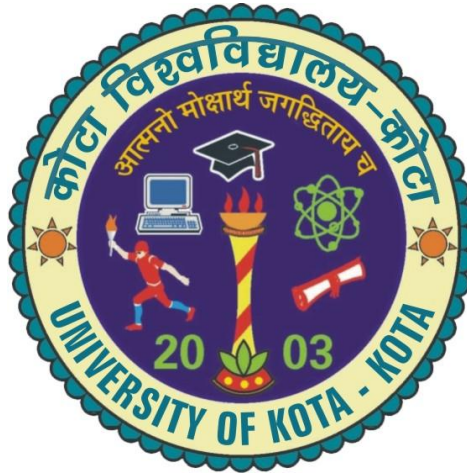


Syllabus and Course Scheme

Academic year 2023-24



B.A –Home Science

Exam.-2024

UNIVERSITY OF KOTA

**MBS Marg, Swami Vivekanand Nagar,
Kota - 324 005, Rajasthan, India**

Website: uok.ac.in

UNIVERSITY OF KOTA

UNDERGRADUATE SYLLABUS (Home Science)

Following the choice based credit system (CBCS)

For academic qualification: Undergraduate certificate, under graduate Diploma and Threeyears Bachelor's degree in Arts (B.A)

Discipline: Home Science (Subject/Discipline code-HSC)

Semester	Academic Session
Semester I & II	2023-24
Semester III & IV	2024-25
Semester V & VI	2025-26

Scope: All affiliated colleges of the University.

Key features:

1. Semester System
2. Multiple Entry and Exit
3. Continuous Assessment
4. Grading System

Guided by

Directives of the State Government circulated vide letter no. 418 (10) -
4/2020दिनांक 08.06.2023

SCHEME

S.N O	Paper Code	Title of the Course	Duration of Exam	Teaching Hrs/week Credit			Distribution of marks			Min Pass marks	
				L	P	C	Int. Ass.	SEM. Ass	Total	Int. Ass.	SEM. Ass.
SEMESTER-I Course code HSc 5122 P											
1	HSC 1001T	Extension Education	3 Hrs	4	-	4	30	70	100	12	28
2	HSC 1002P	Extension Teaching Method	6 Hrs	-	4	2	-	50	50		25
SEMESTER-II Course code HSc 5122 P											
3	HSC 2001T	Basic and Therapeutic Nutrition	3 Hrs	4	-	4	30	70	100	12	28
4	HSC 2002P	Scientific cooking skills and preparation of nutritive recipe	6 Hrs	-	4	2	-	50	50		25
SEMESTER-III Course code HSc 5222 P											
5	HSC 3001T	Human Physiology and Mother Craft	3 Hrs	4	-	4	30	70	100	12	28
6	HSC 3002P	Meal Planning and Threpetic Diet	6 Hrs	-	4	2	-	50	50		25
SEMESTER-IV Course code HSc 5222 P											
7	HSC 4001T	Management of Family Resource and Interior Designing	3 Hrs	4	-	4	30	70	100	12	28
8	HSC 4002P	Resource Planning and Decoration	6 Hrs	-	4	2	-	50	50		25
SEMESTER-V Course code HSc 5322 P											
9	HSC 5001 T	Life Span Development	3 Hrs	4	-	4	30	70	100	12	28
10	HSC 5002 P	Human Development	6 Hrs	-	4	2	-	50	50		25
SEMESTER-VI Course code HSc 5322 P											
11	HSC 6001 T	Textile Science and Fabric Care	3 Hrs	4	-	4	30	70	100	12	28
12	HSC 6002 P	Surface Ornamentation and Clothing Construction	6 Hrs	-	4	2	-	50	50		25

B.A. PART-I HOME SCIENCE 2023

SEMESTER - I

Theory-I Semester Assessment	Duration 3 Hrs	70 Marks
Internal Assessment	Duration 1 hour	30 Marks

The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age					External assessment weight age	Total marks/ Total Credits
Regular Students		Private Students		Total	Paper based External Evaluation (Term end Examination)	
Mid-Term Test	Seminar/ project report/presentation	Report writing	Viva-voce			
20	10	20	10	30	70	100

EXTENSION EDUCATION – CODE (HSC-1001)

Course Outcomes:

- Learn the widening of Extension Education.
- Develop understanding for Effective teaching and learning.
- Comprehend the various effective communication methods.
- Gain skills to use technologically advanced Audio-Visual aids.

Duration 3 Hrs	70 Marks
----------------	----------

The question paper will contain two sections as under:

Section “A”: There will be one question will parts having two parts from each unit will no internal choice. The weight age of each part is 2 marks hence the total weight age of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section “B”: This will be five questions will one question from each unit will internal choice (may have sub divisions). The weight age of each questions of section is 10 marks have the total weight age is 50 marks hence the total weight age is 50 marks (10x5=50) and the words limits is 400 words per question.

UNIT – I

HOME SCIENCE -

- Meaning, Definition, Objective and Scope of Home Science.
- Areas of Home Science – Objective and Scope in current Era.

गृह विज्ञान—

- अर्थ, परिभाषा उद्देश्य व कार्यक्षेत्र।
- वर्तमान समय में गृह विज्ञान के क्षेत्र, उद्देश्य एवं कार्यक्षेत्र

Extension Education –

- Meaning, Definition, Uses & relationship with other subjects.
- Techniques of Extension Education
 - a. Formal
 - b. Non Formal
 - c. Informal

प्रसार शिक्षा—

- अर्थ, परिभाषा, उपयोग और अन्य विषयों के साथ संबंध।
- शिक्षा प्रदान करने के तरीके –
 - अ. औपचारिक
 - ब. औपचारिकेत्तर
 - स. अनौपचारिक

UNIT – II

- Principle & Elements of Extension Education.
- Classification of extension teaching methods.
 - i. Individual
 - ii. Groups
 - iii Mass
- Concept, Characteristics, Selection, Advantages & Limitations of each.
- विस्तार शिक्षा के सिद्धांत एवं तत्व।
- विस्तार शिक्षण विधियों का वर्गीकरण.–
 - 1. व्यक्तिगत सम्पर्क
 - 2. समूह सम्पर्क
 - 3. जन सम्पर्क
- प्रत्येक पद्धति की अवधारणा, विशेषताएँ, चयन, लाभ तथा सीमाएँ।

UNIT – III

Community Development-

- Meaning and definition.
- Scope, Objective and Principles of community development and NGO's in community development.
- Government Program for women and child development.

