

**MAHATMA GANDHI UNIVERSITY**

**RESTRUCTURED CURRICULUM AND SYLLABUS IN  
CHOICE BASED COURSE  
&  
CREDIT AND SEMESTER SYSTEM**

**FOR  
UNDERGRADUATE PROGRAMMES AND  
INTRODUCTION OF GRADING**

**IN  
FAMILY AND COMMUNITY SCIENCE PROGRAMME  
(HOME SCIENCE)  
(2009 admission onwards)**

**SEMESTER V  
SYLLABI**

Semester	Code	Paper title	Inst. hours	Credit	Total Credit
V	HS5BO5U	Interior Decoration	3	3	3
	HS5BO5U(P)	“	2	2	1
	HS6BO5U	Human Nutrition and Biochemistry	3	3	3
	HS6BO5U(P)	“	2	2	1
	HS7BO5U	Textile Science	3	3	3
	HS7BO5U(P)	”	2	2	1
	HS8BO5U	Dynamics of Extension	3	3	3
	HS8BO5U(P)	”	2	2	1
	HS5DO1U	Nutrition for wellness	4	4	4
	Project	(Practical Oriented Project)	1x2	1	1

Semester	Code	Paper title	Inst. hours	Credit	Total Credit
VI	HS9BO6U	Family Resource Management	3	3	3
	HS9BO6U(P)	„	2	2	1
	HS10BO6U	Clinical Nutrition and Dietetics	3	3	3
	HS10BO6U(P)	„	3	1	1
	HS11BO6U	Fashion Designing and Apparel Production	3	3	3
	HS11BO6U(P)	„	2	2	1
	HS12BO6U	Dynamics of Extension	3	3	3
	HS12BO6U(P)	„	2	2	1
	HSB <sub>1</sub> O6U	Choice Based Course	2	2	2
	HSB <sub>1</sub> O6U(P)	„	2	1	1

**B.Sc. FAMILY AND COMMUNITY SCIENCE PROGRAMME  
(HOME SCIENCE)**

**V - Semester**

**HS5BO5U – INTERIOR DECORATION**

**(THEORY 54 hours; Practical 36 hours =90 hours)**

**Credits: 4 (Theory 3+Practical 1)**

**Objectives :**

To enable the students:

- To use and understand the elements and principles of Design
- Develop basic skills for a career option in Interior Design.
- To gain the basic knowledge of furniture arrangement and furnishing the residential space

**Unit I: Art in daily living**

**(3 hours)**

Introduction to Interior Design, Importance of good taste, Concept and objectives of interior decoration.

**Unit 2: Design**

**(9 hours)**

Definition, Types of design, Characteristics and sources of design.

Elements of design-line, shape, texture, colour, pattern, light and space.

Principles of design- proportion, balance, rhythm, emphasis, harmony.

**Unit 3 : Colour**

**(9 hours)**

Prang colour system, Qualities of colour, Colour harmonies and schemes.

Application of colour in interiors, use and effects of various colours

**Unit 4 :Lighting**

**(6 hours)**

Importance of home lighting, types of lighting- natural and artificial - Importance of Natural Lighting for healthy environment - types of lamps and lighting fixtures for artificial lighting - Lighting requirements for various rooms, Physical and Psychological aspects of lighting-illusion.

**Unit 5 : Furniture and Furnishing****(9 hours)**

Furniture requirement for various rooms, guidelines for selection and arrangement of furniture, Classification and selection of soft furnishings, window treatments - curtain styles, selection and care of rugs and carpets.

**Unit 6 : Accessories****(6 hours)**

Classification and their role in interiors, flower arrangement-principles, different styles, and basic shapes, drying techniques and dry flower arrangement.

**Unit 7 : Kitchen Arrangements****(6 hours)**

Principles of planning a kitchen, types of kitchen, modular kitchen – Space requirement for various activities in kitchen, working areas and work triangle.

**Unit 8 : Landscape gardening****(6 hours)**

Objectives and principles of landscape gardening, Types-formal, informal; Styles Garden components, routine duties in garden, indoor gardening and bonsai.

**HS5BO5U(P) -Practical- INTERIOR DECORATION****36 Hours (Credit-1)****Unit 1.****(6 hours)**

Application of various types of design, elements of design and principles of designs.

**Unit 2.****(4 hours)**

Preparation of colour charts and application of colour schemes in a design/ room.

**Unit 3.****(4 hours)**

Demonstration of basic shapes in flower arrangement

**Unit 4.****(4 hours)**

Drying techniques and dry flower arrangement

**Unit 5.****(6 hours)**

Artificial flower making and arrangement

**Unit 6.****(2 hours)**

Illustration of various curtain styles.

**Unit 7.****(4 hours)**

Surface ornamentation on furnishings.

**Unit 8.****(6 hours)**

Creative arts – decorative and functional art, creation of art objects.

**A record of the entire practical should be maintained**

**References**

1. Anna .H. Ruth. – Home Furnishing
2. Andes Sally – Enjoy Flower Arranging
3. Craig and Rush- Homes With Character
4. Goldstein. H & Goldstein V. – Art in Everyday Life
5. Faulkner. R. & Faulkner.S- Inside Today’s Home.
6. Supriya K.B.- Landscape gardening and designing with plants.

