



**Pandit Deendayal Upadhyaya Shekhawati University,
Sikar**

SYLLABUS

(Three / Four Year Under Graduate Programme)

B.A. – Home Science

I & II Semester

Session : 2023-24

21-
Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)

Structure of Four Year's Bachelor of Arts (Home Science)

Programme Code	Programme Faculty	Programme Name
	Arts	Four Year Bachelor of Arts (Home Science)

Eligibility / Pre-requisite of the Programme – 12th Class from CBSE or Rajasthan Board or recognized Board

Degree Name – Four Year Bachelor of Arts (Home –Science)

Entry and Exit Policy

SEMESTER – I

Course Title	Course Type	L	T	P	Credit
Family Resource Management Theory	Discipline Centric Core (Major)	4	0	0	4
Family Resources Management Practical	Discipline Centric Core (Major)	0	0	2	2
Total Credit					6

SEMESTER – II

Course Title	Course Type	L	T	P	Credit
Food and Nutrition Theory	Discipline Centric Core (Major)	4	0	0	4
Food and Nutrition Practical	Discipline Centric Core (Major)	0	0	2	2
Total Credit					6

PROGRAMME CODE –

Programme Faculty –Arts

Programme Name –Four Year Bachelor of Arts (Home –Science)

SEMESTER - I

CORE COURSE I

Code of the Course	Title of the Course	Level of Course	Credits of Course
HSC	Family Resource Management Theory	5	4
	Family Resource Management Theory	5	2
Type of Course		Delivery Type of the Course	
Major		Theory – Lecture, Sixty Lecture including diagnostic and formative assessment –during lecture hours. Practical –Laboratory work and field visits.	
Prerequisites	Central Board of Secondary Education or equivalent.		
Objectives of the Course (Theory)	<ul style="list-style-type: none"> • To understand the meaning of resources management concepts related to management. • To apply managerial process to management of time, energy and money. 		

	<ul style="list-style-type: none"> • To understand saving, investment and credit pattern of family. • To increase awareness about consumer problems, rights, responsibilities & Protection laws
Objectives of the Course (Practical)	<ul style="list-style-type: none"> • To help students understand various banking procedures. • To help students understand house planning and interior decoration.

Theory Credit -4

60 Hours

HSC Family Resource Management

Syllabus-

Max. Marks: 100 Marks

Min. Pass Marks : 40 Marks

Unit 1 : Housing

1. Function & family need of housing
2. Principles of house planning : aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services.
3. Site selection :
 - Vegetation
 - (i) Size
 - (ii) Soil type drainage
 - (iii) Contour (shape)
 - (iv) Orientation
4. Household waste & its management by 3 Rs.

UNIT-II: Interior designing

1. Furniture
 - Types of furniture
 - Selection use & care
 - Arrangement of furniture in various rooms
2. Room arrangement and decoration - arrangement of furniture, furnishings and accessories in various rooms.
3. Kitchen planning, importance of counters, storage, principles, working heights.
4. Elements and principles of arts and design as related to interior decoration with specific reference to color and light.

UNIT-III RESOURCE MANAGEMENT

1. Meaning, definition and importance of home management
2. Process of management:
 - planning,
 - Organization,
 - Implementation,
 - controlling and evaluation
3. Introduction to motivational factor (meaning and types)
 - Values
 - Goals
 - Standards

- Decision Making
 - Resources
4. Management of Important Resources: •Tools & Process
- (a) Time
- Tools & Process
- (b) Energy
- Process
 - Classes of change
- (c) Money
- Family Income
 - Budget
 - Savings & Investment

Unit –IV

1. Floor decoration with use of elementary art
2. Table setting & etiquettes
3. Flower decoration
 - Basic equipments
 - Vases and containers
 - Preparing plant material
 - Shaping an arrangement
4. Consumer problems, rights & responsibilities.
5. Waste in black colour.

