

SYLLABUS
BACHELOR OF ARTS – HOME SCIENCE
(B.A. HOME SCIENCE)
3 YEARS PROGRAMME



HIMALAYAN GARHWAL UNIVERSITY UTTARAKHAND

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MARKS EVALUATION SCHEME

BA HOME SCIENCE

Paper Code	Paper Name	Internal	External	Total
<u>Part - I</u>				
BAHS101	Applied Life Science and Human Health	30	70	100
BAHS102	Family Resource Management	30	70	100
BAHS103P	Practical	-	100	100
Total		60	240	300
<u>Part – II</u>				
BAHS201	Fundamentals of Food and Nutrition	30	70	100
BAHS202	Child Development	30	70	100
BAHS203P	Practical	-	100	100
Total		60	240	300
<u>Part – III</u>				
BAHS301	Introduction to Textiles and Clothing	30	70	100
BAHS302	Extension Education	30	70	100
BAHS303P	Practical	-	100	100
Total		60	240	300
Grand Total		180	720	900

B.A. Home Science – I Year

Paper I: BAHS101 Applied Life Sciences and Human Health

Focus: The course has been structured to provide information about the functioning of the human body and health. Further, it also proposes to expose the students to some important diseases, environment and pollution hazards to human health.

Objectives: This course will enable the students to:

1. Understand the physiology of human body.
2. Understand the nature and role of micro organism.
3. Understand the concept of health and health education.
4. Understand the causes, symptoms and prevention of various diseases.
5. Understand the concept of environment and types of pollution.

Unit- I

1. Definition, Physiology and structure of human cell.
2. Elementary anatomy, Physiology and functions of the following system.
Cardiovascular system.
Gastrointestinal system.
Excretory system.
Respiratory system.
Nervous system.
Musculoskeletal system.

Unit-II- Human Health

1. Definition and concept of health.
2. Concept, Objectives and principles of health education.
3. Immunity; Types and schedule of immunization.
4. Diseases- causes, symptoms and prevention of following diseases.
Measles, Chicken pox, Diphtheria, Whooping, Cough, Tetanus, Polio, Hepatitis, Tuberculosis, Malaria, Cholera, Typhoid and AIDS.

Unit – III- Public Health Services

Primary health centers, UNICEF, WHO, READ CROSS, ICDS, CARE and other non government agencies.

Unit-IV- Bacteriology

1. Structure and types of Bacteria
2. Useful and pathogenic organism

Unit-V- Pollution

1. Concept of environment and Pollution.
2. Different types of pollution like Air, Water, Noise, etc. and it's effect on human health.

References:

1. Hygiene and physiology: Dr. Usha Mishra and Dr. Alka Agarwal.
2. Human Physiology: Dr. Nanda Gautam and Mrs. Reena Khanoojao.
3. Preventive and Social Medicine: Park and Par

Paper II: BAHS102 Family Resource Management

Focus: This course deals with the management of resources in the family particular references for achieving the family goals. It also deals with the family housing needs and interior decoration based on the principles and elements of art.

Objectives:

1. To create on awareness among the students about management in the family as well as the other system.
2. To recognize the importance of wise use of resources in order to achieve goals.
3. To understand the family has needs and factors affecting selection and purchases of site for house building.
4. To understand various element and principles of art used in the interior decoration.

Unit – I
Home Management

1. Definition, Philosophy, Concept and Role of home management.
2. Basic knowledge about home management process; planning, scheduling, execution, controlling and evaluation.

Unit – II
Family Resources

1. Types- Human and Non Human Resources.
2. Money management- Income, Expenditure, Supplementary Income

3. Family Budget.
4. Wants- Types, Characteristics and factors affecting wants.

Unit –III Housing

1. Family housing needs- Protective, economic and social.
2. Factors effecting selection and purchase of site for house building- legal aspects, location, physical features, soil conditions, cost, service.
3. Arrangement of rooms and kitchen.

Unit- IV Interior Decoration

1. Meaning and Principles of interior decoration.
2. Elements and principles of art.
3. Design- Decoration and structural.
4. Color- properties, classification and color schemes.
5. Furniture- types and arrangement.
6. Lighting.
7. Flower arrangement
8. Accessories.

References:

1. Management for Modern Families: Gross and Crandall.
2. Management in Family Living: Nickel and Dorsey.
3. Home Furnishing: A.H.Rutt.
4. Grah Prabandh: Manju Patni.

Paper III: BAHS103P Practical

1. Floor decoration : Alpana

2. (a) Pot painting or pot decoration
(B) Flower arrangement or flower making
3. Drawing and Labeling of Diagrams of Human Physiology of Unit- I (Paper I).

Viva Voce: Sessional work

1. Preparation of decorative pot
 2. Alpana- any two types
 3. A chart based on physiology or health aspect.
- Alpana
 - Pot painting
 - Flower arrangement/
Making
 - Labeling of Human Physiology Diagrams
 - Viva voce
 - Sessional work

B.A. Home Science – II Year

Paper I: BAHS201 Fundamental of Food and Nutrition

Objectives: This course will enable the student to

1. Understand the functions of food and the role of various nutrients, their requirements and effects of deficiency and excess (in Brief)
2. Learn about the structure, composition, nutritional contribution and selection of different food stuffs.
3. Be familiar with the different methods of cooking, their advantages and disadvantages.
4. Develop an ability to improve the nutritional quality of food.
5. To get acquainted to the terms like food poisoning and food adulteration.

Unit-I

Introduction to Food and Nutrition

1. Definition of foods, Nutrition, Nutrients.
2. Classification and function of food.
3. Energy- Factors affecting total energy requirements of the body.
4. Basal metabolism- Definition, Factors affecting rate of M.R.
5. Balanced diet and factors affecting balanced diet.

Unit- II

Essential constituents of Food: their sources, functions, requirements, absorption and deficiency diseases.

1. Protein
2. Carbohydrate
3. Fat

4. Vitamins
5. Minerals
6. Water

Unit – III

Digestion and Absorption of Major Nutrients.

Unit – IV

Basic Food Groups

Importance of basic food groups in the diet. Nutrient, contribution of food stuffs and their importance in Indian diets like cereals, pulses, nuts, and oilseeds, vegetables, fruits, milk and milk products, egg, meat, fish, and their flesh, fats and oils, sugar and jaggery, spices and condiments.

Unit – V

Nutrition during lifecycle:

1. Nutrition during infancy.
2. Nutrition during Childhood
3. Nutrition for adolescence
4. Nutrition for adults
5. Nutrition during old age
6. Nutrition during pregnancy and lactation.

Unit-VI

Dietary allowances: Meal planning, factors affecting meal planning.

Unit- VII

Various cooking methods and their effect on the nutritional value of various nutrients.

Unit- VIII

1. Food adulteration- Meaning and common adulterants in food.
2. Food poisoning.

References:

1. Dietetics: B.Shrilakshmi
2. Normal and Therapeutic Nutrition: Proudifit and Robinson.
3. Essentials of Food and Nutrition (Vol. I and Vol. II): M. Swaminathen.
4. Applied nutrition: Rajlakshmi.
5. Human Nutrition and Dietetics: Davidson and Passmore

Paper II: BAHS202 Child Development

Objectives: This course will enable the students to:

1. Understand the meaning and importance of mother crafts and child care.
2. Understand the definition and scope of child development
3. Understand various developments like physical, motor, emotional, language, social and cognitive from birth to adolescence.
4. Understand the importance of play.
5. Understand gifted children and problem children and concept of juvenile delinquency.

Unit I-

Introduction to Child Development

1. Definition and scope of child development.
2. Principles of development.
3. Stages of development and development task of each stage.
4. Factors affecting development.

Unit- II

Prenatal Period

1. Meaning and importance of mother craft and child care.
2. Female reproduction organs (Internal).
3. Conception and signs of pregnancy complications of pregnancy. Hyperemesis gravidarum Abortions Toxemia of Pregnancy R.H. Factor Anemia
4. Stages of prenatal development zygote, embryonic and neonatal stages.
5. Types of delivery

Unit- III

Development and Growth with Characteristics from birth to adolescence

1. Physical development
2. Motor development
3. Emotional development

4. Language development
5. Social development
6. Cognitive development.

Unit- IV

Play and work- Types of play, Importance of play

Unit –V

Personality- Meaning, development and features affecting personality.

Unit- VI

Exceptional Children (gifted)

Problem children- Factor affecting their behavior and methods for correction.

Unit-VII

Juvenile delinquency Meaning, causes and treatment.

References:

1. Child Development: Elizabeth Hurlock.
2. Child Development: Dr. Vatseyan
3. Child Development and Personality: P.Mussen, J.J.Conger, J. Kagan and A.C. Huston

Paper III: BAHS203P Practical

Unit-I

1. Nutrition during infancy (0-1).
2. Nutrition during preschool (up 3 years)
3. Nutrition during school going child with special emphasis on packed lunch.
4. Nutrition during adolescence.
5. Nutrition during adulthood (Men and Women). Sedentary work Moderate work
Heavy work
6. Nutrition during old age.
7. Nutrition during Pregnancy
8. Nutrition during lactation

Unit- II

Sessional work

1. Recipe file
2. Menu planning note book
3. Preparation of an educational/ recreational material for children (age up to 5 years)

Meal Planning

Cooking & serving

Prepare Resource Material for Pre school Child

Viva- voce

Sessional work

B.A. Home Science - III Year

Paper I: BAHS301 Introduction to Textiles and Clothing

Focus: Variety in clothing depends on variety in textiles/ their performance is also varying. It is essential for a student to have some basic knowledge of these textiles to select the right kind of fabric for a specific use. Clothing is important for protection, comfort, personality and growth in relevant age group.

Objective: To enable students to-

1. Acquainted with the different textiles and their performances.
2. Impart knowledge on different textile finishes.
3. To acquaint with proper notion regarding choice of fabric.
4. To develop skills in clothing construction.

Textiles

Unit –I

1. Introduction to textiles.
2. Classification to textile fibers.
3. Manufacture, Properties, and uses of – cotton, linen, wool, silk, rayon, polyamide and acrylic fibers.
4. Identification of textile fiber.

Unit- II

Study of Yarns

1. Yarn construction.
2. Different types of yarns.

Unit –III

Weaving

1. Weaving process- To study the parts and functions of a loom.
2. Different types of basic and decorative weaving.

Unit- IV

Finishes

1. Physical – singeing, napping, brushing, shearing, sizing, shrinking, tendering and calendaring.
2. Chemical- bleaching and mercerizing
3. Special Purpose finishes- wrinkle resistant, water repellent, flame retardant, dyeing and printing etc.

Clothing

Unit- I Equipment

- ☐ Equipment and supplies used in clothing construction with special reference to sewing machine.

Unit- II Selection of fabric

- ☐ Factors influencing selection of fabric, budget, age, season, occupation, figure, fashion, occasion etc.

Unit- III Principle of clothing construction

1. General principles of clothing construction.
2. Drafting and making paper pattern.
3. Preparation of fabrics for garment making, laying out of patterns, cutting and making.

References:

1. Textile Fabrics and Their Selection: Wingate.
2. Textiles: Hollwn and Saddler.
3. Textile Fiber and their use: Katharine Paddoek Hess.
4. Art of Sewing: Annajacob.
5. Manual for Children Clothing: Savitri Pandit.
6. Basic Process and Clothing Construction: Sherie Doonyaji and Raushni Desh Pandey.
7. Fundamentals of Textiles and Their Care: Susheela Dantyagi.
8. Household Textiles and Laundry Work: Durga Deulkar.

Paper II: BAHS 302 Extension Education

Focus: The concept of development is changing. It is not merely increase in production and productivity, but also it is participation of people in mutual learning experience involving themselves, their local resources, external changes agents and outside resources. The act of extension is not merely transference of techniques and knowledge but it involves improving of relationships between human beings.

Objectives: To enable students to-

1. Understand the widening concept of extension.
2. Be aware of the various extension methods used in facilitating development.
3. Feel strongly for the people without power and influence then to become partners in development projects and programs.

Unit-I

Concept of Extension Education

1. Meaning of Extension Education.
2. Origin and wider understanding of the meaning of extension.

Unit- II

- Definition, Importance and Scope of Home Science Extension education.

Unit-III

- Principles and Philosophy of Extension Education.

Unit-IV

Methods of Approaching People

1. Personal Approach
2. Group Approach.
3. Mass Approach.

Unit-V

Communication

1. Definition and importance of communication.
2. Functions of Communication.
3. Problems of Communication.

Unit-VI

Extension works

- ☐ Role of an extension worker, Quality of an extension worker.

Unit-VII

Audio Visual Aids

- ☐ Detailed knowledge of audio visual aids.

Unit- VIII

- ☐ Problems regarding extension education in the community,

Unit- IX

Extension of Program Planning

- ☐ Extension program planning in the various fields of Home science.

References:

1. Extension and Rural Welfare: O.P.Dahama
2. Community Development Programs in India: Ministry of Child Development

Paper III: BAHS303P Practical

1. Tie and Dye.
2. Block printing or screen/ Stencil Printing.
3. (a) To prepare a paper pattern of child's bodice block (3 years old). (b) Adaptation of child's bodice block to an 'A' line Frock.
4. Preparation of Audiovisual Aid (any one)
 - (a) Poster and Chart
 - (b) Flash card or Flip book
 - (c) Puppet
5. Viva Voce

6. Sessional Work
 - (a) One Tie and Dye article
 - (b) One article with block printing
 - (c) One article with Screen/Stencil printing
 - (d) Stitch one 'A' line Frock (3year old)

- a. Any Two:
 - ☐ Tie and Dye:
 - ☐ Block Printing:
 - ☐ Stencil printing:
- b. Paper pattern Basic bodice Block:
- c. Audio Visual aid:
- d. Viva Voce:
- e. Sessional: