

MOTHER AND CHILD CARE (PRACTICAL V)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Content	Hours
1. Use of Pregnancy kits <ul style="list-style-type: none"> • Safe Days • Menstrual Hygiene • Hygienic use & disposal of Sanitary pads 	2
2. Breastfeeding – Techniques & Posture	1
3. Preparation of Complementary foods <ul style="list-style-type: none"> • Premixes • Guidelines for consistency for quality, preparing frequency, density & variety premixes. • Homemade recipes • Adaptation from family pot C 	2
4. Use of Mother & Child Protection Card <ul style="list-style-type: none"> • Registration & personal details • Antenatal care • Danger signs of pregnancy • Diet during pregnancy • Planning of low cost nutritious recipe for pregnant mother • Internal care • Post antenatal care • Checkups planning of low cost nutrition's recipes for lactating 	1
	2
	1
	1
	1
	1
	1

<ul style="list-style-type: none"> • mother • Danger signs of new born • New born care • Immunization • Growth monitoring – Demonstration of weighting & measurement of child • Guidelines for child care 	1
5. Management of Diarrhea	1
<ul style="list-style-type: none"> • Skin pinch test for identifying dehydration • Feeding schedule • Preparation of oral rehydration solution 	2
6. Management of fever	
<ul style="list-style-type: none"> • Use of thermometer • When to refer • How to bring down fever (home based care) 	3
7. First aid & home nursing	
<ul style="list-style-type: none"> • First Aid during <ul style="list-style-type: none"> i. Burns & Scalds ii. Cuts & wounds (Tetanus Toxoid vaccine) iii. Sprains & fractures iv. Unconsciousness v. Electric shock vi. Animal bite – dog, monkey, snake (importance of vaccine) vii. Poisons viii. Heat stroke • Care in infectious disease <ul style="list-style-type: none"> i. Isolation ii. Prevention of infection through fomites iii. Ventilation & Disinfection iv. Baby weighing scale, ARIT inner & thermometer, first aid box. v. Materials to be provided – from nearest Aanganwadi /Subcentre 	3

Examination scheme

Total Marks: 50 marks

- 1. Major problem – 20 marks**
Planning and preparation of low cost recipe for any one
 - Pregnant/ Lactating mother
 - Supplementary foods/ premixes
- 2. Minor Problem – 15 marks**
Use of pregnancy kit
Management of diarrhea, care of infectious disease, use of Mother & child card,
- 3. Viva voce 5 marks**
- 4. Internal -10 marks**

EXTENSION EDUCATION AND COMMUNICATION (PRACTICAL VI)

(Based on the institution's choice)

Vocation Oriented Practical* (in the form of training, internship, demonstration)

One practical to be selected by the institution based on the available infrastructure and facilities.

***One of the following six practicals to be selected by the institution**

- Family Event management
- Nutrition Education activities
- Food Preservation
- Knowledge & Skills based Training for Childhood Educators
- Dyeing & Printing
- Extension Activity Management

The student has to opt for the practical selected by her institution.

FAMILY EVENT MANAGEMENT

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives

1. To develop a practical approach for planning on event.
2. To understand various aspects of event management

Contents :

Hours

Step of Event Management

5. Making a paper plan
 - Guest List
 - Making / Drafting / Finalizing/Invitation Card
 - Infrastructure
 - i.Tents
 - ii.Furniture and Furnishing for areas :
 - Reception,
 - DJs / Music,

1

1

<ul style="list-style-type: none"> ○ Games, ○ Food serving (Based on numbers of persons and types of events) i. Decoration (Theme etc.) ii. Planning of games iii. Transportation & communication iv. DJ's / Music v. Planning and Management of food <ul style="list-style-type: none"> ○ Welcome drink ○ Welcome Snacks ○ Main Course ○ Deserts ○ Mouth Fresheners vi. Return Gifts 	3
6. Budget under different heads (Market survey can be done) <ul style="list-style-type: none"> • Food • Decoration • Invitation • Gifts • Transportation and communication • Games • Infrastructure tents, furniture, furnishing, etc. • DJ's / Music • Time schedule for major activities • Implementation of various activities <ul style="list-style-type: none"> i. Finding out a leader and making groups ii. Work distribution among group members 	2 3 1 1 1 1 2 1 1 1 1
7. Controlling the event activities	1
8. Feedback /evaluation	1
9. Variation in events in a family <ul style="list-style-type: none"> • Religious events • Entertainment and recreational events • Picnics, Other parties and events • College events : Fresher's day, Farewell, Annual function 	2
10. Class rooms presentation	1

Note: Students will participate in events of institution.

