

Syllabus

2nd Semester

Bachelor of Science in Life Sciences
Home Science

Scheme of Programme
(Scheme UG AI: Undergraduate Programmes (Multidisciplinary))

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Total Credits	MARKS							
			(Hrs)			Credits				TI	TE	PI	PE	Total			
Core Course(s)																	
CC-A1	Home Management		3		2	3		1	4	25	50	5	20	100			

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-A2	Preventive Health and Hygiene		3		2	3		1	4	25	50	5	20	100			

UG MULTIDISCIPLINARY PROGRAMME (Home Science)

Semester	I									
Name of the Course CC-A1	Home Management									
Course Learning Outcomes (CLO):										
After completion of the course, the students will be able to:										
<ol style="list-style-type: none"> Understand the basic concept of Home Management. Apply the steps of the Management process in day-to-day life. Understand the meaning and classification of family resources. Know about consumer welfare and protection law and also about the rights and responsibilities of the consumer Understand the importance of managing time and energy as resources Apply the elements and principles of design in home decoration. 										
Credits	<table border="1"> <thead> <tr> <th>Theory</th> <th>Practical</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>3</td> <td>1</td> <td>4</td> </tr> <tr> <td>3</td> <td>2</td> <td>5</td> </tr> </tbody> </table>	Theory	Practical	Total	3	1	4	3	2	5
Theory	Practical	Total								
3	1	4								
3	2	5								
Contact Hours	3									
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 <ol style="list-style-type: none"> Definition, Philosophy, Concept and Role of Home Management. Housing – selection of a site for an ideal house- Soil, Locality, Orientation and Functions of home. Meaning & Process of management - Planning, Organizing, Controlling and Evaluation 	CONTACT HOURS 12									
UNIT II <ol style="list-style-type: none"> Elements of Interior Design – Line, form and shape, colour, texture, pattern and their application in Interiors. Principles of Interior Design – Balance, rhythm, harmony, proportion, emphasis and their application in Interiors. Colour- Characteristics, Colour schemes and emotional effects of colours. 	12									
UNIT III <ol style="list-style-type: none"> Resource Management-definition, importance, classification and management of resources. Money management- Types of income, steps in budget planning, advantages and limitations of budget planning. Time management- steps in time plan, tools of time management- peak loads, work curves and rest periods. Energy Management; process, importance, fatigue; its types, causes and measures to relieve fatigue. 	11									

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Home

UNIT IV	10
1. Work Simplification- meaning and methods. 2. Consumer Education- definition, consumer choice, buying problems, malpractices, Consumer protection and Acts, factors affecting consumer decision.	
Practical (30 Hours)	
1. Floor decoration – Alpana & Rangoli. 2. Cleaning and polishing of – Silver, Brass/Copper. 3. Budget planning for different income groups. 4. Time plan for students and working women (weekly). 5. Prepare any one article for interior decoration. 6. Glass bottles and jars decoration or painting. 7. Preparation of a catalogue of different types of flower arrangements	
Part C-Learning Resources	
1. Sweera Relhan (2019). Family Resource Management. S. Dinesh Sales Corporation, Near Sitla Mandir, Circular Road, Mai Hiran Gate, Jalandhar. 2. Santosh S. Tikkoo (2019). Resource Management. Modern Publishers, Gulab Bhawan-6, Bahadur Shah Zafer Marg, New Delhi. 3. Ruth E. Deacon, Francille M Firebaugh (1975). Family Resource Management- Principles and Application. RoyHoughton Miffin Company. 4. Nickle, P and Dorsey, J. (1986). Management in Family Living, Wiley Eastern Ltd., New Delhi. 5. The Consumer Protection Act (1986) (1987). Bhubneshwer, Capital Law House.	

