

FACULTY OF SCIENCES

SYLLABUS

of

B.Sc. Home Science (Semester I & II)

(Under Continuous Evaluation System)

(12+3 System of Education)



Session: 2018-2019

The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

**PROGRAMME SPECIFIC OUTCOMES FOR B. Sc. HOME SCIENCE
(Session 2018-2019)**

Upon successful completion of this Programme, students will be able to:

PSO (1) - To develop holistic understanding about various fields of Home Science including Family Resource Management, Foods and Nutrition, Human Development and Family Relations, Clothing and Textiles

PSO (2) - To understand the fundamentals of house planning, kitchens, laws and terminology used in building of house, kitchen equipments and their applications.

PSO (3) - To develop understanding about developmental stages from infancy to old age and insight into different areas of human development including physical, motor, cognitive, social and emotional development.

PSO (4) - To gain knowledge about different diseases, therapeutic nutrition, food preservation and safety, role of dietician in feeding of patients.

PSO (5) - To develop deep understanding of conversion of textiles fibres into fabric undergoing various spinning, weaving, and finishing techniques.

PSO (6) – To demonstrate skill in using various surface ornamentation techniques as such as dyeing , printing and embroidery as well as garment design and construction.

PSO (7) – To develop Capacity to serve as dietician , child and family counsellors, designers, food therapies, and in many more community services. PSO (8) – Capable of oral and written communication.

Scheme of Studies and Examination
B.Sc. Home Science
(Session 2018-2019)

Semester I							
Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BHSL- 1421/ BHSL- 1031/ BHSL-1431	Punjabi Compulsory/ *Basic Punjabi/ **Punjab History and Culture	C	50	40	-	10	3
BHSL-1102	Communication skills in English	C	50	40	-	10	3
BHSL- 1283	Introduction to Human Development	C	50	40	-	10	3
BHSM-1284	Applied Art	C	100	60	20	20	3+3
BHSM-1285	Basic Food and Nutrition	C	100	60	20	20	3+3
BHSL-1286	Hygiene	C	50	40	-	10	3
BHSM-1127	Computer Basics	C	100	50	30	20	3+3
AECD-1161	***Drug Abuse: Problem, Management and Prevention (Compulsory)	AECC	50	40	-	10	3
SECF-1492	***Foundation Programme	VBCC	25	20	-	5	
Total			500				

*Special paper in lieu of Punjabi (Compulsory)

**Special paper in lieu of Punjabi (Compulsory) for those who are not domicile of Punjab.

*****Marks of these papers will not be added in total marks and only grades will be provided.**

Scheme of Studies and Examination

B.Sc. Home Science

(Session 2018-2019)

Semester II							
Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BHSL- 2421/ BHSL- 2031/ BHSL-2431	Punjabi Compulsory/ *Basic Punjabi/ **Punjab History and Culture	C	50	40	-	10	3
BHSM-2102	Communication skills in English	C	50	25	15	10	3+3
BHSL- 2283	Family and Social Welfare	C	50	40	-	10	3
BHSL- 2284	Elementary Physiology	C	50	40	-	10	3
BHSM- 2285	Introduction to Family Resource Management	C	100	60	20	20	3+3
BHSM-2286	Advanced Food and Nutrition	C	100	60	20	20	3+3
BHSM-2127	Applied Computer	C	100	50	30	20	3+3
AECD-2161	***Drug Abuse: Problem, Management and Prevention (Compulsory)	AECC	50	40	-	10	3
SECM-2502	***Moral Education Programme	VBCC	25	20	-	5	1
Total			500				

*Special paper in lieu of Punjabi (Compulsory)

**Special paper in lieu of Punjabi (Compulsory) for those who are not domicile of Punjab.

*****Marks of these papers will not be added in total marks and only grades will be provided.**

C-Compulsory

AECC- Ability Enhancement Compulsory Course

VBCC- Value Based Compulsory Course

B.Sc. Home Science (Semester – I)

Session 2018-19

B.A. (JMC) / B.Sc. (FD) / B.Sc. (Home Science) / BCA/B.Sc(IT)/ B.Sc. (BT)

Semester I

Punjabi (Compulsory)

Course Code-BJML/BFDL/BHSL/BCAL/BITL/BBTL-1421

COURSE OUTCOMES

CO1: ਆਤਮ ਅਨਾਤਮ' ਪੁਸਤਕ ਦੇ ਕਵਿਤਾ ਭਾਗ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਵਿਤਾ ਪ੍ਰਤੀ ਦਿਲਚਸਪੀ, ਸੂਝ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਤਾਂ ਕਿ ਉਹ ਆਧੁਨਿਕ ਦੌਰ ਵਿਚ ਚੱਲ ਰਹੀਆਂ ਕਾਵਿ ਧਾਰਾਵਾਂ ਅਤੇ ਕਵੀਆਂ ਬਾਰੇ ਗਿਆਨ ਹਾਸਿਲ ਕਰ ਸਕਣ।

CO2: ਇਸ ਦਾ ਹੋਰ ਮਨੋਰਥ ਕਵਿਤਾ ਦੀ ਵਿਆਖਿਆ, ਵਿਸ਼ਲੇਸ਼ਣ ਤੇ ਮੁਲੰਕਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਤੋਂ ਜਾਣੂ ਕਰਾਉਣਾ ਵੀ ਹੈ ਤਾਂ ਕਿ ਉਹ ਸਮਕਾਲੀ ਸਮਾਜ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਸਮਝ ਸਕਣ ਅਤੇ ਆਲੋਚਨਾਤਮਕ ਦ੍ਰਿਸ਼ਟੀ ਬਣਾ ਸਕਣ।

CO3: ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ ਸੰਗ੍ਰਹਿ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨ ਇਤਿਹਾਸ ਤੋਂ ਜਾਣੂ ਕਰਵਾਉਣਾ ਹੈ।

CO4: ਪੈਰਾ ਰਚਨਾ ਅਤੇ ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO5: ਧੁਨੀ ਵਿਉਂਤ ਪੜ੍ਹਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਧੁਨੀਆਂ ਦੀ ਉਚਾਰਨ ਪ੍ਰਣਾਲੀ ਤੋਂ ਵਾਕਫ਼ ਹੋਣਗੇ।

CO6: ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ - ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

B.Sc. Home Science (Semester – I)

Session 2018-19

B.A. (JMC) / B.Sc. (FD) / B.Sc. (Home Science) / BCA/B.Sc. (IT)/ B.Sc. (BT)

Semester I

Punjabi (Compulsory)

Course Code- BJML/BFDL/BHSL/BCAL/BITL/BBTL-1421

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks: 50

Theory : 40

CA: 10

ਪਾਠ ਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਆਤਮ ਅਨਾਤਮ (ਕਵਿਤਾ ਭਾਗ), (ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ
ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

()

08 ਅੰਕ

ਯੂਨਿਟ-II

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ ਸੰਗ੍ਰਹਿ) ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ, ਪੰਜਾਬੀ ਸਾਹਿਤ
ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 1 ਤੋਂ 6)

(, -)

08 ਅੰਕ

ਯੂਨਿਟ-III

() ਪੈਰਾ ਰਚਨਾ

() ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ।

08 ਅੰਕ

ਯੂਨਿਟ-IV

(ੳ) ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਉਚਾਰਨ ਅੰਗ, ਉਚਾਰਨ ਸਥਾਨ ਤੇ ਵਿਧੀਆਂ, ਸਵਰ, ਵਿਅੰਜਨ, ਸੁਰ-ਪ੍ਰਬੰਧ।

