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**SRI DEV SUMAN UTTARAKHAND  
UNIVERSITY**

**BADSHAITHAUL (TEHRI GARHWAL) UTTRAKHAND**  
AS PER NATIONAL <sup>EDN.</sup> POLICY 2020

**U.G. SYLLABUS**

**HOME SCIENCE**

**FOR**

**MAJOR, MINOR ELECTIVE & VOCATIONAL/SKILL  
ENHANCEMENT COURSE**

**SESSION-2022-23 (ONWARDS)**

**DEVELOPED BY:**

**DEPARTMENT OF HOME SCIENCE**

**PT. L.M.S SRI DEV SUMAN UTTARAKHAND  
UNIVERSITY, CAMPUS RISHIKESH**


# SRI DEV SUMAN UTTARAKHAND UNIVERSITY

BADSHAITHAUL (TEHRI GARHWAL) UTTRAKHAND

## Syllabus Preparation Committee

Department of HOMESCIENCE

Pt. L.M.S SRI DEV SUMAN UTTARAKHAND UNIVERSITY,  
CAMPUS RISHIKESH

S. N	Name	Designation	Sig.
1	Prof.(Dr.) PREETI KUMARI	Professor & Head	

**SRI DEV SUMAN UTTARAKHAND UNIVERSITY**  
**Badshahithaul, Tehri Garhwal (Uttarakhand)**

**List of Members of Board of Studies**



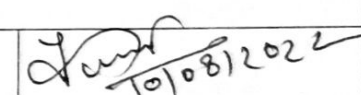
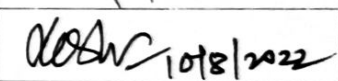
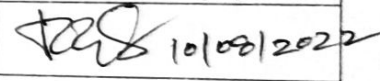

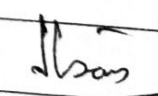
Sl. No.	Name of the Members	Designation	Nominated as
1	Prof. Dinesh Chandra Goswami	Dean of Arts	Chairman
2	Prof. Muktinath Yadav	Professor	Member
3	Prof. Hemant Kumar Shukla	Professor	Member
4	Prof. Sangeeta Mishra	Professor	Member
5	Prof. Preeti Kumari	Professor	Member
6	Prof. Anand Prakash Singh	Professor	Member
7	Prof. Pushpanjali Arya	Asso. Professor	Member
8	Prof. D K P. Choudhury	Professor	Member
9	Dr. Poonam Pathak	Professor	Member
10	Dr. Atal Bihari Tripathy	Asst. Professor	Member
11	Dr. Pushkar Gaur	Asst. Professor	Member
12	Dr. Shikha Mamgai	Asst. Professor	Member
13	Prof. M. S, Mawri	Professor	Member
14	Dr. Preeti Gupta	Asst. Professor	Member
15	Dr. Narmadeshwar Shukla	Professor	Member
16	Dr. Poonam Pandey	Asst. Professor	Member
17	Dr. Vandana Sharma	Principal	Member
1	Prof, Janki Panwar	Principal	GPGC Kotdwar
2	Prof. Lovely Rajvanshi LOVNEY	Principal	GPGC, Jaiharikhal
3	Prof. K. L. Talwar	Principal	GDC, Chakrata
4	Dr. Himanshu Das	Director	NIVH, Rajpur Road
5	Prof. M. S. M. Negi	Professor	SRT Campus, HNBSGU, Srinagar
6	Prof. M. C. Sati	Professor	HNBSGU, Srinagar
7	Prof. S. L. Bhatt	Ex. Principal	GPGC, Kotdwar
8	Dr. P.C. Painuli	Asst. Professor	GPGC, New Tehri
9	Dr. Asha Devi	Asso. Prof.	GPGC, Kotdwar

## Syllabus

### Home Science

Syllabus of B.A. <sup>1<sup>st</sup> year</sup> Semesters respectively for Sri Dev Suman Uttarakhand University (SDSUU) Badshahithoul, Tehri-Garhwal  
(1<sup>st</sup> & II<sup>nd</sup> sem) and its Affiliated Colleges w.e.f. Educational Session: 2022-23

