2003-04 एवं आगे के वर्षों के लिए
पाठ्यक्रम - गृह विज्ञान

बी0ए0    -    प्रथम    2003 - 04
बी0ए0    -    द्वितीय  2004 - 05
बी0ए0    -    तृतीय  2005 - 06

विश्वविद्यालय अनुदान आयोग के निर्देशानुसार
eव पाठ्यचर्चा के आधार पर तैयार किया गया पाठ्यक्रम

जूलाई - 2003
# SYLLABUS

**B.A. HOME-SCIENCE (AS ONE OF THE SUBJECTS)**

**2001-2002 onwards**

<table>
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<th>Paper</th>
<th>Year</th>
<th>M. Marks</th>
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</table>
I  Definition, philosophy, concept and role of Home - Management

II  Concept of values, goals and standards.

III Decision - making in Home - Management.

IV  Family resources and their management.


VI  Work simplification -
    (a) Definition, importance, work simplification techniques.
    (b) Time & Labour saving devices.

VII Management of family income
    (a) Definition, types of income, ways of improving the income of the family.
    (b) Family budget and account keeping
    (c) Saving an investment.
    (d) Role and responsibility of home - maker.

VIII Family Housing and interior Decoration
    (a) Need and desirability of owning V/s renting a house, building V/s buying a house.
    (b) Elements of arts - line, form, texture, space and colour.
    (c) Principles of design - proportion, balance, rhythm, emphasis and harmony.
    (d) Flower arrangement.

REFERENCE BOOKS
1. Management in family living                         Nickale and Dorsey
3. Home with characters                                Craig and Rush.
4. गृह प्रबन्ध (रटार प्रकाशन, आगरा)                          मंजू पाटनी
5. गृह प्रबन्ध, साधन व्यवस्था एवं आत्मिक सज्जा (विद्युत प्रकाशन, आगरा) श्रीमती खन्नूला
6. गृह प्रबन्ध, साधन व्यवस्था एवं आत्मिक सज्जा (मूलिकालीटी बुक हाउस, जयपुर) बैला भार्गव
I
Health –
Concept, Good health, positive health, community health, schools
health, Determinants factors, and Health problems and there reasons.

II
Environmental sanitation –
Concept, importance, environmental pollution, reasons and
prevention, purification of water, ventilation of dispose of refuse.

III
Health education – Concept, objectives and principles of health education.

IV
Diseases –
Carriers of infection, symptoms, incubation period, treatment and
preventive measures of
(a) Diphtheria      (b) Whooping cough      (c) Polio
(d) Tetanus        (e) Cholera            (f) Malaria
(g) Tuberculosis   (h) AIDS              (i) Hepatitis B

V
Immunization types. Immunization schedule.

VI
Public health services, Primary health center, Community health center.
NIPCCD, CSWB, VHAI, ICCW, UNICEF and Red Cross society.

VII
Pregnancy – signs and symptoms, common ailments and toxemia during
pregnancy and its treatment

VIII
Safety measures at home and simple first - aid - fires and Burns, poisons,
electricity, haemorrhage or bleeding, drowning, unconsciousness,
fractures, insect bites or stings, snake bite, epistaxis or nose bleeding,
sunstroke, sprained ankle.

REFERENCE BOOKS

1. Family Health and community welfare
   (University Book House, Jaipur)  Bela Bhargave
2. परिवारिक स्वास्थ्य एवं सामाजिक कल्याण
   (University Book House, Jaipur)  वेळा भार्गव
3. Home – Nursing
4. गृह–परिवर्त्याः
5. First – Aid
6. प्रथमीक चिकित्सा
7. स्वास्थ्य विज्ञान
   डा. कुशुम साहा
1. Project work on Money - Management
   (a) How to open various bank – accounts.
   (b) Filling of following slips forms of banks and post office.
       (i) Account opening form
       (ii) Making a Draft
       (iii) Filling various types of cheques
       (iv) Filling a withdrawal slip
       (v) Money order form
       (vi) Forms of N.S.C. and K.V.P.

2. Alpana and Rangoli.

3. Flower Arrangement.
I Characteristics, uses and classification of textiles fibers.
II Importance of common fibers.
(a) Natural plant fibers - Cotton, Flax.
(b) Natural animal fibers - wool, silk
(c) synthetic fibers - Rayon, Nylon
III Yarn construction, Types of Yarn – Single ply, cord and crepe yarn etc.
IV Fabric finishes –
(a) Basic finishes – bleaching, seizing, tenring, calandering, mercerizing and sanforizing.
(b) Functional finishes – Resin finish, crease resistance, water proofing, stain and soil resistance.
V Dyeing and Printing of fabrics – methods and styles of printing.
(a) Block printing, Hand Printing, stencil printing, roller printing, Screen printing and chemical printing.
(b) Tie and dye, Batik.
VI Buying of fabrics – selection, factors affecting buying and consumer problems.
VII Use and care of fabrics.
VIII Storage of fabrics.

REFERENCE BOOKS
1. Introduction to textiles
2. वस्त्र विज्ञान एवं धुलाई कला
   (पूर्वी अंग्रेजी फुँक हाउस, जयपुर)
3. वस्त्र विज्ञान एवं परिचय व्यवस्था
   (रंजन पत्तिकेश्वर, अगर)
4. Grooming, Selection and care of clothes
   S. pandit & E. Tanplag.

M. MARK: 35
CHILD – DEVELOPMENT

M. MARK: 35

I Introduction to child development.
   (a) Definitions and scope of child development.
   (b) Principles of development.
   (c) Stages of development and development tasks of each stage.
   (d) Factors affecting development.

II Development with characteristics from birth to adolescence.
   (a) Physical Development
   (b) Motor Development
   (c) Emotional Development
   (d) Language Development
   (e) Social Development
   (f) Mental Development

III Play and work - Types and importance of play.

IV Personality - Meaning and factors affecting personality development

V Exceptional children –
   (a) Physically handicapped.
   (b) Mentally retarded
   (c) Problem children
   (d) Gifted children.

VI Juvenile delinquency - meaning, causes and treatment.

REFERENCE BOOKS

1. बाल विकास एवं बाल मनोविज्ञान (किन्नोड़ पुस्तक मंदिर, अगरा)
   भाई कृष्णनाथजीत

2. बाल विकास : बाल मनोविज्ञान (किन्नोड़ पुस्तक मंदिर, अगरा)
   S. P. Chaube

3. Child Psychology
   Child Development
   Development Behaviour
   विनोड चुंबक (स्टार पुस्तकांस, अगरा)

4. Hurlock E.B.
   Gale R. F.

5. एडवान्स बाल विकास (स्टार पुस्तकांस, अगरा)
   डॉ कमलेश शर्मा
1. Tie and Dye
2. Printing - Block printing, Screen Printing, stencil Printing, Batik.
3. Fixing of Fasteners - Making of various samples of button, buttonhole, Hook and eye, press button, zip etc.
4. Samples of minimum six embroidery stitches.
5. Any embroidery stitches article excluding hankies and pillow cushion.
I Introduction of foods and Nutrition
   (a) Definitions - Foods, nutrition and Nutrients.
   (b) Classification and functions of food.

II Essential constituents of food, their sources, functions, requirements.
   digestion, absorption and deficiency diseases
   (a) Protein
   (b) Carbohydrate
   (c) Lipids
   (d) Vitamins
   (e) Minerals
   (f) Water

III Basic food Groups -
   Importance of basic food groups in the diet, nutritive combination
   of food stuffs and their importance in diets like cereals and millets, pulses,
   nuts and oil seeds, vegetables, fruits, Milk and Milk products, Egg, fish,
   meat and other flesh foods. Fats and oils, sugar and jaggary spices and
   condiments

IV Various methods of cooking and retention of nutritive value during
   preparation

V (a) Food - adulteration - meaning and common adulterants in food.
   (b) Food Poisoning.

VI Table setting, serving and napkin folding.
PAPER VI

DIETETICS AND THERAPEUTIC NUTRITION

M. MARK: 35

I

Introduction:
(a) Definitions - Balanced Diet, Dietetics and Therapeutic nutrition
(b) Meal planning, factors affecting meal planning, recommended
dietary allowances (R. D. A.).
(c) Malnutrition - concept and factors affecting

II

Nutrition During lifecycle:
(a) Nutrition during infancy.
(b) Nutrition during childhood.
(c) Nutrition for adolescence.
(d) Nutrition for adults.
(e) Nutrition during old age.
(f) Nutrition during pregnancy and lactation.

III

Therapeutic Nutrition:
(a) Importance of Therapeutic Nutrition.
(b) Different types of diets with respect to consistency.
(c) Therapeutic adaptation to normal diet.

IV

Dietary modification for the following diet:
(a) Acute and chronic fever
(b) Diarrhoea and constipation
(c) Underweight and over weight
(d) Diabetes Mellitus
(e) Hypertension
(f) Jaundice

REFERENCE BOOKS

1. Nutrition and Dietetics
2. Handbook of Foods and Nutrition
3. Normal and Therapeutic Nutrition
4. आहार एवं पोषण तिथिया (स्टार पब्लिकेशन्स, आगरा)
5. आहार एवं पोषण तिथिया के मूल रूपस्तर
6. भारतीय खाद्यांच्या एवं पोषण मुद्दा
   (स्टार पब्लिकेशन्स, आगरा)

Shubhangini A Joshi
M. Swaminathan
Proudfit & Robinson
दाॅ जयता श्रीमाना
एस० शे० श्रीमाना
दाॅ अनिता सिंह
1. Instructions for working in kitchen.
2. Weights and Measures
3. Cookery terms
4. Recipes related to
   (a) Breakfast
   (b) Lunch
   (c) Evening Tea
   (d) Dinner
5. Table setting, serving and napkin folding.
6. Menu planning and preparation for the following:
   (a) Children
   (b) Adolescents
   (c) Adult
   (d) Pregnant women and lactating mother.
   (e) Underweight and over weight.
   (f) Diabetes Mellitus
   (g) Hypertension
   (h) Diarrhoea
   (i) Constipation
   (j) Jaundice
   (k) Typhoid