

New syllabus

No.6-38/2005(FSS)HPU(Acd)-
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 Himotkash 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./II/III, HPU, Shimla-5.

Supdt./so/secy

128
18-07-08

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,

M. B. Singh

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

Enc: As Above

Scheme of Examination B.A. I Home Science

| Subject | No. of papers | Time in hours | Theory Marks for papers | Marks for Internal assessment | No. of papers | Time in hours | Practical Marks for papers | Internal Assessment | Total |
|--|---------------|---------------|-------------------------|-------------------------------|---------------|---------------|----------------------------|---------------------|-------|
| Family Resource Management and Interior Decoration | 1 | 3 | 28 | 14 | 1 | 3 | 25 | 5 | 72 |
| Hygiene & Physiology | 1 | 3 | 28 | | -- | -- | -- | -- | 28 |
| Total | | | | | | | | | 100 |

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

1. Principles of planning in home--aspect, prospect, privacy, roominess, grouping, flexibility, circulation, locality, landscaping, sanitation, practical considerations.
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—diphtheria, 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

1. Management in Family Living by Paulena Nickell & Jean Muir Dorsey, 4th edition. John Wiley & Sons, Inc.

2. Home Management for Indian Families by Mohinder K. Mann, Balroop Mann. Kalyani Publishers, Ludhiana.
3. Better Homes by M.A. Needham, A.G. Strong. Oxford University Press.
4. Management of Modern Families by Gross, Crandall & Knoll, 3rd edition. Prentice Hall, Inc.
5. Build your own homes by R.S. Deshpande. United Book Corporation, Pune.
6. A Textbook of Home management, Hygiene & Physiology by Sushma Gupta, Neeru Garg, Amita Aggarwal. Kalyani Publishers, New Delhi.
7. Flower Arrangement of India by Pushpa Bharti.
8. Practical Flower Arrangement by Jean Taylor. Hamlyn, London.
9. Reader's Digest Household Manual. Reader's Digest Association Ltd., Inc.

Hygiene & Physiology

1. Social & Preventive Medicine by Yashpal Bedi. Anand Publishing Company, Amritsar.
2. Today's Health Guide by American Medical Association.
3. Health Science for Tropics by A. Godman. Longman Publishers.
4. Reader's Digest Family Health Guide. Reader's Digest Association Ltd., Inc.
5. Anatomy & Physiology for Nurses by Evelyn Pearce. Jaypee Brothers, New Delhi.
6. Sear's Anatomy & Physiology for Nurses by R.S. Winwood, J.L. Smith, 6th edition. English Book Language Society, London.
7. Elementary Physiology by Bhatia & Suri. Orient Longman, Mumbai.
8. Human Physiology by C.C. Chatterjee, Volume I & II. Medical Allied Agency, Kolkata.
9. Your Guide to Health by Anderson. Oriental Watchman Publishing House, Pune.

Textiles (Theory)

Scheme of Examination BA II Home Science

| | | Theory | | | | | Practical | | |
|----------|---------------|---------------|------------------|------------------------------|---------------|---------------|------------------|---------------------|-------|
| Subject | No. of papers | Time in hours | Marks for papers | Marks of internal assessment | No. of papers | Time in hours | Marks for papers | Internal Assessment | Total |
| Clothing | 1 | 3 | 24 | 12 | 1 | 3 | 35 | 5 | 76 |
| Textiles | 1 | 3 | 24 | | -- | -- | -- | -- | 24 |
| Total | | | | | | | | | 100 |

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

M.marks: 24

Section—A

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, calendaring, sanforising, mercurisation, water proof, water repellent, flame proof and flame repellent, 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.
2. Basic Processes and Clothing Construction by Sherie Doongaji, Raushini Deshpande. Raj Prakashan, New Delhi.
3. Clothing –A study in human behaviour by Marie Shaw Ryan.

4. Visual Design in Dress by Marian L. Davis. Prentice Hall, Inc.
5. Complete Guide to Sewing. Reader's Digest Association, Inc.
6. Elements of Fashion & Apparel Design by Sumathi, G.J. New Age International Publishers.

Textiles

1. Fundamentals of Textiles and their care by Susheela Dhantyagi. Orient Longman Pvt. Ltd.
 2. Essentials of Textiles by Marjory L. Joseph. Holt Rinehart & Winston Publishers.
 3. Textiles-Fibre to Fabric by Bernard Corbman. McGraw Hill International Publishers.
 4. Textiles by Norma Hollen, Jane Saddler. MacMillan Company.
 5. Household Textiles and Laundry work by Durga Devekar.
 6. Textiles and Laundry. Editors: S.R Sharma, Vijay Kaushik. Anmol Publications.
 7. Textile Science by J.T. Marsh. B.I Publications.
 8. Textile Science by E.P.G Gohl, L.D. Vilensky. Longman Cheshire.
 9. Complete Guide to Needlework. Reader's Digest Association, Inc.
 10. Fabrics by Ann Ladbury. Sidgwick & Jackson.
 11. Textbook of Clothing & Textiles by Sushma Gupta, Neeru Garg, Renu Saini. Kalyani Publishers, Ludhiana.
-

Scheme of Examination BA III Home Science

| | | | Theory | | | | Practical | | |
|----------------------------------|--------------|---------------|------------------|------------------------------|--------------|---------------|------------------|---------------------|-------|
| Subject | No of papers | Time in hours | Marks for papers | Marks of Internal assessment | No of papers | Time in hours | Marks for papers | Internal Assessment | Total |
| Food and Nutrition | 1 | 3 | 24 | 12 | 1 | 3 | 35 | 5 | 76 |
| Human Development and Child Care | 1 | 3 | 24 | | -- | -- | -- | | 24 |
| Total | | | | | | | | | 100 |

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

M.marks: 24

Time: 4 periods/week

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) Chutneys
 - c) Squashes
 - d) Preserves
 - e) Jams

List of books

Food & Nutrition

1. Fundamentals of Foods & Nutrition by Sumati R. Mudambi & M. Rajagopal, 3rd edition, Wiley Eastern Ltd., New Delhi.
2. Food for Health by A.P. Dewan, 1st edition. A.C. Specialist Publishers Pvt. Ltd., New Delhi.
3. Nutrition & Dietetics by Shubhangini A. Joshi, 5th Reprint. Tata McGraw Hill Publishing Company Ltd., New Delhi.
4. Health and nutritional status in India by Dr. (Mrs.) G. Kamalamma. APH Publishing Corporation, New Delhi.
5. Dietetics by B. Srilakshmi, 4th edition. New Age International Pvt. Ltd. Publishers, New Delhi.
6. Nutritional status of children by Anuradha Goyle. University Book House Pvt. Ltd., Jaipur.
7. Clinical Dietetics & Nutrition by F.P. Antia. Oxford Medical Publications.
8. Principles of Nutrition by Eva Wilson, Katherine H. Fischer, Mary E. Fuqua. Wiley Eastern Pvt. Ltd., New Delhi.
9. Diet Planning through the life cycle in Health and Disease-A Practical Manual by Veenu Seth & Kalyani Singh. Blaze Publishers & Distributors, New Delhi.
10. The wonderful world of Indian Cookery by Rohini Singh. UBSPD Publishers & Distributors Ltd., New Delhi.
11. The Family Cookbook by Marguerite Patten. Spring Books.

12. Eat better, Live Better-Reader's Digest Guide to Nutrition & Good Health. Reader's Digest Association, Inc.
13. Basic Food Preparation-A complete manual by Deptt. of Foods & Nutrition, Lady Irwin College, New Delhi, 3rd edition, reprinted, Orient & Longman Pvt. Ltd.

Human Development & Child Care

1. Child Development by Elizabeth B. Hurlock. McGraw Hill Kogakusha Ltd.
2. Modern Child Psychology by Tara Chand. Anmol Publishers, New Delhi.
3. Child Development-The Emerging Self by Don. C. Dinkmeyer. Prentice Hall of India Pvt. Ltd.
4. Textbook of Foods & Nutrition, Childcare & Child Psychology by Sushma Gupta, Neeru Garg, Amita Aggarwal. 4th revised & enlarged edition. Kalyani Publishers, New Delhi.
5. You and your child by Shanti Ghosh. Voluntary Health Association of India.
6. Feeding your baby and child by Benjamin Spock & Miriam E. Lowenberg. Pocket Book Publishers.
7. The Reader's Digest Mother & Child Care book. Reader's Digest Association, Inc.
8. Child Psychology and Child Guidance edited by S.V. Kale. Himalaya Publishing House.

A. K. Kalia

Principal
St. Bede's College
Shimla - 2

*Adrian
Waltham
Aparajita
Lupa Singh*