

Study & Evaluation Scheme

of

**Bachelor of Arts
(Home Science)**

[w.e.f Session 2020-21]



आईएफटीएम विश्वविद्यालय, मुरादाबाद, उत्तर प्रदेश

IFTM University, Moradabad, Uttar Pradesh

NAAC ACCREDITED

N.H.-24, Lodhipur Rajput, Delhi Road, Moradabad, Uttar Pradesh-244102

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Study & Evaluation Scheme of
Bachelor of Arts (Home Science)
[w.e.f Session 2020-21]

Summary

Programme:	Bachelor of Arts (Home Science)
Course Level:	UG Degree
Duration:	Three years (Six semesters) Full Time
Medium of Instruction:	Hindi / English
Minimum Required Attendance:	75%

PROGRAMME OUTCOME:

Home science has its own unique features which distinguishes itself from other subjects. It helps in improving the domestic skills like housekeeping, food preservation, stitching, interior Decoration, cookery, home decoration, child rearing etc. which is of wide application now a days. Five disciplines of Home Science are focused upon the recent trends in the entrepreneur as well as job oriented. Along with it the knowledge of Home Science improves the quality of life: the study of home science provides the homemaker with the knowledge and skills required to

manage a home effectively. Helps in the best utilization of resources to get maximum satisfaction and returns: Family resource management provides knowledge necessary to make intelligent decisions regarding the Purchases budgeting and other managerial activities. Helps to improve family relationships. Develops in the students the necessary skills and techniques required for better homemaking and family living. The importance of Home science has further increased to meet the demands of the modern society. The knowledge of Home science is derived from physical, social, and biological sciences and many arts which is applied towards achieving better, healthier and happier homes.

Evaluation of Theory Papers:

Internal	External	Total
30	50	80

Evaluation of Practical Papers:

Internal	External	Total
-	20	20

Internal Evaluation of Theory:

Class Test I	Class Test II	Class Test III	Assignment(s)	Others activities (including attendance)	Total
Best two out of the three					
10	10	10	5	5	30

Duration of Examination:

Internal	External	Practical
1 hrs	3 hrs	2 hrs

Study and Evaluation Scheme
Programme: Bachelor of Arts (Home Science)

S.N	Paper Code	Subject Title	Period			Credit	Evaluation Scheme		
			L	T	P		Internal	External	Total
FIRST YEAR									
SEMESTER –I									
1	BAHS111	Applied Life Science and Human Health	3	--	--	3	30	50	80
2	BAHS151	Practical (Home Science)	--	--	2	1	--	20	20
						4	30	70	100
SEMESTER –II									
1	BAHS211	Family Resource Management	3	--	--	3	30	50	80
2	BAHS251	Practical (Home Science)	--	--	2	1	--	20	20
						4	30	70	100
		First Year Total				8	60	140	200
SECOND YEAR									
SEMESTER –III									
1	BAHS311	Fundamental of Food and Nutrition	3	--	--	3	30	50	80
2	BAHS351	Practical (Home Science)	--	--	2	1	--	20	20
						4	30	70	100
SEMESTER –IV									
1	BAHS411	Child Development	3	--	--	3	30	50	80
2	BAHS451	Practical (Home Science)	--	--	2	1	--	20	20
						4	30	70	100
		Second Year Total				8	60	140	200
THIRD YEAR									
SEMESTER –V									
1	BAHS511	Introduction to Textiles and Clothing	3	--	--	3	30	50	80
2	BAHS551	Practical (Home Science)	--	--	2	1	--	20	20
						4	30	70	100
SEMESTER –VI									
1	BAHS611	Extension and Communication	3	--	--	3	30	50	80
2	BAHS651	Practical (Home Science)	--	--	2	1	--	20	20
						4	30	70	100
		Third Year Total				8	60	140	200
		TOTAL MARKS				24	180	420	600

FIRST YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - I

BAHS111: APPLIED LIFE SCIENCE AND HUMAN HEALTH

Course Objectives:

The student of this course will know:

- The knowledge of the fundamentals of the science of nutrition.
- The biological, chemical and regulatory role of nutrients.
- The nutrient deficiencies.
- About the different diseases like tuberculosis, Malaria, Typhoid, AIDS etc.

Course Content:

Unit I: -

Definition, Physiology and structure of human cell, Elementary anatomy, Physiology and functions of the following system:-

Cardiovascular system, Gastrointestinal system, Excretory system, Respiratory system, Nervous system, Musculoskeletal system.

Unit II: -

Human Health: Definition and concept of health, Concept, Objectives and principles of health education, Immunity; Types and schedule of immunization.

Unit III: -

Diseases- causes, symptoms and prevention of following diseases-

- Tuberculosis.
- Diphtheria, Whooping, Cough, Tetanus and Polio.
- Chicken pox, Measles.
- Malaria.
- Hepatitis, Cholera and Typhoid.
- AIDS.

Unit IV: -

Environmental Pollution & Public Health Services: Concept of Environment and Pollution, Different types of pollution like Air, Water, Noise, etc. and its effect on human, health. Primary health centers- National agencies (ICDS) and International agencies (UNICEF, WHO) and other non-government organization.

Course Outcomes:

After completing this course the students will be able to:

1. Understand the Physiology of human body.
2. Understand the concept of health and health education.
3. Understand the causes, symptoms and prevention of various disease.

Suggested Readings: -

- Gautam, Nanda and Khanoojao, Reena; Human Physiology.
- Mishra, Usha and Agarwal, Alka; Hygiene and physiology.
- Park and Park; Preventive and Social Medicine.

Website Sources:

- www.wikipedia.com
- www.edu.gov
- www.webmd.com

FIRST YEAR

IFTM University, Moradabad

Bachelor of Arts (Home Science)

Programme

Semester - I

BAHS151: Practical (Home Science)

Course Objectives:

The student of this course will know:

- The knowledge of the fundamentals of the science of nutrition.
- The biological, chemical and regulatory role of nutrients.
- The nutrient deficiencies.
- About the different diseases like tuberculosis, Malaria, Typhoid, AIDS etc.

Course Content:

Practical / Lab Work:

1. Drawing and Labeling of Diagrams of major Human Physiology of Unit- I (Cardiovascular System, Gastrointestinal System, Respiratory System and Musculoskeletal System)..

Course Outcomes:

After completing this course the students will be able to:

1. Understand the Physiology of human body.
2. Understand the concept of health and health education.
3. Understand the causes, symptoms and prevention of various disease.

Suggested Readings:

- Gautam, Nanda and Khanoojao, Reena; Human Physiology.
- Mishra, Usha and Agarwal, Alka; Hygiene and physiology.
- Park and Park; Preventive and Social Medicine.

Website Sources:

- www.wikipedia.com
- www.edu.gov
- www.webmd.com

FIRST YEAR

IFTM University, Moradabad

Bachelor of Arts (Home Science)

Programme

Semester - II

BAHS 211: FAMILY RESOURCE MANAGEMENT

Course Objectives:

The purpose of this course is to expose the students:

- To create an awareness among the students about management in the family as well as the other system.
- To recognize the importance of wise use of resources in order to achieve goals.
- To understand the family has needs and factors affecting selection and purchases of site for house building.
- To Understand various element and principles of art used in the interior decoration.

Course Content:

Unit I: - Home Management

Definition, Philosophy, Concept and Role of home management. Basic knowledge about home management process; planning, scheduling, execution, controlling and evaluation.

Unit II: - Family Resources

Types - Human and Non Human Resources. Money management- Income, Expenditure, Supplementary, Income Family, Budget. Wants- Types, Characteristics and factors affecting wants.

Unit III: - Housing

Family housing needs- Protective, economic and social. Factors affecting selection and purchase of site for house building- legal aspects, location, physical features, soil conditions, cost, service. House Planning.

Unit IV: - Interior Decoration

Meaning and Principles of interior decoration. Elements and principles of art. Color-properties, classification and color schemes. Furniture- types and arrangement. Lighting. Flower arrangement and Accessories.

Course Outcome:

After completing the students will be able to:

- Get an introduction to home management.
- Understand the family resources.

- Get introduce about family housing.
- The study about the interior decoration.

Suggested Reading: -

- Gross and Crandall; Management for Modern Families.
- Nickel and Dorsey, Management in Family Living.
- Patni, Manju; GrahPrabandh.
- Rutt, A.H.; Home Furnishing.

Website Sources:

www.brainkart.com

www.sigmaint.com

www.britannica.com

FIRST YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - II

BAHS 251: Practical (Home Science)

Course Objectives:

The purpose of this course is to expose the students:

- To create an awareness among the students about management in the family as well as the other system.
- To recognize the importance of wise use of resources in order to achieve goals.
- To understand the family has needs and factors affecting selection and purchases of site for house building.
- To Understand various element and principles of art used in the interior decoration.

Practical/ Lab Work:

1. Floor decoration: Alpana or Rangoli.
2. Flower arrangement or flower making.

Course Outcome:

After completing the students will be able to:

- Get an introduction to home management.
- Understand the family resources.
- Get introduced about family housing.
- The study about the interior decoration.

Suggested Reading: -

- Gross and Crandall; Management for Modern Families.
- Nickel and Dorsey, Management in Family Living.
- Patni, Manju; GrahPrabandh.
- Rutt, A.H.; Home Furnishing.

Website Sources:

- www.sigmapaint.com
- www.britannica.com

SECOND YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - III

BAHS311: FUNDAMENTALS OF FOOD AND NUTRITION

Course Objectives:

The Purpose of this course is to expose the students to:

- Understand the functions of food and role of various nutrients, their requirements and effects of deficiency and excess.
- Learn about the structure, composition, nutritional contribution and selection of different food stuff.
- Development of ability to improve the nutritional quality of food.

Course Content:

Unit I: -

Introduction to Food and Nutrition, Definition of foods, Nutrition, Nutrients. Energy-Factors affecting total energy requirements of the body. Basal metabolism- Definition, Factors affecting rate of B.M.R. Balanced diet and factors affecting balanced diet.

Unit II: -

Basic Food Groups- Importance of basic food groups in the diet. Nutrient, contribution of food stuffs and their importance in Indian diets like cereals, pulses, nuts, and oil seeds, vegetables, fruits, milk and milk products, egg, meat, fish, and their fats and oils, spices and condiments.

Unit III: -

Various cooking methods and their effect on the nutritional value of various nutrients.

Unit IV: -

Nutrition during lifecycle: - Nutrition during infancy, Nutrition during Childhood, Nutrition for adolescence, Nutrition for adults, Nutrition during old age, Nutrition during pregnancy and lactation.

Course Outcomes:

After completing this course students will be able to -

- Understand the basic principles of food preservation.
- Learn the various preservation techniques and their applications

- Understand the physiological changes, special needs and health concern of people at different stages of life
- Understand the relationship of nutrition to physical, psychological growth and development and ageing
- Acquire the ability to modify the normal diet to suit individual needs in specific disease conditions
- Recognize signs of food spoilage.
- Recognize safe receiving storing & handling raw and prepared foods

Suggested Readings: -

- Davidson and Passmore; Human Nutrition and Dietetics.
- Proudifit and Robinson; Normal and Therapeutic Nutrition.
- Rajlakshmi; Applied nutrition.
- Shrilakshmi, B.; Dietetics.
- Swaminathen, M.; Essentials of Food and Nutrition (Vol. I and Vol. II).

Website Sources:

- www.healthline.com
- www.jagran.com
- www.wikipedia.com

SECOND YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - III

BAHS351: Practical (Home Science)

Course Objectives:

The Purpose of this course is to expose the students to:

- Improve the appetite so that maximum diet is consumed and wastage is minimized.
- Fasten the recovery of the patient.
- Basic Breakfast should provide more than 25% of the daily requirement.
- Understand the functions of food and role of various nutrients, their requirements and effects of deficiency and excess.
- Learn about the structure, composition, nutritional contribution and selection of different food stuff.
- Development of ability to improve the nutritional quality of food.

Course Content:

Practical / Lab Work:

1. Basic cookery.
2. Meal planning for different age groups and conditions (pregnancy, lactation and work conditions)

Course Outcomes:

After completing this course students will be able to -

- Acquire the ability to modify the normal diet to suit individual needs in specific disease conditions.
- Understand the basic principles of food preservation.
- Learn the various preservation techniques and their applications.
- Understand the physiological changes, special needs and health concern of people at different stages of life.
- Understand the relationship of nutrition to physical, psychological growth and development and ageing.
- Acquire the ability to modify the normal diet to suit individual needs in specific disease conditions.

- Recognize signs of food spoilage.
- Recognize safe receiving storing & handing raw and prepared foods.

Suggested Readings: -

- Davidson and Passmore; Human Nutrition and Dietetics.
- Proudifit and Robinson; Normal and Therapeutic Nutrition.
- Rajlakshmi; Applied nutrition.
- Shrilakshmi, B.; Dietetics.
- Swaminathen, M.; Essentials of Food and Nutrition (Vol. I and Vol. II).

Website Sources:

- www.healthline.com
- www.wikipedia.com

SECOND YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - IV

BAHS411: CHILD DEVELOPMENT

Course Objectives:

The purpose of this course is to expose students to:

- Understand the meaning and importance of mother crafts and child care.
- Understand the definition and scope of child development.
- Understand various developments like physical, motor, emotional, language, social and cognitive from birth to adolescence.
- Understand the importance of play.

Course Content:

Unit I: -

Definition and scope of child development, Principles of development, Stages of development and development task of each stage, Factors affecting development.

Unit II: -

Meaning and importance of mother craft and child care, Female reproduction organs (Internal), Conception and signs of pregnancy complications of pregnancy- Abortions, Toxemia of Pregnancy, R.H. Factor, Anemia, Stages of prenatal development zygote, embryonic and neonatal stages and Types of delivery.

Unit III: -

Physical development, Motor development, Emotional development, Language development, Social development, Cognitive development of child

Unit IV: -

Play and work- Types of play, Importance of play. Personality- Meaning, development and features affecting personality. Exceptional Children (gifted), Problem children- Factor affecting their behavior and methods for correction.

Course Outcomes:

After completing the course the Students will be able to:

- Develop and understand the need and importance of early childhood education.
- Develop and understand curricular planning.
- Learn various skills required for conducting developmentally appropriate program for children.
- Gain insight into the organization and management of a preschool center.

Suggested Readings: -

- Child Development: Dr. Vatsyan.
- Child Development and Personality: P. Mussen, J.J. Conger, J. Kagan and A.C. Huston.

Website resource:

- www.flexiprep.com
- www.wikipedia.org
- www.healthline.com
- www.cdc.gov
- www.healthofchildren.com

SECOND YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - IV

BAHS 451: Practical (Home Science)

Course Objectives:

This study synthesized literature concerning casual evidence of effects of various physical activity programs on motor skill and cognitive development in typically developed preschool children.

Course Content:

Practical / Lab Work:

Preparation of teaching aids for motor, language and cognitive development.

Course outcomes:

After completing the course the Students will be able:

- To develop and understand the need and importance of early childhood education.
- To learn various skills required for conducting developmentally appropriate program for children.

Suggested Readings:

- Child Development: Dr. Vatseyan.
- Child Development and Personality: P.Mussen, J.J.Conger, J. Kagan and A.C.Huston.

Website Source:

- www.flexiprep.com
- www.wikipedia.org
- www.healthline.com

THIRD YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - V

BAHS511: INTRODUCTION TO TEXTILES AND CLOTHING

Course Objectives:

The purpose of this course is to expose students to:

- Acquaint with the different textiles and their performances.
- Impart knowledge on different textile finishes.
- Acquaint with proper notion regarding choice of fabric.
- Develop skills in clothing construction.

Course Content:

Unit I: -

Introduction to textiles. Classification to textile fibers. Manufacture, Properties and uses of – cotton, linen, wool, silk, rayon, polyamide and acrylic fibers.

Unit II: -

Weaving process- To study the parts and functions of a Loom. Different types of basic and decorative weaving.

Unit III: -

Finishes-

- Physical- singeing, napping, brushing, shearing, sizing, shrinking, tendering and calendaring.
- Chemical- bleaching and mercerizing.
- Special purpose finishes- wrinkle resistant, water repellent, flame retardant, dyeing and printing etc.

Unit IV: -

Equipment and supplies used in clothing construction with special reference to Sewing Machine.
General principles of clothing construction.

Course Outcomes:

After completion of the course, Students will be able to:

- Know Cultivation, Properties and uses of Natural Fibers.
- Know Cultivation, Properties and uses of Manmade fibers.
- Gain knowledge of Blend and Union fabrics.
- Understand preprocessing finishes.
- Develop the scenes of assurance for quality of textile material among students.

Suggested Readings:

- Hurlock, Elizabeth; Child Development.
- Mussen,P. Conger,J. J.Kagan, J. and Huston,A.C.; Child Development and Personality.
- Vatseyan; Child Development.

Website Sources:

- www.textileschool.com
- www.textilestudycenter.com
- www.clothingindustry.blogspot.com
- www.textilecourse.blogspot.com
- www.sciencedirect.com
- www.woolmark.com
- www.britannica.com

THIRD YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - V
BAHS551: Practical (Home Science)

Course Objective:

The purpose of this course is to expose students:

- To enable students to understand and learn methods of developing Fabrics.
- To gain knowledge and understanding of fundamentals of weaving machinery and Processes.

Course Content:

Practical / Lab Work:

1. Tie and Dye.
2. To prepare a paper pattern of child's bodice block (3 years old).
3. Stitching of basic garments.

Course Outcomes:

After completion of the course:

- The learner will acquire knowledge of various dyes used on textile fibers.
- The learner will learn the procedure of dyeing different textile materials.
- To learn different styles and methods of printing.

Suggested Readings:

- Hurlock, Elizabeth; Child Development.
- Mussen,P. Conger,J. J.Kagan, J. and Huston,A.C.; Child Development and Personality.
- Vatseyan; Child Development.

Website Sources:

- www.textileschool.com
- www.textilestudycenter.com
- www.clothingindustry.blogspot.com

THIRD YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - VI

BAHS611: EXTENSION AND COMMUNICATION

Course Objectives:

The purpose of this course is to expose students to:

- Understand the widening concept of extension.
- Be aware of the various extension method uses in facilitating development.
- Feel strongly for the people without power and influence then to become partners in development projects and programs.

Course Content:

Unit I:

Concept of Extension Education, Meaning of Extension Education. Definition, Importance and Scope of Home Science Extension Education.

Unit II:

Definition and Importance of Communication. Functions of Communication. Problems of Communication. Role and qualities of an Extension worker

Unit III:

Methods of Approaching People- Personal Approach, Group Approach, Mass Approach.

Unit IV:

Definition and importance of Audio- Visual Aids.

Course outcomes:

After completing the course students will be able to:

- Learned how to develop knowledge and decision making ability in agriculture.
- Learned how to increase crop yield through extension education.
- Learned about schemes offered by the government through dissemination programs.
- Learned to develop the qualities of self reliance in women through diffusion education.

Suggested Readings: -

- Dahama, O.P.;Extension and Rural Welfare.
- Ministry of Child Development;Community Development programs in India.

Website Sources:

- www.ecoursesonline.jasri.res.in
- www.yourarticlelibrary.com
- www.agropedia.iitk.ac.in
- www.fao.org
- www.sg.inflibnet.ac.in
- www.lisbnet.com
- www.studylecturenotes.com

THIRD YEAR
IFTM University, Moradabad
Bachelor of Arts (Home Science)
Programme
Semester - VI

BAHS651: Practical (Home Science)

Course Objective:

The purpose of this course is to expose students to:

- Increase women's trends in agriculture through posters.
- Enhance the potential of self-employment by developing competence for participation and preparation of innovative communication strategies.
- Tell the spread programs through Puppet.
- Understand the importance of informal education.

Course Content:

Practical / Lab Work:

Preparation of Audiovisual Aid (any one)-

- Poster and Chart
- Flash Card or Flip Book
- Puppet

Course Outcomes:

After completing the course students will be able to:

- Learned to spread new and useful techniques for agriculture through flash cards.
- Understood the concept of spread education.
- Through the play of puppets, the youth and adult understood the development of agriculture and rural areas.

Suggested Readings:

- Wingate; Textile Fabrics and Their Selection.
- Hollwn and Saddler; Textiles.
- Hess, Katharine Paddoek; Textile Fiber and their use.
- Dahama, O.P.; Extension and Rural Welfare.
- Ministry of Child Development; Community Development programs in India.

Website Sources:

- www.textileschool.com
- www.textilestudycenter.com
- www.clothingindustry.blogspot.com
- www.textilecourse.blogspot.com