



Department of Home Science  
B.A. Honors Syllabus

B.A. II Year (Semester III) Home Science Paper1  
Advance Nutrition and Human Development (Core Compulsory  
Paper)

Programme/Class: Diploma	Year: 2	Semester: 3
Subject: Home Science		
Course Code: A130301T	Course Title: Advance Nutrition and Human Development (Theory)	
<b>Course outcomes:</b> The student at the completion of the course will be able to: <ul style="list-style-type: none"><li>• Create an awareness about importance of healthy meal at various stages of life cycle</li><li>• Inculcate healthy eating practices among students</li><li>• Develop skill of meal planning for different physiological groups</li><li>• Explain the Physical &amp; Psychological changes during middle childhood, adolescent and adulthood stage.</li><li>• Identify the biological and environmental factors affecting personality.</li><li>• Learn about the characteristics, needs and developmental tasks of Middle childhood years, Adolescent &amp; Adulthood stage.</li></ul>		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Unit	Topic	No of Lectures
I	Meal Planning- Definition , importance , factors affecting meal planning , Balanced Diet , RDA	07
II	Nutrition During Infancy and Childhood- Nutrition Requirement, RDA and Diet Plan	07
III	Nutrition During Adolescence, Adulthood and Old Age. Nutrition Requirement, RDA and Diet Plan	08
IV	Nutrition During special condition pregnancy and lactation Nutrition Requirement, RDA and Diet Plan.	08
<b>PART B</b>		
V	Middle Childhood Years Developmental tasks and characteristics of middle childhood period <ul style="list-style-type: none"><li>• Physical and motor development</li></ul>	8



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	<ul style="list-style-type: none"><li>• Social &amp; emotional development</li><li>• Cognitive development</li><li>• Language development</li></ul>	
VI	Puberty and Adolescence <ul style="list-style-type: none"><li>• Development tasks and characteristics</li><li>• Significant Physical physiological and hormonal changes in puberty.</li><li>• Self and Identity, Factors influencing Identity &amp; Personality development.</li><li>• Family and peer relationship</li></ul> Problems – Drug and Alcohol abuse, STD, HIV/AIDS, Teenage pregnancy.	8
VII	Cognitive, Language and Moral Development during Adolescence: <ul style="list-style-type: none"><li>• Perspective on cognitive development, development of intelligence and Creativity</li><li>• Adolescent language</li><li>• Adolescent Morality</li></ul>	7
VIII	Introduction to adulthood: <ul style="list-style-type: none"><li>• Concept, transition from adolescence to adulthood</li><li>• Developmental tasks of Adulthood</li><li>• Physical and physiological changes from young adulthood to late adulthood</li></ul> Responsibilities and adjustments-educational, occupational, marital and parenthood	7
<ul style="list-style-type: none"><li>• <b>Suggested Readings:</b></li><li>• Sheel Sharma , “Nutrition and Diet Therapy, Peepee Publishers , New Delhi ; 2014</li><li>• Ankita Gupta “ Text book of Nutrition” Medico Refresher Publisher, Agra, 2018</li><li>• Subhangini A Joshi; Nutrition and Dietetics, Mc Graw Hill Education, Private Ltd.</li><li>• Kumud Khanna, “Text book of Nutrition and Dietetics”, Elite Publishing House Pvt. Ltd, New Delhi, 2013, 7<sup>th</sup> Ed.</li><li>• Swaminathan M, " Essentials of Food and Nutrition Vol I and II</li><li>• Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).</li><li>• Ambron S.R. Child Development Holt, Rinehart and Winston 1978 (IInd Edition).</li><li>• Mussen P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Development and Personality (VI Edition) Harper and Row Publishers New York.</li><li>• Boeknek G. Human Development Brook and Cole Publishing Company 1980.</li><li>• Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3<sup>rd</sup> 2015</li><li>• Harpalani. Aahar Vigyaan avam Upcharatmak Poshan, Star Publications ,Agra.</li><li>• Suggestive digital platforms web links- IGNOU &amp; UPRTOU online study material</li></ul>		



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B.A. II Year (Semester III) Home Science Paper 2  
HUMAN DEVELOPMENT (CORE COMPULSORY)

