



SRI SARADA COLLEGE FOR WOMEN
(AUTONOMOUS)

Re-accredited with A-Grade by NAAC

Affiliated to Periyar University

Fairlands, Salem - 636 016.



SYLLABUS

Branch X Home Science - B.Sc., Main (CBCS)

(for the students admitted from the academic year 2020-21, 2019-20, 2018-19 onwards)

BRANCH X –B.Sc., HOME SCIENCE - COURSE STRUCTURE UNDER CBCS

(For the students admitted from 2020-2021 onwards)

I-SEMESTER						
PART	COURSE	COURSE TITLE	CODE	T	P	CREDITS
I	TAMIL/HINDI/ SANSKRIT	TAMIL/HINDI/SANSKRIT PAPER-I	20ULT1AC/ 20ULHIAC 20ULS1AC	6	0	3
II	ENGLISH	ENGLISH PAPER-I	20ULE1AC	6	0	3
III	CORE COURSE-I	HUMAN PHYSIOLOGY	20UHSC1	4	2	4
	CORE COURSE-II	HOME SCIENCE EXTENSION AND ENTREPRENEURSHIP DEVELOPMENT	20UHSC2	4	0	4
	ALLIED –I	CHEMISTRY - I	20UHAC1	5	0	5
IV	SKILL BASED –I	BAKERY (PRACTICAL)	20UHSSQC1	0	2	2
	EXTENSION ACTIVITY	GROUP PROJECT BASED ON EXTENSION ACTIVITIES	20UEX1C	1	0	1
V	<ul style="list-style-type: none"> • <i>Articulation and Idea Fixation skills - 6 Hours per Semester (out of college hours)</i> • <i>Life Skills Promotion -2 Hours per Semester (out of college hours -1credit extra)</i> • <i>Physical Fitness Practice -35 Hours per Semester (out of college hours -1credit extra)</i> 					
TOTAL				26	4	22+2*
II-SEMESTER						
I	TAMIL/HINDI/ SANSKRIT	TAMIL/HINDI/SANSKRIT PAPER-II	20ULT2AC/ 20ULH2AC/ 20ULS2AC	6	0	3
II	ENGLISH	ENGLISH PAPER-II	20LE2BC	6	0	3
III	CORE COURSE-III	FOOD SCIENCE	20UHSC3	5	0	5
	CORE COURSE-IV	FOOD SCIENCE PRACTICALS – I	20UHSQC1	0	4	2
	ALLIED –II	CHEMISTRY – II	20UHAC2	5	0	5
IV	SKILL BASED –II	BEAUTY CARE	20UHSSC1	2	0	2
	EVS	ENVIRONMENTAL STUDIES	20UEVSC	2	0	2
V	<ul style="list-style-type: none"> • <i>Articulation and Idea Fixation skills - 6 Hours per Semester (out of college hours-1credit extra)</i> • <i>Life Skills Promotion -2 Hours per Semester (out of college hours -1credit extra)</i> • <i>Physical Fitness Practice -35 Hours per Semester (out of college hours -1credit extra)</i> • <i>Certificate Course -25 Hours (out of college hours -1credit extra)</i> 					
TOTAL				26	4	22+4*

BRANCH X –B.Sc., HOME SCIENCE - COURSE STRUCTURE UNDER CBCS

(For the students admitted from 2019-2020 onwards)

III-SEMESTER						
PART	COURSE	COURSE TITLE	CODE	T	P	CREDITS
I	TAMIL/HINDI/ SANSKRIT	TAMIL/HINDI/SANSKRIT PAPER-III	19ULT3AC/ 19ULH3AC/ 19ULS3AC	6	0	3
II	ENGLISH	ENGLISH PAPER-III	19LE3BC	6	0	3
III	CORE COURSE-V	NUTRITIONAL BIOCHEMISTRY	19UHSC4	5	0	5
	CORE COURSE-VI	NUTRITIONAL BIOCHEMISTRY PRACTICAL – II)	19UHSQC2	0	4	2
	ALLIED –III	PHYSICS –I(THEORY CUM PRACTICAL)	19UHAP1	5	0	5
IV	SKILL BASED –III	COMMUNITY NUTRITION	19UHSSC2	2	0	2
	NON MAJOR ELECTIVE-I	HOME TEXTILES	19UHSNEC1	2	0	2
V	<ul style="list-style-type: none"> • <i>Articulation and Idea Fixation skills - 6 Hours per Semester (out of college hours)</i> • <i>Life Skills Promotion -2 Hours per Semester (out of college hours -1credit extra)</i> • <i>Physical Fitness Practice -35 Hours per Semester (out of college hours -1credit extra)</i> 					
TOTAL				26	4	22+2*
IV SEMESTER						
I	TAMIL/HINDI/ SANSKRIT	TAMIL/HINDI/SANSKRIT PAPER- IV	19ULT4AC/ 19ULH4AC/ 19ULS4AC	6	0	3
II	ENGLISH	ENGLISH PAPER-IV	19LE4BC	6	0	3
III	CORE COURSE-VII	TEXTILE SCIENCE	19UHSC5	4	0	4
	SUBJECT ELECTIVE- I	FOOD PRESERVATION AND QUALITY CONTROL/PUBLIC HEALTH AND COMMUNITY NUTRITION	19UHSEC1/ 19UHSEC1a	5	0	5
	ALLIED –IV	PHYSICS - I (THEORY CUM PRACTICAL)	19UHAP2	5	0	5
IV	SKILL BASED –IV	TECHNIQUES IN PRESERVING FOOD (PRACTICAL)	19HSSQC2	0	2	2
	NON MAJOR ELECTIVE-II	LIFE SPAN NUTRITION (NON - MAJOR)	19UHSNEC2	2	0	2
V	<ul style="list-style-type: none"> • <i>Articulation and Idea Fixation skills - 6 Hours per Semester (out of college hours -1credit extra)</i> • <i>Life Skills Promotion -2 Hours per Semester (out of college hours -1credit extra)</i> • <i>Physical Fitness Practice -35 Hours per Semester (out of college hours -1credit extra)</i> 					
TOTAL				28	2	24+3*

BRANCH X –B.Sc., HOME SCIENCE - COURSE STRUCTURE UNDER CBCS

(For the students admitted from 2018-2019 onwards)

V SEMESTER						
PART	COURSE	COURSE TITLE	CODE	T	P	CREDITS
III	CORE COURSE-VIII	HUMAN DEVELOPMENT	18UHSC5	5	0	5
	CORE COURSE-IX	TEXTILE SCIENCE	18UHSC6	5	3	5
	CORE COURSE-X	NUTRITION IN HEALTH	18UHSC7	5	0	5
	CORE COURSE-XI	NUTRITION IN HEALTH PRACTICAL – III	18UHSQC3	0	4	2
	SUB ELECTIVE- II	FAMILY FINANCE AND HOUSING/ PERSONALITY DEVELOPMENT	18UHSEC2/ 18UHSE2b	5	0	5
IV	NON MAJOR SKILL ELECTIVE-I	CARE OF CLOTHING (NON-MAJOR)	18UHSNSC1	2	0	2
	COMMON PAPER	VALUE EDUCATION	18UVENC	1	0	1
V	<ul style="list-style-type: none"> • <i>Life Skills Promotion -2 Hours per Semester (out of college hours -1credit extra)</i> • <i>Physical Fitness Practice -35 Hours per Semester (out of college hours -1credit extra)</i> • <i>Certificate Course -25Hours (out of college hours -1credit extra)</i> 					
TOTAL				23	7	25+3*
VI SEMESTER						
PART	COURSE	COURSE TITLE	CODE	T	P	CREDITS
III	CORE COURSE-XII	HOME SCIENCE EXTENSION & ENTREPRENEURSHIP DEVELOPMENT	18UHSC8	5	2	5
	CORE COURSE-XIII	DIET THERAPY	18UHSC9	5	3	5
	CORE COURSE-XIV	APPAREL DESIGNING	18UHSC10	5	0	5
	CORE COURSE-XV	APPAREL DESIGNING & CONSTRUCTION PRACTICAL- IV	18UHSQC4	0	4	2
	SUB ELECTIVE- III	FAMILY DYNAMICS/ CHILDREN WITH SPECIAL NEEDS	18UHSEC3/ 18UHSEC3c	5	0	5
IV	NON MAJOR SKILL ELECTIVE-II	TEXTILE SURFACE ENRICHMENT	18UHSNSC2	2	0	2
	COMMON PAPER	VALUE EDUCATION	18UVENC	1	0	1
V	<ul style="list-style-type: none"> • <i>Life Skills Promotion -2 Hours per Semester (out of college hours -1credit extra)</i> • <i>Physical Fitness Practice - 35 Hours per Semester (out of college hours -1credit extra)</i> 					
TOTAL				23	7	25+2*

**Free and open Source Software (FOSS) -2 hours per semester (out of college hours)*

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM- 16.
B.Sc., Branch X - HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER - I - HUMAN PHYSIOLOGY

Code: 20UHSC1

Batch: 2020-21 onwards

Credits :6

Instruction Hours:6+4=10/Week

Maximum Marks: 70

Semester: I

Course Objectives: The course aims to

- Introduce the basics of physiology, blood and its components
- Discuss the structure and functions of body systems
- Impart knowledge on hormones and its role in health

Unit – I

20hrs

Introduction and cell- definition, structure, Tissues- definition, basic types- epithelial, muscular and connective tissues and their functions. Blood-Function, Composition, Haemoglobin – functions, Coagulation, Factors affecting coagulation; Blood groups.

Unit – II

20hrs

Cardiovascular system - Structure of heart and functions, Cardiac cycle, Bloodpressure - Measurement and factors affecting blood pressure. Nervous system- structure and function of brain, spinal cord. Structure and function of neuron.

Unit – III

20hrs

Respiratory system - Definition, Process of respiration, Structure & functions of respiratory tract, Mechanism of breathing, Lung volumes, Lung capacities.

Special senses- Eye, ear and skin- structure and function. Taste – primary taste sensation.

Unit – IV

15hrs

Digestive system - Structure and Functions of digestive system; Digestion and absorption of food stuffs- carbohydrate, protein and lipids. Urinary system - Structure and Functions of kidney, Formation of urine and composition of urine.

Unit – V

15hrs

Reproductive system - Structure and functions of male and female reproductive system, Menstrual cycle.

Endocrine system - Functions of hormones secreted by Pituitary, Thyroid, Parathyroid and Adrenal glands.

I. Experiments

40hrs

1. Estimation of the blood pressure, pulse pressure, and respiratory rate of a subject before and after exercise
2. Estimation of Haemoglobin content
3. Identification of Blood group

II. Model 10hrs

- Heart
- Brain
- Ear
- Eye
- Kidney

III. Slides 10hrs

1. Epithelial tissue types
2. Connective tissue types
3. Muscular tissue types
4. Lung tissue
5. Liver tissue
6. Pancreas
7. Ovary tissue
8. Endocrine glands

BOOKS FOR STUDY:

- Sarada Subramaniam and MadhawanKutty. K, Text Books of Physiology 5th edition, S. Chand and Company limited, 1996.
- Sembulingam and PremaSembulingam, Essentials of Medical Physiology,

BOOKS FOR REFERENCE :

- Ranganathan, T.S. (2004): A Textbook of Human Anatomy, Chand & Co. N. Delhi.
- Chatterjee C.C. (1998): Human Physiology, Vol. I & II, Medical Allied Agency, Calcutta.
- Guyton, A.G. and Hall, J.B. (1996): Text Book of Medical Physiology, (9th Edition, W.B.Sanders Company, Prism Books (Pvt.) Ltd., Bangalore.

Web Resource <https://sites.google.com/a/csredhawks.org/anatomy-physiology/syllabus>

Course outcomes

On successful completion of the course, the students will be able to

CO number	CO statement	Knowledge Level
CO1	Identify the structure of various organs of the system	K1
CO2	Describe the functions of the body systems	K2
CO3	Recognise the process and mechanisms of various organs	K2
CO4	Explain the interaction of enzymes with nutrients	K3
CO5	Highlight the influence of improper functioning of the organ system and disease	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	L	M	L	M	L	M	M	S
CO2	L	L	M	M	M	M	M	M	M	S
CO3	M	M	M	M	M	M	M	M	M	S
CO4	M	M	M	L	M	S	M	M	M	S
CO5	S	S	S	S	S	S	S	S	M	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM- 16.
B.Sc., Branch X - HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER - II- HOME SCIENCE EXTENSION AND ENTREPRENEURSHIP
DEVELOPMENT

Course Code: 20UHSC2

Hours /week: 5

Batch: 2018-19 onwards

Credits-4

Maximum Marks : 70

Semester: I

Course outcome: The course aims to

- Teach various extension teaching and communication methods
- Have the ability to discern distinct entrepreneurial traits
- Implement new business idea

UNIT – I

15hrs

Home Science Extension Education: Meaning, definition, objectives and Principle of extension education; Need for extension; characteristics of Home science extension, steps in Home Science teaching; Role of Home Science extension in rural development.

UNIT – II

18hrs

Communication method and teaching aids used in extension; Meaning, Key elements, types, importance of communication in extension; Approaches individual, groups and Mass teaching., Audio-Visual Aids - Classification according to form and use. Their advantages and disadvantages, Audio - Aids; Radio & Recorded talks. Visual Aids, -Flannel graphs, Flash Cards, posters and charts; Slides - LCD; OHP. Audio Visual Aids - Films, Television and Video Cassettes, Power points, e-browsers

Welfare programmes for women and children. ICDS, DWCRA, SGSY, CSWB, SSWB, Nutrition Noon Meal Programmes, Self help groups.

UNIT – III

15hrs

Definition of Entrepreneur - Functions - Types, Concept of Women Entrepreneurs - Functions and problems. Recent trends and development in women Entrepreneurship, Rural Entrepreneurship.

UNIT – IV

15hrs

Steps for starting a small scale enterprise; Preparation of Project Report -Guidelines, Procedure and Formalities for Registration. Selection and types of organization - Sole Proprietorship. Partnership joint stock company.

UNIT – V

12hrs

Institutional finance to Entrepreneurs - Commercial banks - IDBI, IFCI, ICICI, IRBI, SIDBI, UTI, LIC.

Institutional support to Entrepreneurs - NSIC, SIDO, SISI, SFC, DIC, TCO, TIIC, KVIC.

BOOKS FORSTUDY

- Reddy, A.A(1987) Extension Education, Sree Lakshmi Press, Andhra Pradesh,.(UNIT-I)
- Khan.P.,Somai.L (2009) Fundamentals of Extension Education, Agrotech publishing academy(UNIT-II)
- Kaushik,U&Bhatnagar,S(2007) Entrepreneurship,AavinshtarPublisher,Jaipur. . (UNIT-III &IV)
- Anil Kumar.SSmall Business and Entrepreneurship,I.K.International Publishing House pvt Ltd (UNIT-V)

BOOKS FOR REFERENCE

- Khanka. S.S. "Entrepreneurship Development"

Course outcomes

On successful completion of the course, the students will able to

CO number	CO statement	Knowledge Level
CO1	Understand various extension methods to teach rural population	K1
CO2	Study different types of communication methods and audiovisual aids	K2
CO3	Develop skills to use different audiovisual aids	K2
CO4	Know the parameters to assess opportunities and constraints for new business ideas and design strategies for successful implementation of ideas	K3
CO5	Study the available funding agencies that support the entrepreneurs	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	S	M	M	L	M	L	M	S
CO2	L	L	S	M	M	L	M	L	M	S
CO3	L	L	S	M	M	L	M	L	M	S
CO4	L	L	S	M	M	L	M	L	M	S
CO5	L	L	S	M	S	L	M	L	M	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16
B.Sc, Branch X HOME SCIENCE (SEMESTER PATTERN) CBCS
SKILL BASED - I BAKERY – PRACTICAL

Course Code:20UHSSQC1

Hours /week: 2

Batch: 2020-21 onwards

Credits-2

Maximum Marks: 60

Semester: I

Course Objectives: The course aims to

- To learn the role of various ingredients, additives and adjuncts in the preparation of bakery products
- Acquire practical knowledge and skill in the preparation of different types of biscuits, cookies, cakes and pastries.

1. Introduction to Bakery and Planning a Bakery Layout

2. Ingredients Used in Baking

a. Flour b. Sugar c. Fat d. Salt e. Egg f. Leavening Agents

3. Preparation and Evaluation of Bread and Sandwich

4. Preparation and Evaluation of Cakes

a. Sponge Cake b. Golden Cake e. Chocolate cake

5. Preparation and Evaluation of Icings

a. Fondant Icing b. Royal Icing e. Butter Cream Icings

6. Preparation and Evaluation of Biscuits

a. Chilly Biscuit b. Cashew Biscuit e. Ground Nut Biscuit

7. Preparation and Evaluation of Cookies

a. Melting Moments b. Coconut Cookies

8. Preparation and Evaluation of Puff Pastry

9. Preparation and Evaluation of Doughnut

Reference:-

- Gali. A., 1994, New Ideas for a Great Taste, 1st edition, P.T. Bell, Publishers, Madras.

- YogambalAshokkumar, 2005, Theory of Bakery & Confectionary 1st edition, Visiga Publications, Sivagangai.

Web Resources: <https://www.thekitchn.com/welcome-to-baking-school>

Course outcomes (CO): On completion of the course, students should be able to

CO Number	CO Statement	Knowledge Level
CO1	To acquaint the students with the basic terminology, concepts and principles of baking.	K1
CO2	To learn the role of various ingredients, additives and adjuncts in the preparation of bakery products.	K1
CO3	Be familiarized with the quality evaluation of the ingredients used in bakery.	K1
CO4	Acquire practical knowledge and skill in the preparation of different types of biscuits, cookies, cakes and pastries.	K2
CO5	To evaluate the quality of bakery products.	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	S	M	M	M	M	M	M	M
CO2	L	L	S	M	M	M	M	M	M	M
CO3	L	L	S	M	M	M	M	M	M	M
CO4	L	L	S	M	M	M	M	M	M	M
CO5	L	L	S	M	S	M	M	M	M	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16

**B.Sc, Branch X HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER - III FOOD SCIENCE**

Course Code:20UHSC3

Hours /week:5

Batch: 2020-21 onwards

Credits-5

Maximum Marks: 70

Semester: II

Course outcome: The course aims to

- Impart the various food groups and cooking methods
- Discuss the structure, composition and nutritive value of different foods
- Describe the various changes takes place during cooking on different foods

Unit-I

18hrs

Functional classification of foods, Basic food groups (4, 5, 7, & 9) Preliminary preparation of foods prior to cooking – Cooking methods – water, oil and air as medium.

Cereals-structure composition, nutritive value of rice, wheat, cookery-cooking methods, effect of moist heat on gelatinization, Fermentation-definition, advantages, product- and bread Preliminary preparation of foods prior to cooking.

Unit-II

15hrs

Pulses-Composition and Nutritive Value of Pulses and oilseeds; Toxic constituents in pulses; - Pulse cookery-methods, effect of cooking, factors affecting cooking quality; Germination-definition, advantages.

Fruits and Vegetables-Classification, composition, selection and nutritive value of some common vegetables and fruits; Pigments in fruits and vegetables, fruits and vegetables cookery methods, effect of cooking on nutrients and pigments.

Unit –III

15hrs

Fleshy Foods-Structure, composition nutritive value and selection of fleshy foods, post-mortem changes, tenderization of meat, Meat cookery-methods and changes during cooking, Egg-structure, composition, nutritive value, selection and functions of egg in cook factors affecting foam formation, Fish-Classification, composition, nutritive value, selection, curing and smoking of fish.

Unit-IV

15hrs

Milk-composition, nutritive value, Effect of heat, acid on milk proteins; Milk products-pasteurized milk-whole milk powder and cheese; Fats and oils-composition, nutritive value-Hydrogenation process, types and prevention of rancidity, changes in fat on cooking; Sugar-types of sugar and stages of sugar cookery.

Unit-V

12hrs

Beverages-classification; coffee and tea, Cocoa-Use of cocoa in chocolate preparation; spices-Uses of spices in cookery

Books for Study:

- Srilakshmi, B. Food Science, (2018) 8th edition, New Age International Pvt., New Delhi.

Books for Reference :

- Swaminathan, M. Essentials of Food Nutrition, Vol. I and II, Ganesh & Company, Madras.
- Manayshakuntahala, N and Shadaksharaswamy, K. (1987) Foods. Facts and Principles, - Wiley Eastern Ltd.,

Web Resource

www.foodsciencenerd.com

Course outcomes

On successful completion of the course, the students will be able to

CO number	CO statement	Knowledge Level
CO1	Interpret the different types of food and its cooking method	K1
CO2	Point out the variety of cereals, pulses and oil seeds and identify its nutritive value	K2
CO3	Recall different types of fruits and vegetables and state the changes during cooking	K2
CO4	Categorise the different animal based foods and predict its nutritive value	K3
CO5	Outline the uses of sugars and spices in Indian cooking and also classify the beverages.	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	M	M	S	M	M	M	M	S
CO2	L	M	L	L	S	M	L	M	M	S
CO3	L	M	M	M	S	M	L	M	M	S
CO4	L	M	M	M	S	M	M	M	M	S
CO5	L	M	M	M	S	M	M	M	M	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16
B.Sc, Branch X HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER - III-: FOOD SCIENCE PRACTICAL - I

Course Code:20UHSQC1 Hours /week: 4

Batch: 2020-21 onwards

Credits-2

Maximum Marks: 60

Semester: II

Course outcome: The course aims to

- Experimental cookery with different food items
- Demonstrate the changes takes place during cooking
- Prepare different food recipes and evaluate its sensory attributes.

1. Weights and measures - solid and liquid foods **6 hrs**

2. Experimental cookery of cereals **6 hrs**

- a. Steaming, Boiling and pressure cooking of rice.
- b. Determination of gluten content in wheat and evaluation.
- c. Preparation and evaluation of Mixed rice, Ragi leaf cake and Biscuit.

3. Experimental cookery of pulses **6 hrs**

- a. Boiling, Steaming and pressure cooking of pulses using hard and soft water with and without baking soda.
- b. Preparation of sprouted /germ pulse flour.
- c. Preparation and evaluation of Sundal, Sambar, Bajji and Pulse flour substituted chapathi.

4. Experimental cookery of fruit and vegetables **6 hrs**

- a. Effect of acid and alkali on colour, texture and flavor.
- b. Enzymatic reaction-enzymatic browning and its prevention.
- c. Preparation and evaluation of vegetables/fruit salad, avial, fruit juice and vegetable pickle.

5. Experimental cookery on milk and milk products **6hrs**

- a. Effect of acid on milk.
- b. Preparation and evaluation of ice cream and kheer.

6. Experimental cookery on Egg **6hrs**

- a. Effect of sugar and salt on egg foam formation.
- b. Preparation and evaluation of poached egg, scrambled egg and egg custard.

7. Experimental cookery on sugar **6hrs**

- a. Stages of sugar cookery
- b. Preparation and evaluation of mysore pak and Gulab jamun.

8. Experimental cookery on fats and oils **6hrs**

- a. Smoking point of oils
- b. Preparation and evaluation of puri and potato chips.

9. Experimental cookery on beverages and spices 6hrs

- a. preparation and evaluation of
 - (i) coffee and tea
 - (ii) spiced tea

10. Formulation of Healthy foods 6hrs

- a. Preparation and evaluation of
 - (i) Ragi malt
 - (ii) KulandaiAmudhu

Books for Reference :

- Swaminathan, M Essentials of Food and Nutrition, Vol. I and II. Ganesh & Company, Madras.
- MahayShakuntala. N and Shadaksharaswarny, K.. 1987, Poods Facts and Principles, - Wiley Eastern Ltd , Now Delhi.
- Jacobeon, Marion, Food Principles: An Introduction to experimental study of Foods preparation, Washington State, University Puliman, Washington.
- Peekham G.C , Foundations of food preparations, the Mac Millan Publishing Co New York.

Course outcomes

On successful completion of the course, the students will able to

CO number	CO statement	Knowledge Level
CO1	Gain knowledge on weights and measures used in cooking	K1
CO2	Adopt suitable cooking methods suitable for different foods	K2
CO3	Compile the factors responsible for the changes in the characteristics of foods	K2
CO4	Formulate and develop various recipes from different foods	K3
CO5	Individualise the sensory attributes of the prepared recipes	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	M	M	S	M	M	L	M	M
CO2	L	L	L	L	L	M	M	L	M	M
CO3	L	M	M	M	S	M	M	L	M	M
CO4	L	M	M	M	S	M	M	L	M	M
CO5	L	M	M	M	S	M	M	L	M	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16
B.Sc, Branch X HOME SCIENCE (SEMESTER PATTERN) CBCS

SKILL BASED ELECTIVE –II BEAUTY CARE

Course Code: 20UHSSC1
Semester :II
Credits-2

Hours /Week: 2

Batch:2020-21 onwards
Maximum Marks: 100

Course objective: The course aims to

- Impart knowledge on skin and hair care.
- Learn the various techniques in make-up.
- Identify the different tools used in enhancing the beauty.

Unit – I

4 hrs

Introduction and importance of beauty care. Skin care - Types of skin -Factors affecting skin condition. Cleanser, Toner -Definition, Types.

Unit-II

7 hrs

Bleach- Types of bleaches, Mixing procedure and application in face, neck, hands and other parts. Facial Pack- Types of pack - cereal mask - oats, wheat germ, vegetable mask- carrot, potato, fruit mask- tomato, papaya. Facial massage step by step procedure.

Unit - III

7 hrs

Hair- Types of hair, Importance of hair care, factors affecting hair growth, Hair cut- Straight cut, U- cut, V-cut, layer cut and Trimming,. Hair Styling- Basic hair styles, party and modern styles.Hair Coloring, Hair Conditioning, Treatment of Dandruff

Unit - IV

6 hrs

Art of make-up - party make -up, daily make-up, oily make up, bridal makeup, corrective make-up. Threading- definition ,types. Waxing-types, application.

Unit - V

6 hrs

Preparation and application of mehandi, Pedicure and ManicurePedicure and Manicure – Tools and ingredients used, procedure. Fragrance - secret of scent, structure of scent, fragrance formulations, fragrance families.

BOOKS FOR STUDY:

- Dr.Neenukhanna(2008) Body and beauty care,parampubulishers, New delhi

BOOKS FOR REFERENCE:

- Haia, Skin and Beauty care (the complete body book. Blossom Kochar (2002) VBSPD, VBS publishers distributor ltd, New Delhi.
- Dr.Renu Gupta (2001),Complete Beautician courseDiamond Pocket books Pvt. Ltd, Delhi.

Course outcomes

On successful completion of the course, the students will be able to

CO number	CO statement	Knowledge Level
CO1	Acquire knowledge on basic skin care treatment	K1
CO2	Interpret the basic knowledge of hair and its care.	K2
CO3	Demonstrate nail and foot care for an individual.	K2
CO4	Apply the art of make up.	K3
CO5	Formulate the preparation of mehendi in enhancing the beauty.	K2

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	L	S	S	S	M	M	S	S
CO2	S	M	L	L	L	S	L	M	L	M
CO3	L	S	L	M	L	M	S	L	M	M
CO4	S	M	L	M	S	S	M	M	M	S
CO5	M	L	M	L	L	M	L	M	L	L

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.
B.Sc, Branch X-HOME SCIENCE (SEMESTER PATTERN) CBCS

ENVIRONMENTAL STUDIES

Code :20UEVSC

Credits : 2

Batch: 2020-21 onwards

Semester: II

Instruction Hours 2 /Week

Maximum Marks : 70

Course Objectives

- To educate the students regarding the environmental issues and problems.
- To give an exposure towards the scientific and socio – economic dimensions of the environment.
- To impart and enhance the basic knowledge about environment and develop concern towards it.
- To develop the ability to evaluate the measures for the improvement and protection of environment.
- To sensitize the students on the various environmental issues.
- To integrate different disciplines and fields that intersect with environmental concerns
- To make the younger generations aware of the values of natural resources.

UNIT I - FUNADAMENTALS

Environment-Definition: Scope, Structure and Function of Ecosystems - Producers. Consumers and Decomposers - Energy flow in the Ecosystem - Ecological Succession - Food Chain, Food Webs and Ecological Pyramids - Concept of Sustainable Development.

UNIT II - NATURAL RESOURCES

Renewable Resources - Air, Water, Soil, Land and Wildlife resources; Non-Renewable Resources - Minerals, Coal, Oil and Natural Gas; Environmental problems related to the Extraction and use of Natural Resources.

UNIT III - BIODIVERSITY

Biodiversity – Definition – values - consumption use, Productive social, Ethical, Aesthetic and option Values Threats to Biodiversity - Hotspots of Biodiversity - conservation of Biodiversity: In-situ, Ex-situ, Bio-Wealth National and Global Level.

UNIT IV- ENVIRONMENTAL POLLUTION

Definition - Causes, Effects and Mitigation Measures - Air, Water and Soil Pollution. Noise Pollution, Thermal pollution, Nuclear Hazards, Solid Wastes, Acid Rain, Climate Change and Global Warming, Environmental Laws and Regulations in India - Earth Summit.

UNIT V- POLLUTION AND ENVIRONMENT

Population Explosion - Environment and Human Health - HIV/AIDS - Women and Child Welfare - Resettlement and rehabilitation of people, Role of Information Technology in Environmental Health. Environmental Awareness. Environmental Disaster Management - Fire Safety and Prevention.

Field work

- Visit to area to document environmental assets: river/forest/flora/fauna, etc.,
- Visit to a local polluted site - Urban/Rural/Industrial/Agricultural.
- Study of common plants, insects, birds and basic principles of identification.
- Study of simple ecosystem - pond, river, Delhi ridge, etc.,

(Equal to 5 lectures)

References:

1. Carson, R. 2002. Silent Spring. Houghton Mifflin Harcourt.
2. Gadgil, M., & Guha, R. 1993. This Fissured land: An Ecological History of India. Univ. of California Press.
3. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
4. Gleick, P. H. 1993. Water in Crisis. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
5. Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll. Principles of Conservation Biology Sunderland: Sinauer Associates, 2006.
6. Grumbine, R. Edward and Pandit, M.K. 2013. Threats from India's Himalaya dams. Science, 339:36-37.
7. McCully, P. 1996. Rivers no more: the environmental effects of dams (pp. 29-64). Zed Books.
8. McNeill, John R. 2000. Something New Under the Sun: An Environmental History of the Twentieth Century.
9. Odum, E.P., Odum, H.T. & Andrews, J. 1971. Fundamentals of Ecology. Philadelphia: Saunders.
10. Pepper, I.L., Gerba, C.P. & Brusseau, M.L. 2011. Environmental and Pollution Science. Academic Press.
11. Rao, M.N. & Datta, A.K. 1987. Waste Water Treatment. Oxford and IBH Publishing Co. Pvt. Ltd.
12. Raven, P.H., Hassenzahl, D.M. & Berg, L.R. 2012. Environment. 8th edition. John Wiley & Sons.
13. Rosencranz, A., Divan, S., & Noble, M. L. 2001. Environmental Law and policy in India. Tripathi 1992.
14. Sengupta, R. 2003. Ecology and economics: An approach to sustainable development. OUP.
15. Singh, J.S., Singh, S.P. and Gupta, S.R. 2014. Ecology, Environmental Science and Conservation. S. Chand publishing, New Delhi.

16. Sodhi, N.S., Gibson, L. & Raven, P.H. (eds). 2013. Conservation Biology: Voices from the Tropics John Wiley & Sons.
17. Thapar. V. 1998. Land of the Tiger: A Natural History of the Indian Subcontinent.
18. Warren, C. E. 1971, Biology and Water pollution Control. WB Saunders.
19. Wilson, E. O. 2006. The Creation: An appeal to save life on earth. New York: Norton.
20. World Commission on Environment and Development 1987. Our common Future. Oxford University Press.,

Course Learning outcomes

On successful completion of the course, the students will able to

CO number	CLO statement	Knowledge Level
CO1	Demonstrate critical thinking skills in relation to environmental issues.	K1
CO2	Develop an integrative approach to environmental issues with a focus on sustainability.	K2
CO3	Bring an awareness, knowledge and appreciation of intrinsic values of ecological processes and communities.	K2
CO4	Reflect critically about their roles and identities as citizens, consumers and an environmentalist in the complex, interconnected world.	K3
CO5	Apply systems, concepts and methodologies to analyse and understand interactions between social and environmental processes.	K2
CO6	Understand the transactional character of environmental problems and ways of addressing them, including interactions across local to global scales.	K3

Mapping with of COs with POs and PSOs

PO CO	PO				
	PO1	PO2	PO3	PO4	PO5
CO1	L	L	L	L	S
CO2	L	L	L	L	M
CO3	M	L	M	M	M
CO4	L	M	M	M	M
CO5	L	M	M	S	S
CO6	M	S	M	S	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16
B.Sc, Branch X HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER: NUTRITIONAL BIOCHEMISTRY

Course Code: 19UHSC3

Hours /week: 5

Batch:2019-20 onwards

Semester :III

Credits-5

Course objective: The course aims to

- Study the functions and utilization of different nutrients.
- Acquire knowledge on the metabolism of carbohydrates, proteins and fats.
- Learn the importance of micro nutrients.

Unit – I

15hrs

Carbohydrates - Classification, function, digestion, absorption, utilization - Glycolysis, TCA cycle, HMP shunt and energy production - gluconeogenesis, Role of carbohydrate, protein and fat in energy metabolism. Role of fibre in the diet.

Unit – II

15hrs

Proteins - Classification, function and utilization; Amino acids - Classification, Function; General pathway of protein metabolism - Denaturation, Transamination, Deamination, Decarboxylation and Urea formation; Amino acid balance and imbalance; Evaluation of protein quality.

Unit – III

15hrs

Lipids - Definition, Classification, sources and function; Essential Fatty acids - sources, function and deficiency; Transport, utilization and oxidation of fatty acids.

Unit - IV

15hrs

Vitamins - Sources, functions, utilization requirements and deficiency of vitamin A, D, E, K, Thiamine, Riboflavin, Folic Acid, Niacin, Vitamin B₁₂ and ascorbic acid.

Unit – V

15hrs

Minerals - Sources, functions, utilization, requirements and deficiency of iron, calcium, phosphorous, iodine, sodium and potassium. Water - distribution of water in the body and water balance.

Books for Study:

- Srilakshmi, B. Dietetics, (2005) New Age International Pvt., New Delhi.
- ArnbigaShanmugan, Fundamentals of biochemistry for medical students, karthik printers -2002

Books for Reference :

- Gopal, C. Kamalakrishnasamy, Nutrition in major metabolic Disease, Oxford India paper backs Publishers, First Edition, 2000
- Mahan, L.K. Stump, S.E and Krause, S. Food Nutrition and Diet therapy, 11th edition, B. Saunders Co. 2004.

Web Resource

Course outcomes

On successful completion of the course, the students will able to

CO number	CO statement	Knowledge Level
CO1	Understand the functions of nutrients in the body	K1
CO2	Interpret the utilization of different nutrients	K2
CO3	Describe the metabolism of various nutrients	K2
CO4	Relate the role of micro nutrients in health	K3
CO5	Assess the impact of nutrient deficiency	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	M	L	S	M	M	M	M	S
CO2	L	M	L	L	S	M	M	M	M	S
CO3	L	M	L	L	S	M	M	M	M	S
CO4	L	M	M	L	S	M	M	M	M	S
CO5	L	M	M	L	S	M	M	M	M	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16
B.Sc, Branch X HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER - IV NUTRITIONAL BIOCHEMISTRY PRACTICAL - III

Code : 19UHSQC2

Batch: 2019-20 onwards

Credits :2

Instruction Hours 4/ Week

Maximum Marks : 60

Semester:III

Course Objectives: The course aims to

- Acquire knowledge in testing of different sugars learn the total energy requirement of an individual by various methods.
- Develop skills in identifying protein and minerals in food
- Estimate the nutrients in food by quantitatively

1. Qualitative test for sugar, protein, minerals.	26 Hours
2. Quantitative estimation of glucose.	4 Hours
3. Estimation of vitamin 'C'.	4 Hours
4. Estimation of Iron.	6 Hours
5. Estimation of Phosphorus.	6 Hours
6. Estimation of Calcium.	6 Hours

REFERENCE

- Antia, P.P., Clinical nutrition and Dietetics Oxford University press, Delhi, London. New York, 1989.
- C. Gopalan, B.V.RamaSastri and S.C.Balasubramanian, 2007 Nutritive value of Indian Foods. National Institute of Nutrition.
- Ambiga Shanmugam, Fundamentals of Biochemistry for medical students, Karthik Printers - 2002.

