

Department of Higher Education, Govt. of M.P.  
Under Graduate year wise syllabus  
As recommended by central Board of Studies

उच्च शिक्षा विभाग, म.प्र. शासन  
स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम  
केन्द्रीय अध्ययन मण्डल द्वारा प्रस्तावित  
वर्ष ~~2019-2020~~ 2021-22

कक्षा	:	बी.ए. तृतीय वर्ष / B.A. III <sup>rd</sup> Year
विषय	:	गृह विज्ञान / Home Science
विषय समूह का शीर्षक	:	आहार एवं पोषण / Food & Nutrition
पेपर	:	प्रथम / First
अनिवार्य या वैकल्पिक अनिवार्य	:	अनिवार्य / Compulsory
अधिकतम अंक	:	सैद्धांतिक 42.5
आंतरिक मूल्यांकन	:	7.5
प्रायोगिक अंक	:	50

Unit-1	1- Meaning and definition of food and Nutrition, 2- Classification of food (a) Energy giving foods-carbohydrates & Fats, (b) Body Building food-Protein and minerals, (c) Regulatory and protective food- water and vitamins. 3-Carbohydrates Fats and oil-sources, function classification, Requirements and deficiency diseases.
इकाई-1	1. आहार एवं पोषण का अर्थ एवं परिभाषा। 2. भोजन का वर्गीकरण। अ. ऊर्जा उत्पादक भोज्य पदार्थ - कार्बोज तथा वसा। ब. शरीर निर्माणक भोज्य पदार्थ - प्रोटीन तथा क्षार तत्व। स. निर्माणक एवं सुरक्षात्मक भोज्य पदार्थ - जल तथा जीवन सत्व। 3. कार्बोज एवं वसा, तेल - साधन, कार्य, वर्गीकरण, दैनिक आवश्यकता एवं कमी से होने वाली बिमारियाँ।
Unit-2	1. Proteins - sources, function, classification, Requirements and deficiency disease. 2. Malnutrition, types and treatment
इकाई-2	1. प्रोटीन - साधन, कार्य, वर्गीकरण, दैनिक आवश्यकता एवं कमी से होने वाली बीमारियाँ। 2. कुपोषण, प्रकार एवं उसके उपाय।
Unit-3	1. Minerals - Iron, Calcium, Phosphorous, Iodine, Sodium & Potassium. Their sources, function, daily requirement, factor affecting their absorption and deficiency. 2. Water - General function, water balance - dehydration
इकाई-3	1. क्षारतत्व - लौह लवण, कैल्शियम, फॉस्फोरस, आयोडीन, सोडियम तथा पोटेशियम- इनके प्राप्ति के साधन, कार्य आवश्यकता अभिशोषण को प्रभावित करने वाले कारक तथा कमी। 2. जल - सामान्य कार्य, जल संतुलन, निर्जलीकरण।

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Unit-4	1. Vitamins – classification, function, sources, deficiency and excess. 2. Basic food Groups. 3. Food preservation – Importance, Aims, Objectives.
इकाई-4	1. विटामिन – वर्गीकरण, कार्य, प्राप्ति के साधन की कमी तथा अधिकता। 2. आधारीय भोज्य समूह। 3. भोजन संरक्षण – महत्व, लक्ष्य एवं उद्देश्य तथा विधियाँ।
Unit-5	1. Different cooking methods and its effect on nutritive value. 2. Importance and principles of meal planning.
इकाई-5	1. पाक कला की विधियाँ एवं पोषक तत्वों पर उनका प्रभाव। 2. आहार आयोजन – महत्व तथा सिद्धांत।

Books References :

1. Fundamental of Food & Nutrition – By Mundanbi .
2. Text book of food Nutrition dietetics – by Raheena.
3. Food & Nutrition (Hand Book) – By Swaminathan.
4. Normal & Therapeutic Nutrition – by Robinson & Lawler.
5. Food & Nutrition – by shubhangiri Joshi.
6. आहार एवं पोषण -- अरुणा पट्टा .
7. आहार एवं पोषण – ज्योति कुलकर्णी .

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 केन्द्रीय अध्ययन मण्डल द्वारा प्रस्तावित  
 वर्ष 2019-2020 2021-22

कक्षा	:	बी.ए. तृतीय वर्ष / B.A. III <sup>rd</sup> Year
विषय	:	गृह विज्ञान / Home Science
विषय-समूह का शीर्षक	:	प्रसार एवं संचार / Extension & Communication
प्रश्नपत्र	:	द्वितीय / Second
अनिवार्य या वैकल्पिक अनिवार्य	:	अनिवार्य / Compulsory
अधिकतम अंक	:	सैद्धांतिक 42.5
आंतरिक मूल्यांकन	:	7.5

Unit-1	Development of concept of communication. Meaning, Definition and Importance of communication. Communication Education process, important models of communication process.
इकाई-1	संचार की अवधारणा का विकास, संचार का अर्थ, परिभाषा तथा महत्व। संचार शिक्षा प्रक्रिया के महत्वपूर्ण मॉडल।
Unit-2	The purpose of communication qualities of good communicator, factors that help or hinder communication. Methods of communication, Interview, Demonstration, Flash card, puppets.
इकाई-2	संचार का उद्देश्य, अच्छे संचारक के गुण, संचार में सहायक व बाधक तत्व। संचार की विधियां, साक्षात्कार, प्रदर्शन, फ्लैश कार्ड एवं कठपुतलियां।
Unit-3	1. Types of communication, -written verbal, non verbal and sign communication. 2. Importance of One way and two way of interactive communication. 3. Methods of communication - News paper stories, Letter folders pamphlets. Television programme.
इकाई-3	1. संचार के प्रकार - लिखित, मौखिक, अमौखिक एवं संकेत। 2. एकमार्गी व द्विमार्गी अंतःक्रियात्मक संचार। 3. संचार की विधियां - समाचार पत्र के लेख एवं कहानियां। पत्र फोल्डर, पम्फलेट, दूरदर्शन कार्यक्रम।
Unit-4	Basic for effective interactive communication. Different approaches of communication. Individual approach - Methods - Home Visit, Individual letters, Telephone talk. Group approach - Methods, tour, meeting, group discussion.

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	Mass Approach – Methods – campaigns, exhibition and fair, wall News
इकाई-4	अंतःक्रियात्मक संचार के आधार। संचार के विभिन्न दृष्टिकोण – अ. व्यक्तिगत दृष्टिकोण – घरों का भ्रमण, व्यक्तिगत पत्र, टेलीफोन पर बातचीत। ब. समूह दृष्टिकोण – विधियां, यात्रा, बैठकें, समूह चर्चा। स. जनसमूह दृष्टिकोण – अभियान, प्रदर्शनी एवं मेला, दिवार पर समाचार पत्र.
Unit-5	Audio and visual aids. – 1. Audio aids – radio, recording microphone. 2. Audio visual – puppets, drama, TV Programme, film, folk dances, songs etc. 3. Display visuals – posters, charts, graphs, diagrams, Flash cards, chalk board, bulletin board, exhibition, notice board.
इकाई-5	श्रुत्य दृश्य साधन – 1. श्रुत्य साधन – रेडियो, रिकॉर्डिंग, माइक्रोफोन। 2. श्रुत्य दृश्य साधन – कठपुतलियां, नाटक, दूरदर्शन कार्यक्रम, फिल्म, लोक नृत्य, गीत आदि। 3. प्रदर्शित दृश्य साधन – पोस्टर चार्ट, ग्राफ, डायग्राम, फ्लेश कार्ड, चॉक बोर्ड बुलेटिन बोर्ड, प्रदर्शनी, नोटिस बोर्ड।

### Books References :

1. माथुर : कृषि प्रसार के सिद्धांत, हरियाणा साहित्य अकादमी, चण्डीगढ़ – 1986
2. Berlo, D.K. The Process of Communication : An Introduction to theory & practice. Hold, Rinchart and Winston, Inc, New York, U.S.A.
3. Mathur, K.B., Communication for development & social change, Allied publishers Ltd. New Delhi.
4. Ray, G.L. Extention, Communication and management, Naya Prakash, Culcutta.
5. Samanta, R.K., Development Communication for agriculture, B.R. Publishing corporation. New Delhi.

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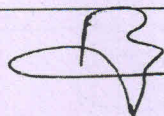
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## Format for Syllabus of Theory Paper

Part A- Introduction			
Program: Certificate Course	Class: B.A. I Year	Year: 2021	Session: 2021-2022
Subject: HOME SCIENCE			
1	Course Code	A1-BAHS1T	
2	Course Title	<i>Family Resource Management &amp; Home Furnishing</i> (Paper – 1 Theory)	
3	Course Type (Core Course/Elective/Generic Elective/Vocational/.....)	<b>CORE COURSE</b>	
4	Pre-requisite (if any)	To study this course, a student must have passed class 12 <sup>th</sup> in any subject. This course can be opted as an elective by the students of following subjects: <b>Open for all.</b>	
5	Course Learning outcomes (CLO)	After completion of the course the learner will be able to: <ol style="list-style-type: none"> <li>1. Understand the meaning of management and can be a successful manager.</li> <li>2. Differentiate between right and wrong after learning the family values.</li> <li>3. Establish the right family values and will carry forward their family culture and good values.</li> <li>4. Understand use and importance of all the family resources like time, money and energy properly.</li> <li>5. Simplify the daily activities by using work simplification techniques.</li> <li>6. Make balanced and surplus budget to improve the financial status and will also learn about savings and investments.</li> <li>7. Demonstrate skill in dry and fresh flower arrangement. This art has also been proven as job oriented in present scenario.</li> <li>8. Demonstrate skill in the home management and interior decoration.</li> </ol>	
6	Credit Value	4-Theory	
7	Total Marks: 100	Max. Marks: 25+75	Min. Passing Marks: 33
Part B- Content of the Course			
Total No. of Lectures-Tutorials-Practical (in hours per week): 02hrs./week			
L-T-P: 60-0-0			
Unit	Topics	No. of	


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 अध्यक्ष  
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 की.स. ग्रह विश्वविद्यालय

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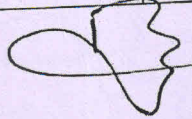


		Lectures
I	<b>Home Management and Decision Making</b> <b>1. Home Management:</b> 1.1 Meaning, Definition, Importance. 1.2 History of Home Management in India. 1.3 Qualities of Home Manager.  <b>2. Managerial Process:</b> 2.1 Meaning, Definition, Importance. 2.2 Steps of Managerial process: • Planning. • Controlling. • Evaluation.  <b>3. Motivational Elements of Management</b> 3.1 Values- Meaning, Definition and classification. 3.2 Goals- Meaning, Definition and classification. 3.3 Standards – Meaning, Definition and Classification.  <b>4. Decision Making Process</b> 4.1 Decision -Importance and Types. 4.2 Decision making process -Meaning, Definition. 4.3 Decision making- Main Steps, Influencing factors	12
II	<b>Family Resources and Work Simplification</b> <b>1. Family Resources</b> 1.1 Meaning, Definition, Characteristics 1.2 Factors Influencing family resources 1.3 Classification  <b>2. Time Management</b> 2.1 Meaning, Concept, and Importance 2.2 Tools of Time management  <b>3. Energy Management</b> 3.1 Meaning and importance. 3.2 Steps of energy management  <b>4. Work Simplification</b> 4.1 Meaning, Definition, Importance 4.2 Techniques of work simplification 4.3 Classes of change	12
III	<b>Money Management</b> 1. Family Income	12

  
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	<p>1.1. Meaning, definition 1.2. Sources of family income 1.3. Types of family income</p> <p>2. <b>Family Budget</b> 2.1. Meaning, definition, importance 2.2. Types of budget 2.3. Process of budget making</p> <p>3. <b>Savings and Investments</b> 3.1. Meaning, definition, importance 3.2. Difference between saving and investment 3.3. Sources of investment</p>	
IV	<p><b>Interior Decoration, Accessories and Flower Decoration</b></p> <p><b>1. Interior Decoration</b> 1.1 Meaning, Definition and Importance 1.2 Objectives of Decoration</p> <p><b>2. Elements of Art</b> 2.1 Meaning and Definition 2.2 Elements of art</p> <p><b>3. Principles of Design</b> 3.1 Meaning and Definition 3.2 Principles of design</p> <p><b>4. Accessories</b> 4.1 Meaning, Definition and Importance 4.2 Types of accessories 4.3 Uses of accessories</p> <p><b>5. Flower Decoration</b> 5.1 Meaning, Definition and Importance 5.2 Types and styles 5.3 General Rules of flower arrangement</p>	16
V	<p><b>Kitchen Arrangement and Storage</b></p> <p><b>1. Kitchen Arrangement</b> 1.1 Meaning and Importance 1.2 Types of kitchen 1.3 Work centers 1.4 Planning of ideal kitchen</p> <p><b>2. Storage area</b></p>	8

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	2.1 Meaning, Importance and requirement 2.2 Modern styles of store 2.3 Maintenance of store and storage	
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**Keywords/Tags:** Home management, Family Resources, Work Simplification, family budget, Interior decoration, elements of art, accessories in decoration, flower decoration, Kitchen.

**Part C-Learning Resources**

**Text Books, Reference Books, Other resources**

**Suggested Readings:**

**Suggested readings:**

1. Nickell, Paulena and Dorsey "Management In family living" willey eastern limited, New Delhi .1967 fourth edition.
2. Betty, B. Swanson "Introduction to Home Management" Mac Millan Publishing Inc. New York (866 3rd Avenue New York – 1002) Collier Mac Millan Publishers, London.1981.
3. Edwards, Margery and Gillian, Smedley "Good House Keeping's Running a home is fun of good housekeeping", Institute. Ebury Press London, Printed by Fletcher & Son Ltd. Norwich.
4. Rutt, Anna Hong "Home Furnishing", Wiley Eastern Pvt. Ltd. New Delhi. II Edition
5. Varghese, M.A., Ogale, N.N. & Shrinivasan, K. "Home Management", Wiley Eastern Ltd. New Delhi, Bangalore, Bombay, Calcutta, Hyderabad, Madras.
6. Gross, Irma H. Crandall, Elizabeth Walbert & Knoll Marjorie M. "Management for modern families", Prentice – Hall, Inc. Englewood Cliffs, New Jersey. III Edition.
7. <https://wbdg.org/FFC/AF/AFDG/ARCHIVES/interior.pdf>
8. [http://granthaalayah.com/Composition\\_of\\_colours/Articles/50\\_IJRG14\\_CC11\\_14.pdf](http://granthaalayah.com/Composition_of_colours/Articles/50_IJRG14_CC11_14.pdf)
9. <https://wbdg.org/FFC/AF/AFDG/ARCHIVES/interior.pdf>
10. [http://granthaalayah.com/Composition\\_of\\_colours/Articles/50\\_IJRG14\\_CC11\\_14.pdf](http://granthaalayah.com/Composition_of_colours/Articles/50_IJRG14_CC11_14.pdf)
11. [http://www.hillagric.ac.in/edu/cohs/frm/pdf\\_files/Course\\_Contents\\_UG.pdf](http://www.hillagric.ac.in/edu/cohs/frm/pdf_files/Course_Contents_UG.pdf)

**Suggested equivalent online courses:**

**Part D-Assessment and Evaluation**

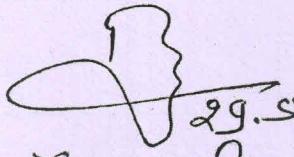
**Suggested Continuous Evaluation Methods:**

Maximum Marks : 100

Continuous Comprehensive Evaluation (CCE) : 25marks University Exam (UE) 75 marks

<b>Internal Assessment :</b> Continuous Comprehensive Evaluation (CCE):25	Class Test Assignment/Presentation	15
		10
<b>External Assessment :</b> University Exam Section: 75 Time : 02.00 Hours	<b>Section(A) :</b> Three Very Short Questions (50 Words Each)	03 x 03 = 09
	<b>Section (B) :</b> Four Short Questions (200 Words Each) <b>Section (C) :</b> Two Long Questions (500 Words Each)	04 x 09 = 36 02 x 15 = 30 Total 75

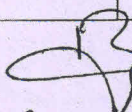
**Any remarks/ suggestions:**

  
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## Format for Syllabus of Theory Paper

