Appendix to UO. No Acad./C2/3616/2007 Dated 24/08/2007

KANNUR UNIVERSITY

SCHEME AND SYLLABUS

B. Sc. HOME SCIENCE DEGREE COURSE

(With Effect from 2007 Admission Onwards)

Main Papers:

The course consists of five main papers and one elective. Five electives are suggested, out of which one can be selected by a centre considering the need, relevance and infrastructure. The main papers and the break up of the hours of work may be as follows:

COURSE CONTENT and WORK ALLOTMENT

Core Papers		**Hours of teaching per week**		
		Theory	**Practical**	**Total**
Paper I (1st Year)	Food Science and Microbiology	2	2	4
Paper II (2nd Year)	Human Development and Family Relations	5	-	5
Paper III (3rd Year)	Nutrition and Dietetics	4	4	8
Paper IV (3rd Year)	Textile Science and Fashion Designing	4	4	8
Paper V (3rd Year)	Family Resource Management	5	-	5
Paper VI Elective Papers (3rd Year)		4	-	4

Each college shall select any one of the following papers as elective.

1. General Psychology
2. Institution Management
3. Catering Science and Technology
4. Computer Application
5. Extension Education

RECORD:

Each student has to submit a record for papers II, III, IV and V. Marks allotted for the record of paper II is 10, which is purely internal. Marks for the other three papers will be 20 each including 10 marks internal and 10 marks external.

GARMENTS:

Each student is expected to prepare and submit a Frock, a Salwar Kameez, a Skirt, a Sari blouse and a Night Dress in new styles. The marks allotted for garment is 10, which is purely external.

RESIDENCE STAY:

One week compulsory residence stay helps the students to act as Manager, cook, maid, hostess, waitress and treasurer based on planning and controlling of the use of the resources. Management qualities like leadership, co-operation, understanding, punctuality, skills and abilities, originality, hospitality and sociability will be evaluated. 10 marks allotted to this, is purely internal.

PROJECT REPORT:

The students may be grouped into different batches assigning project of different topics. Each student should submit project report and that should be certified by the supervising teachers and the Head of the department. Total marks for project work is 20 including 10 marks internal and 10 marks external.

VIVA-VOCE:

Viva-voce will be based on any topic in Home Science. 10 marks external will be given to students in viva-voce.

INTERNAL - ASSESSMENT FOR THEORY:

10 marks each will be given to each theory paper as internal assessment. This 10 marks may be distributed as follows:

Attendance	:	2 marks (90% + above - 2 marks; 75 to 89% - 1 mark)
Assignment	:	2 marks
Seminar	:	2 marks
Test Papers	:	2 x 2 = 4 marks

Total : 10 marks

SCHEME OF EXAMINATION

(No Practical Examination for I and II Year Main)

Year/Paper	Topic	Duration	Internal of Exam. (Hrs.)	External Marks	Total Marks
Paper I (I Year)	Food Science and Microbiology	3	10	50	60
Paper II (II Year)	Human Development and Family Relations	3	10	50	60
	Record	-	10	-	10
Paper III (III Year)	Nutrition and Dietetics	3	10	50	60
	Practical	3	-	60	60
	Record	-	10	10	20
Paper IV (III Year)	Textile Science and Fashion Designing	3	10	50	60
	Practical	3	-	60	60
	Record	-	10	10	20
Paper V (III Year)	Family Resource Management	3	10	50	60
	Record	-	10	10	20
Paper VI (III Year)	Elective	3	10	50	60
Project		-	10	10	20
Garments		-	-	10	10
Residence Stay		-	10	-	10
Viva-voce		-	-	10	10
	Total		**120**	**480**	**600**

PATTERN OF QUESTIONS and DISTRIBUTION OF MARKS

THEORY PAPERS

Each question paper should have three sections as follows:

For Paper I (50 marks)

Time : 3 hrs.

Unit - I Food Science (25 marks)

Section A	1 question out of 2 (8 marks)	-	8 marks
Section B	4 question out of 6 (3 marks each)	-	12 marks
Section C	5 questions out of 7 (1 marks each)	-	5 marks

Unit - II Microbiology (25 marks)

Section A	I question out of 2 (8 marks)	-	8 marks
Section B	4 questions out of 6 (3 marks each)	-	12 marks
Section C	5 question out of 7 (1 mark each)	-	5 marks
	Total		50 marks

For Paper II (50 marks)

Time : 3 hrs.

