

B.Sc. (HOME SCIENCE)

Year	Course Code	Subject Name	Theory / Practical	Total Credit	UE	IA	Marks	
							Total	
							Max	Min
First	HSCF-1T	Environmental studies	Theory	4	60	15	75	25
	HSCF-2T	Hindi Language	Theory	4	60	15	75	25
	HSCF-3T	English Language	Theory	4	60	15	75	25
	HSC-1T	Basic Nutrition	Theory	4	60	15	75	25
	HSC-2T	Introduction to Resource Management	Theory	4	60	15	75	25
	HSC-3T	Introduction to Human Development	Theory	4	60	15	75	25
	HSC-4T	Textile and Clothing	Theory	4	60	15	75	25
	HSC-5T	Community Development	Theory	4	60	15	75	25
	HSC-6T	Personal Empowerment and Computer Basics	Theory	4	60	15	75	25
	HSCF-1P	Environmental Study Field work	Practical	2	25	NA	25	25
	HSC-1P	Basic Nutrition	Practical	2	25	NA	25	09
	HSC-2P	Introduction to Resource Management	Practical	2	25	NA	25	09
	HSC-3P	Introduction to Human Development	Practical	2	25	NA	25	09
	HSC-4P	Textile and Clothing	Practical	2	25	NA	25	09
	HSC-5P	Community Development	Practical	2	25	NA	25	09
	HSC-6P	Personal Empowerment and Computer Basics	Practical	2	25	NA	25	09
		Total		50	715	135	850	
Second	HSCF-4T	Hindi Language	Theory	4	60	15	75	25
	HSCF-5T	English Language	Theory	4	60	15	75	25
	HSC-7T	Nutritional Management in Health & Diseases	Theory	4	60	15	75	25
	HSC-8T	Textile and Fiber Science	Theory	4	60	15	75	25
	HSC-9T	Human Physiology and Community Nutrition	Theory	4	60	15	75	25
	HSC-10T	Communication Process	Theory	4	60	15	75	25
	HSC-11T	Life Span Development	Theory	4	60	15	75	25
	HSC-12T	Consumer Economics	Theory	4	60	15	75	25
	HSC-7P	Nutritional Management in Health and Diseases	Practical	2	25	NA	25	09
	HSC-8P	Textile and Fiber Science	Practical	2	25	NA	25	09
	HSC-9P	Human Physiology and Community Nutrition	Practical	2	25	NA	25	09
	HSC-10P	Communication Process	Practical	2	25	NA	25	09
	HSC-11P	Life Span Development	Practical	2	25	NA	25	09
	HSC-12P	Consumer Economics	Practical	2	25	NA	25	09
		Total		44	630	120	750	

Third	HSCF-6T	Hindi Language	Theory	4	60	15	75	25
	HSCF-7T	English Language	Theory	4	60	15	75	25
	HSC-13T	Nutritional Biochemistry	Theory	4	60	15	75	25
	HSC-14T	Food Preservation	Theory	4	60	15	75	25
	HSC-15T	Early Childhood Care and Education	Theory	4	60	15	75	25
	HSC-16T	Extension Education	Theory	4	60	15	75	25
	HSC-17T	Foundation of Art and Design	Theory	4	60	15	75	25
	HSC-18T	Apparel Making and Fashion Designing	Theory	4	60	15	75	25
	HSC-13P	Nutritional Biochemistry	Practical	2	25	NA	25	09
	HSC-14P	Food Preservation	Practical	2	25	NA	25	09
	HSC-15P	Early Childhood Care and Education	Practical	2	25	NA	25	09
	HSC-16P	Extension Education	Practical	2	25	NA	25	09
	HSC-17P	Foundation of Art and Design	Practical	2	25	NA	25	09
	HSC-18P	Apparel Making and Fashion Designing	Practical	2	25	NA	25	09
		Total		44	630	120	750	

Note- There shall be four extra credits in each year for internship/ Apprenticeship .The certificate of extra credits for this would be provided by the concern university and it is not mandatory.

Abbreviations Used-

UE: University Examination

IA: Internal Assessment

Note:

1. Students have to pass the Environment Studies (Additional & Compulsory) till the end of the maximum duration provided for the program. Degree will not be awarded without passing the environmental studies paper.
2. There shall be four extra credits in all the years of under graduation for internship/apprenticeship/Skill development program/Value added program. The certificate of extra credits would be provided by the university concern and is not mandatory.

Learning Outcome Based Scheme and Syllabus of Examination

For

~~Bachelor of~~ B.Sc. Home Science (B.Sc.-H.Sc.)

Courses Effective from Academic Session 2022-2023

General Information of B.Sc. Home Science Program

1. **Title and code of the program:** The title of the programme shall be Bachelor of Home Science (B.Sc. H.Sc.) The program code of B.Sc. Home Science shall be “HSc2022”.
2. **Eligibility for admission:** Eligibility of admission in B.Sc. Home Science will be as follow:
 - i. Students must pass H.Sc. (Class 12th) in any stream/Three year diploma course in any branch of technical education / Vocational Education or equivalent from a recognized board.
 - ii. Students must have a minimum aggregate of 40% marks in HSc examination (Relaxation in percentage will be as per rule of C.G. Govt.).
3. **Scheme of examination:** Each theory paper is divided into three components as follow, there shall not be any Internal Assessment (IA) for practical part of every subject :-
 - i. Total Marks:100 Marks
 - ii. University Examination (UE): 60 Marks
 - iii. Internal Assessment (IA): 15 Marks
 - iv. Practical : 25 Marks
4. **Internal Assessment (IA):** The structure of IA shall be as follow:
 - i. **Internal test (15 Marks):** There shall be two internal tests of 15 marks each, the average of both tests shall be considered as the marks of internal test. The marks of assignment shall be of 15, the average of the both tests shall be added with marks of assignment, and the total will be divided by two.
5. **University Examination (UE):** The pattern of examination shall be as follow:
 - i. There shall be three sections of question paper: A, B and C.
 - ii. Section A (20 Marks) shall consists “Very Short Answer questions”, Three questions from each unit with internal choice of solving two.
 - iii. Section B (20 Marks) shall consist of “Short answer questions” from each unit, two questions from each unit with internal choice of solving one.
 - iv. The Section C (20 Marks) shall consist “Long answer questions”, one from each unit, with internal choice of solving any two questions, each has 10 marks.
6. **Programme Learning Outcomes (PLO):** On completion of this programme, the students are expected to:

PLO1: To Apply knowledge of Basic Nutrition, Textile and Fibre Science, Resource Management , Community Development , Human Development with basic knowledge of women empowerment and Computer Basics at the individual level , community level and also on commercial level.

PLO2: To apply knowledge of nutrition as Medical Nutrition Therapy for disease correction, Technical knowledge of physio-chemical nature of textile fibres and yarn making, working of various systems in human body, Skillful communication techniques, Developmental stages in life cycle and consumer economics related knowledge.

PLO3: To apply knowledge of Biochemistry of Macro molecules as Protein, Lipids, Carbohydrates and Micro-Molecules as Vitamin, Minerals, Antioxidants, Preservation Technology, Extension education for the community and national benefit, Care of human in early years of life, Principles of Art and Designing and skills of apparel making with fashion designing.

PLO4: To apply new technology in the field of Nutrition as Neutrogenomics, Nanotechnology for Medical Nutrition Therapy, Management of human resources properly, advances in Textile science, advances in Human developments as maintenance of good mental health and Research Methodology with latest data collection and analysis details in the field of Home Science Research.

Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-6T	
2	Course Title	Personal Empowerment and Computer Basic	
3	Course Type	Theory	
4	Pre-requisite(if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand personal growth and development. • To understand Women empowerment. • To understand Home science as empowerment tool. • To understand Computer fundamentals. • To Understand Various Operating Systems. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	No. of Periods
I	Personal Growth and Personality Development (Through exercises, role play, discussions): The challenge: understanding and managing oneself, being aware of one's strengths and weaknesses. Personality Development: Factors and influences: emotional and motivational aspects; assertion vs. aggression, Peer pressures: Issues and management; group conformity and individualism as co-existing aspects, Conflicts and stresses, simple coping strategies.	12
II	Empowerment of Women: Women and Development: The personal, familial, societal and national perspectives, Capacity building for women: Education, decision-making abilities and opportunities, awareness and information on legal and political issues, Women's organizations and collective strength: Women's action groups, women's participation in development initiatives.	12
III	Home Science Education as Empowerment: The interdisciplinary of Home Science Education, The role of Home Science Education for personal growth and professional development, Home Science as holistic education with integration of goals for persons, enhancement and community development.	12
IV	Some Significant Contemporary Issues of Concern: Gender issues: inequities and discriminations, biases and stereotypes; myths and facts, AIDS: Awareness and educations	12

V	Computer Fundamentals: Overview about computers, Components of a computer, Input/output devices, Secondary storage devices, Representation of Data: Files, Records, Files, File organization and access, Introduction to Operating Systems.	12
Keywords: Personality development, Role play, Discussions, women empowerment, home science education, Fundamentals of computers.		

