

## **Home Science (Honours) Paper – I**

### **Food And Nutrition**

**Full Marks : 75**

**Time : 3 Hours**

1. **Nutrition** : Composition, classification, functions, sources, daily allowance of Carbohydrates, Fats, Proteins, Vitamins, Minerals and water.
2. **Foods** : Classification, Composition, Nutritive value of cereals, Pulses, Vegetables, fruits, Milk and Milk products, Fats and oils, Meat, Fish, Eggs condiment. Beverages and spices, its effect on health.
3. **Nutritional Status assessment and surveillance** : Meaning, need, objectives and importance methods-direct and indirect.
4. **Relation of food Intake to health** : Optimum nutrition Malnutrition effect of directory deficiencies.
5. **Calories** : Meal planning in pregnancy, Lactation, Instance Childhood, Adolescence and old age.
6. **Food and its Preservation methods** : Traditional, use of heat, Pasteurisation, Drying and dehydration and temperature irradiation.
7. Food spoilage, Food poisoning and food storage.
8. Food adulteration.
9. **Food Habits** : Factors affecting : agricultures economic environmental, sociocultural, Psychological, religions, Food facts, fallacies and beliefs.

**Help Book** : *University Guess Paper to Home Science (Hons.) I.*

**Dietetics**

**Time : 3 Hours**

**Full Marks : 75**

1. **Basic concept of diet therapy :** Therapeutic adaptation of normal diet, principles and classification of therapeutic diets.
2. **Etiological factors, symptoms, diagnosis and dietary management :** Food selection in Fevers & infections - Typhoid, Malaria and Tuberculosis.
3. Etiology, Symptoms, diagnostic tests and dietary management, Food selection in constipation.
4. **Etiology, Symptoms, diagnostic tests and dietary management :** Food selection in cardiovascular disease Atherosclerosis, Hypertension Blood pressure, heart failure.
5. Etiology, Symptoms, diagnostic tests and dietary management. Food selection in Diabetes mellitus.
6. Etiology, Symptoms, diagnostic tests and dietary management. Food selection- Under wt & over wt.
7. Etiology, Symptoms, diagnostic tests and dietary management. Food selection in liver diseases.
8. Etiology, Symptoms, diagnostic tests and dietary management. Food selection in Kidney diseases.
9. Etiology, Symptoms, diagnostic tests and dietary management. Food selection in Gastrointestinal diseases.
10. Etiology, Symptoms, diagnostic tests and dietary management. Food selection in Nutritional deficiencies diseases.

**Help Book :** *University Guess Paper to Home Science (Hons.) II.*

**PRACTICAL**

**Time : 3 Hours**

**Full Marks : 50**

1. Preparing Record Book
2. Viva
3. Practical in lab.

**Group-A :** Meal Planning and calculation for 5 years old child, office worker and labourer Pregnant women, Lactating women.

**Group-B :** Preparing of high energy high protein recipes for pregnant women, and growing children.

**Cooking :** Pulse-Pakora, Samosa, Fruit Salad, Khir, Coffee, Pane cake, different types of Halwa.

**Group-C :** Planning calculating and preparing diets for patients suffering from Fever, Heart disease, Jaundice, constipation.

**Help Book :** *University प्रायोगिक गृह विज्ञान - 1.*



Time : 3 Hours

**(A) Food and Nutrition**

1. **Nutrient** : Classification, composition, function, deficiency symptom, sources, daily allowance of carbohydrates, fats, protein. Vitamins, minerals and water.
2. **Foods** : Classification, nutritive value of cereals- pulse, vegetables, fruit, milk and milk products, fats and oils, meat; fish; eggs and their uses in cookery.
3. **Balanced diet** : Its importance; meal planning for adolescence and pregnant woman.
4. Methods of cooking - types, their merits and demerits.

**(B) Home Management**

1. Planning of rooms- principles of decoration; Elements of design; Importance of colour in house decoration.
2. Household cleaning- daily; weekly and seasonal; cleaning appliances and agents; their uses in different materials.
3. Planning the work of the household, labour saving devices and maintenance.
4. Household Economics- Budgeting, account keeping, saving and Investment.

**(C) Extension Education**

1. Importance, meaning, scope, objectives, Philosophy and Principles of Extension Education.
2. Classification of Extension Education, Teaching Methods- teaching aids.
3. Rural Sociology and its importance-characteristics of rural life, scope of rural upliftment.
4. Leadership in rural areas, qualities of a leader and role in national development.

**Help Book** : *University Guess Paper to Home Science (Subsidiary & General).*

**PRACTICAL**

Time : 3 Hours

Full Marks : 25

1. Cooking - Vegetable cutlet, pan cake, sandwich, pulao, Stuffed puri, vegetable curry, custard, sandesh.
2. Home Management – Colour wheel, cleaning of metals.
3. Extension Education – Writing to captions, making of posters and charts.

**Help Book** : *University प्रायोगिक गृह विज्ञान - 1.*

**HOME SCIENCE (Pass)**

Time : 3 Hours

Full Marks : 75

**(A) Food and Nutrition**

1. **Nutrient** : Classification, composition, functions, deficiency symptoms, sources, daily allowances of carbohydrates, fats, proteins, Vitamins, mineral and water.



2. **Food** : Classification, nutritive value of cereals, pulses, vegetable fruits, milk and milk products, fats and oils, meat, fish, eggs and their uses in cookery.
3. **Balanced diet** : Importance, meal planning for adolescence and pregnant woman.
4. **Methods of cooking** : types, their merits and demerits, storage of foods- its importance and different methods.
5. Food management.

### (B) Home Management

1. Concept of Home Management, values, standard and goals.
2. Home management process, planning, controlling and evaluating.
3. Management of Resources, Time, energy and money.
4. Planning of rooms – principles of decoration, Elements of design, importance of colour in house decoration.
5. Household cleaning – daily, weekly and seasonal cleaning appliances and agents, their use in different materials.
6. Planning the work of the household, labour saving devices their care and maintenance.
7. Furniture – Type, Factors influencing purchase of furniture and care of furniture.

**Help Book** : *University Guess Paper to Home Science (Subsidiary & General).*

### PRACTICAL

Time : 3 Hours

Full Marks : 25

(A) **Cooking** : Vegetable cutlet, pancake, dahi-bara, pulao, vegetable curry, stuffed puri, Cake and omlet, custard and sandwich.

(B) **Home Management** : Colour wheel, cleaning of metals.

**Help Book** : *University प्रायोगिक गृह विज्ञान – 1.*

### GEOGRAPHY (Honours) Paper – I

#### Physical Geography

Time : 3 Hours

Full Marks : 75

- Unit 1. Origin of the Solar System; Internal structure of the Earth; Views of Pratt and Airy of Isostasy.
- Unit 2. Views of Kober and Holmes on Mountain Building; View of A. Wegener on Continental Drift; Plate Tectonics. Folded and Faulted Topography.
- Unit 3. Normal Cycle of Erosion; Wind, Glacial, Karst Volcanic Topographies and Coastal Topography.



**HOME SCIENCE (Hons.) Paper – III**

Full Marks. – 75

Time – 3 Hours.

**Resource Management**

1. Concept of Home Management—values, goals and standards. Management process—planning, controlling and evaluation.
2. **Decision Making process** : Meaning, Types, modes. Techniques and tools of Decision tree.
3. **Management of Family resources** : Definition, classification and importance of resource management.
4. Time Management.
5. **Money Management** : Definition, types of Family Budget, Account keeping saving, investment.
6. **Energy management** : Work simplification.
7. (a) **Grouping of rooms** : Orientation, circulation, flexibility, Privacy Spaciousness, service, aesthetics, economy, light and ventilation.  
(b) **Planning of different rooms** : Living room, dinning room, bed room, Kitchen store room.
8. **Consumer economics** :  
(a) Consumption economics—Meaning & definition consumer—Definition consumerism—rights and responsibilities of consumers.  
(b) Consumer buying problems—adulteration, faintly, meight & measure, legal guarantee and inarranty contracts.  
(c) Consumer Prateclum services— Important law for consumer protect.
9. **Introduction to Foundation of Art** :  
(a) **Design** : Definition and types; Structural and Decorative, Elements of design, Line, size, form, structure, space, pattern, shape, light; Principles of design, Balance, Harmony, Scale, Proportion, Rhythm, Emphasis.  
(b) **Study of Colours** : Classification, dimensions, colour schemes and effect.
10. **Furniture** : Styles of Furniture; selection of furniture for comfort, residant relaxation for work for storage, Arrangement of furniture, Care of furniture.

**Help Book** : University Guess Paper to Home Science (Hons.) III**HOME SCIENCE (Hons.) Paper – IV**

Full Marks. – 75

Time – 3 Hours.

**Textile and Clothing**

1. Importance of Textile
2. Identification of Textile Fallure.
3. Construction of Textile Fallure yarn making weaving types and their effect or the performance of flueric.
4. History, Origin, Classification and Characteristics of different Fallure.
5. Finishes—Aims and methods of giving, finishes; Finishes with colour, test to determine colour fastness.
6. Selecting failures for dress materials and house hold articles.
7. Readymade versus Home made Garments.
8. Soap and detergent— Definition and their clearing action
9. Principles of Laundering.
10. Fundamentals of Embroidery— Techniques, types shadow, work cut work, drawn thread, Smocking, applique work.

