



(For the candidates admitted from the academic year 2016-2017 onwards)

Sem	Part	Course	Ins. Hrs	Credit	Exam Hours	Marks		Total	
						Int.	Ext.		
I	I	Language Course – I (LC) – Tamil*/Other Languages +#	6	3	3	25	75	100	
	II	English Language Course - I (ELC)	6	3	3	25	75	100	
	III	Core Course – I (CC)	Food Science	6	6	3	25	75	100
		Core Practical – I (CP)	Food Science and Principles of Nutrition (P)	3	-	-	-	-	-
		First Allied Course–I (AC)	Applied Zoology	4	4	3	25	75	100
		First Allied Course – II (AP)	Applied Zoology and Human Physiology (P)	3	---	---	---	---	---
	IV	Value Education	Value Education	2	2	3	25	75	100
TOTAL			30	18				500	
II	I	Language Course – II (LC) - Tamil*/Other Languages +#	6	3	3	25	75	100	
	II	English Language Course – II (ELC)	6	3	3	25	75	100	
	III	Core Course – II (CC)	Principles of Nutrition	6	6	3	25	75	100
		Core Practical -I (CP)	Food Science and Principles of Nutrition (P)	3	3	3	40	60	100
		First Allied Course –II (AP)	Applied Zoology and Human Physiology (P)	3	3	3	40	60	100
		First Allied Course–III (AC)	Human Physiology	4	2	3	25	75	100
	IV	Environmental Studies	Environmental Studies	2	2	3	25	75	100
TOTAL			30	22				700	
III	I	Language Course – III (LC) Tamil*/Other Languages +#	6	3	3	25	75	100	
	II	English Language Course - III (ELC)	6	3	3	25	75	100	
	III	Core Course – III (CC)	Textiles and Clothing	6	6	3	25	75	100
		Core Practical - II (CP)	Textiles and Clothing & Human Development (P)	3	-	-	-	-	-
		Second Allied Course – I (AC)	Computer Applications in Home Science	4	4	3	25	75	100
		Second Allied Course –II (AP)	Computer Application in Home Science and Dress Designing (P)	3	---	---	---	---	---
	IV	Non Major Elective I – for those who studied Tamil under Part I a) Basic Tamil for other language students b) Special Tamil for those who studied Tamil upto 10th +2 but opt for other languages in degree programme	Bakery and Food Preservation	2	2	3	25	75	100
TOTAL			30	18				500	

IV	I	Language Course –IV (LC) Tamil*/Other Languages +#		6	3	3	25	75	100	
	II	English Language Course – IV (ELC)		6	3	3	25	75	100	
	III	Core Course – IV (CC)	Human Development		5	5	3	25	75	100
		Core Practical - II (CP)	Textiles and Clothing and Human Development (P)		3	3	3	40	60	100
		Second Allied Course –II (AP)	Computer Application in Home Science and Dress Designing (P)		3	3	3	40	60	100
		Second Allied Course – III	Dress Designing		3	2	3	25	75	100
	IV	Non Major Elective II – for those who studied Tamil under Part I a) Basic Tamil for other language students b) Special Tamil for those who studied Tamil upto 10 th +2 but opt for other languages in degree programme	Apparel Designing		2	2	3	25	75	100
		Skill Based Elective I			2	2	3	25	75	100
	TOTAL				30	23				800
	V	III	Core Course – V (CC)	Nutrition in Health		5	5	3	25	75
Core Course – VI (CC)			Nutrition in Disease		5	5	3	25	75	100
Core Course – VII (CC)			Community Nutrition		5	5	3	25	75	100
Core Practical – III (CP) –			Nutrition in Health and Disease (P)		4	3	3	40	60	100
Major Based Elective – I			General Microbiology		5	5	3	25	75	100
IV		Skill Based Elective – II			2	2	3	25	75	100
		Skill Based Elective – III			2	2	3	25	75	100
		Soft Skills Development	Soft Skills Development		2	2	3	25	75	100
TOTAL				30	29				800	
VI	III	Core Course – VIII (CC)	Family Relationship		6	6	3	25	75	100
		Core Course – IX (CC)	Housing and Interior Decoration		6	6	3	25	75	100
		Core Practical – IV (CP)	Housing and Interior Decoration (P)		5	4	3	40	60	100
		Major Based Elective II	Family Resource Management		6	6	3	25	75	100
		Major Based Elective III	Extension Education		6	6	3	25	75	100
	V	Extension Activities	Extension Activities		-	1	-	-	-	-
		Gender Studies	Gender Studies		1	1	3	25	75	100
	TOTAL				30	30				600
GRAND TOTAL				180	140				3900	

Language Part – I	-	4	
English Part –II	-	4	
Core Paper	-	9	
Core Practical	-	4	
Allied Paper	-	4	
Allied Practical	-	2	
Non-Major Elective	-	2	
Skill Based Elective	-	3	
Major Based Elective	-	3	
Environmental Studies	-	1	
Value Education	-	1	
Soft Skill Development	-	1	
Gender Studies	-	1	
Extension Activities	-	1	(Credit only)

* for those who studied Tamil upto 10th +2 (Regular Stream)

+ Syllabus for other Languages should be on par with Tamil at degree level

those who studied Tamil upto 10th +2 but opt for other languages in degree level under Part I should study special Tamil in Part IV

** Extension Activities shall be out side instruction hours

Non Major Elective I & II – for those who studied Tamil under Part I

- a) Basic Tamil I & II for other language students
- b) Special Tamil I & II for those who studied Tamil upto 10th or +2 but opt for other languages in degree programme

Note:

	Internal Marks	External Marks
1. Theory	25	75
2. Practical	40	60
3. Separate passing minimum is prescribed for Internal and External marks		

FOR THEORY

The passing minimum for CIA shall be 40% out of 25 marks [i.e. 10 marks]

The passing minimum for University Examinations shall be 40% out of 75 marks [i.e. 30 marks]

FOR PRACTICAL

The passing minimum for CIA shall be 40% out of 40 marks [i.e. 16 marks]

The passing minimum for University Examinations shall be 40% out of 60 marks [i.e. 24 marks]

CORE COURSE I
FOOD SCIENCE

Objectives: To enable the students to

1. Obtain knowledge of different food groups, their composition and their role in diet.
2. Study the different methods of cooking foods.
3. Obtain knowledge about the nutrients present in the foods.

UNIT I

- a. Definitions : Food Science, Food, Nutrients, Nutritional Status, Mal-nutrition- Under – nutrition, over nutrition, Balanced diet, Hunger- Hollow Hunger, Hidden Hunger, Appetite, Satiety, Health, Meal, Menu.
- b. Food Groups: Basic five, Nutritional classification of foods – Energy yielding, Body building and protective foods.
- c. Cooking: Objectives, cooking methods- Moist and Dry heat methods of cooking, merits and demerits.

