

DIPLOMA IN HOME SCIENCE

COMMUNICATION SKILLS-I

1. RATIONALE:

The main purpose of designing this course of Communication Skills is to enable to read, comprehend, write and speak English and enrich him up to sufficient vocabulary and working knowledge of English to Communicate effective with others while working.

2. SCHEME OF STUDIES AND EXAMINATION:

	NAME OF COURSE	L	P
	Communication Skills-I	2	2

3. SCHEME OF TEACHING:

Topic No.	Name of Topic	Lecture Hour	Practical Hour	Total Hour	% weightage
1	Passages for Comprehension	12	12	24	50
2	Grammar	16	16	32	50
	Total	28	28	56	100

4. CONTENT OUTLINE:

1 PASSAGE FOR COMPREHENSION

- 1.1. The Computer -Science Today
- 1.2. A New Civilization -A. Toffer
- 1.3. My Watch -Mark Twain
- 1.4. Amir Khusru and the 'Seh Tar' -Ravi Shanker

2. GRAMMAR

- 2.1 Confused words
- 2.2 Word substitution
- 2.3 Article
- 2.4 Opposite words
- 2.5 Formation of sentences from the given table
- 2.6 Relative pronoun
- 2.7 Preposition

5. LABORATORY EXPERIENCES :

- 5.1 Confused words
- 5.2 Word substitution
- 5.3 Article
- 5.4 Opposite words
- 5.5 Formation of sentences from the given table
- 5.6 Relative pronoun
- 5.7 Preposition

6. TERM WORK:

It will consist 3 exercise (maximum) each topic of grammar and other exercises on topic no 1 viz. passages for comprehension.

7. REFERENCES;

1. The study of English Macmillan Editorial Board 1984 S.G.Wasani for Maemillan India Ltd. & Printed by T.K. Sengupta at Maemillan India Press. Mardras-6000 041.

DIPLOMA IN HOME SCIENCE

ELEMENTARY CLOTHING & TEXTILES

1. RATIONALE:

The students will be given basic knowledge of various stitches & seams and their uses through this course. This course is designed to enable students to prepare garment.

2. SCHEME OF STUDIES:

	NAME OF COURSE	L	P
	Elementary Clothing & Textiles	4	4

3 SCHEME OF TEACHING:

Topic No.	Name of Topic	Lecture Hour	Practical Hour	Total Hour	% weightage
1.	Fiber	28	28	56	50
2.	Clothing	16	16	32	30
3.	Sewing Machine	12	12	24	20
	Total	56	56	102	100

4. OBJECTIVES:

1. To gain an understanding about textile fibres, properties and their uses.
2. To gain practical knowledge in basic clothing construction.

5. CONTENT OUTLINE:

1. FIBER

- 1.1 Textile fiber
 - 1.1.1 Classification of textile fibers.
 - 1.1.2 Properties and uses of following fibers
 - 1.1.2.1 Cellulose fibers.
 - 1.1.2.2 Protein fibers.
 - 1.1.2.3 Regenerated
 - 1.1.2.4 Synthetic fibers
- 1.2 Fabric
 - 1.2.1 Yarns and its preparation
 - 1.2.2 Count of yarn.
 - 1.2.3 General awareness of basic waves
 - 1.2.3.1 Plain wave
 - 1.2.3.2 Twill wave
 - 1.2.3.3 Satin wave
 - 1.2.3.4 Satin wave
 - 1.2.4 General diagram and path of handloom
 - 1.2.5 General process carried out during fabric preparation.
 - 1.2.5.1 Bleaching of cloth
 - 1.2.5.2 Dyeing (cotton)

- 1.2.5.3 Printing
- 1.2.5.4 Finishing (starch)

- 1.2.6 General awareness of following types of fabrics
 - 1.2.6.1 Poplin.
 - 1.2.6.2 Cambric.
 - 1.2.6.3 Rubia
 - 1.2.6.4 Chiffon.
 - 1.2.6.5 Corduroy
 - 1.2.6.6 Satin.
 - 1.2.6.7 Teerycot.
 - 1.2.6.8 Cotswool.
 - 1.2.6.9 Casement.
 - 1.2.6.10 Georgette.
 - 1.2.6.11 Voile.

