



UNIVERSITY OF JAMMU

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

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION **(24/July/Adp./46)**

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 Studies of the subject of **Home Science** of Semester **Vth, VIth, VIIth and VIIIth** for **Four Year Under Graduate Programme (FYUGP)** 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 examinations to be held in the year
Home Science	Semester- V	Dec. 2024, 2025 and 2026
	Semester-VI	May 2025, 2026 and 2027
	Semester-VII	Dec. 2025, 2026 and 2027
	Semester- VIII	May 2026, 2027 and 2028

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

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/24/ 7121-40

Dated: 22/7/24

Copy for information and necessary action to:

1. Dean, Faculty of Science
2. HOD/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)
8. Incharge, University Website for Uploading of the notification

Sumita Sharma
22/7
Deputy Registrar(Academic)

22/7
21/7/24

Four Year Under Graduate Programme (FYUGP) as per NEP – 2020

Home Science

Semester - V

(Examination to be held December 2024, 2025 and 2026)

S.N o	Course Type	Course Code	Course Title	Credits (Theory + Practical)	Marks				Total Marks
					Theory		Practical/ Tutorial		
					Mid Semester	End Semester	Assessment	Exam	
1.	Major	UMJHST-501	Fundamentals of Art and Design	3+1	15	60	10	15	100
2.	Major	UMJHST-502	Clothing Construction and Fashion Studies	3+1	15	60	10	15	100
3.	Major	UMJHST-503	Introduction to Therapeutic Nutrition	3+1	15	60	10	15	100
4.	Major	UMJHST-504	Participatory Program Management	2	10	40	-	-	50
5.	Minor	UMIHST-505	Fundamentals of Art and Design	3+1	15	60	10	15	100
6.	Skill Enhancement Course	USEGEI-506	Summer Internship	2	--	25	--	25	50

Signature

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST-501
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Fundamentals of Art and Design
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. Gain knowledge about different objectives, elements and principles of Art and Design.
2. Get acquainted with principles of selection and care of furniture & furnishings

UNIT-I Introduction to Art and Design

- Concept of Design
- Objectives of design: Beauty, Functionalism and Expressiveness
- Elements of design: Line, Form, Texture, Pattern, Light and Space.
- Selecting a subject, theme or mood for a design
- Types & characteristics of designs
- Structural and Decorative Designs
- Naturalistic, stylized, abstract and geometric designs

UNIT-II Principles of Art and Design

- **Balance:** Principles of creating Balance, Types of Balance
- **Harmony:** Different aspects of Harmony.
- **Proportion:** Ways of creating Proportion, Use of Proportion in interiors.
- **Rhythm:** Ways of creating Rhythm, Use of Rhythm in interiors.
- **Emphasis:** Methods of creating Emphasis in interiors.

UNIT-III Application of Art and Design in Interior Management

- Importance of Interior Decoration in home
- Concept of color and its properties
- Classification of color and color schemes.
- Application of principles of design in Flower arrangement and Floor decoration.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST-501

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Fundamentals of Art and Design

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

UNIT IV Furniture & Furnishings

- Furniture – Types, Selection and purchase, Care, and maintenance
- Soft furnishings: Definition, classification and Role of soft furnishings in the Interior Designing.
- Accessories – Uses, Classification, functions, and role in interior designing.

PRACTICALS

- Drawing of color wheel
- Making different types of designs
- Preparation of different color schemes in any pattern
- Preparing Rangoli Patterns using different material

REFERENCES

- Bhargava, B. (2001). Family Resource Management and Interior Decoration, Delhi: University Book House
- Bonda P. and Sonsnowchik K. (2007). *Sustainable Commercial Interiors*. Jaipur: John Wiley and Book House Ltd,
- Gandotra, V., Shukul, M. and Jaiswal, N. (2010). Introduction to Interior Design and Decoration. Dominant Publishers and Distributors, Delhi.
- Goel, S., Seetharaman, P., and Kakkar, A. (2015). Manual on Interior space designing. Elite publishers, Delhi
- Grimley, C. (2022). Universal principles of Interior Design. Rockport publishers
- Kasu, A. (2012). Interior Design, Vth Edition, Ashish Book Center, Chamber D. N. Road, Mumbai.
- Ramstedt, F. (2020). Interior Design Handbook, Random House publishers

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST-501

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Fundamentals of Art and Design

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

- Seetharaman, P., & Pannu P. (2010). Interior Design and Decoration, CBS Publishers and Distributors Pvt. Ltd., New Delhi.
- Whiton, S. (2010). Elements of Interior Design and Decoration, Muschamp Press, UK.

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions having one question from each unit. The students are required to attempt all questions. Each question shall be of 3 Marks. Section B shall consist Eight (8) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 Marks.	100%	3 Hours	60
PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST-502 Course Title: Clothing Construction and Fashion Studies
Credits: 3TH+ 1P Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100 Practical: 30 Hrs
Theory: 75
Practical/ Tutorial: 25

Course Learning Outcomes:

The course is designed to enable the students to:

1. Get acquainted with terminology related to clothing construction and fashion.
2. Develop skills in garment components.
3. Learn about basic principles and elements of design.

UNIT-1 Clothing Construction

- Clothing construction – introduction, terminology & principles
- General techniques of clothing construction (preparation, layout, marking, pinning, and cutting)
- Requirements for good garment construction

UNIT-2 Pattern making

- Importance of body measurement:
 - Procedure for taking body measurements for different types of garments
 - Taking and comparing measurements.
- Pattern making tools and technique:
 - Drafting and importance
 - Draping and importance
 - Flat pattern techniques and importance

UNIT-3 Fashion

- Terminology – Fashion, Fad, Style, Taste, Design, Classic, Haute Couture, Pret-a-Porter, Avant garde, High Fashion, Knock Off, Mass Fashion, Silhouette.
- Fashion cycle
- Sources of fashion: Films, T.V., Painting, Historic Costume etc.
- Factors affecting fashion, economic factors, sociological factors, psychological factors.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST-502	Course Title: Clothing Construction and Fashion Studies
Credits: 3TH+ 1P	Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100	Practical: 30 Hrs
Theory: 75	
Practical/ Tutorial: 25	

UNIT-4 Adoption of fashion

- Adoption process- Trickle-down theory, Bottom-up theory & Trickle Across theory
- Fashion forecasting and trend analysis
- Consumer groups- Fashion leaders, Innovators, Followers
- Fundamentals of Fashion Marketing
- Concept of Merchandising.

PRACTICALS

1. Basic sewing processes: Stitches and Seams
2. Basic embroidery stitches
3. Drafting of child and adult bodice
4. Drafting of 2 types of sleeves and 2 types of collars

REFERENCES

- Marshall, S. G., Jackson, H. O., Stanley, M.S., Kefgen, M. and Specht, T. (2009). Individuality in Clothing & Personal Appearance, 6th Edition, Pearson Education, USA.
- Tate, S.L., and Edwards M.S. (1982). The Complete Book of Fashion Design, Harper and Row Publications, New York.
- Armstrong, (2013). Pattern making for Fashion, Fifth Edition: Pearson
- Couch, P. (2011). Garment Construction: A Complete Course on Making Clothing for Fit and Fashion
- Sumathi, G. J. (2022), Elements of Fashion and Apparel Design. New Age International Private Limited; Second edition.

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST-502 Course Title: Clothing Construction and Fashion Studies
Credits: 3TH+ 1P Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100 Practical: 30 Hrs
Theory: 75
Practical/ Tutorial: 25

- Haynes, C. (2014). The complete photo guide to clothing construction. Quarry Books; Illustrated edition

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions having one question from each unit. The students are required to attempt all questions. Each question shall be of 3 Marks. Section B shall consist Eight (8) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 Marks.	100%	3 Hours	60
PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST-503

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Introduction to Therapeutic Nutrition

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. Understand principles of nutrition care and therapeutic adaptations of the normal diet
2. Get familiar with etiology, clinical features and nutritional management of different diseases.
3. Plan therapeutic diets according to patient needs

UNIT: 1 Basics of Therapeutic Nutrition

- Therapeutic Nutrition: Introduction and meaning
- Importance and Objectives of Therapeutic Nutrition
- Therapeutic adaptations of normal diet: progressive diets

UNIT: 2 Etiology, clinical features and nutritional management of infection and fevers

- Typhoid
- Tuberculosis
- HIV
- Cancer
- Hepatitis B

UNIT: 3 Etiology, clinical features and nutritional management of the following:

- GI Tract Disorders: Diarrhoea, constipation, GERD
- Lactose Intolerance, Celiac Disease
- Liver: Infective hepatitis

