

CHAUDHARY RANBIR SINGH UNIVERSITY, JIND

**Scheme of Examinations and Syllabus for
Under-Graduate Programme**

Subject: Home Science (Scheme- A)

5th & 6th semester

**Under Multiple Entry-Exit
Internship and CBCS-LOCF in accordance to NEP-2020
w.e.f. 2023-24 (in phased manner)**

SEMESTER-5

Course	Paper(s)	Nomenclature of Paper	Credits	Hours / Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-A5 4credit	B23-HSC-501	Normal & therapeutic nutrition	3	3	20	50	70	3hrs.
		Normal & therapeutic nutrition Practical	1	2	10	20	30	4hrs.
CC-M5(V) 4credit	From Available CCM5(V)pool list of four credit as per NEP							
	Internship#							

Four credits of internship, earned by a student during summer internship after 2nd or 4th semester, will be taken in to account in 5th semester of a student who pursue 3 year UG programmes without taking exit option.

SEMESTER-6

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-A6 4 credit	B23-HSC-601	Family dynamics & counseling	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M7(V) 4 credit	From Available CC-M7(V) pool list of four credit as per NEP							

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Session: 2025-26

Part A – Introduction

Subject	Bachelor of Home science
Semester	V
Name of the Course	Normal & therapeutic nutrition
Course Code	B23-HSC-501
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	CC-A5
Level of the course (As per Annexure-I)	300-399
Pre-requisite for the course (if any)	Senior Secondary (10+2)

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Course Learning Outcomes(CLO):	After completing this course, the learner will be able: 1.To Understand nutritional requirements across various stages of life 2.To develop the skills for meal planning at various life stages using recommended dietary intake and reference values. 3. To understand the diet modifications for therapeutic purposes & gain knowledge about dietary management of diseases 4. To modify normal diets to best suit therapeutic conditions <hr/> 5*. Acquire practical knowledge in planning and preparing both normal and therapeutic diets.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5
Max. Marks:100 Internal Assessment Marks:20(T) +10(P) =30 End Term Exam Marks: 50(T) +20(P) =70		Time:3 hrs(T) 4 hrs(P)	
Part B- Contents of the Course			
<u>Instructions for Paper- Setter:</u> The examiner will set nine questions in all, selecting two questions from each unit and one compulsory.			
<u>Instructions for the Candidate:</u> The candidates will attempt five questions in all, selecting one question from each unit and the compulsory question as well.			

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Unit	Topics	Contact Hours
I	Basic principles of meal planning and factors affecting meal planning. Maternal Nutrition: Dietary considerations and nutritional requirements during pregnancy and lactation. Use of food groups and exchange lists in planning meals for a normal adult (in brief).	12
II	Infancy: Nutritional requirement, importance of breastfeeding, weaning and supplementary foods; Dietary considerations and nutritional requirement of pre-school, school age and adolescents; Physiological changes during old age affecting nutritional pattern and RDA's	11
III	Meaning and principles of diet therapy. Adaptation of normal diet to clear fluid, full fluid and bland diet; Special feeding methods: Intravenous and tube feeding.	11
IV	Causes, symptoms and dietary management in disorders: Fever, Typhoid, Diarrhea and Constipation and Peptic ulcer	11
V*	A.Planning and calculation of diet for following stages of life cycle: Pregnancy and lactation, Preschoolers, Adolescents & Old age B.Planning and calculation of diet for following disorders: Constipation, Diarrhea, Fever, Typhoid & Peptic ulcer C.Preparation of diets: Clear fluid, full fluid, bland and regular diet	30
Suggested Evaluation Methods		

Internal Assessment: > Theory <ul style="list-style-type: none"> • Class Participation: 05 • Seminar/presentation/assignment/quiz/class test etc.: 05 • Mid-Term Exam: 10 > Practicum <ul style="list-style-type: none"> • Class Participation: - • Seminar/Demonstration/Viva-voce/Lab records etc.:10 • Mid-Term Exam:NA 	End Term Examination: 50 20
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ul style="list-style-type: none"> • Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd. • B. Srilakshmi (2019). Dietetics, 6th Edition, New Age International Publishers • Antia.F.P. & Philip Abraham, Clinical Nutrition and Dietetics, 4th edition (1998), Oxford University Press. • Seth V and Singh K (2007). Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual, 4th edition. Elite Publishing House Pvt. Ltd. • Stacy Nix (2009). William's Basic Nutrition and Diet Therapy, 13.0th Edition. Elsevier Mosby. Wadhwa A and Sharma S (2003.0). Nutrition in the Community- A Textbook. Elite Publishing Pvt Ltd, New Delhi. • ICMR (1989) Nutritive value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad. • ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad. 	

