

Curriculum Teaching Plan

Department of Home Science

Programme: BA(NEP)	Year: First	Semester: First
Name of Faculty: Mrs. Mamta Kumari /Section (A) Himakshi Kaushik /Section (B)		
Course Title: Fundamentals of Nutrition and Human Development	Credits:4	
Course Code: A130101T	Core Compulsory	
Max. Marks: 25+75	Theory	
Course Outcome:		
<ul style="list-style-type: none"> • Prepare the students to understand physiology based courses • Students will get familiar with different methods of cooking • Acquaint students with practical knowledge of nutrient rich foods • Explain the need and importance of studying human growth and development across life span • Identify the biological and environmental factors affecting human development. • Learn about the characteristics, needs and developmental tasks of infancy & early childhood years 		
Unit	Topics	No. of Lectures: 90
I	Traditional Home Science and its Relevance in current era Contribution made by Indian Home Scientists i.e. M Swaminathan, C V Gopalan, S K Day & Ravindra Nath Tagore.	03
II	Structure and function of Digestive System, Respiratory and Cardiovascular system	10
III	Food and Nutrition Food- Meaning, Classification and function Nutrition- Concept of Nutrition Nutrients-Macro and Micro, sources and deficiency diseases.	09
IV	Cooking Methods- Methods, Advantages and Disadvantages Preservation of Nutrients while Cooking. Methods of enhancing nutritional value of foods by germination, fermentation, Food spoilage, Food preservation, Food adulteration, Food laws and standards.	08
V	Introduction to Human Development: <ul style="list-style-type: none"> • Concept, Definition and need to study of Human Development • Domains, Stages and contexts of development • Principles of Growth and Development • Determinants of Development- heredity and environment 	08
VI	Prenatal Development and Birth Process: <ul style="list-style-type: none"> • Conception, Pregnancy and Childbirth • Stages of birth • Types of delivery (natural, c-section, breech, home vs. assisted delivery) • Physical appearance and capacities of the new-born 	06

	<ul style="list-style-type: none"> Factors affecting Pre-natal development. 	
VII	<p>Infancy:</p> <ul style="list-style-type: none"> Developmental tasks during Infancy and Preschool Stage. Physical and Motor Development. Social and emotional development Cognitive and language development 	08
VIII	<p>Early Childhood (Pre School) years:</p> <ul style="list-style-type: none"> Developmental Tasks during Early childhood. Physical and Motor Development Social and emotional development Cognitive and language development 	08
<p>Suggested Readings:</p> <ul style="list-style-type: none"> Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur;2015 ,15th Ed. Chatterjee, C.C , "Human Physiology" Medical Allied Agency ; Vol I , II . Text Book of Biology for 10+2 Students (NCERT) Sumati R Mudami, "Fundamentals of food Nutrition and Diet Therapy" , New Age International Pvt. Ltd, New Delhi , 6th Ed. (2018) Punita Sethi and Poonam Lakda , "Aahar Vigyan, Suraksha evam Poshan" ; Elite Publishing House, New Delhi ;2015 Dr. Anita Singh, AaharEvamPoshanVigyan, Star Publications, Agra Dr.DevinaSahai, AaharVigyan, New Age International Publishers, New Delhi Berk, L.E. Child development New Delhi: Prentice Hall (2005)(5th ed.). Berk L.E. Child Development Allyn and Bacon 1992 (6th) Edition. Keenan, T., Evans, S., & Crowley, K. An introduction to child development, Sage (2016) • Hurlock E. Child Development. Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015 Suggestive digital platforms web links-ePG-Pathshala, IGNOU & UPRTOU online study material Svayam Portal http://heecontent.upsdc.gov.in/Home.aspx 		
<p>Continuous Evaluation Methods: Test and Presentation</p>		

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Curriculum Teaching Plan

Department of Home Science

Programme: BA	Year: II	Sec: A & B
Name of Faculty: Mrs. Mamta Kumari		
Course Title: INTRODUCTION TO TEXTILES	Credits: 4	
Course Code: A-217	Core Compulsory	
Max. Marks: 35	Theory	
Course Outcome: <ul style="list-style-type: none">• This paper imparts knowledge -• To make students acquainted with different types of fibers.• To learn and understand different types of yarns, their construction and basic weaves.• About basic finishes applied on fabrics.• To develop the skills in different techniques of printing and dyeing.• To develop the awareness of selecting, caring and storage of fabrics.		
Unit	Topics	No. of Lectures: 60
I	Introduction to Textiles	20
II	Yarn and Weaves	20
III	Finishes	20
IV	Dyeing and Printing- Methods and Style.	20
V	Selection of Fabrics.	20
Suggested Reading:- <ul style="list-style-type: none">• Introduction to textiles Joseph Mayory.• Grooming, Selection and care of clothes S. Pandit & E. Tanplag		
Continuous Evaluation Methods: Test and Presentation		

