

HIGHER SECONDARY (CLASSES XI AND XII)
HOME MANAGEMENT AND HOME NURSHING (PG)

Topics	Range of knowledge
1. Effective Management of a Home	<ul style="list-style-type: none"> (a) Meaning and definition of Home Management (b) Roll of Home Management in a changing world.
2. An Ideal Home maker	<ul style="list-style-type: none"> (a) Qualities of a good home maker (b) Management and use of different resources including Human resources and non-human resources. (c) Planning and processing of daily duties of a home maker (d) Cleaning and care of the house. (e) Cleaning and polishing of furniture and metal used in household.
3. Clothing and its needs	<ul style="list-style-type: none"> (a) Clothing and its needs and purpose. (b) Choice of cloths for different occasions according to age, sex, vocation, seasonal variations. (c) selection of fabrics with emphasis on beauty, comfort, wash ability, durability, ease or handling, money.
4. Knowing the textile Fibres and their Washing and storage	<ul style="list-style-type: none"> (a) Study of different kinds of Textiles fibres. (b) Fibre Identification (c) Methods of washing and finishing of different types of clothing.
5. Hygiene	<ul style="list-style-type: none"> (a) Air – its composition, impurities and ventilation (b) Water – its sources, pollution and purification
6. Home Nursing	<ul style="list-style-type: none"> (a) Basic principles of Home Nursing (b) Qualification of a good nurse and her duties (c) Family health care – immunization and dental care for children (d) Recognising symptoms of illness at home. (e) Care of the old and infirm at home.
7. Care of the sick at home	<ul style="list-style-type: none"> (a) Arrangement of sick room at home. (b) Bed making with and without the patient. (c) Nursing of the patient at different age levels – child, adult and old.
8. Common Infectious Diseases	<ul style="list-style-type: none"> (a) Elementary knowledge about Symptoms of infectious diseases. (b) Preventive measure – <ul style="list-style-type: none"> (i) Early diagnosis (ii) Isolation (iii) Notification (iv) Quarantine, (v) Disinfection, (vi) Immunization, (vii) Health education
9. Care of children and adolescents	<ul style="list-style-type: none"> (a) Care of children – food, clothing, play aterials, (b) Puberty and growth (c) Problems of adolescents and delinquents

**10. Family Life Education for Future
Home Maker**

- (a) Preparation for marital life.
- (b) Responsibility of parenthood.
- (c) Interpersonal relationship in family life.
- (d) Concept of Family Planning and personal health.