

Semester I

Human Ecology and Family Science-I

Objectives

The course enables the students to:

- 1) Develop an understanding of self in relation to family and society.
- 2) Understand their roles and responsibilities as productive individuals, as members of family, community and society.
- 3) Integrate learning across diverse domains and form linkages with other academic subjects of human ecology.

	Subject	Total Credits	Th	Pr	Int	Ext	Total
	Human Ecology and Family Science-I	4	4	-	25	75	100

Module	Objectives	Content	Assessment
1	<p>This will enable Students to</p> <ol style="list-style-type: none"> 1. know oneself and the significance of developing a positive sense of self. 2. learn the analysis of the period of adolescence. 3. know the characteristics of self during infancy, childhood and adolescence. 4. know about nutrition and fitness. To identify various resources and classify into human and non human resources. 5. discuss the diversity in fabrics and classify the fabrics commonly seen around. 6. define the concept of Communication and 	<p>Understanding oneself:</p> <ol style="list-style-type: none"> 1. Traits and Needs of Adolescence Changes during Adolescence and their influences on identity 2. Biological and Physical changes Socio – Cultural context Emotional changes 3. Cognitive changes. 4. Nutrition and fitness during adolescence 5. Time, money, management, energy, space. 6. Fabric and apparel: 7. Impact of Media and communication 8. Communication Skills. 9. Living and working in a global society. Alcohol and dry abuse. 	<p>25 marks</p> <p>Quiz/ Assignment/ projects/ Presentations</p>

	<p>analyze the various communication technology.</p> <p>7. Understand the relationship among the individual, the family community and global society</p>		
2	<p>This will enable Students to</p> <ol style="list-style-type: none"> 1. develop an understanding of self in relation to family and society. 2. understand their roles and responsibilities as productive individuals, as members of family, community and society. 3. understand the interrelationship of health, nutrition and hygiene. 4. know the interdependence among activity, work and environment. 5. describe the role of education, learning and extension in the context of family. 	<p>Understanding family, community and society:</p> <ol style="list-style-type: none"> 1. Family and community Relations 2. Family, Community health, nutrition and hygiene 3. Activity, work and environment 4. Resource availability and management 5. Learning, education and extension. 6. Textile heritage of India 	<p>25 marks</p> <p>Quiz/ Assignment/ projects/ presentations</p>
3	<p>This will enable Students to</p> <ol style="list-style-type: none"> 1. analyse the relationship between growth and health. 2. know the significance of care and education. 3. identify general clothing needs of children from different age group. 	<p>Childhood:</p> <ol style="list-style-type: none"> 1. Survival, Growth and Development 2. Nutrition, health and wellbeing 3. Care and education 4. Clothes and apparel 5. Children with special needs 6. Socio-cultural influence on children. 	<p>25 marks</p> <p>Quiz/ Assignment/ projects/ presentations</p>
4	<p>This will enable Students to</p> <ol style="list-style-type: none"> 1. know the importance of health and wellness 1. 2. understand the 	<p>Adulthood:</p> <ol style="list-style-type: none"> 1. Health and Wellness 2. Financial planning and management 3. Care and maintenance of fabrics 	<p>25 marks</p> <p>Quiz/ Assignment/ projects/</p>

	<p>concept of financial management and different types of income. Describe the function of water in the body and the ways electrolytes/fluids are balanced and maintained in the body.</p> <p>3. know the procedures of removing stains & processes in laundry and use and care of fabric.</p> <p>4. know the processes in communication.</p> <p>5. analyse one's own responsibility towards self, family, community and the larger society.</p>	<p>and apparel</p> <p>4.Perspectives in Communication</p> <p>5.Citizen's responsibilities and rights</p>	<p>presentations</p>
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References:

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