

**National Education Policy-2020**

**Common Minimum Syllabus for Uttarakhand State Universities and Colleges**

**List of Skill Enhancement Courses**

**DEPARTMENT OF HOME SCIENCE  
SURAJMAL AGARWAL PRIVATE KANYA MAHAVIDYALAYA**

**Kichha, Udham Singh Nagar Uttarakhand  
(Affiliated to Kumaun University, Nainital, Uttarakhand)**

### EXPERT COMMITTEE

S.NO.	NAME	DESIGNATION	DEPARTMENT	AFFILIATION
1.	Prof. Lata Pandey	Convenor and Head	Department of Home Science D.S.B Campus	Kumaun University, Nainital
2.	Dr. Chhavi Arya	Expert, Associate Professor	Department of Home Science, D.S.B Campus	Kumaun University, Nainital
3.	Dr. Meena Batham	Expert, Associate Professor	Department of Fabric and Apparel Science, Institute of Home Economics, Delh	Delhi University
4.	Dr. Mukta Singh	Expert, Head	Department of Home Science, M.M.V.	B.H.U., Uttar Pradesh
5.	Dr. Manisha Ghalot	Expert, Head	Deptt. of Apparel & Textile Science	GBPUA&T, Pantnagar
6..	Dr. Rekha Naithani	Expert, Head	Department of Home Science	BGR Campus, Pauri, C.U. Garhwal
7.	Dr. Sunita Rani	Expert, Head	Department of Home Science	Kumaun University, Nainital
8.	Mr. Satish Kandpal	Registrar	Gyanarthi College, Kashipur	Kumaun University, Nainital

### SYLLABUS PREPARATION COMMITTEE

S. NO.	NAME	DESIGNATION	DEPARTMENT	AFFILIATION
1.	Dr. Sunita Rani	Head	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
2.	Dr. Janki Joshi	Assistant Professor	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
3.	Dr. Neha Tiwari	Assistant Professor	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
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5.	Dr. Jyoti Pant	Assistant Professor	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
6.	Mrs.Ankita Punetha	Teaching Assistant	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital
7.	Dr.Rushda Anam Malik	Assistant Professor	Department of Home Science, SAPKM, Kichha	Kumaun University, Nainital

**SKILL ENHANCEMENT COURSE (SEC) PREPARED FOR THE POOL OF COURSES**

<b>Course Code</b>	<b>Course Title</b>	<b>Theory /Practical</b>	<b>Credits</b>
SEC-1	Personality Development	Theory	2
SEC-2	Fashion Apparel Designing	Theory+ Practical	1+1
SEC-3	Guidance and Counseling	Theory	2
SEC-4	Public Speaking	Practical	2
SEC-5	Sustainable development	Theory	2
SEC-6	Food Authenticity and Fraud Detection	Practical	2

**Semester-I Undergraduate certificate in Home Science**  
**SKILL ENHANCEMENT COURSE (SEC-1) -- Personality Development**

**No. of Hours: 30**

**DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
SEC-1 Personality Development	2	2	0	0	Passed class XII with Science, Arts and Commerce	Nil
UNDERGRADUATE DIPLOMA IN HOME SCIENCE						
Programme/Class: Certificate in Home Science		Year: First		Semester: First Paper- SEC		
Subject : Home science						
Course: SEC-1		Course Title: Personality Development				
<b>Course outcomes:</b> The students at the completion of the course will be able to: <ul style="list-style-type: none"><li>● Develop understanding of the concepts and principles of basic psychological skills</li><li>● Apply techniques and methods to enhance productivity and time management</li><li>● Develop critical thinking skill and organize human resources with improved leadership qualities</li></ul>						
Credits:2				Value Addition Course		
Max. Marks: As per Univ. rules				Min. Passing Marks: As per Univ. rules		
Credits: 2			SKILL ENHANCEMENT COURSE			
Unit	Topics					No. of Hours
Unit I	Interpersonal Skills: a) Communication-Concept and characteristics b) Effective communication c) Skills for successful interview d) Leadership					5
Unit II	Self-development skills: a) Introduction to personality b) Types of personality c) Trace of personality d) Self-confidence					5
Unit III	Critical Thinking and Human resources: a) Logical fallacies b) Cognitive biases c) Mental Model d) Critical Thinking e) Evaluation and improvement					8

