

# **COURSE OUTCOME OF B.A HOME SCIENCE**

## **B.A. Ist Semester (Home Science)**

### **Home Management (Theory)**

#### Unit-I

1. Concept of Home Science, definition, meaning and scope of Home Science.
2. Housing-functions of Home, selection of site for an ideal house-soil, locality and orientation.
3. Kitchen garden-meaning and utility of kitchen garden, planning & raising of kitchen garden, types of manure.

#### Unit-II

1. Elements of art-line, texture, form , texture size, shape & colour. Characteristics of colour and colour schemes.
2. Principles of art-harmony, balance, proportion, rhythm, emphasis, in relation to interior decoration and flower arrangement.

#### Unit-III

1. Consumer protection-buying problems of consumer, consumer protection act-rights and duties of consumer.
2. Meaning of Home Management, process of Home Management-planning, controlling and evaluation.
3. Classification of human and material resources, similarities of different resources.

#### Unit-IV

1. Management of family resources-money management, meaning, types of income, process of money management, budgeting, keeping of records, evaluation.
2. Time management, process of time management, time plans, peak loads, rest periods.
3. Energy management, process of energy management, fatigues and its types, work

simplification-Meaning and Methods.

Practical- I (Home Science)

1. Cleaning & Polishing of Household metals :-Brass, Copper, Silver & Aluminum
2. Floor Decoration :- Rangoli, Alpana
3. Table Setting & Table Manners. 4. Preparation of Monthly Budget for various income groups.
5. Care and Cleaning of Household Equipments-Mixer and Grinder, Microwave Oven, Washing Machine and Refrigerator.

**B.A. -- IIInd Semester (Home Science)**

Hygiene and Applied Science (Theory)

Unit-I

1. Meaning and Objective of Health Education, Health Hazards of Modern Age-Air, Water, Soil, Noise Pollution.
2. Definition of health and hygiene, factors relating to health -- food habits, exercise, rest and sleep and cleanliness of body.
3. Water-importance of water, impurities of water, types of water, sources of contamination and purification of water (natural and domestic methods.).

Unit-II

1. Definition of infection, infective agents, infectious diseases, communicable diseases, incubation period, modes and channels of transmission of infection, isolation.
2. Disinfectants-Definition, types and methods of disinfection.
3. Immunity -Definition and types of immunity, immunization schedule.

Unit-III

1. Diseases spread by insects : Malaria.
2. Disease spread by ingestion : Enteric Fever, Dysentery, Cholera.
3. Diseases spread by droplet infections; Measles, Mumps, Diptheria, Tuberculosis.
4. Diseases spread by contact : Leprosy, Tetanus.

#### Unit-IV

1. Transmission of heat-Elementary ideas about transmission of heat & their application in daily life, clothes, utensils, fire place, thermos flasks.
2. Thermometers and J scales of measurement, simple conversions- centigrade to fahrenheit.
3. Evaporation-factors affecting evaporation, refrigeration.

#### References :

1. Ritu Kapur : A Text of Home Sciences Vijay, Ludhiana.
2. Saweera Ralhen: Home Management & Hygiene, S. Dinesh, New Delhi
3. Santosh Sharma Tikoo: Resources Management -- Interior decoration & hygiene.
4. P. Nickell: Management in Family living, Wiley Eastern, New Delhi.
5. B.K. Bakshi: Home Management & Decoration, Sahitay Prakashan, Agra.
6. Yash Pal Bedi; Social and Preventive medicine, Atma Ram & Sons, Delhi.

#### PRACTICAL- II (Home Science)

1. Pottery , painting & decoration ( At least one pot each)
2. Repair of fuse & plug.
3. Flower aqrrangement –Fresh / Dry
4. Preparation of any two charts in relation to personal hygiene.
5. Preparation of any one article for interior decoration: Soft Toys, Paper Machine, Glass Painting, Fabric Painting, Tie and Dye, etc.

#### **B.A.-- IIIrd Semester (Home Science)**

#### CLOTHING AND TEXTILES (Theory)

##### Unit-I

Definition and classification of Fibers.

Properties and uses of Different Fibers: Cotton, Silk, Wool and Nylon

##### Unit-II

Brief introduction of weaving, basic weaves - plain, twit and satin.

Finishing processes in fabrics

(a) Meaning and Objective of finishes

(b) Different types of Finishes: Calendaring, Sizing, Mercerizing, Crease Resistant.

(c) Dyeing-simple dyeing and resist dyeing, dyeing at various stages.

(d) Types of printing

Unit-III

Selection of fabrics according to age, season, budget, occupation, figure, fashion and occasion.

Traditional embroideries of India (Phulkari, Kantha, Kashida and Chikankari)

Traditional textiles of India : ---

(a) Traditional sarees of India (i, Baluchari, Banarsi, Chanderi, Patola and Bandhani)

(b) Other textiles- (Dhaka, Mulmul, Brocade.)

Unit-IV

Supplies necessary for Laundry: --

(a) Soaps and Detergents-composition and manufacturing, difference between soaps and detergent

(b) Types and uses of Starches, blues and bleaches.

(c) Different methods of Laundry

(d) Reagents used in Laundry: Acids, Alkalis, Solvents and Absorbents.

(e) Stain removal-classification of stains, methods of removing different types of stains.

