

**SYLLABUS OF THREE YEAR DEGREE
COURSE**

(Semester Pattern)

Subject: - Home Science

(Major /Core)

**NORTH LAKHIMPUR COLLEGE
(AUTONOMOUS)**

B.A. /B.Sc. (CORE/ MAJOR) PROGRAMME
HOME SCIENCE (HSC)

SEMESTER	COURSE CODE	COURSE TITLE	CREDIT		L	T	P
			THEORY	PRACTICAL			
I	CT-5-HSC-101	Introductory Home Science	5	-	4	1	0
II	CT-3-HSC-201	Life Span Development	3	-	2	1	0
	CP-2-HSC-202	PRACTICAL	-	2	0	0	2
	CT-3-HSC-301	Introduction to Clothing & Textiles	3	-	2	1	0
III	CT-3-HSC-302	Housing and Interior Decoration	3	-	2	1	0
	CP-2-HSC-303	PRACTICAL	-	2	0	0	2
	CT-3-HSC-401	Food and Nutrition	3	-	2	1	0
IV	CP-2-HSC-402	PRACTICAL	-	2	0	0	2
	CT-3-HSC-403	Applied Textile Designing	3	-	2	1	0
	CP-2-HSC-404	PRACTICAL	-	2	0	0	2
	CT-5-HSC-501	Family Nutrition	5	-	4	1	0
V	CT-5-HSC-502	Dietetics and Dietary Management	5	-	4	1	0
	CT-5-HSC-503	Family Resource Management	5	-	4	1	0
	CP-4-HSC-504	PRACTICAL	-	4	0	0	4
	CP-2-HSC-505	PRACTICAL	-	2	0	0	2
	CT-5-HSC-601	Family Clothing and Construction	5	-	4	1	0
VI	CT-5-HSC-602	Life Span Development and Children With Special Needs	5	-	4	1	0
	CT-5-HSC-603	Home Science Extension and Education	5	-	4	1	0
	CP-4-HSC-604	PRACTICAL	-	4	0	0	4
	CP-2-HSC-605	PRACTICAL	-	2	0	0	2

1ST SEMESTER

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
CT-5-HSC-101	Introductory Home Science	5

CT-5-HSC-101

Introductory Home Science (Theory)

No of class; 112

L-4, T-1, P-0

UNIT I Introduction to Home Science

- i. Meaning, definition, philosophy and objectives of Home Science.
- ii. History of Home Science in India and its development.
- iii. Vocational opportunities of Home Science.

UNIT II Methods of teaching

- i. Different methods of teaching
- ii. Selection of method.
- iii. Lesson plan, preparation of lesson plan
- iv. Problems in use of teaching method.

UNIT III Educational Technology

- i. Meaning and importance of technology.
- ii. Meaning, definition ,objectives, characteristics' of educational technology.
- iii. Aspect of educational technology.
- iv. Communication process- Definition, Characteristics, scope, type

UNIT – IV Curriculum planning and evaluation

- i. Principles governing curriculum construction.
- ii. Organization of syllabus.
- iii. Role of evaluation.
- iv. Steps in the process of evaluation.
- v. Major types of test.
- vi. Problems in use of test.

UNIT- V Computer in Home Science

- i. Meaning, characteristics and types of computer.
- ii. Computer system, organizational computer, instructional use of computer.
- iii. Advantages and disadvantages of computer.
- iv. The internet v. Types of software used in different areas in Home Science.

2ND SEMESTER

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
CT-3-HSC-201	Life Span Development	3
CP-2-HSC-202	PRACTICAL	2
TOTAL		5

CT-3-HSC-201

Life Span Development (Theory)

No of class; 64

L-2, T-1, P-0

UNIT-I Child Development

- i. Concept of child development
- ii. Methods of child study.
- iii. Growth and Development
- iv. Principle of growth and development, factors influencing growth and development
- v. Developmental Task

UNIT-II Pre and post natal development and care.

- i. Diagnosis.
- ii. Stages of pre- natal development.
- iii. Physical change during pregnancy.
- iv. Care of pregnant mother.
- v. Common physical hazards.
- vi. Types of birth and birth injury.
- vii. Care of the mother, new born and premature baby.
- viii. Importance of breast feeding.
- ix. Immunization.
- x. Importance of early stimulation.

