

GOVT. D.B. GIRLS' P.G. AUTONOMOUS COLLEGE
RAIPUR (CHHATTISGARH)

FACULTY OF HOME SCIENCE

SYLLABUS
OF
B.SC. (HOME-SCIENCE)
(WITH TRADITIONAL PAPERS)
Part-I,II and III
2020-21

Group No.	Paper No.	Subject	Theory M.Marks	Practical M.Marks	Theory M.Mark	Practical M.Marks
1	(A)	ENVIROMENTAL STUDIES FILD WORK FOUNDATION COURSE	75 25		33	
	(B)	ENGLISH LANGUAGE	75		26	
	(C)	HINDI LANGUAGE	75		26	
A	(I)	CLINICAL NUTRITION AND DIETETICS	50 50	25 25	33	09 09
	(II)	HUMAN PHYSIOLOGY AND COMMUNITY NUTRITION				
B	(I)	TEXTILE AND FIBRE SCIENCE	50 50	25 25	33	09 09
	(II)	COMMUNICATION PROCESS				
C	(I)	LIFE SPAN DEVELOPMENT	50 50	25 25	33	09 09
	(II)	CONSUMER ECONOMICS				

B.SC (HOME SCIENCE) PART - II

DISTRIBUTION OF MARKS IN VARIOUS PRACTICALS

No.	Name of the Practical	Total Marks	Distribution			Marks
			Sessioned	Viva	Practical	
01.	CLINICAL NUTRITION AND DIETETICS	25	05	05	Planning Cooking + Presentaion	08 07
02.	HUMAN PHYSIOLOGY AND COMMUNITY NUTRITION	25	05	05	Stain Removal Tie & Dye Printing	05 05 05
03.	TEXTTILE AND FIBRE SCIENCE	50	05	05		
04.	LIFE SPAN DEVELOPMENT	25	05	05	Practical	15
05.	CONSUMER ECONOMICS	25	05	05	Practical.	15

B.Sc. (H.Sc.)-II
SESSION: 2020-21
GROUP – A
PAPER - I

M.M. 50

CLINICAL NUTRITION AND DIETETICS

Focus : The course encompasses the various stages of the life cycle and how nutrition is critical at various stages. It briefly familiarizes students with the role of nutrition in common elements.

Objectives : This course will enable to students to -

1. Understand the concept of an adequate diet and the importance of meal planning.
2. Know the factors affecting the nutrient needs during the life cycle and the RDA-for various age groups.
3. Gain knowledge about dietary management in common ailments.

THEORY

UNIT-I

Definition of Health & Nutrition

Dimensions of Health (Physical, Psychological emotional & Spiritual)

Energy Requirements - Factors affecting energy requirements

BMR, Activity, age, climate, diet - induced thermogenesis (SDA physiological conditions).

concept of nutritionally adequate diet and meal planning

- (a) Importance of meal planning
- (b) Factors affecting meal planning
 - Nutritional, Sociocultural, Religious, Geographic, Economic Availability of time.

UNIT-II

Nutrition through the life cycle –

(at different activity and Social economic levels) requirements, nutritional problems, food selection.

- (a) Adulthood
- (b) Pregnancy
- (c) Lactation
- (d) Infancy
- (e) Pre-School . -
- (f) Adolescence
- (g) Old age

UNIT-III

Principles of diet therapy

- (A) Modification of normal diet for therapeutic purposes, full diet, soft diet, Fluid diet, Bland diet. Energy modification and Nutrition for weight management- Identifying the over weight and obeseiological factors contributing to. obesityPrevention & treatment, low energy diets. Under weight - aetiology and assessment, high energy diet. Diet for Febrile conditions & surgical condition. Nutritional Anaemia Fevers – Typhoid

UNIT-IV

Etiology, Symptoms & diet management of the following -Diarrhoea, Constipation, Peptic ulcer, Jaundice, Viral Hepatitis, Cirrhosis, Arthrities, Gout.

UNIT-V

Diet in disease of the endocrine –

Pancreas - Diabetes mellitus - classification, symptoms, diagnosis, Dietary case & Nutritional, management of diabetes mellitus. Insulin Therapy, Oral Hypoglycemic agents, special dietetic food, sweetness & sugar substitutes, Diabetic coma, Juvenile Diabetes.