Syllabus checked & modified by the following President/ Members of B.O.S. (Board of Studies) on Wednesday, 10.08.2022

Sr. No.	Name	Designation & Institute	Designation in BOS	Signature
<b>A: Faculty of Arts, SDSUU, Tehri-Garhwal</b>				
1	Prof. Dinesh Chandra Goswami	Dean, SDSUU, Tehri Garhwal Pt. L.M.S. University Campus, Rishikesh (U.K.)	President	
2	Prof. Preeti Kumari	H.O.D.-Department of Home Science SDSUU, Tehri Garhwal, Pt. L.M.S. University Campus, Rishikesh (U.K.)	Member	
<b>B: Three Principals of Post-Graduate Colleges</b>				
1	Prof. Janaki Panwar	Principal Govt. P.G. College, Kotdwar (U.K.)	Member	
2	Prof. Lavani Rajvanshi	Principal Govt. P.G. College, Jaiharikhal (U.K.)	Member	
3	Prof. K.L. Talwar	Principal Govt. Degree College, Chakarata (U.K.)	Member	
<b>C: Director of any Research Institute</b>				
1	Dr. Himanshu Das	Director Rashtriya Drishti Badhitharth Sansthan, Dehradun (U.K.)	Member	
Sr. No.	Name	Designation & Institute	Designation in BOS	Signature
<b>D. Two Professors &amp; 01 External Expert nominated by honourable Vice-Chancellor</b>				
1	Prof. M.S.M. Negi	S.R.T. Campus Badshahithoul, Tehri-Garhwal (U.K.)	Member	
2	Prof. M.C. Sati	Department of Economics HNBGU, Srinagar-Garhwal (U.K.)	Member	
3	Prof. S.L. Bhatt	Principal (Rtd.) Govt. P.G. College, Kotdwar (U.K.)	Member	

## Curriculum Design Committee, Uttarakhand

Sl. No.	Name & Designation	
1.	Prof.N.K.Joshi Vice-Chancellor, Kumaun University, Nainital	Chairman
2.	Prof.O.P.S.Negi Vice-Chancellor, Uttarakhand Open University	Member
3.	Prof.P.P.Dhyani Vice-Chancellor, Sri Dev Suman Uttarakhand University	Member
4.	Prof.N.S.Bhandari Vice-Chancellor, Soban Singh Jeena University Almora	Member
5.	Prof. Surekha Dangwal Vice-Chancellor, Doon University, Dehradun	Member
6.	Prof.M.S.M.Rawat Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand	Member
7.	Prof.K.D.Purohit Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand	Member



### Semester-wise Titles of the Papers in U.G. Programme (HOME-SCIENCE)

Year	Semester	Course Code	Paper Title	Theory/Practical	Credits
B.A-1	I	HSC/UG001 <b>Core/Major</b>	Food and Nutrition	THEORY	4
		HSC/UG002 <b>Core/Major</b>	Cooking Skills and Healthy Recipe Development	PRACTICAL	2
		HSC/UG <b>Minor/ Elective</b>	Human Development	THEORY	4
		HSC/UG <b>Vocational Minor</b>	Food Processing and Preservation	THEORY	3
	II	HSC/UG003	Introduction to Clothing and Textile	THEORY	4
		HSC/UG004	Clothing and Textile	PRACTICAL	2
		HSC/UG <b>Minor/ Elective</b>	Resource Management	THEORY	4
		HSC/UG <b>Vocational Minor</b>	Women Empowerment	THEORY	3