**B.Sc. FAMILY AND COMMUNITY SCIENCE PROGRAMME  
(HOME SCIENCE)  
V - Semester**

**HS6BO5U - HUMAN NUTRITION AND BIOCHEMISTRY  
(THEORY 54 hours; Practical 36 hours)**

**Credits: 4 (Theory 3+Practical 1)**

**Objectives**

1. To obtain an insight into the chemistry of major nutrients and physiologically important compounds
2. To understand the role of nutrition in different stages of life cycle.
3. To enable the students to plan menus in accordance with basic concepts of nutrition.

**Module 1 : Nutritional Biochemistry**

**Unit 1. Introduction to Nutrition**

Nutrition Science, the Indian nutrition scenario, Global malnutrition, food security issues, future challenges for nutrition research (2 hours)

**Unit -II. Recommended Dietary Allowances**

Factors affecting RDA, Methods used for deriving RDA, Requirements and RDA, Reference man and woman, Indian standards for heights and weights, Determination of RDA of different nutrients. (2 hours)

**Unit – III. Human energy requirements**

Definition of Energy requirements, factors influencing food intake, components of energy expenditure. Measurement of BMR, factors affecting BMR, thermic effect of food and energy expended in physical activity. Methods of estimating energy expenditure direct, indirect calorimetry, factorial estimation, DLW technique, Energy requirements (4 hours).

**Unit - IV. Macronutrients and their metabolism**

- a) **Carbohydrates**, classification, functions, metabolism, regulation of blood glucose concentration, Types of dietary fibre, physiological and metabolic effects of dietary fibre and potential health benefits, Glycemic index. (4 hours)

- b) **Proteins** – Classification of proteins and amino acids, functions, metabolism of protein, protein turnover, methods for evaluating protein quality, improvement of quality of protein in the diet. Requirements. (4 hours)
- c) **Lipids** - Composition, structure, functions, classification of fats and fatty acids. Essential fatty acids, trans fatty acids, fat metabolism, requirements. Choice of cooking medium in the context of n-3, n-6, fatty acid ratio in Indian diets. (3 hours)

#### **Unit– V. Water**

Functions, distribution and compartments of body water. Factors influencing water distribution. Water balance, water intake and out put, regulation of water balance. Requirements of water. Disturbances in balance, Dehydration, Oedema (2 hours)

#### **Unit –VI. Fat soluble vitamins A, D, E and K**

Fat soluble vitamins an over view. Food sources, functions, deficiency, toxicity and requirements. (4 hours)

#### **Unit -VII. Water Soluble vitamins**

An overview, food sources, functions, deficiency, requirements (4 hours)

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#### **Unit - VIII. Macrominerals**

Calcium, phosphorus, Magnesium, sodium, potassium and chloride general nutritional functions of minerals, food sources, deficiency, toxicity and requirements. (4 hours)

#### **Unit IX. Micro minerals**

Iron, Iodine, copper, fluorine , Zinc, chromium, manganese, and selenium-an introduction, food sources, factors affecting absorption of minerals, Deficiency / toxicity and requirements (4 hours)

### **Module II Principles of Human nutrition**

#### **Unit –X. Menu Planning**

Rationale for menu planning, factors affecting menu planning.

#### **a) Nutrition for the Family**

##### **Nutrition in Infancy**

Growth and development, Nutritional requirements , Breast feeding, Weaning and supplementary foods (2 hours)



**b) Nutrition in preschool Age**

Physiological Development and Food Intake, Development of Food Habits, Diet Plan, Infection and Malnutrition (2 hours)

**c) Nutrition in School going age**

Growth rate, Nutritional requirement, Diet plan, packed Lunch (2 hours)

**d) Nutrition in Adolescence**

Growth and Development, Nutritional requirement, Factors influencing dietary pattern of the adolescent, Nutritional demands of sports, Ergogenic aids for competitions. (3 hours)

**e) Nutrition in Pregnancy**

Physiological changes during pregnancy , Importance of nutrition in pregnancy, Diet for the pregnant mother, Complications of malnutrition in pregnancy (3 hours)

**f) Nutrition in Lactation**

Nutritional requirements, Human milk composition, Importance of human milk for infant growth and development, Diet planning (3 hours)

**g) Nutrition in old age**

Physiological changes, Nutritional requirements, Diet planning (2 hour)

**HS6BO5U(P) -Practical- HUMAN NUTRITION AND BIOCHEMISTRY**  
36 Hours (Credit-1)

**I. Food Analysis**

1. Qualitative tests for carbohydrates, Protein, calcium, phosphorous and Iron
2. Quantitative tests for
  - a. Lactose content in milk
  - b. Vitamin C in food stuffs
  - c. Calcium in food

**II. Planning preparing and serving normal diets for**

1. Infants
2. Preschool Age
3. School going age

4. Adolescence / athlete
5. Adulthood / labourer
6. Pregnancy
7. Lactation
8. Old age

**(A record of the entire practical should be maintained)**

### **List of Reference**

1. Srilakshmi, B, Nutrition Science, 3<sup>rd</sup> edn,2008, New Age International (p) Ltd. Publishers, New Delhi.
2. Bamji M.S.,Krishnaswamy,K., and Brahmam G.N.V., Textbook of Human Nutrition, 3<sup>rd</sup> edn.2009,Oxford and IBH Publishing Co.Pvt.Ltd., New Delhi
3. Park, K.,Park's Textbook of Preventive and Social Medicine,18<sup>th</sup> edn 2005, M/s Banarsidas Bhanot Publishers, Jabalpur, India.
4. Swaminathan,M,Principles of Nutrition and Dietetics,2001,The Bangalore Printing and Pub,Co,Ltd,,Bangalore.
5. C. Gopalan, B.V. Ramasastry and S.C. Balasubramanian (2007) Nutritive value of Indian Foods. NIN, ICMR Hyderabad 500 007
6. Nutrient Requirements and Recommended Dietary Allowances for Indians – I.C.M.R. Publication 1999.