Part C: Learning Resources		
Text Books, Reference Books, Other Resources		
Suggested Readings:		
<ol style="list-style-type: none"> 1. Women resources and national development – Chandashekhar, Edition 5th, 2011, Printice Hall. 2. Career management- A new challenge: vol:1: Bhattacharya, Panchsheel Publisher. 3. India Youth: process of socialization: Gove M.S. 3rd Edition, Vishwa Yuva Kendra. 4. Computer fundamental: Pradeep K Sinha, 8th edition, BPB Publication. 5. Basic computer course: Changeriya, 3rd Edition, Chetan Prakashan. 6. Computer basic: Gourav Agrawal, 2nd Edition, Digital Munim ji. 7. Women's Resource and National Development : A Perspective, 1992 Edition, Gaurav Publishing House. 8. Fundamentals of To aching Home Science: Chandra A.A. Shah and U. Joshi, 1989 Edition, Sterling Publishers Pvt Ltd. 9. Understanding Psychology: Feldman, R. 1987 Edition, McGraw Hill Co. 10. SWAYAM portal course based Information and Communication technology: Dr. Aprajita Bhatt. 		
E:Learning Resource:		
<ol style="list-style-type: none"> 1. Women Empowerment https://www.youtube.com/results?search_query=women+empowerment 2. Empowerment Policies In India- https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwivj5KFikj4AhVkmGYCHV5GCzAYA-BADGgJzbQ&ae=2&ohost=www.google.co.in&cid=CAASJeRoIWw93YwZziCOI5Uv_i6o- 3. Polices for Women- https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwivj5KFikj4AhVkmGYCHV5GCzAYA-BACGgJzbQ&ae=2&ohost=www.google.co.in&cid=CAASJeRoIWw93YwZziCOI5Uv_i6o- Rights for women- 4. https://www.female-rights.com/e-learning-platform/ 		
Part D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods::		
Maximum Marks: 75		
Continuous Comprehensive Evaluation(CCE): 15		
University Exam (UE): 60		
Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Assignment Marks: 15 (Mean of Two Tests + Assignment Divided by 2)

Signature

Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-6P	
2	Course Title	LAB 6: Personal Empowerment and Computer Basic	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of empowering anybody along with Knowledge of soft skills.	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To acquaints with Knowledge of structure of computer. • To understand functioning of computer with different operating systems. • To understand internet and its uses. • To explore MS Excel for calculations and graphical presentation. • To Understand Various Operating Systems with latest configuration. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total No. of Periods: 15	
Tentative Practical List	Note: This is tentative list; the teacher concern can add more Experiment as per Requirement. <ol style="list-style-type: none"> <ol style="list-style-type: none"> Introduction Exploring the Desktop Running multiple programs Accessories Control Panel Managing Documents and Folders MS: Word <ol style="list-style-type: none"> Starting MS:WORD Creating and Formatting a document Changing Fonts and Point Size Table Creation and operations Autocorrect, Auto Text, Spell Check, Thesaurus Word Art, inserting objects Mail merge, letter, label, envelope Page set-up, Page preview Printing a document MS: Excel <ol style="list-style-type: none"> Starting Excel Work Sheet, Cell, Inserting Data into Rows/Columns Alignment, Text-wrapping Sorting data, Auto sum

	<ul style="list-style-type: none"> e. Use of functions, referencing formula cells in other formulae f. Naming cells and ranges, Goal seek g. Generating graphs h. integrating Worksheet, data and charts with WORD i. Creating Hyperlink to a WORD document j. Page set-up, Print Preview, Printing Worksheets.
4	<p>Internet</p> <ul style="list-style-type: none"> a. Genesis and use of Internet b. Software and hardware equipments for Internet c. Accessing the Internet, Web Page, Using a Search Engine, Accessing the Internet from MS:Office applications <p>5 Project: Write on any relevant topic using computer skills: Graph and Calculation.</p>

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Women resources and national development – Chandashekhar, Edition 5th , 2011, Printice Hall.
2. Career Management-A new challenge: vol:1: Bhattacharya, Panchsheel Publisher.
3. India Youth: process of socialization: Gove M.S. 3rd Edition, Vishwa Yuva Kendra.
4. Computer fundamental: Pradeep K Sinha, 8th edition, BPB Publication.
5. Basic computer course: Changeriya, 3rd Edition, Chetan Prakashan.
6. Computer basic: Gourav Agrawal, 2nd Edition, Digital Munim ji.
7. Women's Resource and National Development: A Perspective, 1992 Edition, Gaurav Publishing House.
8. Fundamentals of To aching Home Science : Chandra A.A. Shah and U. Joshi, 1989 Edition, Sterling Publishers Pvt Ltd.
9. Understanding Psychology: Feldman, R. 1987 Edition, Mc Graw Hill Co.
10. SWAYAM portal course based Information and Communication technology: Dr. Aprajita Bhatt.

E:Learning Resource:

1. MS Word
https://www.youtube.com/results?search_query=MS+Word
2. MS Excel
https://www.youtube.com/results?search_query=MS+Excel
3. Internet
https://www.youtube.com/results?search_query=Internet

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not applicable

University Exam (UE): 25

Internal Assessment : Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Not Applicable
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आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये-

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- अध्यक्ष,

डॉ. बबीता दुबे

- प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, गिलाई-3, दुर्ग

- सदस्य

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर

- सदस्य

डॉ. संध्या मदन मोहन, प्राचार्य, गिलाई महिला महाविद्यालय, गिलाई,

- सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधधारी महिला महावि. रायपुर

- सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग

- सदस्य

डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अर्बिकापुर

- सदस्य

डॉ. शिप्रा बनर्जी, दूधधारी महिला महावि. रायपुर

- सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग.

- सदस्य

सुश्री सुष्मा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको. महावि, बालोद

- सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर

- सदस्य

डॉ. वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य उक्त लाइन उपस्थित रहे.



Part A: Introduction			
Program: Diploma Course		Class: B.Sc. Home Science II Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-7T	
2	Course Title	Nutritional Management in Health and Diseases	
3	Course Type	Theory	
4	Pre-requisite (if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be able to: <ul style="list-style-type: none"> • To understand Importance of Meal Planning. • To understand Factors affecting nutritional requirements. • To understand Normal nutrition. • To understand Medical nutritional therapy in various diseases. • To understand Conversion of Normal Diet to Disease Specific Diet. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	No. of Periods
I	Definition of Health and Nutrition: Dimensions of Health (Physical, Psychological, emotional and Spiritual). Concept of nutritionally adequate diet and meal planning: Importance of meal planning, Factors affecting meal planning- Nutritional, Socio-cultural, Religious, Geographic, Economic Availability of time.	12
II	Steps involved in planning a diet: RDA, Food list-using ICMR tables, using cooked food exchange list, Making Menu, The Food Guide-four food group plan of ICMR, Food Pyramid, and General Dietary Guidelines suggested by ICMR, Planning of balance diet-food composition tables, principles of planning diets, Planning diets for institutions.	12
III	Nutrition through the life cycle: (At different activity and Social economic levels) requirements, nutritional problems, food selection. Adulthood, Pregnancy, Lactation, Pre-School, Adolescence.	12
IV	Principles of diet therapy: Modification of Normal diet for therapeutic purposes, full diet, soft diet, Fluid diet, Bland diet, Energy modification and Nutrition for weight management-Identifying the overweight and obese, etiological factors contributing to Obesity. Prevention and treatment, low energy diets, Underweight –etiology and assessment.	12
V	Etiology: Symptoms and diet management of the following -Diarrhea, Constipation, Peptic ulcer, Jaundice, Viral Hepatitis, Cirrhosis. Diet in disease of the endocrine: Pancreas-Diabetes mellitus-classification, symptoms, diagnosis, Dietary care and Nutritional,	12

Signature

management of diabetes Mellitus, Insulin therapy, Oral Hypoglycemic agents, Juvenile Diabetes. Diseases of the Cardio Vascular system: Atherosclerosis Etiology and Risk Factor, Hypertension-Etiology, prevalence Nutritional management and prevention, Renal diseases-Nephritis, Nephrosis - Causes, Symptoms and Dietary management	
Keywords: : Health and Nutrition, Concept of nutritionally adequate diet and meal planning, Steps involved in planning a diet, Nutrition through the life cycle, Principles of diet therapy, Etiology, Pancreas, Cardio-Vascular system.	

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. आहार एवं पोषण डॉ वृन्दा सिंह, Hindi edition, Panchsheel Publishers.
2. Dietetics: B. Shrilaxmi ,8th edition, New Age International publishers.
3. Human Nutrition and Dietetics: Davidson and Passmore, 8th edition, Livingstone Publishers.
4. Normal and Therapeutic Nutrition: Robinson, 17th edition, Mac Millan publishing Company.
5. Food, Nutrition and Diet Therapy: Krause, 11th edition, Saunders Publishers.
6. Nutrition and Diet Therapy: Su.R.Williams, 4th edition, C.V.Mosby Co. Publishers.
7. Modern Nutrition in Health and Disease: Shils, M.E. Olson, 8th edition, Lea and Febiger Waverly Company Publishers.

E:learning Resources:

1. Balance Diet:
 1. https://www.google.com/search?q=balanced+diet&rlz=1C1JJTC_enIN950IN950&oeq=Balance&daqs=chrome
 2. <https://iamherbalifenutrition.com/nutrition:facts/balanced:diet:daily:nutrition/>
2. Principles of diet therapy:
 1. https://www.google.com/search?q=principles+of+diet+therapy&rlz=1C1JJTC_enIN950IN950&oeq=principle+of+diet+and&daqs=chrome.2.69i57j0i1019.15376j0j15&sourceid=chrome&ie=UTF:8
 2. <https://www.youtube.com/watch?v=OVM97v:Ysmw>
 3. https://onlinecourses.swayam2.ac.in/cec21_hs09/preview
3. Food Pyramid:
 1. https://www.google.com/search?q=food+pyramid&rlz=1C1JJTC_enIN950IN950&oeq=food+panda&daqs=chrome.3.69i57j35i39j0i67j0i433i51
 2. https://www.youtube.com/watch?v=ZajKRG_asfs
4. Diet for cirrhosis:
 1. https://www.google.com/search?q=diet+of+cirrhosis&rlz=1C1JJTC_enIN950IN950&oeq=diet+of+chrrrosis&daqs=chrome.1
 2. <https://www.medtalks.in/articles/nutrition:and:progNOsis:of:liver:diseases>
5. Diseases of the Cardio Vascular system:
 1. https://www.google.com/search?q=disease+and+diet+of+cardiovascular+system&rlz=1C1JJTC_
 2. <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart:disease:and:fo>
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Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment :

Continuous Comprehensive
Evaluation (CCE)

Class Test
Assignment/Presentation

Two Test each of 15
Assignment Marks: 15
(Mean of Two Tests + Assignment
Divided by 2)

Rev

	17 Visit to Dietetics Dept of Hospitals. 18 Workshops / Project: Menu planning on Normal and therapeutic modification of Diet
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Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. आहार एवं पोषण - डॉ वृन्दा सिंह, Hindi edition, Panchsheel Publishers.
2. Dietetics: B. Shrilaxmi, 8th edition, new age international publishers.
3. Human Nutrition and Dietetics: Passmore, 8th edition, Livingstone Publishers.
4. Normal and Therapeutic Nutrition: Robinson, 17th edition, MacMillan publishing Company,
5. Food, Nutrition and Diet Therapy: Krause, 11th edition, Saunders Publishers.
6. Nutrition and Diet Therapy: Su. R. Williams, 4th edition, C.V. Mosby Co. Publishers.
7. Modern Nutrition in Health and Disease: Shils, M.E. Olson, 8th edition, Lea and Febiger Waverly Company Publishers.

E-learning Resources:

1. Diet for Adult:
https://www.google.com/search?q=diet+for+adults&rlz=1C1JJTC_enIN950IN950&oeq=diet+for+adult&daqs=chrome.
2. Diet for pregnancy:
https://www.google.com/search?q=diet+for+pregnant+women&rlz=1C1JJTC_enIN950IN950&andsxsrf=ALiCzsbc_
3. Diet for Atherosclerosis:
https://www.google.com/search?q=diet+for+atherosclerosis&rlz=1C1JJTC_enIN950IN950&andsxsrf=ALiCzsZ6XyYHi7Q:
4. Diet for diabetes mellitus:
https://www.google.com/search?q=diet+for+diabetes+mellitus&rlz=1C1JJTC_enIN950IN950&andsxsrf=ALiCzsZFJ52m3efDHRtUHUm0TTnrmp7Ctg

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 25

Internal Assessment : Continuous Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Not Applicable

आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये-

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- अध्यक्ष,

डॉ. बबीता दुबे

- प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, गिलाई-3, दुर्ग

- सदस्य

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर

- सदस्य

डॉ. संध्या मदन मोहन, प्राचार्य, गिलाई महिला महाविद्यालय, गिलाई,

- सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधधारी महिला महावि. रायपुर

- सदस्य

डॉ. अल्का दुग्गल, वामन राय पाटनकर महिला महावि, दुर्ग

- सदस्य

डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अंबिकापुर

- सदस्य

डॉ. शिप्रा बनर्जी, दूधधारी महिला महावि. रायपुर

- सदस्य

श्रीमती ममता आर. देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग.

- सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको. महावि, बालोद

- सदस्य

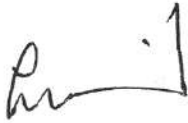
डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर

- सदस्य

डॉ. वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य अग्न लाइन
उपस्थित रहे,



Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-13T	
2	Course Title	Nutritional Biochemistry	
3	Course Type	Theory	
4	Pre-requisite (if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand concepts of Biochemistry. • To understand metabolic cycles related to Carbohydrates. • To understand metabolic cycles related to Protein and Lipids. • To understand Chemistry and functions of Hormones. • To understand kinetics of Enzymes. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total NO of Periods: 60		
Unit	Topics	NO. of Periods
I	Introduction to Biochemistry: definition, objectives, scope and Inter-relationship between Biochemistry and other biological sciences. Carbohydrates: Definition, classifications functions and properties of MoNOsaccharide's : Glucose, Fructose, Galactose , Disaccharides: Maltose, Lactose, Sucrose, Polysaccharides : Dextrin, Starch, Glycogen. Metabolic cycles- Glycolysis, Gluconeogenesis, Glycogenesis, Glycogenolysis, citric and cycle, Hexose Mono-phpsahe Shunt, Blood sugar regulation procedure.	12
II	Lipids: Definition, composition, importance and classification Fatty Acids: Functions, properties Significance of Acid value, Iodine value and saponification value. Chemistry and function of Phospholipids, Glycolipids and sterols. Metabolism : B (Beta) Oxidation. Aspects of transport-Passive diffusion, Facilitated diffusion, Active transport.	12
III	Proteins : Definition composition function and classification. AmiNO acids: Essential and NOnessential. Metabolism: Urea cycle, one carbon metabolism. Nitrogen balance, AmiNO acid pool. Enzymes: Definition, properties, classification, Mode of action of enzymes, factors affecting velocity of enzyme catalyzed reactions, coenzymes.	12

IV	Hormones: Biological roles of hormones of Pituitary, Adrenal cortex and medulla, Thyroid, Parathyroid, Pancreas, Sex glands. Urine: Formation procedure and Composition.	12
V	Energy: Definition, Unit, calorimeter, caloric value of foods, BMR, RQ, SDA of Foods. Nucleic Acid and Nucleo-proteins : Chemistry, composition, structure, Functions, Types of RNA.	12
Keywords: : Biochemistry, Carbohydrate Metabolism, Gluconeogenesis, Glycogenolysis, Urea Cycle, Beta Oxidation of Fatty Acids, Energy Metabolism, Nucleic Acid, Hormones, Urine synthesis, Enzymes.		

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Biochemistry: O.P Agrawal, 5th Edition, Prasad's Publication.
2. Lehninger's Principles of Biochemistry: H. Lehninger, 6th Edition, Macmillan publication.
3. Biochemistry: Harper Illustrated Biochemistry, 31st Edition, Mac Graw Hill publication.
4. Biochemistry: Asha Chaudhary, , 11th edition, Shiva Publication.
5. Microbiology: RC Dubey and Maheswari, 4th Edition, S.Chand Publication.
6. Biochemistry: Ranjana Chawala and Sushmita Nyer, 5th Edition, Jaytee Brothers publication
7. Textbook of Biochemistry and Human Biology : G.P. Talwar, 3rd edition, PHI Publication.
8. Fundamentals of Biochemistry : A.C. Deb, 6th Edition, NCBI Publication.

E-Learning Sources:

1. The Active Site of enzymes
https://youtu.be/x_KvWqdzSII
2. Applications and importance of factors affecting enzyme action
<https://youtu.be/LbXx3j7b7hE>
3. Coenzymes and cofactors
<https://youtu.be/bubY2Nm7hVM>
4. Sources of Ammonia
<https://youtu.be/gSB4bshZcMU>
5. Ammonia detoxification
<https://youtu.be/x0BAnbfK5f8>
6. Disorders of ammonia metabolism
<https://youtu.be/WVhbn6OspZk>
7. Overview of neurotransmitter metabolism with emphasis on myasthenia gravis and Parkinson disease
<https://youtu.be/N6OpSyzyOJY>
8. Formation and fate of Bilirubin
<https://youtu.be/r2s0RPnCfZA>
9. Disorders of ammonia metabolism
<https://youtu.be/WVhbn6OspZk>
10. Bilirubin formation

https://youtu.be/qX0_q0ZJtCA

11. Biochemical basis for jaundice

<https://youtu.be/bBUCKxeqeAQ>

12. Jaundice: A introduction classification and causes of each type with emphasis on physiologic jaundice

<https://youtu.be/wmlt0D2nY8>

13. Investigations for differential diagnosis of jaundice

<https://youtu.be/Y11f9xQVHlo>

14. Alcohol metabolism

<https://youtu.be/TMbGJTsrQpk>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment: Continuous
Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Two Test each of 15
Assignment Marks: 15
(Mean of Two Tests +
Assignment Divided by 2)

Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-13P	
2	Course Title	LAB13: Nutritional Biochemistry	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of Biochemistry of Carbohydrates, Protein, Lipids, Vitamins.	
5	Course Learning Outcomes (CLO)	<p>At the end of this course, the students will be able to:</p> <ul style="list-style-type: none"> • To understand concepts of Biochemistry based identification tests. • To understand various qualitative tests of major nutrients. • To understand quantitative tests of nutrients. • To understand Titration methodology. • To understand formation and uses of Haemin crystals from human blood. • To understand Idiometric method for quantitative estimation of Ascorbic Acid. • To understand quantitative estimation of Serum Hemoglobin level to assess the condition of anemia. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total No. of Periods: 15	
Tentative practical List	<p>Note: This is tentative list; the teachers concern can add more Experiment as per requirement.</p> <ol style="list-style-type: none"> 1. Identification of Glucose, Fructose, Maltose, Lactose, Sucrose, Starch. 2. Colour and precipitation reactions of Protein. 3. Colour reactions of Cholesterol. 4. Estimation of Glucose by Benedict's method. 5. Estimation of Ascorbic acid by Idiometric method. 6. Estimation of Glycine by double Titration. 7. Estimation of Hemoglobin by Acid Hematin method. 8. Preparation of Haemin crystals. 9. Action of Salivary amylase on conversion of starch. 10. Project: Recording Hemoglobin level, its correlation with age, sex, weight.

