

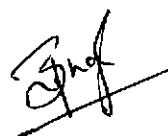
# ALLAHABAD STATE UNIVERSITY

ALLAHABAD, U.P.

Date:

The meeting of Board of study was held at 11.00 a.m. on 30.5.2017 in the premises of Allahabad State University to draft the syllabi of B.A Home Science and M. A. Home Science (Semester system) and the draft of final syllabi of B A Home Science and M. A. Home Science are ready for further action. The following members were present in the meeting.

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|---|----------|
| (1) Prof Archana Chakravarti<br>Head, Department of Home Science<br>M M V Banaras Hindu University,<br>Varanasi | Member   |
| (2) Prof Indira Bishnoi<br>Department of Home Science<br>M M.V Banaras Hindu University,<br>Varanasi            | Member   |
| (3) Dr Parvati Singh<br>Head, Department of Home Science<br>M S S Degree College, Allahabad                     | Convener |

  
(Dr Parvati Singh)

Head,  
Department of Home Science  
M S.S.Degree College, Allahabad

## **B.A. Home Science**

### **Details of U.G. courses**

#### **B.A.-I**

	Title	Total Marks
Paper-I	Introduction to food and Human Physiology	50
Paper-II	Family and resource management	50
Paper-III	Human development	50
Paper-IV	Practical	50
<b>Total</b>		<b>200</b>

#### **B.A.-II**

	Title	Total Marks
Paper-I	Human Nutrition	50
Paper-II	Home science Extension education and communication	50
Paper-III	Introduction to clothing textile	50
Paper-IV	Practical	50
<b>Total</b>		<b>200</b>

#### **B.A.-III**

	Title	Total Marks
Paper-I	Diet Therapy	50
Paper-II	Advance human development	50
Paper-III	Clothing construction of embroidery	50
Paper-IV	Home science extension education and rural development	50
Paper-V	Practical	100
<b>Total</b>		<b>300</b>

# Home Science

## B.A. Part- I

### Paper-I: Introduction to Food, Nutrition and Food Microbiology

**Food History:** Composition and function of food, classification, food hygiene, and quantity of foods, food groups. Energy foods, body-building foods, protective foods, sanitation and cleanliness. Principles and objects of cooking. Methods of preparation prior to cooking. Comparative study of various methods of cooking. Effect of cooking on nutritive value, colour, appearance and palatability, serving of food.

**Food Microbiology:** Brief history of food microbiology and introduction to important microorganisms in foods. Food spoilage; Contamination in microorganisms in the spoilage of different kinds of foods and their prevention. Fundamentals of control of microorganisms in foods ; extrinsic and intrinsic parameters affecting growth and survival of microbes, use of high and low temperature, dehydration, freezing, freeze drying, irradiation and preservatives in food preservation.

**Physiology:** Cell structure, components and their function

**Cardiovascular system:** Blood and its composition, Blood vessels, Blood groups, Structure and function of Heart

**Gastrointestinal system:** Structure, function and process of digestion and absorption.

**Reproductive system:** Structure and function of sex glands and organs including hormones, menstrual cycle.

**Respiratory system:** Structure of lungs, mechanism of respiration and its regulation

**Excretory system:** Structure and function of kidney and skin.

**Nervous system:** Brief study of nervous system.

#### Books and References

1. Tauro P., Kapoor K.K., Yadav K.S., 1996, An Introduction to Microbiology, Wile Eastern Limited.
2. Wilson E.D., Fisher K.H. and Gaercia P.A., Principles of Nutrition, John Wiley & Sons, New York, 1980.
3. M. Swaminathan- Essential of Food & Nutrition
4. M. Swaminathan- Advanced Text book on Foods & Nutrition- Volume-I & II
5. Kanti Pandey and Pramila Verma- Sharir Kriya Vigyan
6. C.C. Chatterjee- Human Physiology

## **Paper-II: Family Resource Management**

**Management as a discipline and science:** Interdisciplinary nature of management; relevance to family resource management; Meaning, nature and scope. Management abilities, Principles of controlling and evaluation. Motivation for management; Values, goals and standards. Decision making; meaning, types of decision.

**Resources:** Types of resources. Classification in characteristics of Resources; national and global, human, material, economic and non-economic. Time and energy management, Time as a resource, planning and using time resources effectively. Energy as resource; Factors affecting energy consumption, work simplification.

**Financial Management:** Money as a resource in economic welfare; Planning family life stages and use of money, budget; Types, steps, advantages and disadvantages, income; productive income, money income, hidden income, saving and types of saving and investment.