UNIT -III Early Childhood Education and Care

- i. Characteristics of Early childhood
- ii. Physical, motor, cognitive, socio- emotional and personality development of early childhood.
- iii. Definition and importance of pre- school education.

- iv. Types of Early Childhood Education (ECE).
- v. Objectives of Nursery School, play equipment, building of Nursery School.
- vi. The Pre- School Teacher, Home School relationship.
- vi. Programme of Pre School.
- vii. Record and report maintenance of ECE.

UNIT-IV: Understanding late childhood (6-12year)

- i. Characteristics of late childhood.
- ii. Developmental task of late childhood.
- iii. Areas of development – Physical, socio, emotional, moral, cognitive and personality development.

UNIT -V Adolescence Period (13-19 year)

- i. Definition and meaning of adolescence.
- ii. Characteristics of adolescence.
- iii. Developmental Task.
- iv. Different developmental areas.
- v. Interest of early and late Adolescence.
- vi. Problems of adolescent and their counseling.

CP-2-HSC-202

PRACTICAL

No of class; 64

L-0, T-0, P-2

- I. Observation and Participation in nursery school
- II. Preparation of teaching aids for nursery School.
- III. Preparation of report.

3RD SEMESTER

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
CT-3-HSC-301	Introduction to Clothing & Textiles	3
CT-3-HSC-302	Housing and Interior Decoration	3
CP-2-HSC-303	PRACTICAL	2
TOTAL		8

CT-3-HSC-301

Introduction to Clothing & Textiles (Theory)

No of class; 64

L-2, T-1, P-0

UNIT -I: Introduction to clothing

Introduction to clothing, function and needs of clothing, Socio- psycho aspects of clothing.

UNIT -II: Introduction to textiles:

- I. Definition – textiles, fibre, yarn, filament (mono and multifilament).
- II. Classification of textile fibre.
- III. Manufacturing process, general properties and uses of different textile fibres (cotton, silk, wool, rayon, and polyester or nylon).
- IV. Identification of textile fibres, importance and method of identification –visual, microscopic, burning and solubility tests.

UNIT -III: Yarn making

- I. Methods of yarn making –filaments and staple yarn
- II. Types of yarn-simple and fancy

UNIT-IV: Fabric Construction- Different methods of fabric construction

- I. Weaving and different types of weave
- II. Knitting
- III. Felting
- IV. Bonding,
- V. Difference between woven and non woven fabrics,
- VI. Blended fabric – Introduction and some examples.

UNIT –V: FABRIC FINISHES-

- I. Meaning of “finish”, aims and types of finishes used, different method of finishing process.
Special purpose of finish.

CT-3-HSC-302

Course title: Housing and Interior Decoration

No of class; 64

L-2, T-1, P-0

UNIT-I : Housing

- i) Importance of housing
- ii) Types of housing
- iii) Principles of house Planning-
Aspect, Prospect, Privacy, roominess, grouping, flexibility, circulation and practical consideration.
- IV) Disposal of solid and liquid waste.

UNIT-II: Financial Considerations-

- i) Availability of fund for housing: HDFC, LIC, Co-operative, house, society, bank.
- ii) Care and maintenance of house- floor, window.

UNIT III: Interior decoration

- I. Introduction –definition of design and types of design, elements of art and principles of Design, colour and colour schemes.
- II. Objective of planning and furnishing a home –Functionalism, Beauty, Comfort, expressionism, Personality, modernism.
- III. Factor influencing furnishing decision.
Climate, family needs and preference, Availability of materials in the market, Financial Limits.

UNIT-IV: Materials available and their uses in interior.

- i. Building materials
- ii. Furniture arrangement-: Selection of furniture’s, general rules of furniture arrangement,. Furniture arrangement of different rooms.

UNIT – V: Decorative Accessories

- i. Window treatment
- ii. Light in interior
- iii. Decorative Accessories-Types, selection, picture mounting, flower arrangement.
- iv. Indian, regional, traditional and contemporary arts-and their use in floor decoration, home decorations

CP-2-HSC-303

PRACTICAL

Part –A

No of class; 64

L-0, T-0, P-2

Unit I:

i. Identification of textile fibre- microscopic test, burning test and solubility test of cotton, wool, silk and manmade fibre.

Unit II:

i. To make samples of basic hand stitches- tacking, running, back, hem, slip, blanket etc.

ii. To make samples, of various constructive stitches- seam and seam finishes, fullness-, pleats and gathers, bias- joining, facing and binding, placket opening, fasteners etc.

Part -B

Unit- I

I. Application of art principle in interior decoration.

II. Preparation of colour wheel and colour schemes.

Unit -II

I. Arrangement of furniture's of different rooms.

II. Window treatment.

III. Flower arrangement

Unit III:

i. Practical note book-

ii. Viva voice-

4TH SEMESTER

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
CT-3-HSC-401	Food and Nutrition	3
CP-2-HSC-402	PRACTICAL	2
CT-3-HSC-403	Applied Textile Designing	3
CT-2-HSC-404	PRACTICAL	2
TOTAL		10

CT-3-HSC-401 Food and Nutrition

No of class; 64

L-2, T-1, P-0

UNIT- I Introduction to Nutrition

- i. Brief history of nutritional science.
- ii. Scope of Nutrition
- iii. Concept and definitions of terms -health, food, nutrient, nutrition, malnutrition.
- iii. Importance and functions of food.

UNIT -II Food groups and nutrients

- i. Classification of food.
- ii. Various food groups.
- iii. Nutrients present in food.

UNIT-III Nutrition in human body

- i. Digestion of food.
- ii. Absorption.
- iii. Metabolism.

UNIT-IV Food Preparation

- i. Cooking of foods.
 - a) Methods of cooking – conduction, convection, radiation, microwave heating.
 - b) Cooking media- cooking in air, cooking in water, cooking in steam, cooking in fat
 - d) Microwave cooking- its advantage and limitations

- ii. Effects of cooking on different nutrients.
- iii. Minimize the loss of nutrients while cooking.
- iv. Methods of enhancing nutritive value of food.

UNIT-V Food Preservation

- i. Introduction, objectives, methods of preservation, causes of food spoilage,
- ii. Preservation of fruits, vegetable, flesh food, milk.
- iii. Storage of food.

CP-2-HSC-402 PRACTICAL

No of class; 64

L-0, T-0, P-2

Unit I

- i. Weights and their equivalent measures
- ii. Study of Common terms used in cooking

Unit -II

Preparation of two items each from the following groups by using different cooking methods.

- i. Cereals and pulses
- ii. Meat /fish/egg/and milk and milk based
- iii. Cakes and cookies
- iv. Jam/jelly /squash and pickle [fruits and vegetables]

Unit III:

- i. Practical note book-
- ii. Viva voice-

CT-3-HSC-403
Applied Textile Designing (Theory)

No of class; 64

L-2, T-1, P-0

UNIT-I Design:-

- I. Meaning of applied textile design
- II. Definition of 'motifs' and 'design'.
- III. Types of design -structural and Decorative design-
- IV. Naturalistic, geometric and stylized motifs
- V. Brief introduction of computer Aided design.

UNIT -II Weaving and knitting

- I. Introduction to weaving accessories-parts of loom
- II. Types of loom –loin loom, throw shuttle, fly shuttle, dobby and jacquard.
- III. Manufacturing process of weaving –reeling, spinning, bleaching, degumming, sizing, dyeing warping, beaming and weaving (in brief)
- IV. Knitting- Principles and classification.

UNIT-III Dyeing and Printing

- I. Introduction to dyeing and printing, classification of dyes, method of dyeing and printing (tie & dye, batik, block and stencil Printing).
- II. Suitability of Dyes to different fabrics.
- III. Defects of dyeing and printing.

UNIT-IV Study of Indian Traditional woven Textiles

- i) Meaning of traditional textiles and costumes
- ii. Brief study of traditional textile of different states of India with special reference to North East.

