



# UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)  
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

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## NOTIFICATION

(23/May/Adp./23)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Study in the subject of **Home Science** of Semesters **IIIrd** and **IVth** for **Four Year Under Graduate Programme** under the **Choice Based Credit System** as per **NEP-2020** (as given in the annexure) for the examinations to be held in the years as per the details given below:

Subject	Semester	for the examination to be held in the years
Home Science	Semester-III Semester-IV	December 2023, 2024 and 2025 May 2024, 2025 and 2026

The Syllabi of the courses is available on the University website:  
[www.jammuuniversity.ac.in](http://www.jammuuniversity.ac.in)

Sd/-  
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/23/3211-3221

Dated: 22-5-2023

Copy for information and necessary action to:

1. Dean, Faculty of Science
2. Convener, Board of Studies in Home Science
3. Sr. P.A. to the Controller of Examinations
4. All members of the Board of Studies
5. Confidential Assistant to the Controller of Examinations
6. I/C Director, Computer Centre, University of Jammu
7. Deputy Registrar/Asst. Registrar (Conf. /Exams. UG/Eval Non-Prof)
8. Incharge, University Website for Uploading of the notification.

*Sumita Sharma*  
Deputy Registrar (Academic)

*SS*  
19/5/23

*CCP*  
19/5

*M*  
19/5/23

# University of Jammu

Syllabi of *Home Science* at Four Year Under Graduate

Programme (FYUP) under Choice Based Credit System as per NEP –  
2020

(Semester III & IV)



Syllabi of Home Science at FYUP under CBCS as per NEP-2020

**Home Science**

SEMESTER 3 <sup>rd</sup>									
S. NO.	COURSE TYPE	COURSE NO.	COURSE TITLE	CREDITS	MARKS				TOTAL MARKS
					Theory		Practical/Tutorial		
					Mid Semester	End Exam	Assessment	Exam	
1	Major	UMJHST 301	Life Span Development-1	3 Th + 1 P	15	60	10	15	100
2	Major	UMJHST 302	Introduction to Foods and Nutrition-1	3 Th + 1 P	15	60	10	15	100
3	Minor	UMIHST 303	Life Span Development-1	3 Th + 1 P	15	60	10-	15-	100
4	Multi-disciplinary	UMDHST 304	NGO Management	3	15	60	-	--	75
5	Skill Enhancement Course	USEHST 305	Bakery Technology and Entrepreneurship	2	10	40	-	-	50

**University Of Jammu**  
**Syllabi of Home Science at FYUP Under CBCS as per NEP-2020**  
**Home Science**  
**Semester 3**  
**(Examination to be held in December 2023, 2024, 2025)**  
**Major Course**

**Course Code: UMJHST301**

**Course Title: Life Span Development-1**

**Credits: 3 Th + 1 P**

**Total No. of Lectures: Theory: 45 Hrs.**  
**Practical: 30 Hrs.**

**Maximum Marks:**

**Theory= 75**

**Practical/Tutorial= 25**

**Total= 100**

**Course Learning Objectives:**

The course is designed to enable the students to:

- Understand and gain knowledge of the processes during various stages of life span.
- Gain an insight in the various development issues.

**Unit: 1 Introduction to Life Span Development**

- Life Span Development: Meaning, Definition, Domains of Development, Factors Affecting Growth and Development.
- Prenatal Period: Course of Prenatal Period, Stages, Overview of Birth Process.
- Issues Concerned: Factors Affecting Prenatal Development, Complications and Hazards during Prenatal Period.

**Unit: 2 Infancy and Toddlerhood**

- Infancy and Toddlerhood: Meaning, Concept, Milestones and Developmental Tasks
- Course of Development: Physical, Social, Emotional, Language, Cognitive.
- Factors affecting Development: Heredity and Environment.

**Unit: 3 Childhood**

- Childhood: Concept, Stages, Milestones.
- Early Childhood: Developmental Tasks, Orientation to preschool, Importance of Preschool education.

