

L_6_General_Ed_Arts_Stream

I HOME SCIENCE

Paper A : FOODS AND NUTRITION (Theory)

SECTION-A

1. *Importance and Functions of Food :*

(a) Physiological; (b) Psychological; (c) Social

2. *Food Constituents :* Carbohydrates, Proteins and Fats—Functions, sources, requirements and deficiency.

3. *Methods of Cooking :* Boiling, steaming, frying, baking, roasting and microwave cooking.

SECTION-B

Functions, recommended allowances, deficiency excess and sources of the following food nutrients : (a) Vitamins—A, B, B₂, Niacin, C, D.; (b) Minerals—Calcium, Phosphorous, Iron, Sodium, Iodine.

5. *Food Preservation :* Definition, Importance & Principles.

Causes of food spoilage.

Household methods of food preservation—sun drying, use of salt, oil, spices, sugar & chemical preservatives.

SECTION-C

6. *Food Adulteration :*

(a) Definition; (b) Common Adulterants; (c) Food standards.

7. Concept of balanced diet.

8. Classification of food based on the five/seven food groups.

9. Principles of meal planning.

Planning of balanced diets for middle income group for the following :

(i) Pre-school children (ii) School going (iii) Adolescents (iv) Adult—male and female (only moderate worker) (v) Old age (vi) Pregnancy (vii) Lactation

SECTION-D

10. *Therapeutic Diets & Modification of Normal Diets :*

(a) Principles of therapeutic diets; (b) Concepts of soft, bland, liquid diets with examples.

11. Therapeutic diets in the following conditions with principles involved :

(a) Fever; (b) Constipation; (c) Diarrhea; (d) Hypercholestrdaemia and Hypertension; (e)Diabetes Mellitus.

Paper B : CHILD DEVELOPMENT

SECTION-A

1. Definition and importance of Child Development.
2. (a) Differences between growth and development; (b) Principles of development.
3. Physical development of the child from infancy to late childhood and factors effecting the same.

SECTION-B

4. Motor Development from infancy to late childhood.
Pattern of motor development.
Factors affecting motor development.
5. Emotional Development.
Characteristics of children emotions.
Common childhood emotions—Fear, anger, jealousy, love and affection, anxiety and curiosity.
6. Language Development.
Stages of language development.
Factors affecting language development.

SECTION-C

7. Play Significance of play. Types of play.
Play materials/equipment required for various age groups.
8. Common behaviour problems and their remedies—Bed wetting, thumb sucking, nail biting, temper tantrums.

SECTION-D

9. Pregnancy Signs and symptoms of pregnancy. Discomforts. Complications.
Care during pregnancy. Method of family planning in brief.
10. Pre-natal Development
Stages of pre-natal development.
Factors affecting pre-natal development.
11. Feeding of the infant
Importance and technique of breast feeding. Bottle feeding. Weaning. Different kinds of important weaning foods for infants. Importance of weaning.

PRACTICAL

Paper-A : FOODS AND NUTRITION

Preparation of minimum of three dishes by using various methods of cooking (e.g. boiling, steaming, baking), frying (deep & shallow); and roasting with different food groups (e.g. cereal, pulses & vegetable groups and their combinations).

Planning & Preparation of diets for the following :

(a) Pre-School child; (b) School going/packed lunch; (c) Adolescence; (d) Adult (Man & Woman) moderate worker pregnancy and lactation diets.

Cooking and serving of the following : Invalid cookery : Soft, liquid, fluid diets.

Hot and cold beverages (atleast two each).

Calculation of energy and protein content of diet for various age groups and diseases.

Low calories recipe (five).

Low cost recipe (five).

Enhancing Nutritive Value (five).

II ECONOMICS

Paper – A : ECONOMICS OF DEVELOPMENT

Unit-I

- Economic Growth and Development. Main Features of an Underdeveloped Economy.
- Determinants of Economic Development. Capital Formation : Its Source, Nurkse's Thesis of Disguised
- Unemployment. Lewis Theory of Unlimited Supply of Labour.

