

**SHRI JAGDISHPRASAD JHABARMAL TIBREWALA
UNIVERSITY CHUDELA, JHUNJHUNU
(RAJASTHAN) 333001**



SYLLABUS

B.A. Home Science

Three Year Full Time Programme

Course Contents

Syllabus B.A. I Examination-2020-21
I SEMESTER
Home Science-

Examination Scheme in each Year

- Each Theory paper will contain nine questions having three questions from each unit. Candidates are required to attempt five questions in all selecting at least one question from each unit. Each question will be of 10 marks.

Theory Paper (CODE- 122)	Family Resource Management
Theory Paper (CODE- 123)	Foods & Nutrition
Practical (CODE- 124)	Family Resource Management
Practical (CODE- 125)	Foods & Nutrition

Family Resource Management

Unit-I

Housing

1. Function & family need of housing
2. Principles of house planning: aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services
3. Site selection:
 - Vegetation:
 - ★ size
 - ★ soil types drainage
 - ★ contour (shape)
 - ★ orientation
4. Elements and principles of arts and design as related to interior decoration with specific reference to color and light
5. Floor decoration with use of elementary art
6. Table setting & etiquettes

UNIT II

Interior Designing

1. Room arrangement and decoration - arrangement furniture, furnishings and accessories in various rooms.
2. Kitchen planning, importance of counters, storage, principles, working heights.
3. Selection and care of household equipment (without reference to any specific equipment)
4. Household waste & its management by 3R
5. Flower decoration
 - Basic equipment's
 - Vases and containers
 - Preparing plant material
 - Shaping an arrangement
6. Furniture

- Types of furniture
 - Selection use & care
 - Arrangement of furniture in various rooms
7. Consumer problems, rights & responsibilities
 8. Seeking redressal to consumer problems with special reference to consumer courts.

UNIT-III

Resource Management

1. Meaning, definition and importance of home management
2. Process of management:
 - planning,
 - Organization,
 - Implementation,
 - controlling and evaluation
3. Introduction to motivational factor (meaning and types)
 - Values, Goals, Standards
 - Decision Making
 - Resources
4. Time management:
 - Tools Process of managing time
 - Time cost, Time norms,
 - Peak loads
 - Work curve and rest periods
5. Energy Management:
 - Process of energy management.
 - Fatigue
 - Body mechanics
 - Works simplification -Mendel's Classes of changes
 - Ergonomics: Meaning, importance & its components
6. Money Management
 - Family Income: sources & type
 - Budget: Definition & Process of budget making
 - Saving, investment and raising housing loan:
 - ★ Definition & Objectives
 - ★ Channels: bank, insurance, post office

References:

1. Agarwal S (2009). Grah Prabandh Manual. Shivam, book house. Jaipur.
2. Birrel Verla Leone (1967). Colour and Design. A Basic Text (Vol. I & II). Digest submitted in requirement for the degree of education in Teacher college Columbia university
3. Bryan Lawson (1980). How Designer Think. Architectural press Ltd.
4. David H, Bangs Jr. The market planning guides. Gpugotera Publishing. 3rd Ed
5. Don Welers (1974). Who buys- A Study of the Consumer.
6. Donnelly JH, Gibson JL and Ivancevich JM (1995). Fundamental of Management. Chicago.
7. Fisher CD (1997). Human resource management chennai: All Indian publishers and distributors.

FOODS & NUTRITION

Unit I

1. Definition of foods and nutrition, 5 basic food groups, balanced diet.
2. Function of food:
 - Physiological — hunger, appetite, satiety
 - Psychological
 - Social, economic, cultural
3. Functions, sources, daily allowances of:
 - Macro nutrients
 - ★ Carbohydrates
 - ★ Proteins
 - ★ Fats
 - Micro nutrients
 - ★ Minerals — calcium, iron, iodine, fluorine
 - ★ Vitamins
 - Water soluble — B complex vitamins vitamin C
 - Fat Soluble — A, D, E & K
 - Water
 - Energy metabolism
 - ★ Contributors of energy
 - ★ BMR and factors affecting BMR

Unit II

1. Meal Planning
 - Importance and factors affecting meal planning
 - Factors affecting food intake
 - Sample menu for adult male and female
2. Normal nutrition — nutritional requirements, physical demands, problems, dietary guidelines for:
 - Pregnancy, Lactation
 - Infancy (with special emphasis on breastfeeding feeding) and complementary
 - Preschool child, School going children
 - Adolescent, Adult
 - Elderly person

Unit III

1. Therapeutic nutrition
 - Modification of normal diet to therapeutic diet
 - Dietary management of the following:
 - ★ Weight management — obesity, underweight
 - ★ Diseases of gastrointestinal tract — indigestion, diarrhea and constipation
 - ★ Fever
2. Nutritional importance of public health importance and their management:
 - Protein Energy Malnutrition
 - Anemia
 - Vitamin A deficiency
 -

References:

1. Srilakshmi B (2011). Dietetics. New Age International Publishers
 2. Srilakshmi, B. Food Science , new Age International (P) Ltd. Publishers, New Delhi,
 3. Swaminathan MS(2010) Aahar evam Poshan, NR Brothers,MY Hospital Marg, Indore,
 4. Kumud Khanna,Sharda Gupta, Santosh Jain Passi, Rama Sethi, Ranjana Mahna & Seema Puri (2005), Elite Publishing House Pvt. Ltd Ansari Road, Darya Ganj, New Delhi.
- 5 Mudambi , S.R. and Rajagopal. M.V., 1997 Fundamentals of Foods & Nutrition, New Age International (P) Ltd, New Delhi.

B.A. Home Science
Three Year Full Time Programme
PRACTICAL

Maximum Marks	= 50 Marks
Minimum Marks	= 18 Marks
Total marks of End of Semester (Internal Assessment)	= 12 Marks
Viva-Voce	= 10 Marks

FAMILY RESOURCE MANAGEMENT (PRACTICAL)

1. Project work on money management:
 - How to open various accounts in the bank.
 - Filling up of slips/forms of bank and post office.
 - ★ Application for draft
 - ★ Cheques iii. Withdrawal slip
 - ★ Money order form
 - ★ Application for housing loan
2. Floor decoration: Alpana ,Rangoli & Mandana
3. Flower arrangement: fresh and dry arrangements.
4. Table setting
5. Best out of waste (one article)
6. Cleaning of wood, stone, tiles, metal & glass.
7. House plans :
 - For various income groups (LIG,MIG,HIG)
 - ★ Drawing of architectural symbols of house p
 - Rooms (making any one paper model)
 - ★ Drawing Room
 - ★ Dining cum leaving room
 - ★ Children study room
 - ★ Bed room
 - Kitchen planning (making any one paper model)
 - ★ One wall
 - ★ Two wall
 - ★ L shape
 - ★ U shape

FOODS AND NUTRITION (PRACTICAL)

Methods of cooking: - Preparation of any four dishes by using the different methods of cooking (Steaming/Simmering/Frying/Baking/Roasting):

- Preparation of Beverages — Tea (hot & iced), Coffee (Hot & Cold), Chaach, lassi, milk shakes, fruit punch (using squashes & fresh fruits), lemonade, jaljeera, aamla shake, aam panna, mocktails (any 2) mirinda shake.
- Cereal cookery — Chapaati, puri (Plain, misi), Parantha (Stuffed, plain), rice, Cheela, bhatura, Idli, Muthia mathri (namak para, shakkar para), chowmein , pizza, sandwiches (Open toasted &vegetable), Cake, Biscuit, Nan khatai
- Legumes & pulses - daal (plain & daal fiy), rajma, chhole, dal makhani, kadhi mangodi, dahivada, dal pakodi, besan pakodi, sprout chaat, dal halwa. Dhokla, muthia, Kadhi
- Vegetables —Dry Vegetables (for e.g. aalu gobi), methi aalu, arbi, bhindi), stuffed vegetables (bhindi, capsicum), vegetables with gravy (dahi aalu, malai kofta, gatta, dun aalu, kadhai panner,
- Milk & Milk products — Paneer, khoa, curd, shrikhand, kheer, rabri, fruit custard, raita, fruit cream, Kheer, Custard, Stews- apple & pear.
- Seets-jalebi, sandesh, laddu, coconut barfi, gujiya

❖ **Meal Planning for**

- Adult man/woman
- Pregnant and Lactating woman
- Packed lunch for school going child
- Elderly

Examination scheme:

❖ **Major problem -**

- Meal planning and preparation of one dish for any one of the following.
- Pregnant woman
- Lactating woman
- Packed lunch for school going child adult man/woman
- Elderly

❖ **Minor Problem-**

- Preparation of one dish from
- Any one method of cooking
- Any one food group (cereals, vegetable, milk etc.)

