

Chaudhary Bansi Lal University, Prem Nagar
(A State University established under Haryana Act No. 25 of 2014)



Scheme of Examinations & Syllabus
For
Home Science Subject
in
Undergraduate Programmes

As per NEP 2020

Curriculum and Credit Framework for Undergraduate Programmes (Multiple Entry-Exit,
Internships and Choice Based Credit System LOCF)

With effect from the session 2024-25 (in phased manner)

Chaudhary Bansi Lal University, Prem Nagar-127031

Bhiwani

Haryana, India

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Scheme of Examination for Under-Graduate Programme in Subject Home Science as per NEP 2020

Under multiple Entry-Exit, Internship & CBCS-LOCF-CCF in accordance to w.e.f. 2024-25 (in phased manner)

Home Science

SEMESTER-1

Course	Paper(s)	Nomenclature of Paper	Credits	Hours / Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-1 4 credit	24UN-HOM-101	Home and Interior Decor'	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M1 2 credit	24UN-HOM-102	Elementary Home Science I	1	1	10	20	30	3hrs.
		Practical	1	2	5	15	20	4hrs.
MDC-1 3 credits	24UN-HOM-MDC101	Basics of Home Science I	2	2	15	35	50	3 hrs.
		Practical	1	2	5	15	20	4 hrs.
AEC-1 2 credit	From available AEC-1 pool list of two credit as per NEP							
SEC-1 3 credit	From Available SEC-1 pool list of two credit as per NEP							
VAC-1 2 credit	From Available VAC-1 pool list of two credit as per NEP							

SEMESTER-2

Course	Paper(s)	Nomenclature of Paper	Credits	Hrs/ Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-2 4 credit	24UN-HOM-201	Nutrition Science	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M2 2 credit	24UN-HOM-202	Elementary Home Science II	1	1	10	20	30	3hrs.
		Practical	1	2	5	15	20	4hrs.
MDC-2 3 credits	24UN-HOM-MDC201	Basics in Home Science II	2	2	15	35	50	3 hrs.
		Practical	1	2	5	15	20	4 hrs.
AEC-2 2 credit	From Available AEC-2 pool list of two credit as per NEP							
SEC-2 3 credit	From Available SEC-2 pool list of three credit as per NEP							
VAC-2 2 credit	From Available VAC-2 pool list of two credit as per NEP							

❖ Internship of 4 credits of 4-6 weeks duration after 2nd Semester.

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SEMESTER-3

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-3 4 credit	24UN-HOM-301	Basics of Clothing Construction & Apparel Designing	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
MDC-3 3 credits	24UN-HOM-MDC301	Basics in Home Science- III	2	2	15	35	50	3 hrs.
		Practical	1	2	5	15	20	4 hrs.
AEC-3 2 credit	From Available AEC-3 pool list of three credit as per NEP							
SEC-3 3 credit	From Available SEC-3 pool list of three credit as per NEP							

SEMESTER-4

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-4 4 credit	24UN-HOM-401	Advanced Apparel & Textile Designing	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M4(V) 4 credit	From Available CC-M4(V) pool list of four credit as per NEP							
AEC-4 2 credit	From Available AEC-4 pool list of three credit as per NEP							
VAC-3 2 credit	From Available VAC-4 pool list of two credit as per NEP							

❖ Internship of 4 credits of 4-6 weeks duration after 4th semester (If not done in 2nd Semester).

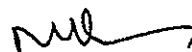
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SEMESTER-5

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-A5 4 credit	24UN-HOM-501	Normal & Therapeutic Nutrition I	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M5(V) 4 credit	From Available CC M5(V) pool list of four credit as per NEP							

SEMESTER-6

Course	Paper(s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-6 4 credit	24UN-HOM-601	Family Dynamics & Counseling	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M7(V) 4 credit	From Available CC-M7(V) pool list of four credit as per NEP							



Session: 2024-25

Subject	Bachelor of Home Science		
Semester	V		
Name of the Course	Normal & Therapeutic Nutrition I		
Course Code	24UN-HOM- 501		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-A5 (Core Course)		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	Senior Secondary (10+2)		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1.To understands nutritional requirements across various stages of life. 2. To develop the skills for meal planning at various life stages using recommended dietary intake and reference values. 3.To understand the diet modifications for therapeutic purposes & gain knowledge about dietary management of diseases. 4. To modify normal diets to best suit therapeutic conditions. 5*.To acquire practical & professional knowledge in planning and preparing both normal and therapeutic diets.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5

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Max. Marks: 100 Internal Assessment Marks:20(T)+10(P)=30 End Term Exam Marks: 50(T)+20(P)=70		Time:3 Hrs (T) 4 Hrs (P)
Part B- Contents of the Course		
<u>Instructions for Paper- Setter:</u> The examiner will set nine questions in all, selecting two questions from each unit and one compulsory objective type question. <u>Instructions for the candidate:</u> The candidates will attempt five questions in all, selecting one question from each unit as well as compulsory questions. Each Question shall carry 10 Marks.		
Unit	Topics	Contact Hours
I	➤ Basic principles of meal planning and factors affecting meal planning. Maternal Nutrition: Dietary considerations and nutritional requirements during pregnancy and lactation. Use of food groups and exchange lists in planning meals for a normal adult (in brief).	10
II	➤ Infancy: Nutritional requirement, importance of breastfeeding, weaning and supplementary foods; Dietary considerations and nutritional requirement of pre-school, school age and adolescents; Physiological changes during old age affecting nutritional pattern and RDA's.	10
III	➤ Meaning and principles of diet therapy. Adaptation of normal diet to clear fluid, full fluid and bland diet; Special feeding methods: Intravenous and tube feeding.	10

