

Amc-II-T

**HOME
SCIENCE
UG
SYLLABUS**

Office of the Dean
Faculty of Social Science, Patna University

Notification

As per the provision laid down in Sec 27 of the Patna University Act 1976 (Amended up to date) and the statutes related to the formation of Board of Courses and Studies, the Board of Courses and Studies in the Faculty of Social Sciences was constituted in the meeting of the Faculty of Social Sciences held on 02.09.2015 is as hereunder:

1. **Dr. Bandana Singh**
Associate Professor & Head, Dept of Home Science
Magadh Mahila College Campus
Patna University, Patna. : Chairperson-ex-officio
2. **Dr. Anju Srivastava, Associate Professor**
Dept of Home Science : Elected Member
Magadh Mahila College Campus
Patna University, Patna.
3. **Sister Tanisha A.C., Assistant Professor**
Dept. of Home Science : -do-
Patna Women's College,
Patna University, Patna.
4. **Dr. Punam Kumari, Assistant Professor**
Dept. of Home Science : -do-
Patna Women's College,
Patna University, Patna.
5. **Dr. Kumari Rupam, Assistant Professor**
Dept. of Home Science :-do-
Patna Women's College,
Patna University, Patna.
6. **Dr. Suheli Mehta, Assistant Professor**
Dept. of Home Science :-do-
Magadh Mahila College,
Patna University, Patna.
7. **Professor (Dr.) Bimla Sinha (Ret.)**
Dept. of Home Science : Member , External Expert
Arvind Mahila College, Patna
Magadh University, Bodh-Gaya.
8. **Dr. Kumkum Kumari, Associate Professor**
Dept. of Home Science :Member , External Expert
J.D. Women's College, Patna.
Magadh University, Bodh-Gaya.

The Board of Courses and Studies will take necessary steps as per the provision of the relevant sections of the Act and Statutes.

PA
02.09.15
Dean,
Faculty of Social Sciences
Patna University,
**Dean of the Faculty of
Social Sciences
Patna University**

Memo No. Dean/10/2015/ Dated

Copy forwarded to (1) the Head, Home Science, Patna University, Patna. (2) The Principal, Magadh Mahila College, (3) All the members mentioned above, (4) The Secretary to the Vice-Chancellor, Patna University, Patna., (5) The P.A. to the Vice-Chancellor, Patna University, Patna, (6) The S.O. Academic Section for information and necessary action.

PA
02.09.15
Dean,
Faculty of Social Sciences
Patna University, Patna.
**Dean of the Faculty of
Social Sciences
Patna University**

HOME SCIENCE (HONOURS)

B.A.PART I

Two Theory papers of 75 mark each and one Practical paper of 50 marks. No private candidates should be allowed to offer this subject.

| | |
|---|--------------------|
| Paper I --Food Science and Nutrition | -- 75 marks |
| Paper II -- Human Development | -- 75 marks |
| Practical --Cookery | --20 marks |
| Mother Craft | --15 marks |
| Record Books | --15 marks |

PAPER-I

Food Science & Nutrition- 75 marks

(A) **Food Science :**

Food- Classification of food, Structure, Composition, Nutritive value of cereals, Pulse, Vegetable, Fruits, Milk Products, Fats and Oils, Meat, Fish, Eggs, Beverages, Condiments and Spices.

- Cooking method – their effect on nutritive value of foods.
- Food storage.
- Food spoilage, food poisoning, food preservation,
- Food adulteration.

(B) **Nutrition :**

- Nutrients – Composition, classification, functions, deficiency symptoms, sources, daily allowance of carbohydrates, fats, proteins, vitamins, minerals and Water,
- Digestion, absorption and metabolism of carbohydrates, fats and proteins,
- Calorie – Definition, Factors affecting calorie requirements.

PRACTICAL

(A) **Basic Nutrition Practical**

- Rules to be followed while working in food laboratory
- Basic five food-groups
- Methods of Cooking.

28.10.15

28.10.2015

15.10.15

15.10.15

Bansal
15/10/15

Omke
15/10/15

15.10.15

- Food Preparation Methods.
- Boiling- Boiled Rice
- Baking- Plain Cake
- Shallow and deep frying: fried Rice and Kofta Curry
- Steaming:- Idli, Chutney & Dhokla
- Deep frying- Samosa, Pakoras

(B) Nutrient rich food preparation:- 2 recipes each.

- Proteins rich foods – Paneer, Chole.
- Vitamin A rich food – carrot Halwa, Palak Paneer.
- Iron rich foods – dal with greens, Groundnut Chikki, missi roti.
- Fibre rich foods – Mixed Vegetables Dalia (Sweet and Namkin)
- Beverages- Lassi, Tea, Coffee, Lime Water.
- Food Preservation – Jam and Tomato Sauce.