Programme/Class: Diploma	Year: 2	Semester: 3
Subject: HOME SCIENCE		
Course Code: A130302P	Course Title: HUMAN DEVELOPMENT (Practical)	
Course outcomes: <ul style="list-style-type: none"><li>• Learn to cope up with adolescent and adulthood problems.</li><li>• Understand and handle development related issues more efficiently.</li><li>• Able to know human behaviour.</li><li>• Understand individual differences.</li></ul>		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of lab.periods-30(60 hours)		
Unit	Topic	No. of lab.periods
I	Preparation of an album on developmental milestones of children. Prepare child literature. Visit to Child Care Centres/ anganwadi	8
II	Study of physical, social, emotional, cognitive, language development (any two). Observations of child rearing practices in families from different social classes	8
III	Interviews of adolescent girls and boys to understand their life style, behavior and problems.	7
IV	Carry out case studies to know more about the different life stages, e.g., school going children, adolescents, Young adults. (any two)	7



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**Suggested Readings:**

1. Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).
2. Ambron S.R. Child Development Holt, Rinehart and Winston 1978 (IInd Edition).
3. Mussen P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Development and Personality (VI Edition) Harper and Row Publishers New York.
4. Boeknek G. Human Development Brook and Cole Publishing Company 1980.
5. Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3<sup>rd</sup> 2015

Suggestive digital platforms web links- ePG- Pathshala, inflibnet,IGNOU & UPRTOU online study material.



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B.A. II Year (Semester III) Home Science Paper 3  
HUMAN RESOURCE DEVELOPMENT (CORE COMPULSORY)

Programme: Diploma	Year: II	Semester: III
Course Code: A1303023TP	Course Title: <b>HUMAN RESOURCE DEVELOPMENT</b>	
Course Outcomes: On completion of this course, the students will be able To develop the understanding of the concept of human resource management and to understand its relevance in organizations. To develop necessary skill set for application of various HR issues. To analyse the strategic issues and strategies required to select and develop manpower resources To integrate the knowledge of HR concepts to take correct business decisions.		
Credits: 6 ( 4+2)		Compulsory
Max. Marks: 30+70		Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 3-0-0
Unit	Topics	No. of Lectures
I	Introduction to Human Resource Management: Meaning, Function, Significance & Challenges of HRM, HR Policies Strategic Human Resource Management (SHRM) Introduction, Strategic HR systems, Strategic role of HR and Strategic HR business implications.	16
II	Human Resource Planning: Introduction to HRP, Various Methods of HRP Forecasting and HR Effectiveness Recruiting, Selecting & Socializing: Policy Issues, sources of people, selection process & tests, Socialization Internal Mobility: Introduction, Career Planning and Development, Culture Shock	12
III	Availability and management of specific resources ✓ Money ✓ Time ✓ Energy ✓ Space Application of Management Process in Event Planning & Execution	10
IV	<b>Functions of Management : An overview</b> <ul style="list-style-type: none"><li>• Decision Making</li><li>• Planning</li><li>• Supervising</li><li>• Controlling</li><li>• Organizing</li><li>• Evaluation</li></ul>	22



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Practical	<ol style="list-style-type: none"><li>1. Resource conservation and optimization/ green technologies (natural resources): portfolio.6</li><li>2. Identification and development of self as a resource.6<ul style="list-style-type: none"><li>• SWOT analysis - who am I and Micro lab</li><li>• Building Decision Making abilities through management games</li></ul></li><li>3. Preparation of time plans for self and family. 6</li><li>4. Time and Motion Study. 3</li><li>5. Event Planning, management and evaluation- with reference to 9</li></ol> <p>Managerial process</p> <ul style="list-style-type: none"><li>• Resource optimization- time, money, products, space human capital</li></ul>	30
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**Suggested Readings:**

1. Koontz. H. and O's Donnel C., 2005, Management- A systems and contingency analysis of managerial functions. New York: McGraw-Hill Book Company
2. Kreitner. 2009, Management Theory and Applications, Cengage Learning: India
3. Rao V.S. And Narayana P.S. , Principles and practices of Management, 2007, Konark Publishers Pvt. Ltd.
4. K Aswathappa, "Human Resource and Personal Management" (2017) Tata McGraw Hill, 8th Edition
5. Stephen P. Robbins, "Human Resource Management", (2002), Pearson Education Asia.
6. Sarah Gilmore and Steve Williams (2014). "Human Resource Management". Oxford University Press.
7. Tayeb, M. (2005). International human resource management. Oxford University Press



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B.A. II Year (Semester III) Home Science Paper 4  
SELF DEVELOPMENT AND WELL BEING

