

चौधरी चरण सिंह विश्वविद्यालय, मेरठ



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
एवं
पाठ्यचर्चा के आधार पर तैयार किया गया पाठ्यक्रम

जौलाई – 2003

SYLLABUS

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

2001-2002 onwards

Code	Paper	Year	M.Marks
A 117	PAPER I	B. A. FIRST YEAR 2001-2002 onwards HOME - MANAGEMENT AND HOUSING	35
A 118	PAPER II	FAMILY HEALTH AND COMMUNITY WELFARE	35
A 717		PRACTICAL	30
		TOTAL :	100
A 217	PAPER III	B. A. SECOND YEAR 2002-2003 onwards TEXTILES	35
A 218	PAPER IV	CHILD DEVELOPMENT	35
A 817		PRACTICAL	30
		TOTAL :	100
A 317	PAPER V	B. A. THIRD YEAR 2003-2004 onwards FOUNDAMENTALS OF FOOD AND NUTRITION	35
A 318	PAPER VI	DIETETICS	35
A 917		PRACTICAL	30
		TOTAL :	100

B.A. PART I

PAPER I

HOME - MANAGEMENT AND HOUSING

M. MARK: 35

- 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.
- V Process of Home - Management and factors effecting successful approach.
- 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 |
| 2. Home - furnishing | A. H. Rutt. |
| 3. Home with characters | Craig and Rush. |
| 4. गृह प्रबन्ध (स्टार पब्लिकेशन्स, आगरा) | मंजू पाटनी |
| 5. गृह प्रबन्ध, साधन व्यवस्था एवं आंतरिक सज्जा (विनोद पुरतक मन्दिर, आगरा) | रीना खनूजा |
| 6. गृह प्रबन्ध, साधन व्यवस्था एवं आंतरिक सज्जा (यूनिवर्सिटी बुक हाउस, जयपुर) | बेला भार्गव |

PAPER II

FAMILY HEALTH AND COMMUNITY WELFARE M. MARK: 35

- 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** Immunity and 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. | पारिवारिक स्वास्थ्य एवं सामाजिक कल्याण
(University Book House, Jaipur) | बेला भार्गव |
| 3. | Home – Nursing | Red cross Society |
| 4. | गृह-परिचर्या | Red cross Society |
| 5. | First – Aid | Red cross Society |
| 6. | प्राथमिक चिकित्सा | Red cross Society |
| 7. | स्वास्थ्य विज्ञान | डा० कुसुम साहा |

PRACTICES

M. MARK: 30

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.

B.A. PART II

PAPER III

TEXTILES

M. MARK: 35

- 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, tentring, calandring, 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 Joseph Mayory.
2. वस्त्र विज्ञान एवं धुलाई कला बेला भार्गव
(यूनिवर्सिटी बुक हाउस, जयपुर)
3. वस्त्र विज्ञान एवं परिधान व्यवस्था अलका अग्रवाल एवं मंजू पाटनी
(स्टार पब्लिकेशन्स, आगरा)
4. Grooming, Selection and care of clothes S. pandit & E. Tanplag.

PAPER IV

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 डा० प्रीति वर्मा
(विनोद पुस्तक मंदिर, आगरा)
2. बाल विकास : बाल मनोविज्ञान भाई योगेन्द्रजीत
(विनोद पुस्तक मंदिर, आगरा)
3. Child Psychology S. P. Chaube
4. Child Development Hurlock E.B.
5. Development Behaviour Gale R. F.
6. एडवान्स बाल विकास (स्टार पब्लिकेशन्स, आगरा) डा० कमलेश शर्मा

PRACTICALS

M. MARK: 35

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 | Shubhangini A Joshi |
| 2. | Hand book of Foods and Nutrition | M. swaminakhan. |
| 3. | Normal and Therapeutic Nutrition | Proudfit & Robinson. |
| 4. | आहार एवं पोषण विज्ञान (स्टार पब्लिकेशन्स, आगरा) | डा० ललिता शर्मा |
| 5. | आहार एवं पोषण विज्ञान के मूल सिद्धांत | एस० पी० सुखिया |
| 6. | भारतीय खाद्यान्नों के पोषक मूल्य
(स्टार पब्लिकेशन्स, आगरा) | डा० अनिता सिंह |

PRACTICES

M. MARK: 30

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