**Help Book** : University Guess Paper to Home Science (Hons.) IV



**PRACTICAL**

Time – 6 Hours.

Full Marks. – 50

1. Preparing Record Book (10 Marks.)
2. Viva (10 Marks.)
3. Practical in Lab (30 Marks.)

**Group–‘A’**

(20 Marks.)

1. Preparation of colour wheel and colour schemes.
2. Lay out — Furniture arrangement in various rooms.
3. Application of design principles in Flower arrangement in different styles.

**Group–‘B’**

(40 Marks.)

Taking body measurement. Cut and Sew the following Garments — Petticoat and Blouse, Salwar and Kurta for Girls, Pajama for Boys.

**Group–‘C’**

(20 Marks.)

Traditional embroideries of different states.

**Help Book :** University प्रायोगिक गृह-विज्ञान

**HOME SCIENCE (Subsidiary)**

Time – 3 Hours.

Full Marks. – 100

**A. Textile and Clothing**

1. Classification of textile fibres.
2. Yarn making and weaning.
3. Characteristics of cotton silk, wool and synthetic.
4. Care and storage of fabrics.

**B. Child Development**

1. **The Infant :** Physical, emotional, social development from 0-1 year, Immunization, common ailments.
2. **Feeding :** Breast feeding, artificial feeding and introduction of solid foods.
3. **The Pre-school year :** physical, social, emotional and intellectual development.
4. **Play :** Theories, importance and play materials.

**C. Family Relationship**

1. The family - Its Origin and functions joint and nuclear family, their advantage and disadvantage.
2. Marriage - Types, functions and motives, adjustment in marriage.
3. Parent child relationship, sibling relationship, single parenthood.
4. Place of aged in Indian Society, Psychological and economical adjustment, problems of aged.

**Help Book :** University Guess Paper to Home Science (Subsidiary & General).

**PRACTICAL**

Time – 6 Hours.

Full Marks. – 25

Drafting, cutting and sewing of sari, petticoat, blouse, churidar and ladies kurta emboidered cushion over-4 Pieces.

**Help Book :** University प्रायोगिक गृह-विज्ञान



**HOME SCIENCE (General)****Time – 3 Hours.****Full Marks. – 75**

*There will be a course of 3 years, each year will have 75 marks theory and 25 marks practical. Each theory will have two group, candidate will have to answer at least two questions from each group. Theory and Practical examination will be of three hours & six hours duration respectively.*

No private candidate shall be allowed to offer this subject.

A. Textile &amp; Clothing

75 Marks

B. Child Development

Practical

25 Marks

**(A) Textile and Clothing**

1. Classification of textile fibres.
2. Yarn marking and weaning.
3. Characteristics of cotton, silk, wool and synthetics.
4. Finishes objectives, methods of giving finishes.
5. Traditional textiles of India.

**(B) Child Development**

1. The Infant's Physical, Emotional, Social development from 0-1 year. Immunization, Common Ailments.
2. **Feeding** : Breast feeding, artificial feeding and introduction of solid foods.
3. **The Pre-school years** : Physical, social, emotional and intellectual developments.
4. **Play** : Theories and importance.
5. The school Years physical, social, emotional, intellectual and personality development from 6-12 years.
6. **Adolescence** : Problems of adolescence and delinquency.

**Help Book** : University Guess Paper to Home Science (Subsidiary & General).

**PRACTICAL****Time – 6 Hours.****Full Marks. – 25**

Drafting, cutting and sewing of shirt-blouse and pajama Kurta for 12 years child, knitting of cardigan.

**Help Book** : University प्रायोगिक गृह-विज्ञान

**GEOGRAPHY (Hons.) Paper– III****Time – 3 Hours.****Full Marks. – 75****India and Bihar**

- Unit-1** Structure : Physiography, Climate, origin and Mechanism of Indian monsoon, natural vegetation.
- Unit-2** Irrigation, Characteristics of Indian Agriculture, Agricultural problems, crops-rice, wheat, cotton, sugar-cane.
- Unit-3** History of Industrial Development in India, Power Resources, Coal and Petroleum, Factors for localisation of industries, study of the following industries-Iron and steel, cotton textile, sugar.
- Unit-4** Growth and distribution of population, population problems, Types of rural settlements, Urban Growth and problems of Urbanisation.