FACULTY OF SCIENCE

SYLLABI

FOR

B.Sc. HOME SCIENCE - 2nd YEAR
(Common to all Streams)

EXAMINATIONS, 2015

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# B.Sc. Home Science – 2nd Year (Common to all Streams)

<table>
<thead>
<tr>
<th>Code</th>
<th>Paper/ Subject</th>
<th>Credit Hours</th>
<th>Total Marks</th>
<th>Practical Marks</th>
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<td>3</td>
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<td>Applied Nutrition</td>
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<td>Apparel &amp; Fabric Construction</td>
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<td>Housing &amp; Home Furnishing</td>
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<td>7</td>
<td>Life Span Development-I</td>
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*Qualifying Paper
APPLIED ZOOLOGY: THEORY
Credit Hours : 2 hours/ week Total marks : 50
Exam Time : 3 hours Paper (Theory) : 45
Internal Assessment : 05

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

INSTRUCTIONS FOR STUDENTS: FOR THEORY
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.

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, Trypansoma gambiense : Habit distribution ,disease produced and
     mode of transmission.
2. External feature life history of the following
   • Taenia solium, Ascaris lumbricoides,
3. External feature life history and economic importance of Earthworm

UNIT-II
4. Pest
   o Life history and economic importance of insect pest: Rice Weevil (Sytophillus),
     Lesser Grain Borer(Rizopertha), Gram Dhora(Callosobruchus), and Rust Red
     Flour Beetle (Tribolium).
   o Control of insect pest : Cockroach, Termite.
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.
   • Poultry (rearing only)

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

Credit Hours :  2 hours/ week  Total marks : 50
Exam Time :  3 hours  Paper (Theory) :  45
                         Internal 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

**APPLIED CHEMISTRY (THEORY)**

Credit Hours: 2 hrs/week  
M.Marks:50
Exam time: 3 hrs  
Paper: 45
Int. Ass.:05

**Instructions 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 9marks.
- Internal choice can also be given.

**Objective:**
To make the students aware of the basics and applications of chemistry in everyday life.

**UNIT-I**

**Essentials of Chemistry**
1. Symbol formulae, valency and variable valency, elementary idea of empirical formula and molecular formulae (no numerical), definition of atomic weight and molecular weight.
2. 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.
3. Chemical Bonding: Definition of chemical bond, cause of chemical combination, types of chemical bonds- ionic bond, covalent bond, coordinate bond(def & simple structure based on Lewis- dot picture) eg: O2,HCL, CaO, NH4+, H3O+,MgF2, C2H2 , CH4, H2O, H2, NH3

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

**UNIT- III**
1. Properties and uses of Methane (CH4), Acetylene (C2H2).
2. Alcohols- Properties and uses of ethyl alcohol, idea about methylated spirit.
3. Properties and uses of acetic acid.
UNIT-IV
1. Cosmetics: Brief study and elementary idea about ingredients- cold cream, vanishing cream, lipstick, mascara, dentifrices. Use of fluoride toothpaste and chemistry of cold cream.
2. Chemistry in medicine: Anti pyretics, Sulpha drugs and anti malarial drugs.
4. Polymers in textiles: Chemistry of synthetic fibers- Nylon, Polyester and Acrylic fibers.

APPLIED CHEMISTRY (Practical)
Credit hours: 2 hrs/week  M.Marks:50
Exam time: 3hrs  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)
5. Determination of melting point and boiling point of organic compounds.
6. To determine the normality and strength of given alkali solution.
7. Determination of degree of hardness of tap water volumetrically.
8. Silver mirroring.

Suggested Books:
• Applied Chemistry for Home science and Allied science by Thancamma Jacob
• NCERT books of +1 and +2.
• Engineering books by Jain and Jain.
• Modern approach to Chemistry Volume -2

APPLIED PHYSICS (THEORY)
Credit Hours : 2 hours/ week  Total marks : 50
Exam Time : 3 hours  Paper (Theory) : 45
Internal Assessment : 05

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

Objective:
To provide knowledge regarding the applications of physics in day to day life.

