FACULTY OF SCIENCE

SYLLABI

FOR

B.Sc. HOME SCIENCE – HUMAN DEVELOPMENT AND SOCIAL WELFARE

2ND YEAR

EXAMINATIONS, 2011

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B.Sc. (H.Sc.) Human Development and Social Welfare

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** Qualifying Paper**
B.Sc. Home Science Part-II  
**Applied Life Sciences**  
**Paper-A: Botany (THEORY)**

Paper time: 3 Hrs.  
Teaching Period: 2 Hrs/week

Max Marks: 50  
Exam Theory: 45  
Internal Assesment: 05

**Objectives:**
- To introduce basic concepts of gardening  
- To impart knowledge of propagation of plants by seeds and by other vegetative methods.  
- To impart knowledge about plants which are of economic importance.  
- To impart knowledge about growing vegetables, fruits & flowers.

**Unit-I**
- Types of soil and soil operations- Tillage, Drainage, Hoeing, Mulching and Irrigation  
- Elementary knowledge about Mushroom cultivation

**Unit-II**
- Principle and planning of kitchen garden.  
- Principle and planning in laying out of a garden.  
- Cultivation and Care of Lawns & Hedges.

**Unit-III**
- Seed Propagation.  
- Vegetative propagation by artificial methods like: cutting, layering, grafting & budding.  
- Elementary Knowledge about plant tissue culture.  
- Elementary knowledge about cultivation, maintenance and care of Bonsai.

**Unit-IV**
- **NAME DISTRIBUTION, PART USED & USES OF THE FOLLOWING:**
  1. Fibres: Cotton, Jute & Flax.  
  2. Beverages: Tea, Coffee & Cocoa  
  4. Medicinal Plants: Holy basil, Mint, Ashwagandha, Amaltas, Aloe Vera & Amla  
  6. Condiments and Spices: Clove, Cinnamon, Cumin Cardamom, Coriander, Fennel, Pepper & Turmeric.
1. Preparation of temporary slides of Rhoeo and Onion peel to study the cell structure, stomata and chloroplast.

2. Study of Garden implements (Garden Tools & accessories.)
3. To prepare a pot for sowing seeds and study different methods of seed sowing.
4. To prepare a seed bed for raising seedlings.
5. To prepare a bed of potato sowing and cultivation
6. To prepare a bed for cultivation vegetables like onion, cauliflowers, Brinjal & tomato.
7. To prepare a pot of repotting for chrysanthemum.

   4.1. Propagation of roses by cutting and budding.
   4.2. Propagation by whip & tongue grafting.
   4.3. Propagation by wedge grafting.
   4.4. Propagation of crotons & coleus by cutting.


6. Economy Botany: Identify sketch & write short notes on the following:
   6.4. Medicinal Plants: Tulsi, Mint, Amla, Ashwagandha, Aloe Vera & Amaltas.
   6.5. Condiments & spices: Clove, cardamom, Cinnamon, Cumin, Coriander, fennel, pepper & Turmeric.

   ➢ Herbarium: Collection of 25 specimens of ornamental plants.
   ➢ Visit to herbal parks and forest to study flora in natural habitat, if possible.
INSTRUCTIONS TO THE EXAMINER:

1. Total nine questions to be set. At least two from each unit.
2. Out of which five questions to be attempted.
3. One compulsory questions can be set covering the whole syllabus. Which can be fill in the blanks/Multiple choice/objective type/one word answers etc.

- Herbarium: Collection of 25 specimens of ornamental plants.
- Visit to Herbal parks and forests to study flora in natural habitat, if possible.

Recommended Readings:

1. B. Chaudhary: Vegetables(National Book of India, New Delhi, 1979)
2. Breikell C. 1993, Step by Step Gardening Technique( Royal Horticultural Society’s Encyclopaedia of Practical Gardening)
5. Gopalaswamianger K.S 1991 Complete Gardening in India (Messers Nagraj and Co. Madras)
11. Sham Singh: Fruit Cultivation in India.
B.Sc. Home Science Part-II

APPLIED LIFE SCIENCES

(b) ZOOLOGY : THEORY

Time : 2 hours Teaching per week Max. Marks : 50
Exam: 3 Hours Paper:45
Int. Assessment: 05

Objectives: To provide knowledge regarding the application of Zoology in day to day life.

UNIT-I

1. An elementary study of the following animals as indicated:
   - Malaria parasite: Detail life history and mode of transmission
   - *Entamoeba histolytica, Trypanosoma gambiense*: Habit distribution, disease produced and mode of transmission.

2. External feature life history and economic importance of the following
   - *Taenia solium, Ascaris lumbricoides*,

3. External feature life history and economic importance of Earthworm

UNIT-II

4. Pest
   - Life history and economic importance of insect pest: Rice weevil sytophillus, Rizopertha, Gram dhora, and Tribolium.
   - Control of insect pest: Cockroach, Termite.
   - Control of non-insect pest: Rat.

5. Economic important insect
   - Habit habitat and life history only: Honey bee, Silk moth
   - Habit habitat and life history only: Mosquito( Culex & Anopheles).

6. Economic Zoology: Elementary knowledge of the following
   - Apiculture,
   - Sericulture,
   - Vermiculture
UNIT-III

7. Human Genetics:
   - Structure and Function of DNA & RNA
   - Structure of human Chromosomes their variation.
   - Genetic basis of blood groups (ABO)
   - Autosomal and sex chromosomal abnormalities.
   - Elementary knowledge of Genetic basis of common hereditary diseases such as Haemophilia, Colorblindness, Mongolism, Diabetes, Thalassemia.
   - Genetic counseling.

8. An elementary knowledge of Gene, Genome and Genomic.
9. An elementary knowledge of Genetic engineering & Transgenic product (Bt-Products, Golden Rice, Flavr-Savor Tomato).
10. An elementary Knowledge of Polymerase Chain Reaction (PCR)

Unit-IV

11. An elementary knowledge of Biotechnology.
12. An elementary knowledge of Stem cell research.
13. An elementary knowledge of AIDS and its control.
15. An elementary Knowledge of Swine Flu.

APPLIED LIFE SCIENCES

(b) ZOOLOGY: PRACTICAL

Time : 2 hour teaching per week Max. Marks : 50
Exam: 3 Hours Paper:45
Int. Assessment: 05

1. Phylum based identification and Economic importance of Invertebrates and Vertebrates present in the laboratory.
2. Identification of slides and specimens: Malaria parasite (Plasmodium), Fasciola hepatica (life stages also), Ascaris, Taenia solium, . Available insect pest and their life stages.
3. Preparation of temporary mounts of mouth parts of cockroach
4. Visit to Poultry farm.
5. Blood grouping (ABO)
6. Demonstration of Extraction of DNA and staining it with Ethidium Bromide.
7. Demonstration of Polymerase Chain Reaction (PCR)
10. Project report on field visit to renowned laboratory/ poultry

**Books Recommended**

16. Naidu, P.M.N.: Poultry keeping in India(1976), ICAR

**INSTRUCTIONS FOR EXAMINER:**

1. Total nine questions to be set (at least two from each unit) which also includes
2. One compulsory question containing 9 short questions of 1 marks each, covering the whole syllabus.
3. All the questions carry 9 marks each.

**INSTRUCTIONS FOR STUDENTS:**

1. Five questions to be attempted.
2. At least one from each unit need to be attempted.
3. One question (containing 9 Short answer questions) is compulsory as mentioned in the question paper.
B.Sc. Home Science Part-II

APPLIED PHYSICAL SCIENCES

PAPER – A: APPLIED CHEMISTRY (THEORY)

Teaching Period: 2 hrs/week       M. Marks: 50
Exam Time: 3 hrs.       Paper: 45
Int. Ass.: 05

Unit – I

Essentials of Chemistry

- Symbols, formulae, valency and variable valency, elementary idea of empirical formulate and molecular formulae (no numerical) definition of atomic weight and molecular weight.
- Chemical equation and reaction: Parts, types, essential of chemical equation, balancing of equation by hit and trial method and their removal, exothermic and endothermic, catalytic and reversible reactions.
- Chemical Bonding: Definition of chemical bond, cause of chemical combination, types of chemical bonds-ionic bond, covalent bond, co-ordinate bond (def & simple examples based on electron dot picture) examples include H2, C12, HCl, O2, NH3 H2O, CH4, C2H2 MgF2, CaO, NH4+, H3O+.

Unit – II

- Elementary idea about normality, formality, morality, strength of solution, mole fraction and ppm.
- Elementary idea about pH of water, hard water (causes and types) heavy water with its uses.

Unit – III

- Properties and uses of CH4, C2H2.
- Alcohols – Properties and uses of ethyl alcohol, idea about methylated spirit.
- Properties and uses of Acetic acid.

Unit – IV

- Cosmetics: - Brief study and elementary idea about ingredients- cold cream, vanishing cream, lipstick, mascara, depilatories and dentifrices. Use of fluoride toothpaste and chemistry of cold cream.
- Chemistry in medicine- Anti pyritics, Sulpha drugs and anti malarial drugs.
- Polymers – Definitions and classification.
- Polymers in textiles: Chemistry of synthetic fibers- Nylon, Polyester and Acrylic fibers.
- Fertilizers: - Nitrogen, Potassium and Sulphur.
• Elementary idea about paints, varnishes, lacquers, enamels, emulsion paints, pigments valve concentration, failure of paint film.

**Instruction to Examiners**

• Total nine questions to be set out of which five to be attempted (two questions from each unit)

• One compulsory question covering the whole syllabus may be set in the form of objective / fill in the blanks/ short notes etc.

• Each question carries 9 marks.

• Internal choice can also be given.

**APPLIED PHYSICAL SCIENCES**

**PAPER – A, APPLIED CHEMISTRY (PRACTICAL)**

Teaching Period: 2 hrs/week  
Exam Time: 3 hrs.  
M. Marks: 50  
Paper: 45  
Int. Ass.: 05

1. Preparation of vanishing cream and cold cream.  
2. Preparation of washing powder and liquid soap.  
3. Preparation of antiseptic ointment (Sulphur, General and Boric)  
4. Elemental detection of organic compound- nitrogen, halogen and Sulphur.  
5. Determination of melting point and boiling point of organic compounds.  
6. Analysis of amide group, amine group and carbohydrate group in given organic compound.  
7. To determine the normality and strength of given alkali solution.  
10. Visit to industrial unit if permissible

**Suggested books:**

Applied chemistry for Home Science and Allied science by Thanhamm Jacob  
NCERT books of + 1 and + 2.  
Engineering books by Jain and Jain.  
Modern approach to Chemistry Volume – 2.
CONTENTS

Unit-I

Mechanics:

- Intermolecular forces, Types of intermolecular forces – Force of Adhesion & Force of Cohesion, Molecular range, Sphere of Influence, Surface film, Surface tension, molecular theory of surface tension, detergents and surface tensions, common illustrations/ applications of surface tension.
- Definition of Capillary and Capillarity, practical applications of Capillarity in everyday life.

Unit-II

Sound:

- Define – Periodic motion, Oscillatory motion, Vibration, Oscillation, Time period, Frequency, Amplitude, Wave motion and Wave length.
- Brief idea about transverse and longitudinal wave motion, difference between the two, υ-n relation (simple numericals with direct substitution).
- Simple idea about superposition of waves, superposition principle and stationary waves, laws of vibrating strings, free, forced & resonant vibrations.
- Short notes on Human voice organ, sound insulation, hearing aids, acoustics of buildings.

Unit-III

Atomic Physics

- Photoelectric effect, Experimental study of photo electric effect, Effect of intensity, potential and frequency on photo electric current, laws of photoelectric emission, photo electric cell and some of its applications.
- Introduction to LASER & MASER and some of their applications.
Unit-IV

Nuclear Physics

- Atomic Nucleus – Nuclear size, Nuclear density and Nuclear charge, Isotopes, Isobars and Isotones, Nuclear force and some features of Nuclear force, Elementary idea about radio activity – Natural & Artificial, Radioisotopes and their uses in medicine, industry, agriculture and dating.
- Nuclear fission and fusion, uncontrolled and controlled chain reactions, nuclear reactor – principle, construction & working, some uses/ applications of Nuclear Reactor, Radiation hazards and safety measures.

Instructions to Examiner

- Total nine questions to be set, out of which five to be attempted (Two questions from each unit).
- One compulsory question covering the whole syllabus may be set in the form of objective type/ fill in the blanks/ short notes etc.
- Each question carries 9 marks.
- Internal choice can also be given.

APPLIED PHYSICAL SCIENCES

PAPER-B: PHYSICS (PRACTICALS)

<table>
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<th>Teaching Time</th>
<th>2 hours/week</th>
<th>Total marks</th>
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<tr>
<td>Exam Time</td>
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<td>Paper (Practical)</td>
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<td>Internal Assessment</td>
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1) Measurement of diameter of a small spherical body using Vernier Callipers.

2) Measurement of area, volume and total surface area of rectangular body using Veiner Callipers.

3) Measurement of diameter of a Pen/ Pencil using a screw gauge.

4) Measurement of temperature in °C of a liquid at room temperature and high temperature and to convert to temperature in °F.

5) Measurement of temperature of human body in °C and °F.

6) To verify first law of transverse vibrations in a string using sonometer.

7) To verify second law of transverse vibrations in a string using sonometer.

8) To find velocity of sound at 0°C using first resonance position and by applying end correction.
9) To find velocity of sound at 0°C using two resonance positions.

10) To find resistance and power of a glowing bulb and to calculate energy consumed by it in given hours.

11) To verify Ohm’s law.

**Books Recommended**

1) A very M., Household Physics.

2) Duggal & Wadhawan, Principles of Physics (XI, XII).

3) Gomber & Gogia, Pradeeps Fundamental Physics (XI, XII).

4) Gupta S.K., Modern’s ABC of Physics (XI, XII).

5) Khanna & Bedi, Textbooks of Sound.

6) Lal S., Fundamental Physics (XI, XII).

7) Mohindroo K.K., Basic Concepts of Physics.


9) Gupta S.C., New Fundamental Practical Physics.

10) Gupta S.K., ABC of Practical Physics (XI, XII).

ENVIRONMENT EDUCATION
(25 Hrs. course)

1. **Environment Concept** :
   Introduction, concept of biosphere – lithosphere, hydrosphere, atmosphere; Natural resources – their need and types; Principles and scope of Ecology; concepts of ecosystem, population, community, biotic interactions, biomes, ecological succession.

2. **Atmosphere** :
   Parts of atmosphere, components of air; pollution, pollutants, their sources, permissible limits, risks and possible control measures.

3. **Hydrosphere** :
   Types of aquatic systems; Major sources (including ground water) and uses of water, problems of the hydrosphere, fresh water shortage; pollution and pollutants of water, permissible limits, risks and possible control measures.

4. **Lithosphere** :
   Earth crust, soil – a life support system, its texture, types, components, pollution and pollutants, reasons of soil erosion and possible control measures.

5. **Forests** :
   Concept of forests and plantations, types of vegetation and forests, factors governing vegetation, role of trees and forests in environment, various forestry programmes of the Govt. of India, Urban Forests, Chipko Andolan.

6. **Conservation of Environment** :
   The concepts of conservation and sustainable development, why to conserve, aims and objectives of conservation, policies of conservation; conservation of life support systems – soil, water, air, wildlife, forests.

7. **Management of Solid Waste** :
   Merits and demerits of different ways of solid waste management – open dumping, landfill, incineration, resource reduction, recycling and reuse, vermicomposting and vermiculture, organic farming.

8. **Indoor Environment** :
   Pollutants and contaminants of the in-house environment; problems of the environment linked to urban and rural lifestyles; possible adulterants of the food; uses and harms of plastics and polythene; hazardous chemicals, solvents and cosmetics.

