

12. Home Science

Bachelor Level/III Year / Humanities, 2068

Home Science (314)

Full Marks: 50

HoS (314 'A') (Family Health)

Time: 2 hrs.

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer questions) 2x15=30

1. Write concept of family and health. Define family health and write types and importance of family health.
2. List out different stages of family life cycle and write special health problems related to these stages.
3. Write concept and definition of reproductive health. Mention special problems related to reproductive health.

Group "B" (Short Answer questions) 2x10=20

4. Write different stages, causes, symptoms, prevention and care of uterine prolapses.
5. Mention indicators of family health.
6. Write the importance of advocacy and awareness programmes in health education and management.
7. Write short notes on any TWO:
 - a. Alzheimer's disease
 - b. Gout
 - c. Obesity

(HoS (314B) (Project Mgmt)

Time: 1 hrs.

Full Marks: 25

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer questions) 2x7.5=15

1. Write about the concept of management and its functions.
2. Define planning and write about the purposes of planning.
3. Write about the components of project proposal.

Group "B" (Short Answer questions) 2x5=10

4. Steps of planning.
5. Need based project.
6. Any five of the Nepali Government policy on women.
7. Characteristics of policy.

Bachelor Level /III Year / Humanities

Home Science (315)

Full Marks: 75

HoS (315) (Gender Socialization)

Time: 3 hrs.

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A" (Long Answer questions)

2x15=30

1. Describe the indicators of poverty in Nepal. Suggest for poverty alleviation.
2. Explain gender inequality in Health and Education areas based on Human Development Index (HDI).
3. How do you define women's situation in Nepal? Explain women's cultural and social development situation.

Group "B" (Short Answer questions)

5x9=45

4. Marxist feminism.
5. Development of gender identity in patriarchal structure of family. 60 Women in development.
6. WAD and GAD.
7. Income poverty.
8. Gender relationships - cross cultural practices.
9. Cultural situation of women in Nepal.

Bachelor Level/III Year/Humanities

Home Science (316/306) Functional Paper

Full Marks: 75

HoS.(316) (Community Nutrition)

Time: 3 hrs.

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A"

2x15=30

1. Write the function, deficiency symptoms and food sources of iron and also discuss the treatment measures going on in our country to control iron deficiency.
2. What is anthropometry? Write the different methods used in the anthropometry of a child.
3. Why community cooperation and participation is necessary in planning and implementation of nutrition research in rural community? Explain.

Group "B"

5x9=45

4. Write the advantages of breast feeding.
5. Write about two tools used in imparting nutrition education.
6. How can you prepare nutritious weaning diet from locally available food stuffs?
7. How biochemical test is used for direct assessment of nutritional status?
8. What are the causes of nutritional problem in a community?
9. What do you understand by Protein Energy Malnutrition (PEM)?
10. Write the importance of nutritional education in the community.

HoS (316)(Early Childhood Development)

Full Marks: 75

Time: 3 hrs.

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A"

2x15=30

1. Explain the concept of ECD with special reference to existing programs in Nepal.

- How can different disciplinary techniques be adopted in stimulating environment in ECD centres?
 - Do you think the basic responsibility of caring infants and babies lies on the parents? If so why?
- Group "B" 5x9=45**
- Describe the general accidents that occur in ECD centres and the safety measures.
 - Write down the needs of sleep and rest for 0 - 3 age group children.
 - How would you select the toys for toddler?
 - Mention the milestones of cognitive and creative development of infant.
 - How would you develop a curriculum of ECD centres?
 - Write down the importance of nutrition in the holistic development of a preschool child.
 - Explain importance of nursery rhymes and story telling in the development of young children.

HoS(316 'C') (Dress Designing)

Full Marks: 50

Time: 1/2hrs.

Attempt any TWO questions from Group A and TWO from Group B.

