

# **NEHRU GRAM BHARAT UNIVERSITY**

**Kotawa – Jamunipur – Dubawal**

**Allahabad**

## **SYLLABUS**



**DEPARTMENT OF HOME SCIENCE**

**FOR**

**UNDERGRADUATE CLASSES**

## B.A. HOME SCIENCE

### PART I :

Marks :

Paper I : Human life science and health care	MM 75
Paper II : Advance Home Management (Family Recourse Management)	MM 75
Practical :	MM 50
	200

### PART II :

Marks :

Paper I : Applied Food and Nutrition	MM 75
Paper II : Child Psychology & Child Development	MM 75
Practical :	MM 50
	200

### PART III :

Marks :

Paper I : Clothing and Textile	MM 75
Paper II : Extension Education	MM 75
Paper III : Rural Sociology	MM 75
Practical :	MM 75
	300

## **B.A. Part I**

### **HOME SCIENCE**

#### **Paper I : Human Life Science and Health care**

##### **Unit I**

- (i) Definition, Cellular structure of the living tissues.
- (ii) Elements of anatomy, Physiology and function of the following life System:-
  - a) Muscular and skeleton system
  - b) Digestive or gastrointestinal system.
  - c) Excretory system.
  - d) Respiratory System.
  - e) Nervous System.
  - f) The Sensory Organs.
- (iii) Endocrine Glands.

##### **Unit II**

- (i) Meaning and definition of human health.
- (ii) Needs and objectives of health education.
- (iii) Diseases, Reasons, Symptoms and remedies of following diseases : -  
Smallpox, Chicken pox, khasra, Whooping cough, Diphtheria, Tetanus, Polio, Hepatitis, T.B. Malaria, cholera, Typhoid and AIDs.
- (iv) Immunization

##### **Unit III**

- (i) Primary & Public Health Centres ( PHCS) Government & Non government like WHO, UNICEF, RED CROSS, ICDS and other.
- (ii) Community Health Centers.

##### **Unit IV**

- (i) Bacteriology- Bacteria & its effects on human Life.
- (ii) Meaning, structure and type of bacteria.
- (iii) Useful and pathogenic organism like yeast, mold etc.

## **Unit V**

- (i) Meaning of pollution.
- (ii) Types of pollution – Air, water, Noise etc.
- (iii) Pollution and its effect on human health.

### **References :**

- (i) Human Physiology : Dr. Nanda Gautani & Mrs. Reena Khanoojao
- (ii) Hygiene & Physiology : Dr. Usha Mishra & Dr. Alka Agrawal.
- (iii) Human Nutrition and Dietetics : Davidson and Pass more.
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## **Paper II : Advance home management**

### **(Family Resource Management)**

#### **Unit I**

##### **Home Management**

- (i) Concept, Definition, Role and Significance of home management, Factor effecting home management.
- (ii) Home Management Process : Planning, controlling and evaluation their meaning and importance
- (iii) Standard of living, Causes of lower standard and efforts of their eradication.

#### **Unit II**

##### **Resources**

- (i) Meaning, classification and characteristics of family resources.
- (ii) Management of resources : Time, Energy and money.
- (iii) Family Life cycle: Concept, stages and demand of resources in different stages of family life cycle.
- (iv) Wants : Meaning, classification and characteristics of wants, factor effecting.

#### **Unit III**

##### **Family Finance Plan**

- (i) Income and Expenditure: Income-meaning, types and sources of income, supplementary income. Expenditure-meaning, types of expenditure, factor effecting expenditure.
- (ii) Family Budget: meaning, definition, steps and advantages of family budget.
- (iii) Saving and Investments: meaning and advantages.

#### **Unit IV**

##### **Housing and Interior Decoration**

- (i) Meaning, needs and characteristics of Ideal House, Types of house : self owned house and rented house, special and multipurpose room, arrangement of rooms.
- (ii) Selection of site, factor effecting of house panning.
- (iii) Kitchen : Meaning and types of Kitchen – I shape, U shape, single walled, double walled etc. Arrangement of Kitchen.
- (iv) Home Decoration : Meaning and aims of decoration.
- (v) Design : Meaning, qualities and types of design.
- (vi) Elements and principles of interior design.
- (vii) Color : meaning, Principles and types of color, color schemes.
- (viii) Furniture : meaning, types and arrangement.
- (ix) Flower arrangement.
- (x) Accessories in home decoration.

#### **References:**

- (i) Grah prabandh : B.d. Harplani.
- (ii) Grah Vyavastha awam Grahkala : Dr. G.p. Sharry.
- (iii) Family Resource management: Manju Patani
- (iv) Home Furnishing : A.H. Rutt
- (v) Grah Prabandh : Kanti Pandey
- (vi) Grah Vyavastha: Dr. Brinda Singh

#### **Practical:**

- (i) A chart based on physiology or Health aspect.
- (ii) Models – heart, kidney, lungs etc.
- (iii) Color and color schemes.
- (iv) Floor decoration: Alpna
- (v) Pot painting and pot decoration.
- (vi) Cleaning of House hold articles: Brass, Copper, Silver, Plastic, tiles, Glass etc.