*Applicable for courses having practical components.

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session: 2025-26

Part A - Introduction

Subject	Bachelor of Home science		
Semester	VI		
Name of the Course	Family dynamics & counseling		
Course Code	B23-HSC-601		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-A6		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	Senior Secondary (10+2)		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able:</p> <ol style="list-style-type: none"> 1. To effectively address issues related to marriage and family dynamics 2. To understand the significance of family planning and the evolving nature of families in India. 3. To develop sensitivity among students towards the scope of guidance and counseling across diverse settings. 4. To acquire knowledge about the counseling process and various therapies utilized within counseling. <hr/> <p>5. * To gain proficiency in counseling skills by assimilating principles, methods, and techniques employed in guidance and counseling.</p>		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5

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Max. Marks:100 Internal Assessment Marks:20(T) +10(P) =30 End Term Exam Marks: 50(T) +20(P) =70	Time:3 hrs (T) 4 hrs (P)
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Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set nine questions in all, selecting two questions from each unit and one compulsory objective type question.

Instructions for the candidate: The candidates will attempt five questions in all, selecting at least one question from each unit as well as compulsory question.

Unit	Topics	Contact Hours
I	Meaning, Various types and functions of family Definition, Meaning ,functions & types and forms of marriages in India Readiness for marriage & factors affecting mate selection, Factors influencing marital adjustment	10
II	Alternative forms of family: its advantages and disadvantages Single parent families & Female headed households, Dual Earner Families, Adoptive Families, Child Free Marriage/Family, Live in relationship, Causes leading to break down of the family. Importance of family planning, small family norms. Reproductive rights of women, child rights in India.	11
III	Guidance : Concepts, objectives, principles and scope of guidance Agencies for Guidance - Home, School Types of Guidance: Meaning, objectives & functions of following types a) Educational Guidance b) Vocational Guidance c) Personal Guidance Difference between guidance & counseling	11

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IV	<p>Approaches used in counseling and the process of counseling.</p> <p>Types of counseling: Educational, vocational, family, marriage, individual, group)</p> <p>Skills and characteristics of an effective counselor.</p> <p>Types of counseling therapy– client centered therapy, behavior therapy, Gestalt therapy and psychoanalytic therapy in guidance and counseling.</p>	13
V*	<p>Visit an old age Centre/ home and report changes in behaviour pattern, physical conditions & habits of old people.</p> <p>Case profile to study young adulthood / late adulthood</p> <p>Visit of counseling center and report writing</p> <p>Preparation of any two useful creative materials for adults/adolescents which can be used during counseling and can be sold online/offline.</p>	30
Suggested Evaluation Methods		
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory <ul style="list-style-type: none"> • Class Participation:05 • Seminar/presentation/assignment/quiz/class test etc.:05 • Mid-Term Exam: 10 ➤ Practicum <ul style="list-style-type: none"> • Class Participation: - • Seminar/Demonstration/Viva-voce/Lab records etc.:10 • Mid-Term Exam: NA 		End Term Examination: 50 20
Part C-Learning Resources		

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Recommended Books/e-resources/LMS:

1. Susan J. Ferguson (2022). Shifting the Center, Understanding Contemporary Families, Sixth Edition. Grinnell College, USA, SAGE publication.
2. Srivastava S., Rani K.S. (2014): Textbook of Human Development, S. Chand publication, New Delhi.
3. Daniel W. Wong, Kimberly R. Hall, Lucy Wong Hernandez (2020). Counseling Individuals Through the Lifespan. Second Edition, SAGE Publication
4. Cindy L Juntunen, Jonathan P. Schwartz (2015). Counseling Across the Lifespan: Prevention and Treatment, Second Edition, SAGE publication.
5. Augustine, J.N. (Ed.) (1982): The Family in Transition ,New Delhi: Vikas Publishing House
6. Coleman, J.C.(1986): Intimate Relationships, Marriage and the Family, Chicago: Macmillan publishing Co.
7. Devadas T.S. (1979): Hindu Family and Marriage, Madras: University of Bombay.

