

2016 – 19
CHOICE BASED CREDIT SYSTEM

SYLLABUS IN

HOME SCIENCE

(+3 DEGREE)
(HONOURS & ELECTIVE)

+3 First Year – 2016 – 17
+3 Second Year – 2017 – 18
+3 Third Year – 2018 – 19

FAKIR MOHAN UNIVERSITY, VYASA VIHAR,
ODISHA

HOME SCIENCE (Honours)
SEM-I

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-I	Physiology	Theory+ Practical	15+25+60=100
2.	Core-II	Food and Nutrition	Theory+ Practical	15+25+60=100
3.	G.I. (Elective)	Fundamental Nutrition	Theory+ Practical	15+25+60=100

HOME SCIENCE (Honours)
SEM-II

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-III	Human Development	Theory+ Practical	15+25+60=100
2.	Core-IV	Clothing & Textile	Theory+ Practical	15+25+60=100
3.	G.I. – II (Elective)	Food Science & Dietetics	Theory+ Practical	15+25+60=100

HOME SCIENCE (Honours)
SEM-III

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-V	Housing and Interior Decorator	Theory+ Practical	15+25+60=100
2.	Core-VI	Family Resource Management	Theory+ Practical	15+25+60=100
3.	Core-VII	Family Finance	Theory+ Practical	15+25+60=100

HOME SCIENCE (Honours)
SEM-IV

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-VIII	Home Science Extension Education	Theory+ Practical	15+25+60=100
2.	Core-IX	Research Methodology	Theory+ Practical	15+25+60=100
3.	Core-X	Indian Family & Family Life Education	Theory+ Practical	15+25+60=100

HOME SCIENCE (Honours)
SEM-V

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-XI	Marriage & Family Relationship	Theory+ Practical	15+25+60=100
2.	Core-XII	Family Childhood Child Care	Theory+ Practical	15+25+60=100
3.	DSE-I (Disciplinary Skill Enhancement)	Extension Education Community Development	Theory	20+80=100
4.	DSE-II	Consumer Study	Theory	20+80=100

HOME SCIENCE (Honours)
SEM-VI

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-XIII	Dynamics of Communication Extension	Theory+ Practical	15+25+60=100
2.	Core-XIV	Community Health & Nutrition	Theory+ Practical	15+25+60=100
3.	DSE-III	Women in India	Theory	20+80=100
4.	DSE-IV	Proposed List given in Syllabus	Via + Theory	30+70=100

SEM. - I - BA - HOMESC. (HONS)

**F.M.: 100
(75(60+15)+25)
(T + P)**

**CORE - I
(Theory)
PHYSIOLOGY**

Objective:

(To understand the structure and functions of various organs of the body. To obtain better understanding of the body mechanism through the study of Physiology.)

UNIT-I Basic Physiology:

- Cell – it's structure, functions and division.
- Blood – it's composition and functions.
- Blood groups and RH factor.

UNIT-II Circulatory System:

- Structure and Functions of Heart.
- Types of circulation – Systemic and pulmonary blood circulation.
- Portal, coronary and cardiac cycle.

UNIT-III Body System:

- Digestive System – Structure and functions of different parts of alimentary canal.
- Digestive glands – their location and secretion.

UNIT-IV Body Glands:

- Location and functions of pituitary, thyroid, parathyroid, and adrenal glands.
- Structure and functions of kidney.
- Formation of urine and regulation of body.

PRACTICAL

- Prepare a glands.
- Structure and functions of kidney.
- Formation of urine and regulation of body.

**Practical Exam. - 20
Record & Class Work - 05**

SEM. -I -BA-HOMESC. (HONS)

**F.M.: 100
(75(60+15) +25)
(T + P)**

**CORE - II
(Theory)
FOOD AND NUTRITION**

Objective:

To have a basic concepts in food and nutrition and to lead a healthy life.

UNIT-I Basic Concept:

- Basic terms used in study of Food and Nutrition.
- Understanding relationship between food, nutrition and health.
- Functions of food – Psychological, Physiological and Social.

UNIT-II Nutrients:

Functions, dietary sources, classification composition and deficiency of the following-

- Carbohydrate, Protein and Fat.
- Minerals – Calcium, Iron, Zinc & Iodine.
- Vitamins – A, D, E, K (Fatsoluble) and Thiamine, Riboflavin, Niacin, Vita 'B₁₂' and Vita 'C' (Water Soluble)

UNIT-III Methods of Cooking:

- Dry, Moist, Frying and Microwave Cooking.
- Advantages and disadvantages of each method of cooking in relation to nutritive value.

UNIT-IV Fleshy food and Beverages:

- Meat, Fish, Egg and Poultry – their composition, sources, nutritive values and effects of cooking on nutritive value.
- Beverage – Tea, Coffee, Cocoa and Fruit Juice and Shake.

