

Home Science

1 HUMAN DEVELOPMENT

UNIT	CONTENT
1	<p>Human Development</p> <ul style="list-style-type: none">• Definition, need for the study, scope and principles, domains of development, stages of life span and developmental tasks.• Contemporary study of Human Development, change and stability, understanding growth and development• Heredity, environment, maturation, major contextual influences. Genetic code, sex cells, DNA, genes, chromosomes, types of inheritance.• Chromosomal and genetic abnormalities-Down's syndrome, Klinefelter's syndrome, Fragile X syndrome, Turner's syndrome, XYY syndrome.• Brain development- neurons, synaptic connections, myelination and plasticity
2	<p>Theoretical Perspectives</p> <ul style="list-style-type: none">• Need , importance, characteristics of a good theory,• Psycho Dynamic theories- Erik Erikson's Psycho social theory, Sigmund Freud's Psycho sexual theory.• Theories of Behavioural Learning-.Ivan Pavlov's Classical Conditioning Theory, Trial and Error learning theory of Thorndike, Operant Conditioning theory of B.F. Skinner, Social learning theory of Bandura.• Theories of development_Theory of Hierarchy of needs by Abraham Maslow, Cognitive Development theory of Jean Piaget, Kohl berg's theory of Moral Development, Bowlby's theory of attachment.• Theoretical perspectives on aging_Heredity theory, Cellular aging theory, Wear and Tear theory, Clinker theory, Auto- immunity theory, Homeostatic imbalance theory, Mutation theory, Social psychological theories of aging-Disengagement theory, Activity theory, Personality and Lifestyle theory, Social Exchange Theory, Modernistic theory of adjustment
3	<p>Pre natal Stage</p> <ul style="list-style-type: none">• Male and female reproductive system, Menstruation-definition, menstrual cycle• Pregnancy-conception, signs and symptoms, discomforts, complications, care factors influencing pre natal development.

	<ul style="list-style-type: none"> • Pre natal diagnostic tests-Ultrasound, amniocentesis, chorionic villi sampling, maternal blood analysis, umbilical cord sampling • Stages of pre natal development. • Child birth-Process, types, birth complications
4	<p>Infancy (Birth to two years)</p> <p>a. Neonate-Characteristics, capacities, adjustments, reflexes,</p> <ul style="list-style-type: none"> • Infant assessment- APGAR Score, Brazelton Scale • Breast feeding-importance • Feeding practices and immunization <p>b. Development during infancy-</p> <ul style="list-style-type: none"> • Physical and motor, cognitive, language, social and emotional development. • Importance of stimulation for growth and development-Traditional methods, games, songs of infant care and stimulation, issues and concerns related to intervention programmes. Multi-sensory stimulation, stimulation programmes/activities
5	<p>Childhood Years</p> <p>a. Early childhood-</p> <ul style="list-style-type: none"> • Definition, characteristics, developmental milestones, physical, motor, cognitive, language, social, emotional and moral development, importance of nutrition and Common behavioral problems. • Early childhood education (ECE)-meaning, importance, principles and objectives,types of early childhood education centers-day care center, kindergarten, crèche, mobile crèche, anganwadi, balwadi, Montessori, laboratory nursery school. Pre requisites of an ECE center, Play-importance of child's play, characteristics, types, selection, care and use of play equipments (indoor and outdoor).Programme planning for ECE-Need, types of programme planning-daily, weekly, short term long term.Activities for young children-physical, motor, cognitive, language, socio-emotional. • Contributions of educators- Rousseau, Pestalozzi, Froebel, John Dewey Maria Montessori, M.K. Gandhi, Rabindranath Tagore, Annibesant, GijubhaiBadheka, TarabaiModak. <p>b. Late childhood</p> <ul style="list-style-type: none"> • Characteristics, development of sex related differences and gender roles. • Socialization-family, school, peers, teachers, interests and hobbies, influence of mass media during childhood years.

