FACULTY OF SCIENCES

SYLLABUS OF

Bachelor of Science (Honours) Home Science

(Semester: I - II)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2024-25

The Heritage Institution

KANYA MAHAVIDYALAYA

JALANDHAR

(Autonomous)

PROGRAMME SPECIFIC OUTCOMES FOR Bachelor of Science (Home Science)
(Session: 2024-2025)

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 FOUR YEAR DEGREE PROGRAMME

Credit Based Continous Evaluation Grading System

Bachelor of Science (Honours) Home Science

(Session: 2024-2025)

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	80	-	20	3
BHSL 1102	Communication Skills in English	AEC	4-0-0	4-0-0	4	100	80	-	20	3
BHSL 1283	Introduction to Human Development	DSC	2-0-0	2-0-0	2	50	40	-	10	3
BHSL 1284	Hygiene	DSC	3-0-0	3-0-0	3	75	60	-	15	3
BHSM 1285	Basic Food and Nutrition	DSC	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 1286	Applied Art	DSC	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 1127	Computer Basics	C	2-0-2	2-0-1	3	75	40	20	15	3+3
VACF 1492	*Foundation Course	VAC	2-0-0	2-0-0	2	50	40	-	10	1
				Total	**26**	**600**				

C: Compulsory

AEC: Ability Enhancement Course

DSC: Discipline Specific Course

VAC: Value Added Course

1: Special paper in lieu of Punjabi (compulsory)

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

* Grade Points of these courses will not be added in SGPA/CGPA of the Semester/Programme.

(Session 2024-2025)

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: 2024-2025)

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: 80**

4-0-0 **CA: 20**

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)

(,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)

(,ਵਿਸ਼ਾ ਵਸਤੂ) 08 ਅੰਕ

ਯੂਨਿਟ III

( )ਪੈਰ੍ਹਾ ਰਚਨਾ

( )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 2024-2025)

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 2024-2025)

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
L-T-P
4-0-0

Maximum Marks: 100
Theory: 80
CA: 20

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 2024-25

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 2024-25

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
4-0-0

Theory: 80
C A: 20

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 16 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 (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 I

Session 2024-25
Communication Skills in English
(Theory)
Course Code: BJML/BFDL/BHSL/BCAL/BITL/ BBTL/BACL/BOML/BOPL/BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/ BVAI/BVHL-1102

Course Outcomes

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

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

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

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

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

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

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

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

Bachelor of 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 I

Time: 3 Hours

Total Marks: 100

L-T-P
4-0-0

Theory: 80
CA: 20

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 16 marks.

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

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

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

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

(8 x 5 = 40)

Bachelor of 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 I

The syllabus is divided in four units as mentioned below:

Unit I

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

Unit II

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

Activities:

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

Unit III

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

Activities

- Formatting personal and business letters.
- 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. GalgotiaPublishers, 2003.
3. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education 2009.
4. *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025
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 2024-2025
Introduction to Human Development
(Theory)
Course Code: BHSL 1283

Time: 3 Hours

Max. Marks: 50

L-T-P
2-0-0

Theory: 40
CA: 10

Instructions for the Paper Setter:

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

Content

Unit I

Introduction to the field of Human Development

- Definition
- Scope and Opportunities
- Brief Historical Perspective
- Domains of Development

Growth and Development

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

General Characteristics of various stages of Human life

Unit II

Pre-natal Development

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

Unit III

- Pregnancy
  - Symptoms of pregnancy
  - Care & Complication during Pregnancy

Birth of a Baby

Birth Process
Complications during birth
Type of Delivery
Preterm babies – Characteristics and care

Unit IV

New born

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

Care of the new born

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

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

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025
Introduction to Human Development
(Theory)
Course Code: BHSL 1283

References:

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

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025
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 2024-2025
Hygiene (Theory)
Course Code: BHSL 1284

Time: 3 Hours **Max. Marks: 75**
L-T-P **Theory: 60**
3-0-0 **CA: 15**

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

Content

Unit I

Health & Hygiene

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

Unit II

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

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

Unit III

c) Diseases caused by vectors- Malaria Dengue.
d) Diseases caused by sexual contact -HIV, AIDS
e) Diseases caused by contact- Eczema

Unit IV

Water supply

a) Sources of contamination
b) Types of water
c) Purification of water at home
d) Modern Methods of purification of water (different types of filter – Aqua guard, R.O filter etc)

Reference Books:

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

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025
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 2024-2025
Basic Food and Nutrition
(Theory)
Course Code: BHSM 1285

Time: 3 Hours **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 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.

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

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. app C-1985.
4. Willson, EVAD Principles of Nutrition 4thed New York John Willey & Sons. 1979.

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025

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 2024-2025

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

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

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025
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 2024-2025
Applied Art
(Theory)

Course Code: BHSM 1286

Time: 3 Hours

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

L-T-P
3-0-1

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

Content

Unit I

Art Introduction

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

Elements of art

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

Unit II

Colour: Source of colour, dimensions of colour characteristics of colours, emotional effects of colours, classification of colour according to pigment color system and color schemes.
Optical illusion created through colour
Principles of design

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

Unit III

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

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

Unit IV

Rangoli

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

Reference Books:

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

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025
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 2024-2025
Applied Art
(Practical)

Course Code: BHSM 1286

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

Practical:

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

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

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025
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 application software.

CO 4: Operate an email account.

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025
Course Code: BHSM 1127
Computer Basics
(Theory)

Time: 3 Hours **Max. Marks: 75**
L-T-P **Theory: 40**
2-0-1 **Practical: 20**
CA: 15

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 syllabus respectively.
- Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section..

Unit I

Introduction to computer and its characteristic:

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 2024-2025
Course Code: BHSM 1127
Computer Basics
(Practical)

Time: 3 Hours **Practical: 20**

Practical on Computer Basics.

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025

Drug Abuse (Theory)

Course Code: AECD 1161

Course Outcomes

CO1 This information can include factual data about what substance abuse is; warning signsof addiction; information about how alcohol and specific drugs affect the mind and body;

CO 2 How to be supportive during the detoxification and rehabilitation process.

CO 3 Main focus of substance abuse education is teaching individuals about drug and alcoholabuse and how to avoid, stop, or get help for substance use disorders.

CO 4 Substance abuse education is important for students alike; there are many misconceptions about commonly used legal and illegal substances, such as alcohol and marijuana.

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025

Drug Abuse (Theory)
Course Code: AECD 1161

Time: 3 Hours **Total Marks: 50**
L-T-P **Theory: 40**
2-0-0 **CA: 10**

Instructions for the Paper Setter

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

Unit I

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

Unit II

Types of Abused Drugs and their Effects-I

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

Unit III

Types of abused drugs and their effects - II

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

Unit IV

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

References:

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

Bachelor of Science (Honours) Home Science
(Semester – I) Session 2024-2025

Foundation Programme

Course Title: Foundation Programme Course

Duration: 30 hours

Course intended for: Semester I students of undergraduate degree programmes of all streams.
Course Credits: 2-0-0 Course

Code: SECF-I

Purpose & Aim

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

Instructional Objectives

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

Curriculum

Module	Title	Contact Hours
I	Introduction & Initial Assessment	2
II	The Human Story	3
III	*The Vedas*, *The Gita* & Eastern Philosophy	2.5
IV	*The Holy Bible* & Genesis	2.5
V	Woman: A Journey through the Ages	2.5
VI	Changing Paradigms in Society, Religion & Literature	2.5
VII	Makers of Modern India	2.5
VIII	Racism & Martin Luther King Jr.	2.5
IX	Modern World at a Glance: Political & Economic Perspective	2.5

X	**Technology & Human Life**	**2.5**
XI	**The KMV Experience**	**2.5**
XII	**Final Assessment, Feedback & Closure**	**2.5**

Examination

- **Total Marks: 50 (Final Exam: 40; Internal Assessment: 10)**
- Final Exam: multiple choice quiz**.** Marks – 40; Time: 1 hour
- Internal Assessment: 10 (Assessment: 5; Attendance:5)

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

- Total marks: 25 converted to grade for final result
- Grading system: 90% marks & above: A grade
  80% - 89% marks : B grade
  70% - 79% marks : C grade
  60% - 69% marks : D grade
  50% - 59% marks : E grade
  Below 50% marks : F grade (Fail - must give the exam again)

Syllabus

Module I Being a Human: Introduction & Initial Assessment

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

Module 2 The Human Story

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

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

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

Module 4 *The Holy Bible* & Genesis

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

Module 5 Changing Paradigms in Society, Religion & Literature

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

Module 6 Woman: A Journey through the Ages

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

Module 7 Makers of Modern India

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

Module 8 Racism: Story of the West

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

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

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

Module 10 Technology and Human Life

- Impact of technology on modern life

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

Module 11 The KMV Experience

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

Module 12 Final Assessment, Feedback & Closure

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

Prescribed Reading

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

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF FOUR YEAR DEGREE PROGRAMME

Credit Based Continous Evaluation Grading System

BACHELOR OF SCIENCE (Honours) HOME SCIENCE

(Session 2024-2025)

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		
BHSL2421 / BHSL2031 / BHSL 2431	Punjabi (Compulsory)/ [1] Basic Punjabi/ [2] Punjab History and Culture	C	4-0-0	4-0-0	4	100	80	-	20	3
BHSM 2102	Communication skills in English	AEC	3-0-2	3-0-1	4	100	50	30	20	3+3
BHSL 2283	Family and Social Welfare	DSC	4-0-0	4-0-0	4	100	80	-	20	3
BHSL 2284	Elementary Physiology	DSC	3-0-0	3-0-0	3	75	60	-	15	3
BHSM 2285	Introduction to Family Resource Management	DSC	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 2286	Advanced Food and Nutrition	SEC	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 2127	Computer Applications for Home Scientists	MDC	2-0-2	2-0-1	3	75	40	20	15	3+3
VACD 2161	*Drug Abuse : Problem , Mangement and Prevention (Compulsory)	VAC	2-0-0	2-0-0	2	50	40	-	10	3
Total					**28**	**650**				

C: Compulsory
AEC: Ability Enhancement Course
DSC: Discipline Specific Course
SEC: Skill Enhnacement Course
MDC: Multidisciplnary Course
VAC: Value Added Course
1: Special paper in lieu of Punjabi (compulsory)
2: Special paper in lieu of Punjabi (compulsory) for those students who are not domicile of Punjab.
* Credits/Grade Points of these courses will not be added in SGPA/CGPA of the Semester/Programme.

Bachelor of Science (Honours) Home Science
(Semester – II) Session 2024-2025

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)

Punjabi (Compulsory)

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

Course Outcomes

CO1: ਆਤਮਅਨਾਤਮ ਪੁਸਤਕ ਦੇ ਕਹਾਣੀਭਾਗ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚਸ਼ਾਮਿਲਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂਅੰਦਰਕਹਾਣੀਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾਕਰਨਾ ਹੈ ਅਤੇ ਕਹਾਣੀਜਗਤਨਾਲਜੋੜਣਾ ਹੈ।

CO2: ਗੱਦਪ੍ਰਵਾਹ (ਰੇਖਾਚਿਤ੍ਰ ਤੇ ਹਲਕੇ ਲੇਖ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚਸ਼ਾਮਿਲਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂਅੰਦਰਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨਇਤਿਹਾਸ ਤੋਂਜਾਣੂ ਕਰਵਾਉਣਾ ਹੈ।

CO3: ਸੰਖੇਪ ਰਚਨਾਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਮੇਂ ਅਤੇ ਮਿਹਨਤ ਦੀ ਬੱਚਤਕਰਨਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO4: ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂਅੰਦਰਪੰਜਾਬੀਭਾਸ਼ਾ 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 2024-2025

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: 80**
4-0-0 **CA: 20**

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਅ I

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

(ਉਜਾੜ,ਦਲਦਲ ਕਹਾਣੀਆਂ ਸਿਲੇਬਸ ਦਾ ਹਿੱਸਾ ਨਹੀਂ ਹੈ)

(- ,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)

(,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

( )ਸੰਖੇਪ ਰਚਨਾ

( ) 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: 80**

4-0-0 **CA: 20**

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

ਉੱਦਮ ਅੱਗੇ ਲੱਛਮੀ ਪੱਖੇ ਅੱਗੇ ਪੌਣ ,ਉਹ ਦਿਨ ਡੁੱਬਾ ਜਦੋਂ ਘੋੜੀ ਚੜ੍ਹਿਆ ਕੁੱਬਾ ,ਉੱਚੀ ਦੁਕਾਨ ਫਿੱਕਾ ਪਕਵਾਨ ,ਉਲਟੀ ਵਾੜ ਖੇਤ ਨੂੰ ਖਾਏ ,ਉੱਚਾ ਲੰਮਾ ਗੱਭਰੂ ਪੱਲੇ ਠੀਕਰੀਆਂ ,ਅੱਖੀਂ ਵੇਖ ਕੇ ਮੱਖੀ ਨਹੀਂ ਨਿਗਲੀ ਜਾਂਦੀ ,ਅੰਦਰ ਹੋਵੇ ਸੱਚ ਤਾਂ ਕੋਠੇ ਚੜ੍ਹ ਕੇ ਨੱਚ ,ਆਪੇ ਮੈਂ ਰੱਜੀ ਪੁੱਜੀ ਆਪੇ ਮੇਰੇ ਬੱਚੇ ਜਿਉਣ ,ਆਪ ਕੁਚੱਜੀ ਵਿਹੜੇ ਨੂੰ ਦੋਸ਼ ,ਅੰਨ੍ਹਾ ਵੰਡੇ ਰਿਉੜੀਆਂ ਮੁੜ ਮੁੜ ਆਪਣਿਆਂ ਨੂੰ ,ਅਕਲ ਵੱਡੀ ਕੇ ਮੱਝ ,ਅੰਨ੍ਹਿਆਂ ਵਿੱਚ ਕਾਣਾ ਰਾਜਾ ,ਆਪਣੀ ਪੀੜ੍ਹੀ ਹੇਠ ਸੋਟਾ ਫੇਰਨਾ ,ਇਕ ਅਨਾਰ ਸੌ ਬਿਮਾਰ ,ਇਕ ਹੱਥ ਨਾਲ ਤਾੜੀ ਨਹੀਂ ਵੱਜਦੀ ,ਇੱਕ ਚੁੱਪ ਸੌ ਸੁੱਖ ਝੱਟ ਮੰਗਣੀ ਪੱਟ ਵਿਆਹ ,ਸਹਿਜ ਪੱਕੇ ਸੋ ਮੀਠਾ ਹੋਵੇ ਦਾਲ ਵਿੱਚ ਕਾਲਾ ਹੋਣਾ ਦਾਲ ਵਿੱਚ ਕਾਲਾ ਹੋਣਾ ,ਸੱਦੀ ਨਾ ਬੁਲਾਈ ਮੈਂ ਲਾੜੇ ਦੀ ਤਾਈਂ ,ਸਵੈ ਭਰੋਸਾ ਵੱਡਾ ਤੋਸਾ,ਸੌ ਦਿਨ ਚੋਰ ਦੇ ਇਕ ਦਿਨ ਸਾਧ ਦਾ ,ਸੱਪ ਦਾ ਬੱਚਾ ਸਪੋਲੀਆ ,ਸੱਪ ਮਰ ਜਾਵੇ ਲਾਠੀ ਵੀ ਨਾ ਟੁੱਟੇ ,ਸਾਈਆਂ ਕਿਤੇ ਵਧਾਈਆਂ ਕਿਤੇ ,ਹੰਕਾਰਿਆ ਸੋ ਮਾਰਿਆ ,ਹਾਥੀ ਲੰਘ ਗਿਆ ਪੂਛ ਰਹਿ ਗਈ ,ਕੁੱਛੜ ਕੁੜੀ ਸ਼ਹਿਰ ਢੰਡੋਰਾ ,ਕੋਲਿਆਂ ਦੀ ਦਲਾਲੀ ਵਿੱਚ ਮੂੰਹ ਕਾਲਾ ,ਕਰੇ ਕੋਈ ਭਰੇ ਕੋਈ ,ਕਰ ਮਜ਼ੂਰੀ ਤੇ ਖਾਹ ਚੂਰੀ ,ਖ਼ਵਾਜੇ ਦਾ ਗਵਾਹ ਡੱਡੂ ,ਖੇਤੀ ਖਸਮਾਂ ਸੇਤੀ ,ਖੂਹ ਪੁੱਟਦੇ ਨੂੰ ਖਾਤਾ ਤਿਆਰ ,ਘਰ ਦਾ ਭੇਤੀ ਲੰਕਾ ਢਾਹੇ ,ਘਰ ਦੀ ਕੁੱਕੜੀ ਦਾਲ ਬਰਾਬਰ ,ਚਿੰਤਾ ਚਿਖਾ ਬਰਾਬਰ , ਛੱਜ ਤਾਂ ਬੋਲੇ ਛਾਣਨੀ ਵੀ ਬੋਲੇ,ਛੋਟੀ ਮੂੰਹ ਵੱਡੀ ਗੱਲ ,ਜਾਂਦੇ ਚੋਰ ਦੀ ਲੰਗੋਟੀ ਹੀ ਸਹੀ ,ਜਿਸ ਦੀ ਕੋਠੀ ਦਾਣੇ ਉਹਦੇ ਕਮਲੇ ਵੀ ਸਿਆਣੇ ,ਜਿਹੜੇ ਗੱਜਦੇ ਨੇ ਉਹ ਵਰ੍ਹਦੇ ਨਹੀਂ ,ਜਾਤ ਦੀ ਕੋਹੜ ਕਿਰਲੀ ਸ਼ਤੀਰਾਂ ਨੂੰ ਜੱਫੇ ,ਝੱਟ ਮੰਗਣੀ ਪੱਟ ਵਿਆਹ ,ਦਾਲ ਵਿੱਚ ਕਾਲਾ ਹੋਣਾ ,ਦਾਣੇ ਦਾਣੇ ਤੇ ਮੋਰ ,ਨਾਲੇ ਚੋਰ ਨਾਲੇ ਚਤਰ ,ਪੇਟ ਨਾ ਪਈਆਂ ਰੋਟੀਆਂ ਸਭੇ ਗੱਲਾਂ ਖੋਟੀਆਂ ,ਬਿਨਾਂ ਰੋਇਆਂ ਮਾਂ ਵੀ ਦੁੱਧ ਨਹੀਂ ਦਿੰਦੀ ,ਬੁੱਢੀ ਘੋੜੀ ਲਾਲ ਲਗਾਮ ,ਭੱਜਦਿਆਂ ਨੂੰ ਵਾਹਣ ਇੱਕੋ ਜਿਹੇ ,ਭੱਜੀਆਂ ਬਾਹਾਂ ਗਲ ਨੂੰ ਆਉਂਦੀਆਂ ਨੇ ,ਰਾਹ ਪਿਆ ਜਾਣੀਏਂ ਜਾਂ ਵਾਹ ਪਿਆ ਜਾਣੀਏ ,ਰਾਈ ਦਾ ਪਹਾੜ ਬਣਾਉਣਾ ,ਰੱਸੀ ਸੜ ਗਈ ਵੱਟ ਨ੍ਹੀਂ ਗਿਆ

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, ਖਾਨਿਓ 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, ਮੋਰ [illegible], ਰਾਹ ਦਾ ਰੋੜਾ ਬਣਨਾ, ਰੰਗ ਖਦਲਣਾ, ਰਗ ।ਵਚ ਭਗ ਪਾਉਣਾ, ਲਹੂ ਨਾਲ ਹਥ ਰਗਣਾ, ਲਹੂ ਦ ਘੁਟ ਭਰਨਾ, ਲਕ ਟੁਟ ਜਾਣਾ, ਲਾਹ ਪਾਹ ਕਰਨਾ, ਲਾਲ ਪਾਲਾ 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: 2024-25

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: 80**
4-0-0 | **CA: 20**

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 16 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: 2024-25

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: 2024-25

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

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

Instructions for the paper setters and distribution of marks

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

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

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

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

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

Important Note:

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

(5 x 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)

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 Situation based Conversation in English Essentials of Spoken English
Activities: Giving Interviews

Recommended Books:

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

Bachelor of 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: 2024-25

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: 3 hours **Marks: 30**

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

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

Bachelor of Science (Honours) Home Science
(Semester – II) (Session 2024-2025)
Family and Social Welfare

Course Code: BHSL 2283
Theory

Course Outcomes

Upon completion of this course the students will be able to

CO 1 To develop awareness about family and social welfare

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

CO 3 To recognize the needs and importance of family plan.

CO 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 2024-2025
Family and Social Welfare

(Theory)
Course Code: BHSL 2283

Time: 3 Hours **Max. Marks: 100**
L-T-P **Theory: 80**
4-0-0 **CA: 20**

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 16 marks.

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

Role of family & Society in Socialization, Social welfare.

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

Unit IV

Family and child welfare, Social Welfare agencies involved in family & child welfare

- ICDS
- Balwadi
- Anganwadi
- All India women's conference
- Local organization official & non-official involved in social welfare, Awareness of current laws related to women & child welfare.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2024-2025
Family and Social Welfare

References:

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

Bachelor of Science (Honours) Home Science
(Semester – II) (Session 2024-2025)
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 reproductive organs.

CO 4 To develop the elementary knowledge of location and functions of endocrine glands and structure and functioning of brain.

Bachelor of Science (Honours) Home Science
(Semester – II) (Session 2024-2025)
Elementary Physiology

Theory
Course Code: BHSL 2284

Time: 3 Hours **Max. Marks: 75**
L-T-P **Theory: 60**
3-0-0 **CA: 15**

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 each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

Content

Unit I

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

- Digestion of carbohydrates protein & fats

Unit II

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

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

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

Unit III

Elementary knowledge of structure and function of urinary system Structure & function of nephron & formation of Urine
Elementary Knowledge of structure and function of male and female reproductive organs Menstrual cycle

Unit IV

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

Reference Books

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

Bachelor of Science (Honours) Home Science
Semester – II
Session 2024-2025
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 2024-2025
Introduction to Family Resource Management

Theory
Course Code: BHSM 2285

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

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

Instructions for the Paper Setter

- Question paper will have four units.
- Examiner will set a total of 8 questions comprising two questions from each unit.
- Students are required to attempt five questions in all, choosing one question from each unit and fifth question from any unit. Question can have sub unit.
- All question carry equal marks.
- Each question carries 12 marks.

Content

Unit I

Introduction to family resource management

Definition and importance of family resource Management.

Challenges of family resource management.

Family life cycle and its effect on management of resources.

Managerial responsibilities of families.

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

Resources.

Definition and classification of resources.

Characteristics of resources.

Factors affecting the use of resources.

Unit II

Decision Making Process

Steps in Decision making process.

Factors affecting Decision Making.

Problem solving through resolving conflicts.

Management process

Planning

Organizing

Supervising

Controlling

Evaluation

Role of communication in effective management

Application of management process in resource utilization.

Unit III

Management of specific resources

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

Importance of saving & investment.

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

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

Fatigue – types ,causes ,effects and remedies

Steps in reducing energy costs.

Unit IV

Work simplification

Interrelationship of time and energy.

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

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

Ergonomics

Definition and importance

Disciplines involved in ergonomics

Use of ergonomics.

References:

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 2024-2025
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 2024-2025
Introduction to Family Resource Management

Practical
Course Code: BHSM 2285

Time- 3 Hours **Total Marks: 20**

Practical

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

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

Bachelor of Science (Honours) Home Science
Semester – II
Session 2024-2025
Advanced Food and Nutrition
Course Code: BHSM 2286
Theory

Course Outcomes

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

CO 2 To 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.

CO 4 To develop the knowledge of food hygiene in purchasing, preparation, cooking and serving of food.

Bachelor of Science (Honours) Home Science
Semester – II
Session 2024-2025
Advanced Food and Nutrition
Theory
Course Code: BHSM-2286

Time: 3 Hours
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 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.

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 and K
(b) Water Soluble vitamins- C, B1-B2, B3, B6, B12 and Folic acid.
Mineral- Functions, Sources, Bio-availability requirement and deficiency/excess of following minerals calcium, iron, iodine, fluorine , Sodium, Potassium, Phosphorus, and Magnesium.
Importance of water in Nutrition.

Unit II

Food Preservation
Importance and scope of food preservation.
Causes of food spoilage.
Principles of food preservation.
Household Methods of food preservation.

Unit III

Food adulteration and standards
Definition.
Common adulterants & their test in different food stuffs.
Toxic Effects of food adulteration.
Food standards.

Unit IV

Food hygiene Purchasing Preparation Cooking Serving

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 2024-2025
Advanced Food and Nutrition
Course Code: BHSM 2286

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 2024-2025
Advanced Food and Nutrition
Course Code: BHSM 2286

Practical

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

Practical

(1) Prepare 5 dishes using following methods

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

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

c) Sprouting

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

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

Bachelor of Science (Honours) Home Science
Semester – II
Session 2024-2025

Course Code: BHSM 2127
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 2024-2025

Course Code: BHSM 2127
Computer Applications for Home Scientists

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

Max. Marks: 75
Theory: 40
Practical: 20
CA: 15

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.

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 2024-2025

Course Code: BHSM 2127
Computer Applications for Home Scientists
Practical

Examination Time: 3 Hours

Practical: 20

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

1) Microsoft Excel
2) Searching on Internet
3) Multimedia Usage
4) You Tube and Blog

Bachelor of Science (Honours) Home Science
Semester II
Session 2024-2025

Course Title: Moral Education Programme Course Duration: 30 hrs

Course Intended for: II Sem students of all streams

Course Objectives:

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

Content

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

The Self and You

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

The Family and You

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

The Society and You

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

The Nation and You

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

FACULTY OF SCIENCES

SYLLABUS OF

Bachelor of Science (Home Science)

(Semester: III - IV)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2024-25

The Heritage Institution

KANYA MAHAVIDYALAYA

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 2024-2025)

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	Developmental Stages upto Childhood	C	3-0-0	3-0-0	3	75	60	-	15	3
BHSL 3172	Basic Concepts of Economics	C	3-0-0	3-0-0	3	75	60	-	15	3
BHSM 3393	Basic Physics	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 3084	Basic Chemistry	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 3285	Housing	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 3286	Meal Management	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 3287	Textile Science	C	3-0-2	3-0-1	4	100	60	20	20	3+3
AECE 3221	*Environmental Studies (Compulsory)	AC	1-0-2	1-0-1	4	50	30	10	10	3+3
SECG 3532	* Gender sensitization	AC	1-0-2	1-0-1	2	50	20	20	10	1
Total					**30**	**600**				

C: Compulsory

AC: Audit Course

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

Bachelor of Science (Home Science)
Semester-III
Session 2024-2025
Developmental Stages Upto Childhood
Theory
Course Code: BHSL 3281

Course Outcomes

CO 1 To Understand developmental tasks from infancy to childhood

CO 2 To understand developmental stages from infancy to childhood

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

CO 4 To discuss the factors affecting development till childhood.

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

Bachelor of Science (Home Science)
Semester-III
Session 2024-2025
Developmental Stages Upto Childhood
Theory
Course Code: BHSL 3281

Time: 3 Hours **Total Marks: 75**
L-T-P **Theory: 60**
3-0-0 **CA: 15**

Instruction for the Paper Setter

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

Content

Unit I

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

1) Physical Development

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

Unit II

2) Motor Development

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

3) Language development

(a) Stages of language development
(b) Factors affecting language development and facilitating language development
(c) Speech Defects

Unit III

4) Social Development

a) Meaning of social development
b) Agencies of socialization
c) Factors affecting socialization
d) Play- its types and importance

5) Moral Development

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

Unit IV

6) Emotional Development

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

Early Childhood Care and Education

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

References:

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

Bachelor of Science (Home Science)
Semester III
Session 2024-25
Course Code: BHSL 3172

Basic Concepts of Economics

Course Outcomes

After passing this course students will be able to:

CO 1 To understand some basic economic concepts

CO 2 To understand the basic concepts of banking & different saving schemes

CO 3 To give guidance regarding credit facilities.

CO 4 To understand basic structure of markets in the economy.

Bachelor of Science (Home Science)
Semester III
Session 2024-25
Course Code: BHSL 3172

Basic Concepts of Economics

Time: 3 Hours **Total Marks: 75**

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

3-0-0 **CA: 15**

Instructions for the Paper Setter

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

Unit I

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

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

Unit II

Production & Consumption-definition features, significance laws and their importance. Basic Knowledge of market-definition, features and types of market, E- marketing.

Unit III

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

Unit IV

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

Banking – Types of account, how to open an account , How to deposit and withdraw money by cheque & cash; Internet banking Insurance-General and life insurance policies terms and conditions &advantages , Savings-Bank saving scheme, Post office saving schemes , Shares & debentures (only introduction) Taxation-Types of Taxes & how to calculate income tax & file income tax return.

References

1) Kaur, S., Lekhi, R.K. and Singh, J. (), "Consumer Economics" Kalyani Publisher.

2) Gupta, B.D. (1973), "Consumption Pattern in India", Tata Mcgraw Hill.

3) Fitzsimmons, C. (1961), "Consumer Buying for better living", John willey & sons Inc.

4) Sehiffman, L. G. (1990), "Consumer Behavior", 4th Edition, Prentice hall Publications.

Note: The latest edition of the books is recommended.

Bachelor of Science (Semester System) (12+3 System of Education)

(Session-2024-25)

Bachelor of Science (Home Science)

Semester III

Basic Physics

Course Code: BHSL 3393

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

CO1: Understand the SI units, basic dimensions. Apply velocity in linear, relative motion. Analyze angular velocity, acceleration, centripetal forces. Differentiate centripetal, centrifugal accelerations. Integrate linear, angular motion for proficient problem-solving in physical contexts.

CO2: Gain understanding of force, motion, work, power, energy types, and friction's everyday applications. Apply knowledge of simple machines in practical scenarios like scissors, tongs, and gears.

CO3: Comprehend pressure concepts, including fluid and atmospheric pressure effects. Apply understanding to practical devices like lift pumps, gas stoves, and syringes. Analyze Archimedes' Principle, surface tension, and viscosity in daily contexts.

CO4: Understand heat expansion in solids, transmission methods (conduction, convection, radiation), and identify heat conductors and insulators through practical examples.

Bachelor of Science (Semester System) (12+3 System of Education)

(Session 2024-25)

Bachelor of Science (Home Science)

Semester III

Basic Physics

Course Code: BHSM 3393

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

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

3-0-1 **Pass Marks: 21**

CA: 20

Instructions for the Paper Setters:

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

Content

Unit I

Measurements: S1 units and their advantages, Dimensions of basic physical quantities, simple idea of velocity, relative velocity, angular velocity, acceleration, angular acceleration, centripetal acceleration, centrifugal acceleration.

Unit II

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

Unit III

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

Unit IV

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

Books Recommended:

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

Bachelor of Science (Semester System) (12+3 System of Education)

(Session-2024-25)

(Session 2024-25)

Bachelor of Science (Home Science)

Semester III

Basic Physics

Course Code: BHSM 3393 (P)

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

L-T-P **Pass Marks: 7**

0-0-1 (2 Hours/ week)

Instructions to Practical Examiner

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

General Guidelines for Practical Examination

I. The distribution of marks is as follows: **Marks: 20**

i) One experiment 7 **Marks**

ii) Brief Theory **5 Marks**

iii) Viva–Voce **4 Marks**

iv) Record (Practical file) **4 Marks**

II. There will be one session of 3 hours duration. The paper will have one session.

Paper will consist of 8 experiments out of which an examinee will mark 6 experiments andone of these is to be allotted by the external examiner.

III. Number of candidates in a group for practical examination should not exceed 12.

IV. In a single group no experiment is to be allotted to more than three examinees in any group.

List of Experiments

1. Concept of least count and precise measurement of different instruments.
2. Measurement of diameter of a metallic share, cylinder, volume of a cube of a small glass slab, determine its density.
3. Measurement of diameter of a knitting needle, sewing needle, thickness of cloth, thickness of a coin using screw gauge.
4. Measurement of height of concave/convex mirror using spherometer.
5. Newton law of cooling of liquids.
6. Measurement of coefficient of friction.
7. Demonstration of centrifugal force in cloth dryer.

Bachelor of Science Home Science
Session 2024-25
Semester III

Course Title: Basic Chemistry
Course Code: BHSL 3084

Course Outcomes:

Students will be able to:

CO1: understand various formulae and symbols used in chemistry.

CO2: understand the atomic structure.

