

MDSU SYLLABUS/ BHSc Part III(2025-26)

Scheme of Examination and Courses of Study B.Sc. Home Science, Part –III (2025-26) Duration of Theory Examinations :- 3 hrs Semester - V

Course Particular	Course Code	Course Nomenclature	Theory/ Practical	Credit	EoSE/ C
Program: Undergraduate Certificate, BSc. Home Science					
Skill Enhancement Course	BHS5502P-S	Communication skills	Practical	2	100
Main Papers					
DSEC	BHS8501T-EO	Extention and Communication-III (Extension Program Management)	Theory	4	70+30
	BHS8501P-EO	Program Planning	Practical	2	50
DSEC	BHS8502T-EO	Food and Nutrition –IV Nutrition through life cycle	Theory	4	70+30
	BHS8502P-EO	Diet Plans for Normal Conditions	Practical	2	50
DSEC	BHS8503T-EO	Family Resource Management- III (Housing & Space Design)	Theory	4	70+30
	BHS8503P-EO	Space Designing	Practical	2	50
DSEC	BHS8504T-EO	Human Development-III (Family Dynamics)	Theory	4	70+30
	BHS8504P-EO	Human Behavioural Studies	Practical	2	50
Grand Total				20	550

Note:- Practical work load is to be counted - 1:1

Note :

Each theory paper is divided into two parts . Part A and Part B
In DSEC any 3 papers will be selected out of 4 papers.

Part A : (20 marks) is compulsory and contains 10 questions at least 3 questions from each unit.(50 words each). Each question is of 2 marks.

Part B: (50 marks) Contains 10 questions at least 3 questions from each unit . Candidate is required to attempt any 5 questions selecting at least one question from each unit (400 words each). Each question is of 10 marks.

Note *: For Internal evaluation (30 Marks)

- i) Assignment : 10 Marks
- ii) Term Test : 10 Marks
- iii) Viva -Voce : 10 Marks

Main Papers
EXTENTION AND COMMUNICATION – III
Extension Program Management

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :40

Content:

UNIT- I

1. Extension Administration
 - a. Meaning and Scope
 - b. Purpose and Characteristics
 - c. Principles, Functions, Problems of extension administration.
2. Program Planning
 - a. Meaning and concept
 - b. Importance of Planning
 - c. Principles of Planning
 - d. Process of planning extension program
3. Abilities needed by planner
4. Characteristics of a good program

UNIT- II

5. Program Execution/Implementation
 - a. Steps in Program Execution/Implementation
 - i. Publicity
 - ii. Develop a plan work
 - iii. Monitoring /Evaluation during implementation- meaning and types.
 - b. Aspects in program execution / implementation
 - c. Problems in program execution/implementation.
6. Program Evaluation
 - a. Meaning and definition of evaluation
 - b. Objectives and importance of Evaluation
 - c. Types of Evaluation
 - d. Criteria of Effective Evaluation
 - e. Steps in Evaluation
 - f. Tools and techniques of Evaluation
7. Use of results in planning (Reconsideration)

UNIT- III

8. Program for Rural and Urban Development –
9. On going national rural and urban development programs for women and children : ICDS, MGNREGA, National rural livelihood mission (NRLM), STEP (Support to training and employment program for women) SWADHAR (Aa scheme for women in difficult circumstances).
10. Role of NGOs in developmental efforts

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CAPART, CHETNA, CARE, SEWA & others

11. Self Help Group : Concept and Functioning.

PRACTICALS **Program Planning**

Duration of Examination: 3hrs

Hours/Week: 2 hrs/Week

Max Marks: 50

Min. Pass Marks: 20

Content :

1. Study development projects in the selected area in terms of their monitoring and evaluation practices & critically examine the process of monitoring and evaluation.
2. Planning, organization, implementation and evaluation of need based extension program for women and children in selected community in relation to any one
 - a. Literacy
 - b. Income Generation
 - c. Health
 - d. Maternal & Child Care
 - e. Social evils and
 - f. Any other
3. Presentation of the report

Distribution of Marks

1. File and Record	10 Marks
2. Report presentation	10 Marks
3. Planning, implementation and evaluation of a need based program	25 Marks
4. Vi – Voce	05
Total	50 Marks

References:

1. Supe, S.V. An Introduction to Extension Education, Oxford & IBH, New Delhi, 1984
2. Mc Grath, E.H. Basic managerial Skills of all, Zavier Labour Relations Institute, Jamsedhpur
3. Dhamma, O.P. & Bhatnagar Extension and Communication for Development, Oxford and IBH Publishing Pvt. Ltd. New Delhi 1985
4. Sandhu A.S. Extension Program Planning Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi, 1996
5. GL Ray : Extension Communication and Management, Naya Prakash, Calcutta, India.