Unit - I Human Development (25 marks)

Section A	I question out of 2 (8 marks)	-	8 Marks
Section B	4 questions out of 6 (3 marks each)	-	12 marks
Section C	5 questions out of 7 (1 marks each)	-	5 marks

Unit - II Family Relations (25 marks)

Section A	1 question out of 2 (8 marks)	-	8 marks
Section B	4 questions out of 6 (3 marks each)	-	12 marks
Section C	5 questions out of 7 (1 mark each)	-	5 marks
	Total	-	50 marks

For papers III, IV, V and VI (50 marks)

Time : 3 hrs.

Section A	2 questions out of 4 (10 marks each)	-	20 marks

Section B	5 questions out of 8 (4 marks each)	-	20 marks
Section C	5 questions out of 7 (2 marks each)	-	10 marks
	Total	-	50 marks

PRACTICALS

Practical I

Nutrition and Dietetics (Time - 3 hrs.)

A. Food Analysis / Estimation of Nutrients Marks

<u>Food Analysis</u>			
Principle		-	3
Procedure		-	5
Calculation		-	5
True value		-	5
Result		-	2
	Total	-	**20**
<u>Estimation of Nutrients</u>			
Minerals		-	2
Carbohydrates		-	12
Proteins		-	4
Result		-	2
	Total	-	**20**

B. Diet

Menu planning		-	10 (principle-3; Days menu-7)
Preparation		-	20
R. D. A		-	5
Calculation of Nutritive value (2 nutrients of 2 food stuff)		-	5
	Total	-	**40**
	Grand Total	-	**60 marks**

Practical II

Textile Science and Fashion Designing (Time -3 hrs.)

Fibre Identification (3 Fibres)	-	(3 marks each) 9 marks
Weave Identification (3 Weaves)	-	(3 marks each) 9 marks
Construction of the Garment		
Draft	-	15 marks
Construction	-	20 marks

Embroidery		-	4 marks
Completion of work		-	3 marks
	Total	-	**60 marks**

KANNUR UNIVERSITY

SYLLABUS

B. SC. DEGREE HOME SCIENCE
(2007 Admission)

Paper – I

Food Science and Micro Biology

(4 hrs/week)

Objectives:

To learn about

1. Different types of food stuff.
2. Terminology, Techniques and Procedures used in cooking.
3. Hygenic habits in relation to food preparations.
4. Cost and Nutritive value of recipes.
5. Types of organism present in the environment.
6. Disease produced by Micro-organisms and Preventive measures.

Course Content: Theory.

UNIT I
Food Science

1. Food in relation to health. Food - Definition, Functions-(a). Physiological (Body building, Energy giving, Regulating), (b). Socio-cultural, (c). Psychological. Nutrients – Macronutrients (Carbohydrate, Fat, Protein, Water). Micronutrients (Vitamins, Minerals). Recommended dietary allowances.
2. Food groups: – Basic Four, Five, Seven.
3. Study of foods.
    i. Cereals:- Structure and composition (Wheat and rice) – commonly used cereals and cereal products , processing of rice:- parboiling, parching, Flaking, milling and hand pounding, washing and cooking,storage of cereals.
    ii. Pulses:- Common pulses used in India, Nutritive value of pulses, processing of pulses – (sprouting, fermentation, cooking), Lathyrism.

iii. Nuts and oil seeds:- Nutritive value and used of common nuts and oil seeds.

iv. Milk and Milk Products:- Nutritive composition.processing of milk (pasteurization, boiling, coagulation, fermentation). Types of milk(Homogenised milk, skimmed milk, tonned milk, recombined, filled milk, sterilized, flavoured). Milk products(Cream, Butter, Cheese,paneer, Khoa and curd).

v. Vegetables:- Classification, Nutritive values, Vegetable pigments, vegetable cookery, selection and storage.

vi. Fruits:- Nutritive value,changes during ripening, darkening of fruits.

vii. Eggs:- Structure & nutritive value , Digestibility ,characteristics of fresh eggs, Deterioration of eggs, egg cookery.

viii. Meat:- Varieties, structure & Composition, Tenderness of meat, meat cookery, nutritive value, rigour mortis.

ix. Fish:- Classification, Nutritive value, fish cookery, selection.

x. Fats and Oils:- Nutritive value, Smoking temperature, Rancidity, use of fats in cookery.

xi. Beverages: -Classification , Nutritive value.

xii. Spices and condiments:- Uses and abuses in the diet.

4. Methods of cooking:- Advantages and disadvantages,preservation of nutrients, Effect of cooking on the nutritive value of foods.
5. Food standard, food laws, food adulteration and hygeine.
6. Food preservation:-Principles and methods.

References:

1. M. Swaminathan. Advanced text book on Food and Nutrition vol. II. The Bangalore Printing and publishing Co. Ltd 88, Mysore Road, Bangalore-560 0018.
2. M. Swaminathan ‘Hand book Foodscience and Experimental Foods. The Bangalore Printing and publishing Co. Ltd 88, Mysore Road, Bangalore-560 0018.
3. Raheena Beegum, A Text book of Foods, Nutrition and Dieteties. Sterling publishers Pvt. Ltd.
4. N. Shakuntala Manay and Shadakshra Swamy. Foods Facts and Principles, New age International Publishers, New Delhi.
5. Norman. N. Potter, Food Science CBS Publishers and Distributors. New Delhi.

UNIT II

Microbiology

1. Study of Micro Organisms: Introduction, development and classification of Micro Organisms.
2. Cultivation, Isolation and Identification of Bacteria types of media, inoculation, incubation, types of culture. Inoculation of culture media, isolation-streak plate and pour plate methods.

Identification examination of oganisms in the living condition. Hanging drop preparation. Staining techniques-Simple staining and differential staining, Gramstaining, Acid, fast staining of spores, capsules and flagella. Cultural characteristics, Bio Chemical reactions, serological tests, animal enoculation.

3. Control and destruction of bacteria, Sterilisation-heat, light, electricity, desiccation, filteration, sedimentation, Desinfection-Acis, Alkalis, Salts, Halogens, Phenols, Dyes, Oxidising Agents Detergents, Sulphonamides.
4. Infection: Sources, factors influencing infection, Transmission of infection, types of infection.
5. Resistance and Immunity: Natural defenses of the body. Primary and secondary defenses of the body. Natural and acquired immunity: Active and passive immunity. Use of drugs such as Sulpha and Antibiotics allergy.
6. Bacteria: Morphology-structure, shape, size , Physiology, Motility, reproduction, cell grouping, spore formation, factors affecting growth. Diseases- Pneumonia, Meningitis, Gonorrhea, Leprosy, Diphtheria, Tetanus, Typhoid, Cholera Plague, Whooping Cough.
7. Yeasts-Morphology, Economic importance, Reproduction.
8. Moulds- Morphology, Economic importance of Mucor, Rhizopus, Aspergilous pencillium.
9. Protozoa- Morphology- Protozoal diseases like amoebic dysentery, Malaria, sleeping sickness, kala-azar, leishmanias.
10. Viruses- Morphology and reproduction, Bacteriophayes. Viral diseases chicken pox, measles, Germen measles, Mumps, Poliomyelitis, Rabies, Influenza common cold, Yellow fever, Infective, hepatitis, Aids.
11. Micro Biology of soil: Sources and kinds of Organisms, Nitrogen cycle, Nitrogen fixation.
12. Micro Biology of sewage: Sources and kinds of Organisms, sewage treatment.
13. Food Microbiology: Milk, Fish, Meat, Egg, Food, Spoilage. Food poisoning.
14. Microbiology of water: Sources and kinds of organisms. Tests for sanitary quality, purification.
15. Microbiology of Air: Sources and kinds of organisms, methods of studying the organisms, prevention and control of organisms.

References:

1. Joshua. A. K. (1971). Microbiology. The India, Printing Works. Madras.
2. Cruickshank. R. (1965). Medical Microbiology: E&S. Living stone Ltd.
3. Power. C.B. and Daginawala, H. F. (1986). General Micro Biology. vol. ll.

   Himalaya Publishing House. Bombay.
4. Tauro. P. Kapoor K.K. and Yadav.K.S. (1991). An Introduction to Microbiology, Wiley Eastern Ltd.
5. R. Ananthanarayanan, Introduction to Medical Microbiology. Orient Longman Ltd., Hyderabad.

