

ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM  
I SEMESTER                      **PATHWAY - PAPER – 1** Time:5hrs/week  
HSC 1601(4) **INTRODUCTION TO HOME SCIENCE**  
w.e.f.AK 2023-2024 (Admitted batch)      Marks:100

**Learning Objectives:** The course is designed to enable the students to:

1. Understand the concept, scope, and philosophy of Home Science.
2. Create awareness regarding various applied and core specializations of Home Science.
3. Appreciate the role of Home Science and its multidisciplinary approach in career building.
4. Cultivate human values through learning Home Science.

**Learning Outcomes:** On completion of the course, the student shall

1. Know the various branches of Home Science
2. Have a clear understanding of the relevance of Home Science
3. Be able to exercise choice towards healthy practices in daily living

#### **UNIT: 1 BASICS OF HOME SCIENCE**

- Meaning, Definition and Branches of Home Science, Scope of Home Science
- Development of Home Science as a discipline in India, Home Science Association of India- Role and activities in promoting Home Science
- Linkages of Home Science with other related subjects

#### **UNIT 2: Branches of Home Science**

- **Human Development:** Meaning, Definition and Scope of Human Development.
  - Stages of Human Development, Developmental tasks/milestones.
- **Food and Nutrition:** Definition, Importance and Functions of Food. Concept of Nutrition, Basic terms used in the study of Nutrition: Nutrients, Food Groups, Balanced Diet and Food Guide Pyramid.

#### **UNIT 3: Branches of Home Science contd.**

- **Textiles and Clothing:** Origin, Importance and Functions of Clothing. Introduction to textile terms- fiber, yarn, textile, weaving, knitting, Classification of textile fibers.
- **Extension Education and Communication:** Concept, Nature, Scope and principles of Extension and communication. Methods and media of community outreach.
- **Resource management & Interior Design:** Concept and scope, Need for management, Classification of resources, Factors affecting use of resources, Importance of housing and functions of housing and interior design.

#### **UNIT 4: Research in Home Science:**

- **Research in Home Science-** Recent developments in Foods & Nutrition, Human Development & Family Studies, Textiles & Clothing, Resource Management & Interior Design and Extension Education & Community Development.

#### **UNIT 5: Careers & Entrepreneurship in Home Science:**

- **Scope of careers and entrepreneurship in**
  - Foods & Nutrition** – In hospitals, health centres, food industry
  - Human Development-** welfare programs of Government/NGOs, preschools
  - Textiles & Clothing-** in textile industry, boutiques, research labs
  - Resource Management-** construction sector (CAD assistants, interior designer), creative crafts entrepreneur
  - Extension Education-** extension projects of Government/ NGOs, entrepreneur making teaching aids.

#### **References:**

1. Chouhan, A. (2015) “Comprehensive Home Science X”, 1. Yadav, K and Singh, O. S. (2014) “Home Science”, ISBN 9788126919062, Atlantic Publishers and Distributers Private limited.
2. Premlata Mullick, P. “Textbook of Home Science”, Kalyani Publishers

#### **Suggested Activities:**

Virtual or physical visits to Home Science departments in leading Universities/ Colleges offering Home Science at UG/PG/ Ph. D. levels

Virtual interactions with some faculty/students of Home Science from other Colleges in A.P./ outside A.P.