Group "A"

2x 15=30

- Explain figure types and alter the following figure problems with sketch
 - Sway back
 - Narrow shoulder
 - Full upper arm
 - Large Bust
- How do you identify fibers? Discuss identification process of cotton, rayon, silk and wool.
- How do you define costume design? Describe principles of dress design.

Group "B"

2x10=20

- Vertical illusion in costume design.
- Nomenclature of dress.
- Tricks of colour in the dress.
- Artificial fibers.

Hos (306) (Community Nutrition) Full Marks: 50 Time: 1 1/2hrs. Attempt ALL the questions.

Group "A"

20

- What are the socio-economic and cultural factors leading to nutritional problems in the community?

OR

Compare the traditional supplementary feeding and weaning practices with the modern one.

Group "B"

3x10=30

- Give brief answer (any THREE):
 - How health services statistics used international indirect assessment of nutritional status?
 - What are major symptoms of Vitamin A deficiency?
 - How group discussion helps in nutrition education in the community?
 - Name any two International organizations involved in conducting nutrition activities. Give brief summary of those activities.

- e. Why reference data is essential in the comparison of anthropometric measurement.

Tribhuvan University, 2069

Bachelor Level/III Year / Humanities

Home Science (314)

Full Marks: 50

HoS (314 'A') (Family Health)

Time: 2 hrs.

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer questions)

2x15=30

1. Write concept and definition of health. Explain types of health and mention indicators of family health.
2. Write about diabetes. Explain types, causes, symptoms, prevention and care of diabetes.
3. Write different stages of family life cycle and explain special health problems related through conception to old age.

Group "B" (Short Answer questions)

2x10=20

4. Write the concept of family. List out the role of care takers.
5. Write components of reproductive health and mention special problems related to reproductive health.
6. Describe different types of stresses.
7. Write short notes on any TWO:
 - a. Osteoporosis
 - b. Parkinson's disease
 - c. Uterus cancer

HoS(314 V)

Full Marks: 25 (Project Mgmt)

Time: 1 hrs.

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer questions)

2x7.5=15

1. Explain the guidelines for developing effective policy in detail.
2. How do you define planning and why should you plan? Explain.
3. Why should you select the need based projects? Write the reasons for

Group "B" (Short Answer questions)

2x5=10

4. Limitations of policy.
5. Project management.
6. Purposes of policy.
7. Any five of the Nepal Government's policy in nutrition.

Tribhuvan University, 2069

Attempt any TWO questions from Group A and FIVE from Group B.

Group 'A'

2x15=30

1. What are the major nutritional problems which related to health in developing countries?
2. Explain different types of demonstration by nutrition education in the community.
3. Write the various factors related for indirect assessment of nutritional status of

the community.

Group "B"

5x9=45

4. Write the importance of weaning diet in a child's health?
5. What are the causes of iron deficiency anaemia?
6. What are the preliminary activities of nutritional research in rural community?
7. What are the relationship between anthropometric measurement and child nutritional status?
8. Write the importance of community participation in nutritional research.
9. Write the various ways to improve the nutritional status of the community.
10. Write some clinical signs and symptoms which are occurred by nutritional deficiency diseases.

HoS.(316) (Early Childhood Development)

Full Marks: 75 Time: 3; hrs.

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A"

2x15=30

1. State the meaning and importance of Early Childhood Development (ECD). How would you stimulate the environment of ECD centres?
2. How does child's play help in physical, mental, social and emotional development of children?
3. When and why should supplementary food be introduced to a child? Give two recipes of the supplementary food.

Group B

5x9=45

4. Explain the importance of cognitive and creative development of toddlers.
5. What are the principles of ECD and ECE?
6. Write in short cause and treatment of Colic pain and common cold.
7. What are the important aspects to be kept in mind while building physical facilities for ECD centres?
8. Explain importance of day-care centres in cities.
9. Which disciplinary techniques should be practiced at home and preschool?
10. Explain importance of parental education in rearing young children.

HoS.(316 'C') (Dress Designing)

Full Marks: 50

Time 1½ hrs.

