

Scheme of Examination and Courses of Study
B.Sc. Home Science, Part –I (2023-24)
Duration of Theory Examinations:- 3 hrs
Semester - I

Course Particular	Course Code	Course Nomenclature	Theory/ Practical	Credit	EoSE/ C
Program: Undergraduate Certificate, BSc. Home Science					
Ability Enhancement Course		(English/Hindi/Modern Indian Language and Communication)	Theory	2	70+30
Main Papers					
DCCC	BHS5101T-C	Food and Nutrition -I (Fundamentals of Food and Nutrition)	Theory	4	70+30
	BHS5101P-C	Basic Cooking	Practical	2	50
DCCC	BHS5102T-C	Family Resource Management -I (Introduction to Family Management)	Theory	4	70+30
	BHS5102P-C	Family Resource Management	Practical	2	50
DCCC	BHS5103T-C	Textile and Clothing- I (Introduction to Textile and Clothing)	Theory	4	70+30
	BHS5103P-C	Basics of Stitching	Practical	2	50
Grand Total				20	550

Note:- Practical work load is to be counted - 1:1

Note : Each theory paper is divided into two parts . Part A and Part B

Part A : (20 marks) is compulsory and contains 10 questions at least 3 questions from each unit.(50 words each). Each question is of 2 marks.

Part B: (50 marks) Contains 10 questions at least 3 questions from each unit . Candidate is required to attempt any 5 questions selecting at least one question from each unit (400 words each). Each question is of 10 marks.

Main Papers
Paper 1
FOODS AND NUTRITION –I
Fundamentals of Food and Nutrition

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :36

Contents:

UNIT I

1. a. Concept and definition of the terms – nutrition food, nutrients, malnutrition and health. Relationship between Food, Nutrition, health and disease.
 - b. Functions of Food – Physiological, psychological and socio-cultural functions
 - c. Factors affecting selection of food & food related behaviour of families- availability agriculture production, food cost and economy, environment, socio-cultural, psychological and religious factors, role of industrialization, urbanization, work pattern mass media, et. Acceptability of foods – sensory qualities, likes & dislikes, knowledge, attitude & practices regarding food-fads, fallacies and beliefs
2. Concept of minimum nutrient requirements and Recommended dietary Allowances,
3. Nutrients: Macro and Micronutrients. Classification, chemistry and properties, functions, sources, digestion, absorption and utilization, Deficiency and Excess of –
 - a. (i) Water (ii) Carbohydrate (iii) fats(including FFA) (iv)Fiber (v) Protein (including – quality definition methods of improving protein quality of diets)
 - b. Minerals & Trace elements – calcium, phosphorous, magnesium, manganese, iron, copper, zinc, selenium, fluorine, iodine, sodium and potassium.

UNIT II

- c. Vitamins –
 - i. A.D. E. & K.
 - ii. Water soluble vitamins – Thiamine, riboflavin, niacin, pyridoxine, pantothenic acid, folic acid, cyno -cobalamine, ascorbic acid
4. Energy Metabolism-
 - a. Units of measuring energy, fuel value of foods, methods of measuring energy value of foods, calculating of energy value of diets
 - b. Concepts of energy balance – components of energy expenditure and factors affecting the same. Measurement and determination of Basal Metabolic Rate and Energy Expenditure, Energy requirement and recommended allowances
5. (a.) Foods (in brief):structure, food composition, nutritional contribution, selection, storage and care of the following.
 - a. Cereals and millets
 - b. Pulses and legumes
 - c. Nuts and oilseeds
 - d. Milk and milk products
 - e. Vegetables & Fruits
 - f. Eggs
 - g. Meat, fish and poultry
 - h. Sugar and sugar products
 - i. Fats and oils(b) Condiments and spices: Use in Indian cookery

UNIT III

6. Concepts of Basic Food Groups and Food Exchanges list
7. Food Preparation

- a. Basic terminology used in food preparation
 - b. Reasons of cooking food
 - c. Principles of food preparation
 - d. Methods of cooking – classification, procedure, merits & limitations
 - e. Effects of cooking and home processing on food constituents and colour, texture
 - f. Improving nutritional quality of foods – improving bio availability of nutrients and enhancement of quality of diets by –
 - i. Germination
 - ii. Fermentation
 - iii. Supplementation
 - iv. Substitution
 - v. Combination
 - vi. Fortification and enrichment
8. Food adulteration: definition, common adulterants and efforts to control :Food laws and standards

PRACTICAL

Hours/Week: 2 hr

Max. Marks : 50

Duration of Examination: 3 hrs

Min. Marks : 18

Objectives:

1. To acquire skills in food preparation techniques
2. To use appropriate methods of cooking for preparation of specific food products
3. Learn proper handling, preparation and service foods
4. Be familiar with evaluation of food products for their quality characteristics

Contents:

1. Principles and methods of working in food laboratory or Kitchen
2. Use and care of kitchen equipment
3. Market survey for availability and cost of foods.
4. Determination of percentage of edible portions of food.
5. Weights and measures of dry ingredients, solid fat liquids, etc. Standard weights and measures, weight and their equivalent measures.
6. Controlling techniques
 - a. Weights and Measure – standard and household measures for raw and cooked foods
 - b. Recipe standardization technique
 - c. Evaluation of food as rich, moderate and poor sources of specific nutrients
7. **Cooking methods** – various preparations using different cooking methods.
8. **Preparation , serving and evaluating food items:**
 - a. Beverages – tea, coffee, cocoa, fruits juice, punches, milk shakes etc.
 - b. Cereals – Breakfast cereals – upma, pohae, variation in paranthas, purees, chapatti, rice, pulao, biriyani, sandwiches, pastas, pancakes, porridges, biscuits, cookies, cakes etc.
 - c. Pulses – using whole, dehusked and sprouted pulses-chana, rajmah, sambharwada, dhokla, kadi etc.
 - d. Vegetables – dry vegetables, curries, koftas, baked vegetables dishes, cutlets etc.
 - e. Salads: Decorative and nutritious
 - f. Soups and Stews : Clear and nutritious soups

- g. Milk, Paneer, Curd, Cheese and Khoa preparations– custards, kheers, ice-creams, Indian Sweets – barfis, gulab jamun, chenna, sandesh etc.
- h. Eggs – hard and soft boiled, poached, scrambled Omlette and eggnog etc.
- i. Meat fish and poultry(Optional)
- j. Baked products: cakes and biscuits
- k. Snacks – Savoury: mathri, kachories, pakoras etc.
Sweets: Ladoos, Gujias, Malpuas.
- k. Combination recipes
- 9. **Food Adulteration:** Qualitative testing of some common foods for adulteration- Demonstration.

Distribution of marks :

i. Preparation of two dishes	
a. Quality characteristics (12+12)	24
b. Method of works & cleanliness	5
c. Serving	5
ii. Files and Record	10
iii. Vi -Voce	6
Total	50

References :

1. आहार एवं पोषण : रश्मि मनोज छंगाणी, पोषण सिद्धांत एवं व्यवहार, 2011, हिमांशु पब्लिकेशन, नई दिल्ली उदयपुर I
2. डॉ बृंदा सिंह, आहार विज्ञान, पंचशील प्रकाशन ,जयपुर।
3. डॉ बृंदा सिंह-आहार विज्ञान एवं पोषण, पंचशील प्रकाशन जयपुर।
4. देविना सहाय, आहार विज्ञान 2019, New age international publisher , New Delhi.
5. Sri Lakshmi B, Food Science,2018, New age international publisher, New Delhi.
6. Dr Swaminathan M, Food Science, the Bangalore printing and publishing company Bangalore.
7. Dr Swaminathan M,2004, Essentials of food and nutrition, volume 1 and 2, The Bangalore printing press, Bangalore.

Paper 2

FAMILY RESOURCE AND MANAGEMENT – I

Introduction to Resources Management

Hours/Week – 4 hrs /week

Max Marks: 100

Duration Examination – 3 hrs

Min Marks : 36

UNIT I

1. Introduction to Management
 - a. Management and Home – management definitions & objectives
 - b. Principles and functions of Management(in brief)
 - c. Obstacles to the improvement of management
 - d. Ethics in management
2. Management as a system- Definition, elements, characteristics and its application in family management
3. Motivating factors of management
 - a. Values – definition, characteristics, classification, process of valuing
 - b. Goals – meaning, characteristics, types, general family goals.
 - c. Standards – definition, classification, criteria for choosing standards.