Examination scheme

- Total Marks:** 50 marks
1. **Major Problem**– 25 marks.
Making a party plan for any specific party.
 2. **Minor Problem** – 15 marks.
Planning budget for the party in the specific amount
 3. **Internal** – 10 marks

Maximum marks: 50
Minimum marks: 18

NUTRITION EDUCATION ACTIVITIES

Teaching workload: 2 practical/ week (2 hours/ practical)
Total teaching workload: 24 practical/ batch

Objectives:-

1. To gain insight on the concept and importance of Nutrition Education.
2. To develop skills in organizing a Nutrition Education program.

Contents

Hours

Activities:

(A) Classroom/Lab activities :

1. Introduction to Nutrition Education: Definition, importance related topics, approaches (Individual, group mass), methods, and Teaching aids. 2
2. Identification and finalization of nearby village/community/women's group/ Aanganwari center/college premises for Nutrition Education. 1
3. Divide the students in different groups – 5 students in each group. Assign one topic to each group. 1
4. Every group will prepare a Nutrition Education program plan based on the topic given. 2
5. Guidelines for Preparation of teaching aids. – Posters, Charts, Flash Cards, Demonstrations, Street Play, Puppetry. 3
 - Every group will prepare a minimum of 3 teaching aids. (Posters / chart/ demonstration/flash cards/role play etc.)
6. Prepare an activity calendar: venue, time, place, number of participants and implementation of each education programme. 2
7. Village Health & Nutrition day at the nearest Aanganwari centre- Previsit for Planning, organising – VHND, Evaluation. 1

(B) Implementation and evaluation of education program

The students will implement every activity as per the activity calendar.

(Division of classes will be based on number of groups formulated)

(C) File work

- Discuss the various programs implemented.
- Every student should prepare a file which would include: Report of program plan & implementation and a way of teaching aids prepared.

Suggested Topics:

- Nutritional care during pregnancy.

- Nutritional care during lactation.
- Advantages of Breast feeding.
- Importance and timely introduction of complementary feeding.
- Formulation and preparation of fresh home-made and premix for an infant 6 months to 12 months.
- Formulation and preparation of fresh home-made and premix for 1 year to 3 years child.
- Formulation and preparation of energy – protein rich snack for 3-6 years old child
- Growth Monitoring – taking body weight and plotting on growth chart (weight – for – age)
- Nutrition counselling based on the results of growth chart.
- Preparation of Vitamin 'A' / Beta- carotene rich food for a young child.
- Preparation of iron rich food for an adolescent girl.
- Promotion of consumption of iodized salt.
- Immunization of safe water and house – hold methods of water purification.
- Hand – washing promotion.

Examination scheme:

Total Marks: 50 marks

1. **Major problem:** 25 marks
Plan any nutrition education activity for community on any one of the given topics.
2. **Minor problem** 15 marks
Preparation of any one teaching aid.
3. **Internal:** 10 marks

FOOD PRESERVATION

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives:-

1. To enable the students to develop skills in food preservation.
2. To encourage the students to use these skills at small scale level.

Content	Hours
1. Theory of Preservation : Need, importance, principles of food spoilage, principle of food preservation, various methods of food preservation	2
2. Development of skills in preparation of : <ul style="list-style-type: none"> • Dried fruits and vegetables <ol style="list-style-type: none"> i. Sun drying (Curry leaves, mint, methi, coriander, cauliflower, amla , kair-sangri, guar-fali, amchur, onion, peas, kachri, red chillis) • Papad & Magodi 	1

<ul style="list-style-type: none"> • Juices <ol style="list-style-type: none"> Aloe Vera Squashes Lemon Orange Pineapple 	2
<ul style="list-style-type: none"> • Syrups <ol style="list-style-type: none"> Rose Khas Chandan Jellies Karonda 	2
<ul style="list-style-type: none"> • Jams <ol style="list-style-type: none"> Apple Mixed fruit Preserve (Murabba) Carrot Amla Ketchup sauce and chutney Tomato Ketchup Garlic Chutney Tomato Chutney Imli Chutney 	3
<ul style="list-style-type: none"> • Canning and bottling <ol style="list-style-type: none"> Green pea Apple Cauliflower Frozen vegetables <ul style="list-style-type: none"> * Peas * Carrots * Cauliflower * Mango Pulp 	3
<ul style="list-style-type: none"> • Pastes & Purees <ol style="list-style-type: none"> Onion Garlic Ginger Tomato puree 	2
<ul style="list-style-type: none"> • Pickles <ol style="list-style-type: none"> Mango Mix Vegetables Kair Lasoda 	2

v. Chilli vi. Lemon • Requirements to start a small scale unit i. Equipments ii. Finance * Loan options * Budgeting – calculation of selling price of the product * Book keeping	5
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Examination scheme:

