

SMT. GOPIKABAI BHURE MAHILA MAHAVIDYALAYA, TUMSAR

DEPARTMENT OF HOME-ECONOMICS

SUBJECT OUTCOMES

HOD: PROF. DR. KALPANA RAUT

Paper	Syllabus topic	Objectives	Course Outcome
<b>B.A.Sem.I Subject- Family Resource Management</b>	<p><b>Unit-I</b>  <b>1. Introduction to Home-Economics.</b>                      1.1 - A brief history of Home-Economics                      1.2 - Definition of Home-Economics.                      1.3 - Scope, Need /Importance of Home-Economics.                      1.4 - Branches of Home-Economics, their utility in daily life.                      a) Family Resources Management                      b) Foods and Nutrition                      c) Human Development                      d) Textile and Clothing                      e) Extension and Communication</p> <p><b>2. Self-Employment in Home-Economics</b>                      2.1 - Definition of self-employment.                      2.2 - Need of self-employment in Home-Economics.</p>	<ul style="list-style-type: none"> <li>• To create an awareness among the students about the management in the family.</li> <li>• To provide knowledge and develop skills regarding principles and methods of interior decoration.</li> <li>• To introduce to the students the job opportunities in Home-Economics.</li> <li>• To train the students for self-employment.</li> <li>• To develop employability skills and 'earn while learn' skills.</li> </ul>	<p><b>Unit I</b>                      On completion of this course students will be enriched with the knowledge in the following way</p> <ul style="list-style-type: none"> <li>• Student will introduce subject</li> <li>• Student will create interest among the students about subject</li> <li>• Student will know importance of subject</li> <li>• Student will encourage for self employment</li> <li>• Student will get knowledge about family budget</li> <li>• Student will get knowledge of interior decoration.</li> <li>• Student will become professional through flower arrangement.</li> </ul>

	2.3 - Opportunities of selfemployment in		
--	--	--	--

	<p>Home-Economics.</p> <p>2.4 - Guiding Principles of self employment.</p> <p>a) Registration</p> <p>b) Training</p> <p>c) Knowledge of equipments and their care and Material required</p> <p>d) Loan facility</p> <p>e) Preparation of Project Report</p> <p>f) Account Keeping</p> <p>g) Costing, Labelling, Packaging.</p> <p>Unit -II</p> <p>3 - Family Resource Management.</p> <p>3.1 - Definition and process of Home-Management.</p> <p>a) Planning b) Controlling</p> <p>c) Evaluation</p> <p>3.2 - Definition of Family Resource Management</p>		
--	--	--	--

Paper	SyllabusTopic	Objectives	CourseOutcome
	<p>3.2 - Types of Family Resources.</p> <p>3.3 - Characteristics of Family Resources.</p> <p>3.4 - Ways to improve the use of family resources.</p> <p>3.5 - Factors affecting family resource management.</p> <p>3.6 - Family Budget- Definition, Types of budget, preparation of budget.</p> <p>UNIT -III</p> <p>4. Introduction to foundation Art.</p> <p>1) Line 2) Form 3) Texture 4) Colour 5) Light 6) Space 7) Pattern 8) Idea.</p> <p>5. Principles of Art and design</p> <p>a) Harmony- Definition, importance and application in interior decoration.</p> <p>b) Scale and proportion - Definition, importance and application.</p> <p>c) Balance- Definition,</p>		

Paper	Syllabus topic	Objectives	Course Outcome
<b>B.A.Sem.II- Subject- Family Resource Management</b>	<b>Unit-I</b> 1. Family Housing Need 1.1 -Family Housing Needs a) Protective b) Economics c) Affectional d) Social e) Standard of living f) Housing goals g) Style h) Function i) Occupation 1.2 - Factors affecting selection of site. a) Legal b) Location c) Physical Features d) Soil Conditions e) Cost f) Services 1.3 -Principles of Housing a) Grouping of rooms b) Orientation c) Circulation d) Flexibility e) Privacy f) Spaciousness g) Aesthetic h) Economy i) Light j) Ventilation. 2. -Decision Making 2.1 -Meaning 2.2 -Types of Decisions 2.3 -Steps involved in	<ul style="list-style-type: none"> <li>• To Create an awareness among the students about the management in the family.</li> <li>• To provide knowledge and develop skills regarding principles and methods of interior decoration.</li> <li>• To introduce to the students the job opportunities in Home-Economics.</li> <li>• To train the students for self-employment.</li> <li>• To develop employability skills and 'earn while learn' skills.</li> </ul>	<b>Unit I</b> On completion of this course students will be enriched with the knowledge in the following way <ul style="list-style-type: none"> <li>• Students will be able to provide knowledge &amp; develop skills about self-employment and get ready.</li> <li>• Students will be able and trained for self-employment.</li> <li>• Students will be able to develop employability skills and earn &amp; while learn skills.</li> <li>• Students will be able to get information about job opportunities in Home-Economics</li> <li>• Students will be able to have awareness about consumer Rights &amp; Responsibilities and consumer</li> <li>• Students will be able to have Knowledge about housing needs get protection Act. 1986 Housing goals, style, function.</li> <li>• Students will be able to enrich knowledge about furniture arrangement style, selection, comfort, Durability and care of furniture.</li> </ul>