Unit-II

- Dualism : Social and Technological. Classical Model of Growth; Harrod Domar Model of Economic
- Growth; One Sector Neo-classical Model of Growth.

Unit-III

- Strategies of Economic Development : Balanced Vs. Unbalanced Growth. Leibenstein's Critical Minimum
- Effect Thesis. Theory of Big Push. Rostow's Theory of Stages of Growth.

Unit-IV

- Theory of Planning in Developing Countries : Need, Objectives, Strategies and Problems of Planning,
- Price Mechanism and Planning. Investment Criteria. Choice of Technique. Export Promotion and Import
- Substitution Strategy.

Paper–B : QUANTITATIVE METHODS

Unit-I

- Elementary Idea of Sets and Function : Simple, Derivative, Differentiation of Simple functions – Polynomial (x), Exponential functions. Maxima and Minima of functions of one variable only. Simple Application of Economics.

Unit-II

- Matrices : Definition and Types, Operations (Sum, Difference, Product and Transpose), Adjoint and
- Inverse of a matrix (upto 3×3), Solution of Equations (upto 3) by Matrix Methods and Cramer's rule.
- Measures of Central Tendency : Mean, Median, Partition Values, Mode, Measures of Dispersion, Skewness.

Unit-III

- Correlation Analysis—Karl Pearson's (except grouped data) and Spearman's formula, Simple Regression Analysis.
- Interpolation – Binomial, Expansion, Newton's (Advancing Difference Method) and Lagrange's Method.

Unit-IV

- Index Numbers : Concepts, Problems and Importance; Simple Index Number, Lespeyre's and Fisher's
 - Index Numbers only (among weighted index numbers), Reversibility Tests.
 - Time Series Analysis : Components of Time Series, Determination of Trend, Least Square and Moving Average Method.
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III HISTORY

Paper A : WORLD HISTORY 1500-1870 A.D.

Unit-I

1. World Around 1500 : Polity; Economy; Society.
2. Rise of Absolute State : France and Prussia.
3. Rise of Parliamentary Government : The Glorious Revolution and its effects.

Unit-II

4. The American Revolution : Its social, political and economic causes; its consequences.
5. The French Revolution : Causes and impact of the French Revolution.
6. Napoleon Bonapart : Reforms of Napoleon Bonapart; his continental system.

Unit-III

7. Congress of Vienna (1815) : Motives, working, principles, provisions and significance of Congress of Vienna.
8. The Industrial Era : The Industrial Revolution (1750-1850); causes for its origins in England; New inventions; spread to Europe; impact on society.
9. Eastern Question : Greek War of Independence; Mehmat Ali and Egypt; Crimean War.

Unit-IV

10. Unification of Italy : Different stages in unification of Italy; role of Mazzini, Cavour and Garibaldi.
11. Unification of Germany : Rise of Nationalism and role of Bismarck in the unification of Germany.

12. Map :

(a) Important Places : Paris, London, Rome, Berlin, Frankfurt, Vienna, Waterloo, Moscow, New York, Creamea, Traflgar, Venice, Bonn and Budapest.

(b) Unification of Germany.

(c) Unification of Italy.

Paper B : WORLD HISTORY (1871 to 1956 A.D.)

Unit-I

1. New Imperialism 1871-1914 : Main features; Partition of Africa – Causes, colonization and impact.

2. Congress of Berlin : Circumstances, provisions and significance of the Congress of Berlin 1878.

3. Diplomatic Developments in Europe : Circumstances leading to the formation of Triple Alliance of 1882 and Triple Entente.

Unit-II

4. World War I : Division of Europe into two blocks; causes of the First World War.

5. Paris Peace Conference : Treaty of Versailles 1919; Provisions, major defects and their impact.

6. Russian Revolution : Causes and impact of the Russian Revolution of 1917.

Unit-III

7. Nationalism and Communism in China : Causes for the nationalist revolution of 1911 and its results; circumstances leading to the revolution of 1949 and its results.

8. Modernization in Japan : Meji restoration and modernization in Japan.

9. The Great Depression of 1929 : Causes of the Great Depression in the USA; its spread to Germany, France and Britain; its impact; Roosevelt's New Deal.

Unit-IV

10. Fascism and Nazism : Circumstances responsible for rise of Fascism under Mussolini in Italy; Nazism in Germany under Adolf Hitler.

11. World War : Causes responsible for the Second World War; Modernization of Turkey under Mastafa Kamal Pasha.

12. Map :

(a) Important Places : Geneva, Washington, Tokyo, Versailles, Constantinople, Peking, Beijing, Manchuria, Nanking, Frankfurt, Johannesburg, Cairo, Jerusalem, Nagasaki, Warsaw and Stalinguard.

(b) Europe on the eve of World War I.

(c) Europe on the eve of World War II.

IV POLITICAL SCIENCE

Paper-A : COMPARATIVE POLITICAL SYSTEMS (UK AND USA)

Unit-I : Theoretical Framework

- (i) Meaning, Nature and Scope of Comparative Government and Politics.
- (ii) Comparative Method.

Unit-II : U.K.

- (iii) The British Political tradition.
- (iv) Parliamentary Government, Monarchy, Cabinet, Parliament.
- (v) Judicial System and Rule of Law.

Unit-III : U.S.A.

- (vi) Evolution of American political system - War of Independence, Framing of the Constitution, Bill of Rights.
- (vii) The Constitutional Framework.
- (viii) Federal System.

Unit-IV

- (ix) Political Parties and Interest Groups of U.K.
- (x) Political Parties and Interest Groups of U.S.A.

Paper-B : INTERNATIONAL POLITICS : THEORY AND PRACTICE

Unit-I

- 1. Meaning, Nature and Scope of International Politics.
- 2. Realist and Idealist approaches to International Politics.

Unit-II

- 3. National Power : Its Elements.
- 4. System of Balance of Power and Collective Security.

Unit-III

- 5. Cold War and Post Cold War era of International Politics.
- 6. Bipolar, Unipolar and Nature of Emerging World Order.

Unit-IV

- 7. United Nations : Aims, Objectives and Principles.
 - 8. Regional Organisations : SAARC and EU.
 - 9. New International Economic Order (NIEO).
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V GEOGRAPHY

Paper-A : WORLD REGIONAL GEOGRAPHY- I

UNIT-I

- (i) Anglo-America

UNIT-II

- (ii) Latin America

UNIT-III

- (iii) Europe

UNIT-IV

- (iv) Russia & Commonwealth of Independent States (v) Australia

Paper-B : WORLD REGIONAL GEOGRAPHY- II

UNIT-I

(i) East Asia

UNIT-II

(ii) South East Asia (iii) South Asia.

UNIT-III

(iv) Middle East and North Africa

UNIT-IV

(v) Africa South of Sahara

Paper-C: MAP PROJECTIONS AND FIELD REPORT

Unit-I

Map Projections :

General introduction, classification of projections, general principles of identification and choice of projections.

Unit-II

Construction, properties and limitations of following projections

Cylindrical : Simple, Equal area, Mercators

Conical : One Standard Parallel, Two Standard Parallel , Bonne's and Polyconic and International

Unit-III

Zenithals : Gnomonic, Stereographic, Orthographic, Equidistant and Equal Area Polar cases only.

Conventional : Sinusoidal and Mollweide's (normal case only).

Introduction to Elementary Remote Sensing

Unit-IV

Fieldwork (Theory) :

(i) Role of fieldwork in geography.

(ii) Scale of study and fieldwork methodology.

(iii) Methods of collecting primary data, questionnaire, observation and measurement.

(iv) Methods of field study of : a farm, a village, and a town.

VI PSYCHOLOGY

Paper A : ABNORMAL PSYCHOLOGY

UNIT-I :Viewpoints Regarding Abnormality : Historical, Psychodynamic, Behavioural, Cognitive Behavioural, Humanistics and Interpersonal; Current Classifications of Abnormality.

UNIT-II :Stress : Concept of Stress; Categories of Stressors; Dynamics of Stress; Coping Strategies—Task Oriented and Defence Oriented Responses.

UNIT-III :Causes of Abnormal Behaviour : Biological, Psychological and Sociocultural Causes.

