

**SEMESTER - I**  
**HSC -101- BASIC NUTRITION**

Theory: 4Hours/week  
Practicals: 2 Hours/week

**THEORY**

**UNIT-I Introduction to Nutrition and Macro Nutrients**

- Relationship between Food, Nutrition, Health and Disease
- Introduction and scope of Nutrition, Macro Nutrients – Classification, functions, digestion, absorption, dietary sources.
  - Carbohydrates
  - Lipids
  - Proteins

**UNIT – II Micro nutrients- Vitamins**

- Vitamins – Classification,
- Functions , dietary sources of the following
  - Fat soluble vitamins – A, D, E and K
  - Water soluble vitamins – (B Complex Vitamins) - Thiamine, Riboflavin, Niacin, Folic acid and Vitamin C.

**UNIT - III Minerals**

- Minerals – classification,
- Functions ,dietary sources of the following
  - Macro minerals – Calcium & Phosphorous, Sodium and Potassium
  - Micro minerals or Trace elements – Iron, Iodine and Zinc

**UNIT - IV Energy**

- Energy value of foods – Determination of gross energy value of foods using Bomb calorimeter,
- Physiological energy value of foods.
- Differences between physiological and gross fuel value
- Basal Metabolism – Factors affecting Basal Metabolic Rate,
- Thermic effect of food.

**UNIT – V Water and Non Nutrient constituents of Food**

- Water – Functions, regulation of water balance, Dehydration, Electrolyte balance.
- Non nutrient constituents of foods and their importance
  - Phytochemicals – Curcumin, Lycopene, Flavonoids
  - Antioxidants – Vitamin C, E and Carotenoids
  - Detoxifying agents – Anthocyanins, Chlorophylls

## **PRACTICALS**

1. List out the common foods and to learn their names in Telugu, English, Hindi and Urdu.
2. Learn to identify the different food samples and to know their nutrient composition.
3. Market survey
4. Dietary sources, Recommended Dietary Allowances and planning of recipes of the following nutrients
  - Macronutrients: Carbohydrates, Proteins, Fats, Fiber
5. Micronutrients
  - Vitamins – Vitamin A , Vitamin C
  - Minerals – Calcium, Iron

## **REFERENCES**

1. Bamji MS, Krishnaswamy K, Brahmam, (2016) Textbook of Human Nutrition, 4<sup>th</sup> edition. Oxford and IBH Publishing Co. Pvt. Ltd.
2. Longvah, T., Ananthan, R., Bhaskarachary, K. and Venkaiah, K. (2017). Indian Food Composition Tables, Published by NIN
3. Raheena Begum, (2013). Textbook of Food, Nutrition and Dietetics, 3<sup>rd</sup> edition, Sterling Publishers Pvt. Ltd.
4. RavinderChada and PulkitMathur, (2015). Nutrition – A Life Cycle Approach, 1<sup>st</sup> edition, Orient Black Swan Private Limited
5. Shubhangini A. Joshi, (2002). Nutrition and Dietetics, 2<sup>nd</sup> edition, Tata McGraw-Hill Publishing Company Ltd.
6. Srilakshmi, B., (2018). Nutrition Science, 6th edition, New Age International Publishers.
7. Swaminadhan S, (2005). Advanced Text book on foods & nutrition, Vol. I&II (2<sup>nd</sup> revised and enlarged) Bappco.
8. VijayaKhader, (2000). Food, nutrition & health, Kalyani Publishers.

## SEMESTER - I

### HSC-102 – GENERAL PSYCHOLOGY

Theory: 4Hours/week  
Practicals: 2 Hours /week

#### THEORY

##### UNIT I Introduction to Science of Behaviour

- Psychology as a Science of Behaviour: Definition, scope and Methods of Studying Human Behaviour – Observation method , Experimental Method, Case Study method , Survey Method , Cross sectional and Longitudinal Methods – Merits and Demerits.
- Branches of Psychology – Definition and basic concept of different branches- Developmental Psychology, Clinical, Counselling psychology, Abnormal, Educational, Industrial, Social and Sports Psychology.

##### UNIT II Basic Psychological Concepts

- Attention– Definition, Types -Voluntary and Involuntary; Determinants of attention.
- Perception – Definition, perceptual organization and perceptual Constancies and illusions.
- Memory – Definition, types and nature of memory. Methods of memorizing and factors influencing memory. Forgetting – types and causes. Ways of improving memory.

##### UNIT III Personality

- Personality: Definition, Concept and types of personality – Normal and abnormal personalities, Factors affecting development of personality
- Assessment of personality – Projective Tests - Definition CAT, TAT, Rorschach inkblot test.
- Freud’s Psycho-analytic theory – Understanding the structures of Id, ego and super ego and their interaction, Erickson’s Theory – Eight stages of development.

##### UNIT IV Major Psychological Approaches - I

- Learning – Definition, Steps in learning process, Learning laws, Theories of learning- Classical Conditioning, Operant conditioning and Watson’s Behaviourism.
- Motivation – Definition – classification- Physiological, Psychological and social motives, unconscious, Abraham Maslow’s theory of motivation.

##### UNIT V Major Psychological Approaches - II

- Intelligence, Intelligence Quotient (IQ) and Emotional Intelligence.  
Assessment of Intelligence – Verbal and nonverbal tests, classification of children based on intelligence, extremities of intelligence - sub normal and the gifted.
- Gardner’s Multiple Intelligence theory.
- Trait Perspective – Type theory of Sheldon and Big Five Factor Theory.

## **PRACTICALS**

1. Methods of studying child / Human Behaviour – Observation / Interview schedules
2. Assessment of Perception-Muller Iyer illusion Experiment
3. Memory Recognition Test
4. Assessment of Interest - Thurston's Interest Schedule / Available tests
5. Assessment of Intelligence - Raven's progressive Matrices test/ Alexander pass-along test/  
Available test
6. Assessment of personality - Projective tests / Personality Inventory/ Available tests

## **REFERENCES**

1. Baron, R.A. (2001), Psychology (5<sup>th</sup> edition), Pearson Education Inc., New Delhi.
2. Feldman, R.S. (1997), Essentials of understanding psychology (3<sup>rd</sup> Edition) Mc Graw- Hill Companies. Inc. New York.
3. Mangal, S.K. (2019). General Psychology, revised edition, 2019, Sterling Publishers Pvt. Ltd.
4. Parameswaran, E.G. and Beena, C. (2002). Invitation to psychology, 1<sup>st</sup> edition, Neel Kamal Publications.
5. Sreevani, R. (2013). Psychology for Nurses, 2<sup>nd</sup> edition, 2013, Jaypee Brothers Medical Publishers (P) Ltd.

## SEMESTER - I

### HSC-103–FUNDAMENTALS OF TEXTILES

Theory: 4 Hours/week  
Practicals: 2Hours/week

#### **THEORY**

##### **Unit-I Introduction to Textiles and Clothing**

- Introduction to textiles and clothing - Importance of study of textiles.
- General properties of a Textile Fiber - Primary and Secondary.
- Classification of textile fibers – Natural and manmade; cellulose, protein, synthetic and mineral; staple and filament fibres

##### **Unit-II Natural Fibers**

- Cellulose fibres – Cotton and Linen - Production, properties, use and care
- Minor cellulose fibres
- Protein fibers – Silk and wool - Production, properties, use and care.

##### **Unit-III Synthetic Fibers**

- Nylon – Production, properties use and care
- Polyester – Production, properties use and care
- Acrylic fibres – Production, properties use and care

##### **Unit – IV Mineral Fibers**

- Mineral fibres – Fibre glass and Asbestos Production, properties and Uses
- Mixtures and Blends – Importance and advantages of Blending.
- Blends of Natural cellulose fibers, protein fibers and manmade fibers.

##### **Unit – V Yarns**

- Yarns – Types of Yarns - Staple and Filament
- Methods of spinning – Mechanical process
- Methods of spinning – Chemical process - Wet , Dry, Gel and Melt
- Classification of yarns – simple, novelty and textured yarns

## **PRACTICALS**

1. Identification and collection of Textile Fibres
  - Plant Fibres – Cotton, Linen, Jute
  - Animal Fibres – Silk, Wool
  - Synthetic Fibres – Polyester, Nylon, Acrylic
2. Identification and collection of Yarns
  - Simple Yarns
  - Novelty Yarns
3. Tests to identify textile fibers
  - Texture
  - Microscopic examination and
  - Burning test.

## **REFERENCES**

1. Deepali Rastogi and Sheetal Chopra (2017). Textile Science, 1st edition, Orient Black Swan Pvt. Ltd.
2. Kanwar Varinder Pal Singh. (2014). Introduction to Textiles, 1st edition, Kalyani Publishers.
3. Seema Sekhri. (2017). Text book of Fabric – Fundamentals to Finishing, 2<sup>nd</sup> edition, PHI Learning Pvt. Ltd.
4. Sushma Gupta, NeeruGarg, Renu Saini. (2018). Text book of clothing, textiles and laundry, 8<sup>th</sup> edition, Kalyani publishers.
5. Vastala, R. (2013). Text book of Textiles and Clothing, 1<sup>st</sup> edition, Published by ICAR.

## **SEMESTER - II**

### **HSC-201 – INTRODUCTION TO FOOD SCIENCE**

Theory: 4Hours/week

Practicals: 2Hours/week

#### **THEORY**

##### **Unit-I Introduction to Food Science**

- Foods – Definition and functions of foods, group classification
- Cooking – Objectives of cooking,
- Preliminary preparations (washing, peeling, cutting, grinding, soaking, roasting, kneeding, mixing etc) - Advantages and disadvantages
- Methods of cooking (wet, dry and combination) – Advantages and disadvantages of each method.

