

**Department of Home Science**  
**Faculty of Science**  
**Siddharth University**



**Syllabus of B.A. Home Science**  
**(04 years degree programme)**  
**(CBCS NEP)**

**(Board of Studies conducted on 20.08.2025)**

**Department of Home Science,  
Faculty of Science,  
Siddharth University, Kapilvastu, U.P. 272202**

**B.A. Home Science 4 years (3+1) UG degree Program**

Year	Course code	Sem	Courses	Credits	Credits per year
<b>I</b>	BHOSC - 111	<b>I</b>	Fundamentals of Nutrition and Human Development	4+0	06
	BHOSC - 112		Healthy recipe development and Food Preparation	0+2	
	BHOSC - 121	<b>II</b>	Introduction to Clothing and Textile and Resource Management	4+0	06
	BHOSC - 122		Clothing and Textile	0+2	
<b>II</b>	BHOSC – 211	<b>III</b>	Advance Nutrition and Human Development	4+0	06
	BHOSC - 212		Human Development	0+2	
	BHOSC – 221	<b>IV</b>	Housing and Extension Education	4+0	06
	BHOSC - 222		Resource Planning and Decoration	0+2	
<b>III</b>	BHOSC-311	<b>V</b>	Surface Ornamentation of Fabrics	4+0	10
	BHOSC-312		Community Development and Programme Planning	4+0	
	BHOSC-313		Community Transformation	0+2	
	BHOSC-321	<b>VI</b>	Dietetics and Therapeutic Nutrition	4+0	10
	BHOSC-322		Entrepreneurship Development and Business Management	4+0	
	BHOSC-323		Therapeutic Diet Preparation and Nutrient Evaluation	0+2	
<b>IV</b>	BHOSC-411	<b>VII</b>	Interior Design and Decoration	3+0	16
	BHOSC-412		Apparel Designing Technique-Flat	3+0	

		Pattern and Draping		
BHOSC-413		Food Service and Hospitality Management	4+0	
BHOSC-414		Methods and Materials for Teaching Young Children	4+0	
BHOSC-415		Practical	0+2	
BHOSC-421	<b>VIII</b>	Industrial Training/ Internship/ Community Service	20	20
<b>OR</b>				
<b>For Students who secured 75% marks in first six semesters</b>				
<b>IV</b>	BHOSC- 422	<b>VIII</b>	Research Methodology and Statistics	4+0
	BHOSC- 423		Community Nutrition	4+0
	BHOSC- 424		Research Project	12
				20



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title: Fundamentals of Nutrition and Human Development**

**Course Code:** BHOSC - 111

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

To equip students with a basic understanding of human nutrition for supporting optimal development.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I</b> Selection, Nutritional Contribution And Changes During Cooking Of The Following Food Groups: <ul style="list-style-type: none"><li>• Cereals</li><li>• Pulses</li><li>• Fruits And Vegetables</li><li>• Milk &amp; Milk Products</li><li>• Eggs</li><li>• Meat, Poultry And Fish</li><li>• Fats And Oils</li></ul>	<b>12.5</b>
<b>UNIT II</b> <ul style="list-style-type: none"><li>• Cell And Digestive System</li><li>• Respiratory And Cardiovascular System</li></ul>	<b>12.5</b>
<b>UNIT III</b> <ul style="list-style-type: none"><li>• Food And Nutrition</li><li>• Food- Meaning, Classification And Function</li><li>• Nutrition- Concept Of Nutrition</li><li>• Nutrients-Macro And Micro, Sources And Deficiency Diseases.</li></ul>	<b>12.5</b>

<b>UNIT IV</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Cooking Methods- Methods, Advantages And Disadvantages</li> <li>• Preservation of Nutrients While Cooking.</li> <li>• Traditional Methods Of Enhancing Nutritional Value Of Foods</li> <li>Germination,</li> <li>• Fermentation, Food Synergy Etc.</li> </ul>	
<b>UNIT V</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Introduction To Human Development:</li> <li>• Concept, Definition And Need To Study Of Human</li> <li>• Development</li> <li>• Domains, Stages And Contexts Of Development</li> <li>• Principles Of Growth And Development</li> <li>• Determinants Of Development- Heredity And Environment</li> </ul>	
<b>UNIT VI</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Prenatal Development And Birth Process:</li> <li>• Conception, Pregnancy And Childbirth</li> <li>• Stages Of Birth</li> <li>• Types Of Delivery (Natural, C-Section, Breech, Home Vs.\ Assisted Delivery)</li> <li>• Physical Appearance And Capacities Of The New-Born</li> <li>• Factors Affecting Pre-Natal Development</li> </ul>	
<b>UNIT VII</b>	<b>12.5</b>
Infancy: <ul style="list-style-type: none"> <li>• Developmental Tasks during Infancy And Preschool Stage.</li> <li>• Physical and Motor Development.</li> <li>• Social And Emotional Development</li> <li>• Cognitive And Language Development</li> </ul>	
<b>UNIT VIII</b>	<b>12.5</b>
Early Childhood (Pre School) Years: <ul style="list-style-type: none"> <li>• Developmental Tasks during Early Childhood.</li> <li>• Physical And Motor Development</li> <li>• Social And Emotional Development</li> <li>• Cognitive And Language Development</li> </ul>	

**Course Outcomes:** The Student At The Completion Of The Course Will Be Able To:

- 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.

**Pedagogy for Course Delivery:** The Course Will Be Delivered In The Form Of Lectures And Discussions.

**Assessment/ Examination Scheme:**

Evaluation Scheme and Mode Will Be As Per the Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

**Textbooks/ References Books:**

- 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, Aahar evam poshan vigyan, Star Publications, Agra
- Dr. Devinasahai, Aahar vigyan, 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*.
- Aadhusnik vikasatmakmano vigyan , Shri Vinod Pustak mandir Agra Edition 3rd 2015

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# SIDDHARTH UNIVERSITY

## Kapilvastu. Siddharth Nagar (UP)- 272202

### Proposed Course For B.A. Home Science

**Course Title: Healthy Recipe Development and Food Preparation**

**Course Code: BHOSC - 112**

**Credit Units: 2**

**Level: Under Graduate**

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
-	-	2

#### **Course Objectives:**

- To provide students with practical skill to develop and prepare healthy, culturally appropriate and nutritionally balanced meals through a combination of hands-on cooking experiences.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b>	<b>25</b>
Basic Cooking Skills <ul style="list-style-type: none"><li>• Weighing Of Raw Materials</li><li>• Preparing Of Different Food Items Before Cooking</li></ul>	
<b>UNIT II:</b>	<b>25</b>
Preparation Of Various Dishes Using Different Methods Of Cooking <ul style="list-style-type: none"><li>• Boiling /Steaming</li><li>• Roasting</li><li>• Frying – Deep/Shallow</li><li>• Pressure Cooking</li><li>• Hot Air Cooking/Baking</li></ul>	
<b>UNIT III:</b>	<b>25</b>
Different Styles Of Cutting Fruits And Vegetables <ul style="list-style-type: none"><li>• Salad Decoration/Dressings</li></ul>	
<b>UNIT IV:</b>	<b>25</b>
Preparation Of Nutrient Rich Dishes <ul style="list-style-type: none"><li>• Protein Rich Dish</li><li>• Carbohydrate Rich Dish</li><li>• Fat Rich Dish</li></ul>	

<ul style="list-style-type: none"> <li>• Vitamins Rich Dish</li> <li>• Minerals</li> <li>• Fibers</li> </ul>	
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### **Course Outcomes:**

- Students Will Get Familiar With Different Methods Of Cooking
- Acquaint Students With Practical Knowledge Of Nutrient Rich Foods

### **Pedagogy For Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Dr. Brinda Singh, Manav sharir evam kriyavigyan panchsheel prakashan, Jaipur;2015,15th Ed.
- Dr. Nitu Singh, Prayogik grih vigyan, Sahitya prakashan, Agra
- 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

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# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title: Introduction to Clothing and Textile and Resource Management**

**Course Code:** BHOSC - 121

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To introduce students to the fundamental concepts of clothing and textiles science, including types of fibers, fabric and their properties.
- Encourage effective planning, organizing and evaluating household and personal resources for better living.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b>	<b>12.5</b>
Introduction <ul style="list-style-type: none"><li>• Introduction To Clothing And Textile</li><li>• Its importance In Day-To-Day Life</li><li>• Scope</li><li>• Classification Of Textile fiber On The Basis Of Their Source</li><li>• General Properties Of Fibers Primary and Secondary</li></ul>	
<b>UNIT II:</b>	<b>12.5</b>
Knowing Fibers-Manufacture, Processing, Properties And Uses Of <ul style="list-style-type: none"><li>• Cellulosic Fibers-Cotton, Linen</li><li>• Protein Fibers-Wool, Silk</li><li>• Synthetic/Manmade Fibers-Nylon, Polyester, Acrylic, Rayon</li></ul>	
<b>UNIT III:</b>	<b>12.5</b>
Yarn To Fabrics <ul style="list-style-type: none"><li>• Definition Of Yarn, Manufacture Of Yarn and yarn Properties</li><li>• Different Fabric Construction Techniques(Weaving, Knitting, Felting, Braiding, Non-Woven)</li></ul>	