UNIT II

- a. Cereals and Cereal products: Structure and Nutritive value of rice and wheat, nutritional importance of millets– maize, jowar, ragi, bajra, Milling of rice and wheat, Parboiling of rice, Products of wheat and rice, Enrichment and fortification of cereals and flours, Batters and doughs; Malting of cereals.
- b. Pulses and Nuts: Nutritive value, factors affecting cooking quality of pulses, germination – process, advantages.

UNIT III

- a. Vegetables: Botanical classification, Nutritive value, Pigments- fat soluble, water soluble, selection of vegetables, cooking of vegetables- changes during cooking, nutrient loss, effect of cooking on the pigments
- b. Fruits: Classification, Nutritive value, changes during ripening of fruits, enzymatic browning and prevention, storage.

UNIT IV

- a. Milk and Milk Products: Composition and Nutritive value, Different types of milk, pasteurization of milk, milk products- dry milk, cheese.
- b. Egg: Structure, Composition and Nutritive value. Measures of egg quality, role of egg in cookery.
- c. Meat- structure, composition, a list of different types of meat, cuts of meat, post mortem changes in meat, and tenderness of meat.

- d. Poultry- composition and classification.
- e. Fish- structure, composition, nutritive value, selection of fish.

UNIT V

- a. Fats and oils- composition processing and refining of fats, refined oils, plasticity, hydrogenation, winterization. Smoking point, factors that lower smoking point, absorption of fat during cooking.
- b. Sugar- nutritive value, sugar related products, stages of sugar cookery, crystallization, factors affecting crystallization.
- c. Spices and condiments- types and uses in Indian cookery, medicinal value.

Related Experience

Visit to a modern rice mill

Visit to a Dairy farm/ Milk processing unit

TEXT BOOKS

1. **Potter, N. and Hotchkiss, J.H. Food Science**, 5th Ed., CBS Publications and Distributors, Daryaganji, New Delhi, 1998.
2. **Shakuntala Manay, Shadaksharaswamy. M (2000) Foods, Facts and Principles**, New Age International Pvt Ltd Publishers, 2nd Edition
3. **Usha Chandrasekhar, Food Science and Application in Indian Cookery**, Phoenix Publishing House P. Ltd., New Delhi, 2002.
4. **Srilakshmi, B. Food Science**, New Age International Publishers, New Delhi, 2010
5. **Swaminathan, M, Hand Book of Food Science and Experimental Foods**, BAPPCO, Bangalore, 1992

REFERENCE BOOKS

1. **Brow, A., Understanding Food**, Thomson Learning Publications, Wadsworth, 2000.
2. **Mehas, K.Y. and Rodgers, S.L. Food Science and You**, McMillan McGraw Company, New York, 2000.
3. **Parker, R. Introduction to food Science**, Delmer, Thomson Learning Co., Delma, 2000.

CORE PRACTICAL I

FOOD SCIENCE AND PRINCIPLES OF NUTRITION (P)

GENERAL

1. Different types of cereals, pulses, vegetables, fruits and nuts and oil seeds – Observation
2. Guidelines to be followed in laboratory.
3. Method of Measuring Ingredients.
4. Demonstration of Cooking Methods.

FOOD SCIENCE (PRACTICAL)

1. Cereals – Preparation of rice by steaming, absorption method, Straining and Pressure cooking. Batters and dough. Preparation of Idli, Dosa, Upma, Kichadi, Chapathi, Poori, Fried Rice, Briyani and variety rice.
2. Pulses – Factors affecting the cooking quality of pulses. Preparation of Sambar, Sundal, Bholi, Mysore-pak, Vada, Channa Masala, Thuvaiyal, Green gram payasam, Besanomelette, Sprouted salad and koottu.
3. Vegetables – Selecting, cleaning, coring, pitting and chopping of fruits and vegetables. Avial, porriyal, pugath, stew, kuruma, cutlet, fry, chips, podimas, pachadi, stuffed chapathi, koottu.
4. Fruits – Fritters, Halwa, Salad, Stuffed items, Jelly, Payasam, Thokku, Sauce and Jams.
5. Milk – Cottage Cheese, Paneer, Phirnee, Payasam, Ice cream, kova, Buttermilk curry, Basanthi and Jamun.
6. Egg – Boiled, Scrambled, Poached, Curry, Masala, Omelette.
7. Three Course, Five Course and Seven Course menu planning.
8. Score card preparation and sensory evaluation.

PRINCIPLES OF NUTRITION (PRACTICAL)

Objectives: To enable the students to

1. Know the biochemical reactions of the nutrients
 2. Understand the techniques of estimating micro nutrients
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1. Planning and Nutritive value calculation and preparation of macro nutrient rich dishes
 - a. Carbohydrate- Starch, Fibre
 - b. Protein
 - c. Fat
 2. Planning and Nutritive value calculation and preparation of micro nutrient rich dishes
 - a. Vitamins- Vitamin A, Vitamin C, Thiamine, Riboflavin and Niacin

- b. Minerals- Calcium, Iron, Zinc, Phosphorus, potassium
3. Demonstration of estimation of nitrogen
4. Demonstration of fibre estimation
5. Demonstration of total fat estimation

TEXT BOOKS :

1. **Varley, H., Gowenlak, A.H. and Hill, M. Practical Clinical Biochemistry**, William Itinmaon Medical Books, London, 2000.
2. **Oser, B.L., Harke's Physiological Chemistry** XIV Edition Tata McGraw Hill Publishing Company Ltd., Bombay, 2001.

REFERENCE BOOKS :

1. **Sadasivam, S. and Manickam, A. Biochemical Method**, Second Edition, New Age International P. Ltd., Publishers, New Delhi, 2003.
2. **Raghuramulu, N., Madhavannair, K. and KalyanaSundaram, National Institute of Nutrition**, 2013, A Manual of Laboratory Techniques, Hyderabad, 500007.

FIRST ALLIED COURSE I

APPLIED ZOOLOGY

Objectives

1. To understand the basic concepts of Apiculture and Sericulture
2. To know the methodology of ornamental fish culture and pearl culture
3. To conceive the tissue culture concepts

Unit I

Apiculture : History – Species History bees – Life History of ApisIndica – Social Organization of honey bee – Selection of bees for apiculture – Methods of Bee Keeping – Products of Bee Keeping – Bee Enemies.

Unit II

Sericulture : Introduction – Species of silkworm – Life history of Mulberry silkworm – Rearing of silkworms – Drainage Management, Spinning of cocoons – Post Cocoon Processing – Stifling , reeling and spinning = Cocoon Marketing and physical characters of cocoons and defective cocoons. Composition and economic importance of silk.

Unit III

Ornamental fish culture : Scope – setting up an aquarium tank – Biological filter importance and aeration – Qualities of water for aquarium tank – filtering water – Planting – Lighting – Introduction of fish – feeding – Breeding and nursing the egg.

Pearl Culture : History – Pearl Producing Molluscs – Pearl Formation, Programming of Pearl Industry and Artificial Insertion of Nucleus – Collection of Oyster – Rearing of Oysters, Insertion of nucleus – Fitness of Oyster for operation – preparation of graft tissue – Preparation of nucleus – Insertion of nucleus – Post operational care, Harvesting of Pearl, Clearing of pearls — Composition of Pearl - Quality - Problems of Pearl Industry.

Unit IV

Fish Culture : Scope — Types of cultivable fishes — Qualities of culturable fishes — Types of ponds Nursery Pond, Rearing Pond, Stocking Ponds — Breeding pond - Types of breeding, Natural breeding, Induced breeding — Methods of Fishing — Fish preservation techniques.

Unit V

Animal Tissue culture and its applications: Basic requirements for tissue culture Laboratory — Explants, Culture media — Natural animal Ingredients — Complex Media — chemically defined Media, maintenance of Aseptic condition, Culture of Animal tissues — Storage of Animal cells, Applications of Animal tissue culture.

Transgenic animals and their uses. Introduction, Methods — Retroviral method — Micro injection method — Embryonic stem cells method, Applications.

Text Book

1. Dr. G.S. Shukla and Dr. V.B. Upadhyay "Economic Zoology" Rastogi publications Shivaji Road, Meerut.
2. Ekambaranath Iyer. S. Outlines of Zoology Viswanathan Printers and Publishers Pvt. Ltd.

Reference Books

1. Dr. Mrs. G. Ganga and Dr. Mrs. J. Sulochana Chetty "An Introduction to Sericulture" Oxford and IBH Publishing Co. Pvt. Ltd — New Delhi.

FIRST ALLIED COURSE II

APPLIED ZOOLOGY AND HUMAN PHYSIOLOGY (P)

APPLIED ZOOLOGY

SPOTTERS

Students should know to identify and comment upon the spotters

1. Fresh water prawn – prawn culture
2. Pearl oyster
3. Entamoebahistoltyca
4. Silkworm – life cycle – sericulture
5. Non Mulberry silkworms – sericulture
6. Ascaris – Male & Female
7. Catlacatlea – Fish culture
8. Chandrika
9. Honey bee – Apiculture

HUMAN PHYSIOLOGY

1. Histology of Tissues – Columnar, cubical, ciliated, squamous, stratified squamous.
2. Microscopic structure of organs – lungs, artery, vein, stomach, ovary, testis, uterus, pancreas.
3. Histology of muscles – cardiac, striated, non – striated
4. Estimation of Haemoglobin, Bleeding time, Clotting time
5. Measurement of Blood pressure – before and after exercise
6. Determination of Respiratory rate and Pulse rate – before and after exercise.
7. Determination of Blood group.
8. Determination of Rh factor.
9. Enumeration of Red blood cells – Demonstration.
10. Enumeration of White blood cells – Demonstration.
11. Differential Leucocyte count – Demonstration
12. Visit to a Clinical laboratory.

REFERENCES:

1. Applied Physiology – S. Wright.

CORE COURSE II

PRINCIPLES OF NUTRITION

Objectives :To enable the students to

1. Gain basic knowledge of the different nutrients.
2. Get insight into the role of nutrients in maintaining health of the individual and community.
3. Understand the interrelationship of the various nutrients.

UNIT I

- (A) Recommended dietary allowances – Definition, General principles of deriving RDA, Factors affecting RDA, uses of RDA.
- (B) (1) Carbohydrates – Definition, Nutritional classification, Functions, Requirements and Sources, Regulation of Blood Sugar level.
(2) Dietary Fibre – Definition, Classification, Role of Fibre in Preventing disease and sources.

UNIT II

- (A) Proteins – Definition, Composition, Nutritional classification of protein and aminoacids, Functions of Proteins and aminoacids, Sources and Requirements, Deficiency; Evaluation of Protein quality – PER, BV, NPU and chemical score.
- (B) Lipids – Definition, Composition, Nutritional classification, Functions, Sources and requirements; Essential fatty acids – Definition, Functions, Sources and effects of deficiency.

UNIT III

- (A) Energy – Definitions, Energy units, Determination of energy value of foods by direct and indirect calorimetry and physiological Energy Value of foods.
- (B) BMR – Definitions, Determinations, Factors affecting the BMR; Energy requirements for physical activity – Factorial method, Energy requirement and sources.

UNIT IV

- (A) Minerals – Classification and General Functions.
- (B) Macro minerals – Calcium, Phosphorus, Magnesium, Sodium and Potassium – Functions, Requirements, Sources, Effects of Deficiency, Effect of imbalance of Sodium and Potassium.
- (C) Micro Minerals – Iron, Iodine, Copper, Flourine and Zinc – Functions, Requirements, Sources and Effect of Deficiency.

UNIT V

- (A) Vitamins – Deficiency, Classification and General Functions.
- (B) Fat Soluble Vitamins – Vitamin A, D, E and K – Functions, Requirements, Sources and Effect of deficiency.
- (C) Water soluble vitamins – Thiamine, Riboflavin, Niacin, Ascorbic acid, Folic acid, Vitamin B₆ and B₁₂ – Functions, Requirements, Sources and Effects of deficiency.

Text books

1. **Swaminathan, M., Essentials of food and Nutrition, Vol I & II**, Bappco Publishers, Madras 2000.
2. **Srilakshmi. B., Nutrition Science**, New age International (p) ltd, publishers, 2004.

Reference

1. **Frances sizer and Ellie whitney, Nutrition Concepts and Controversies**, Thomson wadsworth Publisher, New York, 2006.
2. **MangaleKango, Normal Nutrition, Curing Diseases through Diet**, CBS publication, First edition, 2005.
3. **Bonnie, Worthington – Roberts and Sue Rodwell Williams, Nutrition throughout the lifecycle**, 3rd edition, WCB/MC Graw Hill Publisher, New York, 1996.
4. **Paul. S., Text of Bio Nutrition Fundamental and Management**, RBSA Publishers, 2003

Journals

1. Journal of Nutritional science
2. American Society for Nutrition
3. Journal of Nutritional biochemistry
4. Journal of Nutrition
5. Indian Journal of Nutrition and dietetics
6. Nutrition Reviews

FIRST ALLIED COURSE III

HUMAN PHYSIOLOGY

Objectives: To enable the students to

1. Understand the structure and functions of various organs of the body
2. Obtain a better understanding of the principles of nutrition through the study of physiology
3. Appreciate the importance of hormonal and nervous regulation of the body.

UNIT I BLOOD AND CIRCULATORY SYSTEM

- a) **Blood** – Composition and Functions; White Blood Cells – Types and function; Red Blood Cells – Structure and functions; Haemoglobin – Structure and functions; erythropoiesis, Blood coagulation, Reticulo-Endothelial System – Definition and functions; Blood group – ABO, Rh
- b) **Heart and Circulation** – Structure of heart and blood vessels; Properties of cardiac muscle; cardiac cycle; origin and conduction of heart beat; measurement of arterial blood pressure.

UNIT II DIGESTIVE SYSTEM

General Anatomy; Digestion in the mouth, stomach and intestines. Movements of the intestine; Role of Liver and Pancreas – Structure and Functions.

