



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A ++' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION (25/August/Adp./60)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Studies of the subject of **Home Science** of Semester I, II and III for **Four Year Under Graduate Programme (FYUGP)** as per **NEP-2020 (as given in the annexure)** for the **Regular Candidates** for the examinations to be held in the years as per the details given below:-

Subject	Semester	Existing Code Course	New Code Course	For the examinations to be held in the year	Change of %
Home Science	Semester-I	UMDHST-103	UMDHST-105	Dec. 2025, 2026 and 2027	100%
		USEHST-104	USEHST-111	Dec. 2025, 2026 and 2027	100%
	Semester-I	UMDHST-203	UMDHST-205	May 2026, 2027 and 2028	80%
		USEHST-204	USEHST-211	May 2026, 2027 and 2028	100%
	Semester-III	UMJHST-302	UMJHST-302	Dec. 2026, 2027 and 2028	20%
		UMIHST-303	UMIHST-303	Dec. 2026, 2027 and 2028	20%
		UMDHST-304	UMDHST-306	Dec. 2026, 2027 and 2028	100%
		USEHST-305	USEHST-311	Dec. 2026, 2027 and 2028	100%

The Syllabi of the courses is also available on the University website: www.jammuuniversity.ac.in.

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/25/8450.72

Dated: 29/8/25

Copy for information and necessary action to:

1. Dean, Faculty of Science
2. Convener, Board of Studies in **Home Science**
3. All members of the Board of Studies
4. Sr. P.A. to the Controller of Examinations
5. Director, Centre for IT Enabled services and Management, University of Jammu for information and for uploading on University Website.
6. C.A. to the Controller of Examinations
7. Director, Computer Centre, University of Jammu.
8. Joint Registrar/Deputy Registrar/Asst. Registrar (Conf./Exam UG/Exam. Non Prof.)

Abroca
29/8/25
Joint Registrar (Academic)

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29/8

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29/8/25

PERCENTAGE OF CHANGE IN FYUP UNDER NEP

Subject: Home Science (1st to 3rd Semester)

S. NO.	COURSE TYPE	EXISTING		REVISED		Percentage of change
		COURSE NO.	COURSE TITLE	COURSE NO.	COURSE TITLE	
SEMESTER 1						
1	Major	UMJHST-101	Introduction to Home Science	NO CHANGE		
2	Minor	UMIHST-102	Introduction to Home Science			
3	Multidisciplinary	UMDHST-103	Care and Well Being Across the Life Span	UMDHST-105	Gender: Concepts and Issues	100% change
4	Skill Enhancement Course	USEHST-104	Life Skills Education	USEHST-111	Fundamentals of Bakery Science	100% change
SEMESTER 2						
1	Major	UMJHST-201	Entrepreneurship Development	NO CHANGE		
2	Minor	UMIHST-202	Entrepreneurship Development			
3	Multidisciplinary	UMDHST-203	Gender Sensitization	UMDHST-205	Gender: Concepts and Issues	80% change
4	Skill Enhancement Course	USEHST-204	Health, Fitness and Self Development	USEHST-211	Applied bakery science	100% change
SEMESTER 3						
1	Major	UMJHST-301	Life Span Development-1	No change		
2	Major	UMJHST-302	Introduction to Foods and Nutrition-1	Less than 20% change		
3	Minor	UMIHST-303	Life Span Development-1	Less than 20% change		
4	Multi-disciplinary	UMDHST-304	NGO Management	UMDHST-306	Gender: Concepts and Issues	100% change
5	Skill Enhancement Course	USEHST-305	Bakery Technology and Entrepreneurship	USEHST-311	Bakery science and entrepreneurship	100% change

Syllabi of Home Science for FYUP as per NEP-2020

Home Science
Semester I
(Examination to be held in December 2025, 2026, 2027)
Multidisciplinary Course

Course Code: UMDHST-105
Credits: 3
Maximum Marks: Theory: 75

Course Title: Gender: Concepts and Issues
Total No. of Lectures: Theory: 45hr

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand the concept of gender and relate it to everyday life.
2. Identify socio-economic dimensions of gender.
3. Highlight means of addressing and responding to gender issues.

Unit: 1 Conceptualizing Gender

- Understanding sex, gender and related concepts
- Gender and sexuality
- Social Construction of Gender

Unit: 2 Gender and Family

- Power dynamics within families and Gender Roles
- Role of family in gender socialization
- Challenges for families in transition

Unit: 3 Gender and Work

- Gendered Division of labour
- Impact of gender on work life balance
- Policy Initiatives related to Women's work: Parental leave, Childcare, Flexi hours
- Gender harassment at workplace

Unit: 4 Gender, Law and Society

- Gender based violence
- Representation of gender in media
- Marginalization and increased vulnerability
- Laws for protection against gender harassment and violence (in brief)

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester I

(Examination to be held in December 2025, 2026, 2027)

Multidisciplinary Course

Course Code: UMDHST-105

Credits: 3

Maximum Marks: Theory: 75

Course Title: Gender: Concepts and Issues

Total No. of Lectures: Theory: 45hr

References

- IGNOU (2021), " Gender Sensitisation: Society and Culture", Neeraj Publication India
- Khanche, H. M (2021), " Gender Sensitisation: Mirror Radiating an Individual's Personality", Notion Press, ISBN-13, 978-1685235222,1
- Singh, R. P and Sihag, A (2019), " Gender Sensitisation- Issues and Challenges", Raj Publications

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20 % (15)
End Semester Examination	100%	3 hrs	80 % (60)
<p>Section A: Four short answer questions representing all units/syllabi i.e. one question from each unit. Each question shall be of 2.5 marks (all compulsory)</p> <p>Section B: Six long answer questions (Three to be attempted) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.</p>			

UNIVERSITY OF JAMMU
SYLLABI OF HOME SCIENCE FOR FYUP AS PER NEP-2020

SEMESTER I
SKILL ENHANCEMENT COURSE
(Examination to be held in December 2025, 2026, 2027)

Course Code: USEHST-111

Course Title: FUNDAMENTALS OF BAKERY SCIENCE

Credits: 3 (Theory: 1 Credit + Practical: 2 Credits)

Maximum Marks: Theory = 75 (25 Theory + 50 Practical)

Course Outcomes: By the end of this course, the students will be able to:

1. Demonstrate knowledge of basic concepts and scope of bakery science.
2. Identify, safely handle, and maintain common bakery equipment and tools.
3. Classify and understand the practical role of key bakery ingredients.
4. Apply fundamental baking techniques including ingredient mixing, kneading, creaming, and whipping.

THEORY (1 credit)

Unit I Introduction to Bakery

- Meaning & concept of bakery; scope and relevance of bakery science
- Basic terms and glossary commonly used in baking
- Importance of basic kitchen hygiene and safety in baking.

Unit II Equipment and Utilities used in Bakery

- Introduction to equipment used in bakery
- Identification and classification of equipment: large, small, and utility items
- Basic mixing equipment and tools: mixers, blenders, beaters, etc.

Unit III Ingredients and Mixing Methods used in Bakery

- Ingredients: Types of flour and their roles, role of gluten
- Role of Sugar, nuts and dry fruits, shortenings, and leavening agents in baking
- Basic steps involved in mixing ingredients

PRACTICAL (2 credits)

1. Conduct identification of large and small bakery equipment (e.g., ovens, mixers, dough scrapers, measuring tools etc).
2. Demonstration of safe handling, cleaning, and maintenance procedures of equipment.

UNIVERSITY OF JAMMU
SYLLABI OF HOME SCIENCE FOR FYUP AS PER NEP-2020

SEMESTER I
SKILL ENHANCEMENT COURSE
(Examination to be held in December 2025, 2026, 2027)

Course Code: USEHST-111
Course Title: FUNDAMENTALS OF BAKERY SCIENCE

3. Observation and tactile identification of different types of flour, sugar, fats, dry fruits, and leavening agents.
4. Practical activation of gluten, and determination of moisture
5. Learn basic mixing techniques used in bakery science (kneading, stirring, whipping and creaming)

REFERENCES

1. Dubey, S. C. (2009). *Basic baking*. New Age International Publishers.
2. Miller, C. C. (2010). *Baking science and technology* (4th ed., Vol. 1 & 2). Sosland Publishing.
3. Manley, D. (2011). *Manley's technology of biscuits, crackers and cookies* (4th ed.). Woodhead Publishing. <https://doi.org/10.1533/9780857093643>
4. Pyler, E. J., & Gorton, L. A. (2008). *Baking science & technology* (4th ed.). Sosland Publishing.
5. Raina, R., & Jain, N. (2016). *Theory of bakery and confectionery*. PHI Learning Pvt. Ltd.
6. Smith, G. (2004). *Professional baking* (4th ed.). John Wiley & Sons.
7. Sahi, S. S., & Alava, J. M. (Eds.). (2017). *Baking technology and nutrition*. Wiley-Blackwell. <https://doi.org/10.1002/9781118921264>

SCHEME OF EXAMINATION

Description	Marks
Mid Term Examination Part-1 There will be a written examination. There will be 2 sections in the question paper with pattern as follows: Section A shall comprise of 4 short answer type questions of 2 ½ marks each, covering all three units with at least one question from each unit. The students have to attempt all the 4 questions from Section A. Section B shall comprise of a total of 6 questions with two questions from each unit. Each question shall be of 5 marks. The students have to attempt 3 questions selecting only one question from each unit.	25 marks
Evaluation of Skills: Final Examination Part-2 The Evaluation of skills will be internal. The evaluation of Skills will be done internally through the Board of three members (including the trainer of the Course)	50 marks

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester II

(Examination to be held in May 2026, 2027, 2028)

Multidisciplinary Course

Course Code: UMDHST-205

Credits: 3

Maximum Marks: Theory = 75

Course Title: Gender: Concepts and Issues

Total No. of Lectures: Theory = 45hr

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand the concept of gender and relate it to everyday life.
2. Identify socio-economic dimensions of gender.
3. Highlight means of addressing and responding to gender issues.

Unit: 1 Conceptualizing Gender

- Understanding sex, gender and related concepts
- Gender and sexuality
- Social Construction of Gender

Unit: 2 Gender and Family

- Power dynamics within families and Gender Roles
- Role of family in gender socialization
- Challenges for families in transition

Unit: 3 Gender and Work

- Gendered Division of labour
- Impact of gender on work life balance
- Policy Initiatives related to Women's work: Parental leave, Childcare, Flexi hours
- Gender harassment at workplace

Unit: 4 Gender, Law and Society

- Gender based violence
- Representation of gender in media
- Marginalization and increased vulnerability
- Laws for protection against gender harassment and violence (in brief)

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester II

(Examination to be held in May 2026, 2027, 2028)

Multidisciplinary Course

Course Code: UMDHST-205

Credits: 3

Maximum Marks: Theory = 75

Course Title: Gender: Concepts and Issues

Total No. of Lectures: Theory = 45hr

References

- IGNOU (2021), " Gender Sensitisation: Society and Culture ", Neeraj Publication India
- Khanche, H. M (2021), " Gender Sensitisation: Mirror Radiating an Individual's Personality", Notion Press, ISBN-13, 978-1685235222,1
- Singh, R. P and Sihag, A (2019), " Gender Sensitisation- Issues and Challenges ", Raj Publications

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20 % (15)
End Semester Examination	100%	3 hrs	80 % (60)
<p>Section A: Four short answer questions representing all units/syllabi i.e. one question from each unit. Each question shall be of 2.5 marks (all compulsory)</p>			
<p>Section B: Six long answer questions (Three to be attempted) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.</p>			

UNIVERSITY OF JAMMU
SYLLABI OF HOME SCIENCE FOR FYUP AS PER NEP-2020

SEMESTER II
SKILL ENHANCEMENT COURSE
(Examination to be held in May 2026, 2027, 2028)

Course Code: USEHST-211

Course Title: APPLIED BAKERY SCIENCE

Credits: 3 (Theory: 1 Credit + Practical: 2 Credits)

Maximum Marks: Theory = 75 (25 Theory + 50 Practical)

Course Outcomes: By the end of this course, the students will be able to:

1. Understand the processes and ingredient behaviour in cake and biscuit production.
2. Classify and select appropriate ingredients based on perishability and functionality.
3. Apply theoretical knowledge to the preparation of cakes, cookies, and fruit-based desserts.

THEORY (1 credit)

Unit I Ingredient Science and Processing Techniques

- Overview of bakery product categories: cakes, cookies, desserts
- Classification of bakery ingredients: perishable, semi-perishable, and non-perishable
- Functional role of key ingredients: flour, sugar, eggs, fats, emulsifiers, moisture-retainers, and tenderizers

Unit II Science of Cakes and Batters

- Types of cakes: shortened and unshorten
- Role of eggs, sugar, fats, and leavening agents in cake formulation
- Factors affecting cake volume, texture, and shelf life
- Common faults in cakes and their causes

Unit III Biscuits, Cookies, and Fruit-Based Desserts

- Ingredients and techniques for making cookies and biscuits
- Types of biscuits and cookies: plain, salted, nut-based, coconut
- Seasonal fruit-based desserts: puddings, custards, fruit tarts
- Enhancing nutritional value through the addition of fruits and nuts

PRACTICAL (2 Credits)

1. Identification and classification of ingredients based on perishability
2. Preparation of two types of cakes

UNIVERSITY OF JAMMU
SYLLABI OF HOME SCIENCE FOR FYUP AS PER NEP-2020

SEMESTER II
SKILL ENHANCEMENT COURSE
(Examination to be held in May 2026, 2027, 2028)

Course Code: USEHST-211

Course Title: APPLIED BAKERY SCIENCE

3. Preparation of different types of cookies and biscuits: plain, nut-based, salted, and coconut
4. Preparation of fruit-based desserts (e.g., fruit custard, pudding, tarts)

REFERENCES

1. Dubey, S. C. (2009). *Basic baking*. New Age International Publishers.
2. Pylar, E. J., & Gorton, L. A. (2008). *Baking science & technology* (4th ed.). Sosland Publishing.
3. Smith, G. (2004). *Professional baking* (4th ed.). John Wiley & Sons.
4. Raina, R., & Jain, N. (2016). *Theory of bakery and confectionery*. PHI Learning Pvt. Ltd.
5. Manley, D. (2011). *Manley's technology of biscuits, crackers and cookies* (4th ed.). Woodhead Publishing. <https://doi.org/10.1533/9780857093643>
6. Sahi, S. S., & Alava, J. M. (Eds.). (2017). *Baking technology and nutrition*. Wiley-Blackwell. <https://doi.org/10.1002/9781118921264>

SCHEME OF EXAMINATION

Description	Marks
Mid Term Examination Part-1 There will be a written examination. There will be 2 sections in the question paper with pattern as follows: Section A shall comprise of 4 short answer type questions of 2 ½ marks each, covering all three units with at least one question from each unit. The students have to attempt all the 4 questions from Section A. Section B shall comprise of a total of 6 questions with two questions from each unit. Each question shall be of 5 marks. The students have to attempt 3 questions selecting only one question from each unit.	25 marks
Evaluation of Skills: Final Examination Part-2 The Evaluation of skills will be internal. The evaluation of Skills will be done internally through the Board of three members (including the trainer of the Course)	50 marks

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester III

(Examination to be held in December 2026, 2027, 2028)

Major Course

Course Code: UMJHST-302
Credits: 3 Th + 1 P

Course Title: Introduction to Foods and Nutrition-1
Total No. of Lectures: Theory=45 Hrs.
Practical: 30 Hrs.

Maximum Marks: 100

Theory: 75

Practical/Tutorial: 25

Course Learning Objectives:

The course is designed to enable the students to:

- Understand the concept of Foods and Nutrition.
- Classify the different nutrient and their respective sources.
- Apply knowledge related to the concept of meal planning.

UNIT- 1

- Introduction to Foods and Nutrition
 - Definition of food
 - Functions of Food- physiological, psychological and social
- Classification of food on the basis of its functions
 - Health, Optimum Nutrition, Malnutrition
 - Basic terminology used in food science

UNIT- 2

- Functions and sources of-
 - Macro nutrients- Carbohydrates, Proteins and Fats
 - Micro nutrients- Minerals: Calcium, Iron and Iodine; Vitamins: Fat soluble (A, D, E, K) Water soluble (thiamine, riboflavin, niacin, pyridoxine, cyanocobalaminB12, ascorbic acid)
- Functions and sources of-
 - Water
 - Pre and probiotic

UNIT-3

- Objectives of cooking food
- Methods of cooking
 - Dry heat, moist heat, cooking with oil
 - solar cooking and microwave cooking
- Effect of cooking on nutrients

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester III

(Examination to be held in December 2026, 2027, 2028)

Major Course

Course Code: UMJHST-302
Credits: 3 Th + 1 P

Course Title: Introduction to Foods and Nutrition-1
Total No. of Lectures: Theory=45 Hrs.
Practical: 30 Hrs.

Maximum Marks: 100
Theory: 75
Practical/Tutorial: 25

UNIT-4

- Meal planning
 - Importance of meal planning
 - Factors affecting meal planning
 - Basic concept of 'My Healthy Plate'
- Food safety
 - Basic concept of food adulteration
 - Introduction to food safety laws and Standards (Voluntary-ISO, HACCP; Mandatory- FSSAI)

References

- Swaminathan, M. (2015). Advanced text book on food and nutrition.
- Srilakshmi, B. (2006). *Nutrition Science*. New Age International.
- Roday, S. (2012). Food science & nutrition. Oxford University Press
- Vaclavik, V. A., Christian, E. W., & Campbell, T. (2008). *Essentials of food science* (Vol. 42). New York: Springer.
- Shewfelt, R., Ramirez, Clarke, A. (2015). *Introducing Food Science*. Taylor & Francis Ltd (Sales)

Practical/Tutorial

1. Identification of five household foods on basis of food groups
2. Study Weights and measures.
3. Plan and Preparation of balanced diet

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester III

(Examination to be held in December 2026, 2027, 2028)

Major Course

Course Code: UMJHST-302

Credits: 3 Th + 1 P

Course Title: Introduction to Foods and Nutrition-1

Total No. of Lectures: Theory=45 Hrs.

Practical: 30 Hrs.

Maximum Marks: 100

Theory: 75

Practical/Tutorial: 25

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1.5 Hrs.	20 (15)
End Semester Examination Section A: four short answer questions representing all units/syllabi i.e one question from each unit. Each question shall be of 3 marks (all compulsory) Section B: eight long answer questions (four to be attempted) representing whole of the syllabi i.e two questions from each unit. Each question shall be of 12 marks.	100%	3 Hrs.	80 (60)
Practical/ Tutorial			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			10 marks for continuous evaluation
final Examination	100%		15 marks for final examination

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester III

(Examination to be held in December 2026, 2027, 2028)

Minor Course

Course Code: UMIHST-303

1Credits: 3 Th + 1 P

Course Title: Life Span Development-

Total No. of Lectures: Theory=45 Hrs.

Practical: 30 Hrs.

Maximum Marks: 100

Theory: 75

Practical/Tutorial: 25

Course Learning Objectives:

The course is designed to enable the students to:

- Understand and gain knowledge of the processes during various stages of life span.
- Gain an insight in the various development issues.

Unit: 1 Introduction to Life Span Development

- Life Span Development: Meaning, Definition, Factors Affecting Growth and Development.
- Prenatal Period: Course of Prenatal Period, Stages, Overview of Birth Process.
- Factors Affecting Prenatal Development, Complications and Hazards during Prenatal Period.

Unit: 2 Infancy and Toddlerhood

- Infancy and Toddlerhood: Meaning, Concept, and Milestones
- Course of Development: Physical, Social, Emotional, Language, Cognitive.
- Factors affecting Development: Heredity and Environment.

Unit: 3 Childhood

- Childhood: Concept, Stages
- Early Childhood: Developmental Milestones, Orientation to preschool, Importance of Preschool education.
- Middle Childhood: : Developmental Milestones, Significance and Functions of School, Influence of Peer Group

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester III

(Examination to be held in December 2026, 2027, 2028)

Minor Course

Course Code: UMIHST-303

1Credits: 3 Th + 1 P

Course Title: Life Span Development-

Total No. of Lectures: Theory=45 Hrs.

Practical: 30 Hrs.

Maximum Marks: 100

Theory: 75

Practical/Tutorial: 25

Unit: 4 Adolescence

- Adolescence: Concept, Definition, Developmental Tasks and Milestones.
- Identity Formation, Sexual Orientation, Independence and decision making
- Problems of Adolescents: Puberty and adjustment to pubertal changes, Substance abuse, Healthy sexual behaviour, Mental Health.

References

- Berk, L. (2013). *Development through the lifespan*. Pearson Education India.
- Singh, A. (2015). *Foundations Of Human Development*. The Orient Blackswan; New edition
- Sushila, S and Sudha, R.K. (2016). *Textbook of Human Development*. S Chand & Company
- Mullick, P. *Textbook of Home Science*. Kalyani Publishers
- Bhattacharya, S. *Human Development Concept, Measure and Analysis*. Kunal Books and Publishers.

Practical/Tutorial

- Plan and prepare activities for school readiness of children in early childhood years.
- Conduct a survey in your institution regarding problems faced by adolescents.

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester III

(Examination to be held in December 2026, 2027, 2028)

Minor Course

Course Code: UMIHST-303

1Credits: 3 Th + 1 P

Course Title: Life Span Development-

Total No. of Lectures: Theory=45 Hrs.

Practical: 30 Hrs.

Maximum Marks: 100

Theory: 75

Practical/Tutorial: 25

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1.5 Hrs.	20 (15)
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Practical/ Tutorial			
Daily evaluation of Practical records/tutorials/ viva voce/etc.			10 marks for continuous evaluation
final Examination	100%		15 marks for final examination

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester III

(Examination to be held in December 2026, 2027, 2028)

Multidisciplinary Course

Course Code: UMDHST-306

Credits: 3

Maximum Marks: Theory = 75

Course Title: Gender: Concepts and Issues

Total No. of Lectures: Theory = 45hr

Course Learning Objectives:

The course is designed to enable the students to:

1. Understand the concept of gender and relate it to everyday life.
2. Identify socio-economic dimensions of gender.
3. Highlight means of addressing and responding to gender issues.

Unit: 1 Conceptualizing Gender

- Understanding sex, gender and related concepts
- Gender and sexuality
- Social Construction of Gender

Unit: 2 Gender and Family

- Power dynamics within families and Gender Roles
- Role of family in gender socialization
- Challenges for families in transition

Unit: 3 Gender and Work

- Gendered Division of labour
- Impact of gender on work life balance
- Policy Initiatives related to Women's work: Parental leave, Childcare, Flexi hours
- Gender harassment at workplace

Unit: 4 Gender, Law and Society

- Gender based violence
- Representation of gender in media
- Marginalization and increased vulnerability
- Laws for protection against gender harassment and violence (in brief)

Syllabi of Home Science for FYUP as per NEP-2020

Home Science

Semester III

(Examination to be held in December 2026, 2027, 2028)

Multidisciplinary Course

Course Code: UMDHST-306

Credits: 3

Maximum Marks: Theory = 75

Course Title: Gender: Concepts and Issues

Total No. of Lectures: Theory = 45hr

References

- IGNOU (2021), "Gender Sensitisation: Society and Culture", Neeraj Publication India
- Khanche, H. M (2021), "Gender Sensitisation: Mirror Radiating an Individual's Personality", Notion Press, ISBN-13, 978-1685235222,1
- Singh, R. P and Sihag, A (2019), "Gender Sensitisation- Issues and Challenges", Raj Publications

NOTE FOR PAPER SETTING

Theory	Syllabus to be covered	Time allotted	% weightage (marks)
Mid Term Assessment Test	50%	1 ½ hrs.	20 % (15)
End Semester Examination Section A: Four short answer questions representing all units/syllabi i.e. one question from each unit. Each question shall be of 2.5 marks (all compulsory) Section B: Six long answer questions (Three to be attempted) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.	100%	3 hrs	80 % (60)

UNIVERSITY OF JAMMU
SYLLABI OF HOME SCIENCE FOR FYUP AS PER NEP-2020

SEMESTER III
SKILL ENHANCEMENT COURSE
(Examination to be held in December 2026, 2027, 2028)

Course Code: USEHST-311

Course Title: BAKERY SCIENCE AND ENTREPRENEURSHIP

Credits: 3 (Theory: 1 Credit + Practical: 2 Credits)

Maximum Marks: Theory = 75 (25 Theory + 50 Practical)

Course Outcomes: By the end of this course, students will be able to:

1. Prepare a variety of bakery products like breads, pastries, and icings using correct methods and ingredients.
2. Understand the basics of starting a small bakery business, including budgeting, pricing, and planning.
3. Create simple packaging and branding ideas for bakery products following food safety rules.
4. Explore and apply contemporary trends in baking, including health-conscious and specialized dietary options.

THEORY (1 Credit)

Unit I Product Development and Quality Control

- Overview of advanced bakery products: breads, pastries, icings and fillings
- Characteristics and faults of breads, cakes, and pastries (internal & external)
- Food hygiene, sanitation, and quality control in bakery production
- Product standards and consistency for commercial appeal

Unit II Contemporary Baking & Special Diets

- Health-Conscious Baking- Ingredients and techniques for reduced sugar/fat, whole grains, and nutrient enhancement.
- Exploring Dietary Alternatives such as gluten-free alternatives and vegan baking substitutions
- Seasonal and local ingredient utilization for product innovation.

Unit III Bakery Business Basics and Marketing

- Setting up a small-scale bakery: location, equipment, manpower, investment
- Cost estimation and pricing strategies
- Basics of menu planning for bakery enterprises
- Packaging materials and labeling guidelines (FSSAI standards)
- Branding and promotion of bakery products



UNIVERSITY OF JAMMU
SYLLABI OF HOME SCIENCE FOR FYUP AS PER NEP-2020

SEMESTER III
SKILL ENHANCEMENT COURSE
(Examination to be held in December 2026, 2027, 2028)

Course Code: USEHST-311

Course Title: BAKERY SCIENCE AND ENTREPRENEURSHIP

PRACTICAL (2 Credits)

1. Preparation of innovative bakery products (such as millet bread, fruit buns, and garlic pav) using locally sourced ingredients
2. Preparation of at least one health-conscious baked item/ one basic gluten-free or vegan bakes item
3. Designing a brand label with logo, nutrition chart, and shelf-life details
4. Prepare a short business proposal for a bakery startup

REFERENCES:

1. Dubey, S. C. (2009). *Basic Baking*. New Age International.
2. Pylar, E. J., & Gorton, L. A. (2008). *Baking Science & Technology* (4th ed.). Sosland Publishing.
3. Raina, R., & Jain, N. (2016). *Theory of Bakery and Confectionery*. PHI Learning Pvt. Ltd.
4. Manley, D. (2011). *Technology of Biscuits, Crackers and Cookies* (4th ed.). Woodhead Publishing.
5. Goyal, P. (2020). *Entrepreneurship Development*. Routledge India.
6. FSSAI. (2022). *Food Safety and Standards Regulations*. Retrieved from <https://www.fssai.gov.in>

SCHEME OF EXAMINATION

Description	Marks
Mid Term Examination Part-1 There will be a written examination. There will be 2 sections in the question paper with pattern as follows: Section A shall comprise of 4 short answer type questions of 2 ½ marks each, covering all three units with at least one question from each unit. The students have to attempt all the 4 questions from Section A. Section B shall comprise of a total of 6 questions with two questions from each unit. Each question shall be of 5 marks. The students have to attempt 3 questions selecting only one question from each unit.	25 marks
Evaluation of Skills: Final Examination Part-2 The Evaluation of skills will be internal. The evaluation of Skills will be done internally through the Board of three members (including the trainer of the Course)	50 marks