

BCM COLLEGE KOTTAYAM

CURRICULUM FOR UNDERGRADUATE PROGRAMME

**BACHELOR OF SCIENCE IN FAMILY AND
COMMUNITYSCIENCE**

**UNDER Choice Based Credit Semester System
(From 2012 admission onwards)**

DETAILED SYLLABUS OF THE COURSES

Offered by the Department

CURRICULUM

GRADUATE PROGRAMME OUTCOME

At the completion of the Bsc Family and community science degree programme, the student will be able to accomplish the following outcomes

GPO No.	Graduate Programme Outcomes
GPO No. 1	Disciplinary Knowledge & Critical Thinking: Articulate knowledge of one or more disciplines that form a part of UG programme. Critically think, analyse, apply and evaluate various information and follow scientific approach to the development of knowledge.
GPO No. 2	Communication Skill: Communicate thoughts and ideas clearly in writing and orally. Develop careful listening, logical thinking and proficiency in interpersonal communication.
GPO No. 3	Environmental Awareness: Sustainable approach to use of natural resources. Capable of addressing issues, promoting values and give up practices that harm the ecosystem and our planet.
GPO No. 4	Ethical Awareness: Uphold ethics/morals in all spheres of life. Identify and avoid unethical behaviour in all aspects of work.
GPO No. 5	Social Commitment: Be aware of individual roles in society as nation builders, contributing to the betterment of society. Foster social skills to value fellow beings and be aware of one's responsibilities as international citizens.
GPO No. 6	Lifelong learners: Equip students to be life long learners. Be flexible to take up the changing demands of work place as well as for personal spheres of activities.

PROGRAMME SPECIFIC OUTCOME

Sl.No	Programme Specific Outcome	GPO NO
POS1	To understanding the extension education in the field of nutrition and health, Women and child development, apparel and fabric design, resource management and public awareness with a view to better family and community living.	1, 3, 5
POS2	To understand how to handle family and individual well-being according to their financial, psychological, biological, cultural and social health.	1,5
POS3	Apply skills to improve every facet of your home life – food, clothing, health, childcare, personal finance, religion, culture, arts, home beautification, etc.	6
POS4	Basic knowledge of the process of teaching, networking and developing educational materials based on innovative, interactive and participatory communication strategies.	1,2,4
POS5	Focus on professional training and skill enhancement in order to provide and widen employment opportunities for women through a continuously updated curriculum.	1, 6

Course	Details
Code	HS1BO1U
Title	METHODOLOGY OF HOME SCIENCE AND FOOD SCIENCE
Degree	B.Sc.
Branch(s)	Family and Community Science (Home Science)
Semester	I
Type	CORE
Credits	4
Total hours	36
Hours per week	2

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Identify thrust areas in Family and Community Science (Home Science) and consider career prospects	R	1
2	Select appropriate methodology for undertaking research-oriented projects	Ap E	1
3	Compose a report in the approved format for a research project	C	1
4	Identify different food groups and their functions.	R	1
5	Formulate different recipes using different cooking methods.	C, An	1
6	Compare the different techniques available for preparation and preservation of foods	E, An	1

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1.0	Home Science – A Multidisciplinary Approach	2	
1.1	Concept and Scope of Home Science Areas of Home Science – Human Development, Family Resource Management,	1	2
1.2	Nutrition and Dietetics, Textile Science and Fashion Designing and Extension Education	1	1,2
2	Thrust Areas of Research	10	2,3
2.1	Definition, Importance, Research Trends in Home Science Research Methods – Need for research and types (case study, experimentation, survey, observation)	2	2,3
2.2	Tools of data collection (Rating scale, Questionnaire, Interview schedule) Sampling techniques – definition, random sampling, - simple random sampling, systematic random sampling, non-random sampling, - probability sampling (purposive, stratified, convenience, snowball sampling)	4	2,3
2.3	Tabulation – definition, parts of a table, presentation (diagram, bar, pie) Components of a project report Related experience Development of an interview schedule/questionnaire related to any area of Home Science.	4	2,3
3.0	Introduction to Food Science	2	
	Food as a source of nutrients, functions of foods, food groups (basic five – ICMR), food preparation – objectives and methods.	1	4
	Genetically Modified Foods, organic foods- basic concepts	1	4
4	Study of macronutrients Carbohydrates	5	4
4.1	a) Definition, composition, classification, starch -	3	4

	structure of starch granules, effect of cooking,		
4.2	gelatinisation, factors affecting, basic concepts of gelation, retrogradation, dextrinization.	1	1
4.3	Sugar cookery and its applications. Carbohydrates in food preparation	1	
4.4	b) Proteins (Structure, classification based on function(complete, partially complete, incomplete), denaturation.	3	4,5
4.5	food proteins- non-traditional proteins- single cell(yeast), leaf proteins (spirulina), textured vegetable protein(soya).	2	4,5
4.6	c) Lipids Lipids in foods (visible and invisible), fatty acids (saturated, unsaturated, essential), rancidity- types, factors leading to rancidity, prevention, hydrogenation, applications of lipids in food preparations	5	4,5
5	Studies of Foods		
5.1	Cereal: Structure, composition and nutritive value, gluten formation, role of cereals in cookery, common cereals and millets in India, role of cereals in cookery.	3	4,5
5.2	Pulses: Nutritive value and composition, germination, fermentation, advantages, anti-nutritional factors (trypsin inhibitors, lathyrism). Important pulses in India.	3	4,5
5.3	Milk and milk products Composition and nutritive value, pasteurisation, homogenisation, advantages.	3	4,5
5.3.1	milk products (whey proteins, skim milk, evaporated, condensed, dry milk, khoa, ice cream, toned milk, flavoured milk, fermented milk, butter, cheese, curd).	1	4,5
6	Egg: Structure, composition and nutritive value,	3	4,5

	deterioration in egg quality, evaluation of egg quality, egg white foam, factors affecting, culinary role of eggs designer eggs		
7	Meat: Structure, composition and nutritive value, classes of meat and products.	2	4,5
8	Fish: Classification, types, composition and nutritive value, fish spoilage and preservation, fish products	2	4,5
9	Vegetables and fruits : Classification, composition and nutritive value, pigments, flavour components, organic acids and enzymes, effect of cooking on pigments,.	2	4,5
9.1	changes in fruits during ripening, enzymatic and non-enzymatic browning, methods of prevention, antioxidant role	2	4,5
10	Spices: Types, functions, culinary role	2	4,5
11	Food Preservation: Food spoilage, principles and methods of food preservation (low temperature, high temperature, high osmotic pressure, irradiation, dehydration, high concentration of sugar and salt)	3	4,5

REFERENCES

- Gupta S.P(2007), **Statistical Methods, Sulthan Chand and Sons, New Delhi**
- Khan J.A (2007), **Research Methodology, Methods and Techniques, New Age International, New Delhi.**
- Premlatha, M (2006), **Textbook of Home Science, Kalyani Publishers, Ludhiana, 2nd Edition.**
- Srilakshmi B (2007), **Food Science, New Age International (P) Ltd, New Delhi.**
- Swaminathan M (1998), **Handbook of Food Science and Experimental Foods**
- Chandrasekhar U(2002), **Food Science and its Applications in Indian Cookery, Phoenix Publishing House, New Delhi**

- **Manay N.S and Shadaksharaswamy M, Foods, Facts and Principles, New Age International, New Delhi. Longvah,T , Ananthan,R, Bhaskarachary,K, Venakaiah,K (2017) Indian Food Composition Tables,NIN, Hyderabad**

Text Books for Enrichment

- **Potter, N.M(1996), Food Science, 5th Ed, CBS Publishers, New Delhi.**
- **Peckham, G.C(1994), Foundations of food Preparations, McMillan, London**
- **Roday, S(2007), Food Science and Nutrition, Oxford University, New Delhi.**

Course	Details				
Code	HS1BO1U (P)				
Title	METHODOLOGY OF HOME SCIENCE AND FOOD SCIENCE				
Degree	BSc.				
Branch(s)	Family and Community Science (Home Science)				
Year/Semester	1/I				
Type	CORE-PRACTICAL 1				
Credits	1	Hrs/Week	2	Total Hrs	36

