

A.S.D.Government Degree College for Women(A),Kakinada
Department of Home Science
Annual Academic Plans 2020-21

Semester I

H.Sc 101: Basic Nutrition

February, 2020	<ul style="list-style-type: none"> • Introduction to Food and Nutrition • Classification, functions, sources, digestion and absorption of Carbohydrates, Proteins, Lipids
March, 2020	<ul style="list-style-type: none"> • Vitamins- Fat soluble & Water soluble vitamins
April, 2020	<ul style="list-style-type: none"> • Minerals – Calcium, Sodium, Potassium - Functions and sources
May,2020	<ul style="list-style-type: none"> • Iron, Iodine – Functions and sources
June,2020	I semester Practical and Theory Exams

H.Sc 102 General Psychology

February, 2020	Psychology: Definition, scope of psychology and Methods of Studying Human Behaviour –
March, 2020	Attention Perception Major Psychological Approaches –
April, 2020	Illusions, Memory Interests and Aptitude
May,2020	Behavioural Perspective: Humanistic Perspective: Motivation
June,2020	The Cognitive Perspective. Gardner's Multiple Intelligence theory. Trait Perspective – Type theory of Sheldon and Big Five Factor Theory.

H.sc 103 FUNDAMENTALS OF TEXTILES

February,2020	Introduction to Textiles and Clothing
March,2020	Natural Fibres and Minor cellulose fibres
April,2020	Protein Fibres-Silk and wool-production, care
May,2020	Synthetic Fibres-Nylon, polyester And Acrylic fibre
June,2020	Mineral Fibres, Yarns and Mixtures and Blends

Semester II

H.Sc 201: Introduction to Food Science

July,2020	<ul style="list-style-type: none"> • Food – Definition, Functions, classification, Objectives of Cooking Preliminary preparations of cooking • Cereal grain – structure, composition and nutritive value of cereal grain, Cereal Processing – Parboiling, Uses of cereals in cooking
August,2020	<ul style="list-style-type: none"> • Pulses - structure, composition and nutritive value

	<ul style="list-style-type: none"> • Vegetable and Fruits – classification, Nutritive value and pigments, browning reactions • Nuts and oil seeds – Uses in cookery • Egg – Nutritive value, quality, Assessment, Uses in cookery • Milk – Nutritive value • Meat products – Meat, Fish, poultry – Nutritive value and uses in cookery • Spices and condiments – uses in cookery • Food Preservation, Food Additives, Nutrient enrichment
September,2020	<ul style="list-style-type: none"> • Convenience and Ready to eat Foods – Advantages and disadvantages • Food spoilage • Microorganisms – Useful changes in food
October,2020	<ul style="list-style-type: none"> • Microorganisms in different foods – milk, egg, meat, fish, vegetables and fruits • Revision
November,2020	II semester Practical and Theory Exams

H.sc 202 : HOUSING FOR BETTER LIVING

July,2020	Housing, Importance, and Principles of planning house
August,2020	House plans-planning of different rooms in the house
September,2020	Building materials and Flooring materials-Types and properties of Building Materials
October,2020	Building protection-dampness ,Termite @Fire protection
November,2020	Household equipment-small electrical ,large electrical appliances

H.sc 203 : FUNDAMENTALS OF HOME SCIENCE EXTENSION

July,2020	Extension Education
August,2020	Teaching and Learning process
September,2020	Teaching methods and techniques
October,2020	Audio-visual Aids
November,2020	Communication

Semester III

H.Sc 301: Food Science

November, 2020	<ul style="list-style-type: none"> • Introduction to Food and Nutrition, classification, Functions Food Pyramid, Objectives of Cooking, Preliminary preparations of
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	cooking, Cooking Methods – wet and dry methods
December, 2020	<ul style="list-style-type: none"> • Cereal grain – structure, composition and nutritive value of cereal grain, Cereal Processing – Parboiling, malting, Uses of cereals in cooking • Pulses - structure, composition and nutritive value, gelatinization and fermentation • Vegetable and Fruits – classification, Nutritive value and pigments, browning reactions, ripening changes • Spices and condiments – uses in cookery
January, 2021	<ul style="list-style-type: none"> • Milk – composition and Nutritive value • Egg – structure, composition and nutritive value, Role of Egg in cookery • Meat - Composition and nutritive value, Changes during cooking in meat, tenderness of meat, Poultry and fish – composition and nutritive value
February,2021	<ul style="list-style-type: none"> • Beverages – definition, classification, types Ready to eat convenience foods, Importance of millets in Human diet
March,2021	III semester Practical and Theory Exams

