

BHAKTAKAVINARSINHMEHTAUNIVERSITY

Syllabus of B.A. (Honors) as per NEP-2020

Faculty of home science

Effective from June 2026

Subject: Home Science (Arts)

SEMESTER- VII

SUMMARY OF THE SYLLABUS

Sem. No.	Sr. No.	Category of Course	Course Title	Course Level	Credit	Teaching Hrs.	SEE Marks	CCE Marks	Total Marks	Exam Duration
Sem-7	1	Major-17	Experimental Cookery	6	4	75	50	50	100	02:00 Hour
	2	Major-18	Food Processing & Safety	6	4	75	50	50	100	02:00 Hour
	3	Major-19	Clothing and textile	6	4	75	50	50	100	02:00 Hour
	4	Minor-7	Successful Marriage Life	6	4	75	50	50	100	02:00 Hour
	5	O.J.T.	On Job Training	6	6	--	--	--	150	For UG Honours Degree
		The following two papers are included in the OJT option.								
		MDRC-1	Gardening	6	4	75	50	50	100	02:00 Hour
		MDSC-1	Research Methodology-1	6	2	35	25	25	50	01:00 Hour
		R.P.	Research Project	6	6	--	--	--	150	For UG Honours with Research Degree
				Total	22					

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PROGRAMME OBJECTIVES

- To provide comprehensive knowledge of the core disciplines of Home Science and their practical applications in daily life.
- To develop scientific thinking, analytical ability, and problem-solving skills related to family, nutrition, textiles, and community development.
- To enhance professional, entrepreneurial, and life skills for employment and self-employment opportunities.
- To promote research aptitude, innovation, and evidence-based decision-making through project work and research methodology.
- To inculcate ethical values, leadership qualities, communication skills, environmental awareness, and social responsibility for sustainable community development

PROGRAMME OUTCOMES

- After successful completion of the B.A. (Honours) Home Science Programme, the students will be able to:
- Apply knowledge of Home Science to improve individual, family, and community well-being.
- Demonstrate practical competencies in food preparation, household equipment, clothing and textiles, family and community science, and research methods.
- Analyze and solve real-life problems using scientific principles and appropriate Home Science techniques.
- Conduct basic research, collect and interpret data, prepare reports, and present findings effectively.
- Communicate effectively, work collaboratively, and demonstrate leadership in academic, professional, and community settings.
- Practice ethical values, environmental sustainability, gender sensitivity, and social responsibility.
- Develop entrepreneurial skills and pursue higher education, research, or employment in various fields of Home Science.
- Utilize digital tools and modern technologies for learning, research, and professional development.

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CourseLevel	6	InternalMarks	25
Programme	B. A. Home Science	ExternalMarks	50
Semester	7	PracticalInternal	25
Category of Course	Major- 17	PracticalExternal	-
CourseCredit	4	Prac.External Exam Duration	-
TeachingHours	75	Total	100
CourseCode		ExamDuration	02:00 Hours
CourseTitle	Experimental Cookery		

COURSE OBJECTIVES:

- To understand the scientific principles of cookery.
- To develop skills in preparing a variety of recipes using different cooking methods.
- To study the effect of cooking on nutrients and food quality.
- To standardize recipes and evaluate food products.
- To promote hygienic and safe food preparation practices.

COURSE OUTCOMES:

- Explain the scientific principles involved in food preparation.
- Prepare and standardize nutritious recipes.
- Evaluate food products using sensory methods.
- Select appropriate cooking methods to retain nutrients.
- Demonstrate safe and hygienic cooking practices.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
7	1	Palatability of food and measurement of its acceptance What is sensory evaluation Factors affecting on food acceptance Sensory evaluation testing	15
	2	Cereals Structure and distribution of nutrients in grain Factors kept in mind for making batters and dough Leavening agents	15
	3	Fruits and Vegetables Classification according to pigments Changes occurring during cooking on colour, palatability and nutritive value of cooked product	15
	4	Eggs Structure, Composition of egg Coagulation of egg protein Changes occurring during cooking eggs Utility of egg in cookery.	15

PRACTICALS:

1 Changes on vegetables during cooking like flavour, colour, texture and palatability (Anyone Vegetable)

2. Using flour and flour mixtures, preparation of any one recipe

3. Uses of eggs in cookery, preparation of any one recipe

or

3. Changes on fruits during cooking like flavour, colour, texture and palatability (Anyone fruit)

REFERENCESBOOKS:

