**MJC-12: Dietetics**  
**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Know the physiological and metabolic conditions of different age groups  
CO2: Describe the nutritional requirements of different age groups  
CO3: Gain skills in meal planning during different phases of life

MJC-12: Dietetics (Theory: 3 credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Concepts of Diet Therapy</b> <ul style="list-style-type: none"> <li>Diet Therapy: Meaning and Importance</li> </ul>	02
2	<b>Types of Diet</b> <ul style="list-style-type: none"> <li>Modification of diet</li> <li>Mode of Feeding- Oral, Tube and Peripheral Vein Feeding</li> <li>Nutritional Assessment: Direct and Indirect Method</li> </ul>	03
3	<b>Under weight and Over weight</b> <ul style="list-style-type: none"> <li>Symptoms, Etiology, Types, Health Hazards, Treatment and Dietary Management</li> </ul> <b>Endocrine Disorders (Diabetes, PCOD, Hypothyroidism)</b> <ul style="list-style-type: none"> <li>Symptoms, Etiology, Types, Health Hazards, Treatment and Dietary Management</li> </ul>	12
4	<b>Constipation and Diarrhea</b> <ul style="list-style-type: none"> <li>Symptoms, Etiology, Types, Health Hazards</li> <li>Treatment and Dietary Management</li> </ul>	05
5	<b>Fever (Typhoid, Malaria, Tuberculosis)</b> <ul style="list-style-type: none"> <li>Symptoms, Etiology, Types, Health Hazards, Treatment and Dietary Management</li> </ul>	08
<b>TOTAL</b>		<b>30</b>

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*M. V. Singh*  
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20-9-2023

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*Hemkum Kumari*  
20-09-2023

*Hemjyoti Kumari*  
20/09/2023

*Renu Kumari*  
20/9/2023

*Rishi*  
-20.9.23

*Rajni Pandey*  
20-9-23

*Smriti*  
20/09/23

*Prachi*  
20/9/23

### Suggested Readings:

- Antia, F.P. (2005): Clinical Nutrition and Dietetics, Oxford University Press, Delhi
- Mahan, L.K., Arlin, M.T. (2000): Krause's Food, Nutrition and Diet therapy, 11th edition, W.B. Saunders Company, London.
- Robinson, C.H.; Lawler, M.R.; Chenoweth, W.L.; and Garwick, A.E. (1986): Normal and
- Shubhangi A Joshi (2002): Nutrition and Dietetics 2nd edition, Tata Mc Graw-Hill Publishing Company Limited, New Delhi.
- Srilakshmi, B. (2005): Dietetics, 5th edition, New Age International (P) Limited Publishers, New Delhi Therapeutic Nutrition, 17th Ed., Mac Millan Publishing Co
- Williams's (1989): Nutrition and diet Therapy, 6th edition. Times Mirror/Mosby College Publishing, St. Louis

MJC-12: Dietetics (Practical)		Total- 20 Hours
Practical: 2 credits		
Practical :		
1. Diet planning and calculation of important nutrients for various age groups: Pre-school, School going adolescents, pregnancy, lactation and old age.		
2. Planning and preparing diets for diarrhea, constipation febrile conditions -Typhoid, malaria and tuberculosis, overweight, underweight, Diabetes, PCOD and Hypothyroidism.		

*Agni Singh*  
20.09.23

*Devi P. S.*  
20.09.2023

*Nina*  
20-9-23

*Kumkum Kumari*  
20.09.23

*Manju Kumari Saha*  
20/09/2023

*Renu Kumari*  
20/9/2023

*Bijay*  
20.9.23

*Bhuvan*  
20.9.2023

*Rajni Pandey*  
20.9.23.

*Praachi*  
20/9/23

*Sweta*  
20/09/23

**SEMESTER VI**  
**MIC-7: Dietetics**  
**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Know the physiological and metabolic conditions of different age groups  
CO2: Describe the nutritional requirements of different age groups  
CO3: Gain skills in meal planning during different phases of life

MIC-7: Dietetics (Theory: 2 credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Concepts of Diet Therapy</b> <ul style="list-style-type: none"> <li>• Diet Therapy: Meaning and Importance</li> </ul>	02
2	<b>Types of Diet</b> <ul style="list-style-type: none"> <li>• Modification of diet</li> <li>• Mode of Feeding- Oral, Tube and Peripheral Vein Feeding</li> </ul>	02
3	<b>Under weight and Over weight</b> <ul style="list-style-type: none"> <li>• Symptoms, Etiology, Types, Health Hazards, Treatment and Dietary Management</li> </ul> <b>Diabetes Mellitus</b> <ul style="list-style-type: none"> <li>• Symptoms, Etiology, Types, Health Hazards, Treatment and Dietary Management</li> </ul>	05
4	<b>Constipation and Diarrhea</b> <ul style="list-style-type: none"> <li>• Symptoms, Etiology, Types, Health Hazards</li> <li>• Treatment and Dietary Management</li> </ul>	05
5	<b>Fever (Typhoid, Malaria, Tuberculosis)</b> <ul style="list-style-type: none"> <li>• Symptoms, Etiology, Types, Health Hazards, Treatment and Dietary Management</li> </ul>	06
<b>TOTAL</b>		<b>20</b>

**Suggested Readings:**

- Antia, F.P. (2005): Clinical Nutrition and Dietetics, Oxford University Press, Delhi
- Mahan, L.K., Arlin, M.T. (2000): Krause's Food, Nutrition and Diet therapy, 11th edition, W.B. Saunders Company, London.
- Robinson, C.H.; Lawler, M.R. Chenoweth, W.L.; and Garwick, A.E (1986): Normal and
- Shubhangini A Joshi (2002): Nutrition and Dietetics 2nd edition, Tata Mc Graw-Hill Publishing Company Limited, New Delhi.
- Srilakshmi, B. (2005): Dietetics, 5th edition, New Age International (P) Limited Publishers, New Delhi Therapeutic Nutrition, 17th Ed., Mac Millan Publishing Co
- Williams's (1989): Nutrition and diet Therapy. 6th edition. Times Mirror/Mosby College Publishing, St. Louis

Kumkum Kumari  
20.09.23

Nisha  
20-9-23

54  
Rajni Pandey  
20.9.23

Bkumar  
20.9.23

Manjulkumari Shrivastava  
20/09/2023

Renu Kumari  
20/09/2023

Amrita  
20/09/23

Prachi  
20/09/23

MIC-7: Dietetics (Practical)		Total- 10 Hours
Practical: 1 credits		
Practical:		
1 Diet planning and calculation of important nutrients for various age groups: Pre-school, School going adolescents, pregnancy, lactation and old age.		
2 Planning and preparing diets for diarrhea, constipation febrile conditions -Typhoid, malaria and tuberculosis, over and underweight.		

Kumkum Kumari  
20-09-2023

Ajita Singh  
20-09-2023

Juhi Puri  
20-09-2023

Nisak  
20-9-23

Smita  
20/09/23

Rajni Pandey  
20.9.23.

Hanju Kumari Singh  
20/09/2023

Bhavana  
20-9-2023

Renu Kumari  
20/9/2023

Dinika  
-20.9.23

Blacchi  
20/9/23...

**SEMESTER VI**  
**MIC-8: Food Safety, Sanitation and Hygiene**  
**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1:** Explain various types of food contamination and factors that contribute to foodborne illness  
**CO2:** Identify the characteristics of potentially hazardous foods and describe the dangers of foodborne illness  
**CO3:** Demonstrate the ability to explore and apply proper food handling techniques and correct procedures for receiving, preparing, serving and storing food products  
**CO4:** Demonstrate proper personal hygiene procedures with regard to food handling

<b>MIC-8: Food Safety, Sanitation and Hygiene</b> (Theory: 3 credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Introduction to Food Safety</b> <ul style="list-style-type: none"> <li>• Concept and meaning of Food Safety, food adulteration, food hazards Food laws and regulations – National (FSSAI) and international (FAO) food laws, Governing bodies Exposure, estimation, toxicological requirements and risk analysis Safety aspects of water and beverages Safety assessment of food contaminants and pesticide residues</li> </ul>	04
2	<b>Food Safety: Principles of prevention</b> <ul style="list-style-type: none"> <li>• Reduce microbial contamination and control growth Eliminate source of contaminants Sanitation: principle and purposes</li> </ul>	08
3	<b>Food Protection</b> <ul style="list-style-type: none"> <li>• Food Protection Methods</li> <li>• Foodborne Illness Risk Factors.</li> </ul>	06
4	<b>Food Hygiene</b> <ul style="list-style-type: none"> <li>• Food hygiene law and the importance of food safety.</li> <li>• Food Safety Hazards. Temperature control, food deliveries, refrigeration, low and high-risk foods, use by dates and best before dates, and stock rotation (FIFO).</li> <li>• Cross-Contamination Hand hygiene, further hygiene considerations, protective clothing, reporting illness and first aid.</li> </ul>	06
5	<b>Importance of Personal hygiene of food handlers</b> <ul style="list-style-type: none"> <li>• General principles of hygiene – personal and environmental hygiene, hygienic practices in handling and serving foods.</li> <li>• Planning and implementation of training programme for health person.</li> </ul>	06
<b>TOTAL</b>		30

*Sumit Kumar*  
20.09.2023

*Shikha*  
20.09.2023

*Prachi*  
20/9/23

56

*Manju Kumari*  
20/09/2023

*Bhuma*  
20.9.2023

*Rajni Pandey*  
20.9.23.

*Renu Kumari*  
20/9/2023

*Singh*  
-20.9.23

*Sweta*  
20/09/23

**Suggested Readings:**

- Food Safety-Theory and Practice: Paul L. Knechtges, Jones & Bartlett Learning, 2012
- Food Hygiene and Sanitation With case studies, Sunetra Roday, 2nd Edition, Tata McGraw Hill Education Pvt Ltd., 2011
- Kirk, R.S and Sawyer, R.: Pearson's composition and analysis of foods, Longman Scientific and technical. 9th Edition, England. 1991
- Bryan, F.L: Hazardous Analysis Critical Control Point Evaluation. A guide to identifying Hazards and assessing risks associated with food preparation and storage. WHO, Geneva. 1992
- Bureau of Indian Standards: Specifications and Standard methods.

Kumkum Kumari  
20.09.2023

Bhuvan  
20.9.2023

Hishu Saini  
20.09.2023

Manjulkumari Saini  
20/09/2023

Shubhi Viji  
20.09.2023

Renu Kumari  
20/9/2023

Neha  
20-9-23

Rishu  
- 20.9.23

Rajni Pandey  
20.9.23.

Prachi  
20/9/23

Smriti  
20/09/23

**Bachelor of Arts (Honours)**  
(Under CBCS)  
**Home Science**

**SEMESTER VII**

S. No	Name of Course	Type of Course	L-T-P	Credits	Marks
1.	Clothing Construction (Th)	MJC-13	3-1-0	3	100
2.	Clothing Construction(P)	MJC-13	0-0-4	2	100
3.	Research Methodology	MJC-14	5-1-0	5	100
4.	Early Childhood Care and Education (Th)	MJC-15	4-1-0	4	100
5.	Early Childhood Care and Education (P)	MJC-15	0-0-4	2	100
6.	Clothing Construction (Th)	MIC-9	3-1-0	3	100
7.	Clothing Construction(P)	MIC-9	0-0-2	1	100
<b>Total Credit- 20</b>					

Kumkum Kumari  
20-09-2023

H. S. G.  
21-05-2023

Nishu  
20-9-23

M. S. V.  
20-09-2023

Rajni Pandey  
20.9.23.

B. Kumari  
20.9.2023

Manju Kumari  
20/09/2023

Renu Kumari  
20/9/2023

Blind  
-20.9.23

P. Ravi  
20/9/23

Smita  
20/09/23

**SEMESTER – VII**

**MJC-13: Clothing Construction**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1:** Understand basic principles and importance of clothing construction.  
**CO2:** Identify the common fabrics used for clothing construction  
**CO3:** Gain and insight of various sewing machines and other sewing equipments available in the market, their functioning and common problems faced while usage.  
**CO4:** Understands various garment construction process.

<b>MJC-13 : Clothing Construction (Theory: 3 Credits)</b>		
<b>Unit</b>	<b>Topics to be covered</b>	<b>No. of Lectures</b>
1	<b>Clothing</b> <ul style="list-style-type: none"><li>• Functions and importance of clothing</li></ul>	03
2	<b>Sewing Machines</b> <ul style="list-style-type: none"><li>• Parts, function, types and maintenances</li><li>• Common problems and its remedies.</li></ul> <b>Tools and equipment used for clothing construction</b> <ul style="list-style-type: none"><li>• Measuring, drafting, marketing and stitching tool</li><li>• Needles, threads and their relations to fabric</li><li>• Selection of right thread, needle for the fabric to be sewn</li></ul>	10
3	<b>Introduction to Clothing Construction</b> <ul style="list-style-type: none"><li>• Introduction and importance</li><li>• Anthropometric measurements</li><li>• Factors affecting selection of fabrics- Social, economic, physiological and environmental factors</li></ul>	07
4	<b>Design Components</b> <ul style="list-style-type: none"><li>• Basic elements and principles of design</li><li>• Relation between elements and principles of design to the Clothing and fashion</li></ul> <b>Color, line and texture in relation to :</b> <ul style="list-style-type: none"><li>• Age</li><li>• Season</li><li>• Occasion</li><li>• Figure and</li><li>• Complexion</li></ul>	06

Blasmi 20/9/23  
Mink 20-9-23  
Yash Singh 20-09-2023  
Jyoti Vij 20-09-2023  
Smita 20/09/23  
59 Kuntal Kumar 20.09.23  
Bharat Kumar 20.9.2023  
Renu Kumari 20/9/2023  
Manjiv Kumar 20/09/2023  
Singh 20.09.23  
Rajni Pandey 20.9.23.

5	<b>Components of Garments</b> <ul style="list-style-type: none"> <li>• Introduction to basic garments</li> <li>• Selection of garments</li> </ul> <b>Detailing in garments</b> <ul style="list-style-type: none"> <li>• Necklines</li> <li>• Fullness</li> <li>• Pockets, Sleeves</li> </ul>	04
<b>TOTAL</b>		30

**Suggested Readings:**

- Armstrong, Pearson. (1995), Pattern making for Fashion Design, Fairchild Publication, New York 1995 (Indian Ed.)
- Cream, Penelope. (1996), The Complete Book of Sewing - A Practical Step by Step Guide to Sewing Techniques, DK Publishing Book, New York,
- Dorothy wood, the practical encyclopedia of sewing, Anneess publishing Ltd, London.
- Holman, Gillian. (1997), Pattern Cutting Made Easy, BSP.
- Janace E. Bubonia. (2012), Apparel production terms and processes, Fairchild Books, New York.
- Kallal, Mary Jo, (1985), Clothing Construction, Mc Millan Publishing Company, New York.
- Norma Hollen, Jane Saddler, Anna L. Langford & Sara, J., (1988) Textiles 6th ed., Macmillan Publication, New York
- Readers, Digest, Complete Guide to Sewing, The Reader's Digest Associations (Canada) Ltd. Montreal, Pleasantville, New York.
- Thomas, A, (1986), the Art of Sewing UBSPD Publishers Distributors Ltd. New Delhi.

<b>MJC-13: Clothing Construction</b>	
<b>Practical: 2 credits</b>	<b>Total- 20 Hours</b>
<b>Practical:</b>	
1. Tools and Equipment used in Garment Construction: 2. Squares and Scales, French curves – for armhole and necklines 3. Preparing sample of: i. Seams- Plain seams, hemming and decorative seams 4. Fullness i. Darts-Single point, Fish dart ii. Tucks iii. Pleats iv. Gathers v. Shirring vi. Ruffles and Frills 5. Fasteners	

Mumtaz kumar  
 20.09.23  
 20.05.2023  
 20.05.2023  
 20.05.2023  
 20.05.2023

60 Renu Kumari  
 2019/2023  
 BKumar  
 20.9.2023  
 Rajni Pandey  
 20.9.23.

Manju Kumari Saha  
 20/9/2023  
 Renuh  
 - 20.9.23  
 20/09/23

SEMESTER - VII

MJC-14: Research Methodology

Hiph Suresh  
20.05.2023

Hinok  
20-9-23  
Jubir Vidhi  
20.09.2023

Renu Kumari  
20/9/2023

Hanjan Kumari Singh  
20/09/2023

Kumkum Kumari  
20-09-2023

Bingh  
-20.9.23

Rajni Pandey  
20.9.23.

