

Syllabus

2nd Semester

B.Sc. in Home Science

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-ID4	Fundamentals of Nutrition		3		2	3			1	4	25	50	05	20	100
CC-ID5	Extension Education & Communication		3		2	3			1	4	25	50	05	20	100
CC-ID6	Personal Financial Management & Consumer Studies		3		2	3			1	4	25	50	05	20	100
Minor/ Vocational Course(s)															
MIC-2	One from pool		1		2	1			1	2	5	20	5	20	50
Multidisciplinary Course(s)															
MDC-2	One from pool		2	1		2	1			3	25	50	-	-	75
Ability Enhancement Course(s)															
AEC-2	One from Pool									2					50
Skill Enhancement Course(s)															
SEC-2	One from pool		2		2	2			1	3	15	35	5	20	75
Value-added Course(s)															
VAC-2	One from Pool									2					50
Total Credits										24					600

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Instructions for Paper-Setter

Nine questions will be set in all. Question No.1 comprising of objective/short answer type questions from the entire syllabus, will be compulsory. The remaining eight questions will be set taking two questions from each unit. The candidates will be required to attempt

Q.No.1 & four others selecting one question from each unit. All questions carry equal marks.

UNIT I	CONTACT HOURS
1. Importance of food preservation 2. Types of spoilage by micro-organisms and enzymes 3. Basic principles of food preservation	8
UNIT II	
1. Methods of drying & dehydration used for preservation for selected products. 2. Role of packaging and storage in preservation.	7
UNIT III	
1. Natural Food preservatives – Use of salt, acid, sugar, oil etc. (role and examples) 2. Chemical Preservatives- definition, role, permitted preservatives and FSSAI guidelines.	8
UNIT IV	
1. Role of pectin in preserved foods 2. Stages in sugar cookery 3. Process of pickling	7
Practical (30 Hours)	
1. Hands on experience in preparation of Jams, Jellies, marmalades, squash and sauces. 2. Hands on experience in pickle making (Mango, lemon, green chilli and mixed vegetables) 3. Hands on experience for preservation by drying technique by making papad and chips. 4. Visit to small scale food preservative making industries.	
Part C-Learning Resources	
1. Maney S (2008). Foods, Facts and Principles, 3 rd Edition Published by Wiley Eastern, New Delhi. 2. Usha Chandrasekhar (2002) Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi. 3. Raina U, Kashyap S, Narula V, Thomas S Suvira, Vir S, Chopra S (2010) Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai 4. Srivastava R.P. (2012), Fruit and vegetable preservation – Principles and Practices, International Book Distributing Co., (IBDC), New Delhi.	

UGA4: Undergraduate Interdisciplinary (B.Sc. Home Science)

240/HS/CC201

Part A - Introduction			
Semester	II		
Name of the Course CC-ID4	Fundamentals of Nutrition		
Course Learning Outcomes (CLO):			
After completing this course, the learner will be able to:			
1. Understand the relationship between food, nutrition and health. 2. Gain insights about functions of food, basic principles of food groups and balanced diet. 3. Gain insights about functions of various nutrients and their sources & gaining knowledge about clinical manifestations of excess/ deficiency of nutrients.			
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5
Max. Marks: 100	Time: 3hrs (Theory), 2hrs (Practical)		
Internal Assessment Marks: 30 (25 TI + 05 PI)			
End Term Exam Marks: 70 (50 TE + 20 PE)			
Part B- Contents of the Course			
Instructions for Paper-Setter			
Nine questions will be set in all. Question No.1 comprising of objective/short answer type questions from the entire syllabus, will be compulsory. The remaining eight questions will be set taking two questions from each unit. The candidates will be required to attempt Q.No.1 & four others selecting one question from each unit. All questions carry equal marks.			
UNIT I	CONTACT HOURS		
Basic concepts in food and nutrition 1. Basic terms used in study of foods and nutrition. 2. Understanding relationship between food, nutrition and health 3. Functions of food-Physiological, psychological and social 4. Food groups and Food guide pyramid	7		
UNIT II			
Nutrients : I Functions, dietary sources, RDA and clinical manifestations of deficiency/ excess of the following nutrients: 1. Carbohydrates 2. Proteins and Lipids	14		

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<p style="text-align: center;">UNIT III</p> <p>Nutrients : II Functions, dietary sources, RDA and clinical manifestations of deficiency/ excess of the following nutrients:</p> <ol style="list-style-type: none"> 1. Fat soluble vitamins-A, D, E and K 2. Water soluble vitamins – thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B12 and vitamin C 3. Minerals – calcium, iron and iodine 	14
<p style="text-align: center;">UNIT IV</p> <p>Food Preparation Definition, principles and methods of cooking</p>	10

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1. Different methods of cooking, their advantages and disadvantages, fermentation, germination and supplementation	
2. Food adulteration and food laws	
Practical (30 Hours)	
1. Weights and measures.	
2. Table setting and table manners	
3. Food preparation, understanding the principals involved nutritional quality and portion size of: Beverages, Cereals, Pulses, Vegetables, Milk and milk products, Soups, Baked products, Snacks and salads.	
4. Preparation of food items by fermentation and germination.	
Part C-Learning Resources	
1. Chadha R and Mathur P (eds)(2015). <i>Nutrition: A Lifecycle Approach</i> . Orient Blackswan, Hyderabad.	
2. Rekhi T and Yadav H (2014). <i>Fundamentals of Food and Nutrition</i> . Elite PublishingHouse Pvt Ltd., Delhi.	
3. Srilakshmi B (2014). <i>Nutrition Science, 6th Edition</i> . New Age International Ltd., Delhi.	

240/HS/CC202

Part A - Introduction			
Semester	II		
Name of the Course CC-ID5	Extension Education and Communication		
Course Learning Outcomes (CLO):			
After completing this course, the learner will be able to:			
1. Perceive the importance of extension education			
2. Acquire knowledge of the extension models and approaches			
3. Gain knowledge on the need and importance of communication and its significance in the exchange of information			
4. Analyze the models of Communication and the role of media in societal development			
Credits	Theory	Practical	Total
Contact Hours	3	1	4
Max. Marks:100	3	2	5
Internal Assessment Marks: 30 (25 TI + 05 PI)	Time: 3hrs (Theory), 2hrs (Practical)		
End Term Exam Marks: 70 (50 TE + 20 PE)			
Part B- Contents of the Course			
Instructions for Paper-Setter			
Nine questions will be set in all. Question No.1 comprising of objective/short answer type questions from the entire syllabus, will be compulsory. The remaining eight questions will be set taking two questions from each unit. The candidates will be required to attempt Q.No.1 & four others selecting one question from each unit. All questions carry equal marks.			
UNIT I			CONTACT HOURS
1. Extension Education- Meaning, principles, objectives and scope. (Broad and specific) Qualities of Extension Worker			12
2. Role of extension worker in rural development.			
3. Classification of extension teaching methods a. According to form and use b. Advantages and limitations of extension teaching methods			
UNIT II			14
1. Types of development programs and organizations (established year, objectives and beneficiaries): DWCRA, TRYSEM, Mid-Day Meal Programme, Beti Bachao Beti Padhao, PMRY, Skill India, ICDS, MGNREGA, DRDA.			9
2. Programme planning- Definition, meaning of the programme, planning, steps in programme planning			
UNIT III			7
1. Meaning, scope and importance of communication.			7
2. Elements of Communication and barriers to communication.			
3. Models of communication and various types of communication			
UNIT IV			
1. Classification of audio-visual aids- different aids, their scope, advantages and limitations, factors limiting the selection and use of audio-visual aids.			7
2. Use of radio talks, television, personal talk, conferences, tours, campaigns, village fair			
Practical (30 Hours)			
1. Use of any five non-projected aids to educate rural women on different aspects			
2. Use of following software for making IEC material on problems in a rural area:			
a. PowerPoint presentation			
b. Microsoft Word/Google Docs.			
3. Preparation of puppets as a media of communication.			
4. Develop skills and use of following teaching methods:			
a. Role play			
b. Puppet Play.			

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Part C-Learning Resources

1. Dahama, O.P and Bhatnagar O.P. (1995). Education and Communication for Development. New Delhi: Oxford and IBH Co.
2. Gupta,D.(2007).DevelopmentCommunicationinRuralSector.NewDelhi: Mukhopadhyay Abhijeet Publication
3. Nisha,M.(2006). UnderstandingExtension Education.New Delhi:KalpayPublications
4. Reddy,A.A.(2001).ExtensionEducation.Bapatla:SriLakshmiPress
5. RogersEverett,M.(2003).Diffusionof Innovations,5thEd.NewYork:TheFreePress
6. Singh,U.KandNayak,A.K.(2007).ExtensionEducation.NewDelhi:CommonWealthPublishers
7. Wilson,M.C.,andGallup,G.(1955).ExtensionTeachingMethods. Washington:US Department of Agriculture

240/HS/CC903

Part A - Introduction			
Semester	II		
Name of the Course CC-ID6	Personal Financial Management and Consumer Studies		
Course Learning Outcomes (CLO):			
After completing the course, the learner will be able to :			
<ol style="list-style-type: none"> 1. Gain knowledge of income, saving and investment management in the changing socioeconomic environment. 2. Understand the role of consumers in the economy, consumer problems, education and empowerment. 3. Comprehend issues related to consumer protection, legislative measures and redressal mechanisms. 4. Understand the schemes and services offered by banks and post offices and learn to fill out various bank and personal income tax forms. 5. Learn to undertake household food adulteration tests. 			
Credits	Theory	Practical	Total
Contact Hours	3	1	4
	3	2	5
Max. Marks:100	Time: 3hrs (Theory), 2hrs (Practical)		
Internal Assessment Marks: 30 (25 TI + 05 PI)			
End Term Exam Marks: 70 (50 TE + 20 PE)			
Part B- Contents of the Course			
Instructions for Paper-Setter			
Nine questions will be set in all. Question No.1 comprising of objective/short answer type questions from the entire syllabus, will be compulsory. The remaining eight questions will be set taking two questions from each unit. The candidates will be required to attempt Q.No.1 & four others selecting one question from each unit. All questions carry equal marks.			
UNIT I Personal Financial Management Income	<ol style="list-style-type: none"> 1. Types of income, budget, definitions, types, Steps in making a budget, factors affecting budget 2. Family Savings – Types of savings – Brief knowledge of Bank, Insurance-General and life insurance policies terms and conditions & advantages, provident fund. 3. Credit- its use, types of credit, and problems in credit. 4. Taxation - Types. Basic calculation of income tax. Shares and debentures (only introduction). 		CONTACT HOURS 12
UNIT II Consumer Education	<ol style="list-style-type: none"> 1. Consumer education- definition, need, objectives, media and the consumer. 2. Definition and classification of consumer according to age, social class and culture. Role and importance of the consumer in economy. 3. Consumer markets: types and functions, Market distribution channels. Consumer wants, consumer choice and factors influencing the choice of consumer behaviour. 		11
UNIT III Consumer Problems and Challenges	<ol style="list-style-type: none"> 1. Types of consumer problems, causes and remedies. 2. Consumer buying motives. Guidelines for wise buying practices. 3. Malpractices and unfair trade practices i.e. adulteration, faulty weights and measures, false advertisement etc. 4. Buying aids –Labelling-types & labelling as a guide to buying, Branding and its advantages, Packaging-its functions, advantages and problems with packaging. Advertisement – Objectives, advantages and mode of advertising. 5. Grading and standardization. Definition and advantages, the difference between grading and standardization. 6. Changing nature of the business world e-commerce and e-business. 		12

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UNIT IV Consumer protection	10
<ol style="list-style-type: none"> Consumer rights and responsibilities Govt. Laws and Acts for Consumer Protection 	
<ol style="list-style-type: none"> Consumer organizations. Role of Voluntary organization for consumer protection and welfare. Consumer Courts: Redress mechanism 	
Practical (30 Hours)	
<ol style="list-style-type: none"> Planning of budget for different income groups. Calculation of income tax. Learn about faulty weights and measures Critical Analysis of labels of consumer products and standardized marks. Write the procedure for filing a consumer complaint in practical file. Designing of advertisements. Learning to fill different forms of banks and paste in practical file. To prepare a radio talk on types of food adulteration and detection methods 	
Part C-Learning Resources	
<ol style="list-style-type: none"> Consumer Economics by Surinderjit Kaur R.K. Lakhi and Joginder Singh Consumerization Pattern in India B.D Gupta Tata Mcgraw Hill Consumer Buying for better living Fitzrimmons C John Wiley & sons Inc. Consumer Behaviors Schiffman Leon Prentice Hall Pub. Mital, M., Sawhney, H. K. (2015). Family Finance and Consumer Studies. New Delhi: Elite Publishing House Pvt. Ltd. Azmi, S.S.H. (1992): Sale Goods and Consumer Protection in India, Deep and Deep Publication, New Delhi. D.N. Saraf (1990): Law of Consumer Protection in India, Tripathy Private Limited., N.M. New Delhi. Gorden R. Foxall (1983): Consumer Macmillan Press Ltd., New York. Gujeet Singh (1996): The Law of Consumer Protection in India, Deep and Deep Publication, New Delhi. Himachalam, D. (1998): Consumer Protection and the Law, APH Publishing Corporation, New Delhi. Jajie Mandana (1977): The Indian Market Place, Guidance to Consumer Education, Bangalore, Bridawan Publishing House, New Delhi. Mehta, S.C. (1993): Indian Consumer: Studies and Cases for Marketing Decisions, New Delhi, Tata McGraw Hill Publishing, New York 	

MULTIDISCIPLINARY COURSE – B.Sc. HOME SCIENCE

Part A - Introduction			
Semester	II		
Name of the Course (MDC-2)	Care and Well-being Across Lifespan		
Course Learning Outcomes (CLO):			
After completing this course, the learner will be able to:			
1. Understand about care and well-being at different stages of life.			
2. Demonstrate an understanding of one's health issues / conditions, including prevention and appropriate intervention and treatment when needed.			
3. Describe health and wellness programs and services offered, how to access, them and their value to their well-being.			
Credits	Theory	Tutorial	Practical
	2	1	0
Contact Hours	2	1	0
Max. Marks:75	Time: 2 hrs (Theory), 1hrs (Tutorial)		
Internal Assessment Marks: 25 (Attendance-5, Assignment-5, Session Exam-15)			
End Term Exam Marks: 50 (50 Theory)			
Part B- Contents of the Course			

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