

# **COURSE, PROGRAM OUTCOMES & PROGRAM SPECIFIC**

## **OUTCOMES OF HOME SCIENCE**

### **(BA with Home Science as a subject)**

Home Science is an interdisciplinary field of study. As a discipline, home science integrates the components of science, social science and technology to facilitate the study and to enhance the quality of life. The major fields studied under home science include Food and Nutrition, Human development, Clothing and Textile, Family resource management and Extension and communication. The individual, the family and the community are the foci of Home Science.

#### **Programme Outcome:**

**PO1:** The programme has been framed in such a manner that students receive real feel of quality education by touching all aspects of human lifecycle.

**PO2:** Designed to enhance the capacity of students to understand universal and domain-specific values in Home Science.

**PO3:** Develop the ability to address the complexities and interface among self, social and national priorities.

**PO4:** Inculcate both generic and subject-specific skills to succeed in the employment market and standards of life.

**PO5:** Promote research and innovation and design (product) development favoring all the disciplines in Home Science.

**PO6:** Developing scientific and practical approach among the students pertaining to their day-to-day life.

**PO7:** To understand and appreciate role of Home Science, in the development and well-being of individuals, families and communities.

**PO8:** To learn about the sciences and technologies which enhance the quality of life of the people

**PO9:** To acquire professional and entrepreneurial skills for economic empowerment of student in particular, and community in general

**PO10:** To develop professional skills in the fields of food and nutrition, clothing and textiles, housing and interior decoration, human development, extension and communication

**PO11:** To prepare young students for studies, research and extension work

**PO12:** To take science from the laboratory to the people

#### **Programme Specific Outcomes:**

## **Students will:**

**PSO1:** Understand the concepts of different areas of home science.

**PSO2:** Blend relevant instructions with real time applications in career.

**PSO3:** Be committed as responsible consumers and able designers.

**PSO4:** Manage diseases using diet therapy.

**PSO5:** Excel as academicians and research personnel in academic and research institutions.

**PSO6:** Develop comprehensive and analytical skills in food industry and health sectors.

**PSO7:** Inculcate insights in public health nutrition for employment in State and Central Government.

**PSO8:** Grow into knowledgeable and skilled human resources employable in food industries, hospitals and textile industries.

**PSO9:** Develop entrepreneurial skills in textiles and fashion.

**PSO10:** Comprehend the current techniques in food and nutrition and textile production and processing.

**PSO11:** Will grow into entrepreneurs able to develop customized solutions for small and medium enterprises.

**PSO12:** Design extension programmes on environmental communication and sustainable development.

**PSO13:** Integrate scientific knowledge and soft skills to design in the area of fashion, interior space planning and resource management and enhance entrepreneurial and career skills.

**PSO14:** Perceive appropriate skills for employment and entrepreneurship in textile dyeing and printing units.

**PSO15:** Comprehend the methods in textile and garment production.

**PSO16:** Analyze the prospects for interdisciplinary research processes.

**PSO17:** Be able to establish centres for human welfare – crèche, early learning centres, guidance and counselling centres, foster cares, day care centres for both children and elderly citizens.

**PSO18:** Make themselves established as consultant trainers, leaders, motivators, effective policy makers and evaluators to undertake various research projects.

**PSO19:** Take up social work, counselling jobs in schools, higher education institutes and hospitals, special education in schools and colleges, family life education.

**PSO20:** Take up professions in community upliftment programmes of international and national agencies like WHO, UNICEF, NIPCCD, ICCW, ICMR etc. Govt./private agencies/ NGOs working with young children, adolescents, women and elderly, social welfare, education and human development.

## **B.A FIRST YEAR (Certificate in Arts) – SEMESTER I+II**

## PROGRAMME OUTCOMES:

At the end of the programme, following outcomes are expected from students:

1. They will have learnt about the discipline of home science as a holistic field of study covering multiple facets and requirements of human beings in day to day living i.e. achievement of appropriate milestones in personal development: awareness, need and use of family resources; access to adequate nutrition for wholesome development; clothing fundamentals.
2. They will have developed capabilities to start earning by enhancing their skills in the field of Nutrition.

