



UNIVERSITY OF JAMMU

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

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION (22/Sept./Adp/35)

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 **Ist and IInd** 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-I	December 2022, 2023 and 2024
	Semester-II	May 2023, 2024 and 2025

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/22/6105-6136.

Dated: 21-9-2022

Copy for information and necessary action to:

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

Sumitasharma
Deputy Registrar (Academic) 19/9/22

19/9/22

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

Home Science (B.A/B.Sc)

(2022- 2025)

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

Home Science

SEMESTER I									
S. NO.	COURSE TYPE	COURSE NO.	COURSE TITLE	CREDITS	MARKS				TOTAL MARKS
					Theory		Practical/Tutorial		
					Mid Semester	End Exam	Assessment	Exam	
1	Major	UMJHST101	Introduction to Home Science	3 Th + 1 P	15	60	10	15	100
2	Minor	UMIHST102	Introduction to Home Science	3 Th + 1 P	15	60	10	15	100
3	Multidisciplinary	UMDHST103	Care and Well Being Across the Life Span	3	15	60	-	-	75
4	Skill Enhancement Course	USEHST104	Life Skills Education	2	10	40	-	--	50

SEMESTER II									
S. NO.	COURSE TYPE	COURSE NO.	COURSE TITLE	CREDITS	MARKS				TOTAL MARKS
					Theory		Practical/Tutorial		
					Mid Semester	End Exam	Assessment	Exam	
1	Major	UMJHST201	Entrepreneurship Development	3 Th + 1 P	15	60	10	15	100
2	Minor	UMIHST202	Entrepreneurship Development	3 Th + 1 P	15	60	10	15	100
3	Multidisciplinary	UMDHST203	Gender Sensitization	3	15	60	-	-	75
4	Skill Enhancement Course	USEHST204	Health, Fitness and Self Development	2	10	40	-	--	50

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

Home Science (B.A/B.Sc)

Semester 1

(Examination to be held in December 2022, 2023, 2024)

Major Course (Theory)

Course Code: UMJHST101
Credits: 3 Th + 1 P

Course Title: Introduction to Home Science
Total No. of Lectures: Theory = 45 Hrs.
Practical = 30 Hrs.

Maximum Marks: Total = 100
Theory = 75
Practical/Tutorial = 25

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand the concept, scope, and philosophy of Home Science.
2. Create awareness regarding various applied and core specializations of Home Science.
3. Appreciate the role of Home science and its multidisciplinary approach in career building.
4. Cultivate human values through learning Home Science.

Unit: 1 Basics of Home Science

- Meaning, Definition and Branches of Home Science.
- Scope of Home Science.
- Development of Home Science as a discipline.
- Linkages of Home Science with other related subjects.

Unit: 2 Branches of Home Science

- **Human Development:** Meaning, Definition and Scope of Human Development.
- Stages of Human Development, Developmental tasks/milestones.
- **Food and Nutrition:** Definition, Importance and Functions of Food.
- Concept of Nutrition, Basic terms used in the study of Nutrition: Nutrients, Food Groups, Balanced Diet and Food Guide Pyramid.

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

Home Science (B.A/B.Sc)

Semester 1

(Examination to be held in December 2022, 2023, 2024)

Major Course

Course Code: UMJHST101
Credits: 3

Course Title: Introduction to Home Science
Total No. of Lectures: Theory = 45 Hrs.

Unit: 3 Branches of Home Science contd.

- **Clothing and Textiles:** Origin, Importance and Functions of Clothing.
- Introduction to textile terms- fiber, yarn, textile, weaving, knitting, Classification of textile fibers.
- **Extension and Communication:** Concept, Nature, Scope and principles of Extension and communication.
- Methods and media of community outreach.
- **Resource management:** Classification of resources, functions, need of human resource management. Factors effecting use of resources.

Unit: 4 Applications of Home Science in National development, Sustainable Development Goals, Women's Welfare, Child and Family Welfare

Vocational Opportunities in various branches of Home Science

References

- Chouhan, A. (2015) "*Comprehensive Home Science X*", 1.
- Yadav, K and Singh, O. S. (2014) "*Home Science*", ISBN 9788126919062, Atlantic Publishers and Distributers Private limited.
- Mullick, P. "*Textbook of Home Science*", Kalyani Publishers

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

Home Science (B.A/B.Sc)

Semester 1

(Examination to be held in December 2022, 2023, 2024)

Major Course (Practicals/Tutorials)

Course Code: UMJHST101

Credits: 1

Max. Marks:25

Course Title: Introduction to Home Science

Total No. Lectures = 30 Hrs.