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. Biochemistry: O.P Agrawal, 5th Edition, Prasad's Publication.
2. Lehninger's Principles of Biochemistry: H. Lehninger, 6th Edition, Macmillan publication.
3. Biochemistry: Harper Illustrated Biochemistry, 31st Edition, Mac Graw Hill publication.
4. Biochemistry: Asha Chaudhary, , 11th edition, Shiva Publication.
5. Microbiology: RC Dubey and Maheswari, 4th Edition, S.Chand Publication.
6. Biochemistry: Ranjana Chawala and Sushmita Nyer, 5th Edition, Jaytee Brothers publication
7. Textbook of Biochemistry and Human Biology : G.P. Talwar, 3rd edition, PHI Publication.
8. Fundamentals of Biochemistry: A.C. Deb, 6th Edition, NCBI Publication.

E-Learning Sources:

1. The Active Site of enzymes
https://youtu.be/x_KvWqdzSII
2. Applications and importance of factors affecting enzyme action
<https://youtu.be/LbXx3j7b7hE>
3. Coenzymes and cofactors
<https://youtu.be/bubY2Nm7hVM>
4. Sources of Ammonia
<https://youtu.be/gSB4bshZcMU>
5. Ammonia detoxification
<https://youtu.be/x0BAnbfK5f8>
6. Disorders of ammonia metabolism
<https://youtu.be/WVhbn6OspZk>
7. Overview of neurotransmitter metabolism with emphasis on myasthenia gravis and Parkinson disease
<https://youtu.be/N6OpSyzyOJY>
8. Formation and fate of bilirubin
<https://youtu.be/r2s0RPnCfZA>
9. Disorders of ammonia metabolism
<https://youtu.be/WVhbn6OspZk>
10. Bilirubin formation
https://youtu.be/qX0_q0ZJtCA
11. Biochemical basis for jaundice
<https://youtu.be/bBUCKxeqeAQ>
12. Jaundice: A introduction classification and causes of each type with emphasis on physiologic jaundice
<https://youtu.be/wmlt0D2nY8>
13. Investigations for differential diagnosis of jaundice
<https://youtu.be/Y11f9xQVHlo>
14. Alcohol metabolism
<https://youtu.be/TMbGJTsRQpk>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 25

Internal Assessment: Continuous
Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Not Applicable



आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये-

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- अध्यक्ष,
डॉ. बबीता दुवे	- प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर
डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई-3, दुर्ग	- सदस्य
डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर	- सदस्य
डॉ. संध्या मदन मोहन, प्राचार्य, भिलाई महिला महाविद्यालय, भिलाई,	- सदस्य
एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय	
डॉ. रश्मि मिंज, दूधधारी महिला महावि. रायपुर	- सदस्य
डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि. दुर्ग	- सदस्य
डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अंबिकापुर	- सदस्य
डॉ. शिप्रा बनर्जी, दूधधारी महिला महावि. रायपुर	- सदस्य
श्रीमती ममता आर. देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग.	- सदस्य
सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- सदस्य
डॉ. दीपाली राय, शासकीय धनश्याम सिंह गुप्त स्नातको. महावि. बालोद	- सदस्य
डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- सदस्य
डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर	- सदस्य

डॉ. वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे.



Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III	Year: 2022
		Year	Session: 2022-2023
1	Course Code	HSC-14T	
2	Course Title	Food Preservation	
3	Course Type	Theory	
4	Pre-requisite (if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand Basic Knowledge of Principles of Preservation. • To understand Basic Knowledge of Asepsis, Temperature. • To understand Basic Knowledge of Food Processing. • To understand Basic Knowledge of Traditional Foods preservation. • To understand Basic Knowledge of Effects of Food Storage. • To understand Basic Knowledge of Dehydration and Pasteurization. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total NO. of Periods: 60		
Unit	Topics	NO. of Periods
I	Food Preservation: Food and its preservation. Home and community level including commercial operations. Principles of food Preservation. Causes of spoilage of food.	12
II	Food Storage: Food Storage Principles -Plant product. Storage, Animal product Storage, Effects of Storage. Canning: Principles and methodology.	12
III	Pasteurization: Principles and Methodology, Effect on food quality. Drying and Dehydration: Methods used and effect on food quality.	12
IV	Uses of low temperature: Refrigeration and freezing methods, Principles and applications. Shelf life of frozen foods Pickling and Fermentation: Pickles, chutneys, ketchups sauces. Fermentation: Types, products and method use.	12
V	Chemical Preservatives: Preparation of Fruit, Juices, Squashes, Fruited Syrups, Cordials, Jam Jelly. Nutritional Implications of food processing: Causes for loss of Vitamins and minerals, Enrichment and Fortification.	12
Keywords: : Food preservation, Food Storage, Pasteurization, Drying and Dehydration, Uses of low temperature, Pickling and Fermentation, Chemical Preservatives, Nutritional Implications of food processing.		

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. Fruit and vegetable preservation, R.P.Shrivastava, 3rd Edition, CBS Publication,
2. Food processing and preservation, G.Subulakshmi, 2nd Edition, New age International Publication.
3. Food science, B. Shrilaxmi, 7th Edition, New age International Publication.
4. Food processing and preservation, D S Warris 1st Edition, CBS Publication.
5. Food processing and techNOlogy, Atul Agnihotri, 2nd Edition, Crescent publication.
6. Food processing, packaging, preservation and safety, R.D.Joshi, 3rd Edition, Agrotech press Publication
7. Handbook of Food Preservation, M. Shafiur Rahman, 5th Edition, CRC publication.

E: Resources:

1. Food preservation
<https://youtu.be/2PgVWLjK0gE>
2. Food Preservation Part II. Preservation by Chemical preservatives.
<https://youtu.be/HTIetKeQx1g>
3. Food chemistry : preservatives and additives (beginners guide)
<https://youtu.be/9dhjmfdbQh8>
4. Physical and chemical methods of food preservation | Food and industrial Microbiology
<https://youtu.be/ItmBg5FBdRM>
5. Principles and methods of food preservation
<https://youtu.be/sE6ABn7qbmY>
6. CANNING: canning of fruits and vegetables. Types of cans process of canning.
https://youtu.be/XKvo9_Jdjt4
7. खाद्य परिरक्षण //Food preservation
<https://youtu.be/WngqPRYWvAY>
8. Food Preservation Techniques? Definition, Principle, Physical and Chemical Methods
<https://youtu.be/M:5pgPzyCS4>
9. Chemical Preservation of Foods 1 Food Preservation Methods : Lesson 11 Food Processing TechNOlogy
<https://youtu.be/BQFC4APvqDo>
10. Food Preservation and Storage
<https://youtu.be/uRd3VzOfOJc>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment:	Class Test	Two Test each of 15
Continuous Comprehensive Evaluation (CCE)	Assignment/Presentation	Assignment Marks: 15
		(Mean of Two Tests + Assignment Divided by 2)

Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III	Year: 2022
		Year	Session: 2022:2023
1	Course Code	HSC-14P	
2	Course Title	LAB14: Food Preservation	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of principles and technology of food preservation.	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ol style="list-style-type: none"> 1. To understand Basic Knowledge of Principles of Preservation. 2. To understand Basic Knowledge use of temperature for preservation. 3. To understand use of chemical preservatives. 4. To understand Basic Knowledge of Asepsis. 5. To understand technology of dehydration up to optimal level. 6. To understand packing techniques. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total NO. of Periods:15	
Tentative Practical List	Note: This is tentative list; the teachers concern can add more Experiment as per Requirement. <ol style="list-style-type: none"> 1. Preparation of Jam, Jellies marmalades. 2. Preparation of Pickles and chutneys. 3. Dehydration of Vegetables and Fruits. 4. Preparation of synthetic syrups and squashes. 5. Preparation of Sauces. 6. Preparation of preserved foods by using chemical preservatives by using quantities suggested by FAD and to observe their shelf life. 7. Preparation of Papad, Badi, Chips. 8. Survey of market products. 9. Packaging technique. 10. Project: Survey of popular preserved foods in market.

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. Fruit and vegetable preservation, R.P. Shrivastava, 3rd Edition, CBS Publication,
2. Food processing and preservation, G. Subulakshmi, 2nd Edition, New age International Publication.
3. Food science, B. Shrilaxmi, 7th Edition, New age International Publication.
4. Food processing and preservation, D S Warris 1st Edition, CBS Publication.
5. Food processing and technology, Atul Agnihotri, 2nd Edition, Crescent publication.
6. Food processing, Packaging, Preservation and safety- R.D. Joshi, 3rd Edition, Agrotech press Publication
7. Handbook of Food Preservation, M. Shafiur Rahman, 5th Edition, CRC publication.

