

**Syllabus developed**  
**According to NATIONAL EDUCATION POLICY 2020**  
**C.B.C.S.**  
**for**  
**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**

**Semester- I**

<b>Theories/ Practical</b>	<b>Major/ Minor</b>	<b>Subject Name</b>	<b>Credit</b>
Theory	Major	Fundamental of Food Science	6
Theory	Major	Introduction to Human Development	6
Theory	Major	Introduction to Extension Education	4
Practical	Major	Introduction to Extension Education	2
Elective	Minor	Health & Microbiology/Sociology/Basic Human Physiology	4
Vocational	Minor	Computer Application	3
Co-curricular	Minor	Food, Nutrition & Hygiene	2

**Semester- II**

<b>Theories/ Practical</b>	<b>Major/ Minor</b>	<b>Subject Name</b>	<b>Credit</b>
Theory	Major	Fundamentals of Nutrition Science	6
Theory	Major	Introduction to Home Management	6
Theory	Major	Introduction to Clothing & Textile	4
Practical	Major	Introduction to Clothing & Textile	2
Vocational	Minor	MS Office & Application	3
Co-curricular	Minor	First Aid & Health	2

<b>Semester- III</b>			
<b>Theories/ Practical</b>	<b>Major/ Minor</b>	<b>Subject Name</b>	<b>Credit</b>
Theory	Major	Personal Finance and Consumer Studies	6
Theory	Major	Nutrition for the Family	6
Theory	Major	Textile Science	4
Practical	Major	Textile Science	2
Elective	Minor	Ecology & Environment/H.Chemistry/Understanding Psychology	4
Vocational	Minor	Baking Science	3
Co-curricular	Minor	Human Values & Environmental Studies	2
<b>Semester- IV</b>			
<b>Theories/ Practical</b>	<b>Major/ Minor</b>	<b>Subject Name</b>	<b>Credit</b>
Theory	Major	Communication & Extension	6
Theory	Major	Life Span Development	6
Theory	Major	Basic of Design Application	4
Practical	Major	Home Management	2
Vocational	Minor	Nutrition & Fitness	3
Co-curricular	Minor	Physical Education & Yoga	2

<b>Semester- V</b>			
<b>Theories/ Practical</b>	<b>Major/ Minor</b>	<b>Subject Name</b>	<b>Credit</b>
Theory	Major	Entrepreneurship Development	4
Theory	Major	Community Development	4
Theory	Major	Fashion Studies	5
Theory	Major	Early Childhood Education	5
Practical	Major	Human Development	2
Co-curricular	Minor	Aanalytical Ability & Digital Awareness	2
Industrial Training/Survey/Research Project			4
<b>Semester- VI</b>			
<b>Theories/ Practical</b>	<b>Major/ Minor</b>	<b>Subject Name</b>	<b>Credit</b>
Theory	Major	Child Right & Gender Empowerment	4
Theory	Major	Child with Disabilities	4
Theory	Major	Traditional Indian Textiles	5
Theory	Major	Public Nutrition & Dietetics	5
Practical	Major	Foods & Nutrition	2
Co-curricular	Minor	Communication Skill & Personality Development	2
Industrial Training/Survey/Research Project			4

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**Semester : I**  
**Paper : First**  
**Subject- Fundamental of Food Science**

**Course : Major**

**Credit - 6 (Theory)**

**Unit I Introduction of Food Science**

- a. Relationship between food, nutrition and health
- b. Food Guide pyramid
- c. Malnutrition
- d. Guideline for good health
  - Physiological
  - Psychological
  - Social
- b. Basic terminology used in food preparation

**Unit III Basic food commodities**

- a. Cereals, Millets and their products
- b. Pulses, Legumes and their products
- c. Milk and milk products
- d. Vegetables, fruits and their products
- e. Eggs, meat, fish and poultry
- f. Fats and oils
- g. Beverages
- h. Food adjuncts and sweeteners
- i. Nuts and oil seeds

**Unit IV Food and our Body**

- a. Guidelines for good health
- b. Body composition
- c. BMR. (Basal Metabolic Rate)
- d. SDA (Specific Dynamic Action)
- e. Calorific values of food

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**Paper : Second**

**Subject- Introduction to Human Development**

**Course : Major**

**Credit - 6 (Theory)**

**Unit I      Understanding Human Development.**

- a. Definitions, scope and multidisciplinary nature of Human Development.
- b. Contexts, stages and domains of development.
- c. Principles of Growth and Development: Norms and Milestones.
- d. Conception, pregnancy and birth.
- e. Factors influencing pregnancy.

**Unit II      Infancy to Early Childhood Years.**

- a. Capacities of neonate.
- b. Development in Infancy and Preschool.
  - Physical-motor development.
  - Cognitive and language development.
  - Socio-emotional development; Family, Preschool and Play.

**Unit III      Middle Childhood Years.**

- a. Physical-motor development.
- b. Cognitive and language development.
- c. Socio-emotional development; School, Peers and Media.
- d. Moral development.

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**Semester : I**

**Paper : Third**

**Subject- Introduction to Extension Education**

**Course : Major**

**Credit - 4 (Theory)**

- Unit I      Extension Education - Meaning, concept, objectives, scope, principles, philosophy of extension education.**
- a. Early extension efforts in India.
  - b. Formal and non-formal education.
- Unit II      Extension Teaching and Learning.**
- a. Role and qualities of an extension worker.
  - b. Steps in extension teaching process.
  - c. Criteria for effective teaching and learning.
- Unit III     Extension Teaching Methods.**
- a. Classification, factors guiding.
  - b. The selection and use of extension teaching methods.
- Unit IV     Development Programme for women and children.**
- a. STEP, ICDS, DWACRA, CAPART.
  - b. NGOs- Contribution towards community services.
  - c. Types and role of NGO - WHO, CARE, UNICEF, UNESCO, UNDP.

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**Semester : I**

**Subject- Introduction to Extension Education**

**Course : Major**

**Credit - 2 (Practical)**

1. Spread information on community development programmes in rural/slum areas.
2. Evaluation of any one ongoing welfare programmes.
3. Prepare any two teaching aids (chart, poster, leaflet, pamphlet, flashcard)

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**Semester : I**  
**Subject- Health and Microbiology**

**Course : Elective (Minor)**

**Credit - 4 (Theory)**

**Unit I Introduction to Basic Micro-organism.**

- a. Bateria.
- b. Virus.
- c. Protozoa.
- d. Fungi.
- e. Algae.

**Unit II Immunity.**

- a. Types of Immunity.
- b. Factors influencing Immunity.
- c. Difference between active and passive immunity.
- d. Immunisation schedules.

**Unit III Pasteurization of Milk.**

- a. Definition .
- b. Methods of pasteurization.
- c. Efficiency test of pasteurization.
- d. Advantages of pasteurization.

**Unit IV Food poisoning causes due to micro-organism.**

- a. Salmonella.
- b. E-Coli.
- c. Clostridium Botulinum.
- d. Staphylococcus.
- e. Clostridium welchi.
- f. Shigella.

**Unit V Common diseases produced by micro-organism**

- a. Water borne diseases - Typhoid, Cholera, Dysentery, Hepatitis A.
- b. Air borne diseases - Influenza, Chicken, Pox, Whooping cough, Diphtheria, Tuber culosis (TB).

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**Semester : I**  
**Subject- Sociology**

**Course : Elective (Minor)**

**Credit - 4 (Theory)**

- Unit I**      **Sociology** - Meaning and definition. Its value in Home Science.
- Unit II**      **Society** - Concept, meaning and definition of society elements of society, man's relation to society.
- Unit III**      **Social Stratification** - Meaning and definition, chief bases of social stratification. forms of social stratification.
- Unit IV**      **Social evils of Indian society.**
- a.      Casteism.
  - b.      Untouchability.
  - c.      Dowry system.
  - d.      Child abuse and child labour.

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**Semester : I**  
**Subject- Basic Human Physiology**

**Course : Elective (Minor)**

**Credit - 4 (Theory)**

- Unit I**
- a. Introduction of cell.
  - b. Classification of cell.
  - c. Functions and qualities of cell.
  - d. Cell differentiation.
  - e. Introduction of tissues.
  - f. Organ system.
- Unit II**     **Digestive system.**
- a. Meaning and definition of digestive system.
  - b. Parts of digestive system.
  - c. Functions of digestive system.
- Unit III**    **Blood circulation system.**
- a. Structure of Heart.
  - b. Blood and blood vessels.
  - c. Functions of heart.
  - d. Conditions affect the circulatory system.
  - e. Symptoms of poor circulation.
- Unit IV**     **Glands.**
- a. Types of glands.
  - b. Hormones.
  - c. Problems with glands.
  - d. Symptoms of adrenal gland disorder.

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**Semester : I**

**Subject- Computer Application**

**Course : Vocational (Minor)**

**Credit - 3 (Theory)**

**Unit I**      **Introduction :-** Definition, types, characteristics and generations of computer. Input, Output, Storage units, CPU, Computer System, Binary number system, Binary to Decimal Conversion, Decimal to Binary

**Unit II**      **Computer Organization**  
Central Processing Unit- Processor Speed, Cache, Memory, RAM, ROM, Booting, Memory- Secondary Storage Devices: Floppy and Hard Disks, Optical Disks CD-ROM, DVD, Mass Storage Devices: USB thumb drive. Managing disk Partition, File system Input Devices- Keyboard, Mouse, Joystick, Scanner, Webcam, Output Devices- Monitors, Printers- Dot Matrix, Inkjet, Laser, Multimedia- What is Multimedia, Text, Graphics, Animation, Audio, Images, Video; Multimedia Application in Education, Entertainment, Marketing, Names of common Multimedia file formats, Computer Software- Relationship between Hardware and Software; System Software, Application Software, Compiler, Names of some High level languages, Free domain software.

