आज दिनांक 22.10.2011 को विश्वविद्यालय परिषद में निम्न विषय की पाठ्यकक्ष समिति की एक आवश्यक बैठक हुई, जिसमें निम्न प्राध्यापकगण उपस्थित हुए :-

Date :- 22.10.2011          Subject :- Home Science          Committee Place :- Committee Hall

1. Smt. Alka Thakur
2. Dr. Veenu nagar
3. Dr. Anupama Mehrotra
B.A. HOME SCIENCE: 3 YEARS DEGREE COURSE

B.A. PART-I

Paper-I  Applied Life Science and Human Health  30
Paper-II  Family Resource Management  30
Practical  40
Total Maximum Marks  30+30+40= 100

B.A. PART-II

Paper-I  Fundamentals of Food and Nutrition  30
Paper-II  Human Child Development  30
Practical  40
Total Maximum Marks  30+30+40= 100

B.A. PART-III

Paper-I  Introduction to Textiles and Clothing  50
Paper-II  Extension Education and Communication  50
Practical  50
Total Maximum Marks  50+50+50=150

Maximum Marks:

- Part- I  100
- Part- II  100
- Part- III  150
- Grand Total  350
B.A. Part I (Home Science)

Paper I: Applied Life Sciences and Human Health

M.M. - 30

Focus: The course has been structured to provide information about the functioning of the human body and health. Further, it also proposes to expose the students to some important diseases, environment and pollution hazards to human health.

Objectives: This course will enable the students to:
1. Understand the physiology of human body.
2. Understand the nature and role of micro organism.
3. Understand the concept of health and health education.
4. Understand the causes, symptoms and prevention of various diseases.
5. Understand the concept of environment and types of pollution.

Unit I
1. Definition, Physiology and structure of human cell.
2. Elementary anatomy, Physiology and functions of the following system.
   • Cardiovascular system.
   • Gastrointestinal system.
   • Excretory system.
   • Respiratory system.
   • Nervous system.
   • Musculoskeletal system.

Unit II- Human Health
1. Definition and concept of health.
2. Concept, Objectives and principles of health education.
3. Immunity; Types and schedule of immunization.
4. Diseases- causes, symptoms and prevention of following diseases:
   • Measles, Chicken pox, Diptheria, Whooping Cough, Tetanus, Polio, Hepatitis, Tuberculosis, Malaria, Cholera, Typhoid and AIDS.

Unit - III- Public Health Services
Primary health centers, UNICEF, WHO, RED CROSS, ICDS, CARE and other non-government agencies.

Unit IV: Bacteriology

1. Structure and types of Bacteria
2. Useful and pathogenic organism.

Unit V: Pollution

1. Concept of environment and Pollution.
2. Different types of pollution like Air, Water, Noise etc. and its effect on human health.

References:

1. Hygiene and physiology: Dr. Usha Mishra and Dr. Aika Agarwal.
2. Human Physiology: Dr. Nanda Gautam and Mrs. Reena Khanojiao.
3. Preventive and Social Medicine: Park and Park
B.A. Part I (Home Science)

Paper II: Family Resource Management

M.M. - 30

Focus: This course deals with the management of resources in the family particular references for achieving the family goals. It also deals with the family housing needs and interior decoration based on the principles and elements of art.

Objectives:

1. To create an awareness among the students about management in the family as well as the other system.
2. To recognize the importance of wise use of resources in order to achieve goals.
3. To understand the family has needs and factors affecting selection and purchases of site for house building.
4. To understand various elements and principles of art used in the interior decoration.

Unit I- Home Management

1. Definition, Philosophy, Concept and Role of home management.
2. Basic knowledge about home management process; planning, scheduling, execution, controlling and evaluation.

Unit – II- Family Resources

1. Types- Human and Non-Human Resources.
2. Money management- Income, Expenditure, Supplementary Income
3. Family Budget.
Unit -III - Housing

1. Family housing needs: Protective, economic and social.
2. Factors effecting selection and purchase of site for house building: legal aspects, location, physical features, soil conditions, cost, service.
3. Arrangement of rooms and kitchen.

Unit - IV - Interior Decoration

2. Elements and principles of art.
3. Design-Decoration and structural.
5. Furniture: types and arrangement.
7. Flower arrangement
8. Accessories.

References:


Practical

1. Floor decoration - Alpana
2. (a) Pot painting or pot decoration
   (b) Flower arrangement or flower making
3. Drawing and Labeling of Diagrams of Human Physiology of Unit - I (Paper I).

Viva Voce: Sessional work

1. Preparation of decorative pot
2. Alpana: any two types
3. A chart based on physiology or health aspect.
Marks Allotment:

- Alpaca: 6
- Pot painting: 6
- Flower arrangement/Making: 6
- Labeling of Human Physiology Diagrams: 6
- Viva voce: 4
- Sessional work: 10
- Total Marks: 40
B.A. Part II (Home Science)

Paper I: Fundamental of Food and Nutrition

M.M. - 30

Objectives: This course will enable the student to

1. Understand the functions of food and the role of various nutrients, their requirements and effects of deficiency and excess (in Brief)
2. Learn about the structure, composition, nutritional contribution and selection of different food stuffs.
3. Be familiar with the different methods of cooking, their advantages and disadvantages.
4. Develop an ability to improve the nutritional quality of food.
5. To get acquainted to the terms like food poisoning and food adulteration.