Journal –

1. Journal of Rural Development, The National Institute of Rural Development Rajendra Nagar, Hyderabad, 500029

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2. Social Welfare, Control Social Welfare Board, Samaj Kalyan Bhawan, B-12, Tona Crescent Institutional Area, South of IIT & New Delhi, 110016
3. Kurukshetra, Director, Publications, Division, Ministry of I and B, Government of India, Patila House, New Delhi 110001
4. Yojna, Director, Publications, Division, Patila House, New Delhi, 110001
5. Indian Journal of Extension, Division of Agriculture Extension 1 A.R.I, New Delhi, 110012

FOOD AND NUTRITION - IV **Nutrition Through Life Cycle**

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :40

Objectives- This course enable student to

1. Understand the concept of an adequate diet and the importance of planning
2. Know the factors affecting the nutrients needs and RDA during life cycle and learn Dietary management for various age groups

Content:

UNIT I

1. Concept of nutritionally adequate diet- balanced diet
2. Meal Management –
 - i. Some concept and definitions
 - ii. Factors to be considered while planning meals
 - iii. Nutritional Adequacy – planning of nutritionally balance diet
 - a. Food cost & Economy- Matching meal to family income. Characteristics of meals for low, moderate and liberal cost. Food budgets, economizing in meal management
 - b. Matching meals to available time and energy
 - c. Acceptability of Meals
 - i. Sensory factors – eye appeal, taste, aroma, flavour, texture, temperature etc
 - ii. Physiological Satisfaction – hunger, appetite and satiety value
 - iii. Likes and dislikes
 - iv. Other factors – availability , variety, food habits, tradition, culture, religion, food fads and fallacies

UNIT II

3. Nutrition for adults – at different activity levels and socio economics levels.
4. Pregnancy- physiology of pregnancy, factors affecting pregnancy outcomes, importance of adequate weight gain during pregnancy, nutritional requirement during pregnancy and modification of existing diet. Deficiency of Nutrition and its impact-energy, iron, folic Acid, protein, calcium, iodine etc . Common problems of pregnancy and their management – nausea, vomiting, pica, food aversion, induces hypertension(PIH), Adolescent Pregnancy

5. Lactation – Nutritional requirements and dietary management , Galactogogues.

UNIT II

6. Infancy – nutritional requirement of infants, Breast feeding-colostrum-its composition and importance in feeding, Advantages of exclusive breast-feeding. Nutritional and other advantages of breast – feeding, Bottle feeding- circumstances under which bottle feeding is to be given, Care and Sterilization of bottles. Preparation of formulas – modification of non-human milk for infant feeding. Mixed feeding – breast feeding and artificial feeding, weaning, Introduction of Complementary foods, food supplements at various stages.
7. Nutritional needs and dietary management of Toddlers, Preschool, School going children.
8. Adolescents, Establishment of good food habits
9. Nutrition during old age- physiological changes, nutritional needs and dietary modification.

PRACTICALS

Diet Plans for Normal Conditions

Duration of Examination: 3hrs
Hours/Week: 2 hrs/Batch/Week

Max Marks: 50
Min. Pass Marks: 20

Objectives :

This course will enable students to –

1. Plan and prepare nutritionally adequate diet in relation to age, activity levels, physiological state and socio economic status
2. Make therapeutic modifications of normal diet for common disease condition

Content:

1. Market Survey for availability and course of foods.
2. Finding out the cheaper sources of nutrients, calculating how much of the nutrient a rupee can buy from different sources.
3. Food exchange for energy, protein, fats and carbohydrates
4. Food presentation and table setting
5. Planning and preparation of diets for different age group level at different – socio-economic and activity levels in relation to special nutrient requirements
 - a. Adults
 - b. Pregnancy
 - c. Lactation
 - d. Infancy
 - e. Preschool child
 - f. School Child

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- g. Adolescent
 - h. Old Age
6. Menu planning for various festivals:
Holi, Diwali, janmastami, id , Christmas

Distribution of Marks-

1. Files, Records etc.	10 Marks
2. Planning	
a. Diet	7 Marks
b. Menu for Given Occasion	3 Marks
3. Preparation of two dishes including one compulsory dish (8+7)	15 Marks
4. Service	5 Marks
5. Method of Work	5 Marks
6. Vice Voce	5 Marks

Total

50 Marks

Reference-

1. Robinson, CH, And lawler, MR: Normal and Therapeutic , Nutrition, MacMillan Publishing Co.
2. IHE (Gupta, S. Seth, R: Khanna, Kumud & Mahna R.) : The art and science of cooking – A student manula, Blaze Publishers & distributor Pvt. Ltd.
3. Sethi, M. Malhan, S. (1993) : Catering Management: An integrated approach, Wilsey Eastern : New Delhi
4. B.Shri Lakshmi (2019) Dietetics, 8th edition, New Age International Publishers, New Delhi.
5. रश्मि मनोज छंगाणी (2011), पोषण सिद्धांत एवं व्यवहार, हिमांशु पब्लिकेशन, नई दिल्ली उदयपुर ।
6. रश्मि मनोज छंगाणी (2009) आहार एवं पोषण, हिमांशु पब्लिकेशन नई दिल्ली, उदयपुर।
7. डॉ बृंदा सिंह-आहार विज्ञान एवं पोषण, पंचशील प्रकाशन जयपुर।

FAMILY RESOURCE AND MANGEMENT -III

Housing and Space Design

Hours/Week – 4 hrs /week

Max Marks : 100

Duration Examination – 3 hrs

Min Marks :40

UNIT - I

1. Residential Space Design
 - i. Meaning of Housing
 - ii. Difference Between Home and House
 - iii. Need of Housing
2. Self Built Home, Rented Home –Advantages and Disadvantages
3. Factors influencing selection and Purchase of site for house building

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- i. Legal Aspects and funds for Housing
- ii. Natural features: Orientation, Site, Land, Size, Drainage
- iii. Structure of Home-Exterior open Space, Foundation, Plinth, Walls, Roof, Floor, Stairs, Doors And Windows, Ventilation
- iv. External Services- Supply of Water, Electricity, Sanitation Facility, Approach to Roads, Work Place

UNIT- II

4. House Planning & Space Designing
 - i. Types of Houses: Apartment(Flat), **Bungalow**, duplex & row houses
 - ii. Principles of Planning the residential space : aspect, prospect, Functionalism, grouping of rooms, privacy, flexibility, spaciousness,.
5. Kitchen planning- Types, Orientation, Internal & External features, work center, triangle and storage

UNIT - III

6. Construction And Finishing Materials-
 - i. Building Materials for Rural and Urban Housing:
Mud, Straw, Lime Stone Powder, Steel, Cement, Concrete, Binding Wires, Stone, Bricks, Wood etc
 - ii. Finishing Materials For Housing :
Colours, Paints and Varnish, Lime Stone Powder, Sealants, wall papers, wood, glass etc

PRACATICAL Space Designing

Duration of Examination: 3hrs
Hours/Week : 2 hrs

Max Marks: 50
Min. Pass Marks: 20

Content:

1. Market survey for various construction and finishing materials
2. Develop house plan for families with different income including plot calculation showing architectural symbols with standard specification
3. Draw a kitchen Plan with work triangle.

Marks Distribution:

1. Students are expected to Submit Project report for exercise 1.	10
2. Developing House plan for families with different composition and income	15
3. Developing a kitchen Plan	15
4. Viva	05
5. File and Record	05
Total	50

References:

1. Agan Tessie, The house its plan and use, New Delhi, Oxford and IBH Publishing Company
2. Boradrent, G. Bunt R & Charles Zenks, 1980, Sign, Symbol and Architecture, New York : John Willay & Sons
3. Fredick S. Meritt, 1982, Building Design and Construction Handbook, New Delhi
4. Raja Rao, T.N. Subraamaynyam, Y. 2000 Planning of Residential building, New Delhi, Standard Publications
5. Harbargresen, Gailighm (1980) : Design, Concept, Allyn& Bacon Inc.
6. Brayon Lawson,(1980) : How designer think, Architectural Press Ltd.
7. Raja Rao, T.N. Subraamaynyam, Y. 2000 Planning of Residential building, New Delhi, Standard Publications
8. डॉ बेला भार्गव (2007) गृह निर्माण एवं स्थान व्यवस्था, यूनिवर्सिटी बुक हाउस , जयपुर
9. डॉ बृंदा सिंह , गृह प्रबंध एवं गृह सज्जा , पंचशील प्रकाशन , जयपुर

Human Development – III (Family Dynamics)

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :40

UNIT-I

1. Adolescence
 - a. Definition - Stages of adolescence
 - b. Main characteristics of adolescence
 - c. Physical changes in adolescence
 - d. Socialization in adolescence
 - e. Emotional life in adolescence
 - f. Problems in adolescence
 - g. Education system in adolescence
2. Personality-
 - a. Definition, meaning, determinants of personality.
 - b. Classification of personality - according to ayurveda, C.S. Jung and Shaledon.
3. Ericksons psychological theory

UNIT -II

4. Adulthood : characteristics of Adulthood
5. Marriage :- mate selection, dating, courtship, engagement and marriage
6. Functions of marriage
7. Marital adjustment
 - i. Reasons of Marital maladjustment
 - ii. Adjustment from in law's, adjustment with life mate, sexual adjustment.
8. Divorce, Singlehood, live in relationship, Sel

9. Freud's psycho- analytical theory

UNIT -III

10. Old age:

- i. characteristics of old age
- ii. Physical changes during old age
- iii. Problems of old age
- iv. solutions to the problems of old age

11. Woman :

- i. Empowerment of women: women and law
- ii. Working woman : Effect of home maker's, employment on family relationship.

12. Agencies working for the aged - Helpage India, Senior citizen association, Missionaries of charity etc.

PRACTICALS

Human behavioural studies

Hours/week/batch :2 hrs

Max Marks :50

Exam duration :3 hrs

Min Pass Marks : 20

Content:

1. Interviewing early and late adolescence on issues- problems, pubertal changes, friendship, Career, aspirations, self & social awareness, political awareness and mass media.
2. Teaching aids on any topic related to Family and Child Welfare.
3. A study and seminar presentation on any relevant issues of human development.
4. A survey and report presentation of agencies working for family and child welfare.