E-Learning Sources:

1. Food Preservation Part II. Preservation by Chemical preservatives.
<https://youtu.be/HTletKeQx1g>
2. Food Chemistry : preservatives and additives (beginners guide)
<https://youtu.be/9dhjmfdbQh8>
3. Physical and chemical methods of food preservation | Food and industrial Microbiology
<https://youtu.be/ItmBg5FBdRM>
4. Principles and methods of food preservation
<https://youtu.be/sE6ABn7qbmY>
5. CANNING: canning of fruits and vegetables. Types of cans process of canning.
https://youtu.be/XKvo9_Jdjt4
6. खाद्य परिरक्षण // Food preservation
<https://youtu.be/WngqPRYWvAY>
7. Food Preservation Techniques? Definition, Principle, Physical and Chemical Methods
<https://youtu.be/M:5pgPzyCS4>
8. Chemical Preservation of Foods | Food Preservation Methods : Lesson 11 | Food Processing TechNOlogy
<https://youtu.be/BQFC4APvqDo>
9. Food Preservation and Storage
<https://youtu.be/uRd3VzOfOJc>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 25

Internal Assessment:

Continuous Comprehensive
Evaluation (CCE)

Class Test
Assignment/Presentation

Not Applicable

आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये-

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- अध्यक्ष,

डॉ. बबीता दुवे

- प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, गिलाई-3, दुर्ग

- सदस्य

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर

- सदस्य

डॉ. संध्या मदन मोहन, प्राचार्य, गिलाई महिला महाविद्यालय, गिलाई,

- सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधधारी महिला महावि. रायपुर

- सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग

- सदस्य

डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अंबिकापुर

- सदस्य

डॉ. शिप्रा बनर्जी, दूधधारी महिला महावि. रायपुर

- सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग.

- सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको. महावि, बालोद

- सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर

- सदस्य

डॉ. वर्षा डोडिया, विषय विश्लेषण तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे.



Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-15T	
2	Course Title	Early Childhood Care and Education	
3	Course Type	Theory	
4	Pre-requisite (if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ol style="list-style-type: none"> 1. To understand basic Knowledge of early Childhood care. 2. To understand basic Knowledge of Theoretical approaches. 3. To understand basic Knowledge of current status and expansion of ECCE. 4. To understand basic Knowledge of Language skills. 5. To understand basic Knowledge of Effects of various Play. 6. To understand basic Knowledge of Evaluation techniques. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	NO. of Periods
I	Significance and objectives of Early Childhood care and education: Significance if early childhood years in individual's development Meaning and need for intervention programs for better growth and development. Objectives of ECCE-Different types of programs currently offered, objectives of the programs routine and target group covered by each of the following: ECE programs Balwadi, Aanganvadi, Nursery school, Kinder garden, Montessori School, Laboratory nursery school. ECCE programs - ICDS and Mobile crutch, Day Care Centre.	12
II	Current status and expansion and scope of ECE to ECCE: Expansion from ECE TO ECC, Current / status of ECCE programs, Objectives: staff qualifications, teacher: children ratio, Indoor and Outdoor Play space, Play facilities, Equipments, curriculum and evaluation, Admission tests and effects on children Needs for ECCE programs to provide quality acre where mothers are at work.	12

III	Meaning of curriculum, foundation of curriculum development: Impact of play as meanings of development and learning. Teacher's role in creating environment and promoting play. Classical theories of play: surplus energy theory, relaxation theory, pre-exercise and recapitulation theory. Programs Planning: Approaches to learning: incidental and planned learning, Principles of programs planning: from known to unknown, simple to complex, concrete to abstract, Factors influencing programs planning, Balance between individual and group activity, indoor and outdoor play, guided and free activities, quite and active plays.	12
IV	Language: Goals of language teaching, Readiness for ready and writing, meaning of readiness, Factors to be considered for readiness: age , vision, caring, physical, emotional , social ,experimental background, finger: motor coordination, eye and hand coordination, reading from left to right and top to bottom. Mathematics: Importance of number and mathematics, Number as a language and history of its development, Abstract nature of number, Mathematical readiness, Decimal system, Number line position and relevance of zero, Subtraction, multiplication and division, Two and three dimensional shapes: properties, characteristics.	12
V	Project Method: Introduction, Meaning and advantages of using project method, Planning Resource unit, Alternative to home work, Disadvantages of learning by role, Suitable alternatives such as observations, Experimentation and reporting orally, picture etc, something related to the Concepts covered in class, Evaluation-Need for evaluation, formatting Evaluation, Method of evaluation: Observations, Evaluation of daily work, Tools for evaluation, reporting to parents.	12
Keywords: : Early Childhood, ECCE, curriculum, foundation of curriculum development, Program Planning, Language, Learning, Evaluation.		

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. प्रारम्भिक बाल्यावस्था, देखभाल एवं शिक्षा, डा. सविता सक्सेना, 4th edition, Shri viNOd mandir Publication.
2. Early childhood care and education, M Sen Gupta, Eastern ecoNOmy edition, PHI publication.
3. Early childhood care and education, J.C. Aggarwal, S. Gupta, 2nd edition, Shipra Publication.
4. Child care and education, Tina Bruce and Carolyn Meggitt, 2nd edition, Hodder Publication.
5. Early childhood care and education, Dr. Amaresh Chandra sahoo, 3rd edition, Data book world publication.
6. Play and practice in the early years: Foundation stage. Canning, N. 2010th edition, Sage Publication.
7. Early detection of disabilities and persons with disabilities in the community, Chopra, G.2012th

edition, Engage Publications.

E-Learning Sources:

1. भाषा एवं वाणी किसे कहते हैं
<https://youtu.be/2vcqU2FOU90>
2. भाषा विज्ञान के सिद्धान्त
<https://youtu.be/4ug6UUqWcQM>
3. भाषा विकास में वाणी विकार क्या होते हैं
<https://youtu.be/1V35upbHPPY>
4. Eric:eriction theory:!!psycho:social development!!child development
<https://youtu.be/NEL6wNmSqFQ>
5. खेल एवं विकास
<https://youtu.be/dXMRB97r57E>
6. बाल विकास में खेल और काम में अन्तर
<https://youtu.be/FANhL3AdksE>
7. संवेगात्मक विकास
<https://youtu.be/EFxIkCpedlg>
8. विभिन्न अवस्थाओं में क्रियात्मक विकास
<https://youtu.be/v9Zra08uS9Q>
9. Stages of development infancy babyhood ,earl childhood late childhood adolescence adulthood old age
<https://youtu.be/2fgDs8SgpY8>
10. जौन पियाजे के सिद्धांत
<https://youtu.be/gnlkUzdWV0Y>
11. POC SO, PCPNDT CARA GAWA!!FOR WOMEN AND CHILDREN
<https://youtu.be/aL6tEqkbD64>
12. Psycho sexual theory by Freud (child development)
<https://youtu.be/Y7jyaURVJuM>
13. बाल्यावस्था में होने वाले क्रियात्मक विकास
<https://youtu.be/1Fy:FJY4WhY>
14. Child Development :Reflex Action: Moro, rooting, palmer, grasp reflex in Infancy Stage
<https://youtu.be/BU52UO5Si1o>
15. गर्भावस्था की अवस्थाएं
<https://youtu.be/Idui61y1M5A>
16. शैशवावस्था की विशेषताएं
<https://youtu.be/JwhscommKQg>
17. कोलबर्ग की थ्योरी
<https://youtu.be/9AAV21IfTOY>
18. Piagets Cognitive development theory
<https://youtu.be/QRXOneFB0Qo>
19. Piaget's Cognitive development theory
<https://youtu.be/L9weWOrZzK4>
20. psychosexual theory
<https://youtu.be/GSMNWod45VA>
21. फ्रायड की मनोविश्लेषणात्मक सिद्धान्त
<https://youtu.be/ZgKrYH3HF34>

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Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment: Continuous
Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Two Test each of 15
Assignment Marks: 15
(Mean of Two Tests + Assignment
Divided by 2)

P-1

Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-15P	
2	Course Title	LAB15: Early Childhood Care and Education	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of objectives and various methods of studying Early childhood care and education.	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ol style="list-style-type: none"> 1. To understand Basic Knowledge objectives of child care. 2. To understand approaches to care children. 3. To understand current status and expansion techniques of ECCE. 4. To understand how to develop Language skills in children. 5. To understand importance of play in childhood. 6. To understand Basic Knowledge of Evaluation techniques related with children. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total NO. of Periods:15	
Tentative Practical List	<p>Note: This is tentative list; the teachers concern can add more Experiment as per requirement</p> <ol style="list-style-type: none"> 1. Plan three activities for children: list objectives, analyst tasks to achieve goals, select and organize instructional and .learning materials, teacher's role, Preparation of evaluation sheets i.e. chick list, rating scale. 2. Prewriting activities. <ol style="list-style-type: none"> (a) Mathematics (b) Readiness (c) Materials for classifying, comparing, serrations, patterning, counting shapes, Fractions, list vocabulary related to mathematical concepts. (d) Material for addition, subtraction, multiplication and divisions. , (e) Graphs. (f) Experiences for understanding time distance weight, capacity and Money. 4. Plan science experiences. 5. Project: Plan a study based on lessons of first and second standard, plan Activities which children can do at home.

