



Governed by Kasturba Gandhi National Memorial Trust  
**Kasturbagram Rural Institute**



**Kasturbagram, Indore (M.P.) - 452020**

An Autonomous Women's College, Affiliated to Devi Ahilya University, Indore

Estb. 1963

Syllabus – B.H.Sc I Year.– Academic Session 2024-25  
 (Under NEP 2020 & As per ordinance 14A)

**SEMESTER-I**

**SUBJECT – HOME SCIENCE (होम साइंस)(Major)**

**COURSE: BHSM101FNT – FOOD AND NUTRITION (आहार एवं पोषण)**

**Syllabus of Theory Paper**

**MAXIMUM MARKS: 100 (60+40)**  
**TOTAL CREDITS: 04**

**MINIMUM MARKS: (21+14)**  
**TOTAL HOURS: 64**

**AIMS**

This course is designed with the aim to provide knowledge of subject to the students and develop understanding of Basic concepts of subject.

**OBJECTIVES**

- To give an understanding about the Basic concepts of subject.
- To provide guidance to students for better understanding of key concepts, thoughts and theories.
- Expansion of knowledge from learning to applicability as well as understanding and identifying the problems related to nutrient deficiency.
- To develop broad thinking and awareness about the necessary concepts, system and terminologies.

**TEACHING METHODOLOGY**

- The Teaching Methodology shall be based on the scientifically proven methods of experimental and Modern Strategies.
- The Teaching Methodology for the present course would include Lecture cum Discussion and demonstration. Teaching will be Bilingual.

**COURSE LEARNING OUTCOMES (CLO)**

- Student will be able to understand cultural background of food and nutrition.
- They will be able to understand macronutrients and their sources, functions, excess and Deficiency.
- They will learn recommended dietary allowances of macronutrients
- They will understand the basic concepts of food and nutrition and relation between health and nutrients.
- They will able to explain different models of food pyramid and theories of representation.

UNIT	CONTENTS	DURATION
UNIT I	1. Cultural background of Food 2. Basic concepts of food and nutrition 2.1 Definition of food and nutrition 2.2 Relation between food, nutrition and health 2.3 Functions of Food – physical, psychological and social. 3. Classification of Nutrients. 4. Carbohydrate – 1.1 Source, Classification 1.2 Function and RDA 1.3 Digestion and Absorption 1.4 Effect of Deficiency and Excess 5 Dietary Fibre – 1.1 Source, Classification	14Hours

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	<p>1.2 Function and RDA 1.3 Digestion and Absorption 1.4 Effect of Deficiency and Excess</p>	
	<p>1. भोजन की सांस्कृतिक पृष्ठभूमि 2. भोजन और पोषण की बुनियादी अवधारणाएं 2.1 भोजन और पोषण की परिभाषाएं 2.2 भोजन, पोषण और स्वास्थ्य के बीच संबंध 2.3 भोजन के कार्यशारीरिक, मनोवैज्ञानिक और सामाजिक 2.4 पोषण-संतुलित पोषण, असंतुलित पोषण, कुपोषण 3. पोषक तत्वों का वर्गीकरण 4. कार्बोहाइड्रेट 1.1 स्रोत, वर्गीकरण 1.2 कार्य और आरडी ए 1.3 पाचन एवं अवशोषण 1.4 कमी और अधिकता के प्रभाव 5. आहार रेशे 2.1 स्रोत, वर्गीकरण तथा पाचन 2.2 कार्य और आरडी ए 2.3 कमी और अधिकता के प्रभाव</p>	

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<b>UNIT II</b>	<p><b>1 Energy –</b></p> <p>1.1 Definition of Calorie, Calorie value of food product</p> <p>1.2 Factors affecting energy requirement.</p> <p>1.3 RDA, effect of deficiency and excess of energy</p> <p><b>2 Protein –</b></p> <p>1.1 Composition and sources</p> <p>1.2 Classification</p> <p>1.3 Function and RDA</p> <p>1.4 Effect of deficiency and excess</p> <p><b>1 उर्जा –</b></p> <p>1.1 कैलोरी की परिभाषा, खाद्य पदार्थों का कैलोरीमान</p> <p>1.2 उर्जा की आवयकताको प्रभावित करनेवाले कारक</p> <p>1.3 आरडीए., उर्जा की कमी और अधिकता के प्रभाव</p> <p><b>2 प्रोटीन –</b></p> <p>2.1 संगठन एवं स्रोत</p> <p>2.2 वर्गीकरण</p> <p>2.3 कार्य, आरडीए.</p> <p>2.4 कमी और अधिकता के प्रभाव</p>	<b>14 Hours</b>
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<b>UNIT III</b>	<p><b>1 Lipid –</b></p> <p>1.1 Definition and composition</p> <p>1.2 Classification</p> <p>1.3 Function, source and RDA</p> <p>1.4 Effect of deficiency and excess of energy</p> <p><b>2 Vitamin-</b></p> <p>2.1 Definition and classification</p> <p>2.2 Function, source and RDA</p> <p>2.3 Factors affecting absorption</p> <p>2.4 Effect of deficiency and excess of Fat-soluble and water-soluble vitamins</p>	<b>12 Hours</b>
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	<p>1. लिपिड</p> <p>1.1 परिभाषा एवं संगठन</p> <p>1.3 वर्गीकरण</p> <p>1.3 कार्य स्रोत और आरडी ए</p> <p>1.4 कमी और अधिकता के प्रभाव</p> <p>2 विटामिन</p> <p>2.1 परिभाषा एवं वर्गीकरण</p> <p>2.2 कार्य स्रोत और आरडी ए</p> <p>2.3 अवशोषणको प्रभावित करनेवाले कारक</p>	
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	2.4 वसामें घुलनशीलऔरपानीमें घुलनशीलविटामिनसकी कमीऔरअधिकता के प्रभाव	
UNIT IV	<b>1 Minerals-</b> 1.1 Definition and Classification 1.2 Function, source and RDA 1.3 Effect of Deficiency and Excess of macro and micro minerals <b>2 Water and Electrolytes-</b> 2.1 Fluids and electrolytes balance 2.2 Functions of water and electrolytes	12 Hours
	<b>1 मिनरल-</b> 1.1 परिभाषा एवं वर्गीकरण 1.2 कार्य, स्रोत एवं आर.डी.ए. 1.3 वृहद एवं गौण खनिज लवणों की कमी और अधिकता के प्रभाव <b>2 जल एवं इलेक्ट्रोलाइट-</b> 1-1 द्रव पदार्थ एवं इलेक्ट्रोलाइट संतुलन 1-2 जल एवं इलेक्ट्रोलाइट के कार्य	
UNIT V	<b>1 Food Groups-</b> 1.1 Cereals and pulses 1.2 Fruits and vegetables 1.3 Milk and Milk products 1.4 Fats, Oil and Sugars 1.5 Fish, Eggs, Meat and Poultry <b>2 Value addition by enhancing nutrients</b> <b>3 Cooking Methods</b>	12 Hours
	<b>1 भोज्यसमूह-</b> 1.1 अनाज एवं दालें 1.2 फल एवं तरकारिया 1.3 दूध एवं दूध से बने पदार्थ 1.4 वसा, तेल एवं शर्करा 1.5 मछली, अंडा, मांस एवं मुर्गी <b>2 पोषक तत्वों का मूल्य संवर्धन</b> <b>3 खाना पकाने की विधियाँ</b>	

