

ORDINANCE, REGULATION & SYLLABUS

For B.A. [HOME SCIENCE]



Offered by

NEHRU GRAM BHARATI

(DEEMED TO BE UNIVERSITY),

KOTWA-JAMUNIPUR-DUBAWAL

PRAYAGRAJ-221505

UTTAR PRADESH

Session:

From 2019 – 2020

B.A. Ist year

Ist semester

1st paper – Applied life science
2nd paper – Foundation of art and Design
Practical

IIInd semester

1st paper - Health care
2nd paper - Introduction to Resource Management
Practical

B.A. IIInd year

IIIrd semester

1st paper –Fundamentals of food and nutrition
2nd paper – Mother craft and child welfare
Practical

IVth semester

1st paper – Human Nutrition
2nd paper – Child Development
Practical

B.A. IIIrd year

Vth semester

1st paper – Clothing and Textile
2nd paper –Extension Education
3rd paper –Rural sociology
Practical

VIth semester

1st paper – Clothing Construction
2nd paper – Communication Process in Development
3rd paper – Women welfare
Practical

1st semester

Paper – I Applied Life Science

Objective

- Understand the Physiology of Human Body
- Understand the Nature and Role of Micro Organism.

Unit I: Structure of Cell

Cellular organ lies- its structure and function, tissue and organ system of the body

Musculoskeletal system – type and function of muscles, formation of bone and teeth

Unit II: Cardiovascular system – Blood and its composition, Blood groups, structure and function of heart, heart rate, cardiac output, blood pressure and its regulation, circulation of blood,

Gastrointestinal system - structure and functions of various organs of the G I tract. Digestion and absorption of food and the role of enzymes and hormones.

Unit III: Respiratory system - Structure of lungs, mechanism of respiration and its regulations, O₂ and CO₂ transport in blood, vital capacity, muscular exercise.

Excretory System – Structure and function

Unit IV: Nervous system - Elementary Anatomy of nervous system, function of different parts of the brain, Automatic, Sympathetic and parasympathetic nervous system. Special senses.

Reproductive system and endocrine gland.

Unit V: Bacteriology - Bacteria and its effect on human life, meaning, structure and type of bacteria. Useful and pathogenic organisms like yeast, mould etc.

References:

- (I) Physiology: Dr. Brinda Singh
- (II) Human physiology: Dr. Nanda Gautam & Mrs. Reena Khanuja
- (III) Hygiene and physiology: Dr. Usha Mishra & Dr. Alka Agrwal
- (IV) Vyavaharic jeevan vigyan avam manav swasthya: Parminder Kaur Bhandari

Paper – II Foundation of Art and Design

Objectives

- understand elements and principles of art and design.
- Develop skills in creating designs and making art objects.
- Develop and understanding to the application of art principles in design composition of traditional and contemporary art.

Unit I: Elements of design

Line, Size, Form, Texture, Space, Pattern and Shape

Unit II: Principle of Design

Balance, Harmony, Proportion, Rhythm and Emphasis

Unit III: Design

Meaning and Definition of Design

Types of Design (i) Structural (ii) Decorative

Characteristics of design

Unit IV: Color

Classification of color,

Color Scheme,

Principal of Color

Color Wheel

Unit V: Decoration

Home Decoration – Meaning and Aims of Home Decoration, Factor affecting Home Decoration

Floor Decoration – Alpana and Rangoli, Types of Alpana

Accessories

References:

- (I) The foundation of Art and Design: Goenka shanita
- (II) Home furnishing: Rutt Anna Hong
- (III) Home Management: Kanti pandey
- (IV) Ghrih vyavastha: Dr. Brinda Singh
- (V) Home Management: Reena khanuja

Practical

- Chart and Models – based on Physiology
- Color wheel and color scheme
- Floor Decoration – Alpana and Rangoli
- Pot painting and Pot Decoration
- Preparation of decorative articles (waste materials)

IInd semester

Paper – I Health Care

Objectives

- Understand the concept of health
- To realize the health problems of the community

Unit I: Health - Concept and definition of health, classification, factors affecting the health.

Unit II: Health education – meaning, concept, area, function, objectives of health education
Improvement of health education in family and community.

Unit III: Diseases - reason, symptoms and remedies of following diseases :- small pox, chicken pox, Khasra, whooping cough, diphtheria, tetanus, polio, hepatitis, TB, Malaria, Cholera typhoid, and AIDS

Unit IV: Immunity, Antibiotic, classification of Immune system, schedule of immunization, various vaccination against infectious diseases.

Unit V: primary and Public Health center (PHCS), Government and non-government like WHO, UNICEF, RED CROSS, ICDS and other.

Community health centers.

References:

- (I) Health care: Dr. Harminder Kaur

- (II) Child Care and mother craft: G.P. Sherry

PAPER – II Introduction to Resource Management

Objectives

- Create an awareness among the students about management in the family as well as the other system
- To recognise the importance of wise use of resources in order to achieve goals

Unit I: Resources - Meaning and definition, types of resources, characteristics of resources,

Unit II: Management process – planning, controlling, evaluation (their meaning and Importance)

Unit III: Management of specific resources - Time, Energy, Money, Energy Management (process and importance of Management)

Unit IV: Family life cycle - stages of family life cycle, demands of resources in different life cycles

Unit V: Family characteristics influencing management – life style, type of family, family size, stages of family, Economical factors etc.

References:

- (I) Parivarik Sansadhan vyavastha: Manju Patni
- (II) Grih vyavastha: Kanti Pandey
- (III) Home management: Brinder Singh
- (IV) Grih kala: Reena khanuja
- (V) Grih vyavastha: G.P. Sherry

Practical:

- Health Education through flashcard, chart, poster Etc.
- Field Activities

IIIrd semester

Paper – I Fundamentals of Food and Nutrition

Objectives

- Understand the functions of food and the role of various nutrients, their requirements and the effects of deficiency and excess.
- Learn about the structure, composition, nutritional contribution and selection of different food stuff.
- Be familiar with the different methods of cooking, their advantages and disadvantages.

Unit I: Food - Meaning of food, classification and functions of food,

concept of Nutrition, nutrients, macro and micro nutrients

Unit II: Micronutrients – (carbohydrate, fat, protein) their classification, sources, function RDA, deficiency and excess.

Unit III: Micronutrients - (minerals, vitamins) their classification, sources, function RDA, deficiency and excess, Fibers – types and sources, Water function

Unit IV: Food Production (in brief) - Food composition, structure, nutritional contribution for the following -

Cereals and millets, pulses, fruits and vegetables, milk and Milk products, meat, fish and

Unit V: Cooking methods - methods of cooking, their advantages and disadvantages and effects on nutritive value.

Improving Nutritional quality of foods - germination, fermentation, supplementation, fortification and enrichment.

References:

- (I) Food and Nutrition: Usha verma
- (II) Food and Nutrition: Sudha Tondon
- (III) Ahar avam poshan: Brinda singh
- (IV) Food and Nutrition: M.Swaminathan
- (V) Ahar awam poshan vigyan: Mr. B. K. Bakshi

Paper - II Mother craft and child welfare

Objectives

- Understand the reproductive system of man and women body
- Understand the common disease of children
- Learn about to improve habits in children

Unit I: Pregnancy - Symptoms of Pregnancy, Discomfort of pregnancy, Problems of pregnancy, and care in pregnancy,

Unit II: Reproductive system - women reproductive system, men reproductive system,

Unit III: Birth - Type of Birth, Birth process, complications in birth

Unit IV: Common diseases of babyhood – digestion problem, cough and cold, fever, infectious diseases etc.

Unit V: play and Habits - Types of play, importance of play and habits, formation of habits.

References:

- (I) Child Development and child psychology: Dr. D.N. Srivastava
- (II) Matrakala and Shishu Kalyan Dr. G. P. Sherry
- (III) Mother craft and child care: Dr. Neeta Agrwal
- (IV) Matrakala Awam Bal Vikas: mrs. B. K. Bakshi
- (V) Child Development: Dr.Vatsayen

Practical:

- Food preparation using cereal, pulses, nuts, fruit, vegetables and oilseeds, sugar, milk etc.
- cooking methods

IVth semester

Paper – I Human Nutrition

Objective

- To enable the students to understand the current trends in nutrition
- To gain knowledge about nutritional status and nutritional requirement in special conditions.