UNIT-V Indian traditional embroidered textiles

Kasuti, Kantha, Manipuri, Kashmiri, Phulkari, Applique work, Chikankari etc.(any four)

CT-2-HSC-404

PRACTICAL

No of class; 64

L-0, T-0, P-1

Unit I Textile Design:

- a) Structural design and decorative design
- b) Naturalistic, geometrical and stylized motif
- C) Enlarging and reducing a motif, Placement of design/ motif

Unit II Weaving and knitting

- i. To collect and identify different samples of woven and knitted fabrics

Unit III

- i) To make sample of Indian Traditional Embroidery (any two) and Decorative stitches (any two):
sample of various contemporary embroideries like shadow works, smocking, honeycomb, cut work, appliqué work, drawn thread work etc.
- ii) Prepare the samples of dyeing- a)Tie & Dye b) Batik
- iii) To make samples of hand printing-- a) Block printing b) Stencil printing
- IV) Collect different textile designs of Assam

Unit III:

- iii. Practical note book-
- iv. Viva voice-

5TH SEMESTER

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
CT-5-HSC-501	Family Nutrition	5
CT-5-HSC-502	Dietetics and Dietary Management	5
CT-5-HSC-503	Family Resource Management	5
CP-4-HSC-504	PRACTICAL	4
CP-2-HSC-505	PRACTICAL	2
TOTAL		21

CT-5-HSC-501

Family Nutrition

No of class; 112

L-4, T-1, P-0

UNIT- I Recommended dietary allowances and dietary guidelines, balanced diet

- i. Concept of recommended dietary allowance
- i. Importance of R D A
- iii. Concept of balanced diet, Factors affecting balanced diet, Dietary requirement for different age group and different economic conditions. Dietary requirement for different physiological condition. (Pregnant and lactating period.)

UNIT -II Meal Planning

- i. Principles of meal planning, Factors affecting meal planning.
- ii. Planning of normal diet for various age & sex groups, physiological condition, working condition, economic condition.

UNIT -III Food adulteration

- i. Classification of toxic chemicals.

- ii. Detection of food adulterants.
- iii. Common adulterants in food and their effects on health.
- iv. Law governing food standards significance – PFA, FPO, ISI, Agmark, meat product order.

UNIT – IV Nutritional Status.

- i. Meaning and objectives of studying Nutritional Status.
- ii. Assessment of Nutritional Status.

UNIT- V Community Nutrition.

- i. Definition, scope, objectives of community nutrition education. ii. Channels of Nutrition education of the community.
- iii. Nutrition education methods.

CT-5-HSC-502
Dietetics and Dietary Management

No of class; 112

L-4 T-1, P-0

UNIT – I Diet Therapy

- i. Concept of diet therapy, principle and objectives of diet therapy.
- ii. Factors to consider in planning, therapeutic diets.
- iii. Routine hospital diet.
- iv. Special feeding method.

UNIT –II Nutritional deficiency diseases and diet during deficiency diseases

- i. PEM.
- ii. Nutritional anemia.
- iii. Iodine deficiency.
- iv. Vitamin B12 deficiency.

UNIT III: Therapeutic diet

- i. Diets for common disorders
 - a) Fever , diarrhea, constipation
 - b) Diabetes Mellitus, peptic ulcer, renal disease, cardio-vascular, liver disease.

UNIT – IV Dietary modification

- i. Pre and Post operative diet
- ii. Over weight and under weight.

UNIT – V Dietician

- i. Role and responsibilities of dietician.
- ii. Classification.
- iii. Code of ethics
- iv. Diet Counseling.

CT-5-HSC-503

Family Resource Management

No of class; 112

L-4, T-1, P-0

UNIT-I : Introduction to family resources management

- i) Family –stages of family life cycle
- ii) Resources –meaning, different types, characteristics
- iii) Management –meaning of Home management

UNIT –II: Factors of management

- I. Motivating factors of management -values, goals, standards
- II. Decision making-meaning, types, steps in resolving conflicts
- III. Management Process – planning, controlling and evaluation

UNIT-III: Management of resources

- i) Time –Introduction, steps in making time plans
- ii) Energy management –Energy management, Fatigue, -types, Causes and effect of fatigue
- iii) Techniques of work simplification.

UNIT IV : Financial management

- i) Income management – types and sources, methods of handling income, budgeting and record keeping.
- ii) Savings and investment- objectives, types of saving, bank insurance, post office, private and public sector schemes. Provident fund – pension , investment, objectives, principle, types investment.