6. S. Sundara Rajan, College Micro Biology, Vardhana Publications, Bangalore.

Related Experiences:

1. Demonstration on
   a. Weight of 1 cup/1 lbs/1 tsp of different food stuff.
   b. Effect of cooking on
      i . Volume of rice, semolina, dhal, potato, beans, amaranth.
      ii . Weight of meat and fish
      iii . Effect of acid and alkali on vegetable pigments.
   c. Methods to prevent darkening of fruits.
   d. Tests for adulteration.
2. Food preservation-pickles, Jam, squash, sauce.
3. Simple preparations-using cereals, pulses, Milk, vegetables, fruits, egg, meat and fish (Find out nutritive value of any two nutrients and cost of two recipes from the following)

   a. Main dish b. side dish c. Snacks d. Desserts
4. Preparation of weaning recipies, pre-school snacks and therapeutic recipies.

Paper II

Human Development and Family Relations

(5 hrs/week)

Objectives:

1. To provide scientific knowledge about human development and behaviour.
2. To Orient the students for adjustment in marriage and parent need and Prepare them to take the roles of wife and mother effectively.
3. To make the student understand the importance of family relationship in the Development of children.
4. To understand the problem of children and the methods to handle them.
5. To give an awareness to the needs and problems of exceptional children.

Course Content: Theory.

Unit – I
Human Development

1. History and study of human development, Research methods used in human development.
2. Personality development - Definition, Characteristics, Determinants of personality.
3. Individual differences - Definition, importance and types.
4. Principles of growth and development, Factors influencing development, Importance of heredity and environment on development. Stages in life span (brief).

5. Pre-natal development - Stages and factors influencing, Pre-natal care, Hazards during pre-natal period, Preparation for the arrival of the baby.
6. lnfancy - Characteristics, adjustments, factors influencing adjustments. Prematurity, post maturity, infant mortality.
7. Baby hood, Early child hood, Late childhood – Physical, motor, intellectual emotional, language, social, moral and religious development.
8. Puberty and Adolescence - Characteristics, Physical, social, emotional, intellectual, moral, religious development, Needs and problems of adolescents, Need for counselling and guidance.
9. Pre-school education - Objectives, needs and types.
10. Needs of children - Biological, psycho-social, egoistic needs.
11. Discipline – Needs, essential and methods of discipline, guide line for inculcating discipline in children.
12. Habit formation – Definition, classification, principles underlying habit formation, place of models (parents, teachers, other significant persons).
13. Play - Theories and values, types in brief (active and passive), Toys as educational tools.
14. Creativity - Meaning, values, conditions fostering and expressions of creativity: Day dream, story telling, Imaginary companion, Constructive play, dramatic play.
15. Exceptional children - Definition, general classification in brief.
16. Gifted and mentally retarded children - Definition, classification, identification, characteristics, problems and special education.
17. Juvenile delinquency - Definition, causes, prevention and correctional institution.
18. Children with problem behaviour - Causes and methods of handling, child guidance centers.

Unit II
Family Relations

1. Marriage-Definition, Functions, Physical, Emotional, Social, Intellectual maturity needed by the couple areas of adjustment-factors influencing good marital relationship.
2. Sex education-Importance and methods of imparting sexual deviation-Exhibitions, Sadism, Transvestism, Mastrubation-wet dreams, Homosexuality-Sexually transmitted diseases-AIDS, Syphillis, gonorrhoea.
3. Middle age: Characteristics, Adjustment to physical changes, Social adjustment.
4. Old age: Characteristics and problem Physical, mental and social.
5. Family-The basic institution Definition, function and the types of family's merits and demerits of joint and nuclear families.
6. Family influence on personality development of children parental attitudes, child rearing methods, family size, home setting.

7. Critical family situation affecting child development infidelity, desertion, divorce, alcoholism, death or suicide, disabilities, financial crisis.
8. Population Education-Definition, problems of over Population. Small family norm, responsible parenthood, methods of family planning.
9. Contemporary issues: Break up of extended family, migration maternal employment, alternative child care, influence of extra familiar factors like peer group, neighbourhood, school and the media-films, TV, Computer and books.

Related Experiences

1. Observation of the following development of a child in Pre-School (boy or girl) a) Physical b) Social c) Emotional and d) Intellectual development.
2. Socio Metric study of school age children (One class)
3. Report on survey of child rearing method prevailing in 10 houses.
4. Report of the visit to any of the two places, Day care centre, Anganawadi, Special School.
5. Study the common problems of college students (25 boys - and 25 girls)
6. Construction of any two toys.