##### **Unit-II Plant Foods**

- Cereals and Millets – Structure, Composition and nutritive value, use in cookery
- Pulses and Legumes – Composition and nutritive value, use in cookery
- Vegetables and Fruits – Classification, Nutritional aspects, Pigments, Enzymatic and non-enzymatic browning.
- Nuts and oil seeds – Nutritive value , use in cookery

##### **Unit-III Animal Foods**

- Milk and milk Products - nutritive value, use in cookery
- Egg - structure, nutritive value, methods to assess quality of eggs, changes during storage and use in cookery
- Meat, Poultry, Fish – Nutritive value, meat tenderization
- Spices and condiments –use in cookery

##### **Unit-IV Food Processing**

- Food Preservation – Methods, principles and their applications - high temperature, low temperature, removal of moisture, irradiation and preservatives
- Food additives – Definition, Types
- Nutrient Enrichment – Germination, fermentation, fortification etc.
- Convenience and Ready to eat foods –Advantages and disadvantages

##### **Unit - V Food Microbiology**

- Food Spoilage – Microorganisms causing spoilage, Factors responsible for spoilage and changes brought about in food by microorganisms
- Microorganisms that bring about useful changes in food.

## **PRACTICALS**

1. Standardization of weights and measures of various food items.
2. Cereals, pulse and vegetable preparations and calculation of nutritive values of recipe .
3. Milk, meat, egg preparations and calculation of nutritive values of recipes.
4. Demonstration of Drying, Fermentation and germination processing techniques.

## **REFERENCES**

1. Bamji MS, Krishnaswamy K, Brahmam GNV. (2016). Textbook of Human Nutrition, 4<sup>th</sup> edition, Oxford and IBH Publishing Co. Pvt. Ltd.
2. Manay N. Shakuntala & Shadakshara Swamy.(2008). Foods, Facts and Principles, 3<sup>rd</sup> edition, New Age International Publishers. .
3. Reddy,S.M.(2015). Basic Food Science & Technology, 1<sup>st</sup> edition, New Age InternationalPublishers.
4. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra, S. (2010). Basic Food Preparation: A Complete Manual, Fourth Edition, Orient Black Swan Ltd.
5. Sumati R. Mudambi, M.V. Rajagopal. (2006). Food Science, 2<sup>nd</sup> edition, New AgeInternational Publishers.
6. Srilakshmi, B.(2018). Food Science, 7<sup>th</sup> edition, New Age International Publishers.
7. Wardlaw MG, Insel PM. (2004). Perspectives in Nutrition, Sixth Edition, Mosby Publishers.



## SEMESTER - II

### HSC – 202 - HOUSING FOR BETTER LIVING

Theory: 4 Hours/Week  
Practicals: 2 Hours/Week

#### THEORY

##### Unit I: Housing

- Importance and functions of a house; Factors influencing the choice of house.
- Requirements for purchasing land for building a house - Selection of site, soil condition, locality, orientation, sanitary facilities, good neighbour-hood, legal characteristics etc.
- Principles of planning a house – aspect, prospect, privacy, flexibility, roominess, grouping, circulation, sanitation, practical considerations etc

##### Unit II: House Plans

- Planning of different rooms in the house – Veranda, living room, bed room, kitchen etc.
- Kitchen plans – Planning of efficient work centres (L shape, U shape, single walled, peninsular shaped kitchens) and storage facilities in kitchen and other rooms.
- House plans for different income groups – High income, Middle income and Low income.
- Advantages and disadvantages of owning and renting a house.

##### Unit III: Building Materials and Flooring Materials

- Types and properties of Building Materials – Stone; Clay products; Cement; Mortar; Concrete; Timber; Plywood & related products; Plastics & related products; Paints & related products; Ferrous & nonferrous metals; Gypsum & related products.
- Flooring – Factors in selection of flooring material and Types of flooring

##### Unit IV: Building Protection

- Dampness Protection – Reasons, Preventive and curative methods of dampness
- Termite Protection – Sources, preventive and curative methods of termite attack
- Fire Protection – Causes of fire, preventive measures and fire resisting construction

##### Unit V: Household Equipment

- Factors to be considered for the selection and purchase of household equipment.
- Construction principles and care of the following equipment
  - Small electrical appliances – mixers, toasters, beaters, iron etc.
  - Large electrical appliances – Refrigerator, washing machine, vacuum cleaner, dish washer, electric range etc.
  - Low cost non-electrical appliances for rural areas – hay box, low cost refrigerator, solar cooker etc.
- Points to be considered while operating electrical appliances and safety measures to avoid accidents

## **PRACTICALS**

1. House plan - symbols, site plan, floor plan, elevation, landscape
2. House plans for different income levels - low income, middle income and high income.
3. Kitchen plans- L shape, U shape, broken L, U Shape, peninsular, one walled.
4. Market study on building materials & identification of – floor finishes, wall finishes and ceiling finishes.
5. Care and cleaning of metals and Non-metal items.
6. Care and cleaning of different types of floors and walls using suitable cleaning equipment and cleaning agents

## **REFERENCES**

1. Premlata Mullick, (2016). Textbook of Home Science, 4<sup>th</sup> edition,, Kalyani Publishers
2. Varghese & Oagle (2005) Home Management, New Age International Publishers.
3. Subasini Mohapatra (2010).Home Management and Household Economics, Kalyani Publishers.
4. Premavathy Seetharaman, Parveen Pannu (2005), Interior Design and Decoration, 1<sup>st</sup> edition, CBS Publishers.
5. Sushma Gupta, Neeru Garg &Renu Saini (2018), Text book of Family Resource Management, Hygiene and Physiology, 11<sup>th</sup> edition, Kalyani Publishers.
6. Pratap Rao, M. (2012), Interior Design – Principles & Practice, 4<sup>th</sup> edition, Standard Publishers & Distributors.
7. Prof. Veena Gandotra, Dr. Sarjoo Patel (2006), Housing for Family Living, 1<sup>st</sup> edition, Dominant Publishers & Distributors

## SEMESTER II

### HSC- 203 –FUNDAMENTALS OF HOME SCIENCE EXTENSION

Theory: 4 Hours/week  
Practicals: 2 Hours/week

#### **THEORY**

##### **Unit-I Extension Education**

- Meaning, Concept, Scope and objectives
- Formal and Non formal Education
- Philosophy and principles of Extension Education
- Role and Qualities of an Extension worker

##### **Unit-II Teaching and Learning Process**

- Teaching – Meaning, definition, steps in Teaching
- Learning – Meaning, definition, Elements of Learning
- Learning Situation – Definition, Elements of Learning Situation
- Principles of learning and their Implications for Teaching
- Motivation – Principles of Motivation in Extension

##### **Unit-III Teaching Methods/Techniques**

- Extension Teaching methods – Definition , Functions and Classification of Teaching methods – According to use and form
- Individual methods – Farm and home visits, Telephone calls, Personal letter, Result demonstrations.
- Group methods – Method demonstration, Group meetings/Discussions, Conferences, Field trips etc.
- Mass Methods – Print and electronic media , Internet and Exhibitions
- Factors to be considered in selection and combination of teaching methods

##### **Unit-IV Audio - Visual Aids:**

- Audio Visual Aids – Meaning and Classification
- Factors Influencing selection of Audio-Visual Aids
- Principles of Preparing in Planning, Presentation and evaluating in Audio-Visual Aids
- The cone of Experience

##### **Unit-V Communication**

- Communication – Meaning, Definition and scope of Communication
- Key Elements in the process of Communication – 1. Communicator 2. Messages, 3.Channel 4. Treatment of Messages 5. Audience 6. Audience Response.
- Types of Communication – Verbal, Non Verbal, Small group and Mass Communication.
- Barriers to communication.

## **PRACTICALS**

1. Visit to a community/ village to find out the socio economic needs of the people
2. Preparation of Survey Schedule
3. Preparation and display of teaching aids – Posters, charts, flash cards etc.
4. Display of bulletin board

## **REFERENCES**

1. Adivi Reddy (1985). Extension Education, Sreelakshmi press, Bapatla,
2. Dahama.O.P. (1981). Extension and Rural welfare, Ram Prasad and Sons Agra Bhopal.
3. Doshi, S.L. (2007). Rural Sociology. Delhi Rawat Publishers.
4. Dubey,V.K.. (2009). Extension Education & Communication, 1<sup>st</sup> edition New Age International Ltd
5. Indhubala (1980), Gruhavignasastravistarana , Telugu academy text book publications
6. Sanths Govind, G. Tamliselvi And J. Meenainbigai .(2011). Extension Education and Rural Development .Agrobios (India) Chopasani Road Jodhpur- 342002 (Raj.)
7. Shekar Serene & Santosh Ahlawat . (2013).Text book of Home Science Extension Education, 1<sup>st</sup> edition, Daya Publishing house.
8. Supe, S.V.( 1983). An Introduction to Extension Education. Oxford& IBH publishing Co, New Delhi.

**SEMESTER III**  
**HSC-301 – COMMUNITY NUTRITION**

Theory: 4Hours/Week  
Practicals: 2Hours/Week

**THEORY**

**Unit-I Meal Planning – Nutrition during Adulthood, Pregnancy and Lactation**

- Dietary guidelines for Indians, Principles of meal Planning,
- Balanced Diet.
- Nutrition for Adults – Food and Nutritional requirements for adult man and woman of different physical activities (Sedentary, Moderate and Heavy work).
- Pregnancy – Nutritional and Food requirements, Physiological changes and complications.
- Lactation – Food and Nutritional requirements

**Unit-II Nutrition during Childhood**

- Infancy – Nutritional requirements – Breast feeding and its advantages; Artificial/bottle feeding; Supplementary foods (definition and types).
- Early childhood – Food and Nutritional requirements – healthy eating habits among pre-schoolers
- School going children – Food and Nutritional requirements, packed lunch.

**Unit-III Nutrition during Adolescence and Old age**

- **Adolescence-** Food and Nutritional requirements, Nutritional problems and Eating Disorders- Anorexia and Bulimia.
- **Geriatric Nutrition-** Physiological changes in elderly
  - Food and Nutrient Requirements
  - Nutrition related problems

**Unit-IV Nutritional Status Assessment**

- Assessment of the Nutritional Status of the Community – Need and objectives
- Direct methods – Anthropometry
- Clinical Examination
- Biochemical Analysis
- Indirect methods – Diet Surveys
- Vital Health Statistics ( measures of mortality, Measures of morbidity)

**Unit –V Nutritional Programs**

- Community Nutrition Programmes to combat malnutrition – Supplementary Feeding Programmes – ICDS, School lunch programme.
- Prophylactic Programmes to prevent Vitamin A, Iron, Iodine deficiencies
- Role of National and International Organizations in combating malnutrition – NIN, CFTRI, NNMB, WHO, FAO, CARE and UNICEF

## **PRACTICALS**

1. Planning and preparation of a balanced diet for Adult man and women.
2. Planning and preparation of a balanced diet for Pregnant and Nursing mother.
3. Planning and preparation of a balanced diet for a Pre School Child.
4. Planning and preparation of a balanced diet for School child and an Adolescent
5. Planning and preparation of low cost Nutritious recipes
6. Planning and preparation of diets for PEM and Anaemia
7. Use of Anthropometric measurements in assessing the Nutritional Status.
8. Visit to Anganwadi Center – Observation of feeding programme at Anganwadi Center.
9. Visit to government school – Observation of School Lunch Programme

## **REFERENCES**

1. Bamji MS, Krishnaswamy K, Brahmam GNV (2016). “Textbook of Human Nutrition”, 4th edition, Oxford and IBH Publishing Co. Pvt. Ltd.
2. Dietary Guidelines for Indians – A Manual (2011), published by NIN.
3. Food Composition Tables, (2017, published by NIN.
4. Prabha Bisht, Community Nutrition in India, Star Publications, Agra.
5. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
6. Ravinder Chada and Pulkit Mathur, (2015). Nutrition – A Life Cycle Approach, 1<sup>st</sup> edition, Orient Black Swan.
7. Sara Abraham (2016). Nutrition through life cycle, 1<sup>st</sup> edition, New Age International Publishers.
8. Srilakshmi, B. (2018). Food Science, 7<sup>th</sup> edition, New Age International (P) Ltd.
9. Srilakshmi, B. (2018). Nutrition Science, 6<sup>th</sup> edition, New Age International (P) Ltd.
10. Srilakshmi, B. (2019). Dietetics, 8<sup>th</sup> edition, New Age International (P) Ltd.
11. Suryatapa Das (2018). Textbook of Community Nutrition” 3<sup>rd</sup> edition, Academic Publishers.
12. Swaminadhan, M. (1985). Essentials of Food and Nutrition Volume I and II”, 2<sup>nd</sup> edition, The Bangalore Printing and Publishing Co. Ltd., Bangalore

**SEMESTER - III**  
**HSC – 302 - PRINCIPLES OF GARMENT CONSTRUCTION**

Theory: 4 Hours/week  
Practicals: 2Hours/week

**THEORY**

**Unit-I Equipment in Garment Construction**

- Equipment- Measuring, Drafting, marking, sewing and finishing equipment.
- Types of sewing machine- Mechanical , Electronic , Computerized or Automated , Embroidery Machine , Over lock Sewing Machine

**Unit – II Body Measurements and Pattern Making**

- Recording of body measurements- Importance- Types of measurements – vertical, Horizontal and Girth measurements. Care to be taken in body measurements.
- Pattern making- Methods of pattern making -Drafting, draping and flat pattern making,
- Drafting – Tools for drafting- Information to be recorded on the draft – Points to be kept in mind while drafting and advantage of drafting
- Paper Patterns – Advantages, and content of paper patterns

**Unit – III Estimation and Preparation of the Fabric and Pattern Layout**

- Estimation of fabric for different garments.
- Importance of grain in fabric for cutting and garment construction.
- Steps in Preparation of fabric for cutting
- Pattern Layout – Importance, precautions, guidelines and care to be taken in pattern layout for asymmetric, bold, striped checked designs etc.,
- Fabric Cutting – Guidelines to cut out pattern pieces,

**UNIT –IV Garment Components**

- Necklines – Types of necklines.
- Collars-Factors in designing collar styles, shapes and kinds of collars.
- Sleeves – Categories and styles of sleeves.
- Yokes – Factors for selection of yokes design and types of yokes.

**Unit-V Garment Fitting**

- Elements of fit – grain, set, line, balance and ease
- Characteristics of well finished garment
- Readymade garments – Selection and examination for quality, fitting and shape
- Tailor made and Homemade garments – examination for fitting and shape
- Comparison of readymade, tailor and homemade garments
- Common fitting problems and remedies for garments

## **PRACTICALS**

1. Sewing Machine – Parts of sewing machine, Defects and causes, adjustments in sewing machine and care of sewing machine.
2. Basic Stitches – Temporary, permanent and neat ending finishes.
3. Seam and seam finishes.
4. Neckline finishes – Bias, Binding and shaped finishing.
5. Plackets – Continuous bound and two piece plackets.
6. Sleeves – Plain, Puff and bell sleeve.
7. Introducing fullness - Darts, tucks, gathers and pleats.
8. Fasteners – Hook and Eye, press buttons, button and button hole.
9. Drafting and construction of saree petti coat
10. Drafting and construction of frock.

## **REFERENCES**

1. Manmeet Sodhia. (2005). Dress Designing, 1<sup>st</sup> edition, Kalyani Publishers.
2. Mary Mathews (2001). Practical clothing construction part I & II esigning drafting & tailoring, Cosmic Press, chennai.
3. Pooja Khurana & Monika Sethi (2017). Introduction to Fashion Technology, 2<sup>nd</sup> edition, 2017, Fire Well Media.
4. Premalata Mullick. (2019).Garment Fabrication and Designing, 1<sup>st</sup>edition, Kalyani Publishers.
5. Premlata Mullick(2010). Garment Construction Skills,1<sup>st</sup> edition, Kalyani Publisher
6. Sumathi, G.J.(2002) . Elements of Fashion & Apparel Design, 1<sup>st</sup> edition New Age International (P) Ltd.
7. Sushma Gupta, NeeruGarg, Renu Saini. (2018). Text book of clothing, textiles and laundry, 8<sup>th</sup> edition, Kalyani publishers.

## **SEMESTER - III**

### **HSC-303 CHILD DEVELOPMENT**



Theory: 4Hours/week  
Practicals: 2Hours/week

## **THEORY**

### **Unit I Introduction to Growth and Development**

- Understanding the terms Child, Growth, Development, Child Development, Human Development, and Developmental tasks
- Principles of Growth and Development and Factors influencing growth and Development of Children.
- Determinants of Development - Heredity Vs Environment - Maturation Vs Learning
- Stages of Development across life span

### **Unit II Pre-natal and Early Years of Development**

- Stages of Pre-natal development - Physical and Psychological care during pregnancy- - Complications during pregnancy.
- Stages of birth and Types of Birth
- Infancy – Characteristics -Physical proportions, Physiological functions, Motor activities.
- Babyhood – Developmental Tasks and Characteristics, Physical-motor development, Cognitive development – Piaget’s Sensory motor stage, Language, Socio-emotional development.

### **Unit III Development during Early and Late Childhood**

- Early Childhood Period –Characteristics -Physical, Emotional, Social and Cognitive development - Piaget’s Pre-operational stage - Social stages in play.
- Late Childhood Period – Characteristics, Physical, Emotional, Social and Cognitive development- Piaget’s Concrete-operational stage.

### **Unit IV Children with Special Needs**

- Definition of childhood disabilities – General Causative factors
- Classification of childhood disabilities – Definition and characteristics of Auditory Challenge, Intellectual Challenge, Developmental Challenge and Learning Disability among children
- Gifted Children –Definition and characteristics
- Importance of Early Identification and special education

### **Unit V Child Rearing Practices and Behaviour Problems among Children**

- Parenting Styles – Authoritarian, Authoritative and Permissive styles, Influence of child rearing practices on child’s Behaviour.
- Behavioral Problems – Definition, Common Behaviour problems - Thumb sucking, enuresis, temper tantrums, destructiveness - Early identification and Referral.
- Juvenile delinquency – Definition and Causative factors

## **PRACTICALS**

1. Observation of characteristics of an infant
2. Observation of different Developments of pre-school children – Physical, language, Concept development
3. Assessment of social Development among elementary school children
4. Visit to local Special schools for children with disabilities - Taking Case studies
5. Identification of Children with Behaviour problems using a Check List

## **REFERENCES**

1. Berk, L. E. (2007). Child Development. Prentice-Hall of India Pvt. Ltd, New Delhi.
2. Feldman, R.S. (2011). Understanding Psychology, Tenth Edition, Tata McGraw Hill Education Private Limited, McGraw- Hill, New Delhi.
3. Hallahan, D.P. and Kauffman, J.M. (1991). Introduction to exceptional children. 5th ed. Allyn and Bacon, Boston.
4. Hurlock – E.B. (1990) Child Development, Tata McGraw Hill Company Ltd, New York. McGraw- Hill, New Delhi.
5. Rozario, J. and Karanth, P. (2003). Learning disability in India. Sage publication, New Delhi.
6. Santrock, J. W. (2013). Child Development. Tata McGraw Hill Company Ltd, New Delhi.
7. Singh, A. ( 2015). Foundations of Human Development: A life span approach, 1<sup>st</sup> edition Orient Black Swan Pvt. Ltd., New Delhi.

**SEMESTER - IV**  
**HSC-401 - THERAPEUTIC NUTRITION**

Theory: 4Hours/week  
Practicals: 2Hours/week

**THEORY**

**Unit -I Introduction to Therapeutic Nutrition**

- Therapeutic Nutrition – Purpose of Diet Therapy, Therapeutic adaptation of normal diets – liquid, soft and special feeding methods
- Dietitian – Roles and responsibilities,
- Diet counselling,
- IDA – Indian Dietetic Association

**Unit -II Malnutrition and Fevers**

- Fevers – Acute and Chronic fevers – Typhoid, T.B. – Causes, symptoms and dietary management
- Under weight – Causes, assessment and dietary management
- Overweight and Obesity – Causes, assessment and dietary management and complications

**Unit -III Gastrointestinal and Liver Diseases**

- Gastrointestinal Diseases – Peptic ulcer, Diarrhoea, Constipation- causes, symptoms and dietary management
- Liver diseases – Hepatitis, Cirrhosis of liver - Causes, symptoms and dietary management

**Unit -IV Cardio-vascular and Renal Diseases**

- Cardio-Vascular Diseases – Role of fat in the development of Atherosclerosis, Hypertension - Causes, symptoms and dietary management
- Kidney disease – Glomerulonephritis, Nephrosis, Renal Failure - Causes, symptoms and dietary management

**Unit -V Diabetes and Cancer**

- Diabetes Mellitus – Classification, causes, symptoms, Diagnosis, Dietary management and complications
- Cancer – Classification, dietary modifications

## **PRACTICALS**

### **Planning and preparation of the following diets**

1. Preparation of modified diets-Liquid and Soft diets.
2. Planning and preparation of diet in fevers – Typhoid and T.B.
3. Planning and preparation of diets for Underweight and Obesity.
2. Planning and preparation of diet in diseases of Gastrointestinal System – Peptic Ulcer, Viral Hepatitis
3. Planning and preparation of diet in Cardio-Vascular diseases – Atherosclerosis and Hypertension
4. Planning and preparation of diet in Kidney diseases – Nephritis
5. Planning and preparation of diet in Diabetes Mellitus

## **REFERENCES**

1. Bamji MS, Krishnaswamy K, Brahmam GNV. (2016). Textbook of Human Nutrition, 4th edition, Oxford and IBH Publishing Co. Pvt. Ltd.
2. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). “The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt. Ltd.
3. NIN. (2017). Food Composition Tables , National Institute of Nutrition, Hyderabad.
4. Srilakahsmi, B. (2019).Dietetics , 8<sup>th</sup> edition, New Age International Publishers.
5. Srilakahsmi, B. (2018). Nutrition Science , 6<sup>th</sup> edition, New Age International Publishers.
6. Sumati R. Mudambi,.Rajagopal, M.V.(2012). Fundamentals of Foods, Nutrition and Diet Therapy, 6<sup>th</sup> edition, New Age International Publishers.
7. Swaminadhan, M., (1988). Essentials of Food and Nutrition, Volume I and II, The Bangalore Printing and Publishing Co. Ltd., Bangalore.
8. Wardlaw MG&Insel PM. (2004). Perspectives in Nutrition, Sixth Edition,

**SEMESTER - IV**  
**HSC - 402 FABRIC CONSTRUCTION AND APPAREL CARE**

Theory: 4 Hours/week  
Practicals: 2Hours/week

**THEORY**

**Unit I Fabric Construction**

- Weaving – Introduction, parts of the loom, Steps in weaving.
- Types of weaves – Basic and Decorative weaves.
- Concept of Grain, fabric count / Thread count, balance, selvedge.

**Unit II Knitting and Non-woven fabrics**

- Knitting – Definition, classification (weft and warp) - Types of knitting,
- Comparison of Knitting with Weaving – Properties of Knits – Use and Care of Knits
- Non – woven Fabrics – Felting, Bonding, Braiding, Knotting and bonding. Properties of Non-woven fabrics. Applications of non woven fabrics.

**Unit III Finishes - Chemical, Mechanical and functional finishes**

- Introduction to finishes – Importance, Kinds of finishing processes, Classification
- Chemical finishes. – Bleaching, mercerizing, shrinking, degumming, weighting.
- Mechanical finishes – Tenting, Decating, Calendering, Schreinerizing, Moireing, napping, flocking, Crepe and wrinkled effect, beetling and embossing
- Functional finishes – water repellence, flame proofing, mildew proofing, moth proofing, antiseptic and antistatic finishes

**Unit IV Clothing Selection and Wardrobe Planning**

- Factors affecting selection of clothing.
- Clothing selection – Clothing for specific groups – Infants, children and teenagers.
- Selection of common household linen – Towel, table linen and bed sheets.
- Wardrobe planning – Definition, Importance, Factors and Steps for planning wardrobe

**Unit V Laundering**

- Manual Laundry Equipment – Washing, Drying and Ironing.
  - Machine Laundry – Procedure in use of washing machines – Precautions.
- Reagents/ supplies used in Laundry – Soap, detergent, bleaching agents etc.
- Laundering procedure for cotton and linen, woollens, silk and synthetics,
  - Process of Dry cleaning
  - Stain removal – Classification of stains and ways of stain removal

## **PRACTICALS**

1. Identification and preparation of different weaves
2. Identification of thread count of a fabrics
3. Samples of different knits
4. Classify stains and identify the methods of removing stains.
5. Drafting and stitching of salwar.
6. Drafting and stitching of Kameez.

## **REFERENCES**

1. Deepali Rastogi and Sheetal Chopra.(2017). Textile Science” 1<sup>st</sup> edition, Orient Black Swan Pvt. Ltd.
2. Sushma Gupta, NeeruGarg, Renu Saini (2018). Text book of clothing, textiles and laundry” 8<sup>th</sup> edition, Kalyani publishers.
3. Seema Sekhri(2017). Text book of Fabric Science – Fundamentals to Finishing, 2<sup>nd</sup> edition, PHI Learning Pvt. Ltd.
4. Vastala. (2003). Text book of Textiles and Clothing”, 1<sup>st</sup> edition, Published by ICAR.
5. Kanwar Varinder Pal Singh. (2004). Introduction to Textiles, 1<sup>st</sup> edition, Kalyani Publishers.
7. Dantyagi. S, (1996). Fundamentals of Textiles and Their Care, 5<sup>th</sup> edition, Orient Longman Limited.
8. Neomia D’ Souza (1998). Fabric Care, 1<sup>st</sup> edition, New Age International Publishers
9. Durga Deulkar, (2002), Household Textiles and laundry Work, Atma Ram & Sons, Delhi.

# Home Science

## SEMESTER IV

### HSC- 403 - HUMAN DEVELOPMENT AND FAMILY DYNAMICS

Theory: 4Hours/week

Practicals: 2Hours./week

#### THEORY

##### Unit I Human Development - Adolescence

- Adolescence – Definitions by WHO, UNICEF, NCERT, Characteristics.
- Physical and physiological Changes during puberty for Boys and girls
- Developments during adolescence – Cognitive- Piaget’s Formal-operational stage, Emotional and Social development
- Major concerns during adolescence – Substance abuse, Delinquency , Suicidal Ideation, Teen age pregnancy etc. Symptoms and warning signs – Need for Counselling.

##### Unit II Human Development -Young Adult Hood

- Definition, Development tasks, significance of the period, Changing responsibilities
- Adjustments during young adulthood period
- Preparation for Marriage – Factors to be considered in the choice of marriage partner. Modes of mate selection, Self-choice marriage and arranged marriage – Advantages and disadvantages.
- Pre-marital counselling – Meaning and Need for Pre-marital Counselling.

##### Unit III Marriage and Adjustments

- Marriage –Definition and Functions, needs and goals. Criteria for successful marriage.
- Values and goals of marriage – Indian context. Different Marriage practices(Hindu,Muslim & Christian)- Advantages and disadvantages.
- Adjustments in marriage – In laws, sex adjustment to mate, adjustment to parenthood, and financial adjustments.
- Transition to Parenthood – Factors that influence Planned Parenthood.
- Factors responsible for an increase in the rate of legal marital dissolution – Post- marital counselling.

##### Unit IV Indian Family and Changing Trends

- Family – Meaning, Definition, functions of family, sociological significance of family.
- Types of Family – Definitions of Joint, Extended, Nuclear Families, Alternate family styles - Modern trends in family
- Changing Indian family structure – Factors responsible – Impact on Children.
- Problems faced by the modern family – Need for family counselling.

## **Unit V Human Development - Middle and Late Adulthood**

- Middle adulthood – Definition, physical and physiological changes - health issues, Psychological changes during middle age, coping up strategies, preparation for retirement.
- Late adulthood – Sub groups and definitions, Late adulthood and Ageing (beyond 60 years) - Definitions, Characteristics of old age – Physical and physiological changes during old age, cognitive and memory changes.
- Problems of old age and coping up strategies
- Institutionalization of aged in Indian context

### **PRACTICALS**

1. Study of adolescent adjustment problems
2. Case study of adolescent boy and Girl
3. Identification of Mate selection criteria depicted in Mass media
4. Case study of Married couple-Marital adjustment
5. Case study of elderly man and woman.
6. Visit to counselling centre –Finding common problems of adolescents and married Couples

### **REFERENCES**

1. Berk, E. L. (2013). Exploring life span development. 3rd ed. McGraw Hill, New York.
2. Hurlock – E.B. (1990) Child Development MC. Graw Hill Company Ltd, New York. McGraw- Hill, New Delhi.
3. Papalia, D.E. and Olds, SW. (2008). Human development. 11th ed. McGraw Hill. New York.
4. Parbati Sahu.(2009). Marriage and Family Relationships, 1<sup>st</sup> edition, Kalyani publishers
5. Rajammal P Devadas and Jaya, N..(1984). A Text Book on Child Development, MacMillan India ltd.
6. Santrock, J. W. (2007). A topical approach to life-span development. McGraw- Hill, New Delhi:
7. Singh, A. (Ed).( 2015). Foundations of Human Development: A life span approach. New Delhi.
8. Sushila Srivastava and Sudha Rani.K. (2014). Text Book of Human Development – A Life Span Developmental Approach” 1<sup>st</sup> edition, S. Chand & Company Pvt. Ltd.



**SEMESTER – IV**  
**HSC-404 – NUTRITIONAL BIOCHEMISTRY**

Theory: 4Hours/week  
Practicals: 2Hours/week

**THEORY**

**UNIT I Introduction to Biochemistry and Carbohydrates**

- Introduction to Biochemistry - Acids, Bases, Hydrogen Ion Concentration – PH, Buffers and Chemical Bonds.
- Chemistry of carbohydrates
  - Classification, (Monosaccharides , Disaccharides and Polysaccharides)
  - Properties (Physical and chemical),
  - Reactions of carbohydrates.

**UNIT II Lipids and Proteins**

- Chemistry of Lipids
  - Classification of Fatty Acids
  - Properties of Lipids (physical and chemical),
- Chemistry of Proteins
  - Classification of Amino Acids
  - Properties of protein (Physical and chemical)

**UNIT III Enzymes and Co-Enzymes**

- Enzymes – Definition, Properties, Classification, Enzyme Specificity, Enzyme Action, Inhibition and Factors effecting Enzyme Activity.
- Co enzymes – Vitamins as co enzymes

**UNIT IV Metabolism of Carbohydrates**

- Utilization of glucose after absorption,
- Homeostasis of blood glucose
- Glucose Tolerance Test.
- Glycolysis and Kreb’s cycle.

**UNIT V Metabolism of Lipids and Proteins**

- Synthesis of triglycerides
- Beta oxidation and
- bio synthesis of fatty acids.
- Metabolism of Amino acids – Deamination, Transamination, Decarboxylation of amino acids.

## **PRACTICALS**

1. Preparation of acids, bases, buffers, measuring pH.
2. Qualitative analysis – Identification of carbohydrates
3. Qualitative analysis – Identification of proteins and amino acids
4. Qualitative analysis of Lipids.
5. Qualitative analysis of food enzymes – plant and animal.

## **REFERENCE**

1. Rama Rao, A.V.SS. (2015) A Text book of Biochemistry, 6<sup>th</sup> edition, UBSPD publications.
2. Singh S.P., (2011), Principles of Biochemistry, CBS Publishers.
3. Satyanarayana, U. (2000). Biochemistry, 2<sup>nd</sup> edition, Uppala Author publishers.
4. Dulsy Fatima, Dr. L.M. Narayanan (2005). Biochemistry, 1<sup>st</sup> edition, Saras publications.

**SEMESTER - IV**  
**HSC - 405 - INTERIOR DESIGN AND DECORATION**

Theory: 4Hours/week  
Practicals:  
2Hours/week

**THEORY**

**Unit-I Interior Design – Elements & Principles**

- Interior Decoration – Meaning, objectives of Interior decoration.
- Good taste – Meaning, development of good taste
- Design – Definition, types of design – structural and decorative designs.
- Elements of Art/design – Line, Form, Texture, Colour, Space, Light
- Principles of art/design – Harmony, proportion, Balance, Emphasis and Rhythm
- Application of elements and principles of design in improving the appearance of home.

**Unit- II Interior Design- Colour**

- Colour – its importance and effect; Prang colour system – Primary, Secondary and tertiary colours; Dimensions and characteristics of colour;
- Colour schemes and their use in interior decoration;
- Factors affecting colour schemes for different rooms and planning of colour schemes for different areas in the house.

**Unit-III Interior Decoration-Flower Arrangement**

- Flower Arrangement – Elements and principles of art in flower arrangement.
- Types of flower arrangement – Line, mass, line & mass, miniature etc.
- Styles of flower arrangement – Traditional, oriental (Japanese) and modern.
  - Materials and equipment used in flower arrangement.
  - Points to be considered while selecting, storing and making of flower arrangements.
  - Importance of Flower Arrangement in interior decoration

**Unit-IV Interior Decoration - Furniture & Furnishings**

- Furniture Arrangement – Selection of furniture and considerations in arranging the furniture; Furniture arrangement in different rooms.
- Furnishings – Fabrics used as soft furnishings; Selection of fabrics for Upholstery (slip covers, cushions etc.) and Floor covers (carpets and rugs)
- Lighting – Natural and Artificial Fittings – Types and their use in Interior Decoration

**Unit-V Interior Decoration -Accessories**

- Accessories – Functions, classification, kinds, selection, planning, placement and care of accessories
- Window Treatments – Types of windows and window treatments; Factors to be considered in the selection of curtains and draperies
- Table setting – General rules for setting and laying the table; Types – Formal and Informal table setting, Table manners and etiquette.

## **PRACTICALS**

1. Interior Design – A) Elements of Design, B) Types of Design – Natural, Decorative, Conventional, Geometric and Abstract – Drawing/ painting/clippings from magazines.
2. Application of principles of art in different rooms- a) Harmony b) Balance c) Rhythm d) Emphasis and e) Proportion – Drawing/ painting/clippings from magazines.
3. Colour – Value chart, prang colour chart and six standard colours, Application of colour harmonies in different rooms of the house.
4. Different types of flowers arrangement.
5. Furniture arrangement in different rooms.
6. Table setting – Formal and informal table setting.
7. Window treatments – Types

## **REFERENCES**

1. Bela Bhargava (2016). Family resource Management & Interior Decoration, 1<sup>st</sup> edition reprint, University Book House Pvt Ltd. Jaipur.
2. Parimalam, Andal, & Premlatha (2015). A Textbook of Interior Decoration, 1<sup>st</sup>editionreprint, Satish Serial Publishing Home.
3. Premavathy Seetharaman & ParveenPannu (2014). Interior Design and Decoration, CBS Publishers.
4. PremlataMullick (2016). Textbook of Home Science, 4<sup>th</sup> edition , Kalyani Publishers
5. Stella Soundara raj (2009). A Text book of Household Arts, 4<sup>th</sup> edition, Orient Black Swan Ltd.
6. SubasiniMohapatra (2010). Home Management and Household Economics, 1<sup>st</sup> edition Kalyani Publishers.
7. Sushma Gupta, Neeru Garg &Renu Saini (2018). Text book of Family Resource Management, Hygiene and Physiology, 11<sup>th</sup> edition, Kalyani Publishers.
8. Verghese, M.A. & Oagle, M.N. (2005). Home Management, New Age International Publishers.

## SEMESTER IV

### HSC - 406 HOME SCIENCE EXTENSION AND COMMUNITY DEVELOPMENT

Theory: 4Hours/Week  
Practicals: 2 Hours/Week

#### **THEORY**

##### **Unit 1 Program Planning**

- Definition, Objectives and Principles of Program Planning in Extension
- Steps in Program Planning
- Evaluation – Principles, methods of evaluating individual and group performances.
- Methods to find out felt and unfelt needs of the community.

##### **Unit-II Lesson Planning**

- Characteristics of good lesson plan – Pre-requisites and components of lesson planning.
- Planning lessons for a specific groups – Women and Children
- Different topics for lesson plans – Swatcha Bharath, Nutrition and health education.

##### **Unit-III Community Types and Their Characteristics**

- Features of Rural community
- Features of Urban community
- Features of Tribal community

##### **Unit-IV Community Development**

- Community Development – Definition , Scope objectives – Role of Functionaries
  - Panchayat Raj Systems in India (brief) – Meaning, Definition, Democratic Decentralization
  - Five tier system of Panchayat Raj – Village Panchayath –Functions
- Mandal Parishath – Seven Committees (Planning, Production etc.,) Functions
- ZillaParishath – Commitees, Functions- District, State and central level
- Extension organization in Panchayath raj set-up
- Concept of Welfare State, Directive Principles

##### **Unit- V Government and Non-Governmental Organizations**

- Government and Non- Governmental Organizations-Meaning and definition
- Role of organizations (Government and Voluntary ) for the development of people
- International Agencies – WHO, CARE, UNICEF,
- National and Voluntary Agencies – ICDS, RASS, KVK, DWCRA, MEPMA
- Local Level Voluntary Agencies, people’s organizations at grass roots – PASS

## **PRACTICALS**

1. Plan an activity to create awareness among women and children of community surveyed according to their needs and interests - Lecture cum group discussion
2. Field Visits – Mandal Office, ICDS, Mahila Pranganam, PASS organization
3. Community development – Need based group project work.

## **REFERENCES**

1. A guide book for Anganwadi workers. Published by the department of women & child development. Ministry of Human resource development. Government of India.
2. Doshi, S.L. (2007). Rural Sociology. Delhi Rawat Publishers
3. Dahama.O.P .( 1981). Extension and Rural welfare, Ram Prasad and Sons Agra Bhopal.
4. Indhubala9 1980), Gruhavignasastravistarana , Telugu academy text book publications
5. Adivi Reddy (1985). ExtensionEducation, Sreelakshmi press, Bappla,
6. Dubey,V.K.. (2009). Extension Education & Communication, New Age International Ltd
7. Sanths Govind, G. Tamliselvi And J. Meenainbigai. (2011). Extension Education and Rural Development .Agroblos (India) Chopasani Road Jodhpur- 342002 (Raj.)

