

Semester V

INTERIOR DECORATION

Course Code: HS5BO5U

CORE THEORY - 5

Teaching hours: 3hrs/week (Per sem: 54)

Credit: 3

Objectives:

To enable the students:

- To use and understand the elements and principles of Design
- To 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; 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 ; 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, indoor gardening and bonsai.

Unit 7 : Interior Space Organisation

(6 hours)

Space requirement for various activities in various rooms; Size, layout, finishes, furniture, furnishings, accessories, lighting colour and storage for living, dining and bed rooms, Principles of space planning; Kitchen- types of kitchen, modular kitchen, working areas and work triangle.

Unit 8 : External Space Organisation

(6 hours)

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

Core Readings:

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

INTERIOR DECORATION -PRACTICAL**Course Code: HS5BO5U (P)****CORE
PRACTICAL****Teaching hours: 3hrs/week (Per sem: 54)****5****Credit: 1****Course Outline****Unit 1. Design**

(8 hours)

Application of various types of design, elements of design and principles of designs; Application of motif in a design suitable for furnishing and accessories.

Unit 2. Colours (6 hours) Preparation of colour charts and application of colour schemes in a design/ room.

Unit 3. Flower Arrangement (8 hours) Demonstration of basic shapes in flower arrangement, Drying techniques and dry flower arrangement, Artificial flower making and arrangement

Unit 4. Curtain Styles

(4 hours)

Illustration of various curtain styles.

Unit 5. Evaluation of Interiors

(4 hours)

Living room, dining room, bed room, bath room, kitchen etc. (Any 2 rooms)

Unit 6. Creative arts

(6 hours)

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

(A record of the entire practical should be maintained)

HUMAN NUTRITION AND BIOCHEMISTRY

Course Code: HS5BO6U

CORE
THEORY-

6

Teaching hours: 3hrs/week (Per sem: 54)

Credit: 3

Objectives

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

Course Outline

Module I: Nutritional Biochemistry

Unit I. Introduction to Nutrition Science

The Indian Nutrition Scenario, Food Security Issues, Future challenges for nutrition research

Unit 2. Recommended Dietary Allowances

Definition, Factors affecting RDA, RDA for different nutrients, Indian reference man and woman

Unit 3. 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.

Unit 4. 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
- b) **Proteins** – Classification of proteins and amino acids, functions, metabolism of protein, protein turnover, methods of evaluating protein quality, improvement of quality of protein in the diet. Requirements
- c) **Lipids** – Composition, structure, function, 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.

Unit 5. Water

Functions, distributions and compartments of body water. Factors influencing water distribution. Regulation of water balance. Requirements of water. Disturbances in balance, Dehydration, Odema.

Unit 6. Fat soluble vitamins A, D, E and K

Fat soluble vitamins- An overview, food sources, functions, deficiency and requirements

Unit 7. Water soluble vitamins

An Overview, food sources, functions, deficiency, requirements

Unit 8. Minerals

- a) **Macrominerals** – General functions, Functions, food sources, deficiency and requirements of calcium, phosphorus, sodium, potassium.
- b) **Microminerals** – An introduction, factors affecting absorption of minerals, functions, food sources, deficiency and requirements of iron, iodine, fluorine and zinc.

Module 2: Principles of Human Nutrition

Unit 9. Nutrition through Lifecycle

- a) Basic five food groups, Balanced diet, food guide pyramid, dietary guidelines for Indians

b) Nutrition in Infancy

Growth and development, Nutritional requirement, breast feeding, weaning and supplementary foods

c) Nutrition in Preschool Age

Physiological development and food intake, development of food habits, diet plan

d) Nutrition in Adolescence

Growth and development, nutritional requirement, factors influencing dietary pattern of the adolescent

e) Nutrition in Pregnancy

Physiological changes during pregnancy, importance of nutrition in pregnancy, diet for the pregnant mother, complications in pregnancy- gestational diabetes, toxemia, infections, effect of maternal malnutrition on foetus

f) Nutrition in Lactation

Nutritional requirements, human milk composition and importance, lactogogues, diet planning.

g) Nutrition in Old Age

Changes during old age, nutritional requirements, diet planning.

Core Readings

- Srilakshmi, B, Nutrition Science, 3rd edn,2008, New Age International (p) Ltd. Publishers, New Delhi.
- Bamji M.S.,Krishnaswamy,K., and Brahmam G.N.V., Textbook of Human Nutrition, 3rd edn.2009,Oxford and IBH Publishing Co.Pvt.Ltd., New Delhi
- Park, K.,Park's Textbook of Preventive and Social Medicine,18th edn 2005, M/s Banarsidas Bhanot Publishers, Jabalpur, India.
- Swaminathan,M,Principles of Nutrition and Dietetics,2001,The Bangalore Printing and Pub,Co,Ltd,,Bangalore.
- C. Gopalan, B.V. Ramasastri and S.C. Balasubramanian (2007) Nutritive value of Indian Foods. NIN, ICMR Hyderabad 500 007

- Nutrient Requirements and Recommended Dietary Allowances for Indians
– I.C.M.R.Publication 1999.

