SYLLABUS
FOR
POST GRADUATE DIPLOMA
IN HOME SCIENCE

DIRECTORATE OF DISTANCE EDUCATION
THE UNIVERSITY OF KASHMIR
SRIAGAR 190006
POST GRADUATE DIPLOMA IN HOME SCIENCE

Course Structure and Scheme of Examination

I. The following shall be the course structure for One Year Post Graduate Diploma in Home Science

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Title</th>
<th>External/ Exam</th>
<th>Max. Marks</th>
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</thead>
<tbody>
<tr>
<td>DHS-101</td>
<td>Food Science &amp; Nutrition</td>
<td>80  20</td>
<td>100</td>
</tr>
<tr>
<td>DHS-102</td>
<td>Human Development</td>
<td>80  20</td>
<td>100</td>
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<tr>
<td>DHS-103</td>
<td>Family Resource Management</td>
<td>80  20</td>
<td>100</td>
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<tr>
<td>DHS-104</td>
<td>Textiles &amp; Clothing</td>
<td>80  20</td>
<td>100</td>
</tr>
<tr>
<td>DHS-105</td>
<td>Extension &amp; Communication</td>
<td>80  20</td>
<td>100</td>
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II. Each paper shall contain 5 units. The question paper shall contain 10 questions two from each unit. Students shall be required to attempt 05 questions selecting one from each unit within a period of 03 hours.

III. The examination shall be conducted after the completion of one academic year by the Controller of Examination.

IV. The programme administration shall be as per the procedure/guidelines adopted by Centre of Distance Education for other programmes.

V. Minimum pass percentage in each subject:

<table>
<thead>
<tr>
<th>Theory</th>
<th>Practical</th>
<th>Overall aggregate</th>
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<tbody>
<tr>
<td>32/80</td>
<td>08/20</td>
<td>40/100</td>
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</table>

VI. A candidate having passed any one of the following recognized degrees

1. Bachelor's degree B.A B.Sc, B.Com under 10+2+3 pattern with 40% marks.
2. In Service teachers (Graduates) shall also be eligible for the admission.
3. Obtained any other qualification which is recognized by the University of Kashmir or equivalent to the qualifications mentioned above.
VII. The method of instructions will comprise of printed Study Material (scripts), Assignments, Personal Contact Programme, Counseling and Guidance, Radio / T.V lessons, Audio/Video cassettes, Demonstration lessons, Extension lectures, Practical (lab work).

VIII. The course shall extend over a period of one year.

Instructions for paper setter:
101: Fundamentals of Food Science and Nutrition
Max. Marks: 80 + 20 = 100

Objectives:
The course will enable the students to understand the composition of foods and food systems in relation to food processing and quality; understand the functions and sources of nutrients; known the factors affecting the nutrient needs during the life cycle and RDA for various age groups; and apply the knowledge in maintenance of good health for the individual and the community.

Unit-I Nutrients:
Foods: The source of Nutrients; Recommended dietary intake for nutrient; Food guide to aid food Selection; Energy, Carbohydrates and Fats; Proteins and Amino Acids; Vitamins; Minerals, Water and Fiber; Disorders of Malnutrition.

Unit-II Foods:
Food Selection, Purchase and Storage: Food Preparation, Effect of Preparation on Food Component, Factors Affecting Food Acceptance.

Unit III Meal Planning & Management:

Unit-IV Food Preservation:
Food Preservation, Principles and Methods, Home Scale Methods of food preservation.

Unit-V Safety of Food supply:
Food Sanitation and Hygiene, Food Borne Disease, Food Laws and Food Standards.

Practical:
1. Planning of diets for different age groups. At different socio-economic and activity levels in relation to special nutrient deficiencies.
2. (a) Pregnancy (b) Lactation (c) Pre-school and school going child (e) Adolescence (f) Adults and Aged.

