



BACHELOR OF ARTS (B.A.)

(THREE YEAR DEGREE COURSE)

SUBJECT

HOME SCIENCE

B.A. (HOME SCIENCE)

COURSE STRUCTURE

FIRST YEAR

PAPER – 101: **Food and Nutrition** 30 MARKS

PAPER – 102: **Extension and communication** 30 MARKS

PAPER – 103: PRACTICAL 40 MARKS

SECOND YEAR

PAPER – 201: **Family Resource Management** 30 MARKS

PAPER – 202: **Human Development** 30 MARKS

PAPER – 203: PRACTICAL 40 MARKS

THIRD YEAR

PAPER – 301: **Textiles and clothing** 30 MARKS

PAPER – 302: **Dietetics and Therapeutic Nutrition** 30 MARKS

PAPER – 303: PRACTICAL 40 MARKS

B.A. (HOME SCIENCE)

FIRST YEAR DETAILED SYALLBUS

PAPER – 101

Food and Nutrition

Unit I : Concept of Nutrition :

- (a) Definition – Food, Nutrition, Nutrients and Balanced Diet
- (b) Types of Nutrition – Optimum Nutrition, Under Nutrition, Over Nutrition

Unit II : Classification and Functions of Food.

Unit III : Nutrients

Macro & Micro Nutrients Classification, Sources, Functions

Recommended Dietary Allowances

Deficiency and Excess (in brief)

Digestion & Absorption of Protein, Carbohydrates & Fats.

- a) Carbohydrates
- b) Fats
- c) Proteins
- d) Minerals

Major

Calcium

Phosphorous

Sodium

Potassium

Chlorine

Sulphur

Magnesium

- e) **Vitamins**

Trace

Iron

Iodine

Fluorine

Manganese

Zinc

Cobalt

Copper

Water Soluble Vitamins Fat Soluble Vitamins

Vitamin C, Folic Acid, A, D, E, K

Thiamine, Riboflavin, Niacin,

Pyridoxine, Pantothenic Acid

B 12

f) Dietary fiber

g) Water

Unit IV : Basic Terminology Used in Food Preparation.

Unit V : a) Basic Food Groups

Food Composition, Nutritional Contribution & Selection Factors for the following :

Cereals & Millets Pulses

Fruits Vegetables

Milk & Milk Products Nuts & Oilseeds

Meat, Fish & Poultry Eggs

Sugars Condiments & Spices

b) Role of Beverages and appetizers in diet :

(i) Stimulating (ii) Refreshing (iii) Nutritious

Unit VI : Methods of Cooking, Their Advantages & Disadvantages and Effect on Nutritive value.

a) Retention of Nutritive value of foods during preparation.

b) Food Adulteration – meaning & common adulterants in Food.

c) Food poisoning

Unit VII : a) Improving Nutritional Quality of Foods.

(i) Germination

(ii) Fermentation

(iii) Supplementation

(iv) Substitution

(v) Fortification & Enrichment

- b) Role of Conveniences food :**
- (i) Ready to use foods
 - (ii) Protein Supplements

References Books :

- | | | | |
|----|---|---|--------------|
| 1- | Essentials of Food & Nutrition Vol I & II | : | Swami Nathan |
| 2- | Introductory Foods | : | Hughes |
| 3- | Normal & Therapeutic Nutrition | : | Robinson |
| 4- | Applied Nutrition | : | Raj Lakshmi |
| 5- | Human Nutrition– An Application in India | : | Mudambi |

B.A. (HOME SCIENCE)

FIRST YEAR DETAILED SYALLBUS

PAPER – 102

Extension and Communication

Unit I : Concept of Health.

- (a) Definitions, determinants and factors
- (b) Physical Health
- (c) Social Health
- (d) Mental Health
- (e) Emotional Health

Unit II : Occupational Health

- a) Physical hazards, chemical hazards, biological hazards, mechanical hazards and Psycho social hazards.
- b) Occupational Diseases – Only classification.
- c) Measures for health protection of workers.