UNIT: 4 Etiology, clinical features and nutritional management of:

- Obesity
- Diabetes Mellitus
- Cardiovascular Diseases (CVDs)

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Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST503

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Introduction to Therapeutic Nutrition

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

PRACTICAL

- Prepare diet plan for acute fever and calculate calorie count.
- Prepare diet plan for diarrhoea and constipation.
- Plan low- calories diets for weight management
- Plan diet for diabetes

REFERENCES

- Introductory Nutrition (1986). Mosby College Publishing. Guthrie Helen Times Mirror
- Joshi S. (2009) Nutrition and Dietetics McGraw Hill Higher Education
- Mudambi, S.R. and Rajgopal, M.V. (2012), Fundamentals of Foods and Nutrition New Age International Pvt. Ltd.
- Robinson, and Lawler (1990) Normal and Therapeutic Nutrition (17th Edn) Macmillan Pub. Co.
- Roday S. (2012) Food Science and Nutrition (2nd Ed.) Oxford University Press.
- Wardlaw G.M (1997) Contemporary Nutrition, Issues and Insights, 3rd Edition Tata McGrawHill Inc. Boston. 8. Guthrie H. A. and Frances M. (1994) Human Nutrition William C Brown Pub

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course

Course Code: UMJHST503

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Introduction to Therapeutic Nutrition

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions having one question from each unit. The students are required to attempt all questions. Each question shall be of 3 Marks. Section B shall consist Eight (8) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 Marks.	100%	3 Hours	60
PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course (Theory only)

Course Code: UMJHST-504

Course Title: Participatory Programme Management

Credits:2

Total no. of Lectures: Theory: 30 Hrs

Maximum Marks: 50

Course Learning Outcomes:

The course is designed to enable the students to:

1. Understand the concept and process of programme planning
2. Comprehend PRA techniques adopted in the villages to locate local resources.
3. Learn the Characteristics, tools and techniques of evaluation and recording

UNIT I: Concept of Extension Programme Planning

- Meaning, nature, scope and principles of programme planning.
- Elements, functions and criteria for developing a plan.
- Programme development cycle and its components.

UNIT II: Participatory planning

- Importance of peoples' participation in programme planning.
- Formation of Self Help Groups.
- Role of women in project planning and management
- Principles, methods, tools and techniques of PRA and application of PRA methods in field studies.

UNIT III: Extension Evaluation and Follow up

- Definition, nature, types, purpose and characteristics of evaluation
- Phases, tools and techniques of evaluation, uses of evaluation
- Need and methods of follow up

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Major Course (Theory only)

Course Code: UMJHST-504 Course Title: Participatory Programme Management
Credits:2 Total no. of Lectures: Theory: 30 Hrs
Maximum Marks: 50

REFERENCES

- Dhama, O.P, and Bhatnagar O.P. (1991) Communication for Development. New Delhi: Oxford& IBH Publishing Co. Pvt. Ltd
- Narayanaswamy, N. (2009). Participatory Rural Appraisal: Principles, Methods and Applications. New Delhi: Saga Publications
- Mekherjee, N. (1997). Participatory Rural Appraisal: Methodology and Applications. New Delhi: Concept Publishing Company
- Ray, G.L. (2015). Extension Communication and Management. Ludhiyana: Kalyan Publishers.
- Sandhu, A.S. (2015). Extension Programme Planning. New Delhi: Oxford & IBH Publishing Co. Pvt. Ltd

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1 hour	20 (10)
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions, spread over the entire syllabus. The students are required to attempt all questions. Each question shall be of 2/5 Marks. Section B shall consist six (6) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 10 Marks.	100%	2.5 hrs	80 (40)

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Minor Course

Course Code: UMIHST-505
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Fundamentals of Art and Design
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. Gain knowledge about different objectives, elements and principles of Art and Design.
2. Get acquainted with principles of selection and care of furniture & furnishings

UNIT-I Introduction to Art and Design

- Concept of Design
- Objectives of design: Beauty, Functionalism and Expressiveness
- Elements of design: Line, Form, Texture, Pattern, Light and Space.
- Selecting a subject, theme or mood for a design
- Types & characteristics of designs
- Structural and Decorative Designs
- Naturalistic, stylized, abstract and geometric designs

UNIT-II Principles of Art and Design

- **Balance:** Principles of creating Balance, Types of Balance
- **Harmony:** Different aspects of Harmony.
- **Proportion:** Ways of creating Proportion, Use of Proportion in interiors.
- **Rhythm:** Ways of creating Rhythm, Use of Rhythm in interiors.
- **Emphasis:** Methods of creating Emphasis in interiors

UNIT-III Application of Art and Design in Interior Management

- Importance of Interior Decoration in home
- Concept of color and its properties
- Classification of color and color schemes
- Application of principles of design in Flower arrangement and Floor decoration

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Minor Course

Course Code: UMIHST-505

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Fundamentals of Art and Design

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

UNIT IV Furniture & Furnishings

- Furniture – Types, Selection and purchase, Care, and maintenance
- Soft furnishings: Definition, classification and Role of soft furnishings in the Interior Designing.
- Accessories – Uses, Classification, functions, and role in interior designing.

PRACTICALS

- Drawing of color wheel
- Making different types of designs
- Preparation of different color schemes in any pattern
- Preparing Rangoli Patterns using different material

REFERENCES

- Bhargava, B. (2001). Family Resource Management and Interior Decoration, Delhi: University Book House
- Bonda P. and Sonsnowchik K. (2007). *Sustainable Commercial Interiors*. Jaipur: John Wiley and Book House Ltd,
- Gandotra, V., Shukul, M. and Jaiswal, N. (2010). Introduction to Interior Design and Decoration. Dominant Publishers and Distributors, Delhi.
- Goel, S., Seetharaman, P., and Kakkar, A. (2015). Manual on Interior space designing. Elite publishers, Delhi
- Grimley, C. (2022). Universal principles of Interior Design. Rockport publishers
- Kasu, A. (2012). Interior Design, Vth Edition, Ashish Book Center, Chamber D. N. Road, Mumbai.
- Ramstedt, F. (2020). Interior Design Handbook, Random House publishers

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Minor Course

Course Code: UMIHST-505

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Fundamentals of Art and Design

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

- Seetharaman, P., & Pannu P. (2010). Interior Design and Decoration, CBS Publishers and Distributors Pvt. Ltd., New Delhi.
- Whiton, S. (2010). Elements of Interior Design and Decoration, Muschamp Press, UK.

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions having one question from each unit. The students are required to attempt all questions. Each question shall be of 3 Marks. Section B shall consist Eight (8) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 Marks.	100%	3 Hours	60
PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Skill Enhancement Course

Course Code: USEGEI506

Course Title: Summer Internship

Credits: 2

Maximum Marks: 50

Course Learning Outcomes:

The course is designed to enable the students to:

1. Gain hands-on experience in any one specialized field of Home Science
2. Improve upon the soft and technical skills needed for prospective career
3. Get acquainted to the various career options available to a Home-scientist
4. Develop the skills needed as an entrepreneur

Summer Internship Programme

As part of the summer internship program the student will have an opportunity to be placed for a stipulated period in any one of the following set up:

- a) Institution working for the welfare of children/ women
- b) Hospital/ health related institution
- c) Clothing and textiles unit
- d) Rural development institution/ agency
- e) Bakery/ food processing unit
- f) Interior designing/ fashion design institution/ entrepreneur enterprise

During the course of the internship the student will gain a comprehensive understanding of the functioning and operations of the selected institution/unit/set-up. The student will be required to understand the organizational structure, staff roles and responsibilities, activities undertaken, resource allocation and management, delivery of services, and regulations and standards followed, if any.

The internship shall be under a college teacher who will be designated as Internship Supervisor. After completion of summer internship, students will have to produce a report related to the work carried out, duly signed by Internship Supervisor.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester V
(Examination to be held in December 2024, 2025 and 2026)
Skill Enhancement Course

Course Code: USEGEI506

Course Title: Summer Internship

Credits: 2

Maximum Marks: 50

Outcomes: At the successful completion of the internship the learners will have comprehensive understanding of the prospective job market, along with improved employability skills. The internship will provide the students with:

1. Certification and career orientation
2. Understanding of the job market and its requirement
3. Enhanced confidence and professionalism
4. Exposure to prospective job providers
5. Improved skills required for setting up an enterprise as an entrepreneur

Evaluation and Assessment: The student/intern will be evaluated through a seminar/viva voce on her work, by a duly constituted expert committee (One Internal and One external).