Distributions of Marks

1. Preparation of 2 Teaching Aids	10
2. Seminar Presentation	10
3. Survey & Report Presentation of Agencies for family & child welfare	5
4. Preparation of checks list, Interview schedule & test	10
5. File & Record	10
6. Vice Voca	5
Total	50

References:

1. Coleman, J.C. (1986) : Intimate Relationship, Marriage and the family; Chicago: Macmillan Publishing Co.
2. Gupta J.L. (1988): Challenges to the fair sex – Indian Women Problem Plights and Progress
3. Achpal, B. And Verma A. (1988) : Towards Better Families : An Integrated Approach to Family Life Education, Baroda
4. TISS (1994) : Enhancing the Role of Family as Agency for Social and Economic Development, Bombay , TISS
5. Devdas T.S. (1979): Hindu Family & Marriage, Madras : University of Bombay.

6. Govt. Of India, Ministry of Human Resource Development, Department of Women and Child Development , National Perceptive Plan on Women
7. Govt. Of India, Profile of the Child in India: Polices and Program , New Delhi: Ministry of Social Welfare
8. Kapadia K.M. (1966) : Marriage and family in India, Bombay: Oxford University Press
9. Rao, Asha, et al (1986) : Children in Difficult Situation in India : A review Bombay, Tat Institute of Social Sciences
10. TISS (1991): Research in Families with Problems inIndai, Vol I & II, Bombay, TISS
11. Verma, U.S. & Singh, M.(1988): Legal rights for women & Families, New Delhi: Women's Legal Aid Centre

Skill Enhancement Course

Communication Skills

Max Marks:100

Hours/week/batch:2 hrs

Min Pass Marks: 40

Exam duration: 3 hrs

Course Objectives & Outcomes:

Upon the completion of the course the students will be able to:

- Understand the nature importance of communication.
- Learn the process involved in communication.
- Develop interview skills.
- Acquire presentation skills.
- Effectively play their roles in group discussions
- Enhance the skills of public speaking.

Course Content:

UNIT-I

BASICS OF COMMUNICATION

1. Nature and importance of communication
2. Process of Communication
3. Principles of communication
4. Barriers to effectvie communication

5. Strategies for effective communication

UNIT-II

PRESENTATIONSKILLS

1. Preparation of a good presentation
2. Verbal communication in presentation
3. Non-verbal communication in presentation
4. Visual aids/Materials in presentation
5. Analyzing audience and managing questions

UNIT-III

INTERVIEWS AND GROUP DISCUSSIONS

1. Interview and its types
2. Before, during and after an interview
3. Do's and Don'ts in an interview
4. Basic Interview questions
5. Structure and process of Group Discussions
6. Role functions, Do's and Don'ts

Recommended Activities:

- Presenting seminar papers.
- Mock interviews.
- Using Power point presentations in seminars.

References:

- Working in English, Jones, Cambridge
- Business Communication, Raman –Prakash, Oxford
- Speaking Personally, Porter-Ladousse, Cambridge
- Speaking Effectively, Jermy Comfort,et.al, Cambridge
- Anjanee Sethi & Bhavana Adhikari, Business Communication, Tata Mc Graw Hill

कौशल संवर्धन पाठ्यक्रम

संचार कौशल

पूर्णांक : 100

घंटे / सप्ताह /बैच - 2 घंटे

न्यूनतम पास प्राप्तांक : 40

परीक्षा का समय - 3 घंटे

पाठ्यक्रम के उद्देश्य और परिणाम :

- संचार के प्राकृतिक महत्व को समझें।
- संचार में शामिल प्रक्रिया को जानें।
- साक्षात्कार कौशल विकसित करें।
- प्रस्तुतीकरण कौशल हांसिल करें।
- समूह चर्चाओं में अपनी भूमिका प्रभावी ढंग से निभाएं।
- सार्वजनिक रूप से बोलने की कौशल को बढ़ाएं।

विषय सूची:

यूनिट- I

संचार की मूल बातें

1. संचार की प्रकृति एवं महत्व
2. संचार की प्रक्रिया
3. संचार के सिद्धांत
4. प्रभावी संचार में बाधाएं
5. प्रभावी संचार के लिए रणनीतियां

यूनिट - II

कौशल प्रस्तुति

1. एक अच्छे प्रेजेंटेशन की तैयारी
2. प्रस्तुति में मौखिक संचार
3. प्रस्तुति में गैर - मौखिक संचार

4. प्रस्तुति में दृश्य सहायता / सामग्री
5. दर्शकों का विश्लेषण करना और प्रश्नों का प्रबंध करना।

यूनिट - III

साक्षात्कार और समूह चर्चाएं

1. साक्षात्कार और उसके प्रकार
2. साक्षात्कार से पहले, साक्षात्कार के दौरान और बाद में क्या करें एवं क्या ना करें
3. बुनियादी साक्षात्कार प्रश्न
4. समूह चर्चा की संरचना एवं प्रक्रिया
5. भूमिका कार्य - क्या करें एवं क्या नहीं करें ।

अनुशंसित गतिविधियां-

1. सेमिनार में पेपर प्रस्तुत करना
2. नकली साक्षात्कार
3. सेमिनार में पावरप्वाइंट प्रेजेंटेशन का उपयोग करना।