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Syllabus – B.H.Sc I Year – Academic Session 2024-25  
(Under NEP 2020 & As per ordinance 14A)

**REFERENCE BOOKS (संदर्भग्रंथ)**

1. Anita F.P., Clinical dietetics and nutrition, Oxford university press 2010
2. Khanna K. Gupta S. et.al. The Art and Science of Cooking, Seth R. Mahna R Rekhi T.
3. Raina U., Kashyap S. Narula V. Thomas s. Suvira, Vir S. Chopra S. Basic Food Preparation: Practical Manual, Revised Editin, Elite Publishing House Pvt.Ltd. 2010
4. Khanna K. gupta S. Seth R. MahnaR. The art ad science of Cooking Rekhi T, 2004
5. Raina U.. Kashyap S. Narula V. Thomas s. Suvira, Vir S. Chopra S. Basic Food
6. Preparation: Practical Manual, Revised Editin, Elite Publishing House Pvt.Ltd. 2010
7. Bamji MS, Krishnaswamy K. Brahmam, Textbook of Human Nutritin, GNV, 3<sup>rd</sup> edition. Oxford and IHB Publishing Co. Pvt. Ltd. 2009
8. Srilakshmi Food Science, New Aga International Ltd. 2007 4<sup>th</sup> Ediction.
9. Wardlaw and insel MG perspectives in Nutrition, Insel PM Sixth Edition Mosby. 2004
10. Chadha R. and Mathur P. Nutrition: A life cycle Approach, Orient Blackswan, Delhi 2015
11. पल्ला, डॉ. अरुणा: आहार एवं पोषण—शिवाप्रकाशन, इंदौर 2003

**RECOMMENDED DIGITAL PLATFORM, WEBLINKS**

1. <https://www.jstor.org/stable/2125628?seq=1>
2. <https://politicalscience.stanford.edu/research/political-theory>
3. [https://link.springer.com/refrencworkentry/10.1007%2F978-1-4020-8265-8\\_1431](https://link.springer.com/refrencworkentry/10.1007%2F978-1-4020-8265-8_1431)  
<https://www.youtube.com/watch?fdTN1x52Weg>

**RECOMMENDED ONLINE COURSE**

NPTTEL –Introduction to Political Theory By Prof. Mithilesh Kumar Jha, IIT Guwahati  
<https://onlinecourses.nptel.ac.in/noc20> Hrs. 35/preview

**GUIDELINES & RULES FOR STUDENTS**

- The students are expected to follow the following rules for deriving maximum benefits of the course
- Don't leave the campus without permission. In case of emergency, written permission from the Course Coordinator is required. Be punctual and attend all sessions, Lectures and other activities
- Take responsibility of your own work Follow the timetable, home assignments and projects should be submitted within the stipulated time period.
- A minimum of 75% attendance is compulsory for all the Learners.

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A. Jha, P. Jha, Mithilesh Kumar Jha, B.S.

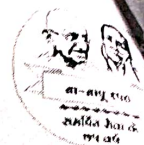


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**SEMESTER-I**

**SUBJECT – HOME SCIENCE (होमसाइंस)(Major)**

**COURSE: BHSM101FNP - Dietary Principles and Preparations(आहारीय सिद्धांत एवं अभ्यासकार्य)**  
 Syllabus of practical paper

MAXIMUM MARKS: 100 (60+40)  
 TOTAL CREDITS: 02

MINIMUM MARKS: (21+14)  
 TOTAL HOURS: 64

**COURSE LEARNING OUTCOMES (CLO)**

- Identifying and classifying food and foodstuffs
- Evaluate and predict ways in which complex interactions of components of the food system influence human health and nutrition.
- They will able to explain different models of food pyramid and their application on real world.
- Articulate the challenges the world is facing and will encounter in the future with respect to food and nutrition

S. No.	PRACTICAL WORK	64 HOURS
1	Kitchen: Tools and equipment's cooking terms, procedures serving size and measuring techniques.  किचन एंवरसोई के उपकरण, पाककला के तकनीकी शब्द, प्रक्रिया, सर्विगसाइजऔरमापनेकितकनीकजानना	4 Hours
2	Food preparation, understanding the principles involved nutritional quality and portion size of followings- > Cereals & pulses > Vegetables & Fruits  निम्न खाद्य पदार्थकोबनाना, सम्बंधितसिद्धांत, पोषणगुणवत्ता, सर्विगसाइजजानना > अनाजएवंदाले > सब्जियाँ एवंफल	6 Hours
3	Food preparation, understanding the principles involved, nutritional quality and portion size of followings – Milk and Milk products Beverages and soups  निम्न खाद्य पदार्थकोबनाना, संबंधितसिद्धांत, पोषणगुणवत्ता, सर्विगसाइजजानना- दूध एवंदूध से बनेपदार्थ पेय पदार्थतथासूप	12 Hours
4	Food supplementation- germination, fermentation, making salads	8 Hours

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5	<p>खाद्य संपूरण . अंकुरण, किण्वन , सलादबनाना</p> <p>Planning &amp; calculating nutritive value, low calorie recipes, high calorie recipes, high protein recipes, high fibre&amp; low-fat recipe, Gluten free recipes.</p> <p>कम कैलोरी, उच्चकैलोरी, उच्चप्रोटीन, उच्चफाइबरऔर कम वसावालेव्यंजनों की योजनाऔरपोषकमूल्य की गणनाकरना</p>	12 Hours
6	<p>Planning &amp; Preparation of micronutrient (Vitamin)- Vitamin "A" , "D" , "E" , "K" , "C" , &amp; "B-Complex" rich recipes.</p> <p>सूक्ष्म पोषकतत्वों (विटामिन) की योजनाऔरतैयारी-विटामिन "ए", "डी", "ई", "के", "सी", और "बी-कॉम्प्लेक्स" समृद्ध व्यंजनों का निर्माण।</p>	12 Hours
7	<p>Planning &amp; Preparation of micronutrient (Menerals)- Minerals "iron" , "calcium" , "sodium" , "iodine" , "zinc" , "potassium" &amp; "selenium" rich recipes.</p> <p>सूक्ष्म पोषकतत्व (मेनरल्स) की योजनाऔरतैयारी- खनिज "लोहा", "कैल्शियम", "सोडियम", "आयोडीन", "जस्ता", "पोटेशियम" और "सेलेनियम" समृद्ध व्यंजनों।</p>	10 Hours