Unit-I
Introduction to Food and Nutrition

1. Definition of foods, Nutrition, Nutrients.
2. Classification and function of food.
3. Energy- Factors affecting total energy requirements of the body.
4. Basal metabolism- Definition, Factors affecting rate of B.M.R.
5. Balanced diet and factors affecting balanced diet.

Unit-I
Essential constituents of food: their sources, functions, requirements, absorption and deficiency diseases.

1. Protein
2. Carbohydrate
3. Fat
4. Vitamins
5. Minerals
6. Water
Unit – III
Digestion and Absorption of Major Nutrients.

Unit – IV
Basic Food Groups
Importance of basic food groups in the diet. Nutrition, contribution of food stuffs and their importance in Indian diets like cereals, pulses, nuts, and oilseeds, vegetables, fruits, milk and milk products, egg, meat, fish, and their flesh, fats and oils, sugar and jaggery, spices and condiments.

Unit – V
Nutrition during lifecycle:
1. Nutrition during infancy.
2. Nutrition during childhood
3. Nutrition for adolescence
4. Nutrition for adults
5. Nutrition during old age

Unit – VI
Dietary allowances: Meal planning, features affecting meal planning.

Unit – VII
Various cooking methods and their effect on the nutritional value of various nutrients.

Unit – VIII
1. Food adulteration: Meaning and common adulterants in food.
2. Food poisoning.

References:
1. Dietetics: B. Shridharshmi
5. Human Nutrition and Dietetics: Davidson and Passmore

B.A. Part II (Home Science)
Paper II: Child Development

M.M. - 30

Objectives: This course will enable the students to:

1. Understand the meaning and importance of mother crafts and child care.
2. Understand the definition and scope of child development.
3. Understand various developments like physical, motor, emotional, language, social and cognitive from birth to adolescence.
4. Understand the importance of play.
5. Understand gifted children and problem children and concept of juvenile delinquency.

Unit I -
Introduction to Child Development

1. Definition and scope of child development.
2. Principles of development.
3. Stages of development and development task of each stage.
4. Factors affecting development.

Unit II -
Prenatal Period

1. Meaning and importance of mother craft and child care.
2. Female reproduction organs (Internal).
3. Conception and signs of pregnancy complications of pregnancy.
   - Hyperemesis gravidarum
   - Abortions
   - Toxaemia of Pregnancy
   - R.H. Factor
   - Anaemia
5. Types of delivery

Unit II
Development and Growth with Characteristics from birth to adolescence

1. Physical development
2. Motor development
3. Emotional development
4. Language development
5. Social development
6. Cognitive development

Unit IV
Play and work: Types of play, importance of play

Unit V
Personality: Meaning, development and features affecting personality.

Unit VI
Exceptional Children (gifted)

- Problem children: Factors affecting their behavior and methods for correction.

Unit VII
Juvenile delinquency

- Meaning, causes and treatment.

References:

1. Child Development: Elizabeth Hurlock.
2. Child Development: Dr. Vartanian

Practical M.M.-40
Unit-I

1. Nutrition during infancy (0-1).
2. Nutrition during preschool (up 3 years)
3. Nutrition during school going child with special emphasis on packed lunch.

5. Nutrition during adulthood (Men and Women).
   - Sedentary work
   - Moderate work
   - Heavy work

7. Nutrition during Pregnancy
8. Nutrition during lactation

Unit II

Sessional work

1. Recipe file
2. Menu planning note book
3. Preparation of an educational/recreational material for children (age up to 5 years)

Marks Allotment:

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<th>Activity</th>
<th>Marks</th>
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<tr>
<td>Meal Planning</td>
<td>8</td>
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<tr>
<td>Cooking &amp; serving</td>
<td>10</td>
</tr>
<tr>
<td>Prepare Resource Material for Pre school Child</td>
<td>8</td>
</tr>
<tr>
<td>Viva-voce</td>
<td>4</td>
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<tr>
<td>Sessional work</td>
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**B.A. Part III (Home Science)**

**Paper I: Introduction to Textiles and Clothing**

**M.M. – 50**

**Focus:**
Variety in clothing depends on variety in textiles; their performance is also varying. It is essential for a student to have some basic knowledge of these textiles to select the right kind of fabric for a specific use. Clothing is important for protection, comfort, personality and growth in relevant age group.

**Objective:**
To enable students to-

1. Acquainted with the different textiles and their performances.
2. Impart knowledge on different textile finishes.
3. To acquaint with proper notion regarding choice of fabric.
4. To develop skills in clothing construction.

**Textiles**

**Unit I**

1. Introduction to textiles.
2. Classification of textile fibers.
4. Identification of textile fiber.

**Unit II**

**Study of Yarns**

1. Yarn construction.
2. Different types of yarns.

**Unit III**

**Weaving**

1. Weaving process: To study the parts and functions of a loom.
2. Different types of basic and decorative weaving.

**Unit IV**

**Finishes**
1. Physical – singeing, napping, brushing, shearing, sizing, shrinking, tendering and calendarizing.
2. Chemical-bleaching and mercerizing
3. Special Purpose finishes- wrinkle resistant, water repellent, flame retardant, dying and printing etc.

Clothing

Unit-I

Equipment

- Equipment and supplies used in clothing construction with special reference to sewing machine.

Unit-II

Selection of Fabric

- Factors influencing selection of fabric, budget, age, season, occupation, figure, fashion, occasion etc.

Unit-III

Principle of clothing construction

1. General principles of clothing construction.
2. Drafting and making paper pattern.
3. Preparation of fabrics for garment making, laying out of patterns, cutting and making.

References:

2. Textiles: Hollen and Saddler.
7. Fundamentals of Textiles and their Care: Susheela Dantyag.
B.A. Part III (Home Science)
Paper II: Extension Education and Communication

M.M. - 50

Focus:
The concept of development is changing. It is not merely increase in production and productivity, but also it is participation of people in mutual learning experience involving themselves, their local resources, external changes agents and outside resources. The act of extension is not merely transference of techniques and knowledge but it involves improving of relationships between human beings.

Objectives:
To enable students to-
1. Understand the widening concept of extension.
2. Be aware of the various extension methods used in facilitating development.
3. Feel strongly for the people without power and influence then to become partners in development projects and programs.

Unit-I
Concept of Extension Education
1. Meaning of Extension Education.
2. Origin and wider understanding of the meaning of extension.

Unit-II
• Definition, Importance and Scope of Home Science Extension Education.

Unit-III
• Principles and Philosophy of Extension Education.

Unit-IV
Methods of Approaching People
1. Personal Approach

Unit-V
Communication

1. Definition and importance of communication.
2. Functions of Communication.

Unit-VI
Extension works

• Role of an extension worker, Quality of an extension worker.

Unit-VII
Audio Visual Aids

• Detailed knowledge of audio visual aids.

Unit-VIII

• Problems regarding extension education in the community.

Unit-IX
Extension of Program Planning

• Extension program planning in the various fields of Home science.

References:
1. Extension and Rural Welfare: O.P.Dahama
2. Community Development Programs in India: Ministry of Child Development

Practical:
1. Tie and Dye
2. Block printing or screen/Stencil Printing.
3. (a) To prepare a paper pattern of child’s bodice block (3 years old).
   (b) Adaptation of child’s bodice block to an ‘A’ line Frock.
4. Preparation of Audiovisual Aid (any one )
   (a) Poster and Chart
   (b) Flash card or Flip book
   (c) Puppet
5. Viva Voce

6. Sessional Work
   (a) One Tie and Dye article
   (b) One article with block printing
   (c) One article with Screen/Stencil printing
   (d) Sewn one ‘A’ line Frock (3years old)

Allotment of Marks:

a. Any Two: 7+7
   • Tie and Dye:
   • Block Printing:
   • Stencil printing:

b. Paper pattern Basic bodice Block: 7

c. Audio Visual aid: 7

d. Viva Voce: 7

e. Sessional: 15

TOTAL 50
संस्कृति की सांस्कृतिक

इस वैज्ञानिक में पुरा प्रदेश में समानपादकक्ष वालू दिये जाने के जरिए रूप से संस्कृति सहित हेतु एक पादरोक्ष का प्रश्न प्रारूप किया गया। उपविशेषता सदस्य ने प्रारूप (मसलातिथि) पादरोक्ष के प्रारूप पर सर्वप्रथम विवाह विवरण किया। विवाह विवरण के उपशम भनी सदस्यों के सर्वसाधन हैं दिये गये प्रश्नों की संस्कृति प्रभावित है--

1. सीजन प्रश्न के---

प्रश्न पैपर -- Applied Life Science and Human Health की पंजाब गृहक्षेत्र वातावरण एवं प्रदूषण को सीजन की धरारेद अनिवार्य पैपर की रूप में आदर्श करती है इसलिए उक्त गृहक्षेत्र को पादरोक्ष में से पूरक होगा जा सकता है।

पैपर पैपर -- Family Resource Management बहालत

प्रश्नपैपर पादरोक्ष (क्रम) बहालत

सीजन दूसरी वर्ष

प्रश्न पैपर -- Fundamental of Foods & Nutrition व्यावसाय

दूसरी वर्ष पैपर -- Child Development-- उक्त पैपर का नाम Human Development किया जा सकता है?

पादरोक्ष बहालत रहेगा।

सीजन दूसरी वर्ष

प्रश्न पैपर -- Introduction to Textiles and clothing बहालत रहेगा

दूसरी वर्ष पैपर -- Extension Education का नाम Extension and Communication किया जा सकता है।

पादरोक्ष बहालत रहेगा।

प्रश्नपैपर पादरोक्ष--- बहालत।