

Syllabus

(For Panjab University, Chandigarh)

HOME SCIENCE
B.A./B.Sc. (GENERAL) FIRST YEAR EXAMINATION
SEMESTER - I

SCHEME OF EXAMINATION

Theory						Practical				
Sr. No.	Name of Paper	No. of Papers	Time in hrs.	Marks allotted	Int. Ass.	No. of Papers	Time in hrs.	Marks Allotted	Int. Ass.	Total Marks
1.	Family Resource Management, Hygiene & Health	1	3	40	10	1	3	40	10	100
										Total : 100

PAPER : FAMILY RESOURCE MANAGEMENT, HYGIENE & HEALTH

Max. Marks	: 50
Theory	: 40
Int. Ass.	: 10
Periods	: 6 Hours/8 periods per week

INSTRUCTIONS FOR THE PAPER SETTER :

The question paper will consist of five Sections : A, B, C, D and E. Section A, B, C and D will have two questions from the respective sections of the syllabus and will carry 8 marks each. Section E will consist of objective type questions covering the entire syllabus uniformly and will carry 8 marks.

INSTRUCTIONS FOR THE CANDIDATES :

Candidates are required to attempt one question each from the Sections A, B, C and D of the question paper and the entire section E.

Section A

- I. (a) Meaning & Importance of Home Science.
- (b) Functions of Home Science.
- II. (a) Home Scientist as an Entrepreneur.
- (b) Agencies promoting Entrepreneurship - Commercial Banks, District Industries, Co-operative Societies.

Section B

- III. Interior Decoration
 - (a) Elements of Art - Line, Form, Pattern, Texture, Colour, Light and Space.
 - (b) Principles of Art in relation to interior decoration - Harmony, Balance, Rhythm, Proportion & Emphasis.
- IV. Colour
 - (a) Characteristics of colour
 - (b) Colour wheel
 - (c) Colour schemes

Section C

- V. Hygiene & Health
 - (a) Definition of Hygiene, Health
 - (b) Definition of infection, sources, carrier and control
 - (c) Definition and types of immunity.
 - (d) Immunization schedule
- VI. Causes & Spread of following diseases.
 - (a) Caused by insects - Malaria & Dengue

- (b) Conveyed by ingestion - Enteric Fever, Cholera, Dysentery & Diarrhoea
- (c) Spread by droplet infection- chickenpox, measles, mumps & TB.
- (d) Sexually transmitted diseases -AIDS.

Section D

VII. Food Hygiene

- (a) Definition
- (b) Hygiene during preparation, service and storage of food.
- (c) Domestic purification of water.
 - Aquaguard
 - Reverse osmosis

VIII. Food Adulteration

- (a) Definition
- (b) Common food adulterants and their effects on health.
- (c) Household Methods of testing food adulteration.

PRACTICAL

Max. Marks : 50 Marks
 Practical Theory : 40 Marks
 Inter. Asses. : 10 Marks
 Time : 3 hours per week.

1. Floor Decoration - Making of Alpana and Rangoli for different occasions.
2. Methods of detecting adulteration in any five foods such as ghee, castor sugar, milk, honey, red chilli powder, tea leaves, turmeric powder etc.
3. Table setting, Table manners and Napkin foldings.
4. Making of a Chart/Model/Poster of Colour Wheel & Colour Schemes.
5. Survey of 5 households to study Immunization schedule.

SEMESTER - II SCHEME OF EXAMINATION

Theory						Practical				
Sr. No.	Name of Paper	No. of Papers	Time in hrs.	Marks allotted	Int. Ass.	No. of Papers	Time in hrs.	Marks Allotted	Int. Ass.	Total Marks
1.	Family Resource Management, Hygiene & Health	1	3	40	10	1	3	40	10	100
Total : 100										

PAPER : FAMILY RESOURCE MANAGEMENT, HYGIENE & HEALTH

Max. Marks : 50
 Theory : 40
 Int. Ass. : 10
 Periods : 6 Hours/8 periods per week

INSTRUCTIONS FOR THE PAPER SETTER :

The question paper will consist of five Sections : A, B, C, D and E. Section 'A, B, C and D will have two questions from the respective sections of the syllabus and will carry 8 marks each. Section E will consist of objective type questions covering the entire syllabus uniformly and will carry 8 marks.

INSTRUCTIONS FOR THE CANDIDATES :

Candidates are required to attempt one question each from the Sections A, B, C and D of the question paper and the entire section E.

Section A

- I. Resources
 - (a) Introduction
 - (b) Classification

- II. Time Management
 - (a) Steps in making time plans.
 - (b) Tools in time management-peak loads, work curves and rest periods.
- III. Money Management
 - (a) Types of Income
 - (b) Budget- Types, Advantages and limitations of budgeting, factors affecting budget, basic steps in planning of budget.
 - (c) Means of supplementing family income.
- IV. Energy Management
 - (a) Fatigue - Types, Symptoms & Effects.
 - (b) Work Simplification (Mundel)

Section B

- V. Furniture
 - (a) Factors affecting selection of furniture.
 - (b) Furniture requirement and arrangement for different rooms.
 - (1) Master Bedroom
 - (2) Drawing Room
 - (3) Dining Room
 - (4) Children's Room
- VI. Flower Arrangement
 - (a) Definition and Types
 - (b) Principles of art in flower arrangement
 - (c) Material and Essential equipment used in Flower Arrangement.

Section C

- VII. The Home maker as a Consumer
 - (a) Concept and objectives of Consumer Education.
 - (b) Rights and responsibilities of a Consumer.
 - (c) Malpractices in the production of consumer goods.
 - (d) Consumer guides - Standardized marks, labels, packaging, media and consumer redressal forum.
- VIII. Health Education
 - (1) Aims and Objectives
 - (2) Scope
 - (3) Importance

Section D

- IX. Digestive System
 - (a) Diagram of Alimentary Canal
 - (b) Functions of mouth, stomach, intestines (Small and Large)
 - (c) Digestion of Carbohydrates, proteins and fats.
- X. Simple first aid for burns, poisoning, electric shock, bleeding, drowning, fainting, fractures, insect bite, snake bite, nose bleeding, sunstroke, sprain, heart attack.

PRACTICAL

Max. Marks	: 50 Marks
Practical Theory	: 40 Marks
Inter. Asses.	: 10 Marks
Time	: 3 hours per week.

1. Making of fresh flower arrangement for a corner and centre table.
2. Introduction to basic first aid techniques.
3. Cleaning & Polishing of household metals : brass, copper, silver, iron, aluminium, plastic and nonstick ware.
4. Cleaning and polishing of Wooden Furniture.
5. Cleaning of Glass & windowpanes.