

MARWARI COLLEGE, RANCHI
(AN AUTONOMOUS UNIT OF RANCHI UNIVERSITY FROM 2009)



DEPARTMENT OF HOME SCIENCE
COURSES OF STUDY FOR HOME SCIENCE HONOURS

Number of Papers: 20
(14 Theory papers & 6 Practical Papers)

Full Marks: 1600
Theory: 1200, Practical: 400

Number of Semesters: 6

B.A. Hons. Parts - I: 400 Marks
(Theory: 300, Practical: 100)

B.A. Hons. Part - II: 400 Marks
(Theory: 300, Practical: 100)

B. A. Hons. Part - III: 800 Marks
(Theory: 600, Practical: 200)

DISTRIBUTIONS OF MARKS IN HOME SCIENCE HONS.

ACADEMIC YEAR	SEMESTER	THEORY PAPER	FULL MARKS			PASS MARKS	DURATION	PRACTICAL PAPER	FULL MARKS	PASS MARKS	DURATION
			MSE	ESE	TOTAL						
FIRST YEAR	I	1	25	50	75	34	3 HRS.	3	50	23	4 HRS.
		2	25	50	75	34	3 HRS.				
	II	4	25	50	75	34	3 HRS.	6	50	23	4 HRS.
		5	25	50	75	34	3 HRS.				

DISTRIBUTIONS OF MARKS IN HOME SCIENCE HONS.

ACADEMIC YEAR	SEMESTER	THEORY PAPER	FULL MARKS			PASS MARKS	DURATION	PRACTICAL PAPER	FULL MARKS	PASS MARKS	DURATION
			MSE	ESE	TOTAL						
SECOND YEAR	III	7	25	50	75	34	3 HRS.	9	50	23	4 HRS.
		8	25	50	75	34	3 HRS.				
	IV	10	25	50	75	34	3 HRS.	12	50	23	4 HRS.
		11	25	50	75	34	3 HRS.				

DISTRIBUTIONS OF MARKS IN HOME SCIENCE HONS.

ACADEMIC YEAR	SEMESTER	THEORY PAPER	FULL MARKS			PASS MARKS	DURATION	PRACTICAL PAPER	FULL MARKS	PASS MARKS	DURATION
			MSE	ESE	TOTAL						
THIRD YEAR	V	13	30	70	100	45	3 HRS.	16	100	45	6 HRS.
		14	30	70	100	45	3 HRS.				
		15	30	70	100	45	3 HRS.				
	VI	17	30	70	100	45	3 HRS.	20	100	45	6 HRS.
		18	30	70	100	45	3 HRS.				
		19	30	70	100	45	3 HRS.				

PART – I Home Science Hons.

Semester - I

Theory Paper – 1 (25 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 10 marks each. Hindi version of the questions shall also be given.

Marks: 25 (MSE) + 50 (ESE) = 75

Time: 3 Hrs.

Pass Marks: 34

Human Development

(A) Physical and Motor Abilities across the life span. (10)

- (i) Physical and Motor
- (ii) Cognitive
- (iii) Language
- (iv) Socio – Cultural / Emotional
- (v) Personality

(B) Physical Development (8)

- (i) Physical appearance of New born:- Size, Weight, sensory Capacities, hearing, vision, taste, smell, touch.
- (ii) Pre-school, Middle school
- (iii) Adolescent growth

(C) Cognitive Development (7)

- (i) A brief introduction to Piaget's theory
- (ii) Every day Cognition
- (iii) Reasoning, perception, creativity, imagination

Books Recommended:

1. Verma & Pandey – Adhunik Grih Vigyan
2. S. Gupta, N. Garg & Amrita Agarwal – Food & Nutrition Child Care & Psychology
3. E.B. Harlok – Human Psychology

PART – I Home Science Hons.

Semester - I

Theory Paper – 2 (25 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 10 marks each. Hindi version of the questions shall also be given.

Marks: 25 (MSE) + 50 (ESE) = 75

Time: 3 Hrs.

Pass Marks: 34

Fundamental of Food and Nutrition (5)

(A) Concept of Nutrition

(B) Functions of Food

Macro and Micro Nutrients. (5)

(A) Classification, Sources, Functions, Recommended Dietary Allowances

Deficiency Diseases. (15)

(i) Carbohydrates

(ii) Proteins

(iii) Vitamins

(iv) Fat / Lipids

(v) Water

(vi) Minerals

Books Recommended:

1. Shakuntala, Manay: Shadaksharaswamy, M Food Facts and Principle' New Age international (P) Ltd. Publisher New Delhi.
2. Ziegler E.E. and L.J Filer (1996), Present Knowledge in Nutrition. Seventh Edition ILSI Press, Washington D.C.
3. Raja Lakshmi R(1974). Applied Nutrition. Oxford and IBH Publishing Co. New Delhi
4. Frazier, W.C and West Thoff, D.C (1973). "Food microbiology". Tata MC Graw Hill Publishing Co. New Delhi.
5. Khader, Vijaya (2001). Foods, Nutrition and Health, Kalyani Publishers, New Delhi.

Books Recommended:

1. Shakuntala Manay & M. Shadaksharaswamy – Food Facts & Principles
2. E.E. Ziegler & L.J. Filer (1996) – Present Knowledge in Nutrition
3. R. Rajalakshmi (1974) – Applied Nutrition
4. W.C. Frazier & West Thoff (1973) – Food Microbiology
5. Vijaya Khader – Foods, Nutrition & Health

PART – I Home Science Hons.**Semester - I****Practical Paper – 3 (15 classes)****Marks: 50****Time: 4 Hrs.****Pass Marks: 23**

Food preparation techniques:

- (A) Use and Care of Kitchen Equipment (5)
- (B) Recipe and Evaluation of a Product (5)
- (C) Food preservation of (i) Jam, (ii) Jelly, (iii) Achaar (5)

PART – I Home Science Hons.

Semester - II

Theory Paper – 4 (35 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 10 marks each. Hindi version of the questions shall also be given.

Marks: 25 (MSE) + 50 (ESE) = 75

Time: 3 Hrs.

Pass Marks: 34

Food Commodities

- (A) Cereals and Pulses - (5)
 (i) Cereals and millets, Breakfast Cereals, Cereal products, selection, nutritional aspects and cost.
- (B) Pulses and Legumes - (5)
 (i) Production, Selection, Storage, nutritional aspects and Cost.
- (C) Milk and milk products: (5)
 (i) Composition, classification, storage, nutritional aspects of milk, Curds paper and various kinds of processed milk.
- (D) Eggs / Meat / Fish (5)
 (i) Production, Selection, Storage, spoilage and nutritional aspects.
- (E) Vegetable / Fruits: (5)
 (i) Selection, storage, nutritional aspects of raw and processed vegetable and fruits.
- (F) Fats /Oils (5)
 (i) Types and Sources of Fats / Oils - Storage nutritional aspects.
- (G) Salt (5)
 (i) Types, uses in diet.

Books Recommended:

1. Arora K and K. V. Gupta - Theory of Cookery
2. Laoies, B, Food Commodities London, Heinemann Ltd.
3. Huges 0, Introductory Foods Macmillan. Co., New York
4. Spices Board of India (1994), Ministry of Commerce Govt. of India, Cochin

PART – I Home Science Hons.

Semester - II

Theory Paper – 5 (25 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 10 marks each. Hindi version of the questions shall also be given.

Marks: 25 (MSE) + 50 (ESE) = 75 **Time: 3 Hrs.** **Pass Marks: 34**
Socio - emotional Development

- (A) Understanding Social and emotional Development. (5)
- (B) Social Development (5)
- (i) Introduce Socializations as an important part of the process of becoming human.
 - (ii) Social milestones, attachment Separations, anxiety.
 - (iii) Acquiring Sex roles in childhood.
 - (iv) Induction into occupational roles by adulthood.
 - (v) Social isolation and consequences in late adulthood and in the elderly.
- (C) Emotional Development (5)
- (i) Basic emotional reactions, Joy, Fear, Jealousy, anger, redness, aggressier
 - (ii) Emotional Problems: depression, over activity.
- (D) Personality Development (10)
- (i) What is personality?
 - (ii) How personality develops across the life span,
 - (iii) Identify development in adolescence.
 - (iv) Personality may be influenced by heredity, environment.
 - (v) The role of social norms in personality development.
 - (vi) Deviant personalities, Juvenile delinquency in childhood and antisocial personalities in adulthood.

Books Recommended:

1. H. Saley (1956) – The Stress of Life, McGraw Hill, New York
2. Verma & Pandey – Adunik Grih Vigyan
3. E.B. Harlok – Child Development
4. Kuppuswamy – Child Development

PART – I Home Science Hons.**Semester - II****Practical Paper – 6 (15 classes)****Marks: 50****Time: 4 Hrs.****Pass Marks: 23**

Field work:

- (A) Observation of Nursery School related to child growth and development.
- (B) Project Report

PART – II Home Science Hons.

Semester - III

Theory Paper – 7 (25 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 10 marks each. Hindi version of the questions shall also be given.

Marks: 25 (MSE) + 50 (ESE) = 75	Time: 3 Hrs.	Pass Marks: 34
Resource Management		
(A) Introduction to Management		(7)
(i) Basic concepts of management		
(B) Purpose of management		(8)
(i) Management and change		
(ii) Achievement of goals		
(C) Family Characteristics: Influencing Management		(10)
(ii) Life Style		
(iii) Type of Family		
(iv) Family Size,		
(v) Stage of family life Cycle.		

Recommended Books:

1. Kwickle & Dorsey – Home Management
2. Gross, Candal & Knoll – Management for Modern Families
3. Mahinder K. Mann – Management for Modern Families

PART – II Home Science Hons.

Semester - III

Theory Paper – 8 (25 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 10 marks each. Hindi version of the questions shall also be given.

Marks: 25 (MSE) + 50 (ESE) = 75

Time: 3 Hrs.

Pass Marks: 34

Nutritional Management

(A) Definition of Health and Nutrition

(B) Dimensions of Health

(5)

(i) Physical

(ii) Psychological

(iii) Emotional

(iv) Spiritual

(C) Importance of meal planning

(5)

(D) Factors affecting meal planning nutritional, Socio-cultural, religious, geographic, economic and material resources.

(5)

(E) Nutrition through the life cycle

(5)

Books Recommended -

1. Swaminathan M; (1995) Essentials Food and Nutrition Bangalore -Printing and Pub Co. Ltd., Bangalore.
2. Helen A and Guthrie (1989) Introductory Nutrition.
3. Rajalaxami, R. (1974) Applied Nutrition Oxford and HBH Pub. Co. New Delhi.
4. Vijaya, Khader (2001) Food, Nutrition & Health, Kalyani Publishers. New Delhi.

PART – II Home Science Hons.**Semester - III****Practical Paper – 9 (15 classes)****Marks: 50****Time: 4 Hrs.****Pass Marks: 23**

Planning and preparation of Diet for different age groups at different Socio-economic levels.

- (A) Pregnancy
- (B) Lactation
- (C) Pre-school child
- (D) Old age

PART – II Home Science Hons.

Semester - IV

Theory Paper – 10 (25 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 10 marks each. Hindi version of the questions shall also be given.

Marks: 25 (MSE) + 50 (ESE) = 75

Time: 3 Hrs.

Pass Marks: 34

(A) Resources in the Family

(10)

- i) Types of resources
- ii) Factors affecting the use of resources
- iii) Classification of the family on basis of resources of income, vocation activity, profession, quality of human resources in the family.
- iv) General Characteristics of work

(B) Motivation management:

(15)

- i) Goal, Definition, types and utility
- ii) Values Importance, Sources of values, Classification, Characteristics, changing values
- iii) Standards Definition, Classification quantitative, conventional and non-conventional.
- iv) Decision - role of decision making in management, resource availability.

Recommended Books:

1. Gross, Candal & Knoll – Management for Modern Families
2. Knicle & Dorsey – Home Management
3. Asha Parekh – Grih Prabandhan
4. Verma & Pandey – Adhunik Grih Prabandh

PART – II Home Science Hons.**Semester - IV****Theory Paper – 11 (25 classes)****Instructions to Paper Setter**

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 10 marks each. Hindi version of the questions shall also be given.

Marks: 25 (MSE) + 50 (ESE) = 75

Time: 3 Hrs.

