

HOME SCIENCE

Course Outcomes

Semester I

Course: MJC-I: Food and Nutrition

- Understand the importance of meal planning.
- Learn to cook food from different food groups (cereals, carbohydrates, lipids, etc.).
- Gain basic cooking skills, including measurements and preparation techniques.
- Learn different cooking methods (boiling, steaming, etc.).

Semester II

Course: MJC-II: Fundamentals of Human Development

- Understand principles and stages of human development.
- Explore cognitive, emotional, and language development.
- Study birth processes and types of delivery.
- Learn about infant development (0–1 year).

Semester III

Course: MJC-III: Family Resource Management

- Understand concepts of resource management within a family.
- Learn about family budgeting and use of household resources.
- Explore principles of home management and ergonomics.

Semester IV

Course: MJC-IV: Communication and Extension

- Understand fundamentals of communication.
- Learn communication models and methods.
- Study the philosophy and methods of extension education.
- Use audiovisual aids effectively in community education.

Semester V

Course: MJCN: Child Psychology

- Understand psychological development in children.
- Learn methods of child study.
- Recognize special needs and support systems for children with disabilities.

Semester VI

Course: MJC-VI: Lifelong Education

- Grasp concepts and objectives of lifelong and adult education.
- Identify methods and materials for non-formal/adult education.
- Learn to plan and organize community-based learning programs.

Semester VII

Course: MJTC-7: Diet Therapy

- Understand diet therapy principles.
- Learn dietary modifications for specific health conditions.
- Explore meal planning and nutritional assessment.

Semester VIII

Course: MAC 13: Clothing Construction

- Learn basic principles of clothing construction.
- Understand garment components and sewing techniques.
- Operate tools and equipment used in garment making.