References:

1. Hurlock E.B. (1972) Child Development McGraw Hill. Kogakurtia Ltd.
2. Hurlock E.B. (1 982). Child growth and Development McGraw Hill.
3. Devadas.R.P. & Jaya. N. (1984) A Text book on Child Development, Mac Millian, India Ltd.
4. Suriyakanthi.A. (1989) Child Development, Kavitha Publication, Gandhigram.
5. Hurlock.E. Developmental Psychology Tata Mc Graw Hill Publishing Co. Ltd.
6. Rao. C.N.S.Introduction to Sociology. Vol. 1. S. Chand & Company (pvt.) Ltd.
7. Vatsayayan, Developmental Psychology. Kedar Nath Ram Nath Delhi

Paper III

Nutrition and Dietetics
(8 hrs/ week)

Objectives

1. To provide knowledge on nutrition and their relevance to human nutrition.
2. To familiarize the students with principles involved in planning adequate meals for individuals in normal and diseased conditions.

Course content: Theory

1. Basic Nutrition - Study of Nutrients
   i. Carbohydrates: Classification, Functions, Sources-digestion-absorption and metabolism.
   ii. Fats: Classification, functions, saturated and unsaturated fatty acids-hydrogenation-essential fatty acids-digestion absorption and metabolism.
   iii. Proteins: Functions, Classification- essential and non-essential amino acids, complete and incomplete proteins-digestion, absorption-Metabolism (Transamination deamination, decarboxylation). Recommended allowances sources and supplementary value of protein. Processed supplementary foods and novel foods.
   iv. Vitamins: History-functions-deficiency-sources-requirements.
   v. Minerals- functions-deficiency-sources-requirements.
   vi. Water: functions-water balance (water in take and water excretion oedema and dehydration) water requirement.

2. Study of Energy

   Body's need for energy-definition of caloric-determination of energy value of food by bomb calorimeter- Physiological fuel value-of food by bomb calorimeter Physiological fuel values-B.M.R.-Factors, influencing measurement of B.M.R.-Total energy requirement and factors influencing-estimation of energy requirements-Indian reference man and woman.

3. Meal planning

   Principles of meal planning -planning meals according to activity and income-planning diets for different age groups and physiologica1 status like pregnancy and lactation.

4. Diet Therapy

   Dietitian, Classification, Responsibilities, Diet Counselling Principles of diet therapy-Therapeutic modifications of normal diet-liquid-soft-bland diets.

5. a) Structure and functions of digestive system- Liver, Diets in diseases of –Colitis, constipation, diarrhoea hepatitis, cirrhosis.

   b) Structure and functions of Kidney, Urine formation diets in diseases of glomerulo nephritis, Urinary calculi.

   c) Structure and functions of heart and blood vessels. Diet in diseases of -Cardio vascular system, Athero-Sclerosis, hypertension.

   d) Diabetes mellitus.

   e) Allergy.

   f) Aneamias.

   g) Protein-Energy malnutrition

   h) Obesity

   i) Febrile diseases.

j) Vitamin deficiencies

6. Role of important national and international agencies, in the improvement of nutrition.

   FAO, WHO, UNICEF, CARE, lCMR, CFTRI

7. Important National nutrition intervention programmes. School Lunch programmes, ICDS and ANP.
8. Assessment of nutritional status in brief objectives
9. Nutritional education-Needs and methods-Importance of audiovisual aids.

Related Experiences:

1. Food analysis-Qualitative tests for carbohydrates, protein, calcium, phosphorous and iron. Quantitative test for Lactose content in Milk, Vitamin C in food Stuffs, Calcium in food.
2. Meal planning. Normal diets-planning, preparing and serving diets for Pre-school child, school going child, adolescent, sedentary adult men/woman. Labourer, pregnant woman, Lactating mother, Moderately active old man/woman. Therapeutic diets- Planning, preparing and serving diets for-peptic ulcer, constipation, Hepatitis, Cirrhosis, Acuteglomerulo Nephritis, Hyper tension, Atherosclerosis, Iron deficiency anaemia, Diabetes Mellitus, Kwashiorkor, Obestiy, Tuberculosis, Typhoid.
3. Height-weight measurement.

   Record your height and weight and score your general nutritional condition by comparison with standards.

