

BACHELOR OF ARTS
B.A. PART – I
EXAMINATION – 2020-2021

Teaching and Examination Scheme

HOME SCIENCE

Examination Scheme

B. A. Part – I, the Question Paper for the examination will be divided in three parts i.e. Section– A, Section – B and Section – C

Section – A: will consist of 10 compulsory questions. There will be two questions from each unit and answer of each question shall be limited up to 30 words. Each question will carry 1.5 marks.

Section – B: will consist of 10 questions. Two questions from each unit and students will answer one question from each unit. Answer of each question shall be limited up to 250 words. Each question carries 5 marks.

Section – C: Will consist of total 5 questions. There will be one question from each unit and students will answer any 03 questions and answer of each question shall be limited up to 500 words. Each question carries 10 marks.

Theory

Paper I: Health Science

Paper II: Population Education and Mother Craft

Duration: 3 Hours

70 Marks

70 Marks

Practical

- First Aid and Home Nursing
Internal Assessment

10 Marks

Practical Examination

20 Marks

Total - 30 Marks

- Cooking Practical
- Internal Assessment
Examination

10 Marks

20 Marks

Total - 30 Marks

PAPER – I
HEALTH SCIENCE

Time – 3 Hrs.

M.M - 70

Unit – I

Cell: Structure and Functions.

Classification of tissues and their Functions,

Blood composition and functions, Blood groups, clotting of blood

Unit – II

Circulatory System: Structure of Heart and Blood vessels, course of circulation, Blood pressure and pulse

Digestive System: Alimentary canal, Digestion and absorption of food

Liver: Structure and Functions

Unit – III

Excretory System: Organs forming the urinary system, Kidney structure and functions

Skin: Structure and Functions

Brain: Structure and functions

Classification of Bones, Types of joints

Unit – IV

Concept of Health: Air and Ventilation, Composition of air, impurities in the air, their source and effect on health,

Natural purification, Principles and methods of ventilation (with special reference to India) Effect of defective ventilation and over crowding on health

Water: Composition and source of water, hardness of water and its removal, supply of water and purification of water

Waste Water: its removal and disposal Refuse: collection, removal and disposal

Sulabh Sauchalaya: Water carriage system and its advantages, disposal of sewage

Unit –V

Infection: source of disease, disease producing microbes, modes of transmission of infection, entry into body, channels of infection, Immunity

Stages following infection: Restraint of infection, General measures

Infect diseases: Study of the following diseases as regard to their cause, mode of transmission, symptoms, incubation and infection periods-Diphtheria, Whooping cough, Poliomylite, Tetanus, Cholera, Malaria, Tuberculosis, AIDS

Methods of protection and prevention of spread of infection, School hygiene and village sanitation programme, National and International agencies working for public health and hygiene. World Health Organization, UNICEF, Red Cross Society

Recommended Readings

Chatterjee, C.C.: Human Physiology, Vols. I & II

Pearce, E.C.: Anatomy and Physiology for Nurses

Bedi, Yashpal: Preventive and Social Medicine

Gosh: Public Health and Hygiene

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PAPER II

POPULATION EDUCATION & MOTHER CRAFT

Unit – I

Human Reproductive system: Anatomy of the reproductive organs, Physiology of Reproduction, production of ovum and sperm. Fertilization and implantation, menstrual cycle.

Symptoms of pregnancy, common disturbances during pregnancy and their management Morning sickness, Heart burn. Indigestion, constipation, Piles, Varicose veins, Cramps, Sleeplessness, Frequency of micturation, Odema.

Unit – II

Concept of population education: Various definitions differences in concepts of population education, Significance and scope of population education, Family life education, Sex education, Causes and consequences of population Blast. Trends in population growth terms related to population dynamics. Birth control methods, Advantages of small family

Unit – III

Anti-natal hygiene and care of expectant mother, advice regarding diet, dress, cleanliness, bath, exercise, rest and sleep, regulation of bowels, care of teeth, care of breasts, mental hygiene. Anti-natal clinic and their importance

Regular medical check-up for satisfactory progress and to detect signs of abnormality.

Toxemias of pregnancy: symptoms, detection and care, pernicious vomiting of pregnancy, albuminuria preclametic state and eclampsia

Abortion and miscarriage- Threatened abortion, inevitable, complete, incomplete, missed and repeated- symptoms, importance and care.

Unit – IV

Preparation for confinement and arrival of the new born, confinement at home, importance of having trained assistance until medical attention is available when to call an assistances, symptoms and signs

Confinement in maternity home and hospitals, advantages, when to shift, care during puerperium, recording of temperature, pulse involution of uterus and any abnormal symptoms or sign.

Precaution to avoid sepsis, causes and prevention, enlarged breast, cracked nipples, management of diet, bowels, retention of urine, proper rest and sleep, care of breast and care of feeding equipment

post natal care- Light exercise, rest and sleep, clothing, feeding of an infant. return to normal activity.

Unit – V

Care of new born and young baby: Bath, toilet, care of the umbilicus in the new born, clothing, importance of fresh air and sunshine, proper habit formation with regard to eating, sleeping, elimination, posture, cleanliness, feeding

Breast feeding: its importance, management, preparation, position and time schedule. Causes of insufficient milk in the breast and its management.

Test feeds: Artificial feeding equipment and its care: Preparation of feeds, cows and patent quality, necessary techniques of bottle feeding and time schedule, methods of making cows milk more digestible.

Weaning: Different weaning foods: mixed feeding, food supplement at various stages, points to be noted.

Common digestive disturbances during infancy and their management: diarrhea, simple error of diet, acute, gastroenteritis (summer diarrhea), constipation, vomiting flatulence, intestinal colic. Health protection, vaccination and health problems of infants- malnutrition, marasmus, napkin rashes, umbilical infection, infection of eye, jaundice, swelling of the breast of newly born child.

PRACTICAL – I FIRST-AID AND HOME NURSING

M.M. – 30
Internal - 10
External – 20

A

- Introduction to First-aid, First-aid and First-aid box, preparation of First-Aid kit
- First-Aid treatment for the following:
 - Foreign body
Through Air-Asphaxia, unconsciousness, fainting,
Through Mouth- Food, Drinks, Medicines
Through Skin-Infections and animal bites.
In eye, ear, nose and throat.
 - Cuts and wounds
 - Sprains, fractures and dislocation
 - Hemorrhage
 - Electric Shock, Drowning
 - Artificial respiration

B

- Bandages: Triangular: Food heel, knee, palm, elbow, large and small arm slings, jaw, eye, ear and forehead
Roller: Finger, toe, foot, heel, leg, knee, palm, elbow, hand, eye, forehead and capelin, application of slints in fracture of palm, hand, leg and whole body
- Home Nursing: Total care of sick person, morning and general care, sponge, mouth wash, giving bed pan and urinal , bed making, feeding a patient with a feeding cup and spoon caring for a fever case: Temperature, pulse, respiration: noting and recording, giving medicine, use of spittoon, administering cold compress, inhatation, use ice cap, preparing for enema, preparing and application of hot water bag
fomentation: simple dry and moist sterilizations and use of anti-septics and disinfectants care of equipment after use of patient.

PRACTICAL – II COOKING

M.M. – 30
Internal - 10
External – 20

1. Introduction to foods Laboratory
 - Weights and measures
 - Common cooking terms
 - Cooking methods
2. Table Setting, laying of meals, type of serving
 - Indian and Western

- Formal
- Informal
- Buffet
- Tray Serving

3. Along with the knowledge regarding the preparation such as cleaning, washing and cutting etc. Preparation of ten (10) dishes each from the following giving emphasis on garnishing, decoration and serving.