सामुदायिक विकास—

- अर्थ एवं परिभाषा।
- सामुदायिक विकास के क्षेत्र, उद्देश्य, सिद्धान्त एवं सामुदायिक विकास में गैर सरकारी संस्थाएँ।
- महिला एवं बाल विकास हेतु सरकारी योजनाएँ।

UNIT - IV

- Communication – meaning, definition, importance and scope.
- Functions and types of communication.
- Characteristics, Elements, Models and Barriers of Communication Process.
- संचार— अर्थ, परिभाषा, महत्त्व एवं कार्यक्षेत्र।
- संचार के कार्य एवं प्रकार।
- संचार प्रक्रिया के तत्व व उनकी विशेषताएँ, संचार मॉडल एवं बाधाएँ।

UNIT - V

- **Planning** – nature, role, Principles and Process of planning.
- **Implementation** – Publicity, Barriers, Involvement of local leaders, establishing support, actual implementation and obstacles in program implementation.
- **Evaluation** – Meaning , Objective, aims, advantages problems of evaluation.
- **नियोजन** – प्रकृति, भूमिका, सिद्धान्त तथा नियोजन की प्रक्रिया।
- **क्रियान्वन** –प्रचार, बाधाएं, स्थानीय नेताओं की भागीदारी, समर्थन स्थापित करना, वास्तविक कार्यान्वयन और कार्यक्रम कार्यान्वयन में बाधाएं।
- **मूल्यांकन** –अर्थ, उद्देश्य, लक्ष्य, लाभ एवं मूल्यांकन की समस्याएँ।

Text Book References:

- Singh, R., Text Book of Extension Education, Sahitya Kala Prakashan, Ludianai, 1987
- Supe, S.V., An Introduction to Extension Edu. Oxford, I.B.H. New Deli 1984
- Dhama, O.P & Bhatnagar, O.P, Extension and communication for development, Oxford to IBH Publishing Pvt. Ltd. New Delhi, 1985
- Extension Education in Community Development Directorate of Extension, Ministry of Food and Agriculture, Government of India, New Delhi, 1961
- Devdas, R.P, Text Book of Home Science, NCERT, New Delhi, 1980
- Singh, K. Principles of Sociolog, Prikashan Kendra Lucknow, 1980

Text Books Reference:

- Almenyso, Social Change: Developments Sage Publication Pvt. Ltd. Madras, 1990.
- Redd, A., Extension Education, Sri Laxmi Press Bapatla, 1987
- Desai, V.A. Study of Rural Economics System Approach, Himalya Publishing House, New Delhi 1990.

- Mann, Peter, H., Methods of Social investigation, Basic Blackwell, 1985.
- Duran, J. Communication for rural Development British Council, London, U.K. 1978

E-Content:

- Suggestive digital platforms web links-[Http://lit.ly/3922ZTH](http://lit.ly/3922ZTH)
- Svayam Portal - <http://heecontent.upsdc.gov.in/Home.aspx>

PRACTICAL (CODE-HSC-1002) (04 Credits)

EXTENSION TEACHING METHOD

Practical-I

Duration 6 Hrs

50 Marks (02 Credits)

Course Outcomes:

- Understand the Community Development dynamics & Programme planning Development.
- Create awareness about the various development programmes.
- Identify the leadership pattern in the community.
- Impart skills to implement monitor & evaluate programmes

PRACTICAL

- Planning, preparation and presentation of communication aids
- Poster, chart, Flash Cards, pamphlets/ leaflets, folder, Flannel Graph.
- विभिन्न संचार सामग्री की योजना, तैयारी तथा प्रस्तुति
- -पोस्टर, चार्ट, फ्लैश कार्ड, लघु पुस्तिका, पर्चा (लीफलेट), फोल्डर, फलालेन ग्राफ
- Planning and arranging any one.
- a) Bulletin Board Display b) Window Display c) Exhibition
- किन्हीं एक की योजना एवम् प्रस्तुति-
- अ. बुलेटिन बोर्ड डिस्प्ले ब. विन्डो डिस्प्ले स. प्रदर्शनी
- Planning, preparation and presentation of any one
- a) Demonstration b) Role Play/ Dramatization
- किन्हीं एक की योजना तैयारी और प्रस्तुति
- अ. डेमोन्स्ट्रेशन विधि/ परिणाम प्रदर्शन
- ब. रोल प्ले / मंचन

- Assess any two of the following
- a) T.V. Programmes b) News Paper articles
- c) Social & Commercial Advertisements d) Magazine articles.
- Preparation of any one article from waste material.
- निम्नलिखित में से किन्हीं दो का मूल्यांकन
- अ. टी.वी. कार्यक्रमब. समाचार पत्रों के लेख स. सामाजिक एवम् व्यावसायिक विज्ञापन द. पत्रिकाओं के लेख
- 5. व्यर्थ पदार्थों की एक उपयोगी वस्तु बनाना

Suggested References:

- Mondal sagar, Misra OP (2018) “Fundamental of Extension Education and Rural Dvelopment”, Kalyani Publication, New Delhi.
- Mortiss PD (1988) “Agriculture Extension-Practical Manual”, Department of Primary Industries, Queens Land Government.
- Pradhan K, Varaprasad C (2018) “Glimpses of Practical in Extension Education, New India Publishing Agency, New Delhi
- Jaipal Singh “Prasar Shiksha avam Gramin Vikas” SR Scientific Publication, Agra
- Swamy Deepa (2022) – “Proyogik Prasar Shiksha”.

SEMESTER - II

Theory-I Semester Assessment

Duration 3 Hrs

70 Marks

Internal Assessment

Duration 1 hour

30 Marks

The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age					External assessment weight age	Totalmarks/ TotalCredits
Regular Students		Private Students		Total	Paper based External Evaluation (Term end Examination)	
Mid-Term Test	Seminar/ project report/presentation	Report writing	Viva-voce			
20	10	20	10	30	70	100

BASIC AND THERAPEUTIC NUTRITION – CODE (HSC-2001)

Course Outcomes:

- Gain knowledge of principles of diet therapy.
- Develop and understand modification of the normal diet for therapeutic purposes.
- Practical knowledge of dietary management in some common disorders.

Duration 3 Hrs

70 Marks

The question paper will contain two sections as under:

Section ‘A’ : There will be one question will parts having two parts from each unit will no internal choice. The weight age of each part is 2 marks hence the total weight age of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section “B” : This will be five questions will one question from each unit will internal choice (may have sub divisions). The weight age of each questions of section is 10 marks have the total weight age is 50 marks hence the total weight age is 50 marks (10x5=50) and the words limits is 400 words per question.

UNIT – I

- Definition of terms: Food, Nutrition, Nutrients, Health & Dietetics.
- Functions of Food - Physiological, Psychological and Socio- cultural functions.
- Classification of food - based on function, nutrients and perish ability.
- Different methods of cooking with their advantages and Limitations.
- Methods used to conserve and enhance the nutritive value of food.
- खाद्य, पोषण, पोषक तत्व, स्वास्थ्य एवं डायटेटिक्स की परिभाषा ।

- भोजन के कार्य : शारीरिक, मानसिक, सामाजिक एवं सांस्कृतिक कार्य ।
- भोजन का वर्गीकरण –कार्य के अनुसार, पोषक तत्वों के आधार पर एवं नश्वरता के आधार पर ।
- भोजन बनाने की विभिन्न विधियाँ– उनके लाभ व सीमाएँ ।
- खाद्य पदार्थों में उपस्थित पोषक तत्वों का संरक्षण व उनमें पौष्टिकता बढ़ाने के उपाए ।
- Proteins, Carbohydrates and fat: elementary knowledge of their composition, classification, functions, daily allowances, sources and effect of their deficiency.
- **प्रोटीन, कार्बोहाइड्रेट और वसा**– इनका संगठन, वर्गीकरण, कार्य, दैनिक आवश्यकता, प्राप्ति के साधन और कमी के प्रभाव का सामान्य अध्ययन ।