References:

1. Davidson and passmore, ‘Human Nutrition Dietetics, Churchill living-stor, Newyork.
2. Wilson & Fisher, Principles of nutrition, Wiley Eastern Pvt. Ltd, New Delhi.
3. Proudfit and Robinson, Normal and Therapeutic Nutrition, Oxford and IBH Publishing Co, Calcutta, Bombay.
4. Jean Bogert and Briggs, Nutrition and Physical Fitness, W. B. Saunders Company, Londan.
5. M. Swaminathan, Hand Book of Food and Nutrition, the Bangalore Printing and publishing Co. Ltd. 88 Mysore Road, Bangalore 560 018.
6. B. Srilakshmi, Dietetics, New age-International Pvt. Ltd. Publishers, Madras.

Paper IV

Textile Science and Fashion Designing

(8 hrs/week)

Objectives

1. To give the students an understanding of the production, properties and uses of fibres, yarn and fabric.

2. To develop the ability to know how to purchase fabrics and how to care them.

3. To acquire that ability and skill of selecting and constructing clothing and other household articles.

4. To develop skills to set fashion in dress designing.

Course content: Theory

I. Textile Science

1. Fibre Theory: a) Definition of a fibre b) Primary and Secondary properties c) Fibre, classification d) Fibre identification (Visual, burning microscopic and chemical)

2. Textile Fibres: Cotton, Linen, Silk, Wool, Viscose, acetate Nylon, Polyester (Dacron) and acrylic (Each of this fibre is discussed under the following heads) a) Production b) Properties- Microscopic, Physical, Thermal, Chemical and Biological c) uses.

3. Yarn Construction: (Spinning)-Definition-Classification Hand, Mechanical, Chemical. Yarn properties-Yarn twist, Yarn number or yarn count cotton system, denier system, yarn classification-Simple, Complex, Novelty Yarns, Textured Yarns Engineered Yarns.

4. Fabric Construction or Weaving: a) Definition-loom its parts and operations b) Weaves-Basic Weaves and their variations:- Plain (Rib and Basket) Twill (herring bone), Satin (Sateen) Decorative weaves (Pile, leno, double cloth, Lappet, swivel, spot, dobby, jacquard) Characteristic of woven fabrics (Yarns-Wrap and weft grain, selvedge, thread count, balance). c) Knitting-definition-Wrap and weft knitting, d) Other methods of making Fabrics-Felting, Braiding, Netting, Lace making, Bonding.

5. Fabric Finishes: a) Definition, aims, classification, b) Types -Singeing, bleaching, Mercerizing, Sanforizing Calendaring, Tendering, Crabbing, fulling, Schreinerizing, Moiring, embossing, napping, brushing, shearing, sizing, weighting, beetling, carbonising, glazing, crape and crinkled, effect, crease resistance, water proofing, flame proofing, moth proofing mildew proofing.

6. Dyes for Colour and Designing: (Dye stuffs & their application) Classification of dyes:- Natural dyes- (Vegetable, Animal and mineral), Synthetic dyes- (Direct or Substantive, Azoic or Naphteol, Acid Basic or Alkali. Acetate (Dispersion dyes) vat, sulphur, Mordant or metalised dyes, pigment colouring). Methods of dyeing -Stock, Yarn, piece, cross, solution or dope and product dyeing., Printing methods-Block, roller, screen, resist, discharge, spray, tie and dye, Batik, stencil, duplex and photographic.

II. Fashion Designing:

1. Selection of fabrics for:

   a) Garments-Sarees, Cholis, Skirts, Shirts, Pants, Children's clothing and undergarments.

   b) Household Linen-Sheets, pillow cases, bed spreads, towels, table linen, curtains, blankets, rugs and carpets.

   c) Importance of labels in selection.

2. Comparative study of ready made, tailor made and self made garments.

3. An introduction to Indian Textiles and embroideries.

4. Care of clothing: Laundering aspects-water-hard soft Detergents-soaps and syndets. Bleaching- Oxidising and reducing. Blues, Stiffening agents. Optical brightness. Laundering equipment-Laundering methods for different fabrics and stain removal, mending-daring and patching, general storage of fabrics.
5. Garment Construction: Body measurements, Methods of garments construction-drafting, draping and commercial patterns, steps in preparing fabrics for constructing garments, sewing machine. Tools for garment construction.
6. Fashion: Definition-Fashion trends in India. Elements of Fashion, Fashion terminology, Elements of art and principles of design, Classification of Fashion, Fashion Merchandising-marketing and sales management.