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B.H.Sc. 1st Year– Academic Session 2024-25

SEMESTER -I

SUBJECT : HOME SCIENCE

COURSE CODE : BHSM102FMT

FAMILY RESOURCE MANAGEMENT-( MINOR )

पारिवारिक साधन व्यवस्थापन

MAXIMUM MARKS : 100 (60+40)

TOTAL CREDITS : 06

MINIMUM MARKS : (21+14)

TOTAL HOURS : 64

**AIMS**

This course is designed with the aim to provide knowledge of the subject to the students and develop understanding of Basic concepts of the FAMILY RESOURCE MANAGEMENT

**OBJECTIVES**

- To give an understanding about the Basic concepts of the FAMILY RESOURCE MANAGEMENT.
- To provide guidance to students for better understanding of key concepts, thoughts and theories.
- Expansion of knowledge from learning to applicability as well as understanding and identifying life span development.
- To develop broad thinking and awareness about the necessary concepts, system and terminologies.

**TEACHING METHODOLOGY**

- The Teaching Methodology shall be based on the scientifically proven methods of demonstration, practical and Modern Strategies.
- The Teaching Methodology for the present course would include Lecture cum Discussion and demonstration. Teaching will be Bilingual.

- **Course Learning outcomes (CLO)**

Understanding of the management process, decision making, resources, values and goal setting is very essential for a happy and healthy family and society.

This course would empower the students to develop a clear vision about Resource Management. The student will acquire the knowledge of -

1. Concept of Family Resource Management.
2. Process of management in the scientific manner for the use of resources.
3. Imbibing nuances of Human values and standards in successful management and decision making.
4. Effective management of time, energy, money and work simplification.

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UNIT	TOPICS	HOURS 64
UNIT 1	<b>Family Resource Management:</b> <b>1. Introduction To Family Resource Management</b> 1.1. Concept, definition, importance, philosophy, universality and scope of Family Resource Management 1.2. Family life Cycle -Stages and sub stages 1.3. Factors affecting management 1.4. The Family Management System 1.5. Motivational Factors in Family Resource Management 1.5.1 Values, Goals and Standards: Meanings, Characteristics and Classifications.	14
इकाई 1	<b>पारिवारिक संसाधन प्रबंध</b> <b>1. पारिवारिक संसाधन प्रबंध का परिचय:</b> 1.1 अवधारणा, परिभाषा, महत्व, दर्शन, सार्वभौमिकता एवं क्षेत्र 1.2 पारिवारिक जीवन चक्र की अवस्थाएं एवं उपअवस्थाएं 1.3 प्रबंध को प्रभावित करने वाले कारक 1.4 पारिवारिक प्रबंध प्रणाली 1.5 पारिवारिक संसाधन प्रबंध के प्रेरणात्मक कारक 1.5.1 मूल्य, लक्ष्य एवं स्तर : अर्थ परिभाषा, वर्गीकरण	
UNIT 2	<b>Resources:</b> <b>1. Introduction of Resources:</b> 1.1. Concept 1.2. Classifications 1.3. Characteristics of Family Resources. 1.4. Factors affecting the utilization of Resources. 1.5. Maximizing use of Resources. 1.6. Demand of Time, energy and money in different stages and substages of Family life Cycle 1.7. Natural Resources-: Renewable, Non Renewable	15
इकाई 2	<b>संसाधन</b> <b>1. संसाधन का परिचय</b> 1.1 अवधारणा	

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 Dr. Pooja  
 Anil Kumar  
 B.S.



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	<p>1.2 वर्गीकरण  1.3 पारिवारिक संसाधनों की विशेषताएं  1.4 संसाधनों के उपयोग को प्रभावित करने वाले कारक  1.5 संसाधनों का अधिकतम उपयोग  1.6 पारिवारिक जीवन चक्र की विविध अवस्थाओं एवं उपअवस्थाओं में समय, शक्ति एवं धन की माँग  1.7 प्राकृतिक संसाधन:- नवीकरणीय और अनवीकरणीय</p>	
UNIT 3	<p><b>Management Process</b>  1.1. Planning: Nature, importance, Characteristics, Type of Planning, and Steps of Planning.  1.2. Organizing: Importance and Process of organizing ,Stages of Organization  1.3. Controlling: Meaning , importance ,steps of Controlling Factors affecting Controlling, Direction and Guidance  1.4. Evaluation: Meaning, Types and Importance of Evaluation, Techniques of self Evaluation.  <b>2.Decision Making:</b>  2.1 Concept, Definition  2.2 Types of Decision making  2.3 factors affecting Decision Making  2.4 Steps of Decision Making process  <b>3.Event Management:</b>  3.1 Concept,  3.2 Classification,  3.3 Stages of Event Management</p>	15
इकाई 3	<p><b>प्रबंध प्रक्रिया</b>  1. प्रबंध प्रक्रिया ,परिभाषा एवं प्रबंध प्रक्रिया के चरण  1.1 आयोजन - प्रकृति, महत्व, विशेषताएं , आयोजन के प्रकार एवं चरण  1.2 संगठन - महत्व, संगठन की प्रक्रिया एवं संगठन के चरण  1.3 नियंत्रण -अर्थ महत्व, नियंत्रण के चरण, नियंत्रण को प्रभावित करने वाले कारक, निर्देशन एवं मार्गदर्शन  1.4 मूल्यांकन, अर्थ, प्रकार, महत्व, स्व मूल्यांकन की तकनीके</p>	

