



Sh. L. N. Hindu College, Rohtak (Haryana) Course Plan

Department of Home Science

Program: Home Science

Semester : Ist

SCHEME

Course Name	Basics of Home Science-I (MDC)	Course Type	Theory/Practical
Course Code	24HSCX01MD01	Class	B.A. (Multidisciplinary)
Instruction Delivery	2 Hours/Week Credit - 2 Theory-1, Practicals-1		
Course Coordinator	Dr. Mamta	Course Instructors	Theory: Dr. Mamta Practical : Dr. Mamta

COURSE OVERVIEW

- Food and nutrition
- Human development
- Textiles and clothing
- Interior design
- Family studies
- Community development
- Resource management
- Communication and extension

PREREQUISITE

The prerequisite of Elementary Home Science to learn about basic knowledge of Human Development and Home Management.



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COURSE OBJECTIVE

- Promoting welfare
- Developing skills
- Understanding oneself
- Developing critical thinking
- Appreciating the discipline
- Developing entrepreneurship
- Understanding human development
- Developing consumer awareness

COURSE OUTCOMES (COs)

After the completion of the course ,the student will be able to:

CO No.	Course Outcomes
1	To acquire knowledge of various concepts of food and nutrition.
2	To impart basic knowledge of textiles fibres, yarn and various stitches.
3	To observe the key concepts related to the development of human.
4	To gain knowledge of family resource management .
5	To explain the role of extension worker in extension education.



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COURSE CONTENT

Content	
Unit 1:	
<ul style="list-style-type: none">• Introduction to Home science: Concept and its job opportunities.• Food, nutrients, nutrition, health, balanced diet, malnutrition (over and under nutrition), Classification and Function of food, Source, Function, Effects of deficiency and excess of carbohydrate, protein, Lipids	
Unit 2:	
<ul style="list-style-type: none">• Definition and Classification and uses of Textile fibers: (Cotton, Jute, Wool, Silk, Rayon, Nylon and Polyester)• Yarn: Definition and classification (simple, novelty and complex)• Weaving- Definitions and different types of weaves.	
Unit 3:	
<ul style="list-style-type: none">• Human Growth and Development: Meaning and concept, Factors influencing growth & development, Stages of human development• Prenatal development and factors affecting prenatal outcome• Developmental milestones of infancy (0-2 years) and early childhood (2-6 years)	
Unit 4:	
<ul style="list-style-type: none">• Resource Management – Definition of resource management classification of resources and Importance of time, energy and money management.• Management process<ul style="list-style-type: none">a) Planning: Importance, types of plan.b) Controlling: Energizing, checking, adjustment.c) Evaluation: Types, techniques of self-evaluation	



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LESSON PLAN (THEORY AND TUTORIAL CLASSES)

SR. No	Topic to be Delivered	Tutorial Plan	Unit
1.	Introduction to Home science: Concept and its job opportunities	Practice questions on food and nutrients	Unit - I
2.	Food, nutrients, nutrition		
3.	health, balanced diet, malnutrition (over and under nutrition)		
4.	Classification and Function of food		
5.	Source, Function		
6.	Effects of deficiency and excess of carbohydrate, protein, Lipids		
7.	Definition and Classification and uses of Textile fibers	Practice questions on jute and wool	Unit - II
8.	Cotton, Jute, Wool,		
9.	Silk, Rayon, Nylon and Polyester)		
10.	Yarn: Definition and classification (simple, novelty and complex)		
11.	Weaving- Definitions		
12.	Different types of weaves		
13.	Human Growth and Development	Practice questions on human development	Unit - III
14.	Factors influencing growth & development		
15.	Stages of human development		
16.	Prenatal development and factors affecting prenatal outcome		
17.	Developmental milestones of infancy		



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18.	early childhood		
19.	Resource Management	Practice questions on time and energy	Unit - IV
20.	Definition of resource management classification of resources		
21.	Importance of time, energy		
22.	Importance of money management.		
23.	Management process		
24.	Planning: Importance, Types,		
25.	Types of plan.		
26.	Controlling: Energizing, checking,		
27.	Adjustment. Evaluation		
28.	Techniques of self-evaluation		

Reference Books

- Srilakshmi, B. (2001) Food Science (2nd edition). New Age International Pvt. Ltd. Publishers: New Delhi.
- Mudambi, S.R. and Rao S., Fundamentals of Food & Nutrition. (2nd ed.) Wiley Eastern Ltd.: New Delhi.
- Bamiji, M.S.; Rao, N.P. and Reddy, V. (Editors) (1999). Textbook of Human Nutrition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Saraswathi, T.S. & Kaur, B. (1993): The development of Children, New York: Scientific American Books.
- Srivastava S., Rani K.S. (2014): Textbook of Human Development, S. Chand publication, New Delhi.
- Tara L. Kuther (2022). Lifespan Development: Lives in Context. A Topical Approach, Second Edition. Western Connecticut State University, USA.
- Bela Bhargava (2005). Family Resource Management and Interior decoration. Apple Printer and V.R. Printers, Jaipur.
- Premalatha Mullick (2011). Textbook of Home Science, Kalyani Publishers, New Delhi.
- Sushma Gupta, Neeru Garg and Amita Aggarwal (1993). Home Management, Hygiene and Physiology. Kalyani Publishers, Ludhiana.
- Sushma Gupta, Neeru Garg and Renu Saini, 2013. Text book of clothing, textiles



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andlaundry Kalyani Pub.

11.Ray, G.L. (2004). Extension education and Management. Kalyani Publisher,New Delhi.

12.Reddy, A.A. (2001). Extension Education. Bapatla: Sri Lakshmi Press.

Web/Links fore-content

[https://www.nios.ac.in/media/documents/SecHmscicour/english/Home%20Science%20\(Eng\)%20Ch-1.pdf](https://www.nios.ac.in/media/documents/SecHmscicour/english/Home%20Science%20(Eng)%20Ch-1.pdf)

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PRACTICE QUESTIONS(QUESTIONBANK)

SNo	Problem
1	Introduction to Home science: Concept and its job opportunities
2	Define Food, nutrients, nutrition
3	What is health, balanced diet, malnutrition (over and under nutrition)
4	What is Classification and Function of food
5	Define Source, Function
6	What is Definition and Classification and uses of Textile fibers
7	Define Cotton, Jute, Wool,
8	Define Silk, Rayon, Nylon and Polyester)
9	What is Yarn: Definition and classification (simple, novelty and complex)
10	What is Weaving- Definitions
11	Explain Human Growth and Development
12	Explain Factors influencing growth & development
13	Explain Stages of human development
14	Define Prenatal development and factors affecting prenatal outcome
15	Explain Developmental milestones of infancy
16	Explain Resource Management
17	Definition of resource management classification of resources
18	What is Importance of time and energy
19	What is Importance of money management.
20	What is Management process ?