Related Experiences

1. Collection of all the fibres Studied.
2. Collection of all the Weaves studied.
3. Collection of samples to show the different printing methods.
4. Identification of fibres by burning, microscopic, chemical and visual tests.
5. Stitches-Hand, decorative.
6. Seams and seams finishes.
7. Bias and its application, fullness-gathers, tucks, pleats and darts.
8. Finishing necklines, pockets.
9. Sleeves-Set in, Kimono, puff.
10. Collar-Flat, Straight-Chinese.
11. Hems
12. Fasteners.
13. Fundamentals of Fashion designing: Free hand drawing, basic figure sketching designs, fashion figure illustrations-pattern making, alteration, Designing of various garments.
14. Construction of garments-Frock, Salwar Kameez, Skirt, Sari blouse, Night Dress and creating new styles in various parts of the above garments.
15. Knowledge of textiles available through visits to shops and mills.

References

1. Hollen and Saddler, Modern Textiles, Burgess Publishing Company, U. S. A.
2. Dantyagi.S, "Fundamentals of Textile and their Care", Orient Long men.
3. Deulkar Durga, Household Textiles and Laundry work, Atmaram and sons.
4. Mehta.R.J. Masterpieces of Indian Textiles, D.B. Tarnporevala Sons land Company, pvt. Ltd., Bombay.

5. Mary Mathews, Practical Clothing Construction Part I and II Encyclopedia of Textiles, Editor of American Fabrics Magizine Prentee Hall the U. S. A.
6. Marjory.L. Joseph, Introductory Textiles Science, Holt, Rine Hart and Winston, New York.

PAPER V

Family Resource Management

(5 hrs/week)

Objectives:

1. To orient students towards Home science.
2. To help students learn principles of resources management.
3. To provide students knowledge on House-hold Economics.
4. To make students conscious of aesthetics
5. To give students knowledge on housing and equipment.
6. To encourage students to apply theoretical knowledge in practical life, during their residence stay.

Course Content: Theory

I. Resource Management

1. Introduction to Home science: Meaning and components of Home Science.
2. Principles of Resource Management: Meaning and definition of home management; Steps involved in management; Decision making; Motivating Factors-Philosophy, attitudes, values, goals and standards; Qualities of an efficient homemaker; Role of homemaker.
3. Resources: Definition and classification; Similarities among all resources; Importance of thrift; Guides to increasing satisfaction from resources.
4. Management of Energy: Energy cost; Fatigue-types and methods to overcome fatigue; Body machines; Work simplification-Principles and Techniques.
5. Management of Time: Importance; Time plans-Factors to consider, Steps and guides, Controlling and evaluating; Tools in time management-peak loads, work curve, leisure time, emergency period.
6. Management of Money:

   a). Family Income: Types and Sources of income; Methods of Handling money; Supplementing the family income; Contribution made by the family members (Parents and children); Career of woman-merits and demerits.

   b). Family Expenditure: Family budget-Types, Items in the budget, steps in making family budget; Engel's law of consumption; Financial records of household; Savings and investments.

c). Consumer Education: Importance; Consumer problems; Rights and responsibilities of consumers; Consumer aids; Consumer protection.

II. Housing and Interior Decoration.

1. Housing: Functions of house; Selection of site; Principles of planning a House; Different house plans; House plans for different Income groups; House ownership-merits and demerits of owing a house and renting a house.
2. Kitchen Arrangements: Principles of planning kitchen; Types of kitchen; Work triangle.
3. Equipment for the home: Classification of equipment; Factors affecting the selection, use and care of household equipment such as cooking ranges, oven, stoves, pressure cooker, refrigerator, food mixies, washing machines, water heater and vacuum cleaner etc; Indigenous equipment-Hay box, Janatha refrigerator, smokeless chulah and solar cooker.
4. Household Fuels: Classification, selection and conservation of household fuels-solid, liquid, gas, electricity and solar energy.
5. Waste recycling: Biogas; Biomass; Vermiculture; Wealth out of waste.
6. Interior Decoration: Principles; Design-definition, types; Elements of design; Principles of design.
7. Colour: Qualities of colour; Prang colour system; Colour schemes; Emotional effects of colour; Use of colour in interior decoration.
8. Furnishing: a) Furniture- selection and arrangement. b) Soft furnishing- selection and arrangement; Rugs and carpets.
9. Window treatment: Types of windows; Treatment of windows; Curtain styles; Treatment of problem windows.
10. Accessories: Classification; Selection and Arrangement.
11. Flower Arrangement: Different types, styles and shapes; Principles; Methods of drying flowers and foliage.

