

Detailed Syllabus of 5th Semester Major Courses
BA/B.Sc. 5th Semester
Course Title: Nutrition During Life Cycle
Course code: HCSM-501
Nature of Course – Major
Distribution of Marks: Theory- 52(End Semester)+18(In Semester)
Practical -18(End Semester)+12(In Semester)

Course Objectives:

- To prepare the students with a general concept of nutrition.
- To know about the meal planning, needs according to different stages of human development.

Unit	Content	L	T	P	Total Hours
I 13 Marks	Nutrition n and Meal Planning: • Concept of Nutrition and Meal Planning • Objectives and Principles of meal planning • Factors affecting meal planning • Steps in meal planning • Dietary guidelines for Indians and food Pyramid • Food exchange list, RDA	10	01		11
II 15 Marks	Nutrition During Pregnancy & Lactation • Pregnancy physiological change in Pregnancy, Nutritional needs, nutrition related problems. • Nutritional requirements, Dietary guidelines during pregnancy. • Lactation Nutritional needs of a nursing mother, nutrition requirements Dietary guideline, weaning foods.	13	02		15
III 12 Marks	Nutrition during Childhood • Nutritional requirements, healthy food choices, dietary guideline for Pre-School Children • School children • Adolescents	9	01		10
IV 12 Marks	Nutrition for adult & Old age • Adult-Nutritional requirements for adult man, women. • Nutritional problems, dietary guidelines. • Elderly-Physiological changes, Nutrition and healthy food choice in old age.	9	01		10
	Total	41	05		46

Practical	Plan nutritious diets and calculate importance to meet the RDA for			7	7
18 marks	• Pre-schooler • School child • Adolescent • Pregnant and lactating women/elderly • Planning and preparation of inherent rich dishes of all ages.			7	7
	Total	41	05	14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning Outcomes:

- Will able to identify the nutritional need of any age group.
- Able to plan, prescribe the proper diet to meet the RDA of any age group.

Reference:

- Srilakshmi B(2019), Dietetics 8th revised edition, new age International Publishers.
- Khanna K. Guptas, Seth R, Passi SJ, Mahna R. Puris, (2013) Text book of Nutrition and Dietetics, Phoenix Publishing House Pvt Ltd.

Detailed Syllabus of 5th Semester Major Courses
BA/B.Sc. 5th Semester
Course Title: Housing and Interior Decoration
Course code: HCSM-502
Nature of the Course – Major
Total credits 4(3+1)
Distribution of Marks: Theory- 52(End Semester)+18(In Semester)
Practical -18(End Semester)+12(In Semester)

Course Objectives: To enables the students to

- Develop the knowledge on the application of art principles in house planning and in Interior Decoration.
- Develop the knowledge on the different areas of Interior Decoration.

Unit	Content	L	T	P	Total Hours
I 8 Marks	Housing : • Concept • Definition of House and Home • Deference between House & Home • Needs, importance and type of housing	6	01		7
II 13 Marks	Construction of House and house planning • Low cost and eco-friendly building materials • Building By Lows • Principles of house plan • House planning for different income group high, medium & low • Financial considerations for housing	10	01		11
III 15 Marks	Interior Decoration • Concept of Interior Design and Decoration. • Definition, Classification of Design. • Elements of art and principle of design, color & color schemes. Furniture arrangement • Types, factors to be consideration in selection of furniture, characteristics of modern furniture, general rules for furniture arrangement and arrangement of furniture in different rooms.	13	01		14
IV	Application of surface materials lighting Application, natural, artificial.	14	2		16

16 Marks	- Window treatment, Wall finishes, types of wall finishes, advantages and disadvantages, care & maintenance of materials used for wall treatment, ceiling finishes Floor finishes & floor decoration concept, classification, care and maintenance. - Flower arrangement-concept, material required for flower arrangement, steps in making flower arrangement, types & principles. - Accessories, clarification & selection				
	Total	43	5		48
18 Marks	- House plan for different income group - Application of art principles in interior decoration - Arrangement of furniture in different rooms - Flower arrangement			4 2 4 2	4 2 4 2
	Total	43	5	12	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05
- Practical- 12

Learning Outcomes:

- Understand and use the elements and principles to create beautiful design and house.
- Able to comprehend housing plan for residential purposes.
- Understand the arrangement of furniture for functional interior.
- practical knowledge on the arrangement of flowers and their placement.

RECOMMENDED READINGS

- Lawrence M, (1987), Interior Decoration, New Jersey: Chartwell Books.
- Riley & Bayen., (2003), The Elements of Design, Mitchell Beazley.
- Detailed Syllabus of 5th Semester Major Courses

BA/B.Sc. 5th Semester
Course Title: Applied Textile Design
Course code: HCSM-503(Major)

Total credits: 04(3+1)

Distribution of Marks: Theory- 52(End Semester)+18(In Semester)

Practical -18(End Semester)+12(In Semester)

Course Objectives:

- To impart knowledge regarding Design.
- To impart knowledge regarding weaving and weaving techniques with innovative design concepts.
- To create structurally sound and aesthetically pleasing woven textiles.