#### **Sessional work:**

- (i) Preparation of decorative pot.
- (ii) Alpna – Any two types.
- (iii) A chart based on physiology or health aspect.

## **B.A. Part II**

### **Home SCIENCE**

#### **Paper I Applied Food and Nutrition**

##### **Unit I**

- (i) Meaning of food, classification and function of food, Food groups.
- (ii) Fundamentals of Nutrition, Nutritional status, Good nutrition, malnutrition, Under nutrition.
- (iii) Balanced diet and factor effecting balance diet.
- (iv) Basal Metabolism, - Definition, type.
- (v) Calorie: Energy requirement, Factor effecting of energy requirement.

##### **Unit II**

- (i) Essential elements of food: Meaning, function, sources, requirements, absorption and deficiency disease –
  - a) Protein
  - b) Carbohydrate
  - c) Fats and lipids
  - d) Vitamins
  - e) Minerals
  - f) Water
- (ii) Digestion and absorption of major Nutrients.

##### **Unit III**

- (i) Food preservation: Importance & methods of food preservation.
- (ii) Food Adulteration: Meaning and Common adulteration in food.
- (iii) Food positioning.

##### **Unit IV**

- (i) Dietary Allowances: Meal planning, importance of meal planning, features effecting meal planning.
- (ii) Nutrition during different life cycle –
- (iii) Nutrition during infancy
- (iv) Nutrition during childhood.

- (v) Nutrition for adolescence.
- (vi) Nutrition for adults.
- (vii) Nutrition during pregnancy & Lactation.
- (viii) Nutrition during old age.

### **Unit V**

- (i) Various cooking methods and their effect on the nutritive value of various nutrients.
- (ii) Needs of cooking.

### **References:**

- (i) Food and Nutrition: Dr. Usha Mishra & Dr. Alka Agarwal.
- (ii) Ahar awan Poshan vigyan: Mr. B.K. Bakshi
- (iii) Normal & Therapeutic Nutrition: Proud fit and Robinson.
- (iv) Essential of food and nutrition: Mr. Swaminathan
- (v) Principle of Food and Nutrition: Dr. Usha Tandon.



## **Paper II: Child Psychology & Child development**

### **Unit I**

- (i) Meaning and definition of child development.
- (ii) Principle & stages of child development.
- (iii) Factor effecting child development.
- (iv) Life span development – Theories of human development and Behavior.
- (v) Advance child study methods & assessment.

### **Unit II**

- (i) Meaning and importance of mother craft and child care.
- (ii) Reproductive system.
- (iii) Conception and signs of pregnancy, Complications of pregnancy discomforts of pregnancy, care of pregnancy.
- (iv) Stage of prenatal development – Zygote, embryonic & period of Foetus.
- (v) Types of delivery.

### **Unit III**

- (i) Development in different stages (birth to adolescence): Physical development, Mother development, Emotional development, language development, Social development, cognitive development.
- (ii) Personality: Meaning, development and features effecting personality.

### **Unit IV**

- (i) Play & work: Meaning, types and importance of play, characteristics of children's play, difference between play and work.
- (ii) Habit: Meaning, characteristics and types of habits.
- (iii) Habit development.

### **Unit V**

- (i) Psychology of Exceptional children – meaning and types of exceptional children.

### **Reference:**

- (i) Child development and Personality: J Kangan & A.C. Huston

- (ii) Mother craft and child care: Dr. Neeta Agarwal & Veena Nigam.
- (iii) Matrakala Awam Bal Vikas: Mrs. B.K. Bakshi.
- (iv) Child psychology and child development: Dr. D.N. Srivastava.
- (v) Child psychology and child development: Dr. Preeti Verma.
- (vi) Child development: Brinda Singh.
- (vii) Child development: Dr. Vatsayen

**Practical:**

- (i) Menu planning and preparation of the following.
- (ii) Nutrition during infancy (0-1 Year)
- (iii) Nutrition during pre-school child.
- (iv) Nutrition during school going child.
- (v) Nutrition during adulthood (Men & Women)
- (vi) Nutrition during pregnancy & Lactation.
- (vii) Nutrition during old age.

**Sessional Work:**

- (i) Recipe file
- (ii) Menu Planning note book
- (iii) Nutritional chart.

## **B.A. PART III**

### **Paper – I CLOTHING & TEXTILE**

#### **Unit I**

- (i) Introduction & classification of textile fibers.
- (ii) Properties & manufacture of all natural and man-made fibers.
- (iii) Identification of textile fibers.

#### **Unit II**

- (i) Definition and classification of yarns and its use in various fabrics.
- (ii) Definition and type of woven, non-woven, knitted and other construction techniques.
- (iii) Testing of fibers, yarns and fabric: importance of quality control and research institutes.

#### **Unit III**

Clothing Construction –

- (i) Taking body measurement.
- (ii) Basic principle of drafting and cutting
- (iii) Techniques of pattern making – flat Pattern, draping, layout
- (iv) Cutting procedure – tracing, pinning & cutting
- (v) Principle of clothing – Socio – Psychological aspects of clothing.
- (vi) Selection of fabrics – factor influencing selection fabrics.

#### **Unit IV**

- (i) Finishes – Meaning and types of finishes – physical & chemicals.
- (ii) Special Purpose finishes – Wrinkle resistant, flame retardant etc.

#### **Unit V**

- (i) Fashion – Introduction, fashion cycle, principle of fashion, factor influencing fashion.
- (ii) Care and maintenance of textile materials and garments : Laundry agents – method & equipments.

#### **Reference:**

- (i) Clothing & textile: Dr. Pramila Verma

- (ii) Art of sewing: Anna Jacob
- (iii) Basic process & clothing construction: Sherie Doonyaji & Roshmides Pandey.
- (iv) Textile and clothing: Neerja Yadav.
- (v) Household textiles and laundry work: Durga Deulkar.
- (vi) Textiles fiber and their use: Katharine Addoek Hess.
- (vii) Clothing & textile: G.P. Sherry.

## **Paper II: Extension Education**

### **Unit I**

- (i) Concept, Definition, importance of scope of extension education.
- (ii) Principle of Extension Education.
- (iii) Definition, Importance and scope of home science extension education.

### **Unit II**

- (i) Definition and Importance of Communication, Function of communication, problem of communication.
- (ii) Method of approaching people.
- (iii) Personal approach.
- (iv) Group approach.
- (v) Mass approach

### **Unit III**

- (i) Extension work – Role of an extension worker Quality of an extension worker.
- (ii) Audio visual Aids – Detailed knowledge of audio visual aids.
- (iii) Problems regarding extension education in the community.
- (iv) Extension Programme Planning – Extension programme planning in the various fields of home Science.

### **Unit IV**

- (i) Management and administration of formal/non-formal and extension education.
- (ii) Supervision and Evaluation of formal/non-formal and extension education.
- (iii) Guidance and counseling in formal/non-formal/Extension education.
- (iv) Problems and challenges encountered in formal/non-formal/Extension education.

**References:**

- (i) Extension Education and applied home management: Dr. Neeta Agarwal & Veena Nigam.
- (ii) Prasar Shiksha: Dr. Harplani.
- (iii) Extension Education: Mrs. Geeta Pusph Shaw.
- (iv) Education and Communication for development: O.P. Dhama & O.P. Bhatnagar.

## **Paper III: Rural Sociology**

### **Unit I**

- (i) Basic concept and objectives of Rural Sociology.
- (ii) Definition, Nature, Scope and importance of Rural Sociology.
- (iii) Salient features of Indian Rural Life.
- (iv) Differences between Rural and urban communities.

### **Unit II**

- (i) Problems of Indian Rural Life – (Social and economical) Child marriage, Dowry system, Indebtedness, Untouchably, poor health, unemployment, backwardness, illiteracy, problems of agricultural marketing.
- (ii) Types of work and problems of village women, Role of women in R.D.
- (iii) Rural leadership- Theories and types of leadership, role and importance of rural leaders and their qualities.
- (iv) Welfare programmes for rural women and children and other rural development programmes. (Vocational training, TRYSEM etc.)
- (v) Rural reconstruction and Rural Panning.
- (vi) Energy system, types of energy sources.
- (vii) Toilet System.

### **Unit III**

- (i) Rural Economy – Agriculture, Cottage and small – scale industries.
- (ii) Rural Socio structure and organization- Family, marriage, caste system, Jajmani system, panchayat,
- (iii) Education aspect of Rural Life, Teaching aids in Rural Education.
- (iv) Adult Education.

### **Unit IV**

- (i) Innovation – meaning, characteristics, factor effecting innovation,
- (ii) Innovation adoption process and steps.
- (iii) Innovation adopters.

**References:**

- (i) Rural Sociology: Dr. Vatsyayan
- (ii) Indian Villages: S.C. Dubey
- (iii) Panchayat Raj in India: Rajeshwar Dayal.
- (iv) Social System in Rural India: A.E. Punit.
- (v) Community Development in India: B. Mukherji

**Practical:**

- (i) Tie and Dye.
- (ii) Block Printing / Stencil printing.
- (iii) To prepare a baby frock and blouse or A line frock and Jhabla.
- (iv) Preparation of Audiovisual Aid (any one): Chart, flash card, puppets, posters etc.

**Seasonal Work:**

- (i) One tie and Dye article.
- (ii) Stitch one a line frock or blouse or Jhabla.