UNIT-IV :Significance of Statistics : Mean, Standard Deviation, Correlation. Significance of Difference Between Means (Correlated and Uncorrelated).

Paper B : BEHAVIOURAL DISORDERS

UNIT-I :Anxiety Based Disorders, Conversion Disorders, Dissociative Disorders : Types, Symptoms and Etiology.

UNIT-II :Mood Disorders : Types, Symptoms and Etiology.

UNIT-III :Schizophrenia and Delusional Disorders : Types, Symptoms and Etiology.

UNIT-IV :Psychotherapies : Psychodynamic Therapy, Behavioural Therapy, Cognitive-Behaviour Therapy, Humanistic Therapy.

PSYCHOLOGY PRACTICALS

Eight practicals have to be performed out of the following :

1. Interview.
2. TAT.
3. Depression Inventory.
4. Locus of Control.
5. The use of Biofeedback.
6. Presumptive Stressful Life Event Scale.
7. Adjustment Inventory.
8. Self Concept.
9. Mental Health Inventory.
10. Rosenzweig's Picture Frustration Study.
11. Rorschach Inkblot Test.
12. Test of Anxiety.

VII SOCIOLOGY

Paper-A : SOCIETY IN INDIA

Unit-I

Tribal Society : Meaning, Characteristics; Classification of tribes.

Institutional Features: Family, Marriage, Economy and Changing trends.

Unit-II

Rural Society : Meaning; Characteristics.

Institutional Features : Family, Marriage; Economy and Polity (Village Panchayat); Changing Trends.

Unit-III

Urban Society : Meaning and characteristics, Concepts of urbanization and urbanism; Institutional features; Urban family - features and changes; Economy; Voluntary associations; Slums.

Unit-IV

Under-privileged Sections—Women, Scheduled Castes; Scheduled Tribes and the Disabled; their Disabilities and measures to improve their status.

Paper-B : DISORGANISATION AND EMERGING PROBLEMS

Unit-I

Social Disorganization : Concepts and Levels –Personal, Familial and Societal .

Unit-II

Personal Problems : Problems of Adolescence; Alcoholism; Drug Addiction, Suicide.

Unit-III

Familial Problems : Domestic Violence, Violence against Children; Female Headed Households; Problems of Working Women.

Unit-IV

Societal Problems : Poverty; Corruption; Communal Conflicts, Problems of the Aged.

VIII PHILOSOPHY

Paper –I : INDIAN EPISTEMOLOGY AND METAPHYSICS

Unit–I

Salient features of Indian Epistemology and Metaphysics.

Concept of Prama, Prameya and Pramana with special reference to Nyaya.

Unit–II

Pramanas : General account of Pratyaksa, Anumana, Sabda, Upmana, Arthapatti and Anupalabdhi.

Unit–III

Materialism of Charvakas.

Padarthas of Vaisesika.

Anekantavada of Jainism.

Unit–IV

Concept of Self and Consciousness with special reference to Mandukya Upanishads.

Advaita Vedanta : Sankara on Brahman, Adhyasa.

The Nature of Ultimate Reality, Man and the World :

(i) Samkhya. (ii) Buddhism. (iii) Sikhism.

Paper–II : WESTERN EPISTEMOLOGY AND METAPHYSICS

Unit-I

1. Nature of Philosophy with special reference to Metaphysics and Epistemology (introductory).
2. Materialism : Mechanical and Dialectical.
3. Idealism : Objective (Plato), Subjective (Berkeley).

Unit-II

4. Nature of Knowledge : Knowing subject, Act of knowing and object of Knowledge.
5. Theories of Truth :
(a) Coherence. (b) Correspondence. (c) Pragmatic.

Unit-III

6. Theories of Knowledge :
(a) Rationalism. (b) Empiricism. (c) Transcendentalism of Kant.

Unit-IV

7. Universal and Particulars : Concept of Being (Parmenides) and Becoming (Heraclites).
8. Substance (Spinoza) Causality (Hume).
9. Existentialism : Being in itself; Being for itself; Choice and Freedom.