<b>Unit IV</b>	<b>Dealing Negativity:</b> a) Work-life balance b) Stress management c) Coping with failures and depression.	5
<b>Unit V</b>	<b>Goal-setting</b> a) Concept of goal-setting b) Importance of goal-setting c) Types of goal d) Time-management	7

**Recommended Readings:**

1. Bast,F.(2016). Crux of time management for students.Available at:  
<https://www.ias.ac.in/article/fulltext/reso/021/01/0071-0088>
2. Cialdini, R.B. (2001). Influence: The Psychology of Persuasion, Revised Edition. Harper Collius.
3. Green, C.J. (2015). Leadership and soft skills for students: Empowered to succeed in High School, College and beyond. Dog Ear Publishing.
4. Velayudhan, A. and Amudha devi, N. V. (2012). Personality Development for College Students. LAP Lambert Academic Publishing.

**Suggested Continuous Evaluation Methods:** Seminar/ Presentation on any topic of the above syllabus ☐ Test with multiple choice questions/ short and long answer questions ☐ Attendance

**Semester- II**  
**Undergraduate Certificate in Home Science**  
**Skill Enhancement Course (SEC-2)- Fashion Apparel designing**

**No. of Hours-45**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>SEC-2 Fashion Apparel Designing</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>Passed class XII with Science, Arts and Commerce</b>	<b>Nil</b>

**UNDERGRADUATE CERTIFICATE IN HOME SCIENCE**

<b>Programme/Class: Certificate in Home Science</b>	<b>Year: First</b>	<b>Semester: Second</b>
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**Subject : Home science**

<b>Course SEC-2</b>	<b>Course Title: Fashion Apparel designing</b>
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**Course outcomes:** After studying this course, the students will be able to:

- Gain the practical knowledge for construction of children's garments.
- Create skilled candidate who could work from home too or they can establish their own boutique.
- Many standard companies provides lots of opportunity in this area.

<b>Credits: 2</b>	<b>Discipline Specific Course</b>
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<b>Max. Marks: 100</b>	<b>Min. Passing Marks: As per Univ. rules</b>
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**Total No. of Lectures-Tutorials-Practical (in hours per week): 03**

<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures/ Theory</b>
<b>Unit I</b>	Introduction To Indian Fashion Industry, The basics of designing, elements of art and principles of design. The process of designing apparels.	5
<b>Unit II</b>	Fabric types, fabric preparatory steps for stitching a garment- preshrinking, straightening, layout, pinning, marking, and cutting, handling different fabrics for clothing construction.	5
<b>Unit III</b>	Fundamentals of sewing, appropriate sewing techniques of different components of garments, seams and its finishing, attaching different fasteners, disposal of fullness-darts, gathers, tucks and pleats, neckline finishing.	5
	<b>Practical</b>	
<b>Unit I</b>	Introduction to anthropometric measurement Collection of different types of fabrics	10
<b>Unit II</b>	Preparation of samples of basic hand stitches, machine stitches, edge finishing, fullness, finishing of necklines, placket opening, fasteners, mending and patching	10
<b>Unit II</b>	Preparation of articles using different stitching techniques	10

**Suggested Readings:**

1. Carson, B. 1969. How you look dress. 4<sup>th</sup> Ed. New yark . Webster Division., McGrw-Hill book company.
2. Doongaji, S. and Deshpande, R. Basic process and clothing construction. 2<sup>nd</sup> Ed. New Delhi, New Raj book Depot.

**Suggested Digital Platform:** [https://onlinecourses.nptel.ac.in/noc22\\_ag03/preview](https://onlinecourses.nptel.ac.in/noc22_ag03/preview)

**Suggested Continuous Evaluation Methods:** Seminar/ Presentation on any topic of the above syllabus ☐ Test with multiple choice questions/ short and long answer questions ☐ Attendance

**Semester-III Undergraduate Diploma in Home Science**  
**SKILL ENHANCEMENT COURSE (SEC-3) - Guidance and Counselling**

**No. of Hours - 30**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
SEC-3 Guidance and Counselling	2	2	0	0	Passed class XII with Science, Arts and Commerce	Nil
UNDERGRADUATE DIPLOMA IN HOME SCIENCE						
Programme/Class: Diplomain Home Science		Year: Second			Semester: III Paper- SEC	
Subject : Home science						
Course SEC-3		Course Title: Guidance and Counseling				
Course outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none"><li>• The students will become a perfect counselor.</li><li>• The students will be able to solve day to day problems of the clients.</li><li>• The students will become able to solve social problems.</li></ul>						
Credits: 2				Skill Enhancement Course		
Max. Marks: As per Univ. rules				Min. Passing Marks: As per Univ. rules		
Unit	Topics					No. of Hours
Unit I	Introduction to Guidance and Counselling: Nature, Principle, Goal and Adjustment Problem					6
Unit II	Approaches to Guidance and Counselling I: Personal Centered approach, Psychodynamic approach, Behavioural approach and Cognitive behavioural approach					8
Unit III	Approaches to Guidance and Counselling II: Narrative therapy, Solution focused therapy, Music therapy and Yoga and meditation					6
Unit IV	Applications: Child Counselling, Family Counselling, Career Counselling, Crisis intervention: suicide, grief and sexual abuse					10



**Recommended Readings:**

1. Aguilera, D. C. (1998). Crisis intervention: Theory and methodology (8<sup>th</sup> Ed.) Philadelphia: Mosby.
2. Belkin, G. S. (1998). Introduction to Counselling (3<sup>rd</sup> Ed.) Iowa: W. C. Brown.
3. Capuzzi, D. & Gross, D. R. (2007). Counselling and Psychotherapy: Theories and interventions (4<sup>th</sup> Ed). New Delhi. Pearson.
4. Corey, G. (2009) Counselling and Psychotherapy: Theory and practise. (7<sup>th</sup> Ed.) New Delhi: Cengage Learning.
5. Friedlander, M. L. and Diamond, G. M. (2012). Couple and Family Therapy. In E.M. Altmaier and J. C.
6. Gibson, R. L., & Mitchell, M. H. (2009). Introduction to Counselling and Guidance (7<sup>th</sup> Ed) New Delhi: PHI Learning Pvt. Ltd.
7. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press
8. Kapur, M. (2011). Counselling Children with Psychological Problems. New Delhi, Pearson.
9. Parti, V. R. (2008). Counselling Psychology. New Delhi: Authors Press.
10. Rao, S. N. Sahajpal, P. (2013). Counselling and Guidance, New Delhi: Tata Mc Graw-Hill.
11. Rao, S. N. (2004). Guidance and Counselling. New Delhi: Discovery Publishing House.
12. Sharf, R. S. (2012). Theories of Psychotherapy and Counselling: Concepts and Cases. 5<sup>th</sup> Edition. Belmont: Brooks/Cole (Cengage Learning).
13. S. Brown & R. Lent (Eds.). Handbook of Counselling Psychology (4<sup>th</sup> Ed) (pp. 267- 283). NY: Wiley.
14. Sharma, R.A. (2014). Fundamentals of Guidance and Counselling, Meerut: R. Lall Book Depot.