UNIT -II

- **Minerals**- Functions, daily allowances, effect of deficiency and excess and food sources of Calcium, phosphorus, Iron, Iodine, Flourine and sodium.
- **Vitamins**- Functions, daily allowances, food sources, effect of deficiency and excess of fat soluble vitamin A&D, E&K and water soluble vitamin B1 B2.niacin, folic acid and Vitamin C.
- **Water** - Distribution, Function and water balance.
- **खनिज लवण**– कार्य, दैनिक आवश्यकता, कमी व अधिकता का प्रभाव कैल्शियम, फास्फोरस, लोहा, आयोडीन, फ्लोरिन और सोडियम के स्रोत ।
- **विटामिन**– कार्य, दैनिक आवश्यकता, प्राप्ति साधन, कमी और अधिकता का प्रभाव वसा में घुलनशील विटामिन ए तथा डी, इ व के और जल में घुलनशील विटामिन बी₁,बी₂ नियासिन, फोलिक अम्ल और विटामिन सी ।
- **जल**– वितरण, कार्य एवं जल संतुलन ।

UNIT - III

Meal planning

- Balanced diet : Importance and essential constituents.
- Advantages of meal planning and factors to be considered while planning meals.
- Meal planning for different age groups.
- Recommended dietary allowances of nutrients for various age groups.

आहार नियोजन :

- संतुलित भोजन – महत्व एवं अनिवार्य घटक ।
- आहार आयोजन के लाभ व आहार आयोजन करते समय ध्यान रखने वाले कारक ।
- विभिन्न आयु वर्ग के लिए आहार नियोजन ।
- विभिन्न आयु वर्ग के लिए प्रस्तावित पोषक तत्वों की आहारिय मात्राएँ ।

UNIT - IV

- Therapeutic Nutrition: Purpose of diet therapy:
- Causes, symptoms and dietary modification in-
 - a. Constipation and diarrhea. b. Overweight and underweight c. Acute fevers
 - d. Peptic ulcer e. Diabetes f. Hypertension g. Hepatitis
- उपचारार्थ आहार : आहारिय उपचार के उद्देश्य
- निम्न के कारण, लक्षण और आहारिय परिवर्तन
 - अ. कब्ज और अतिसार ब. अतिभार और अल्पभार स. तीव्र बुखार
 - द. पेट्टिक अल्सर य. मधुमेह र. उच्च रक्तचाप ल. हिपेटाईटिस

UNIT - V

- Energy Metabolism: Unit of measurements, Calorie fuel value of foods.
- Basal metabolic rate - definition, measurement factors affecting.
- Factors influencing the total energy requirement, sources of energy and energy balance.
- Food preservation, factors contributing to food spoilage, principle and technique used in various methods of preservation used at home level.
- Food adulteration : Definition, Common adulterants present in foods and methods of detection at home level.
- ऊर्जा चपाचय – मापीकरण की इकाई, कैलोरी, भोजन की फ्यूल वेल्यू।
- आधारीय चपाचय दर – परिभाषा, नाप, प्रभावित करने वाले कारक।
- सम्पूर्ण उर्जा आवश्यकता को प्रभावित करने वाले कारक, उर्जा के साधन एवं उर्जा संतुलन।
- **खाद्य परिरक्षण**—खाद्य दूषण के सहायक कारक और घरेलू स्तर पर खाद्य परिरक्षण की विभिन्न विधियाँ एवं सिद्धान्त।
- **खाद्य अपमिश्रण**—परिभाषा, भोजन में उपस्थित अपमिश्रण और घरेलू स्तर पर इन्हें पहचाने की विधियाँ।

Text Book Reference:

1. M. Swaminathan : Principles of nutrition and dietetics
2. I.C.M.R. : Nutritive value of Indian foods.
3. C.H.Robinson : Normal and Therapeutic nutrition.
4. I.C.M.R. : Nutritive Requirements for Indians.
5. Williams, S.R. : Nutrition and Diet Therapy
6. डॉ. बृन्दा सिंह – आहार विज्ञान एवं पोषण।
7. एस. स्वामीनाथन – पोषण और उपचारार्थ के सिद्धान्त, बैंगलौर, प्रिन्टिंग को. लिमिटेड, बैंगलोर, पब्लिशिंग

Reference Books:

1. आई. सी. एम. आर. – भारतीय भोज्य पदार्थ के पोषण मूल्य।
2. आई. सी. एम. आर. – भारतीय के लिए पोषणीय आवश्यकता।

3. सी. एच. रोबिन्सन और एम. आर. लालर—सामान्य और आचार्य पोषण ।
4. नारायण सुधा – “आहार विज्ञान” रिसर्च पब्लिकेशन, जयपुर ।

E-Content:

- Suggestive digital platforms web links- ePG-Pathshala, IGNOU & UPRTOU online study material
- Svayam Portal - <http://heecontent.upsdc.gov.in/Home.aspx>

PRACTICAL – (CODE-2002)

(04 Credits)

SCIENTIFIC COOKING SKILLS AND PREPARATION OF NUTRITATIVE RECEIPE

Practical-II

Duration 6 Hrs

50 Marks (02 Credits)

Course Outcomes:

- Student will get familiar with different methods of cooking.
- Acquaint student with practical knowledge of nutrient rich foods.

PRACTICAL

Basic cooking skills

- | | |
|-----------------------------------|---|
| a. Weighting of raw materials | b. Preparing of different food items before cooking |
| c. Safety measures during cooking | d. Hygiene and sanitation during cooking |

बुनियादी खाना पकाने का कौशल

- | | |
|-------------------------------------|---|
| अ. कच्चे माल का वजन | ब. खाना पकाने से पहले विभिन्न खाद्य पदार्थ तैयार करना |
| स. खाना पकाने के दौरान सुरक्षा उपाय | द. खाना पकाने के दौरान साफ—सफाई और स्वच्छता |

Preparation of various dishes using different methods of cooking

- | | | |
|----------------------|--------------------|--------------------------|
| a. Boiling/ steaming | b. Roasting | c. Frying- Deep, shallow |
| d. Pressure cooking | e. Hot air cooking | |

खाना पकाने की विभिन्न विधियों का उपयोग करके विभिन्न व्यंजन तैयार करना

- | | | |
|-------------------------|----------------------------|---------------------|
| अ. उबालना/भाप में पकाना | ब. भूनना | स. तलना— गहरा, उथला |
| द. प्रेशर कुकिंग | य. गर्म हवा में खाना पकाना | |

Preparation of nutrient rich dishes

- | | | |
|-----------------------|---------------------------|--------------------|
| a. Protein rich dish | b. Carbohydrate rich dish | c. Fat rich dish |
| d. Vitamins rich dish | e. Minerals rich dish | f. Fibersrich dish |

पोषक तत्वों से भरपूर व्यंजन तैयार करना

- | | | |
|---------------------------|--------------------------------|----------------------|
| अ. प्रोटीन युक्त व्यंजन | ब. कार्बोहाइड्रेट युक्त व्यंजन | स. वसा युक्त व्यंजन |
| द. विटामिन से भरपूर पकवान | य. खनिज युक्त व्यंजन | र. रेशे युक्त व्यंजन |

SEMESTER - III

Theory-I Semester Assessment

Duration 3 Hrs

70 Marks

Internal Assessment

Duration 1 hour

30 Marks

The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age					External assessment weight age	Total marks/ Total Credits
Regular Students		Private Students		Total	Paper based External Evaluation (Term end Examination)	
Mid-Term Test	Seminar/ project report/presentation	Report writing	Viva-voce			
20	10	20	10	30	70	100

HUMAN PHYSIOLOGY AND MOTHER CRAFT – CODE (HSC-3001)

Course Outcomes:

- Students will gain a comprehensive understanding of the structure and function of the human body systems, including the cardiovascular, respiratory, digestive, and reproductive systems.
- Students will learn about the stages of labor, pain management techniques during childbirth, and the physiological changes that occur during labor and delivery.
- Students will explore the emotional and psychological aspects of motherhood, including postpartum depression, maternal bonding, and the challenges of parenting.