Blachi  
20/9/23

Suroy  
20/09/23

**SEMESTER – VII**

**MJC-15: Early Childhood Care and Education**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Explain the importance of early childhood years and significance of intervention programs for early childhood development.
- CO2: Identify various indigenous (Indian) models of early childhood education and apply it to understand the current developmental trends in early childhood.
- CO3: Analyze curriculum models and pedagogical approaches in early childhood education.
- CO4: To create awareness regarding developmental programmes.

MJC -15: Early Childhood Care and Education (Theory: 4 credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Introduction to Early Childhood Care and Education (ECCE)</b> <ul style="list-style-type: none"><li>• Aims, objectives, meaning, scope and significance of ECCE</li><li>• Difference between day care and ECCE</li><li>• Types of ECCE service delivery – Formal and informal, government funded and franchise oriented</li></ul>	10
2	<b>ECCE in India</b> <ul style="list-style-type: none"><li>• History of Early Childhood Care and Education in India.</li><li>• Overview of ECCE in pre- and post-independence period. Preschool education in the pre- and post-independence era (very brief).</li><li>• Contributions of educational philosophers: global and Indian perspective- Views of educationists and philosophers: Rousseau, Pestalozzi, Froebel, McMillan Sisters, John Dewey and Montessori, Sri Aurobindo, Tagore, Mahatma Gandhi</li></ul>	10
3	<b>National Policy on Education (1986)</b> <ul style="list-style-type: none"><li>• Programmes/schemes and innovations in ECCE – ICDS, Balwadis, Mobile crèches</li></ul>	05
4	<b>National Curriculum Framework 2005</b> <ul style="list-style-type: none"><li>• National Policy on Early Childhood Care and Education 2013</li><li>• Curriculum Framework for Early Childhood Care and Education 2012/2013</li></ul>	05
5	<b>New Education Policy, 2020</b> <ul style="list-style-type: none"><li>• Basic Infrastructure</li><li>• Entrance process</li><li>• Record, register, ECCE calendar</li><li>• Administration, training, capacity building</li><li>• Health, hygiene and nutrition</li></ul>	10
<b>TOTAL</b>		40

*Blachhi* 20/9/23  
*Manjushree* 20.09.2023  
*Hemkum kumar* 20.09.2023  
*Manjushree* 20/09/2023  
*Renu Kumari* 20/09/2023  
*Bhaskar* 20.9.2023  
*Rajni Pandey* 20.9.23  
*Bingh* 20.9.23  
*Smriti* 20/09/23

### Suggested Readings:

1. Agarwal, J. C. (2007). Early childhood care and education: principles and practices. New Delhi: Shipra
2. Agarwal, S.P. and Usmani, M. (2000). Children's education in India: from vedic a, times to twenty first century New Delhi: Shipra.
3. Canning, N. (2010) Play and practice in the early years: Foundation stage. New Delhi: Sage.
4. Durlak, J.A. (1995). School based prevention programmes for children and adolescents. N.Y.: LOCF: HOME SCIENCE 54 Sage.
5. Fler, M. (2010). Early learning and development: Cultural-historical concepts in play. Cambridge: Cambridge University Press.
6. Kaul, V. (2009). Early childhood education programme. National Council of Educational Research and Training, New Delhi.
7. OECD. (2004). Curricula and pedagogies in early childhood education and care. Retrieved from <http://www.oecd.org/education/school/31672150.pdf>
8. Purkait, B.R. (2005). Milestones in modern Indian education. Kolkata: New Central Book Agency.
9. Swaminathan, M.(ed.) (1998). The first five years: A critical perspectives on a. early childhood care and education in India. New Delhi: Sage.
10. Sarangapani, P.M. (2009). Quality, feasibility and desirability of low cost private schooling: what is the evidence? Economic & Political Weekly, 44(43), 67-69.
11. Sarangapani, P.M. (2010). Comparative education in India: Why it is missing and why we need it. Journal of Education Planning and Administration 24(4): 363-378.
12. Saraswathi, T.H., Menon, S. & Madan, A. (eds.) (2018) Childhoods in India traditions, trends and transformations. New Delhi. Routledge.
13. Sharma, K.K., & Miglani, P. (2016). Gender, school and society. Patiala: Twenty First Century Publications.
14. Early Childhood Care and Education (n.d.) Retrieved from [http://epgp.inflibnet.ac.in/epgpdata/uploads/epgp\\_content/home\\_science/10\\_early\\_childhood\\_care\\_education\\_and\\_development/14\\_aurobindo\\_gijubhai\\_badheka\\_tarabai\\_modak/et/6716\\_et\\_et.pdf](http://epgp.inflibnet.ac.in/epgpdata/uploads/epgp_content/home_science/10_early_childhood_care_education_and_development/14_aurobindo_gijubhai_badheka_tarabai_modak/et/6716_et_et.pdf)
15. Singh, A. (1995). Playing to learn: A training manual for early childhood education. Chennai: M. S. Swaminathan Research Foundation.
16. Venkataraman, B. (2009). Education for sustainable development. Environment: Science and Policy for Sustainable Development, 51(2), 8-10.

### MJC -15: Early Childhood Care and Education

Practical: 2 credits

Total- 20 Hours

#### Practical:

1. Observation of early childhood programs at government and nongovernmental institution
2. List the activities for each domain to promote all round development in young children.
3. Plan and record activities and methods of playful interactions to foster development in children (birth -two years and two -six years)
4. Prepare low-cost play materials/equipment's.

Prachi 20/9/23

Himanshu Kumar 20.09.23

Manjushree Saha 20/09/2023

Renu Kumari 20/9/2023

Rishabh 20.9.23

Rajni Pandey 20.9.23

20.09.2023

20-9-2023

20/09/23

**SEMESTER – VII**

**MIC-9: Clothing Construction**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Understand basic principles and importance of clothing construction.
- CO2: Identify the common fabrics used for clothing construction
- CO3: Gain and insight of various sewing machines and other sewing equipments available in the market, their functioning and common problems faced while usage.
- CO4: Understands various garment construction process.

MIC-9: Clothing Construction (Theory: 3 Credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Clothing</b> <ul style="list-style-type: none"><li>• Functions and importance of clothing</li></ul>	03
2	<b>Sewing Machines</b> <ul style="list-style-type: none"><li>• Parts, function, types and maintenances</li><li>• Common problems and its remedies.</li></ul>	05
3	<b>Tools and equipment used for clothing construction</b> <ul style="list-style-type: none"><li>• Measuring, drafting, marketing and stitching tool</li><li>• Needles, threads and their relations to fabric</li><li>• Selection of right thread, needle for the fabric to be sewn</li></ul>	05
4	<b>Introduction to Clothing Construction</b> <ul style="list-style-type: none"><li>• Introduction and importance</li><li>• Anthropometric measurements</li><li>• Factors affecting selection of fabrics- Social, economic, physiological and environmental factors</li></ul>	07
5	<b>Design Components</b> <ul style="list-style-type: none"><li>• Basic elements and principles of design</li><li>• Relation between elements and principles of design to the Clothing and fashion</li></ul> <b>Color, line and texture in relation to :</b> <ul style="list-style-type: none"><li>• Age</li><li>• Season</li><li>• Occasion</li><li>• Figure and</li><li>• Complexion</li></ul>	10
<b>TOTAL</b>		<b>30</b>

Prachi .. 20/9/23  
Neha 20-9-23  
Hemkum Kumari 20-09-2023  
Renu Kumari 20/9/2023  
64  
Bkumar 20-9-2023  
Rajni Pandey 20-9-23  
Manjushree Kumari 20/09/2023  
Singh 20-9-23  
Smita 20/09/23

### Suggested Readings:

- Armstrong, Pearson. (1995), Pattern making for Fashion Design, Fairchild Publication, New York 1995 (Indian Ed.)
- Cream, Penelope. (1996), The Complete Book of Sewing - A Practical Step by Step Guide to Sewing Techniques, DK Publishing Book, New York,
- Dorothy wood, the practical encyclopedia of sewing, Anness publishing Ltd, London.
- Holman, Gillian. (1997), Pattern Cutting Made Easy, BSP.
- Janace E. Bubonia. (2012), Apparel production terms and processes, Fairchild Books, New York.
- Kallal, Mary Jo, (1985), Clothing Construction, Mc Millan Publishing Company, New York.
- Norma Hollen, Jane Saddler, Anna L. Langford & Sara, J., (1988) Textiles 6th ed., Macmillan Publication, New York
- Readers, Digest, Complete Guide to Sewing. The Reader's Digest Associations (Canada) Ltd. Montreal, Pleasantville, New York.
- Thomas, A, (1986), the Art of Sewing UBSPD Publishers Distributors Ltd. New Delhi.

MIC-9: Clothing Construction	
Practical: 1 credit	Total- 10 Hours
Practical:	
1. Tools and Equipment used in Garment Construction: 2. Squares and Scales, French curves – for armhole and necklines 3. Preparing sample of Seams- Plain seams, hemming and decorative seams	

Ajith Srinivas  
20.09.2023

Subir Singh  
20.09.2023

Niaak  
20-9-23

Kumbum Kumar  
20-09-2023

Bhuvan  
20.9.2023  
Hanja Kumari  
20.9.2023

Renu Kumari  
20/9/2023

Rinsh  
20.9.23

Rajni Pandey  
20.9.23.

Beenu  
20/9/23

Surabhi  
20/09/23

### Semester VIII

S. No	Name of Course	Type of Course	L-T-P	Credits	Marks
1.	Public Health Nutrition	MJC-16	4-1-0	4	100
2.	Public Health Nutrition	MIC-10	4-1-0	4	100
3.	Research Project/ Dissertation	RP-1	-	12	
				<b>Total Credit- 20</b>	

*Kumkum Kumari*  
 20.09.2023

*Bkumar*  
 20.9.2023

*Manjudevi Sarda*  
 20/09/2023

*Archi Chandra*  
 20.09.2023

*Juhi Singh*  
 20.09.2023

*Renu Kumari*  
 20/9/2023

*Disha*  
 - 20.9.23

*Hina*  
 20-9-23

*Rajni Pandey*  
 20.9.23

*Beani*  
 20/9/23

*Smriti*  
 20/09/23

**SEMESTER – VIII**

**MJC-16: Public Health Nutrition**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: To maintain physiological well-being and overall health.
- CO2: Identify some of the social and cultural influences on food habits and activity patterns.
- CO3: Get acquainted with current nutritional information with regard to its contribution to health.

MJC 16 : Public Health Nutrition (Theory: 4 Credits)		
Unit	Topics to be covered	No. of Lectures
1	<b>Concept of Public Health</b> <ul style="list-style-type: none"><li>• Introduction to public health- Meaning, definition, importance and concept of demography</li><li>• Determinants of health</li></ul>	06
2	<b>Public Health Nutrition</b> <ul style="list-style-type: none"><li>• Importance of Nutrition for Health</li><li>• Under Nutrition and Over Nutrition- Meaning, prevalence, risk factors</li><li>• Common nutritional disorders- PEM, Rickets, Anemia, Iodine deficiency, Osteoporosis, Obesity, Diabetes and Hypertension</li></ul>	12
3	<b>Disparities in Health</b> <ul style="list-style-type: none"><li>• Meaning and concept</li><li>• Factors of Inequalities and Disparities in Health: Poverty, discrimination, vulnerability, income inequality, Socio economic position, education, occupation, ethnicity and its impact on health outcome</li></ul>	07
4	<b>Understanding Health Policy and Systems</b> <ul style="list-style-type: none"><li>• Public health system in India</li><li>• Evolution of global public health initiatives- MDGs, SDGS</li><li>• Challenges in Public health delivery system</li></ul>	05
5	<b>National, international and voluntary organizations to combat malnutrition</b> <ul style="list-style-type: none"><li>• Strategies for improving nutrition and health status of the community</li><li>• National organization – ICAR, ICMR, NIN, NIPCCD</li><li>• International Organizations - World Health Organization (WHO), United Nations International Children's Emergency Fund (UNICEF), World Food Programme (WFP)</li><li>• Voluntary organizations – CARE, World Alliance for Breastfeeding Action (WABA)</li></ul>	10
<b>TOTAL</b>		<b>40</b>

Bealvi 20/9/23  
NICK 20-9-23  
Kumkum Kumari 20.09.23  
Rajiv Sandey 20.9.23  
Bkuma 20.9.2023  
Renu Kumari 20/9/2023  
Ranjit Kumar Sarda 20/09/2023  
Renu 20.9.23  
Anita 20/09/23

### Suggested Readings:

- Wadhwa, A. and Sharma, S., (2003). Nutrition in the Community - A Textbook. Elite Publishing House Pvt. Ltd., New Delhi.
- Park, K., (2011). Textbook of Preventive and Social Medicine, 21st Edition. M/s Banarasi das Bhanot Publishers, Jabalpur, India.
- Bamji, M.S., Krishna swamy K. and Brahmam, GNV. (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi.
- Gibney M.J., (2005). Public Health Nutrition.
- Vir, S. (2011). Public Health Nutrition in Developing Countries, Vol 1 and 2
- ICMR (1989). Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- ICMR (2011). Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- Wardlaw, Smith. Contemporary Nutrition: A Functional Approach. 2nd ed: 2012. Mc Graw Hill. Williams Melvin. Nutrition for health, fitness and sports. 2004. Mc Graw Hill
- Joshi AS. Nutrition and Dietetics 2010. Tata Mc Graw Hill.

Kumkum Kumari  
20-09-2023

Bkumar  
20-9-2023

Manjudekumari Saini  
20/09/2023

Ashish Singh  
20-09-2023

Shikha  
20-09-2023

Renu Kumari  
20/09/2023

Nishu  
20-9-23

Bingh  
-20.09.23

Rajni Pandey.  
20-9-23.

Smriti  
20/09/23

Prachi  
20/9/23

**SEMESTER – VIII**

**MIC-10: Public Health Nutrition**

**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1:** To maintain physiological well-being and overall health.  
**CO2:** Identify some of the social and cultural influences on food habits and activity patterns.  
**CO3:** Get acquainted with current nutritional information with regard to its contribution to health.

<b>MIC-10: Public Health Nutrition (Theory: 4 Credits)</b>		
<b>Unit</b>	<b>Topics to be covered</b>	<b>No. of Lectures</b>
1	<b>Concept of Public Health</b> <ul style="list-style-type: none"><li>• Introduction to public health- Meaning, definition, importance and concept of demography</li><li>• Determinants of health</li></ul>	06
2	<b>Public Health Nutrition</b> <ul style="list-style-type: none"><li>• Importance of Nutrition for Health</li><li>• Under Nutrition and Over Nutrition- Meaning, prevalence, risk factors</li><li>• Common nutritional disorders- PEM, Rickets, Anemia, Iodine deficiency and Osteoporosis</li></ul>	16
3	<b>Disparities in Health</b> <ul style="list-style-type: none"><li>• Meaning and concept</li><li>• Factors of Inequalities and Disparities in Health: Poverty, discrimination, vulnerability, income inequality, Socio economic position, education, occupation, ethnicity and its impact on health outcome</li></ul>	06
4	<b>National and international organizations to combat malnutrition</b> <ul style="list-style-type: none"><li>• Strategies for improving nutrition and health status of the community</li><li>• National organization – ICAR, ICMR, NIN, NIPCCD</li><li>• International Organizations - World Health Organization (WHO), United Nations International Children's Emergency Fund (UNICEF), World Food Programme (WFP)</li></ul>	08
5	<b>Voluntary organizations to combat malnutrition</b> <ul style="list-style-type: none"><li>• Voluntary organizations – CARE, World Alliance for Breastfeeding Action (WABA)</li></ul>	04
<b>TOTAL</b>		<b>40</b>

Prachi 20/9/23  
Heek 20-9-23  
Agi Singh 20-05-2023  
Jitendra 20-09-23  
Rajni Pandey 20-9-23  
Renu Kumari 20/9/2023  
Kumkum Kumari 20-09-2023  
Bhuvan 20-9-2023  
69  
Renu Kumari 20/09/2023  
Smita 20/09/23  
Manjushree 20/09/2023  
Aishw 20/9/23

**Suggested Readings:**

- Wadhwa, A. and Sharma, S., (2003). Nutrition in the Community - A Textbook. Elite Publishing House Pvt. Ltd., New Delhi.
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Kumkum kumar  
20-09-23

Bkumar  
20-9-2023

Renu Kumari  
20/9/2023

Manjulkumari Saha  
20/09/2023

Dingh  
-20/9-23

Niaak  
20-9-23

Rajni Pandey  
20.9.23.

Pracw  
20/9/23

Smity  
20/09/23