

M.A/M.Sc Home Science
FIRST SEMESTER/ SECOND SEMESTER
Elective paper
Basic Home Science

Objectives -

- To Understand the relationship between foodnutrition and health.
- To Understand the functions of food. basic concepts of food groups and balanced diet.
- To develop an understanding about the discipline of life span Development.
- To enable studentunderstand the fundamentals ofresource management in changing scenario and available resources.
- To learn the Concept of extension, It's Philosophy, principles,and scope.
- To Impart the knowledge of textiles fibers and yarns in terms of their production,properties and application.

<u>Unit-I</u>		Credits	Hours
a.	Home Science – <ul style="list-style-type: none"> • Meaning, Importance, objective, History. • Different branchof Home Science. 		
b.	food & Nutrition - <ul style="list-style-type: none"> • Basic Concepts in food and nutrition. • Basic terms used in study of food & Nutrition. • Understandingrelationship between food, nutritionand health. • Functions of food - Physiological, psychological and social. 		
<u>Unit -II</u>			
a.	Human-Development - <ul style="list-style-type: none"> • Concept, Definition, Principles and types. • Importance of Human Development from life span perspective. 		
b.	Different stages of Human Development.		
<u>Unit -III</u>			
a.	Home Management – <ul style="list-style-type: none"> • Meaning, Definition, characteristics. • Step - Planning, Origination. Control Evaluation. • Elements of Art. • Principles of Design. 		

b.	Extension Education – <ul style="list-style-type: none"> • Concept, Scope, Principles, objectives and Philosophy of Extension. • Extension Methods & Approaches, Classification, Characteristics and Selection. 		
Unit – IV			
a.	Textile – <ul style="list-style-type: none"> • Terminology and classification of textile fibers and their properties, Identification fibers. 		
b.	<ul style="list-style-type: none"> • Care and storage of textiles. • <i>laundering of textiles.</i> • Stain removal labels. 		

Course Outcome-

Student will be able to learn following points -

- Comprehend the relationship between food nutrition and health.
- Understand the function of food, basic Concepts of food groups and balanced diet.
- ~~The students will be able to develop understanding about the discipline of Life span development.~~
- Comprehend the fundamentals of resource management in changing scenarios.
- Learn the concept of extension, its philosophy, principles and scope.
- Describe textile fibers in terms of their production and properties.

Assessments-

- Continuous Evaluation
- Quiz
- Identification tests
- Assignments

Teaching Methodology -

- Lecture methods.
- Discussion.
- Power point presentations.
- Demonstrations.
- Audio Visual resources, workshop / task Role Play etc.

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Reference: -

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- Kumar and Hansra. (1997), Extension Education for Human Resource Development New Delhi Concept Publishers.
- Mikkelsen, Britha (2002); Methods for Development work and Research, New Dell: Sage Publications.
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