Duration 3 Hrs

70 Marks

The question paper will contain two sections as under:

Section 'A' : There will be one question will parts having two parts from each unit will no internal choice. The weight age of each part is 2 marks hence the total weight age of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section "B" : This will be five questions will one question from each unit will internal choice (may have sub divisions). The weight age of each questions of section is 10 marks have the total weight age is 50 marks hence the total weight age is 50 marks (10x5=50) and the words limits is 400 words per question.

Unit-I

- Elementary knowledge of cell, Tissue, Blood, Blood groups, Blood Pressure & Pulse Rate.
- Heart-structure & function.
- Skeleton system- Bones and Joints.
- प्राथमिक ज्ञान:— कोशिका उत्तक, रक्त, रक्त समूह, रक्त चाप, नाड़ी दर।

- हृदय:—संरचना व कार्य।
- अस्थि संस्थान एवं संधियाँ।

Unit-II

- Elementary knowledge of different human physiological system-Respiratory system, Digestive system, Excretory system and Endocrine system.
- मानव शरीर के विभिन्न तंत्रों का प्राथमिक ज्ञान— श्वसन तंत्र, पाचन तंत्र उत्सर्जन, अंतःस्रावी तंत्र।

Unit-III

- Reproduction system, structure & functions of reproductive organs.
- Signs & symptoms of Pregnancy. Common Ailments during pregnancy & their management.
- Family Planning-Importance & Methods .Abortion-type, symptoms & care.
- प्रजनन अंगों की संरचनाएँ कार्य
- गर्भावस्था की चिन्ह एवं लक्षण गर्भावस्था में सामान्य बिमारियाँ एवं उनकी देखभाल।
- परिवार नियोजन— महत्व एवं विधियाँ गर्भपात— लक्षण प्रकार एवं देखभाल।

Unit-IV

- Meaning, Importance & scope of Mother Craft.
Prenatal & Postnatal care.
- Child rearing Practices-feeding, weaning, clothing, toilet training & teething.
- मातृ कला— अर्थ, क्षेत्र तथा महत्व
- प्रसव पूर्व तथा प्रसव पश्चात देखभाल
- शिशु देखभाल प्रथाएँ— भोजन की आदत डालना, दूध छुड़ाना परिधान, शौच, दाँत निकलना।

Unit-V

- Immunization, Baby health & Vaccination.
- Basic knowledge - Reasons, precautions, symptoms & treatments of diseases like common fever, Malaria, Dengue, Swine flu, Jaundice, Typhoid, Diarrhoea, Diphtheria and Aids
- रोग प्रतिरोधक क्षमता (प्रतिरक्षा) – शिशु स्वास्थ्य तथा टीकाकरण।
- प्राथमिक ज्ञान – बिमारियों के कारण, ऐहतियात, लक्षण तथा उपचार – सामान्य बुखार मलेरिया, डेगू, स्वाइन फ्लू, पीलिया, टाइफाइड, डायरिया, डिफ्थिरिया, एड्स।

Reference Books:

- Pearce, Evelyn – Anatomy and Physiology for Nurse – Oxford University Press, New Delhi.
- Sears, Gordon – Anatomy and Physiology for Nurse, Orient Longman London Ltd., New Delhi.
- Taylor – The Living Body, Asia Publishing House.
- Ross & Smith – Anatomy & Physiology for nurses.
- Gautam N & Khanuja R- Manav Shareer Vigyan Sahitya Prakahak, Agra.
- Chatterjee cc. Human Physiology vol. I and II
- डॉ.(श्रीमती) बेला भार्गव—पारिवारिक स्वास्थ्य एवं सामाजिक कल्याण।

Text Books References:

- डॉ. रीना खनूजा एवं डॉ. दीपा स्वामी (2020) – “मानव शरीर क्रिया विज्ञान एवं मातृ कला।
- Ila Anand -All about Pregnancy

E Content:

- Suggestive digital platforms web links- ePG-Pathshala, IGNOU & UPRTOU online study material
- Svayam Portal -<http://heecontent.upsdc.gov.in/Home.aspx>

PRACTICAL – (CODE-3002) (04 Credits)

MEAL PLANNING AND THERAPEUTIC DIET

Practical-III

Duration 6 Hrs

50 Marks (02 Credits)

Course Outcomes:

- Learning how to create meal plans that are cost-effective and fit within a budget, while still maintaining nutritional quality.
- Familiarity with dietary guidelines and recommendations, such as those provided by government health agencies, and the ability to apply these guidelines to create balanced meal plans.
- Participants should gain a solid understanding of basic nutrition principles, including macronutrients (carbohydrates, proteins, fats), micronutrients (vitamins and minerals), and their role in maintaining overall health.

• **PRACTICAL**

- Planning preparation and serving of meals. Break fast, Lunch, Tea and Dinner for sedentary, moderate and heavy worker.
- Planning preparation and serving of all the meals for pregnant and lactating mother.
 - हल्का, साधारण एवं भारी कार्य करने वालों का सुबह का नाश्ता, दोपहर का भोजन, शाम की चाय, एवं रात्रि के भोजन के लिए आयोजन, तैयारी एवं परोसना।
 - गर्भवती एवं धात्री माता के लिए सभी आहारों का आयोजन, तैयारी एवं परोसना।
- Planning, preparation and serving of all the meals for preschool child, adolescent and old age person.
 - पूर्व विद्यालय बालक, किशोर एवं वृद्ध व्यक्तियों हेतु सभी आहारों का आयोजन, तैयारी एवं परोसना।
 - कम लागत (मूल्य), मध्यम लागत (मूल्य), अत्यधिक लागत (मूल्य) के आहारों का आयोजन, तैयार करना एवं परोसना।
- Planning, preparation and serving of meals for special occasion
 - a) Birthday party b) Festival c) Journey
- Planning, preparation & serving of meals in different diseases and disorder-
 - a) High Fever b) Constipation c) Diarrhoea
 - d) Obesity
- विशेष अवसरों हेतु आहार, आयोजन, तैयारी एवं परोसना।

- अ. जन्म दिवस समारोह
- ब. त्यौहार
- स. यात्रा
- द. अन्य अवसरों पर चाय, दोपहर एवं रात्रि भोजन समारोह
- विशेष आहार की आवश्यकता हेतु भोजन, आयोजन, तैयारी एवं परोसना
- अ. बुखार (तापमान)
- ब. मलबद्धता (कब्ज)
- स. अतिसार
- द. मोटापे

SEMESTER - IV

Theory-I Semester Assessment

Duration 3 Hrs

70 Marks

Internal Assessment

Duration 1 hour

30 Marks

The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age					External assessment weight age	Total marks/ Total Credits
Regular Students		Private Students		Total	Paper based External Evaluation (Term end Examination)	
Mid-Term Test	Seminar/ project report/presentation	Report writing	Viva-voce			
20	10	20	10	30	70	100

MANAGEMENT OF FAMILY RESOURCE AND INTERIOR DESIGNING – CODE (HSC-4001)

Course Outcomes:

- Understand consumer behavior and its influence on family resource management and interior design choices.
- Students should gain a comprehensive understanding of family resource management principles, including budgeting, financial planning, and decision-making to meet family needs and goals.
- Develop a strong foundation in interior design principles, including color theory, spatial planning, furniture selection, and design aesthetics.
- Gain proficiency in space planning and layout design, ensuring efficient and aesthetically pleasing use of interior spaces.

Duration 3 Hrs

70 Marks

The question paper will contain two sections as under:

Section ‘A’ : There will be one question will parts having two parts from each unit will no internal choice. The weight age of each part is 2 marks hence the total weight age of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section “B” : This will be five questions will one question from each unit will internal choice (may have sub divisions). The weight age of each questions of section is 10 marks have the total weight age is 50 marks hence the total weight age is 50 marks (10x5=50) and the words limits is 400 words per question.

UNIT – I

Household Economics:

- Wants - Definition, Classification, characteristics and factors influencing wants.

Family income:

- Types of income
- Budget, Meaning and steps in making a family budget.
- Saving, Investment, Importance, factors affecting saving, characteristics of investment and various saving and investment schemes, LIC Bank and post office.
- Markets: Definition, types of market and online marketing.
- Consumer problems and various programmes for their protection.

घरेलू अर्थशास्त्र

- आवश्यकताएं – परिभाषा, वर्गीकरण, विशेषताएं एवं प्रभावित करने वाले कारक

पारिवारिक आय–

- आय के प्रकार
- बजट – अर्थ एवं पारिवारिक बजट बनाने के सोपान
- बचत एवं विनियोजन– महत्व, बचत को प्रभावित करने वाले कारक | विनियोजन की विशेषताएँ, बचत एवं निवेश की विभिन्न योजनाएँ | एल.आई.सी. बैंक और डाकखाना ।
- बाजार – परिभाषा, बाजार के प्रकार एवं ऑनलाईन मार्केटिंग
- उपभोक्ता की समस्याएँ एवं उनके संरक्षण हेतु विभिन्न कार्यक्रम

UNIT – II

Family Resources Management

- Definition and concept of Home Management.
- Family - Meaning, types, function & problems related to different stages of family life cycle.
- Motivating factors of Home Management: Values goals and standards.
Meaning, classification, affecting factors and their inter-relationship.
- Management process:
 - (i) Decision making: Importance and steps involved in decision making.
 - (ii) Planning, controlling and Evaluation.

पारिवारिक संसाधन व्यवस्था :

- गृह प्रबन्ध की परिभाषा एवं अवधारणा
- परिवार, अर्थ, प्रकार कार्य एवं विभिन्न पारिवारिक जीवन चक्र से सम्बन्धित समस्याएँ
- गृह-प्रबन्ध को प्रेरणा देने वाले कारक – मूल्य, लक्ष्य एवं स्तर अर्थ, वर्गीकरण, प्रभावित करने वाले कारक एवं उनका अन्तर संबंध।

प्रबंध प्रक्रिया –

1. निर्णय लेना – महत्व एवं निर्णय लेने की प्रक्रिया
2. नियोजन, नियंत्रण एवं मूल्यांकन

- Resources - Type, importance, characteristics, factors affecting resource selection.
- साधन – प्रकार, महत्व, विशेषताएँ एवं साधन के चुनाव को प्रभावित करने वाले कारक ।

UNIT - III

Time and Energy Management:

- Management of time:
 - (i) Tools in time management.
 - (ii) Process of managing time.
- Energy Management - Concept and process
 - (i) Body mechanicsClasses of change, work simplification.
 - (ii) Introduction to ergonomics
 - (iii) Fatigue - Concept, types and ways to overcome fatigue.

समय व शक्ति प्रबन्ध :

- समय की व्यवस्था
 1. समय व्यवस्था के साधन (टूल्स)
 2. समय व्यवस्था की प्रक्रिया ।
- शक्ति की व्यवस्था – अवधारणा एवं प्रक्रिया
 1. शारीरिक यांत्रिकी–परिवर्तन के वर्गए कार्य का सरलीकरण ।
 2. अर्गोनोमिक्स का परिचय
 3. थकान –अवधारणा, प्रकार एवं थकान दूर करने के उपाय

UNIT-IV

House Designing

- The modern family and its housing needs.
- Effects of housing on family life and activities.
- Division of space based on family activities.
- Factors affecting house plans : Selection of site, orientation, income, socio-economic status, stage of family life cycle.
- Occupation and activities of the family members, room orientation, grouping of rooms, functionalism, circulation within and between the rooms, flexibility etc.

मकान का प्रारूप व गृहसज्जा :

- आधुनिक परिवार एवं उनके घर की आवश्यकतायें
- पारिवारिक जीवन एवं प्रक्रियाओं पर घर का प्रभाव
- पारिवारिक गतिविधियों के आधार पर स्थान का विभाजन
- घर योजना को प्रभावित करने वाले कारक – भूमि का चयन, अभिमुखिकरण, आय, सामाजिक – आर्थिक स्तर, पारिवारिक जीवन चक्र के सोपान,

- व्यवसाय एवं परिवार के सदस्यों की क्रियाएं, कमरों की स्थिति निर्धारण (अवस्थिति), कक्षों का समूहीकरण, क्रियात्मकता, विभिन्न कमरों की आपस में संचरण, लचीलापन आदि।

UNIT-V

Interior Decoration

- Design : Meaning and types.
- Objectives of interior decoration.
- Principles of arts and their application in interior decoration balance proportion, harmony, rhythm, emphasis.
- Elements of arts and their application in interior decoration, Lines, texture, form, pattern and colour.
- furniture - Selection and principles of arrangements.
- Furnishing, Selection of curtains, carpet and other furnishing material.

