

# HOME SCIENCE SYLLABUS

## FIRST SEMESTER

B.A. I

Marks : 40

Paper-I

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- I.**
- 1) **Concept of Human Development**
  - 2) Principles of Development
  - 3) Growth & Development factors affecting Growth & development
    - a) Heredity & environment
    - b) Maturation & learning
    - c) Endocrine glands
    - d) Rest & exercise
    - e) Nutritious food
- II.**
- Prenatal Development**
- 1) Reproductive system
    - a) Male
    - b) Female
  - 2) Menstrual cycle
  - 3) Pregnancy & process of birth
    - a) Stages of pregnancy
    - b) Signs & symptoms
    - c) Care during pregnancy
    - d) Emergencies
    - e) Stages of process of birth
- III.**
- Infancy (Birth to two weeks approximately)**
- 1) Subdivisions
  - 2) Characteristics
  - 3) Adjustments & hazards
- IV.**
- Babyhood (2 weeks to 2 yrs. of life)**
- 1) Characteristics
  - 2) Physical development
  - 3) Motor development

- 4) Emotional development
- 5) Social development
- 6) Play
- 7) Happiness & hazards

**V. Behavioral Problems**

- 1) Types – Stealing, Lying, Thumb sucking, Nail biting, Bed wetting, Temper tantrum
- 2) Causes
- 3) Treatment
- 4) Management

## REFERENCES

### Paper-I

1. o&kl d ekul 'kkL= & cks M\$ rky .kdj o brj
2. ckyfodkl & ufyuh ojkMi kMs
3. ekrRo vkf.k ckyfodkl & d q e t q udj
4. Child Development – Elizabethan Hurlock

**i. Management**

- 1) Definition, Need, Importance
- 2) Process of Management
  - a) Planning
  - b) Controlling
  - c) Evaluation
  - d) Good qualities of a manager
  - e) Role of a woman as manager in the family

**ii. Resource Management**

- 1) Concept, importance & types of resources
- 2) Value – Concept & types
- 3) Goal – Concept & types
- 4) Standards – Concepts & types
- 5) Interrelation of values, goals & standards

**iii. Decision Making**

- 1) Definition, concept
- 2) Steps
- 3) Importance

**iv. Money Management**

- 1) Concept and importance
- 2) Budget – Definition & importance
- 3) Income – Definition & types
- 4) Investment – Need, types & objectives
- 5) Savings – Importance, types & objectives

**REFERENCES**

**Paper-II**

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**SECOND SEMESTER**  
**Basics of Textiles**

**B.A. I**

**Marks : 40**

**Paper-III**

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**I. Importance of textile**

- 1) History
- 2) Classification
- 3) Properties
  - a) Primary
  - b) Secondary

**II. Laundering of clothes**

- 1) Cotton, Silk, Wool & Synthetic
  - a) Methods of washing
  - b) Reagents used in washing
  - c) Finishes – blueing, starching, ironing

**III. Stain Removal**

- 1) Classification of stains
- 2) Identification of stains
- 3) Chemicals used in the process of stain removal
- 4) Types of stains & their removal  
Oil, Ghee, Ink, Rust, Shoe Polish, Blood, Ice-cream, Lipstick,  
Mud, Paint

**IV. Renovation**

- 1) Concept of Renovation
- 2) Types of Renovation
  - a) Darning
  - b) Patching
  - c) Alteration

**REFERENCES**

**Paper-III**

1. ;kogfjd foKku & 'kkwvkf.k 'kkw
2. Household Textiles – Durga Deulkar
3. oL='kkL= & foey v<kÅ
4. Lisky f'ko.kdyk & I ykpuk fccos
5. oL=foKku dsey fl )kr & thih'ksh

# Introduction to Nutrition

B.A. I

Marks : 40

Paper-IV

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- I. Nutrition and Health**
  - Definition of nutrition, health
  - Functions of food
  - Methods of cooking
- II. Balanced Diet**
  - Concept
  - Importance
- III. Food groups**
  - Types
  - Importance
- IV. Malnutrition**
  - Concept
  - Causes
  - Types
  - Remedies
- V. Food Preservation**
  - Concept
  - Types
- VI. Food Adulteration**
  - Concept
  - Types
  - Laws

## REFERENCES

Paper-IV

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1. vkgkj vkf.k i ksk.k'kkL= & eat tkk ekGo.ks
2. vkgkj 'kkL=kph eyrRos & Lugk egktuh
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# **PRACTICAL**

**B.A. I**

**Marks : 40**

**Paper-V**

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- I. Knitting Bonnet**
  
- II. Embroidery – Stitches-Stem, Chain, Satin, Herringbone, Crosstitch**
  
- III. Printing – Tie & dye (Any 5 types)**
  
- IV. Stitching**
  - a) Pockets – 3 types
  - b) Seams – 3 types
  - c) Pleats – 3 types
  
- V. Best out of Waste – 2 articles**