

**SSD GIRLS' COLLEGE**  
**DEPARTMENT OF HOME SCIENCE**  
**SESSION: 2024-2025**  
**B.A. 1- SYLLABUS HOME SCIENCE**

**Course: Home Science**

**Course Instructor: Dr. Jyoti Rani**

**B.A Part I (Semester - I)**

**Paper Code:**  
**BHS110**

**Theory**  
6 Lectures per week

**Practical**  
3 Lectures per week

**Scheme of Examination**

	<b>Name of Paper</b>	<b>Marks</b>	<b>Internal Assessment Marks</b>	<b>Total</b>
<b>Theory</b>	Home Management And Hygiene	50	20	<b>70</b>
<b>Practical</b>	Home Management	20	10	<b>30</b>
	<b>Total (Theory &amp; Practical)</b>			<b>100</b>

**Note :** Internal Assessment will be based on attendance (20%), Written Assignments/Project Work etc, (40%) and two mid-semester tests/Internal examinations\* (40%).

\* Average of both mid semester tests/Internal examinations.

## **SEMESTER-I**

### **HOME MANAGEMENT AND HYGIENE COURSE CODE: BHS110**

#### **COURSE OUTCOMES**

**This course enable the students:**

1. To understand the Meaning and importance of Home Science
2. To gain knowledge of interior decoration.
3. To understand the concepts of health and hygiene.
4. To develop understanding about Causes and Spread of different Diseases.
5. To know about the Food Hygiene and food poisoning.

**HOME SCIENCE**  
**SEMESTER I**  
**COURSE CODE: BHS110**  
**RESOURCE MANAGEMENT AND HYGIENE**

**Maximum Marks: 70**

**Theory: 50**

**Internal Assessment: 20**

**Pass marks: 35% in the subject of theory and practical separately**

**Lectures to be delivered: 6 per Week**

**Time Allotted: 3Hours**

**Instructions for the Paper Setter**

The question paper will consist of three sections A, B & C. Sections A & B will have 4 questions from the respective sections of the syllabus and will carry 8 marks each. Section C will consist of 9 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

**Instruction For The Candidate**

Candidates are required to attempt two questions each from section A and B of the question paper the entire section C.

**Section A**

1. Home: Meaning and importance of Home Science including job opportunities
  - Functions of Home: Renting v/s owning
  - Selection of site, soil, locality for a house
  - Principles of planning a house, orientation aspect, prospect, privacy, roominess, grouping, flexibility, circulation, sanitation.
2. Color
  - Characteristic of color
  - Color wheel
  - Color schemes
  - Use of color in Int. Decoration for various rooms.
3. Elements of Art: line, form, shape, texture, size.
4. Principles of Art in relation to interior decoration, Harmony, Balance, Rhythm, Proportion and Emphasis.

**Section B**

5. Hygiene
  - Definition of hygiene.
  - Definition of infection, sources, carrier and control.
  - Definition and types of Immunity
6. Causes and Spread of following Diseases
  - Caused by insects–malaria, dengue.
  - Conveyed by ingestion–Enteric fever, Jaundice, Dysentery, and Diarrhoea.
  - Spread by droplet infection, chicken pox, measles, and mumps, tuberculosis.

- Sexually transmitted diseases–AIDS.

## 7. Food Hygiene

- Food Hygiene – Definition
- Hygiene during preparation, service and storage of food.
- Food poisoning, causes and prevention.

**PRACTICAL**  
**FAMILY RESOURCE MANAGEMENT**

**Maximum marks: 20**

**Internal assessment: 10**

**Pass marks: 35% in the subject of theory and practical separately.**

**Time Allotted: 3 Hours**

**Total teaching periods: 3 per week**

1. Color Schemes– Monochromatic, Analogous, Complementary.
2. Color wheel
3. Floor decoration of Alpana & Rangoli for different Occasions.
4. One utility article from waste materials
5. Table Manners, Table setting and Napkin Folding.
6. Measurement of body temperature ,RBC monitoring & blood pressure monitoring.

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**SESSION: 2024-2025**  
**B.A. 1- SYLLABUS HOME SCIENCE**

**Course: Home Science**

**Course Instructor: Dr. Jyoti Rani**

**B.A Part I (Semester - II)**

**Paper Code:**

**Theory**

**Practical**

**BHM120**

6 Lectures per week

3 Lectures per week

**Scheme of Examination**

	<b>Name of Paper</b>	<b>Marks</b>	<b>Internal Assessment Marks</b>	<b>Total</b>
<b>Theory</b>	Resource Management And Human Physiology	50	20	<b>70</b>
<b>Practical</b>	Resource Management	20	10	<b>30</b>
	<b>Total (Theory &amp; Practical)</b>			<b>100</b>

**Note :** Internal Assessment will be based on attendance (20%), Written Assignments/Project Work etc, (40%) and two mid-semester tests/Internal examinations\* (40%).

\* Average of both mid semester tests/Internal examinations.

**SEMESTER-II**  
**RESOURCE MANAGEMENT AND HUMAN PHYSIOLOGY**

**COURSE CODE: BHS120**

**COURSE OUTCOME**

This course enable the students :

1. To understand the Selection and care of household equipments and Furniture.
2. To gain knowledge of different types resources.
3. To understand the principles of work simplification.
4. To develop understanding about circulatory system and digestive system its structure and working.

**HOME SCIENCE**  
**SEMESTER-II**  
**COURSE CODE: BHS120**  
**RESOURCE MANAGEMENT AND HUMAN PHYSIOLOGY**

**Maximum Marks: 70**

**Theory: 50**

**Internal Assessment: 20**

**Pass marks: 35% in the subject of theory and practical separately**

**Lectures to be delivered: 6per Week**

**Time Allotted: 3Hours**

**Instructions for the Paper Setter**

The question paper will consist of three sections A, B & C. Sections A & B will have 4 questions from the respective sections of the syllabus and will carry 8 marks each. Section C will consist of 9 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

**Instruction For The Candidate**

Candidates are required to attempt two questions each from section A and B of the question paper the entire section C.

**Section A**

1. Selection and care of household equipments
2. Furniture: Basic considerations while selection of furniture.
3. Flower Arrangement: Types, Essential equipment used in flower arrangement, Selection of material, Application of elements and principles of Art in Flower Arrangement
4. Resources: Classification of resources, Human & Non human, Factors affecting the use of resources.
5. Money Management: Types of income, Budget, its advantages and limitations. Planning of Budget. Means of supplementing family income.
6. Time: Steps in making plans, tools in time management—peak loads, work curves, rest periods.
7. Energy Management:
  - Introduction
  - Fatigue—types causes and effects of fatigue
  - Principles of work simplification

**Section B**

8. Circulatory system
  - Blood and its composition
  - Coagulations of blood
  - Structure and function of heart
9. Digestive System: Structure and functions of the alimentary canal.
10. Process of Digestion

## **Practical Semester – II** **Resource Management**

**Maximum marks: 20**

**Time Allotted: 3 Hours**

**Internal assessment: 10**

**Total teaching periods: 3 per week**

**Pass marks: 35% in the subject of theory and practical separately.**

1. Cleaning of window pane, Refrigerator, Food Processor, Microwave, and Gas Burner, cooking range.
2. Cleaning & polishing of household metals, brass, copper, silver, gold, aluminum, iron, steel, non stick pans, plastic.
3. Cleaning and polishing of wooden furniture
4. Flower Arrangements– Fresh & Dry Arrangement.

### **Books recommended for Home Management and Resource Management (semester I and II)**

1. M.A. Varghese, N.M. Ogale, K. Srinivasan, Home Management, Wiley Eastern Ltd., 2006.
2. Randhawa, Rajwinder K., Text Book of Family Resource Management and Health Science, Pradeep Publications Jalandhar.
3. Dr. Sushma Gupta, Amita Aggarwal, Neeru Garg And Jaspreet Kaur. Text Book of Family Resource Management Hygiene and Physiology, Kalayani Publications, Ludhiana
4. Mrs. Harinderpal Kaur , Mrs. Sudesh Sehgal. Textbook of Home Science by (AP Publishers)
5. Premalatha Mullick (2011) “Text Book of Home Science” Kalyani Publishers. New Delhi.
6. Kaur H. & Macneil C.: Theory and Practice of Home Management. Surjeet Publications