Pass Marks: 34

Principles of Diet Therapy:

- (A) Modification of normal diet for therapeutic purposes, full diet, soft diet, fluid diet and bland diet. (5)
- (B) Nutritional management in common Aliments: (10)
- i) Diarrhea
 - ii) Constipation
 - iii) Fever
- (C) Nutritional problems, food selection and requirements of: (10)
- i) Adulthood
 - ii) Pregnancy
 - iii) Lactation
 - iv) Infancy
 - v) Adolescence
 - vi) Old Age

Recommended Books:

1. R. Rajalaxmi – Applied Nutrition, Oxford, IBH Pub. Co., New Delhi
2. Shukhia & Sherry – Nutrition
3. Vijaya & Khader – Food, Nutrition & Health, Kalyani Publishers
4. A. Helen & Gutheric – Introductory Nutrition

PART – II Home Science Hons.**Semester - IV****Practical Paper – 12 (15 classes)****Marks: 50 Time: 4 Hrs. Pass Marks: 23**

Planning and preparation of Therapeutic and modified diets of following:

- (A) Soft diet
- (B) Fluid diet
- (C) Bland diet
- (D) High fibre diet
- (E) Calorie restricted diet

PART – III Home Science Hons.

Semester - V

Theory Paper – 13 (40 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 14 marks each. Hindi version of the questions shall also be given.

Marks: 30 (MSE) +70 (ESE) = 100

Time: 3 Hrs.

Pass Marks: 45

Textiles

- (A) Classification of Textiles (10)
- (i) Introduction to Textiles
 - (ii) Classification of Textiles
 - (iii) Terminology of Textiles
 - (iv) History, Composition, properties of cotton, silk, wool and synthetic fibres.
- (B) Study of Fabrics (10)
- (i) Different method of fabric construction
 - (ii) Weaving and Knitting process
 - (iii) Types of Looms and its part
- (C) Dyeing and Printing (10)
- (i) Scientific concept of Dye
 - (ii) Classification of dyes and their applicability to different fibers.
 - (iii) Fundamentals of Printing Dyes and pigments for printing, Hand Printing stencil, Block, Spray and hand screen.
- (D) Traditional textiles (10)
- (i) Traditional textiles and Embroideries of India

Recommended Books:

1. Verma & Pandey - Adhunik Griha Vigyan
2. Sushma Gupta, Neeru Garg, Amita Agarwal – Textiles, Kalyani Publications, New Delhi
3. Tyagi & Sushila Dhan – Textile and Clothing

PART – III Home Science Hons.

Semester - V

Theory Paper – 14 (40 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 14 marks each. Hindi version of the questions shall also be given.

Marks: 30 (MSE) +70 (ESE) = 100

Time: 3 Hrs.

Pass Marks: 45

Environment Ecology

- (A) Introduction (10)
- (i) Meaning and definition of ecology and environment scope of the subject.
 - (ii) Dimensions of environment.
- (B) Land : (10)
- (i) As a resource, Energy and Mineral Resource
 - (ii) Land pollution - sources
 - (iii) Industrial waste, agriculture
 - (iv) Prevention & control
- (C) Forest (10)
- (i) Utility of forests, Forest Resources
 - (ii) Deforestation and its impact
- (D) Air (10)
- (i) Composition
 - (ii) Its usefulness to plant and animal kingdom
 - (iii) Air – pollutants: sources and health hazards

Books recommended:

1. T. Eugene: Environmental Economics
2. Bhattacharya: Environmental Economics

PART – III Home Science Hons.

Semester - V

Theory Paper – 15 (40 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 14 marks each. Hindi version of the questions shall also be given.

Marks: 30 (MSE) +70 (ESE) = 100

Time: 3 Hrs.

Pass Marks: 45

Extension Education:

- | | |
|--|------|
| (A) Meaning, Scope, objectives, need and importance. | (10) |
| (B) Philosophy & Principles of Extension Education. | (8) |
| (C) Classification of Extension teaching methods. factors effecting choice & use of methods. | (10) |
| (D) Audio - Visual aids - classification of audio - visual aids. Advantages and limitations. | (12) |

Books Recommended:

1. Desai, Basent (1988) – Rural Development, Himalaya Publications
2. B. Bhattacharya – Urban Development in India, Shree Publishing
3. Verma & Pandey – Adhunik Grih Vigyan

PART – III Home Science Hons.**Semester - V****Practical Paper – 16 (18 classes)****Marks: 100****Time: 6 Hrs.****Pass Marks: 45**

- (A) Sewing equipments and supplies. Their use and maintenance. (5)
- (B) Drafting, cutting, stitching and finishes of petticoat. (8)
- (C) Block, screen printing. (5)
- (D) Embroidered napkin 2 pieces.

PART – III Home Science Hons.

Semester - VI

Theory Paper – 17 (40 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 14 marks each. Hindi version of the questions shall also be given.

Marks: 30 (MSE) +70 (ESE) = 100

Time: 3 Hrs.

Pass Marks: 45

Clothing:

- (A) Essentials of clothing (10)
- (i) Importance of clothing
 - (ii) Sociology and Psychological aspects of clothing
 - (iii) Factors to be considered while selecting fabric and clothing.
- (B) Equipments and supplies (10)
- (i) Equipments and supplies used in clothing construction
 - (ii) Maintenance, problems faced, remedies with specific reference to sewing machine.
- (C) Principles of clothing construction: (10)
- (i) Elements and principles of design as applied to apparel designing
 - (ii) Taking body measurement for different types of garments
- (D) Drafting and making paper patterns (10)
- Layout, making and cutting of the paper pattern.

Books Recommended:

1. Verma & Pandey – Adhunik Grih Vigyan, Scientific Book Co.
2. Neeru Garg & Amrita Agarwal – Textiles, Kalyani Publishers
3. J.P. Sherry – Clothing
4. Sherry & Shukhia – Textile & Clothing
5. Tyagi & Sushila Dhan – Textiles & Clothing

PART – III Home Science Hons.

Semester - VI

Theory Paper – 18 (40 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 14 marks each. Hindi version of the questions shall also be given.

Marks: 30 (MSE) +70 (ESE) = 100

Time: 3 Hrs.

Pass Marks: 45

Community Nutrition

- (A) National & International agencies in community nutrition (10)
 (i) ICDS, SNP, ANP midday meal programme
 (ii) FAO, WHO, UNICEF, CARE, AID, ICMR, ICAR, CSIR, CFTRI
- (B) Nutrition and health in National Development
- (C) Nutritional Problems confronting our country - The causes of malnutrition in India. (10)
- (D) Weaning foods - Planning, formulating and preparing. (10)
- (E) Importance of correct and timely weaning.
- (F) Immunization & its importance. (10)

Books recommended:

1. Shukla, P.K. (1982). Nutritional Problems in India, Prentice Hall of India Pvt. Ltd., New Delhi.
2. Shanti Ghosh (1977). The feeding and care of infants and young children. Voluntary Health Association of India, New Delhi.
3. Ebrahim G.J. (1983). Nutrition in mother and child health, London, Macmillan.
4. McLarea D.S. (Ed) 1983. Nutrition in the community, John Wiley and Sons.
5. Jellitte D.B. (1966). The Assessment of Nutritional status on the community. WHO monograph series - No.53 Geneva.

PART – III Home Science Hons.

Semester - VI

Theory Paper – 19 (40 classes)

Instructions to Paper Setter

Ten questions shall be set and the examinee shall be required to answer any five questions, carrying 14 marks each. Hindi version of the questions shall also be given.

Marks: 30 (MSE) +70 (ESE) = 100 **Time: 3 Hrs.** **Pass Marks: 45**
Extension Programme:

- | | |
|---|------|
| (A) Principle, method and importance of programme planning. | (10) |
| (B) Evaluation in Extension | (10) |
| (C) Rural Sociology – Its importance for extension workers. | (10) |
| (D) Qualities of extension workers. | (10) |

Books Recommended:

1. Derai, Basent (1988) – Rural Development, Himalaya Publishing House, Bombay.
2. B. Bhattacharya – Urban Development in India, Shree Publishing House Delhi.
3. O.P. Dhama – Extension Education
4. A.V.D. Reddy - Extension Education
5. Durga Prasad – Prasar Siccha ke Siddhant
6. Manju Patni - Prasar Siccha

PART – III Home Science Hons.**Semester - VI****Practical Paper –20 (18 classes)****Marks: 100****Time: 6 Hrs.****Pass Marks: 45**

Visit to village to observe activities of rural women.

Project Report.