

FACULTY OF SCIENCES

SYLLABUS

of

B.Sc. Home Science (Semester I - IV)

(Under Continuous Evaluation System)

(12+3 System of Education)



Session: 2019-2020

The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

**PROGRAMME SPECIFIC OUTCOMES FOR B. Sc. HOME SCIENCE
(Session 2019-2020)**

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.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE
PROGRAMME

B.Sc HOME SCIENCE 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)/ ¹ Basic Punjabi/ ² 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)	AC	50	40	-	10	3
SECF-1492	*Foundation Course	AC	25	20	-	5	
Total			500				

C : Compulsory

E: Elective

AC : Audit Course

1: Special paper in lieu of Punjabi (compulsory)

2: Special paper in lieu of Punjabi (compulsory) for those students who are not domicile of Punjab

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

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE
PROGRAMME

BACHELOR OF SCIENCE (Home Science)

(Session 2019-2020)

B.Sc. Home Science 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/ ¹ Basic Punjabi/ ² Punjab History And Culture (C.321 to 1000 A.D.)	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)	AC	50	40	-	10	3
SECM-2502	*Moral Education	AC	25	20	-	5	1
Total			500				

C : Compulsory

E: Elective

AC : Audit Course

¹: Special paper in lieu of Punjabi (compulsory)

²: Special paper in lieu of Punjabi (compulsory) for those students who are not domicile of Punjab

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

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE
PROGRAMME

BACHELOR OF SCIENCE (Home Science)
(Session 2019-2020)

B.Sc. HOME SCIENCE SEMESTER III							
Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BHSL-3281	Developmental Stages upto Childhood	C	50	40	-	10	3
BHSL-3172	Basic Concepts of Economics	C	50	40	-	10	3
BHSL-3393	Basic Physics	C	50	40	-	10	3
BHSL-3084	Basic Chemistry	C	50	40	-	10	3
BHSM-3285	Housing	C	100	60	20	20	3+3
BHSM-3286	Meal Management	C	100	60	20	20	3+3
BHSM-3287	Textile Science	C	100	60	20	20	3+3
AECE-3221	*Environmental Studies (Compulsory)	AC	100	60	20	20	3
SECP-3512	*Personality Development	AC	25	20	-	5	1
Total			500				

C: Compulsory

AC: Audit course

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

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE
PROGRAMME

BACHELOR OF SCIENCE (Home Science)

(Session 2019-2020)

Bachelor of Home Science							
Semester IV							
Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BHSL-4281	Developmental Stages till Old Age	C	50	40	-	10	3
BHSL-4172	Consumer Economics	C	50	40	-	10	3
BHSM-4283	Kitchen design & its Equipment	C	100	60	20	20	3+3
BHSM-4284	Quantity Food Production & Service	C	100	60	20	20	3+3
BHSM-4285	Traditional Embroideries, Textiles & Costumes of India	C	100	60	20	20	3+3
BHSM-4396	Applied Physics	C	50	30	10	10	3+3
BHSM-4087	Applied Chemistry	C	50	30	10	10	3+3
SECS -4522	*Social Outreach	AC	25	-	25		1
Total			500				

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

C-Compulsory

AC- Audit course

B.Sc. (Home Science): Sem-I
Session 2019-20

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, ਸੁਝ 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: ਪੈਰੂਾ ਰਚਨਾ ਅਤੇ ਪੈਰੂਾ 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 ਵਾਕਫ 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): Sem-I
SESSION 2019-20**

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, - ।

(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।

SESSION 2019-20

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

Course outcomes

CO1:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦੇ ਮੌਕੇ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ।

CO2:ਇਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਅਧਿਐਨ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO3:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਸ਼ਬਦ ਰਚਨਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO4:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ ਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO5:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲ ਕਰਨਾ ਹੈ।

CO6:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਵਿਚ ਹਫ਼ਤੇ ਦੇ ਸਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ਸਿਖਾਉਣਾ ਹੈ।

SESSION 2019-20

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। 08 ਅੰਕ

ਯੂਨਿਟ-IV

ਹਫਤੇ 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 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 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.A. / B.Sc. (Medical) / B.Sc. (Non Medical) / B.Sc (Hons) Maths/ B.Sc (Hons) Phy/ 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.A (Hons.)English/ B.Sc (Hons.) Agriculture/ B.Com (Hons.),B.Com (Financial Services) Three year degree course, B. Sc. IT (with Specialization in Data Science),Bachelor's in Hotel Management and Catering Technology (Four Year Degree Course)
Corse Code – BHSL-1431**

**Punjab History & Culture (From Earliest Times to C. 320)
(Special Paper in lieu of Punjabi compulsory)
Session 2019-20
SEMESTER-I
COURSE OUTCOMES**

After completing Semester I and course on Punjab History and Culture students of History will be able to identify and have a complete grasp on the sources & writings of Ancient Indian History of Punjab.

CO1: Identify and describe the emergence of earliest civilizations in: Indus Valley Civilization and Aryan Societies.

CO2: Identify and analyses the Buddhist, Jain and Hindu faith in the Punjab

CO3: Analyses the emergence of Early Aryans and Later Vedic Period, their Society, Culture, Polity and Economy

CO4: To make students understand the concepts of two faiths Jainism and Buddhism, its principles and their application and relevance in present times

**B.A. / B.Sc. (Medical) / B.Sc. (Non Medical) / B.Sc (Hons) Maths/ B.Sc (Hons) Phy/ 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.A (Hons.)English/ B.Sc (Hons.) Agriculture/ B.Com (Hons.),B.Com (Financial Services) Three year degree course,
B. Sc. IT (with Specialization in Data Science),Bachelor's in Hotel Management and Catering Technology (Four Year Degree Course)**

Session 2019-20
Punjab History & Culture (From Earliest Times to C. 320)
(Special Paper in lieu of Punjabi compulsory)

SEMESTER-I
Corse Code – BHSL-1431

Time: 3 Hours

Max. Marks: 50
Theory: 40
Continuous Assessment: 10

Instructions for the Paper Setters

The question paper will have 4 units, namely unit I, II, III and IV.

Question paper shall consist of four Units. Candidates shall attempt 5 questions in all, by at least selecting one question from each section and the 5th question may be attempted from any of the four units. Each question will carry 8 marks.

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 India Valley 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 early 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. BudhaParkash :*Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

B.Sc. (Home Science): Sem-I
Session 2019-20
COMMUNICATION SKILL IN ENGLISH
COURSE CODE :BHSL-1102

Course Outcomes:

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

CO 1: Reading skills that will facilitate them to become an efficient reader.

CO 2: The ability to realise not only language productivity but also the pleasure of being able to articulate well.

CO 3: The power to analyse, interpret and infer the ideas in the text.

CO 4: The ability to have a comprehensive understanding of the ideas in the text and enhance their critical thinking.

CO 5: Writing skills of students which will make them proficient enough to express ideas in clear and grammatically correct English.

CO 6: Ability to plan, organise and present ideas coherently on a given topic.

CO 7: The skill to use an appropriate style and format in writing letters (formal and informal.)

B.Sc. (Home Science): Sem-I
Session 2019-20
COMMUNICATION SKILL IN ENGLISH
COURSE CODE :BHSL-1102

Time: 3 Hours

M. Marks: 50
Theory: 40
CA: 10

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:

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

Section-B: 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.

Section-C: 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.

Section-D: 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)

The syllabus is divided in four units as mentioned below:

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.

B.Sc. Home Science (Semester – I)
(Session 2019-2020)
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 2019-2020)
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.
- Each question carry 8 Marks.

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 2019-2020)
APPLIED ART
(Theory)
COURSE CODE: BISM-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 2019-2020)
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.
- Each question carry 12 marks.

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 2019-2020)

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 2019-2020)
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 2019-2020)
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 2019-2020)
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.
- Each question carry 12 marks.

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 2019-2020)
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 2019-2020)
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 2019-2020)
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 2019-2020)

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.
- Each question carry 8 marks.

CONTENT

Unit-I

Health & Hygiene

- a) Definition of health Hygiene infection sources prevention, immunity & immunization schedule
- b) Personal hygiene

Unit-II

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

- a) Disease caused by ingestion Typhoid, Jaundice, cholera, Diarrhea and Dysentery & Food poisoning
- b) Diseases caused by inhalation Measles, mumps, and tuberculosis chickenpox.

