



MAHARAJA SURAJMAL BRIJ UNIVERSITY
Kumher, Bharatpur (Raj)

Syllabus

Three/Four year Under Graduate Programme

B.A. (Pass Course) Home Science

I & II Semester
2024-25

As per NEP 2020


Dr. Farbat Singh
Asstt. Registrar
Acad.I





SEMESTER - I

Code of the Course	Title of the Course	Credits of course
HSC T 101	Family Resource Management Theory	4
HSC P 102	Family Resource Management Practical	2
Type of Course		Delivery Type of the Course
Major		Theory - Lecture, Sixty Lecture including diagnostic and formative assessments (during lecture hours) Practical - Laboratory work and field visits.
Pre-requisites	Central Board of Secondary Education or any equivalent Board.	
Objectives of the Course (Theory)	<ul style="list-style-type: none"> To understand the meaning of resources management concepts related to management. To apply managerial process to management of Time, Energy and Money. To understand saving, investment and credit pattern of family. To increase awareness about consumer problems, rights, responsibilities & protection laws 	
Objectives of the Course (Practical)	<ul style="list-style-type: none"> To help students understand various banking procedures Understand the Decision making and use of resources. Gain knowledge about Time, Money & Energy as a Resource 	


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 Swati Vidyashree
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- iii Standards
- iv Decision Making
- v Resources

12. Management of Important Resources:

a) Time

- Tools & Process

b) Energy

- Process
- Classes of change

c) Money

- Family Income
- Budget
- Savings & Investment
- E-banking: Online banking using different apps, precautions during online banking

UNIT IV Floor decoration with the use of elementary art

13. Table setting & etiquettes

14. Flower decoration:

- i. Basic Equipment
- ii. Vases and containers
- iii. Preparing plant material
- iv. Shaping an arrangement

15. Consumer problems, rights & responsibilities

16. Seeking redressal to consumer problems with special reference to consumer courts.

Suggested books and references including links to e-resources -

- Agarwal S (2009). Grah Prabandh Manual. Shivam book house. Jaipur.
- Birrel Verla Leone (1967). Colour and Design. A Basic Text (Vol. I & II). Digest submitted in requirement for the degree of education in Teacher college Columbia University
- Bryan Lawson (1980). How Designers Think. Architectural press Ltd.
- David H, Bangs Jr. The market planning guides. Gougotera Publishing. 3rd EdDon Welers (1974). Who buys- A Study of the Consumer.
- Donnelly JH, Gibson JL and Ivancevich JM (1995). Fundamental of Management. Chicago.
- Fisher CD (1997). Human resource management Chennai: All Indian publishers and distributors.
- Gillat M & Goldstein V (1967)
- Birrel Verla Leone (1967). Colour and Design. A Basic Text (Vol. I & II). Digest submitted in requirement for the degree of education in Teacher college Columbia University
- Bryan Lawson (1980). How Designers Think. Architectural press Ltd.


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Dr. Shikha Karna


Dr. Anurag

SEMESTER - I
HSC P 102 - Family Resource Management
Practical

Practical Credit -2

50 Marks

1. Preparation of time plans for self and family.
2. Drafting family budgets for different income groups
3. Market survey of Household Equipment- (Pressure Cooker, toaster, Gas stove Mixer & Grinder, Refrigerator, Washing Machine, Microwave, Solar Cooker)
4. Draw House Plans Standard Specifications & Furniture Layout
5. Drawing of Colour wheel, Tint & Shade Chart and Colour Schemes.
6. Flower Arrangement and floor decoration
7. Best out of Waste (One Article)
8. Application of design principle and element of light
9. E-banking- Download and use different payment apps (BHIM-UPI, Paytm, Google Pay, PhonePe, etc.)

Scheme of Examination -

Total Marks: 50 marks

- Practical Exam - 40 Marks
- Internal Exam - 10 Marks


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HSC T 103 - Foods and Nutrition

Theory Credit – 4

Max. Marks: 20+80 marks (100)

60 Hours

Min. Pass Marks: 8+32 marks (40)

UNIT I

1. Definition of food and nutrition, food groups, balanced diet
2. Functions of food:
 - Physiological - hunger, appetite, satiety
 - Psychological
 - Social, economic, cultural
3. Meal Planning:
 - Importance and Factors Affecting Meal Planning
 - Menu: Importance and types

UNIT II

4. Functions and sources of :
 - Carbohydrates
 - Proteins
 - Fats
 - Minerals (calcium, iron, iodine, fluorine)
 - Vitamins

UNIT III

5. Nutritional needs and dietary guidelines for adequate nutrition through the life cycle:
 - Pregnancy
 - Lactation
 - Infancy
 - Preschool child
 - School going children
 - Adolescent
 - Adult
 - Elderly person

UNIT IV

6. The role of therapeutic diets in managing nutritional disorders:
 - Modification of normal diet to therapeutic diet
 - Dietary management of the following :
 - a. Weight management - obesity, underweight
 - b. Diseases of gastrointestinal tract diarrhoea, constipation, ulcerative colitis, Crohn's disease, celiac disease, peptic ulcer
7. Nutritional importance of Public Health Nutrition and their management
 - Protein Energy Malnutrition
 - Anaemia


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Vidyashree
Rajman

**HSC . P 104 – Foods and Nutrition
(Practical)**

Practical Credit -2

50 Marks

Methods of cooking -Preparation of any four dishes by using the different methods of cooking (Steaming/Simmering/Frying/Baking/Roasting) :

Preparation of Beverages - Tea (hot & iced), Coffee (Hot & Cold), Chaach, lassi, milkshakes, fruit punch (using squashes & fresh fruits), lemonade, jaljeera, amla shake, aam panna, mocktails (any 2)

Cereal cookery - Chapati, puri, Parantha, rice, Idly, (namak para, shakkar para), chowmein, pizza, sandwiches, Biscuits, Mathri.

Legumes & pulses - Daal (plain & daal fry), rajma/chhole, kadhi, mangodi, dahi vada, dal pakodi, besan pakodi, sprout chaat, dal halwa, Dhokla, Cheela.

Vegetables - Dry Vegetables (for e.g.aalu gobi, methi aalu, arbi, bhindi), stuffed vegetables (bhindi, capsicum), vegetables with gravy (malai kofta, . gatta, dum aalu, kadhai paneer, shahi paneer), baked vegetables, soups (clear & cream).

Milk & Milk products - Paneer, khoa, curd, shrikhand, kheer, rabri, fruit custard, raita, fruit cream, Kheer

Savoury food preparation - Dosa, uttapam, mixed veg cutlets, hara bhara kabab, burger, samosa, kofta, kachori, vada pav, bhaji, sago khichdi, bhelpuri.

Salads - Vegetables, Fruit, Mayonnaise and lemon-vinegar Dressing.

Sweets - jalebi, Sandesh, laddu, coconut barfi, gujiya, fruit stew (apple and pear), pudding, cupcake, brownie

Meal planning (with additional emphasis on nutritional problems) for:

- Exchange Lists .
- Adult man/woman
- Pregnant Woman
- Lactating Woman
- Packed lunch for school-going child
- Elderly

Scheme of Examination -

- Practical exam (Total 50 marks)
- Internal and record: 10 marks
- Planning of two recipes: 20 marks
- Preparation of two recipes: 20 marks


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