

DEPARTMENT OF HOME SCIENCE
DEEN DAYAL UPADHYAY GORAKHPUR UNIVERSITY
GORAKHPUR
SYLLABUS

B.A. Ist (PREVIOUS) YEAR

		MAX. MARKS	MIN. MARKS
PAPER I :	HOUSEHOLD ART AND MANAGEMENT	75	25
PAPER II :	NUTRITION, BIOCHEMISTRY AND BACTERIOLOGY	75	25
PRACTICAL :	HOUSEHOLD ART AND FOOD PREPARATION	50	17
TOTAL		200	67

Syllabus

B.A. Home Science

Part - I

PAPER I : HOUSEHOLD ART AND MANAGEMENT

Marks : 75

1. Concept and motivating factors of Home Management, Values, Goals and Standard.
2. Principles of Art and their application in home decoration.
3. Flower arrangement.
4. Principles of Design : Structural and Decorative.
5. Colour - Importance, its application in home decoration.
6. Arrangement of various rooms.
7. Planning a home according to family income and requirement.
8. Kitchen - various types of kitchen, equipping and furnishing a kitchen in regards of money, time and labour saving.
9. Household income and expenditure - real income family income, source of income.
10. Family budget, items of budget, items of budget planning for different income levels.
11. Need and method of Account keeping.
12. Household saving, reasons of saving -Bank, Post office, Co-operative, Credit societies, Life insurance, National Saving Certificate.

PAPER II : NUTRITION, BIOCHEMISTRY, BACTERIOLOGY

Marks : 75

NUTRITION :

1. Essential constituents of Food, Carbohydrate, Protein, Vitamins and minerals, their composition, sources, functions and requirements.
2. Good nutrition, Malnutrition, Under nutrition and Deficiency diseases.
3. Different Food groups and functions of food.
4. Balanced diet and factors affecting of Balanced diet.
5. Special diet for common diseases, fever, constipation, diarrhea and T.B.

6. Need & methods of cooking, effect of cooking on nutritive value, colour, appearance and palatability.
7. Need and methods of preparation, preservation and storage of different food stuffs.
8. Adulteration, common adulterants and Food acts and laws.

BIOCHEMISTRY :

9. Classification of food, elementary idea of their digestion and metabolism of food.
10. Elementary ideas about saliva, gastric juices, bile and enzymes.

BACTERIOLOGY :

11. Definition of bacteriology, Yeast and Mould their general functions in nature and in home.
12. Bacteriology o milk and Water

PRACTICAL (HOUSEHOLD ART AND FOOD PREPARATION) :

Marks : 50

1. Pot painting and Tie and dye dupatta and batik.
2. Flower arrangement.
3. Methods of Cooking
4. Meal Planning.
5. Packed lunch for children.
6. For adolescent
7. For a labour
8. For Diabetic and Heart Patient.
9. Food Preservation – Jam, Jelly, Squash and Murabba.
10. Arrangement of different rooms.
11. Lay out of Kitchen.

DEPARTMENT OF HOME SCIENCE
DEEN DAYAL UPADHYAY GORAKHPUR UNIVERSITY
GORAKHPUR
SYLLABUS
B.A. IInd YEAR

		MAX. MARKS	MIN. MARKS	
PAPER I	:	ELEMENTS OF SOCIOLOGY HOUSEHOLD ECONOMY AND TEXTILE	75	25
PAPER II	:	MOTHER CRAFT AND CHILD CARE	75	25
PRACTICAL	:	(ELEMENTS OF SOCIOLOGY, HOUSEHOLD ECONOMY AND TEXTILE)	50	17
TOTAL			200	67

Syllabus

B.A. Home Science

Part - II

PAPER I : ELEMENTS OF SOCIOLOGY, HOUSEHOLD ECONOMY AND TEXTILE

Marks : 75

1. Structure, function and aims of the house hold manifold privileges, abilities of family members, advantages of planned family living.
2. Role of a Good home maker.
3. Human wants and their relative agency.
(a). Necessities (b). Comfort (c). Luxuries
4. Standard of living, constituents of standard of living.
5. Management of time, money, energy and other resources of the family.
Method of work simplification, time and labour saving devices as, Pressure cooker, toaster and electric mixer and electric kettle.

Section B - Textile

1. Introduction to textile, classification of textile fibers.
2. Fabrics and their construction, Weaving types of weaves.
3. Special finishes - Mercerizing, Sanforizing Bleaching, Beaching, Beatling, Calendaring, Gaping, Glazing, Degumming, Delustring and Gease resisting.
4. Knitting and types of knitting.

PAPER II : MOTHER CRAFT AND CHILD CARE

Marks : 75

1. Mother craft, Physiological feature of women for mother hood and Psychological preparation.
2. Pregnancy, Prenatal care - Mother's health food, dress and other necessities.
3. Development of Embryo.
4. Preparation for the child birth and care of the new born.

5. Care of the Infant :-
 - (a). Teething
 - (b). Weaning
 - (c). Common ailments of Child
 - (d). Clothing
 - (e). Formation of Healthy Habits
6. Feeding of the child – Breast Feeding, Bottle Feeding and Other Food for Children up to 3 year of age.
7. Physical, Mental Emotional, Moral and Social Development of Child.
8. Factors influencing Personality of the child, problems of children behavior.
9. Problems of Infant and Its remedies.

PRACTICALS : (ELEMENTS OF SOCIOLOGY, HOUSEHOLD ECONOMY AND TEXTILE)

Marks : 50

1. Preparation of soap, Polishes and creams of furniture cleaning and polishing of glass metal and wood.
2. Cleaning, Care and Minor Repairs of sewing machine, Refrigerator, Electric Toaster, Stoves cooker Fan and Iron.
3. Preparation of bottle-feeds from Cow's milk or dry milk.
4. Preparation of food articles other than milk for Children from 1 to 3 year of age.
5. Drafting and Sewing of the following -
 - (a). Baby Frock (upto 3 years)
 - (b). Petikot
 - (c). Ladies Kurta and Salwar.
6. Preparation of baby kit.

DEPARTMENT OF HOME SCIENCE
DEEN DAYAL UPADHYAY GORAKHPUR UNIVERSITY
GORAKHPUR
SYLLABUS

B.A. IIIrd (FINAL) YEAR

		MAX. MARKS	MIN. MARKS
PAPER I :	CHILD DEVELOPMENT	50	17
PAPER II :	EXTENSION EDUCATION	50	17
PAPER III :	NUTRITION AND DIETETICS	50	17
PAPER IV :	CLOTHING AND TEXTILE	50	17
PRACTICAL :	CHILD DEVELOPMENT	100	33
	TOTAL	300	101

Syllabus

B.A. Home Science

Part - III

PAPER I : CHILD DEVELOPMENT

Marks : 50

1. Meaning of growth and development, Principles of growth and development, Normal pattern of physical growth and development from birth to adolescence, psychological implication of physiology changes in boys and girls.
2. Social Development - Process and agents of Socialization. Role of inter and intra familiar factors, effect of "peer" and "gang" groups.
3. Types of child rearing practices and factor affecting child rearing practices.
4. Learning Stages of learning, Creativity.
5. Role and significance of nursery School Types and methods of nursery School education.
6. Adjustments and Problems of Adolescence - Physical, Motor. Psychological emotional and moral development. Frustration and conflicts.
7. Philosophy and need for marriage, selection of Partner, advantages of arranged and self choice marriages, establishment of family and adjustment with family members.
8. Children with special needs and their management.

PRACTICALS :

1. Introduction to anthropometry and study the growth pattern of a child
2. Observation of creativity in nursery school children.
3. Visit to local Nursery school and observation of preschool children's problem.
4. Collection and study of any five examples of Adolescence Problems from News paper and magazines.