Unit-III

- c) Diseases caused by vectors Malaria Dengue.
- d) Disease caused by sexual contact HIV, AIDS
- e) 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)
Course Code: BHSM - 1127
COMPUTER BASICS

(Theory)

Course Outcomes:

After passing this course the students will be able to:

CO1: understand the basics knowledge of Computer and its uses. CO2: find and evaluate information on the Web effectively.

CO3: learn the basics of e-mail, such as sending, forwarding and receiving mail, attaching documents, creating mailboxes, filters, and address books.

CO4: learn basic word processing skills such as text input formatting, editing, cut, copy, paste, spell check, margin, tab controls, keyboard shortcuts, printing, clipart, charts etc.

B.Sc. Home Science (Semester-I)
Session 2019-20
Course Code: BHSM - 1127
COMPUTER BASICS
(Theory)

Time:3Hrs

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

Instructions for Paper Setter -

Eight questions of equal marks are to 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 divided 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.

Objective: - To provide the Fundamental knowledge of Computer and its uses.

UNIT -I

Contents

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, copying 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.

Reference Books:-

- “Computer Fundamentals” by P.K. Sinha
- “Introduction to Computer” by Peter Norton
- “Windows based computer courses” by Gurvinder Singh & Rachhpal Singh
- “MS office”- BPB Publications
- “ Introduction to information technology” by Anshuman Sharma

B.Sc. Home Science
(Semester-I) Session 2019-20
COMPUTER BASICS (PRACTICAL)

Time: 3 Hrs.
Time: 2 hrs/ week

Max. Marks: 30

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

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

B.Sc. Home Science (Semester – I)
(Session 2019-2020)

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 2019-2020)
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 – Benzedrine, 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.

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
- Geocentrism to heliocentrism

- 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): Sem-II
Session 2019-20

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 ਸ਼ਾਮਿਲ 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 ਸ਼ਾਮਿਲ 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): Sem-II
Session 2019-20

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): Sem-II
Session 2019-20

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-II

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

Course outcomes

CO1:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦੇ ਮੌਕੇ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ।

CO2:ਇਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਅਧਿਐਨ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO3:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਸ਼ਬਦ ਰਚਨਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO4: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।

CO5:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲ ਕਰਨਾ ਹੈ।

CO6:ਵਿਦਿਆਰਥੀ ਵਾਕ ਦੀ ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਇਸਦੀ ਬਣਤਰ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ ਅਤੇ ਭਾਸ਼ਾ ਤੇ ਪਕੜ ਮਜ਼ਬੂਤ ਹੋਵੇਗੀ।

CO7:ਪੈਰਾ ਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨ੍ਹਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO8: ਸੰਖੇਪ ਰਚਨਾ ਕਰਨ ਨਾਲ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਗੱਲ ਨੂੰ ਸੰਖੇਪ ਵਿਚ ਕਹਿਣ ਦੀ ਜਾਚ ਸਿੱਖਣਗੇ ਅਤੇ ਇਹ ਦਿਮਾਗੀ ਕਸਰਤ ਵਿਚ ਸਹਾਈ ਹੋਵੇਗੀ।

CO9:ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ ਚਿੱਠੀ ਪੱਤਰ ਲਿਖਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਕਲਾ ਵਿਚ ਨਿਪੁੰਨ ਕਰਨਾ ਹੈ।

CO10: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): Sem-II
Session 2019-20

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-II

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 : ਮੁੱਢਲੀ 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

ਪੈਰ੍ਰਾ ਰਚਨਾ

ਸੰਖੇਪ ਰਚਨਾ

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਚਿੱਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)

ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪੇਪਰ ਸੈਟਰ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਯੂਨਿਟ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ ਹਰ ਯੂਨਿਟ 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 16 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

B.Sc. (Home Science): Sem-II
Session 2019-20

**B.A. / B.Sc. (Medical) / B.Sc. (Non Medical) / B.Sc (Hons) Maths/ B.Sc (Hons) Phy/ 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.A (Hons.)English/ B.Sc (Hons.) Agriculture/ B.Com (Hons.),B.Com (Financial Services) Three year degree course,
B. Sc. IT (with Specialization in Data Science),Bachelor's in Hotel Management and Catering Technology (Four Year Degree Course)**

Course Code- BHSL-2431

Punjab History & Culture (C. 321 to 1000 A.D)
(Special Paper in lieu of Punjabi compulsory)

COURSE OUTCOMES

After completing Semester II and course on Ancient History of Punjab, students of History will be able to identify and have a complete grasp on the sources & writings of Ancient History of Punjab

CO 1: Analyse the emergence of Mauryan, Gupta empires during the classical age in India

CO 2: To understand the various factors leading to rise and fall of empires and emergence of new dynasties and their Culture, society, administration , polity and religion specifically of Kushans and Vardhanas in the Punjab

CO 3: Students will be adept in constructing original historical argument based on primary source material research

CO 4: To have an insight on the existing Literature of this period and understand the past developments in the light of present scenario.

CO 5: To enable students to have thorough insight into the various forms/styles of Architecture and synthesis of Indo - Muslim Art and Architecture in Punjab

B.Sc. (Home Science): Sem-II
Session 2019-20

B.A. / B.Sc. (Medical) / B.Sc. (Non Medical) / B.Sc (Hons) Maths/ B.Sc (Hons) Phy/ 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.A (Hons.)English/ B.Sc (Hons.) Agriculture/ B.Com (Hons.),B.Com (Financial Services) Three year degree course, B. Sc. IT (with Specialization in Data Science),Bachelor's in Hotel Management and Catering Technology (Four Year Degree Course)

Course Code- BHSL-2431

FACULTY OF ARTS AND SOCIAL SCIENCES
KANYA MAHA VIDYALAYA, JALANDHAR
(Autonomous)
Punjab History & Culture (C. 321 to 1000 A.D.)
(Special Paper in lieu of Punjabi compulsory)

Time: 3 Hours

Max. Marks: 50

Theory: 40

Continuous Assessment: 10

Instructions for the Paper Setters

The question paper will have 4 units, namely unit I, II, III and IV.

Question paper shall consist of four Units.Candidates shall attempt 5 questions in all, by at least selecting one question from each unit and the 5th question may be attempted from any of the four units. Each question will carry 8 marks.

Unit-I

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

Unit -II

3. ThePanjab 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. BudhaParkash :*Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

B.Sc. (Home Science): Sem-II
Session 2019-20
COMMUNICATION SKILLS IN ENGLISH
COURSE CODE :BHSM–2102

Course Outcomes:

After passing this course the students will develop the following skills:

- CO 1:** Enhancement of listening skills with the help of listening exercises based on conversation, news and TV reports.
- CO 2:** Improvement of speaking skills enabling them to converse in a specific situation.
- CO 3:** Acquisition of knowledge of phonetics which will help them in learning about correct pronunciation as well as effective speaking.
- CO 4:** The capability to present themselves well in a job interview.
- CO 5:** 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.
- CO 6:** Speaking skills of the students enabling them to take active part in group discussion and present their own ideas.
- CO 7:** The capability of narrating events and incidents in a logical sequence

B.Sc. (Home Science): Sem-II
Session 2019-20
COMMUNICATION SKILLS IN ENGLISH
COURSE CODE :BHSM–2102

Examination Time: 3 Hrs

Max. Marks: 50
Theory:25
Practical: 15
CA:10
Pass Percentage: 35%

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:

Section-A: 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 5 marks.

Section-B: 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 5 marks.

Section-C: Two questions with internal choice will be set from Unit III of the syllabus and these will be theoretical in nature. Each will carry 5 marks.

Section-D: 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 5 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.
(5 x 5 = 25)

PRACTICAL / ORAL TESTING

Examination Time: 3 hours

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.

Course 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.

B.Sc. Home Science (Semester – II)
(Session 2019-2020)
FAMILY AND SOCIAL WELFARE
(Theory)
COURSE CODE: BHSL-2283

**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 2019-2020)
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.
- Each question carry 8 marks.

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 2019-2020)
ELEMENTRY PHYSIOLOGY
(Theory)
COURSE CODE: BHSL-2284

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 2019-2020)
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.
- Each question carry 8 marks.

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 2019-2020)
INTRODUCTION TO FAMILY RESOURCE MANAGEMENT
(Theory)
COURSE CODE: BHSM-2285

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 2019-2020)
INTRODUCTION TO FAMILY RESOURCE MANAGEMENT
(Theory)
COURSE CODE: BISM-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 units.
- All question carry equal marks.
- Each question carry 12 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 2019-2020)
INTRODUCTION TO FAMILY RESOURCE MANAGEMENT
(Practical)
COURSE CODE: BHSM – 2285

COURSE OUTCOMES

- CO (1) – At the end of this course the student will be able to make budget or process chart pr
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 2019-2020)
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 2019-2020)
ADVANCED FOOD & NUTRITION
(Theory)
COURSE CODE: BISM-2286

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 2019-2020)
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.
- Each question carry 12 marks.

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 2019-2020)
ADVANCED FOOD & NUTRITION
(Practical)
COURSE CODE: BISM-2286

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 2019-2020)
ADVANCED FOOD & NUTRITION
(Practical)
COURSE CODE: BISM-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 tandoori 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 2019-20
APPLIED COMPUTER
COURSE CODE: BHSM - 2127
(Theory)

COURSE OUTCOMES

After passing this course the students will able to:

CO1: use a spreadsheet software for data manipulation and data entry. Student will also be able to use worksheet formatting, functions and formulae.

CO2 :understand the management of database and query handling..

CO3: learn internet basics its working and the use of email.

CO4: understand various multimedia devices and its usage.

B.Sc. Home Science (Semester-II)
Session 2019-20
APPLIED COMPUTER
COURSE CODE: BISM - 2127
(Theory)

Time: 3 Hrs.

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

Pds- 3 pds/ week

INSTRUCTION FOR THE PAPER SETTER

- 1) Each theory paper will be 3 hrs duration
- 2) Questions paper should cover all the topics to the syllabus
- 3) There will be eight questions in all, the students are to attempt 5 questions (10 Marks each questions)
- 4) Questions are compulsory which contains short answer type questions:

OBJECTIVE

- 1) To lean computer application for data manipulation
- 2) To explore information on internet

CONTENTS

UNIT-I

Microsoft excel

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.

REFERENCE BOOKS

- Window based computing HemantKapila Dinesh Publication
- Computer fundamental Rashpal Singh Kalayani Publication
- Computers fundamentals P.K SinhaPreetiSinha, B.P.B Publication

B.Sc. Home Science (Semester-II)
Session 2019-20
APPLIED COMPUTER
COURSE CODE: BHSM - 2127
(Practical)

Time: 3 Hrs.

Max. Marks: 30

Pds- 3 pds/ week

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

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

B.Sc. Home Science (Semester – II)
(Session 2019-20)
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 2019-20)
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 2019-20)

Session 2019-20 Course

Title: Moral Education

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

B.Sc. Home Science (Semester-III)

SESSION: (2019-20)

DEVELOPMENTAL STAGES UPTO CHILDHOOD

(Theory)

COURSE CODE: BHSL- 3281

COURSE OUTCOMES

CO (1): To Understand developmental tasks from infancy to childhood

CO (2): To understand developmental stages from infancy to childhood

CO (3): To get insight into the different areas of development across the life span i.e. physical, motor, cognitive, language, social & emotional.

CO (4): To discuss the factors affecting development till childhood.

CO (5): To get insight into the concept of early childhood care and education.

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

DEVELOPMENTAL STAGES UPTO CHILDHOOD

(Theory)

COURSE CODE: BHSL- 3281

Time: 3 Hours

Total Marks: 50

Theory: 40

CA: 10

INSTRUCTION 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.
- Each question carry 8 marks.

CONTENT

UNIT-I

- Developmental tasks from infancy to childhood.

Domains of development from infancy to childhood and factors affecting and facilitating these developments

- Physical development
 - a) Body size
 - b) Skeletal growth
 - c) Cardio Vascular System
 - d) Brain and nervous system
 - e) Factors affecting physical development

UNIT-II

- Motor development
 - a) Sequence of motor development
 - b) Some motor skills of childhood
 - c) Factors affecting motor development and facilitating motor skills.
- Language development
 - (a) Stages of language development
 - (b) Factors affecting language development and facilitating language development
 - (c) Speech Defects

UNIT-III

- Psycho Social development from infancy to childhood
 - 1) Social development
 - a) Meaning of social development
 - b) Agencies of socialization

- c) Factors affecting socialization
- d) Play- its types and importance

Unit IV

- Emotional Development
 - a) Definition of emotion
 - b) Different childhood - emotions and their role in development of child
 - c) Characteristics of children's emotion
 - d) Factors affecting emotional development

Early childhood care and education

- a) Concepts, significance and programs.
- b) Infrastructure & curriculum planning for different age groups.

REFERENCE BOOK

- 1) Essentials of life span development, Johan W santrock Mcgraw Hill publishing company
- 2) Human Development Thomas L. Crandell MC Graw Hill Publishing Company
- 3) Human Development Paplia Mc Graw Hill Publishing company
- 4) Growth and development Hurlock E.B Tata, Mac Graw Hill Company
- 5) Child Development P. Rajamal & Devads Machmulitan India Ltd.
- 6) Nutrition and Child development Rajinder Randhawa Pardeep Publications.

B.Sc. (Home Science): Sem-III
Course Code: BHSL-3172
BASIC CONCEPTS OF ECONOMICS

Course Outcomes:

After passing this course students will be able to:

- CO1:** To understand some basic economic concepts
- CO2:** To understand the basic concepts of banking & different saving schemes
- CO3:** To give guidance regarding credit facilities.
- CO4:** To understand basic structure of markets in the economy.

B.Sc. Home Science (Semester-III)
Session 2019-20
Course Code: BHSL-3172
BASIC CONCEPTS OF ECONOMICS

Time: 3 Hours

M. 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

Basic Economic concepts :- Goods, wealth, economic and non economic activities, utility, Value and price ,Basic concepts in consumer economics.

Human wants and needs , Difference between desire, want, and need, hierarchy of need ,characteristics of needs, classification of wants, forces influencing wants.

UNIT-II

Production & Consumption-definition features, significance laws and their importance.

Basic Knowledge of market-definition, features and types of market, E- marketing.

UNIT-III

Consumer Credit : Definition and significance of credit , Need and basis of credit ,Sources of consumer credit, Legal credit instruments , Points to be considered while borrowing, Merits & demerits of credit .

UNIT-IV

Brief Knowledge of banking, insurance schemes, saving & investment.

Banking – Types of account, how to open an account , How to deposit and withdraw money by cheque & cash
Internet banking

Insurance-General and life insurance policies terms and conditions & advantages , Savings-Bank saving scheme, Post office saving schemes , Shares & debentures (only introduction) Taxation-Types of Taxes & how to calculate income tax & file income tax return.

REFERENCE BOOKS

- 1) Consumer Economics by Surinderjit Kaur R.K. Lakhi and Joginder Singh
- 2) Consumer Pattern in India B.D Gupta Tata Mcgraw Hill
- 3) Consumer Buying for better living Fitzrimmons C John willey & sons Inc.
- 4) Consumer Behaviors Schiffman Leon Prentice hall Pub.

**B.Sc. Home Science (Semester-III)
Session 2019-20**

**BASIC PHYSICS (Semester –III)
(Theory)
Course Code : BHSL-3393**

Time: 3 Hours

External Marks: 40

Internal Marks :10

Pass Marks: 14

Instructions for the Paper Setters:

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.

Course Outcome- After Completing this course the students will be able to

CO1: to understand the role of physics in working various household devices

CO2: to understand the natural phenomenon in our life.

CONTENTS

Unit-I

Measurements: SI units and their advantages, Dimensions of basic physical quantities, simple idea of velocity, relative velocity, angular velocity, acceleration, angular acceleration, centripetal acceleration, centrifugal acceleration.

Unit-II

Force and Motion. Work, Power and Energy. Types of Energies. Friction and its use in daily life. Simple Machines: Lever, Wheel, pulley, inclined plane, wedges, gears, and their applications like Scissors, tongs, egg beater cork opener.

Unit-III

Concept of Pressure, Fluid pressure, atmospheric pressure and its consequences. Lift pump, gas stove, syringe flush tank, vacuum cleaner. Archimedes Principle. Concept of surface tension and viscosity and their role in daily life.

Unit- IV-

Heat: Expansion in solids, transmission of heat- conduction, convection, radiation, heat conductors and insulators (examples only).

Books Recommended:

1. Avery House Physics.
2. Fundamentals of Physics Halliday Resnick, Walker.
3. N.C.E.R.T. Books of Physics For XI and XII

Bachelor of Science (Home Science) Semester-III
SESSION 2019-20
COURSE CODE: BHSL-3084
COURSE TITLE: Basic Chemistry (Theory)

Max Time: 3 Hrs.

Max. Marks: 50
(Theory: 40; CA: 10)

Instructions for the Paper Setters:

Eight questions of equal marks (8 each) 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

Symbols, formulae, valency, variable valency, elementary idea of mole concept, empirical formulae and molecular formulae, definition of atomic and molecular weight. Elementary idea about normality, molarity, molality and strength of solution.

Unit-II

Chemical equation and reaction parts, types, essentials, implications and limitations of chemical equation, balancing of equation hit trial method, exothermic, endothermic, catalytic and reversible reaction. Elementary idea about pH of water, hard water, its cause and type, heavy water with its uses.

Unit —III

Atomic structure, elementary idea of electron, proton, neutron arrangement of fundamental particles in an atom. Rutherford atomic model, atomic number, mass number, isotopes, isobars, Bohr's atomic model (postulates). Chemical bonding, definition of chemical bond, cause of chemical combination, types of chemical bonds, ionic bonds, covalent bond, coordinate bond, (definition and simple examples based on electron dot picture) example include H_2 , Cl_2 , O_2 , NH_3 , CH_4 , C_2H_2 , MgF_2 , CaO , NH_4^+ , H_3O^+

Unit- IV

Structure of fibers (Natural and synthetic).

Books recommended:

1. Cotton, F.A., Wilkinson, G., Gaus, P.L., Basic Inorganic Chemistry; 3rd edition, Pubs: John Wiley Sons. 1995.
2. Lee, J.D., Concise Inorganic Chemistry; 4th edition, Pubs: Chapman Hall Ltd., 1991.
3. Shriver, D.E., Alkins, P.W., Langford, C.H., Inorganic Chemistry; 4th edition, Oxford Publisher: Oxford University Press, 2006.
4. Douglas, B. McDamiel, D., Alexander, J., Concepts and Models of Inorganic Chemistry; 3rd edition, Pubs: John Wiley and Sons Inc., 1994.
5. Miessler, G.L., Larr, D.A., Inorganic Chemistry; 3rd edition, Pubs: Pearson Education Inc., 2004.
6. Jolly, W.L., Modern Inorganic Chemistry; 2nd edition, Pubs: McGraw-Hill Publishing Company Limited, 1991.

7. Purcell, K.F., Kotz, J.C., Inorganic Chemistry; Pubs: W.B. Saunders Company, 1977.
8. Puri, B.R., Sharma, L.R., Kalia, K.C., Principles of Inorganic Chemistry; 30th edition, Pubs: Milestones Publisher, 2006-07.
9. University General Chemistry, C.N.R. Rao, Macmillan.
10. Inorganic Chemistry, W.W. Porterfield Addison-Wesley.
11. Inorganic Chemistry, A.G. Sharpe, ELBS.

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

HOUSING

(Theory)

COURSE CODE: BHSM- 3285

COURSE OUTCOME

CO (1): To Understand house related concept.

CO (2): To discuss the selection and principles of house planning.

CO (3): To get insight into the building material used in construction of house.

CO (4): To discuss different housing financing agencies.

CO (5): To get insight into the concept of building by laws used for house construction and terminologies used in house construction

**B.Sc. Home Science (Semester-III)
SESSION: 2019-20**

HOUSING

(Theory)

COURSE CODE: BHSM- 3285

Time: 3 Hours

Max. Marks: 100

Theory: 60

Practical: 20

CA: 20

INSTRUCTION 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.
- Each question carry 12 marks.

CONTENT

UNIT-I

House & related concepts

Concept of House & home.

Functions of home.

Housing needs and factors affecting housing needs. Rented/ owned house/ house provided by public or private sector.

Type of houses, row, semidetached, detached, independent house, flats, apartment & multi-storeyed building.

UNIT-II

- Selection & principles of house planning

- Selection of Site , soil, locality and neighbourhood
- Principles of planning - Orientation, aspect, prospect, privacy, grouping, circulation, flexibility, roominess future requirement & practical considerations.
- Ventilation.
- Water supply, Drainage and drainage of rainwater, sewage system.
- Provision of light according to the need in different areas.
- Economy in house construction.

UNIT-III

- Building Materials used in construction of house
- Low cost, Eco friendly innovative building materials.
- Materials for foundation.
- Materials for walls & floors.
- Materials for electricity, sewerage & drainage.

UNIT-IV

- Housing financing agencies
- Various government and non-government agencies, general terms & conditions.
- Advantage and disadvantage of taking loan.
- Building by laws used for house construction & terminologies used.

REFERENCE BOOK

- 1) Randhawa, Rajwinder K family Resource Management and Health Science, Pardeep publication
- 2) Despande, R.S Modern Ideal Homes for India United book corporation
- 3) Agan Tessie M.S The house its plan & use Gulab primlani
- 4) Peett L.J thye, L.S, House hold equipment, Johan villey and sons inc. New York.
- 5) Indian Home Plans- Jain H.L.

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

HOUSING

(Practical)

COURSE CODE: BHSM- 3285

COURSE OUTCOME:

CO 1: To introduce house planning: symbols and terms.

CO 2: To draw different types of floor plans.

CO 3: To draw different type of house plans according to principles of planning.

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

HOUSING

(Practical)

COURSE CODE: BHSM- 3285

Time: 3 Hrs.

Max. Marks: 20

Note: Question paper will be set on the spot by the examiner.

Housing:

- 1) Symbols and common terms used for house planning
- 2) Types of floor-plans, elevation structural drawing and perspective view
- 3) Draw following house plan, considering in mind principle of planning
 - Row house- 100- 150 sq yard
 - Semi detached house 250-300 sq yard
 - Detached house- 500 sq yard and above
 - One room apartment
 - Flat
 - Double story house

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

MEAL MANAGEMENT

(Theory)

COURSE CODE: BHSM- 3286

COURSE OUTCOMES:-

CO (1): To understand the concept of recommended dietary allowances, food groups, exchange list and balanced diet.

CO (2): To discuss principal of meal planning and nutritional requirements of men and women with different conditions

CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.

CO (4): To understand the nutritional requirement during infancy.

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

MEAL MANAGEMENT

(Theory)

COURSE CODE: BHSM- 3286

Time: 3 Hours

Max. Marks: 100

Theory: 60

Practical: 20

CA: 20

INSTRUCTION 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.
- Each question carry 12 marks.

COURSE CONTENT:

Unit-I

- Balanced diet: Concept of Balanced Diet, Food Groups, Exchange Lists.
- Definition and Objectives of RDA, RDA for different age groups. (ICMR). Calorie consumption units in planning meals for a family.

Unit-II.

- Meal planning: Introduction and Principles of Meal planning.
- Nutritional requirement for adult male & female, Sedentary, moderate & heavy worker.

Unit-III

- Physiological changes and nutritional requirement during pregnancy and lactation.
- Physiological changes during old age and meeting their nutritional requirements.

Unit- IV

- Growth development, food habits and nutritional requirement of preschoolers, school going children & adolescent boy and girl.
- Growth & development and nutritional requirement during infancy breast feeding /vs bottle feeding and weaning.

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College : 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 4th Ed, New York John Willey & Sons. 1979.

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

MEAL MANAGEMENT

(Practical)

COURSE CODE: BHSM- 3286

COURSE OUTCOME:

CO (1): To understand the concept of Standardize Proportion Size.

CO (2): To discuss meal planning and nutritional requirements of men and women with different conditions

CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.

CO (4): To understand the nutritional requirement during infancy with their Calculations.