Related Experiences:

1. Study in detail any one community resource and report.
2. Determination of working heights for cooking and for storage in the kitchen.
3. Prepare a model family budget for your family.
4. Prepare a model for an informative advertisement.
5. Types of design-structural, decorative, traditional and modern.
6. Elements of design-three applications.
7. Prang colour wheel and Colour schemes.
8. Furniture arrangement in a drawing room.
9. Window treatment by different curtain styles, treatment of any two types of windows.
10. Flower arrangement-Basic shapes, any one Japanese style.
11. Prepare any two handicraft items for decorating rooms.

12. Residence stay for one week incorporating principles of resource management, housing and equipment, and principles of interior decoration, as the practical with internal and external assessment.

References:

1. Nickel. P. and Dorsey. J.M.Management in Family living, Wiley Eastern Private Ltd., New Delhi, 1976.
2. Gross. I.M.and Grandall, Management for Modern Families.
3. Craig and Rush. Homes with character D.C. Hearth and company, Boston.
4. Goldstein H and Goldstein, Art in every day life, Macmillan Company, New York.

PAPER VI
General Psychology
(4 hrs/week)

Objectives:

1. To introduce the study of human behaviors.
2. To help the students understand the basic concepts and processes and
3. To help the students gain knowledge regarding personality and intelligence.

Course Content: Theory

1. Scope of Psychology: a). Definition; Nature; Scope and Utility. b). History of Psychology; Schools of Psychology; Relationship with other disciplines c). Methods of Psychological studies-Observation, Experimental, Interview, Case study, Questionnaire and Sociometric method.
2. Motivation: Meaning; Characteristics; Need, Drive and Incentive; Types of motives.
3. Individual differences: Meaning; Nature and distribution; Types; Importance.
4. Personality: Meaning; Traits of personality; Determinants of personality; Development of personality; Types of personality; Measurement of personality.
5. Emotion: Nature of emotion; Bodily changes in emotion; Theories of emotion (James-Lange theory, Canon Bard's theory, Motivational theory, Cognitive theories); Development of emotion; Important emotions.
6. Learning: Meaning; Types of learning; Learning curve; Factors influencing learning; Methods of learning; Learning through conditioning,
7. Memory: a) Meaning; Processes in memory, Types of memory; Measurements of memory b) Forgetting: Causes of forgetting; Theories of forgetting; Factors influencing memory.

8. Intelligence: Meaning; Theories of intelligence, Types of intelligence tests; Measurement of Intelligence-Mental age and Intelligence quotient, determinants of intelligence.
9. Dreams: Meaning; Characteristics and Forms of dreams; Causes and prevention; Theoretical interpretation of Dreams-Freud's, Jung's and Adler's theories.
10. Adjustment: Meaning; Adjustment and problems; Conflict; Frustration; Ways of Adjusting-Direct coping and Mental mechanism.
11. Mental Hygiene: Meaning; Scope of mental hygiene; Importance of mental hygiene; Factors affecting mental health; Therapeutic methods.

References:

1. Man, Psychology, Houghton Mifflin Company Boston 1951. New Delhi 16 General Psychology, Eurasia Publishing House.
2. Cross, I. M. and Crandall, E. W., Management for Modern Families, 1973. Sterling Publisher (P) Ltd, Delhi 6.
3. Graing, H. T. and Rush C. K., Homes with Character: DC Health and Company, Boston, 1962
4. Goldstein M and Goldstein V. Art in Every day life Macmillan Company, New York 1976.
5. Agent, T. The Home and its plan and use, J. P. Lippincoll Company, New York 1970.
6. Faulkner, R. and Faulkner S., Inside Today's Jome, Holt Rinchart and Winston loc. New York, 1974.
7. Agarwal, A. N. Indian Economy, Vicas publishing company, New Delhi, 1974.
8. West Personal and Financial Management, Indian Book House, New Delhi 1970.

Sd/-

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