



B.A. I Year (Semester I) Home Science Paper 1
Fundamentals of Nutrition and Human Development (Theory)

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science		
Course Code: A130101T	Course Title: Fundamentals of Nutrition and Human Development	
Course outcomes: The student at the completion of the course will be able to: <ul style="list-style-type: none">▪ Prepare the students to understand physiology based courses▪ Students will get familiar with different methods of cooking▪ Acquaint students with practical knowledge of nutrient rich foods• Explain the need and importance of studying human growth and development across life span• Identify the biological and environmental factors affecting human development.• Learn about the characteristics, needs and developmental tasks of infancy & early childhood years		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:33	
Total No. of Lectures-60		
Units	Topic	No of Lectures
I	<ul style="list-style-type: none">• Traditional Home Science and its Relevance in current era Contribution made by Indian Home Scientists i.e. M Swaminathan, C V Gopalan, S K Day, Ravindra Nath Tagore etc.	03
II	<ul style="list-style-type: none">• Cell and Digestive System• Respiratory and Cardiovascular system	10
III	<ul style="list-style-type: none">• Food and Nutrition• Food- Meaning, Classification and function Nutrition- Concept of Nutrition• Nutrients-Macro and Micro, sources and deficiency diseases.	09
IV	<ul style="list-style-type: none">• Cooking Methods- Methods, Advantages and Disadvantages Preservation of Nutrients while Cooking	08
	PART B	



V	Introduction to Human Development: <ul style="list-style-type: none">• Concept, Definition and need to study of Human Development• Domains, Stages and contexts of development• Principles of Growth and Development• Determinants of Development- heredity and environment	8
VI	Prenatal Development and Birth Process: <ul style="list-style-type: none">• Conception, Pregnancy and Childbirth• Stages of birth• Types of delivery (natural, c-section, breech, home vs.assisted delivery)• Physical appearance and capacities of the new-born• Factors affecting Pre-natal development.	6
VII	Infancy: <ul style="list-style-type: none">• Developmental tasks during Infancy and Preschool Stage.• Physical and Motor Development.• Social and emotional development• Cognitive and language development	8
VIII	Early Childhood (Pre School) years: <ul style="list-style-type: none">• Developmental Tasks during Early childhood.• Physical and Motor Development• Social and emotional development• Cognitive and language development	8

Suggested Readings:

- 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
- Berk, L.E. *Child development* New Delhi: Prentice Hall (2005) (5th ed.).
- Berk L.E. *Child Development* Allyn and Bacon 1992 (6th) Edition.
- Keenan, T., Evans, S., & Crowley, K. *An introduction to child development*, Sage (2016)
- Hurlock E. *Child Development*.
- Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015
 - Suggestive digital platforms web links-ePG-Pathshala, IGNOU & UPRTOU online study material
- Svayam Portal <http://heecontent.upsdc.gov.in/Home.aspx>

This course can be opted as an elective by the students of 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 questions/ short and long answer

questions
Attendance



ख्वाजा मुईनुद्दीन चिश्ती भाषा विश्वविद्यालय, लखनऊ, उत्तर प्रदेश (भारत)
Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)

U.P. STATE GOVERNMENT UNIVERSITY,
(Recognised Under Section 2(f) & 12(B) of the UGC Act, 1956 & B.Tech. Approved by (AICTE))

Course prerequisites: To study this course, a student must have had the subject ALL in class12th.
The eligibility for this paper is 10+2 with any subject

Further Suggestions:
It widens the scope for students to join Government and Non-Government organization upskilling
the people at different levels as per their socio-economic structure.

