

HIGHER SECONDARY (CLASSES XI AND XII)

HOME SCIENCE (PG)

- Objectives:** a) To be acquainted with the basic knowledge components of Home Science as a subject.
b) To create scientific interest in young girls about the art and science of living in a community (both in and outside family)

Topics	Range of knowledge
1. A Family set up and its housing needs	(a) Selection and planning accommodation for residential purposes for different Socio-economic levels. (b) Beautifying a house, colour schemes, flower arrangement, wall and floor decoration as a part of interior decoration.
2. A good home manager	(a) Principles of management and its practices for both rural, semi urban and urban communities. (b) Cleaning and care of the house, use of different reagents, labour saving devices in household practices. (c) Use of resources --- Human and non human family budget. Savings, Household accounts. (d) Background of Indian home life and family relationship, preparation of Marital life, responsibility of parenthood.
3. Dress designing and clothing needs	(a) Selection of clothing according to age sex, vocation, seasons and climate care of clothing. (b) Knowledge about classification of fibres, physical and chemical tests. (c) Stain removal and laundering methods, use and selection of water for laundering purposes.
4. Personal health and hygiene	(a) Knowledge of human body parts and its care including the study of different organs and hormones. (b) Air and Water – their composition, source, pollution and purification.
5. Human Development	(a) Growth and development of a child, place of a child in a home throughout the different phases of childhood. (b) Child welfare (c) Role of parents, superiors at home, teachers, peers. (d) Child in special needs causes of school drop out, delinquency --- care and

6. Care of the sick at home
- (a) preventive measures.
 - (b) Basic nursing skills and qualities of a good nurse.
 - (c) A well equipped sick room and its equipment.
 - (d) Care and management of a patient.
7. First Aid and Health Education
- (a) Preparation and use of First Aid Box. Accidents and emergencies, different types of bandaging.
 - (b) A well equipped sick room
 - (c) Care and management of a sick room
 - (d) Health care – Primary health care (PHC) components and communication of health education, preventive measures from personal and public point of view.
 - (e) Formula for home made Oral rehydration solution (ORS). Oral rehydration therapy (ORT), immunization schedule – common childhood diseases.
 - (f) Mother and child health (MCH), National and International agencies and their roles in the field of community health.
8. Basic Principles of Physico-Chemical changes of matter in relation to housecraft
- (a) Structure and functions of animal cells and tissues.
 - (b) Composition and functions of blood.
 - (c) Understanding of different weights and measures commonly used at home.
9. Community Nutrition
- (a) Basic food groups, function of food, Macro and Micro nutrients for different age groups and workers in special condition.
 - (b) Balanced diet and meal planning. Planning therapeutic diets for different human ailments.
 - (c) Integrated child Development service (ICDS) and other programmes and agencies related to community education.
10. House as a Part of human society and the training for good citizenship
- (a) Role of human personality in a democracy.
 - (b) Role of Indian womanhood in modern society.
 - (c) Rural and urban self-government --- Public responsibilities of the Indian Community