Unit	Content	L	T	P	Total Hours
I 10 Marks	Textile Design • Meaning of applied textile design. • Definition of motifs and 'design'. • Types of design-structural and Decorative. • Motifs, types, characteristic, natural, geometric, stylized, traditional, modern, abstract. • CAD(Computer Aided Design)	10	1		11
II 12 Marks	Preparation process of yarn • Scouring • Bleaching of cotton. Silk, Nylon yarn • Optical bleaching agents • De-sizing Acid de-sizing, Rot steeping, Enzymatic de-sizing. • Mercerization historical significance and introduction • Dyeing of Yarn	10	1		11
III 14 Marks	Weaving • Weaving Terminology, history of weaving, basic weaving techniques • Types of looms & its parts • Deferent types weave • Knitting – Definition, Principles and classification.	13	1		14

IV 10	Family Clothing • Selection of fabrics for clothing • factor influencing selection of fabric-age, season, figure occupation fashion, clothing for different age group	9	1		10
Marks	• Infants, toddlers, pre-school, elementary school, adolescent, and adult's attire • Clothing expenditure of the family				
	Total	42	4		46
Practical 18 Marks	Textile Design • Structural, Decorative, Naturalistic, Geometric, Stylized Identification • Interpretation of weave design in graph paper and collect sample of different types weave.			3 7 4	3 7 4
	Total	42	4	14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning Outcomes:

- Gain knowledge on different types of textile motif and design.
- Gain knowledge about clothing construction and different types of weaving techniques.
- Gain knowledge on selection of clothing and clothing materials for different occasion and season age etc.

Suggested Readings:

- Clothing and Textile - Dr. Pramila Verma
- Paridhanavam Silai - Dr. Nidhisrivastava
- Vastra Vigyan - Suman Sharma
- Basic Principal of clothing - B. K. Bakshi
- Fabric and Yarn - Meenakshi

Rastogi Suggested Readings:

- R Bhatia & C Arora- Introduction to Clothing and Textile
- Complete Guide to Sewing by Reader's Digest
- Khanuja, Reena. Vastra Vigyaanke Sidhant, Agrawal Publication

- Winfred Aldrich-Metric Pattern cutting & Grading
- Gerry Cooklin- Introduction to Clothing Manufacture
- Early childhood education and pre-school management

Detailed Syllabus of 5th Semester Major Courses
BA/B.Sc. 5th Semester

Course Title: Early childhood education and pre-school management

Course code: HCSM-504(Major)

Total credits: 04(3+1)

Distribution of Marks: Theory- 52(End Semester)+18(In Semester)

Practical -18(End Semester)+12(In Semester)

Course Objectives:

- To understand the concept, characteristics and different stages of development of early childhood.
- To understand the concept, objectives and significance of pre-school education in India.
- To know the organization and different schemes of child welfare and development of India.

Unit	Content	L	T	P	Total Hours
I 10 Marks	Introduction to early childhood Education • Concept and characteristics of early childhood. • Development of early childhood – physical, motor, social, emotional & cognitive development. • Common interest of early childhood.	8	1		9
II 13 Marks	Pre School Education: • Concept, meaning, scope and significance of pre-school education. • Principles and objectives and types of pre-schools. • Play Centre, day care, Montessori, kindergarten, Baladi, Anganwadi etc.	10	1		11
III 17 Marks	Organization and Management of pre-school centers • Concept of organization and administration of pre-school. • Building and equipment, location and site arrangement of room, types, size of rooms, playground, storage facilities, selection of outdoor and indoor equipment's, activities of pre-school & programme planning. • Qualities of a pre-school teacher.	14	2		16
IV	Pre-school education in India • Organization and schemes of child welfare and development in India - • ICDS • CSWB	9	1		10

12 Marks	• NIPCCD • NCF				
Total		41	5		46
Practical	• Programmed Planning for pre-school • Develop/preparing teaching material/kids for pre-school • Participation in pre-school for two days and report writing .			2 4 8	2 4 8
18 marks					
Total		41	5	14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning Outcomes:

- Analyze the administration and management concerns of early childhood education.
- Enabling students to acquire professional skill to run a pre-school.
- Making students aware about different child welfare schemes and organizations in India.

Suggested Readings (latest edition):

1. Grewal, J.S., Early Childhood Education
2. Aggarwal, J.C., Early Childhood Care and Education: Principles and Practices, Shipra: New Delhi
3. Mohanty, J, Mohanty, B., Early Childhood Care and Education, Dup and Dup
4. Publications, New Delhi
5. Singh, A., Playing to Learn: A Training Manual for Early Childhood Education, M.S.
6. Swaminathan, M. The First Five Years. Sage Publications
7. Bhatia and Bhatia, Theory and Principles of Education, Delhi
8. Sen Gupta, M., Early Childhood Care and Education; PHI Learning Pvt. Ltd., Delhi
9. Kaul, Vanita, Early Childhood Education Programme, NCERT, New Delhi
10. Early Childhood Care and Education

Detailed Syllabus of 6th Semester Major Courses
 BA/B.Sc. 6th Semester
 Course Title: Therapeutic Nutrition
 Course code: HSLM-601
 Total Credits: 04(3+1)
 Distribution of Marks: Theory- 52(End Semester)+18(In Semester)
 Practical -18(End Semester)+12(In Semester)

Course Objectives:

- To gain knowledge on the nature and scope of therapeutic nutrition , and understand the principles of dietary modification and apply in planning
- To gain about the nutritional management of different disease conditions.

Unit	Content	L	T	P	Total Hours
I 13 Marks	Therapeutic Nutrition ○ Nutrition care process ○ Factors to be considered in planning therapeutic diet. ○ Therapeutic adaptation of the normal diet. ○ Types of therapeutic diet: clear, fluid, full-Fluid ,soft diet & regular. ○ Special feeding method.	10	2		12
II 20 Marks	Etiology, clinical features , basic diagnosis of Fever, GI tract disorder: Fever ○ Etiology , clinical Features and nutritional management of Acute Fevers ○ Chronic Fever-Typhoid ,Tuberculosis , HIV G I Tract Disorders ○ Diarrhoea ○ Constipation ○ Lactose Intolerance ○ Celiac Disease. ○ Peptic ulcer. ○ Liver- Infective Hepatitis	15	2		17

III 19 Marks	Nutrition Management of the diseases: ○ Type -1 and type -2 Diabetes mellitus, ○ Metabolic Syndrome- Fever ○ Hypertension and Coronary heart disease. ○ Weight imbalance over weight obesity, underweight. ○ Eating disorder anorexia nervosa and bulimia Food allergy and food intolerance	15	2		17
Total		40	6		46
Practical 18 marks	Planning and preparation of therapeutic Diets- Soft ,clear ,and full fluid. ○ Plan a diet- ○ Fever ○ Diarrhea ○ Obesity / underweight. ○ Type 2 Diabetes. ○ Hypertension, and coronary heart disease. ○ Food allergy			4 10	4 10
	Total	40	6	14	60

Where L: Lecture T: Tutorial P: Practical
 Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning outcome-

- Understand the etiology , clinical features and Nutritional management of different metabolic and clinical condition.
- Acquire practical knowledge of dietary management of disease conditions.

RECOMMENDED READINGS:

- Advani, Tk.(2017), Nutrition & Theraprutic Diet, Jaypee brothers medical publisher
- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
- Mahan L K and Escott Stump S (2013). Krause's Food & Nutrition Therapy, 13th ed. Saunders-Elsevier.

- Stacy Nix (2009). William's Basic Nutrition and Diet Therapy, 13th Edition. Elsevier Mosby.

Detailed Syllabus of 6th semester Major
B.A/B.SC 6th Semester

Course Title : Life Sciences

Course code : HCSM – 602

Total credit : 04 (3+1)

Distribution of Marks: Theory- 52(End Semester)+18(In Semester) Practical -18(End Semester)+12(In Semester)

Objectives:

- To understand the aspects of plant and animal cell.
- To understand the basic type of plant propagation .
- To know about the economic botany and Vermicomposting.

Unit	Content	L	T	P	Total Hours
I 10 Marks	Plant cell and animal cell ○ Plant cell -Definition , Diagram structure and Function. ○ Animal cells- Definition, Diagram structure and function.	09	1		10
II 12 Marks	Propagation of plants .Seed & Vegetative ○ Seed propagation ○ Cutting stems .leaf and root ○ Layering ○ Grafting	10	2		12
III 15 Marks	Garden : Concepts ,Types and Importance ○ Ornamental garden ○ Kitchen garden ○ Herbal garden ○ Organic farming ○ Vermicomposting ○ Technology, importances and its relevance	11	1		12
IV 15 Marks	Economic Botany : Economic Importance , Health Benefits. ○ Vegetables - Tomato ,Potato, Onion Gourd, Carrot, Cauliflower, Spinach ,fenugreek ○ Fruits-Papaya, Mango, Banana ○ Spices and Condiments – Clove, Pepper, Cumin, Coriander, ○ Ornamental and foliage plants – Rose, Hibiscus Fern-Bougainvillea, China rose, Asparagus.	11	2		13

	○ Economic important of insects				
Total		41	5		46
Practical	Study of local medicinal herbal plants.			4	4
18 marks	○ Propagation of plants by seed and vegetative methods.			2	2
	○ Identification and classification of economically important plants.			2	2
	○ Vermicomposting -How to start unit at home.			6	6
	Total	41	5	14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning outcome:

After completion of this course, the learner will be able to:

- Acquire knowledge of plant and animal cell and plant propagation.
- Understander the concept of organic farming and benefits of spices and fruits and its economic importance.

REFERENCES:

1. Chadha K.L.2012. Handbook of Horticulture. ICAR Publication.
2. Gopala swami ianger K.S. 1991, Complete gardening in India, Messer's Nagaraj And Co. Madras
3. Hartman H.T and Kester D 1986. Plant Propagation, Principles and practices. Prentice hall of India Pvt. Ltd. New Delhi.
4. Raven P. and Johnson G. 2010. Biology. Mc Graw Hill Science.5. Soni N.K. and Soni V. 2010. Fundamentals of Botany. Tata Mc Graw Hill Education.
5. Jordan and Verma, 1998, Invertebrate Zoology, S. Chand and Co. Ltd
6. Kotpal, 2000, Modern Textbook of Zoology, Rastogi Publications.
7. Winchester, A.M. 1967, Genetics, Oxford and IBH Publishing Company
8. Vij and Gupta (2011) Applied Zoology, Phoenix Publishing House

- a. ICMR (1999). Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- b. Seth V and Singh K (2007). Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual, 4th edition. Elite Publishing House Pvt. Ltd.
- c. ICMR (2020) Nutritive value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- d. Sharma, A. (2017), Principal of Therapeutic Nutrition and Dietetic, CBS

Detailed Syllabus of 6th semesters Major

B.A/B.SC 6th Semester

Course Titel : Indian Textile Heritage

Course code : HCSM – 603

Nature of the course – Major

Total credit : 04 (3+1)

Distribution of Marks:

Theory- 52(End Semester)+18 (in Semester) and
Practical 18 (End semester)+ practical 12 (in Semester)

Course Objective :

- To acquire knowledge on traditional textiles and costumes of India
- To acquire knowledge on traditional, embroidery and dyed textiles.
- To acquire knowledge on care and storage of traditional textiles