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

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B.A. I Year (Semester I) Home Science Paper 2
Cooking skills and healthy recipe development (Practical)

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science (Practical)		
Course Code: A130102P	Course Title: Cooking skills and healthy recipe development	
Course outcomes: <ul style="list-style-type: none">▪ Students will get familiar with different methods of cooking▪ Acquaint students with practical knowledge of nutrient rich foods		
Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks:40
Total No. of Lab Periods-30 (60 hours)		
Unit	Topic	No. of lab.periods
I	Basic cooking skills <ul style="list-style-type: none">• Weighing of raw materials• Preparing of different food items before cooking	06
II	Preparation of various dishes using different methods of cooking <ul style="list-style-type: none">• Boiling /steaming• Roasting• Frying – Deep/shallow• Pressure cooking• Hot air cooking/Baking	08
III	Different styles of cutting fruits and vegetables <ul style="list-style-type: none">• Salad Decoration/Dressings	06
IV	Preparation of nutrient rich dishes <ul style="list-style-type: none">• Protein rich dish• Carbohydrate rich dish• Fat rich dish• Vitamins rich dish• Minerals• Fibers	10



Suggested Readings:

- ❖ 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

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

Suggested Continuous Evaluation Methods:

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

Course prerequisites: To study this course, a student must have had the subject in class/12th/ certificate/diploma.

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:

Students 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 Year (Semester 2) Home Science Paper 1
Introduction to Clothing & Textiles & Family Resource Management (Theory)

Programme/Class: Certificate	Year: 1	Semester: 2
Subject: Home Science		
Course Code: A130201T	Course Title: Introduction to Clothing and Textiles & Family Resource Management (Theory)	
Course outcomes: <ul style="list-style-type: none">• 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		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:33	
Total No. of Lectures- 60		
Unit	Topic	No. of Lectures
	PART A	
I	Introduction <ul style="list-style-type: none">• Introduction to Clothing and Textile• Its importance in day-to-day life• Scope• Classification of textilefiber on the basis of their source• General properties of fibers-primary and secondary	7
II	Knowing Fibers <ul style="list-style-type: none">• Manufacture, processing, properties and uses of• Cellulosic Fibers-cotton, Linen• Protein Fibers-Wool, Silk• Synthetic/Manmade fibers-Nylon, Polyester, Acrylic, Rayon.	8
III	Yarn to Fabrics <ul style="list-style-type: none">• Definition of Yarn, Manufacture of Yarn and Yarn Properties• Different fabric construction techniques• Weaving, Knitting, Felting, Braiding, Non-woven• Weaving ofCloth-Terminologies and Steps in Weaving.• Types of weaves-• Basic and Decorative	8
IV	Clothing Construction <ul style="list-style-type: none">• Tools for Clothing construction• Introduction to sewing machines, its parts and maintenance, Importance of Drafting, Draping, Flat pattern techniques - advantages & disadvantages• fabric preparatory steps for stitching a garment - preshrinking, straightening, layout, pinning,marking and cutting.	7



PART B		
V	Introduction to Home Management: <ul style="list-style-type: none">• Basic Concepts, Purpose and Obstacles of Management. Process of Management – Planning, Organizing, Controlling and Evaluation. Motivating Factors in• Management – Values, Goals and Standards – Definition and Classification.	8
VI	Resources, Decision making & Family life cycle: <ul style="list-style-type: none">• Meaning, Characteristics, Types and Factors affecting the use of Resources. Steps and Role of Decision Making in Management. Stages of• Family Life Cycle.	8
VII	Time, Energy and Money Management: <ul style="list-style-type: none">• Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management.• Energy as a Resource, Work Curve, Fatigue- Types, Causative Factors and Alleviating Techniques. Family income as a Resource, Sources of Income and Expenditure and Saving. Preparation of• Family budget in view of family income.	7
VIII	Work Simplification and Household Equipments: <ul style="list-style-type: none">• Meaning and Techniques of Work Simplification, Mundell's Classes of Change. Principle, Use and Care of Household Equipments such as Pressure Cooker, Mixer and Grinder, Refrigerator, Washing Machine,• Vacuum Cleaner & Solar Cooker.	7
Suggested Readings: <ul style="list-style-type: none">• Colbmen P Bernard: Textiles Fiber To Fabric• Hollen & Saddler: Introduction To Textile• Joseph M: Introduction To Textiles• Trotman: Textile Fiber Science <p>Cutting Tailoring And Dress Making: National open School, B-31-B Kailash Colony, New Delhi –1100048.</p> <ul style="list-style-type: none">• Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. 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
web links-Svayam
Portal,

<http://heecontent.upscdc.gov.in/Home.aspx> ,

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

Suggested Continuous Evaluation Methods:

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

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

Suggested equivalent online courses:

IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad

Further Suggestions:

- Students may develop their managerial skills after completion this course and may join any field. As Management of Resources is applicable everywhere.