1. Experimental cookery, Love Belle

2. Experimental Cookery Prayogatmak randhankala

3. Human Nutrition, Principles and application in India, Maxine E. McDirist and Sumati R. Mudambi

4Our food, M. Swaminathan and Bhagvan

5 Journal of American dietetic association

6Food Science - CFTRI, Mysore

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7 Flavour Research and Food Acceptance, Arther D. Little

8 Foods and Principles of cookery, Fitch and Franci

9 Food, Selection and Preparation sweetman and McKeller

10 Fundamentals of food and nutrition (2004), by Prof. Nilam Buddhadev and Bhavna Vaid,
Pravin Pustak Bhandar, Rajkot

WEBSITE:

www.google.com/experimentalcookery

[en.wikipedia.org/wiki/sensary evaluation](http://en.wikipedia.org/wiki/sensary_evaluation)

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INTERNAL EVALUATION SCHEME		
NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr.No.1 is mandatory. Select any five from Sr.No.2to24. Each

Contains five marks.

Student should secure 18Marks for passing in internal exam.

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Ques. No.	Particulars	FromwhichUnit	Marks
1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

Marking scheme for practical Exam = 25 Marks

1	JournalWork	05 Marks
2	Practical	15 Marks
3	Viva	05 Marks

Duration of Practical Exam: 2.30 Hours

Paper Style: In the paper with practical work,the external marks divided.

Marking scheme for External Examination = 50 Marks

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CourseLevel	6	InternalMarks	25
Programme	B. A. Home Science	ExternalMarks	50
Semester	7	PracticalInternal	25
Category of Course	Major- 17	PracticalExternal	-
CourseCredit	4	Prac.External Exam Duration	-
TeachingHours	75	Total	100
CourseCode		ExamDuration	02:00 Hours
CourseTitle	Food Processing & Safety		

COURSE OBJECTIVES:

- To understand principles of food processing and preservation.
- To learn food safety standards and quality control.
- To study food packaging and storage techniques.
- To develop awareness of food laws and hygiene.
- To encourage safe food handling practices

COURSE OUTCOMES:

- Explain different food processing methods.
- Apply food safety and hygiene practices.
- Identify suitable food preservation techniques.
- Evaluate food quality and packaging methods.
- Interpret food standards and food safety regulations.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
7	1	Food Additives • Meaning • Classification of additives	15
	2	Food Fortification • Purpose and meaning of food fortification • Different fortified foods available in market	15
	3	Food Packaging • Types and importance of food packaging • Material used for packaging • Qualities of packaging materials	15
	4	Convenience Foods • Types of convenience foods • Advantages and disadvantages • Extruded food	15

PRACTICALS

- Market survey of fortified foods.
- Market survey of convenience food with food additives used in it.
- Visit of a food laboratory or food standard institute or food packaging industry or lecture of a food inspector.

REFERENCES

- G.Subbulakshmi – Shobha A. Udipti, “Food Processing and Preservation”, New Age International Publisher.
- Girdharilal, G.S. Siddappa – G.L. Tandon, Preservation of Fruits and Vegetables.
- B. Lakhtariya – “Food Safety and standard act 2006 with food safety and standard rules, 2011”. The new Gujarat Law house Ahmedabad.
- M. Swaminathan, “Food Science, Chemistry and Experimental Foods”.

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INTERNAL EVALUATION SCHEME		
NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

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1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

Marking scheme for practical Exam = 25 Marks

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2	Practical	15 Marks
3	Viva	05 Marks

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Programme	B. A. Home Science	External Marks	50
Semester	7	Practical Internal	25
Category of Course	Major- 17	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:00 Hours
Course Title	Clothing and textile		

COURSE OBJECTIVES:

- To understand textile fibres and fabrics.
- To develop garment construction skills.
- To study textile finishing and care.
- To identify fabric selection according to end use.
- To encourage creativity in clothing design.

COURSE OUTCOMES:

- Identify different fibres and fabrics.
- Construct simple garments using standard techniques.
- Apply appropriate textile care methods.
- Select suitable fabrics for various purposes.
- Demonstrate creativity in clothing and apparel design.

