

गृहविज्ञान

प्रश्न पत्र - प्रारूप : वी.ए.

गृहविज्ञान विषय के प्रश्न पत्र प्रारूप/पैटर्न एवं अंक विभाजन के अन्तर्गत इनात्मक विषय के सैद्धान्तिक प्रश्न पत्र को A व B दो खण्डों में विभाजित किया गया है। पूर्णक का विभाजन दो खण्डों में किया गया है। प्रथम खण्ड A 40% अंक, द्वितीय खण्ड B 60% अंक दिये गये हैं। पूर्णक 50 हैं, जिसमें 20 अंक प्रथम खण्ड, 30 अंक द्वितीय खण्ड के लिये निर्धारित किये गये हैं। जो निम्न प्रकार है:-

प्रथम :— प्रश्न पत्र A खण्ड में 6 लघुत्तरात्मक प्रश्न दिये जाने हैं, जिनमें से किन्हीं 5 प्रश्नों के उत्तर देने हैं। प्रत्येक प्रश्न 4 अंक का होगा एवं जिसकी अधिकतम उत्तर सीमा 75 शब्द होगी।

द्वितीय :— प्रश्न पत्र B खण्ड, जोकि (निवंधात्मक/विस्तृत उत्तर) प्रकार का होगा जिसमें पाठ्यक्रम के तीनों इकाइयों में 6 प्रश्न आन्तरिक विकल्प/अथवा में, दिये ग होंगे अर्थात् प्रत्येक इकाई से 2-2 प्रश्न दिये जाने हैं। जिसमें से 1-1 प्रश्न कर हुए, कुल 3 प्रश्न करने होंगे। प्रत्येक प्रश्न 10 अंक का होगा।

प्रभारी अधिकारी
अकादमिक-प्रथम

Examination Scheme

- Each Theory paper will contain nine questions having three questions from each unit. Candidates are required to attempt five questions in all selecting at least one question from each unit. Each question will be of 10 marks.

BA Home Science Part III

Paper	Subjects	Duration of exam	Maximum marks	Minimum marks	No. of hrs/wk
Theory Paper V	Mother and Child Care	3hrs	50	18	3
Practical V	Mother and Child Care	3hrs	50	18	2
Theory Paper VI	Extension education and Communication	3hrs	50	18	3
Practical VI	Extension education and Communication*	3hrs	50	18	2
		Total	200	72	10

*In BA Part III, a "Vocational Oriented Practical" under Practical VI- Extension education and communication has been planned in the form of training, internship, demonstration to provide skills to students and enable them to take up a money earning vocation. One practical from each subject has been planned and given as an option to the institution/home science department. The practical which is opted can be based on the available infrastructure and local facilities.

The student has to opt for the practical selected by her institution.

Vocation Oriented Practical*
(in the form of training, internship, demonstration. One practical to be selected by institution based on the available infrastructure and facilities)
One of the following six practicals to be selected by the institution.

Farmayan Shetty
mukta Agarwal

- Family Event management
- Nutrition Education activities
- Food Preservation
- Knowledge & Skills based Training for Childhood Educators
- Dyeing & Printing
- Extension Activity Management

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B.A. PART-III
MOTHER AND CHILD CARE (THEORY PAPER V)

Maximum Marks: 50

Minimum marks: 18

Teaching workload: 3 hrs /week

Total teaching workload: 72 hours/year

Objectives :

1. To understand importance of reproductive cycle
2. To understand the basic care of mother during pregnancy and lactation
3. To understand the problems /complications during pregnancy and their management.
4. To understand the basic care of newborns and infants.
5. To understand the Danger Sign and Common ailments of newborns and their management.

