



# **ONDA THANA MAHAVIDYALAYA**

Value Added Course

## **Home Science**

Link For registration

<https://forms.gle/gYMYUc2RKmhUG1cU9>

**Offered by**

**Department of Bengali**

16/05/2023 to 30/05/2023

**Course Title:** Home Science.

**Course Duration:** 32 hours.

**Course Outcome:**

1. Develop a comprehensive understanding of the principles and concepts of home science.
2. Acquire practical knowledge and skills related to various aspects of home management, including meal planning, nutrition, and food preparation.
3. Gain proficiency in household budgeting, financial management, and resource allocation.
4. Understand the importance of hygiene, sanitation, and safety practices in maintaining a healthy home environment.
5. Learn about the principles of interior design and home decoration, and how to create functional and aesthetically pleasing living spaces.

**Course Content:**

- **Introduction to Home Science (4 Hours)**

- A. Overview of Home Science as a field of study.
- B. Historical perspective and evolution of Home Science.
- C. Importance and relevance of Home Science in contemporary society.

**Resource Persons:** Dr. SK Jahir Abbas (Course Coordinator and Internal Resource Persons)

- **Nutrition and Meal Planning (4 Hours)**

- A. Basics of nutrition: macronutrients, micronutrients, and their functions.
- B. Food groups and their significance in a balanced diet.
- C. Meal planning and preparation techniques for different dietary needs (e.g., vegetarian, vegan, diabetic).
- D. Food safety and hygiene practices in the kitchen.

**Resource Persons:** Sri Tusarkanti Sannigrahi (Internal)

- **Clothing and Textile Management (4 Hours)**

- A. Understanding different types of fabrics and their properties.
- B. Basic principles of clothing construction and garment care.
- C. Techniques for sewing, mending, and altering clothes.

D. Fabric dyeing and printing methods.

**Resource Persons:** Smt. Bulti Dey & Mousumi Sutradhar (Internal)

- **Interior Design and Decoration (4 Hours)**

A. Principles of interior design: space planning, colour theory, and lighting.

B. Furniture selection and arrangement.

C. Decorating on a budget: DIY projects and thrift shopping tips.

**Resource Persons:** Mr. Snajoy Roy & Mr Rajib Bhoumik

- **Child Development and Parenting (4 Hours)**

A. Stages of child development: physical, cognitive, emotional, and social.

B. Parenting styles and their impact on child development.

C. Effective communication and discipline strategies.

D. Creating a nurturing home environment for children.

**Resource Persons:** Smt. Arunima Banerjee & Smt. Bulti Chakraborty (Internal)

- **Family Resource Management (4 Hours)**

A. Budgeting and financial management skills.

B. Time management techniques for busy households.

C. Home organization and clutter management.

D. Sustainable living practices: reducing waste, energy conservation, and eco-friendly alternatives.

**Resource Persons:** Dr. SK Jahir Abbas & Mr. Biswendu Mondal (Internal)

- **Health and Wellness (4 Hours)**

A. Stress management techniques.

B. Basic first aid and emergency preparedness.

C. Home remedies for common ailments.

D. Promoting mental and emotional well-being for the family.

**Resource Persons:** Dr. Somenath Kar & Rajibul Khan (Internal)

- **Personal Development and Self-care (4 Hours)**

A. Goal setting and self-reflection exercises.

B. Self-care practices for physical and mental well-being.

C. Building self-confidence and assertiveness skills.

D. Balancing personal and professional responsibilities.

**Resource Persons:** Mr. Subhra Kanti Biswas & Dr. Nikhilesh Dhar (Internal)