- Drinks and Soups
- Salad decoration, Raita and Chutney
- Puries, Parathas and kachories
- Rice preparation as Pulavs, Taheri, Kabuli, Biryani etc.
- Snacks
- Vegetables
- Pulses and Legumes
- Cakes and Biscuits
- Sweets and desserts
- Children's party dishes
- Demonstration on cake icing
- Pickles, Preserves (Murraba), jam, jallies, marmalade, sauce
- Low cost high protein, high energy preparation
- Organizing party on the basis of the following
 - Planning the party
 - Planning the menu
 - Preparing the order
 - Placing the order
 - Receiving the order
 - Preparations of the planned dishes
 - Decoration for the party

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BACHELOR OF ARTS
B.A. PART – II
EXAMINATION – 2021-2022

Examination Scheme

B. A. Part - II the Question Paper for the examination will be divided in three parts i.e. **Section – A, Section – B and Section – C**

Section – A: will consist of 10 compulsory questions. There will be two questions from each unit and answer of each question shall be limited up to 30 words. Each question will carry 1.5 marks.

Section – B: will consist of 10 questions. Two questions from each unit and students will answer one question from each unit. Answer of each question shall be limited up to 250 words. Each question carries 5 marks.

Section – C: Will consist of total 5 questions. There will be one question from each unit and students will answer any 03 questions and answer of each question shall be limited up to 500 words. Each question carries 10 marks.

HOME SCIENCE

Theory

Duration: 3 Hours

Paper I: Textile and Clothing

70 Marks

Paper II: Foods and Nutrition

70 Marks

Practical

Paper I : Laundry work and needle craft

Internal Assessment

10 Marks

Practical Examination

20 Marks

Total - 30 Marks

Paper II: Clothing Construction

Internal Assessment

10 Marks

Practical Examination

20 Marks

Total - 30 Marks

PAPER - I
TEXTILE AND CLOTHING

Time – 3 Hrs.

M. M. – 70

Unit 1:

- Textile terminology and classification of textile fibers
- Identification, origin, manufacture and general properties of cotton, linen, wool and silk

Unit II:

- Identification, origin manufacture and properties of Rayon and Nylon
- Classification of yarns, spinning and construction of different types of yarns
- Fabric construction terminology and techniques- Felting, Braiding, Bonding, Knotting, Knitting and Weaving
- Simple testing of fibres for fastness or colour and shrinkage

Unit III:

- Fabric finishes: Calendaring, tentering, sizing. Weighing of silk, sanforizing, mercerizing, water, fire, and moth proofing and permanent press
- Classification of dyes, raw stock dyeing, yarn dyeing, piece and cross dyeing
- Block printing, screen printing, roller printing, resist printing: Batik, tie and dye and discharge printing

Unit IV:

- Traditional textile of different States of India. Elementary knowledge should be given:
 - Kashmir – Shawls, Carpets
 - Punjab - Phulkari
 - Bengal – kantha, Baluchur
 - Gujrat – Patola, Kutch, Sindhi embroidery
 - Rajasthan - Bandhani
 - U.P. – Brocades
 - M.P. – Chanderi
 - Andhra – Kalamkari
- Selection of garments, house hold linen, upholstery and furnishing according to climate: utility, age, fashion occasion and occupation

Unit V:

- Laundry equipments
- Water, Laundry soaps and detergents
- Laundry Reagents – Bleaches, Blue and Starches
- Washing Machine – use and care
- Principles of washing and finishing
- Stain removal and simple dry cleaning at home
- Care and storage of laundered clothes

PAPER - II
FOODS AND NUTRITION

Time – 3 Hrs.

M. M. – 70

Unit 1: Introduction: Definitions of the terms as: Food, Nutrition, Nutrients, Health, Nutritional care, Nutritional Status Nutritional value etc.

