FACULTY OF SCIENCES

SYLLABUS OF

Bachelor of Science (Honours) Home Science

(Semester: I - II)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2025-26

The Heritage Institution

KANYAMAHAVIDYALAYA

JALANDHAR

(Autonomous)

PROGRAMME SPECIFIC OUTCOMES FOR Bachelor of Science (Home Science)
(Session: 2025-2026)

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

PSO (1) - To gain knowledge about nutrition in different diseases, therapeutic nutrition, food preservation and safety, role of dietician for patients, nutritional biochemistry.

PSO (2) - 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, behaviuoral psychology and extension education.

PSO (3) - To develop deep understanding of conversion of textiles fibres into fabric undergoing various spinning, weaving and finishing techniques, surface techniques, sewing and fashion.

PSO (4) - To understand the fundamentals of house planning, kitchens, laws and terminology used in building of house, kitchen equipments and their applications, applied art.

PSO (5) – To provide knowledge for students in allied fields such as physics, chemistry, home gardening, zoology, consumer economics and making the students capable of oral and written communication.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF

Bachelor of Science (Home Science) (Three Year Degree Programme)

Bachelor of Science (Honours) Home Science (Four Year Degree Programme)

Credit Based Continuous Evaluation Grading System

(Session: 2025-2026)

Semester -I

Course Code	Course Name	Course Type	Hours Per Week L-T-P	Credits L-T-P	Total	Marks				Examination time (in Hours)
						Total	Ext.		C A	
							L	P		
BHSL-1421/ BHSL-1031/ BHSL -1431	Punjabi (Compulsory)/ 1 Basic Punjabi/ 2 Punjab History and Culture	C	4-0-0	4-0-0	4	100	70	-	30	3
BHSM - 1102	Communication Skills in English-I	AEC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSL-1283	Introduction to Human Development	DSC	2-0-0	2-0-0	2	50	35	-	15	3
BHSL-1284	Hygiene	DSC	3-0-0	3-0-0	3	100	70	-	30	3
BHSM-1285	Basic Food and Nutrition	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM - 1286	Applied Art	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM - 1127	Computer Basics	C	2-0-2	2-0-1	3	100	40	30	30	3+3
VACF-1491	*Foundation Course	VAC	2-0-0	2-0-0	2	50	35	-	15	1
				Total	**26**					

C -Compulsory
AEC: Ability Enhancement Course
DSC: Discipline Specific Course
VAC: Value Added Course
1: Special paper in lieu of Punjabi (compulsory) for those who have not studied Punjabi upto 8^{th}/10^{th} class.
2: Special paper in lieu of Punjabi (compulsory) for those students who are not domicile of Punjab.
*Credits/Grade Points of these courses will not be added in SGPA/CGPA of the Semester/Programme and only grades will be provided.

(Session 2025-2026)

Bachelor of Arts (Journalism & Mass Communication) / Bachelor of Science (Fashion Designing) / Bachelor of Science (Honours) Home Science / Bachelor of Computer Applications/ Bachelor of Science (Information Technology)/ Bachelor of Science (Bio-Technology)

Semester I
Punjabi (Compulsory)

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

Course Outcomes

CO1: ਆਤਮ ਅਨਾਤਮ' ਪੁਸਤਕ ਦੇ ਕਵਿਤਾ ਭਾਗ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋ+ਕ 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: ਗੱਦ ਪ੍ਰਵਾਹ (ਰੇਖਾ ਚਿਤ੍ਰ ਤੇ ਹਲਕੇ ਲੇਖ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨ ਇਤਿਹਾਸ ਤੋਂ ਜਾਣੂ ਕਰਵਾਉਣਾ 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।

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

(Session: 2025-2026)

Bachelor of Arts (Journalism & Mass Communication) / Bachelor of Science (Fashion Designing) / Bachelor of Science (Honours) Home Science / Bachelor of Computer Applications/Bachelor of Science (Information Technology)/ Bachelor of Science (Bio-Technology)

Semester I

Punjabi (Compulsory)

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

ਸਮਾਂ : 3 ਘੰਟੇ **Maximum Marks: 100**

L-T-P **Theory: 70**

4-0-0 **CA: 30**

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ I

ਆਤਮ ਅਨਾਤਮ(ਕਵਿਤਾ ਭਾਗ),(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
(ਭਾਈ ਵੀਰ ਸਿੰਘ ,ਡਾ.ਜਸਵੰਤ ਸਿੰਘ ਨੇਕੀ,ਸਿਲੇਬਸ ਦਾ ਹਿੱਸਾ ਨਹੀਂ ਹੈ)

(ਸਾਰ,ਵਿਸ਼ਾ ਵਸਤੂ) 08 ਅੰਕ

ਯੂਨਿਟ II

ਗੱਦ ਪ੍ਰਵਾਹ (ਰੇਖਾ ਚਿਤ੍ਰ ਤੇ ਹਲਕੇ ਲੇਖ), ਸੰਪਾ.ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ, ਜਸਪਾਲ ਸਿੰਘ ਰੰਧਾਵਾ,ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ,ਅੰਮ੍ਰਿਤਸਰ।
(ਰੇਖਾ ਚਿਤ੍ਰ 1 ਤੋਂ 5)(ਨੰਗੀ ਮੁਸਕਾਨ ਰੇਖਾ ਚਿੱਤਰ ਸਿਲੇਬਸ ਦਾ ਹਿੱਸਾ ਨਹੀਂ ਹੈ)

(ਸਾਰ,ਵਿਸ਼ਾ ਵਸਤੂ)08 ਅੰਕ

ਯੂਨਿਟ III

(ੳ)ਪੈਰ੍ਹਾ ਰਚਨਾ

(ਅ)ਪੈਰ੍ਹਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ। 08 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-Dਤੱਕ 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 ਪ੍ਰਸ਼ਨਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

(Session 2025-2026)

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 (Honours) Home Science / Bachelor of Computer Applications/Bachelor of Science (Information Technology)/ Bachelor of Science (Bio-Technology)/ 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/BOML/BOEL/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।

(Session 2025-2026)

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 (Honours) Home Science / Bachelor of Computer Applications/Bachelor of Science (Information Technology)/ Bachelor of Science (Bio-Technology)/ Bachelor of Science (Honours) Mathematics/ Bachelor Of Arts (Honours) English/Bachelor of Commerce (Honours), Bachelor of Science (Honours) Physics

Basic Punjabi

In lieu of Punjabi (Compulsory)
Course Code -BARL/BSML/BSNL/BCSL/BECL/BCRL/BBRL/BJML/BFDL/ BHSL/BCAL/BITL/BBTL/BOML/BOEL/BCOL/BOPL-1031

ਸਮਾਂ : 3 ਘੰਟੇ **Maximum Marks: 100**

L-T-P **Theory: 70**

4-0-0 **CA: 30**

ਭਾਠਕ੍ਰਮ

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, ਰਿਬਤੇ ਨਾਤੇ, 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 ਸ਼ਬਦਾਂਵਿਚ ।

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 ਕੀਤਾਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 16 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 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 (Honours) Home Science /Bachelor Of Computer Application /Bachelor Of Science (Information Technology)/ Bachelor Of Science (Bio Technology) / Bachelor Of Arts (Honours) English

Semester I

Session 2025-26

Course Title: Punjab History and Culture (From Earliest Times to C 320)

(Special paper in lieu 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

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 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 (Honours) Home Science /Bachelor Of Computer Application /Bachelor Of Science (Information Technology)/ Bachelor Of Science (Bio Technology) / Bachelor Of Arts (Honours) English

Semester I

Session 2025-26

Course Title: Punjab History and Culture (From Earliest Times to C 320)

(Special paper in lieu 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

Time: 3 Hours

Max. Marks: 100

L-T-P **Theory: 70**

4-0-0 **CA: 30**

Instructions for the Paper Setters

1. Question paper shall consist of fourUnits
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 ,**byatleastselecting **one question** from each unit and the **5th question** may be attempted from any of the **four units**.
4. Each question will carry 14 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. 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, Patiala1977.
- 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 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 (MEDICAL LABORATORY TECHONOLOGY) / BBA (BUSINESS INNOVATIONS AND ENTREPRENEURSHIP)/ BACHELOR OF ARTS (DIGITAL ART, DESIGN AND MULTIMEDIA)
(Semester I)

Session 2025-26

Communication Skills in English - I

(Theory)

Course Code: BJMM/BFDM/BHSM/BCAM/BITM/ BBTM/ BMLM -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: Through reading skills, the students will have an ability to have a comprehensive understanding of the ideas in the text and enhance their critical thinking

CO 3: Writing skills of students which will make them proficient enough to express ideas in clear and grammatically correct English

CO 4: The skill to use an appropriate style and format in writing letters (formal and informal) and resume, memo, notices, agenda, minutes

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 (MEDICAL LABORATORY TECHONOLOGY) / BBA (BUSINESS INNOVATIONS AND ENTREPRENEURSHIP)/ BACHELOR OF ARTS (DIGITAL ART, DESIGN AND MULTIMEDIA)

(Semester I)

Session 2025-26

Communication Skills in English - I

(Theory)

Course Code: BJMM/BFDM/BHSM/BCAM/BITM/ BBTM/ BMLM -1102

Examination Time: 3 Hrs **Total Marks: 100**
L-T-P (Credits): 3-0-1 **Theory: 50**
Practical: 20
CA: 30

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 10 marks. Each question can be sub divided into two parts.
(10 x 5 = 50)

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

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

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

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

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 (MEDICAL LABORATORY TECHONOLOGY) / BBA (BUSINESS INNOVATIONS AND ENTREPRENEURSHIP)/ BACHELOR OF ARTS (DIGITAL ART, DESIGN AND MULTIMEDIA)

Course Code: BJMM/BFDM/BHSM/BCAM/BITM/ BBTM/ BMLM -1102
(Semester I)
Session 2025-26

Unit I

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

Unit II

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

Activities:

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

Unit III

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

Activities:

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

Unit IV

Resume, memo, notices, agenda, minutes, Tips for effective blog writing

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
- Writing blogs

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 Education2009.
4) *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).

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 (MEDICAL LABORATORY TECHONOLOGY) / BBA (BUSINESS INNOVATIONS AND ENTREPRENEURSHIP)/ BACHELOR OF ARTS (DIGITAL ART, DESIGN AND MULTIMEDIA)

(Semester I)

Session 2025-26

Communication Skills in English - I

Course Code: BJMM/ BFDM/ BHSM/ BCAM/ BITM/ BBTM/ BMLL -1102

PRACTICAL / ORAL TESTING

Time: 3 hours **Marks: 20**

Course Contents:

1. Oral Presentation with/without audio visual aids (10 Marks)
2. Group Discussion (05 Marks)
3. Practical File form Syllabi (05 Marks)

Questions:

1. Oral Presentation will be of 5 to 7 minutes duration. (Topic can be given in advance or it can be of student' 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 (Honours) Home Science
(Semester – I)
Session 2025-2026
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 (Honours) Home Science
(Semester – I)
Session 2025-2026
Introduction to Human Development
(Theory)
Course Code: BHSL-1283

Time: 3 Hours

Max. Marks: 50
Theory: 35
CA: 15

L-T-P
2-0-0

Instructions for the Paper Setter:

- Eightquestionsofequalmarksaretobeset,two ineachofthefourSections(A-D). QuestionsofSectionsA-Dshouldbeset from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 7 Marks.

Content

Unit I

Introduction to the field of Human Development

- Definition
- Scope andOpportunities
- Brief HistoricalPerspective
- Domains of Development

Growth andDevelopment

- Definition
- Principles of Development
- Factors affecting growth & development, heredity, environment, learning andmaturation

General Characteristics of various stages of Humanlife

Unit II

Pre-natal Development

- Definition
- Importance of Fertilization
- Stages of prenataldevelopment
- Time Table of prenataldevelopment
- Factors affecting prenataldevelopment
- Hazards during prenataldevelopment
- Screening during prenatal period and counselling

Unit III

- Pregnancy
  - Symptoms ofpregnancy
  - Care & Complication duringPregnancy

Birth of a Baby

BirthProcess
Complications duringbirth
Type ofDelivery
Preterm babies – Characteristics andcare

Unit IV

Newborn

- Reflexes of a newborn
- Characteristics ofnew-born
- Breast feeding &weaning
- Immunization schedule of newborn
- Monitoring growth and development of infants and toddlrers

Care of the new born

- Equipments fornursery
- Bathing ofchild
- Sleeping schedules & making beds
- Sterilization of feeders & otherequipments

- Psychological aspects ofparenthood.
- Psychological fatigue after birth symptom andcare
- Role of father during pregnancy & afterbirth

Bachelor of Science (Honours) Home Science

(Semester – I)

Session 2025-2026

Introduction to Human Development

(Theory)

Course Code: BHSL-1283

References:

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

Bachelor of Science (Honours) Home Science
(Semester – I)
Session 2025-2026
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 of HIV-AIDS and Eczema.

CO (4) – To study about the purification of water.

Bachelor of Science (Honours) Home Science

(Semester – I)

Session 2025-2026

Hygiene (Theory)

Course Code: BHSL-1284

Max. Marks: 100

Time: 3 Hours

L-T-P **Theory:70**

3-0-0 **CA:30**

Instructions for the Paper Setter

- Eightquestionsofequalmarksaretobeset,two ineachofthefourSections(A-D). QuestionsofSectionsA-Dshouldbeset from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 14marks.

Content

Unit I

Health & Hygiene

a) Definition of health Hygiene infection sources prevention, immunity & immunizationschedule
b) Personalhygiene

Unit II

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

a) Disease caused by ingestion Typhoid, Jaundice, cholera, Diarrhoea and Dysentery & Food poisoning
b) Diseases caused by inhalation- Measles, mumps, and tuberculosis, chickenpox,COVID-19

Unit III

c) Diseases caused by vectors- MalariaDengue.
d) Diseasescausedbysexualcontact-HIV,AIDS
e) Diseases caused by contact-Eczema

Unit IV

Water supply

a) Sources ofcontamination
b) Types ofwater
c) Purification of water athome
d) Modern Methods of purification of water (different types of filter – Aqua guard, R.O filteretc)

Reference Books:

1. Family resource management & Hygiene byRandhawa
2. Physiology and Hygiene by J.HKellig
3. Public Health and Hygiene by Sorona Raj and VKumaresan

Bachelor of Science (Honours) Home Science
(Semester – I)
Session 2025-2026
Basic Food and 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, proteins and fats.

CO (4) – To understand the knowledge about energy, food as a source of energy, the body need of energy.

Bachelor of Science (Honours) Home Science

(Semester – I)

Session 2025-2026

Basic Food and Nutrition

(Theory)

Course Code: BHSM-1285

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

L-T-P **Theory: 50**

3-0-1 **Practical: 20**

CA: 30

Instructions for the Paper Setter:

- Eightquestionsofequalmarksaretobeset,two ineachofthefourSections(A-D). QuestionsofSectionsA-Dshouldbeset from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 10 marks.

Content

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 and 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 usingcalorimeter
2. Specific Dynamicaction
3. BasalMetabolism
4. Determination of basalmetabolism
5. Factors affecting theBMR

References:

1. Guthrie, Hele, Andrews, Introductory 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. appC-1985.
4. Willson, EVAD Principles of Nutrition 4thed New York John Willey & Sons.1979.

Bachelor of Science (Honours) Home Science

(Semester – I)

Session 2025-2026

Basic Food and 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 (Honours) Home Science

(Semester – I)

Session 2025-2026

Basic Food and Nutrition

Course Code: BHSM- 1285

(Practical)

Time: 3 Hours

Max. Marks:20

PRACTICAL

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

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

Bachelor of Science (Honours) Home Science
(Semester – I)
Session 2025-2026
Applied Art
(Theory)

Course Code: BHSM-1286

Course Outcomes

CO (1) To gain understanding regarding art, fine art and Applied art along with different art media, tools and techniques.

CO (2) To study color theory and principles of design.

CO (3) To understand the basic objectives of art, types of motifs and designs.

CO (4) To gain understanding of materials, process and significance of rangoli.

Bachelor of Science (Honours) Home Science

(Semester – I)

Session 2025-2026

Applied Art

(Theory)

Course Code: BHSM-1286

Time: 3 Hours

Max. Marks: 100

L-T-P
3-0-1

Theory: 50
Practical: 20
CA: 30

Instructions for the Paper Setter

- Eightquestionsofequalmarksaretobeset,two ineachofthefourSections(A-D). QuestionsofSectionsA-Dshouldbeset from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 10marks.

Content

Unit I

Art Introduction

- Definition of Art, fine art & appliedart
- Importance ofArt
- Different art media like pencils colours crayonsetc.
- Tools and techniques in art

Elements ofart

- Line: Types of Lines & their effect & optical illusion created bylines
- Form & shape- types & theiruse
- Texture- types & theiruse
- Color - use ofColor
- 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

Objectives of Art: a) Beauty b) Functionalism c) Expressiveness
Design & motif

- Natural, Geometrical, Stylized andabstract.
- Types of Design: Decorative and structural & theircharacteristics
- Enlargement & reduction in size of thedesign

Unit IV

Rangoli

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

Reference Books:

1. Family Resource Management & Health Science Rajwinder K. Randhawa, Pardeep Publications2010.
2. Crafts & Drawing Book
3. The Art of flower Arrangement, RekhaSareen

Bachelor of Science (Honours) Home Science

(Semester – I)

Session 2025-2026

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 (Honours) Home Science
(Semester – I)
Session 2025-2026
Applied Art
(Practical)

Course Code: BHSM-1286

Time: 3Hours **Max. Marks: 20**

Practical:

1. Drawing different types of lines and theiruse
2. Draw different types of shapes & form and draw any object using this form and do pencilshading
3. Make a design throughmotif.
4. Enlarge any design insize.
5. DrawRangolidesignsfordifferentoccasions-Diwali,ExhibitionHall,Entrance,Grahparvesh,andChildsBirthday and draw on floor & fill into coloredmaterial.
6. Make pigment colorwheel.
7. Draw value scale and tone of primary and secondarycolors.
8. Make colour schemes and use them indesign.
9. Make different types of texture using differentobjects.
10. Calligraphy- makes any slogan onposter.
11. Make any flower with water colorshading.
12. Make one simple landscape using water shadingtechnique
13. Make an article ofeach:
    1) FabricPainting
    2) Glasspainting
    3) Menu Card
    4) Collagework.
    5) Greetingcard
    6) Flowers from paper andstockings
    7) Potdecoration

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

Bachelor of Science (Honours) Home Science
(Semester – I)
Session 2025-2026
Course Code: BHSM-1127
Computer Basics
(Theory)

Course Outcomes

After passing this course the students will be able to:

CO 1: Identify and manage software, hardware and graphical user interface of a computer system.