HUMAN NUTRITION AND BIOCHEMISTRY-PRACTICAL

Course Code: HS5BO6U (P)

**CORE
PRACTICAL-**

Teaching hours: 2hrs/week (Per sem: 36)

6

Credit: 1

Course Outline

I. Food Analysis

1. Qualitative tests for carbohydrates, protein, calcium, phosphorus and iron
2. Quantitative tests for
 - a. Lactose in milk
 - b. Vitamin C in food stuffs
 - c. Calcium in foods

II. Planning, preparing and serving normal diets for

1. Infants
2. Preschool age
3. School going age
4. Adolescence
5. Adult/Labourer
6. Pregnancy
7. Lactation
8. Old age

TEXTILE SCIENCE

Course Code: HS5BO7U

**CORE
THEORY-**

Teaching hours: 3hrs/week (Per sem: 54)

7

Credit: 3

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.

Course Outline

Module1: Study of Fibres (8 hrs)

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 2: Study of Yarns (12hrs)

Definition, Processes of making Fibre in to 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.

Module3: Fabric Structure (14 hrs)

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.

Module4: Dyeing and Printing (8 hrs)

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.

Module5: Fabric Finishes (8 hrs)

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 .

Module6: Modern Textiles (4hrs)

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

Core Readings:

- Corbman.B.P (2005). Fibre to Fabric, International student's edition, Singapore Mc. Graw Hills book co:

- Kadolf. S.J. (2008) Textiles, Anne Langford, Prentice Hall.
- Gokarneshan.U. (2005) Fabric Structure and Design, New Age International Publishers.
- Well's. K (2002) Fabric Dyeing And Printing, Conran Octopus.
- Smith J.L. (2006) Textile Processing, Abhishek Publications, Chandigarh.
- Wingate (!978) Textile Science and their selection, Prentice Hall.
- Dantyagi.S. (2008) Fundamentals of Textiles And Their care, Orient Longman.

TEXTILE SCIENCE -PRACTICAL

Course Code: HS5BO7U (P)

CORE PRACTICAL- 7

Teaching hours: 2 hrs/week (Per sem: 36)

Credit: 1

Course Outline

1. Collection of different fibres (Cotton, Silk, Polyester, Nylon, wool and rayon)
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. 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) (6 hrs)
5. Visit to Mills / Textile Shops. (6 hrs)

A record of the entire practical should be maintained.

DYNAMICS OF EXTENSION

Course Code: HS5BO8U

Teaching hours: 3hrs/week (Per sem: 54)

Credit: 3

**CORE
THEORY-
8**

Objectives

To enable the students to

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

Course outline

Module1: Extension

(8hours)

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

Module2:Community Development

(15hours)

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-Professional leader and lay leaders- autocratic, democratic and laissez-faire leaders
Methods of identifying community leaders.
Leadership for community development.

Module 4 : 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.

Module 5.: Audio-visual aids (8hours)

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

Module 6; Programme planning in extension (4hours)

Objectives, principles, steps involved in extension programme planning.

DYNAMICS OF EXTENSION -PRACTICAL

Course Code: HS5BO8U (P)

**CORE
PRACTICAL-
8**

Teaching hours: 2hrs/week (Per sem: 36)

Credit: 1

Course Outline

1 Extension (8hours)

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

2. Community Development (8 hours)

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

3. 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)

4 .Programme planning in Extension (10 hours)

Planning, implementing and evaluating an extension programme. Related to home science

(All the topics should be related to Family and Community Science. A record of the entire practical should be maintained.)

Core Readings:

- Reddy, A. (1987).Extension Education.Sree Lakshmi press,Andra Pradesh.
- Dahama,O.P. and Bhatnagar,O.P.(1988).Education and Communication for development.Oxford and IBH Publishing Co.Pvt.Ltd,New Delhi.
- Supe, A.N. (1983).An Introduction to Extension Education. Oxford IBH Publishing Company
- Devadas, Rajammal, P. (1980): Text book of Home Science,NCERT,New Delhi.

- The Indian Journal of Extension Education,The Indian Society of Extension Education,Division of Agricultural Extension,IARI., New Delhi-110 012

OPEN COURSE (For students of other programme)

INTERIOR DECORATION AND RELATED ARTS

**OPEN
COURSE-1**

Course Code: HS5DO1U1

Teaching hours: 4hrs/week (Per sem: 72)

Credit: 4

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-

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

Course Outline

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
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

Core Readings

- Anna H Rutt- Home furnishing, John Wiley Eastern Pvt. Ltd New York, 1961
- Faulkner.R and Faulkner.S.- Inside Today's Home, Holt Rinehart and Winston Inc , New York. 1974.
- Goldstein .H. and Goldstein .V. Art in Everyday Life<, Macmillan Company, New York, 1976
- Craig H.T. and Rush.C.D.- Homes with character, Doc. Heath and company Boston 1962

- Premavathy S and Parveen P. Interior design and Decoration, CBS publishers, New delhi,2010
- Premlatha Mulick- text Book of Home Science, Kalyani Publishers, Ludhiana.
- Sally. A. –Enjoy flower arranging, Faber and faber, 24 Runnel square, London.

LIFE SKILL STRATEGIES AND TECHNIQUES

Course Code: HS5DO1U2

OPEN COURSE-2

Teaching hours: 4hrs/week (Per sem: 72)

Credit: 4

Objectives:

- To empower young people to effectively meet the challenges of everyday life
- To enable learners to acquire knowledge and to develop attitudes and skills which lead to healthy behaviour patterns
- 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
 Advocacy skills (12 hours)

Module 2: Adolescent Health and Nutrition

Physiological Aspects of growth and development during adolescence
 Nutrient needs and recommended dietary intakes
 Problems of adolescent nutrition-Obesity, Anorexia Nervosa, Bulimia, Binge eating disorder, under nutrition.
 Food guide pyramid and dietary guidelines for adolescents
 Changing trends in \food habits-Fast foods, junk foods, eating healthy campaign. (12 hours)

Module 3: Enhancing Personality Through Clothing and Grooming

Essentials in good grooming
 Expressing individuality through costume selection
 Design elements of good costume
 Selection of costumes for various occasions and wardrobe smartness. (12 hours)

Module4: Personal and Community Resource Management

Time Management for adolescents- Significance and techniques
 Work simplification for energy management
 Income management through supplementation and savings

Environmental pollution-causes and consequences
Waste management techniques
Rain water harvesting
Role of individuals in conserving environmental resources
(12 hours)

Module5: Career Enhancement

Goal setting
Job Application process
Interview and Group discussion
Presentationskills
(12 hours)

Module6: Transition from Adolescence to Responsible Adulthood

Deterrents to Adolescent Health: Substance abuse, Teenage pregnancy, STD,HIV,AIDS
Pre-requisites for sound marital relationship
Managing feelings and coping with stress
(12 hours)

Core Readings:

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

NUTRITION FOR WELLNESS

Course Code: HS5DO1U3

Teaching hours: 4hrs/week (Per sem: 72)

Credit: 4

Objectives

To enable students to:

**OPEN
COURSE-3**

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

Course Outline

Module1: Introduction to Nutrition: (6 hours)

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.

Module2: Food Choices and Nourishment (18 hours)

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

Module3: Non Nutrient Compounds of Foods (4 hours)

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

Module4: Planning a healthy diet (18 hours)

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.

Module5: Modified Diets (16 hours)

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.

Module6: Assessment of Nutritional Status: (4hours)

The methods of assessment of nutritional status

Direct Methods:- - Anthropometry, Biochemical changes,

Clinical examination of signs, Dietary Analysis

Indirect Methods:- Vital health statistics

Module 7: Weight Management: (Obesity and Underweight)

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

(4 hours)

Module 8: Functional foods and its role.

Module9: Phyto chemicals, sources, benefits and its function

(2 hours)

Core Readings:

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

SELF EMPOWERMENT SKILLS

Course Code: HS5DO1U4

Teaching hours: 4hrs/week (Per sem: 72)

Credits- 4

**OPEN
COURSE-4**

Objectives:-

- TO develop Pleasing Personalities and to make them efficient in life.
- To develop Resource Management skills.
- To develop effective communicative skills.
- To enhance self empowerment
- To mould students as sociable persons
- To transform students graceful to the family & society.

Course outline

Module1;Personality Development

(10 hrs)

1. Definition, Determinants
2. Values to cherish
3. Steps to build Positive self esteem
4. Tips to develop a positive personality

Module2: 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.

Module3: Communication Skills.

(12 hrs)

1. Intelligent Listening
2. Effective speaking
3. Impressive writing skills- letters, note taking.
4. Presentation skills – Making word file in computer, preparation of OHP & Power Point Slides
5. Facing Interviews, Participating in group discussions.
6. Importance of interpersonal skills in relationships (Husband- Wife, Parent –Child, Teacher – student & sibling relationships).

Module 4: Learning Skills

(10 hrs)

1. Intelligence – definition, areas of intelligence
2. Types of learning
3. Memory techniques
4. Scientific learning
5. Tips for writing examinations

Module 5: Social skills.

(10 hrs)

1. Different social skills
2. Steps in fostering right attitudes
3. Qualities that make a person successful.

Module6: Family life skills.

(10 hrs)

1. Marriage – definition, Areas of Marital adjustment. Factors influencing .
2. Parenting skills
3. Reproductive health – diet , personal hygiene.
4. Stress management
5. Life skills for psycho – social development

Module 7: Aesthetic & Income generating skills.

(10 hrs)

1. Interior decoration- Types, Elements & principles of design , colour combinations
2. Flower Arrangement
3. Meal planning, food preservation
4. Waste management , Wealth from waste

Core Readings:-

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

Per