

**SYLLABUS
of**

**B.A/B.Sc. (Regular) Home Science
Choice Based Credit System**

(Approved in the Academic council meeting dated 8-11-2019)

Programme Template (B.Sc Regular)

Semester	Core Course	Ability Enhancement Compulsory Courses	Skill Enhancement Course (SEC)	Discipline Specific Elective (DSE)
I	DSC 1 A	English/MIL communication		
	DSC 2 A			
	DSC 3 A			
II	DSC 1 B	Environmental Studies		
	DSC 2 B			
	DSC 3 B			
III	DSC 1 C		SEC 1	
	DSC2 C			
	DSC 3 C			
IV	DSC 1 D		SEC 2	
	DSC 2 D			
	DSC 3 D			
V			SEC 3	DSE 1 A
				DSE 2 A
				DSE 3 A
VI			SEC 4	DSE 1 B
				DSE 2 B
				DSE 3 C

Programme Template (BA Regular)

Semester	Core Course	Ability Enhancement Compulsory Courses	Skill Enhancement Course (SEC)	Discipline Specific Elective (DSE)	Generic Elective(GE)
I	English-1	English/MIL communication			
	DSC 1 A				
	DSC 2 A				
II	English 2	Environmental Studies			
	DSC 1 B				
	DSC 2 B				
III	MIL-1/ Alte. English-1		SEC 1		
	DSC 1 C				
	DSC 2 C				
IV	MIL-2/Alte. English-2		SEC 2		
	DSC 1 D				
	DSC 2 D				
V			SEC 3	DSE 1 A	GE 1
				DSE 2 A	
VI			SEC 4	DSE 1 B	GE 2
				DSE 2 B	

Home Science (Regular)

Semester No.	Core Course	Ability Enhancement Compulsory Course (AEDSC)	Skill Enhancement Course (SEC)	Discipline Specific Elective (DSE)	Generic Electives (GE) (For BA Students)
I	HSC-RC-1016: Fundamentals of nutrition and Food Science	English/MIL communication			
II	HSC-RC-2016 : Fundamental of Textile	Environmental Studies			
III	HSC-RC-3016 : Resource Management		SEC 1		
IV	HSC-RC-4016 : Life Span Development and Extension Education		SEC 2		
V			SEC 3	DSE 1A	GE 1
VI			SEC 4	DSE I B	GE 2

DISCIPLINE SPECIFIC CORE COURSES (DSC)

- 1. HSC-RC-1016 : Fundamentals of Nutrition and Food Science** Theory 4 Credits
+Practical 2 Credit
- 2. HSC-RC-2016 : Fundamentals of Textiles** Theory 4 Credits +Practical 2 Credit
- 3. HSC-RC-3016 : Resource Management** Theory 4 Credits +Practical 2 Credit
- 4. HSC-RC-4016 : Life Span Development and Extension Education** Theory 4 Credits
+Practical 2 Credit

DISCIPLINE SPECIFIC ELECTIVE (4 Courses) Total Credits – 24

(6 Credits each –Theory 4 credits + Practical 2 credits =2)

- 1: HSC-RE-5016: Food Science** Theory 4 credits + Practical 2 credits
- 2: HSC-RE-5026: Indian Textile Heritage** Theory 4 credits + Practical 2 credits
- 3: HSC-RE-5036: Child Rights and Gender Justice** Theory 4 credits + Practical 2 credits
- 4: HSC-RE-5046: Basics of Interior Design and Hospitality Management** Theory 4 credits +
Practical 2 credits
- 5: HSC-RE-5056: Extension for Development** Theory 4 credits + Practical 2 credits
- 6: HSC-RE-6016: Therapeutic Nutrition** Theory 4 credits + Practical 2 credits
- 7: HSC-RE-6026: Apparel Production** Theory 4 credits + Practical 2 credits
- 8: HSC-RE-6036: Childhood Disability and Social Action** Theory 4 credits + Practical 2
credits
- 9: HSC-RE-6046: Interior Design & Decoration** Theory 4 credits + Practical 2 credits
- 10: HSC-RE-6056: Entrepreneurship Development & Enterprise Management** Theory 4
credits + Practical 2 credits

SKILL ENHANCEMENT COURSES (2 Courses) Total Credit- 8

- 1. HSC-SE-3014: Early Childhood Care and Development** Theory 2 Credit + Practical 2 credits
- 2. HSC-SE-3024: Surface Ornamentation** Practical 4 credits
- 3. HSC-SE-3034: Maternal and Child Nutrition** Theory 4 credits
- 4. HSC-SE-4014: Information, Education and Communication Material for Development** Theory 2 Credit + Practical 2 credits
- 5. HSC-SE-4024: Bakery Science** Practical 4 Credit
- 6. HSC-SE-4034: Pattern making and draping** Theory 1 Credit, Practical 3 Credit
- 7. HSC-SE-5014: Understanding Psychology** Theory 4 Credit
- 8. HSC-SE-5024: Textile Processing** Theory 1 Credit + Practical 3 Credit
- 9. HSC-SE-6014: NGO Management & CSR** Theory 4 credits
- 10. HSC-SE-6124: Commercial clothing** Theory 1 Credit, Practical 3 Credit

GENERIC ELECTIVES (For other disciplines)

- 1. HSC-RG-5016 : Child Rights and Social Action** Theory 5 credits + 1 Tutorial
- 2. HSC-RG-5026 : Media, Culture and Society** Theory 5 credits + 1 Tutorial
- 3. HSC-RG-5036 : Adolescent Relationships** Theory 4 credits + 2 Practical
- 4. HSC-RG-5046 : Current Concerns in Public Health Nutrition** Theory 5 credits + 1 Tutorial
- 5. HSC-RG-6016 : Human Nutrition** Theory 4 credits + 2 Practical credits
- 6. HSC-RG-6026 : Appreciation of Textile Crafts** Theory 4 credits + 2 Practical credits
- 7. HSC-RG-6036 : Entrepreneurship and Enterprise Management** Theory 4 credits + 2 Practical credits
- 8. HSC-RG-6046 : Interior Design** Theory 4 credits + 2 Practical credits

DISCIPLINE SPECIFIC CORE

HSC-RC-1016: FUNDAMENTALS OF NUTRITION AND FOOD SCIENCE (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES 60

Unit 1 Basic concepts in food and nutrition

5

- Basic terms used in study of food and nutrition
- Understanding relationship between food, nutrition and health
- Functions of food-Physiological, psychological and social

Unit 2 Nutrients

20

Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients:

- Carbohydrates, lipids and proteins
- Fat soluble vitamins-A, D, E and K
- Water soluble vitamins – thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B₁₂ and vitamin C
- Minerals – calcium, iron and iodine

Unit 3 Food Groups

25

Cereal : Composition and Nutritive Value, Cereal products

Pulses: Composition and nutritive value

Processing-milling or decortications, soaking, germination, fermentation, parching and puffing
Toxic constituents

Fruits and vegetables: classification, composition and nutritive value, Changes during cooking and loss of nutrient due to cooking of vegetables.

Milk and milk product: Composition and nutritive value, processing- classification, pasteurization and homogenization. Fermented and non-fermented

Egg: Composition and nutritive value, role of egg in cookery

Meat, poultry and fish: Composition and nutritive value, post mortem changes, ageing, tenderizing, curing of meat

Fats and oil: Composition and nutritive value, different fats and oil available in the market, role of fats and oil in cookery

Unit 4 Methods of Cooking and Preventing Nutrient Losses

10

- Dry, moist, frying and microwave cooking
- Advantages, disadvantages and the effect of various methods of cooking on nutrients
- Minimising nutrient losses

PRACTICAL

PRACTICAL

1. Weights and measures of common food stuff (by household and standard methods); preparing market order and table setting

3

2. Food preparation, understanding the principals involved, nutritional quality and portion size.

10

- **Beverages:** Hot tea/coffee, Milk shake/lassi, fruit based beverages
- **Cereals:** Boiled rice, pulao, chapatti, parantha, puri, pastas
- **Pulses:** Whole, dehusked
- **Vegetables:** curries, dry preparations
- **Milk and milk products:** Kheer, custard
- **Egg preparations:** Boiled, poached, fried, scrambled, omelettes, egg pudding

RECOMMENDED READINGS

- Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). *The Art and Science of Cooking: A Practical Manual*, Revised Edition. Elite Publishing House Pvt Ltd.
- Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). *Basic Food Preparation: A Complete Manual*, Fourth Edition. Orient Black Swan Ltd.
- Bamji MS, Krishnaswamy K, Brahmam GNV (2009). *Textbook of Human Nutrition*, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
- Srilakshmi (2007). *Food Science*, 4th Edition. New Age International Ltd.
- Wardlaw and Insel MG, Insel PM (2004). *Perspectives in Nutrition*, Sixth Edition. Mosby.
- Chadha R and Mathur P (eds). *Nutrition: A Lifecycle Approach*. Orient Blackswan, Delhi. 2015