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	<p>2. निर्णय लेना -          2.1 अवधारणा, परिभाषा          2.2 निर्णय के प्रकार          2.3 निर्णय लेने की प्रक्रिया के चरण          2.4 निर्णय लेने की क्रिया को प्रभावित करने वाले कारक          3. इवेंट प्रबंध          3.1 अवधारणा          3.2 वर्गीकरण          3.3 इवेंट प्रबंध के चरण</p>	
UNIT 4	<p><b>Special Resource Management</b>  <b>1.Time Management :</b>          1.1 Concept,          1.2 Tools          1.3 Steps of Time Management  <b>2.Money Management :</b>          2.1 Types          2.2 Sources of Income          2.3 Steps of Money Management-: Budget Making ,Controlling and Evaluation</p>	10
इकाई 4	<p><b>विशिष्ट संसाधन प्रबंध -</b>          1. समय प्रबंध -          1.1 अवधारणा          1.2 उपकरण          1.3 समय प्रबंध प्रक्रिया के चरण          2. धन प्रबंध -          2.1 आय के प्रकार          2.2 स्रोत          2.3 धन प्रबंध प्रक्रिया के चरण - बजट बनाना, नियंत्रण और मूल्यांकन</p>	
UNIT 5	<p><b>1.Energy Management:</b>          1.1 Concept, Importance,          1.2 Type of Efforts          1.3 Concept of Body Mechanics,</p>	10

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	<p>1.4 Classification of activities according to the Energy cost,          1.5 Fatigue- Types, methods of eliminating Fatigue.  <b>2. Work Simplification:</b>          2.1 Definition Importance          2.2 Principles,          2.3 Mundel's Classes of Change,          2.4 Techniques</p>	
इकाई 5	<p>1 शक्ति प्रबंध -          1.1 अवधारणा, महत्व          1.2 प्रयासों के प्रकार          1.3 शारीरिक यांत्रिकी की अवधारणा          1.4 शक्ति मूल्य के आधार पर गतिविधियों का वर्गीकरण          1.5 थकान - थकान के प्रकार, थकान को दूर करने के उपाय          2 कार्य सरलीकरण -          2.1 परिभाषा, महत्व          2.2 सिद्धांत          2.3 मुडेल के परिवर्तन के वर्ग          2.4 तकनीकें</p>	

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SEMESTER - I  
 SUBJECT : HOME SCIENCE  
 COURSE CODE : BHSM102FMP  
 FAMILY RESOURCE MANAGEMENT-( MINOR)  
 पारिवारिक साधन व्यवस्थापन  
 Practical work

S. NO.	TOPIC	HOUR S 64
1	Goal setting exercise for one Academic Year. अकादमिक सत्र के लिये लक्ष निर्धारण करना।	5 hours
2	To develop an understanding of Values:- Collection of Relevant Articles, Stories etc. मूल्यों के प्रति समज विकसित करना:-संबंधित आलेख, कहानियां आदि का संग्रह।	5 hours
3	Identification of Resources:- Identify and prepare a list of your own Human and Physical resources. संसाधनों की पहचान करना:- स्वयं के पास उपलब्ध मानवीय एवं भौतिक संसाधनों को एवं उनके लाभ को पहचान कर सूचीबद्ध करना।	5 hours
4	Identification of Self as a Resource:- SWOT analysis. स्वयं की पहचान एक संसाधन के रूप में करना:- SWOT विश्लेषण	5 hours
5	Survey of Family Life Cycle Stages by using schedule method. पारिवारिक जीवन चक्र की अवस्थाओं का सर्वेक्षण अनुसूचित विधि द्वारा करना।	5 hours
6	Building Decision Making Ability through management games and Role-play. प्रबंधकीय खेल एवं भूमिका निर्वाह के माध्यम से निर्णय लेने की क्षमता का निर्माण करना।	4 hours

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|--|---|--|
|  | <p>11. Kreitner R(2009/2010)Management Theory and Application :<br/>         India:Cengage learningIndia Pvt Ltd (ISBN 13:9788131511244)</p> <p>12. Nickell P and Dorsey .JM(2002) Management in Family living :<br/>         New Delhi CBS Publishers ISBN 13:9788123908519</p> <p>13. Rao VSP And Narayana PS(2008) Principles and Practices of<br/>         management :New Delhi:Konark Publishers PVT Ltd(ISBN<br/>         13:9788122000283)</p> <p>14. Seetharaman P. Batra S and Mehra P (2005): An Introduction to<br/>         Family Resource Management:<br/>         NEW Delhi :CBS Publisher And Distributors (ISBN<br/>         13:9788123911861)</p> <p>15. Shukul M. and Gandotra V (2006) Home Management and family<br/>         Finance: New Delhi: Dominant Publishers And Distributors (ISBN<br/>         No-81-7888-403-8)</p> <p>16. Swanson B(1993) Introduction to Home Management : New York<br/>         Macmillan Publishing Co Inc.</p> <p>17. Varghese M.A. Ogale N and Shrinivasan K (1985): Home<br/>         Management : New Delhi :New Age International (P) Limited<br/>         Publishers (ISBN 13:978285269046)</p> <p>18. Mann M.K. (2004) Home Management For Indian Families<br/>         Kalyani Publisher Ludhiana. 06)(2019),</p> |  |
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7	Event Management for any occasion -: Management and Evaluation with reference to-: 1. Managerial process 2. Resource Optimization-Time, Money, Product, Space, Human Capital. किसी अवसर के लिये इवेंट प्रबंध करना: प्रबंध प्रक्रिया और मूल्यांकन निम्न के संदर्भ में -1. प्रबंध प्रक्रिया 2. संसाधन अनुकूलन -समय, धन, सामग्री, स्थान और मानवीय पूँजी	10 hours
8	Preparation of Time Plan for Self. स्वयं के लिये समय आयोजन करना।	5 hours
9	Making a Budget for the middle income group. मध्यम आयवर्गीय परिवार के लिये बजट बनाना।	5 hours
10	Educational visit and prepare report , शैक्षणिक भ्रमण	10 hours
12	Work Simplification of any two household activities using Process chart. किन्हीं दो घरेलू क्रियाओं को प्रक्रिया चार्ट विधि के उपयोग द्वारा सरलीकृत करना।	5 hours
	<ol style="list-style-type: none"> <li>1. पाटनी मंजू, 2005 गृह प्रबंध, स्टार पब्लिकेशन आगरा</li> <li>2. पाटनी मंजू 2019 फैमिली डायनामिक्स स्टार पब्लिकेशन, आगरा</li> <li>3. सिंह दिव्या रानी, पारिवारिक संसाधन प्रबंध, बुक एसोसिएशन पब्लिकेशन</li> <li>4. खनुजा रीना, गृह प्रबंध साधन व्यवस्था एवं आंतरिक सजा</li> <li>5 शर्मा करूणा, पारिवारिक संसाधन प्रबंध,</li> <li>6Bhargava B. 2005, Family Resource Management and Interior Decoration, Jaipur Apple Printer and V.R,Printers.</li> <li>7. Deacon R F Firebaugh F M (1975) Home Management Context and Concepts Boston Houghton Mifflin Company</li> <li>8. Gandotra V and Jaiswal N (2008) Management in Home, New Delhi: Dominant Publisher and Distributer (ISBN Number 81-788-526-3)</li> <li>9. Gross I H Crandall and Knoll MM, EW (1980) (Management for modern Families) New Jersey:Prelice Hall Inc.</li> <li>10. Koontz H and O'Connell C(2005) (Management A System and Contingency Analysis of Managerial Functions, New York:MC Graw-Hill Book Company</li> </ol>	

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**SYLLABUS – B.Hsc. I Year Academic 2024-25**

**SEMESTER - I**

**SUBJECT – HOME SCIENCE**

**COURSE CODE – BHSM101HPT**

**COURSE : – HUMAN PHYSIOLOGY (MAJOR)**

**व्यावहारिक शरीर किया विज्ञान**

**MAXIMUM MARKS : 100 (60+40)**  
**TOTAL CREDITS : 06**

**MINIMUM MARKS : (35)**  
**TOTAL HOURS : 64**

**AIMS -**

This course is designed with the aim to provide knowledge of the subject to the students and develop understanding of Basic concepts of HUMAN PHYSIOLOGY

**OBJECTIVES –**

- To give an understanding about the Basic concepts of the HUMAN PHYSIOLOGY To provide guidance to students for better understanding of key concepts, thoughts and theories.
- Expansion of knowledge from learning to applicability as well as understanding and identifying HUMAN PHYSIOLOGY.
- To develop broad thinking and awareness about the necessary concepts, system and terminologies.

**TEACHING METHODOLOGY –**

- The Teaching Methodology shall be based on the scientifically proven methods of demonstration, practical and Modern Strategies.
- The Teaching Methodology for the present course would include Lecture cum Discussion and demonstration. Teaching will be Bilingual.

**COURSE LEARNING OUTCOMES (CLO) –**

A successful completion of this course will enable students to:

1. Understands anatomy and functions of human body.
2. Aware of importance of various systems of body in relation to health.
3. Effectively read, evaluate and communicate scientific information.
4. Students will have the knowledge and skills to: Describe the structure of major human organs and explain their role in the maintenance of healthy individuals.

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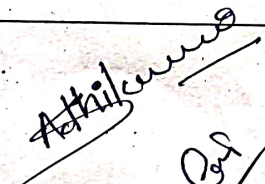



इकाई	विषय	घंटे
इकाई-1	1. मानव शरीर के प्रणालियों का परिचय 2. कौशिका - 2.1 संरचना, कार्य एवं विभाजन 3. उत्तक - 3.1 वर्गीकरण, संरचना और कार्य 4. अस्थी प्रणाली - 4.1 अस्थियाँ - संरचना, कार्य एवं प्रकार 4.2 सिर एवं चेहरे, धड़, पैर एवं हाथ की अस्थियाँ, मेरुदंड जोड़ एवं कलाई - प्रकार एवं कार्य	12
	1. <b>Introduction to human body system.</b> 2. <b>Cell</b> 2.1 Structure, function and division 3. <b>Tissues.</b> 3.1 Classification, structure and function. 4. <b>Skeletal System</b> 1. Bones- Structure, function, types of bones. 2. Bones of skull and face, trunk, upper limbs and lower limbs. vertebra column 3. Joints - Types and functions.	
इकाई-2	1. रक्त : 1 कार्य एवं संरचना - प्लाज्मा, रक्त कणिकाएँ 2 थक्के का समय और प्रक्रिया, रक्तस्राव का समय, रक्त समूह 2. रक्ताभिसरण प्रणाली : 2.1 धमनी, कोशिकाओं और शिराओं की संरचना और कार्य 2.2 हृदय संरचना और कार्य, हृदय धड़कन, हृदय गति, हृदय ध्वनि 2.3 रक्तचाप - कार्य और मापन	12
	1. <b>Blood -</b> 1. Functions and composition - Plasma, blood cells. 2. Clotting time and process, bleeding time, blood groups. 2. <b>Circulatory system -</b> 1. Structure and functions of arteries, capillaries and veins 2. Structure and function of heart, heartbeat, heart rate, heart sound, Blood pressure.	12
इकाई-3	1. श्वसन प्रणाली : 1.1 श्वसन अंग 1.2 फेफड़े, श्वास नलिका, श्वास वाहिनी एवं एलवियोलाई की संरचना एवं कार्य 1.3 श्वसन की प्रक्रिया, गैसीय विनिमय, श्वसन क्रिया का नियंत्रण, फेफड़ों की धारिता 2. पाचन तंत्र : 2.1 पाचन के अंगों की संरचना एवं कार्य, पाचन एवं अवशोषण की प्रक्रिया 2.2 आमाशय, छोटी आंत एवं बड़ी आंत संरचना एवं कार्य 2.3 अग्न्याशय एवं यकृत - संरचना एवं कार्य 2.4 लार ग्रंथिया एवं दांत - संरचना एवं कार्य	12
	1. <b>Respiratory system -</b> 1. Organs of respiration. 2. Structure and functions of lungs, tracheae, bronchi, alveoli. 3. Process of respiration, gaseous exchange, control of expiration, capacity of lungs.	

	//3//	
	<p><b>2. Digestive system -</b></p> <ol style="list-style-type: none"> <li>1. Structure and function of digestive organs, process of digestion and absorption.</li> <li>2. Stomach, small intestine and large intestine, structure and functions.</li> <li>3. Pancreas and liver-structure and function.</li> <li>4. Salivary Glands and Teeth- structure and function.</li> </ol>	
इकाई-4	<p><b>1. उत्सर्जन प्रणाली :</b></p> <ol style="list-style-type: none"> <li>1.1 मूत्र मार्ग की संरचना एवं कार्य - वृक्क-वृक्काणू (नेफ्रॉन), मूत्र वाहक नलिका, मूत्राशय एवं मूत्रमार्ग</li> <li>1.2 मूत्र - संगठन एवं निर्माण प्रक्रिया</li> <li><b>3. त्वचा -</b></li> <li>3.1 संरचना तथा कार्य</li> <li>3.2 शारीरिक तापक्रम एवं इसका नियमन</li> <li><b>4. तंत्रिका तंत्र -</b></li> <li>4.1 न्यूरॉन की रचना, कार्य एवं प्रकार</li> <li>4.2 केंद्रीय तंत्रिका तंत्र</li> <li>4.3 मष्तिष्क संरचना, मष्तिष्क के भाग एवं उनके कार्य</li> <li>4.4 सुषुम्ना नाडी - संरचना, कार्य, प्रतिवर्ती क्रिया</li> <li>4.5 मष्तिष्क एवं सुषुम्ना से निकलने वाले नाडी तंतु</li> <li>4.6 स्वायत्त नाडी संस्थान - सिंपैथेटिक नाडी संस्थान, पैरासिंपैथेटिक नाडी संस्थान</li> </ol>	14
	<p><b>1. Excretory system -</b></p> <ol style="list-style-type: none"> <li>1.1 Structure and functions of urinary organs- Kidney, Nephron, Ureters, Urinary bladder and urethra.</li> <li>1.2 Urine- composition and its mechanism of formation.</li> <li><b>2. Skin -</b></li> <li>1. Structure and functions</li> <li>2.2 Body temperature and its regulation.</li> <li><b>3. Nervous System -</b></li> <li>1. Structure and function of neurons.</li> <li>2. Central nervous system.</li> <li>3. Brain - Structure, parts of brain and their function.</li> <li>4. Spinal cord - Structure and functions, reflex action.</li> <li>5. Cranial and Spinal nerves.</li> <li><b>6. Autonomous Nervous system- Sympathetic and parasympathetic.</b></li> </ol>	
इकाई-5	<p><b>1. अंतःस्रावी ग्रंथियां- निम्नलिखित ग्रंथियों की संरचना एवं कार्य-</b></p> <ol style="list-style-type: none"> <li>1 पिट्यूटरी ग्रंथि</li> <li>2 थायराइड ग्रंथि</li> <li>3 पैरा थायराइड ग्रंथि</li> <li>4 पीनियम बॉडी</li> <li>5 थायमस</li> <li>6 पैंक्रियास</li> <li>7 एड्रिनल ग्रंथि</li> <li>8 अंडाशय तथा वृषण</li> <li>9 प्रजनन प्रणाली -</li> <li>9.1 पुरुष प्रजनन अंग - संरचना तथा कार्य</li> <li>9.2 स्त्री प्रजनन अंग - संरचना तथा कार्य</li> </ol>	14

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	<p><b>1. Endocrine Glands -</b> Structure and functions of following glands -</p> <ol style="list-style-type: none"> <li>1. Pituitary gland</li> <li>2. Thyroid gland</li> <li>3. Parathyroid gland</li> <li>4. Pineal gland</li> <li>5. Thymus Gland</li> <li>6. Pancreas</li> <li>7. Adrenal gland</li> <li>8. Testis and Ovary</li> </ol> <p><b>2. Exocrine Glands -</b></p> <ol style="list-style-type: none"> <li>1. Eyes</li> <li>2. Mouth</li> <li>3. Skin</li> <li>4. Stomach</li> <li>5. Breasts</li> <li>6. Liver</li> <li>7. Pancreas</li> <li>8. Intestines</li> </ol> <p><b>3. Reproductive system -</b></p> <ol style="list-style-type: none"> <li>1. Male reproductive organs – structure and functions. Female reproductive organ, structure and functions, menstrual cycle.</li> </ol>	
	<p><b>संदर्भ ग्रंथ :</b></p> <ol style="list-style-type: none"> <li>1- भावे वी. ना., शरीर रचना एवं शरीर क्रिया विज्ञान, प्राथमिक चिकित्सा, शिवा प्रकाशन, इंदौर</li> <li>2- पीयर्स एवलिन, Anatomy and physiology, vol.I and II ऑक्सफोर्ड यूनिवर्सिटी प्रेस, दिल्ली</li> <li>3- Chatterjee C.C 'Human Physiology', Vol.I &amp; II, New Central book agency 1998</li> <li>4- Chaudhary B.D. "Concise Physiology" – CBS Publishers and distributors 2008</li> <li>5- Muruges N. Anatomy Physiology and Health education, Satya publishers, Madurai.</li> <li>6- वर्मा, डॉ. प्रमिला, पाण्डेय कांति, शरीर क्रिया विज्ञान, हिन्दी माध्यम कार्यान्वयन निदेशालय, दिल्ली।</li> </ol> <p>RECOMMENDED DIGITAL PLATFORM, WEBLINKS</p> <ul style="list-style-type: none"> <li>• Parisjc.libguides.com</li> <li>• Taylor Anatomy and Physiology/PowerPoint/slides &amp; handouts</li> </ul> <p>RECOMMENDED ONLINE COURSE</p> <ul style="list-style-type: none"> <li>• <a href="https://onlinecourses.swayam2.ac.in/cec20_bt19/preview">https://onlinecourses.swayam2.ac.in/cec20_bt19/preview</a></li> </ul>	

**SEMESTER-I**  
**SUBJECT – HOME SCIENCE (होम साइंस)**  
**COURSE: BHSM101HPP – APPLIED PHYSIOLOGY**  
**Syllabus of Practical Paper**

MAXIMUM MARKS: 100 (60+40)  
TOTAL CREDITS: 02

MINIMUM MARKS: (35)  
TOTAL HOURS: 64

**COURSE LEARNING OUTCOMES (CLO)**

1. Student will be able to understand anatomy & function of human body.
2. Aware of importance of various systems of body in relation to health and successfully works in the fields of health worker.
3. Conduct / evaluate laboratory experiments in physiology.

S. No.	PRACTICAL WORK	64 HOURS
1	Microscopic examination of prepared slides of tissues. उत्तको की स्लाइडो का माइक्रोस्कोपिक अवलोकन	6 Hours
2	Identification of bones. इड्डियों की पहचान	6 Hours
3	To determine bleeding time. रक्तस्राव का समय जानना	5 Hours
4	To determine clotting time. रक्त के थक्के बनने का समय जानना	5 Hours
5	Identification of blood groups. रक्त समूहों की पहचान करना	6 Hours
6	Measurement of Respiratory rate. श्वसन दर ज्ञात करना	6 Hours
7	Measurement of blood pressure and pulse rate. रक्तचाप और नाड़ी दर का मापन करना	6 Hours
8	Prepare chart/ model of excretory system. उत्सर्जन तंत्र का चार्ट/मॉडल बनाना	6 Hours
9	Prepare chart/ model of heart. हृदय का चार्ट/मॉडल बनाना	6 Hours
10	Prepare chart/ model of cranial nerves. क्रेनियल तंत्रिका का चार्ट/मॉडल बनाना	6 Hours
11	Prepare chart/ model of digestive system. प्राचन संस्थान का चार्ट/मॉडल बनाना	6 Hours

*[Handwritten signatures and marks]*



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Syllabus – B.H.Sc. Ist Year – Academic Session 2023-24  
(Under NEP 2020 & As per Ordinance 14A)

## B.H.Sc. SEMESTER I

SUBJECT – RURAL DEVELOPMENT AND EXTENSION

COURSE TITLE: INTRODUCTION TO EXTENSION AND COMMUNICATION - I

COURSE: GE103RDT प्रसार एवं संचार का परिचय - I

Theory Syllabus

MAXIMUM MARKS: 100 (60+40)

TOTAL CREDITS: 03

MINIMUM MARKS: (21+14)

TOTAL HOURS: 48

### AIMS

This course is designed with the aim to provide knowledge of subject to the students and develop understanding of Basic concepts of Extension Education and Communication.

### OBJECTIVES

- To give an understanding about the Basic concepts of subject.
- To provide guidance to students for better understanding of key concepts, thoughts, theories & practical.
- Expansion of knowledge from learning to applicability as well as understanding and identifying Communication Process and Extension Education.
- To develop broad thinking and awareness about the necessary concepts, system and terminologies.

### TEACHING METHODOLOGY

- The Teaching Methodology shall be based on the scientifically proven methods of demonstration, field work and Modern Strategies.
- The Teaching Methodology for the present course would include Lecture cum Discussion, demonstration, field work, visit at Adopted Villages and practical work. Teaching will be Bilingual.

### COURSE LEARNING OUTCOMES (CLO)

Communication plays key role in Extension Work. This course would empower students to be a good communicator and extension worker. The students will be able to:

- Gain knowledge of need and importance of communication in each and every field of extension.
- Analyse the effective communication and communication media according to requirements.
- Perceive the importance of communication in extension education.
- Acquire knowledge of various teaching materials and their application.

UNIT	CONTENTS	DURATION
UNIT I	<b>Historical Background and Introduction of Extension :-</b> <ol style="list-style-type: none"> <li>History of Extension Activities – <ul style="list-style-type: none"> <li>Extension activities done before independence</li> <li>Post-independence Extension activities</li> </ul> </li> <li>Introduction of Extension – Concept, meaning and definition</li> <li>Extension Education- Philosophy, Objectives and Principles</li> <li>Characteristics of Extension Education</li> </ol>	10 Hours
	<b>प्रसार की ऐतिहासिक पृष्ठभूमि एवं परिचय –</b> <ol style="list-style-type: none"> <li>प्रसार गतिविधियों का इतिहास – <ul style="list-style-type: none"> <li>स्वतंत्रता प्राप्ति के पूर्व की गई प्रसार गतिविधियां</li> <li>स्वतंत्रता प्राप्ति के पश्चात् की गई प्रसार गतिविधियां</li> </ul> </li> <li>प्रसार का परिचय – अवधारणा, अर्थ एवं परिभाषा</li> <li>प्रसार शिक्षा का दर्शन, उद्देश्य एवं सिद्धांत</li> <li>प्रसार शिक्षा की विशेषताएँ</li> </ol>	



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<p><b>UNIT II</b></p>	<p><b>Extension Education and Extension Worker</b></p> <ol style="list-style-type: none"> <li>1. Difference between Extension Education and Formal Education</li> <li>2. Relation of Extension Education with other subjects</li> <li>3. Extension Worker – Meaning, Functions and Qualities</li> <li>4. Role Extension Worker – As an Extension Administrator, As a Subject Matter Specialist, As a Village Level Worker, As a Communicator</li> </ol>	
	<p><b>प्रसार शिक्षा एवं प्रसार कार्यकर्ता –</b></p> <ol style="list-style-type: none"> <li>1. प्रसार शिक्षा तथा औपचारिक शिक्षा में अंतर</li> <li>2. प्रसार शिक्षा का अन्य विषयों से संबंध</li> <li>3. प्रसार कार्यकर्ता – अर्थ, कार्य एवं गुण</li> <li>4. प्रसार कार्यकर्ता की भूमिका – प्रसार प्रशासक के रूप में, विषय-वस्तु विशेषज्ञ के रूप में, ग्राम स्तर कार्यकर्ता के रूप में, संप्रेषक के रूप में।</li> </ol>	
<p><b>UNIT III</b></p>	<p><b>Introduction to communication</b></p> <ol style="list-style-type: none"> <li>1. Communication- Concept, Meaning and definition</li> <li>2. Elements of Communication – Sender, Message, Channel, Encoding, Decoding Receiver, Feedback, Noise</li> <li>3. Characteristics of Communication</li> <li>4. Importance of Communication in Extension work</li> </ol>	<p><b>08 Hours</b></p>
	<p><b>संचार का परिचय–</b></p> <ol style="list-style-type: none"> <li>1. संचार की अवधारणा, अर्थ एवं परिभाषा</li> <li>2. संचार के तत्व – संचारक, संदेश, माध्यम, संकेतीकरण, संकेतवाचन, संचार प्राप्तकर्ता प्रतिउत्तर, शोर</li> <li>3. संचार की विशेषताएं</li> <li>4. संचार का प्रसार कार्य में महत्व</li> </ol>	
<p><b>UNIT IV</b></p>	<p><b>Communication Media in Extension:</b></p> <ol style="list-style-type: none"> <li>1. Communication Channel – Meaning, Definition and Characteristics</li> <li>2. Classification of Extension Teaching materials – Visual Aids, Audio Aids and Audio-Visual Aids             <ol style="list-style-type: none"> <li>A. Visual Aids- Meaning, formation and uses in Extension work                 <ul style="list-style-type: none"> <li>• Projected Visual Aids – Film Strips, Slides and Projector etc.</li> <li>• Non-projected Visual Aids – Posters, Charts, Folder, Leaflet, Pamphlet, Flashcard, Black Board, Photographs, Circular Letter etc.</li> </ul> </li> <li>B. Audio Aids – Meaning and uses of Audio aids in Extension work</li> <li>C. Audio-Visual Aids- Meaning, Characteristics and uses of Audio-Visual Aids in Extension work, Types of Audio-Visual Aids - Drama, Television, Puppet Drama, Cinema, Traditional folk song and folk dance.</li> </ol> </li> </ol>	<p><b>10 Hours</b></p>
	<p><b>प्रसार में संचार माध्यम एवं प्रसार शिक्षण सामग्री–</b></p> <ol style="list-style-type: none"> <li>1. संचार माध्यम का अर्थ, परिभाषा एवं विशेषताएँ</li> <li>2. प्रसार शिक्षण सामग्री का वर्गीकरण- दृश्य साधन, श्रव्य साधन तथा श्रव्य-दृश्य साधन             <ol style="list-style-type: none"> <li>अ. दृश्य साधन/सामग्री – अर्थ, निर्माण एवं प्रसार कार्य में उपयोग                 <ul style="list-style-type: none"> <li>• प्रक्षेपित दृश्य साधन – फिल्म स्ट्रिप्स, स्लाइड, प्रोजेक्टर इत्यादि।</li> <li>• गैर-प्रक्षेपित दृश्य साधन – पोस्टर, चार्ट्स, फोल्डर, लीफलेट, पम्फ्लैट, फ्लैश कार्ड, चाकपट्ट, चित्र एवं फोटोग्राफ, परिपत्र इत्यादि।</li> </ul> </li> <li>ब. श्रव्य साधन/सामग्री – अर्थ तथा रेडियो, टेपरिकॉर्डर आदि का प्रसार कार्य में उपयोग।</li> <li>स. दृश्य-श्रव्य साधन/सामग्री – अर्थ, विशेषताएँ एवं प्रसार कार्य में उपयोग।</li> </ol> </li> </ol> <p>दृश्य-श्रव्य साधन के प्रकार – नाटक, दूरदर्शन, कठपुतली नाटक, सिनेमा, पारंपरिक लोकगीत एवं लोकनृत्य।</p>	