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



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

Programme/Class: Certificate	Year: 1	Semester: 2
Subject: Community and Life Science (Home Science)		
Course Code: A130202P	Course Title: Clothing and Textiles (Practical)	
Course outcomes: <ul style="list-style-type: none">• Ability to identify fibers and fabrics• Understanding why fabrics are different• Learning basic Sewing skills• Learn how garments are stitched		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:40	
Total No. of lab.periods- 30 (60 hours)		
Unit	Topic	No. of lab.periods
I	Identify fibers and fabrics <ul style="list-style-type: none">• Fibre identification tests- Visuaburning and microscopic- natural and synthetic,pure and blended fibres.• Weaves identification and understanding their usage.	7
II	Learning to stitch <ul style="list-style-type: none">• Knowing how to stitch-an idea of straight-line stitching, stitching on curves and at corners• Basic Stitching-Temporary Stitching, Permanent and decorative stitching	7
III	Basic sewing <ul style="list-style-type: none">• Seams-Plain seams and its finishing, run & fell seam, French seam• Attaching different Fasteners• Disposal of fullness-darts, gathers, tucks and pleats• Neckline Finishing-Facing & Binding	8
IV	Preparing Frock <ul style="list-style-type: none">• Drafting, cutting and stitching of Childs'• basic block and sleeve block.• adaptation to "Gathered frock" with Peter Pan collar and puff sleeves	8
Suggested Readings: <ul style="list-style-type: none">• 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.		



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- 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.

1. Suggestive digital platforms web links-

Svayam Portal,

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

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

Suggested Continuous Evaluation Methods:

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

Course prerequisites: To study this course, a student must have had the subject **ALL**
..... in class12th.



Department of Home Science
Faculty of Science

B.Sc. I Year (Semester I) Home Science Paper 1
Fundamentals of Nutrition and Human Development (Theory)

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science		
Course Code: A130101T	Course Title: Fundamentals of Nutrition and Human Development	
Course outcomes: The student at the completion of the course will be able to: <ul style="list-style-type: none">▪ Prepare the students to understand physiology based courses▪ Students will get familiar with different methods of cooking▪ Acquaint students with practical knowledge of nutrient rich foods• Explain the need and importance of studying human growth and development across life span• Identify the biological and environmental factors affecting human development.• Learn about the characteristics, needs and developmental tasks of infancy & early childhood years		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:33	
Total No. of Lectures-60		
Units	Topic	No of Lectures
I	<ul style="list-style-type: none">• Traditional Home Science and its Relevance in current era• Contribution made by Indian Home Scientists i.e. M Swaminathan, C V Gopalan, S K Day, Ravindra Nath Tagore etc.	03
II	<ul style="list-style-type: none">• Cell and Digestive System• Respiratory and Cardiovascular system	10
III	<ul style="list-style-type: none">• Food and Nutrition• Food- Meaning, Classification and function• Nutrition- Concept of Nutrition• Nutrients-Macro and Micro, sources and deficiency diseases.	09
IV	<ul style="list-style-type: none">• Cooking Methods- Methods, Advantages and Disadvantages• Preservation of Nutrients while Cooking	08