CO No.	Expected Course Outcomes Upon completion of this course, the students will be able to:	Cognitive Level	PSO No
1	Prepare scientific tools appropriate for different research projects	C	4
2	Choose suitable methods for data presentation in a research project	E, An	4
3	Compare components of commercially available food stuffs against claims presented by the manufacturer	E, Ap	1
4	Understand the effect of different cooking methods on the quality of foods	U, An	3
5	Understand the different stages of cookery of common foods.	U	3
6	Apply various methods to prevent food spoilage in homes	C, Ap	3

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO.No
1	Determination of taste threshold for sweet, salt, sour and bitter	5	3
2	Factors influencing the stability of egg white foam	3	3
3	Stages of sugar cookery	5	3
4	Gelatinization temperatures of various types of starches	3	3
5	Effect of cooking on vegetable pigments	3	3
6	Enzymatic and Non-enzymatic browning, Methods to prevent browning in fruits	4	3
7	Food preservation techniques (jams, squashes, pickles)	4	4,5,6

Course	Details
Code	HS2BO2U
Title	HUMAN PHYSIOLOGY & MICROBIOLOGY
Degree	B.Sc.
Branch(s)	Family and Community Science (Home Science)
Semester	II
Type	CORE
Credits	2
Total hours	36
Hours per week	2

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Describe the working of various organ systems in the human body.	R	2
2	Explain digestion and absorption of various nutrients in the body.	U	2
3	Compare the action of different hormones and the effect of their imbalance	An, E	2
4	Understand the basic concepts of microbiology	U	2
5	Explain the different defence mechanisms in the body	U, R	2
6	Prepare commercially important products from beneficial microorganisms	C, Ap	3

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1	Definition of physiology, Structure and functions of a cell, cell division, tissues, organs	2	2
2.0	Digestive System	2	2
2.1	Structure of digestive tract, Digestion and absorption of carbohydrates.	1	2
2.2	fats and proteins	1	2
3.0	Respiratory System	3	2
3.1	Organs of respiratory, system Mechanism of respiration.	1	2
3.2	gaseous exchange in lungs and tissues.	1	2
3.3	pulmonary volumes and capacities.	1	2
4.0	Blood	4	
4.1	Composition and Functions of Blood,	1	2
4.2	Plasma Proteins, Haemoglobin, haematopoiesis,	1	2
4.3	coagulation of blood, Blood groups,	1	2
4.4	Erythroblastosis fetalis.	1	2
5.0	Cardiovascular System.	4	2
5.1	Structure of Heart, Special conducting tissues of the heart	1	2
5.2	properties of cardiac muscles, Cardiac cycle, Systemic and Pulmonary circulation	2	2
5.3	heart rate, heart sounds, blood pressure	1	2
6.0	Excretory System	3	2
6.1	Structure and function of Kidney,	1	2
6.2	Nephron, Mechanism of Urine formation, Micturition.	2	2
7.0	Basic concepts of Microbiology	3	2

7.1	Classification of microorganisms, important microorganisms-	1	2
7.2	Structure and economic importance of microorganism-bacteria,	1	2
7.3	moulds (Rhizopus nigricans, Yeast, virus (any animal virus))	1	2
8.0	Sterilization and Disinfection	2	2
8.1	Definition and methods.	2	2
9.0	Culture media and Culture Techniques	2	2,3
9.1	Factors affecting the growth of micro-organisms,	1	2,3
9.2	Culture media and culture techniques, isolation and identification, Gram staining.	1	2,3
10	Infection	4	2,3
10.1	Sources of microorganisms	1	2,3
10.2	Transmission of infection	1	2,3
10.3	bacterial infections in man- typhoid, Pneumonia.	1	2,3
10.4	Viral infections – Hepatitis, Aids.	1	2,3
11	Resistance and Immunity	2	2,3
11.1	Natural defences of the body—primary and secondary defence mechanisms	1	2,3
11.2	Immunity types, immunization followed for various diseases	1	2,3
12	Food Microbiology	3	3
12.1	Contamination of food, Factors affecting food spoilage	1	3
12.2	Contamination of food, Factors affecting food spoilage	1	3
12.3	Staphylococcal food poisoning, Botulism and viral gastroenteritis.	1	3
13	Food Safety and regulations	2	3
13.1	Importance of food safety and factors affecting food safety. Food Standards	1	3

	(PFA,FPO,BIS,Agmark,Consumer Protection Act),HACCP-Food Quality Assurance System.		
13.2	Food adulteration- definition,common adulterants- Metanil yellow,Rhodamine,chalk powder etc	1	3

REFERENCES

- Jain,A.K., (2003),Textbook of Physiology,Volume I,Avichal Publishing Company,New Delhi.
- Vidya rattan.,(2004),Handbook of Human Physiology,7 th edition,Jaypee Brothers Medical Publishers(p) Ltd,New Delhi.
- Ross and Wilson,(2006, Anatomy and Physiology in Health and Illness,10 th edition, Elsevier limited, London.
- Joshua A.K.,(1994),Microbiology,Popular book Depot Publishers.
- Anathanarayan,R and Panicker C.K.J, Text book of Microbiology,8 th edition 2009 Universities Press (India) pvt. Ltd., New Delhi.
- James.M.Jay (1986) Modern Food Microbiology,3rd edition, Van Nostrand,New York.
- Frazier W.C and Westhoff D.C (2008),Food Microbiology,I st edition,CBS Pub.

Text Books for Enrichment

- Guyton: Medical Physiology
- C.C.Chatterjee: Human Physiology, Vol I and II

Course	Details				
Code	HS2BO2U (P)				
Title	HUMAN PHYSIOLOGY & MICROBIOLOGY				
Degree	BSc.				
Branch(s)	Family and Community Science (Home Science)				
Year/Semester	1/II				
Type	CORE- PRACTICAL 2				
Credits	1	Hrs/Week	2	Total Hrs	36

CO No.	Expected Course Outcomes Upon completion of this course, the students will be able to:	Cognitive Level	PSO No
1	Identify microorganisms by gram staining	U	2
2	Formulate and market food products using economically important microorganisms	Ap,C	3
3	Assessment of Blood pressure.	Ap,E	2
4	Determination of Blood groups and Rh factor, Haemoglobin		
5	Report of visit to a diagnostic laboratory/Microbiology lab (ST)	E, U	2,3

PSO-Program Specific outcome; CO-Course Outcome; Cognitive Level: Remember; U-Understanding; Ap-Apply; An-Analyse; E-Evaluate; C-Create.

Module	Course Description	Hrs	CO.No
1	Determination of Rh group	3	3,4
2	Determination of Blood group	3	3,4
3	Measurement of blood pressure	3	3,4
4	Estimation of Haemoglobin	3	3,4
5	Preparation of wine and curd (economic importance of microorganisms)	8	2
6	Identification of microorganisms by gram staining.	4	3
7	Detection of metanil yellow in Turmeric	3	3
8	Detection of Rhodamine B in red chilly (whole or powdered)	3	3
9	Detection of sugar in honey	3	3
10	Detection of vanaspathi in ghee/oil	3	3

Course	Details
Code	HS3CRT03
Title	HUMAN DEVELOPMENT AND FAMILY INTERACTION
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Year/Semester	2/III
Type	CORE
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	To impart basic knowledge on the principles and pattern of growth and development in children from conception to old age.	U	1
2	To create awareness on the various factors that stimulates growth and development.	C	1
3	To orient students on the current issues in Human Development.	An	3
4	To expose students to the various aspects of adolescents development.	C	3
5	To help students develop an awareness and concern for Challenged Children, their needs and problems.	Ap	1
6	To create an awareness on the important aspects of population Dynamics.	C	1