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<b>UNIT V</b>	<b>Effective Communication</b> <ol style="list-style-type: none"> <li>1. Effective Communication - meaning and definition</li> <li>2. Characteristics of Effective Communication</li> <li>3. Characteristics of Good Communicator</li> <li>4. Barriers to Communication – Physical Barriers, Language Barriers, Personal Barriers, Psychological Barriers, Organizational Barriers</li> </ol>	<b>10 Hours</b>
	<b>प्रभावी संचार –</b> <ol style="list-style-type: none"> <li>1. प्रभावी संचार का अर्थ एवं परिभाषा</li> <li>2. प्रभावी संचार की विशेषताएँ</li> <li>3. अच्छे संचारक की विशेषताएँ</li> <li>4. संचार के बाधक तत्व - भौतिक बाधाएँ, भाषागत बाधाएँ, व्यक्तिगत बाधाएँ, मनोवैज्ञानिक बाधाएँ, संस्थागत बाधाएँ</li> </ol>	

### TEXT BOOKS, REFERENCE BOOKS, OTHER RESOURCES

#### REFERENCE BOOKS:

- 1- Dubey V.K. Extension : Education and Communication, New Age Publication Pvt Ltd., New Delhi, 2008
- 2- Harks J.D. : Mass Communication – An Introduction Survey, Wn. C. Brown Publishers, London, 1990
- 3- Ray, G.L. : Extension Communication Management, Nayar Publication, Calcutta
- 4- हरपालानी बी.डी.: गृह विज्ञान में प्रसार शिक्षा, स्टार पब्लिकेशन, आगरा
- 5- बक्शी बी.के.: प्रसार शिक्षा तकनीक तथा कार्यक्रम, श्री विनोद पुस्तक मंदिर, आगरा
- 6- सिंह वृन्दा, : प्रसार शिक्षा, पंचशील प्रकाशन, जयपुर
- 7- मिश्र विनोद, शुक्ल नरेन्द्र : व्यवसायिक सम्प्रेषण, साहित्य भवन पब्लिकेशन, आगरा
- 8- शॉ गीता पुष्प, शॉ जायस शीला : प्रसार शिक्षा, श्री विनोद पुस्तक मंदिर, आगरा
- 9- श्रीवास्तव जे.पी. : प्रसारिकी, अमन पब्लिशिंग हाउस, मेरठ
- 10- श्रीवास्तव डी.एन.: सतत् शिक्षा एवं संचार, एस बी पी डी पब्लिशिंग हाउस, आगरा

#### RECOMMENDED DIGITAL PLATFORM, WEBLINKS

1. <https://www.everyday41.com/2020/04/drshy-shravy-samamagree-arth-paribhaasha-mahatav-siddhaant.html>
2. <https://www.testsuccesskey.com/2015/01/audio-visual-aids-in-hindi.html>
3. [https://apps.worldagroforestry.org/Units/Library/Books/Book%2006/html/12.3\\_extension\\_methods.htm?n=127](https://apps.worldagroforestry.org/Units/Library/Books/Book%2006/html/12.3_extension_methods.htm?n=127)
4. [https://en.wikipedia.org/wiki/Extension\\_method](https://en.wikipedia.org/wiki/Extension_method)
5. <https://www.topper.com/guides/business-studies/directing/communication/>

#### GUIDELINES & RULES FOR STUDENTS

- The students are expected to follow the following rules for deriving maximum benefits of the course
- Don't leave the campus without permission. In case of emergency, written permission from the Course Coordinator is required. Be punctual and attend all sessions, Lectures and other activities
- Take responsibility of your own work Follow the timetable, home assignments and projects should be submitted within the stipulated time period.
- A minimum of 75% attendance is compulsory for all the students.

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*B.H.Sc. SEMESTER I*

SUBJECT – RURAL DEVELOPMENT & EXTENSION

COURSE TITLE: INTRODUCTION TO EXTENSION AND COMMUNICATION - I

COURSE: GE103RDP प्रसार एवं संचार का अनुप्रयोग - I

Practical Syllabus

MAXIMUM MARKS: 100 (60+40)

TOTAL CREDITS: 01

MINIMUM MARKS: (21+14)

TOTAL HOURS: 32

S.No.	PRACTICAL	DURATION
1	Creation and display of porter/chart/folder etc. for sending messages. संदेश प्रेषित करने हेतु पोस्टर/चार्ट/फोल्डर इत्यादि का निर्माण एवं प्रदर्शन।	5 Hours
2	Developing skill in planning and conducting small group communication. छोटे समूह में संचार की योजना बनाने और संचालित करने में कौशल विकसित करना।	5 Hours
3	Conducting communication based activities with school students in Adopted Villages. गोद ग्राम में स्कूली विद्यार्थियों के साथ संचार आधारित गतिविधियां करना।	7 Hours
4	Interaction with villagers and understand the felt and unfelt need. ग्रामीणों के साथ अंतःक्रिया करना और उनकी आवश्यकताओं को समझना।	5 Hours
5	Developing an innovative game. एक अभिनव खेल का विकास करना।	5 Hours
6	Conduct Workshop/Symposium/Panel Discussion कार्यशाला/संगोष्ठी/पैनल चर्चा का संचालन करना।	5 Hours