Self-Attested
Mamta

Curriculum Teaching Plan

Department of Home Science

Programme: BA	Year: II	Sec: A & B
Name of Faculty: Mrs. Mamta Kumari		
Course Title: CHILD – DEVELOPMENT	Credits: 4	
Course Code: A-218	Core Compulsory	
Max. Marks: 35	Theory	
Course Outcome: <ul style="list-style-type: none">• To understand the meaning and importance of child development.• To understand different developmental tasks in children• To recognize the importance and role of play in child development.• To understand the personality• To learn about different types of characteristic, problems and care of children.		
Unit	Topics	No. of Lectures:60
I	Introduction to child development.	20
II	Development with Characteristics from Birth to Adolescence.	20
III	Play and work	20
IV	Personality	20
V	Exceptional Children	20
Suggested Reading:- <ul style="list-style-type: none">• Child Psychology S. P. Chaube• Child Development Hurlock E.B.• Development Behaviour Gale R. F.		
Continuous Evaluation Methods: Test and Presentation		

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Mamta

Curriculum Teaching Plan

Department of Home Science

Programme: BA	Year: II	Group:- 1-5
Name of Faculty: Gp:1- Mrs. Mamta Kumari/ Mrs. Himakshi Kaushik Gp: 2- Dr Renu Kamboj Gp:3- Mrs. Himakshi Kaushik Gp:4- Dr. Sonika Choudhary Gp:5- Dr Renu Kamboj/ Mrs. Himakshi Kaushik		
Course Title: CHILD – DEVELOPMENT	Credits: 2	
Course Code: A- 817	Core Compulsory	
Max. Marks: 30	Practical	
Course Outcome: <ul style="list-style-type: none">• To understand the meaning and importance of child development.• To understand different developmental tasks in children• To recognize the importance and role of play in child development.• To understand the personality• To learn about different types of characteristic, problems and care of children.		
Unit	Topics	No. of Lectures: 30
I	Tie and Dye	8
II	Printing - Block printing, Screen Printing, Stencil Printing, Batik.	8
III	Fixing of Fasteners - Making of various samples of buttonhole, Hook and eye, press button, etc.	6
IV	Samples of minimum six Traditional Embroidery Stitches. Kantha, Chickenkari, Kasuti, Rajesthani Sindi and Phulkari Personality	4
V	One article with any Traditional Embroidery stitches	4
Continuous Evaluation Methods: Test and Presentation		

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Course Title: CHILD – DEVELOPMENT	Credits: 2	
Course Code: A- 817	Core Compulsory	
Max. Marks: 30	Practical	
Course Outcome: <ul style="list-style-type: none">• To understand the meaning and importance of child development.• To understand different developmental tasks in children• To recognize the importance and role of play in child development.• To understand the personality• To learn about different types of characteristic, problems and care of children.		
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Curriculum Teaching Plan

Department of Home Science

Programme: BA	Year: IIL	Sec: A & B
Name of Faculty: Dr. Sonika Choudhary/ Ms. Himani Vishnoi		
Course Title: FUNDAMENTALS OF FOODS AND NUTRITION	Credits: 4	
Course Code: A-317	Core Compulsory	
Max. Marks: 35	Theory	
Course Outcome: <ul style="list-style-type: none">• Importance of Food• Various Nutrients, food groups, their importance, sources, functions, requirements and deficiencies• Process of digestion and absorption of food.• Different methods of cooking and retention of nutritive value of food while cooking.• Food adulteration, food poisoning and their impact on human health		
Unit	Topics	No. of Lectures: 60
I	Introduction of foods and Nutrition	20
II	Essential Constituents of food,	20
III	Basic food Groups	20
IV	Methods of cooking.	20
V	Food Adulteration & Food Poisoning	20
Suggested Reading:- <ul style="list-style-type: none">• Nutrition and Dietetics Shubhangini A Joshi.• Hand book of Foods and Nutrition M. Swaminathan.• Normal and Therapeutic Nutrition Proud fit & Robinson.		
Continuous Evaluation Methods: Test and Presentation		

Sonika

Himani

Curriculum Teaching Plan

Department of Home Science

Programme: BA	Year: III	Sec: A & B
Name of Faculty: Dr. Sonika Choudhary/ Ms. Himani Vishnoi		
Course Title: DIETETICS AND THERAPEUTIC NUTRITION	Credits: 4	
Course Code: A-318	Core Compulsory	
Max. Marks: 35	Theory	
Course Outcome: <ul style="list-style-type: none">• To learn and understand malnutrition , meal planning and dietetics• To understand importance and need of therapeutic nutrition• To learn the dietary requirements of phases of lifecycle.• To plan and modify diets in various special conditions and diseases.		
Unit	Topics	No. of Lectures: 60
I	Introduction: Definitions - Balanced Diet, Dietetics and Therapeutic nutrition. Meal planning, factors affecting Meal planning, Recommended Dietary Allowances (R. D. A.)	20
II	Malnutrition	20
III	Nutrition During lifecycle: <ul style="list-style-type: none">• Nutrition during Infancy, Childhood, Adolescence, Adults, Old age, Pregnancy and Lactation.	20
IV	Therapeutic Nutrition	20
V	Dietary modification for the following diet: <ul style="list-style-type: none">• Acute and chronic Fever• Diarrhea and Constipation• Underweight and Over weight• Diabetes Mellitus• Hypertension• Jaundice	20
Suggested Reading:- <ul style="list-style-type: none">• Nutrition and Dietetics Shubhangini A Joshi.• Hand book of Foods and Nutrition M. Swaminathan.• Normal and Therapeutic Nutrition Proud fit & Robinson.		
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Sonika → *Himani*

Curriculum Teaching Plan

Department of Home Science

Programme: BA		Year: III
Name of Faculty: Gp:1- Ms. Himani Vishnoi Gp:2 – Mrs. Mamta Kumari Gp:3- Dr. Sonika Choudhary Gp:4- Mrs. Himakshi Kaushik Gp:5- Dr. Sonika Choudhary		
Course Title: DIETETICS AND THERAPEUTIC NUTRITION		Credits: 2
Course Code: A-917		Core Compulsory
Max. Marks: 30		Practical
Course Outcome: <ul style="list-style-type: none">• To learn and understand malnutrition , meal planning and dietetics• To understand importance and need of therapeutic nutrition• To learn the dietary requirements of phases of lifecycle.• To plan and modify diets in various special conditions and diseases.		
Unit	Topics	No. of Lectures: 30
I	Weights and Measures	4
II	Cookery terms	2
III	Recipes related to Breakfast. Lunch, Evening Tea, Dinner	12
IV	Table setting, serving and napkin folding.	2
V	Menu planning and Preparation for the following: Adolescents Girls Adult Pregnant women and lactating mother. Underweight and Overweight. Diabetes Mellitus Hypertension Diarrhea Constipation	12
Suggested Reading:- <ul style="list-style-type: none">• Nutrition and Dietetics Shubhangini A Joshi.• Hand book of Foods and Nutrition M. Swaminathan.• Normal and Therapeutic Nutrition Proud fit & Robinson.		
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Sonika → *Himani*

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Continuous Evaluation Methods: Test and Presentation		

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Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: First
Name of Faculty: Dr. Shweta Tyagi		
Course Title: Computer Basics	Credits: 6 +4	
Course Code: G-1030	Core Compulsory	
Max. Marks: 50+50	Theory+ Practical	
Course Outcome: <ul style="list-style-type: none">• To know the basics of computer.• To enable to use computers for education, information and research.		
Unit	Topics	No. of Lectures: 90
I	Introduction to Computers	10
II	Windows	10
III	MS-WORD	10
IV	MS-Excel	10
V	MS-PowerPoint	10
VI	Internet	06
Practical		
I	Window XP	24
II	MS-Word	
III	MS- Power Point	
IV	Internet	
Suggested Readings:- <ul style="list-style-type: none">• Sinha, P.K. (2007), Computer Fundamental, BPB Publication, New Delhi.• Arora, Sumita (2009), Information Technology, Dhanpat Rai Publication, New Delhi, Class 9th & 10th .• Jain, Satish (2009), Dos 6 & 6.22 Companion, BPB Publication, New Delhi.		
Continuous Evaluation Methods: Test and Presentation		

Shweta Tyagi
Self Assessed

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: First
Name of Faculty: Ms. Himani Vishnoi		
Course Title: ENGLISH LANGUAGE & COMMUNICATION SKILLS	Credits: 6	
Course Code: G-1031	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: To facilitate learners' ability to use English for:- <ul style="list-style-type: none">• academic and professional purposes -note taking, note making, bibliography, writing proposals, projects, reports, research articles.• reading and comprehending text books, reference books and journals from other subject areas of Home Science.• social purposes -becoming aware of the social conventions of conversation -sensitivity to the emotions aspects of communication.		
Unit	Topics	No. of Lectures: 90
I	Introduction to Communication	20
II	Aids to correct writing	15
III	Letter Writing	20
IV	Report writing	20
V	Essay Writing & Precise Writing	15
Suggested Readings:- <ul style="list-style-type: none">• Mohan, Krishna and Raman, Meenakshi (2000) Effective English Communication. Tata McGraw Hill Publishing Company, New Delhi.• Sasikumar, V and Dhamija, P.V (2007). Spoken English - A Self learning Guide to Conversation Practice.(2nd ed) Tata McGraw-Hills Publishing Co Ltd. New Delhi.		
Continuous Evaluation Methods: Test and Presentation		

Himani
Self Assessed

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: First
Name of Faculty: Dr. Shweta Tyagi		
Course Title: HUMAN DEVELOPMENT	Credits: 6	
Course Code: G-1032	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• To undertake an advanced study of the stages in human development with specific focus on adulthood and old age.• To understand concerns and issues related to aging.		
Unit	Topics	No. of Lectures: 90
I	Adolescence (Early & Late Adolescence)	25
II	Early Adulthood (20-40 years)	15
III	Middle Adulthood (40-50 years)	20
IV	Late Adulthood (50-60 years)	20
V	Old Age (After 60 years)	15
Suggested Readings:- <ul style="list-style-type: none">• Berk, L.E. (1996): Child Development, New Delhi: Prentice Hall.• Lerner; R.M. Hultch, D.F. (1983): Human Development: A Life span perspective N.Y. Mc Graw Hill• Mussen, P. N. Congor, J.J, Kagan. J & Huston AC (1990) Child Development and personality (7th Ed.) N.Y. Harper Collis.• Sarasvathi T.S. and Kaur B. (1993): Human Development and family studies in Indian: An agenda for research and policy, New Delhi, sage Publication.• Bhatia, M.S. (1983): Ageing and Society, Udaipur: Arya's Book centre.• Randhawa: M.S. (1991): The Rural and Urban Aged: New Delhi: National Book organization.• Sinha J.M P (1989): Problems of Ageing, New Delhi, Classical Publishing Company:• Sarla Grover: Researches in Human Development: University Book House Jaipur.		
Continuous Evaluation Methods: Test and Presentation		