<ul style="list-style-type: none"> <li>• Weaving of cloth-Terminologies and Steps in Weaving.</li> <li>• Types of Weaves-Basic And Decorative</li> </ul>	
<b>UNIT IV:</b>	<b>12.5</b>
Clothing Construction <ul style="list-style-type: none"> <li>• Tools for Clothing Construction</li> <li>• Introduction to Sewing Machines, Its Parts And Maintenance,</li> <li>• Importance of Drafting, Draping, Flat Pattern Techniques - Advantages &amp; Disadvantages</li> <li>• Fabric Preparatory Steps For stitching A Garment - Preshrinking, Straightening, Layout, Pinning, Marking And Cutting.</li> </ul>	
<b>UNIT V:</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Introduction To Home Management: Basic Concepts, Purpose and Obstacles Of Management.</li> <li>• Process Of Management – Planning, Organizing, Controlling And Evaluation.</li> <li>• Motivating Factors in management – Values, Goals and Standards – Definition and classification.</li> </ul>	
<b>UNIT VI:</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Resources, Decision Making &amp; Family Life Cycle: Meaning, Characteristics, Types And Factors Affecting The Use Of Resources.</li> <li>• Steps and Role Of Decision Making In Management.</li> <li>• Stages of family Life Cycle.</li> </ul>	
<b>UNIT VII:</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Time, Energy and Money Management: Time As A Resource, Steps In Making Time Plan, Tools And Aids In Time Management.</li> <li>• Energy as A Resource, Work Curve, Fatigue- Types, and Causative factors And Alleviating Techniques.</li> <li>• Family Income As A Resource, Sources Of Income And Expenditure And Saving.</li> <li>• Preparation of family Budget In View Of Family Income.</li> </ul>	
<b>UNIT VIII:</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Work Simplification And Household Equipments: Meaning and techniques Of Work Simplification,</li> <li>• Mundell's Classes of Change.</li> <li>• Principle, Use And Care Of Household Equipments Such As Pressure cooker, Mixer And Grinder, Refrigerator, Washing Machine, Vacuum Cleaner &amp; Solar Cooker</li> </ul>	

### **Course Outcomes:**

- Learn About Scope Of Textile And Clothing
- Understanding Why Fabrics Are Different
- Learn How Fabrics Can Be Manufactured
- Understand Basic Clothing Concepts And Garment Making
- Learn The Family Resource Management As A Whole.
- Understand The Decision Making And Use Of Resources Throughout The Family Life Cycle.
- Gain Knowledge about Time, Money & Energy As A Resource.
- Appreciate Household Equipments For Work Simplification

### **Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme and Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Colbmen P Bernard: Textiles Fiber To Fabric
- Hollen& Saddler: Introduction To Textile
- Joseph M: Introduction To Textiles
- Trotman: Textile Fiber Science
- Cutting Tailoring And Dress Making: National Open School, B-31-B Kailash Colony, New Delhi –1100048.
- Khanuja, Reena (2018) Grahv yavastha avam grahsajja. Agrawal Publications, Agra ISBN: 978-93-81124-96-3
- R Bhatia & C Arora (1999), Introduction To Clothing And Textile, Printed By Macho Printery, Raopura, Baroda.
- Complete Guide To Sewing By Reader's Digest: Published By The Reader's Digest Association (Canada) Ltd. Montreal-Pleasantville, NY, 2002.
- Deacon R.E. And Firebaugh F.M. (1998) Family Resource Management- Principles And application. N. Delhi.: Roy Houghton Mifflin Company.
- Faulkner, R. & Faulkner, S. (1961) Inside Today's Home. Rev. Ed. © Holt, Rinehart& Winston, Inc.
- Gross, I.H. And Crandall, E.H. (1967). Management For Modern Families. N. Delhi: Sterling Publishers ltd.
- Moorthy G. (Ed.). (1985). Home Management. N. Delhi.: Arya Publishers, Mullick, P. Text Book Of home Science. Ludhiana.:Kalyani Publishers.
- Nickell, P., And Dorsey, J, M. (2002). *Management In Family Living*. New Delhi:
- CBS Publishers (ISBN13: 9788123908519)
- Patni manju& Sharma Lalita, Grah prabandh, Star Publications Agra.

- Varma ,Pramila. Vastra vigyaan avam paridhan: Madhya Pradesh Hindi Granth academy,Bhopal.
- Varghese, M. A, Ogale, N. N And Srinivasan, K. (2001). Home Management.
- New Delhi. New Age International (P) Ltd.
- Varghese, M.A. Household Equipment Manual, S.N.D.T Women's University, Mumbai.
- Suggestive Digital Platforms Weblinks-
- Svayam Portal,
- <Http://Heecontent.Upsdc.Gov.In/Home.Aspx>

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
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# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title:** Clothing and Textiles

**Course Code:** BHOSC - 122

**Credit Units:** 2

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
	-	2

#### **Course Objectives:**

- To develop practical skills and foundational knowledge in the area of clothing construction, fabric identification, textile care and decorative techniques.
- Students will gain hands on experience in garment making and maintenance.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b> Identify Fibers And Fabrics <ul style="list-style-type: none"><li>• Fibre Identification Tests- Visual, Burning And Microscopic-Natural And Synthetic, Pure And Blended Fibres.</li><li>• Weaves Identification and understanding Their Usage</li></ul>	<b>25</b>
<b>UNIT II:</b> Learning To Stitch <ul style="list-style-type: none"><li>• Knowing How To Stitch-An Idea of straight-Line Stitching, Stitching on Curves and at Corners</li><li>• Basic Stitching-Temporary Stitching, Permanent And decorative Stitching</li></ul>	<b>25</b>
<b>UNIT III:</b> <ul style="list-style-type: none"><li>• Basic Sewing</li><li>• Seams-Plain Seams and Its Finishing, Run &amp; Fell Seam, French Seam</li><li>• Attaching Different Fasteners</li><li>• Disposal of Fullness-Darts, Gathers, Tucks And Pleats</li><li>• Neckline Finishing-Facing &amp; Binding</li></ul>	<b>25</b>

<b>UNIT IV:</b>	<b>25</b>
<b>Preparing Frock</b> <ul style="list-style-type: none"> <li>• Drafting, Cutting and Stitching Of Childs' basic Block and Sleeve Block.</li> <li>• Adaptation To “Gathered frock” With Peter Pan Collar And Puff Sleeves</li> </ul>	

### **Course Outcomes:**

- Ability To Identify Fibers And Fabrics
- Understanding Why Fabrics Are Different
- Learning Basic Sewing Skills
- Learn How Garments Are Stitched

### **Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme and Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Cutting Tailoring And Dress Making: National Open School, B-31-B Kailash Colony, New Delhi – 1100048.
- R Bhatia & C Arora (1999), Introduction To Clothing And Textile, Printed By Machoprintery, Raopura, Baroda.
- Complete Guide To Sewing By Reader's Digest: Published By The Reader's Digest association (Canada) Ltd. Montreal-Pleasantville, NY, 2002.
- Helen J Armstrong, Pattern Making For Fashion Design, Prentice Hall
- Gerry Cooklin, Introduction To Clothing Manufacture, Blackwell Science, UK, 1991
- Metric Pattern Cutting &Grading By Winfred Aldrich.
- Khanuja, Reena. Vastra vigyaan ke sidhant, Agrawal Publication, Agra.
- Suggestive Digital Platforms Weblinks-
- Svayam Portal,

<u>Record Matrix</u>	
<u>To be Filled By Institution</u>	
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# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title: Advance Nutrition and Human Development**

**Course Code:** BHOSC - 211

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To provide in depth knowledge of human nutritional requirements across the life cycle and their impact on physical, cognitive, emotional and overall development.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I</b>	<b>12.5</b>
• Meal Planning- Definition , Importance , Factors Affecting Meal planning , Balanced Diet , RDA	
<b>UNIT II</b>	<b>12.5</b>
• Nutrition During Infancy And Childhood- Nutrition Requirement, RDA And Diet Plan	
<b>UNIT III</b>	<b>12.5</b>
• Nutrition During Adolescence, Adulthood And Old Age. Nutrition Requirement, RDA And Diet Plan	
<b>UNIT IV</b>	<b>12.5</b>
• Nutrition During Special Condition Pregnancy And Lactation • Nutrition Requirement, RDA And Diet Plan	

<b>UNIT V</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Middle Childhood Years</li> </ul> <p>Developmental Tasks And Characteristics Of Middle Childhood Period</p> <p>-Physical And Motor Development</p> <p>-Social &amp; Emotional Development</p> <p>-Cognitive Development</p> <p>-Language Development</p>	
<b>UNIT VI</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Puberty And Adolescence</li> </ul> <p>Development Tasks And Characteristics</p> <p>Significant Physical Physiological And Hormonal Changes In Puberty. Self And Identity, Factors Influencing Identity &amp; Personality development.</p> <p>Family And Peer Relationship Problems – Drug And Alcohol Abuse, STD, HIV/AIDS, Teenage pregnancy.</p>	
<b>UNIT VII</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Cognitive, Language And Moral Development During Adolescence:</li> </ul> <p>-Perspective On Cognitive Development, Development Of intelligence And Creativity</p> <p>-Adolescent Language</p> <p>-Adolescent Morality</p>	
<b>UNIT VIII:</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>• Introduction To Adulthood:</li> </ul> <p>-Concept, Transition From Adolescence To Adulthood</p> <p>-Developmental Tasks Of Adulthood</p> <p>-Physical And Physiological Changes From Young Adulthood To Late Adulthood</p> <p>-Responsibilities And Adjustments-Educational, Occupational, Marital And Parenthood</p>	

### **Course Outcomes:**

The Student At The Completion Of The Course Will Be Able To:

- Create Awareness About Importance Of Healthy Meal At Various Stages Of Life Cycle.
- Inculcate Healthy Eating Practices Among Students
- Develop Skill Of Meal Planning For Different Physiological Groups
- Explain The Physical & Psychological Changes During Middle Childhood, Adolescent And Adulthood Stage.
- Identify The Biological And Environmental Factors Affecting Personality.

