FACULTY OF SCIENCES

SYLLABUS

Of

Bachelor of Science (HOME SCIENCE)

(Semester: I to VI)

(Under Continuous Evaluation Grading System)

Session: 2020-21

The Heritage Institution

KANYA MAHA VIDYALAYA

JALANDHAR

(Autonomous)

PROGRAMME SPECIFIC OUTCOMES FOR B. Sc. HOME SCIENCE

(Session 2020-2021)

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) – To make the students capable of oral and written communication.

SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE PROGRAMME

Bachelor of Science (Home Science)

(Session 2020-2021)

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 (From earliest times to C 320)	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
BHSL-1284	Hygiene	C	50	40	-	10	3
BHSM-1285	Basic Food and Nutrition	C	100	60	20	20	3+3
BHSM-1286	Applied Art	C	100	60	20	20	3+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

Bachelor of Science (Home Science) (Semester – I)

Session-2020-21

Semester I

Punjabi (Compulsory)

Course Code-BHSL-1421

BACHELOR OF ARTS / BACHELOR OF SCIENCE (MEDICAL) / BACHELOR OF SCIENCE (NON MEDICAL) / BACHELOR OF SCIENCE (COMPUTER SCIENCE) / BACHELOR OF SCIENCE (ECONOMICS) / BACHELOR OF COMMERCE / BACHELOR OF BUSINESS ADMINISTRATION

Semester I
PUNJABI (COMPULSORY)
COURSE CODE-BARL/BSML/BSNL/BCSL/BECL/BCRL/ BBRL-1421

COURSE OUTCOMES

CO1 ਦੋ ਰੰਗ (ਕਵਿਤਾ ਭਾਗ) ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਵਿਤਾ ਪ੍ਰਤੀ ਦਿਲਚਸਪੀ, ਸੂਝ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਤਾਂ ਕਿ ਉਹ ਆਧੁਨਿਕ ਦੌਰ ਵਿਚ ਚੱਲ ਰਹੀਆਂ ਕਾਵਿ ਧਾਰਾਵਾਂ ਅਤੇ ਕਵੀਆਂ ਬਾਰੇ ਗਿਆਨ ਹਾਸਿਲ ਕਰ ਸਕਣ।

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

CO3:ਸੰਸਾਰ ਦੀਆਂ ਪ੍ਰਸਿਧ ਹਸਤੀਆਂ ਜੀਵਨੀ ਦੀ ਵਿਧਾ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਜੀਵਨੀ ਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਜੀਵਨੀ ਜਗਤ ਨਾਲ ਜੋੜਣਾ ਹੈ।

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

CO6: ਧੁਨੀ ਵਿਉਂਤ ਪੜ੍ਹਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਧੁਨੀਆਂ ਦੀ ਉਚਾਰਨ ਪ੍ਰਣਾਲੀ ਤੋਂ ਵਾਕਫ਼ ਹੋਣਗੇ।

Bachelor of Science (Home Science) (Semester – I)

Session-2020-21

Semester I

Punjabi (Compulsory)

Course Code-BHSL-1421

BACHELOR OF ARTS / BACHELOR OF SCIENCE (MEDICAL) / BACHELOR OF SCIENCE (NON MEDICAL) / BACHELOR OF SCIENCE (COMPUTER SCIENCE) / BACHELOR OF SCIENCE (ECONOMICS) / BACHELOR OF COMMERCE / BACHELOR OF BUSINESS ADMINISTRATION

Semester I
PUNJABI (COMPULSORY)
COURSE CODE-BARL/BSML/BSNL/BCSL/BECL/BCRL/ BBRL-1421

ਸਮਾਂ: 3 ਘੰਟੇ **Maximum Marks: 50**

Theory: 40
CA: 10

ਪਾਠ ਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਦੋ ਰੰਗ (ਕਵਿਤਾ ਭਾਗ) (ਸੰਪਾ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧੀਆ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

(- ਸਾਰ) 8 ਅੰਕ

ਯੂਨਿਟ-II

ਸੰਸਾਰ ਦੀਆਂ ਪ੍ਰਸਿਧ ਹਸਤੀਆਂ (ਜੀਵਨੀ ਨੰ: 1 ਤੋਂ 9 ਤਕ)
(ਸੰਪਾ. ਪ੍ਰਿੰ. ਤੇਜਾ ਸਿੰਘ, ਹਰਨਾਮ ਸਿੰਘ ਸ਼ਾਮ),ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।

(- /) 8 ਅੰਕ

ਯੂਨਿਟ-III

(ੳ) ਪੈਰ੍ਹਾ ਰਚਨਾ (ਤਿੰਨ ਵਿਚੋਂ ਇਕ)
(ਅ) ਪੈਰ੍ਹਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ। 8 ਅੰਕ

ਯੂਨਿਟ-IV

(ੳ) ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਪਰਿਭਾਸ਼ਾ ਤੇ ਉਚਾਰਨ ਅੰਗ
(ਅ) ਸਵਰ, ਵਿਅੰਜਨ 8 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

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

Bachelor of Science (Home Science) (Semester – I)

SESSION 2020-21

SEMESTER–I

BACHELOR OF ARTS / BACHELOR OF SCIENCE (MEDICAL) / BACHELOR OF SCIENCE (NON MEDICAL) / BACHELOR OF SCIENCE (COMPUTER SCIENCE) / BACHELOR OF SCIENCE (ECONOMICS) / BACHELOR OF COMMERCE / BACHELOR OF BUSINESS ADMINISTRATION/BACHELOR OF ARTS (JOURNALISM & MASS COMMUNICATION) / BACHELOR OF SCIENCE (FASHION DESIGNING) / BACHELOR OF SCIENCE. (HOME SCIENCE) / BACHELOR OF COMPUTER APPLICATIONS/BACHELOR OF SCIENCE (INFORMATION TECHNOLOGY)/ BACHELOR OF SCIENCE (BIO-TECHNOLOGY)/ BACHELOR OF SCIENCE (HONOURS)AGRICULTURE/ BACHELOR OF SCIENCE (HONOURS)MATHEMATICS/ BACHELOR OF ARTS (HONOURS) ENGLISH/ BACHELOR OF COMMERCE (HONOURS) BACHELOR OF SCIENCE (HONOURS) PHYSICS SEMESTER–I

BASIC PUNJABI

In lieu of Punjabi (Compulsory)

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

Course outcomes

CO1:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦਾ ਮੌਕਾ 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 ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰ੍ਹਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤੱਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ਸਿਖਾਉਣਾ ਹੈ।

BACHELOR OF ARTS / BACHELOR OF SCIENCE (MEDICAL) / BACHELOR OF SCIENCE (NON MEDICAL) / BACHELOR OF SCIENCE (COMPUTER SCIENCE) / BACHELOR OF SCIENCE (ECONOMICS) / BACHELOR OF COMMERCE / BACHELOR OF BUSINESS ADMINISTRATION/BACHELOR OF ARTS (JOURNALISM & MASS COMMUNICATION) / BACHELOR OF SCIENCE (FASHION DESIGNING) / BACHELOR OF SCIENCE. (HOME SCIENCE) / BACHELOR OF COMPUTER APPLICATIONS/BACHELOR OF SCIENCE (INFORMATION TECHNOLOGY)/ BACHELOR OF SCIENCE (BIO-TECHNOLOGY)/ BACHELOR OF SCIENCE (HONOURS)AGRICULTURE/ BACHELOR OF SCIENCE (HONOURS)MATHEMATICS/ BACHELOR OF ARTS (HONOURS) ENGLISH/ BACHELOR OF COMMERCE (HONOURS) BACHELOR OF SCIENCE (HONOURS) PHYSICS SEMESTER–I

BASIC PUNJABI

In lieu of Punjabi (Compulsory)

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

ਸਮਾਂ : 3 ਘੰਟੇ **Maximum Marks: 50**

Theory : 40

CA : 10

ਪਾਠ ਕ੍ਰਮ

ਯੂਨਿਟ-I

ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤ੍ਰਵਾਂ (ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ) ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ ।

08ਅੰਕ

ਯੂਨਿਟ-II

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

ਯੂਨਿਟ-III

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

ਯੂਨਿਟ-IV

ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰ੍ਹਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ।

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

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

Bachelor of Science (Home Science) (Semester – I)

(Semester-I)

Session 2020-21

Course Title: Punjab History and Culture (From Earliest Times to C 320) (Special paper inlieu of Punjabi Compulsory)

(For those students who are not domicile of Punjab)

Course Code: BARL-1431/ BSML-1431/ BSNL-1431/ BOML-1431/ BOPL-1431/ BCSL-1431/ BECL-1431/ BCRL-1431/ BBRL-1431/ BJML-1431/ BFDL-1431/ BHSL-1431/ BCAL-1431/ BITL- 1431 / BBTL-1431/BOEL-1431/ BCFL-1431 / BIDL-1431

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

Bachelor of Science (Home Science) (Semester – I)

Session 2020-21

Course Title: Punjab History and Culture (From Earliest Times to C 320) (Special paper inlieu of Punjabi Compulsory)

(For those students who are not domicile of Punjab)

Course Code: BARL-1431/ BSML-1431/ BSNL-1431/ BOML-1431/ BOPL-1431/ BCSL-1431/ BECL-1431/ BCRL-1431/ BBRL-1431/ BJML-1431/ BFDL-1431/ BHSL-1431/ BCAL-1431/ BITL-1431 / BBTL-1431/BOEL-1431/ BCFL-1431 / BIDL-1431

Examination Time: 3 Hours **Max. Marks: 50**

Theory: 40

C A: 10

Instructions for the Paper Setters

1. Question paper shall consist of four Units
2. Examiner shall set 8 questions in all by selecting **Two Questions** of equal marks from each Unit.
3. Candidates shall attempt **5 questions** in **600 words,** by at least selecting **One Question** from eachUnit and the **5th question** may be attempted from any of the **four Units**.
4. Each question will carry 8 marks.

Unit-I

1. Physical features of the Punjab
2. Sources of the ancient history of Punjab

Unit-II

3. Harappan Civilization: social, economic and religious life of the Indus Valley People.
4. The Indo-Aryans: Original home

Unit-III

1. Social, Religious and Economic life during Early Vedic Age.
2. Social, Religious and Economic life during Later Vedic Age.

UNIT-IV

3. Teachings of Buddhism
4. Teachings of Jainism

Suggested Readings

- L. M Joshi (ed.), *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
- L.M. Joshi and Fauja Singh (ed.), *History of Punjab*, Vol.I, Patiala 1977.
- Budha Parkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
- B.N. Sharma, *Life in Northern India*, Delhi. 1966.
- Chopra, P.N., Puri, B.N., & Das, M.N.(1974). *A Social, Cultural & Economic History of India,* Vol. I, New Delhi: Macmillan India

Bachelor of Science (Home Science) (Semester – I)

Session 2020-21

COMMUNICATION SKILLS IN ENGLISH (Theory)

Course Code: BHSL-1102

COURSE OUTCOMES

At the end of this course, the students will develop the following Skills:

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

CO 2: The ability torealise 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)

Bachelor of Science (Home Science) (Semester – I)

Session 2020-21

COMMUNICATION SKILLS IN ENGLISH
(Theory)

Course Code: BHSL-1102

Time: 3 Hours

Max. Marks: 50

Theory: 40

Continuous Assessment: 10

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections. The candidate will have to attempt five questions in all selecting one from each section and the fifth question from any of the four sections. Each question will carry 8 marks.