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Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: First
Name of Faculty: Mrs. Himakshi Kaushik		
Course Title: FABRIC CONSTRUCTION	Credits: 6+4	
Course Code: G-1033	Core Compulsory	
Max. Marks: 100+50	Theory+ Practical	
Course Outcome:		
<ul style="list-style-type: none"> To develop ability to create basic weaves. To enable students to learn techniques and methods of developing fabric using different fibers and yarns. 		
Unit	Topics	Lectures:90
I	Study of Yarn	20
II	Principles of fabric manufacture	16
III	Weaving technology	10
IV	Knitting technology	10
Practical		
I	Collection of samples of woven fabrics. Identification of weaves by visual examination using magnifying glass.	24
II	Drafting and lifting plan of different weaves on graph paper.	
III	Sample preparation of following weaves on handloom: Plain, Twill, Basket, Rib, Pile, Satin, Check, Stripes.	
Suggested Readings:-		
<ul style="list-style-type: none"> Corbman, B.P. (1985): Textile Fibre to Fabric, Mc Graw Hill, New York. Joseph, M.L. (1976): Essentials of Textiles, Holt Ripenhart of Winston, New York. Joseph, M.L. (1972): Introductory Textile Science, Holt Ripenhart of Winston, New York. Tortora, P.G. (1978): Understanding Textiles, New York, Mac Millan Publishing Inc. Wingate, I.B. (1976): Textile Fabrics and their Selection, Englewood Cliffs (New Jersey), Prentice Hall, Inc. 		
Continuous Evaluation Methods: Test and Presentation		

Curriculum Teaching Plan

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Programme: MA	Year: I	Semester: First
Name of Faculty: Dr. Shweta Tyagi		
Course Title: Computer Basics	Credits: 6 +4	
Course Code: G-1030	Core Compulsory	
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III	MS-WORD	10
IV	MS-Excel	10
V	MS-PowerPoint	10
VI	Internet	06
Practical		
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IV	Late Adulthood (50-60 years)	20
V	Old Age (After 60 years)	15
Suggested Readings:- <ul style="list-style-type: none">• Berk, L.E. (1996): Child Development, New Delhi: Prentice Hall.• Lerner; R.M. Hultch, D.F. (1983): Human Development: A Life span perspective N.Y. Mc Graw Hill• Mussen, P. N. Congor, J.J, Kagan. J & Huston AC (1990) Child Development and personality (7th Ed.) N.Y. Harper Collius.• Sarasvathi T.S. and Kaur B. (1993): Human Development and family studies in Indian: An agenda for research and policy, New Delhi, sage Publication.• Bhatia, M.S. (1983): Ageing and Society, Udaipur: Arya's Book centre.• Randhawa: M.S. (1991): The Rural and Urban Aged: New Delhi: National Book organization.• Sinha J.M P (1989): Problems of Ageing, New Delhi, Classical Publishing Company:• Sarla Grover: Researches in Human Development: University Book House Jaipur.		
Continuous Evaluation Methods: Test and Presentation		

Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: First
Name of Faculty: Mrs. Himakshi Kaushik		
Course Title: FABRIC CONSTRUCTION	Credits: 6+4	
Course Code: G-1033	Core Compulsory	
Max. Marks: 100+50	Theory+ Practical	
Course Outcome:		
<ul style="list-style-type: none"> To develop ability to create basic weaves. To enable students to learn techniques and methods of developing fabric using different fibers and yarns. 		
Unit	Topics	Lectures:90
I	Study of Yarn	20
II	Principles of fabric manufacture	16
III	Weaving technology	10
IV	Knitting technology	10
Practical		
I	Collection of samples of woven fabrics. Identification of weaves by visual examination using magnifying glass.	24
II	Drafting and lifting plan of different weaves on graph paper.	
III	Sample preparation of following weaves on handloom: Plain, Twill, Basket, Rib, Pile, Satin, Check, Stripes.	
Suggested Readings:-		
<ul style="list-style-type: none"> Corbman, B.P. (1985): Textile Fibre to Fabric, Mc Graw Hill, New York. Joseph, M.L. (1976): Essentials of Textiles, Holt Ripenhart of Winston, New York. Joseph, M.L. (1972): Introductory Textile Science, Holt Ripenhart of Winston, New York. Tortora, P.G. (1978): Understanding Textiles, New York, Mac Millan Publishing Inc. Wingate, I.B. (1976): Textile Fabrics and their Selection, Englewood Cliffs (New Jersey), Prentice Hall, Inc. 		
Continuous Evaluation Methods: Test and Presentation		

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: Second
Name of Faculty: Ms. Himani Vishnoi		
Course Title: RESEARCH METHODOLOGY	Credits: 6	
Course Code: G-2030	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: To enable students to :- <ul style="list-style-type: none">• Understand the fundamental principles and techniques of methodology concerning research• Prepare research tool applicable to development issues.• Develop skills in documentation.		
Unit	Topics	No. of Lectures: 90
I	Knowledge & Research	15
II	Types of Research	20
III	Research Problem and Hypothesis	10
IV	Sample and Data Gathering Instruments	15
V	1. Research Design 2. Presentation & Interpretation of Data	20
Suggested Readings:- <ul style="list-style-type: none">• Bajpai, S.R. (2007), Methods, F. Social Survey and Research, Kitab Ghar, Kanpur.		
Continuous Evaluation Methods: Test and Presentation		

