

HOME SCIENCE SYLLABUS

FIRST SEMESTER

B.A. I

Marks : 40

Paper-I

- 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

1. xg 0; oLFkki u vkf.k xg I tkoV & edh o tBkj
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SECOND SEMESTER
Basics of Textiles

B.A. I

Marks : 40

Paper-III

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. *Textiles: A Practical Approach* by K. K. Choudhary & K. K. Choudhary
2. Household Textiles – Durga Deulkar
3. *Textiles: A Practical Approach* by K. K. Choudhary & K. K. Choudhary
4. *Textiles: A Practical Approach* by K. K. Choudhary & K. K. Choudhary
5. *Textiles: A Practical Approach* by K. K. Choudhary & K. K. Choudhary

Introduction to Nutrition

B.A. I

Marks : 40

Paper-IV

- 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

1. vkgkj vkf.k i ksk.k'kkL= & eat tkk ekGo.ks
2. vkgkj 'kkL=kph eyrRos & Lugk egktuh
3. i ksk.k o vkgkj 'kkL= ifjp; & I jy yys

PRACTICAL

B.A. I

Marks : 40

Paper-V

- 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**