CO3: acquire knowledge about various atomic models.

CO4: understand the concept of normality, molarity, molality and strength of solution.

Bachelor of Science Home Science

Semester III

Session 2024-25
Course Title: Basic Chemistry
Course Code: BHSM 3084

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

Instructions for the Paper Setters

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

UNIT-I

Symbols, formulae, valency, variable valency, elementary idea of mole concept, empirical formulae and molecular formulae, definition of atomic and molecular weight.

Chemical equation and reaction parts, types, essentials, implications and limitations of chemical equation, balancing of equation hit trial method, exothermic, endothermic, catalytic and reversible reaction.

UNIT-II

Atomic structure, elementary idea of electron, proton, neutron arrangement of fundamental particles in an atom. Rutherford atomic model, atomic number, mass number, isotopes, isobars. Bohr's atomic model (postulates)

UNIT-III

Chemical bonding, definition of chemical bond, cause of chemical combination, types of chemical bonds, ionic bonds, covalent bond, coordinate bond, definition and simple examples based on electron dot picture (example include H2, Cl2, 02, NH3, CH4, C2H2, MgF2, CaO, $NH4^{+}$, $H3O^{+}$).

UNIT-IV

Elementary idea about normality, morality, molality and strength of solution. Structure of fibers (Natural and synthetic).
Elementary idea about pH of water, hard' water, its cause and type, heavy water with its uses.

Books recommended:

1. N.C.E.R.T. Books for XI & XII.
2. Modern Approach to Chemistry by S. P. Johar Vol. I & Vol. II.

Bachelor of Science (Home Science) (Semester-III)
(Session 2024-2025)
HOUSING
(Theory)
COURSE CODE: BHSM- 3285

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 2024-2025)
HOUSING
(Theory)
COURSE CODE: BHSM- 3285

Time: 3 Hours **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 exceeding four).
- Candidates are required to attempt five questions, selecting at least one question fromeach section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

CONTENT

UNIT-I

House & related concepts
Concept of House & home.
Functions of home.
Housing needs and factors affecting housing needs. Rented/ owned house/ house provided by public or private sector.
Type of houses, row, semidetached, detached, independent house, flats, apartment & multi-storeyed building

UNIT-II

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

UNIT-III

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

UNIT-IV

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

REFERENCE BOOKS

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

Bachelor of Science (Home Science) (Semester-III)
(Session 2024-2025)
HOUSING
(Practical)
COURSE CODE: BHSM- 3285

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 2024-2025)
HOUSING
(Practical)
COURSE CODE: BHSM-3285

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

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

Housing:

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

- Row house- 100- 150 sq yard
- Semi detached house 250-300 sq yard
- Detached house- 500 sq yard and above
- One room apartment
- Flat
- Double story house

Bachelor of Science (Home Science) (Semester-III)
(Session 2024-2025)
MEAL MANAGEMENT
(Theory)
COURSE CODE: BHSM- 3286

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 2024-2025)
MEAL MANAGEMENT
(Theory)
COURSE CODE: BHSM- 3286

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

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

INSTRUCTION FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

CONTENTS :

Unit-I

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

Unit-II.

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

Unit-III

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

Unit- IV

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

References:

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

Bachelor of Science (Home Science) (Semester-III)
(Session 2024-2025)
MEAL MANAGEMENT
(Practical)
COURSE CODE: BHSM- 3286

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 2024-2025)
MEAL MANAGEMENT
(Practical)
COURSE CODE: BHSM- 3286

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

Note:

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

1. Cook following dishes for different meals. Standardize portion size and calculate their nutritive value.
- Breakfast dishes- Stuffed Paranthas, Pancakes, Poha, Dalia etc.
- Lunch & Dinner dishes- Main Dishes- Dal, Channa, Rajmah, Koftas etc., Rice- Pulaos, Paneer dishes, Side dishes, Dry. Vegetables, Stuffed Vegetables etc. Dessert - Puddings, Kheer etc. Salads, Soups etc.
- Evening Sweet & Salty snacks - at least 5 each.

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

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

Bachelor of Science (Home Science) (Semester-III)
(Session 2024-2025)
TEXTILE SCIENCE
(Theory)
COURSE CODE: BHSM- 3287

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 2024-2025)
TEXTILE SCIENCE
(Theory)
COURSE CODE: BHSM- 3287

Time: 3 Hours
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 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.

CONTENTS

UNIT- I

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

UNIT – II

Yarn manufacturing

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

Fabric construction techniques

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

Other Methods of fabric construction: Felting, Bonding

UNIT -III

Bleaches and finishes

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

UNIT IV

Dyeing

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

Printing

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

Bachelor of Science (Home Science) (Semester-III)
(Session 2024-2025)
TEXTILE SCIENCE
(Theory)
COURSE CODE: BHSM- 3287

Laundering & care of textile fabrics

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

Reference Books:

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

Bachelor of Science (Home Science) (Semester-III)
(Session 2024-2025)
TEXTILE SCIENCE
(Practical)
COURSE CODE: BHSM- 3287

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 2024-2025)

TEXTILE SCIENCE

(Practical)

COURSE CODE: BHSM- 3287

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

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

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

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

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

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

Environmental studies (COMPULSORY)

COURSE CODE: AECE-3221

(Theory)

Time: 3Hrs. **Max. Marks: 60**

Instructions for the Paper Setter:
The question paper should carry 60 marks.
The structure of the question paper being:
Part-A, Short answer pattern – 20 marks
Attempt any five questions out of seven. Each question carries 4 marks. Answer to each question should not exceed 2 pages
Part-B, Essay type with inbuilt choice – 40 marks
Attempt any five questions out of eight. Each question carries 8 marks. Answer to each question should not exceed 5 pages.

September

Unit 1

The multidisciplinary nature of environmental studies
Definition, scope and importance, Need for public awareness

October

Unit 2

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

- Role of an individual in conservation of natural resources.
- Equitable use of resources for sustainable lifestyles.

October

Unit 3

Ecosystems

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

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

October
unit 4

Biodiversity and its conservation

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

November
Unit 5

Environmental Pollution

Definition

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

November
Unit 6

Social Issues and the Environment

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

- Forest Conservation Act

- Issues involved in enforcement of environmental legislation
- Public awareness

November

Unit 7

Human Population and the Environment

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

Unit 8

Field Work

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

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

GENDER SENSITIZATION 2024-25

Course Title: GENDER SENSITIZATION

Course Duration: 30 hours

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

Course Code: SECG 3531

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

OBJECTIVES:

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

CURRICULUM

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

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

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

EXAMINATION

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

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF THREE-YEAR DEGREE PROGRAMME

Credit Based Continuous Evaluation Grading System

BACHELOR OF SCIENCE (HOME SCIENCE)

(Session 2024-2025)

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	C	3-0-0	3-0-0	3	75	60	-	15	3
BHSL 4172	Consumer Economics	C	3-0-0	3-0-0	3	75	60	-	15	3
BHSM 4283	Kitchen Design and its Equipment	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 4284	Quantity Food Production and Service	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 4285	Traditional Embroideries, Textiles and Costumes of India	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 4396	Applied Physics	C	3-0-2	3-0-1	4	100	60	20	20	3+3
BHSM 4087	Applied Chemistry	C	3-0-2	3-0-1	4	100	60	20	20	3+3
SECS 4522	*Social Outreach	AC	0-0-4	0-0-2	2	50	-	40	10	3
Total					**28**	**650**				

C: Compulsory
AC: Audit Course

Bachelor of Science (Home Science) (Semester IV)
Session: 2024-25
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: 2024-25
DEVELOPMENTAL STAGES TILL OLD AGE
(Theory)
COURSE CODE: BHSL-4281

Time: 3 Hours **Total Marks: 75**
L-T-P **Theory: 60**
3-0-0 **CA: 15**

INSTRUCTIONS FOR THE PAPER SETTER:

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

CONTENTS

UNIT-I

Adolescence, Puberty and related changes
Problems of adolescence

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

UNIT-II

Adulthood
1. Young adulthood

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

UNIT -III

2. Middle adulthood Midlife changes in both sexes
3. Late adulthood

a) Grand parenting

UNIT-IV

Old age

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

REFERENCE BOOKS

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

Bachelor of Science (Home Science) (Semester.-IV)
SESSION 2024-25
COURSE CODE: BHSL-4172
CONSUMER ECONOMICS

COURSE OUTCOMES:

After studying this course, students will be able:

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

CO2: To aware the students about consumer protection right.

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

Bachelor of Science (Home Science): Semester-IV
Session 2024-25
COURSE CODE: BHSL-4172
CONSUMER ECONOMICS

Time: 3 Hours **Total Marks: 75**
L-T-P **Theory: 60**
3-0-0 **CA: 15**

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

UNIT-I

Consumer education and Protection - Need for consumer education, Process for consumer protection. Consumer legislation in India with special reference to consumer protection Act 1986. and 2019
Consumerism - scope, utility and measures for strengthening consumer movement.

UNIT-II

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

UNIT-III

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

UNIT-IV

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

Recommended Books:

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

Bachelor of Science (Home Science) (Semester-IV)
Session: 2024-25
KITCHEN DESIGN AND ITS EQUIPMENT
(Theory)
COURSE CODE: BHSM-4283

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: 2024-25
KITCHEN DESIGN AND ITS EQUIPMENT
(Theory)
COURSE CODE: BHSM-4283

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

Total Marks: 75
Theory: 60
Practical: 20
CA: 20

INSTRUCTION FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

CONTENT

UNIT-I

Kitchen

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

UNIT-II

Equipment

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

UNIT-III

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

UNIT-IV

Finishes & their suitability

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

REFERENCE BOOKS

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

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

Session: 2024-25

KITCHEN DESIGN AND ITS EQUIPMENT

(Practical)

COURSE CODE: BHSM-4283

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: 2024-25

KITCHEN DESIGN AND ITS EQUIPMENT

(Practical)

COURSE CODE: BHSM-4283

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

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

1. Draw different types of kitchen

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

2. Make elevation of L shape kitchen on wall & show colour scheme
3. Cleaning of Brass, aluminum, steel, glass, gold, silver and crockery.
4. Cleaning of window panes.
5. Cleaning of wood & leather.
6. Cleaning of refrigerator, mixer, cooking range, microwave etc.
7. Cleaning of kitchen counters, floor and cupboards.

Bachelor of Science (Home Science) (Semester-IV)
Session: 2024-25
QUANTITY FOOD PRODUCTION AND SERVICE
(Theory)
COURSE CODE: BHSM-4284

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: 2024-25
QUANTITY FOOD PRODUCTION AND SERVICE
(Theory)
COURSE CODE: BHSM 4284

Time: 3 Hours **Total 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 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.

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 towards customers.
- Cost Control- Standardization and portion size of recipe-calculating cost of dish, meal and event. Methods of calculation - Gross profit ratio food cost ratio. Methods of controlling cost.

UNIT- III

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

UNIT-IV

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

References:

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

Bachelor of Science (Home Science) (Semester-IV)
Session: 2024-25

QUANTITY FOOD PRODUCTION AND SERVICE
(Practical)
COURSE CODE: BHSM-4284

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: 2024-25

QUANTITY FOOD PRODUCTION AND SERVICE
(Practical)
COURSE CODE: BHSM-4284

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

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

Course Outline

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

Bachelor of Science (Home Science) (Semester-IV)
Session: 2024-25
TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA
(Theory)
COURSE CODE: BHSM-4285

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: 2024-25

TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA
(Theory)
COURSE CODE: BHSM-4285

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

Total Marks: 100
Theory: 60
Practical: 20
CA: 20

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

CONTENTS

UNIT-I

Traditional embroideries of various states in India
- Phulkari ofPunjab
- Chikankari ofU.P
- Kasida of Kashmir
- Kantha of Bengal
- Kasuti of Karnataka
- Kutch of Gujarat

UNIT -II

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

UNIT –III

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

UNIT –IV

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

References:

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

Bachelor of Science (Home Science) (Semester-IV)
Session: 2024-25
TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA
(Practical)
COURSE CODE: BHSM-4285

COURSE OUTCOMES:

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

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

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

Bachelor of Science (Home Science) (Semester-IV)
Session: 2024-25
TRADITIONAL EMBROIDERIES, TEXTILES AND COSTUMES OF INDIA
(Practical)
COURSE CODE: BHSM-4285

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

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

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

Bachelor of Science (Semester System) (12+3 System of Education)

(Session-2024-25)

Bachelor of Science (Home Science) (SEMESTER–IV)

APPLIED PHYSICS

Course Code: BHSM-4396

COURSE OUTCOME

After completing this course the students will be able to

CO1: to understand the basic concepts of optics

CO2: to understand basic light sources

CO3: to understand basic electricity based household devices

CO4: to understand the use of effects of electric current in house hold devices

Bachelor of Science (Semester System) (12+3 System of Education)

(Session-2024-25)

Bachelor of Science (Home Science) (**SEMESTER–IV)**

APPLIED PHYSICS

Course Code: BHSM-4396

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

L-T-P **Ext Marks: 60**

3-0-1 **Pass Mark: 21**

CA-20

Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should Be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section. **Each question carries 6 marks.**

UNIT -I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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

Books recommended:

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

Bachelor of Science (Semester System) (12+3 System of Education)

(Session-2024-25)

Bachelor of Science (Home Science) (**SEMESTER–IV)**

APPLIED PHYSICS

Course Code: BHSM-4396 (P)

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

Credits: 0-0-1 (2 Hours/ week) **Pass Marks: 7**

Instructions to Practical Examiner

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

General Guidelines for Practical Examination

I. The distribution of marks is as follows: **Marks: 20**

i) One experiment 7 **Marks**

ii) Brief Theory **5 Marks**

iii) Viva–Voce **4 Marks**

iv) Record (Practical file) **4 Marks**

II. There will be one session of 3 hours duration. The paper will have one session.

Paper will consist of 8 experiments out of which an examinee will mark 6 experiments andone of these is to be allotted by the external examiner.

III. Number of candidates in a group for practical examination should not exceed 12.

IV. In a single group no experiment is to be allotted to more than three examinees in any group.

List of Experiments

1. Demonstration of light spectrum through prism.
2. Demonstration of repair/replacement of fuse in different household devices.
3. Demonstration of replacement of a capacitor in fan, starter in tube light, changes of a capacitor in fan.
4. To trace rays through a prism and prove that <i+<e=<A+<D.
5. To find refractive index.
6. Verification of Archimedes' Principle.
7. Demonstration of atmospheric pressure and read atmospheric pressure from a barometer in your laboratory

Bachelor of Science (Home Science) Semester-IV

SESSION: 2024-25

COURSE CODE: BHSM-4087

COURSE TITLE: Applied Chemistry (Theory)

COURSE OUTCOMES

After passing this course the student will be able to :

CO1: to understand the composition and properties of different organic compounds used in daily life.
CO1: to do the naming of various Organic Compound.
CO2: to draw the structure of the given Molecular Formula.
CO3: understand the structure and properties of Soaps and Detergents.
CO4: prepare Soaps and Detergents by different Chemical methods.
CO5: differentiate between Soaps and Detergents.
CO6: understand the structure and importance of rubbers and plastics.
CO7:Have an elementary idea about composition of cosmetics.

Bachelor of Science (Home Science) Semester-IV

SESSION: 2024-25

COURSE CODE: BHSM-4087

COURSE TITLE: Applied Chemistry (Theory)

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

Max Marks: 100
Ext Marks: 60
Pass Mark: 21
CA-20

Instructions for the Paper Setters:

Eight questions of equal marks (6 each) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

Nomenclature of organic compounds.

Unit –II

Soaps and detergents, their structure, properties and preparation.

Unit-III

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

Unit –IV

Fuels for home.

Books recommended:

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

Bachelor of Science (Home Science) Semester-IV

SESSION 2024-25

Course Code: BHSM-4087(P)

COURSE TITLE: Applied Chemistry (Practical)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: prepare the solutions of different normalities and molarities.
CO2: calculate the strength of solutions of different normalities.
CO3: find out the percentage purity of the given sample solution.
CO4: compare the hardness of the various water samples.
CO5: to do Chemical testing of different Textile fibres (cotton, wool, silk, synthetic fibres).
CO6: to determine the pH of an unknown sample.
CO7: to determine the melting point of an organic compound.