Jumar
Self Attended

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: Second
Name of Faculty: Dr. Shweta Tyagi		
Course Title: RESOURCE MANAGEMENT AND CONSUMER SCIENCE	Credits: 6	
Course Code: G-2031	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• To create an awareness among students about management in the family as well as the other systems.• To understand concerns and issues related to consumer		
Unit	Topics	No. of Lectures: 90
I	Family Resource Management	25
II	Consumer Behavior and Problems	20
III	Budgeting and Accounting	15
IV	Market	15
V	Money and Income	15
Suggested Readings:- <ul style="list-style-type: none">• Gross Crandall: Management for Modern Families: Wiley Eastern Ltd. New Delhi.		
Continuous Evaluation Methods: Test and Presentation		

Self Assessed

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: Second
Name of Faculty: Ms. Himani Vishnoi		
Course Title: FOOD SCIENCE	Credits: 6+4	
Course Code: G-2032	Core Compulsory	
Max. Marks: 100+50	Theory + Practical	
Course Outcome: <ul style="list-style-type: none">• Understand the special characteristics of food service establishments• Understand the concept of nutritional status and its relationship to health.• Know the methods used for assessment of nutritional status.		
Unit	Topics	No. of Lectures: 90
I	Introduction to Nutrition sciences	15
II	Assessment of nutritional status	15
III	National nutrition policies and supplementary feeding programmes, national and international agencies in the field of nutrition.	10
IV	Evaluation of foods	10
V	Principles and functions of catering management-types of food services (schools, industrial canteens, hospitals, travel catering), personnel and financial management, menu planning and catering services, food laws.	16
Practical		
I	Acquaint the students with the methods of assessment of nutritional status. Carry out one case study to assess and evaluate the nutritional status of a person.	
II	Visit any food service institution and study the 1) organization 2) physical plan and layout 3) food service equipment 4) sanitation and hygiene 5)	

	types of meal service. Prepare and present a report.	24
III	Preparation & food service of Recipes from different Indian States	
IV	Preparation of Low Cost Recipes with high Nutritive Value.	
Suggested Readings:-		
<ul style="list-style-type: none"> • Swaminathan M Essentials of foods and nutrition Vol I & II: Ganesh and Co., Madras. • Sethi M. Malhan S (1993): Catering management: An integrated approach. Wiley eastern, New Delhi • Amerine M A, Pangborn R M, Reiser E B (1965): Principles of sensory evaluation of foods; Academic press. New York • Srilakshmi B. Nutrition science New Age International (P) Limited, Publishers, New Delhi 		
Continuous Evaluation Methods: Test and Presentation		

P. Mani
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: Second
Name of Faculty: Dr. Shweta Tyagi		
Course Title: Extension Management and Community Development	Credits: 6+4	
Course Code: G-2033	Core Compulsory	
Max. Marks: 100+50	Theory+ Practical	
Course Outcome: <ul style="list-style-type: none">• Understand the widening concept of extension education• Understand the role of agencies associated with extension education for rural development• Understand the role of community development programs in India.		
Unit	Topics	No. of Lectures: 90
I	Scope of Home Science	15
II	Extension Management	20
III	Agencies associated with extension education for rural development.	10
IV	Community Development	15
V	Audio Visual Aids in Home Science Extension Education.	10
Practical		
I	Preparation of Audio Visual Aids in Home Science Extension Management Chart, Poster, Puppet, Flannel graph.	20
IV	Preparation of Low Cost Recipes with high Nutritive Value.	
Continuous Evaluation Methods: Test and Presentation		

Shweta Tyagi
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: Second
Name of Faculty: Ms. Himani Vishnoi		
Course Title: RESEARCH METHODOLOGY	Credits: 6	
Course Code: G-2030	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: To enable students to :- <ul style="list-style-type: none">• Understand the fundamental principles and techniques of methodology concerning research• Prepare research tool applicable to development issues.• Develop skills in documentation.		
Unit	Topics	No. of Lectures: 90
I	Knowledge & Research	15
II	Types of Research	20
III	Research Problem and Hypothesis	10
IV	Sample and Data Gathering Instruments	15
V	1. Research Design 2. Presentation & Interpretation of Data	20
Suggested Readings:- <ul style="list-style-type: none">• Bajpai, S.R. (2007), Methods, F. Social Survey and Research, Kitab Ghar, Kanpur.		
Continuous Evaluation Methods: Test and Presentation		

Himani
Self Attended

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: Second
Name of Faculty: Dr. Shweta Tyagi		
Course Title: RESOURCE MANAGEMENT AND CONSUMER SCIENCE	Credits: 6	
Course Code: G-2031	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• To create an awareness among students about management in the family as well as the other systems.• To understand concerns and issues related to consumer		
Unit	Topics	No. of Lectures: 90
I	Family Resource Management	25
II	Consumer Behavior and Problems	20
III	Budgeting and Accounting	15
IV	Market	15
V	Money and Income	15
Suggested Readings:- <ul style="list-style-type: none">• Gross Crandall: Management for Modern Families: Wiley Eastern Ltd. New Delhi.		
Continuous Evaluation Methods: Test and Presentation		