Unit	Content	L	T	P	Total Hours
I 14 Marks	Woven textile of India: History, production Centers, techniques. Designs, colors and products: ○ Banaras Brocades. ○ Jamdanis and baluchers of Bangle, Shawls of Kashmir, Shawls of Himachal Pradesh, North Eastern India. ○ Pocham Palli ○ Bomkai ○ Kota Doria ○ Sambal puri	10	1		11
II 13 Marks	Printed Textiles of India : History, production Centers, techniques. Designs, colors and products: ○ Kalamkaris ○ Dadu Printing ○ Ajarakha print ○ Bagru printing ○ Sanganeri printing ○ Madhubani ○ Warli ○ Patchitra	10	1		11
III	Dyed Textiles of India: History, production Centers, techniques. Designs, colors and products: ○ Bandhanis of Rajasthan & Gujrat ○ Ikats , Patola of Gujrat .	13	2		14

	○ Bandhas of Orissa, Telia Rumal ○ Embordered Textiles.				
17 Marks	○ Kanthas of Bengal ○ Kasturi of Karnataka ○ Phulkari of Panjab ○ Chikankari of Uttar Pradesh ○ Kashida of Kashmir ○ Gujarat Embroideries ○ Akoybi of Manipur ○ Pipli works of Orissa ,Chamba rumal.				
IV 8 Marks	Conservation of Textile ○ Types of conservation, Preventive & Curative. ○ Factor affecting deterioration of Textiles ○ Care and storage of textiles.	8	1		9
Total		41	5		46
Practical 18 marks	Preparation of sample of traditional Indian Embroidery (any four) Make sample of - ▪ Tie & dye ▪ Batik ▪ Block printing			7 7	7 7
	Total	41	5	14	60

Where L: Lecture T: Tutorial P: Practical
 Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning outcome:

- Learners will gain proficiency in traditional textile craft. Techniques, Including tie & dye and batik & Block printing.
- Learner will be able to apply traditional textile techniques to develop contemporary products, such as fashion items, home decare and accessories.

Suggested readings (latest edition):

1. Agarwal, O.P., 1977, Care and Presentation of Museum projects – II, NRL
2. Chattopadhyaya, K.D., 1995, Handicrafts of India, Wiley Eastern Limited, N Delhi

3. Das, Shukla, 1992, Fabric Art- Heritage of India, Abhinav Publications, N Delhi
4. Das, Shukla, 1992, Fabric Art- Heritage of India, Abhinav Publications, N Delhi.
5. Chetia, S. 2006. The Assamese handloom and textile tradition, Digboi Mahila Mahavidyalaya, Digbo.
6. Baruah, Pallavi. 2008. The art of Tie and Dye and batik, kaustabhprakashan, Dibrugarh.
7. Kakoti, S. 2013. A text book of Clothing & Textiles, Om books publishers & distributors, Guwahati.

Detailed Syllabus of 6th Semester Major Courses

BA/B.Sc. 6th Semester

Course Title: Housing

Course code: HCSM-

604 Total Credits: 4

(3+1) Distribution of
Marks:

Theory- 52(End Semester)+ 18 (in Semester) and

Practical 18 (end semester+ practical 12 (in Semester)

Course Objective :

The student will able to -

- Grasp knowledge of housing need and selection of site in real life situations .
- Comprehending Housing plans for residential purpose.
- To get familiarized with housing policies and schemes issued by the government and non-government organization .

Unit		Content	L	T	P	Total Hours
I 14 marks		House and Home ○ Definition of Home ○ Different between house and home ○ Need and importance ○ Type of Housing . ○ Factor affecting the choice of house ○ Site selection -Factors to be considered while selecting site for the construction of a house.	10	2		12
II 12 Marks		Planning of House ○ Principles of house plan. ○ Factors affecting of house plan. ○ House planning for different income group High, Middle and Low. ○ Housing for aged and physically challenged people, Design Criteria for housing for elderly.	12	2		13

III 15 Marks		Technology in housing ○ Low-cost building technology ○ Low-cost building Material ○ Housing policies - government and non-government, housing ○ Policies and schemes	11	2		13
IV 11 Marks		Financial consideration for Housing – ○ Availability of Fund for housing Bank, LIC, Micro-Finance.	9	1		10
Total			41	5		46
Practical 18 marks	o	○ Draw house plan with standard specification for different Income groups. ○ Draw architectural symbols used in the floor plan ○ Draw a Landscape plan for middle-income group.			8 2 4	8 2 4
		Total	41		14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning out-come:

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

- Understand and use the element and principle to create beautiful designs and house
- Group knowledge of housing need & selection of site in real life situations.
- Acquire practical knowledge in house plans and landscape plan.

References:

TEXT BOOKS

1. Management for Modern Families: Gross and Crandall.
2. Management in Family Living: Nickel and

Dorsey REFERENCES:

1. Mann, M.K., (2004). Home Management for Indian Families. New Delhi: Kalyani Publication.
2. Seetharaman, P, (2005), Introduction to Family Resource Management. New York: CBS Publishers, London.
3. Goel, S., (2016), Management of Resources for Sustainable Development. New Delhi: Orient Blackswan Publication, India.

WEB LINKS

1. <https://ncert.nic.in/textbook/pdf/kehe104.pdf>
2. <https://www.sscasc.in/wp-content/uploads/downloads/BBM/Human-ResourceManagement.pdf>

Detailed Syllabus of 7th Semester Major Courses

BA/B.Sc. 7th Semester

Course Title: Research Methodology .

Course code: HCSM-701

Total Credits: 4 (3+1)

Distribution of Mark : Theory 52 (End Semester +18 in semester)

Practical 18 (End Semester +12(In semester)

Course Objective :

- Orient about concept, purpose and approaches of research.
- Orient qualitative techniques applied to community Sciences
- Understanding the research process.