- Learn About the Characteristics, Needs And Developmental Tasks Of Middle Childhood Years, Adolescent & Adulthood Stage

**Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

**Assessment/ Examination Scheme:**

Evaluation Scheme and Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

**Textbooks/ References Books:**

- Sheel Sharma , “Nutrition And Diet Therapy, Peepee Publishers , New Delhi ; 2014
- Ankita Gupta “ Text Book Of Nutrition” Medico Refresher Publisher, Agra, 2018
- Subhangini A Joshi; Nutrition And Dietetics, Mc Graw Hill Education, Private Ltd.
- Kumud Khanna, “Text Book Of Nutrition And Dietetics”, Elite Publishing House Pvt. Ltd, New Delhi, 2013, 7th Ed.
- Swaminathan M, " Essentials Of Food And Nutrition Vol I And II
- Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).
- Ambron S.R. Child Development Holt, Renehart And Winston 1978 (Iind Edition).
- Mussen P.H. Conger J.J. Kagan J And Huston A.C. 1990. Child Development And Personality (VI Edition) Harper And Row Publishers New York.
- Boeknek G. Human Development Brook And Cole Publishing Company 1980.
- Aadhnunik vikasatmakmanovigyan , Shri Vinod Pustak mandir Agra Edition 3rd 2015
- Harpalani. Aahar vigyaan avam upcharatmak poshan, Star Publications ,Agra.
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- <Http://Heecontent.Upsdc.Gov.In/Home.Aspx>

<b><u>Record Matrix</u></b>	
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<b>Percentage of revision:</b>	<b>As per approved limit</b>



# SIDDHARTH UNIVERSITY

## Kapilvastu. Siddharth Nagar (UP)- 272202

### Proposed Course For B.A. Home Science

**Course Title: Human Development**

**Course Code:** BHOSC – 212

**Credit Units:** 2

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
	-	2

#### **Course Objectives:**

- To provide students with hands-on experience in observing, understanding, and assessing the physical, cognitive, emotional, and social development of individuals across different life stages.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b> <ul style="list-style-type: none"><li>• Preparation of an Album on Developmental Milestones Of children.</li><li>• Prepare Child Literature.</li><li>• Visit To Child Care Centers/ Anganwadi</li></ul>	<b>25</b>
<b>UNIT II:</b> <ul style="list-style-type: none"><li>• Study of Physical, Social, Emotional, Cognitive, Language development (Any Two).</li><li>• Observations Of Child Rearing Practices In Families From different Social Classes</li></ul>	<b>25</b>
<b>UNIT III:</b> <ul style="list-style-type: none"><li>• Interviews Of Adolescent Girls And Boys To Understand Their Lifestyle, Behavior And Problems</li></ul>	<b>25</b>
<b>UNIT IV:</b> <ul style="list-style-type: none"><li>• Carry Out Case Studies To Know More About The Different Life Stages, E.G., School Going Children, Adolescents, Young Adults.(Any Two)</li></ul>	<b>25</b>

**Course Outcomes:**

- Learn To Cope Up With Adolescent And Adulthood Problems.
- Understand And Handle Development Related Issues More Efficiently.
- Able To Know Human Behavior.
- Understand Individual Differences

**Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

**Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

**Textbooks/ References Books:**

- Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).Ambron S.R. Child Development Holt, Renehart And Winston 1978 (Ind Edition).
- Mussen P.H. Conger J.J. Kagan J And Huston A.C. 1990. Child Development And Personality (VI Edition) Harper And Row Publishers New York.
- Boeknek G. Human Development Brook And Cole Publishing Company 1980.
- Aadhusnik vikasatmak manovigyan , Shri Vinod Pustak mandir Agra Edition 3rd 2015
- Suggestive Digital Platforms Web Links- Epg- Pathshala, Inflibnet, IGNOU& UPRTOU
- Online Study Material.
- Svayam Portal,
- <Http://Heecontent.Upsdc.Gov.In/Home.Aspx>

<u>Record Matrix</u>	
<u>To be Filled By Institution</u>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title: Housing & Extension Education**

**Course Code:** BHOSC – 221

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To enable students to understand the principles of planning, designing, and maintaining a functional and sustainable home environment.
- It also aims to equip students with knowledge of extension education methods to effectively communicate and disseminate information related to housing, family welfare, and community development.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I</b>	<b>12.5</b>
<ul style="list-style-type: none"><li>• Housing: Needs Of A House, Difference Between House &amp;Home, Way To Acquire House (Own &amp; Rented).</li><li>• Factors influencing Selection And Purchase Of House And Site For Housebuilding.</li></ul>	
<b>UNIT II</b>	<b>12.5</b>
<ul style="list-style-type: none"><li>• House Planning: Principles Of House Planning,</li><li>• Planning different Residential Spaces in A House. Planning House for different Income Groups.</li></ul>	
<b>UNIT III</b>	<b>12.5</b>
<ul style="list-style-type: none"><li>• Interior Designing: Introduction to Interior Designing.</li><li>• Importance of Good Taste. Objective of Interior Decoration.</li><li>• Elements of Design – Line, Shape, Texture, Color, Pattern,</li></ul>	

<p>Light &amp; Space.</p> <ul style="list-style-type: none"> <li>Principle Of Design- Proportion, Balance, Rhythm, Emphasis, Harmony</li> </ul>	
<b>UNIT IV</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Home Decors: Furniture, Furnishings (Curtain, Draperies, Floor Coverings, Wall Celing, Lighting,</li> <li>Accessories (Wall painting, Mirrors, Wall Art, Sculpture &amp; Antiques, Flower arrangements) Etc.</li> </ul>	
<b>UNIT V</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Extension Education: Meaning, Concepts, Objectives, Scope,</li> <li>Principles, Philosophy of Extension Education.</li> <li>Early extension Efforts in India. Formal &amp; Non-Formal Education.</li> </ul>	
<b>UNIT VI</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Extension Teaching &amp; Learning:</li> <li>Role And Qualities of an extension Worker.</li> <li>Steps In Extension Teaching Process,</li> <li>Criteria for Effective Teaching &amp; Learning.</li> </ul>	
<b>UNIT VII</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Communication &amp; Extension Teaching Methods:</li> <li>Definition, Importance, Characteristics, Elements, Models &amp;Challenges in Communications.</li> <li>Relationship Between communication, Extension &amp; Development.</li> <li>Extension Teaching Methods- Classification,</li> <li>Factors Guiding the Selection &amp; Use Of Extension Teaching Methods</li> </ul>	
<b>UNIT VIII</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Audio- Visual Aids: Definition, Importance,</li> <li>Classification, Selection, Preparation &amp; Effective Use of Audio-Visual Aids.</li> </ul>	

### Course Outcomes:

- Grasp Knowledge Of Housing Need & Selection Of Site In Real Life Situations.
- Comprehending Housing Plans for Residential Purpose.
- Appreciate Principles of Design and the Contributing Factors to Refine Personal aesthetic Senses.
- Learn The Widening Concepts Of Extension Education.
- Develop Understanding for Effective Teaching and Learning.

- Comprehend The Various Effective Communication Methods.
- Gain Skills To Use Technologically Advanced Audio-Visual Aids.

### **Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Khanuja, Reena (2018) Grah yavastha avam grahsajja. Agrawal Publications, Agraisbn: 978-93-81124-96-3
- Patni manju& Sharma Lalita, Grah prabandh, Star Publications agra.
- Cherunilam, F., &Hedgade, O. D. (1987). *Housing In India*. Bombay: Himalaya Publishing House.
- Craig, H.T. And Rush, O.D. (1966). Homes With Character. Heath, 1966.
- Faulkner, R. & Faulkner, S. (1961) Inside Today's Home. Rev. Ed. © Holt, Rinehart& Winston, Inc.
- Goldstein. H & Goldstein V. (1954). Art In Everyday Life Macmillan Publishers.
- Rutt, A.H. (1963) Home Furnishing. John Wiley & Sons, Inc.;
- Supriya, K.B. (2004). Landscape Gardening And Designing With Plants. Pointer Publishers.
- Teresa, P. Lanker. (1960). Flower Arranging: Step-By-Step Instructions For Everyday Designs. Floristreview
- Aggarwal, R. (2008). "Communication- Today And Tomorrow", New Delhi.: Sublime company
- Dubey V.K, Srivastava Archana, Agrawal Garima, Grah vigyan prasaravam. Sampreshan. Star Publications Agra.
- Harpalni B.D. Patni.Manju, ( Prasarshikshaavam Sanchar) Star Publications, Agra.ISBN 978-93-81246
- Shaw Geetapushp, Shaw Jois Sheela, Prasarshiksha , Vinod Pustak mandir Agra.
- ISBN 81-7457-104-3
- Dahama, O.P., &Bhatnagar, O.P.[1998]. "Education And Communication For Development". New Delhi. - Oxford And IBH Publishing Co. Pvt.Ltd.
- Jaipal Singh." Prasar shiksha avam gramin vikas" SR Scientific Publications, Agra
- Reddy, A. [1987]. "Extension Education". Bapatha, Andra Pradesh, India.:Sreelekshmi Press.
- Supe A.N. (1983). An Introduction To Extension Education. Delhi: Oxford IBH Publishing
- 2. Suggestive Digital Platforms
- Weblinkshttp://
- Heecontent.Upsdc.Gov.In/Home.Aspx

<u>Record Matrix</u>	
<u>To be Filled By Institution</u>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# SIDDHARTH UNIVERSITY

## Kapilvastu. Siddharth Nagar (UP)- 272202

### Proposed Course For B.A. Home Science

**Course Title:** Resource Planning and Decoration

**Course Code:** BHOSC - 222

**Credit Units:** 2

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
	-	2

#### **Course Objectives:**

- To provide students with practical knowledge and skills in the effective planning, organization, and utilization of resources in the home.
- It also aims to enhance creativity and aesthetic sense in interior decoration.
- Through hands-on activities, students will learn techniques of budgeting, time and energy management, space planning, color schemes, furniture arrangement, and the use of decorative elements to create functional and visually pleasing living environments.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b>	<b>25</b>
• Preparation of Time Plans for Self And Family. • Drafting Family Budget for Different Income Groups.	
<b>UNIT II:</b>	<b>25</b>
• Market Survey Of Household Equipments- (Pressure cooker, Toaster, Gas Stove, Mixer & Grinder, Refrigerator, Washing Machine, Microwave, Solar cooker)	
<b>UNIT III:</b>	<b>25</b>
• Draw House Plans Standard Specifications & Furniture layout.	
<b>UNIT IV:</b>	<b>25</b>
• Preparation Of Color Wheels & Color Schemes. • Flower Arrangement & Floor Decoration (Rangoli)- • Application Of Design Principles And Elements Of Art ,Innovation Of New Styles.	