Self Requested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: Second
Name of Faculty: Ms. Himani Vishnoi		
Course Title: FOOD SCIENCE	Credits: 6+4	
Course Code: G-2032	Core Compulsory	
Max. Marks: 100+50	Theory + Practical	
Course Outcome: <ul style="list-style-type: none">• Understand the special characteristics of food service establishments• Understand the concept of nutritional status and its relationship to health.• Know the methods used for assessment of nutritional status.		
Unit	Topics	No. of Lectures: 90
I	Introduction to Nutrition sciences	15
II	Assessment of nutritional status	15
III	National nutrition policies and supplementary feeding programmes, national and international agencies in the field of nutrition.	10
IV	Evaluation of foods	10
V	Principles and functions of catering management-types of food services (schools, industrial canteens, hospitals, travel catering), personnel and financial management, menu planning and catering services, food laws.	16
Practical		
I	Acquaint the students with the methods of assessment of nutritional status. Carry out one case study to assess and evaluate the nutritional status of a person.	
II	Visit any food service institution and study the 1) organization 2) physical plan and layout 3) food service equipment 4) sanitation and hygiene 5)	

	types of meal service. Prepare and present a report.	24
III	Preparation & food service of Recipes from different Indian States	
IV	Preparation of Low Cost Recipes with high Nutritive Value.	
<p>Suggested Readings:-</p> <ul style="list-style-type: none"> • Swaminathan M Essentials of foods and nutrition Vol I & II: Ganesh and Co., Madras. • Sethi M. Malhan S (1993): Catering management: An integrated approach. Wiley eastern, New Delhi • Amerine M A, Pangborn R M, Reiser E B (1965): Principles of sensory evaluation of foods; Academic press. New York • Srilakshmi B. Nutrition science New Age International (P) Limited, Publishers, New Delhi 		
Continuous Evaluation Methods: Test and Presentation		

P. Mani
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: I	Semester: Second
Name of Faculty: Dr. Shweta Tyagi		
Course Title: Extension Management and Community Development	Credits: 6+4	
Course Code: G-2033	Core Compulsory	
Max. Marks: 100+50	Theory+ Practical	
Course Outcome: <ul style="list-style-type: none">• Understand the widening concept of extension education• Understand the role of agencies associated with extension education for rural development• Understand the role of community development programs in India.		
Unit	Topics	No. of Lectures: 90
I	Scope of Home Science	15
II	Extension Management	20
III	Agencies associated with extension education for rural development.	10
IV	Community Development	15
V	Audio Visual Aids in Home Science Extension Education.	10
Practical		
I	Preparation of Audio Visual Aids in Home Science Extension Management Chart, Poster, Puppet, Flannel graph.	20
IV	Preparation of Low Cost Recipes with high Nutritive Value.	
Continuous Evaluation Methods: Test and Presentation		

Dr. Shweta Tyagi
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Third
Name of Faculty: Ms. Himani Vishnoi		
Course Title: THERAPEUTIC NUTRITION	Credits: 6 + 4	
Course Code: G-3030	Core Compulsory	
Max. Marks: 100+50	Theory + Practical	
Course Outcome: <ul style="list-style-type: none">• Understand the physiology of human body.• Understand the modifications of normal diet for therapeutic purposes.• Understand the role of the dietician in preventive, primitive and curative health care.		
Unit	Topics	No. of Lectures: 90
I	Human physiology	15
II	Therapeutic nutrition	15
III	Dietetics:	24
Practical		
I	Market survey of low cost nutritive foods available in various seasons	36
II	To plan, calculate the important nutrients, prepare as well as provide counseling for various therapeutic diets: 1) febrile conditions 2) gastrointestinal disorders 3) kidney diseases 4) diabetes mellitus 5) cardiovascular diseases and 6) post-surgery conditions.	
Suggested Readings: <ul style="list-style-type: none">• Robinson C H, Lawler M R, Chenourth WC. (1986): Normal and Therapeutic Nutrition. 17th ed., Mac Millan publishing Co.• Gopalan C et al, (1993): Nutritive value of Indian foods.• Joshi S A (1992) Nutrition & Dietetics: Tata Mc Graw Hill Publication, New Delhi 4.• Sabherwal B. Meal Management, University Book House, Jaipur.		
Continuous Evaluation Methods: Test and Presentation		

Himani
Self Assessed

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Third
Name of Faculty: Ms. Deepa Kandpal		
Course Title: APPAREL DESIGN AND CONSTRUCTION	Credits: 6 +4	
Course Code: G-3031	Core Compulsory	
Max. Marks: 50+50	Theory+ Practical	
Course Outcome: <ul style="list-style-type: none">• To develop an understanding of the principles of pattern making• To impart more elaborate skills in clothing construction		
Unit	Topics	No. of Lectures: 90
I	Selection of Clothing	10
II	Principles of Design	10
III	Fashion	10
IV	Principles of Clothing Construction	20
Practical		
I	Handling of Sewing machine	40
II	Sewing techniques Basic seams, seam finishes, fullness, gathers, pleats, darts, cuffs, tucks etc. Placket opening and its variations, fasteners, finishing of necklines and collars, types of sleeves	

III	Drafting of Adult basic bodice block/adult sleeves block and stitching of plain designer blouse and ladies kurta.	
B.	Traditional Embroideries I. One article using traditional embroideries.	
Continuous Evaluation Methods: Test and Presentation		