Four Year Under Graduate Programme (FYUGP) as per NEP – 2020

Home Science

Semester – VI

(Examination to be held in May 2025, 2026 and 2027)

S.No	Course Type	Course Code	Course Title	Credits (Theory + Practical)	Marks				Total Marks
					Theory		Practical/ Tutorial		
					Mid Semester	End Semester	Assessment	Exam	
1.	Major	UMJHST-601	Persons with Disabilities	3+1	15	60	10	15	100
2.	Major	UMJHST-602	Nutrition for Health and Physical fitness	3+1	15	60	10	15	100
3.	Major	UMJHST-603	Traditional Textiles and Costumes of India	3+1	15	60	10	15	100
4.	Major	UMJHST-604	Extension and Communication	3+1	15	60	10	15	100
5.	Minor	UMIHST-605	Nutrition for Health and Physical fitness	3+1	15	60	10	15	100

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST601
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Persons with Disabilities
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. To understand different types of disabilities and their causes
2. To learn about common childhood disabilities
3. To get acquainted with interventions available for persons with disabilities

UNIT 1 Concept of Disability

- Defining disabilities
- Models of disability
- Classifying disabilities

UNIT 2 Identification, Characteristics and Causes of Disabilities

Identification, Assessment and etiology with reference to:

- Locomotor disability
- Visual Impairment
- Auditory and Speech disability
- Intellectual Disability

UNIT 3 Common Childhood Disabilities: Nature and causes

- Autism
- Learning Disability
- ADHD

UNIT 4 Intervention for children with Disabilities

- Educational provisions for children with special needs
- Role of family in managing children with disabilities
- Assistive devices for children with disabilities.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST601
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Persons with Disabilities
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

PRACTICAL

- Observe children with disabilities in families and institutions and prepare a detailed report.
- Plan and prepare any two teaching aids for children with disabilities.

REFERENCES

- Atherton, H. and Crickmore, D. (2022). Intellectual Disabilities. 7th Edition. Elsevier
- Bhumali, A. (2009). Rights of Disabled women and Children in India. Serial publications. New Delhi.
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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST601
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Persons with Disabilities
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions having one question from each unit. The students are required to attempt all questions. Each question shall be of 3 Marks. Section B shall consist Eight (8) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 Marks.	100%	3 Hours	60
PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-602 Course Title: Nutrition for Health and Physical Fitness
Credits: 3TH+ 1P Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100 Practical: 30 Hrs
Theory: 75
Practical/ Tutorial: 25

Course Learning Outcomes:

The course is designed to enable the students to:

1. Understand fundamentals of nutrition, identify different classes of nutrients, and explain their roles in the body.
2. Acknowledge the importance of Nutrition, Fitness and Health
3. Learn importance of nutrients during growing years and physiological conditions.

UNIT-I Nutrition and Human Physiology

- **Introduction to Nutrition**
 - Definition of nutrition, Nutrients, Food and Nutrient classifications.
 - Overview (functions and sources) of macronutrients and major micronutrients (Vitamin A, Vit.D, Vit. B- complex, Vit C, and Calcium, Iron, Iodine, Sodium, Zinc).
- **Digestion and Absorption**
 - Processes of digestion and absorption of nutrients.
 - Role of digestive juices and enzymes in digestive process.

UNIT-II Nutrition, Health and Fitness

- Meaning, and concept of Nutrition, Health and Fitness
- Importance of Nutrition for Health and fitness
- Relationship between Nutrition, Physical Fitness, Wellness and Health.
- Concept of "My Healthy Plate"

UNIT-III Nutrition for Health during growth years and Physiological conditions

- Healthy Nutrition during Pregnancy and Lactation- nutritional concerns and healthy food choices

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-602	Course Title: Nutrition for Health and Physical Fitness
Credits: 3TH+ 1P	Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100	Practical: 30 Hrs
Theory: 75	
Practical/ Tutorial: 25	

- Healthy Nutrition during Infancy, Childhood, and Adolescent years- nutritional concerns and healthy food choices

UNIT-IV Health conditions due to Faulty/Poor Food Habits

- Anemia- Causes, Nutritional management
- Vitamin A deficiency- Causes, Nutritional management
- Protein Calorie Malnutrition in children- Causes, types and prevention.

PRACTICAL

1. Balanced meal preparation for Pregnant/ Lactating women
2. Preparation of two recipes involving healthy cooking methods
3. Preparation of Protein, Calcium, and Vitamin C rich dishes.

REFERENCES

- Greenberg, S. J and Pargman, D (1989) Physical Fitness – A Wellness Approach Prentice Hall International (UK) Limited, London
- Mahan, K and Stump, E. S (1996) Krause Food and Nutrition and Diet Therapy W.B Saunders Company, USA
- McArdle, W. D, Frank I. Katch, F. I and Victor L. Katch (1996) Exercise Nutrition: Energy Nutrition and Human Performance. William & Wilkin Publishing USA.
- Mishra, S. C (2005) Physiology in Sports. Sports Publication, New Delhi
- Swaminathan M. (2008) Essentials of Food and Nutrition Bangalore Printing Publishing Co. New Delhi

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-602 Course Title: Nutrition for Health and Physical Fitness
Credits: 3TH+ 1P Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100 Practical: 30 Hrs
Theory: 75
Practical/ Tutorial: 25

- Werner W. K Hoejer (1989), Life time Physical Fitness and Wellness, Morton Publishing Company, Colorado.

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
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PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-603 Course Title: Traditional Textiles and Costumes of India
Credits: 3TH+ 1P Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100 Practical: 30 Hrs
Theory: 75
Practical/ Tutorial: 25

Course Learning Outcomes:

The course is designed to enable the students to:

1. Understand the Indian traditional history and its unique textile traditions
2. Develop an understanding of the classification of traditional textiles based on the process of making it.
3. Learn to differentiate traditional textiles from different parts of India
4. Learn the characteristic features of the traditional costumes of different states of the India.
5. Develop an understanding of the techniques of traditional embroidery

UNIT-I. Traditional Costumes of India

- History of Indian Traditional Textiles and costumes
- Traditional costumes of Northern India- Jammu and Kashmir, Punjab
- Traditional costumes of Western India- Rajasthan, Maharashtra
- Traditional costumes of Southern India- Andhra Pradesh, Kerala
- Traditional costumes of Eastern India- Orissa, Assam

UNIT-II. Ornamented and resist dyed textiles (Origin, material & techniques used)

- Pigment painted textiles: Patachitra
- Mordant painted textiles: Kalamkari
- Printed textiles: Ajrakh, block printing of samba
- Yarn resist: Patola, Ikat

UNIT-III. Woven textiles (Origin, material & techniques used)

- North India: Kani Shawls of Kashmir, Samba Chint, basohli shawls

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Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-603 Course Title: Traditional Textiles and Costumes of India
Credits: 3TH+ 1P Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100 Practical: 30 Hrs
Theory: 75
Practical/ Tutorial: 25

- South India: Kanjeevaram of Tamil Nadu
- East India: Jamdanis of Bangladesh, Balucharis of Bengal
- West India: Mashru of Gujarat, Paithani of Maharashtra

UNIT-IV Embroidered textiles (Origin, material & techniques used)

- North India: Phulkari of Punjab, Chikankari of Uttar Pradesh, Kashida of Kashmir, Rumal of Jammu and Chamba
- South India: Kasuti of Karnataka
- East India: Kantha of Bengal
- West India: Gujarat embroideries

PRACTICAL

- Portfolio with different stitches from all over India (at least Five)

REFERENCES

- Bajwa, R.K. (2013): Traditional Costumes of India, Abhishek Publication
- * Bhatnagar P. (2004), Traditional Indian Costumes and Textiles, Abhishek Publications, New Delhi.
- Chisti R.K., (2013) Sari tradition and beyond, Roli Publication
- Dawson, R. (1976). A Complete Guide to Embroidery. London & New York: Marshall Cavendish Publishers.
- Gillow J & Barnard N (2014), Indian Textiles, 1st Edition, Thames & Hudson, London
- Gosh, G.& Shukla G. (2014) Ikat textiles of India, 1st Edition, A.PH publishing, New Delhi

Home Science
Semester VI
(Examination to be held in May 2025,2026 and 2027)
Major Course

- Ghurye G. S.(1995), Indian Costume, Popular Prakashan, Bombay
- Karolia, A. (2019), Traditional India Handcrafted Textiles: Techniques, Processes and Designs Vol.I and II, Niyogi books, Delhi.
- Pathak A. (2006), Indian Costumes, Roli Books, Mumbai.
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THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions having one question from each unit. The students are required to attempt all questions. Each question shall be of 3 Marks. Section B shall consist Eight (8) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 Marks.	100%	3 Hours	60
PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025,2026 and 2027)
Major Course

Course Code: UMJHST-604

Course Title: Extension and Communication

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

Course Learning Outcomes:

The course is designed to enable the students to:

1. Learn the widening concepts of Extension Education.
2. Develop understanding for Effective teaching and learning.
3. Comprehend the various effective communication methods.
4. Plan extension programs.