6	<p>Adolescence</p> <ul style="list-style-type: none"> • Puberty-growth spurt, secondary sexual characteristics, psychological dimension of puberty, Reproductive and sexual health, importance of sexuality education • Cognitive changes during adolescence. • Problems of adolescence, Identity formation and identity crisis, need for counseling and guidance- educational, career and vocational • Youth and mass media-relevance and concerns. • Importance of Life Skills Education.
7	<p>Adulthood</p> <ul style="list-style-type: none"> • Marriage-definition, functions, types of marriage, marital adjustments, • Family- definition, functions, types , role and responsibilities of family life- Parenting-tasks, skills, changing concept of parenthood, parenting techniques • Family life cycle, family crisis-divorce, separation, bereavement, family violence, importance of marital counseling. • Vocational adjustments, preparation for retirement. • Changes in physical and cognitive abilities, health status, adjustments to old age, positive ageing, health care.
8	<p>Family and Child Welfare Programmes</p> <ul style="list-style-type: none"> • Objectives and needs of family and child welfare programmes. • Programmes for women. • Programmes for children. • Programmes for family. • Programmes for aged.
9	<p>Children with Special Needs and Vulnerable Children</p> <p>Learning disabled children, intellectually challenged children, children with autism, children with emotional and behavioral problems, children with multiple disabilities</p> <ul style="list-style-type: none"> • Meaning, definition, causes, prevalence, classification, characteristics. • Need for identification, screening and early intervention • Role of support systems – parents, special educators, teachers, peers, professionals, caretakers and therapist. • Educational placement – special schools, inclusive schools and home based education. • Importance of daily living, self – help, social skills, life skills and sexual health education, Rights of the disabled and need for vocational training

	<p>Socially vulnerable children and Medically vulnerable children</p> <ul style="list-style-type: none"> • Meaning, definition, concept, causes, prevalence, classification, characteristics of children of sex workers, convicts children, abused children, children affected under riots, terrorism, calamities and street children. • Meaning, definition, concept, causes, prevalence, classification, characteristics -spinal bifida, muscular dystrophy, HIV, cancer, leprosy, T.B, multiple sclerosis, hemophilia, chronic illness, congenital heart diseases and other medical conditions • Role of Government, Non – Government, NGO’s and Community based organizations and schools. • Need for assessment and therapy, role of special and inclusive schools and non-formal education • Importance of daily living, self – help, social skills, life skills and sexual health education
10	<p>Research Methods and Statistics</p> <ul style="list-style-type: none"> • Trends in research in Human Development, Types of research in Human Development. • Research designs • Types of variables and selection. • Sampling methods, Tools for data collection, Data collection and classification • Measures of central tendency. • Analysis of data through parametric and non- parametric statistics and report writing.

2 RESOURCE MANAGEMENT

UNIT	CONTENT
1.	<p>Personal Finance</p> <ul style="list-style-type: none"> • Family income management-Meaning and scope, budgeting, Accounts and record maintenance. • Credit- types, merits and demerits, sources of credit, credit instruments. Credit and debit cards • Family’s financial security- types of savings, investments and insurance. • Taxation-concept, types a taxes. • Will and trusts –Importance, types and procedure.
2.	<p>Human Resource Management</p> <ul style="list-style-type: none"> • Definition ,scope, Functions and objectives of HRM

	<ul style="list-style-type: none"> • Man power planning, recruitment, selection and training • performance appraisal, Salary administration • promotion, transfer, discipline, grievance redressal • Separation-types, benefits due, exit interview
3.	<p>Environment Management</p> <ul style="list-style-type: none"> • Definition, components of the environment – atmosphere, troposphere, stratosphere, mesosphere, thermosphere and exosphere. Biodegradable and non-biodegradable substances. • Types of environmental pollution – air, water, land and noise pollution. Types of pollutants – air, water, land and noise. Effects of pollution – global warming, acid rain, climate changes, marine degradation and loss of soil fertility. Prevention of pollution. • Waste management - Types of waste – simple and complex biodegradable waste. Methods of waste disposal and management. - The 3 R's of waste management – reduce, reuse and recycle. • Energy resources – Types of resources – nonrenewable and renewable. Nonrenewable resources - fossil fuels and nuclear energy. Renewable resources - wind, water, solar, geothermal and biofuels. Conservation of energy. • Environmental Education – necessity for Environmental Education in schools and colleges. Role of local, Governmental and Non-Governmental Agencies in creating awareness.
4.	<p>Fundamentals of Management</p> <ul style="list-style-type: none"> • Definition and concepts of Management- Management as an activity, a process , a resource ,as a science ,as an art, As an area of study, as a profession • Role and Nature of Management- continuous process, universal in nature, multidisciplinary, group activity, goal oriented, dynamic, system of authority .Achieves group goals, optimum utilization of resources, reduces cost, establishes sound organization and equilibrium. • Levels of Management- Top level management, middle level management, low level management-features and functions. • Management Process –Planning- features ,types and importance of planning., Organizing-Features and importance, Controlling – features and importance,