Section-A: Two questions of theoretical nature will be set from Unit I.

Section-B: Two comprehension passages will be given to the students based on Unit II.

Section-C: Two questions will be given from Unit III.

Section-D: Two questions will be set from Unit IV.

(8 x 5 = 40)

Bachelor of Science (Home Science) (Semester – I)

Session 2020-21
COMMUNICATION SKILLS IN ENGLISH
(Theory)

Course Code: BHSL-1102

The syllabus is divided in four units as mentioned below:

Unit I

Reading Skills: Reading Tactics and strategies; Reading purposes–kinds of purposes andassociated 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.

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

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

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

Hygiene

COURSE CODE: BHSL-1284

(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 disuse caused by sexual contact HIV-AIDS and Eczema.

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

Hygiene (Theory)

COURSE CODE: BHSL-1284

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, COVID-19

Unit-III

c) Diseases caused by vectors- Malaria Dengue.

d) Diseases caused by sexual contact -HIV, AIDS

e) Diseases 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 Books:

1. Family resource management & Hygiene by Randhawa
2. Physiology and Hygiene by J.H Kellig
3. Public Health and Hygiene by Sorona Raj and V Kumaresan

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

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

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

APPLIED ART

(Theory)

COURSE CODE: BHSM-1286

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.

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

Applied Art

(Theory)

COURSE CODE: BHSM-1286

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 created through colour

Principles of design

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

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

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

APPLIED ART

COURSE CODE: BHSM-1286

(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.

Bachelor of Science (Home Science) (Semester – I)

(Session 2020-2021)

Applied Art

(Practical)

COURSE CODE: BHSM-1286

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 landscape 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

Bachelor of Science (Home Science) Semester-I

Session 2020 - 21

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.

Bachelor of Science (Home Science) Semester-I

Session 2020-21

COURSE CODE: BHSM - 1127

COMPUTER BASICS

(Theory)

Examination Time: (3 + 3) Hrs

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for Paper Setter -

- Eight questions of equal marks (10 marks 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

Introduction to computer and its characteristic:

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

Definition of Virus, Malware, Spyware and removal.

UNIT -II

MS Word

□□□How to open MS word document from file and to exit from a document.

□□□How to edit a document.

□□□Formatting the whole text in different fonts and sizes and colors.

□□Inserting pictures from a file, inserting a Table or a chart.

□□How to use Mail merge how to copy one document or Text from one document to another.

□□How to put headers and footers on a document.

UNIT- III

MS-Power Point

Presentation & its features, components, viewing a slide show using blank presentation adding text, saving, closing, opening the presentation, viewing presentation, normal view, Outline view, slide sorter view, slide show, creating a wizard using presentation, editing presentations, adding new slide, changing the new slides, editing text type, deleting the text object, interesting text boxes, formatting text, modifying slides, working with slide outlines, moving objects , copying objects, searching text, replacing text, spell check, using clip art, word Art, auto shapes.

UNIT-IV

Internet and E-mail:

What Internet Provides, Internet terms, Internet requirements, getting started Internet, Surfing

Net, moving about the Web, E-Mail, its features, creating and E-Mail message, Reading Mail, replying mail, draft message, sending mail. Phishing and SPAM mail.

References / Textbooks:

1. Anshuman Sharma, Fundamentals of Information Technology, Lakhanpal Publishers, 5th Edition.
2. Rachhpal Singh & Gurvinder Singh, Windows based computer courses, Kalyani Publisher, 2014.
3. Peter Norton, Introduction to Computers, Tata McGraw-Hill, 2006.
4. P.K. Sinha, Computer Fundamentals, BPB Publications, 2004.

5. Prof. Satish Jain, M. Geetha, Kratika, BPB's Office 2010 Course Complete Book, BPB Publications, 2017.

Note: The latest editions of the books should be followed.

Bachelor of Science (Home Science) Semester-I

Session 2020-21

COURSE CODE: BHSM - 1127

COMPUTER BASICS (PRACTICAL)

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

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

Bachelor of Science (Home Science)
Semester-I
Session 2020-21
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.

Bachelor of Science (Home Science)
Semester-I
Session 2020-21
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) 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.

Bachelor of Science (Home Science)

(Semester – I)

(Session 2020-2021)

FOUNDATION COURSE

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	*The Vedas*, *The Gita* & Eastern Philosophy	2.5
IV	*The Holy Bible* & Genesis	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*
- Upnishads and Puranas
- Karma Theory of *The Bhagwad Gita*
- Main tenets of Buddhism & Jainism
- Teachings of Guru Granth Sahib

Module 4 *The Holy Bible* & Genesis

- Book of Genesis: Creation and Fall
- Noah's Ark
- Moses & The Ten Commandments
- Christ and His teachings
- Christianity and the world

Module 5 Changing Paradigms in Society, Religion & Literature

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

Module 6 Woman: A Journey through the Ages

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

Module 7 Makers of Modern India

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

Module 8 Racism: Story of the West

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

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

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

Module 10 Technology and Human Life

- Impact of technology on modern life

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

Module 11 The KMV Experience
- Historical Legacy of KMV
- Pioneering role in women emancipation and empowerment
- KMV Contribution in the Indian Freedom Struggle
- Moral, cultural and intellectual heritage of KMV
- Landmark achievements
- Innovative initiatives; international endeavours
- Vision, mission and focus
- Conduct guidelines for students

Module 12 Final Assessment, Feedback & Closure
- Final multiple choice quiz
- Assessment through the same questions asked in the beginning
- Feedback about the programme from the students
- Closure of the programme

PRESCRIBED READING
- ***The Human Story*** published by Dawn Publications

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE PROGRAMME

Bachelor of Science (Home Science)

(Session 2020-2021)

Semester II							
Course Code	**Course Name**	**Course Type**	**Marks**				**Examination time (in Hours)**
			Total	**Ext.**		**CA**	
				L	**P**		
BHSL- 2421/ BHSL- 2031/ BHSL-2431	Punjabi Compulsory/ Basic Punjabi/ Punjab, Histrory and Culture	C	50	40	-	10	3
BHSM-2102	Communication skills in English	C	50	25	15	10	3+3
BHSL- 2283	Family and Social Welfare	C	50	40	-	10	3
BHSL- 2284	Elementary Physiology	C	50	40	-	10	3
BHSM-2285	Introduction to Family Resource Management	C	100	60	20	20	3+3
BHSM- 2286	Advanced Food and Nutrition	C	100	60	20	20	3+3
BHSM-2127	Computer Applications for Home Scientists	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**				

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

C-Compulsory

E-Elective

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

BACHELOR OF ARTS / BACHELOR OF SCIENCE (MEDICAL) / BACHELOR OF SCIENCE (NON MEDICAL) / BACHELOR OF SCIENCE (COMPUTER SCIENCE) / BACHELOR OF SCIENCE (ECONOMICS) / BACHELOR OF COMMERCE / BACHELOR OF BUSINESS ADMINISTRATION

(Semester II)

PUNJABI (COMPULSORY)

COURSE CODE-BARL/BSML/BSNL/BCSL/BECL/BCRL/ BBRL/BHSL-2421

COURSE OUTCOMES

CO1: ਦੋ ਰੰਗ (ਕਹਾਣੀ ਭਾਗ) ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਵਿਤਾ ਪ੍ਰਤੀ ਦਿਲਚਸਪੀ, ਸੂਝ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਤਾਂ ਕਿ ਉਹ ਆਧੁਨਿਕ ਦੌਰ ਵਿਚ ਚੱਲ ਰਹੀਆਂ ਕਾਵਿ ਧਾਰਾਵਾਂ ਅਤੇ ਕਵੀਆਂ ਬਾਰੇ ਗਿਆਨ ਹਾਸਿਲ ਕਰ ਸਕਣ।

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

CO3:ਸੰਸਾਰ ਦੀਆਂ ਪ੍ਰਸਿਧ ਹਸਤੀਆਂ ਜੀਵਨੀ ਦੀ ਵਿਧਾ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਜੀਵਨੀ ਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਜੀਵਨੀ ਜਗਤ ਨਾਲ ਜੋੜਣਾ ਹੈ।

CO4:ਸ਼ਬਦ ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ ਪੜ੍ਹਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਇਸਦੇ ਮੁੱਢਲੇ ਸੰਕਲਪਾਂ ਨੂੰ ਆਧਾਰ ਬਣਾ ਕੇ ਇਹਨਾਂ ਸੰਕਲਪਾਂ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ ।

CO5: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।

CO6: ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ।ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

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(Semester II)

PUNJABI (COMPULSORY)

COURSE CODE-BARL/BSML/BSNL/BCSL/BECL/BCRL/ BBRL/BHSL-2421

ਸਮਾਂ: 3 ਘੰਟੇ **Maximum Marks: 50**

Theory: 40

CA: 10

ਪਾਠ ਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਦੋ ਰੰਗ (ਕਹਾਣੀ ਭਾਗ) (ਸੰਪਾ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧੀਆ),ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

(- $ਸਾਰ)

8 ਅੰਕ

ਯੂਨਿਟ-II

ਸੰਸਾਰ ਦੀਆਂ ਪ੍ਰਸਿੱਧ ਹਸਤੀਆਂ (ਜੀਵਨੀ ਨੰ: 10 ਤੋਂ18 ਤਕ)(ਸੰਪਾ. ਪ੍ਰਿੰ. ਤੇਜਾ ਸਿੰਘ, ਹਰਨਾਮ ਸਿੰਘ ਸ਼ਾਮ),
ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।

(/) 8 ਅੰਕ

ਯੂਨਿਟ-III

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

(ਅ) ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ 8 ਅੰਕ

ਯੂਨਿਟ-IV

(ੳ) ਦਫ਼ਤਰੀ ਚਿੱਠੀ ਪੱਤਰ

(ਅ) ਮੁਹਾਵਰੇ 8 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

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

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(Session 2020-2021)

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BASIC PUNJABI

In lieu of Punjabi (Compulsory)

COURSE CODE -BARL/BSML/BSNL/BCSL/BECL/BCRL/BBRL/BJML/BFDL/ BHSL/BCAL/BITL/BBTL/BOEL/BOML/ BACL/BCOL/BOPL-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 ਮਜਬੂਤ ਹੋਵੇਗੀ।
CO7:ਪੈਰ੍ਹਾ ਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨਾਂ 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: ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ।ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

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BASIC PUNJABI

In lieu of Punjabi (Compulsory)

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

ਪੈਰ੍ਹਾ ਰਚਨਾ

ਸੰਖੇਪ ਰਚਨਾ 08 ਅੰਕ

ਯੂਨਿਟ-IV

ਚਿੱਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)