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Part A – Introduction			
Semester	II		
Name of the Course CC-A2	Preventive Health and Hygiene		
Course Learning Outcomes (CLO):			
After completing this course, the learner will be able to:			
1. Develop knowledge about health hygiene, personal hygiene and immunity with its type. 2. Help prevent diseases caused by Typhoid, Jaundice, Cholera, diarrhoea, Measles and mumps. 3. Understand the knowledge about disease caused by malaria, dengue, modes of spread, incubation periods with its symptoms and prevention. 4. Gain knowledge about health, hygiene, and common diseases. 5. Identify and contribute to the prevention of diseases in the home and neighbourhood.			
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 07		
1. Meaning and objective of health education. 2. Mental health and concept of positive health. 3. Personal hygiene- definition of health, hygiene and factors affecting it, food habits, a. Cleanliness, exercise and sleep.			

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B
Hygiene

UNIT II	12
<ol style="list-style-type: none"> 1. Health hazards of the modern age- air, water, soil, noise pollution, medical and electrical waste. 2. Water Importance- <ol style="list-style-type: none"> a. Impurities in water, sources of contamination. b. Water purification methods (household and natural). c. Rain harvesting system and its importance. 3. First aid: meaning and importance in daily life. 	
UNIT III	12
<ol style="list-style-type: none"> 1. Infection- <ol style="list-style-type: none"> a. Definition of infection, infective agents and period of Infectivity. b. Types of diseases and their mode of spread and channels of infection. 2. Disinfectants – Definition, types and methods of disinfection 3. Immunity - Definition and types of immunity, vaccination schedule (Triple a. Vaccine, BCG, Penta, Polio drops etc.) 	
UNIT IV	14
<ol style="list-style-type: none"> 1. Infectious diseases; causes, incubation period, mode of spread, symptoms, prevention and control of the following diseases: <ol style="list-style-type: none"> a. Diseases spread through water and food - Diarrhoea, Hepatitis. b. Diseases spread by insects - Malaria, Dengue. c. Diseases caused by droplet infections – Measles, Mumps, Tuberculosis. d. Diseases spread by contact and soil - Leprosy, Tetanus and AIDS. 2. Health problems among women- <ol style="list-style-type: none"> a. Common problems -menstrual disorders, basic menstrual hygiene, measures and their importance. b. Emerging problems- Breast Cancer, ovarian and cervical Cancer. 	
Practical (30 Hours)	
<ol style="list-style-type: none"> 1. Preparation of a chart on any: <ol style="list-style-type: none"> a. Personal hygiene b. Mental health c. Female health problems (symptoms, prevention and treatment). 2. Preparation of a chart on any topic on pollution (electrical and medical waste). 3. A model on rain harvesting system. 4. Preparation of first aid box. 5. Prepare a chart of the National Immunization Schedule in India for children up to the age of 24 months and pregnant women in the practical file. 6. Survey regarding immunization schedule followed by PHCs and Anganwadi Canters and prepare a report. 	
Part C-Learning Resources	
<ol style="list-style-type: none"> 1. Yashpal Bedi (1976). Hygiene and Public Health, Anand Publishing Co. Gali no. 1, Nawan Kot. Amritsar. 2. Sweera Relhan (2019). Hygiene, S. Dinesh Sales Corporation, Near Sitla Mandir, 3. Circular Road, Mai Hiran Gate, Jalandhar. 4. Santosh S. Tikoo (2019). Health, Hygiene and Applied Science, Modern Publishers, Gulab Bhawan-6, Bahadur Shah Zafer Marg, New Delhi. 5. Bhave, V.N (1975). You and Your Health. National Book Trust. 6. Birendra Nath Ghosh (1969). Hygiene and Public Health. Calcutta Scientific Publishing Co. 7. Sharma, J.S. (1996). Water Harvesting and Recycling: Indian Experiences. Central Soil and Water Conservation Research and Training Institute. 8. Erach Bharucha (2005). Textbook of Environmental Studies for Undergraduate Course. University Grant Commission. 9. Agrawal, O. P. (2017). Paryavaran Darshan. Suruchi Prakashan. 10. Puberty Education and Menstrual Hygiene Management Manual by UNESCO. 11. Anil Chaturvedi (2013). Family Health Guide. Prabhat Prakashan. 	

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S. B. Sharma