**Concept of Ergonomics:** Scope of ergonomics in home and other occupations; Nature of work on household and other occupations; Interdisciplinary and applied nature of ergonomics as a field of study.

**Introduction to Foundation of art:** Elements of design

**Designs:** Definition and types of structural and decorative, principle of design. Study of colours; Classification dimensions, colour schemes and effect.

### **Books and References**

1. Bakshi B.K. – Grah Prabandh
2. Gross I.H. & Crendall E.W. Knoll M.M.- Management for Modern families, Prentice Hall Inc., New Jersey 1980.
3. Patani Manju – Grah Prabandh
4. Dacon R.E. and Firabaugh F.M. - Family Resource Management Principle & Application, Allyn & Bacon Ins. London 1988

## **Paper-III: Human Development**

**Concept of human development:** Meaning and importance of human development, principals of development, meaning of terms “Growth” and “Development”. Stages of human development, biological and environmental and other influences on development and related issues.

**Infancy and Babyhood:** The neonate up to 4 weeks to 2 years. Physical and motor; Social and emotional, cognitive and language development, sensory and perceptual development. Factors influencing development, early environment and its importance, effect of environmental derivation.

**Childhood (2-12 years):** Physical, motor , social , emotional , cognitive and language development. Problems of preschool period; obstinacy, negativism, aggression, shyness, thumb- sucking, nail biting, enuresis, temper tantrums, sibling rivalry, eating disorders. Peer group; Importance, types and functions, function of school, family and community in growth of children.

**Adolescence (13-18 years):** Physical development, development of identity; Definition, body image, role confusion and ego identify, Social development; Peer and heterosexual relationship, relationship of adolescence with family and teachers, Social interests, vocational interests; Choosing a career, factors affecting career choice, vocational guidance and counselling.

**Old age and Ageing:** Physical, psychological, cognitive and memory changes. Special needs of elderly individuals, retirement, effect of retirement on self, family, work society.

### **Books and References**

1. Agarwal Neeta - Matru Kala Avam Shishu Palan
2. Rice F.P. - Human Development: A Life Span Approach, N.L. Prentice Hall-1965.
3. Shrivastava D.N. & Verma Preeti - Bal Manovigyan Avam BalVikas
4. Lal J.N., Shrivastava Anita – Adhunik Vikasatmak Manovigyan, Vinod Pustak Mandir Agra
5. Papalia D.E. (1997)-Human Development, Tata McGraw Hills Publication.

## **Paper IV: Practical**

1. Drawing and labelling diagrams of Human Physiology
2. Preparation of Colour Wheel
3. Gift wrapping and preparing useful decorative articles- pot decoration, wall hanging, flower basket or any other.
4. Sessional work
5. Viva-voice

# B.A. Part- II

## Paper-I: Human Nutrition

**Concept of Nutrition:** Relation of nutrition to health, optimum nutrition, adequate nutrition, malnutrition. Composition of human body, structure and functions of digestive organs. Minimal nutritional requirements and RDA, dietary guideline- Reference man and woman.

**Carbohydrates:** Definition, classification, structure and properties, digestion and absorption, blood glucose and effect of different carbohydrate on blood glucose, Glycemic index, significance of dietary fibre. **Proteins-** Definition, classification, structure and properties of: amino acids- Essential and Non-essential. **Proteins:** Digestion and absorption.

**Vitamins:** Physiological role, requirements, sources, deficiency and excess (fat soluble and water soluble). **Minerals and Trace Elements-** Physiological role and requirements, sources, deficiency and excess (Calcium, Phosphorus, Magnesium, Iron, Fluoride, Iodine). **Water;** Functions and requirements. **Hormones;** Biological role of hormones of Pituitary, Adrenal cortex and Thyroid, Pancreas.

**Community Nutrition:** Public Health Nutrition, Goals of Nutrition, Food habits. Introduction to National Nutrition Programs and policies; Integrated Child Development Services (ICDS), National Rural Development Program (NRDP). Role of International agencies and programs in community nutrition; Food and Agriculture Organisation (FAO), World Health Organisation (WHO), United Nations Children's Fund (UNICEF) and other voluntary and government agencies. Nutritional anthropometry. Diet survey methods at national, institutional, family and individual level.

### Books and References

1. Bamji, Rao and Reddy - Text Book of Human Nutrition.
2. Davidson and Passmore- Human Nutrition & Dietetics.
3. M. Swaminathan - Essential of Food Nutrition
4. Jelliffe DE, Jelliffe EFP (1998)- Community nutrition assessment Oxford University Press
5. Bakshi BK- Pathyapathya Avam Upracharath Poshan

## **Paper-II: Home science Extension Education and Communication**

**Extension Education:** Concept , meaning, philosophy, aims and objectives of extension education. Relationship with other social science subjects. History of extension activities in India (present and past). Extension teaching method, Difference between formal and extension education, Steps in extension teaching.

**Classification of extension teaching methods according to different criteria:** according to use, form and nature, functions. Types of demonstration, Group discussion, campaign, Teaching through village leaders, Criteria for selection of extension teaching methods, factors affecting extension teaching methods, extension teaching aids, Circular letters , Leaflet , Pamphlet and Bulletin, newspaper, blackboard, photograph , posters and charts, Flashcard, Flannel graph, exhibition and *melas*, educational tour, talk(symposiums, seminars, workshop, panel, forum, debate and elocution, competition) Specimen model and exhibits(3 dimensional aids), radio and television program, LCD projector.

**Communication:** Concept of communication- meaning, functions, problems and barriers, Elements of Communication process, Communication media-Meaning, classification, Advantages and limitations, Importance of communication in extension work, Communication models, Functions of communication, communication channels, communicator, Feedback in communication and role of feedback in extension education, Communication and extension approaches; Individual, Group and Mass Approach

**Home Science extension:** Concept, meaning of Home Science extension, History of Home Science extension education in India, Role of Home Science in rural development.

### **Books and References**

1. Daham O.P. & Bhatnagar O.P. – Education & Communication for Development, Oxford Pub. Company, New Delhi.
2. Harpalani – Prasar Shiksha.
3. Kuppuswami B. – Communication & Social Development in India, Media Promoters & Publishes Pvt. Ltd., Mumbai
4. Communication for development in the third world- Theory and Practices (1991) Sage Publication, New Delhi.

## **Paper-III: Introduction to clothing textiles**

**Introduction:** Concepts and classification of textile fibres; Natural fibres; Cotton, Flax, Silk, Wool, Mineral fibres (Structure, properties and formation), Man-made fibres; Rayon.

**Yarn:** Classification; simple, complex, fancy, spun, filament yarn.

**Weaving:** Introduction to weaving, Basic weaves, Non- Woven fabric construction; Felt and knitted fabric; Warp and Weft knitting.

**Fabric Finishes:** Process of removing impurities from fabric; Scouring, Carbonising. Basic finishes that alter texture; Felting, Singeing, Stiffening, Decatizing. Surface finishes; Bleaching, delustering, Calendering, beetling, Napping, flocking, burnt out design, tentering, shearing and brushing.

Functional finishes- water proofing, water repellent, shrinkage control, flame retardation, mildew proof, moth proof, anti-bacterial and anti-static.

**Dyes and Dyeing:** Classification of dyes and their applicability; Natural and synthetic dyes.

**Printing:** Hand printing methods; Block printing, stencil, screen, roller and spray printing.

**Stain Removal:** Classification of stains, principals of removal, types of stain removers.

### **Books and References**

1. Taylor A. – Technology of textile properties, forbes publications Ltd. London
2. Dhantyagi S. – Fundamentals of textiles and their care. Orient Longman Ltd. New Delhi
3. Goldstein and Goldstein – Art in Everyday life
4. VermaPramila – Vastra Vigyan Avam Paridhan

## **Paper IV: Practical**

1. Recipe file- Preparation of dishes rich in energy, protein , fat, fibre, Calcium, iron and vitamins.
2. Meal planning and calculation of nutritive value for different age groups
3. Sessional work
4. Viva-voice



# B.A. Part- III

## Paper –I: Diet Therapy

**Basic Concepts of diet therapy:** Therapeutic adaptations of normal diet, principals and classification of therapeutics diets. Assessments of patients needed. Routing hospital diets; Regular ,light ,soft,fluid, Energy modification and nutritional care for weight management,identifying the overweight and obese, etiological factors contributing to obesity.

**Concepts, causes, symptoms and dietary management :**

Fever

Obesity

Diabetes

Liver disease – jaundice and Hepatitis

Cardiac disease

Gastrointestinal disease -Diarrhea, Constipation , Ulcer

### Books and References

1. Anderson, L; Dibble, M.V., Turkki, P.R., Mitchall, H.S. and Rynbergin ,H.J.(1982):Nutrition in health and disease ,17<sup>th</sup> Ed., JB. Lippincot and Co. Philadelphia.
2. Robinson, C.H., Lawler, M.R., Chenoweth, W.L. and Garwich, A.E.(1986)Normal and therapeutic nutrition,17<sup>th</sup>Ed.,Macmillan publishing Co.
3. Williams, S.R. (1989): Nutrition and diet therapy ,6<sup>th</sup>Ed.Times Mirror/Mosby College publishing ,St. Louis.
4. Bakshi B.K -Pathyapathya Avum Upchararth Poshan

## **Paper –II: Advanced Human Development**

**Child with special needs :** Definitions, terminology , History of studying disability in India, different type of disabilities, their definition, classification, mental retardation, learning difficulty, communication in behavioral disorders.

**Family and child welfare :**Family in India – Concept, family composition and structure, changing pattern of family , causes and effects of family disharmony. Family and child welfare, services working and national and international level (WHO,UNICE,CARE). Types of violence (Child and women), marriage concept and adjustment.

**Legal aspects:** Laws regarding marriage (hindu , Muslim and special marriage act.) , Divorce, Dowry , breakup family .

**Population and family life education:** Population statics of India , Meaning , need , importance and objective of population education ,need in concept of family planning , child guidance and counselling; meaning nature scope and objective of child guidance, types of guidance and counselling , family support services for children: meaning nature and scope (crèches, day care centers ,Kishore sadan ,observation home ,and juvenile jails .

**Supports services for women:** Mahilaashram, nariniketan , vidhwa ashram  
Old age home , day care for aged Supports services for family, family guidance centers .

### **Books and References**

1. Agrawal Neeta - ManavVikas
2. Berk Laurar (1996)- Child development, New Delhi Prentice Hall
3. Papalia D.E. (1997)-Human development, Tata Mc graw hill pub.co.
4. Lal JN, Shrivastava Anita- Adhunika Vikasatmak Manovigyan, Vinod Pustak Mandir, Agra

## **Paper III: Clothing Construction and Embroidery:**

**Traditional textiles and costumes of India:** Dyed and printed textiles of India; Kalamkari, patola, tie and dye, costumes of men and women.

**Sewing equipment's and other tools:** Required for drafting, cutting, stitching, sewing machine; part of machine, their use, care in remedy,

**Body measurement:** Method of taking body measurement for different garments. Drafting, folding, layout, making and cutting of pattern pieces, essentials of children's, clothing, importance of clothing, psychological effects of clothing on children.

**Traditional Embroidery :** Types and techniques, Traditional Embroidery of India, Kashida of Kashmir and Bihar, Kantha of Bengal, Kasuti of Karnataka, Embroidery of Kutch and Kathiavar, Phulkari of Punjab, Chikankari of Lucknow, Manipuri Embroidery, Chamba Rumal, Value addition of fabric (with respect to entrepreneurship)

### **Books and References**

1. Agarwal Rajni and Gupta Sanjula -Paridhan nirman avam fashion designing.
2. Patni Manju- Vastra Vigyan Avam Paridhan Vyavastha, Star Publication Agra.
3. Tumter G.L. – Cutting and Tailoring
4. Verma Pramila- Vastra Vigyan Avam Paridhan

## **Paper IV: Home Science Extension Education and Rural Development**

**Community development** : Meaning ,objective ,organization of community development , scope of community development programme, type of community development programmer; Integrative type , adaptive type, project type, various community development programmers, Govt. sponsored programmers for family development ; DWCRA , IRDP, NREP,RLEGP, TRYSEM etc.

**Various community development and rural development programmes:** Under five year plan. Leadership development, concept and definition leader and leadership, types of leaders, personality dynamics of leader, functions of a leader, factors determining effectiveness of leader, role of leader in group mobilization, gender and development, women as a partner in the development process in national planning, national efforts for development of women ; national policy on women, role of national commission for women.

**Rural sociology:** Concept, meaning of definition of rural sociology, nature and scope of rural sociology, rural sociology in India: Origin and development, importance of rural sociology in India, Functions and utility of rural sociology, Rural social system, Indian village (Meaning and concept), characteristics of rural society, Rural and Urban life and their problems. Rural development and programme, Integrated Rural development and programme.

### **Books and References**

1. Patnyak Rama,Rural Development in India, New Delhi, Vikas publishing House Pvt. Ltd.
2. Thingalaya N.K., Rural India – Real India ,Bombay, Himalaya publishing House
3. Daham O.P. and Bhatnagar O.P. –Education and communication for development oxford pub company , NewDelhi
4. Kuppuswami B. - Communication and social development in India. Media promoter and publishes Pvt Ltd.Mumbai

## **Paper V: Practical**

1. Preparation of different weaves sample.
2. Preparation of different sample by tie and dye, printing and batik (Any two tie and dye and printing also).
3. Drafting and Stitching – “A’ Line frock , Petticoat, Salwar and kurta,
4. Sessional work
5. Viva-voce