

To,

The Principal Secretary
Rajbhavan, Bihar, Patna.

Sub.- Regarding submission of proposed course structure and uniform syllabus ofHOME SCIENCE..... for 1st and 2nd Semester of 4-Year undergraduate.

Ref.- Letter No.-BSU(UGC)-02/2023-871/GS(I), Dated-09-06-2023

Sir,

In Compliance with your letter no.-BSU(UGC)-02/2023-871/GS(I), dated 09-06-2023 followed by above mentioned letter no, we are submitting the proposed course structure and syllabus of ...Home Science.....s for 1st and 2nd semester of the 4 year undergraduate course system as per UGC regulations.

Yours faithfully,

Enclosed-as above.

Manjulkumar Sinker
14.06.2023

Ajith Sinker
14.06.2023

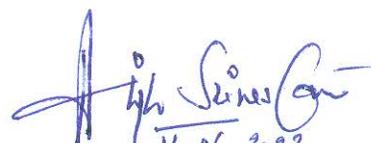
Kumkum Kumari

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Syllabus
For
Bachelor of Arts Programme
In
Home Science
Under
Choice Based Credit System (CBCS)
(2023-24 onwards)
Of
NEW EDUCATION POLICY, 2020

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HOME SCIENCE

(A) Major Core Courses

Sl. No.	Sem	Type of Course	Name of Course	Credits	Marks
1.	I	MJC-1	Food and Nutrition (Theory)	4	100
			Foods and Nutrition (Practical)	2	100
2.	II	MJC-2	Fundamentals of Human Development (theory)	4	100
			Fundamentals of Human Development (Practical))	2	100

B. Minor Courses to be offered by the Department for students of other Departments of Social Science

Sl. No.	Sem	Type of Course	Name of Course	Credits	Marks
1.	I	MIC-1	Food and Nutrition (Theory)	2	100
			Food and Nutrition (Practical)	1	100
2.	II	MIC-2	Fundamentals of Human Development (Theory)	2	100
			Fundamentals of Human Development (Practical)	1	100

C. Multidisciplinary Courses to be offered

Sl. No.	Sem	Type of Course	Name of Course	Credits	Marks
1.	I	MDC-1	NGO Management	3	100
			(Theory = 1 credit & practical = 2 credits)		
2.	II	MDC-2	Basics of Interior Design and Hospitality Management	3	100

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6

SEMESTER – I

MJC-1

Food and Nutrition

Course Outcomes:

CO1: Understand the relationship between food, nutrition and health

CO2: Understand the role and functions of nutrients, its composition, requirements and the effect of deficiency and excess

CO3: Understand the concept of an adequate diet and the importance of meal planning

CO4: Describe different methods of cooking and its impact on the stability of nutrients.

MJC-1		Food and Nutrition	
(Theory: 4 Credits)			
Unit	Topics to be covered	No. of Lectures	
I	Introduction to Food and Nutrition <ul style="list-style-type: none"> • Definition and terms used in Food and Nutrition • Functions of food • Concept of Balanced Diet • Malnutrition:- Types, causes, symptoms and treatment • Meal planning–steps in meal planning, factors affecting meal planning for a family • Food Exchange list, Food pyramids 	6	
II	Basic concepts, classification, composition, nutritive value and role in cookery of different food groups. <ul style="list-style-type: none"> • Cereals and Cereal Products • Pulses and Legumes • Fruits and Vegetables • Salt, Sugar and Jaggery • Nuts, Oils and Oil seeds • Milk and Milk Products • Eggs, Meat, poultry and fish • Spices and Condiments -Importance and functional properties 	12	
III	Macronutrients Definition, classification, dietary Sources, functions, Recommended Dietary Allowances, clinical signs and symptoms of Deficiency diseases and Excess of <ul style="list-style-type: none"> • Carbohydrates • Proteins • Lipids • Water 	10	

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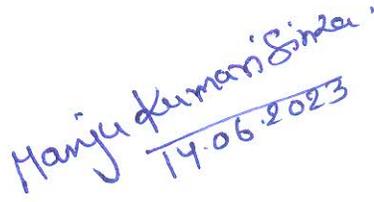
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IV	Micro nutrients Minerals Classification, Sources, functions and deficiency of Calcium, Phosphorus, Magnesium, Sodium, Potassium, Selenium, Iron, Zinc, Iodine, Copper Vitamins Classifications, functions, sources, requirement ,clinical signs and symptoms and deficiency of: -Fat Soluble Vitamins - A, D, E and K - Water Soluble Vitamins-B Complex Vitamins- Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cyanocobalamin and Vitamin C	08
V	Methods of Cooking Types, Advantages and disadvantages of cooking methods (i) Moist heat methods –boiling, simmering, steaming, & Pressure cooking (ii) Dry heat methods – baking. Microwave (iii) Fat as a medium for Coking-shallow and deep fat frying	04
	Total	40

Reading List:

- Bamji, MS., Krishnasamy, K., Brahmam ,G.N.V. (2012). Text Book of Human Nutrition, 3rd Edition, Oxford and IBH Publishing Co. P. Ltd., 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.
- Maney, S. (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- aina, U., Kashyap, S., Narula, V., Thomas S, Suvira., VirS., Chopra, S. (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017). Nutrition Science, New Age International (P) Ltd., New Delhi.
- Sunetra, Roday. (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Usha, Chandrasekhar. (2002). Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi.


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MJC I Foods and Nutrition Practical: 2 Credits	No. of classes
<p>1. Basic Cooking skills Weights and measures - standard and household measures for raw and cooked foods.</p> <p>2. Preparation of various dishes using different methods of cooking</p> <ul style="list-style-type: none"> - Boiling/steaming - Roasting - Frying-Deep/shallow - Pressure cooking <p>3. Food Preparation, understanding the principles involved, nutritional quality of commonly consumed recipes in each food group</p> <ul style="list-style-type: none"> - Cereals: rice, roti, paratha, poori, pastas etc - Pulses: Whole, dehusked- Dal, sambar, Chole, etc - Vegetables: Dry preparations, Curries - Milk and milk products: Kheer , Custard, - Meat, fish and poultry preparations - Egg preparations: Boiled, poached, fried, omelette <p>4. Different styles of cutting fruits and vegetables</p> <ul style="list-style-type: none"> - Salad Decoration/Dressing - Table setting, Napkin Folding 	40

REFERENCES

- Srilakshmi B, (2007), Dietetics. New Age International publishers. New Delhi
- Srilakshmi B ,(2002), Nutrition Science. New Age International publishers. New Delhi
- Swaminathan M. (2002), Advanced text book on food and Nutrition. Volume I. Bapoco.
- Gopalan. C., RamaSastry B.V., and S. C. Balasubramanian (2009), Nutritive value of Indian Foods. NIN. ICMR. Hyderabad.
- Mudambi S R and Rajagopal MV, (2008), Fundamentals of Foods, Nutrition & diet therapy by New Age International Publishers, New Delhi

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14.06.2023

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SEMESTER – II

MJC- 2

Fundamentals of Human Development

Course Outcomes:

CO1: Explain the need and importance of studying human growth and development

CO2: Identify the biological and environmental factors affecting human development

CO3: Describe the characteristics, needs and developmental tasks of different stages in the human life cycle.

MJC-2 Fundamentals of Human Development		
(Theory: 4 credits)		
Unit	Topics to be covered	No. of Lectures
I	Introduction to Human Development <ul style="list-style-type: none"> • Concept and History of Human Development • Scope of Child Development • Principles of Growth and Development. • Concept of heredity and environment. Factors affecting heredity and environment in development. 	08
II	Prenatal Development, Birth Process and care in Infancy: <ul style="list-style-type: none"> • Prenatal Development – stages, factors affecting, diagnostics techniques. • Birth Process - Stages of birth Process, Types of delivery • Immediate care of newborn, types of feeding - natural and artificial, weaning, immunization schedule, Common childhood illness 	08
III	Development during Infancy (0-1 year): <ul style="list-style-type: none"> • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development 	08
IV	Development in Early Childhood Period (3 - 6 Years) <ul style="list-style-type: none"> • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development 	08
V	Late Childhood period (6-12 Years) <ul style="list-style-type: none"> • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development 	08
Total		40

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Suggested Readings:

- Berk, L.E. (2005). Child development (5th ed.). New Delhi: Prentice Hall.
- Bhangaokar, R., & Kapadia, S. (in press). Human Development Research in India: Ahistorical overview. In G. Misra (Ed.), Hundred years of Psychology in India. New Delhi: Springer.
- Feldman, R., & Babu, N. (2009). Discovering the life span. New Delhi: Pearson
- Kakar, S. (1998). The inner world. Psychoanalytic study of childhood and society in India. Delhi: Oxford University Press.
- Kapadia, S. (2011). Psychology and human development in India. Country paper. International Society for the Study of Behavioral Development Bulletin Number 2, Serial No. 60, pp.37-42.
- Keenan, T., Evans, S., & Crowley, K. (2016). An introduction to child development. Sage.
- Lightfoot, C., Cole, M., & Cole, S. (2012). The development of children (7th ed.). New York: Worth Publishers.
- Santrock, J. (2017). A topical approach to life span development (9th ed.). New NY.: McGraw-Hill Higher Education.
- Singh, A. (2015). Foundations of Human Development: A life span approach. ND: Orient Black Swan.
- Walsh, B.A., Deflorio, L., Burnham, M. M., & Weiser, D.A. (2017). Introduction to human Development and Family Studies. NY: Routledge.

MJC – 2 (P) Fundamentals of Human Development Practical: 2 Credits	No. of classes
Practical: 1. Preparation of an album on growth chart of 0-12 months baby. 2. Study of children’s (0-3 years) clothes, play materials and books.	40

Signature
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