

SRI VENKATESWARA UNIVERSITY - TIRUPATI

B.S.c., (Honours) in **HOME SCIENCE**

FIRST YEAR – I SEMESTER

(W.E.F. Academic Year 2023 - 24)

COURSE 1: INTRODUCTION TO HOME SCIENCE

Theory _____ Credits: 3 _____ 3 hrs/week

Learning Objectives:

The course is designed to enable the students to:

1. Understand the concept, scope, and philosophy of Home Science.
2. Create awareness regarding various applied and core specializations of Home Science.
3. Appreciate the role of Home Science and its multidisciplinary approach in career building.
4. Cultivate human values through learning Home Science.
5. Know the various branches of Home Science
6. Have a clear understanding of the relevance of Home Science
7. Be able to exercise choice towards healthy practices in daily living

THEORY:

Unit: 1 Basics of Home Science

- Meaning, Definition and Branches of Home Science
- Scope of Home Science
- Development of Home Science as a discipline in India, Home Science Association of India- Role and activities in promoting Home Science
- Linkages of Home Science with other related subjects

UNIT 2: Branches of Home Science

- **Human Development:** Meaning, Definition and Scope of Human Development. • Stages of Human Development, Developmental tasks/milestones.

• **Food and Nutrition:** Definition, Importance and Functions of Food. Concept of Nutrition, Basic terms used in the study of Nutrition: Nutrients, Food Groups, Balanced Diet and Food Guide Pyramid.

UNIT 3: Branches of Home Science contd.

• **Textiles and Clothing:** Origin, Importance and Functions of Clothing. • Introduction to textile terms- fiber, yarn, textile, weaving, knitting, Classification of textile fibers.

• **Extension Education and Communication:** Concept, Nature, Scope and principles of Extension and communication.

• Methods and media of community outreach.

• **Resource management & Interior Design:** Concept and scope, Need for management, Classification of resources, Factors affecting use of resources, Importance of housing and functions of housing and interior design.

Unit: 4 Research in Home Science: Research in Home Science-

• Recent developments in Foods & Nutrition, Human Development & Family Studies, Textiles & Clothing, Resource Management & Interior Design and Extension Education & Community Development.

Unit: 5 Careers & Entrepreneurship in Home Science:

- Scope of careers and entrepreneurship in
 - i. Foods & Nutrition – In hospitals, health centres, food industry
 - ii. Human Development- welfare programs of Government/NGOs, preschools
 - iii. Textiles & Clothing- in textile industry, boutiques, research labs
 - iv. Resource Management- construction sector (CAD assistants, interior designer), creative crafts entrepreneur

- v. Extension education- extension projects of Government/ NGOs, entrepreneur making teaching aids.

References:

1. Chouhan, A. (2015) “Comprehensive Home Science X”,
2. Yadav, K and Singh, O. S. (2014) “Home Science”, ISBN 9788126919062, Atlantic Publishers and Distributers Private limited.
3. Premlata Mullick, P. “Textbook of Home Science”, Kalyani Publishers

Suggested Co-curricular Activities:

1. Virtual or physical visits to Home Science departments in leading Universities/ Colleges offering Home Science at UG/PG/ Ph. D. levels
2. Virtual interactions with some faculty/students of Home Science from other Colleges in A.P./ outside A.P.

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COURSE 1: INTRODUCTION TO HOME SCIENCE

Activities

Credits: 1

2 hrs/week

Activities

1. Visits to a Dairy Farm/ Food Industry
2. Visit to a textile unit
3. Visit to a creche/ preschool
4. Visit to or Virtual Interaction with a Design Professional
5. Visiting the HSAI, NIN, ICMR Websites to know their functioning
6. Interaction with a successful entrepreneur from Home Science

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COURSE 1: INTRODUCTION TO HOME SCIENCE

Model Question Paper

Time: 3 hrs.

Max. Marks: 75

Part – A

Answer any four questions

Each question carry equal marks

(5X5=25 Marks)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Part – B Answer all questions

Each question carry equal marks (5X10=50 Marks)

9. a).

b).

(Or)

10. a).
b).

(Or)

11. a).

(Or)

b).

12. a).

(Or)

(Or)

b)

13. a).

b)

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COURSE 2: HEALTH, HYGIENE & WELLNESS

Theory

Credits: 3

3 hrs/week

Learning Outcome: On completion of the course a student shall

- Possess an understanding of the concept of good health and means to achieve it.
- Display the ability to identify the morphology, growth and reproductive features of various microorganisms
- Acquire the skills in various sterilization techniques
- Be equipped with skills of balancing stress and anxiety

THEORY:

Unit I Health & wellness – Definition & meaning

- Dimension/ Elements of health and wellness – Physical, Social, Emotional, Intellectual, and Spiritual.
- Factors affecting Health and Wellness
- Indicators of health- concept of Mortality, Morbidity, Disability

Unit II Classification & Study of Microorganisms- in terms of morphology, growth, Nutrition and Reproduction

- Bacteria, Virus, Yeasts, Algae and Mould
- Beneficial Applications of Microorganisms in Food Industry, Agriculture and other areas.

Unit III Mode of infection

- Infection- sources, mode of transmission.
- Diseases caused by microorganisms-Symptoms, aetiology, mode of transmission of
 - a. Bacterial diseases- Typhoid, Tuberculosis, Jaundice, Dysentery;
 - b. Viral Diseases: Influenza, Measles, Poliomyelitis, AIDS
 - c. Parasite transmitted diseases- Malaria, Dengue, Filariasis.

Unit IV Prevention & Control

- Control of Micro-organisms – Sanitation, Sterilization & Disinfection- Physical and chemical method.
- Immunity- definition & types, Immunization schedule
- Hygiene - Meaning and importance of personal hygiene
- Standard precautions to prevent infections

Unit V Management of Health & Wellness

- Modern lifestyle and hypo-kinetic diseases; prevention and management through Physical exercise
- Stress, anxiety, and depression- Definition and concept
- Role of Yoga, asanas and meditation in maintaining health and wellness.
- Role of sleep-in maintenance of physical and mental health.

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COURSE 2: HEALTH, HYGIENE & WELLNESS

Activities

Credits: 1

1 hrs/week

Activities

1. The use and care of Microscope
2. The Microscopic observation of different Microorganism
3. Visit to Diagnostic Laboratory
4. Slide Preparation & staining of molds.
5. Study of permanent slides of parasites.
6. Visit to Water treatment plant/Milk factories to assess sanitation
7. Hanging drop preparation to observe true motility of bacteria
8. First aid during cut, fractures, burns, accidents, shocks, unconscious, convulsions, Poisoning, foreign bodies in the eyes

References:

1. Frazier, W. Candwestnoff, D.C (1997) Food Microbiology, Tata McGraw Hill
2. A.S. Rao 2001 Introduction to microbiology, Prentice Hall of India
3. Anna k. Joshua, Microbiology, popular book depot, Madras
4. R. Ananthanarayanan, C.K.J. Paniker, 2001, Orient Longman Private Limited.
5. General Microbiology , 1982, power &Daginawala, Himalaya Publishing House
6. Stanier R. Y., Adelberg, E.A. and Ingraham, J.L. (1989) General Microbiology.
7. Atlas R. M. (1988) Microbiology, fundamentals and application. Micmillon N. Y.

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