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**Major Course**

**Course Code: UMJHST301**

**Course Title: Life Span Development-1**

- Middle Childhood: : Developmental Tasks, Significance and Functions of School, Influence of Peer Group

**Unit: 4 Adolescence**

- Adolescence: Concept, Definition, Developmental Tasks and Milestones.
- Identity Formation, Sexual Orientation and Need for Developing Healthy Sexual Behavior during Adolescence.
- Problems of Adolescents: Puberty and adjustment to pubertal changes, Substance abuse, Teenage Pregnancies, STDs, Mental Health.

**References**

- Berk, L. (2013). *Development through the lifespan*. Pearson Education India.
- Singh, A. (2015). *Foundations of Human Development*. The Orient Blackswan; New edition
- Sushila, S and Sudha, R.K. (2016). *Textbook of Human Development*. S Chand & Company
- Mullick, P. *Textbook of Home Science*. Kalyani Publishers
- Bhattacharya, S. *Human Development Concept, Measure and Analysis*. Kunal Books and Publishers.

**Practical/Tutorial**

- Plan and prepare activities for school readiness of children in early childhood years.
- Conduct a survey in your institution regarding problems faced by adolescents.

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**Major Course**

Course Code: UMJHST301

Course Title: Life Span Development-1

**NOTE FOR PAPER SETTING**

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1.5 Hrs.	20 (15)
<b>End Semester Examination</b>  Section A: four short answer questions representing all units/syllabi i.e one question from each unit. Each question shall be of 3 marks (all compulsory)  Section B: eight long answer questions (four to be attempted) representing whole of the syllabi i.e two questions from each unit. Each question shall be of 12 marks.	100%	3 Hrs.	80 (60)
<b>Practical/ Tutorial</b>			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			10 marks for continuous evaluation
final Examination	100%		15 marks for final examination

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**Semester 3**  
**(Examination to be held in December 2023, 2024, 2025)**  
**Major Course**

**Course Code: UMJHST302**

**Course Title: Introduction to Foods and Nutrition-1**

**Credits: 3 Th + 1 P**

**Total No. of Lectures: Theory=45 Hrs.**

**Practical: 30 Hrs.**

**Maximum Marks:**

**Theory= 75**

**Practical/Tutorial= 25**

**Total= 100**

**Course Learning Objectives:**

The course is designed to enable the students to:

- Understand the concept of Foods and Nutrition.
- Classify the different nutrient and their respective sources.
- Apply knowledge related to the concept of meal planning.

**UNIT-1**

- Introduction to Foods and Nutrition
  - Definition of food
  - Functions of Food- physiological, psychological and social
- Classification of food on the basis of its functions
  - Health, Optimum Nutrition, Malnutrition
  - Basic terminology used in food science

**UNIT-2**

- Functions and sources of-
  - Macro nutrients- Carbohydrates, Proteins and Fats
  - Micro nutrients- Minerals: Calcium, Iron and Iodine; Vitamins: Fat soluble (A, D, E, K) Water soluble (thiamine, riboflavin, niacin, pyridoxine, cyanocobalaminB12, ascorbic acid)
- Functions and sources of-
  - Water
  - Fiber



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**Major Course**

**Course Code: UMJHST302**      **Course Title: Introduction to Foods and Nutrition-1**

**UNIT-3**

- Objectives of cooking food
- Methods of cooking
  - Dry heat, moist heat, cooking with oil
  - solar cooking and microwave cooking
- Effect of cooking on nutrients

**UNIT-4**

- Meal planning
  - Fundamentals of meal planning
  - Factors affecting meal planning
- Food safety
  - Basic concept of food adulteration
  - Introduction to food safety laws (PFA, BIS, HACCP, ISO, ISI, FPO, FSSA)

**References**

- Swaminathan, M. (2015). Advanced text book on food and nutrition.
- Srilakshmi, B. (2006). *Nutrition Science*. New Age International.
- Roday, S. (2012). Food science & nutrition. Oxford University Press
- Vaclavik, V. A., Christian, E. W., & Campbell, T. (2008). *Essentials of food science* (Vol. 42). New York: Springer.
- Shewfelt, R., Ramirez, Clarke, A. (2015). *Introducing Food Science*. Taylor & Francis Ltd (Sales)