HSC 302: TEXTILE FIBERS

November,2020	Introduction to Textile and clothing terminology
December,2020	Properties of physical ,thermal and chemical properties
January,2020	Production and properties ,use and care of Natural fibres
February,2020	Production and properties ,use and care of animal fibres
March,2020	Yarn Formation-Definition, steps in spinning

H. Sc 303:Housing for Better Family Living

November, 2020	Functions of a house Housing needs in different stages of family life cycle. Selection of site
December, 2020	Safety at Home: Pest Control, Prevention of accidents Orientation
January, 2021	Principles of planning Advantages of owing and renting a house Planning for efficient work centers- Prefabrication of buildings

February, 2021	Laurie baker Housing Components of a building Organisations of Housing Household equipment
March,2021	Construction, mechanism use and care household appliances Appropriate Technologies

Semester IV

H.Sc 401: Family Nutrition

April,2021	<ul style="list-style-type: none"> • Pregnancy, Physiological changes, General dietary problems, complications of Pregnancy, Food and nutritional requirement • Lactation – role of hormones, Factors affecting on composition of breast milk, Food and nutritional requirement
May,2021	<ul style="list-style-type: none"> • Infancy – Food and Nutritional requirement, Supplementary Foods • Preschool Children – Food and Nutritional requirement
June,2021	<ul style="list-style-type: none"> • School Children – Food and Nutritional requirement, packed lunch • Adolescent - Food and Nutritional requirement • Adult - Children – Food and Nutritional requirement
July,2021	<ul style="list-style-type: none"> • Old age - Nutrition related problems , modification of diet during old age, Food and Nutritional requirement
August,2021	IV semester Practical and Theory Exams

H.Sc 402: FABRIC CONSTRUCTION

April,2021	Fabric Construction-Weaving-types, thread count
May,2021	Non-woven fabrics-Knitting, Felting braiding@ Netting laces crochet
June,2021	Finishes-Introduction ,definition ,classification
July,2021	Traditional Textiles of India-History of art of weaving in India
August,2021	Chemical finishes-sizing and dressing, special purpose finishes

H.Sc 403: Interior Decoration

April,2021	Interior Design Elements of design
May,2021	Principles of Art Colour
June,2021	Accessories Flower Arrangement

July,2021	Furniture arrangement Table setting
August,2021	Furnishings in interior decoration

Semester V

H. Sc 501: Human Development

November, 2020	Growth and development Prenatal period- stages of pre natal development with its Hazards
December, 2020	Parturition Neonate Babyhood
January, 2021	Early childhood Late childhood
February,2021	Puberty Adolescence-
March,2021	Adjustment problems in the family

H. Sc 502 : MANAGEMENT OF FAMILY RESOURCES

November, 2020	Resources-meaning, classification and characteristics, guidelines for use
December,2020	Management Process-Qualities of home maker, Ethics in home management
January,2021	Decision Making-definition , kinds steps in decision making
February,2021	Time Management-nature and significance ,Techniques of Tm, work curve, peak load, time cost
March,2021	Energy Management-meaning ,principles, Mundels classifications @fatigue

H. Sc 503 :HOME SCIENCE EXTENSION

MONTH	HOME SCIENCE EXTENSION
November,2020	Nature and scope of Extension Education-definition ,concept of extension education
December,2020	Teaching and learning-definition ,principles of Motivation in extension
January,2021	Communication –introduction types key elements components
February,2021	Teaching aids –types purpose ,advantages and limitations
March,2021	Role of home science in community development

H.SC 504: Sociology

November, 2020	Sociologysocial institutions- family, marriage, religion and educational institution
December, 2020	Social groups Different types of family structure, changing village system in India
January, 2021	Indian city- Prevailing practices- current social problems
February,2021	Areas needing social change Concept of welfare state- Directive principles of the Indian constitution
March,2021	Population Education

H.SC 505: FABRIC EMBELLISHMENT

November ,2020	Dyeing –classification of dyes ,synthetic dyes
December,2020	Study of traditional Indian costumes and accessories
January.2021	Methods of dyeing-preparation of material for dyeing and printing.
February,2021	Printing-Introduction @definition various methods of printing
March,2021	March Care of clothing-laundry equipment ,methods of laundering@ stain removal ,dry cleaning

H.SC 506: Community Nutrition

November, 2020	<ul style="list-style-type: none">• Introduction to community Nutrition• Food Adulteration, types, prevention of Food Adulteration Act• Home Scale method of food preservation – Preparation of Jam, Jelli and squash, precautions to be taken
December, 2020	<ul style="list-style-type: none">• Introduction to Nutritional Status Assessment, Nutritional Anthropometry, Nutritional Assessment classification, Clinical Assessment, Biochemical Assessment
January, 2021	<ul style="list-style-type: none">• Dietary Assessment, Vital statistics• National Nutritional policy, Nutrition prophylaxis programme• Supplementary Programmes – ICDS, MDMP• Role of International and National programmes in alleviating malnutrition
February,2021	<ul style="list-style-type: none">• Nutritional problems prevalent in India Food Security

	Nutrition Education
March,2021	V semester Practical and Theory Exams

Semester VI

H. Sc 601: Early Childhood Care and Education

April,2021	History and significance of ECCE Types of preschools Characteristics of preschool
May,2021	ECE Philosophers Western: John Locke,Rousseau,Foebel,Montessori ECE Philosophers Indian:Mahatma Gandhi,Tagore,Tarabai Modek,J.Krishna Murthy
June,2021	Play behavior in children values of plays- Preschool program- long term, short term planning.
July,2021	Importance of parent teacher meeting Needs of children Rights of Children
August,2021	Organization and programs for child welfare-International& National

H.Sc 602: Therapeutic Nutrition

April,2021	Introduction to Therapeutic Nutrition Dietitian – role and responsibilities, Indian Dietetic Association, Diet counselling importance, Methods of Feeding – Enteral and Parenteral Types of diets in Hospitals
May,2021	Fever – Introduction, Types, general dietary modifications Under Nutrition – Aetiology, Dietary requirement and guidelines
June,2021	Obesity – Aetiology, types of Assessment, dietary guidelines, Nutritional requirement, suggested recipes Diabetes Mellitus – Aetiology, types, symptoms, diagnosis and management Kidney Diseases – Diet during glomerulonephritis, Diet in Nephrotic syndrome Cardiovascular diseases – atherosclerosis, role of fat Hypertension – Dietary Management
July,2021	Cancer – Nutritional problems in cancer therapy, dietary management Dietary management in Diarrhoea, constipation, peptic ulcer, Infective hepatitis, Liver cirrhosis, jaundice
August,2021	VI semester Practical and Theory Exams

H.Sc 603 : HOME SCIENCE EXTENSION AND COMMUNITY DEVELOPMENT

MONTH	HOME SCIENCE EXTENSION AND COMMUNITY DEVELOPMENT
April,2021	Extension programme planning-criteria, principles, PRA
May,2021	Extension teaching methods-Individual contacts, group contacts, mass contacts
June,2021	Planning lessons for specific groups-values necessities ,components

July,2021	Contribution of voluntary organizations in extension-CARE-REDCROSS,NREGA . ICAR
August,2021	Panchayat raj system-Extension administration and supervision

H. Sc 604: Family Dynamics

April,2021	Marriage rituals followed in various marital ceremonies like Hindu, Muslim and Christian - practice of dowry
May,2021	Areas of marital adjustment Family definition - functions, types of families - nuclear and joint
June,2021	characteristics of a family -. Importance of family life education Stages in family life cycle-
July,2021	parenting styles Structure and forms of a family
August,2021	Status of women in the modern world education, employment and marriage, economic responsibilities and privileges

H. Sc 605: FAMILY ATTIRE AND CONSUMER EDUCATION

April,2021	Selection of Fabrics-clothing for infants. Toddlers, school going child
May,2021	Readymade Garments-selection and examination ,fitting
June,2021	Consumer buying-budget advertising ,labelling, and standards
July,2021	Wardrobe planning-aims principles ,renovation of old garments
August,2021	1. House hold textiles-classification towels, bed linen, use and care

H. Sc 606: HOUSE HOLD ECONOMICS

February,2021	Economics-Human wants, consumption-consumer surplus
March,2021	Consumer Education, purchasing methods
April,2021	Standard of living values goals, standards
May,2021	Money Management Budget, ways of supplementing family income
June,2021	Savings, importance ,family investments