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

MEAL MANAGEMENT

(Practical)

COURSE CODE: BHSM- 3286

Time: 3 Hours

Max. Marks: 20

Note:

- Paper will be set on the spot by the examiner
- Planning of diet
- Cooking of 2 dishes from the diet plan
- Viva
- Files

1. Cook following dishes for different meals. Standardize portion size and calculate their nutritive value.

- Breakfast dishes- Stuffed Paranthas, Pancakes, Poha, Dalia etc.
- Lunch & Dinner dishes- Main Dishes- Dal, Channa, Rajmah, Koftas etc., Rice- Pulaos, Paneer dishes, Side dishes, Dry. Vegetables, Stuffed Vegetables etc. Dessert - Puddings, Kheer etc. Salads, Soups etc.
- Evening Sweet & Salty snacks - at least 5 each.

2. Plan balanced diet for the following age groups calculating calories, protein, one important vitamin and mineral as per requirement for the given age group.

- (a) Infancy-Weaning foods
- (b) pre-schooler
- (c) school going child.
- (d) adolescent girl and boy
- (e) adult male and female(sedentary moderate and heavy worker)
- (f) Pregnant and lactating Women
- (g) Geriatric

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

TEXTILE SCIENCE

(Theory)

COURSE CODE: BHSM- 3287

COURSE OUTCOME:-

CO (1). To get the concept of textile fibres and their classification and their properties.

CO (2). To discuss about origin, production and properties of different fibres.

CO (3). To get the insight of concept yarn and its classification.

CO (4). To understand different fabric construction techniques and their method.

CO (5) .To discuss different bleaches, finishes, dyeing and printing.

CO (6).To get the insight of concept laundering and care of textile fabrics.

B.Sc. Home Science (Semester-III)

SESSION: 2019-20

TEXTILE SCIENCE

(Theory)

COURSE CODE: BHSM- 3287

Time: 3 Hours

Max. Marks: 100

Theory: 60

Practical: 20

CA: 20

INSTRUCTION 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.
- Each question carry 12 marks.

CONTENTS

UNIT- I

- Introduction to textile fibres, classification of fibres based on length and source.
- Primary properties of textile fibres in relation to use for the consumer.
- Origin, Production and Properties of cotton, linen, rayon –viscose and cellulose acetate, Wool and silk, Nylon, polyester, acrylics and elastomeric fibres.

UNIT – II

Yarn manufacturing

- Classification of yarns carded and combed yarn, woollen and worsted yarns, filament and spun yarns.
- Types of yarns simple yarns, novelty yarns, textured yarns and their types & uses.
- Yarn twist

Fabric construction techniques

- Weaving Procedure (description of loom)
- Types: simple weave & its variations, twill, satin, novelty weaves and their types
- Characteristics of woven fabrics: on grain, off grain, thread count, balance cloth, selvedge.

Other Methods of fabric construction: Felting, Bonding

UNIT -III

Bleaches and finishes

- Types – oxidizing and reducing bleaches and their suitability
- Importance of finishes.
- Classification of finishing process on the basis of method of application, stability, types & purpose.
- Description of some important finishes: preparatory finishes- Brushing and shearing, scouring, degumming, desizing and bleaching
- Stabilizing finishes – Texturing, sanforizing, mercerization,
- Textural finishes – calendering, beetling, glazing, sizing, weighting, napping, moiring and embossing.
- Functional finishes- crease resistance, waterproof and water repellent, flame retardant and flame proof.

UNIT IV

Dyeing

- Types of dyes
- Method of dyeing - Home dyeing (simple) resist dying-tie & dye and batik.

Printing

- Techniques used in printing direct discharge and resist.
- Methods of printing block, stencil ,screen
- Machine Printing, roller, screen.

Laundering & care of textile fabrics

- Principles of washing
- Methods of washing of cotton wool, silk & synthetics, starches & blue
- Dry-cleaning principle & use.
- Storage of clothes.

Reference Books:

1. Randhawa Rajwinder K Clothing Textiles & Their care, pardeep publication.
2. Traditional Indian Textiles Gillow Jom Barnard Nicholas
3. Fundamentals of Textiles and their care sushela dantyagi
4. Household textile and laundry work durga Deulkar
5. Textile Fiber to fabric corbman Bernard
6. Textile, Hollen Nerma & Sadder Jane.
7. Clothing textiles & their care, Rajwinder K. Randhawa.

B.Sc. Home Science (Semester-III)
SESSION: 2019-20 TEXTILE SCIENCE

(Practical)
COURSE CODE: BHSM- 3287

COURSE OUTCOMES

CO 1: To make the students familiar with Fiber Identification wrt- Physical, burning, microscopic test.

CO 2 : To experiment with surface ornamentation techniques such as tie & dye , Block , screen and Stencil Printing

CO 3: To learn basic stain removal techniques used in daily life.

CO 4: To learn about informative labels on garments.

**B.Sc. Home Science (Semester-III)
SESSION: 2019-20**

TEXTILE SCIENCE

(Practical)

COURSE CODE: BHSM- 3287

Time: 3 Hrs.

Max. Marks: 20

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

1. Fiber Identification- Physical, burning, microscopic test.
2. Stain removal of basic stains- Tea coffee, Ball pen, ink, ghee & oil
haldi, Nail paint, Lipstick, Boot polish.
3. Make sample & an article of each:
 - a) Tie & Dye
 - b) Block, screen and stencil.
- 4). Make sample of weaves: 1) Plain 2) Twill 3) Satin
- 5) Collection of labels of different garment & samples of different weave.

**B.Sc. Home Science (Semester-III)
SESSION: 2019-20**

**B.sc(Hons.) Maths,B.ScPHYSICS,BBA,B.sc(Bio tech), B.Com(Regular ,B.Com(Hons.),B.sc
(IT),BCA,B.Sc(Medical)B.Sc(Non medical) ,B.Sc(Economics) B.Sc (Home science), B.Sc (Computer
science)**

Environmental studies (COMPULSORY PAPER)

**COURSE CODE: AECE-3221
(Theory)**

Time: 3Hrs.

Max. Marks: 60

Instructions for the Paper Setter:

The question paper should carry 60 marks.

The structure of the question paper being:

Part-A, Short answer pattern – 20 marks

Attempt any five questions out of seven. Each question carries 4 marks. Answer to each question should not exceed 2 pages

Part-B, Essay type with inbuilt choice – 40 marks

Attempt any five questions out of eight. Each question carries 8 marks. Answer to each question should not exceed 5 pages.

September

Unit 1

The multidisciplinary nature of environmental studies

Definition, scope and importance, Need for public awareness

October

Unit 2

Natural Resources: Renewable and non-renewable resources:

Natural resources and associated problems.

- (a) Forest resources: Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
- (b) Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.
- (c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- (d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
- (e) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources, case studies.
- (f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification.
 - Role of an individual in conservation of natural resources.
 - Equitable use of resources for sustainable lifestyles.

October

Unit 3

Ecosystems

- Concept of an ecosystem
- Structure and function of an ecosystem
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids

- Introduction, types, characteristic features, structure and function of the following ecosystem: Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

October unit 4

Biodiversity and its conservation

- Introduction – Definition: genetic, species and ecosystem diversity
- Biogeographical classification of India
- Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values
- Biodiversity at global, national and local levels
- India as a mega-diversity nation
- Hot-spots of biodiversity
- Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

November Unit 5

Environmental Pollution

Definition

- Causes, effects and control measures of Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Nuclear pollution
- Solid waste management: Causes, effects and control measures of urban and industrial wastes.
- Role of an individual in prevention of pollution
- Pollution case studies
- Disaster management: floods, earthquake, cyclone and landslides

November Unit 6

Social Issues and the Environment

- From unsustainable to sustainable development
- Urban problems and related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case studies.
- Environmental ethics: Issues and possible solutions
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation
- Consumerism and waste products
- Environmental Protection Act, 1986
- Air (Prevention and Control of Pollution) Act, 1981
- Water (Prevention and control of Pollution) Act, 1974
- Wildlife Protection Act

- Forest Conservation Act
- Issues involved in enforcement of environmental legislation
- Public awareness

November

Unit 7

Human Population and the Environment

- Population growth, variation among nations
- Population explosion – Family Welfare Programmes
- Environment and human health
- Human Rights
- Value Education
- HIV / AIDS
- Women and Child Welfare
- Role of Information Technology in Environment and Human Health
- Case Studies

Unit 8

Field Work

- Visit to a local area to document environmental assets river/forest/grassland/hill/mountain
- Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
- Study of common plants, insects, birds
- Study of simple ecosystems-pond, river, hill slopes, etc

**B.Sc. Home Science (Semester-III)
SESSION: 2019-20**

PERSONALITY DEVELOPMENT

Course Title: Personality Development

Nature of course: Audit Course (Value added)

Course duration: 30 hours

Course intended for: Sem. III students of all streams (UG Only)

Course credits: 2 (For Credit based Continuous Evaluation Grading System)

Course Code: SECP-3512

PURPOSE

To enhance holistic development of students and improve their employability skills.

