

Department of Home Science

PROGRAMME OUTCOMES (PO) B.A (Hons.) NEP

The **B.A. Home Science Programme** aims to develop students' knowledge, skills, values, and competencies across nutrition, human development, textiles, communication, management, and community welfare. On successful completion of the programme, a graduate will be able to:

1. Apply Scientific Knowledge in Daily Life

Students will understand and use scientific principles from **nutrition, human development, physiology, textiles, and resource management** to solve real-life problems effectively.

2. Promote Health, Nutrition, and Well-being

Learners will be capable of:

- ❖ Assessing nutritional needs across the **life cycle**
- ❖ Identifying nutritional deficiencies
- ❖ Planning balanced diets and promoting community health

(Aligned to Food & Nutrition; Nutrition: Life Cycle Approach)

3. Understand Human Development Across Life Stages

Students will be able to explain **physical, cognitive, emotional, and social development** from infancy to old age, enabling them to work in child development centres, schools, or community settings.

4. Demonstrate Skills in Textiles and Fashion

Graduates will gain foundational knowledge in:

- ❖ Textiles, fibres, yarns
- ❖ Fabric construction, dyeing, printing
- ❖ Basics of **fashion design and traditional textiles**
This builds skills for fashion, tailoring, and textile-based entrepreneurship.

(Related to Textiles, Fashion Design, Indian Textile Heritage)

5. Manage Family and Community Resources Effectively

Students will develop abilities in:

- ❖ Money, time, and energy management
- ❖ Decision making, event planning
- ❖ Consumer education and personal finance

(Related to Family Resource Management, Personal Finance & Consumer Studies)

6. Communicate Effectively in Personal and Professional Settings

Graduates will learn:

- ❖ Interpersonal and mass communication
- ❖ Extension education techniques
- ❖ Teaching-learning strategies for community work

(Extension Education, Communication Systems & Mass Media)

7. Develop Entrepreneurial Skills

Students will gain competency to start small-scale enterprises in:

- ❖ Catering and food service
- ❖ Tailoring, fashion design, embroidery
- ❖ Child development services

(SEC courses like Home Based Catering, Fashion Design)

8. Conduct Basic Research in Home Science

Students will be trained to:

- ❖ Use research methods
- ❖ Collect and analyse data
- ❖ Prepare reports and presentations

(Related to Research Methodology in Home Science)

9. Understand Socio-economic and Environmental Issues

The programme helps students understand:

- ❖ Social problems
- ❖ Family dynamics
- ❖ Environmental concerns

(Socio-economic Environment, Marriage & Family Relationships)

10. Develop Values, Ethics, and Social Responsibility

Learners will be encouraged to promote:

- ❖ Gender equality
- ❖ Community development
- ❖ Well-being of children, women, and vulnerable groups

Through extension activities, practical work, and community projects.

B.A. HOME SCIENCE

PROGRAMME SPECIFIC OUTCOMES (PSO)

PSO-1: Apply Scientific Principles of Nutrition and Health

Students will be able to explain the principles of nutrition, identify nutrient deficiencies, plan balanced diets, and understand therapeutic nutrition across different age groups and health conditions.

PSO-2: Understand Human Development Across the Life Span

Learners will gain in-depth knowledge of human development from infancy to adulthood, enabling them to assess developmental needs and support growth, behaviour, and well-being of children and adolescents.

PSO-3: Demonstrate Competency in Clothing, Textiles, and Design

Students will acquire skills in:

- Fibre and fabric identification
- Weaving, dyeing, printing, finishing
- Fashion design basics
- Traditional textile heritage

This will prepare them for careers in textiles, apparel design, and related industries.

PSO-4: Utilize Effective Communication and Extension Education Techniques

Graduates will be able to use extension methods, communication tools, and media techniques for community development, awareness generation, and training programs.

PSO-5: Manage Family and Community Resources Efficiently

Students will apply principles of resource management—time, money, energy, and materials to improve family functioning, event planning, and consumer decision-making.

PSO-6: Conduct Research in Home Science

- Research methodology
- Data collection and analysis
- Report writing

Preparing them for higher studies and evidence-informed practice.

PSO-7: Apply Knowledge of Physiology and Promotive Health

Students will understand the structure and functioning of the human body and adopt practices that promote health, prevent disease, and support community well-being.

PSO-8: Promote Socio-economic and Community Development

Students will understand socio-economic issues affecting families and communities, enabling them to participate in development programs, social intervention, and welfare services.

PSO-9: Develop Entrepreneurial Skills

- Home-based catering
- Food service management
- Tailoring, fashion design
- Child care and community services

Enabling them to pursue self-employment and start small enterprises.

PSO-10: Demonstrate Professional Ethics, Empathy, and Responsibility

Students will develop values related to:

- Gender sensitivity
- Child and family welfare
- Community service
- Ethical decision-making and social responsibility

COURSE OUTCOMES (CO)

SEMESTER - I

CC-1: Human Development I – The Childhood Years

- CO1:** Explain concepts, principles, and stages of human development.
- CO2:** Describe physical, motor, social, emotional, and language development in children.
- CO3:** Identify actors influencing prenatal development and new-born capacities.
- CO4:** Apply developmental knowledge in creating activities and materials for children.

CC-2: Food and Nutrition

- CO1:** Define basic terms related to food, nutrition, and health.
- CO2:** Explain functions and sources of macro and micro nutrients.
- CO3:** Identify deficiency diseases and nutritional requirements across groups.
- CO4:** Analyse food groups, cooking principles, and food measurement concepts.

GE-1: Human Nutrition

- CO1:** Understand the relationship between food, nutrition, and health.
- CO2:** Classify nutrients and explain their functions and deficiencies.
- CO3:** Interpret basic food groups and dietary guidelines.

SEMESTER - III

CC-3: Extension Education

- CO1:** Understand meaning, principles, and philosophy of extension.
- CO2:** Describe the role of Home Science in community development.
- CO3:** Analyse teaching methods—individual, group, and mass communication.
- CO4:** Apply teaching-learning principles for community education.

CC-4: Family Resource Management

- CO1:** Explain the concept and scope of resource management.
- CO2:** Identify types of family resources and factors affecting their use.
- CO3:** Apply decision-making, planning, time, and money management skills.
- CO4:** Demonstrate event planning and work simplification techniques.

GE-2: Human Development & Family Studies

- CO1:** Understand stages of human development across the lifespan.
- CO2:** Examine family structures, roles, and relationships.
- CO3:** Relate development theories to real-life family functioning

SEMESTER - III

CC-5: Textiles

- CO1:** Classify textile fibres and describe their properties and uses.
- CO2:** Understand yarn production and types of yarn.
- CO3:** Explain fabric construction, loom parts, and weaves.
- CO4:** Identify textile finishes, dyes, and printing techniques.

CC-6: Dynamics of Communication

- CO1:** Understand basic communication concepts and processes.
- CO2:** Identify barriers to communication and ways to overcome them.
- CO3:** Analyse verbal, non-verbal, and visual communication modes.
- CO4:** Use communication tools effectively in home science contexts

CC-7: Personal Finance & Consumer Studies

- CO1:** Understand financial planning, savings, and investment.
- CO2:** Describe consumer rights and responsibilities.
- CO3:** Analyse budgeting, credit management, and financial decision-making.

SEC-1: Home-Based Catering / Maternal & Child Nutrition

Home-Based Catering

- CO1:** Understand food service operations and menu planning.
- CO2:** Apply quantity food preparation and hygiene practices.
- CO3:** Plan and manage small-scale catering units.

Maternal & Child Nutrition

- CO1:** Identify nutritional needs of pregnant and lactating women.
- CO2:** Explain infant and young child feeding practices.
- CO3:** Assess malnutrition and understand related programmes.

SEMESTER - IV

CC-8: Human Development II – Adolescence & Adulthood

- CO1:** Explain developmental characteristics of adolescence and adulthood.
- CO2:** Analyse challenges such as identity, social roles, and emotional maturity.
- CO3:** Apply developmental principles to real-life family and social situations.

CC-9: Nutrition – A Life Cycle Approach

- CO1:** Explain nutritional needs from infancy to old age.
- CO2:** Identify physiological changes affecting nutrient requirements.
- CO3:** Plan age-appropriate diets and address lifecycle-related nutritional issues.

CC-10: Fashion Design

CO1: Understand elements and principles of design.

CO2: Identify traditional textiles and their cultural significance.

CO3: Apply design concepts in garment construction and surface ornamentation.

SEMESTER – V

CC-11: Therapeutic Nutrition

CO1: Explain diet modification principles in diseases.

CO2: Understand therapeutic diets for obesity, diabetes, hypertension, etc.

CO3: Plan therapeutic diets for individuals and institutions.

CC-12: Physiology and Promotive Health

CO1: Understand basic body systems and their functions.

CO2: Explain health-promoting behaviour's and disease-prevention techniques.

CO3: Relate nutrition and lifestyle to physiological health.

DSE-1: Indian Textiles Heritage

CO1: Identify traditional textiles and craft clusters of India.

CO2: Explain production techniques, motifs, colours, and cultural relevance.

CO3: Understand conservation and socio-economic value of traditional textiles.

DSE-2: Communication Systems & Mass Media

CO1: Understand types and roles of mass media.

CO2: Analyze communication systems for information dissemination.

CO3: Prepare communication material for community awareness.

SEMESTER – VI

CC-13: Research Methodology in Home Science

CO1: Understand concepts of research, variables, and sampling.

CO2: Apply data collection tools and techniques.

CO3: Analyze and interpret research data.

CO4: Prepare structured research reports.

CC-14: Socio-Economic Environment

CO1: Understand socio-economic factors affecting families and communities.

CO2: Analyse poverty, inequality, and development issues.

CO3: Relate economic environment to family welfare and policy.

DSE-3: Marriage and Family Relationships

CO1: Explain concepts of marriage, family types, and kinship.
CO2: Analyse marital roles, communication, and adjustment.
CO3: Understand issues like divorce, conflict, and family stress.

DSE-4: Public Nutrition

CO1: Understand community nutrition problems and determinants.
CO2: Analyse nutritional programs and policies in India.
CO3: Develop strategies for improving public health and nutrition.

COURSE OUTCOME (CO) TABLE – B.A. HOME SCIENCE

SEMESTER – I

CC-1: Human Development I – The Childhood Years

Course Code	Course Title	Course Outcomes (CO)
CC-1	Human Development I: The Childhood Years	CO1: Explain the concepts, principles and stages of human development. CO2: Describe physical, motor, emotional, social, and language development in children. CO3: Identify factors affecting prenatal development and new-born capacities. CO4: Apply developmental principles to plan activities and materials for children.

CC-2: Food and Nutrition

Course Code	Course Title	Course Outcomes (CO)
CC-2	Food and Nutrition	CO1: Explain basic terms related to food, nutrition and health. CO2: Describe functions, sources, and requirements of macro & micro nutrients. CO3: Identify deficiency diseases and their prevention. CO4: Understand food groups, cooking principles, weights, and measures.

GE-1: Human Nutrition

Course Code	Course Title	Course Outcomes (CO)
GE-1	Human Nutrition	CO1: Define basic concepts of nutrition and food groups. CO2: Describe functions and requirements of nutrients.

Course Code	Course Title	Course Outcomes (CO)
		CO3: Understand deficiency disorders and dietary guidelines.

SEMESTER – III

CC–3: Extension Education

Course Code	Course Title	Course Outcomes (CO)
CC-3	Extension Education	CO1: Understand the meaning, objectives, and principles of extension. CO2: Explain the role of Home Science in community development. CO3: Describe individual, group, and mass communication methods. CO4: Apply teaching-learning principles for community education.

CC–4: Family Resource Management

Course Code	Course Title	Course Outcomes (CO)
CC-4	Family Resource Management	CO1: Understand concept, scope, and processes of resource management. CO2: Identify characteristics and classifications of family resources. CO3: Apply time, money, and energy management skills. CO4: Demonstrate event planning and decision-making abilities.

GE–2: Human Development & Family Studies

Course Code	Course Title	Course Outcomes (CO)
GE-2	Human Development & Family Studies	CO1: Understand human development from infancy to old age. CO2: Describe family roles, structures, and relationships. CO3: Apply development theories to family functioning.

SEMESTER - III

CC-5: Textiles

Course Code	Course Title	Course Outcomes (CO)
CC-5	Textiles	CO1: Classify textile fibers and describe their properties. CO2: Understand yarn manufacturing systems and types. CO3: Explain fabric construction, weaves, and loom mechanisms. CO4: Describe textile finishes, dyeing, and printing techniques.

CC-6: Dynamics of Communication

Course Code	Course Title	Course Outcomes (CO)
CC-6	Dynamics of Communication	CO1: Understand communication concepts and processes. CO2: Identify barriers to communication. CO3: Analyze verbal, non-verbal and visual communication modes. CO4: Use communication tools effectively for teaching and extension.

CC-7: Personal Finance & Consumer Studies

Course Code	Course Title	Course Outcomes (CO)
CC-7	Personal Finance & Consumer Studies	CO1: Understand concepts of financial planning, saving and investment. CO2: Identify consumer rights and responsibilities. CO3: Apply budgeting, credit, and financial decision skills.

SEC-1 (Option A): Home-Based Catering

Course Code	Course Title	Course Outcomes (CO)
SEC-1A	Home-Based Catering	CO1: Understand types of food service units. CO2: Apply quantity food production and hygiene principles. CO3: Plan and manage small-scale catering enterprises.

SEC-1 (Option B): Maternal & Child Nutrition

Course Code	Course Title	Course Outcomes (CO)
SEC-1B	Maternal & Child Nutrition	CO1: Explain nutritional needs during pregnancy and lactation.

Course Code	Course Title	Course Outcomes (CO)
		CO2: Understand infant and young child feeding practices. CO3: Describe assessment and management of malnutrition.

SEMESTER - IV

CC-8: Human Development II – Adolescence & Adulthood

Course Code	Course Title	Course Outcomes (CO)
CC-8	Human Development II	CO1: Describe developmental changes in adolescence and adulthood. CO2: Explain identity formation, emotional maturity, and social roles. CO3: Apply developmental knowledge to real-life situations.

CC-9: Nutrition – A Life Cycle Approach

Course Code	Course Title	Course Outcomes (CO)
CC-9	Nutrition: A Life Cycle Approach	CO1: Explain nutritional needs across life stages. CO2: Understand physiological changes influencing nutrition. CO3: Plan diets for each stage of the life cycle.

CC-10: Fashion Design

Course Code	Course Title	Course Outcomes (CO)
CC-10	Fashion Design	CO1: Understand elements and principles of design. CO2: Identify traditional textiles and techniques. CO3: Apply design concepts in garment construction.

SEMESTER - V

CC-11: Therapeutic Nutrition

Course Code	Course Title	Course Outcomes (CO)
CC-11	Therapeutic Nutrition	CO1: Understand diet modification principles for diseases. CO2: Describe therapeutic diets for lifestyle and metabolic disorders. CO3: Plan therapeutic diets for individuals and institutions.

CC-12: Physiology & Promotive Health

Course Code	Course Title	Course Outcomes (CO)
CC-12	Physiology & Promotive Health	CO1: Explain structure and function of body systems. CO2: Understand health promotion and preventive measures. CO3: Relate physiological health with nutrition and lifestyle.

DSE-1: Indian Textiles Heritage

Course Code	Course Title	Course Outcomes (CO)
DSE-1	Indian Textiles Heritage	CO1: Identify traditional textiles of India and their features. CO2: Explain production techniques, motifs, colours, and centres. CO3: Understand conservation and socio-economic value of textile crafts.

DSE-2: Communication Systems & Mass Media

Course Code	Course Title	Course Outcomes (CO)
DSE-2	Communication Systems & Mass Media	CO1: Understand types and role of mass media. CO2: Analyze communication systems for information dissemination. CO3: Prepare media and communication material for community work.

SEMESTER - VI

CC-13: Research Methodology in Home Science

Course Code	Course Title	Course Outcomes (CO)
CC-13	Research Methodology	CO1: Understand basic concepts of research. CO2: Apply tools and techniques for data collection. CO3: Analyze and interpret quantitative and qualitative data. CO4: Prepare scientific research reports.

CC-14: Socio-Economic Environment

Course Code	Course Title	Course Outcomes (CO)
CC-14	Socio-Economic Environment	CO1: Explain socio-economic factors affecting families and communities. CO2: Analyse issues like poverty, inequality, and unemployment. CO3: Understand influence of economic policies on family welfare.

DSE-3: Marriage & Family Relationships

Course Code	Course Title	Course Outcomes (CO)
DSE-3	Marriage & Family Relationships	CO1: Describe concepts of marriage, family types, and kinship. CO2: Analyse marital communication, adjustments, and conflicts. CO3: Understand family issues such as divorce, stress, and coping.

DSE-4: Public Nutrition

Course Code	Course Title	Course Outcomes (CO)
DSE-4	Public Nutrition	CO1: Identify community nutrition problems and determinants. CO2: Understand national nutrition programs and policies. CO3: Develop strategies for improving public nutrition and health.

**STATE MODEL SYLLABUS
FOR
UNDER-GRADUATE
COURSE IN HOME SCIENCE
CHOICE BASED CREDIT SYSTEM
2019**

Programme Outcomes (PO)

PO1: Apply scientific principles of nutrition, human development, textiles, and resource management.

PO2: Promote individual and community health through improved nutrition and healthy living practices.

PO3: Understand developmental stages across the human lifespan.

PO4: Communicate effectively using verbal, non-verbal, written and digital tools.

PO5: Demonstrate practical skills in food, textiles, communication, and resource management.

PO6: Engage in community development activities using extension education methods.

PO7: Understand socio-economic and environmental factors affecting families.

PO8: Develop entrepreneurial abilities in food, textiles, and childcare enterprises.

PO9: Conduct basic research and analyse data.

PO10: Exhibit ethics, empathy, gender sensitivity, teamwork, and social responsibility.

Programme Specific Outcomes (PSO)

PSO1: Apply nutritional science in planning diets and preventing deficiencies.

PSO2: Understand human development across life stages.

PSO3: Demonstrate technical knowledge in textiles and design.

PSO4: Use communication and extension techniques for community development.

PSO5: Manage family resources effectively.

PSO6: Conduct research using appropriate methodology.

PSO7: Apply physiological concepts to promote health.

PSO8: Analyse socio-economic issues affecting families.

PSO9: Develop entrepreneurial skills in home-based enterprises.

PSO10: Demonstrate professional responsibility and ethics.

Course Outcomes (CO)

CC-1: Human Development I

Course Code	Course Title	Course Outcomes
CC-1	Human Development I	CO1: Explain developmental concepts. CO2: Describe childhood development. CO3: Identify prenatal factors. CO4: Apply developmental principles.

CC-2: Food and Nutrition

Course Code	Course Title	Course Outcomes
CC-2	Food and Nutrition	CO1: Explain nutrition basics. CO2: Describe nutrients. CO3: Identify deficiencies. CO4: Understand food groups.

GE-1: Human Nutrition

Course Code	Course Title	Course Outcomes
GE-1	Human Nutrition	CO1: Define nutrition. CO2: Describe nutrients. CO3: Understand dietary guidelines.

CC-3: Extension Education

Course Code	Course Title	Course Outcomes
CC-3	Extension Education	CO1: Understand extension. CO2: Explain community development. CO3: Describe methods. CO4: Apply strategies.

CC-4: Family Resource Management

Course Code	Course Title	Course Outcomes
CC-4	Family Resource Management	CO1: Understand management. CO2: Identify resources. CO3: Apply planning. CO4: Demonstrate decision-making.

GE-2: Human Development & Family Studies

Course Code	Course Title	Course Outcomes
GE-2	Human Development & Family Studies	CO1: Understand development.

		CO2: Describe family systems. CO3: Apply theories.
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CC-5: Textiles

Course Code	Course Title	Course Outcomes
CC-5	Textiles	CO1: Classify fibers. CO2: Understand yarns. CO3: Explain fabrics. CO4: Describe dyeing.

CC-6: Dynamics of Communication

Course Code	Course Title	Course Outcomes
CC-6	Dynamics of Communication	CO1: Understand communication. CO2: Identify barriers. CO3: Analyze modes. CO4: Use tools.

CC-7: Personal Finance & Consumer Studies

Course Code	Course Title	Course Outcomes
CC-7	Personal Finance	CO1: Understand finance. CO2: Identify rights. CO3: Apply budgeting.

SEC-1A: Home-Based Catering

Course Code	Course Title	Course Outcomes
SEC-1A	Home-Based Catering	CO1: Understand catering. CO2: Use hygiene. CO3: Manage enterprise.

SEC-1B: Maternal & Child Nutrition

Course Code	Course Title	Course Outcomes
SEC-1B	Maternal & Child Nutrition	CO1: Explain maternal needs. CO2: Understand IYCF. CO3: Identify malnutrition.

CC-8: Human Development II

Course Code	Course Title	Course Outcomes
CC-8	Human Development II	CO1: Describe adolescence. CO2: Explain adulthood. CO3: Apply understanding.

CC-9: Nutrition – Life Cycle

Course Code	Course Title	Course Outcomes
CC-9	Nutrition Life Cycle	CO1: Explain lifecycle nutrition. CO2: Understand physiology. CO3: Plan diets.

CC-10: Fashion Design

Course Code	Course Title	Course Outcomes
CC-10	Fashion Design	CO1: Understand design. CO2: Identify textiles. CO3: Apply design.

CC-11: Therapeutic Nutrition

Course Code	Course Title	Course Outcomes
CC-11	Therapeutic Nutrition	CO1: Understand therapy. CO2: Describe diets. CO3: Plan therapeutic diets.

CC-12: Physiology & Promotive Health

Course Code	Course Title	Course Outcomes
CC-12	Physiology	CO1: Explain systems. CO2: Understand prevention. CO3: Link health & nutrition.

DSE-1: Indian Textiles Heritage

Course Code	Course Title	Course Outcomes
DSE-1	Indian Textiles Heritage	CO1: Identify textiles. CO2: Explain motifs. CO3: Understand heritage.

DSE-2: Communication Systems

Course Code	Course Title	Course Outcomes
DSE-2	Communication Systems	CO1: Understand media. CO2: Analyse systems. CO3: Prepare material.

CC-13: Research Methodology

Course Code	Course Title	Course Outcomes
CC-13	Research Methodology	CO1: Understand research. CO2: Use tools. CO3: Analyse data. CO4: Write reports.

CC-14: Socio-Economic Environment

Course Code	Course Title	Course Outcomes
CC-14	Socio-Economic Environment	CO1: Explain factors. CO2: Analyse issues. CO3: Understand policies.

DSE-3: Marriage & Family Relationships

Course Code	Course Title	Course Outcomes
DSE-3	Marriage & Family	CO1: Describe marriage. CO2: Analyse communication. CO3: Understand conflict.

DSE-4: Public Nutrition

Course Code	Course Title	Course Outcomes
DSE-4	Public Nutrition	CO1: Identify problems. CO2: Understand programs. CO3: Develop strategies.