

**RASHTRASANT TUKDOJI MAHARAJ  
NAGPUR UNIVERSITY, NAGPUR.**

**Faculty- Social Science**

**Home-Economics**

**Semester Pattern Syllabus for Under Graduate**

**B.A. (Part I) – Semester – I & II**

**B.A. (Part II) – Semester – III & IV**

**B.A. (Part III) – Semester – V & VI**

**(WITH EFFECT FROM 2017-18)**

**Committee Members:**

Dr. Rambha Sonaye  
Dr.Shreebala Deshpande  
Dr.Bharati Katekhaye  
Dr.Geeta Ambatkar  
Prof.Anjali Humne  
Prof.Rekha Meshram

**Co-ordinator:**

Dr.Shubhangi Dange

## Semester wise distribution of marks

Sr. No.	Semester	Subject Name	Subject Code		Teaching Scheme (Hrs/Wk)			Theory Examination Scheme				Practical Examination Scheme				Total Marks
			Th.	Pr.	Th	Pr	Total	Theory Ext. Marks	Theory Int. Marks	Total	Min. Marks	Prac. Ext. Marks	Prac. Int. Marks	Total	Min. Marks	
01	Semester I	Family Resource Management	1T1	1P1	04	02	06	40	10	50	20	40	10	50	20	100
02	Semester II	Family Resource Management	2T1	2P1	04	02	06	40	10	50	20	40	10	50	20	100
03	Semester III	Nutrition and Dietetics	3T1	3P1	04	02	06	40	10	50	20	40	10	50	20	100
04	Semester IV	Nutrition and Dietetics	4T1	4P1	04	02	06	40	10	50	20	40	10	50	20	100
05	Semester V	Child Development	5T1	5P1	04	02	06	40	10	50	20	40	10	50	20	100
06	Semester VI	Child Development	6T1	6P1	04	02	06	40	10	50	20	40	10	50	20	100
	<b>Total</b>				24	12	36	240	60	300		260	60	300		600

## **PATTERN OF EXAMINATION**

### **Theory:**

One theory paper of 40 marks each and of two hours duration will be conducted at the end of each semester.

### **Practical:**

- 1) One Practical examination of 40 marks of three hour duration in each semester will be conducted at the end of the semester.
- 2) Practical examination in all six semester will be conducted by Internal and External examiners appointed by the University.

### **Internal Assessment for Theory Examination for all Semesters:**

Distribution of 10 marks of Internal Theory Assessment-

Test Exam: 10 Marks

### **Internal Assessment for Practical Examination:**

Internal marks on activities: 10 Marks

**Pattern of Question Paper**  
**Examination U.G. Level Home-Economics**

**Time –Two Hours**

**Total Marks – 40**

**Instructions –**

- 1) All Questions are compulsory.**
- 2) All Question carry equal marks.**

Que. No.1. Long answers question with Internal Choice from Unit I and Unit II (08 Marks)

Que. No. 2. Long answers question with Internal Choice from Unit III and Unit IV (08 Marks)

Que. No. 3. Two Short answers question with Internal Choice from Unit I and Unit II  
2X4=08 Marks.

Que. No. 4. Two Short answers question with Internal Choice from Unit III and Unit IV  
2X4=08 Marks.

Que. No. 5. Four very Short answers question on all Units without Internal Choice-  
4X2=08 Marks.

## **Rules and Regulations**

1. There will be **4 periods / week** for theory.
2. There will be **2 periods /week/ per batch** for practical
3. The Practical batch shall comprise of **sixteen students.**
4. The minimum passing marks of Theory Paper & Internal Assessment (40%) - 20 Marks.
5. The minimum passing marks of Practical Examination & Internal Assessment(40%) - 20 Marks.
6. Separate passing in theory and practical is necessary.
7. Theory paper will be of 40 marks and 2 Hrs duration. The practical examination shall be of 40 marks and 3 Hrs duration.

### **Private Candidates and practical work**

- In regard to the practical work of the Private candidate should be instructed to complete the practical prescribed in the syllabus in the college affiliated to the Nagpur University and where this subject is taught. The record book should be duly signed by the Head of the Department or Principal of the College.
- Private candidates should write to the Principal concerned at the beginning of the session as per the Semester for information regarding the time of Practical concerned which will be conducted for the private students.

**Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.**

**B.A. I (Home –Economics)**

**Semester-I**

**Family Resource Management**

**1T1**

**Total Marks – 100**

**Time: 2 Hrs (Theory)**

**Theory - 40 Marks**

**3 Hrs (Practical)**

**Theory Internal - 10 Marks**

**Practical -40 marks**

**Practical Internal -10 marks**

**Objectives-**

- To create an awareness among the students about the management in the family.
- To provide knowledge and develop skills regarding principles and methods of interior decoration.
- To introduce to the students, the job opportunities in Home-Economics.
- To trained the students for self-employment.
- To develop employability skills and ‘earn while learn’ skills.

**Course Content**

**UNIT-I**

**a. Introduction to Home-Economics.**

- Brief history of Home-Economics.
- Definition of Home-Economics.
- Scope, Need/Importance of Home-Economics.

**b. Branches of Home-Economics, their utility in daily life.**

- Family Resources Management
- Foods and Nutrition
- Human Development
- Textile and Clothing
- Extension and Communication
- Contribution of Home-Economics education in National Development.

## **UNIT-II**

### **a. Family Resource Management.**

- Definition and process of Home-Management.  
1) Planning, 2) Controlling, 3) Evaluation
- Definition of Family Resource Management.
- Types of Family Resources.
- Characteristics of Family Resources.
- Ways to improve the use of family resources.
- Factors affecting family resource management
- Family Budget-Definition, Types of budget, preparation of budget.

### **b. Decision Making**

- Meaning & Types of Decisions
- Steps involved in decision making.
- Decision Tree.

## **UNIT- III**

### **a. Elements of Art & Design**

Line,Form,Texture,Colour, Light,Space,Pattern,Idea.

### **b. Principles of Art and design**

- Harmony-Definition, importance and application in interior decoration.
- Scale and proportion- Definition, importance and application.
- Balance- Definition, importance and application.
- Rhythm- Definition, importance and application.
- Emphasis- Definition, importance and application.

## **UNIT – IV**

### **Flower Arrangement**

#### **a. Definition**

- Material required for flower arrangement.
- Factors to be considered while arranging flowers.

#### **b. Art Principles in flower arrangement.**

- Types of flower arrangement-Traditional, Japanese, Miniature, Dry arrangement.
- Different shapes of flower arrangement-S-Shape, Round-shape, Right angle-shape

## Practical:1P1

- a. Embroidery** –The following stitches should be included on five samples  
1.Stem Stitch, 2. Chain stitch, 3. Lazy-Daisy, 4. Bullion knot, 5. Feather Stitch,  
6. Satin Stitch, 7. Button hole, 8. Open work, 9. Long and short, 10. Herring bone.

**b. Flower Arrangement**

1. Bouquet (Fresh/Artificial)
2. Floral carpet (by using any material).
3. Artificial flower arrangement /Fresh flower arrangement.

- c. Tie and dye (four samples)**One colour 2 sample & Two colour 2 sample

### Internal:

#### Skill Development Activities

**a. Making of any one article from the following**

- a) Ceramic work.
- b) Wall Hanging
- c) Utility Bag making
- d) Decorative Envelope making
- e) Best out of Waste material.
- f) Mobile cover

- b. Guest lecture on skill development/workshop on above related topics and report writing.**

### Distribution of Marks

#### Practical Examination (40 Marks)

- |                                 |   |            |
|---------------------------------|---|------------|
| 1. Embroidery (Any two stiches) | - | (15 marks) |
| 2. Flower Arrangement (Any one) | - | (05 marks) |
| 3. Tie and dye(two Sample)      | - | (10 marks) |
| 4. Record Book                  | - | (05 marks) |
| 5. Viva                         | - | (05 marks) |

#### Internals Assessment (10 marks)

- |  |   |            |
|--|---|------------|
| 1. Preparation of any one article      | - | (05 marks) |
| 2. Attendance, Report on guest lecture | - | (05 marks) |



**Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.**

**B.A. I (Home –Economics)**

**Semester-II**

**Family Resource Management**

**2T1**

**Total Marks – 100**

**Time: 2 Hrs (Theory)**

**Theory - 40 Marks**

**3 Hrs (Practical)**

**Theory Internal - 10 Marks**

**Practical -40 marks**

**Practical Internal -10 marks**

## **Course Content**

### **UNIT –I**

#### **a. Self-Employment in Home-Economics.**

- Definition of self-employment.
- Need of self-employment in Home-Economics.
- Opportunities of self-employment in Home-Economics.
- Guiding Principles of self-employment.

Registration, Training, Knowledge of equipment's and their care and Material required, Loan facility

Preparation of Project Report, Account Keeping, Costing, Labelling, Packaging.

#### **b. Family Housing Needs**

- Family Housing Needs

Protective, Economic, Affectional, Social, Standard of living, Housing goals, Style, Function, Occupation.

- Factors affecting selection of site.

Legal, Location, Physical Features, Soil Conditions, Cost, Services

- Principles of Housing

Grouping of rooms, Orientation, Circulation, Flexibility, Privacy, Spaciousness, Aesthetics, Economy, Light, Ventilation.

## **UNIT-II**

### **a. Work Simplification**

- Meaning and Importance of work simplification.
- Techniques of work simplification
- Improving Methods of work simplification
- Mundel's Law of Changes

### **b. Colour**

- Study of colours
- Sources of colours
- Classification of Colours
- Dimensions of colour-Warm and Cool colours etc.
- Colour Wheel
- Colour Schemes and its effects.

## **UNIT-III**

### **a. Consumer Education**

- Meaning and definition
- Problems of Consumers
- Rights and Responsibilities of Consumers.
- Consumer Protection Act- 1986.

## **UNIT-IV**

### **a. Furniture Arrangement**

- Styles of Furniture  
Traditional, Contemporary, Modern
- Factors involved in selection of Furniture  
Comfort, Rest and relaxation, Durability, For storage purpose

### **b. Arrangement of Furniture in different rooms**

- Drawing Room, Bed Room, Dining Room, Multipurpose Rooms etc.
- Care of different types of furniture.

## Practical: 2P1

**a. Knitting Patterns-** Making three knitted samples with the following variations.

**(Hand/knitting machine/computer)**

1. Cable Pattern
2. Double colour pattern
3. Lace pattern

**b. Colour and colour schemes.**

- a) Preparing Colour Wheel
- b) Preparing Colour Schemes- i) Mono chromatic, ii)Analogous,iii) Complimentary  
iv)Double complimentary v) split complimentary vi) Triad.

**c.Block Printing and Fabric Painting**

### Internal:

**a) Visit/Exhibition of Student made Articles.**

Visit to any one of the following.

- 1.Cottage Industry
2. Women entrepreneurship establishment.
- 3.Exhibition cum sale.

**b) Report writing of the above activity.**

**c) Preparation of hand wash/Washing Powder/Phenyl/Shampoo etc. (Any one)**

**Or**

**Apron stitching**

### Distribution of Marks Practical Examination (40 marks)

1. Knitting Sample(Any One)	-	(15 marks)
2. Colour Schemes or Colour Wheel	-	(10 marks)
3. Block printing/painting	-	(05 marks)
4.Record Book	-	(05 marks)
5.Viva	-	(05 marks)

### Internal Assessment (10 marks)

1. Visit/Exhibition/Preparation of any one item (C) -(05 marks)
2. Attendance & report writing -(05 marks)

## **Books Recommended**

- 1- AawasevamGruhasajja-Karuna Sharma**
- 2- Gruhavyvasthan-ManjuPatni**
- 3- AawasevamGruhaSajja- ManjuPatni**
- 4- GruhaPrabandh-KantiPandeya**
- 5- Gruha Kala TathaGruhaPrabandha – Vimla Sharma.**
- 6- Sajaavatiteelsaptarang-VaishaliShivte,Dr. J. Godsey.**
- 7- KautumbikSadhansampatticheVyavasthananiGruhasajawat-  
Dr.VandanaDhavad and Dr.KanchanKite,G.C.Publishers,Nagpur.**
- 8- KautumbikSadhansampatticheVyavasthananiGruhasajawat-Dr. Mina  
Kalele,PimpalasurePublishers,Nagpur.**
- 9- Pariwariksansadhanonkavyavasthanaurantariksusajja-  
Dr.SmitaPattarkine,G.C.Publishers,Nagpur.**
- 10- GruhaVyavasthanamAntarikSajja- Dr.GokulaBhalerao, Satyam  
Publishers, Shastrinagar, Jaipur.**

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**B.A. II (Home –Economics)**

**Semester-III**

**Nutrition and Dietetics**

**3T1**

**Total Marks – 100**

**Time: 2 Hrs (Theory)**

**Theory - 40 Marks**

**3 Hrs (Practical)**

**Theory Internal - 10 Marks**

**Practical -40 marks**

**Practical Internal -10 marks**

**Objectives-**

- To understand the concept of an adequate diet, functions of food and the role of various nutrients, their requirements and the effect of deficiency and excess.
- To learn about the structure, composition, Nutritional contribution and selection of different food stuff.
- To develop and ability to improve the nutritional quality of food.
- To familiarize students with the role of nutritional quality of food.
- To develop marketing and entrepreneurship skills to enhanced employability.

**Course Content**

**UNIT-I**

- Definition of Health, Nutrition, Dietetics, Nutritional status, optimum Nutrition and Nutrients.
- Definition of food and functions of food.
- Dimensions of health (Physical, Psychological, Emotional, Spiritual).
- Macronutrients-Carbohydrates, Fats, Proteins- Classification, Functions, Sources, Recommended dietary allowances, Deficiency and excess.

## UNIT-II

- **Micro Nutrients-**
  - a) **Minerals** – 1) Calcium, 2) Phosphorus, 3) Iron, 4) Sodium, 5) Magnesium, 6) Iodine  
Functions, Sources, Absorption, Recommended dietary allowances, Deficiency.
  - b) **Vitamins-** Fat soluble – Vitamin A, D, E, K. Water Soluble-Vitamin C, Vitamin B Complex, (B1, B2, B3, B6, B12, Folic acid), Properties, Function Sources, Recommended dietary allowances, Absorption, Deficiency.
- **Water-** Function, Sources, Recommended dietary allowances, Deficiency.

## UNIT-III

- **Fibre** – composition, Classification, Functions, Sources, Recommended dietary allowances, Deficiency, Excess.
- **Energy (Calorie)** - Definition of calorie, Factors affecting energy requirement, Fuel value of foods, Calorimeter-Bomb, Benedict Oxy, Atwater Rosa Benedict. Basal Metabolic Index, Calorie requirement for sedentary, moderate and heavy workers Men and Women.
- **Antioxidants**

## UNIT-IV

- **Basic Food Groups-** Sources and importance of Cereals, Pulses, oilseeds, Vegetables, Fruits, Milk and milk products, sugar and jiggery, spices, beverages, eggs, fish, meat.
- **Methods of Cooking-** Meaning of cooking of food, objectives of cooking of food, Methods- Boiling, steaming, Pressure cooking, shallow frying, deep frying, Roasting, Baking, Grilling, Micro wave, solar and informatics. Advantages and disadvantages of cooking food.
- **Sports Nutrition-** Meaning of sports Nutrition, Objectives of Nutritional management, sports supplements, nutritional allowances given by NIN.

## Practical: 3P1

### 1. Preparation of following recipes. Calculation of Calories and Proteins of prepared dishes.

**Snacks:** i) Dahi Wada, ii) Dhokla, iii) Chole Bhature, iv) Pudachi Vadi/ Bhajiwada.

**Sweets:** i) Rava Besan Burfi, ii) Gulab Jamun, iii) Lavang Latika, iv) Shahi Toast

**Bake items:** i) Cake **OR** Nan Khatai **OR** Biscuits (Any one type)

**Beverage:** i) Tomato soup **OR** Mixed Vegetable soup

**Salads:** i) Sprouted Salads / Mixed Vegetable salad/ Mexican Salad

### Activities:

1. Preparation of charts/health pyramid/ or related to any topic from syllabus.(Any one)
2. Celebration of Nutrition Week/ World Food Day/ Any nutritional awareness programme(Any one).
3. Report writing of the above programme.

## Distribution of Marks

### Practical Examination (Total Marks- 40)

- |  |   |             |
|--|---|-------------|
| 1. Preparation and presentation of Two Dishes                  | - | (15 Marks.) |
| 2. Calculation of Calories and Proteins of the prepared dishes | - | (10 Marks.) |
| 3. Viva  | - | (05 Marks)  |
| 4. Menu Card   | - | (05 Marks.) |
| 5. Record Book   | - | (05 Marks)  |

### Internal Assessment on Activities (Total- 10 Marks)

- |  |   |            |
|--|---|------------|
| 1. Preparation of charts/health pyramid/ or related to any topic from syllabus/ Celebration of any one programme (Any one) | - | (05Marks.) |
| 2. Attendance & Report writing-  | - | (05Marks)  |

**Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.**

**B.A. II (Home –Economics)**

**Semester-IV**

**Nutrition and Dietetics**

**4T1**

**Total Marks – 100**

**Time: 2 Hrs (Theory)**

**Theory - 40 Marks**

**3 Hrs (Practical)**

**Theory Internal - 10 Marks**

**Practical -40 marks**

**Practical Internal -10 marks**

### **Course Content**

#### **UNIT-I**

- **Balanced Diet-** Definition, Factors affecting balance diet, Different Nutrients in balanced diet, Principles of Meal Planning.
- **Nutrition through Life Cycle**  
1.Pregnancy, 2. Lactation. Infancy, 3. Pre-School, 4.School going, 5. Adolescence, 6. Adulthood, 7. Old age.

#### **UNIT-II**

- Principles of Diet Therapy.  
a) Modification of Normal diet for Therapeutic purposes.  
b) Types of Diet  
c) Nutritional Management in common diseases.  
i) Diarrhoea ii) Diabetes Mellitus iii) Constipation iv) Anaemia v) Sickle Cell Anaemia.
- Nutrition Education: Meaning and Definition, Objectives Methods of Nutrition Education.



### UNIT-III

- **Food spoilage, Food Poisoning**- Definition, various types of food poisoning and Remedies.
- **Food Preservation** – Definition and importance. Methods of food preservation- Dehydration, Chemical Preservation, with salt, Sugar, Oil and spices, by control of temperature.
- **Food and Adulteration** – Definition, Reasons behind food adulteration, effects of food adulteration, detection of food Adulteration, Standards, Remedies to tackle food adulteration, Laws regarding food adulteration.

### UNIT-

- Improving Nutritional Quality of foods-Germination, Fermentation, Supplementation, Substitution, Fortification and enrichment.
- Malnutrition in India- Definition of Malnutrition, over nutrition and under nutrition. Nutritional problems in India, Causes and remedies of malnutrition, Different agencies to combat malnutrition-FAO,CARE,NIN.

## Practical 4P1

### 1. Preparation of following recipes. Calculation of Calories and Proteins of prepared dishes.

- **Types of Rice (Any One)** Vegetable Pulav / Curd Rice / Lemon Rice.
- **Sweets** i) KhawaPoli, ii)Karanji, iii) SattuLaddoo, iv) GajarHalwa
- **Indian Pizza-** Veg Thalipith/ Uttapam (Any one)
- **Starters ( Any Two )** i) Hara Bhara Kabab/Paneer Tikka/Cutlets/Apple
- **Party Menu** –PavBhaji ,RagdaPatice.

### Activities:

1. Canteen activity/Any Entrepreneurship activity/ Earn while Learn for ex. Papad, Masala, pickle, metkut, supari, Amla Candy (Any Two)
2. Report writing of the above programme.

### Distribution of marks

#### Practical Examination (Total Marks- 40)

- |    |  |   |             |
|----|--|---|-------------|
| 1. | Preparation and presentation of Two Dishes               | - | (15 Marks.) |
| 2. | Calculation of Calories, Proteins of the prepared dishes | - | (10 Marks.) |
| 3. | Viva   | - | (05 Marks)  |
| 4. | Menu Card  | - | (05 Marks.) |
| 5. | Record Book  | - | (05 Marks.) |

#### Internal Assessment on Activities (Total- 10 Marks)

- |    |   |   |            |
|----|---|---|------------|
| 1. | Canteen Activity/Any Entrepreneurship activity                  |   |            |
|    | ex. Papad, Masala, Pickle, Metkut, supari, AmlaCandy (Any two)- |   | (05 marks) |
| 2. | Report writing of the above programme                           | - | (05 marks) |

### **Books Recommended**

1. Sherman and Longford: Essentials of Nutrition.
2. Dr.Patwardhan: Nutrition in India
3. W.E Aykoroyd: The Nutritive value of Indian Food and the Planning of Satisfactory Diet.
4. Maxinre, E.Mc. Divit and S.R.Mudambi: Human Nutrition principles and application in Indias.
5. R.L. Brijlani: Eating Scientifically
6. Robinson Proudifit : Normal and Therapeutic Nutrition.
7. S.W.Swaminathan : Essential of Nutrition, part –I and II.
8. Poshan Ani Arogya: Dr.SandipaSurjuse,VishvaPublishers,Nagpur.
9. PoshananiAharshastra-Dr. AnuradhaNisal and  
Dr.PrabhaChinchkhede,G.C.Publishers,Nagpur.
10. PoshananiAaharshstra :Dr. Mina Kalele,PimpalapurePublishers,Nagpur.

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**B.A. III (Home –Economics)**

**Semester-V**

**Child- Development  
5T1**

**Total Marks – 100**

**Time: 2 Hrs (Theory)**

**Theory - 40 Marks**

**3 Hrs (Practical)**

**Theory Internal - 10 Marks**

**Practical -40 marks**

**Practical Internal -10 marks**

**Course Content**

**Objectives**

- To introduce the field of Child-Development. It's concept,scope, dimensions and interrelations.
- To sensitize the students to interventions in the field of child- development.
- To understand the biological and physiological foundation of development.
- To appreciate sequential ages of development during child- hood.
- To sensitize students about childhood behavioural problems.
- To understand and appreciate the importance of parents-child development.
- To develop in student's creative ability related to children-leading to enhanced employability.

**UNIT-I**

- An overview of the field of child-development.Meaning, Definition, importance and scope of child- development.
- Orientation to growth and development
  1. Definition of growth and development.

2. Stages of development.
3. General Principles of growth and development.
4. Constraints and facilitators in growth and development.
5. Influence of heredity and environment on growth and development.
6. Difference between growth and development.
7. Factors affecting growth and development.

## **UNIT-II**

- Genetic Inheritance-Fertilization,Number of Chromosomes, sex determination,Genotype andPhenotype.
- Prenatal Development- Emphasis on major developments during the three stages ofinter-uterine development.
- Factors affecting prenatal development- Age of mother, Illness, diet and nutrition,stress and emotional strains, environmental hazards etc.Misconceptionof diet intake during pregnancy and its effect on health,Recommendations.
- Twins- Fraternal and Identical.

## **UNIT-III**

- **Post- Natal Period**-Neonatal Period -(From birth to two weeks)- Definition,Characteristics, Factors affecting post natal period.
- Hazards of Neonatal period-Physical hazards,Psychological hazards.
- Infancy and Babyhood (2 weeks to 2 years)- Definition, Characteristics of babyhood,Physical growth and Motor development, Speech development – Four Pre speechForms-Crying, Cooring, Babbling ,Gestures.
- development of senses – Visual, Auditory, Smell, Taste, Touch, Reflexes during neotalPeriod-Rooting reflex, Sucking reflex, Blink Reflex, Moro Reflex, BobinskiReflex, Tonic neck Reflex, Darwian Reflex etc. Hazards andHappiness.

## **UNIT-IV**

- Immunization and its importance.
- importance of Supplementary food.
- Role of NGOs

## Practical 5P1

A) **Cooking-** Diet planning and preparation of following recipes.

- **For Pregnant Women-** 1.Mix vegetable Paratha 2. Vegetable upma/ Vegetable dalia (Soji)  
3. Curd raita with vegetables, Mix Sprouted usal .
- **For Lactating Women-**1. AlivKheer , Mung dal dhirde with vegetables, Gum Laddo.

B) **Knitting (6months- 1 year) Hand/Machine/Computer**

1. Sweater
2. Bonnet
3. Socks

### Activities:

1. Preparation of supplementary food for 0-1 year- Cerelac/Nachni product /Any as per nutrients.(Any one).
2. Immunization Charts/Female FeticidesPoster/Organization of breast feeding week (Any one).

Report writing of above.

### Distribution of Marks

#### Practical Examination (40 Marks)

- |                                   |   |            |
|-----------------------------------|---|------------|
| 1. Knitting (Any one )            | - | (15 Marks) |
| 2. Preparation of dish ( Any Two) | - | (15 Marks) |
| 3. Viva                           | - | (05 Marks) |
| 4. Record book                    | - | (05 marks) |

#### Internal Assessment on Activities- (10 Marks)

1. Preparation of supplementary food for 0-1 year.  
Cerelac/ Nachani Product / any as per nutrients - (05 Marks)
2. Immunization chart/Collection of news paper cutting/  
posters/ Female Feticides etc. and Report writing- (05 Marks)

**Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.**

**B.A. III (Home –Economics)**

**Semester-VI**

**Child- Development  
6T1**

**Total Marks – 100**

**Time: 2 Hrs (Theory)**

**Theory - 40 Marks**

**3 Hrs (Practical)**

**Theory Internal - 10 Marks**

**Practical -40 marks**

**Practical Internal -10 marks**

**Course Content**

**UNIT –I**

**Early Childhood- (2-6 years)**

- Characteristics, developmental tasks.
- **Physical development**-Definition, 1. Change in size- change in height, weight, development of bones, Teeth etc. 2. Change in body proportion 3. Growth of internal organs, factors affecting physical development.
- **Motor Development**- Meaning, Skills of early childhood-Hand skills and leg skills. Handedness, Essentials of development of skills, factors affecting motor development.
- **Emotional development**-Definition. Types of emotions, importance of emotions, Emotions during early childhood-**Positive emotions**- Happiness, Love and Affection, Curiosity. **Negative emotions**-Fear, Anger, Jealousy, Anxiety. Characteristics of emotions, factors affecting emotional development.

**UNIT-II**

- **Speech Development**-Definition, Importance of speech. Steps of speech development during early childhood- 1) comprehension, 2) Pronunciation, 3) Vocabulary building,

4) Sentence formation. **Speech defects**- 1. Lispings 2. Cluttering 3. Stuttering 4. Slurring. Remedies of speech defects. Factors affecting speech development.

- **Intellectual development**- Definition, Classification of intelligence, Measurement of intelligence, Intelligence quotient ( I.Q.), Factors affecting intellectual development.
- **Moral development**- Definition, Methods of learning of Moral development, Levels of moral development during early childhood, Factors affecting moral development.

### UNIT-III

- **Social Development**- Definition, Companions during early childhood 1. Associates, 2. Playmates, 3. Friends, 4. Imaginary friends. Forms of social behaviour. Factors affecting social development.
- **Play**- Importance of play (Values of play), characteristics of play, Stages of play, Types of play- Free spontaneous play, Dramatic or imaginary play, Constructive play.

### UNIT-IV

- **Childhood behavioural problems**: Common causes of behavioural problems.
- **Types of Behavioural problems, its causes and remedies**- 1. Lying, 2. Stealing, 3. Temper Tantrums, 4. Nail biting, 5. Thumb Sucking.
- **Parent-child relationship**- Importance, Need for desirable Child rearing practices, Parental Challenges – Attraction toward junk food, Television watching and its effects on children.
- **Discipline**- Definition, Objectives, Need and importance, Types of discipline 1. Authoritarian discipline 2. Democratic discipline 3. Permissive discipline. Advantages and disadvantages. Role of Reward and Punishment in discipline,
- **Agencies in the field of child development**- Mahila evam Balkalyan vibhag, ICDS, UNICEF, Role of NGO's.



## Practical: 6P1

A) Diet planning and preparation of following recipes.

- **For Babyhood (6 months -2 years)**-1.Soft Khichadi, 2. Tomato soup, 3.Nachani/Badam/ RavaKheer .
- **For Pre-school children(2-6 years)** -1.Sandwiches 2. Groundnut Chikki/Groundnut and Khajur laddo 3. Idli Chutney/Sambar 4. Fruit Chat.

B) Drafting , cutting and Stitching (0-1 year)

1. Bonnet
2. Feeder
3. Zabla

### Activities:

1. Organization of guest Lecture on health awareness of women and children.
2. Preparation of Teaching aids for preschool Children: Finger Puppets, Masks, flash cards, Charts, (any one) And Report writing on above.

## Distribution of Marks

### Practical Examination – (40 Marks)

- |  |   |            |
|--|---|------------|
| 1. Drafting,cutting and Stitching of garment (Any one) | - | (15 Marks) |
| 2. Preparation of dish ( Any Two) & Menu card          | - | (15 Marks) |
| 3. Viva  | - | (05 Marks) |
| 4. Record book   | - | (05 marks) |

### Internals Assessment on Activities

**(10 Marks)**

- |  |   |            |
|--|---|------------|
| 1. Organization of guest Lecture on health awareness of women & children.  | - | (05 Marks) |
| 2. Preparation of Teaching aids for preschool Children: Finger Puppets, Masks, flash cards, Charts, (any one) And Report writing on above. | - | (05 Marks) |

## **Books Recommended**

1. Speaking of child care, Everything you wanted to know (Gupta (1991)  
2<sup>nd</sup>Ed.NewDelhi,Sterling.
2. Child rearing and psycho-social development-New Delhi: Lidhop M (1987) Ashish  
Publication.
3. Family interaction: Bahr S.J. (1989) N.V. Macmilan.
4. Human Development: Rice F.P. (1995) New Jersey : Prentice Hill.
5. Moral Values in child development- Dutt,S. (1998) New Delhi-Anmol.
6. Child-Development: Elizabeth Hurlock.
7. Child growth and development: Elizabeth Hurlock.
8. Child- Development: Dr.Neelima Sinha and Dr.Vaijayanti  
Deshpande,G.C.Publisher,Nagpur.