

B.A. Home Science

DISTRIBUTION OF DIFFERENT COURSES AND CREDITS IN VARIOUS SEMESTERS

Offered By:

Department of Home Science
Faculty of Science
Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur

Course Code: HSC 101	
Course Title: Introduction to Community Science	
Credits: 2+0	
Units	Topic
I	Traditional Home Science and its Relevance in current era Contribution made by Indian Home Scientists i.e. M Swaminathan, C V Gopalan, S K Day, Ravindra Nath Tagore etc.
II	Basic concepts in food and nutrition Basic terms used in study of food and nutrition Understanding relationship between food, nutrition and health Functions of food-Physiological, psychological and social
III	Introduction to Resource Management Concept, universality and scope of management Approaches to management Ethics in management Motivation Theory
IV	Importance of clothing Clothing functions and theories of origin Clothing terminology Individuality and conformity, conspicuous consumption and emulation Selection of clothes for self.
V	Understanding Human Development Definitions, scope and multidisciplinary nature of Human Development Contexts, stages and domains of development Principles of Growth and Development: Norms and Milestones
VI	Extension: concept, goals, philosophy and history Principles of extension Relationship between communication and extension - role of extension in development

Course Code: HSC 102 (A130101)	
Course Title: Fundamentals of Nutrition and Human Development	
Credits: 4+0	
Units	Topic
I	Selection, nutritional contribution and changes during cooking of the following food groups: Cereals Pulses Fruits and vegetables Milk & milk products Eggs Meat, poultry and fish Fats and Oils
II	Cell and Digestive System Respiratory and Cardiovascular system
III	Food and Nutrition Food- Meaning, Classification and function Nutrition- Concept of Nutrition

	Nutrients-Macro and Micro, sources and deficiency diseases.
IV	Cooking Methods- Methods, Advantages and Disadvantages Preservation of Nutrients while Cooking. Traditional methods of enhancing nutritional value of foods germination, fermentation, food synergy etc.
V	Introduction to Human Development: Concept, Definition and need to study of Human Development Domains, Stages and contexts of development Principles of Growth and Development Determinants of Development- heredity and environment Prenatal Development and Birth Process: Conception, Pregnancy and Childbirth Stages of birth
VI	Prenatal Development and Birth Process: Conception, Pregnancy and Childbirth Stages of birth Types of delivery (natural, c-section, breech, home vs. assisted delivery) Physical appearance and capacities of the new-born Factors affecting Pre-natal development
VII	Infancy: Developmental tasks during Infancy and Preschool Stage. Physical and Motor Development. Social and emotional development Cognitive and language development
VIII	Early Childhood (Pre School) years: Developmental Tasks during Early childhood. Physical and Motor Development Social and emotional development Cognitive and language development

Course Code: HSC 103 (A130102)	
Course Title: Healthy recipe development and Food Preparation	
Credits: 0+2	
Units	Topic
I	Basic cooking skills - Weighing of raw materials - Preparing of different food items before cooking
II	Preparation of various dishes using different methods of cooking - Boiling /steaming - Roasting - Frying – Deep/shallow - Pressure cooking - Hot air cooking/Baking
III	Different styles of cutting fruits and vegetables - Salad Decoration/Dressings
IV	Preparation of nutrient rich dishes - Protein rich dish - Carbohydrate rich dish - Fat rich dish - Vitamins rich dish - Minerals - Fibers

