

**BHUPAL NOBLES' UNIVERSITY**

**UDAIPUR**

***BACHELOR OF ARTS***

***IN HOME SCIENCE***

***AS PER ANNUAL SYSTEM***

***SYLLABUS***

**(A draft of Annual Courses in B.A. in Home Science Submitted for  
Revision of Curriculum to be executed for July' 17)**

**By**

**DEPARTMENT OF HOME SCIENCE**

**BHUPAL NOBLES' UNIVERSITY**

**UDAIPUR**

**2017**

**DEPARTMENT OF HOME SCIENCE**  
**BHUPAL NOBLES' UNIVERSITY UDAIPUR**  
**ANNUAL DISTRIBUTION OF COURSES**

**B.A. PROGRAMME**

**I YEAR**

<b>PAPER CODE</b>	<b>NATURE OF COURSE</b>	<b>COURSE TITLE</b>	<b>PERIODS PER WEEK</b>
HSC 111	THEORY	FOODS AND NUTRITION	3
HSC 112	THEORY	FAMILY RESOURCE MANAGEMENT AND INTERIOR DESIGNING	3
HSC 113	PRACTICAL	BASIC COOKERY	2
HSC 114	PRACTICAL	INTERIOR DESIGNING	2

**II YEAR**

<b>PAPER CODE</b>	<b>NATURE OF COURSE</b>	<b>COURSE TITLE</b>	<b>PERIODS PER WEEK</b>
HSC 221	THEORY	LIFE SPAN DEVELOPMENT	3
HSC 222	THEORY	FUNDAMENTALS OF TEXTILES	3
HSC 223	PRACTICAL	MEAL PLANNING AND FOOD PRESERVATION	2
HSC 224	PRACTICAL	VOCATIONAL DESIGNING	2

**III SEMESTER**

<b>PAPER CODE</b>	<b>NATURE OF COURSE</b>	<b>COURSE TITLE</b>	<b>PERIODS PER WEEK</b>
HSC 331	THEORY	EXTENSION AND COMMUNICATION	3
HSC 332	THEORY	COMMUNITY HEALTH AND DISEASES	3
HSC 333	PRACTICAL	BASIC EMBROIDERY AND CRAFT	2
HSC 334	PRACTICAL	PREPARATION OF AUDIO VISUAL AIDS	2

# **Paper wise Marks Distribution**

## **DEPARTMENT OF HOME SCIENCE**

### **B.A. Ist Year**

Paper I: - <b>Foods &amp; Nutrition</b>	(max marks: 70)
Paper II: - <b>Family Resource Management &amp; Interior Designing</b>	(max marks: 70)
Practical I: <b>Basic cookery</b>	(max marks: 30)
Practical II: <b>Interior Designing</b>	(max marks: 30)

### **B.A. II nd Year**

Paper I: - <b>Life Span Development</b>	(max marks: 70)
Paper II: - <b>Fundamental of Textiles</b>	(max marks: 70)
Practical I: - <b>Meal Planning and Food Preservation</b>	(max marks: 30)
Practical II: - <b>Vocational designing</b>	(max marks: 30)

### **B.A. III rd Year**

Paper II: - <b>Extension and Communication</b>	(max marks: 70)
Paper II: - <b>Community Health and Diseases</b>	(max marks: 70)
Practical I: - <b>Basic Embroidery and Craft</b>	(max marks:30)
Practical II: - <b>Preparation of Audio -Visual Aids</b>	(max marks: 30)

# DETAILED SYLLABUS

## B.A. First Year Home Science

### Paper-I: FOOD AND NUTRITION

#### Unit-I

1. Definition of terms – Foods, Nutrition, Nutrients, Nutritional Status, Balanced Diet, Dietetics.
2. Basic Food groups Functions of Foods.
3. Study of common Foods – Cereals, Pulses, Nuts and Oil seeds, Fruits and Vegetables, Meat, Fish, Milk and Milk Products, Spices and Condiments.
4. Different methods of food Preparation – merits and demerits, methods used to conserve and enhance the nutritive value of foods.

#### Unit-II

- Proximate Principles :Protein, Carbohydrates, Fats , Composition, Classification, Food Sources, Functions and Deficiency.
5. Role of Fiber in daily diet.

#### Unit –III

6. Energy metabolism – unit of energy. Total energy expenditure, physical activity and specific dynamic action. Basal metabolism. Factors affecting basal metabolic Rate.
7. Water – Distribution in the body, functions, sources and water balance.

## Unit – IV

8. Minerals – Calcium, Phosphorous, Iron, Iodine, Sodium, Fluorine – food sources, functions, deficiency and recommended dietary allowances.
9. Vitamins – Food sources, functions, deficiency, recommended dietary allowances.

## Unit - V

10. Malnutrition – Definition, concept, causes and prevention.
11. Meal Planning :
  - (a) Principles and Factor affecting meal planning.
  - (b) Recommended dietary allowances for different age, sex, occupation and physical condition.
12. Food spoilage – causes
13. Food Preservation – Principles and Methods.

### **Reference:**

1. Rose: foundation of Nutrition Macmillan & Co.
2. F.T. Proudfit & H.C. Robinson: Nutrition of Diet Therapy
3. W. R. Arkryod: Human Nutrition & Diet
4. Davidson, Passmore: Human Nutrition & Dietetics
5. Sudha Narayan: Aahar Vigyan
- 6.

## Paper – II

# FAMILY RESOURCE MANAGEMENT & INTERIOR DESIGNING

### Unit- I

1. Family Resource Management : concept & Importance
2. Management Process : planning, controlling & Evaluation
3. Family : Meaning, Function, Types – Nuclear & Joint and stages of Family life cycle.
4. Family wants : importance, characteristics, types and factors Affecting.

### Unit-II

5. Family Resource : Importance, characteristics, Types, Factor Affecting use of resources.
6. (a) Motivating factors of Management : Goals, Values & Standards.
7. Decision making as crux of Management: importance & steps in decision making.

### Unit - III

8. House Planning and Interiors :
  - a. Principles of Design & Elements of Arts
  - b. Selection and Care of Furniture, Furnishing and Accessories.
  - c. Room Arrangement of different activity areas of house on the
  - d. Basis of socio- economic status.

- e. Care of Household Equipments (Pressure Cooker, Mixer, Refrigerator, Microwave, Toaster, Washing Machine, Iron, Vacuum Cleaner, Air conditioner, Oven and Cooler)

## Unit - IV

### 9. Energy Management :

- (a) Nature & characteristics of work
- (b) Work analysis & Body mechanics
- (c) Work simplification
- (d) Fatigue – concept & Types : physiological & psychological

### 10. Time Management:

- (a) Tools in time management – Time costs, Time norms & Time patterns.
- (b) Peak loads
- (c) Work curves
- (d) Rest periods – Length & Frequency
- (e) Management process applied to Time management

## Unit - V

### 11. Money Management :

- (a) Types of family income
- (b) Family Budgeting
- (c) Saving and Types of saving

### 12. Consumer Economics :

- (a) Consumer problems
- (b) Rights & Responsibility
- (c) Government Aids & Protection to consumer

## References:

1. Naglini Ogale, Varghese :Home Management
2. Dr. Bela Bhargava: Family Resource Management
3. Bharathi : Home and Resource Management
4. Dr. Binda Singh : Home Management & Interior Decoration
5. Kanti Panday, Pramila Varma : Home Management

## Practical – I

### Basic Cookery

1. Introduction to Food Lab, Cooking Terms, Weight & Measurement and Equipments.
2. Preparation from Cereals, Pulses, Nuts and Oil seeds, Vegetables, Milk and Milk products, Egg and their combinations.
3. Nutritional enhancement of Common Indian Recipes.
4. Preparation of Beverages and Soups.
5. Salad – Decorative and Nutrition.
6. Preparation for Special Occasions.

## Practical – II

### Interior Designing

1. Arrangement of Different Rooms: Bedroom, Kitchen, Drawing room, Dining room and Preparation of Model of One Room.
2. Napkin Folding and Table Setting.
3. Demonstration and Care of Household Equipments ( Pressure Cooker, Mixer, Refrigerator, Microwave, Toaster, Washing Machine, Iron, Vacuum Cleaner, Air conditioner, Oven and Cooler).

## **BA II YEAR**

### **Paper I: - Life Span Development**

#### **UNIT-I**

1. Concept of Life span development and need to study development through the life cycles
2. Principles of growth and development
3. Developmental tasks during different life stages
4. Nature vs Nurture controversy (Heredity and environment)

#### **UNIT-II**

1. Prenatal Development and infancy (0-2 yrs)
2. Stages of Prenatal Development, Factors affecting prenatal period  
Birth Process.
3. Complications related to birth process and genetic defects among children
4. New born features and capabilities
5. Physical and Motor Development
6. Early Interactions
7. Pre speech Forms

#### **UNIT-III**

1. Early Childhood (2-6 yrs)
  - Physical and motor development
  - Social Development

- Language and Emotional development
  - Cognitive development
2. Late childhood (7-12 yrs)

- Physical and motor development
- Moral development
- Social Development
- Cognitive Development

#### **Unit-IV**

3. Adolescence(12-18 yrs)

- Physiological changes
- Social and emotional development
- Problems of adolescence- Drugs, alcohol, delinquency, homosexuality  
academic failure, Psychological problems: causes and remedies.

#### **UNIT-V**

1. Personality: Meaning, development and features affecting personality
2. Play : Types and Importance of play
3. Creativity: Developing creative skills in children

### **Recommended Reading:**

1. Agarwal Neeta and Tripathi Akansha - ManavVikas
2. Berk Laura E (1996) - Child Development New Delhi, Prentice Hall
3. Santrok John W - Santrok Jhon W (1997) Life Span Development
4. Lal J.N. , Shrivastava Anita - AdunikVikasatmak, Manovigyan,  
VinodPustak,Mandir, Agra
5. Papalia D.E.(1997) - Human Development Tata Mcgraw Hill Pub. Co.
6. Rice F.P. - Human Development, A life Span Approach N. J. pretice Hall-  
1965
7. Singh Vrinda - ManavVikas&AvamParivarikSambandh
8. Shrivastava D.N. & Verma Preeti - BalManovigyan&BalVikas

## **PAPER II: FUNDAMENTALS OF TEXTILES**

### **UNIT-I**

1. Meaning and importance of Textiles.
2. Classification of fibers and their origin. Manufacture, general characteristics of natural and manmade fibers.

### **UNIT –II**

1. Yarn construction-Spinning methods, size and count of yarn, single and standard yarn, ply yarn, novelty yarn.
2. Weaves: terms used in weaving – warp, weft, selvedge, count of cloth, balance of cloth.
3. Types of weaves, felting, knitting, braiding
4. Finish and finishing process – Mechanical and Chemical

### **UNIT -III**

1. Dyes and Dyeing Process, Methods and Stages of dyeing-Raw Stock dyeing, Yarn dyeing, piece dyeing and cross dyeing, Methods of home dyeing, simple batik, Tie and dye
2. Different methods of printing-Block, Stencil, Screen and Machine printing.

### **UNIT-IV**

1. Selection of fabrics for family garments, household linens, factor affecting their selection, selection of readymade garments
2. Stain Removal-Meaning, classification and methods
3. Care and storage of clothing

## UNIT –V

### 1. Laundry

- Equipments and supplies
- Soap and detergents
- Stiffening agents, blueing agents, bleaching agents grease solvents and absorbents
- Principles and Methods of Laundry

### Recommended Reading:

1. Sushila Dantyagi : Textiles and its care
2. Durga Delkar : Textiles and laundry work
3. Premlata Mullick : Text-book of Home Science
4. MkW- ¼Jherh½ csyk HkkxZo % oL= foKku ,oa /kqykbZ dyk
5. Jherh vkuUn 'kekZ % oL= foKku ,oa ifj/kku
6. th-ih- 'kSjh % oL= foKku ,oa /kqykbZ

## **Practical I: Meal Planning and Food Preservation**

1. Planning and preparation of a day's diet for an adolescent girl/boy.
2. Planning and preparation of a day's diet for an adult man/woman (sedentary/moderate/ heavy worker)
3. Market survey to assess the available processed products.

Preparation of preserved products:

- Chutney, sauces, ketchup
- Fruit beverages: squashes, syrups and juices.
- Jam, jelly and marmalade
- Dried products
- Pickles
- Preserves
- Fruit candies
- Milk based products

## **PRACTICAL II**

## **VOCATIONAL DESIGNING**

1. Design through color application
  - Painting
  - Dyeing- Tie and dye, Batik
  - Printing – Discharge, Resist, Block, Screen, Stencil
2. Thread structure – product development using macramé and crochet

## **BA III YEAR**

### **PAPER I- EXTENSION AND COMMUNICATION**

#### **UNIT I**

1. Introduction of extension Education and Teaching learning process
2. Concept of education, Extension Education, Non formal, Formal and Informal Education
3. Objectives, Function and Scope, Process and Principles of Extension Education
4. Qualities of an Extension worker

#### **UNIT II**

1. **Communication:** Concept and nature, Types of Communication  
Scope of Communication, Functions of Communication, Principles of Communication, Elements of Communication and their characteristics
2. Models of Communication
3. Barriers to Communication

#### **UNIT III**

1. Meaning and definition of teaching aid, Classification of teaching aids
2. Advantages and Limitations of each type
3. Selection of Audio Visual Aids

#### **UNIT IV**

1. Community Development Programme –
2. Meaning, Definition, Elements and Principles of community development
3. Origin of community Development Programme.
4. Recent programmes for Rural Development.

#### **UNIT V**

1. Traditional media- puppetry, folk songs, folk 'theatre, fairs.
2. Print media; books, newspapers, magazines leaflets and pamphlets
3. Electronic media-radio, television, video, computer based technologies.
4. Outdoor Media: exhibition, fairs and kiosks.
5. Introduction to ethics in mass media

## **Reference Books:**

1. Corner, J. Communication Studies – In Introductory Reader.
2. Defflers and Dennis (1994): Understanding Mass Communication.
3. Gupta S.S.: Cases in Advertising and Communication Management in India.
4. Harper and Row (1989): Main Currents in Mass Communication Agee, Adut and Emery.
5. Joseph, D. (1993): The Dynamics of Mass Communication.
6. McQuail, D. (1994): Introduction to Mass Communication, 3<sup>rd</sup> Edition, Sage Publication.
7. Ravindran, R.K. (1999): Media and Society.
8. Ravindran, R.K. (2000) : Media in Development Area.
9. Schramm, W. (1988): The Story of Human Communication, from cave painting to the Microchip.
10. Vivian, J. (1991): Media of Mass Communication.
11. Wright, Winters and Zeiger : McGraw Hill, Advertising Management.
12. Zachariah, A. (1999): Media power, People, Politics and Public Interest

## **PAPER II**

### **Community Health and Diseases**

#### **UNIT I**

1. Concept of Health. Definitions, determinants and factors affecting:
2. Physical Health ,Social Health , Mental Health , Emotional Health, Spiritual Health
3. Occupational Health : Physical hazards, chemical hazards, biological hazards, mechanical hazards and Psycho social hazards.

#### **Unit II**

1. Water – Importance of water, impurities present in water, sources of
2. Contamination of water and water purification (Household and natural methods)
3. Immunity - Definition, types of immunity & immunization schedule.

#### **Unit III**

1. Causes, Mode of Transmission, incubation period, signs and symptoms and prevention of Common food borne diseases – Diarrhea, Dysentery, Cholera, Typhoid, Infective Hepatitis

#### **Unit IV**

1. Causes, Mode of Transmission, incubation period, signs and symptoms and prevention of Common infective diseases: Measles, Tuberculosis, Whooping Cough, Diphtheria, Tetanus, Poliomyelitis and Malaria

#### **UnitV**

1. Health Education: Concept, Need, Objectives and Principles
2. National and International agencies working for Family Welfare

**Reference:**

1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar.
2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta -13
4. J.E. Park, (1983) Prenentive & Social Medicine, Jabalpur Messrs Banarcidas Bhanot
5. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.

## **Practical I**

### **Basic Embroidery and Craft**

1. Various Hand and Machine Embroideries
2. Surface layering
  - a. Applique- simple, cut, felt
  - b. Quilting- hand and machine
3. Product development using the above design exploration techniques.

## **PRACTICAL II**

### **Preparation of audio visual aids**

1. Selection, Preparation and Effective use of various A.V. Aids in Extension Work