

# University of Rajasthan Jaipur

## SYLLABUS

(Three/Four Year Under Graduate Programme)

**B.A. -Home Science**

**I & II Semester**

**Examination-2023-24**

As per NEP - 2020

25/Jan  
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## Structure of Four Year's Bachelor of Arts (Home Science)

Programme Code	UG9101	Programme Faculty	Arts	Programme Name	Four Year Bachelor of Arts (Home- Science)
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Eligibility / Pre-requisite of the Programme-12<sup>th</sup> Class from CBSE or Rajasthan Board or recognised Board

Degree Name -Four Year Bachelor of Arts (Home- Science)

Entry and Exit Policy

### SEMESTER-I

Course Code	Course Title	Course Type	L	T	P	Credit
HSC 51T 101	Family Resources Management Theory	Discipline Centric Core (Major)	4	0	0	4
HSC 51P 102	Family Resources Management Practical	Discipline Centric Core (Major)	0	0	4	2
<b>Total Credit</b>						<b>6</b>

### SEMESTER-II

Course Code	Course Title	Course Type	L	T	P	Credit
HSC 52T 103	Food and Nutrition Theory	Discipline Centric Core (Major)	4	0	0	4
HSC 52P 104	Food and Nutrition Practical	Discipline Centric Core (Major)	0	0	2	2
<b>Total Credit</b>						<b>6</b>

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**PROGRAMME CODE – UG9101****Programme Faculty – Arts****Programme Name- Four Year Bachelor of Arts (Home- Science)****SEMESTER – I****CORE COURSE I**

Code of the Course	Title of the Course	Level of Course	Credits of course
HSC 51T 101	Family Resource Management Theory	5	4
HSC 51P 102	Family Resource Management Practical	5	2
<b>Type of Course</b>		<b>Delivery Type of the Course</b>	
Major		Theory- Lecture, Sixty Lecture including diagnostic and formative assessments - during lecture hours Practical- Laboratory work and field visits.	
<b>Prerequisites</b>	Central Board of Secondary Education or equivalent.		
<b>Objectives of the Course (Theory)</b>	<ul style="list-style-type: none"> <li>To understand the meaning of resources management concepts related to management.</li> <li>To apply managerial process to management of time, energy and money.</li> <li>To understand saving, investment and credit pattern of family.</li> <li>To increase awareness about consumer problems, rights, responsibilities &amp; protection laws</li> </ul>		
<b>Objectives of the Course (Practical)</b>	<ul style="list-style-type: none"> <li>To help students understand various banking procedures.</li> <li>To help students understand house planning and interior decoration.</li> </ul>		

**Theory Credit -4****60 Hours****HSC 51T 101-Family Resource Management****Syllabus -****Max. Marks: 20+80 marks****Min. Pass Marks: 8+32 marks****UNIT-I Housing****15**

- Function & family need of housing
- Principles of house planning: aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services
- Site selection:
  - Vegetation:
    - size
    - soil types drainage
    - contour (shape)
    - orientation

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4. Elements and principles of arts and design as related to interior decoration with specific reference to color and light

#### UNIT -II Interior designing

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5. Furniture
  - Types of furniture
  - Selection use & care
  - Arrangement of furniture in various rooms
6. Room arrangement and decoration - arrangement of furniture, furnishings and accessories in various rooms.
7. Kitchen planning, importance of counters, storage, principles, working heights.
8. Selection and care of household equipment (without reference to any specific equipment)
9. Household waste & its management by 3R

#### UNIT-III RESOURCE MANAGEMENT

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10. Meaning, definition and importance of home management
11. Process of management:
  - planning,
  - Organization,
  - Implementation,
  - controlling and evaluation
12. Introduction to motivational factor (meaning and types)
  - Values
  - Goals
  - Standards
  - Decision Making
  - Resources
13. Management of Important Resources:
  - a) Time
    - Tools & Process
  - b) Energy
    - Process
    - Classes of change
  - c) Money
    - Family Income
    - Budget
    - Savings & Investment

#### UNIT-IV

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14. Floor decoration with use of elementary art
15. Table setting & etiquettes
16. Flower decoration
  - Basic equipments
  - Vases and containers
  - Preparing plant material

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- Shaping an arrangement

17. Consumer problems, rights & responsibilities

18. Seeking redressal to consumer problems with special reference to consumer courts

**Suggested books and reference including links to e-resources -**

- Agarwal S (2009). Grah Prabandh Manual. Shivam book house. Jaipur.
- Birrel Verla Leone (1967). Colour and Design. A Basic Text (Vol. I & II). Digest submitted in requirement for the degree of education in Teacher college Columbiauniversity
- Bryan Lawson (1980). How Designer Think. Architectural press Ltd.
- David H, Bangs Jr. The market planning guides. Gougotera Publishing. 3<sup>rd</sup> Ed
- Don Welers (1974). Who buys- A Study of the Consumer.
- Donnelly JH, Gibson JL and Ivancevich JM (1995). Fundamental of Management.Chicago.
- Fisher CD (1997). Human resource management Chennai: All Indian publishers anddistributors.
- Gillat M & Goldstein V (1967). Art Everyday Life. Oxford & IBH publishing Co.New Delhi.
- Goldsteim M & Goldstein V (1967). Art Everything Life. Mc Graw hill Books Comp.Ltd. New York.
- Gross I & Crandall E (1963), Management for Modern families, Appleton CounterContry Craft. New York.
- Gross IH Crandall, Crandall EW and Knoll MM (1980). Management for modernfamilies.Macmillan.
- Halse Altert O (1978). The use of colour in interior. Mc Graw Hill Books Comp. Ltd.New York. 2<sup>nd</sup> Ed.
- Harburgsen Gaillhyn (1980). Design Concepts. Allyn & Bacon Inc.
- Kale MG (1998). Management and human resources.
- Kolter Philip, Armstrong Greg (1992). Principles of Marketing. Prentice Hall ofIndian, New Delhi. 5<sup>th</sup> Ed.
- Leland, J. Gordon, Stewart, M, lee (1974). Economics and consumer. S'Van NostrandCo. New York. 7<sup>th</sup> Ed.
- Mullick, Premlata (2000). Textbook of Home Science. Kalyani Publishers, NewDelhi.
- Nickell P and Dosery JM (1970). Management in family living. Wiley Eastern Ltd.New Delhi.
- Patani M (2010). Home Management. Star publication, Agra.
- Sethi M and Seetharaman P (1994). Consumerism- A growing concept. PhoenixPublishing House, New Delhi.
- Sherlekar SA (1990) Trade Practices & consumerism. Himalaya Publishing House. Mumbai.
- Steidle RE & Bratton EC (1968). Work in the Home. John Wiley and Sons. NewYork, London.
- Thomson CH (1970). Home with Character. Massachusetts. C. Health &

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Co.Lexington. III rd Ed.

- Varghese MA, Ogle M, Srinivasan K (1985). Home Management. Wiley Eastern Publishers, New Delhi.
- - <https://www.skillshare.com/classes/Interior-Design-Basics-Simple-Steps-to-Your-Perfect-Space/822981848>
- [https://wec.ifas.ufl.edu/extension/Urban\\_Hort/Affordable\\_Housing/documents/4\\_1\\_Site\\_Selection\\_Analysis.pdf](https://wec.ifas.ufl.edu/extension/Urban_Hort/Affordable_Housing/documents/4_1_Site_Selection_Analysis.pdf)
- <https://www.udemy.com/course/architectural-design-and-house-planning/>
- <https://www.huduser.gov/portal/publications/pdf/Needs-Preferences.pdf>
- <https://www.hgtv.com/>

**Learning Outcome of the Course –**

- Students will develop an insight in managing family resources i.e. time , money, and ,energy.
- The procedure of handling money and savings and investment will be learnt.
- There will be a general insight regarding consumer rights and responsibilities.
- Students will develop an insight in house planning and interior decoration

**SEMESTER – I**

**CORE COURSE I – HSC-51P 102**

**Practical Credit -2**

**30 Practicals (2 hours each)**

**HSC 51P 102- Family Resource Management**

**1. Syllabus -**

- |  |    |
|--|----|
| 1. Project work on money management:                 | 10 |
| • How to open various accounts in the bank.          |    |
| • Filling up of slips/forms of bank and post office. |    |
| i. Application for draft                             |    |
| ii. Cheques  |    |
| iii. Withdrawal slip                                 |    |
| iv. Money order form                                 |    |
| v. Application for housing loan                      |    |
| 2. Floor decoration: Alpana, Rangoli & Mandana       | 2  |
| 3. Flower arrangement: fresh and dry arrangements.   | 2  |
| 4. Table setting                                     | 2  |
| 5. Best out of waste (one article)                   | 2  |
| 6. Cleaning of wood, stone, tiles, metal & glass.    | 2  |
| 7. House plans:                                      | 10 |
| • For various income groups (LIG, MIG, HIG)          |    |
| i. Drawing of architectural symbols of house plan    |    |
| ii. Architectural symbols of electricity plan        |    |