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Sem.	Unit No.	Syllabus	Teaching Hours
7	1	Traditional Textiles of India • Introduction • Traditional Textiles of India	15
	2	Selection of Clothes & Fabrics • Selection of Household fabrics • Selection of fabrics for garments	15
	3	Selection of wearing clothes for • Children • School going children • Adult • Women • Gents	15
	4	Occasional Dresses	15

PRACTICALS

Identification and Testing of Fibers :

(1) Visual Test (2) Microscopic Test (3) Burning Test (4) Chemical Test

REFERENCES: -

1. Vastra Vigyan Avm Paridhan, Dr. Brindasinh, Panchshil Prakashan, Jaipur
2. Textile & Laundry Dr. Vimleshkumari, Discovery Pub. House, New Delhi
3. Textiles and Laundry work, Dr. Bela Bhargav, University book house, Pvt. Ltd., Jaipur
4. Textile & Clothing, Nirja Yadav, Sahitya Prakashan, Agra

WEBSITE:

[www.google.com/tradition textiles in India](http://www.google.com/tradition%20textiles%20in%20India)
[www.google.com/occassional dress 100 12](http://www.google.com/occassional%20dress%20100%2012)

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NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

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1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

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1	Journal Work	05 Marks
2	Practical	15 Marks
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Duration of Practical Exam: 2.30 Hours

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Programme	B. A. Home Science	External Marks	50
Semester	7	Practical Internal	25
Category of Course	Major- 17	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:00 Hours
Course Title	Successful Marriage Life		

COURSE OBJECTIVES:

- To understand the concept of successful marriage and family life.
- To develop effective communication and interpersonal skills.
- To understand family roles and responsibilities.
- To promote healthy relationships and conflict resolution.
- To encourage value-based family living.

COURSE OUTCOMES:

- Explain the characteristics of a successful marriage.
- Demonstrate effective communication in family relationships.
- Identify responsibilities of family members.
- Apply conflict management techniques.
- Promote harmonious and value-based family life.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
7	1	Marriage and Maturity • Meaning of maturity • Characteristics of maturity • Types of maturity • Important points of marriage maturity	15
	2	Changes in Indian marriage • Age • Selection of life partner • Inter cast marriage • Monogamy Marriage • Divorce	15
	3	Marriage and Laws • Meaning & Definition • Marriage related laws	15
	4	Marriage and Problems • Dowry • Child Marriage • Female Feticide • Domestic Violence	15

PRACTICALS:

- 1 Case Study Of A Married Couple/Marriage Issues
- 2 Study Of Marriage Laws In India
- 3 Awareness Programme /Seminar On Successful Marriage Life

REFERENCES:

1. Mrs. Eroj Siddiqui, "Women marriage and family".
2. Dhiraj Dhakan, "Marriage, Family and adjustment".
3. Dr. Vaghela and Mandaliya, "Marriage, Family and Bal kalyan".
4. Pushker Gokani, "Lagna Melapak".

WEBSITE

- en.wikipedia.org/wiki/marriage
en.wikipedia.org/wiki/ideal_marriage

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NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
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15	Role Play	05
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18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

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1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

Marking scheme for practical Exam = 25 Marks

1	Journal Work	05 Marks
2	Practical	15 Marks
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Course Level	6	Internal Marks	25
Programme	B. A. Home Science	External Marks	50
Semester	7	Practical Internal	25
Category of Course	MDRC- 1	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:00 Hours
Course Title	Gardening		

COURSE OBJECTIVES:

- To understand the basics of gardening.
- To identify ornamental and kitchen garden plants.
- To learn soil preparation and plant propagation.
- To promote sustainable gardening practices.
- To develop practical gardening skills.

COURSE OUTCOMES:

- Explain principles of gardening.
- Prepare and maintain a home/kitchen garden.
- Apply plant propagation techniques.
- Practice eco-friendly gardening methods.
- Demonstrate basic horticultural skills.

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Sem.	Unit No.	Syllabus	Teaching Hours
7	1	Introduction • Principles of gardening • Knowledge of types of plants and soil • Cultivation of soil • Importance of gardening • Drainage, surface & subsoil • Watering • Transplanting • Potting	15
	2	Garden Design • Selection of site – Different types of soil • Water • Layout • garden • Rosary • Water garden • Terrace garden • Kitchen garden	
	3	Indoor Gardening Cultivation and Maintenance of • Hanging plant • Climbers • Cacti • Flowering plant from bulb • Pot plant for foliage • Cultivation of lawn and its maintenance Propagation of plants by seed , grafting , budding , cutting and layering	15
	4	Methods of cultivation of fruits and vegetables • Lady finger , Beans, sweet potatoes , carrots , cabbage ,onions and garlic , tomatoes , Brinjals, leafy vegetables • Lemon , grapes , Pomegranate Strawberry , Banana , guava	15

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PRACTICALS:

- 1 Study of garden tools
- 2 Preparing plan for kitchen garden or home garden.
- 3 Preparing seed bed and seed sow

REFERENCES:

1. Gardening - Premila Mehra
2. Percy Lancaster's Gardening in India Revised by -- T. K. Bose, S. D. Mukherjee
3. Complete Gardening in India -- K. S. Gopalswamy lyenger, Bangalore
4. Plant Propagation, Principles \$ Practice – Hartmann H. \$ Kester D. E. (Prentice Hall of India Pvt. Ltd . New Delhi)

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INTERNAL EVALUATION SCHEME		
NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr.No.1 is mandatory. Select any five from Sr.No.2to24. Each Contains five marks.

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Ques. No.	Particulars	From which Unit	Marks
1	Long Question	1	10
2	Long Question	2	10
3	Long Question	3	10
4	Long Question	4	10
5	Short Note	From Any Unit	10
Total Marks			50

Marking scheme for practical Exam = 25 Marks

1	Journal Work	05 Marks
2	Practical	15 Marks
3	Viva	05 Marks

Duration of Practical Exam: 2.30 Hours

Paper Style: In the paper with practical work, the external marks divided.

Marking scheme for External Examination = 50 Mark

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Course Level	6	Internal Marks	25
Programme	B. A. Home Science	External Marks	50
Semester	7	Practical Internal	25
Category of Course	MDRC- 1	Practical External	-
Course Credit	4	Prac. External Exam Duration	-
Teaching Hours	75	Total	100
Course Code		Exam Duration	02:00 Hours
Course Title	Research Methodology		

COURSE OBJECTIVES:

- To understand the research process.
- To learn research design and sampling methods.
- To develop skills in data collection and analysis.
- To understand report writing techniques.
- To promote ethical research practices.

COURSE OUTCOMES:

- Explain the steps involved in research.
- Select appropriate research methods and tools.
- Analyze and interpret research data.
- Prepare a scientific research report.
- Conduct research following ethical principles.

COURSE CONTENTS

Sem.	Unit No.	Syllabus	Teaching Hours
7	1	Introduction to Research • Meaning of research, objectives of research, types of research, significance of research, research process • Variables – independent, dependent, intervening • Identification of a research problem • Formulation of research questions, hypothesis and objectives	15
	2	Sampling and Sampling Design • Types of sampling, their advantages and disadvantages: Convenience sampling, Random sampling, Stratified sampling, Cluster sampling, Purposive sampling, Snowball sampling etc • Bias and errors in sampling • Selection of adequate sample size	15

PRACTICALS:

1 Project preparation

REFERENCES:

1. Fowler FJ (2001). Survey Research Methods (3rd ed.). Sage Publications, Newbury Park
2. Kothari C R (2008). Research Methodology: Methods and Techniques (2nd ed.). New Age International Publishers, New Delhi, India.
- 3 Vandana Vohra, (2013), Research Methodology, Jaipur: Pratiksha Publication
4. B.M.Ratnakar,(2012), Research Methodology,New Delhi: Pmega Prakashan
- 5 A.N.Sadhu,(1980). Research methodology in social science, Bombay: Himalayas Publishing House

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NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr.No.1 is mandatory. Select any five from Sr.No.2to24. Each

Contains five marks.

Student should secure 18Marks for passing in internal exam.

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SEMESTER- VII

Ques. No.	Particulars	FromwhichUnit	Marks
1	Long Question	1	10
2	Long Question	2	10
3	Short Note	From Any Unit	05
Total Marks			25

Marking scheme for practical Exam = 25 Marks

1	Journal Work	05 Marks
2	Practical	15 Marks
3	Viva	05 Marks

Duration of Practical Exam: 2.30 Hours

Paper Style: In the paper with practical work, the external marks divided.

Marking scheme for External Examination = 50 Marks

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SEMESTER- VII