UNIT – V: Tax and Credit

- i) Taxation- Needs for taxation, types- direct and indirect tax 5 Lectures
- ii) Credit- Types of credit, family's use of credit.

UNIT – VI : Consumer Education

- i. Consumer- Meaning, Definition, Duties, Rights and responsibilities.
- ii. Consumer Protection- Importance, awareness, Government Aided standards, Consumer Protection Laws.

- iii. Market- Definition, Types, price fixation.
- iv. Consumer Education- Needs and Importance, Methods of Educating consumers.

UNIT – VII : Entrepreneurship Development

- i. Meaning, Definition, Importance and scope of entrepreneurship.
- ii. Skill and abilities of an entrepreneur.
- iii. Financial agencies supporting entrepreneur.

CP-4-HSC-504

Practical

No of class; 128

L-0, T-0, P-4

UNIT I – Family Nutrition

- i. Meal planning for different age group, working condition, economic condition in relation to special Nutritional requirements-pre school, school going, adolescent, adult worker, pregnant, lactating, old age
- ii. Preparation of balanced diet for –
 - a) Pre school
 - b) Adolescence
 - c) Pregnant or lactating mother.

UNIT II: Dietetics - Dietetics and dietary management

- i. Visit a local Hospital to see the set up of the dietary unit and to see the normal and modified menu given to the patients and prepare report on it / Project on diet pattern of patient suffering from common disorders.
- ii. Planning of routine hospital diet and its use as therapeutic diet.
- ii. Planning of diet for fever, ulcers, diabetes mellitus, deficiency disease, renal disease (prepare any four)
- iii. **Practical note book**
Viva voice

CP-2-HSC-505

Practical

No of class; 64

L-0, T-0, P-2

UNIT I: FRM- House planning and Resource Management.

- i) House plans for any income group.
- ii) Planning budget for different income group.
- iii) Expenditure pattern of different stages of family.
- iv) Preparation of individual time plan.
- v) Critical analysis of labels, brands of consumer product, standardized marks, weights and measures.

Practical note book

Viva voice

6TH SEMESTER

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
CT-5-HSC-601	Family Clothing and Construction	5
CT-5-HSC-602	Life Span Development and Children With Special Needs	5
CT-5-HSC-603	Home Science Extension and Education	5
CP-2-HSC-604	PRACTICAL	2
CP-4-HSC-605	PRACTICAL	4
TOTAL		21

CT-5-HSC-601

Family Clothing and Construction

No of class; 112

L-4, T-1, P-0

UNIT-I Family clothing

- I. Selection of fabrics for clothing –factors influencing selection of fabric –age, season figure, occupation, fashion and occasion.
- II. Clothing for different age groups –infants, toddlers, pre school, elementary school, adolescents and adult’s attire.
- III. Clothing expenditure of the family.

UNIT-II Aesthetics in dress

- I. Application of art principle in apparel making
- II. Colour schemes in dress

UNIT-III Care of clothing

- I. Laundry work- study of laundry equipments, water, soap, soapless detergents, stiffening agent, stain removal, dry cleaning, principles of washing –laundering of cotton, wool and silk.
- II. Mending
- III. Storing of clothes.

UNIT-IV Principles of clothing Construction.

- I. Importance and Scope, Clothing construction terminology
- II. Body measurement –anthropometric measurement, methods of taking body measurement.
- III. General Principles of clothing construction-drafting and making paper patterns.

UNIT-V Consumer Textiles and clothing.

- I. Importance of textile industry in Indian Economy.
- II. Quality control, standardization, labeling consumer organization.
- III. Problems in textile industry.

CT-5-HSC-602

**Life Span Development and Children With Special Needs
Group-A**

No of class; 112

L-4, T-1, P-0

Life span development- Part II

UNIT-I Adulthood – Early and Middle

- i. Meaning of adulthood
- ii. Characteristics of adulthood.
- iii. Vocational adjustment.
- iv. Family adjustment.

UNIT-II: Oldage.

- i. Concept and characteristics of oldage.
- ii. Adjustment to physical changes in old age.
- iii. Adjustment to changes in family life .
 - a. Adjustment to loss of spouse in old age.
 - b. Institutional living for the elderly.