	<ul style="list-style-type: none"> • Skills, -Human skills, Technical skills, Conceptual skills, Ethics in Management- Meaning of ethics, Role and importance of ethics in management. TQM- Meaning, features of TQM, needfor TQM.
5.	<p>Interior Decoration</p> <ul style="list-style-type: none"> • Objectives of Interior Decoration-Beauty, Expressiveness and Functionalism. • Elements of Art and Principles of Design-Line, Form, Colour, Light, Pattern Space. Proportion, Balance ,Rhythm , Emphasis and Balance • Colour –Primary colours, Secondary colours, Tertiary colours, Prang Colour Wheel, Qualities of colours, Colour Harmonies. • Furniture and Accessories – Styles in furniture, Principles of furniture arrangement, Factors to be considered in selecting furniture .Types of accessories, Selection and arrangement of accessories in interiors. • Flower Arrangement-Types of flowers and foliage, Styles in Flower arrangement, Mechanics of flower arrangement, Accessories used with Flower arrangement.
6.	<p>Consumer Economics</p> <ul style="list-style-type: none"> • Definition and role of consumer. Consumerism and its growth. • Consumer problems in rural and urban areas. • Consumer’s rights and responsibilities. • Consumer Education Sources of consumer information advertisements, printed information, audio-visual communications labels, packages etc. • Consumer redressal, consumer protection laws, Consumer organizations.
7.	<p>Ergonomics</p> <ul style="list-style-type: none"> • Ergonomics, Domains, Objectives, Man, machine and Environment. • Consideration in Work Space Design: Anthropometric Consideration, Work posture, Equipment and clearance space. • Fatigue: Physiological and psychological fatigue, ways to overcome fatigue. • Work simplification: Techniques, Mundell’s classes of change Environmental factors influencing work: Temperature, Light and lighting Noise.
8.	<p>Housing And Household Equipment</p> <ul style="list-style-type: none"> • Introduction to Housing-Factors affecting Housing, Selection of Site, Types of Plans • Components of Building-Foundation, Ceiling and Walls, Flooring,

	<p>Doors and Windows</p> <ul style="list-style-type: none"> • Housing Standards and Legislation-Building codes, Role of Civic Authorities in Housing, Estimating and Costing in relation to land price and Construction • Housing Financial Institutions- Existing housing finance system in India, Housing finance and related issues • Fundamentals of Household Appliances- Basics of Electricity, Classification of Appliances, Safety in use of Household Equipments
9.	<p>Entrepreneurship development</p> <ul style="list-style-type: none"> • Entrepreneurial quality and motivation-Concept, need and importance of entrepreneurial development. • Process of entrepreneurship development-Environmental scanning and opportunity identification, Government policies and schemes for entrepreneurship development. • Developing Entrepreneurial competencies-Setting up an enterprise – enterprise selection, market analysis, SWOT analysis, resource mobilization, finance, technology, raw material, site and man power. Enterprise management. • Identification of marketing strategies, packaging, quality control, advertisement, costing and taxation • Institutions and Organizations’ Supporting an Entrepreneur.
10.	<p>Research Methodology and Statistics</p> <ul style="list-style-type: none"> • Research: Process, Formulation of research design, ethics in research, Research proposal, Scientific research writing. • Types of data: Primary and secondary data, Data collection techniques, Classification, tabulation and Graphical representation of data. • Types of scales: Nominal, Ordinal, Interval and ratio scales. • Descriptive Statistics: Measures of central tendency, Dispersion, Correlation. • Inferential Statistics: Testing of hypothesis, Nonparametric test – Chi-Square, parametric test – t-test, F- test.

3 FOOD AND NUTRITION

UNIT	CONTENT
1	<p>Human Physiology and Nutritional Biochemistry</p> <ul style="list-style-type: none"> • Basic Tissues. • Digestive, Respiratory and Excretory Systems. • Cardiovascular system and Nervous system. • Metabolism of Proteins, Carbohydrates and Fats. • Blood and Urine Analysis and Reference values.
2	<p>Food Microbiology, Sanitation and hygiene and Food Service Management</p> <ul style="list-style-type: none"> • Characteristics of Microorganisms. • Food Contamination, Spoilage, Infection and Intoxication. • Sanitation and hygiene. Standards and Food Safety. • Institutional Food Service Management. • Food, Service, Layout and Equipment.
3	<p>Human Nutrition</p> <ul style="list-style-type: none"> • Food Guides • Body composition • Macronutrients • Micronutrients • Functional foods
4	<p>Nutrition Through Life Span.</p> <ul style="list-style-type: none"> ➤ Growth, developmental and nutritional aspects of the following • Maternal Nutrition • Infancy • Childhood • Adolescence and Adulthood • Old Age
5	<p>Food Science</p> <ul style="list-style-type: none"> • Sensory Evaluation • Food analysis • Properties of Food • Food Commodities • Food Additives
6	<p>Food Technology</p> <ul style="list-style-type: none"> • Food Processing • Food Preservation • Food Packaging • Recent advances in Food Technology • Food Enrichment and Food Fortification

7	<p>Dietetics</p> <ul style="list-style-type: none"> • Role of Dietician in hospital and community, components of Nutrition counselling • Pathophysiology, Physiology and Medical Nutrition Therapy (MNT) of Coronary Heart Disease and congestive Heart Failure, Hypertension. • Etiology, Pathophysiology, Symptoms and MNT of metabolic disorders – Gout, Phenyl Ketone Urea, Maple Syrup Urine Galactosuria, Lactose Intolerance, Diabetic Mellitus. • Food Allergy, Food Nutrient Drug Interaction. • Etiology, and MNT of COPD, Disorders associated with GIT, Liver, Kidney and Cancer.
8	<p>Public Health Nutrition</p> <p>Public Health Nutrition.</p> <ul style="list-style-type: none"> • Nutritional Problems in India. • Assessment of Nutritional Status in the community. • Public Health Hygiene and Sanitation. • Strategies to combat nutritional problems <ul style="list-style-type: none"> - Policies and Programmes - Agencies (National & International)
9	<p>Management of Health and Fitness</p> <ul style="list-style-type: none"> • Fuels to support Physical activity, review of different energy systems for endurance and power sports. • Fluids and Electrolyte balance, Dehydration during exercises, Sports drinks. • Importance of exercise in chronic degenerative diseases, weight management. • Ergonomic aids, Dietary supplements. • Doping and its effects.
10	<p>Research Methodology and statistics</p> <ul style="list-style-type: none"> • Research process • Types of research and research designs • Sampling techniques • Data collection • Analysis of data through parametric and nonparametric statistics

4 TEXTILE AND CLOTHING

UNIT	CONTENT
1	<p>TEXTILE CHEMISTRY</p> <ul style="list-style-type: none"> ➤ Fibre – Classification, manufacturing process, physical and chemical properties

	<ul style="list-style-type: none"> ➤ Dyeing ➤ Printing ➤ Finishing ➤ Natural Dyes
2	FABRIC SCIENCE <ul style="list-style-type: none"> ➤ Yarn manufacturing ➤ Yarn properties, types, yarn count, yarn twist ➤ Fabric construction – Woven, knitted, non-woven ➤ Other construction techniques ➤ Care and maintenance of fabrics
3	TEXTILE AND APPAREL TESTING <ul style="list-style-type: none"> ➤ Fibre testing ➤ Yarn testing ➤ Fabric testing ➤ Quality control ➤ Research institutes
4	HISTORIC AND TRADITIONAL TEXTILES <ul style="list-style-type: none"> ➤ Ancient textiles ➤ Traditional textiles of India ➤ Ancient costumes ➤ Historic costumes of India ➤ Jewelleries and accessories used by Indians from vedic period to date
5	CLOTHING CONSTRUCTION <ul style="list-style-type: none"> ➤ Basics of sewing techniques and tools used ➤ Principles of clothing construction ➤ Pattern Alteration ➤ Grading ➤ Fit components
6	CLOTHING NEEDS <ul style="list-style-type: none"> ➤ Clothing needs ➤ Factors influencing clothing needs ➤ Selection of clothes for different age groups ➤ General consideration in selection of clothes ➤ Clothing needs related to activities
7	ELEMENTS AND PRINCIPLES OF DESIGN

	<ul style="list-style-type: none"> ➤ Elements of design ➤ Principles of design ➤ Fashion concept ➤ Fashion design ➤ Fashion cycle
8	MARKETING AND MERCHANDINZING <ul style="list-style-type: none"> ➤ Marketing strategies ➤ Marketing tools ➤ Export documentation ➤ Shop floor management ➤ Visual merchandizing
9	HOUSEHOLD TEXTILES AND LAUNDRY WORK <ul style="list-style-type: none"> ➤ Household textiles ➤ Principles of laundering ➤ Equipment used for laundering ➤ Suppliers for laundering ➤ Methods of washing different type of fabrics
10	RESEARCH METHODOLOGY AND STATISTICS <ul style="list-style-type: none"> ➤ Types of Research ➤ Research Design ➤ Methods and techniques of data collection ➤ Analysis of research through appropriate statistical techniques ➤ Writing a Research report

5 EXTENSION EDUCATION AND COMMUNICATION

UNIT	CONTENT
1	Community development & Extension Education <ul style="list-style-type: none"> • Origin, scope, concept of extension education. • Meaning, concept, objectives and principles of community development. • Historical development & functions of community development & extension education program in India. • Introduction, evolution, definition, concept & objectives of social security for community.

	<ul style="list-style-type: none"> • Strategies & Provisions of Extension Services in Social Security.
2	<p>Communication Technology</p> <ul style="list-style-type: none"> • Historical background, nature, characteristics, advantages and limitations and future prospectus of media. • Communication system: nature, scope, function, types of communication. • Theories and Models of communication, role and constraints of media in communication process. • Media systems: techniques. • Instructional Technology, Communication & Audio-Visual aids.
3	<p>Environment & Sustainable Development</p> <ul style="list-style-type: none"> • Environment: Definition, Components, Scope. Environmental hazards. • Sustainable Development: philosophy, meaning, concept, principles, goals, needs & implications. • Ecological, Social & Economic dimensions of Sustainable Development. • Sustainability & Management of Community Resources (Biodiversity, Natural resources). • Conservation of ecology & natural resources.
4	<p>Development Communication</p> <ul style="list-style-type: none"> • Evolution & growth of Development Communication. • Definition, meaning, concept, nature of Development Communication. • Characteristics & types of Development Communication (Devcom). • Role of Satellite in Devcom. • Models of development communication and approaches to development communication: diffusion & adoption of innovation.
5	<p>Public Health & Community Nutrition</p> <ul style="list-style-type: none"> • Concept & scope of public health & community nutrition. • Objectives, functions and types of health service and programmes in India. • Public health nutrition for National Development. • Nutritional Epidemiology & Health Surveillance. • Strategies, intervention & prevention at the individual and ecological level.
6	<p>Extension Management & Indian Socio Economic Environment</p> <ul style="list-style-type: none"> • Concept & Steps in Extension Management. • Indian economy – structure & Characteristic of rural and urban areas. • Social Change, Economic planning and achievements.

	<ul style="list-style-type: none"> • Industry and agriculture in India – National food production program. • Co-operatives- philosophy, objectives, types & programmes.
7	Women & Development <ul style="list-style-type: none"> • Gender perspectives - concept, definition and social construction of gender. • Gender Issues- health, economic, education, political, legal and ethical issues. • Policies & programmes - capacity building initiatives and empowerment. • Women’s movement in India & political socialisation.
8	Project Management & Entrepreneurship Development <ul style="list-style-type: none"> • Concept, process, functions, types of project management. • Project planning and entrepreneurship management. • Functions and types of entrepreneurship development. • Growth strategies - Launching & organising an Enterprise. • Gender issues, infrastructure & supportive service for entrepreneurship development.
9	Media planning, social advertisement & social marketing <ul style="list-style-type: none"> • Media System: trends & techniques, types of media, media mix, media planning, strategy design & classification of advertisement.. • Evaluation and history of social marketing and advertisement. • Media planning for social advertisement & marketing. • Issues in social marketing and advertisement. • Trends in social advertising & marketing: Global & Indian Perspective.
10	Research Methodology <ul style="list-style-type: none"> • Research – meaning, definition, scope & objectives. • Research design – purpose, criteria and types. • Research problem – meaning, definition, source, identification, criteria for selection, need, relevance and feasibility. • Sampling techniques, data gathering instruments, methods of collecting data. • Scientific writing – preparing proposal, presentation of synopsis, writing for grants, formulate outlines, drafting title, subtitles, tables & illustration.

6 EARLY CHILDHOOD EDUCATION AND ADMINISTRATION

Unit	CONTENT
1.	Early Childhood Education & Theoretical perspectives <ul style="list-style-type: none"> ➤ Significance of Early Childhood years. Significance of Early Childhood Education .History of ECE. Principles and objectives of ECE. Types of early childhood centers- Day care

center, Kindergarten, Montessori, Crèche, mobile crèche, Anganwadi and Balawadi.

- Contributions of different Philosophers towards ECE- Rousseau, Pestalozzi, Dewey. Montessori, Froebel, Piaget, GijubhaiBadheka, TarabaiModak, Rabindranath Tagore and M K Gandhi.
- Play: Definition and stages of play, functions of play, types of play. Learning centers and activity zones, basic arrangement and their relationship to learning through play. Therapeutics in play.
- Desirable teacher attitude and Classroom management styles. Personality of an ECE teacher. Roles and responsibilities- Personal, Academic
- Changing concepts and recent global trends in ECE .Challenges, Opportunities and demands in ECE in the present day context

Theoretical perspectives in early childhood education:

- Theories -meaning, importance and functions
- Theories of development-
 - Theory of Hierarchy of needs by Abraham Maslow.
 - Cognitive Development theory of Jean Piaget.
 - Kohl berg’s theory of Moral Development
 - Bridges Genetic theory of Emotions
 - Bowlby’s theory of attachment
- Theories of Behavioral Learning
 - Ivan Pavlov’s Classical Conditioning Theory
 - Trial and Error learning theory of Thorndike
 - Operant Conditioning theory of B.F. Skinner.
 - Social learning theory by Bandura.
- Psycho Dynamic theories
 - Psycho social theory of Erik Erikson
 - Psycho analytical theory of Sigmund Freud
 - Neo Freudian theories-Anna Freud, M.Cline
- Theories of Intelligence
 - Howard Gardner’s theory of Multiple Intelligence
 - Lev Vygotsky’s Cognitive Development

<p>2.</p>	<p>Stimulation and development in early years</p> <ul style="list-style-type: none"> ➤ Early childhood stimulation- Meaning, Definition and Concept. Pre natal stimulation and infant stimulation ➤ Benefits of early childhood nutrition and stimulation ➤ Home and Preschool as sources of early childhood stimulation. Early childhood stimulation and • Motor development • Language development • Socio-emotional development • Activities of daily living ➤ Brain development and stimulation during early years. Cognitive Stimulation and preschool learning program. Cognitive stimulation and home environment. Developing cognitive functions for intellectual growth. ➤ Early intervention and the relevance of critical periods. Development milestones. Development hazards with relevance to developmental task collapses.
<p>3.</p>	<p>Nurturing creativity in early years; Early language and literacy</p> <ul style="list-style-type: none"> ➤ Concept of creativity, Creative intelligence and the brain. Identification of creativity. ➤ Stages in creativity development ➤ Identification of creative abilities in a child ➤ Enhancing creative skills through different mediums. Establishing creative models. ➤ Hindrances in development of creative abilities in the child. ➤ Language development- Stages and sequence of language learning, Language acquisition and use, language comprehension ➤ Emergent literacy: Skills, knowledge and attitude as pre readiness skill to reading and writing. Components of emergent literacy-Vocabulary, word meaning knowledge, syntax and semantics. ➤ Literacy stimulating environments in child care programs, literacy and home environment. Visual and auditory processing modalities ➤ Developmentally appropriate, culturally sensitive learning environments for children that promote language and communication development. Aids to enhance Listening Skills. ➤ Literacy experiences for children at each stage of literacy development: Children and Books, children’s literature and use of graphic media
<p>4.</p>	<p>Health, nutrition and safety in early childhood:</p> <ul style="list-style-type: none"> ➤ Health: Definition, dimensions of health. Importance of immunization, common infections

	<p>and communicable diseases and their control in early years</p> <ul style="list-style-type: none"> ➤ Nutrition: <ul style="list-style-type: none"> • Nutrition and growth • Concept of optimum nutrition, RDA for children and planning balanced diet. • Malnutrition – indices and consequences. Protein Energy Malnutrition, night blindness, rickets, iodine deficiency disorders. • Eating habits, concept of packed lunch. ➤ Environment, Health, Safety(EHS) : <ul style="list-style-type: none"> • EHS Laws, Indoor and outdoor safety. Importance of providing safe environment both at home and school. • Prevention of accidents and importance of first aid ➤ Nutrition, Health and Safety awareness for parents and young children. Measures for implementation. ➤ Planning and developing modules to educate children and parents about nutrition, Health and Safety.
5.	<p>Schemes, benefits and development programs for young children:</p> <ul style="list-style-type: none"> ➤ Child status profile. Overview of Schemes, benefits and development programs in the present scenario at National and State levels. Importance of Networking within the community for creating program awareness. Success stories of efficient networking of early childhood programs ➤ Survey studies and research carried out in early childhood care and education. ➤ Impact studies of major current national projects/programs related to early childhood care and education ➤ Impact studies of major State Government projects related to early childhood care and education programs. (Three current projects highlighting at least one from Karnataka.) ➤ Schemes, benefits and development programs instituted by Non- Governmental Organizations.
6.	<p>Curriculum considerations in early childhood programs & Developing instructional materials for early years:</p> <ul style="list-style-type: none"> ➤ Domains of early childhood pedagogy- Motor, speech and language, socio-emotional, cognitive, activities of daily living and applied to teaching learning strategy. ➤ Child Development assessment scales and their applications in ECC's <p>Early childhood programs: Principles, Definition. Types, methods and techniques of teaching. Scheduling the Programs.</p>

	<ul style="list-style-type: none"> ➤ Curriculum- Curriculum goals, Curriculum outline- Child centered, activity centred, eclectic approach and inclusive approach. ➤ Implementation of curriculum. Developing instructional plans. Multi –instructional objectives. Classroom arrangement. Use of teaching resource materials and equipments. Worksheet and teaching aid design. Documentation of work. Classroom behavior management-structure and discipline ➤ Achieving basic readiness skills mastery for formal learning experiences. Child development profiling and report writing. ➤ Significance and types of teaching learning materials for early childhood educational programs. ➤ Motor development- Materials for body balancing, body co-ordination and sensory integration- (Gross and finer). Visual, Auditory, tactile, Kinesthetic-(VATK) kits. ➤ Speech and language: Expressive, receptive, vocabulary ➤ Socio-Emotional Activities: (Socio-dramas, puppetry, role play, street play, music, dance, emote cards, sand play, water play, clay modeling, drawing and painting etc). Activities of daily living kits. ➤ Cognitive: Developmentally appropriate Concept kits
7.	<p>Child Rights</p> <ul style="list-style-type: none"> ➤ Situational Analysis of Children and Childhood in India. Problems and Issues faced by Children in Certain Selected Sectors in India ➤ Definition and evolution of child rights in India. Understanding Child Rights, Introduction to current issues concerning children’s rights ➤ National Laws and Policies for Children ➤ Statutory and Judicial Institutions- Child Welfare Committee (CWC) and a Juvenile Justice Board (JJB), family courts. Working with various legal institutions. Orientation to Skills and Strategies of Work with the Legal System ➤ Rights based Programming- Protection of child rights and Advocacy. Working with Children in Multidisciplinary settings
8.	<p>Media and early Childhood education:</p> <ul style="list-style-type: none"> ➤ Media: Media as a vital source of facilitating learning skills - speaking, reading, writing and listening during early years ➤ Different forms of media relevant to ECE- Print Media- Children’s magazines, comics, story books. Electronic and Audio-Visual media- Films, children’s programmes comic strips etc ➤ Traditional media— It’s relevance in facilitating learning during early childhood years ➤ Preparation of Early Childhood Education communication- radio programs, films, comic