Qv	➤ Causes, symptoms and dietary management in disorders: Fever, Typhoid, Diarrhea and Constipation and Peptic ulcer.	10
V*	➤ Planning and calculation of diet for following stages of life cycle: Pregnancy and lactation, Preschoolers, Adolescents & Old age. ➤ Planning and calculation of diet for following disorders: Constipation, Diarrhea, Fever, Typhoid & Peptic ulcer. ➤ Preparation of diets: Clear fluid, full fluid, bland and regular diet.	30
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory • Class Participation: 05 • Seminar/presentation/assignment/quiz/class test etc.:05 • Mid-Term Exam: 10 ➤ Practical • Class Participation: • Seminar/Demonstration/Viva-voce/Lab records etc.:10 • Mid-Term Exam:		End Term Examination: 50 20
Part C-Learning Resources		

Recommended Books/e-resources / LMS:

1. Khanna K, Gupta S, Seth (etl.) (2013). *Textbook of Nutrition and Dietetics*. Phoenix Publishing House Pvt. Ltd
2. B. Srilakshmi (2019). *Dietetics*, 6th Edition, New Age International Publishers.
3. Antia.F.P. & Philip Abraham, *Clinical Nutrition and Dietetics*, 4th edition (1998), OUP.
4. Seth V and Singh K (2007). *Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual*, Elite Publishing House Pvt. Ltd.
5. Wadhwa A and Sharma S (2003): *Nutrition in the Community- A Textbook*. Elite Publishing Ltd, New Delhi.
6. ICMR (1989) *Nutritive value of Indian Foods*. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
7. ICMR (2011) *Dietary Guidelines for Indians - A Manual*. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

*Applicable for courses having practical components.

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Session: 2024-25			
Subject	Bachelor of Home Science		
Semester	VI		
Name of the Course	Family Dynamics & Counseling		
Course Code	24UN-HOM-601		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-6 (Core Course)		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	Senior Secondary(10+2)		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. To effectively address issues related to marriage and family dynamics. 2. To understand the significance of family planning & the evolving nature of families in India.. 3. To develop sensitivity among students towards the scope of guidance & counseling across diverse settings. 4. To acquire knowledge about counseling process & various therapies utilized within counseling. 5*.To gain proficiency in counseling skills by assimilating principles, methods and techniques employed in guidance and counseling.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5
Max. Marks:100 Internal Assessment Marks:20(T)+10(P)=30 End Term Exam Marks: 50(T)+20(P)=70		Time: 3 Hrs (T) 4 Hrs (P)	

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Part B- Contents of the Course

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

Instructions for the Candidate: The candidates will attempt **five** questions in all, selecting one question from each unit and the compulsory question as well. Each question shall carry **10 Marks**.

Unit	Topics	Contact Hours
I	➤ Meaning, Various types & functions of family. ➤ Definition, Meaning, functions & types and forms of marriages in India. ➤ Readiness for marriage & factors affecting mate selection. ➤ Factors influencing marital adjustment.	10
II	➤ Alternative forms of family: its advantages & disadvantages. ➤ Single parent families & Female headed Households, Dual Earner Families. ➤ Adoptive families, Child Free Marriage/Family, Live in Relationship, Causes leading to break down of family. ➤ Importance of Family Planning, Small Family Norms. ➤ Reproductive Rights of Women, child rights in India.	10
III	➤ Guidance: Concepts, objective, principles & scope of Guidance. ➤ Agencies for Guidance : Meaning , objectives & functions of following types ; A) Education Guidance, B) Vocational Guidance, C) Personal Guidance. ➤ Difference between Guidance and Counseling.	10

IV	➤ Approaches used in Counseling and the process of Counseling. ➤ Types of Counseling: Educational, Vocational, family, Marriage, Individual & groups. ➤ Skills and Characteristics of an Effective Counselor. ➤ Types of Counseling Therapy: Client Centered Therapy, Behavior Therapy, Gestalt Therapy. ➤ Psychoanalytic Therapy in Guidance and Counseling.	10
V*	➤ Visit an Old Age Center/Home and report changes in behaviour pattern, physical conditions & habits of old people. ➤ Case profile to study Young Adulthood/Late adulthood. ➤ Visit of Counseling Centers and Report Writing. ➤ Preparation of any two useful creative materials for Adults/Adolescents which can be used during counseling and can be sold Online/Offline.	30
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory ● Class Participation: 05 ● Seminar/presentation/assignment/quiz/class test etc.:05 ● Mid-Term Exam: 10 ➤ Practical ● Class Participation: ● Seminar/Demonstration/Viva-voce/Lab records etc.:10 ● Mid-Term Exam:		End Term Examination: 50 20
Part C-Learning Resources		

Recommended Books/e-resources/LMS

1. J.K.Barala & A.Choudhury (2001), *Family in Transition: Power & Development*, Northern Book Center,
2. A. Khasgiwala (1993), *Family Dynamics: Social Work Perspectives*, Anmol, New Delhi.
3. A. Choudhury (2003), *Family Life Education in India –Perspectives, Challenges & Application*, Rawat Publication Jaipur.
4. A.Clarke Stewart & S.Friedman (2006), *Child Development: Infancy through Adolescence*, John Wiley, New York.
5. J.W. Santrock & S.K.Yussen (2007), *Child Development- An Introduction –Iowa WMC*, Brown Publishers.

