

**STATE MODEL SYLLABUS FOR
UNDER GRADUATE
COURSE IN HOME SCIENCE
(Bachelor of Arts Examination)**

**UNDER
CHOICE BASED CREDIT SYSTEM**

Course structure of UG Home Science Honours

Semester	Course	Course Name	Credits	Total marks
I	AEC-I	M.I.L.(Odia/ English)	04	100
	C-I	Fundamentals of Food & Nutrition	04	75
	C-I Practical		02	25
	C-II	Human Physiology	04	75
	C-II Practical		02	25
GE-I	Human Nutrition	06	100	
			22	
II	AEC-II	Environmental Studies	04	100
	C-III	Basic Nutrition & Dietetics	04	75
	C-III Practical		02	25
	C-IV	Textile & Clothing	04	75
	C-IV Practical		02	25
GE-II	Human Development and Family Studies	06	100	
			22	
III	C-V	Child Development	04	75
	C-V Practical		02	25
	C-VI	Family Resource Management	04	75
	C-VI Practical		02	25
	C-VII	Laundry Science	04	75
C-VII Practical	02		25	
GE-III	Family Resource management, Textile & Clothing	06	100	

	SEC-I	Communicative English	04	100
			28	
IV	C-VIII	Household Economics	04	75
	C-VIII Practical		02	25
	C-IX	Home Science Extension Education	04	75
	C-IX Practical		02	25
	C-X	House Planning & Interior Decoration	04	75
	C-X Practical		02	25
GE-IV	Extension Education and Marriage	06	100	
	SEC-II	Modern Office Management	04	100
			28	
Semester	Course	Course Name	Credits	Total marks
V	C-XI	Communication	04	75
	C-XI Practical	In Extension Education	02	25
	C-XII	Research Methodology	04	75
	C-XII Practical		02	25
	DSE-I	Women Studies	06	100
	DSE-II	Consumer Studies	06	100
			24	
VI	C-XIII	Community Health & Nutrition	04	75
	C-XIII Practical		02	25
	C-XIV	Marriage & Family Relationship	04	75
	C-XIV Practical		02	25

	DSE-III	Dietetics	06	100
	DSE-IV	House Planning for Better Family Living	06	100
	OR			
	DSE-IV	Project	06	100*
			24	

HOME SCIENCE

HONOURS PAPERS:

Core course – 14 papers

Discipline Specific Elective – 4 papers (out of the 6 papers suggested)

Generic Elective for Non Home Science students – 4 papers.

Incase University offers 2 subjects as GE, then papers 1 and 2 will be the GE paper.

Marks per paper - Midterm : 20 marks, End term : 80 marks

Total – 100 marks

Credit per paper – 6

Teaching hours per paper – 50 hours + 10 hours tutorial

Marks per paper with practical – Midterm : 15 marks, End term: 60 marks, practical: 25 marks

Core paper I

FUNDAMENTALS OF FOOD & NUTRITION

Objectives:

1. To understand the importance of food& nutrition in diet.
2. To study the sources functions, requirement& deficiency of macro& micro nutrients in the human body.
3. To examine the difference in weights & measures of raw & cooked foods.
4. To learn about various methods of preparing salads, &beverages.

UNIT -I

- (i) **Introduction to Food, Nutrition & Nutrients:** Definition of Food, Nutrients, Nutrition .Guide lines for good health. Understanding the relationship between food, nutrition and health
- (ii) **Study of foods:** Importance, classification and functions of food.

UNIT II

- (i) **Study of Macro-Nutrients:** Classification, functions, sources, daily Requirement & deficiency of Carbohydrates, proteins & fats.

UNIT III

- (i) **Study of Micro-Nutrients: Vitamins-** Classification, functions, sources, daily Requirement & deficiency of Fat-soluble & Water -Soluble Vitamins.

- (ii) **Minerals:** functions, sources, daily Requirement & deficiency of Iron, calcium, phosphorous, Zinc, potassium, sodium & Iodine. Water & roughage-functions., sources & deficiency.

UNIT IV

- (i) **Study of foods:** Nutritive value& effect of cooking on cereals, pulses, vegetables & fruits, milk & milk products, fleshy food, sugar & jaggery, oils & fats.

Core paper I: Practical

Practical: 25 Marks

1. Assessment of weights & measures of Raw & cooked foods: Rice, chapattis, dal, Vegetables, meat, fish & egg
2. Preparation of different types of salads & its decoration including serving.
3. Preparation of different type of Beverages –Hot (two types)& cold (two types)

TEXT BOOK:

1. Food & Nutrition- Educational Planning Group, Arya Publication ,New Delhi.

Reference Books:

- Food Science-S.R.Mudambi, S.M.Rao and M.V.Rajgopal
- Foods, facts & Principles- N. shakuntala Manay & N. Shadakshraswamy .
- Nutrition Science-B.ShriLaxmi
- Clinical Nutrition& Dietetics :F. P. Antia., oxford University Press.
- A Textbook of Foods, Nutrition and Dietetics, Sterling publications Pvt Ltd- Begum Rahena
- Food,Nutrition and Health-Gayatri Biswal &Chandrashree Lenka

Core paper II

HUMAN PHYSIOLOGY

Objectives:

1. To understand the structure and functions of various organs of the body.
2. To obtain understanding of the body mechanism through the study of human physiology.

UNIT -I : Circulatory System: Heart:- its structure and functions. Arteries, veins & capillaries.- Their structure. Types of Circulation-systemic, pulmonary, portal & coronary circulation. Cardiac cycle.

UNIT II: Respiratory System: Structure & Functions of different parts of the Respiratory system: Trachea, Bronchi, lungs. Mechanism of Respiration- External or pulmonary respiration. Internal or tissue respiration.

UNIT III: The Urinary system: Structure & Functions of the kidney. Blood supply to the kidney. Formation and composition of urine.

UNIT IV: The Endocrine system: The location & functions of various Endocrine glands – Pituitary gland, thyroid, parathyroid, adrenal, pancreas & gonads.

Core paper II: Practical
Practical: 25 Marks

1. Prepare a poster showing the heart & blood flow in the heart in human body.
2. Prepare a poster showing respiratory system of the human body.
3. Prepare a poster showing the urinary system of the human body.
4. Prepare a poster showing the location of various endocrine glands in the Human body

TEXT BOOK

1. Anatomy & physiology for nurses - E.Pearce.

Reference Books:

- Anatomy & physiology-Ross & Wilson.
- Anatomy & physiology for nurses- Sears & Winwood. Human Physiology- vol.1 & vol.2-C.C.Chatterjee
- Concise Medical Physiology-Sujit Kumar Choudhury
- Anatomy and Physiology for nurses-Sears & Winwood

Core paper III

BASIC NUTRITION & DIETETICS

Objectives:

1. To know the importance of various methods of food processing adopted in Different methods of cooking.
2. To understand the meaning, & principles of formulating balanced diet for different age group of people.
3. To learn about food poisoning, healthy & safe food practices.
4. To study about the methods of food preservation & food adulteration.

UNIT -I :

- (i) **Cooking of Foods:** Meaning & objectives of cooking, Preliminary preparatory methods of food preparation- cleaning, peeling, cutting, grating, sieving, soaking, coating, blanching, marinating. Retention of nutritive value of foods during preparation.
- (ii) **Enhancing nutritive value of food-**sprouting, germinating, fermenting & grinding.
- (iii) **Methods of Cooking:** Moist heat, Dry heat, Frying, & Micro wave cooking - their advantages & Disadvantages.

UNIT II

- (i) **Balanced Diet:** Meaning, Definition and factors affecting formulation of balanced diet. Recommended Dietary Intake for different age group of people. Balanced diet for preschool children, adolescents, adults (men & women), old people. Diet during special conditions as pregnancy & lactation.

UNIT III

- (i) **Meal Planning for the family:** Meaning, significance & factors affecting meal planning of a family.
- (ii) **Safe food Practices:** Food hygiene, diseases spread by dirty hands, personal hygiene, food selection & storage, care of equipments, cleanliness in the kitchen & food poisoning.

UNIT IV

- (i) **Food preservation:** Meaning, objectives & principles of food preservation. Household methods of food preservation. Effect of food preservation on nutritive value of foods.
- (ii) **Food Adulteration:** Meaning, types & prevention of food adulteration.

Core paper III: Practical **Practical: 25 Marks**

1. Prepare dishes using different methods of cooking
2. Plan and prepare balanced diet for adults (sedentary, moderate & heavy work)
3. Plan and prepare balanced diet for pregnant & lactating women.
4. Prepare jam/pickles/ sauce/squash/pickles/chips/ papads

Text Book:

1. Nutrition and Diet Therapy- S.R. Mudambi, M.V. Rajagopal, New Age International publisher.

Reference Books:

- Human Nutrition-B. Srilaxmi , New age publication.,Fundamentals of Foods,.
- Principles of Nutrition and Dietetics, Bappcs, Banglore_ Vol-I and II.- Swaminathan M:.

- Textbook of preventive and social medicines: Park & Park..
- Nutrition and Dietetics : Subhangini A Joshi, Tata – Mc Graw- Hill publishing Company Ltd New Delhi
- Text Book of Home Science- Premlata Mullick

Core paper IV

TEXTILE & CLOTHING

Objectives:

1. To acquaint with different textiles and their performances.
2. To impart knowledge on different textile finishes
3. To gain knowledge with proper notion regarding choice of fabrics

UNIT -I

- (i) **Textile Fibers:** Meaning & Classifications of fibers- natural (vegetable, animal, mineral) & manmade fibers (cellulosic, non cellulosic, protein, rubber, metallic & mineral fibers.
- (ii) **Study of fibers:** Cotton, silk, & wool- sources, manufacturing process & their properties. identification of fibers : physical, visual, burning, microscopic and chemical tests

UNIT II

- (i) **Finishing:** definition, objectives, classification of finishes according to the degree of their permanence
- (ii) **Mechanical finishes-** Beetling, shearing, calendaring, tendering, embossing, sizing, glazing, napping.
- (iii) **Chemical Finishes-** mercerization, ammoniating. Special finishes used in textile industry for enhancing special characteristics, appearance and texture of the fabrics.

UNIT III

- (i) **Dyeing** –Classification and methods of dyeing
- (ii) **Printing-**Definition, distinction between dyeing and printing. Various methods of printing-Block Printing, Stencil Printing, Roller Printing, Discharge Printing, Resist Printing, Tie & Dye, Batik Dye

UNIT IV

- (i) **Clothing Selection according to body build**-stout women, thin women, large hips, large bust, large upper arm, prominent abdomen, shoulder irregularities. Use of Colours in dress- Qualities of colour, effect of warm & cool colour, effect of light on colours, factors influencing choice of colours in clothing.

Core paper IV: Practical
Practical: 25 Marks

1. Identification of Cotton, silk, & wool by visual, burning & microscopic test.
2. Finishing necklines of garments- round, square & V cut.
3. Prepare an album of dresses (paper cut outs or sketched) suitable for thin adolescent girl, women with large hips, & stout women .

TEXT BOOK:

1. Fibre to Fabric-B.P.Corbman

Reference Books:

- Textile fibres and their use-K.P.Hess
- Fundamentals of Textiles and their care – Dantyaagi, S.
- Household Textiles and Laundry work – Deulkar, S
- Textbook of clothing and Textile – Gupta S, Gang N and Saini R.
- Fabrics and Dress – Rathbone L, Tarpley E.
- Dress Designing- Manmeet Sodhia,
- Textiles – Hollen N and Saddler J
- Household Textiles-Durga Deulkar

Core paper V

CHILD DEVELOPMENT

Objectives:

1. To understand the importance of Child study & growth pattern of children.
2. To study the development pattern of Children starting from prenatal period up to 5 years of age in areas as physical , emotional, social & speech development.

UNIT -I

Growth and Development: Meaning & definition of growth & development. Importance and scope of studying child development, Different stages of human development, Principles of growth and development.

UNIT II

Prenatal development:

Conception, Importance of fertilization-hereditary endowment, sex determination, multiple births, ordinal position in the family, Different stages of prenatal development. Factors influencing prenatal development- maternal health, nutrition, age, drugs, alcohol, tobacco, maternal emotional status, diseases, RH factor, irradiation& birth hazards.

UNIT III

Developmental milestones during first 5 years :

- (i) **Physical development:** growth in body size & proportion, bones, teeth, muscles & fat, & nervous system.
- (ii) **Motor Development:** Meaning and Sequence of motor development.

UNIT IV

- (i) **Speech development:** Meaning, Pre- speech forms of communication, essentials in learning to speak, major tasks in learning to speak ,speech disorders.
- (ii) **Emotional development:** Meaning, characteristics of childhood emotions. Types of emotions - unpleasant& pleasant
- (iii)**Social development:** Meaning, process & importance of early social experiences. Factors influencing social development.

Core paper V: Practical

Practical: 25 Marks

1. Prepare a chart showing different stages of prenatal development.
2. Prepare a chart showing developmental mile stone from birth to one year.
3. Prepare posters showing different types of childhood emotions (pleasant& unpleasant)

TEXT BOOK

1. Child Development-6th edition- E.B. Hurlock

Reference Books:

- Textbook of child development- R.D. Devdas and Jaya, Macmillan
- Development Psychology-E.B. Hurlock
- Child Development- K.C. Panda.
- Text Book of Child Developemnt & Family Relations- Dr. Aparajita Chowdhury, Academic Excellence. New Delhi
- Child Development – Berndt, Brow and Nenchmach.

Core paper VI

FAMILY RESOURCE MANAGEMENT
Lectures: 60 [40 Theory + 20 Practical classes]

Objectives:

1. To understand the concept of Home Management & its process applied to daily activities of the Household.
2. To gain knowledge about the use of different family resources as time, money & energy in daily life

UNIT -I

- (i) **Home management:** Meaning, definitions, & process of Home management- planning, organizing controlling, & evaluating.
- (ii) **Motivating factors in management-**values goals& standards.-Meaning, & importance. Interrelationship of values, goals & standards.

UNIT II

- (i) **Family Resources:** Meaning, definition, Characteristics & classification of resources. Management of resources during different stages of the life cycle. Factors affecting resources. Qualities of a good home maker.

UNIT III

- (i) **Time Management:** Concept of time management. Factors to be considered in making time & activity plans- peak loads, sequential activities etc. steps in making daily & weekly time plan. Controlling & evaluating time plan.

UNIT IV

- (i) **Energy management:** Meaning& definition. Classification of efforts (energy Expenditure) used in home making activities. Fatigue- types, causes & remedies. Work simplification- Meaning, Mundel's classes of changes, Techniques of work simplification: Path way chart, Process chart and Operation chart

Core paper VI : Practical
Practical: 25 Marks

1. Prepare a daily Time Plan for a home maker and a school teacher.
2. Prepare a poster showing the use of resources (time and energy) in different stages of the family life cycle.
3. Time and motion studies of work simplification-path way chart, process chart & Operation chart

TEXT BOOK:

1. Management in Family Living – Nickeill and Dorsey.

Reference Books:

- Management in Modern Families – Gross and Gandle.
- Home Management - Vergese, Ogala, Srinivasan
- Home Management for Indian Families. – M.K.Mann
- Home Management – Education Planning Group, Delhi.
- Text book of Home Science- Premlata Mallick.
- An Introduction to family Resource management-Premavathy Seetharaman, Sonia Batra & Preeti mehera.

