

DEPARTMENT OF HOME SCIENCE
PROGRAMME OUTCOMES & PROGRAMME SPECIFIC OUTCOMES
OF
BA/BSC-HOME SCIENCE(U.G.)
3 -YEARS DEGREE COURSE

I. PROGRAMME OUTCOME: By the end of the programme, students are able to gain the knowledge that Home Science is a study that involves food and nutrition, health environment, physics, chemistry, biology, economics, sociology, child development, family relations, community living, arts, textile & clothing, home management, anthropology, etc. Students realize that they can even search for good self-employment opportunities after course completion and gaining some practical hands-on experience.

PO1: The course provide the students a strong foundation to build their creativity and communication skills and thus enables them to take up further studies or research in future.

PO2: Students are able to take science from the laboratory to the people.

PO3: Identify the sciences and technologies that enhance the quality of the people.

II. PROGRAMME SPECIFIC OUTCOME:

PSO1: A Home Science graduate will get to work in hospitals, restaurants, fashion designing firms, welfare organisations, child care, housekeeper, demonstrator, counsellor, educational institute, apparel merchandise, journalism companies etc.

PSO2: The students enables to integrate the aspects of home management and lays light on the opportunities, opening job scopes for candidates in future.

PSO3: The course promotes capacity building of individuals and communities for social and economic empowerment, which train community women and youth from various strata of society for entrepreneurship.

COURSE OUTCOME
BA/BSc HOME SCIENCE
Semester -1
Food Science and Nutrition
Course code: HS(E) 101
Theory Full Mark- 75 Practical-25

CO1 : Food Groups and Nutrients :

After the successful completion of the course, the learners will be able to-

- explain the function and basic terms of food and nutrition and its relation to health
- recognized the concept of balanced diet
- describe the classification, functions, sources, deficiency, digestion, absorption and metabolism of carbohydrates, fats and proteins
- understand the relation of food and nutrition to health, physical development and well being.

CO2 : Food Preparation and study of Food Groups :

After the successful completion of the course, the learners will be able to-

- list out basic terms used in food preparation and its objectives.
- know the effect of cooking for improving nutritional quality of foods.
- explain the combination of foods, germination, fermentation and supplementation.

CO3: Meal Planning and Nutritional:

After the successful completion of the course, the learners will be able to-

- analyse the importance and principles of meal planning
- discuss nutritional requirements and diet during normal pregnancy and lactation.
- learn the importance of weaning and supplementary foods.
- enhance the knowledge of meal planning for pre-schoolers, school children, adolescent and elderly.

CO4 : Food Habits and Nutrition Education:

After the successful completion of the course, the learners will be able to-

- describe food adulteration - types and common adulterants.
- understand the meaning of malnutrition and food poisoning.
- list and describe the importance of National and International Organization in community nutrition and health.

CO5: Study of Energy:

After the successful completion of the course, the learners will be able to-

- recognize human body's need for energy, definition of calorie and different factors influencing measurement of BMR.
- define the term calorie and total energy requirements of a body.

HOME SCIENCE LAB

After the successful completion of the practical course, the learners will be able to-

- find out deficiency symptoms of kwashiorkor, marasmus, beri-beri, goiter, rickets.
- prepare, serve and calculation of cost - cereals, pulses, vegetables, fruits, milk, egg etc.
- plan, calculate and prepare a meal (lunch) for adult woman / man.
- plan, calculate and preparation of low cost diet for under nourished groups-childhood stage (early and late childhood).
- measure & record height and weight and score general nutritional condition by comparison with standards.

COURSE OUTCOME
BA/BSc HOME SCIENCE
Semester -2
Family Resource Management

Course code: HS(E) 202

Theory Full Mark- 75 Practical-25

CO1: Meaning and Definition of Home Management:

After the successful completion of the course, the learners will be able to-

- acquire the basic concept of Home Management -definition, difference between home and house, function of house and selection of site.
- identify the principles and factors affecting house planning, and various house plans for different income groups.
- learn and find out different building materials used for construction.
- explain methods of house wiring, electrical fitting and fixtures.
- familiarize basics of kitchen arrangement- principle of planning kitchen, types of kitchen.
- gather idea of functional designing work areas and storage space management.

CO2: Resource in the Family:

After the successful completion of the course, the learners will be able to-

- identify resources in the family and their types.
- recognize the factors affecting use of resources and guides to increasing satisfaction from resources.
- extract the meaning and elements of the management process.
- identify the stages of family life cycles, types of family, life styles and qualities of an efficient home maker.

CO3: Motivation in Management:

After the successful completion of the course, the learners will be able to-

- gather the knowledge of motivation- philosophy, definition, formation, significance and types.
- explain the importance and sources of values, classification, characteristics and changing of values.

- explain the definition and types of goal, goal setting and changing of goals.
- state definition of standards- elaborate significance and its classification.
- state definition of decision making- types and steps in decision making.

CO4: Interior Decoration:

After the successful completion of the course, the learners will be able to-

- enumerate the elements of art and types of design, principles of design.
- identify the qualities of colour, Prang colour system, colour schemes, emotional effect and use of colour in different rooms.
- notice the importance of lighting in interior decoration and types of lighting.
- explain different types of floor arrangement, styles, shapes, principles, method of drying flower and foliage, floor decoration.

CO5: Equipments for the Home:

After the successful completion of the course, the learners will be able to-

- classify household equipments and point out the factors affecting its selection.
- gather the knowledge of use and care of household equipments -cooking ranges, oven, stoves, pressure cooker, refrigerator, washing machine, water heater, vacuum cleaner, smokeless chullah and solar cooker.

HOME SCIENCE LAB

After the successful completion of the practical course, the learners will be able to-

- plan a house for different income groups i.e. low income/middle income/high income with diagrams.
- plan models of different types of kitchen.
- study the work culture of families of rural and urban areas and writing a report on it.
- understand different types of floor decoration and flower arrangement.
- describe the care and use of household equipment.

COURSE OUTCOME
BA/BSc HOME SCIENCE
Semester -3
Human Development
Course code: HS(E) 303
Theory Full Mark- 75 Practical-25

CO1: Introduction to Human Development:

After the successful completion of the course, the learners will be able to-

- develop and understand the meaning and importance of human development.
- explain the difference between growth and development and various stages of human development can be enumerated too.

CO2: Babyhood:

After the successful completion of the course, the learners will be able to-

- discuss the characteristics, developmental tasks of babyhood, patterns of physical development, emotional development and skills of babyhood.
- create awareness of themselves about the importance and selection of toys for babyhood.

CO3: Early Childhood and Education:

After the completion of the course, the learners will be able to-

- recognize the characteristics, developmental task and different aspects of development during early childhood.
- identify types of pre-school- its objectives and curriculum programme.

CO4: Late Childhood and Children with Special Need:

After the successful completion of the course, the learners will be able to-

- evaluate the characteristics, developmental tasks of late childhood, different aspects of development.
- enumerate the meaning of exceptional children, causes and types.

CO5: Child Welfare Services:

After the successful completion of the course, the learners will be able to-

- explain the meaning of institutional and non- institutional service.
- identify national and international agencies working for the welfare of the children.

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HOME SCIENCE LAB

After the successful completion of the practical course, the learners will be able to-

- measure the height, weight, head, mid-arm and chest circumference of an infant. Prepare chart showing seven dimensions of human development.
 - expertise in the areas of making soft toys- low and expensive one.
 - write a report on crèche centre.
 - plan a weekly programme for a nursery school and plan any activities.
 - plan and implement a simple project to any one of the special institutions dealing with exceptional children.
 - participate in balwadi/ nursery schools and conduct informal talks and story-telling.
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COURSE OUTCOME BA/BSc HOME SCIENCE Semester -4

Textiles, Clothing and Home Science Extension

Course code: HS(E) 404

Theory Full Mark- 75 Practical-25

CO1: Introduction to Textiles

After the successful completion of the course, the learners will be able to-

- analyse on different types of fibers and its specific properties
- describe the meaning and types of yarn.
- apprehend mechanical and chemical process of yarn spinning.
- explain the manufacturing process of vegetable, animal and synthetic fibers.

CO2: Weaving and Stitches

After the successful completion of the course, the learners will be able to-

- create knowledge about weaving and its types.

- identify loom and its different parts.
- understand woven and non-woven fabrics.
- expertise the basic and embroideries stitches.
- select fabric according to age, fashion, climate, occupation and occasion.
- select fabric according to age, fashion, climate, occupation and occasion.

CO3 : Fashion Designing and Garment Technology

After the successful completion of the course, the learners will be able to-

- develop professional competency and employable skills in the fields of design and technology
- understand taking body measurement, techniques of pattern making.
- draft jhangia, jabla, saree blouse and nighty etc.

CO4: Extension Education

After the successful completion of the course, the learners will be able to-

- understand the principles and objectives of extension
- know the difference between extension education and formal education
- analyse the qualities of home science extension worker.
- explain the meaning, importance and function of communication, models of communication and key elements in communication process.
- know the meaning and importance of motivation in extension.
- use the techniques of motivation in extension work.
- promote the concept of needs and its types.