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1.0	Introduction to Human development	8	
1.1	Human development- significance & Scope	1	1
1.2	Methods of child study – Anthropometry, observation, interview, questionnaire, case study, projective techniques, psychological tests, sociometry, longitudinal & cross sectional approach.	3	5
1.3	Growth & development – Definition, principles, stages, areas, factors influencing, heredity – environment interaction.	2	1,2
2.0	Pre - natal development	6	
2.1	A) Prenatal development – Conception, stages, factors influencing, complications / hazards during pregnancy, prenatal care, child birth.	6	1
3.0	Neonate	7	
3.1	Neonate - Definition, physical characteristics, abilities, adjustments, New born care – Feeding, Immunization, health assessment using growth chart, baby friendly Hospitals. APGAR test, At risk babies.	7	1
4.0	Development during childhood and Adolescence	10	
4.1	Infancy - Physical, motor, intellectual, emotional, social & language development. Factors influencing	2	1,2,3
4.2	Babyhood - Physical, motor, intellectual, emotional, social & language development. Factors influencing.	2	1,2,3
4.3	Early childhood - Physical, motor, intellectual, emotional, social & language development. Factors influencing.	2	1,2,3
4.4	Late childhood - Physical, motor, intellectual, emotional, social & language development, Factors influencing.	2	1,2,3
4.5	Definition, characteristics, development during adolescence- physical, cognitive, emotional and social development.	2	1,2,3

5.0	Early childhood care and education	8	
5.1	Preschool; education- Objectives and types	2	3
5.2	Discipline- essentials, techniques and its effects on children.	2	1
5.3	Play – Importance, types, selection of toys, indigenous toys.	1	1
5.4	Habit formation- definition, principles.	1	1
5.5	Behaviour problems- definition, causes methods of handling	2	3
6.0	Children with special needs	3	
6.1	Challenged children- Definition, General classification, General causes and prevention.	3	5
7.0	Issues of ageing	2	3
7.1	Demographic profile, needs and problems of the elderly Care of the aged	2	3
8.0	Crisis in the family and contemporary issues affecting family	4	
8.1	Infidelity, desertion, divorce, alcoholism, death, suicide, disabilities, financial crisis and its effect on family.	2	3
8.2	Need for guidance and counseling. Urbanization and globalization, maternal employment, single lone parenthood, reconstituted families, Influence of electronic media	2	3
9.0	Population education	2	
9.1	Definition, problems of overpopulation	1	6
9.2	Responsible parenthood Methods of family planning Sex education	1	6

REFERENCES

- Devadas ,R and Jaya,N. (2005) , AText book on Child development.
- Suriakanthi,A.(2009). Child Development – An Introduction,4th Edn. Kavitha Publications Text Books for Enrichment
- Berk, L.E. (2000) child development (8th Edn) PHI learning Pvt Ltd, New Delhi.
- Hurlock, E.B. (2008), Developmental Psychology – A life span approach, 5th Edn.
- Marshall ,J and Stuart S (2001) Child Development, Heinemann Educational Pub.
- Sandrock,J.W (2010) Child development – An Introduction ,12th Int.Edn,New York, McGraw Hill.
- Minett ,P.(2005) . Child Care & Development, 5th Edn. John Murray Pub.Ltd.
- Shaffer,D.R. and Kipp ,K.(2007) Developmental Psychology: childhood and adolescence, 7th Edn, Thomson Wadsworth. **Australia.**

Course	Details
Code	HS3BO3U(P)
Title	HUMAN DEVELOPMENT AND FAMILY INTERACTIONS- PRACTICAL
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Year/Semester	2/III
Type	CORE
Credits	1
Total hours	36
Hours per week	2

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Assess the physical, motor, emotional, intellectual and social development of a pre-school child.	U, Ap	1
2	Understand the pattern involved in the growth and development of a child from infancy to adulthood.	U,Ap	1
3	Monitor progress in physical growth of children with the help of standardised tools..	U,Ap	1
4	Develop materials to enhance overall development of a child.	U,Ap,C	1
5	Learn to evaluate the suitability of toys available in the market	U,E	1,5

*PSO –Program Specific Outcome; CO- Course Outcome

Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate; C-Create

Module	Course Description	Hrs	CO. No.
1	Observation and reporting of various developments in a preschool child- Physical, motor intellectual emotional and social developments.	12	1
2	Visit to any one of the following places- Baby friendly Hospital / Anganvadi / SOS village / Orphanage /Home for the aged / Institutions for children with special needs	6	2
3	Recording the height and weight of preschool children using a growth chart.	6	3
4	Preparation of an art/ craft activity for preschool children	6	4
5	Critically evaluate the suitability of any one toy available in the market	6	5

Course	Details
Code	HS4B04U
Title	General psychology
Degree	B.Sc
Branch(s)	Family and Community Science
Semester	VI
Type	Core course 4 theory
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	To understand the physiological basis of human behaviours.	Ap	1
2	To study the processes involved in perception and motivation.	R	1
3	To understand the manifestations of abnormal behaviour patterns and the therapies prescribed.	R	1,3

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate; C-Create

Module	Course Description	Hrs	CO. No.
1.0	Psychology	4	
1.1	Definition, major subfields of psychology	3	1,3
2.0	Biological basis of behaviour	6	
2.1	Nervous system – Basic units, Organization, Brain, major parts, association areas, Hemispheric specialization,	4	2

2.2	Endocrine system, Genetic influences on behaviour	2	2
3.0	Sensation, Attention and Perception	10	
3.1	Traditional Senses – vision, Hearing, Smell, Taste and Touch Attention – Importance, Factors influencing,	3	2
3.2	Attention span Perceptual development – Space, Depth, Extra sensory Perception	3	2
3.3	Use of Perception, Perceptual Constancy, Perceptual organization, Errors in perception.	4	2
4.0	Learning and Conditioning	6	
4.1	Classical and Instrumental Conditioning, Observational Learning Cognitive learning	6	1,2
5.0	Motivation and Emotion	9	
5.1	Motives – Definition, functions, types Maslow’s theory of motivation Definition and nature of emotion	2	1,3
6.0	Memory	9	
6.1	Sensory, short term and long term memory Forgetting- curve of forgetting, reasons for forgetting Memory techniques	9	2
7.0	Personality	8	
7.1	Personality – definition, Determinants of personality, Types of personality – Introvert, extrovert, Type A. Self concept & self esteem.	2	4,3

REFERENCES

- Dennis Coon & John O. Mitterer (2008) Psychology - a Journey International Student Edition, Thomson & Wadsworth Thomson Higher Education, 10 Davis Drive, Belmont, CA 94002 – 3098, USA
- L. Dodge Fernald & Peter S. Fernald, 5th Edition (2007) Munn’s Introduction to Psychology, A.I.T.B.S. Publishers & Distributors (Regd.) J-5/6 Krishnan Nagar, New Delhi – 110 051.
- Edward E. Smith, Susan Nolen (2003) Introduction to Psychology (14th Edition)– Hoeksema, Barbara Fredrickson Geoffrey R. Lottus, Wadsworth, Cengage Learning India Pvt. Ltd. Alps Building, 1st Floor, 56-Janpath, New Delhi – 110 001.
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- Santrock J.W. (2005) Psychology, Tata-McGraw Hill ed, New Delhi.
- Mangal SK. Advanced educational Psychology (2004) Prentice-Hall Of India Pvt.