List of Practicals

- Prepare a Model/ chart/ Poster on Food Guide Pyramid.
- Observation of an infant/child to record their developmental milestones.
- Identification of different fibers.
- Prepare traditional floor art of Jammu.

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20% (15)
End Semester Examination	100%	3 hrs.	80% (60)
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.			
Practical/ Tutorial			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			40% 10 marks for continuous assessment
Final Examination	100%		15 marks for final examination

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)

Semester 1

(Examination to be held in December 2022, 2023, 2024)

Minor Course

Course Code: UMIHST102
Credits: 3

Course Title: Introduction to Home Science
Total No. of Lectures: Theory = 45 Hrs.

Maximum Marks: Total = 100
Theory = 75
Practical/Tutorial = 25

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand the concept, scope, and philosophy of Home Science.
2. Create awareness regarding various applied and core specializations of Home Science.
3. Appreciate the role of Home science and its multidisciplinary approach in career building.
4. Cultivate human values through learning Home Science.

Unit: 1 Basics of Home Science

- Meaning, Definition and Branches of Home Science.
- Scope of Home Science.
- Development of Home Science as a discipline.
- Linkages of Home Science with other related subjects.

Unit: 2 Branches of Home Science

- **Human Development:** Meaning, Definition and Scope of Human Development.
- Stages of Human Development, Developmental tasks/milestones.
- **Foods and Nutrition:** Definition, Importance and Functions of Food.
- Concept of Nutrition, Basic terms used in the study of Nutrition: Food, Nutrition, Balanced Diet, and Food Guide Pyramid.

Unit: 3 Branches of Home Science Contd.

- **Clothing and Textiles:** Origin, Importance and Functions of Clothing.
- Introduction to textile terms- fiber, yarn, textile, weaving, knitting, Classification of textile fibers.

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)

Semester 1

(Examination to be held in December 2022, 2023, 2024)

Minor Course

Course Code: UMIHST102
Credits: 3 Th + 1 P

Course Title: Introduction to Home Science
Total No. of Lectures: Theory = 45 Hrs.
Practical = 30 Hrs.

- **Extension and communication:** Concept, Nature, Scope and Principles of Extension and Communication.
- Methods and media of community outreach.
- **Resource management:** Classification of resources, functions, need of human resource management. Factors effecting use of resources.

Unit: 4 Applications of Home Science in National development, SDGø (Sustainable Development Goals), Women Welfare, Child and Family Welfare

References

- Chouhan, A. (2015) “Comprehensive Home Science X”, 1.
- Yadav, K and Singh, O. S. (2014) “Home Science”, ISBN 9788126919062, Atlantic Publishers and Distributers Private limited.
- Mullick, P. “Textbook of Home Science”, Kalyani Publishers.

Practicals/Tutorials

Credits: 1
Max. Marks:25

Total No. Lectures = 30 Hrs.

List of Practicals

- Prepare a Model/ chart/ Poster on Food Guide Pyramid.
- Observation of an infant/child to record their developmental milestones.
- Identification of different fibers.
- Prepare traditional floor art of Jammu.

Syllabi of Home Science at FYUP under CBCS as per NEP-2020
Home Science (B.A/B.Sc)
Semester 1
(Examination to be held in December 2022, 2023, 2024)
Minor Course

Course Code: UMJHST101
Credits: 3 Th + 1 P

Course Title: Introduction to Home Science
Total No. of Lectures: Theory = 45 Hrs.
Practical = 30 Hrs.

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20% (15)
End Semester Examination	100%	3 hrs.	80% (60)
<p>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)</p> <p>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.</p>			
Practical/ Tutorial			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			40% 10 marks for continuous assessment
Final Examination	100%		15 marks for final examination

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

**Home Science (B.A/B.Sc)
Semester 1**

(Examination to be held in December 2022, 2023, 2024)

Multidisciplinary Course

Course Code: UMDHST103

Course Title: Care and Well Being Across the Life Span

Credits: 3

Total No. of Lectures: 45 hours

Maximum Marks: Theory = 75

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand their own overall well-being.
2. Identify factors that influence well-being at different stages.
3. Know about various policies and programs for care and well-being.

Unit 1 Care and Human Development

- Definition, concept and relevance of care.
- Principles and components of care.
- Vulnerable periods in life that require care: Pregnancy and Lactation period, Early Childhood years, Adolescence, Old Age.

Unit 2 Well-Being and Human Development

- Concept of wellbeing- physical, psychological and spiritual.
- Life crisis and well-being.
- Factors and experiences that promote well-being.

Unit 3 Care and Well Being at different stages of life

- Pregnancy and Lactation period
- Childhood years: care needs major issues faced by caregivers.
- Adolescence: major issues.
- Old age: major concerns.

Unit 4 Policies, Services and Programs related to well being

- Mission Vatsalya
- Mission POSHAN Abhiyan

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)
Semester 1
(Examination to be held in December 2022, 2023, 2024)
Multidisciplinary Course

Course Code: UMDHST103
Credits: 3

Course Title: Care and Well Being Across the Life Span
Total No. of Lectures: 45 hours

- Mission Shakti
- National Mental Health Program

References

- Sunitha, D and Yakalah, P (2016) “ Psychology of Childhood and Adolescence”, ISBN-10, 9385877011.
- BARON, R. A and Misra, G (2000) “Psychology Indian Subcontinent Edition”, Pearson Education India, 5
- Woolfolk, A and Kapur, P (2019) “Educational Psychology”, Pearson Education India, 14

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20% (15)
End Semester Examination 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)

Syllabi of Home Science at FYUP under CBCS as per NEP-2022
Home Science (B.A/B.Sc)
Semester 1
(Examination to be held in December 2022, 2023, 2024)
Skill Enhancement Course

Course Code: USEHST104
Credits: 2

Course Title: Life Skills Education
Total No. of Lectures: Theory = 30
hours

Maximum Marks: Theory = 50

Course Learning Objectives:

The course is designed to enable the students to:

1. Be orientated in life skills.
2. Equip youth with social and interpersonal skills.
3. Equip youth to cope with the increasing pace and change of modern life.

Unit 1 Concept and Meaning of life skills Education

- Definitions, meaning and importance of life skills education.
- Core Life Skills - classification and concept.
- Evolution of the concept of life skills: UN Inter-Agency Meeting, Hamburg Declaration, Dakar Framework.
- Life Skills Education in the Indian Context.

Unit 2 Components for planning and organizing a life skill program

- Understanding group characteristics and need.
- Importance of communication in imparting life skills.
- Core approaches and strategies to implement life skill program.
- Organizing a life skill program.

Unit 3 Life Skills and Youth Development

- Concept of Adolescence and youth.
- Role of youth in the society.
- Challenges of adolescents and youth development
- Positive youth developmen

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)

Semester 1

(Examination to be held in December 2022, 2023, 2024)

Skill Enhancement Course

Course Code: USEHST104
Credits: 2

Course Title: Life Skills Education
Total No. of Lectures: Theory = 30 hours

References

- *Peace Corps, OPATS 2004, Life Skills Manual.*
- *Agochiya D. 2010, " Life Competencies for Adolescents, Training manual for facilitators, teacher and parents, Sage Publications*

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20 % (10)
End Semester Examination Section A: Four short answer questions representing all units/syllabi i.e. one question from each unit. Each question shall be of 2.5 marks (all compulsory) Section B: Six long answer questions (Three to be attempted) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.	100%	2 ½ hrs.	80 % (40)

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)
Semester II
(Examination to be held in May 2023, 2024, 2025)
Major Course

Course Code: UMJHST201
Credits: 3 Th + 1 P

Course Title: Entrepreneurship Development
Total No. of Lectures: Theory = 45 Hrs.
Practical = 30 Hrs.

Maximum Marks: Total = 100
Theory = 75
Practical/Tutorial = 25

Course Learning Objectives:

The course is designed to:

1. Orient the students to the concept, need and process of entrepreneurship.
2. Aware students regarding market and types of business.
3. Make students understand the parameters for selecting and running an enterprise successfully.
4. Aware students regarding various support organizations available for establishing small scale enterprise.

Unit: 1 Entrepreneurship Development

- Entrepreneurship: Concept, Definition, Need and Significance of entrepreneurship development in India, Types of enterprises.
- Barriers and Challenges faced by women entrepreneurs.

Unit: 2 Enterprise Planning and Management

- Sensing business opportunities and assessing market potential.
- Identification, selection, formulation of project plan.
- Managing production, marketing and finance: Input-Output cycle, 4Ps of marketing, financial planning.

Unit: 3 Entrepreneurship Development in Home Science

- Human Development- Pre-school education, child and family counseling
- Foods and Nutrition- nutritionist, dietician, food preservation, catering, health and fitness coaching

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)

Semester II

(Examination to be held in May 2023, 2024, 2025)

Major Course

Course Code: UMJHST201
Credits: 3 Th + 1 P

Course Title: Entrepreneurship Development
Total No. of Lectures: Theory = 45 Hrs.
Practical = 30 Hrs.

- Clothing and Textiles- fashion designing, fabric printing, boutiques.
- Extension & Communication.- ICT module designers, Event managers, Social marketing managers, Public Relation Officers in hospitals, NGOs and schools
- Resource Management- interior designing, hospitality management

Unit: 4 Support Organizations

- Small Industries Development Organization (SIDO)
- National Bank for Agriculture and Rural Development (NABARD)
- Ministry of Micro, Small and Medium Enterprises (MSME)
- Small Scale Industries Development Corporation Limited (SICOP)
- Start-ups Finance Scheme
- EDI
- SIDCO

References

- Kalra, M (2008) “ *Entrepreneurship Development and Planning*”, AITBS Publishers India
- Taneja and Gupta (2001) “ *Entrepreneurship Development- New Venture Creation*”, Galgotia Publishing Company

Practical/Tutorial

Credits: 1
Max. Marks:25

Total No. Lectures = 30 Hrs.

List of Practicals

- Visit to nearby enterprise (any two) to understand their working.
- Prepare a business plan.

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)

Semester II

(Examination to be held in May 2023, 2024, 2025)

Major Course

Course Code: UMJHST201

Credits: 3 Th + 1 P

Course Title: Entrepreneurship Development

Total No. of Lectures: Theory = 45 Hrs.

Practical = 30 Hrs.

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20 % (15)
End Semester Examination 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)
Practical/ Tutorial			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			40 % 10 marks for continuous assessment
Final Examination	100%		15 marks for final examination

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)

Semester II

(Examination to be held in May 2023, 2024, 2025)

Minor Course

Course Code: UMIHST202
Credits: 3 Th + 1 P

Course Title: Entrepreneurship Development
Total No. of Lectures: Theory = 45 Hrs.
Practical = 30 Hrs.

Maximum Marks: Total = 100
Theory = 75
Practical/Tutorial = 25

Course Learning Objectives:

The course is designed to:

1. Orient the students to the concept, need and process of entrepreneurship.
2. Aware students regarding market and types of business.
3. Make students understand the parameters for selecting and running an enterprise successfully.
4. Aware students regarding various support organizations available for establishing small scale enterprise.

Unit: 1 Entrepreneurship Development

- Entrepreneurship: Concept, Definition, Need and Significance of entrepreneurship development in India, Types of enterprises.
- Barriers and Challenges faced by women entrepreneurs.

Unit: 2 Enterprise Planning and Management

- Sensing business opportunities and assessing market potential.
- Identification, selection, formulation of project plan.
- Managing production, marketing and finance: Input-Output cycle, 4Ps of marketing, financial planning.

Unit: 3 Entrepreneurship Development in Home Science

- Human Development- Pre-school education, child and family counseling.
- Foods and Nutrition- nutritionist, dietician, food preservation, catering, health and fitness coaching
- Clothing and Textiles- fashion designing, fabric printing, boutiques.

Syllabi of Home Science at FYUP under CBCS as per NEP-2022
Home Science (B.A/B.Sc)
Semester II
(Examination to be held in May 2023, 2024, 2025)
Minor Course

Course Code: UMIHST202

Course Title: Entrepreneurship Development

Credits: 3 Th + 1 P

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

- Extension & Communication.- ICT module designers, Event managers, Social marketing managers, Public Relation Officers in hospitals, NGOs and schools
- Resource Management- interior designing, hospitality management

Unit: 4 Support Organizations

- Small Industries Development Organization (SIDO)
- National Bank for Agriculture and Rural Development (NABARD)
- Ministry of Micro, Small and Medium Enterprises (MSME)
- Small Scale Industries Development Corporation Limited (SICOP)
- Start-ups Finance Scheme
- EDI
- SIDCO

References

- *Kalra, M (2008) “ Entrepreneurship Development and Planning”, AITBS Publishers India*
- *Taneja and Gupta (2001) “ Entrepreneurship Development- New Venture Creation”, Galgotia Publishing Company*

Practicals/Tutorials

Credits: 1

Total No. Lectures = 30 Hrs.

Max. Marks:25

List of Practicals

- Visit to nearby enterprises (any two) to understand their working.
- Prepare a business plan.

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)

Semester II

(Examination to be held in May 2023, 2024, 2025)

Minor Course

Course Code: UMIHST202
Credits: 3 Th + 1 P

Course Title: Entrepreneurship Development
Total No. of Lectures: Theory = 45 Hrs.
Practical = 30 Hrs.

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20 % (15)
End Semester Examination	100%	3 hrs.	80 % (60)
<p>Section A: four short answer questions representing all sunits/syllabi i.e one question from each unit. Each question shall be of 3 marks (all compulsory)</p> <p>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.</p>			
Practical/ Tutorial			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			40% 10 marks for continuous assessment
final Examination	100%		15 marks for final examination

Syllabi of Home Science at FYUP under CBCS as per NEP-2022
Home Science (B.A/B.Sc)
Semester II
(Examination to be held in May 2023, 2024, 2025)
Multidisciplinary Course

Course Code: UMDHST203
Credits: 3
Maximum Marks: Theory = 75

Course Title: Gender Sensitization
Total No. of Lectures: Theory = 45hr

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand the concept of gender and relate them to everyday life.
2. Identify socio-economic dimensions to understand gender.
3. Highlight various ways of addressing and responding to gender issues.

Unit: 1 Conceptualizing Gender

- Understanding gender and related concepts.
- Gender and sexuality.
- Gender in everyday life.

Unit: 2 Gender and Family

- Marriage: Types, Factors affecting Mate Selection.
- Parenting and Gender roles.
- Contemporary challenges and breakthroughs.

Unit: 3 Gender and Work

- Gendering work.
- Gender issues in work and labor market.
- Gender harassment at workplace

Unit: 4 Gender Law and Society

- Gender based violence.
- Policies and programs against gender harassment and violence.
- Gender and media.
- Reading and visualizing gender

Syllabi of Home Science at FYUP under CBCS as per NEP-2022
Home Science (B.A/B.Sc)

Semester II
(Examination to be held in May 2023, 2024, 2025)
Multidisciplinary Course

Course Code: UMDHST203
Credits: 3

Course Title: Gender Sensitization
Total No. of Lectures: Theory = 45 hours

References

- *IGNOU (2021), " Gender Sensitisation: Society and Culture", Neeraj Publication India*
- *Khanche, H. M (2021), " Gender Sensitisation: Mirror Radiating an Individual's Personality", Notion Press, ISBN-13, 978-1685235222,1*
- *Singh, R. P and Sihag, A (2019), " Gender Sensitisation- Issues and Challenges", Raj Publications*

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20 % (15)
End Semester Examination	100%	3 hrs	80 % (60)
Section A: Four short answer questions representing all units/syllabi i.e. one question from each unit. Each question shall be of 2.5 marks (all compulsory)			
Section B: Six long answer questions (Three to be attempted) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.			

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

**Home Science (B.A/B.Sc)
Semester II
(Examination to be held in May 2023, 2024, 2025)
Skill Enhancement Course**

Course Code: USEHST204

Course Title: Health, Fitness and Self Development

Credits: 2

Total No. of Lectures: Theory = 30 hours

Unit: 1 Understanding Fitness

- Definitions of Health, Fitness and related terms.
- Assessment of Fitness.
- Role of Nutrition in fitness.

Unit: 2 Health and Self Development

- Health: Physical, Mental and Spiritual.
- Understanding Self.
- Health and nutrition among youth.
- Health complications of overweight and obesity.

Unit: 3 Practical Applications

- Methods of promoting well-being: yoga, self-development resources and counseling.
- An exercise in self-reflection from early childhood to adolescence.

References

- *Phadnis, M., Baluaputi, A and Jain, N (2014), "Advanced Nutrition Health and Fitness", Asiatech Publishers, ISBN-13, 978-8187680321*
- *Arora, S., Agarwal, M and Gupta, B (2018) "Fitness, Wellness and Nutrition- A Textbook of Physical education and Health education", KSK Publishers and Distributers, ISBN-13, 978-8172165963*

Syllabi of Home Science at FYUP under CBCS as per NEP-2022

Home Science (B.A/B.Sc)

Semester II

(Examination to be held in May 2023, 2024, 2025)

Skill Enhancement Course

Course Code: USEHST204
Credits: 2

Course Title: Health, Fitness and Self Development
Total No. of Lectures: Theory = 30hrs

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% Weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20 % (10)
End Semester Examination Section A: Four short answer questions representing all units/syllabi i.e. one question from each unit. Each question shall be of 2.5 marks (all compulsory) Section B: Six long answer questions (Three to be attempted) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.	100%	2 ½ hrs.	80 % (40)