Unit-II

4. Management process –
 - a. Planning – definition, importance, types and techniques of planning.
 - b. Controlling- definition, phases of controlling, direction and guidance.
 - c. Evaluation- definition, importance, procedure of evaluation.
5. Resources in the family – definition , types, characteristics, factors affecting the use of resources
6. Decision making- definition, types, characteristics, process of decision making, levels of resolving conflicts.

UNIT III

7. Management of time- Tools in time management- time cost, time norms, peak load, work curve, rest period. Process of managing time, time demand during different stages of the family life cycle.
8. Management of Energy- classification of house hold tasks, process of energy management
9. Fatigue- types, causes, measures to avoid fatigue
10. Work simplification –
 - a. Definition, objectives, factors determining the efficiency of worker.
 - b. Techniques of work simplification.
 - c. Mundel classes of change.

PRACTICAL

Hours –2 hrs/week

Max Marks- 50

Duration of Examination- 3 hrs

Min Pass Marks : 18

1. Identification of self as a resource –SWOT analysis (who am I)
2. Building decision making abilities through management games
3. Preparation of time plans for self and family
4. Making a chart/poster/pamphlets on resources conservation
5. Application of managerial process for various events like party ,occasion etc.

Marks Distribution :

1. Records and file	10(internal)
2. Report of Exercise 1,2,3	10(internal)
3. Exercise – 4	10
4. Exercise – 5	15
5. Vi- voce	5

Total Marks

50

References:

1. Varghese MA,Ogale NN and Srinivasan K (2002): Home Management, New age international publishers, New Delhi.
2. Krishna Oberoi , Muninder Sindhu (2006) : Resource Management For Better Homes, Chetna Prakashan, Ludhiana.
3. Dr. Bela Bhargava (2003): Family resource management and interior decoration, University Book House, Jaipur.
4. Niraja Sharma, Home management(2006) : Murari Lal and sons, New Delhi
5. डॉ बृंदा सिंह : गृह प्रबंध एवं आंतरिक सज्जा, पंचशील प्रकाशन, जयपुर I
6. करुणा शर्मा एवं मंजू पाटनी (2015) : गृह व्यवस्था एवं गृह सज्जा, शिवा प्रकाशन ,इंदौर।

Paper 3
TEXTILES AND CLOTHING I
Introduction to Textile and Clothing

Hours/Week – 4 hrs /week

Max Marks: 100

Duration Examination – 3 hrs

Contents:

UNIT I

1. Textile Fibers & their Properties :
 - a. Classification of Fibers, terminology in textiles.
 - b. History, Molecular structure, production and properties primary and secondary and uses of cotton, linen, wool, silk, rayon, polyester fibers.
2. Introduction to Geo Textile and Medical Textile

UNIT II

3. Yarn Constructions
 - a. Basic Principles of Yarn Constructions
 - b. Mechanical Spinning (cotton, wool and other)
 - c. Chemical Spinning (wet, dry and melt)
 - d. Types of yarns – Classification and Manufacturing (Simple, Complex and Sewing thread)
4. Introduction to clothing
 - a. Social and Psychological aspects of clothing
 - b. Functions of Clothing
 - c. Clothing in relation to status, culture and rituals

UNIT-III

5. Fashion
 - a. Terminology, sources, fashion cycle.
 - b. Factors favoring fashion cycle.
 - c. Customer demand and fashion marketing
6. Principles of Clothing Constructions
 - a. General Principles of clothing constructions drafting and making paper patterns
 - b. Body measurement – importance of taking body measurement and its relation to sizes and different types of garments
 - c. Preparation layout, pinning , marking and cutting
 - d. Equipment and supply used in clothing construction, their maintenance, problem and faced remedies with specific reference to sewing machine.

PRACTICAL

Basics of Stitching

Hours – 2 hrs/week

Max Marks- 50

Duration of Examination-3hrs

Min Pass Marks : 18

1. Fiber Identification – visual, microscopic, burning and chemical
2. Thread count

3. Hand Stitches – (Sample)
 - a. Functional – Temporary and Permanent
 - b. Decorative
4. Introduction to sewing machine and its functions
5. Seams and seam –finishes (Sample)
6. Placket openings and fasteners (Sample)
7. Dart, pleats, gathers and tucks.
8. Different types of neckline - Facing and piping
9. Collar variations – Peter pan (Flat and Raised) and Chinese.
10. Sleeve Variations – Plain, Puff and Flaired.
11. Different types of yokes.

Distribution of Marks :

1. Record & File	10 marks
2. Fiber Identification	7 marks
3. Thread count	7 marks
4. Hand stitches, seams & seam finishes	10 marks
5. Sample of item no. 6, 7, and 8	6 marks
6. Vice-voce	10 marks
Total	50 marks

References:

1. Joseph, Marjory L: “Introductory Textiles Science” Holt, Tichard and Winstone N. York
2. Wintage, IsbelB : “Textiles and Fabrics and Their Solutions” Prentice Hall. Inc. Engewood Cliffs, N. Jersey
3. Joseph, Marjory L: “Essentials of Textiles” Hold, Rinehart and Winston, New York
4. Hess, Ktherine Paddock “ Textiles Fabrics and Their uses Oxford and IBH-Publishing Co. N. Delhi
5. Corbman Bernard :”Textiles fibre to Fabric” : McGraw Hill-Book Company, New York
6. Hollen Norma. Saddle Jane, Angford Anna – “Textiles”: Macmillan Publishing Co. Inc. N. York
7. Deulkar Durga :”Household Textiles and Laundry Work” : Atma Ram & Sons. N. Delhi
8. Dhatyagi: Susheela :”Fundamentals of Textiles and Their care”: Orient Longmans Bombay
9. Smith Betty F. And Black Ira Textiles in Perspective – Prentice Ha;; INC Englewwod life elifee Jersey
10. Kefgen, Mary and Speent Phylies – “Individuality in selection and Personal appearance” – Macmillan Publishing, New York
11. Erur, Mabil and Kinchen ,”Clothing for Morden”, Macmillan Publishing, New York
12. Mathew Mary: Practical Clothing Construction I & II Cosmic Press, Madras
13. Doongaji S and Deshpande R- Basic Processes of Clothing Construction
14. वस्त्र एवं परिधान निर्माण के मूल आधार, डॉ संगीता सक्सेना
15. आशा रानी वोहरा, 1990, रैपिडेक्स होम टेलरिंग कोर्स, पुस्तक महल ,दिल्ली।

Scheme of Examination and Courses of Study
B.Sc. Home Science, Part –I (2023-24)
Duration of Theory Examinations: -- hrs
Semester -II

Course Particular	Course Code	Course Nomenclature	Theory/ Practical	Credit	EoSE/ C
Program: Undergraduate Certificate, BSc. Home Science					
Ability Enhancement Course		(English/Hindi/Modern Indian Language and Communication)	Theory	2	70+30
Main Papers					
DCCC	BHS5201T-C	Human Physiology	Theory	4	70+30
	BHS5201P-C	First aid and Home nursing	Practical	2	50
DCCC	BHS5202T-C	Extension and Communication- I (Introduction to Extension Education)	Theory	4	70+30
	BHS5202P-C	Teaching methods and Audio visual aids	Practical	2	50
DCCC	BHS5203T-C	Human Development I- (Life Span Development)	Theory	4	70+30
DCCC	BHS5203P-C	Activity Planning	Practical	2	50
Grand Total				20	550

Note:- Practical work load is to be counted - 1:1

Note : Each theory paper is divided into two parts . Part A and Part B

Part A : (20 marks) is compulsory and contains 10 questions at least 3 questions from each unit.(50 words each). Each question is of 2 marks.

Part B: (50 marks) Contains 10 questions at least 3 questions from each unit . Candidate is required to attempt any 5 questions selecting at least one question from each unit (400 words each). Each question is of 10 marks.

Paper 1
HUMAN PHYSIOLOGY

Hours/Week – 4 hrs /week
Duration Examination – 3 hrs

Max Marks : 100
Min Marks :36

Objectives:

This course is enable the students to-

1. Understand the physiology of human body

Contents:

UNIT I

1. Elementary knowledge of various systems.
2. Cell:
 - a. structure and functions of cell
 - b. cell organelles
3. Tissues: Classification and functions
4. Gastro intestinal system:
 - a. Structure and functions of various organs of GI tract.
 - b. Digestion and absorption of Food and Nutrients (Carbohydrates, Fats and Protein) and role of enzymes and Hormones.

UNIT II

5. Respiratory system :
 - a. Elementary knowledge of respiratory system.
 - b. Mechanism of respiration
 - i. Internal Respiration
 - ii. External Respiration
6. Excretory system:
 - a. Elementary knowledge of urinary excretory system.
 - b. Formation of urine and composition.
 - c. Structure and functions of skin.
7. Cardiovascular system:
 - a. Blood and its composition
 - b. Blood groups
 - c. Blood coagulation in brief
 - d. Structure and functions of heart
 - e. Heart rate and blood pressure.
 - f. Circulation of blood in brief

UNIT III

8. Skeletal system:
 - a. Functions of skeletal system.
 - b. Types of bone.
 - c. Joints : Types of joint.
8. Endocrine glands:
 - a. Functions
 - b. Impact of hypo and hyper functioning of glands.
9. Nervous system:

- a. Elementary knowledge of - central , peripheral and autonomous Nervous system.
 - b. Functions of different parts of brain.
 - c. Sympathetic and parasympathetic nervous system.
10. Reproductive System:
- a. Structure and functions of sex glands and organs including hormones.
 - b. Menstrual Cycle and Menopause.
11. Sense Organs: Structure and functions of eye, ear and nose in brief.

PRACTICAL
First aid and Home nursing

Hours – 2 hrs/week

Max Marks- 50

Duration of Examination-3hrs

Min Pass Marks : 18

1. First Aid and nursing practical
2. First aid in common accidents
 - a. Burns and scalds
 - b. Wounds and external haemorrhages
 - c. Sprains, fractures and dislocations.
 - d. Common poisoning
 - e. Animal bite
 - f. Unconsciousness
 - g. Epilepsy
 - h. Foreign bodies in the eye,ear, nose and throat.
 - i. Heat stroke
3. Techniques of artificial respiration
4. Essential items for the Sick room : bedpan, urinal, hot water bottle, air ring, eyeglass, spittoon, measuring glass, feeding cup, thermometer, disposable enema, ice bag etc.
5. Demonstration of blood pressure instrument, glucometer and inhaler
6. Basic knowledge about the following:
 - a. Measuring and recording of temperature, pulse rate.
 - b. Introduction of various types of bandages: roller bandage, triangular bandage, slings et.

Distribution of Marks:

1. Internal assessment	:10
2. Bandaging (2)	:10
3. Spotting	:10
4. Recording temperature/ pulse rate	:10
5. First aid box	:05
6. Viva Voce	:05

Total 50 MarksMarks

References:

1. Guyton, A.C. , Hall, J.E. (1996): Textbooks of Medical Physiology, 9th Ed. Prism Books(Pvt.) Ltd., Bangalore
2. Winwood (1998): Sear's Anatomy and Physiology for Nurses, London, Edward, Arnold
3. Wilson (1989) : Anatomy and Physiology in health and illness, Edinburgh, Churchill Living Stone.
4. Chatterjee, C.C.(1988) : A Textbook of Medical Physiology, London, W.B. Sounder's Co.
5. Prof. AK Jain, Anatomy and physiology for nurses, Arya publications, Sirmour, HP
6. Evelyn C. Pearce (1993),Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi .

7. डॉ ओ पी टंडन, डॉ नीलम वानी, (2007): मानव शरीर रचना एवं क्रिया विज्ञान, PEEPEE.
8. श्री नंदन बंसल (2003) :शरीर रचना विज्ञान एवं शरीर क्रिया विज्ञान, Jaypee Brothers, मेडिकल पब्लिशर्स, नई दिल्ली ।
9. डॉ. वृंदा सिंह - मानव शरीर एवं क्रिया विज्ञान, पंचशील प्रकाशन जयपुर।
10. डॉ रीना खनूजा एवं डॉ दीपा स्वामी () : मानव शरीर क्रिया विज्ञान एवं मातृ कला, प्रतीक्षा पब्लिकेशन, नई दिल्ली ।
11. First aid- St John's ambulance association.
12. Home nursing- St John's ambulance association.
13. Where there is no doctor - VHAI publication.

Paper 2
EXTENSION AND COMMUNICATION – I
Introduction to Extension Education

Hours/Week – 4 hrs /week
Duration Examination – 3 hrs

Max Marks : 100
Min Marks :36

Contents :

UNIT I

1. Education
 - a. Meaning : Definition and Need of Extension Education
 - b. Ways of importing Education :
 - i. Formal
 - ii. Non Formal
 - iii. Informal
 - c. Meaning , Importance and Characteristics of
 - i. Adult Education
 - ii. Continuing Education
 - iii. Distance Education
2. Extension Education
 - a. Meaning and Definition of Extension Education and Home Science Extension.
 - b. Scope of Home Science Extension Education and its relationship with others social science
 - c. Principles of Extension Education

UNIT II

3. Qualities of an Extension Worker
4. Extensions teaching approaches and methods
 - a. Classification of Extensions teaching approaches .
 - i. Individual Approach
 - ii. Group Approach
 - iii. Mass Approach
 - b. Characteristics, selection and use, advantages and limitations of each approach.
 - c. Classification of Extension Teaching aids.
 - d. Characteristics, selection and use, advantages and limitations of each Teaching aid.
 - e. Extension Teaching methods : Meaning and classification.

UNIT III

5. Communication
 - a. Meaning, Definition, and Importance of communication.
 - b. Scope and nature of communication.
 - c. Functions of Communication
6. Communication Process
 - a. Elements of Communication process and their characteristics
 - b. Model of Communication Process
 - c. Barriers of communication process
 - d. Dale's cone of experience
7. Motivation:
 - a. Meaning, Definition and Importance of motivation in Extension Education.
 - b. Role of motivation in extension education.
8. Learning:
 - a. Meaning and Principles of learning.
 - b. Factors affecting learning process.
 - c. Importance of learning in Extension Education.
9. Teaching Steps of Extension Education.

PRACTICAL

Teaching Methods and Audio Visual Aids

Duration of Examination: 3 hrs

Max Marks: 50

Hours/Week: 2hrs

Min. Pass Marks: 18

1. Planning, Preparation & presentation of communication aids/media particularly for women and children
 - a. Poster
 - b. Chart/Flip Chart
 - c. Flash cards/ Flip Book
 - d. Flannel Graph
 - e. Folder/Pamphlets/Leaflet
2. Planning & arranging any one
 - a. Bulletin Board Display
 - b. Window Display
 - c. Exhibition
3. Planning Preparation & presentation of the following in Home Science :
 - a. Demonstration – Result/Method
 - b. Role Play/Dramatization
 - c. Puppet Show
4. Assess two of the following :
 - a. T.V. Program – educational/ recreational
 - b. Radio Program – education/recreational
 - c. New stories/items
 - d. Social & commercial advertisement
 - e. Magazine articles
5. Developing skills in using (handling and care) of various instruments/ equipment used for communication :
 - a. LCD Projector
 - b. Public Speaking Equipment
 - c. Television
 - d. Computer & Other

Distribution of Marks:

- | | |
|---------------------------------------|----------|
| 1. File & Record | 20 Marks |
| 2. Any one graphics Communication aid | 12 Marks |

3. Bulletin Board/ window display presentation	6 Marks
4. Role Play/Puppet Show/Exhibition(Group Activity)	7 Marks
5. Viva Voce	5 Marks
Total	50 Marks

References :

