No.6-38/2005(FSS)HPU(Acad).
Himachal Pradesh University
Academic Branch-5

To

Dated: 14.07.2008

1. The Principal
   St. Bede’s College Shimla -2
2. The Principal
   RKMV, Shimla-1
3. The Principal
   SVSD, Govt. College, Bhatoli, Distt. Una (HP)
4. The Principal
   Lala Jagat Narayan Himatkash Kanya Maha Vidyalaya
   Kotla Khurd, District, Una, (HP)
5. The Dean
   Faculty of Social Sciences, HPU, Shimla-5
6. The Controller of Examination, HPU, Shimla-5
7. The D.R.(Exams), HPU, Shimla-5
8. The A.R.(Eval./Re-eval/Conduct/Secy./Exams, HPU, Shimla-5
9. The Librarian, HPU, Shimla-5
10. The Section Officer, (Exams) B.A.I/II/III, HPU, Shimla-5.

Subject: SUPPLY OF SYLLABUS OF B.A. HOME SCIENCE (PASS COURSE).

Sir/Madam,

As per authorizations given to him by the AC/EC in its meeting held on 16.10.2006 & 19.10.2006 vide item no. 10 & 21 respectively, the Vice Chancellor on the recommendations of the Principal, St. Bede’s College, Shimla-2 and further approved by the Faculty of Social Sciences of its meeting held on 15.10.2007 vide item no X, has approved the modified/revised syllabi of B.A HOME SCIENCE (PASS COURSE) for implementation from the Academic Session 2008-2009. A complimentary copy of the said syllabus is being sent herewith for implementation from the Academic Session 2008-2009.

You are therefore, requested to take further necessary action accordingly.

Yours faithfully,

Dy. Registrar (Academic)
H.P. University, Shimla-5.

Enc: As Above
### Scheme of Examination BA. I Home Science

<table>
<thead>
<tr>
<th>Subject</th>
<th>Theory</th>
<th>Practical</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No. of papers</td>
<td>Time in hours</td>
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<tr>
<td>Family Resource Management and Interior Decoration</td>
<td>1</td>
<td>3</td>
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<tr>
<td>Hygiene &amp; Physiology</td>
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<td>3</td>
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### B.A I

**FAMILY RESOURCE MANAGEMENT AND INTERIOR DECORATION**

**Paper A**

Time: 4 periods/week  
M. marks: 28  
Internal assessment for theory: 14

A. **Housing and Interior decoration**

2. Principles and elements of art: harmony, balance, rhythm, proportion, emphasis, line, form, texture, shape, size and their relationship to interiors.
3. **Colour**—Colour wheel, characteristics of different colours. Colour schemes—monochromatic, related, contrasting, complimentary and split complementary. Use of colour in interior decoration for various rooms.
4. Furniture—selection and arrangement of furniture, basic principles and other considerations.
5. Furnishings for various rooms, floorings.
6. Flower Arrangement—Types, principles of flower arrangement.

B. **Resource Management**

1. General introduction to resources, different types.
2. Money—a) Types of income  
b) Budgeting—advantages and limitations  
c) Planning of budgets for different income groups  
d) Means of supplementing family income
e) Investment—Bank accounts, fixed deposits, recurring deposits, insurance, post office accounts, stock and shares, debentures, mutual funds, employee provident fund, public provident fund.

3. Time—introduction, steps in making time plans.
   Tools in time management—peak loads, work curves, rest periods.

4. Energy management—fatigue, its types, causes and effects, ways to overcome fatigue.

5. Work simplification—inter-relationship of time and energy.
   principles of work simplification.

Note—In all, 4 questions have to be attempted. One question is compulsory from each section A and B.

HYGIENE AND PHYSIOLOGY

Paper B
Time: 4 periods/week

M. marks: 28

A. Hygiene

1. Definition of infection, source, carrier, control and immunity.

2. Causes, spread and control of the following diseases:
   a) carried by insects—malaria, dengue fever
   b) conveyed by ingestion—enteric fever, cholera, dysentery, hepatitis.
   c) Spread by droplet infection—diptheria, polio, chicken pox, measles, mumps, flu, T.B.
   d) By contact—leprosy, eczema, ringworm.
   e) Sexually transmitted diseases—syphilis, gonorrhoea
   f) Aids

3. Personal hygiene and hygienic handling of food

B. Physiology

4. Circulatory system:
   a) blood and its composition
   b) coagulation of blood
   c) blood groups
   d) structure and functions of heart
   e) cardiac cycle
   f) heart rate, high blood pressure and their regulation

5. Digestive system:
   a) structure of alimentary canal
   b) process of digestion, role of different juices and enzymes in the digestion of carbohydrates, proteins and fats.

6. Endocrine glands:
Structure, functions and secretion of:
   i) thyroid
   ii) adrenal
   iii) pancreas
   iv) pituitary

7. Excretory system:
   Structure of skin and its functions.
   Lungs (in brief)

Note—Each student has to attempt 2 questions from section A and three questions from section B. Total five questions in all.

PRACTICAL

Time: 3 periods/week
M.marks: 25
Internal assessment: 5

1. Floor decoration—making of Alpana/Rangoli for different occasions.
2. Making of flower arrangements for different rooms using, fresh, dry and artificial flowers.
3. A lecture by an expert on wall treatment—introductory knowledge, types and characteristics of paints, types of wall paper.
4. Table setting and table manners; table setting for formal and informal meals.
5. Planning of budgets for different income groups
6. Preparation of a decorative article using anyone of the following methods:
   a) glass painting
   b) fabric painting
   c) foil painting
   d) patchwork/applique
7. Survey on different types of paints/ furniture/ furnishings/ household equipment.
8. Talks on savings—stocks and shares, debentures, mutual funds, post office saving funds, pension plans.

List of books:

Family Resource Management and Interior Decoration

5. Build your own homes by R.S. Deshpande. United Book Corporation, Pune.
7. Flower Arrangement of India by Pushpa Bharti.

**Hygiene & Physiology**

4. Reader’s Digest Family Health Guide. Reader’s Digest Association Ltd., Inc.
Scheme of Examination BA II Home Science

<table>
<thead>
<tr>
<th>Subject</th>
<th>Theory</th>
<th>Practical</th>
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<td>Clothing</td>
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<td>Textiles</td>
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<td>3</td>
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<tr>
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BA Part II Home Science

Clothing (Theory)

Paper A
Time: 3 periods/week

M. Marks: 24
Internal assessment for theory: 12

1. Clothes and communication.
2. Psychological importance of clothing.
3. Principles of art such as harmony, balance, proportion, rhythm and emphasis in relation to clothing.
4. A study of the elements of art such as colour, line, form, texture in relation to clothing.
5. Selection of clothing for various age groups such as:
   a) Infants
   b) Toddlers
   c) Adolescents
   d) Adults
   e) Elderly
6. Selection care and storage of:
   a) Cotton
   b) Woollen fabrics
   c) Silks

Textiles (Theory)

Paper B
Time: 4 periods/week

Section—A

M. marks: 24

1. a) Classification of textile fibres
   b) Primary and secondary properties of fibres in brief
2. Manufacture and properties of (in brief)
   a) cellulose fibres—cotton, linen
b) protein fibres—silk, wool
  c) human made fibres—nylon, polyester
  d) regenerated fibres—viscose rayon, acetate rayon

Section—B

3. Different types of yarns in brief:
   a) simple
   b) novelty
   c) bulk

4. Fabric construction:
   1) simple weave—basket weave, rib weave, twill weave, satin, sateen
   2) Knitting
   3) Knotting
   4) Felting
   5) Bonding

Section—C

5. Bleaches: oxidizing and reducing bleaches and their suitability to different fabrics

6. Finishes:
   a) importance of finishing fabrics
   b) sizing, singeing, calendering, sanforising, mercurisation, water proof, water repellent, flame proof and flame repellant, crease resistance

Section—D

7. Dyeing—simple dyeing of cotton
   resist dyeing—tie & dye, batik

8. Printing:
   a) block printing
   b) screen printing
   c) roller printing

9. Qualities of a good soap and detergents

10. Action and use of starches, blues and optical whiteners in laundry.

Note: The student will attempt one question from each section A, B, C, D. The fifth question will be compulsory which will be a short answer type covering the entire syllabus.
Textile and Apparel Design Practical

Time: 4 periods/week

M. marks: 35

Internal assessment: 5

1. a) Study of machine parts
   b) Sewing irregularities and remedies
   c) Care and upkeep of machine
2. Taking body measurements
3. Preparation of samples of:
   a) Tacking, running stitch, hemming, back stitch, button hole
   b) Seams--flat seam, run and fell seam, mantua maker, plain seam, french seam
   c) Processes—continuous placket, two piece placket openings, pleats, gathers, tucks
   d) Fasteners—buttons, hooks, eyes
4. Make a Sampler of 10 embroidery stitches
5. Drafting of:
   a) Child's bodice block—Adaptation to an A-line dress
   b) Sleeve—plain, puff, cap sleeve
   c) Collars—Baby collar, Peter Pan, cape collar
   d) Jangia—adaptation to a bloomer
   e) Adult's bodice block
   f) Adult's sleeve block
   g) Sari Petticoat
6. Construction of:
   a) Bloomer
   b) Gathered frock
   c) Sari Petticoat
   d) Sari blouse
   e) Salwar Kameez
7. Knitting - following knitting instructions and preparation of samples on basic knitting and simple designs
8. Tie and Dye—Preparation of a household article or samples using at least 4 different techniques of tie and dye
9. Fabric painting
10. Block printing or stencil painting—preparation of samples

List of Books

Clothing

1. Clothing for Modern's by Mabel B. Erwin.

Textiles

5. Household Textiles and Laundry work by Durga Devkar.
## Scheme of Examination BA III Home Science

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<th>Time in hours</th>
<th>Marks for papers</th>
<th>Marks of Internal assessment</th>
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<th>Time in hours</th>
<th>Marks for papers</th>
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<td>1</td>
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<td>24</td>
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**BA Part III Home Science**

**FOOD AND NUTRITION**

**Paper A**

**M. marks: 24**

**Internal assessment for theory: 12**

**Time: 4 periods/week**

I. a) Importance and functions of food  
   b) Classification of foods according to  
      (i) Nutritional point of view  
      (ii) Five food group plan

II. Food nutrients, functions, recommended allowances, food sources, deficiency and excess of the following nutrients  
   a) Carbohydrates, fats and protein  
   b) Vitamins – A, D, B1, B2, Niacin and Vitamin C.  
   c) Minerals – Calcium, Phosphorus, Iron, Iodine and Fluorine  
   d) Functions of water and role of sodium and potassium in maintaining water balance.

III. Energy requirement of the body  
   a) Basal metabolism and factor affecting it.  
   b) Activity-sedentary, moderate and heavy  
   c) Specific dynamic effect of food

IV. a) Concept of balanced diet  
   b) Meal planning and factors affecting meal planning  
   c) Principles of meal planning

V. a) Diet therapy and its principles
b) Modification of normal diet into therapeutic diet given during various conditions with special reference to soft, bland and liquid diets.

VI. Causes, symptoms and dietetic management in the following conditions
   a) Fever
   b) Digestive disorders- diarrhoea, dysentery, constipation and peptic ulcer
   c) Diabetes mellitus
   d) High Blood Pressure
   e) Liver disease- Infective hepatitis

VII. a) Importance and scope of nutritional education
    b) Importance of local diets with supplementation and substitution.

Note: The student has to attempt five questions in all. First question (of 10 marks) will be compulsory which will have objective type questions from the entire syllabus.

Human Development and Child Care

Paper B
Time: 4 periods/week

M.marks: 24

Human Development (Part A)

I. a) Definition, importance and objective of human development
   b) Difference between growth and development
   c) Cephalocaudal and proximodistal principles of development

II. a) Physical and motor development of a child and factors affecting the same.
    b) Patterns of physical and motor development.

III. Cognitive development
    a) Intelligence
    b) Gifted children

Part B

IV. Emotional development
    a) Common childhood emotions: Love, Fear, Anger
    b) Factors affecting emotional development

V. Social development:
   a) Role of family and school in socialization of a child
   b) Importance of play in socialization of a child.

VI. Language development:
a) Stages of language development
b) Factors affecting language development
c) Speech disorders: lisping, stuttering, stammering

Child Care (Part C)

VII. Prenatal development and factors affecting it.

VIII. a) Feeding of the infant:
   i) Breast feeding
   ii) Bottle feeding

b) Weaning: Different kinds of important weaning foods for infants.

IX. Immunization schedule

X. Common behavioral problems:
   a) Nail biting
   b) Bed wetting
   c) Thumb sucking
   d) Temper tantrums.

Note: The student has to answer five questions in all. Two questions from Part A, one from Part B and two from Part C are compulsory.

Practical

Time: 6 periods/week

M.marks: 35
Internal Assessment: 5
Total: 40

I. Preparation of minimum of five dishes through various methods of cooking by choosing from different food groups:
   a) Boiling
   b) Steaming
   c) Frying- Deep and Shallow
   d) Roasting
   e) Microwave
   f) Baking

II. Planning, preparation and calculation of calories, proteins, carbohydrates, fats, fibre and iron of the following diets:
   a) Pre-school child and school going child
   b) Adolescence
c) Adult (man and woman)
d) Old age
e) Pregnancy and lactation
f) Various disease conditions

III. Hot and cold beverages (at least 3 each)

IV. Preparation of minimum of three dishes of the following:
a) Breakfast dishes
b) Soups
c) Salads with salad dressings
d) Desserts

VI. Food Preservation:
a) Pickles
b) Chutney
b) Squashes
d) Preserves
e) Jams

List of books

Food & Nutrition

4. Health and nutritional status in India by Dr. (Mrs.) G. Kamalamma. APH Publishing Corporation, New Delhi.

Human Development & Child Care

5. You and your child by Shanti Ghosh. Voluntary Health Association of India.