Group- B

Children with special needs

UNIT-I Children with special needs

- i) Concept of children with special needs and its classification.
- ii) Rights of disabled children.
- iii) Special education in India

Unit-II The child with sensory deficits

- A) Auditory impairment .
 - i) Definition, Meaning and classification of hearing impairment.
 - ii) Causes, prevalence and preventive measures of hearing loss.
 - iii) Characteristics of hearing impaired children.
 - iv) Educational provisions.
 - v) Support and counseling for family, services of rehabilitation.
- B) Visual impairment.
 - i) Definition – blindness and partially sighted.
 - ii) Causes, prevention and treatment.
 - iii) Educational provisions for visually handicapped children

UNIT-III Child with Mental Retardation

- i) Definition, Meaning and classification of Mental retardation
- ii) Causes, prevalence and preventive measures of mental retardation
- iii) General characteristics of mentally retarded children
- iv) Educational provisions of mentally retarded children.

UNIT IV: The child with learning disability

- i. Concept of learning disability and its meaning.
- ii. Cause of learning disability.
- iii. Characteristics- language, perceptual and motor ability, social and emotional disorder.

Unit -V

A. The child with speech and language disorder.

- i) Meaning of speech and language handicap.
- ii) Identification of speech disorder.
- iii) Classification of speech disorder.

B. Education of exceptional children [in brief] gifted, backward, creative and delinquent.

UNIT VI: Physical disability-

- i. Concept
- ii. Types
- iii. Education and rehabilitation

CT-5-HSC-603

Home Science Extension and Education

No of class; 112

L-4, T-1, P-0

UNIT – I Home Science Extension

- i. Concept of Home Science Extension.
- ii. Philosophy, objectives, characteristics of Home Science Extension.
- iii. Steps and approaches in Home Science Extension.
- iv. Qualities of Home Science Extension worker.
- v. Different extension programmes.

UNIT – II Communication

- i. Meaning, definition, origin of communication
- ii. Scope, function, elements and problems of communication
- iii. Importance of communication in extension work
- iv. Types of communication
- v. Mass communication
 - a. Concept, nature, scope and theories of mass communication
 - b. Use of Mass communication in extension work
 - c. Models of Mass communication- print media, broad casting- Radio, TV, non- broad casting- cassette, CD, internet.

UNIT-III Concept of Adult/ continuing and non – formal education.

- i. Meaning of Education, Non- Formal education, adult education.
- ii. Communication in Non- formal education.
- iii. Purposes of adult / continuing / Non –formal education.
- iv. Non – formal education for children in rural areas.

UNIT: IV Teaching Aids

- i) Meaning and definition of teaching aid
- ii) Cone of experience

- iii) Selection of teaching aids
- iv) Classification of teaching aids.

UNIT: V Population Education /Sex Education

- i) Meaning, objectives, importance of population education, Population explosion
- ii) Family Planning –concept, Objective, importance.
- iii) Meaning and objective of sex education
- iv) Role of different agencies (home, school, community) in imparting sex education.

UNIT- VI Extension Programme Planning

- I. Principles of extension Programme Planning
- II. Objective and execution of Programme
- III. Extension evaluation

CP-2-HSC-604

Practical

No of class; 64

L-0, T-0, P-2

UNIT I Home Science Extension and Education

- i. Preparation of teaching aid (Any four)
- ii. Project on any one area of Home Science/ Extension programme.

Practical note book

Viva voice

CP-4-HSC-605

Practical

No of class; 128

L-0, T-0, P-4

UNIT I Family Clothing Construction

- i. Study of the equipment and supplies used in clothing construction
- ii. Mending- to make sample of darning & patching.

iii. Removal of common stain- grass, tea, coffee, curd, ink, lipsticks, paint, egg, chocolate (any five).

iv. Preparation of personal basic and sleeve blocks.

a) Fitting the block.

b) Adaptation of block to various designed garment- saree blouse/ nighty/housecoat/ kameez.

c) Construction of any one garment mentioned above.

UNIT II Life Span Development and Children With Special Needs

i) A special project based on oldage or adulthood / A project based on children with special needs.

Practical note book

Viva voice