HSC-RC-2016: FUNDAMENTALS OF TEXTILES (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES 60

Unit 1 Textile fibres and their properties

- Primary and secondary properties of textile fibres with reference to their effect on fibre characteristics 16
- Classification of fibres
- Origin, production and properties of various fibres:
 - Natural- cotton, linen, wool, silk.
 - Man-made- rayon, polyester, polyamide (nylon 6,6) acrylics, elastomeric fibres

Unit 2 Yarns 12

- Basic principle of yarn making:
 - Mechanical spinning (cotton system, wool system, worsted system),
 - Chemical spinning (wet, dry and melt)
- Types of yarns:
 - Staple,
 - Filament,
 - Simple,
 - complex
- Properties of yarns:
 - Yarn numbering systems and twist
- Textured yarns:
 - Classification,

- manufacture
- properties
- Blends:
 - Types of blends
 - purpose of blending

Unit 3 Fabric construction 14

- Weaving: Parts and functions of the loom
- Weaves :
 - Classification,
 - Construction,
 - Characteristics
 - Usage
- Knitting: Classification, construction, characteristics and usage
- Non woven and felts-construction, properties and usage

Unit 4 Dyeing, Printing and Finishing 18

- Classification of dyes
- Stages of dyeing
- Printing methods and style
- Classification of finishes
 - Preparatory finishes
 - Finishes affecting appearance and texture
 - Finishes for enhancing special characteristics

PRACTICAL

- | | |
|--|----------|
| <p>1. Fibre Identification tests –</p> <ul style="list-style-type: none"> -Visual, -burning, - microscopic -chemical | 3 |
| <p>2. Yarn Identification –</p> <ul style="list-style-type: none"> -Single, -ply, -cord, -textured, -elastic, -monofilament, -multifilament - spun yarn | 3 |
| <p>3. Thread count and balance</p> | 1 |

4. **Dimensional stability** **2**
5. **Weaves- Identification and their design interpretation on graph** **2**
6. **Fabric analysis of light, medium & heavy weight fabrics (five each)** **2**
- Fibre type
 - Yarn type
 - Weave
 - GSM
 - End use
 - Trade name

7.Tie and Dye : Different methods **3**

RECOMMENDED READINGS:

- Corbman, P.B., (1985) Textiles- Fiber to Fabric (6th Edition), Gregg Division/McGraw Hill Book Co., US.
- Joseph, M.L., (1988) Essentials of Textiles (6th Edition), Holt, Rinehart and Winston Inc., Florida.
- Sekhri S., (2013) Textbook of Fabric Science: Fundamentals to Finishing, PHI Learning, Delhi.
- Tortora, G. Phyllis, Understanding Textiles, McMillan Co. USA.
- Vilensky G., (1983) Textile Science, CBS Publishers and Distributors, Delhi

**HSC-RC-3016: RESOURCE MANAGEMENT
(CREDITS: THEORY-4, PRACTICAL-2)
THEORY LECTURES 60**

Unit I: Introduction to Resource Management **18**

-Concept (Management, values, goal, standards, resources)

Universality and scope of management

-Approaches to management

-Ethics in management

-Motivation for management

Motivation, need-wants-satisfaction chain, The Maslow's Theory of Hierarchical needs, factors of motivation.

Unit II: Resources **24**

-Understanding meaning, classification and characteristics of resources, factors affecting utilization of resources.

-Maximizing use of resources and resource conservation.

-Availability and management of specific resources by an individual/ family

- Money-function, goal and money management, financial success and management, family income, types of family income, methods of handling money income, management of family income, formulating plan of action.

- Time- Time management, time demands in stages of family life cycle, tools of time management, time plan and steps in making time plan, time schedule, factors influencing time use.
- Energy- Energy management, energy in different stages of family life cycle, energy cost of households and occupational activities, efforts used in home making, ways of controlling energy expenditure, principles of body mechanics, using muscles effectively, forms of fatigue (physiological fatigue, psychological fatigue), causes of fatigue (worker domain, work domain, work place domain), methods of relieving fatigue , Work simplification- technique (pathway chart, process chart, operation chart, micro-motion film analysis) mundal's classes of change.
- Space- function, design of work place, work surface, storage, principles of storage, guideline for better storage.

Unit III: Functions of Management: An overview

18

- Decision Making
- Planning
- Supervising
- Controlling
- Organizing
- Evaluation
- Application of Management Process in:
 - Event Planning & Execution (Significance, activities in event planning and management, steps in organizing events, evaluation)

PRACTICAL

1. Resource conservation and optimization/green technologies (natural resources): Portfolio
2. Identification and development of self as a resource.
 - SWOT analysis-who am I and Micro lab
 - Building Decision Making abilities through management games
3. Preparation of time plans for self and family
4. Time and Motion Study
5. Event planning ,management and evaluation-with reference to
 - Managerial process
 - Resource optimization - time, money, products, space, human capital

RECOMMENDED READINGS

- Koontz.H. and O'Donnel C., 2005, Management – A systems and contingency analysis of managerial functions. New York: McGraw-Hill Book Company
- Kreitner. 2009, Management Theory and Applications, Cengage Learning: India
- Rao V.S. and Narayana P.S., Principles and Practices of Management, 2007, Konark Publishers Pvt. Ltd.

HSC-RC-4016: Life Span Development and Extension Education
(CREDITS: THEORY-4, PRACTICAL-2)
THEORY LECTURES 60

PART A: Life Span Development

- I. Understanding Human Development 15
 - a. Growth and Development- Concept and definition\
 - b. Factors affecting growth and development
 - c. Principles of growth and development.
 - d. Different areas of development.
 - e. Conception, stages of Pregnancy and birth.
- II. Significant Areas of development during life span 15
 - a. Physical development during Infancy
 - b. Socio-emotional development of the pre-school child
 - c. Cognitive development of late childhood.
 - d. Physical and physiological changes of adolescence.
 - e. Socio-emotional development of adult: Relationship, marriage and parenting.
 - f. Problem and care during old age.

PART B: EXTENSION EDUCATION

I: COMMUNICATION CONCEPTS

8

- 1. Definition, concept & nature of Communication
- 2. Functions of communication – Inform, Motivate, Persuade, Influence
- 3. Types of communication –
 - a. Acc. to levels – Intrapersonal, Interpersonal, Group & Mass communication
 - b. Formal & Informal Communication
 - c. Oral, Written & Visual Communication
 - d. Verbal & Non-verbal Communication
- 4. Scope of Communication
 - a. Education, training & learning industry
 - b. Motivation & Management

II: UNDERSTANDING THE COMMUNICATION PROCESS

12

- 1. Principles of Communication – The 7Cs of communication
- 2. Elements of Communication – Sender, Receiver, Message, Channel, Feedback & Noise
- 3. Process of Communication – Models of Communication (Osgood, Lasswell, Shannon & Weaver, Schramm)
- 4. Barriers to communication – Physical, Psychological, Linguistic & Cultural and Mechanical Barriers

1. Concept, Principles & Objectives of Extension Education
2. Difference between Formal education, Informal education, Non-formal Education & Extension Education, Extension Approaches
3. Methods & Media for Extension Communication –
 - a. Teaching Methods – Individual, Group & Mass Methods
 - b. Teaching/Communication Media – Projected & Non-projected media
4. Relationship between Communication, Extension and Development.

Practical:

PART A

1. Methods of child study and their use:
 - Interview
 - Observations
 - Checklist
2. Plan and develop activities to facilitate development in different domains

PART B

1. Design and develop media for communication in Extension
 - a. Chart
 - b. Poster
 - c. Leaflet/Folder
 - d. PowerPoint Presentation
2. Application and used of the prepared media as aids in the execution of various Extension methods (Lecture/Demonstration/Group discussion/Workshop/Exhibition etc.) during community visit.
3. Visit to community

DISCIPLINE SPECIFIC ELECTIVE (DSE)

HSC-RE-5016: FOOD SCIENCE (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES: 60

Unit I: Introduction to food science	6
• Definition, importance and applications	
• Basic terminology used in food science	
Unit II: Basic food chemistry	10
• Sources, chemistry and functional properties of Carbohydrates, Lipids and Proteins.	
• Colloidal chemistry: Definition, classification, properties and applications of sols, gels, foams and emulsions.	
Unit II: Basic food microbiology	8
• Introduction to yeast, mold and bacteria - Characteristics and their role in preservation and spoilage of food.	
• Hygiene and sanitation practices in food processing and waste disposal.	
Unit III: Preservation techniques, principles and their applications	20
• High temperature, low temperature, removal of moisture, irradiation and additives.	
• Food packaging and labeling: FSSAI, Codex	
Unit IV: Sensory science	8
• Physiological basis of sensory evaluation and sensory attributes of food.	
• Sensory evaluation: Assessment, subjective and objective.	
Unit V: Food Laws and Quality Assurance	8
• National and International food laws – FSSAI, BIS, AGMARK, Codex and ISO: 22000, ISO: 9000, ISO: 14000.	
• Quality Assurance procedures - GMP, GHP, HACCP	

PRACTICAL

1. i. Applications and factors affecting formation of Sols, gels, foams and emulsions
- ii. Study of microscopic structure of different food starches and their gelatinization properties
2. i. Slide preparation and identification of bacteria yeast and mold
- ii. Assessment of hygienic practices of food handlers
3. i. Preservation of food using different methods (Blanching, Dehydration, Freezing)
- ii. Basic principle involved in food preservation using additives
4. i. Sensory evaluation methods and their applications.
- ii. Food analysis: Moisture, pH, acidity, Total soluble solids by refractometer.
5. Evaluation of Food labels

RECOMMENDED READINGS

- Frazier W. C. and Westhoff D. C. (1988). Food Microbiology, 4th Edition.

- Manay S. and Shadaksharaswamy M (2002). Foods – Facts and Principles. Wiley Eastern Ltd.
- Potter H (1995). Food Science, 5th Edition. CBS Publishers & Distributors.
- Srilakshmi (2007). Food Science, 4th Edition. New Age International Ltd.
- www.fssai.gov.in
- Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
- Sethi Mohini and Rao E (2011). Food Science (Experiments and Applications), 2nd Edition. CBS Publishers & Distributors Pvt. Ltd.

**HSC-RE-5026: INDIAN TEXTILE HERITAGE
(CREDITS: THEORY-4, PRACTICAL-2)
THEORY LECTURES : 60**

Unit 1:

Study of Textile Crafts of India: with reference to history, production centers, techniques, designs, colours and products

- Woven Textiles-Benaras Brocades, Jamdanis and Baluchars of Bengal, Kani Shawls of Kashmir, Textiles of North Eastern India, **16**
- Embroidered Textiles- Kanthas of Bengal, Kasuti of Karnataka, Phulkari of Punjab, Chikankari of Uttar Pradesh, Kashida of Kashmir, Kathi of Gujarat, Shamilami of Manipur **14**
- Painted and Printed textiles –Kalamkaris of Andhra Pradesh, Dabu printing of Rajasthan, Ajarakh prints of Gujarat **8**
- Dyed textiles –Bandhanis of Rajasthan and Gujarat, Ikats&Patola of Gujarat, Bandhas of Orissa, Teliarumal of Andhra Pradesh, Pochampally of Telengana **11**

Unit 2: Conservation of Traditional Textiles **3**

- Factors influencing degradation of textiles
- Care and storage techniques

Unit 3: Status of Traditional Textiles in Modern India **8**

- Evolution and socio-economic significance of Khadi, Handloom and Handicraft sector
- Sustenance of traditional textile crafts
- Interventions by organizations

PRACTICAL

1. Traditional Embroideries –Kanthas, Kasuti, Chikankari, Kashida, Shamilami, Kutch	5
2. Tie and dye	2
3. Batik	2
4. Block printing	2
5. Portfolio and product development	3
6. Visit to craft centers	1

Recommended Readings:

1. Agarwal, O.P., 1977, Care and Presentation of Museum projects – II, NRL
2. Chattopadhyaya, K.D., 1995, Handicrafts of India, Wiley Eastern Limited, N Delhi
3. Das, Shukla, 1992, Fabric Art- Heritage of India, Abhinav Publications, N Delhi
4. Mazumdar, L., 2013, Textile Tradition of Assam- an empirical study, Bhabani Offset Pvt. Ltd, Guwahati.

HSC-RE-5036: CHILD RIGHTS AND GENDER JUSTICE (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES: 60

Unit I: Introduction to Child Rights 15

- Child rights: concept
- Demographic profile of Indian children
- Disadvantage, deprivation and social exclusion with reference to children
- Laws, policies and programmes for children in India
- UNCRC

Unit II: Children in need of care and protection 15

- Vulnerable groups: causes and consequences
- Street, homeless, institutionalized and working children
- Child Abuse
- Child Trafficking
- Children in conflict with the law
- Children living with: chronic illness, HIV

Unit III: Social construction of gender 14

- Socialization for gender: gender roles, stereotypes and identity
- Gender in the workplace and in public spaces
- Contemporary influences: media and popular culture
- Demographic profile of women and children in India

Unit IV: Gender and Indian society 16

- Sex and Gender, Masculinity and Femininity, biological and cultural determinants
- Patriarchy and social institutions
- Being male and female in Indian society-social traditions and contemporary issues
- Exploring the issues of violence against females
- Laws, policies and programmes for children and women

PRACTICAL

1. Visits to organizations working in the area of Child Rights and Gender to understand their objectives, programmes and experiences.
2. Workshops on relevant issues like Gender, domestic violence, gendering of public spaces
3. Understanding child rights and gender issues in diverse social groups through field visits and interactions
4. Media portrayals of women and children.

RECOMMENDED READINGS

- Agarwal, A. & Rao, B.V. (2007). Education of Disabled Children. New Delhi: Eastern Book Corporation.
- Agnes, F. (1999). Law and Gender Inequality: The politics of Women's Rights in India. Oxford University Press.
- Bajpai, A. (2006). Child Rights in India: Law, Policy and Practice. Oxford University Press.
- Kishwar, M. (1999). Off the Beaten Track: Rethinking Gender Justice for Indian Women. New Delhi: Oxford University Press.
- Satyarthi, K. and Zutshi, B. (Ed) (2006). Globalization, Development and Child Rights. New Delhi: Shipra Publication.
- Saikia, N. (2008). Indian women: A socio-legal perspective. New Delhi: Serials Publication.

HSC-RE-5046: BASICS OF INTERIOR DESIGN AND HOSPITALITY MANAGEMENT (CREDITS: THEORY 4, PRACTICAL 2)

THEORY LECTURES:

Unit: I Introduction to foundation of art and design **10**

- Objectives of design: Beauty, Functionalism and Expressiveness
- Types of Design: Structural and decorative (Naturalistic, stylized, abstract and geometric; Modern and traditional design

Unit II Introduction to Elements and Principles of Design **30**

- Elements of design:
 - Line- Vertical, Horizontal and Dynamic lines (diagonal, zigzag and curved line)
 - Shape and form- Different shapes(square, rectangle, triangle, circle, semi-circle and polygon) and forms
 - Space
 - Pattern
 - Texture (soft and rough/ visual and actual)
 - Light(typeof lightings and their application)
 - Colour(Dimension of colour, colour wheel, type of colour schemes and their applications)
- Principles of design: Balance, Harmony, Scale, Proportion, Rhythm, Emphasis and their applications.

Unit: III Introduction to components of Interior Design**30**

- Surface in Interior: wall finishes, floor finishes, ceiling finishes
- Furniture- types, construction, selection and arrangement
- Furnishing- softwindow treatment, upholstery, cushions and pillows, soft floor treatment (rug and carpet)
 - Types of accessories (Functional and decorative)

Unit: IV Introduction to Hospitality Industry**30**

- Importance & functions of housekeeping department in hospitality industry
- Functions and management of Food Service Department
- Introduction to front office department and personal management
- The functions of linen room and laundry
- Introduction to travel and tourism

PRACTICAL

1. Making drawing sheet on the following
 - a) Types of lines
 - b) Patterns
 - c) Textures
 - d) Color
2. Designs(structural, decorative, natural, stylized, abstract and geometric design)
3. Making Accessories: Application of elements and principles of design in creating
4. Visit to Architect Offices/ Interior Designs/ Sites/ ongoing completed projects Exhibitions/House design by project.
5. Demonstration on flower arrangement in relation to hospitality industry
6. Demonstration on Napkin folding
7. Demonstration on Table setting in Restaurants
8. Visit to hotels for providing exposure to various departments of hotels to documents records functions.
9. Collect information regarding places of tourist interest from various states of India.

RECOMMENDED READINGS

- Andrews,S. (1982),”Hotel Front Office Training Manual”. Tata McGraw Hill Publishing Co. Ltd, New Delhi.
- Andrews,S. (2000), “Food and Beverage Management,” Tata McGraw Hill Publishing Co. Ltd, New Delhi..
- A.K.Bhatia, (1983), Tourism Development: Principles and Practices, 2nd Edition, Stealing Publishing Co., (Unit I-VII, IX), New Delhi.
- Andrew Sudhir (1985), Hotel Housekeeping- training manual. Tata McGraw-Hill Publishing Co. Ltd., New Delhi.
- Botter and Lockart (1961), Design for you, John Willey & Sons Inc. New York
- Bhatt Pranav and Goenka Shanita (1990), The Foundation of Art and Design, Lakhani book Depot, Bombay.
- Birrel, Verla Leone, (1967), Color and Design: A Basic Text (Vol.I& II) Digest Submitted in requirement for the degree of education in Teacher college Columbia

University.