Suggested books and reference including links to e-resources -

- Agarwal S (2009). Grah Prabandh Manual. Shivam book house Jaipur.
- Birrel Verla Leone (1967). Colour and Design. A Basic Text (Vol. I & II) Digest submitted in requirement for the degree of education in Teacher college Columbia university.
- Bryan Lawson (1980). How Designer Think. Architectural press Ltd.
- David H, Bangs Jr. The market planning guides. Gougotera Publishing, 3rd Ed
- Don Welers (1974). Who buys- A Study of the Consumer.
- Donnelly JH, Gibson JL and Ivancevich JM (1995)Fundamental of Management. Chicago.
- Fisher CD (1997). Human resource management Chennai: All Indian publishers and distributors.
- Gillat M & Goldstein V (1967). Art Everyday Life. Oxford & IBH publishing Co.New Delhi.
- Goldsteim M & Goldstein V (1967). Art Everything Life. Mc Graw hill Books Comp. Ltd. New York.
- Gross I & Crandall E (1963), Management for Modern families, Appleton Counter Country Craft. New York.
- Gross IH Crandall, Crandall EW and Knoll MM (1980). Management for modern families. Macmillan.
- Halse Altert O (1978). The use of colour in interior. Mc Graw Hill Books Comp. Ltd. New York. 2nd Ed.

- Harburgsen Gaillhyn (1980). Design Concepts. Allyn & Bacon Inc. Kale MG (1998). Management and human resources.
- Kolter Philip, Armstrong Greg (1992). Principles of Marketing. Prentice Hall of Indian, New Delhi. 5th Ed.
- Leland, J. Gordon, Stewart, M, lee (1974). Economics and consumer. S'Van NostrandCo. New York. 7th Ed.
- Mullick, Premiata (2000). Textbook of Home Science. Kalyani Publishers, New Delhi.
- Nickell P and Dosery JM (1970). Management in family living. Wiley Eastern Ltd. New Delhi.
- Patani M (2010). Home Management. Star publication, Agra.
- Sethi M and Seetharaman P (1994). Consumerism- A growing concept. Phoenix Publishing House, New Delhi.
- Sherlekar SA (1990) Trade Practices & consumerism. Himalaya Publishing House, Mumbai.
- Steidle RE & Bratton EC (1968). Work in the Home. John Wiley and Sons. New York, London
- Thomson CH (1970). Home with Character. Massachusetts. C. Health & Co. Lexington. IIIrd Ed.
- Varghese MA, Ogle M, Srinivasan K (1985). Home Management. Wiley Eastern Publishers, New Delhi.
- https://www.skillsh.com/classes/Interior_Design_Basics_Simple_Steps-to-Your-Perfect-Space/822981848
- https://wec.ifas.ufl.edu/extension/Urban.Hort/Affordable.Housing/documents/41_Site_Selection_Analysis.pdf
- <https://www.udemy.com/course/architectural-design-and-house-planning/>
- <https://www.huduser.gov/portal/publications/pdf/Needs-Preferences.pdf>
- <https://www.hgtv.com/>

Learning Outcome of the Course -

- Students will develop an insight in managing family resources i.e. time, money, and ,energy.
- The procedure of handling money and savings and investment will be learnt.
- There will be a general insight regarding consumer rights and responsibilities.
- Students will develop an insight in house planning and interior decoration

SEMESTER-I

CORE COURSE I-HSC-

Practical Credit -2 (50 Marks)

HSC -Family Resource Management

1. Syllabus -

1. Project work on any Two of the following
 - (i). Project work on floor decoration
 - (ii). Project work on flower arrangement.
 - (iii). Project work on Interior decoration of rooms referring to the elements & principle of design
 - (v). Project work on kitchen planning – One wall, Two wall, L –Shape & U –Shape Kitchens.

2. Table Setting

3. Best out of waste (one article)

4. House Plans :

- For various income group (LIG, MIG, HIG)
 - i. Drawing of architectural symbols of house plan.
 - ii. Architectural symbols of electricity plan.
 - iii. Furniture symbols

2. Scheme of Examination –

- **Total Marks : 50 Marks**
- **Major : House plan for LIG/MIG/HIG on paper : 20 Marks**
- **Minor –I : Table setting/ flower arrangement : 10 Marks**
- **Minor –II : Floor decoration Alpana / Rangoli/ Mandara : 10 Marks.**
- **Record : 10 Marks**

