

SRI VENKATESWARA UNIVERSITY: TIRUPATI

B.Sc. – Honours in HOME SCIENCE - MAJOR

w.e.f. AY 2023-24 onwards

COURSE STRUCTURE

SEMESTER	Course Code	Title of the Course	No. of Hours		Credits
			T	P	
I	01	Introduction to Home Science	5	-	4
	02	Health, Hygiene & Wellness	5	-	4
II	03	Essentials of Home Science Extension	3	-	3
		Essentials of Home Science Extension Practical		2	1
	04	Human Development	3	-	3
		Human Development Practical		2	1
III	05	Fundamentals of Food Science & Nutrition	3	-	3
		Fundamentals of Food Science & Nutrition Practical		2	1
	06	Textiles and Clothing	3	-	3
		Textiles and Clothing Practical		2	1
	07	Early Childhood Education	3	-	3
		Early Childhood Education Practical		2	1
	08	Resource Management and Household Economics	3	-	3
		Resource Management and Household Economics Practical		2	1
IV	09	Nutrition during Life Span	3	-	3
		Nutrition during Life Span Practical		2	1
	10	Interior Design and Decoration	3	-	3
		Interior Design and Decoration Practical		2	1
	11	Principles of garment construction	3	-	3
		Principles of garment construction Practical		2	1
V	12	Clinical Nutrition and Diet Therapy	3	-	3
		Clinical Nutrition and Diet Therapy Practical		2	1
	13	Extension Education and Community Development	3	-	3

		Extension Education and Community Development Practical	-	2	1
	14	Marriage, Family and Child Welfare	3	-	3
		Marriage, Family and Child Welfare Practical		2	1
	15	Textile and Apparel Design	3	-	3
		Textile and Apparel Design Practical		2	1
VI		Internship			

****VII & VIII Semester's syllabus will be available in due course of time**

IV SEMESTER
Course 09 - NUTRITION DURING LIFE SPAN
Credits -3

Outcomes of the course

The students will be able to:

A) Remembers and explain in a systematic way

- Understanding the nutritional problems and nutrition requirements of the community.
- Acquiring knowledge about RDA, food groups, steps in planning a diet.

B) Understanding and Uses

- Planning of nutrition diets according to RDA for different age groups-Infancy to old age and physiological conditions -Pregnancy and lactation
- Different methods of assessing nutritional status –Anthropometry, biochemical, clinical examination and diet survey etc.,

C) Critically explains, judges & Solves

- Preparation of nutritious diets for different age groups meeting the RDA.
- ABCD-techniques for nutritional status assessment.

D) Working in out of prescribed areas

- Planning programs to combat nutritional problems in community.

E) Practical skills

- Planning & Preparation of diets for different age groups
- Calculations of nutritive values of the diets and RDA for different age groups.
- Nutrition education techniques.
- Assessment of nutritional status using ABCD techniques.

THEORY

Unit-I Meal Planning – Nutrition during Adulthood,

- Principles of meal Planning, Balanced Diet. Dietary guidelines for Indians
- Nutrition for Adults – Reference man and Reference women – Nutritional requirements for adult man and woman of different physical activities (Sedentary, Moderate and Heavy work).

Unit-II Nutrition during Pregnancy and Lactation

- Pregnancy – Nutritional and Food requirements, Physiological changes and complications.
- Lactation – Physiology, Nutritional and Food requirements

Unit-III Nutrition during Childhood

- Infancy – Nutritional requirements – Breast feeding and its advantages; Artificial/bottle feeding; Weaning Practices, Supplementary foods.
- Early and Late childhood –Nutritional requirements – RDA, Inculcating healthy eating habits among pre-schoolers –importance of packed lunch and snacks

Unit-IV Nutrition during Adolescence and Old age

- **Adolescence**-Nutritional requirements –RDA, Food habits
 - Nutritional problems and Eating Disorders- Anorexia and Bulimia.
- **Geriatric Nutrition**- Physiological changes in elderly
 - Factors affecting food intake
 - Nutrient needs and Requirements
 - Nutrition related problems and their diet management

Unit-V Nutritional Status Assessment

- Assessment of the Nutritional Status of the Community – Need and objectives
- Direct methods – Anthropometry, Biochemical Analysis, Clinical Examination, Diet Surveys, Functional assessment and Biophysical or Radiological examination.
- Indirect methods – Ecological factors and Vital Health Statistics

PRACTICAL

Credits -1

1. Planning and preparation of a balanced diet for Adult man and women.
2. Planning and preparation of a balanced diet for Pregnant and Nursing mother.
3. Planning and preparation of a balanced diet for a Pre School Child.
4. Planning and preparation of a balanced diet for School child and an Adolescent
5. Planning and preparation of low cost Nutritious recipes
6. Use of Anthropometric measurements in assessing the Nutritional Status.

REFERENCES

1. Bamji MS, Krishnaswamy K, BrahmamGNV (2016). “Textbook of Human Nutrition”, 4th edition, Oxford and IBH Publishing Co. Pvt. Ltd.
2. Dietary Guidelines for Indians – A Manual (2011), published by NIN.
3. Food Composition Tables, (2017, published by NIN.
4. PrabhaBisht, Community Nutrition in India, Star Publications, Agra.

5. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
6. RavinderChada and PulkitMathur, (2015). Nutrition – A Life Cycle Approach, 1st edition, Orient Black Swan.
7. Sara Abraham (2016). Nutrition through life cycle, 1st edition, New Age International Publishers.
8. Srilakahsmi, B. (2018). Food Science, 7th edition, New Age International (P) Ltd.
9. Srilakahsmi, B. (2018). Nutrition Science, 6th edition, New Age International (P) Ltd.
10. Srilakahsmi, B. (2019). Dietetics, 8th edition, New Age International (P) Ltd.
11. Suryatapa Das (2018). Textbook of Community Nutrition” 3rd edition, Academic Publishers.
12. Swaminadhan, M. (1985). Essentials of Food and Nutrition Volume I and II ”, 2nd edition, The Bangalore Printing and Publishing Co. Ltd., Bangalore

CO- CURRICULAR ACTIVITIES

1. Academic based: -

- Preparation of charts and posters for Nutrition education
- Essay writing competitions
- Group discussions on topics relevant to community nutrition
- Exhibition on low cost nutritious foods and balanced diet

2. Lab/Research based: -

- Visit to Anganwadi centre
- Visit to school lunch programs
- Visit to village and urban slum area for assessing the nutritional status of rural and urban slum population

3. Value based: -

- Nutrition and Health awareness camp
- Poster and puppet show regarding nutrition education and importance of community participation

4. Celebration of Important Days (National and International): -

- Breast feeding week-August 1to7th
- International Women’s day-March 8th
- World Health day-April 7th
- International day of elderly-October 1st

IV SEMESTER
Course 10 - INTERIOR DESIGN AND DECORATION
Credits -3

Outcomes of the course

At the end of the course, the students will be able to learn

A) Remember and explain in a systematic way

- Explain design, types of design, elements, Principles of design and colour harmonies.
- Understands colour concept, lighting methods and arts to decorate the interiors based on aesthetic performance.
- Acquire knowledge on selecting appropriate building materials, equipment and finishes with regard to safety and eco-friendly construction.

B) Understands and Uses

- Apply the elements and principles of design and colour harmonies in the arrangement of furniture, accessories in different rooms, flower arrangement and table setting

C) Critically explains, judges and solves

- Factors affecting the purchase of furniture; colour harmonies in different rooms

D) Working in out of prescribed areas under co-curricular activity

- Learn elements and principles of design by drawing, painting by collecting pictures from magazines
- Preparation of Chart , Posters and albums using principles of art and design
- Observation of Flower Arrangements at different places.

E) Practical skills

- Learn elements and principles of design by drawing, painting by collecting pictures from magazines
- Learn to arrange furniture in different rooms by applying elements and principles of design
- Learn to arrange Flower Arrangements by applying elements and principles of design
- Learn to lay the table formal and informal parties.

THEORY

Unit-I Interior Design & Decoration – Elements & Principles

- Interior Decoration – Meaning, objectives of Interior decoration.

- Good taste – Meaning, development of good taste
- Design – Definition, Classification of design – structural and decorative designs, Types of Decorative Design.
- Elements of design – Line, Form, Texture, Colour, Value
- Principles of art – Harmony, Proportion, Balance, Emphasis and Rhythm

Unit- II Interior Design- Colour

- Colour – its importance and effect; Prang’s colour system – Primary, Secondary, tertiary and quaternary colours, characteristics of colour- Hue, Value and Intensity
- Colour schemes, classification of colour schemes and their use in interior decoration;
- Factors affecting choice of colour schemes for different rooms and different areas in the house.

Unit-III Interior Decoration- Flower Arrangement

- Flower Arrangement -Elements and principles of art in flower arrangement.
- Types of flower arrangement – Line, mass, line & mass, miniature etc.
- Styles of flower arrangement – Traditional, oriental (Japanese) and modern.
- Materials and equipment used in flower arrangement.
- Points to be considered while selecting, storing and making of flower arrangements.

Unit-IV Interior Decoration - Furniture & Furnishings

- Furniture Arrangement – Selection of furniture and considerations in arranging the furniture, Furniture arrangement in different rooms.
- Furnishings – Classification, Factors in Selection.
- Lighting – Natural and Artificial Fittings – Types and their use in Interior Decoration

Unit-V Interior Decoration -Accessories

- Accessories – Functions, classification, selection and care of accessories
- Window Treatments – Types of windows and window treatments; Factors to be considered in the selection of curtains and draperies
- Table setting – General rules for setting and laying the table; Types – Formal and Informal table setting

PRACTICAL

Credits -1

1. Interior Design – A) Elements of Design, B) Types of Design – Natural,

Decorative, Types of Decorative Design - Naturalistic, Stylized, Geometric and Abstract – Drawing/ Sketching

2. Application of Principles of art in different rooms- a) Harmony b) Balance c) Rhythm d) Emphasis and e) Proportion – Drawing/ painting/sketching/clippings from magazines.
3. Colour – Value chart, Prang’s colour chart and six standard colours, Application of colour harmonies.
4. Different types of flowers arrangement.
5. Furniture arrangement in different rooms – Sketching/ Drawing Room plans and pasting.
6. Table setting – Formal and informal table setting.
7. Window treatments – Types

REFERENCES

1. Bela Bhargava (2016). Family resource Management & Interior Decoration, 1st edition reprint, University Book House Pvt Ltd. Jaipur.
2. Parimalam, Andal, & Premlatha (2015). A Textbook of Interior Decoration, 1st edition reprint, Satish Serial Publishing Home.
3. Premavathy Seetharaman & ParveenPannu (2014). Interior Design and Decoration, CBS Publishers.
4. Premlata Mullick (2016). Textbook of Home Science, 4th edition , Kalyani Publishers
5. Stella Soundara raj (2009). A Text book of Household Arts, 4th edition, Orient Black SwanLtd.
6. SubasiniMohapatra (2010). Home Management and Household Economics, 1st edition Kalyani Publishers.
7. Sushma Gupta, Neeru Garg & Renu Saini (2018). Text book of Family Resource Management, Hygiene and Physiology, 11th edition, Kalyani Publishers.
8. Verghese, M.A. & Oagle, M.N. (2005). Home Management, New Age International Publishers.

CO- CURRICULAR ACTIVITIES

1. Drawing, colouring, and painting using principles of art, Interior designing & Decoration
2. Modelling- clay, chart, cardboard etc.
3. Quiz, Seminars , debates and Group discussion
4. Chart and Poster Presentations
5. Organizing exhibitions
6. Flower Arrangements
7. Table Settings
8. Furniture arrangement
9. Album making

IV SEMESTER
Course 11 - PRINCIPLES OF GARMENT CONSTRUCTION
Credits -3

Outcomes of the course

The students will be able to

A) Remember and explain in a systematic way

- Explain the different sewing equipment used in garment construction.
- Recall the different parts of sewing machine and its function.

B) Understands and Uses

- Understand the use of sewing machine and ways to stitch fabrics.
- Learn to identify the defects and to know the adjustments of sewing machine.
- To know the different body measurements to stitch a garment.

C) Critically explains, judges

- Analyse the estimation of fabric for different garments.
- Evaluate the stitching and fitting of the garments.

D) Working in out of prescribed areas under co-curricular activity

- Visiting nearby tailoring units and observing different garment components.
- Visiting nearby Ready-made clothing shops and observing different garment components

E) Practical skills

- Adjustments and care of using a sewing machine
- Method of taking perfect body measurements and pattern making.
- Using drafting equipment and Systematic method of Drafting
- Stitching different basic stitches
- Stitching necklines, collars , plackets and sleeves,
- Drafting and construction of saree petti coat and frock

THEORY

Unit-I Equipment in Garment Construction

- Equipment- Measuring, Drafting, marking, sewing and finishing equipment.
- Sewing Machine – Parts of sewing machine, Defects and causes, adjustments in sewing machine and care of sewing machine.
- Types of sewing machine- Mechanical , Electronic , Computerized or Automated , Embroidery Machine , Over lock Sewing Machine

Unit – II Body Measurements and Pattern Making

- Recording of body measurements- Importance- Types of measurements – vertical, Horizontal and Girth measurements. Care to be taken in body measurements.
- Pattern making- Methods of pattern making -Drafting, draping and flat pattern making,
- Drafting – Tools for drafting-- Points to be kept in mind while drafting.

Unit – III Estimation and Preparation of the Fabric and Pattern Layout

- Estimation of fabric for different garments-saree-petticoat, salwar and kameez.
- Importance of grain in fabric for cutting and garment construction.
- Steps in Preparation of fabric for cutting
- Pattern Layout – Importance, guidelines and care to be taken in pattern lay out
- Fabric Cutting – Guidelines to cut out pattern pieces,

UNIT –IV Garment Components

- Necklines – Types of necklines.
- Collars-Factors in designing collar styles, shapes and kinds of collars.
- Sleeves – Categories and styles of sleeves.
- Yokes – Factors for selection of yokes design and types of yokes.

Unit-V Garment Fitting

- Elements of fit – grain, set, line, balance and ease
- Readymade garments –Selection and examination for quality, fitting and shape
- Tailor made and Homemade garments – examination for fitting and shape
- Comparison of readymade, tailor and homemade garments

PRACTICAL

Credits -1

1. Basic Stitches – Temporary, permanent and neat ending finishes.
2. Seam and seam finishes.

3. Neckline finishes – Bias, Binding and shaped finishing.
4. Plackets – Continuous bound and two piece plackets.
5. Sleeves – Plain, Puff and bell sleeve.
6. Introducing fullness - Darts, tucks, gathers and pleats.
7. Fasteners – Hook and Eye, press buttons, button and button hole.
8. Drafting and construction of saree petti coat

REFERENCES

1. Mary Mathews (2001). Practical clothing construction part I &II esigning drafting& tailoring, Cosmic Press, chennai.
2. ManmeetSodhia. (2005). Dress Designing, 1st edition, Kalyani Publishers.
3. Pooja Khurana& Monika Sethi (2017). Introduction to Fashion Technology, 2nd edition, 2017, Fire Well Media.
4. PremalataMullick. (2019).Garment Fabrication and Designing, 1st edition,Kalyani Publishers.
5. PremlataMullick(2010). Garment Construction Skills,1st edition, Kalyani Publisher
6. Sumathi, G.J.(2002) . Elements of Fashion & Apparel Design, 1st edition New Age International (P) Ltd.
7. Sushma Gupta, NeeruGarg, Renu Saini. (2018). Text book of clothing, textiles and laundry, 8th edition, Kalyani publishers.

CO- CURRICULAR ACTIVITES

1. Seminar/ Assignment / Quiz /Group Discussion
2. Use of ICT in Class reports and Seminars.
3. Visiting nearby tailoring units and observing different garment components.
4. Visiting nearby Ready-made clothing shops and observing different garment component

IV SEMESTER
Course 09 - NUTRITION DURING LIFE SPAN

Model Question Paper

Time: 3 Hrs.

Max. Marks: 75

PART – A

Answer any FIVE questions. Each question carries 5 Marks (5x5 = 25 Marks)

1. Enumerate the additional requirement of nutrients during lactation period
2. Write a short note on school lunch programmes?
3. What is weaning? What are the points to be considered while introducing supplementary foods?
4. What is the importance of breakfast?
5. Write about vital health statistics.
6. Give the nutritional requirements for an adult man and woman doing sedentary work. .
7. Expand WHO and UNICEF and write their role in combating malnutrition.
8. Write about the causes and preventive measures of Anaemia.

PART – B

Answer FIVE questions. Each Question carries 10 marks (5x10= 50 Marks)

9. a) Explain the physiological changes of pregnancy and complications?
(OR)
Explain the Principles of meal planning
10. a) Discuss the advantages of breast feeding to the infant and mother. (OR)
Give RDA for a preschool child (4-6 years). How do you inculcate healthy eating habits among preschoolers.
11. a) Discuss nutritional problems and eating disorders among adolescents.
(OR)
b) Explain the physiological changes and how they affect food intake during old age.
12. a) What is Diet survey? Discuss different methods of Diet survey.
(OR)
What is Anthropometry? Explain anthropometric techniques used to assess the nutritional status of a child?
13. a) What is ICDS? Explain its activities for community in improving the nutritional status
(OR)
b) What is Nutrition Education? How it helps in improving the nutritional status of the people.

IV SEMESTER
Course 10 - INTERIOR DESIGN AND DECORATION
Model Question Paper

Time: 3 hrs.

Max. Marks: 75

PART – A

Answer any FIVE questions. Each question carries 5 Marks **(5x5 = 25 Marks)**

1. Explain the importance of Interior Decoration.
2. Define design. Write about decorative design.
3. What points will you consider while making colour scheme for a room?
4. Write about furniture arrangement in child's room.
5. Write about the importance of different elements of art in flower arrangement.
6. Mention the different requirements to be considered while laying the table.
7. Give an account of miniature arrangement.
8. What are accessories? Write about the functions of accessories.

PART– B

Answer FIVE questions. Each Question carries 10 marks **(5x10 = 50 Marks)**

9. a) What are the objectives of Interior Decoration?
(OR)
b) Define harmony. What are the ways of creating harmony in a room?
10. a) Write in detail about Prang colour system.
(OR)
b) Discuss Contrasting colour schemes.
11. a) Explain the principles of Art in flower arrangement.
(OR)
b) Write about the different types of flower arrangements.
12. a) Discuss factors to be considered in the selection of furniture.
(OR)
b) Describe the role of wall and floor finishes in interior decoration?
13. a) Write about the selection and arrangement of accessories.
(OR)
b) Explain the rules for laying the table for a formal party.

IV SEMESTER
Course 11 - PRINCIPLES OF GARMENT CONSTRUCTION
Model Question Paper

Time: 3 hrs

Max Marks: 75

PART -A

Answer any FIVE questions. Each question carries 5 Marks.

(5x5=25 Marks)

1. Write about Measuring, Drafting and Marking equipment?
2. State the machine faults and how to rectify them?
3. Discuss about the care of Sewing machine?
4. How will you record the body measurements? What is its importance?
5. Write about the Vertical and Horizontal measurements?
6. What are the advantages of Drafting?
7. Write about the categories and styles of Sleeves.
8. What are the common fitting problems in Garments?

PART -B

Answer FIVE questions. Each question carries 10 Marks.

(5x10=50 Marks)

9. a) Explain in detail the parts of a sewing machine?
(OR)
b) Discuss about the defects and causes & adjustments in Sewing machine?
10. a) Explain width and girth measurements with the help of diagrams.
(OR)
b) Write about the Drafting tools? What are the points to be kept in mind while drafting?
11. a) Explain in detail about the guidelines to cut out pattern pieces.
(OR)
b) What type of care can be taken in Pattern layout for Stripped and Checked designed fabrics?
12. a) What are the factors that influence in selection of Yoke design? Write about the types of yokes?
(OR)
b) What is the importance of neck lines in adolescent garments? Write about the types of neck lines
13. a) Explain in detail about the characteristics of well finished garments.
(OR)
b) Compare and contrast readymade garments, Tailor made garments and homemade garments