संदर्भ :-

1. अंग्रेजी में काम करना, जॉन्स, कैंब्रिज
2. बिजनेस कम्युनिकेशन , रमन - प्रकाश, ऑक्सफोर्ड
3. व्यक्तिगत रूप से बोलते हुए , पोर्टर लडौसे , कैम्ब्रिज
4. प्रभावी ढंग से बोलना, जेर्मी कंफर्ट एट ऑल कैम्ब्रिज
5. अंजनी सेठी और भावना अधिकारी, बिजनेस कम्युनिकेशन, टाटा मैकगो हिल ।

Distribution of Marks:

1. Prepare a communication Aid	: 30
2. Seminar Presentation on any topic	: 20
3. Prepare an interview schedule	:20
4. File and Record	:30
Total	:100

**Scheme of Examination and Courses of Study B.Sc. Home Science, Part – III (2025-26) Duration of Theory Examinations:- 3 hrs
Semester - VI**

Course Particular	CourseCode	Course Nomenclature	Theory/ Practical	Credit	EoSE/ C
Program: Undergraduate Certificate, BSc. Home Science					
Skill Enhancement Course	BHS5602P-S	Interior Design and Decoration	Practical	2	100
Main Papers					
DSEC	BHS8601T-EO	Food and Nutritions - V (Nutrition during various diseases)	Theory	4	70+30
	BHS8601P-EO	Therapeutic Diets	Practical	2	50
DSEC	BHS8602T-EO	Food and Nutrition –VI (Community Health and Nutrition)	Theory	4	70+30
	BHS8602P-EO	Community Nutrition	Practical	2	50
DSEC	BHS8603T-EO	Family Resource and Mangement-IV (Interior Designing)	Theory	4	70+30
	BHS8603P-EO	Interior Designing	Practical	2	50
DSEC	BHS8604T-EO	Textile and Clothing- III (Apparel making & traditional Textile)	Theory	4	70+30
	BHS8643P-EO	Apparel Making	Practical	2	50
Grand Total				20	550

Note:- Practical work load is to be counted - 1:1

Note :

Each theory paper is divided into two parts . Part A and Part B

In DSEC any 3 papers will be selected out of 4 papers.

Part A : (20 marks) is compulsory and contains 10 questions at least 3 questions from each unit.(50 words each). Each question is of 2 marks.

Part B: (50 marks) Contains 10 questions at least 3 questions from each unit . Candidate is required to attempt any 5 questions selecting at least one question from each unit (400 words each). Each question is of 10 marks.

Note *: For Internal evaluation (30 Marks)

- i) Assignment : 10 Marks
- ii) Term Test : 10 Marks
- iii) Viva -Voce : 10 Marks

FOOD AND NUTRITIONS -V
Nutrition during various diseases

Hours/Week – 4 hrs /week
Duration Examination – 3 hrs

Max Marks : 100
Min Marks :40

Objectives- This course enable student to

1. Gain knowledge about dietary management in common ailments .

Content:

UNIT – I

1. Basic concepts of diet therapy – Meaning and importance of therapeutic nutrition.
2. Modification of normal diet for therapeutic purposes.
 - i. Full/regular diet,
 - ii. Bland diet,
 - iii. Soft diet
 - iv. Fluid diets
3. Method of feeding patients –
 - i. Normal Feeding
 - ii. Artificial feeding
 - a) Tube Feeding
 - b) Intravenous Feeding
4. Physiological factors in feeding and problems involved.
5. Dietician – Qualities to be possessed, role and responsibilities.

UNIT – II

6. Engery - Identifying underweight, overweight and obese, Modification of diet and nutritional care for weight management .
7. Predisposing factors , clinical features and dietary management of Febrile diseases – acute and chronic fevers.
8. Gastrointestinal disturbances:
 - i. Indigestion
 - ii. Gastritis
 - iii. Gastric and duodenal ulcers
 - iv. Constipation and diarrhoea
9. Liver Disorders:
 - i. Functions of liver
 - ii. Hepatitis
 - iii. cirrhosis of liver
 - iv. hepatic encephalopathy,
 - v. cholelithiasis, cholecystics, cholecystectomy etc.

UNIT – III

10. Diabetes mellitus:
 - i. Meaning and concept
 - ii. Causes and symptoms
 - iii. Types of diabetes
 - iv. Complications of Diabetes
 - v. Dietary modifications
11. Cardio Vascular Diseases :
 - i. Hypertension,
 - ii. atherosclerosis
 - iii. hyperlipidimias
12. Renal Disorders :
 - i. Glomerulonephritis- acute & chronic
 - ii. Nephrotic syndrome and uremia
 - iii. Acute and chronic renal failure.