Contents

Hours

Unit – I

Health of the Mother

1. Menstruation & Fertility:

6

- Normal Menstrual Cycle
- Process of Reproduction

2. Pregnancy:

8

- Sign & Symptoms
- Use of Pregnancy Kits
- Signs & Symptoms
- Common Ailments
- Abortions –causes & Care of Mother

3. Health & nutritional care during Pregnancy & lactation:

10

• Antenatal Care:

- i. Registration of Pregnancy
- ii. Sign & Symptoms of Pregnancy

Fazil Ahmad / *Shrey*
mukta Agrawal

- iii. Use of Pregnancy Kits
- iv. Common ailments during pregnancy & their management: morning sickness, heartburn, indigestion, constipation, piles, leg cramps, sleeplessness, frequency of micturition, edema, varicose veins
- v. Antenatal Checkups & their importance
- vi. Danger signs during pregnancy & management
- Intra natal care:
 - Birth preparedness for safe delivery
 - Danger signs during delivery & management & when to refer
- Post natal care:
 - i. Complications during post partum period & their management
 - ii. Post natal Checkups

Unit II

Care of New Born

4. New born:	16
<ul style="list-style-type: none"> • Nutritional care of New Born (referring to Integrated Management of Neonatal Childhood illness). • Identification of Danger Sign and when to refer • Common ailments of newborns and their management-diarrhea, constipation, flatulence, vomiting, colic, malnutrition, napkin rash, umbilical infection, acute respiratory infections 	

Unit III

5. Immunization & growth monitoring of infant and young child	5
6. Nutritional care of infant & young child (referring to Infant and Young child nutrition guidelines) <ul style="list-style-type: none"> • Infancy <ul style="list-style-type: none"> i. Importance of breastfeeding , early intitaion , colostrums ii. Exclusive breastfeeding – techniques of breastfeeding • Complementary feeding: <ul style="list-style-type: none"> i. Importance of complementary feeding ii. Time of introduction iii. Technique of complementary feeding iv. Points to be considered –FODU (Frequency, Adequacy, Density and Utilization. v. Homemade recipes, premixes, from family pot 	15
7. Use of Mother & Child protection card	6
8. Mother and Child Health Nutrition Programme <ul style="list-style-type: none"> • Janani Shishu Suraksha Yojana • Reproductive and Child Health 	25

Family Health *Study*
mukta Agrawal

9. Family Planning

- Advantages & importance
- Methods of family planning
- Abortions-causes & care of mother

6

References:

1. Sudha Narayanan & Anupama Narayana (2000). Mothercraft Research Publications. 89 Tripolia Bazar, Jaipur. ISBN 8185789-88-6
2. Park JE & Park K (1995). Essentials of Community health Nursing. M/s Banarsidas Bhanot Publishers. 1167 Prem Nagar, Jabalpur. 482001. 2nd Edition. ISBN 81-90011871
3. Dr. Subhash C. Arya (2007). Infant & Child care for the Indian Mother. ISBN 8125914412
4. Shanti Ghosh (2004). Nutrition and Child care: A practical guide. Jaypee Publishers. Second Edition. ISBN: 9788180612077
5. First Aid to the injured. Authorised Manual of St. John Ambulance. 1 cross road, New Delhi 110001
6. Module 1-8 developed for Asha Sanyoginis.

MOTHER AND CHILD CARE (PRACTICAL V)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Content	Hours
1. Use of Pregnancy kits <ul style="list-style-type: none"> • Safe Days • Menstrual Hygiene • Hygienic use & disposal of Sanitary pads 	2
2. Breastfeeding – Techniques & Posture	1
3. Preparation of Complementary foods <ul style="list-style-type: none"> • Premixes • Guidelines for consistency for quality, preparing frequency, density & variety premixes. • Homemade recipes • Adaptation from family pot C • Adaptation from family pot C 	2
4. Use of Mother & Child Protection Card <ul style="list-style-type: none"> • Registration & personal details • Antenatal care • Danger signs of pregnancy • Diet during pregnancy • Planning of low cost nutritious recipe for pregnant mother • Internal care • Post antenatal care • Checkups planning of low cost nutrition's recipes for lactating 	1

mother	
• Danger signs of new born	1
• New born care	1
• Immunization	1
• Growth monitoring – Demonstration of weighting & measurement of child	1
• Guidelines for child care	
5. Management of Diarrhea	2
• Skin pinch test for identifying dehydration	
• Feeding schedule	2
• Preparation of oral rehydration solution	
6. Management of fever	
• Use of thermometer	
• When to refer	
• How to bring down fever (home based care)	
7. First aid & home nursing	3
• First Aid during	
i. Burns & Scalds	
ii. Cuts & wounds (Tetanus Toxoid vaccine)	
iii. Sprains & fractures	
iv. Unconsciousness	
v. Electric shock	
vi. Animal bite – dog, monkey, snake (importance of vaccine)	
vii. Poisons	
viii. Heat stroke	3
• Care in infectious disease	
i. Isolation	
ii. Prevention of infection through fomites	
iii. Ventilation & Disinfection	
iv. Baby weighing scale, ARIT inner & thermometer, first aid box.	
v. Materials to be provided – from nearest Aanganwadi /Subcentre	

Examination scheme

Total Marks: 50 marks

1. Major problem – 20 marks

Planning and preparation of low cost recipe for any one

- Pregnant/ Lactating mother

- Supplementary foods/ premixes

2. Minor Problem – 15 marks

Use of pregnancy kit

Management of diarrhea ,care of infectious disease, use of Mother & child card,

3. Viva voce 5 marks

4. Internal -10 marks

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Parimala *Sudha*
Mukta Agrawal

EXTENSION EDUCATION AND COMMUNICATION (THEORY PAPER VI)

Maximum Marks: 50

Minimum marks: 18

Teaching workload: 3 hrs /week

Total teaching workload: 72 hours/year

Objectives:

1. To make the students understand the concept of extension and its related aspects.
2. To understand the support of national and international agencies in extension.
3. To sensitize the students and help them to understand the process of communication and its importance in extension teaching.

Contents

Unit -I

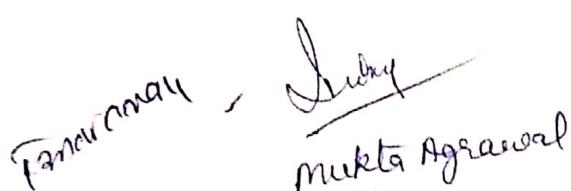
	Hours
Extension Education	
1. Concept and Meaning- Non Formal Education, Formal Education, Informal Education, Extension Education	3
2. History of Extension Education in India	3
3. Objectives and principles of Extension Education	4
4. Role and qualities of extension worker	2
5. Extension teaching methods- Personal , Group and mass approach	5
6. Basic knowledge of flagship development programmes of the Government of India in reference to objectives, target groups, activities, organizational structures and financial support	5

UNIT-II

7. Communication	
• Concept, meaning and process of communication	4
• Elements and models of communication- Aristotle, Leagens, Roger's and shoemakers	5
• Functions and barriers of communications	4
8. Audio visual aids	
• Meaning and use of audio visual aids	2
• Cone of experience	1
9. Classification of audio visual aids- Projected and non projected(visual, audio and audio visual aids)	5
10. Media	
• Basic concepts of traditional and modern methods of communication	3
• Relative advantages and limitations of traditional and modern methods of communication	2

UNIT III

11. Support structure and functions –	
• Panchayati Raj – Concept, objectives, and structural organisation. Role of Panchayati Raj for Women empowerment	8
• Village organisations – village school, Yuva Mandal, Mahila Mandal, Cooperatives and KVK's	8
• Role of UNDP, UNICEF, NIRD, NIPCCD, CSWB	8



 Faruq, Subrat, Mukta Agrawal

References:-

1. Dahama OP (1988). Education and communication for development. Oxford and 1 BH Publishing Co. Pvt. Ltd. New Delhi.
2. Supe SV (1997). An Introduction to Extension Education. Oxford BH publishing Co. Pvt. Ltd. New-Delhi.
3. Jain R (1993). Mass Media and Rural Development, Vol. III. Manak Publication Pvt. Ltd. New Delhi.
4. Pankajam G (2000). Extension – Third Dimension of Education. Gyan Publishing House. New-Delhi.
5. हरपालानी बी.डी. 1998 : गृह विज्ञान में प्रसार शिक्षा, स्टार पब्लिकेशन, आगरा
6. शौ. सुगीता पुष्प और शौ. जामस शीला 2011 : प्रसार शिक्षा, श्री विनोद पुस्तक मन्दिर, आगरा-2

EXTENSION EDUCATION AND COMMUNICATION (PRACTICAL VI)

(Based on the institution's choice)

Vocation Oriented Practical* (in the form of training, internship, demonstration)

One practical to be selected by the institution based on the available infrastructure and facilities.

*One of the following six practicals to be selected by the institution

- Family Event management
- Nutrition Education activities
- Food Preservation
- Knowledge & Skills based Training for Childhood Educators
- Dyeing & Printing
- Extension Activity Management

The student has to opt for the practical selected by her institution.

FAMILY EVENT MANAGEMENT

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives

1. To develop a practical approach for planning on event.
2. To understand various aspects of event management

Contents :

Step of Event Management

5. Making a paper plan
 - Guest List
 - Making / Drafting / Finalizing/Invitation Card
 - Infrastructure
 - i. Tents
 - ii. Furniture and Furnishing for areas :
 - o Reception,
 - o DJs / Music,

Hours

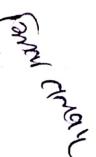
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1

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Farzana *Saby*
mukta Agrawal

	<ul style="list-style-type: none"> o Games, o Food serving (Based on numbers of persons and types of events)
ii. Decoration (Theme etc.)	
iii. Planning of games	
iv. DJ's / Music	
v. Planning and Management of food	
o Welcome drink	
o Welcome Snacks	
o Main Course	
o Deserts	
o Mouth Fresheners	
vi. Return Gifts	
6. Budget under different heads (Market survey can be done)	3
Food	2
Decoration	3
Invitation	1
Gifts	1
Transportation and communication	1
Games	1
Infrastructure tents, furniture, furnishing, etc.	2
DJ's / Music	1
Time schedule for major activities	1
Implementation of various activities	1
i. Finding out a leader and making groups	1
ii. Work distribution among group members	1
7. Controlling the event activities	1
Feedback / evaluation	1
8. Variation in events in a family	2
9.	
• Religious events	
• Entertainment and recreational events	
• Picnics, Other parties and events	
• College events : Fresher's day, Farewell, Annual function	
10. Class rooms presentation	1
Note: Students will participate in events of institution.	
Examination scheme	
Total Marks: 50 marks	
1. Major Problem – 25 marks.	
Making a party plan for any specific party.	
2. Minor Problem – 15 marks.	
Planning budget for the party in the specific amount	
3. Internal – 10 marks	


 Mukta Agarwal

NUTRITION EDUCATION ACTIVITIES

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives:-

1. To gain insight on the concept and importance of Nutrition Education,
2. To develop skills in organizing a Nutrition Education program.

Contents

Activities:

(A) Classroom/Lab activities :

1. Introduction to Nutrition Education: Definition, importance related topics, approaches (Individual, group mass), methods, and Teaching aids.
2. Identification and finalization of nearby village/community/women's group/ Auganwari center/college premises for Nutrition Education.
3. Divide the students in different groups – 5 students in each group. Assign one topic to each group.
4. Every group will prepare a Nutrition Education program plan based on the topic given.
5. Guidelines for Preparation of teaching aids. – Posters, Charts, Flash Cards, Demonstrations, Street Play, Puppetry.

Hours

2

1

1

2

3

- Every group will prepare a minimum of 3 teaching aids. (Posters / chart/ demonstration/flash cards/role play etc.)

6. Prepare an activity calendar: venue, time, place, number of participants and implementation of each education programme.

2

7. Village Health & Nutrition day at the nearest Auganwari centre- Previsit for Planning, organising –VHND, Evaluation.

1

(B) Implementation and evaluation of education program

10

The students will implement every activity as per the activity calendar.

(Division of classes will be based on number of groups formulated)

(C) File work

2

- Discuss the various programs implemented.

Every student should prepare a file which would include: Report of program plan & implementation and a way of teaching aids prepared.

Suggested Topics:

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- Nutritional care during pregnancy.

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Suby

...kita Agrawal

- Nutritional care during lactation.
- Advantages of Breast feeding.
- Importance and timely introduction of complementary feeding.
- Formulation and preparation of fresh home-made and premix for an infant 6 months to 12 months.
- Formulation and preparation of fresh home-made and premix for 1 year to 3 years child.
- Formulation and preparation of energy – protein rich snack for 3-6 years old child
- Growth Monitoring – taking body weight and plotting on growth chart (weight – for – age)
- Nutrition counselling based on the results of growth chart.
- Preparation of Vitamin 'A' / Beta- carotene rich food for a young child.
- Preparation of iron rich food for an adolescent girl.
- Promotion of consumption of iodized salt.
- Immunization of safe water and house – hold methods of water purification.
- Hand – washing promotion.

Examination scheme:

Total Marks: 50 marks

1. **Major problem:** 25 marks

Plan any nutrition education activity for community on any one of the given topics.

2. **Minor problem** 15 marks

Preparation of any one teaching aid.

3. **Internal:** 10 marks

FOOD PRESERVATION

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives:-

1. To enable the students to develop skills in food preservation.
2. To encourage the students to use these skills at small scale level.

Content

	Hours
1. Theory of Preservation : Need, importance, principles of food spoilage, principle of food preservation, various methods of food preservation	2
2. Development of skills in preparation of : <ul style="list-style-type: none"> • Dried fruits and vegetables <ul style="list-style-type: none"> i. Sun drying (Curry leaves, mint, methi, coriander, cauliflower, amla , kair-sangri, guar-fali, amchur, onion, peas, kachri, red chillis) • Papad & Magodi 	1

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Fandramal

July
mukta Agrawal

• Juices	i. Aloe Vera	2
	ii. Squashes	
	iii. Lemon	2
	iv. Orange	
	v. Pineapple	
• Syrups	i. Rose	2
	ii. Khas	
	iii. Chandan	
	iv. Jellies	
	v. Karonda	
• Jams	i. Apple	3
	ii. Mixed fruit	
	iii. Preserve (Murabba)	
	iv. Carrot	
	v. Amla	
	vi. Ketchup sauce and chutney	
	vii. Tomato Ketchup	
	viii. Garlic Chutney	
	ix. Tomato Chutney	
	x. Imli Chutney	
• Canning and bottling	i. Green pea	3
	ii. Apple	
	iii. Cauliflower	
	iv. Frozen vegetables	
	* Peas	
	* Carrots	
	* Cauliflower	
	* Mango Pulp	
• Pastes & Purees	i. Onion	2
	ii. Garlic	
	iii. Ginger	
	iv. Tomato puree	
• Pickles	i. Mango	2
	ii. Mix Vegetables	
	iii. Kair	
	iv. Lasoda	

v. Chilli

vi. Lemon

- Requirements to start a small scale unit
 - i. Equipments
 - ii. Finance

5

- * Loan options
- * Budgeting – calculation of selling price of the product
- * Book keeping

Examination scheme:

Total Marks: 50 marks

Major problem: 25 marks

1. Planning and preparation of any one preserved food.

Minor problem: 15 marks

2. Calculation of selling price of a given product.

3. **Internal:** 10 marks

KNOWLEDGE AND SKILLS BASED TRAINING FOR CHILDHOOD EDUCATORS

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Background –

Early childhood years (birth to 8 years) are crucial for the development of children which is greatly influenced by early stimulation (birth to 3 years) and preschool education (3-8 years). This will cater to the needs of working parents/mothers who seek for safe custody of their children in crèches, preschool and day care centres. Early childhood educator plays a major role in shaping the development and giving strong foundation of young children. This practical will be useful for students to learn the skills and knowledge required to be an effective early childhood educator.

Objectives –

1. To develop communication skills in organising various developmental appropriate activities for young children.
2. To gain a clear insight of child's developmental milestone & needs.
3. To develop insight about administration, management and supervision of early childhood Education Centres i.e. Crèches, Preschools and day care centres.

Content

Hours

Requisites:

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Prachi Malhotra
Suby
mukta Agrawal

- Preparation of activity calendar.
- Developing skills and characteristics of an ideal preschool teacher using different teaching strategies – task analysis scaffolding, storytelling, do it signals, dramatization demo field trips songs environmental cues.
- Participation with children in crèches, preschool and day care centres

(12 weeks)

Course Content :

- Teaching strategies for early childhood care and education 2
- Characteristics and qualifications of an early childhood educator. 2
- Developing communication skills in dealing with young children. 2
- Working in crèches, preschool and day care centres to develop administrative, managerial and supervisory skills in students. 2
- Administration, management and supervision of crèches, preschool and day care centres. 2
- Planning and implementing developmentally appropriate activities in crèches, preschool and day care centres. 2

Examination scheme:

Total Marks: 50 marks

1. Major Problem : 25 marks

Planning and preparation of ECE activities in preschools and day care centres.
Evaluation of crèches, preschool and day care centres.

2. Minor Problem : 15 marks

Preparation of teaching aids – story books, songs poems, models, toys, aids etc.

3. Internal : 10 marks

DYEING AND PRINTING

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Contents

Make a scrap book with following

Different types of motifs

- Floral – Natural and stylized
- Human - Natural and stylized
- Animal - Natural and stylized

Hours

4

35

Family mail. *Sunita*
mukta Agrawal

- Abstract
- Geometrical
- Make samples of different methods of printing and dying
- Tie & Dye techniques (10 samples with different techniques)
 - i. Marbling
 - ii. Pleating & binding
 - iii. Knotting
 - iv. Twisting and coiling
 - v. Bandhej
 - vi. Stitching (Shibori)
 - vii. Pegging, etc

8

- Make any one Product – Table cloth with 6 napkins/Chunni / Saree/cushion & bolster set

8

- Printing –
 - i. Block printing (samples)
 - Butti block to create all over effect
 - Borders & corners
 - ii. Screen printing (Samples)

4

- Make any one Product – Table Mats/Table Napkins/Runners

- Make any one Product – Table mat / 'T' shirt /Cushion cover

Evaluation scheme :

Total Marks: 50 marks

1. Major Problem -25 Marks

Make a design for a product by combining any two techniques e.g. tie and dye, block and screen.

2. Minor Problem -15 Marks

Make a sample of tie and dye using two colors and two techniques

3. Internal Marks -10 Marks

EXTENSION ACTIVITY MANAGEMENT

Maximum marks: 50

Minimum marks: 18

Teaching Workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives:

1. To impart knowledge regarding process of extension activity management.
2. To develop the skills in organizing extension activity at the community level.

Practicals

4

1. Theoretical understanding of process of programme/extension activity management.

2. Organise following extension activities from the area of home science :

- Workshop/seminar
- Fair
- Exhibition
- Rally

could be taken up in rural/urban/slum community in a group on the basis of

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Pranav Malhotra *Shubh*
Mukta Agrawal

following steps-

- Identification of the activity - nature, duration, number of participants etc.
- Plan of the activity - selection of venue, resource management (men, material/infrastructure, and money), and delegation of responsibility.
- Scheduling of the activity
- Publicity of the activity
- Organising the activity
- Overall supervision
- Report writing

Examination scheme :

Total Marks: 50 marks

1. Major Problem: 20 Marks

Plan strategy to publicise the chosen extension activity and prepare any one aid out of

2. Minor Problem: 15 Marks

Prepare financial budget for the planned activity or prepare scheduling of activities as to allotted time.

3. Viva: 5 Marks

4. Internal: 10 Marks

Parvinder Singh

Shubh

mukta Agrawal