Syllabus B.A. Part-II Examination-

I SEMESTER

Subject Code:

Home Science-

Each Theory paper will contain nine questions having three questions from each unit. Candidates are required to attempt five questions in all selecting at least one question from each unit. Each question will be of 10 marks.

Theory Paper (CODE- 322)	Human Development
Theory Paper (CODE- 323)	Textiles and Clothing
Practical (CODE- 324)	Human Development
Practical (CODE- 325)	Textiles and Clothing

Human Development

UNIT I

1. Definition and scope of Human Development as a field of study.
2. Principles of development
3. Role of Heredity and environment and learning and maturation in development.
4. Factors affecting development.

UNIT II

Development from conception to adolescence:

1. Physical development
2. Motor development
3. Socio-emotional development
4. Language and cognitive development

UNIT III

1. Importance and objectives of early childhood education; impact of deprivation and early stimulation
2. Definitions, functions and types of families; changing roles and challenges faced by Indian Families
3. Understanding differently able children; definitions, meaning and classification '
4. Major development tasks, achievements and problems of adulthood and aging, Need for care and support for aging individuals.

References :

1. Santrock JW (2007). Lifespan Development Tata _ McGrawHill. New Delhi. 3rd Ed.
2. Bee H (1995). The developing child. Harper Collins College publisher.
3. Berk L (2006). Child development. Allyn & Bacon. New York.
4. Cole M and Cole SR (1996). The Development of Children. W.H. Freeman and Company.
5. Rice F (1992). Human Development: A Life Span Approach. Prentice Hall.
6. Rice FP. Marriage and Parenthood. Allyn and Bacon Inc. Toronto.
7. Vidhya Bhushan and Sachdeva (2000). Introduction to Sociology.

TEXTILES & CLOTHING

Unit I

Textile Study

1. Fiber
 - Classification
 - Properties and their importance to the consumer with special reference to the care.
 - Natural Fibers
 - (a) Cotton (b) Wool (c) Silk (d) Jute
 - Manmade Fibers
 - (a) Polyester (b) Polyamide (c) Rayon
2. Yarn
 - Simple Yarn, Novelty yarn, Textured yarn
3. Fabric : Different construction methods :
 - Weaving
 - Parts of loom
 - Steps in weaving
 - Types of weaves: Plain, Twill, Satin, Knitting, Felting, Lacing, Braiding
4. Technical textiles
 - Categories and use in daily life
 - ★ Mobiltech
 - ★ Agrotech Geotech
 - ★ Meditech

Unit — II

Apparel Selection and Care

1. Finishing
 - Basic Finishes**
 - Bleaching ,Sizing, Desizing, Singeing, Tendering
 - Functional finishes**
 - Wash and wear Mercerizing, Flame retardant, Water resistant, Moth proofing
2. Dyeing and Printing
 - Classification of dyes
 - ★ Natural and Synthetic
 - Classification of printing
 - ★ Direct, Resist, Discharge
3. Selection of suitable fabrics and garments for different ages — infants, toddlers, pre-school children, school going children, adolescents.
4. Climate, occasion, Occupation, fashion figure
5. Clothing for people with special needs: maternity and lactation, old age and physically challenged.
6. Selection of readymade garments
 - Appearance- Size, design, line and colors,
 - Fabric- Durability, ease of care
 - Workmanship- Cutting, sewing and finishing
 - Cost & Fitting
7. Labeling
 - Textile fiber symbols and Care labeling symbols

8. Care and storage of
 - Cotton
 - Silk
 - Wool

Unit-III

Designing & Traditional Textiles

1. Elements of design —Line, form, colour and texture.
2. Principle design — Proportion, Harmony, Balance Emphasis
3. Traditional textile
 - Woven: Brocade
 - Printed ; Sanganer, Bagru, Kalamkari
 - Dyed ;Bandhani,Patola
 - Embroidered ;Kasuti, Kantha, Phulkari, Chikankari, Kutch

