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.

Programme Outcome (PO)

Bachelor of Arts (Honours) – Home Science (Under CBCS)

The B.A. (Honours) programme in Home Science aims to equip students with interdisciplinary knowledge and practical skills that contribute to the holistic development of individuals, families, and communities. Upon successful completion of the programme, graduates will be able to:

1. **Apply Scientific Principles in Daily Life:**
   Demonstrate an understanding of scientific principles related to food, nutrition, health, clothing, human development, and family management.
2. **Promote Health and Nutrition:**
   Understand and apply the principles of meal planning, balanced diets, and therapeutic nutrition to promote well-being across different age groups and health conditions.
3. **Understand Human Development:**
   Analyze the stages of human growth and development, and recognize the physical, emotional, cognitive, and social needs of individuals from infancy through adulthood.
4. **Manage Resources Effectively:**
   Utilize knowledge of home management and family resource utilization for efficient budgeting, ergonomics, and sustainable living.
5. **Communicate and Educate Effectively:**
   Employ effective communication techniques and extension education tools to raise awareness and disseminate knowledge in both formal and non-formal settings.
6. **Understand and Support Child Development:**
   Assess child behavior and development and support inclusive education and intervention strategies for children with special needs.
7. **Promote Lifelong Learning and Community Engagement:**
   Plan and implement adult and lifelong education programmes, using suitable methods and materials to reach diverse learners.
8. **Apply Diet Therapy Principles:**
   Formulate appropriate dietary plans for various health conditions and apply dietetics in clinical and community settings.
9. **Demonstrate Technical Skills in Clothing Construction:**
   Apply the fundamentals of garment construction, using tools and techniques that align with fashion, utility, and cultural requirements.
10. **Develop Entrepreneurial and Leadership Qualities:**
    Cultivate an entrepreneurial mindset and leadership skills applicable in health, nutrition, textiles, education, and welfare sectors.

Crosscutting Issues in the Home Science Curriculum

The B.A. (Honours) Home Science programme inherently integrates various crosscutting issues to ensure that students develop not only academic competencies but also ethical, social, and environmental consciousness. Below is a thematic representation of how these issues are addressed across the curriculum:

1. Professional Ethics

- **Food and Nutrition (Sem I) & Diet Therapy (Sem VII):**
  - Emphasizes accuracy in meal planning and dietary counseling.
  - Encourages ethical responsibility in advising individuals with specific health conditions.
- **Clothing Construction (Sem VIII):**
  - Promotes ethical use of materials and fair practices in fashion and textile industries.
- **Communication and Extension (Sem IV):**
  - Develops responsible communication skills for community engagement with integrity.

2. Gender Sensitization

- **Fundamentals of Human Development (Sem II) & Child Psychology (Sem V):**
  - Focus on gender-neutral understanding of child growth and psychological needs.
  - Addresses roles, responsibilities, and challenges of different genders in family and society.
- **Lifelong Education (Sem VI):**
  - Encourages inclusive adult education for women and marginalized gender identities.

3. Human Values

- **Family Resource Management (Sem III):**
  - Promotes values such as cooperation, responsibility, and empathy within family systems.
- **Communication and Extension (Sem IV):**
  - Cultivates respect, dignity, and sensitivity when working with diverse communities.
- **Child Psychology (Sem V):**
  - Encourages understanding and acceptance of individual differences and disabilities.

4. Environment and Sustainability

- **Food and Nutrition (Sem I):**
  - Advocates for sustainable food practices and reduction of food waste.
- **Family Resource Management (Sem III):**

    - Promotes sustainable use of household resources, energy conservation, and waste management.
- **Clothing Construction (Sem VIII):**
    - Introduces sustainable textile choices and eco-friendly garment production.

5. Inclusive and Equitable Learning

- Courses such as **Lifelong Education (Sem VI)** and **Communication and Extension (Sem IV)**:
    - Emphasize inclusivity and community-based learning models that benefit underprivileged groups.

Conclusion

These crosscutting issues are not taught in isolation but are seamlessly woven throughout the curriculum. They prepare students to become responsible professionals and citizens who uphold ethical standards, promote gender equity, value human dignity, and advocate for environmental sustainability in both personal and professional spheres.