**Unit III**      **Operating System**  
Microsoft Windows- An overview of different versions of Windows, Basic Windows elements, File managements through Windows, Using essential accessories: System tools- Disk cleanup, Disk defragmenter, Entertainment, Games, Calculator, Imaging- Fax, Notepad, Paint, WordPad, Command Prompt- Directory navigation, Path Setting, Creating and Using, batch files. Drives, files, directories, directory structure, Application Management: Installing, Uninstalling, Running applications. Linux- An overview of Linux, Basic Linux elements: System Features, Software Features, File Structure, File handling in Linux: H/W, S/W requirements, Preliminary steps before installation, specifics on Hard drive repartitioning and booting a Linux system.

**Unit IV**      **Word Processing**  
Word processing concepts: saving, closing, Opening an existing document, selecting text, Editing text, Finding and Replacing text, Printing documents, Creating and Printing Merged Documents, Character and Paragraph Formatting, Page Design and Layout.  
Editing and Profiling Tools: Checking and correcting spellings, Handling Graphics, Creating Tables and Charts, Documents Templates and Wizards.

**Unit V Spreadsheet Package**

Spreadsheet Concepts, Creating, Saving and Editing a Workbook, Inserting, Deleting Work Sheets, entering data in a cell/formula copying and moving from selected cells, handling operators in Formula, Functions: Mathematical, Logical, Statistical, Text, Financial, Date and Time functions.

**Unit VI Using Function Wizard**

Formatting a Workshop: Formatting Cells- Changing data, Alignment, Changing date, Number, Character or Currency format, Changing font, Adding borders and colors, Printing worksheets, Charts and Graphs- Creating, Previewing, Modifying Charts.

Integrating word processor, Spread sheet, Web pages.

**Unit VII Presentation Package**

Creating, Opening and Saving Presentations, Creating the Look of Your Presentation, Working in Different Views, Working with Slides, Adding and Formatting Text, Formatting Paragraphs, Checking Spelling and Correcting Typing Mistakes, Making Notes Pages and Handouts, Drawing and Working with Objects, Adding Clip Art and Other pictures, Designing Slide Shows, Running and Controlling a Slide Show, Printing Presentations.

**Unit VIII Data Base Operations**

Data Manipulation- Concept: Database, Relational Database, Integrity. Operations: Creating, Dropping, Manipulating table structure. Manipulation of Data: Query, Data Entry Form, Reports.

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**Semester : II**  
**Paper : First**

**Subject- Fundamentals of Nutrition Science**

**Course : Major**

**Credit - 6 (Theory)**

- Unit I      Basic Concepts in food and Nutrition.**  
Basic terms used in study of food and Nutrition.
- Unit II      Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients.**  
Carbohydrates, lipid and proteins
- Unit III     Functions, dietary, sources and clinical manifestation of deficiency excess of the following nutrients.**
- a. Fat soluble vitamins - A,D,E and K
  - b. Water soluble vitamins - Thiamin, riboflavin, niacin, pyridoxin, folate, Vit B<sub>12</sub> and Vit C
  - c. Minerals- Calcium, Iron & Iodine
- Unit VI     Methods of cooking and preventing nutrients losses**
- a. Dry Moist, frying and Microwave cooking
  - b. Advantages, disadvantages and the effect of various methods of cooking on Nutrients
  - c. Minimising nutrients losses
- Unit V      Improving Nutritional Quality of foods**
- a. Germination
  - b. Fermentation
  - c. Supplementation
  - d. Substitution
  - e. Fortification and enrichment

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**Paper : Second**

**Subject- Introduction to Home Management**

**Course : Major**

**Credit - 6 (Theory)**

**Unit I Introduction to Home Management**

- a. Basic concepts of Management
- b. Purpose of Management
- c. Obstacles to the Improvement of management

**Unit II Factors Motivating Management**

- a. Goals, definition, types and utility
- b. Values - Importance, sources of values, classification, characteristics, changing values
- c. Standards - Definition, classification-quantitative, qualitative, conventional and non-conventional
- d. Decision making- Role of decision making in management, resource availability

**Unit III Management Process**

- a. Meaning and elements of process - Planning, Controlling the plan and Evaluation
- b. Planning - Importance, techniques, types of plan
  - (i) Controlling the plan in action
  - (ii) Phases energizing checking
    - Factors in success of the control step
    - Suitability
    - Promptness
    - New decision
    - Flexibility
  - (iii) Supervisions of delegated plan
    - Types of supervision - direction and guidance
    - Analysis of supervision
  - (iv) Evaluation - Importance, relationship to goals
    - Types - Informal and formal, overall and detailed
- c. Work simplification

**Unit IV Resources in the Family**

Meaning, Classification and characteristics of resources, factors affecting utilization of resources

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**Semester : II**  
**Paper : Third**

**Subject- Introduction to Clothing and Textile**

**Course : Major**

**Credit - 4 (Theory)**

**Unit I      Equipment**

Equipment and supplies used in Clothing Construction, their maintenance, problems remedies with specific reference to sewing machine.

**Unit II      Selection of Fabrics**

Factors influencing selection of fabrics, budget, age, season, occupation, figure

**Unit III     Principles of Clothing Construction**

General Principles of Clothing Construction, Drafting and making of paper patterns. Taking body Measurements for different types of garments. Preparation of fabrics for garment making. Laying out of patterns, cutting and marketing.

**Unit IV     a.      Textile terminology.**

b.      Significance and historical development of textile, scope of Textile.

**Unit V      Textile fibres and their properties**

a.      Primary and secondary properties of textile fibres with reference to their effect on fibre characteristics

b.      Molecular structure of fibres

c.      Classification of fibres

d.      Origin, production and properties of various fibres: Natural-cotton, linen, wool, silk. Man-made-rayon, polyester, polyamide (nylon 6,6) acrylics, elastomeric fibres

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**SUBJECT : HOME SCIENCE**  
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**Semester : II**

**Subject- Introduction to Clothing and Textile**

**Course : Major**

**Credit - 2 (Practical)**

**Unit I      Sewing techniques**

- a.    Basic stiches
- b.    Seams and Seam finishes
- c.    Fulness, placket, necklines, fasteners
- d.    Collars and pockets
- e.    Sleeves
- f.    Their application to the garments

**Unit II      Garment Construction of**

- a.    Drafting
- b.    Paper pattern
- c.    Culting and stitching of simple garments gathers frock and A line frock

**Unit III     Surface Decoration**

Different traditional embroidery

**Unit IV     Surface layering**

- a.    Applique - Simple, Cut, Felt
- b.    Quilting - Hand and Machine
- c.    Pleats

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**Semester : II**

**Subject- MS Office and Application**

**Course : Vocational (Minor )**

**Credit - 3 (Theory)**

**Objective:** MS. Office course trains students how to use MS Office applications use in office work such as creating professional-quality documents; store, organize and analyze information; arithmetic operations and functions; and create dynamic slide presentations with animation, narration, images, and much more, digitally and effectively.

**Unit I Ms Word**

Text Basics, Text Formatting and saving file, Working with Objects, Header & Footers, Working with bullets and numbered lists, Tables, Styles and Content, Merging Documents, Sharing and Maintaining Document, Proofing the document, Printing.

**Unit II Ms Excel**

Introduction to Excel, Formatting excel work book, Perform Calculations with Functions, Sort and Filter Data with Excel, Create Effective Charts to Present Data Visually, Analyze Data Using PivotTables and Pivot Charts, Protecting and Sharing the work book, Use Macros to Automate Tasks, Proofing and Printing.

**Unit III Ms Powerpoint**

Setting Up PowerPoint Environment, Creating slides and applying themes, Working with bullets and numbering, Working with Objects, Hyperlinks and Action Buttons, Working With Movies and Sounds, Using SmartArt and Tables, Animation and Slide Transition, Using slide Master, Slide show option, Proofing and Printing.

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**Semester : III**  
**Paper : First**

**Subject- Personal Finance and Consumer Studies**

**Course : Major**

**Credit - 6 (Theory)**

- Unit I**
- a. Household income - Types, sources, supplementation of family income budgets
  - b. Factors influencing expenditure pattern
  - c. Family savings and investments - need, principles and channels of investment
  - d. Guidelines for wise buying practices
- Unit II**     **Consumer and consumer protection act**
- a. Definition of consumer
  - b. Consumer education
  - c. Consumerism
  - d. Consumer protection act and legislation COPRA 1986
  - e. Standardization and quality control measures IST, FPO, AGMARK, ISO ecomark
- Unit III**    **Market and merchandising**
- a. Definition
  - b. Type of market- Segmentation and Characteristics, Function
  - c. Channel of distribution
- Unit IV**     **Consumer problem and protection services**
- a. Adulteration and mal practices
  - b. Legal acts - guarantee and warranty

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**Semester : III**  
**Paper : Second**  
**Subject- Nutrition for the Family**

**Course : Major**

**Credit - 6 (Theory)**

**Unit I      Basic concepts meal planning**

- a. Role of different food groups in balanced diet
- b. Food exchange list
- c. Concept of Dietary Reference Intakes
- d. Factors effecting meal planning and food related behaviour.
- e. Dietary guidelines for Indians

**Unit II      Nutrition during the adult years**

- a. Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices
- b. Adult
- c. Elderly

**Unit III      Nutrition during childhood**

Growth and development, growth reference/ standards, RDA, nutritional guidelines, nutritional concerns and healthy food choices

- a. Infants
- b. Preschool children
- c. School children
- d. Adolescents

**Unit IV      Nutrition during special conditions**

Physiological change, RDA, Nutrition guidelines, nutritional concerns and healthy food choices

- a. Pregnant Women
- b. Lactating Mother

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**Semester : III**  
**Paper : Third**  
**Subject- Textile Science**

**Course : Major**

**Credit - 4 (Theory)**

**Unit I      Yarns**

- a. Basic principle of yarn making: Mechanical spinning (cotton system, wool system, worsted system), Chemical spinning (wet, dry and melt)
- b. Types of yarns: Staple, Filament, Simple, complex
- c. Properties of yarns: Yarn numbering systems and twist
- d. Textured yarns: Classification, manufacture and properties
- e. Blends: Types of blends and purpose of bending

**Unit II      Fabric construction**

- a. Weaving: Parts and functions of the loom
- b. Weaves : Classification, construction, characteristics and usage
- c. Knitting: Classification, construction, characteristics and usage
- d. Non woven and felts-construction, properties and usage

**Unit III      Dyeing, Printing and Finishing**

- a. Classification of dyes
- b. Stages of dyeing
- c. Printing methods and style
- d. Classification of finishes
  - Preparatory finishes
  - Finishes affecting appearance and texture
  - Finishes for enhancing special characteristics

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**Semester : III**  
**Subject- Textile Science**

**Course : Major**

**Credit - 2 (Practical)**

- Unit I**      Identification of textiles fibers visual, microscopic, burning and chemical.
- Unit II**      Identification of yarn and different weaves. Thread structure - macrame, braiding, lace making (crochet, tatting)
- Unit III**      Thread count and balance
- Unit IV**      Design through colour application
- a.      Painting
  - b.      Dyeing (Tie and Dye)
  - c.      Printing (Stencil, Block, Screen, Spray, Resist and Discharge)

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**Semester : III**  
**Subject- Ecology and Environment**

**Course : Elective (Minor)**

**Credit - 4 (Theory)**

**Unit I Introduction**

Meaning and definition of ecology and environment, scope of the subject dimension of environment land, air, forest habitat population

**Unit II Land**

As a resource, energy and mineral resource land pollution, Sources of smelting hazards and mining industrial waste agriculture domestic waste major health prevention and control

**Unit III Water**

Utility of water

Problems and issues water pollution and scarcity, pollutants health hazards and their control

**Unit IV Forests**

Utility of forests and forest resources deforestation and its impact forest conservation.

**Unit V Air**

Composition and its usefulness to plants and animal kingdom air pollutants sources, their health hazards green house effect and ozone layer depletion and its impact control measures.

**Unit VI Environmental Education**

Meaning need and objectives highlights role of government, NGOs and educational institutions, national and international agencies.

**Unit VII Environmental Protection**

Policies programmes and legislations

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**Semester : III**  
**Subject- Household Chemistry**

**Course : Elective (Minor)**

**Credit - 4 (Theory)**

- Unit I** Fuel - General characteristics, classification and application of coal, coke charcoal diesel oil, kerosene oil, LPG, CNG and petrol.
- Unit II** Prevention of fires. Fire extinguisher, their constituents and their use.
- Unit III** General preparation, properties and uses of acetic acid, vinegar, ethyl alcohol and alcoholometry, lactic acid tartaric acid and citric acid.
- Unit IV** General preparation, properties and uses of baking powder, sodium carbonate, sodium bi-carbonate, boric acid, borax, sod pot-tartrate, sodium benzoate

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**Semester : III**  
**Subject- Understanding**

**Psychology Course : Elective (Minor)**

**Credit - 4 (Theory)**

**Unit I Introduction**

- a. Concept and definition of psychology: Perspectives on behavior
- b. Major subfields of psychology, Psychology in modern India
- c. Biological basis of human behavior

**Unit II. Perception**

- a. Perceptual processing, Role of attention in perception, Perceptual organization
- b. Perception of depth, distance and movement, Illusions

**Unit III. Learning**

Classical conditioning, operent conditioning, observational learning, Learning strategies, Learning in a digital world

**Unit IV Memory**

- a. Models of memory: Levels of processing, Parallel Distributed processing model
- b. Information processing, Reconstructive nature of memory, Forgetting, Improving memory

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**C.B.C.S.**  
**for**  
**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : III**  
**Subject- Baking Science**

**Course : Vocational (Minor)**

**Credit - 3 (Theory)**

**Unit I      Basic Concepts of Bakery**

- a.    Ingredients & processes used for preparation of
  - Cream cakes and sponge cakes
  - Short crust pastry
  - Breads, buns and pizza base
  - Cookies and biscuits
- b.    Product characteristics, common bakery faults and corrective measures
- c.    Bakery equipment- Types, selection, operations and maintenance

**Unit II      Practical Training of Baking**

- a.    Cream cake
- b.    Sponge cake preparations
- c.    Short crust pastry
- d.    Breads, buns, dinner rolls and pizza base
- e.    Biscuits and cookies

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : IV**  
**Paper : First**

**Subject- Communication and Extension**

**Course : Major**

**Credit - 6 (Theory)**

**Unit I      Communication: Concepts**

- a. Historical background, concept and nature
- b. Functions of Communication
- c. Types of Communication-Communication transactions, Formal and informal communication, Verbal and Non-verbal Communication
- d. Scope of Communication-Education training and learning. Motivation and Management, Corporate Communication, Management of Organizations, Advertising and Public relations
- e. Communication and mainstream media-newspaper, radio, television and cinema, ICTs and web based communication
- f. Communication for social change

**Unit II      Understanding Human Communication**

- a. Culture and communication-signs, symbols and codes in communication
- b. Postulates/Principles of Communication
- c. Elements of Communication and their characteristics
- d. Models of Communication
- e. Barriers of Communication

**Unit III      Communicating Effectively**

- Concept, nature and relevance to communication process
- Empathy
  - Persuasion
  - Perception
  - Listening

**Unit IV      Communication for Extension**

- a. Concept, nature and philosophy of extension
- b. Principles of Extension
- c. Methods and media of community outreach, Audio-Visual aids-concept, classification, characteristics and scope.
- d. Relationship between Communication, Extension and Development

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : IV**  
**Paper : Second**  
**Subject- Life Span Development**

**Course : Major**

**Credit - 6 (Theory)**

**Unit I Introduction to Adolescence**

- a. Definition and theoretical perspective
- b. Physical and physiological changes
- c. Cognitive and language development
- d. Socio-emotional and moral development

**Unit II Young Adulthood**

- a. Transition from adolescence to adulthood
- b. Developmental tasks of adulthood
- c. Socio-emotional development; Relationships, Marriage and Parenting
- d. Cognition and creativity: Work, Vocation and leisure

**Unit III Middle and Late Adulthood**

- a. Developmental tasks of middle and late adulthood
- b. Physical and physiological changes and aging
- c. Diversity in roles and relationships
- d. Parenting growing children
- e. Cultural perspective on aging and death

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : IV**  
**Paper : Third**  
**Subject- Basic of Design Application**

**Course : Major**

**Credit - 4 (Theory)**

**Unit I Design Fundamentals**

- a. Objectives of Art and Interior Design.
- b. Types of Design: Structural and Decorative.

**Unit II Principle and Element of Design**

- a. Elements of Content: Space, Point, Line, Shape, Form, Texture, Light and Colour.
- b. Principles of Composition – Rhythm, Balance, Proportion, Emphasis, Unity, (Variety, Simplicity/Economy, Suitability).
- c. Composition of a Drawing – Harmony, Clarity, Adequacy.

**Unit III Colour**

- a. Colour and its Application.
  - Dimensions of colour.
  - Importance of colour and its role in creation of the design.
  - Colour systems and Theories.
  - Colour Harmonies.
  - Principles of Design as applied to colour use.
  - Colour Forecasting
- b. Design Drawing – Drawing as a language to explore and communicate Ideas.

**Unit IV Furniture – Types, Construction, Selection and purchase, Arrangement, Care and maintenance**

- a. Furnishings – selection, care and maintenance of fabrics used for -
  - Soft furnishings: curtains and draperies, upholstered furniture, cushions and pillows, etc.
  - Floor coverings
- b. Accessories – Uses, Classification, Design, Selection & Arrangement.
- c. Traditional and Modern Surface Finishes – types and uses
  - Furniture
  - Wall
  - Floor
  - Ceilings
  - Roofing
- d. Lighting applications (Energy efficient lighting design – number and type of lamps and luminaires for efficiency in lighting).
- e. Accessories – Uses, Classification, Design, Selection & Arrangement.

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**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : IV**  
**Subject- Home Manageemnt**

**Course : Major**

**Credit - 2 (Practical)**

- Unit I**
- a. Development of scale drawing.
  - b. Design development by placements.
  - c. Textiles in nature and their application.
  - d. Application of principles of design proportion, balance, rhythm, emphasis and unity.
- Unit II**
- Preparation of portfolio based on historical design and market review of furniture and furnishing material (upholestery, curtains and draperies bed & table linen)
- a. Wall covering & decorations ( pictures, etc)
  - b. Floor covering & decorations.
  - c. Window & door decorations.
  - d. Lighting systems.
  - e. Artifacts ( ceramics/ terracotta, handicrafts, flower arrangements, etc)
  - f. Use of colour for wall/door decorations and making accesssories.
  - g. To prepare family budget of different income groups.

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**C.B.C.S.**  
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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : IV**  
**Subject- Nutrition and**

**Fitness Course : Vocational (Minor)**

**Credit - 3 (Theory)**

**Unit I      Understanding Fitness**

- a. Definition of fitness, health and related terms
- b. Assessment of fitness
- c. Approaches for keeping fit

**Unit II      Importance of nutrition**

- a. Role of nutrition in fitness
- b. Nutritional guidelines for health and fitness
- c. Nutritional supplements

**Unit III     Importance of Physical activity**

- a. Importance and benefits of physical activity
- b. Physical Activity – frequency, intensity, time and type with examples
- c. Physical Activity Guidelines and physical activity pyramid

**Unit IV     Weight Management**

- a. Assessment, etiology, health complications of overweight and obesity
- b. Diet and exercise for weight management
- c. Fad diets
- d. Principles of planning weight reducing diets

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : V**  
**Paper : First**

**Subject- Entrepreneurship Development**

**Course : Major**

**Credit - 4 (Theory)**

**Unit I Entrepreneurship Development**

- a. Entrepreneurship- concept, definition, need and significance of entrepreneurship development in India, entrepreneurship growth process, barriers, entrepreneurship education model.
- b. Entrepreneur-their characteristics, types, gender issues, role demands and challenges.
- c. Entrepreneurial Motivation.
- d. Challenges faced by Women Entrepreneurs

**Unit II Enterprise Planning and Launching**

- a. Types of enterprises classification based on capital, product, location, ownership pattern and process
- b. Sensing business opportunities and assessing market potential; market research
- c. Appraising of project and feasibility

**Unit III Enterprise Management and Networking**

- a. Managing Production
  - Organizing Production; input-output cycle
  - Ensuring Quality
- b. Managing Marketing
  - Understanding markets and marketing
  - Functions of Marketing
  - 4Ps of Marketing(same as marketing mix)
- c. Financial Management
  - Meaning of Finance
  - Types and Sources of Finance
  - Estimation of project cost
  - Profit Assessment
- d. Networking of Enterprises

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : V**

**Paper : Second**

**Subject- Community Development**

**Course : Major**

**Credit - 4 (Theory)**

**Unit I      Community development in India.**

- a. Meaning and definition of Community development programme.
- b. Community development programme in India before independence.
- c. Community development programme in India after independence.
- d. Structure and functions of community development at different levels.

**Unit II      Support structures and their functions.**

- a. Central social welfare Board.
- b. State social welfare Board.
- c. National level voluntary agencies such as CAPART, KVIC.
- d. Elected panchayats.

**Unit III      Poverty allevation efforts**

- a. Programmes for poverty allevation for rural and urban areas.
- b. Massive poverty
- c. Current programmes for rural and urban poor.

**Unit IV      Five years plans**

- a. History of planning in India.
- b. Role of NGOs
- c. Elected panchayats.

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : V**  
**Paper : Third**  
**Subject- Fashion Studies**

**Course : Major**

**Credit - 5 (Theory)**

**Unit I      Importance of clothing**

- Clothing functions and theories of origin
- Clothing terminology
- Individuality and conformity, conspicuous consumption and emulation
- Selection of clothes for self
- Selection and Evaluation of ready-made garments

**Unit II      Fashion**

- Terminology
- Fashion cycle
- Sources of fashion
- Factors favouring and retarding fashion
- Fashion Forecasting-Seasons, sources, steps in forecasting

**Unit III      Adoption of fashion**

- Consumer groups- fashion leaders, followers
- Adoption process- Trickle-down theory, bottom up theory and trickle across theory

**Unit IV      Design**

- Elements and principles of design
- Structural and applied design

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : V**  
**Paper : Fourth**  
**Subject- Early Childhood Education**

**Course : Major**

**Credit - 5 (Theory)**

- Unit I** ECE - meaning and its importance  
- Origin of early childhood education in India and Abroad
- Unit II** Different methods and philosophies of ECE like Montessori  
Pestalozzi, Froebel, Dewey, Rousseau, Gandhi, Tagore, Tarabai  
Modak, pre-basic school, progressive method
- Unit III** Curriculum for ECE center (plan, layout lesson plan)
- Unit IV** Concept of play in ECE  
- Planning the play and value of play, way of fostering creativity  
- Teacher parent relationship (Parental involvement)
- Unit V** Importance of science, nature, music, role play and stories in ECE

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : V**  
**Subject- Human Development**

**Course : Major**

**Credit - 2 (Practical)**

- Unit I** To identify appropriate features of physical social environments that will promote all round development in young children.
- Unit II** Identify, plan and record activities and methods of playful interactions to foster development in children two-six years.
- Unit III** Workshop on any two of the following -
- a. Understanding childhood nutrition and health
  - b. Developing work sheets to teaching concepts
  - c. Enhancing social and language skills
  - d. Music, movement and drama for children
- 
- a. Interview
  - b. Observation
  - c. Checklist
  - d. Questionnaire
  - e. Case study
  - f. Sociometry
- Unit V** Use of any two psychological tests.

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : VI**  
**Paper : First**

**Subject- Child Rights and Gender Empowerment**

**Course : Major**

**Credit - 4 (Theory)**

**Unit I      Understanding Child Rights**

- a. Meaning of Child Rights and Convention on Child Rights
- b. Knowing disadvantage and exclusion in relation to children
- c. Demographic profile of the child in India
- d. The role of state, family and children in promotion and protection of child rights

**Unit II      Children in Difficult circumstances**

- a. Street children, working children and homeless children
- b. Child Abuse
- c. Child Trafficking
- d. Children in conflict with law
- e. Laws and policies

**Unit III     Conceptualizing Gender**

- a. Defining terms- sex, gender, masculinity, femininity
- b. Socialisation for gender- gender roles, gender stereotypes
- c. Patriarchy and social institutions
- d. Perspectives on feminism

**Unit IV     Gender Empowerment**

- a. Demographic profile
- b. Issues and concerns related to girls and women in India
- c. Media and gender
- d. Laws, policies and programmes for girls and women in India

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : VI**  
**Paper : Second**  
**Subject- Children with Disabilities**

**Course : Major**

**Credit - 4 (Theory)**

**Unit I Introduction to Childhood Disabilities**

- a. Defining disabilities
- b. Models of disability
- c. Classifying disabilities
- d. Social construction of disability
- e. Demography

**Unit II Common Childhood Disabilities**

Identification, Assessment and etiology with reference to

- Locomotor disability
- Visual disability
- Auditory and speech disability
- Intellectual disability
- Autism
- Learning Disability

**Unit III Children with Disabilities and Society**

- a. Families of children with disability
- b. Prevention and management of different disabilities
- c. Educational practices- Special education and inclusion
- d. Policy and laws

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : VI**  
**Paper : Third**

**Subject- Traditional Indian Textiles**

**Course : Major**

**Credit - 5 (Theory)**

- Unit I      Study of Textile Crafts of India: with reference to history, production centres, techniques, designs, colours and products**
- a. Woven Textiles-Banaras Brocades , Jamdanis and Baluchars of Bengal, Kani Shawls of Kashmir
  - b. Embroidered Textiles-Kanthas of Bengal, Kasuti of Karnataka, Phulkari of Punjab, Chikankari of Uttar Pradesh, Kashida of Kashmir, Gujarat embroideries
  - c. Painted and Printed textiles –Kalamkaris of Andhra Pradesh, Dabu printing of Rajasthan , Ajarakh prints of Gujarat
  - d. Dyed textiles –Bandhani of Rajasthan and Gujarat, Ikats- Patola of Gujarat, Bandha of Orissa, Telia Rumal
- Unit II      Status of Traditional Textiles in Modern India**
- a. Evolution and socio-economic significance of Khadi, Handloom and Handicraft sector
  - b. Sustenance of traditional textile crafts
  - c. Interventions by organizations
- Unit III      Conservation of Textiles**
- a. Factors affecting deterioration of textiles
  - b. Care and storage of textiles

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : VI**  
**Paper : Fourth**  
**Subject- Public Nutrition and Dietetics**

**Course : Major**

**Credit - 5 (Theory)**

- Unit I**      **Concept and scope of public nutrition**
- Unit II**      **Assessment of nutritional status: methods and application**
- a. Direct methods – anthropometry, biochemical and clinical examination
  - b. Indirect methods – dietary surveys, vital statistics
- Unit III**      **Common nutritional deficiencies**
- Etiology, prevalence, clinical features, prevention and management of nutritional deficiencies
- a. PEM
  - b. Micronutrient deficiencies such as Vitamin A deficiency, Nutritional Anemia, Iodine, Deficiency disorder
- Unit IV**      **Introduction to Diet Therapy**
- a. Basic concepts of diet therapy
  - b. Therapeutic modifications of the normal diet
- Unit V**      **Common diseases/ disorders**
- Etiology, clinical features and nutritional management of:
- a. Febrile disorders and HIV-AIDS
  - b. Diarrhoea, constipation
  - c. Underweight, overweight and obesity
  - d. Diabetes and Cardiovascular diseases

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**SUBJECT : HOME SCIENCE**  
**BACHELOR OF SCIENCE [HOME SCIENCE]**  
**Semester : VI**  
**Subject- Foods and Nutrition**

**Course : Major**

**Credit - 2 (Practical)**

- Unit I**      Weights & measures: Preparing market order & table setting
- Unit II**      Assessment of nutrition status 24 hour dietary recall, anthropometry, clinical assessment
- Unit III**      Planning & preparation of diet planning/dishes for individual suffering from-
- a.      Febrile disorders
  - b.      Diarrhea, constipation
  - c.      Underweight, overweight, obesity
  - d.      Diabetes & cardiovascular disease