### **Additional Reading:**

7. Mahan L.K., and Escott-Stump, S (2004),Krause's Food, Nutrition and Diet Therapy,11<sup>th</sup> edn.,Elsevier (USA)
8. Insel, P., Turner, E., Ross, D, (2004) Nutrition Second Edition , American Dietetic Association, Jones and Barlett Publishers, Massachusetts
9. Robinsson, and Lawler. (1986) Normal and Therapeutic Nutrition, Mac Millan Pub. Co.
10. Witney, E.N.,Cataldo, C.B.,and Rolfes,S.R. (2003) Understanding Normal and Clinical Nutrition, 6<sup>th</sup> Edn.,Wadsworth/Thomson Learning.Inc.USA.

**B.Sc. FAMILY AND COMMUNITY SCIENCE PROGRAMME  
(HOME SCIENCE)  
V - Semester**

**HS7BO5U - TEXTILE SCIENCE**

**(Theory 54 hours; Practical 36 hours)**

**Credits: 4 (Theory 3+Practical 1)**

**Objectives**

- To gain knowledge about Textile fibres and their uses.
- To develop an understanding about various kinds of traditional and modern fabrics, their structure and the utility.
- To impart knowledge about Textile dyeing and printing.
- To develop skill in understanding textiles available in the market.

**Module I**

**8 hrs**

Study of Fibres

Definition, classification of textile fibres, properties and uses of Textile Fibres: - Cotton, Linen, Wool, Silk, Rayon, Nylon, and Polyester.  
Methods of identification of textile fibres.

**Module II**

**12hrs**

Study of Yarns

Definition, Processes of making Fibre into yarn (cotton and woolen systems): - Mechanical (Ring and Open End spinning) and chemical.  
Classification of yarn: - type, count, twist, number of parts, novelty yarns, textured yarn and bi-component yarn.

**Module III**

**14 hrs**

Fabric Structure

Weaving: - Preparation of yarns for weaving, loom- parts and its operations, Modern shuttle less looms- air jet and projectile loom.  
Weaves:- Basic weaves- plain, twill, satin and its variations. Fancy weaves- pile, dobby, jacquard, leno, clip spot, lappet, double cloth, and crepe.  
Characteristics of woven fabrics: Yarns-warp and weft, grain, thread count, balance and selvages.  
Other methods of making fabrics:-knitting, felting, braiding, netting, lace making, and bonding.

**Module IV****8 hrs**Dyeing and Printing

Dyes and dyeing:- classification of dyes- natural, artificial-acid, basic, direct, sulphur, vat naphthol, disperse and mordents.

Stages of dyeing - stock, yarn, piece, cross, and union.

Printing:-Direct-block, roller and screen, discharge, resist- tie and dyeing and batik.

**Module V****8 hrs**Fabric Finishes

Definition, purpose, classification and types-singeing, scouring, bleaching, sanforizing, calendaring, tentering, sizing, weighting, brushing, napping, crepe and crinkled effect, crease resistance, functional finishes-Stain resistant& antimicrobial .

**Module VI****4hrs**Modern Textiles

New trends in Textiles:-a brief introduction to spandex, lycra, geo-textiles, techno textiles, nano fabrics, medicinal fabrics and eco- friendly textiles-organic cotton, jute, bamboo fibre and lyocell.

**REFERENCES**

1. Corbman.B.P (2005). Fibre to Fabric, International student's edition, Singapore Mc. Graw Hills book co:
2. Kadolf. S.J. (2008) Textiles, Anne Langford, Prentice Hall.
3. Gokarneshan.U. (2005) Fabric Structure and Design, New Age International Publishers.
4. Well's. K (2002) Fabric Dyeing And Printing, Conran Octopus.
5. Smith J.L. (2006) Textile Processing, Abhishek Publications, Chandigarh.
6. Wingate (1978) Textile Science and their selection, Prentice Hall.
7. Dantyagi.S. (2008) Fundamentals of Textiles And Their care, Orient Longman.

**HS7BO5U(P) -Practical- TEXTILE SCIENCE**  
36 Hours (Credit-1)

- |  |        |
|--|--------|
| 1. Collection of different fibres (Cotton, Silk, Polyester, Nylon, wool and rayon)<br>Testing of fibers: - Visual Inspection, Burning and Microscopic,   | 10 hrs |
| 2. Fabric structure: Basic weaves- Collect samples for all the Basic weaves and their variations. Fancy weaves-Collect samples for (Pile, Dobby, Jacquard, Leno, Clip spot, Lappet and Double cloth) | 10 hrs |
| 3. Novelty yarns:-. Collect samples for different novelty yarns.   | 4 hrs  |
| 3. Thread count :- Collect samples for low medium and high count fabric.   | 4 hrs  |
| 4. Prepare samples for Block, Batik and Tie & Dye (any two variations)   | 4hrs   |
| 5. Visit to Mills /Shops.  | 4 hrs  |

A record of the entire practical should be maintained.

## **CORE COURSE – SEMESTER V**

### **HS7BO5U (P) - TEXTILE SCIENCE**

Mark distribution-Practical examination (External)

Time-3 Hours

Total weight-10

- |  |           |
|--|-----------|
| 1. Identify the given fibres and write the characteristics of each (2) | Weight- 2 |
| 2. Identify the given weaves. (4) Two Basic and Two Fancy weaves.      | Weight- 2 |
| 3. Give the structure of a typical novelty yarn.                       | Weight- 2 |
| 4. Find out the thread count of given samples. (2)                     | Weight -2 |
| 5. Viva  | Weight -1 |
| 6. Record  | Weight -1 |

5-point scale for evaluation

Excellent -	4
Very Good-	3
Good -	2
Fair -	1
Poor -	0

**B.Sc. FAMILY AND COMMUNITY SCIENCE PROGRAMME  
(HOME SCIENCE)  
V - Semester  
HS8BO5U - DYNAMICS OF EXTENSION**

**(THEORY 54 hours; Practical 36 hours)**

**Credits: 4 (Theory 3+Practical 1)**

**Objectives**

To enable the students to

1. Understand the widening concept of extension
2. Appreciate the role of extension, especially home science extension in community development.
3. Orient students to the socio cultural and economic environment of rural, urban and tribal communities.
4. Develop skill in planning, implementing and evaluating an extension programme.

**Module 1.**

**Extension**

**8hours**

Meaning and objectives of extension in India  
Concept of extension educational process.  
Role of Extension worker.  
Qualities of an extension worker.

**Module2.**

**15hours**

**Community Development**

Meaning and objectives.  
Special features of rural, urban and tribal communities in India.  
Role of extension in community development with special emphasis to home science extension.  
Role of community organizations (panchayats, cooperatives and schools) in community development.  
Community development programmes for women and children in rural areas.-DWCRA, ICDS and Indira Mahila yojana

**Module3.**  
**Leadership**

**7hours**

Concept and definitions, types of community leaders  
Methods of identifying community leaders.  
Leadership for community development.

**Module4.**  
**Learning and teaching in extension**

**12hours**

Criteria for effective extension teaching.  
Steps in extension teaching.  
Extension teaching methods (methods of community contact)-Individual, group and mass methods  
Individual method-personal visits, letters, discussions.  
Group method-meetings, discussions, demonstrations, folk songs, drama, role play, seminar, field trips, exhibitions.  
Mass method-Print and electronic media.  
Modern methods-Tele conferencing, tele text, net working, satellite communication.

**Module5.**  
**Audio-visual aids**

**8 hours**

Meaning.  
Classification-audio, visual and audio-visual aids.  
Cone of experience.  
Selection and use.

**Module6.**  
**Programme planning in extension**

**4hours**

Objectives, principles, steps involved in extension programme planning.



## **HS8BO5U( P) - DYNAMICS OF EXTENSION**

36 Hours (Credit-1)

### **UNIT: 1 EXTENSION (8hours)**

**Interview an extension worker to find out his/her role.**

### **UNIT: 11.COMMUNITY DEVELOPMENT (8 hours)**

**Conduct a survey to find out the role of any one community organization in community development.**

### **UNIT: 111 LEARNING AND TEACHING IN EXTENSION (10hours)**

1. Collection and evaluation of audio visual aids
2. Preparation and use of visual aids (leaflet, pamphlet, chart and poster)

### **UNIT1V: PROGRAMME PLANNING IN EXTENSION (10 hours)**

Planning, implementing and evaluating an extension programme.

**A record of the entire practical should be maintained**

#### **Core readings**

1. Reddy, A. (1987).Extension Education.Sree Lakshmi press,Andra Pradesh.
- 2.Dahama,O.P. and Bhatnagar,O.P.(1988).Education and Communication for development.Oxford and IBH Publishing Co.Pvt.Ltd,New Delhi.
3. Supe, A.N. (1983).An Introduction to Extension Education. Oxford IBH Publishing Company
4. Devadas, Rajammal, P. (1980): Text book of Home Science,NCERT,New Delhi.
5. The Indian Journal of Extension Education,The Indian Society of Extension Education,Division of Agricultural Extension,IARI., New Delhi-110 012
6. Journal of Educational Research and Extension,Sri Ramakrishna Mission Vidyalaya College of Education,Coimbatore,Tamil Nadu,India.

**B.Sc (CBCSS) FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)**  
**V - Semester**  
**HS5DO IU - OPEN COURSE**

**INTERIOR DECORATION AND RELATED ARTS**

**Credits- 4 (Theory)**

**No. of contact hours: 72**

Interior decoration is one area of specialization which focuses attention on the functional and aesthetic aspects of residences, commercial establishments and work spaces. This subject has grown so much in scope and career and is attracting students for pursuing a lifelong career.

**Objectives**

To enable students to-

1. Learn to appreciate art
2. Understand elements and principles of art and design
3. Develop skill in creating designs and making art objects
4. Gain knowledge in principles of planning different residential spaces
5. Develop skills in selection of furnishings fabrics, art objects, accessories
6. Understand the principles of furniture arrangement and lighting.

- |   |       |
|---|-------|
| 1. Concept of interior decoration-introduction to foundation of art, importance of good taste in interior decoration                        | 2 hrs |
| 2. Design-definition and types: structural and decorative   | 3 hrs |
| 3. Elements of design-line form, shape, texture, space pattern, light.  | 6 hrs |
| 4. Principles of design-proportion, balance, harmony, emphasis, rhythm  | 8 hrs |
| 5. Colour-Importance of colour in interiors, Prang colour system, colour harmonies, application of colour.                                  | 8 hrs |
| 6. Housing-Family's housing needs, factors influencing selection and purchase of site, reading house plans, principles of planning a house. | 6 hrs |

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|--|--------|
| 7. Illumination-Importance of lighting for interiors, Types of lighting-natural and artificial, design of fixtures, arrangement and lighting for various purposes                      | 6 hrs  |
| 8. Furniture- Selection and arrangement of furniture, types-dual purpose, built in, furniture requirements for various rooms.  | 5 hrs  |
| 9. Soft furnishings-Selection, classification, curtain styles, hanging of curtains- pelmets, swags, valences and their effect, planning curtain styles for different types of windows. | 6 hrs  |
| 10. Accessories- Types and their role in interiors.  | 2 hrs  |
| 11. Indoor gardening-Types and suitability of plants, care   | 4 hrs  |
| 12. Flower arrangement-Different styles, principles of flower arrangement, basic shapes.   | 6 hrs  |
| 13. Surface ornamentation-Basic hand stitches-classification, decorative stitches fabric painting  | 10 hrs |

#### References

1. Anna H Rutt- Home furnishing, John Wiley Eastern Pvt. Ltd New York, 1961
2. Faulkner.R and Faulkner.S.- Inside Today's Home, Holt Rinehart and Winston Inc , New York. 1974.
3. Goldstein .H. and Goldstein .V. Art in Everyday Life<, Macmillan Company, New York, 1976
4. Craig H.T. and Rush.C.D.- Homes with character, Doc. Heath and company Boston 1962
5. Premavathy S and Parveen P. Interior design and Decoration, CBS publishers, New delhi,2010
6. Premlatha Mulick- text Book of Home Science, Kalyani Publishers, Ludhiana.
7. Sally. A. –Enjoy flower arranging, Faber and faber, 24 Runnel square, London.

**MAHATMA GANDHI UNIVERSITY**  
**B.Sc. FAMILY AND COMMUNITY SCIENCE PROGRAMME (HOME SCIENCE)**  
**MODEL QUESTION PAPER (2009 Admission onwards)**

**HS5DOIU - INTERIOR DECORATION AND RELATED ARTS**

**Time: 3 hours**

**Maximum Weightage: 25**

**PART A**

*Objective type questions, weightage 1 for each bunch of 4 questions*

**Choose the correct answer**

1. A state of equality in any composition or arrangement.  
(a)Harmony (b) Rhythm (c) Unity (d) Balance
2. The beginning point of any design  
(a)Form (b) Shape (d) Line (d) Pattern
3. Attribute which recognize and describe a colour.  
(a) Dimension (b) Hue (c)Intensity (d)Quality
4. Short curtains that hang in layers to cover portion of a window  
(a) Valences (b) Cafe curtains (c) Swags (D) Ruffles

**Fill in the blanks**

5. Equidistant colours in the prang colour chart are called-----
6. A ----- represents the tension that exists between two points.
7. \_\_\_\_\_ is an inherent visual property of all forms.
8. \_\_\_\_\_ evenly illuminates the horizontal surface below.

**Name the following**

9. Doing unconsciously' the right thing at the right time in the right way.
10. Surface enrichment of a structural design
11. Man made expression of something beautiful.
12. A wall to wall floor covering.

**Say whether the following statements are True or False**

13. Green is a primary colour.
14. Mirrors are used as accessories in interiors.
15. Rhythm refers to the unity of expression in a design
16. A line is used to divide space and create movement.

**(4 x 1 =4)**

**Part- B**

**Short answer type question weightage 1 each**

**Answer any 5 of the following**

17. Mention the objectives of interior decoration.
18. List down some of the accessories for modern interiors.
19. What are the different types of lighting?
20. What is a design? What are the different types?
21. Write notes on value of a colour.
22. Give an account on gathered valence.
23. Explain the different types of triangular flower arrangement.
24. Briefly explain dual purpose furniture. (5 x 1 = 5)

**Part-C**

**Short essay type questions.weightage 2 each**

**Answer any four, each with in one page**

25. What is the importance of good taste in interior decoration?
26. Give an account of basic hand stitches.
27. What all factors will you consider while selecting and arranging furniture for your drawing room?
28. How can you bring about unity in a design?
29. Give an account of different types of light fixtures.
30. How will select plants for indoor gardening? (4 x 2 =8)

**Part-D**

**Essay type questions**

**Answer any two questions ;each with in three pages.**

**Weightage 4 each**

31. What are factors to be considered while planning a house? Give an account of the different symbols used in drawing house plans.
32. Enumerate the various art principles with suitable illustrations
33. Illustrate different curtain styles. Suggest a curtain style for an adolescent girl's bedroom. (2 x 4 = 8)

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**SYLLABUS**  
**B.Sc (CBCSS) FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)**  
**V - Semester**  
**HS5DO IU - OPEN COURSE**  
**LIFE SKILL STRATEGIES AND TECHNIQUES**

**Credits- 4 (Theory)**

**No. of contact hours: 72**

**OBJECTIVES**

- 1) To empower young people to effectively meet the challenges of everyday life.
- 2) To enable learners to acquire knowledge and to develop attitudes and skills which lead to healthy behaviour patterns
- 3) To lay the foundation for a responsible lifestyle, sound relationships and safe habits.

**MODULE – 1 COMMUNICATION AND INTERPERSONAL RELATIONSHIPS**

- Verbal and Non-verbal communication
- Active listening
- Negotiation and assertiveness
- Conflict management
- Advocacy skills (8 hours)

**MODULE – 2 ADOLESCENT HEALTH AND NUTRITION**

- Physiological aspects of growth and development during adolescence.
- Nutritional needs and food habits
- Nutritional related concerns – eating disorders, fear of fatness, bad slimming diets, body image, fitness and sports.
- Food guide pyramid and dietary guidelines for adolescents
- Deterrents to adolescent health – substance abuse, teenage pregnancy, STD/HIV/AIDS (8 hours)

**MODULE – 3 SELF MANAGEMENT AND COPING SKILLS**

- Self awareness, self esteem and confidence building
- Managing feelings and coping with stress
- Critical thinking
- Coping with peer and media influences (8 hours)

**MODULE – 4 ENHANCING PERSONALITY THROUGH CLOTHING AND GROOMING**

- Essentials in good grooming
- Expressing individuality through costume selection
- Design elements for good costume
- Selection of costumes for various occasions and wardrobe smartness (8 hours)

**MODULE – 5 PERSONAL RESOURCE MANAGEMENT AND CONSUMER EDUCATION**

- Time management – significance and techniques
- Human energy management, work simplification and fatigue resolving techniques
- Income management through supplementation, conservation and savings
- Smart consumerism-rights and responsibilities of consumers, consumer aids and protection measures. (12 hours)

#### **MODULE – 6 ECOLOGY AND INDIVIDUAL**

- Environment and its interrelationship with population and development.
- Environmental pollution-causes and consequences
- Waste management programme
- Role of individuals in conserving environmental resources (10 hours)

#### **MODULE – 7 CAREER ENHANCEMENT**

- Goal setting and decision making
- Job application process
- Interview and group discussion
- Presentation skills
- Co-operation and team work
- Leadership and motivation (10 hours)

#### **MODULE – 8 RESPONSIBLE ADULTHOOD**

- Developmental tasks during adolescence
- Pre-requisites for sound marital relationship
- Responsible parenthood
- Crisis management in the family
- Role of guidance and counseling (8 hours)

#### **REFERENCES**

1. Varghese, M. A, Ogale, N. N and Srinivasan, K. Home Management (2001). New Age International (P) Ltd. New Delhi.
2. Nickel, P and Dorsey, J. M. 1997. management in family living. Wiley Eastern Ltd.
3. Nambiar, R. K. Text book of Environmental Studies. SCITECH Publication, New Delhi.
4. Newman, H and Newman,R. Development through life. US. Wadsworth Publishing company.
5. Sigelman, C. K and Rider, E. A. Life Span Human Development. US. Thomas Wadsworth Publishing Company.
6. Krause, M. V and Mahan. (2005). Food Nutrition and Diet Therapy. WS Saunders Co., Philadelphia.
7. Srilakshmi, B. (2010). Dietetics. New Age International (P) Ltd. Chennai

**MAHATMA GANDHI UNIVERSITY**  
**B.Sc. FAMILY AND COMMUNITY SCIENCE PROGRAMME (HOME SCIENCE)**  
**MODEL QUESTION PAPER (2009 Admission onwards)**  
**HS5DOIU - LIFE SKILL STRATEGIES AND TECHNIQUES**

**Time: 3 hours**

**Maximum Weightage: 25**

**Section A**

Answer all questions

A bunch of 4 questions carry a weightage of 1

(4x1 = 4)

**Fill in the blanks**

1. The prevalence of anaemia is detected by -----in the blood.
2. Sound becomes hazardous noise pollution at decibels above-----.
3. Onset of menstruation is called-----.
4. The study of the environment is termed -----.

**Name the following**

5. An enzymatic byproduct of vermicomposting.
6. Condition resulting from imbalance between energy intake and expenditure.
7. Inability to perform or continue work due to previous exertion.
8. Scientist who classified the five levels of change influencing character of work.

**Choose the correct answer from the given choices**

9. The best method of managing organic waste is by
  - a. composting
  - b. burning
  - c. incineration
  - d. sanitary land fill
10. A plan for spending and saving within a given income for a definite period is called
  - a. balance sheet
  - b. budget
  - c. ledger
  - d. record keeping
11. Bioavailability of iron in the diet of adolescents can be enhanced if the following nutrient is added along with an iron rich source
  - a. vitamin C
  - b. sodium
  - c. calcium
  - d. fat
12. The psychologist who referred to adolescence as ‘a period of storm and stress ‘
  - a. Stanley Hall
  - b. Havighurst
  - c. Piaget
  - d. Abraham Maslow



**State whether the following statements are True or False**

13. An example of a sexually transmitted disease is HIV
14. Anorexia nervosa in adolescents is characterized by self induced starvation
15. CFC can lead to ozone depletion
16. The feeling of satisfaction which a person derives after the use of goods and services is his real income

**Section B**

Answer any 5 questions  
Each answer carries a weightage of 1

(5x1 =5)

17. Define the 3 R's of waste management.
18. List any four dietary guidelines for an adolescent with the help of a food guide pyramid.
19. List any four common characteristics of resources.
20. What are the essential components of a communication system
21. How can the principle of harmony be achieved in individual clothing? Give 4 examples
22. What are the steps in decision making?
23. List any four symptoms of stress.
24. Briefly explain any four crises that affect the family.

**Section C**

Answer any 4 questions  
Each answer carries a weightage of 2

(4x2= 8)

25. Comment on the significance of rain water harvesting at household level
26. Write four adverse effects of substance abuse on adolescent health
27. List any four developmental tasks of adolescents
28. Elaborate on the types of income and suggest three ways through which it can be supplemented
29. Justify the increased nutritional requirements during adolescents
30. Discuss anorexia nervosa and bulimia with specific reference to adolescents

**Section D**

Answer any two questions  
Each answer carries a weightage of 4

(2x4= 8)

31. Explain the physiological aspects of growth and development during adolescence.
32. Briefly explain four positive and four negative influences of media on adolescents.
33. List any four rights of consumers. Write short notes on:
  - i. ISI
  - ii. Agmark
  - iii. FPO
  - iv. Ecomark

**MAHATMA GANDHI UNIVERSITY**  
**B.Sc (CBCSS) FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)**  
**SYLLABUS - OPEN COURSE**

**V Semester**

**HS5DOIU - NUTRITION FOR WELLNESS**

**Credits- 4 (Theory)**

**No. of contact hours: 72**

**Objectives:-**

To enable students to:

1. Understand the relationship between nutrition and health
2. Modify diets in order to promote health and reduce the risk of deficiency and chronic diseases
3. Assess the nutritional status of individuals in different stages of life.

**I. Introduction to Nutrition:**

Introduction, Classification of foods (based on origin, chemical composition, predominant function, nutritive value, ICMR Food Groups) Relation of food and health, food and its functions, Digestion, absorption and utilization of food.

(6 hours)

**II. Food Choices and Nourishment:**

Nutrients and their function: Proteins, fats, carbohydrates, Energy, Vitamins, Minerals and Trace element:-sources, functions, Recommended dietary allowances, deficiency, prevention and treatment

(18 hours)

**III. Non Nutrient Compounds of Foods:-**

Anti nutritional factors, Tripsin inhibitors, phytates, Tannins, Oxalates, goiterogens, other toxic agents in food, other xenobiotics and dietary fibre.

(4 hours)

**IV. Planning a healthy diet:-**

Factors affecting meal planning, balanced diet, steps in planning balanced diet, Life cycle nutrition: Nutritional requirements and planning diets during pregnancy, lactation, Infancy, preschool, school age, adolescents, adults and old age.

(18 hours)

**V. Modified Diets:**

Introduction. Purpose of diet therapy, classification of modified diets, Diets for selected disorders: Diabetes Mellitus, Typhoid fever, cardiovascular diseases- Atherosclerosis, hypertension; Peptic ulcer, Cirrhosis of liver, glomerulonephritis.

(16 hours)

## **VI. Assessment of Nutritional Status:**

The methods of assessment of nutritional status

- Direct Methods:-
- Anthropometry,
  - Biochemical changes,
  - Clinical examination of signs,
  - Dietary Analysis

Indirect Methods:- Vital health statistics (4hours)

## **VII. Weight Management: (Obesity and Underweight)**

Introduction, aetiology, assessment, principles of dietary management, dietary guidelines

(4 hours)

## **VIII. Functional foods and its role:-**

Phytochemicals, sources, benefits and its function (2 hours)

## **References:**

1. Insel P, Turner E.R and Ross D, Discovering Nutrition, American Dietetic Association, Jones and Bartlett Publishers, London, 2003
2. Smolin L.A and Grosvenor M.B, Nutrition Science and its Applications, Second edition, Saunders College Publishing, New York, 1997
3. Park K, Park's Textbook of Preventive and Social Medicine, 20th Edition, Banarsidas Bhanot Publishers, Jabalpur, India, 2009
4. Joshi S.A, Nutrition and Dietetics, third Edition, Tata McGraw Hill Education Pvt.Ltd, New Delhi, 2010.
5. Srilakshmi B, Dietetics , New Age International (p) Ltd, Publishers, New Delhi, 2010
6. Gopalan C, Ramasastri, B.V and Balasubramanian S.C, Nutritive value of Indian Foods, NIN, Hyderabad 2007
7. Sreelakshmi B. Nutrition Science , New Age International (p) Ltd, Publishers, New Delhi, 2010



## **PART B**

*Short answer type questions, weightage 1 each.*

*Answer any 5 of the following*

17. Give an account of the symptoms of glomerulo nephritis.
18. Briefly explain body weight as a tool for anthropometric assessment.
19. Differentiate between gynecoid and android obesity.
20. Write a brief note on ICMR food groups and its importance in effective menu planning.
21. Give an account of the anti nutritional factors present in pulses.
22. Differentiate between bulimia nervosa and anorexia nervosa.
23. Explain the role of protein in our body and its sources.
24. What is a balanced diet and explain its importance. (5 x 1 =5)

## **PART C**

*Short essay type questions, weight 2 each.*

*Answer any 4 each within one page*

25. Write a brief note on digestion of carbohydrates.
26. What are the dietary modifications required during old age?
27. Discuss the causes and preventive measures of anaemia.
28. Explain the importance of diet therapy in hyper tension
29. Explain the direct methods of assessment of nutritional status.
30. Explain the role of functional foods (4 x 2 =8)

## **PART D**

*Essay type questions, weightage 4 each.*

*Answer any 2 each within three pages*

31. Write an essay on the causes, symptoms and dietary modifications needed in the management of diabetes mellitus.
32. Explain the nutritional requirements and plan a day's menu for an adolescent girl.
33. Write on the sources, functions, RDA, deficiency, prevention and treatment of vitamin A.

