# DEPARTMENT OF HOME SCIENCE KURUKSHETRA UNIVERSITY KURUKSHETRA

# **B.A. I – SYLLABUS HOME-SCIENCE**

# Semester-I

Course No.	Title	Exam. duration	Max. marks B.Sc./B.A
101	Family Resource Management	3 Hrs	50 (40+10*)
	Lab - I	3 hrs	50

# \* Internal Assessment

# Semester-II

Course No.	Title	Exam. duration	Max. marks B.Sc./B.A
102	Health & Hygiene	3 Hrs	50 (40+10*)
	Lab - II	3 hrs	50

# \* Internal Assessment

Instructions for the Examiner : The examiner will set nine questions in all, selecting four question from each section/unit and one compulsory objective type question. Instructions for the Candidate : The candidate will attempt five questions in all, selecting at least one question from each unit as well as compulsory question.

# BA –I Home Science Semester - I Family Resource Management

Course No 101

#### M.Marks : 40 Internal Assessment: 10 Duration of Exam:-3Hrs

Instructions for the Examiner : The examiner will set nine questions in all, selecting four question from each section/unit and one compulsory objective type question. Instructions for the Candidate : The candidate will attempt five questions in all, selecting at least one question from each unit as well as compulsory question.

# Unit-I

- I Concept and scope of Home Science (including Job opportunities).
- II Elements and Principles of art
- III Colour Characteristics and different schemes
- IV Layout of different rooms for in a house.
- V Flower arrangement : types, meaning, importance

#### Unit-II

- I Resource Management Definition, importance and steps in the process of Management
- II Family Resources Definition, classification and management of resources
  - (i) Money management- Meaning, types of income, process of money management, budgeting, keeping records.
  - (ii) Energy management: Process of energy management, fatigue, rest periods.
  - (iii) Time management Process of time management, peak loads.
- III Work simplification Meaning and methods
- IV Consumer education Definition, consumer choice, buying problems, defective weights and measures, food adulteration and consumer protection.

#### **Reference:**

- 1. Ruth E. Deacon. Francille M. Firebaugh (1975): Family Resource Management – Principle and Application Roy Houghton Miffin Company ( Unit I, II, IV-VII)
- 2. Irma H. Gross Elizabeth Grandall Marjoris M. Knoll (1973): New Jersey (Unit I-VIII)
- 3. Devdas Rajamal. P. The meaning of Home Science, Sri Avinashlingam Home Science College, Cambatore.
- 4. P. Kalpana R. "What is Home Science," Evira Publications, Vadodra.
- 5. A. H. Rutt, "Home Furnishing" Wiley Eastern Ltd. N. Delhi.
- 6. Home Management for Indian families M K. Mann.
- 7. Modren Ideal homes for India R Deshpande

Lab-I

M. Marks: 50 Duration of Exam: 3Hrs

- 1. Flower arrangement for different occasions Fresh & Dry
- 2 Preparation of one drift wood for making dry flower arrangement.
- 3 Making Rangolies of different types
- 4 Pot making by painting and by decoration
- 5 Table manners & Table setting including napkin folding.
- 6. Preparation of one menu card,
- 7. Drawing of layout plans for different rooms

# BA –I Home Science Semester-II Health & Hygiene

Course No 102

#### M.Marks: 40 Internal Assessment: 10 Duration of Exam: -3Hrs

**Instructions for the Examiner :** The examiner will set nine questions in all, selecting four question from each section/unit and one compulsory objective type question. **Instructions for the Candidate :** The candidate will attempt five questions in all, selecting at least one question from each unit as well as compulsory question.

# Unit <u>I</u>

- I) Health and Hygiene Personal hygiene, Definition of health and factors affecting it- food habits, cleanliness, exercise and sleep.
- II) Water Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods)
- III) First aid: meaning, importance in daily life.

# Unit II

- III Infection i) Definitions of Infection, Infective agents, Period of infectivity.
  - ii) Types of diseases and their modes of spread.
  - iii) Channels of infection
- IV Disinfectants Definition, types and methods of disinfection.

V Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases-

- a) Diseases spread by insects -Malaria, Dengue.
- b) Diseases spread by ingestion Dysentery, cholera, typhoid
- c) Diseases spread by droplet infection Chicken pox, measles, mumps,
- d) Disease spread by Contact Leprosy, AIDS
- VI Immunity Definition, types of immunity & immunization schedule.