CO 2: Comprehend basic word processing skills such as text input formatting, editing, cut, copy, paste, spell check, margin, tab controls, keyboard shortcuts, printing, charts etc.

CO 3: Apply skills to make effective presentations using associated applicationsoftware.

CO 4: Operate an email account.

Bachelor of Science (Honours) Home Science
(Semester – I)
Session: 2025-2026
Course Code: BHSM-1127
Computer Basics
(Theory)

Time: 3 Hours **Max. Marks: 100**
L-T-P **Theory: 40**
2-0-1 **Practical: 30**
CA: 30

Instructions for Paper Setter

- Eight questions of equal marks (8 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 syllabusrespectively.
- Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one questionfrom each section. The fifth question may be attempted from anySection.
- Each question carries 8 marks.

Unit I

Introduction to computer and its characteristic:

Introduction to computer, Applications of computer, Types of Computers, Components of computer (Input Unit, Output Unit, Memory Unit & CPU), input devices (Keyboard, Mouse, Joystick), output devices (Monitor, Printers), Memory Devices – RAM and ROM, software and its types, working with windows, features, desktop, using context menu, creating shortcut, working with dialog box, arranging windows, setting properties of desktop.

Unit II

Word Processing: Opening document, editing, formatting, use of fonts, styles and colors, exiting document, Inserting pictures from a file, inserting a Table or a chart. Copying from one document to other, using headers and footers on a document.

Unit III

Presentation: Presentation and 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 is Internet, types of internet conectivity, Internet service provider (ISP), SurfingNet, moving about the Web, WWW and its working, E-Mail, its features, creating and E-Mail message, Reading Mail, replying mail, draft message, sending 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 (Honours) Home Science
(Semester – I)
Session 2025-2026
Course Code: BHSM-1127
Computer Basics
(Practical)

Time:3 Hours **Practical: 30** **Max. Marks:**

Practical on Computer Basics.

FOUNDATION COURSE

Course Title: Foundation Course

Nature of Course: Audit Course (Value Added)

Course Duration: 30 hours

Courseintended for: Semester I students of undergraduate degree programs of all 25 streams.

Course Credits: 2
Course Code: VACF 1491

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 thinkers and inventors & discoverers who have impacted human life. For a student, the process of transition from school to college is full of apprehension and skepticism regarding adapting themselves to new system. The Foundation Program 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 realize their position in the whole saga of time and space
- To inculcate in the man 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 human world citizens so that they can carry forward the rich legacy of humanity

LEARNING OUTCOMES

After the completion of this Audit course, students will be able to

- Learn how past societies,systems,ideologies,governments,culturesandtechnologieswerebuilt, how they operated, and howthey havechanged
- understandhowtherichhistoryoftheworldhelpsustopaintadetailedpictureofwherewestandtoday

- understand the Vedic theism, UpanishadsPhilosophyanddoctrinesofJainism, BuddhismandSikhism
- acquireknowledgeofwomenrights andcouragetofacedaytodaychallenges
- acknowledge the changes in society, religion and literature in the renaissance period and theimportanceofempathy andcompassionforhumanity
- learn about the prominent Indians (Men and Women) who contributed significantly infreedom struggle,education, economic development and in the formationand evolutionofour nation
- understand meaning of race and how that concept has been used to justify exclusion,inequality, and violence throughout history and the origin of civil right movements tofightforequality, libertyand fraternity
- criticallyevaluatethesocio-politicalandeconomicissuesatgloballevelanditsimplications in thepresent
- upgradeandenhancelearningtechnologicalskillsandstrikingabalancebetweentechnologyand theirwell being
- takepridein learningthe sagaof IndianPast CultureandHeritage
- understandtherich legacy ofKMVandits progressiveendeavours

MODULE	TITLE	CONTACT HOURS
I	**Introduction and Initial Assessment**	2
II	**The Human Story**	3
III	***The Vedas* and the Indian Philosophy**	2.5
IV	**The Journey of WomanTheStoryandtheD ream**	2.5
V	**ChangingParadigmsinSociety,Re ligion &Literature**	2.5
VI	**MakersofModernIndia**	2.5
VII	**Racism:Storyof theWest**	2.5
VIII	**ModernWorldataGlance:Political&Eco nomicPerspective**	2.5
IX	**TechnologyVisa VisHumanLife**	2.5
X	**MyNation MyPride**	2.5
XI	**TheKMVExperience**	2.5
XII	**Final Assessment, Feedback andClosure**	2.5

EXAMINATION

- **TotalMarks: 50(FinalExam:35;Internal Assessment:15)**
- Final Exam:multiplechoicequiz**.** Marks–35; Time: 1hour
- InternalAssessment:15(Assessment:5;Attendance:10)
  Comparative assessment questions (medium length) in the beginning and close of the program.Marks:5;Time:0.5 hour eachatthe beginningand end.
- Totalmarks: 50convertedtogradeforfinal result
- Gradingsystem:90%marks&above: Agrade
  80% - 89% marks: B grade70% - 79% marks: C grade60% - 69% marks: D grade50% - 59%marks:Egrade
  Below50%marks:F grade(Fail-mustgivethe examagain)

SYLLABUS

ModuleIBeingaHuman: Introduction&Initial Assessment

- Introductiontotheprogram
- InitialAssessmentofthe studentsthroughwrittenanswers toa coupleofquestions

Module2TheHumanStory

- Comprehensiveoverviewofhumanintellectualgrowthrightfromthebirthofhumanhistory
- Thewisdom of theAncients
- DarkMiddleAges
- RevolutionaryRenaissance
- Progressivemoderntimes
- Mostmomentousturningpoints,inventionsanddiscoveries

Module3*TheVedas*and theIndian Philosophy

- Origin,teachingsandsignificanceof *TheVedas*
- UpnishadsandPuranas
- KarmaTheory of *TheBhagwad Gita*
- Maintenetsof Buddhism&Jainism
- Teachingsof GuruGranthSahib

Module4ChangingParadigmsinSociety,Religion &Literature

- Renaissance:TheAgeof Rebirth
- Transformationinhuman thought
- Importanceofhumanism
- Geocentricismtoheliocentricism
- Copernicus,Galileo,Columbus,DarwinandSaint Joan
- EmpathyandCompassion

Module5Woman:AJourneythroughtheAges

- Statusofwomen inpre-vedictimes
- WomeninancientGreekandRomancivilizations
- WomeninvedicandancientIndia
- Statusof women inthe Muslim world
- Womenin themodern world
- Crimesagainstwomen
- Womenlabourworkforceparticipation
- Womeninpolitics
- Statusof women-our dream

Module6MakersofModernIndia

- Earlyengagementofforeignerswith India
- Education:Thefirststeptomodernization
- Railways:Thelifelineof India
- RajaRamMohanRoy,Gandhi,Nehru,Vivekanand,SardarPatel etc.
- IndiraGandhi,MotherTeresa,HomaiVyarawala etc.
- TheWayAhead

Module7Racism: StoryoftheWest

- Europeanbeginningsofracism
- RacismintheUSA -JimCrowLaws
- MartinLutherKingJr.and thebattleagainstracism
- Apartheidand NelsonMandela
- Changingfaceofracisminthemodernworld

Module8ModernWorldataGlance: Political&EconomicPerspective

- Changingworldorder
- WorldWarI&II
- UNOandTheCommonwealth
- NuclearPowers;Terrorism
- EconomicScenario:IMF,WorldBank

- InternationalRegionalEconomicIntegration

Module9TechnologyVisa VisHumanLife

- Impactoftechnologyonmodern life
- Technologicalgadgetsand theirrolein ourlives
- Technologyandenvironment
- Consumerismandmaterialism
- Psychologicalandemotionalconsequencesoftechnology
- Harmonizingtechnologywithethicsandhumaneness

Module10MyNation MyPride

- IndianPastCultureand Heritage
- MajorDiscoveries(MedicinalandScientific)
- VedicAge
- ProminentAchievements
- Art,ArchitectureandLiterature

Module11TheKMVExperience

- RichLegacyof KMV
- Pioneeringroleinwomenemancipationand empowerment
- KMVContributionintheIndian FreedomStruggle
- Moral,culturalandintellectualheritageofKMV
- Landmarkachievements
- Innovativeinitiatives;internationalendeavours
- Vision,missionand focus
- Conductguidelinesforstudents

Module12FinalAssessment,Feedback&Closure

- Finalmultiple choicequiz
- Assessmentthroughthesamequestions askedinthebeginning
- Feedback abouttheprogrammefromthestudents
- Closureof theprogramme

PRESCRIBEDREADING

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

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF EXAMINATION OF
Bachelor of Science (Home Science) (Three Year Degree Programme)
Bachelor of Science (Honours) Home Science (Four Year Degree Programme)
Credit Based Continuous Evaluation Grading System
(Session: 2025-2026)

Semester II

Course Code	Course Name	Course Type	Hours Per Week L-T-P	Credits	Total	Marks				Examination time (in Hours)
						Total	Ext.		CA	
							L	P		
BHSL-2421/ BHSL-2031/ BHSL-2431	Punjabi (Compulsory)/ [1] Basic Punjabi/ [2] Punjab History and Culture	C	4-0-0	4-0-0	4	100	70	-	30	3
BHSM-2102	Communication Skills inEnglish-II	AEC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSL-2283	Family and Social Welfare	DSC	4-0-0	4-0-0	4	100	70	-	30	3
BHSL-2284	Elementary Physiology	DSC	3-0-0	3-0-0	3	100	70	-	30	3
BHSM-2285	Introduction to Family Resource Management	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM-2126	Computer Applications for Home Scientists	MDC	3-0-2	3-0-1	4	100	40	30	30	3+3
BHSM -2280	Advanced Food and Nutrition	SEC	2-0-2	2-0-1	3	100	50	20	30	3+3
VACD-2161	*Drug Abuse : Problem and Ethical Education	VAC	4-0-0	4-0-0	4	100	70	-	30	3
Total					**30**					

C -Compulsory
AEC: Ability Enhancement Course
DSC: Discipline Specific Course
VAC: Value Added Course
1: Special paper in lieu of Punjabi (compulsory) for those who have not studied Punjabi upto 8^{th}/10^{th} class.
2: Special paper in lieu of Punjabi (compulsory) for those students who are not domicile of Punjab.
*Credits/Grade Points of these courses will not be added in SGPA/CGPA of the Semester/Programme and only grades will be provided.

Bachelor of Science (Honours) Home Science
(Semester – II) Session 2025-2026

Bachelor of Arts (Journalism & Mass Communication) / Bachelor of Science (Fashion Designing) /

Bachelor of Science (Honours) Home Science / Bachelor of Computer Applications/

Bachelor of Science (Information Technology)/ Bachelor of Science (Bio-Technology)

Punjabi (Compulsory)

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

Course Outcomes

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

CO2: ਗੱਦ ਪ੍ਰਵਾਹ (ਰੇਖਾਚਿਤ੍ਰ ਤੇ ਹਲਕੇ ਲੇਖ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨ ਇਤਿਹਾਸ ਤੋਂ ਜਾਣੂ ਕਰਵਾਉਣਾ ਹੈ।

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

CO4: ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰਪੰਜਾਬੀਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂਨੂੰ ਸਮਝਣਲਈਵੱਖਰੇ -ਵੱਖਰੇ ਸਿਧਾਂਤਾਂਦਾਵਿਕਾਸ ਕਰਨਾ ਹੈ।

CO5: ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂਨਾਲਗੱਲਬਾਤਵਿਚਪਰਪੱਕਤਾਆਉਂਦੀ ਹੈ।ਇਹਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤਵਿਚਨਿਖਾਰਲਿਆਉਣ ਦਾਕੰਮਕਰਨਗੇ।

Bachelor of Science (Honours) Home Science
(Semester – II) Session 2025-2026

Bachelor of Arts (Journalism & Mass Communication) / Bachelor of Science (Fashion Designing) /

Bachelor of Science (Honours) Home Scienc/ Bachelor of Computer Applications/

Bachelor of Science (Information Technology)/ Bachelor of Science (Bio-Technology)

(Semester II)
Punjabi (Compulsory)
Course Code-BJML/BFDL/BHSL/BCAL/BITL/BBTL-2421

ਸਮਾਂ : 3 ਘੰਟੇ **Max. Marks: 100**

L-T-P **Theory: 70**

4-0-0 **CA: 30**

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ I

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

(ਉਜਾੜ,ਦਲਦਲ ਕਹਾਣੀਆਂ ਸਿਲੇਬਸ ਦਾ ਹਿੱਸਾ ਨਹੀਂ ਹੈ)

(ਵਿਸ਼ਾ-ਵਸਤੂ, ਸਾਰ) 08 ਅੰਕ

ਯੂਨਿਟ II

ਗੱਦ ਪ੍ਰਵਾਹ (ਰੇਖਾ ਚਿਤ੍ਰ ਤੇ ਹਲਕੇ ਲੇਖ), ਸੰਪਾ.ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ, ਜਸਪਾਲ ਸਿੰਘ ਰੰਧਾਵਾ,ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ,ਅੰਮ੍ਰਿਤਸਰ।

(ਹਲਕੇ ਲੇਖ 1 ਤੋਂ 5)(ਆਉ ਗੱਲਾਂ ਕਰੀਏ ਲੇਖ ਸਿਲੇਬਸ ਦਾ ਹਿੱਸਾ ਨਹੀਂ ਹੈ)

(ਸਾਰ,ਵਿਸ਼ਾ ਵਸਤੂ)08 ਅੰਕ

ਯੂਨਿਟ III

(ੳ) ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਨਾਂਵ,ਪੜਨਾਂਵ,ਕਿਰਿਆ,ਵਿਸ਼ੇਸ਼ਣ

(ਅ) ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ: ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ,ਸੰਬੰਧਕ,ਯੋਜਕ,ਵਿਸਮਿਕ

08 ਅੰਕ

ਯੂਨਿਟ IV

(ੳ)ਸੰਖੇਪ ਰਚਨਾ

(ਅ) ਮੁਹਾਵਰੇ 08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹੋਣਗੇ।ਸੈਕਸ਼ਨ A-Dਤੱਕ 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 ਪ੍ਰਸ਼ਨਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 16 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ 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 (Honours) Home Science/ Bachelor of Computer Applications/Bachelor of Science (Information Technology)/ Bachelor of Science (Bio-Technology)/Bachelor of Science (Honours) Mathematics/ Bachelor of Arts (Honours) English/Bachelor of Commerce (Honours) Bachelor of Science (Honours) Physics

Basic Punjabi

In lieu of Punjabi (Compulsory)
Course Code -BARL/BSML/BSNL/BCSL/BECL/BCRL/BBRL/BJML/BFDL/ BHSL/BCAL/BITL/BBTL/BOML/BOEL/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 ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ ਚਿੱਠੀ ਪੱਤਰ ਲਿਖਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਕਲਾ ਵਿਚ ਨਿਪੁੰਨ ਕਰਨਾ ਹੈ।
CO9 ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ।ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

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 (Honours) Home Science/ Bachelor of Computer Applications/Bachelor of Science (Information Technology)/ Bachelor of Science (Bio-Technology)/Bachelor of Science (Honours) Mathematics/ Bachelor of Arts (Honours) English/Bachelor of Commerce (Honours) Bachelor of Science (Honours) Physics

Basic Punjabi

In lieu of Punjabi (Compulsory)

Course Code -BARL/BSML/BSNL/BCSL/BECL/BCRL/BBRL/BJML/BFDL/ BHSL/BCAL/BITL/BBTL/BOML/BOEL/BCOL/BOPL-2031

ਸਮਾਂ: 3 ਘੰਟੇ **Max. Marks: 100**

L-T-P **Theory: 70**

4-0-0 **CA: 30**

ਪਾਠਕ੍ਰਮ

ਯੂਨਿਟ I

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

08 ਅੰਕ

ਯੂਨਿਟ II

ਪੰਜਾਬੀਵਾਕਬਣਤਰ : ਮੁੱਢਲੀਜਾਣਪਛਾਣ

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

(ਅ) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨ ਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

08 ਅੰਕ

ਯੂਨਿਟ III

ਪੈਰ੍ਹਾ ਰਚਨਾ

ਅਖਾਣ (ਅਖਾਣਾਂ ਦੀ ਲਿਸਟ ਨਾਲ ਨੱਥੀ ਹੈ)

08 ਅੰਕ

ਯੂਨਿਟ IV

ਚਿੱਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)

ਮੁਹਾਵਰੇ (ਮੁਹਾਵਰਿਆਂ ਦੀ ਲਿਸਟ ਨਾਲ ਨੱਥੀ ਹੈ)

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 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 16 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

