

ples of Design and Elements of arts.

tion and Care of Furniture, Furnishings, Household
s and Accessories.

Recommended :

ri Ogale, Varghese : Home Management
nivasan

uthi : Home and Resource
Management

rs) Bela Bhargava : Family Resource
Management

मती) बेला भार्गव : पारिवारिक साधन व्यवस्था एवं आन्तरिक
सज्जा

मती) आशा पारीख : गृह प्रबन्ध एवं गृह व्यवस्था

पाण्डे एवं प्रमिला वर्मा : गृह प्रबन्ध

PRACTICAL I

FIRST AID AND HOME NURSING

M.M.25

- I. Aims, Scope and Rules of First Aid.
- II. General Principles of First-Aid in :
 - (a) Burns and Scalds
 - (b) Cuts, Wounds and Haemorrhages
 - (c) Sprains, Fractures and Dislocations, uses of splints.
 - (d) Drawing artificial respiration.
 - (e) Simple unconsciousness.
 - (f) Electric shock and fire
 - (g) Heat stroke and frostbite
 - (h) Animal bite - Dog and Snake bite
 - (i) Foreign bodies in the eye, nose and throat.
 - (j) Common poisoning.

HOME NURSING

Room for the sick-Bed making. Procedures for the patient.

Essential items for the sick room : Bed Pan, urinal, bed table, hot water bottle, ice-cap, back rest, air-ring, eye glass, measuring glass, spitton, feeding cup and thermometer.

Basic knowledge about the following :

- (i) Recording of temperature and pulse rate.
- (ii) Applications of moist inhalations - Hot and cold formentation
- (iii) Types of Enema
- (iv) Application of Triangular and Roller bandages
- (v) First aid Box

Distribution of Marks :

Internal Assessment (Sessional)
Files and First-Aid Box

Home Nursing :

(a) Bed Making

(b) Bandaging

(c) Spotting

Viva-Voce on First-aid

Total

References :

First Aid St. John's Ambulance Association. 1 Red Cross
Road.

Home Nursing St. John's Ambulance Association

Where there is no doctor. VAHI Publication.

PRACTICAL II

FAMILY RESOURCE MANAGEMENT AND INTERIOR DECORATION

M.M.25

08 (3+5)

03

03

03

08

25

1. Cleaning and Polishing of metals, china glass, plastics and wood material.
2. Floor Decoration - Alpana and Rangoli.
3. Pottery painting and any one decorative article.
4. Arrangement of different rooms - Drawing, Dining, Puja, Bed room, Kitchen corner, Study etc.
5. Flower arrangement.
6. Table setting for formal and informal occasions.
7. Decoration for special occasion - Birthday Party, Diwali, Janmashthmi and Christmas.
8. Fixing Fuse, Repair of electric plugs, Regulators fixing on Gas Cylinder.

Duration for Practical : 3 Hrs.

Max. Marks : 25

Min. Marks : 09

1. Internal Assessment Sessional	08
2. Room Arrangement	05
3. Rangoli, Alpana	05
4. Cleaning of Article	05
5. Fixing of Fuse or Plug	02

Total

25