

**SYLLABUS OF THREE YEAR DEGREE
COURSE**

(Semester Pattern)

Subject: - Home Science

(ELECTIVE/PASS COURSE)

**NORTH LAKHIMPUR COLLEGE
(AUTONOMOUS)**

**B.A./B.Sc. (GENERAL/ ELECTIVE) PROGRAMME
HOME SCIENCE (HSC)
SCHEME OF COURSES**

SEMESTER	COURSE CODE		CREDIT	L	T	P
TER	TITLE OF THE PAPER	COURSE TITLE NAME OF THE PAPER	CREDIT HOURS			
SEMESTER	COURSE CODE	COURSE TITLE	THEORY	PRACTICAL		
I	ET-3-HSC-101	Human Development	3	-	2	1 0
	EP-2-HSC-102	PRACTICAL	-	2	0	0 2
II	ET-5-HSC-201	Family Dynamics and Community Health & Nutrition	5	-	4	1 0
III	ET-3-HSC-301	Food and Nutrition	3	-	2	1 0
	EP-2-HSC-302	PRACTICAL	-	2	0	0 1
IV	ET-3-HSC-401	Family Resource Management (Theory)	3		2	1 0
	EP-2-HSC-402	PRACTICAL	-	2	0	0 2
V	ET-5-HSC-501	Clothing & Textiles (Theory)	5	-	4	1 0
	EP-2-HSC-502	PRACTICAL	-	2	0	0 2
VI	ET-5-HSC-601	Extension Education (Theory)	5	-	4	1 0
	EP-2-HSC-602	PRACTICAL	-	2	0	0 1

SEMESTER-I
Home Science Elective (General)
Title: Human Development
Code (Paper): ET-3-HSC-101
Credit: 3
Total Marks: 60

No of class; 64

L-2, T-1, P-0

UNIT 1. -Orientation to growth and development.

- a. Definition, meaning, principles of growth and development.
- b. Development task.
- c. Factors affecting growth and development.

UNIT II. -Pre-natal Period

- a. Signs and symptoms of pregnancy.
- b. Stages of development.
- c. Characteristics of each stage.
- d. Developmental task of each stage.
- e. Factors affecting pre-natal development.
- f. Common physical hazards.

UNIT III. - Post-natal period and Babyhood.

- a. Adjustment to birth – temperature, breathing, taking nourishment, eliminations.
- b. Immunization.
- c. Breast feeding and its importance.
- d. Different aspects of development- physical, motor, social, emotional, cognitive and speech development

UNIT IV- Early Childhood.

- a. Development from 2½ to 6 years – physical, motor, social, emotional, cognitive and personality.
- b. Common interest of early childhood.

UNIT V - Pre -School education

- a. Needs and objectives of Pre-School education
- b. Programme Planning in Nursery school.

UNIT VI - Late childhood Period

- a. Characteristics of 6-12 years.
 - b. Developments- Physical, Social, Emotion, Cognitive, Moral and Personality .
 - c. Social behavior.
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SEMESTER-I
Home Science Elective (General)
Title: Human Development
Code (Paper): EP-2-HSC-102
Credit: 2
Total Marks: 40

No of class; 64

L-0 T-0, P-2

Unit I- Pre-school programme

1. Visit to nursery school
2. Submission of report.

Unit II- Curriculum planning for specified period.

- i. Topic selection (rhymes, story and informal talk)
- ii. Teaching aid – Preparing of teaching aid for school.
- iii. Preparation of activity plan.

Practical note book

Viva -voice

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SEMESTER-II
Home Science Elective (General)
Title: Adolescence, Family Dynamics and Community Nutrition
Code (Paper): ET-5-HSC-201
Credit: 5
Total Marks: 100

Group A- Adolescence

No of class; 112

L-4, T-1, P-0

UNIT I - Puberty and Adolescence.

- a. Meaning of puberty, pubertal changes and its effects.
- b. Definition and meaning of adolescence.
- c. Characteristics of adolescents
- d. Changes during adolescence – physical, social, emotional, moral, personality.
- d. Developmental task of adolescents
- f. Problems of adolescent age and their causes.
- g. Counseling for adolescence.

Group B- Family dynamics

Unit -I Marriage as an Institution

- i) Definition, Motives and function of Marriage.
- ii) Preparation for Marriage
- iii) Marital Adjustment -areas and factors influencing.

Unit-I Marriage Laws (in brief)

- i) Marriage Acts –Hindu, Muslim and Christian
- ii) Special Marriage Act, Separation and Divorce
- iii) Child Marriage Restrain Act, Adoption
- iv) Widow remarriage
- v) Property inheritance

Unit-III Concept of family

- i) Definition, functions and types of family (with reference to India)
- ii) Changing trends of family in India

Group C – Community Nutrition

UNIT I- COMMUNITY NUTRITION

- i) Meaning, concept, importance of Nutrition education
- ii) Prevalent belief & food fads

- iii) Assessment of Nutritional status, methods of diet survey
- iv) Community Nutritional Programmes

UNIT II- Safe food practices

- i. Food hygiene
- ii. Disease spread by food
- iii. Food poisoning
- iv. Food Adulterations
 - a. Definition of food adulteration
 - b. Common adulterants in food and their effects on health.
 - c. Common household methods to detect adulterants.
 - d. Laws governing food standards significance-PFA, FPO, ISI, Agmark, Meat product order FAAS.

UNIT-III Aspects of health

- i. Definition of health, different aspects of health
- ii. Factors affecting health.
- iii. Objectives and principles of Health and Nutrition education

UNIT-IV Community water

Importance of water to the community

- i) Sources and impurities of water
- ii) Purification and treatment of water
- ii) Water borne disease

SEMESTER-III
Home Science Elective (General)
Title: Food and Nutrition
Code (Paper): ET-3-HSC-301
Credit: 3
Total Marks: 60

No of class; 64

L-2, T-1, P-0

UNIT –I -Concept of food and Nutrition

- i) Definition of food and Nutrition.
- ii) Functions of food.
- iii) Nutrients present in food.
(Carbohydrate, protein, Lipid, Vitamin, Mineral, water.)

UNIT – II Basic Five food groups and Balance diet

- i. Food groups
- ii. Concept of balanced diet.
- iii. Recommended dietary allowances for Indians
- iv) Nutritional requirements during
 - a. Infancy b. Pre –School. c. Adolescent. d. Pregnancy. e. Lactation. f. Oldage

UNIT –III Meal Planning

- i. Meaning and importance of Meal Planning
- ii. Principle of meal planning
- iii. Factors to be considered for meal planning.

UNIT –IV Food Preparation

- i) Reasons of cooking
- ii) Advantages and disadvantages of cooking
- iii) Methods of cooking food

UNIT –V Food Preservation

- i) Definition of food preservation
- ii) Causes of food spoilage.
- iii) Importance of food preservation.
- iii) Methods of food preservation.

SEMESTER-III
Home Science Elective (General)
Title: PRACTICAL
Code (Paper): EP-2-HSC-302
Credit: 2
Total Marks: 40

No of class; 64

L-0, T-0, P-2

Unit I :

- i) Weights and their equivalent measure.
- ii) Meal planning for various age groups- Preschool, School age, Adolescence age, Adult (Man & women), Special conditions like pregnancy & lactation.
- ii) Menu planning (Any two) and preparation of food for different age groups (Any two)
- iii) Preparation of any two preservation item (fruits and veg)

Practical note book

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4TH SEMESTER
HOME SCIENCE

Code : ET-3-HSC-401 (Family Resource Management) Total Marks :60

UNIT-I: Housing :

- i) Family's Housing Needs.
- ii) Difference between house and home
- iii) Factors influencing selection and purchase of site for house building –Locations, Physical features, soil conditions, sanitary requirements, Practical conveniences, cost.

UNIT-II: Interior Decorations

- i) Elements of art and principle of decoration/design.
- ii) Study of different colour Schemes and their uses in different rooms
- iii) Furniture's: a) Selection of furniture's
b) Arrangement of furniture for living room, dining room, bed room multipurpose room.
- iv) Flower arrangement –types and styles.

UNIT-III: Introduction to management

- i) Basic concept of management –Purpose of management-Management process (planning, controlling, evaluating)
- ii) Obstacle to the improvement of management
 - Lack of awareness
 - Lack of resources
 - Failure to evaluate the result of management
 - Seeking readymade answers to problem.
 - Lack of information.
- iii) Definition of Home management and its importance in modern life.
- iv) Factors Motivating Management
 - a. Goals –definition, types, reasons for changing goals in family
 - b. Value –importance, classification, changing values.
 - c. Standards –Definition, classification
 - d. Decision-Decision making and its role in management.