ਮੁਹਾਵਰੇ 08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

Bachelor of Arts/ Bachelor of Science (Medical) / Bachelor of Science (Non Medical) / Bachelor of Science(Honours) Maths/ Bachelor of Science (Honours) Physics/Bachelor of Science (Computer Science) **/ Bachelor of Science (Economics) / Bachelor of Commerce / Bachelor of Business Administration/ Bachelor of Arts (Journalism & Mass Communication) / Bachelor of .Science (Fashion Design) / Bachelor of Science (Home Science) / /Bachelor of Computer Application /Bachelor of Science(Information Technology)/ Bachelor of Science (Bio Technology) / Bachelor of Arts (Honours.)English / Bachelor of Commerce (Financial Services) Three year degree course/ Bachelor of Science Information Technology (with Specialization in Data Science)**

(Semester-II)
Session 2020-21
Course Title: Punjab History and Culture (C. 320 to 1000 B.C.)
(Special paper in lieu of Punjabi Compulsory)
(For those students who are not domicile of Punjab)

Course Code: BARL-2431/ BSML-2431/ BSNL-2431/ BOML-2431/ BOPL-2431/ BCSL-2431/ BECL-2431/ BCRL-2431/ BBRL-2431/ BJML-2431/ BFDL-2431/ BHSL-2431/ BCAL-2431/ BITL-2431 / BBTL-2431/BOEL-2431/ BCFL-2431 / BIDL-2431

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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

Bachelor of Arts/ Bachelor of Science (Medical) / Bachelor of Science (Non-SMedical) / Bachelor of Science(Honours) Maths/ Bachelor of Science (Honours) Physics/Bachelor of Science (Computer Science)
/ Bachelor of Science (Economics) / Bachelor of Commerce / Bachelor of Business Administration/ Bachelor of Arts (Journalism & Mass Communication) / Bachelor of .Science (Fashion Design) / Bachelor of Science (Home Science) / /Bachelor of Computer Application /Bachelor of Science(Information Technology)/ Bachelor of Science (Bio Technology) / Bachelor of Arts (Honours.) English / Bachelor of Commerce (Financial Services) Three year degree course/ Bachelor of Science Information Technology (with Specialization in Data Science)

(Semester-II)
Session 2020-21

Course Title: Punjab History and Culture (C. 320 to 1000 B.C.)
(Special paper in lieu of Punjabi Compulsory)

(For those students who are not domicile of Punjab)

Course Code: BARL-2431/ BSML-2431/ BSNL-2431/ BOML-2431/ BOPL-2431/ BCSL-2431/ BECL-2431/ BCRL-2431/ BBRL-2431/ BJML-2431/ BFDL-2431/ BHSL-2431/ BCAL-2431/ BITL-2431 /BBTL-2431/BOEL-2431/ BCFL-2431 / BIDL-2431

Examination Time: 3 Hours **Max. Marks: 50**

Theory: 40
CA: 10

Instructions for the Paper Setter:

1. Question paper shall consist of four Units
2. **Examiner shall set 8 questions in all by selecting Two Questions of equal marks from each Unit.**
3. Candidates shall attempt 5 questions in 600 words, by at least selecting One Question from eachUnit and the 5th question may be attempted from any of the four Units.
4. **Each question will carry 8 marks**

Unit-I

1. Alexander's Invasion's and Impact
2. Administration of Chandragupta Maurya and Ashoka.

Unit-II

3. The Kushans: Gandhar School of Art .
4. Gupta Empire: Golden period (Science , Art and Literature)

Unit-III

5. The Punjab under the Harshvardhana
6. Socio-cultural History of Punjab from 7th to 1000 A.D.

UNIT IV

7. Development of Languages and Education with Special reference to Taxila
8. Development to Art and Architecture

Suggested Readings

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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

BACHELOR OF ARTS (JOURNALISM & MASS COMMUNICATION)/ BACHELOR OF SCIENCE (FASHION DESIGNING)/ BACHELOR OF SCIENCE (HOME SCIENCE) / BACHELOR OF COMPUTER APPLICATIONS / BACHELOR OF SCIENCE (INFORMATION TECHNOLOGY)/ BACHELOR OF SCIENCE (BIO-TECHNOLOGY)/ BACHELOR OF SCIENCE (HONOURS) AGRICULTURE/ BACHELOR OF SCIENCE (HONOURS) MATHS / BACHELOR OF SCIENCE (HONOURS) PHYSICS
BACHELOR OF VOCATION (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (MANAGEMENT & SECRETARIAL PRACTICES)/ BACHELOR OF VOCATION (ANIMATION)/ BACHELOR OF VOCATION (TEXTILE DESIGN & APPAREL TECHNOLOGY)/ BACHELOR OF VOCATION (NUTRITION EXERCISE & HEALTH)/ BACHELOR OF VOCATION (BEAUTY AND WELLNESS)/ BACHELOR OF VOCATION (PHOTOGRAPHY & JOURNALISM) /BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA SCIENCE)/ BACHELOR OF VOCATION (HOSPITALITY AND TOURISM)

(Semester II)

Session 2020-21

COMMUNICATION SKILLS IN ENGLISH

Course Code: BJMM/BFDM/BHSM/BCAM/BITM/ BBTM/BACM/BOMM/BOPM/BVRM/BVMM/BVAM/BVTM/BVNM/BVBM/BVPM/ BVAI/BVHM-2102

COURSE OUTCOMES

At the end of 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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

BACHELOR OF ARTS (JOURNALISM & MASS COMMUNICATION)/ BACHELOR OF SCIENCE (FASHION DESIGNING)/ BACHELOR OF SCIENCE (HOME SCIENCE) / BACHELOR OF COMPUTER APPLICATIONS / BACHELOR OF SCIENCE (INFORMATION TECHNOLOGY)/ BACHELOR OF SCIENCE (BIO-TECHNOLOGY)/ BACHELOR OF SCIENCE (HONOURS) AGRICULTURE/ BACHELOR OF SCIENCE (HONOURS) MATHS / BACHELOR OF SCIENCE (HONOURS) PHYSICS
BACHELOR OF VOCATION (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (MANAGEMENT & SECRETARIAL PRACTICES)/ BACHELOR OF VOCATION (ANIMATION)/ BACHELOR OF VOCATION (TEXTILE DESIGN & APPAREL TECHNOLOGY)/ BACHELOR OF VOCATION (NUTRITION EXERCISE & HEALTH)/ BACHELOR OF VOCATION (BEAUTY AND WELLNESS)/ BACHELOR OF VOCATION (PHOTOGRAPHY & JOURNALISM) /BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA SCIENCE)/ BACHELOR OF VOCATION (HOSPITALITY AND TOURISM)

(Semester II)

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

Max. Marks: 50
Theory: 25
Practical: 15
Continuous Assessment: 10

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 of theoretical nature will be set from Unit I of the syllabus and the candidates will have to attempt one carrying 5 marks.

Section-B: Two questions will be set from Unit II of the syllabus. Candidates will have to attempt one carrying 5 marks.

Section-C: Two questions will be set from Unit III of the syllabus. Candidates will have to attempt one carrying 5 marks.

Section-D: Two questions will be set from Unit IV of the syllabus. Candidates will have to attempt one carrying 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 from any of the four sections.

(5 x 5 = 25)

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

BACHELOR OF ARTS (JOURNALISM & MASS COMMUNICATION)/ BACHELOR OF SCIENCE (FASHION DESIGNING)/ BACHELOR OF SCIENCE (HOME SCIENCE) / BACHELOR OF COMPUTER APPLICATIONS / BACHELOR OF SCIENCE (INFORMATION TECHNOLOGY)/ BACHELOR OF SCIENCE (BIO-TECHNOLOGY)/ BACHELOR OF SCIENCE (HONOURS) AGRICULTURE/ BACHELOR OF SCIENCE (HONOURS) MATHS / BACHELOR OF SCIENCE (HONOURS) PHYSICS
BACHELOR OF VOCATION (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (MANAGEMENT & SECRETARIAL PRACTICES)/ BACHELOR OF VOCATION (ANIMATION)/ BACHELOR OF VOCATION (TEXTILE DESIGN & APPAREL TECHNOLOGY)/ BACHELOR OF VOCATION (NUTRITION EXERCISE & HEALTH)/ BACHELOR OF VOCATION (BEAUTY AND WELLNESS)/ BACHELOR OF VOCATION (PHOTOGRAPHY & JOURNALISM) /BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA SCIENCE)/ BACHELOR OF VOCATION (HOSPITALITY AND TOURISM)

(Semester II)

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.

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

PRACTICAL / ORAL TESTING

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.

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-2021)

FAMILY AND SOCIAL WELFARE

COURSE CODE: BHSL-2283

(Theory)

COURSE OUTCOMES

Upon completion of this course the students will be able to

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

CO (2) - To develop understanding about meaning and types of adjustments. Problems in adjustments and to overcome them.

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

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

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

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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

FAMILY AND SOCIAL WELFARE

(Theory)

COURSE CODE: BHSL-2283

Time=3 Hrs **Max. Marks: 50**

Theory: 40

CA: 10

INSTRUCTIONS FOR THE PAPER SETTER

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

CONTENTS

Unit-I

Marriage.

□□Meaning, Objectives , Types , Adjustments.

□□Problems in adjustment.

Family

□□Definition, Characteristics, Types, Functions, Changes in the world family,

Characteristics of a modern family.

□□Problems of family.

□□Merits & demerits of Nuclear & Joint families.

□□Factors disintegrating joint family.

Unit-II

Family Planning

□□Need and importance of family planning

□□Family planning methods and care.

Parenting techniques

□□Authoritarian

□□Permissive

□□Disciplined

Unit-III

Role of family & Society in Socialization

Social welfare.

□□Meaning of Social welfare.

□□Social welfare as distinguished from social work, social service, social reform & social Action

Unit-IV

Family and child welfare

Social Welfare agencies involved in family & child welfare

□□ICDS

□□Balwadi

□□Anganwadi

□□All India women's conference

□□Local organization official & non-official involved in social welfare

Awareness of current laws related to women & child welfare.

References:

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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

ELEMENTRY PHYSIOLOGY

COURSE CODE: BHSL-2284

(Theory)

COURSE OUTCOMES

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

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

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

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

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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

ELEMENTRY PHYSIOLOGY

(Theory)

COURSE CODE: BHSL-2284

Time: 3 Hrs. **Max. Marks: 50**

Theory: 40

CA: 10

Instructions for the Paper Setter:

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

CONTENT

Unit-I

Physiology elementary knowledge of structure of cell, tissue and organ, Skin

Elementary knowledge of structure and function of digestive system

□□Digestion of carbohydrates protein & fats

Unit-II

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

□□Blood groups and RH factor.

□□Heart structure & function

□□Basic Knowledge of blood pressure & heart beat.

Elementary knowledge of structure and function of respiratory system

Structure and function lungs

Unit-III

Elementary knowledge of structure and function of urinary system

Structure & function of nephron & formation of Urine

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

Menstrual cycle

Unit-IV

Elementary knowledge of location and function of endocrine glands present in body

Elementary knowledge of structure & function of Brain.

Reference Books

1) Text book of Biology for 10+2 students (NCERT)

2) Family Resource Management and Health science Rajwinder K Randhawa Pardeep Publications.

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

INTRODUCTION TO FAMILY RESOURCE MANAGEMENT

COURSE CODE: BHSM-2285

(Theory)

COURSE OUTCOMES

CO (1) - To know about Resources and there types and to understand how to manage these resources in our daily life.

CO (2) - Understands the basic steps in decision making process and how to resolve the conflicts in family.

CO (3) - The students will be Capable of managing any resource with its process and to know the role of communication in effective management.

CO (4) - Understand the basic management of specific resource and work simplification.

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

INTRODUCTION TO FAMILY RESOURCE MANAGEMENT

(Theory)

COURSE CODE: BHSM-2285

Time: 3 Hrs. **Max. Marks: 100**

Theory: 60

Practical: 20

CA: 20

INSTRUCTIONS FOR THE PAPER SETTER

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

CONTENT

Unit-I

Introduction to family resource management

□□Definition and importance of family resource Management.

□□Challenges of family resource management.

□□Family life cycle and its effect on management of resources.

□□Managerial responsibilities of families.

□□Major Motivating forces-Values, Goals, Standards, Needs and Wants.

Resources.

□□Definition and classification of resources.

□□

Characteristics of resources.

□□Factors affecting the use of resources.

Unit-II

Decision Making Process

□□Steps in Decision making process.

□□Factors affecting Decision Making.

□□Problem solving through resolving conflicts.

□□Planning

□□Organizing

□□Supervising

□□Controlling

□□Evaluation

□□Role of communication in effective management

□□Application of management process in resource utilization.

Unit-III

Management process

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.

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

INTRODUCTION TO FAMILY RESOURCE MANAGEMENT

COURSE CODE: BHSM – 2285

(Practical)

COURSE OUTCOMES

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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

INTRODUCTION TO FAMILY RESOURCE MANAGEMENT

(Practicals)

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).

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

ADVANCED FOOD & NUTRITION

COURSE CODE: BHSM-2286

(Theory)

COURSE OUTCOMES

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

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

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

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

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

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

ADVANCED FOOD & NUTRITION

(THEORY)

COURSE CODE: BHSM-2286

Time-3 hrs **Max. Marks: 100**

Theory: 60

Practical: 20

CA: 20

Instructions for the Paper Setter:

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

CONTENTS

Unit-I

Vitamin- Classification, unit of measurements sources, requirements functions and

Deficiency and Toxicities of following vitamins.

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

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

Mineral- Functions, Sources, Bio-availability requirement and deficiency/excess of following

minerals calcium, iron, iodine, fluorine , Sodium, Potassium, Phosphorus, and

Magnesium

Importance of water in Nutrition.

Unit-II

Food Preservation

Importance and scope of food preservation.

Causes of food spoilage.

Principles of food preservation.

Household Methods of food preservation.

Unit-III

Food adulteration and standards

Definition.

Common adulterants & their test in different food stuffs.

Toxic Effects of food adulteration.

Food standards.

Unit-IV

Food hygiene

Purchasing

Preparation

Cooking

Serving

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

ADVANCED FOOD & NUTRITION

COURSE CODE: BHSM-2286

(Practical)

COURSE OUTCOMES OF

CO1:- To develop knowledge about different nutrients.

CO2:- To develop knowledge about therapeutic diets.

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

CO4:- To develop knowledge about different food groups.

Bachelor of Science (Home Science) (Semester – II)

(Session 2020-21)

ADVANCED FOOD & NUTRITION

(Practical)

COURSE CODE: BHSM-2286

Time-3 hrs **Max. Marks: 20**

PRACTICAL

(1) Prepare 5 dishes using following methods

a) Baking- e.g. Cakes & Biscuits, Continental dishes etc.

b) Grilling- e.g. Pizza and variation of sandwiches, grilled and tandori snacks etc.

c) Sprouting

(2) Preservation - Pickles, Chutney, Jam & Squashes.

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

BACHELOR OF SCIENCE (HOME SCIENCE) SEMESTER II
(Session 2020-21)
Course Code: BHSM - 2127
COMPUTER APPLICATIONS FOR HOME SCIENTISTS
(Theory)

Examination Time: (3+3) Hrs. **Max. Marks: 100**

Theory: 50
Practical: 30
CA: 20

Instructions for Paper Setter -

Eight questions of equal marks (10 marks 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 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.

UNIT-I

Spreadsheet Software
Workbook and worksheet, entering data, editing cell contents, Inserting and deleting rows, column, using auto-fill, creating list, formatting data, using formula

Internet
Introduction to internet, searching information on internet.

UNIT-II

WWW: Introduction , working of WWW, Web browsing (opening, viewing, saving and printing a web page and bookmark).

E-Commerce
Basics, Architecture, Types, Applications.

UNIT-III

Payment gateway: Popular payment methods (Net-banking, m-Banking, UPI, Debit/Credit Card, Mobile Wallets)

Multimedia & its Applications
Introduction to Multimedia and its usage, record sound using devices, using scanner, Web Camera.

UNIT IV

YouTube Studio: Navigating studio, Uploading videos, Edit Video settings, Analytics, Copyright and Monetization.

Blog Writing: Blog Domain, choice of CMS, Register a domain or subdomain with a website host.

Social Media Marketing: Social Media, Importance of Social Media, SMO Strategy for Business, Business Profile Creation, Viral Marketing, Application of Facebook and Twitter for social media marketing.

References/Textbooks:

1. Prof. Satish Jain, M. Geetha, Kratika, BPB's Office 2010 Course Complete Book, BPB Publications (2017).
2. Rachhpal Singh, Gurvinder Singh, Windows based computer courses, Kalyani Publishers (2011).
3. Anshuman Sharma, A book of Fundamentals of Information Technology, Lakhanpal Publishers (2016), 5th ed.
4. Ramesh Bangia, Introduction To Multimedia, Laxmi Publications Pvt. Ltd.(2015).
5. Laudon, E-Commerce,Pearson Education India (2016), 10th ed.
6. https://www.tutorialspoint.com/social_media_marketing/
7. https://blog.hubspot.com/marketing/how-to-start-a-blog

Bachelor of Science (Home Science) Semester-II
(Session 2020-21)
DRUG ABUSE: Problem, Management and Prevention (Compulsory)

(THEORY)
COURSE CODE: AECD-2161

COURSE OUTCOMES:

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

Bachelor of Science (Home Science) Semester-II
(Session 2020-21)
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

Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program.

1) Legislation: NDPs act, statuory 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.

Bachelor of Science (Home Science) Semester-II
(Session 2020-21)

Session 2020-21 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

FACULTY OF SCIENCES

SYLLABUS

of

B.SC HOME SCIENCE (Semester: III)

(UnderContinuous Evaluation GradingSystem)

Session: 2020-21

The Heritage Institution

KANYA MAHA VIDYALAYA

JALANDHAR

(Autonomous)

PROGRAMME SPECIFIC OUTCOMES FOR B. Sc. HOME SCIENCE

(Session 2020-2021)

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

Bachelor of Science (Home Science)

(Session 2020-2021)

	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
SECG-3532	*Gernder Sensitization	AC	25	10	10	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**.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

DEVELOPMENTAL STAGES UPTO CHILDHOOD

(Theory)

COURSE CODE: BHSL- 3281

COURSE OUTCOME

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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) Semester:III

Session 2020-21

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.

Bachelor of Science (Home Science) Semester:III

Session 2020-21

Course Code: BHSL-3172

BASIC CONCEPTS OF ECONOMICS

Time: 3 Hours **Max Marks: 50**

Theory: 40

CA: 10

Instructions for the Paper Setter:
Two questions, each carrying 16 marks, from each of Units I-IV (i.e. a total of eight Questions) are to be set. Candidates are required to attempt five questions, selecting at least one from each unit. The fifth question may be attempted from any unit.

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 Surinder jit Kaur R.K. Lakhi and Joginder Singh

2) Consumeration Pattern in India B.D Gupta Tata Mcgraw Hill

3) Consumer Buying for better living Fitzrimmons C John willey& sons Inc.

4) Consumer BehaviorsSehiffman Leon Prentice hall Pub.

Bachelor of Science (Home Science) (Semester-III)

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. **Each question carries 8 marks.**

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.

Unit-I

Measurements: S1 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)

BASIC PHYSICS

(Practical)

(There Will be No Practical Exam in this Semester)

Pds- 2 pds/ week

1. Concept of least count and precise measurement of different instruments.

2. Measurement of diameter of a metallic share, cylinder, volume of a cube of a small glass slab, determine its density.

3. Measurement of diameter of a knitting needle, sewing needle, thickness of cloth, thickness of a coin using screw gauge.

4. Measurement of height of concave/convex mirror using spherometer.

5. Newton law of cooling of liquids.

6. Measurement of coefficient of friction.

7. Demonstration of centrifugal force in cloth dryer.

8. Verification of Archimedes' Principle.

9. Demonstration of atmospheric pressure and read atmospheric pressure from a barometer

in your laboratory

Bachelor of Science Home Science

Session: 2020-21

Course Title: Basic Chemistry

Course Code: BHSL-3084

Course outcomes:

Students will be able to:

CO1: understand various formulae and symbols used in chemistry.

CO1: understand the atomic structure.

CO2: acquire knowledge about various atomic models.

CO3: understand the concept of normality, molarity, molality and strength of solution.

Bachelor of Science Home Science (Semester III)

Session: 2020-21

Course Title: Basic Chemistry

Course Code: BHSL-3084

Examination Time: 3 Hours **Max. Marks: 50**

Theory: 40 CA: 10

Instructions for the Paper Setters: -

Eight questions of 8 marks each are to be set, two in each of the four Sections (A-D). 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.

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.

UNIT-II

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)

UNIT-III

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, 0_2, NH_3, CH_4, C_2H_2, MgF_2, CaO, NH_4^+, H_3O^+).

UNIT-IV

Elementary idea about normality, morality, molality and strength of solution.

Structure of fibers (Natural and synthetic).

Elementary idea about pH of water, hard' water, its cause and type, heavy water with its uses.

Books recommended:

1. N.C.E.R.T. Books for XI & XII.

2. Modern Approach to Chemistry by S. P. Johar Vol. I & Vol. II.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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, roominessfuture 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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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 & adolescentboy 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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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 asper 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

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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 & There care, pardeep publication.

2. Traditional Indian Textiles Gillow Jorn 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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

TEXTILE SCIENCE

(Practical)

COURSE CODE: BHSM- 3287

COURSE OUTCOMES

CO 1: To make the students familiar with Faber 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.

Bachelor of Science (Home Science) (Semester-III)

(Session 2020-2021)

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(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

Bachelor of Science (Home Science) (Semester-III)

GENDER SENSITIZATION 2020-21

Course Title: GENDER SENSITIZATION PROGRAMME

Course Duration: 30 hours

Course intended for: Semester III students of undergraduate degree program.

Course Code: SECG 3532

The program has been designed to inculcate value of gender equality among students so that they can identify the areas of gender discrimination and raise their voice against gender discrimination and work towards making the society gender neutral.

OBJECTIVES:

1. To sensitize students about gender rights, gender roles and relations.
2. To make students aware and capable of realizing their true potential.
3. To ensure equal participation of men and women in all economic, social and political processes.
4. To develop gender prospective to transform the mind set of society.

