

## FIRST YEAR T.D.C. ARTS

### HOME SCIENCE

	Duration of Exam.	M.M.	Min. M.	Total No. of Hours/ Week
Paper-I : Human Physiology	3 Hrs.	75	27	3
Paper-II : Family Resource Management	3 Hrs.	75	27	3

### PRACTICALS

Prac.I : First-aid and Home Nursing	3 Hrs.	25	09	1
Pract. II : Family Resource Management and Interior Designing	3 Hrs.	25	09	2

### परीक्षक के लिए निर्देश :

(खण्ड-अ)

इस भाग में दस वस्तुनिष्ठ लघुउत्तरात्मक प्रश्न होंगे। प्रत्येक इकाई में से दो प्रश्न होंगे। प्रत्येक प्रश्न एक अंक का होगा। ये दस प्रश्न विकल्प रहित होंगे।

(10 अंक)

(खण्ड-ब)

इस भाग में पाठ्यक्रम की प्रत्येक इकाई से दो प्रश्न पूछे जायेंगे। कुल दस प्रश्न होंगे जिनके विकल्प भी इसी इकाई से होंगे। प्रत्येक प्रश्न 7 अंक का होगा। इन प्रश्नों के उत्तर लगभग 250 शब्दों तक दिये जा सकते हैं।

(35 अंक)

(खण्ड-स)

इस भाग में चार विवेचनात्मक प्रश्न सम्पूर्ण पाठ्यक्रम में से बनाये जायेंगे, जिनमें से दो प्रश्नों के उत्तर देने होंगे। प्रत्येक प्रश्न का उत्तर लगभग 500 शब्दों में देना होगा। प्रत्येक प्रश्न पन्द्रह अंक का होगा। इन प्रश्नों में एक प्रश्न के दो भाग भी हो सकते हैं।

(30 अंक)

### Instructions of Practical Examination :

1. There will be two practicals one for each paper.

**First Year T.D.C. Arts, 2010-11**

**HOME SCIENCE**

**PAPER –I : HUMAN PHYSIOLOGY**

**Max. M. : 75**

**(An Elementary Knowledge of the subject is expected)**

**UNIT-I**

1. Structure, functions and division of a cell. Tissues of the body, General characteristics and functions.
2. Blood: composition, functions, Blood clotting, Blood groups and Blood transfusion.  
Heart : Structure and functions simple Structure of Blood Vessels, courses of circulation. Blood Pressure and Pulse rate.

**UNIT-II**

3. Skeleton system : a) Main Bones of the Body  
Joints : b) Functions of bones  
c) Classification of Joints
4. Respiratory System : a) Structure & functions of Respiration  
b) Mechanism of respiration  
c) Tissue Respiration

**UNIT-III**

5. Digestive System : Purpose of digestion. Structure and functions of digestive organs.  
Mechanism of digestion and absorption of Proteins, Fats and Carbohydrates
6. Excretory System : Structure and functions of urinary Trot System, composition of Urine, Abnormal constituents of urine.

**UNIT-IV**

7. Nervous System : a) The central nervous system. (Brain and spinal cord)  
b) Peripheral nervous system. (Types of nerves)  
c) Autonomous nervous system.  
d) Reflex arc.

## UNIT-V

8. Endocrine System : Ductless glands of the body. Hormones definition and their roles. Effect of over and under activity of hormones.
9. Sense Organ :
- Eye : Structure and function.
- Ear : Structure and function.
- Tongue : Structure and function.
- Nose : Structure and function
- Skin : a) Structure  
b) Function as sensory organ & Excretory organ .

### References :

1. Evelyn Pearce : Anatomy and Physiology for Nurses.
2. Ross and Smity : Anatomy and Physiology for Nurses.
3. Taylor : The Living Body
4. कोर्धरन आर्म स्ट्रांग : शरीर सम्बन्धी ज्ञान
5. शीला एवं जैकसम एवं डॉ. लक्ष्मीकान्त : शरीर के लिए शरीर सम्बन्धी ज्ञान
6. इवलिंग पियर्स : शरीर और शरीर क्रिया विज्ञान
7. वृन्दासिंह : मानव शरीर एवं क्रिया विज्ञान
8. संध्या वर्मा : शरीर क्रिया विज्ञान

## PAPER –II : FAMILY RESOURCE MANAGEMENT & INTERIOR DESIGNING

Max. M. : 75

### UNIT-I

1. Family Resource Management : Concept & Importance
2. Management Process : Planning, Controlling & Evaluation.
3. Family : Meaning, Function, Types –Nuclear & Joint and Stages of family life cycle.
4. Family wants : Importance, characteristics, Types and Factors affecting

## UNIT-II

5. Family Resources : Importance, characteristics, Types, Factors affecting use of resources.
6. (A) Motivating factors of Management : Goals, values & Standards – Their meaning, classification & characteristics.  
(B) Decision making as crux of Management Types & steps in decision making.
7. Time Management :
  - (A) Tools in Time Management – Time costs, Time norms and Time patterns.
  - (B) Peak loads
  - (C) Work curves
  - (D) Rest periods –Length & Frequency.
  - (E) Management process applied to Time management

## UNIT-III

8. Energy Management :
  - (A) Nature & characteristics of work
  - (B) Work analysis & Body mechanics
  - (C) Work simplification
  - (D) Fatigue – Concept & Types : Physiological & Psychological
9. Utility Analysis :
  - (A) Marginal utility
  - (B) Diminishing marginal utility
  - (C) Principles of substitution and Law of equimarginal utility
10. Time & Labour saving equipments : Concept & Importance of Household equipments

## UNIT-IV

11. Money Management :
  - (A) Types of family income
  - (B) Family expenditure
  - (C) Budget & Family accounts
  - (D) Saving systems and Investments

12. Consumer Economics :  
(A) Market – Types & Problems faced in market  
(B) Consumer problems – Rights & Responsibility  
(C) Government Aids & Protection to consumer

#### UNIT-V

13. House Planning :  
(A) Advantages & Disadvantage of owned & Rented house.  
(B) Selection of site for own house. Different activity areas of the house.  
(C) Preliminary knowledge of house hold material for construction.
14. Principles of Design & Elements of Arts
15. Selection and Care of Furniture, Furnishing and Accessories

#### Books Recommended :

1. Naglini Ogale, Varghese : Home Management
2. Bharathi : Home and Resource Management
3. Dr. (Mrs) Bela Bhargava : Family Resource Management
4. डॉ. (श्रीमती) बेला भार्गव : पारिवारिक साधन व्यवस्था एवं आन्तरिक सज्जा
5. डॉ. (श्रीमती) आशा पारीख : गृह प्रबन्ध एवं गृह व्यवस्था
6. कान्ति पाण्डे एवं प्रमिला वर्मा : गृह प्रबन्ध
7. डॉ. वृन्दा सिंह : गृह प्रबन्ध एवं आन्तरिक सज्जा

## Practical-I

### First Aid and Home Nursing

Max.M. 25

#### FIRST AID :-

1. Aims, Scope and Rules of First Aid.
2. Household measures of First Aid in common accidents :
  - (A) Burns and Scalds
  - (B) Wounds and Haemorrhages (External)
  - (C) Sprains, Fractures and Dislocations
  - (D) Common Poisoning
  - (E) Dog bite
  - (F) Simple Unconsciousness
  - (G) Epilepsy
  - (H) Foreign bodies in the Eye, Ear, Nose & Throat
  - (I) Heat stroke
  - (J) Gas leakage
3. Techniques of Artificial Respiration
4. First Aid Box

#### HOME NURSING :-

1. Room for the sick : Bed making for Non confined and confined to Bed patient
2. Essential items for the sick room :  
Bedpan, Urinal, Hot water bottle, Ice-cu Back rest, Air ring, Eye glass, Spittoon  
Measuring glass, Feeding cup, Thermometer and Disposable Enema.
3. Demonstration of B.P. instrument, Catheter, Glucometer and Inhaler
4. Basic knowledge about the following :
  - (A) Measurement and Recording of Temperature and Pulse rate.
  - (B) Application of Triangular, Roller Bandages & Readymade bandage.

**Distribution of Marks :**

1. Internal Assessment (Sessional) Files and First-Aid Box	08 (3+5)
2. Home Nursing :	
(a) Bed Making	03
(b) Bandaging	03
(c) Spoting	03
3. Viva-Voce on First-aid	08
<b>Total</b>	<b>25</b>

**References :**

1. First Aid St. John's Ambulance Association. I Red Cross Road.
2. Home Nursing St. John's Ambulance Association
3. Where there is no doctor. VAHI Publication.
4. प्राथमिक चिकित्सा एवं गृह परिचर्या – डॉ. मनोरमा वैद

**Practical-II****Family Resource Management & Interior Designing****Max.M. 25**

1. Cleaning & Care of Metals, Clay Material, Plastic, Wood material and Non stick material
2. Floor Decoration – Alpana & Rangoli
3. Preparation of any one article from Waste material
4. Arrangement of Rooms : Drawing room, Bedroom, Living room, Children's room and kitchen through application of Elements of Arts & Principles of Designs
5. Decoration for Birthday party and one Festival.

6. Time & Labour saving equipments :  
Principles, use and care of the following Equipments : Toaster, Oven, Pressure cooker, Mixer grinder & Juicer, Gas stove, Microwave, Solar cooker, Iron, Room cooler, Refrigerator, Geyser, Washing machine, Vacuum cleaner, Gas chimneys & Water purifiers (Aqua guard & Reverse Osmosis).
7. Table setting for formal & informal occasions.
8. Fixing fuse, Repair of Electric plugs, Regulator fixing on Gas cylinder.

**Duration for Practical**

**3 Hrs.**

Max Marks - 25

Min Marks - 09

1. Internal assessment sessional	08
2. Arrangement of Room/Decoration for occasion	04
3. Rangoli/Alpana	04
4. Cleaning of metal	04
5. Viva	05
<b>Total</b>	<b>25</b>