Attempt any TWO questions from- Group A and TWO from Group B.

Group "A"

2x 15=30

1. Explain Costume design. List nomenclature of dress.
2. Discuss the figure problems. What do you recommend to improve these faults?
3. Explain figure types and alter the following figure problems with sketch:
 - a. Full bust
 - b. Lengthen the bodice
 - c. Hump back
 - d. Full upper arm

Group "B"

2x10=20

4. The effect of line in costume design.
5. Theories of fashion adoption.
6. Natural fibers.
7. Warm and cool colours in colour wheel.

Tribhuvan University, 2069

Attempt any TWO questions, from Group A and FIVE from Group

Group "A" (Long Answer questions)

2x15=30

1. "Women's right is human right." Explain this slogan mentioning all type of rights of women.
2. Distinguish sex and gender. Explain how different agents play in gender socialization process.
3. Justify the 'Feminization of Poverty' in Nepal.

Group "B" (Short Answer questions)

5x9=45

4. Patriarch. system.
5. Radical feminism.
6. Human. poverty.
7. Role of Imitation in gender socialization.
8. Human development index
9. Cultural practices in gender socialization.
10. Development of gender identity in patriarchal structure of family.

Tribhuvan University, 2070

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A"

2x15=30

1. Why hygiene and nutritional care are important during weaning period? Explain.
2. Write the function, deficiency symptoms and food sources of iron and also discuss the treatment measures going on in our country to control iron deficiency.
3. What do you understand by Protein Energy Malnutrition (PEM)? How it affect physical development of a child?

Group "B"

5x9=45

4. Write the importance of nutritional education in the community.
5. What are the preliminary activities of nutritional research in rural community?
6. What are the major nutritional problems in developing countries? Write in brief.
7. How do you evaluate the current trends in breast feeding practice in rural Nepal?
8. How dietary recall method is used for direct assessment of nutritional status?
9. Write the various ways to improve the nutritional status of the community.
10. How is food consumption survey carried out by using dietary recall method?

HoS.(316) (Early Childhood Development) | Full Marks: 75 |

Time : 3 hrs

Attempt any TWO questions from Group A and FIVE from Group

Group "A"

2x15=30

1. Write down aims and objectives of ECD. Explain the principles of ECD and ECE.
2. Mention the concept of ECD and explain the existing programmes in Nepal.

3. Describe the importance of play in the holistic development of a child.
Group "B" **5×9=45**
4. How would you develop a curriculum for an ECD centre?
5. Explain the importance of nutritional food for pre-school children.
6. Why are toys selected according to the age of child? Explain.
7. Explain the importance of immunization in early childhood.
8. What is ORS? Write down the method of preparation at home for a dehydrated child.
9. How can you reduce child abuse by educating parent?
10. How would you deal with financial management of ECD centres? Explain.

HoS. (316) (Dress Designing) [Full Marks: 50] [Time: 1½ hrs]

Attempt any TWO questions from Group A and TWO from Group B

Group "A" 2×15=30

1. Explain figure problems and discuss principles of alteration in detail.
2. List the sources of textile fibers. Explain appropriate fibers for summer wear in detail.
3. How do you explain Fashion cycle? Discuss how people adopt the fashion.

Group "B" 2×10=20

4. Components of beautiful dress.
5. Nomenclature of dress.
6. Horizontal illusion in the costume design.
7. Figure types.

Tribhuvan University, 2070

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A" (Long Answer questions) 2×15=30

1. Explain cultural practices of gender discrimination in reference to Nepali culture.
2. Verify the underlying causes of gender poverty and its impact on woman's life.
3. Describe the role of patriarchal system in different gendered socialization process.

Group "B" (Short Answer questions) 5×9=45

4. Psychoanalytical theory of Freud
5. Liberal feminism
6. Sex and gender
7. Human poverty
8. Women's different roles in development
9. Women's rights
10. Modes of gender socialization

Tribhuvan University, 2070

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer questions) 2×15=30

1. Describe various geriatric health problems and explain the role of health education and management for these problems.
2. List out different types of stresses and explain behaviours control practices.
3. Write about non-communicable diseases and describe hypertension (High Blood Pressure) with causes, symptoms, prevention and care.