PRACTICAL
Therapeutic Diets

Duration of Examination: 3hrs
Hours/Week: 2 hrs/Batch/Week

Max Marks: 50
Min. Pass Marks:20

This course will enable students to –
Make therapeutic modifications of normal diet for common disease condition

Content:

1. Planning and preparing modified diets
 - a. Soft
 - b. Fluid
 - c. Bland
 - d. High Protein
 - e. Calorie restricted
2. Planning and preparing modified diet for
 - a. Fever
 - b. Diarrhea
 - c. Constipation
 - d. Hypertension
 - e. Atherosclerosis
 - f. Diabetes Mellitus
 - g. Obesity

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3. Planning and Preparing low cost nutrient rich dishes

Distribution of Marks-

1. Files, Records etc.	10 Marks
2. Planning	
a. Diet	7 Marks
b. Low cost nutritient rich dish	3 Marks
3. Preparation of two dishes including one compulsory dish (8+7)	15 Marks
4. Service	5 Marks
5. Method of Work	5 Marks
6. Vice Voce	5 Marks
Total	50 Marks

Reference-

1. Robinson, CH, And lawler, MR: Normal and Therapeutic , Nutrition, MacMillan Publishing Co.
2. IHE (Gupta, S. Seth, R: Khanna, Kumud & Mahna R.) : The art and science of cooking – A student manula, Blaze Publishers & distributer Pvt. Ltd.
3. Sethi, M. Malhan, S. (1993) : Catering Management: An integrated approach, Wilsey Eastern : New Delhi
4. B.Shri Lakshmi (2019) Dietetics, 8th edition, New Age International Publishers, New Delhi.
5. रश्मि मनोज छंगाणी (2011), पोषण सिद्धांत एवं व्यवहार, हिमांशु पब्लिकेशन, नई दिल्ली उदयपुर ।
6. रश्मि मनोज छंगाणी (2009) आहार एवं पोषण, हिमांशु पब्लिकेशन नई दिल्ली, उदयपुर।
7. डॉ बृंदा सिंह-आहार विज्ञान एवं पोषण, पंचशील प्रकाशन जयपुर।

FOOD AND NUTRITION – VI Community Health and Nutrition

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :40

Objectives –

This course is intended to introduce students nutritional problems prevailing in the country, their causes and implications and government policies & program for control & preventions for the same. This course will enable to students to-

1. Understand the concept of health from the individual and community perspective.
2. Understand the factors that determines the availability and consumption of foods
3. Get exposed to the schemes, program and policies of Government of India to combat malnutrition.
4. Understand the concept of nutritional status and its relationship to health, know the methods used to assessment of nutritional status

Content:

UNIT I

1. Concept and Type of Community , community health and Community nutrition .Factors affecting health of the community- environmental, social,cultural,dietary,organizational,economic, political.Vulnerable groups/needs of special populations
2. Food Availability- factors affecting food availability and its consumption
 - i. Agriculture Production
 - ii. Post- harvest handling, marketing and distribution
 - iii. Population
 - iv. Economic
 - v. Region
 - vi. Socio-Cultural
 - vii. Industrialization and other factors
3. Immunity and immunization:
 - i. definition, classification of immunity
 - ii. Importance of immunization, immunization schedule of children and adults
 - iii. Importance of cold chain

UNIT II

4. Nutritional Assessment –
Meaning, Objective and Importance of nutritional assessment
5. Method of assessing nutritional status and their interpretation-
 - i. Direct - Clinical examination, Nutritional Anthropometry, Biochemical test & Biophysical methods.
 - ii. Indirect – Dietary Survey, Vital Statics,- mortality rates, morbidity, ecological factors, socio-economic
6. Nutrition and Health Communications
 - a. Objectives – Principles and Scope of nutrition and health education.
 - b. Themes and message in Nutrition and Health Education

UNIT III

7. Communicable and infecticious disease control-
Nature of communicable and infectious disease ,infection, contamination, disinfections,decontamination, transmission-direct and indirect, vector borne disease,epidemiology of infection , infecting organism and causative agents-their environmental measures and epidemiological principles of disease control.
8. Schemes and programs to combat nutritional problems in India-Objectives, focus (intervention, strategies) , target groups, mode of implementation of –
 - i. Prophylaxis Program
 - ii. Mid day meal program
 - iii. ICDS
 - iv. Other program from various sectors like agriculture, heath, economic, environment etc.

PRACTICAL Community Nutrition

Duration of Examination: 3hrs
Hours/Week: 2 hrs/Batch/Week

Max Marks: 50
Min. Pass Marks:20

This course will enable students to –

1. To assess the nutritional problems prevailing in the community.
2. To understand the status of nutritional programs running in the community.
3. To acquaint the knowledge of preparing aids for nutrition messages.

Content:

1. Prepare a vaccination schedule of voluntary and compulsory vaccines.
2. Prepare teaching aid relevant to nutrition messages for any nutritional problem.
3. Nutritional assessment of Infant.
4. Nutritional assessment of Pre schooler
5. Nutritional assessment of School going Children/ Adolescent.
6. Nutritional assessment of Adults.
7. Survey on any nutritional ongoing program in your community.

