

17. HOME SCIENCE

DETAILS OF SYLLABUS

UNITS SPECIFICATIONS

- I HUMAN DEVELOPMENT AND FAMILY RELATIONS
- II FOOD-AND NUTRITION
- III FAMILY RESOURCE MANAGEMENT
- IV TEXTILES AND CLOTHING
- V EXTENSION EDUCATION

UNIT - I - HUMAN DEVELOPMENT AND FAMILY RELATIONS

1. Child development - meaning, principles, and scope of child development - trends in contemporary research
2. Heredity and environment.
3. Growth and development - concept and principles stages. Areas of development. Influence of heredity and environment on human beings.
4. Developmental tasks during infancy, childhood and adolescence.
5. Early childhood care and education - meaning, importance, scope, types, requirements of pre-school education
6. Adolescence - meaning importance and classification. Importance of guidance and counseling during adolescence.
7. Personality - theories and factors affecting children with special needs and care.
8. Marriage and Family - meaning and importance, types, role of family on child development.
Parent hood - preparation and responsibility of parenthood, caring practices, effect on personality development .
9. Sex education - meaning, different approaches importance for children and adolescence. Family welfare programmes - programmes and policies of governmental and NGO agencies.
10. National policy for children. Rights of children, Important laws pertaining to children. National, International and other agencies in the field of child welfare such as - ICCW. NIPCCD, NCERT, CSWB, WHO, UNICEF, UNESCO, ICDS.

UNIT - II - FOOD, NUTRITION AND DIETETICS

1. Food groups, nutrients, importance of carbohydrates, proteins, fat, vitamins, minerals, fibre, and water in human nutrition
2. Introduction to dietetics - meaning and scope, Role of dietitian in hospitals, meal planning normal and therapeutic diets and hospital diets

3. Physical and physiochemical changes in food in relation to cookery, gel formation denaturation of proteins - properties of colloids emulsion stabilisers, browning reaction enzymatic and non-enzymatic changes in food.
4. Post harvest technology measures adopted by government to increase food production green, white, blue revolutions
5. Food processing Importance – principles and methods of food preservation –meat, fish, egg, cereals, pulses, fruits and vegetables – methods of enhancing nutrients in food.
6. Food adulteration - definition meaning, adulterants, health hazard measures to check food adulteration different food adulteration Acts.
7. Food poisoning - natural and microbial poisoning useful microbes in food.
8. Food Sanitation and Quality control – Microbial indicators of hygiene, basic principles of food sanitation – precaution against kitchen accidents. Control of food quality, food laws, standards PFA, FPO, BIS / ISI, Agmark, food labels, food testing labs.
9. Role of nutrition in national development - prevalence of malnutrition and measures to overcome. Assessment of nutritional status of the community.
10. Role of national and international organisation to combat malnutrition .ICMR, ICAR, CSWB, SSWB, FAO, UNICEF, WHO, CARE.

UNIT III - FAMILY RESOURCES MANAGEMENT

1. Management - definition meaning and scope concept of home management and scope-decision making process goals, values, standards.
2. Resources - management of human resources - classification of resources - Basic characteristics of resource.
3. Work simplification - definition - application to household activities. Importance of labour saving device. Role of women in changing society. Ergonomics relating to home and family.
4. Home lighting and most common household Equipment.
5. Consumer education , protection, rights and guidance cell.
6. Science and Technology - non conventional energy – biogas, solar ,wind and wave. Waste management – three R's in waste management.
7. Housing – Principles of planning family houses, approaches to housing, low cost housing strategies, low cost building materials..
8. Interior designing – elements, principles and application in houses. Prang colour wheel – qualities of colour and colour schemes.
9. Internal and external space organization – space organization in residential areas, storage – principles of external space organization, meaning, importance of landscaping – components of landscape design
10. Furniture, soft furnishing, window decorations, and accessories – flower arrangements oriental and Japanese styles.

UNIT IV- TEXTILES AND CLOTHING

1. Textile fabrics - definition - classification and properties - test for identification

2. Textile yarns - definition and types - spinning - definition and types.
3. Textile fabrics - Technical meaning of fabrics methods of construction - weaving - parts of a loom - types of weaves - fabric construction, other methods of fabric construction - knitting, bonding, laminating, felting, melting.
4. Dying and printing – definitions, and types .
5. Finishes - mechanical, chemical and functional classifications.
6. Laundry and Stain removal – laundering different types of cloths, cleaning agents – methods of removing different types of stains.
7. Storage of different types of fabrics .
8. Selection of clothing - factors affecting selection of clothes for different personalities
9. Clothing construction - sewing equipment seams, plackets, pleats, fastners, collars, sleeves.
10. Alteration of garments.

UNIT V - EXTENSION EDUCATION

1. Extension education - meaning principles objective and scope of extension education community development in India - meaning and objectives - qualities of extension worker.
2. Community Development in India - meaning principles, objectives, evolution, philosophy, Evolution of community development programme in India - set up and functions at various levels. community development through Five year plan, principles of democratic decentralisation - 3 tier system of Panchayathi Raj, evolution, set up and function at central, state, district, block and village levels 73rd and 74th Amendments.
3. Social problems - population explosion, illiteracy, unemployment, poverty, special issues and problems of women.
4. On-going programmes and services for poverty alleviation, economic empowerment, nutrition, health and upliftment programmes for women and children.
5. Concepts of rural development and administration - meaning, types, principles, organisation control and supervision, co-ordination and training.
6. Adult Education in extension - Need for adult education, planning, implementation and evaluation of adult education programmes. Role of voluntary organisations - CSWB, Kasthurba Gandhi, Bharath Sevak Samaj.
7. Developmental and educational communication - concept and classification of communication - elements of communication - traditional methods - selection, use and purpose - advanced methods, ETV, development of IT.
8. Audio Visual aids- uses in classroom teaching. - cone of experience - preparation of different Audio visual Aids - their individual advantages and disadvantages.
9. Adoption and diffusions of innovation - perceived attributes of innovation, stages of adoption - adoptor categories.
10. Extension programme planning - Needs, principles, steps in programme development