Unit III : Pollution

Different types & remedies of pollutions.

Unit IV : Population Education :

- a) Definition objectives and scope.
- b) Difference between population education and family planning education.

Unit V : Population & its rate of growth

- a) Population growth in India.
- b) Causes for rapid growth of population in India & its effect on health.
- c) Family planning.

Unit VI : Extension Education

- a) Meaning, scope and objectives of extension education.

Reference Books :

- 1- Hygiene and Public Health : Yash Pal Bedi
- 2- Social & Preventive Medicine : Park
- 3- Extension Education & Rural Development : Dr. Jaipal Singh
- 4- Extension Education : A. Reddy
- 5- Teaching Extension Adults in : Alan Rogers

B.A. (HOME SCIENCE)

FIRST YEAR DETAILED SYALLBUS

PAPER – 103

Practical

- Unit I :** Food Preparation.
- a) Beverages – Tea, Coffee, Fruit, Punch & Milk shake
 - b) Cereal & flour mixtures
 - a) Boiled rice or puloa
 - b) Chapati or puri or paratha
 - c) Sandwiches – any one
 - d) Biscuits or pancakes or cookies
 - c) Pulse and legumes – Two recipe
- Unit II:** Vegetables
- a) Simple salad
 - b) Dry vegetable – any one
 - c) Curries – any two
- Unit III :** Fruits – Fruit preparation using fresh and dried – stewed fruit, or fruit salad
(any one)
- Unit IV :** Milk – Milk based simple dessert and puddings – (any two)
- Unit V :** Poultry – Cakes – (any one)
- Unit VI :** Snacks – Pakoras, Cheese Toast, Upma, Pohe.
- Unit VII :** Peanut Chikki, Till Ladoo.
- Unit VIII :** A survey of yours near by slum area – on Health Problems.
- Unit IX :** Chart or Poster – on any topic related to your subject.
- Unit X :** Prepare a list of on going welfare programme for children and women.

B.A. (HOME SCIENCE)

SECOND YEAR DETAILED SYALLBUS

PAPER – 201

Family Resource Management

Unit I : Introduction to Management

- a) Basic Concepts of Management
- b) Importance of Management
- c) Obstacles of Management

Unit II : Factors Motivating Management

- a) Values – importance, classification, characteristics & changing values.
- b) Goals – definition & types
- c) Standards – Definition and Classification
 - (i) Individual & Group
 - (ii) Conventional & Modern

Unit III : Family Resources and Decision Making Process :

- a) Type of Resources
- b) Factor affecting the use of resources.
- c) Steps and role of decision making in management.

Unit IV : a) Stage of Family life cycle

b) Finance Management

- (i) Income – sources of income & expenditure
- (ii) Budget – preparation of family budgets in view of family income.
- (iii) Saving – purpose of saving and different investment schemes (L.I.C. & Bank).
- (iv) Guidelines of money management.

Unit V : Time and Energy Management

- a) Definition
- b) Time and Energy demand during various stages of family life cycle.
- c) Tools of time management and fatigue.
- d) Guidelines of time and energy management.
- e) Elementary Idea of work simplification.

Unit VI : Housing

- a) Selection of House site
- b) Factors to be considered while designing a house
 - 1- Orientation
 - 2- Grouping of User's Area
 - 3- Circulation
 - 4- Light & Ventilation
 - 5- Flexibility
 - 6- Privacy
 - 7- Roominess
 - 8- Sanitation
 - 9- Aesthetes
 - 10- Cost

Unit VII : Kitchen & Types of kitchen

Unit VIII : Introduction to Foundation of Art

- a) Design – definition characteristics & types: structural & decorative
- b) Elements of Design
 - Line
 - Form
 - Colour
 - Texture
 - Pattern
 - Light
 - Space
- c) Principle of design
 - Balance
 - Harmony
 - Proportion
 - Rhythm
 - Emphasis
- d) Study of Colours
 - (i) Classification & Dimensions
 - (ii) Colour Schemes
 - (iii) Psychological effects of colours

Reference Books :

- 1- Management for Indian Families : Gross & Crandall
- 2- Management in family living : Nickell & Dorsey
- 3- Home Furnishing : A.H. Rutt
- 4- Home with characters : Graig & Rush
- 5- Home Management families : M.K. Manu

B.A. (HOME SCIENCE)

SECOND YEAR DETAILED SYALLBUS

PAPER – 202

Human Development

Unit I : Human Development Definition, Need & Scope.

Unit II : Orientation to Growth & Development.

- a) Understanding growth & Development
- b) General Principles of Development
- c) Stages of Development & Developmental tasks of each stage
Prenatal period, Infancy (0-2 yrs.), Early Childhood (2-6 yrs.), Middle Childhood (6-12 yrs.), Adolescence (13-18 yrs.), Young Adulthood (19-40 yrs.), Middle Adulthood (41-60 yrs.), Late Adulthood & Ageing (61 yrs. Till death).
- d) Factors affecting development.

Unit III : Prenatal Period

- a) Menarche, menstruation cycle, puberty, conception fertilization, implantation, ova, sperm ovulation & menopause (Define)
- b) Female reproductive organs (internal)
- c) Conception and signs of pregnancy
- d) Complications of pregnancy.
 - (i) Hyperemesis Gravidarum
 - (ii) Abortions
 - (iii) Toxemia of Pregnancy
 - (iv) Rh. Factor
 - (v) Anemia
- e) Care of the Pregnant Mother
- f) Stages of Prenatal Development Zygotic, Embryonic & Foetal Stages.

Unit IV : Postnatal Period

- a) Types of Delivery
- b) Care of the New Born Baby

c) Immunization

Unit V : Growth & Development with characteristics from birth to 12 years.

- a) Physical Development
- b) Emotional Development
- c) Social Development
- d) Mental Development

Unit VI : Play

- a) Definitions and characteristics
- b) Types of play, importance of play

Unit VII : Personality – Meaning and factors affecting personality development

Unit VIII : Common behavioral problems among children and their remedies.

Reference Books :

- | | | |
|---|---|------------------|
| 1- Human Development | : | Gordon |
| 2- Child Development | : | Harris |
| 3- Human Development
(A life span perspective) | : | Lerner & Hultsch |
| 4- Child Development & Personality | : | Mussen |
| 5- Child Development | : | Hurlock |

B.A. (HOME SCIENCE)

SECOND YEAR DETAILED SYALLBUS

PAPER – 203

Practical

- 1- Greeting cards – 2, Envelops, Book Marks
- 2- Pot making / dust bins/ any decoration article.
- 3- Any teaching aid or article of the child below 5 years.
- 4- A visit to maternity ward – survey Report
- 5- Folder
- 6- Alpana / Rangoli

B.A. (HOME SCIENCE)

THIRD YEAR DETAILED SYALLBUS

PAPER – 301

Textiles and Clothing

Unit I : Classification of Textiles

- a) Introduction and classification of textiles.
- b) Terminology in textiles
- c) General Properties of fiber

Unit II : Manufacturing / Processing

History, Composition, Types, Properties and uses of :-

Cotton	Silk
Wool	Nylon
Rayon	Polyester

Unit III : Study of Yarns & Fabrics

- a) Twist and yarn number
- b) Types – Simple & Complex
- c) Loom – Parts and Process
- d) Weaving – Basic Weaves
- e) Knitting – Properties and uses of knitted fabric

Unit IV : Dyeing and Printing :-

- a) Classification and uses of dyes.
- b) Block Printing Duplex Printing
Roller Printing Screen Printing
Discharge Printing Resist Printing (Tie, Batik & Dye)

Unit V : Fabric Finish

- a) Definition, aims and classification of finishes

- Unit VI :
- b) Bleaching, tentering, calendaring, mercerizing sanforizing, sizing, glazing, embossing, singeing, schreinerizing, napping, crease resistant, water proofing, flame proofing, moth and mildew proofing.
 - a) Selection of fabric for various household kinen and apparel.
 - b) Selection of ready made garments for different age, season, occupation and occasion.
 - c) Storage and care of fabrics.
 - d) Comparative study of Home made, Tailor made and ready made garments.
- Unit VII : Consumer Education.
- a) Problems faced by consumers while buying fabric and readymade garments.
 - b) Knowledge of consumer Aids standardization Marks, Advertisement, Packing and Labels
 - c) Consumer rights and duties.
 - d) Consumer Laws

Reference Books :

- 1- Textiles : Hollen & Saddler
- 2- Textiles & Lundry work : Durga Deolkar
- 3- Fundaments of Textiles & Their Uses : Susheela Dantyagi
- 4- Introduction to Textiles : Joseph Marjory
- 5- Grooming Selection and care of cloth : S. Pandit & Elizabith Tarplag

B.A. (HOME SCIENCE)

THIRD YEAR DETAILED SYALLBUS

PAPER – 302

Dietetics and Therapeutic Nutrition

- Unit I :
- a) Definition of Food, Nutrition, Nutrients, Health, Dietetics & Therapeutic Nutrition.
 - b) Nutrition facts about fast foods/Junk foods.
 - c) Recommended Dietary allowances for all age group.
 - d) Balance diet and factors affecting balance diet.
 - e) Recommended balance diet for all age groups.
- Unit II :
- Energy requirements- Factors affecting energy requirements
BMR, Activity, Age, Climate, Diet, Physiological Conditions.
- Unit III :
- Concept of Nutritionally adequate diet & meal planning.
- a) Importance of Meal Planning.
 - b) Factors affecting meal planning – Nutritional, Socio cultural, Religious, Geographic, Economic, Availability of time & material resources.
 - c) Meal Planning for special occasions, like Festival and Birthday party.
- Unit IV :
- Nutrition through the life cycle at different activity & socio-economic levels, requirements, nutritional problems, food selection.
- a) Adulthood
 - b) Pregnancy
 - c) Lactation
 - d) Old Age
 - e) Infancy
 - f) Preschool
 - g) School Age
 - h) Adolescence

Unit V : Principles of diet therapy.

- a) Importance of diet therapy
- b) Modification of normal diets for therapeutic purposes.
- c) Different type of diets
 - a) Full diet
 - b) Soft diet
 - c) Fluid diet
 - d) Bland diet
- d) Different feeding patterns
 - a) Oral feeding
 - b) Tube feeding
 - c) Intravenous feeding

Unit VI : Nutritional Management in common ailments.

Requirements and diet planning.

- a) Diarrhoea
- b) Constipation
- c) Fevers
- d) Weight Management
 - a) Over weight
 - b) Under weight

Unit VII : Therapeutic Diets

- a) Diabetes
- b) Hypertension

Reference Books :

- | | | |
|----|--------------------------------------|-----------------------|
| 1- | Human Nutrition & Dietetics | : Passmore & Davidson |
| 2- | Normal & Therapeutic Nutrition | : Robinson |
| 3- | Nutrition & Diet Therapy | : Williams |
| 4- | Modern Nutrition in Health & Disease | : Shils & Olson |
| 5- | Food, Nutrition & Diet Therapy | : Dranse & Mohan |

B.A. (HOME SCIENCE)

THIRD YEAR DETAILED SYALLBUS

PAPER – 303

Practical

- 1- Dyeing
 - i) Tie & Dye
 - Or
 - ii) Batik

- 2- Drafting cutting & Stitching
 - i) Girl's frock (3-5 yrs.)
 - ii) Ladies Saree blouse and petticoat
 - Or
 - Kurta Pyjama (Churidar) or Salwar

- 3- Planning of Therapeutic & modified diets.
 - a) Soft Diet
 - b) Fluid Diet
 - c) Bland Diet
 - d) High Protein Diet
 - e) High fibre Diet
 - f) Low fibre Diet
 - g) Calorie – restricted.