**Course Outcomes:**

- Developing Skills for Making Time Plan For Effective Balance Of Work & Leisure.
- Plan & Prepare Budget For The Family.
- Incorporate Appropriate Work Simplification In Using Household Equipments.
- Develop Understanding For House Planning & Decoration.

**Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

**Assessment/ Examination Scheme:**

Evaluation Scheme and Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

**Textbooks/ References Books:**

- Alexander. N.J., (1972). Designing Interior Environment. New York: Harcourt Brace,
- Bhargava, B. (2005). Family Resource Management And Interior Decoration, Jaipur:Apple Printer And V. R. Printers.
- Faulkner, R., And Faulkner, S. (1975). Inside Today's Home, New York: Rinehart.
- Gandotra, V., And Jaiswal, N. (2008). Management Of Work In Home, New Delhi:
- Dominant Publishers And Distributors. (ISBN No. 81-7888-526-3)
- Harmon. S., And Kennon, K. (2018). The Codes Guidebook For Interiors (5th ed.). Newyork: Wiley (ISBN: 978-1-119-34319-6)
- Johanovich Inc. Ball, V. K. (1982). Art Of Interior Design. New York: John Wiley & Sons.
- Leach, S. D. (1978). Techniques Of Interior Design Rendering And Presentation (1st ed.). Architectural Record Books (ISBN-13: 978-0070368057)
- Mohanty, A.B. (1985). Guide To House Buildings. New Delhi: Inter India Publications
- Patni manju& Sharma Lalita, Grah prabandh, Star Publications agra.
- Suggestive Digital Platforms Weblinks-
- Bit.Ly/3fjfghi
- <Https://Bit.Ly/39mtwgq>
- <Https://Bit.Ly/2joxb2e>
- <Https://Bit.Ly/3ljkrfw>.
- Svayam Portal,
- <Http://Heecontent.Upsdc.Gov.In/Home.Aspx>

<b>Record Matrix</b>	
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<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title:** Surface Ornamentation of Fabrics

**Course Code:** BHOSC - 311

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To develop students' creative and technical skills in enhancing the aesthetic appeal of fabrics through various surface ornamentation techniques.
- The course focuses on embroidery, fabric painting, tie and dye, block printing, appliquéd, and other decorative techniques.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I</b>	<b>12.5</b>
Techniques Of Creating Variety On Fabrics <ul style="list-style-type: none"><li>• Weaving</li><li>• Finishing Of Fabrics</li><li>• Dyeing Of Fabrics</li><li>• Printing Fabrics</li><li>• Embroidery And Other Decoration Methods</li></ul>	
<b>UNIT II</b>	<b>12.5</b>
Finishes <ul style="list-style-type: none"><li>i. Classification Of Fabric Finishes</li><li>ii. Study Of Purpose and Process Of Finishes<ul style="list-style-type: none"><li>• General Purpose Finishes-Bleaching, Mercerization, Calandering, Sanforization, Tentering, Singeing, Scouring</li><li>• Functional Finishes</li></ul></li></ul>	

<b>UNIT III</b>	<b>12.5</b>
Dyeing <ul style="list-style-type: none"> <li>Classification Of Dyes- Natural V/S Synthetic, Advantages And Limitations</li> <li>Theory Of Dyeing</li> <li>Properties and Use Of Dyes-Basic, Acidic, Direct, Azoic, Natural, Sulphur,Vat, Disperse And Reactive Dyes <ul style="list-style-type: none"> <li>Resist Dying Techniques-Tie &amp; Die, Batik</li> </ul> </li> </ul>	
<b>UNIT IV</b>	<b>12.5</b>
Printing <ul style="list-style-type: none"> <li>Direct Printing- Block, Screen, Stencil, Roller</li> <li>Transfer Printing</li> <li>Discharge Printing, Resist Printing</li> <li>Polychromatic, Inkjet And Digital Printing Techniques</li> <li>After treatment Of Dyed And Printed Goods</li> </ul>	
<b>UNIT V</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Traditional Embroideries: Meaning And Status Of Traditional Crafts in India,</li> <li>Knowing About The Traditional Embroideries Of Different States - Zardozi, Kashida Of Kashmir, Phulkari Of Punjab, Kantha Of Bengal, Chikankari, Kasuti, Of UP, Sindh And Kutch Work Of Gujarat..</li> </ul>	
<b>UNIT VI</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Traditional Textiles: Knowing The Traditional Textiles of different States Of India</li> <li>Woven Fabrics- Baluchars, Brocades,Kashmir Carpets, Patola, Ikat, Pochampalli, Chanderi</li> <li>Printed, Painted And Dyed-Sanganeri, Bhagru, Kalamkari, Madhubani, Bandhani.</li> </ul>	
<b>UNIT VII</b>	<b>12.5</b>
Water <ul style="list-style-type: none"> <li>Water And Its Uses In Textile Industry , Properties,</li> <li>Types Of Water Used For Processing</li> <li>Hardness and Removal of Hardness Of Water.</li> </ul>	
<b>UNIT VIII</b>	<b>12.5</b>
Laundry And Dry Cleaning Of Fabrics And Garments <ul style="list-style-type: none"> <li>Methods Of Laundry And Dry Cleaning</li> <li>Dry Cleaning process</li> <li>Reagents Of Laundry-Blues, Bleaches, Optical brighteners, Stiffening</li> </ul>	

Agents <ul style="list-style-type: none"> <li>• Types Of Soaps And Detergents</li> <li>• Cleaning Action Of Soaps And Detergents.</li> </ul>	
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### **Course Outcomes:**

Knowing Why Fabrics Look Differently

- Identify the Different Techniques Of Fabric From Surface
- Learn About Finishes Done On Fabrics
- Knowing About Dyeing Fabrics
- Learn How Printing on Fabrics Is Carried
- Knowing the Traditional Embroideries of India
- Identifying Traditional Textiles of Different States
- Knowing the Importance of Appropriate Laundry Method

### **Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme and Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Marsh JT: Textile Finishes
- Trotman Er: Dyeing And Chemical Technology Of Fibres
- Joseph M: Introduction To Textiles
- Corbman P Bernard: Textiles- Fibre To Fabric
- Hollen& Saddler: Introduction To Textile
- J. Hall: The Standard Hand Book Of Textiles, Wood Head Publication, 2004
- J.E. Smith: Textile Processing –Printing, Dyeing, Abhishek Publishing, 2003
- Kate Broughton: Textile Dyeing, Rockport Publishers, 1996
- W.S. Murphy: Textile Finishing, Abhishek Publication, 2000
- Naik.D. Shailaja: Traditional Embroideries Of India, New Age International Publishers, 1996
- Naik.D. Shailaja, Jacquie.A.Willson: Surface Designing Of Textile Fabrics, New Age international Publishers,2006
- Bhargav, Bela. Vastra vigyaan, Univ. Book House Pvt. Avamdhulaikala, University Book Housepvt Ltd. Jaipur
- Patni .Manju, Vastra vigyaan avam paridhan ka parichay ,Star Publications, Agra.
- A Compendium of Indian Handicrafts and Handlooms covered under Geographical Indications (GI), Ministry of Textiles, Govt. of India, New Delhi, 204p.

- Kale, Smita. Kashmir to Kanyakumari Indian Embroidery: State. State Embroidery of India. Publisher- Author House, ISBN -10: 1456779532, ISBN -13: 978-1456779535
- Naik, S.D. (2012). Traditional Embroideries of India, New Delhi: APH Publishing Corporation.
- Naik, S.D. (1997). Folk embroidery and traditional handloom weaving, New Delhi: APH Publishing Corporation.
- Pauline, B. (2016). Encyclopedia of Embroidery Techniques, A unique visual directory of all the major embroidery techniques, plus inspirational examples of traditional and innovative finished work, 176 p, ISBN-10: 1782214755
- Rai, I. (2008). Indian Embroidery and Textiles (First Edition). Jodhpur: Books Treasure
- Suggestive Digital Platforms Weblinks-
- Swayam Portal,
- <Http://Heecontent.Upsdc.Gov.In/Home.Aspx>

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title: Community Development and Programme Planning**

**Course Code:** BHOSC – 312

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- The objective of this course is to equip students with the knowledge, skills, and understanding necessary for promoting sustainable community development.
- It aims to familiarize students with the principles, approaches, and methods of community development and enable them to effectively plan, implement, and evaluate development programmes.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I</b> <ul style="list-style-type: none"><li>• Community Development: Meaning, Definition, Functions, Objectives, Philosophy,</li><li>• Principles of Community Development Programme In India.</li></ul>	<b>12.5</b>
<b>UNIT II</b> <ul style="list-style-type: none"><li>• Community Development Organization: Meaning, Types, Principles,</li><li>• Role &amp; Administrative Structure at the National, State, District, Block &amp; Village Levels.</li></ul>	<b>12.5</b>
<b>UNIT III</b> <ul style="list-style-type: none"><li>• Home Science Extension Education In Community Development: Origin, Concept, Need,</li></ul>	<b>12.5</b>

<ul style="list-style-type: none"> <li>Importance and Contribution Of Home Science Extension Education In National Development.</li> </ul>	
<b>UNIT IV</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Recent Development Programme For Women &amp; Children: Support To Training &amp; Employment For Women (STEP), Swarn jayanti Gram Swarojgar yogna (SGSY), Integrated Child Development Services (ICDS) Etc.</li> </ul>	
<b>UNIT V</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Support Service Of Youth Development: NCC, NSS, Youth Camp Youth Clubs Etc</li> </ul>	
<b>UNIT VI</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>NGO &amp; Others: Contribution Towards Community Services,</li> <li>Types &amp; Role of NGO - WHO, CARE, UNICEF, UNESCO, UNDP, CRY, HELP-AGE INDIA.</li> </ul>	
<b>UNIT VII</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Leadership: Concept, Definitions, Types, Importance,</li> <li>Function and Role Of Community Leaders.</li> <li>Methods Of Identifying And Training Of Leaders</li> </ul>	
<b>UNIT VIII</b>	<b>12.5</b>
<p>Programme Planning: Programme Planning Component cycle And Its Components-</p> <ul style="list-style-type: none"> <li>Designing the Project – Defining the Objectives, Identifying Resources, Approach, Feasibility And Work Plan.</li> <li>Implementation.</li> <li>Monitoring And Evaluation</li> </ul>	

### **Course Outcomes:**

- Understand The Community Development Dynamics & Organizing System For Development.
- Create Awareness About The Various Development Programs.
- Identify The Leadership Pattern In The Community.
- Impart Skills To Implement Monitor & Evaluate Program.

### **Pedagogy For Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Clark John. (1991). Voluntary Organizations: Their Contribution To Development. London:Earth Scan
- Dahama, O.P., & Bhatnagar, O.P. "Extension & Rural Welfare". New Delhi: Oxford Andibh Publishing Co. Pvt. Ltd.
- Ghosh Bholanath, (1996), "Rural Leadership & Development" Mohit Publications, Newdelhi.
- Julie Fisher. (2003). Governments, NGO's And The Political Development Of The Thirdworld. Jaipur: Rawat Publications
- Mohsion nadeem, (1985), "Rural Development Through Government Program" Mittal publications New Delhi.
- Manjupatni & Harpalini, (2018) Prasar shiksha avam sanchar, Star Publications, Agra.
- Reddy, A [1987]. "Extension Education". Bapatha, Andra Pradesh, India.:Sree lekshmi press.
- Ravi Shankar Kumar Singh. (2003). Role Of NGO's In Developing Countries (Potentials, Constraints And Policies). New Delhi: Deep & Deep Publications (P) Ltd
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- <Https://Bit.Ly/3l3Ayaj>
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- <Https://Www.Un.Org/En/Universal-Declaration-Human-Rights/>
- <Https://Www.Un.Org/Womenwatch/Daw/Cedaw/Text/Econvention.Htm>
- <Https://Www.Ohchr.Org/EN/Professionalinterest/Pages/CRC.Aspx>
- <Https://Www.Undp.Org/Content/Undp/En/Home/Sustainable-Development-Goals.Html>
- <Https://Bit.Ly/39ROD8X>
- <Https://Www.Unicef.Org/>
- <Https://Www.Who.Int/About> <Https://Www.Careindia.Org/>

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title:** Community Transformation

**Course Code:** BHOSC - 313

**Credit Units:** 2

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
	-	2

#### **Course Objectives:**

- To provide students experience in identifying community needs, mobilizing local resources, and implementing participatory activities that contribute to positive social change.
- The course emphasizes the development of practical skills in communication, leadership, group dynamics, and community engagement

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b>	<b>25</b>
Identify The Target Group & Their Relevant Issues I.E. Help Nutrition, Education, Women's & Family Issues followed By Preparing A Report.	
<b>UNIT II:</b>	<b>25</b>
Observe & Critical Analysis Nearby Community Of Women & Children Related Welfare Program Followed By The Preparation Of Report.	
<b>UNIT III:</b>	<b>25</b>
Prepare & Learn The Use Of Audio-Visual Aids.	
<b>UNIT IV:</b>	<b>25</b>
Identity To Create Awareness On The Existing contemporary Issues. Develop A Script In The Folk Drama (Nukkadnatak) Format To Perform In The Target Group.	

#### **Course Outcomes:**

- Address & Resolve Women & Family Related Issues.
- Make Use Of Audio-Visual Aids In Planning & Conducting Group Communication
- Understand The Role Of Government Bodies In Development Of The Community.

- Organizing People For Their Own Development.

**Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

**Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

**Textbooks/ References Books:**

- Mondal sagar, Misra OP (2018) “Fundamentals Of Extension Education & Rural Development”, Kalyani Publications, New Delhi.
- Mortiss PD (1988) Agricultural Extension- Practical Manual” Department Of Primary industries, Queens Land Government.
- Pradhan.K. Varaprasad.C (2018) Glimpses Of Practical In Extension Education, New india Publishing Agency. New Delhi
- Jaipal Singh.” Prasar shiksha avam gramin vikas” SR Scientific Publications, Agra
- Suggestive Digital Platforms Weblinkshttps://
- Bit.Ly/3922ZTH
- Svayam Portal,
- <Http://Heecontent.Upsdc.Gov.In/Home.Aspx>

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title:** Dietetics and Therapeutic Nutrition

**Course Code:** BHOSC - 321

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- The objective of this course is to provide students with in-depth knowledge of the role of diet in the prevention and management of various diseases and health conditions.
- It aims to equip students with the skills to assess nutritional needs, plan therapeutic diets, and modify normal diets to meet specific medical and physiological requirements.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I</b>	<b>12.5</b>
Introduction A) Definition Of Health Dietetics And Therapeutic Nutrition B) Importance Of Diet Therapy C) Facts About Fast Foods/Junk Foods D) Objectives Of Therapeutic Diet E) Principles Of Diet Therapy	
<b>UNIT II</b> Diet And Feeding Methods A) Modification Of Normal Diets For Therapeutic Purposes B) Methods Of Modification -On The Basis Of Nutrients -On Basis Of Consistency C) Different Feeding Methods - Oral Feeding	<b>12.5</b>

-Tube Feeding	
<b>UNIT III</b>	<b>12.5</b>
Energy Metabolism A) The Calorific Value Of Food B) Measurement Of Energy Exchange In The Body - Direct Calorimeter -Indirect Calorimeter C) Factors Influencing The Basal Metabolic Rate D) Factors Influencing The Total Energy Requirement.	
<b>UNIT IV</b>	<b>12.5</b>
Diet During Fevers And Infections A) Introduction To Fever –Acute Fever –Chronic Fever B) Important Changes In Nutrition During Fever C) Modification Of The Diet	
<b>UNIT V</b>	<b>12.5</b>
Diet During Digestive System Disorders A) Peptic Ulcers–Causes, Symptoms And Diet Modification B) Diarrhea And Constipation –Causes, Treatment And Diet Modification	
<b>UNIT VI</b>	<b>12.5</b>
Weight Management A) Overweight And Obesity –Introduction To Obesity –Causes Of Obesity –Diet Modification B) Underweight –Causes –Treatment –Diet Therapy.	
<b>UNIT VII</b>	<b>12.5</b>
Therapeutic Diets In Cardiac Diseases A) Atherosclerosis –Introduction –Dietary Factors Influencing Lipid Level In Blood –Modification Of Diet And Meal Pattern B) Hypertension –Causes And Symptoms –Diet In Hypertension	
<b>UNIT VIII</b>	<b>12.5</b>

<p>Endocrinological Disorders</p> <p>A) Introduction To Endocrinology</p> <p>B) Various Endocrine Glands And Their Functions : Thyroid, Adrenal And Pancreas</p> <p>C) Diabetes Mellitus—Occurrence Types, Symptoms, Metabolic Changes, Dietary Modification And Educating the Patient.</p>	
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### **Course Outcomes:**

- Gain Knowledge Of Principles Of Diet Therapy
- Develop And Understand Modification Of The Normal Diet For Therapeutic Purposes
- Practical Knowledge Of Dietary Management In Some Common Disorders

### **Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Sumati R Mudambi – “Fundamentals Of Food, Nutrition And Diet Therapy”, New Age International Pvt. Ltd, New Delhi, 6th Edition (2018).
- B Srilakshmi- “Dietetics”, New Age International Publishers, New Delhi 2017
- Bamji MS, Krishnaswamy K And Brahmam GNV(Eds) (2009), Text Book Of Human nutrition, 3rd Edition , Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi
- Dr. Brinda Singh- Aahar vigyan evam poshan, ,Panchsheel prakashan, Jaipur, 2015;13th Ed.
- Dr. Devina sahai, Samanya evam upcharatmak poshan, New Age International Publishers.
- Dr. Sheel Sharma, “Nutrition And Diet Therapy” PEEPEE Publishers And Distributors(P) Ltd. Delhi, 2014, 1st Ed.
- Shubhangini A Joshi, – “Nutrition And Dietetics”, Mc Graw Hill Education Private Ltd., New Delhi, 2013
- Kumud khanna- “Text Book Of Nutrition And Dietetics” , Elite Publishing House Pvt.Ltd, New Delhi, 7th Ed. 2013
- M Swaminathan – Essentials Of Food And Nutrition , Vol II, Applied Aspects, Thebangalore Printing And Publishing Co. Ltd, Bangalore, 2nd Edition 1985, Reprint 1997