(2 x 4 =8)

**SYLLABUS**  
**B.Sc (CBCSS) FAMILY AND COMMUNITY SCIENCE (HOME SCIENCE)**  
**V - Semester**  
**HS5DO IU - OPEN COURSE**  
**SELF EMPOWERMENT SKILLS**

**Credits- 4 (Theory)**

**No. of contact hours: 72**

**Objectives:-**

1. To develop Pleasing Personalities and to make them efficient in life.
2. To develop Resource Management skills.
3. To develop effective communicative skills.
4. To enhance self empowerment
5. To mould students as sociable persons
6. To transform students graceful to the family & society.

**Course Content**

**Module 1. Personality Development**

**10 hrs**

1. Definition, Determinants
2. Total Quality Person ,Values to cherish
3. Steps to build Positive self esteem
4. Tips to develop a positive personality
5. Smart youth a global youth

**Module 2. Resource Management skills.**

**10 hrs**

1. Resources – definition, Types
2. Management- definition, Steps in management process, Decision making
3. Time management- Time Schedule, Tools in Time management
4. Money Management – Steps in making Budget . Record keeping.
5. Energy management – Types of fatigue, Causes of fatigue, Work simplification.

**Module 3. Communication Skills.**

**12 hrs**

1. Intelligent Listening
2. Effective speaking
3. Impressive writing skills- letters, note taking, reporting, preparing project report.
4. Presentation skills – basic computer skills, OHP, Power point presentations
5. Facing Interviews, Participating in group discussions.
6. Importance of interpersonal skills.

**Module 4. Learning Skills**

**10 hrs**

1. Intelligence – definition, areas of intelligence
2. Types of learning
3. Memory techniques
4. Scientific learning
5. How to write examinations

**Module 5. Social skills.**

**10 hrs.**

1. Different social skills
2. Steps in fostering right attitudes
3. Aptitudes needed for success.
4. How to attain success
5. Qualities that make a person successful.

**Module 6. Family life skills.**

**10 hrs**

1. Marriage – definition, Marital adjustment. Readiness for marriage
2. Family interactions, Child rearing skills
3. Reproductive health – diet , personal hygiene.
4. Conflict resolution, Stress management
5. Life skills for psycho – social development

**Module 7. Aesthetic & Income Generating skills.**

**10 hrs**

1. Interior decoration- Elements & principles of deign , colour combinations
2. Room arrangement ,
3. Flower Arrangement
4. Meal planning, food preservation
5. wealth from waste

**References:-**

1. **Mitter, S. & Aggarwal ,S.C.** (2002). *How to develop Your Personality & Potentialities.* Sultan Chand & sons , New Delhi
2. **Khera Shiv**(2002). *You Can Win* .Macmillan Pub. New Delhi.

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**MAHATHMA GANDHI UNIVERSITY**  
**B.Sc. FAMILY AND COMMUNITY SCIENCE PROGRAMME (HOME SCIENCE)**  
**MODEL QUESTION PAPER (2009 Admission onwards)**  
**HS5DOIU - SELF EMPOWERMENT SKILLS**

**Time: 3 hours**

**Maximum Weightage: 25**

**PART A**

*Objective type questions, weightage 1 for each bunch of 4 questions*

**Choose the correct answer from the given choices.**

- 1) Self respect is an  
a) Attitude to self                      b) Attitude to life  
c) Attitude to others   d) Attitude to work
  
- 2) Voice cultivation comes in  
a)      Effective speaking   b)      Intelligent listening  
c)      Facing interview      d)      Friendliness
  
- 3) Judgment is a  
a) Social skill                      b) Language skill  
c) Intellectual skill              d) life skill
  
- 4) Earn confidence of others is a step to  
a) Attain success                      b) attain self esteem  
c) Right attitude                      d) positive personality

**Fill in the blanks**

- 5) The ability to respond to a need..... .
- 6) ..... is the hallmark of a genuine person
- 7) The ability to recall is called .....
- 8) ..... is as important as getting

**Name the following:**

- 9) The foundation of success
- 10) People with good values, character, integrity and positive values.
- 11) Sum total of person's values, beliefs and personality
- 12) The biggest hurdle in building appositve relationship .

**State whether the following statements are True or False.**

- 13) A winner makes commitments



- 14) Rhythm is an element of design
- 15) Orange is a primary colour
- 16) Turn Scars in to stars is a step to build positive self esteem. (4 x 1 =4)

**Part – B**

*Short answer type questions, weightage 1 each.  
Answer any 5 of the following*

- 17) Name any four obstacles to success
- 18) Write four contrast colour harmonies
- 19) Bring four areas of marital adjustment
- 20) Name four social skills .
- 21) Characteristics of a total quality person.
- 22) List four memory techniques.
- 23) List four Steps in management process
- 24) Write four causes for fatigue? (5 x 1 =5)

**Part – C**

*Short essay type questions, weight 2 each.  
Answer any 4 each within one page*

- 25) Principles in meal planning
- 26) Bring out the values to cherish in life.
- 27) Different techniques in stress management.
- 28) Qualities of a successful person
- 29) Explain the different types of resources with examples
- 30) Steps in budget making. (4 x 2 =8)

**Part – D**

*Essay type questions, weightage 4 each.  
Answer any 2 each within three pages*

- 31) Describe different work simplification methods
- 32) Bring out the life skills needed for psycho –social development
- 33) Tips to build a positive personality (2 x 4 =8)

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