



B.Sc. (Home Science)

BSc II Year (Semester III) Home Science

Paper: PERSONAL FINANCE AND CONSUMER STUDIES (Theory +Practical)

Programme: B.Sc. Home Science	Year: II	Semester: III
Paper code: BHS CC7	Course Title: PERSONAL FINANCE AND CONSUMER STUDIES	
Course outcomes: Students will have the knowledge regarding <ul style="list-style-type: none">• Personal and family income.• Debit and credit of personal income.• Managing their personal finance.• Their role in National finance and other consumer related activities.• Consumer rights and their responsibilities.• Protection of consumer rights.• Standardization in different fields of products used by the consumer.		
Credits: 6=4 (THEORY) + 2 (PRACTICAL)	Compulsory Core Paper TOTAL MARKS:100(70+30) Theory: 70 Practical : 30	
Total No. of Lectures- 3 lectures 1 tutorial per week+2 Practical		
Unit	Topics	No. of Lectures Total
UNIT I	Income and Expenditure <ul style="list-style-type: none">• Household Income – Types, Sources, Supplementation of family income, use of family income, budgets, maintaining household accounts• Factors influencing expenditure pattern• Family savings and investments- need ,principles, channels of investment, tax implications• Consumer credit- need, sources, credit cards, Housing finance• Personal finance management – tax implications, calculation of personal income tax,• Guidelines for wise buying practices	15
UNIT II	Consumer in India: Consumer problems and education <ul style="list-style-type: none">• Definition of a consumer• Role of consumers in the economy, National Income, Per Capita Income, Household wise distribution of income• Changing nature of the business world –e-commerce, e-business□• Types of consumer problems – products and service related, investment and infrastructure related, Causes and solutions• Consumer education and empowerment	15



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UNIT III	Consumer Protection <ul style="list-style-type: none">• Consumer protection• Consumer rights and responsibilities• Consumer organizations – origin, functioning, role and types.• Consumer cooperatives – role, history and growth in India, PDS Kendriya Bhandars.• Basic legislative framework for consumer protection in India, Consumer Protection Act 1986 COPRA, Alternative redressal mechanisms, Mediation centres	15
UNIT IV	Standardization <ul style="list-style-type: none">• Standardization and quality control measures: ISI, FPO, AGMARK, ISO, Eco mark, Wool mark, Silk mark, Cotton mark, Handloom mark, BEE star labelling and others• Regulations on Food Labelling and Claims: FSSAI, Codex for consumers	15
	TUTORIALS	4
Practicals	<ul style="list-style-type: none">• Evaluation and designing of advertisements in the print media including products, services and social .5• Evaluation and designing of informative and attractive labels of different type of food products5• Case study of banks and post offices to understand their services and products, Learning to fill different bank forms 10.• Analysis of consumer redressal through case study approach under CPA.• Food adulteration tests. 10	30
Suggested readings <ul style="list-style-type: none">• Khanna S.R., Hanspal S., Kapoor S. &Awasthi H.K., 2007, Consumer Affairs, Universities Press India Pvt. Ltd.• Sawhney, H.K. & Mital, M.,2007, Family Finance & Consumer Studies, Elite Publishing House Pvt. Ltd.• Seetharaman, P. and Sethi, M.,2001, Consumerism: Strength and Tactics, New Delhi: CBS Publishers.		
Suggested Continuous Evaluation Methods: MCQs, Assignments Presentations, Group discussion, Case study, Survey etc.		