UNIT 1 Introduction to Extension Education

- Meaning, objectives and importance of Extension Education
- Concept of informal education, Formal Education and Non Formal Education.
- Principles, Scope and philosophy of Extension Education

UNIT 2 Extension Methods and Approaches

- Extension methods and approaches- Classification, characteristics and selection.
- Audio Visual Aids: Teaching Aids in Extension, Concept, Classification, characteristics and importance.
- Use of technology in Extension

UNIT 3 Extension Programme planning

- Concept, Definition and objectives of programme planning.
- Principles of programme planning
- Importance and steps of programme planning.
- Programme Planning Cycle

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-604

Course Title: Extension and Communication

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

UNIT 4 Communication and Extension development programmes

- Concept Definition, elements, scope and barriers of communication.
- Types of communication : Formal and Informal Communication, Types of Verbal and Non-verbal Communication.
- National Development Programs in India.

PRACTICAL

- Preparation and presentation of Audio-Visual Aids:
 - Chart
 - Poster
 - Leaflet / pamphlet
- Plan and conduct an extension programme .

REFERENCES

- Pankajam, G (2000). Extension- Third Dimension of Education, Gyan Publishing House, New Delhi.
- Dubey, V.K.. (2009). Extension Education & Communication, New Age International Ltd
- Sanths Govind, G. Tamilselvi And J. Meenainbigai. 0(2011). Extension Education and Rural Development .Agroblos (India) Chopasani Road Jodhpur- 342002 (Raj.)
- Dubey, V.K. and Bishnoi, I (2008). Extension Education & Communication, New Age International Ltd

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
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Major Course

Course Code: UMJHST-604

Course Title: Extension and Communication

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
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PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Minor Course

Course Code: UMIHST-605 Credits: 3TH+ 1P Maximum Marks: 100 Theory: 75 Practical/ Tutorial: 25	Course Title: Nutrition for Health and Physical Fitness Total no. of Lectures: Theory: 45 Hrs Practical: 30 Hrs
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Course Learning Outcomes:

The course is designed to enable the students to:

1. Understand fundamentals of nutrition, identify different classes of nutrients, and explain their roles in the body.
2. Acknowledge the importance of Nutrition, Fitness and Health
3. Learn importance of nutrients during growing years and physiological conditions.

UNIT-I Nutrition and Human Physiology

- **Introduction to Nutrition**
 - Definition of nutrition, Nutrients, Food and Nutrient classifications.
 - Overview (functions and sources) of macronutrients and major micronutrients (Vitamin A, Vit.D, Vit. B- complex, Vit C, and Calcium, Iron, Iodine, Sodium, Zinc).
- **Digestion and Absorption**
 - Processes of digestion and absorption of nutrients.
 - Role of digestive juices and enzymes in digestive process. .

UNIT-II Nutrition, Health and Fitness

- Meaning, and concept of Nutrition, Health and Fitness
- Importance of Nutrition for Health and fitness
- Relationship between Nutrition, Physical Fitness, Wellness and Health.
- Concept of “My Healthy Plate”

UNIT-III Nutrition for Health during growth years and Physiological conditions

- Healthy Nutrition during Pregnancy and Lactation- nutritional concerns and healthy food choices

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-605 Course Title: Nutrition for Health and Physical Fitness
Credits: 3TH+ 1P Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100 Practical: 30 Hrs
Theory: 75
Practical/ Tutorial: 25

- Healthy Nutrition during Infancy, Childhood, and Adolescent years- nutritional concerns and healthy food choices

UNIT-IV Health conditions due to Faulty/Poor Food Habits

- Anemia- Causes, Nutritional management
- Vitamin A deficiency- Causes, Nutritional management
- Protein Calorie Malnutrition in children- Causes, types and prevention.

PRACTICAL

1. Balanced meal preparation for Pregnant/ Lactating women
2. Preparation of two recipes involving healthy cooking methods
3. Preparation of Protein, Calcium, and Vitamin C rich dishes.

REFERENCES

- Greenberg, S. J and Pargman, D (1989) Physical Fitness – A Wellness Approach Prentice Hall International (UK) Limited, London
- Mahan, K and Stump, E. S (1996) Krause Food and Nutrition and Diet Therapy W.B Saunders Company, USA
- McArdle, W. D, Frank I. Katch, F. I and Victor L. Katch (1996) Exercise Nutrition: Energy Nutrition and Human Performance. William & Wilkin Publishing USA.
- Mishra, S. C (2005) Physiology in Sports. Sports Publication, New Delhi
- Swaminathan M. (2008) Essentials of Food and Nutrition Bangalore Printing Publishing Co.New Delhi

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VI
(Examination to be held in May 2025, 2026 and 2027)
Minor Course

Course Code: UMIHST-605 **Course Title: Nutrition for Health and Physical Fitness**
Credits: 3TH+ 1P **Total no. of Lectures: Theory: 45 Hrs**
Maximum Marks: 100 **Practical: 30 Hrs**
Theory: 75
Practical/ Tutorial: 25

- Werner W. K Hoejer (1989), Life time Physical Fitness and Wellness, Morton Publishing Company, Colorado.

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions having one question from each unit. The students are required to attempt all questions. Each question shall be of 3 Marks. Section B shall consist Eight (8) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 Marks.	100%	3 Hours	60
PRACTICAL/ TUTORIAL			
Daily evaluation of Practical records/tutorials/ viva voce/ etc,	10 marks for Continuous evaluation		
Final Examination	100%	15 marks for Final examination	

Four Year Under Graduate Programme (FYUGP) as per NEP – 2020

Home Science

Semester - VII

(Examination to be held in December 2025, 2026 and 2027)

S.No	Course Type	Course Code	Course Title	Credits (Theory + Practical)	Marks				Total Marks
					Theory		Practical/ Tutorial		
					Mid Semester	End Semester	Assessment	Exam	
1.	Major	UMJHST-701	Research Methods and Statistics	3+1	15	60	10	15	100
2.	Major	UMJHST-702	Early Childhood care and Education	3+1	15	60	10	15	100
3.	Major	UMJHST-703	Apparel and Textiles Design	3+1	15	60	10	15	100
4.	Major	UMJHST-704	Development Communication	3+1	15	60	10	15	100
5.	Minor	UMIHST-705	Development Communication	3+1	15	60	10	15	100

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-701
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Research Methods and Statistics
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. Understand the significance of research methodology
2. Develop research orientation and analytical skills among students
3. Understand the types, tools and methods of research and develop the ability to construct data gathering instruments
4. Understand the role of statistics in research

UNIT 1: Introduction to Research

- Meaning and importance of research
- Steps of Scientific Research
- Types of research
- Ethical considerations in research

UNIT 2: Beginning the Research and tools of data collection & processing

- Identification of a Research area, Definition, Identification and Stating of Research problem,
- Formulating Objectives Formulating Hypotheses.
- Sampling: Meaning and classification
- Tools of data collection: Interview, Observation, Questionnaire, Rating Scales
- Coding and Data Reduction

UNIT 3: Statistical Analysis of Data

- Statistical Analysis of Data: Definition, Types and use of statistics in Scientific Research
- Measures of central tendency: Mean, Mode, Median
- Measures of dispersion: Range and Standard Deviation

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-701

Course Title: Research Methods and Statistics

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

UNIT 4: Classification and Presentation of the Data

- Classification of Data: Meaning and Types, Making a Frequency Distribution
- Tabular Presentation of data.
- Diagrammatic Presentation of Data: Bar Diagram, Histogram, Pie Chart, Frequency Polygon
- Role of Computers in analysis and presentation of data.

PRACTICAL

- Prepare of research proposal on the topic of your interest
- Collect data following the steps of research and presenting them

REFERENCES

- Das, D.K.L. (2011). Designs of Social Research. Rawat Publications, Jaipur.
- Garg, B.L., Karadia, R., Agarwal, F., and Agarwal, U.K. (2002) "An Introduction to Research
- Jackson, S. L. (2009). Research Methods & Statistics. Cengage learning India Pvt Ltd, New Delhi.
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- Kothari, C.R., and Garg, G. (2019) "Research Methodology- Methods and Techniques", New Age International Publishers Ltd.
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- Prakash, A. (2016). Research Methodology. Sonali Publications.

