

## Inter Disiplinary Course :- HOME SCIENCE-2022-2024

### Objective

1. To understand the different branches of home science.
2. To gain knowledge on the basic concept of different aspects of home science and its application.

### Expected outcome

To enrich the knowledge on the fundamentals of Home Science.

### **Unit – I :- Food and Nutrition**

Classification of nutrients, introduction, function, sources, deficiency, requirement (RDA) of different nutrients. Basic five food groups. Food preservation :- reasons of food spoilage, methods of food preservation (Bacteriostatic , Bactericidal)

### **Unit – II :- FRM and textile**

Family Resource Management :- Definition of management , types & characteristics of resources, Money management:- different methods of money management, Ernst engel's law of consumption, Time & Energy management: - work simplification and its techniques, Mundel's classes of change.

Colour:- primary, secondary, tertiary colour, Prang's colour wheel, colour schemes :- analogous, complimentary, split-complimentary.

Textile :- classification of fiber: natural & manmade, fabric construction methods : weaving, knitting, felting, bonding.

### **Unit – III :- HDFS, Extension & communication**

HDFS :- Principles of child development, stages of prenatal development : zygote, embryo, fetus. Stages of postnatal development: birth to old age. Types of family and marriage.

Extension: - Definition, objective & principles of Extension.

Communication:- Definition, elements and types Communication, models of Communication :- Aristotle, Leagan, Berlo, Westley & Machean.

### Books Recommended:

1. Child Development- E.B. Hurlock.
2. **Textbook of Clothing Textiles and Laundry (Pb) by Gupta Sushma Et Al, Kalyani Publishers**
3. Textiles: Fiber to Fabric (Asia School Family Studies Fashion) by Bernard P. Corbman
4. Human Nutrition and Dietetics- Davidson and Passmore
5. Park, K. (2009) Park's Textbook of Preventive and Social Medicine, 20<sup>th</sup> ed. Jabalpur M/s. Banarsidas Bhanot.
6. Nutrition Science – B.Srilakshmi, New Age international (P) Limited, New Delhi.
7. Management In Family Living by by NICKELL P
8. Education And Communication For Development by by DAHAMA O.P