**Semester-V**  
**HSc-501: Human Development**

**THEORY**

Theory: 3hrs/week  
Practicals: 2hrs./week

**Objectives**

- To impart knowledge principles and factors affecting growth and development
- To educate students on the development patterns of different stages of life span
- To develop skills of conducting case studies

Unit-I	<ul style="list-style-type: none"><li>• Growth and development- definitions of growth, development, maturity, learning, heredity, environment,</li><li>• Principles of development</li><li>• Factors affecting growth and development</li></ul>
Unit-II	<ul style="list-style-type: none"><li>• Prenatal period- stages of pre natal development with its Hazards – factors influencing , Major and minor complications during pregnancy</li><li>• Parturition-stages, types of birth</li></ul>
Unit-III	<ul style="list-style-type: none"><li>• Neonate: APGAR test, Physical and physiological needs of neonate- characteristics of neonate, adjustments of neonate</li><li>• Babyhood-characteristics- physical, motor, language, social, emotional and cognitive developments</li></ul>
Unit-IV	<ul style="list-style-type: none"><li>• Early childhood -characteristics- physical, motor, language, social, moral, emotional and cognitive developments</li><li>• Late childhood-characteristics- physical, motor, language, social, moral, emotional and cognitive developments</li></ul>
Unit-V	<ul style="list-style-type: none"><li>• Puberty-characteristics - physical and physiological changes</li><li>• Adolescence- characteristics physical, social, moral, emotional and cognitive developments, adjustment problems in the family</li></ul>

**Additional Inputs:**

Aberrations in development

**PRACTICALS**

- 1) Case study of a pregnant woman
- 2) Observation of characteristic of infant
- 3) Observation of characteristics of preschool child
- 4) Observation of characteristics of preschool
- 5) Observation of characteristic of late childhood
- 6) Visit to a Neonatal Unit
- 7) Case study of adolescent and adjustment problems

## **REFERENCES**

- A textbook of child development- R.P. Devadas and Jaya (1983)
- Child Development –Elizabeth Hurlock
- Child welfare and Development Paul Chowdhary.D. Atmaram and Sons Delhi (1980)
- Child development- Suriyakanthi
- Telugu Academy Book N.V. Seshamma (1974)



**THIRD YEAR**  
**Semester-V**  
**HSc-502 Management of Family Resources**

Theory: 3hrs/week  
Practicals: 2hrs./week

**Objectives:**

- To educate students on the management of different family resources
- To impart knowledge on decision making at household level
- To develop skill in efficient management of time and energy

**THEORY**

<b>Unit-I</b>	Resources- meaning, classification and characteristics, guidelines for use of resources
<b>Unit-II</b>	Management process- planning, organizing, controlling, delegating, guiding, coordinating, supervising and evaluating ,its importance in Home making – Qualities of a good homemaker-Ethics in Home Management
<b>Unit III</b>	Decision making: definitions- kinds of decision- habitual versus conscious decision making, individual and group decisions, steps in decision making- role of decision making
<b>Unit IV</b>	Management of time- nature and significance- different activities in the home – Preparation of Time Plans ,Techniques of Time Management-Work curve, Peak Load, Time Cost
<b>Unit-V</b>	Energy management in the home- meaning- principles of work simplification- Mundel’s classification of change/ Body mechanisms, fatigue- meaning- types of fatigue and methods of avoiding fatigue- peak loads

**Additional Inputs:**

- Theories of motivation
- Resource management with respect to environment

## **PRACTICALS**

- 1) Work simplification techniques –Path way chart
- 2) Plan and arrange for a festival a) Sankranthi b) X-mas, c) Ramzan
- 3) Decision Making Tree
- 4) Identifying short term, long term goals of a family.
- 5) Time plans
  - a) Students on a working day and holiday
  - b) Time plan for house wife
  - c) Time plan for working woman on a working day and holiday

## **REFERENCES**

- Management for Indian families- M.K. Mann
- Textbook of Home management- N. Ogale, Srinivasan and Vergheese
- Theory and practice of Home management- Dr. K. Kaur and Dr.C. Macheil

**THIRD YEAR**  
**Semester-V**  
**HSc-503 Home Science Extension**

Theory: 3hrs/week  
Practicals: 2 hrs./week

**THEORY**

**Objectives:**

- To introduce the students to the concept and philosophy of extension education
- To acquaint them with the elements and scope of communication.
- To make them understand the principles of teaching and learning, different teaching aids.

**Unit I : Nature and scope of Extension education–**

- Definitions
- Meaning of Extension
- Concept of Extension Education Process (Dr.J.Paul Leagans)
- Need for Extension Education
- Distinguishing features of Extension Education
- Principles, Objectives and functions of extension
- Principles and Philosophy of Extension Education
- Principles underlying the philosophy of extension.
- Role and qualities of Extension worker/ agent

**Unit II: Basic Principles of Teaching and Learning.**

- Definition: Teaching, Learning, learning experiences, learning situation.
- Basic elements of learning situation and their characteristics.
- Principles of learning and their implications for teaching.
- Principles of Motivation in Extension, Classification of Motives
- Steps in Extension teaching.

**Unit III: Communication- Introduction**

- What is communication?- definition
- Types/ forms, and functions of communication.
- Key Elements of communication process (Leagan's model).
- Nature and importance of communication
- Components of communication process

**Unit IV: Teaching aids**

- Definition (Audio, Video and Audio-visual aids) and Purpose
- Classification of audio-visual aids
- Types of Audio Visual Aids (Cone of Experience by Edgar Dale)
- Effective use of Audio visual aids
- Purpose, Advantages and limitations of each aid.

- Public address system, telephone
- Models, mock-ups, specimens, objects
- Exhibits, motion pictures, video, recordings
- Still pictures (a) projected, (b) non-projected
- Other visual aids- chalk board, bulletin board, flannel graph, flash cards, poster, charts- different types of charts.
- Dust and mud sketching.
- Dramatization, puppets, role play, harikatha, burrakatha, etc.
- Factors influencing the selection of Audio Visual Aids
- Criteria for Selection of Audio Visual Aids

### **Unit V: Role of Home Science in community Development**

- Meaning and scope of Home Science
- Role of Home Science in Community Development
- Role of Home Science Extension

Additional Input:

1. Development of communication models for community
2. Crafts/preparation of teaching material-Aids

### **PRACTICALS**

#### **○ Preparation of Teaching aids**

- Model
- Poster
- Flash cards
- Flannel graph
- PPT/ OHP Slides
- Charts
  - Pull chart
  - Tree chart
  - Flip chart
  - Striptease chart
  - Overlay chart
- Puppets

#### **2. Putting up display:**

- Bulletin board
- Exhibition

## REFERENCES

<b>Author</b>	<b>Title of the book</b>	<b>Publisher</b>	
Dr. A. Adivi Reddy	Extension Education	Sri Lakshmi Press, Bapatla	<b>Text Books</b>
Aravind Chandra	Fundamentals of Teaching Home Science		
R.R. Das, Binitha Ray	Teaching of Home Science		
Devadas. R.P.	Methods of Teaching Home Science	A.D.U. Coimbatore	
	Extension Education for Community Development	Directorate of Extension, Govt. of India	
S.V. Supe	Extension Education	Mohan Primlan for Oxford and IBH Publishing Co., New Delhi	
M. InduBala		Telugu Academy Publications	
Sadhu. A.S.	Extension Programme Planning	Oxford and IBH Publishing Co., New Delhi	<b>Reference Books</b>
Ray. G.L.	Extension Communication and Management	NayaPrakash, New Delhi	
Helen A. Stores	Home Making Handbook		
O.P. Dahama	Extension and Rural Welfare		

**THIRD YEAR**  
**Semester-V**  
**Elective I**  
**HSc-504(a) Sociology**

Theory: 3hrs/week  
Practicals: 2 hrs./week

**Objectives:**

- To educate students on the different social institutions
- To create awareness on social problems

**THEORY**

- Unit-I      Sociology- its relation to other social sciences, nature of society and culture  
Society and individual, social interaction, socialization, agents of socialization, social institutions- family, marriage, religion and educational institution
- Unit-II      Social groups- primary- secondary groups, formal and non formal groups  
Different types of family structure, changing village system in India.
- Unit-III     Indian city- consequences of planned and unplanned industrialization, problems of providing basic amenities
- Unit-IV     Prevailing practices- current social problems Juvenile delinquency uncontrolled population (poverty, beggary, human trafficking and domestic violence, child marriage). Areas needing social change- social reforms and progress with special reference to women.
- Unit-V      Concept of welfare state- Directive principles of the Indian constitution.  
Causes for growth of population, Consequences of population explosion, Population Education  
Additional Inputs: Case studies on social problems.

**REFERENCES**

- RM. Sharma, Principles of Sociology Media Promoters and publishers Pvt. Ltd., Bombay 1982
- Vijaya Vize Bhushan Sachdeva, Introduction to Sociology, Kitab Mahal Allahabad, 1970
- G.R. Madam, Indian Social Problems Second Edition , Allied Publishers Pvt Ltd. 1973
- Vidyabhu shan sha, Text book of Sociology
- Local Government in India- Telugu Academy
- K.singh- Urban Sociology- Prakash and Kendra- Sivapur Road, Lucknow- 226020, 1992
- Smt. Rajeswari, Samajasastram, Telugu Academy Text book.

**THIRD YEAR**  
**Semester-V**  
**Elective II**  
**HSc-505(a)- Fabric Embellishment**

Theory: 3hrs/week  
Practicals: 2 hrs./week

**THEORY**

**Objectives:**

- To gain knowledge about Aesthetics involved in dress designing.
- To gain knowledge about different fabric embellishment techniques

**Unit I: Dyes and Dyeing: Definition-dye, mordant, dyeing, fastness.**

**Classification of dyes:**

**Natural Dyes:** Vegetable Animal, Mineral

**Synthetic Dyes:** Direct or substantive dyes, Vat dyes, Mordant or Chrome dyes, Acid, Basic, Sulphur, Disperse.

**Methods of Dyeing:** Preparation of material for dyeing and printing

Stock dyeing, Yarn dyeing, Piece dyeing, solution dyeing, Pigment or dope dyeing, garment dyeing. Identifying dyeing defects:

**Unit II: Printing:** Introduction, definition.

**Various methods of printing:**

Direct:-Block, Stencil, Roller, Duplex, Discharge,

Resist- Screen, Transfer, Warp, Photo, Batik, Tie Dyeing and Flocking.

**Unit III: Care of clothing:**

- i. Laundry equipment – reagents uses and applications.
- ii. Principles of laundering-washing machines-brands available and types
- iii. Methods of laundering – Bleaching and finishing.
- iv. Stain removal
- v. Dry cleaning

**Unit IV: Traditional Indian Textiles :**

Traditional Embroideries – Kaseeda, Punjab Phulkari, Chamba Roomals, Kanthas of Bengal, Lucknow Work- Motifs, Stitches used and colours etc.