For.
Self Attested,

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Third
Name of Faculty: Dr. Shweta Tyagi		
Course Title: RURAL SOCIOLOGY	Credits: 6	
Course Code: G-3032	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• Understand the Indian Rural Problems• Understand the national efforts towards rural development.		
Unit	Topics	No. of Lectures: 90
I	Rural Sociology	20
II	Rural community	20
III	Indian Rural Problems	20
IV	Rural Leadership	15
V	Rural Reconstruction.	15
Suggested Reading:- 1-Doshi S. L. Rural Sociology, University Book House, Jaipur. 2- Ahuja Ram Social Problems in India University Book House, Jaipur.		
Continuous Evaluation Methods: Test and Presentation		

Shweta Tyagi
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Third
Name of Faculty: Dr. Shweta Tyagi		
Course Title: TRADITIONAL TEXTILES & EMBROIDERIES OF INDIA	Credits: 6	
Course Code: G-3033	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• To impart knowledge within students related to traditional embroideries.• To impart knowledge about the traditional textiles of India.		
Unit	Topics	No. of Lectures: 90
I	History of traditional embroidery of India, famous cities for embroidery.	20
II	History of traditional embroidery of India, famous cities for embroidery.	35
III	Traditional textiles of India	35
Continuous Evaluation Methods: Test and Presentation		

S. Tyagi
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Third
Name of Faculty: Ms. Himani Vishnoi		
Course Title: THERAPEUTIC NUTRITION	Credits: 6 + 4	
Course Code: G-3030	Core Compulsory	
Max. Marks: 100+50	Theory + Practical	
<p>Course Outcome:</p> <ul style="list-style-type: none"> • Understand the physiology of human body. • Understand the modifications of normal diet for therapeutic purposes. • Understand the role of the dietician in preventive, primitive and curative health care. 		
Unit	Topics	No. of Lectures: 90
I	Human physiology	15
II	Therapeutic nutrition	15
III	Dietetics:	24
Practical		
I	Market survey of low cost nutritive foods available in various seasons	36
II	To plan, calculate the important nutrients, prepare as well as provide counseling for various therapeutic diets: 1) febrile conditions 2) gastrointestinal disorders 3) kidney diseases 4) diabetes mellitus 5) cardiovascular diseases and 6) post-surgery conditions.	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • Robinson C H, Lawler M R, Chenourth WC. (1986): Normal and Therapeutic Nutrition. 17th ed., Mac Millan publishing Co. • Gopalan C et al, (1993): Nutritive value of Indian foods. • Joshi S A (1992) Nutrition & Dietetics: Tata Mc Graw Hill Publication, New Delhi 4. • Sabherwal B. Meal Management, University Book House, Jaipur. 		
Continuous Evaluation Methods: Test and Presentation		

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Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Third
Name of Faculty: Ms. Deepa Kandpal		
Course Title: APPAREL DESIGN AND CONSTRUCTION	Credits: 6 +4	
Course Code: G-3031	Core Compulsory	
Max. Marks: 50+50	Theory+ Practical	
Course Outcome: <ul style="list-style-type: none">• To develop an understanding of the principles of pattern making• To impart more elaborate skills in clothing construction		
Unit	Topics	No. of Lectures: 90
I	Selection of Clothing	10
II	Principles of Design	10
III	Fashion	10
IV	Principles of Clothing Construction	20
Practical		
I	Handling of Sewing machine	40
II	Sewing techniques Basic seams, seam finishes, fullness, gathers, pleats, darts, cuffs, tucks etc. Placket opening and its variations, fasteners, finishing of necklines and collars, types of sleeves	

III	Drafting of Adult basic bodice block/adult sleeves block and stitching of plain designer blouse and ladies kurta.	
B.	Traditional Embroideries I. One article using traditional embroideries.	
Continuous Evaluation Methods: Test and Presentation		

For. *glub*
self Attested,

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Third
Name of Faculty: Dr. Shweta Tyagi		
Course Title: RURAL SOCIOLOGY	Credits: 6	
Course Code: G-3032	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• Understand the Indian Rural Problems• Understand the national efforts towards rural development.		
Unit	Topics	No. of Lectures: 90
I	Rural Sociology	20
II	Rural community	20
III	Indian Rural Problems	20
IV	Rural Leadership	15
V	Rural Reconstruction.	15
Suggested Reading:- 1-Doshi S. L. Rural Sociology, University Book House, Jaipur. 2- Ahuja Ram Social Problems in India University Book House, Jaipur.		
Continuous Evaluation Methods: Test and Presentation		

Shweta Tyagi
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Third
Name of Faculty: Dr. Shweta Tyagi		
Course Title: TRADITIONAL TEXTILES & EMBROIDERIES OF INDIA	Credits: 6	
Course Code: G-3033	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• To impart knowledge within students related to traditional embroideries.• To impart knowledge about the traditional textiles of India.		
Unit	Topics	No. of Lectures: 90
I	History of traditional embroidery of India, famous cities for embroidery.	20
II	History of traditional embroidery of India, famous cities for embroidery.	35
III	Traditional textiles of India	35
Continuous Evaluation Methods: Test and Presentation		