Course	Details
Code	HS4B04U
Title	General Psychology
Degree	B.Sc
Branch(s)	Family and Community Science
Semester	V
Type	Core course 4 practical
Credits	2
Total hours	36
Hours per week	2

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	To understand the physiological basis of human behaviours.	Ap	1
2	To study the processes involved in perception and motivation.	R	1
3	To understand the manifestations of abnormal behaviour patterns and the therapies prescribed.	R	1,3

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate; C-Create

Module	Course Description	Hrs	CO. No.
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1.0	Illustrate a few perceptual illusions and write a brief report on illusions.	4	3
2.0	Select a suitable intelligence test and administer to a class of adolescents, score and evaluate.	8	2
3	Illustrate the Hierarchy of Needs according to Maslow. Write a brief explanation of Maslow's theory.	4	3
4	Apply what you have learned about memory to your academic studies/explain the methods that help people to remember: audio, visual, mnemonic and repetition, notetaking.	6	1
5	Select any one Personality test/Projective technique and administer, score and evaluate the test.	4	2,3
6.0	Administer a suitable test on self-esteem/ self-concept/self-motivation score and evaluate the test	8	2,3

Course	Details
Code	HS5B05U
Title	Interior Decoration
Degree	B.Sc
Branch(s)	Family and Community Science
Semester	V
Type	Core course 5 theory
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Identify the basic elements of design	R	3
2	Select appropriate colours for home decor	E	3
3	Develop basic skills for a career option in interior decoration	Ap	3,5
4	Choose appropriate furniture and lighting for homes	An, Ap	3,5
5	Construct basic design drafts for interior decor/organization	C	3,5

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate; C-Create

Module	Course Description	Hrs	CO. No.
1.0	Art in daily living	3	
1.1	Introduction to Interior Designing	1	3
1.2	Importance of good taste	1	3
1.3	Concept and objectives of interior decoration	1	3
2.0	Design	9	
2.1	Definition, Types of design	3	1
2.2	Elements of design-line, shape, texture, colour, pattern, light and space	3	1
2.3	Principles of design- proportion, balance, rhythm, emphasis, harmony	3	1
3.0	Colour	9	
3.1	Prang colour system	2	2
3.2	Qualities of colour	2	2
3.3	Colour harmonies and schemes	3	2
3.4	Use and effects of various colours	2	2,3
4.0	Lighting	6	
4.1	Importance of home lighting, types of lighting- natural and artificial - Importance of Natural Lighting for healthy environment	3	3, 4
4.2	Types of lamps and lighting fixtures for artificial lighting ; Physical and Psychological aspects of lighting, illusion.	3	4
5.0	Furniture and Furnishing	9	
5.1	Furniture requirement for various rooms	1	4
5.2	Guidelines for selection and arrangement of furniture.	1	4
5.3	Classification and selection of soft furnishings.	2	4
5.4	Types of windows, window treatments - curtain styles	3	4

5.5	Selection and care of rugs and carpets	2	4,3
6.0	Accessories	6	
6.1	Classification and their role in interiors	1	3
6.2	Flower arrangement - principles, different styles, and basic shapes	2	3
6.3	Drying techniques, Dry flower arrangement	2	3
6.4	Indoor gardening and bonsai.	1	3
7.0	Interior and Exterior Space Organisation	6	
7.1	Space requirement for various activities in various rooms Size, layout, finishes, furniture, furnishings, accessories, lighting colour	1	5
7.2	Storage for living, dining and bed rooms	1	5
7.3	Principles of space planning	1	5
7.4	Kitchen- types of kitchen, Modular kitchen	2	5
7.5	Working areas and work triangle	1	5
8.0	External Space Organisation	6	
8.1	Objectives and principles of landscape gardening,	3	5
8.2	Types-formal, informal; Styles Garden components, routine duties in gardening	3	5

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- Craig and Rush- Homes With Character
- Goldstein. H & Goldstein V. – Art in Everyday Life
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- Supriya K.B.- Landscape gardening and designing with plants.

Course	Details
Code	HS5CRP05
Title	Interior Decoration
Degree	B.Sc
Branch(s)	Family and Community Science
Semester	V
Type	Core course 5 practical
Credits	1
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Select appropriate elements of design for application in home and work interiors	E	
2	Apply suitable colour schemes in a design	Ap	
3	Demonstration of table setting, napkin folding and flower arrangements in different shapes and styles	C, Ap	
4	Evaluate interiors for their design elements	E, An	
5	Create decorative arts and crafts	C, Ap	

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
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1.0	Design	8	
1.1	Application of various types of design	2	1
1.2	Elements of design	2	1
1.3	Principles of designs	2	1
1.4	Application of motif in a design suitable for furnishing / accessories	2	1
2.0	Colour	6	
2.1	Preparation of colour charts	3	2
2.2	Application of colour schemes in a design/ room	3	2
3.0	Flower Arrangement	8	
3.1	Demonstration of basic shapes in flower arrangement,	5	3
3.2	Drying techniques and dry flower arrangement	1	
3.3	Artificial flower making and arrangement	2	
4	Curtain Styles	4	
4.1	Illustration of various curtain styles	4	1,4
5	Evaluation of Interiors	4	
5.1	Evaluation of any two rooms (Living room, dining room, bed room, bath room, kitchen etc.)	4	4
6	Creative arts	6	
6.1	Creation of art objects any decorative/ functional accessory	6	5

Course	Details
Code	HS5BO6U (T)
Title	Human Nutrition & Biochemistry
Degree	B.Sc.
Branch(s)	Family and Community Science (Home Science)
Semester	V
Type	CORE
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Understand the significance of maintaining a healthy lifestyle with adequate physical activity and a balanced diet	U	1
2	Identify basic nutrients present in foods	R	1
3	Outline the metabolic pathways of the different macro and micronutrients in the body	E	1
4	Assess nutritional status of individuals by scientific methods Prepare diet plans for individuals of varying ages and physical states	An C	1
5	Understand the significance of maintaining a healthy lifestyle with adequate physical activity and a balanced diet	U	1

*PSO –Program Specific Outcome; CO- Course Outcome
 Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
 C-Create

1.0	Nutritional Biochemistry	27	
1.1	Introduction to Nutrition Science: The Indian Nutrition Scenario, Food Security Issues, Future challenges for nutrition research	10	1
1.2	Recommended Dietary Allowances Definition, Factors affecting RDA, RDA for different nutrients, Indian reference man and woman	3	1
1.3	Human Energy Requirements Definition of energy requirements, factors influencing food intake, components of energy expenditure.	2	1
1.3.1	Measurement of BMR, factors affecting BMR, thermic effect of food and energy expended in physical activity.	2	1
1.3.2	Methods of estimating energy expenditure, direct, indirect calorimetry, factorial estimation, DLW technique, Energy requirements	2	1
1.4	Macronutrients and their metabolism		1
1.4.1	A) Carbohydrates- classification, functions, metabolism, regulation of blood glucose concentration, types of dietary fibre, physiological and metabolic effects of dietary fibre and potential health benefits, Glycaemic index	3	2,3
1.4.2	b) Proteins – Classification of proteins and amino acids, functions, metabolism of protein, protein turnover, methods of evaluating protein quality, improvement of quality of protein in the diet. Requirements	3	2,3
1.4.3	C)Lipids – Composition, structure, function, classification of fats and fatty acids, essential fatty acids, trans fatty acids, fat metabolism, requirements, choice of cooking medium in the context of n-3, n-6 fatty acid ratio in Indian diets.	4	2,3
1.5	Water Functions, distributions and compartments of body water. Factors influencing water distribution. Regulation of water balance. Requirements of water. Disturbances in	3	2,3

	balance, Dehydration, Odema.		
1.6	Fat soluble vitamins A, D, E and K Fat soluble vitamins- An overview, food sources, functions, deficiency and requirements	2	2,3
1.7	Water soluble vitamins An Overview, food sources, functions, deficiency, requirements	2	2,3
1.8	Minerals a) Microminerals – General functions, Functions, food sources, deficiency and requirements of calcium, phosphorus, sodium, potassium.	2	2,3
1.8.1	b) Microminerals – An introduction, factors affecting absorption of minerals, functions, food sources, deficiency and requirements of iron, iodine, fluorine and zinc	2	2,3
2	Principles of Human Nutrition	27	
2.9.1	Nutrition through Lifecycle a) Basic five food groups, Balanced diet, food guide pyramid, dietary guidelines for Indians	12	4,5
2.9.2	Nutrition in Infancy Growth and development, Nutritional requirement, breast feeding, weaning and supplementary foods	4	4,5
2.9.3	Nutrition in Adolescence Growth and development, nutritional requirement, factors influencing dietary pattern of the adolescent	3	4,5
2.9.4	Nutrition in Pregnancy Physiological changes during pregnancy, importance of nutrition in pregnancy, diet for the pregnant mother, complications in pregnancy- gestational diabetes, toxemia, infections, effect of maternal malnutrition on foetus f	3	4,5
2.9.5	Nutrition in Lactation Nutritional requirements, human milk composition and importance, lactogogues, diet planning.	3	4,5
2.9.6	Nutrition in Old Age Changes during old age, nutritional	2	4,5

	requirements, diet planning		
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- Bamji M.S., Krishnaswamy,K., and Brahmam G.N.V.(2009). Textbook of Human Nutrition, 3rd edn. New Delhi.: Oxford and IBH Publishing Co.Pvt.Ltd.,?
- Swaminathan,M. (2001).Principles of Nutrition and Dietetics. Bangalore.: The Bangalore Printing and Pub,Co,Ltd,,
- Longvah,T ,Ananthan,R, Bhaskarachary,K, Venakaiah,K (2017) Indian Food Composition Tables,NIN, Hyderabad

Text Books for Enrichment

- Park, K. (2005).Park’s Textbook of Preventive and Social Medicine,18th edn. India.: M/s Banarsidas Bhanot Publishers, Jabalpur,.28
- C. Gopalan, B.V. Ramasastry and S.C. Balasubramanian. (2007). Nutritive value of IndianFoods. Hyderabad.: NIN, ICMR

CO No	Expected Course Outcomes	Cognitive Level	PSO No
1	Upon completion of this course, the students will be able to: Analyze various foods for their qualitative aspects	E, Ap	1
2	Assess the quality of frequently consumed food items	An	1
3	Examine food stuffs quantitatively for minerals and vitamins	E, An	1
4	Plan and formulate normal diets for various age groups	C	1,5
Degree: B.Sc. Branch(es): Family and Community Science (Home Science)			
*PSO –Program Specific Outcome; CO- Course Outcome Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate; C-Create			

Module	Course Description	Hrs	CO.No
1	Food Analysis	18	
1.1	Qualitative tests for carbohydrates	6	1
1.2	Qualitative tests for protein	4	1
1.3	Qualitative tests for calcium	4	1
1.4	Qualitative tests for phosphorus	2	1
1.5	Qualitative tests for iron	2	1
2	Quantitative tests for various food stuffs	9	
2.1	Lactose in milk	3	3
2.2	Vitamin C in food stuffs	3	3
2.3	Calcium in foods	3	3
3	Planning, preparing and serving normal diets for different ages	18	
3.1	Infancy	2	4
3.2	Preschool age	2	4
3.3	School going age	2	4
3.4	Adolescence	2	4
3.5	Adult	4	4
3.6	Pregnancy	2	4
3.7	Lactation	2	4
3.8	Old Age.	2	4

Course	Details
Code	HS5BO7U
Title	TEXTILE SCIENCE
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Semester	V
Type	CORE
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Describe the production, properties and use of different textile fibers.	U	1
2	Understand the process of yarn making and characteristics of different types of yarns.	U	1
3	Explain the different methods of fabric construction and Identify different textile weaves.	U, An	1,5
4	Describe different methods of Textile dyeing and printing process.	U	1,3
5	Apply some basic hand printing methods on textile fabrics.	Ap	3,5
6	Describe the different types of finishes and its purpose.	U	1
7	Discuss some of new trends in textiles	U	1,3,5

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	PSO. No.
1.0	Study of Fibres	12	
1.1	Definition, classification of textile fibbers.	3	1
1.2	Properties and uses of Textile fibres- cotton, linen, wool, Silk.	5	1
1.3	Rayon, nylon, and polyester.	4	1
2.0	Study of yarns	12	
2.1	Definition, process of making fibre in to yarn (cotton and woollen systems).	4	2
2.2	Mechanical spinning (Ring spinning and open end spinning and chemical spinning.	3	2
2.3	Classification of yarns- type, count, twist, number of parts.	3	2
2.4	Novelty yarns, Textured yarns and bi-component yarns.	2	2
3.0	Fabric structure	14	
3.1	Weaving- Preparation of yarns for weaving, loom parts and its operations, modern shuttle less looms- air jet and projectile looms.	5	3
3.2	Basic weaves- plain, twill and satin and its variations. Fancy Weaves- Pile, dobby, jacquard, leno, clip spot, lappet, crepe and double cloth.	4	3
3.3	Characteristics of woven fabrics – yarn- warp and weft, grain, thread count, balance and selvages.	2	3
3.4	Other methods of making fabrics -knitting, felting, braiding, netting, lace making and bonding.	3	3
4.0	Dyeing and Printing	8	
	Classification of dyes: Natural, artificial- acid, basic, direct, sulphur, vat, Naphthol, disperses and		

4.1	mordant.	3	4
4.2	Stages of dyeing - stock, yarn, piece, cross and union dyeing.	2	4
4.3	Printing:-Direct- block, roller and screen, Discharge. Resist- tie & dye, batik.	3	4, 5
5.0	Fabric Finishes and New trend in textiles.	8	
5.1	Definition, purpose. Classification	2	6
5.2	Types-singeing, scouring, bleaching, sanforizing, calendaring, tendering, sizing, weighting, brushing, napping, crepe and crinkled effect, crease resistance.	4	6
5.3	Functional finishes – stain resistant and antibacterial finish.	2	6
6.0	Modern textiles.	4	
6.1	New Trends in Textiles-Brief introduction to spandex, geo textiles, Nano fabrics, medicinal fabrics.	2	7
6.2	Eco-friendly textiles – organic cotton, jute, bamboo fibre.	2	7

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- Gokarneshan U (2005) Fabric Structure and Design, New Age International Publishers Well's K(2002) Fabric Dyeing and Printing, Conran Octopus.
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Course	Details
Code	HS5BO7U (P)
Title	TEXTILE SCIENCE - PRACTICAL
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Semester	V
Type	CORE
Credits	1
Total hours	36
Hours per week	2

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Identify textile fibre by their appearance and texture	U,R	3
2	Analyze the textile fibres and test claims given by fabric manufacturers.	An	3
3	Understand the process of basic fabric construction.	Ap, U	3
4	Assess fabric quality and make wise purchase decisions.	E, An	3
5	Prepare printed fabrics by applying hand printing techniques.	C, Ap	3,5
6	Understand the current trends in textile and fashion industry	U	5

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	PSO. No.
1	Collection of different textile fibres (Cotton, Silk, Polyester, Nylon, wool and rayon)	6	1
2	Testing of fibers: - Visual Inspection, Burning and Microscopic Test.	4	2
3	Fabric structure: Basic weaves- Collect samples for all the Basic weaves and their variations.	4	3
4	Fancy weaves- Collect samples for Pile, Dobby, Jacquard, Leno, Clip Spot, Lappet and Double Cloth.	6	4
5	Thread count: - Collect samples for low medium and high count fabric.	4	4
6	Prepare samples for Block, Batik and Tie & Dye (any two variations)	6	5
7	Visit to Mills /Shops	6	6

Course	Details
Code	HS5BO8U
Title	DYNAMICS OF EXTENSION
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Semester	V
Type	CORE
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Explain and analyse the widening concept of extension education in India.	U, An	1
2	Discuss the qualities and role of home science extension in upbringing the family and society.	U	1
3	Describe the community development and its set up in India	U	1
4	Distinguish the socio cultural and economic environment of rural, urban and tribal communities and understand the different community organizations.	An, U	1
5	Recognize the importance of rural Leadership in bringing about planned change in human behaviour for developing community	U	1
6	Describe the basics in communication and explain the different methods of approaching people.	U	4

7	Prepare and use technologically advanced visual aids in teaching and communication	Ap	4, 5
8	Plan, implement and evaluate an extension programme.	C	1

