

HOME SCIENCE

(A) Major Core Courses

| Sl. No. | Sem | Type of Course | Name of Course | Credits | Marks |
|---------|-----|----------------|--|---------|-------|
| 1. | I | MJC-1 | Food and Nutrition (Theory) | 4 | 100 |
| | | | Foods and Nutrition (Practical) | 2 | 100 |
| 2. | II | MJC-2 | Fundamentals of Human Development (theory) | 4 | 100 |
| | | | Fundamentals of Human Development (Practical)) | 2 | 100 |

B. Minor Courses to be offered by the Department for students of other Departments of Social Science

| Sl. No. | Sem | Type of Course | Name of Course | Credits | Marks |
|---------|-----|----------------|---|---------|-------|
| 1. | I | MIC-1 | Food and Nutrition (Theory) | 2 | 100 |
| | | | Food and Nutrition (Practical) | 1 | 100 |
| 2. | II | MIC-2 | Fundamentals of Human Development (Theory) | 2 | 100 |
| | | | Fundamentals of Human Development (Practical) | 1 | 100 |

C. Multidisciplinary Courses to be offered

| Sl. No. | Sem | Type of Course | Name of Course | Credits | Marks |
|---------|-----|----------------|--|---------|-------|
| 1. | I | MDC-1 | NGO Management | 3 | 100 |
| | | | (Theory = 1 credit & practical = 2 credits) | | |
| 2. | II | MDC-2 | Basics of Interior Design and Hospitality Management | 3 | 100 |

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SEMESTER – I

MJC-1

Food and Nutrition

Course Outcomes:

CO1: Understand the relationship between food, nutrition and health

CO2: Understand the role and functions of nutrients, its composition, requirements and the effect of deficiency and excess

CO3: Understand the concept of an adequate diet and the importance of meal planning

CO4: Describe different methods of cooking and its impact on the stability of nutrients.

| MJC-1 Food and Nutrition | | |
|--------------------------|--|-----------------|
| (Theory: 4 Credits) | | |
| Unit | Topics to be covered | No. of Lectures |
| I | Introduction to Food and Nutrition <ul style="list-style-type: none"> • Definition and terms used in Food and Nutrition • Functions of food • Concept of Balanced Diet • Malnutrition:- Types, causes, symptoms and treatment • Meal planning—steps in meal planning, factors affecting meal planning for a family • Food Exchange list, Food pyramids | 6 |
| II | Basic concepts, classification, composition, nutritive value and role in cookery of different food groups. <ul style="list-style-type: none"> • Cereals and Cereal Products • Pulses and Legumes • Fruits and Vegetables • Salt, Sugar and Jaggery • Nuts, Oils and Oil seeds • Milk and Milk Products • Eggs, Meat, poultry and fish • Spices and Condiments -Importance and functional properties | 12 |
| III | Macronutrients Definition, classification, dietary Sources, functions, Recommended Dietary Allowances, clinical signs and symptoms of Deficiency diseases and Excess of <ul style="list-style-type: none"> • Carbohydrates • Proteins • Lipids • Water | 10 |

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| IV | Micro nutrients Minerals Classification, Sources, functions and deficiency of Calcium, Phosphorus, Magnesium, Sodium, Potassium, Selenium, Iron, Zinc, Iodine, Copper Vitamins Classifications, functions, sources, requirement ,clinical signs and symptoms and deficiency of: -Fat Soluble Vitamins - A, D, E and K - Water Soluble Vitamins-B Complex Vitamins- Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cyanocobalamin and Vitamin C | 08 |
| V | Methods of Cooking Types, Advantages and disadvantages of cooking methods (i) Moist heat methods –boiling, simmering, steaming, & Pressure cooking (ii) Dry heat methods – baking, Microwave (iii) Fat as a medium for Coking-shallow and deep fat frying | 04 |
| | Total | 40 |

Reading List:

- Bamji, MS., Krishnasamy, K., Brahman ,G.N.V. (2012). Text Book of Human Nutrition, 3rd Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Longvah, T., Ananthan, R., Bhaskarachary, K., Venkaiah, K. (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- Maney, S. (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- aina, U., Kashyap, S., Narula, V., Thomas S, Suvira., VirS., Chopra, S. (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017). Nutrition Science, New Age International (P) Ltd., New Delhi.
- Sunetra, Roday. (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Usha, Chandrasekhar. (2002). Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi.