**South Indian Textiles:** Kanjeevaram, Mysore silk, Venkatagiri, Mangalagiri, Gadwal, Uppada, Narayanpet, Pochampalli, and Kalamkari (Machilipatnam, Kalahasthi) fabrics.

**Unit V: Study of Traditional Indian Costumes and accessories-** Introduction, definition of costume, accessory.

Traditional male and female costumes prevalent in different states of India- Andhra Pradesh, Tamilnadu, Kerala, Karnataka, Maharastra, Punjab, Jammu & Kashmir, Assam, Bengal, their importance in present scenario in textiles and apparel industry.

Different types of accessories

**Additional Input:**

**Household textiles:** introduction, definition, classification

**Table linen:** fabric count, size, finish, design suitability, serviceability, workmanship, use and care.

Towels and bathroom ensembles: size, fiber construction, dimensions of pile, absorption, strength, compactness of background, colour co-ordination, use and care.

Bed linen- types, brands, size, quality, attraction, fiber content, colour co-ordination, construction, weight, finish, warmth, comfort, workmanship, use and care.

## PRACTICALS

1. **Laundering:** (a)Sorting, (b)Mending, darning, (c)Stain removal, (d)Laundering of cotton, wool, silk and synthetic fabrics, (e)Application of blue (direct and indirect method) (f)Application of starch, (g)Finishing /ironing

## 2. Dyeing and Printing

- i) Direct dyeing/printing
  - (a) Stencil- with brush, spray techniques
  - (b) Block printing.
- ii) Resist dyeing/printing
  - (a) Batik using cold dyes.
  - (b) Tie dyeing with naphthals and vats

3..Attaching sari fall

4. Picot

5 Renovating old garments

6. Drafting, pattern laying, cutting and Construction of

- i. Pillow cover, ii. Sari petticoat, iii. Kameez/ kurthi, iv. Salvar/chudidar.

## REFERENCES

S.No	Author	Title	Publisher	
1	Durga Deulkar	Household Textiles and laundry work	Atmaram & sons.	Text Books
2	Susheela Dantyagi	Fundamentals of Textiles and their care	Orient Longman	
3	Sushma Gupta, Neeru Garg, Renu Saini	Textbook of Clothing and Textiles	Kalyani Publishers, Hyderabad	
4	V. Nurjahan, R. Santha		Telugu Academy Publication	
5	Katherine Paddock Hess	Textiles Fibers and their use.	Oxford &IBH, New Delhi	
6	Bernard P. Corbman	Textiles- Fiber to Fabric	Mc Graw International Edition	Reference Books
7	Mc. Calls Sewing in Colour		Hamlyn House, London	
8	Manmeeth Sing	Dress Designing	Kalyani Publishers	
9	Mary Kefgen	Individuality in clothing		
10	Mary Mathews	Clothing Construction		
11	Biswas	Indian Costumes		



**THIRD YEAR**  
**Semester-V**  
**Elective III**  
**HSc-506(a)- COMMUNITY NUTRITION**

Theory: 3hrs/week

Practicals: 2hrs/week

## **THEORY**

### **Objectives**

1. The course deals with the assessment of the nutritional status and common nutrition related problems of the community.
2. The students would learn the basic principles of diet therapy and therapeutic nutrition and understand the dietary management in common diseases/disorders commonly observed in the community.

#### **Unit – I : a. Food adulteration -**

- Adulterants in different foods, their harmful effects.
- Simple tests for detection of adulterants in food
- Prevention of Food Adulteration Act

**b. Home Scale methods of Food Preservation** – Introduction, preparation of Jam, Jellies and squash

#### **Unit - II : Assessment of nutritional status of the community**

Introduction, definition of Nutritional status, need of nutritional assessment.  
**Anthropometry**- Age, Body weight, Height, , MUAC, Head Circumference, Chest Circumference, WHR

- a) Nutritional Assessment classification** - for children : weight for age, height for age and weight for height using WHO standards, for Adults: BMI (WHO Classification)
- b) Clinical Assessment** – Nutritional deficiency symptoms
- c) Biochemical Methods** – for assessing nutritional status need for biochemical tests (Urine, Blood and stools)

#### **Unit - III : (a) Dietary Assessment** - Food Balance sheet, Inventory or log book method, food weighment method, Expenditure pattern method, Oral Question method (24Hours Recall method). General guide lines for carrying out Diet surveys in the community.

**(b) Vital Statistics:** Infant mortality rate, Peri-natal Mortality Rate, Maternal Mortality Rate

#### **Unit- IV : a. National Nutrition Policy** – Direct and Indirect Interventions

**b. National Nutritional Programmes** - Direct Nutrition programmes

- Vit A prophylaxis programme
- Iron prophylaxis programme
- Universal Iodisation of salt

### **Indirect nutritional programmes**

- ICDS
- Mid day meal programme
- c. Role of National and international organizations in alleviating Malnutrition

- Unit -V** : a. **Nutritional problems prevalent in India** –Protein Energy Malnutrition, Anaemia, Vitamin-A, Iodine and B-complex deficiencies.
- b. **Food Security** – Household level and National level
- c. **Nutrition Education**: Importance and types

#### **Additional Inputs:**

Survey on implementation of Nutrition intervention programmes in Government and NON-Government Organizations

### **PRATICALS**

1. Simple physical and chemical tests for detection of adulterants in food
  1. Diet and Nutrition surveys
  2. Identifying vulnerable, at risk groups
  3. Breast feeding and weaning practices of specific groups.
  4. Use of Anthropometric measurements in assessing the nutritional status.
5. Observation of mid day programme at Anganwadi Center.
6. Observation and Planning of School Lunch Programmes.

### **REFERENCES**

1. Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
2. Wardlaw MG, Insel PM (2004). Perspectives in Nutrition, Sixth Edition, Mosby
3. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt Ltd.
4. 4.NIN, ICMR (1990). Nutritive Value of Indian Foods.
5. 5.Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
6. Seth V, Singh K (2005). Diet planning through the Life Cycle: Part 1. Normal Nutrition. A Practical Manual, Fourth edition, Elite Publishing House Pvt Ltd.
7. Srilakahsmi, B., Dietetics, New Age International (P) Ltd., 2000.
8. Swaminadhan, M., 1988, Essentials of Food and Nutrition, Volume I and II, The Bangalore Printing and Publishing Co. Ltd., Bangalore.

## THIRD YEAR

### Semester-VI

#### HSc-601 Early Childhood Care and Education

#### THEORY

3hrs/week

Theory:

Practicals: 2hrs./week

#### Objectives:

- To impart knowledge on the early childhood education, its importance and history
- To develop knowledge on play and its importance in childhood
- To inculcate the skill on planning and conducting preschool activities

- Unit-I
  - History and significance of ECCE- Aims and Objectives,
  - Types of preschools- Nursery, Anganwadi, Montessori schools
- Unit-II
  - Characteristics of preschool - site, location, space, equipment, facilities, qualities of preschool teachers, records and registers to be maintained.
- Unit-III
  - Play behavior in children- stages of play behavior- values of plays- physical, social, educational psychological and therapeutic values.
  - Types of play- free play, dramatic, constructive etc.
- Unit-IV
  - Preschool program- long term, short term planning. Daily program, model program- importance of each activity in a days program (Medical check up, outdoor and indoor play, snack, rest, story, rhyme, creative activity and science experience)
  - Importance of parent teacher meeting.
- Unit-V
  - Needs of children
  - Rights of Child
  - Organization and programs for child welfare-International- UNICEF, WHO, UNESCO, FAO, CARE ,National- NIPCCD, ICDS, NCERT, SSA, SOS village, ICCW, IAPE etc

#### Additional Inputs:

Digital Transactions-Impact

Consumer Activism-Case Studies

#### PRACTICALS

1. Observation of preschool child - recording the all round developmental behavior of the child.
2. Observation of preschool teachers
3. Observation of preschool program

4. Visit to Anganwadi centre.
5. Planning a days program and participating in preschool
6. Preparation of any play equipment
7. Organizing - participating in parent teacher meeting

**Additional Inputs:**

Philosophers and Contributors of Preschool Education-India & Abroad

**REFERENCES**

Play and child development 1984. Sylvia. K et al National Institute of Public co-operation and child development.

- Telugu Academy Book N.V. Seshamma (1974)
- Systems of pre school education- R. Muralidharan, IAPE, New Delhi, 1965.
- The nursery school a human relationship laboratory read K.H. IBH, Calcutta- 1968.
- History and Philosophy of Preschool education by Agarwal
- Child Development-Elizabeth Hurlock

**THIRD YEAR**  
**Semester-VI**  
**HSc-602 Therapeutic Nutrition**

Theory: 3hrs/week  
Practicals: 2hrs/week

**Objectives**

- To understand different types of feeding methods
- To get information on diets to be given for various diseases
- To impart the knowledge on various diseases and etiological factors and causes

**THEORY**

- Unit – I** : 1. **Dietician** – Definition, Role & responsibilities of dietician, Code of Ethics, Indian Dietetic Association (IDA), introduction- history, membership, registered dietitian, Diet Counseling - Importance
2. **Methods of Feeding** – Enteral and Parenteral
3. **Types of diets**- clear fluid, full fluid, soft and regular normal diet
- Unit - II** : a. **Diet in Fevers** – causes, Types and general dietary modifications
- b. **Diet during Nutritional disorders**
1. **Under nutrition** - Aetiology, Food and Nutritional requirement, dietary requirement.
2. **Obesity** – Aetiology, Types, assessment, Dietary guidelines, nutritional requirements and suggested recipes.
- Unit - III** : a. **Diet in Diabetes Mellitus** – Aetiology, Types, Symptoms, Diagnosis, Management of Diabetes (Diet, Drugs, Physical activity and Awareness)
- b. **Kidney diseases** – Diet during Glomerulonephritis and Nephrotic Syndrome
- Unit- IV** : a. **Cardiovascular diseases** – Dietary management during Atherosclerosis and role of fat. Dietary management in Hypertension
- b. **Cancer** – Nutritional problems of cancer therapy and Dietary management
- Unit -V** : **Gastro intestinal tract diseases**
1. Dietary management in diarrhea, constipation and peptic ulcer.
2. Dietary management in liver diseases- Infective hepatitis, Cirrhosis of Liver, jaundice

**Additional Inputs:**

Modification of Nutrients in Therapeutic Diets

## **PRACTICALS**

1. Modification of normal diet.
2. Planning and preparation of diets for the following conditions
  - a. Peptic ulcer and constipation
  - b. Diabetes Mellitus
  - c. Atherosclerosis
  - d. Nephritis
  - e. Obesity
  - f. Jaundice
3. Diet in Kwashiorkor, Marasmus
4. Planning a diet for typhoid patient
5. Planning a diet for common fever
6. Planning a diet for hypertension patient
7. Visit to dietary department

## **REFERENCES**

1. Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
2. Srilakshmi, B., Dietetics, New Age International (P) Ltd., 2000.
3. Wardlaw MG, Insel PM (2004). Perspectives in Nutrition, Sixth Edition, Mosby
4. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt Ltd.
5. NIN, ICMR (1990). Nutritive Value of Indian Foods.

