

Savitribai Phule Pune University
(Formerly University of Pune)



First Year B.Sc. Program in Home Science
(Faculty of Science and Technology)
F.Y.B.Sc. (Home Science)

To be implemented from
Academic Year 2024-2025

INTRODUCTION TO UNDERGRADUATE DEGREE COURSE IN HOME SCIENCE:

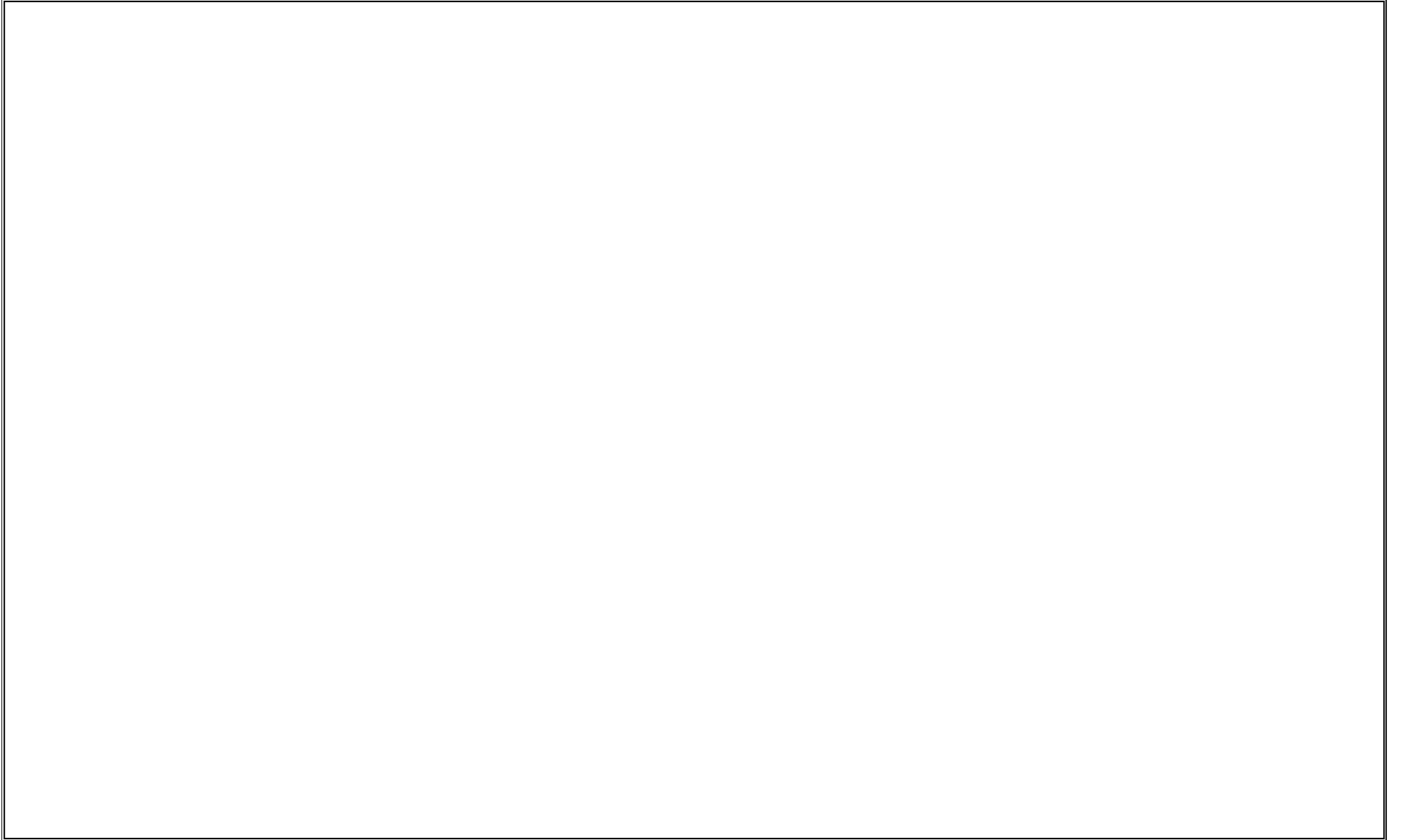
As per the recommendations of UGC-F-2022, the undergraduate (UG) degree course in Home Science is a 8- semester course spread over 4-academic years. The Teaching Learning Process (TLP) is students' centric. It involves both theory and practical components. It offers a flexibility of program structure while ensuring that the student gets a strong foundation in the subject and gains in depth knowledge. Besides the (Major Core), a student have options courses from the syllabus comprising of (Minor), GEs, SECs, IKSs and VSCs. Hence, this will be bring out the interdisciplinary as well as multidisciplinary approach and adherence to innovative ways within the curriculum framework. It also allow a students' maximum flexibility in pursuing her studies at the undergraduate (UG) level to the extent of having the liberty to eventually design the degree with multiple exit options. Students have these exits options depending upon the needs and aspirations of the student in terms of her goals of life, without compromising on the teaching learning, both in qualitative and quantitative terms. This will suit the present day needs of students in terms of securing their paths towards higher studies or employment.