ਅਖਾਣ

ਉੱਦਮਅੱਗੇਲੱਛਮੀਪੱਖੇਅੱਗੇਪੌਣ ,ਉਹਦਿਨਡੁੱਬਾਜਦੋਂਘੋੜੀਚੜ੍ਹਿਆਕੁੱਬਾ ,ਉੱਚੀਦੁਕਾਨਫਿੱਕਾਪਕਵਾਨ ,ਉਲਟੀਵਾੜਖੇਤਨੂੰਖਾਏ ,ਉੱਚਾਲੰਮਾਗੱਭਰੂਪੱਲੇਠੀਕਰੀਆਂ ,ਅੱਖੀਂਵੇਖਕੇਮੱਖੀਨਹੀਂਨਿਗਲੀਜਾਂਦੀ ,ਅੰਦਰਹੋਵੇਸੱਚਤਾਂਕੋਠੇਚੜ੍ਹਕੇਨੱਚ ,ਆਪੇਮੈਂਰੱਜੀਪੁੱਜੀਆਪੇਮੇਰੇਬੱਚੇਜਿਉਣ ,ਆਪਕੁਚੱਜੀਵਿਹੜੇਨੂੰਦੋਸ਼ ,ਅੰਨ੍ਹਾਵੰਡੇਰਿਉੜੀਆਂਮੁੜਮੁੜਆਪਣਿਆਂਨੂੰ ,ਅਕਲਵੱਡੀਕੇਮੱਝ ,ਅੰਨ੍ਹਿਆਂਵਿੱਚਕਾਣਾਰਾਜਾ ,ਆਪਣੀਪੀੜ੍ਹੀਹੇਠਸੋਟਾਫੇਰਨਾ ,ਇਕਅਨਾਰਸੌਂਬਿਮਾਰ ,ਇਕਹੱਥਨਾਲਤਾੜੀਨਹੀਂਵੱਜਦੀ ,ਇੱਕਚੁੱਪਸੌਂਸੁੱਖਝੱਟਮੰਗਣੀਪੱਟਵਿਆਹ ,ਸਹਿਜਪੱਕੇਸੋਮੀਠਾਹੋਵੇਦਾਲਵਿੱਚਕਾਲਾਹੋਣਾਦਾਲਵਿੱਚਕਾਲਾਹੋਣਾ ,ਸੱਦੀਨਾਬੁਲਾਈਮੈਂਲਾੜੇਦੀਤਾਈਂ ,ਸਵੈਭਰੋਸਾਵੱਡਾਤੋਸਾ,ਸੌਂਦਿਨਚੋਰਦੇਇਕਦਿਨਸਾਧਦਾ ,ਸੱਪਦਾਬੱਚਾਸਪੋਲੀਆ ,ਸੱਪਮਰਜਾਵੇਲਾਠੀਵੀਨਾਟੁੱਟੇ ,ਸਾਈਆਂਕਿਤੇਵਧਾਈਆਂਕਿਤੇ ,ਹੰਕਾਰਿਆਸੋਮਾਰਿਆ ,ਹਾਥੀਲੰਘਗਿਆਪੂਛਰਹਿਗਈ ,ਕੁੱਛੜ ਕੁੜੀ ਸ਼ਹਿਰਢੰਡੋਰਾ ,ਕੋਲਿਆਂਦੀਦਲਾਲੀਵਿੱਚਮੂੰਹਕਾਲਾ ,ਕਰੇਕੋਈਭਰੇਕੋਈ ,ਕਰਮਜ਼ੁਰੀਤੇਖਾਹਚੂਰੀ ,ਖ਼ਵਾਜੇਦਾਗਵਾਹਡੱਡੂ ,ਖੇਤੀਖਸਮਾਂਸੇਤੀ ,ਖੂਹਪੁੱਟਦੇਨੂੰਖਾਤਾਤਿਆਰ ,ਘਰਦਾਭੇਤੀਲੰਕਾਢਾਹੇ ,ਘਰਦੀਕੁੱਕੜੀਦਾਲਬਰਾਬਰ ,ਚਿੰਤਾਚਿਖਾਬਰਾਬਰ , ਛੱਜਤਾਂਬੋਲੇਛਾਣਨੀਵੀਂਬੋਲੇ,ਛੋਟੀਮੂੰਹਵੱਡੀਗੱਲ ,ਜਾਂਦੇਚੋਰਦੀਲੰਗੋਟੀਹੀਸਹੀ ,ਜਿਸਦੀਕੋਠੀਦਾਣੇਉਹਦੇਕਮਲੇਵੀਸਿਆਣੇ ,ਜਿਹੜੇਗੱਜਦੇਨੇਉਹਵਰ੍ਹਦੇਨਹੀਂ ,ਜਾਤਦੀਕੋਹੜਕਿਰਲੀਸ਼ਤੀਰਾਂਨੂੰਜੱਫੇ ,ਝੱਟਮੰਗਣੀਪੱਟਵਿਆਹ ,ਦਾਲਵਿੱਚਕਾਲਾਹੋਣਾ ,ਦਾਣੇਦਾਣੇਤੇਮੋਰ ,ਨਾਲੇਚੋਰਨਾਲੇਚਤਰ ,ਪੇਟਨਾਪਈਆਂਰੋਟੀਆਂਸਭੇਗੱਲਾਂਖੋਟੀਆਂ ,ਬਿਨਾਂਰੋਇਆਂਮਾਂਵੀਦੁੱਧਨਹੀਂਦਿੰਦੀ ,ਬੁੱਢੀਘੋੜੀਲਾਲਲਗਾਮ ,ਭੱਜਦਿਆਂਨੂੰਵਾਹਣਇੱਕੋਜਿਹੇ ,ਭੱਜੀਆਂਬਾਹਾਂਗਲਨੂੰਆਉਂਦੀਆਂਨੇ ,ਰਾਹਪਿਆਜਾਣੀਏਂਜਾਂਵਾਹਪਿਆਜਾਣੀਏ ,ਰਾਈਦਾਪਹਾੜਬਣਾਉਣਾ ,ਰੱਸੀਸੜਗਈਵੱਟਨੂੰਗਿਆ

ਮੁਹਾਵਰੇ

ਉਸਤਾਦੀ ਕਰਨੀ, ਉਂਗਲ ਕਰਨੀ, ਉੱਲੂ ਬਣਾਉਣਾ ,ਉੱਚਾ ਸਾਹ ਨਾ ਕੱਢਣਾ, ਉੱਡਦੇ ਫਿਰਨਾ ,ਉੱਘ ਸੁੱਘ ਮਿਲਣੀ,ਅੱਖਾਂ ਵਿਚ ਰੜਕਣਾ ,ਅੱਗ ਲਾਉਣਾ ,ਆਵਾ ਊਤ ਜਾਣਾ ,ਅਸਮਾਨ ਨੂੰ ਟਾਕੀਆਂ ਲਾਉਣਾ, ਅੱਖਾਂ ਵਿੱਚ ਲਾਲੀ ਉਤਰਨੀ ,ਅਕਲ ਤੇ ਪਰਦਾ ਪੈਣਾ, ਈਨ ਮੰਨਣੀ, ਈਦ ਦਾ ਚੰਨ ਹੋਣਾ, ਇੱਟ ਨਾਲ ਇੱਟ ਖੜਕਾਉਣ,ਸਿਰ ਫਿਰਨਾ, ਸਿਰ ਤੇ ਚੜ੍ਹਨਾ ,ਸਬਰ ਦਾ ਘੁੱਟ ਭਰਨਾ, ਸਿਰ ਪੈਰ ਨਾ ਹੋਣਾ, ਹੱਥ ਧੋ ਕੇ ਪਿੱਛੇ ਪੈਣਾ, ਹੱਥੀਂ ਛਾਂਵਾਂ ਕਰਨੀਆਂ, ਹੱਡ ਭੰਨਣੇ, ਹੱਥ ਤੰਗ ਹੋਣਾ ,ਹੱਥ ਮਲਣਾ,ਹੱਥ ਪੈਰ ਮਾਰਨਾ,ਕੰਨੀਂ ਕਤਰਾਉਣਾ, ਕੰਨ ਤੇ ਜੂੰ ਨਾ ਸਰਕਣਾ, ਕੰਨ ਘੋਸਲ ਮਾਰਨੀ, ਖ਼ਾਨਾ ਖ਼ਰਾਬ ਹੋਣਾ, ਖਾਨਿਓਂ ਜਾਣਾ, ਗੁੱਡੀ ਚੜ੍ਹਨੀ, ਗਲ ਪੈਣਾ ,ਗੰਗਾ ਨਹਾਉਣਾ ,ਚੜ੍ਹ ਮੱਚਣੀ, ਚੰਦ ਚਾੜ੍ਹਨਾ, ਚਾਦਰ ਵੇਖ ਕੇ ਪੈਰ ਪਸਾਰਨਾ ,ਚਕਮਾ ਦੇਣਾ ,ਛੱਕੇ ਛੜਾਉਣਾ ,ਛਾਪਾ ਮਾਰਨਾ, ਛਿੱਲ ਲਾਉਣੀ ,ਛਿੱਕੇ ਟੰਗਣਾ, ਜਾਨ ਤੇ ਖੇਡਣਾ, ਜ਼ੁਬਾਨ ਕਰਨੀ, ਜਾਨ ਮਾਰਨਾ, ਜੰਗਲ ਵਿੱਚ ਮੰਗਲ ਹੋਣਾ, ਝੋਲੀ ਚੁੱਕਣਾ, ਝੱਟ ਟਪਾਉਣਾ, ਟੱਸ ਤੋਂ ਮੱਸ ਨਾ ਹੋਣਾ, ਟੰਗ ਅੜਾਉਣੀ, ਟਰ ਟਰ ਕਰਨਾ, ਟੇਢੀ ਖੀਰ, ਟਕੇ ਵਰਗਾ ਜਵਾਬ ਦੇਣਾ, ਠੰਡੇ ਸਾਹ ਭਰਨਾ, ਠੂੰਗਾ ਮਾਰਨਾ, ਠੂਠਾ ਫੜਨਾ, ਠਣ ਠਣ ਗੋਪਾਲ, ਡਕਾਰ ਜਾਣਾ, ਡੁੱਬ ਮਰਨਾ, ਡੰਡੇ ਵਜਾਉਣਾ, ਢਿੱਡ ਵਿੱਚ ਰੱਖਣਾ, ਢਿੱਡ ਵਿੱਚ ਚੂਹੇ ਨੱਚਣਾ, ਢਿੱਡੀਂ ਪੀੜਾਂ ਪੈਣੀਆਂ, ਢੇਰੀ ਢਾਹੁਣਾ, ਤੱਤੀ ਵਾ ਨਾ ਲੱਗਣੀ, ਤਰਲੇ ਲੈਣਾ, ਤੀਲੀ ਲਾਉਣੀ, ਤਾਰੇ ਤੋੜਨਾ, ਤਾੜੀ ਲਾਉਣੀ,ਥੁੱਕੀਂ ਵੜੇ ਪਕਾਉਣਾ, ਥਰ ਥਰ ਕੰਬਣਾ, ਦਮ ਲੈਣਾ, ਦਿਲ ਖੱਟਾ ਹੋਣਾ, ਦੰਦ ਖੱਟੇ ਕਰਨੇ, ਦੀਵਾ ਗੁੱਲ ਕਰਨਾ, ਧੁੱਪ ਵਿੱਚ ਵਾਲ ਚਿੱਟੇ ਹੋਣਾ, ਧਰਮ ਨਿਭਾਉਣਾ, ਧੱਕਾ ਲੱਗਣਾ, ਧਰਨਾ ਮਾਰਨਾ, ਧੁੰਮਾਂ ਪੈ ਜਾਣੀਆਂ, ਧੱਜੀਆਂ ਉਡਾਉਣੀਆਂ, ਨਹੁੰ ਮਾਸ ਦਾ ਰਿਸ਼ਤਾ, ਨੱਕ ਚਾੜ੍ਹਨਾ, ਨੱਕ ਰੱਖਣਾ, ਨੱਕ ਉੱਤੇ ਮੱਖੀ ਨਾ ਬਹਿਣ ਦੇਣਾ, ਨਜ਼ਰ ਸਵੱਲੀ ਹੋਣੀ, ਪੱਟੀ ਪੜ੍ਹਾਉਣੀ, ਪਾਰਾ ਚੜ੍ਹ ਜਾਣਾ, ਪੈਰ ਜ਼ਮੀਨ ਤੇ ਨਾ ਲੱਗਣਾ, ਪੈਰਾਂ ਹੇਠੋਂ ਜ਼ਮੀਨ ਨਿਕਲਣਾ, ਪਾਣੀ ਸਿਰੋਂ ਲੰਘਣਾ, ਪੁੱਠੀਆਂ ਛਾਲਾਂ ਮਾਰਨੀਆਂ, ਪੈਰਾਂ ਤੇ ਪਾਣੀ ਨਾ ਪੈਣ ਦੇਣਾ, ਫੁੱਲਾਂ ਵਾਂਗ ਰੱਖਣਾ, ਫੁੱਲੇ ਨਾ ਸਮਾਉਣਾ, ਫਸਲੀ ਬਟੇਰਾਂ ਹੋਣਾ, ਫੂਕਾਂ ਨਾਲ ਉਡਾ ਦੇਣਾ, ਬਾਜ਼ੀ ਲੈ ਜਾਣਾ, ਬੇੜਾ ਗਰਕ ਹੋਣਾ, ਬੇੜਾ ਪਾਰ ਕਰਨਾ, ਬੀੜਾ ਚੁੱਕਣਾ, ਬੇੜੀਆਂ ਵਿੱਚ ਵੱਟੇ ਪਾਉਣਾ, ਬੀਜ ਨਾਸ਼ ਕਰਨਾ, ਭਾਰ ਸਿਰੋਂ ਲਾਹੁਣਾ, ਭੁੱਖ ਲਹਿ ਜਾਣੀ, ਭੁੱਖੇ ਸ਼ੇਰ ਵਾਂਗ ਪੈਣਾ, ਭੂਤ ਸਵਾਰ ਹੋਣਾ, ਭੰਗ ਭੁੱਜਣੀ, ਮੱਖੀਆਂ ਮਾਰਨੀਆਂ , ਮਰੂੰ ਮਰੂੰ ਕਰਦੇ ਰਹਿਣਾ, ਮਾਤ ਪਾ ਦੇਣਾ, ਮਾਰੋਮਾਰ ਕਰਨੀ, ਮਿਰਚ ਮਸਾਲਾ ਲਾਉਣਾ, ਮਿਰਚਾਂ ਲੱਗਣੀਆਂ, ਮੂੰਹ ਦੀ ਖਾਣਾ, ਮੋਰਚਾ ਮਾਰਨਾ, ਮਿੱਟੀ ਖਰਾਬ ਕਰਨੀ, ਯੱਬਲੀਆਂ ਮਾਰਨੀਆਂ, ਰਚ ਮਿਚ ਜਾਣਾ, ਰਾਈ ਦਾ ਪਹਾੜ ਬਣਾਉਣਾ, ਰਾਤ ਦਿਨ ਇੱਕ ਕਰਨਾ, ਰਾਹ ਦਾ ਰੋੜਾ ਬਣਨਾ, ਰੰਗ ਬਦਲਣਾ, ਰੰਗ ਵਿੱਚ ਭੰਗ ਪਾਉਣਾ, ਲਹੂ ਨਾਲ ਹੱਥ ਰੰਗਣਾ, ਲਹੂ ਦੇ ਘੁੱਟ ਭਰਨਾ, ਲੱਕ ਟੁੱਟ ਜਾਣਾ, ਲਾਹ ਪਾਹ ਕਰਨੀ, ਲਾਲ ਪੀਲਾ ਹੋਣਾ, ਲੂਣ ਹਰਾਮ ਕਰਨਾ, ਵੱਡ ਵੱਡ ਖਾਣਾ।

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 (Honours) Home Science/ Bachelor of Computer Application/ Bachelor of Science (Information Technology)/ Bachelor of Science (Bio Technology) / Bachelor of Arts (Honours) English

Semester II

Session: 2025-26

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

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 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 (Honours) Home Science /Bachelor of Computer Application/ Bachelor of Science (Information Technology)/ Bachelor of Science (Bio Technology) / Bachelor of Arts (Honours) English

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Time: 3 Hours **Max. Marks: 100**
L-T-P **Theory: 70**
4-0-0 **CA: 30**

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 each Unit and the 5th question may be attempted from any of the four units.**
4. **Each question will carry 14 marks**

Unit I

1. Alexander's Invasion's andImpact
2. Administration of Chandragupta Maurya andAshoka

Unit II

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

Unit III

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

Unit IV

7. Development of Languages and Education with Special reference toTaxila
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 Arts (Journalism & Mass Communication)/ Bachelor of Science (Fashion Designing)/ Bachelor of Science (Honours) 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: 2025-26

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 Arts (Journalism & Mass Communication)/ Bachelor of Science (Fashion Designing)/ Bachelor of Science (Honours) 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: 2025-26

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

Time: 3hours(Theory)
3hours(Practical)
L-T-P
3-0-1

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

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 5marks.

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

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

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 10 = 50)

Bachelor of Arts (Journalism & Mass Communication)/ Bachelor of Science (Fashion Designing)/ Bachelor of Science (Honours) 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: 2025-26

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

Content

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 Situationbased Conversation in English Essentials of Spoken English
Activities: GivingInterviews

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by JohnSeely.
2. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education2009.
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, PhiLearning.

Bachelor of Arts (Journalism & Mass Communication)/ Bachelor of Science (Fashion Designing)/ Bachelor of Science (Honours) 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: 2025-26

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
Practical / Oral Testing

Time:3hours **Marks:20**

Course Contents:
1. Oral Presentation with/without audio visualaids
2. GroupDiscussion
3. Listening to any recorded or live material and asking oral questions for listeningcomprehension

Questions:
1. Oral Presentation will be of 5 to 7 minutes duration. (Topic can be given in advance or it can beof 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 (Honours) Home Science
(Semester – II) (Session 2025-2026)
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 socialwelfare

CO2 Todevelopunderstandingaboutmeaningandtypesofadjustments.Problemsinadjustmentsandtoovercomethem.

CO 3 To recognize the needs and importance of familyplan.

CO 4 To distinguish between the various types of parenting techniques.

CO 5 To understand the role of family in socialization.

CO 6 To develop knowledge of family and child welfare programme.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026
Family and Social Welfare

(Theory)
Course Code: BHSL-2283

Time: 3Hours **Max. Marks:100**
L-T-P **Theory:70**
4-0-0 **CA:30**

Instructions for the Paper Setter

- Eightquestionsofequalmarksaretobeset,two ineachofthefourSections(A-D). QuestionsofSectionsA-Dshould besetfromUnits I-IVofthe syllabus respectively. Questionsmaybesubdividedintoparts(notexceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 14marks.

Content

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

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

Localorganizationofficial&non-officialinvolvedinsocialwelfare,Awarenessofcurrentlaws relatedtowomen&child welfare.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026
Family and Social Welfare

References:

1. E. Wilson, Everett E and Convener, Merill B, The field of social work, Henry holt and company , NewYork 1958.
2. Nagpaul,Hans,thestudyofIndiasociety,sociologicalanalysisofsocialwelfareandwelfareeducation,Chand and Co Pvt Ltd, New Delhi,1972.

Bachelor of Science (Honours) Home Science
(Semester – II) (Session 2025-2026)
Elementary 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 and male and female reproductiveorgans.

CO4 Todeveloptheelementaryknowledgeoflocationandfunctionsofendocrineglandsand structureand functioning ofbrain.

Bachelor of Science (Honours) Home Science
(Semester – II) (Session 2025-2026)
Elementary Physiology

Theory
Course Code: BHSL-2284

Time:3Hours **Max. Marks:100**
L-T-P **Theory:70**
3-0-0 **CA:30**

Instructions for the Paper Setter

- Eightquestionsofequalmarksaretobeset,two ineachofthefourSections(A-D). QuestionsofSectionsA-Dshouldbeset from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (notexceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 14marks.

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 PardeepPublications.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026
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 (Honours) Home Science
Semester – II
Session 2025-2026
Introduction to Family Resource Management

Theory
Course Code: BHSM-2285

Time:3Hours **Max. Marks:100**
L-T-P **Theory:50**
3-0-1 **Practical:20**
CA:30

Instructions for the Paper Setter

- Question paper will have fourunits.
- Examiner will set a total of 8 questions comprising two questions from eachunit.
- Studentsarerequiredtoattemptfivequestionsinall,choosingonequestionfromeachunitandfifthquestionfrom any unit. Question can have subunit.
- All question carry equalmarks.
- Each question carries 10 marks.

Content

Unit I

Introduction to family resource management

Definition and importance of family resource Management.

Challenges of family resource management.

Family life cycle and its effect on management of resources.

Managerial responsibilities of families.

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

Resources.

Definition and classification of resources.

Characteristics of resources.

Factors affecting the use of resources.

Unit II

Decision Making Process

Steps in Decision making process.

Factors affecting Decision Making.

Problem solving through resolving conflicts.

Management process

Planning

Organizing

Supervising

Controlling

Evaluation

Role of communication in effective management

Application of management process in resource utilization.

Unit III

Management of specific resources

Money management – types of income and steps in money management (budgeting), methods of handling money.

Importance of saving & investment.

Time management -tools of time management , steps of making time plans

Energy management-concepts of energy cost of various household activities.

Fatigue – types ,causes ,effects and remedies

Steps in reducing energy costs.

Unit IV

Work simplification

Interrelationship of time and energy.

Techniques of studying work -pathway, process & operation chart.

General principles (Mendel's classes of change of work simplification)

Ergonomics

Definition and importance

Disciplines involved in ergonomics

Use of ergonomics.

References:

Gross, I.H; Crandall, E.W and Knoll .M.M Management for modern families, sterling Publishers, New Delhi, 1967.

Nickell, P; Dorsey, J.N. Management in Family living, John Willy and sons Inc, New York, 1975.

Fire baugh & Deacon-Home management concepts and contents.

Randhawa, Rajwinder K; Family Resource Management and Health Science, Pardeep Publication, Jalandhar, 2009.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026
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 (Honours) Home Science
Semester – II
Session 2025-2026
Introduction to Family Resource Management
Practical
Course Code: BHSM-2285

Time-3 Hours

Total Marks:20

Practical

1. Planning of budget for different incomegroups.
2. Preparing time plans of working and non-workinghomemakers.
3. Simplify any household task using pathway, process & operationchart.
4. Table setting for different meals- Formal, Informal and Buffet and Napkinfolding.
5. Make any utility article that will be judged by the externalexaminer.

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

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026

Course Code: BHSM-2126
Computer Applications for Home Scientists

Course Outcomes

After passing this course the students will able to:

CO1 Apply features of spreadsheet software for data manipulation, data entry, worksheet formatting, functions and formulae.

CO2 Comprehend the basics of E-Commerce and World Wide Web.

CO3 Comprehend about different electronic payment methods and multimedia devices.

CO4 Create and manage YouTube channel and blog.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026

Course Code: BHSM-2126
Computer Applications for Home Scientists

Time: 3Hours **Max. Marks:100**
L-T-P **Theory:40**
3-0-1 **Practical:30**
CA:30

Instructions for Paper Setter

- Eight questions of equal marks (8 marks each) are to be set, two in each of the four sections (AD). 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. Each question carries 8 marks.

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

You Tube 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 (Honours) Home Science
Semester – II
Session 2025-2026

Course Code: BHSM-2126
Computer Applications for HomeScientists
Practical

Examination Time: 3 Hours **Practical:30**

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

1) MicrosoftExcel
2) Searching onInternet
3) MultimediaUsage
4) You Tube and Blog

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026
Advanced Food and Nutrition
Course Code: BHSM-2280
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 develop the knowledge of food preservation, food spoilage and principle of food preservation.

CO 3 To develop the knowledge of food adulteration and standards, toxic effects of food adulteration.

CO4 Todeveloptheknowledgeoffoodhygieneinpurchasing,preparation,cookingandservingoffood.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026
Advanced Food and Nutrition
Theory
Course Code: BHSM-2280

Time: 3Hours
L-T-P
2-0-1

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

Instructions for the Paper Setter

- Eightquestionsofequalmarksaretobeset,two ineachofthefourSections(A-D). QuestionsofSectionsA-Dshouldbeset from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 10 marks.

Content

Unit I

Vitamin- Classification, unit of measurements sources, requirements functions and Deficiency and Toxicities of following vitamins.
(a) Fat Soluble vitamins A, D, E andK
(b) Water Soluble vitamins- C, B1-B2, B3, B6, B12 and Folicacid.
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

References:

1. Text Book of Nutrition & Child Development (Dr. (Mrs.) Rajwinder K. Randhawa)
2. Food & Nutrition and Child Development (Sushma Gupta, Neeru Garg, Amita Aggarwal)
3. Dietetics (B Srilakshmi)
4. Nutrition and Child Development (Dr. Rajwinder K. Randhawa)

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026
Advanced Food and Nutrition
Course Code: BHSM-2280

Practical

Course Outcomes

CO 1 To develop knowledge about different nutrients.

CO 2 To develop knowledge about therapeutic diets.

CO 3 To enhance the cooking skills with absorbing more nutrients.

CO 4 To develop knowledge about different food groups.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2025-2026
Advanced Food and Nutrition
Course Code: BHSM-2280

Practical

Time: 3Hours **Max. Marks:20**

Practical

(1) Prepare 5 dishes using followingmethods

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

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

c) Sprouting

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

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

Programme

Bachelor of Arts (Honours) / Bachelor of Science (Honours) Medical / Bachelor of Science (Honours) Non-Medical / Bachelor of Science (Honours) Computer Science / Bachelor of Science (Honours) Economics / Bachelor of Commerce (Honours)/ Bachelor of Business Administration (Honours) / Bachelor of Arts (Honours) Journalism and Mass Communication / Bachelor of Science (Honours) Fashion Design / Bachelor of Science (Honours) Home Science / /Bachelor of Computer Application (Honours)/Bachelor of Science (Honours) Information Technology/ Bachelor of Science (Honours)Bio-Technology / Bachelor of Business Administration (Honours) Airlines and Airport Management/Bachelor of Science (Honours) Medical Laboratory Technology SEMESTER-II

Master of Commerce (FYIP)/ Master of Science (MATHEMATICS) (FYIP)/ Master of Arts (English) (FYIP)/ Master of Science (PHYSICS) (FYIP) SEMESTER-II

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Nutrition and Dietetics)/ Bachelor of Vocation (Beauty and Wellness)/ Bachelor of Vocation (Artificial Intelligence and Data Science)/ Bachelor of Vocation (Hospitality and Tourism) SEMESTER-II

SEMESTER II

Drug Abuse and Ethical Education

Value Added Audit Course

Session 2025-26

Course Code: VACD-2161

Time: 3 Hrs	**Max Marks: 100**
Credits: L-T-P: 4-0-0	**Theory: 70**
Contact Hours: 4Hours/Week	**CA: 30**

Instructions for the Paper Setter:

The question paper will consist of four Sections I, II, III and IV.

Section A: Compulsory Section: There will be 35 multiple Choice questions from unit IV and V. Each question shall carry 1 mark.. The student will attempt 30 questions out of 35 multiple choice questions (30x1=30)

Section B, C, D: 2 questions will be set in I, II & III unit of the syllabus. The candidates will attempt 1 question from each section. Fourth question can be attempted from any unit (I-III Unit).Each question shall carry 10 marks (10x4=40)

UNIT-I

Meaning of Drug Abuse: Meaning, Nature, Types and Extent of Drug Abuse in India and Punjab.
Consequences of Drug Abuse for:
Individual: Education, Employment, Income.
Family: Violence.
Society: Crime, Social Disorganization

Prevention of Drug abuse: **Role of family**: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.

UNIT-II

School: Counselling, Teacher as role-model. Parent – teacher – Health Professional Coordination, Random testing on students
Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program
Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/ Smuggling of Drugs, Strict enforcement of laws, Time bound trials

UNIT-III

Management of Drug Abuse
Medical management: Medication for treatment and to withdrawal effects. **Psychiatric Management**: Counseling, Behavioral and Cognitive therapy. **Social Management**: Family, Group therapy and Environmental Intervention.

UNIT-IV

Understanding the Self:

Character building: Self awareness; Self growth; Self Control; Self Discipline; Character and Destiny
Generation gap: Relation with peer group; siblings and elders

UNIT-V

Social Responsibility:

Opposite Sex Relations
Globalization and IT Boom- Advantages and Disadvantages

FACULTY OF SCIENCES

SYLLABUS OF

Bachelor of Science (Honours) Home Science

(Semester: III - IV)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2025-26

The Heritage Institution

KANYAMAHAVIDYALAYA

JALANDHAR

(Autonomous)

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF

Bachelor of Science (Home Science) (Three Year Degree Programme)

Bachelor of Science (Honours) Home Science (Four Year Degree Programme)

Credit Based Continuous Evaluation Grading System

(Session: 2025-2026)

Semester III

Course Code	Course Name	Course Type	Hours Per Week L-T-P	Credits L-T-P	Total	Marks				Examination time (in Hours)
						Total	Ext.		C A	
							L	P		
BHSL-3281	Introduction to Extension Education and Community Development	DSC	3-0-0	3-0-0	3	100	70	-	30	3
BHSL-3282	Developmental Stages upto Childhood	DSC	3-0-0	3-0-0	3	100	70	-	30	3
BHSL-3083	Basic Nutritional Biochemistry	MDC	4-0-0	4-0-0	4	100	70	-	30	3
BHSM-3284	Housing	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM-3285	Meal Management	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM-3286	Textile Science	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
VACE-3221	Environmental Studies (Compulsory)	VAC	2-0-0	2-0-0	2	50	35	-	15	2
VACG-3532	* Gender Sensitization	VAC	2-0-0	2-0-0	2	50	35	-	15	1
Total					**26**					

DSC: Discipline Specific Course
MDC: Multi disciplinary Course
VAC: Value Added Course

*Credits/Grade Points of these courses will not be added in SGPA/CGPA of the Semester/Programme and only grades will be provided.

Bachelor of Science (Home Science) (Semester –III)
(Session 2025-26)
INTRODUCTION TO EXTENSION EDUCATION AND COMMUNITY DEVELOPMENT
(Theory)
COURSE CODE: BHSL -3281

COURSE 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 –III)
(Session 2025-26)
INTRODUCTION TO EXTENSION EDUCATION AND COMMUNITY DEVELOPMENT
(Theory)
COURSE CODE: BHSL -3281

Time: 3 Hrs

Max. Marks: 100
Theory: 70
CA: 30

L-T-P
3-0-0

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset, twoineachofthefoursections(A-D).QuestionsofsectionsA-Dshouldbe set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anysection.
- Each question carries 14 marks.

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, principlesandprocess.

Unit-IV

- Role of voluntary organization in community development
- Panchayati Raj System organization&function
- Co-operative Societies – Organization&function
- The Integrated rural developmentprogramme(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 Science (Home Science)
Semester-III
Session 2025-2026
Developmental Stages Upto Childhood
Theory
Course Code: BHSL-3282

Course Outcomes

CO 1 To Understand developmental tasks from infancy to childhood

CO 2 To understand developmental stages from infancy to childhood

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

CO 4 To discuss the factors affecting development till childhood.

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

Bachelor of Science (Home Science)
Semester-III
Session 2025-2026
Developmental Stages Upto Childhood
Theory
Course Code: BHSL-3282

Time:3Hours **Total Marks:100**
L-T-P **Theory:70**
3-0-0 **CA:30**

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 exceedingfour).
- Candidatesarerequired toattemptfivequestions,selectingatleastonequestion fromeachsection.
- The fifth question may be attempted from anySection.
- Each question carries 14marks.

Content

Unit I

- Developmental tasks from infancy tochildhood
- Domains of development from infancy to childhood and factors affecting and facilitating these developments:

1) PhysicalDevelopment

a) Bodysize
b) Skeletalgrowth
c) Cardio VascularSystem
d) Brain and nervoussystem
e) Factors affecting physicaldevelopment

Unit II

2) MotorDevelopment

a) Sequence of motordevelopment
b) Some motor skills ofchildhood
c) Factors affecting motor development and facilitating motorskills

3) Languagedevelopment

(a) Stages of languagedevelopment
(b) Factorsaffectinglanguagedevelopmentandfacilitatinglanguagedevelopment
(c) Speech Defects

Unit III

4) SocialDevelopment

a) Meaning of socialdevelopment
b) Agencies ofsocialization
c) Factors affectingsocialization
d) Play- its types andimportance

5)Moral Development

(a) Meaning of moral development
(b) Factors affecting moral development

Unit IV

6) EmotionalDevelopment

a) Definition ofemotion
b) Different childhood - emotions and their role in development ofchild
c) Characteristics of children'semotion
d) Factors affecting emotionaldevelopment

Early Childhood Care andEducation

a) Concepts, significance andprograms
b) Infrastructure & curriculum planning for different age groups

References:

1) Essentials of life span development, Johan W santrock Mcgraw Hill publishingcompany
2) Human Development Thomas L. Crandell MC Graw Hill PublishingCompany
3) Human Development Paplia Mc Graw Hill Publishing company
4) Growth and development Hurlock E.B Tata, Mac Graw HillCompany
5) Child Development P. Rajamal & Devads Machmulitan IndiaLtd.
6) Nutrition and Child development Rajinder Randhawa PardeepPublications.

Bachelor of Science (Home Science) Semester-III (Session: 2025-26)

COURSE CODE: BHSL-3083

BASIC NUTRITIONAL BIOCHEMISTRY

(Theory)

Course outcomes:

Students will be able to:

CO1: Explain the structural formulae of monosaccharides, disaccharides, and polysaccharides, and relate their structure to biological function.

CO2 : Interpret the structural composition of fatty acids, triglycerides, and phospholipids, and evaluate factors affecting fat stability including rancidity, acid value, and saponification value.

CO3 : Illustrate the major pathways of carbohydrate and lipid metabolism, including glycolysis, TCA cycle, gluconeogenesis, and fatty acid biosynthesis and oxidation.

CO4 : Describe the metabolic roles and regulatory mechanisms of inorganic elements such as calcium, phosphorus, magnesium, and iron in the human body

Bachelor of Science (Home Science) Semester-III
(Session: 2025-26)
COURSE CODE: BHSL-3083
BASIC NUTRITIONAL BIOCHEMISTRY
(Theory)

Time: 3 Hrs. **Max. Marks: 100**
(L-T-P): 4-0-0 **Theory: 70**
CA: 30

- **InstructionsforthePaperSetters**: Eight questions of equal marks (fourteen 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. Each question carries 14marks.

UNIT I

Structural formulae of monosaccharaides, disaccharides and polysaccharides.

UNIT II

Structural formula of fatty acids, triglycerides and phospho-lipids.
Rancidity of fat & its prevention.
Acid value and saponification value of fat.
Essential fatty acid.

UNIT III

Intermediary Metabolism of Carbohydrates
Glycolysis TCACycle, Gluconeogenesis.
Study of intermediary metabolism of fat oxidation and biosynthesis of fatty acids.

UNIT IV

Metabolism of inorganic elements calcium, phosphorus, magnesium and iron

BooksSuggested

1) Nelson, D. L., & Cox, M. M. (2021). *Lehninger principles of biochemistry* (8th ed.). W.H. Freeman and Company.
2) Berg, J. M., Tymoczko, J. L., &Stryer, L. (2019). *Biochemistry* (9th ed.). W.H. Freeman and Company.
3) Satyanarayana, U., &Chakrapani, U. (2021). *Biochemistry* (5th ed.). Elsevier India.
4) Vasudevan, D. M., Sreekumari, S., &Vaidyanathan, K. (2020). *Textbook of biochemistry for medical students* (9th ed.). Jaypee Brothers Medical Publishers.
5) Rodwell, V. W., Bender, D. A., Botham, K. M., Kennelly, P. J., & Weil, P. A. (2018). *Harper's illustrated biochemistry* (31st ed.). McGraw-Hill Education.
6) Champe, P. C., & Harvey, R. A. (2018). *Lippincott's illustrated reviews: Biochemistry* (7th ed.). Wolters Kluwer.
7) Chatterjea, M. N., &Shinde, R. (2020). *Textbook of medical biochemistry* (9th ed.). Jaypee Brothers Medical Publishers.
8) Joshi, S. A. (2016). *Nutrition and dietetics* (5th ed.). McGraw-Hill Education.
9) Voet, D., Voet, J.G. (2012*). Fundamentals of Biochemistry*, John Wiley and Sons, New York.
10) Jain, J. L., Jain, S. and Jain. N. (2016). *Fundamentals of Biochemistry*, S. Chand & Company Ltd., New Delhi.