References :

1. Susheela Dhantiyagi "Fundamentals of Textiles and their care"Orient Longman Ltd.4th edition 1983 Reprinted1994.
2. Shrivastave. K.N and Gupta.M "Paramparagat Bhartiya Vastra" Hindi Granth Academy, 2011
3. Bela Bhargava (2003)" Vastra Vigyan avam dhulai kriya" University Book House Jaipur
4. Joseph, M. L. (1988), Essentials of Textiles, 5th edition, Holt Rinehart andWinston, New York.
5. Ruby Jain (2006). "Basic Stitching Processes" CBH Publications

B.A II. Home Science
Three Year Full Time Programme

PRACTICAL

Maximum Marks	= 50 Marks
Minimum Marks	= 18 Marks
Total marks of End of Semester (3 Question 4 Marks each)	= 12 Marks
(Internal Assessment)	= 10 Marks
Viva-Voce	= 10 Marks

Human Development (PRACTICAL)

1. Anthropometric measurement of children from birth to 6 years. Plotting and interpretation of data as per WHO norms.
2. Interviewing mothers of young infants regarding breast feeding schedules, supplementary foods and weaning practices.
3. Organizing and conducting play and creative activities of children in a nursery school.
4. Preparation and conduction of various activities to enhance overall development of children: physical, motor, language, cognitive, social and emotional.
5. Focus group discussion with adolescents to understand their aspirations, educational and career choices.
6. Market survey of story books and toys for children. Assessment of the above in terms of quality, cost, durability, safety, attractiveness and developmental appropriateness.
7. Preparation of a brief questionnaire to identify the problems faced by adults and aging people in communities. Report the information as individual case profile.
8. Preparation of a scrap book on relevant issues of human development.

Examination scheme:

1. Planning and preparation of various activities to enhance overall development.
 - Preparation of interview schedule of feeding for interviewing's mothers infants.
 - Organizing and conducting play.
2. Minor Problem--
 - FGD
 - Preparation of a brief questionnaire to identify problems of ageing peoples.
 - Plotting of graph on the basis of anthropometric measurements of children 02-06 years and its interpretations.

TEXTILES AND CLOTHING (PRACTICAL)

Textiles

Make a Scrap book of the following

1. Fiber samples
 - Cotton fiber from - (Muslin, 2x2 Rubia , 2x1 poplin, Khadi)
 - Silk fiber from -(Georgette, Chiffon, Crepe, Tussar, Mulberry,)
 - Wool fiber from - Felt (wool)
 - Jute fibre from Gunny Bags & Ropes
 - Nylon fibre from Plastic Cord
 - Polyester fibre from Sewing Thread
 - Rayon fibre from Artificial Silk Dupatta
2. Yarn : Ply, textured and metallic yarn
3. Fabric Samples: Woven, Knitted and Non woven - Felt (wool)
4. Collection of care labels washing, ironing, dry-cleaning, bleaching
5. Fiber symbols (cotton, wool, silk)
6. Technical textiles : Bandages & Scotch Brite

Clothing

7. Clothing techniques (sample of each)
 - Simple stitches – hemming and tacking
 - Seam – plain, French and run and fell
 - Dart – straight and curve
 - Tucks – Pin tucks
 - Pleat – knife, box
 - Gathers – simple gathers
 - Finishing of curve – piping and facing
 - Placket opening – continuous wrap & two piece placket
 - 1x Garment construction – ‘A’ line frock with any sleeve and Collar
 - x Embroider the frock using few basic stitches.
8. Tie & dye prepare two sample through any 2 techniques
9. Product design – construction of any one product
 - Two cushion covers
 - Shoulder Bag with any fastener
 - Pouch with zip

Constructs any one garment

Drafting and cutting of a garment –

Stitching and finishing of garment –

Minor Problem

Identification of textile yarn / fabrics –

Tie and dye one sample using two colors and two different techniques / two samples of any clothing techniques –

Syllabus B.A. Part-III Examination

I SEMESTER

Subject Code:

Home Science-I

Total marks of End of Semester (7 Question 10 Marks each)	= 70 Marks
(Internal Assessment)	= 30 Marks
Maximum Marks	= 100 Marks
Minimum Marks	= 40 Marks

Examination Scheme:

- Each Theory paper will contain nine questions having three questions from each unit. Candidates are required to attempt five questions in all selecting at least one question from each unit. Each question will be of 10 Marks.

Theory Paper (CODE- 522)	Mother And Child Care
Theory Paper (CODE- 523)	Extension Education And Communication
Practical (CODE- 524)	Mother And Child Care
Practical (CODE- 525)	Extension Education And Communication

MOTHER AND CHILD CARE

Unit - I

Health of the Mother

1. Menstruation & Fertility :
 - Normal Menstrual Cycle
 - Process of Reproduction
2. Pregnancy :
 - Sign & Symptoms
 - Use of Pregnancy Kits
 - Common Ailments
 - Abortions – causes & Care of Mother
3. Health & nutritional care during pregnancy & lactation:
 - Antenatal Care:
 - ★ Registration of Pregnancy
 - ★ Use of Pregnancy Kits
 - ★ Common Ailments during pregnancy & their management: morning sickness, heartburn, indigestion, constipation, piles, leg cramps, sleeplessness, frequency of micturition, edema, varicose veins
 - ★ Antenatal Checkups & their importance
 - ★ Danger signs during pregnancy & management.

- Intra natal care:
 - ★ Birth preparedness for safe delivery
 - ★ Danger signs during delivery & management & when to refer
- Post natal care:
 - ★ Complications during post partum period & their management.
 - ★ Post natal Checkups

Care of New Born

4. Use of Mother & Child protection card
5. Mother and Child Health Nutrition Programme
 - JananiShishuSurakshaYojana
 - Reproductive and Child Health
6. Family Planning
 - Advantages & importance
 - Methods of family planning
7. Abortions-causes & care of mother
8. New born:
 - Nutritional care of New Born(referring to Integrated Management of Neonatal Childhood illness)
 - Identification of Danger Sign and when to refer
 - Common ailments of newborns and their management- diarrhea, constipation, flatulence, vomiting, colic, malnutrition, napkin, rash, umbilical infection, acute respiratory infections
9. Immunization & growth monitoring of infant and young child.
10. Nutritional care of infant & young child (referring to Infant and Young child nutrition guidelines)
 - Infancy
 - ★ Importance of breastfeeding, early intitaioncolostrums.
 - ★ Exclusive breastfeeding — techniques of breastfeeding
 - Complementary feeding:
 - ★ Importance of complementary feeding
 - ★ Time of introduction
 - ★ Technique of complementary feeding
 - ★ Points to be considered —FODU (Frequency, Adequacy, Density and Utilization.
 - ★ Homemade recipes, premixes, from family pot

References:

1. Sudha Narayanan & Anupama Narayana (2000). Mothercraft Research Publications. 89
Tripolia Bazar, Jaipur.ISBN 8185789-88-6

2. Park JE & Park K (1995). Essentials of Community health Nursing. M/s Bhanot Publishers. 1167 Prem Nagar, Jabalpur. 482001. 2ndEdition. ISBN 81-90011871
3. Dr. Subhash C. Arya (2007). Infant & Child care for the Indian Mother. 8125914412
4. Shanti Ghosh (2004). Nutrition and Child care: A practical guide. Jaypee Second Edition. ISBN: 9788180612077
5. First Aid to the injured. Authorised Manual of St. John Ambulance. 1 cross Delhi

Extension Education and Communication

UNIT-I

Extension Education:

1. Concept and Meaning- Non Formal Education, Formal Education, Informal Education, Extension Education
2. History of Extension Education in India
3. Objectives and principles of Extension Education
4. Role and qualities of extension worker
5. Extension teaching methods- Personal , Group and mass approach
6. Basic knowledge of flagship development programmes of the Government of India in reference to objectives, target groups, activities, organizational structures and financial support