Part A: Introduction			
Program: Certificate Course	Class: B.A.	Year I	Session:2021-2022
Subject: HOME SCIENCE			
1	Course Code	A1-BAHS2T	
2	Course Title	<i>Fundamentals of Textiles and Clothing (Paper 2)</i>	
3	Course Type	CORE COURSE	
4	Pre-requisite (if any)	To study this course, a student must have passed class 12 <sup>th</sup> in any subject. This course can be opted as an elective by the students of following subjects: <b>Open for all</b>	
5	Course learning outcomes	<b>After completing this course, the learner will be able to:</b> <ol style="list-style-type: none"> <li>1. Identify the textile fibers and describe the properties of textile fibers.</li> <li>2. Get knowledge about fabric construction and finishing processes.</li> <li>3. Learn various dyeing and printing methods.</li> <li>4. Define basic sewing terminologies.</li> <li>5. Understand body measurements.</li> <li>6. Explain the methods of developing paper patterns</li> <li>7. To know different parts of the sewing machine, and their functions.</li> <li>8. Identify the causes of working defects of sewing machines and suggest their remedies.</li> <li>9. To select the appropriate clothing for various stages and occasions in life.</li> </ol>	
6	Credit Value	2- Theory	
7	Total Marks: 100	Max. Marks: 100(25+75)	Min. Passing Marks:33
Part B : Content of the Course			
Total No. of Lectures-Tutorials-Practical (in hour per week):2 hrs./week			
L-T-P: 30-0-0			
Unit	Topics	No. of Lectures	
I	<b>1. Textile Fibre Study</b> 1.1 Textile Science -Introduction and importance. 1.2 Textile Fibres-Properties and Classification. 1.3 Natural Fibres-Manufacturing process and properties( Cotton, Linen, Jute, Silk and wool) 1.4 Man- made fibres-Manufacturing process and properties ( Rayons and Acetates) 1.5 Synthetic fibres-Manufacturing process and properties ( Polyester, Nylon and Acrylic)	5	
II	<b>1. Fabric Construction</b> 1.1 Yarn- Spinning Methods and Types of yarn. 1.2 Fabric Construction Methods -Weaving, Knitting and Non-woven 1.3 Loom and it's parts 1.4 Types of weaves -Basic and fancy 1.5 Finishes- Mechanical, Chemical and Special Purpose	5	
III	<b>1. Dyeing and Printing</b>	5	

  
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	<p>1.1 Dyes – Definition and Classification 1.2 Methods of dyeing.</p> <p><b>2. Printing</b> 2.1 Definition of Printing 2.2 Methods of Printing.</p> <p><b>3. Pre-treatment and post treatment of fabric before and after dyeing and printing</b></p> <p><b>4. Ingredients used in preparing dye paste-</b> Fixing agents, soluble agents, dispersing agents, thickening agents.</p>	
IV	<p><b>1. Basics of Apparel Construction</b> 1.1 Common terms: Fabric grain, Seam Finish, Seam allowance, Basic Blocks, Pattern, Grading, Notch, Yoke, Gusset, Easy Garments, Darts and types. 1.2 Tools and equipment required- measuring, marking, cutting, sewing and pressing. 1.3 Preparation of fabrics for clothing construction- shrinking, straightening, layout, marking, Cutting and sewing</p> <p><b>2. Sewing machine:</b> 2.1 Main parts and functions 2.2 Working defects and remedies, 2.3 Care and Maintenance, 2.4 Precautions while working on a sewing machine</p> <p><b>3. Use of different threads and needles for various fabrics</b></p> <p><b>4. Body Measurements</b> 4.1 Correct procedure of taking body measurements 4.2 Standard body measurement charts.</p> <p><b>5. Pattern development:</b> 5.1 Methods -Drafting. Flat pattern making, Draping 5.2 Kinds of paper pattern-basic blocks, commercial pattern 5.3 Pattern information, marking symbols.</p>	10
V	<p><b>1. Selection of Clothing</b> 1.1 Selection of Clothing according to - Age, Climate, Occupation, Occasion, Social status, Economic status, Religion and customs. 1.2 Social and psychological aspects of clothing. 1.3 Selection of clothing for following : 1.3.1 New born baby 1.3.2 Old aged 1.3.3 Pregnant lady &amp; Lactating mother 1.3.4 Sports person 1.3.5 Special need persons</p>	5
<p><b>Key words:</b> Textile Fibers, Natural Fiber, Man-made Fibers, Synthetic Fibers, Yarn, Weaves, Loom, Finishes, Dyeing, Printing, Apparel construction, Pattern development, sewing machine, body measurements, Selection of Clothing.</p>		
<p align="center"><b>Part C: Learning Resources</b></p>		
<p align="center">Textbooks, Reference Books Other Resources</p>		
<p><b>Suggested readings:</b> 1. Corbman, P.B. "Textiles-Fibre to Fabric", Gregg Division/McGraw Hill Book Co. 1985.</p>		

  
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