	<p>strips, educational CD's , puppets through different media</p> <p>➤ Impact /involvement/portrayal of young children in media.</p>
9.	<p>Children with special needs</p> <p>➤ Developmentally vulnerable children- Overview, Identification and assessment, Intervention process and systems, Rehabilitation programs, Placement of children either in special/inclusive /non formal schools, Needs for Guidance and Counselling, Life skill education and Sexual health education, adaptive skill training.</p> <p>➤ Medically vulnerable children: Overview, Identification and assessment, Intervention process and systems, Rehabilitation programs, Placement of children either in special/inclusive /non formal schools, Needs for Guidance and Counselling, Life skill education and Sexual health education, adaptive skill training. Developmental psychopathology-Disorders and intervention</p> <p>➤ Socially vulnerable children: Overview, Identification and assessment, Intervention process and systems, Rehabilitation programs, Placement of children either in special/inclusive /non formal schools, Needs for Guidance and Counselling, Life skill education and Sexual health education, adaptive skill training.</p> <p>➤ Educationally vulnerable children: Overview, Identification and assessment, Intervention process and systems, Rehabilitation programs, Placement of children either in special/inclusive /non formal schools, Needs for Guidance and Counselling, Life skill education and Sexual health education, adaptive skill training.</p>
10.	<p>Organisation development skills-</p> <p>➤ Leadership</p> <ul style="list-style-type: none"> • Leader- Concept and definition. Theories- trait, behavioural, contingency/ situational. Qualities- Charismatic, transformational and ethical leadership; trust and leadership. Types of leaders. • Personal Growth: Self-awareness, self-management; Developing motivation: collaboration, achievement, conflict management, decision making, team effectiveness; Assertiveness; Presentation skills; Stress management; Lateral thinking/ creativity; Persuasion/ negotiation skills; Trust building; Coaching and mentoring skills. • Effective Communication: Communication process: Intra and inter personal communication, communication styles, listening skills, nonverbal communication, overcoming barriers of communication at work place, conflict management, building relationships, organizational communication written communication. • Group Dynamics and Emotional Quotient at Work: Motivation: theories and applications; Human resourcefulness, skills and competencies; Transactional analysis: ego states, types of

transaction, games; Group behaviour: group development, group decision making; Models of emotional intelligence: ability based model, personality based model, performance based model, mixed model; application of EI in work and personal life

- Administration of early childhood programs: Administration and the Organisational Environment; Human Resource Systems; Financial Management; Marketing; Business Communication Skills.
- Establishing early childhood education centres: Need for early childhood education centre. Definition of early childhood education centre. Legislation, regulations and criteria for early childhood services. Deciding on type of service-Community needs assessment: planning the project: describing the community, describing the group, making the project visible, consulting the community-(survey, focus group, public meeting, and other sources), analyzing the information. Designing and building the service-choosing the site, resource consent. Design steps- developing indoor and outdoor plans; complying with local building norms;
- Preparing policies, procedures and processes-Licensing criteria, drafts of documentation for- Developing policies-Personnel, settling in and transition, health and safety, curriculum assessment and planning, child protection, financial, communication, privacy, positive guidance, complaints, fees etc. Administration records- Enrolment, fees, attendance, accidents and illnesses, medicine, immunization register, food, staffing, sample documents, self review guidelines etc. Governance and management task list- Management group; Person responsible; Educators/teachers; Parents and the community. Annual Plan-sample time table
- Furniture, fittings and equipments: Appropriate learning - teaching equipment and resources for meeting the curriculum standards; compliance with safety standards; indoor-outdoor equipments; selecting equipment for a mixed age centre i.e infants, toddlers and young children; safety, size durability; Relating equipments to principles of empowerment, holistic development, family and community, relationships; Relating equipments to goals-well being, belonging, contribution, communication, exploration. Equipment list-Books and storytelling- (Furniture, equipment); Manipulative (Furniture, equipment) Creativity- (Furniture, equipment); Music (Furniture, equipment); Dramatic play (Furniture, equipment) Blocks (Furniture, equipment); Nature and Science/exploratory (Furniture, equipment); sand area equipment; water play equipment; Active play equipment; information and communication technologies; clay equipment; carpentry (furniture, equipment).