Functions of food- Classification of food, Composition, Classification, Functions, Requirements food sources, deficiency and excess of: (a) Carbohydrates (b) Protein (c) Fats

Unit II: Energy Metabolism

Measurement:

- Units
- Fuel value of foods, physiological fuel value

Measurement of energy exchange of the body:

- Direct and Indirect calorimetry
- Basal metabolic rate-definition, measurement, factors affecting

Factors influencing the total energy requirements, sources of energy and energy balance

Minerals: Introduction, Functions, requirements, food sources and deficiency of calcium, phosphorus, iron, iodine and zinc

Water: Distribution, Function, Sources of water to the body, daily losses of water requirement

Unit III: Vitamins - Introduction

Fat Soluble Vitamins: A, D, E & K

Water soluble vitamins B complex

Thiamin, Riboflavin and Niacin, vitamin C

Characteristics, functions, daily allowance, food sources, retention of food value and deficiency of all the above vitamins

Cooking of foods:

- Advantages of cooking food
- Methods of cooking
- Retention nutritional values while cooking

Food preservation:

- Aims of food preservation
- Factors contributing to food deterioration and spoilage
- Food preservation methods

Unit IV: Food groups: Their dietary and nutritional importance, balanced diet – ICMR requirements

- Nutrition during pregnancy and lactation
- Complications of pregnancy

Nutrition during infancy:

- Nutritional requirements
- Breast feeding
- Supplementary foods during infancy

Nutrition for children and teen agers

Nutrition for older adults

Unit V: Therapeutic Nutrition

Introduction to therapeutic nutrition

- Causes and diet for over weight
- Causes, symptoms and dietary considerations of following conditions;
 - Constipation
 - Diarrhea
 - Peptic ulcer
 - Diabetes
 - Hypertension

BOOKS RECOMMENDED

Proudfit: Normal and Therapeutic Nutrition

Davidson and Pasamore: Human Nutrition and Dietetics

Nutritive value of Indian foods: ICMR

Nutritive requirement for Indians ICMR

Nutrient requirement and recommended dietary allowances for Indians: ICMR, 1984 and 1989

Swaminathan, M.S.: Principles of foods and nutrition and dietetics

"kSjh] th-ih-% iks'k.k ,oa vkgkj foKku

V.Muj] m'kk% iks'k.k ,oa vkgkj foKku

**PRACTICAL – I
LAUNDRY WORK AND NEEDLE CRAFT**

M.M. – 30
Internal - 10
External – 20

- A) Laundry equipment
- B) Laundering of Cotton, Woolen: Silk and Synthetic garments
- C) Laundering of Lace articles
- D) Simple dry cleaning at home
- A) Stain Removal
- B) Tieing and dyeing with different techniques
- C) Batik
- Physical and chemical identification tests for cellulosic, protein and synthetic fibers
- Embroidery stitches, making one embroidered home furnishing articles eg. Teacosy, tray cloth, Table cloth, cushion Cover, wall hanging etc.
- Three knitting patterns for sample file and one knitted cardigan/pullover

**PRACTICAL – II
CLOTHING CONSTRUCTION**

M.M. – 30
Internal - 10
External – 20

- Sewing machine – Use and care
- Construction processes in garment making: Disposal of fullness, seams, finishing of raw edges, fasteners,
Types of sleeves, collars and yokes
- Principles of taking body measurement, principles of drafting and cutting
- Drafting cutting and sewing of following garments:
 - Petticoat
 - Baby frock
 - Baba suit
 - Saree blouse
 - House coat/Salwar shirt
 - Pyjama/Salwar

x`g foKku

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izk;ksfxd ijh{kk % 20
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- 2- v-½ /kCcs NwMkuk
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- 3- lsY;qykst] izksVhu ,oa d`f=e js'kksa dh igpku ds HkkSfrd ,oa jklk;fud ijh{k.k
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**BACHELOR OF ARTS
B.A. FINAL
EXAMINATION – 2022-2023**

B. A. Part - III the Question Paper for the examination will be divided in three parts i.e. Section – A, Section – B and Section – C

Section – A: will consist of 10 compulsory questions. There will be two questions from each unit and answer of each question shall be limited up to 30 words. Each question will carry 1.5 marks.

Section – B: will consist of 10 questions. Two questions from each unit and students will answer one question from each unit. Answer of each question shall be limited up to 250 words. Each question carries 5 marks.

Section – C: Will consist of total 5 questions. There will be one question from each unit and students will answer any 03 questions and answer of each question shall be limited up to 500 words. Each question carries 10 marks.

Teaching and Examination Scheme

HOME SCIENCE

Theory

Duration: 3 Hours

Paper I: Family Resources Management and Interior Designing

70 Marks

Paper II: Child Development and Family Relationship

70 Marks

Practical

Paper I : Home Management Practical

Internal Assessment

10 Marks

Examination

20 Marks

Total - 30 Marks

Paper II: Diet Planing Practical

Internal Assessment

10 Marks

Examination

20 Marks

Total - 30 Marks

PAPER - I

FAMILY RESOURCE MANAGEMENT & INTERIOR DESIGNING

Time – 3 Hrs.

M. M. – 70

Unit 1: Home Management: Definition, Concepts, Components, Objectives and Importance, Motivating factors,

Management: Goals Values and Standards

Human wants: Nature, classification, necessities, comforts and luxuries

Resources – types, importance, characteristic features affecting, attitudes and objects

Management Process: Characteristics and responsibilities of a good manager.

Unit 2: House designing and Interior decoration: The modern family and its housing needs, effect of family activities on house planning, Decision of space on the basis of activity.

Advantages and disadvantages of owning or renting house, cost of building a house.

House planning and construction: Principles and governing factors of house plan for

different income group. House and its environment, selection of site and locality

surroundings, Interior decoration, Principle of art and its application in house

decoration. Room arrangement, auxiliaries of house hold decoration, colour-

combinations, furnishings, furniture arrangement and flower arrangement.

Unit 3: Household Economics:

Standard of living: Different standard of living in India, how to achieve better standard of living, Government Programmes, Engel's law of consumption

Concept of:

(a) Marginal utility

(b) Diminishing utility

- (c) Substitution, their application to home
- (d) Principle of equi-marginal utility
- (e) Advent of new commodities, Postponable goods, substitute goods

Unit 4: Time and Energy management:

Management of Time:

- (a) Tools in time management, time cost, time norms, time patterns, peak loads, work curves rest period
- (b) Process of managing time

Energy Managing:

- (a) Household activities -Nature and characteristics
- (b) Component of work
- (c) Work simplifications
- (d) Fatigue concepts and types, physiological and psychological
- (e) Labour saving devices, their care and maintenance

Unit 5: Family income and expenditure:

- (a) Type of Income and Methods of supplementing family income
- (b) Budget: family budget
- (c) Saving and Investment
- (d) Household account and bank account
- (e) Right to inheritance and property

Household purchase and consumer economics: When, where and how to purchase:

Market type and functions,

Purchase- cash and credit,

Advantage and disadvantage of wholesale, retail and instalment buying.

Knowledge of weight and measures, market devices as aid to consumer, label and standardization

Consumer problem: Government Aid and protection for consumers prohibiting adulteration practices

RECOMMENDED READINGS

Rutt: Home Management

Peet, Peeket Savary: House Hold Equipments

Nickkell and Dorsey: Management in Family Living

Gross and Crandall: Management for Modern Families

(Mrs.) H. Kaur and C. Macneil: Theory and Practice of Home Management

Norma compton and Olive Watt: Foundation of Home Economic Reasearch

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PAPER - II

CHILD DEVELOPMENT AND FAMILY RELATIONSHIP

Time – 3 Hrs.

M. M. – 70

Unit 1: Child at birth: The physique of new born, sensory and motor response, sleeping, crying and emotional behavior, physical and motor development:

Weight, height, closure of fontanelle, teething, grasping holding the head, sitting crawling, creeping and walking

Heredity and Environment: Elements of physiological basis of heredity, role of heredity and environment in overall development of child. Individual differences: basis and nature

Play activity: value of play in childhood, characteristic of play, kind of play – free and spontaneous, make believe, constructive, games, sports and amusement, importance of attending a nursery school for a pre-school child/ importance of hobbies, planning for Children

Habit: condition of habit- formation, importance of habits, breaking of bad habits

Unit 2: Social Development: Origin of social behavior, patterns, social adjustment

Companions: Kinds, patterns, companionship needs, qualities, categories of social acceptance. Meaning of sociometrics agents of socialization, speech and language

development: stages of speech development, comprehension, building vocabulary forming sentences, pronunciation, methods of improving language.