15-10-15
15.10.2015
Rupam 15.10.15
15.10.15
Baudana
15/10/15
amee
15/10/15

Paper II

Human Development -75 marks

- Child development --Introduction, nature and scope
- Importance of studying children in contemporary context
- Fundamental concept of Child Development --concept of heredity, environment, maturation, learning, health and nutrition as factors determining development. Developmental areas, developmental milestones, developmental tasks.
- General principles of Growth and Development of life in womb, birth process and neonatal period.
- Assessing Normal, Premature and Small for date and Large for date babies.
- Neonate care and adjustment development in first 4 weeks.
- Breast feeding and its importance for mother and baby.
- Physical growth, Motor development and Health care
- A brief overview of physical and physiological changes (height & Weight).
- Milestone in Motor development --Gross and Fine Muscles Skills.
- Prevention and management of Common Childhood Illness
- Immunization
- Language Development and factors affecting language development, relationship between language and thought.
- Cognitive Development -- characteristics, cognitive development in childhood, factors affecting cognitive development.

Practical --Mother craft

- Growth monitoring of children--Infant weight and height chart from 0-1 year.
- Study of child's toys and books.
- Curriculum planning of Pre-School Education

[Signature]
15-10-15

[Signature]
15.10.2015

[Signature]
15.10.15

[Signature]
15.10.15

[Signature]
15/10/15

[Signature]
15/10/15

B.A. PART II

There shall be a Course of 3 years in the First and Second years. There shall be **two** Theory papers of 75 marks each and one Practical paper of 50 marks. In the third year, there will be **four** Theory papers of 75 marks each and two Practical papers of 50 mark each. Both Theory and Practical Examinations will be of **three** hours duration.

No Private Candidates should be allowed to offer this subject.

Paper III -Dietetics --75 Marks

Paper IV --Home Management -- 75 Marks

PAPER -III DIETEICS --75 Marks

1. Diet in Health and Disease --Concept of adequate diet, Units of measurement of foods including household measures.
2. Balanced diet for adult men and women, pregnant women, lactating mothers, preschool, adolescents, old age.
3. Modification of normal diet into liquid and soft diet, Principles involved in planning diets. Calculation of nutrients, preparation of diets mentioned in each of the following conditioned:
 - Low Calorie and High Calorie diets--Underweight and Overweight
 - Fever --Typhoid
 - High Fibre Diet -- Constipation
 - Bland Diet --Peptic Ulcer
 - Moderate Fat Diet --Hepatitis
 - Elimination Diet --Allergy

Practical --25 marks

- Food Guide and diet planning and calculations.
 - A-Use of Food exchange list
 - B- Development of diet plans using food exchange
- Planning and preparing diet plans for pregnant and lactating women
- Planning and preparing diet plan for adult men- office and heavy workers.

25-10-15

Pupar
15.10.15

15.10.15

Bawalana
15/10/15

15/10/15

15.10.2015

- Packed lunch for children.
- Plan and prepare two dishes:-
 - A-High and Low Calorie Diet
 - B- High and Low Protein Diet
 - C- High and Low Fibre Diet
 - D-Bland Diet
 - E-Sodium Restricted Diet
 - F- Iron rich and Vitamin C rich diet

[Signature]
15-10-15

[Signature]
15.10.15

[Signature]
15.10.15

[Signature]
15/10/15

[Signature]
15/10/15

[Signature]
15.10.2015

Paper-IV

Family Resource Management- 75 marks

1. Meaning of Home Management, human values and standards.
2. Management Process- Planning, controlling and Evaluation.
3. Management of family resources- Definition, classification and Characteristics of Resources, Factors affecting the use of resources.
4. Decision making- Decision making, group and individual decision making, steps of decision making.
5. Energy Management- Definitions, Types of fatigue, Causes of fatigue, Removal of fatigue, Work simplification through principles of body mechanics, Mendel's laws of change.
6. Time Management.
7. Money Management- Money as a resource, Family income, Sources and types of Family Budget, Engle's Law, Account keeping.
8. Interior Decoration- Elements and Principles, Classification of Furniture, Points to be considered while purchasing furniture, Furnishings, Introduction to colour, Colour Theory and Colour Schemes, Application of Colour in Interior Designing.

Practical- 25 marks

1. Dimensions of Colour- Value scale and different Colour Schemes- Related and Contrasting colour schemes.
2. Lay out- Furniture Arrangement with Colour Schemes in drawing room, bedroom, dining room and kitchen.
3. Collection of samples of different furnishing materials used in today's interiors.
4. Activity Analysis of any one activity on any centre of household activity-

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
Bansal
15/10/15

[Signature]
15/10/15

[Signature]
15.10.2015

Ironing Garments, Kitchen Preparation, Sink Range and Refrigerator.

- 5. Preparation of Monthly Budget of different Income Groups.

~~Signature~~
15-10-15

Rupar
15-10-15

Signature
15-10-15

Paundang
15/10/15

Signature
15/10/15

Signature
15.10.2015

HOME SCIENCE (SUBSIDIARY) --100 MARKS

The theory paper will have 3 groups Candidates will have to answer at least one question on each group. The paper will be of 3 hours duration and they will have to answer 5 questions in all.

- (a) Food Science and Nutrition.
- (b) Family Resource and Nutrition.
- (c) Extension Education.

B.A. PART-I

(A) Food Science:-

1. Foods- Nutritive value of Cereals, Pulses, Vegetables, Fruits, Milk and Milk products, Fats, Oil, Fish, Eggs and their use in cooking.
2. Methods of Cooking- Types, their Merits and demerits.
3. Balanced diet- Its importance, Sources.

(B) Nutrition:-

1. Classification
2. Function
3. Deficiencies
4. Daily allowances of carbohydrates, Proteins, Vitamins, Minerals and Water.

(C) Family Resource, Management:-

1. Concept of Home Management, Process, Planning, Controlling, Organizing, Evaluating & Decision Making.
2. Resources and its Classification.
3. Elements and Principles of Design in Interior Decoration.
4. Different units of house.

(D) Extension Education:-

1. Importance, Meaning, Objectives, Principles of Extension Education.

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
15/10/15

[Signature]
15/10/15

[Signature]
15.10.2015

- 2. Audio-Visual Aids.
- 3. Qualities of Extension Workers.

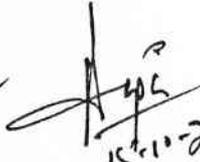

15-10-15


15.10.15


15.10.15

Bandana
15/10/15

Amber
15/10/15


15.10.2015

B.A. PART – II(Subsidiary) --100 MARKS

(A) Textile and Clothing:-

- (1) Classification of Textile fibres.
- (2) Yarn making, Weaving of Fabrics.
- (3) Characteristics of Cotton, Silk, Wool and Synthetics.
- (4) Care and Storage of Fabrics.

(B) Human Development:-

- (1) The Infant- Physical, Emotional and Social Development form 0 to 1 year. Immunization against Common Ailments.
- (2) Feeding- Breast Feeding and Complimentary Feeding.
- (3) The Pre-School Year- Physical, Social, Emotional and Intellectual Development.

(C) Family Dynamics:-

- (1) Advantages & Disadvantages of Family.
- (2) Marriage- Functions, Mate Selection & Adjustment in Marriage.
- (3) Place of the Aged in the Indian Society, Psychological and Economical Adjustment, Problems of Old Age

[Signature]
15-10-15

[Signature]
15.10.15

[Signature]
15.10.15

[Signature]
15/10/15

[Signature]
15/10/15

[Signature]
15.10.2015

B.A.PART III

There shall be a Course of 3 years in the First and Second years. There shall be **two** Theory papers of 75 marks each and one Practical paper of 50 marks. In the third year, there will be **four** Theory papers of 75 marks each and two Practical papers of 50 mark each. Both Theory and Practical Examinations will be of **three** hours duration.

No Private Candidates should be allowed to offer this subject.

| | | |
|---------------|------------------------------|-----------|
| Paper V -- | Clothing and Textile --- | 75 marks |
| Paper VI -- | Child Psychology -- | 75 marks |
| Paper VII -- | Extension Education -- | 75 marks |
| Paper VIII -- | Family Dynamics - | 75 marks |
| Practical -- | 2 papers each of 50 marks -- | 100 marks |

Paper V

CLOTHING AND TEXTILE

1. Need of Textile in daily living for protection, comfort Economy and health.
2. History, Origin and characteristics of different fibers -classification of textile fabres- wool, silk, nylon, glass, polyester, rayon.
3. Yarn Construction – Simple, Complex and fancy yarn.
4. Fabric construction weaving, knitting and felting.
5. Finishes – Basic and special finishes – Mercerizing, Sanforizing, fleecing, shrinking, mothproof, fireproof, waterproof, crease resistant, types of dyes, Methods of dyeing.
6. Selecting fabrics for dress materials and household articles.
7. Traditional textiles of India.
8. Care and storage of clothes.
9. Care and storage of clothes
10. Readymade garments.

Practical

1. Basic Stiches --Tacking or Basting, Running, Back stitch, Hemming, Loop Blanket and Button Hole stitch.
2. Joining --Seam and Seam Finishes- French seam and Mantua Maker.

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
15/10/15

[Signature]
15/10/15

[Signature]
15.10.2015

3. Finishing of raw edges --Bias strip, method of joining Bias Strip, Bias Gripping, Bias Facing, and Shaped Facing.
4. Fasteners -Hook and Eyes, Press Stud, Button and Button Hole, Self Gripping Fasteners.
5. Embroidery-- Basic Embroidery Stitches, Decorative stitches, Traditional Embroidery Stitches.
6. Dyeing and Printing--Batik, Spray & Screen printing.
7. Market Survey of Laundering agents.
8. Stain Removal --Grease, Nail polish, Turmeric, Blood and Medicine.

[Handwritten signatures and dates]
15-10-15 Puper 15-10-15 15-10-15 Bandawa 15/10/15 omare 15/10/15 15-10-2015

Paper VI

Child Psychology

- Definition , Scope and Objectives of Child Psychology
- Method of Child Study --Biographical method, Case History method, Clinical method, Observation method, Experimental method, longitudinal method and Cross Sectional method.
- Play -Importance and types of play, theories of play, work and play, contribution of play in fostering physical, mental and social development in children.
- Learning --definition and importance of learning, factors affecting learning. Theories of learning-Trial and error, Conditioning, Social learning theory. Development of language, thinking and reasoning (Pavlov, Erikson, Albert, Bandura).
- Intellectual Development -- meaning and nature of Intelligence, factors affecting intelligence, measurement of intelligence and values of Intelligence Tests. Intellectual deviations -Subnormal, Normal and Superior.
- Personality Development --Definition, types ,. Traits of personality, factors affecting personality development , Transition in family relations. Problems during adolescence. Counselling-Educational and vocational guidance for the development of right personality.
- Emotional Development -- Pattern of Emotional development, Modification of undesirable emotional responses, emotional balance and imbalance, emotional dominance.
- Moral Development - Definition of morality, moral behaviours, factors affecting moral development, standard of moral development.
- Adolescence --Meaning& characteristics, psychological aspects of menstruation in girls, importance of Sex education, Socialization and problems during adolescence.
- Old Age - Concept and characteristics of old age, problems of old age, attitudes of aged persons.

Practical

1. Selection of raw material, planning and preparation of Puzzles.
2. Developing learning materials for story corner.
3. Prepare a personality profile of any one child based on Observation and Case History Method.

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
Bawelana
15/10/15

[Signature]
15/10/15

[Signature]
15.10.2015

Paper VII

Communication & Extension Education

1. Extension Education - Meaning, scope, objectives, needs and importance. Philosophy and principles of Extension Education.
2. Extension Teaching Methods- classification, merits and limitations of Methods. Factors affecting choice and use of methods.
3. Introduction to Communication -Meaning, nature, process of Communication, types, barriers to Communication.
4. Audio-visual Aids- classification, detailed study of aids, factors affecting choice and use of various aids.
5. Rural Sociology and its importance for Extension Workers, Characteristics of Rural Life, Scope of Rural upliftment.
6. Leadership -Qualities of a Leader, identification of leaders, functions and role of a leader.
7. Programme Development - development of state/ country.
8. Role of Home Science in Women's Welfare Programme.

Practical

1. Introduction to Audio- Visual Aids.
2. Preparation of two Visual Aids.
3. Introduction to a local community.
4. Teaching the community with the same prepared Visual -Aids.

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
Bhandari
15/10/15

[Signature]
15/10/15

[Signature]
15.10.2015

Paper VIII

Family Dynamics

- Family as a basic social institution – Definition, types of family, Family in past and present, origin, functions and motives of the family. Joint and nuclear families, their advantages and disadvantages.
- Marriage- Philosophy of marriage and family, Mate selection, Late marriage, types of marriage, marriages in the past and the present, advantages of arranged and self choice marriage, functions and motives of marriage.
- Marital adjustments, Husband-Wife relationship, Relation with other family members for harmonious life.
- Single parent family.
- Parent child relationship.
- Old age- Developmental tasks, problems of the aged, Role of family member, government and non governmental organizations in solving their problems.
- Mental health – Meaning and importance, etiology of mental health, ways of adjustment, role of psychotherapy and counseling to cure mental problems.
- Problems of Women – violence against women, Separation and single motherhood and their coping strategies.
- Domestic violence act 2005.

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
15-10-15

[Signature]
15/10/15

[Signature]
15/10/15

[Signature]
15-10-2015

[Signature]
29-10-15

[Signature]
29/10/2015