(ਅ) ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ : ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪਭਾਸ਼ਾ ਦਾ ਅੰਤਰ, ਪੰਜਾਬੀ
ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ ਪਛਾਣ ਚਿੰਨ੍ਹ।

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਯੂਨਿਟ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ
ਜਾਣਗੇ ਹਰ ਯੂਨਿਟ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਯੂਨਿਟ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ।
ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਯੂਨਿਟ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵਧ ਤੋਂ ਵਧ ਚਾਰ

ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

B.Sc. Home Science (Semester – I)

Session 2018-19

**B.A. / B.Sc. (Medical) / B.Sc. (Non Medical) / B.Sc. (Computer Science) / B.Sc. (Economics) / B.Com. / BBA/ B.A. (JMC) / B.Sc. (FD) / B.Sc. (Home Science) / BCA/B.Sc(IT)/ B.Sc. (BT)/B.Sc(Hons.)Agriculture/B.A(Hons.)In English
SEMESTER-I**

ਮੁੱਢਲੀ ਪੰਜਾਬੀ

(In lieu of Compulsory Punjabi)

COURSE CODE- BARL/BSML/BSNL/BCSL/BECL/BCRL/BBRL/BJML/BFDL/BHSL
/BCAL/BITL/BBTL/BOEL/BACL-1031

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks: 50

Theory: 40,

CA: 10

ਪਾਠ ਕ੍ਰਮ

ਯੂਨਿਟ-I

ਪੈਂਤੀ ਅਖਰੀ, ਅਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤ੍ਰਵਾਂ (ਮੁਢਲੀ ਜਾਣ ਪਛਾਣ) ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿਪੀ, ਅਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ। 08ਅੰਕ

ਯੂਨਿਟ-II

ਪੰਜਾਬੀ ਸ਼ਬਦ ਬਣਤਰ : ਮੁਢਲੀ ਜਾਣ ਪਛਾਣ (ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ) 08ਅੰਕ

ਯੂਨਿਟ-III

ਨਿਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ। 08ਅੰਕ

ਯੂਨਿਟ-IV

ਹਫ਼ਤੇ ਦੇ ਸਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ।

08ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਯੂਨਿਟ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ ਟੁਕ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ ਜ਼ਰੂਰ ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਯੂਨਿਟ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।

2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਅੱਠ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵਧ ਤੋਂ ਵਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

B.Sc. Home Science (Semester – I)

(Session 2018- 2019)

SEMESTER-I

Punjab History & Culture (From Earliest Times to C. 320)

(Special Paper in lieu of Punjabi compulsory)

Course Code: BHSL -1431

Time: 3 Hours

Max. Marks: 50

Theory: 40

CA: 10

Instructions for the Paper Setters

Eight questions of equal marks (8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit -I

1. Physical features of the Punjab and impact on history.
2. Sources of the ancient history of Punjab

Unit- II

3. Harappan Civilization: Town planning; social, economic and religious life of the IndiaValley People.
4. The Indo-Aryans: Original home and settlement in Punjab.

Unit -III

5. Social, Religious and Economic life during later *Rig* Vedic Age.
6. Social, Religious and Economic life during later Vedic Age.

Unit -IV

7. Teaching and impact of Buddhism
8. Jainism in the Punjab

Suggested Readings

1. L. Joshi (ed): *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed); *History of Punjab*, Vol. I, Patiala 1977.
3. Budha Parkash : *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
COMMUNICATION SKILLS IN ENGLISH
(Theory)
COURSE CODE: BHSL-1102

COURSE OUTCOMES

After passing this course the student will develop the following Skills:

C01: Reading skills that will facilitate them to become an efficient reader.

C02: The ability to realise not only language productivity but also the pleasure of being able to articulate well.

C03: The power to analyse, interpret and infer the ideas in the text.

C04: The ability to have a comprehensive understanding of the ideas in the text and enhance their critical thinking.

C05: Writing skills of students which will make them proficient enough to express ideas in clear and grammatically correct English.

C06: Ability to plan, organise and present ideas coherently on a given topic.

C07: The skill to use an appropriate style and format in writing letters (formal and informal).

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
COMMUNICATION SKILLS IN ENGLISH
COURSE CODE: BHSL-1102

Time: 3 Hours

Max. Marks: 50

Theory: 40

C.A.: 10

CONTENTS

UNIT-I

Reading Skills: Reading Tactics and strategies; Reading purposes–kinds of purposes and associated comprehension; Reading for direct meanings.

UNIT-II

Reading for understanding concepts, details, coherence, logical progression and meanings of phrases/ expressions.

Activities:

- Comprehension questions in multiple choice format
- Short comprehension questions based on content and development of ideas

UNIT-III

Writing Skills: Guidelines for effective writing; writing styles for application, personal letter, official/ business letter.

Activities

- Formatting personal and business letters.
- Organising the details in a sequential order

UNIT-IV

Resume memo, notices etc.; outline and revision.

Activities:

- Converting a biographical note into a sequenced resume or vice-versa
- Ordering and sub-dividing the contents while making notes.
- Writing notices for circulation/ boards

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.
3. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education 2009.
4. *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).
5. *English Grammar in Use: A Self Study Reference and Practice Book Intermediate Learners Book* by Raymond Murphy, Cambridge University Press.

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections and distribution of marks will be as under:

The question paper will be divided into four sections:

UNIT-I: The question of theoretical nature will be set from UNIT-I of the syllabus with internal choice and it will consist of 8 marks.

UNIT-II: Two comprehension passages will be given to the students based on the UNIT-II and the candidates will have to attempt one carrying 8 marks.

UNIT-III: Two questions will be given based on the topics given in the UNIT-III and the candidates will have to attempt one carrying 8 marks.

UNIT-IV: One out of the two questions will have to be attempted by the candidates based on the topics given in UNIT-IV of the syllabus. It will carry 8 marks.

Important Note:

The candidate will have to attempt five questions in all selecting one from each section of the question paper and the fifth question may be attempted from any of the four sections.

(8 x 5 = 40 marks)

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
INTRODUCTION TO HUMAN DEVELOPMENT
(Theory)
COURSE CODE: BHSL-1283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO (1) – To develop knowledge about the history and scope of human development.
- CO (2) – To gain understanding about the principles of development.
- CO (3) – To understand the factors affecting growth and development, learning and maturation.
- CO (4) – To understand the importance of fertilization.
- CO (5) – To gain knowledge about the symptoms, care and complication of pregnancy.
- CO (6) – To identify the factors affecting prenatal development.
- CO (7) - To gain knowledge about the care of new born.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
INTRODUCTION TO HUMAN DEVELOPMENT
(Theory)
COURSE CODE: BHSL-1283

Time:3 Hrs

Max. Marks: 50
Theory: 40
CA: 10

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENTS

Unit-I

Introduction to the field of Human development.

- Definition
- Scope and opportunities.
- Brief historical perspective.

Growth and development

- Definition
- Principles of Development
- Factors affecting growth & development, heredity, environment, learning and maturation.
- General Characteristics of various stages of Human life.

Unit- II

Pre-natal Development

- Definition
- Importance of Fertilization
- Stages of prenatal development.
- Time Table of prenatal development.
- Factors affecting prenatal development.
- Hazards during prenatal development.
- Symptoms of pregnancy.
- Care & Complication during Pregnancy.

Unit-III

Birth of a Baby

- Birth Process
- Complications during birth.
- Types of Delivery.
- Preterm babies – Characteristics and care

New born.

- Reflexes of a new born.
- Characteristics of new-born.
- Breast feeding & weaning.
- Immunization schedule of new born.

Unit – IV

Care of the new born

- Equipments for nursery
- Bathing of child
- Sleeping schedules & making beds.
- Sterilization of feeders & other equipments.

Psychological aspects of parenthood.

- Psychological fatigue after birth symptom and care
- Role of father during pregnancy & after birth

REFERENCES:

1. Child Development by Laura E Berk
2. Child Development by Rajamal P. Devdas
3. Human Development by Grace J. Craig .s

B.Sc. Home Science (Semester – I)

(Session 2018-2019)

APPLIED ART

(Theory)

COURSE CODE: BHSM-1284

COURSE OUTCOMES

CO (1) - To understand the importance of art, its tools and techniques.

CO (2) - To gain knowledge about the types of elements of art- line, form, texture.

CO (3) – To understand the characteristics of colours.

CO (4) – To gain knowledge about the principles of design.

CO (5) - To identify the objectives of art , beauty, functionalism and expressiveness.

CO (6) – To gain knowledge about the materials used for Rangoli.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
Applied Art
(Theory)
COURSE CODE: BHSM-1284

Time: 3 Hrs.

Max. Marks: 100

Theory: 60

Practical:20

CA: 20

INSTRUCTIONS FOR THE PAPER SETTER

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENTS

Unit- I

Art Introduction

- Definition of Art, fine art & applied art
- Importance of Art
- Different art media like pencils colours crayons etc.
- Tools and techniques in art.

Elements of art

- Line: Types of Lines & their effect & optical illusion created by lines
- Form & shape- types & their use
- Texture- types & their use
- Color - use of Color
- Pattern, Light & space

Unit-II

Colour

- Source of colour, dimensions of colour characteristics of colours, emotional effects of colours, classification of colour according to pigment color system and color schemes.
- Optical illusion crated through colour

Principles of design

- Proportion & scale
- Balance
- Rhythm
- Emphasis
- Harmony

Unit-III

Objective of Art

a) Beauty b) Functionalism c) Expressiveness

Design & motif

- Natural, Geometrical, Stylized and abstract.
- Types of Design: Decorative and structural & their characteristics
- Enlargement & reduction in size of the design

Unit-IV

Rangoli

- Significance of Rangoli
- Rangoli in different states
- Materials used for Rangoli
- Points to be considered in Rangoli

REFERENCE BOOKS:

1. Family Resource Management & Health Science Rajwinder K. Randhawa, Pardeep Publications 2010.
2. Crafts & Drawing Book
3. The Art of flower Arrangement, Rekha Sareen

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
APPLIED ART
COURSE CODE: BHSM-1284
(Practical)

COURSE OUTCOMES

CO (1) - To enable them to draw rangoli designs for different occasions – Diwali, Exhibition Hall, Child's birthday.

CO (2) – To gain knowledge about different colour schemes and use them in design.

CO (3) – To enable them to make articles of fabric painting, glass painting, greeting card.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
Applied Art
(Practical)
COURSE CODE: BHSM-1284

Time: 3 Hrs.

Max. Marks: 20

Practical:

1. Drawing different types of lines and their use
2. Draw different types of shapes & form and draw any object using this form and do pencil shading
3. Make a design through motif.
4. Enlarge any design in size.
5. Draw Rangoli designs for different occasions-Diwali, Exhibition Hall, Entrance, Grahparvesh, and Childs Birthday and draw on floor & fill into colored material.
6. Make pigment color wheel.
7. Draw value scale and tone of primary and secondary colors.
8. Make colour schemes and use them in design.
9. Make different types of texture using different objects.
10. Calligraphy- makes any slogan on poster.
11. Make any flower with water color shading.
12. Make one simple landscaping using water shading technique
13. Make an article of each:
 - 1) Fabric Painting
 - 2) Glass painting
 - 3) Menu Card
 - 4) Collage work.
 - 5) Greeting card
 - 6) Flowers from paper and stockings
 - 7) Pot decoration

Note: Paper will be set on the spot by the examiner

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
BASIC FOOD & NUTRITION
COURSE CODE: BHSM-1285
(Theory)

COURSE OUTCOMES

CO (1) – To develop the knowledge about introduction to nutrition and storage methods of cereals, pulses, eggs, poultry, vegetables and fruit.

CO (2) – To distinguish between the different types of cooking methods- dry heat, moist heat, frying and microwave cooking.

CO (3) – to understand the knowledge about classification, functions and food sources, requirement, deficiencies of carbohydrates.

CO (4) – To develop the knowledge about classification. Food sources, functions and deficiencies of proteins, fats and oils.

CO (5) – To understand the knowledge about energy, food as a source of energy, the body need of energy.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
Basic Food & Nutrition
(Theory)
COURSE CODE: BHSM-1285

Time: 3 Hrs.

Max. Marks: 100

Theory: 60

Practical:20

CA: 20

Instructions for the Paper Setter:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENTS

Unit-I

Introduction to nutrition

Food as a sources of nutrients, functions of food, definition of nutrition, nutrients , adequate, optimum and good nutrition, malnutrition.

Brief introduction of food commodities, their types, selection.

Storage & Use: - cereals & pulses, eggs fish poultry, vegetable & fruit sugar, & mild, oil & ghee, spice & condiments.

Unit-II

Food Preparation

Basic terminology used in Cooking.

Different methods of cooking - Dry heat, moist heat, frying and microwave cooking.

Effect of cooking on nutritive value of food.

Unit-III

Carbohydrates - Composition, classification, functions, food sources, requirement, deficiencies.

Fats and Oils- Composition, Classification, Saturated, Unsaturated fatty acids, food sources, functions, requirement and deficiencies.

Protein - Composition, Classification, Essential and Non- essential amino acids, food Sources, functions, deficiencies.

Unit-IV

Energy

Unit of energy, food as a source of energy, energy value of food. The body need of energy.

Factors affecting energy requirement

1. Determination of energy value of foods using calorimeter
2. Specific Dynamic action
3. Basal Metabolism
4. Determination of basal metabolism
5. Factors affecting the BMR

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th ed. St. Louts, Times Mirror/MosbyCollege: 1988.
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.
3. Swaminathan S: Advanced text book on foods Nutrition, Vol. I, II (2nd ed. Revised &enlarged) B. app C-1985.
4. Willson, EVAD Principles of Nutrition 4thed New York John Willey & Sons. 1979.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
BASIC FOOD & NUTRITION
COURSE CODE: BHSM-1285
(Practical)

COURSE OUTCOMES

Co (1) – To identify the different food stuff, weight and measures and cooking.

CO (2) – To distinguish between different types of cooking methods.

CO (3) – To develop the knowledge about cleaning of kitchen equipments, utensils, floor and cupboard.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
Basic Food & Nutrition
(Practical)
COURSE CODE: BHSM-1285

Time: 3 Hrs.