Unit	Content	L	T	P	Total Hours
I 13 Marks	Research -Meaning , Objective, Importance, steps of research ,Types of research , Selection of research problem . Qualities of researcher.	10	2		12
II 13 Marks	Sampling and tools Concept and importance of sampling ,Techniques, Principles and limitations of sampling .Types of sampling.	10	1		11
III 11 Marks	Measurement ○ Variable ,Concepts of measurement ○ Scale of Measurement unite of analysis	10	1		11
IV 15 Marks	Data collection and data analysis ○ Tools and methods of data collection ○ Sources of Data collection, Primary and Secondary. ○ meaning, Importance, Characteristics and ways of stating hypothesis. ○ Review of literature-importances, sources of literature. ○ Report writing.	10	2		12
Total		40	6		46
Practical 18 marks	○ Prepare a Schedule / Questionnaire of the related topic using for data collection / research ○ Gathering information of any topics and make a project report.			7 7	7 7
Total		40		14	60

Where	L: Lecture	T: Tutorial	P: Practical
Mode of in semester Assessment			30
• Two sessional Examination			20
• Other-(Any One)			05
○ Group discussion			
○ Seminar presentation on any of the relevant topics			
○ Assignment on any of the relevant topics			
• Attendance			05
Practical-			12

Learning outcome:

After completion of the course the students will be able to-

- know the concept and use of research
- Learn about the data, sample and report writing.
- know about the ethic in research field .

Suggested Readings:

- C. R. Kothari: Research Methodology- Method and Techniques
- R. Kumar: Research Methodology: A step-by-Step Guide for Beginners
- M. H. Gopal: Introduction to Research Methodology for Social Sciences
- Good, Carter, Scales and Douglas: Methods of Research

Detailed Syllabus of 7th Semester Major Courses

BA/B.Sc. 7th Semester

Course Title: Diet and Nutrition Counselling.

Course code: HCSM-702

Total Credits: 4 (3+1)

Distribution of Mark : Theory 52 (End Semester +18 in semester)

Practical 18 (End Semester +12(In semester)

Course Objective :

To enable the students to-

- Understand the qualities, role and responsibilities of a dietician
- Understand the step in diet and nutrition counselling

Unit	Content	L	T	P	Total Hours
I 14 Marks	Diet and nutrition counselling ○ Definition Importance, Purposes and ethical principles ○ Step in diet counselling process ○ Counselling skills for a Dietitian ○ Tools of Dietician ; Guidelines for effective counselling.	10	2		12
II 14 Marks	Dietitian in diet counselling ○ Definition and qualification . ○ Types -Clinical , Academic ,Research , Specific Food service, Public / community, Industrial, Consultant, sports, business etc. Qualities, Role and responsibilities of Dietician.	10	2		12
III 12 Marks	Counselling Approaches- ○ Meaning, Developing a counselling approach ○ Different Counselling approaches – ○ Psychoanalytical, Behavioral, Humanistic, approaches, Patient centered, GALIDRAA approaches.	10	1		11
IV 12 Marks	Indian Dietetic Association (IDA) ○ IDA-Objective, Membership, Registered Dietician -eligibility for Registered Dietician ○ Pre-requisites for setting up a diet counselling center.	10	1		11
Total		40	6		46
Practical 18 marks	Report on • Diet and nutrition counselling for different Diseases- Diabetic patients/ cardiovascular diseases /renal diseases.			14	14
	Total	40		14	60

Where L: Lecture T: Tutorial P: Practical
 Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05
- Practical- 12

Learning outcome:

After completion of the course the students will be able to -

- know about the qualities, role and responsibilities of a dietician.
- Know about the diet and nutrition counselling
- Develop skill in dietary counselling of various health and disease condition .

References

- 1. Srilakshmi, B. “Dietetics”, 8th edition, 2018, New Age International Publishes, New Delhi
- 2. IDA, Clinical Dietetics Manual, 2018, 2nd edition Elite Publishing House New Delhi
- 3. Corinne H. Robinson, Marilyn R. Lawler, “Normal & Therapeutic Nutrition” 17th edition
- 1986
- 4. Shubangini A Joshi, “Nutrition & Dietetics” 5th edition, 2022, McGraw hill Education
- India Pvt. Ltd.
- 5. Judy Gable “Counselling Skills for Dietitians” 2nd edition, 2007, Black Well Publishing
- Ltd, Oxford, UK.
- 6. “Clinical and Therapeutic Nutrition M.Sc.” published by directorate of Distance Education, Swami Vivekanand Subharti University, Meerut, U.P.
- 7. Linda Snetselaar “Nutrition Counselling Skills for the Nutrition Care Process” 4th edition,
- 2021, Jane and Bartlett Publishers, London.

Detailed Syllabus of 7th Semester Major Courses
 BA/B.Sc. 7th Semester
 Course Title: Adolescent relationship & marriage and family
 Course code: HCSM-703
 Total Credits: 4 (3+1)
 Distribution of Mark : Theory 52 (End Semester +18 in semester)
 Practical 18 (End Semester +12(In semester)

Course Objective :

- Understand physical and psychological change during puberty and adolescence.
- Understand the social and cultural and peer influences on adolescence.
- Understand the marriage and family in Indian contexts.

