

Punjabi University, Patiala
Scheme of Studies & Examination, and Syllabus for
B.Sc. Home Science Part III (Semester V & VI)
Session 2019-2020, 2020-2021 and 2021-2022

Scheme of Studies
B.Sc. (Home Science) Part-III, Sem-V

Sr. No	Subjects	Theory	Internal assessment	Practical	Total Marks
1	Applied Nutritional Biochemistry-I	26	9	15	50
2	Nutrition and Diet Therapy - I	26	9	15	50
3	Clothing -I	26	9	15	50
4	Textile Designing-I	26	9	15	50
5	Child Development and Family Relations-I	26	9	15	50
6	Home Furnishing and Equipment -I	26	9	15	50
7	Community Development & Extension Work-I	36	14	-	50
8	Consumer Education-I	36	14	-	50
9	Punjabi Compulsory/Mudla Gyan/Elementary Punjabi	75	25	-	100
	Total	303	107	90	500

B.Sc. (Home Science) Part-III, Sem-VI

Sr. No	Subjects	Theory	Internal assessment	Practical	Total Marks
1	Applied Nutritional Biochemistry-II	26	9	15	50
2	Nutrition and Diet Therapy - II	26	9	15	50
3	Clothing –II	26	9	15	50
4	Textile Designing -II	26	9	15	50
5	Child Development and Family Relations-II	26	9	15	50
6	Home Furnishing and Equipment -II	26	9	15	50
7	Community Development and Extension Education- II	36	14	-	50
8	Consumer Education - II	36	14	-	50
9	Punjabi Compulsory/Mudla Gyan/Elementary Punjabi	75	25	-	100
	Total	303	107	90	500

Note: Internal Assessment will be based on attendance (20%), Written Assignments/Project-work etc., (40%) and two mid semester tests/internal examinations* (40%).

*Average of both mid semester tests/internal examinations.

Sem-V

Paper I: Applied Nutritional Biochemistry-I

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Biochemistry: Definition and scope; cell and cell organelles; Biological molecules. Relevance of studying Biochemistry in the field of Home-science.
2. Basal metabolism: Energy, Calorimetry, Respiratory quotient (RQ), Energy content of food, Basal metabolic rate (BMR), factors affecting BMR.
3. Carbohydrates: Monosaccharides (Glucose and Fructose); Disaccharides; Maltose, Lactose; Sucrose; Polysaccharides; starch, cellulose, Glycogen, Anomers of simple sugars, Mutarotation of Glucose
4. Water: Properties and Functions, Buffer System: Definition and types of buffers

SECTION-B

5. Metabolism: General concepts, anabolism and catabolism.
6. Metabolism of carbohydrates, Glycolysis, Tri-carboxylic acid cycle
7. Fatty acids: Definition, composition, classification of Fatty acids, essential and non-essential Fatty acids, Rancidity of Fats, β -oxidation of Fatty acids.
8. Enzymes – Definition, Classification of enzymes. Specificity of enzymes, Factors affecting enzyme catalysis, enzyme inhibition.

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Basic Instruments/ equipments used in Biochemistry laboratories and important working tips.
2. Investigative techniques: (a) Galvanometric (b) Volumetric.
3. Qualitative tests for carbohydrates: Molisch's test, iodine test, Benedict test, solubility test.
4. Qualitative tests for lipids: grease spot test, solubility test emulsification test.

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Sem-V

Paper I: Applied Nutritional Biochemistry-I

Books recommended

1. Text book of Biochemistry by Harbans Lal, CBS, Publishers.
2. Biochemistry by Ashok Sabharwal, Modern Publishers.
3. Biochemistry for student By V. K. Malhotra, Jaypee Publishers.
4. Rama Rao AVSS (2009): Textbook of Biochemistry.

Sem-V
Paper II - Nutrition and Diet Therapy-I

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Definition of nutrition, mal-nutrition, (under-nutrition, over-nutrition), optimum nutrition and nutritional status- factors affecting nutritional status.
2. Specific nutrients: Functions, Sources, Effect of deficiency and Excess of (a) Proteins (b) Carbohydrates (c) Fats
3. Minerals: Functions, Sources, Effect of deficiency and Excess of Calcium, Phosphorus, Iron, Iodine, Fluorine, Sodium and Zinc.
4. Nutritional Requirements: Requirements and recommended allowances of nutrients under normal and physiological conditions. Concept of balanced diet for different age groups.

SECTION-B

5. Vitamins: Definition and Importance, Types- Fat soluble Vitamins and Water Soluble Vitamins, Functions, Sources, Effect of deficiency and Excess of Water soluble Vitamins (Thiamine, Riboflavin, Niacin, Pyridoxine, Folic Acid, B12).
6. Functions, Sources, Effect of deficiency and Excess of Fat soluble Vitamins (A, D, E, K)
7. Diet Therapy- Principles of diet therapy- Liquid, Semi solid, Blend Diets, Role of the dietician for patients.
8. Dietary recommendations in Fever, diarrhea and constipation.