Diseases of the cardio vascular system –

Atherosclerosis Etiology & Risk Factors.

Hypertension - Etiology, prevalence Nutritional management & prevention.

Renal diseases - Etiology, characteristic,

Symptoms & Dietary management of Glomerulonephritis Acute & Chronic

REFERENCES:

1. Krause, M.V. and Mohan, L.K. 1986 : Food, Nutrition and Diet Therapy, Alan R. Liss, Saunders Co., London.
2. Passmore, R. and Davidson, S. 1986 : Human Nutrition and Dietetics, Livingstone Publishers.
3. Robinson, O.H., Laer, M.R. Chenoweth, W.L. Ganwick, A.E. 1986 : Normal and Therapeutic Nutrition, MacMillan publishing Company, New York.
4. Williams, S.R. 1989 : Nutrition and Diet Therapy, 4th Ed., C.V. Mosby Co.
5. Shils, M.E. Olson, J. A. Shike, M. Eds. 1994 : Modern Nutrition in Health and Disease, 8th edn., Lea and Febiger a Waverly Company.

PRACTICALS

Planning-S Preparation of Normal and Therapeutic diet in relation to special nutrient requirements (Any 15)

1. Adult
2. Pregnancy
3. Lactation
4. Constipation
5. Diarrhoea
6. Obesity
7. Underweight
8. Peptic Ulcer
9. Jaundice
10. Viral Hepatitis
11. Cirrhosis
12. Acute glomerule nephritis
13. Chronic glomerule nephritis
14. Diabetes melitus
 - (i) With Insulin
 - (ii) Without insulin
15. Hypertension

16. Atherosclerosis
17. Anaemia

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DEPARTMENT OF HOME SCIENCE
B.Sc. (H.Sc.)-II
SESSION: 2020-21
GROUP- A
PAPER – II

M.M. 50

HUMAN PHYSIOLOGY AND COMMUNITY NUTRITION

UNIT-I

An Introduction of physiology & Anatomy

- A. Structure & Functions of cell' & Tissues
- B. Cardiovascular System
 - Blood and it's composition & Functions
 - Coagulation of blood
 - Blood group
 - Structure and functions of Heart, Blood vessels
 - Heart rate, Cardiac output blood pressure and it's regulation
 - Circulation of. Blood
- C. Musculo skeletal System
 - Types of muscles, functions
 - Skeletal System, Structure and types of Bone

UNIT-II

Gastrointestinal System

- Structure and functions of various organs of the GI Tract.
- Digestion & absorption of food.

Nervous System

- Elementary Anatomy of Nervous System
- Functions of different part of the brain and Spinal cord.
- Autonomic, Sympathetic & Parasympathetic nervous system.

UNIT-III

Excretory System-

- Structure & Functions of Kidney, bladder, formation.ofurin.
- Structure & Functions of Skin.
- Regulation of temperature of the body.

Respiratory System

- Structure of lungs
- Mechanism of respiration and it's regulations
- O₂ and CO₂ transport in blood.
- Vital capacity and other volumes.

UNIT-IV

Reproductive System

- Structure and functions of Male & Female reproductive organs
- Physiology of pregnancy, parturition, Lactition and menopause
- Special sense organs structure & Functions.

UNIT-V

Concept and scope of community nutrition

- A. Nutritional problems of the community and implications for public health.
 - Common problems in India.
 - Causes (Nutritional and non nutritional)
 - Incidence of nutritional problems, signs and symptoms treatment

- B. Schemes and programmes to combat nutritional problems in India.
 - Prophylaxis programmes.
 - Mid day meal programme.
 - ICDS
- C. Hazard to Community Health and Nutritional Status.
 - Adulteration in food.
 - Pollution of water

REFERENCES:

1. Guyton, A.C. Hall, J.E. 1996, Text book of Medical Physiology, 9th Ed. Prism Books (Pvt.) Ltd., Bangalore.
2. Winwood 1988 : Sear's Anatomy and Physiology for nurses, London, Edward Arnold.
3. Wilson 1989 : Anatomy and Physiology in Health and Illness, Edinburgh, Churchill Livingstone.
4. Chatterjee Chandi Charan 1988 : Text book of Medical physiology, London, W.B.
5. Saunder's Co. Verma, V. 1986 : A text book of Practical Botany, Vc;. I to IV, Rastogy Publication.
6. Anderson, D.B. and Mayer, B.S. 1970 : Plant physiology, Van Nostrand Reinhold Company', East West Press Edition.
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8. Dharni, P.S. 1987 : A text book of Zoology, S. Nagin & Company, Julundhar.
9. K.S. Gopalaswamyiyengar 1991 : Complete Gardening in India, Bangalore, Gopalaswamy Parthasarthy.
10. Kochhar, S.L. 1981 : Economic. Botany in tropics, Macmillan, India.
11. Hartmann, H. and Kester, D.E. 1993 : Plant Propagation principles and Practice, New Delhi, Prentice Hall of India (Pvt.) Ltd.

PRACTICALS (ANY SIX)

1. Preparation of chart's of different systems.
(Part of human baby)

2. Identification of Bones.
3. Recording pulse rate.
4. Measurement of Blood Pressure.
5. Preparation of temperature chart.
6. Bleeding time.
7. Clotting time.
8. Study of Histological slides of different organs.

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DEPARTMENT OF HOME SCIENCE
B.Sc. (H.Sc.)-II
SESSION: 2020-21
GROUP-B

- Interrelationship Of Needles, Thread, Stitch Length, & Fabric
- Cloth Estimation For Different Garments

TEXTILE AND FIBRE SCIENCE

M. Marks : 50

THEORY

Unit – I

1. Principles of laundry and its methods
2. Equipment for washing :
 - Washing equipment
 - Drying equipment
 - Finishing equipment
 - Storage equipment
3. Cleaning materials and Detergents :
 - Soap and detergent
 - Other cleaning agents
4. Water : Composition, Classification, Hardness of water, Methods of removal of hardness

Unit – II

1. Useful suggestions for laundering
2. Washing of different kinds of fabrics : Cotton ,wool ,silk & synthetic
3. Bleach agents and other reagents used in laundry
4. Starch : types and uses
5. Blue : types and uses

Unit – III

1. Dry Cleaning
2. Stain removal : classification and technique of stain removal
3. Disinfection of cloths
4. Care and Storage of fabrics
5. Consumer problems and protections

Unit – IV

1. Equipment and supplies used in clothing construction :
 - Measuring equipment
 - Cutting equipment
 - Stitching equipment
 - Finishing equipment
2. Sewing machine: its parts & function, maintenance of machine , problems faced and remedies.
3. Selection of fabric for dress according to Climate, Age, Occupation, Personality, Occasion, Figure Type, Fashion etc.
4. Wardrobe Planning

Unit – V

1. Tailoring
 - General Principles of clothing construction
 - Taking body measurement for different type of garments

PAPER-I

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B.Sc. (H.Sc.)-II
SESSION: 2020-21
GROUP-B
PAPER-II

COMMUNICATION PROCESS

M. Marks: 50

Focus:

The course focuses on the process of communication, especially in development work in rural and urban areas.

Objectives: To enable students to –

1. Understand the process of communication in development work ;
2. Develop skills in the use of methods and media ; and
3. Be sensitive to the interests and needs of the people and the power of the media and methods in catering to these needs and interests.

THEORY

- UNIT-I** Concept of development communication
- Meaning and importance of communication in development
 - The purpose of communication
 - Existing patterns of communication
 - Factors that help or hinder communication
- UNIT-II** Communication Process
- One-way and two-way or interactive communication
 - Gaps in communication or distortions in transmission of message and their causes
 - Importance of two way communication
 - Basis for effective, interactive communication.
 - Attitude of 'respect for others
- UNIT-III** Methods of communication in Development Methods to reach individuals
- Personal conference
 - Interviews
 - House visits
 - Exhibits
 - Methods to reach small groups
 - Illustrated lecture
 - Group discussions
 - Co-operation
- UNIT-IV** Role Plays
- Demonstrations
 - Workshop
 - Camps
 - Radio announcements/programs
 - Newspaper stories
 - Posters
 - Videos, films
 - Television programmes
 - Letters, folders or pamphlets
 - Public meetings

- UNIT-V** Media for development communication
- Folk media Songs Stories Street-theatre
 - Games Arts
 - Puppet play Print media
 - Posters Pamphlets, leaflets
 - Newspapers - articles, stories
 - Periodicals - articles, stories, songs
 - Books
 - Cartoons
 - Audio/Visuals, Audio-Visual Media
 - Audio-tapes, radio broadcasts
 - Slides, pictures, drawings, photographs etc.
 - Videos, telecasts
 - Films-documentary, feature

Group-III, Practical-B

(ANY SIX)

1. Organising group discussion.
2. Organising group demonstration.
3. Preparation & Presentation of Audio visual aids, i.e. Posters, Charts, Cartoons, Models Puppets.
4. Problem/need identification "of a community.
5. Planning an educational programme.
6. Evaluation of the effectiveness of methods and media.
7. Visit to Radio Station/T.V. Centre/Printing Press.
8. Preparation of Drama based on Social Development

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Group –C
Paper-I

M.Marks-50

LIFE SPAN DEVELOPMENT

This course covers the entire life span and traces the various developmental stages. It encompasses in scope development in utero, infancy up to senescence identifying critical concerns in Socio-cultural perspectives.

To develop understanding of various methods and materials, which can be used-while working with children. The emphasis is on promoting creativity and use of different materials *to* allow for optimum development.

Objectives:

To become acquainted with developmental stages from birth to old age.

1. To develop awareness of important aspects of development during the whole life span.
2. To know the Don Welters (1974): requirement of infants and toddlers and develop skills to create play materials and designing learning experiences.
3. To understand the significance of various creative activities and teachers role in implement them.

Note : For each of the following stages of development, the-influence and inter-actions of sociocultural and environmental factors needs to be discussed.

LIFE SPAN DEVELOPMENT

UNIT-I

1. Life Span development and need to study development through the life cycle. Inter-relationship between the aspects of development.
2. Prenatal Period - Review of prenatal development.
3. Infancy (0 to 2 years) and childhood period (2 to 12 years) - Definition, Characteristics and Developmental tasks. "Review (2-6 yrs to 6-12 yrs) of different developmental areas (Physical, motor, Social, emotional, intellectual sensory and perceptual development) cognition (piaget) significance of preschool education, importance of play (for all round development) peer group and school.

UNIT-II

Adolescence (13 to 18 years)

1. Definition, Developmental tasks. . . .
2. Physical Development - Puberty, growth, spurts, Primary and Secondary sex characteristics, early and late maturing adolescents.
3. Identity - Definition, body image, positive and negative outcomes (Role confusion, ego-identity)
4. Heightened emotionality- Meaning causes, expression characteristics of emotional maturity, conflict with, authority coping up strategies.

5. Problems - Drug and alcohol abuse, psychological breakdown (Behavior) STD and AIDS, Pregnancy.

UNIT-III

Adulthood (19 to 60 years) and ageing- (Early adulthood 19 to 40 years) Definition and characteristics Development tasks, significance of the period, responsibilities and adjustment - New family, parenthood, independence, financial matters.

1. Middle Adulthood (41 to 60' years), Definition, physical changes (senses, diseases-Transition Period.
2. Menopause- Health issues.
3. Stresses in middle age, coping with stress to family.
4. Preparation for retirement.

Late Adulthood and Ageing – Definition.

1. Physiological changes, and health problems.
2. Retirement-effect of retirement on self-family, society financial problems faced.
3. Recreational interest of the aged.
4. Issues- Old age homes, loneliness, living in joint family, prolonged illness. (Plan visit to old age homes)

UNIT-IV

Infancy and Toddlerhood (Emotional Aspect)

1. Importance and ways of meeting child psychological needs to promote feeling of security, trust and acceptance.
Activities according to developments for various age groups
- (A) 0-6 months - Activities for simulating and sessions motor experiences with emphasis on seen, hearing, touching, feeling sensation and movements.
- (B) 7 to 12 months - Integration of experiences involving more than one sense to deeper sensory motor experiences promote manipulation, concept formation, communication and perceptual dimension.
- (C) 3 to 24 months - Promotion of co-ordination and control of body movements, gross and fine motor skills. Strengthening concept formation, imagination and communication through language promotion of problem solving, environment to explore and satisfy curiosity and develop confidence.
- (D) 25-36 months - Improvement in body movement and communication skills, social skills concept formation.

UNIT-V

Creativity

- Concept of creativity and highlights of the role of creative expressions in overall development of children.
- Creative expressions, Meaning and definition of creativity expressions.
- Role of teacher in planning and fostering creative expressions.
- Creative expressions through a variety of media i.e. painting, Printings.

Art Activities

- Painting and graphics
 - (a) Painting with brush, drawing with crayons, chalk, rangoli on floor, finger painting. (Some special characteristics of this medium)
 - (b) Values, materials required, use of substituter from indeigenous materials.
 - (c) Teacher's role in conducting activities.
 - (d) Stages in child art.
- Tearing, cutting, pasting and collage, mural

- (a) Values, materials required and Teacher's role in conducting activities.
- (b) Development stages.
- Printing
 - (a) Types of printing i.e. block, vegetables, string, leaf, stencils, spray, crumpled paper, different textured surfaces.
 - (b) Values, materials required techniques.

BLOCKS :

- (a) Some special features of this medium.
 - (b) Types of blocks: hollow large blocks, unit blocks and small blocks.
 - (c) Stages in block play.
 - (d) Values, materials and accessories for block play.
 - (e) Teacher's role
- Other materials
- Sand
 - (a) Characteristics of the medium.
 - (b) Values, materials required and teacher's role.
 - Water.
 - (a) Characteristics of the medium.
 - (b) Values, materials required and teacher's role.

PRACTICALS (ANY TEN)

1. Infancy and Toddlerhood
 1. A file to be prepared to list activities appropriate for age groups - 0-6 months, 7-12 months, 13 to 20 months and 25 to 36 months.
 2. Students be encouraged to observe materials available in the locality, Different types of shops, tailor.
 3. Develop play materials suitable for each age group.
 4. List activities, which can be used for working with different age groups.
 - (a) 0 to 6 months.
 - 5. Prepare materials and design activities for seeing, hearing touching and feeling.
 - 6. Sensation and movement for soothing movements and exercises.
 - (b) 7 to 12 months.
 - 7. Prepare materials and design activities for touching and feeling sensation and movement, and manipulation.
 - (c) 13 to 14 months.
 - 8. Identify activities for gross motor development and prepare play materials available in the locality.
 - 9. Prepare play materials and list activities promote manipulation sensory experiences, concepts and language.

Art Activities

10. A few suggestions are given under each category as guideline students be encouraged to explore experiment with each media and understand the characteristics of each medium.
11. Samples of each be included in the resource file which each student is expected to maintain along with description of values materials and technique used.
12. Difficulty level of each activity be considered and decide its suitability for different age groups.

- Painting and graphics
- Prepare a variety of brushes from different types of brooms, cotton, wool, strips of cloth, feather etc

Tearing cutting and pasting

13. 3-5 years
Tearing with all fingers, tearing with thumb and two fingers as used in holding pencil, tearing on straight line, curved line.
14. 6-8 years
Tearing circular rings starting from one corner of the page till centre of page, Making designs.
15. 3-5 cutting and pasting
Cutting a design, pasting, pieces of paper, cloth, sticks leaves collage, mosaic
Printing

Printing

16. Printing with strings, leaf, vegetable blocks, stencil printing, thumb, "finger, spray painting
17. Keeping coins, leaves with veins below paper and gently colouring with crayon.

REFERENCES:

1. Berk, L.E. 1996 : Child Development, New Delhi : Prentice Hail.
 2. Craig, G. 1999 : Human Development, N.J. : Prentice Hall
 3. Cole, M. & Cole, S. 1995 : The Development of Children, NY Freeman & Co., Gardiner, H.W. Mutter, J.D. & Kosmitzki 1998 : Lives Across Cultures, Oston, Allyn & Bacon.
 4. Lerner, R.M. & Hultsch, D.F. 1983 : Human Development : A life Span Perspective. NY. MC Graw Hill
 5. Rice, F.P. 1965 : Human Development : A life. Span Approach, NJ : Prentice Hall.
- Santrock, J.W. 1997 : Life Span Development, NY Brown & Bench mark.

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Group-C
Paper-II

M.M. 50

CONSUMER ECONOMICS

UNIT-I

Consumption Economics

- (1) Meaning and definition
- (2) Family as a decision making unit of house hold
- (3) Consumer - definition

Measures of living and consumption

- (1) Place of living
- (2) Level of living.
- (3) Standard of living
- (4) Plan of consumption
- (5) Level of consumption
- (6) Standard of consumption
- (7) Rpce/Price level/cost of living

UNIT-II

Consumer income

- (1) Types of income - real, money, psychic, national income, disposable income.
Market
- (2) Definition
- (3) Type of market Segmentation and characteristics
- (4) Functions
- (5) Channels of distribution

UNIT-III

Consumer in the market

- (1) Consumer buying habits - Convenience goods
- (2) Buying motives - Primary selective, rational emotional and totranages.

Types of Products

Advertisement, Sales, Promotion packing

Consumer Buying Problems

- (1) Adulteration
- (2) Faculty weights and measures
- (3) Pricing
- (4) Legal - guarantee and warrantee contracts, instalment buying

UNIT-IV

Consumer protection services

- (1) Organisations
- (2) Legislation - import laws for consumer protection
- (3) Consumer representation.

Consumer and consumers problems

- (1) Definition of consumers
- (2) Choice and buying problems of consumers

Consumer Protection Law

- (1) Definition of laws, Types of laws importance of law

UNIT-V

- (1) Consumer Decision making
- (2) Factors effecting consumer decisions in the market
- (3) Good buy man ship
- (4) Consumer aides for decision making Consumer rights and responsibilities

Consumer protective services

- (1) Indian Standard Institution
- (2) Educational Institution
- (3) Consumer Co-operatives
- (4) Government Agencies Municipality

PRACTICALS - PROJECTS IN ANY AREA/UNIT

- (1) Selection of relevant topics.
- (2) Written matter (typed 20 pages, double space, A-4 size paper).
- (3) Oral Presentation of 20 minutes, by the student.
- (4) Audio Visual aids to be used in presentation.
- (5) Q.A. session of 10 minutes.
- (6) File presentation by the student.
- (7) List of reference/Source to be written in the report.

REFERENCES:

1. Lelend, J. Gordan, Stewart, M. Lee 1974 : Economics and consumer, 7th Edu., D'vanNostrand Co., New York, (Unit I, IV)
2. Don Welers (1974) : Who Buys - A study of consumer, (Unit I, IV, VI)
3. Sherlekar, S.A. 1984 : Trade Practices and Consumerism, Himalaya Publishing House, (Unit I, VI)
4. Sales Management, 5th Edu., Cunliffe Boiling, (Unit II, IV)
5. Kotler Philip, Armstrong Gary (Principles of Marketing, 5 Edu. Prentice Hall of India, New Delhi, (Unit IV)
6. David H. Bangs, Jr. : The Market Planning Guide, 3rd Edu., Galgotra Publications, (Unit IV, VII)
7. Hansen, A.T. 1951 : Business Cycles and National Income, W.W. Norton & Co. Inc. (Unit III, V)
8. Sarkar, A : Problems of Consumers in Modern India, Discovery Publishing House. (Unit VII-X)
9. Beckman, T.R. Moyard.H.H. and Davidson, W.R. 1957 : Principles of Marketing, Ronald Press,. (Unit IV, VI)
10. Gordon, L.J. and Lee. S.M. 1972 : Economics of Consumers, DvanVostrand, (Unit I, II. III)
11. 11. Cochrane, W.W. and Bell, C.S. 1.958 : The Economics of Consumption, McGraw Hill.
12. Conoyer, H.C. and Vailes, R.S. 1951 : Economics of Income and Consumption, Ronald Press.

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1 Dr.R.Minj	2 Dr.N.Gurwara	3 Dr.V.Verma
4 Dr..A.Jha	5 Dr.A.R.Joglekar	6 Ms.M.Shrivastav
7 Dr.S.Banerjee	8 Dr.A.Verma	9 Dr.R.Diwan