"Quest for Excellence"

SHRI GURU RAM RAI UNIVERSITY

((Estd. By govt. Of Uttarakhand, vide shri guru ram rai university act no. 03 of 2017 & recognized by UGC U/s (2f) of UGC Act 1956)

Third Board of Studies (BOS) meeting in Department of Home Science, School of Humanities and Social Sciences

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MINUTES OF MEETING

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A meeting of all the members of Board of Studies in Home Science was held on 24th June, 2022 from 11:00 am onwards at School of Humanities and Social Sciences, Shri Guru Ram Rai University, Pathribagh campus, Dehradun. The following members were present:

Prof. (Dr.) Saraswati Kala (Chairperson)
Dean, School of Humanities and Social Sciences, SGRRU

Prof. (Dr) Rekha Naithani, (External Expert) Head, Home Science Dept., BGR Campus, Pauri, Garhwal

Dr. Madhu Sharma (Convener)
Associate Professor and Head, Department of Home Science, SHSS, SGRRU

Dr. Amar Latta (Member)
Assistant Professor, Department of Economics, SHSS, SGRRU

Dr Prabha Parmar, Assistant Professor, Department of English, School of Humanities & Social Sciences, SGRRU

PROCEEDINGS AND RESOLUTIONS:

The chairperson welcomed all the members and briefed about the syllabus according to New Education Policy 2020.

The members of the BOS discussed the agenda item wise, and resolutions were made accordingly:

Agenda No. 1: To implement of New Education Policy (NEP) 2020 in the Department of Home Science from Academic Session 2022-2023 for B.A 1st and 2nd Semester.

Resolutions: The external expert and internal expert drafted the syllabus according to New Education Policy (NEP) 2020 for B.A 1st and 2nd Semester with inclusion of Major Core Paper, Major Elective Paper, Vocational course and open elective.

Agenda No. 2: To consider and approve Program outcomes (POs), Program specific outcomes (PSOs), Course outcomes (COs) and Course objectives in the syllabus of B.A 1st and 2nd semester.

Resolutions: The Program outcomes (POs), Program specific outcomes (PSOs), Course outcomes (COs) and Course objectives in the UG 1st and 2nd semester course programs were discussed in detail with the External Expert and all the members resolved to approve the same with minor corrections/suggestions from the honorable external expert.

Agenda No. 3: To introduce Fundamentals of Nutrition for University students as Open Elective Course.

Resolutions: The board unanimously decided to introduce the open elective course from the academic session 2022-23 onwards.

Agenda No. 4: Allotment and description of course code and credits to B.A 1st and 2nd semester.

Resolutions: The course codes in B.A 1st and 2nd semester were allotted as per university norms and all the members resolved to approve course codes and credits as they were as per UGC norms.

Agenda No. 5: Question paper pattern, types of questions and duration of examination, allotment of marks in internal and external exams.

Resolutions:

The members were of the view that the question paper would be as per University norms.

It was resolved by all the members that the duration of the End term examination would be as per the guidelines issued by the Board of Examination, SGRR University from time to time including the duration of Lab Course examinations.

Each paper would be of 100 marks. The distribution of mid-term and end term examination marks will be as per guidelines issued by the Board of Examination, SGRR University from time to time.

Agenda No. 6: Evaluation pattern and distribution of marks

Resolutions: All the members of BOS were of the view that the evaluation pattern and distribution of marks should be as par with other subjects and should follow university norms to bring uniformity.

The meeting ended with a vote of thanks to all the board members by the Convener.

1. Prof Saraswati Kala

(Chairperson)

2. Dr Madhu Sharma

(Convener)

3. Dr Rekha Naithani

(External Expert)

4. Dr Prabha Parmar

(Member)

5. Dr Amar Latta

(Member)

SHRI GURU RAM RAI UNIVERSITY

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SYLLABUS FOR

Bachelor of Arts (Home Science)

School of Humanities and Social Sciences

(W.E.F. 2022-2023)

Curriculum Framework under National Education Policy- 2020

Introduction

The National Education Policy (NEP) 2020 envisages broad based multi-disciplinary, holistic academic programs. One very important recommendation of the NEP 2020 is a creative combination of disciplines for study with multiple entry and exit points. Thus, the curriculum has been made flexible by integrating multidisciplinary subjects, vocational education and co-curricular courses with main stream education.

Bachelor of Arts (Home Science)

OUTCOME BASED EDUCATION

Programme outcome (POs)

Students will be able to:

PO-1	Acquire knowledge of the discipline and conduct proper academic in various areas of discipline.
PO-2	Recognize the social structures in our society.
PO-3	Communicate effectively in context which one is operating and develop soft skills
PO-4	Leader in teams in multidisciplinary courses and engage in initiatives that encourage growth for all.
PO-5	Develop awareness of issues among students
PO-6	Recognize and respect different value systems by following the norms of academic integrity.
PO-7	Explain awareness of local, regional, national and global needs.
PO-8	Work on career enhancement by adapting to professional and social needs engaged in lifelong learning.
PO-9	Exhibit capability as lifelong learners adapting new technologies, modern concepts and skills for sustainable development.
PO-10	Imbibe qualities of good citizenship, morality and ethics so as to work for the betterment of mankind
PO-11	Cultivate a broad array of interdisciplinary knowledge and skills integrating concepts of humanities and social sciences.
PO-12	Able to apply critical thinking, creativity, skills, cultural sensitivity, and humanity to create awareness within society for problem –solving and interpretation.

Program Specific Outcome (PSOs)

After completing the programme, the students should be able to:

PSO 1	Acquire academic skills with an aptitude for higher studies /research/entrepreneurship in any branch of the programme.
PSO2	Develop professional skills in food, nutrition, textiles, product making, communication technologies and house keeping
PSO3	Understand and appreciate the role of interdisciplinary sciences in the development and well- being of individuals, families and communities.
PSO4	Learn about the discipline of Home Science as a holistic field of study covering multiple facets and requirements of human beings in day living, for example, achievement of appropriate milestones in personal development: awareness, need and use of family resources: access to adequate nutrition for wholesome development; clothing fundamentals. May have capabilities to start earning by enhancing their skills in the field of Nutrition and Textiles.

Eligibility for admission:

Any candidate who has passed 12th or the Higher Secondary Board of Examination from any recognized board or equivalent to it having not less than 40 % marks in aggregate is eligible for admission. However, SC/ST, OBC and other eligible candidates shall be given relaxation as per University rules.

Semester	Subject code	Subject Title	Periods per week			Evaluation scheme				Subject total
			L	T	P	Sessional			SEE	
						Credit	CT	TA		
1	HOMMC 101	Principles of Nutrition	4			4	25	5	70	100
	HOMMC 102 (Lab)	Principles of Nutrition- Lab			2	2	25	5	70	100
	HOMME 101	Nutrition and Health	4			4	25	5	70	100
	HOMME 102 (Lab)	Nutrition and Health-Lab			2	2	25	5	70	100

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	HOMOE 101	Fundamentals of Nutrition- I	2			2	25	5	70	100
	HOMVC101	Fundamentals of Nutrition and Cooking Skills with Healthy Recipe Development	3			3	25	5	70	100
2	HOMMC 201	Introduction to Textiles	4			4	25	5	70	100
	HOMMC 202 (Lab)	Introduction to Textiles- Lab			2	2	25	5	70	100
	HOMME 201	Food Safety and Preservation	4			4	25	5	70	100
	HOMME 202 (Lab)	Food Safety and Preservation- Lab			2		25	5	70	100
	HOMOE 201	Fundamentals of Nutrition- I I	2			2	25	5	70	100
	HOMVC201	House Keeping	3			3	25	5	70	100

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Course code :	HOMMC101			
Course Name :	Principles of nutrition			
Semester :	1st			
	L	**T**	**P**	**C**
	4	0	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

1. To know about functions of food and essential constituents of food.

2. To gain the elementary knowledge of basic food groups.

3. To learn about meal planning for different age groups.

Course Contents:

UNIT 1 - Introduction to food and nutrition:

Definition- Foods, Nutrition, Nutrients.

Classification and function of foods.

Energy-factors affecting total energy requirements of the body

UNIT 2 - Essential constituents of food-their sources, functions, requirements, and deficiency diseases:

Protein
Carbohydrate
Fat
Vitamins
Minerals
Water

UNIT 3 - Elementary knowledge of basic food groups. Importance of basic food groups in the diet.

Nutritive contribution of food stuffs and their importance in Indian diets like cereals and millet, pulses, nuts and oil-seeds, vegetables, fruits, milk and milk products, egg, meat, fish and other flesh, fats and oils, sugar and jaggery, spices and condiments.

UNIT 4 - Nutrition during life cycle:

Nutrition during childhood
Nutrition for adolescence
Nutrition for adults
Nutrition during old age
Pregnancy and lactation

UNIT 5 -Meal planning

Importance and basic principles of meal planning, factors affecting meal planning, meal planning for special occasions, like festival and birthday party.
Diet planning for different economic levels and different age groups- Early and late childhood adolescence, adulthood and old age.

Books Recommended:

Normal and therapeutic nutrition: Robinson

Essentials of foods and nutrition: Swaminathan
Human nutrition and application in India: Mudambi
Nutritive value of Indian foods: Gopalan C.
Basic Aahar avam Poshan Vigyan: Vimla Sharma
Poshan Vigyan Ke Mool Siddhant: S.P. Sukhiya

Course outcomes (COs):

Upon successful completion of the course a student will be able to

CO1	Define food, nutrition and nutrients and also Classify food according to food groups. Learn about essential constituents of food, and meal planning.
CO2	Identify and discuss the factors affecting total energy requirements of the body.Explain the essential constituents of food, and meal planning.
CO3	Enlist and explain the essential constituents of food and the functions of food.
CO4	Analyze the role of meal planning, and essential constituents of food .Discuss and write about Importance of basic food groups in the diet.
CO5	Evaluate the knowledge of basic food groups, essential constituents of food and meal planning.
CO6	Plan diet for different economic levels and different age groups by keeping in mind the essential constituents of food.

CO-PO, PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO1	2	-	1	-	1	1	-	1	1	2	2	2	2	2	2	3
CO2	2	2	2	-	2	2	-	1	2	2	2	2	2	2	2	3
CO3	3	2	2	1	2	2	-	1	2	2	2	2	2	2	2	3
CO4	3	3	3	2	2	2	2	2	3	2	2	2	3	3	3	3
CO5	3	3	3	1	2	2	2	2	2	2	2	2	2	2	2	3
CO6	3	3	3	2	2	2	2	2	3	2	2	2	3	3	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

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Bachelor of Arts (Home Science)

Course code :	HOMMC102 (Lab)			
Course Name :	Principles of nutrition-Lab			
Semester :	1st			
	L	**T**	**P**	**C**
	0	0	2	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

To plan diet for different economic levels and different age groups .

To prepare diet for different economic levels and different age groups .

Course Contents:

Diet planning and preparing diets for different economic levels and different age groups- Early and late childhood, adolescence, adulthood and old age.

Books Recommended:

1.Normal and therapeutic nutrition : Robinson
2.Essentials of foods and nutrition: Swaminathan
3.Human nutrition and application in India: Mudambi
4.Basic Aahar avam Poshan Vigyan: Vimla Sharma

Course outcomes (COs):
Upon successful completion of the course a student will be able to

CO1	Recall the theoretical knowledge related to practical work.
CO2	Identify some nutritious recipes.
CO3	Plan diet for different economic levels .
CO4	Plan diet for different age groups .
CO5	Prepare diet for different economic levels .
CO6	Prepare diet for different age groups .

CO-PO, PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO1	3	3	2	2	2	3	2	1	2	2	2	3	3	2	2	3
CO2	3	3	2	2	2	3	2	1	2	2	2	3	3	2	2	3
CO3	2	2	1	3	2	2	2	1	2	2	2	3	3	2	2	3
CO4	2	2	1	3	2	2	2	1	2	2	2	3	3	2	3	3
CO5	3	3	2	3	2	3	2	1	2	2	2	3	3	2	2	3
CO6	3	3	2	3	2	3	2	1	2	2	2	3	3	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

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Bachelor of Arts (Home Science)

Course code:	HOMME 101			
Course Name:	Nutrition and Health			
Semester :	1st			
	L	**T**	**P**	**C**
	4	0	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

1. To know about functions of food, energy and food preservation.

2. To learn about Food sanitation and hygiene, Food Adulteration and Consumer Protection.

3.To gain the elementary knowledge of basic food groups.

4. To learn about different methods of cooking and meal planning for different age groups.

Course Contents:

UNIT 1 - Introduction to food and nutrition:

Definition- Foods, Nutrition, Nutrients.

Classification and function of foods.
Energy-factors affecting total energy requirements of the body.

Unit II- Food:

Food sanitation and hygiene.

Food preservation – Principles and methods. Home scale methods of food preservation.

Food Adulteration and Consumer Protection.

Unit III- Methods of cooking and preventing nutrient losses:

Dry, moist, frying and microwave cooking.
Advantages, disadvantages and the effect of various methods of cooking on nutrients.
Minimizing nutrient losses.
Planning various dishes using different methods of cooking:
-Boiling / steaming
-Roasting
-Frying-Deep/shallow
-Pressure cooking
-Hot air cooking/Baking

UNIT 4 - Elementary knowledge of basic food groups. Importance of basic food groups in the diet.

Nutritive contribution of food stuffs and their importance in Indian diets like cereals and millet, pulses, nuts and oil-seeds, vegetables, fruits, milk and milk products, egg, meat, fish and other flesh, fats and oils, sugar and jaggery, spices and condiments.

UNIT 5 - Nutrition during life cycle:

Nutrition during childhood
Nutrition for adolescence
Nutrition for adults
Nutrition during old age
Pregnancy and lactation

UNIT 5 -Meal planning

Importance and basic principles of meal planning, factors affecting meal planning, meal planning for special occasions, like festival and birthday party.
Diet planning for different economic levels and different age groups- Early and late childhood adolescence, adulthood and old age. Planning nutrient rich dishes:
-Protein rich dish.
-Carbohydrate rich dish.
-Fat rich dish.
-Vitamins rich dish.

Books Recommended:

Normal and therapeutic nutrition : Robinson
Essential of foods and nutrition: Swaminathan
Human nutrition and application in India: Mudambi
Nutritive value of Indian foods: Gopalan C.
Basic Aahar avam Poshan Vigyan: Vimla Sharma
Poshan Vigyan Ke Mool Siddhant : S.P. Sukhiya

Course outcomes (COs):
Upon successful completion of the course a student will be able to:

CO1	Define food, nutrition and nutrients and also Classify food according to food groups. Memorize the knowledge related to food Adulteration, Consumer Protection, nutrient rich dishes and methods of cooking
CO2	Identify and discuss the factors affecting total energy requirements of the body.Understand the concept of nutrition,nutrient rich dishes and methods of cooking.Define food sanitation and hygiene and discuss about it.
CO3	Discuss about Food preservation, Food Adulteration and Consumer Protection .
CO4	Analyze the role of meal planning, and food groups.Discuss and write about food adulteration, food preservation and Importance of basic food groups in the diet .
CO5	Evaluate the knowledge of basic food groups and meal planning.Discuss about adulteration, food sanitation and hygiene
CO6	Plan diet for different economic levels and different age groups by using the knowledge of food groups and meal planning.

CO-PO, PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO1	2	-	1	-	1	1	-	1	1	2	2	2	2	2	2	3
CO2	2	2	2	-	2	2	-	1	2	2	2	2	2	2	2	3
CO3	3	2	2	1	2	2	-	1	2	2	2	2	2	2	2	3
CO4	3	3	3	2	2	2	2	2	3	2	2	2	3	3	3	3
CO5	3	3	3	1	2	2	2	2	2	2	2	2	2	2	2	3
CO6	3	3	3	2	2	2	2	2	3	2	2	2	3	3	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Shri Guru Ram Rai University, Dehradun

Bachelor of Arts (Home Science)

Course code :	HOMME 102 (Lab)				
Course Name :	Nutrition and Health-Lab				
Semester :	1st				
	L	**T**	**P**	**C**	
	0	0	2	2	

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

To plan diet for different economic levels and different age groups .

To prepare diet for different economic levels and different age groups .

Course Contents:

Diet planning and preparing diets for different economic levels and different age groups- Early and late childhood, adolescence, adulthood and old age.

Books Recommended:

1.Normal and therapeutic nutrition : Robinson
2.Essentials of foods and nutrition: Swaminathan
3.Human nutrition and application in India: Mudambi
4.Basic Aahar avam Poshan Vigyan: Vimla Sharma

Course outcomes (COs):
Upon successful completion of the course a student will be able to

CO1	Recall the theoretical knowledge related to practical work.
CO2	Identify some nutritious recipes.
CO3	Plan diet for different economic levels .
CO4	Plan diet for different age groups .
CO5	Prepare diet for different economic levels .
CO6	Prepare diet for different age groups .

CO-PO, PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO1	3	3	2	2	2	3	2	1	2	2	2	3	3	2	2	3
CO2	3	3	2	2	2	3	2	1	2	2	2	3	3	2	2	3
CO3	2	2	1	3	2	2	2	1	2	2	2	3	3	2	2	3
CO4	2	2	1	3	2	2	2	1	2	2	2	3	3	2	3	3
CO5	3	3	2	3	2	3	2	1	2	2	2	3	3	2	2	3
CO6	3	3	2	3	2	3	2	1	2	2	2	3	3	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Shri Guru Ram Rai University, Dehradun

Bachelor of Arts (Home Science)

Course code :	HOMOE 101			
Course Name :	Fundamentals of Nutrition- I			
Semester :	1st			
L	**T**	**P**	**C**	
2	0	0	2	

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

1.To gain knowledge of food, nutrition, health and nutrients.

2. To gain the elementary knowledge of basic food groups.

3. To learn about meal planning for different age groups.

Course Contents:

UNIT 1 - Introduction to food and nutrition:

Definition- Foods, Nutrition, Nutrients.

Classification and functions of food.

Definition of Nutrition and Health. Dimensions of Health (Physical, psychological emotional and spiritual)

UNIT 2 - Essential constituents of food-their sources, functions, requirements, and deficiency diseases:

Protein

Carbohydrate

Vitamins

UNIT 3 - Elementary knowledge of basic food groups. Importance of basic food groups in the diet.

Nutritive contribution of food stuffs and their importance in Indian diets like cereals and millet, pulses, nuts and oil-seeds, vegetables, fruits, milk and milk products, egg, meat, fish and other flesh, fats and oils, sugar and jaggery, spices and condiments.

UNIT 4 - Nutrition during life cycle:

Nutrition during childhood
Nutrition for adolescence
Nutrition for adults
Nutrition during old age
Pregnancy and lactation

UNIT 5 -Meal planning

Importance and basic principles of meal planning, factors affecting meal planning, meal planning for special occasions, like festival and birthday party.
Diet planning for different economic levels and different age groups- Early and late childhood adolescence, adulthood and old age.

Books Recommended:

Normal and therapeutic nutrition : Robinson
Essential of foods and nutrition: Swaminathan
Human nutrition and application in India: Mudambi
Nutritive value of Indian foods: Gopalan C.
Basic Aahar avam Poshan Vigyan: Vimla Sharma
Poshan Vigyan Ke Mool Siddhant : S.P. Sukhiya

Course outcomes (COs):

Upon successful completion of the course a student will be able to

CO1	Define food, nutrition, health and nutrients and also Classify food according to food groups. Learn about essential constituents of food, and meal planning.
CO2	Explain the dimensions of health and discuss about essential constituents of food, and meal planning.
CO3	Enlist and explain the essential constituents of food and the functions of food. Write about dimensions of health.
CO4	Analyze the role of meal planning, and essential constituents of food .Discuss and write about Importance of basic food groups in the diet.
CO5	Evaluate the knowledge of basic food groups, essential constituents of food and meal planning.
CO6	Plan diet for different economic levels and different age groups by keeping in mind the essential constituents of food.Write about meal planning and functions of food.

CO-PO, PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO1	2	-	1	-	1	1	-	1	1	2	2	2	2	2	2	3
CO2	2	2	2	-	2	2	-	1	2	2	2	2	2	2	2	3
CO3	3	2	2	1	2	2	-	1	2	2	2	2	2	2	2	3
CO4	3	3	3	2	2	2	2	2	3	2	2	2	3	3	3	3
CO5	3	3	3	1	2	2	2	2	2	2	2	2	2	2	2	3
CO6	3	3	3	2	2	2	2	2	3	2	2	2	3	3	3	3

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Bachelor of Arts (Home Science)

Course code : HOMVC101				
Course Name: Fundamentals of Nutrition and Cooking Skills with Healthy Recipe Development				
Semester: 1st				
	L	**T**	**P**	**C**
	3	0	0	3

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

1. To gain the elementary knowledge of food, nutrition and basic food groups.

2.To know about Food sanitation and hygiene, Food preservation, Food Adulteration and Consumer Protection.

3. To learn about different methods of cooking and meal planning.

Course Contents:

Unit I - Introduction to food and nutrition:

Definition- Foods, Nutrition, Nutrients.

Food Groups.

Classification and function of food.

Unit II- Food:

Food sanitation and hygiene.

Food preservation – Principles and methods. Home scale methods of food preservation.

Food Adulteration and Consumer Protection.

Unit III- Methods of cooking and preventing nutrient losses:

Dry, moist, frying and microwave cooking.
Advantages, disadvantages and the effect of various methods of cooking on nutrients.
Minimizing nutrient losses.
Planning various dishes using different methods of cooking:
-Boiling / steaming
-Roasting
-Frying-Deep/shallow
-Pressure cooking
-Hot air cooking/Baking

Unit IV- Meal planning:

Importance of meal planning.
Factors effecting meal planning: age, nutritional, socio-cultural, religious, economic factors and availability of material resources.Meal planning for special occasions, like festival and birthday party. Meal planning for pregnant woman, Meal planning for lactating mother.
Planning nutrient rich dishes:
-Protein rich dish
-Carbohydrate rich dish
-Fat rich dish
-Vitamins rich dish

Course outcomes (COs):

Upon successful completion of the course a student will be able to

CO1	Memorize the concepts related to nutrition, food adulteration and consumer protection. Define food, nutrition and nutrients and also Classify food according to food groups and write the functions of food.
CO2	Understand the concept of nutrition, nutrient rich dishes and methods of cooking.Define food sanitation and hygiene and discuss about it.
CO3	Discuss about Food preservation,Food Adulteration and Consumer Protection .
CO4	Apply the knowledge related to nutrition, and nutrient rich dishes to prevent the loss of nutrients while cooking.Use the the knowledge to preserve food and find out adulterants in food items.Use the knowledge related to consumer protection in day to day life
CO5	Evaluate the knowledge related to nutrition, nutrient rich dishes, different methods of cooking and prevention of nutrient losses. Write about classification and functions of food.
CO6	Plan nutrient rich dishes using different methods of cooking.Plan diet for pregnant woman and lactating mother.

CO-PO, PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO1	2	-	1	-	1	1	-	1	1	2	2	2	2	2	2	3
CO2	2	2	2	-	2	2	-	1	2	2	2	2	2	2	2	3
CO3	3	2	2	1	2	2	-	1	2	2	2	2	2	2	2	3
CO4	3	3	3	2	2	2	2	2	3	2	2	2	3	3	3	3
CO5	3	3	3	1	2	2	2	2	2	2	2	2	2	2	2	3
CO6	3	3	3	2	2	2	2	2	3	2	2	2	3	3	3	3

Second Semester

Course code :	HOMMC 201			
Course Name :	Introduction to Textiles			
Semester :	2nd			
	L	**T**	**P**	**C**
	4	0	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

1. To learn about various textiles fibres.

2. To know about different processes of yarn making.

3. To learn about different ways of fabric construction.

Course Contents:

UNIT-I - Textiles Fibers: -Manufacturing, properties, uses and classification of textile fibers:

Natural plant fibers-cotton, flax
Natural animal fibers-wool and silk
Synthetic fibers-rayon, nylon

UNIT-II- Identification of common fibers:

microscopic, burning and physical tests.

UNIT-III - Yarn construction

Types of yarns
Different processes of yarn making

UNIT-IV- Fabric construction

Weaving- classification of weaves
Different ways of fabric construction- weaving, knitting, knotting, braiding etc.

Book Recommended:

1.Guide to household textiles and laundry work: Durga Deulkar
2.Fundamentals of textiles and their care: Susheela Dantyagi
3.Vastra Vigyan ke Mool Siddhanth: G.P.Sherry
4.Vastra Shilp Vigyan: Vimla Sharma

Course outcomes (COs):
Upon successful completion of the course a student will be able to:

CO1	Classify textile fibres, yarns and weaves. Discuss about textile fibres, yarns and weaves
CO2	Identify common textiles fibres, yarns, weaves and discuss about them.
CO3	Learn and explain about manufacturing, properties, and uses of textile fibres. Discuss about different ways of fabric construction.
CO4	Classify textile fibres and discuss about them.Elaborate about different types of yarns and different ways of fabric construction.
CO5	Evaluate the knowledge related to textiles.
CO6	Write about textile Fibers, different processes of yarn making and different ways of fabric construction.

CO-PO, PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO1	2	2	1	1	1	2	2	2	2	1	1	2	3	2	2	2
CO2	2	2	1	1	1	2	2	2	2	1	1	2	3	2	2	2
CO3	2	2	1	1	1	2	2	2	2	1	1	2	3	2	2	2
CO4	2	2	1	1	1	2	2	2	2	1	1	2	3	2	2	2
CO5	2	2	1	1	1	2	2	2	2	1	1	2	3	2	2	2
CO6	2	2	1	1	1	2	2	2	2	1	1	2	3	2	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code : HOMMC 202 (Lab)				
Course Name : Introduction to Textiles - Lab				
Semester : 2nd				
	L	**T**	**P**	**C**
	0	0	2	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

1. Identification of fibers by using various tests.

2. Learning to make small samples of weaving pattern and knitting pattern.

Course Contents:

Samples of weaves

Samples of knitting

Identification of common fibers-

a. Microscopic test

b. Burning test

c.Physical tests

Book Recommended:

1.Guide to household textiles and laundry work: Durga Deulkar
2.Fundamentals of textiles and their care: Susheela Dantyagi
3.Vastra Vigyan ke Mool Siddhanth: G.P.Sherry
4.Vastra Shilp Vigyan: Vimla Sharma

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Recall the theoretical knowledge related to practical work.
CO2	Identify common textiles fibres through microscopic test.
CO3	Identify common textiles fibres by using burning test.
CO4	Identify common textiles fibres by using physical tests
CO5	Create samples of knitting.
CO6	Construct samples of basic weaves.

CO-PO, PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO1	2	-	-	3	1	2	-	-	2	1	2	3	3	2	2	3
CO2	2	-	-	3	1	2	-	-	2	1	2	3	3	2	2	3
CO3	2	2	2	3	1	2	-	-	2	1	2	3	3	2	2	3
CO4	2	2	2	3	1	2	-	-	2	1	2	3	3	2	2	3
CO5	2	2	2	3	1	2	-	-	2	1	2	3	3	2	2	3
CO6	2	2	2	3	1	2	-	-	2	1	2	3	3	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code : HOMME 201				
Course Name : Food Safety and Preservation				
Semester : 2nd				
	L	**T**	**P**	**C**
	4	**0**	**0**	**4**

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

1. To enable the students to know about food sanitation and hygiene.

2. To make the students aware about Food Adulteration and Consumer Protection.

3. To familiarize the students with home scale methods of food preservation and fortification of foods with vitamins and minerals.

Course Contents

Unit 1
Food sanitation and hygiene

Food borne diseases

Unit 2
Food Adulteration and Consumer Protection

Food laws and standards

Course code: HOMOE 201				
Course Name: Fundamentals of Nutrition-II				
Semester :2nd				
	L	**T**	**P**	**C**
	2	0	0	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

1. To know about functions of food, energy and food preservation.

2. To learn about Food sanitation and hygiene, Food Adulteration and Consumer Protection.

3. To learn about different methods of cooking. groups.

Course Contents:

Unit I- Food:

Food sanitation and hygiene.

Food preservation – Principles and methods. Home scale methods of food preservation.

Food Adulteration and Consumer Protection.

Unit II-Essential constituents of food-their sources, functions, requirements, and deficiency diseases:

Fat
Minerals
Water

Unit III- Methods of cooking and preventing nutrient losses:

Dry, moist, frying and microwave cooking.
Advantages, disadvantages and the effect of various methods of cooking on nutrients.
Minimizing nutrient losses.
Planning various dishes using different methods of cooking:
-Boiling / steaming
-Roasting
-Frying-Deep/shallow
-Pressure cooking

-Hot air cooking/Baking

Unit -4
Fortification of foods with vitamins and minerals

Novel and processed supplementary foods

Enzymes in food processing

Books Recommended:

Normal and therapeutic nutrition : Robinson
Essential of foods and nutrition: Swaminathan
Human nutrition and application in India: Mudambi
Nutritive value of Indian foods: Gopalan C.
Basic Aahar avam Poshan Vigyan: Vimla Sharma
Poshan Vigyan Ke Mool Siddhant : S.P. Sukhiya

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Memorize the knowledge related to food Adulteration, Consumer Protection, nutrient rich dishes and methods of cooking. Learn and write about fortification of foods with vitamins and minerals, novel and processed supplementary foods, and enzymes in food processing.
CO2	Identify and discuss about nutrient rich dishes and methods of cooking.Define food sanitation and hygiene and describe it. Understand and learn the knowledge related to essential constituents of food, fortification of foods with vitamins and minerals, novel and processed supplementary foods, and enzymes in food processing.
CO3	Discuss about essential constituents of food, fortification of foods with vitamins and minerals, novel and processed supplementary foods, enzymes in food processing, food preservation, food adulteration and Consumer Protection .
CO4	Analyze, discuss and write about food, essential constituents of food, methods of cooking and preventing nutrient losses, fortification of foods with vitamins and minerals, novel and processed supplementary foods, and enzymes in food processing, food adulteration, food preservation .
CO5	Evaluate the knowledge related to fortification of foods with vitamins and minerals, novel and processed supplementary foods, enzymes in food processing. Discuss about adulteration, food sanitation and hygiene
CO6	Write about food, essential constituents of food, methods of cooking and preventing nutrient losses, fortification of foods with vitamins and minerals, novel and processed supplementary foods, and enzymes in food processing.

CO-PO, PSO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	-	1	-	1	1	-	1	1	2	2	2	2	2	2	3
CO2	2	2	2	-	2	2	-	1	2	2	2	2	2	2	2	3
CO3	3	2	2	1	2	2	-	1	2	2	2	2	2	2	2	3
CO4	3	3	3	2	2	2	2	2	3	2	2	2	3	3	2	3
CO5	3	3	3	1	2	2	2	2	2	2	2	2	2	2	2	3
CO6	3	3	3	2	2	2	2	2	3	2	2	2	3	3	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Shri Guru Ram Rai University, Dehradun

Bachelor of Arts (Home Science)

Course code : HOMVC 201				
Course Name : Housekeeping				
Semester /Year : 2nd				
L	**T**	**P**	**C**	
3	0	0	3	

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are:

To make the students understand about the role of housekeeping in hospitality industry.

To learn about different cleaning agents and cleaning equipment.

To learn about fire safety measures and methods to avoid accidents in hospitality institutions.

Course Contents:

Unit I -Housekeeping Department:

Role of housekeeping in hospitality industry
Planning, organization & communication of Housekeeping activities.
Roles/responsibilities of personnel in the housekeeping department

Unit II Cleaning Activity and Pest Control

Cleaning agents- selection and use for different surface
Cleaning equipment- selection, care and maintenance
Types of common pests and effective methods to control

Unit III In House accidents, Fire safety and First Aid:

Types of accidents commonly occur in hospitality institution, methods to avoid and/or reduce.
Fire safety measures in the institution

First aid for commonly occurring health problems.

Learning Activities:

To learn room cleaning procedure). List down the daily, weekly and yearly tasks.
To learn the cleaning procedure and care of glass articles.
To learn cleaning procedure and care of metals like brass and silver articles.

RECOMMENDED READINGS:

Asler, (1970): Management of Hospitality Operations, BobbsMerill, London.
Andrew Sudhir (1985): Hotel Housekeeping- training manual. Tata McGraw-Hill Publishing Co. Ltd., New Delhi.
Charavarti, B.K.: A technical guide to Hotel Operation, Metropolitan Book Co. Pvt. Ltd., and New Delhi.
David, M.Allen: Accommodation and cleaning service, Vol. 1 & 2. Hutchinson Publishing Group 17-21 Conway street, London.
Gladwell Derek: Practical Maintenance of equipment for hoteliers, Licenses and caterers, Hutchinson and Co. Pvt. Ltd.

Course outcomes (COs):
Upon successful completion of the course a student will be able to:

CO1	Memorize and discuss about the knowledge related to housekeeping department, cleaning activity, and pest control, In house accidents, fire safety, and first aid.
CO2	Identify and discuss about roles/responsibilities of personnel in the housekeeping department,common pests, different cleaning agents and cleaning equipment .
CO3	Describe 'the Roles/responsibilities of personnel in the housekeeping department', the knowledge related to housekeeping department, cleaning activity, and pest control, In house accidents, fire safety, and first aid.
CO4	Analyze the knowledge related to first aid, effective methods to control common pests at home, housekeeping department, cleaning activity, In house accidents, fire safety and write about it.
CO5	Learn and adopt fire safety measures and methods to avoid accidents in hospitality institutions.Discuss about housekeeping activities, housekeeping department, cleaning activity, and pest control, In house accidents, and first aid.
CO6	Plan and organize housekeeping activities. write about housekeeping activities, housekeeping department, cleaning activity, and pest control, In house accidents, and first aid.

CO-PO, PSO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	1	-	1	1	2	2	2	2	2	2	3	3	3	2	2
CO2	2	2	1	2	1	2	2	2	2	2	2	3	3	3	2	2
CO3	2	2	2	2	1	2	2	2	2	2	2	3	3	3	2	2
CO4	2	2	1	1	1	2	2	2	2	2	2	3	3	3	2	2
CO5	2	2	2	2	1	2	2	2	2	2	2	3	3	3	2	2
CO6	2	2	2	2	1	2	2	2	2	2	2	3	3	3	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated