

Class: B. A (HOME SCIENCE -1)

Semester: I

Name of the Course: Home and Interior Decor

Course Code: B23-HSC- 101

Dates: 22 July, 2025 – 24 Nov., 2025

SYLLABUS

Maximum Marks: 100

Time: 3 hours

End Term Exam Marks: 50(T)+20(P)=70 Marks

Assessment: 20(T)+10(P)=30 Marks

Unit	Topics	Contact Hours
Unit: I	Objectives of interior decoration, importance of elements of art in interior decoration. Types of design: structural and decorative and its application. Elements of art: line, form, texture, light, pattern, color, space and its application in interior decoration.	12
Unit: II	Principles of Design: Rhythm, Balance, Proportion, Emphasis, Harmony and its applications in interior decoration Color: Properties OF Color, Psychological effect of color, color schemes and its applications in the interior of the house Lighting: A) Types and requirements for various activities B) Lighting fixtures in the home	11
Unit: III	Table setting and table manners: Informal and formal table settings (buffet style, Indian style, restaurant style, Cafe style) Furniture: Types of furniture, furniture arrangement for different areas (bedroom, drawing room, dining room, kitchen and its types), Factors affecting the selection and purchase of furniture, care and maintenance of furniture.	11
Unit: IV	Flower arrangement: a) Different types of Flower arrangement b) Accessories used and points to be considered for flower arrangement c) Flower decoration for different occasions. Furnishings: a) Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture) b) Wall treatment and its types c) Window treatment and decoration d) Types of floor coverings.	11
V	1. Preparation of house plans for different income groups (manual/computer aided). 2. Floor decoration: Alpana and rangoli. 3. Pottery painting and decoration. 4. Creating various art pieces/accessories using various types of materials and techniques like paper cutting, collage, candle making, stone painting, gift wrapping, greeting cards with decorative envelopes, hopping bags/decorative pouches, accessories for fashion designing including Jewelry making (any 5). 5. Table setting and napkin folding. 6. Flower arrangements for different rooms and occasions. 7. Planning color schemes for different rooms manual/computer aided).	30

Textbooks:

1. Dr. Santosh Sharma, tikoo

Course Outcomes:

After completing this course, the learner will be able to:

1. To encourage experimentation with traditional and contemporary materials, technical processes and methods
2. To impart knowledge and skills for making different floor plans for different income groups.
3. To develop skills, abilities, and knowledge that enable artistic production and creative problem-solving skills.
4. To develop and apply concepts of art & design to create aesthetically pleasing interiors.

Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25 July	Objective of interior decoration, Importance of elements of art in interior decoration.	Preparation of house plans for different income groups (manual/computer aided).
2	28 July - 2 August	Types of Design: Structural and decorative and its applications	Floor decoration: Alpana and rangoli.
3	4 August -8 August	Elements of art: line, form, texture, light, pattern, colour,space and its application in interior decoration	Pottery painting and decoration.
4	11 August - 14 August	Revision	Creating various art pieces/accessories using various types of materials and techniques
5	18 August - 23August	Principles of Design: Rhythm, Balance, Proportion, Emphasis, Harmony and its application in Interior Decoration	Paper cutting, collage
6	25 August -30 August	Properties of colour, psychological effect of colour, color schemes and its application in the interior of a house.	Candle making,
7	1 Sept. - 6 Sept.	Lighting: a) Types and requirement for various activities b) Lighting fixtures in the home	Stone painting
8	8 Sept. - 13 Sept.	Revision	Gift wrapping,
9	15 Sept. - 20 Sept.	Table setting and table manners: Informal and formal table settings (buffet style, Indian style restaurant style, Cafe style)	Greeting cards with decorative envelopes
10	22 Sept. - 27 Sept.	Furniture: Types of furniture, furniture arrangement for different areas (bedroom, drawing room, dining room, kitchen and its types)	Shopping bags/decorative pouches
11	29 Sept.- 4 Oct.	Factors affecting the selection and purchase of furniture, care and maintenance of furniture.	Practices
12	6 Oct.- 11 Oct.	Revision	Accessories for fashion designing including Jewellery making
13	13 Oct.- 18 Oct.	Flower Arrangement: Different types, accessories used and points to be considered	Table setting and napkin folding
14	27 Oct. - 1 Nov.	Flower decoration for different occasions	Flower arrangement for different rooms and occasions.
15	3 Nov. - 8Nov	Furnishings: a) Soft Furnishing (curtains, cushions, pillow and material for upholstered furniture)	Planning color schemes for different rooms manual/computer aided).
16	10 Nov-15 Nov	Wall treatment and its types c) Window treatment and decoration d) Types of floor coverings	Practice
17	17 Nov -22 Nov	Revision	Practice
18	24 Nov.	Revision	Practice

Signature of Teacher

Head of Department

INDIRA GANDHI (P.G.) MAHILA MAHAVIDYALAYA, KAITHAL

Affiliated to Kurukshetra University, Kurukshetra

Department Of Home Science

Lesson Plan (Session 2025-2026)

Class: B. A (HOME SCIENCE -3)

Semester: III

Name of the Course: Basics of clothing construction and apparel designing

Course Code: B23 HSC- 301

Dates: 22 July, 2025 – 24 Nov., 2025

SYLLABUS

Maximum Marks: 100

Time: 3 hours

End Term Exam Marks: 50(T)+20(P)=70 Marks

Assessment: 20(T)+10(P)=30 Marks

Unit	Topics	Contact Hours
Unit: I	Importance of apparel designing & its role in personality development. Application of elements of arts and principles of designs in clothing construction. Types of designs: Structural & decorative. Wardrobe Planning: Principles, steps involved and Importance.	12
Unit: II	Fabric construction: Weaving: Parts and function of loom, Types of weaves (plain, twill and their variation, satin and sateen weave) Knitting: Types, characteristics, stitches used in knitting, Nonwovens fabrics: Felting, bonding, netting, braiding, laces	11
Unit: III	Anthropometry: Definition, Importance and equipment required •Types of anthropometric measurements (vertical, horizontal, girth/round measurement) •Care to be taken while taking body measurement Methods of developing design/ pattern: •Drafting: Drafting tools, techniques, advantages and disadvantages of drafting. •Paper pattern: Types, principles, advantages and disadvantages of paper pattern. •Draping: Techniques of draping and advantages and disadvantages of draping. Preparation of fabric: Preshrinking, Straightening the grain, Pressing, Identify Face and back, square up, Marking, Pinning, types of markings, Methods and Precautions for cutting, Sewing & Finishing	11
Unit: IV	Fashion: Concept, Importance and terminology {Fad, style, classic, silhouette vogue, haute couture, niche, brand}. Fashion cycle and fashion favoring and retarding factors. Figure Analysis and fitting: Figure types, Common fitting problems, reason for poor fitting and their remedies.	11
V	Prepare samples of different types of weaves. Prepare a sample of knitting (any two). Prepare a sample consisting of ten basic embroidery stitches: Stem stitch, Chain stitch, Feather stitch, Herringbone, stitch, Satin stitch, Lazy daisy stitch, French knots, Bullion's stitch, Cross stitch, Long and a short stitch. Drafting of child's bodice block. & sleeves block. Cutting and stitching napkins.	30

Textbooks:

1. Dr. Santosh Sharma, tikoo

Course Outcomes

After completing this course, the learner will be able to:

1. Acquire the knowledge of application of elements of arts and principles of design in clothing construction and techniques of dress designing.
2. Students get aware about the fabric construction techniques and non-woven fabrics.
3. Gains information about the methods of developing design.
4. Students understand the concept of fashion, figure types and fitting.

Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July	Importance of apparel designing & its role in personality development.	Prepare samples of different types of weaves.
2	28 July - 2 August	Application of elements of arts and principles of designs in clothing construction	Prepare a sample of knitting (any two).
3	4 August -8 August	Types of designs: Structural & decorative	Prepare a sample consisting of ten basic embroidery stitches
4	11 August - 14 August	Wardrobe Planning: Principles, steps involved and Importance	Stem stitch, Chain stitch
5	18 August - 23August	Fabric construction: Weaving: Parts and function of loom	Feather stitch, Herringbone,
6	25 August -30 August	Types of weaves (plain, twill and their variation, satin and sateen weave.)	Stitch, Satin stitch, Lazy daisy stitch,
7	1 Sept. - 6 Sept.	Knitting: Types, characteristics, stitches used in knitting	French knots,
8	8 Sept. - 13 Sept.	Non wovens fabrics: Felting, bonding, netting, braiding, laces	Bullions stitch,
9	15 Sept. - 20 Sept.	Anthropometry: Definition, Importance and equipment required	Cross stitch
10	22 Sept. - 27 Sept.	Types of anthropometric measurements (vertical, horizontal, girth/round measurement)	Long and short stitch
11	29 Sept.- 4 Oct.	Care to be taken while taking body measurement Methods of developing design/ pattern:	Drafting of child's bodice block. & sleeves block
12	6 Oct.- 11 Oct.	Drafting: Drafting tools, techniques, advantages and disadvantages	Cutting and stitching of napkin
13	13 Oct.- 18 Oct.	Preparation of fabric: Preshrinking, Straightening the grain, Pressing, Identify Face and back, square up, Marking, Pinning, types of markings	Bib
14	27 Oct. - 1 Nov.	Methods and Precautions for cutting, Sewing & Finishing	Jhabla
15	3 Nov. - 8Nov	Fashion: Concept, Importance and terminology {Fad, style, classic silhouette vogue, haute couture, niche, brand}.	Making rangoli
16	10 Nov-15 Nov	Fashion cycle and fashion favoring and retarding factors.	Petticoat
17	17 Nov -22 Nov	Figure Analysis and fitting: Figure types, Common fitting problems, reason for poor fitting and their analysis	Practices
18	24 Nov.	Revision	Practices

Signature of Teacher

Head of Department

INDIRA GANDHI (P.G.) MAHILA MAHAVIDYALAYA, KAITHAL

Affiliated to Kurukshetra University, Kurukshetra

Department Of Home Science

Lesson Plan (Session 2025-2026)

Class: B. A.

Semester: V

Name of the Course: Normal and Therapeutic Nutrition

Course Code: B23-HSE- 501

Dates: 22 July, 2025 – 24 Nov., 2025

SYLLABUS

Maximum Marks: 100

Time: 3 hours

End Term Exam Marks: 50(T)+20(P)=70 Marks

Assessment: 20(T)+10(P)=30 Marks

Note: Examiner will be required to set nine questions in all, first question will be compulsory consisting of short type questions covering the entire syllabus, in addition to that eight more questions will be set, two questions from each unit, students will be required to attempt all, in addition to the compulsory question, student will have to attempt four more questions selecting one question from each unit.

Unit	Topics	Contact Hours
Unit: I	Meal Planning, Definition, Principles and Factors affecting it, Nutritional Requirements and Principles of Meal Planning of Infants, Pre-School Age (4–6 years), School Age Children (7–11 years), Adolescents	12
Unit: II	Nutritional Requirements and Principles of Meal Planning of Adult, Pregnant women, Lactating women, Old Age	11
Unit: III	Diet therapy definition and principles, Modification of normal diet: Clear fluid, Full fluid, Soft, Bland diet, Causes, Symptoms and Dietary management in disorders: Diarrhea and Constipation	11
Unit: IV	Causes, Symptoms and Dietary management in disorders: Typhoid Fever, Peptic ulcer, Obesity, Diabetes, Hypertension	11
V	Planning and Preparation of diet for Infant, Preschoolers, School going children and Adolescents (girl and boy), Adult Male, Female, Pregnant and Lactating women, Old age, Planning and Preparation of diet for disorders: Diarrhea and Constipation, Typhoid Fever, Peptic ulcer.	30

Textbooks:

1. Srilakshmi B. (2019), Dietetics, New Age International Publishers.
2. Gopalan C. et al. (Revised Edition), Nutritive Value of Indian Foods, NIN.
3. Mudambi S.R. & Rajagopal M.V. (2012), Fundamentals of Foods, Nutrition and Diet Therapy, New Age International.
4. Antia F.P. & Abraham P. (2009), Clinical Dietetics and Nutrition, Oxford University Press.

Course Outcomes

After completing this course, the learner will be able to:

1. To understand nutritional requirements across various stages of life.
2. To develop the skills for meal planning at various life stages using recommended dietary intake and reference values.
3. To understand the diet modifications for therapeutic purposes and gain knowledge about dietary management of diseases.
4. To modify normal diets to best suit therapeutic conditions.
5. To acquire practical knowledge in planning and preparing both normal and therapeutic diets.

Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July	Meal planning, definition and principles	Planning and preparation of diet for infants.
2	28 July - 2 August	Factors affecting meal planning	Pre-schooler.
3	4 August -8 August	Nutritional requirements and principles of meal planning of infants and pre-school age (4–6 years)	School going children, adolescent boy.
4	11 August - 14 August	School age children (7–11 years), adolescence	Adolescent girl.
5	18 August - 23August	Nutritional requirements and principles of meal planning of adults	Adult male
6	25 August - 4 September	Pregnant women	Adult female.
7	1 Sept. - 6 Sept.	Lactating women	Pregnant women.
8	8 Sept. - 13 Sept.	Old age	Lactating women
9	15 Sept. - 20 Sept.	Diet therapy, definition and principles	Old age
10	22 Sept. - 27 Sept.	Modification of normal diet, clear fluid, full fluid, soft, bland diet	Practice
11	29 Sept.- 4 Oct.	Causes, symptoms and dietary management in disorders, diarrhea	Planning and preparation of diet for diarrhea and constipation.
12	6 Oct.- 11 Oct.	Constipation	Typhoid fever.
13	13 Oct.- 18 Oct.	Causes, symptoms and dietary management in disorders, typhoid fever.	Peptic ulcer.
14	27 Oct. - 1 Nov.	Peptic ulcer, obesity	Obesity
15	3 Nov. - 8Nov	Diabetes	Diabetes
16	10 Nov-15 Nov	Hypertension	Hypertension

Signature of Teacher

Head of department