**DETAILED SYLLABUS****B.A. I****B.A. I Semester I Home Science  
Food and Nutrition (Theory)**

Programme/Class: Certificate		Year: I	Semester: I
<b>Subject: Home Science</b>			
Course Code: HSC/UG001 Major/Core		Course Title: <b>Food and Nutrition (Theory)</b>	
<b>Course Outcomes:</b> The student at the completion of the course will be able to: <ul style="list-style-type: none"> <li>• Gain Knowledge of Nutrition.</li> <li>• Students will get familiar with different methods of cooking</li> <li>• Acquaint students with practical knowledge of nutrient rich foods.</li> </ul>			
Credits:4		<b>Core Compulsory / Elective</b>	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lectures-60			
Units	Topic	No. of Lectures	
<b>I</b>	Food and Nutrition Food-meaning, Classification and function of Food. Basic Food Groups. Energy- Factors affecting total energy requirements of the body. Balanced Diet- Definition and Factors affecting Balanced diet.	20	
<b>II</b>	Nutrition-Concept of Nutrition Nutrients-Macro and Micro,(Protein, Carbohydrate, Fat, Vitamins, Minerals, Water) sources, Functions, Requirements, Digestion, absorption and deficiency diseases.	20	
<b>III</b>	Cooking Methods - Different Methods of Cooking, Advantages and Disadvantages. Preservation of Nutrients while Cooking.	12	
<b>IV</b>	Traditional methods of enhancing nutritional value of foods-Germination, Fermentation, Food Synergy etc.	8	

**Suggested Reading**

- Sumati R Mudami, "Fundamentals of food Nutrition and Diet Therapy", New Age International Pvt. Ltd, New Delhi, 6<sup>th</sup> Ed. (2018)
- Punita Sethi and Poonam Lakda, "AaharVigyan, SurakshaevamPoshan"; Elite Publishing House, New Delhi: 2015
- Dr. Anita Singh, AaharEvamPoshanVigyan, star Publication, Agra
- Dr. DevinaSahai, AaharVigyan, New Age International Publishers, New Delhi
- Suggestive digital platforms web links-ePG-Pathshala, IGNOU & UPRTOU online study material  
Svayam Portal  
<http://heecontent.upsdc.gov.in/Home.aspx>

This course can be opted as an elective by the students of the following subjects: Open for all  
The eligibility for this paper is 10+2 with any subject

Suggested Continuous Evaluation Methods:

- Seminar / Presentation on any topic of the above syllabus
- Test with multiple choice question/ short and long answer questions

Attendance

Course prerequisites: The eligibility for this paper is 10+2 with any subject





**B.A. I Semester I Home Science**  
**Cooking skills and Healthy Recipe Development (Practical)**

Programme/Class: Certificate	Year: 1	Semester: 1
<b>Subject: Home Science</b>		
Course Code: HSC/UG002	Course Title: <b>Cooking skills and healthy recipe development(Practical)</b>	
<b>Course Outcomes:</b>		
<ul style="list-style-type: none"> <li>● Students will get familiar with different methods of cooking</li> <li>● Acquaint students with practical knowledge of nutrient rich foods</li> </ul>		
Credits: 2	<b>Core Compulsory / Elective</b>	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lab Periods-30(60 hours)		
Unit	Topic	No. of Lab periods /Lectures
<b>I</b>	Basic Cooking skills <ul style="list-style-type: none"> <li>- Weighing of raw materials</li> <li>- Preparing of different food items</li> <li>- Different styles of cutting fruits and vegetables</li> <li>- Salad Decoration/Dressing</li> </ul>	15/30
<b>II</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> <li>- Vitamins rich dish</li> <li>- Minerals Rich Dish</li> <li>- Fiber Rich Dish</li> </ul>	15/30

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**Suggested Readings:**

- ❖ Sumati R Mudambi, "Fundamentals of Food Nutrition and Diet Therapy", New Age International Pvt. Ltd, New Delhi, 6<sup>th</sup> Ed. (2018)
- ❖ Punita Sethi and Poonam Lakda, "AaharVigyan, Suraksha evam Poshan"; Elite Publishing House, New Delhi; 2015

This course can be opted as an elective by the students of the following subjects: Open for all

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**Suggested Continuous Evaluation Methods:**

- Test with multiple choice question/short and long answer questions
- Menu planning and calculation of nutrient requirement
- Nutritive value calculation of various nutrient rich dish

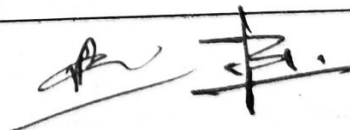
Course prerequisites: The eligibility for this paper is 10+2 with any subject.