Bachelor of Science (Home Science) Semester-IV

Session: 2024-25

COURSE CODE: BHSM-4087(P)

COURSE TITLE: APPLIED CHEMISTRY (Practical)

Time: 3 Hrs **Practical Marks: 20**

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

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

Books recommended:

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

Bachelor of Science (Home Science) Semester-IV

SESSION 2024-25

SOCIAL OUTREACH PROGRAMME

AUDIT COURSE (Value Based)

Course Title: Social Outreach Programme Course Duration: 30 hours

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

Course Credits: 2

Course Code: SECS 4522

Course Description:-

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

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

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

Expectations:-

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

List of Projects under Social Outreach Programmes:

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

For inducting students in child labour Schools.

- Enroll as NSS Volunteers for various projects (Cleanliness, Women healthawareness)
- Counseling camps in villages
- Tree plantation (i) Maintaining the trees in the park adopted by the college in Vikas Puri, Jalandhar

. (ii)Enroll for projects undertaken by JCI Jalandhar City

- Enroll in the Gandhian Studies Centre as student Volunteer for surveys invillages.
- Women Empowerment Programmes in collaboration with JCI JalandharGrace
- Generating awareness on voting among theyouth.
- DrugAbuse (Generate awareness among the school children)
- Environment Awareness (Reduce Pollution)
- Old Age Homes/Orphanages
- Operating the Empathy Corner outside the college gate.
- Disaster Management/Relief Work

Evaluation /Assessment:

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

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

- **Total Marks: 50**

FACULTY OF SCIENCES

SYLLABUS OF

Bachelor of Science (Home Science)

(Semester: V - VI)

(Under Continuous Evaluation Grading System)

Session: 2024-25

The Heritage Institution

KANYA MAHAVIDYALAYA

JALANDHAR

(Autonomous)

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE PROGRAMME
Bachelor of Science (Home Science)
(Session: 2024-2025)

Semester-V

Course Code	Course Name	Course Type	Marks				Examination Time (in Hours)
			Total	Ext.		CA	
				L	P		
BHSL 5281	Child Psychology	C	50	40	-	10	3
BHSL 5282	Introduction To Extension Education and Community Development	C	50	40	-	10	3
BHSL 5063	Basic Nutritional Biochemistry	C	50	40	-	10	3
BHSM 5284	Interior Space Designing	C	100	60	20	20	3+3
BHSM 5285	Therapeutic Nutrition	C	100	60	20	20	3+3
BHSM 5286	Basic Concepts of Sewing and Fashion	C	100	60	20	20	3+3
BHSM 5077	Applied Botany And Home Gardening	C	100	50	30	20	3+3
SECI 5541	*Innovation, Entrepreneurship and Creative Thinking	AC	25	20	-	5	1
	Total		**550**				

C: Compulsory
AC: Audit course
*Marks of these papers will not be added in total marks and only grades will be provided

Bachelor of Science (Home Science) (Semester –V)
(Session 2024-25)
CHILD PSYCHOLOGY
(Theory)
COURSE CODE: BHSL -5281

COURSE OUTCOMES

1. To introduce the concept of psychology and Child psychology.
2. To study the development of aspects such as attention, memory and learning.
3. To study the development phases in childhood with respect to these aspects.
4. To link the study of development with the discipline of psychology in accordance to different theories.
5. To provide systematic knowledge of the foundation of human behaviour.

Bachelor of Science (Home Science) (Semester –V)
(Session 2024-25)
CHILD PSYCHOLOGY
(Theory)
COURSE CODE: BHSL -5281

Time: 3 Hrs

Max. Marks: 50
Theory: 40
CA: 10

INSTRUCTIONS FOR THE PAPER SETTER:

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

- Cognitive theory- 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 2024-25)
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 2024-25)
INTRODUCTION TO EXTENSION EDUCATION AND COMMUNITY DEVELOPMENT
(Theory)
COURSE CODE: BHSL -5282

Time: 3 Hrs

Max. Marks: 50
Theory: 40
CA: 10

INSTRUCTIONS FOR THE PAPER SETTER:

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

CONTENTS

Unit-I

- Education, is definition and types.
- Concepts, philosophy, principles and aims and scope extension education.
- Difference between formal, non-formal and extension education.
- Brief history of popular extension activities in India.
- Extension services in Agriculture Universities.

Unit-II

- Role of extension education in rural development.
- Role of Home Science extension in rural development.
- Field covered under extension education.
- Role of extension worker
- Qualities of extension worker

Unit-III

- Motivation in Extension
- Motivating Village people
- Motivating Extension worker
- Techniques of Motivation
- Community development – its definition, work, elements, objectives, philosophy, types, principles andprocess.

Unit-IV

- Role of voluntary organization in community development
- Panchayati Raj System organization &function
- Co-operative Societies – Organization &function
- The Integrated rural development programme(IRDP).
- Minimum Need programme
- National Rural employment programme. Family planning programme.

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: 2024-25)
COURSE CODE: BHSL-5063
BASIC NUTRITIONAL BIOCHEMISTRY
(Theory)

Course Outcomes:

After completing this course, student will be able to

CO1: Understand the concept of carbohydrates.
CO2: Understand metabolism of carbohydrates.
CO3: Understand basic concepts of fats.
CO4: Understand basics of inorganic elements and their dietary sources.

Bachelor of Science (Home Science) Semester-V
(Session: 2024-25)
COURSE CODE: BHSL-5063
BASIC NUTRITIONAL BIOCHEMISTRY
(Theory)

Time: 3 Hrs.

Max. Marks: 50
Theory: 40
CA: 10

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

Unit-I

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

Unit-II

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

Unit-III

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

Unit-IV

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

Books Recommended:

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

Bachelor of Science (Home Science) (Semester –V)
(Session 2024-25)
INTERIOR SPACE DESIGNING
(Theory)
COURSE CODE: BHSM-5284

COURSE OUTCOMES:

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

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

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

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

Bachelor of Science (Home Science) (Semester –V)
(Session 2024-25)
INTERIOR SPACE DESIGNING
(Theory)
COURSE CODE: BHSM-5284

Time: 3 Hrs

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

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set, two in each of the four sections (A-D). Questions of sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any section.
- Each question 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 2024-25)
INTERIOR SPACE DESIGNING
(Practical)

COURSE CODE: BHSM-5284

COURSE OUTCOMES:

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

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

3. To plan and execute various color schemes.

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

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

Bachelor of Science (Home Science) (Semester –V)
(Session 2024-25)
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 2024-25)
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 2024-25)
THERAPEUTIC NUTRITION
(Theory)
COURSE CODE: BHSM-5285

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

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set, two in each of the four sections (A-D). Questions of sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any section.
- Each question 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.
Nutrition in Gastro - intestinal disorders, etiology, symptoms and dietary management in Diarrhoea, constipation, Gastritis, Irritable bowl syndrome peptic ulcer.
Nutrition in disturbances of small and large intestine etiology, symptoms peptic ulcer, management in Celiac disease, Lactose intolerance, ulcerative colitis.
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 2024-25)
THERAPEUTIC NUTRITION
(Practical)
COURSE CODE: BHSM-5285

COURSE OUTCOMES

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

2. To calculate the nutritive value of diets.

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

4. To develop entrepreneurship skills in students.

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

Bachelor of Science (Home Science) (Semester –V)
(Session 2024-25)
THERAPEUTIC NUTRITION
(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 2024-25)
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 2024-25)
BASIC CONCEPTS OF SEWING AND FASHION
(Theory)
COURSE CODE: BHSM 5286

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

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set, two in each of the four sections (A-D). Questions of sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any section.
- Each question carries 12 marks.

CONTENTS :-

Unit-I

Sewing equipments

- Classification.
- Parts, function and care andsewing machine.
- Common stitching faults, their causes and remedies.

Unit-II

Sewing techniques

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

Unit -III

- Collars types and uses
- Yokes and skirt - types and use
- Plackets - Types and uses
- Fasteners – Types and uses

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

Unit-IV

Fashion Trend, Fashion Cycle
Sources of fashion, factors 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 2024-25)
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 sewing machine.
2. To make the students familiar with various design features, hand stitches, machine seams to be used in garments.
3. To make the students capable in designing and stitching of baby garments such as bloomer and frock etc.

Bachelor of Science (Home Science) (Semester –V)
(Session 2024-25)
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 2024-25
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 2024-25)
COURSE CODE: BHSM-5077
APPLIED BOTANY AND HOME GARDENING
(Theory)

Time: 3 Hrs.

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

Instructions for the Paper Setters:
Eight questions of equal marks (10 marks each) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

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

Unit-II

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

Unit-III

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

Unit-IV

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

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

REFERENCE BOOK:

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

Bachelor of Science (Home Science) (Semester-V)
(Session 2024-25)
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 2024-25

COURSE CODE: BHSM-5077

APPLIED BOTANY AND HOME GARDENING

(Practical)

Time: 3 Hours **Marks: 30**

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

1. Study of garden tools and accessories.
2. Identification of different types of plants i.e. vegetable flowers, ferns and ornamental plants.
3. Preparation of soil digging tillage drainage watering and weeding.
4. To prepare and manuring a seed bed for raising seedlings.
5. To prepare a bed for sowing potatoes and cultivate them.
6. To prepare a plot for raising seedlings.
7. To prepare a pot for repotting.
8. To prepare a plot and cultivate seasonal vegetable (as in theory).
9. Plant propagation.

a) From seeds guiding rules for seed sowing.

b) Vegetative propagation by cutting and grafting.

c) Maintenance of plants

d) Use of pesticides and fungicides

e) Identification of slides of algae fungi and moulds.

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

Bachelor of Science (Home Science) (Semester-V)
Session 2024-25

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 career choice,
- develop creative and innovative skills,
- analyse the business environment in order to identify business opportunities,
- consider the legal and financial conditions for starting a business venture,
- explain the importance of marketing and management in small businesses venture
- develop a business idea into a comprehensive and highly scalable businessmodel,
- design a successful business plan and launch their product or service in themarket
- understand personal creativity, identify what are the creative tools and improve their creative problem-solving skills.

CURRICULUM

Course Code: SECI 5541 Course Credits: 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:** 25 (Final Exam: 20; Internal Assessment: 5)
- **Final Exam:** Multiple Choice Questions: Marks- 20; Time: 1 hour
- **Internal Assessment:** 5 (Assessment: 3; Attendance:2)
  A comprehensive multiple-choice quiz at the close of the programme. Marks: 3; Time: 0.5 hour (30 minutes).
- **Total marks:** 25 converted to grade for final result.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE PROGRAMME
Bachelor of Science (Home Science)
(Session 2024-2025)

Semester VI

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

C-Compulsory

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, Behavioral Psychology (Practical).

Bachelor of Science (Home Science) (Semester-VI)
Session 2024-25
BEHAVIORAL PSYCHOLOGY
COURSE CODE: BHSM-6281
(Theory)

COURSE OUTCOMES

1. To study the concept of intelligence and its measurement.
2. To gain knowledge about personality, its social factors and assessment.
3. To identify the behaviour disorders, its factors and ways of preventing.
4. To study the concept of disability.
5. To classify various impairments and their causes, prevention, education and rehabilitation.

Bachelor of Science (Home Science) (Semester-VI)
Session 2024-25
BEHAVIORAL PSYCHOLOGY
COURSE CODE: BHSM-6281
(Theory)

Time: 3 Hrs.

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

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 5 marks.

CONTENT

Unit-I

Intelligence

Nature and Measurement of Intelligence

Personality

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

Unit-II

Behaviour disorders

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

Person with disabilities

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

Unit III

- Physical impairment
- Visual impairment
- Speech impairment
- Hearing impairment

Unit IV

- Learning disabilities
- Behaviour disabilities
- Nail biting, thumb sucking, bed wetting, Temper Tantrum, Stealing
- Dealing with Gifted children

Reference Books

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

Bachelor of Science (Home Science) (Semester-VI)
Session 2024-25
BEHAVIORAL PSYCHOLOGY
COURSE CODE: BHSM-6281
(Practical)

COURSE OUTCOMES

1. To conduct a case study on a child to study socio-psychological dimension.
2. To assess personality using two different techniques.
3. To assess intelligence using two differenttechniques.
4. A visit to guidance/counseling cell.

Bachelor of Science (Home Science) (Semester-VI)
Session 2024-25
BEHAVIORAL PSYCHOLOGY
COURSE CODE: BHSM-6281
(PRACTICAL)

Time: 3 Hours **Practical: 15**

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

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

Reference Books :-

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

Bachelor of Science (Home Science) (Semester-VI)
Session 2024-25
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 2024-25
INTERIOR DECORATION
(Theory)
COURSE CODE: BHSM:6282

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

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

CONTENTS :

Unit-I

Ceiling Treatment and lighting

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

Unit-II

Window Treatment

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

Unit-III

Flower Arrangement

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

Unit-IV

Accessories

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

Reference books

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

Bachelor of Science (Home Science) (Semester-VI)
Session 2024-25
INTERIOR DECORATION
(Practical)
COURSE CODE: BHSM: 6282

COURSE OUTCOMES

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

2. To make fresh flower arrangement.

3. To make any furnishing article.

Bachelor of Science (Home Science) (Semester-VI)
Session 2024-25
INTERIOR DECORATION
(Practical)
COURSE CODE: BHSM: 6282

Time: 3 Hours

Practical : 20

1) Make elevation on walls of following room and show lighting, windows and accessories.
   a) Drawing room
   b) Master bedroom
2) Make flower Arrangement :- with fresh/dry flowers.
3) Make any one furnishing article.

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

Session 2024-25

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 2024-25
COMMUNITY NUTRITION
COURSE CODE: BHSM: 6283
(Theory)

Time : 3 hrs. **Max. Marks: 100**
Theory: 60
Practical: 20
CA:20

INSTRUCTION FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

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: 2024-25

COMMUNITY NUTRITION

COURSE CODE: BHSM: 6283

(Practical)

COURSE OUTCOMES

1. To cook recipes and calculate their cost and nutritive values.
2. To assess the nutritional status of different vulnerable groups.
3. To develop different audio-visual aids for imparting knowledge.
4. To plan, implement and evaluate the nutrition education for target groups.
5. To visit school to see the functioning of mid day meal programme.

Bachelor of Science (Home Science) (Semester-VI)
Session: 2024-25
COMMUNITY NUTRITION
COURSE CODE: BHSM: 6283
(Practical)

Time: 3 Hours

Marks: 20

1. Cook following recipes and calculate their cost and nutritive value.
   a) Low cost energy and protein rich recipes.
   b) Low cost iron rich recipes.
   c) Low cost calcium rich recipes.
   d) Value addition of cereal & pulses.
   e) Weaning foods
2. Assessment of nutritional status of vulnerable group using anthropometry/dietary surveys.
   Project report will be judged by the external examiner.
3. Development of audio-visual aids for imparting nutrition education- e.g. charts, posters, flashcard sand power-point presentation.
4. Planning, implementation and evaluation of nutrition education for specific target groups.
5. Visit to see the functioning of mid-day meal programme in schools or any health oriented programme.

Paper will be set on the spot by the examiner

Bachelor of Science (Home Science) (Semester-VI)
Session: 2024-25
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: 2024-25
GARMENT DESIGNING AND CONSTRUCTION
COURSE CODE: BHSM-6284
(Theory)

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

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

CONTENTS :-

Unit-I

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

Unit-II

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

Unit-III

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

Unit-IV

- Different methods of developing design.
- Flat pattern making techniques. Drafting and paper pattern.
- Important terms used in pattern production.
- Pattern making principles.
- Pattern manipulation.
- Terms related to dart & seam.
- Difference between drafting, pattern making & draping.

Reference Books

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

Bachelor of Science (Home Science) (Semester-VI)
Session: 2024-25
GARMENT DESIGNING AND CONSTRUCTION
COURSE CODE: BHSM-6284
(Practical)

COURSE OUTCOMES

1. To introduce basic sketching techniques.

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

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

Session: 2024-25
GARMENT DESIGNING AND CONSTRUCTION
COURSE CODE: BHSM-6284
(Practical)

Time : 3 hours **Marks: 20**

1. Pattern Making – dart manipulation by flat pattern
- Shifting of darts
- Combining darts
- Converting darts into gathers
- Converting darts into seam lines

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

Paper will be set on the spot by the examiner.

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

Session: 2024-25

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: 2024-25

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

COURSE CODE : BHSM: 6285

(Theory)

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

Theory: 25

Practical: 15

CA:10

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 5 marks.