Programme/Class: Certificate	Year: 1	Semester: II
<b>Subject: Home Science</b>		
Course Code: F010206T	Course Title: <b>SELF DEVELOPMENT AND WELL BEING</b>	
<b>Course outcomes:</b> The student at the completion of the course will be able to: <ul style="list-style-type: none"><li>• Enables one to understand oneself and care oneself which is needed as life skill.</li><li>• Understand different life skills and facing life crises in a healthy and strong way.</li></ul>		
Credits: 3	<b>SKILL ENHANCEMENT COURSE SEC (3Credits)</b>	
Max. Marks: 100(70 I+30E)	Min. Passing Marks:40%	
Total No. of Lectures:30		
U nit s	PRACTICALS	No of Lectures
I	<ul style="list-style-type: none"><li>• Understanding the self- Theatre approach</li><li>• Interview of two adolescents-1 male, 1 female, about his/her sense of life.</li><li>• Workshop on self- dependent</li></ul>	10
II	<ul style="list-style-type: none"><li>• An exercise in self-reflection from early childhood to adolescence 2</li><li>• Case profile of an adolescent 3</li></ul>	10
III	<ul style="list-style-type: none"><li>• Body image concept</li><li>• Analysing images in media to understand the self.</li></ul>	5
IV	<ul style="list-style-type: none"><li>• Organise small group discussions to arrive at indicators of sense of well- being. 5</li><li>• Learning about assessment of well- being using a standard test.5</li></ul>	5
Suggested readings: Kakar, S. (1978). The inner world. Delhi: Oxford University Press. Kakar, S. and Kakar, K. (2007). The Indian: The portraits of a people. London: Penguin/Viking. Rice, F. P. (2007). Adolescent: Development, Relationship and Culture. Santrock, J. (2010). Life Span Development: A Topical Approach, New Delhi: Tata McGraw Hill.		





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B.A. II Year (Semester III) Home Science Paper 5  
CURRENT CONCERNS IN PUBLIC HEALTH NUTRITION  
GENERAL ELECTIVE

Programme/Class: Diploma Certificate	Year: 2	Semester: III
Subject: Home Science		
Course Code: A130305T	Course Title: <b>CURRENT CONCERNS IN PUBLIC HEALTH NUTRITION</b>	
Course outcomes: The student at the completion of the course will be able to: To understand nutritional health problems affecting community. To develop strategies for improving health status of community To study and analyze various health programs.		
Credits: 4	<b>GENERAL ELECTIVE</b>	
Max. Marks:	Min. Passing Marks:40%	
Total No. of Lectures:75+15		
Units	Theory	No of Lectures
I	Nutritional problems affecting the community Etiology, prevalence, clinical features and preventive strategies of-Under nutrition - Protein energy malnutrition: Severe Acute Malnutrition and Moderate Acute Malnutrition, Nutritional Anaemias, Vitamin A Deficiency, Iodine Deficiency Disorders Overnutrition – obesity, coronary heart disease, diabetes Fluorosis	25
II	Strategies for improving nutrition and health status of the community Appropriate interventions involving different sectors such as Food , Health and Education	10
III	Nutrition Policy and Programmes National Nutrition Policy Integrated Child Development Services (ICDS) Scheme, Mid day Meal Programme (MDMP),National programmes for prevention of Anaemia, Vitamin A deficiency, Iodine Deficiency Disorders	30
IV	Food and Nutrition Security Concept, components, determinants and approaches Overview of Public Sector programmes for improving food and nutrition security	10
Suggested readings: Wadhwa A and Sharma S (2003). Nutrition in the Community-A Textbook. Elite Publishing House Pvt. Ltd. New Delhi. Park K (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s		





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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BanarasidasBhanot Publishers, Jabalpur, India.

Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3<sup>rd</sup> edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.

Gibney MJ ( 2005). Public Health Nutrition.

Vir S. ( 2011) Public Health Nutrition in developing countries. Vol 1 and 2

ICMR (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

Park K (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s

BanarasidasBhanot Publishers, Jabalpur, India.

Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3<sup>rd</sup> edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.



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B.A. II Year (Semester III) Home Science Paper 6  
HOME BASED CATERING

Programme/Class: Diploma Certificate	Year: 2	Semester: III
Subject: Home Science		
Course Code: A130306T	Course Title: <b>HOME BASED CATERING</b>	
Course outcomes: The student at the completion of the course will be able to: To understand basic principles of catering. To develop abilities to start food enterprise and management skill required for it.		
Credits: 3	HOME BASED CATERING SEC (3Credits)	
Max. Marks:	Min. Passing Marks:40%	
Total No. of Lectures:29		
Units	Theory	No of Lectures
I	Introduction to Food Science Factors contributing to the growth of food service industry Kinds of food service establishments	5
II	Food Production Menu planning: Importance of menu, factors affecting menu planning, menu planning for different kinds of food service units Food Purchase and Storage Quantity Food production: Standardization of recipes, quantity food preparation techniques, recipe adjustments and portion control Hygiene and Sanitation	8
III	Resources Money Manpower Time Facilities and equipment Utilities	8
IV	Planning of a food service Unit Preliminary Planning Survey of types of units, identifying clientele, menu, operations and delivery Planning the set up: Identifying resources Developing Project plan Determining investments Project Proposal	8



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**Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)**

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**Suggested readings:**

West B Bessie & Wood Levelle (1988) Food Service in Institutions 6<sup>th</sup> Edition Revised By Hargar FV, Shuggart SG, & Palgne Palacio June, Macmillian Publishing Company New York.  
Sethi Mohini (2005) Institution Food Management New Age International Publishers  
Knight J B & Kotschevar LH (2000) Quantity Food Production Planning & Management 3<sup>rd</sup> edition John Wiley & Sons  
Philip E Thangam (2008) Modern Cookery for teaching and Trade Part I & II Orient Longmam  
Taneja S and Gupta SL ( 2001) Enterpreneurship development, Galgotia Publishing



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B.A. II Year (Semester III) Home Science Paper 7  
Human Values and Environment studies

Programme: B.A. Home Science	Year: II	Semester: III
<b>Co-Curricular Course</b>		
Course Code: Z030301	Course Title: <b>Human Values and Environment studies</b>	
Course Outcomes: To create an awareness Human Values. To instill Moral and Social Values and Loyalty To appreciate the rights of others. To create awareness on assessment of safety and risk Learn fundamental concept of environmental science Develop understanding about environmental education, justice and environmentalism. Gain knowledge about origin of life and related theories. Able to understand the relationship between man and environment. Understand the structure and composition of different sphere of earth.		
CREDIT :0		
I	system in Indian Organisation , Values in Business Management , value based Organisation , Trans –cultural Human values in Management. Swami Vivekananda's philosophy of Character Building, Gandhi's concept of Seven Sins, APJ Abdul Kalam view on role of parents and Teachers. Human Values and Present Practices – Issues : Corruption and Bribe , Privacy Policy in Web and Social Media, Cyber threats ,Online Shopping etc. Remedies UK Bribery Act, Introduction to sustainable policies and practices in Indian Economy. Principles of Ethics Secular and Spiritual Values in Management- Introduction- Secular and Spiritual values, features , Levels of value Implementation. Features of spiritual Values , Corporate Social Responsibility- Nature, Levels ,Phases and Models of CSR, Corporate Governance. CSR and Modern Business Tycoons Ratan Tata, Azim Premji and Bill Gates.	15
II	Holistic Approach in Decision making- Decision making, the decision making process , The Bhagavad Gita: Techniques in Management , Dharma and Holistic Management. Discussion through Dilemmas – Dilemmas in Marketing and Pharma Organisations, moving from Public to Private – monopoly context , Dilemma of privatisation, Dilemma on liberalization, Dilemma on social media and cyber security , Dilemma on Organic food , Dilemma on standardization ,Dilemma on Quality standards. Case Studies	15
III	Ecosystem: Concept, structure & functions of ecosystem : producer, consumer, decomposer, foodweb, food chain, energy flow, Ecological pyramids Conservation of Biodiversity- In-situ & Ex- situ conservation of biodiversity Role of individual in Pollution control Human Population & Environment Sustainable Development India and UN Sustainable Development Goals Concept of circular economy and	15



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	entrepreneurship	
IV	Environmental Laws? International Advancements in Environmental Conservation Role of National Green Tribunal Air Quality Index Importance of Indian Traditional knowledge on environment Bio assessment of Environmental Quality Environmental Management System Environmental Impact Assessment and Environmental Audit	15
	<b>Suggested Readings:</b> A foundation course in Human Values and Professional Ethics by RR. Gaur, R. Sangal et.al JUSTICE: What's the Right Thing to Do? Michael J. Sandel. Human Values by A. N. Tripathi New Age International Environmental Management by N.K. Uberoi <a href="https://www.un.org/sustainabledevelopment/sustainable-development-goals/">https://www.un.org/sustainabledevelopment/sustainable-development-goals/</a> <a href="https://www.india.gov.in/my-government/schemes">https://www.india.gov.in/my-government/schemes</a> <a href="https://www.legislation.gov.uk/ukpga/2010/23/contents">https://www.legislation.gov.uk/ukpga/2010/23/contents</a> Daniel Kahneman, Thinking, Fast and Slow; Allen Lane Nov 2011 ISBN: 9780141918921	