

Unit-I FOOD SCIENCE AND TECHNOLOGY

- FOOD SCIENCE AND FOOD TECHNOLOGY : DEFINITION, MEANING
- METHOD OF COOKING AND PROCESSING, FOOD PRESERVATION AND ADULTERATION.
- FOOD STANDARDS, SAFETY OF FOOD, QUALITY, LABELS AND FOOD SPOILAGE.
- MEAL PLANNING – PRINCIPLES OF MEAL PLANNING.

Unit-II NUTRITION AND DIETETICS

- BASIC CONCEPTS OF NUTRITION.
- FOOD GROUPS – BALANCED DIET, FOOD PYRAMID, MACRO AND MICRO NUTRIENTS.
- NUTRIENTS – ROLE OF NUTRIENTS IN THE BODY, NUTRIENT DEFICIENCIES, DIET COUNSELLING AND MANAGEMENT IN NUTRITIONAL DISEASES.
- NUTRITION AND HEALTH PROGRAMMES/POLICIES IN INDIA.
- PUBLIC HEALTH NUTRITION.
- CLINICAL AND THERAPEUTIC NUTRITION.
- DIGESTION AND ABSORPTION PROCESS OF MAJOR NUTRIENTS.
- HEALTH AND WELLNESS.

Unit-III HUMAN DEVELOPMENT AND FAMILY STUDIES

- PRINCIPLES OF GROWTH AND DEVELOPMENT.
- THEORIES OF HUMAN DEVELOPMENT AND BEHAVIOUR.
- EARLY CHILDHOOD CARE AND EDUCATION – MEANING, IMPORTANCE AND OBJECTIVES.
- INFLUENCE OF FAMILY, PEERS, SCHOOL ETC. ON PERSONALITY DEVELOPMENT.
- EARLY IDENTIFICATION, TREATMENT, PREVENTION AND REHABILITATION OF EACH CATEGORY OF CHILDREN WITH SPECIAL NEEDS.
- ADOLESCENCE, ADULTHOOD – CHARACTERISTICS AND PROBLEMS.
- DYNAMICS OF MARRIAGE AND FAMILY, FAMILY WELFARE ORGANISATIONS IN INDIA.
- NEED OF GUIDANCE AND COUNSELLING AT EACH LIFE SPAN STAGE OF DEVELOPMENT.
- PARENTING STYLES AND THEIR IMPACT ON THE CHILDREN..

Unit-IV EXTENSION EDUCATION

- HISTORY OF HOME SCIENCE, SCOPE AND ITS RELATION WITH OTHER DISCIPLINES.
- MEANING, PRINCIPLES, BASIC ELEMENTS AND NEED OF EXTENSION EDUCATION.
- FORMAL, NON FORMAL AND INFORMAL EDUCATION.
- EXTENSION TEACHING METHODS.

Unit-V DEVELOPMENTAL AND EDUCATIONAL COMMUNICATION

- INTRODUCTION, SIGNIFICANCE, BASIC CONCEPTS, METHODS OF DEVELOPMENT COMMUNICATION AND EDUCATIONAL COMMUNICATION.
- DEVELOPMENT COMMUNICATION – ROLE, FEATURES, MEDIA IN DEVELOPMENT COMMUNICATION – TRADITIONAL AND MODERN MEDIA.
- ICTs- SCOPE IN DEVELOPMENT COMMUNICATION.

Unit-VI METHODS OF RESEARCH

- RESEARCH METHODOLOGY – MEANING, CONCEPT, CHARACTERISTICS, ROLE OF RESEARCH, TYPES, TOOLS AND TECHNIQUES OF RESEARCH.

Unit-VII FABRIC AND APPAREL

- FIBRE CLASSIFICATION AND PROPERTIES
- YARN CONSTRUCTION
- WEAVING – TYPES
- ELEMENTS AND PRINCIPLES OF ART AND DESIGN
- CARE AND MAINTAINANCE OF CLOTHING – PRINCIPLES OF WASHING, LAUNDRY AGENTS, STORAGE, TECHNIQUES, CARE LABELS AND SYMBOLS.
- SELECTION OF CLOTHING AND FABRICS FOR DIFFERENT AGE GROUPS.

Unit-VIII TEXTILES AND FASHION

- TEXTILE TERMINOLOGIES – FIBRE, YARN, WEAVE, FABRIC ETC.
- VARIOUS TYPES OF FINISHES.
- DYEING AND PRINTING.
- FASHION – TERMINOLOGY, FASHION CYCLE, FACTORS AFFECTING FASHION AND FASHION FORECASTING.
- TRADITIONAL TEXTILE OF INDIA.

Unit- IX HOME MANAGEMENT

- HOME MANAGEMENT – DEFINITIONS AND CONCEPTS.
- RESOURCES – CLASSIFICATION, CHARACTERISTICS, MANAGEMENT OF TIME, MONEY AND ENERGY.
- MANAGEMENT PROCESS – PLANNING, CONTROLLING, EVALUATION AND DECISION MAKING.
- INCOME – DEFINITION, MEANING AND TYPES.
- BUDGET – TYPES AND STEPS OF BUDGET PLANNING.
- SAVING AND INVESTMENT.
- WORK SIMPLIFICATION.
- CONSUMER – DEFINITION, RIGHTS, AIDS AND PROTECTION ACT.
- HOUSE PLANNING/ SPACE DESIGNING – ACCORDING TO VARIOUS ACTIVITIES AND FAMILY NEEDS.
- INTERIOR DESIGNING.
- WORK ERGONOMICS – MEANING AND CONCEPT.