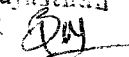
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- iii. Furniture symbols
  - Rooms (making any one paper model)
    - i. Drawing Room
    - ii. Dining cum leaving room
    - iii. Children study room
    - iv. Bed room
    - v. Pooja Room
  - Kitchen planning (making any one paper model)
    - i. One wall
    - ii. Two walls
    - iii. L shape
    - iv. U shape
2. **Scheme of Examination –**
- **Total Marks:** 50 marks
  - **Major:** house plan/paper plan of rooms/paper plan of kitchen : 20 marks
  - **Minor - I:** Table setting/flower arrangement: 10 marks
  - **Minor - II:** Floor decoration/cleaning/filling of forms: 10 marks
  - **Internal and Record - 10 marks**
3. **Suggested books and reference including links to e-resources –**
- Khanuja, Reena (2018) Grah Vyavasthaavam Grah Sajja. Agarwal Publications, Agra ISBN: 978-93-81124-96-3
  - Patni Manju & Sharma Lalita, Grah Prabandh, Star publications Agra.
  - Cherunilam, F., & Hedggade, O. D. (1987). Housing in Bombay: Himalaya Publishing House.
  - Craig, H. T. and Rush, O. D. (1966). Homes with Character. Heath, 1966.
  - Faulkner, R., and Faulkner, S., (1961). Inside Today's Home. Rev. ed., New York : Holt, Rinehart & Winston, Inc.
  - Goldstein. H & Goldstein .V. (1954) Art in Everyday Life Macmillan Publishers.
  - Rutt, A. H. (1963) Home furnishing, John Wiley & Sons, Inc.;
  - Supriya , K. B. (2004). Landscape gardening and designing with plants. Pointer Publishers.
  - Tercsa, P. Lanker. (1960). Flower Arranging: Step –by-step Instructions for Everyday Designs Florist
  - [www.architecturaldigest.com](http://www.architecturaldigest.com)
  - <http://www.goodhousekeeping.com/>
  - <https://egyankosh.ac.in/handle/123456789/29686>
  - <https://egyankosh.ac.in/handle/123456789/30021>
  - <https://egyankosh.ac.in/handle/123456789/39165>
  - <https://egyankosh.ac.in/handle/123456789/38016>

  
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## Learning Outcome of the Course –

- Students grasp knowledge in money management, house planning, and home decor.
- Acquire the ability to open and operate various bank accounts, fill out necessary forms, and understand financial transactions.
- Develop proficiency in floor decoration, flower arrangement, table setting, and cleaning techniques.
- Gain competence in creating architectural symbols and paper models for different rooms and kitchen layouts.

## SEMESTER – II CORE COURSE II

Code of the Course	Title of the Course	Level of Course	Credits of course
HSC 51T 103	Foods and Nutrition Theory	5	4
HSC 5IP 104	Foods and Nutrition Practical	5	2
<b>Type of Course</b>		<b>Delivery Type of the Course</b>	
Major		Theory- Lecture, Sixty Lecture including diagnostic and formative assessments - during lecture hours Practical- Laboratory work and field visits.	
<b>Prerequisites</b>	Central Board of Secondary Education or equivalent.		
<b>Objectives of the Course (Theory)</b>	<ul style="list-style-type: none"> <li>• To learn about basics of nutrition, nutrients and metabolism.</li> <li>• To learn about meal planning for families and individuals.</li> <li>• To learn about Normal &amp; Therapeutic nutrition.</li> <li>• To learn about Nutritional problems of health importance.</li> </ul>		
<b>Objectives of the Course (Practical)</b>	<ul style="list-style-type: none"> <li>• To learn about basics of methods of cooking.</li> <li>• To learn the cooking of methods of various food groups.</li> <li>• To learn planning for Normal &amp; Therapeutic nutrition.</li> <li>• Learning to plan and prepare foods for various nutritional problems of public health importance</li> </ul>		

Theory Credit -4

60 Hours

HSC 51T 103-Foods and Nutrition

### Syllabus -

Max. Marks: 20+80 marks

Min. Pass Marks: 8+32 marks

### UNIT I

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1. Definition of foods and nutrition, 5 basic food groups, balanced diet
2. Function of food:
  - Physiological – hunger, appetite, satiety
  - Psychological
  - Social, economic, cultural
3. Meal Planning
  - Importance and factors affecting meal planning
  - Sample menu for adult male and female

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### UNIT II

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4. Functions, sources of:

- Macro nutrients
  - i. Carbohydrates
  - ii. Proteins
  - iii. Fats
- Micro nutrients
  - i. Minerals – calcium, iron, iodine, fluorine
  - ii. Vitamins
    - Water soluble – B complex vitamins, vitamin C
    - Fat Soluble – A, D, E & K

**UNIT III**

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5. Normal nutrition – dietary guidelines for:

- Pregnancy
- Lactation
- Infancy (with special emphasis on breastfeeding and complementary feeding)
- Preschool child
- School going children
- Adolescent
- Adult
- Elderly person