Max. Marks: 20

PRACTICAL

- 1) Identification of different food stuffs, weight and measures and cooking terms.
- 2) Beverage- e.g. Hot and cold (Tea, Coffee, fruit and milk based, beverage) etc.
- 3) Prepare 5 dishes using following methods
 - (a) Boiling: Pulses, rice, soups, desserts, etc.
 - (b) Shallow Frying: Pancakes, snacks, etc.
 - (c) Deep Frying: Sweet and savoury snacks, main dishes, etc.
 - (d) Fermenting and Steaming: Idli, dosa, dhokla, etc.
- 4) Daily and occasional cleaning of kitchen equipments, utensils, counter, floor and cupboards.

Note: Paper will be set on the spot by the examiner

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
Hygiene
COURSE CODE: BHSL-1286
(Theory)

COURSE OUTCOMES

Co (1) – To develop the knowledge about health hygiene, personal hygiene and immunity with its type.

CO (2) – To understand the knowledge about disease caused by Typhoid, Jaundice, Cholera, Diarrhoea, Measles and mumps.

CO (3) – To understand the knowledge about disease caused by vectors malaria, dengue, modes of spread, incubation periods with its symptoms and prevention.

CO (4) – To develop the knowledge about disease caused by sexual contact HIV-AIDS and Eczema.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
Hygiene (Theory)
COURSE CODE: BHSL-1286

Time: 3 Hrs.

Max. Marks: 50

Theory: 40

CA: 10

INSTRUCTIONS FOR THE PAPER SETTER

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENT

Unit-I

Health & Hygiene

Definition of health Hygiene infection sources prevention, immunity & immunization
schedule Personal hygiene

Unit-II

Brief study of diseases cause mode of spread incubation period symptoms prevention & control.

Disease caused by ingestion Typhoid, Jaundice, cholera, Diarrhea and Dysentery & Food poisoning.

Diseases caused by inhalation Measles, mumps, and tuberculosis chickenpox.

Unit-III

Diseases caused by vectors Malaria Dengue.

Disease caused by sexual contact HIV, AIDS

Disease caused by contact- Eczema

Unit-IV

Water supply

a) Sources of contamination

b) Types of water

c) Purification of water at home

d) Modern Methods of purification of water (different types of filter – Aqua guard, R.O filter etc)

Reference Book:

1. Family resource management & Hygiene by Randhawa.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
COMPUTER BASICS
COURSE CODE: BHSM-1127
(Theory)

COURSE OUTCOME

CO (1) - To provide the Fundamental knowledge of Computer and its uses.

CO (2) - To work with Ms-Office.

CO (3) - To understand the basics and functioning of Internet.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
COMPUTER BASICS
(Theory)
COURSE CODE: BHSM-1127

Time=3 Hrs

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

Contents

Unit-I

Introduction to computer and its characteristic:

History of computers, Generations of Computers, Types of Computers, input devices, output devices, memory devices, software and its types, working with windows, features, desktop, using context menu, creating shortcut, working with dialog box, arranging windows, setting properties of desktop, transfer from CD,DVD. Pen Drive to Hard disk and vice versa, coping files.

Definition of Virus, Malware, Spyware and removal.

Unit-II

MS Word

- How to open MS word document from file and to exit from a document.
- How to edit a document.
- Formatting the whole Text in different fonts and sizes and colors.
- Inserting pictures from a file, inserting a Table or a chart.
- How to use Mail merge, how to copy one document or Text from one document to another.
- How to put headers and footers on a document.

Unit-III

MS-Power Point.

Presentation & its features, components, viewing a slide show using blank presentation adding text, saving, closing, opening the presentation, viewing presentation, normal view, Outline view, slide sorter view, slide show, creating a wizard using presentation, editing presentations, adding new slide, changing the new slides, editing text type, deleting the text object, interesting text boxes, formatting text, modifying slides, working with slide outlines,

moving objects , copying objects, searching text, replacing text, spell check, using clip art, word Art, auto shapes.

Unit-IV

Internet and E-mail:

What Internet Provides, Internet terms, Internet requirements, getting started Internet, Surfing Net, moving about the Web, E-Mail, its features, creating and E-Mail message, Reading Mail, replying mail, draft message, sending mail. Phishing and SPAM mail.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
Computer Basics
COURSE CODE: BHSM-1127
(Practical)

COURSE OUTCOME

CO (1) - To work with windows, MS office and to know the use of internet.

B.Sc. Home Science (Semester – I)
(Session 2018-2019)
Computer Basics
(Practical)
COURSE CODE: BHSM-1127

Time: 3 Hrs.

Max. Marks: 30

- Window Basics
- Internet Usage
- MS word
- MS Power Point

Note: Paper will be set on the spot by the examiner.

B.Sc. Home Science (Semester – I)
Session 2018-2019

DRUG ABUSE: Problem, Management and Prevention (Compulsory)

(THEORY)

Course Code: AECD-1161

Course Outcomes:

- CO1. This information can include factual data about what substance abuse is; warning signs of addiction; information about how alcohol and specific drugs affect the mind and body;
- CO2. How to be supportive during the detoxification and rehabilitation process.
- CO3. Main focus of substance abuse education is teaching individuals about drug and alcohol abuse and how to avoid, stop, or get help for substance use disorders.
- CO4. Substance abuse education is important for students alike; there are many misconceptions about commonly used legal and illegal substances, such as alcohol and marijuana.

B.Sc. Home Science (Semester – I)
Session 2018-19

DRUG ABUSE: Problem, Management and Prevention (Compulsory)
(THEORY)
Course Code: AECD-1161

Examination Time: 3Hrs

Total Marks: 50

Theory: 40

CA: 10

Instructions for the Paper Setter

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

1) Meaning of Drug Abuse: Concept and Overview, Historical Perspective of Drug Abuse, Drug Dependence, Drug Addiction, Physical and Psychological Dependence: Drug Tolerance and withdrawal symptoms.

UNIT-II

2) Types of Abused Drugs and their Effects -I

- 1) Stimulants: Amphetamines – Bensedrine, Dexedrine, Cocaine.
- 2) Depressants: Alcohol Barbiturates: Nembutal, Seconal, Phenobarbital and Rohypnol.
- 3) Narcotics: Heroin, Morphine, Oxycodone.

UNIT-III

4) Types of abused drugs and their effects - II

- 1) Hallucinogens: Cannabis, Marijuana, Hashish, Hash Oil, MDMA, LSD.
- 2) Steroids.

UNIT-IV

4) Nature and Extent of the Problem: Magnitude or prevalence of the menace of Drug Abuse in India and Punjab, Vulnerable groups by age, gender and economic status, Signs and Symptoms of Drug Abuse: Physical, Academic, Behavioural and Psychological Indicators.

Book References:

1. Ahuja, Ram (2003), Social Problems in India, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. The Drug Crime Connection. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) Drug epidemic among Indian Youth, New Delhi: Mittal Pub.
5. Modi, Ishwar and Modi, Shalini (1997) Drugs: Addiction and Prevention, Jaipur: Rawat Publication.
6. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
7. Sain, Bhim 1991, Drug Addiction Alcoholism, Smoking obscenity New Delhi: Mittal Publications.
8. Sandhu, Ranvinder Singh, 2009, Drug Addiction in Punjab: A Sociological Study. Amritsar: Guru Nanak Dev University.
9. Singh, Chandra Paul 2000. Alcohol and Dependence among Industrial Workers: Delhi: Shipra.
10. Sussman, S and Ames, S.L. (2008). Drug Abuse: Concepts, Prevention and Cessation, Cambridge University Press.

B.Sc. Home Science (Semester – I)

(Session 2018-2019)

FOUNDATION PROGRAMME

Course Title: Foundation Programme

Course Duration: 30 hours

Course intended for: Semester I students of undergraduate degree programmes of all streams.

Course Credits: 1

Course Code: SECF-1492

PURPOSE & AIM

This course has been designed to strengthen the intellectual foundation of all the new entrants in the college. One of the most common factors found in the students seeking admission in college after high school is the lack of an overall view of human history, knowledge of global issues, peaks of human intellect, social/political benchmarks and inventors & discoverers who have impacted human life. For a student, the process of transformation from school to college is full of apprehension and intimidation of the system. The Foundation Programme intends to bridge the gap between high school and college education and develop an intellectual readiness and base for acquiring higher education.

INSTRUCTIONAL OBJECTIVES

- to enable the students to realise their position in the whole saga of time and space
- to inculcate in them an appreciation of life, cultures and people across the globe
- to promote, in the students, an awareness of human intellectual history
- to make them responsible and humane world citizens so that they can carry forward the rich legacy of humanity

CURRICULUM

MODULE	TITLE	CONTACT HOURS
I	Introduction & Initial Assessment	2
II	The Human Story	3
III	<i>The Vedas, The Gita & Eastern Philosophy</i>	2.5
IV	<i>The Holy Bible & Genesis</i>	2.5
V	Woman: A Journey through the Ages	2.5
VI	Changing Paradigms in Society, Religion & Literature	2.5
VII	Makers of Modern India	2.5
VIII	Racism & Martin Luther King Jr.	2.5

IX	Modern World at a Glance: Political & Economic Perspective	2.5
X	Technology & Human Life	2.5
XI	The KMV Experience	2.5
XII	Final Assessment, Feedback & Closure	2.5

EXAMINATION

- **Total Marks: 25 (Final Exam: 20; Internal Assessment: 5)**

- Final Exam: multiple choice quiz. Marks – 20; Time: 1 hour

- Internal Assessment: 5 (Assessment: 3; Attendance:2)

Comparative assessment questions (medium length) in the beginning and close of the programme.
Marks: 3; Time: 0.5 hour each at the beginning and end.

- Total marks: 25 converted to grade for final result

- Grading system: 90% marks & above: A grade

80% - 89% marks : B grade

70% - 79% marks : C grade

60% - 69% marks : D grade

50% - 59% marks : E grade

Below 50% marks : F grade (Fail - must give the exam again)

SYLLABUS

Module I **Being a Human: Introduction & Initial Assessment**

- Introduction to the programme
- Initial Assessment of the students through written answers to a couple of questions

Module 2 **The Human Story**

- Comprehensive overview of human intellectual growth right from the birth of human history
- The wisdom of the Ancients
- Dark Middle Ages
- Revolutionary Renaissance
- Progressive modern times
- Most momentous turning points, inventions and discoveries

Module 3 ***The Vedas, The Gita & The Indian Philosophy***

- Origin, teachings and significance of *The Vedas*
- Upanishads and Puranas
- Karma Theory of *The Bhagwad Gita*
- Main tenets of Buddhism & Jainism
- Teachings of Guru Granth Sahib

Module 4 ***The Holy Bible & Genesis***

- Book of Genesis: Creation and Fall
- Noah's Ark
- Moses & The Ten Commandments

- Christ and His teachings
- Christianity and the world

Module 5 Changing Paradigms in Society, Religion & Literature

- Renaissance: The Age of Rebirth
- Transformation in human thought
- Importance of humanism
- Geocentricism to heliocentricism
- Copernicus, Galileo, Columbus, Darwin and Saint Joan
- Empathy and Compassion

Module 6 Woman: A Journey through the Ages

- Status of women in pre-vedic times
- Women in ancient Greek and Roman civilizations
- Women in vedic and ancient India
- Status of women in the Muslim world
- Women in the modern world
- Crimes against women
- Women labour workforce participation
- Women in politics
- Status of women- our dream

Module 7 Makers of Modern India

- Early engagement of foreigners with India
- Education: The first step to modernization
- Railways: The lifeline of India
- Raja Ram Mohan Roy, Gandhi, Nehru, Vivekanand, Sardar Patel etc.
- Indira Gandhi, Mother Teresa, Homai Vyarawala etc.
- The Way Ahead

Module 8 Racism: Story of the West

- European beginnings of racism
- Racism in the USA - Jim Crow Laws
- Martin Luther King Jr. and the battle against racism
- Apartheid and Nelson Mandela
- Changing face of racism in the modern world

Module 9 Modern World at A Glance: Political & Economic Perspective

- Changing world order
- World War I & II
- UNO and The Commonwealth
- Nuclear Powers; Terrorism
- Economic Scenario: IMF, World Bank
- International Regional Economic Integration

Module 10 Technology and Human Life

- Impact of technology on modern life
- Technological gadgets and their role in our lives
- Technology and environment
- Consumerism and materialism
- Psychological and emotional consequences of technology
- Harmonising technology with ethics and humaneness

Module 11 The KMV Experience

- Historical Legacy of KMV
- Pioneering role in women emancipation and empowerment
- KMV Contribution in the Indian Freedom Struggle
- Moral, cultural and intellectual heritage of KMV
- Landmark achievements
- Innovative initiatives; international endeavours
- Vision, mission and focus
- Conduct guidelines for students

Module 12 Final Assessment, Feedback & Closure

- Final multiple choice quiz
- Assessment through the same questions asked in the beginning
- Feedback about the programme from the students
- Closure of the programme

PRESCRIBED READING

- *The Human Story* published by Dawn Publications

B.Sc. Home Science (Semester – II)

Session 2018-19

B.A. (JMC) / B.Sc. (FD) / B.Sc. (Home Science) / BCA/B.Sc(IT)/ B.Sc. (BT)
Semester II

Punjabi (Compulsory)

Course Code-BJML/BFDL/BHSL/BCAL/BITL/BBTL-2421

COURSE OUTCOMES

CO1: ਆਤਮ ਅਨਾਤਮ ਪੁਸਤਕ ਦੇ ਕਹਾਣੀ ਭਾਗ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਹਾਣੀ ਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਕਹਾਣੀ ਜਗਤ ਨਾਲ ਜੋੜਣਾ ਹੈ।

CO2: ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ ਸੰਗ੍ਰਹਿ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨ ਇਤਿਹਾਸ ਤੋਂ ਜਾਣੂ ਕਰਵਾਉਣਾ ਹੈ।

CO3: ਸੰਖੇਪ ਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਮੇਂ ਅਤੇ ਮਿਹਨਤ ਦੀ ਬੱਚਤ ਕਰਨ ਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO4: ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨ੍ਹਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO5: ਸ਼ਬਦ ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ ਪੜ੍ਹਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਇਸਦੇ ਮੁੱਢਲੇ ਸੰਕਲਪਾਂ ਨੂੰ ਆਧਾਰ ਬਣਾ ਕੇ ਇਹਨਾਂ ਸੰਕਲਪਾਂ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ।

CO6: ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ - ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

CO7: ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

B.Sc. Home Science (Semester – II)

Session 2018-19

B.A. (JMC) / B.Sc. (FD) / B.Sc. (Home Science) / BCA/B.Sc(IT)/ B.Sc. (BT)

Semester II

Punjabi (Compulsory)

Course Code-BJML/BFDL/BHSL/BCAL/BITL/BBTL-2421

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks: 50

Theory : 40

CA: 10

ਪਾਠ ਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਆਤਮ ਅਨਾਤਮ (ਕਹਾਣੀ ਭਾਗ), (ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

(- ,)

08 ਅੰਕ

ਯੂਨਿਟ-II

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ ਸੰਗ੍ਰਹਿ) ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ, ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 7 ਤੋਂ 12) (,)

08 ਅੰਕ

ਯੂਨਿਟ-III

() ਸ਼ਬਦ ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ : ਪਰਿਭਾਸ਼ਾ, ਮੁੱਢਲੇ ਸੰਕਲਪ

() ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ

08 ਅੰਕ

ਯੂਨਿਟ-IV

() ਸੰਖੇਪ ਰਚਨਾ

() ਮੁਹਾਵਰੇ ਅਤੇ ਅਖਾਣ

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵਧ ਤੋਂ ਵਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

B.Sc. Home Science (Semester – II)
Session 2018-19

B.A. / B.Sc. (Medical) / B.Sc. (Non Medical) / B.Sc. (Computer Science) / B.Sc. (Economics) / B.Com. / BBA/ B.A. (JMC) / B.Sc. (FD) / B.Sc. (Home Science) / BCA/B.Sc(IT)/ B.Sc. (BT)/B.Sc(Hons.)Agriculture/B.A(Hons.)In English

ਮੁੱਢਲੀ ਪੰਜਾਬੀ

(In lieu of Compulsory Punjabi)

COURSE CODE- BARL/BSML/BSNL/BCSL/BECL/BCRL/BBRL/BJML/BFDL/BHSL
/BCAL/BITL/BBTL/BOEL/BACL-2031

ਸਮਾਂ: 3 ਘੰਟੇ

Maximum Marks: 50

Theory : 40

CA: 10

ਪਾਠ ਕ੍ਰਮ

ਯੂਨਿਟ-I

ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ (ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਅਤੇ ਵਿਸਮਿਕ)

08 ਅੰਕ

ਯੂਨਿਟ-II

ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ : ਮੁਢਲੀ ਜਾਣ ਪਛਾਣ

(ੳ) ਸਾਧਾਰਨ ਵਾਕ, ਸੰਯੁਕਤ ਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

(ਅ) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

08 ਅੰਕ

ਯੂਨਿਟ III

ਪੈਰਾ ਰਚਨਾ

ਸੰਖੇਪ ਰਚਨਾ

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਚਿਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)

ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਯੂਨਿਟ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ ਾਣ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ ਜ਼ਰੂਰ ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਯੂਨਿਟ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵਧ ਤੋਂ ਵਧ ਚਾਰ ਉਪਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

B.Sc. Home Science (Semester – II)

Session 2018-19

**Punjab History & Culture (C. 320 to 1000A.D)
(Special Paper in lieu of Punjabi compulsory)**

Course Code: BHSL -2431

Time: 3 Hours

Max. Marks: 50

Theory: 40

CA: 10

Instructions for the Paper Setters

Eight questions of equal marks (8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

1. Punjab under Chandragupta Maurya and Ashoka.
2. The Kushans and their Contribution to the Punjab.

Unit -II

3. The Panjab under the Gupta Emperor.
4. The Punjab under the Vardhana Emperors

Unit-III

5. Political Developments 17th Century to 1000 A.D. (Survey of Political)
6. Socio-cultural History of Punjab from 7th to 1000 A.D.

Unit -IV

7. Development of languages and Literature.
8. Development of art & Architecture

Suggested Readings

1. L. Joshi (ed): *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed); *History of Punjab*, Vol.I, Patiala 1977.
3. Budha Parkash : *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
COMMUNICATION SKILLS IN ENGLISH
Course Code: BISM-2102

Theory

COURSE OUTCOMES

After passing this course the student will develop the following Skills:

CO1: Enhancement of listening skills with the help of listening exercises based on conversation, news and TV reports.

CO2: Improvement of speaking skills enabling them to converse in a specific situation.

CO3: Acquisition of knowledge of phonetics which will help them in learning about correct pronunciation as well as effective speaking.

CO4: The capability to present themselves well in a job interview.

CO5: The ability of Note-Taking to be able to distinguish the main points from the supporting details and the irrelevant information from the relevant one.

CO6: Speaking skills of the students enabling them to take active part in group discussion and present their own ideas.

CO7: The capability of narrating events and incidents in a logical sequence.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
COMMUNICATION SKILLS IN ENGLISH
Course Code: BHSM-2102

Time: 3 hours (Theory)
3 hours (Practical)

Max. Marks: 50
Theory: 25
Practical: 15
CA.: 10

CONTENTS:

UNIT-I

Listening Skills: Barriers to listening; effective listening skills; feedback skills.

Activities: Listening exercises – Listening to conversation, News and TV reports

UNIT-II

Attending telephone calls; note taking and note making.

Activities: Taking notes on a speech/lecture

UNIT-III

Speaking and Conversational Skills: Components of a meaningful and easy conversation; understanding the cue and making appropriate responses; forms of polite speech; asking and providing information on general topics.

Activities: 1) Making conversation and taking turns
2) Oral description or explanation of a common object, situation or concept

UNIT-IV

The study of sounds of English, stress
Situation based Conversation in English
Essentials of Spoken English

Activities: Giving Interviews

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education 2009.
3. *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).
4. *A Course in Phonetics and Spoken English* by J. Sethi and P.V. Dhamija, Phi Learning.

Instructions for the paper setters and distribution of marks:

The question paper will consist of four sections and distribution of marks will be as under:

The question paper will be divided into four sections.

UNIT-I: Two questions with internal choice will be set from UNIT-I of the syllabus and these questions will be theoretical in nature corresponding to the syllabus of Section-I. Each will carry 6 marks.

UNIT-II: Two questions with internal choice will be set from Unit-II of the syllabus. One will be theoretical and the second will be practical in nature. Each will carry 6 marks.

UNIT-III : Two questions with internal choice will be set from UNIT-III of the syllabus and these will be theoretical in nature. Each will carry 6 marks.

UNIT-IV: Two questions with internal choice will be set from UNIT-IV of the syllabus. One question will be theoretical in nature and the other will be practical in nature (based on phonetic transcription and stress). Each will carry 6 marks.

Important Note:

The candidate will have to attempt five questions in all selecting one from each section of the question paper and the fifth question may be attempted from any of the four sections.

(6 x 5 = 30 marks)

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
PRACTICAL / ORAL TESTING

Marks: 15

Course Contents:

1. Oral Presentation with/without audio visual aids.
2. Group Discussion.
3. Listening to any recorded or live material and asking oral questions for listening comprehension.

Questions:

1. Oral Presentation will be of 5 to 7 minutes duration. (Topic can be given in advance or it can be of student's own choice). Use of audio visual aids is desirable.
2. Group discussion comprising 8 to 10 students on a familiar topic. Time for each group will be 15 to 20 minutes.

Note: Oral test will be conducted by external examiner with the help of internal examiner.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
FAMILY AND SOCIAL WELFARE
COURSE CODE: BHSL-2283
(Theory)

COURSE OUTCOMES

Upon completion of this course the students will be able to CO

(1) - To develop awareness about family and social welfare

CO (2) - To develop understanding about meaning and types of adjustments.

Problems in adjustments and to overcome them.

CO (3) – To recognize the needs and importance of family plan

CO (5) - TO distinguish between the various types of parenting techniques.

CO (6) - To understand the role of family in socialization

CO (7)- To develop knowledge of family and child welfare programme.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
FAMILY AND SOCIAL WELFARE
(Theory)
COURSE CODE: BHSL-2283

Time=3 Hrs

Max. Marks: 50

Theory: 40

CA: 10

INSTRUCTIONS FOR THE PAPER SETTER

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENTS

Unit-I

Marriage.

- Meaning, Objectives , Types , Adjustments.
- Problems in adjustment.

Family

- Definition, Characteristics, Types, Functions, Changes in the world family, Characteristics of a modern family.
- Problems of family.
- Merits & demerits of Nuclear & Joint families.
- Factors disintegrating joint family.

Unit-II

Family Planning

- Need and importance of family planning
- Family planning methods and care.

Parenting techniques

- Authoritarian
- Permissive
- Disciplined

Unit-III

Role of family & Society in Socialization
Social welfare.

- Meaning of Social welfare.
- Social welfare as distinguished from social work, social service, social reform & social Action

Unit-IV

Family and child welfare

Social Welfare agencies involved in family & child welfare • ICDS

- Balwadi
- Anganwadi
- All India women's conference
- Local organization official & non-official involved in social welfare

Awareness of current laws related to women & child welfare.

References:

1. E. Wilson, Everett E and Convener, Merrill B, The field of social work, Henry Holt and Company, New York 1958.
2. Nagpaul, Hans, the study of India society, sociological analysis of social welfare and welfare education, S. Chand and Co Pvt Ltd, New Delhi, 1972.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
ELEMENTRY PHYSIOLOGY
COURSE CODE: BHSL-2284
(Theory)

COURSE OUTCOMES

CO (1) – To develop h knowledge of human cell, their functions and different organs like skin, tissues.

CO (2) – To develop the elementary knowledge of functions of cardiovascular system.

CO (3) – To develop the elementary knowledge of structure and functions of urinary system.

CO (4) – TO understand the elementary Knowledge of structure and functions of male and female reproductive organs.

CO (5) – To develop the elementary knowledge of location and functions of endocrine glands and structure and functioning of brain.

B.Sc. Home Science (Semester – II)

(Session 2018-2019)

ELEMENTRY PHYSIOLOGY

(Theory)

COURSE CODE: BHSL-2284

Time: 3 Hrs.

Max. Marks: 50

Theory: 40

CA: 10

Instructions for the Paper Setter:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENT

Unit-I

Physiology elementary knowledge of structure of cell, tissue and organ,
Skin Elementary knowledge of structure and function of digestive system

- Digestion of carbohydrates protein & fats

Unit-II

Elementary knowledge of structure and function of cardiovascular system blood composition and function & blood vessels

- Blood groups and RH factor.
- Heart structure & function
- Basic Knowledge of blood pressure & heart beat.

Elementary knowledge of structure and function of respiratory system Structure and function lungs

Unit-III

Elementary knowledge of structure and function of urinary system Structure & function of nephron & formation of Urine

Elementary Knowledge of structure and function of male and female reproductive organs Menstrual cycle

Unit-IV

Elementary knowledge of location and function of endocrine glands present in body Elementary knowledge of structure & function of Brain.

Reference Books

- 1) Text book of Biology for 10+2 students (NCERT)
- 2) Family Resource Management and Health science Rajwinder K Randhawa Pardeep Publications.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
INTRODUCTION TO FAMILY RESOURCE MANAGEMENT
COURSE CODE: BHSM-2285
(Theory)

COURSE OUTCOMES

- CO (1) - To know about Resources and there types and to understand how to manage these resources in our daily life.
- CO (2) - Understands the basic steps in decision making process and how to resolve the conflicts in family.
- CO (3) - The students will be Capable of managing any resource with its process and to know the role of communication in effective management.
- CO (4) - Understand the basic management of specific resource and work simplification.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
INTRODUCTION TO FAMILY RESOURCE MANAGEMENT
(Theory)
COURSE CODE: BHSM-2285

Time: 3 Hrs.

Max. Marks: 100

Theory: 60

Practical: 20

CA: 20

INSTRUCTIONS FOR THE PAPER SETTER

- Question paper will have four units.
- Examiner will set a total of 8 questions comprising two questions from each unit.
- Students are required to attempt five questions in all, choosing one question from each unit and fifth question from any unit. Question can have sub unit.
- All question carry equal marks.

CONTENT

Unit-I

Introduction to family resource management

- Definition and importance of family resource Management.
- Challenges of family resource management.
- Family life cycle and its effect on management of resources.
- Managerial responsibilities of families.
- Major Motivating forces-Values, Goals, Standards, Needs and Wants.

Resources.

- Definition and classification of resources.
- Characteristics of resources.
- Factors affecting the use of resources.

Unit-II

Decision Making Process

- Steps in Decision making process.
- Factors affecting Decision Making.
- Problem solving through resolving conflicts.

Management process

- Planning
- Organizing
- Supervising
- Controlling
- Evaluation
- Role of communication in effective management

- Application of management process in resource utilization.

Unit-III

Management of specific resources

- Money management – types of income and steps in money management (budgeting), methods of handling money.
- Importance of saving & investment.
- Time management -tools of time management , steps of making time plans
- Energy management-concepts of energy cost of various household activities.
- Fatigue – types ,causes ,effects and remedies • Steps in reducing energy costs.

Unit-IV

Work simplification

- Interrelationship of time and energy.
- Techniques of studying work -pathway, process & operation chart.
- General principles (Mendel's classes of change of work simplification)

Ergonomics

- Definition and importance
- Disciplines involved in ergonomics
- Use of ergonomics.

REFERENCES:

1. Gross, I.H; Crandall, E.W and Knoll .M.M Management for modern families, sterlingPublishers, New Delhi, 1967.
2. Nickell, P; Dorsey, J.N. Management in Family living, John Willy and sons Inc, NewYork, 1975.
3. Fire baugh & Deacon-Home management concepts and contents.
4. Randhawa, Rajwinder K; Family Resource Management and Health Science, PardeepPublication, Jalandhar, 2009.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)

INTRODUCTION TO FAMILY RESOURCE MANAGEMENT
COURSE CODE: BHSM – 2285 (Practical)

COURSE OUTCOMES

CO (1) – At the end of this course the student will be able to make budget or process chart or time plans.

CO (2) – This course gives an overview of various table setting.

CO (3) - Understand the use of waste materials to make a utility article.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
INTRODUCTION TO FAMILY RESOURCE MANAGEMENT
(Practical)
COURSE CODE: BHSM - 2285

Time- 3 Hrs

Total Marks: 20

PRACTICAL

1. Planning of budget for different income groups.
2. Preparing time plans of working and non-working homemakers.
3. Simplify any household task using pathway, process & operation chart.
4. Table setting for different meals- Formal, Informal and Buffet and Napkin folding.
5. Make any utility article that will be judged by the external examiner.

(Note: Paper will be set on the spot by the examiner).

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
ADVANCED FOOD & NUTRITION
COURSE CODE: BHSM-2286
(Theory)

COURSE OUTCOMES

CO (1):- To develop the knowledge to classify different functions and requirements of fat soluble vitamin and water soluble vitamin.

CO (2):- To identify the bio-availability, requirement and deficiency of different vitamins.

CO (3):- To develop the knowledge of food preservation, food spoilage and principle of food preservation.

CO (4):- To develop the knowledge of food adulteration and standards, toxic effects of food adulteration.