SEMESTER I

Course code	Course Type	Course Name	Teaching Scheme Hrs/Week		Examination Scheme and Marks			Credits		
			TH	PR	CE	EE	Total	TH	PR	Total
HSC 101 MJT	Subject 1	Fundamental of Food Science (Th)	02		15	35	50	02	--	02
HSC 102 MJP		Fundamental of Food Science (Pr)	--	04	15	35	50	00	02	02
HSC 103 MJT	Subject 2	Human Development I (Th)	02	--	15	35	50	02	--	02
HSC 104 MJP		Human Development I(Pr)	--	04	15	35	50	00	02	02
HSC 105 MJT	Subject 3	Foundation of Art and Design (Th)	02	--	15	35	50	02	--	02
HSC 106 MJP		Foundation of Art and Design(Pr)		02	15	35	50	00	02	02
OE 101 HSC	GE/OE	Nutrition For Health (Th)	02	--	15	35	50	02	--	02
SEC-101-HSC	SEC	Fabric Ornamentation (Pr)	---	04	15	35	50	00	02	02
HSC-101-IKS	IKS (Generic)	Course from basket of courses prepared by the University	02	--	15	35	50	02	--	02
AEC-151-ENG/HIN/MAR	AEC	Course from University basket	02	--	15	35	50	02	--	02
VEC-151-ENV	VEC	Course from University basket	02	--	15	35	50	00	02	02
					165	385	550	12	10	22

SEMESTER II

Course code	Course Type	Course Name	Teaching Scheme Hrs/Week		Examination Scheme and Marks			Credits		
			TH	PR	CE	EE	Total	TH	PR	Total
HSC 151 MJT	Subject 1	Essentials of Nutrition (Th)	02	--	15	35	50	02	--	02
HSC 152 MJP		Essentials of Nutrition(pr)	--	04	15	35	50		02	02
HSC 153 MJT	Subject 2	Human Development II (Th)	02	--	15	35	50	02	--	02
HSC 154 MJP		Human Development I (Pr)	-	04	15	35	50		02	02
HSC 155 MJT	Subject 3	Introduction to Textile Science (Th)	02	--	15	35	50	02	-	02
HSC 156 MJP		Introduction to Textile Science (Pr)	-	04	15	35	50	--	02	02
OE 151 HSC	GE/OE	Media Skill Development (Pr)	--	04	15	35	50	--	02	02
SEC-151-HSC	SEC	Resource Management (Pr)	--	04	15	35	50	02	--	02
AEC-151-ENG/HIN/MAR	AEC	Course from University basket	02	--	15	35	50	02	--	02
VEC-101-ENV	VEC	Course from University basket	02	--	15	35	50	02	--	02
	CC	Course from University basket	02	--	15	35	50	02	--	02
					165	385	550	14	08	22



SEMESTER–I

HSC-101-MJT FUNDAMENTALS OF FOOD SCIENCE (TH)

Credits-02

Total Hours-30

Course Outcomes

- 1) Study the different methods of cooking foods
- 2) Obtain knowledge of different food groups, their composition and nutrients present in the foods.
- 3) Understand the vital link between foods, nutrition and health

UNITS	CONTENT	HOURS
I	Introduction of Food Groups, Food Pyramid and Cooking Methods: Definition and Terms used in Food Science and Nutrition Food Groups Definition, Classification and Functions of Foods, Basic Food Groups and Need for Grouping Foods and Application of Food Groups In Planning Food Pyramid Adequate/Balanced Diets RDA	04
II	Methods of Cooking Moist heat methods like Boiling, Simmering, Poaching, Steaming, Pressure cooking Dry heat methods: Air as medium of cooking: Grilling, broiling, roasting, Baking , Fat as medium of cooking: Sautéing, Shallow fat frying, Deep fat frying Combined (Moist and dry) Methods: Braising, Stewing Other cooking methods:-Microwave cooking, and Solar cooking. Advantages and Disadvantages of Cooking methods	06
III	Nutritional Significance of different Food Groups: Basic Concepts, classification, Composition, nutritive	10

	value and Role in Cookery 1) Cereals and Cereal Products- 2) Pulses and Legumes 3) Milk and Milk Products: 4) Eggs-Meat, poultry and fish	
IV	Nutritional Significance of different Food Groups: 5) Fruits, and Vegetables 6) Salt, Sugar and Jaggery 7) Spices & Condiments 8) Beverages 9) Convenience Foods	10