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	PSO. No.
1.0	Extension	8	
1.1	Meaning and objectives of extension in India	2	1
1.2	Concept of extension educational process.	2	1
1.3	Role of Extension worker.	2	2
1.4	Qualities of an extension worker.	2	2
2.0	Community Development	15	
2.1	Meaning and objectives.	2	3
2.2	Special features of rural, urban and tribal communities in India.	3	4
2.3	Role of extension in community development with special emphasis to home science extension.	3	4
2.4	Role of community organizations (panchayat, cooperatives and schools) in community development.	4	4
2.5	Community development programmes for women and children in rural areas.-DWCRA, ICDS and Indira Mahila Yojana.	3	4
3.0	Leader and Leadership.	7	
3.1	Leadership -Concept and definitions, types of community leaders-Professional leader and lay leaders; autocratic, democratic and laissez-faire leaders.	3	5

3.2	Methods of identifying community leaders.	2	5
3.3	Leadership for community development.	2	5
4.0	Learning and teaching in extension	12	
4.1	Criteria for effective extension teaching. Steps in extension teaching.	3	6
4.2	Extension teaching methods (methods of community contact) - Individual method-personal visits, letters, discussions.	3	6
4.3	Group method-meetings, discussions, demonstrations, folk songs, drama, role play, seminar, field trips and exhibitions.	3	7
4.4	Mass method-Print and electronic media. Modern methods-Tele conferencing, tele text, net working, satellite communication.	3	7
5.0	Audio-visual aids	8	
5.1	Meaning. Classification-audio, visual and audio-visual aids.	5	6
5.2	Cone of experience. Selection and use.	3	6
6.0	Programme planning in extension	4	
6.1	Objectives, principles of extension programme planning.	2	8
6.2	Steps involved in extension programme planning.	2	8

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- Supe, A.N. (1983).An Introduction to Extension Education. Oxford IBH Publishing Company.

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Course	Details
Code	HS5BO8U (P)
Title	DYNAMICS OF EXTENSION -PRACTICAL
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Semester	V
Type	CORE
Credits	1
Total hours	36
Hours per week	2

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Interact with extension workers and understand their nature of work and their commitment towards the society.	U	1
2	Understand the role of community organizations.	R	1
3	Collection of audio visual aids.	C	4
4	Preparation and use of visual aids for conveying messages related to the betterment of livelihood of the general public.	C	4
5	Plan, implement and evaluate an extension programme for the advancement of the society.	Ap, E	2

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1	Extension Interview an extension worker to find out his/her role.	8	1
2	Community Development Conduct a survey to find out the role of any one community organization in community development.	8	2
3	Learning and Teaching in Extension	10	
3.1	Collection and evaluation of audio visual aids	5	3
3.2	Preparation and use of visual aids (leaflet, pamphlet, chart and poster)	5	4
4	Programme planning in Extension Planning, implementing and evaluating an extension programme. Related to home science	10	5

Course	Details
Code	HS5DO1U4
Title	SELF EMPOWERMENT SKILLS
Degree	B.Sc.
Branch(s)	Family and Community Science (Home Science)
Semester	V
Type	CORE
Credits	4
Total hours	72
Hours per week	4

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Understand the pleasing personalities and to make them efficient in life	U	4
2	Understand the resource development skills.	U	2
3	Understand the effective communicative skills	U	2
4	Understand the Self-empowerment	U	5
5	Understand various methods to mould students as a social person	U	4
6	Prepare students graceful to the family and Society	C	3

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1.0	Personality Development	10	1
1.1	Definition, Determinants 2. Values to cherish	5	1
1.2	Steps to build Positive self esteem Tips to develop a positive personality	5	1
2.0	Resources Management Skills.	10	2
2.1	Management- definition, Types definition, Steps in management process, Decision making.	2	2
2.2	Time management- Time Schedule, Tools in Time management	4	2
2.3	Money Management – Steps in making Budget. Record keeping	2	2
2.4	Energy management – Types of fatigue, Causes of fatigue, Work simplification. .	2	2
3.0	Communication Skills	12	3
3.1	Effective speaking, Intelligent Listening	2	3
3.2	Impressive writing skills- letters, note taking	2	3
3.3	Presentation skills – Making word file in computer, preparation of OHP & Power Point Slides	2	3
3.4	Facing Interviews, Participating in group discussions.	2	3
3.5	Importance of interpersonal skills in relationships (Husband- Wife, Parent –Child, Teacher – student & sibling relationships)	4	3
4.0	Learning skills	10	
4.1	Intelligence – definition, areas of intelligence	3	3,4

4.2	Types of learning	2	3,4
	Memory techniques		
4.3	Scientific learning	2	3,4
4.4	Tips for writing examinations	3	3,4
5.0	Social skills.	10	5,6
5.1	Different social skills	4	5,6
5.2	Steps in fostering right attitudes	4	5,6
5.3	Qualities that make a person successful.	2	5,6
6.0	Family life skills	10	5,6
6.1	Marriage – definition, Areas of Marital adjustment. Factors influencing	2	5,6
6.2	Parenting skills	2	5,6
6.3	Reproductive health – diet, personal hygiene.	2	5,6
6.4	Stress management	2	5,6
6.5	Life skills for psycho – social development	2	5,6
7.0	Aesthetic & Income generating skills.	10	1,2,4
7.1	Interior decoration- Types, Elements & principles of design, colour combinations	4	1,2,4
7.2	Flower Arrangement	2	1,2,4
7.3	planning, food preservation	2	1,2,4
7.4	Waste management, Wealth from waste	2	1,2,4

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- Khera Shiv (2002). **You Can Win.** Macmillan pub. New Delhi.

Course	Details
Code	HS6B09U
Title	Family Resource Management
Degree	B.Sc
Branch(s)	Family and Community Science
Semester	VI
Type	Core course 9 theory
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Develop acquire scientific skills in the management of resources	Ap	1
2	Identify the significance of resource management and thereby improve the quality of life.	R	1
3	Identify the principles of management and their application in family context.	R	1,3
4	Create awareness and need for consumer education.	C, Ap	1,3

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1.0	Introduction to Management	9	

1.1	Definition, theory of management, steps involved in management	3	1,3
1.2	Decision making- Methods of resolving conflict	2	3
1.3	Concepts in management-Values, goals, standard. Qualities of a good home maker.	2	1,3
1.4	family characteristics influencing management – life cycle stages, types and composition of family,	2	3
2.0	Family Resources	3	
2.1	Meaning, Definition, Classification and Characteristics of resources.	1	2
2.2	Factors affecting resource management. Means to optimize satisfaction in resource management.	2	2
3.0	Management of time	6	
3.1	Time as resource. Significance of time management, tools and aids in time management	4	2
3.2	Time schedule – preparation and evaluation	2	2
4.0	Management of Energy	6	
4.1	Significance, energy requirement for various house hold activities-work curve	1	1,2
4.2	Fatigue – classification, causative factors and alleviating techniques	2	1,2
4.3	work simplification-meaning and technique, Mundell’s classes of change	1	1,2
4.4	Labour saving equipment- importance, principle, use, and care of equipment such as cooker, microwave oven, OTG, mixers and grinders, refrigerator, washing machine, and dish washers	2	1,4
5.0	Management of Money	9	
5.1	Family income as a resource - Types of family income, guidelines in money management.	2	4,3
5.2	Family budget- types and steps in family budget, Engel’s law of consumption.	2	4

5.3	Accounting, financial recording- types, purpose, advantages.	2	4
5.4	Savings and Investment-meaning, saving institution and scheme, supplementing family income.	2	4
5.5	Family credit – types, sources, use and misuse.	1	
5.0	Management of household fuel and energy	9	
5.1	Household fuels, classification – solid, liquid, gas, electricity and solar energy, Familiarization with renewable energy devices (solar devices and biogas).	5	
5.2	Energy conservation – importance, devices/ techniques for conservation of energy.	4	
6.0	Waste management	6	
6.1	Types of domestic wastes, principles of waste management, 3 Rs of waste management	3	
6.2	Waste minimization, disposal of wastes, recycling of wastes and reuse of wastes.	3	
7.0	Consumer Education	6	4
7.1	Meaning, consumer problems, rights and responsibilities of a consumer	2	4,3
7.2	Consumer Aids, Consumer Protection Act	2	
7.3	Consumer redressal procedure and better buying practices, Green consumerism	2	3