CO (5):- To develop the knowledge of food hygiene in purchasing, preparation, cooking and serving of food.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
ADVANCED FOOD & NUTRITION
(THEORY)
COURSE CODE: BHSM-2286

Time-3 hrs

Max. Marks: 100

Theory: 60

Practical: 20

CA: 20

Instructions for the Paper Setter:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENTS

Unit-I

Vitamin- Classification, unit of measurements sources, requirements functions and Deficiency and Toxicities of following vitamins.

(a) Fat Soluble vitamins A, D, E and K

(b) Water Soluble vitamins- C, B1-B2, B3, B6, B12 and Folic acid.

Mineral- Functions, Sources, Bio-availability requirement and deficiency/excess of following minerals calcium, iron, iodine, fluorine , Sodium, Potassium, Phosphorus, and Magnesium Importance of water in Nutrition.

Unit-II

Food Preservation

Importance and scope of food preservation.

Causes of food spoilage.

Principles of food preservation.

Household Methods of food preservation.

Unit-III

Food adulteration and standards

Definition.

Common adulterants & their test in different food stuffs.

Toxic Effects of food adulteration.

Food standards.

Unit-IV

Food hygiene

Purchasing

Preparation

Cooking

Serving

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
ADVANCED FOOD & NUTRITION
COURSE CODE: BHSM-2286
(Practical)

COURSE OUTCOMES OF

CO1:- To develop knowledge about different nutrients.

CO2:- To develop knowledge about therapeutic diets.

CO3:- To enhance the cooking skills with absorbing more nutrients.

CO4:- To develop knowledge about different food groups.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
ADVANCED FOOD & NUTRITION
(Practical)
COURSE CODE: BHSM-2286

Time-3 hrs

Max. Marks: 20

PRACTICAL

- (1) Prepare 5 dishes using following methods
- a) Baking- e.g. Cakes & Biscuits, Continental dishes etc.
 - b) Grilling- e.g. Pizza and variation of sandwiches, grilled and tandori snacks etc.
 - c) Sprouting
- (2) Preservation - Pickles, Chutney, Jam & Squashes.

Note: Paper will be set on the spot by the examiner

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
APPLIED COMPUTER
COURSE CODE: BHSM-2127
(Theory)

COURSE OUTCOMES

CO (1) - To learn computer application for data
manipulation CO (2) - To explore information on internet

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
APPLIED COMPUTER
(Theory)
COURSE CODE: BHSM-2127

Time: 3 Hrs.

Max. Marks: 100
Theory: 50
Practical: 30
CA: 20

Instructions for the Paper Setter:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENTS

Unit-I

Microsoft excel

Workbook worksheet spreadsheet working with Microsoft excel work book entering data editing cell contents Inserting and deleting rows column cell) using auto-fill, creating list formatting data in excel formulas in excel

Unit-II

Microsoft Access

Meaning of data base crating table entering records in table detailing table, modifying table filed, linking table queries form reports adding graphs to report

Unit-III

Internet

Introduction to internet, searching information on internet

Unit-IV

Multimedia & its applications

Introduction to Multimedia and its usage, CD player, record sound, using scanner, Fax, Web Camera.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
APPLIED COMPUTER
COURSE CODE: BHSM-2127
(Practical)

COURSE OUTCOME

- CO (1) - To Learn and implement working with Microsoft excel
- CO (2) - To use various tools and commands while searching on internet.
- CO (3) - To develop knowledge regarding various multimedia and its uses.

B.Sc. Home Science (Semester – II)
(Session 2018-2019)
APPLIED COMPUTER
(Practical)
COURSE CODE: BHSM-2127

Time: 3 Hrs.

Max. Marks: 30

- 1) Microsoft Excel
- 2) Microsoft Access
- 3) Searching on Internet
- 4) Multimedia Usage
- 5) Project to Create simple (10 design using coral draw)

REFERENCE BOOKS

- 1) Window based computing Hemant Kapila Dinesh Publication
- 2) Computer fundamental Rashpal Singh Kalayani Publication
- 3) Computers fundamentals P.K Sinha Preeti Sinha, B.P.B Publication

Note: Paper will be set on the spot by the examiner.

B.Sc. Home Science (Semester – II)
(Session 2020-21)
DRUG ABUSE: Problem, Management and Prevention (Compulsory)
(THEORY)

COURSE CODE: AECD-2161

COURSE OUTCOMES:

- **CO1:** This information can include factual data about what substance abuse is; warning signs of addiction; information about how alcohol and specific drugs affect the mind and body;
- **CO2:** How to be supportive during the detoxification and rehabilitation process.
- **CO3:** Main focus of substance abuse education is teaching individuals about drug and alcohol abuse and how to avoid, stop, or get help for substance use disorders.
- **CO4:** Substance abuse education is important for students alike; there are many misconceptions about commonly used legal and illegal substances, such as alcohol and marijuana.

B.Sc. Home Science (Semester – II)
(Session 2018-19)
DRUG ABUSE: Problem, Management and Prevention (Compulsory)
(THEORY)

COURSE CODE: AECD-2161

Examination Time: 3Hrs

Total Marks: 50

Theory: 40

CA: 10

Instructions for the Examiner

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

1) Consequences of Drug Abuse for:

- 1) Individual – Education, employment and income issues.
- 2) Family – Violence
- 3) Society – Crime.
- 4) Nation – Law and order problem

UNIT-II

2) Management of Drug abuse:

- 1) Medical Management: Medication for treatment and to reduce withdrawal effects, Drug De-addiction clinics, Relapse management.
- 2) Psycho-Social Management: Counselling, family and group therapy, behavioural and cognitive therapy, Environmental Intervention.

UNIT-III

3) Prevention of Drug Abuse:

- 1) Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.
- 2) School, Counselling, Teacher as role-model. Parent-Teacher-Health Professional Coordination, Random testing on students.

UNIT-IV

4) Awareness of drug abuse

- 1) Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program.
- 2) Legislation: NDPs act, statutory warnings, policing of borders, checking supply/

smuggling of drugs, strict enforcement of laws, time bound trial.

Book References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
6. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
7. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
8. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
9. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
10. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.

B.Sc. Home Science (Semester – II)
(Session 2018-19)

Session 2018-19 Course

Title: Moral Education Programme

Course Duration: 30 hrs

Course Intended for: II Sem students of all streams

Course Objectives:

- To sensitize students about the role and importance of human values and ethics in personal, social and professional life.
- To enable students to understand and appreciate ethical concerns relevant to modern lives.
- To prepare a foundation for appearing in various competitive examinations.
- To sensitize the students about the current issues and events of national and international importance.
- To highlight plausible implications of ethical human conduct , trustful and mutually fulfilling human behaviour and mutually enriching interaction with nature .

Course Contents:

- Introduction to Moral Education
- Need , content and purpose
- Vedic values
- Character building

The Self and You

- Understanding the Self –Self-awareness, fighting the five evils (lust, anger, attachment, ego and greed), Self growth.
- Personal ethics
- Aspiration v/s ambition, self- seeking v/s selflessness
- Physical and mental health

The Family and You

- Importance of family- the basic unit of human interaction.
- Generation gap
- Relationship with siblings and elders

The Society and You

- Social responsibility · Our rights and duties
- Civic sense
- Opposite sex relations
- Globalization and IT boom – cell phone menace
- Peer pressure
- Gender issues

The Nation and You

- International peace and brotherhood
- Saving the environment
- Communal harmony, Tolerance, Understanding of Cultures
- Respect for Martyrs
- National Pride