Suggested Readings:

Instructions for paper setter:
The question paper shall contain ten question two question for each unit candidates would be required to attempts 05 question in all selecting no more than one question from each unit in 03 hours duration.
DHS-102: Human Development

Max. Marks: 80+20=100

Objectives:

This course will enable the student to become acquainted with developmental stages from birth to old age; know the importance of early childhood year and significance of intervention programs for early child development.

Unit-I Growth and Development:

Meaning. Need & Scope of Human Development. Its relations to other subjects: Principles.
Factors influencing Growth and development.
Methods of studying Human Development:
Observation and interviews methods; Questionnaire and Case study methods; Socio-metric and Psychometric methods; developmental Longitudinal-Cross Sectional.

Unit-II Stages of Prenatal Development:

Fertilization. The main landmarks in each Trimester and hazards of the third Trimester:

Unit-III Importance of childhood years:

Growth and Development from 1 to 6 years:

Unit-IV Adolescents (13 to 20 years):

Physical, Social, Emotional and mental changes; Needs, Problems and Adjustments. Developing Positive Heterosexual Relationship, Guidance and Counseling, Sex, Education, Personality Development, Developmental Activities of each period.
Unit-V Adults and Aged:
Physical and Intellectual development in young Adulthood, Middle Adulthood and late Adulthood, Aging process and health in old age.

Practical:
1. TO record the Physical and Motor development in Infants.
2. To organize play activities for school going children.
3. Exposure to Standardized tests of Intelligence and personality.

Suggested Readings:

DHS-103: Family Resource Management
Max. Marks: 80+20=100

Objective:
This course will enable the students to understand the art and principles of design and apply the same in daily life; understand the meaning of management; recognize the importance of wise use of resources to achieve one’s goal.

Unit-I Introduction to Interior Design:

Unit-II Flower Arrangement:
Types. Applications of Art. Principles of Potted Plants. Flower Arrangement for different Areas. Art in food serving. Table Equipment Selection Applications of Art. Principles of Table Setting.

Unit-III Indian traditional ways of Decoration:
Traditional ways of Decoration for major Festivals and Functions: Trends in Furniture and Furnishing Accessories and Decoration.
Unit-IV Elements involved in Management:
Process, Planning, Controlling and Evaluation; Steps involved in Decision making, Factors Aiding Good Decisions.

Unit-V Resource Management:

Practical:
1. Different flower arrangements and designs for interior.
2. Exercises on Resource Management.

References:

DHS-104: Textile and Clothing

Objective:
This course will acquaint the students with the materials, reagents, equipment and processes involve in laundering; knowledge of fiber. Yarn and fabric, properties and impart knowledge regarding clothes for children with reference to texture, fabric, growth, development and fashion trends.

Unit-I Essentials of Children's Clothing:
Importance of clothing. Sociological and Psychological aspects of clothing. Factors to be considered while selecting and making children's garments; Children's clothing budget in relation to the clothing budget of family.

Unit-II Clothing for Infants:
Desirable features in infants clothing. Garments for the Creeping age. Pre-schoolers and school going child.
Unit-III Laundry Science:

Unit-IV Textile testing:

Unit-V Elements and principles of Design:

Practical:
1. Stitching processes.

Suggested Readings
DHS-105; Extension and Communication

Objectives:
This course will enable the students to understand the widening concept of extension: Be aware of the extension models in practice and their scope in facilitating development: understand the process of communication in development work: Development skills in the use of methods and Media of Communication.

Unit-I Conceptual Analysis:

Unit-II Extension Models and Approaches:

Unit-III National Extension Systems:

Unit-IV Communication:
Meaning, Scope, Functions, importance of Communication; Communication Models; Introduction to Modern Means of Communication, Main Problems in Communication.

Unit-V Audio-Visual Aids:

Practical:
1. Preparation of the following A.V. Aids with any Home Science Message?
2. Flash Card Poster, Chart, Puppet, Models.

Suggested Readings: