

# NEHRU GRAM BHARATI

(Deemed to be University)

Kotwa, Jamunipur, Dubawal, Prayagraj



## SYLLABUS

For the

Bachelor of Art

(Home Science)

(Six Semester Credit System)

[ w.e.f. session 2019 – 2020 & onwards]

Under Graduate Courses

## **B.A. I<sup>st</sup> year**

### **Ist semester**

1<sup>st</sup> paper – Applied life science  
2<sup>nd</sup> paper – Foundation of art and Design  
Practical

### **IIInd semester**

1<sup>st</sup> paper - Health care  
2<sup>nd</sup> paper - Introduction to Resource Management  
Practical

## **B.A. IIInd year**

### **IIIrd semester**

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

### **IVth semester**

1<sup>st</sup> paper – Human Nutrition  
2<sup>nd</sup> paper – Child Development  
Practical

## **B.A. IIIrd year**

### **Vth semester**

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

### **VIth semester**

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

## **B.A. 1<sup>st</sup> year**

**1<sup>st</sup> 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, O<sub>2</sub> and CO<sub>2</sub> 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

## **B.A. 2<sup>nd</sup> year**

### **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

**B.A. 3<sup>rd</sup> year**

**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

**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

**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

**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

**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

**Unit V: Guidance and counselling** – Guidance and counselling in extension education

problems and challenges encountered in formal/non formal extension education

### References:

- (I) Extension education and applied home management: Dr. Anita Aggarwal and Veena Nigam
- (II) Prasar Shiksha: Dr. B. D. Harpalani
- (III) Extension Education: Mrs. Geeta Pushpa Shah
- (IV) Education and communication for development: O. P. Dahama and BhatNagar

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

Vith 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.