- Craig Hazel and Rush Ole (1962), Homes with Character, Boston: D.C. Health and Co., U.K.
- Duncan, Miller (1949), Interior Decoration, London, The Publications, New York,
- Faulkner Sarah and Faulkner Ray (1960), Inside Today's Homes, Holt Rinchart and Winston Inc., New York.
- Gilliat Mary (1981),The Decorating Book, Dorling Kinderley Limited, London.
- Goldstein H. and Goldstein V. (1967), Art in Everyday Life, Oxford & IBH Publishing Co., New Delhi
- Gravas Maitland (1951), The art of Color and Design (2nd Edition), McGraw Hill books Comp. Ltd., New York.
- HalseAlert O. (1978), The Use of Color in Interior (2nd Ed.), McGraw Hill books Comp. Ltd., New York.
- Rutt, Anna Hong (1949), Home Furnishing, John Willey and Sons Inc., New York.
- Gandotra, V.; Shukul, M. and Jaiswal, N. (2010), Introduction to Interior Design and Decoration, Dominant Publishers and Distributors, Delhi.
- Seetharaman P, and Pannu, P (2005), Interior Design & Decoration, CBS Publishers & Distribution, New Delhi.

**HSC-RE-5056: EXTENSION FOR DEVELOPMENT
(CREDITS: THEORY-4, PRACTICAL-2)
THEORY LECTURES: 60**

Unit I: Concept of Extension 15

- Extension: concept, goals and history
- Adult learning components of Extension
- Extension systems- types, advantages and disadvantages
- Relationship between communication and extension - role of extension in development

Unit II: Extension Methods and Approaches 20

- Stakeholders in development
- People's participation and social mobilization in development
- Leadership and extension- concept theories styles and types of leadership
- Diffusion of innovation and adoption
- Extension methods and approaches - classification, characteristics and selection

Unit III: Development Programmes 25

- Development issues and goals- national and international perspectives
- National Development Programmes – goals, strategies, structure and achievements
- Analysis of contemporary national development programmes- objectives, clients, salient features, outcomes and communication support.
- Behaviour Change Communication strategies in development programmes

PRACTICAL

1. Analysis of development programmes
2. Evaluate strategies used by development agencies for implementation of development programmes
3. Develop skills in planning and using individual and small group methods in extension

RECOMMENDED READINGS

- Mikkelsen, Britha, (2002), Methods for Development Work and Research. New Delhi: Sage Publications
- Dale R, (2004) Evaluating Development Programmes and Projects. New Delhi : Sage Publications.
- Kumar & Hansra, (1997) Extension Education for Human Resource Development. New Delhi: Concept Publishers.

HSC-RE-6016: THERAPEUTIC NUTRITION (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES: 60

Unit I Principles of nutrition care	8
• Nutrition Care Process	
• Therapeutic adaptations of the normal diet	
• Progressive diets – clear fluid, full fluid, soft and regular	
Unit II Etiology, clinical features and nutritional management of Infections and Fevers	8
• Typhoid	
• Tuberculosis	
• HIV	
Unit III Etiology, clinical features and nutritional management of the following	18
• GI Tract Disorders:	
○ Diarrhoea	
○ Constipation	
○ Lactose intolerance	
○ Celiac disease.	
• Liver: Infective Hepatitis	
Unit IV Etiology, clinical features and nutritional management of	10
• Weight Imbalances-Overweight and obesity; Underweight	
• Eating disorder- anorexia nervosa and bulimia	
Unit V Etiology, clinical features, basic diagnosis and nutritional management of the Following	12
• Type 1 and Type 2 Diabetes Mellitus	
• Metabolic Syndrome	
• Hypertension and Coronary Heart Disease	
Unit VI Food allergy and food intolerance	4
• Etiology, clinical features, diagnosis and nutritional management	

PRACTICAL

Planning, preparation and service of diets for the following:

Therapeutic Diets – Normal, Soft, Clear and full fluid

- Fevers: acute and chronic
- Obesity
- Type 2 Diabetes
- Hypertension and CHD
- Survey therapeutic foods in market

RECOMMENDED READINGS

- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). *Textbook of Nutrition and Dietetics*. Phoenix Publishing House Pvt. Ltd.
- Mahan L K and Escott Stump S (2013). *Krause's Food & Nutrition Therapy*, 13th ed. Saunders-Elsevier.
- Stacy Nix (2009). *William's Basic Nutrition and Diet Therapy*, 13th Edition. Elsevier Mosby.
- ICMR (1999). *Nutritive Value of Indian Foods*. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- Seth V and Singh K (2007). *Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual*, 4th edition. Elite Publishing House Pvt. Ltd.

HSC-RE-6026: APPAREL PRODUCTION (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES: 60

Unit I: Introduction to pattern making 10

- Importance of taking body measurements
- Importance of patterns and pattern information
- Methods of pattern making
- Rules of pattern making
- Principles of pattern making

Unit II: Preparatory steps for garment construction 12

- Fabric grain
- Preparatory steps- preshrinking, straightening and truing
- Layouts for patterns- general guidelines, basic layouts- lengthwise, partial lengthwise, crosswise, double fold, open, combination fold
- Pinning, marking and cutting
- Layouts for fabrics- Unidirectional, bold and large prints, plaids, stripes and checks, various widths of fabrics

Unit III: Seams and finishing of raw edges 12

- Types of seams- Basic seams and its finishing,
- Additional seam techniques: clipping, notching, grading, trimming, easing, under stitching, stay stitching, trimming a corner.
- Crossway strips-importance and applications
- Finishing of hemlines

Unit IV: Study of garment components: application and construction 15

- Classification and application of sleeves, cuffs, collars, necklines, plackets, pockets,

yokes, trims and accessories

UNIT V: Design & Fit

11

- Designing for different figure types
- Fit: Fitting area, fitting guidelines, fitting procedure

PRACTICAL

1. Development and identification of seams, plackets, fasteners, edgefinishing4(binding, facing), fullness
2. Development of bodice, skirt and various sleeves and collars for self **3**
3. Develop style variations in adult bodice using dart manipulation on half scale standard block **3**
4. Adaptation of basic skirt block into style variations (Half scale) **1**
5. Construction of skirt for self **2**
6. Construction of skirt top/ kurta for self **2**

RECOMMENDED READINGS

- Armstrong, H.J., 2009, Pattern Making for Fashion Design, Harper Collins PublishersInc., Ney York.
- Mazumdar, L.,&Vatsala, R,. 2004, Textbook of Fundamentals of Clothing Construction, Director of Information & Publications of Agriculture Indian Council of Agricultural Research, KrishiAnusandhanBhawan, PUSA, New Delhi
- Stamper, A.A., S. H. Sharp and L.B. Donnell, 1986, Evaluating Apparel Quality, Fairchild Publications, America

Liechty, E.G., Potterberg, D.N., Rasband, J.A., 2010, Fitting and Pattern Alteration : A Multimethod Approach, Fairchild Publications, New York.

HSC-RE-6036: CHILDHOOD DISABILITY AND SOCIAL ACTION (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES: 60

Unit I: Understanding Disability and Inclusion 12

- Defining and understanding disability
- Rights of persons with disability and UNCRPD
- Perspective on disability: Individual and social
- Attitudes towards disability- family, school, society and media

Unit II: Types of Disability 28

- Identification, assessment and etiology with reference to:

- I. Physical disabilities
- II. Intellectual disability
- III. Sensory disabilities- Visual and auditory
- IV. Learning disability
- V. Autism

Unit III: Disability and society 20

- Overview of practices and provisioning related to addressing disability in India
- Prevention, therapy, education and management
- Families of children with disabilities
- Policy and laws

PRACTICAL

1. Visits- Government and Private Institutions and Organisations (CGC, schools, NGO's, Hospitals)
2. Observe the context
3. Case profile of child with disability
4. Program planning
5. Planning developmentally appropriate material for children with disability
6. Media Exploring sources of information about children and their families using print and audio visual media.
7. Select Psychometric tests (Raven's Progressive Matrices, Test for Learning disability)

RECOMMENDED READINGS

- Chopra,G., (2012). *Early Detection of Disabilities and persons with disabilities in the community*. New Delhi: Engage publications
- Chopra,G., (2012). *Stimulating Development of Young Children with Disabilities at Anganwadi and at Home: A Practical Guide*. New Delhi: Engage publications.
- Sharma, N. (Ed)(2010). *The Socail Ecology of Disability-Technical Series -3*Lady Irwin College. Delhi:Academic Excellence
- Mangal, S. K. (2007).*Exceptional children: An introduction to special education*. New Delhi: Prentice Hall of India
- Jangira, N.K.(1997) "Special Educational Needs of Children and Young Adults: An Unfinished Agenda," *Education and Children with Special Needs: From Segregation toInclusion*,Ed. Seamus Hegarty, Mithu Alur, Thousand Oaks: Sage Publications Inc.
- Karna, G. N. (1999). *United Nations and rights of disabled persons: A study in Indian perspective*. New Delhi: A.P.H. Publishing Corporation.
- Mani, R. (1988). *Physically handicapped in India*. Delhi: Ashish Publishing House.
- Mastropieri, M. A., & Scruggs, T. E. (2004). *The inclusive classroom: Strategies for effective instruction*. NY: Pearson.

HSC-RE-6046: INTERIOR DESIGN AND DECORATION (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES: 60

Unit I: Design Fundamentals

30

- Objectives of Art & Interior Design.
- Types of Design: Structural & Decorative.
- Elements of Content: Space, Point, Line, Shape, Form, Texture, Light & Color.
- Elements of Order: Scale, Similarity, Proximity, Sequence, Trends, Themes, Geometrical Organization.
- Principles of Composition – Rhythm, Balance, Proportion, Emphasis, Unity, (Variety, Simplicity/Economy, Suitability).

- Composition of a Drawing – Harmony, Clarity, Adequacy.
- Color & its Application.
 - Dimensions of color.
 - Importance of color & its role in creation of the design.
 - Color systems.
 - Color Harmonies.
 - Principles of Design as applied to color use.
 - Color Forecasting
- Design Drawing – Drawing as a language to explore & communicate Ideas.

Unit II: Furniture & Furnishings: Historical Perspectives & Contemporary Trends 30

- Architectural Styles –based on themes and main periods, like mughul architecture, colonial style, renaissance , post Renaissance and modern style.
- Contemporary Trends in Interior Design with respect to furniture, furnishings & accessories.
- Furniture – Types, Construction, Selection and purchase, Arrangement, Care and maintenance
- Furnishings – selection, care and maintenance of fabrics used for -
 - Soft furnishings: curtains and draperies, upholstered furniture, cushions and pillows, etc.
 - Floor coverings
- Accessories – Uses, Classification, Design, Selection & Arrangement.
- Traditional and Modern Surface Finishes – types and uses
 - Furniture
 - Wall
 - Floor
 - Ceilings
 - Roofing
- Lighting applications (Energy efficient lighting design – number and type of lamps and luminaires for efficiency in lighting).
- Accessories – Uses, Classification, Design, Selection & Arrangement.

PRACTICAL

- Drawing – Introduction to drawing instruments & tools (manual) 2
- Drawing lines (freehand & with drawing instruments) - both 2-dimensional & 3-dimensional
- Lettering
- Sketching (figures, buildings, trees & plants, vehicles) - both 2-dimensional & 3-dimensional
- Preparation of catalogue comprising pictures denoting application of Art & Elements of Design; Colour - Colour Wheel, Dimension & Harmonies of Colour. 2
- Floor plans (Theme based- Manual) 3
- Elevation & perspective plans (Manual) 2
- Furniture & furnishing plans of specific areas- Critical Analysis 2
- Preparation of portfolio based on historical designs & market review of 3
- furniture and furnishing materials (upholstery, curtains and draperies, bed & table linen)

- Wall coverings & decorations (pictures, etc)
- Floor coverings & decorations
- Window & door treatments
- Lighting systems
- Artifacts (sculptures, ceramics/terracotta, handicrafts, flower arrangements, etc.)
- Fittings and fixtures
- Wood and its substitutes.

RECOMMENDED READINGS

- Lawrence M, (1987), Interior Decoration, New Jersey: Chartwell Books.
- Riley & Bayen., (2003), The Elements of Design, Mitchell Beazley.

HSC-RE-6056: ENTREPRENEURSHIP DEVELOPMENT AND ENTERPRISE MANAGEMENT (CREDITS: THEORY-4, PRACTICAL-2) THEORY LECTURES : 60

Unit I: Entrepreneurship Development 18

- Entrepreneurship – concept, definition and need for entrepreneurship development, scope of entrepreneurship development in India.
- Entrepreneur – characteristics, types, gender issues, role demands and challenges.
- Process of entrepreneurship development, factors affecting entrepreneurial growth.
- Entrepreneurial Motivation – major motives influencing an entrepreneur, achievement motivation training, stress management.
- Entrepreneurship Development Programmes – need & objectives
- Challenges faced by Women Entrepreneurs

Unit II: Enterprise Planning and Launching 20

- Types of enterprises – classifications based on i) capital ii) product iii) location, iv) ownership pattern/structure and v) process.
- Project Formulation – steps involved in setting up a business, identifying business opportunities, assessing market potential, market survey & research
- Techno Economic Feasibility Assessment, Project Appraisal

Unit III: Enterprise Management and Networking 22

- Managing Production
 - Organizing Production; input-output cycle
 - Ensuring Quality
- Managing Marketing
 - Understanding markets and marketing
 - Functions of Marketing
 - 4Ps of Marketing (same as marketing mix)
- Financial Management
 - Meaning of Finance
 - Types and Sources of Finance
 - Estimation of project cost
 - Profit Assessment

- Networking of Enterprises

PRACTICAL

1. SWOT analysis with respect to entrepreneurial competencies through case profiling of successful entrepreneurs and enterprises. **2**
2. Achievement Motivation lab – development of entrepreneurial competencies **3**
3. Survey of an institution facilitating entrepreneurship development in India. **3**
4. Preparation of business plan. **6**

RECOMMENDED READINGS

- Gundry Lisa K. & Kickul Jill R.,2007, Entrepreneurship Strategy: Changing Patterns in New Venture Creation, Growth, and Reinvention, SAGE Publications, Inc.
- Taneja & Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia Publishing Company.

SKILL ENHANCEMENT COURSES

HSC-SE-3014: EARLY CHILDHOOD CARE AND DEVELOPMENT (CREDITS: THEORY 1 PRACTICAL 3) PRACTICAL

I: Core concepts in ECCE

- Significance of development in the early years
- Core concepts in ECCE
- Care and education as crucial needs between birth and six years
- International and national ECCE programmes

II Contexts of Care and Development

- Concept of care and development
- Value of family and need for extra familial programmes
- Value of play, responsive environments and learning
- Curriculum, pedagogy, culture and inclusion

Practical

Visit to Early ECCE Centre: crèche/ preschool

Workshops to understand children and document methods of playful interactions to foster development in all domains through sessions on

- Understanding childhood competencies
- Developing teaching learning materials
- Enhancing social and language skills
- Music, movement and drama for children

Identifying ways to assess and record progress of children

Methods and tools to evaluate ECCE programmes

Develop a prototype format for setting up an ECCE Centre

RECOMMENDED READINGS:

- Aggarwal, J. C. (2007). *Early Childhood Care and Education: Principles and Practices*. Shipra: New Delhi.
- Arni, K. and Wolf G. (1999). *Child Art with Everyday Materials*. TARA Publishing.
- Mohanty, J. Mohanty, B. (1996). *Early childhood care and Education*. Deep and Deep Publication, New Delhi.
- Morrison, G. S. (2003). *Fundamentals of early childhood education*. Merrill/Prentice Hall: Virginia
- Singh, A. (1995). *Playing to Learn: A training manual for Early Childhood Education*. M. S. Swaminathan Research Foundation.
- Swaminathan, M. (1998). *The First five Years*. Sage Publications.

HSC-SE-3024: SURFACE ORNAMENTATION
(CREDITS : PRACTICAL 4)
PRACTICAL

1. Fabric manipulation –cuts, removal of threads 2
2. Surface Decoration - Embroidery, Ari work, Embellishments 2
3. Design through color application 2
 - Painting
 - Dyeing- Tie and dye, Batik
 - Printing- Discharge, Resist, Block, Screen, Stencil
4. Thread structure- macramé, braiding, lace making (crochet, tatting) 2
5. Surface layering 2
 - Applique- simple, cut, felt
 - Quilting- hand and machine
 - Pleats
 - Tucks
6. Product development using the above design exploration techniques 4

RECOMMENDED READINGS:

1. Juracek, A. Judy,2000,Soft Surface, Thames & Hudson Ltd.
2. Milne D'Arcy Jean,2006, Fabric Left Overs, Octopus Publishing Group Ltd.
3. Singer Margo,2007, Textile Surface Decoration-Silk & Velvet, A&C Black Ltd.

HSC-SE-3034: MATERNAL AND CHILD NUTRITION
(CREDITS: THEORY 4)
THEORY LECTURES:30

- | | |
|--|----------|
| Unit I | 8 |
| <ul style="list-style-type: none">• Nutritional needs during pregnancy, common disorders of pregnancy (Anaemia, HIV infection, Pregnancy induced hypertension), relationship between maternal diet and birth outcome.• Maternal health and nutritional status, maternal mortality and issues relating to maternal health. | |
| Unit II | 7 |
| <ul style="list-style-type: none">• Nutritional needs of nursing mothers and infants, determinants of birth weight and consequences of low birth weight, Breastfeeding biology, Breastfeeding support and counselling | |
| Unit III | 8 |
| <ul style="list-style-type: none">• Infant and young child feeding and care - Current feeding practices and nutritional concerns, guidelines for infant and young child feeding, Breast feeding, weaning and complementary feeding.• Assessment and management of moderate and severe malnutrition among children, Micronutrient malnutrition among preschool children• Child health and morbidity, neonatal, infant and child mortality, IMR and U5MR; link between mortality and malnutrition; | |
| Unit IV | 5 |
| Overview of maternal and child nutrition policies and programmes. | |

RECOMMENDED READINGS

- Wadhwa A and Sharma S (2003). Nutrition in the Community-A Textbook. Elite Publishing House Pvt. Ltd. New Delhi.
 - Park K (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s Banarasidas Bhanot Publishers, Jabalpur, India.
 - Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.
- 72
- National Guidelines on Infant and Young Child Feeding (2006). Ministry of Women and Child Development, Government of India.

HSC-SE-4014: INFORMATION, EDUCATION AND COMMUNICATION MATERIALS FOR DEVELOPMENT (CREDITS: PRACTICAL 4) PRACTICAL

1. Concept of IEC Material

- Meaning of IEC Material
- Importance and scope of IEC material for development.
- Different types of IEC materials for development.
- Role of IEC material for development.

2. Guidelines for Development of IEC Materials

- Selection of IEC material
 - Strength and Limitations of various IEC materials
 - Criteria for selecting IEC material
 - IEC materials for combining for greater impact
- Developing a creative brief
 - Importance of creative brief.
 - Elements of creative brief
- Preparing prototype IEC material
 - Guidelines for developing new IEC material
 - Qualities of effective IEC material
- Pretesting the prototype of IEC material
 - Assessing the pretested results and revising IEC materials
 - Monitoring the use and impact of IEC materials.

3. Various Types of IEC Materials for Development

- Graphics and audio visual charts, posters, flashcards, flexes, flip books, pamphlets, leaflets, brochures, booklets, modules, manuals
- Mass Media: IEC materials for radio, television, newspapers and magazines
 - Radio scripts writing
 - T.V. Programme scripts writing
 - News paper, magazine article writing

Learning Activities

1. Content analysis of various IEC material for development messages
2. Designing layouts for various IEC materials
3. Writing scripts on selected developmental issues for radio, and T.V programmes.

4. Viewing and recording various types of television and radio programmes
5. Preparation of various graphic (IEC) materials
6. Identifying various IEC materials used by NGO's and GO's for development work.

RECOMMENDED READINGS

- Enderson (1972): Introduction to communication theories and practices, Cummings publishing house, California
- Bernice Hurst (1996) : The handbook of communication skills, Kogan Page Limited, London.
- Chandra A, Shah A, Joshi U (1989) : Fundamentals of teaching home science, Sterling publishers, New Delhi
- Wittich and Schuller (1967) : Audio visual materials, Havper & Row publications, London
- Keval Kumar (2010) : Mass communication in India, Jaico publishing house, Ahmedabad

HSC-SE-4024: BAKERY SCIENCE (CREDITS: PRACTICALS-4)

1. Basic Concepts of Bakery

a) Ingredients & processes used for preparation of

- Sponge cake and different types of cake
- Bread and buns
- Cookies and biscuits
- Pies
- Icing

b) Product characteristics, common bakery faults and corrective measures

c) Bakery equipment- Types, selection, operations and maintenance

2. Practical Training in Baking of

- Cream cake
- Sponge cake preparations
- Breads, buns,
- Biscuits and cookies
- Pies
- Icing

RECOMMENDED READINGS

- Dubey, S.C. (2007). Basic Baking 5th Ed. Chanakya Mudrak Pvt.td.
- Raina et.al. (2010). Basic Food Preparation-A Complete Manual. 4rd Ed. Orient Black Swan Ltd.
- Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). *The Art and Science of Cooking: A Practical Manual*, Revised Edition. Elite Publishing House Pvt Ltd.

HSC-SE-4034: PATTERN MAKING AND DRAPING
CREDITS: 4 (THEORY 1, PRACTICAL 3)
THEORY LECTURE: 15

UnitI: **5**

Introduction to Pattern Making

- Tools, terms and techniques
- Fabric terms
- Dart and Grain line

UnitII : **5**

Basic Upper and lower sloper

- Principles in pattern making for
 - Upper garment
 - Lower garment
 - Sleeves
 - Collars
 - Dresses

Unit III: **5**

Introduction to Draping

- Basic Preparation
 - Equipment, dress form and preparation of muslin 69
- Basic Patterns – Basic Bodice, Basic Skirt
- Pattern Making Principles

PRACTICAL

1. Development of the Bodice Block and its variations through pattern making **15**

- Dart manipulation
- Contouring
- Fullness

Principles Skirts, Sleeves and Collars (two each)

2. Development of basic patterns (Bodice & Skirt) Block through draping **6**

Adaptation and Construction of any one design by draping

RECOMMENDED READINGS

- Kiisel K. (2013), Draping: The Complete Course, Laurence King Publishing.

- Armstrong, H.J. (2009), Pattern Making for Fashion Design, Harper Collins Publishers, INC, New York.

**HSC-SE-5014: UNDERSTANDING PSYCHOLOGY
(CREDITS: THEORY-4)**

Unit I: Introduction

- Concept and definition of psychology: Perspectives on behavior.
- Major subfields of psychology; Psychology in modern India;
- Biological basis of human behavior.

Unit II: Perception:

- Perceptual processing, Role of attention in perception, Perceptual organization.
- Perception of depth, distance and movement; Illusions.

Unit III: Learning:

- Classical conditioning, operant conditioning, observational learning; Learning strategies; Learning in a digital world

Unit IV: Memory:

- Models of memory: Levels of processing, Parallel Distributed Processing model,
- Information processing, Reconstructive nature of memory; Forgetting, Improving memory

RECOMMENDED READINGS:

- Baron, R. & Misra. G. (2013). Psychology. Pearson.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education
- Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: TataMcGraw-Hill
- Woolfolk, A., Misra, G., & Jha, A. K. (2012). Fundamentals of Educational Psychology. Pearson

**HSC-SE-5024: TEXTILE PROCESSING
(CREDIT: 4 (THEORY 1, PRACTICAL 3)
THEORY LECTURES : 15**

Unit 1:

Dyeing

3

- Classification of dyes
- Principles of colour fastness

Unit 2:

Printing

12

- Methods of printing

- Block printing
 - Flat plate and roller printing
 - Stencil, screen (flat and rotary) printing - Transfer printing –
- Innovative printing methods: Digital printing etc.
- Styles of printing –
 - direct,
 - discharge,
 - resist,
 - Fixation of prints: Ageing, Steaming, Baking, Wet development
 - Washing of printed goods

PRACTICAL

- | | |
|---|-----------------|
| <ol style="list-style-type: none"> 1. Dyeing <ul style="list-style-type: none"> • On cotton using direct, reactive, azo and vat • On wool and silk using acid, basic and reactive • On acrylic using basic dyes | <p>7</p> |
| <ol style="list-style-type: none"> 2. Printing with blocks and screens <ul style="list-style-type: none"> • Direct Printing- Pigment colours • Discharge printing- Direct dyes • Resist Printing-Azo dyes | <p>5</p> |
| <ol style="list-style-type: none"> 3. Colour fastness of dyed fabrics <ul style="list-style-type: none"> • Wash fastness • Crock/Rub fastness • Perspiration fastness | <p>8</p> |

RECOMMENDED READINGS:

- Miles L.W.C.(1994), Textile Printing, 2nd edition, England, Society of Dyers and Colourists
- Sekhri S., (2013) Textbook of Fabric Science: Fundamentals to Finishing, PHI Learning, Delhi
- Shenai, V.A. (1987) Chemistry of Dyes and principles of Dyeing ,Vol II, Bombay, India, Sevak Publications.

HSC-SE-6014: NGO MANAGEMENT & CSR
(CREDITS: THEORY 4)

Unit 1: Concept of NGO

- Meaning of NGO and GO
- Difference between Government Organizations and NGO
- Characteristics of good NGO
- Structure of NGO
- Functions of NGO
- Historical Perspective of NGO
- Advantages of NGO
- Present status of NGO
- Contribution of NGO in the Development
- Role of Development Communicator in developing NGO

Unit 2: Starting of NGO

- Steps for starting NGO
- Registration of NGO
- Selection of Personnel
- Training of Personnel
- Proposal writing under NGO
- Identifying Funding agencies
- Resource Mobilization
- Planning, Implementation and Evaluation strategy under NGO
- Documentation
- PR in NGO

Unit 3: NGO Management

- Organizational types and structures
- Managing people and teams in NGOs
- NGO management competencies
- Applying NGO principles and values
- Accountability and impact assessment for NGOs

Unit 4: Problems of NGO

- Training
- Recruitment
- Funding
- Resource Mobilization
- Documentation

Learning Experiences

1. Visit of Local NGO
2. Studying the Annual report of NGOs
3. Studying the ongoing Activities
4. Studying the problems

RECOMMENDED READINGS

- S. Chandra, Guidelines for NGO Management in India (2003), Published by Kanishka Distributors, New Delhi

- D. Lewis, Management of Non Governmental Development Organization (2001), Second Edition, Published by Routledge, Newyork.
- A. Abraham, Formation and Management of NGOs (2003), Third Edition, Published by Universal Law Publishing Co. Pvt Ltd., New Delhi.
- Sundar, P. 2013, Business and Community: The Story of Corporate Social Responsibility in India , New Delhi, Sage Publication.
- Aggarwal, S.2008, Corporate Social Responsibility in India, Sage publication Pvt. Ltd.

**HSC-SE-6024: COMMERCIAL CLOTHING
(CREDIT 4 (THEORY-1, PRACTICAL:3)
THEORY LECTURE: 15**

Unit I:

Introduction to Commercial Clothing 12

- Principles & Components of Clothing Construction
 - Anthropometric measurements and Taking accurate body measurement
 - Requirement for good garment construction
 - Types of needles and threads
 - Sewing problems
 - Drafting and its importance
- Principles & Methods of Grading and Sizing

Unit II: 03

Fashion Promotion by Visual Merchandizing

PRACTICAL

1. Drafting and Construction of : 20

- Kameez
- Salwaar
- Churidar
- Trousers
- Saree blouse

2.Different methods of sizing and grading 3

RECOMMENDED READINGS

- Armstrong, H.J., 2009, Pattern Making for Fashion Design, Harper Collins Publishers Inc., Ney York.

- Stamper, A.A., S. H. Sharp and L.B. Donnell, 1986, Evaluating Apparel Quality, Fairchild Publications, America
- Burns leslie , Nancy B. 1997, The Business of Fashion- Designing Manufacturing and Marketing, Fairchild publications. USA.

GENERIC ELECTIVE

HSC-RG-5016 : CHILD RIGHTS AND SOCIAL ACTION

(CREDITS : THEORY 5 , TUTORIAL 1)

THEORY LECTURES: 75

Unit I: Introduction to Child Rights 25

- Definitions of child and child rights
- Key philosophical concepts in the discourse on child rights
- Factors of exclusion- socio-economic, disability, geo-political etc.
- Role of family, community & child herself in protecting rights

Unit II: Vulnerable Groups: Causes and Consequences 25

- Street and working, destitute, homeless, institutionalized children
- Living with: chronic illness, HIV/AIDS, disabilities
- Affected by war, conflict, riots, disasters
- Victims of child-trafficking, abuse, dysfunctional families
- Children in conflict with law

Unit III: Framework for Social Action 25

- Role of state in protection of child rights
- Laws for children- Indian & international
- Constitutional provisions in India
- National policies and programs
- Institutional & non-institutional services

RECOMMENDED READINGS

- Bajpai, A.(2006). Child rights in India: Law, policy and practice. New Delhi: Oxford University Press.
- Bhargava, V. (2005). Adoption in India: Policies and experiences. New Delhi: Sage.
- Virani,). (2000). Bitter chocolate: Child Sexual abuse in India. New Delhi: Penguin
- Weiner, M., Burra, N., Bajpai, A. (2007). Born unfree: Child labour, Education, and the state in India. New Delhi: Oxford University Press.

HSC-RG-5026 : MEDIA, CULTURE AND SOCIETY

(CREDITS: THEORY - 5, TUTORIAL - 1)

THEORY LECTURES: 75

Unit I: Understanding Mass Media 25

- Characteristics of mass media
- Function of mass media.
- Uses and effects of mass media on individual, society and culture.
- Power of mass media.
- Role of Mass Media in society.

Unit II: Media Audience analysis 25

- Media Audience analysis (mass, segmentation, product etc, social uses).
- Types of Audience
- Theories of Audience

- Approaches to media analysis
- Media and realism (class, gender, race, age, minorities, children etc.)

Unit III: Media and Popular culture 25

- Relation between Media and Popular culture
- Social Construction of Reality by media
- Construction vs Distortion of reality
- Cultural Studies approach to media
- Intercultural influences on media

TUTORIAL

- Media Criticism - Choose a movie or television series and apply some of the concepts and techniques about interpretation, ideology, or gender/class/race.
- Audience perceptions about media; audience preferences listenership/ viewership
- Media and Governance - understand the relationship between media and governance.

RECOMMENED READINGS:

- Potter, James W (1998) Media Literacy. Sage Publications
- Grossberg, Lawrence et al (1998) Media-Making: Mass Media in a popular culture. Sage Publications
- Berger, Asa Authur (1998). Media Analysis Technique. Sage Publications
- Stevenson, N (2002). Understanding Media Studies: Social Theory And Mass Communication, 2nd edition, Sage publications
- Mc Quail, Denis. (2000). Mass Communication Theory.London, Thousand Oaks, New Delhi: Sage Publications.

HSC-RG-5036 : ADOLESCENT RELATIONSHIPS (CREDITS : THEORY 4 , PRACTICAL 2) THEORY LECTURES: 60

Unit I: Understanding adolescence 20

- Definitions, social construction of adolescence
- Significant physical, physiological & hormonal changes in puberty
- Ecological and cultural influences on adolescence
- Processes in identity formation: social identities, gender & well being

Unit II: Adolescent Relationships: Role in building social capital 20

- Family relationships: in nuclear, extended & joint families
- Peer relationships: identity formation, knowing one's strengths & weaknesses
- Relationships beyond the family and peers

Unit III: Adolescent Well-being 20

- Indicators of well-being: physical, socio-emotional, spiritual
- Relationships and well-being
- Social ecology and experiences that promote well-being

PRACTICAL

1. Class room exercise on peer relationships

2. Understanding self as a male/female adolescent: exercise on self-reflection
3. Writing a brief biography of relationship with a close friend
4. Relations with parents and siblings- separate interviews
5. Analysis of different forms of media to understand interpersonal relationships
6. Workshops- managing emotions with reference to relationships and to learn crisis management
7. Methods of promoting well-being- yoga, self-development resources, counselling

RECOMMENDED READINGS

- Erikson, E.H. (1968). Identity, youth and crisis. New York: Norton.
- Manthei, R. (1997). Counselling: The skills of finding solutions to problems. London: Routledge.
- Sharma, N. (2009). Understanding Adolescence, New Delhi: National Book Trust.
- Rice, F. P. (2007). Adolescent: Development, Relationships and Culture.
- Santrock, J. W. (2010). Life Span Development: A Topical Approach, New Delhi: Tata McGraw Hill.

HSC-RG-5046 : CURRENT CONCERNS IN PUBLIC HEALTH NUTRITION (CREDITS : THEORY 5 , TUTORIAL 1)

THEORY LECTURES: 75

Unit I: Nutritional problems affecting the community 25

Etiology, prevalence, clinical features and preventive strategies of-

- Undernutrition - Protein energy malnutrition: Severe Acute Malnutrition and Moderate Acute Malnutrition, Nutritional Anaemias, Vitamin A Deficiency, Iodine Deficiency Disorders
- Overnutrition – obesity, coronary heart disease, diabetes
- Fluorosis

Unit II: Strategies for improving nutrition and health status of the community 10

Appropriate interventions involving different sectors such as Food , Health and Education

Unit III: Nutrition Policy and Programmes 30

- National Nutrition Policy
- Integrated Child Development Services (ICDS) Scheme, Mid day Meal Programme (MDMP), National programmes for prevention of Anaemia, Vitamin A deficiency, Iodine Deficiency Disorders

Unit IV: Food and Nutrition Security 10

- Concept, components, determinants and approaches
- Overview of Public Sector programmes for improving food and nutrition security

TUTORIAL

1. Planning and evaluation of low cost nutritious recipes for preschoolers, school age children, adolescents, pregnant and nursing mothers. 9
2. Planning and evaluation of low calorie nutritious recipes for weight management. 2
3. Planning and conducting a food demonstration. 2
4. Visit to an ongoing nutrition programme. 1

RECOMMENDED READINGS:

- Wadhwa A and Sharma S (2003). Nutrition in the Community-A Textbook. Elite Publishing

House Pvt. Ltd. New Delhi.

- Park K (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s BanarasidasBhanot Publishers, Jabalpur, India.
- Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.
- Gibney MJ (2005). Public Health Nutrition.
- Vir S. (2011) Public Health Nutrition in developing countries. Vol 1 and 2
- ICMR (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- Park K (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s BanarasidasBhanot Publishers, Jabalpur, India.
- Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.

**HSC-RG-6016 : HUMAN NUTRITION
(CREDITS : THEORY 4 , PRACTICAL 2)
THEORY LECTURES: 60**

Unit I: Basic Concepts in Nutrition 10

- Basic terms used in nutrition
- Understanding relationship between food, nutrition and health
- Functions of food-Physiological, psychological and social
- Basic food groups and concept of balanced diet

Unit II: Nutrients 25

Energy- Functions, sources and concept of energy balance.

Functions, Recommended Dietary Allowances, dietary sources, effects of deficiency and/ or excess consumption on health of the following nutrients:

- Carbohydrates and dietary fibre,
- Lipids
- Proteins
- Fat soluble vitamins-A, D,E and K
- Water soluble vitamins – Thiamin, Riboflavin, Niacin, Pyridoxine, Folate, Vitamin B₁₂ and Vitamin C
- Minerals – Calcium, Iron, Zinc and Iodine

Unit III: Nutrition during Lifecycle 25

Physiological considerations and nutritional concerns for the following life stages:

- Adult man / woman
- Preschool children
- Adolescent children
- Pregnant woman
- Nursing woman and infant

PRACTICAL

1. Identifying Rich Sources of Nutrients 2

- Energy ,Protein, Iron, Calcium, Fiber, Vitamin A, Ascorbic acid

2. Introduction to Meal Planning 12

- Basic food groups
- Use of food exchange list for planning nutritious diets /Snacks for
 - Adult man / woman of different activity levels
 - Pre school children
 - Adolescent children
 - Pregnant woman
 - Nursing woman

RECOMMENDED READINGS

- Wardlaw and Insel MG, Insel PM (2004). Perspectives in Nutrition. Sixth Edition, McGraw Hill.
- Srilakshmi B (2012). *Nutrition Science*. 4th Revised Edition, New Age International Publishers.
- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
- ICMR(2010) Recommended Dietary Allowances for Indians. Published by National Institute of Nutrition, Hyderabad.
- Chadha R and Mathur P eds. (2015). Nutrition : A Lifecycle Approach. Orient Blackswan, New Delhi.
- Seth V and Singh K (2006). *Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual*. Elite Publishing House Pvt. Ltd. New Delhi.
- Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) *Nutritive Value of Indian Foods*. National Institute of Nutrition, ICMR, Hyderabad.

HSC-RG-6026 : APPRECIATION OF TEXTILE CRAFTS (CREDITS: THEORY 4 , PRACTICAL 2) THEORY LECTURES: 60

Unit I: Introduction to Crafts

8

- Crafts- meaning and classification
- Craftsperson- role and responsibilities
- Philosophy and aesthetics – indigenous and contemporary textile crafts

Unit II: Textile Crafts

- Types – traditional and modern
- Materials – fiber, yarn, fabric and products
- Traditional techniques

5

(a) Traditional needle craft techniques

10

- Kashida ,
- Kasuti,
- Kantha,
- Chikankari,

- Cutch work,
- Phulkari

(b) Dyed, Painted and Printed Textiles 12

- Kalamkari ,
- Bandhani,
- Ikats, Patola, Pochampally
- Pichwais,
- Ajrakh,

-Bagru

(c) Woven Saris of India 15

Brocades, Jamdani, Baluchar, Paithani, Chanderi, Kanjeevarams,
& Silk of North Eastern India (Muga, Eri, Mulberry/ pat,)

(d) Shawls and Carpets of various centres⁷

Unit III: Cultural and Economic Empowerment through Crafts 3

- Textiles crafts in national economy

PRACTICALS

1. Bandhej&Laharia 3

- Demonstration of techniques
- Handouts and related videos
- Development of Home textile products

2. Embroidery 8

- Demonstration of traditional hand stitches
 - Kashida ,
 - Kasuti,
 - Kantha,
 - Chikankari,
 - Cutch work,

- Interaction with artisan
- Development of bags/pouches yokes/borders for a desired product

3. Printing 6

- Demonstration of a block printing/ resist printing
- Visit to craft centre/museum
- Development of stole/dupatta

RECOMMENDED READINGS

- Chattopadhyaya, K.D., 1995, Handicrafts of India, Wiley Eastern Limited, N Delhi
- Das, Shukla, 1992, Fabric Art- Heritage of India, Abhinav Publications, N Delhi
- Mazumdar, L., 2013, Textile Tradition of Assam- an empirical study, Bhabani Offset Pvt. Ltd, Guwahati.

**HSC-RG-6036 : ENTREPRENEURSHIP AND ENTERPRISE MANAGEMENT
(CREDITS : THEORY 4 , PRACTICAL 2)
THEORY LECTURES: 60**

- Unit I: Entrepreneurship Development** 16
- Entrepreneurship – concept, definition and need for entrepreneurship development, scope of entrepreneurship development in India.
 - Entrepreneur – characteristics, types, gender issues, role demands and challenges.
 - Process of entrepreneurship development, factors affecting entrepreneurial growth.
 - Entrepreneurial Motivation – major motives influencing an entrepreneur, achievement motivation training, stress management.
 - Entrepreneurship Development Programmes – need & objectives
 - Challenges faced by Women Entrepreneurs
- Unit II: Enterprise Planning and Launching** 20
- Types of enterprises – classifications based on i) capital ii) product iii) location, iv) ownership pattern/structure and v) process.
 - Project Formulation – steps involved in setting up a business, identifying business opportunities, assessing market potential, market survey & research
 - Techno Economic Feasibility Assessment, Project Appraisal
- Unit III: Enterprise Management and Networking** 24
- Managing Production
 - Organizing Production; input-output cycle
 - Ensuring Quality
 - Managing Marketing
 - Understanding markets and marketing
 - Functions of Marketing
 - 4Ps of Marketing (same as marketing mix)
 - Financial Management
 - Meaning of Finance
 - Types and Sources of Finance
 - Estimation of project cost
 - Profit Assessment
 - Networking of Enterprises

PRACTICAL

5. SWOT analysis with respect to entrepreneurial competencies through case profiling of successful entrepreneurs and enterprises. **2**
6. Achievement Motivation lab – development of entrepreneurial competencies **3**

7. Survey of an institution facilitating entrepreneurship development in India. 3
8. Preparation of business plan. 6

RECOMMENDED READINGS

- Gundry Lisa K. & Kickul Jill R.,2007, Entrepreneurship Strategy: Changing Patterns in New Venture Creation, Growth, and Reinvention, SAGE Publications, Inc.
- Taneja & Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia Publishing Company.

HSC-RG-6046 : INTERIOR DESIGN (CREDITS : THEORY 4 , PRACTICAL 2) THEORY LECTURES: 60

Unit I: Design Fundamentals

30

- Objectives of Art & Interior Design.
- Types of Design: Structural & Decorative.
- Elements of Content: Space, Point, Line, Shape, Form, Texture, Light & Color.
- Elements of Order: Scale, Similarity, Proximity, Sequence, Trends, Themes, Geometrical Organization.
- Principles of Composition – Rhythm, Balance, Proportion, Emphasis, Unity, (Variety, Simplicity/Economy, Suitability).
- Composition of a Drawing – Harmony, Clarity, Adequacy.
- Colour dimensions, systems and harmonies
- Design Drawing – Drawing as a language to explore & communicate Ideas.

Unit II: Furniture & Furnishings: Historical Perspectives & Contemporary Trends 30

- Architectural Styles –based on themes and main periods like post Renaissance and modern style.
- Contemporary Trends in Interior Design with respect to furniture, furnishings & accessories.
- Furniture – Types, Construction, Selection and purchase, Arrangement, Care and maintenance
- Furnishings – selection, care and maintenance of fabrics used for -
 - Soft furnishings: curtains and draperies, upholstered furniture, cushions and pillows, etc.
 - Floor coverings
- Accessories – Uses, Classification, Design, Selection & Arrangement.
- Traditional and Modern Surface Finishes – types and uses
 - Furniture
 - Wall
 - Floor
 - Ceilings
 - Roofing
- Lighting applications (Energy efficient lighting design – number and type of lamps and luminaires for efficiency in lighting).
- Accessories – Uses, Classification, Design, Selection & Arrangement.

PRACTICAL

- Drawing 2
Introduction to drawing instruments & tools (manual)
 - Drawing lines (freehand & with drawing instruments) - both 2-dimensional & 3-dimensional.
 - Lettering.
 - Sketching (figures, buildings, trees & plants, vehicles) - both 2-dimensional & 3-dimensional.
- Preparation of catalogue comprising pictures denoting application of Art & Elements of Design; Color- Color Wheel, Dimension & Harmonies of Color. 2
- Floor plans (Theme based- Manual) 3
- Elevation & perspective plans (Manual) 3
- Furniture & furnishing plans of specific areas- Critical Analysis 2
- Preparation of portfolio on any one of the following 2
 - Wall coverings & decorations (pictures, etc)
 - Floor coverings & decorations.
 - Window & door treatments.
 - Lighting systems.
 - Artifacts (sculptures, ceramics/terracotta, handicrafts, flower arrangements, etc.)
 - Fittings and fixtures.
 - Wood and its substitutes.

RECOMMENDED READINGS

- Lawrence M, (1987), Interior Decoration, New Jersey: Chartwell Books.
- Riley & Bayen., (2003), The Elements of Design, Mitchell Beazley.