Unit	Content	L	T	P	Total Hours
I 11 Marks	Introduction to adolescence • Theoretical perspective of adolescence • Physical Development and physical Changes • Cognitive and language development. • Social, Emotional and moral development.	10	1		11
II 15 Marks	Understanding adolescence • Definition and social construction of adolescence. • Puberty and significant physical and psychological change. • Ecological and cultural influence on adolescence. • process in identify formation of social identity's, gender and wellbeing.	10	2		13
III 15 Marks	Adolescent Relationship : Role in building social capital. • Family relationship : nuclear, Extended and joint family • Peer relationship: Identify formation, Knowing one's strength and weakness • Relationship beyond the family and peer. • Problems of drug, alcohol abuse, psychological break down, STD & AIDS, Teenage pregnancy.	11	2		13

IV	Marriage and family : Meaning, aim, Types and marital adjustment, recent Changes in marriage.	9	1		10
11 marks	- Family – Definition, Characteristics, functions, types, changing Pattern of family. - Family disorganization - Meaning and causes of family disorganization , Divorce and Remarriage.				
Total		41	05		46
Practical	1. Writing a brief biography of relationship with a close friend .			4	4
18 marks	2. Relationship with parents and siblings - separate interviews, counselling.			4	4
	3. Data interpretation and analysis on marriage and family relationship			6	6
Total				14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
 - Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
 - Attendance 05
- Practical- 12

Learning outcome:

After completion of the course the students able to-

- learn to communicate with parents and siblings of adolescent through interview method
- Learn basic counselling skills
- Develop practical knowledge on adolescent relationship with parents and siblings.

References:

TEXTBOOKS

1. Hurlock, E.B., (1995): Developmental Psychology-A life span approach, 5th Edition, McGraw Hill Book Co., New York.
2. Rajammal P. Devadas and Jaya N. Muthu,(1996): A text book of Child Development, Macmillan, N. Delhi.
3. Suriakanthi A., (1997): Child Development – An Introduction, Kavitha Publishers.

4. Madan, T.N. and Majumdas, D.N. (1986). An Introduction to Social Anthropology, National Publishing House.

REFERENCES

1. Nanda V.K., (1998): Principles of Child Development, Anmol Publications Pvt. Ltd., New Delhi.
2. Berk L.E., (2004): Child Development, Pearson Longman New Delhi.
3. Kakar, Sudhir, (2012) The Inner world: A Psychoanalytical Study of Childhood and Society in India. Oxford University Press, Oxford.

WEBLINKS

1. <https://www.ncbi.nlm.nih.gov/books/NBK560487/#:~:text=Family%20dynamics%20refer%20to%20the,of%20relationship%20security%20or%20stress.>
2. <https://study.com/learn/lesson/family-dynamics-roles-examples.html>

Detailed Syllabus of 7th Semester Major Courses
BA/B.Sc. 7th Semester
Course Title: Family Clothing, care and consumer textile
Course code: HCSM-704

Total Credits: 4 (3+1)
Distribution of Mark : Theory 52 (End Semester +18 in semester)
Practical 18 (End Semester +12(In semester)

Course Objective :

- To learn about the family clothing according to the age group.
- To learn about care of clothing .
- To know about consumer textiles .

Unit	Contant	L	T	P	Total Hours
I 11 Marks	Family clothing • Factors considered in the selection of clothing for the family. • Clothing for different age groups • Infant,Toddlers, Preschool, Elementary school, Early adolescent and adolescent. • Women and Men ‘s attire. • Factors affecting clothing selection • Physical factors, Economic factors, • Psychological factors, Technological factors .	10	1		11
II 13 Marks	Care of clothing • Laundry work • Study of the laundry equipment • Water - Hard & Soft water- • Cleaning agents • Soap & Detergent . • Manufactures of soap • Classification of soap • Properties of good soap • Detergents, Classification , merits of and Demerits, • Water.	10	2		12
III 13 Marks	Finishing of Clothing: • Blue, optical brighteners, stain removal • Bleaches - types, • Stiffening agents, Ironing, Pressing, steaming, Folding • Finishing equipment’s	10	1		11

	Storage of clothes- Importance, general roles and methods.				
IV	Consumer Textile:	10	2		12
15 Marks	- Consumer textiles - Factors responsible for selections of textiles & clothing, - Consumer protection in textiles & clothing , labeling- Brand name, quality mark, Registered trademarks. - Labels- symbols and applications				
Total		41	06		46
Practical	Evaluation of advertisement in apparel industry in print media , fashion and recent trends.			4	4
18 marks	- Drawing labels \ standardization mark use of in different types of clothing products. - Draw symbols used for care of appeals.			5	5
				5	5
Total				14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
 - Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
 - Attendance 05
- Practical- 12

Learning outcomes:

After completion of the course students enables to know about

- Selection of clothing according to different age group .
- The care maintenance of clothing .
- The different standardization marks used in textiles.

Suggested Readings:

- Clothing and Textile - Dr. Pramila Verma
- Paridhanavam Silai - Dr. Nidhisrivastava
- Vastra Vigyan - Suman Sharma
- Basic Principal of clothing - B. K. Bakshi
- Fabric and Yarn - Meenakshi

Rastogi Suggested Readings:

- R Bhatia & C Arora- Introduction to Clothing and Textile
- Complete Guide to Sewing by Reader's Digest
- Khanuja, Reena. Vastra Vigyaanke Sidhant, Agrawal Publication
- Winfred Aldrich-Metric Pattern cutting & Grading
- Gerry Cooklin- Introduction to Clothing Manufacture.

Detailed Syllabus of 8th Semester Major
BA/B.Sc. 8th Semester

Course Title: Fashion Design Concept

Course code: HCSM- 801

Nature of course - Major

Total Credits: 4 (3+1)

Distribution of Marks : 52(End Semester)+18 (in Semester)

Practical - 18 (end Semester) +12(In semester)

Course Objectives :

- Gain knowledge regarding specific skills related to fashion designing .
- Enable to acquaint with the different fashion illustrations, Patterns drafting , fashion styling , design and garment construction.

