

UNIT IV

This unit focuses on the basic operation and maintenance of a sewing machine. Students will learn about the main parts and functions of the machine, common sewing problems and their remedies, machine care, and safety measures during sewing. It also introduces the selection of appropriate threads, needles, and stitch lengths for different fabrics.

- **Bolsover, J.** (2010). *Sewing machine basics*. CICO Books.
- **Mohan, R., Sareen, S., & Gupta, N.** (2024). *Fundamentals of apparel design & construction: Sewing tools and techniques*. Indu Book Services Pvt. Ltd.

Suggested Readings

- **Barker, A. F.** (2015). *Ornamentation and textile design*. Abhishek Publications.
- **Corbman, B. P.** (1983). *Fibre to fabric (6th ed.)*. McGraw-Hill.
- **Goyal, M.** (2024). *Paridhano ka alankaran: Surface ornamentation of fabrics*. SBPD Publications.
- **INTACH.** (2023). *Textiles: The Indian story*. Talking Cub.
- **Joseph M.L.** (1988). *Essentials of Textiles (5th Edition)*. Florida: Rinehart and Winston Inc.
- **Kindersley D.** (1992). *The Complete Book of Sewing*. London: Dorling Kindersley Limited.
- **Neumann, H., Neumann, H., & Crill, R.** (2020). *Textiles of India*. Prestel Publishing.
- **Prendergast, J.** (2023). *Sewing techniques: An introduction to construction skills within the design process (Basics Fashion Design)*. Bloomsbury Visual Arts.
- **Sinclair R.** (2015). *Textiles and Fashion: Materials, Design and Technology*. New York: Woodhead Publishing Limited.
- **Stamper, A.A., S. H. Sharp and L.B. Donnell,** 1986, *Evaluating Apparel Quality*, Fairchild Publications, America
- **Verma, P.** (2003). *Vastra Vigyan Evam Paridhan*. Bhopal: Hindi Granth Academy
- https://bharatskills.gov.in/pdf/E_Books/SOT1sem_TT.pdf

Note: Examination scheme and mode shall be as prescribed by the Examination branch, University of Delhi, from time to time

Bachelors in Arts with Community Scienceas non-Major Category-III

DISCIPLINE SPECIFIC CORE COURSE – DSC-5-HSC: FOUNDATIONS IN HUMAN DEVELOPMENT

CREDIT DISTRIBUTION, ELIGIBILITY, PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical		
Foundations in Human Development	4	3	0	1	Class XII	NIL

Learning Objectives

- To enable an understanding of Human Development as a discipline.
- To appreciate the role of heredity, family and ecology in human development.
- To understand developmental progression across stages and domains of Human Development.

Learning Outcomes

- Develop an understanding about the discipline of Human Development.
- Appreciate the role of heredity, family and contextual factors as they shape human development.
- Become aware of the concepts and perspectives related to Human Development.

THEORY (Credits 3, Hours 45)

Unit I: Introduction to Human Development

9 Hours

The unit will introduce key themes in the area of human development

- Definition, scope and importance of human development as a field of study
- Developmental stages and domains
- Principles of growth and development

Unit II: Prenatal Development

12 Hours

The unit will introduce prenatal development through presentations on stages of prenatal development and factors which have an impact.

- Stages of prenatal development
- Factors affecting prenatal development

Unit III: Development in early years: The new-born and stage of infancy

12 Hours

This unit will discuss about the development in early years

- New-born: Characteristics.
- Reflexes
- Infant developmental milestones

Unit IV: Childhood- Early & Middle

12 Hours

This unit will introduce all domains of development with regard to early and middle childhood periods.

- Physical Development.
- Socio-emotional Development.
- Cognitive and Language Development

PRACTICAL (Credit 1, Hours 30)

1. Understanding and documenting the different methods of child study.
2. Review of any one documentary related to prenatal development.

3. Conduct any one observation on infant reflexes.
4. Develop an awareness pamphlet/poster on factors affecting prenatal development.
5. Conduct any one interview to explore any developmental concerns of infancy, early or middle childhood.
6. Carry out a review of a story book for young children with regard to all domains of development.
7. Prepare a comparative chart showing major developmental stages and their key characteristics.
8. Observe children in a preschool and document behaviours across developmental domains.
9. Conduct a parent interview on parenting practices and their impact on development.
10. Analyze a real-life case (newspaper/article-based) related to developmental delay or concerns.

Essential Readings

UNIT I

This unit provides an overview of human development as a scientific and interdisciplinary area of study that examines patterns of growth, change, and continuity across the life span. The unit highlights the definition, scope, and significance of studying human development in understanding individual behavior and societal progress.

- **Berk, L. E.** (2000). *Child development*. New Delhi: Prentice Hall.
- **Srivastava, V.N., Srivastava D.N.** (2020). *Adhunik vikasatmak manovigyan*. Shi Vinod Pustak Mandir.
- **Bee, H. L** (2011). *The developing child*. London: Pearson.
- **डॉ. एम. के सोलंकी** (2020) *Human Development* (मानव विकास) Revised Edition. India. SBPD Publishing House
- **Verma, B., & Giri, S.** (2017). *मानव विकास व्यवहार एवं व्यक्तित्व—Human Development Behaviour and Personality*. Bharati Prakashan

UNIT II

This unit provides a comprehensive understanding of prenatal development as the foundational stage of human growth. It introduces students to the process of development from conception to birth, highlighting the remarkable physical and neurological changes that occur during this critical period.

- **Berk, L. E.** (2000). *Child development*. New Delhi: Prentice Hall.
- **Srivastava, V.N., Srivastava D.N.** (2020). *Adhunik vikasatmak manovigyan*. Shi Vinod Pustak Mandir.
- **डॉ. एम. के सोलंकी** (2020) *Human Development* (मानव विकास) Revised Edition. India. SBPD Publishing House
- **Verma, B., & Giri, S.** (2017). *मानव विकास व्यवहार एवं व्यक्तित्व—Human Development Behaviour and Personality*. Bharati Prakashan.

UNIT III

The unit examines the basic characteristics of a new-born, including physical development, sensory capacities, behavioural patterns, and early adjustment to life. Special attention is given to reflexes such as rooting, sucking, grasping, and moro-reflex.

- **Bee, H. L** (2011). *The developing child*. London: Pearson.
- **Berk, L. E.** (2000). *Child development*. New Delhi: Prentice Hall.

- **Srivastava, V.N., Srivastava D.N. (2020).** *Adhunik vikasatmak manovigyan*. Shi Vinod Pustak Mandir.

UNIT IV

This unit provides a comprehensive understanding of development during early and middle childhood, highlighting the significant changes that occur across physical, socio-emotional, cognitive, and language domains. It examines childhood as a dynamic period marked by rapid growth, increasing independence, and social experiences.

- **Bee, H. L. (2011).** *The developing child*. London: Pearson.
- **Berk, L. E. (2000).** *Child development*. New Delhi: Prentice Hall.
- **Berk, L. E. (2017).** *Development through the lifespan* (7rd edition). US: Pearson Education.
- **Srivastava, V.N., Srivastava D.N. (2020).** *Adhunik vikasatmak manovigyan*. Shi Vinod Pustak Mandir.
- **Allen, B.P. (2006).** *Personality theories: Development, growth and diversity* (5th ed.) Needham Heights, MA: Allyn and Bacon

Suggested Readings

- **Newman, P.R., & Newman, B.M. (2015).** *Theories of Human Development*. New York: Routledge
- **Rice, P. (2000).** *Human Development: A Lifespan Approach* (4th edition). (and all further editions). New Jersey, Prentice-Hall Inc
- **Berger, J.M. (2010).** *Personality* (8th ed.). Belmont, CA: Thomson/Wadsworth. Journal of Developmental Psychology
- **Santrock, J.W. (2007).** *Lifespan Development* (3rd ed.). New Delhi, Tata- McGraw Hill
- **Singh, A. (2015).** *Foundation of Human development: A lifespan approach*. London: Orient Longman.
- **Papilla, D.E., Olds, S. W. and Feldman, R. D (2004).** *Human development*. New York: Mcgraw Hill.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

Bachelors in Arts with Community Sciences as Major Category-II

DISCIPLINE SPECIFIC CORE COURSE – DSC-5A-HSC: LIFESPAN APPROACH TO NUTRITION AND FOOD SAFETY

CREDIT DISTRIBUTION, ELIGIBILITY, PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical		
Lifespan Approach to Nutrition and Food Safety	4	3	0	1	-	-