Bachelor of Science (Home Science)
(Semester-III)
(Session 2025-2026)
HOUSING
COURSE CODE: BHSM- 3284

COURSE OUTCOMES

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 2025-2026)
HOUSING
COURSE CODE: BHSM- 3284

Time:3Hours
L-T-P
3-0-1

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

INSTRUCTION FOR THE PAPER SETTER:

• Eightquestionsofequalmarksaretobeset;two ineachofthefourSections(A-D).QuestionsofSectionsA-D shouldbesetfrom Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).

• Candidates are required to attempt five questions, selecting at least one question fromeachsection.

• The fifth question may be attempted from anySection.

• Each question carries 10 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 houseplanning

• Selection of Site , soil, locality andneighborhood

• Principlesofplanning-Orientation,aspect,prospect,privacy,grouping,circulation,flexibility,roominessfuturerequirement& practicalconsiderations.

• Ventilation.

• Water supply, Drainage and drainage of rainwater, sewagesystem.

• Provision of light according to the need in differentareas.

• Economy in houseconstruction.

UNIT-III

• Building Materials used in construction ofhouse

• Low cost, Eco friendly innovative buildingmaterials.

• Materials forfoundation.

• Materials for walls &floors.

• Materials for electricity, sewerage &drainage.

UNIT-IV

• Housing financingagencies

• Various government and non-government agencies, general terms &conditions.

• Advantage and disadvantage of takingloan.

• Building by laws used for house construction & terminologiesused.

REFERENCE BOOKS

1) Randhawa, Rajwinder K family Resource Management and Health Science, Pardeeppublication
2) Despande, R.S Modern Ideal Homes for India United bookcorporation
3) Agan Tessie M.S The house its plan & use Gulabprimlani
4) Peett L.J thye, L.S, House hold equipment, Johan villey and sons inc. NewYork.
5) Indian Home Plans- JainH.L.

Bachelor of Science (Home Science) (Semester-III)
(Session 2025-2026)
HOUSING
(Practical)
COURSE CODE: BHSM- 3284

COURSE OUTCOMES:

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 2025-2026)
HOUSING
(Practical)
COURSE CODE: BHSM-3284

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

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

Housing:

1) Symbols and common terms used for houseplanning
2) Types of floor-plans, elevation structural drawing and perspectiveview
3) Draw following house plan, considering in mind principle ofplanning

- Row house- 100- 150 sqyard
- Semi detached house 250-300 sqyard
- Detached house- 500 sq yard andabove
- One roomapartment
- Flat
- Double storyhouse

Bachelor of Science (Home Science) (Semester-III)
(Session 2025-2026)
MEAL MANAGEMENT
(Theory)
COURSE CODE: BHSM- 3285

COURSE OUTCOMES:-

CO1. To understand the concept of recommended dietary allowances, food groups, exchange list and balanced diet.
CO2. To discuss the principles of meal planning and nutritional requirements of men and women with different conditions.
CO3. To understand the nutritional requirements of pregnant and lactating women and during the old age.
CO4. To get the insight of the concept of the growth and development of preschoolers, school going children and adolescent boys and girls.
CO5. To understand the nutritional requirements during infancy. To understand the difference between breast feeding and bottle feeding.

Bachelor of Science (Home Science) (Semester-III)
(Session 2025-2026)
MEAL MANAGEMENT
(Theory)
COURSE CODE: BHSM- 3285

Time:3Hours **Max. Marks:100**
L-T-P **Theory:50**
3-0-1 **Practical:20**
CA:30

INSTRUCTION FOR THE PAPER SETTER:

• Eightquestionsofequalmarksaretobeset;two ineachofthefourSections(A-D).QuestionsofSectionsA-D shouldbesetfrom Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).

• Candidates are required to attempt five questions, selecting at least one question from eachsection.

• The fifth question may be attempted from anySection.

• Each question carries 10 marks.

CONTENTS :

Unit-I

• Balanced diet: Concept of Balanced Diet, Food Groups, ExchangeLists.

• DefinitionandObjectivesofRDA,RDAfordifferentagegroups.(ICMR).Calorieconsumptionunitsinplanningmealsfor afamily.

Unit-II.

• Meal planning: Introduction and Principles of Meal planning.

• Nutritional requirement for adult male & female, Sedentary, moderate & heavyworker.

Unit-III

• Physiological changes and nutritional requirement during pregnancy andlactation.

• Physiological changes during old age and meeting their nutritionalrequirements.

Unit- IV

• Growth development, food habits and nutritional requirement of preschoolers, school going children & adolescent boy andgirl.

• . Growth & development and nutritional requirement during infancy breast feeding vs. bottle feeding andweaning.

References:

1. Guthrie, Hele, Andrews, Introductory 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. appC-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons.1979.

Bachelor of Science (Home Science) (Semester-III)
(Session 2025-2026)
MEAL MANAGEMENT
(Practical)
COURSE CODE: BHSM- 3285

COURSE OUTCOMES:

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 2025-2026)
MEAL MANAGEMENT
(Practical)
COURSE CODE: BHSM- 3285

Time:3Hours **Max. Marks:20**

Note:

- Paper will be set on the spot by theexaminer
- Planning ofdiet
- Cooking of 2 dishes from the dietplan
- Viva
- Files

1. Cook following dishes for different meals. Standardize portion size and calculate their nutritivevalue.
- Breakfast dishes- Stuffed Paranthas, Pancakes, Poha, Daliaetc.
- Lunch&Dinnerdishes-MainDishes-Dal,Channa,Rajmah,Koftasetc.,Rice-Pulaos,Paneerdishes,Sidedishes,Dry. Vegetables, Stuffed Vegetables etc. Dessert - Puddings, Kheer etc. Salads, Soupsetc.
- Evening Sweet & Salty snacks - at least 5each.

2. Planbalanceddietforthefollowingagegroupscalculatingcalories,protein,oneimportantvitaminandmineralasper requirement for the given age group.

(a) Infancy-Weaningfoods
(b) pre-schooler
(c) School going child.
(d) adolescent girl and boy
(e) adult male and female(sedentary moderate and heavyworker)
(f) Pregnant and lactatingWomen
(g) Geriatric

Bachelor of Science (Home Science) (Semester-III)
(Session 2025-2026)
TEXTILE SCIENCE
(Theory)
COURSE CODE: BHSM- 3286

COURSE OUTCOMES:-

CO (1). To introduce various types, manufacture and properties of textile fibers with respect to consumers.

CO (2). To understand processes and types of yarns, fabric manufacture techniques and their characteristics.

CO (3). To understand various finishing processes and bleaches used on fabrics.

CO (4). To study dyeing, printing, care and storage of clothing.

Bachelor of Science (Home Science) (Semester-III)
(Session 2025-2026)
TEXTILE SCIENCE
(Theory)
COURSE CODE: BHSM- 3286

Time:3Hours **Max. Marks:100**
L-T-P **Theory:50**
3-0-1 **Practical:20**
CA:30

INSTRUCTIONS FOR THE PAPER SETTER:

• Eightquestionsofequalmarksaretobeset;two ineachofthefourSections(A-D).QuestionsofSectionsA-D shouldbesetfrom Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).

• Candidatesarerequiredtoattemptfivequestions,selectingatleastonequestionfromeachsection.

• The fifth question may be attempted from anySection.

• Each question carries 10 marks.

CONTENTS

UNIT- I

• Introduction to textile fibres, classification of fibres based on length andsource.

• Primary properties of textile fibres in relation to use for theconsumer.

• Origin,ProductionandPropertiesofcotton,linen,rayon–viscoseandcelluloseacetate,Woolandsilk,Nylon,polyester, acrylics and elastomericfibres.

UNIT – II

Yarn manufacturing

• Classification of yarns carded and combed yarn, woolen and worsted yarns, filament and spunyarns.

• Types of yarns simple yarns, novelty yarns, textured yarns and their types &uses.

• Yarntwist

Fabric construction techniques

• Weaving Procedure (description ofloom)

• Types: simple weave & its variations, twill , satin ,novelty weaves and theirtypes

• Characteristicsofwovenfabrics:ongrain,offgrain,threadcount,balancecloth,selvedge. Other

Methods of fabric construction: Felting, Bonding

UNIT -III

Bleaches and finishes

• Types – oxidizing and reducing bleaches and theirsuitability

• Importance offinishes.

• Classification of finishing process on the basis of method of application, stability, types &purpose.

• Descriptionofsomeimportantfinishes:preparatoryfinishes-Brushingandshearing,scouring,degumming,desizingandbleaching

• Stabilizing finishes – Texturing, sanforizing,mercerization,

• Textural finishes – calendering, beetling, glazing, sizing, weighting, napping, moiring andembossing.

• Functional finishes- crease resistance, waterproof and water repellent, flame retardant and flameproof.

UNIT IV

Dyeing

• Types ofdyes

• Methodofdyeing-Homedyeing(simple)resistdying-tie&dyeandbatik.

Printing

• Techniques used in printing direct discharge andresist.

• Methods of printing block, stencil,screen

• Machine Printing, roller,screen.

Bachelor of Science (Home Science) (Semester-III)
(Session 2025-2026)
TEXTILE SCIENCE
(Theory)
COURSE CODE: BHSM- 3286

Laundering & care of textile fabrics

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

Reference Books:

1. Randhawa Rajwinder K Clothing Textiles & There care, pardeeppublication.
2. Traditional Indian Textiles Gillow Jorn BarnardNicholas
3. Fundamentals of Textiles and their care susheladantyagi
4. Household textile and laundry work durgaDeulkar
5. Textile Fiber to fabric corbmanBernard
6. Textile, Hollen Nerma & SadderJane.
7. Clothing textiles & their care, Rajwinder K.Randhawa.

Bachelor of Science (Home Science) (Semester-III)
(Session 2025-2026)
TEXTILE SCIENCE
(Practical)
COURSE CODE: BHSM- 3286

COURSE OUTCOMES

CO 1: To make the students familiar with Faber Identification art- Physical, burning, and 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 2025-2026)

TEXTILE SCIENCE

(Practical)

COURSE CODE: BHSM- 3286

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

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

1. Fiber Identification- Physical, burning, microscopictest.
2. Stain removal of basic stains- Tea coffee, Ball pen, ink, ghee & oil haldi, Nail paint, Lipstick, Bootpolish.
3. Make sample & an article of each:
   a) Tie &Dye
   b) Block, screen andstencil.

4). Make sampleof
weaves:
   1) Plain
   2) Twill
   3) Satin

5) Collection of labels of different garment & samples of different weave

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

(Session 2025-2026)

Course Code: VACE-3221

Course Title: Environmental Studies

COURSE OUTCOMES:

After passing this course, students will be able to:

- CO1. Understand the concept and need of environmental education and role of an individual in conservation of natural resources.
- CO2. Learn about role of major Eco system and their conservation and Develop desirable attitude, value and respect for protection of Biodiversity.
- CO3. Learn about the control measure of pollution and solid waste management and climate change and global warming.
- CO4. Knowledge regarding welfare programmes and Human rights and understand the role of different agencies in the protection of environment

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

(Session 2025-2026)

Course Code: VACE-3221
Course Title: Environmental Studies
(Theory)

Time: 3 Hrs. **Max. Marks: 50**
Credit: 2-0-0 **Theory: 35**
CA: 15

Instructions for the Paper Setter:
Eight questions of equal marks (7 marks) are to be set, two in each out 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

1. **The multidisciplinary nature of environmental studies**
   - Definition, scope and importance, Need for public awareness

2. **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.

Unit II

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)

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

Unit III

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

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
- Public awareness

Unit IV

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

8. Introduction to Environmental Laws, Environmental Audit and Impact Assessment

- Constitutional provisions- Article 48A
- Article 51A(g) and other derived environmental rights
- 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
- Environmental risk assessment Pollution control and management
- Waste Management- Concept of 3R (Reduce, Recycle and Reuse)
- Ecolabeling /Ecomark scheme

References:

1. Bharucha, E. 2005. Textbook of Environmental Studies, Universities Press, Hyderabad.
2. Down to Earth, Centre for Science and Environment, New Delhi.
3. Heywood, V.H. & Waston, R.T. 1995. Global Biodiversity Assessment, Cambridge House, Delhi.
4. Joseph, K. & Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pte. Ltd., Delhi.
5. Kaushik, A. & Kaushik, C.P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
6. Rajagopalan, R. 2011. Environmental Studies from Crisis to Cure. Oxford University Press, New Delhi.
7. Sharma, J. P., Sharma. N.K. & Yadav, N.S. 2005. Comprehensive Environmental Studies, Laxmi Publications, New Delhi.
8. Sharma, P. D. 2009. Ecology and Environment, Rastogi Publications, Meerut.

9. State of India's Environment 2018 by Centre for Sciences and Environment, New Delhi
10. Subramanian, V. 2002. A Text Book in Environmental Sciences, Narosa Publishing House, New Delhi.

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

GENDER SENSITIZATION 2025-26

Course Title: GENDER SENSITIZATION PROGRAMME
Nature of Course: Audit Course (Value Added)
Course Duration: 30 hours

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

The program has been designed to instill the value of gender equality among students, enabling them to identify areas of gender discrimination, raise their voices against it, and work towards creating a gender-neutral society.

Objectives of the Course:

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 a gender perspective to transform the mindset of society.

Learning Outcomes:

On successful completion of this course, students will be able to

- develop ways to address gender inequalities and promote gender justice
- understand the difference between sex and gender and cultural norms ascribed to boys/men and girls/women.
- evaluate the impact of socially defined gender roles on economic and political participation.
- analyze social problems using a gender lens.
- learn the constitutional provisions and laws relating to gender rights.
- understand the importance of comprehensive access to healthcare for all women
- defend themselves against potential attacks and adversities using self-defense techniques.
- engage themselves in critical self-reflection and work for social transformation.

CURRICULUM

Course Code: VACG 3532 **Total contact hours: 30**

MODULE	TITLE	HOURS
1	**Introduction to Gender Sensitization**	**4 Hrs.**
2	**Workshop in Self-Defense Techniques**	**12Hrs.**

3 I	**Cultural Roles and Gender Sensitivity**	**2 Hrs.**
3 II	**ender Dimensions inEconomic Participation and Wage Gap**	**2 Hrs.**
3 III	**Gender Rights: Constitutional Rights & Legal Rights**	**2 Hrs.**
3IV	**Social Problems and Issues: Gender Perspective with focus on Indian Society**	**2 Hrs.**
3 V	**Gender Issues and the Health Care System**	**2 Hrs.**
3 VI	**Gender and Political Participation**	**2 Hrs.**
4	**Final Assessment Feedback and Closure**	**2 Hrs.**

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF

Bachelor of Science Home Science (Three Year Degree Programme)

Bachelor of Science (Honours) Home Science (Four Year Degree Programme)

Credit Based Continuous Evaluation Grading System

(Session: 2025-2026)

Semester IV

Course Code	Course Name	Course Type	Hours Per Week L-T-P	Credits L-T-P	Total	Marks				Examination time (in Hours)
						Total	Ext.		C A	
							L	P		
BHSL-4281	Developmental Stages till Old Age	DSC	3-0-0	3-0-0	3	100	70	-	30	3
BHSM-4282	Kitchen Design and its Equipment	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM-4283	Traditional Embroideries, Textiles and Costumes of India	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM-4284	Communication and Audio-visual in Extension Work	DSC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM-4085	Applied Nutritional Biochemistry	MDC	3-0-2	3-0-1	4	100	50	20	30	3+3
BHSM-4280	Quantity Food Production and Service	SEC	2-0-2	2-0-1	3	100	50	20	30	3+3
VACM-4502	*Moral Education	VAC	2-0-0	2-0-0	2	50	35	-	15	1
Total					**24**					

DSC: Discipline Specific Course
SEC: Skill Enhancement Course
MDC: Multi disciplinary Course
VAC: Value Added Course

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*Credits/Grade Points of these courses will not be added in SGPA/CGPA of the Semester/Programme and only grades will be provided.

Bachelor of Science (Home Science) (Semester IV)
Session: 2025-26
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: 2025-26
DEVELOPMENTAL STAGES TILL OLD AGE
(Theory)
COURSE CODE: BHSL-4281

Time:3Hours **Total Marks:100**
L-T-P **Theory:70**
3-0-0 **CA:30**

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset;two ineachofthefourSections(A-D).QuestionsofSectionsA-D shouldbesetfrom Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidatesarerequired toattemptfivequestions,selectingatleastonequestionfromeachsection.
- The fifth question may be attempted from anySection.
- Each question carries 14 marks

CONTENTS

UNIT-I

Adolescence, Puberty and related changes
Problems of adolescence

- Physical
- sexual
- social
- emotional
- Roleofparentsandteachersinhelpingthem

UNIT-II

Adulthood
1. Young adulthood

a) Developmental tasks ofadulthood
b) Parenthood and other rolesinsociety
c) Parenting techniques

UNIT-III

2. Middle adulthood Midlife changes inbothsexes
3. Lateadulthood

a) Grand parenting

UNIT-IV

Old age
a) Retirement – a change instatus.
b) Physical and psycho-social aspects ofaging.

REFERENCE BOOKS

1) Essentials of life span development, Johan W santrock Mcgraw Hill publishingcompany
2) Human Development Thomas L. Crandell MC Graw Hill PublishingCompany
3) Human Development Paplia Mc Graw Hill Publishingcompany
4) Growth and development Hurlock E.B Tata, Mac Graw HillCompany
5) Child Development P. Rajamal & Devads Machmulitan India Ltd.
6) Nutrition and Child development Rajinder Randhawa PardeepPublications.

Bachelor of Science (Home Science) (Semester-IV)
Session: 2025-26
KITCHEN DESIGN AND ITS EQUIPMENT
(Theory)
COURSE CODE: BHSM-4282

COURSE OUTCOMES:

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: 2025-26
KITCHEN DESIGN AND ITS EQUIPMENT
(Theory)
COURSE CODE: BHSM-4282

Time:3Hours **Total Marks:100**
L-T-P **Theory:50**
3-0-1 **Practical: 20**
CA:30

INSTRUCTION FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset;two ineachofthefourSections(A-D).QuestionsofSectionsA-D shouldbesetfrom Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidatesarerequired toattemptfivequestions, selectingatleastonequestion fromeachsection.
- The fifth question may be attempted from anySection.
- Each question carries 10 marks.