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title: Entrepreneurship Development and Business Management**

**Course Code:** BHOSC - 322

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- It aims to equip students with the skills needed to identify business opportunities, prepare business plans, manage resources, and run small-scale enterprises effectively.
- The course also focuses on enhancing decision-making, leadership, financial planning, and marketing strategies essential for successful entrepreneurship and sustainable business development.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I</b>	<b>12.5</b>
<ul style="list-style-type: none"><li>• Development Of Entrepreneurship,</li><li>• Motivational Factors, Social Factors, Environmental Factors,</li><li>• Characteristics Of Entrepreneurs,</li><li>• Entrepreneurial Attributes / Competencies.</li></ul>	
<b>UNIT II</b>	<b>12.5</b>
<ul style="list-style-type: none"><li>• Concept, Need and Importance Of Entrepreneurial Development.</li><li>• Evolution Of Entrepreneurship,</li><li>• Objectives Of Entrepreneurial Activities,</li><li>• Types Of Entrepreneurs,</li><li>• Functions Of Entrepreneurs, Importance Of Entrepreneurial Development, And Process Of Entrepreneurship Development</li></ul>	
<b>UNIT III</b>	<b>12.5</b>
<ul style="list-style-type: none"><li>• Environment Scanning And Opportunity Identification Need For Scanning – Spotting Of Opportunity-Scanning Of Environment –</li></ul>	

Identification Of Product / Service – Starting A Project; <ul style="list-style-type: none"> <li>Factors Influencing Sensing the Opportunities.</li> </ul>	
<b>UNIT IV</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Infrastructure And Support Systems- Good Policies, Schemes For Entrepreneurship Development; Role Of Financial Institutions, And Other Agencies In Entrepreneurship Development.</li> <li>Steps Involved In Functioning Of An Enterprise.</li> <li>Selection Of The Product / Services,</li> <li>Selection Of Form Of Ownership; Registration, Selection Of Site, Capital Sources, Acquisition Of Manufacturing Know How, Packaging And Distribution.</li> </ul>	
<b>UNIT V</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Planning Of An Enterprise, Project Identification, Selection And Formulation Of Project; Project Report Preparation,</li> <li>Enterprise Management.</li> <li>Production Management – Product, Levels Of Products, Product Mix, Quality Control, Cost Of Production, Production Controls.</li> </ul>	
<b>UNIT VI</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Material Management. Production Management – Raw Material Costing, Inventory Control.</li> <li>Personal Management – Manpower Planning, Labour Turn Over, Wages / Salaries.</li> </ul>	
<b>UNIT VII</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Financial Management / Accounting – Funds, Fixed Capital And Working Capital, Costing And Pricing, Long Term Planning And Short Term Planning,</li> <li>Book Keeping, Journal, Ledger, Subsidiary Books, Annual Financial Statement, Taxation.</li> </ul>	
<b>UNIT VIII</b>	<b>12.5</b>
<ul style="list-style-type: none"> <li>Marketing Management- Market, Types, Marketing Assistance, Market Strategies.</li> <li>Crisis Management- Raw Material, Production, Leadership, Market, Finance, Natural Etc.</li> </ul>	

### Course Outcomes:

The Student At The Completion Of The Course Will Be Able To:

- Explain The Concept And Use Of Entrepreneurship.
- Develop An Enterprise Proposal.

- To Develop Insight Into The General Issues Of Business Management
- To Understand Strategies For Entrepreneurship Development.

**Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

**Assessment/ Examination Scheme:**

Evaluation Scheme and Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

**Textbooks/ References Books:**

- Suggestive Digital Platforms Web Links- E-PG Pathshala – Inflibnet
- Vasant Desai. (2011). Entrepreneurial Development Potential Beyond Boundaries; Himalaya Publishing House.

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# SIDDHARTH UNIVERSITY

## Kapilvastu. Siddharth Nagar (UP)- 272202

### Proposed Course For B.A. Home Science

**Course Title:** Therapeutic Diet Preparation and Nutrient Evaluation

**Course Code:** BHOSC - 323

**Credit Units:** 2

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
-	-	2

#### **Course Objectives:**

- The objective of this course is to provide hands-on experience in the planning, preparation, and evaluation of therapeutic diets for individuals with specific health conditions.
- It aims to develop practical skills in modifying normal diets to meet medical and nutritional needs.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b>	<b>25</b>
• Modification Of Normal Diet For Therapeutic Purposes preparation And Presentation	
<b>UNIT II:</b>	<b>25</b>
Therapeutic Diet Preparation And Nutrient Calculation Of <ul style="list-style-type: none"><li>• Diet In Fever</li><li>• Diet In Diarrhea</li><li>• Diet In Constipation</li></ul>	
<b>UNIT III:</b>	<b>25</b>
Therapeutic Diet Preparation And Nutrient Calculation Of Some Common Disorders <ul style="list-style-type: none"><li>• Diet In Diabetes Mellitus</li><li>• Diet In Hypertension</li><li>• Diet In Atherosclerosis</li></ul>	
<b>UNIT IV:</b>	<b>25</b>

Dietary Modification For Weight Management – Preparation

And Nutrient Calculation Of Diet In-

- Overweight & Obesity
- Underweight

### **Course Outcomes:**

- Gain Knowledge Of Principles Of Diet Therapy
- Develop And Understand Modification Of The Normal Diet For Therapeutic Purposes
- Practical Knowledge Of Dietary Management In Some Common Disorders

### **Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Sumati R Mudambi – “Fundamentals Of Food, Nutrition And Diet Therapy”, New Age international Pvt. Ltd, New Delhi, 6th Edition (2018).
- B Srilakshmi- “Dietetics” , New Age International Publishers, New Delhi 2017
- Bamji MS, Krishnaswamy K And Brahmam GNV(Eds) (2009), Text Book Of Humannutrition, 3rd Edition , Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi
- Dr. Brinda Singh- Aahar vigyan evam poshan, ,Panchsheel prakashan, Jaipur, 2015;13th Ed.
- Dr. Sheel Sharma, “Nutrition And Diet Therapy” PEEPEE Publisher

### **Record Matrix**

#### **To be Filled By Institution**

<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# SIDDHARTH UNIVERSITY

## Kapilvastu. Siddharth Nagar (UP)- 272202

### Proposed Course For B.A. Home Science

**Course Title:** Interior Design and Decoration

**Course Code:** BHOSC - 411

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To equip students with fundamental knowledge in interior design and decoration.
- It aims to develop an understanding of design principles, space planning, color schemes, furnishings, and aesthetic elements to create functional and visually appealing interior environments.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b> <ul style="list-style-type: none"><li>• Introduction To Interior Design And Decoration,</li><li>• Elements and Principles Of Design.</li></ul>	<b>25</b>
<b>UNIT II:</b> <ul style="list-style-type: none"><li>• Colour Theory And Colour Scheme,</li><li>• Lighting And Decorating With Light,</li><li>• Workplace Design With Colour And Light.</li></ul>	<b>25</b>
<b>UNIT III:</b> <ul style="list-style-type: none"><li>• Floor Coverings,</li><li>• Window Treatments,</li><li>• Furniture,</li><li>• Types of Flower Arrangement.</li></ul>	<b>25</b>
<b>UNIT IV:</b> <ul style="list-style-type: none"><li>• Building Material,</li><li>• Furnishing And Floor Decoration</li></ul>	<b>25</b>

**Course Outcomes:**

- Gain Knowledge of Principles Of Interior Designing.
- Develop And Understand Use Of The Elements Of Art And Design.
- Practical Knowledge of Interior Decoration.

**Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

**Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

**Textbooks/ References Books:**

- Dorothi, S. *Et Al.* (1980). Introduction to Interior Design. New York: Mc Millan.
- Faulkner and Faulkner. (1975). Inside Today's Home. New York: Holt, Rinehart And Winston.
- Gewther, M. (1970). The Home, Its Furnishings And Equipment U.S.A. Mc. Graw Hill.
- Mike, L. (1986). The Complete Interior Decoration. United Kingdom: Mc Donald.
- Ruth, M. (1975). The Home and Its Furnishings, U.S.A.: Mc. Graw Hill.
- Seetharaman P. Sethi M. (2002). Interior Design And Decoration. CBS Publishers And Distributors. New Delhi.

<u>Record Matrix</u>	
<u>To be Filled By Institution</u>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title:** Apparel Designing Technique-Flat Pattern and Draping

**Course Code:** BHOSC - 412

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To provide comprehensive knowledge in apparel designing through flat pattern making and draping techniques.
- It aims to develop an understanding of garment construction, body measurements and pattern drafting.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b> <ul style="list-style-type: none"><li>• Taking Measurement: Anthropometric Measure.</li><li>• Methods Of Taking Body Measurement For Different Garments</li></ul>	<b>25</b>
<b>UNIT II:</b> <ul style="list-style-type: none"><li>• Fabrics For Garment Making:</li><li>• Handing Of Different Types Of Fabrics.</li><li>• Estimation Of Material Required For Different Garments.</li></ul>	<b>25</b>
<b>UNIT III:</b> <ul style="list-style-type: none"><li>• Pattern Making: Techniques Of Pattern Making.</li><li>• Principles And Application Of Flat Patterns For Different Styles.</li><li>• Draping: Concept, Requirements, Technique, Advantages And Disadvantages.</li></ul>	<b>25</b>
<b>UNIT IV:</b> <ul style="list-style-type: none"><li>• Fitting: Principle Of Fitting,</li><li>• Common Fitting Problems And Remedial Methods.</li><li>• Commercial Patterns: Concept,</li></ul>	<b>25</b>

- Common Fitting Problems And Remedial Methods

### **Course Outcomes:**

- Gain Knowledge Of Principles Of Draping And Designing.
- Develop And Understand Use Of The Elements Of Apparel Designing.
- Practical Knowledge of Flat Pattern Making.