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-701
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Research Methods and Statistics
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
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PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-702

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Early Childhood Care and Education

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. Understand the importance of early childhood years and significance of intervention programs for early childhood development.
2. Develop insight into the historical developments of ECCE in India
3. Develop awareness of ECCE programs in different contexts in India.
4. Gain knowledge of programme planning for young children.

UNIT-I Introduction to Early Childhood Care and Education

- Concept, meaning, scope and significance of ECCE
- Aims and objectives of ECCE– General and specific
- Types of ECCE service delivery – Formal and informal; Government funded, Philosophy oriented, Laboratory nursery school, Franchise oriented.

UNIT-II ECCE in India

- History of Early Childhood Care and Education in India
- Recent Policies in ECCE-Various Education commissions of India:
 - National Curriculum Framework 2005
 - National Policy on Early Childhood Care and Education 2013
 - Curriculum Framework for Early Childhood Care and Education 2012/2013
 - New Education Policy, 2020

UNIT-III Early Childhood Curriculum

- Definition and concept of curriculum

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Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-702

Course Title: Early Childhood Care and Education

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Curriculum approaches – subject centered, learner centered, community centered, Developmentally Appropriate Practice (DAP)
- Planning a developmentally appropriate curriculum- approaches, key principles and types of plans

UNIT-IV Play and its importance

- Play – Characteristics, Stages and types of play
- Role of play in overall development of children
- Teacher's role in creating environment and promoting play
- Use of play way approach in the curriculum for young children.

PRACTICAL

- Observation of early childhood programs at government and non-governmental institutions.
- Prepare low-cost play material/equipment

REFERENCES

- Agarwal, J. C. (2007). Early childhood care and education: principles and practices. New Delhi: Shipra
- Agarwal, S.P. and Usmani, M. (2000). Children's education in India: from Vedic a. times to twenty first century New Delhi: Shipra.
- Canning, N. (2010) Play and practice in the early years: Foundation stage. New Delhi: Sage.
- Fleer, M. (2010). Early learning and development: Cultural–historical concepts in play. Cambridge: Cambridge University Press.

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Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-702

Course Title: Early Childhood Care and Education

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Kaul, V. (2009). Early childhood education programme. National Council of Educational Research and Training, New Delhi.
- OECD. (2004). Curricula and pedagogies in early childhood education and care. Retrieved from <http://www.oecd.org/education/school/31672150.pdf>
- Purkait, B.R. (2005). Milestones in modern Indian education. Kolkata: New Central Book Agency.
- Swaminathan, M.(ed.) (1998). The first five years: A critical perspectives on a. early childhood care and education in India. New Delhi: Sage.
- Sarangapani, P.M. (2009). Quality, feasibility and desirability of low-cost private schooling: what is the evidence? Economic & Political Weekly, 44(43), 67–69.
- Sarangapani, P.M. (2010). Comparative education in India: Why it is missing and why we need it. Journal of Education Planning and Administration 24(4): 363-378.
- Saraswathi, T.H., Menon, S. & Madan, A. (eds.) (2018) Childhoods in India traditions, trends and transformations. New Delhi. Routledge.
- Sharma, K.K., & Miglani, P. (2016). Gender, school and society. Patiala: Twenty First Century Publications.
- Venkataraman, B. (2009). Education for sustainable development. Environment: Science and Policy for Sustainable Development, 51(2), 8-10

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-702

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Early Childhood Care and Education

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
Mid Term Assessment Test shall be conducted by the course coordinator after completion of the syllabus up to 50% and the pattern of the examination shall be decided by the respective Board of Studies	50%	1½ Hours	15
End Semester University Examination shall be conducted for entire syllabus. The break up is as under: Section A shall consist Four (4) short answer questions having one question from each unit. The students are required to attempt all questions. Each question shall be of 3 Marks. Section B shall consist Eight (8) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 Marks.	100%	3 Hours	60
PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-703

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Apparel and Textiles Design

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

Course Learning Objectives:

The course is designed to enable the students to:

1. Develop skills in apparel & textile design.
2. Acquire knowledge about the woven fabric formation, different types of weaves, and ability to analyze fabric.

UNIT – I Apparel Designing

- Definition
- Tools and equipment used
- Principles & elements of design
- Structural and applied designs
- Use of trimmings and decorative features

UNIT – II Fabric Selection

- Factors influencing selection of fabric
- Special consideration in designing and layout of the garment for prints, stripes, checks.
- Handling of special fabric while cutting and stitching. (Deep pile, lace, velvet)
- Supporting Fabrics: Interlining, Interfacing, Underlining: their functions and application

UNIT – III Textile Designing

- Textile designing: Meaning and importance
- Different techniques/methods of textile designing
- Elements of Textile Design, Motifs, Styles, Repeats, Layouts, Exploration and Stylization of designs, Construction of designs from incomplete repeats.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course Code: UMJHST-703
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Apparel and Textiles Design
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

UNIT IV Weaves and Designs

- Elementary weaves- its features and uses, plain, twill , satin.
- Dobby designing: introduction, and uses, principle of operation.
- Jacquard designing: introduction, and uses, Principles of operation.

PRACTICAL

1. Geometrical, naturalized, stylized and traditional design development , enlarging, reducing and placement for allover pattern.
2. Collection of fabric samples showing different textile designing techniques: printing, dyeing, weaving, fancy yarns, trimmings

REFERENCES

- Allen Anne Seaman Julian Fashion Drawing The Basic Principles B.T. Batsford Ltd. London.
- William Watson: Advanced Textiles Design, London, Longmans Green and Co. Bombay.
- Nisbet, H : Grammar of Textile Design, Tarapoprewale Sons and Co. Bombay

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course code: UMJHST-704

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Development Communication

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. Get acquainted to the concept of development communication in the context of social change and India's development initiative.
2. Build an understanding of roles and responsibilities of a development reporter.
3. Understand the importance of various media in development communication.

UNIT 1 Concept of Development Communication

- Meaning and Concept of Development Communication
- Development Communication- Characteristics, differences between communication and Development Communication
- Scope and use of development communication

UNIT 2 Models of Development Communication

- Interdependent model
- Dependency model
- Basic needs model
- Dominant paradigm model

UNIT 3 Development Communication using various Media

- Traditional Media: Types, Role in development communication
- Community radio and its role in development
- Television and its role in development communication.
- Cinema: Role in development communication.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course code: UMJHST-704
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Development Communication
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. Get acquainted to the concept of development communication in the context of social change and India's development initiative.
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Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course code: UMJHST-704

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Development Communication

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

- ICTs: Scope in development communication. Satellite Technology and Development Communication.

UNIT 4 Development reporting

- Roles and responsibilities of a development reporter
- Issues in development reporting
- Definition of News, News value, Role of News in Development Communication
- Types of News Reports
- Impact of Technology on News Reporting for Development

PRACTICAL

1. Analysis of development indicators - national and international perspectives
2. Analysis of media for development communication: Any two

REFERENCES

- Servaes, Jan (2008). Communication for Development and Social Change, New Delhi, Sage Publication o Paulo Mefalopulos. Development Communication Sourcebook- Broadening the boundaries of communication, The World Bank, 2008
- Obregon, Rafael, Wilkins, K.G., and Tufte, Thomas(2014). The Handbook of Development Communication and Social o Change, Wiley.
- Vilanilun, J.V.(2009). Development Communication in Practice. India and the MDG, Sage Publications o Prasad K.(2009)Communication for Development 2 Volumes, BR World of Books.
- Ray, G.L.(2006).Extension Communication and management, 8th Revised Ed.

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Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Major Course

Course code: UMJHST-704
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Development Communication
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

- Dubey, V.K. & Bishnoi, I. (2008). Extension Education and Communication. New age international Pvt. Ltd.
- Dhama, O.P. & Bhatnagar O.P. (2010). Education and Communication for Development (Ind Ed.) Oxford & IBH o Publishing Cooperative Pvt. Ltd.

NOTE FOR PAPER SETTING

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PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Minor Course

Course code: UMIHST-705
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Development Communication
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

Course Learning Outcomes:

The course is designed to enable the students to:

1. Get acquainted to the concept of development communication in the context of social change and India's development initiative.
2. Build an understanding of roles and responsibilities of a development reporter
3. Understand the importance of various media in development communication.

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- Development Communication- Characteristics, differences between communication and Development Communication
- Scope and use of development communication

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- Interdependent model
- Dependency model
- Basic needs model
- Dominant paradigm model

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- Traditional Media: Types, Role in development communication
- Community radio and its role in development
- Television and its role in development communication.
- Cinema: Role in development communication

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Minor Course

Course code: UMIHST-705

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Development Communication

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

- ICTs: Scope in development communication. Satellite Technology and Development Communication.

