



Home Science (गृह विज्ञान)

[Pre+ Mains Topics]



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Home Science

I- Human Physiology

(i) Cell, tissue and systems.

II- Health and Hygiene

- (i) Personal Hygiene
- (ii) Home & Employment Hygiene
- (iii) Health Hygiene role in the community development
- (iv) Environment Pollution
- (v) Diseases commutable and non- commutable & their management.

III- Human Development & Family Relation

- (i) Theories of Development
- (ii) Growth Development
- (iii) Development tasks of the life span
- (iv) Nursery school and its types
- (v) Play pattern of different stages
- (vi) Family & Relation**
 - (i) Family and types
 - (ii) Role of Family Needs & Fulfilment and duties of Family member
 - (iii) Marriage and family relations adjustments
 - (iv) Domestic & Social Problems:-
 - a) Domestic Violence
 - b) Drug abuse
 - c) Dowry
 - d) Disparities



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IV Food & Nutrition

- (i) Food Nutrition Food groups Balanced diet
- (ii) Function of food
- (iii) Food Deficiency diseases & symptoms & remedies
- (iv) Food adulteration & related Problem.
- (v) Method of cooking
- (vi) Meal Plans for Different age groups & therapeutic diets

V Home Management

- (i) Management, Resource & their classification
- (ii) Management of Resources Management Process and Decision Ma
- (iii) Work and Work Simplification
- (iv) Income, Expenditure Saving & Investment
- (v) Consumer Education, right, responsibilities legal advice & Act.

VI Textile and clothing

- (i) Fibre and its classification & properties
- (ii) Manufacturing of textile fibers
- (iii) Yarns classification
- (iv) Fabric Construction
- (v) Fabric finishes Dyeing, Printing, Special finishes
- (vi) Traditional textiles & Embroideries of India
- (vii) Basic Design Current stitching of garments.
- (viii) Care of garments & stain removal.

VII Extension Education

- (i) Community Development Programmers
- (ii) Communications Systems Function elements of communication
- (iii) Formal & Non formal Education
- (iv) Extension Education meaning and scope
- (v) Leadership in Home Science education
- (vi) Qualities of a good leads.