UNIT-IV: Resources in the family

- I. Definition, types, characteristics of resources
- II. Factors affecting the use of resources.
- III. Utilization of resources to achieve goals

UNIT- V Consumer Economics.

- i.) Definition- Consumer Economics, consumer and consumer education.
- ii.) Rights and responsibilities of consumer, consumption
- iii.) Various malpractices prevailing in the market
- iv.) Consumer protection act and consumer aids.

4TH SEMESTER PRACTICAL
Home Science (Elective/General)
Total Marks :40

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
EP-2-HSC-402	PRACTICAL	2

No of class; 64

L-0, T-0, P-2

Unit I:

- a) Element of design – Line, form, colour, Texture, pattern, light and space- Principles of design.
- b) Preparation of colour wheel and colour schemes.
- c) Arrangement of furniture's in different rooms and kitchen planning.
- d) Flower arrangement.

Practical note book

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5TH SEMESTER THEORY

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
ET-5-HSC-501	Clothing & Textiles	5

No of class; 112

L-4, T-1, P-0

UNIT –I: Introduction to textiles

- I. Terminology of textile- textile, fiber, staple fiber and filament (mono and multifilament), yarn warp and weft threads
- II. Classification of textile fibres.
- III. Composition, properties and uses of cotton, silk, wool, liner, rayon and nylon fibre.
- IV. Identification of textile fibre.

UNIT –II: Fabric construction

- I. Yarns
 - a) Methods of yarn making – staple and filament yarn
 - b) Types of yarn – simple and fancy yarn.
- II. Weaving.
- III. Knitting.
- IV. Felting.

UNIT –III: Finishing process of textiles.

- I. Finishing – definition, objectives and types of finishing.
- II. Dyeing and printing.

UNIT- IV: Care of Clothing

Water, Soap, Detergent, Dry- cleaning, Stain removal and storage

UNIT- V: Importance of Clothing

- I. Needs and function of clothing.
- II. Socio- psycho aspect of clothing.
- III. Effects of cloths on child's growth & development.
- IV. Clothing for different age groups- Infants, pre school and adolescent
- V. Merits and Demerits of Home made and ready made garments

UNIT – VI: Selection of clothing.

- I. Application of art principles in dress.
- II. Selection of design and colour planning for different occasion and fashion.

5TH SEMESTER PRACTICAL

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
EP-2-HSC-502	PRACTICAL	2

No of class; 64

L-0, T-0, P-2

Unit I :

1. Identification of a. Textile fibre (microscope & burning test)
b. Yarn types (simple & fancy)
c. weaves –plain. Twill and satin.
2. Decorative Stitches
To make Sample of various contemporary embroidery. (any four)
3. Constructive stitches –to make sample of
a) Seam and Seam Finishes, b) Fullness-Pleats, gathers
c) Bias Strip d) Placket opening, e) Fasteners.
4. To make sample of
a) Tie & dye, b.) Block/ Stencil Printing / Screen printing
5. Construction of a saree petticoat/apron

Practical note books

Articles made in lab

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6TH SEMESTER THEORY

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
ET-5-HSC-601	Extension Education	5

No of class; 112

L-4, T-1, P-0

UNIT –I Home science Extension Education

- 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) Home Science Extension Education- its contribution towards development of household with special reference to Rural families and families of remote areas.

UNIT- II Communication

- I. Meaning, definition, origin of communication
- II. Types of communication
- III. Scope, function, elements and problems of communication
- IV. Importance of communication in extension education

UNIT -III Teaching aid

- i) Definition, classification, importance
- ii) Teaching aids used in Home Science
- iii) Use of computer in Home Science

UNIT -IV Educational Technology

- i) Concept of technology, educational technology
- ii) Objective, characteristics, aspects of educational technology.

UNIT -V Non-formal/Continuing education

- i) Non formal education
- ii) Adult education
- iii) Population education

UNIT-IV Community Development

- i) Concept, objectives of community development
- ii) Different community development programmes.

6TH SEMESTER PRACTICAL

TITLE OF THE PAPER	NAME OF THE PAPER	CREDIT HOURS
EP-2-HSC-602	PRACTICAL	2

No of class; 64

L-0, T-0, P-2

Unit I:

- i. Preparation of teaching aid for formal and non-formal education (any two)
- ii. Visit to rural areas for awareness camp and report writing.

Practical note book

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