References :

1. Saweera Ralhen, A book of Clothing Textiles and Physiology

2. S. Dinesh, New Delhi.

PRACTICAL- III (Home Science)

1. Preparation of samples: ---

(a) Basic stitches-tacking, running stitch, back stitch, hemming, button hole stitch

(b) Seams-Plain seam, French seam, counter seam, lapped seam

(c) Processes-Gathers into a band --- Pleats (Knife and Box), Darts (Simple and Fish Dart), Placket Opening (Continuous and Two pieces), Tucks (Pin and Cross)

2. Embroidery-one article of fancy embroidery using at least four stitches.

OR

Six fancy embroidered handkerchiefs with different stitches

3. Knitting: ---(a) Following of knitting instructions

(b) Preparation of two samples of different designs (Minimum size 4"x 4")

4. Tie and dye

5. Block Printing.

**B.A. –IVth Semester (Home Science)**

**HUMAN PHYSIOLOGY (Theory)**

Unit-I

Animal cell-structure and functions of cell organelles. Skeletal System: Functions, Types of bones, Names of bones and types of joints. Unit-II

Digestive System; Parts of Alimentary Canal-Mouth, Pharynx, Oesophagus,

Stomach, Small Intestine, and Large Intestine. Digestion and Absorption of food

Excretory System: Structure and functions of Kidney, Skin and Lungs

Unit-III

Circulatory System : --

(a) Composition and Functions of Blood

(b) Heart: Structure and Working

(c) Coagulation of blood

(d) Blood Pressure

(e) Normal levels of hemoglobin, cholesterol, urea, uric acid and glucose in blood

Unit-IV

Reproductive System: ---

(a) Female reproductive system

(b) Sex Glands (Male and Female)

(c) Menstruation

(d) Fertilization

(e) Pregnancy

(f) Lactation

Endocrine System: --- Functions of different glands-Pituitary, Thyroid, Parathyroid,

Adrenal Gland, islets of Langerhans in Pancreas.

References : -- Sweera Ralhan, A book of Clothing, Textiles and physiology, S. Dinesh, New Delhi

PRACTICAL-IV (Home Science)

1. Different parts of sewing machine, its care, defects and remedies

2. Taking body measurement

3. Drafting of the following:

(i) Child's bodice block and its adaptation to a gathered frock.

(ii) Adult's bodice block and its adaptation to their choice garment

4. Drafting and stitching of the following garments:

(i) Gathered frock (three to eight years old)

(ii) Petticoat

**B.A. -- Vth Semester (Home Science)**

Food & Nutrition (Theory)

Unit-I

Food-classification & functions of food groups

Essential food constituents: --- Carbohydrates, Protein, Fats, Water, source: functions, recommended daily allowances,

effect of deficiency and excess of these food constituents

Vitamins-A, D, C, B1, B2, Niacin

Minerals - Calcium, Phosphorus & Iodine.

Food source, functions, recommended daily allowances, effects of deficiency & excess of the above.

Unit-II

Importance and methods of cooking. Effect of cooking on different nutrients.

Methods of cooking, their advantages and disadvantages:

Moist heat-Boiling, Stewing, steaming.

Dry heat-Roasting, grilling, baking.

Frying-Shallow and deep

Microwave cooking in brief

Unit-III

Methods of enhancing nutritive value of food stuffs: ---

(a) Importance of enhancing nutritive value of food stuffs.

(b) Methods of enhancing nutritive value of food stuff, sprouting, fermentation, combination, and supplementation.

Food Preservation: ----

(a) Importance of food preservation.

(b) Causes of food spoilage in brief

(c) Methods of food preservation with special emphasis on house hold methods.

Unit-IV

Meal Planning: --

(a) Concept of Balanced diet.

(b) Principles of Meal Planning , factors affecting it.

(c) Planning meals for : Children-school going child, Adolescents, Adults, Pregnant women and lactating mother.

PRACTICAL – V (Home Science)

1. Preparation of various dishes (at least 2 each) under following heads using different methods of cooking : ----

(a) Beverages,(b) Soups,(c) Desserts,(d) Snacks,(e)Salads,(f) Breakfast dishes, (g) Main meal dishes

**B.A. --- VIth Semester (Home Science)**

Child Psychology and Mother craft (Theory)

Unit-I

1. Definition, aims, subjects, matter, objective of studying child psychology.

Learning: ---

(a) What is learning, importance of learning.

(b) Methods of learning.

(c) Factors affecting learning.

(d) Role of reward and punishment in learning.

Unit-II

Personality development: -- Nature of personality, Definitions, Types of personality factors affecting the development of personality,

Play: -- Definition, features of play, Difference between work and play, Types of play, importance of play in childhood.

Stages of the development of the child, characteristics and problems of Adolescence, role of parents and teachers in solving their problems.

Unit-III



The Expectant mother: --

- (a) Signs of pregnancy
- (b) Discomforts of pregnancy
- (c) Ill --effects of an early marriage

Unit-IV

(a) Breast feeding, (b) artificial feeding (c) Weaving

Common ailments of childhood: ---

(a) Cold, cough, fever. (b) Digestive disturbances-Diarrhoea, Constipation and Vomiting. (c) Skin infections.

PRACTICAL-VI (Home Science)

1. Planning and preparation of meals for: -- -

- (a) Pre-school going child and school going child.
- (b) Adolescents-Boys and Girls
- (c) Adult
- (d) Pregnant and lactating mother.

2. Food Preservation-Pickle, Chutney, Jam, Squash, Morrabba (at least two each:)