UNIT 4 Development reporting

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- Definition of News, News value, Role of News in Development Communication
- Types of News Reports
- Impact of Technology on News Reporting for Development

PRACTICAL

1. Analysis of development indicators - national and international perspectives
2. Analysis of media for development communication: Any two

REFERENCES

- Servaes, Jan (2008). Communication for Development and Social Change, New Delhi, Sage Publication o Paulo Mefalopulos. Development Communication Sourcebook- Broadening the boundaries of communication, The World Bank, 2008
- Obregon, Rafael, Wilkins, K.G., and Tufte, Thomas(2014). The Handbook of Development Communication and Social o Change, Wiley.
- Vilanilun, J.V.(2009). Development Communication in Practice. India and the MDG, Sage Publications o Prasad K.(2009)Communication for Development 2 Volumes, BR World of Books.
- Ray, G.L.(2006).Extension Communication and management, 8th Revised Ed.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VII
(Examination to be held in December 2025, 2026 and 2027)
Minor Course

Course code: UMIHST-705

Credits: 3TH+ 1P

45 Hrs

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Development Communication

Total no. of Lectures: Theory:

Practical: 30 Hrs

- Dubey, V.K. & Bishnoi, I.(2008).Extension Education and Communication. New age international Pvt. Ltd.
- Dhama, O.P. & Bhatnagar O.P.(2010).Education and Communication for Development (Ind Ed.) Oxford & IBH o Publishing Cooperative Pvt. Ltd.

NOTE FOR PAPER SETTING

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PRACTICAL/ TUTORIAL			
Daily evaluation of Practical records/tutorials/ viva voce/ etc,	10 marks for Continuous evaluation		
Final Examination	100%	15 marks for Final examination	

Four Year Under Graduate Programme (FYUGP) as per NEP – 2020

Home Science

Semester VIII (Honours)

(Examination to be held in May 2026, 2027 and 2028)

S.No	Course Type	Course Code	Course Title	Credits (Theory + Practical)	Marks				Total Marks
					Theory		Practical/ Tutorial		
					Mid Semester	End Semester	Assessment	Exam	
1.	Major	UMJHST-801	Scientific Writing in Research	3+1	15	60	10	15	100
2.	Major	UMJHST-802	Interpersonal Relationship and Family Dynamics	3+1	15	60	10	15	100
3.	Major	UMJHST-803	Extension Management	3+1	15	60	10	15	100
4.	Major	UMJHST-804	Personal Finance and Consumer Studies	3+1	15	60	10	15	100
5.	Minor	UMIHST-805	Interpersonal Relationship and Family Dynamics	3+1	15	60	10	15	100

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-801

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Scientific Writing in Research

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand the principles of scientific writing.
2. Develop clear and concise scientific writing skills.
3. Understand and apply the research knowledge to formulate a suitable problem statement.
4. Develop the ability to critically evaluate scientific literature.

UNIT 1 Introduction to Scientific Writing

- Concept and need of Scientific Writing
- Basic principles of scientific writing.
- Types of Research Presentations:
 - Oral Presentation: Use of PPT
 - Poster Presentation: Scientific Poster
 - Written Presentation: Dissertation, Journal Articles

UNIT 2 Tools of Scientific Writing

- Effective Scientific Communication
- Literature survey and resources, abstracts, journals, search engines and data search.
- Computer awareness: Drafting, editing, Making Tables and diagrams.
- Understanding citation styles and referencing in scientific writing.

UNIT 3 Structuring a Scientific Report

- Title page, authorship contents page, preface

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-801

Course Title: Scientific Writing in Research

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Abstract, Keywords, Introduction, Review of Literature, Methodology, Results and Discussion, Summary, References and Bibliography, Annexures

UNIT 4 Ethics of Scientific Report Writing

- Ethical principles in scientific writing
- Plagiarism
- Precautions for writing scientific research report

PRACTICAL

- Develop research hypothesis on topic "Impact of NEP-2020 in HEI's"
- Make a power point presentation on any contemporary issue.

REFERENCES

- Alley, M. (2018). The Craft of Scientific Writing. (4th ed.). Springer.
- American Psychological Association. (2019). *Publication Manual of the American Psychological Association* (7th ed.). American Psychological Association.
- * Council of Science Editors. (2014). *Scientific Style and Format: The CSE Manual for Authors, Editors, and Publishers* (8th ed.). Council of Science Editors
- * Hofmann, A. H. (2013). Scientific Writing and Communication: Papers, Proposals, and Presentations. Oxford University Press
- Kothari, C.R. and Garg, G. (2019) "Research Methodology- Methods and Techniques", New Age International Publishers Ltd.
- Kumar, S. (2018) "Research Methodology- A step by step Guide for Beginners", Yking Books.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-801

Course Title: Scientific Writing in Research

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Schimel, J. (2012). Writing Science: How to Write Papers That Get Cited and Proposals That Get Funded. Oxford University Press.
- Sharma R.A (2000) Essentials of Scientific Behavioural Research; Meerut. Surya Publications.

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
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PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-802

Course Title: Interpersonal Relationships and
Family Dynamics

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand interpersonal relationships and family dynamics in contemporary India.
2. Understand one's own self and others with the aim of improving interpersonal relationships.
3. Develop an insight into interpersonal stress, conflict and its resolution.

UNIT-I Understanding the Self

- Self-Awareness—personality characteristics, cultural beliefs, values, and expectations guiding behavior
- Personality—factors that shape one's personality and its influence on behavior and interpersonal communications
- Self with family/parents/siblings, peers, social/professional organizations
- Impact of media on the self

UNIT-II Basics of Interpersonal Communication

- Communication of ideas and feelings, self-disclosure, crediting and criticism
- Nurturing positive interpersonal communication and dynamics: Perspective taking, empathy, listening and feedback skills.
- Resolving interpersonal conflicts: Types of conflicts and management skills

UNIT-III Family Dynamics

- Understanding Family Dynamics- Definition, function and scope
- Change and evolution of the family - Family life cycle and stages

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-802

**Course Title: Interpersonal
Relationships and Family Dynamics**

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Changing roles and dynamics through significant life events: partner selection, marriage, childbirth, parenting, career trajectories and economic status, health issues, loss of loved ones.

UNIT-IV Interpersonal communication within families

- Interpersonal communication within families: Managing expectations (family/self/society), self-goals, adjustments and negotiations.
- Forms of family crisis: Divorce/separation, remarriage, financial instability, poor work-family balance, illness, death, childlessness, child abuse/neglect, family violence
- Family cohesion- Role of effective communication, compassion, perspective-taking, role distribution, positive conflict resolution, and teamwork.

PRACTICAL

1. Group discussion/role play/simulations on interpersonal relationships
2. Create A-V aids about ways to improve interpersonal communication skills

REFERENCES

- Arnett, J.J. (2005). Youth, cultures and societies in transition: The challenge of growing up in a globalized world. In F. Gale & S. Fahey. (Eds.), Youth in Transition – The challenges of generational change in Asia (pp 22-35). Bangkok: Regional Unit for Social and Human Sciences in Asia and the Pacific.
- Baron, R. A., Byrne, D., & Branscombe, N. R. (2006). Social psychology. ND: Pushp Print Services.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-802

Course Title: Interpersonal
Relationships and Family Dynamics

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Chaudhary, N., & Shukla, S. (2019). Family, identity, and the individual in India. In G. Misra (Ed.), Psychology: Volume 2: Individual and the social: Processes and issues (pp.143-189). New Delhi, India: Oxford University Press.
- D'cruz, P., & Bharat, S. (2001). Beyond joint and nuclear: The Indian family revisited. Journal of Comparative Family Studies, 32(2), 167-194.
- Duck, S. (1998). Human relationships. ND: Sage.
- Ganguly-Scrase, R. (2007). Victims and agents: Young people's understanding of their social world in an urban neighbourhood in India. Young, 15, 321-341.
- Weiten, W., & Llyod, M. A. (2004). Psychology applied to modern life. Singapore: Thompson Asia Pvt. Ltd

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Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-802

**Course Title: Interpersonal
Relationships and Family Dynamics**

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
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PRACTICAL/ TUTORIAL			
Daily evaluation of Practical records/tutorials/ viva voce/ etc,	10 marks for Continuous evaluation		
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Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-803

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Extension Management

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

Course Learning Objectives:

The course is designed to enable the students to:

1. Develop an understanding of Home Science Extension Management and learn communication skills
2. Prepare suitable materials for effective communication.
3. Build capacity through extension activities.
4. Create awareness about policies and programs for women, children and youth in rural areas.

UNIT: 1 Introduction to Extension and Management

- Meaning, Definition and significance of Extension and its management process
- Objectives of Extension education and extension service
- Genesis of Extension education and extension systems in India
- Current approaches in Extension management

UNIT: 2 Extension program and Management

- Need assessment, situational analysis, planning, organization, implementation, monitoring and evaluation process of Extension management
- Extension methods and materials- interpersonal, small and large group methods
- Audio-visual aids-need, importance, classification, planning and use of audio-visual materials
- Community development programs- NGO's and community based organizations

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Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-803
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Extension Management
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

UNIT: 3 Skill Development in Extension Program

- Features of skill training for Rural youth (STRY) in Extension program
- Participatory learning and Action-methods and techniques
- Skill development and capacity building for human resource development, methods of training, entrepreneurship development
- Role of Panchayati Raj Institutions in community development programs

UNIT: 4 Role of support organizations in Extension management

- Programs for nutrition, health and education for rural and tribal people
- Poverty alleviation programs- SGSY, SGRY, PMGSY, DPAP, DDP, CAPART
- Employment generation programs for women empowerment
- Kisan cell centres, NAIP

PRACTICAL

- Application of different training methods in field- Case study/ Demonstration/ Discussion
- Field visit to extension organizations to understand functions of management

REFERENCES

- Kumar, S. (2002) "Methods for Community participation", Vistaar Publications.
- Ray, G.L. (2006) "Extension Communication and Management", Kalyani Publishers
- Singh, B.K. (2008) "PRA/PLA and Participatory Training. Adhyayan Publications
- Singh, R.P. (2000) "Management of Training programs", Anmol Publications.

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-803
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Extension Management
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

- Tripathi and Reddy. (2004) "Principles of Management", Tata McGraw-Hill, Wayne.

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PRACTICAL/ TUTORIAL			
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 for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-804	Course Title: Personal Finance and Consumer studies
Credits: 3TH+ 1P	Total no. of Lectures: Theory: 45 Hrs
Maximum Marks: 100	Practical: 30 Hrs
Theory: 75	
Practical/ Tutorial: 25	

Course Learning Outcomes:

The course is designed to enable the students to:

1. Become familiar with the changing socio-economic environment and consumer behaviour.
2. Strengthen their financial management practices for wise consumer behaviour.
3. Understand the types of markets, changing concepts of markets.
4. Gain an overview of the consumer problems, consumer movement and consumer protection

UNIT I: Family Income and Expenditure and credit

- Family Income Types, Sources, Supplementation of family income.
- Engel's law of consumption.
- Family Budget: - Steps of making Family Budget and its advantages.
- Factors influencing expenditure pattern.
- Family savings and investments channels
- Consumer Credit – need and sources, credit cards.

UNIT II: Economic laws and expenditure

- Economic laws-
 - Laws of diminishing, Marginal utility
 - Law of equimarginal Utility
 - Law of consumer surplus
- Impact of these economic laws on personal and family expenditure

UNIT III: Market and Consumer Problems in India

- Market- Definition, Types and Function of Markets.
- Role of consumer in market.
- Sales Promotion Practices-Labels and brand Names. Trademarks and Patents.

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-804

Course Title: Personal Finance and Consumer studies

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Changing nature of the business world –e-commerce, e-business
- Types of consumer problems – products and service related, investment and infrastructure related, Causes and solutions.

UNIT IV: Consumer Protection

- Consumer rights and responsibilities
- Consumer organizations – origin, functioning, role and types.
- Consumer cooperatives – role, history and growth in India.
- Basic legislative framework for consumer protection in India, Consumer Protection Act 1986 COPRA, Alternative redressal mechanisms.
- Standardization and quality control measures: ISI, FPO, AGMARK, ISO, Eco mark, Wool mark, Silk mark, Cotton mark, Handloom mark, BEE star labelling and others.

PRACTICAL

1. Preparing family budget, recording and maintenance of income and expenditure pattern of family for a month.
2. Visit to Banks /Financial institutions to study types of savings and credits.
3. Market survey and preparation of different standardized marks of consumer products.

REFERENCES

- Khanna S.R., Hanspal S., Kapoor S. &Awasthi H.K., 2007, Consumer Affairs, Universities Press India Pvt. Ltd.
- Nair, S (2002). Consumer Behaviour. New Delhi: Sultan Chand and Sons

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- Seetharaman, P. and Sethi, M., 2001, Consumerism: Strength and Tactics, New Delhi: CBS Publishers.
- Sawhney, H.K., & Mital, M. (2007). Family Finance & Consumer Studies. New Delhi: Elite Publishing House Pvt. Ltd.

NOTE FOR PAPER SETTING

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UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Minor Course

Course Code: UMIHST-805

Course Title: Interpersonal Relationships and
Family Dynamics

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand interpersonal relationships and family dynamics in contemporary India.
2. Understand one's own self and others with the aim of improving interpersonal relationships.
3. Develop an insight into interpersonal stress, conflict and its resolution.

UNIT-I Understanding the Self

- Self-Awareness—personality characteristics, cultural beliefs, values, and expectations guiding behavior
- Personality—factors that shape one's personality and its influence on behavior and interpersonal communications
- Self with family/parents/siblings, peers, social/professional organizations
- Impact of media on the self

UNIT-II Basics of Interpersonal Communication

- Communication of ideas and feelings, self-disclosure, crediting and criticism
- Nurturing positive interpersonal communication and dynamics: Perspective taking, empathy, listening and feedback skills.
- Resolving interpersonal conflicts: Types of conflicts and management skills

UNIT-III Family Dynamics

- Understanding Family Dynamics- Definition, function and scope
- Change and evolution of the family - Family life cycle and stages

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UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours)
(Examination to be held in May 2026, 2027 and 2028)
Minor Course

Course Code: UMIHST-805

Course Title: Interpersonal
Relationships and Family Dynamics

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Changing roles and dynamics through significant life events: partner selection, marriage, childbirth, parenting, career trajectories and economic status, health issues, loss of loved ones.

UNIT-IV Interpersonal communication within families

- Interpersonal communication within families: Managing expectations (family/self/society), self-goals, adjustments and negotiations.
- Forms of family crisis: Divorce/separation, remarriage, financial instability, poor work-family balance, illness, death, childlessness, child abuse/neglect, family violence
- Family cohesion- Role of effective communication, compassion, perspective-taking, role distribution, positive conflict resolution, and teamwork.

PRACTICAL

1. Group discussion/role play/simulations on interpersonal relationships
2. Create A-V aids about ways to improve interpersonal communication skills

REFERENCES

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(Examination to be held in May 2026, 2027 and 2028)
Minor Course

Course Code: UMIHST-805

**Course Title: Interpersonal
Relationships and Family Dynamics**
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

NOTE FOR PAPER SETTING

THEORY	Syllabus to be covered	Time allotted	MARKS
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PRACTICAL/ TUTORIAL			
Daily evaluation of Practical records/tutorials/ viva voce/ etc,	10 marks for Continuous evaluation		
Final Examination	100%	15 marks for Final examination	

Four Year Under Graduate Programme (FYUGP) as per NEP – 2020

Home Science

Semester VIII (Honours with Research)

(Examination to be held in May 2026, 2027 and 2028)

S.No	Course Type	Course Code	Course Title	Credits (Theory + Practical)	Marks				Total Mark s
					Theory		Practical/ Tutorial		
					Mid Semeste r	End Semeste r	Assessmen t	Exam	
1.	Major	UMJHST- 806	Research trends in Home Science	3+1	15	60	10	15	100
2.	Minor	UMIHST- 807	Interpersona l Relationship s and Family Dynamics	3+1	15	60	10	15	100
3.	Skill Enhancemen t	USEHSP-808	Dissertation	12	100 (Internal Assessment)		200 (External Assessment Viva)		300

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours with Research)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-806

Credits: 3TH+ 1P

Maximum Marks: 100

Theory: 75

Practical/ Tutorial: 25

Course Title: Research trends in Home Science

Total no. of Lectures: Theory: 45 Hrs

Practical: 30 Hrs

Course Learning Objectives:

The course is designed to enable the students to:

1. Appreciate the need for and application of research in Home Science
2. Acquire an understanding of the current trends and issues in Home Science research
3. Propose ways of enhancing research in Home Science
4. Acquire skills of scientific writing in Home Science

UNIT I: Research in Home Science

- Purpose, Approach, and Scope of Research in Home Science
- Areas of specialization in Home Science
- Inter and Intra disciplinary research in Home Science
- Transdisciplinary research in Home Science

UNIT 2: Trends of Research in Home Science

- Current trends of Research in Human Development/ Foods and Nutrition/ Extension education/ Clothing and Textiles/ Resource Management
- Issues and challenges in Research in Human Development/ Foods and Nutrition/ Extension education/ Clothing and Textiles/ Resource Management
- Improving quality of research in Human Development/ Foods and Nutrition/ Extension education/ Clothing and Textiles/ Resource Management
- Funding research in Human Development/ Foods and Nutrition/ Extension education/ Clothing and Textiles/ Resource Management

UNIT 3: Scientific Writing in Home Science

- Concept and need of Scientific Writing

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours with Research)
(Examination to be held in May 2026, 2027 and 2028)
Major Course

Course Code: UMJHST-806
Credits: 3TH+ 1P
Maximum Marks: 100
Theory: 75
Practical/ Tutorial: 25

Course Title: Research trends in Home Science
Total no. of Lectures: Theory: 45 Hrs
Practical: 30 Hrs

- Basic principles of scientific writing.
- Types of Research Presentations in Home Science:
 - Oral Presentation: Use of PPT
 - Scientific Poster
 - Written Presentation: Dissertation, Journal Articles, Monograph

UNIT 4 Structuring a Scientific Report

- Title page, authorship contents page, preface
- Abstract, Keywords, Introduction, Review of Literature, Methodology, Results and Discussion, Summary, References and Bibliography, Annexures

PRACTICAL

- Prepare synopsis of the research project/dissertation to be undertaken.

REFERENCES

- Bhattacharjee, A. (2012). Social Science Research: Principles, methods, and practices. Digital commons: University of South Florida.
- Kothari, C. R. (2008) Research Methodology: Methods and Techniques 2nd Ed. New Age International Private Ltd, New Delhi
- Krishnaswami, O.R., and Ranganatham, M. (2015). Methodology of Research in Social Sciences. Himalaya Publishing House Pvt. Ltd
- Kumar, R. (2005) Research Methodology: A Step-by-Step Guide for Beginners. Sage Publications, New Delhi.

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Course Code: UMJHST-806

Credits: 3TH+ 1P

Maximum Marks: 100

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Course Title: Research trends in Home Science

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- Ramamurthy, G.C., (2011), Research Methodology, Dreamtech Press India Private Limited, New Delhi.

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Home Science
Semester VIII (Honours with Research)
(Examination to be held in May 2026, 2027 and 2028)
Minor Course

Course Code: UMIHST-807

Course Title: Interpersonal Relationships and
Family Dynamics

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand interpersonal relationships and family dynamics in contemporary India.
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- Communication of ideas and feelings, self-disclosure, crediting and criticism
- Nurturing positive interpersonal communication and dynamics: Perspective taking, empathy, listening and feedback skills.
- Resolving interpersonal conflicts: Types of conflicts and management skills

UNIT-III Family Dynamics

- Understanding Family Dynamics- Definition, function and scope
- Change and evolution of the family - Family life cycle and stages

UNIVERSITY OF JAMMU
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Home Science
Semester VIII (Honours with Research)
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Minor Course

Course Code: UMIHST-807

Course Title: Interpersonal
Relationships and Family Dynamics

Credits: 3TH+ 1P

Total no. of Lectures: Theory: 45 Hrs

Maximum Marks: 100

Practical: 30 Hrs

Theory: 75

Practical/ Tutorial: 25

- Changing roles and dynamics through significant life events: partner selection, marriage, childbirth, parenting, career trajectories and economic status, health issues, loss of loved ones.

UNIT-IV Interpersonal communication within families

- Interpersonal communication within families: Managing expectations (family/self/society), self-goals, adjustments and negotiations.
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Theory: 75

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NOTE FOR PAPER SETTING

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PRACTICAL/ TUTORIAL			
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Final Examination	100%	15 marks for Final examination	

UNIVERSITY OF JAMMU
Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours with Research)
(Examination to be held in May 2026, 2027 and 2028)
Skill Enhancement Course

Course Code: USEHSP-808
Credits: 12
Maximum Marks: Total = 300

Course Title: Dissertation

A student in the 4 yr U.G. Course in Home Science will undertake dissertation work in the 8th semester of the 4 year degree course. The dissertation/project may be an experimental investigation, field work and survey studies, or a theoretical investigation accompanied by computational work, data processing and analysis; or a combination of these.

Course Learning Objectives:

Purpose of dissertation/project is to help the student researcher

- Get acquainted with the steps in research and the application of the theory of research methodology in a systematic manner
- Understand the application of knowledge in solving/analysing/exploring a real-life situation/ difficult problem
- Develop and refining research skills including literature review, research design, data collection methods, data analysis and interpretation of results
- Develop critical thinking and analysis ability
- Effectively communicate research findings methodological and theoretical concepts in a clear coherent and scholarly manner

Pedagogy: The student can select a topic of research from any of the five domains of Home Science.

The pedagogy, or the method and practice of teaching, for a dissertation typically involves a combination of guidance, mentorship, and independent research. While the dissertation process is largely self-directed, followings are several key components to the pedagogy of a dissertation:

1. Advisor/Supervisor Support: Students will work closely with a faculty advisor or supervisor who shall provide guidance and mentorship throughout the dissertation process.

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Syllabi of Home Science for FYUGP as per NEP-2020

Home Science
Semester VIII (Honours with Research)
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Skill Enhancement Course

Course Code: USEHSP-808
Credits: 12
Maximum Marks: Total = 300

Course Title: Dissertation

The advisor will help students develop a research topic, refine research questions, plan the research design, and navigate the various stages of the dissertation.

2. **Research Skills Development:** The pedagogy of a dissertation focuses on developing students' research skills, including literature review, research design, data collection methods, data analysis, and interpretation of results. Students shall be encouraged to engage critically with existing literature, identify gaps or limitations in previous research, and formulate research questions or hypotheses that address these gaps.
3. **Independent Inquiry:** A key aspect of the pedagogy of a dissertation is fostering students' ability to conduct independent inquiry and scholarly research. Students are expected to take ownership of their research project, demonstrate intellectual autonomy, and make decisions about the direction and scope of their study.
4. **Literature Review:** Students shall conduct a comprehensive review of existing literature relevant to their research topic. The pedagogy emphasizes the importance of critically evaluating scholarly sources, synthesizing key concepts and findings, and identifying theoretical frameworks or conceptual models that inform the research.
5. **Methodological Rigor:** The pedagogy of a dissertation shall emphasize methodological rigor in the design, execution, and analysis of research. Students will be encouraged to select appropriate research methodologies, data collection techniques, and analytical tools that align with their research objectives and research questions.
6. **Writing and Communication Skills:** Students are expected to communicate their research findings, methodology, and theoretical concepts in a clear, coherent, and scholarly manner. The pedagogy emphasizes the development of academic writing skills, including proper citation and referencing, adherence to style guidelines, and organization of content.
7. **Feedback and Revision:** Throughout the dissertation process, students shall receive feedback on their work from their advisor, committee members, and peers. The pedagogy encourages students to incorporate constructive criticism, revise their work based on feedback, and refine their research and writing in response to scholarly input.

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Skill Enhancement Course

Course Code: USEHSP-808
Credits: 12
Maximum Marks: Total = 300

Course Title: Dissertation

8. Project Management: Completing a dissertation requires effective project management skills, including planning, organization, and time management. The pedagogy emphasizes the development of a research timeline, setting goals and milestones, and adhering to deadlines throughout the dissertation process

9. Defense and Evaluation: Students are required to defend their dissertation before a committee of faculty members or experts in the field. The pedagogy prepares students for this process by helping them articulate and defend their research findings, respond to questions or critiques from the committee, and demonstrate the significance of their work.

EXAMINATION/EVALUATION

Students will work on specific project attached to a supervisor and submit a thesis at the end of the semester. The assessment will be based on the midterm evaluation, evaluation of final report and viva-voce examination.

They will be required to complete the data collection, analysis and writing of dissertation so as to submit it at the end of Semester and to present it at seminar.

The total allotted marks 100 are divided in the following way

- Internal Assessment: 50% marks
- External Assessment: 50% marks

The students should submit one page of synopsis on the project work for display on the notice board.

The project presentation is for 20 minutes followed by 10 minutes for discussion.

The student should submit a technical write-up on the project.

At least one teacher will be associated with the project seminar to evaluate students for the award of sessional marks which will be on the basis of performance in all the 3 items (synopsis, presentation, technical write-up).