PRACTICAL

- Preparation of different dishes for meal and snacks: (2 for each) using the following methods of cooking (Dry, Moist and Microwave) & Frying.
- Beverages: Cold and Hot (2 each) using milk and seasonal fruits.

**Practical Exam. - 20
Record & Class Work - 05**

G.I. - I

F.M.: 100
(75(60+15)+25)
(T + P)

FUNDAMENTAL NUTRITION
(Theory)

Objective:

To understand about the importance, need and requirements of nutrition in daily life.

UNIT-I General Concept:

- Meaning and importance of food and nutrition and basic terms used in Food and Nutrition.
- Function of food – Psychological, Physical and Social.
- Planning of Balanced diet – Important and factors influencing it.

UNIT-II Basic Food Groups:

- Cereals
- Pulses
- Fruits and vegetables
- Milk and milk products
- Fleshy foods
- Fats and oils
- Spices and condiments
- Beverages

UNIT-III Food Preservation:

- Meaning & importance
- Principle of food preservation
- Methods (Household & Commercial) (Dehydration, Refrigeration, Freezing Sterilization, Pasteurisation, Addition of Salt, Sugar, Pickling and use of Chemical Preservatives)

UNIT-IV Food Adulteration & Additives:

- Types of food adulteration
- Food laws and standards
- Flavouring agents and colouring agents

PRACTICAL

Food preparation with nutritional quality and method of cooking.

- Cereals: Boiled Rice, Pias, Paratha, Puri etc.
- Vegetables: Curries and dry preparation.
- Fermented products: Idly, dosa, kulcha, dhokla and batura.

Practical Exam. - 20
Record & Class Work - 05

SEM. -II BA-HOME SC. (HONS)
CORE - III
(HUMAN DEVELOPMENT)
(The Childhood Years)

F.M.: 100 (75(60+15)+25) (T + P)

Objective:

To understand the importance of human development and growth pattern of children in early stage.

UNIT-I Introduction to Human Development:

- Definition, History and Inter Disciplinary Nature of Human Development.
- Scope of Human Development in Contemporary Society.
- Principles of Growth and Development and factors influencing them.

UNIT-II Prenatal Development, Birth and the Neonate:

- Conception – period of ovum, period of embryo and period of fetus.

UNIT-III Infancy and Pre School Years:

- Factors influencing development during the period of infancy and pre-school.
- Physical Development – Physical growth cycle, body size, body proportion bones, muscles, teeth and nervous system.
- Motor Development – (Principles, sequences and some common motor skills)

UNIT-IV Early Child Development:

- Emotional development:- Importance, characteristics, types and some common emotional pattern (fear, anger, jealousy, curiosity, joy, affection)
- Social development:- Meaning, importance of early social experiences, play-value, types and characteristics.
- Speech development:- Pre-speech forms of communication. Conditions contribute to learn speech to speak.

PRACTICAL

- Preparation of posters (educational) for the children.
- Building plays material – soft toys and other equipments.
- Methods of study – Narratives-story telling and observation of behaviour. (In any one play school).
- Interview method-to reflect parent child interaction.

Practical Exam. - 20
Record & Class Work - 05

RECOMMENDATION READINGS:

- Rice, F.P.(1998) Human Development: A lifespan approach, New Jersey Prentice Hall.
- Santrock.J.W.(2007) A topical approach to lifespan development, New Delhi, Tatal McGraw Hill.
- Singh A.(Ed)(2005) Foundations of Human Development. A lifespan approach. New Delhi, Orient Black Swan.
- A Chowdhury Text Book on Child Development & Family Relation Academic Excellence.

SEM. - II BA-HOME SC. (HONS)
CORE - IV
(CLOTHING AND TEXTILE)

F.M.: 100 (75(60+15)+25) (T + P)

Objective:

To gain basic knowledge about textile fibres, laundry work and care of clothing.

UNIT-I Introduction of Textile Fibres:

- Fibre classification – Natural & man made.
- Study of natural fibres – cotton, silk and wool – their sources, manufacturing process and physical chemical properties.
- Fibre Identification-visual, burning and under microscope.

UNIT-II Cleaning and Dyeing:

- Washing and finishing of Cotton, Silk and Woollen garments. (Methods and principles)
- Fundamentals of dyeing - Types and classification (Method of Home Dyeing)
- Dry cleaning – method, chemical used, advantages & disadvantages.

UNIT-III Basic Wet Finishes:

- Classification and use of finishes, objectives (calendaring, shearing, tentering, bleaching, sizing, glazing)
- Soap and detergents (types and methods of use)
- Water – hard and soft water, reasons and chemical properties.

UNIT-IV Glazing and Finishing Agents:

- Stiffening agent – (Purpose, types and methods of application)
- Bleaches – Oxidising and Reducing.
- Blue – Purpose, classification and methods of use.