Group "B" (Short Answer questions) 2×10=20

4. Write importance of family health and list out various factors affecting family health.
5. Write concept and definition of reproductive health and explain components of reproductive health.
6. Point out different stages of family life cycle.
7. Write short notes on any TWO:
 - a. Breast cancer
 - b. Miscarriage and abortion
 - c. Sexually transmitted diseases (STDs)

HoS (314 TB) (Project Mgmt) Time: 1 hrs. Full Marks: 25

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer questions) 2×7.5=15

1. Write about the concept of organisation and the goal of project organisation.
2. What are the elements of planning and steps of planning?
3. Define policy and write about the purpose of policy formation.

Group "B" (Short Answer questions) 2×5=10

4. Reasons for the failure of planning
5. Five of the Nepal Government's policy on children.
6. Project management.
7. Need assessment in project.

Tribhuvan University, 2071

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer questions) 2×15=30

1. What are the differences between communicable and non-communicable disease? Explain hypertension and heart disease.
2. Write down the component and definition of reproductive health and mention special problems related to reproductive health?
3. Describe various geriatric health problems and explain the role of health education and management for these problems.

Group "B" (Short Answer questions) 2×10=20

4. Sexually transmitted diseases (STDs).
5. Mention indicators of family health.
6. Write different stages, causes, symptoms and care of uterus prolaps.
7. Write the importance of family and describe the role of care taker.

HoS (314 'B') (Project Mgmt) Time: 1 hrs. Full Marks: 25]

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer questions) 2×7.5=15

1. How do you define project proposal and why should you select need based project?
2. Write down the steps of planning and reasons for the failure of planning.
3. Define policy and the purposes of implementing policy.

Group "B" (Short Answer questions) 2×5=10

4. Characteristics of policy.
5. Budget in project proposal.
6. Staffing.
7. Five of the Nepali Government's policies on nutrition.

Tribhuvan University, 2071

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A" (Long Answer questions) 2×15=30

1. Discuss the agents of gender socialization. Write the importance of family in socialization process.
2. Describe the role of patriarchal system in different gendered socialization process.
3. Verify the underlying causes of gender poverty and its impact on woman's life.

Group "B" (Short Answer questions) 5×9=45

4. Liberal feminism
5. Psychoanalytical theory of Freud.
6. Schema
7. Instruction
8. Invitation
9. Passive observation
10. Modern gender socialization

Tribhuvan University, 2071

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A" 2×15=30

1. What do you understand by Protein Energy Malnutrition (PEM)? How it affect physical development of a child?
2. Describe the micronutrient deficiency disease - iron, iodine and vitamin 'A'.
3. Why hygiene and nutritional care are important during weaning period? Explain.

Group "B" 5×9=45

4. Write the importance of nutritional education in the community.
5. What are the preliminary activities of nutritional research in rural community?
6. Write down the current trends of breast feeding in Nepal.
7. Write the various steps to improve the nutritional status of community.

children.

8. Define health related problems with examples.
9. What are the roles and responsibilities of community leaders?

HoS. (316) (Early Childhood Development) Full Marks : 75 [Time: 3 hrs.]

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A" 2×15=30

1. Write the importance and meaning of Early Childhood Development (ECD). How ECD-plays important role for a holistic development of a child?
2. Justify the nutritional need and its role in child's physical, mental, social, emotional and language development.
3. Manage and plan a curriculum for daily routine of Day Care Centre in detail.

Group "B" 5×9=45

4. Human and material resources
5. Importance of sleep
6. Toys for 3 - 5 yrs child
7. Dehydration
8. Emotional development
9. Toddlers food
10. Child abuse

HoS. (316) (Dress Designing) [Full Marks: 50 [Time : 1½ hrs.]

Attempt any TWO questions from Group A and TWO from Group B

Group "A" 2×15=30

1. Explain the history of clothing and what are the theories of clothing. Write down in detail.
2. Write the types of textile fibers and mention about the meaning and types of natural fibers.
3. Describe the meaning of costume design and also explain the historical development of costume design.

Group "B" 2×10=20

4. Define the principles of dress designing.
5. Nomenclature of dress.
6. What are the factors to be considered for party going dress?
7. Theories of fashion adoption.

Tribhuvan University, 2072

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer Questions) 2×15=30

1. Write down the different stages of family life cycle and special health problems related to these stages.
2. What do you understand by the concept of family health? Define types, importance and factors affecting family health.
3. Define non-communicable diseases and describe diabetes with causes, symptoms, prevention and care.

Group "B" (Short Answer questions)

2×10=20

4. Components of reproductive health.
5. Changing life style and its effect on health.
6. Miscarriage and abortion.
7. Alzheimer's disease.

HoS. 314'B' (Project Management)

Time: 1 hrs.

Full Marks: 25

Attempt any TWO questions from Group A and TWO from Group B.

Group "A" (Long Answer Questions)

2×7.5=15

1. What do you mean by planning and what are the steps of planning?
2. How would you define an organization and what are its goals?
3. What do you mean by project proposal and what are its components?

Group "B" (Short Answer questions)

2×5=10

4. Introduction of policy.
5. Selection of need based project.
6. Project schedule in project proposal.
7. Five of the Nepal Government policies on women.

Tribhuvan University, 2072

Attempt any TWO questions from Group A and Five from Group B.

Group "A" (Long Answer Questions)

2×15=30

1. Explain cultural practices of gender discrimination in reference to Nepal culture.
2. What do you understand by gender socialization?
3. Describe the socialization process from birth for male and female child.

Group "B" (Short Answer Questions)

5×9=45

4. Sex and gender
5. Human poverty
6. Modes of gender socialization
7. Patriarchy
8. Instruction
9. Passive observation
10. Women's rights

Tribhuvan University, 2072

Attempt any TWO questions from Group A and FIVE from Group B.

Group "A"

2×15=30

1. Discuss about the interrelationship between PEM, Iron and Iodine.
2. Explain the concept of clinical signs and symptoms of abnormal skin, hair, eyes and mouth.
3. Write in brief the important relationship between breast feeding and weaning food.

Group "B"

5×9=45

4. What are the major nutritional problems in developing countries? Write brief.

- How dietary recall method is used for direct assessment of nutritional status?
- Write the function, deficiency systems and food source of iron.
- How do you improve the nutritional status of the community? Describe.
- Why hygiene and nutritional care are important during weaning period?
- What are the roles and responsibilities of community leader? Explain.

HoS. 316 (Early Childhood Development)

Time: 3 hrs.

Full Marks: 75

Attempt any TWO questions from Group A and FIVE from Group B

Group "A"

2 × 15 = 30

- State the milestones of development of toddlers and pre-school children in details.
- Write down the importance of supplementary food with examples of 2 recipes.
- What do you understand by play? Does play help in holistic development of child?

Group "B"

5 × 9 = 45

- Day care centres
- Importance of parental education
- Common cold
- Cognitive development
- Immunization
- Classroom arrangement
- Home based ECD

HoS. 316 (Dress Designing)

Time: $\frac{1}{2}$ hrs.

Full marks: 50

Attempt any TWO questions from Group A and TWO from Group B.

Group "A"

2 × 15 = 30

- Explain the fashion cycle. Define the concept of fashion selection and fashion merchandising.
- Write briefly the meaning of textile fibers and mention about the types of natural fibers.
- What do you understand by figure problems and discuss about the principles of alternation in detail.

Group "B"

2 × 10 = 20

- Differentiate between formal wear and party going wear.
- Fashion adoption theory.
- Components of beautiful dress.
- Identification of textile fibers.