Distributions of Marks

1. Preparation of Teaching Aid on topic 2	10
2. Prepare a report on nutritional assessment on topics 3 to 6	15
3. Report Presentation on topic 7	10
4. File & Record	10
5. Vice Voca	5
Total	50

References:

1. K.Park.(2009) Community Health Science (for nurses).Pub. Ms Banarsidas Bhanot,Jabalpur.5th edition
2. B. srilakshmi (2018) Nutrition Science , New Age International Publisher, New Delhi.
3. Bamji MS, Rao NP and Reddy V (1998) Text Book of Human Nutrition , Oxford & IBH Publishing Co. Pvt. Ltd., New Delhi.
4. के पार्क (2009) सामुदायिक स्वास्थ्य विज्ञान, मे। बनारसी दस भनोत, जबलपुर
5. डॉ बेला भार्गव (1997) पारिवारिक स्वास्थ्य एवं सामाजिक कल्याण , यूनिवर्सिटी बुक हाउस प्रा। लिमिटेड, जयपुर
6. डॉ बृंदा सिंह (2006) जन स्वास्थ्य एवं परिवार कल्याण , पंचशील प्रकाशन , जयपुर

FAMILY RESOURCE AND MANGEMENT -IV

Interior Designing

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :40

Objectives

- To learn about elements and principles of art and their application in interior designing.
- To gain better understanding of interior enrichment.

UNIT I

1. Introduction to Art-

- i. Design – definition, types- structural and decorative and judgement of good design
- ii. Elements of Art-line ,shape , Colour, Texture, Pattern, light, space
- iii. Principle of Art- Proportion, balance, emphasis, harmony, rhythm
- iv. Colour arrangement -Functions ,Characteristics ,Principles, Effect of Colour on Human Mind, Colour Schemes, Factors affecting the selection of colour in Home Decoration.

2. Wall:

- i. Classification,
- ii. types of building walls,
- iii. functional characteristics of walls
- iv. Types of wall treatments
- v. Exterior and interior wall finishes Types of doors and windows

UNIT II

3. Doors and windows

- i. Types of doors and windows
- ii. Windows Treatment – Hard- Blind, Shades, Cornices ,Soft- Curtains, and draperies
- iii. Window accessories

4. Flooring Material – Hard & Soft

- i. Types of floor covering, care and maintenance
- ii. Selection of floor covering

UNIT III

5. Furniture-

- i. Types , materials and finishes of furniture
- ii. Factors affecting the selection of furniture
- iii. Principles of Arrangements,
- iv. Furniture arrangement in different rooms

6 . Arrangement of light-

- i. Importance of lighting
- ii. Sources of lighting
- iii. Arrangement in Different rooms

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7. Flower Arrangement –

- i. Meaning and Importance,
- ii. Materials used, principles involved
- iii. Types of flower management
- iv. Practical utility and care

PRACTICAL

Interior Design

Duration of Examination: 3hrs

Hours/Week : 2 hrs

Max Marks: 50

Min. Pass Marks:20

Content:

1. elements of art and principles of design.
2. Development of motif and design through art principles
3. Colour – colour schemes, values and intensity scale, colour wheel.
4. Market survey – different types of doors, furniture and floor coverings.
5. Furniture – care and arrangement of furniture.
6. Flower arrangement.
7. Learning different types of table setting and napkin folding.
8. Various Doors
9. Window treatment.

Marks Distribution:

i. Students are expected to Submit Project report for exercise 3.	: 10
Plan and prepare a two dimensional room with furniture arrangement	: 20
Colour Wheel And Scheme, Picture Catalogue	: 10
ii. File and Record	: 05
iii. Viva	:05
Total	: 50

References :

1. Dorothi, *et al.*, (1980).Introduction to Interior Design. New York: Mc Millan.
2. Faulkner and Faulkner.(1975). Inside Today's Home. New York: Holt, Rinehart and Winston.
3. Gewther, M. (1970).The Home, its Furnishings and Equipment U.S.A. Mc. Graw Hill.
4. Mike, L. (1986). The Complete Interior Decoration. United Kingdom: Mc Donald.
5. Ruth, M. (1975). The Home and its Furnishings, U.S.A.: Mc. Graw Hill.
6. Seetharaman P. and Sethi M. (2002).Interior Design and Decoration.CBS Publishers andDistributors. New Delhi.

TEXTILE AND CLOTHING - III
Apparel Making and Traditional Textiles

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :40

Content:

UNIT I

1. Family Clothing:
 - a. Wardrobe Planning
 - b. Clothing Budget according to needs of the family and factors influencing needs
 - c. Clothing requirements of different age groups
 - Infant and Toddler
 - Preschooler
 - School age children
 - Adolescent
 - Adult and Senior citizen
2. Fitting Problems:
 - a. Fitting factors affecting good fit
 - b. common problems and remedies related to sleeves, skirt , shoulder and bodice

UNIT-II

3. Design
 - a. Elements of design – line, colour and texture.
 - b. Principle of design – balance, proportion, rhythm, emphasis and harmony.
 - c. Structural and applied design in relation to fabric and apparel.
4. Traditional Textiles of India
 - a. Dyed and printed textiles
 - i. Kalamkari
 - ii. Patola of Gujrat and Tie and Die of Rajasthan.
 - iii. Telia – Rumals of Andhra Pradesh
 - b. Traditional sarees of India : Jamdani, Pochampalli, Patola, Ikat, Kanjivaram, Chanderi , Maheshwari and Brocades