**Suggested equivalent online courses**

- IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad., <http://heecontent.upsdc.gov.in/Home.aspx>

**Further Suggestions:**

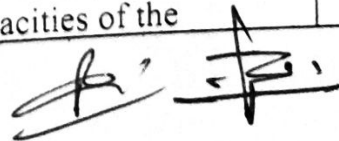
Student may develop their cooking skills with new healthy recipe development after completion of this course and even start their own food service center



## B.A. I

### B.A. I Semester I Home Science Human Development (Theory)

Programme/Class: Certificate	Year: 1	Semester: 1
<b>Subject: Home Science</b>		
Course Code: HSC/UG Minor/Elective	Course Title: <b>Human Development (Theory)</b>	
<b>Course Outcomes:</b> The student at the completion of the course will be able to: <ul style="list-style-type: none"><li>● Explain the need and importance of studying human growth and development across lifespan</li><li>● Identify the biological and environmental factors affecting human development</li><li>● Learn about the characteristics, needs and developmental tasks of infancy &amp; early childhood years</li></ul>		
Credits:4	<b>Minor / Elective</b>	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Units	Topic	No. of Lectures
I	Introduction to Human Development <ul style="list-style-type: none"><li>● Concept, Definition and need to study Human Development</li><li>● Domains, Stages and contexts of development. Principles of Growth and Development. Determinants of Development-Heredity and Environment.</li></ul>	15
II	Prenatal Development and Birth Process: <ul style="list-style-type: none"><li>● Conception, Pregnancy and Childbirth, Stages of birth</li><li>● Types of delivery (Natural, C-section, breech, home vs. assisted delivery)</li><li>● Physical appearance and capacities of the</li></ul>	15



	new- born Factors affecting prenatal development	
<b>III</b>	Infancy: <ul style="list-style-type: none"> <li>● Developmental task 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>	15
<b>IV</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>	15

### Suggested Reading

- Dr. Brinda Singh, Manav SharirevamKriyaVigyanPanchcheelPrakashan, Jaipur, 2015, 15<sup>th</sup> Ed.
- Berk, L.E. Child Development New Delhi: Prentice Hall (2005) (5<sup>th</sup> 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.
- AadhunikVikasatmakManovigyan, Shri Vinod Pustak Mandir Agra Edition 3<sup>rd</sup> 2015
- Suggestive digital platforms web links-ePG-Pathshala, IGNOU & UPRTOU online study material Svayam Portal.

This course can be opted as an elective by the students of the following subjects: Open for all  
The eligibility for this paper is 10+2 with any subject

### Suggested Continuous Evaluation Methods:

- Seminar / Presentation on any topic of the above syllabus
- Test with multiple choice question/ short and long answer questions

### Attendance

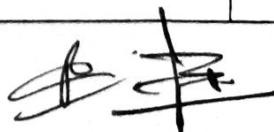
Course prerequisites: The eligibility for this paper is 10+2 with any subject

<http://heecontent.upsdc.gov.in/Home.aspx>

## B.A. I

### B.A. I Semester I Home Science Food Processing and Preservation (Theory)

Programme/Class: Certificate	Year: I	Semester: I
<b>Subject: Home Science</b>		
Course Code: HSC/UG Vocational/Minor	Course Title: <b>Food Processing and Preservation(Theory)</b>	
<b>Course Outcomes:</b> The student at the completion of the course will be able to: <ul style="list-style-type: none"><li>• Students will get familiar with various methods of Food Processing and Food Preservation.</li><li>• Development of the skill of preparation of various food items like jams,jellies and pickles.</li></ul>		
Credits:3	<b>Vocational/Minor</b>	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Units	Topic	No. of Lectures
I	Introduction: a. Preservation of fruits and vegetables b. Reasons for the deterioration of fruits and vegetables c. Common methods of preservation of fruits and vegetables.	
II	Canning of fruits and vegetables.	
III	Preparation of Jam, Jelly, Murabba, Toffee, Fruit juices, Pickle, Chutney and Ketchup.	
IV	a. Drying of fruits and vegetables. b. Preservation and storage at a small level.	