PRACTICAL

- Identification of cotton, silk and wool by visual, burning and microscopic test.
- Washing and finishing of cotton, silk and woollen garments.
- Preparation of two types of stiffening agents using two different method.
- Home dyeing (clothes, garments)

Practical Exam. - 20
Record & Class Work - 05

RECOMMENDED READINGS:

- Fibre to Fabric – carbman B.P.
- Fundamental of Textiles & their care – Dantyagi S.
- Textbook of clothing and textiles – Gupta S. Gang N and Saini R.
- Household textiles and Laundry Work Deulkar S.

G - II
(FOOD SCIENCE ND DIETETICS)

F.F.M.: 100
(75(60+15)+25)
(T + P)

Objective:

To have a general idea about Food Sciences, Balanced Diet.

To learn what is RDA and its importance and to study about nutrition during life cycle.

UNIT-I Introduction to Food Science:

- Food, Nutrition and Nutrients – definition, meaning, importance and need in daily life.
- Recommended Daily Allowances – need and factors influencing for it's formulation.
- ☐ Guideline for Good Health.

UNIT-II Balanced Diet:

- ☐ Meaning, importance principles and significance.
- ☐ Factors affecting Balanced Diet.
- ☐ Dietary intake for General man/woman and special condition link pregnancy and lactation.

UNIT-III Meal Planning:

- ☐ Importance, need and significance.
- ☐ Meal planning for low, middle and high income level.
- Enhancing the nutritive value of foods – substitution, supplementation, fermentation and combination.

UNIT-IV Nutrition during life cycle:

- ☐ Preschool children
- ☐ Adult man/women
- ☐ Pregnancy and lactation
- ☐ Old age

PRACTICAL

- ☐ Prepare a dish from fermented, cereal + pulse combination.
- ☐ Prepare the whole day menu for a middle and high income family and prepare any one dish for snack and lunch.
- ☐ Plan a balanced diet during pregnancy and lactating period and prepare dinner for pregnant / lactating women.

Practical Exam. - 20
Record & Class Work - 05

REFERENCE BOOK:

- ☐ Principles of Nutrition and Dietetics, Bappes, Bangalore-Vol-I. XII, Swaminathan.
- Text Book of Home Science – Premlata Mallik.
- Food & Nutrition – Arya Publication
- Food Science – B. Srilaxmi, New Age Publication.
- Nutrition Science – B. Srilaxmi, New Age Publication.
- ☐ Nutrition and diet therapy. S. R. Mudambi, M. V. Rajagopla, New Age Publication.
- Human Nutrition – B. Srilaxmi, New Age Publication.

SEM - III BA-HOME SC. (HONS)
CORE-V
HOUSING AND INTERIOR DECORATION

F.M.: 100
(75(60+15)+25)
(T + P)

Objective:

To develop a general idea about house construction and to gain knowledge for Interior Decoration.

UNIT-I Introduction to House:

- Importance and functions of a House.
- Selection of site for construction of a residential house.
- Principles of house planning – Aspects prospect, flexibility, roominess, ventilation, privacy, lightning, storage and other facilities like sanitation and waste disposal.

UNIT-II Most required room of Indian family - The Kitchen:

- Planning of a good kitchen, working areas, preparation, cooking, washing and serving areas.
- The types of kitchen – ‘U’ shape ‘L’ shape. ‘Two Wall’ and ‘One Wall’. It’s merits and demerits.
- Treatment of doors & windows, Art of floor covering.

UNIT-III Interior Decoration:

- Significance, Meaning, Importance & Role of Colour Schemes in Interior Decoration.
- Interrelation of elements of design-line, shape size, texture, colour, and lightning with Interior Decoration.
- Role of family and Individual in Interior decoration.

UNIT-IV Some Specific Arrangement:

- Flower arrangement – it’s importance, need, types and equipment required for it.
- Application of Art Principles- Harmony, Balance, Proportion, Rhythm and Emphasis.
- Furniture arrangement in drawing, dinning, bed and study rooms.

PRACTICAL

- Layout of kitchen – ‘U’, ‘L’ and ‘two wall’ ‘one wall’.
- Prepare lists of common materials needed for building a house.
- Prepare a poster to show different flower arrangement.
- Prepare two types of accessories for decorating the house.

Practical Exam. - 20
Record & Class Work - 05

REFERENCE BOOK:

- Management in modern families – Gross and Candle.
- Text Book of Home Science – Premlata Mallik.
- Home Management – Vergese, Ogala, Srinivasan
- Management in Family Living – Nickell and Dorsey
- Home Management – Education Planning Group, Delhi
- Home Management for Indian Families – M.K. Mann.

SEM - III BA-HOME SC. (HONS)
CORE-VI
(FAMILY RESOURCE MANAGEMENT)

F.F.M.: 100
(75(60+15)+25)
(T + P)

Objective:

To understand the concept and meaning of Family Resource Management and its importance in daily life.

To have a general knowledge about Home Management and its various process for different activities.

UNIT-I Introduction to Management:

- Concept, meaning, definition and scope of Home management.
- Process of Management- Planning, organizing, implementing, controlling and evaluating.
- Factors influencing Home management.

UNIT-II Overview Management & Family Resources:

- Meaning, classification and characteristics of family resources.
- Factors affecting utilization of resources – Values, Goals and Standards – Meaning and importance.
- Qualities of Good Home Manner.

UNIT-III Energy Management:

- Meaning, definition and importance in daily life.
- Energy expenditure in different household activities- (work simplification- Meaning and Mundele's classes of change)
- Fatigue – definition, causes, types and its remedies.

UNIT-IV Time Management:

- Concepts, significance in life.
- Way to manage time – (action plan) peak loads, sequential activities.
- Steps for (daily, weekly and monthly work) controlling & Evaluating.

PRACTICAL

- Prepare a self time plan and for women executive.
- Prepare a poster showing energy management while doing house hold activities (Posture in Household work).
- Prepare a poster showing material resources used in our daily life.

Practical Exam. - 20
Record & Class Work - 05

REFERENCE BOOK:

- An Introduction to family resource management – Premavathy Seetharam, Soia Batra & Preeti Mehera.
- Management in Family Living – Nickell & Dorsey
- Management in Modern Family – Gross & Candle

SEM - III BA-HOME SC. (HONS)
CORE-VII
(FAMILY FINANCE)

F.M.: 100 (75(60+15)+25) (T + P)

Objective:

- To have a general knowledge about family income.
- To get an idea for making budget and it's merits & demerits.
- To gain knowledge for saving & it's importance.

UNIT-I Family Income:

- Definition, Sources and Types.
- Causes of difference in wages.
- Ways to supplement family income (cottage industries, poultry keeping, kitchen gardening).

UNIT-II Saving and Investment:

- Meaning, Definition, Importance and Objectives of Saving.
- Principles and factors affecting savings and it's various types.
- Investments – types and objectives, principles for sound investment. (Real estate, gold, shares, bonds, mutual funds, banks & post office)

UNIT-III Family Expenditure:

- Factors affecting expenditure and it's necessity.
- Budget – it's objectives, steps for preparing family budget, its main items.
- Advantages and disadvantages of preparing budget – Enged's law of consumption.

UNIT-IV Account Keeping:

- Objectives and Importance of Account keeping.
- Process of Account keeping.
- Types of account keeping – envelop, note book, sheet, card file system.

PRACTICAL

- Visit of Post Office & Bank to get information about savings schemes in general & senior citizen.
- Learning to fillup different bank forms.
- Plan a budget for different income level.

Record -05
Practical - 20

REFERENCE BOOK:

- Home Management M.A. Vergheses Shrinivasan
- Home Managements Household, Economics – Subasini Mohapatra
- Text Book of Home Science, Premalata Mallik
- Management in Family Living – Nickell & Dersey

SEM - IV BA-HOME SC. (HONS)
CORE-VIII
(HOME SCIENCE EXTENSION EDUCATION)

F.M.: 100
(75(60+15)+25)
(T + P)

Objective:

To enable the students to understand the meaning, principles, objectives and philosophy of Home Science Extension Education.

UNIT-I Extension Education in General:

- Definition, meaning and objectives.
- Origin, development and importance.
- Concept, scope and characteristics and behavioural changes brought by extension education.

UNIT-II Home Science Extension Education:

- It's aims, objectives and importance.
- Philosophy and principles.
- Extension Education in Home Science in relation with community development.

UNIT-III Effective Teaching Methods:

- Nature and elements of teaching.
- Methods of teaching – individual, group, mass – it's advantages and disadvantages.
- Role and qualities of a Good Home Science extension worker.

UNIT-IV Teaching and Learning Process:

- Principles and problems of teaching and learning process.
- Meaning and steps for effective extension teaching.
- Factors contributed to extension teaching and learning and role of teaching and learning as a whole.

PRACTICAL

- Collection of information about development programme at your own village.
- Prepare a list (at least 20) from Newspaper on child abuse, domestic violence, child and maternal health problem, farmer suicide case, collect the newspaper clipping and give your own suggestion to solve the above problem.

Record -05
Practical -20

REFERENCE BOOK:

- An Introduction to Extension Education – S.V. Supe
- Education and Communication for Development O.P. Dahama O.P. Bhatnagar.
- Extension Education – A. Readdy
- Extension communication and Management- G. L. Ray.

SEM - IV BA-HOME SC. (HONS)
CORE-IX
(RESEARCH METHODOLOGY)

F.M.: 100 (75(60+15)+25) (T + P)

Objective:

To obtain a general idea about what is Research and its methods adopted for analysis of data.
To learn report writing, its techniques and interpretation.

UNIT-I Research in General:

- Meaning, definition and objectives.
- Characteristics and types – Social, Scientific, Pure and Applied.
- Research Designs – Experimental and observational.

UNIT-II Research Process:

- Meaning, Definition, Problems, Objectives and Hypothesis.
- Review of related literature and originality in writing.
- Subject context and ethics.
- Methodology – Primary and Secondary Data – Meaning source, Interviews, Questionnaire, Observation and Survey – it's advantages and disadvantages.

UNIT-III Processing and Analysis of Data:

- Techniques involved- editing, coding, classification and tabulation of data.
- Measures of central tendency- mean, median and mode.
- Diagrammatic representation of data, tables, figures, graphs, bar diagram and pie chart etc.

UNIT-IV Report Writing:

- Meaning, definition and interpretation.
- Layout and method of writing.
- Bibliography writing- meaning & importance.

PRACTICAL

- Exercise in sampling (random number)
- Prepare a questionnaire using rating scale to be used in research.
- Construct an interview schedule.
- Prepare bar diagram and pie chart of a given data.

Record -05
Practical -20

REFERENCE BOOK:

- Research Methodology – Methods and Techniques 2nd Ed, New age Publication – Kothari, C.R.(2008)
- Research in Education – J.W. Best and Khan.
- Methods of social survey & research – S. R. Bajpai.
- Research Methodology – A Step Guided for Beginners, Kumar R (2005) Sage Publication.

SEM - IV BA-HOME SC. (HONS)
CORE-X
(INDIAN FAMILY AND FAMILY LIFE EDUCATION)

F.M.: 100 (75(60+15)+25) (T + P)

Objective:

To know the definition, need, significance and functions of family.
To educate the student's objectives and aspiration of family life education.

UNIT-I Introduction to family:

- Meaning, importance, characteristics and functions.
- Types of family.
- Role of men and women in modern Indian family.

UNIT-II Family Theories:

- Definition, importance and significance.
- Disintegration of Indian Families.
- Contemporary Indian Families.

UNIT-III Family Life Cycle:

- Meaning and Importance.
- Stage of Family Life Cycle.
- Family Life and National Development.

UNIT-IV Family Life Education:

- Meaning, Significance and Objectives.
- Principles and need – The changing Indian families.
- Problems of Family Life.

PRACTICAL

- Survey at last 10 families and list out their family problem and write down the suggestion to eradicate such problems.
- Conduct awareness programme in your own village about family adjustment and present the report.
- Prepare a poster showing different types of Indian families.

Record -05
Practical -20

REFERENCE BOOK:

- Text Book on Child Development and Family Relations – A. Chudhury, Academic Excellence.
- Indian Social Problems – Madan G.K.
- An Introduction to Sociology – Vidya Bhusan and Sachadeva.
- Indian Society and Social Institutions – Nukhi M.R. Surjeet.

SEMESTER-IV, HOMESC. (HONS) -SEC-II

SKILL ENHANCEMENT COURSE – II

THERAPEUTIC DIET

Time- 2 hrs

F.M.-40+10

Credit- 2

Objectives- To Understand the diet during disease
To know about the diet therapy

UNIT-I

Adoption of normal diet for therapeutic requirement. Purpose of light, soft, fluid and light diet.

UNIT-II

Diet in Anemia.

UNIT-III

Diet in obesity and underweight.

UNIT-IV

Diet in diabetics.

SEM-I DSC-2/3-I (for Gen) IS SAME AS CC-I

SEM-II DSC-2/3-II (for Gen) IS SAME AS CC-II

SEM-III DSC-2/3--III (for Gen) IS SAME AS CC-III

SEM-IV DSC-2/3-IV (for Gen) IS SAME AS CC-IV

SEM - V
CORE-XI
(MARRIAGE AND FAMILY RELATIONSHIP)

F.M.: 100
(15+25+60)

Objective:

To obtain a general knowledge about the meaning, definition and function of marriage. And to have an idea about family relationship in Indian Family.

UNIT-I Marriage in India:

- Definition, meaning and characteristics.
- Functions and Importance.
- Pre-requisites of marriage - Factors to be considered in the choice of marriage partner.

UNIT-II Types and Patterns of Marriage:

- Different types - Arrangement and free choice- its advantages and disadvantages.
- Marriage Rituals and Ceremonies.
- Hindu, Muslim and Christian Marriage pattern.

UNIT-III Adjustment and Problems:

- Adjustment in marriage - sex a finance and in laws
- Problems and adjustment in Inter Caste, Inter -religion and Inter –state marriage.
- Common conflicts between partner and other family members.

UNIT-IV Overview of problem in marital life:

- Dowry system- Origin, advantage and disadvantages.
- Conflict, separation and divorce in single parenthood, loss of spouse.
- Unemployment, widowhood, economic distress, poverty, broken family, gender discrimination, domestic violence.

PRACTICAL

- Collect information from T.V. and News Paper about gender discrimination, domestic violence and other family problems and record in writings suggests your views to solve it.
- List out the points to be considered for selection of marriage partner.
- Prepare a poster showing types of Indian families and write its merits and demerits.

Record - 05
Practical - 20

REFERENCE BOOK:

1. Text book on Child Development and family problems. A chowdhury, New Age Publication.
2. . An introduction to sociology - VidyaBhusdn
3. The Family- Goode, W.I.
4. Indian Social system - Ram Ahuja

SEM – V
CORE-XII
(EARLY CHILDHOOD AND CHILDCARE))

F.M.: 100
(15+25+60)

Objective:

To understand the meaning of childhood and how to take care of every child in our family.

UNIT-I Child Development:

- Meaning, Importance and Scope.
- Principles of Child's Development.
- Factors influencing child overall growth and development.

UNIT-II Parental Growth and Development

- Meaning and Importance.
- Beginning of Life - Conception and importance of Fertilization.
- Stages and factors influencing parental growth & development.

UNIT-III Children's Play:

- Meaning and Importance.
- Types and factors affecting child's play.
- Stages of children's play and types of children's play equipments at various Age Group.

UNIT-IV Childhood Problems and Ailments:

- Meaning and Importance
- Common Childhood Problem and Ailments.
- Childhood Behavioural Problems and Its Solutions.

PRACTICAL

- Collect information from five school going children about their common problems and suggest your view of point to solve it.
- Prepare two different play materials from waste materials.
- Prepare a poster to show four behavioural childhood problems - thumbs sucking, nail biting, eating problems, temper tantrums and write down how to solve it.

Record – 05
Practical - 20

REFERENCE BOOK:

1. Child Development- 6th Ed, E.B. Hurlock 2
2. Development Psychology- 6th Ed. E.B. Hurlock
3. Text Book of Child Development and Family Relations- A. Chowdhury, Academic Excellence, New Delhi.
4. Text Book of Child Development- R.D. Devdas and Jaya, Macmillan.

**SEM-v
DSE-I**

(EXTENSION EDUCATION AND COMMUNITY DEVELOPMENT)

Objective:

F.M.: 100 (15+25+60)

To enable the students to know the role of extension education for the overall Community development. To have a general idea about planning, responsibilities, administration and supervision .

UNIT-I Community Development:

- Concepts, principles, aim and objectives
- Major elements involved in India's community development.
- >Origin and importance of community development.

UNIT-II Main Features and Forms:

- Characteristics features of community development.
- Main forms of community development. 'X
- >Similarities and dissimilarities between Community Development Programme and Extension Education.

UNIT-III Programme Planning:

- > Meaning, nature, principles and scope.
- > Characteristics of a good programme planning.
- >Critical evaluation and suggestion for its success.

UNIT-IV Specific National Project

- : ➤ Objectives of the programme- !CDS (Integrated Child Development Scheme) ANP (Applied Nutrition Programme)BNP (Balwadi Nutrition Programme)
- > ➤ Programme Implementation - Impact of Community Development Programmes in Rural Life.
- > . ➤ Role of an Extension worker in Programme Planning- extending education to the people in need, such as children, women, youth and elderly.

PRACTICAL

- >Collect information about the ICDS scheme, BNP, ANP in your own village.
- >list out the role and quality of an extension programmer.
- >Prepare a project of the main forms of community development.

Practical Exam:-20
Record & Class Work:-05

REFERENCE BOOK:

1. An Introduction to Extension Education, S.V. Supe.
2. Extension Education, D. Gupta
3. Extension and communication for Development, O.P. Dahama and R.P. Bhatnagar.
4. Extension Communication and Management- G.L. Ray.

SEm-V

Objective:

**DSE – II (For Hons.)
(CONSUMER STUDY)**

F.M.: 100 C15+25+60)

To have a knowledge about the need the importance of consumer and consumer education. To have aware about Consumer Law and Protection Act and Consumer responsibilities.

I) UNIT-I Consumer in India:

- > Definition of a consumer.
- > Consumer problem- Products and service related, investment - causes and solution.
- >Consumer Rights and Responsibilities.

UNIT-II)Consumer Needs:

- > Needs and aims and it's Interdependence.
- >Characteristics and types - Physiological, Social, Egoistic, Safety.
- >Consumer choice- Need for good choice and factors influencing their choice.

UNIT-III) Consumer Buying and Decision:

- > Role of consumer buyer and it's problem.
- > Buyer behaviour - Types and factors influence buying.
- >Principles of good buying system.