UNIT III

5. Paper pattern and layout:
 - i. Difference between, draft and paper pattern
 - ii. Different type of layouts : crosswise, longitudinal, open and combination
 - iii. Preparation of fabric for cutting and layout of paper pattern on different fabrics – patterns including plain, bold print lines, plaids and checks.
 - iv. Calculating of material required

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6. Drafting, flat patterns, draping , principles and rules.
7. Readymade garments : meaning, advantages and limitations
8. Selection and buying fabrics for various uses in the home
9. Consumer problems and their remedies

PRACTICALS **Apparel Making**

Duration of examination: 4hrs
Hours/Week: 4 hrs/ batch/week

Max Marks: 50
Min Pass Marks : 20

1. Drafting and construction of –
 - i. Frock- Aline, gathers, party wear frocks
 - ii. Skirts,
 - iii. Skirt Top
 - iv. Saree blouse,
 - v. Churidar/Salwar ,
 - vi. Ladies Kameez/ Kurta, Development of paper – patterns
2. Embroidary –Making of samples for Traditional embroideris and any one household article
Phulkari, Kashmiri Kasheeda, Kantha, Chickankari, Kutchh kadhai, Kasuti
3. Visiting the textile museums.

Distribution of Marks:

- | | |
|--|----------|
| 1. Record and File | 10 Marks |
| 2. Traditional Embroidery sample (any one) | 10 Marks |
| 3. Construction and Finishing of any one garments (complete) | 30 Marks |

Total **50**

References :

1. Lewis Bowers and Keltunen Clothing, construction and wardrobe planning – MacMillan Co. New York
2. Thompson and Rea – Clothing for Children John Wiley and sons
3. Wintage B. Isabel- Textiles fabrics and their selection – Prentice Hall, New York
4. Latze, Alpha and Hosletter Helen P- The wild World of Clothing. The Ronald Press Company , New York
5. Dongarkamy Kamala S. Romance of Indian Embroidery – Thacker & Co. Mumbai
6. Pandit Savitri – Indian Embroidery,- Its Variegalid Charms.

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SKILL ENHANCEMENT COURSE INTERIOR DESIGN AND DECORATION

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :40

Course Objectives & Outcomes:

Upon the completion of the course the students will be able to:

- To make student understand wide range of skills and information related to the field of interior designing and decoration
- To learn skills from wide range of areas including production design, interior design, architecture and the design of retail or commercial spaces.

Course Content

1. Application of elements and principles of interior design and decoration.
2. Preparation of utility and decoration articles by using various painting/printing techniques.
3. Use of floor decoration in interiors.
4. Flower arrangement and decoration for different areas and occasions.
5. Stationery designs.
6. Cover designs for books, magazines, illustrations, lettering construction etc.
7. Accessories: various types, materials and techniques
8. Preparing different articles:
 - Pottery
 - Collage
 - Handicrafts
 - Utility articles
 - Poster making
 - Greeting cards
 - Fabric painting
 - Glass painting
 - Gift wrapping

कौशल संवर्धन पाठ्यक्रम

आंतरिक डिजाइन एवं सजावट

पूर्णांक : 100

घंटे / सप्ताह /बैच - 2 घंटे

न्यूनतम पास प्राप्तांक : 40

परीक्षा का समय - 3 घंटे

उद्देश्य : -

- छात्र को इंटीरियर डिजाइनिंग और सजावट के क्षेत्र से संबंधित व्यापक प्रकार के कौशल और जानकारी को समझाना।
- उत्पादन डिजाइन, इंटीरियर डिजाइन, वास्तुकला और खुदरा या वाणिज्यिक स्थानों के डिजाइन सहित विभिन्न क्षेत्रों से कौशल सीखना।

विषय वस्तु :-

1. आंतरिक डिजाइन एवं सजावट के तत्वों और सिद्धांतों का अनुप्रयोग।
2. विभिन्न पेंटिंग/ मुद्रण तकनीकों का उपयोग करके उपयोगी एवं सजावटी वस्तु में तैयार करना।
3. आंतरिक सज्जा में फर्श की सजावट का उपयोग।
4. विभिन्न क्षेत्रों एवं अवसरों के लिए पुष्प सज्जा।
5. स्टेशनरी / स्थिर डिजाइन्स
6. पुस्तकों पत्रिकाओं चित्रों निर्माण आदि के लिए कवर डिजाइन तथा अक्षर निर्माण की तकनीकें।
7. सहायक उपकरण: विविध प्रकार, सामग्री और तकनीकें।
8. विविध उपयोगी शिल्प तैयार करना :-
 - मिट्टी के बर्तन
 - कॉलाज
 - हस्तशिल्प
 - उपयोगी शिल्प
 - पोस्टर बनाना
 - ग्रीटिंग कार्ड
 - फैब्रिक पेंटिंग
 - ग्लास पेंटिंग

Distribution of Marks:

Floor Decoration	: 30
Flower Arrangement	:20
Collage/Poster/Greeting card/ Gift wrapping	:20
File and Record :	
➤ Handy Craft/ Utility article/Painting	:20
➤ Attendance and Record	:10
Total	:100