**Suggested Reading**

- Vyavharik Fal Sabji parirakhan- Panram Arya and Padam Prakash Rastogi
- Fundamentals of Foods and Nutrition, S.R. Mudambi and M.V. Rajagopal, New Age International (P) Ltd. Publishers
- A Textbook of Foods, Nutrition and Dietetics, M.R. Begum, Sterling Publishers Pvt. Ltd.
- Cherley H (1982). Food Science (2nd edition), John Wiley & Sons, New York
- Gopalan C. (eds.) (1993) Recent Trends in Nutrition, Oxford University Press
- Handbook of food and nutrition, M. Swaminathan, Bappco.

This course can be opted as an elective by the students of the following subjects: Open for all  
The eligibility for this paper is 10+2 with any subject

Suggested Continuous Evaluation Methods:

- Seminar / Presentation on any topic of the above syllabus
- Test with multiple choice question/ short and long answer questions

Attendance

Course prerequisites: The eligibility for this paper is 10+2 with any subject

<http://heecontent.upsdc.gov.in/Home.aspx>



**B.A. I Semester 2 Home Science  
Introduction to Clothing & Textiles (Theory)**

Programme/Class: Certificate	Year: 1	Semester: 2
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**Subject: Home Science**

Course Code: <b>HSC/UG003</b> Major/Core	Course Title: <b>Introduction to Clothing &amp; Textiles (Theory)</b>
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**Course Outcomes:**

- Learn about the scope of textile and clothing
- Understanding why fabrics are different
- Learn how fabrics can be manufactured
- Understand basic clothing concepts and garment making

Credits: 4	Core Compulsory
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Max. Marks: 25+75	Min. Passing Marks:
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Total No. of Lab Periods-60

Unit	Topic	No. of Lectures
<b>I</b>	<b>Introduction</b> a) Introduction to Clothing and Textile (b) Its importance in day-to-day life (c) Scope (d) Classification of textile fiber on the basis of their source (e) General properties of fibers-primary and secondary	
<b>II</b>	<b>Knowing Fibers-</b> Manufacture, processing, properties, and uses of (a) Cellulosic Fiber-cotton, Linen (b) Protein Fibers-Wool, Silk (c) Synthetic/Manmade Fibers-Nylon, Polyester, Acrylic, Rayon	
<b>III</b>	<b>Yarn to fabrics</b> (a) Definition of Yarn, Manufacture of Yarn, and Yarn Properties (b) Different fabric construction techniques (Weaving, Knitting, Felting, Braiding, Non-woven) (c) Weaving of Cloth-Terminologies and Steps in Weaving (d) Types of weaves-Basic and Decorative	
<b>IV</b>	<b>Clothing Construction</b> (a) Tools for Clothing construction (b) Introduction to sewing machine, its parts and maintenance, (c) Importance of Drafting, Flat pattern techniques-advantages & disadvantages (d) Fabric preparatory steps for stitching a garment-preshrinking, straightening, layout, pinning, marking and cutting.	

**Suggested Readings:**

- ❖ 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-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.

This course can be opted as an elective by the students of the following subjects:  
Open to all

**Suggested Continuous Evaluation Methods:**

- Seminar on any topic of the above syllabus.
- **Test with multiple choice question/short and long answer questions**
- **Attendance**

**Course prerequisites:** To study this course, a student must have had ALL in class 12th.

**Suggested equivalent online courses**  
IGNOU and other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and abroad.

**Further Suggestions:**  
Student may develop their managerial after completion of this course and may join any field.

**As management of Resources is applicable everywhere.**

**At the End of the whole syllabus any remarks/suggestions:**

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**B.A. I Semester 2 Home Science  
Clothing & Textiles (Practical)**

Programme/Class: Certificate		Year: 1	Semester:2
<b>Subject: Home Science</b>			
Course Code: <b>HSC/UG004</b>		Course Title: <b>Clothing &amp; Textiles (Practical)</b>	
<b>Course Outcomes:</b>			
<ul style="list-style-type: none"> <li>• Ability to identify fibers and fabrics</li> <li>• Understanding why fabrics are different</li> <li>• Learning basic sewing skills</li> <li>• Learn how garments are stitched</li> </ul>			
Credits:2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks:	
Total No. of Lab. periods-30(60)			
Unit	Topic		No. of Lab. periods
<b>I</b>	<b>Identification of fibers and fabrics</b> (a) Fiber identification tests- Visual burning and microscopictest- natural and synthetic, pure and blended fibers. (b) Weaves identification and understanding of their usage		
<b>II</b>	<b>Learning to Stitch</b> (a) Knowing how to stitch- straight-line stitching, stitching at curves and corners (b) Basic Stitching-Temporary Stitching, Permanent and decorative stitching		
<b>III</b>	<b>Basic Sewing</b> (a) Seams-Plain seams and its finishing, run and fell seam, French seam (b) Attaching different fasteners (c) Disposal of fullness- darts, gathers, tucks and pleats (d) Neckline Finishing-Facing & Binding		