2. CLOTHING

- 2.1 Clothing and its importance.
- 2.2 Tools and equipment for clothing construction
 - 2.2.1 Measuring tools.
 - 2.2.2 Sewing tools,
 - 2.2.3 Marking tools.
 - 2.2.4 Sewing equipment.
 - 2.2.5 Needles and threads.
 - 2.2.6 Pressing equipment

3. SEWING MACHINE

- 3.1 Types of Sewing Machine.
- 3.2 Component part and their functions
- 3.3 Care and maintenance of sewing machine.
- 3.4 Causes of failure and remedies.

6. LABORATORY EXPERIENCES:

Prepare one sample from each of the following:

- 1. Stitches:
 - 1.1 Even basting
 - 1.2 Uneven basting,
 - 1.3 Hemming
 - 1.4 Lock stitch
 - 1.5 Back stitch
 - 1.6 Slip stitch
- 2. Seams:
 - 2.1 Plain
 - 2.2 French
 - 2.3 Flat felled
 - 2.4 Welt
 - 2.5 Slot
 - 2.6 Faggot
 - 2.7 Bias

3. Neckline finishing in following shapes:

- 3.1 Bias
- 3.2 Facing
- 3.3 Piping

4. Pockets:

- a. Simple pocket
- b. Patch pocket
- c. Flap pocket
- d. Cut pocket
- e. Side pocket

5. Fullness:

- 1. Darts
- 2. Tucks
- 3. Pleats
- 4. Gathering
- 5. Smoking
- 6. Ruffles.

6. Hook, Eye, Buttons

7. Plackets

8. Collars

7. TERM WORK:

Preparation of journal with sample prepared as per instructions given in the laboratory

8. REFERENCES:

- | | | | |
|----|--|--------------------------|--|
| 1. | Basic process & clothing construction, | Doonaji's & Deshpande R. | New Delhi, New Raj book Depot, 1943. |
| 2. | Textile and their care | Dantugi Susheela | Orient Pugman Ltd. New Delhi. |
| 3. | Fibre and their uses | Hess K.P. Textile | Orient Pugman Ltd. New Delhi
Oxford & IBHP Publishing Co.
1966 |

COOKING METHODS

1. RATIONALE:

The students get knowledge of various cooking methods used from basic to advance like Microwave cooking.

2. SCHEME OF STUDIES AND EXAMINATION:

	NAME OF COURSE	L	P
	Cooking Methods	2	6

3 SCHEME OF TEACHING:

Topic No.	Name of Topic	Lecture Hour	Practical Hour	Total Hour	% weightage
1	Cooking Method	10	24	34	
2	Equipment	4	18	22	
3	Scientific Approach to cooking method	4	18	22	
4	Terms Used	10	24	34	
	Total	28	84	112	

4 OBJECTIVES:

- * To make the students aware of various cooking methods and develop skills in each methods.
- * To make them use various cooking equipments effectively.

5. CONTENT OUTLINE:

1. COOKING METHOD:

- a. Necessity of cooking foods.
- 1.2 Cooking methods
 - 1.2.1 Boiling
 - 1.2.2 Steaming
 - 1.2.3 Shallow frying
 - 1.2.4 Baking
 - 1.2.5 Roasting
 - 1.2.6 Sprouting
 - 1.2.7 Fermentation
 - 1.2.8 Stewing
 - 1.2.9 Pressure cooking
 - 1.2.10 Cooking in a aluminums foil
 - 1.2.11 Microwave cooking
 - 1.2.12 Solar cooking

2. EQUIPMENT:

- 2.1 Equipments needed in various cooking procedures.
- 2.2 Importance of weight & measure equipment for metric measurement and household measurement

3. SCIENTIFIC APPROACH TO COOKING METHOD:

- 3.1 Effect of different cooking procedures on digestibility and composition of foods.
- 3.2 Nutritive changes during and every sprouting and fermentation.
- 3.3 Method of food fortification.
- 3.4 Importance of low calorie diet
- 3.5 Importance of raw food

4. TERMS USED:

- | | | | |
|-------------|-------------|--------------|-----------|
| 1. Bake | 2. Barbecue | 3. Beat | 4. Blanch |
| 5. Blend | 6. Boil | 7. Broil | 8. Brush |
| 9. chop | 10. Combine | 11. Cube | 12. Dice |
| 13. Dust | 14. Grate | 15. Julienne | 16. Knead |
| 17. Parboil | 18. Puree | 19. Sauté | 20. Shift |
| 21. Steam | 22. Steep | 23. Stew | 24. Whip |

6. LABORATORY EXPERIENCES :

Recipes based on various cooking methods:

- | | | |
|--------------|-----------------|----------------------|
| 1. Frying | 2. Boiling | 3. Roasting |
| 4. Stewing | 5. Steaming | 6. Baking |
| 7. Sprouting | 8. Fermentation | 9. Microwave cooking |

7. TERM WORK

Make minimum three recipes of prescribe each cooking method

Model plan of each practical

- 7.1 Name of cooking method
- 7.2 A list of raw material for each cooking method
- 7.3 Time limit of each raw food for cooking : hour/min.
- 7.4 List of raw material for particular recipes (with metric measurement & household measurement)
- 7.5 Necessary equipment for recipes
- 7.6 Method of recipes.

8. REFERENCES;

- 1. The Complete Sprouting Book Per & ita Selloman Immlan Premm Ltd.
- 2. The Raw Food Way to Health Jenet Hunt. Thomsan Bub Ltd. Welling Borough Narthampt Sons.
- 3. Theory of Cookery. Krishna Arora Frank Bros & Co.
- 4. Nutrition Principles and Application in Health Larel Jean West . J.B.Lippincott Co. Promotions Philadelphia Surto
- 5. Malnutrition and Food Habits.RFA-Dean Anne Nurgess

ELEMENTRY HOME MANAGEMENT

1. RATIONALE:

This is course design with a view to explain role of goals and values in effective management of time and energy e.g. preparation of time-table for home and institute, steps to simplify the given work.

2. SCHEME OF STUDIES:

	NAME OF COURSE	L	P
	Elementary Home Management	4	4

3 SCHEME OF TEACHING:

Topic No.	Name of Topic	Lecture Hour	Practical Hour	Total Hour	% weightage
1.	Introduction to Management	05	04	09	10
2.	Concepts of home management.	11	24	35	20
3.	Management process	13	08	21	20
4.	Resource management	16	04	20	30
5.	Work simplification	11	16	27	20
	Total	56	56	112	100

4 OBJECTIVES:

1. To help student learn basic concepts of management
2. To help students significance of change in day to day
3. To help student know and apply management principles in daily living.

5 CONTENT OUTLINE:

INTRODUCTION TO MANAGEMENT

- 1.1 Importance and objectives of management.
- 1.2 Role and responsibilities of manager in changing society.

CONCEPTS OF HOME MANAGEMENT:

- 2.1 Values – its meaning, definition types and importance.
- 2.2 Goals – its definition, types and importance.
- 2.3 Standards – definition, types and how to judge standard of living.
- 2.4 Decision-making – definition, types, importance and process of decision-making.

MANAGEMENT PROCESS:

- 3.1 Planning – Meaning, importance, types of plan and steps involved planning, factors that help in good plan.
- 3.2 Controlling – Meaning, importance, components and controlling
 - (a) Delegating (b) directing
 - (c) Guiding (d) co-ordination
 - (e) Supervision
- 3.3 Evaluating – Meaning, importance , types.

RESOURCE MANAGEMENT

- Application of management to specific resources, such as time, energy and money,
- Time and energy management.
 - 4.2.1. Importance
 - 4.2.2. Important terms used in time and energy management.
 - 4.2.2.1. Time norm.
 - 4.2.2.2. Peak load.
 - 4.2.2.3. Leisure time.
 - 4.2.2.4. Warm up period.
 - 4.2.2.5. Fatigue.
 - 4.2.2.6. Simplification.
 - 4.2.2.7. Entering period.
 - 4.2.2.8. Time plan.
 - 4.2.3. Management process and its application to time and energy.
- Money management
 - 7 Importance of money management
 - 8 Money as resources
 - 9 Sources of income
 - 10 Types of income
 - 11 Budget & importance of budget
 - 12 Budgeting for easy / good home & office management
- Saving and investment plans.
 - 7 Meaning
 - 8 Scope
 - 9 Types

WORK SIMPLIFICATION:

- Meaning and importance.
- Methods of work simplification.
- Methods of study work through pathway chart, process chart.
- Methods of work simplification applied to some house hold tasks
 - 7 Table setting
 - 8 Floor arrangement
 - 9 Bed making
 - 10 Sweeping – snooping,.

6. LABORATORY EXPERIENCES: (Computer aided)

1. Learning to develop various values, goals and lasting them.
2. Making individual and group decision and writing process involved in it.
3. Take any classroom or family situation and apply management process to the situation and carry out activity in-group.
4. Prepare a time plan for a week of student routine balance it and write steps involved in it.
5. Prepare a pathway chart for cleaning a room. & solar arrangement or cooking
6. Prepare a process chart table setting or dish washing activity,
7. Learn to write chequer, take out draft, money order, filling up investment form, withdrawing money from bank etc.
8. Give information regarding use of bank and postal services.
9. Preparation of budget for home & office to make management easy

7. TERM WORK

- Prepare assignment on topic number 1 to 4 Charts for various activities.
- Preparing pathway and process chart for various activities
- Fill up the forms of various bank account and postal account
- Exercise on budgeting

8. REFERENCES;

- | | | |
|------------------------------------|-------------------------|--------------------------------------|
| 1. Home Management | Ogate, Verghese, Geroge | Willey Eastern, New Delhi 1969 |
| 2. Introduction to Home Management | Swanson, Betty, | Macmillan & Co. |
| 3. Management in family living | Nickle & Dossey | John Wiley & Son 1978. |
| 4. Management for Families morden | Gross, Crandall & Knoll | Apple ton Century Crafts. Inc. 1975. |

FIRST AIDS & HOME NURSING

1. RATIONALE:

It is essential to have a basic knowledge of this subject for a student of Home Science. Specially, for a House Wife so that she can give instant treatment for minor injuries to the members of family.

2. SCHEME OF STUDIES AND EXAMINATIONS:

	NAME OF COURSE	L	P
	First Aid & Home Nursing	2	2

3. SCHEME OF TEACHING:

Topic No.	Name of Topic	Lecture Hour	Practical Hour	Total Hour	% weightage
1.	First Aid	14	14	28	50
2.	First Aid Box	2	2	4	10
3.	Home Nursing	12	12	24	40
	Total	28	28	56	100

4. OBJECTIVES:

- To enable students to develop Basic skill in first aid.
- To enable the students to develop skill in Home Nursing.

5. CONTENT OUTLINE:

1. FIRST AID:

- b. First Aid and its various aspects.
- c. Different types of first aid given for Mental & Physical
 - i. Drowning - Respiration Method
 1. Sylvester Method
 2. Holger Nelson Method
 3. Schaffer Method
 4. Rescue or Mouth to Mouth Breathing
 - ii. Burns
 - a. Sun Burns
 - b. Metal Burns
 - c. Electric Burns
 - d. Barbecue
 - iii. Shock
 - 8 Electrical
 - 9 Mental
 - iv. Heart failure
 - v. Accidents.
 1. Wounds
 1. Inclined
 2. Lacerated
 3. Punctured
 4. Contused

2. Fractures
 - a. Simple Fracture
 - b. Complicated Fracture
 - c. Compound Fracture
 - d. Impact Fracture
 - e. Green Stick Fracture

- vi. Poison
 - a) Gas poison
 - b) Swallowed poison
 - c) Metallic Poison
 - d) Injected poison
 - e) Food poison
 - f) Opium

2. FIRST AID BOX:

- 2.1 Accessories
- 2.2 Common Medicines

3. HOME NURSING:

- 3.1 Qualities of a good nurse.
- 3.2 Duties of Nurse
 - 3.2.1 Psychology of different patients.
 - 3.2.2 Bed making.
 - 3.2.3 Sponging the patient in bed.
 - 3.2.4 Keeping health record
 - 3.2.5 Planning diet for the sick, balanced diet.
 - 3.2.6 Common ailments and their home remedy.

6. LABORATORY EXPERIENCES :

1. Pulse counting
2. Read temp measurement
3. Use of cold bag.
4. Use of hot water bag.
5. Use of Massager
6. Triangular bandage.
7. Roller bandage.
8. Bed making.
9. To prepare first aid tray.
10. Hospital visit
11. Enema
12. Blood pressure measurements

7. TERM WORK:

Prepare a file of laboratory experience.

8. REFERENCES;

1. Nursing and Health Education S.R. Sharma
2. First Aid for every Hance Akshr Prakashan
G'nagar
3. Aksmat ma prathmik sarvar Honsn AeND jhonsn