

KURUKSHETRA UNIVERSITY KURUKSHETRA



**Modified Scheme of Examination and Syllabus
For
Under-Graduate Programme
Subject: Home Science
(5th & 6th Semester)**

Scheme - A

**Under Multiple Entry-Exit
Internship and CBCS-LOCF in accordance to NEP-2020
w.e.f. 2025-26**

KURUKSHETRA UNIVERSITY KURUKSHETRA

**Modified Scheme of Examination for Under-Graduate Programme in the Subject Home
Science as per NEP 2020
Under Multiple Entry-Exit, Internships & CBCS-LOCF-CCF in accordance to
w. e. f. 2025-26**

SEMESTER-5								
Course	Paper (s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-5 4 credit	B23-HSE-501	Normal and Therapeutic Nutrition	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M5 (V) 4 credits	From Available CC-M5(V) pool list of four credits as per NEP							
SEMESTER-6								
Course	Paper(s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
CC-6 4 credit	B23-HSE-601	Human Development	3	3	20	50	70	3 hrs.
		Practical	1	2	10	20	30	4 hrs.
CC-M7(V) 4 credits	From Available CC-M7(V) pool list of 4 credits as per NEP							

Session: 2025-26			
Part A - Introduction			
Subject	Home Science		
Semester	V		
Name of the Course	Normal and Therapeutic Nutrition		
Course Code	B23-HSE-501		
Course Type: (CC/MCC/MDC/CC-M/ DSEC/VOC/DSE/PC/AEC/ VAC)	CC-5 (Core Course)		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	12 th		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. 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 & gain knowledge about dietary management of diseases 4. To modify normal diets to best suit therapeutic conditions 5* Acquire practical knowledge in planning and preparing both normal and therapeutic diets.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5
Max. Marks:100 Internal Assessment Marks:20(T)+10(P)=30 End Term Exam Marks: 50(T)+20(P)=70		Time: 3hrs (T) 4hrs(P)	

Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set nine questions in all, selecting two questions from each unit and one compulsory.

Instructions for the Candidate: The candidates will attempt five questions in all, selecting one question from each unit and the compulsory question as well.

Un it	Topics	Contact Hours
I	➤ Meal Planning: Definition, Principles and Factors affecting it ➤ Nutritional Requirements and Principles of Meal Planning of the following: • Infants • Pre School Age (4-6 years) • School Age Children(7-11years) • Adolescents	10
II	➤ Nutritional Requirements and Principles of Meal Planning of the following: • Adult • Pregnant women • Lactating women • Old Age	11
III	➤ Diet Therapy: Definition and Principles ➤ Modification of normal diet: Clear fluid, Full fluid, Soft, Bland diet ➤ Causes, Symptoms and Dietary management in disorders: Diarrhoea and Constipation	12
IV	➤ Causes, Symptoms and Dietary management in disorders: • Typhoid Fever • Peptic ulcer • Obesity • Diabetes • Hypertension	12
V*	➤ Planning and Preparation of diet for the following: • 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 following disorders: • Diarrhoea and Constipation • Typhoid Fever • Peptic ulcer	30

	• Obesity • Diabetes • Hypertension	
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory • Class Participation: 05 • Seminar/presentation/assignment/quiz/class test etc.:05 • Mid-Term Exam:10 ➤ Practical • Class Participation: 05 • Seminar/Demonstration/Viva-voce/Lab records etc.:05 • Mid-Term Exam: NA		End Term Examination: 50 20
Part C-Learning Resources		
Recommended Books/e-resources/LMS: ➤ Srilakshmi, B. (2019). Dietetics. New Age International Publishers. ➤ Gopalan, C. et al. (Revised Edition). Nutritive Value of Indian Foods. NIN, ICMR. ➤ Mudambi, S.R. & Rajagopal, M.V. (2012). Fundamentals of Foods, Nutrition and Diet Therapy. New Age International. ➤ Antia, F.P. & Abraham, P. (2009). Clinical Dietetics and Nutrition. Oxford University Press. ➤ Swaminathan, M. (2003). Handbook of Food and Nutrition. BAPPCO. ➤ Tikoo, S.S. (2022). Food and Nutrition. Modern Publication, Jullunder.		

*Applicable for courses having practical components.

Session: 2025-26			
Part A - Introduction			
Subject	Home Science		
Semester	VI		
Name of the Course	Human Development		
Course Code	B23-HSE-601		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-6 (Core Course)		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	12 th		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Describe the stages of human development and associated tasks and problems. 2. Understand key psychological concepts related to child behavior and learning. 3. Explain intelligence and personality development and their influencing factors. 4. Evaluate the importance of maternal care and nutrition in early development. 5* Apply skills of observation, report writing, and communication through community-based practicals and understand ground-level challenges and practices related to public health and child development.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5
Max. Marks:100 Internal Assessment Marks:20(T)+10(P)=30 End Term Exam Marks: 50(T)+20(P)=70		Time: 3hrs (T) 4hrs(P)	

Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set nine questions in all, selecting two questions from each unit and one compulsory.

Instructions for the Candidate: The candidates will attempt five questions in all, selecting one question from each unit and the compulsory question as well.

Unit	Topics	Contact Hours
I	➤ Meaning, Definition, Scope and Stages of Human Development ➤ Prenatal Development: Conception, Course of prenatal development ➤ Conditions affecting Prenatal Development ➤ Infancy: Characteristics, Developmental tasks and Problems	10
II	➤ Early Childhood: Characteristics, Developmental tasks and Behaviour problems ➤ Middle Childhood: Characteristics, Developmental tasks and Behaviour problems ➤ Adolescence: Characteristics, Developmental tasks and Socio emotional problems ➤ Adulthood: Characteristics, Developmental tasks and Problems	11
III	➤ Child Psychology: Definition, Subject matter and objectives of studying ➤ Learning: Meaning, importance, Method of learning, Factors effecting learning ➤ Intelligence: Definition, Measurement of intelligence ➤ Personality Development: Definitions, Types and Factors affecting Development of the Personality	12
IV	➤ The Expectant mother: Sign and Discomforts of Pregnancy ➤ Care of the expectant mother in brief ➤ Ill effects of an early marriage ➤ Feeding of an infant: Breast feeding verses Artificial feeding	12
V*	➤ Immunization Schedule Survey in PHC and local hospitals ➤ Acquaintance with First aid techniques ➤ Prepare a Play Material for infants/ preschooler ➤ Prepare a survey report on Diet, Health and Hygiene of at least five adolescent girls (17-19years)	30