*Applicable for courses having practical component.

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Session: 2025-26			
Part A - Introduction			
Subject	Bachelor of Home Science		
Semester	VI		
Name of the Course	Balanced Diet Planning		
Course Code	B23-SEC-403		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	SEC-4		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary(10+2) or equivalent in any stream		
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able:</p> <ol style="list-style-type: none"> 1. To gain knowledge about different food groups and principles of meal planning.e 2. To understand the nutritional requirement during various stages of the life cycle. 3. To obtain knowledge about weight imbalance disorders and their dietary management. 4. Gain experience in making therapeutic adaptations of the normal diet for different disorders. <hr/> <p>5*.To gain practical knowledge of planning and preparing normal & therapeutic diets.</p>		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2	2	4
Max. Marks:75 Internal Assessment Marks:15(T) + 5(P)=20 End Term Exam Marks: 35(T) + 20(P)=55		Time: 3 hrs.	

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Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set nine questions in all, selecting two questions from each unit and one compulsory question.

Instructions for the candidate: The candidates will attempt five questions in all, selecting at least one question from each unit as well as compulsory questions.

Unit	Topics	Contact Hours
I	Balanced Diet - Introduction and basic terminology. Principles of meal planning and factors affecting meal planning. Use of food groups in planning meals.	8
II	Dietary considerations and nutritional requirements during various stages of life: Infancy, Childhood, Adolescence, Adulthood and Old age. Dietary considerations and nutritional requirements during special physiological conditions (Pregnancy and Lactation).	8
III	Meaning and principles of diet therapy. Weight Imbalance Disorders: Causes, prevalence, dietary modification and nutritional management of Underweight & Obese persons.	7
IV	Causes, symptoms and dietary management in disorders: Fever, Diarrhea, constipation and peptic ulcer.	7
V*	A. Basic principles of meal planning B. Recommended dietary allowances table C. and calculation of diet for following stages of life cycle: <ul style="list-style-type: none"> ● Preschoolers ● Adolescents ● Pregnancy and Lactation D. Planning and calculation of diet for following disorders: <ul style="list-style-type: none"> ● Constipation ● Diarrhea ● Fever ● Underweight ● Obesity 	30

Suggested Evaluation Methods

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Internal Assessment:**> Theory**

- Class Participation: **04**
- Seminar/presentation/assignment/quiz/class test etc.: **04**
- Mid-Term Exam: **07**

End Term Examination:**35****> Practicum**

- Class Participation: Nil
- Seminar/Demonstration/Viva-voce/Lab records etc.: **05**
- Mid-Term Exam: **NA**

20**Part C-Learning Resources****Recommended Books/e-resources/LMS:**

- Antia, F.P. (1990) Clinical Dietetics and Nutrition. Oxford Univ. Press: Delhi/Bombay
- Srilakshmi, B. (2018). Dietetics, New Age International P. Ltd., New Delhi.
- Guidelines of Indians – A Manual. (2015). National Institute of Nutrition, Hyderabad.
- Garg, M.(2006). Diet, Nutrition and Health, ABD Publishers.
- Krause, M.V. and Mahan, L.K.(2016). Food, Nutrition and Diet Therapy, 9th Ed., W.B. Saunders Company, Philadelphia.
- Maimun Nisha (2016). Diet Planning for Diseases, Kalpaz Publishers.
- Dietary Guidelines of Indians (2011). A Manual, National Institute of Nutrition, Hyderabad.

*Applicable for courses having practical components.

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Session: 2025-26			
Part A – Introduction			
Subject	Home science		
Semester	VI		
Name of the Course	Textile Colouring and Designing		
Course Code	B23-VOC-304		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VOC-3		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary (10+2) or equivalent in any stream		
Course Learning Outcomes (CLO):	<p>After completing this course:</p> <ol style="list-style-type: none"> 1. The learner will acquire the knowledge about the concept of color and its application for preparing designs 2. Gains knowledge about the elements of art, principles and types of designs. 3. Get acquainted with different colors, dyes, pigments and printing techniques. 4. The learner will understand the concept of surface ornamentation and its application. <hr/> <p>5*The learner gains the practical knowledge of stitching, tie & dye, printing and embroideries on different types of fabrics.</p>		
Credits	Theory	Practical	Total
	2	2	4
Contact Hours	2	4	6

Max. Marks:100

Internal Assessment Marks:15(T) +15(P)=30

End Term Exam Marks: 35(T) +35(P)=70

Time:3hrs(T)

4hrs(P)

Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set nine questions in all, selecting two questions from each unit and one compulsory question.

Instructions for the candidate: The candidates will attempt five questions in all, selecting at least one question from each unit as well as compulsory question.

Unit	Topics	Contact Hours
I	Colour : Introduction, definition, properties and importance of colours. Characteristics : Warm / cool colours, advancing /receding colours, light /heavy colours: psychological effect of colours. application of different colour schemes in apparel .	08
II	Design : Definition, classification of design; Structural design, Decorative design. Elements of art and principles of design.	07
III	Dyes: Definition, classification of dyes: (i)Natural dyes-vegetable ,animal and mineral dyes.(ii) Synthetic dyes- basic, acidic, neutral, sulphur, vat-dyes ,mordant, direct dyes. Printing: Definition, methods of printing:(i) Direct printing (block, roller ,duplex, flocking)(ii) Discharge printing (iii)Resist printing (iv) Indirect printing(transfer, photo printing)	08
IV	Surface Ornamentation: meaning, techniques- (i) Applique (ii) Fabric manipulation (iii) Embroideries- phulkari, kantha, kasuti, chikankari (in brief) (iv) Tie and dye	07

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V*	<ul style="list-style-type: none"> ● History and study of popular states doing block printing. ● Preparation of samples of block, stencil and screen printing ● Prepare one sample of each embroidery mentioned in theory. ● Prepare any two articles either by natural dyes and synthetic dyes. ● Value addition on articles(using sitare , stones, nalkies, beads, mirrors and embroidery etc.) ● Drafting, cutting and stitching of a shirt and plazzo. 	60
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory <ul style="list-style-type: none"> ● Class Participation:04 ● Seminar/presentation/assignment/quiz/class test etc.:04 ● Mid-Term Exam:07 ➤ Practicum <ul style="list-style-type: none"> ● Class Participation:05 ● Seminar/Demonstration/Viva-voce/Lab records etc.:10 ● Mid-Term Exam:NA 		End Term Examination: 35 35
Part C-Learning Resources		
<ul style="list-style-type: none"> ● Recommended Books/e-resources/LMS: ● http://www.woodprintblocks.com ● http://bits-n-pieces.hubpages.com/hub/block-printing ● http://geetanjali.hubpages.com/hub/IndianHandicraft ● http://www.fibre2fashion.com/industry-article/25/2457/hand-block-printing1.asp ● Indian Journal of Traditional Knowledge Vol 7(1), January 2008, pp 93-97 ● Bhatia, D. (2014). Revitalization of Saudagiri: Trade Textile of Gujarat. Presentation. ● Dua, S. (2016). Title: AJRAKH - A Textile Tradition in Transition. Textile Society Of America Symposium Proceedings., 955. ● Broadbent, Arthur D (2001) Basic Principles of Textile Coloration. Society of Dyers and Colorist. ● Chakraborty JN (2014) Fundamentals and Practices in Coloration of Textiles. Woodhead Publishing, New Delhi. ● Shailaja D.Naik, (1996) Traditional Embroideries of India. A.P.H Publishing Corporation. ● Dhingra., Embroidery, Dhingra Publishing House 1998. ● Harmony, Quilting & Patch Work, Lyrics Books Ltd. 1992. ● Himadri Panda (2021) The Complete Technology Book on Dyes & Dye Intermediates, Niir project consultancy services. ● Sushma Gupta, Neeru Garg, Renu Saini, Jaspreet Kaur, Lotika Gupta, Textbook of Clothing, Textiles and Laundry. Kalyani Publishers New Delhi. 		