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| MJC I | Foods and Nutrition | No. of classes |
|-------|---|----------------|
| | Practical: 2 Credits | |
| | <ol style="list-style-type: none"> 1. Basic Cooking skills Weights and measures - standard and household measures for raw and cooked foods. 2. Preparation of various dishes using different methods of cooking <ul style="list-style-type: none"> - Boiling/steaming - Roasting - Frying-Deep/shallow - Pressure cooking 3. Food Preparation, understanding the principles involved, nutritional quality of commonly consumed recipes in each food group <ul style="list-style-type: none"> - Cereals: rice, roti, paratha, poori, pastas etc - Pulses: Whole, dehusked- Dal, sambar, Chole, etc - Vegetables: Dry preparations, Curries - Milk and milk products: Kheer, Custard, - Meat, fish and poultry preparations - Egg preparations: Boiled, poached, fried, omelette 4. Different styles of cutting fruits and vegetables <ul style="list-style-type: none"> - Salad Decoration/Dressing - Table setting, Napkin Folding | 40 |

REFERENCES

- Srilakshmi B, (2007), Dietetics. New Age International publishers. New Delhi
- Srilakshmi B, (2002), Nutrition Science. New Age International publishers. New Delhi
- Swaminathan M. (2002), Advanced text book on food and Nutrition. Volume I. Bappco.
- Gopalan. C., RamaSastry B.V., and S. C. Balasubramanian (2009), Nutritive value of Indian Foods. NIN. ICMR, Hyderabad.
- Mudambi S R and Rajagopal MV, (2008), Fundamentals of Foods, Nutrition & diet therapy by New Age International Publishers, New Delhi

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SEMESTER – II
MJC- 2 Fundamentals of Human Development

Course Outcomes:

CO1: Explain the need and importance of studying human growth and development

CO2: Identify the biological and environmental factors affecting human development

CO3: Describe the characteristics, needs and developmental tasks of different stages in the human life cycle.

| MJC-2 Fundamentals of Human Development | | |
|---|---|------------------------|
| (Theory: 4 credits) | | |
| Unit | Topics to be covered | No. of Lectures |
| I | Introduction to Human Development <ul style="list-style-type: none"> • Concept and History of Human Development • Scope of Child Development • Principles of Growth and Development. • Concept of heredity and environment. Factors affecting heredity and environment in development. | 08 |
| II | Prenatal Development, Birth Process and care in Infancy: <ul style="list-style-type: none"> • Prenatal Development – stages, factors affecting, diagnostics techniques. • Birth Process - Stages of birth Process, Types of delivery • Immediate care of newborn, types of feeding - natural and artificial, weaning, immunization schedule, Common childhood illness | 08 |
| III | Development during Infancy (0-1 year): <ul style="list-style-type: none"> • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development | 08 |
| IV | Development in Early Childhood Period (3 - 6 Years) <ul style="list-style-type: none"> • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development | 08 |
| V | Late Childhood period (6-12 Years) <ul style="list-style-type: none"> • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development | 08 |
| Total | | 40 |

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SEMESTER – I

MIC-1

Food and Nutrition

Course Outcomes:

CO1: Obtain knowledge on food groups and its nutritional composition

CO2: Understand the concept of balanced diets and meal planning

CO3: Understand the role and functions of nutrients, its composition , requirements and the effect of Deficiency and excess

CO4: Describe different methods of cooking and ways to prevent nutrient losses.

| MIC-1 Food and Nutrition | | |
|---------------------------------|--|------------------------|
| Theory: 2 credits | | |
| Unit | Topics to be covered | No. of Lectures |
| I | Introduction to Food and Nutrition - Definition and terms used in Food and Nutrition - Functions of food - Food pyramids - Concept of balanced diet - Malnutrition:- Types, causes, symptoms and treatment , - Meal planning–steps in meal planning, factors affecting meal planning for a family | 6 |
| II | Basic Concepts, classification, composition and nutritive value of different Food Groups: - - Cereals and cereal products - Pulses and legumes - Fruits and vegetables - Salt, sugar and jaggery - Nuts, oils and oil seeds - Milk and milk products - Eggs, meat, poultry and fish - Spices and condiments -importance and functional properties | 6 |
| III | Definition, classification, dietary sources, functions, clinical signs and symptoms of deficiency diseases and excess of: - Macronutrients (Carbohydrate, Protein & Fat) - Micro nutrients (Minerals and Vitamins - Water and fibre | 6 |
| IV | Types, advantages and disadvantages of Cooking methods. 1 Moist heat methods –boiling, simmering, steaming, and Pressure cooking 2 Dry heat methods – baking, Microwave 3 Fat as a medium for Coking-shallow and deep fat frying | 2 |
| Total | | 20 |