Reference

- Maney S (2008). *Foods, Facts and Principles*, 3rd Edition Published by Wiley Eastern, NewDelhi.
- Usha Chandrasekhar (2002) *Food Science and Application in Indian Cookery*, PhoenixPublishing House P. Ltd., New Delhi.
- Raina U, Kashyap S, Narula V, Thomas S Suvira, VirS, Chopra S (2010) *Basic FoodPreparation: A Complete Manual*, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017) *Nutrition Science*, New Age International (P) Ltd., New Delhi,.
- Mahtab, S. Bamji, Kamala Krishnasamy, Brahmam G.N.V (2012) *Text Book of Human Nutrition*, Third Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Sunetra Roday (2017). *Food Science and Nutrition*, Oxford University Press, New Delhi.
- Longvah, T, Ananthan, R., Bhaskarachary, K., Venkaiah, K (2017). *Indian Food Composition Tables (IFCT)*, Indian Council of Medical Research, National Institute of Nutrition, Hyderabad

HSC-102-MJP FUNDAMENTALS OF FOOD SCIENCE (PR)

Credits-02

Total Hours-60

UNITS	CONTENT	HOURS
I	Weights and Measures , Determination of Edible Portion of Foods, preparing market order and table setting Market survey of locally available food items like cereals, pulses, fruits and vegetables, milk and milk products, fats and oils, nuts and oilseeds, sugar and jaggery, meat, fish, and poultry and miscellaneous food items like biscuits, jams, jellies, ketchup etc. and their cost	04
II	Food Preparation , understanding the principals involved, nutritional quality and portion size of 5-7 commonly consumed recipes in each food group Cereals: rice, pulao, Roti, chapathi, paratha, poori, pastas etc	08
III	Pulses: Whole, dehusked- Dal, sambar, Chole, Rajmah, etc	12
IV	Vegetables: Dry preparations, Curries	08
V	Milk and milk products: Kheer , Custard	12
	Egg preparations- Boiled, poached, fried, scrambled, omelettes, egg pudding	08
VI	Beverages and Indian Sweets	08
	Total	60

Reference

- Maney S (2008). *Foods, Facts and Principles*, 3rd Edition Published by Wiley Eastern, NewDelhi.
- Usha Chandrasekhar (2002) *Food Science and Application in Indian Cookery*, PhoenixPublishing House P. Ltd., New Delhi.
- Raina U, Kashyap S, Narula V, Thomas S Suvira, VirS, Chopra S (2010) *Basic FoodPreparation: A Complete Manual*, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017) *Nutrition Science*, New Age International (P) Ltd., New Delhi,.
- Mahtab, S. Bamji, Kamala Krishnasamy, Brahman G.N.V (2012) *Text Book of Human Nutrition*, Third Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Sunetra Roday (2017). *Food Science and Nutrition*, Oxford University Press, New Delhi.
- Longvah, T, Ananthan, R., Bhaskarachary, K., Venkaiah, K (2017). *Indian Food Composition Tables (IFCT)*, Indian Council of Medical Research, National Institute of Nutrition, Hyderabad

HSC-103-MJT: HUMAN DEVELOPMENT I (TH)

Credits-02

Total Hours-30

Course Outcomes

1. Explain with the developmental stages from prenatal stage to childhood.
2. Describe important aspects of development during prenatal stage to childhood.
3. Discuss the problems and hazards faced by an individual throughout prenatal stage to childhood.

UNITS	CONTENT	HOURS
I	Growth &Development What is Child Development.Meaning and principles of growth & development, Difference between growth and development, Stages of development in life span , concepts of development and developmental Tasks Prenatal Stage of Development Reproductive system and Conception, Embryo and fetus. Care during pregnancy and factors affecting prenatal growth and development. Delivery Process	07
II	Infancy: Neonatal Period – Appearance, adjustments and capacities of neonate Infancy Period: Characteristics, Developmental tasks, Physical and motor development, Cognitive and language development Socio-emotional development, Impact of home environment on overall development	08
III	Childhood Period-Preschool Period: Characteristics , Developmental tasks, Physical and motor development Cognitive and language development, Socio-emotional development -Impact of home environment on overall development	07
IV	Childhood Period- School Age Period Characteristics Developmental tasks	08

	<ul style="list-style-type: none"> - Physical and motor development - Cognitive and language development - Socio-emotional development -Impact of home environment on overall development 	
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References:

1. Craig.G.J.(1974):ChildDevelopment,printinceHallInc.Englewoodclifts,NewJersey.
2. Hurlock, E B.(1970):Child Development, Tata Mcgraw Hill Publishes ,Delhi.
3. Vaikasik Manasashastra: Borude.R.R., Kumathekar M.,Desai B., Golvilakar S., Vidyarthi Gruhprakashan, Pune.
4. Manav Vikas: Kandalkarlina, Vidya Prakashan, Pune.
5. Balvikas, Dr. Varadpande N. Pimpalipure and k.Publishers, Nagpur.
6. Berk L. E. Development through the Lifespan Person Education, Low Price edition.
7. D.E. andolds, S. W. (1975). "A Childs World" Tata Mc Graw Hill Publication, New York.