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 tension, 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, \( v-n \) 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 Carbon dating.

**APPLIED PHYSICS (PRACTICAL)**

<table>
<thead>
<tr>
<th>Credit Hours</th>
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<tr>
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<td>50</td>
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<tr>
<th>Exam Time</th>
<th>Paper (Theory)</th>
<th>Internal Assessment</th>
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<tr>
<td>3 hours</td>
<td>45</td>
<td>05</td>
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**Instructions to Examiner**
- Two practicals to be performed. One compulsory and one of student’s choice (from different categories).
- Both the practicals carry equal marks.
- Separate marks for practical file and viva-voce.

**Contents:**
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 Vernier Callipers.
3) Measurement of diameter of a Pen/Pencil using a screw gauge.
4) Measurement of room temperature and high temperatures of a liquid in °C and to convert the temperature to °F.
5) Measurement of temperature of human body in °F and to convert the temperature to °C.
6) To verify the first law of transverse vibrations in a stretched string using sonometer.
7) To verify the second law of transverse vibrations in a stretched 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 (Theory & Practical)
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).

ART IN EVERYDAY LIFE
THEORY

M.Marks:50
Credit Hours: 2 hours/week
Exam Time: 3 Hours
Theory : 45
Int. Assessment :05

Instruction to the examiner:
1. Question paper will have four sections.
2. Examiner will set a total of nine questions comprising of two questions from each unit and one compulsory question of short answer type covering the whole syllabus.
3. Students will attempt one question from each unit and the compulsory question.
4. All questions may carry equal marks unless specified.

OBJECTIVES:-
To enables students to-
 a) Gain better understanding of the application of Art Principles in interiors.
b) To understand the elements of Art and Design as applied to daily life.
c) To gather information regarding technologies and materials used for interiors.

UNIT-I
 a) ART and its Importance.
b) Shadangas of Indian ART (six-limbs).
c) Utility and Functions of Art in everyday life.
d) Aesthetics and its importance in Art Interiors.
UNIT - II
a) Elements of Art
   Define- Line, Shape, Texture, Value and Color.
b) Principles of Art
   Balance, Unity, Repetition, Contrast, Dominance and Harmony
c) Designs- its importance and types.

UNIT - III
(a) Colour system, colour effect, warmth and coolness of the colour.
(b) Psychological Impact of colors in interiors and on Human beings.
(c) Properties of colors.
(d) Value to colors to increase the illusion(tints, tones and shades)

UNIT - IV
a) Appreciation of Art
   i) How to understand and enjoy the visual arts.
   ii) How to create art objects for Homes.
   iii) The selection of art accessories for interior decoration

ART IN EVERYDAY LIFE
PRACTICAL

M. Marks: 50
Theory : 45
Internal Assessment:05

Credit Hours: 2 hours/week
Exam Time: 3 Hours

Instruction to the examiner:
• The examiner will set a total of three questions from the syllabus. Students will attempt any one question from the three questions set.

OBJECTIVES:-
To enables students to-
   a) Gain better understanding of the application of Art Principles in interiors
   b) To understand the elements of Art and Design as applied to daily life
   c) To gather information and understand and enjoy visual arts.

UNIT –I
a) Preparation of sheets showing elements and principles of art.
b) Colour Wheel, colour schemes(monochromatic, complementary, constructing, related hues)
c) Types of colours- Primary, Secondary, Tertiary, Cool and Warm Colours.
d) Optical illusions created by lines and colours.

UNIT- II
COMPOSITIONS
a) Making simple landscapes in different mediums of coloring.
(Posters, Water, steadlers, Pastels and pencil shading)
b) Creating compositions and posters on various social and economic topics.
c) Use of various methods and techniques to create simple designs for menu and greeting cards.

UNIT –III

CONCEPT OF LETTER WRITING

a) Block lettering, Roman and free hand brush letter writing.
b) Writing slogans on various topics.
c) To design book cover with illustrations, title and author’s name etc.
   Medium- pen and ink, poster colors
   Size- 25 cm x 20 cm

UNIT-IV

a) Creating murals, paintings, wall hangings, pots, toys (stuffed and waste material) etc.
b) Form- study of forms-functional and non-functional.
   o Still life
   o Importance of 3- dimensional designs

References:
5. A brief history of Indian Painting- Dr. L.C. Sharma, Publishing House Meerut.

APPLIED NUTRITION

(THEORY)

Maximum Marks: 75
Paper: 65
Teaching Periods: 3 per week
Internal Assessment: 10

Instructions for Paper Setter

1. Each theory paper will be of three hours duration.
2. Question paper will have four section/units. Paper setter will set a total of nine questions comprising of two questions from each section and one compulsory question of short answer type covering the whole syllabus.
3. Student will attempt one question from each unit and the compulsory question (Total of five questions)
4. All questions may carry equal marks, unless specified.
Objectives:
1. To elucidate the applied concepts of different areas of Foods and Nutrition.
2. Acquire knowledge about the nutritional needs and concerns of specific age groups/physiological conditions.

UNIT I
1. History and scope of nutrition
   • Concept of minimum nutrient requirements and recommended dietary allowances
   • General methods of assessment of RDA for nutrients
   • Reference man and reference woman
2. Concept of energy balance (positive, negative, homeostasis)
   • Physiological fuel value (carbohydrate, protein, fat)
   • Concept of BMR, SDA, thermogenesis
   • Factors affecting BMR and energy expenditure
   • Deficiency and excess of energy (underweight and overweight)

UNIT II
3. Classification, digestion, absorption, RDA, deficiency and excess-
   • Carbohydrates (monosaccharides, disaccharides, polysaccharides)
   • Proteins (complete, partially complete, incomplete)
   • Fats (saturated, unsaturated)
4. RDA, deficiency and excess-
   • Vitamins- (fat soluble- A,D,E,K and water soluble- B₁₂,B₆,B₁₂,C)
   • Minerals- calcium, iron, iodine
5. Water- functions, requirements and deficiency

UNIT III
6. Physiological characteristics, nutritional requirements and nutritional care in the following:
   • Infancy
   • Childhood
   • Adulthood
   • Pregnancy and lactation
7. Fiber
   • Definition
   • Role of fiber in-
     - Constipation
     - Obesity

UNIT IV
8. Food Preservation-
   • Definition and importance
   • Food spoilage and factors affecting it
   • Principles of food preservation
   • Methods of food preservation - drying, dehydration, preservation using low and high temperature, salt, sugar, oil and irradiation
9. Basic concept of
   • Fortification
   • Enrichment
   • Germination
   • Organic foods
   • Nutraceuticals
   • Functional foods
   • Antioxidants
   • Genetically modified foods

**APPLIED NUTRITION**
(PRACTICAL)

**Teaching Periods:** 2 per week

**Instructions for Paper Setter:**
1. Each practical paper will be of 3 hours duration.
2. The question paper should cover the entire syllabus.

**Objectives:**
This course will enable the student to-
1. Know food sources of various nutrients
2. Plan and prepare recipes rich in different nutrients and for specific age groups/physiological conditions
3. Learning basic food preservation techniques

1. Understanding basic terms in cookery:
   a. Augratin
   b. Batter
   c. Blanching
   d. Braising
   e. Dust
   f. Fold in
   g. Garnish
   h. Glaze
   i. Grilling
   j. Marinate
   k. Puree
   l. Roasting
   m. Sauté
   n. Steaming
   o. Stew
   p. Stock
   q. Whip

2. Categorization of foods as rich, moderate and poor sources of energy and nutrients.
4. Preparation of weaning foods.
5. Preparation of packed tiffin.
7. Demonstration of food preservation techniques- pickles, jams, murrabas, squashes.

Reference:
7. WHO Technical Reports Series for different Nutrients.

APPAREL & FABRIC CONSTRUCTION
(THEORY)

Total Marks: 75
Credit hours- 3 Pds/wk
Prompt : 65
Int. Ass : 10

OBJECTIVES:
To enable the students to-
• Understand yarn and fabric construction
• Understand various garment details and garment styles

Instructions for Paper Setter
1. Each theory paper will be of three hours duration.
2. Question paper will have four section/units. Paper setter will set a total of nine questions comprising of two questions from each section and one compulsory question of short answer type covering the whole syllabus.
3. Student will attempt one question from each unit and the compulsory question (Total of five questions)
4. All questions may carry equal marks, unless specified.

UNIT-1
Yarn Construction
• Different types of spinning : Mechanical, Chemical (Dry, Wet and Melt)
• Classification of Yarns : Simple, Novelty and Textured Yarns
UNIT-II

Fabric construction
- Basic Fabric Construction Techniques- Weaving, Knitting, Knotting, Bonding and Felting
- Basic Loom and its parts
- Basic Weaves-Plain, Twill and Satin
- Decorative weaves- Pile, Leno, Lappet, Jacquard

UNIT-III

Essentials of Fabric Cutting and Sewing.
- Preparation of Fabric before cutting
- Handling of Special Fabrics-
  - Crepe, Chiffon, Satin
  - Denim
  - Plaids and Checks
  - Jersey
  - Net
  - Beaded and Sequined fabric
  - One Directional Prints
  - Fur, Corduroy, Velvet
  - Stretchable fabrics
- Knowledge of size of needles, threads and stitches according to the fabric.
- Different types of Layout

UNIT-IV

Garment Details
- Sleeves
- Collars
- Plackets
- Pockets
  Study with special reference to Terminology, classification and suitability to different garments.

Garment styles
- Skirts
- Trousers
- Jackets and coats
- One piece dresses

References:
1. “A Reader’s Digest Step by Step guide- Sewing and Knitting”, Reader’s Digest (Australia) Pty Ltd.

**APPAREL & FABRIC CONSTRUCTION**

(Practical)

Total Marks: 50

Credit hours: 2 Pds/wk

Paper : 45
Int. Ass : 05

**OBJECTIVES:**

To enable the students to-
- draft and adapt different sleeves and collars
- construct different sleeves, collars, plackets and pockets.
- identify yarns and weaves.
- make samples of knitting and crocheting.
- apply the acquired skills in project work.

**Instructions for paper setter**

1. There will be four questions in all, two questions from each unit.
2. All questions will carry equal marks.
3. No question will be set from project work.

**UNIT- I**

1. Drafting of Child’s basic bodice block.
2. Drafting/Adaptation and Construction of samples of the following sleeves:
   - Plain
   - Puff
   - Flare
   - Cap
3. Drafting/Adaptation and Construction of samples of the following collars:
   - Baby
   - Peter-Pan
   - Mandarin
   - Cape.
4. Construction of samples of the following:
   - Placket
     - One piece
     - Two piece
   - Pocket
     - Patch
     - In seam
UNIT-II

5. Identification of yarns.
7. Graphical representation of Basic weaves.
8. Construction of samples of the following:
   - Hand knitting
     - Stocking stitch
     - Garter
     - Rib
     - Moss
     - Cable
     - Lace
     - Fair-isle
   - Crocheting
     - Single crochet
     - Double crochet.

Project Work:

- Drafting and Construction of
  - Panty.
  - Bloomer
  - Yoked frock with Peter-Pan Collar and Puff Sleeve
- Sampler file-collection of yarns & weaves.

Industrial Exposure: An educational trip to Textile and Garment industries to acquaint the students with the knowledge of fabric and apparel construction processes

References:
1. “A Reader’s Digest Step by Step guide- Sewing and Knitting”, Reader’s Digest (Australia) Pty Ltd.
HOUSING & HOME FURNISHING
Theory

Credit hours: 3 hrs per week                              Max. Marks: 75
Exam time: 3 hrs.                                                                                  Paper : 65
Int. Ass : 10

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

Objectives
1. To understand the fundamentals of planning a house.
2. To develop understanding of various types of furniture & furnishings.
3. To develop the skill of selection of furniture & furnishings for different areas in a home.
4. To gain insight in the application of knowledge of furnishings in home interiors.

Contents:

UNIT - I

CH-1 Housing
a) Importance /needs of house- physiological needs, affectional -needs, socio-economic needs, psychological needs
b) Site selection
   • Soil- Types of soil for housing
   • Location- Relationship with the road, the orientation, Effect of winds, the surrounding environment.
   • Characteristics of the plot - size, proportion, shape, types of houses, urban byelaws.

CH-2
a) General principles of Housing- aspect, prospect, grouping, roominess, flexibility, lighting, ventilation and sanitation.
b) Classification of house – Flats, studio apartment, condominiums, villas, pent house
c) Economy in construction

UNIT- II

CH-3
a) Factors influencing the selection of furniture
b) Materials used in furniture- Wood, Metals & its alloys, Plastic, Glass, Cane, Upholstered furniture.
CH- 4

a) Furniture requirements and their arrangements in the room
   • Living room
   • Dining room
   • Children’s room
   • Guest room
   • Master Bedroom
b) Approximate Furniture Sizes of living room furniture, Dinning room furniture, Bed room furniture

UNIT -III

CH- 5

a) Home furnishings – Meaning and importance, Types of home furnishings
b) Floor Coverings –
   • Selection of floor coverings
   • Hard floor coverings - Tiles, wood, linoleum, stone
   • Soft floor coverings - Rugs and Carpets - Types

CH - 6

a) Selection of wall treatment
b) Types of wall treatments - Paints , varnishes, wall papers, fabric, wood panels, tiles, mirror, cork
c) Accessories – Selection of accessories
d) kinds of accessories

UNIT-IV

CH - 7

a) Window treatment – importance
b) Kinds of window treatments –
   • Hard window treatments-Blinds, Shutters, Shades, Screens
   • Soft window treatments-Curtains & Draperies

CH - 8

a) Top treatment to windows –
   • Hard top treatment- Comices
   • Soft top treatment- Valance, Swag, Jabot, Cascade
b) Selection of window treatment
1. Estimating the cost of construction for housing
2. Flower Arrangement
   - Flower Arrangements types- Fresh flower, foliage, dry arrangement, Ikebana
   - Basic tools and equipment use in flower arrangements, selection of containers, and accessories.
   - Elements and principles of arts used for making flower arrangements
   - General tips for making flower arrangement
3. Portfolio on different kinds of windows treatments for interiors and treating problem windows.
4. Innovative ideas for windows treatment
5. Image collection of different type of furniture-Automation furniture, Built in furniture, Folding furniture, Multipurpose furniture, Expandable furniture, Upholstered furniture, Storage furniture, Outdoor furniture.
6. Portfolio comprising of different furnishing materials available in the market and its cost
7. Creating a household accessory (lamp shade / table linen / bed linen / Cushion covers / Sculpture / Vases / Candle holder / Mirrors / Screens / wall hanging etc.
8. Display board setting on Home Interiors.

References

6. Veena Gandotra; Meenakshi Shukala and Neerja Jaiswal. Introduction to Interior design & Decoration, Dominat publishers & Distributers
LIFE SPAN DEVELOPMENT -1

Credit Hours: 3
Exam Time: 3 hours

Max. Marks: 75
Paper: 65
Internal Assessment: 10

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):
   • 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, Lonliness, Deliquency, Drug Addiction, Eating Disorders).
References:

LIFE SPAN DEVELOPMENT-1
Practical

Credit Hours: 2                   Total Marks : 50
Paper : 45            Exam Time: 3 hours     Internal Assessment: 05

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 voce will be of 5 marks each (Total = 10 marks)

Content:
I. Survey Method.
II. Conduct a survey on a topic of your interest and interpret the results.
III. Case study method.
IV. Conduct a case study of a pre-schooler and present a report.
V. Administer and Interprete the following psychological tests:
   (a) Any test of Adjustment.
   (b) Any group test of intelligence
   (c) Any performance test of Intelligence.
VI. Prepare notice board display related to any current issue pertaining to life span development.
VII. Organise an event for preschoolers and write a report of the same.

References:
PHYSICAL EDUCATION
(PRACTICAL)

Credit Hours- 2
Exam Time- 3 hours
Grade: S/US

Instruction to the Examiner:
The examiner shall consider annual assignment of the student, physical education practical file, take practical exam & viva voce based on syllabus for grading the students performance in the examination.

Objectives:
1. Wholesome development of an individual.
2. Knowledge of basic techniques involved in athletic event.
3. Practical knowledge of techniques and skills involved in various games out of syllabus.
4. Knowledge and benefit of yoga in day to day life.

UNIT-I
Athletics: - What is difference between track and field events.
Middle Distance Running: 800 meter and 1500 meter race
a.) Technique for start, finishing and running in race.
b.) Fouls at start, finishing and running in race

UNIT-II
Jumps: Long Jump or High Jump
a.) Dimension of the Long Jump or High Jump pit
b.) Technique of an effective jump
c.) Fouls of jumps

UNIT-III
Any one game out of the following games:
a.) Volley ball
b.) Badminton
c.) Kho- Kho
d.) Football

UNIT- IV
Yoga- Any three asanas from the following:-
a.) Dhanurasana
b.) Chakrasana
c.) Paschimottanasana
d.) Garudasana
e.) Bhujangasana
f.) Tadasana

References:
3. Rule book of Badminton by Badminton Federation of India.
4. Rule book of Volleyball by Volleyball Federation of India.
5. Rule book of Football by All India Football Federation.
7. Yoga and asanas by Swami Ramdev.
8. Book of Rules of Games & Sports by National Council of YMCA of India

DANCE KATHAK
(Practical)

Credit Hours- 2
Exam Time- 3 hours Grade: S/US

Instruction to the Examiner:
The examiner shall consider, dance practical file, practical based on syllabus and viva-voce for grading the students performance.

Objectives:
- Wholesome development of an individual.
- Introduction to laya and taal

UNIT- I

Teen Tal
- Amad - 1
- Tora - 1
- Chakkardar tora -1
- Paran -1
- Chakkar dar paran -1
- Kavit-1

UNIT- II

Chautal
- tatkar in single & dugun layakari’s
- Amad - 1
- Tora - 1
- Paran -1
- Kavit-1

UNIT- III

2 Gatnikas in Teental

UNIT- IV
Practical demonstration of 10 Asamyukta hasta and 10 samyukta hasta mudras.

References:
MUSIC VOCAL  
(Practical)

Credit Hours- 2  
Exam Time- 3 hours  
Grade: S/US

Instruction to the Examiner:
The examiner shall consider, music practical file, practical based on syllabus and viva-voce for grading the students performance.

Objectives:
• Introduction of swara, raga, taal, alamkars.
• To develop interest in Classical Music

UNIT-I
1. One Vilambit and three fast khayals with alap and tans of the following ragas: Bhimpalasi, Bhairav, Bihag.

UNIT- II
2. Sargam geet in Raag Bhimpalasi

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

UNIT-IV
4. Five alankars are to sing in bilawal and bhairav thaat.

References:

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