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- Nickle. P. Dorsey , J. M Management of family living, Sterling Publishers, New Delhi
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Course	Details
Code	HS5CRP09
Title	Family Resource Management
Degree	B.Sc
Branch(s)	Family and Community Science
Semester	V
Type	Core course 9 practical
Credits	2
Total hours	36
Hours per week	2

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Develop acquire scientific skills in the management of resources	Ap	1
2	Identify the significance of resource management and thereby improve the quality of life.	R	1
3	Identify the principles of management and their application in family context.	R	1,3
4	Create awareness and need for consumer education.	C, Ap	1,3

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate; C-Create

Module	Course Description	Hrs	CO. No.
1.0	Management of Time	4	

1.1	Preparation of time plan for college girl/homemaker and its evaluation.	4	1, 2
2.0	Work study	8	
2.1	Determination of working height in vertical and horizontal planes, study of anthropometry and furniture sizes.	8	3
3	Management of money	4	
3.1	Study of expenditure pattern of your family and preparation of a model family budget/ budget suitable for various categories	4	1,3
4	Waste Management	6	
4.1	Study of waste management practices in your house/ locality; Development an object from household waste materials.	6	3
5	Consumer Education	4	
5.1	Development and evaluation of labels and advertisements for consumer products, Preparation of a consumer complaint for any consumer produc	4	4
6.0	Event Management	10	
6.1	Planning, organizing, implementing and evaluating a group activity (Party/Exhibition/ tour) Or Residence stay for a week incorporating principles of management.	10	1, 2, 3

Course	Details
Code	HS6BO10U
Title	CLINICAL NUTRIYION &DIETETICS
Degree	B.Sc.
Branch(s)	Family and Community Science
Semester	VI
Type	CORE
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Describe the different types of diets and feeding methods	R	1
2	Explain the nutritional management in various disease conditions	U	1
3	Maintain a healthy weight and manage a healthy lifestyle	Ap	1
4	Analyze the various causative factors of common illnesses	An,E	1
5	Formulate diet plans for various disease conditions	C,Ap	1
6	Understand the prevalent conditions of malnutrition in the community	U,An	1,6

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1	Introduction to Dietetics and Types of Diets (6hours) Meaning and scope of dietetics, Role of Dietitian, Nutrition care process (NCP)	6	1
2	Nutritional Management of infections and fevers (4hours) Classification and aetiology of fever / Infection Medical Nutrition therapy in: Typhoid, Tuberculosis, HIV/AIDS	4	1,2
3.0	Nutrition, Diet and Cancer: Stages in the development of cancer, etiological risk factors for cancer -	2	2,3,4
3.1	Dietary and non-dietary factors, Genetic factors, Environmental factors; Nutritional requirements for cancer patients, dietary management in cancer Module	2	2,3,4
4.0	Nutritional Management of Diabetes Mellitus Prevalence, classification and aetiology of diabetes mellitus, symptoms, diagnosis and complications.	2	2,3,4
4.1	Management of Diabetes: -Dietary management – Glycaemic Index, beneficial effects of some foods, supportive therapy, prevention	2	2,3,4
5.0	Nutrition and Coronary Heart Diseases (CHD) Common disorders and complications of CHD,	2	2,3,4
5.1	Prevalence, aetiology and symptoms, Dietary management, Prevention of CHD	2	2,3,4
5.2	Atherosclerosis -Phases, Aetiology, Symptoms, Complications, Nutritional Management Hypertension - Classification of BP, Hypertension - stages, etiology,dietary management, DASH diet	2	2,3,4,5
6.0	Gastro Intestinal Disorders Aetiology, symptoms and dietary Management of: Peptic ulcer, Constipation, Diarrhoea	4	2,3,4,5
7.0	Liver Diseases Etiology, symptoms and dietary Management of: Hepatitis, Cirrhosis, Hepatic Coma	4	2,3,4,5
8.0	Nutritional Management of Renal Disorders Common Renal Diseases, General Principals of dietary	2	2,3,4,5

	Management in Renal diseases,		
8.1	Aetiology, Clinical symptoms and Dietary Management of Acute and chronic Nephritis, Nephrotic Syndrome	2	2,3,4,5,
9.0	Nutritional care in weight Management Weight imbalance, prevalence and classification; Guidelines for calculating ideal body weight.	2	2,3,4,5
9.1	Aetiology, Clinical manifestations, consequences and Dietary Management of Obesity, Underweight	2	2,3,4,5
10	Nutritional Problems of the Community Prevalence, causes, consequences prevention and control of • Protein Energy Malnutrition (PEM)	4	2,3,4,5
10.1	<ul style="list-style-type: none"> • Vitamin A deficiency • Iodine Deficiency Disorders • Iron Deficiency Anaemia 	4	2,3,4,5

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Course	Details				
Code	HS6BO10U (P)				
Title	CLINICAL NUTRITION & DIETITICS				
Degree	BSc.				
Branch(s)	Family and Community Science (Home Science)				
Year/Semester	III/VI				
Type	CORE- PRACTICAL 10				
Credits	1	Hrs/Week	3	Total Hrs	54

CO No.	Expected Course Outcomes Upon completion of this course, the students will be able to:	Cognitive Level	PSO No
1	Evaluate body weight status using BMI measures	E	1
2	Formulate diets for various disease conditions.	C	1
3	Select appropriate feeding techniques for various illnesses	An,E	1
4	Understand the working of a hospital dietary unit	U	1,5

PSO-Program Specific outcome; CO-Course Outcome; Cognitive Level: Remember; U- Understanding; Ap-Apply; An-Analyse; E-Evaluate; C-Create.

Module	Course Description	Hrs	CO.No
1	Calculation of BMI using height-weight measurements	4	1
2	Preparation of Therapeutic Recipes. Types of Therapeutic Diet: Normal Soft, Fluid – Full Fluid and Clear Fluid Diets	2	2,3
3	Diet plan for	26	3
3.1	Fever patient (Typhoid/Tuberculosis)	2	3
3.2	Cancer- breast cancer	2	3
3.3	Diabetic Mellitus	2	3
3.4	CHD (Atherosclerosis)	4	3
3.5	Peptic Ulcer	2	3
3.6	Cirrhosis	2	3
3.7	Hepatitis	2	3
3.8	Nephritis	2	3
3.9	Obesity	2	3
3.10	Under weight	2	3

3.11	PEM (Kwashiorkor)	2	3
3.12	Iron Deficiency Anaemia	2	3
4	Visit to a feeding programme / Diet clinic.	4	4

Course	Details
Code	HS6BO11U
Title	FASHION DESIGNING AND APPAREL PRODUCTION
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Semester	VI
Type	CORE
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes	Cognitive level	PSO No.
1	Describe the different terminologies and principles related to contemporary fashion	U	1
2	Understand and use the elements and principles of design and Apply the use of pattern making for fashion and clothing	U, Ap	1,3
3	Explain the fundamentals of fashion designing.	U	1
4	Knowledge in designing garments for different figure type.	U	1,5
5	Visualize and Apply the basic procedure in garment construction.	U, Ap	3
6	Discuss the Indian apparel market in global perspective.	U	1

7	Explain the organisations of garment industry and marketing.	U	1
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*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

1.0	Fashion Introduction and interpretation.	24	
1.1	Fashion:-Definition, terminologies- style, fad, classic, fashion trend, haute couture.	3	1
1.2	Fashion life cycle, fashion fore- casting and present day fashion.	3	1
1.3	Principles and factors influencing Fashion.	5	2
1.4	Elements and principles of design as applied to apparel designing.	4	2
1.5	Garment designing: - factors considered, basic shapes, the proportion of figures- Basic	5	3
1.6	8- head theory, unusual figures (problems and remedies) - for tall figure, short figure, stout figure, thin figure.	4	4
2.0	Introduction to Body measurements and pattern making	10	3
2.1	Body measurements:-Importance and methods of taking body measurements.	3	3
2.2	Pattern making: - Methods of pattern making- Drafting	3	3
2.3	Pattern Alteration- lengthening and shortening bodice block and skirt,	2	4
2.4	Sleeve variations- puff and $\frac{3}{4}$ sleeves.	2	3
3.0	Garment Construction	12	