**THIRD YEAR**  
**Semester-VI**  
**HSc-603 Home Science Extension & Community Development**

**THEORY**

Theory: 3hrs/week  
Practicals: 2hrs/week

**Objectives:**

- To explore the students to different teaching methods.
- To introduce them to the basic elements of programme planning.
- To get them learn the lesson planning techniques.
- To acquaint them with the concept of non-governmental organizations.

**UNIT I: Extension Programme Planning**

- Extension Programme Planning - Definition
- Criteria for Good Programme Planning
- Principles of Programme planning
- Steps for making a programme
- Methods to find out felt and unfelt needs of the community.
- PRA (Participatory Rural Appraisal) methods
- Evaluation: Principles, methods of evaluating individual and group performances

**UNIT II: Extension teaching methods:**

- Introduction
- Definition
- Classification of Extension teaching methods 1. According to use 2. According to form
- **Individual contacts**  
(i) Form and home visits (ii) Office calls (iii) Personal letters (iv) Result demonstration
- **Group contacts**  
(i) Method demonstration (ii) General meetings (iii) Field trips
- **Mass contacts**  
(i) Publications (ii) Circular letters (iii) News articles (iv) Radio (v) Television (vi) Campaign
- Strong and weak points of three categories of Extension methods
- Factors to be considered in the selection, combination and use of Extension methods.

**UNIT III: Planning lessons for specific groups.**

- Definition
- Introduction
- values and necessities of lesson plan
- components of lesson plan,
- Important aspects of good lesson plan, etc.

**UNIT IV: Contribution of voluntary organizations in Extension**

**International-** CARE- REDCROSS

**National--**DWACRA -TRYSEM - NREGA , NFSM, NIRD ICAR, CDP, KVK,

MAHILA

MANDAL, NES

**UNIT V:** (a): Three tier Panchayat raj system in India

(b): Extension Administration and Supervision – Principles of Good Administration, Coordination – Definition, Importance of Coordination in the Community

**Additional Inputs:** Visit to progressive farmers/ Agricultural Research Station

### PRACTICALS

1. Preparation of literature:
2. (Pamphlet/folders)
3. Survey in a community to find out needs and interests of people and resources available.
4. Planning lessons for the women based on their needs and interests.
5. Plan an activity to create awareness among women and children of community surveyed according to their needs and interest (Nutrition Education, Child care), (a)Lecture cum group discussion
  - a. Method demonstration
6. Conducting workshop to teach any craft.
7. Planning and conducting a field trip to any institute related to Extension work to get acquainted with the set-up.
8. . Extension programme planning- a model.
9. Visit to the Mandal office

### REFERENCES

Author	Title of the book	Publisher	
Dr. A. Adivi Reddy	Extension Education	Sri Lakshmi Press, Bapatla	Text Books
Aravind Chandra	Fundamentals of Teaching Home Science		
R.R. Das, Binitha Ray	Teaching of Home Science		
Devadas. R.P.	Methods of Teaching Home Science	A.D.U. Coimbatore	
	Extension Education for Community Development	Directorate of Extension, Govt. of India	
S.V. Supe	Extension Education	Mohan Prmlan for Oxford and IBH Publishing Co., New Delhi	
M. InduBala		Telugu Academy Publications	
Sadhu. A.S.	Extension Programme Planning	Oxford and IBH Publishing Co., New Delhi	Reference Books
Ray. G.L.	Extension Communication and Management	NayaPrakash, New Delhi	
Helen A. Stores	Home Making Handbook		
O.P. Dahama	Extension and Rural Welfare		



**THIRD YEAR**  
**Semester-VI**  
**Elective I**  
**HSc-604(a) Family dynamics**

Theory: 3hrs/week  
Practicals: 2hrs/week

**Objectives:**

To impart knowledge on marriage and family and their functions  
To develop skill on

- Unit-I (a) Marriage definition - goals of marriage, Criteria for mate selection- rituals followed in various marital ceremonies like Hindu, Muslim and Christian - practice of dowry and its present status, legal provisions related to marriage and family
- Unit-II Areas of marital adjustment  
Factors influencing marital adjustments. Pre marital and marital counseling, love and arranged marriage.
- Unit-III Family definition - functions, types of families - nuclear and joint – characteristics of a family - changing trends in family system - values needed for better family relations. Importance of family life education
- Unit-IV (a) Stages in family life cycle-  
Family in the beginning  
Expanding family  
Maturing family  
Old age  
Preparation for parenthood - parenting styles (authoritarian, permissive and democratic styles) their impact on child development  
Structure and forms of a family
- Unit-V Status of women in the modern world education, employment and marriage, economic responsibilities and privileges.  
Additional Input: Legal provisions for women to ensure their safety.

**Practicals:**

1. evaluation of matrimonial advertisements
2. Criteria for mate selection
3. visit to family counseling centre
4. visit to old age home
5. Role play on problems of the aged
6. panel discussions on social problems of adults
7. picture talks on problems of adolescents

**References:**

Indian social system by K.Singh

Urban sociology by K.Singh

Vivahamu kutumbha sambandhalu Telugu Academy book

Text book of sociology by Vidhyabhushan.

Marriage and family by Landis and Landis

Marriage by Blood.O

**THIRD YEAR**  
**Semester-VI**  
**Elective II**  
**HSc-605(a) Family Attire and Consumer Education**

**THEORY**

**Unit-I** Criteria of selection of fabrics for garment

- a. Characteristics and needs
- b. Characteristics of fabrics
- c. Thread count
- d. Shrinkage, labels, reliable brands
- e. Size of budget
- f. Selecting garments for different age groups

**Unit-II** Readymade clothing- selection and examination of garments for quality of cloth, shape of garments, fitting and price, comparison of readymade garments with homemade and tailor made- garments.

**Unit-III** Consumer buying- budget, advertising, labeling and standards

Factors which control price fashion- advertising- production cost- world condition- availability of raw materials

**Unit-IV Wardrobe planning:** Introduction, wardrobe-definition.

- a) Aims, personal analysis, inventory & clothing extenders
- b) Principles of wardrobe planning – budget, occasion, climate, occupation, interest, number of family members, age, figure, fashion, quality, accessories etc.
- c) Principles applied to general figure problems and use of colour, prints, lines and checks.
- d) Renovation of old garments.

**Unit V Household textiles:** introduction, definition, classification

Table linen: fabric count, size, finish, design suitability, serviceability, workmanship, use and care.

Towels and bathroom ensembles: size, fiber construction, dimensions of pile, absorption, strength, compactness of background, colour co-ordination, use and care.

Bed linen- types, brands, size, quality, attraction, fiber content, colour co-ordination, construction, weight, finish, warmth, comfort, workmanship, use and care.

**PRACTICALS**

1. Shrinkage Test/ dimensional stability
2. Colour fastness for sunlight.
- b. Making an inventory of one's own clothing.
- c. Planning wardrobe for two income groups.
2. Attaching sari fall
3. Picot
4. Renovating old garments
5. Drafting, pattern laying, cutting and Construction of
  - ii. Pillow cover
  - iii. Kameez/ kurthi
  - iv. Salvar/chudidar.

**THIRD YEAR**  
**Semester-VI**  
**Elective III**  
**HSc-606(a) Household Economics**

**THEORY**

3hrs/week

Theory:

Practicals: 2hrs./week

**Objectives:**

- To impart knowledge on household economics, laws of economics
- To inculcate knowledge on consumer education
- To develop the skill of budgeting for different income levels

- Unit-I
- Basic terminology of economics, concept of household economics
  - Human wants- nature and classification,
  - Laws of consumption –Law of Demand, Law of equimarginal utility, Law of Diminishing marginal utility, consumer surplus
- Unit-II
- Consumer education
  - purchasing methods- guidelines for wise purchase,-
  - Consumer rights
  - Consumer Protection Act
  - consumer problems
- Unit III
- Values, goal, standards, and their inter-relationship
  - Standard of living- Definition factors influencing standard of living, ways of improving standard of living
- Unit-IV
- Money management in the home
  - Budget- meaning, types and importance
  - Household financial records-Short term, Long term
  - Ways of Supplementing family income
- Unit –V
- Meaning and importance of savings
  - Types of savings in post office LIC, Chit funds and saving schemes of banks
  - Family investments – Bonds, Stocks and Shares

**Additional Inputs:**

Digital Transactions-Impact

Consumer Activism-Case Studies

## **PRACTICALS**

- 1) Budget plans for different incomes
  - Low income group
  - Middle income group
  - High income group
- 2) Interview any head of the family and collect the information about their savings
- 3) Prepare a check list of qualities of good home maker and evaluate your self
- 4) Prioritise your values and record the same
- 5) Residential stay/ home management cottage stay.

## **REFERENCES**

- Family resource management: Principles- Deacon R. and Firebangh
- Management for living- Nickell P. and Dorney J.M