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**Paper: Human Development II: Development In Adolescence And Adulthood
(Theory+ Practical)**

Programme: B.Sc. Home Science	Year: II	Semester: III
Paper code: BHS CC8	Course Title: HUMAN DEVELOPMENT II: DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD	
Course outcomes: students will be able to <ul style="list-style-type: none">• Explain the need and importance of studying human growth and development across life span.• Identify the biological and environmental factors affecting human development.• Describe the characteristics, needs and developmental tasks of different stages in the human life cycle• Explain the broad theoretical perspectives and frameworks of HDFS• Apply the theoretical approaches to work with human being across life span		
Credits: 6=4 (THEORY) + 2 (PRACTICAL)	Compulsory Core Paper TOTAL MARKS:100 Theory: 30I +50E	Practical : 20
Total No. of Lectures- 3 lectures 1 tutorial per week+2 Practical		
Unit	Topics	No. of Lectures Total
UNIT I	Introduction to Adolescence (15 LECTURES) <ul style="list-style-type: none">• Developmental tasks during Adolescence• Puberty, sexual maturity, nutrition, health, and psychological well-being• Self and identity• Family and peer relationships• Adolescent interface with media	15
UNIT II	Cognitive, Language and Moral development (15 LECTURES) <ul style="list-style-type: none">• Perspectives on cognitive development• Development of intelligence and creativity• Adolescent language• Adolescent morality	15
UNIT III	Introduction to Adulthood (15 LECTURES) <ul style="list-style-type: none">• Definitions, transition from adolescence to adulthood• Developmental tasks of adulthood• Physical and physiological changes from young adulthood to late adulthood• Significance of health, nutrition, and well being	15
UNIT IV	Socio-emotional and Cognitive development (15 LECTURES) <ul style="list-style-type: none">• Diversity in roles and relationships	15



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	<ul style="list-style-type: none">• Marriage-contemporary trends• Parenting and grand parenting	
	TUTORIALS	4
Practicals	<ul style="list-style-type: none">• To study physical and sexual changes in adolescence. 5• To study cognitive development and creativity during adolescence. 5• Case profile of an adolescent- including study of self, family relationships and peer relationships. 5• Use of interview/questionnaire method to study adult roles (at least one male and female). 10<ul style="list-style-type: none">➤ Father/husband➤ Home maker➤ Employed woman➤ Grandfather/Grandmother➤ Single parent➤ College-going young adults➤ Familiarity with Psychological Tests of Intelligence and Personality- any four. 5	30
Suggested readings <ul style="list-style-type: none">• Berk, L. E. (2007). Development through the lifespan. Delhi: Pearson Education.• Rice, F. P. (1998). Human Development: A lifespan approach. New Jersey: Prentice Hall.• Rutter, M. and Rutter, M. (1992) Developing Minds. Challenge and continuity across the life span. London: Penguin.• Santrock, J. W. (2007). A topical approach to life-span development. New Delhi: Tata McGraw- Hill.• Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi: Orient BlackSwan.• Tennant, M. and Pogson, P. (1995) Learning and Change in the Adult Year, San Francisco: Jossey-Bass		
Suggested Continuous Evaluation Methods: MCQs, Assignments Presentations, Group discussion, Case study, Survey etc.		



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Paper: NUTRITION: A LIFE CYCLE APPROACH
(Theory+ Practical)

Programme: B.Sc. Home Science	Year: II	Semester: III
Paper code: BHS CC9	Course Title: NUTRITION: A LIFE CYCLE APPROACH	
Course outcomes: Students will be able to <ul style="list-style-type: none">• Design food plans and assess the adequacy of diets to meet the nutritional needs of humans at various stages of life cycle.• Assess nutrition issues and conditions and also recommend nutrition intervention and support to promote the health and wellbeing.• Have the knowledge, both to develop and critique nutritional interventions designed to improve human health and well-being at specific age associated time points.• On completion of the course students will be able to critically assess nutritional requirements and nutritional health status of an individual.		
Credits: 6=4 (THEORY) + 2 (PRACTICAL)	Compulsory Core Paper TOTAL MARKS:100(70+30) Theory: 70 Practical : 30	
Total No. of Lectures- 3 lectures 1 tutorial per week+2 Practical		
Unit	Topics	No. of Lectures Total
UNIT I	Principles of meal planning (15 LECTURES) <ul style="list-style-type: none">• Food groups and Food exchange list• Factors affecting meal planning and food related behavior• Methods of assessment of nutrient requirements• Dietary guidelines for Indians	15
UNIT II	Nutrition during adulthood (15 LECTURES) <ul style="list-style-type: none">• Physiological changes, RDA, nutritional guidelines, nutritional concerns, energy balance and healthy food choices.• Adults• Pregnant women• Lactating mothers• Elderly.	15
UNIT III	Nutrition during childhood (15 LECTURES) <ul style="list-style-type: none">• Growth and development, growth reference/standards, RDA, nutritional guidelines, nutritional concerns, and healthy food choices.• Infants• Preschool children• School children• Adolescents	15



