

## **I SEMESTER**

### **Paper : 01- Family resource management**

#### **OBJECTIVES:**

1. To understand about management process and family resource.
2. To learn about management of money, energy and time.

**UNIT –I** Home Management: Concepts, process and importance. Decision making process.

**UNIT II-** Motivating factors of management: Value, goals & standards. Types, Importance.

**UNIT III-** A. Family resources: Types, characteristics & importance.

B. Money management: Family income & expenditure. Family Accounts: Importance & types. Budget: Meaning, types & importance.

C. Saving & investment: Meaning, objectives & importance. Means of saving i.e., bank, Insurance, private & public sectors schemes, provident fund scheme. Types of Investments.

**UNIT IV-** Management of energy: Work simplifications.

#### **Recommended Books:**

1. Management for Modern Families: Gross and Crandall.
2. Management in Family Living: Nickel and Dorsey.
3. Home Furnishing: A.H.Rutt.
4. Grah Prabandh: Manju Patni.
5. Home Management for Indian Families: M.K. Mann
6. Grah Prabandh : Sharma and Verma

### **Paper: 02- Introduction to textiles**

**M.M. – 100**

#### **Objectives:**

- Acquaint with different textiles .
- Impart knowledge on different textile

#### **Unit –I**

1. Introduction to textiles.
2. Classification to textile fibers.

#### **Unit- II**

1. Manufacture, Properties, and uses of – cotton, linen, wool, silk, rayon, polyamide and acrylic fibers.
2. Identification of textile fiber.

#### **Unit-III**

- Yarn construction: Types of yarns, different processes of yarn making
- Fabric construction: Different ways of fabric construction- weaving, knitting, knotting, braiding etc.
- Weaving- classification of weaves

#### **Unit-IV**

- Selection of fabric
- Factors influencing selection of fabric, budget, age, season, occupation, figure, fashion, occasion etc.

#### **References:**

- |  |   |                   |
|--|---|-------------------|
| 1. Fundamentals of textiles and their care | : | Susheela Dantyagi |
| 2. Vastra Vigyan ke Mool Siddhanth         | : | G.P. Sherry       |
| 3. Vastra Shilp Vigyan                     | : | Vimla Sharma      |
| 4. VASTR VIGYAN KE SIDHANT                 | : | Dr. Rani Khanuja  |
| 5. VASTR VIGYAN                            | : | BARMA & PANDEY    |

#### **PRACTICAL MM 100**

1. Identification of fibers (microscopic test, burning test, physical test)
2. Samples of weaves and knitting
3. Study of family Accounts , preparing budget for different income groups.

## **II SEMESTER**

### **Paper: 03- Human Development (Pre-natal to early childhood)**

#### **Unit I: Growth and Development**

Scope and Importance of studying child development  
Definition and difference between growth and development  
Factors affecting development

#### **Unit II: Development**

Principles of development ( Types of changes in development, Stages of development, Developmental tasks)

#### **Unit III: Prenatal Development**

Conception and signs of pregnancy  
Factors influencing prenatal development  
Problems and Complications of pregnancy  
Periods of prenatal development: Period of zygote, period of embryo, period of fetus

#### **Unit IV: Infancy**

Infancy: Definition, Characteristics and behavior of the newborn  
Physical development; Sensory capacities

#### **References:**

1. Child Development: Elizabeth Hurlock.
2. Child Development: Dr. Vatseyan
3. Child Development and Personality: P.Mussen, J.J.Conger, J. Kagan and A.C. Huston

### **Paper: 04- Interior decoration**

#### **Objectives:**

1. To understand about interior decoration & different types of Flower arrangement, Furniture and Furnishing materials

- UNIT I-**
1. Meaning and Principles of interior decoration.
  2. Elements and principles of design.
  3. Design- Decoration and structural

**UNIT II-** 1. Color- properties, classification and color schemes.  
2. . Lighting.

**UNIT III-** Flower arrangement: Meaning and Types.

**UNIT IV-**Furniture & Furnishing : Types & factors affecting purchasing of furniture & home furnishing materials. Care of furniture & furnishing materials.

**PRACTICAL M.M.-100**

1. Flower arrangement (fresh and dry)
2. Handicraft (using inexpensive materials), rakhi and greeting cards
3. Colour chart and colour schemes
4. Preparation of an educational/ recreational material for children (age up to 5 years)

## **SEMESTER III**

### **Paper: 05 -Fundamentals of foods and nutrition**

**Objectives:**

1. To understand of basic concepts of food & nutrition, role of various nutrients & their requirements, role of deficiency & excess and metabolism of nutrients.

**Unit-I**

**Introduction to Food and Nutrition**

1. Definition of foods, Nutrition, Nutrients.
2. Classification and function of food.

**Unit- II-** Energy- Factors affecting total energy requirements of the body.

4. Basal metabolism- Definition, Factors affecting rate of B. M.R.

**Unit- III**

**Essential constituents of Food: their sources, functions, requirements, absorption and deficiency diseases.**

1. Protein
2. Carbohydrate
3. Fat
4. Vitamins
5. Minerals
6. Water

## Unit – IV Digestion, absorption metabolism of carbohydrates, fats & proteins

### References:

1. Dietetics: B. Shrilakshmi
2. Normal and Therapeutic Nutrition: Proudfit and Robinson.
3. Essentials of Food and Nutrition (Vol. I and Vol. II): M. Swaminathan.
4. Applied nutrition: Rajlakshmi.

### Recommended Books:

- |                        |                    |
|------------------------|--------------------|
| 1. Foods & Nutrition   | : MS. Swaminathan. |
| 2. Food Science        | : Mudambi, S.R.    |
| 3. Nutritional Science | : B. Srilakshmi    |
| 4. Aahar & Poshan      | : Verma & Pandey   |
| 5. Poshan Vigyan       | : S P Sukhiya      |
| 6. Aahar Poshan Vigyan | : Dr. Asha Kumari  |

## PAPER- 06 - Housing

### UNIT-I

Function of a house. Factors influencing the choice- size, organization, activities of the family and its members and financial position.

### UNIT-II

House site-selection of house site, public convenience, locality, types of soil, physical features of the site (sun, wind, direction, view to neighbor-hood, availability of services)

### UNIT-III

Principles underlying the planning of a house-aspect, prospect, privacy, grouping, roominess, flexibility, sanitation, circulation, furniture, requirement and practical considerations.

### UNIT-IV

- Principles of planning house plans for different income groups.
- Arrangement of rooms and kitchen. House construction-principles of planning a house.

### Books Recommended:

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|---------------------------------|---|----------------|
| 1. Build your own home          | : | R.L. Deshpande |
| 2. Modern ideal homes for India | : | R.L. Deshpande |

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|----------------------------------|---|------------------|
| 3. Homes with character          | : | Craig and Rush   |
| 4. The house; its plan and use   | : | Tessie Agan      |
| 5. Grah Kala Avam Awas Vyavastha | : | Manju Patni      |
| 6. Grah Kala Avam Grah Prabandh  | : | Sharma and Verma |

## **PRACTICAL MM 100**

1. Making House Plans for various income levels, home planning symbols
2. Identification of building materials
3. Land-scape planning
4. Floor plans -arrangement of rooms .
5. Different types of kitchen

## **IV SEMESTER**

### **Paper: 07- Extension education**

#### **Objectives:**

1. Understand the widening concept of extension.
2. Be aware of the extension models in practice and their scope in facilitating development.
- 3.

**UNIT I-** Meanings, scope, objectives & importance of extension education.

**UNIT II-** Philosophy & Principle of extension education.

**UNIT III -** Extension teaching methods: Classifications, factors affecting choice & use of methods.

**UNIT IV-** A. Rural sociology & its importance for extension workers. Characteristics of rural life.

B. Leader: functions, qualities & identifications.

#### **Recommended Books:**

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|--|------------------|
| 1. Prasaar Shiksha & Sanchar Vavyastha | : Shaw & Shaw    |
| 2. Prasaar Shiksha                     | : Dr. Harpalani. |

## **Paper 08 - Clothing Construction and care**

### **Unit I**

- Sewing equipments
- Psychological and sociological influence of dress impact, individuality, reason for wearing clothes, clothing the communicator of culture and fashion.
- Colour schemes in dress.

### **UNIT-II**

1. Selection of fabric : factors influencing selection of fabrics for garments- budget, age, season , occupation, figure, fashion, occasion etc.
2. Selection of ready made garments for different age, season, occupation and occasion.

### **UNIT-III**

Principle of clothing construction: General Principles of clothing construction. Taking body measurements for different types of garments. Preparation of fabrics for garment making.

**UNIT-IV** -Storage of clothing, Use and care of fabrics.

### **Books Recommended:**

1. Textile by Hollen & Saddler, MacNillan Co.
2. Textiles Fiber to Fabric by Patter & Corbman. McGraw. Hill Book Company, New York.
3. Introduction to Textiles by Stout, Evelyn. John Wiley & Sons, New York.
4. Basic Process in clothing Construction by Doongaje and Deshpande, Raj Book Depot, New Delhi.

## **PRACTICAL MM 100**

1. Construction of garments -frock, apron
2. Taking body measurements

3. Use of colour schemes in clothes
4. One assignment related to extension activities by various organizations

## **V SEMESTER**

### **Paper: 09 Human Development-(Late childhood, Adolescent and puberty)**

#### **Unit I: Late Childhood Years**

Definition, developmental tasks

Physical and motor development

Language development: Special vocabularies of late childhood, content of speech, amount of talking

#### **Unit II: Late Childhood Years:**

Emotional Development: Common emotional patterns

Social development: Gang-age, characteristics of children's gangs

Cognitive development

#### **Unit III: Puberty**

Puberty: Definition, age, growth spurt; Body changes during puberty: size, proportion, primary and secondary sex characteristics; Effects of puberty on behavior

#### **Unit IV: Adolescence**

Definition, characteristics, developmental tasks

Physical development

Social development

Emotional development

Cognitive development

#### **References:**

1. Hurlock B Elizabeth (1981), Developmental Psychology – A Life Span Approach, Tata Mc Graw Hill
2. Baal Vikas evam Baal Manovigyan, Brinda Singh, Panchsheel Prakashan, Jaipur

### **PAPER 10- Applied food and nutrition**

#### **Objectives:**

1. To learn about nutritional contributions of different foods & different methods of improving

nutritional quality of food.

**Unit I** - Composition & nutritional contributions of cereals, pulses, fruits, vegetables, milk & milk products, nut & oilseeds, meat, fish, poultry and eggs. Sugars & jaggary

**Unit II** - Method of Cooking, their advantages & disadvantages. Changes during cooking and their effect on nutritive value.

**Unit III**- Meal planning

a. Importance and basic principles of meal planning, factors affecting meal planning, meal planning for special occasions, like festival and birthday party.

c. Meal planning for different economic levels and different age groups- Early and late childhood adolescence, adulthood and old age.

**Unit IV** A. Energy requirement for different age groups, factors affecting energy requirement..

B. Balance Diet

#### Recommended Books:

- |                        |                    |
|------------------------|--------------------|
| 1. Foods & Nutrition   | : MS. Swaminathan. |
| 2. Food Science        | : Mudambi, S.R.    |
| 3. Nutritional Science | : B. Srilakshmi    |
| 4. AHHAR & POSHAN      | : BARMA & PANDEY   |
| 5. POSHAN VIGYAN       | : S P SUKHIYA      |
| 6. Aahar Poshan Vigyan | : Dr. Asha Kumari  |

#### PRACTICAL MM 100

1. Case profile of an adolescent- including study of self, family relationships and peer Relationships

2. Meal planning for special occasions, like festival and birthday party.

3. Preparing meals for different age groups- Early and late childhood adolescence, adulthood and old age.

## **SEMESTER VI**

### **PAPER- 11 -Finishing of Fabrics and Laundry Science**

#### **Unit I-Fabric finishing:**

- (a) Physical Finishes – singeing, napping, shearing , sizing, shrinking, tentering, calendering.
- (b) Chemical finishes-resin finish, crease resistance, water proofing, flame proofing, mildew proofing.

#### **UNIT-II**

Design techniques for finished fabrics: Block printing, roller printing, spray printing and screen printing.

#### **Unit III**

Dyeing of fabrics- types of dyes, methods of dyeing

#### **UNIT-IV Laundry**

- (a) Basic Principles of Laundry.
- (b) Methods of laundry-wet and dry-cleaning, friction, suction, kneading and squeezing.
- (c) Laundry reagents and equipments.

### **PAPER- 12 - Therapeutic Nutrition**

#### **OBJECTIVES:**

-To gain knowledge about therapeutic diet in different disease and mode of feeding.

**Unit I-** Principles of diet therapy,

**Unit II-** Therapeutic modification of the normal diet: Changing the consistency, energy value, bulk,

flavour and frequency of feeding .

**Unit III- Causes, symptoms and principles of dietetics managements & diet planning for:**

- Under weight & overweight
- Typhoid
- Constipation
- Heart disease: hypertension
- Diabetes
- Peptic ulcer
- Hepatitis
- Kidney disease: kidney failure

**Unit IV- Feeding methods: Meaning & types.**

**Recommended Books:**

1. Aahariki : Verma & Pandey
2. Aahaar & Poshan : Verma & Pandey
3. Dietetics : Sri Lakshmi, B.
4. Food & Nutrition : M.S. Swaminathan
5. A Text Book of food and nutrition by M.Swaminathan, Vol. II. Ganesh Publisher, Madras.
6. Normal & Therapeutic nutrition by F.T. Proffit & Robinson.

**PRACTICAL MM 100**

1. Block printing, screen printing.
2. Dyeing of fabrics by different methods
3. Using laundry reagents
4. Preparing therapeutic diets for various diseases