**Practical/Tutorial**

1. Identification of five household foods on basis of food groups
2. Study Weights and measures.
3. Plan and Preparation of balanced diet



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**Major Course**

Course Code: UMJHST302

Course Title: Introduction to Foods and Nutrition-1

**NOTE FOR PAPER SETTING**

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1.5 Hrs.	20 (15)
<b>End Semester Examination</b>  <b>Section A:</b> four short answer questions representing all units/syllabi i.e one question from each unit. Each question shall be of 3 marks (all compulsory)  <b>Section B:</b> eight long answer questions ( <b>four to be attempted</b> ) representing whole of the syllabi i.e two questions from each unit. Each question shall be of 12 marks.	100%	3 Hrs.	80 (60)
<b>Practical/ Tutorial</b>			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			10 marks for continuous evaluation
final Examination	100%		15 marks for final examination

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**Syllabi of Home Science at FYUP Under CBCS as per NEP-2020**  
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**Minor Course**

**Course Code: UMIHST303**

**Course Title: Life Span Development-1**

**Credits: 3 Th + 1 P**

**Total No. of Lectures: Theory=45 Hrs.  
Practical:30 Hrs.**

**Maximum Marks:**

**Theory= 75**

**Practical/Tutorial= 25**

**Total= 100**

**Course Learning Objectives:**

The course is designed to enable the students to:

- Understand and gain knowledge of the processes during various stages of life span.
- Gain an insight in the various development issues.

**Unit: 1 Introduction to Life Span Development**

- Life Span Development: Meaning, Definition, Domains of Development, Factors Affecting Growth and Development.
- Prenatal Period: Course of Prenatal Period, Stages, Overview of Birth Process.
- Issues Concerned: Factors Affecting Prenatal Development, Complications and Hazards during Prenatal Period.

**Unit: 2 Infancy and Toddlerhood**

- Infancy and Toddlerhood: Meaning, Concept, Milestones and Developmental Tasks
- Course of Development: Physical, Social, Emotional, Language, Cognitive.
- Factors affecting Development: Heredity and Environment.

**Unit: 3 Childhood**

- Childhood: Concept, Stages, Milestones.
- Early Childhood: Developmental Tasks, Orientation to preschool, Importance of Preschool education.

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**Minor Course**

**Course Code: UMIHST303**

**Course Title: Life Span Development-1**

- Middle Childhood: : Developmental Tasks, Significance and Functions of School, Influence of Peer Group/

**Unit: 4 Adolescence**

- Adolescence: Concept, Definition, Developmental Tasks and Milestones.
- Identity Formation, Sexual Orientation and Need for Developing Healthy Sexual Behavior during Adolescence.
- Problems of Adolescents: Puberty and adjustment to pubertal changes, Substance abuse, Teenage Pregnancies, STDs, Mental Health.

**References**

- Berk, L. (2013). *Development through the lifespan*. Pearson Education India.
- Singh, A. (2015). *Foundations Of Human Development*. The Orient Blackswan; New edition
- Sushila, S and Sudha, R.K. (2016). *Textbook of Human Development*. S Chand & Company
- Mullick, P. *Textbook of Home Science*. Kalyani Publishers
- Bhattacharya, S. *Human Development Concept, Measure and Analysis*. Kunal Books and Publishers.

**Practical/Tutorial**

- Plan and prepare activities for school readiness of children in early childhood years.
- Conduct a survey in your institution regarding problems faced by adolescents.



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**Minor Course**

**Course Code: UMIHST303**

**Course Title: Life Span Development-1**

**NOTE FOR PAPER SETTING**

<b>Theory</b>	<b>Syllabus to be covered</b>	<b>Time allotted</b>	<b>% weightage (marks)</b>
<b>Mid Term Assessment Test</b>	<b>50%</b>	<b>1.5 Hrs.</b>	<b>20 (15)</b>
<b>End Semester Examination</b>  <b>Section A:</b> four short answer questions representing all units/syllabi i.e one question from each unit. Each question shall be of 3 marks (all compulsory)  <b>Section B:</b> eight long answer questions (four to be attempted) representing whole of the syllabi i.e two questions from each unit. Each question shall be of 12 marks.	<b>100%</b>	<b>3 Hrs.</b>	<b>80 (60)</b>
<b>Practical/ Tutorial</b>			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			10 marks for continuous evaluation
final Examination	<b>100%</b>		15 marks for final examination

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**Home Science**  
**Semester 3**  
**(Examination to be held in December 2023, 2024, 2025)**  
**Multi-Disciplinary Course**

**Course Code: UMDHST304**

**Course Title: NGO Management**

**Credits: 3**

**Total No. of Lectures: 45**

**Maximum Marks: Theory= 75**

**Course Learning Objectives:**

The course is designed to enable the students to:

- Understand What an NGO is.
- Identify some essential features of an NGO.
- Apply the principles and values that help to make an NGO successful.

**Unit-1**

- Meaning of NGO and GO, Difference between GO and NGO
- Characteristics, structure, functions of NGO and advantages of NGO
- Historical perspectives, present status and contribution of NGO in development

**Unit-2**

- Selection and training of personnel, proposal writing under NGO
- Identifying funding agencies, Resource mobilization, planning, implementation and evaluation strategy for NGO
- Documentation and PR in NGO

**Unit-3**

- Organizational Types and Structures
- Managing people and teams in NGO, NGO Management competencies
- Applying NGO principles and values, accountability and impact assessment for NGO

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**Home Science**  
**Semester 3**  
**(Examination to be held in December 2023, 2024, 2025)**

**Multi-Disciplinary Course**

**Course Code: UMDHST304**

**Course Title: NGO Management**

**Unit-4**

- Issues in NGO Management- training and recruitment of personnel
- Issues concerning funding of NGO and resource mobilization
- Issues in documentation

**References**

- Xavier, S. J. (2019). *Organisation and Management of NGOs: Non Governmental Organisation*. Educreation Publishing.
- Sahu, S. (2007). *Management of NGO's*. General.
- Nabhi Board of Editors. (2020). *Handbook for NGOs - An Encyclopaedia for Non-Government Organisations and Voluntary Agencies*. Generic.
- Nanda, B. (2011). *Ngo Management: with case Studies*. Surendra Publications

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**Semester 3**  
**(Examination to be held in December 2023, 2024, 2025)**  
**Multi-Disciplinary Course**

Course Code: UMDHST304

Course Title: NGO Management

**NOTE FOR PAPER SETTING**

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1.5 Hrs.	20 (15)
<b>End Semester Examination</b>  <b>Section A:</b> four short answer questions representing all units/syllabi i.e one question from each unit. Each question shall be of 3 marks <b>(all compulsory)</b>  <b>Section B:</b> Eight long answer questions <b>(four to be attempted)</b> representing whole of the syllabi i.e two questions from each unit. Each question shall be of 12 marks.	100%	3 Hrs.	80 (60)



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**Home Science**  
**Semester 3**  
**(Examination to be held in December 2023, 2024, 2025)**  
**Skill Enhancement Course**

**Course Code: USEHST305**

**Course Title: Basic Bakery Technology and Entrepreneurship**

**Credits: 2**

**Total No. of Lectures: Theory=30**

**Maximum Marks: Theory= 50**

**Course Learning Objectives:**

The course is designed to enable the students to:

- Aware and make them skillful related to vocation in Baking Technology
- Introduce basic baking techniques- Indian and Non Indian
- Give hands on training to enable them to set up their own Baking Units

**Unit-1 Introduction to Bakery**

- Bakery: Meaning, History of Bakery, Product types.
- Nutritional Facts: Nutritional quality, safety of products, standards & regulations.
- Raw materials used in Bakery - Varieties of Wheat Products, Yeast, Enzymes , Sugar and Milk, Leavening agents, flavoring agents, Nuts and fruits.

**Unit-2 Bakery Products**

- Breads: Types of breads, bread faults and remedies.
- Biscuits: Types of biscuits faults & Remedies.
- Cakes: types, Problems, Remedies

**Unit-3 Bakery Entrepreneurship**

- Bakery equipment required: Types ,Selection, Maintenance
- Bakery norms and Standards: Materials of construction of Food Equipments, Illumination and ventilation. Cleaning & sanitization
- Maintenance of Food Plant Building : Safety Color Code, Roof Inspection, Care of Concrete floors



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**Semester 3**  
**(Examination to be held in December 2023, 2024, 2025)**  
**Skill Enhancement Course**

**Course Code: USEHST305**

**Course Title: Basic Bakery Technology and Entrepreneurship**

**References**

- Dubey, S.C. (2007). *Basic Baking* 5<sup>th</sup> Ed. ChanakyaMudrak Pvt. Ltd.
- Raina et.al. (2003). *Basic Food Preparation- A complete Manual*. 3<sup>rd</sup> Ed. Orient Longman Pvt. Ltd.
- Gale, C.L. (2017). *Business Plans Handbook: Bakery*. Kindle Edition.
- Karmali, S. (2023). *How to START: a Bakery: How to START Series*. Independently Published.

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**Semester 3**  
**(Examination to be held in December 2023, 2024, 2025)**  
**Skill Enhancement Course**

**Course Code: USEHST305**

**Course Title: Basic Bakery Technology and Entrepreneurship**

**NOTE FOR PAPER SETTING**

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1.5 Hrs.	20 (10)
<b>End Semester Examination</b>  <b>Section A:</b> four short answer questions representing all units/syllabi i.e one question from each unit. Each question shall be of 2.5 marks <b>(all compulsory)</b>  <b>Section B:</b> Six long answer questions <b>(Three to be attempted)</b> representing whole of the syllabi i.e two questions from each unit. Each question shall be of 10 marks.	100%	2.5 Hrs.	80 (40)

Syllabi of Home Science at FYUP under CBCS as per NEP-2020

**Home Science**

SEMESTER 4 <sup>th</sup>									
S. NO	COURSE TYPE	COURSE NO.	COURSE TITLE	CREDITS	MARKS				TOTAL MARKS
					Theory		Practical/Tutorial		
					Mid Semester	End Exam	Assessment	Exam	
1	Major	UMJHST401	Life Span Development-2	3 Th + 1 P	15	60	10	15	100
2	Major	UMJHST402	Introduction to Textiles	3 Th + 1 P	15	60	10	15	100
3	Major	UMJHST403	Fundamentals of Resource Management	3 Th + 1 P	15	60	10	15	100
4	Major	UMJHST404	Introduction to Foods and Nutrition-2	3 Th + 1 P	15	60	10	15	100
5	Minor	UMIHST405	Introduction to Textiles	3 Th + 1 P	15	60	10	15	100

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**Semester 4**  
**(Examination to be held in May 2024, 2025, 2026)**  
**Major Course**

**Course Code: UMJHST401**

**Course Title: Life Span Development-2**

**Credits: 3 Th + 1 P**

**Total No. of Lectures: Theory=45 Hrs.  
Practical:30 Hrs.**

**Maximum Marks:**

**Theory= 75**

**Practical/Tutorial= 25**

**Total= 100**

**Course Learning Objectives:**

The course is designed to enable the students to:

- Understand the various aspects of adulthood.
- Know about various problems faced by elderly.
- Apply different methods of studying human development.

**Unit-1 Adulthood**

- Adulthood: Concept, Definition, Developmental Tasks, Transition from Adolescence to Adulthood.
- Physical and Physiological changes, Preparation for Marriage and Parenthood, Career Development.
- Midlife Transition, Significance of Health and Well Being.

**Unit-2 Ageing**

- Ageing: Definition and Characteristics.
- Aspects of Ageing: Biological, Physiological, Psychological and Sociological.
- Work and Retirement, Importance of Health, Death and Bereavement.

**Unit-3 Methods of Studying Human Development**

- Interview and Observation: Meaning, Definition, Types, Advantages and Disadvantages.
- Case Study and Survey: Meaning, Definition, Types, Advantages and Disadvantages

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**Home Science**  
**Semester 4**  
**(Examination to be held in May 2024, 2025, 2026)**  
**Major Course**

**Course Code: UMJHST401**

**Course Title: Life Span Development-2**

- Psychological and Intelligence Tests: Meaning, Definition, Types, Advantages and Disadvantages

**Unit-4 Family**

- Family: Meaning, Types, Characteristics.
- Functions of Family, Family in Transition.
- Family Life Cycle.