UNIT-II

1. Communication
 - Concept, meaning and process of communication
 - Elements and models of communication- Aristotle, Leagens, Roger's and shoemakers
 - Functions and barriers of communications
2. Audio visual aids
 - Meaning and use of audio visual aids
 - Cone of experience
3. Classification of audio visual aids- Projected and non projected (visual, audio and audio visual aids)
4. Media
 - Basic concepts of traditional and modern methods of communication
 - Relative advantages and limitations of traditional and modern methods of communication

UNIT-III

1. Support structure and functions —
Panchayati Raj — Concept, objectives, and structural organization. Role of Panchayati Raj for Women empowerment
Village organisations — village school, Yuva Mandal, Mahila Mandal, Cooperatives and KVK' s. Role of UNDP, UNICEF, NIRD, NIPCCD, CSWB

References:

1. Dahama OP (1988). Education and communication for development. Oxford and 1 BH Publishing Co. Pvt. Ltd. New Delhi.
2. Supe SV (1997). An Introduction to Extension Education. Oxford BH publishing Co. Pvt. Ltd. New-Delhi.
3. Jain R (1993). Mass Media and Rural Development, Vol. III. Manak Publication Pvt. Ltd. New Delhi.
4. Pankajam G (2000). Extension — Third Dimension of Education. Gyan Publishing House. New-Delhi.

B.A III. Home Science
Three Year Full Time Programme

PRACTICAL

Maximum Marks	= 50 Marks
Minimum Marks	= 18 Marks
Total marks of End of Semester (3 Question 4 Marks each)	= 12 Marks
(Internal Assessment)	= 10 Marks
Viva-Voce	= 10 Marks

MOTHER AND CHILD CARE (PRACTICAL)

1. Use of Pregnancy kits
 - Safe Days
 - Menstrual Hygiene
 - Hygienic use & disposal of Sanitary pads
2. Breastfeeding — Techniques & Posture
3. Preparation of Complementary foods
 - Premixes
 - Guidelines for consistency for quality, preparing frequency, density & variety premixes.
 - Homemade recipes
 - Adaptation from family pot C
4. Use of Mother & Child Protection Card
 - Registration & personal details
 - Antenatal care
 - Danger signs of pregnancy
 - Diet during pregnancy
 - Planning of low cost nutritious recipe for pregnant mother
 - Internal care
 - Post antenatal care
 - Checkups planning of low cost nutrition's recipes for lactating mother
 - Danger signs of new born
 - New born care
 - Immunization
 - Growth monitoring — Demonstration of weighting & measurement of child
 - Guidelines for child care
5. Management of Diarrhea
 - Skin pinch test for identifying dehydration

- Feeding schedule
- Preparation of oral rehydration solution
- 6. Management of fever
 - Use of thermometer
 - When to refer
 - How to bring down fever (home based care)
- 7. First aid & home nursing
 - First Aid during
 - ★ Burns & Scalds
 - ★ Cuts & wounds (Tetanus Toxoid vaccine)
 - ★ Sprains & fractures
 - ★ Unconsciousness
 - ★ Electric shock
 - ★ Animal bite — dog, monkey, snake (importance of vaccine)
 - ★ Poisons
 - ★ Heat stroke
 - Care in infectious disease
 - ★ Isolation
 - ★ Prevention of infection through fomites
 - ★ Ventilation & Disinfection
 - ★ Baby weighing scale, ARIT inner & thermometer, first aid box.
 - ★ Materials to be provided — from nearest Aanganwadi /Subcentre

EXTENSION EDUCATION AND COMMUNICATION (PRACTICAL)

EXTENSION ACTIVITY MANAGEMENT

Practicals:

1. Theoretical understanding of process of programme/extension activity
2. Management.
3. First aid & home nursing
 - First Aid during
 - (1) Burns & Scalds
 - (2) Cuts & wounds (Tetanus Toxoid vaccine)
 - (3) Sprains & fractures
 - (4) Unconsciousness
 - (5) Electric shock
 - (6) Animal bite — dog, monkey, snake (importance of vaccine)
 - (7) Poisons
 - (8) Heat stroke
 - Care in infectious disease
 - (1) Isolation
 - (2) Prevention of infection through fomites
 - (3) Ventilation & Disinfection
 - (4) Baby weighing scale, ARIT inner & thermometer, first aid box.
 - (5) Materials to be provided — from nearest Aanganwadi /Subcentre