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. प्रारम्भिक बाल्यावस्था, देखभाल एवं शिक्षा, डा. सविता सक्सेना, 4th edition, Shri vinod Mandir Publication
2. Early childhood care and education, M Sen Gupta, Eastern economy edition, PHI publication.
3. Early childhood care and education, J.C. Aggarwal, S. Gupta, 2nd edition, Shipra Publication.
4. Child care and education, Tina Bruce and Carolyn Meggitt, 2nd edition, Hodder Publication.
5. Early childhood care and education, Dr. Amaresh Chandra Sahoo, 3rd edition, Data book world publication
6. Play and practice in the early years: Foundation stage. Canning, N. 2010th edition, Sage Publication..
7. Early detection of disabilities and persons with disabilities in the community, Chopra, G. 2012th edition, Engage Publications.

E-Learning Sources:

1. भाषा एवं वाणी किसे कहते हैं
<https://youtu.be/2vcqU2FOU90>
2. भाषा विज्ञान के सिद्धान्त
<https://youtu.be/4ug6UUqWcQM>
3. भाषा विकास में वाणी विकार क्या होते हैं
<https://youtu.be/IV35upbHPPY>
4. Eric:eriction theory!!psycho:social development!!child development
<https://youtu.be/NEL6wNmSqFQ>
5. खेल एवं विकास
<https://youtu.be/dXMRB97r57E>
6. बाल विकास में खेल और काम में अन्तर
<https://youtu.be/FANhL3AdksE>
7. संवेगात्मक विकास
<https://youtu.be/EFxIkCpedlg>
8. विभिन्न अवस्थाओं में क्रियात्मक विकास
<https://youtu.be/v9Zra08uS9Q>
9. Stages of development infancy babyhood ,earl childhood late childhood adolescence adulthood old age
<https://youtu.be/2fgDs8SgpY8>
10. जीन पियाजे के सिद्धांत
<https://youtu.be/gnlkUzdWV0Y>
11. POCSO,PCPNDT CARA GAWA!!FOR WOMEN AND CHILDREN
<https://youtu.be/aL6tEqkbD64>
12. Psycho sexual theory by Freud (child development)
<https://youtu.be/Y7jyaURVJuM>
13. बाल्यावस्था में होने वाले क्रियात्मक विकास
<https://youtu.be/1Fy:FJY4WhY>
14. गर्भावस्था की अवस्थाएं



<https://youtu.be/Idui61y1M5A>

15. शैशवावस्था की विशेषताएं

<https://youtu.be/JwhscommKQg>

16. कोलबर्ग की थ्योरी

<https://youtu.be/9AAV21IfTOY>

17. Piagets Cognitive development theory

<https://youtu.be/QRXOneFB0Qo>

18. Piaget's Cognitive development theory

<https://youtu.be/L9weWOrZzK4>

19. psychosexual theory

<https://youtu.be/GSMNW0D45VA>

20. फ्रायड की मनोविश्लेषणात्मक सिद्धान्त

<https://youtu.be/ZgKrYH3HF34>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 25

Internal Assessment: Continuous
Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Not Applicable

आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये-

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- अध्यक्ष,

डॉ. बबीता दुबे

- प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई-3, दुर्ग

- सदस्य

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर

- सदस्य

डॉ. संध्या मदन मोहन, प्राचार्य, भिलाई महिला महाविद्यालय, भिलाई,

- सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधाधारी महिला महावि. रायपुर

- सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग

- सदस्य

डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अबिकापुर

- सदस्य

डॉ. शिप्रा बनर्जी, दूधाधारी महिला महावि. रायपुर

- सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग.

- सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको. महावि, बालोद

- सदस्य


डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर

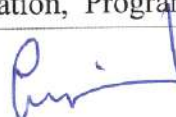
- सदस्य

डॉ. वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य अग्न लाइन
उपस्थित रहे,



Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-16T	
2	Course Title	Extension Education	
3	Course Type	Theory	
4	Pre-requisite(if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand basic concept of Extension. • To understand basic Knowledge of Role of NGOs for the community. • To understand basic concept of Principle and Methods of extension. • To understand basic Knowledge of Enhancement of food production. • To understand basic concept of Family welfare programs. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	NO. of Periods
I	Concept of Education: Meaning of Extension, Origin of Extension Extension Education Process-Environment for learning, Role of educator.	12
II	Concept of adult / Non formal education: Meaning, Purpose Five Year Plans: History of planning in India, Five year plans and their focus.	12
III	Programs to enhance food production: National food production programs. Poverty alleviation efforts: Programs for poverty alleviation for rural and urban areas.	12
IV	Programs for women and children: Women as target groups: specific measures for women and children such as DWCRA, ICDS, IMY. Current programs for women as initiated and implemented by the different ministries and Departments. Role of NGOs: Need for participation of Non-Governmental organizations in developmental efforts.	12
V	Advertising Media: Non-media advertising, Outdoor advertisement : Hoardings, Posters, Bill boards, Bulletin Boards, and Electronic sings, Litterbins, Aerial methods, Transportation media (Mobile Vehicles).	12
Keywords:: Concept of Education, Extension Education Process, adult / Non formal education, Five Year Plans, food production, Poverty alleviation, Programs for women and children, Role		



of NGO, Advertising Media.

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Extension Education: Vrinda Singh, 2nd edition, Panchsheel Publication
2. Education and communication for development: O P Dhama, 2rd edition, oxford publication.
3. Extension Education and Communication: V K Dubey, 1st edition, New age International Publication.
4. Extension Communication and Management: G L Ray, 3rd edition, Kalyan Publication
5. A brief book on Extension Education: Shruti Madan Singh, 2nd edition, New Vishal Publication.

E-Learning Sources:

1. Communication: types, function, model
<https://youtu.be/bW8gYwOlGM>
2. प्रसार शिक्षा क्या होता है :2
<https://youtu.be/c7fQOnIyV6s>
3. प्रसार शिक्षा क्या होता है :1
<https://youtu.be/6EI5S2wpBlk>
4. History of extension education
<https://youtu.be/oCJ4NIzch7w>
5. Process of Extension Education
<https://youtu.be/vOVmKIgSCzs>
6. प्रसार शिक्षा के दर्शन
<https://youtu.be/NKQIQMVNZdQ>
7. Extension Teaching method: Audio ,Visual, Audio-visual
<https://youtu.be/kSXiAQFd7sI>
8. Types of chart: pictorial ,organization, flow-line
<https://youtu.be/ILhXyUbrI70>
9. Types of communication : intra ,inter group ,communication.
https://youtu.be/T50JUwc1_Bs
10. Elements of Adoption and categories of Adopters in extension education!! Extension Education!
https://youtu.be/sBCXbB_7_44
11. Extension and communication
<https://youtu.be/V8IZsdIzbMc>
12. Extension Education
<https://youtu.be/x4VqsPFSXcA>
13. Teaching aids
https://youtu.be/l5amubD_DZg
14. प्रसार शिक्षा में कार्यक्रम नियोजन की प्रक्रिया
https://youtu.be/sIUE_xg5ElM

15. seven C's of effective communication
<https://youtu.be/tZkvgFuzLSw>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment: Continuous
Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Two Test each of 15
Assignment Marks: 15
(Mean of Two Tests + Assignment
Divided by 2)

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Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-16P	
2	Course Title	Extension Education	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of Extension education practices in Home Science	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ol style="list-style-type: none"> 1. To understand importance of Extension techniques. 2. To understand importance of role of NGOs for the community. 3. To understand techniques for mass communication. 4. To understand script writing related with community problems. 5. To understand implication of extension activities for the subject. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total NO. of Periods :15	
Tentative Practical List	Note: This is tentative list; the teachers concern can add more Experiment as per requirement : <ol style="list-style-type: none"> 1. Visits to Radio / T.V. stations. 2. Script writing for Radio. 3. Visit to Extension Education Unit. 4. Write slogan about Adult-Education. 5. Project: Designing an Advertisement for any product with relevant slogan 6. Designing an advertising policy for any product.

Part C: Learning Resources
Text Books. Reference Books, Other Resources
Suggested Readings: <ol style="list-style-type: none"> 1. Extension Education: Vrinda Singh, 2nd edition, Panchsheel Publication 2. Education and communication for development: O P Dhama, 2rd edition, oxford publication. 3. Extension Education and Communication: V K Dubey, 1st edition, New age International Publication. 4. Extension Communication and Management: G L Ray, 3rd edition, Kalyan Publication 5. A brief book on Extension Education: Shruti Madan Singh, 2nd edition, New Vishal Publication.

E-Learning Sources:

1. Communication:types, function, model
<https://youtu.be/bW8gYwOIGM>
2. प्रसार शिक्षा क्या होता है :2
<https://youtu.be/c7fQOnIyV6s>
3. प्रसार शिक्षा क्या होता है :1
<https://youtu.be/6EI5S2wpBlk>
4. History of extension education
<https://youtu.be/oCJ4NIzch7w>
5. Process of Extension Education
<https://youtu.be/vOVmKIgSCzs>
6. प्रसार शिक्षा के दर्शन
<https://youtu.be/NKQIQMVNZdQ>
7. Extension Teaching method:Audio ,Visual, Audio:visual
<https://youtu.be/kSXiAQFd7sI>
8. What is chart and poster? types of chart: pictorial ,organization, flow,line
<https://youtu.be/ILhXyUbrI70>
9. What is communication? types of communication :intra ,inter group ,communication.
https://youtu.be/T50JUwc1_Bs
10. Elements of Adoption and categories of Adopters in extension education!! Extension Education!
https://youtu.be/sBCXbB_7_44
11. Extension and communication
<https://youtu.be/V8IZsdIzbMc>
12. Extension Education
<https://youtu.be/x4VqsPFSXcA>
13. Teaching aids
https://youtu.be/l5amubD_DZg
14. प्रसार शिक्षा में कार्यक्रम नियोजन की प्रक्रिया
https://youtu.be/sIUE_xg5EIM
15. Seven C's of effective communication
<https://youtu.be/tZkvgFuzLSw>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 25

Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Not Applicable
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आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये-

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- अध्यक्ष,

डॉ. बबीता दुबे

- प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई-3, दुर्ग

- सदस्य

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर

- सदस्य

डॉ. संध्या मदन मोहन, प्राचार्य, भिलाई महिला महाविद्यालय, भिलाई,

- सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधधारी महिला महावि. रायपुर

- सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग

- सदस्य

डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अंबिकापुर

- सदस्य

डॉ. शिप्रा बनर्जी, दूधधारी महिला महावि. रायपुर

- सदस्य

श्रीमती ममता आर. देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग.

- सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको. महावि, बालोद

- सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर

- सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर

- सदस्य

डॉ. वर्षा डोडिया, विषय विशेषज्ञ तथा दोष अन्या सदस्य ऑन लाइन उपस्थित रहे.

1

Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III	Year: 2022
		Year	Session: 2022:2023
1	Course Code	HSC-17T	
2	Course Title	Foundation of Art and Design	
3	Course Type	Theory	
4	Pre-requisite (if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ol style="list-style-type: none"> 1. To understand basic Knowledge of various designs. 2. To understand basic Knowledge of role of accessories in any house. 3. To understand basic concept of family housing needs. 4. To understand basic Knowledge of financial management in home. 5. To understand basic concept of Landscape planning. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	NO. of Periods
I	Introduction to foundation of Art: Design, Definition and types:: Structural and Decorative, Elements of design ,Light : Characteristics and Classification, Study of Colour : classification, dimensions, colour schemes and effect.	12
II	Indian, regional, traditional and contemporary arts and their use in: Floor decoration, Home decoration, Accessories.	12
III	Family's Housing Needs: Protective, economic, affection, social, standard of living, housing goals, style and function occupation. Factors influencing selection and purchase of site for house building. Legal aspects, location, physical feature, soil conditions, cost, services. Landscape planning : Principles and application.	12
IV	Financial Considerations: Availability of funds for housing, Housing Development finance corporation, Cooperative Housing Society, Life Insurance corporation, Cooperative Banks, Loan from provident fund Finance corporation of India. Disability of owning versus renting: Housing problems, causes and remedial measures.	12
V	Furniture: Styles of furniture: traditional contemporary and modern. Selection of furniture for comfort, rest and relaxation for work, for storage Arrangement of furniture for living. Sleeping, dining and multipurpose rooms, Accessories and their role in interiors.	12

Keywords: Introduction to foundation of art, Indian, regional, traditional and contemporary arts, Family's Housing , Needs, Landscape planning, Financial Considerations, Disability of owning versus renting, Furniture, Accessories and their role in interiors.

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Art and Design , Rachel Logan
2. Art and Design: Garry whitehead, 1st edition, Collins Publication.
3. Foundation of art and design: Dr.Pranav Bhatt, 3rd Edition, Embassy Publication.
4. Art and Design: Virginia Evans, 11th edition, Express Publishing Company
5. Foundation of digital art and design: Xtine Burrough, 1st edition, Adoby creative Art publication, New Ridders publication.
6. The Interior Design: Chris Grimley, 3rd edition, Rockport publication.
7. Home Management: MA Varghese, 2nd edition. New age International Publication.
8. Management in Family living: Nickell Dorsie ,4th edition, Macmillan Publication.

E- Learning sources:

1. बुनाई के प्रकार!! सादी ,टवील,सेटीन!
<https://youtu.be/RAIuqExxtdw>
2. भारत के प्रसिद्ध परम्परागत वस्त्र एवं कढ़ाई
https://youtu.be/7kk3kb_YOBA
3. भारत के प्रसिद्ध परम्परागत वस्त्र !!जामदानी, कशीदाकारी,कसूती, चिकनकारी भाग
https://youtu.be/wdNF_R39zTg
4. What is garment design
https://youtu.be/Ef:0HUjl_Tc
5. Man made fibres :part 2# nylon, polyester ,acrylic
<https://youtu.be/4Y4Ic9v:Rxs>
6. What is printing? types of printing:Hand and modern printing
<https://youtu.be/fvDeOy3BedE>
7. Types of printing:block roller, transfer,batik, digital printing
<https://youtu.be/W4d0WIHFFSk>
8. विभिन्न प्रकार के रेशों एवं उनके गुण:cotton ,wool and Silk ,rayon
<https://youtu.be/Ps:hY1BwZd4>
9. Textile Fibre Properties and Definition of Textile
<https://youtu.be/NC7Hlk8cV84>
10. Physical and Chemical Properties of Cotton II Ginning and Harvesting of Cotton
<https://youtu.be/XcCSOEGt8YU>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Assignment Marks: 15 (Mean of Two Tests + Assignment Divided by 2)
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Pin

Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session:2022:2023
1	Course Code	HSC-17P	
2	Course Title	LAB17:Foundation Of Art And Design	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of Indian Art, housing and family's financial management.	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ol style="list-style-type: none"> 1. To understand concept of Indian Art. 2. To understand basic Knowledge Family housing needs of Indian Families. 3. To understand techniques for the financial management for families. 4. To understand basic concept of colour schemes and their impact. 5. To understand basic concept of Landscape planning. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B : Content of the Course	
Total NO. of Periods :15	
Tentative Practical List	Note: This is tentative list; the teachers concern can add more Experiment as per requirement <ol style="list-style-type: none"> 1. Freehand drawing: Memory drawing and sketching. 2. Scale drawing, solid geometry, orthographic. 3. Preparation of colour wheel and colour schemes. 4. Elements of design laws of field size, proportion, types of shadows. 5. Residential space planning : scale, lines, abbreviations, metric projections, definingspace by shades, shadows. 6. Lettering. 7. Use of colour for wall/floor decoration and making accessories. 8. Application of design principles in flower arrangement, styles of flower ar arrangement,inNOvation of new styles. 9. Gift wrapping and preparing decorative articles of fibre, fabric, coir, bamboo, clay,metal etc. 10. Project:Drawing house plans with standard specification. 11. Furniture layout of living, dining. Kitchen and bedroom designs presentation withfurniture layout, sectional elevation, views. 12. Development of designs and construction of any five of the under mentioned items :Cushions, curtains, carpets, doormats, rugs, table mates. 13. Wall paintings, picture frame design. 14. Graphic designs.

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. Art and Design , Rachel Logan
2. Art and Design: Garry whitehead, 1st edition, Collins Publication.
3. Foundation of art and design: Dr. Pranav Bhatt, 3rd Edition, Embassy Publication.
4. Art and Design: Virginia Evans, 11th edition, Express Publishing Company
5. Foundation of digital art and design: Xtine Burrough, 1st edition, Adoby creative Art publication, New Ridders publication.
6. The Interior Design: Chris Grimley, 3rd edition, Rockport publication.
7. Home Management: MA Varghese, 2nd edition. New age International Publication.
8. Management in Family living: Nickell Dorsie , 4th edition, Macmillan Publication.

E- Learning sources:

1. बुनाई के प्रकार!! सादी ,ट्वील,सेटीन!
<https://youtu.be/RAIuqExxtDw>
2. भारत के प्रसिद्ध परम्परागत वस्त्र एवं कढ़ाई
https://youtu.be/7kk3kb_YOBA
3. भारत के प्रसिद्ध परम्परागत वस्त्र !!जामदानी, कशीदाकारी,कसूती, चिकनकारी भाग
https://youtu.be/wdNF_R39zTg
4. What is garment design
https://youtu.be/Ef:0HUjl_Tc
5. Man made fibres :part 2# nylon, polyester ,acrylic
<https://youtu.be/4Y4Ic9v:Rxs>
6. What is printing? types of printing:Hand and modern printing
<https://youtu.be/fvDeOy3BedE>
7. Types of printing:block roller, transfer,batik, digital printing
<https://youtu.be/W4d0WIHFFSk>
8. विभिन्न प्रकार के रेशों एवं उनके गुण:cotton ,wool and Silk ,rayon
<https://youtu.be/Ps:hY1BwZd4>
9. Textile Fibre Properties and Definition of Textile
<https://youtu.be/NC7Hlk8cV84>
10. Physical and Chemical Properties of Cotton II Ginning and Harvesting of Cotton
<https://youtu.be/XcCSOEGt8YU>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 25

Internal Assessment: Continuous
Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Not Applicable

आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये-

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- अध्यक्ष,
डॉ. बबीता दुबे	- प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर
डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई-3, दुर्ग	- सदस्य <i>BWS 31/5/22</i>
डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर	- सदस्य <i>SNC</i>
डॉ. संध्या मदन मोहन, प्राचार्य, भिलाई महिला महाविद्यालय, भिलाई,	- सदस्य <i>Shr</i>
एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय	
डॉ. रश्मि मिंज, दूधाधारी महिला महावि. रायपुर	- सदस्य <i>Ry</i>
डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि. दुर्ग	- सदस्य <i>Alka 31.5.22</i>
डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अंबिकापुर	- सदस्य <i>Nisha</i>
डॉ. शिप्रा बनर्जी, दूधाधारी महिला महावि. रायपुर	- सदस्य <i>Shrji</i>
श्रीमती ममता आर. देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग.	- सदस्य <i>De</i>
सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- सदस्य <i>Sush</i>
डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको. महावि. बालोद	- सदस्य <i>Shrme</i>
डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- सदस्य
डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर	- सदस्य <i>Shr</i>

डॉ. वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे,

Pr

Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-18T	
2	Course Title	Apparel Making and Fashion Designing	
3	Course Type	Theory	
4	Pre-requisite (if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand textile fibers. • To understand Importance of Clothing. • To understand Latest Fashion trends. • To understand various patterns in clothing. • To understand traditional embroidery of Indian tradition. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	NO. of Periods
I	Clothing: meaning and significance: Origin of clothing, Costumes of ancient age , Costumes of modern age, Importance of clothing, Sociological and psychological aspects of clothing , Selection of suitable fabric for dress.	12
II	Personality: meaning, types and factors affecting personality Role of costumes in improving personality, Clothing and personality. Fashion: definition, theories, Fashion trends in India, Trimming materials used for making garment, Ornamentation techniques.	12
III	General principles of tailoring and sewing machine: Tailoring tools, Methods of taking body measurements for different garments, Pattern making techniques and pattern alteration, Flat pattern, Cloth estimation.	12
IV	Fashion Illustrations: Disposals of fullness, Plackets, Neck lines, Collars, Sleeves, Frill and gathers, Patch work.	12
V	Traditional Embroideries of India: Kasida of Kashmir, Kantha of Bengal, Chikankari of lucknow, Kutch and Kathiawar, Kasuti of Karnataka, Phulkari of Punjab, Zari embroidery.	12
Keywords:: Clothing , Impact of clothing on psychological profile, Cloth for various different occasions, Body Measurements, Fashion Illustrations, Finishing of garments, Embroidery.		

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. वस्त्र विज्ञान एवं परिधान का परिचय, डा. मंजु पटनी, स्टार पब्लिकेशन, आगरा.
2. वस्त्र विज्ञान एवं परिधान: डा. प्रमिला वर्मा, 11th edition, Privilege Publication.
3. Fundamental of textiles and their care : Susheela Dantgagi, 5th edition, Orient blackswan Publication.
4. Textile Design (Theory and concepts): Charu Swami, 7th edition, New age International publication .
5. Textile Science(A Practical Manual): Dr. Deepali Rastogi, 3rd edition, Elite Publication.
6. Textile Yarns: B.C.Goswami, 3rd edition, Wiley India Publication.

E-Learning sources:

1. बुनाई के प्रकार!! सादी ,ट्वील,सेटीन!
<https://youtu.be/RAIuqExxtdw>
2. भारत के प्रसिद्ध परम्परागत वस्त्र एवं कढ़ाई
https://youtu.be/7kk3kb_YOBA
3. भारत के प्रसिद्ध परम्परागत वस्त्र !!जामदानी, कशीदाकारी,कसूती, चिकनकारी भाग
https://youtu.be/wdNF_R39zTg
4. What is garment design
https://youtu.be/Ef:0HUjl_Tc
5. Man made fibres :part 2# nylon, polyester ,acrylic
<https://youtu.be/4Y4Ic9v:Rxs>
6. What is printing? types of printing: Hand and modern printing
<https://youtu.be/fvDeOy3BedE>
7. Types of printing:block roller, transfer,batik, digital printing
<https://youtu.be/W4d0WIHFFSk>
8. विभिन्न प्रकार के रेशों एवं उनके गुण:cotton ,wool and Silk ,rayon
<https://youtu.be/Ps:hY1BwZd4>
9. Textile Fibre Properties and Definition of Textile
<https://youtu.be/NC7Hlk8cV84>
10. Physical and Chemical Properties of Cotton II Ginning and Harvesting of Cotton
<https://youtu.be/XcCSOEGt8YU>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment:

Continuous Comprehensive
Evaluation (CCE)

Class Test
Assignment/Presentation

Two Test each of 15
Assignment Marks: 15
(Mean of Two Tests + Assignment
Divided by 2)

Part A: Introduction			
Program: Degree Course		Class: B.Sc. Home Science III Year	Year: 2022 Session:2022:2023
1	Course Code	HSC-18P	
2	Course Title	Apparel Making and Fashion Designing	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of Cloth construction.	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand textile fibers fit for any specific occasion. • To understand techniques of body measurement. • To understand cloth cutting and stitching techniques. • To understand various patterns in clothing construction. • To understand traditional embroidery of Indian tradition. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part C: Content of the Course	
Total NO. of Periods :15	
Tentative Practical List	<p>Note: This is tentative list; the teachers concern can add more Experiment as per requirement</p> <ol style="list-style-type: none"> 1. Making samples of traditional embroideries of India : <ol style="list-style-type: none"> (i) Kashida of kashmir (ii) Kantha of Bengal. (iii) Kasuti of karnataka (iv) Kutch and kathiawar (v) Phulkari of punjab (vi) Chikankari of luckNOW (vii) Zari embroidery 2. 07 days workshop on Trimming materials 3. 07 days workshop on Ornamentation techniques in garments 4. 07 days workshop on Tailoring 5. 07 days workshop on fashion illustration 6. 07 days workshop on hand embroidery stitches 7. Educational visit to Boutique and famous tailoring shop Preparation of paper pattern for all age groups 8. Adoption of the basic block to various clothes and their stitching: blouse, Salwar, Chudidhar Kameez , Petticoats , Frock , Night Dress. 9. Educational visit to garment industry.

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. वस्त्र विज्ञान एवं परिधान का परिचय, डा. मंजु पटनी, स्टार पब्लिकेशन, आगरा.
2. वस्त्र विज्ञान एवं परिधानरू डा. प्रमिला वर्मा, 11th edition, Privilege Publication.
3. Fundamental of textiles and their care : Susheela Dantgagi, 5th edition, Orient blackswan Publication.
4. Textile Design (Theory and concepts): Charu Swami, 7th edition, New age International publication .
5. Textile Science(A Practical Manual): Dr. Deepali Rastogi, 3rd edition, Elite Publication.
6. Textile Yarns: B.C.Goswami, 3rd edition, Wiley India Publication.

E- Learning sources:

1. बुनाई के प्रकार!! सादी ,ट्वील,सेटीन!
<https://youtu.be/RAIuqExxtdw>
2. भारत के प्रसिद्ध परम्परागत वस्त्र एवं कढ़ाई
https://youtu.be/7kk3kb_YOBA
3. भारत के प्रसिद्ध परम्परागत वस्त्र !!जामदानी, कशीदाकारी,कसूती, चिकनकारी भाग
https://youtu.be/wdNF_R39zTg
4. What is garment design
https://youtu.be/Ef:0HUjl_Tc
5. Man made fibres :part 2# nylon, polyester ,acrylic
<https://youtu.be/4Y4Ic9v:Rxs>
6. What is printing? types of printing:Hand and modern printing
<https://youtu.be/fvDeOy3BedE>
7. Types of printing:block roller, transfer,batik, digital printing
<https://youtu.be/W4d0WIHFFSk>
8. विभिन्न प्रकार के रेशों एवं उनके गुण:cotton ,wool and Silk ,rayon
<https://youtu.be/Ps:hY1BwZd4>
9. Textile Fibre Properties and Definition of Textile
<https://youtu.be/NC7Hlk8cV84>
10. Physical and Chemical Properties of Cotton II Ginning and Harvesting of Cotton
<https://youtu.be/XcCSOEGt8YU>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 25

Internal Assessment:

Continuous Comprehensive
Evaluation (CCE)

Class Test
Assignment/Presentation

Not Applicable

आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये-

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- अध्यक्ष,
डॉ. बबीता दुबे	- प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर
डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, गिलाई-3, दुर्ग	- सदस्य
डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर	- सदस्य
डॉ. संध्या मदन मोहन, प्राचार्य, गिलाई महिला महाविद्यालय, गिलाई, एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय	- सदस्य
डॉ. रश्मि मिंज, दूधधारी महिला महावि. रायपुर	- सदस्य
डॉ. अल्का दुग्गल, वामन राय पाटनकर महिला महावि, दुर्ग	- सदस्य
डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अर्बिकापुर	- सदस्य
डॉ. शिप्रा बनर्जी, दूधधारी महिला महावि. रायपुर	- सदस्य
श्रीमती ममता आर. देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग.	- सदस्य
सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- सदस्य
डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको. महावि, बालोद	- सदस्य
डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर	- सदस्य
डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर	- सदस्य

डॉ. वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे,