INSTRUCTIONAL OBJECTIVES

- To re-engineer attitude and understand its influence on behaviour.
- To develop inter-personal skills and be an effective goal-oriented team player.
- To develop communication and problem solving skills.
- To develop professionals with idealistic, practical and moral values.

CURRICULUM

Course credits-2

Total Contact Hours-30

MODULE	TITLE	HOURS
1.	Positive Thinking & Attitude	2
2.	Self Analysis & Self Confidence	2
3.	Communication Skills	10
	<ul style="list-style-type: none">• Basic Communication Skills• Body Language• Interview Skills• Résumé Writing• Group Discussion• Telephone and E-mail etiquette• Public Speaking	
4.	Time Management	2
5.	Stress and Conflict Management	2
6.	Physical Fitness and Personal Grooming	2
7.	Appropriateness of Apparel	2
8.	Social Etiquette	2
9.	Decision Making process & Problem Solving Skills <ul style="list-style-type: none">• Leadership Skills• Goal Setting• Motivation	5
10.	Closure	1

Examination

1. Total marks of the course will be 25 (Final Examination: 20 Marks; Internal Assessment: 5Marks)
2. The pattern of the final examination will be multiple choice questions. 20 multiple choice type questions will be set. Each question will carry 1 mark (20 X 1 = 20). The student will have to attempt all the questions. Total time allotted will be 1 hour.
3. Internal Assessment will consist of Attendance: 2 Marks, Internal: 3 Marks.(Total Internal Assessment:5 Marks)

SYLLABUS

MODULE 1: Positive Thinking & Attitude

- Factors Influencing Attitude
- Essentials to develop Positive Attitude
- Challenges & Lessons from Attitude

MODULE 2: Self Analysis & Self Confidence

- Who am I
- Importance of Self Confidence
- SWOT Analysis

MODULE 3: Communication Skills

(i) Basic Communication Skills

- Speaking Skills
- Listening Skills
- Presentation Skills

(ii) Body Language

- Forms of Non-Verbal Communication
- Interpreting Body Language clues
- Effective use of Body Language

(iii) Interview Skills

- Type of Interviews
- Ensuring success in job interviews
- Appropriate use of Non-verbal Communication

(iv) Résumé Writing

- Features
- Different types of Résumés for Different Posts

(v) Group Discussion

- Differences between Group Discussion and Debate
- Importance of Group Discussion
- Group Decision

- Ensuring Success in Group Discussions

(vi) Telephone & E-mail Etiquette

- Telephone etiquette
- E-mail etiquette

(vii) Public Speaking

- Introductory Speech
- Informative Speech
- Persuasive Speech
- Extempore Session

MODULE 4: Time Management

- Importance of Time Management
- Values & Beliefs
- Goals and Benchmarks – The Ladders of Success
- Managing Projects and Commitments
- Prioritizing your To-do's
- Getting the results you need

MODULE 5: Stress & Conflict Management

- Introduction to Stress
- Types of Stressors
- Small Changes and Large Rewards
- Stress Prevention
- Overcoming Unhealthy Worry
- Stress at Home and Workplace
- Dealing with Frustration and Anger
- Stress reducing Exercises
- Understanding Conflicts
- Violent and Non-violent Conflicts
- Source of Conflict
- Structural and Cultural Violence

MODULE 6: Physical Fitness and Personal Grooming

- Fitness and Exercise
- Balanced & Healthy Diet
- Skin Care & Hair Care
- Make-up Skills

MODULE 7: Appropriateness of Apparel

- Apparel & Personality
- Psycho-social aspects of Apparel
- Style-tips for smart dressing & effective use of design elements

MODULE 8: Social Etiquette

- Civic Sense
- Workplace Skills
- Meeting and greeting people
- Table Setting and Table Manners

MODULE 9: Decision Making Process and Problem Solving Skills

- Anatomy of a Decision
- How to use Problem solving steps and Problem solving tools
- How to distinguish root causes from symptoms to identify right solution for right problems
- How to improve Problem solving and Decision making by identifying individual problem solving styles
- The Creative process for making decisions
- Tools to improve creativity
- Implementing the Decision – Wrap up

(i) Leadership Skills

- Handling Peer Pressure and Bullies
- Team Work
- Decision Making
- Taking initiatives

(ii) Goal Setting

- Wish List
- SMART Goals
- Blueprint for Success
- Short-term, Long-term, Life-term Goals

(iii) Motivation

- Factors of motivation
- Self Talk
- Intrinsic & Extrinsic Motivators

Books Recommended

1. Rossi, P. (2011). *Everyday Etiquette: How to navigate 101 common and uncommon social situations*. St Martins Pr.
2. Pietrzak, T., & Fraum, M. (2005). *Building career success skills*. ASTD Press.
3. Treffinger, D.J., Isaksen, S.G., & Brian, K. (2005). *Creative problem solving: An Introduction*.
4. Carr, A. (2004). *Positive Psychology: The science of happiness and human strengths*. Burnner- Routlrdge.
5. Oberg, B.C. (1994). *Speech craft: An Introduction to public speaking*. Meriwether Publishing.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

DEVELOPMENTAL STAGES TILL OLD AGE

(Theory)

COURSE CODE: BHSL-4281

COURSE OUTCOMES

CO (1): To understand developmental stages till old age.

CO (2): To discuss the factors affecting development till old age.

CO (3): To get insight into developmental task of different stage.

CO (4): To understand the roles of society and parents in developmental stages.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

DEVELOPMENTAL STAGES TILL OLD AGE

(Theory)

COURSE CODE: BHSL-4281

Time: 3 Hours

Max. Marks: 50

Theory: 40

CA: 10

INSTRUCTION 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.
- Each question carry 8 marks.

CONTENT

UNIT-I

Adolescence Puberty and related changes

Problems of adolescence

- Physical
- sexual
- social
- emotional
- Role of parents and teachers in helping them

UNIT-II

Adulthood

1. Young adulthood
 - a) Developmental tasks of adulthood
 - b) Parenthood and other roles in society
 - c) Parenting techniques

UNIT -III

2. Middle adulthood Midlife changes in both sexes
3. Late adulthood
 - a) Grand parenting

UNIT-IV

Old age

- a) Retirement – a change in status.
- b) Physical and psycho-social aspects of aging.

REFERENCE BOOK

- 1) Essentials of life span development, Johan W santrock Mcgraw Hill publishing company
- 2) Human Development Thomas L. Crandell MC Graw Hill Publishing Company
- 3) Human Development Paplia Mc Graw Hill Publishing company
- 4) Growth and development Hurlock E.B Tata, Mac Graw Hill Company
- 5) Child Development P. Rajamal & Devads Machmulitan India Ltd.
- 6) Nutrition and Child development Rajinder Randhawa Pardeep Publications.

B.Sc. Home Science (Sem-IV)

Course Code: BHSL-4172
CONSUMER ECONOMICS

Course Outcomes:

CO1: To train the students about their rights and responsibilities as consumer.

CO2: To aware the students about consumer protection and consumer legislation.

CO3: To demonstrate the understanding of advertisement functions.

B.Sc. (Home Science): Semester-IV
Session 2019-20
Course Code: BHSL-4172
CONSUMER ECONOMICS

Time: 3 Hours

M. 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

Consumer education and Protection
Need for consumer education
Process for consumer protection
Consumer legislation in India with special reference to consumer protection Act 1986
Consumerism-scope, utility and measures for strengthening consumer movement

UNIT-II

Consumer rights and guidance for wise purchase
Consumer rights & responsibilities
Fraud and business malpractices

UNIT-III

Grading, standardization and packaging
Definition and advantages, difference between grading and standardization.
Labelling-types & Labelling as guide to buying
Branding and its advantages, Packaging-its functions, advantages and problems with packaging

UNIT-IV

Advertisement :Objectives ,Reasons, advantages and mode of advertising
Entrepreneur and salesmanship: Meaning, Function & Qualities of an entrepreneur , Meaning, advantage and Qualities of an efficient salesman.