**UNIT IV**

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6. Therapeutic nutrition

- Modification of normal diet to therapeutic diet
  - Dietary management of the following:
    - i. Weight management – obesity, underweight
    - ii. Diseases of gastrointestinal tract –diarrhoea and constipation
7. Nutritional importance of public health importance and their management:
- Protein Energy Malnutrition
  - Anaemia

**Suggested books and reference including links to e-resources –**

- Srilakshmi B (2011). Dietetics. New Age International Publishers
- Srilakshmi, B. Food Science , new Age International (P) Ltd. Publishers, New Delhi,
- Swaminathan MS(2010) AaharevamPoshan, NR Brothers,MY Hospital Marg, Indore,
- Kumud Khanna,Sharda Gupta, Santosh Jain Passi, Rama Sethi, Ranjana Mahna& Seema Puri (2005), Elite Publishing House Pvt. Ltd. Ansari Road, Darya Ganj, New Delhi
- Mudambi , S.R. and Rajagopal. M.V., 1997 Fundamentals of Foods & Nutrition, New Age International (P) Ltd, New Delhi.
- [https://www.who.int/health-topics/nutrition#tab=tab\\_1](https://www.who.int/health-topics/nutrition#tab=tab_1)
- <https://www.who.int/news-room/fact-sheets/detail/anaemia>
- <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>
- <https://www.who.int/news-room/fact-sheets/detail/malnutrition>
- <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

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- <https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=NuAs6SreCGryddEfs4kkBA==>
  - <https://egyankosh.ac.in/handle/123456789/44151>
  - <https://egyankosh.ac.in/handle/123456789/32947>
  - <https://egyankosh.ac.in/handle/123456789/11137>
  - <http://ecoursesonline.iasri.res.in/course/view.php?id=131>

### Learning Outcome of the Course –

After studying the subject, the student will possess the basic knowledge of food groups, nutrients and basic metabolism related to nutrition in humans. This will further help them in the selection of healthy diet. Knowledge of various cooking methods and meal planning will enable them to cook and select healthy foods for themselves and their families. This subject will also give them basic understanding about nutritional needs in the various stages of life cycle and during disease.

### SEMESTER – II CORE COURSE II

Practical Credit -2

30 Practicals (2 hours each)

HSC 5IP 104- Foods and Nutrition

#### 1. Syllabus -

**Methods of cooking: - Preparation of any four dishes by using the different methods of cooking (Steaming/Simmering/Frying/Baking/Roasting):**

- Preparation of Beverages – Tea (hot & iced), Coffee (Hot & Cold), Chaach, lassi, milk shakes, fruit punch (using squashes & fresh fruits), lemonade, jaljeera, aamla shake, aam panna, mocktails (any 2) 3
- Cereal cookery – Chapaati, puri, Parantha, rice, Idli, (namak para, shakkar para), chowmein, pizza, sandwiches, Biscuit. Muthia. 6
- Legumes & pulses - daal (plain & daal fry), rajma/chhole, kadhi mangodi, dahivada, dal pakodi, besan pakodi, sprout chaat, dal halwa. Dhokla, Cheela. 6
- Vegetables –Dry Vegetables (for e.g.aalu gobi, methi aalu, arbi, bhindi), stuffed vegetables (bhindi, capsicum), vegetables with gravy (malai kofta, gatta, dum aalu, kadhai panner, shahi paneer), baked vegetables, soups (clear & cream). 4
- Milk & Milk products – Paneer, khoa, curd, shrikhand, kheer, rabri, fruit custard, raita, fruit cream, Kheer 4
- Savory food preparation- dosa, uttapam, mixed veg cutlets, hara bhara kabab, burger, samosa, kofta, kachori, vada, pav bhaji, sago khichri, bhelpuri. 5
- Salads – vegetable, fruit. Mayonnaise and lemon-vinegar dressing. 2
- Sweets- jalebi, sandesh, laddu, coconut barfi, gujiya, fruit stew (apple and pear), pudding, cupcake, brownie 5

**Meal planning (with additional emphasis on nutritional problems) for:**

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- Exchange Lists
  - Adult man/woman
  - Pregnant Woman
  - Lactating Woman
  - Packed lunch for school going child
  - Elderly

2. **Scheme of Examination –**


- Practical exam (total 50 marks)
- Internal and record: 10 marks
- Planning of two recipes: 20 marks
- Preparation of two recipes: 20 marks

3. **Suggested books and reference including links to e-resources –**

- 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.
- <http://ecoursesonline.iasri.res.in/course/view.php?id=184>
- <http://ecoursesonline.iasri.res.in/mod/page/view.php?id=19593>
- <http://ecoursesonline.iasri.res.in/mod/page/view.php?id=19575>

**Learning Outcomes-**

- The learners will be able to prepare various recipes from different food groups based on principles and methods of cooking.
- The learners will be able to plan appropriate meals for people from different stages of life.

  
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