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	PART B	
V	Introduction to Human Development: <ul style="list-style-type: none">• Concept, Definition and need to study of Human Development• Domains, Stages and contexts of development• Principles of Growth and Development• Determinants of Development- heredity and environment	8
VI	Prenatal Development and Birth Process: <ul style="list-style-type: none">• Conception, Pregnancy and Childbirth• Stages of birth• Types of delivery (natural, c-section, breech, home vs. assisted delivery)• Physical appearance and capacities of the new-born• Factors affecting Pre-natal development.	6
VII	Infancy: <ul style="list-style-type: none">• Developmental tasks during Infancy and Preschool Stage.• Physical and Motor Development.• Social and emotional development• Cognitive and language development	8
VIII	Early Childhood (Pre School) years: <ul style="list-style-type: none">• Developmental Tasks during Early childhood.• Physical and Motor Development• Social and emotional development• Cognitive and language development	8

Suggested Readings:

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- Punita Sethi and Poonam Lakda , "Aahar Vigyan, Suraksha evam Poshan" ; Elite Publishing House, New Delhi ; 2015
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- Hurlock E. *Child Development*.
- Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015
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<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none">• Seminar/ Presentation on any topic of the above syllabus• Test with multiple choice questions/ short and long answer questions <p>Attendance</p>
<p>Course prerequisites: To study this course, a student must have had the subject ALL in class12th. The eligibility for this paper is 10+2 with any subject</p>
<p>Further Suggestions: It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure.</p>
<p>At the End of the whole syllabus any remarks/ suggestions:</p>



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B.Sc. I Year (Semester I) Home Science Paper 2
Cooking skills and healthy recipe development (Practical)

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science (Practical)		
Course Code: A130102P	Course Title: Cooking skills and healthy recipe development	
Course outcomes: <ul style="list-style-type: none">▪ Students will get familiar with different methods of cooking▪ Acquaint students with practical knowledge of nutrient rich foods		
Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks:40
Total No. of Lab Periods-30 (60 hours)		
Unit	Topic	No. of lab.periods
I	Basic cooking skills <ul style="list-style-type: none">• Weighing of raw materials• Preparing of different food items before cooking	06
II	Preparation of various dishes using different methods of cooking <ul style="list-style-type: none">• Boiling /steaming• Roasting• Frying – Deep/shallow• Pressure cooking• Hot air cooking/Baking	08
III	Different styles of cutting fruits and vegetables <ul style="list-style-type: none">• Salad Decoration/Dressings	06
IV	Preparation of nutrient rich dishes <ul style="list-style-type: none">• Protein rich dish• Carbohydrate rich dish• Fat rich dish• Vitamins rich dish• Minerals• Fibers	10



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Suggested Readings:

- ❖ Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur;2015 ,15th Ed.
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This course can be opted as an elective by the students of following subjects: Open for all
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Suggested Continuous Evaluation Methods:

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

Course prerequisites: To study this course, a student must have had the subject in class/12th/ certificate/diploma.
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Suggested equivalent online courses

- IGNOU and other centrally/state operated Universities/MOOC platforms such as “SWAYAM” in India and abroad.,
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Further Suggestions:

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



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Subject: Home Science		
Course Code: A130201T	Course Title: Introduction to Clothing and Textiles & Family Resource Management (Theory)	
Course outcomes: <ul style="list-style-type: none">• 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		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:33	
Total No. of Lectures- 60		
Unit	Topic	No. of Lectures
	PART A	
I	Introduction <ul style="list-style-type: none">• Introduction to Clothing and Textile• Its importance in day-to-day life• Scope• Classification of textilefiber on the basis of their source• General properties of fibers-primary and secondary	7
II	Knowing Fibers <ul style="list-style-type: none">• Manufacture, processing, properties and uses of• Cellulosic Fibers-cotton, Linen• Protein Fibers-Wool, Silk• Synthetic/Manmade fibers-Nylon, Polyester, Acrylic, Rayon.	8
III	Yarn to Fabrics <ul style="list-style-type: none">• Definition of Yarn, Manufacture of Yarn and Yarn Properties• Different fabric construction techniques• Weaving, Knitting, Felting, Braiding, Non-woven• Weaving of Cloth-Terminologies and Steps in Weaving.• Types of weaves-• Basic and Decorative	8