CONTENT

UNIT-I

Kitchen

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

UNIT-II

Equipment

- Classification
- Selection & efficient use ofequipment.
- Selection,operationandcareofhouseholdequipment--Toasters,mixergrinder,Juicer,foodprocessor,ovenandmicrowaveoven, Iron, Vacuum cleaner, washing machine, pressure cooker and dishwasher,cutlery.

UNIT-III

- Generalcharacteristics,suitability&careofdifferentmaterialusedforequipmentconstructionandsurfacefinishAluminum, Iron.Steel,Stainlesssteel,GalvanizedIron,Tin,Copper,brass,Nickelandchromium,monel,glass,earthenwareandplastics.

UNIT-IV

Finishes & their suitability

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

REFERENCE BOOKS

1) Randhawa,RajwinderKfamilyResourceManagementandHealthScience,Pardeep Publication
2) Despande, R.S Modern Ideal Homes for India United BookCorporation
3) Agan Tessie M.S The house its plan & use Gulabprimlani
4) Peett L.J thye, L.S, House hold equipment, Johan Villey and Sons inc. NewYork.
5) Indian Home Plans- JainH.L.

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

Session: 2025-26

KITCHEN DESIGN AND ITS EQUIPMENT

(Practical)

COURSE CODE: BHSM-4282

COURSE OUTCOMES:

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: 2025-26

KITCHEN DESIGN AND ITS EQUIPMENT

(Practical)

COURSE CODE: BHSM-4282

Time:3 Hours **Max. Marks:20**

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

1. Draw different types ofkitchen

a) One wall b) Two wall c) L Shape d) U shape

2. Make elevation of L shape kitchen on wall & show colourscheme
3. Cleaning of Brass, aluminum, steel, glass, gold, silver andcrockery.
4. Cleaning of windowpanes.
5. Cleaning of wood &leather.
6. Cleaning of refrigerator, mixer, cooking range, microwaveetc.
7. Cleaning of kitchen counters, floor andcupboards.

Bachelor of Science (Home Science) (Semester-IV)
Session: 2025-26
TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA
(Theory)
COURSE CODE: BHSM-4283

COURSE OUTCOMES:-

CO (1). To study the origin, significance, motifs, stitches and fabrics used in

various traditional embroideries of India.

CO (2). To study traditional fabrics of different states of India.

CO (3). To study in detail the dyed and printed traditional fabrics of India.

CO (4). To study traditional costumes of different states of India.

Bachelor of Science (Home Science) (Semester-IV)
Session: 2025-26
TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA
(Theory)
COURSE CODE: BHSM-4283

Time:3Hours
L-T-P
3-0-1

Total Marks:100
Theory:50
Practical: 20
CA:30

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset;two ineachofthefourSections(A-D).QuestionsofSectionsA-D shouldbesetfrom Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidatesarerequiredtoattemptfivequestions,selectingatleastonequestion fromeachsection.
- The fifth question may be attempted from anySection.
- Each question carries 10 marks.

CONTENTS

UNIT-I

Traditional embroideries of various states in India
- Phulkari ofPunjab
- Chikankari ofU.P
- Kasida ofKashmir
- Kantha ofBengal
- Kasuti ofKarnataka
- Kutch ofGujarat

UNIT -II

Traditional fabrics of different states of India
- Kashmir – Shawl andcarpets
- Bengal- Dakha Mulmul, Baluchar andJamdani.
- U.P-Brocades
- M.P. –Chanderi

UNIT–III

Dyed and printed fabrics of India
- Gujarat –Patola
- Rajasthan -Bandhani
- Andhra Pradesh- Pochampalli andkalamkari
- Orissa - Ikat

UNIT–IV

Traditional costumes of different states of India
- Punjab
- Jammu &Kashmir
- Rajasthan
- Gujarat
- Maharashtra
- Bengal
- Kerala

References:

- Traditional Indian Textiles, JohnGillow
- Traditional embroideries of India, Shailaja DNaik
- Costumes and Textile designs of India, Dr ParulBhatnagar

Bachelor of Science (Home Science) (Semester-IV)
Session: 2025-26
TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA
(Practical)
COURSE CODE: BHSM-4283

COURSE OUTCOMES:

CO 1: To study and develop designs for basic embroiderystitches.

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

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

Bachelor of Science (Home Science) (Semester-IV)
Session: 2025-26
TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA
(Practical)
COURSE CODE: BHSM-4283

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,Frenchknot,bullionknot,crossstitchandmaketwohandkerchiefusingatleast3stitchesinonedesign.
2. Makesamplesoftraditionalembroideriesusingtraditionalfabric,thread,colors& design, Phulkari, Chikankari, Kasida, Kantha, Kasuti,Kutch
3. Make one article using any traditionalembroidery

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

Session: 2025-26

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

COURSE CODE : BHSM-4284

(Theory)

COURSE OUTCOMES

CO1. To understand the concept of communication, it's importance, scope, functions and problems.

CO2. To study selection of channels for communication and feedback in communication.

CO3. To get the insight into different audio visual aids.

CO4. To understand the concept of programme planning and to develop and plan of work.

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

Session: 2025-26

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

COURSE CODE : BHSM-4284

(Theory)

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

L-T-P **Theory:50**

3-0-1 **Practical:20**

CA:30

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 eachsection.
• The fifth question may be attempted from anySection.
• Each question carries 10 marks.

CONTENTS :-

Unit-I

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

Unit-II

- Selection of channel and teachingtools.
- Feedback incommunication.

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 subjectmatter.

Reference Books :-

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

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

Session: 2025-26

COMMUNICATION AND AUDIO -VISUAL IN EXTENSION WORK

COURSE CODE: BHSM-4284 (Practical)

COURSE OUTCOMES

1. To prepare different audio-visual aids like charts, posters, flash cards, pamphletetc.
2. To prepare lessonplan.
3. A visit to impart extensioneducation.

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

Session: 2025-26

COMMUNICATION AND AUDIO-VISUAL IN EXTENSIONWORK

COURSE CODE: BHSM-4284

(Practical)

Practical Marks:20

1. Preparation of VisualAid.
   Posters, charts, flash cards, pamphlets and power-point presentation.
2. Prepare a lesson plan on any subject matter to impart knowledge to the ruralpeople.
3. Fieldvisittoimpartingextensioneducationtoruralpeople,submitthereportthatwillbejudgedby the externalexaminer.

Paper will be set on the spot by the examiner.

Bachelor of Science (Home Science)
(Semester-IV)
Session: 2025-26
BSNL-4085

Applied Nutritional Biochemistry

Course outcomes:

Students will be able to:

CO1: Explain the structure of amino acids and proteins, their metabolic pathways, and evaluate nitrogen balance and protein quality indicators.

CO2: Describe the concept of Basal Metabolic Rate (BMR), the factors influencing it, and the thermogenic effect of different nutrients.

CO3: Classify enzymes based on their function, explain their specificity, and analyze the factors that affect enzyme activity.

CO4: Interpret the normal and abnormal composition of urine and explain the mechanisms of water and electrolyte balance and the effects of dehydration.

Bachelor of Science (Home Science)
(Semester-IV)
Session: 2025-26
BSNL-4085

Applied Nutritional Biochemistry

Time: 3Hrs. **Max. Marks: 50**
3-0-0

InstructionsforthePaperSetters: Eight questions of equal marks (ten 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

Structural formulae of amino acids peptide bonds. Hydrolytic breakdown of protein & essential amino acids, Nitrogenbalance**,** 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.

UNIT II

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

UNIT III

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

UNIT IV

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

BooksSuggested

1) Nelson, D. L., & Cox, M. M. (2021). *Lehninger principles of biochemistry* (8th ed.). W.H. Freeman and Company.
2) Satyanarayana, U., &Chakrapani, U. (2021). *Biochemistry* (5th ed.). Elsevier India.
3) Vasudevan, D. M., Sreekumari, S., &Vaidyanathan, K. (2020). *Textbook of biochemistry for medical students* (9th ed.). Jaypee Brothers Medical Publishers.
4) Chatterjea, M. N., &Shinde, R. (2020). *Textbook of medical biochemistry* (9th ed.). Jaypee Brothers Medical Publishers.
5) Joshi, S. A. (2016). *Nutrition and dietetics* (5th ed.). McGraw-Hill Education.
6) Sharma, D. C. (2017). *Nutritional Biochemistry*, CBS Nursing Publishers.
7) Voet, D., Voet, J.G. (2012*). Fundamentals of Biochemistry*, John Wiley and Sons, New York.
8) Jain, J. L., Jain, S. and Jain. N. (2016). *Fundamentals of Biochemistry*, S. Chand & Company Ltd., New Delhi.

Bachelor of Science (Home Science) (Semester-IV) Session: 2025-26

BSNL-4085

Applied Nutritional Biochemistry (Practical)

Course outcomes:

Students will be able to:

CO1: Perform qualitative tests to identify monosaccharides, disaccharides, and polysaccharides in various samples.

CO2: Estimate glucose concentration quantitatively using standard biochemical methods.

CO3: Analyze the presence of proteins, fats, and carbohydrates in common food items such as bread, milk, and eggs using biochemical tests.

CO4: Interpret experimental results and demonstrate basic proficiency in biochemical laboratory techniques related to food and biomolecule analysis.

Bachelor of Science (Home Science) (Semester-IV) Session: 2025-26

BSNL-4085

Applied Nutritional Biochemistry (Practical)

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

0-0-1

1. Qualitative analysis of monosaccharide, disaccharide and polysaccharide.
2. Quantitative estimation of Glucose.
3. To test the reaction of protein fats and carbohydrate in bread, milk and egg.

BooksSuggested

1) Oser, B. L. (2014). *Hawk's physiological chemistry* (14th ed.). Tata McGraw-Hill.
2) Plummer, D. T. (2017). *An introduction to practical biochemistry* (3rd ed.). McGraw-Hill Education.
3) Jayaraman, J. (1981). *Laboratory manual in biochemistry*. Wiley Eastern Ltd.
4) Sawhney, S. K., & Singh, R. (2019). *Introductory practical biochemistry* (2nd ed.). Narosa Publishing House.

Bachelor of Science (Home Science) (Semester-IV)
Session: 2025-26
QUANTITY FOOD PRODUCTION AND SERVICE

COURSE CODE: BHSM-4280

COURSE OUTCOMES :

CO1. To understand the concept of different food services
CO2. To have the knowledge about meal planning, importance of personal hygiene of food handlers, standardisation of recipes and event planning and cost control in a catering establishment.
CO3. To gain knowledge about characteristics of food, food production and food management at different stages in food establishment.
CO4. To learn about planning of service area, controlling of infestations and waste product handling.

Bachelor of Science (Home Science) (Semester-IV)
Session: 2025-26
QUANTITY FOOD PRODUCTION AND SERVICE
(Theory)
COURSE CODE: BHSM-4280

Time:3Hours **Total Marks:100**
L-T-P **Theory:50**
2-0-1 **Practical: 20**
CA:30

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 exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 10 marks.

CONTENTS:

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 towardscustomers.
- 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 nutritionalquality.
- Food Management- Food Purchasing, receiving, storage, handling andpreparation.
- 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 liquidwastes
- Control of Infestation - rodent, flies, cockroaches control, use ofpesticides.
- Service Areas- Planning of service area, Table sizes and decor of servicearea.

References:

1. MohiniSethi,SurjeetMalhan,CateringManagementAnIntegratedApproach.NewAgeInternational(P)Limited PublisherJalandhar.
2. Mohini Sethi, Surjeet Malhan - Institutional foodmanagement.

Bachelor of Science (Home Science) (Semester-IV)
Session: 2025-26

QUANTITY FOOD PRODUCTION AND SERVICE
(Practical)
COURSE CODE:BHSM-4280

COURSE OUTCOMES:

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: 2025-26

QUANTITY FOOD PRODUCTION AND SERVICE
(Practical)
COURSE CODE:BHSM-4280

Time:3Hours **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 specialoccasions.
   - Kittyparty
   - NewYear
3) Holi/Diwali
4) Lohri
5) Anniversary
6) Birthday
7) Picnic
8) Arrange one smallparty
9) Daily and occasional cleaning of kitchen equipments, utensils, counters, floor andcupboards.

FACULTY OF SCIENCES

SYLLABUS OF

Bachelor of Science (Home Science)

(Semester: V - VI)

(Under Continuous Evaluation Grading System)

Session: 2025-26

The Heritage Institution

KANYAMAHAVIDYALAYA

JALANDHAR

(Autonomous)

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF THREE-YEAR DEGREE PROGRAMME

Credit Based Continuous Evaluation Grading System

Bachelor of Science (Home Science)

(Session: 2025-2026)

Semester V

Course Code	Course Name	Course Type	Hours Per Week L-T-P	Credits L-T-P	Total	Marks				Examination time (in Hours)
						Total	Ext.		C A	
							L	P		
BHSL-5281	Child Psychology	C	3-0-0	3-0-0	3	75	60	-	15	3
BHSL-5282	Introduction To Extension Education and Community Development	C	3-0-0	3-0-0	3	75	60	-	15	3
BHSL-5083	Basic Nutritional Biochemistry	C	3-0-0	3-0-0	3	75	60	-	15	3
BHSM-5284	Interior Space Designing	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM - 5285	Therapeutic Nutrition	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM-5286	Basic Concepts of Sewing and Fashion	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM-5077	Applied Botany and Home Gardening	C	3-0-2	3-0-1	4	100	60	20	20	3+3
SECI – 5541	*Innovation, Entrepreneurship and Creative Thinking	AC	2-0-0	2-0-0	2	50	40	-	10	1
Total					**27**					

C: Compulsory
AC: Audit Course
*Credits/Grade Points of these courses will not be added in SGPA/CGPA of the Semester/Programme and only grades will be provided.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
CHILD PSYCHOLOGY
(Theory)
COURSE CODE: BHSL -5281

COURSE OUTCOMES

2. To introduce the concept of psychology and Childpsychology.

3. To study the development of aspects such as attention, memory andlearning.

4. To study the development phases in childhood with respect to theseaspects.

5. To link the study of development with the discipline of psychology in accordance to differenttheories.

6. To provide systematic knowledge of the foundation of humanbehaviour.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
CHILD PSYCHOLOGY
(Theory)
COURSE CODE: BHSL -5281

Time: 3 Hrs
L-T-P
3-0-0

Max. Marks:75
Theory: 60
CA:15

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset, twoineachofthefoursections(A-D).QuestionsofsectionsA-Dshouldbe set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anysection.
- Each question carries 12 marks.

CONTENTS

Unit I

Psychology related concept

- Definition of Psychology and Child psychology
- Nature and Scope of Psychology

Attention

- Meaning , span of attention, distraction in-attention and nature of attention
- Factors affecting attention

Memory

- Definition, Aspects of Memory
- Factors affecting memory and improvement in memory
- Forgetting and its causes

Unit II

Learning and Motivation

- Meaning, nature and types of learning
- Primary and secondary motives
- Role of Motivation in learning
- Factors affecting learning

Theories of Human Development

- Cognitivetheory-JeanPiaget
- Psycho-Sexual theory – Sigmund Freud
- Psycho-Social theory –Erick Erickson

Unit III

- Behavioral Theory
- Classical and Operant Conditioning Theory
- Ecological Theory
- Maslow Theory

Unit IV

- Moral Development Theory
- Attachment Theory
- Allport Theory

- **Reference Books:**

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

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
INTRODUCTION TO EXTENSION EDUCATION AND COMMUNITY DEVELOPMENT
(Theory)
COURSE CODE: BHSL -5282

COURSE 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 2025-26)
INTRODUCTION TO EXTENSION EDUCATION AND COMMUNITY DEVELOPMENT
(Theory)
COURSE CODE: BHSL -5282

Time: 3 Hrs
L-T-P
3-0-0

Max. Marks: 75
Theory: 60
CA: 15

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset, twoineachofthefoursections(A-D).QuestionsofsectionsA-Dshouldbe set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anysection.
- Each question carries 12 marks.

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, principlesandprocess.

Unit-IV

- Role of voluntary organization in community development
- Panchayati Raj System organization&function
- Co-operative Societies – Organization&function
- The Integrated rural developmentprogramme(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 Science (Home Science) Semester-V
(Session: 2025-26)
COURSE CODE: BHSL-5083
BASIC NUTRITIONAL BIOCHEMISTRY
(Theory)

Course outcomes:

Students will be able to:

CO1: Explain the structural formulae of monosaccharides, disaccharides, and polysaccharides, and relate their structure to biological function.

CO2 : Interpret the structural composition of fatty acids, triglycerides, and phospholipids, and evaluate factors affecting fat stability including rancidity, acid value, and saponification value.

CO3 : Illustrate the major pathways of carbohydrate and lipid metabolism, including glycolysis, TCA cycle, gluconeogenesis, and fatty acid biosynthesis and oxidation.

CO4 : Describe the metabolic roles and regulatory mechanisms of inorganic elements such as calcium, phosphorus, magnesium, and iron in the human body.

Bachelor of Science (Home Science) Semester-V
(Session: 2025-26)
COURSE CODE: BHSL-5083
BASIC NUTRITIONAL BIOCHEMISTRY
(Theory)

Max. Marks: 75
Theory: 60
CA: 15

Time: 3 Hrs.

L-T-P
3-0-0

- **InstructionsforthePaperSetters**:Eight questions of equal marks (twelve 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. Each question carries 12 marks.

UNIT I

Structuralformulaeofmonosaccharaides,disaccharidesandpolysaccharides.

UNIT II

Structuralformulaoffattyacids,triglyceridesandphospholipids.

Rancidityoffat&itsprevention.

Acidvalueandsaponificationvalueoffat.

Essentialfattyacid.

UNIT III

IntermediaryMetabolismofCarbohydrates

GlycolysisTCACycle,Gluconeogenesis.

Studyofintermediarymetabolismoffatoxidationandbiosynthesisoffattyacids.

UNIT IV

Metabolismofinorganicelementscalcium,phosphorus,magnesiumandiron

BooksSuggested

1) Nelson, D. L., & Cox, M. M. (2021). *Lehninger principles of biochemistry* (8th ed.). W.H. Freeman and Company.
2) Berg, J. M., Tymoczko, J. L., &Stryer, L. (2019). *Biochemistry* (9th ed.). W.H. Freeman and Company.
3) Satyanarayana, U., &Chakrapani, U. (2021). *Biochemistry* (5th ed.). Elsevier India.
4) Vasudevan, D. M., Sreekumari, S., &Vaidyanathan, K. (2020). *Textbook of biochemistry for medical students* (9th ed.). Jaypee Brothers Medical Publishers.
5) Rodwell, V. W., Bender, D. A., Botham, K. M., Kennelly, P. J., & Weil, P. A. (2018). *Harper's illustrated biochemistry* (31st ed.). McGraw-Hill Education.

6) Champe, P. C., & Harvey, R. A. (2018). *Lippincott's illustrated reviews: Biochemistry* (7th ed.). Wolters Kluwer.

7) Chatterjea, M. N., &Shinde, R. (2020). *Textbook of medical biochemistry* (9th ed.). Jaypee Brothers Medical Publishers.

8) Joshi, S. A. (2016). *Nutrition and dietetics* (5th ed.). McGraw-Hill Education.

9) Voet, D., Voet, J.G. (2012*). Fundamentals of Biochemistry*, John Wiley and Sons, New York.

10) Jain, J. L., Jain, S. and Jain. N. (2016). *Fundamentals of Biochemistry*, S. Chand & Company Ltd., New Delhi.

Bachelor of Science (Home Science) (Semester –V) (Session 2025-26)
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 curtainsetc.

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

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

Bachelor of Science (Home Science) (Semester –V) (Session 2025-26)
INTERIOR SPACE DESIGNING
(Theory)
COURSE CODE: BHSM-5284

Time: 3 Hrs
L-T-P
3-0-1

Max. Marks: 100
Theory: 60
Practical: 20
CA:20

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset, twoineachofthefoursections(A-D).QuestionsofsectionsA-Dshouldbe set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anysection.
- Each question carries 12 marks.

CONTENTS

Unit–I

Introduction to Interiors

Importance of Home environment
Objectives of Home furnishing.
Factors to be considered while designing interiors.

Unit–II

Furniture

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

Unit–III

Planning of colour schemes

Factors to be considered while planning colour schemes for different rooms Development of colour schemes
Planning of colour schemes for drawing room, drawing cum dining room bedroom, Master, children adolescent boy & girl and lobby.

Unit – IV

Wall finishes

Wall paper, wood panelling & their care.
Paints – Types &suitability

Floor materials

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

Reference books

Home furnishing Anna Hong Rutt.
Home furnishing, Butter Winifred.
Home with character, Craig &Rush.
Family Resource Management & Health Science, Rajwinder K .Randhawa.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
INTERIOR SPACE DESIGNING
(Practical)

COURSE CODE: BHSM-5284

COURSE OUTCOMES:

1. To acquaint the students with standard measurements offurniture.

2. To enable them to make templates of different furnitureitems.

3. To plan and execute various colorschemes.

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 2025-26)
INTERIOR SPACE DESIGNING
(Practical)

COURSE CODE: BHSM-5284

Time: 3 Hours **Max. 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 following rooms.

Drawing room.

Drawing cum dining room

Bedroom, Master, Children, adolescent boy and girl.

Do market survey of furnishing material and make a scrapbook.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
THERAPEUTIC NUTRITION
(Theory)
COURSE CODE: BHSM-5285

COURSE OUTCOMES:

CO1. To understand the concept of therapeutic nutrition, routine and hospital diet, role of dietitian and drug nutrient interaction.
CO2. To understand the nutrition in infections and fever. Dietary management in typhoid, dengue, tuberculosis, intestinal disorders, liver, gallbladder and pancreatic diseases.
CO3. To understand the nutritional management of diabetes, renal diseases, hypertension, dislipidemia and cardiovascular diseases.
CO4. To gain knowledge about cancer and it's nutritional management, obesity and role of diet in management of obesity. A brief knowledge about gout and food allergies in dietary management.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
THERAPEUTIC NUTRITION
(Theory)
COURSE CODE: BHSM-5285

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

L-T-P **Theory: 60**

3-0-1 **Practical: 20**

CA:20

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset, twoineachofthefoursections(A-D).QuestionsofsectionsA-Dshouldbe set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anysection.
- Each question carries 12 marks.

CONTENTS :-

Unit-I

Basic concept of Therapeutic diet - meaning, importance, objectives, Therapeutic adaptations of the normal diet.

Types of routine hospital diets - normal diet, Soft diet, liquid diet, Special feeding methods Enteral nutrition and Parenteral Nutrition.

Role of Dietitian in feeding of patients. Effect of illness on food acceptance and utilization.

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 and Dengue.

NutritioninGastro-intestinaldisorders,etiology,symptomsanddietarymanagementinDiarrhoea,constipation, Gastritis, Irritable bowl syndrome pepticulcer.

Nutritionindisturbancesofsmallandlargeintestineetiology,symptomspepticulcer,managementinCeliac 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 and Pancreatitis.

Unit-III

Nutrition in Diabetes Mellitus - Types etiology, symptoms metabolic changes, life style modification, Dietary management, Hypoglycemic agents, Medication, Insuline therapy, Acute Complication of diabetes.

Nutrition in Renal disease, etiology, symptoms dialysis - Its type and dietary management in Glumerulo nephritis, Nephrosis, Acute Renal failure.

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/ Heart attack.

Unit-IV

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

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

Gout - etiology, symptoms & dietary management.

Food Allergy - Causes, symptoms & dietary management.

Reference books

Food and Nutrition - by Dr. M. Swamination

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

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
THERAPEUTICNUTRITION
(Practical)
COURSE CODE:BHSM-5285

COURSE OUTCOMES

1. To develop therapeutic diets according to special requirements ofnutrients.

2. To calculate the nutritive value ofdiets.

3. To study the nutritive value of diets given in differentdiseases.

4. To develop entrepreneurship skills instudents.

5. To encourage the students to set up a dietclinic.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
THERAPEUTICNUTRITION
(Practical)
COURSE CODE:BHSM-5285

Time: 3 Hours **Marks: 20**

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

Prepare following therapeutic recipes and calculate their nutritive value.
Prepare 5 recipes of liquid and soft diet.
Prepare 5 high protein and high energy recipes.
Prepare 5 high carbohydrate, moderate protein & low fat recipes.
Prepare 5 high fiber and low glycemic index recipes.
Prepare 5 low sodium, low fat and high fiber diet.
Plan and calculate nutritive value of diet for the following diseases. Typhoid, Diarrhoea, Constipation, Jaundice, peptic ulcer, Diabetes, Hypertension, atherosclerosis, renal disease and obesity.
Students are required to run Diet Clinics in the college

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
BASIC CONCEPTS OF SEWING AND FASHION
(Theory)
COURSE CODE: BHSM-5286

COURSE OUTCOMES:

1. To study basic parts, uses and operation of sewing machine with its defects and remedies.
2. To study various sewing techniques ranging from basic hand stitches to seams, fullness features, neck finishes, pockets etc.
3. To study different types of garment design features such as plackets, yokes and terminologies used in fashion.
4. To study the textile and fashion industry, promotion, marketing and merchandising concept.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
BASIC CONCEPTS OF SEWING AND FASHION
(Theory)
COURSE CODE: BHSM-5286

Time:3Hrs **Max. Marks:100**
L-T-P **Theory: 60**
3-0-1 **Practical: 20**
CA:20

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset, twoineachofthefoursections(A-D).QuestionsofsectionsA-Dshould besetfromUnitsI-IVofthe syllabusrespectively. Questionsmaybesubdividedintoparts(notexceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anysection.
- Each question carries 12 marks.

CONTENTS :-

Unit-I

Sewing equipments

- Classification.
- Parts, function and care andsewing machine.
- 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,theirdefinition,typesandapplication.oTrimming&Frillstypes anduse
- Sleeves types and useso

Pockets types anduses.

- Neck finishes types and uses

Unit -III

- Collars types anduses
- Yokes and skirt - types anduse
- Plackets - Types anduses
- 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 favoring fashion, selecting fashion, for casting fashion, fashion show Fashion merchandising, Advertising and Display

REFERENCE BOOKS:

Basic process of clothing construction by Doongaji S Deshpande Clothing, Textile & their care – by Dr. Rajwinder K. Randhawa

Ministry of Fashion – by Manmeet Sodhia

Design Studies – by Manmeet Sodhia

Zarapkar System of Cutting- K.R Zarapkar. Navneet Publications.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
BASIC CONCEPTS OF SEWING AND FASHION
(Practical)
COURSE CODE:BHSM-5286

COURSE OUTCOMES

1. To equip the students regarding the parts and working of the sewingmachine.
2. To make the students familiar with various design features, hand stitches, machine seams to be used ingarments.
3. To make the students capable in designing and stitching of baby garments such as bloomer and frocketc.

Bachelor of Science (Home Science) (Semester –V)
(Session 2025-26)
BASIC CONCEPTS OF SEWING AND FASHION
(Practical)
COURSE CODE:BHSM-5286

Time: 3 Hours

Marks: 20

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

Demo of machine parts and operation.
Make sample of the followings.
Even, uneven, diagonal and machine basting.
Running stitch, back stitch, button hole stitch
Visible and invisible hemming
run and fell seam, counter hem, French and Mantua maker. Seam finishes – hand overcast, turned and stitch and binding. 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.
Patchwork.
Plackets – continuous, two piece and extended placket
Fastener – hook & eye, button and button hole Press button, skirt hook & velcro tape (Attach fasteners on plackets only).
Pocket – Patch, in seam and cross pocket. Make draft of child bodice block and make sample of neck finishes on bodice block–
bias piping bias facing and shaped facing.
Make draft and sample of plain sleeve, cap, Magyar using the neck finishes block.
Make draft and sample of peter pan, raised, peter pan (only draft) on child's bodice block.
Draft and stitch A-Line frock.
Draft and stitch baby frock with collar and puff sleeve.
Draft and construct child's bloomer.

Bachelor of Science (Home Science) (Semester-V)
Session 2025-26
COURSE CODE: BHSM-5077
APPLIED BOTANY AND HOME GARDENING
(Theory)

COURSE OUTCOMES: -

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 2025-26)
COURSE CODE: BHSM-5077
APPLIED BOTANY AND HOME GARDENING
(Theory)

Time: 3 Hrs.
L-T-P **Max.Marks:100**
3-0-1 **Theory:60**
Practical: 20
CA:20

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 anySection. Each question carries 12 marks.

Unit-I

Gardening
- Layout of aGarden
- Soil preparation – digging, tillage, drainage, watering andweeding.
- Manures andfertilizes

Unit-II

Propagation of plants
- Seedpropagation
- Vegetative propagation by natural and artificial methods (Bulbs Rhizomes suckers Runners Tubers Budding andgrafting)

Unit-III

Kitchen Garden
- Principleofplanningandcultivationofvegetableswithreferencetopotatotomatoradish cauliflower brinjal, pea andspinach.

Unit-IV

Lawn and Hedges
- Principle of planning of lawn andhedges
- Brief description of care and cultivation of ornamentalplants.
- Care and cultivation of seasonalflowers
- Care and cultivations of common indoorplants.

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

REFERENCE BOOK:

1) Basic Gardening Gemmell Alam Penguin bookspublication.
2) B. Choudhary: Vegetables (National Book of India, New Delhi1979)
3) BreikellC.1993,StepbyStepGardeningTechnique(RoyalHorticulturalSociety'sEncyclopediaof PracticalGardening).
4) Dutta A.C. Botany for Degree Students (Oxford University Press, New Delhi1970)
5) GangulleeH.C.Dass,K.S.Dass,K.S.DuttaC:CollegeBotanyVol.I(NewCentralBookAgencyCalcutta 1991)
6) Gopalaswamianger K.S. 1991 Complete Gardening in India (Messers Nagaraj and Co.,Madras).
7) H.T.HarmanandDKeter:PlantPropagation,PrinciplesandPractices(PrenticeHallofIndiaPvt.Ltd.New Delhi1979).
8) Hind Book of Agriculture: ICAR, New Delhi1987.
9) J.L. Shreemali Economic Botany (Har Anand Publication, New Delhi1995)
10) O.P. Sharma: Hill's Economic Botany 2006 Tata McGraw-Hill Publishing Co.Ltd.

Bachelor of Science (Home Science) (Semester-V)
(Session 2025-26)
COURSE CODE: BHSM-5077
APPLIED BOTANY AND HOME GARDENING
(Practical)

COURSE OUTCOMES: -

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 2025-26

COURSE CODE: BHSM-5077

APPLIED BOTANY AND HOME GARDENING

(Practical)

Time:3Hours **Marks: 20**

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

1. Study of garden tools andaccessories.
2. Identification of different types of plants i.e. vegetable flowers, ferns and ornamentalplants.
3. Preparation of soil digging tillage drainage watering andweeding.
4. To prepare and manuring a seed bed for raisingseedlings.
5. To prepare a bed for sowing potatoes and cultivatethem.
6. To prepare a plot for raisingseedlings.
7. To prepare a pot forrepotting.
8. To prepare a plot and cultivate seasonal vegetable (as intheory).
9. Plantpropagation.

a) From seeds guiding rules for seedsowing.

b) Vegetative propagation by cutting andgrafting.

c) Maintenance ofplants

d) Use of pesticides andfungicides

e) Identification of slides of algae fungi andmoulds.

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

Bachelor of Science (Home Science) (Semester-V)
Session 2025-26

INNOVATION, ENTREPRENEURSHIP AND CREATIVE THINKING

Course Title: Innovation, Entrepreneurship and Creative Thinking

Nature of Course: Audit Course (Value-added)

Course Duration: 30 hours

Course intended for: Semester V students of undergraduate degree programme of-

B.A. (Pass Course)
B.A. (JMC)
B.Sc. (Medical)
B.Sc. (Non-Medical)
B.Sc. (Computer Science)
B.Sc. (Agriculture)
B.Sc. (Economics)
B.Sc. (Home Science)
B.Sc. (Fashion Designing)
B.Voc. (Animation)
B.Voc. (Retail Management)
B.Voc. (Management & Secretarial Practices)
B.Voc. (Textile Design & Apparel Technology)
B.Voc. (Nutrition, Exercise & Health)
B.Voc. (Beauty & Wellness)
B.Voc. (Hospitality and Tourism)
B.Voc. (Artificial Intelligence & Data Science)

Course Credits: 2 (For credit based continuous evaluation grading system)

Course Code: SECI-5541

Objectives of the Course:

It is a distinctive and innovative programme structured to prepare the students professionally for meaningful social engagement by setting new patterns and possibilities for employment generation through innovations and entrepreneurship. The purpose of the course is to help students acquire necessary knowledge and skills required for carrying out innovative and entrepreneurial activities, and to develop the ability of analyzing and understanding business situations.

Learning Outcomes:

On successful completion of this course, students will be able to:

- assess and analyze entrepreneurship as a careerchoice,
- develop creative and innovative skills,
- analyse the business environment in order to identify businessopportunities,
- consider the legal and financial conditions for starting a businessventure,
- explain the importance of marketing and management in small businessesventure
- develop a business idea into a comprehensive and highly scalablebusinessmodel,
- design a successful business plan and launch their product or service inthemarket
- understandpersonalcreativity,identifywhatarethecreativetoolsandimprovetheircreativeproblem-solving skills.

CURRICULUM

Course Code: SECI-5541 CourseCredits:2 Total contact hours: 30

MODULE	TITLE	HOURS
I	Introduction to Entrepreneurship	3 Hrs.
II	Creativity & Innovation	3 Hrs.
III	Entrepreneurial Competencies	3 Hrs.
IV	Management Skills & Functions	3 Hrs.
V	Business Opportunity Identification & Market Analysis	3 Hrs.
VI	Business Plan Preparation	3 Hrs.
VII	Business Model Canvas	3 Hrs.
VIII	Start-Up Financing & Launching	3 Hrs.
IX	Workshop on Design Thinking	4 Hrs.
X	Final Assessment Feedback and Closure	2 Hrs.

- **Total Marks:** 50 (Final Exam: 40; Internal Assessment:10)

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF EXAMINATION OF THREE-YEAR DEGREE PROGRAMME
Credit Based Continuous Evaluation Grading System
Bachelor of Science (Home Science)
(Session: 2025-2026)

Semester VI

Course Code	Course Name	Course Type	Hours Per Week L-T-P	Credits L-T-P	Total	Marks				Examination time (in Hours)
						Total	Ext.		C A	
							L	P		
BHSM-6281	Behavioral Psychology	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM-6282	Interior Decoration	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM-6283	Community Nutrition	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM-6284	Garment Designing and Construction	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM-6285	Communication and Audio-visual in Extension Work	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM-6086	Applied Nutritional Biochemistry	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM-6487	Applied Zoology and Food Microbiology	C	3-0-2	3-0-1	4	100	60	20	20	3+3
Total					**28**					

C: Compulsory
AC: Audit Course
*Credits/Grade Points of these courses will not be added in SGPA/CGPA of the Semester/Programme and only grades will be provided.

Note: The students are required to undertake the field work to be submitted 20 days prior to the commencement of theory end semester examination under course code BHSM-6281, Bhavioral Psychology (Practical).

Bachelor of Science (Home Science) (Semester-VI)
Session 2025-26
BEHAVIORAL PSYCHOLOGY
COURSE CODE: BHSM-6281
(Theory)

COURSE OUTCOMES

1. To study the concept of intelligence and itsmeasurement.
2. Togainknowledgeaboutpersonality,itssocialfactorsandassessment.
3. Toidentifythebehaviourdisorders,itsfactorsandwaysofpreventing.
4. To study the concept ofdisability.
5. To classify various impairments and their causes, prevention, education andrehabilitation.

Bachelor of Science (Home Science) (Semester-VI)
Session 2025-26
BEHAVIORAL PSYCHOLOGY
COURSE CODE: BHSM-6281
(Theory)

Time:3Hrs. **Max. Marks:100**
L-T-P **Theory:60**
3-0-1 **Practical:20**
CA:20

INSTRUCTIONS FOR THE PAPER SETTER:

- Eightquestionsofequalmarksaretobeset;two ineachofthefourSections(A-D).QuestionsofSectionsA-D shouldbesetfrom Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidatesarerequired toattemptfivequestions, selectingatleastonequestion fromeachsection.
- The fifth question may be attempted from anySection.
- Each question carries 12 marks.

CONTENT

Unit-I

Intelligence

Nature and Measurement ofIntelligence

Personality

a) Definition and conceptsof personality
b) Social factors ofpersonality
c) Assessment of personality

Unit-II

Behaviour disorders

a) Definition & types ofBehaviourdisorders
b) Factors leading tobehaviourdisorders
c) Generalwayofpreventingbehaviourdisorders

Person with disabilities

a) Conceptofdisabilityandclassificationsystem.
b) Definition, classification, cause, prevention, education andrehabilitation.

Unit III

- Physicalimpairment
- Visualimpairment
- Speech impairment
- Hearing impairment

Unit IV

- Learningdisabilities
- Behaviourdisabilities
- Nail biting, thumb sucking, bed wetting, Temper Tantrum,Stealing
- Dealing with Giftedchildren

Reference Books

1) Child Development byHurlock.
2) Educational Psychology byJ.Walia.

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

Session 2025-26

BEHAVIORAL PSYCHOLOGY

COURSE CODE: BHSM-6281

(Practical)

COURSE OUTCOMES

1. To conduct a case study on a child to study socio-psychologicaldimension.
2. Toassesspersonalityusingtwodifferenttechniques.
3. To assess intelligence using twodifferenttechniques.
4. A visit to guidance/counselingcell.

Bachelor of Science (Home Science) (Semester-VI)
Session 2025-26
BEHAVIORAL PSYCHOLOGY
COURSE CODE: BHSM-6281
(PRACTICAL)

Time:3Hours **Practical:20**

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

1) Toconductacasestudyonachildtostudyand Socio-psychologicaldimension ofsocialization in one of the following situations and submitreport.
   a) Slumchild b) Single parentchild
2) Assessment of personality using any two differenttechniques.
3) Assessment of intelligence using any two differenttechniques.
4) Visit to guidance/counselingcentre.

Reference Books :-

1) Brooks, flower D. & Shaffer Laurence F. ChildPsychology.
2) DevelopmentalPsychologybyElizabethB.HurlockchildDevelopmentandpersonalitybyMussen, Conger, Kagan

Bachelor of Science (Home Science) (Semester-VI)
Session 2025-26
INTERIOR DECORATION
(Theory)
COURSE CODE:BHSM-6282

COURSE OUTCOMES

1. To study ceiling treatment and types of lighting used in interior decoration.

2. To understand window types, treatment of problematic windows and their accessories.

3. To gain understanding of flower arrangement types and elements and principles used in making them.

4. To study various types of accessories, their types and importance used in interior decoration.

Bachelor of Science (Home Science) (Semester-VI)
Session 2025-26
INTERIOR DECORATION
(Theory)
COURSE CODE:BHSM-6282

Time:3Hrs **Max. Marks:100**
L-T-P **Theory:60**
3-0-1 **Practical:20**
CA:20

INSTRUCTIONS FOR THE PAPER SETTER:

• Eightquestionsofequalmarksaretobeset;two ineachofthefourSections(A-D).QuestionsofSectionsA-Dshould besetfromUnitsI-IVofthesyllabusrespectively.Questions maybesubdividedintoparts(notexceedingfour).
• Candidates are required to attempt five questions, selecting at least one question from eachsection.
• The fifth question may be attempted from anySection.
• Each question carries 12 marks.

CONTENTS :

Unit-I

Ceiling Treatment andlighting

- Decorative and falseceiling.
- Types oflights.
- Characteristics of goodlighting.
- Lighting needs for various activities &room.
- Effects of lighting oninterior.
- Selection of lamps shade &fixture.

Unit-II

Window Treatment

- Terms used for describingwindow.
- Types ofwindow.
- Types of curtain, draperies and theirsuitability.
- Treatment of problematicwindow.
- Venetian blinds androllers.
- Window accessories – Certain rods, rings frills, cords swagetc.

Unit-III

Flower Arrangement

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

Unit-IV

Accessories

- Importance, types and selection of accessories in differentroom.
- Pictures types, selection andframing.
- Selection of household furnishing towel, bed sheets, pillow cover, blankets, quilts upholstery slipcovers, cushionsetc.

Reference books

1. Home furnishing – Anna HongRutt
2. Home furnishing – butterwinifred
3. Home with character, Craig &Rush
4. Interior design & decoration.Ferguson
5. Family Resource Management & healthScience

Bachelor of Science (Home Science) (Semester-VI)
Session 2025-26
INTERIOR DECORATION
(Practical)
COURSE CODE: BHSM-6282

COURSE OUTCOMES

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

2. To make fresh flower arrangement.

3. To make any furnishingarticle.

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

Session 2025-26

INTERIOR DECORATION

(Practical)

COURSE CODE: BHSM-6282

Time: 3 Hours

Practical : 20

1) Make elevation on walls of following room and show lighting, windows andaccessories.
   a) Drawing room
   b) Master bedroom
2) Make flower Arrangement :- with fresh/dryflowers.
3) Make any one furnishingarticle.

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

Session 2025-26

COMMUNITY NUTRITION

COURSE CODE: BHSM-6283

(Theory)

COURSE OUTCOMES

CO1. To understand the relationship between nutrition and infection. To gain knowledge about enhancing the nutritive value of food.

CO2. To assess nutritional status using different methods.

CO3. To study channels of nutrition education in community. To understand the importance of planning and implementation of nutrition education programmes in a community. To study different national nutrition programmes and policies

CO4. To understand the role of various national and international agencies in community nutrition.

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

Session 2025-26

COMMUNITY NUTRITION

COURSE CODE: BHSM-6283

(Theory)

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

L-T-P **Theory:60**

3-0-1 **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 exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 12marks.

pUnit-I

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

Unit-II

Assessment of nutritional status using different methods
Anthropometric measurement, standards for comparison age assessment, weight, height, skin folds, arm, head and chest circumference, use of growth chart.
Clinical sign and symptoms of malnutrition, classification of clinical sign and symptoms methods of reporting results.
Biochemical assessment - most commonly used biochemical methods and their standard ranges.
Diet Surveys - Population sampling, methods of dietary survey points requiring special attention, adult consumption unit analysis of diet survey data

Unit-III

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.
Planning and implementation of Nutrition education programme, objective, selecting topic, and audiovisual aid for target group.

Method of enhancing nutritive value of food - Supplementation, sprouting, fermentation, fortification, enrichment.
Food Faddism and Faculty Food habits.
National Nutrition programme & policies.

a) Integrated Child Development Services.(ICDS)
b) Applied Nutrition Programme.(ANP)
c) Special Nutrition Programme.(SNP)
d) Mid-day meal Programme.(MMP)
e) Balwadi Nutrition Programme.(BNP)

Unit-IV

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)

Session: 2025-26

COMMUNITY NUTRITION

COURSE CODE: BHSM-6283

(Practical)

COURSE OUTCOMES

1. To cook recipes and calculate their cost and nutritivevalues.
2. To assess the nutritional status of different vulnerablegroups.
3. To develop different audio-visual aids for impartingknowledge.
4. To plan, implement and evaluate the nutrition education for targetgroups.
5. To visit school to see the functioning of mid day meal programme.

Bachelor of Science (Home Science) (Semester-VI)
Session: 2025-26
COMMUNITY NUTRITION
COURSE CODE: BHSM- 6283
(Practical)

Time: 3 Hours

Marks: 20

1. Cook following recipes and calculate their cost and nutritivevalue.
   a) Low cost energy and protein richrecipes.
   b) Low cost iron richrecipes.
   c) Low cost calcium richrecipes.
   d) Value addition of cereal &pulses.
   e) Weaningfoods
2. Assessmentofnutritionalstatusofvulnerablegroupusinganthropometry/dietarysurveys.
   Project report will be judged by the externalexaminer.
3. Developmentofaudio-visualaidsforimpartingnutritioneducation-e.g.charts,posters,flashcardsandpower-pointpresentation.
4. Planning, implementation and evaluation of nutrition education for specific targetgroups.
5. Visit to see the functioning of mid-day meal programme in schools or any health orientedprogramme.

Paper will be set on the spot by the examiner

Bachelor of Science (Home Science) (Semester-VI)
Session: 2025-26
GARMENT DESIGNING AND CONSTRUCTION
COURSE CODE: BHSM-6284
(Theory)

COURSE OUTCOMES

1. To identify different types of fabrics, selection criterion for them and garment labels.

2. To evaluate the importance of clothing and factors affecting the selection of clothing according to various age groups.

3. To study the elements and principles of design used in construction and fit problems.

4. To study different methods of developing the design and principles of dart manipulation.

Bachelor of Science (Home Science) (Semester-VI) Session
Session: 2025-26
GARMENT DESIGNING AND CONSTRUCTION
COURSE CODE: BHSM-6284
(Theory)

Time:3 Hrs **Max. Marks:100**
L-T-P **Theory:60**
3-0-1 **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 exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 12 marks.

CONTENTS :-

Unit-I

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

Unit-II

- Importance ofclothing.
- Factorsaffectingselectionofclothingfordifferentagegroupsinfant's,toddler'spreschooler'sschoolgoing, adolescent's adult and elderlyperson.
- Anthropometry – definition points to be considered while taking bodymeasurements.

Unit-III

- Application of elements of art and principles of design inclothing.
- Use of lines in improving humanfigure.
- Common fitting problem and methods of correctingthem.

Unit-IV

- Different methods of developingdesign.
- Flat pattern making techniques. Drafting and paperpattern.
- Important terms used in patternproduction.
- Pattern makingprinciples.
- Patternmanipulation.
- 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)
Session: 2025-26
GARMENT DESIGNING AND CONSTRUCTION
COURSE CODE: BHSM-6284
(Practical)

COURSE OUTCOMES

1. To introduce basic sketchingtechniques.

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

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

Session: 2025-26
GARMENT DESIGNING AND CONSTRUCTION
COURSE CODE: BHSM-6284
(Practical)

Time :3hours **Marks:20**

1. Pattern Making – dart manipulation by flatpattern
- Shifting ofdarts
- Combiningdarts
- Converting darts intogathers
- Converting darts into seamlines

2. Drafting andConstruction
- Draft and stitch petticoat (Drafting should be done directly oncloth).
- Draft and stitch ladiesblouse.
- Draft and stitch ladiesshirt.
- Draft and stitch ladies Salwar / churidar (Drafting should be done directly oncloth).
- Draft and stitch ladiesnighty.

Paper will be set on the spot by the examiner.

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

Session: 2025-26

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

COURSE CODE -BHSM-6285

(Theory)

COURSE OUTCOMES

CO1. To understand the concept of communication, it's importance, scope, functions and problems.

CO2. To study selection of channels for communication and feedback in communication.

CO3. To get the insight into different audio visual aids.

CO4. To understand the concept of programme planning and to develop and plan of work.

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

Session: 2025-26

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

COURSE CODE -BHSM-6285

(Theory)

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

L-T-P **Theory:60**

3-0-1 **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 exceedingfour).
• Candidates are required to attempt five questions, selecting at least one question from eachsection.
• The fifth question may be attempted from anySection.
• Each question carries 12 marks.

CONTENTS :-

Unit-I

- Communication-definition,importanceprocessmodel,scope,functionandproblemin communication.

Unit-II

- Selection of channel and teachingtools.
- Feedback incommunication.

Unit-III

- Audio-visual Aids – Meaning, types, choice planning and selecting theme, layout anddesign.
- Briefintroductionofcommonlyusedaids,posters,charts,flipcharts,exhibition,power-point presentation, bulletin, puppet, drama & talks, power-pointpresentation.

Unit-IV

- Programme planning – meaning andprinciples.
- Development & plan of work, importance format & elements, selection of subjectmatter.

Reference Books :-

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

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

Session: 2025-26

COMMUNICATION AND AUDIO -VISUAL IN EXTENSION WORK

COURSE CODE: BHSM-6285 (Practical)

COURSE OUTCOMES

4. To prepare different audio-visual aids like charts, posters, flash cards, pamphletetc.

5. To prepare lessonplan.

6. A visit to impart extensioneducation.

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

Session: 2025-26

COMMUNICATION AND AUDIO-VISUAL IN EXTENSIONWORK

COURSE CODE: BHSM-6285

(Practical)

Practical Marks: 20

1. Preparation of VisualAid.
   Posters, charts, flash cards, pamphlets and power-point presentation.
2. Prepare a lesson plan on any subject matter to impart knowledge to the ruralpeople.
3. Fieldvisittoimpartingextensioneducationtoruralpeople,submitthereportthatwillbejudgedby the externalexaminer.

Paper will be set on the spot by the examiner.

Bachelor of Science (Home Science) Semester-VI
Session: 2025-26
Course Code: BHSM-6086
Applied Nutritional Biochemistry
(Theory)

Course outcomes:

Students will be able to:

CO1: Explain the structure of amino acids and proteins, their metabolic pathways, and evaluate nitrogen balance and protein quality indicators.

CO2: Describe the concept of Basal Metabolic Rate (BMR), the factors influencing it, and the thermogenic effect of different nutrients.

CO3: Classify enzymes based on their function, explain their specificity, and analyze the factors that affect enzyme activity.

CO4: Interpret the normal and abnormal composition of urine and explain the mechanisms of water and electrolyte balance and the effects of dehydration.

Bachelor of Science (Home Science) Semester-VI
Session: 2025-26
Course Code: BHSM-6086
APPLIED NUTRITIONAL BIOCHEMISTRY
(Theory)

Time: 3Hrs. **Max. Marks: 60**
(L-T-P): 3-0-1 **Practical: 20**
CA: 20

InstructionsforthePaperSetters:Eight questions of equal marks (twelve 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. Each question carry 12 marks.

UNIT I

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, buildingup of amino acid pool. General reaction of amino acid metabolism, UreaCycle, Essentialaminoacids.

UNIT II

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

UNIT III

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

UNIT IV

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

BooksSuggested

1) Nelson, D. L., & Cox, M. M. (2021). *Lehninger principles of biochemistry* (8th ed.). W.H. Freeman and Company.
2) Satyanarayana, U., &Chakrapani, U. (2021). *Biochemistry* (5th ed.). Elsevier India.
3) Vasudevan, D. M., Sreekumari, S., &Vaidyanathan, K. (2020). *Textbook of biochemistry for medical students* (9th ed.). Jaypee Brothers Medical Publishers.
4) Chatterjea, M. N., &Shinde, R. (2020). *Textbook of medical biochemistry* (9th ed.). Jaypee Brothers Medical Publishers.
5) Joshi, S. A. (2016). *Nutrition and dietetics* (5th ed.). McGraw-Hill Education.

6) Sharma, D. C. (2017). *Nutritional Biochemistry*, CBS Nursing Publishers.
7) Voet, D., Voet, J.G. (2012*). Fundamentals of Biochemistry*, John Wiley and Sons, New York.
8) Jain, J. L., Jain, S. and Jain. N. (2016). *Fundamentals of Biochemistry*, S. Chand & Company Ltd., New Delhi.

Bachelor of Science (Home Science) Semester-VI
Session: 2025-26
COURSE CODE: BHSM-6086
APPLIED NUTRITIONAL BIOCHEMISTRY
(Practical)

COURSE OUTCOMES:

Students will be able to:

CO1: Perform qualitative tests to identify monosaccharides, disaccharides, and polysaccharides in various samples.

CO2: Estimate glucose concentration quantitatively using standard biochemical methods.

CO3: Analyze the presence of proteins, fats, and carbohydrates in common food items such as bread, milk, and eggs using biochemical tests.

CO4: Interpret experimental results and demonstrate basic proficiency in biochemical laboratory techniques related to food and biomolecule analysis.

Bachelor of Science (Home Science) Semester-VI
Session: 2025-26
COURSE CODE: BHSM-6086
APPLIED NUTRITIONAL BIOCHEMISTRY
(Practical)

Time: 3Hrs. **Max. Marks: 20**
(L-T-P): 0-0-1

1. Qualitative analysis of monosaccharide, disaccharide and polysaccharide.
2. Quantitative estimation of Glucose.
3. To test the reaction of protein fats andcarbohydrate in bread, milk and egg.

BooksSuggested

1. Oser, B. L. (2014). *Hawk's physiological chemistry* (14th ed.). Tata McGraw-Hill.
2. Plummer, D. T. (2017). *An introduction to practical biochemistry* (3rd ed.). McGraw-Hill Education.
3. Jayaraman, J. (1981). *Laboratory manual in biochemistry*. Wiley Eastern Ltd.
4. Sawhney, S. K., & Singh, R. (2019). *Introductory practical biochemistry* (2nd ed.). Narosa Publishing House.

Bachelor of Science (Home Science) Semester-VI

Session: 2025-26

APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
COURSE CODE: BHSM-6487

(THEORY)

COURSE OUTCOMES

- CO1.To study useful and harmfulinsects.
- CO2.To study useful and harmfulmicroorganisms.

Bachelor of Science (Home Science) Semester-VI
Session : 2025-26
APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
COURSE CODE: BHSM:-6487
(THEORY)

Max. Time:3Hrs.
L-T-P
3-0-1

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 exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from eachsection.
- The fifth question may be attempted from anySection.
- Each question carries 12marks.

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 Virusprotozoa.

Beneficial effects of micro organism.

- Role of bacteria in milk and milk productsindustry.
- Soil fertility (NitrogenCycle)
- Economic Importance of moulds, Aspergillus Penicillium andyeast.

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, Pardeep Publication. Food Microbiology Frazier, William C and West off Dannis C. Tata McGraw will Publish CompanyLtd.

Bachelor of Science (Home Science) Semester-VI
Session: 2025-26

APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
COURSE CODE: BHSM-6487
(Practical)

Course Outcomes

CO1. To make the students aware about economically important specimens (preserved).

CO2. Familiarize about the basic microflora.

Bachelor of Science (Home Science) Semester-VI
(Session 2025-26)
APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
COURSE CODE: BHSM-6487
(Practical)

Time:3Hrs. **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, Kanya Maha Vidyalaya, Jalandhar

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