

C. C. S. UNIVERSITY

MEERUT

SYLLABUS

FOR

B. A. HOME SCIENCE

B. A. I 2011-2012

B. A. II 2012-2013

B. A. III 2013-2014

SYLLABUS

B.A. HOME-SCIENCE

2011-2012

Code	Paper	Year	M.Marks
		B. A. FIRST YEAR	
A 117	PAPER I	HOME MANAGEMENT AND HOUSING	35
A 118	PAPER II	EXTENSION EDUCATION	35
A 717		PRACTICAL	30
		TOTAL:	100
		B. A. SECOND YEAR	
A 217	PAPER III	TEXTILES	35
A 218	PAPER IV	CHILD DEVELOPMENT	35
A 817		PRACTICAL	30
		TOTAL:	100
		B. A. THIRD YEAR	
A 317	PAPER V	FAUNDAMENTALS OF FOOD AND NUTRITION	35
A 318	PAPER VI	DIETETICS	35
A 917		PRACTICAL	30
		TOTAL:	100

B. A. PART - I

PAPER I

HOME - MANAGEMENT AND HOUSING

Code No: A-117

M. MARKS: 35

Objectives:- The paper provides information to the students -

- About management of family resources.
- About importance of family resources in achieving family goals and decision making.
- To understand the importance of money management, savings and investments.
- To create awareness about housing needs selection, construction and maintenance of house.
- To impart basic knowledge of Interior Decoration.

Unit-I-Home Management.

- Meaning, Definitions, Philosophy, and Concept of Home Management.
- Process of Management
- Concept, types, importance and factors affecting- Values, Goals and Standards.
- Decision Making- Meaning, process, types and factors affecting Decision Making

Unit II- Resources

- Family Resources and their Management.
- Money Management---Family Income, Types of income, Budget, Saving and Investment.
- Work Simplification---Definitions, Importance and Techniques.

Unit III----_Housing

- Housing Needs- Protective, Economic, and Social
- Selection of site
- Basic Knowledge of Building Materials.
- Allocation of Space
- Home Financing- Need, Ways, and Legal Aspects.

Unit IV---Interior Decoration--Part I

- Meaning and Importance of Interior Decoration
- Elements of Art----Line, Form, Texture, Colour, light, Space and design
- Principals of Design----Proportion, Balance, Emphasis, Rhythm and Harmony.

Unit V--- Interior Decoration--Part II

- Flower Arrangement-
- Furniture Arrangement---Types of furniture, Importance and Maintenance

REFERENCE BOOKS

1. Management in family living Nickle and Dorsey
2. Home - furnishing A. H. Rutt.
3. Home with characters Craig and Rush.
4. Home Management Gross and Crandell.
5. गृह प्रबन्ध (स्टार पब्लिकेशन्स, आगरा) मंजू पाटनी
6. गृह प्रबन्ध, साधन व्यवस्था एवं आंतरिक सज्जा रीना खनूजा
(विनोद पुस्तक मन्दिर, आगरा)
7. गृह प्रबन्ध, साधन व्यवस्था एवं आंतरिक सज्जा बेला भार्गव
(यूनिवर्सिटी बुक हाउस, जयपुर)

PAPER II

EXTENTION EDUCATION

Code No: A-118

M. MARKS: 35

Objective: This paper deals with various areas of extension education and community health.

- To make the student understand about importance and need of home science extension education.
- To learn different ways of extending knowledge to the community.
- To participate in Community Development by approaching and communicating people using available resources.
- To develop awareness about community health, immunity and diseases.
- To ensure safety and provide first aid.

Unit I- Extension Education

- Concept and Definitions
- Objectives and Scope of Home science Extension Education

Unit II-- Community Approach

Methods of Approaching People-

- Personal Approach
- Group Approach
- Mass approach.

Unit III---Communication.

- Definitions and Importance of communications.
- Functions and Role of communications
- Audio Visual Aids-Posters, Charts, Flash cards, Puppets.

Unit IV---Community Health

Definitions of Community Health, Positive Health, Good Health and factors affecting health.

- Immunity and types of immunization.
- Immunization schedule.
- Diseases-Carriers of infection, symptoms, incubation period, treatment and preventive measures of- Diphtheria, Whooping cough, Tetanus, Cholera, Tuberculosis, AIDS, Hepatitis B

Unit V---Safety Measures.

- Safety measures at home and simple first - aid for-Burns, Poisons, Electric Shocks, hemorrhage or bleeding, Drowning, Unconsciousness, Fractures, Insect bites, Snake bite, Epitasis or Nose bleeding, Sunstrokes and Sprains.

REFERENCE BOOKS

- | | |
|--|---------------|
| 1. Family Health and community welfare
(University Book House, Jaipur) | Bela Bhargave |
| 2. पारिवारिक स्वास्थ्य एवं सामाजिक कल्याण
(University Book House, Jaipur) | बेला भार्गव |
| 3. Extension and Rural Welfare | O.P. Dhama |

4. Community Development Programmers in India	Ministry of child Development
5. First – Aid	Red cross Society
6. प्राथमिक चिकित्सा	Red cross Society
7. स्वास्थ्य विज्ञान	डा० कुसुम साह

PRACTICES

Code NO: A -717

M. MARK: 30

1. Project work on Money - Management
 - (a) How to open various types of bank accounts.
 - (b) Filling of following slips forms of banks and post office.
 - (i) Account opening
 - (ii) Application for Draft
 - (iii) Various types of cheques
 - (iv) Withdrawal Slip
 - (v) Money Order form
 - (vi) Post Office saving Account.
 - (vii) Forms of N.S.C. and K.V.P.
2. Floor Decoration- Alpana and Rangoli.
3. Flower Arrangement-Fresh and Dry arrangements.
4. Make any one Audio Visual Aids ---Poster, Chart, Flesh cards, Puppets.

B.A. PART II

PAPER III

INTRODUCTION TO TEXTILES

Code No: A-217

M. MARKS: 35

Objectives: This paper imparts knowledge -

- To make students acquainted with different types of fibers.
- To learn and understand different types of yarns, their construction and basic weaves.
- About basic finishes applied on fabrics.
- To develop the skills in different techniques of printing and dyeing.
- To develop the awareness of selecting, caring and storage of fabrics.

Unit I---Introduction to Textiles

- Characteristics, Uses and Classification of textiles fibers.
- Importance, Manufacturing process and properties (Physical and Chemical) of following fibers.

Cotton, Linen

Wool, Silk

Rayon, Nylon

Unit II-----Yarn and Weaves

- Construction of yarn
- Types of yarn
- Basic Weaves.

Unit III-----Finishes

- Importance of Finishes
- Basic finishes – Bleaching, Seizing, Tentring, Calendaring, Mercerizing and Sanforising.

- Functional finishes – Resin finish, Crease resistance, and Water proofing, Stain and Soil resistance.

Unit IV-----Dyeing and Printing- Methods and Style.

- Block Printing, Stencil Printing
- Roller Printing, Screen Printing
- Batik, Tie and Dye.

Unit V----Selection of Fabrics.

- Buying
- Factors affecting Selection of Fabric.
- Use and Care of fabrics.
- Storage of fabrics.
- Consumer Problems

REFERENCE BOOKS

- | | | |
|----|---|-----------------------------|
| 1. | Introduction to textiles | Joseph Mayory. |
| 2. | वस्त्र विज्ञान एवं धुलाई कला
(यूनिवर्सिटी बुक हाउस, जयपुर) | बेला भार्गव |
| 3. | वस्त्र विज्ञान एवं परिधान व्यवस्था
(स्टार पब्लिकेशन्स, आगरा) | अलका अग्रवाल एवं मंजू पाटनी |
| 4. | Grooming, Selection and care of clothes | S. Pandit & E. Tanplag |

PAPER IV

CHILD – DEVELOPMENT

Code No: A-218

M. MARKS: 35

Objectives: The course will enable the students -

- To understand the meaning and importance of child development.
- To understand different developmental tasks in children
- To recognize the importance and role of play in child development.
- To understand the personality

- To learn about different types of characteristic, problems and care of children.

Unit I Introduction to child development.

- Definitions and Scope of Child Development.
- Principles of Development.
- Stages of development and developmental tasks of each stage.
- Factors affecting development.

Unit II Development with Characteristics from Birth to Adolescence.

- Physical Development
- Motor Development
- Emotional Development
- Language Development
- Social Development
- Mental Development

Unit III Play and work

- Types and Importance of Play.
- Difference between Play and Work

Unit IV----- Personality

- Concept and Definitions
- Factors Affecting Personality Development.

Unit V Exceptional Children

- Physically Challenged
- Mentally Challenged
- Problem Children
- Gifted children.
- Juvenile delinquents. - Meaning, Causes and Preventive Measures.

REFERENCE BOOKS

1. बाल विकास एवं बाल मनोविज्ञान डा० प्रीति वर्मा
(विनोद पुस्तक मंदिर, आगरा)
2. बाल विकास : बाल मनोविज्ञान भाई योगेन्द्रजीत

(विनोद पुस्तक मंदिर, आगरा)

- | | | |
|----|---|-----------------|
| 3. | Child Psychology | S. P. Chaube |
| 4. | Child Development | Hurlock E.B. |
| 5. | Development Behaviour | Gale R. F. |
| 6. | एडवान्स बाल विकास (स्टार पब्लिकेशन्स, आगरा) | डा० कमलेश शर्मा |

PRACTICALS

Code No: A- 817

M. MARK: 35

- Tie and Dye
- Printing - Block printing, Screen Printing, Stencil Printing, Batik.
- Fixing of Fasteners - Making of various samples of buttonhole, Hook and eye, press button, etc.
- Samples of minimum six Traditional Embroidery Stitches.
Kantha, Chickenkari, Kasuti, Rajesthani Sindi and Phulkari
- One article with any Traditional Embroidery stitches(Mentioned above)

PAPER V

FUNDAMENTALS OF FOODS AND NUTRITION

Code No: A-317

M. MARKS: 35

Objectives: This paper imparts the knowledge of —

- Importance of Food
- Various Nutrients, food groups, their importance, sources, functions, requirements and deficiencies
- Process of digestion and absorption of food.
- Different methods of cooking and retention of nutritive value of food while cooking.
- Food adulteration, food poisoning and their impact on human health

Unit I Introduction of foods and Nutrition

- Definitions - Foods, Nutrition and Nutrients.
- Classification

- Functions of food.

Unit II **Essential Constituents of food,**

- Sources, Functions, Requirements, Digestion, Absorption and Deficiency Diseases.
Protein, Carbohydrate
Lipids, Vitamins
Minerals, Water

Unit III **Basic food Groups -**

Importance of basic food groups in the diet, nutritive combination of food stuffs and their importance in diets like cereals and millets, pulses, nuts and oil seeds, vegetables, fruits, Milk and Milk products, Egg, fish, meat and other flesh foods. Fats and oils, Sugar and jiggery, Spices and condiments.

Unit IV **Methods of cooking.**

- Various types of Cooking Methods.
- Retention of Nutritive value while preparation and cooking.

Unit V **Food Adulteration & Food Poisoning**

- Food Adulteration- Meaning and common adulterants in food.
- Food Poisoning- Meaning, Causes and Effects on Human Health.

PAPER VI

DIETETICS AND THERAPEUTIC NUTRITION

Code No: A-318

M. MARKS: 35

Objectives: The course will enable the students-

- To learn and understand malnutrition , meal planning and dietetics
- To understand importance and need of therapeutic nutrition
- To learn the dietary requirements of phases of lifecycle.
- To plan and modify diets in various special conditions and

diseases.

Unit I Introduction:

- Definitions - Balanced Diet, Dietetics and Therapeutic nutrition.
- Meal planning, factors affecting Meal planning, Recommended Dietary Allowances (R. D. A.)

Unit II Malnutrition

- Concept and Definitions.
- Causes and Factors Affecting.

Unit III Nutrition During lifecycle:

- Nutrition during infancy.
- Nutrition during childhood.
- Nutrition for adolescence.
- Nutrition for Adults.
- Nutrition during Old age.
- Nutrition during Pregnancy and Lactation.

Unit IV Therapeutic Nutrition:

- Importance of Therapeutic Nutrition.
- Different types of Diets with respect to Consistency.
- Therapeutic Adaptation to Normal diet.

Unit V Dietary modification for the following diet:

Acute and chronic Fever

Diarrhea and Constipation

Underweight and Over weight

Diabetes Mellitus

Hypertension

Jaundice

REFERENCE BOOKS

- | | | |
|----|---|----------------------|
| 1. | Nutrition and Dietetics | Shubhangini A Joshi. |
| 2. | Hand book of Foods and Nutrition | M. swaminakhan. |
| 3. | Normal and Therapeutic Nutrition | Proudfit & Robinson. |
| 4. | आहार एवं पोषण विज्ञान (स्टार पब्लिकेशन्स, आगरा) | डा० ललिता शर्मा |
| 5. | आहार एवं पोषण विज्ञान के मूल सिद्धांत | एस० पी० सुखिया |
| 6. | भारतीय खाद्यानों के पोषक मूल्य (स्टार पब्लिकेशन्स आगरा) | डा० अनिता सिंह |

PRACTICALS

Code No: A-917

M. MARKS: 30

Instructions for Working in Kitchen.

1. Weights and Measures
2. Cookery terms
3. Recipes related to
 - Breakfast. Lunch.
 - Evening Tea, Dinner
4. Table setting, serving and napkin folding.
5. Menu planning and Preparation for the following:
 - Adolescents Girls
 - Adult
 - Pregnant women and lactating mother.
 - Underweight and Overweight.
 - Diabetes Mellitus
 - Hypertension
 - Diarrhea
 - Constipation

