

UNIVERSITY DEPARTMENT OF HOME SCIENCE

Programme Outcomes- The Masters programme in Home – Science provides students ample opportunities to develop various life skills like communication, collaboration and teamwork, time management, organizational skills, critical thinking, creativity, problem solving, technical expertise and leadership qualities.

The Program outcomes are as under

1. **Development of Communication skill:** By the end of Masters Programme in Home Science, students are able to communicate among themselves and the society better. They know the various communication methods that can be used to deliver message clearly and properly to the masses.
2. **Collaboration and Team work:** After completion of Master's programme students understand the meaning of collaboration and team work. Our students run cafeteria under the institutional management course, this is a very demanding activity. In this students forms group and specific work is assigned, all have to collectively work to achieve the success of the assignment.
3. **Development of Innovative Food Product and its Nutritive Value:** After the completion of Master's programme, students can easily develop innovative food products and calculate nutritive value of the food product. They can utilize low cost locally available food for developing innovative food products.
4. **Diet Chart and nutritional counseling:** Students can create disease specific diet chart. They can even bring a positive psychological change in patients regarding their disease condition by counseling them. Through nutritional counseling they can change the myths

regarding certain foods and food and disease conditions. This helps them to work as Dietitians in Hospitals.

5. **Food Preservation:** after the completion of Master's programme students know the principle of preservation and canning. They can preserve foods using the natural means as well as the chemical preservation techniques.
6. **Preparation of educational material and folders:** They become well equipped in expressing themselves to connect with the society. They can prepare attractive educational materials like pamphlets, folders, posters etc. This helps them to express with minimum words.
7. **Conduction of outreach programme:** They can easily plan and execute an outreach programme.
8. **Anthropometric measurements:** They can easily assess the health status of an individual by using the anthropometric techniques. They can compare the values with the standards this helps to assess the nutritional and health status of individuals. Helps them in counseling.
9. **Research and outreach:** After the completion of Master's program students know different points that they have to take in consideration before starting a research. Different types of research and research designs. They know the different statistical tools that can be applied in order to draw inferences and the standards that can be used for comparing. They can even develop questionnaires, collect data and write dissertation.
10. **Entrepreneurship:** Student can start up their own business using the various skills that they have gained.

- 11. Development of Stimulatory toys:** Our students can use easily available items for the development of age specific, low cost cognitive toys. As we all know that maximum brain development of a child occurs up to 5 years, these stimulatory toys can make a huge difference.
- 12. Running of a Nursery:** Students know about the developmental task, this helps them to understand what to expect from a child at a particular age. In the programme they are taught about the Montessori way of teaching. These skill help them to set up their own play school.
- 13. Insight about the fiber and fabric, different types of embroideries:** In the program they are taught about the steps in the formation of fabric from fiber, they know about the different types of natural and artificial fibers. They know how to do different types of embroideries like chikankari, phulkari, kashida, kanta etc.
- 14. Budgeting:** They know about budgeting, time management and work simplification techniques which help them to manage their home and family better. They proof to be empowered women.
- 15. Interiors and Home Decoration:** They are taught about the basic principles of designing, warm and cool colours, different types of curtains that can be used for decorating a given space. How a small space can be transformed to give a perception of a large space etc. Different types of kitchens suitable for different types of space.

The University Department of Home Science conducts various activities all round the year to polish student's abilities and open their eyes to the huge possibilities. We have conducted various activities like creation of innovative products (ragi ladoo), development of low cost age

specific cognitive toys, different types of embroideries and printing, planning and preparation of therapeutic diets for different metabolic disorders, running of cafeteria and food mela, shooting and editing of short videos to name some. Students get well versed in planning of disease specific diets, nutritive value calculations, counseling of the patients and development of various teaching aids like folders, booklets, pamphlets. Students undergo extensive training in anthropometric assessment, clinical signs and symptoms and dietary surveys. These skills give our students better opportunity to be placed as dietitians in various health related sectors like hospitals, anganwadis, nutrition, CDPO rehabilitation centers etc. Thus the programme outcome of MA (HOM) includes development of good communication and extension skills our students are capable in communicating in the local dialect thus it helps in the fast transfer of knowledge and technology from lab to the field. The programme develops creative thinking, entrepreneurial skills and provides technical expertise, students are able to develop and label new products, cost effective toys for early stimulation, develop diet chart and provide counseling, develop play school etc. Most important of all it facilitates women empowerment, which brings significant change in the individual, family and country.

PhD in Home Science helps students to join as a researcher in various governmental and non-governmental institutions. The PhD programme facilitates the students to develop critical thinking, explore the practical aspects of Home Science, work on the problems of women and children, product development, work on the social problems associated with the various sections of the society. It gives opportunity to the scholar to test the practice with the theory. Various types of research is carried in Home Science, it includes community study, analytical studies, study of changing dietary habits, development of innovative food products from underutilized food etc.

Programme Specific outcomes:

The MA(HOM) develop professional skills in food, nutrition, product development, interior designing, development of cognitive toys, textiles and research in Home Science. Our students are able to place themselves as Dietitians, Food Safety Officers, Child Development Project Officer, Aangawadi Supervisors and Assistants, Lecturer, Teachers etc. They can even start their own business.

The PhD. Programme in Home Science develops the critical thinking. Students develop scientific temperament. Our students are able to place themselves as researcher in governmental and non-governmental institutions, dietitians, food safety officers, child development project officer, teachers etc. They can even start their own business.

Course Outcomes: The courses offered in our masters programme is job centered. Courses like Advanced Nutrition give an in site on the role of nutrition, metabolism of various nutrients, role of nutraceuticals and metabolic disorders. By the end of the course the students understand the relationship between nutrients and metabolism. After the end of course child development students get an in site into antenatal care, role of nutrition during and after pregnancy, congenital malformations, role of specific nutrients in the brain development, care of preterm and low birth weight babies, development during infancy, early childhood and late childhood, role of toys etc. Various activities like Development of Low Cost Age Specific Toys, Development of Educational Material for the care of low birth weight and preterm babies are taught in the department. Course like Home Management is very practical oriented, after the completion of this course the students can budget the resources, use techniques that can simplify their work, help manage their peak workloads. Research methodology and Statistics helps the students to

understand the different types of research that can be conducted in Home Science, tools that can assist in data collection, various parametric and nonparametric tools that can be utilized in data analysis, way in which dissertation can be written. In semester 2 Therapeutic Nutrition and Maternal and Infant Nutrition helps the student to understand the nutritional needs of pregnant mothers, lactating mothers and infants, Therapeutic nutrition focus on dietary treatment of various metabolic and non- metabolic disorders. We regularly conduct practical so that the students get the process of diet development. In Communication Technology students shoot, edit and compile informative plays. In Women's studies they learn about various laws and regulations concerning women safety. Courses like Food Processing, Food Science and Experimental Foods and Community Nutrition helps students to understand the importance of nutrition and how innovative products can be used to treat varied community problems. In fourth semester students undergo dissertation wherein they undertake field work or lab work or clinical studies. This helps them to understand the importance of research in Home Science, different types of research that can be done in Home Science, process of writing Dissertation and prepare the students for Ph.D. In Home Science we focus not only on the circular development but also on Swaccha Bharat Abhiyan. Under this course students plant their own nutrigarden which is maintained by them. This helps in generating environmental consciousness among our students.