9. **Global Environmental Issues** :
   Global concern, creation of UNEP; Conventions on climate change, Convention on biodiversity; Stratospheric ozone depletion, dangers associated and possible
10. **Indian Laws on Environment**:  
Indian laws pertaining to Environmental protection: Environment (Protection) Act, 1986; General information about laws relating to control of air, water and noise pollution. What to do to seek redressal.

11. **Biodiversity**:  
What is biodiversity, levels and types of biodiversity, importance of biodiversity, causes of its loss, how to check its loss; Hotspot zones of the world and India, Biodiversity Act, 2002.

12. **Noise and Microbial Pollution**:  
Pollution due to noise and microbes and their effects.

13. **Human Population and Environment**:  

14. **Social Issues**:  
Environmental Ethics: Issues and possible solutions, problems related to lifestyle, sustainable development; Consumerisms and waste generation.

15. **Local Environmental Issues**:  
Environmental problems in rural and urban areas. Problem of Congress Grass & other weeds, problems arising from the use of pesticides and weedicides, smoking etc.

**Practicals**:  
Depending on the available facility in the college, a visit to vermicomposting units or any other such non-polluting eco-friendly site or planting/caring of vegetation/trees could be taken.

**Note**: Above 15 topics to be covered in 25 hour lectures in total, with 2 lectures in each topics from 2 to 11 and one each for the topics 1 and 12 to 15.

- **Examination Pattern**:  
  Fifty multiple choice questions (with one correct and three incorrect alternatives and no marks deduction for wrong answer or un-attempted question)
- All questions compulsory i.e. no choice.
- Qualifying marks 33 per cent i.e. 17 marks out of 50.
- Total marks : 50.
- Duration of Examination : 60 minutes.
- Spread of questions : Minimum of 2 questions from each of the topics 1 and 12 to 15. Minimum of 4 questions from topics 2 to 11.
B.Sc. Home Science Part-II

LIFE SPAN DEVELOPMENT
THEORY

Credit Hours: 3
Paper: 65
Internal Assessment: 10
Total: 75

Instructions for Paper Setters:
1. Each theory paper will be of three hours duration.
2. Questions paper will have four sections.
3. A total of Nine questions comprising of two questions from each unit and one compulsory questions of short answer type covering the whole syllabus will be set.
4. All questions may carry equal marks unless specified.
5. Students will be expected to attempt one question from each unit and the compulsory question.

Objectives:
• To develop awareness of important aspects of development during the life span.
• To understand the issues faced and adjustments required at each stage of developments.
• To understand the influence and interaction of sociocultural and environmental factors across life span.

Content:
Unit I
1. Infancy (0-2years):
   • Physical development- patterns of growth
   • Motor development- Reflexes, motor skills
   • Cognitive development- Sensory motor stage of Piaget
   • Language development- Pre speech forms of communication.

Unit II
2. Early Childhood (2-6yrs):
   • Physical growth and motor development- Patterns of growth, motor skills
   • Cognitive development- Pre-operational stage of Piaget
   • Language development- Pattern of language development
   • Emotional development- Common emotional patterns.
   • Social development- Play and its importance
Unit III
3. Middle childhood (6-11yrs):
   - Cognitive development- Concrete operational stage of Piaget
   - Social development-Influence of schools, social groupings.

Unit IV
4. Adolescence (12-19yrs):
   - Physical development-Puberty
   - Social development- Peer relations, Sexual behaviour
   - Cognitive development- Formal operational stage of Piaget.
   - Emotional and behavioral problems among adolescents (Depression, Loneliness, Delinquency, Drug Addiction, Eating Disorders).

References:

Life Span Development

PRACTICAL

Credit Hours: 2
Paper: 45
Internal Assessment: 05
Total: 50

Instructions for Paper Setter:
1. Each practical paper will be of 3 hours duration.
2. The question paper should cover the entire syllabus.
3. The file work and viva voice will be of 5 marks each (Total = 10 marks)

Content:
I. Conduct a survey on a topic related to family relationship of an individual till adolescence.
II. Carry out an extension activity related to social welfare with any one of the following groups: preschoolers, elementary school children, adolescents, parents, teachers and elderly.

III. Administer and Interpret the following psychological tests:
   (a) Any group test of intelligence
   (b) Any performance test of Intelligence
   (c) Family Environment Scale.

IV. Prepare a notice board display on various issues related to young and middle adulthood e.g. significance of period, changes in family, preparation for retirement, menopause, health issues, physical and cognitive changes.

V. Prepare a project report related to late adulthood and old age emphasizing on changes in old age, attitude towards the aged and factors contributing to effective coping with old age.

References:

B.Sc. Home Science Part-II
FAMILY AND SOCIAL WELFARE
THEORY

Credit Hours: 3        Paper: 65
Internal Assessment: 10
Total: 75

Instructions for Paper Setters:

1. Each theory paper will be of **three hours** duration.
2. Questions paper will have **four** sections.
3. A total of **Nine** questions comprising of two questions from each unit and one compulsory questions of short answer type covering the whole syllabus will be set.
4. All questions may carry **equal marks** unless specified.
5. Students will be expected to attempt one question from each unit and the compulsory question.

Objectives:

- To gain knowledge about family system in India
- To understand the changing roles and relationships within the family
- To know about the agencies working for the welfare family and society.

Content

Unit-I

1. Family
   - Definition, functions and types of family
   - Family life cycle- stages and sub stages (beginning, expanding, contracting)

2. Marriage
   - Marriage as an institution: goals, functions and changes.
   - Mate selection: Influencing factors and changing trends.
   - Marriage trends and characteristics across cultures.

Unit-II

3. Types of Social Welfare Programmes
   - Family welfare
   - Child welfare
   - Youth Welfare
   - Women Welfare
   - Welfare of weaker sections

Unit-III

4. Methods of social work
   - Case work
   - Group work
• Community organization

5. (a) Central Social Welfare Board
   • Organizational set up
   • Programmes and Activities

   (b) State Social Welfare Boards

Unit-IV


7. Any three voluntary organizations working for social welfare.

References:


FAMILY AND SOCIAL WELFARE

PRACTICAL

Credit Hours: 2

Paper: 45
Internal Assessment: 05
Total: 50

Instructions for Paper Setter:

1. Each practical paper will be of 3 hours duration.
2. The question paper should cover the entire syllabus.
3. The file work and viva voice will be of 5 marks each (Total = 10 marks)
Content:

1. Understanding the case study format for families.

2. Case study on any one of the following types of families:
   - Single parent family
   - Migrant families
   - Family with adopted children
   - Dual earner family
   - Families affected by natural calamities
   - Families affected by war
   - Families in extreme poverty condition
   - Families with marital discord
   - Inter caste/ religion families

3. Preparing resource material for generating awareness among masses on various family and social welfare issues through leaflets, folders, pamphlets, posters, charts and video clippings.

4. Planning and implementing awareness programmes through role play, workshops, lectures and focused group discussion on issues like:
   - Gender discrimination
   - Female foeticide
   - Dowry
   - Intercaste marriage
   - Child and elderly abuse
   - Women Empowerment
   - Care of elderly and disabled etc.

5. Conducting a survey in the community on the problems of women and elderly as well as awareness about availability of services for them.

References:

POPULATION WITH IMPAIRMENTS
THEORY

Credit Hours: 3
Paper: 65
Internal Assessment: 10
Total: 75

Instructions for Paper Setters:
1. Each theory paper will be of **three hours** duration.
2. Questions paper will have **four** sections.
3. A total of **Nine** questions comprising of two questions from each unit and one compulsory questions of short answer type covering the whole syllabus will be set.
4. All questions may carry **equal marks** unless specified.
5. Students will be expected to attempt one question from each unit and the compulsory question.

Objectives:
- To sensitize the students about impairments prevalent in population.
- To enhance their knowledge about remedial and rehabilitation services available for this section of population.

Unit-I
1. Introduction
   - Introduction to people with special needs, i.e. those with disabilities, disadvantage and the aged. Scope of work for human development professionals.
   - People with disability conditions:
   - Definitions, types of disabilities, incidence, rights and legislation, focus on families of disabled.

Unit-II
2. Integration and inclusion with special needs in families, schools and society.
   - Provision of services
   - Role of NGOs
   - Advocacy
   - Support to individuals and families.

Unit-III
3. Mental Retardation
   - Definition and classification
   - Causes
   - Education and counselling.
4. Physical disabilities
   • Definition and classification
   • Causes
   • Education and counselling.

Unit-IV

5. Sensory Impairments: Visual and Hearing
   • Definition and classification
   • Causes
   • Education and counselling.

6. Communication disorders
   • Definition and classification
   • Causes
   • Education and counselling.

References:

POPULATION WITH IMPAIRMENTS

PRACTICAL
Credit Hours: 2
Paper: 45
Internal Assessment: 05
Total: 50

Instructions for Paper Setter:
1. Each practical paper will be of 3 hours duration.
2. The question paper should cover the entire syllabus.
3. The file work and viva voice will be of 5 marks each (Total = 10 marks)

Content:
1. Case study of an individual with any one type of disability/ impairment.
2. Organizing some activity involving integration of population with special needs.
3. Visit to various institutions meant for special population.
4. Report writing of the activities organized by government and non-government organizations in the city related to special population.

5. Planning activities/programmes which can be undertaken by college students for the empowerment of population with specific impairments.

6. Preparing resource material for education of population with visual, auditory and communication impairments.

References:

B.Sc. Home Science Part-II

FAMILY DYNAMICS

THEORY

Credit hours: 2 Paper: 45
Internal Assessment: 05
Total: 50

Instructions for Paper Setters:

1. Each theory paper will be of three hours duration.
2. Questions paper will have four sections.
3. A total of Nine questions comprising of two questions from each unit and one compulsory questions of short answer type covering the whole syllabus will be set.
4. All questions may carry equal marks unless specified.
5. Students will be expected to attempt one question from each unit and the compulsory question.

Objectives:

- To introduce students to family structure and socialization of the child.
- To orient the students with the changing trends in family and marriage.
- To acquaint the students with issues related to family and parenting.

Unit I

1. Family as a social institution: Its changing structure.
2. Family structure and socialization.

Unit II


Unit III

5. Family trends: Single parent family, Childless family, Dual earner family, Live in relationships, Joint and nuclear family.
6. Parenting responsibilities- Physical, social, emotional, financial and legal responsibilities.
Unit IV

7. Parents’ contribution in fostering developmental needs of children such as learning, social, emotional and cognitive development.

8. Family well-being.

REFERENCES:


PSYCHOLOGY

THEORY

Credit Hours: 3        Paper: 65
Internal Assessment: 10
Total: 75

Instructions for Paper Setter:

1. Each theory paper will be of three hours duration.
2. Question paper will have four sections.
3. A total of Nine questions comprising of two questions from each unit and one compulsory question of short answer type covering the whole syllabus will be set.
4. All questions may carry equal marks unless specified.
5. Students will be expected to attempt one question from each unit and the compulsory question.

Unit I

1. Introduction
   a) Definition, nature & scope of Psychology
   b) Methods used in Psychology: Experimental, Survey, Case study and Interview
   c) Relationships of Psychology with other sciences

2. Attention
   a) Definition and nature of attention
   b) Characteristics of attention
   c) Factors affecting attention

3. Sensation and Perception
   a) Meaning and characteristics of sensation and perception
   b) Factors influencing perception
   c) Extra sensory perception

Unit II

4. Memory and Forgetting
   a) Nature and types
   b) Methods of improving memory
   c) Forgetting and its causes
   d) Theories of Forgetting

5. Learning
   a) Meaning and nature of learning
   b) Process of learning
c) Types of learning

Unit III

6. **Emotions**
   a) Meaning and characteristics of emotions
   b) Concept of Emotional Quotient
   c) Behavioral expressions of common emotions
   d) Controlling emotions

7. **Intelligence**
   a) Meaning and concept of Intelligence
   b) Theories of Intelligence (Spearman, Thurstone and Guilford)
   c) Intelligence: nature versus nurture

8. **Personality**
   a) Meaning and nature of personality
   b) Factors in the development of personality
   c) Assessment of personality
   d) Brief overview of type and trait theories.

Unit IV

9. **Motivation**
   a) Meaning and nature of motivation
   b) Types of motivation
   c) Maslow’s Need Hierarchy: Theory of self actualization

10. **Stress and its Management**
    a) Concept of stress
    b) Causes of stress
    c) Coping strategies

References:

- Munn, N.L. (1967). An Introduction to Psychology, Delhi, Oxford
- Stoddard, G.D. (1943). The meaning of Intelligence, New York, MacMillan
B.Sc. Home Science Part-II

PSYCHOLOGY

PRACTICAL

Credit Hours: 2        Paper: 45
Internal Assessment: 5
Total: 50

Instructions for Paper Setter:
1. Each practical paper will be of 3 hours duration.
2. The question paper should cover the entire syllabus.
3. The file work and viva voice will be of 5 marks each (Total = 10 marks)

Content:
1) To study the effect of mental set on perception using a set of cards.
2) To assess the personality of an individual using Eysenck Personality Questionnaire.
3) To study the level of adjustment using any adjustment inventory.
4) To study the level of attention of an individual with the help of Tachistoscope.
5) To assess the Intelligence level of an individual using Jalota’s test of intelligence.
6) Audio visual aids related to any issue in Psychology. For example: stress management, personality development

References:
• Mohanti, G.B. (1984). A text Book of General Psychology, New Delhi, Kalayani Publisher
• Munn, N.L. (1967). An Introduction to Psychology, Delhi, Oxford
• Stoddard, G.D. (1943). The meaning of Intelligence, New York, MacMillan
B.Sc. Home Science Part-II

PHYSICAL EDUCATION

3 hrs./week  
Marks- 50

Chapter – 1

Athletics: - What is difference between athletic and athletic,. Brief knowledge of the track and field events.
Middle Distance Running: 800 mtr and 1500 mtr race
   a.) Technique for start, finishing and running in race.
   b.) Fouls at start, finishing and running in race

Chapter- 2

Jumps, Long Jump or High Jumps
   a.) Dimension of the long jump or high jump pit
   b.) Technique
   c.) Foul of jumps

Chapter – 3

Anyone playing for the following games:
   a.) Volley ball
   b.) Badminton
   c.) Kho- Kho
   d.) Lawn Tennis

Chapter- 4

Yoga- Any three assans from the following:-
   a.) Dhanurasan
   b.) Chakrasan
   c.) Mayur asan
   d.) Sarvang asan
   e.) Bhujang asan
   f.) Tad asan

REFERENCES:-
   1. Textbook of Physical Education and sports by Vishwas Publishers
   2. Rule book of Athletics by Amateur Athletics Federation of India
   3. Rule book of Badminton by Amateur Athletics Federation of India
   4. Rule book of Volley by Amateur Athletics Federation of India
   5. Rule book of Lawn Tennis by Amateur Athletics Federation of India
   7. Yoga and assans by Swami Ramdev
1. **TEEN TAL**

   Amad - 1

   Tora - 1

   Chakkardar tora - 1

   Paran - 1

   Chakkar dar paran - 1

   Kavit - 1

2. **Chautal**

   tatkar in single & dugun layakari’s

   Amad - 1

   Tora - 1

   Paran - 1

   Kavit - 1

3. **2 Gatnikas in Teental**

4. **Practical demonstration of 10 Asamyukta hasta and 10 samyukta hasta**
1. One Vilambit and three fast khayals with alap and tans of the following ragas: Bhimpalasi, Bhairav, Bihag.

2. Sargam geet in Raag Bhimpalasi

3. The following talas with ekgun & dugan with bols on hands: kaharwa, roopak, tilwara

4. Five alankars are to sing in bilawal and bhairav thhat.

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