PAPER II : EXTENSION EDUCATION

Marks : 50

1. Concept of Home Science, Concept of extension Role of Extension Education in Development of Home Science, Meaning and need of Home Science Extension Education.
2. Role and use of Audio-Visual aids in Extension education. Types of Audio - Visual aids and their importance.
3. Concept of Community Development, Role of Extension Education in rural and urban community Development.
4. Kinds of educational institutes - Formal And Non Formal and their contribution to education in India, Teaching and Learning Process.
5. Programme Planning, Controlling and evaluation. Execution of the Programme factors to be considered cost, selection of staff and helping hands, facilities, equipment and Audio- Visual aids.
6. Different National and International Programmes and agencies working for human welfare.
7. Observation, Interviews, Case Study and Questionnaire Schedule.

PRACTICALS :

1. Visit to any one Home Science Institute, followed by Report.
2. Preparation of Visual Aids used in Extension Education.
3. Planning a Programme for the welfare of rural area related to Home Science field.
4. Preparation of Questionnaire and survey on any problem related to urban or rural area.

PAPER III : NUTRITION AND DIETETICS

Marks : 50

1. Essential components of food, carbohydrate, Fat Protein Vitamins and Minerals, their requirement function, sources and deficiency disease.
2. Planning Diets - Concept of a n adequate diet Foods, principles involved in planning diets. Availability, Quantity, Quality Cleanliness nutritive values, Food habits, measures and metric measures.
3. Infant - Breast feeding, Bottle Feeding weaning baby food p Home Cooked and Commercial. Growth and development in relation to nutrition, feeding problems supplementary foods.
4. Children - Diet of preschool and school going children school Tiffin.
5. Adolescents - Meals at Home and public places, Diet of a college student.
6. Adults - Diets for adults of Various socio-economic group. Diet during pregnancy and lactation.
7. Old age - Food habits of older people, the food requirements and special problems.
8. Diet in diseases and special condition - Importance of diet therapy, Concept of dietetics, modification of normal diets to soft and liquid diets. Diet in fever, Diarrhea, constipation, Reptic Ulcer, Hepatitis, Cardiovascular disease, Hypertension, Diabetes mellitus, Obesity and under nutrition.
9. Cooking of various dishes.
 - (a). Snacks
 - (b). Baking Items
 - (c). Party and Festival Dishes
 - (d). Sweets and Desserts

PRACTICALS :

1. Planning diets and calculating amount of nutrients for various age group.
2. Planning diets and calculating amount of nutrients for patients suffering from different diseases.
3. Cooking dishes like Snacks, Baked products Sweets and Desserts.
4. Planning and Preparing Party and Festival Dishes.

PAPER IV : CLOTHING AND TEXTILE

Marks : 50

1. House linen, stitching and embroidery : Details of household linen, selection based on characteristics and needs and characteristics of fabrics, thread count, shrinkage, Labels, reliable brands.
2. Some Common household linen : Cushion cover, Pillow cases, Tray covers, Teacosy, Table cloth, Dinner mats, Napkins, Study of different designs.
3. Fitting Problems : Individual fitting problems and how to remedy fitting defects.
4. Study of different Traditional textiles of -
 - (a). U.P.
 - (b). Punjab
 - (c). Gujarat
 - (d). West Bengal

PRACTICALS :

1. At least one set of the following garment should be made in the practical class.
Cushion cover, Pillow cases, tray covers, teacosy, table cloth, Dinner mats.
2. Drafting and cutting of all the garments mentioned under item -
 - (a). For Women : Blouse, Housecoat, cooking apron, Nighty.
 - (b). For men : Pajamas, Kurta, Sleeping Suit, Shirt.
3. Traditional Textile -
 - (a). Phulkari
 - (b). Kantha
 - (c). Chikankari
 - (d). Mirror work of Gujrat
4. Making of one traditional article.