Sem-V
Paper II - Nutrition and Diet Therapy-I

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Dietary calculations using:
 - (a) Nutritive value tables
 - (b) Food exchange lists
2. Planning, calculations (energy, Protein, calcium and iron) and preparation of diets for different socio economic groups:
 - (a) Infant, with special reference to weaning foods.
 - (b) Children 1-3 years, 7-12 years.
 - (c) Adolescent boys and girls.
 - (d) Adult-man and woman engaged in moderate work.
 - (e) Pregnant and lactating women.
 - (f) Old age.

Recommended Readings

1. Wilson ED, Katherein FH and Mary FE. 1959. Principles of Nutrition, John Wiley & Sons
2. Antia, FP and Abraham, P. 2002 Clinical Nutrition and Dietetics, Oxford University Press, Oxford
3. Swaminathan, M. 2010. Handbook of Food and Nutrition. The Bangalore Press, Bangalore.
4. Rajalakshmi. 2013. Applied Nutrition. Oxford and IBH Publishers, New Delhi.
5. Swaminathan, S. 1971. Nutritive Value of Indian Foods, NIN, ICMR, Hyderabad.
6. Sue Rodwell Williams., 1995. Basic Nutrition and Diet Therapy, 10th edition, Mosby-Year Book, New York,

Sem-V
Paper III - Clothing-I

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Sewing Equipment's and supplies. Care of Sewing Equipments.
2. Sewing machine-its parts and accessories, common defects and how to rectify them.
3. Sewing needles – Machine Needles and hand needles
Construction features and terminology for basic sewing machine needle
4. Sewing Threads: Definition, Factors affecting Functions of sewing threads- Aesthetic and performance. Classification of threads based on substrate and thread structure.

SECTION-B

5. Study of basic stitches- Basting, Running, Back stitch, Hemming, Hem stitch, Blanket/loop, Buttonhole and Herring Bone
6. Study of seams and seam finishes.
7. Fullness treatment- Adding and reducing fullness in garments
8. Finishes of raw edges- Edging, Binding, piping, Facing; Fasteners commonly used
Placket opening -Continues wrap, Two piece Placket

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Equipment and supplies used in clothing construction.
2. Make samples of the followings:-
 - a. Tacking, Running stitch, Hemming, Back stitch, Button-hole Stitch, Fasteners.
 - b. Seams: Flat seam, Counter hem, Mantua makers, Run and Fell seam, French seam.
 - c. Processes: Continuous wrap, Two piece placket opening, gathers into band, pleat, tucks.

Sem-V
Paper III- Clothing-I

Suggested Readings

1. Dora S. Levis; Model Goode-Bowers; "Clothing Construction & Wardrobe", Mariett a Ketlunen (1960) The Macmillan Company, New York.
2. Mabel D. Erwin; Lila A. Kinchen (1960): "Clothing for Moderns" 4th, Ed.The Macmillan Company, Collier-Macmillan Ltd., London USA
3. Mary Kefgan; (1971): "Individuality in clothing selection & personal appearance". The Macmillian company, New York.
4. Evelyn A. Manifold; Exhel L. Lucas, (1974) "Clothing Construction", Hough Mifflin Co. Boston.
5. Johnetta Starks (1966) "Measure, cut and sew", Holt Rinmehart and Winston, Inc., New York.
6. Agnes M. Miall (1946) "Making clothes for children" London, Sir Isaac Pitman & Sons Ltd.
7. Frances F. Mauck (1963) "Modern sewing techniques" The Macmillan Co. New York, Collier-Macmillan Ltd., London.
8. Natalie Bray (1970). "Dress fitting", Crosby Lock Wood & Sons Ltd.
9. Virginia Stolpe Lewis (1984) "Comparative clothing construction Techniques", Surjeet Publications, Delhi..
10. Mc Call's (1968) "Sewing in Colour" Hamlyn London New York, Toronto.

Sem-V
Paper IV-Textile Designing-I

Maximum Marks: 50
Theory: 26 marks
Internal Assessment: 09 marks
Practical: 15 marks

Time allotted: 3 hours
Lectures to be delivered: 3 per week
Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Principles of design – Harmony, balance, proportion, rhythm, emphasis.
2. Elements of design- form, line, Colour, texture.
3. Types of Prints and Textures
4. Types of Collages

SECTION-B

5. Embroidery- Equipment and tools required for embroidery, Rules for embroidering. Different steps for embroidery- Selection of design, Tracing of Design on cloth, Embroidering, Ironing of Embroidered cloth, finishing of article
6. Study of decorative embroidery stitches stem, satin stitch, long and short stitch, herring bone stitch, cross stitch, French knot stitch, bullion stitch, chain stitch and daisy stitch.
7. Dyeing- Definition, Various stages of dyeing, Application of design through Resist Dyeing- Tie and Dye, Batik, Various centers in India famous for Tie and Dye and Batik
8. Printing-Definition, Techniques of printing- Direct, discharge and Resist printing
Methods of Printing-
 - a. Hand printing- Block , Stencil and Screen Printing
 - b. Machine printing- Roller Printing, Pigment Printing, Transfer printing and Flock printing.

Sem-V
Theory Paper IV-Textile Designing-I

Practical

Maximum Marks: 15
Pass marks: 35%

Periods: 3 per week
Time allotted: 3 hours

1. Equipment and supplies used in clothing construction.
2. Make samples of the followings:-
 - a. Tacking, Running stitch, Hemming, Back stitch, Button-hole Stitch, Fasteners.
 - b. Seams: Flat seam, Counter hem, Mantua makers, Run and Fell seam, French seam.
 - c. Processes: Continuous wrap, Two piece placket opening, gathers into band, pleat, tucks.
3. Make five samples of decorative stitches.
4. Decorative dyeing: Tie and dye (a) Equipment (b) Colour preparation for cotton (c) Fabric Preparation (d) Dyeing (e) Finishing
5. Field trips to commercial dyeing and printing centers.
6. Preparation of one Tie and dye article.
7. Preparation of one article using Fabric painting.

Suggested Readings

1. Danger Kay, Romance of Indian Embroidery.
2. Danger Kay, Indian Saree.
3. H. Goldstein & Vita, Art in Everyday life.
4. Kamla Chattopadhyaya, Indian Handicrafts.
5. Marg Chottopadhyaya, Indian Textiles & Indian Embroidery.
6. Motichandera, Bartiya Vash Bhusha.
7. Mukherjee, Art manufactures of India.
8. Rustam J. Mehta, Masterpieces of Indian Textiles.
9. S. Pandit, Tie & Die Batik.
10. S. Pandit, Indian Embrodieries.
11. W. Clarke, Textile Printing.
12. Joyce Story, Thames and Hudson – Hudson Manual of Textile Printing.

Sem-V
Paper V- Child Development & Family Relations-I

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Child Development-Meaning, objectives and significance of studying child development.
2. Principles of growth and development. Effect of Heredity and environment on development.
3. Prenatal development- Definition, Stages and factors affecting prenatal development.
4. Pregnancy- Importance of Fertilization, Signs and Symptoms of pregnancy. , Discomforts & Complication during pregnancy, Care during Pregnancy

SECTION-B

5. Development in Early Childhood-Physical, Motor, Cognitive development language development. Social, emotional, development.
6. Development in Late Childhood and Adolescence-Physical and motor skills development, cognitive development. Piaget's stages of cognitive development. Socio-emotional development.
7. Play- Meaning, Importance, Types of play, Selection factors for play materials for children
8. Family- Definition, Characteristics, Types and Functions of family, Role of family and society in socialization process

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Methods of Child Study.
2. Taking height and weight measurements of preschool children.
3. Conduct a case study of a preschool child to assess the level of development.
4. Preparation of Packed lunch for Pre-school child.
5. Preparation of Play material (toys and games) for children.

Sem-V
Paper V- Child Development & Family Relations-I

Suggested Readings

1. Borphy, JE (1977) Child Development and Socialization. USA Science Research Association.
2. Papalia, BE (1978) Human Development, New York: MC Graw Hill Co.
3. Brodzinsky, DM (1986) Life Span Human Development, NY: CBS Publishing Co.
4. Mussen, PH, Conger JJ & Kagan J (1980) Essentials of Child Development and Personality, NY: Harper and Row Publishers.
5. Craig, GJ (1976) Child Development. New York: Prentice Hall.
6. Ambron, SR (1975) Child Development, San Fransisco: Rinehart and Winston.
7. Fitzgerald, HE (1977) Development Psychology: The infant and the young child. Ontario: Doresy press.
8. Dinkmeyer, DC (1967) Child Development. New Delhi. Prentice Hall.
9. Scott., LH (1967) Child Development, NY: Holt, Rinehart and Winston.
10. Jersiold, AT, Tolford & Sawney (1975) Child Psychology. New Jersey: Prentice Hall.
11. Brophy, JE Willis, SC (1981) Human Development and Behaviour. NY: St. Martin Press.
12. Whitehurst, C. & Vasta, R (1977). Child Behaviour, Boston. Hughton Miffin.
13. Rathus, SA (1988) Understanding Child Development New York: Halt, Rinehart & Winston. Inc.
14. Anshen, R. (1959) The family its function and Destiny. New York: Harper and Bros.
15. Bowman. HA (1960) Marriage for Moderns. New York: McGraw Hill.
16. Bell, NW & Vopgel. EF (1960) A modern introduction to the family, London.
17. Blood, RO (1969). Marriage. New York: Fee Press.
18. Baber, RE (1953). Marriage and the family. New York: McGraw Hill.

Sem-V
Theory Paper VI - Home Furnishing and Equipment-I

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Meaning and objective of interior decoration.
2. Elements of art in relation to interior decoration
3. Principles of art in relation to interior decoration
4. Furniture: (a) Guidelines for the selection of furniture: Cost, Construction, durability and care of furniture. (b) Materials used in furniture: Wood and other materials – plastic, cane, fiberglass, metals, and alloys. (c) Furniture arrangement in specific rooms:- Drawing, Dining and Bed Rooms.

SECTION-B

5. Various accessories used in Interior decoration, Kind of accessories – Functional and Decorative, Use of accessories
6. Different Kinds of Floor Coverings: (a) Carpets and rugs – selection factors and care (b) Resilient floor covering–Tiles (Asphalt tiles, vinyl tiles), Cork, Linoleum, Plastics, Selection factors and care.
7. Material used in constructions of equipment and cooking utensils – Aluminum steel, stainless, copper, cast iron, Brass, and their characteristics, suitability and maintenance .
8. General factors and criteria in selection of household equipments and appliances. Methods to check the quality of utensils.

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Preparation of wooden polish, cream and spirit polish.
2. Cleaning and polishing of wooden furniture/articles.
3. Care and cleaning of upholstered, cane and leather furniture.
4. Cleaning and polishing of floors:- wooden, linoleum, marble, tiled and concrete floor.
5. Preparation of polishes for marble floor.
6. Room plans: Making room plans for bedrooms-Master, Children's room, Drawing room and dining room.

Sem-V
Paper VI - Home Furnishing and Equipment-I

Suggested Readings

1. Anna Hong Rutt (1967) "Home Furnishing", Wiley Eastern Ltd., New Delhi.
2. Hazel Thompson Craig. Ola Day Rush (1969). "Homes with Character", Universal Book Stall, Delhi.
3. Batey Papis; (1965) "Interior Decoration a to z", Double Day & Company. Inc. New York.
4. Ruth Morton, Hilda Geuther, Verginia Guturia, (1970) "The Home, its Furnishing and Equipments", Webster Division McGraw-Hill Book Company.
5. Julia Cllments, (1963) "101 Ideas for Flower Arrangements", C Arthur Pearson Ltd. London.
6. Patricia Wilson (1967), "Household Equipment Selection & Management", Houghton Mifflin Company/Boston.
7. Walter Ian Fishman, Richar Demske, Willian Bernard, (1975) "Basic Home Repairs", A Grosset Super Good life Book Publishers, New York.
8. BK Singhal, (1983) "Cupboards Designing", MBD Enterprises Pvt. Ltd.
9. Ray Faulkner Sarah Faulkner, (1975) "Insider Today's Home", Hall, Rinehart & Winston.
10. Helen, J. Van Zente (1964) "Household Equipment principles", Pentice-Hall, Inc. Englewood Cliffs, New Jersey.
11. Louise Jenson Peet, Mary S. Picket, Mildred G. Arnold, Ilse, H.Wold (1970). 'Household Equipment' John Wiley & Sons Inc.

Sem-V

Paper VII–Community Development and Extension Work-I

Maximum Marks: 50

Time allotted: 3 hours

Theory: 36 marks

Lectures to be delivered: 3 per week

Internal Assessment: 14 marks

Pass Marks: 35%

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 5 marks each. Section C consists of 8 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Community development: Meaning, objectives, Scope and Importance
2. Community development programs in India–Objectives, Characteristics, essential elements of community development programs. Community development projects and their implementation
3. Institutions for implementation of programmes-Village Panchayat, Co-operative societies and Village School
4. Role of Home Science education in community development.

SECTION-B

5. Home science Extension Education- Meaning and Definition, Objectives, Principles of Home science Extension Education, Characteristics of home science extension work
6. Welfare programmers for rural women and children- CSWB, DWCRA, ICDS, CARE, TRYSEM
7. Role of Krishi Vigyan Kendra in Rural Development
8. Non- Governmental Organizations in Rural Development- History, Characteristics, Role of NGO, NGO and Voluntary Organization

Suggested Readings

1. Reddy A.A., Extension Education, Sri Lakshmi Press, Patiala, 1971.
2. Directorate of Extension Education in Community Development, Ministry of Agriculture, Govt. of India, 1971.
3. Dutt, R.H. and Sundaram, KPM., India Economy, S. Chand & Co. Ltd., 1980.
4. Devadasa, Rajaammal P., Meaning of Home Science, Sri Rama Krishana Vidyalaya, Coimbatore, 1970.
5. Savite, A.H., Extension in Rural Communities, Oxford University Press, 1965
6. Shiwalkar, R.S., The Twin Problems of Rural Development, Kitab Mahal, 1968
7. The Home Science Association of Indian Perspectives in Home Science, Coimbatore, 1977
8. Dhama, Op and Bhatnagar, O.P, Education and communication for development, Oxford And IBH Publishing Co., 1980

Sem-V
Paper VIII – Consumer Education-I

Maximum Marks: 50

Theory: 36 marks

Internal Assessment: 14 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35%

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 5 marks each. Section C consists of 8 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Consumer Education: Meaning, objectives, Scope and its importance
2. Consumer- Definition, types of Consumer, choice and buying problems of consumers
Factors affecting the purchase- Education, Age and Sex, advertisement, market system, limited resources, habit, fashion and custom.
3. Consumer Problems- What, When, Where, How much to buy and spend, Consumer-choice and buying problems- frauds, faulty weight and measures, adulteration and other malpractices, cause and consequence
4. Consumer information-
 - a. Sources of Information—Private and Independent, Public and semi Public, Commercial
 - b. Problems in obtaining consumer Information.

SECTION-B

5. Producers aids to consumers- advertisements, brands, packaging, labeling, grading, unfair trade practice.
6. Impact of Social media on Indian consumer
7. Consumer decision making: Process of consumer decision making,
8. Consumer buy-man-ship skills. Consumer rights.

Suggested Readings

1. Garden, H.C. and Vailes, R.S. Economics for Consumer, American Bool Co., 1961.
2. Gibon,L.B.: Economics of consumer, USA.
3. Gupta, B.S. : Consumer Pattern in India, Tata McGraw Hill, 1973.

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Sem-V

Paper IX – Punjabi Compulsory/Mudla Gyan/Elementary Punjabi

To download the Syllabus go to :

www.punjabiuniversity.ac.in → Important Links → Download Syllabus → Academic Session 2019-20 → Faculty of Languages → Punjabi → Under Graduate → Common Syllabus with B.Sc. (Agriculture 4Yrs)or(Home Science) Punjabi Compulsory or Mudla Gyan or Elementry Punjabi.

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Sem-VI

Theory Paper I: Applied Nutritional Biochemistry-II

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Amino acids: chemistry of amino acids, essential and non- essential amino acids, peptide bond.
2. Proteins: Definition, composition, classification of proteins, functions of proteins, Biological value of proteins.
3. General concepts of metabolism of amino acids Transamination, oxidative deamination, decarboxylation, urea cycle.
4. Urine composition, normal and abnormal constituents of Urine.

SECTION-B

5. Vitamins: Sources, requirements and functions of fat soluble vitamin, A,D,E and K.
6. Vitamins: Sources, requirements and functions Water soluble vitamins; Vit. B₁,B₂, B₆,B₁₂ Niacin, Vitamin-C
7. Metabolism of Inorganic elements: Ca, P, Mg, Fe, I.
8. Water and electrolyte balance, water and electrolyte losses and their replenishment effect of dehydration.

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Qualitative tests for amino acids: solubility of amino acids, Ninhydrin test.
2. Proteins: Biuret test, coagulation of proteins.
3. Isoelectric precipitation of casein from milk
4. Chemistry of milk, egg., and wheat flour.

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Sem-VI
Paper I- Applied Nutritional Biochemistry-II

Suggested Readings

1. Harbans La & Rajesh Pandey (2017). Text book of Biochemistry, CBS, Publishers.
2. Ashok Sabharwal (2015). Biochemistry, Modern Publishers.
3. V. K. Malhotra (2012). Biochemistry for Students, Jaypee Brothers Medical Publishers.

Sem-VI
Paper II - Nutrition and Diet Therapy-II

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire Section C.

SECTION-A

- 1 Nutritional status and methods of conducting diet surveys.
- 2 Nutrition Education, Definition, Importance, Scope and Need
- 3 Food Fads and Fallacies.
- 4 Government, Non-Government and international agencies engaged in National Nutrition Programme.

SECTION-B

5. Basic concept of Therapeutic diet - meaning, importance, objectives, Therapeutic adaptations of the normal diet.
6. Dietary Recommendations in infective hepatitis, diabetes, atherosclerosis, hypertension
7. Nutrition in obesity – BMI, Consequences of obesity, Dietary Recommendations
8. Food Allergy – Types, Causes, symptoms & dietary management.

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Planning and preparation and calculations of the following:-
 - (a) Snacks for young children emphasizing energy and protein.
 - (b) Packed lunch for school going children.
2. Planning, calculations and preparation of various types of therapeutic diets-Diarrhea, Constipation, Hypertension, Diabetes.

Sem-VI
Paper II-Nutrition and Diet Therapy-II

Suggested Readings

1. Wilson ED, Katherein FH and Mary FE. 1959. Principles of Nutrition, John Wiley & Sons
2. Antia, FP and Abraham, P. 2002 Clinical Nutrition and Dietetics, Oxford University Press, Oxford
3. Swaminathan, M. 2010. Handbook of Food and Nutrition. The Bangalore Press, Bangalore.
4. Rajalakshmi. 2013. Applied Nutrition. Oxford and IBH Publishers, New Delhi.
5. Swaminathan, S. 1971. Nutritive Value of Indian Foods, NIN, ICMR, Hyderabad.
6. Sue Rodwell Williams., 1995. Basic Nutrition and Diet Therapy, 10th edition, Mosby-Year Book, New York,

Sem-VI
Paper III - Clothing-II

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Selection of clothes for different age groups Infants, Toddlers, Pre-school children, school going children, adolescents, and old age.
2. Selection of suitable cloths for family in relation to age, climate, occupation, figure, fashion and budget etc.
3. Study of design and colour in clothes in relation to figure and figure problems.
4. Care and storage of clothes (Cotton, linen silk and wool).

SECTION-B

5. Anthropometry: Definition, Importance of anthropometric measurements, Points to be remembered while taking body measurements, Different body measurement, Measurements required for different garments- Lower and upper garments
6. Drafting and its importance, Advantages and disadvantages of drafting, points to be considered while drafting
7. Pattern Making- Definition, Different types of Patterns, Advantages and Disadvantages of Pattern making
8. Draping- Definition, advantages, Disadvantages of Draping, Points to be considered while draping

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Taking body measurements for different types of garments.
2. Drafting the basic blocks, adaptation, different sleeves and collars, selection of suitable materials and stitching of the following garments with appropriate techniques and decorations.
 - a. Children's garments: Janghia, Bloomer, Frock-A-Line or Gathered frock, Bush-shirt, Half-pant/knickers.
 - b. Ladies garments: Sari-petticoat, Sari-blouse, Salwar & Kamiz.

Sem-VI
Paper III - Clothing-II

Suggested Readings

1. Dora S. Levis; Model Goode-Bowers; "Clothing Construction & Wardrobe", Mariett a Ketlunen (1960) The Macmillan Company, New York.
2. Mabel D. Erwin; Lila A. Kinchen (1960): "Clothing for Moderns" 4th, Ed.The Macmillan Company, Collier-Macmillan Ltd., London USA
3. Mary Kefgan; (1971): "Individuality in clothing selection & personal appearance". The Macmillian company, New York.
4. Evelyn A. Manifold; Exhel L. Lucas, (1974) "Clothing Construction", Hough Mifflin Co. Boston.
5. Johnetta Starks (1966) "Measure, cut and sew", Holt Rinnemhart and Winston, Inc., New York.
6. Agnes M. Miall (1946) "Making clothes for children" London, Sir Isaac Pitman & Sons Ltd.
7. Frances F. Mauck (1963) "Modern sewing techniques" The Macmillan Co. New York, Collier-Macmillan Ltd., London.
8. Natalie Bray (1970). "Dress fitting", Crosby Lock Wood & Sons Ltd.
9. Virginia Stolpe Lewis (1984) "Comparative clothing construction Techniques", Surjeet Publications, Delhi..
10. Mc Call's (1968) "Sewing in Colour" Hamlyn London New York, Toronto.

Sem-VI
Theory Paper IV - Textile Designing-II

Maximum Marks: 50
Theory: 26 marks
Internal Assessment: 09 marks
Practical: 15 marks

Time allotted: 3 hours
Lectures to be delivered: 3 per week
Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Traditional embroideries of India:-
 - a. Kashmir - Kasida
 - b. Punjab - Phulkari
 - c. Bengal - Kantha
 - d. Uttar Pradesh - Chikankari
2. Traditional embroideries of India:-
 - a. Gujarat - Sind and Kutch embroidery
 - b. Karnataka - Kasuti
 - c. Himachal Pradesh - Chamba Rumal.
3. Shawls of India
4. Carpets and Rugs of India

SECTION-B

5. Traditional textiles of different states of India:-
 - (a) Bengal - Baluchar and Jamdani, Dacca Mulmul
 - (b) Gujarat - Patolas
 - (c) Rajasthan - Bandhani
 - (d) Andhra Pradesh - Pochampallis and Kalamkari
 - (e) Orissa - Ikat
 - (f) Tamil Nadu - Kanchipuram
 - (g) Uttar Pradesh - Brocade
 - (h) Madhya Pradesh - Chanderi
6. Finishing of fabrics: importance of finishing, classification of finishing processes.
7. Bleaching of fabrics:- Importance, Different types of Bleaches, Bleaching agents.
8. Stiffening agents and Laundry Blues

Sem-VI
Paper IV - Textile Designing-II
Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Basic designing: Different types of design: floral, geometric, stylized, animal motifs.
2. Making samples of different embroideries of India.
3. Block printing.
4. Preparation of one article using any embroidery.
5. Preparation of one article using Block printing.

Suggested Readings

1. Danger Kay, Romance of Indian Embroidery.
2. Danger Kay, Indian Saree.
3. H. Goldstein & Vita, Art in Everyday life.
4. Kamla Chattopadhyaya, Indian Handicrafts.
5. Marg Chottopadhyaya, Indian Textiles & Indian Embroidery.
6. Motichandera, Bartiya Vash Bhusha.
7. Mukherjee, Art manufactures of India.
8. Rustam J. Mehta, Masterpieces of Indian Textiles.
9. S. Pandit, Tie & Die Batik.
10. S. Pandit, Indian Embroideries.
11. W. Clarke, Textile Printing.
12. Joyce Story, Thames and Hudson – Hudson Manual of Textile Printing.

Sem-VI
Paper V-Child Development & Family Relations-II

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates:

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Immunization Chart for children of different age groups
2. Feeding of Infants:
 - a. Breast feeding
 - b. Bottle feeding
3. Weaning and supplementary foods
4. Problems of adolescents. Role of parents and teachers in helping the adolescents in making satisfactory adjustments in life.

SECTION-B

5. Children with special needs-Definition, Education for Children with Special Needs, Principles of Special Education, Nature and importance of Special Education
6. Disabilities among Children with special needs - Sensory, Visual, Oral, Auditory, Orthopedic, Mental, Linguistic, Multiple disabilities.
7. Role of family members and society in adjustments of children with special needs.
8. Welfare programmes for children with special needs.

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Interviewing mothers to conduct a survey of feeding, weaning and child rearing practices.
2. Visit institutions being run for normal children and children with special needs. To prepare a report of three visits.
3. Survey to assess the problems of adolescents.

Sem-VI
Paper V-Child Development & Family Relations-II

Suggested Readings:

1. Borphy, JE (1977) Child Development and Socialization. USA Science Research Association.
2. Papalia BE (1978) Human Development, New York: MC Graw Hill Co.
3. Brodzinsky, DM (1986), Life Span Human Development, NY: CBS Publishing Co.
4. Mussen, PH: Conger, JJ & Kagan, J. (1980): Essentials of Child Development and Personality, NY: Harper and Row Publishers.
5. Craig, GJ (1976) Child Development. New York: Prentice Hall.
6. Ambron, SR (1975) Child Development, San Fransisco: Rinehart and Winston.
7. Fitzgerald, HE (1977). Development Psychology: The infant and the young child. Ontario: Doresy press.
8. Dinkmeyer, DC (1967), Child Development. New Delhi. Prentice Hall.
9. Scott., LH (1967) Child Development, NY: Holt, Rinehart and Winston.
10. Jersiold, AT, Tolford & Sawney (1975). Child Psychology. New Jersey: Prentice Hall.
11. Brophy, JE Willis , SC (1981). Human Development and Behavior. NY: St. Martin Press.
12. Whitehurst, C. Vasta, R(1977). Child Behaviour, Boston. Hughton Miffin.
13. Rathus, SA (1988) Understanding Child Development New York: Halt, Rinehart & Winston. Inc.
14. Anshen, R. (1959).The family its function and Destiny. New York: Harper and Bros.
15. Bowman. HA (1960). Marriage for Moderns. New York: McGraw Hill.
16. Bell, NW & Vopgel. EF (1960). A modern introduction to the family, London. Routledge and Kegan Paul.
17. Blood, RO (1969). Marriage. New York: Fee Press.
18. Baber, RE (1953). Marriage and the family. New York: McGraw Hill.

Semester-VI

Paper VI - Home Furnishing and Equipment-II

Maximum Marks: 50

Theory: 26 marks

Internal Assessment: 09 marks

Practical: 15 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in theory and
practical separately

Theory

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 4 marks each. Section C consists of 5 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. History of Interior Decoration in India.
2. Flower Arrangement:- (a) General Principles of flower arrangement (b) Types of flower arrangement (c) Equipments and tools used in flower arrangements (d) Care and selection of flower for flower arrangement.
3. Furnishings:- (a) Importance of furnishings and factors affecting the selection of furnishing material (b) Different types of fabrics used for furnishing of different kinds (upholstery, curtains and draperies and slip covers).
4. Selection factors for curtains draperies and upholstery- cost, colour, design, size of room and texture

SECTION-B

5. Wall treatment: Different types of finishes for wall treatment-paint, plaster, wall paper, wood panels and their care.
6. Finishes- Types: Mechanical and applied finishes.
 - Mechanical finishes-Polishing
 - Applied finished- a) Metallic: Nickel, Chromium plating, tinning of copper and brass.
7. Non-metallic applied finishes- Porcelain enamel Synthetic enamels, Teflon coating, epoxy and polyamides.
8. Selection, Operation and Care of Household equipment's- Toaster, Mixer grinder juicer, Food Processor, washing machine, Refrigerator, Vacuum Cleaner, Pressure Cooker

Semester-VI
Paper VI- Home Furnishing and Equipment-II

Practical

Maximum Marks: 15

Pass marks: 35%

Periods: 3 per week

Time allotted: 3 hours

1. Floor decorations-Making of Rangoli and Alpana with different materials.
2. Planning of kitchen-One wall, Two wall, L and U Shaped.
3. Care and cleaning of household appliances: Refrigerator, Mixer, Food processor, Electric oven, Microwave, Vacuum cleaner.
4. Market survey regarding available household equipment and appliances. Floor decorations-Making of Rangoli and Alpana with different materials.
5. Planning of kitchen-One wall, Two wall, L and U Shaped.
6. Care and cleaning of household appliances: Refrigerator, Mixer, Food processor, Electric oven, Microwave, Vacuum cleaner.
7. Market survey regarding available household equipment and appliances.

Suggested Readings:

1. Anna Hong Rutt (1967) "Home Furnishing", Wiley Eastern Ltd., New Delhi.
2. Hazel Thompson Craig. Ola Day Rush (1969). "Homes with Character", Universal Book Stall, Delhi-Kanpur.
3. Batey Papis; (1965) "Interior Decoration a to z", Double Day & Company. Inc. New York.
4. Ruth Morton, Hilda Geuther, Verginia Guturia, (1970) "The Home, its Furnishing and Equipments", Webster Division McGraw-Hill Book Company.
5. Julia Cllments, (1963) "101 Ideas for Flower Arrangements", C Arthur Pearson Ltd. London.
6. Patricia Wilson (1967), "Household Equipment Selection & Management", Hanghton Mifflin Company/Boston.
7. Walter Ian Fisehman, Richar Demske, Willian Bernard, (1975) "Basic Home Repairs", A Grosset Super Good life Book Publishers, New York.
8. BK Singhal, (1983) "Cupboards Designing", MBD Enterprises Pvt. Ltd.
9. Ray Faulkner Sarah Faulkner, (1975) "Insider Today's Home", Hall, Rinehart & Winston.
10. Helen, J. Van Zente (1964) "Household Equipment principles", Pentice-Hall, Inc. Englewood Cliffs, New Jersey.
11. Louise Jenson Peet, Mary S. Picket, Mildred G. Arnold, Ilse, H.Wold (1970). 'Household Equipment' John Wiley & Sons Inc.

Semester-VI
Paper VII–Community Development and Extension Work-II

Maximum Marks: 50

Theory: 36 marks

Internal Assessment: 14 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in the subject

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 5 marks each. Section C consists of 8 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Principles of Community Development
2. Community worker/community development worker- Qualities and Role of Community Development Worker
3. Concept of extension education: its meaning, importance, scope, objectives and characteristics.
4. Principles of extension education,

SECTION-B

5. Extension approaches: Individuals, group and mass approaches- Advantages and Disadvantages
6. Extension teaching methods.
7. Improving economic condition of rural family through supplementary occupation in agriculture and home industries.
8. Factors Leading to School Dropouts in India and solutions.

Suggested Readings:

1. Reddy A.A., Extension Education, Sri Lakshmi Press, Patiala, 1971.
2. Directorate of Extension Education in Community Development, Ministry of Agriculture, Govt. of India, 1971.
3. Devadasa, Rajaammal P., Meaning of Home Science, Sri Rama Krishana Vidyalya,
4. Dhami, Op and Bhatnagar, O.P, Education and communication for development, Oxford And IBH Publishing Co.,1980
Punjabi University, Patiala Syllabus, B.Sc. Home Science (Semester System) Part III, Semester VI

Semester-VI
Paper VIII – Consumer Education-II

Maximum Marks: 50

Theory: 36 marks

Internal Assessment: 14 marks

Time allotted: 3 hours

Lectures to be delivered: 3 per week

Pass Marks: 35% in the subject

Instructions for the paper-setter

The question paper will consist of three sections A, B and C. Sections A and B will have 4 questions from the respective sections of the syllabus and will carry 5 marks each. Section C consists of 8 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

Instructions for the candidates

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION-A

1. Consumer rights and responsibilities.
2. Markets: Definition and types, marketing functions.
3. Channels of distribution.
4. Introduction to consumer protection, Importance of consumer protection and consumer complaints

SECTION-B

5. Consumer Protection: Public and private aid, standards, standardization ISI Marks and other quality assurance sales.
6. Consumer guidance society and associations, Consumer cooperatives.
7. Educational institutions, Consumer education and research centers.
8. Importance of product labels to consumer

Suggested Readings

1. Garden, H.C. and Vailes, R.S.: Economics for Consumer, American Bool Co., 1961.
2. Gibon, L.B.: Economics of consumer, America.
3. Gupta, B.S. : Consumer Pattern in India, Tata McGraw Hill, 1973.

Punjabi University, Patiala
Scheme of Studies & Examination, and Syllabus for
B.Sc. Home Science Part III (Semester V & VI)
Session 2019-2020, 2020-2021 and 2021-2022

Semester-VI
Paper IX – Punjabi Compulsory/Mudla Gyan/Elementary Punjabi

To download the Syllabus go to :

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