Course outcomes

On successful completion of the course, the students will able to

CO number	CO statement	Knowledge Level
CO1	Enhance the skills in handling glassware and chemicals	K1
CO2	Distinguish the different sugars qualitatively	K2
CO3	Intrepret the test results for protein and minerals	K2
CO4	Identify the techniques used in the estimation of nutrients	K2
CO5	Compare the experimental value with the standard reference value of food	K2

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	M	L	S	L	M	L	M	S
CO2	L	M	L	L	S	L	M	L	M	S
CO3	L	M	L	L	S	M	M	M	M	S
CO4	L	M	M	L	S	M	M	M	M	S
CO5	L	M	M	L	S	L	M	L	M	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16

B.Sc, Branch X HOME SCIENCE (SEMESTER PATTERN) CBCS

Course Title: SKILL BASED ELECTIVE -III COMMUNITY NUTRITION

Course Code: 19UHSSC2

Hours /Week: 2

Credits-2

Semester :III

Batch:2019-20 onwards

Course Objectives :The course aims to

- Impart knowledge on health aspects
- Emphasis the importance of nutritional screening
- Know role of organizations in promoting health

UNIT - I

6 hrs

Nutrition and health - Health Index, Hunger Index - Definitions recent trends, dimensions of health, National rural health, mission and millennium development goals of health. Vital health statistics - measures of mortality and morbidity.

UNIT - II

6 hrs

Nutritional Screening - Objectives, methods of Nutritional Assessment - Direct Nutritional Assessment - Anthropometry, Clinical Examination, Bio-Physical, radiological Examination, Functional assessment, Laboratory and Biochemical Profile.

UNIT - III

6 hrs

Indirect Nutritional Assessment - Dietary Assessment, Different types of Dietary Survey - Food Frequency, Questionnaire, 24 hour recall method, weighment and survey.

UNIT-IV

6 hrs

Nutrition Education- Principles of Nutrition Education, Methods of Nutrition Education, Teaching Aids of Nutrition Education, Computer in Nutrition Education.

UNIT -V

6 hrs

Programmes to improve Nutritional status - objectives, function- WHO,FAO,ICMR,NIN, Applied Nutrition programme, Supplementary feeding, Mid-day meal programme for school children, Prophylaxis programmes to overcome specific deficiency disease-IDD, Vitamin-A, Nutritional Anemia.

BOOKS FOR STUDY:

- Srilakshmi, B. 2005, Nutrition Science, New age International Pvt, Publishers, New Delhi.

BOOKS FOR REFERENCE:

- Mahtab, S. Bamji, 1996 Textbook of Human Nutrition, Oxford and IBM Publishing Co Pvt Ltd, New Delhi.

Course outcomes

On successful completion of the course, the students will be able to

CO number	CO statement	Knowledge Level
CO1	Apply knowledge of the science of nutrition to human health across the lifespan	K1
CO2	Assess and compare diet and nutrition requirements relative to age, developmental and disease status	K2
CO3	Provide a body of knowledge relevant to study of the role of nutrition throughout the lifecycle and in particular, pre-conceptual nutrition and nutrition at the extremes of life	K2
CO4	Provide a fuller understanding of links between early nutrition and adult disease.	K3
CO5	Identify and overcome obstacles in the provision of healthy diets for specific age groups.	K3

Mapping with COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	M	S	L	M	L	S	M	M
CO2	M	S	L	S	M	S	L	M	S	L
CO3	M	M	M	M	S	S	M	S	L	S
CO4	L	M	L	L	M	M	S	M	L	M
CO5	S	S	S	M	S	S	S	M	S	S

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 636 016.

B.Sc, Branch.X- HOME SCIENCE (SEMESTER PATTERN) CBCS

Course Title :NME- I HOME TEXTILES

Batch: 2019-20 onwards

Course Code : 19UHSNEC1

Hours /week: Credits-2

Semester : III

Maximum Marks : 70

Course Objectives: The course aims to

- Teach them the importance and recent trends in home textiles
- To impart knowledge regarding the factors influencing the selection of home textiles
- Familiarize on different home textile products

Unit - I

No. of Hours: 6

Introduction to Home Textile, Definition, Importance of textiles at home, Types of Home Textiles.

Unit - II

No. of Hours: 6

Home Textiles – Fibre selection and application, Factors influencing the selection of Home Textiles, Recent trends in Home Textiles.

Unit – III

No. of Hours: 6

Bed linen– Definition, Materials used, Bed covers, Bed sheets, Cushion covers, Pillow, Pillow covers, Quilt, Blanket, mattress. Table linen – Definition, Materials used, Table Covers, Table Mats, Napkin, Runners.

Unit – IV

No. of Hours: 6

Kitchen linen– Definition, Materials used, Apron, Gloves, Pot holder, Lunch box cover. Bath linen - Definition, Materials used, Floor mats, Bath mats, Shower cap, Screens, Bath robe.

Unit – V

No. of Hours: 6

Others - Curtains, Definition, Materials used, Types - Draw, Tailed, Pleated, Cafe curtains, Three tire curtain. Draperies - Definition, Types of draperies, Swags.

Books for Study:

- Raghubalan, G and Raghubala, S (2007), Hotel management and House keeping

operations and management,Oxford University Press, New Delhi

Books for Reference:

- Karthik, T and Gopalakrishnan, D (2016), Home Textiles, Daya Publishing House, New Delhi

Web Resources:

- <http://textilelearner.blogspot.com/>
- <http://www.fibre2fashion.com/>

Course learning outcome:

Upon completion of this course the students shall be able to

CO number	CO statement	Knowledge Level
CO1	Understand the importance and types of textiles at home	K1
CO2	Know recent trends in home textiles and type of fibres used	K2
CO3	Obtain a better understanding of different bed and table linen	K2
CO4	Elucidate various kitchen and bath linen	K3
CO5	Skill to identify curtain and drapery types	K3

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.
B.Sc, Branch.X HOME SCIENCE - (SEMESTER PATTERN) CBCS
CORE PAPER VII FAMILY RESOURCE MANAGEMENT AND INTERIOR
DESIGN

Code :19UHSC4

Batch:2019-20 onwards

Credits : 4

Instruction Hours 4 / Week

Maximum Marks : 70

Semester:IV

Course Objectives: The course aims to

- To increase awareness of human being as resource potentials in attaining goals of family life and as an important natural resource.

Unit – I

12hrs

Definition and meaning of management - characteristics of a good manager,
Management process - planning, controlling and evaluating; Values, goals and standard;
Decision making - concepts, types of decision, steps in decision making,

Unit – II

12hrs

Resources - Classification and characteristics of resources, factors affecting the use of resources; Management process applied to the use of time and energy; Work simplification in the home - techniques, Mendel's laws of changes; Money management - types of family income;, managerial process, savings - need, institutions for saving.

Unit – III

12hrs

Importance of good taste; Elements of design - Types of design and characteristics of good design; Principles of design-Harmony, Proportion, Balance, Emphasis and Rhythm.

Unit – IV

12hrs

Colour - Qualities of colour - hue, value and intensity; Colour harmonies, Prang colour system; Advancing and Receding colours; principles in the use of colours in interiors.

Unit – V

12hrs

Furniture - selection and arrangement of furniture in various rooms; Accessories - Types, selection, use and care of accessories, Picture mounting & window treatment; Flower arrangement.

Practical/Related Experience

1. Visit to various houses, parks, hotels, gardens etc., to observe the application of principles of design and report preparation.
2. Preparation of colour chart and colour schemes for different rooms.
3. Application of design principles in preparation of greeting card.
4. Making different types of flower arrangement and furniture arrangement for various rooms.

BOOKS FOR STUDY

- Varghese, MA., N.N. Ogale, and Srinivasan, IC, Home Management; Wiley Eastern Ltd., 1992
- Nickel and Dorsey, 'Management in family' living, John Wiley and Sons, 1975.

BOOKS FOR REFERENCE

- Deshpande, R.S., 'Modern Ideal Homes for India', United Book Corporation, Pune, 1983

Course Outcomes (CO):

On completion of the course, students should be able to

CO Number	CO Statement	Knowledge Level
CO1	To understand the potentials of human resources.	K1
CO2	To develop the ability to use and evaluate, to improve human resource.	K2
CO3	Learn and appreciate art. Develop skill in creating designs and making art objects.	K2
CO4	To gain better understanding of the principles of interior design.	K1
CO5	To gain better understanding of the principles of Furniture arrangement and Flower arrangement.	K1

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	S	L	L	S	S	S	M	M
CO2	S	L	L	S	S	S	M	S	L	S
CO3	M	S	L	M	L	S	S	M	S	M
CO4	S	L	M	L	M	M	M	M	S	M
CO5	L	M	S	L	M	S	M	S	S	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.
B.Sc, Branch.X HOME SCIENCE (SEMESTER PATTERN) CBCS
SUBJECT BASED ELECTIVE-I FOOD PRESERVATION AND QUALITY
CONTROL

Code :19UHSEC1

Batch: 2019-20 Onwards

Credits : 5

Instruction Hours 5/Week

Maximum Marks : 70

Course Objectives: The course aims to

- Understand the importance and scope of food preservation.
- Demonstrate the various techniques in food preservation.
- Learn the Laws and Organisation involved in food safety.

Unit – I

15hrs

Definition and importance of Food Preservation, Basic principles of food preservation, equipments for home scale food preservation. Principles of sanitation to be observed in food preservation. Food spoilage - Definition and causes.

Unit – II

15hrs

Addition of salt-pickling and curing of meat and fish. Canning-steps, containers and equipment for canning. Sugar concentrates - Jams, Jellies and squashes. Refrigeration and freezing - Advantages and disadvantages. Drying and dehydration-factors influencing, advantages and disadvantages.

Unit – III

15hrs

Fermentation of foods, advantages and disadvantages, types, factors controlling fermentation, commonly fermented foods-sauerkaut, wine, vinegar, beer, temp, soya sauce.

Unit – IV

15hrs

Chemical additives - classification, criteria for selection of chemical additives - mode of action, types of preservative, Irradiation and microwave heating of foods. Principles, effects of irradiation, advantages, disadvantages.

Unit – V

15hrs

Food adulteration- definition, common adulterants and methods to detect adulterants. Food standards - BIS, AGMARK, FPO, HACCP. Food safety and standard act 2006. Fortification and Enrichment - definition, objectives, fortification of cereal, cereal products and salt.

TEXT BOOKS

- Sri Lakshmi. B. 2007, Food Science, 4th edition, New Age International (P) Ltd; New Delhi.

REFERENCE BOOKS

- VasanthaMoorthy, 1999, Pickles, Chutney & Preserves, 4th edition, UBS Publishers & Distributors, New Delhi.
- Gali. A. 1994, New Ideas for a Great Taste, 1st edition, P.T. Bell Publishers, Madras.
- Lal. G. Siddappan G.B. and Trandent G.L. 1967. "Preparation A Fruits and Vegetable" Indian Council of Agricultural Research", New Delhi.

Course outcomes (CO):On completion of the course, students should be able to

CO Number	CO Statement	Knowledge Level
CO1	Recognize the importance of food preservation.	K1
CO2	To apply the knowledge of food preservation in increasing the shelf life of foods.	K3
CO3	To select appropriate technique in preserving food.	K2
CO4	Outline the importance of food laws and food safety.	K2
CO5	Identify the adulterants in food.	K1

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	L	L	L	S	S	S	M	M
CO2	L	S	L	L	M	S	M	L	M	S
CO3	M	L	L	M	M	S	S	M	S	M
CO4	M	S	M	S	S	S	S	M	S	M
CO5	L	L	L	M	M	S	M	L	S	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM-636016
B.Sc., BRANCH X - HOME SCIENCE (SEMESTER PATTERN) CBCS
SUBJECT ELECTIVE - III PUBLIC HEALTH AND COMMUNITY NUTRITION

Code :19UHSEC1a

Batch: 2019-20 Onwards

Credits: 5

Instruction Hours 5/Week

Maximum Marks : 70

Semester:IV

Course Objectives: The course aims to

- Understand the importance public health.
- Acquire knowledge on malnutrition
- Learn the Laws and Organisation involved in public health.

Unit – I

10 hrs

Concepts in community health – Definition of health, public health and community health – Dimensions of health, Determinants of health , Concepts in community health – biochemical, ecology, psychological and holistic, Concept of disease, Classification of disease.

Unit – II

15 hrs

Epidemiology of communicable disease - Definition of Epidemiology , causes, signs and symptoms, treatment and prevention of communicable diseases. Respiratory infections – chicken pox, measles, mumps and whooping cough, Intestinal infections – poliomyelitis, cholera, amoebiasis and worm form infection other infections – dengue, filariasis.

Unit – III

15 hrs

Ecology of the malnutrition – Definition, causes and consequences of malnutrition. Ecological factors leading to malnutrition such as income, family size, dietary pattern, occupation, customs, food fads, fallacies, ignorance and other factors. Synergism between malnutrition and infection. Common nutritional problems – PEM, Vitamin – A deficiency, anaemia, iodine deficiency and fluorosis.

Unit – IV

15 hrs

Measures to overcome malnutrition – increased agricultural production through food technology, food fortification and enrichment. Nutrition intervention programmes – genesis, objectives and operation of school lunch programme and ICDS.

Unit – V

15 hrs

Organisation that combat malnutrition – International organisation – FAO, WHO, UNICEF, World Bank , National organisation – ICMR, MIN, CFTRI, DFRL, NIPCCD, CSWB, SSWB, Voluntary services – HSAI, AFPRO, AIWC.

BOOKS FOR STUDY:

- Park.J.E.,Park.K,Parks 1991 Textbook of Preventive and Socail Medicine, M/s Banarsidas Bhanot Publishers, Jabalpur, Madhya Pradesh.
- Banji et al, 2003, Text book of Human Nutrition, Oxford and IBH Publishing Co. Pvt.Ltd., New Delhi, II Edition.
- Sirlakshmi.B 2002, Nutrition Science, New Age International(p) Limited, Publishers.
- Swaminathan.M.,2974, Essentials of Foods and Nutrition, Volume I and II.

CO number	CO statement	Knowledge Level
CO1	Apply knowledge of the science of nutrition to public health	K1
CO2	Understand the major and other nutritional problems	K2
CO3	Acquire knowledge on health and malnutriton	K2
CO4	Apply the food-based interventions to overcome nutritional problems.	K3
CO5	Know the role of organisation to combat malnutrition	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	L	L	L	S	S	S	M	M
CO2	L	S	L	L	M	S	M	L	M	S
CO3	M	L	L	M	M	S	S	M	S	M
CO4	M	S	M	S	S	S	S		S	M
CO5	L	L	L	M	M	S	M	L	S	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM -16
B.Sc, Branch X HOME SCIENCE (SEMESTER PATTERN) CBCS
SKILL BASED ELECTIVE II - TECHNIQUES IN PRESERVING FOOD
- PRACTICAL

Code :19UHSSQC2

Batch: 2019-20 onwards

Credit - 2

Instruction hours -2/Week

Maximum Marks :60

Semester:IV

Course Objectives: The Course aims to

- To learn the different techniques in preserving the food.
- Acquire practical knowledge and skill in the preparation of different types of jams, jellies, preserves, vathals
- ,pickles, thokku, chutney powders, sauce & ketchup
- To get practical knowledge in detecting common food adulterants in various food stuffs.

Preservation by Sugar Concentrates :

8 hrs

Preparation of Jam - Mixed fruit, Apple. Jelly - grape. Preserves - Amla, Tutti-Fruity, Orange Marmalade. Fruit Juice - Orange, Mango and Musambi juice. Squash – Pineapple, Mango squash. Sugar syrup-Rose syrup, Almond Syrup.

Preservation by Drying:-

8 hrs

Preparation of Vathal - Bitter gourd, Chilly & Vegetable Vathal.

Preparation of Vadagam - Onion, Rice & Tomato Sago Vadagam.

Preparation of Chutney Powders - Idlipodi powder, Dal powder, Sambar powder, Rasam powder, Masala powder, & Curry leaves powder.

Preservation by Chemical:

8hrs

Preparation of Pickles - Onion, lime, garlic & Tomato, Mango, Mixed Vegetable.

Preparation of Thokku - Onion, Tomato & Mango

Preparation of Sauce - Tomato, Chilli, Garlic & Soya.

Preparation of Ketchup - Tomato.

Test for detecting common adulterants in food:

6 hrs

- a. Cereal - Rava, Rice & Wheat flour
- b. Pulses - Dhals, Bengal gram flour
- c. Spices & condiments - Black pepper, Chilli powder, common salt,

coriander powder, Turmeric &Asafoetida.

- d. Tea leaves & Coffee powder
- e. Milk & Milk products - Milk, Ghee, Butter.
- f. Fats & oil
- g. Sugar, honey

Sensory evaluation –dilution test, triangle test

BOOKS FOR STUDY

- Sri Lakshmi. B. 2007, Food Science, 4th edition, New Age International (P) Ltd; New Delhi.

BOOKS FOR REFERENCE

- VasanthaMoorthy, 1999, Pickles, Chutney & Preserves, 4th edition, UBS Publishers & Distributors, New Delhi.
- Gali. A. 1994, New Ideas for a Great Taste, 1st edition, P.T. Bell Publishers, Madras.
- Lal. G. Siddappan G.B. and Trandent G.L. 1967. "Preparation A Fruits and Vegetable" Indian Council of Agricultural Research", New Delhi.

Course outcomes (CO):

On completion of the course, students should be able to

CO Number	CO Statement	Knowledge Level
CO1	The students are acquainted with the basic rules and principles of food preservation.	K1
CO2	Practical knowledge in preparation of various types of sugar concentrates	K3
CO3	Be familiarized in the preparation of different types of vathal, vadam,masala powders and iddli powders.	K3
CO4	Acquire practical knowledge and skill in the preparation of different types of pickles,thokku,sauce and ketchup.	K3
CO5	To detect common food adulterants in various food stuffs by practical method.	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	L	L	L	S	S	S	M	M
CO2	L	S	L	L	M	S	M	L	M	S
CO3	M	L	L	M	M	S	S	M	S	M
CO4	M	S	M	S	S	S	S	M	S	M
CO5	L	L	L	M	M	S	M	L	S	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.

B.Sc, BRANCH X HOME SCIENCE - (SEMESTER PATTERN) CBCS

Course Title: Non Major Elective-II: Life Span Nutrition **Batch:2019-20 onwards**
Course Code: 19UHSNEC2 **Hours /week: 2** **Credits-2**
Semester **IV**

Course outcome: The course aims to

- Outline the importance of understanding nutrition
- Emphasis on the role of nutrition in the promotion of good health
- Point out the deficiency disorders in various stages of life

UNIT - I

5hrs

Basic Concepts of Health, Food- functions, Food Groups- basic four and five classification by ICMR, Food guide pyramid, Importance of Balanced Diet, Meal Planning– principles and points to consider.

UNIT – II

8hrs

Nutrition During Special Conditions – Nutritional requirements and dietary guidelines and General dietary problems during Pregnancy. Nutritional requirements and dietary guidelines during lactation. Nutrition in Infancy – Breast feeding and its advantages, Weaning - Preparation of low cost weaning foods.

UNIT - III

8hrs

Nutrition in Childhood - Building Up Food Concept in Children, Importance of Packed Lunch , Nutritional Deficiency Disorder - PEM, Kwashiorkor, Marasmus, Vitamin A Deficiency, Supplementary Foods .

UNIT – IV

8hrs

Nutrition in Adolescence - Nutritional Requirements, Food Habits, Nutritional problems. Nutrition in Adults – definition of Reference Man and Reference Woman Nutritional Requirements.

UNIT – V

4hrs

Nutrition in Old Age – Nutrition related problems, degenerative diseases, Meeting the Physical and Emotional Needs, Modification of Diet, Diet Counseling

Books to Study:

- Srilakshmi, B.,(2010) "Dietetics",6thedition,New Age International (p) Limited

Books For Reference:

- Mahan, L.K. Stump, and Sylvia Escott and Krause.S (2004) Food, Nutrition and Diet Therapy", 11th edition, W.B. Sanders company, Philadelphia.
- Swaminathan, M., Principles of Nutrition and dietetics II Revised edition 1989, The Bangalore printing and publishing Co. Ltd.

Course outcomes

On successful completion of the course, the students will able to

CO number	CO statement	Knowledge Level
CO1	Acquire knowledge regarding food groups and RDA	K1
CO2	Interpret the nutritional requirements during special conditions	K2
CO3	Assess and compare diet and nutritional requirements	K2
CO4	Provide understanding of the links between early nutrition and disease.	K3
CO5	Apply the science of nutrition to human health across the lifespan.	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	M	M	S	L	M	L	S	M	M
CO2	M	L	S	S	M	S	L	M	S	L
CO3	M	M	M	M	S	S	M	S	L	S
CO4	L	M	L	L	M	M	M	S	L	M
CO5	S	S	S	M	S	S	S	M	S	S

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.
B.Sc, Branch. X - HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER VIII HUMAN DEVELOPMENT

Code :18UHSC5

Batch:2018-19 onwards

Credits : 5

Instruction Hours 5/ Week

Maximum Marks :70

Semester :V

Course objective: The course aims to

- Understand the major concepts and process of human development.
- Develop awareness of important aspects of development during the whole life span.
- Understand the behaviour problems of school children

Unit - I

Methods of Child Study: Longitudinal and cross-sectional approaches, Observation, Case study, Interview, Questionnaire, Projective technique, Experimental study and Sociometry.

Prenatal development: Signs of Pregnancy, time table of prenatal period; Management of normal pregnancy - Hygiene, diet and medical supervision; Factors influencing prenatal development Complications during pregnancy ; Types of deliveries- Normal, Breech and Caesarian; Types of birth- Normal birth, still birth, premature birth, post maturity, twins, triplets.

Unit - II

New born baby (Period of infancy): Characteristics of new born baby; Adjustment to life. Feeding - Breast feeding and bottle feeding.

Babyhood; Developments - Physical, Social, Emotional, Intellectual and language during Infancy (Birth to 2 years); Feeding- weaning, supplementary feeding; Toilet training, bathing, COthing and sleeping.

Minor ailments and their prevention, Immunization, Oral rehydration therapy, Common accidents at home,

Unit - III

Pre-school years (Early Childhood): Physical and motor development, social, emotional, intellectual and language development; Behavior problems- causes and treatment

of temper tantrums, thumb sucking, bed wetting, nail-biting, masturbation telling lies and stealing.

Play: Definition, types, characteristics and values of play; Criteria for the selection of play equipments for the pre-school children.

Unit IV

School- going children: Physical, social, emotional and intellectual developments, interests and hobbies.

Adolescence: Definition, Developments - Physical, Social Emotional and Intellectual; Problems of adolescents; Role of parents and teachers in guiding adolescents, Delinquency - causes, prevention and rehabilitation; Drug addiction -Rehabilitation measures for the victims.

Unit - V

Sex Education: Definition, need for imparting sex education to adolescents.

Adult:- Developmental task - Physiological & Psycho social crisis of early middle adulthood

Old age:- Characteristics, need and problems.