Core paper VII

LAUNDRY SCIENCE

Objectives:

1. To understand different methods of laundering.
2. To obtain knowledge about various types of soaps& detergents used in laundry work.
3. To know various methods of stain removal.

UNIT-I

Methods of Laundering & their principles- Friction, kneading, squeezing, suction, & by washing machine. Washing and finishing of cotton, wool and silk (both white and coloured) garments.

UNIT II

Laundering Materials: Water- types (hard & soft) reasons of hardness of water. Water suitable for laundering. Softening of hard water-removal of temporary & permanent hardness of water. Soaps & Detergents - types, properties; nature of a good soap and their action on fabrics Stiffening agents-purpose, & types of stiffening agents. Method of preparation (boiling & cold). Blue- Purpose of applications. Types & process of bluing in laundry work. Bleaching agents: Oxidizing and reducing bleaches

UNIT III

- (ii) **Dry Cleaning-** Meaning of dry cleaning. Dry cleaning agents: absorbents & solvents, advantages & disadvantages of dry cleaning.
- (iii) **Washing machine:** Types and functions of washing machine

UNIT IV

- (i) **Stain removal:** Meaning & classification of stains. General directions for stain removal. Method of stain removal-Dip, steam, drop & sponge methods.

- (ii) **Kinds of stain removers** – water, alkalis, acids, bleaching agents & solvents. Method of removal of some specific stains- beverages, medicine, grease, oil & ghee, mud, ink & nail polish.

Core paper VII: Practical
Practical: 25 Marks

1. Remove the given stains-tea, mud, nail polish, curry, blood and grass.
2. Preparation of boiling water and cold water starch.
3. Washing & finishing of cotton, silk, & wool garments.

TEXT BOOK:

1. Fundamentals of Textiles and their care – Dantyagi, S.

Reference Books:

- Household Textiles and Laundry work – Deulkar, S
- Textbook of clothing and Textile – Gupta S, Gang N and Saini
- Dress Designing by Monmeet sodhia ,Kalyani Publishers.
- Text Book of clothing and Textile by sushma Gupta, Neeru Gang and Renu Saini,Kalyani Publishers.
- UGC NET/SET Home Science specific,Danika publications .
- Fabrics and Dress by Luck Rathbone ,Elizabeth Tarpley,Houghton Mifflin Company, The Riberside Dress Cambridge.

Core paper VIII

HOUSEHOLD ECONOMICS

Objectives:

1. To gain knowledge about family Income & expenditure pattern of house
2. To have idea about the importance & methods of savings & investment of a family.

UNIT I

- (i) **Human wants:** Types and characteristics, Law of diminishing marginal utility and law of substitution.
- (ii) **Money:** Definition, functions and value of money.

UNIT II

- (i) **Family Income:** Definition, sources & types of family Income. Ways of supplementing family Income.
- (ii) **Wage-**Causes of difference in wages.

UNIT III

- (i) **Family expenditure:** Factors affecting family expenditure. Family budget- Meaning, objectives & Types of budget. Advantages of budgeting. Steps in the preparation of a family budget. Engels' law of Consumption.

- (ii) **Financial records of the Household-** Importance & process of record keeping. Types of account keeping- sheet, envelope, note book, & card file system.

UNIT IV

- (i) **Savings& Investment-** Meaning & definition of saving. Importance & objectives of savings in the family. Investment- Guidelines for sound investment. Savings-Types of saving- compulsory& voluntary. Factors affecting savings in a family. Methods of savings- Insurance policy, banks, post office , mutual funds, shares, real estate, gold bonds .

Core paper VIII : Practical

Practical: 25 Marks

1. Prepare a house hold account by using different methods of account keeping - sheet, envelope, card file & note book
2. Plan a sample budget for families belonging to different Income level.
3. Present a report on different saving schemes of bank/post office/insurance policy.

TEXT BOOK:

1. Management in Family Living – Nickeill and Dorsey.

Reference Books:

- Management in Modern Families – Gross and Gandle.
- Home Management - Vergese, Ogala, Srinivasan
- Home Management for Indian Families. – M.K.Mann
- Home Management – Education Planning Group, Delhi.
- Text book of HomeScience- Premlata Mallick.
- Home Management and Household Economics-Subhasini Mahapatra
- Money Banking-M.L.Seth

Core paper IX

HOME SCIENCE EXTENSION EDUCATION

Objectives:

1. To enable the student to understand the meaning, principles, philosophy of Home Science Extension Education.
2. To enrich the Knowledge of the students about teaching learning process in Extension education.

UNIT -I

- (i) **Extension Education**-Definition & Types of Education. Definition, types, scope, needs objectives, philosophy& principles of extension education. Behavioral changes brought about by extension education.

UNIT II

- (i) **Extension Education In Home Science** - Meaning, definition, need , objectives, Characteristics& history of Home science extension education. Areas of Home Science & it's inter relationship with Community Development. Role & qualities of Home Science extension workers.

UNIT III

- (i) **Methods of teaching in Extension Education**-Individual, group & mass methods. Individual Methods: Farm and Home Visits, Office Calls, Telephone Calls, Personal letters. Group Methods: Method Demonstration, Result Demonstration. Group Discussion, Field Trips, Lecture, Seminars and Work shop Mass Methods: Leaflets, Circular Letter, Radio, T.V. Bulletins, News Articles, Their advantages & disadvantages.

UNIT IV

- (i) **Teaching-Learning process**- Meaning, principles & steps in extension teaching .Criteria for effective extension teaching. Elements of a learning situation. Criteria for effective learning. Principles of learning as applicable to extension.

Core paper IX: Practical **Practical: 25 Marks**

1. Collection of newspaper clippings on women empowerment, child abuse, violence against women, child & maternal health issues, environmental pollution .
2. Suggest measures to eradicate such social issues.

Text Book:

1. Education and communication for development –by O.P.Dahama and O.P. Bhatnagar.

Reference Books:

- Extension communication and management –by G.L.Ray.
- Extension Techniques for Rural Management by- C.Satapathy & Sabita Mishra.
- Extension education in Home Science –Dr. Nibedita Mishra & Dr. Gayatri Biswal
- .Extension Education – A. Red

Core paper X

HOUSE PLANNING AND INTERIOR DECORATION

Objectives:

1. To understand the concept of House Planning and Interior decoration.
2. To gain knowledge about furnishing a house with furniture, flower arrangement & other accessories.

UNIT-I

- (i) **Planning of a house:** Selection of site for residential house-Factors to be considered for selection of sites for construction of house.
- (ii) **Planning of a house:** Factors to be considered for planning of a house such as aspect, privacy, prospect, grouping, roominess, furniture requirement, sanitation, flexibility, circulation and practical considerations.

UNIT -II

- (i) **Interior Decoration-** Meaning & objectives of interior decoration. Elements & principles of design.
- (ii) **Use of colours in home-** color schemes& colour harmonies. Significance of colour & decorative use of colour in the home.

UNIT III

- (i) **Furniture arrangement-** Principles of design applied to furniture arrangement. Fundamentals of furniture arrangement for various rooms. Guidelines for selection & purchase of furniture.
- (ii) **Home Furnishing-**Objectives of planning & furnishing a home. Different type of fabrics used for furnishing.

UNIT IV

- (i) **Flower arrangement**-types& principles of flower arrangement. Care of flowers, &equipment required for flower arrangement.
- (ii) **Kitchen Planning:** Types of kitchen, Factors to be considered while planning a kitchen in Indian Household.