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UNIT IV	Nutrition for special conditions (15 LECTURES) <ul style="list-style-type: none">• Nutrition for physical fitness and sport• Feeding problems in children with special needs• Considerations during natural and man-made disasters e.g. floods, war.	15
	TUTORIALS	4
Practicals	<ol style="list-style-type: none">1. Introduction to meal planning 10<ul style="list-style-type: none">• Rich sources of nutrients• Use of food exchange lists2. Planning nutritious diets for: 10<ul style="list-style-type: none">• Young Adult• Pregnant/ Lactating woman• Preschooler• School age child/Adolescent• Elderly3. Planning nutrient rich snacks/dishes for:10<ul style="list-style-type: none">• Infants (Complementary foods)• Children/Adults	30
Suggested readings <ul style="list-style-type: none">• Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.• Khanna K, Gupta S, Passi SJ, Seth R, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House.• Wardlaw GM, Hampl JS, DiSilvestro RA (2004). Perspectives in Nutrition, 6th edition. McGraw Hill.• Chadha R and Mathur P (eds). Nutrition: A Lifecycle Approach. Orient Blackswan, Delhi. 2015• Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.• Seth V and Singh K (2005). Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual. Elite Publishing House Pvt. Ltd. New Delhi.		
Suggested Continuous Evaluation Methods: MCQs, Assignments Presentations, Group discussion, Case study, Survey etc.		



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Programme- HOME SCIENCE Course name: HOME BASED CATERING

Course Code: BHS SEC 1 Year – II Semester - III

UNIT 1	Unit I: Introduction to Food Science (5 LECTURES) <ul style="list-style-type: none">• Factors contributing to the growth of food service industry• Kinds of food service establishments
UNIT II	Unit II: Food Production (8 LECTURES) <ul style="list-style-type: none">• 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
UNIT III	Unit III: Resources (8 LECTURES) <ul style="list-style-type: none">• Money• Manpower• Time• Facilities and equipment• Utilities
UNIT IV	Unit IV: Planning of a food service Unit (8 LECTURES) <ul style="list-style-type: none">• 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

RECOMMENDED READINGS:

- West B Bessie & Wood Levelle (1988) Food Service in Institutions 6th 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 3rd 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



B.Sc. (Home Science)
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HUMAN VALUES AND ENVIRONMENT STUDIES

Programme: B.Sc. Home Science	Year: II	Semester: III
Co-Curricular Course		
Course Code: Z030301	Course Title: Human Values and Environment studies	
CREDIT :0		
Unit 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.	
Unit 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	
Unit 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 entrepreneurship	
Unit 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	



B.Sc. (Home Science)

Environmental Impact Assessment and Environmental Audit

Suggested Readings:

1. A foundation course in Human Values and Professional Ethics by RR. Gaur, R. Sangal et.al
2. JUSTICE: What's the Right Thing to Do? Michael J. Sandel.
3. Human Values by A. N. Tripathi New Age International
4. Environmental Management by N.K. Uberoi
5. <https://www.un.org/sustainabledevelopment/sustainable-development-goals/>
6. <https://www.india.gov.in/my-government/schemes>
7. <https://www.legislation.gov.uk/ukpga/2010/23/contents>
8. Daniel Kahneman, Thinking, Fast and Slow; Allen Lane Nov 2011 ISBN: 9780141918921