TEXT BOOKS

- A.Suriakanthi,(2009) Child Development –An Introduction 4 th edition, kavitha publication ,GandhigramTamilnadu

REFERENCE BOOKS

- Hurlock, E.B. "Child Development" Mc. Graw Hill Publishing Co., Ltd., New Delhi.
- R.P. Devadas&Jaya "Text book on Child Development' Madras Macmillan India Ltd., 1984.
- Newman and Newman, "Development through Life-A Psychosocial Approach" 6th edition, Books - Cole Publishing company, 1995.

Course outcomes:

Upon completion of this course the students shall be able to

CO number	CO statement	Knowledge Level
CO1	Understand the major concepts and process of human development	K1
CO2	To develop awareness of important aspects of development during the whole life span	K2
CO3	Understand the behavior problems of school children	K3
CO4	Understand the role of parents and teachers in guiding adolescents	K1
CO5	Students will be sensitized about the problems and needs of children, youth and the aged	K2

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	S	S	M	S	S	M	L	S
CO2	S	S	S	L	S	S	S	M	M	S
CO3	L	S	L	M	M	S	M	L	L	S
CO4	M	S	M	L	M	S	S	M	M	L
CO5	S	S	L	S	L	M	S	S	M	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.
B.SC., BRANCH X - HOME SCIENCE (Semester Pattern) CBCS
CORE PAPER - IX TEXTILE SCIENCE

Code :18UHSC6

Batch:2018-19 onwards

Credits : 5

Instruction Hours 5/ Week

Maximum Marks :70

Semester :V

Unit - I

Introduction to the field of textiles, fibre – definition and classification, Manufacturing process of cotton, linen, silk, wool, nylon, polyester and acrylic; Identification of textile fibers - microscopic, burning and solubility test.

Unit - II

Spinning - definition, objectives of blending, opening, cleaning, carding, combing, drawing, roving, spinning. Yarn classification – simple and novelty, Yarn number – definition and types. Yarn twist – S and Z.

Unit - III

Weaving– definition, parts of a simple loom, motion of weaving; Types of weaves - Basic and fancy. Basic weaves - plain, twill, satin and sateen. Fancy weaves–dobby, jacquard, pile, double COth, leno, swivel and lappet. Knitting - definition, classification – warp and weft. Warp – tricot, milanese and raschel. Weft – plain, purl, rib and interlock.

Unit - IV

Fabric finishes – definition and classification. Basic finishes – scouring, bleaching, tentering, sizing, singeing, mercerizing and calendaring. Special finishes –definition, special calendaring, napping, flocking, Shrinking (sanforization), water repellency, wrinkle resistance and fire proof.

Unit - V

Dyeing – definition, classification of dyes – natural and synthetic dyes, their suitability to different fibers, stages of dyeing - fibre, yarn, fabric and product dyeing; Printing - definition, methods of printing - block, roller, screen, discharge, resist printing, batik, tie and dye.

PRACTICAL

- Identification of textile fibers
- Identification of Twist in yarn
- Fabric count- Warp/Weft per inch
- Fabric Weight - Grams per square meter

Books for Study:

- Mullick,P (2005)Text Books of Home Science, Kalyani Publishers, New Delhi (**UNIT-I**)
- Dantyagi,s., (1996) Fundamentals of Textiles and their Care, Orient Long Man Publishers(**UNIT-II &III**)
- Deuldar,D., (2002), Household Textiles & Laundry work, Atam Ram & Sons Publishers, New Delhi (**UNIT-IV & V**).

Books for Reference:

- Textiles, Kadolph, S.J. and Marcketti, S.B., Pearson Publication, 2016.

Web Resources:

- <http://textilelearner.blogspot.com/>
- <http://www.fibre2fashion.com/>

Course outcomes:

Upon completion of this course the students shall be able to

CO number	CO statement	Knowledge Level
CO1	Understand the structure and properties of various textile fibres	K1
CO2	Know the yarn spinning process, yarn types and twist	K2
CO3	Obtain a better understanding of different fabric forming techniques	K2
CO4	Highlight the influence of dye uptake on different fibres	K3
CO5	Skill to identify various prints and finishing	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	L	S	S	S	L	M	S	L
CO2	L	L	L	L	M	S	L	M	S	L
CO3	L	M	M	L	S	S	M	L	M	L
CO4	L	M	M	L	S	S	L	L	S	L
CO5	L	S	S	S	S	S	M	M	M	L

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.
B.Sc, Branch X - HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER -X-NUTRITION IN HEALTH

Instruction hours - 5/ Week

Code :18UHSC7

Credit : 5

Semester :V

Batch:2018-19 onwards

Maximum Marks: 70

Course objective: The course aims to

- Acquaint the students to plan the diet for various age group using food groups
- Learn physiological changes during pregnancy, complications and nutritional requirement during pregnancy and lactation
- Familiarize with importance of breast feeding and types of supplementary food during infancy

UNIT - I

Health- Definition, Food Group - Five food group plan. Classification of food - functional food groups Balanced diet, Recommended Dietary Allowance. Meal planning- Definition, Basic principles, factors influencing meal planning for different age groups.

UNIT - II

Pregnancy - Physiological changes, complications during pregnancy, Nutritional requirements, Dietary Guide-lines, Food Allowances, General dietary problem, Suggested recipes during pregnancy.

Lactation - Role of hormones in the production of milk. Nutritional requirements, Food allowance Suggested recipes for lactating mother.

UNIT - III

Nutrition in infancy - Nutritional requirements in infancy. Food requirements, Breast feeding and Artificial feeding - Advantages and Disadvantages. Feeding Problems.

Weaning - Need for weaning, Problems in weaning, factors to be considered in introducing weaning foods, Types of Supplementary foods- Liquid Supplements solid supplements Processed food, Low cost supplementary foods developed in India , Suggested recipes .

UNIT - IV

Nutrition in pre school children - Nutrient and food requirements, Menu planning, factors to be considered while planning a diet for pre school children.

Nutrition in school children - Nutrient requirements and menu planning, factors to be considered while planning a menu and packed lunch.

UNIT - V

Nutrition in Adolescence - Nutrient and food requirements, Menu planning. Nutritional problems.

Nutrition in Adults - Reference Man and Reference Women, Nutrient and food allowance, Menu planning. Nutrient requirements in relation to physical activity.

Nutrition in old age - Nutrient requirements during old age, Menu planning, Nutrition related problems.

TEXT BOOKS

- Srilakshmi, B.(2002) "Dietetics", New Age International (p) Limited, Publishers, Fourth edition

REFERENCE BOOKS

- Mahan, L.K. and Sylvia Escott-Stump, Krause,(2004)Food, Nutrition and Diet Therapy", 11th edition, W.B. Sanders company, Philadelphia.
- Antia. F.P. (1989) "Clinical Dietetics and Nutrition", Oxford University press, Bombay,
- Robinson, C.H., Lawler, M.R., (1982) "Normal and Therapeutic Nutrition" Oxford and IBM publishing co., Calcutta,
- Swaminathan, M., (1989) "Principles of Nutrition and dietetics" II Revised edition The Bangalore printing and publishing Co. Ltd.,
- C. Gopalan, B.V. Rama Sastri and SC. Balasubramanian,(2007) Nutritive Value of Indian Foods. National Institute of Nutrition

Course Learning outcomes

On successful completion of the course, the students will able to

CO number	CO statement	Knowledge Level
CO1	Acquaint the students to plan the diet for various age group using food groups	K1
CO2	Learn physiological changes during pregnancy, complications and nutritional requirement during pregnancy and lactation.	K1
CO3	Be familiarize with importance of breast feeding and types of supplementary food during infancy	K1
CO4	Acquire knowledge in meal planning for school children and importance of packed lunch.	K2
CO5	Learn the importance of nutrient for food requirement for adolescence, adult and during old age.	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	M	L	L	S	S	S	S	S
CO2	L	L	M	M	M	L	S	S	S	S
CO3	L	M	M	S	S	S	M	L	L	S
CO4	S	M	M	L	S	S	S	L	L	S
CO5	S	S	S	S	S	S	M	S	M	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16
B.Sc, Branch X- HOME SCIENCE (SEMESTER PATTERN) CBCS
CORE PAPER -XI-NUTRITION IN HEALTH PRACTICAL - IV
Instruction hours - 4/ Week

Code :18UHSQC4

Credit : 2

Semester: V

Batch:2018-19 onwards

Maximum Marks: 60

1. Calculating total energy requirement depending upon activities of an Individual and distribution of Calorie requirement.
2. Calculating the portion size for menu planning of different age groups.
3. Planning and preparation of day's menu. Calculating the nutrient content of the menu and compare with RDA of ICMR for the following groups of different income groups.
 - a. Pregnancy
 - b. Lactation
 - c. Infants - Weaning food preparation
 - d. Pre-school children
 - e. School-going children
 - f. Adults
 - g. Old age

REFERENCE

- ❖ Vinodhini Reddy, PrahladRao, GovinthSastry and Kashinath (1993), Nutrition Trends in India, NIN, Hyderabad
- ❖ Shills EM. Olson, A.J., Shike, Lea and Febiger (1983) Modern Nutrition in Health and Disease.
- ❖ Sri lakshmi (2003), Dietetics, New age International Pvt. Ltd.
- ❖ Swaminathan, M., "Principles of Nutrition and dietetics" II Revised edition 1989, The Bangalore printing and publishing Co. Ltd.,
- ❖ C. Gopalan, B.V. Rama Sastri and S.C. Balasubramanian, Nutritive Value of Indian Foods. National Institute of Nutrition 2007.

Course Learningoutcomes

On successful completion of the course, the students will able to

CO number	CO statement	Knowledge Level
CO1	Implement basic principles of menu planning.	K1
CO2	Analyse the physiological changes during pregnancy and lactation.	K1
CO3	Identify the importance of breast feeding and types of supplementary food during infancy	K1
CO4	Plan and prepare a day's menu for school children	K2
CO5	Device menu plan for different age groups	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	M	L	L	S	S	S	S	S
CO2	L	L	M	M	M	L	S	S	S	S
CO3	L	M	M	S	S	S	M	L	L	S
CO4	S	M	M	L	S	S	S	L	L	S
CO5	S	S	S	S	S	S	M	S	M	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.
B.Sc., Branch X - HOME SCIENCE (SEMESTER PATTERN) CBCS
SUBJECT ELECTIVE - II FAMILY FINANCE AND HOUSING

Code :18UHSEC3
Credits : 5
Semester: V

Instruction Hours 5 / Week

Maximum Marks : 70
Batch: 2018-19 onwards

Course objective:The course aims to

- Understand basic financial concepts and principles of taxation.
- Outline the consumer problems, consumer protection and law related to rights.
- Explain the principles and construction in housing and its components.

Unit - I

15 hrs

Introduction to Home Economics: Indian standard of living - ways to improve the standard of living in India.

Human wants: Nature and classification the concept of marginal utility, principles of equi-marginal utility, law of diminishing marginal utility.

Unit - II

15 hrs

Family income and expenditure: Types of Income, Methods of handling family income, Family budget, Engle's laws of consumption, Home account maintenance, Institutions for family saving.

Household purchases: Functions of money, rise in prices and methods used to curb it in India, When and how to purchase.

Unit - III

15 hrs

Consumer Protection: Consumerism - Need for consumer protection, Right of a consumer, Methods adopted to provide consumer protections.

The main Indian Taxes: The influence of taxes on willingness to work and

Unit - IV

18 hrs

House Planning: Selection of a site; Principles involved in planning a good house, Plans for different income groups namely low, middle and high. Housing finance, financial consideration in housing, Sources of finance Government and other agencies - Co-operative Banks, Nationalized Banks, Housing Board and NGO.

Unit - V

12 hrs

House and its services: Lighting in home, importance, types of lights: lighting requirements for various rooms, selection of lamp shades.

Major Labour Saving devices: Selection, use and care of washing machines - Vacuum cleaner, refrigerator and mixer.

BOOKS FOR STUDY:

- Nickell P and Dorsey, J.M. "Management in Family Living" John Wiley and sons, 1978.

BOOKS FOR REFERENCE:

- Deshpande KS.-"Modern ideal Homes for India & United Book Corporation, Pune, 1983.