UNIT III RESPIRATORY AND EXCRETORY SYSTEM

- a) **Respiratory System** – Structure of Respiratory organs; Sub – divisions of lung air; Chemistry of Respiration.
- b) **Excretory system** – Physiology of the Urinary System- Structure of kidney and nephron; Formation of urine, micturition.
Skin – Structure and functions, Regulations of body temperature.

UNIT IV ENDOCRINE AND REPRODUCTIVE SYSTEM

- a) Endocrine System – Structure and functions of thyroid, pituitary, parathyroid, adrenals, islets of langerhans of pancreas
- b) Reproductive System – anatomy of the male and female reproductive organs; menstrual cycle; mammary glands; Fertilisation; Development of Embryo; Pregnancy and parturition.

UNIT V NERVOUS SYSTEM AND SENSE ORGANS

- a) **Nervous System** –General classification of nervous system ; Structure of nerve cell and Spinal cord; Basic Knowledge of different parts of the brain – anatomy and functions of cerebrum, cerebellum and medulla oblongata.

- b) Sense Organs** – Structure and function of eye and ear; taste, smell and cutaneous sensations.

Text Books

1. **Chatterjee C.C (2004), Human Physiology Volume I**, Medical Allied Agency, Kolkata
2. **Chatterjee C.C (2004), Human Physiology Volume II**, Medical Allied Agency, Kolkata
3. **Sembulingam, K. (2000) Essentials of Medical Physiology**, Jaypee Brothers Medical Publishers (P) Ltd., New Delhi.

Reference Books

1. **Best and Taylor, (1992) The Physiological Basis for Medical Practice**, Saunders Company.
2. **Chaudhri, K. (1993) Concise Medical Physiology**, New Central Book Agency (Parental) Ltd., Calcutta.

CORE COURSE III
TEXTILES AND CLOTHING

OBJECTIVES: To enable students to

1. To understand about different types of textile fibers and fabric formation
2. To gain knowledge about various finishing techniques
3. To know about various traditional textiles and costumes.

UNIT I Basics of fibers

Fibers: Definition, classification of fibers; Natural – Cotton, wool, silk, linen; Synthetic – Nylon, Dacron, Fiber glass – Manufacturing process, properties, uses and care. Novelty yarn types.

Looms: Hand loom, parts and their function. Types of power loom.

UNIT II Fabric Formation

Weaving: Definition, types of weaves – Plain, twill, satin, dobby and jacquard.

Felting: Different methods of making felted fabrics.

UNIT III Finishing

Dyeing: Classification of dyes- Natural and synthetic, methods of dyeing.

Printing: Hand methods of printing and mechanical printing.

Finishes: Mechanical and chemical finishes. Special purpose finishes.

UNIT IV Traditional Indian textiles

Woven Textiles: Dacca Muslin, Chanderi, Balucherbutterdar, Kashmiri shawl. Brocades – Paithani, Peethamber, Kanchipuram brocade.

Printing Textiles: Block Printing, Kalamkari and Roghan work.

Dyed textiles: Ikat, Patola, Bandhani. Batik & its process.

UNIT V Traditional Embroideries and costumes of India

Traditional Embroideries: Kantha of Bengal, Kasuti of Karnataka, Pulkari of Punjab, Chikankari of Lucknow, Kutch work of Gujarat.

Costumes of India: Introduction to Traditional Indian dresses, costumes of Assam, UP, Rajasthan, Gujarat, Andhra Pradesh, Maharashtra, Punjab, Kashmir, & South India.

TEXTBOOKS:

1. “Textiles – Fiber to Fabric” (2005) – Bernard .P. Crobmann. McGraw hill book company, New Delhi.
2. “Indian Embroidery” (2003) – Jamaica BrijBhushan. Ministry of information and broadcasting, Govt. of India.

REFERENCES:

1. “Costumes of India” (2000) – Dorris Flynn, Oxford and IBH Publishing co., Bombay, New Delhi.
2. “Traditional Indian textiles” – John Gillow and Nicholas Barnard. (2000).

CORE PRACTICAL II

TEXTILES AND CLOTHING & HUMAN DEVELOPMENT (P)

TEXTILES AND CLOTHING (PRACTICAL)

1. Fiber Identification:
 - a. Visual Examination
 - b. Microscopic test.
 - c. Burning Test
 - d. Solubility Test
 - e. Weave Identification
2. Printing:
 - a. Block Printing
 - b. Stencil printing
 - c. Screen printing
 - d. Flock Printing
3. Dying:
 - a. Tie & Dye
 - b. Batik
 - c. Color Fastness to Sunlight
 - d. Color Fastness to washing
 - e. Color Fastness to pressing
4. Non-woven
 - a. Knitting
 - b. Crocheting
 - c. Macramé
5. Basic hand stitches: -
 - a.) Temporary stitches
 - a. Even basting
 - b. Uneven basting
 - c. Diagonal basting
 - d. Slip basting
 - b.) Permanent stitches: -
 - a. Running stitch
 - b. Hemming stitch
 - c. Back stitch
 - d. Run and Back stitch
 - e. Overcasting stitch
 - f. Whipping stitch

6. Traditional embroidery stitches: -

- a. Kasuti of Karnataka
- b. Chikankari of Lucknow
- c. Pulkari of Punjab
- d. Kutch work of Gujarat
- e. Kantha of Bengal

HUMAN DEVELOPMENT (PRACTICAL)

1. Developing stories with narration for Pre School children.
2. Developing rhymes with expression and action for Pre School children.
3. Developing creative activities for Pre School children.
4. Developing low cost equipment.
5. Developing soft toy for Pre School children.
6. Planning for indoor and outdoor games.
7. Preparing picture book for language – Alphabets, numbers and colors.
8. Imparting Moral values for preschool children through celebration.
9. Imparting Health and hygiene practices through variety entertainment.

SECOND ALLIED COURSE I
COMPUTER APPLICATION IN HOME SCIENCE

OBJECTIVES:

1. To enable students to know the basics of computers.
2. Able to use computers for education, information and research.
3. A thinking device for designing interiors and exteriors of building.
4. Mode of visualization in three dimension SD as to make the process of designing and planning complete.

UNIT I

MS WINDOWS:

Introduction
Exploring the Desktop
Running multiple programmes
Accessories
Control Panel
Managing Documents and Folders

UNIT II

MS POWER POINT:

Starting MS-Power Point
Auto Wizard, Creating a presentation using Auto content Wizard
Blank Presentation, Creating, saving and printing a presentation
Adding a slide to a presentation
Navigation through a presentation, Slide sorter, Slide show, editing slides
Using Clipart, Word art Gallery
Adding Transitions and Animation Effects, Setting timing for slide show, preparing Note pages, preparing audience handouts, printing presentation documents.

UNIT III

INTRODUCTION TO CAD:

Auto CAD Commands: Draw, Edit, View, Setting, Layers, Tools, Inquiry, Dimensions, and Text.

UNIT IV

Auto CAD CD Commands, Third dimension, Co-ordinate, View point, Elevations.

UNIT V

DOS Operating System, Directories, Sub directories, Files, Hard disk, Floppy disk, CD ROM, Disk Maintenance in DOS, Brief Outline of hardware & software.