### **Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Bane, A. 1972. Flat Pattern Design. New York. McGraw Hill Book.
- Bray, N. 1986. Dress Pattern Designing. The Basic Principles Of Cut And Fit. 5th Ed. USA. Blackwell Science Inc.
- Helen, I.B. 1965. The Theory Of Fashion Design. New York. John Wiley And Sons.
- Erwin, M.D. 1970. Practical Dress Design: Principles Of Fitting And Pattern And Marking. USA. The Macmillan Company.
- Hollen, N.R. 1975. Pattern Making By the Flat-Pattern Method. 4th Ed. Minnesota Burgess Publishing Company.
- Pepin, H. 1942. Modern Pattern Designs. New York. Funk And Wagnalls Company Inc.
- Warden, J.A. Golding, M.A. And Stam, J.Y. 1969. Principles For Creative Clothing. New York. John Wiley And Sons.
- Helen, J.A. 2009. Pattern Making For Fashion Design. New Delhi. Dorling Kindersley India Pvt. Ltd
- Amaden-Crawford, C. (2018). The Art of Fashion Draping. Bloomsbury Publishing Inc. USA.
- Bane, A. (1996). Creative Clothing Construction. McGraw-Hill Publication, USA.
- Bane, A. (1972). Flat Pattern Design. McGraw-Hill Publication, USA.
- Bray, N. (2003). Dress Fitting: Basic Principles and Practice. Classic Edition, Blackwell Publishing.
- Cooklin, G. (1991). Pattern Grading for Women's Clothes. Blackwell Publishing.
- Goulbourn, M. (1998). Introducing Fashion Cutting, Grading and Modelling. Batsford Publications, UK.
- Handford, J. (2003). Professional Pattern Grading for Women's, Men's and Children's Apparel. Fairchild Books, New York.
- Kiisel, K. (2020). Draping: The Complete Course. Laurence King Publishing.

- Mee, J. and Purdy, M. (1987). Modelling on the Dress Stand. BSP Professional Books. 10.
- Tate, S.L. (2003). Inside Fashion Design. 5th edn. Prentice Hall Publishing Co. 11.
- Taylor, P.J. and Shoben, M.M. (1990). Grading for the Fashion Industry. Stanely Homes Ltd.
- 12. Winfred, A. (2015). Metric Pattern Cutting for Women's Wear. Blackwell Publishing

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title: Food Service and Hospitality Management**

**Course Code:** BHOSC - 413

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To gain knowledge and managerial skills essential for effective operation and supervision of food service establishments within the hospitality industry.
- To prepare students to plan, organize, and manage food service operations while maintaining quality, hygiene, customer service, and cost efficiency.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b> Food Service Organization: Definition, Types; Management: Tools Of Management. Personnel Management.	<b>25</b>
<b>UNIT II:</b> Books: Records And Record Keeping. Cost Control In Foodservices. Menu Planning. Meal Services Management: Types Of Services.	<b>25</b>
<b>UNIT III:</b> Quantity Food Production: Principles Involved In Development Of Recipes In Large Scale Cooking, Standardization Of Recipes; Utilization Of Left Over Foods.	<b>25</b>
<b>UNIT IV:</b> Planning Of Layout And Equipment For Foods Services. Sanitation And Hygiene In Handling Foods; Personnel Hygiene And Its Importance.	<b>25</b>

#### **Course Outcomes:**

- Gain Knowledge Of Hospitality Management.
- Develop And Understand Types Of Services.
- Knowledge Of Prerequisites Of Institutional Management

**Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

**Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

**Textbooks/ References Books:**

- Sethi And Malhan. (1993) Catering Management: An Integrated Approach. Wiley Eastern. West, Wood And Hanger.
- Food Service In Institutions. John Willey

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# SIDDHARTH UNIVERSITY

## Kapilvastu. Siddharth Nagar (UP)- 272202

### Proposed Course For B.A. Home Science

**Course Title:** Methods and Materials for Teaching Young Children

**Course Code:** BHOSC - 414

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To equip students with effective teaching methods and developmentally appropriate materials for educating young children.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b>	<b>25</b>
• Significance Of Early Childhood Years In Individual Development. Need For Intervention Programmes For Better Growth And Development.	
<b>UNIT II:</b>	<b>25</b>
• Objectives Of ECCE. Different Types Of Programmes Currently Offered. ECE Programme- Balwadi, Anganwadi, Nursery Schools, Kindergarten, Montessori, Laboratory Nursery School. ECCE Programme- I.C.D.S. And Mobile Creche, Play Group, Crèche And Day Care. Development In Early Childhood And Its Creativity.	
<b>UNIT III:</b>	<b>25</b>
• Orientation On Different Methods And Materials Used For Teaching Young Children. Survey Of Available Different Kinds Of Literature Appropriate For Infancy Through Early Childhood. And Printing Appropriate For Infancy Through Early Childhood. • Identification Of Different Types Of Creative Expressions In Young Children.	
<b>UNIT IV:</b>	<b>25</b>
• Preparation Of Different Types Of Puppets Making Sets And Backgrounds- Identifying Different Types Of Creative Dramas scripting For Short Puppet Show And Creative Dramas, Planning	

And Implementing Activities To Promote Creative Expressions Among Young Children Through A Variety Of Media I.E. Painting, Printing, Modelling, Cutting, Pasting, Blocks, Puppetry, Music Movement, Drama And Language, Organising An Exhibition And Evaluation Of Materials Developed.	
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### **Course Outcomes:**

- Gain Knowledge Of Methods And Materials For Working With Young Children.
- Develop And Understand Development Of Children.
- Knowledge Of Developmental Tasks.

### **Pedagogy for Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Blackie, Pamela. (1972). Drama. Macmillan, London.
- Contractor, M. (1984). Creative Drama And Puppetry In Education. National Book Trust Of India, Delhi.
- Currell, D. (1985). The Complete Book Of Puppet. A And C. Black, London.
- Garretson, R. (1966). Music In Childhood Education. Meredith Publishing Company, New York.
- Hendrick, J. (1980). Total Learning For The Whole Child. The C V Mosby, St. Louis.
- Kaul, V. (1991). Early Childhood Education Programme. NCERT, New Delhi.
- Kaul, V. And Bhatnagar, R. (1992). Early Childhood Education: A Trainer's Handbook, NCERT, New Delhi.
- Lacper, S., Witherspoon, R. And Day, B. (1984). Good Schools For Young Children. Mac Millan, New York.

<b>Record Matrix</b>	
<b>To be Filled By Institution</b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
<b>Date of Last Revision:</b>	<b>Not Applicable</b>
<b>Version*:</b>	<b>Modified</b>
<b>Percentage of revision:</b>	<b>As per approved limit</b>



# SIDDHARTH UNIVERSITY

## Kapilvastu. Siddharth Nagar (UP)- 272202

### Proposed Course For B.A. Home Science

**Course Title: Practical**

**Course Code:** BHOSC - 415

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
-	-	4

**Course Objectives:**.....

**Pre-Requisites:** Senior Secondary (10+2)

**Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b> <ul style="list-style-type: none"><li>Application of Elements And Principles Of Interior Design And Decoration. Preparation Of Utility And Decoration Articles By Using Various Painting/Printing Techniques.</li><li>Calligraphy Use Of Floor Decoration In , Flower Arrangement And Decoration For Different Areas And Occasions.</li><li>Stationery Designs; Cover Designs For Books, Magazines, Illustrations, Lettering Construction Etc. Accessories; Various Types, Materials And Techniques; Pottery, Collage, Handicrafts, Utility Articles, Paper Mache Items, Paper Sculpture, Poster Making, Greeting Cards, Fabric Painting, Glass Painting, Gift Wrapping Etc.</li></ul>	<b>25</b>
<b>UNIT II:</b> <ul style="list-style-type: none"><li>Designing and Styling Using Flat Pattern Technique Moving, Dividing And Combining Darts: Pivot And Slash Method Converting Darts Into Seam Lines.</li><li>Adding Fullness By Gathers, Pleats And Tuck</li><li>Construction of Different Types Of Yokes Collars: Full Roll Collar, Convertible Collar, Sailor Collar, Chines Collar, Polo Collar Sleeves: Set-In Sleeve And Its Variations, Raglan Sleeve, Kimono Sleeve,</li><li>Skirts: 'A' Line, Pleated And Gathered Preparation Of Basic Block Using Draping Techniques, Construction Of Formal Dress For Teenager Using Draping Technique .</li></ul>	<b>25</b>

<b>UNIT III:</b>	<b>25</b>
<ul style="list-style-type: none"> <li>• Menu Planning For Industrial Canteen, Hospital Canteen, Cafeteria, Snack Bar, Residential Hostel.</li> <li>• Standardization Of Recipes Suitable For Fast Food Outlet, Industrial Canteen, Hospitals, College Hostel.</li> <li>• Practical Exercise On Planning, Preparation And Service In A Cafeteria. Management of Cafeteria – Preparation, Costing and Fixing of Price for Meal Items.</li> <li>• Evaluation of Management Process and Report Presentation.</li> </ul>	
<b>UNIT IV:</b>	<b>25</b>
<ul style="list-style-type: none"> <li>• Identifying Methods Of Development Of Creativity -Analyzing Situations/ Conditions That Foster Creativity-Preparation Of Art File With Different Forms Of Paintings</li> <li>• Preparation Of Collage, Murals And Models Appropriate For Infancy Through Early Childhood -Art Activities (Painting And Graphics, Tearing, Cutting, Pasting And Collage, Murals, Modeling, Printing, Blocks, Sand And Mud, Water)- Preparation Of Each Medium Of Art Activity For Young Child's Development. Developing Resource File.</li> </ul>	

#### **Course Outcomes:**

- Gain Practical Knowledge Of Relevant Topics..

#### **Pedagogy For Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

#### **Assessment/ Examination Scheme:**

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

#### **Textbooks/ References Books:**

- Dorothi, S. *Et Al.* (1980). Introduction to Interior Design. New York: Mc Millan.
- Faulkner and Faulkner. (1975). Inside Today's Home. New York: Holt, Rinehart And Winston.
- Gewther, M. (1970). The Home, Its Furnishings And Equipment U.S.A. Mc. Graw Hill.
- Mike, L. (1986). The Complete Interior Decoration. United Kingdom: Mc Donald.
- Ruth, M. (1975). The Home and Its Furnishings, U.S.A.: Mc. Graw Hill.
- Seetharaman P. Sethi M. (2002). Interior Design And Decoration. CBS Publishers And Distributors. New Delhi.
- Hollen, N.R. 1975. Pattern Making By the Flat-Pattern Method. 4th Ed. Minnesota Burgess Publishing Company.

- Pepin, H. 1942. Modern Pattern Designs. New York. Funk And Wagnalls Company Inc.
- Warden, J.A. Golding, M.A. And Stam, J.Y. 1969. Principles For Creative Clothing. New York. John Wiley And Sons.
- Currell, D. (1985). The Complete Book Of Puppet. A And C. Black, London.
- Garretson, R. (1966). Music In Childhood Education. Meredith Publishing Company, New York.
- Hendrick, J. (1980). Total Learning For The Whole Child. The C V Mosby, St. Louis.
- Kaul, V. (1991). Early Childhood Education Programme. NCERT, New Delhi.
- Kaul, V. And Bhatnagar, R. (1992). Early Childhood Education: A Trainer's Handbook, NCERT, New Delhi.
- Sethi And Malhan. (1993) Catering Management: An Integrated Approach. Wiley Eastern. West, Wood And Hanger.
- Food Service In Institutions. John Willey

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
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# SIDDHARTH UNIVERSITY

## Kapilvastu. Siddharth Nagar (UP)- 272202

### Proposed Course For B.A. Home Science

**Course Title:** Research Methodology and Statistics

**Course Code:** BHOSC - 422

**Credit Units:** 4

**Level:** Under Graduate

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- To understand the fundamental principles of research methodology and statistical techniques.
- It aims to equip learners with the skills to design research studies, collect and analyze data, interpret results, and draw valid conclusions in a scientific and ethical manner.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b> <ul style="list-style-type: none"><li>• Scientific Approach To Research: Meaning, Significance, Types Of Research Studies.</li><li>• Research Process: Formulating The Problem, Objectives, Hypothesis, Experimental Design, Sample Design,</li><li>• Collecting Data: Observation, Interview, Questionnaire, Case Study, Focus Group Discussion,</li><li>• Analysis Of Data, Interpretation,</li><li>• Report Writing, Nutritional/Food Surveillance.</li></ul>	<b>25</b>
<b>UNIT II:</b> <ul style="list-style-type: none"><li>• Sampling Design: Census Vs. Sample Survey. Steps, Types.</li><li>• Scaling Techniques: Continuum, Reliability, Validity,</li><li>• Scale Construction Techniques.</li><li>• Experimental Designs: Randomized Block Design. Processing Of Data: Development Of Code Book.</li></ul>	<b>25</b>
<b>UNIT III:</b> <ul style="list-style-type: none"><li>• Measurements: Nature Of Measurements,</li><li>• Types Of Measurement Scale, Frequency Distribution, Graphical Presentation Of Data.</li><li>• Measures Of Central Tendency: Computation Of Mean, Median</li></ul>	<b>25</b>

And Mode, Their Uses. • Measures Of Variability: Computation Of Mean Deviations, Quartile Deviation And Standard Deviation, Their Uses.	
<b>UNIT IV:</b>	<b>25</b>
• Correlation And Regression, • Tests of Significance Of Difference Between Means: T-Test. • Analysis Of Variance (ANOVA): One Way And Two Ways. • Applications To Food Quality Assessments, Multivariate Statistics: MANOVA, Non-Parametric Statistics. Uses And Merits. • Statistical Packages.	

#### Course Outcomes:

- Gain Knowledge of Research And Its Methodology.
- Develop Understanding Of Statistics.
- Knowledge Of Research Writing..

#### Pedagogy for Course Delivery:

The Course Will Be Delivered In The Form Of Lectures And Discussions.

#### Assessment/ Examination Scheme:

Evaluation Scheme And Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

#### Textbooks/ References Books:

- Hennink M, Hatter I and Bailay A. 2003. *Qualitative Research Methods*. Sage Publications, New Delhi.
- Ritchie J and Lewis J. 2003. *Qualitative Research Practices*. Sage Publications, New Delhi.
- Sharan BM. 2002. *Qualitative Research in Practice for Discussion and Analysis*. Jossey-Bass, Georgia.

<b><u>Record Matrix</u></b>	
<b><u>To be Filled By Institution</u></b>	
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# **SIDDHARTH UNIVERSITY**

## **Kapilvastu. Siddharth Nagar (UP)- 272202**

### **Proposed Course For B.A. Home Science**

**Course Title: Community Nutrition**

**Course Code: BHOSC - 423**

**Credit Units: 4**

**Level: Under Graduate**

Credit Distribution Of The Course		
Lecture (L)	Tutorial (T)	Practical (P)
4	-	-

#### **Course Objectives:**

- The objective of this course is to provide students with the knowledge and skills to assess, plan, and implement nutrition programs aimed at improving the health and nutritional status of communities.
- To understand the nutritional needs of different population groups, identifying public health nutrition problems, and promoting nutrition education and intervention strategies at the community level.

**Pre-Requisites:** Senior Secondary (10+2)

#### **Course Contents/Syllabus:**

Descriptors/Topics	Weightage (%)
<b>UNIT I:</b> <ul style="list-style-type: none"><li>Concepts of Community Nutrition. Nutritional Problems of the Community and Its Implications for Public Health. Causes, Incidence, Signs And Symptoms And Treatment Of PEM, Vitamin A Deficiency, Iron Deficiency, Iodine Deficiency, Fluorosis And Lathyrism.</li></ul>	<b>25</b>
<b>UNIT II:</b> <ul style="list-style-type: none"><li>Sociological Factors Contributing In the Etiology And Prevention Of Malnutrition:</li><li>Food Production And Availability, Cultural Influences, Socio-Economic Factors, Food Consumption And Distribution, Emergency Disaster Conditions.</li></ul>	<b>25</b>
<b>UNIT III:</b> <ul style="list-style-type: none"><li>Malnutrition and Infection: Interrelationship between the Two, Immunization. Assessment of Nutritional Status: Meaning, Need, Objectives and Techniques. Primary Methods: Anthropometric Measurements: Weight, Height, Skin Fold Thickness, Head</li></ul>	<b>25</b>

Circumference, MUAC, Chest Circumference;	
<b>UNIT IV:</b>	<b>25</b>
<ul style="list-style-type: none"> <li>• Use of Growth Chart; Bio-Chemical Assessment; Clinical Method; Dietary Survey - Types. Secondary Methods: Vital Statistics; Mortality Rates- Crude Death Rate; Infant Mortality Rate; Maternal Mortality Rate; Survival Rate; Morbidity Rate; Fertility Rate.</li> </ul>	

### **Course Outcomes:**

- Gain Knowledge Of Community Nutrition And Public Health.
- Develop Understanding Of Nutritional Status Assessment.
- Knowledge Of Primary And Secondary Health Statistics.

### **Pedagogy For Course Delivery:**

The Course Will Be Delivered In The Form Of Lectures And Discussions.

### **Assessment/ Examination Scheme:**

Evaluation Scheme and Mode Will Be As Per The Guidelines Notified By The Siddharth University, Kapilvastu, Siddharth Nagar

### **Textbooks/ References Books:**

- Publications Of The International Life Science Institute.
- Serumshow N And Glesson G (Ed.) (1991). Rapid Assessment Methodologies For Planning And Evaluation. Health Related Programme Published By (INFDC) International Nutrition Foundation For Developing Countries.
- Stryer L (1984). 4th Ed. Bio-Chemistry WH Freeman And Co.
- UNICEF's State Of The World's Children.
- WHO (1999) Nutrition For Health And Development Progress And Prospects. On The Eve Of The 21st Century WHO INHD, 99.9 Geneva.
- Suggestive Digital Platforms Web Links- Svayam Portal, [Http://Heecontent.Upsdc.Gov.In/Home.Aspx](http://Heecontent.Upsdc.Gov.In/Home.Aspx)

<b>Record Matrix</b>	
<b>To be Filled By Institution</b>	
<b>Date of Introduction of course:</b>	<b>July 2025 (Proposed)</b>
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<b>Percentage of revision:</b>	<b>As per approved limit</b>