

# Syllabus for Four Year Under Graduate Programme of Home-Science

## Multi Disciplinary Courses-I (MDC)

### Introduction of Home Science

HSC-MDC-I(T)

Credit-03 (Lecture-45)

No Internal Examination

Full Marks 75

Pass Marks-30

Hours:3

#### Instructions to Question Setter for End Semester Exam (ESE):

There will be two group of questions Group A is compulsory which will contain three questions. Question no, 1 will be very short answer type (MCQs, True/False, Fill in the blanks etc.) consisting of five questions of 1 mark each. Question No. 2 and 3 will be short answer type of 5 marks each. Group B will contain Descriptive type six questions of fifteen marks each, out of which any four are to answer.

#### Learning Objectives:

1. To make students enable to understand the domains if Home Science as a subject.
2. To make students aware of basics of Nutrition for a healthy life.
3. To make an understanding of life and Human Development.
4. To Develop understanding of resources and their utilisation.
5. To get acquainted with textile and their uses.
6. To understand Home Science extension education system for better community outreach programme.

#### THEORY

##### UNIT-I- Food and Nutrition :

Basic understanding of foods, nutrition. Health and its relationship.

Function of food, food groups as sources of various nutrients.

Macro and Micro nutrients, water

Principles of Meal Planning

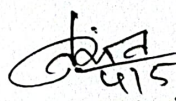
A brief knowledge of nutrition during Infancy, childhood, adolescence, adulthood, old age, pregnancy and Lactation.

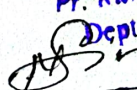
##### UNIT-II- Human Development :

Definition, Introduction and importance of Human development.

Pre-natal development, stage and factors affecting pre-natal development.

Various developments during Infancy, childhood. Adolescence, adulthood, old age. (Physical, mental, social, emotional)

  
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### UNIT-III- Family resource management :

Concept, Definition and Scope of Home management.

Family as resource, meaning, classification and characteristics of resource, factor affecting, utilisation of resources.

Availability and management of resources of family – Money, time and energy.

### UNIT-IV- Textiles and Clothing :

Textile fibers – its importance, properties and classification.

Uses of natural and manmade fiber.

Basic concept of yarn and fabric manufacturing process

Factors affecting selection of clothes.

Care and storage of clothes.

### UNIT-V- Extension Education :

Definition, concept, nature, philosophy and principles of Home Science extension education.

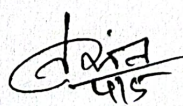
Methods and Types of Communication, Elements of communication.

Audio visual aids – concept, classification, characteristics.

Extension teaching methods-according to use and nature.

### Recommended Books:

1. Sri Lakshmi Food Science : New Age International Ltd.
2. Chadha R and Mathur P Nutrition : A life cycle approach Orient Blackswan, New Delhi.
3. Singh, A, Foundation of Human Development : A Life Span approach, New Delhi
4. Parivarik Shanshashan : Dr. Reena Khanuja
5. Sekhri S Textbook of fabric science
6. Prasar Shiksha : Dr. Geeta Pushp Shaw
7. Paralikar, Kalpana, R The Arts of Teaching Home Science : Evira Publication, Baroda.

  
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