CURRICULUM

Course Code: SECG3531 **Total contact hours: 30**

MODULE	TITLE	HOURS
1	Introduction	2 Hrs
2	Workshop in Self Defense Techniques	10 Hrs
3 I	Gender Sensitization	4 Hrs
3 II	Cultural Roles and Gender Sensitivity	2 Hrs
3 III	Gender Dimensions in Economic Participation and wage Gap	2 Hrs

3 IV	**Gender Rights: Constitutional Rights & Legal Rights**	**2 Hrs**
3 V	**Social problems and Issues: Gender Prospective with focus on Indian Society**	**2 Hrs**
3 VI	**Gender Issues and Health care system**	**2 Hrs**
3 VII	**Gender and political Participation**	**2 Hrs**
4	**Final Assessment Feedback and Closure**	**2 Hrs**

EXAMINATION

- **Total Marks: 25 Internal Assessment -5 ; Practical (Workshop in Self Defense Techniques)- 10 marks ; Theory (Multiple Choice Quiz) – 10 marks**
- **Total marks: 25 converted to grade for final result**

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE PROGRAMME

Bachelor of Science (Home Science)

(Session 2020-2021)

Semester IV							
Course Code	**Course Name**	**Course Type**	**Marks**				**Examination time**
			Total	**Ext.**		**CA**	
				L	**P**		**(in Hours)**
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 and its Equipment	C	100	60	20	20	3+3
BHSM-4284	Quantity Food Production and Service	C	100	60	20	20	3+3
BHSM-4285	Traditional Embroideries, Textiles and 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	-	20	5	3
	Total			**500**			

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

C-Compulsory

AC- Audit course

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

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.

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.

Bachelor of Science (Home Science) (Semester.-IV)
SESSION 2020-21
COURSE CODE: BHSL-4172
CONSUMER ECONOMICS

COURSE OUTCOMES:

After studying this course, students will be able:

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

CO2: To aware the students about consumer protection right.

CO3: To impart knowledge about consumer buying, grading and standardization, advertising media role and effect.

Bachelor of Science (Home Science): Semester-IV
Session 2020-21
COURSE CODE: BHSL-4172
CONSUMER ECONOMICS

Time: 3 Hours **M. Marks: 50**
Theory: 40
CA: 10

Note: Instructions for the Paper–Setter:
Two questions, each carrying 8 marks, from each of the Units I-IV (i.e. a total of eight questions) are to be set. Candidates are required to attempt five questions, selecting at least one from each unit. The fifth question may be attempted from any unit.

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.
Labeling - types and Labeling 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.

Recommended Books:

1) Kaur, S., Lekhi, R.K. and Singh, J. (), "Consumer Economics" Kalyani Publishers.
2) Gupta, B.D. (1973), "Consumption Pattern in India", Tata Mcgraw Hill.
3) Fitzsimmons, C. (1961), "Consumer Buying for better living", John willey & sons Inc.
4) Sehiffman, L. G. (1990), "Consumer Behavior", 4th Edition, Prentice hall Publications. *Note: The latest edition of the books is recommended.*

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

KITCHEN DESIGN AND 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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

KITCHEN DESIGN AND 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.

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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

KITCHEN DESIGN AND 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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

KITCHEN DESIGN AND 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.

Bachelor of Science (Home Science) (Semester-IV)
SESSION: 2020-21

QUANTITY FOOD PRODUCTION AND 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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

QUANTITY FOOD PRODUCTION AND 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.

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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

QUANTITY FOOD PRODUCTION AND 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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

QUANTITY FOOD PRODUCTION AND 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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

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.

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

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

TRADITIONAL EMBROIDERIES, TEXTILES AND COUSTUMES OF INDIA

(Practical)

COURSE CODE: BHSM-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.

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

APPLIED PHYSICS
(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. **Each question carries 6 marks.**

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

Bachelor of Science (Home Science) (Semester-IV)

SESSION: 2020-21

APPLIED PHYSICS

Course Code : BHSM-4396

(PRACTICAL)

Time: 3 Hrs. **Marks: 10**
Pds- 2 pds/ week

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

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 <i+<e=<A+<D.
5. To find refractive index.

Bachelor of Science (Home Science) Semester-IV

SESSION 2020-21

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 2020-21

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. Preparation of standard solution.
2. To determine the normality and strength of given alkali solution.
3. To determine the percentage purity of given sample of alkali solution
4. Volumetric titration for estimation of hardness of water.
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 2020-21

SOCIAL OUTREACH

AUDIT COURSE (Value Based)

Course Title: Social Outreach ProgrammeCourse Duration: 30 hours

Course intended for: Semester IV students of undergraduate degree programmesof 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 anddiscussions.
- Integrate academic learning and community engagement through practicalfield work.
- Develop awareness, knowledge and skills for working with diverse groups inthe 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 Swatch Bharat Campaign of theGovernment,
- 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 healthawareness)
- 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 invillages.
- Women Empowerment Programmes in collaboration with JCI JalandharGrace
- 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 theProjects 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

FACULTY OF SCIENCES

SYLLABUS

of

B.SC HOME SCIENCE (Semester: V)

(UnderContinuous Evaluation GradingSystem)

Session: 2020-21

The Heritage Institution

KANYA MAHA VIDYALAYA

JALANDHAR

(Autonomous)

PROGRAMME SPECIFIC OUTCOMES FOR B. Sc. HOME SCIENCE

(Session 2020-2021)

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.

B.SC HOME SCIENCE

(Session: 2020-21)

Scheme of Studies and Examination

(Continuous Evaluation Grading System)

Semester V							
Course Code	**Course Name**	**Course type**	**Marks**				**Examination time (in Hours)**
			Total	**Ext.**		**CA**	
				L	**P**		
BHSL-5281	Child Psychology	C	50	40	-	10	3
BHSL-5282	Introduction To Extension Education And Community Development	C	50	40	-	10	3
BHSL-5063	Basic Nutritional Biochemistry-I	C	50	40	-	10	3
BHSM-5284	Interior Space Designing	C	100	60	20	20	3+3
BHSM-5285	Therapeutic Nutrition	C	100	60	20	20	3+3
BHSM-5286	Basic Concepts Of Sewing And Fashion	C	100	60	20	20	3+3
BHSM-5077	Applied Botany And Home Gardening	C	100	50	30	20	3+3
TOTAL			**550**				

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Child Psychology
(Theory)
Course code: BHSL -5281

COURSE OUTCOMES

1. To introduce the concept of psychology and Child psychology.

2. To study the development of aspects such as attention, memory and learning.

3. To study the development phases in childhood with respect to these aspects.

4. To link the study of development with the discipline of psychology in accordance to different theories.

5. To provide systematic knowledge of the foundation of human behaviour.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Child Psychology(Theory)
Course code: BHSL -5281

Time: 3 Hrs

Max. Marks: 50
Theory:40
CA: 10

INSTRUCTIONS FOR THE PAPER SETTER:

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

CONTENTS

UNIT -I

Psychology related concept

Definition of Psychology
Nature of Psychology
Scope of Psychology
Definition of Child psychology

Attention

Meaning of attention, span of attention, distractionin-attention.
Nature of attention.
Factors affecting attention.

Unit-II

Memory

Definition
Aspects of Memory
Factors affecting memory and improvement in memory.
Forgetting and itscauses.

Unit-III

Learning and Motivation

Meaning, nature and types of learning.
Primary and secondarymotives.
Role of Motivation inlearning
Factors affectinglearning.

Unit-IV

Theories related to different development of human life Span.

Cognitive theory- JeanPiaget.
Psycho-Sexual theory – SigmundFreud
Psycho-Social theory –Erick-Erickson.
Hierarchy of Needs –Maslow.

Reference Books :

Brooks, Flower, D & Shaffer, Laurence F childPsychology".
Developmental Psychology, by Elizabeth BHurlock.
Child Development and personality by Mussen Conger,Kogan.

Bachelor of Science (Home Science) (Semester –V)

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(Session 2020-21)
Introduction to Extension Education and Community Development(Theory)
Course code: BHSL -5282

COURSE OUTCOMES:

Outcomes:

CO 1 To understand about the concept of education and its different forms.

CO 2 To gain the knowledge about extension services provided by agricultural universities.

CO 3 To make the students familiar about roles of extension and home science education in rural development.

CO 4 To get the concept of motivation and techniques to motivate village people and extension workers.

CO 5 To learn the concept of community development.

CO 6 To gain the knowledge about different rural development programs.

CO 7 To get the insight into Panchayati Raj System and its functions.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Introduction to Extension Education and Community Development
(Theory)
Course code: BHSL -5282

Time: 3 Hrs | Max. Marks: 50
Theory:40
CA: 10

INSTRUCTIONS FOR THE PAPER SETTER:

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

Contents

Unit-I

- Education, is definition andtypes.

- Concepts, philosophy, principles and aims and scope extensioneducation.
- Difference between formal, non-formal and extensioneducation.
- Brief history of popular extension activities inIndia.
- Extension services in AgricultureUniversities.

Unit-II

- Role of extension education in ruraldevelopment.
- Role of Home Science extension in ruraldevelopment.
- Field covered under extensioneducation.

- Role of extensionworker
- Qualities of extension worker

Unit-III

- Motivation inExtension
- Motivating Villagepeople
- Motivating Extensionworker
- Techniques ofMotivation

- Community development – its definition, work, elements, objectives, philosophy, types, principles andprocess.

Unit-IV

- Role of voluntary organization in communitydevelopment
- Panchayati Raj System organization &function
- Co-operative Societies – Organization &function

Brief knowledge of famous Rural Development programme

- The Integrated rural development programme(IRDP).
- Minimum Needprogramme
- National Rural employment programme. Family planningprogramme.

References:

Education and communication for development by O. P. Dhama and O.P. Bhatnagar.

Extension Education and Communication by V.K. Dubey.

Bachelor of Scienec (Home Science) Semester-V

Session: 2020-21

Course Code: BHSL-5063

Basic Nutritional Biochemistry-I

(Theory)

Time: 3 Hrs. **Max. Marks: 50**
Theory: 40
CA: 10

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.

Unit-I

Carbohydrates: Introduction, Monosaccharides: Families of monosaccharides: aldoses and ketoses, trioses, tetroses, pentoses, and hexoses, disaccharides and polysaccharides: storage polysaccharides - starch and glycogen; Structural Polysaccharides - cellulose, and chitin;Heteropolysaccharides: Peptidoglycan, Proteoglycan, glycoproteins.Intermediary

Unit-II

Metabolism of Carbohydrates: Biosynthesis and degradation of carbohydrates, Glycolysis, TCA Cycle, Gluconeogensis. Structural formula of fatty acids, triglycerides and phospholipids. Rancidity of fats & its prevention.

Unit-III

Acid value and sponification value of fat. Essential fatty acid. Study of intermediary metabolism of fat oxidation and biosynthesis of fatty acids.

Unit-IV

Inorganic elements (calcium, phosphorus, magnesium and iron): Dietary source, Daily requirement, Biochemical function and Metabolism.

