

## Syllabus

### B.A. Home Science, Annual System

Sri Dev Suman University – 2019-2020

S. No.	Name of the Paper	Max. Marks		
		Theory –75+75	Practical 50	
		Theory–75	30 Final	20 Sessional
B.A. I Year	1. Family Resource Management	75	–	
	2. Introduction to Textiles	75	–	
	<b>Practical</b>		50	
B.A. II Year	3. Fundamentals of Foods and Nutrition	75	–	
	4. Human Development	75	–	
	<b>Practical</b>	–	50	
B.A. III Year	5. Housing And Interior Decoration	75		
	6. Clothing Construction	75		
	<b>Practical</b>	–	50	

**SYLLABUS B.A. HOME SCIENCE**  
**ANNUAL SYSTEM**  
**SRI DEV SUMAN UNIVERSITY (2019-20)**

**B. A. I Year**

**Paper 1- Family Resource Management**

**Unit 1**

- Introduction to Home science/Home Economics (Brief history, Definition, scope, need and importance of Home science)
- Premier Institutes of Home science in India and World.
- Branches of Home science and their utility in daily life.
- Research & Development Possibilities in Home Science.
- Contribution of Home science in National Development

**Unit 2**

- Elements of Home Management
- Definition, process (Planning, Controlling, Evaluation), Importance of Home Management.
- Motivation Factor of Home management

**Unit 3**

- Resource Management  
(Concept, Definition, Types)  
Factor affecting the user and availability of family resource)
- Ways to improve utility and maximization of family resources
- Characterization & limitation of Family Resources

**Unit 4**

- Money Management (Family Financial Management)
- Definition, Concept of Income, Expenditure, Savings and Investment.
- Family Income (Types & Sources)
- Budget (Family Budget)-Definition, Types, Steps in making Budget. Advantages of Budget preparation, characteristics of Budget.
- Financial Records: Definition, Purpose and Types.
- Saving and Investments: Meaning, Types, Objectives and Importance.
- A study of Banks, Insurance, Private and Public Sector, Post Office Schemes with reference to household savings.
- On line Banking

**Unit 5**

- Management of Energy (Understanding Work Simplification)

## Recommended Books & Web Resources

1. Management for modern familiar gross & Crandall
2. Home Management (Second edition) MA Varghese, Ogale, Srinivasan (New Age International publishers)
3. Management in Family Living- Nickel & Dorsey
4. x`g izca/k ,oa vkoklh; O;oLFkk & eatq ikVuh
5. x`g izca/k & "kekZ ,oa oekZ
6. Home Economics Research Journal
7. Journal of Home Economics by American Economic Association

### B.A. I Year

#### **Paper 2- Introduction to Textiles**

##### **Unit-1**

- Introduction to Textiles
- Classification of Textile fibers

##### **Unit-2**

- Manufacturing process. Physical, Chemical properties of the following fibers.
  - a) Natural plant fiber- Cotton, Flax
  - b) Natural Animal Fibers- Wool, Silk
  - c) Synthetic fibers- Rayon, Nylon
- Identification of Textile fiber by following techniques
  - a) Visual
  - b) Burning
  - c) Microscopic

##### **Unit-3**

- Yarn Construction
  1. Types of Yarns, different process of Yarn making
  2. Fabric Constriction-Basic Principles, Characteristics and Significance of different process.
  3. Woven, Knitted and Non-woven lesser & Braids

##### **Unit-4**

- Weaving Technology
  1. Parts and Functions of hand looms & Power looms
  2. Types of Weaves

##### **Unit-5**

- Fabric Finishes

- a) Basic Finishes–Bleaching, Seizing, tentering, calendaring, mercerizing, Sanforizing
- b) Functional Finishes - Crease Resistance, Water Proofing, Resin Finishes, Fire Proofing

##### **Unit 6**

- Dyeing and Printing of Fabrics
- a) Block Printing, Hand Printing, Roller Printing Screen Printing, Stencil Printing and Chemical Printing.
  - b) Tie and Dye, Batik

### **Unit 7**

- Laundry  
Principles of Laundry, Hand Washing, Washing Machines, Equipment and materials used in Laundry

### **Unit 8**

- Selection of fabric  
(Factor influencing selection of fabric, budget age, sex, season, occupation, figure, fashion & style)
- Care, storage & maintenance of clothing

### **Practical**

1. Study of Online Banking/payment system (How does it work, Pros & cons)
2. Identification of Fibers(Microscopic, burning and physical test)
3. Sample of weaves (Drafting and lifting plan of different types of weaves on graph paper),Sample preparation of Weaves
4. Block printing, screen printing, Tie & Die stencil Printing Dying of Fabrics by different methods

### **Recommended Books/ Suggested Reading /Web Resources**

- 1 Fundamentals of Textiles and Their care -Susheela Dantyagi.
- 2 oL= foKku ds ewy fl}kUr& th0 ih0 "kSjh
- 3 oL= foKku ,oa ifj/kku& o`Unk flag
- 4 Textile Research Journal – (Sage Publication)

## Paper 3 Fundamentals of Food & Nutrition

### Unit 1

- Introduction to Food & Nutrition  
Definition of Food, Nutrition & Nutrients  
Classification and Functions of Food Basic Food Groups

### Unit 2

- Nutrients  
Functions Dietary sources, Classification, Composition and Deficiency of the following nutrients
  - a) Carbohydrate, Protein & Fat
  - b) Mineral–Calcium, Iron, Zinc, Iodine
  - c) Vitamins–Fat soluble (Vitamin A.D.E.K.) water soluble (B.C.)
  - d) Water
  - e) Fiber
- Digestion, Absorption and Metabolism of following
  - a) Carbohydrate
  - b) Fate
  - c) Proteins

### Unit 3

- Balanced Diet
- Energy Requirement
- Basal Metabolism
- Recommended Dietary Allowance  
(Concept, Definition, Need, Significance and Factors affecting the above)

### Unit 4

- Nutrition & Community: National and International Agencies working towards nutrition

### Unit 5

- Cooking methods  
Dry, Moist, Frying and Microwave Cooking  
Advantage and Disadvantages of each method of cooking in relation to nutrition value.

### Unit 6

- Meal Planning  
-Importance and Basic Principles of Meal Planning  
Factors affecting Meal Planning
- Meal planning for different Socio Economic Strata and Age Groups
- Meal planning for Early & Late Childhood, Adolescence, Adulthood, Old age
- Nutrition & Meal Planning during Pregnancy & Lactation.
- Meal planning for Special Occasions like Festival and Birthday party

## **Recommended Books/ Suggested Reading /Web Resources**

1. Nutrition Science-B Sri Lakshmi
2. Foods & Nutrition volume 1 & 2- M.S. Swaminathan
3. Basic Nutrition & Diet Therapy – Williams
4. vkgkj ,oa iks'k.k ds fl}kUr&Mk0 o`Unk flag
5. The Indian Journal of Nutrition & Dietetics
6. IFCT 17- (NIN & ICMR)

### **B.A. II year**

#### **Paper 4 Human Development**

##### **Unit 1**

###### Human Development

- Meaning, Definition, Need & Scope of Human Development
- Growth & Development
- Principles of Development, Developmental Norms
- Role of Heredity and Environment in Human Development
- Stages of Development
- Developmental Tasks across Life Span

##### **Unit 2**

- Human Development Study Approaches (Longitudinal and Cross Sectional)  
Methods of studying human development (Observation, Interview, Questionnaire)

##### **Unit3**

###### Prenatal Development and Infancy

- Characteristics
  - Stages of Prenatal Development
  - Factors affecting Prenatal Development
  - New born characteristics
  - Reflexes
- ###### Infancy
- Characteristics
  - Developmental Milestone & Problems

##### **Unit 4**

Early Childhood

Characteristics, Developmental tasks, Physical, Social, Emotional, Cognitive and Language Development

Health & Behavioral Problems during Early Childhood.

### **Unit 5**

Middle childhood

Characteristics, Developmental Tasks, Physical, Social, Emotional, Cognitive and Language Development.

Health Nutrition and Behavioral Problems during Middle childhood.

### **Unit 6**

Adolescence

Definition, Characteristics, Developmental Tasks, Physical changes, Male & Female Body Clock.

Sequence of Change, Social, Emotional, Cognitive & Moral Development

### **Unit 7**

Adulthood

Meaning, Characteristics, Physical, Social, Cognitive and Emotional development during Early, Middle & Late childhood.

### **Unit 8**

Old age

Meaning, Characteristics, Physical, Social& Emotional demands during Old age. Post Retirement life & adjusting to the loss of spouse

### **Recommended Books/ Suggested Reading /Web Resources**

1. Child Development: Elizabeth Hurlock
2. Ckky fodkl ,oa cky euksfoKku& Mk0 o`ank flag
3. Child Development- Laura E Berk
4. Indian Journal of Human Development –Sage Publication

## Paper 5-Housing & Interior Decoration

### Unit-1

- Housing  
Meaning, Definition, Housing as Universal Need Career and scope in Housing & Interior Decoration
- Housing and Real Estate Business in India
- Functions of House-Factors influencing the choice, size, organization, activities of the family and its member, financial position

### Unit 2

Basic knowledge of terms in Housing and Interior Decoration in India.

- a) Carpet area
- b) Built up area
- c) Super Built up area
- d) Per Square Foot rate
- e) Floor Space indoor
- f) Residential and Commercial property
- g) Free hold Property
- h) Real Estate Broker
- i) Conveyance
- j) Credit Score
- k) Lease Agreement
- l) License Agreement
- m) Non-disclosure Agreement
- n) Inherited Property
- o) Subletting

Knowledge of legal documents required and Formalities to be completed, while buying and selling properties in India such as

- a) Land Record
- b) Property Price
- c) Flat Carpet Are
- d) Legal Check of Property
- e) Apartment Possession
- f) Financing
- g) Building – Buyer Agreement
- h) Location of the property
- i) Hidden &Additional charges

### Unit 3

Financing a house

Concept, Interest rate, Home Loan tax benefits, Home Loan Calculation, Home Loan Procedure, Eligibility of Home Loan, Home Loan Pre payment, leading financial institutes offering Home Loans in India.

### Unit 4



Construction/Building Material used in Housing: Identification, description, characteristics, Properties, Price & Utility of Common Construction material in housing  
Symbols used in House (Floor Planning)

### **Unit 5**

House Planning (Floor Planning) for  
Lower income group  
Middle income group  
High income group

### **Unit 6**

- Interior Decoration :Meaning, concept and scope
- Elements of Design: The principles of Design, Colour, Colour Scheme, Design process, Use of accessories in internal decoration
- Planning Interior and exterior environments
  - a) Developing a Design Plan
  - b) Completing and presenting the Design

### **Unit 7**

- Design for living
- Design for Comfortable and Productive living
  - Kitchen
  - Storage
  - Bath
  - Home office

### **Recommended Books & Web Resources**

- 1 x`g izca/k ,oa vkoklh; O;oLFkk & eatq ikVuh
- 2 x`g izca/k&th0 ih0 "kSjh
- 3 Family Resources Management and Interior Decoration-Dr. Bela Bhargava.

## **Paper 6 Clothing Constructions**

### **Unit 1-** Introduction to Fabric

- Woven Fabric Structure, Warp, Weft, Selvedge, Fabric grain, types, identification and importance in clothing construction
- Sewing  
Common terms-Seam Allowance, Pattern, Grading, Notch, Yoke, Basic Stitching)
- Equipment required for measuring, drafting, ringing, marking, cutting, sewing, pressing
- Preparation of Fabric for clothing construction (Shrinking, Straightening, Layout, Marking and cutting of patterns)

### **Unit 2-**

#### Introduction to Sewing Machine

- Sewing Machine its parts and functions, Functional defects and remedies, care & Maintenance
- Use of different threads and needles for various fabrics

### **Unit 3-**

- Taking body measurements for different types of Garments.
- Procedure of taking body measurements
- Size Charts

### **Unit 4**

- General principles of clothing construction. Methods of pattern development
- Drafting, flat pattern making, draping, Kinds of paper pattern  
Pattern information  
Making Symbols

### **Unit 5**

- Basic Bodice Construction
- Front Bodice (Basic)
- Back Bodice (Basic)
- Sleeve Bodice (Basic)  
Adaptation of Drafts

### **Unit 6**

- Pattern drafting of following garments
  - a) Kurta (Kameez ladies)
  - b) Petticoat (six paneled)
  - c) Kitchen apron

### **Unit 7**

- Applied aspects of elements of design in Clothing/Apparel making
  - a) Shape, Colour, Texture
  - b) Structural and Decorative Designs
  - c) Principles of design and their effect  
(Proportion, Balance, Emphasis & Rhythm, Harmony)
  - d) Colour Scheme in dress

## **Recommended Books & Web resources**

1. Textile (Hollen and saddler )
2. oL= foKku ds ewy fl}kUr& th0 ih0 "kSjh
3. oL= foKku ,oa ifj/kku& o`Unk flag
4. Basic Process in clothing construction by Doongaje and Deshpande, Raj Book Depot, New Delhi.

**Practical:**

1. Understanding Home Loan/Housing finance procedure by a visit to nearby Housing Financing Agency (prepare a report)
2. Knowledge of Building Material (Identification, Pricing, Properties & Utility)  
Prepare a Report
3. Floor planning for Low, Middle & Upper income group.
4. Preparation of Basic Bodice Block (front, back sleeve)
5. Adaptation of Basic Sleeve to Puff Sleeve
6. Samples of Pleats, Tucks, Gathers, Permanent stitches- Hemming, blind hemming back stitch, running stitch  
Decorating stitches- chain, herring bone, running lazy dairy, satin, French knot etc.
- 7 Construction of following garments  
Apron  
Ladies Kurta