CO5: Extension Teaching Methods and Aids

After the successful completion of the course, the learners will be able to-

- select effective teaching method and create lesson plan.
- analyse the classification of extension teaching methods according to forms and use.
- understand to approach individual, group and mass by using lecture methods.
- explain the advantages and disadvantages of demonstration, workshop, assignment, special report and field trips.
- select appropriate teaching aids - projected and non-projected aids, three dimensional aids, display aids, graphical aids and audio visual aids
- develop the general objectives of adult education- teaching and evaluation methods.

HOME SCIENCE LAB

After the completion of the course, the learners will be able to-

- identify different fibres by using different methods-burning, solubility, chemical, visual etc.
- prepare a scrap book on different basic and embroidery stitches.
- draft and stitch jhangia, jabala, saree blouse and nighty.
- visit and write a report on an adult education centers in Manipur.
- demonstrate, handle and operate OHP(Over Head Projector) and writing an assignment on it.

COURSE OUTCOME
BA/BSc HOME SCIENCE(Honours)
Semester -5
Foods Science and Nutrition

Course code: HS(H) 505

Full Mark- 100

CO1: Food Microbiology :

After the successful completion of the course, the learners will be able to-

- explain the knowledge of micro-organisms- types and characteristics of microbes.
- Understand the importance of food preservation.
- describe general principles of food preservation and different preservative method- high/low temperature, sun-drying, radiation.

CO2: Diet Therapy:

After the successful completion of the course, the learners will be able to-

- gain the knowledge of therapeutic diet-purpose and principles.
- create awareness of gastro-intestinal disorders - causes, symptoms and principles of dietary management.
- modify dietary management on liver and gall bladder disorder.

CO3: Weight Management, Diabetes Mellitus, Hypertension, Coronary Heart Disease and renal disorders:

After the successful completion of the course, the learners will be able to-

- identify risk factors and diseases associated with overweight / obesity.
- understand the causes, symptoms of overweight / obesity.
- raise awareness of diabetes mellitus and its causes, symptoms and principles of dietary management.
- understand the causes, types, symptoms and dietary management on hypertension.

- manage hypertension - losing weight, eating a healthy diet, low sodium diet, exercising , stop smoking and limiting alcohol.
- control cardiovascular related complications through early detection, treatment and preventive measure.
- manage blood pressure, diabetes, renal disorders through dietary management practices.

CO4: Conditions Requiring Nutritional Support:

After the successful completion of the course, the learners will be able to-

- explain the causes, symptoms and principles of dietary management -fever, anaemia and protein-energy malnutrition.
- understand pre and post-operative care.

CO5: Human Nutrition:

After the successful completion of the practical course, the learners will be able to-

- analyse the composition of human body.
- gain the importance of dietetics and role of a dietician.
- expertise the methods of feeding, diet management of industrial workers, sports person and nutritional care during emergencies.

COURSE OUTCOME
BA/BSc HOME SCIENCE (Honours)
Semester -5
Family Resource Management
Course code: HS(H) 506
Full Mark- 100

CO1: Management of Time:

After the successful completion of the course, the learners will be able to-

- discuss the importance of time management.
- identify the factors and steps of time plan.
- explain the control and evaluation of time plan.
- describe the different tools in time management.

CO2: Management of Energy:

After the completion of the course, the learners will be able to-

- realize the importance and cost of energy in day-to-day life.
- point out different efforts required in homemaking activities.
- discuss different types of fatigue and its remedy.
- enumerate principles and techniques of work simplification.
- explain the Mundel's classes of change.

CO3: Management of Money:

After the completion of the practical course, the learners will be able to-

- explain the different types of income, sources of family income, and its management.
- list various ways of supplementing family income.
- identify different types of budget-objectives, steps of making budget under different heads.
- prepare financial records of saving and investment.

CO4: Consumer Education-Aim Purpose:

After the completion of the course, the learners will be able to-

- define a consumer and their problems in rural and urban areas.
- analyse the rights and responsibilities of the consumer.
- understand the unfair trade practices like adulteration, faulty weight and measure.
- describe the sources of consumer information, protection laws and aids.
- identify various influencing factors of human wants.
- build up a good buying practices.

CO5: Application of Management Principles- Experimental House:

After the completion of the practical course, the learners will be able to-

- define the objectives of experimental house and its implementation.
- set up and analyze the organizational functions.
- explain the various duties during house stay.
- build up a habitable environment through work plans.
- enhance the skills of menu planning and work simplification.

