

Revised syllabus for session 2020-21

HOME SCIENCE

1st year Arts Home Science

+2,1st year Home Science(Theory)
(Detailed syllabus)

No. of periods :yearly -54

UNIT- I HOME MANAGEMENT AND FIRST AID

(A) HOME MANAGEMENT: (14 marks)(16 periods)

- a) Meaning of Home science and its branches. Scope of studying Home Science.
- b) Meaning, definition and need for home management
- c) Steps in home management-planning, organizing, controlling and evaluating
- e) Resources-Human (knowledge, abilities, skill, energy) and non human (money, time, movable and immovable properties, goods and services, community facilities)

(B) FIRST AID: (8 marks)(10 periods)

- a) Meaning and aims of first aid
- b) Rules of first aid
- c) Types of bandages(Roller and Triangular)
- d) First aid in drowning, electric shock, burns and foreign bodies in the eye

UNIT-II FOOD AND NUTRITION, HEALTH AND HYGIENE

(A) FOOD AND NUTRITION (12 marks)(12periods)

- a) Definition of food ,nutrition and health
- b) Classification and functions of food
- d) Food preservation-Definition, need, importance, causes of food spoilage,house holds methods of food preservation (dehydration, addition of salt, sugar and refrigeration)

(B) HEALTH AND L1YGIENE (12 marks)(15 periods)

- a) Infection-sources and modes of infection
- b) Restraint of infection and disinfectants
- c) Diseases transmitted through air and other contacts-chicken pox, measles, whooping cough, tetanusand tuberculosis (causes, mode of spread, incubation period, symptoms and prevention)
- d) Diseases transmitted through sex-AIDs-causes, mode of spread and prevention

UNIT-III TEXTILES AND CHILD DEVELOPMENT

(A) TEXTILES: (12marks)(12 periods)

- a) Classification of fibres : natural and man made
- b) Structure and characteristics of cotton, wool and silk

(B) CHILD DEVELOPMENT: (12marks)(15 periods)

- a) Importance of child study-Meaning and scope
- b) Prenatal development-conception, signs and symptoms of pregnancy, care during Pregnancy
- c) Stages of prenatal growth and development

HOME SCIENCE (PRACTICAL)
+2 ,1st year Ats (Detailed syllabus)

UNIT-I FOOD AND NUTRITION:

Planning and preparation of dishes rich in protein, vitamin-A and iron (**ONE** item each for lunch/dinner/ snacks) (10marks) -

UNIT-II FOOD PREPARATION FOR ENHANCING NUTRITIVE VALUE:

(B) cereal ,milk and vegetable combination (5marks) (one item for snacks and one item for meal time)

UNIT-III FIRST AID:

Application of triangular bandages for head and elbow and roller bandages for wrist and knee (5marks) Practical Record (5marks)

2nd year Arts Home Science (Theory)
(Detailed syllabus)

No. of periods : Yearly-80

UNIT-I CHILD CARE AND ADOLESCENT DEVELOPMENT

(A) CHILD CARE(10marks)(12periods)

- a) Feeding the baby: breast feeding, artificial feeding, weaning
- c) Immunizations of children
- d) Common ailments-teething, diarrhoea ,common cold, fever, thrush, wind and colic
- e) Causes and prevention of infant and maternal mortality

(B) ADOLESCENT DEVELOPMENT: (10marks)(8 periods)

- a) Meaning, changes and problems (physical and emotional)
- b) Role of parents in solving adolescents problems

UNIT-II NUTRITION AND PHYSIOLOGY (A) NUTRITION: (10marks)(16 periods)

Classification, function, sources requirement and deficiency of following nutrients :

- a) Carbohydrate
- b) Protein
- c) Fat
- d) Vitamins (A,D,E,K)
- e) B complex vitamins(thiamine riboflavin, niacin)
- f) Vitamin-c
- g) Minerals(calcium, phosphorous, iron, iodine)

(B) PHYSIOLOGY: (10marks)(16 periods)

- a) Cell:structure and functions
- b) Blood -composition, constituents and functions

UNIT-III TEXTILE, MONEY MANAGEMENT, COLOUR COMBINATION

(A) TEXTILES: (10marks)(10periods)

- a) Methods of laundering (rubbing and scrubbing, friction method, kneading and squeezing method, suction method and washing machine)and their principles.

(B) MONEY MANAGEMENT: (10marks)(8 periods)

- a) Types of family income-money income, real income(direct and indirect),psychic income

b) sources of family income, methods of supplementing family income, meaning and importance of savings

(C) COLOUR COMBINATION: (10marks)(10 periods)

a) : colour wheel

b) principles of colour combinations relating and contrasting colour schemes

HOME SCIENCE (PRACTICAL)

+2 2nd year Arts

(Detailed syllabus)

UNIT-I NEEDLE WORK: (10marks)

a) Make a sample of basic stitches-running stitch, hemming, back stitch, button whole stitch, chain stitch and satin stitch.

b) Study of different parts of sewing machine

c) Make samples of seams, pleats and (three types each)

UNIT-II USE OF COLOUR: (10marks)

a) Preparation of colour wheel(prang colour chart)

b) Preparation of motifs using monochromatic, direct complimentary and analogous colour schemes

UNIT-III CHILD CARE:

Preparation of immunization chart (5marks)

Practical Record (5 marks)