Unit	Content	L	T	P	Total Hours
I 12 Marks	Fashion Design Concept : • Terminology • Fashion cycle • Sources of fashion • Factors favoring and retarding fashion • Role of a designer • Leading fashion centers and designers.	10	2		12
II 15 Marks	Importance of clothing: • Clothing functions and theories of origin • Clothing terminology • Individuality and conformity , conspicuous consumption and emulation • Selection of clothing for self • Selection and Evaluation of readymade garment.	11	2		13
III 15 Marks	Component of garment: classification and application • Fabric, seams, stitches, thread, shaping methods, Dart equivalents. • Sleeves , cuffs , necklines , collars , plackets , yokes , pockets and trims • Style variation : bodice , skirts , trouser in a various silhouette.	10	1		11

IV 10 Marks	Application of Fashion Design • Element and principle of design • Structural and applied design	9	1		10
Total		41	06		46
Practical 18 marks	• Flat sketching of garment components. • Identification of garment components. • Technical drawing of fashion details: skills sleeves, necklines, collars etc.			7 7	7 7
	Total			14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning outcomes :

- After the completion of this course, the learner will be able to -
- Understand fundamental design principle and element, applying them creatively to develop aesthetically pleasing fashion concept .
- Develop proficiency in design visualization techniques ,including sketching, to effectively communication in fashion concept and ideas.

RECOMMENDED READINGS:

- Brown, Patty, Rice J., 1998, Ready to Wear Apparel Analysis. Prentice Hall.
- Marshall S G, Jackson H O, Stanley MS, Kefgen M &Specht T, 2009, Individuality in Clothing &Personal Appearance, 6th Edition, Pearson Education, USA.
- Tate S.L., Edwards M.S., 1982, The Complete Book of Fashion Design, Harper and Row Publications, New York.

Detailed Syllabus of 8th Semester Major
BA/B.Sc. 8th Semester

Course Title: Food Science

Course code: HCSM- 802

Nature of course - Major

Total Credits: 4 (3+1)

Distribution of Marks : 52(End Semester)+18 (End Semester)

Practical - 18 (In Semester) +12(In semester)

Course Objectives :

- Know about food science and understand the physiochemical properties of food.
- Know about food preservation, food adulteration and food additives.
- Analyze food ingredients with their composition, processing and nutritional values.

Unit	Contant	L	T	P	Total Hours
I 12 Marks	Food Sciences • Definition, importance and application • Basic terminology used in food sciences • Functional properties of carbohydrates, Lipids, Proteins, Vitamins, minerals & water	10	2		12
II 13 Marks	Food microbiology • Introduction to yeast, mold and bacteria – characteristics and their role in preservation and spoilage of food. • Hygiene and sanitation practices in food processing and waste disposal.	10	1		11
III 15 marks	Food preservation • Definition, objectives and principles of Food preservation . • Techniques of Food Preservation - High temperature, Low temperature, removal of moisture, irradiation and additives. • Food packaging and labeling : FSSAI, codex • Nutritive values of preserved food. • Storage of foods.	11	2		13
IV 12 Marks	Food Laws and Quality Assurance. • National and International food laws FSSAI, BIS, AGMARK, CODEX and ISO : 22000, ISO : 9000, ISO : 14000. • Quality Assurance procedures – GMP, GHP, HACCP	9	1		10

Total		40	06		46
Practical	- Terminology used in Food preservation - Food preservation – Preparation of pickles, Jam, Jelly, Marmalade - Report of hygienic practices of food handlers			4 5 5	4 5 5
18 marks					
Total				14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning Outcomes :

The student at the completion of the course will be able to

- Learning about food science and understand the physiochemical properties of food .
- Learn about properties and signification of various food
- Learn about Food preservation , food adulteration and food additives.

References:

TEXTBOOKS

- Manay N.S., and Shadaksharaswamy, M (2001): Foods, facts and principles, New Age International Pvt. Ltd., publishers, New Delhi.
- Mudambi S.R and Rajagopal V.M: Fundamentals of Foods and Nutrition, Wiley Eastern Ltd., New Delhi.
- Srilakshmi B, (2005): Food Science, New Age International Publishers, New Delhi.
- Usha Chandrasekhar, Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi, 2002.

REFERENCES

- Belitz H.D (2005): Food Chemistry, Springer Veriag.
- Potter, N. and Hotchikiss, J.H. (1996): Food Science, Fifth edition, CBS.
- Van Garde. J & Woodbush M. (1999): Food Preservation-Safety, Principles and Practice, Surabhi Publications, Jaipur.
- Sood S and Khetar Paul N. (2002), Food Preservation, Agrotech Pub. Co.,

Detailed Syllabus of 8th Semester Major
BA/B.Sc. 8th Semester
Course Title: RESOURCE MANAGEMENT (T)
Course code: HCSM- 803
Nature of course - Major
Total Credits: 4 (3+1)

Distribution of Marks : 52(End Semester)+18 (End Semester)
Practical - 18 (In Semester) +12(In semester)

Course Objectives :

- To create on awareness among the students about management in the family as well as the other system.
- To recognize the importance of wise use of resources in order to achieve goals.
- To understand the family has needs and factors affecting selection and purchases for the family.

Unit	Content	L	T	P	Total Hours
I 15 Marks	Introduction to Resources - Factors affecting utilization of resources. - Conservation of resources- Natural resources, renewable resources, methods of harnessing renewable resources for community use.	10	01		11
II 15 Marks	Resource Management - Concept, universality and scope of management - Approaches to management - Ethics in management - Motivation Theory - Decision Making	13	02		15
III 22 marks	Management Process: Money management, energy Management time management and space management Money Management- Savings, Investment, Taxation and credit Credit-Types and sources of consumer credit Energy and Space Management: Work simplification Time Management- time schedule, time norms and peak loads Space management- Event Planning & Execution	18	02		20
Total		40	06		46

Practical 18 marks	• Event planning, Execution and evaluation • Project work on techniques of work simplification/operation chart/process chart/pathway chart			7 7	7 7
	Total			14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05

Practical- 12

Learning Outcomes :

- Adopt efficient homemaking skills with good managerial potentials
- Practice values, identify goals and set standards in day-to-day living
- Handle all situations in the family and apply decision making skills

References:

TEXT BOOKS

1. Management for Modern Families: Gross and Crandall.
2. Management in Family Living: Nickel and Dorsey

REFERENCES

1. Mann, M.K., (2004). Home Management for Indian Families. New Delhi: Kalyani Publication.
2. Seetharaman, P, (2005), Introduction to Family Resource Management. New York: CBS Publishers, London.

3. Goel, S., (2016), Management of Resources for Sustainable Development. New Delhi: Orient Blackswan Publication, India.

WEB LINKS

1. <https://ncert.nic.in/textbook/pdf/kehe104.pdf>
2. <https://www.sscasc.in/wp-content/uploads/downloads/BBM/Human-ResourceManagement.pdf>

Detailed Syllabus of 8th Semester Major
BA/B.Sc. 8th Semester

Course Title: Food Service Management (T)

Course code: HCSM- 804

Nature of course - Major

Total Credits: 4 (3+1)

Distribution of Marks : 52(End Semester)+18 (End Semester)

Practical - 18 (In Semester) +12(In semester)

Course Objectives :

1. Understand the organization in a hospital dietary service.
2. Gain knowledge on planning and organization of work in a dietary department.
3. Comprehend the basic concepts in financial and personnel management.
4. Know the different styles of food service.
5. Develop managerial skills.

Unit	Content	L	T	P	Total Hours
I 14 Marks	Food service - concept and objectives • Types - Commercial – Hotels, Restaurants, fast food outlets, cafeterias, snack bars, kiosks, vending machines. • Noncommercial – Hospitals, Nursing homes, Industrial canteens and child care centres. • Transport – Air, rail, road and ship catering. Miscellaneous – outdoor, contract and function catering. • Evolution, Growth, Scope and Recent Trends in food service Industry	9	1		10
II 08 Marks	Food Service Organization • Organization – Definition, types of organizational hierarchy suitable for different food service organisation • Physical plant – Planning space requirements in Receiving area, storage area, Preparation area and service area.	6	1		7
III 10 marks	Food Service Management • Planning, organizing, staffing, directing, coordinating, reporting and budgeting, Marketing • Food service - Types – centralized and decentralized service, Satellite service; Styles – • Table service, Buffet, Banquet, Tray service and self service	7	1		8

	Food Service Systems – Conventional, Commissary, Ready prepare, Assembly Serve Systems				
IV 10 Marks	Financial and Personnel Management - Financial management – Food cost, Labour cost, Overhead cost, Recipe costing, Menu Costing, Selling price, Break- even Analysis - Personnel management – Man power planning, recruitment, selection, induction, training, performance appraisal, promotion and transfer. - Training Methods, Leadership, Communication in Food Service Operations	10	2		12
Total		40	06		46
Practical 18 marks	- Visit to a commercial and a non-commercial food service institution. - Practice work simplification techniques in the laboratory. - Prepare costing sheet for recipes and menus. - Organize a food sale - Plan the menu, resources and execute production and sale and estimate profit or loss.			7 7	7 7
	Total			14	60

Where L: Lecture T: Tutorial P: Practical
Mode of in semester Assessment 30

- Two sessional Examination 20
- Other-(Any One) 05
 - Group discussion
 - Seminar presentation on any of the relevant topics
 - Assignment on any of the relevant topics
- Attendance 05
- Practical- 12

Learning Outcomes :

After completion of the course the student will be able to

1. Suggest an efficient design by effective allocation of space to ensure smooth work flow in a hospital dietary.
2. Plan and organize food production and service in a hospital dietary by effective utilization of resources.
3. Implement attributes of financial and personnel management.
4. Acquire good managerial skills.

References:

1. June Payne-Palacio, and Monica Theis (2016). Food service Management: Principles and Practices, 13th Edition Pub. Harlow: Pearson.
2. Mary B. Gregoire (2015). Food Service Organizations: A Managerial and Systems Approach, Prentice Hall.
3. Walker. J.R. (2006). Introduction to Hospitality Management, Dorling Kindersley (India) Pvt. Ltd.
4. Ramesh B Rudani. (2019). Principles of Management, Second Edition, Mc Graw hill.
5. Kinton, R., Cessarani, V and Foskett, D, (2000), The Theory of Catering, Hodderand Stoughton.
6. Kiran (2019), Production planning and control, 1st edition, eBook, ISBN: 9780128189375.
7. Kotler, P. (2019). Principles of Marketing, 13th edition, Pearson.
8. Prasad, L. M. (2019). Principles & practice of Management, Sultan Chand and sons.
9. Dale, H. B. (2019). Total quality Management. 5th edition. Pearson India Education Ltd.ISBN:978-93-530-6631-4.