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MDC -1

SEMESTER -1
NGO Management

Course Outcomes:

CO1: Describe and represent concept of NGO

CO2: Illustrate Start up of NGO

CO3: Know management of NGO and learn the importance of resource mobilization and documentation

CO4: Write proposal and know the art of planning, implementing and evaluating strategy.

| NGO Management (Theory: 1credit + Practical 2 credits) | | |
|---|--|----------------|
| Unit | Topics to be covered | No. of classes |
| 1 | Concept of NGO: Meaning of NGO and GO, Difference between Government Organizations and NGO, Characteristics of good NGO, Structure of NGO, Functions of NGO, Advantages of NGO | 04 |
| 2 | Starting of NGO: Steps for starting NGO, Registration of NGO, Selection of Personnel, Training of Personnel, Identifying Funding agencies, Resource Mobilization. | 03 |
| 3 | Problems of NGO: Training, Recruitment, Funding, Resource Mobilization, Documentation | 03 |
| | Practical: Proposal writing under NGO Planning, implementation and Evaluation strategy under NGO, Documentation, PR in NGO. Visit to an existing NGO and prepare a report about the functioning of the NGO | 20 |
| | TOTAL | 30 |

Reading List

1. S. Chandra, (2003). Guidelines for NGO Management in India. Kanishka Distributors, New Delhi
2. D. Lewis, (2001). Management of Non Governmental Development Organization, 2nd Edition, Routledge, Newyork.
3. A. Abraham, (2003). Formation and Management of NGOs, 3rd Edition. Universal Law Publishing Co. Pvt Ltd., New Delhi.

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SEMESTER -II

MDC -II

Basics of Interior Design and Hospitality Management

Course Outcomes:

- CO1:** Understand the objectives of design and recognize the elements and principles of design and their applications.
- CO2:** Demonstrate competency in interior designing.
- CO3:** Understand the significance of hospitality industry.
- CO4:** Demonstrate competency in the use of design fundamentals as principal tools in establishing design criteria and developing the overall design process.

| MDC- II Basics of Interior Design and Hospitality Management (Theory: 3 credits) | | |
|---|--|---------------------|
| Unit | Topics to be covered | No. of hours |
| 1 | Introduction to foundation of art and design; Objectives of design - Beauty, Functionalism and Expressiveness; Types of Design - Structural and decorative (Naturalistic, stylized, abstract and geometric); Modern and traditional design | 08 |
| 2 | Introduction to Elements and Principles of Design: Elements of design - Line, Shape and form, Space, Pattern, Texture, Light, Color; Principles of design - Balance, Harmony, Scale, Proportion, Rhythm, Emphasis | 08 |
| 3 | Introduction to components of Interior Design: Surface in Interior - wall finishes, floor finishes, ceiling finishes; Types of Furniture and furnishings; Flower arrangements | 08 |
| 4 | Introduction to Hospitality Industry: Importance & functions of housekeeping department in hospitality industry; Functions and management of Food Service Department | 06 |
| TOTAL | | 30 |

Practical Record: A Project File

Reading List

1. Andrews, S., (1982). Hotel Front Office Training Manual. Tata McGraw Hill Publishing Co. Ltd, New Delhi.
2. Andrews, S. (2000). Food and Beverage Management. Tata McGraw Hill Publishing Co. Ltd, New Delhi.
3. A. K. Bhatia, (1983). Tourism Development: Principles and Practices, 2nd Edition. Stealing Publishing Co., (Unit I-VII, IX), New Delhi.
4. Andrew, Sudhir (1985). Hotel Housekeeping - Training Manual. Tata McGraw-Hill Publishing Co. Ltd., New Delhi.
5. Botter and Lockart (1961). Design for you. John Wiley & Sons Inc., New York.
6. Bhatt, Pranav and Goenka, Shanita (1990). The Foundation of Art and Design. Lakhani book Depot, Bombay.
7. Duncan, Miller (1949). Interior Decoration. London, The Publications, New York

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LIST OF SKILL ENHANCEMENT COURSES (SEC)

| SL. NO. | Course Title | LTP Distribution of the Course | | | Total Credits: | Total Marks = 100 |
|---------|--|--------------------------------------|---|---|-------------------|--|
| | | L | T | P | | |
| 1 | Advance Spreadsheet Tools | 1 | 0 | 3 | 3 | End-Term Appraisal : 70 Marks Internal Assessment: 30 Marks |
| 2 | Basic IT Tools | 1 | 0 | 3 | 3 | |
| 3 | Beginners Course to Calligraphy | 1 | 0 | 3 | 3 | |
| 4 | Big Data Analysis | 1 | 0 | 3 | 3 | |
| 5 | Business Communication | 1 | 0 | 3 | 3 | |
| 6 | Communication in Everyday life | 1 | 0 | 3 | 3 | |
| 7 | Communication in Professional Life | 1 | 0 | 3 | 3 | |
| 8 | Creative Writing | 1 | 0 | 3 | 3 | |
| 9 | Digital Marketing | 1 | 0 | 3 | 3 | |
| 10 | Graphic Design & Animation | 1 | 0 | 3 | 3 | |
| 11 | Introduction to Cloud Computing (AWS) | 1 | 0 | 3 | 3 | |
| 12 | Personal Financial Planning | 1 | 0 | 3 | 3 | |
| 13 | Personality Development & Communication | 1 | 0 | 3 | 3 | |
| 14 | Prospecting E-waste for sustainability | 1 | 0 | 3 | 3 | |
| 15 | Public Speaking in English Language & Leadership | 1 | 0 | 3 | 3 | |
| 16 | Statistical Software Package | 1 | 0 | 3 | 3 | |
| 17 | Sustainable Ecotourism & Entrepreneurship | 1 | 0 | 3 | 3 | |
| 18 | Visual Communication & Photography | 1 | 0 | 3 | 3 | |
| 19 | पटकथा लेखन | 1 | 0 | 3 | 3 | |
| 20 | रंगमंच | 1 | 0 | 3 | 3 | |
| 21 | रचनात्मक लेखन | 1 | 0 | 3 | 3 | |

Ramesh

Abhinav

Dr

Shruti

List of Value-Added Course (VAC)

| SL. No. | Course Title | LTP Distribution of the Course | | | Total Credits: | Total Marks = 100 |
|---------|--|--------------------------------------|---|---|-------------------|--|
| | | L | T | P | | |
| 1 | Art of Being Happy | 1 | 0 | 3 | 3 | <div style="display: flex; flex-direction: column; align-items: center; justify-content: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">End -Term Appraisal : 70 Marks</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">Internal Assessment: 30 Marks</div> </div> |
| 2 | Ayurveda & Nutrition | 1 | 0 | 3 | 3 | |
| 3 | Constitutional Values & Fundamental Duties | 1 | 0 | 3 | 3 | |
| 4 | Culture & Communication | 1 | 0 | 3 | 3 | |
| 5 | Digital Empowerment | 1 | 0 | 3 | 3 | |
| 6 | Ecology & Literature | 1 | 0 | 3 | 3 | |
| 7 | Emotional Intelligence | 1 | 0 | 3 | 3 | |
| 8 | Ethics and Culture | 1 | 0 | 3 | 3 | |
| 9 | Ethics & Values in Ancient Indian Tradition | 1 | 0 | 3 | 3 | |
| 10 | Financial Literacy | 1 | 0 | 3 | 3 | |
| 11 | Fit India | 1 | 0 | 3 | 3 | |
| 12 | Gandhi & Education | 1 | 0 | 3 | 3 | |
| 13 | Panchakosha: Holistic Development of Personality | 1 | 0 | 3 | 3 | |
| 14 | Social & Emotional Learning | 1 | 0 | 3 | 3 | |
| 15 | Sports for life | 1 | 0 | 3 | 3 | |
| 16 | Swach Bharat | 1 | 0 | 3 | 3 | |
| 17 | Vedic Mathematics | 1 | 0 | 3 | 3 | |
| 18 | Yoga Philosophy & Practice | 1 | 0 | 3 | 3 | |
| 19 | भारतीय भक्ति परम्परा और मानव मूल्य | 1 | 0 | 3 | 3 | |
| 20 | सृजनात्मक लेखन के आयाग | 1 | 0 | 3 | 3 | |