Session: 2025-26

Part A - Introduction

Subject	Home Science		
Semester	IV		
Name of the Course	CAD for Fashion Designing		
Course Code	B23-VOC-204		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VAC)	VOC -2		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	Senior Secondary(10+2) or equivalent in any stream		
Course Learning Outcomes(CLO):	<p>After completing this course, the learner will be able:</p> <ol style="list-style-type: none">1.To know the computer & its characteristics.2.To gain basic knowledge of CAD software.3. To get basic understanding of Adobe Photoshop.4.To understand Corel Draw & its tools. <hr/> <p>5*. To get practical knowledge about preparation of designs using Photoshop and Corel draw</p>		
Credits	Theory	Practical	Total
	2	2	4

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Contact Hours	2	4	6
Max. Marks:100 Internal Assessment Marks:15(T) +15(P)=30 End Term Exam Marks: 35(T) +35(P)=70		Time:3hrs(T) 4hrs(P)	
Part B- Contents of the Course			
<u>Instructions for Paper- Setter:</u> The examiner will set nine questions in all, selecting two questions from each unit and one compulsory objective type question.			
<u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting atleast one question from each unit as well as compulsory question.			
Unit	Topics	Contact Hours	
I	<ul style="list-style-type: none">• Introduction to computer: Its working & components, operating system, booting and installation, file management, characteristics of computers.• Types of Software and Hardware.• Paint – Various Tools for drawing a picture/image, setting of attributes of a picture, resetting a picture.• Introduction to Word Processing, MS Word, MS Excel, Ms Power Point, MS Access.	08	

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II	<ul style="list-style-type: none"> • Meaning, Advantages & Disadvantages of CAD Software. • Features of CAD Software. • Tools of CAD Software. • Uses of CAD in Fashion Designing 	07
III	<ul style="list-style-type: none"> • Meaning & Uses of Adobe Photoshop in Fashion Designing. • Features of Adobe Photoshop. • Tools of Adobe Photoshop. • Photoshop Interface. 	07
IV	<ul style="list-style-type: none"> • Corel Draw- Its Meaning & Uses in Fashion Designing. • Features of Corel Draw. • Tools of Corel Draw. • Computer Applications in various fields of Fashion Industry, Fashion Communication through Digital Techniques, Fashion Photography, Latest Scanners. 	08

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V*	By Using Adobe Photoshop & Corel Draw <ul style="list-style-type: none"> • Draw different manmade & natural forms and converting these to different design forms with proper features. • Do fashion image editing with proper tools. • Create texture and do mapping using application of special effects and filters. • Design logo and create brochure for your own label, visiting card, pamphlet, poster, cover page (file cover). 	60
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Suggested Evaluation Methods

Internal Assessment: <p>➤ Theory</p> <ul style="list-style-type: none"> • Class Participation:04 • Seminar/presentation/assignment/quiz/class test etc.:04 • Mid-Term Exam:07 <p>➤ Practicum</p> <ul style="list-style-type: none"> • Class Participation:05 • Seminar/Demonstration/Viva-voce/Lab records etc.:10 • Mid-Term Exam:NA 	End Term Examination: <p>35</p> <p>35</p>
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

- **Annual World**- Computer in the World of Textiles Institute , UK.
- **Horowitz S** : Fundamentals of Computer Algorithms, 2008
- **Romaniello** - Photoshop Cs2 (savvy).
- **Salaria P S** -Computer Fundamentals. Khanna Books Publishing Co. (P) Ltd. .

- **Sinha PK and Sinha P** Foundations of Computing. First Edition, BPB latest Edition
- **Wang W**- Microsoft Office 2010 for Dummies. Wiley India Pvt. Limited, 2010.
- **Winfred A**- CAD in clothing and textiles , Blackwell Science,1994.
- **X5 In Simple Steps**, "Kogent Learning Solutions Inc", Wiley India Pvt. Limited, 2011.

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