आन्तरिक सज्जा

- डिजाइन – अर्थ एवं प्रकार
- आन्तरिक सज्जा के उद्देश्य
- कला के सिद्धान्त व आन्तरिक सज्जा में उनकी उपयोगिता—सन्तुलन, अनुपात, अनुरूपता, लय व दबाव।
- कला के तत्व एवं आन्तरिक सज्जा में उनकी उपयोगिता, रेखा, बनावट, आकार, नमूना, रंग।
- फर्नीचर – चुनाव व व्यवस्था के सिद्धान्त।
- परिसज्जा – परदे, कालीन व अन्य परिसज्ज सामान का चुनाव

Text Books References:

- Dewet, K.K. & Verma : Elementary Economic Theory, S.Chand &Co. Delhi.
- Ahuja, H.L. : Principles of Micro - Economics, S. Chand & Co. Delhi.
- Agrawal A.N. : Elementary Economics.
- Gros, Irma H. : Management for Modern Families Sterling & Cradall E.M. Publishers (p) Ltd. Delhi.
- Nicketi, Paulen & : Management in Family Living Johan Willey Dorsey M.& Sons, New York.
- Rutt. Anna Hong : Home Furnishing - Willey Easton P.Ltd. N. Delhi
- Poet Losies, J. and Packett Marys : Household Equipment John Willey & Sons and Packett Mary S.
- Agan, Tessie : The house - Its Plans and Use - Oxford & IBH Publishing Co., New Delhi.
- Despande R.S. : Modern Ideal homes for United Book Corpn. Poona.

Reference Books:

- वर्मा सरस्वती एवं – पारिवारिक वित्त मध्य प्रदेश ग्रंथ अकादमी, भोपाल देशपांडे आशा

- पाटनी मंजू – गृह प्रबंध, स्टार पब्लिकेशन, आगरा।
- डा. पोडेय कांति – गृह प्रबंध, बिहार ग्रंथ अकादमी, पटना।
- डॉ. शर्मा ललिता – आवास एवं गृह सज्जा, स्टार पब्लिकेशन, आगरा।
- डा. रीना खनूजा – गृह प्रबंध, साधन व्यवस्था व आंतरिक सज्जा
- डॉ. रीना खनूजा, डॉ. दीपा स्वामी – गृह एवं प्रसार शिक्षा

E Content:

Suggestive digital platforms web links-

- Bit.ly/3fjlfghi
- <https://bit.ly/39mTwGQ>
- <https://bit.ly/2JoXB2e>
- Svayam Portal -<http://heecontent.upsdc.gov.in/Home.aspx>

PRACTICAL – (CODE-4002) (04 Credits)

RESOURCE PLANNING AND DECORATION

Practical-IV

Duration 6 Hrs

50 Marks (02 Credits)

Course Outcomes:

- Developing skills for making time plan for effective balance of work & leisure.
- Plan & prepare budget for the family.
- Incorporate appropriate work simplification in using household equipments.
- Develop understanding for house planning & decoration.
- Preparation of time planning for self and family.
- Drafting family budget for different income groups.
- स्वयं और परिवार के लिए समय योजना तैयार करना।
- विभिन्न आय समूहों के लिए पारिवारिक बजट का मसौदा तैयार करना।
- Different types of kitchen model.
- विभिन्न प्रकार के रसोई मॉडल।
- Draw house plans standard specifications & furniture layout.
- घर की योजना बनाना, मानक विशिष्टताएं और फर्नीचर लेआउट बनाएं।
- Preparation of Color wheels & color schemes.
- रंग पहियों और रंग योजनाओं की तैयारी।
- Flower arrangement & floor decoration (Ragoli)- Application of Design principles and Elements of Arts, innovation of new styles.
- फूलों की सजावट और फर्श की सजावट (रगोली) – डिजाइन सिद्धांतों और कला के तत्वों का अनुप्रयोग, नई शैलियों का नवाचार।

UNIT-V

- Cleaning and polishing of metals, glass, wood, leathers, plastic, pottery and gift .

- धातुओं, कांच, लकड़ी, चमड़े, प्लास्टिक, मिट्टी के बर्तनों और उपहारों की सफाई और पॉलिश करना।

Suggested Readings:

- Alexander, N.J. (1972) Designing interior Environment, New York: Harcourt Brace.
- Bhargava, B (2005), Family Resource Management and Interior Decoration, Jaipur: Apple Printer and V.R. Printer.
- Faulkner, R and Faulkner S. (1975), Inside Today's Home, New York, Rinebard.
- Gandotra, V and Jaiswal, N (2008) Management of work in Home, New Delhi: Dominant Publishers and Distributor (ISBN No. 81-7888-526-3).
- Harmon Sm, and Kennon, K. (2018), The codes guidebook for interiors (5th Ed.) New York, Wiley (ISBN-978-1-119-34319-6)
- Johannovich Inc. Ball, V.K.(1982) Art of Interior Design, New York: John Wiley and sons.
- Leach, S.D. (1978). Techniew of Interior Design Rendering and Presentation (1st Ed.) Architectural record books (ISBN-13-978-0070368057)
- Mohanty A.B. (1985)-Guide to House Building New Delhi: Inter India Publications
- Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications, Agra.
- डॉ. रीना खनूजा, डॉ. दीपा स्वामी—गृह एवं प्रसार शिक्षा

SEMESTER - V

Theory-I Semester Assessment

Duration 3 Hrs

70 Marks

Internal Assessment

Duration 1 hour

30 Marks

The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age					External assessment weight age	Total marks/ Total Credits
Regular Students		Private Students		Total	Paper based External Evaluation (Term end Examination)	
Mid-Term Test	Seminar/ project report/presentation	Report Writing	Viva-voce			
20	10	20	10	30	70	100

LIFE SPAN DEVELOPMENT– CODE (HSC-5001)

Course Outcomes:

- Explain the Physical & Psychological changes during middle childhood, adolescent and adulthood stage.
- Identify the biological and environmental factors affecting personality.
- Learn about the characteristics, needs and developmental tasks of Middle childhood years Adolescent & Adulthood stage.

Duration 3 Hrs

70 Marks

The question paper will contain two sections as under:

Section ‘A’ : There will be one question will parts having two parts from each unit will no internal choice. The weight age of each part is 2 marks hence the total weight age of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section ‘B’ : This will be five questions will one question from each unit will internal choice (may have sub divisions). The weight age of each questions of section is 10 marks have the total weight age is 50 marks hence the total weight age is 50 marks (10x5=50) and the words limits is 400 words per question.

UNIT – I

- Life span development, stages of development-Prenatal, Infancy and Early Childhood, middle childhood and adolescence, Adulthood and old age.
- जीवन काल विकास, विकास के चरण—प्रसवपूर्व, शैशवावस्था और प्रारंभिक बचपन, मध्य बचपन और किशोरावस्था, वयस्कता और वृद्धावस्था

UNIT -2

- Infancy and Early childhood
 - Physical, Motor, social, emotional, cognitive and language characteristics
 - Antecedent influences on early growth and development
 - Stimulating approaches for optimizing development.
- शैशवावस्था और प्रारंभिक बचपन
 - शारीरिक, गामक, सामाजिक, भावनात्मक, संज्ञानात्मक और भाषाई विशेषताएँ
 - पूर्ववर्ती वृद्धि और विकास पर प्रभाव डालता है
 - विकास को अनुकूलित करने के लिए प्रेरक दृष्टिकोण।

UNIT -3

- Middle childhood and Adolescence
 - Physical, Motor, social, emotional, cognitive and language characteristics
 - Antecedent influences on growth and development.
- मध्य बचपन और किशोरावस्था
 - शारीरिक, गामक, सामाजिक, भावनात्मक, संज्ञानात्मक और भाषाई विशेषताएँ
 - पूर्वपद वृद्धि और विकास पर प्रभाव डालता है।

UNIT-4

- Adulthood and Old age
 - Physical, motor, social, emotional, cognitive and language characteristics
 - Antecedent influences for growth and development during adulthood
 - Stimulating approaches for optimizing development.
- वयस्कता और बुढ़ापा
 - शारीरिक, गामक, सामाजिक, भावनात्मक, संज्ञानात्मक और भाषाई विशेषताएँ।
 - वयस्कता के दौरान वृद्धि और विकास पर पूर्ववर्ती प्रभाव।
 - विकास को अनुकूलित करने के लिए प्रेरक दृष्टिकोण।

UNIT- 5

- Recent issues in growth and development from infancy to old age.
- बचपन से बुढ़ापे तक वृद्धि और विकास में हाल के मुद्दे।

Suggested readings:

- Hurlock E. B. : Child Development, 1978 McGraw Hill, London
- Hurlock E.B. : Development Psychology - A Life Span Approach. 1980. 5th Ed. Tata Mc Grow Hill, London.
- Udayshaker : Exceptional children. Sterling, Publishers. N. Delhi
- Devadas R.P. &Jaya N.A. : Text Book on Child.

- Monaster G.J. I. – “Adolescent Development Lif Tasks. MC. Graw Hill (1977)
- Ambron S.R. – Child Development Holt, Rinehart and Winston 1978 (IIInd Edition)
- Mussen P.H. Conger, J.J. Kagan J and Huston A.C. (1990)- Child Development and Personality (VI Edition) Harper and rRow Publisher, New York.
- Bocknek G. Human Development Brroks and Cole Publishing Company (1980).
- Aadhunik Vikashatamk Manovigyan, Shri Vinod Pustak Mandir, Agra Edition 3rd (2015).

E-Content :

- Suggestive digital platforms web links- ePG- Pathshala, inflibnet,IGNOU & UPRTOU online study material.
- Svayam Portal, <http://heecontent.upsdc.gov.in/Home.aspx>

PRACTICAL – (CODE-5002) (04 Credits)

HUMAN DEVELOPMENT

Practical-V

Duration 6 Hrs

50 Marks (02 Credits)

Course Outcomes:

- Learn to cope up with adolescent and adulthood problems.
- Understand and handle development related issues more efficiently.
- Able to know human behavior.
- Understand individual differences.

PRACTICAL

- Preparation of an album on developmental milestones of children.
- Prepare child literature.
- Visit to Child Care Centres/ anganwadi.
- बच्चों के विकासात्मक पड़ावों पर एक एल्बम तैयार करना।
- बाल साहित्य तैयार करना।
- बाल देखभाल केंद्रों आंगनवाड़ी का दौरा।
- Study of physical, social, emotional, cognitive, language development (any two).
- Observations of child rearing practices in families from different social classes.
- शारीरिक, सामाजिक, भावनात्मक, संज्ञानात्मक, भाषाई विकास (कोई दो) का अध्ययन।
- विभिन्न सामाजिक वर्गों के परिवारों में बच्चों के पालन-पोषण की प्रथाओं का अवलोकन।
- Interviews of adolescent girls and boys to understand their life style, behaviour and problems.
- किशोर लड़कियों और लड़कों की जीवनशैली, व्यवहार और समस्याओं को समझने के लिए उनका साक्षात्कार लिया गया।
- Carry out case studies to know more about the different life stages, e.g., school going children, adolescents, Young adults. (any two)
- विभिन्न जीवन चरणों, जैसे स्कूल जाने वाले बच्चों, किशोरों, युवा वयस्कों के बारे में अधिक जानने के लिए केस अध्ययन। (कोई दो)

Suggested Readings:

- Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).
- Ambron S.R. Child Development Holt, Rinehart and Winston 1978 (11nd Edition).
- Mussen P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Development and Personality (VI Edition) Harper and Row Publishers New York.
- Boeknek G. Human Development Brook and Cole Publishing Company 1980.
- Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015

E-content :

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- Svayam Portal, <http://heecontent.upsdc.gov.in/Home.aspx>

SEMESTER - VI

Theory-I Semester Assessment

Duration 3 Hrs

70 Marks

Internal Assessment

Duration 1 hour

30 Marks

The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age					External assessment weight age	Total marks/ Total Credits
Regular Students		Private Students		Total	Paper based External Evaluation (Term end Examination)	
Mid-Term Test	Seminar/ project report/presentation	Report writing	Viva-voce			
20	10	20	10	30	70	100

TEXTILE SCIENCE AND FABRIC CARE– CODE (HSC-6001)

Course Outcomes:

- Explain the process of fabric construction, including weaving, knitting, and nonwoven methods.
- Identify common weaving techniques and their applications in textile production.
- Understand the principles of textile dyeing and printing.
- Analyze different dyeing and printing methods and their effects on fabric appearance and durability.

Duration 3 Hrs

70 Marks

The question paper will contain two sections as under:

Section ‘A’ : There will be one question will parts having two parts from each unit will no internal choice. The weight age of each part is 2 marks hence the total weight age of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section ‘B’ : This will be five questions will one question from each unit will internal choice (may have sub divisions). The weight age of each questions of section is 10 marks have the total weight age is 50 marks hence the total weight age is 50 marks (10x5=50) and the words limits is 400 words per question.

UNIT – I

- Textile Fibers: - (a) Classification of Textile Fibers.
- Natural Fibers – Origin, Manufacture, properties, their importance to consumer Cotton, Silk, Wool.
- Man – made fibers: properties, their importance to consumer and storage of Rayon, Nylon, Polyester.

- वस्त्रोपयोगी रेशे . अ. वस्त्रोपयोगी रेशों का वर्गीकरण
- प्राकृतिक रेशे— कपास, रेशम एवं ऊन के उद्गम, निर्माण प्रक्रिया, विशेषताएँ एवं उपभोक्ता हेतु महत्व ।
- मानवकृत रेशे—रेयान, नायलॉन, पोलिऐस्टर की विशेषताएँ, उपभोक्ता के लिए इनका महत्व एवं संरक्षण ।

UNIT – II

- Construction of Yarn and Fabric: Meaning of – Weaving, Knitting, Felting, Warp, Weft selvedge and count of cloth.
- Yarn Construction- (a) Different methods of spinning (b) Different type of yarns.
- Weaving –(a) Loom and its parts.
(b) Different types of weaving – plain, Twill, Satin, and Sateen, pile and Jacquard.
- धागे एवं कपडे का निर्माण – रेशे की बुनाई (वीविंग) निटिंग, फेल्टिंग, नमदा, ताना, बाना, किनारी (सेल-विज) कपडे की गणना ।
- धागे का निर्माण—(अ)कताई के विभिन्न तरीके (ब)धागों के विभिन्न प्रकार ।
- बुनाई—(अ)करघा एवं उसके भाग
(ब)विभिन्न प्रकार की बुनाई—सादी, ट्विल, साटिन, सैटिन, पाइल, जेकार्ड ।

UNIT – III

- **Finishing-Meaning –**
(a) Objectives of finishing
(b) Different methods of finishing: Bleaching, sizing, tentering, mercerizing, calendaring, Embossing, Napping, water proofing, moth proofing and permanent press.
- **Dyeing-**(a) Different types of dyes (b) Different types of dyeing process
(c) Methods of Dyeing
- **Printing:** Different methods of printing: Block, Screen, Roller, Resist, Discharge & Stencil.
- 10. Elementary knowledge of traditional weaving and embroideries of India Brocades, Kashmir Embroideries, Phulkari of Punjab, Kantha of Bengal, Patola of Gujarat, Chickankari of U.P.
- परिसज्जा— अर्थ . —(अ)परिसज्जा के उद्देश्य
(ब) परिसज्जा की विभिन्न विधियाँ— विरंजन, कड़ा करना, टेन्टरिंग मरसीराइजिंग कैलेडरिंग, नक्काशी करना, रोएँ उठाना, जलरोधी, कीड़ो से बचाना, स्थायी इस्त्री ।
- रंगाई—(अ) विभिन्न प्रकार के रंग (ब) रंगाई की विधियां (स) रंगाई की प्रक्रिया
- छपाई— छपाई के विभिन्न प्रकार, ब्लॉक, स्क्रीन, बेलन द्वारा, अवरोधी, डिस्चार्ज एवं स्टेंसिल ।
- भारत की परम्परागत कढ़ाई और बुनाई का प्रारम्भिक ज्ञान—ब्रोकेड, कश्मीरी कढ़ाई, पंजाब की फूलकारी, बंगाल का काठा, गुजरात के पटोला, उत्तर प्रदेश की चिकनकारी ।

UNIT – IV

- Selection of fabrics for various uses in the Home , Garments , (For children, women and men.)House Hold linen, furnishing: bed sheets, curtains, carpets, towels etc. by keeping in view of the following Factors: Climate, comfort, utility, occasion, personality, budget, fashion, fiber weave, finish, color and Design activity, age & Sex.
- घर के प्रयोग में आने वाले विभिन्न कपड़ों का चयन, परिधान (बच्चों, महिला, पुरुष), घरेलू लिनन एवं सज्जा हेतु चादरें, पर्दे, कालीन, तौलिए इत्यादि प्रयुक्त कपड़ों हेतु आवश्यक कारक जलवायु, आरामदायक, उपयोगिता, अवसरानुसार, व्यक्तिनुसार, उम्र, लिंग, कार्य, बजट, फैशन, रेशा, बुनाई, रंग डिजाइन आदि।

UNIT - V

Laundry-

- Laundry principles and methods
- Laundry equipments – washing, drying, and storing.
- Water-soft and hard water, methods of making water soft for laundry purpose.
- Soap-Manufacturing process of soap , qualities of good soap. Detergents -Importance and use-Other agents used for washing.
- Stiffening agent, blueing agent, bleaches, grease solvents, absorbent and softness.
- Stain removal – Meaning, classification and methods.

धुलाई—

- धुलाई के सिद्धान्त एवं विधियां
- धुलाई उपकरण: धोने, सुखाने, परिसज्जा एवं संग्रहण।
- जल— मृदु एवं कठोर जल, कठोर जल को धुलाई कार्य के लिए मृदु बनाना।
- साबुन— साबुन बनाने की विधियां, अच्छे साबुन के गुण, अपमार्जक— महत्व एवं उपयोगिता।
- कडापन देने वाले पदार्थ, नील, विरंजन, चिकनाई, विलायक एवं अवशोषक एवं वस्त्रों को मृदु कारक करनेवाले अभिकर्मक।
- धब्बे छुड़ाना— अर्थ, वर्गीकरण एवं विधियां।

Reference:

- Dantyagi, Sushila: Fundamentals of Textile and their care, Orient Longmans, Bombay
- Daulkar, Durga: A Guide to household Textile and Laundry Work, Atma Ram & Sons, New Delhi
- Isble B Wintage : Textile Fibers and their Selection, Prentice Hall, Inc. Englewood, Cliff, N.Jersey
- Hess, Katherine: Textile Fibers and their uses- oxford & IBH.

PRACTICAL – (CODE-6002) (04 Credits)

SURFACE ORNAMENTATION AND CLOTHING CONSTRUCTION

Practical-VI

Duration 6 Hrs

50 Marks (02 Credits)

Course Outcomes:

- Learn about scope of textile and clothing.
- Understanding why fabrics are different.
- Learn how fabrics can be manufactured.
- Understand basic clothing concepts and garment making.
- Tie & Dye /BlockPrinting (Process can also be done by making samples)
- To make samples of the following –
 - (a) Simple hand stitches
 - (b) Embroidery stitches (Atleast 10)
 - (c) Machine seams and seam finishes.
 - (d) Darts, pleats, tucks gathers.
 - (e) Fastners – Press – Button, Hook eye, Button – Button Hole.
- टाई और डाईब्लॉक (प्रक्रिया नमूने बनाकर भी की जा सकती है)
- निम्नलिखित के नमूने बनाने के लिए –
 - (ए) सरल हाथ टाँके
 - (बी) कढ़ाई टाँके (कम से कम 10)
 - (सी) मशीन सीम और सीम फिनिश।
 - (डी) डार्ट्स, प्लीट्स, टक्सचुन्नट होते हैं।
 - (ई) फास्टर – प्रेस – बटन, हुक आई, बटन – बटन होल।
- To make one embroidered household article – showing different stitches (at least 4) like – cushionCover, table cloth, napkins, table mats, dressing table mats, sofa covers.
- एक कढ़ाईदार घरेलू सामान बनाने के लिए – अलग-अलग टाँके (कम से कम 4) दिखाएं जैसे – कुशन कवर, टेबल क्लॉथ, नैपकिन, टेबल मैट, ड्रेसिंग टेबल मैट, सोफा कवर।
- Construction process in garments making (Samples)
 - (a) Neck Line finish - piping, facing.
 - (b) Collar
 - (c) Placket.
- वस्त्र निर्माण में निर्माण प्रक्रिया (नमूने)
 - (ए) नेक लाइन फिनिश – पाइपिंग, फेसिंग।

(बी) कॉलर

(सी) प्लैकेट।

- Drafting, cutting and stitching of the following:
 - (a) Children's garments: Jhabla, panty, Gathered frock, A line frock.
 - (b) Men's garments - Plain Payjama.
 - (c) Lady's garments: petticoat
 - (d) Utility items: (Any one) - Hand Bag, wall hanging, apron ,Multi purpose kit
- निम्नलिखित का मसौदा तैयार करना, काटना और सिलाई करना
(ए) बच्चों के परिधानरू झबला, पैंटी, गैदरर्ड फ्रॉक, ए लाइन फ्रॉक।
(बी) पुरुषों के परिधान – सादा पायजामा।
(सी) महिलाओं के वस्त्ररू पेटीकोट
(डी) उपयोगिता वस्तुएं (कोई भी)– हैंड बैग, दीवार पर लटकाने वाला सामान, एप्रैन, बहुउद्देश्यीय किट

References:

- Mathews Mary :Practical clothing Construction I & II Cosmic Press, Madras.
- S. Doongaji & B.R.Deshpande :Basic Pocesesses of clothing Construction.
- N. Phutni, S.J.Singh :Drafting,Tecniquesfor Garments Construction Agriculture Research, International Centre, Hisar.