UNIT-IV)Consumer Protection:

- > Meaning and Significance.
- Consumer Aids- Advertisement, Brands, Trademark, Quality Marks, Level and Panging - it's merits and demerits.
- Consumer Protection Act, 1986- COPRA, Consumer Protection Council, Consumer Dispute Redressal Agencies and other laws.

PRACTICAL

- >List out consumer problems related to product service and investment write its causes and solution.
- >List out the principles of good buy ing system.
- >List out different consumer aids Advertisement, Trademark, Brands, Level and writes merits and demerits.

**Record & Class Work-05
Practical-20**

REFERENCE BOOK:

- >Khanna S.R., Manaspals, Rapoors&Awasthi M.K. (2007) Consumer Affairs, University Press, India Pvt. Ltd.
- >Consumer Education- VeenaGondotra, Ann Divalia. > Consumer Behaviour- Leon G. Schiffman, Leslie Lazar Kanuk.
- >Text Book of Food Science- PremlataMallick.
- >Home Management- M.A. Verghese and S!,rinivasan.
- >Sawhney, M.K., &Mital, M (2007) Family Finance and Consumer Studies. E Lite Publishing House Pvt. Ltd.
- >Seetharaman, P. And Sethi-M, (2001)- Consumerism, Strength and Tactics, New Delhi, CBS Publishers.

**SEM-V
SEC-III**

APIT FOR PASS STUDENTS

F.M:-50

(10+40)

Therapeutic Diet:-

Objective:-

- To understand the diet during diseases.
- To know about diet therapy.

Unit-1:- Adoption of normal diet for therapeutic requirement.
Purpose of light, soft and fluid and liquid diet.

Unit:-2: -Diet in Anaemia.

Unit:-3:- Diet in obesity and underweight.

Unit:-4:- Diet in Diabetes.

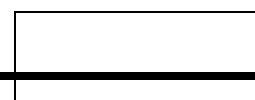
REFERENCE :-

- Principles of Nutrition and Dietetics Bappes, Banglore- Vol-I, XII Swaminathan.
- Nutrition and diet therapy S.R Mudambi, M.V. Rajagopla, New Age publication.
- Food and Nutrition, Subasini Mohapatra Kalyani Publishers .

SEM-V DSE-A/B-I (For Gen) IS SAME AS SEM-III CC-V (HONS)

SEM-V GE-I (For Gen) IS SAME AS SEM-I GE-I(HONS)

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SEM – VI
CORE – XIII **FM-100 (15+25+60)**
(DYNAMICS OF COMMUNICATION AND EXTENSION)

Objective:

To understand the importance and need of communication in extension education. To have a knowledge about different methods of communication for the benefit of society.

UNIT-I Communication:

- Concept, meaning, nature and historical background.
- Types, function and principles- formal and informal, verbal and non-verbal communication.
- Obstacles in communication and its role and importance in social development.

UNIT-II Relationship of Communication & Extension:

- Interrelationship of communication and extension.
- Elements of communication and its characteristics.
- Communication and mainstream media - newspaper, television and cinema and web based communication.

UNIT-III Methods of Communication Approach:

- Audio Visual Aids- concept classification projected characteristics and scope.
- Tape Recorder, Telephone and Public Address System.
- Visual Aids- Projected & Non- Projected (Types)

UNIT-IV Diffusion and Adoption:

- Communication Sources and Stages of Adoption.
- Adopter categories & characteristics and attributes of innovation.
- Concept and elements of diffusion.

PRACTICAL

- Develop skills in planning by conducting small group communication.
- Preparation of posters, chart, leaflets puppets and stories based on health and social issues for community.

REFERENCE BOOK:

1. Extension Communication and Management. G. L. Ray.
2. Extension Education and Communication - V. K. Dubey and Indira Bishnoi.
3. Extension And Communication for Development O.P. Dahama and O.P. Bhatnagar.
4. Extension Education- D. Gupta
5. An Introduction to Extension Education - S.V. Supe.

**CORE - XIV
(COMMUNITY HEALTH AND NUTRITION)**

**F.M.: 100
(15+25+60)**

Objective:

- To know about the meaning and importance of Nutritional status.
- To be aware about the Community Health and Nutrition.

UNIT-I Community Health and Nutrition:

- Define, meaning, scope and concepts.
- Objectives, Principles and Importance.
- Factors affecting Health- (Heredity, economic status, lifestyle, education and facilities for health services)

UNIT-II Nutrition and Health Education:

- Objectives, meaning, principles & importance.
- Assessment of Nutritional Status - Objectives and Importance.
- Methods of Assessment- Clinical silts; Nutritional anthropometric, biochemical and biophysical tests and diet survey.

UNIT-III Common Community Health Problems:

- Under nutrition- Low birth rate, protein, energy malnutrition (PEM), Vitamin 'A' deficiency.
- Iodine deficiency disorders and Anemia's.
- Over nutrition- Obesity. Coronary Heart disease and Diabetes .

UNIT- IV - Role of National and International Agencies :

- Integrated Child Development Pros (ICDS) and Midday Meal Programme (MDMP).
- Public Distribution System (PDS) Annapurna Scheme, National Food for Work Programme, Antyodaya Anna Yojana (AAY)
- WHO- World Health Organization and UNICEF (United Nation and International Children Education Fund)

PRACTICAL

- Prepare Poster and Charts to show Nutrition education for community.
- Assess the Nutritional Status of a selected group of community through dietary survey.
- Collect data about different ICDS Programmes of your own village.

**Record - 05
Practical - 20**

REFERENCE BOOK:

1. Wadhawa A and Sharma S. (2003) Nutrition in the Community- A Text Book. Elite Publishing House Pvt. Ltd., New Delhi.
2. Human Nutrition- B. Srilaxmi.
3. Text Book of Home Science - Premalata Mallin.
4. Food and Nutrition- Arya Publication, Educational Planning Group.
5. Principles of Nutrition and Dieteric - Bappes, Bangalore, Vol-II, Swaminathan M.
6. ICMR (2011) Dietary Guidelines for Indian- A manual National Institute of Nutrition Hyderabad.

**SEM-VI
DSE-III
(WOMEN IN INDIA)**

Objective:

F.M.: 100 (15+25+60)

To know the status position of women in India. To be aware about moment issues and how to solve the problems. To have a general knowledge about legal rights and concerned laws for women in India

UNIT-I Status of Women:

- Status and position of women in different ages and in the society.
- Significant role of women in the family and society.
- Contributions of women in modern family.

UNIT-II Women's Empowerment:

- Meaning and definition, characteristics and need.
- Factors contributed for women's empowerment.
- Role of Govt. and other Agencies for women's empowerment - WCD, NCW, CSWB, Women's Welfare Programmes.

UNIT-III Women Issues in India:

- Exploitation of women at home & work place.
- Violence against women- types. :Casses aid consequences- ways to solve the Problems
- > Dowry Prohibition Act, Domestic Violence Act - IPC (4989A).

UNIT-IV Problems of India

- > Psychological, Financial, Social C. Educational.
- > Gender discrimination –causes and consequences.
- > Child care problem for working women- causes of problem- gender discrimination dual responsibility, economic distress and poverty.

PRACTICAL

**Record-05
Practical-20**

- > Comparison between the status and position of women in vedic period, Medieval period and Modern period.
- > Prepare a project showing the role of Govt. and other Agencies for women's empowerment.
- > List out the common problem of Indian Women.

REFERENCE:

- Indian Social System- Ram Airuja (Rawat Publication)
- Women in India - Some Issues- Mridula Bhaduria (APH Publishing Iorpotat)
- Social Status of Women in India - Maya Majumdar
- Empowerment of Women- K. Santhi (Anmol Publication)
-) ➤ Anticipation and Empowerment of Women - V. Mohini Girl (Gyan Publishing House)
- . ➤ Research on Indian Family Problems, Issues Implication (Vol.' & II) Tata Institute of Social Science , MunthaN. ■It

**SEM-VI
DSE-III
Projec**

Dissertation:	60 Marks
Presentation:	25 Marks
Viva-voce:	15 Marks

Projects submitted by the student are to be evaluated by the Internal Examiner and External Examiner appointed by University. Students should opt for Supervision of Dissertation from the internal faculties of his own college/Institution. The Supervisor in consultation with the concerned Head of the Department should decide the topic. The presentation should be open to all faculties as well as graduate students of the concerned Department

SEM-VI
SEC:-IV
FOR PASS STUDENTS

F.M:-50

(10+40)

CHILD HEALTH AND NUTRITION

Objective:-To know about Childs growth and development in relation to health and nutrition.

Unit 1:-Common childhood problems and prevention.

Unit 2:-Common ailments of Child.Diphtheria,Mumps,Whooping cough,Tetanus,Measles.

Unit 3:-Supplementary food,Definition and meaning,weaning.

Unit 4:-Diseases due to protein,calorie,malnutrition,(Symptom & Prevention)

REFERENCE BOOK :-

- **Child Development 6th Ed. E.B. Hurlock.**
- **Text Book of Child Development R.D. Devdas and Jaya, Macmillan.**
- **Text Book of Child development and family relation,. A Chowdhury, Academic excellence, New Delhi**
- **Intruductory Home Science Dr. PadminiPaikray. KalyaniPublisher .**
- **Home Science Dr. SriekhaRay,Dr. Meena Arora, IndurekhaMohapatra., Vidyapuri**

SEM-VI DSE-A/B-II (For Gen) IS SAME AS SEM-III CC-VI (HONS)

SEM-VI GE-II (For Gen) IS SAME AS SEM-II GE-II (HONS)

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