CONTENTS :-

Unit-I

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

Unit-II

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

Unit-III

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

Unit-IV

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

Reference Books :-

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

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

Session: 2024-25

COMMUNICATION AND AUDIO -VISUAL IN EXTENSION WORK

COURSE CODE: BHSM: 6285 (Practical)

COURSE OUTCOMES

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

2. To prepare lesson plan.

3. A visit to impart extension education.

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

Session: 2024-25

COMMUNICATION AND AUDIO-VISUAL IN EXTENSION WORK

COURSE CODE : BHSM: 6285

(Practical)

Practical Marks: 15

1. Preparation of Visual Aid.
   Posters, charts, flash cards, pamphlets and power-point presentation.
2. Prepare a lesson plan on any subject matter to impart knowledge to the rural people.
3. Field visit to imparting extension education to rural people, submit the report that will be judged by the external examiner.

Paper will be set on the spot by the examiner.

Bachelor of Science (Home Science) Semester-VI
Session: 2024-25
Course Code: BHSM-6066
Applied Nutritional Biochemistry
(Theory)

COURSE OUTCOMES:

After passing this course the student will be able to:

CO1: Study about general metabolism of protein

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

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

CO4: Study the Water and electrolyte balance

Bachelor of Science (Home Science) Semester-VI
Session: 2024-25
Course Code: BHSM-6066
APPLIED NUTRITIONAL BIOCHEMISTRY
(Theory)

Time: 3Hrs **Max. Marks: 50**
Theory: 25
Practical: 15
CA:10

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.
Each question carries 5 marks.

SECTION-A

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

SECTION-B

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

SECTION-C

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

SECTION-D

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

Bachelor of Science (Home Science) Semester-VI
Session:2024-25
COURSE CODE: BHSM-6066
APPLIED NUTRITIONAL BIOCHEMISTRY
(Practical)

COURSE OUTCOMES:

After passing this course the student will be able to:

CO1: Perform Qualitative analysis of monosaccharide, disaccharide and polysaccharide.

CO2: Estimate Glucose Quantitatively

CO3: Test the reaction of protein fats and carbohydrate in bread, milk and egg.

Bachelor of Science (Home Science) Semester-VI
Session:2024-25
COURSE CODE: BHSM-6066
APPLIED NUTRITIONAL BIOCHEMISTRY
(Practical)

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

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.
4. Biochemical analysis of Urine Sample.

Paper will be set on the spot by the examiner.

Bachelor of Science (Home Science) Semester-VI

Session: 2024-25

APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
COURSE CODE: BHSM: 6487

(THEORY)

COURSE OUTCOMES

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

Bachelor of Science (Home Science) Semester-VI
Session : 2024-25
APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
COURSE CODE: BHSM: 6487
(THEORY)

Max. Time: 3 Hrs.

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

INSTRUCTIONS FOR THE PAPER SETTER.

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D).Questions of Sections A- D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 12 marks.

UNIT-I

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

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

UNIT-II

Sources of food contamination, food poisoning Symptoms & control.

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

UNIT-III

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

Beneficial effects of micro organism.

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

UNIT-IV

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

Reference Books:

1) Text Book of Zoology P.S. Dhami, Pardeep Publication. Food Microbiology Frazier, William C and West off Dannis C. Tata McGraw will Publish Company Ltd.

Bachelor of Science (Home Science) Semester-VI
Session: 2024-25

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 2024-25)
APPLIED ZOOLOGY AND FOOD MICROBIOLOGY
COURSE CODE: BHSM: 6487
(Practical)

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

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

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

POST GRADUATE DIPLOMA IN NUTRITION AND DIETETICS

(Semester: I & II)
(Under Continuous Evaluation System)
Session: 2024-25

The Heritage Institution
KANYA MAHA VIDYALAYA JALANDHAR
(Autonomous)

PROGRAMME SPECIFIC OUTCOMES OF POST GRADUATE DIPLOMA IN NUTRITION AND DIETITICS
(Session 2024-25)

PSO1. To recognize different systems including cardiovascular, urinary system, digestive system in our body.

PSO2. Work and communicate with people who are vulnerable those who are able to have food at proper time and educate them about malnutrition, nutrition and benefits of current nutrition programmes run by government.

PSO3. To understand the issues regarding meal planning in hospital , its organization , management , personal management , principle resources and equipments used in catering industry.

PSO4. To understand the industrial hygiene, environment, sanitation, public health and to control of infection in catering establishment. To gain knowledge about microbiology bacterial food poisoning and food preservation.

PSO5. To understand the basic principle of therapeutic diets, different types of diets to be given in different diseases.

PSO6. To understand the concept of social welfare, its agencies and institution involved in social welfare.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF ONE YEAR DIPLOMA PROGRAMME

Programme: Post Graduate Diploma in Nutrition and Dietetics

Credit Based Continuous Evaluation Grading System (CBCEGS)

(Session 2024-2025)

Semester-I										
Course Code	**Course Title**	**Course Type**	**Hours Per Week L-T-P**	**Credits L-T-P**	**Total Credits**	**Marks**				**Examination time (in Hours)**
						Total	**Th**	**P**	**CA**	
PNDL- 1281	Physiology	C	4-0-0	4-0-0	4	100	80	-	20	3
PNDL- 1282	Community Nutrition and Social Welfare	C	4-0-0	4-0-0	4	100	80	-	20	3
PNDL- 1283	Institutional Food Administration	C	4-0-0	4-0-0	4	100	80	-	20	3
PNDM - 1284	Nutritional Biochemistry	C	2-0-4	2-0-2	4	100	60	20	20	3+3
PNDP- 1285	Community Nutrition and Social Welfare (Practical)	C	0-0-6	0-0-3	3	75	-	60	15	3
PNDP- 1286	Institutional Food Administration (Practical)	C	0-0-6	0-0-3	3	75	-	60	15	3
PNDL- 1287	Basic Nutrition	D		-		40	40	-	-	3
TOTAL CREDITS					**22**	**550**				

C- Compulsory Course
D- Deficient Paper

Post Graduate Diploma in Nutrition and Dietetics Semester –I

(Session 2024-2025)

PHYSIOLOGY

(Theory)

COURSE CODE: PDNL – 1281

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge of cell structure and functions of inclusion bodies and to have the knowledge of structure and functions of blood and cardiovascular system.

CO2. To have the knowledge of structure and functions of renal and nervous system.

CO3. To develop the knowledge about digestive system, it's structure, function, digestion and absorption of carbohydrates, proteins and fats. To gain knowledge about respiratory system and it's functioning.

CO4. To develop the knowledge of structure and functioning of endocrine and reproductive systems

Post Graduate Diploma in Nutrition and Dietetics

Semester - I

(Session 2024-2025)

PHYSIOLOGY

(Theory)

COURSE CODE: PDNL - 1281

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

L-T-P **Theory:80**

4-0-0 **CA:20**

Instructions for the Paper Setter

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carry 16marks.

Unit I

1. Review of cell structure and functions of inclusion bodies.
2. Blood and Cardio Vascular System:
   - Composition of blood: haemoglobin, plasma, platelets and leucocytes
   - Erythropoiesis and coagulation of blood.
   - ABO blood group and Rh blood group.
   - Basic structure of heart, cardiac output.
   - Brief overview of cardiac cycle.
   - Blood pressure and factors affecting it
   - Hypertension
   - ECG

Unit II

3. Physiology of Kidneys:
   - Structure and function of kidney
   - Mechanism of urine formation.
   - Regulatory functions of the kidney.
   - Acid Base balance.
   - Role of kidney in homeostasis.
   - Role of kidney in regulation of body temperature.
4. Physiology of nervous system
   - Nervous System:
   - Structure and functions of nerve and receptor cells.
   - Transmission of nerve impulse
   - Synapse formation.
   - Autonomic Nervous System: Sympathetic and parasympathetic nervous system.
   - Concept of neurotransmitters.

- Acid Base balance.
- Role of kidney in homeostasis.
- Role of kidney in regulation of body temperature.

Unit III

5. Physiology of respiratory system
   - Structure of respiratory system.
   - Mechanism of respiration and its regulation.
   - Oxygen and carbon dioxide transport in blood.
   - Lung volume and capacity
6. Physiology of the digestive system:
   - Structure
   - Functions and regulation of the salivary glands, stomach, pancreas, liver and the intestines.
   - Mechanism of digestion and absorption of carbohydrates, proteins and fats.
   - Role of enzymes in digestion of carbohydrates, proteins and fats.

Unit IV

7. Physiology of endocrine glands:
   - Definition, functions and kinds of hormones.
   - Structure and functions of the following glands: Thyroid, parathyroid, adrenal, pancreas, pituitary and pineal gland.
8. Physiology of reproductive system
   - Structure & function of male and female sex glands and organs.
   - Ovarian and menstrual cycle.
   - Role of hormones in reproduction: FSH, LH, Estrogen, Progesterone, Testosterone and Human Chorionic Gonadotropic hormone(HCG).
   - Placenta.
   - Physiology of pregnancy, parturition, lactation and menopause.

References:

1. Bloom, W. And Fawceitt, D.W.A. Text Book of Histology W.B. Saunders of Company,1968.
2. Guyton, AC, Text Book of Medical Physiology W.B. Saunders &Company.
3. Strand, F.L. Modern Physiology. Macmillan Publication.
4. Davidson, B. And Smith E., Text Book of Physiology and Biochemistry,1970

Post Graduate Diploma in Nutrition and Dietetics

Semester – I

(Session 2024-2025)

COMMUNITY NUTRITION AND SOCIAL WELFARE

(Theory)

COURSE CODE: PNDL - 1282

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO.1 To develop the knowledge of major nutritional problems, factors affecting food consumption and mal-nutrition, measures to overcome malnutrition. To have the knowledge of Health care system.

CO.2 To have the knowledge of Inter-relationship between nutrition and infection, Loss of nutrients on contamination, Role of national and international agencies in food and nutrition activities, To understand about food adulteration, laws governing food standards and common methods to detect food adulteration.

CO.3 To develop the knowledge about nutritional assessment, Feeding programmes in the country, Nutritional education, it's importance, planning and implementation.

CO.4 To develop the knowledge of social welfare and social work, broad fields of social welfare and social welfare agencies involved in social welfare.

Post Graduate Diploma in Nutrition and Dietetics (Semester-I)
(Session 2024-2025)
COMMUNITY NUTRITION AND SOCIAL WELFARE
(Theory)
COURSE CODE: PNDL - 1282

Time:3 Hours **Max. Marks:100**
L-T-P **Theory: 80**
4-0-0 **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 syllabusrespectively. 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 16marks.

Unit I

1. Major Nutritional Problems. Economics of Nutrition.
2. Factors Affecting Food Consumption, Malnutrition.
   - Measures to overcome malnutrition. Application of basic principles of nutrition to improve the dietary practices of communities.
   - Nutrition adaptation.
3. Nutritional measures to overcome malnutrition:
   - Germination, Fortification, Supplementation
   - Enrichment, Parboiling
   - GM foods, Unconventional foods
   - Green revolution and white revolution.
4. Health care system:-Health care service providers (primary, secondary and tertiary system).

Unit II

5. Nutrition and infection.
6. Economic of sanitation of food nutrition – loss of food nutrients on contamination with chemical poisons, parasitic and microbial.
7. National and international organization engaged in foods and nutrition activities.
   (a) National: Role of voluntary agencies and state programmes, contribution of ministries of agriculture and health, ICMR, NIN, CSIR, CFTRI and ICAR.
   (b) International: FAO, WHO,UNICEF.
8. Food Adulteration:
   - Laws governing the food standards.
   - Common methods of detecting food adulteration at home
9. Food and nutrition security:
   - Concept of food security
   - Factors underlying food and nutrition security
   - Right to food act2009
   - Laws related to food safety – HACCP, FSSAI

Unit III

10. (a).Assessing the food and nutritional problems in the community. Methods for assessment of Direct Assessment: Clinical sign, nutritional anthropometry, biochemical tests, and biophysical methods.
    (b). Indirect Assessment: Vital statistics nutritionally relevant diseases, assessment of ecological survey, and technique of diet and nutrition survey.
11. Objectives and operations of feeding programmes in the country:-9th five year plan.
    - Pre-School feeding programme.
    - School lunch programmes.
12. Nutrition Education:
    - Study of existing daily dietary pattern in relation to socio-economic and Psychological aspects, importance of nutrition education for the community, technique, nutrition education through reading programmes.
    - Training workers in nutrition education and feeding integration of nutrition education with extension work.
    - Principles of planning, executing and evaluating the nutrition education programmes

Unit IV

13. Concept of Social Welfare:
    - Meaning, Importance.
    - Social welfare as distinguished from social work, social service, social reform and social action.

14. Broad fields of social welfare.

    - Family and child welfare
    - Medical and psychiatric welfare
    - Correctional service

15. Social welfare agencies and institutions involved in social welfare:
    - Social welfare administration
    - Functioning of central and state government.
    - Ministries and departments of social welfare
    - Trends in social welfare administration
    - Central social welfare board
    - Kasturba Gandhi National Memorial Trust

16. Social welfare agencies and institutions involved in social welfare:
    - Bhartiya Grameen Mahila Sangh
    - All India women's conference
    - Women's voluntary service
    - The All India Conference Of Social Work
    - The Home Science Association Of India
    - Local Organization – Official and non-official, involved in social welfare.

▪

Reference Books:

- Community Nutrition, Textbook of Public nutrition IGNOU
- Institutional Food Administration, Mohini Sethi
- Bloom, W. And Fawceitt, D.W.A. Text Book of Histology W.B. Saundersof Company,1968.
- 2. Guyton, AC, Text Book of Medical Physiology W.B. Saunders &Company.
- Clarke, Helen, Principles and Practices of Social work, Acolaton,Century-crofts, Ince, New York,1947.
- Young Husband, Eileon, Social work and Social Change, George Allan and Unwin

Ltd.,Ruskin House Museum Street, London,1964.

- Fariodlander, Walter, A Concept and Methods of Social Work, Prentice Hall ofIndia (Pvt).Ltd., New Delhi,1964.
- E. Wilson, Everett, E. and Convener, Merrill B. The Field of Social work, Henry Holt and Company, New York,1958.
- Nagpaul, Hans, The study of India society, Sociological Analysis of Social Welfare and Social Work Education, S. Chand and Co. Pvt. Ltd., New Delhi

Post Graduate Diploma in Nutrition and Dietetics

(Semester-I)

(Session 2024-2025)

INSTITUTIONAL FOOD ADMINISTRATION

(Theory)
COURSE CODE: PNDL - 1283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To review different types of institutional food services, their operations-commercial and non-commercial, Theories of organization , Personnel management.
CO2. To develop the knowledge about staff employment, training, development and employees benefits.
CO3. To impart knowledge about food cost analysis – pricing, accountancy, books of account, Principal resources and Financial management.
CO4. Physical plan of kitchen unit, storage unit, service unit, dish washing, Catering equipments and their maintenance.

Post Graduate Diploma in Nutrition and Dietetics (Semester -I)
(Session 2024-2025)
INSTITUTIONAL FOOD ADMINISTRATION
(Theory)
COURSE CODE: PNDL - 1283

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

L-T-P **Theory: 80**

4-0-0 **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 syllabusrespectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question fromeach section.
- The fifth question may be attempted from any Section**.**
- Each question carry 16marks.

Unit I

1. Meal Planning in Institution**:** Basic factors in institutional meal planning.
   - Menu types of service portion control.
   - Maintenance of standard serving methods
   - Techniques of preparation of food in large quantity,
   - Food habits, food costs, maintenance, use of waste foods.
   - Standardization of common food preparation

2. Organization: Theories of organization, different types.
   - Commercial and Non Commercial Institutions.
3. Personnel Management:
   - Definition and scope
   - Approaches: Autocratic, Bureaucratic, Democratic, Scientific, and Technological
   - Personnel policies
   - Functions of a personnel manager

Unit II

4. Staff training and development
   - Training: Definition, Importance
   - Staff development: Principles, Process.

5. Staff employment:
   - Advertising
   - Recruiting: Process and sources-Internal and External
   - Selecting: Interview, tests
   - Employment and wages
   - Orientation: Importance, Types: Formal, Informal.

6. Employee benefits:
   - Physical needs
   - Physiological needs
   - Social- psychological needs
   - Principles of employee benefits
   - Employee welfare schemes in India

Unit III

7. Food cost analysis
    - Pricing: Definition, factors affecting pricing
    - Basic concepts in accountancy: Cash memo, Receipt, Pay-in-slip, Cheques, Vouchers

    Books of Account: Journal, Sales Return Book, Purchases Return Book, SalesBook, Purchase Book, Cash Book, Ledger

8. Principal Resources: Money – use of money, factors affecting cost control – cost concepts, types, element. Importance of cost control, methods of purchasing and requisition and inventory. Use of ledgers and basic knowledge of trading (profit and loss account and balance sheet).

9. Financial management:
    - Importance of Financial Management in a food based enterprise
    - Budgets and Budgeting process
    - Costing: Concept, Types, Control
    - Records: Menu, Purchase, Store, Production, Sales, Personnel, Utilities
    - Cost analysis: Concept of Trial Balance, Profit and Loss Account, Balance sheet

Unit IV

10. Physical Plant**:** Location floor plans space allowances, kitchen unit, storageunits, serving unit and dish washing etc. work simplification.
11. Catering equipment:
    - Types of Equipment
    - Factors affecting selection of Equipments
    - Equipment design, installation and operation
    - Care and maintenance of Equipments.

References

- Nutrition in India – Patwardhan V.N.
- Nutrition and physical fitness – Bougert L.J.
- Nutrition evaluation of food processing, Roberts Haris, John Wiley and Sons, New Yorkand London.
- Community Nutrition, Textbook of Public nutrition IGNOU
- Institutional Food Administration, Mohini Sethi

Post Graduate Diploma in Nutrition and Dietetics (Semester-I)

(Session: 2024-2025)

NUTRITIONAL BIOCHEMISTRY

COURSE CODE: PNDM – 1284

COURSE OUTCOMES:

CO (1): To Understand the knowledge of Classification and properties of bio molecules.

CO (2): To Understand the concept of Intermediary Metabolism of Carbohydrates, Proteins and lipids

CO (3): To review the knowledge of Enzymes, Hormones and Inborn errors of metabolism.

CO (4): to Understand the Concept of Vitamins, Minerals and Antioxidant

Post Graduate Diploma in Nutrition and Dietetics (Semester-I)

(Session: 2024-2025)

NUTRITIONAL BIOCHEMISTRY

(Theory)

COURSE CODE: PNDM - 1284

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

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

2-0-2 | **Practical: 20**

CA: 20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section**.**
- Each question carry 1 mark.

Unit I

1 Classification and properties of bio molecules:

- Carbohydrates- Classification and importance of Monosaccharides, Disaccharides and Polysaccharides (without structures)
- Classification of lipids (without structures)
- Classification of amino acids and proteins- Essential and non-essential amino acids (without structures)

Unit II

2. Intermediary Metabolism: Overview (no structures)

- Carbohydrates- Glycolysis, Gluconeogenesis, TCA cycle, Blood sugar regulation
- Proteins- Urea cycle
- Lipids- β-oxidation and de novo synthesis of fatty acids, ketone bodies

Unit III

3. Enzymes:

- Definition and classification of enzymes; Coenzymes
- Factors affecting enzyme catalysis

4. Hormones:

- Introduction to hormones
- Mechanism of hormone action; Biological role of Insulin and Glucagon

5. Inborn errors of metabolism

Unit IV

6. Vitamins: Vitamins- Biochemical role

- Fat soluble vitamins – A, D, E & K
- Water soluble vitamins– (B1 and B2 only) and C

7. Minerals (elementary aspects):

- Macro minerals– Calcium, Sodium, Potassium, Magnesium
- Microminerals– Iron, Copper, Zinc, Iodine.

8. Antioxidants

References:

- Textbook of Biochemistry IGNOU

- Berg JM, Tymoczko JL and Stryer L. (2002) Biochemistry 5th ed. W.H. Freeman.
- West ES, Todd WR, Mason HS and Van Bruggen JT: Textbook of Biochemistry, 4th Ed. Amerind Publishing Co. Pvt. Ltd.
- Murray RK, Granner DK, Mayes PA and Rodwell VW, (2003) Harper's Illustrated biochemistry, 26th ed. McGraw-Hill(Asia).
- Nelson DL and Cox MM. (2005) Principles of Biochemistry, 4th ed. Freeman and Company.
- Voet D and Voet JG. (2004) Biochemistry 3rd ed. John Wiley and Sons.
- Principles of Biochemistry by Lehninger
- Biochemistry by U. Satyanarayana and U. Chakrapani

Post Graduate Diploma in Nutrition and Dietetics
(Semester-I)
(Session: 2024-2025)
NUTRITIONAL BIOCHEMISTRY
(Practical)
COURSE CODE: PNDM – 1284

COURSE OUTCOMES:

CO (1): Qualitative analysis of monosaccharide, disaccharide and polysaccharide. CO (2):

Quantitative estimation of glucose.

CO (3): To test the reaction of protein fats and carbohydrate in bread, milk and egg.

Post Graduate Diploma in Nutrition and Dietetics (Semester-I)

(Session: 2024-2025)

NUTRITIONAL BIOCHEMISTRY

(Practical)

COURSE CODE: PNDM-1284

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

CONTENTS:

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.

Post Graduate Diploma in Nutrition and Dietetics
(Semester-I)

(Session: 2024-2025)

COMMUNITY NUTRITION AND SOCIAL WELFARE
(Practical)
COURSE CODE: PNDP-1285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To understand the planning and conducting nutrition education programmes.
CO2. To develop the knowledge about standardization of cheap nutritious recipes using food suitable for vulnerable groups.
CO3. To enable them to conduct survey regarding vulnerable groups.
CO4. To understand the preparation of teaching aids for imparting nutrition education programmes.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-I)

(Session: 2024-2025)

COMMUNITY NUTRITION AND SOCIAL WELFARE

(Practical)

COURSE CODE: PNDP-1285

Time:3 Hours **Max. Marks:75**

L-T-P **Practical: 60**

0-0-6 **CA: 15**

Contents:

1. Planning and conducting nutrition education programmes (Project).
2. Evolving and standardization of cheap, nutrition recipes using various food suitable for vulnerable groups.
3. Surveys (class project).
4. Preparation and use of projected and non-projected teaching aids for impartingnutrition Education programmes.

Books Recommended:

1. Biology of Nutrition – Elements 1972, Plenium Press.
2. Applied Nutrition – Rajalakshmi R.
3. Nutrition in India – Patwardha V.N.
4. Nutrition and physical fitness – Bougert L.J.
5. Nutrition evaluation of food processing, Roberts Haris, John Wiley and Sons, New Yorkand London.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-I)

(Session: 2024-2025)

INSTITUTIONAL FOOD ADMINISTRATION

(Practical)

COURSE CODE: PNDP-1286

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To gain knowledge about preparation of recipes suitable for a cafeteria.
CO2. To develop the knowledge about standardization and cost calculations of recipes selected for cafeterias
CO3. To enable them to display the various dishes.
CO4. To enhance the supervising quality of students in which they have to plan the cafeterias and calculate the cost involved in the preparation of the dish.

Post Graduate Diploma in Nutrition and Dietetics (Semester-I)

(Session: 2024-2025)

INSTITUTIONAL FOOD ADMINISTRATION

(Practical)

COURSE CODE: PNDP-1286

Time:3 Hrs. **Marks:75**

L-T-P **Practical:60**

0-0-6 **CA:15**

Contents:

i. Preparation of recipes suitable for Cafeteria.
ii. Standardization and Cost calculation of recipes selected for Cafeteria.
iii. Each student will run a Cafeteria and perform assigned duty in each cafeteria that will be evaluated. Manager will submit a report of each cafeteria.

Note: There will be no external exam. Each cafeteria and duties performed by students and reports submitted by them to the teacher will carry marks and the marks will be sent by concerned teacher.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-I)

(Session: 2024-2025)

BASIC NUTRITION

COURSE CODE: PNDL-1287

COURSE OUTCOMES

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

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

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

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

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

Post Graduate Diploma in Nutrition and Dietetics (Semester-I)

(Session: 2024-2025)

BASIC NUTRITION

CODE: PNDL-1287

Time:3 Hrs. **Marks: 40**

Instructions for the Paper Setter:

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

Contents

Unit I

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

Brief introduction of food commodities, their types, selection.

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

Unit II

Food Preparation

Basic terminology used in Cooking.

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

Effect of cooking on nutritive value of food.

Unit III

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

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

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

Unit IV

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

Factors affecting energy requirement

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

References:

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

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF ONE YEAR DIPLOMA PROGRAMME
Programme: Post Graduate Diploma in Nutrition and Dietetics

Credit Based Continuous Evaluation Grading System (CBCEGS)
(Session: 2024-2025)

Semester-II										
Course Code	**Course Title**	**Course Type**	**Hours Per Week L-T-P**	**Credits L-T-P**	**Total Credits**	**Marks**				**Examination time (in Hours)**
						Total	**Th**	**P**	**CA**	
PNDL- 2281	Hygiene and Food Microbiology	C	3-0-0	3-0-0	3	75	60	-	15	3
PNDL-2282	Diet Therapy and Applied Nutrition	C	3-0-0	3-0-0	3	75	60	-	15	3
PNDL - 2283	Nutritional Science	C	3-0-0	3-0-0	3	75	60	-	15	3
PNDM-2284	Principles of Food Science	C	2-0-4	2-0-2	4	100	60	20	20	3+3
PNDP- 2285	Diet Therapy and Applied Nutrition (Practical)	C	0-0-4	0-0-2	2	50	-	40	10	3
PNDP –2286	Entrepreneurship And Diet Counselling	C	0-0-4	0-0-2	2	50	-	40	10	3
PNDI-2287	Internship and Report Writing	C	3 Months	0-0-8	8	100	-	100	-	-
PNDM-2288	Meal Management	D				100	60	40	-	3+3
TOTAL CREDITS				25		**525**				

C- Compulsory Course
D- Deficient Paper

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)
Hygiene and Food Microbiology
COURSE CODE: PNDL-2281

COURSE OUTCOME
Upon Completion of this Course the student should be able to

CO1. To knowledge about brief introduction to industrial hygiene, sanitation, public health, types of disinfection and different surfaces and materials.

CO2. To knowledge about brief history of microbiology and sub discipline of microbiology.

CO3. To develop the knowledge about harmful bacteria, methods of transmission and anti microbiology agents : antibiotics, germicides.

CO4. To understand the knowledge about types of food spoilage, food preservation, food additives and food packaging.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-II) (Session: 2024-2025)

Hygiene and Food Microbiology

COURSE CODE: PNDL-2281

Time:3 Hrs. **Max. Marks:75**
4Hrs/Week **Theory:60**
L-T-P **CA: 15**
3-0-0

Instructions for the Paper Setter

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

UNIT-I

1. **Hygiene:** A brief introduction to industrial hygiene, environment, sanitation and public health.
2. Hygiene
   a) Personal hygiene
   b) Procedure of hand hygiene
   c) Food hygiene (purchasing, preparation ,cooking and serving).
3. Control of infection in catering establishment.
   (a) Immunity types and their effect.
   (b) Disinfecting types of disinfection – Concurrent and terminal : methods of disinfection and different surfaces and materials – floor, walls, utensils, crockery, cutlery, clothing, wedding rooms, water closets, physical, chemical and mechanical methods.

UNIT-II

Microbiology:

1. Discovery and brief history of microbiology, sub disciplines of microbiology.
2. Ant microbiology Agents: Antibiotics, germicides, antiseptics, qualification of antimicrobial action.
3. Food hazard of microbial origin and occurrence and growth of micro organism in food

UNIT-III

4. Sources of harmful bacteria and their methods of transmission.
   (a) Bacterial food poisoning characteristics of bacteria, sources of infection in susceptible, food, sign and symptoms of the following:-Salmonella FP, Staphylococcal FP, Clostridium perfringes FP, Clostridium botulinum FP
   (b) Micro-organisms used in food biotechnology. Prebiotics and Probiotics.
5. Food contaminants: - naturally occurring toxicants, environmental contaminants and miscellaneous contaminants.

UNIT-IV

6. General types of food spoilage and food preservation according to following food groups:-
   - Cereal And Pulses
   - Milk And Meat Products
   - Fruits And Vegetables
7. (a)Food additives: classification , functional role and safety issues
   (c) Food packaging , concepts significance and functions , classification of packaging material and packaging methods.

References:

- Food Microbiology – William c .Frazier
  Microbiology –pelzar.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)
Diet Therapy and Applied Nutrition
COURSE CODE: PNDL- 2282

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about the principles of therapeutic diets, drug nutrient interaction, diet in fevers, under and over nutrition.

CO2.To understand the nutrition in gastro- intestinal disorders, liver, gallbladder and pancreatic diseases.

CO3. To gain knowledge about dietary management in kidney diseases, organ transplant, cardiovascular diseases, and allergies.

CO4. To gain knowledge about diabetes, it's dietary management, cancer and it's dietary management, AIDS and it's nutritional management, skin diseases and role of diet in its management, PCOS and its nutritional management.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-II) (Session:

2024-2025)

Diet Therapy and Applied Nutrition
COURSE CODE: PNDL- 2282
(Theory)

Time:3 Hrs. **Max. Marks:75**
L-T-P **Theory: 60**
3-0-0 **CA: 15**

Instructions for the Paper Setter

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

UNIT -I

Drug – Nutrient interaction.

1. Principles of therapeutic diets.
   (a) Introduction – Intravenous feeding, soft, liquid and post operative feedings. Modifications of Diet. Surgical conditions.
   (b) Diets in Fever and Infections–Types, metabolism in fevers, general dietary considerations. Diet in Typhoid, Tuberculosis
   (c) Calories – Under nutrition, over nutrition.

UNIT-II

Gastro intestinal diseases – Peptic ulcer spastic and atonic constipation, diarrhea, Ulcerative colitis–symptoms and dietary treatment, Sprue-coeliac diseases, Lactose intolerance dietary treatment and Crohn disease.
Liver disease – jaundice, cirrhosis and hepatic coma, gall bladder disease (cholecystitis and cholelithiasis, and pancreatitis)
Chronic disorder like gout.

UNIT-III

Kidney disease – Nephritis, nephrotic syndrome acute and chronic renal failure, Urinary calculi kidney failure and Diet for Dialysis and non dialysis patient. Nutritional requirement during ESRD, Renal transplant.
Organ transplant

Cardiovascular disease – Hypertension and heart disease (Artherosclerosis, Hyperlipidemia)
Elimination diets in allergy.

UNIT-IV

Introduction to Diabetes: Definition of diabetes, Types of diabetes –Type 1, Type II, Prediabetes, Gestational Diabetes. Risk factors for diabetes: primary and secondary risk factors
Causes and symptoms of diabetes Insulin and its Types.
Treatment plan for diabetes patient
Nutrition in Cancer.
Nutrition in AIDS
Nutrition and skin diseases.
PCOS and its dietary management

References:

(i) Davidson and Passmor – Human Nutrition and Dietetics.
(ii) Whole and Good Heart – Modern Nutrition in Health and Disease.
(iii) Cooper, Barber and Micholl – Nutrition in health and disease.
(iv) Anita – Nutrition in health and disease.

Post Graduate Diploma in Nutrition and Dietetics
(Semester-II) (Session: 2024-2025)

Nutritional Science

COURSE CODE: PNDL- 2283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To gain knowledge about nutritional science, RDA and science behind carbohydrates, lipids and dietary fibers.

CO2. To understand the concept about energy balance, proteins, calcium, phosphorus and iron.

CO3. To gain the knowledge about role, functions digestion absorption and utilization of iodine, copper, zinc, fluorine and fat soluble vitamins.