Course outcomes

On successful completion of the course, the students will be able to

CO number	CO statement	Knowledge Level
CO1	Understand basic financial concepts and their related taxation.	K1
CO2	Describe the sequence and relationships between the steps in financial planning ,savings and purchase.	K2
CO3	Familiarize about consumer problems ,consumer protection law and consumer rights and responsibilities	K2
CO4	Apply the basic principles of house planning and housing finance.	K3
CO5	Interpret and design the house plan and lighting.	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	L	L	L	M	L	S	L	M
CO2	L	L	M	M	M	S	L	M	S	M
CO3	L	M	M	M	S	L	S	M	L	S
CO4	L	M	M	L	M	L	M	M	L	M
CO5	S	S	S	S	S	S	M	S	L	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 16.
BRANCH X - HOME SCIENCE (SEMESTER PATTERN) CBCS
SUBJECT ELECTIVE - II B PERSONALITY DEVELOPMENT

Code :18UHSEC2b

Credits: 5

Semester: V

Instruction Hours 5/Week

Batch: 2018-19 onwards

Maximum Marks : 70

Course objective: The course aims to

- Recognize the importance & characteristics of personality.
- Understand the listening skills
- Emphasize yoga in the management of stress.

UNIT - I

Name of personality - Definition, Major characteristics of personality formation, Major characteristics of personality change, Factors affecting personality - biological and social, Measurement of personality.

UNIT - II

Listening Skills - Meaning and myths of listening, Listening barriers, Types of listening, Overcoming listening barriers, increasing listening efficiency, Benefits of effective listening.

UNIT - III

Stress in the work place - Definition, concept, signs, sources and types of stress, Stress prevention, Ways of handling stress, stress reducing techniques and exercises. Managing stress - Yoga, Meditation.

UNIT - IV

Basic skill sets of a manager - interpersonal skills, Dealing with criticisms, Managing conflicts, Negotiating skills, Manager's telephone skills, Gender communication

UNIT - V

Keeping pace with the changing world the PR way - Need, definition of Public Relations (PR), Realities of Public Relations, Use of communication skills for media and Public Relations.

REFERENCE BOOKS

- Sharma,R., (2002), Child psychology, Atlantic Publishers, New Delhi.
- Verma. D.(2005), Body language-Your success mantra, Chand and Company, New Delhi.

Course Outcomes (CO):

On completion of the course, students should be able to

CO Number	CO Statement	Knowledge Level
CO1	Recognize the importance & characteristics of personality.	K1
CO2	.Understand the listen skills	K3
CO3	Emphasize yoga in the management of stress.	K2
CO4	Familiarize with managerial skills.	K2
CO5	Outline the importance of communication	K1

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	L	L	L	L	M	L	L	L
CO2	L	L	L	M	M	L	S	L	L	M
CO3	L	M	L	S	S	M	L	L	M	M
CO4	S	M	M	L	S	M	S	M	S	S
CO5	S	S	S	S	S	L	L	L	M	M

S- Strong; M-Medium; L-Low

**SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 636 016,
B.SC., BRANCH X - HOME SCIENCE (SEMESTER PATTERN)**

NON MAJOR SKILL BASED -I - CARE OF COTHING

Code :18UHSNSC1

Batch: 2018-19 onwards

Credits :2

Instruction Hours 2/ Week

Maximum Marks : 70

Semester : V

Course Objectives: The course aims to

- Acquaint with the materials, reagents and process involved in laundering
- Teach them the differences in the laundering processes used for different fabrics

UNIT – I

No. of Hours: 5

Selection of fabric for different occasions– casual wear, formal wear, day wear,nightwear,party wear, trendy wear for different age groups.

UNIT- II

No. of Hours: 5

Water – Hard and Soft water, methods of softening water. Laundry soaps- types of soap, Manufacture of soap, composition of soap, properties of soap.

UNIT- III

No. of Hours: 8

Stiffening agents- starch and other stiffening agents, preparation of starch and their application.Bleaching agents- types and their application.Laundry blues and their application.

UNIT – IV

No. of Hours: 7

Laundering and their principles - Principles of washing, kneading and squeezing.Laundering of different fabrics – cotton, silk, wool and colored fabrics.Methods of finishing – damping and ironing.

UNIT – V

No. of Hours: 5

Stain Removal– definition, classification of stain, principles involved in stain removal, general rules and ways of stain removal. Factors to be considered in the storage of cotton, silk, woolen fabrics.

Books for Study:

- Raghubalan,G and Raghubalan,S (2007) Hotel management and House keeping operations and management,Oxford University Press, NewDelhi(UNIT-I & III)

- Mullick,P (2005)Text Books of Home Science, Kalyanipublishers,New Delhi(**UNIT-II**)
- Mathews,M., (2012), Practical COthing Construction Part –I,Basic Sewing Processes, Bhattaramsprinters,chennai. (**UNIT- IV& V**)

Books for Reference:

- Fundamental of Textiles and their care, Dantyagi, S.,Orient Longman Publication,1980.

Web Resources:

- <http://textilelearner.blogspot.com/>
- <http://www.fibre2fashion.com/>

Course Learningoutcome:

Upon completion of this course the students shall be able to

CO number	CO statement	Knowledge Level
CO1	Acquire knowledge on fabric selection for different occasions	K1
CO2	Understand the properties of water and soap	K2
CO3	Obtain a better understanding on stiffening and bleaching agents	K2
CO4	Get familiarized with the principles of laundering	K3
CO5	Develop skills to remove fabric stains	K3

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS) SALEM-16
B.Sc., Branch X- HOME SCIENCE (SEMESTER PATTERN) CBCS
Core Paper - XIII - DIET THERAPY

Code :18UHSC9

Credit - 5

Semester: VI

Instruction hours - 5/Week

Batch: 2018-19 onwards

Maximum Marks :70

Course objective :The course aims to

- Know about the routine hospital diet and role of dietician.
- Study the etiology, signs and symptoms, clinical effects with relevance to various disease.
- Develop skills to plan therapeutic diets for all disease condition

UNIT - I

15 hrs

Routine hospital diets - Clear fluid, full fluid, soft and regular diet. Special feeding - Tube feeding - Types of foods, feeding requirement. Parenteral feeding -Definition, Types, Differences between Parenteral and Enteral feeding. Role of dietician -classification, Responsibilities, diet counseling.

Fevers- Causes, types, Metabolic changes in fever, general dietary consideration. Typhoid - causes, signs and symptoms, Principles of diet. Malaria -causes, signs and symptoms, dietary Management. Tuberculosis - causes, Clinical features, Principles of diet. Swine flu, Chikunguniya.

UNIT - II

15 hrs

Obesity- Definition, Etiology, Assessment, Principles of diet and dietarymanagement.Under weight - causes, limitations of underweight, signs and symptoms, dietary guidelines.

Hypercholestroemia - Atherosclerosis - role of fat in the development of atherosclerosis, clinical effects, risk factors, dietary management. Hypertension -Definition, causes, types, symptoms, Dietary management.

UNIT - III

15 hrs

Indigestion and peptic ulcer- Definition, mechanism of ulcer formation, etiology, symptoms, clinical findings, treatment and dietary guidelines. Constipation - Types, Dietary considerations, correction of faulty habits. Diarrhoea - Definition, types, dietary

management in weanling diarrhoea and in adults. Oral rehydration therapy (ORT) Dietary guidelines.

Agents causing liver damage, types of damages caused to the liver. Infective hepatitis - Symptoms, dietetic management. Cirrhosis of Liver - etiology, symptoms, Principles of diet. Cholecystitis & cholelithiasis - Differences and treatment.

UNIT - IV

15 hrs

Diabetes Mellitus- Meaning, Types, Etiology, Symptoms, diagnosis - GTT. Management of diabetes & dietary guidelines. Glomerulonephritis - Symptoms and dietary management.

Nephrotic syndrome- Symptoms and dietary treatment. Renal failure - types, causes, Symptoms & dietary management. Basic knowledge about dialysis. Urolithiasis - causes, types and dietary treatment.

UNIT - V

15 hrs

Basic knowledge on cancer, Breast cancer, oral cancer, Role of anti oxidants in cancer. Food Allergy- Meaning, types of reactions, allergens, symptoms, treatment & dietary advice. PEM - causes, signs and symptoms and dietary management. Vitamin A deficiency - causes, dietary management. Nutritional Anemia - causes, symptoms and dietary management, Iodine deficiency, dietary management.

PRACTICAL

1. Types of Diet - clean fluid, Full fluid, Bland diet, soft diet, Normal diet.
2. Diet in Fever condition - Typhoid, Tuberculosis.
3. Diet in obesity and under weight.
4. Diet in Cardio Vascular Disorders,
 - a. Hyper Cholestroemia
 - b. Atherosclerosis
 - c. Hyper Tension - Mild, Moderate, severe
5. Diet in Gastro - Intestinal Disorders
 - a. Peptic Ulcer
 - b. Diarrhoea ,Constipation
6. Diet in liver Disorder

- a. Jaundice
- b. Cirrhosis of Liver
7. Diet in Diabetes mellitus
 - a. Type I - IDDM
 - b. Type II- NIDDM
 - c. Gestational
8. Diet in kidney Disorders
 - a. Nephrosis
 - b. Nephritis
 - c. Urolithiasis
9. Protein Energy Malnutrition - Kwashiorkor, Marasmus
10. Diet for Anaemia and Vitamin A deficiency.

BOOKS FOR STUDY:

- Srilakshmi, B.(2002) "Dietetics", New Age International (p) Limited, Publishers, Fourth edition

BOOKS FOR REFERENCE:

- Mahan, L.K. and Sylvia Escott-Stump, Krause,(2004)Food, Nutrition and Diet Therapy", 11th edition, W.B. Sanders company, Philadelphia.
- Antia. F.P. (1989) "Clinical Dietetics and Nutrition", Oxford University press, Bombay,
- Robinson, C.H., Lawler, M.R., (1982) "Normal and Therapeutic Nutrition" Oxford and IBM publishing co., Calcutta,
- Swaminathan, M., (1989) "Principles of Nutrition and dietetics" II Revised edition The Bangalore printing and publishing Co. Ltd.,
- C. Gopalan, B.V. Rama Sastri and SC. Balasubramanian,(2007) Nutritive Value of Indian Foods. National Institute of Nutrition

Course outcomes

On successful completion of the course, the students will be able to

CO number	CO statement	Knowledge Level
CO1	Understand the etiology, physiologic and metabolic anomalies of acute and chronic disease and patient needs	K1
CO2	Know the effect of various disease on nutritional and dietary requirements	K2
CO3	Able to recommend and provide appropriate nutritional care for prevention and treatment of various disease	K2
CO4	Understand the role of the role of dietician in preventive, primitive and curative health care	K3
CO5	Able to make appropriate dietary modification for various disease condition based on patho physiology	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	L	M	S	S	L	M	S	L
CO2	L	M	M	M	M	L	M	M	S	S
CO3	M	M	M	L	S	S	M	L	M	S
CO4	M	M	S	M	L	M	M	S	L	M
CO5	S	S	S	S	S	S	S	S	S	S

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM- 636 016.

B.SC., BRANCH X - HOME SCIENCE (SEMESTER PATTERN) CBCS

CORE PAPER XIV - APPAREL DESIGNING

Code :18UHSC10

Batch: 2018-19 onwards

Credits: 5

Instruction Hours 5/Week

Maximum Marks: 70

Semester :VI

Course objective :The course aims to

- Understand the principles of apparel design
- Acquire knowledge on clothing selection of different age groups
- Obtain a better understanding on pattern types and its principles

Unit - I

Application of art principles and colour in Apparel Designing- Line, Balance, Harmony, Rhythm, Proportion and Color. Principles applied to minimize figure irregularities -Short, Tall, Thin, Stout, Face, Hip, Bust, Shoulder.

Unit - II

Clothing for different age groups- Factors to be considered in the choice of styles in Clothing for different age groups-Infants, Toddlers, Pre-schoolers, School boys and girls, Teenagers and Adults.

Unit - III

Paper patterns – Preparation of paper patterns, Advantages. Types of paper patterns, Commercial pattern, Pattern using personal measurements. Principles in pattern drafting, Pattern alterations – Importance of altering patterns, General principles for pattern alterations, Standards of a good fit.

Unit - IV

Steps involved in preparing a fabric for cutting, Importance of grain in fabric cutting and garment construction. Laying the pattern on fabric. Transferring pattern markings.

Unit – V

Sleeves– Types. Collars – Classification, Factors to be considered in designing collar styles. Yoke– Selecting yoke design, Creating variety in yoke design. Pocket– Types, Selecting pocket design, Creating variety in pocket design

Books for Study:

- Gupta,S.etal,(2008), Textbook of Clothing Textile and Laundry, Kalyani publishers, New Delhi. (UNIT- I &II)
- Mathews,M., (2012),Practical Clothing Construction Part –I, Basic Sewing Processes, Bhattaramsprinters, Chennai. (UNIT- III, IV& V)

Books for Reference:

- Zarapkar, K.R., (2011), Tailoring Book Zarapkar System Cutting, Navnee publication, India

Web Resources:

- <http://textilelearner.blogspot.com/>
- <http://www.fibre2fashion.com/>

Course outcome:

Upon completion of this course the students shall be able to

POCO	PO	Knowledge Level
CO1	Understand the principles of apparel design	K1
CO2	Acquire knowledge on clothing selection of different age groups	K2
CO3	Obtain a better understanding on pattern types and its principles	K2
CO4	Get familiarized with the fabric laying techniques	K3
CO5	Learn to create sleeve, collar, pocket and yoke	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	M	L	L	M	L	M	L	L
CO2	L	L	M	L	M	M	L	M	L	L
CO3	L	M	M	L	S	M	L	M	M	L
CO4	L	M	M	L	S	S	L	M	L	L
CO5	L	S	S	M	S	S	L	M	M	M

S- Strong; M-Medium; L-Low

TEXT BOOKS

- Gupta,S.etal,(2008) Textbook of Clothing Textile and Laundry,KalyaniPublishers,NewDelhi. **(UNIT- I &II)**
- Mathews,M., (2012),Practical Clothing Construction Part –I,Basic Sewing Processes, Bhattaramsprinters,chennai. **(UNIT- III, IV& V)**

SRI SARADA COLLEGE FOR WOMEN AUTONOMOUS), SALEM - 636 016.
B.SC., BRANCH X -HOME SCIENCE (SEMESTER PATTERN)CBCS
CORE PAPER XV APPAREL DESIGNING AND CONSTRUCTION
PRACTICAL V

Code :18UHSQC5

Credits :2

Instruction Hours 4/ Week

Maximum Marks : 60

Semester : VI

Batch: 2018-19 onwards

- 1. Use and care of sewing machine and sewing tools.**
- 2. Sewing Processes**
 - a. Hand stitches
 - b. Seams and Seam finishes
 - c. Preparation and application of true bias, facing, shape and bias binding.
 - d. Fasteners-buttons, button holes, fabric loops, press buttons, hooks and eyes.
 - e. Plackets and openings-continuous placket, bound and faced plackets, zipper placket.
 - f. Fullness-darts, tucks, gathers, pleats, smocking.
 - g. Decorative stitches.
- 3. Drafting the following garments and constructing the same:**
 - a. Baby's dress - Jhabla
 - b. Babasuit - shirt & Nicker
 - c. Girls's frock
 - d. Saree petticoat
 - e. Choli.

Books for Study:

- Gupta,S.etal, (2008), Textbook of Clothing Textile and Laundry, Kalyani publishers, New Delhi
- Mathews,M., (2012), Practical Clothing Construction Part –I, Basic Sewing Processes, Bhattarams printers, Chennai

Books for Reference

- Zarpakar, K.R., (2011), Tailoring Book Zarpakar System Cutting, Navnee publication, India
- Anon, (2016), Simplicity Sewing Book for Young Fashion Designers, Read books Ltd

Web Resources:

- <http://textilelearner.blogspot.com/>

- <http://www.fibre2fashion.com/>

Course outcome:

Upon completion of this course the students shall be able to

CO number	CO statement	Knowledge Level
CO1	Understand the usage of sewing machine and tools used in basic sewing	K1
CO2	Prepare the basic seams and seam finishes	K2
CO3	Construct jabla, baba suit, frock, petticoat, blouse and to finish garment details with fastners	K2
CO4	Acquire knowledge on designing and drafting selected garments	K3
CO5	Create garment styles	K3

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	M	L	L	S	M	L	M	L	L
CO2	L	L	M	M	M	M	L	M	L	L
CO3	S	L	M	L	S	M	L	M	M	L
CO4	M	M	S	M	L	S	L	M	L	L
CO5	L	L	L	S	L	S	L	M	M	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM - 636 016.
B.SC., BRANCH X - HOME SCIENCE (SEMESTER PATTERN) CBCS
SUBJECT ELECTIVE-III FAMILY DYNAMICS

Code :18UHSEC3

Batch: 2018-19 Onwards

Credits :5

Instruction Hours 5/Week

Maximum Marks : 70

Semester : VI

Course objective :The course aims to

- Acquire knowledge regarding the dynamics of contemporary marriage and family systems in India.
- Describe the concept, goals and areas of adjustment in marital relationship and within the family-distress and crisis.
- Understand the changing roles and personality development, discipline at home.

UNIT - I

Family - Definition, functions, types, advantages and disadvantages of joint and nuclear families.

UNIT - II

Marriage - Definitions, functions of marriage, qualification for marriage, marriage counseling, factors affecting marital relationship -personality traits.

- Socio-economic status, religion, education and career, in-laws relationship.
- Laws related to marriage, divorce and adoption.
- Crisis in the family - definition, types and effects on family members -mental illness, unemployment, dowry, death and suicide.
- Single parented family - Divorce, separation, unwed mothers, reasons and problems.

Unit - III

- Habit formation - definition and principle
- Personality development of children definition, structure and types, factors affecting the personality development
- Discipline in the home - patterns and their effects - The need for discipline in the home.

UNIT - IV

Exceptional children - definition, causes, types and characteristics - Gifted, physically and mentally handicapped. Responsibilities of the family in caring the exceptional children.

UNIT - V

Heredity and environment - Principle of inheritance, interaction of heredity and environment.

TEXT BOOKS

- VidyaBhusham., Sachdeva ,D.R.,(2001) AnIntorduction to Sociology, KithabMahal (UNIT –I pg.291-230 ,UNIT-IIpg.331-352 , UNIT-IIIpg.797-802)
- Sachdeva& Gupta (2000),ASimple Study of Sociology ,Ajanta Prakshampublication,Delhi(UNIT –I pg.160-166)

REFERENCE BOOKS

- Hurlock, E.B. (2000)"Growth and-Development", Me Hill Publishing Co. New Delhi.

Course outcomes (CO): On completion of the course, students should be able to

CO Number	CO Statement	Knowledge Level
CO1	Acquire knowledge regarding the dynamics of contemporary marriage and family systems in India.	K1
CO2	Describe the concept, goals and areas of adjustment in marital relationship and within the family-distress and crisis.	K2
CO3	Understand the changing roles and personality development, discipline at home.	K2
CO4	Identify the exceptional children and responsibilities of the family in caring the exceptional children.	K2
CO5	Relates heredity and environment and its interaction.	K1

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	M	M	S	S	S	M	M	M
CO2	L	L	M	S	L	S	M	L	L	S
CO3	S	S	L	L	S	S	S	M	L	M
CO4	M	M	M	S	M	M	M	L	M	M
CO5	S	S	S	S	S	S	M	L	L	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM-636016
B.Sc., BRANCH X - HOME SCIENCE (SEMESTER PATTERN) CBCS
SUBJECT ELECTIVE - III CHILDREN WITH SPECIAL NEEDS

Code :18UHSESC3c

Batch: 2018-19 Onwards

Credits: 5

Instruction Hours 5/Week

Maximum Marks : 70

Semester : VI

Course objective :The course aims to

- Understand the exceptional children
- Identify the children with mental retardation
- Identify the children with hearing and speech impairment

Unit - I

Children with special needs - Exceptional children - meaning, classification Gifted children, Rights of exceptional children.

Unit - II

Mental retardation - Meaning, classification, causes, Characteristics - mild, moderate and custodial

Unit - III

Hearing and speech impairment - Hearing Impairment - meaning, classification, causes, characteristics. Speech Impairment - meaning, classification, causes, characteristics.

Unit - IV

Visual impairment - Meaning, causes, characteristics. Classification - totally blind, partially blind and low vision

Unit - V

Physically handicapped - Meaning, Types - crippled, polio, amputated, cerebral palsy, Characteristics - crippled, polio, amputated, cerebral palsy. Causes for physically handicapped.

REFERENCES

- Babu.K., Prasad. V., Rao. D.B.(2004), Reading disabilities, Sonali Publication, New Delhi
- Crane. L., (2002), Mental retardation - A community integration approach, Wadsworth Thomson learning, USA.
- Gargivlo, R.M.(2003), Special Education in Contemporary Society, Mexico, Wordsworth Publications.
- Heward, W., Oxlansky, M.D, (1998), Halahan, D.R. and Kauffman, (1998), Exceptional Children -An Introductory survey of special education, Maxwell Publishers.

Course Outcomes (CO):

On completion of the course, students should be able to

CO Number	CO Statement	Knowledge Level
CO1	Understand the exceptional children	K1
CO2	Identify the children with mental retardation	K3
CO3	Identify the children with hearing and speech impairment	K2
CO4	Recognize the causes and grades of visual impairment	K2
CO5	Obtain a better understanding of the causes and dealing of children with special needs	K1

Mapping with of COs with POs and PSOs

PO/PSO CO	Programme Outcome (POs)					Programme Specific Outcome (PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	L	L	L	S	S	M	M	M
CO2	L	S	L	L	M	S	M	L	L	S
CO3	M	L	L	M	M	S	S	M	L	M
CO4	M	S	M	S	S	M	M	L	M	M
CO5	L	L	L	M	M	S	M	L	L	M

S- Strong; M-Medium; L-Low

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS), SALEM-636016
B.Sc., Branch X - HOME SCIENCE (SEMESTER PATTERN)CBCS
NMSB II-TEXTILE SURFACE ENRICHMENT

Code :18UHSNSC2

Instruction Hours 2/Week

Maximum Marks : 70

Credits :2

Batch: 2018-19 Onwards

Semester : VI

Course objective :The course aims to

Recognize the significance of surface enrichments on textiles as value additions

Explain the scope of surface enrichments on fashion and apparel products

Classify the techniques of surface enrichments

Unit - I

Introduction to surface enrichments - Materials and tools - scissors needles, sewing machine, thimble, pins, frames, tracing wheel, carbon paper and iron board. Types of fabric - cotton, linen, rayon, silk and synthetics. Types of Threads – cotton thread, polyester thread, heavy duty thread, silk thread, wool thread, metallic thread.

Unit – II

Importance of good taste.Elements of design – Line, Shape, Form, Texture and Space.Types of design and characteristics of good design.Principles of design- Harmony, Proportion, Balance, Emphasis and Rhythm.

Unit – III

General embroidery techniques - transferring designs, using embroidery hoop, preparing yarns, threading the needle, care and maintenance of embroidery fabrics.

Unit – IV

Type of embroidery stitches and its uses. Chain stitch and variations, feather stitch, stem stitch, fish bone stitch, fly stitch, herring bone, lazy daisy, and bullion knot and button hole.

Unit – V

Hand embroidery - Mirror work, appliqué, patch work, cross stitch, smocking,, fabric painting, and drawn thread work.

TEXT BOOKS

- Gupta,S.etal,(2008) Textbook of Clothing Textile and Laundry, KalyaniPublishers,NewDelhi
- Mathews,M., (2012),Practical Clothing Construction Part –I,Basic Sewing Processes,

Course outcomes (CO):

On completion of the course, students should be able to

CO Number	CO Statement	Knowledge Level
CO1	Recognize the significance of surface enrichments on textiles as value additions	K1
CO2	Explain the scope of surface enrichments on fashion and apparel products	K3
CO3	Classify the techniques of surface enrichments	K2
CO4	To make the students transform a formless thought or vision into a fully formed expression using only a yard of fabric and a spool of thread	K2
CO5	Be familiarized with embroidery techniques.	K1