Shweta Tyagi
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Fourth
Name of Faculty: Ms. Himani Vishnoi		
Course Title: GUIDANCE AND COUNSELING	Credits: 6+4	
Course Code: G-4030	Core Compulsory	
Max. Marks: 100+25	Theory + Practical	
Course Outcome: <ul style="list-style-type: none">• To introduce counseling• To understand the need for guidance in human development.		
Unit	Topics	No. of Lectures: 90
I	Counseling	15
II	Consumer Behavior and Problems	15
III	Guidance	10
IV	Organization of Guidance programme	10
V	Guidance Programmes	16
Practical		
I	Compile articles and research reviews on various aspects of guidance and their critical evaluation.	24
II	Assignment on Burning Issues of the family and child	
Continuous Evaluation Methods: Test and Presentation		

Himani
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Fourth
Name of Faculty: Ms. Himakshi Kaushik		
Course Title: FAMILY HOUSING AND INTERIOR DECORATION	Credits: 6+4	
Course Code: G-4031	Core Compulsory	
Max. Marks: 100+25	Theory + Practical	
Course Outcome: <ul style="list-style-type: none">• To impart knowledge within students related to family housing and finance.• Enabling the students to understand the principles and skills used in interior decoration.		
Unit	Topics	No. of Lectures: 90
I	Family Housing	5
II	House Planning	15
III	Housing Finance and Construction	15
IV	Design	15
V	Furniture & Furnishings	12
Practical		
I	Architectural Symbol & house plans for different income groups	28
II	Showing furniture arrangement in various rooms.	
III	Drawing colour wheel, value chart and colour planning of different rooms.	
Suggested Readings <ul style="list-style-type: none">• Deshpande, R.S. (1943): Build your own Home, 6th Ed. United Book Corporation, Poona.• Anna H. Rutt: Home Furnishing, John Wiley Eastern Private Ltd. N. Y.• Gross Crandall: Management for Modern Families : Wiley Eastern Ltd. New Delhi.		
Continuous Evaluation Methods: Test and Presentation		

*Row
g. Kaushik
Self Attested,*

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Fourth
Name of Faculty: Dr. Shweta Tyagi		
Course Title: FAMILY DYNAMICS	Credits: 6	
Course Code: G-4031	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• To impart knowledge within students related to family housing and finance.• Enabling the students to understand the principles and skills used in interior decoration.		
Unit	Topics	No. of Lectures: 90
I	Family	20
II	Burning Issues of the family and child	20
III	Empowering Parents	15
IV	Theories of Child Behavior	20
V	Modern trends and future of families changing roles and relationship.	15
Continuous Evaluation Methods: Test and Presentation		

Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Fourth
Name of Faculty: Ms. Himani Vishnoi		
Course Title: GUIDANCE AND COUNSELING	Credits: 6+4	
Course Code: G-4030	Core Compulsory	
Max. Marks: 100+25	Theory + Practical	
Course Outcome: <ul style="list-style-type: none">• To introduce counseling• To understand the need for guidance in human development.		
Unit	Topics	No. of Lectures: 90
I	Counseling	15
II	Consumer Behavior and Problems	15
III	Guidance	10
IV	Organization of Guidance programme	10
V	Guidance Programmes	16
Practical		
I	Compile articles and research reviews on various aspects of guidance and their critical evaluation.	24
II	Assignment on Burning Issues of the family and child	
Continuous Evaluation Methods: Test and Presentation		

Himani
Self Attested

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Fourth
Name of Faculty: Ms. Himakshi Kaushik		
Course Title: FAMILY HOUSING AND INTERIOR DECORATION	Credits: 6+4	
Course Code: G-4031	Core Compulsory	
Max. Marks: 100+25	Theory + Practical	
Course Outcome: <ul style="list-style-type: none">• To impart knowledge within students related to family housing and finance.• Enabling the students to understand the principles and skills used in interior decoration.		
Unit	Topics	No. of Lectures: 90
I	Family Housing	5
II	House Planning	15
III	Housing Finance and Construction	15
IV	Design	15
V	Furniture & Furnishings	12
Practical		
I	Architectural Symbol & house plans for different income groups	28
II	Showing furniture arrangement in various rooms.	
III	Drawing colour wheel, value chart and colour planning of different rooms.	
Suggested Readings <ul style="list-style-type: none">• Deshpande, R.S. (1943): Build your own Home, 6th Ed. United Book Corporation, Poona.• Anna H. Rutt: Home Furnishing, John Wiley Eastern Private Ltd. N. Y.• Gross Crandall: Management for Modern Families : Wiley Eastern Ltd. New Delhi.		
Continuous Evaluation Methods: Test and Presentation		

Ravi
Self Attested,

Curriculum Teaching Plan

Department of Home Science

Programme: MA	Year: II	Semester: Fourth
Name of Faculty: Dr. Shweta Tyagi		
Course Title: FAMILY DYNAMICS	Credits: 6	
Course Code: G-4031	Core Compulsory	
Max. Marks: 50+50	Theory	
Course Outcome: <ul style="list-style-type: none">• To impart knowledge within students related to family housing and finance.• Enabling the students to understand the principles and skills used in interior decoration.		
Unit	Topics	No. of Lectures: 90
I	Family	20
II	Burning Issues of the family and child	20
III	Empowering Parents	15
IV	Theories of Child Behavior	20
V	Modern trends and future of families changing roles and relationship.	15
Continuous Evaluation Methods: Test and Presentation		

Self Attested