Core paper X: Practical
Practical : 25 Marks

1. Prepare a poster showing furniture arrangement in the house (Drawing room/Bed room/Dining room/Living room) following principles of design.
2. Flower arrangement- Decorative use of ornamental plants, fresh flowers& foliage.
3. Planning colour schemes for preparing raangoli for floor decoration.
4. Lay out of different types of kitchen-U shaped, L-shaped, One wall, Two wall

Text Book:

1. Home Management – Education Planning Group, Arya Publication, New Delhi, Delhi.

Reference Books:

- Home Management for Indian Families. – M.K.Mann
- Text book of HomeScience- Premlata Mullick, kalyani publisher
- Text book of Home management-Sushma gupta, Neeru Garg, anita agarwal, kalyani publisher.
- Modern Ideals Home for India-R.S.Despande
- Text book of Household Arts-Stella Sunderaj
- The House-Its Plan and Use-T.Agan

Core paper XI

COMMUNICATION IN EXTENSION EDUCATION

Objectives:

1. To understand the principles, process& models of communication in extension education.
2. To have knowledge about different types of audio-visual aids, adaption and diffusion of extension Education.

UNIT -I

- (i) **Communication**-Meaning, objectives, types, functions, principles of communication. Problems or barriers in communication. Role of communication in social change.

UNIT II

- (i) **Models of communication**-elements of communication. Models of communication- Aristotle, Lasswell, Sharron & Weaver, Schramm, Berlo, Legan, Roger's & Shoe maker's models of communication.

UNIT III

- (i) **Audio Visual Aids**: Definition, classification, their use in extension education, Advantages and limitations of -
- a) Audio aids: Radio, recording & sound commentaries.
 - b) Visual aids: Poster, charts, bulletin board & flash cards
 - c) Audio visual aids: Television, Film, Puppet shows & Drama

UNIT IV

- (i) **Diffusion & adaption**-Attributes of innovation, concept & elements of diffusion. Adaption – Characteristics, stages & factors associated with adaption. Sources of information

Core paper XI : Practical Practical : 25 Marks

1. Preparation of visual aids related to Home Science Extension Education
 - i) Two Posters
 - ii) One Leaflet
 - iii) One Graph
 - iv) One Chart

Text Book:

1. Extension communication and management –by G.L.Ray.

Reference Books:

- An Introduction to extension education - by S.V.Supe.
- Extension Techniques for Rural Management by- C.Satapathy & Sabita Mishra.
- Education and communication for development –by O.P.Dahama and O.P. Bhatnagar.
- Extension Education – A. Reddy.
- Extension education in Home Science –Dr. Nibedita Mishra & Dr. Gayatri Biswal
- Extension education & Communication-V.K. Dubey & Indira Bishnoi.

Core paper XII

RESEARCH METHODOLOGY

Objectives:

1. To understand the meaning & process of research in social sciences.
2. To have fundamental knowledge about analysis of data & the diagrammatic representation of data.
3. To learn the techniques of interpretation of data & report writing.

UNIT -I

- (i) **Research:** Meaning & objectives of research. Types of research – Descriptive, Analytical, Applied, Fundamental, Quantitative, Qualitative, Conceptual, Empirical.

UNIT II

- (i) **Research process-** Techniques involved in defining a research problem. Collection of data: Primary data-meaning & sources- Observation, survey, Interview, questionnaire, schedule Secondary data-meaning & types.

UNIT III

- (i) **Processing & Analysis of data-** Editing, coding, classification & tabulation of data. Diagrammatic representation of data – tables, figures, graphs, bar diagram, pie chart etc.

UNIT IV

- (i) **Interpretation & Report writing-** Meaning & techniques used in Interpretation layout & significance of report writing. Bibliography writing-meaning & importance..

Core paper XII: Practical

Practical: 25 Marks

1. Construct a questionnaire to be used in research.
2. Prepare a bar diagram & pie chart of a given data.
3. Lay out of a research report.

Text Book:

1. Research Methodology-C.R. Kothari and Gaurav Garg

Reference Books:

- Methods of Social survey& Research-S.R. Bajpei.
- Research in Education- J.W. Best & Kahn.
- Research Methodology:Theory and Practice-A.K.P.C.Swain

Core paper XIII

COMMUNITY HEALTH AND NUTRITION

Objectives:

1. To understand the concept of community health& Health for all.
2. To appreciate the various Methods of cooking, nutritional Status and supplementary nutrition programmes.
3. To be able to assess the nutritional status.
4. To be able to know about National & International Nutritional Agencies.

UNIT -I

- (i) **Concepts of Community Health& Nutrition** – Definition and meaning of community health. Components of Health – Physical health, Mental health Social health and spiritual health.
- (ii) **Determinants of health** – Heredity, Environment, Lifestyle, Economic status, Provision of health Services Community Nutrition -Meaning, significance & scope of community Nutrition.

UNIT II

- (i) **Common Nutritional Problems in India** – Low Birth weight, Protein –energy malnutrition, Vitamin A deficiency, Nutritional Anemia, Iodine deficiency disorders.
- (ii) **Methods of Assessing nutritional status** –Anthropometric, Clinical, Biochemical & diet Survey.

UNIT III

- (i) **Nutrition Education**-Meaning, objectives, principles& importance of nutrition education for community health in India.
- (ii) **Supplementary Nutrition Programme** – Objectives of Nutrition Programme .Programmes to control Malnutrition – Integrated Child Development Services (ICDS), Public Distribution System (PDS), Annapurna Scheme, National food for work programme ,Antyodaya Anna Yojana (AAY)

UNIT IV

- (i) **Role of International and National agency in Combating Malnutrition** – International Agencies and their functions – World Health Organization (WHO), Food and Agriculture Organization (FAO), United Nations International Children’s Education Fund (UNICEF) , Cooperatives for Assistance &Relief Everywhere(CARE). National Agencies and their functions , Indian Council of

Agriculture (ICAR), Indian Council of Medical Research (ICMR), National Institute of Nutrition (NIN). National Institute of Public cooperation & child development(NIPCID)

Core paper XIII: Practical
Practical: 25 Marks

1. Prepare Nutrition education materials (posters/charts/leaflets) to be imparted to urban and rural community.
2. Development of low cost recipes' for vulnerable groups to prevent nutritional deficiencies.

Text Book:

1. Nutrition Science - B.Srilaxmi.

Reference Books:

- Text book of Human Nutrition Mahtab S.Bamji
- Principles of Nutrition and Dietetics, Bappes, Bangalore_ Vol II.- Swaminathan M.:
- Textbook of preventive and social medicines: Park & Park.:
- Nutrition and Dietetics : Subhangini A Joshi, Tata – Mc Graw- Hill publishing Company Ltd New Delhi
- Food & Nutrition- Arya Publication, Educational planning group.

Core paper XIV

MARRIAGE & FAMILY RELATIONSHIP

Objectives:

1. To understand the concept of marriage & its importance in family life.
2. To acquire knowledge about the different pattern of marriage rituals & ceremonies existing in Indian society.
3. To understand about family, its importance & types prevalent in India.
4. To know about the family life cycle, its stages & importance in family life.
5. To understand the problems of Family & Marital life prevalent in the society.

UNIT -I

- (i) **Marriage as an Institution:** Meaning, definitions, functions& importance of marriage. Types of marriages in India- Love, Arranged, love cum arranged marriage - their merits & demerits. Factors to be considered in the selection of marriage partner (for both boy& girl).