TEXTBOOKS:

1. Subramaniam.S – Introduction to Computers
2. Norton Peter-Introduction to Computers
3. DOS –Ready Reference
4. Inside Auto CAD

SECOND ALLIED COURSE II

COMPUTER APPLICATION IN HOME SCIENCE AND DRESS DESIGNING (P)

COMPUTER APPLICATION IN HOME SCIENCE (PRACTICAL)

1. Draw Commands: Line, Arc, Pline, Circle, Ellipse, Polygon, Point, Solid Trace.(Thick Line) practice.
2. Simple diagrams using Draw Command.
3. Drawing Simple Diagrams in impersonal & metric with given dimension.
4. To begin a simple floor plan which will be developed further to make 3-D Model.
5. To make floor plan with setting layers, Dimension to give scale.

DRESS DESIGNING (PRACTICAL)

1. Hand embroidery stitches
 1. Outline stitches - Stem, Cable
 2. Looped stitches - Blanket, Closed blanket
 3. Flat stitches - Satin, Herringbone
 4. Chain stitches - Chain, Lazy daisy
 5. Knotted stitch – French, bullion knot
2. Preparing samples for
 1. Seams
 2. Seam finishes.
 3. Darts and tucks
 4. Pleats and gathers
 5. Neck finishes
3. Preparing samples for
 1. Plackets
 2. Pockets
 3. Collar
 4. Sleeves
 5. Skirts
4. Drafting for the following garments
 1. Jabla
 2. A – line Frock
 3. Middy
 4. Middy – top
 5. Gore skirt.
 6. Salwar
 7. Kameez.
 8. Nightdress
5. Preparation of adhesive paper dress form.

NON MAJOR ELECTIVE I
BAKERY AND FOOD PRESERVATION

Objectives: To enable the students to

1. Understand the principles of baking and food preservation.
2. Comprehend the role of additives
3. Explore the methods of bakery and preservation.

UNIT I

PRESERVATION and BAKERY

Food preservation definition & need; principles
Baking definition. Its role in cooking; equipment

UNIT II

FOOD ADDITIVES

Food additives – Definition; Need for food additives and its types.
Additives used in fruits & vegetables preservation and in bakery

UNIT III

PRESERVATION TYPES

Preservation – Bacteriostatic – Dehydration, Pickling, Salting, Smoking, Freezing
Preservation - Bactericidal – Canning, Cooking and Irradiation

UNIT IV

BAKERY

Ingredients used. Its types. Role of the ingredients.
Preparation methods of cookies, cakes, puffs, pizza and icing.

UNIT V

PRESERVED FOODS

Processing of Beverages - Synthetic syrup, Fresh Juices, Squash, Crush, Cocktail.
Processing of Pickles, Ketch-up/Sauces, Jams, Jelly and Tutty Fruity

TEXTBOOKS

1. N.ShakuntalaManay&M.Shadaksharaswamy (2010) Foods Facts and Principles (III Revised Edition), New Age International (P) Ltd. Publishers, New Delhi.
2. M.Swaminathan (2011) Bangalore Printing and Publishing Company, Bangalore

REFERENCES

1. PremalataMullick(2011) Text Book of Home Science, Kalyani Publishers, New Delhi.

CORECOURSE IV

HUMAN DEVELOPMENT

OBJECTIVES: To develop in students

1. An understanding of physical, psychological and social development of the individual from infancy to adulthood
2. Skills in child rearing.
3. The concepts and theories of human development

UNIT I

Principles of growth and development. Factors that influence development. Conception, signs and symptoms of pregnancy, stages of pregnancy, labor and delivery. Discomforts during pregnancy. Care of expectant mother. Care of infants: Feeding – Breast feeding, bottle feeding, Weaning, supplementary foods. Bathing, clothing, sleeping and toilet training.

UNIT II

Infancy- Characteristics of the infant - size, physiological features, physical proportions, physiological functions. Minor illnesses- Fever, cold, cough, diarrhoea, constipation, worm infection – symptoms, treatment and prevention. Early childhood - Characteristics, Physical, motor, social and emotional development

UNIT III

Preschool education - Objectives and types of preschool, Late childhood - Characteristics, physical, motor, social and intellectual development. Adolescence - Physical, emotional, social and Cognitive development. Problems of adolescence.

UNIT IV

Methods of child study- observation, case study, questionnaire and interview. Need for children- need for love and affection, need for approval, need for affiliation, need for feeling of adequacy, need for achievement, effect of non satisfaction of needs. Children with special need - physical and mental disabilities- mental retardation, the blind, the deaf, the crippled, speech disabilities and the gifted child.

UNIT V

Learning – Theories - Conditioning, insight and imitation. Methods of learning. Factors influencing learning - Motivation, repetition, rewards and punishment and maturation. Play: Meaning, types, theories, values. Discipline - Meaning, types, effect of discipline on children.

TEXTBOOKS:

1. Devadas, R.P., and Jaya, (2010). A text book on Child Development, Mac Milan publishing Co, Delhi, India.
2. Suriakanthi, A (2010). Child Development An Introduction. Ghandhigramam Rural institute, Gandhigramam .Kavitha Publications.

REFERENCES:

1. Hurlock, E.B. (2010) Child growth and development. Tata Mc. Graw hill book co., New Delhi.

SECOND ALLIED COURSE III

DRESS DESIGNING

OBJECTIVES: To enable the students to

1. Understand about Machine parts and its functions
2. Make body measurement and preparing patterns for various garments using drafting method
3. Gain knowledge about various components of garment and their application in dress making

UNIT I

The Sewing Machine: Parts and function, Care of Sewing Machine.

Sewing Tools – Measuring, marking, cutting and pressing.

UNIT II

Commercial pattern - History and development of Commercial pattern.

Patterns alteration - Alteration in basic bodice block, sleeve and skirt block for good fit and comfort.

UNIT III

Drafting- Principles of Drafting Preparing paper pattern.

Layout - Types of layout.

UNIT IV

Neck Finishes - Study on different types of Neck finishes and Collars.

Skirts & Pockets - Study on different types Skirts & Pockets.

UNIT V

Drafting the following garments.

1. Gore skirt
2. Salwar&Kameez.

TEXTBOOKS:

1. “Practical clothing construction”- Part I & II. Mary Mathews
2. “Zarapkar’s system of cutting”-Zarapkar

REFERENCES:

1. “Basic Process in clothing construction”- Doongali and Deshpande – Orient Longman ltd., 1987.

NON MAJOR ELECTIVE II

APPAREL DESIGNING

OBJECTIVES: To enable the students

1. To develop skills in clothing construction.
2. To Gain knowledge about different method of preparing patterns.
3. To plan wardrobe for the family based on the budget.

UNIT II

Fashion: - Definition, sources of fashion, classification of fashion, fashion cycle.

Body measurements: Taking Body measurements for various age groups (for men's, women's and children's garment).Eight head theory.

UNIT II

Fabric preparation before sewing - Checking of grains and straightening fabric grains and ends. Drafting and layout - Definition, Drafting - Principles of Drafting. Patterns layout – Types.

Draping - Definition, Preparation of dress form.

Fitting - Basic Principles for Fitting, Causes for poor fit, Hints on solving Fitting problems.

UNIT III

Finishes- Study on different types of Seams and seam finishes.

Fullness-Study on different types of Fullness.

UNIT IV

Sleeves - Study on different types of Sleeves.

Plackets -Study on different types of Plackets.

UNIT V

Family clothing: Clothing needs for the Family, Family clothing budget.

Wardrobe plan: Definition, Steps for Wardrobe planning.

TEXTBOOKS:

1. "Elements of apparel and fashion design" by G.J.Sumathi. New age international pvt ltd, Chennai.
2. "Practical clothing construction"- Part I &II Mary Mathews.

REFERENCES:

1. "Encyclopedia of dress making" by Rahul Jeul.

CORE COURSE V

NUTRITION IN HEALTH

OBJECTIVES :To enable the students to

1. Understand the Physiological basis for Nutrition
2. Understand the basic concepts and gain experience in Planning and preparation of meals for various age group at different income level and conditions based on their nutritional needs.

UNIT I Nutrition during pregnancy

Stages of Pregnancy, Physiological and Biochemical changes in Pregnancy, Complication in Pregnancy – Nutritional demands during Pregnancy – Recommended daily food and nutrient allowances.

UNIT II Nutrition during lactation period

Mechanism of Lactation – Comparison of Cow’s milk with human milk - Nutritional care and requirement of the Lactating women. Nutritional requirement during Infancy- Recommended Daily allowance, Food Patterns during infancy, Importance of breast feeding, Supplementary foods.

UNIT III Nutrition during preschool years (1 – 6years)

Nutrition requirement during preschool years – Factors to be considered while planning menu – Effects of under nutrition – PEM.

UNIT IV Nutrition during school going years and adolescence

Nutritional Requirement During School Going years – Faulty Food Habits – Problems during school going years – Vitamin A deficiency disease, Nutritional requirement during adolescence, Nutritional problems during adolescence – Anorexia, anemia.

UNIT V Geriatric nutrition

Effects of aging- Physical, Psychological changes during old age - Nutritional requirement during old age – recommended daily allowance. Nutritional and chronic diseases common during old age.

TEXTBOOKS:

1. Corinne, H. Robinson 2010– “Normal and Therapeutic nutrition”, Oxford and IBH publishing company, Bombay.
2. B. Srilakshmi – 2012“Dietetics”, 4th edition, New age international publisher, Chennai.

REFERENCES:

1. Gopalan, c., Balasubramanian, (2012) –“Nutritive value of Indian foods”, NIN, ICMR, Delhi.

CORE COURSE VI
NUTRITION IN DISEASE

OBJECTIVES : To enable the students to

1. Gain knowledge in planning and preparation of Therapeutic diets.
2. Manage to make appropriate dietary modification for various disease conditions

UNIT I

Therapeutic diets: Definition of Therapeutic diets. Therapeutic adaptations of the normal diet.

Therapeutic diets for the following disorders.

- Obesity – Definition, etiology, dietary modification.
- Underweight – Definition, etiology, dietary modification

UNIT II

Diabetes Mellitus: Definition, Classification, Predisposing factors, symptoms, diagnosis, food exchange list and dietary modification.

UNIT-III

Diet in Febrile conditions – Typhoid, Tuberculosis. Role of Dietary Fiber in Health and Disease.

Food Allergy – Definition, Symptoms, Diagnosis and dietary management.

UNIT IV

Disease of the Cardiovascular System: Atherosclerosis and Hypertension – Etiology and Dietary Management.

Disease of the Gastro-intestinal tract: Peptic Ulcer, Duodenal Ulcer, acute and chronic diarrhea, Constipation and dietary management.

UNIT V

Disease of the liver: Cirrhosis, Hepatitis and dietary modification.

Disease of the Kidney and Urinary Tract: Acute and Chronic Nephritis, Urinary Calculi and Uremia - dietary modification.

Cancer: Etiological factors and role of Dietary management

TEXTBOOKS:

1. Corinne, H. Robinson 2010– “Normal and Therapeutic nutrition”, Oxford and IBH publishing company, Bombay.
2. B. Srilakshmi – 2012 “Dietetics”, 4th edition, New age international publisher, Chennai.

REFERENCES:

1. Gopalan, c., Balasubramanian, (2012) – “Nutritive value of Indian foods”, NIN, ICMR, Delhi.

CORE COURSE VII

COMMUNITY NUTRITION

Objectives: To enable the students

1. Gain insight into the national nutritional problems and their implications
2. Appreciate the national and international contribution towards nutrition improvement in India.
3. Understand the importance of nutrition education
4. Develop skills in organizing and evaluating nutrition projects in the community.

UNIT I Nutrition and National Development. Ecology of malnutrition

Relation of nutrition to national development in terms of socio economic, industrial and agricultural development. Consequences of malnutrition - reduced physical work capacity and mental efficiency, cost of wastage due to malnutrition in pregnancy, childhood etc. IMR, NMR, MMR and prevalence of common nutritional problems- PEM, Vitamin A Deficiency Diseases, Anaemia, Iodine Deficiency Disorders and Fluorosis. Ecological factors leading to malnutrition such as income, size of families, dietary pattern, occupation, customs food fads, fallacies, ignorance and other factors. Synergism between malnutrition and infection.

UNIT II Strategies to overcome malnutrition

Measures to overcome malnutrition, increased agricultural production and animal husbandry with emphasis on nutritious foods and nutrition gardens, food technology, food fortification and enrichment, nutrition education, nutrition intervention programmes. Environmental sanitation and health. Empowering women towards improving the nutritional status of the family, community and nation at large.

UNIT III Nutrition Intervention programmes.

Genesis objectives and operation of nutrition intervention programmes in India – School Lunch Programme, CMNMP, ICDS, TINP organized by government for vulnerable sections of the population. National Nutritional Anaemia Prophylaxis Programme, National Prophylaxis Programme against Vitamin A Deficiency Diseases, Goitre Control Programme. National Nutrition policy- National food security, National nutrition policy- thrust areas and implementation at national level, Impact of National Nutrition policy.

UNIT IV National International Organizations to Combat Malnutrition

National Organization concerned with food and nutrition – ICMR, NIN, NNMB CFTRI, DFRL, and NIPCCD. International Organization concerned with Food and Nutrition- FAO, WHO, UNICEF, World Bank

UNIT V Nutrition Education

Meaning, nature and importance of Nutrition education to the community and lessons to be taught. Methods of education- use of audio visual aids. Use of computers to impart nutrition education – power point presentation, E-learning,

Organization of Nutrition education programmes: Principles of planning, executing and evaluating nutrition education programmes, problems of nutrition education programmes

Text Book

1. **Swaminathan, M., Essentials of Food and Nutrition.** An Advanced Textbook Vol.I, The Bangalore Printing and Publishing Co. Ltd, Bangalore, 2007.
2. **Srilakshmi, B., Nutrition Science,** New Age International Publication, New Delhi, 2010.

Reference Books

1. **Park, A. Park's Textbook of Preventive and Social Medicine,** XIX Edition M/S Banarasidas, Bharat Publishers, 1167, Prem Nagar, Jabalpur, 428 001(India), 2007.
2. **Bamji M.S, PrahladRao N, Reddy V., Textbook of Human Nutrition,** II Edition, Oxford and PBH Publishing Co. Pvt. Ltd , New Delhi, 2004.
3. **Bhatt D.P, Health Education,** KhelSahitya Kendra, New Delhi, 2008.
4. **Gibney, M.J., Margetts, B.M., Kearney, J.M., Arab, L., Public Health Nutrition,** Blackwell Publishing Co. UK, 2004.

CORE PRACTICAL III

NUTRITION IN HEALTH & DISEASE (P)

1. Planning, Preparation and serving of meals for:
 - a. Preschool child
 - b. School going children
 - c. Adolescence
 - d. Adult hood
 - e. Old people
 - f. Expectant mother and
 - g. Lactating women

2. Planning, preparation and serving of diet for:
 - a. Iron deficiency anemia.
 - b. Vitamin – A Deficiency
 - c. PEM

3. Planning and Preparation of Therapeutic Diets for the following Conditions:
 - a. Obesity and underweight.
 - b. Diabetes mellitus
 - c. Peptic Ulcer
 - d. Heart Disease – Atherosclerosis
 - e. Liver disorder – Cirrhosis.
 - f. Kidney Disease – Nephritis.
 - g. Diarrhoea
 - h. Constipation
 - i. Typhoid
 - j. Tuberculosis
 - k. Cancer

MAJOR BASED ELECTIVE I

GENERAL MICROBIOLOGY

OBJECTIVES : To enable students to

1. Understand the role of microbes in health and diseases.
2. Study the microbes in relation to food spoilage, food-borne diseases and food preservation.

UNIT I

1. Bacteria: Bacterial Morphology. Cell structure, Motility, Nutrition, reproduction and respiration.
2. Virus: General characteristics of viruses.
3. Yeast: General characteristics and importance of Yeasts.

UNIT II

1. Moulds: General characteristics and importance of moulds.
2. Protozoa: General characteristics of protozoa Morphology and life history of Entamoebahistolytica, plasmodium
3. Soil microbiology; Role of microbes in Nitrogen cycle.

UNIT III

1. Microbes in water: Bacteriological examination of water, Test for E.Coli.
2. Microbes in air: Droplet infection and air- borne diseases and their control.
3. Food poisoning, food infection and their control. Food preservation.

UNIT IV

1. Microbes in sewage: Microbial role in sewage, Biological treatment of Sewage - principles and methods.
2. Bacterial diseases – Tuberculosis, Diphtheria, Meningitis, Pneumonia, Cholera, Typhoid, Tetanus, Anthrax, Gonorrhoea, Leprosy, Salmonellosis and Botulism.
3. Viral diseases - Chicken pox. Dengue, AIDS. Measles, polio myelitis, Influenza, Common cold. protozoan diseases Dysentery, Malaria causative agents, incubation period, symptoms, prevention and control.

UNIT V

1. Sterilization and Disinfection - Principles and methods of sterilization, physical and chemical disinfectants-advantages.
2. Immunity: Immunization schedule for children.
3. Infection, resistance in immunity, phagocytosis, antigen and anti body reaction.

Text Books

1. Anna. K. Joshua, Microbiology, Popular book depot, Chennai, 2002.
2. Michael. J. Pelezar, J.R.Chan, E.Cs.Noel, Microbiology, Tata McGraw – Hill publications co ltd., New Delhi 1998.
3. Power and Dagainawala, General Microbiology, Himalaya publishing house, Bombay, 1996.

References

1. Frazier W.C. and west Hoff D.C. 4th edition, Food microbiology, McGraw Hill publishing limited, New Delhi.1998.

CORE COURSE VIII
FAMILY RELATIONSHIP

OBJECTIVES:

1. To develop a scientific attitude towards behavioral patterns in individual, family and community life.
2. To promote adjustment in marital life.

UNIT I

1. Marriage-Meaning, function and types.
2. Motives of Marriage.
3. Preparation for marriage.
 - a. Physical and reproductive health care
 - b. Emotional maturity.
 - c. Personality development.

UNIT II

1. Adjustments in Marriage - during early period and child bearing period.
 - a. Personal adjustments.
 - b. In-law adjustments.
 - c. Sexual adjustments.
 - d. Adjustments to parenthood.
2. Marriage counseling.

UNIT III

1. Family- Meaning, types and functions. Role of family members.
2. Family crisis- Meaning, types, Impact of Divorce and alcoholism in Family relationship.
3. Family and law-. Marriage, Adoption and Divorce.

UNIT IV

1. Old age:
 - a. Meaning, Characteristics, Physical and Psychological changes.
 - b. Problems of the aged.
 - c. Social support for the age.

UNIT V

1. Sex education:
 - a. Meaning, need for sex education.
 - b. Methods of imparting sex education at various stages.
 - c. Consequences of S.T.D and H.I.V.

Tex Books

1. Devadas R.P,A Text book on Child Development,Macmillan Publishers India Ltd, New Delhi, 2010.
2. Anjanikant, Women and the law, APH Publishing corporation, New Delhi, 2003.
3. DwarkanathMitter,The position of women in Hindu Law, Inter India Publishing corporation, New Delhi, 1989.
4. Kapada, K.M., Marriage and Family in India. Oxford University Press, Culcutta.1972
5. Kephart, M. The Family, society and the individual, Houghton Miffins Co., Boston.1977.

References

1. Landias, P.H., Your Marriage and the Family living.Mc .Graw hill book co., Newyork.1954
2. Winch,F.R., The modern Family , Richard and Winston Inc.,Newyork.1971

CORE COURSE IX

HOUSING AND INTERIOR DECORATION

OBJECTIVES : To help the students to understand

1. The values and goals in housing.
2. The principles of house maintenance that promote health and comfort of the family.
3. The fundamental principles of interior design.
4. Application of principles to create a beautiful, orderly home.

UNIT I

1. Possibilities and restrictions presented by the house sites.
2. Features of the dwelling contributing to livability- Orientation, grouping, roominess, lighting and ventilation, circulation, storage facilities, Privacy, flexibility, sanitation and safety.
3. Home lighting – Natural and artificial, types of lighting.

UNIT II

1. House plans- Low income group, Middle income group, high income group.
2. Home ownership and renting – Merits and Demerits.
3. Organization assisting in housing development – HUDCO, LIC, HDFC.

UNIT III

1. Place of art in everyday life. Application of art in the home.
2. Types of design, Characteristics of good design. Elements of design-Line, direction, size, shape, texture and color.
3. Principles of design
 - a. Harmony
 - b. Proportion
 - c. Balance
 - d. Rhythm
 - e. Emphasis
4. Application of art principles in interior design.

UNIT IV

1. Qualities of color- Hue, value, intensity
2. Color system
3. Color harmonies
4. Application of color in interior.

UNIT V

1. Accessories in the home – types, selection and use.
2. Flower arrangement- Style, Principles and display.
3. Landscape Gardening-Layout, types of garden, elements of gardening.

Text Books

1. Arorer, R. ***Shelter in India.***;Vikas publishing house Pvt ltd. New Delhi, 1990.
2. Faulkner, R and Faulkner, S. ***Inside today's home.*** Richard and Winston Inc. New York, 1987.
3. Rahum, K.A. ***Modern India home plan,*** Kohinoor publishing, Agra. 1998.
4. Goldstein, H. and Goldstein. ***Art in Everyday life.*** Mac Milan publishing Co, New York. 1996.
5. PremlataMullick, ***Text Book of Home Science,*** Kalyani Publishers, New Delhi, 2004.

References

1. Arora, N.C. and Gupta, B.R. ***Building Construction.*** Tech India Publications. New Delhi, 1987.
2. Rao, M.K..***Text book of Horticulture.***; Mac Milan publishing Co, New Delhi ,India. 2000.
3. Rutt, A.M. ***Home Furnishing,*** John Wiley and sons, New York. 1961.

CORE PRACTICAL IV

HOUSING AND INTERIOR DECORATION PRACTICAL

1. Visit to housing colonies to note the factors considered in its planning with reference to sanitation, water supply and other conveniences.
2. Learning House plans, comparison of house plans for different income groups, drawing house plans (Floor plans) indicating furniture arrangement in different rooms by means of paper cutouts.
3. Analysis of object – Table ware, utensils, fabrics, pictures, vases and other accessories for good designs.
4. Trying out various color schemes in interior decoration.
5. Demonstration on various types of flower arrangements.
6. Arrangement of furniture using cut –outs
7. Applications of art principles in room arrangement.
8. Cottage Say

MAJOR BASED ELECTIVE II

FAMILY RESOURCE MANAGEMENT

OBJECTIVES :To enable the students to

1. Understand the meaning of management. Improve skills to solve personal management problems.
2. Recognize the importance of wise use of resources to achieve ones goals.

UNIT I

1. Management – Definition, elements involved in Management.
2. Process – Planning, controlling and evaluation.
3. Decision making – Steps, importance, Types of decisions, Habitual versus conscious decision making. Individual and group decisions.

UNIT II

1. Resources – Human and non Human Resources. How they are utilized to achieve family goals.
2. Goals and Values – Their relationship to decision making.
3. Time and Energy Management – Time and energy as resources. Management process applied to the use of time and energy.

UNIT III

1. Work Simplification – Techniques, Classes of changes.
2. Human wants – Their nature and classification.
3. Standard of Living – Definition, Constituents – Means for raising the standard of living of families.

UNIT IV

1. Family income – Money Income and Real income, Sources of Income
 - a. Family Expenditure (Family income Management). Family Budget, its main items. Engle’s laws of consumption.
 - b. Financial Records – Types, purpose, maintenance.
2. Savings, needs for saving in the family. Types of saving institutions.

UNIT V

1. Selection of Equipments – Factors to be considered, use and care of selected equipments. (Mixer, Iron box, refrigerators, Gas stoves and Cooking range)
2. Rights of a consumer – Consumer education – consumer aids-advertisements, standards, labels and price tag.

3. Consumer Protection – need for Consumer protection – Measures adopted to provide consumer protection – Consumer laws – Consumer courts – Consumer movement. Consumer problem in India.

Text Books

1. Sharma, S.S. 1992. Consumer Behavior, Jaipur, Arihant publishing house.
2. Nair, S.R. (2002). Consumer Behavior in Indian perspective, Mumbai, Himalaya publishing house.
3. Deacon, E. and Firebaugh, F.M (1998). Family resource management, Principles and management publishing.
4. Sharma, S.R. and Kaushik, K.R. (1994). Home management and housekeeping. New Delhi. Anmol Publications.
5. Peet, I. and Pickett, M.S. (1975), Household equipment, New York, John Wiley and sons.

References

1. Pattanchelti, C.C. Reddy P.N. (1993) – Principles of marketing , Coimbatore, Rainbow publishers.
2. Armico, M and Tikmund, W. G. (1996) Marketing. West publishing company, USA.
3. French, W.L. (1990), Human resource management, Boston Houghton Muffinson.

MAJOR BASED ELECTIVE III

EXTENSION EDUCATION

OBJECTIVES

1. To obtain necessary skills in extension teaching and field work
2. To study the existing organizations at village and block levels.
3. To know the role of extension workers in planning programmes for the community.

UNIT I

- (a) Extension education — Concept, aim, Philosophy and Principles of Extension education.
- (b) Extension education and its relationship with other social sciences — Home sciences extension-Meaning, Objectives and role of Home science extension in national development.

UNIT II

Administrative setup for rural development - central, State, District, Block and village level. Extension personnel working at block level, role and functions of women extension workers, qualities of an extension worker, training women extension workers.

UNIT III

- (a) Communication and Extension. Approaches for development. Advantages, Individual, Group and mass approaches, Motivation, Methods of extension teaching, Teaching tools, Difference in methods of extension and formal education, Direct contact, demonstration method.
- (b) Audio visual aids-visual aids, audio aids and other teaching Aids. Communication through written words and satellite.

UNIT IV

Programme planning, Meaning, principles, Developing a plan of work- Definition, Analysis of the concept, Importance and scope in Extension. Steps in Programming evaluation- Criteria for judging the plan of the work.

UNIT V

- (a) Community development programme meaning, objectives types and Principles of community development — Programme in India-Socio-Economic programmer — IRDP, TRYSEM , DWACRA, ICDS, Social forestry

- (b) Community organisation meaning, scope, role and characteristics of community organisation- women's club, youth club.
- (c) Extension Training Institution — Meaning Need and importance principles of training institutions KVIC , RETC, NYK.

Related Experience / Practical

1. Visit to a Block to understand its set up and importance in rural development
2. Visit to DRBA and discussion with officials on the current programme.
3. Visit to K.V.K / RETC.
4. Visit to a MahilaMandal.
5. Planning and implementing a programme for women and children
6. Familiarizing with audio visual aids
7. Studying the functions of ICDS.

Text Books

1. Devadas, R.P.Facts of Home science education, Rural Institute, 1988.
2. Devadas, R.P.Introduction to Home Science, Avinashilingam Home Science College for women, Coimbatore, 1988.
3. Adivireddy A. Extension Education, Andhra Pradesh, Sree Lakshmi Press, 1987.

References

1. Supe, S.V. An Introduction to Extension education New Delhi, Oxford AD IBH Publishing company 1983.
2. Dahama OP and Bhatnagar O.P. Education and communication for development, New Delhi, Oxford IBH publishing company 1985.

Journals

GraminVikas.
Home Science.
Journal of Rural Development.
Social Welfare
Yojana.