Course Code: HSC 104(A130201)	
Course Title: Introduction to Clothing and Textiles& Family Resource Management	
Credits: 4+0	
Units	Topic
Part A	
I	Introduction a) Introduction to Clothing and Textile (b) Its importance in day-to-day life (c) Scope (d) Classification of textile fiber on the basis of their source (e) General properties of fibers primary and secondary
II	Knowing Fibers-Manufacture, processing, properties and uses of (a) Cellulosic Fibers-cotton, Linen (b) Protein Fibers-Wool, Silk (c) Synthetic/Manmade fibers-Nylon, Polyester, Acrylic, Rayon.
III	Yarn to Fabrics (a) Definition of Yarn, Manufacture of Yarn and Yarn Properties (b) Different fabric construction techniques (Weaving, Knitting, Felting, Braiding, Non-woven) (c) Weaving of Cloth-Terminologies and Steps in Weaving. (d) Types of weaves- Basic and Decorative
IV	Clothing Construction (a)Tools for Clothing construction (b) Introduction to sewing machines, its parts and maintenance, (c) Importance of Drafting, Draping, Flat pattern techniques - advantages & disadvantages (d) fabric preparatory steps for stitching a garment - preshrinking, straightening, layout, pinning, Marking and cutting.
Part B	
V	Introduction to Home Management: Basic Concepts, Purpose And Obstacles of Management. Process of Management – Planning, Organizing, Controlling and Evaluation. Motivating Factors in Management – Values, Goals and Standards – Definition and Classification.
VI	Resources, Decision making & Family life cycle: Meaning, Characteristics, Types and Factors affecting the use of Resources. Steps and Role of Decision Making in Management. Stages of Family Life Cycle.
VII	Time, Energy and Money Management: Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management. Energy as a Resource, Work Curve, Fatigue- Types, Causative Factors and Alleviating Techniques. Family income as a Resource, Sources of Income and Expenditure and Saving. Preparation of Family budget in view of family income.
VIII	Work Simplification and Household Equipments: Meaning and Techniques of Work Simplification, Mundell's Classes of Change. Principle, Use and Care of Household Equipments such as Pressure Cooker, Mixer and Grinder, Refrigerator, Washing Machine, Vacuum Cleaner & Solar Cooker

Course Code: HSC 105(A130202)	
Course Title: Clothing and Textiles	
Credits: 0+2	
Units	Topic
I	Identify fibers and fabrics(a) Fibre identification tests- Visual, burning and microscopic- natural and synthetic, pure and blended fibres. (b) Weaves identification and understanding their usage
II	Learning to stitch (a) Knowing how to stitch-an idea of straight-line stitching, stitching on curves and at corners (b) Basic Stitching-Temporary Stitching, Permanent and decorative stitching
III	Basic sewing (a) Seams-Plain seams and its finishing, run & fell seam, French seam (b) Attaching different Fasteners (c) Disposal of fullness-darts, gathers, tucks and pleats (d) Neckline Finishing-Facing & Binding
IV	Preparing Frock (a)Drafting, cutting and stitching of Childs' basic block and sleeve block. (b)adaptation to "Gathered frock" with Peter Pan collar and puff sleeves

Course Code: HSC 201(A130301)	
Course Title: Advance Nutrition and Human Development	
Credits: 4+0	
Units	Topic
Part A	
I	Meal Planning- Definition , importance , factors affecting meal planning , Balanced Diet , RDA
II	Nutrition During Infancy and Childhood- Nutrition Requirement, RDA and Diet Plan
III	Nutrition During Adolescence, Adulthood and Old Age. Nutrition Requirement, RDA and Diet Plan
IV	Nutrition During special condition pregnancy and lactation Nutrition Requirement, RDA and Diet Plan
Part B	
V	Middle Childhood Years Developmental tasks and characteristics of middle childhood period <input type="checkbox"/> Physical and motor development <input type="checkbox"/> Social & emotional development <input type="checkbox"/> Cognitive development <input type="checkbox"/> Language development
VI	Puberty and Adolescence <input type="checkbox"/> Development tasks and characteristics <input type="checkbox"/> Significant Physical physiological and hormonal changes in Puberty. <input type="checkbox"/> Self and Identity, Factors influencing Identity& Personality Development. <input type="checkbox"/> Family and peer relationship Problems – Drug and Alcohol abuse, STD, HIV/AIDS, Teenage Pregnancy.
VII	Cognitive, Language and Moral Development during Adolescence: <input type="checkbox"/> Perspective on cognitive development, development of intelligence and Creativity <input type="checkbox"/> Adolescent language <input type="checkbox"/> Adolescent Morality
VIII	Introduction to adulthood: <input type="checkbox"/> Concept, transition from adolescence to adulthood <input type="checkbox"/> Developmental tasks of Adulthood <input type="checkbox"/> Physical and physiological changes from young adulthood to late adulthood Responsibilities and adjustments-educational, occupational, marital and parenthood

Course Code: HSC 202(A130302)	
Course Title: Human Development	
Credits: 0+2	
Units	Topic
I	Preparation of an album on developmental milestones of children. Prepare child literature. Visit to Child Care Centers/ anganwadi
II	Study of physical, social, emotional, cognitive, language development (any two). Observations of child rearing practices in families from different social classes
III	Interviews of adolescent girls and boys to understand their life style, behavior and problems
IV	Carry out case studies to know more about the different life stages, e.g., school going children, adolescents, Young adults. (any two)

Course Code: HSC 203(A130401)	
Course Title: Housing & Extension Education	
Credits: 4+0	
Units	Topic
I	Housing: Needs of a House, Difference between House & Home, way to acquire house (Own & rented). Factors influencing selection and purchase of house and site for house Building.
II	House Planning: Principles of house planning, Planning Different residential spaces in a house. Planning house for Different income groups.
III	Interior Designing: Introduction to Interior designing. Importance of good taste. Objective of Interior decoration. Elements of design – Line, Shape, Texture, Color, Pattern, Light & Space. Principle of design- Proportion, Balance, Rhythm, Emphasis, Harmony
IV	Home Decors: Furniture, Furnishings (Curtain, Draperies, Floor coverings, Wall celing, Lighting, Accessories (Wall painting, Mirrors, wall art, Sculpture & Antiques, Flower arrangements) etc.
V	Extension Education: Meaning, Concepts, Objectives, Scope, Principles, Philosophy of Extension Education. Early Extension Efforts in India. Formal & Non-formal Education.
VI	Extension Teaching & Learning: Role and Qualities of an Extension worker. Steps in Extension Teaching Process, Criteria for Effective Teaching & Learning.
VII	Communication & Extension Teaching Methods: Definition, Importance, Characteristics, Elements, Models & Challenges in communications. Relationship between

	Communication, Extension & Development. Extension Teaching Methods- Classification, Factors guiding the Selection & use of Extension teaching methods.
VIII	Audio- visual Aids: Definition, Importance, Classification, Selection, Preparation & Effective use of Audio-visual Aids.

Course Code: HSC 204(A130402)	
Course Title: Resource Planning & Decoration	
Credits: 0+2	
Units	Topic
I	Preparation of time plans for self and family. Drafting family budget for different income groups.
II	Market Survey of Household Equipments- (Pressure cooker, Toaster, Gas Stove, Mixer & Grinder, Refrigerator, Washing machine, Microwave, Solar cooker)
III	Draw House Plans Standard Specifications & Furniture Layout.
IV	Preparation of Color wheels & Color schemes. Flower Arrangement & Floor Decoration (Rangoli)- Application of Design principles and Elements of Art , Innovation of new styles.