**References**

- Berk, L. (2013). *Development through the lifespan*. Pearson Education India.
- Singh, A. (2015). *Foundations Of Human Development*. The Orient Blackswan; New edition
- Sushila, S and Sudha, R.K. (2016). *Textbook of Human Development*. S Chand & Company
- Mullick, P. (2016). *Textbook of Home Science*. Kalyani Publishers
- Bhattacharya, S. *Human Development Concept, Measure and Analysis*. Kunal Books and Publishers.
- NitinSangwan, N. and Jakhar, S. S. (2022). *Essential Sociology Second Edition*. EduGali

**Practicals**

- Survey of different types of families in your locality.
- Visit to old age home to interact with the elderly.
- Apply any one Psychological test on young adults.



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**Major Course**

Course Code: UMJHST401

Course Title: Life Span Development-2

**NOTE FOR PAPER SETTING**

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1.5 Hrs.	20 (15)
<b>End Semester Examination</b>  <b>Section A:</b> four short answer questions representing all units/syllabi i.e one question from each unit. Each question shall be of 3 marks (all compulsory)  <b>Section B:</b> eight long answer questions (four to be attempted) representing whole of the syllabi i.e two questions from each unit. Each question shall be of 12 marks.	100%	3 Hrs.	80 (60)
<b>Practical/ Tutorial</b>			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			10 marks for continuous evaluation
final Examination	100%		15 marks for final examination

**University Of Jammu**  
**Syllabi of Home Science at FYUP Under CBCS as per NEP-2020**  
**Home Science**  
**Semester 4**  
**(Examination to be held in May 2024, 2025, 2026)**  
**Major Course**

**Course Code: UMJHST402**

**Course Title: Introduction to Textiles**

**Credits: 3 Th + 1 P**

**Total No. of Lectures: Theory=45 Hrs.**  
**Practical:30 Hrs.**

**Maximum Marks:**

**Theory= 75**

**Practical/Tutorial= 25**

**Total= 100**

**Course Learning Objectives:**

The course is designed to enable the students to:

- Understand the various terms related to textiles.
- Classify the different types of fibers.
- Apply different methods of fabric printing.

**Unit-1 Basics of Textiles**

- Textile Terms: Yarn, Fibre, Textile, Warp, Weft.
- Textile Fibers: Classification and Properties.
- Yarns: Classification and Properties.

**Unit-2 Production of Fibers**

- Man Made Fibers: Manufacture, History and Properties of Cotton, Wool, Silk, Flax.
- Synthetic Fibers: Manufacture, History and Properties of Rayon, Polyester, Nylon, Acrylic

**Unit-3 Textile Processing**

- Weaving: Classification, Construction and Characteristics.
- Knitting: Classification, Construction and Properties.
- Non- Woven: Types and Construction.



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**Home Science**  
**Semester 4**  
**(Examination to be held in May 2024, 2025, 2026)**  
**Major Course**

**Course Code: UMJHST402**

**Course Title: Introduction to Textiles**

**Unit-4 Wet Processing**

- Finishes: Classification and Uses.
- Dyeing: Classification and Methods of Dyeing.
- Printing: Classification and Methods of Fabric Printing.

**References**

- Kanwar (2009). *Introduction to textiles*. Kalyani Publishers.
- Sharma, S. (2019). *Introduction to Textile and Clothing*. Cyber Tech Publications; First edition
- Yadav, J.P. (2018). *Introduction to Textile and Clothing*. Cyber Tech Publications.
- Rastogi Deepali & Chopra Sheetal. (2017). *Textile Science*. Orient Blackswan Private Limited

**Practicals**

- Identification of Textile fibers: Burning test, Visual test, Microscopic test
- Interpretation of weave design on graph.
- Home based Tie and Dye
- Prepare an article using Fabric Printing