



Institute of Home Science

Khandari, Agra

Value Added Courses

Value added course

Basic Information about Horticulture and Gardening

Total : 30 Hours

Even Semester

Unit-I Gardening, Layout of a Garden, Soil preparation –digging, tillage and sterilisation. Drainage watering and weeding Manures and fertilizes

UNIT-II - Propagation of plants, Seed propagation, and Vegetative propagation by natural and artificial methods (Bulbs Rhizomes Suckers Runners Tubers Budding and grafting) Kitchen Garden - Principle of planning and cultivation of vegetables with reference to all seasonal vegetables.

UNIT-III- Lawn, Hedges and edges, Principle of planning of lawn and hedges. Brief description of care and cultivation of ornamental plants Care and cultivation of seasonal flowers Care and cultivations of common indoor plants. Care and cultivation of medicinal plants.

UNIT-IV- Plant diseases, bacterial, fungal and viral. General characteristics, morphology and economic importance of algae, fungi and molds.

Practical of all above topics.

COURSE OUTCOME

- Easy to learn the definition of gardening.
- Gain information on vegetative propagation with their types.
- Provide a brief description of the care and cultivation of ornamental plants, seasonal flowers, medicinal plants and indoor plants.
- Learn the problems related to plant diseases

VALUE ADDED COURSE

Basic Information about Physiology

Total : 30 Hours

Odd Semester

Unit-I Cell structure, components and their function. Elementary anatomy of various systems. Cardiovascular System, Blood and its composition, Blood groups, Coagulation of blood, Structure and function of heart, Heart rate, Cardiac output, Blood pressure and its regulation

Unit-II- Elementary knowledge of the Gastrointestinal System, Structure and functions of various organs of the G.I. tract, Digestion and absorption of food and role of enzymes and hormones. Reproductive System, Structure and function of Sex glands and organs including hormones

Unit-III Muscular-Skeletal System, Types of joints and their functions, Skeletal System-formation of bone. Disorder in the skeletal system. Respiratory System, Structure of lungs, Mechanism of respiration and its regulation

UNIT IV Excretory System, Structure and function of kidney, bladder, formation of urine, role of the kidney in homeostasis, Structure and function of skin, Regulation of body temperature

Practical of all above topics.

COURSE OUTCOMES

- Easy to learn the definition of Physiology.
- Gain information on Gastrointestinal System and reproductive system with their types.
- Provide a brief description of the muscular-skeleton system and respiratory system.
- Learn the problems related to the excretory system and diseases related to the above.

Value Added Course
Basics of Textile Designing

Total: 30 Hours

Odd Semester

UNIT: I Knitting

1. Study of Knitted fabrics.
2. Making of three articles of Knitted techniques.

UNIT: II Crochet

Preparation of different three articles of crochet work.

UNIT: III Macramé

1. Preparation of different types of Macramé Knot.
2. Preparing of three articles using any combination of macramé knot.

UNIT: IV

Preparation of Value added Products by using Fabrics and ribbons.

Course Outcomes

1. With the acquired knowledge students will be able to identify different kind of household textiles.
2. Basic creative skill will be developed which will help to construction their articles.
3. Students will able to develop articles with different techniques like crochet, macramé, fabric and ribbon works.

Value added course

Flower Decoration

Total : 30 Hours

Even Semester

Unit 1:

Introduction and brief History.

Unit 2:

Materials and equipments – Tools and equipments.

Unit 3:

Awareness about the design patterns using elements and principles of design.

Unit 4:

Different Types of flower arrangement - Tradition/western flower arrangement/
Modern flower arrangement.

COURSE OUTCOMES

- Understand the design creating in designing arrangements
- Introduction of flower arrangement
- Usage of tools, containers and equipments for flower arrangement
- Various design are techniques and styles
- Develop the required skills for pursuing a course in this

Value Added Course

Community Health Nutrition

Total : 30 hours

Even Semester

UNIT-1:

Unit I- Introduction to Community Nutrition

- Concept and Scope of community nutrition
- Factors affecting food habits, relation to knowledge, attitude, beliefs and practices in food behavior.

UNIT-2:

- Direct and Indirect Methods of Nutritional Assessment

UNIT-3:

- Protein Energy Malnutrition- Aetiology, Prevalence, Symptoms and Preventive measures

UNIT-4:

- Nutritional disorders: Anaemia, Vitamin A Deficiency, Iodine Deficiency Disorder.

Course Outcomes

This course enables the students to:

- To understand the concept and Scope of community nutrition.
- To know the assessment techniques applications for individuals and community.
- To gain knowledge about the nutritional problems in the community

Value Added Course

Dynamics in Food Preparation

Total : 30 hours

Odd Semester

UNIT-I: Introduction

- Definitions in food science.
- Composition and functions of foods.
- Food pyramid.
- Principles of safe food preparation.

UNIT-II: Cooking Process

- Objectives of Cooking.
- Cooking methods- Moist heat methods, Dry heat methods; Fat as medium of cooking, Microwave cooking.
- Effect of cooking on Nutrients.

UNIT-III: Cooking Equipment

- Types of cooking equipment- Grill, Boiler, Oven and Microwave. Mechanical processing equipment- Vegetable Peeler, Chopper, Mixer, Slicing machine and mincing equipment.

UNIT-IV: Role of Foods in Cookery

- Role of cereals, pulses, fats/oils, milk and milk products, flesh foods, sugars, vegetables, fruits and spices in cookery

Course Outcomes

This course enables the students to:

- 1. Learn the principles of safe food preparation and food pyramid.
- 2. Gain knowledge on cooking methods and effect of cooking on nutrients.
- 3. Apply knowledge about effect of cooking on nutrients.
- 4. Able to differentiate different cooking equipment and role of different food items in cookery.

Value added course

Basics of Entrepreneurship

Total: 30 hours

Odd Semester

Course Content

Unit 1: Introduction to Entrepreneurship

- Meaning of Entrepreneurship
- Role of Entrepreneurship in economic development
- Functions of an entrepreneur
- Traits of successful Entrepreneur
- Types of Entrepreneurship

Unit 2: Creating & Starting the Venture

- Sources of ideas
- Product planning and development
- Joint venture
- Problems faced by startups

Unit-3: Business plan

- Meaning and objectives of business plan
- Different types of business plan
- How to write a business plan

Unit 4: Financing and management for startup companies

- Types of financing for startup company
- Record keeping
- Process of recruitment
- Financial control

Course Outcomes: This course will help in understanding basic of entrepreneurship, how to turn ideas into profit, develop a business plan. The course also aims to impart the necessary skills and confidence to make dream a reality.

Value added course

Stress Management

Total: 30 hours

Even Semester

Unit 1: Meaning and sources of stress

- The meaning of stress
- The body's reactions to stress
- Sources of stress across the lifespan

Unit 2: Consequences of stress

- Physiological consequences
- Psychological consequences
- Behavioral consequences
- Organizational consequences

Unit 3: Identification of stress

- Different types of stress
- Symptoms of distress
- Use of stress assessment scale

Unit 4: Strategies of stress management

- Physical techniques
- Behavioral techniques
- Diversion techniques
- Workplace techniques

Course Outcomes:

- Learn the fundamentals of stress management
- Recognise your stressors and how to deal with them
- Create proactive reactions to stressful situations
- Use coping strategies for stress management both on and off the job.
- Learn to manage stress through diet, sleep, and other lifestyle factors
- Create a long term action plan to reduce and better manage stress.