

**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**

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

**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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## 4<sup>TH</sup> 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.

**4<sup>TH</sup> SEMESTER PRACTICAL**  
**Home Science (Elective/General)**  
**Total Marks :40**

<b>TITLE OF THE PAPER</b>	<b>NAME OF THE PAPER</b>	<b>CREDIT HOURS</b>
EP-2-HSC-402	<b>PRACTICAL</b>	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**

**Viva –voice**

## 5<sup>TH</sup> 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.

## 5<sup>TH</sup> 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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## 6<sup>TH</sup> 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.

**6<sup>TH</sup> 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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