UNIT II

- (i) **Marriage Rituals & Ceremonies in different Indian Communities:** Importance of rituals, ceremonies & process of marriage among Hindu, Muslim & Christian Community. Adjustments in marriage- Sex, financial, in laws & among working couples.

UNIT III

- (i) **Family:** Meaning, definition, importance, characteristics, & functions of family. Contemporary Family types prevalent in India-Joint, nuclear & family- in- transition. Their nature, merits & demerits. Family life Cycle: meaning, importance, & stages of family life cycle.

UNIT IV

- (i) **Problems of Family & Marital life-**prolonged sickness/illness, accidents widowhood, unemployment, economic distress /poverty, broken family, gender discrimination, domestic violence (wife abuse & battering), family with a disabled and suicide in the family. Marital problems –marital disharmony & conflict, separation & divorce, single parenthood, loss of spouse,

Core paper XIV: Practical

Practical: 25 Marks

1. Collection of samples of marriage ceremony of different communities (Hindu, Muslim and Christian)
2. Prepare a poster (paper cut-outs may be used) showing the prevalent form of families existing in Indian communities. Write the merits & demerits
3. Pottery decoration/Alpana making for marriage ceremonies.

Text Book:

1. Marriage and Family in India – Kapadia

Reference Books:

- The Family – Goode, W.J.
- India Social Problems – Madan G.R.
- Sociology – Vidya Bhusan
- Indian Society and Social Institutions – Nukhi H. R. Surjeet.
- An Introduction to Sociology – Vidya Bhusan and Sachadeva.
- Indian Social Problems. Vol. I and II – G.R. Madan.

Discipline Specific Elective Paper-I

WOMEN STUDIES

Objectives:

1. To acquire knowledge on women's position & status in the Indian society.
2. To be aware of women's issues & problems & learn to tackle/ solve the problems
3. To have knowledge about the legal rights & law concerned with women in India.

UNIT -I

- (i) **Women's role & Status in the society-** Status & position of women in different ages & in the contemporary society. Significant role of women in the family & Community. Women as potential contributors in the modern family.

UNIT II

Woman Issues in India:

- (i) gender discrimination –causes & consequences
- (ii) Exploitation of women at home & work place.(iii) violence against women- types , causes & consequences. Ways to tackle women's issues.

UNIT III

- (i) **Women's Empowerment: Meaning,** characteristics & need for women's empowerment. Factors contributing to women's empowerment. Constraints preventing successful empowerment of women. Role of Govt. & other agencies in bringing women's empowerment-Dept. of WCD, NCW, CSWB.

UNIT IV

- (i) **Problems of women in India-** Types-Psychological, financial, social, and educational & child care problems for working women. Causes of --gender disparity, dual responsibility, illiteracy, economic distress/poverty, social stigma, widowhood & age as elderly. Remedies for solving the problems.

Text Book:

1. Indian Social system-Ram Ahuja (Rawat publication)

Reference Books:

- Social status of women in India-Maya Majumdar.
- Empowerment of women-K. Santhi(Anmol publication)
- Anticipation & Empowerment of women-V. Mohini Giri (Gyan publishing house).
- Research on Indian Family problems, Issues & Implications (Vol.I &II)- Tata Institute of social sciences. Mumbai.
- Women in India: some Issues-Mridula Bhadauria (APH publishing corporation)
- Gender Justice-Women and Law in India-Monica Chawal

Discipline Specific Elective Paper-II**CONSUMER STUDIES****Objectives:**

1. To acquire knowledge about the need of consumer education.
2. To have an idea about the needs of consumer.
3. To develop proper attitudes towards consumer problems and aids.

UNIT -I

- (i) **Consumer Education** – Meaning, Need, importance of Consumer education. Right and Responsibilities of consumer. Consumerism & consumer Movement.

UNIT II

- (i) **Consumer Needs-** Needs and Goals of consumer, Interdependence of needs and goals. Different types of needs. Consumer choice :Need for intelligent choice, factor influencing consumer choice

UNIT III

- (i) **Consumer buying** – The problem and role of consumer buyer. Buyer behavior- types of buying behavior. Factors influencing buying process. Principles of good buymanship.

UNIT IV

- (i) **Purchase Decision of a Consumer-** Meaning of purchase decision of a consumer, consumer problems, Types of consumer Aids – Advertisement, brands, Trademark .Quality mark, labels, and packaging.

Text Book:

1. Consumer Education – Veena Gondotra ,Ami Divalia

Reference Books:

- Consumer behavior –Leon G. Schiffman , Leslie Lazar Kanuk.
- Home Management – M.A.Varghese & Shrinivasan.
- Economic Theory-K.M.Pattanaik

Discipline Specific Elective Paper-III

DIETETICS

Objectives:

1. To have a knowledge about the basic concept of diet therapy.
2. To understand the principles of dietary management

UNIT -I

- (i) **Introduction to diet therapy** – Basic concept of diet therapy, Purposes and advantages of therapeutic diet. Factors considered for therapeutic modification of normal diet, types of therapeutic diets/ routine hospital diets – clear-fluid, full fluid, soft-diets, Special feeding methods- Tube feeding and parenteral feeding.

UNIT II

- (i) **Diet in fevers:** Causes, types, general dietary considerations, metabolic changes in fever. Symptoms & signs, principles of diet, dietary suggestions and modification of nutrients in (a) Typhoid (b) Malaria (c) Tuberculosis (d) Influenza.

UNIT III

- (i) **Diet in obesity:** Definition, aetiology, types, complications, treatment, Principles of management.
- (ii) **Diet for underweight:** Definitions, aetiology, nutritional requirement, dietary guidelines.

UNIT IV

- (i) **Diet in Diabetes Mellitus:** Classification, aetiology, symptoms, treatment, nutritional requirement, Dietary Guidelines.
- (ii) **Diet in Anemia:** Definition. Types-Iron deficiency, Vitamin B₁₂ deficiency, Folate deficiency anemia, aetiology, clinical features, treatment and preventions.

Text book:-

1. Clinical Dietetics and Nutrition – F.P.Antia.

Reference Books:

- Dietetics – B.Srilakshmi.
- Normal and Therapeutic Nutrition – Robinson.

- Prevention and social Medicine – Park K.Park.
- Human Nutrition and Dietetics – D. Passmore.

Discipline Specific Elective Paper-Iv

HOUSE PLANNING FOR BETTER FAMILY LIVING

Objectives:

1. To have a knowledge on the needs, importance & function of a house .
2. To understand the principles, process of house planning.
3. To obtain knowledge about building and finishing materials used in house construction.

UNIT -I

- (i) **House Planning;** Meaning, definition & functions of house. Housing needs in different stages of the family life cycle. Criteria for selection of site for the construction of a house.

UNIT II

- (i) **Construction of a House:** Principles of residential planning. Estimating the cost of construction. Ways& means of economy (cost reduction).

UNIT III

- (i) **Planning of different Units of the House:** Verandah, living/drawing room, bed room, kitchen, bath rooms. Other accessory parts as staircase, children's room, study, store & pooja room. Building materials used for construction of the house

UNIT IV

- (i) **Finishing materials** used for walls, ceilings, floor, doors & windows.
- (ii) **Essential services of housing:** water supply system & House drainage.

Text Book:

1. Housing for Family Living-Veena Gandotra & Sarjoo Patel(Dominant publishers& Distributors.

Reference Books:

- Planning a house-S.Faulkar Hoollt, Rinehart & Winston.