VII Common emerging health problems among women: Cancer of Breast and Cervical

#### **Reference:**

- 1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar.
- 2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
- 3. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta -13
- 4. J.E. Park, (1983) Prenentive & Social Medicine, Jabalpur Messrs Banarcidas Bhanot
- 5. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.

#### Lab-II

# M. Marks: 50 Duration of Exam: 3Hrs

- 1. Cleaning & polishing of Brass, Copper, Silver, Aluminum, Steel, Leather, wood, and glass articles.
- 2. Preparation of polishes for i) wood (ii) leather
- 3. Preparation of two articles of interior decoration.
- 4. Immunization Schedule Survey in PHC and local hospitals
- 5. Acquaintance with First aid techniques

# KURUKSHETRA UNIVERSITY KURUKSHETRA

# **B.A. II – SYLLABUS HOME-SCIENCE**

# Semester-III

Course No.	Title	Exam. duration	Max. marks B.Sc./B.A
201	Physiology	3 Hrs	50 (45+5*)
	Lab-I	3 hrs	50

# Semester-IV

Course No.	Title	Exam. duration	Max. marks B.Sc./B.A
202	Clothing and Textile	3 Hrs	50 (45+5*)
	Lab- II	3 hrs	50

\* Internal Assessment

**Instructions for the Examiner:** The examiner will set nine questions in all, selecting four question from each section/unit and one compulsory objective type question.

**Instructions for the Candidate :** The candidate will attempt five questions in all, selecting at least one question from each unit as well as compulsory question.

# B.A. II (Home Science) Semester–III Physiology

# Course No.: 201

M. Marks – 45 Int. Assessment -5 Time: – 3 Hrs

Note: Examiners will set nine questions in all, four questions from each unit and one multiple choice compulsory question covering the whole syllabus. Students will attempt five questions in all, selecting not more than two from each unit and one multiple choice compulsory question.

Unit–I

- A. Animal cell structure, composition and division in brief (Mitosis and meiosis)
- B. Skeletal system- Function of skeletal system names of the bones and joints.
- c. Digestive system-Organs of Digestive system, Digestion and absorption of food.
- D. Circulatory system- Blood, composition and functions and coagulation.
  - 1. Heart-structure and working.
  - 2. Blood pressure.
  - 3. Normal values of Hemoglobin cholesterol, urea, uric acid and glucose in blood.

# Unit–II

- A. Excretory system functions of kidney, skin and lungs.
- B. Reproductive system organs and functioning of male and female sex glands, menstruation, and fertilization.
- c. Endocrine Glands-Functions of different glands, pituitary, thyroid, adrenal, islets of langerhans in pancreas.
- D. Nervous system: Parts (Brain and spinal cord) functions and reflex action.

Lab - I

M. Marks: 50 Duration of Exam: 3Hrs

- A. Study of different parts of sewing machine its care defect and remedies.
- B. Preparation of samples (15 samples)
  - Basic stitches tucking, running stitches, hemming, and button hole stitch.
  - Seams-plain seam, run and fill seam.
  - Processes-gathers into a band
  - Darts (Knife and box)
  - Placket opening (continues, wrap and two piece placket)
  - Pen tucks and cross tucks
- C. Embroidery One article of fancy embroidery using at least four stitches.
- D. Knitting- Following of knitting instructions preparation of two samples of knitting with different designs.
- E. Tie and Dye (one article)

5 samples using different methods.

# B.A. II (Home Science) Semester–IV Clothing and Textile

Course No.: 202

M. Marks – 45 Int. Assessment -5 Time: – 3 Hrs

**Note:** Examiners will set nine questions in all, four questions from each unit and one multiple choice compulsory question covering the whole syllabus. Students will attempt five questions in all, selecting not more than two from each unit and one multiple choice compulsory question.

# Unit–I

- A. Introduction to traditional textiles of India with names and origin.
- B. Definition and classification of fiber.
- C. Manufacture and properties of different fibers: Cotton, Silk, Polyester, Rayon
- D. Soaps and detergents starches, blues and bleaches.

# Unit–II

- A. Meaning and objectives of application of finishes.
- B. Different types of finishes- calendaring bleaching, sizing, mercerizing, preshrieking crease resistant, dyeing and printing.
- C. Basic weaves- Plain, Twill, Satin and their variations.
- D. Laundry and reagents, acids alkalis solvents and absorbents.
- E. Stain removal-Classification of stains, methods of removing different types of stain.

Lab – II

M. Marks: 50 Duration of Exam: 3Hrs

- A. Taking body measurements.
- B. Drafting the following:
  - 1. Child's bodice block and its adaptation to a gathered frock.
  - 2. Adult's bodice block and its adaptation to their choice garments
  - 3. Drafting of salwar or petticoat, blouse/nighty and kameez.
- C. Drafting and stitching of following garments:
  - 1. Frock gathered with sleeves (3 to 8 years old)
  - 2. Salwar or Petticoat (any one)
  - 3. Kameez or Nighty/Blouse (any one)

#### KURUKSHETRA UNIVERSITY KURUKSHETRA w.e.f. 2012-13

### **B.A. III – SYLLABUS HOME-SCIENCE**

#### Semester-V

Course No.	Title	Exam. duration	Max. marks B.Sc./B.A
301	Foods and Nutrition	3 Hrs	50 (45+5*)
	Lab-I	3 Hrs	50

#### Semester-VI

Course No.	Title	Exam. duration	Max. marks B.Sc./B.A
302	Human Development	3 Hrs	50 (45+5*)
	Lab- II	3 hrs	50

\* Internal Assessment

**Instructions for the Examiner :** The examiner will set nine questions in all, selecting four question from each section/unit and one compulsory objective type question.

**Instructions for the Candidate :** The candidate will attempt five questions in all, selecting at least one question from each unit as well as compulsory question.

# **B.A. III (Home Science)** Semester-V **Foods and Nutrition**

Course No.:301

M. Marks – 45 Int. Assessment – 5 Time: - 3 Hrs

**Note:** Examiners will set nine questions in all, four questions from each unit and one multiple choice compulsory question covering the whole syllabus. Students will attempt five questions in all, selecting not more than two from each unit and one multiple choice compulsory question.

#### Unit-I

- A. Food: functions of food and classification
- B. Essential food constituents: Carbohydrates, Protein, Fats.
- C. Food source: Functions daily allowances, deficiency and excess intake of followings:
  - Vitamins: A,D,E,K,B1,B2,B3,C,B12. Folic acid.
  - Minerals- Calcium, Iron, Iodine, Sodium, Potassium.
- D. Water functions in the body.
- E. Role of dietary fiber in human nutrition.
- F. Principles and methods of cooking. Advantages of cooking of the food. Effect of cooking on different nutrients.
  - Moist heat \_
    - Boiling, stewing, steaming Roasting grilling baking

  - Dry heat -- Frying -Shallow and deep
  - Solar and microwave - Radiation
- Methods of enhancing nutritive value of food stuff.
  - Importance of enhancing nutritive value of food stuffs.
  - Method of enhancing nutritive value of food stuffs. Sprouting fermentation combination and supplementation.

# Unit-II

- A. Meal planning
- B. Concept of balanced diet
- C. Principles of meal planning, factors affecting it
- D. Principles of meal planning for- children 3 to 5 years old school going child adolescents adults.
- E. Pregnant women and lactating mother
- F. Introduction to the rapeutic Nutrition, the rapeutic adaptation of the normal diet soft and fluid diet, planning of diet in following conditions.

- Typhoid fever
- Diarrhea.
- Constipation
- Diabetes
- High Blood Pressure
- G. Food Preservation:
  - Importance of Food Preservation
  - Causes of food spoilage
  - Principles of food preservation
  - Methods of food preservation with special emphasis on household methods.

# <u>Semester – V</u>

M.M. – 50 Time – 3 Hrs.

# <u>Lab - I</u>

- 1. Planning and Preparation of meals for:
  - a) Pre-school and school going child.
  - b) Adolescents boys and girls.
  - c) Adult belonging to low, middle and high income group.
  - d) Pregnant and lactating mother.
- 2. Planning and preparation of invalid diets for the patients suffering from:
  - a) Typhoid fever.
  - b) Diarrhea.
  - c) Constipation.
  - d) Diabetes.
  - e) High blood pressure.

# B.A. III (Home Science) Semester–VI Human Development

Course No.: 302

Marks – 45 Int. Assessment - 5 Time: – 3 Hrs

**Note:** Examiners will set nine questions in all, four questions from each unit and one multiple choice compulsory question covering the whole syllabus. Students will attempt five questions in all, selecting not more than two from each unit and one multiple choice compulsory question.

#### Unit–I

- A. Child Psychology: Definition, aims, subject matter, objectives of studying.
- B. Learning: Meaning, importance, method of learning, factors effecting learning.
- C. Intelligence: Definition, Measurement of intelligence.
- D. Personality Development: Definitions, types and factors affecting the development of personality.
- E. Play: Definition, features and types of play. Difference between work and play. Importance of play in childhood.

# Unit–II

- A. Stages of the development of the child , characteristics of :
  - Infancy
  - Childhood
  - Adolescence-Problem of an adolescent child, role of parents and teacher in solving them.
- B. The Expectant mother:
  - Sign of pregnancy
  - Discomforts of pregnancy
  - Care of the expectant mother in brief
  - All effects of an early marriage.
- C. Care of newborn infants- Bathing, clothing and hygiene during infancy. Feeding of an infant: Breast feeding verses Artificial feeding. Weaning: meaning and importance, methods of weaning
- D. Common ailments of childhood:
  - 1. Cold, cough, fever.
  - 2. Digestive disturbances-Diarrhea. Constipation and Vomiting.
- E. Skin infection-prickly heat, allergy.
- F. Convulsions.

# <u>Semester – VI</u>

M.M. – 50 Time – 3 Hrs.

# <u>Lab - II</u>

# Practical

- A. Preparation of various dishes under following heads using different method of cooking.
  - Desserts
  - Snacks Using the methods of baking, frying, grilling
- B. Preparation of various dishes under following heads using different method of cooking.
  - Salad and salad dressing Indian and continental
  - Packed lunch and picnic lunch.
- C. Food preservation Pickle, Chutney, Jam, Squash, Morrbba (at least 2 each)
- D. Party Dishes and their presentation with table setting.
- E. Micro wave cookery.

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## PRACTICAL ATTENDANCE CHART

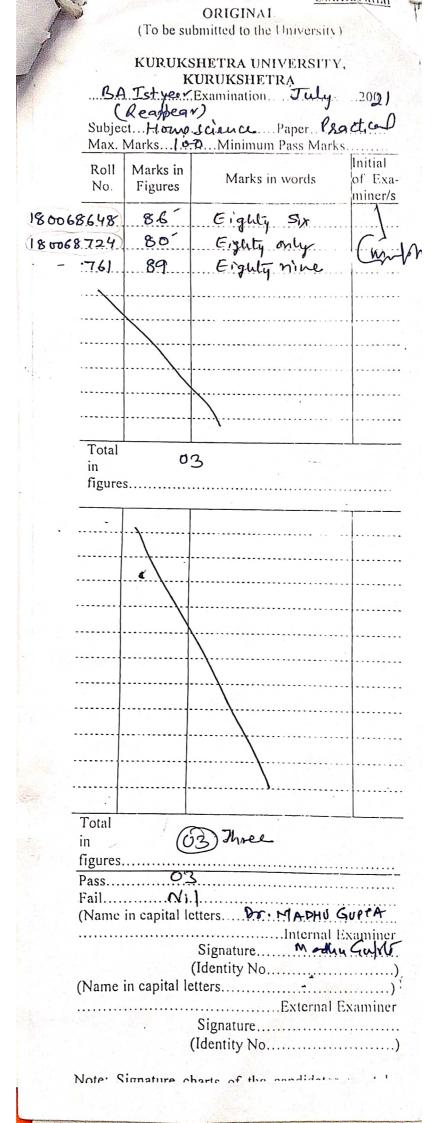
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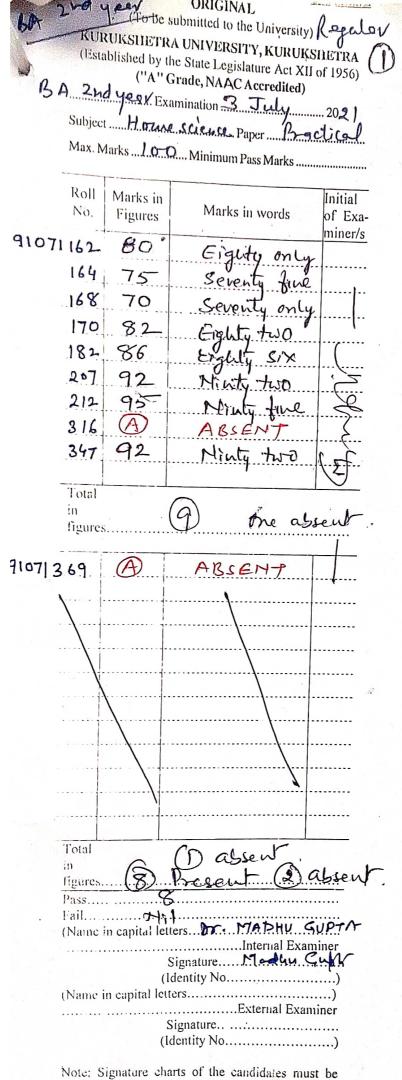
# PRACTICAL ATTENDANCE CHART

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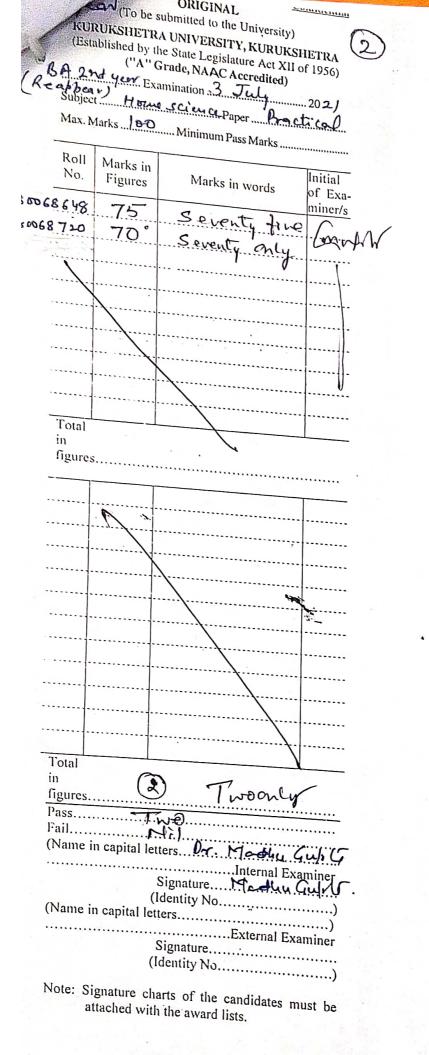
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(To be sent to the Deputy/Asstt. Registrar (Secrecy) alongwith Award-Lists in the Confidential Envelope (ES-(42)(5).



attached with the award lists.



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# (Established by the State Legislature Act XII of 1956) BA - 3rd Year. EXAMINATION, 2091

## PRACTICAL ATTENDANCE CHART

Chart for Preparing List of each gro	oup for Practicals in Science and other Subjects.
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(To be sent to the Deputy/Asstt. Registrar (Secrecy) alongwith Award-Lists in the Confidential Envelope (ES-(42)(5).

(To be submitted to the University) KURUKSHETRA UNIVERSITY, BA II Year Examination July .2021 Subject. Home science paper Practical Max. Marks. 1.00 .... Minimum Pass Marks Initial Marks in Roll of Exa-Marks in words No. Figures miner/s Minty two B 180068612 92 Ergely only 80 640 Eighty only 80 648 Ersely five 85 691 Minty fine 95 715 Ergety only 80 720 Seventy hive 79 722 Seventy only 70 724 65 Sixly 728 Total in 09 figures ... Minty fine 95 1800 (876) Minty two 92 829 Total 02 S+2=11 in figures. Pass. (Name in capital letters. Dr. MADHU GNOTA .....Internal Examiner Signature. 19ady, Cuff (Identity No..... (Name in capital letters..... .....External Examiner Signature..... (Identity No.....) Note: Signature charts of the condidate

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