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IV	Clothing Construction <ul style="list-style-type: none">• Tools for Clothing construction• Introduction to sewing machines, its parts and maintenance, Importance of Drafting, Draping, Flat pattern techniques - advantages & disadvantages• fabric preparatory steps for stitching a garment - preshrinking, straightening, layout, pinning, marking and cutting.	7
	PART B	
V	Introduction to Home Management: <ul style="list-style-type: none">• Basic Concepts, Purpose and Obstacles of Management. Process of Management – Planning, Organizing, Controlling and Evaluation. Motivating Factors in• Management – Values, Goals and Standards – Definition and Classification.	8
VI	Resources, Decision making & Family life cycle: <ul style="list-style-type: none">• Meaning, Characteristics, Types and Factors affecting the use of Resources. Steps and Role of Decision Making in Management. Stages of• Family Life Cycle.	8
VII	Time, Energy and Money Management: <ul style="list-style-type: none">• Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management.• Energy as a Resource, Work Curve, Fatigue- Types, Causative Factors and Alleviating Techniques. Family income as a Resource, Sources of Income and Expenditure and Saving. Preparation of• Family budget in view of family income.	7
VIII	Work Simplification and Household Equipments: <ul style="list-style-type: none">• Meaning and Techniques of Work Simplification, Mundell's Classes of Change. Principle, Use and Care of Household Equipments such as Pressure Cooker, Mixer and Grinder, Refrigerator, Washing Machine,• Vacuum Cleaner & Solar Cooker.	7



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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 –1100048.
- Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. 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
web links-Svayam
Portal,
<http://heecontent.upsdc.gov.in/Home.aspx> ,

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

Suggested Continuous Evaluation Methods:

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

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

Suggested equivalent online courses:

IGNOU & Other centrally/state operated Universities/ MOOC platforms such as "SWAYAM" in India and Abroad



ख्वाजा मुईनुद्दीन चिश्ती भाषा विश्वविद्यालय, लखनऊ, उत्तर प्रदेश (भारत)
Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)

U.P. STATE GOVERNMENT UNIVERSITY,
(Recognised Under Section 2(f) & 12(B) of the UGC Act, 1956 & B.Tech. Approved by (AICTE)

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Further Suggestions:

- Students may develop their managerial skills after completion this course and may join any filed.As Management of Resources is applicable everywhere.

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

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**Department of Home Science
Faculty of Science**

**B.Sc. I Year (Semester 2) Home Science Paper 2
Clothing & Textiles (Practical)**

Programme/Class: Certificate	Year: 1	Semester: 2
Subject: Community and Life Science (Home Science)		
Course Code: A130202P	Course Title: Clothing and Textiles (Practical)	
Course outcomes: <ul style="list-style-type: none">• Ability to identify fibers and fabrics• Understanding why fabrics are different• Learning basic Sewing skills• Learn how garments are stitched		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:40	
Total No. of lab.periods- 30 (60 hours)		
Unit	Topic	No. of lab.periods
I	Identify fibers and fabrics <ul style="list-style-type: none">• Fibre identification tests- Visuaburning and microscopic- natural and synthetic,pure and blended fibres.• Weaves identification andunderstanding their usage.	7
II	Learning to stitch <ul style="list-style-type: none">• Knowing how to stitch-an idea of straight-line stitching, stitching on curves and at corners• Basic Stitching-Temporary Stitching, Permanent anddecorative stitching	7
III	Basic sewing <ul style="list-style-type: none">• Seams-Plain seams and its finishing, run &fell seam, French seam• Attaching different Fasteners• Disposal of fullness-darts, gathers, tucks and pleats• Neckline Finishing-Facing & Binding	8
IV	Preparing Frock <ul style="list-style-type: none">• Drafting, cutting and stitching of Childs'• basic block and sleeve block.• adaptation to "Gatheredfrock" with Peter Pan collar and puff sleeves	8



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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.
- Khanuja, Reena. Vastra Vigyaan ke Sidhant, Agrawal Publication, Agra.

1. Suggestive digital platforms web links-

Svayam Portal,

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

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

Suggested Continuous Evaluation Methods:

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

Course prerequisites: To study this course, a student must have had the subject ALL
..... in class12th.