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HOME SCIENCE PRACTICAL
BA/BSc HOME SCIENCE (Honours)
Food Science and Nutrition, Family Resource Management
Semester -6
Course code: HS(H) 507
Full Mark- 100

After the successful completion of the practical course, the learners will be able to-

- prepare making of jams, pickles and squash.
- plan, calculate and prepare a meal for adolescent girl, pregnant and lactating woman.
- prepare liquid, soft and bland diet.
- plan, prepare and calculate different therapeutic diets of different disorders- high and low protein, high and low calorie, high and low fibre, low fat, high iron and low sodium.
- plan and calculate(therapeutic diets) of G.I. disorders, liver disorders, renal disorders and fevers.
- learn and prepare a model family budget for a family.
- identify problems of consumers- adulteration, malpractices in weights and measures.
- analyse the path way chart to perform any household activities and record of time.
- develop daily and weekly time plan for a college student.

COURSE OUTCOME
BA/BSc HOME SCIENCE (Honours)
Semester -6
Adolescence, Dynamics of Marriage and Counselling
Course code: HS(H) 608
Full Mark- 100

COI: Adolescence:

After the successful completion of the course, the learners will be able to-

- analyse different characteristics, developmental tasks of adolescence.
- develop different aspects of development- emotional, social, sex-role typing and physical changes.
- understand the relationship of family and adolescence.

CO2: Adulthood:

After the successful completion of the course, the learners will be able to-

- clear the concept of adulthood- meaning, characteristics, developmental tasks, sub-divisions, etc.
- explain the changes that occur during adulthood- physical, mental, physical & social hazards, vocational and marital hazards.
- study the problems of old age, loss of spouse and adjustment to retirement.

CO3: Marriage and Family:

After the successful completion of the course, the learners will be able to-

- distinguish between marriage and family- types and functions.
- identify the factors while selecting the life partner.
- expertise the planning for parenthood and study of marriage of different communities.
- understand inter-personal relation in the family- parent & child, husband & wife.

. CO4 : Guidance and Counselling:

After the successful completion of the course, the learners will be able to-

- explore the meaning of guidance and counselling- its nature, needs and types.
- describe different techniques of guidance and its applications.
- explain the history of guidance movement in India.
- apply guidance services in schools with reference to secondary level.

CO5: Intervention Programme for Family and Community:

After the successful completion of the course, the learners will be able to-

- create awareness on the meaning of intervention programme for young children-its objectives, techniques, needs and scope.
- gain the knowledge of stimulation -- infant stimulation, need and scope of stimulation.
- develop and implement the intervention programme for parent and community.
- understand infant stimulation on their brain growth.

BA/BSc HOME SCIENCE (Honours)
Semester -6
Textile Clothing and Home Science Extension

Course code: HS(H) 609
Full Mark- 100

CO1: Dyeing, Printing and Finishing.

After the completion of the course, the learners will be able to-

- achieve knowledge on history of dyes-its classification, application of different dyes on different fabrics with different methods.
- understand dyeing and printing- its application on fabric.
- understand the meaning and classification of finishing.

CO2: Traditional Textiles and Embroideries of India.

After the completion of the course, the learners will be able to-

- gain the knowledge on history of Indian textiles and embroideries.
- identify the different regional embroideries developed by various communities of Manipur.
- study and identify different textiles and costumes of different parts of India. .

CO3: Stain Removal and Laundry.

After the completion of the course, the learners will be able to-

- understand the concept of stains- meaning, types, methods of stain removal and steps of removing stain.
- study the principles of laundry, laundry equipments and laundry agents and its properties.
- differentiate between soaps and detergents- its effect on different fabrics.
- explain the methods of washing cotton, silk and wool.

CO4: Leadership in Extension and Extension Programme Planning.

After the completion of the course, the learners will be able to-

- promote the leadership qualities and identify local leaders in extension work.
- develop extension programme planning
- develop plan of work and explain the factors to be consider in developing the plan of work.
- explain the meaning, purpose and characteristics of evaluation.

CO5: Social Survey and Social Organization.

After the completion of the course, the learners will be able to-

- achieve knowledge on social survey- meaning, importance, types and steps involved.

- identify different tools of data collection.
- create information on various development programmes of rural India- IRDP, ICDS, TRYSEM, DWCRA NAEP etc.

HOME SCIENCE PRACTICAL

BA/BSc HOME SCIENCE (Honours)

Human Development, Textile Clothing and Extension Education

Semester -6

Course code: HS(H) 610

Full Mark- 100

After the completion of the course, the learners will be able to-

- study the problems of old age and write a report on the visit.
- write any project work assigned to them- counselling, marriage and family.
- present a seminar on any of the adolescent problems.
- gain the knowledge of different types of dying and printing.
- prepare an album on traditional textiles and embroideries.
- remove different stains on different fabrics.
- gain the knowledge of marriage laws, family laws and dowry laws.
- write a report on visit to home science college.
- write a report on a social survey in a village.

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