**Suggested Continuous Evaluation Methods:** Seminar/ Presentation on any topic of the above syllabus ☐ Test with multiple choice questions/ short and long answer questions ☐ Attendance

**Semester-IV Undergraduate Diploma in Home Science**  
**SKILL ENHANCEMENT COURSE (SEC-4) - Public Speaking**

**No. of Hours – 15+30**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
SEC-4 Public Speaking	2	1	0	1	Passed class XII with Science, Arts and Commerce	Nil
Programme/Class: Diploma of Home Science		Year: Second			Semester: Fourth Paper- SEC-4	
Subject: Home science						
Course SEC-4		Course Title: Public Speaking				
Course outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none"><li>Overcome the fear of public speaking and enhance their confidence to gain practical experience in effective public speaking.</li></ul>						
Credits: 2				Skill Enhancement Course		
Max. Marks: As per Univ. rules				Min. Passing Marks: As per Univ. rules		
Unit	Theory					No. of Hours
I	Public Speaking: Meaning and Significance, Types of Public Speaking: Media, Corporate and Political.					7
II	Art of Public Speaking: Language, Etiquettes and Communication Skills. Techniques of Public Speaking: Audience Applause Technique, Practice with a mini-audience, Practice in front of camera, Soft Sale Storytelling Strategy.					8
	Practical					
1	Art of Public Speaking: Language, Etiquettes and Communication Skills. Techniques of Public Speaking: Audience Applause Technique, Practice with a mini-audience, Practice in front of camera, Soft Sale Storytelling Strategy					15
III	Tools for Public Speaking: Vocal delivery, Body language, Audio Visual aids. Effective Speaking: Presentation					15

**Recommended Readings:**

- Davidson, Jeff, The Complete Guide to Public Speaking, Breathing Space Institute, 2003
- DiSanza, J. R., & Legge, N. J, Business and professional communication: Plans, processes, and performance (3rd ed.). Needham Heights, MA: Allyn & Bacon, 2005.
- Goleman, Daniel, Working with Emotional Intelligence, London: Banton Books, 1998
- Hall, Calvin S, et.al., Theories of Personality, New Delhi: Wiley, rpt.2011 Hamilton, C, Essentials of public speaking (5th ed.). Belmont, CA: Wadsworth Cengage Learning, 2012
- Holtz, Shel, Corporate Conversations, New Delhi: PHI.2007
- King, Dale, Effective Communication Skills: The Nine-Keys Guidebook for Developing the Art of Persuasion through Public Speaking, Social Intelligence, Verbal Dexterity, Charisma and Eloquence, Hamatea Publishing Studio, 2020
- Kumar, Sanjay and Pushp Lata, Communication Skills, New Delhi: OUP, 2011

**Suggested Continuous Evaluation Methods:** Seminar/ Presentation on any topic of the above syllabus ☐ Test with multiple choice questions/ short and long answer questions ☐ Attendance

**Semester-V Bachelorin Home Science (Honours)**  
**SKILL ENHANCEMENT COURSE (SEC-5) – Sustainable Development**

**No. of Hours- 30**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>SEC-5 Sustainable Development</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>Passed class XII with Science, Arts and Commerce</b>	<b>Nil</b>

**BACHELOR IN HOME SCIENCE (HONOURS)**

<b>Programme/Class:</b> <b>Bachelor in Home Science (Honours)</b>	<b>Year: Third</b>	<b>Semester: V</b> <b>Paper- SEC-5</b>
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**Subject : Home science**

<b>Course SEC-5</b>	<b>Course Title: – Sustainable Development</b>
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**Course outcomes:** After studying this course, the students will get to know about the importance and need of Sustainable approaches in today's consumerist era. They will also know about the efforts attempted on international as well as on national level for optimum utilization of resources through viable technique.

<b>Credits: 2</b>	<b>Skill Enhancement Course</b>
<b>Max. Marks:</b> As per Univ. rules	<b>Min. Passing Marks:</b> As per Univ. rules

Unit	Topics	No. of Hours
<b>Unit I</b>	Sustainable Development: Meaning, Concept, Definition, History, Components and Scope; Ecology and Environmental conservation, Biodiversity loss and ecological imbalance; Sustainable Development Goals. UNFCCC, COP, IPCC.	10
<b>Unit II</b>	Challenges to Sustainable Development; Sustainable Agriculture and forestry; Sustainable resource utilization: Water, mineral, soil and forest; Human Development; The human right to health and education; Poverty and disease.	10
<b>Unit III</b>	Inclusive Development: Education, Health; Climate Change: Carrying Capacity; Sustainable Development Policies and Programmes; Summits related to environment: Stockholm conference, Montreal Protocol, Brundtland Commission, Earth Summit, Paris Agreement (COP 21); NITI Aayog and Sustainable Development; National Environmental Policy.	10

**Suggested Readings:**

1. G. Arjun, Sarkar A. & others (2019): Environmental Issues & Sustainable Development, Notion India Press, Chennai
2. Ahlawat, A. (2019): Sustainable development Goals, Notion India Press, Chennai
3. Ossewarde, M.J. (2018): Introduction to Sustainable Development, Sage Publication, New Delhi
4. Mishra, J. (2018): Growth with Sustainability, Notion India Press
5. Sedana, N. & Indapurkar, K.: Sustainable Development Goals, Bloomsberry Publication House, London

**Suggested Continuous Evaluation Methods:** Seminar/ Presentation on any topic of the above syllabus ☐ Test with multiple choice questions/ short and long answer questions ☐ Attendance

### **DISTRIBUTION ELIGIBILITY AND PRE- REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>SEC- 6 Food Authenticity and Fraud Detection</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>Passed class XII with Science, Arts and Commerce</b>	<b>Nil</b>
<b>Programme/Class: Bachelor in Home Science (Honours)</b>		<b>Year: Third</b>			<b>Semester: Sixth Paper-SEC-6</b>	
<b>Subject: Home science</b>						
<b>Course SEC-6</b>		<b>Course Title: Food Authenticity and Fraud Detection</b>				
<b>Course outcomes:</b> The student at the completion of the course will be able to:						
1. Understand the concepts of food authenticity and fraud.						
2. Identify the types of food fraud and their impact on the food industry.						
3. Analyze the methods and techniques used to detect food adulteration.						
4. Evaluate the role of food authenticity and fraud detection in ensuring food safety and quality.						
<b>Credits:</b>				<b>Value Addition Course</b>		
<b>Max. Marks: 100</b>				<b>Min. Passing Marks:</b> As per Univ. rules		
<b>Unit</b>	<b>Topics</b>					<b>No. of Hours</b>
<b>Unit I</b>	Definition of food authenticity and fraud, The significance of food authenticity in consumer safety, quality assurance, and regulatory compliance					5
<b>Unit II</b>	Common types of food fraud: Adulteration, mislabeling, substitution, counterfeiting, and dilution					5
<b>Unit III</b>	Supply chain management and traceability, Quality control and quality assurance, Regulatory frameworks and enforcement					5
	<b>Practical</b>					
<b>Unit I</b>	Identification of common types of food fraud: Adulteration, mislabeling, substitution, counterfeiting, and dilution					10
<b>Unit II</b>	Sensory evaluation and organoleptic testing for Food Authentication: Visual, taste, and smell analysis in detecting fraudulent products					20
<b>Recommended Readings:</b>						
1. Food Authenticity and Traceability – M. Lees						
2. Food Fraud Prevention – John Spink						
3. Chemical Analysis of Food: Techniques and Applications – Yolanda Picó						
<b>Suggested Continuous Evaluation Methods:</b> Seminar/ Presentation on any topic of the above syllabus <input type="checkbox"/> Test with multiple choice questions/ short and long answer questions <input type="checkbox"/> Attendance						