Books Recommended:

1. Jain, J. L., Jain, S. and Jain. N. (2016). Fundamentals of Biochemistry, S. Chand & Company Ltd., New Delhi.
2. Sharma, D. C. (2017). Nutritional Biochemistry, CBS Nursing Publishers.
3. Voet, D., Voet, J.G. (2012). Fundamentals of Biochemistry, John Wiley and Sons, New York.
4. Nelson, D.L. and Cox, M.M. (2017), Lehninger Principles of Biochemistry, 7th Edition,WH Freeman, New York

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Interior space Designing
(Theory)
Course code: BHSM-5284

COURSE OUTCOMES:

1. To study the objectives and importance of Home Interior Designing.

2. To study and orient the students towards present and future trends in furnishing material, flooring and curtains etc.

3. To plan furniture and color schemes for different rooms, age groups and gender.

4. To build the ability to apply various elements and principles of design in interiors.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Interior space Designing
(Theory)
Course code: BHSM-5284

Time: 3 Hrs | Max. Marks: 100
Theory:60
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.

Unit–I

Introduction to Interiors

Importance of Homeenvironment
Objectives of Homefurnishing.
Factors to be considered while designinginteriors.

Unit–II

Furniture

Material used for furniture-wood, iron, plastic etc. constructional features – Type of joints.
Factors to be considered for selectingfurniture.
Application of principles of design in furniturearrangement.
Arrangement of furniture in drawing room, dining room, living cum dining room, bedroom master bedroom, children, adolescent boy & girl, guest room andlobby.
Care of different type offurniture.

Unit–III

Planning of colour schemes

Factors to be considered while planning colour schemes for differentrooms
Development of colourschemes
Planning of colour schemes for drawing room, drawing cum dining room bedroom, Master, children adolescent boy & girl andlobby.

Unit – IV

Wall finishes

Wall paper, wood panelling & theircare.
Paints – Types &suitability

Floor materials

Hard Material – stone, tile &wood
Resilient Material – Vinyl andLinoleum
Soft material – Carpets and rugs their selection, types, suitability andcare.

Reference books

Home furnishing Anna HongRutt.
Home furnishing, ButterWinifred.
Home with character, Craig &Rush.
Family Resource Management & Health Science, Rajwinder K.Randhawa.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Interior space Designing
(Practical)

Course code: BHSM-5284

Course outcomes :

1. To acquaint the students with standard measurements of furniture.

2. To enable them to make templates of different furniture items.

3. To plan and execute various color schemes.

4 To develop color scheme samples of drawing room, bedroom, children room etc.

5. To study and collect various furnishing material and develop a scrap book.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Interior space Designing
(Practical)

Course code: BHSM-5284

Marks:20

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

Measure furniture of home and make templates of different furniture items of standard size.

Plan furniture arrangement and colour schemes. (Use samples) in the followingrooms.
Drawingroom.
Drawing cum diningroom
Bedroom, Master, Children, adolescent boy andgirl.
Do market survey of furnishing material and make a scrapbook.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Therapeutic Nutrition
(Theory)
Course code: BHSM-5285

Course outcomes:

1.To gain insight into objectives and concept of therapeutic diet.

2.To develop adaptations of normal diets into therapeutic diets.

3. To understand the concept of therapeutic nutrition in different diseases infections and fevers.

4. To gain knowledge of dietary modifications and management techniques.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Therapeutic Nutrition
(Theory)
Course code: BHSM-5285

Time: 3 Hrs | Max. Marks: 100
Theory:60
CA: 20

INSTRUCTIONS FOR THE PAPER SETTER:

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

Contents :-

Unit-I

Basic concept of Therapeutic diet - meaning, importance, objectives, Therapeutic adaptations of the normaldiet.
Types of routine hospital diets - normal diet, Soft diet, liquid diet, Special feeding methods Enteral nutrition and ParenteralNutrition.
Role of Dietitian in feeding of patients. Effect of illness on food acceptance andutilization.

Nutrient and drug interaction. Effect of drug therapy on intake, absorption and utilization of nutrients.

Unit-II

Nutrition during infection and fevers - classification, etiology, symptoms and dietary management in - Typhoid, Tuberculosis andDengue.
Nutrition in Gastro - intestinal disorders, etiology, symptoms and dietary managementin Diarrhoea, constipation, Gastritis, Irritable bowl syndrome pepticulcer.
Nutrition in disturbauces of small and large intestine eitiology, symptoms anddietary management in Celiac disease, Lactose intolerance, ulcerativecolitis.

Nutrition in disease of the liver, gall bladder and pancreas, etiology, symptoms and dietary management in - Jaundice, Hepatitis, cirrhosis of liver, Cholecystitis andPancreatitis.

Unit-III

Nutrition in Diabetes Mellitus - Types etiology, symptoms metabolic changes, life style modification, Dietary management, Hypoglycemic agents, Medication, Insulinetherapy, Acute Complication ofdiabetes.

Nutrition in Renal disease, etiology, symptoms dialysis - Its type and dietary managementin Glumerulonephritis, Nephrosis, Acute Renalfailure.

Nutrition in Cardiovascular diseases, etiology, symptoms, life style modification,brief knowledge of Dash Diet and dietary management in Atherosclerosis, Hypertension, Dislipidemia and Acute cardiovascular disease/Heartattack.

Unit-IV

Nutrition in Cancer, types etiology, stages, symptoms diagnosis, factors inhibiting carcinogenesis, factors enhancing carcinogenesis and dietary management and Chemo& Radiation therapy (BriefIntroduction).

Nutrition in obesity - assessment of obesity, Hazards of obesity, etiology, nutritional management and otherapproaches.

Gout - etiology, symptoms & dietarymanagement.

Food Allergy - Causes, symptoms & dietarymanagement.

Reference books

Food and Nutrition - by Dr. M.Swamination

Text book of Nutrition & Dieteties - by Kumeed Khanna &others.

Bachelor of Science (Home Science) (Semester –V)

(Session 2020-21)

Therapeutic Nutrition

(Practical)

Course code: BHSM-5285

Course outcomes

1. To develop therapeutic diets according to special requirements of nutrients.

2.To calculate the nutritive value of diets.

3. To study the nutritive value of diets given in different diseases.

4.To develop entrepreneurship skills in students.

5.To encourage the students to set up a diet clinic.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Therapeutic Nutrition
(Practical)
Course code: BHSM-5285

Marks: 20

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

Prepare following therapeutic recipes and calculate their nutritivevalue.
Prepare 5 recipes of liquid and softdiet.
Prepare 5 high protein and high energyrecipes.
Prepare 5 high carbohydrate, moderate protein & low fatrecipes.
Prepare 5 high fiber and low glycemic indexrecipes.
Prepare 5 low sodium, low fat and high fiberdiet.

Plan and calculate nutritive value of diet for the following diseases. Typhoid, Diarrhoea, Constipation, Jaundice, peptic utcer, Diabetes, Hypertension, atherosclerosis, renaldisease andobesity.

Students are required to run Diet Clinics in thecollege

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Basic concepts of sewing and fashion
(Theory)
Course code: BHSM-5286

Course outcomes:

1. To impart knowledge about sewing, it's equipment's and supplies.

2.To develop an understanding of basic sewing techniques.

3.To study various concepts of fashion, theories and terminology.

4.To study the cycle of fashion and importance to consumer.

5. To develop an understanding of fashion merchandising and its process.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Basic concepts of sewing and fashion
(Theory)
Course code: BHSM-5286

Time: 3 Hrs | Max. Marks: 100
Theory:60
CA: 20

INSTRUCTIONS FOR THE PAPER SETTER:

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

Contents :-

Unit-I

Sewing equipments

- classification.
- Parts, function and care and sewingmachine.
- common stitching faults, their causes andremedies.

Unit-II

Sewing techniques

- Basic hand stitches – types anduse.
- Seams and seam finishes – Type &use
- Fullness – Darts, tucks, pleats, gathers, shirring, their definition, types andapplication.
- Trimming & Frills types anduse
- Sleeves types and uses
- Pockets types anduses.
- Neck finishes types anduses

Unit -III

- Collars types and uses
- Yokes and skirt - types and uses

- Plackets - Types and uses
- Fasteners – Types and uses

Fashion Terminology

Apparel, Fashion, Fad, Craze, High fashion, Mass fashion, style, change, classic, boutique, Croquet, Silhouette, designer, collection, adaptation.

Unit-IV

Fashion Trend, Fashion Cycle

Sources of fashion, factors favouring fashion, selecting fashion, forcasting fashion, fashion show

Fashion merchandising

Advertising and Display

Reference books:

Basic process of clothing construction by Doongaji SDeshpande
Clothing, Textile & their care – by Dr. Rajwinder K.Randhawa
Ministry of Fashion – by ManmeetSodhia
Design Studies – by ManmeetSodhia
Zarapkar System of Cutting- K.R Zarapkar. Navneet Publications.

Bachelor of Science (Home Science) (Semester –V)
(Session 2020-21)
Basic concepts of sewing and fashion
(Practical)
Course code: BHSM-5286

Time: 3 hrs. Marks:20

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

Demo of machine parts andoperation.
Make sample of thefollowings.
Even, uneven, diagonal and machinebasting.
Running stitch, back stitch, buttonholestitch
Visible and invisiblehemming
run and fell seam, counter hem, french and mantuamaker.
Seam finishes – hand overcast, turned and stitch andbinding.
Pleats – knife, box, inverted pleat
Gathers with band and shirring.
Tucks – Pin tucks, cross tucks, shell tucks, space tucks, release tucks.
Frill and piping attachment.
Patch work.
Plackets – continuous, two piece and extended placket
Fastner – hook & eye, button and button hole Press button, skirt hook & velcro tape (Attach fasteners on placketsonly).
Pocket – Patch, in seam and crosspocket.
Makedraftofchildisbodiceblackandmakesampleofneckfinishesonbodiceblock–

bias piping bias facing and shaped facing.

Make draft and sample of plain sleeve, cape Magyar using the neck finishesblock.
Make draft and sample of peter pan, raised, peter pan (only draft) onchild's bodiceblock.
Draft and stitch A-Line frock.
Draft and stitch baby frock with collar and puffsleeve.
Draft and construct child'sbloomer.

Bachelor of Science (Home Science) (Semester-V) Session 2020-21

Course Code: BHSM-5077

APPLIED BOTANY AND HOME GARDENING

(Theory)

Course outcome: -

After passing this course the course the student will be able to:

CO:1 Identify different plants.

CO:2 Learn art of home gardening.

CO:3 Understand the art of soil preparation for gardening.

CO:4 Understand different means of plant propagation.

Bachelor of Science (Home Science) (Semester-V) Session 2020-21

Course Code: BHSM-5077

APPLIED BOTANY AND HOME GARDENING

(Theory)

Time: 3 Hrs.

Theory: 50

Instructions for the Paper Setters:

Eight questions of equal marks (12 marks 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

Gardening

- Layout of a Garden
- Soil preparation – digging, tillage, drainage, watering and weeding.
- Manures and fertilizes

Unit-II

Propagation of plants

- Seed propagation
- Vegetative propagation by natural and artificial methods (Bulbs Rhizomes suckers

Runners Tubers Budding and grafting)

Unit-III

Kitchen Garden

- Principle of planning and cultivation of vegetables with reference to potato tomato radish cauliflower brinjal, pea and spinach.

Unit-IV

Lawn and Hedges

- Principle of planning of lawn and hedges
- Brief description of care and cultivation of ornamental plants.
- Care and cultivation of seasonal flowers
- Care and cultivations of common indoor plants.

General characteristics, morphology and economic importance: algae, fungi and moulds

REFERENCE BOOK:

1) Basic Gardening Gemmell Alam Penguin books publication.
2) B. Choudhary: Vegetables (National Book of India, New Delhi 1979)
3) Breikell C. 1993, Step by Step Gardening Technique (Royal Horticultural Society's Encyclopedia of Practical Gardening).
4) Dutta A.C. Botany for Degree Students (Oxford University Press, New Delhi 1970)
5) Gangullee H.C. Dass, K.S. Dass, K.S. Dutta C: College Botany Vol. I (New Central Book Agency Calcutta 1991)
6) Gopalaswamianger K.S. 1991 Complete Gardening in India (Messers Nagaraj and Co., Madras).
7) H.T. Harman and D Keter: Plant Propagation, Principles and Practices (Prentice Hall of India Pvt. Ltd. New Delhi 1979).
8) Hind Book of Agriculture: ICAR, New Delhi 1987.
9) J.L. Shreemali Economic Botany (Har Anand Publication, New Delhi 1995)
10) O.P. Sharma: Hill's Economic Botany 2006 Tata McGraw-Hill Publishing Co. Ltd.

Bachelor of Science (Home Science) (Semester-V) Session 2020-21

Course Code: BHSM-5077(P)

APPLIED BOTANY AND HOME GARDENING

(Practical)

Course outcome: -

After passing this course the course the student will be able to:

CO:1 Identify different tools to be used in soil preparation.

CO:2 Understand the use of different plant parts for plant propagation.

CO:3 Maintain different plants in the garden.

CO:4 Identify ornamental plants.

Bachelor of Science (Home Science) (Semester-V) Session 2020-21

Course Code: BHSM-5077(P)

APPLIED BOTANY AND HOME GARDENING

(Practical)

Time: 3 Hrs.

Marks: 30

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

1. Study of garden tools and accessories.

2. Identification of different types of plants i.e. vegetable flowers, ferns and ornamental plants.

3. Preparation of soil digging tillage drainage watering and weeding.

4. To prepare and manuring a seed bed for raising seedlings.

5. To prepare a bed for sowing potatoes and cultivate them.

6. To prepare a plot for raising seedlings.

7. To prepare a pot for repotting.

8. To prepare a plot and cultivate seasonal vegetable (as in theory).

9. Plant propagation.

a) From seeds guiding rules for seed sowing.

b) Vegetative propagation by cutting and grafting.

c) Maintenance of plants

d) Use of pesticides and fungicides

e) Identification of slides of algae fungi and moulds.

Project: Prepare Herbarium file Collection of specimen of ornamental plants flower.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE PROGRAMME

Bachelor of Science (Home Science)

(Session 2020-2021)

Semester VI							
Course Code	**Course Name**	**Course type**	**Marks**				**Examination time (in Hours)**
			Total	**Ext.**		**CA**	
				L	**P**		
BHSM-6281	Behavioural Psychology	C	50	25	15	10	3
BHSM-6282	Interior Decoration	C	100	60	20	20	3+3
BHSM-6283	Community Nutrition	C	100	60	20	20	3+3
BHSM-6284	Garment Designing & Construction	C	100	60	20	20	3+3
BHSM-6285	Communication and Audio-visual in Extension Work	C	50	25	15	10	3+3
BHSM-6066	Applied Nutritional Biochemistry	C	50	25	15	10	3+3
BHSM-6487	Applied Zoology and Food Microbiology	C	100	60	20	20	3+3
	Total	**550**					

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

C-Compulsory

AC- Audit course

Bachelor of Science (Home Science) (Semester-VI)

BEHAVIOURAL PSYCHOLOGY

Course Code: BHSM-6281

(Theory)

COURSE OUTCOMES

1. To study the concept of intelligence and its measurement.

2. To gain knowledge about personality, its social factors and assessment.

3. To identify the behavior disorders, its factors and ways of preventing.

4. To study the concept of disability.

5. To classify various impairments and their causes, prevention, education and rehabilitation.

Bachelor of Science (Home Science) (Semester-VI)

BEHAVIOURAL PSYCHOLOGY

Course Code: BHSM-6281

(Theory)

Time: 3 Hrs. **Max. Marks: 50**

Theory: 25

Practical: 15

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.

Unit I

Intelligence

a) Nature of Intelligence

b) Measurement of Intelligence

Unit-II

Personality

a) Definition and concepts of personality.
b) Social factors of personality.
c) Assessment of personality.

Unit-III

Behaviour disorders

a) Definition & types of Behaviour disorders.
b) Factors leading to behaviour disorders.
c) General way of preventing behaviour disorders.

Unit-IV

Person with disabilities

a) Concept of disability and classification system.
b) Definition, classification, cause, prevention, education and rehabilitation.

- Physical impairments.
- Visual impairments.
- Speech and hearing impairments
- Learning disabilities
- Behaviour disabilities
- Nail biting, thumb sucking, bed wetting, Temper Tantrum, Stealing.
- Dealing with Gifted children.

Reference Books

1) Child Development by Hurlock.
2) Educational Psychology by J.Walia

Bachelor of Science (Home Science) (Semester-VI)

BEHAVIOURAL PSYCHOLOGY

Course Code: BHSM-6281

(Practical)

COURSE OUTCOMES

1. To conduct a case study on a child to study socio-psychological dimension.

2. To assess personality using two different techniques.

3. To assess intelligence using two different techniques.

4. A visit to guidance/counselling cell

Bachelor of Science (Home Science) (Semester-VI)

BEHAVIOURAL PSYCHOLOGY

Course Code: BHSM-6281

(Theory)

Time: 3 Hours **Practical: 15**

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

1) To conduct a case study on a child to study and Socio-psychological dimension of socialization in one of the following situations and submit report.
   a) Slum child b) Single parent child
2) Assessment of personality using any two different techniques.
3) Assessment of intelligence using any two different techniques.
4) Visit to guidance/counselling centre.

Reference Books :-

1) Brooks, flower D. & Shaffer Laurence F. Child Psychology.
2) Developmental Psychology by Elizabeth B. Hurlock child Development and personality by Mussen, Conger, Kagan

Bachelor of Science (Home Science) (SEMESTER-VI)

INTERIOR DECORATION

(Theory)

Course Code: BHSM:6282

COURSE OUTCOMES

1. To understand the concept of Decorative and false ceiling.

2. To gain knowledge about good lighting and lighting needs for various activities and rooms.

3. To study different types of windows.

4. To study different types of curtains and draperies and their suitability.

5. To understand the importance of flower arrangement and its types.

6. To gain knowledge about equipments and accessories needed for flower arrangement.

7. To study the importance, types and selection of accessories used in rooms.

Bachelor of Science (Home Science) (SEMESTER-VI)

INTERIOR DECORATION

(Theory)

Course Code: BHSM: 6282

Time: 3 Hrs **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.

Content :

Unit-I

- Ceiling Treatment and lighting
- Decorative and false ceiling.
- Types of lights.
- Characteristics of good lighting.
- Lighting needs for various activities & room.
- Effects of lighting on interior.
- Selection of lamps shade & fixture.

Unit-II

Window Treatment

- Terms used for describing window.
- Types of window.
- Types of curtain, draperies and their suitability.
- Treatment of problematic window.
- Venetian blinds and rollers.
- Window accessories – Certain rods, rings frills, cords swag etc.

Unit-III

Flower Arrangement

- Importance
- Types with Special reference to I-Kebana.
- Equipments & accessories needed.
- Points to be considered for plucking & making flower arrangement.
- Application of elements & principles of design in flower arrangement.

Unit-IV

Accessories

- Importance, types and selection of accessories in different room.
- Pictures types, selection and framing.
- Selection of household furnishing towel, bed sheets, pillow cover, blankets, quilts upholstery slipcovers, cushions etc.

Reference books

1. Home furnishing – Anna Hong Rutt
2. Home furnishing – butter winifred
3. Home with character, Craig & Rush
4. Interior design & decoration. Ferguson
5. Family Resource Management & health Science

Bachelor of Science (Home Science) (SEMESTER-VI)

INTERIOR DECORATION

(Practical)

Course Code: BHSM: 6282

COURSE OUTCOMES

1. To make elevation on walls, show lighting, windows and accessories in rooms.

2. To make fresh flower arrangement.

3. To make any furnishing article.

Bachelor of Science (Home Science) (SEMESTER-VI)

INTERIOR DECORATION

(Practical)

Course Code: BHSM: 6282

Practical : 20

1) Make elevation on walls of following room and show lighting, windows and accessories.

   a) Drawing room

   b) Master is bedroom

2) Make flower Arrangement :- with fresh flowers.

3) Make any one furnishing article.

Bachelor of Science (Home Science) (SEMESTER-VI)

COMMUNITY NUTRITION

Course code: BHSM: 6283

(Theory)

COURSE OUTCOMES

1. To understand the concept of community, health and related terms.

2. To gain knowledge about methods of enhancing nutritive value of food.

3. To assess the nutrition status using different methods.

4. To study the channels of nutrition education in the community.

5. To understand the concept of planning and implementation of nutrition education programme.

6. To study different national nutrition programme and policies.

7. To gain knowledge about role of national and international agencies in community nutrition.

Bachelor of Science (Home Science) (SEMESTER-VI)

COMMUNITY NUTRITION

Course code: BHSM: 6283

(Theory)

Time : 3 hrs. **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.

Unit-I

1. Concept of community, health, malnutrition, maternal and infant mortality,morbidity, nutritional status.
2. Major nutritional problems prevalent in India - Protein - energy malnutrition, iron deficiency anemia, Vit - A deficiency, iodine deficiency disorder, Vit - D andcalcium deficiency, flurosis.
3. Malnutrition and Infection - Nutritionally relevant infection and infestation.
4. Effect of malnutrition on defense mechanism.
5. Effect of infection on nutritional status and growth and development.

Unit-II

6. Assessment of nutritional status using different methods
    a) Anthropometric measurement, standards for comparison age assessment,weight, height, skin folds, arm, head and chest circumference, use of growth chart.
    b) Clinical sign and symptoms of malnutrition, classification of clinical signand symptoms methods of reporting results.
    c) Biochemical assessment - most commonly used biochemical methods andtheir standard ranges.

    d) Diet Surveys - Population sampling, methods of dietary survey pointsrequiring special attention, adult consumption unit analysis of diet survey data

Unit-III

7. Channels of nutrition education in the community, Nutrition education method -lectures

and Demonstration, workshops, films, posters, charts, exhibition, books, pamphlets, newspaper, radio & television, power point-presentations.

8. Planning and implementation of Nutrition education programme, objective,selecting topic, and audio visual aid for target group.
9. Method of enhancing nutritive value of food - Supplementation, sprouting, fermentation, fortification, enrichment.
10. Food Faddism and Faculty Food habits.
11. National Nutrition programme & policies.
    a) Integrated Child Development Sevices. (ICDS)
    b) Applied Nutrition Programme. (ANP)
    c) Special Nutrition Programme. (SNP)
    d) Mid-day meal Programme. (MMP)
    e) Balwadi Nutrition Programme. (BNP)

Unit-IV

12. Role of National and international agencies in community Nutrition.
    a) Indian council of Agriculture Research. (ICAR)
    b) Indian council of Medical Research. (ICMR)
    c) Central Food Technological Research Institute, Mysore. (CFTRI)
    d) National Institute of Nutrition, Hyderabad. (NIN)
    e) Food and Agriculture organization. (FAO)
    f) World Health organization. (WHO)
    g) United Nations Children's Fund. (UNICEF)
    h) CARE.

Reference Book :

1. Food and Nutrition by Dr. M. Swaninathan.

Bachelor of Science (Home Science) (SEMESTER-VI)

COMMUNITY NUTRITION

Course code: BHSM: 6283

(Practical)

COURSE OUTCOMES

1. To cook recipes and calculate their cost and nutritive values.

2. To assess the nutritional status of different vulnerable groups.

3. To develop different audio-visual aids for imparting knowledge.

4. To plan, implement and evaluate the nutrition education for target groups.

5. To visit school to see the functioning of mid day meal programme.

Bachelor of Science (Home Science) (SEMESTER-VI)

COMMUNITY NUTRITION

Course code: BHSM: 6283

(Practical)

Marks: 20

Instruction for the paper setter.

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

1. Cook following receipest and calculate their cost and nutritive value.
   a) Low cost energy and protein rich receipes.
   b) Low cost iron rich receipes.
   c) Low cost calcium rich receipes.
   d) Value addition of cereal & pulses.
   e) Weaning foods
2. Assessment of nutritional status of vulnerable group usinganthropometry/dietary surveys. Project report will be judged by the external examiner.
3. Development of audio-visual aids for imparting nutrition education- eg. charts, posters, flashcards and power-point presentation.
4. Planning, implementation and evaluation of nutrition education for specific target groups.

Visit to see the functioning of mid-day meal programme in schools or any health orientedprogramme.

Bachelor of Science (Home Science) (SEMESTER-VI)

GARMENT DESIGNING & CONSTRUCTION

Course Code: BHSM-6284

(Theory)

COURSE OUTCOMES

1. To identify different types of fabrics.

2. To understand the importance of labels.

3. To study the factors affecting selection of clothes for different age groups.

4. To study the use of lines in improving human figure.

5. To provide knowledge about anthropometry.

6. To gain knowledge about common fitting problems and methods of correcting them.

7. To get insight into pattern manipulation and its principles.

Bachelor of Science (Home Science) (SEMESTER-VI)

GARMENT DESIGNING & CONSTRUCTION

Course Code: BHSM-6284

(Theory)

Time: 3 Hrs **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.

Unit-I

- Identification of different types of fabrics suitable for different garment.
- Intelligent buying of fabrics and readymade garment.
- Importance of label-terminology, care, symbols & their usage.

Unit-II

- Importance of clothing.
- Factors affecting selection of clothing for different age groups infant's, toddler's pre schooler's school going, adolescent's adult and elderly person.
- Anthropometry – definition points to be considered while taking body measurements.

Unit-III

- Application of elements of art and principles of design in clothing.
- Use of lines in improving human figure.
- Common fitting problem and methods of correcting them.

Unit-IV

- Different methods of developing design.
- Flat pattern making techniques. Drafting and paper pattern.
- Important terms used in pattern production.
- Pattern making principles.

- Pattern manipulation.
- Terms related to dart & seam.
- Difference between drafting, pattern making & draping.

Reference Books

1. Basic Process of clothing construction – by Doongaji S. Deshpande.
2. Clothing Textile & their care – by Dr. Rajwinder K. Randhawa.

Bachelor of Science (Home Science) (SEMESTER-VI)

GARMENT DESIGNING & CONSTRUCTION

Course Code: BHSM-6284

(Practical)

COURSE OUTCOMES

1. To introduce basic sketching techniques.

2. To draft and stitch different dresses like frock, ladies blouse, ladies shirt, ladies salwar, ladies kurta, ladies nighty etc.

Bachelor of Science (Home Science) (SEMESTER-VI)

GARMENT DESIGNING & CONSTRUCTION

Course Code: BHSM-6284

(Practical)

Time : 3 hours Marks: 20

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

1. Pattern Making – dart manipulation by flat pattern

- Shifting of darts
- Combining darts
- Converting darts into gathers
- Converting darts into seam lines

2. Drafting and Construction

- Draft and stitch petticoat (Drafting should be done directly on cloth).
- Draft and stitch ladies blouse.
- Draft and stitch ladies shirt.
- Draft and stitch ladies Salwar/churidar (Drafting should be done directly on cloth).
- Draft and stitch ladies nighty.

Bachelor of Science (Home Science) (SEMESTER-VI)

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

Course code : BHSM: 6285

(Theory)

COURSE OUTCOMES

1. To understand the concept of communication, its importance, scope, functions and problems.
2. To study the selection of channel and teaching tools.
3. To get insight into audio-visual aids.
4. To study different audio-visual aids.
5. To gain knowledge about programme planning.
6. To develop and plan of work, its importance and selection of subject matter.

Bachelor of Science (Home Science) (SEMESTER-VI)

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

Course code : BHSM: 6285

(Theory)

Time: 3 Hrs **Max. Marks: 50**

Theory: 25

Practical: 15

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.

Course Content :-

Unit-I

- Communication-definition, importance process model, scope, function and problem in communication.

Unit-II

- Selection of channel and teaching tools.
- Feedback in communication.

Unit-III

- Audio-visual Aids – Meaning, types, choice planning and selecting theme, layout and design.
- Brief introduction of commonly used aids, posters, charts, flipcharts, exhibition, power-point presentation, bulletin, puppet, drama & talks, power-point presentation.

Unit-IV

- Programme planning – meaning and principles.
- Development & plan of work, importance format & elements, selection of subject matter.

Reference Book :-

Education and Communication for development by O.P. Dhama and O.P. Bhatnagar

Bachelor of Science (Home Science) (SEMESTER-VI)

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

Course Code : BHSM: 6285

(Practical)

COURSE OUTCOMES

1. To prepare different audio-visual aids like charts, posters, flash cards, pamphlet etc.

2. To prepare lesson plan.

3. A visit to impart extension education.

Bachelor of Science (Home Science) (SEMESTER-VI)

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

Course code : BHSM: 6285

(Practical)

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

1. Preparation of Visual Aid.

Posters, charts, flash cards, pamphlets , power-point presentation.

2. Prepare a lesson plan on any subject matter to impart knowledge to the rural people.

3. Field visit to imparting extension education to rural people, submit the report that will be judged by the external examiner.

Bachelor of Science (Home Science) Semester-VI
Session:2020-21
Course Code: BHSM-6066

Applied Nutritional Biochemistry

(Theory)

COURSE OUTCOMES:

After passing this course the student will be able to:

CO1: Study about general metabolism of protein

CO2: Have knowledge about B.M.R. and factors affecting B.M.R.

CO3: Get knowledge about the Urine composition and their normal and abnormal constituents

CO4: Study the Water and electrolyte balance

Bachelor of Science (Home Science) Semester-VI
Session:2020-21
Course Code: BHSM-6066

Applied Nutritional Biochemistry

(Theory)

Time: 3Hrs **Max. Marks: 50**

Theory: 25

Practical: 15

CA:10

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). 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.

SECTION-A

Structural formulae of amino acids peptide bonds.

·Hydrolytic breakdown of protein & essential amino acids.
·Nitrogen balance
·Protein efficiency ratio and biological value of protein.
·Elementary study of general metabolism of protein, building up of amino acid pool. General reaction of amino acid metabolism.
·Urea Cycle
·Essential amino acids

SECTION-B

B.M.R. – Meaning and factors affecting B.M.R. specific dynamic action of good stuffs.

SECTION-C

·Enzymes – definition, classification and specificity of enzymes.
·Factors affecting enzyme activity.

SECTION-D

·Urine composition, normal and abnormal constituents of urine
·Water and electrolyte balance, water and electrolyte losses and their replenishment effect of dehydration.

Bachelor of Science (Home Science) Semester-VI
Session:2020-21
Course Code: BHSM-6066(P)

Applied Nutritional Biochemistry

(Practical)

COURSE OUTCOMES:
After passing this course the student will be able to:
CO1: Perform Qualitative analysis of monosaccharide, disaccharide and polysaccharide.
CO2: Estimate Glucose Quantitatively
CO3: Test the reaction of protein fats and carbohydrate in bread, milk and egg.

Bachelor of Science (Home Science) Semester-VI
Session:2020-21
Course Code: BHSM-6066(P)

Applied Nutritional Biochemistry

(Practical)

Time: 3 Hrs. **Marks: 15**

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

- Qualitative analysis of monosaccharide, disaccharide and polysaccharide.
- Quantitative estimation of Glucose.
- To test the reaction of protein fats and carbohydrate in bread, milk and egg.
- Biochemical analysis of Urine Sample.

B.Sc. (Home Science) (Semester–VI) (Session 2020-21)

APPLIED ZOOLOGY AND FOOD MICROBIOLOGY

Course Code: BHSM:6487

(THEORY)

Course Outcomes

- CO1.To study useful and harmful insects.
- CO2.To study useful and harmful microorganisms.

Bachelor of Science (Home Science)

(Semester–VI)

(Session 2020-21)

APPLIED ZOOLOGY AND FOOD MICROBIOLOGY

Course Code: BHSM:6487

(THEORY)

Max. Time: 3 Hrs. **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.

UNIT-I

Elementary study of the following harmful insects Mosquito (Culex, anopheles, beg bugs and louse).

Elementary study of economically important insects – honeybee, silk moth, lac and earthworm.

UNIT-II

Sources of food contamination, food poisoning Symptoms & control.

Control of pest cereals pulses and stored products such as rice weevil lesser grain and borer.

UNIT-III

Introduction to microbiology and its relevance to food standards & safety.General morphology and Characteristics of micro organism-bacteria Virus protozoa.

Beneficial effects of micro organism.

- Role of bacteria in milk and milk products industry.
- Soil fertility (Nitrogen Cycle)
- Economic Importance of moulds, Aspergillus Penicillium and yeast.

UNIT-IV

Microbiology of different food spoilage & Contamination & control of cereals and their products sugar and its products, vegetable and fruits, Meat and its products fish and other sea foods egg and poultry, milk and its products & canned foods.

Reference Books:

1) Text Book of Zoology P.S. Dhami, PardeepPublication.
2) Food Microbiology Frazier, William C and West off Dannis C. Tata McGraw will Publish CompanyLtd.

B.Sc. (Home Science) (Semester–VI) (Session 2020-21)

APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
Course Code: BHSM: 6487

(Practical)

Course Outcomes

CO. To make the students aware about economically important specimens (preserved).

CO2. Familiarize about the basic microflora.

B.Sc. (Home Science) (Semester–VI) (Session 2020-21)

APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
Course Code: BHSM: 6487

(Practical)

Time: 3 Hrs. **Marks:20**

Instructions for the Practical Examiners: Question paper is to set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE Office, KanyaMahaVidyalaya, Jalandhar

1. Identification of insects (same astheory).
2. Identification and economic importance of Honey bee, silk moth, lac and earthworm.
3. Identification of pest with their morphological note (same astheory).
4. Identification of slides of following microbes-bacteria, Virus,protozoa.