- Home Management-Educational Planning Group, Arya Publication, New Delhi

DSE Paper – IV: Dissertation/ Research Project (College can give this choice only for students with above 60% aggregate marks)

Suggested Topics for the proposed project Work

1. Visiting and collecting data regarding food habits and patterns of women and children among urban, rural, tribal and slum areas and preparing a project report on it.
2. Development of a project proposal for establishment of a early childhood centre - Location and building, indoor and outdoor space, equipment and material, staff, budget, funding agencies, cost- benefit analysis; Legal and regulatory processing of the proposal for submission to government and non-government organizations.
3. Preparing a survey Performa and studying at least ten families (cross section of the family life cycle stages), family members at different stages and preparing the report.
4. Preparation of sample album of basic hand stitches, machine stitches, edge finishing, fullness, finishing of necklines, plackets, fasteners, mending and patching.
5. Documentation of Indian textiles and costumes of at least 10 states of India & discuss its speciality & popularity.
6. Preparing a project report based on news clippings of the recent domestic violence occurring in families of Odisha.
7. Visiting shops/workshops of household equipments and reporting on different aspects its functioning.
8. Visiting Banks/Insurance company/Post Office and reporting on different aspects of saving and Investment schemes.
9. Planning, conducting and reporting on exhibition on any topic of Home Science Education within the College campus.
10. Visit a departmental store, & prepare a project report on the availability, popularity, nutritional value & use of ready-to -eat foods.
11. A study on the availability of preserved food (veg & non veg) in the local market.
12. Contemporary Indian Women: Chacterisitcs& role in the Family.

13. Dowry & Family Violence.
14. Ageing-problems& Challenges.
15. Career stress among young girl students (Age 16-20 Years).
16. .Cuisine (Pitha) of Odisha.
17. Importance of Sprouts, Yoghurt, fermented & germinated foods-Facts & fallacies.
18. Health benefits of spices.
19. Mushroom in our Diet.
20. Kitchen planning for healthy living
21. Fuel energy consumption pattern of Urban/Rural/Tribal households
22. Environmental awareness among urban/rural/tribal families
23. Gender based discrimination in families
24. Fuel energy conservation techniques followed by urban/rural/tribal families

Guidelines in the preparation of the project Report: The project Report should in soft bound, contain a Title, Introduction, objectives, methodology, result& Discussion , conclusion, & bibliography of at least 50 typed pages A-4 size paper in 1” margin. As per the nature & plan of the project necessary tables, figures, & pictures may be inserted.

Generic Elective Paper I

HUMAN NUTRITION

Objectives:

1. To gain knowledge about different nutrients, their classification, function, sources, requirement and deficiency diseases.

UNIT-1 :

- (i) **Basic Concepts of Nutrition:** Meaning and definition of Nutrients & Nutrition. Guidelines for good health. Food: Definition, Classification. Functions of Food- Physiological, psychological and socio-cultural. Understanding relationship between food, nutrition and health. Basic Food Groups: Basic four, Basic five, Basic seven and their importance.

UNIT-II:

- (i) **Study of Macro Nutrients** - Classification, functions, sources, Requirement and Deficiency diseases of Carbohydrates, proteins & fats.

UNIT-III:

- (i) **Study of Micro-Nutrients: Vitamins-** Classification, functions, sources, daily Requirement & deficiency diseases of Fat-soluble & Water -Soluble Vitamins – B Complex Vitamins and Vitamin C.
- (ii) **Minerals:** functions, sources, daily Requirement & deficiency of Iron, calcium, phosphorous, sodium & Iodine. Water & roughage- Functions, sources & deficiency.

UNIT IV:

- (i) **Nutrition during different stages of lifecycle:** Infants, Preschool children, School going children, Adolescent boys and girls, Adult man and woman, Pregnant Woman and Lactating Mother.

Text Book:

1. Food & Nutrition- Educational Planning Group, Arya Publication, New Delhi.

Reference Books:

- Fundamental of food and Nutrition- by S.R.Mudambi.
- Srilakshmi B (2012) Nutrition Science 4th Revised Edition, New Age International Publishers.

- Khann K. Gupta , S. Seth R. Passi, SJ, Mahna , R. Puri S(2013) Textbook of Nutrition and Dietetics, Phonenix Publishing House Pvt Ltd.
- ICMR (2010) Recommnded Dietary Allowances for Indias, Published by National Institute of Nutrition, Hyderabad
- Chadha R and Mathur P. cds (2015) Nutrition : A lifecycle Approach, Orient Blackwan, New Delhi.
- Seet V and Singh K (2006) Diet Planning through the life Cycle : Part 1 Normal Nutrition A Practical Manual, Elite Publishing House Pvt. Ltd. New Delhi.
- Gopalan C. Rama Sastri BV. Balasubramanian SC (1989) Nutritive Value of Indian Foods, National Institute of Nutrition , ICMR , Hyderabad.
- Wardlaw and Insle, MG, Insel PM (2004) , Perspectives in Nutrition, Six Edition, Mr Graw Hill

Generic Elective Paper II

Human Development & Family Studies

Objectives:

1. To know the importance of child study and about pre-natal Development.
2. To understand the importance of Breast feeding and artificial feeding.
3. To know the causes and consequences of infant and maternal mortality in India.

UNIT-I:

- (i) **Study of Human Development** – Meaning, need importance of studying human development,
- (ii) **Stage of Human Development** – Infancy, early childhood, late childhood, adolescence, adulthood & old age.

UNIT-II:

- (i) **Pre-natal development**-Conception, symptoms & Complication of pregnancy. Different stages of pre- natal development-period of ovum, embryo& foetus.
- (ii) **Factors affecting pre-natal Development** –Age of the Mother, Nutrition, Drugs and Smoking, X-ray, Infection and chronic diseases of mother,Rh-incompatibility, Maternal emotional state.

UNIT-III:

- (i) **Neonatal Care** – Immediate baby cleaning ,diet, temperature regulation , Daily Care of the new born baby, care of umbilicus ,care of the tongue and mouth ,massaging and exercise .
- (ii) **Feeding of the baby** – Breast feeding and artificial feeding, weaning, and care of the feeding equipment.
- (iii) **Common childhood ailments** -Vomiting, fever, thrush, Diarrhea, constipation Flatulence (wind), nappy rash.
- (iv) **Maternal and Infant mortality** - Causes and prevention

UNIT – IV:

- (i) **Family:** meaning, definition, characteristics and functions of family.
- (ii) **Types of family:** nuclear and joint family, their merits and demerits, causes of disintegration of joint family.

Text Book:

1. A Text Book of Home Science – by Premlata Mallick.

Reference Books:

- Child Development –E.B. Hurlock
- Child Development – by K.C. Panda
- Family-Goode
- Marriage and Family in India – K.M. Kapadia
- Principles of sociology – R.N. Sahrma

Generic Elective Paper III

FAMILY RESOURCE MANAGEMENT, TEXTILE AND CLOTHING

Objectives:

1. To gain knowledge about Home management, Management processes, types of resources and family finance management.
2. To gain basic knowledge about Natural Textile fibers, washing and finishing of cotton, silk and woolen garment and the laundry processes.

Unit - I

- (i) **Home Management:** Meaning and Definition of Home Management Processes of Home management – Planning, organizing, implementing Controlling and Evaluating. Inter-relationship of home management with other areas of Home science. Qualities of a good home maker.

Unit – II

- (i) **Resources** - Meaning Classification of Family resources. Human and Non-Human resources. Characteristics of resources. Factors affecting the use of resources- socio economic status, size and composition of the family, employment of the home maker, location of the family etc.

Unit – III

- (i) **Family Finance Management**- Family income- Meaning & types of income- Money income, Real income, Psychic income. Family Expenditure – Factor affecting expenditure
- (ii) **Budget** – Importance of Budgeting, types of budget, steps in preparing a budget .advantages and dis advantages of budgeting.

Unit – IV

- (i) **Clothing and Textile**- Classification of Textile fibers, study of Natural fibers – Cotton, Silk, Wool, Microscopic structure, physical and chemical properties.
- (ii) **Laundering**: Washing and finishing of cotton, wool and silk.

Text Books:-

1. Management in Family Living by Nickel and Dorsey
2. Household Textile and their care by Durga Deulkar

Reference Books:

- Home Management by Arya Publication
- Home Management and Household Economics-by Subasini Mohapatra.
- Management in Family Living by Nickel and Dorsey
- Home Management by M.K.Mann
- Fundamentals of Textile and care by S. Dhantyagi
- Household Textile and their care by Durga Deulkar
- A Text Book of Home science by Premlata Mallick.

Generic Elective Paper IV

EXTENSION EDUCATION AND MARRIAGE

Objectives:

1. To gain knowledge about Extension Education.
2. To gain basic knowledge about Extension Teaching Methods.

Unit – I

- (i) **Extension education** – Meaning, definition, principles of extension education. Objectives of extension education, role and qualities of home science extension worker.

Unit – II

- (i) **Extension teaching methods:** Classification, advantages and limitations – Individual methods- Farm and home visits, office calls, telephones calls, personal letters. Group methods-Methods demonstration, Result demonstration Group discussion, field trips, lecture, seminar and workshop. Mass Method- Leaflets, circular letter, radio, bulletins, news articles.

Unit – III

- (i) **Communication-** Meaning, objectives, types, functions, principles of communication. problems or barriers in communication. Role of communication in social change.

Unit – IV

- (i) **Marriage as an Institution:** Meaning, definitions, functions& importance of marriage. Types of marriages in India- Love, Arranged, love cum arranged marriage - their merits & demerits. Factors to be considered in the selection of marriage partner (for both boy& girl).

Text Books:

- Education and Communication for Development – O.P.Dahama & O.P. Bhatnagar.

Reference Books:-

- A handbook of Extension Education- B.K.Chaubey. B.B.Rai, I.P.Srivastava.
- Extension education and communication- V.K. Dubey & Indira Bishnoi.
- Extension education in Home Science- Dr. Nibedita Mishra &Dr. Gyatri Bswal.
- An introduction to Extension Education- S.V.Supe.
- Extension Education- A. Reddy

Course structure of UG Home Science Pass

Semester	Course	Course Name	Credits	Total marks
I	DSC-I	Food & nutrition	04	75
	DSC-I(Practical)		02	25
II	DSC-II	Textile & clothing	04	75
	DSC-II(Practical)		02	25
III	DSC-III	Child development	04	75
	DSC-III(Practical)		02	25
IV	DSC-IV	Family resource management	04	75
	DSC-IV(Practical)		02	25
V	DSE-I	Home science extension Education	06	100
VI	DSE-II	Marriage & family relationship	06	100
			30	600

HOME SCIENCE Papers For Pass Students

Discipline Specific Core – 4 papers

Discipline Specific Elective – 2 papers

Marks per paper - Midterm : 15 marks, End term : 60 marks, Practical: 25 marks

Total – 100 marks Credit per paper – 6

Teaching hours per paper – 40 hours + 20 hours practical

Discipline Specific Core Paper I

FOOD & NUTRITION

Objectives:

- To understand the importance of food & nutrition in diet.
- To know the importance of various methods of food processing adopted in different methods of cooking.
- To understand the meaning, & principles of formulating balanced diet for different age group of people
- To study the process of the table setting.

UNIT –I:

- i. **Study of foods:** Nutritive value, and effects of cooking on cereals, pulses, vegetables & fruits, milk & milk products, fleshy foods poultry and eggs, sugar & jaggery, oils & fats.

UNIT II

- i. **Cooking of Foods:** Objectives of cooking, Preliminary preparatory methods of food preparation- cleaning, peeling, cutting, grating, sieving, soaking, coating, blanching, marinating, sprouting, germination, fermentation, grinding. Retention of nutritive value during food preparation .
- ii. **Methods of Cooking :** Moist heat, Dry heat, Frying, Their advantages & Disadvantages.

UNIT III

- i. **Balanced Diet:** Meaning & Definition of Balanced Diet. Recommended Dietary Intake for different age group of people. Balanced diet for preschool children, adolescents, adults (men & women) , Diet during special conditions as pregnancy & lactation.

UNIT IV

- i. **Meal Planning for the family:** Meaning, significance & factors affecting meal planning of a family
- ii. **Table setting** – Indian and Western Style.

Core paper I : Practical

Practical : 25 Marks

1. Prepare at least one dish from each method using moist & dry heat, frying
2. Prepare balance diet for adult man & women belonging to different occupational group – sedentary, moderate and heavy.

Reference Books:

- Clinical Nutrition& Dietetics : F. P. Antia;, oxford University .
- A Textbook of Foods, Nutrition and Dietetics, Sterling publications Pvt Ltd- Begum Rahena:
- Principles of Nutrition and Dietetics, Bappcs, Banglore_ Vol-I and II.- Swaminathan M.
- Textbook of preventive and social medicines: Park & Park:.
- Nutrition and Dietetics : Subhangini A Joshi, Tata – Mc Graw- Hill publishing Company Ltd New Delhi
- Text Book of Home Science- Premlata Mallick
- Food & Nutrition- Arya Publication.

Discipline Specific Core Paper II

TEXTILE & CLOTHING

Objectives :-

- To study the different textile fibers used in daily life.
- .To understand different methods of laundering process applied to clothing.
- To have a knowledge on the clothing selection of women of different build.
- To enhance knowledge on the use of colours in dress.

UNIT -I

- i. **Textile Fibers:** Classifications of fibers- natural & man made fibers. Sources, manufacturing process & properties of Cotton, silk, &wool.

UNIT II

- i. **Finishing:** definition, objectives, Mechanical finishes-Beetling, shearing, calendaring, tentering, embossing, sizing, glazing, and napping.

UNIT III

- i. **Methods of Laundering & their principles-** friction method, kneading & squeezing method, suction method & washing by machine.
- ii. **Dry Cleaning-** by use of absorbents & grease solvents, use of inflammable solvents. Advantages & disadvantages of dry cleaning.

UNIT IV

- i. **Clothing Selection according to body build-** stout women, thin women, large hips, large bust, large upper arm, prominent abdomen, shoulder irregularities.
- ii. **Use of Colours in dress-** Qualities of colour, effect of warm & cool colour, effect of light on colours, factors influencing choice of colours in clothing.

Core paper II: Practical Practical : 25 Marks

1. Identification of Cotton, silk, & wool by visual & burning test
2. prepare an album of dresses(paper cut outs or sketched) suitable for thin adolescent girl, elderly women with large hips,& stout women

Reference Books:

- Fiber to fabric – Corbman B.P
- Fundamentals of Textiles and their care – Dantyagi, S.
- Household Textiles and Laundry work – Deulkar, S
- Textbook of clothing and Textile – Gupta S, Gang N and Saini R.
- Fabrics and Dress – Rathbone L, Tarpley E.
- Dress Designing- Manmeet Sodhia,
- Textiles – Hollen N and Saddler J

Discipline Specific Core Course III

CHILD DEVELOPMENT

Objectives:

- To understand the importance of Child study & growth pattern of children.
- To study the development pattern of Children starting from prenatal period up to 2years of age in areas as physical , emotional, social & speech development.
- To understand the importance of play& play materials.

UNIT -I

1. **Prenatal development:** Conception, Different stages of prenatal development. Factors Influencing prenatal development- maternal health, nutrition, age, drugs, alcohol, tobacco, maternal emotional status, diseases, RH factor, irradiation& birth hazards.