	<p>decisionmaking. 2.4-DecisionTree.</p> <p>UNIT -II 3 -WorkSimplification 3.1 - Meaning andimportanceof worksimplification. 3.2 - Techniques of worksimplification . 3.3 - Improving Methods ofworksimplification. 3.4 -MunelLawofChange 3.5 - Fatigue and AvoidanceofFatigue. 3.6 - Concept of time andenergyManagement. 4 -Colour 4.1 -Studyofcolours 4.2 -Sources of colours 4.3 - Classification ofColours 4.4 -Dimensionsofcolour- Warmand Coolcolours etc. 4.5 -ColourWheel 4.6 - Colour Schemes and itseffects.</p>		
--	---	--	--

Paper	Syllabustopic	Objectives	CourseOutcome
-------	---------------	------------	---------------

	<p>UNIT-III</p> <p>5 -ConsumerEducation</p> <p>5.1 -Meaninganddefinition</p> <p>5.2 -ProblemsofConsumers</p> <p>5.3 -</p> <p>RightsandResp onsibilities ofConsumers.</p> <p>5.4 -ConsumerProtectionAct- 1986</p> <p>UNIT-IV</p> <p>6. FurnitureArrangement</p> <p>6.1 -StyleofFurniture</p> <p>a) Traditionalb) Contemporary c)Modern</p> <p>6.2 -</p> <p>Factorsinvolvedinselecti on ofFurniture</p> <p>a) Comfort b) Restandrelaxation c) Durability d) Forstoragepurpose</p> <p>6.3 -</p> <p>ArrangementofFurniturein differentrooms</p> <p>a) DrawingRoom b) BedRoomc) DiningRoom d)MultipurposeRoomsetc.</p> <p>6.4 - Care of different types offurniture.</p>		<p>•</p>
--	---	--	----------

Paper	Syllabustopic	Objectives	CourseOutcome
-------	---------------	------------	---------------

<p><b>B.A.Sem.III</b> – <b>Subject-Family Resource Management</b></p>	<p>Unit-I 1.1 - Definition of Health, Nutrition, Dietetics, Nutritional status, optimum Nutrition and Nutrients. 1.2 - Definition of food and functions of food. 1.3 - Dimensions of health (Physical, Psychological, Emotional, Spiritual) 1.4 - Macronutrients- Carbohydrates, Fats, Proteins - Classification, Functions, Sources, Recommended dietary allowances, Deficiency and excess. UNIT -II 2.1 - Micro Nutrients- A) Minerals- 1) Calcium 2) Phosphorus 3) Iron 4) Sodium 5) Magnesium 6) Iodine - Functions, Sources, Absorption, Recommended dietary allowances, Deficiency.</p>	<ul style="list-style-type: none"> <li>• To understand and the concept of an adequate diet, functions of food and the role of various nutrients their requirements and the effect of deficiency and excess.</li> <li>• To learn about the structure, composition, Nutritional contribution and selection of different food stuff.</li> <li>• To develop and ability to improve the nutritional quality of food.</li> <li>• To familiarize students with the role of nutritional quality of food.</li> <li>• To develop marketing and entrepreneurship skills to enhance employability.</li> </ul>	<p><b>Unit I</b></p> <ul style="list-style-type: none"> <li>• Students will be able to introduce about subject &amp; health &amp; dietetics.</li> <li>• Students will be able to Nutrition to get knowledge about dimension of Health</li> <li>• Students will be able to know about all micronutrients deficiency of nutrients.</li> <li>• Students will be aware about how food factors require for body and their deficiency effect on body.</li> <li>• Students will be able to get knowledge about methods of cooking, sports nutrition.</li> <li>• Students will be able to do energy management &amp; how to manage energy calorie and heavy workers men and women.</li> <li>• Students will be able to get knowledge about Antioxidants vitamins, minerals, proteins, carbohydrates.</li> </ul>
---	---	---	---

	<p>B) Vitamins - Fat soluble-Vitamin A,D,E,K WaterSoluble-Vitamin C, VitaminB Complex,(B1,B2,B3,B6,B12, Folicacid), Properties, FunctionSources, Recommendeddietary allowances,Absorption,Deficiency.</p> <p>2.2 - Water - Function,Sources, Recommendeddietary allowances,Deficiency.</p> <p>UNIT -III</p> <p>3.1- Fibre - composition,Classification, Functions,Sources, Recommendeddietary allowances,Deficiency,Excess.</p> <p>3.2 - Energy (Calorie ) -Definition of calorie, Factorsaffecting energy requirement,fuel value of foods,Calorimeter-Bomb, BenedictOxy, Atwater Rosa Benedict,Basal Metabolic Index,Calorie requirement forsedentary, moderate andheavy workers Men andWomen.</p> <p>3.3 - AntioxidantsUNIT-IV</p> <p>4.1 - Basic Food Groups -Sources and importance ofCereals, Pulses, oilseeds,Vegetables, Fruits, Milk andmilk products, sugar andjiggery, spices, beverages,eggs,fish, meat.</p> <p>4.2 - Methods of Cooking-Meaning of cooking of food,objectives of cooking offood, Methods- Boiling,steaming, Pressure cooking,shallow frying, deep frying,Roasting, Baking, Grilling,Micro wave, solaar andinformatics, Advantage anddisadvantages of cookingfood.</p> <p>4.3 - Sports Nutrition -Meaning of sports Nutrition ,Objectives of Nutritionalmanagement, sportssupplements, nutritionalallowancesgivenbyNIN.</p>		
--	--	--	--

Paper	Syllabustopic	Objec tives	CourseOutcome
-------	---------------	----------------	---------------

<p><b>BA SEM- IV</b></p> <p><b>Subject-Family Resource Management</b></p>	<p><b>UNIT-I</b></p> <p>- Balanced Diet -Definition, Factors affecting balance diet, Different Nutrients in balanced diet, Principles of Meal Planning.</p> <p>- Nutrition through Life Cycle 1. Pregnancy 2. Lactation, infancy 3. Pre-school 4. School going 5. Adolescence 6. Adulthood 7. Old age.</p> <p><b>UNIT -II</b></p> <p>- Principles of Diet Therapy. - Modification of Normal diet for Therapeutic purposes. - Types of Diet - Nutritional Management in common diseases. Diarrhoea Diabetes Mellitus Constipation Anaemia Sickle Cell Anaemia.</p> <p>- Nutrition Education : Meaning and Definition, Objectives, Methods of Nutrition Education.</p> <p><b>UNIT -III</b></p> <p>- Food spoilage, Food Poisoning-Definition, various types of food poisoning and Remedies.</p> <p>- Food Preservation - Definition and importance. Methods of food preservation, Dehydration, Chemical Preservation, with salt, Sugar, Oil and spices, by control of temperature.</p> <p>- Food and Adulteration- Definition, Reasons behind food adulteration, effects of food adulteration, detection of food adulteration, Standards, Remedies to tackle food adulteration, Laws regarding food adulteration.</p> <p><b>UNIT -IV</b></p> <p>Improving Nutritional Quality of foods -Germination,</p>		<ul style="list-style-type: none"> <li>• Students will get knowledge about balanced diet meal planning &amp; life cycle nutrition.</li> <li>• Students will be able to handle health problems &amp; diseases &amp; nutritional management.</li> <li>• Students will be aware about food poisoning.</li> <li>• Students will get information about food preservation &amp; food adulteration.</li> <li>• Students will get idea about how to improve Nutritional Quality of food like fortification &amp; enrichment, supplement diet, germination, fermentation.</li> <li>• Students will be aware about malnutrition in India, over nutrition, under nutrition causes and remedies of malnutrition.</li> </ul>
---	--	--	---

	<p>mentation,Supplementation,Substitution, rtificationandenrichment.</p> <p>5 - Malnutrition in India-Definition of Malnutrition,over nutrition and undernutrition.</p> <p>5 Nutritional problems inIndia, Causes and remediesof malnutrition, Differentagencies to combatmalnutrition - FAO, CARE,NIN.</p>		
--	---	--	--

Paper	Syllabus topic	Objectives	Course Outcome
-------	----------------	------------	----------------

<b>BA SEM- V</b>  <b>Subject- Family Resource Management</b>	<p><b>UNIT-I</b>  1.0 - An overview of the field of child-development, Meaning, Definition, importance and scope of child-development.  1.1 - Orientation to growth and development  1. Definition of growth and development.  2. Stages of development.  3. General Principles of growth and development.  4. Constraints and facilitators in growth and development.  5. Influence of heredity and environment on growth and development.  6. Difference between growth and development.  7. Factors affecting growth and development.</p> <p><b>UNIT -II</b>  2.1 - Genetic Inheritance-Fertilization, Number of Chromosomes, sex determination, Genotype and Phenotype.  2.2 - Prenatal Development -Emphasis on major developments during the three stages of inter-uterine development.  2.3 - Factors affecting prenatal development - Age of mother, Illness, diet and nutrition, stress and emotional strains, environmental hazards etc. Misconception of diet intake during pregnancy and its effect on health, Recommendations.  2.4 - Twins - Fraternal and Identical.</p> <p><b>UNIT -III</b>  3.1 - Post- Natal Period-Neonatal Period - (From birth to two weeks)- Definition, Characteristics, Factors affecting postnatal period.  3.2 - Hazards of Neonatal period-Physical hazards, Psychological hazards.  3.3 - Infancy and Babyhood(2 weeks to 2 years)- Definition, Characteristics of babyhood, Physical growth</p>	<ol style="list-style-type: none"> <li>1. To introduce the field of Child-Development concept, scope, dimensions and interrelations.</li> <li>2. To sensitize the students to interventions in the field of child-development.</li> <li>3. To understand the biological and physiological foundation of development.</li> <li>4. To appreciate sequential ages of development during childhood.</li> <li>5. To sensitize students about childhood behavioral problems.</li> <li>6. To understand and appreciate the importance of parents-child development.</li> <li>7. To development in students creative ability related to children - leading to enhanced employability.</li> </ol>	<ul style="list-style-type: none"> <li>• Students will introduce field of child development.</li> <li>• Students will understand growth &amp; development.</li> <li>• Students will be sensitive to interventions in the field of child development.</li> <li>• Students will be aware about prenatal development, body anatomy, genetic inheritance, pregnancy hazards.</li> <li>• Students will know post natal development infancy &amp; babyhood development speech, motor development.</li> <li>• Students will know about development of senses.</li> <li>• Students will be aware of immunization &amp; its importance and supplementary food.</li> </ul>
--	--	--	--

Paper	Syllabus topic	Objectives	Course Outcome
-------	----------------	------------	----------------

<p><b>BA SEM- VI</b></p> <p><b>Subject- Family Resource Management</b></p>	<p><b>UNIT-I</b>  Early Childhood-(2-6years)  1.1 - Characteristics, developmental tasks.  1.2 - Physical development-Definition, 1. Change in size-change in height, weight development of bones, teeth etc. 2. Change in body proportion 3. Growth of internal organs, factors affecting physical development.  1.3 - Motor Development -Meaning, Skills of early childhood- Hand skills and leg skills Handedness, Essentials of development of skills, factors affecting motor development.  1.4 -Emotional development  - Definition, Types of emotions, importance of emotions, Emotions during early childhood-positive emotions - Happiness, Love and Affection, Curiosity, Negative emotions-Fear, Anger, Jealousy, Anxiety, Characteristics of emotions, factors affecting emotional development.</p> <p><b>UNIT -II</b>  2.1 -Speech Development-Definition, Importance of speech, Steps of speech development during early childhood - 1)comprehension 2)Pronunciation 3)Vocabulary building 4)Sentence formation. Speech defects-1. Lispering 2. Cluttering 3. Stuttering 4. Slurring, Remedies of speech defects. Factors affecting speech development.  2.2 -Intellectual development - Definition, Classification of intelligence, Measurement of intelligence, Intelligence quotient (I.Q.), factors affecting intellectual development.  2.3 - Moral development-Definition, methods of learning of Moral development, Levels of moral development during early childhood, factors affecting moral development.</p> <p><b>UNIT -III</b>  3.1 - Social development -Definition, Companions during early childhood 1. Associates 2. Playmates 3. Friends 4. Imaginary friends. Forms of social behavior. Factors affecting social development.  3.2 - Play - importance of play (Values of play), characteristics of play, Stages of play, Types of play-Free spontaneous play, Dramatic or imaginary play, Constructive play.</p>		<ul style="list-style-type: none"> <li>• Student will understand the biological &amp; Physiological foundation of development.</li> <li>• Student will appreciate sequential ages of development during childhood</li> <li>• Student will sensitise about childhood behavioural problems.</li> <li>• Student will understand the importance of parents - child development</li> <li>• Student will develop creative ability related to children - leading to enhanced employability.</li> </ul>
--	--	--	---

UNIT -IV  
4.1 - Childhood behavioral problems : Common causes of behavioral problems.  
4.2 - Types of Behavioural problems, its causes and remedies - 1. Lying 2. Stealing 3. Temper Tantrums 4. Nail biting, 5. Thumb Sucking.  
4.3 - Parent-child relationship-Importance, Need for desirable Child rearing practices, Parental Challenges - Attraction toward junk food, Television watching and its effects on children.  
4.5 - discipline- Definition, Objectives, Need and importance, Types of discipline 1. Authoritarian discipline 2. Democratic discipline 3. Permissive discipline, Advantages and disadvantages. Role of Reward and Punishment in discipline.  
4.6 - Agencies in the field of child development - Mahilaevam, Balkalyan vibhag, ICDS, UNICEF, Role of NGO.