## COURSE OUTCOMES:

S.NO	CLASS	PAPER	UNIT NO	COURSE OUTCOME
				After completion of unit, students will be able to :
1	BA 1 Semester	Fundamentals of Nutrition and Human Development	I	<ul style="list-style-type: none"><li>• Learn about various aspects of traditional home science</li><li>• Learn relevance of home science in current era</li><li>• Acquire knowledge about contribution made by Indian home scientists.</li></ul>
			II	<ul style="list-style-type: none"><li>• Know about structure and function of cell and cell organelles</li><li>• Understand digestion and functioning of organs of digestive system</li><li>• Learn respiration process and functioning of organs of respiratory system</li><li>• Understand physiology of heart, blood vessels, blood circulation, heart beat and blood pressure</li><li>• Understand composition of blood and its function, blood clotting and blood group</li><li>• Learn structure and function of organs of urinary system and formation of urine</li><li>• Understand structure and function of skin</li></ul>
			III	<ul style="list-style-type: none"><li>• Acquire knowledge about food, its classification, function and food groups</li><li>• Understand nutrition and its types.</li><li>• Learn about sources, functions requirement and deficiency diseases of carbohydrate, fat, protein and energy</li><li>• Learn about sources, functions requirement and</li></ul>

				deficiency diseases related to various vitamins and minerals
			<b>IV</b>	<ul style="list-style-type: none"> <li>• Acquire knowledge about objectives of cooking</li> <li>• Learn advantages and disadvantages of various preliminary preparations</li> <li>• Understand importance, advantages and disadvantages of various cooking methods</li> <li>• Learn ways of preserving nutrients while cooking</li> <li>• Learn traditional methods of enhancing nutritional value of foods</li> <li>• Understand concept of microwave and solar cooking</li> </ul>
			<b>V</b>	<ul style="list-style-type: none"> <li>• Understand concept and definition of human development</li> <li>• Learn the need to study human development</li> <li>• Know the domains and stages of development.</li> <li>• Learn principles of growth and development.</li> <li>• Understand heredity and environment as determinants of development</li> </ul>
			<b>VI</b>	<ul style="list-style-type: none"> <li>• Gain knowledge of variables that influence pre-natal development</li> <li>• Learn about conception, pregnancy and childbirth processes</li> <li>• Identify problems associated with pregnancy</li> <li>• Learn physical appearance and capacities of the new-born</li> <li>• Utilize knowledge of maternal and infant mortality to evaluate and improve human potential</li> <li>• Get insight of various agencies and programmes working for maternal and child welfare</li> </ul>
			<b>VII</b>	<ul style="list-style-type: none"> <li>• Know developmental task during infancy and preschool stage</li> <li>• Learn various aspects of physical, motor, social, emotional, cognitive and language development during infancy and preschool stage</li> <li>• Learn common ailments of babyhood</li> </ul>
			<b>VIII</b>	<ul style="list-style-type: none"> <li>• Gain knowledge about developmental tasks during early childhood (pre-school) years</li> <li>• Learn various aspects of physical , motor, social, emotional, cognitive and language development</li> </ul>

				during early childhood years
2	BA II Semester	Introduction to Clothing and Textiles and Family Resource Management	<b>I</b>	<ul style="list-style-type: none"> <li>• Develop an understanding of concepts and basics of clothing and textiles.</li> <li>• Learn scope and importance of clothing and textiles in day-to-day life</li> <li>• Analyze classification of textile fiber on the basis of their source</li> <li>• Understand general properties of fibers</li> </ul>
			<b>II</b>	<ul style="list-style-type: none"> <li>• Get acquainted with manufacture, processing, properties and uses of cellulosic fiber</li> <li>• Know manufacture, processing, properties and uses of protein fibers</li> <li>• Learn manufacture, processing, properties and uses of synthetic/manmade fibers</li> </ul>
			<b>III</b>	<ul style="list-style-type: none"> <li>• Learn concept and classification of yarns</li> <li>• Develop critical understanding of the techniques of yarn manufacture</li> <li>• Get acquainted with various techniques of fabric construction</li> <li>• Understand and define the key textile terms.</li> <li>• Develop critical understanding of the techniques of yarn and fabric manufacture.</li> <li>• Develop understanding of technical terms involved in weaving</li> <li>• Learn steps of weaving</li> <li>• Identify basic and decorative weave</li> </ul>
			<b>IV</b>	<ul style="list-style-type: none"> <li>• Get acquainted with various tools used for clothing construction</li> <li>• Gain an insight of sewing machine, its parts and maintenance</li> <li>• Learn importance of drafting</li> <li>• Develop skill in flat pattern techniques</li> <li>• Understand fabric preparatory steps for stitching a garment</li> </ul>
			<b>V</b>	<ul style="list-style-type: none"> <li>• Comprehend the fundamentals of resource management in changing scenario.</li> <li>• Understand the processes of management in a scientific manner in the use of resources.</li> <li>• Imbibe nuances of values, goals and standards as</li> </ul>

				motivating factors for successful management
			<b>VI</b>	<ul style="list-style-type: none"> <li>• Understand meaning, characteristics, types and factors affecting the use of resources.</li> <li>• Perceive concept and characteristics, definition and types of decision,</li> <li>• Know the steps and role of decision making in management and focus on factors influencing decision process</li> <li>• Learn stages and sub stages of family life cycle.</li> </ul>
			<b>VII</b>	<ul style="list-style-type: none"> <li>• Gain knowledge about time, money &amp; energy as a resource.</li> <li>• Learn steps in making time plan,</li> <li>• Identify tools and aids in time management.</li> <li>• Know work curve,</li> <li>• Understand fatigue, its types, causative factors and techniques of alleviating mood</li> <li>• Identify source of income and learn expenditure and saving,</li> <li>• Identify institutions for family saving,</li> <li>• Learn types of budget and method of preparation of family budget in view of family income.</li> </ul>

## B.A SECOND YEAR

### PROGRAMME OUTCOMES:

1. Understand the role of food and nutrition for the welfare of the community
2. Take up professions in community upliftment programmes
3. Gain insight into public health nutrition for employment in State and Central government
4. Know about how individuals develop in prenatal period
5. Relate the principles of human development with self, family and society.

### COURSE OUTCOMES:

S.NO	CLASS	PAPER	UNIT NO	COURSE OUTCOME
				After completion of unit, students will be able to :
1	BA II	Paper – I	I	<ul style="list-style-type: none"> <li>• Grasp knowledge about basic concept</li> </ul>

	YEAR	Fundamentals of foods and nutrition		<p>of foods, nutrition, nutrients and health</p> <ul style="list-style-type: none"> <li>• Learn classification and function of food</li> <li>• Understand energy and factors affecting its requirement</li> <li>• Comprehend basal metabolism and factors affecting BMR</li> <li>• Know balanced diet and identify factors affecting it</li> </ul>
			<b>II</b>	<ul style="list-style-type: none"> <li>• Learn about important constituents of food</li> <li>• Acquire knowledge about sources, functions, requirement, absorption and deficiency diseases of various nutrients</li> </ul>
			<b>III</b>	<ul style="list-style-type: none"> <li>• Know elementary knowledge of basic food groups</li> <li>• Learn importance of basic food groups in the diet</li> <li>• Learn nutritive contribution of various food stuff and their importance in Indian diets</li> </ul>
			<b>IV</b>	<ul style="list-style-type: none"> <li>• Understand principles of meal planning</li> <li>• Identify the factors affecting meal planning</li> <li>• Plan meal planning for special occasions</li> </ul>
			<b>V</b>	<ul style="list-style-type: none"> <li>• Get acquainted with nutrition during different phases of life cycle</li> <li>• Learn nutrition during childhood and adolescence understand the nutritional requirement of adults and old people</li> <li>• Learn nutritional requirement during pregnancy and lactation</li> </ul>
			<b>VI</b>	<ul style="list-style-type: none"> <li>• Learn various cooking methods</li> <li>• Understand the effect of various cooking methods on nutritive value of food</li> </ul>
			<b>VII</b>	<ul style="list-style-type: none"> <li>• Understand basic concept of food poisoning</li> <li>• Identify factors affecting responsible</li> </ul>