Course Code: HSC 301(A130501)	
Course Title: Surface Ornamentation of fabrics	
Credits: 4+0	
Units	Topic
I	Techniques of Creating variety on fabrics (a) weaving(b) finishing of fabrics(c) dyeing of fabrics(d) printing fabrics(a) embroidery and other decoration methods
II	Finishes (a) Classification of fabric finishes (b) Study of purpose and process of finishes (i) General Purpose finishes-Bleaching, Mercerization, Calendering, Sanforization, Tenting, Singeing, Scouring (ii) Functional Finishes
III	Dyeing (a) Classification of dyes- Natural v/s Synthetic, advantages and limitations (b) Theory of dyeing (c) Properties and use of Dyes-Basic, Acidic, Direct, Azoic, Natural, Sulphur, Vat, Disperse and Reactive dyes (d) Resist Dyeing Techniques-Tie & Die, Batik.
IV	Printing (a) Direct printing- Block, Screen, Stencil, Roller (b) Transfer printing (c) Discharge printing, Resist printing (d) Polychromatic, Inkjet and Digital printing techniques (e) After treatment of dyed and printed goods
V	Traditional Embroideries: Meaning and status of traditional crafts in India, Knowing about the Traditional Embroideries of different states - Zardozi, Kashida of Kashmir, Phulkari of Punjab, Kantha of Bengal, Chikankari, Kasuti, of UP, Sindh and Kutch work of Gujarat.

VI	Traditional Textiles: Knowing the Traditional textiles of different states of India (a) Woven fabrics- Baluchars, brocades, Kashmir carpets, Patola, Ikat, Pochampalli, Chanderi (b) Printed, painted and dyed-Sanganeri, Bhagru, Kalamkari, Madhubani, Bandhani.
VII	Water(a) Water and its uses in textile industry , properties, (b)types of water used for processing (c) Hardness and removal of Hardness of water.
VIII	Laundry and dry cleaning of fabrics and garments (a) Methods of Laundry and Dry cleaning (b) Dry cleaning process (c) Reagents of Laundry-Blues, Bleaches, Optical Brighteners, Stiffening agents (d) Types of soaps and detergents (e) Cleaning action of soaps and detergents.

Course Code: HSC 302(A130502)	
Course Title: Community Development & Programme Planning	
Credits: 4+0	
Units	Topic
I	Community Development: Meaning, Definition, Functions, Objectives, Philosophy, Principles of Community Development Programme in India.
II	Community Development Organization: Meaning, Types, Principles, Role & Administrative Structure at the National, State, District, Block & Village levels.
III	Home Science Extension Education in Community Development: Origin, Concept, Need, Importance and Contribution of Home Science Extension Education in National Development.
IV	Recent Development Programme for Women &Children: Support to Training & Employment for women (STEP), Swarnjayanti Gram SwarojgarYogna (SGSY), Integrated Child Development Services (ICDS) etc.
V	Support Service of Youth Development: NCC, NSS, Youth Camp Youth Clubs etc.
VI	NGO & Others: Contribution towards community services, Types & Role of NGO - WHO, CARE, UNICEF, UNESCO, UNDP, CRY, HELP-AGE INDIA.
VII	Leadership: Concept, Definitions, Types, Importance, Function and Role of Community leaders. Methods of Identifying and Training of leaders.
VIII	Programme Planning: Programme planning component cycle and its components- (i)Designing the project – Defining the objectives, Identifying resources, approach, feasibility and Work plan. (ii) Implementation. (iii) Monitoring and Evaluation

Course Code: HSC 303(A130503)	
Course Title: Community Transformation	
Credits: 0+2	
Units	Topic
I	Identify the target group & their relevant issues i.e. help nutrition, Education, Women's & Family issues followed by preparing a report.
II	Observe & Critical analysis nearby community of women & children related welfare program followed by the preparation of report.
III	Prepare & learn the use of Audio-visual Aids.
IV	Identify to create an awareness on the existing Contemporary issues. Develop a script in the Folk drama (NukkadNatak) format to perform in the target group.

Course Code: HSC 304(A130601)	
Course Title: Dietetics and Therapeutic Nutrition	
Credits: 4+0	
Units	Topic
I	Introduction a) Definition of Health Dietetics and Therapeutic Nutrition b) Importance of Diet Therapy c) Facts about fast foods/Junk foods d) Objectives of therapeutic Diet e) Principles of diet therapy
II	Diet and feeding methods a) Modification of normal diets for therapeutic purposes b) Methods of modification <input type="checkbox"/> On the basis of nutrients <input type="checkbox"/> On basis of consistency c) Different feeding methods <input type="checkbox"/> Oral feeding <input type="checkbox"/> Tube feeding
III	Energy Metabolism a) The calorific value of food b) Measurement of energy exchange in the body <input type="checkbox"/> Direct calorimeter <input type="checkbox"/> Indirect calorimeter c) Factors influencing the Basal Metabolic Rate d) Factors influencing the total energy requirement
IV	Diet during fevers and infections a) Introduction to fever –Acute fever –Chronic fever b) Important changes in nutrition during fever c) Modification of the diet
V	Diet during Digestive system disorders a) Peptic ulcers–Causes, symptoms and diet modification b) Diarrhea and Constipation –Causes, treatment and diet

	modification
VI	<p>Weight Management</p> <p>a) Overweight and Obesity</p> <ul style="list-style-type: none"> –Introduction to Obesity –Causes of Obesity –Diet Modification <p>b) Underweight</p> <ul style="list-style-type: none"> –Causes –Treatment –Diet Therapy
VII	<p>Therapeutic Diets in Cardiac Diseases</p> <p>a) Atherosclerosis</p> <ul style="list-style-type: none"> –Introduction –Dietary factors influencing lipid level in blood –Modification of diet and Meal Pattern <p>b) Hypertension</p> <ul style="list-style-type: none"> –Causes and symptoms –Diet in Hypertension
VIII	<p>Endocrinal Disorders</p> <p>a) Introduction to endocrinology</p> <p>b) Various endocrine glands and their functions : Thyroid, Adrenal and Pancreas</p> <p>c) Diabetes Mellitus–occurrence types, symptoms, metabolic changes, dietary modification and educating the patient.</p>

Course Code: HSC 305(A130602)	
Course Title: Research Methodology and Gender Development	
Credits: 4+0	
Units	Topic
Part A	
I	Social Research: Concept, Scope, Steps of research
II	Sampling Concept, Techniques, Principles and Limitations of Sampling.
III	Data Collection: Sources of Data Collection: Primary & Secondary Tools of Data collection: Interview schedule, Observation, Questionnaire, Methods of data collection
IV	Report Writing Summary, Conclusion and Recommendations, Writing references, Writing process of research report: Formal Style of writing, Preface, Chapterization, Headings, Tables and Figures, Appendices, Bibliography and Acknowledgement
Part B	
V	Women in Development: Capacity Building for women- Education, Decision Making abilities, Opportunities, Awareness & Information on social and legal issues.
VI	Women's Organizations & Collective Strength: Women's action groups and women's participation in development Initiative.
VII	Employment Trends of women: Need for self-employment, Opportunities & challenges in an organized and un-organized sector.
VIII	Entrepreneurship Development to empower women: Motivation, Development of women entrepreneurs in India, Schemes available to encourage women entrepreneurship. (a) Bhartiya Mahila Bank Business Loan (b) Annapurna Scheme. (c) Stree Shakti Package (d) Mudra yojana scheme for CCwomen. (e) Mahilaudyamnidhi scheme.

Course Code: HSC 306(A130603)	
Course Title: Therapeutic Diet Preparation and Nutrient Evaluation	
Credits: 0+2	
Units	Topic
I	Modification of normal diet for therapeutic purposes preparation and presentation
II	Therapeutic Diet Preparation and Nutrient Calculation of <ul style="list-style-type: none"> - Diet in fever - Diet in diarrhea - Diet in Constipation
III	Therapeutic Diet Preparation and Nutrient Calculation of some Common Disorders <ul style="list-style-type: none"> - Diet in diabetes Mellitus - Diet in Hypertension - Diet in Atherosclerosis
IV	Dietary Modification for weight management – Preparation and Nutrient Calculation of diet in- <ul style="list-style-type: none"> - Overweight & obesity - Underweight