Mental and intellectual development: Nature, stage IQ, Intelligence testing

Creativity: value, critical period, conditions that foster creativity.

Emotions and feelings: Definition- examples classification common emotional patterns of childhood fear, anger, jealousy, joy, pleasure, affection and curiosity.

Unit 3: Adolescence: Importance of adolescent-period, changes, conflicts, adjustment at home, school and community, interest- recreational vocational, sexual, morality in adolescence.

Truancy and delinquency- cause, prevention and management.

Mental Hygiene: Meaning and scope,

Counseling and guidance- meaning importance and classification.

Unit 4: Marriage: functions, factors in establishing and maintaining a successful marriage, adjustments to be made

Family Definition, importance, responsibility of parent hood, importance of parent-child relations and relations with other family members, parental attitude and disciplinary techniques, its influence on the growing personality of the child

Unit 5: Problems: Common childhood problems: Thumb sucking, nail biting, enuresis, left handedness temper tantrum, telling lies, destructive behavior,

Children with special need: Physical handicaps, feeble mindedness, mental retardedness, gifted,

Speech defects: Stuttering, stammering, emotional disturbances.

Family problems: old age, unmarried Women, Family crises and family disorganization – causes and management, loss of economic support, prolonged leave and illness, bereavement, family conflicts, desertion and divorce, question of remarriage, Agencies of child welfare and family welfare.

REFERENCE BOOKS

Hurlock (ed.): Child Development, 6th ed.

Hurlock (ed.): Development Psychology

Klemers & Smith: Klemers's Marriage and family relationship, 2nd ed.

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PRACTICAL – I HOME MANAGEMENT

M.M. – 30

Internal - 10

External – 20

1. Cleaning and Polishing of metals, wood, glass, china and leather
2. Cleaning and decoration for occasions like festivals and birthday party
3. Creative art for home decoration (any two items) Painting, macremé work, paper mache, paper or cloth flower making etc.
4. Flower arrangement
5. Flower decoration
6. Changing of washer in tap, repairing a burnt out fuse, connecting an electric plug and opening clogged sink
7. Various labour saving devices and their uses, stoves different kinds, cooker (Steam Pressure), Blenders and Grinders (egg. Beater, mixi), Baking equipment (oven, super cook) Freezing equipment (Refrigerator), small kitchen tools (peelers, graters, cutters)
8. Furniture layout of paper in accordance with principles of design. Room Arrangement – Drawing room, dinning Room, Bed Room, one room apartment, children's room and kitchen (according to the principles of design)
9. Preparation of a soft toy for a child
10. Planning creative activity for children for their all round development

PRACTICAL – II DIET PLANNING

M.M. – 30

Internal - 10

External – 20

1. Knowledge regarding nutritive value of foods: Nutrients and their food sources, Requirement for: Children adolescent, adult man, women.
2. Methods of calculating diets:
 - a. Use of Nutritive value food tables
 - b. Food exchange list
3. Planning, calculation (with any of the above methods) and preparation:
 - (a.) Balanced diet for pre-school child and adolescent (b.) Pregnant women (c.) Lactating mother (d.) constipation (e.) Diarrhoea (f.) Peptic ulcer (g.) Diabetes (h.) Hypertension
 - (1) Over weight
 - (2) Low cost diet

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vof/k % 3 ?k.Vs

iw.kkZd % 70

bdkbZ & 1 % tUe ds le; ckyd% uotkr f'k'kq dk "kjhfd xBu] lkaosnfud ,oa fØ;kRed izfrfØ;k] funzk] :nu] lkaosfxd O;kogkjA