				<p>for food poisoning learn about food adulteration</p> <ul style="list-style-type: none"> <li>• Identify the adulterants found in food and their harmful effect on health</li> <li>• Learn various testing for food adulteration</li> </ul>
		Paper - II Mother craft and child care	<b>I</b>	<ul style="list-style-type: none"> <li>• Learn biological and physiological features of women for motherhood</li> <li>• Understand physical financial and psychological preparation for parenthood</li> <li>• learn about planned parenthood</li> </ul>
			<b>II</b>	<ul style="list-style-type: none"> <li>• learn about prenatal care</li> <li>• understand the importance of mother's health care and other requirements during pregnancy</li> </ul>
			<b>III</b>	<ul style="list-style-type: none"> <li>• Learn the stages of prenatal development</li> <li>• Understand care of newborn</li> <li>• Learn about importance of first milk and breastfeeding learn about weaning and supplementary feeding understand the child rearing practices</li> <li>• Get acquainted with immunization of common ailments</li> </ul>
			<b>IV</b>	<ul style="list-style-type: none"> <li>• Understand care and needs of the Infant baby</li> <li>• Get acquainted with various aspects of physical, motor, emotional, language &amp; speech and social development during infancy and babyhood</li> <li>• Learn about the influence of those handling the child identify the child rearing practices in India</li> <li>• Learn patterns of growth and development in babyhood identify some common babyhood problems</li> </ul>
			<b>V</b>	<ul style="list-style-type: none"> <li>• Get acquainted with various aspects of physical growth, motor skills, social, language and speech development</li> </ul>

				during preschool period <ul style="list-style-type: none"> <li>• Learn skills in play during preschool years</li> <li>• Get Insight of influence of Nursery School home and environment on habits and development during preschool period</li> <li>• Understands the problems of preschool years of growth</li> </ul>
			<b>VI</b>	<ul style="list-style-type: none"> <li>• Get Insight of physical growth, motor skills, social, emotional, cognitive, language, interest and personality development during elementary school years</li> <li>• Identify the effects of peers, school and media on elementary school child</li> <li>• Learn the role of parents and teachers in elementary school years</li> <li>• Understand the problems of child of Elementary School years</li> </ul>

## B.A THIRD YEAR

### PROGRAMME OUTCOMES:

#### Students will be able to:

1. Identify how families and communities influence the process of growth and development.
2. Become entrepreneurs in establishing learning centers.
3. Be committed as responsible consumers and able designers.
4. Deliver quality education through learning while doing.
5. Apply scientific knowledge to the outside world.

### COURSE OUTCOMES:

S.NO	CLASS	PAPER	UNIT NO	COURSE OUTCOME
				After completion of unit, students will be able to :
1	BA III YEAR	Paper – I Human	I	<ul style="list-style-type: none"> <li>• Learn about development during</li> </ul>

		development		<p>different stages of life cycle</p> <ul style="list-style-type: none"> <li>• Get acquainted with various aspects of physical growth, motor skills, social, language and speech development during preschool period</li> <li>• Learn skills in play during preschool years</li> <li>• Get Insight of influence of Nursery School home and environment on habits and development during preschool period</li> <li>• Understands the problems of preschool years of growth</li> </ul>
			<b>II</b>	<ul style="list-style-type: none"> <li>• Get Insight of physical growth, motor skills, social, emotional, cognitive, language, interest and personality development during elementary school years</li> <li>• Identify the effects of peers, school and media on elementary school child</li> <li>• Learn the role of parents and teachers in elementary school years</li> <li>• Understand the problems of child of Elementary School years</li> </ul>
			<b>III</b>	<ul style="list-style-type: none"> <li>• Learn characteristics and age of puberty</li> <li>• Understand concept of growth spurt</li> <li>• Analyze body changes and effect of puberty changes</li> <li>• Gain an insight of hazards of puberty</li> </ul>
			<b>IV</b>	<ul style="list-style-type: none"> <li>• Understand meaning, stages and characteristics of adolescence</li> <li>• Get insight of physical, social, emotional, cognitive and personality development</li> <li>• Learn developmental task of adolescence</li> <li>• Identify the problems of adolescence</li> <li>• Comprehend guidance and counseling during adolescence</li> </ul>
			<b>V</b>	<ul style="list-style-type: none"> <li>• Learn characteristics and development</li> </ul>