REFERENCE BOOKS

- 1) Consumer Economics by Surinderjit Kaur R.K. Lakhi and Joginder Singh
- 2) Consumer Pattern in India B.D Gupta Tata Mcgraw Hill
- 3) Consumer Buying for better living Fitzrimmons C John willey & sons Inc.
- 4) Consumer Behaviors Schiffman Leon Prentice hall Pub.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

KITCHEN DESIGN & ITS EQUIPMENT

(Theory)

COURSE CODE: BHSM-4283

COURSE OUTCOME:

CO (1). To understand about different type of kitchen, kitchen geometry and efficient kitchen planning.

CO (2). To discuss about selection and efficient use of different equipment, selection and care of household equipment.

CO (3). To understand the characteristics and care of different material example iron, steel, tin, copper etc

CO (4). To understand different finishes of household equipments.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

KITCHEN DESIGN & ITS EQUIPMENT

(Theory)

COURSE CODE: BHSM-4283

Time: 3 Hours

Max. Marks: 100

Theory: 60

Practical:20

CA: 20

INSTRUCTION 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.
- Each question carry 12 marks.

CONTENT

UNIT-I

Kitchen

- Types of kitchen
- Efficient kitchen planning
- Principles of planning
- Planning of efficient storage areas in the kitchen
- Kitchen Geometry-work heights and space dimensions for different areas.
- Lighting , ventilation & drainage.
- Material specifications for kitchen floors, walls, sink, ceiling & Platform.

UNIT-II

Equipment

- Classification
- Selection & efficient use of equipment.
- Selection, operation and care of household equipment--Toasters, mixer grinder, Juicer, food processor, oven and micro wave oven, Iron, Vacuum cleaner, washing machine, pressure cooker and dishwasher, cutlery.

UNIT-III

- General characteristics, suitability & care of different material used for equipment construction and surface finish Aluminum, Iron, Steel, Stainless steel, Galvanized Iron, Tin, Copper, brass, Nickel and chromium, monel, glass, earthenware and plastics.

UNIT-IV

Finishes & their suitability

- Classification
- Description of Porcelain Enamel, Synthetic baked Enamel, and Teflon coated non stick and surface finishes like copper claid, chromium, tin & Electroplated.

REFERENCE BOOKS

- 1) Randhawa, Rajwinder K family Resource Management and Health Science, Pardeep Publication
- 2) Despande, R.S Modern Ideal Homes for India United Book Corporation
- 3) Agan Tessie M.S The house its plan & use Gulab primlani
- 4) Peett L.J thye, L.S, House hold equipment, Johan Villey and Sons inc. New York.
- 5) Indian Home Plans- Jain H.L.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

KITCHEN DESIGN & ITS EQUIPMENT

(PRACTICAL)

COURSE CODE: BHSM-4283

COURSE OUTCOME:

CO 1: To draw different type of kitchens with colour scheme.

CO 2: To study the method and material used for cleaning of different utensils.

CO 3: To study the method and material used for cleaning of electrical equipments used in home.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

KITCHEN DESIGN & ITS EQUIPMENT

(Practical)

COURSE CODE: BHSM-4283

Time: 3 Hours

Max. Marks: 20

Note: Question paper will be set on the spot by the examiner.

1. Draw different types of kitchen
 - a) One wall b) Two wall c) L Shape d) U shape
2. Make elevation of L shape kitchen on wall & show colour scheme
3. Cleaning of Brass, aluminium, steel, glass, gold, silver and crockery.
4. Cleaning of window panes.
5. Cleaning of wood & leather.
6. Cleaning of refrigerator, mixer, cooking range, microwave etc.
7. Cleaning of kitchen counters, floor and cupboards.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

QUANTITY FOOD PRODUCTION & SERVICE

(Theory)

COURSE CODE: BHSM-4284

COURSE OUTCOME:

CO (1). To understand about different food services.

CO (2). To get the concept of menu planning and importance of personal hygiene of food handlers.

CO (3). To discuss about food management, food purchasing and preparation of different foods.

CO (4). To understand the effective use of leftover food, food production system and effect of cooking method on nutritional quality of food.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

QUANTITY FOOD PRODUCTION & SERVICE

(Theory)

COURSE CODE: BHSM-4284

Time: 3 Hours

Max. Marks: 100

Theory: 60

Practical:20

CA: 20

INSTRUCTION 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.
- Each question carry 12 marks.

COURSE CONTENT:

UNIT- I

- Aims and objectives of different food service and beverage outlets (a) Hospitality industry, (b) institutional/welfare.
- Food and Beverage service methods Table service Assisted service Self service-Types Single point service Specialized service.

UNIT- II

- Menu Planning- importance, factors, construction writing and display.
- Importance of personal hygiene of food handler – clothes, personality, health, attitude towards customers.
- Cost Control- Standardization and portion size of recipe-calculating cost of dish, meal and event. Methods of calculation - Gross profit ratio food cost ratio. Methods of controlling cost.

UNIT- III

- Characteristics of Food- Quality in food service, Quantitative, sensory and nutritional quality.
- Food Management- Food Purchasing, receiving, storage, handling and preparation.
- Food production – Food production system, food production process, effect of cooking methods on the nutritional quality of foods. Some large quantity cooking technique, Effective use of leftover, holding techniques.

UNIT-IV

- Waste product handling: Planning for waste disposal. Solid wastes and liquid wastes
- Control of Infestation - rodent, flies, cockroaches control, use of pesticides.
- Service Areas- Planning of service area, Table sizes and decor of service area.

References:

1. Mohini Sethi, Surjeet Malhan, Catering Management An Integrated Approach. New Age International (P) Limited Publisher Jalandhar.
2. Mohini Sethi, Surjeet Malhan - Institutional food management.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

**QUANTITY FOOD PRODUCTION & SERVICE
(PRACTICAL)**

COURSE CODE: BHSM-4284

COURSE OUTCOME:

CO 1: To prepare them for event management.

CO 2: To give hands on training for commercial cooking

CO 3: To make them clear about the nutritive calculations of various recipes.

B.Sc. Home Science (Semester-IV)
SESSION: 2019-20
QUANTITY FOOD PRODUCTION & SERVICE
(PRACTICAL)
COURSE CODE: BHSM-4284

Time: 3 Hours

Max. Marks: 20

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

Course Outline

- 1) Standardization and cost calculation of a snacks & meals.
- 2) Preparation of High Teas/Lunches/Dinners for special occasions.
 - Kitty party
 - New Year
- 3) Holi/Diwali
- 4) Lohri
- 5) Anniversary
- 6) Birthday
- 7) Picnic
- 3) Arrange one small party
- 4) Daily and occasional cleaning of kitchen equipments, utensils, counters, floor and cupboards.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA

(Theory)

COURSE CODE: BHSM-4285

COURSE OUTCOME:-

CO (1). To get the insight of different embroideries of various state of India.

CO (2). To discuss about various traditional fabrics of different states.

CO (3). To understand about different dye and printed fabrics.

CO (4). To understand traditional costumes of different state of India.

B.Sc. Home Science (Semester-IV)

SESSION: 2019-20

TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA

(Theory)

COURSE CODE: BHSM-4285

Time: 3 Hours

Max. Marks: 100

Theory: 60

Practical: 20

CA: 20

INSTRUCTION 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.
- Each question carry 12 marks.

CONTENTS

UNIT-I

Traditional embroideries of various states in India

- Phulkari of Punjab
- Chikankari of U.P
- Kasida of Kashmir
- Kantha of Bengal
- Kasuti of Karnataka
- Kutch of Gujarat

UNIT -II

Traditional fabrics of different states of India

- Kashmir – Shawl and carpets
- Bengal- Dakha Mulmul, Baluchar and Jamdani.
- U.P -Brocades
- M.P. - Chanderi

UNIT –III

Dyed and printed fabrics of India

- Gujarat – Patola
- Rajasthan - Bandhani

- Andhra Pradesh- Pochampalli and kalamkari
- Orissa - Ikat

Unit –IV

Traditional costumes of different states of India

- Punjab
- Jammu & Kashmir
- Rajasthan
- Gujrat
- Maharashtra
- Bengal
- Kerala

References:

- Traditional Indian Textiles, John Gillow
- Traditional embroideries of India, Shailaja D Naik
- Costumes and Textile designs of India, Dr Parul Bhatnagar

B.Sc. Home Science (Semester-IV)
SESSION: 2019-20

TRADITIONAL EMBROIDERIES, TEXTILES AND COUSTUMES OF INDIA

(Practical)

COURSE CODE: BHSM-4285

COURSE OUTCOME:

CO 1: To study and develop designs for basic embroidery stitches.

CO 2: To study and develop designs for Traditional embroideries.

CO 3: To make use of any traditional embroidery on an article.

B.Sc. Home Science (Semester-IV)
SESSION: 2019-20

TRADITIONAL EMBROIDERIES, TEXTILES AND COUSTUMES OF INDIA

(Practical)
COURSE CODE: BISM-4285

Time: 3 Hrs.

Max. Marks:20

Note: Question paper will be set on the spot by the examiner.

1. Make one sample of basic embroidery stitches: stem, chain, laisy daisy, double laisy daisy, button hole, herring bone, feather, fly, satin, French knot, bullion knot, cross stitch and make two handkerchief using at least 3 stitches in one design.
2. Make samples of traditional embroideries using traditional fabric, thread, colors & design, Phulkari, Chikankari, Kasida, Kantha, Kasuti, Kutch
3. Make one article using any traditional embroidery.

**B.Sc. Home Science (Semester-IV)
SESSION: 2019-20**

**APPLIED PHYSICS (Semester IV)
(THEORY)**

Course Code : BHSM-4396

Time: 3 Hours

External Marks: 30

Internal Marks :10

Pass Marks: 11

Instructions for the Paper Setters:

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.

Course Outcome- After Completing this course the students will be able to

CO1: to understand the role of physics in working various household devices

CO2: to understand the natural phenomenon in our life.

CONTENTS

UNIT -I

Thermostat, Concepts of home lighting: reflection, refraction, total internal refraction, diffusion of light, dispersion of light, Illumination, illumination intensity levels in different parts of the house.

UNIT-II

Sources of light, incandescent lamps, CFLs. Radiation and radiation spectra; uses of various radiations. (X- Rays, ultrasounds, microwaves, radio waves etc.

UNIT-III

Current Electricity, Principle of electrical energy generation and its transmission, Energy meter, Fuse, Types of Fuses, Essential components of wiring, safety precautions while using electricity

UNIT-IV

Heating effect of current and its use in household devices, magnetic effect of current and its use in electric motor, grinder etc.

Books recommended:

1. Avery House Physics.
2. Fundamentals of Physics Halliday Resnick, Walker.
3. N.C.E.R.T. Books of Physics For XI and XII

B.Sc. Home Science (Semester-IV)

APPLIED PHYSICS

(PRACTICAL)

Time: 3 Hrs. Marks: 10

Pds- 2 pds/ week

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

Semester-III syllabus will also be included in the Practical.

1. Demonstration of light spectrum through prism.
2. Demonstration of repair/replacement of fuse in different household devices.
3. Demonstration of replacement of a capacitor in fan, starter in tube light, changes of a capacitor in fan.
4. To trace rays through a prism and prove that $\sin i + \sin e = \sin A + \sin D$.
5. To find refractive index.

Bachelor of Science (Home Science) Semester-IV
SESSION 2019-20
COURSE CODE: BHSM-4087
COURSE TITLE: Applied Chemistry (Theory)

Max Time: 3 Hrs.

Max. Marks: 50
(Theory: 30; Practical: 10; CA: 10)

Instructions for the Paper Setters:

Eight questions of equal marks (6 each) 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

Nomenclature of organic compounds.

Unit –II

Soaps and detergents, their structure, properties and preparation.

Unit-III

Plastics and rubber, their structure and uses. Elementary idea about composition of cosmetics.

Unit –IV

Fuels for home.

Books recommended:

1. Textbook of polymer science, F. W. Billmeyer Jr. Wiley.
2. Polymer science, V. R. Gowariker, N. V. Viswanathan and J. Sreedhar, Wiley-Eastern
3. Polymer Chemistry, Melcolm P. Stevens, Oxford University Press
4. Morrison, R.T., Boyd, R.N., Organic Chemistry; 6th edition, Pubs: Prentice-Hall, 1992.
5. Mukherji, S.M., Singh, S.P., Kapoor, R.P., Organic Chemistry; Pubs: New Age International, 1985.
6. Fundamentals of Organic Chemistry, Solomons, John Wiley.

Bachelor of Science (Home Science) Semester-IV
SESSION 2019-20
COURSE CODE: BHSM-4087(P)
COURSE TITLE: Applied Chemistry (Practical)

Time: 3 Hrs

Practical Marks: 10

Instructions for the practical Examiner: Question paper is to be set on the spot jointly by the internal and external examiners. Two copies of the same may be submitted for the record to COE Office, Kanya Maha Vidyalaya, Jalandhar.

1. 1. Preparation of standard solution.
2. 2. To determine the normality and strength of given alkali solution.
3. 3. To determine the percentage purity of given sample of alkali solution
4. 4. Volumetric titration for estimation of hardness of water.
5. 5. Chemical testing of Textile fibers. (cotton, wool, silk, synthetic fibers)
6. Determination of melting point of Organic compound.
7. Preparation of soap
8. Determination of pH of some samples

Books recommended:

1. Laboratory Manual in Organic Chemistry, R.K. Bansal, Wiley Eastern.
2. Experiments in General Chemistry, C.N.R. Rao and U.C. Aggarwal, East-West Press.
3. Advanced Practical Physical Chemistry, J. B. Yadav Goel Publishing House, 1981
4. N.C.E.R.T. Books for XI & XH.
5. Modern Approach to Chemistry by S. P. Johar Vol. I & Vol. II.

Bachelor of Science (Home Science) Semester-IV

SESSION 2019-20

SOCIAL OUTREACH PROGRAMME

AUDIT COURSE (Value Based)

Course Title: Social Outreach Programme Course Duration: 30 hours

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

Course Credits: 2

Course Code: SECS- 4522

Course Description:-

The Social outreach programme proposes to equip the students for community upliftment work. It will strive to prepare citizens who will make a marked difference in the society. The students will be provided with numerous opportunities to build their knowledge and skills on the fundamental values of social fairness and compassion.

The programme will focus on integrating academic work with community services. It will equip the students to learn to connect knowledge gained in classroom with real life situation by getting hands on experience through community services. It will also foster the development of civic responsibility. The students will get an opportunity to

- Engage in social service.
- Reflect upon larger issues that affect communities through readings and discussions.
- Integrate academic learning and community engagement through practical field work.
- Develop awareness, knowledge and skills for working with diverse groups in the society.

Expectations:-

The students are expected to be actively engaged in working on any of the projects listed below as volunteers. Evaluation will be based on consistency, commitment and results achieved in areas taken up.

List of Projects under Social Outreach Programmes:

- Working as Motivators under the Swachh Bharat Campaign of the Government,
- Literacy drive : (i). Teaching in the Charitable School Adopted by the College (ii). Work in projects undertaken by Rotary Club of Jalandhar.

For inducting students in child labour Schools.

- Enroll as NSS Volunteers for various projects (Cleanliness, Women health awareness)
- Counseling camps in villages
- Tree plantation (i) Maintaining the trees in the park adopted by the college in Vikas Puri, Jalandhar
(ii) Enroll for projects undertaken by JCI Jalandhar City
- Enroll in the Gandhian Studies Centre as student Volunteer for surveys in villages.

- Women Empowerment Programmes in collaboration with JCI Jalandhar Grace
- Generating awareness on voting among the youth.
- Drug Abuse (Generate awareness among the school children)
- Environment Awareness (Reduce Pollution)
- Old Age Homes/Orphanages
- Operating the Empathy Corner outside the college gate.
- Disaster Management/Relief Work

Evaluation /Assessment:

In the beginning of the semester the students after enrolling for one of the Projects offered will be given deadlines for the project.

- Students will be responsible for getting their hours of service recorded with the faculty and also map the progress of their subjects (children, old people, saplings etc.) .
- The respective departments will monitor the involvement of their students
- The students will submit a report of the project taken up by them.
- There will be no written examination, The students will be given grade on the basis of evaluation of the projects by an evaluation committee, comprising of the Dean of the respective streams, Head and two teachers of the concerned department.

- **Total Marks: 25**

Project : 20

Internal assessment-05