HSC-104-MJP: HUMAN DEVELOPMENT I (PR)

Credits-02

Total Hours-60

UNITS	CONTENT	HOURS
I	View a Films/CD on delivery.	10
II	Prepare a case study report of a pregnant women from 3 rd month onwards.	10
III	Project on child rearing practices indifferent communities. (ex.Rural-Urban)(2- 3 students group can be assigned one project.)	10
IV	Visit to Nursing home and submission of Report.	10
V	Bulletin Display on current topics related to syllabus.(Group of 4-5 students) Topics: 1. Discipline 2. Parenting 3 .Family 4. Media and children	20
		60

References:

1. Craig.G.J.(1974):ChildDevelopment,printinceHallInc.Englewoodclifts,New Jersey.
2. Hurlock, E B.(1970):Child Development, Tata Mcgraw Hill Publishes ,Delhi.
3. Vaikasik Manasashastra: Borude.R.R., Kumathekar M.,Desai B., Golvilakar S., Vidyarthi Gruhprakashan, Pune.
4. Manav Vikas: Kandalkarlina, Vidya Prakashan, Pune.
5. Balvikas, Dr. Varadpande N. Pimpalipure and k.Publishers, Nagpur.
6. Berk L. E. Development through the Lifespan Person Education, Low Price edition.
7. D.E. andolds, S. W. (1975). "A Childs World" Tata Mc Graw Hill Publication, New York.

HSC-105 MJT: FOUNDATION OF ART AND DESIGN (TH)

Credits-02

Total Hours-30

Course Outcomes:

1. To help students understand the basic terminology of art and design.
2. To develop skills, abilities, knowledge and attitudes that will enable artistic production and creative problem solving.
3. To enable students to apply concepts of art and design to create aesthetically pleasing Interiors.
4. To impart knowledge and skills for design appreciation and evaluation.

UNITS	CONTENT	HOURS
I	Introduction to Art and Design Art: Meaning and definition Elements & principles of Art and Design Elements of Design : Light, Line, Form, Colour, Texture, Space, Idea and Design Principles of Design: Balance, Rhythm, Emphasis, Proportion, Harmony. Applications in Interior Design	10
II	Colour: Meaning, definition and Importance Colour theory Dimensions of colour – Hue value & Intensity Classification of colours, Colour schemes and its application , Psychological effect of colour	08
III	Design: Meaning, definition & types Types of Design : Structural and Decorative Objectives of Design, Essentials of Design, Applications in Interior Design	06
IV	Interior Furnishing Furniture and Types, Wall and Wall Finishes, Doors	06

	and Door Types, Window and Window Treatments, Accessories for Home Décor, Floor and Floor Finishes	
	Total	30

References:

1. Allen. P. S. (1985). Beginnings of Interior Environment (5th Ed), Macmillan Publishing Co. London.
2. Bhatt. P. & Goenka S. (2001); Foundation of Art & Design (2nd Ed). Lakhani Book Depot. Mumbai
3. Clifton C., Mogg & Paine. M. (1988). The Curtain Book. Reed International Books. New York.
4. Craig. H. T. (1987). Homes with Character. Glencoe Publishing Co. Inc. U.S.A.
5. Gilliat M. (1986). The Decorating Book. Library of Congress Cataloguing Publications, Great Britain.
6. Lewis E. L. (1980). Housing Decisions, the Good Heart, Wilcox Co. Inc. Great Britain.
7. Seetharaman. P. & Pannu. P. (2005). Interior Design & Decoration. First Edition, CBS Publishers & Distributors. New Delhi

HSC-106- MJP: FOUNDATION OF ART AND DESIGN (PR)

Credits-02

Total Hours-60

1. Develop skills, abilities, knowledge and attitudes that will enable artistic production and creative problem solving.
2. Apply concepts of art and design to create aesthetically pleasing Interiors.
3. Create skills for design appreciation and evaluation.

UNITS	CONTENT	HOURS
I	Make a practical book illustrating the elements and principles of Design	04
II	Collect the samples of natural light and artificial light	06
III	Types of lines and Draw optical illusion of lines	10
IV	Types of texture , Textural treatments in furniture collect the samples	
V	Classification of colour, Preparation of colour wheel and value and intensity of colour	10
VI	Colour schemes on different motifs and textural effects. optical illusion of Colour	10
VII	Structural and Decorative design- current trends and application of Design in interior , collect information and pictures	10
VIII	Collect pictures of types of Furniture and Wall Finishes, Doors and Window Treatments, Accessories for Home Décor, Floor and Floor Finishes	10

References:

1. Allen. P. S. (1985). Beginnings of Interior Environment (5th Ed), Macmillan Publishing Co. London.
2. Bhatt. P. & Goenka S. (2001); Foundation of Art & Design (2nd Ed). Lakhani Book Depot. Mumbai
3. Clifton C., Mogg & Paine. M. (1988). The Curtain Book. Reed International Books. New York.
4. Craig. H. T. (1987). Homes with Character. Glencoe Publishing Co. Inc. U.S.A.
5. Gilliat M. (1986). The Decorating Book. Library of Congress Cataloguing Publications, Great Britain.
6. Lewis E. L. (1980). Housing Decisions, the Good Heart, Wilcox Co. Inc. Great Britain.
7. Seetharaman. P. & Pannu. P. (2005). Interior Design & Decoration. First Edition, CBS Publishers & Distributors. New Delhi

OE-101-HSC NUTRITION FOR HEALTH (TH)

Credits-02

Total Hours-30

Course Outcomes

1. Explain the inter-relationship between food, nutrition and health
2. Know the methods and principles involved in cooking.
3. Understand the knowledge of food science and the changes occurring during food preparation
4. Learn to relate foods with their nutrient content

UNITS	CONTENT	HOURS
I	Basic concepts in Food and Nutrition Food and nutrition Functions of Food Basic five food group	4
II	Nutrients (Sources Function and deficiency) Macronutrients(Carbohydrates, Protein& Fat) Micronutrients(Vitamins and Minerals)	12
III	Food groups (process of food selection and preparation) Cereals Pulses Fruits and Vegetables Milk and milk products Eggs Meat poultry and fish Fats and oils	6
IV	Basic Concepts of Meal Planning Recommended Dietary Intakes Balanced Diet Nutritional Status Assessment of nutritional status Food habits Food misinformation	8

References:

1. Mudambi, S.R., Rajgopal, M.V.(1990) Fundamentals of Foods and Nutrition, New Age International Pvt. Ltd.
2. Kukude, S and others. Food Science, Sheth Publications.
3. Mudambi and Sheela Rao: Food science
4. Srilaxmi: Food Science, New Age International
5. Guthrie Helen (1986) Introductory Nutrition. Times Mirror/ Mosey College Publishing.
6. Nutrient Requirements and Recommended Dietary Allowances for Indians- I.C.M.R.Publication 1999.
7. Mudambi, S.R. and Rajgopal, M.V. (2012), Fundamentals of Foods and Nutrition New Age International Pvt. Ltd.
9. Food Science 1st Edition (2012) Sheth Publications. Maharashtra State Board of Secondary and Higher Secondary education Pune,
10. Roday S. (2012) Food Science and Nutrition (2nd Ed.) Oxford University Press.
11. Joshi S. (2009) Nutrition and Dietetics Mcgraw Hill Higher Education
12. Robinson, and Lawler (1990) Normal and Therapeutic Nutrition (17th Edn) Macmillan Pub. Co.
13. Introductory Nutrition (1986). Mosby College Publishing. Guthrie Helen Times Mirror
14. Wardlaw G.M (1997) Contemporary Nutrition, Issues and Insights, 3rd Edition Tata McGraw Hill Inc. Boston.

SEC-101-HSC FABRIC ORNAMENTATION (PR)

Credits-02

Total Hours-60

Course outcomes-

1. To familiarize students with various techniques of surface ornamentation for value addition
2. To enable the students to use various surface enrichments for apparel and home furnishings

UNITS	CONTENT	HOURS
I	Surface Enrichment Essentials: Materials & tools, types of fabrics & threads, motif selection and repeat, design transfer, threading & stitching, storage & care of hand embroidered textiles and garments.	12
II	Basic Hand Embroidery- I: Line: running, back, stem - Chain: Twisted, rosette, double knot - Blanket: whipped, closed, buttonhole - herring bone: doubled, closed, fish bone.	12
III	Basic Hand Embroidery - II: Feather: closed, open certain, long armed, Satin: Padded, shaded, long & short - Detached: French & bullion knots, lazy daisy.	12
IV	Decorative Trimmings: Bead, Sequins, zardosi and mirror work.	08
V	Free style Embroidery: Patch work, appliqué, quilting and shadow work.	08
VI	Tie and dye Techniques	08
	Total	60

References:

1. Valerie Campbell-Harding,(2004). Machine Embroidery – StichPatterns, Kyodo Printing Co. Pvt Ltd, Singapore.
2. Lucinda Ganderton, Dorothy Wood, (2005).The Ultimate Book of Quilting, Cross Stitch, Needle Craft, Anness Publishing Ltd, London. References: 1. Hamlyn,(2001).Cushions & Pillow- Professional Skills Made Easy, Hanlyn Octopus, Octopus Publishing Group, New York 2.Maggi Mc Cormick Gorden, (2002). The Ultimate Sewing Book,Collins& Brown Ltd, London.
3. Betty Barnden, (2004).The Embroidery Stitch Bible , , Search Press Ltd, London .