				<p>task of early adulthood</p> <ul style="list-style-type: none"> <li>• Understand personal, social and sex role adjustment during adulthood</li> <li>• Learn social mobility and social interest during early adulthood</li> <li>• Identify hazards of early adulthood</li> <li>• Learn vocational and family adjustment</li> <li>• Understand adjustment to parenthood and singlehood</li> <li>• Learn the hazards of marital and vocational adjustment</li> </ul>
			<b>VI</b>	<ul style="list-style-type: none"> <li>• Learn developmental task of middle age</li> <li>• Understand personal and social adjustment during middle age</li> <li>• Learn adjustment to physical and mental change</li> <li>• Understand vocational and family adjustment</li> <li>• Learn adjustment to loss of spouse and to retirement</li> </ul>
			<b>VII</b>	<ul style="list-style-type: none"> <li>• Learn characteristics of old age</li> <li>• Learn personal and social adjustment during old age</li> <li>• Understand adjustment to physical and mental changes and changes in interest</li> <li>• Learn adjustment to retirement and loss of spouse</li> <li>• Understand vocational and family adjustment</li> <li>• Identify vocational and family life hazards</li> </ul>
			<b>VIII</b>	<ul style="list-style-type: none"> <li>• Learn child and family welfare</li> <li>• Understand rights of children</li> <li>• Analyze National policy for children</li> <li>• Identify demographic profile of child in India</li> <li>• Comprehend children with special need deprived children and abused children</li> <li>• Understand causes and remedies for Juvenile delinquency</li> </ul>

			<b>VII</b>	<ul style="list-style-type: none"> <li>• Gain insight of various family and child welfare services at national and international level</li> <li>• Understand rural extension services for community</li> </ul>
		Paper – II Housing and interior decoration	<b>I</b>	<ul style="list-style-type: none"> <li>• Grasp knowledge of basic concept of housing</li> <li>• Learn function of a house</li> <li>• Identify factors influencing the choice of a house</li> </ul>
			<b>II</b>	<ul style="list-style-type: none"> <li>• Identify factors responsible for selection of house site</li> </ul>
			<b>III</b>	<ul style="list-style-type: none"> <li>• Learn principles underlying the planning of a house</li> </ul>
			<b>IV</b>	<ul style="list-style-type: none"> <li>• Learn steps involved in house construction</li> </ul>
			<b>V</b>	<ul style="list-style-type: none"> <li>• Understand need and desirability of owning of a house.</li> <li>• Understand need and desirability of renting a house.</li> <li>• Understand need and desirability of buying a house</li> </ul>
			<b>VI</b>	<ul style="list-style-type: none"> <li>• Gain skill on application of principles of arts and design in interior decoration.</li> <li>• Identify background areas in the home</li> <li>• Learn treatment of background areas in the home</li> </ul>
			<b>VII</b>	<ul style="list-style-type: none"> <li>• Comprehending Housing plans for different income groups for residential purpose</li> </ul>
			<b>VIII</b>	<ul style="list-style-type: none"> <li>• Learn about furniture and their care.</li> <li>• Identify factors for selection of furniture.</li> <li>• Understand arrangement of furniture in different rooms.</li> <li>• Learn use and care of house hold linen</li> <li>• Comprehend functional and decorative accessories for personal aesthetic senses.</li> </ul>