3. Suggested books and reference including links to e-resources -

- Khanuja. Reena (2018) Girah Vyavasthaavam Grah Sajja. Agarwal Publications, Agra ISBN: 978-93-81124-96-3
- Patni Manju & Sharma Lalita, Grah Prabandh, Star publications Agra.
- Cherunilam, F., & Hedggade, O. D. (1987). Housing in Bombay: Himalaya Publishing House.
- Craig, H. T. and Rush, O. D. (1966). Homes with Character. Heath, 1966.
- Faulkner, R., and Faulkner, S., (1961). Inside Todays Home. Rev. ed., NewYork: Holt, Rinehart & Winston, Inc.
- Goldstein. H & Goldstein .V. (1954) Art in Everyday Life Macmillan Publishers.
- Rutt, A. H. (1963) Home furnishing, John Wiley & Sons, Inc.;
- Supriya, K. B. (2004). Landscape gardening and designing with plants. Pointer Publishers.
- Teresa, P. Lanker. (1960). Flower Arranging: Step-by-step Instructions for Everyday Designs Florist
- www.architecturaldigest.com
- <http://www.goodhousekeeping.com/>
- <https://egyankosh.ac.in/handle/123456789/29686>
- <https://egyankosh.ac.in/handle/123456789/30021>
- <https://egyankosh.ac.in/handle/123456789/39165>
- <https://egyankosh.ac.in/handle/123456789/38016>

Learning Outcome of the Course-

- Students grasp knowledge in money management, house planning, and home decor
- Develop proficiency in floor decoration, flower arrangement, table setting, and cleaning techniques.
- Gain competence in creating architectural symbols and paper models for different rooms and kitchen layouts.

SEMESTER - II
CORE COURSE II

Code of the Course	Title of the Course	Level of Course	Credits of Course
-	Foods and Nutrition Theory	5	4
-	Foods and Nutrition Theory	5	2
Type of Course		Delivery Type of the Course	
Major		Theory – Lecture, Sixty Lecture including diagnostic and formative assessment –during lecture hours. Practical –Laboratory work and field visits.	
Prerequisites	Central Board of Secondary Education or equivalent.		
Objectives of the Course (Theory)	<ul style="list-style-type: none"> • To learn about basics of nutrition, nutrients and metabolism. • To learn about meal planning for families and individuals. • To learn about Normal & Therapeutic nutrition. • To learn about Nutritional problems of health importance. 		
Objectives of the Course (Practical)	<ul style="list-style-type: none"> • To learn about basics of methods of cooking. • To learn the cooking of methods of various food groups. • To learn planning for Normal & Therapeutic nutrition. • Learning to plan and prepare foods for various nutritional problems of public health importance 		

Theory Credit -4

60 Hours

HSC Foods and Nutrition

Syllabus-

Max. Marks: 100 Marks

Min. Pass Marks : 40 Marks

Unit –I

1. Definition of foods and nutrition, 5 basic food groups, balanced diet.
2. Function of food:
 - Physiological –Hunger , Appetite, Satiety
 - Psychological
 - Social, economic, cultural
3. Meal Planning
 - Importance and factor affecting meal planning
 - Sample menu for adult male and female

Unit –II

4. Functions, sources of:
 - Macro nutrients
 - I. Carbohydrates
 - II. Proteins
 - III. Fats

- Micro nutrients
 - I. Minerals calcium, iron, iodine, fluorine
 - II. Vitamins
 - III. Water soluble-B complex vitamins, vitamin C Fat Soluble-A, D, E & K

Unit –III

5. Normal nutrition - dietary guidelines for:

- Pregnancy
- Lactation
- Infancy (with special emphasis on breastfeeding and complementary feeding)
- Preschool child
- School going children
- Adolescent
- Adult
- Elderly person

Unit –IV

1. Therapeutic nutrition

- Modification of normal diet to therapeutic diet
- Dietary management of the following:
 - I. Weight management - obesity, underweight
 - II. Diseases of gastrointestinal tract -diarrhea and constipation

2. Nutritional importance of public health importance and their management:

- Protein Energy Malnutrition
- Anemia

Suggested books and reference including links to e-resources-

- Srilakshmi B (2011). Dietetics. New Age International Publishers
- Srilakshmi, B. Food Science, new Age International (P) Ltd. Publishers, New Delhi,
- Swaminathan MS(2010) AaharevamPoshan, NR Brothers,MY Hospital Marg, Indore,
- Kumud Khanna,Sharda Gupta, Santosh Jain Passi, Rama Sethi, Ranjana Mahna& Seema Puri (2005), Elite Publishing House Pvt. Ltd. Ansari Road, Darya Ganj, New Delhi
- Mudambi, S.R. and Rajagopal, M.V., 1997 Fundamentals of Foods & Nutrition, New Age International (P) Ltd, New Delhi.
- https://www.who.int/health-topics/nutrition#tab=tab_1
- <https://www.who.int/news-room/fact-sheets/detail/anaemia>
- <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>
- <https://www.who.int/news-room/fact-sheets/detail/malnutrition>
- <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
- <https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=NuAs6SreCGryddEfs4kkBA=>
- <https://egyankosh.ac.in/handle/123456789/44151>
- <https://egyankosh.ac.in/handle/123456789/32947>
- <https://egyankosh.ac.in/handle/123456789/11137>
- <http://ecoursesonline.iasri.res.in/course/view.php?id=131>

Learning Outcome of the Course -

After studying the subject, the student will possess the basic knowledge of food groups, nutrients and basic metabolism related to nutrition in humans. This will further help them in the selection of healthy diet. Knowledge of various cooking methods and meal planning will enable them to cook and select healthy foods for themselves and their families. This subject will also give them basic understanding about nutritional needs in the various stages of life cycle and during disease.

SEMESTER-II

CORE COURSE -II

Practical Credit -2 (50 Marks)

Foods and Nutrition

1. Syllabus -

Methods of cooking: - Preparation of any four dishes by using the different methods of cooking (Steaming/Simmering/Frying/Baking/Roasting):

- Preparation of Beverages - Tea (hot & iced), Coffee (Hot & Cold), Chaach, lassi, milk shakes, fruit punch (using squashes & fresh fruits), lemonade, jaljeera, amla shake, aam panna, mocktails (any 2)
- Cereal cookery - Chapaati, puri, Parantha, rice, Idli, namak para, shakkar para, chowmein, pizza, sandwiches, Biscuit. Muthia.
- Legumes & pulses - daal (plain & daal fry), rajma/chhole, kadhi, mangodi, dahi vada, dal pakodi, besan pakodi, sprout chaat, dal halwa. Dhokla, Cheela.
- Vegetables -Dry Vegetables (for e.g.aalu gobi, methi aalu, arbi, bhindi), stuffed vegetables (bhindi, capsicum), vegetables with gravy (malai kofta, gatta, dum aalu, kadhai panner, shahi paneer), baked vegetables, soups (clear & cream).
- Milk & Milk products - Paneer, khoa, curd, shrikhand, kheer, rabri, fruit custard, raita, fruit cream, Kheer
- Savory food preparation- dosa, uttapam, mixed veg cutlets, hara bhara kabab, burger, samosa, kofta, kachori, vada, pav bhaji, sago khichri, bhelpuri.
- Salads - vegetable, fruit. Mayonnaise and lemon-vinegar dressing.
- Sweets- jalebi, sandesh, laddu, coconut barfi, gujiya, fruit stew (apple and pear), pudding, cupcake, brownie

Meal planning (with additional emphasis on nutritional problems) for:

- Exchange Lists
- Adult man/woman
- Pregnant Woman
- Lactating Woman
- Packed lunch for school going child
- Elderly

2. Scheme of Examination-

- Practical exam (total 50 marks)
- Internal and record: 10 marks
- Planning of two recipes: 20 marks
- Preparation of two recipes: 20 marks

3. Suggested books and reference including links to e-resources -

- Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004)The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt Ltd.
- Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir SChopra S (2010). Basic Food Preparation:A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
- <http://ecoursesonline.iasri.res.in/course/view.php?id=184>
- <http://ecoursesonline.iasri.res.in/mod/page/view.php?id=19593>
- <http://ecoursesonline.iasri.res.in/mod/page/view.php?id=19575>

Learning Outcomes-

- The learners will be able to prepare various recipes from different food groups based on principles and methods of cooking.
- The learners will be able to plan appropriate meals for people from different stages of life.

Project work on any two of the following :-

- (i) Floor decoration
- (ii) Flower arrangement
- (iii) Interior decoration of rooms referring to the elements and principles of design.
- (iv) Kitchen Planning – One wall, two wall, L-Shape & U-Shape Kitchens.