1. Dhamma, O.P. & Bhatnagar, O.P (1985) :Extension and Communication for Development,Oxford and IBH Publishing Co. New Delhi.
2. Supe, S.V. (1980) :An Introduction to Extention Education, Oxford and IBH, Publishing Co.Pvt. Ltd. New.
3. General Guide to learning and teaching and their implication in extension education. (1990) Publications, Baroda.
4. Bhatia, R.L. Developing Presentation Skills , Wheelers Publishing, New Delhi,1994
5. Prereira M.J., Development Communication Handbook – Ideas Skills, Illustrations, Satprabhaboshon Sanchar Kendra, Indore.1994
6. Singh, R. Textbook of Extension Education, Sahitya Kala Prakashan Ludhiana, 1987.
7. डॉ बृदा सिंह -प्रसार शिक्षा, पंचशील प्रकाशन, जयपुर ।
8. डॉ मंजू पाटनी एवं डॉ हरपालिनी, प्रसार शिक्षा एवं संचार, स्टार पब्लिकेशन, आगरा।
9. डॉ बी डी हरपालिनी, प्रसार शिक्षा, स्टार पब्लिकेशन ,आगरा।

Paper 3
HUMAN DEVELOPMENT I
Life Span Development

Hours/Week – 4 hrs /week

Duration Examination – 3 hrs

Max Marks : 100

Min Marks :36

Contents :

UNIT I

1. Introduction to Human Development
 - a. Concept, Meaning & Definition.
 - b. Scope and importance of Human Development.
2. Methods of studying Human Development
3. Growth and Development
 - a. Meaning and Definition
 - b. Principles of Human Development
 - c. Factors affecting Human development
4. Stages of Human Development : Elementary knowledge of different stages of human development.
5. Prenatal Development:
 - a. Stages of prenatal development (The Period of the zygote, embryo and fetus).
 - b. Hazards during the prenatal development.
6. Physical Development :
 - a. Meaning and importance
 - b. Physical Growth cycle: Introduction
 - c. Physical Development in different stages- Birth to Puberty
7. Motor Development :
 - a. Meaning and definition
 - b. New Born Reflexes
 - c. Sequence of motor development
 - d. Some common motor skills of childhood
 - e. Handedness

UNIT II

8. Speech and Language development
 - a. Pre speech & speech forms of communication

- b. Hazards in speech development: speech disorders and speech defects.
- c. Chomsky's Theory
- 9. Cognition Development
 - a. Concept of Cognition
 - b. Main characteristics of cognitive development.
 - c. Cognitive activities for early childhood
 - d. Factors affecting cognitive development.
- 10. Moral Development
 - a. Definition and Pattern of moral development
 - b. Stages of Moral development(moral development in Babyhood, Early childhood, late childhood)
 - c. Discipline : Definition and Techniques of discipline.
- 11. Social Development
 - a. Definition, importance of early social experiences of a child.
 - b. Social development in Babyhood, special behaviour of Babyhood.
 - c. Social development in Early Childhood and late Childhood, Some common forms of social behaviour in Early Childhood

UNIT III

- 12. Emotional Development
 - a. Childhood emotions: Fear, Shyness, Worry, Anxiety, Anger, Jealousy, Curiosity, Affection
 - b. Characteristics of Children's Emotions
 - c. Factors affecting Childhood Emotionality
 - d. Emotional Dominance, Heightened Emotionality
 - e. Control on Emotions ; Repression, Regression, Displacement, Indutriousness, Emotional catharsis.
- 13. Play
 - a. Meaning, Definition and difference between work and play
 - b. Characteristics of Children's play
 - c. Types of Play ,importance of play, Factors influencing development of Children's play
- 14. Creativity
 - a. Meaning, Development of Creativity.
 - b. Conditions fostering creativity and unfavorable conditions to creativity.
 - c. Expression of Creativity in Childhood.

PRACTICAL Activity Planning

Hours – 2 hrs/week

Max Marks- 50

Duration of Examination-3hrs

Min Pass Marks : 18

1. Assessment of Growth and development through Anthropometry.
 - a. Weight
 - b. Height
 - c. Chest and Head Circumference
2. Use of different methods of studying Human Development.
 - a. Questionnaire method
 - b. Interview method
 - c. Case study method
3. Preparation and use of teaching aids for promoting various developments.
4. Planning and implementing activities promoting various developments.

- a. Physical development
 - b. Motor development
 - c. Language development
 - d. Cognitive and intellectual development
 - e. Social development
 - f. Emotional development
5. Use of different methods of studying human development

Distributions of Marks:

1. Anthropometry	5
2. Method of studying human development	10
3. Teaching Aids	10
4. Activity Planning & Implementation	10
5. File & record	10
6. Viva Voce	5
Total	50

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