UNIT II

1. **Developmental milestones during first 2 years :**
2. **Physical development:** principles, growth in body size, & proportion, bones, teeth, muscles & fat, head & nervous system.
3. **Emotional development:** Meaning, characteristics, of childhood emotions. Types- pleasant& unpleasant emotions.

UNIT III

1. **Social development:** Meaning, process & importance of early social experiences. Factors influencing social development.
2. **Speech development:** Meaning, Pre speech forms of communications. Essentials in learning to speak. Major tasks in learning to speak. Speech disorders.

UNIT IV

1. **Childhood Play:** Definition, values, characteristics & types of play. Selection of suitable play equipments for various age groups & their significance in child development.

Core paper III: Practical Practical : 25 Marks

1. Prepare two different play materials for preschool children out of waste materials.
2. Prepare two simple toys.

Reference Books:

- Textbook of child development- R.D. Devdas and Jaya, Macmillan
- Child Development-6th edition- E.B. Hurlock
- Development Psychology- E.B. Hurlock
- Child Development- K.C. Panda.
- Text Book of Child Development & Family Relations- Dr. Aparajita Chowdhury, Academic Excellence. New Delhi

Discipline Specific Core Course IV

FAMILY RESOURCE MANAGEMENT

Objectives:

- To understand the concept of Home Management & its process applied to daily activities of the Household..
- To gain knowledge about the use of different family resources as time, money & energy in daily life.

UNIT -I

1. **Home management:** Meaning, Definitions, & process of Home management planning, organizing controlling, & evaluating.
2. **Family Resources:** Meaning, definition, Characteristics & classification of resources. Qualities of a good home maker.

UNIT II

1. **Time Management:** concept of time management. Factors to be considered in making time & activity plans- peak loads, sequential activities etc. steps in making daily & weekly time plan. Controlling& evaluating time plan.

UNIT III

1. **Energy management:** Meaning& definition. Classification of energy/efforts used in home making activities. Fatigue- types, causes & remedies. Work simplification- Meaning, Mundel's classes of changes .

UNIT IV

1. **Family Finance Management:** family income – Definition, sources and types of family income. Family expenditure: - family Budget, meaning, objectives& types of budget, advantages and disadvantages of budgeting, steps in preparation of a family budget. .

Core paper IV: Practical

Practical : 25 Marks

1. Prepare a daily Time Plan for activities of a women executive and a school teacher.
2. Preparation of poster showing energy management in household activities through Fatigue reducing techniques
 - a) use of both hands to cover normal & maximum work areas
 - b) keeping bod10 in balance
 - c) comfortable work heights for correct posture

Reference Books:

- Management in Family Living – Nickill and Dorsey.
- Management in Modern Families – Gross and Gandle.
- Home Management - Vergese, Ogala, Srinivasan
- Home Management for Indian Families. – M.K.Mann

- Home Management – Education Planning Group, Delhi.
- Text book of HomeScience- Premlata Mallick.
- An Introduction to family Resource management-Premavathy Seetharaman, Sonia Batra & Preeti mehera.

Discipline Specific Elective Paper I

HOME SCIENCE EXTENSION EDUCATION

Objectives:

- To enable the student to understand the meaning, principles, philosophy of Home Science Extension Education.
- To enable the student to know about different methods used in Extension Education.
- To enrich the Knowledge of the students about teaching learning process in Extension education.

UNIT -I

1. **Extension Education-** Definition & Types of Education. Definition, Types, scope needs objectives, philosophy& principles of extension education. Behavioral changes brought about by extension education.

UNIT II

1. **Extension Education In Home Science-** Meaning, definition, need , objectives, Chacterisitics & History of Home science extension Education. Areas of Home Science & its inter relationship with Community Development. Role & qualities of Home Science extension workers.

UNIT III

1. **Methods of teaching in Extension Education-**Individual, group & mass methods. Their advantages & disadvantages.

UNIT IV

1. **Audio –visual Aids-** classification (i) Audio aids- tape recorder, telephone, public address system. (ii)Visual aids-projected & non projected.(iii) Audiovisual aids-projected & non projected.

Reference Books:

- An Introduction to extension education - by S.V.Supe.
- Extension communication and management –by G.L.Ray.
- Extension Techniques for Rural Management by- C.Satapathy & Sabita Mishra.
- Education and communication for development –by O.P.Dahama and O.P. Bhatnagar. .Extension Education – A. Reddy.
- Extension education in Home Science –Dr. Nibedita Mishra & Dr. Gayatri Biswal

Discipline Specific Elective Paper II

MARRIAGE & FAMILY RELATIONSHIP

Objectives:

- To understand the concept of marriage & its importance in family life.
- To acquire knowledge about the different pattern of marriage rituals & ceremonies existing in Indian society.
- To understand about family, its importance & types prevalent in India.
- To know about the family life cycle, its stages & importance in family life.
- To understand the problems of Family & Marital life prevalent in the society.

UNIT -I

1. **Marriage as an Institution:** Meaning, definitions, functions & importance of marriage. Types of marriages in India- Love, Arranged, love cum arranged marriage - their merits & demerits. Factors to be considered in the selection of marriage partner (for both boys & girls).

UNIT II

1. **Marriage Rituals & Ceremonies in different Indian Communities:** Importance of rituals, ceremonies & process of marriage among Hindu, Muslim & Christian Community. Adjustments in marriage- Sexual, financial, in laws adjustment & adjustment between working couples.

UNIT III

1. **Family:** Meaning, definition, characteristics, & functions of family. Contemporary Family types prevalent in India- Joint, nuclear & extended family. Family- in-transition. Their nature, merits & demerits. Family life Cycle: meaning, & stages of family life cycle.

UNIT IV

1. **Family Problems in India** - prolonged illness, accidents, widowhood, unemployment, poverty, broken family, gender discrimination, domestic violence (wife abuse & battering), family with a disabled child or suicide in the family.

Reference Books:

- Text Book of Child Development & Family Relations- Dr. Aparajita Chowdhury, Academic Excellence. New delhi
- The Family – Goode, W.J.
- India Social Problems – Madan G.R.
- Sociology – Vidya Bhusan
- Indian Society and Social Institutions – Nukhi H. R. Surjeet.
- An Introduction to Sociology – Vidya Bhusan and Sachadeva.

- Indian Social Problems. Vol. I and II – G.R. Madan.
- Marriage and Family in India – Kapadia

SKILL ENHANCEMENT COURSES (SEC)

Optional for SECC II paper

Total Marks- 100

Skill Enhancement Courses (SECC Option-I)

MODERN OFFICE MANAGEMENT

UNIT I : Office

What is a Business Enterprise? What is an Office ? Who are Office Staff? What are the most Common forms of Business Organisation? What are the Advantages of Office Work? What are the categories of Office Career and Job Classifications under each category? What are the specific Skill Requirements for Office Jobs? Duties and Responsibilities of Office Staff

UNIT II: Records Management

Objectives of Record Keeping; What is Filing? What are the Different Kinds of Filing system? Steps in Filing; Indexing; Selecting the appropriate Filing System; How to handle Incoming & Outgoing Mails.

UNIT III: Document/Report Writing

Key points to write a document: The 5w-h plan for writing; Steps in writing workplace documents; Important things to remember when editing seven layout mistakes to avoid ; Quick tips for report Writing; Basics of Meetings.

UNIT IV: Supervisory Skills

What are the Skills of the Supervisor and How to Acquire Them? Functions of Supervisor

Communication

Meaning; Process; Communicating tools; Types, Barriers

Reference Books

- Office Management by Ankita Bhatia, Dr. R.K.Chopra
- Office Management by Dr. P.Rizwan Ahmed
- Office Management by R S N Pillai