



**Darrang College
(Autonomous),
Tezpur-784001**

**Syllabus for
FYUGP
Community
Science (Major)**

Approved by :

Board of Studies meeting held on 29th July, 2025

&

Academic Council vide Resolution no. 04, dated- 12/08/2025

SYLLABUS OF COURSES TO BE OFFERED
MAJOR COURSES, MINOR COURSES AND SKILL ENHANCEMENT COURSES
DEPARTMENT OF COMMUNITY SCIENCE

PROGRAMME OUTCOME :-

1. **Analytical and Problem-Solving abilities**: Students will have the ability to apply their knowledge of Community Science for better livelihood.
2. **Research Skills**: Students will possess the ability to participate in research activities, for all-round development of the community.
3. **Communication and Presentation Skills**: Students will be able to express their ideas effectively through both written and oral presentations, and also utilizing suitable tools.
4. **Disciplinary Knowledge and Skills**: Community Science should possess a strong foundation as well as the ability to apply this knowledge for self-employment.
5. **Ethics and Values**: Students will possess knowledge of the ethical and social implications of their work and demonstrate a dedication to the ethical and responsible conduct of research and practice.

TEACHING LEARNING PROCESS :-

Encouraging active participation, discussions, group work, and hands-on activities. Lectures, demonstrations, and presentations to convey foundational knowledge. Utilizing role-playing, simulations, and case studies to enhance engagement and understanding. Utilizing visual aids, models, charts, and online resources to support learning. Gradually revealing information on visual aids to maintain student focus. Connecting classroom learning to real-life situations and community issues.

Teaching learning tools :-

Blackboard/Whiteboard: A common visual aid for explaining concepts and demonstrating techniques.

Textbooks and Reference Books: Essential for foundational knowledge and in-depth study within the discipline.

Charts, Graphs, and Diagrams: Visual representations that help in understanding complex information.

Digital Resources: Computers, educational, and online learning platforms.

Audio-visual Materials: Videos, and interactive presentations that enhance learning.

Educational Games and Simulations: Engaging activities that make learning fun and interactive.

Lecture Method: Direct instruction on specific topics.

Demonstration Method: Showing practical skills like cooking techniques or sewing.

Laboratory Method: Hands-on experience and experiments.

Project-Based Learning: Students apply their knowledge and skills to create a final product or project.

Field Trips: Experiential learning through visits to farms, markets, or food processing units.

Tools and Equipment: Measuring cups, knives, ovens, and other tools used in food preparation.

Sewing Machines and Fabrics: For textile and clothing related projects.

Child Development Resources: Toys, books, and educational materials for child development activities.

ASSESSMENT /EVALUATION METHOD :-

- Class test
- Internal exam
- Home assignment
- Group discussion
- Attendance
- Tutorials
- Oral presentations
- Practical reports

B.A/B.Sc IN COMMUNITY SCIENCE PROGRAMME(FYUGP)**DETAILED SYLLABUS OF FYUGP 1ST SEMESTER**

Title Of The Course	Fundamentals of Nutrition and Human development
Course code	CMS-MJ-01014
Total credit (theory +practical)	4 (3Theory+1Practical)
Contact hours	45+(Theory) +30(Practical)
Distribution of marks	45(End semester+30 Internal+25practical)
Course outcome	1. Understand The Concept ,Meaning Objectives, Nature, Philosophy ,History of Community Science. 2. Understand The Sources ,Functions And Deficiency Diseases of Different Macro And Micronutrients. 3. Understand the concept of principles and process of growth and development and its relation to heredity and development . 4. Acquiring knowledge on the different stages of human life span and the development relating to pre-natal stages.

COURSE OBJECTIVES-

1. To understand and appreciate the role of interdisciplinary sciences in the development and well-being of individuals, families and communities.
2. To prepare the students with a general concept of community science
3. To learn about macro and micro nutrients.
4. To learn the need and importance of studying Human growth and development across the lifespan.

Unit	Content	Lecture	Tutorial	Practical	Total hours
1. Concept Of Community Science	a. Introduction of Community Science - Concept, Definition, Meaning Nature, Objectives, Philosophy, History. Component of Community Science. b. Areas of community science ,Scope &	7	2	-	9

	Importance. Career awareness of community science . c. Present Scenario of community Science				
2. Basic Concept In Food And Nutrition	a) Definition of Food, Nutrition, Nutrients, Health, Nutritional Status ,Diet, Energy. b) Understanding Relationship Between Food, Nutrition & Health. c) Functions of Food- Physiological, Psychological and Social . d) Classifications Of Food e) Basic Five Food Groups	7	2	-	9
3. Nutrients	a) Types of Nutrients- Sources, Functions And Deficiency, RDA. b) Macronutrients- Carbohydrates, Proteins, Fats. c) Micronutrients - Minerals- Calcium, Iron, Iodine. d) Vitamins- Fat-Soluble Vitamins - A,D, E and K. Water soluble vitamins –Vit C, Thiamine, Riboflavin, Niacin, Pyridoxine, Folate, Vit B12. e) Water-functions and sources.	7	2	-	9
	PART-B				
4 . Basic of Human Development	a. Concept and Interdisciplinary Nature of Human Development. b. Scope of Human Development.	4	2	-	6

5. Growth and development	a. Meaning Of Growth and Development. b. Principles Of Growth and Development. c. Factors Affecting Growth and Development. d. Stages Of Human Development. e. Areas Of Human Development (Physical, Motor ,Social, Language, Emotional ,Moral, Personality, Cognitive Development .)	4	2	-	6
6 . Pre- Natal Period	a. Conception b. Signs and Symptoms of Pregnancy. c. Stages of Pre-Natal Period. d. Factors Affecting Prenatal Development. e. Birth Process and Types.	4	2	-	6
Practical	a. Make a chart showing sources of Carbohydrates, Protein ,Fats, Vitamins and Minerals. b. B.Weights and measures of common foodstuff, food preparation, understanding the principles involved, nutritional quality and portion size –two each from Cereal ,Pulses, Vegetables, Fruits, Egg, Milk, Beverages . c. Observation of a preschool child for the following areas of development - Physical ,Motor , Socio-Emotional , Cognitive.	-	-	15	30

RECOMMENDED READINGDS -

1. Srilakshmi B(2012) Nutrition Science.4th Revised Edition, New Age International publishers.
2. Hurlock B.ELIZABETH(1980) Developmental psychology. Tata Mcgraw Hills INC.
3. Panda KC . Elements of Child Development. Kalyani Publication. 6th Edition.
4. Gopalan C , Ramasastri BV . Balasubramanaam SC . Nutritive Value of Indian Foods. National Institute of Nutrition.2010.
5. Saikia Barthakur Mandira . Human Nutrition. Kaustubh Prakashan.New Market. Dibrugarh.
6. Sariah Jabari. Mahapatra Anuradha (2025) . Fundamental of Nutrition and Human Development.

BA /B.sc IN COMMUNITY SCIENCE PROGRAMME(FYUGP)

DETAILED SYLLABUS OF FYUGP 2ND SEMESTER

Title Of The Course	Introduction To Textile And Clothing And Family Resource Management
Course code	CMS-MJ-02014
Total credit (theory +practical)	4(3 THEORY+1 PRACTICAL)
Contact hours	45(THEORY)+30 (PRACTICAL)
Distribution of marks	45(End semester)+30(internal) +25(practical)
Course outcome	1.Gain knowledge on different types of textile fibre. 2.Understand the concept of management, management process and application of management process at home 3.will have the knowledge of managing time and energy during different stages of family life 4. Gain knowledge on work simplification techniques in different family activities

COURSE OBJECTIVES-

1. Gain knowledge on different types of textile fibre
2. Understand the concept of management, management process and application of management process
3. Will have the knowledge of managing time and energy during different stages of family life.
4. Gain knowledge on work simplification techniques in different family activities

Unit	Content	Lecture	Tutorial	Practical	Total hours
Introduction To Textiles Fibre	• Textiles fibres- Definition And Introduction, Reason For Studying Textile Science. • Properties Of Textile Fibre- Primary, Secondary, Physical, Chemical, Thermal Biological Properties. • Classification and Identification • Yarn Making-Basic Concept, Yarn Twist, Classification Of	10	2	-	12

	Yarns-Spun Yarn Filament Yarn, Simple Yarn, Complex/ Novelty Yarn, Textured Yarn. • Fabric construction-basic concept, types-weaving, knitting, felting, non-woven • Finishes and colour application-concept and types of textile finishes-general and functional finishes • Application of colour-Dyeing –Natural dyes-vegetable dyes, animal dyes, mineral dyes, Chemical dyes- basic dyes, acid dyes direct dyes. • Printing-concept of printing, different types of printing				
Introduction To Clothing	Clothing –Meaning, Importance, Function. Origin Of Clothing. Terminology Used In Clothing. Effect Of Clothing On Child’s Growth And Development. Factors Affecting Clothing Selection-Physical Factors, Economic Factors, Psychological Factors, Technological Factors.	10	2	-	12
	PART-B FAMILY RESOURCE MANAGEMENT				
UNIT-3 Introduction to Home management	• Management –Concept, Need, Characteristics of Management in the Home, Role of Home Management. Management as a Discipline In Home And Business • Management Process-Planning, Organising, Implementation, Controlling And Evaluation • Motivating factors in management-concept and interrelationship (Value, Goals, Standards) • Decision Making-Concept, Steps In Decision Making Process,	10	2	-	12

	Factors Affecting Decision Making, Types Of Decision Making. Family life cycle-concept of family life cycle.				
Resource Management - Time & Energy Management	- Resources-meaning and definition of resources, characteristics of resources, classification, factors affecting the use of resources. - Time management- Time as a resource, time norms for household tasks, tools in time management, steps in making time and activity plans, time demand during different stages of family life. - Energy management- energy as a resource, relation of energy to the stages of the family life cycle, classification of efforts used in homemaking activities, household tasks classified by energy cost. - Fatigue – types, technique used for avoiding fatigue - Work simplification- concept, the technique of work simplification	7	2	-	9

Practical	- Fibre identification-burning test, microscopic test - Collection of samples of different yarn and identify them. - Collection of different fabrics and identify its type - Make samples- I. Tie and dye II. Block printing , III. Stencil printing , IV. Batik - Event planning, management and evaluation with reference to the managerial process - Preparation and analysis of time plan for self and mother. - Time and motion study (pathway, process, operation chart)	-	-	15	30
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RECOMANNED READINGS

- Corbman, B.P (1983). Textiles: Fibre to fabric. USA, McGRAW-HILL International. 6th EDITION.
- Joseph,M.L (1981). Introductory Textile science. New York: CBS college publishing 4th edition.
- GUPTA s, Garg N and Aggarwal A (1997) TEXTBOOK OF HOME MANAGEMENT HYGIENE AND PHYSIOLOGY, KALYANI PUBLISHERS.
- Bhargava Bela . Family Resource Management and Interior Decoration. University Book house pvt ltd. Jaipur.
- Saikia Borthakur Mandira . Resource Management. Kaustubh Prakashan. New Market. Dibrugarh.Assam .
- Saikia Barthakur Mandira. Introduction to Textile. Kaustubh Prakashan.New Market . Dibrugarh . Assam.