"kkfjfd ,oa fØ;kRed fodkl & Hkkj] ÅapkbZ] QksusVsuy dk lekiu] nkar fudyuk] oLrq dks idMuk] fLFkj j[kuk] cSBuk] ljdk] ?kqVus ds cy jsaxuk o pyuk & oa'kkuqØe ,oa okrkoj.k& oa'kkuqØe dk "kkjhfd vk/kkj] ckyd ds pgaeq[kh fodkl esa oa"kkuqØe ,o okrkoj.k dk ;ksxnku

O;fDrxr fHkUurk & vk/kkj vkSj Lo:i

[ksy dh xfrfof/k% ckY;dky esa [ksy dk ewY;] [ksy dh fo"ks'krk,a] [ksy ds izdkj] Lora= ,oa rRdkyhu [ksy] [ksy esa fo"okl] jpukRed [ksy] [ksydwn rFkk euksjatu] iwoZ ikB'kkyh; ckyd ds fy;s ulZjh Ldwy dk egRo] ckydksa dh :fp vkSj :>ku dk egRro ,oa :fp;ksa dk fu;kstu

vknrsa% fuekZ.k dh ifjLFkfr] vknrksa dk egRr o cqjh vknrksa dks NqMkuka

bdkbZ & 2 % lkekftd fodkl% lkekftd O;ogkj dk mn~xe] izk:i] lkekftd lek;kstu

fe=% izdkj] izk:i] fe= dh vko';drk ,oa xq.k

lkekftd Lohd`fr dh Js.f.k;ka% lkekftd fehd dk vFkZ] lekthdj.k ds rRo

ok.kh ,oa Hkk'kk dk fodkl% ok.kh fodkl ds pj.k] Loj ifjKku] "kCnkoyh dk fuekZ.k] okD; cukuk] mPpkj.k] Hkk'kk lq/kkj dh fof/k;ka

ekufld ,oa ckSf)d fodkl% Lo:lk o voLFkk,a] cqf)yfC/k] cqf) dk ijh{k.k

l`tukRedrk% egRo] fu.kkZ;d] voLFkk] l`tukRedrk dks fodflr djus okys rRo

laosx vkSj vuqHkwfr;ka % ifjHkk'kk] mnkgj.k] foHkktu] ckY;dky ds lkekU; laosxksa dk izk:i] Hk;] Øks/k] bZ';k] g'kZ] izlUurk] Lusg ftKklk

bdkbZ & 3 % fd'kksjkoLFkk% egRo] voLFkk esa ifjorZu] la?k'kZ] ?kj] ikB'kkyk ,oa leqnk; esa lek;kstu

:fp;ka] euksjatu] O;kolkf;d] ;kSu IEcU/kh] fd'kksjkoLFkk esa uSfrdrk] Hkkx tkuk vkSj vkokjkiu o cky vij/k% dkj.k] cpko o O;oLFkk

ekufld vkjksX;% vFkZ o {ks=

funsZ'ku] iFk izn'kZu&vFkZ] egRo o foHkktu

bdkbZ & 4 % fookg% izdk;Z] LFkk;h ,oa IQy fookg ds rRo] vko';d lek;kstu ifjokj% ifjHkk'kk] egRrk] ekrk&firk ds mRrjnkf;Ro] ekrk&firk dk cPpksa ls rFkk ifjokj ds vU; lnL;ksa ls IEcU/k dk egRo] ekrk&firk dh vfHko`fRr;ka vksSj vuq'kklu i)fr;ka] ckyd ds c<rs gq, O;fDrRo ij mudk izHkko

bdkbZ & 5 % leL;k,a% ckydksa dh lkekU; leL;k,a% vaxqBk pwluk] uk[kwu dqrjuk ¼dkVuk½ fcLrj xhyk djuk] okegLr dk iz;ksx djuk] mRikr epkuk] >qB cksyuk] fo/oaljdkh O;ogkj

cky d ftUgsa fo'ks'k ns[kHkky dh vko';drk gks% "kkjhfd viaxrk] eUn cqf)rk

ekufld finMkiu] rhozcqf) ok.kh ds nks'k&rqrkyuk] gdykuk] lkaosfxd nks'k

ikfjokfjd leL;k,a% o`koLFkk] vfookfgrk L=h

ikfjokfjd ladV o ikfjokfjd fo?kVu% dkj.k rFkk O;oLFkk] vkfFkZd lgk;rk dh gkfu] yEch NqV~Vh] yEch chekj] fiz;tu dh e`R;q ij "kksd] ikfjokfjd vUr}ZU}] ifjR;kx o rykd rFkk iqufoZokg dk iz'u] cky dY;k.k o ifjokj dY;k.k dh lalFkk,a

izk;ksfxd ijh{kk izFke

Xk`g foKku

vof/k % 3 ?k.Vs

iw.kkZd % 30

izk;ksfxd ijh{kk % 20

vkUrfjd ewY;kadu % 10

1- /kkrq] ydMh] dkap] puh] feV~Vh] cSar rFkk peMs dh IQkbZ rFkk ikWfy'k djukA

2- tUefnu] R;kSgkjksa ij fo"ks'k IQkbZ ,oa ltkoV

- 3- x`g ITtk dh jpukRed dyk ¼dksbZ Hkh nks oLrq½
fp=dyk] esØses] isijesh ¼dkxy dh yqXnh½] d`f=e Qwy vkfn
- 4- iq`lk ITtk
- 5- Q`kZ ITtk
- 6- Uky esa ok`kj cnyuk] tys gq, ¶;qt dh ejEer] folqr lyx dks tksMuk] cUn flad [kksyuk
- 7- Je cpr ds fofHkUu midj.k vkSj mudk mi;ksx
fofHkUu izdkj ds LVkso
fofHkUu izdkj ds dqdj ¼Hkki] nkc½
CysMj xzkb.Mj ¼v.Mk QsaVus dh e`khu] feDlh½
Csfdax midj.k ¼vksou] lqij dqd ranwj½
B.Ms djus ds midj.k ¼fQzt½
jllsbs ?kj esa dke esa vkus okys NksVs midj.k ¼ihylZ] xszVj] pkdw½
- 8- fMtkbu ds fl)kUrksa dks /;ku esa j[krs gq, fofHkUu dejksa dh QuhZpj ltkoV]
Mªkbox :e] “k;u d{k] Hkkstu d{k] ,d d{k fuokl] cPPkksa dk dekj] fdpu vkfn ¼dkxt
ij½
- 9- ,d cPpsa ds fy, lk¶V VkW; cukuk
- 10- cPpksa ds IEiw.kZ fodkl ds fy, l`tukRed fØ;kvksa dh ;kstuk cukuk

**izk;ksfxd ijh{kk f}rh;
vkgkj fu;kstu**

vof/k % 3 ?k.Vs

**iw.kkZd % 30
izk;ksfxd ijh{kk % 20
vkUrfjd ewY;kadu % 10**

- 1- Hkkstu ds iks`kd ewY; IEcU/kh tkudkj] iks`kd rRo ,oa Hkkstu esa mudh izkflr ds
lk/ku] vko`;drk,a] ckyd] fd`kksj] o;Ld iq:`k ,oa L=h
- 2- vkgkj x.kuk dh fof/k;k
v-½ iks`k.k ewY; lkfj.kh dk iz;ksx
c-½ vkgkj ,DlpsUt
- 3- vkgkj vk;kstu% x.kuk ¼mijksDr fdlh Hkh fof/k ls½] idkuk ,oa ijksluk
d-½ “kkyk iwoZ ckyd ,oa fd`kksj ds larqfyr vkgkj ¼k-½ xHkZorh L=h ¼x-½ /kk=h
ekrk ¼?k-½ dCt ¼M-½ izokfgdk ¼vfrlkj½ ¼p-½ isfIVd vylj ¼N-½ e/kwesg ¼t-½
mPp jDr pki ¼>-½ eksVkik ¼¥½ de [kpZ dk vkgkj