SEMESTER–II

HSC-151-MJT -ESSENTIALS OF NUTRITION (TH)

Credits-02

Total Hours-30

Course Outcomes

1. Understand the inter-relationship between food, nutrition and health
2. Know the methods and principles involved in cooking.
3. Understand the knowledge of food science and the changes occurring during food preparation
4. Learn to relate foods with their nutrient content

UNITS	CONTENT	HOURS
I	Energy –Definition, forms of energy, units of measurement, physiological fuel values of energy, determination of energy value of foods BMR – definition, Determination and factors affecting, Factors affecting energy requirements, diet induced thermogenesis (SDA) Water: Functions, requirements, sources	06
II	Macro Nutrients Protein –Classification, functions, Digestion&absorption (in brief), RDA, sources and deficiencies Biological value, NPU, PER Carbohydrate – Classification, functions, Digestion& absorption (in brief), RDA, sources and deficiencies	12
	Fiber- Definition Sources Functions Importance in disease prevention Fat- Classification, functions, Digestion & absorption (in brief), RDA, sources and deficiencies, MUFA, PUFA, SFA	06
III	Micronutrient – Vitamins A. Fat-soluble Vitamins (A, D, E & K)- Function, RDA, sources and deficiency and excess. B. Water soluble vitamins: Thiamin, Riboflavin, Niacin, B12, Folic acid, Biotin and Vitamin C: functions, RDA, food	06

	sources, deficiencies and excess.	
IV	Micronutrient –Minerals A. Macro minerals- Calcium, Phosphorus and magnesium, Sodium, Potassium, Chlorine: Functions, absorption, RDA, sources and deficiencies. B. Micro Minerals- Iron, Zinc, Fluorine and Iodine: function, absorption, RDA, sources and deficiency	04

References:

- Mudambi, S.R., Rajgopal, M.V.(1990) Fundamentals of Foods and Nutrition, New AgeInternational Pvt. Ltd.
- Kukude, S and others. Food Science, Sheth Publications.
- Mudambi and Sheela Rao: Food science
- Srilaxmi: Food Science, New Age International
- Guthrie Helen (1986) Introductory Nutrition. Times Mirror/ Mosey College Publishing.
- Nutrient Requirements and Recommended Dietary Allowances for Indians- I.C.M.R.Publication 2020.
- Mudambi, S.R. and Rajgopal, M.V. (2012), Fundamentals of Foods and Nutrition NewAge International Pvt. Ltd.
- Food Science 1st Edition (2012) Sheth Publications. Maharashtra State Board ofSecondary and Higher Secondary education Pune,
- Roday S. (2012) Food Science and Nutrition (2nd Ed.) Oxford University Press.
- Joshi S. (2009) Nutrition and Dietetics McGraw Hill Higher Education
- Robinson, and Lawler (1990) Normal and Therapeutic Nutrition (17th Edn) MacmillanPub. Co.
- Introductory Nutrition (1986). Mosby College Publishing. Guthrie Helen Times Mirror
- Wardlaw G.M (1997) Contemporary Nutrition, Issues and Insights, 3rd Edition TataMcGraw Hill Inc. Boston.

HSC-152-MJP ESSENTIALS OF NUTRITION (PR)

Credits-02

Total Hours-60

Course Outcomes

1. Understand the inter-relationship between food, nutrition and health
2. Know the methods and principles involved in cooking.
3. Understand the knowledge of food science and the changes occurring during food preparation
4. Learn to relate foods with their nutrient content

UNITS	CONTENT	HOURS
I	Introduction to Laboratory Concept of standardization Food guide its uses in meal planning Concept of food pyramid RDA	08
II	Plan and prepare recipe for Calories -high moderate and low Plan and prepare recipe for Carbohydrates -10g,15g, 25g recipes with and without sugar Plan and prepare recipe for Protein rich dishes Using 1. Plant and animal source	20
III	Plan and prepare recipe for Vitamins - plan and prepare dishes using vitamin A/B 1 Carotene rich foods 2. Retinol-150 mcg 3. Beta-carotene-600 mcg Plan and prepare recipe for Thiamin, Riboflavin and niacin Vitamin C (15 to 20 mcg)	20
IV	Plan and prepare recipe for Calcium and Iron	12

	Dishes from Iron and Calcium rich food (2gm and 150gm mcg/serving)	
	Total	60

References:

- Mudambi, S.R., Rajgopal, M.V.(1990) Fundamentals of Foods and Nutrition, New AgeInternational Pvt. Ltd.
- Kukude, S and others. Food Science, Sheth Publications.
- Mudambi and Sheela Rao: Food science
- Srilaxmi: Food Science, New Age International
- Guthrie Helen (1986) Introductory Nutrition. Times Mirror/ Mosey College Publishing.
- Nutrient Requirements and Recommended Dietary Allowances for Indians- I.C.M.R.Publication 2020.

HSC-153-MJT HUMAN DEVELOPMENT II (TH)

Credits-02

Total Hours-30

Course Outcomes:

1. Explain the developmental stages from adolescence to old age.
2. Describe the important aspects of development during adolescence to old age.
3. Discuss the problems and hazards faced by an individual throughout adolescence to old age.

UNITS	CONTENT	HOURS
I	Puberty and Adolescence: Definition, characteristics Development Tasks Physical Development, Puberty, Growth Spurt, Primary and Secondary sex characteristics Emotional Development during Adolescence, Heightened emotionality, Meaning, Causes, expression, characteristics of emotional maturity Hazards during Adolscence: Drug Addiction, Alcoholism, Accidents, Suicide, STDs, ATDs Teen age pregnancies	10
II	Adulthood: Issues and concerns Young Adulthood(Age21-40)Definition, Meaning, Characteristics and Developmental Tasks. Responsibilities and Adjustments: Parenthood, financial. Middle Adulthood(Age41-60)Definition, Meaning, Characteristics and Developmental Tasks. Physical changes- during middle adulthood, Menopause and health issues	10
III	Old Age Definition, Meaning, Characteristics and Developmental Tasks. Physiological changes, health problems, cognitive and memory changes. Retirement: Effect of retirement on self, family, society and financial problems faced.	10

References:

- Craig.G.J.(1974):Child Development, Prentice Hall Inc. Englewood clifts, New Jersey.
- Hurlock,E B.(1970):Child Development, Tata Megraw Hill Publishes, Delhi.
- Vaikasik Manasashastra :Borude. R.R.,Kumathekar M.,DesaiB.,Golvilakar S., Vidyarthi Gruhprakashan, Pune.
- Manav Vikas: Kandalkar Lina,Vidya Prakashan, Pune.
- Balvikas,Dr.Varadpande N.Pimpalipure and k. Publishers, Nagpur.
- BerkL.E.Development through the Lifespan Person Education, Low Price edition. Populia, D.E. and olds, S.W.(1975)
- “A Childs World” Tata Macqraw Hill Publication ,New York.

HSC-154-MJP HUMAN DEVELOPMENT (PR)

Credits-02

Total Hours-60

Course Outcomes:

1. Explain the developmental stages from adolescence to old age.
2. Describe the important aspects of development during adolescence to old age.
3. Discuss the problems and hazards faced by an individual throughout adolescence to old age.

UNITS	CONTENT	HOURS
I	Sketching of self-History on growing up stage.	12
II	Skit presentation in group on any topic from syllabus.	12
III	Case on anyone topic: Menopause, Interview/case study on Newly Married couple, parenting, etc.	12
IV	Conducting recreational activity for grandparents/aging people.	12
V	Visit on-1. Old age home or 2. Remand home 3. Junile home	12

References:

- Craig.G.J.(1974):Child Development, Prentice Hall Inc. Englewood clifts, New Jersey.
- Hurlock,E B.(1970):Child Development, Tata Megraw Hill Publishes, Delhi.
- Vaikasik Manasashastra :Borude. R.R.,Kumathekar M.,DesaiB.,Golvilakar S., Vidyarthy Gruhprakashan, Pune.
- Manav Vikas: Kandalkar Lina,Vidya Prakashan, Pune.
- Balvikas,Dr.Varadpande N.Pimpalipure and k. Publishers, Nagpur.
- BerkL.E.Development through the Lifespan Person Education, Low Price edition. Populia, D.E. and olds, S.W.(1975)
- “A Childs World” Tata Macqraw Hill Publication ,New York.

HSC-155-MJT- INTRODUCTION TO TEXTILE SCIENCE (TH)

Credits-02

Total Hours-30

Course Outcomes

1. To familiarize the students with the terminologies related to apparel and its construction.
2. To impart knowledge about textile fibres in terms of their origin and performance characteristics.
3. To create awareness regarding selection criteria relating to apparel and home textiles.

UNITS	CONTENT	HOURS
I	Introduction to textile fibers: Fiber- classifications based on their origin (natural and human-made) and length (staple and filament) Primary and Secondary properties of Fibers Fibers: cotton, linen, wool, silk, rayon, nylon, acrylic, polyester	08
II	Yarns Basic steps in mechanical and chemical spinning Yarn Properties: Yarn twist, Yarn numbering. Spun and filament yarns Simple, Complex, Textured Yarns	07
III	Fabric Construction Techniques Weaving : woven structure, General properties of woven fabrics Basic parts of a loom and their functions Basic weaves and variations – Plain ,twill, satin, sateen Fancy Weaves –Leno, Dobby, Jacquard, Pile, Surface figure Knitting : Wales, courses and identification, General properties of knitted fabrics, basic weft and warp knitted structures Blends: Reasons for Blending, properties, common blends available in Market Other methods of fabric construction: felting, non-woven, laces,	08

	braids, and nets-their properties	
IV	Care of Clothing: Laundry, storage and care of textiles Introduction, Types, Uses Water, Soaps, Detergents Methods and care during laundering of different textiles Stain removal – Identification of stain removal, classification, Stain removal procedure – Tea, Coffee, Blood, Butter, Ghee and oil, Curry	07

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19. Ruth Singer, (2010). Sew Eco: Sewing Sustainable and Re-Used Materials, Aandamp;C Black, London,

HSC-156-MJP- INTRODUCTION TO TEXTILE SCIENCE (PR)

Credits-02

Total Hours-60

Course Outcomes

1. Understand the students with the terminologies related to apparel and its construction.
2. Awareness about textile fibers in terms of their origin and performance characteristics.
3. Awareness regarding selection criteria relating to apparel and home textiles.

UNITS	CONTENT	HOURS
I	Identification of fiber by visual test and feel of the fabric, burning test, solubility test, microscopic test	12
II	Identification of stain removal Stain removal procedure – Tea, Coffee, Blood, Butter, Ghee and oil, Curry etc	12
III	Laundry equipment	12
IV	Demonstration of washing Machine Starching	12
V	Washing and finishing of cotton, silk, woolens, synthetics	12
	Total	60

References

1. Booth, J.E. (1996). Principles of Textile Testing. New Delhi: CBS Publishers & Distributors Pvt. Ltd.
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OE-151-HSC MEDIA SKILL DEVELOPMENT (PR))

Credits-02

Total Hours-60

Course Outcomes

1. Develop skill in preparation and presentation of traditional, printed and projected media
2. To analyze the role of media in imparting developmental messages.
3. To develop competencies in script writing.

UNITS	CONTENTS	HOURS
I	Elements of feature writing Selection of topic – informative & Current Content – font size, spacing, language	04
II	Planning and writing an article for the print media(Newspaper /Magazine) Planning the article – deciding upon the theme Organization of Content – Title & Subtitle Illustration, graphs, Visual Editing of Article Writing Style and Presentation	08
III	Preparation of leaflets and pamphlets for the selected theme Selection of topic, target audience Layout – title, content size, colors lettering and illustration Information – Accurate Authentic	12
IV	Preparation and presentation of traditional media PUPPETS Preparation of puppets and their Costumes & Accessories Writing Script according to the target audience and the theme Provision of music, song & dance Stage and stage accessories Presentation – manipulation, clarity voice modulation.	12

V	Preparation of a radio talk for a selected target group	12
	Radio Talk	
	a) Writing Basics - Selection of theme, objective of the talk	
	b) Writing style (As per the specification of a radio broad cast)	
	c) Presentation	
VI	STREET PLAY	12
	Writing of script for social messages	
	Orientation to body language	
	Voice Modulation	
	Practice & performance of the street play	
		60

References

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3. Dominique Joseph, 1993.; The Dynamics of Mass Communication, Me Graw Hill, New York,
4. Devito, Joseph, 1988; Human Communication, Harper and Row, New York, 4th edition.
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12. Ross, Ramón, S., 9th (Ed), 1992; Speech Communication, Speech Making Process; Prentice Hall, New Jersey

SEC-151-HSC -RESOURCE MANAGEMENT (PR)

Credits-02

Total Hours-60

Course Outcomes-

1. To help students understand the fundamental concepts and Principles of Management
2. To assist students in gaining knowledge about the theoretical aspects and practices applicable to the managerial process.
3. To enable students to know how to effectively utilize resources such as time, energy and money.

UNITS	CONTENT	HOURS
I	Management Process Introduction ,Meaning and definition ,Basic concept of Management , Management and Change, Obstacles in Management , Misconception about Management , Steps of Management Process Apply the management process to organize a picnic / wedding anniversary	10
II	Decision Making Process Meaning and Definition, Types of decision making Steps in decision making Process, Factors affecting decision making , Conflicts solving Methods Write a report on decision making process of selecting personal aim	08
III	Resources Definition , Classification and Characteristics Stages of Family Life Cycle: Beginning, Expanding Identify and categorize the available resources in your family.	08
IV	Money Management	08

	<p>Definition , Classification of income</p> <p>Budget: meaning, types and steps</p> <p>Financial security: savings, insurance, taxation and investments , Factors affecting expenditure</p> <p>Prepare a monthly budget for a joint family.</p> <p>Maintain the monthly expenditure in various types of accounting system</p>	
V	<p>Time Management</p> <p>Meaning ,Classification of activities , Tools of Time cost, Management process applied to time Make a time plan of a working college day and exam day</p>	10
VI	<p>Energy Management</p> <p>Meaning and Classification of household tasks Types of efforts , Energy management process Factors affecting energy management</p> <p>Fatigue: meaning, types, causes and remedies</p> <p>Observe the task carried out by the homemaker through the use of informal paper and pencil techniques</p>	08
VII	Visit any well-known management institute	08
		60

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