CO4. To understand the role of water and anti oxidants in human body.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)
Nutritional Science
COURSE CODE: PNDL- 2283

Time:3 Hrs. **Max. Marks:75**
L-T-P **Theory: 60**
3-0-0 **CA: 15**

Instructions for the Paper Setter

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

CONTENTS:

Unit I

1. Introduction ofNutrition Science
2. RDA: Factor Effecting RDA, Determination of RDA of Different Nutrients , General Principal Of Driving RDA , Requirement Of RDA, References Men And women, Indian standards of height and weight.
3. CHO : Classifications , function , digestion , absorption , glycemic index , metabolism , maintenance of blood glucose levels , rapidly available glucose values, RDA,sources.
4. Components of dietary fiber, physiological and metabolic effect, role of fiber in prevention of disease ,RDA, sources , understanding nutritional labeling of fiber
5. Lipids :classification , chemical composition fats in the body fats in the foods , functions, digestion and absorption , transport and metabolism , essential fatty acid , RDA,sources , dietary fats and coronary heart disease

Unit II

6. Energy balance : units , direct and indirect calorimeter extermination of energy value of foods , total energy requirement , measuring total energy requirement , resting energy expenditure , factor effecting physical activity , factor effecting basal metabolic rate , factor effecting thermic effect of food , RDA sources
7. Protein : chemical composition , properties, classification of proteins ,nutritional classification of amino acids, functions digestion and absorption , metabolism , quality of proteins , protein digestibility corrected amino acid score , complementary value of proteins, requirements , RDA sources
8. Microminerals;
   Calcium functions absorptions metabolism ,osteoporoses , reproductive status, hypocalcaemia, pre menstrual syndrome , high blood pressure colon cancer hypercalemia , RDA , sources , phosphorous , function , adsorption and metabolism and deficiency , RDA , calcium phosphorus ration, sources , magnesium , summery of some macro mineral
9. Micromineral

Iron distribution functions absorption and metabolism factors effecting absorption of non - hyme iron overload requirement, RDA , sources , nutritional anemia prevalence , iron deficiency anemia bio nutrition

Unit III

10. Iodine functions absorption and metabolism , RDA , sources , iodine deficiency disease, incidence , etiology , the spectrum of iodine deficiency disorder, etiology.
11. Copper, fluorine , zinc and chromium
12. Fat soluble vitamin : functions, conversion factors , absorption , transport and metabolism , carotene , RDA, sources
13. Vitamin – A deficiency disorders: epidemiology, etiology, level of vitamin A status, clinical features, evaluation of vitamin a status, treatment and prevention.
14. Fat soluble vitamin – E, D, and K : deficiency

Unit IV

15. Water soluble vitamin : thiamine, riboflavin and niacin , pharmacological usesof thiamine , drug induced pellagra
16. Water soluble vitamin : folic acid and vitamin b 12 , megaloblastic anemia and folic acid andb 12 deficiency , prevention of anemia
17. Water soluble vitamin : vit B6, pentatonic acid, biotin and vitamins c , role of b vitamin in energy metabolism , vit C and disease , vitamin like substance
18. Water and electrolyte balance : distribution of water and electrolyte , functions , requirement , sources water balance , electrolyte balance , water depletion , water excess, edema , requirement of salt.
19. Antioxidants : sources of free radicals and reactive oxygen and species , disease processby free radicals and reactive oxygen species , antioxidants defense system , antioxidant and disease , requirement and sources.

References:

- Textbook of nutritional Science, IGNOU
- Nutrition Science, B. SriLakshmi
- Food and Nutritional Science, PoojaVerma
- Food and Nutrition, Dr. MSwaminathan

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)

PRINCIPLES OF FOOD SCIENCE

COURSE CODE: PNDM- 2284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To knowledge about principles of food science.

CO2. To develop the knowledge about starchy food, flours, fats and oils.

CO3. To develop the knowledge about meat structure, egg, milk and milk products.

CO4. To develop the knowledge about pulses, legumes, fruits and vegetables.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-II) (Session: 2024-2025)

Principles of Food Science
Course Code: PNDM- 2284

Time:3 Hrs. **Max. Marks:100**
L-T-P **Theory:60**
2-0-1 **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 exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section**.**

CONTENT:

Unit I

Relation of cookery to colloidal chemistry
Definition of colloidal system, hydrophobic and hydrophilic colloids, stabilization of colloidal properties, surface tension, adsorption, foam formation, Rheology gel formation and emulsion
Methods of cooking and effect of cooking and processing on digestibility and nutritive value of foods Sugar cookery- sources, uses and properties crystallization of sugar, caramelization.

Unit II

Starchy cookery –sources and uses of starch, gelatinization
Flours - composition and baking qualities, batters and dough, leavening agents. Cooking and parboiling of rice
Fats and oils; - sources and extraction of edible oils and fats, changes in fats during storage and cooking, uses of fats.

Unit III

Meat structure, constituents of meat, post mortem changes, methods of cooking and changes in meat during cooking, tenderness, and juiciness
Egg; - structure, composition and selection coagulation of egg protein, eggs cooked in shells and parched eggs.
Milk and milk products; - composition and constituents of milk, coagulation of milk protein, curd cream, butter and cheese

Unit IV

Pulses and legumes, composition, method of processing and cooking, effect of processing such as, roasting, parching, soaking, germination and fermentation
Fruits and vegetables ;- structure , texture, pigments and acid and fruits and vegetables, browning reactions , pectin's substances theory of pectin gel formation, testing of pectin factors effecting gel formation

References:

- Food Science, B.Srilakshmi
- Food Science, Sumati R. Mudambi, Shalini M.Rao
- Food Microbiology, William C. Frazier

Post Graduate Diploma in Nutrition and Dietetics

(Semester-II)

(Session: 2024-2025)

Principles of Food Science

(Practical)

COURSE CODE: PNDM- 2284

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To knowledge about evaluation of food grains.

CO2. To develop the knowledge about chemistry of cereals.

CO3. To develop the knowledge about chemistry of colloidal particles.

CO4. To develop the knowledge about food colours, preservation of food and new product development.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-II) (Session: 2024-2025)

Principles of Food Science

(Practical)

COURSE CODE: PNDM- 2284

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

Contents:

- Evaluation of Food grains for their physical appearance
- Experiment on the chemistry of cereals
- Evaluation of milk samples
- Chemistry of colloidal particles
- Food colors
- Preservation of food
- Honey, fats and oil
- New product development.

Post Graduate Diploma in Nutrition and Dietetics
Semester II

(Session: 2024-2025)
Diet Therapy and Applied Nutrition
(Practical)
Course Code:PNDP-2285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about planning, preparation and serving diets for all the conditions.
CO2. To understand the functioning of hospital in patient care and planning diets for different patients.
CO3. To learn the concept of preparing innovative recipes for therapeutic conditions.
CO4. To carry out survey on different diseases and prepare a survey report.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)
Diet Therapy and Applied Nutrition (Practical)
Course Code: PNDP-2285

Time:3 Hrs **Marks:50**
L-T-P **Practical: 40**
0-0-2 **CA: 10**

1. As related to theory planning preparation and serving diets for all the conditions mentioned in the theory keeping in mind the economic, regional and cultural factors. Family nutrition counseling.
2. Students are required to undergo 3 months training in a multispecialty hospital certificate tobe obtained from the hospital.
3. Innovation of at least 2 recipes for therapeutic conditions e.g. diabetes, hypertension etc.
4. Based on diet therapy theory, survey to be conducted on patients. Survey report has to be presented.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)

Entrepreneurship and Diet Counseling (Practical)
Course Code: PNDP-2286

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To understand the concept of diet counseling and functioning of a diet clinic.
CO2. To gain knowledge about nutrient calculating software and its application in practice.
CO3. To develop knowledge about case presentation.
CO4. To learn about recent advances in the fields of nutrition and case presentation.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)
Entrepreneurship and Diet Counseling (Practical)
Course Code: PNDP-2286

Time:3 Hrs. **Max. Marks:50**
L-T-P **Practical: 40**
0-0-2 **CA: 10**

- Operation of diet clinic and diet counseling
- Computer application in use of nutrition related to software:
- Diet cal
- Online software
- Report and presentations of case study
- Seminars will be based on the topics covering recent advances in the field ofnutrition, community nutrition, Public health and allied areas
- Reports on visits to food industry.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)

Internship

Course Code: PNDI -2287

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

L-T-P
0-8-0

- Internship of any of the multi-specialty Hospital for a minimum period of 3 months in Dietetics Department.
- Prepare a report file based on the Internship.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)

Meal Management

(Theory)

Course Code: PNDM: 2288

COURSE OUTCOME:-

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

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

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

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

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)
Meal Management
Course Code: PNDM -2288

Time:3 Hrs. **Max. Marks:100**
Theory: 60
Practical:40

Instructions for the Paper Setter

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

Content:

Unit-I

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

Unit-II

Meal planning: Introduction and Principles of Meal planning.

Unit-III

1. Physiological changes and nutritional requirement during pregnancy and lactation.
2. Growth & development and nutritional requirement during infancy breast feeding /vs bottle feeding and weaning.

Unit IV

3. Growth development, food habits and nutritional requirement of preschoolers, schoolgoing children & adolescent boy and girl.
4. Nutritional requirement for adult male & female, Sedentary, moderate & heavy worker.
5. Physiological changes during old age and meeting their nutritional requirements.

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. app C-1985 4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons.1979.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2024-2025)
Meal Management (Practical)

Course Code: PNDM -2288

COURSE OUTCOME:

CO (1): To understand the concept of Standardize Proportion Size.
CO (2): To discuss meal planning and nutritional requirements of men and women with different conditions
CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.
CO (4): To understand the nutritional requirement during infancy with their Calculations.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-II) (Session: 2024-2025)

Meal Management

Course Code: PNDM -2288

Time:3 Hrs. **Practical:40**

Note:

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

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

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

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

(a) Infancy-Weaning foods

(b) pre-schooler

(c) school going child.

(d) adolescent girl and boy

(e) adult male and female(sedentary moderate and heavy worker)

(f) Pregnant and lactating Women

(g) Geriatric

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS OF

Bachelor of Arts

(Under NEP -2020)

(Semester I-II)

(Under Credit based Continuous Evaluation System)

Session: 2024-25

The Heritage Institution

KANYA MAHA VIDYALAYA 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 ARTS (Honours)

(Session: 2024-2025)

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		
BARM 1284	Home Science (Family Resource Management and Hygiene)	E	4-0-2	4-0-1	5	100	60	20	20	3+3

E- ELECTIVE

Bachelor of Arts (Honours) (Session: 2024-2025)

(Theory)

SEMESTER–I

HOME SCIENCE (FAMILY RESOURCE MANAGEMENT AND HYGIENE)
COURSE CODE: BARM-1284

COURSE OUTCOMES

CO(1) To develop knowledge about functions of home, selection of site and renting v/s owning the house.
CO(2) To develop knowledge about elements and principles of art.
CO(3) To develop knowledge about hygiene, immunity and various diseases spread by food, water, insects and physical contact.
CO(4) To develop knowledge about hygiene during purchasing, preparation and serving of food.

Bachelor of Arts (Honours) (Session: 2024-2025)

SEMESTER–I

HOME SCIENCE (FAMILY RESOURCE MANAGEMENT AND HYGIENE)
COURSE CODE: BARM-1284

Time: 3 Hours **Max. Marks: 100**
L-T-P **Theory Marks: 60**
4-0-1 **Practical Marks: 20**
CA: 20

Instructions for the Paper Setter: Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section. Each question is of 12 marks.

CONTENT

Unit–I

- Home **:** Meaning and importance of Home Science
- Functions of Home: Renting v/s owning
- Selection of site, soil, locality for a house
- Principles of planning a house, orientation aspect, prospect, privacy, roominess, grouping, flexibility, circulation, sanitation, furniture requirement and practical considerations.

Unit –II

- Elements of Art: line, form, shape, texture, size.
- Principles of Art in relation to interior decoration, Harmony, Balance, Rhythm, Proportion and Emphasis.
- Color
  a) Characteristic of color
  b) Color wheel
  c) Color schemes
  d) Use of color in Int. Decoration for various rooms.

Unit –III

- Hygiene
  a) Definition of hygiene.
  b) Definition of infection, sources, carrier and control.
  c) Definition and types of Immunity
- Causes and Spread of following Diseases
  a) Caused by insects–malaria, dengue.
  b) Conveyed by ingestion–Enteric fever, Jaundice, Dysentery, and Diarrhoea.
  c) Spread by droplet infection, chicken pox, measles, and mumps, tuberculosis.
  d) Sexually transmitted diseases–AIDS.

Unit–IV

- Food Hygiene
  a) Food Hygiene – Definition
  b) Hygiene during preparation, service and storage of food.
  c) Food poisoning, causes and prevention.
  d) Purification and storage of Water for home.

Book References:

- Family Resource Management & Health Science by Dr. Rajwinder K. Randhawa.
- Family Resource Management by Dr. Sushma Gupta, Amita Aggarwal, Neeru Garg.
- Textbook of Home Science by Mrs. Harinderpal Kaur , Mrs. Sudesh Sehgal(AP Publishers)

Bachelor of Arts (Honours) (Session: 2024-2025)

SEMESTER–I

HOME SCIENCE (FAMILY RESOURCE MANAGEMENT AND HYGIENE)
COURSE CODE: BARM-1284

(Practical)

COURSE OUTCOMES

Co (1) - To enable them clean and unpolished households metals

Co (2) - To enable them to use color schemes for preparing texture sheets.

CO (3) - To Give Practical knowledge about floor decoration of alpana, rangoli for different occasions.

Bachelor of Arts (Honours) (Session: 2024-2025)

SEMESTER–I

HOME SCIENCE (FAMILY RESOURCE MANAGEMENT AND HYGIENE)
COURSE CODE: BARM-1284

(Practical)

Time: 3 Hours **Marks:20**

- Cleaning & polishing of household metals, brass, copper, silver, gold, aluminum, iron, steel, non stick pans, plastic.
- Color Wheel.
- Color Schemes– Monochromatic, Analogous, Complementary. Prepare any five texture sheets using Fevicol, Spray, Stencil, Thread, Pulling, Crayons marbling etc.
- Floor decoration of Alpana & Rangoli for different Occasions.

Instruction for the practical examiner:

There will be three questions from the following topics:

Cleaning of metal.

Color schemes/textured sheet.

Rangoli/alpana

File and viva

Note: One Practical group will consist of 15 students.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATION OF THREE YEAR DEGREE PROGRAMME

Credit Based Continuous Evaluation Grading System

Bachelor of Arts (Honours)

(Session: 2024-2025)

Semester - II

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		
BARM 2284	Home Science (Family Resource Management and Physiology)	E	4-0-2	4-0-1	5	100	60	20	20	3+3

E-Elective

Bachelor of Arts (Honours) (Session: 2024-2025)

SEMESTER-II

Home Science (FAMILY RESOURCE MANAGEMENT AND PHYSIOLOGY)

(THEORY)

COURSE CODE: BARM-2284

COURSE OUTCOMES

Upon completion of this course the student should be able to

CO (1) – To understand the steps involved in management process, furniture and flower arrangement.

CO (2) – To develop knowledge about time, money and energy management.

CO (3) – To develop understanding about digestive system its structure and working.

CO (4) – To develop understanding about the structure and functions of lungs, kidney and skin.

Bachelor of Arts (Honours) (Session: 2024-2025)

SEMESTER-II

Home Science (FAMILY RESOURCE MANAGEMENT AND PHYSIOLOGY)

(THEORY)

COURSE CODE: BARM-2284

Time: 3 Hours **Max. Marks: 100**
L-T-P **Theory Marks: 60**
4-0-1 **Practical Marks: 20**
CA: 20

INSTRUCTIONS FOR THE PAPER SETTER

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section. Each question carry 12 marks.

CONTENTS

Unit - I

Meaning & Definition of Home Management. Steps in management process
Furniture: Basic considerations while selection of furniture.
Flower Arrangement: Types, Essential equipment used in flower arrangement, Selection of material, Application of elements and principles of Art in Flower Arrangement

Unit - II

Resources: Classification of resources, Human & Nonhuman, Factors affecting the use of resources.
Money Management: Types of income, Budget, its advantages and limitations. Planning of Budget. Means of supplementing family income.
Time: Steps in making plans, tools in time management—peak loads, work curves, rest periods.
Energy Management:

- Introduction
- Fatigue—types causes and effects of fatigue
- Principles of work simplification

Unit-III

Organs of digestive system
Process of Digestion
Digestive System: Structure and functions of the alimentary canal.

Unit-IV

Structure and functions of skin
Parts of respiratory system and mechanism of respiration
Structure and Functions ok Kidneys and Nephrons

Bachelor of Arts (Honours) (Session: 2024-2025)

SEMESTER-II

Home Science (FAMILY RESOURCE MANAGEMENT AND PHYSIOLOGY)

COURSE CODE: BARM-2284

(PRACTICAL)

COURSE OUTCOMES

CO (1) - To demonstrate the working and cleaning of household equipments

CO (2) - To arrange (flowers fresh and dry) according to the principles and elements of design

CO (3) - To develop artistic techniques in glass, pot paintings and utility articles

Bachelor of Arts (Honours) (Session: 2024-2025)

SEMESTER-II

Home Science (FAMILY RESOURCE MANAGEMENT AND PHYSIOLOGY)

COURSE CODE: BARM-2284

(PRACTICAL)

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

1. Cleaning of window pane, Refrigerator, Food Processor, Microwave, and Gas Burner, cooking range.
2. Flower Arrangements– Fresh & DryArrangement.
3. Table Manners, Table setting and NapkinFolding.
4. Craft workshop – Glass Painting, pot painting, utility article like bag, magazine holder pot holder etc.
5. To prepare any article using the above techniques.

Instructions for the Practical Examiner:

There will be 2 questions from the following topics:

a. Fresh flower arrangement

b. Preparation of utility/decorative article

c. Files and schemes

d. Viva

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS OF

Bachelor of Arts

(Semester III-IV)

(Under Credit based Continuous Evaluation System)

Session: 2024-25

The Heritage Institution

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SCHEME AND CURRICULUM OF EXAMINATION OF THREE YEAR DEGREE PROGRAMME

Credit Based Continuous Evaluation Grading System

BACHELOR OF ARTS

(Session: 2024-2025)

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		
BARM 3284	Home Science (Clothing Textiles -I)	E	4-0-2	4-0-1	5	100	60	20	20	3+3

E-Elective

Bachelor of Arts

SEMESTER–III

(SESSION: 2024-2025)

Home Science (CLOTHING TEXTILES –I)

(THEORY)

COURSE CODE: BARM-3284

COURSE OUTCOMES

CO (1): To gain an insight regarding different supplies and equipment used in clothing.

CO (2): To study the technique of anthropology and different methods of

developing a design such as drafting, pattern making and draping.

CO (3): To learn about classification of textile fibers, their manufacture and properties.

CO (4): To understand the process of different types of dyeing and printing along with methods of washing and laundry.

Bachelor of Arts

SEMESTER–III

(SESSION: 2024-2025)

Home Science (CLOTHING TEXTILES –I)

(THEORY)

COURSE CODE: BARM-3284

Time: 3 Hours **Max. Marks: 100**
L-T-P **Theory Marks: 60**
4-0-1 **Practical Marks: 20**
CA: 20

- **Instructions for the Paper Setters**: Eight questions of equal marks are to be set, two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question is of 12 marks.

CONTENTS

UNIT-I

- Equipments& supplies in clothing: Construction—their use & care
- Sewing Machine:
  (a) Parts of Sewing Machine and its accessories
  (b) Common defects in sewing machine and their remedies
  (c) Care of Sewing Machines

UNIT II

- Recording of Body measurements. Care to be taken while taking body measurement.
- Different methods of developing a design—Drafting, Pattern making, Draping (in brief) their advantagesand disadvantages.

UNIT III

- Classification of textile fibers
- Manufacture (in Brief) & properties of different fibers. a) Cotton b) Linen c) Silk d) Wool e) Nylon f) Polyester g) Rayon Viscose & Acetate

UNIT IV

- Application of color on fabric Dyeing–simple dyeing of cotton Resist Dyeing–Tie Dye and Batik Printing. a) Block Printing. b) Screen Printing. c) Roller Printing
- Methods of Laundry/Washing.

References:

- Sushma Gupta, Neeru Garg – Textbook of clothing, textiles and laundry
- Dr. Rajwinder K. Randhawa – Clothing, textiles and their care

Bachelor of Arts

SEMESTER–III

(SESSION: 2024-2025)

Home Science (CLOTHING TEXTILES –I)

COURSE CODE: BARM-3284
(Practical)

COURSE OUTCOMES

CO (1): To make basic hand and machine stitches and seams.

CO (2): To learn and make embroidery samples using 10 fancy stitches.

CO (3): To draft and stitch child bloomer and frock.

CO (4): To identify fibers through burning test.

CO (5): To design and make articles by tie and dye and block printing.

Bachelor of Arts (SESSION 2024- 2025)

SEMESTER–III

HOME SCIENCE
CLOTHING TEXTILES –I
(PRACTICAL)
COURSE CODE: BARM-3284

Time: 4 Hours **Marks: 20**

Clothing Practical:

Make samples of the following:

a) Tacking, hemming, buttonhole stitch, fasteners.

b) Seams-counter seam, run and fell, French seam.

c) Processes- continuous wrap, two piece placket opening, pleats, gathers into band, tucks.

d) Embroidery-10 fancy embroidery stitches.

Drafting of the following:

a) Childs bodice block.

b) Sleeves- plain and puff sleeve.

c) Collars-flat and raised peter pan, cape collar, baby collar.

Drafting and Stitching of:

a) Bloomer

b) Childs frock gathered.

Textile Practical:

1. Testing of Cotton, Wool & Silk, Nylon by Burning test.
2. Simple house hold dyeing of cotton fabric 12"x12".
3. Preparation of an article of Tie and Dye.
4. Preparation of article of block printing.

Instructions for the Practical Examiner:

There will be one practical exam consisting of two parts i.e clothing and textiles.

Clothing- 2 hrs 30 min.

Textiles Practical -1 hr 30 min

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SCHEME AND CURRICULUM OF EXAMINATION OF THREE YEAR DEGREE PROGRAMME

Credit Based Continuous Evaluation Grading System

BACHELOR OF ARTS

(Session: 2024-2025)

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		
BARM 4284	Home Science (Clothing Textiles -II)	E	4-0-2	4-0-1	5	100	60	20	20	3+3

Bachelor of Arts
SEMESTER–IV (SESSION: 2024-25)
Home Science (CLOTHING TEXTILES –II)
(THEORY)

COURSE CODE: BARM-4284

COURSE OUTCOMES

CO (1): To study the elements and principles of design used in garment designing.

CO (2): To study various factors responsible for selection of clothing according to various age groups and care and storage of clothing.

CO (3): To study bleaching and finishing processes according to suitability of fabrics.

CO (4): To study various types and classification of yarns, weaves and fabric stains.

Bachelor of Arts
SEMESTER–IV (SESSION: 2024-25)
Home Science (CLOTHING TEXTILES –II)
(THEORY)

COURSE CODE: BARM-4284

Time: 3 Hours **Max. Marks: 100**
L-T-P **Theory Marks: 60**
4-0-1 **Practical Marks: 20**
CA: 20

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

CONTENT

UNIT-I

1. Principles of design such as harmony, balance, rhythm, emphasis, and proportion.

2. Elements of design such as color, line, form, texture, light and pattern.

UNIT II

1. Selection of suitable clothes for the following groups a) Infants b) Toddlers c) School going children d) Adolescents e) Adults f) Elderly.

2. Care and storage of garments: cotton wool and silk.

UNIT III

1 Bleach—Oxidizing, reducing bleaches & their suitability to different fabrics.

2 Finishing—Sizing, designing, calendaring, sanforising, mercerization, crease resistant, water proofing & water repellent, flame resistant & flame proofing.

UNIT IV

1. Different types of yarns- simple, novelty and bulk yarn in brief.

2. Fabric construction- a brief study of basic weaves a) simple weaves- basket, rib b) twill , satin, sateen. c) novelty weaves- Pile ,leno, dobby , swivel,jacquard d) felting, bonding.

3. Stains: definition, types of stains, general procedure for identification and removal of common stains.- - tea, rust, curry, oil, ball pen, boot polish, lipstick, nail polish, juice

References:

- Sushma Gupta, Neeru Garg – Textbook of clothing, textiles and laundry
- Dr. Rajwinder K. Randhawa – Clothing, textiles and their care

Bachelor of Arts

SEMESTER–IV (SESSION: 2024-25)

HOME SCIENCE (CLOTHING TEXTILES –II)

(Practical)

COURSE CODE: BARM-4284

COURSE OUTCOME

CO (1): To draft and stitch ladies garments- suit and nighty.

CO (2): To design and prepare article by stencils and fabric painting.

CO (3): To study basic stain removal techniques for common stains.

Bachelor of Arts

SEMESTER–IV (SESSION: 2024-25)

HOME SCIENCE (CLOTHING TEXTILES –II)

(Practical)

COURSE CODE: BARM-4284

Time: 4 hours **Marks: 20**

Clothing Practical

1. Drafting and stitching of the following

a) ladies shirt (kameez)

b) salwar

c) chooridar payjami

d) nightie.

Textile Practical

1. Preparation of article by

a) stencil printing

b) fabric painting

2. stain removal- tea, rust, curry, oil, ball pen, boot polish, lipstick, nail polish, juice

Instructions for the Practical Examiners:

Clothing Practical Time: 2hrs 30 min

Textile Practical Time: 1 hrs 30 min

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS OF

Bachelor of Arts

(Semester: V-VI)

(Under Continuous Evaluation System)

Session: 2024-25

The Heritage Institution

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SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts

(Session: 2024-2025)

Semester-V

Course Name	Program Name	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Home Science (Food and Nutrition and Child Development)	Bachelor of Arts	BARM-5284	E	100	60	20	20	3+3

E- ELECTIVE

Bachelor of Arts

Semester V

(SESSION: 2024-25)

(Theory)

Home Science (Food and Nutrition and Child Development)

COURSE CODE: BARM-5284

COURSE OUTCOMES

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

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

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

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

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

CO(6) To study the development of aspects such as attention, memory and learning.

CO(7)To study the development phases in childhood with respect to these aspects.

CO(8) To link the study of development with the discipline of psychology in accordance to different theories.

Bachelor of Arts
(SESSION: 2024-25)
(Theory)
Semester V

Home Science (Food and Nutrition and Child Development)

COURSE CODE: BARM-5284

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

Theory Marks: 60

Practical Marks: 20

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section. Each question is of 12 marks.

CONTENT:

UNIT-I

1. Importance and functions of food:
a) Physiological
b) Psychological
c) Social
2. Essential food Constituents: Carbohydrates, Proteins and Fats; functions, sources, requirements and Deficiency and excess.
3. Methods of cooking: Boiling, steaming, frying, baking, roasting and micro-wave cooking.

UNIT-II

4. Food nutrients: Functions, recommended allowances, deficiency and sources of:
a) Vitamins– B-1, B-2, Niacin, A, C, D
b) Minerals–Calcium, Iron, Iodine
5. Food Preservation: Definition, Importance & Principles. Causes of food spoilage. Household methods of preservation. Sun drying, use of salt, oil, spices, sugar & chemicalpreservatives.

UNIT-III

1. Definition and importance of Child Development.
2. a) Differences between growth and development.
   b) Principles of development.
3. Physical development of the child from infancy to late childhood and factors affecting the same.

UNIT-IV

4. Motor Development from infancy to late childhood.
a) Pattern of motor development.
b) Factors affecting motor development.
5. Emotional Development
a) Characteristics of children emotions.
b) Common childhood emotions fear, anger, jealousy, love and affection, anxietyand curiosity.
6. Language Development
a) Stages of language development.
b) Factors affecting language development.

Reference books

Food and Nutrition - by Dr. M. Swamination
Text book of Nutrition & Dieteties - by Kumud Khanna &others.

Bachelor of Arts (SESSION: 2024-25)
Semester V

Home Science (Food and Nutrition and Child Development)

COURSE CODE: BARM-5284

(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 Arts (SESSION: 2024-25)
Semester V

Home Science (Food and Nutrition and Child Development)

COURSE CODE: BARM-5284

(Practical)

Time: 3 hours **Marks: 20**

1. Preparation of minimum of three dishes by using various methods of cooking (e.g. boiling, steaming, baking), frying (deep & shallow) and roasting with different food groups e.g. cereal, pulses & vegetables groups and their combinations.
2. Food preservation-Pickle, chutneys, jams, squashes, sherbets, sauce (at least two each).

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF AND EXAMINATION OF THREE YEAR DEGREE PROGRAMME
Bachelor of Arts
(Session: 2024-2025)

Semester-VI

Course Name	Program Name	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Home Science (Foods and Nutrition & Child Development)	Bachelor of Arts	BARM-6284	E	100	60	20	20	3+3

E-Elective

Bachelor of Arts (SESSION: 2024-25) SEMESTER-VI

HOME SCIENCE

Home Science (Food and Nutrition and Child Development)

(THEORY)

COURSE CODE: BARM-6284

COURSE OUTCOMES

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

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

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

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

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

food.

Bachelor of Arts

SESSION (2024-2025)

SEMESTER–VI

Home Science (Food and Nutrition and Child Development)

(THEORY)

COURSE CODE: BARM-6284

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

Theory Marks: 60

Practical Marks: 20

CA :20

Instructions for the Paper Setters:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- 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. **Food Adulteration:**
   i) Definition
   ii) Common Adulteration
   iii) Food standards
2. Concept of balanced diet.
3. Classification of food based on the five/seven food groups.
4. Principles of Meal planning.

a) **Planning of Balanced Diets for the Middle Income Group for the following**
   i) Pre-schoolchildren
   ii) School going
   iii) Adolescents
   iv) Adult-male and female (only moderate worker)
   v) Old age
   vi) Pregnancy
   vii) Lactation

Unit- II

5. **Therapeutic Diets & Modification of Normal Diets:**
   a) Principles of Therapeutic Diets
   b) Concept of Soft, Bland, Liquid Diets with examples.
6. **Therapeutic diets in the following conditions with principles involved:**
   a) Fever
   b) Constipation
   c) Diarrhea
   d) High Blood Pressure/Hypertension
   e) Diabetes Mellitus

Unit- III

7. **Social Development:**
   a) Stages of Social Development
   b) Pattern of Social Development
   c) Role of Family and School in the Development of the Child.
8. **Play:**
   a) Significance of Play
   b) Types of Play
   c) Play Materials/Equipment required for various age group.

9. Common Behavior Problems and their Remedies–Bed Wetting, Thumb Sucking, Nail Biting, Temper-Tantrums.

Unit- IV

10. **Pregnancy:**
    a) Signs and Symptoms of Pregnancy
    b) Discomforts
    c) Complications
    d) Care During Pregnancy
    e) Methods of Family Planning in Brief
11. **Pre Natal-Development:**
    a) Stages of Pre Natal-Development
    b) Factor Affecting Pre Natal-Development
12. **Feeding of the Infant**
    a) Importance and Process of Breast Feeding
    b) Bottle Feeding
    c) Weaning
    d) Important Weaning Foods
    e) Importance of Weaning

Reference books

Food and Nutrition - by Dr. M. Swamination
Text book of Nutrition & Dieteties - by Kumud Khanna &others.

Bachelor of Arts SESSION (2024-2025)

SEMESTER–VI

Home Science (Food and Nutrition and Child Development)

(Practical)

COURSE CODE: BARM-6284

Course Outcomes:

CO1:- To develop knowledge about different nutrients.

CO2:- To develop knowledge about therapeutic diets.

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

CO4:- To develop knowledge about different food group

Bachelor of Arts SESSION (2024-2025)

SEMESTER–VI

Home Science (Food and Nutrition and Child Development)

(Practical)

COURSE CODE: BARM-6284

Time: 3 Hours **Marks:20**

Note: One Group will consist of 15 Students.

1. Planning Calculation of Calories, Proteins, Fats and Carbohydrates. Preparation of dietsfor thefollowing:
   a) Pre-Schoolchild
   b) School going/packedlunch
   c) Adolescence
   d) Adult (Man & Woman) moderate worker pregnancy and lactationdiets.
2. Cooking and serving of the following: Invalid cookery: soft, liquid, fluiddiets.
3. Low calories recipe(five)
4. Low cost recipe (five)
5. Enhancing Nutritive value(five).

List of Books:

1. Applied Nutrition, R. Rajalakshmi, Oxford & IBH Publishing Co. Pvt. Ltd., NewDelhi.
2. PrinciplesofNutrition-Dietetics,Dr.M.Swaminathan,TheBangalorePrintingandPublishing Co. Ltd., 88, Mysore Road,Bangalore.
3. Food&Nutrition,By Educational Planning Group,Arya Publishing House,KarolBagh,New Delhi-5.
4. Normal and Therapeutic Nutrition, By Corinne H. Robinson, Marlya R. Lowler Macmillan Publishing Co., New York, Collier Macmillan Publishers,London.