UNIT I: Nutrition - Definition, Nutritional status, Assessment of Nutritional Status, balanced diet and factors affecting balance diet, recommendation dietary allowance, dietetics - definition role and responsibilities

UNIT II: Meal planning – Definition, importance, factors affecting meal planning, food exchange

UNIT III: Nutrition during infancy - growth and development, growth chart, RDA during infancy, advantages of breastfeeding, weaning – meaning, weaning foods, Diet plan for infants.

Nutrition during childhood - growth and development, RDA during childhood Diet plans

UNIT IV: Nutrition during adolescence - Growth and Development, nutrition related problems of Adolescence, RDA and Diet plan during adolescence

Nutrition during adult - RDA and diet plan, Nutrition related problems at elderly Nutrition during Old age - RDA and diet plan, changes associated with aging

UNIT V: Nutrition during special condition – pregnancy- developmental stages of pregnancy, importance of Nutrition on the outcome of pregnancy, RDA, complication of pregnancy, Diet plan, Lactation- physiology of lactation, factors affecting lactation, composition of breast milk, RDA, diet plan

References:

- (I) Food and Nutrition: M. Swaminathan
- (II) Food and Nutrition: Sudha Tandon
- (III) Ahar awam Poshan: B. K. Bakshi
- (IV) Theurapetic diet: Dr. Brinda Singh
- (V) Ahar awam poshan: Dr. Aneeta Agarwal

Paper – II Child Development

Objective-

- To acquired skills in child rearing.
- Develop an ability to improve good habits in the child.
- Learn about the child study to sort out their problems.

UNIT I: Concept of Development, principle of Child development, Child rearing, factor affecting child development

UNIT II: Stages of development - (I) prenatal development (II) postnatal development

UNIT III: Child study method and its importance

UNIT IV: Physical and Motor development

UNIT V: Emotional and Language development

References:

- (I) Bal manovigyan evam Bal Vikas: Dr. D.N. Srivastava Preeti Verma
- (II) Vikasatmak manovigyan: Alam and Srivastava
- (III) Bal Vikas: Brinda Singh
- (IV) Bal Vikas: Dr. Reena khanooja
- (V) Bal Vikas: Dr. G.P. Sherry

Practical:

Plan a diet for the following -

- Infant (6 to 12 months)
- Pre -school children
- School going children
- Adult men and women
- Pregnant women
- Lactating women
- Old age

Vth semester
Paper – I Clothing and Textile

Objectives

- Acquaint with the different Textiles and their performances.
- Impart knowledge on different textile finishes.
- Learn about weaving and knitting.

Unit I: Fibres - Introduction and classification of textile fibres,

Properties of textile fibres,

Testing of fibres,

Unit II: Manufacturing process of different fibres – Cotton, Wool, Silk, Rayon, Synthetic fibres.

Unit III: Yarn - Definition, classification of yarns,

Use of yarn in various fabric

Unit IV: Textile fabric - weaving, Knitting, Felting, (Their meaning and types).

Unit V: Finishes - Meaning and type of finishes (physical and chemical)

Special purpose finishes - wrinkle resistant and Flame resistant

References:

- (I) Clothing and textile: Dr. Pramila Verma
- (II) Textile and clothing: Neeraj Yadav
- (III) Textile fibre and their use: Katharine Paddoek Hess.
- (IV) Clothing and textile: G.P. sherry
- (V) Household textile and laundry work: Durga deulkar

Paper – II Extension Education

Objectives

- To understand the concept of extension education in development work.
- To develop skills by extension training and methods

<p>Unit I: Extension Education - Concept, Definition, importance and Scope of extension education principle and philosophy of extension education Definition, Importance and scope of home science extension education</p> <p>Unit II: Extension training – Meaning, importance and objective extension teaching methods, scope and concept extension work - Role of an extension worker and qualities of an extension worker</p> <p>Unit III: Audio visual Aids - Detailed knowledge of it. Problems regarding extension education in the community Extension programme planning in the various fields of Home science</p> <p>Unit IV: Management and administration - Management and Administration in formal/ non-formal Extension education Evaluation and monitoring in extension education - importance and types of evaluation</p> <p>Unit V: Guidance and counselling – Guidance and counselling in extension education problems and challenges encountered in formal/non formal extension education</p> <p>References:</p> <p>(I) Extension education and applied home management: Dr. Anita Aggarwal and Veena Nigam</p> <p>(II) Prasar Shiksha: Dr. B. D. Harpalani</p> <p>(III) Extension Education: Mrs. Geeta Pushpa Shah</p> <p>(IV) Education and communication for development: O. P. Dahama and BhatNagar</p>	
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PAPER III - Rural Sociology

Objectives

- Gain knowledge of rural culture for better development.
- To know the problems and barriers of rural life for better future development.

<p>Unit I: Rural Sociology - Basic concept and objectives of rural sociology Definition, nature, scope and importance of rural sociology Silent features of Indian rural life</p> <p>Unit II: problems of Indian Rural life - Child marriage, Dowry system, Indebtedness, Untouchability, Poor health, Unemployment, illiteracy, Problems of Agriculture marketing. Difference between rural and urban communities</p> <p>UNIT III: Rural leadership - Theories and types of leadership, Role and importance of rural leaders and their qualities.</p> <p>UNIT IV: Rural economy – Agriculture, Cottage and small-scale industries Education aspect of rural life Teaching Aids in rural education Adult education</p> <p>Unit V: Innovation- Meaning, characteristics, factor affecting Innovation, Innovation adoption process and steps, Innovation adopters</p> <p>References:</p>	
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- (I) Rural Sociology: Dr. Vatsyayan
- (II) Indian Villages: S. C. Dubey
- (III) Social System in Rural India: A. E. Punit
- (IV) Community Development in India: B. Mukherjee

Practical:

- Different types of weaving
- Knitting
- Testing of yarns
- Sample collection of weaves
- Chart and Poster for manufacturing process of different fibres

Vlth semester

Paper – I Clothing Construction

Objective

- develop skills in creating designs and making garments
- To acquire skills in preparation techniques of clothes
- To develop abilities to create basic knowledge of sewing

UNIT I: Construction Techniques - measurement, drafting, cutting, layout, Sewing, finishing- their meaning and importance

UNIT II: Fashion - Fashion design and fashion cycle

UNIT III: Selection of fabrics - selections of fabric for different age group, factor affecting selections of fabrics,
Maintenance and storage of fabric

UNIT IV: Laundry - methods of laundry, equipment used in laundry, laundry agents,

UNIT V: Dyeing and Printing – Types of Dying and Printing

References:

- (I) Clothing and Textile: Dr. Pramila Verma
- (II) Clothing and Textile: Reena Khanuja
- (III) Clothing and Textile: Dr. Brinda Singh
- (IV) Clothing and Textile: Preeti Verma
- (V) Clothing and Textile: G. P. Sherry

Paper – II Communication process in Development

Objective

- Understand the process of communication in development work
- Developed Skin by the use of communication process in people

Unit I: Definition, concept, meaning and importance of communication
function of communication
problem of communication

Unit II: Methods of approaching people
Personnel approach
Group approach
Mass approach

Unit III: Audio visual AIDS - details knowledge of audio- visual AIDS

Unit IV: process of communication some important models of communication,

Unit V: Elements of communication
characteristics of communication
nature of communication
importance of communication
methods of communication

References:

- (I) Prasaar Shiksha: Geeta Puspha Shaw
- (II) Extension Education: B. D. Harpalani
- (III) Extension Education: Manju Patani
- (IV) Extension Education: O.P. Dahama

PAPER III–Rural Women Welfare

Objective

- To gain knowledge on the scheme of the government for family and women welfare.
- Encourage and stimulate to be innovative in the use of existing services to empower women and for community development.

Unit I: Status of women - Meaning, demographic, education, employment, political and health, violence against women- dowry, divorce, foeticide, domestic violence, sexual harassment,

Unit II: women empowerment - women education for capacity building- definition and importance
Discrimination among women

Unit III: Community development programme- meaning, characteristics, scope and importance
Objective of community development

Unit IV: welfare programme for rural women and children -DWCRA, ICDS, TRYSEM, JRY etc.

Unit V: Problems of village women - types of problems of village women (family planning), Role of women in rural development

Practical:

- Tie and Dye
- Types of Printing
- Cloth construction- Baby frock, jhabla, A line frock, Blouse
- Preparation of Audio – Visual Aids- Flash card, Puppet, Chart, Poster etc.