3.1	Tools and equipments used for garment construction.	3	3
3.2	Sewing machine-parts, functions, care, maintenance common problems, reasons and remedies,	4	3
3.3	Steps in preparing fabric for construction, layouts, marking, cutting, stitching and finishing of garments.	5	5
4.0	Apparel marketing and merchandising.	8	
4.1	Marketing- definition, marketing mix- 4 P's (product, promotion, prices and place).	2	6
4.2	Merchandising- definition, role and responsibilities of merchandiser	3	6
4.3	Brief outline of various departments in an apparel industry, retail outlet and visual merchandising.	3	7

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Course	Details
Code	HS6BO11U (P)
Title	FASHION DESIGNING AND APPAREL PRODUCTION - PRACTICAL
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Semester	VI
Type	CORE
Credits	1
Total hours	36
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Create new designs corresponding to one's own ideas and creativity.	C	3
2	Create new designs using embroidery stitches.	C	3
3	Apply the different sewing techniques.	Ap	3
4	Apply designing and stitching in child frock.	Ap	3,5

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
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1	Fashion Illustration and Sketching	8	
1.1	Development of 8-head croquies.	2	1
1.2	Sketching of child frock and salwar kameez or churidhar kurtha using croquies or figure templates (two styles).	6	1
2	Basic Construction Processes.	12	
2.1	Hand Stitches - Basting, over casting and hemming.	1	2
2.2	Embroideries- Decorative stitches (min 5 no).	1	2
2.3	Fullness: gathers- gathering by hand, gathering by machine, gathering by elastic.	1	3
2.3	Pleats-knife, box, and inverted -pin tuck. Darts - standard dart and double pointed dart.	2	3
2.4	Plackets: one piece placket and two piece placket.	1	3
2.5	Bias and its applications- joining of bias pieces – bias facing, bias binding, shaped facing.	2	3
2.6	Hems- narrow machine stitched hem, stitched and turned hem. Fasteners – Button and button hole, Press buttons and hook and eye.	2	3
2.7	Preparation of Paper pattern: Prepare paper pattern for child's frock, churidhar/salwar and kameez.	2	3
3.0	Garment construction.	16	
3.1	Construction of garments: child's frock with any collar and any type of sleeve.	16	4

Course	Details
Code	HS6BO12U
Title	MASS COMMUNICATION AND JOURNALISM
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Semester	VI
Type	CORE
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Understand the concept, scope and significance of mass communication and its techniques.	U	3
2	Analysis the mode of mass communication.	An, U	3
3	Create of different writings in media.	C	3,5
4	Understand the planning and preparation of public speech.	U	5
5	Understand the different kinds of journalism.	U	3

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	PSO. No.
1.0	Communication	10	
1.1	Definition, Functions, elements and process of communication	4	1
1.2	Four levels of communication-Intrapersonal, inter personal level, Group level and communication with mass audiences.	3	1
1.3	Functions of mass communication and its relevance to society.	3	1
2.0	Modes of mass communication	18	
2.1	Print media-news paper, books, magazines, leaflets and pamphlets. Charectistics and use.	2	2
2.2	Electronic media-Radio, television, video, films. Characteristics and use	2	2
2.3	Computer based technologies-email, internet, blogs, message boards (Basic or electronic), pod casts, video sharing, mobiles. Characteristics and use	3	2
2.4	Role of information technology in communication (internet, video conferencing-mail etc.)	3	2
2.5	Outdoor mass media-exhibitions, fairs, street drama Characteristics and use.	3	2
2.6	Folk media (Traditional)-puppet show, folk songs, folk dances, drama etc. Characteristics and use	3	2
2.7	Advertising and public relations-concepts and its role in modern society.	2	2
3.0	Writing for the media.	12	
3.1	Fundamentals of good writing.	3	3
3.2	Principles of writing news article for a news paper and other print media.	3	3
3.3	Script writing for TV and radio programme and its presentation.	3	3
3.4	Techniques for preparation of effective	3	3

	advertisements.		
4.0	Public speech	5	
4.1	Understanding the audience , Planning and preparation of public speech, Presentation of public speech	5	4
5.0	Journalism	9	
5.1	Definitions, functions, principles and importance.	3	5
5.2	Kinds of journalism-print (news paper and periodicals), Electronic (radio and television), Online (web journalism)	3	5
5.3	Film journalism, Photo journalism, Characteristics and use.	3	5

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Course	Details
Code	HS6BO12U (P)
Title	MASS COMMUNICATION AND JOURNALISM -PRACTICAL
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Semester	VI
Type	CORE
Credits	1
Total hours	36
Hours per week	2

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	Understand and create different communication methods.	U,C	3
2	Writing for different media.	C	3
3	Preparation of different mode of advertisement.	C	3
4	Understand, prepare and present public speech.	U,C	3,5

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1.0	Modes of Mass Communication	20	

1.1	Create an e-mail id and send a message through e-mail. Create a message board. (Basic or electronic). Write a report of an exhibition /fairs/street drama you observed.	10	1
1.2	Select a theme based on the content of home science and write a folk song. Prepare an advertisement to be published in a news paper.	10	3
2.0	Writing for The Media	10	
2.1	Write a news article for a news paper	3	2
2.2	Write a script for a Radio programme.	3	2
2.3	Write a script for a TV programme.	4	2
3.0	Public Speech		
	Select a topic, prepare and present a speech.	6	4

Course	Details
Code	HS6B013U3
Title	EARLY CHILDHOOD CARE AND INTERVENTION
Degree	B.Sc
Branch(s)	FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)
Year/Semester	3/VI
Type	CORE
Credits	3
Total hours	54
Hours per week	3

CO No.	Expected Course Outcomes Upon completion of this course the students will be able to:	Cognitive level	PSO No.
1	To know about the developmental milestones	U	1
2	To Equip them to identify the developmental delay	U	1,2
3	To aware about the tools & techniques for developmental assessment	U,Ap	1
4	To become aware about the early stimulation programmes	U	1
5	To equip them to deal with challenged children	U	1
6	To know about preschool programme	U	1

*PSO –Program Specific Outcome; CO- Course Outcome
Cognitive Level: R- Remember, U-Understanding, Ap- Application; An- Analyse; E- Evaluate;
C-Create

Module	Course Description	Hrs	CO. No.
1.0	Developmental milestones	3	1
1.1	Definition	1	1
1.2	Different developmental milestones of children from 0 to 6 year	2	1
2.0	Developmental delay	2	2
2.1	Risk factors – types.	1	2
2.1	Child development & Home environment	1	2
3.0	Developmental assessment	7	3
3.1	Definition, purpose of assessment.	1	3
3.2	Assessment below two years.	1	3
3.3	Tools & techniques used for assessment- TDSC, DASII, DDST, DOC,	2	3
3.4	Neurological evaluation,	1	3
3.5	Assessment of visual & hearing impairment	2	3
4.0	Early Developmental Stimulation	8	4
4.1	Definition, aims, importance,	1	4
4.2	Role of parents.	1	4
4.3	Newborn stimulation in NICU & at Home.	2	4
4.4	Sensory training, early stimulation programmes,	2	4
4.5	Early intervention for the developmental delay.	2	4
5.0	Pre- School programme	6	6
5.1	Definition, principles of programme planning ,	2	6
5.2	Short & long term planning. Daily programme .	2	6
5.3	Pre – school organisation- physical arrangement, equipment needed, maintenance of records , pre school	2	6

	personnel, home – school relationships.		
6.0	Intervention programmes for Children with challenges	10	2,5
6.1	Visual & Hearing Impairment- Signs & Symptoms, Intervention programmes	5	2,5
6.2	Characteristics, identification & intervention programmes for the Gifted, Learning disabled, Autistic & Attention Deficit Hyperactivity Disorder (ADHD) children-	5	2,5

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