**Suggested Readings:**

- ❖ 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 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.
- ❖ 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.
- ❖ Suggestive digital platform weblinks-  
Swayam Portal,  
<http://heecontent.upsc.gov.in/Home.aspx>

**Suggested Continuous Evaluation Methods:**

- Preparation of samples of various types of fabrics'
- Evaluation of Prepared garment
- Record file preparation and evaluation, Attendance

Course prerequisites: Class 12<sup>th</sup> with any subject

Dr. A. S.

# B.A. I

## B.A. I Semester II Home Science Resource Management (Theory)

Programme/Class: Certificate	Year: 1	Semester: II
<b>Subject: Home Science</b>		
Course Code: HSC/UG Minor/Elective	Course Title: <b>Resource Management (Theory)</b>	
<b>Course Outcomes:</b> The student at the completion of the course will be able to: <ul style="list-style-type: none"><li>• Learn the family resource management as a whole</li><li>• Understand the Decision making and use of resources throughout the Family life cycle.</li><li>• Gain knowledge about Time, Money &amp; Energy as a Resource.</li><li>• Appreciate Household Equipment's for work simplification</li></ul>		
Credits: 4	<i>Minor / Elective</i>	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Units	Topic	No. of Lectures
I	<b>Introduction to Home Management:</b> Basic Concepts, Purpose, and Obstacles of Management. Process of Management -Planning, Organization, Controlling, and Evaluation. Motivating Factors in Management -Values, Goals, and Standards-Definition and Classification.	
II	<b>Resources, Decision making &amp; Family life cycle:</b> Meaning, Characteristics, Types, and Factors affecting the use of Resources. Steps and Role of decision making in management. Stages of the family life cycle.	
III	<b>Time, Energy and Money Management:</b> Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management.	
IV	Energy as a Resource, Work Curve, Fatigue-Types, Causative Factors and alleviating techniques, Family income as a Resource, Source of Income and Expenditure and Saving. Preparation of family budget in view of family income	

*[Handwritten signature]*

### Suggested Reading

- ❖ 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). Management for Modern Families. N.Delhi: Sterling Publisher Ltd.
- ❖ Moorthy G. (Ed.). (1985). Home Management. N. Delhi.: Arya Publishers, Mullick, P. Textbook of Home Science. Ludhiana.: Kalyani Publishers.
- ❖ Nickell, P., and Dorsey, J, M. (2002). *Management in Family Living*. New Delhi: CBS Publishers (ISBN 13: 9788123908519)
- ❖ Patni Manju & Sharma Lalita, Grah Prabandh, Star Publication Agra

This course can be opted as an elective by the students of the following subjects: Open to all  
The eligibility for this paper is 10+2 with any subject

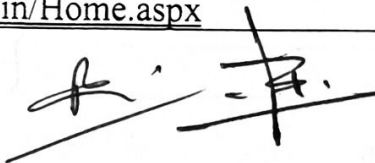
### Suggested Continuous Evaluation Methods:

- Seminar / Presentation on any topic of the above syllabus
- Test with multiple choice questions/ short and long answer questions

Attendance

Course prerequisites: The eligibility for this paper is 10+2 with any subject

<http://heecontent.upsdc.gov.in/Home.aspx>



**B.A. I**  
**B.A. I Semester II Home Science**  
**Women Empowerment (Theory)**

Programme /Class: Certificate	Year: I	Semester: II
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**Subject: Home Science**

Course Code: HSC/UG Vocational/Minor	Course Title: <b>Women Empowerment (Theory)</b>
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**Course Outcomes:**

The student at the completion of the course will be able to:

- To develop insight into the general issues of women.
- To understand strategies for the empowerment of women.

Credits:3	<i>Vocational/Minor</i>
Max. Marks: 25+75	Min. Passing Marks: _____
Total No. of Lectures-60	

Units	Topic	No. of Lectures
<b>I</b>	Empowerment of women: Meaning, objectives, and target areas of empowerment: Education, health, social life, economic status, communication skills, political life, cultural life, decision making, and mobility	
<b>II</b>	Gender-based discrimination – Discrimination in social, health, economic, political, and educational; Violence against women, dowry, etc. Discrimination against girl child – social, nutrition, education, etc. Female foeticide (pre-birth and pre-conception elimination), Female infanticide	
<b>III</b>	Sex ratio – Definition, the declining sex ratio of women and girl child – causes and consequences	
<b>IV</b>	Laws protecting women from violence and discrimination	

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V	National Policy for Empowerment of Women Programs for women	
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### Suggested Reading

- Antony M. J. (1989) women's rights, New Delhi.
- Bhattacharya R. Career Management, A new Challenge Vol: 1, New Delhi.
- Chandra Shekhar ® 1992 – Women's Resource & National Development A – Perspective New Delhi – (Publishing House)
- Gove. M. S. India Youth – Process of Socialization – New Delhi, 8, Vishva Yuvak Kendra.
- Gupta J. L. (1988) Challenge to their Sex, Indian women's problems.

This course can be opted as an elective by the students of the following subjects: Open to all  
The eligibility for this paper is 10-2 with any subject

### Suggested Continuous Evaluation Methods:

- Seminar / Presentation on any topic of the above syllabus
- Test with multiple choice questions/ short and long answer questions

Attendance

Course prerequisites: The eligibility for this paper is 10+2 with any subject

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## परीक्षा प्रणाली

श्री देव सुमन उत्तराखण्ड विश्वविद्यालय परिसर, ऋषिकेश में दिनांक 10 अगस्त 2022 को कला संकाय की अध्यापन समिति (Board of Studies) में लिए गए निर्णय के क्रम में श्री देव सुमन उत्तराखण्ड विश्वविद्यालय में संचालित स्नातक पाठ्यक्रमों के निम्न विषयों -

हिन्दी ,

अंग्रेजी ,

संस्कृत,

इतिहास ,

गृह विज्ञान ,

भूगोल,

राजनीति विज्ञान ,

समाज शास्त्र,

अर्थशास्त्र ,

शिक्षा शास्त्र ,

शारीरिक शिक्षा ,

संगीत ,

चित्रकला ,

मानव शास्त्र ,

मनोविज्ञान ,

दर्शन शास्त्र तथा

सैन्य विज्ञान विषयों के स्नातक कक्षाओं के सेमेस्टर परीक्षा 2022-23 हेतु पारित निर्णय निम्नवत हैं :

राष्ट्रीय शिक्षा नीति 2020 के अंतर्गत प्रवर्तित पाठ्यक्रमों के प्रत्येक सेमेस्टर में प्रत्येक लिखित प्रश्न पत्र तीन घंटों का होगा तथा प्रत्येक प्रश्न पत्र अधिकतम 75 अंकों का होगा । प्रत्येक प्रश्न पत्र के दो खंड होंगे - खंड अ और खंड ब । खंड अ में 8 लघु उत्तरीय प्रश्न पूछे जाएंगे जिनमें से परीक्षार्थी को 5 प्रश्नों के उत्तर देना अनिवार्य होगा । खंड अ का प्रत्येक प्रश्न 6 अंकों का होगा । खंड ब में 5 प्रश्न दीर्घ उत्तरीय प्रकृति के होंगे जिनमें से परीक्षार्थी को 3 प्रश्नों के उत्तर देना अनिवार्य होगा । प्रत्येक दीर्घ उत्तरीय प्रश्न 15 अंकों का होगा ।

अध्यक्ष , अध्यापन समिति (Board of Studies)

कला संकाय, श्री देव सुमन उत्तराखण्ड विश्वविद्यालय , बादशाहीथाल