Total Marks: 50 marks

- Major problem:** 25 marks
Planning and preparation of any one preserved food.
- Minor problem:** 15 marks
Calculation of selling price of a given product.
- Internal:** 10 marks

KNOWLEDGE AND SKILLS BASED TRAINING FOR CHILDHOOD EDUCATORS

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Background –

Early childhood years (birth to 8 years) are crucial for the development of children which is greatly influenced by early stimulation (birth to 3 years) and preschool education (3-8 years). This will cater to the needs of working parents/mothers who seek for safe custody of their children in crèches, preschool and day care centres. Early childhood educator plays a major role in shaping the development and laying strong foundation of young children. This practical will be useful for students to learn the skills and knowledge required to be an effective early childhood educator.

Objectives –

- To develop communication skills in organising various developmental appropriate activities for young children.
- To gain a clear insight of child's developmental milestone & needs.
- To develop insight about administration, management and supervision of early childhood Education Centres i.e. Crèches, Preschools and day care centres.

Content	Hours
Pre-Requisites:	

Identifying nearby crèches, preschool and day care centres.	(12 weeks)
<ul style="list-style-type: none"> • Preparation of activity calendar. • Developing skills and characteristics of an ideal preschool teacher using different teaching strategies – task analysis scaffolding, storytelling, do it signals, dramatization demo field trips songs environmental cues. • Participation with children in crèches, preschool and day care centres 	
Course Content :	
• Teaching strategies for early childhood care and education	2
• Characteristics and qualifications of an early childhood educator.	2
• Developing communication skills in dealing with young children.	2
• Working in crèches, preschool and day care centres to develop administrative, managerial and supervisory skills in students.	2
• Administration, management and supervision of crèches, preschool and day care centres.	2
• Planning and implementing developmentally appropriate activities in crèches, preschool and day care centres.	2
Examination scheme:	

Total Marks: 50 marks

1. Major Problem : 25 marks

Planning and preparation of ECE activities in preschools and day care centres.
Evaluation of crèches, preschool and day care centres.

2. Minor Problem : 15 marks

Preparation of teaching aids – story books, songs poems, models, toys, aids etc.

3. Internal : 10 marks

DYEING AND PRINTING

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Contents	Hours
Make a scrap book with following 1. Different types of motifs <ul style="list-style-type: none"> • Floral – Natural and stylized • Human - Natural and stylized • Animal - Natural and stylized 	4

<ul style="list-style-type: none"> • Abstract • Geometrical 	8
2. Make samples of different methods of printing and dying <ul style="list-style-type: none"> • Tie & Dye techniques (10 samples with different techniques) <ol style="list-style-type: none"> i. Marbling ii. Pleating & binding iii. Knotting iv. Twisting and coiling v. Bandhej vi. Stitching (Shibori) vii. Pegging, etc 	
Make any one Product – Table cloth with 6 napkins/Chunni / Saree/cushion & bolster set <ul style="list-style-type: none"> • Printing – <ol style="list-style-type: none"> i. Block printing (samples) <ul style="list-style-type: none"> ○ Butti block to create all over effect ○ Borders & corners 	8
Make any one Product – Table Mats/Table Napkins/Runners <ol style="list-style-type: none"> ii Screen printing (Samples) 	4
Make any one Product – Table mat / 'T' shirt /Cushion cover	

Examination scheme :

Total Marks: 50 marks

1. Major Problem -25 Marks

Make a design for a product by combining any two techniques e.g. tie and dye, block and screen.

2. Minor Problem -15 Marks

Make a sample of tie and dye using two colors and two techniques

3. Internal Marks -10 Marks

EXTENSION ACTIVITY MANAGEMENT

Maximum marks: 50

Minimum marks: 18

Teaching Workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives:

1. To impart knowledge regarding process of extension activity management.

2. To develop the skills in organizing extension activity at the community level.

Practicals

1.	Theoretical understanding of process of programme/extension activity management.	4
2.	Organise following extension activities from the area of home science : <ul style="list-style-type: none"> • Workshop/seminar • Fair • Exhibition • Rally could be taken up in rural/urban/slum community in a group on the basis of	

following steps-	2
• Identification of the activity - nature, duration, number of participants etc.	4
• Plan of the activity – selection of venue, resource management (men, material/infrastructure, and money), and delegation of responsibility.	2
• Scheduling of the activity	2
• Publicity of the activity	3
• Organising the activity	3
• Overall supervision	4
• Report writing	

Examination scheme :

Total Marks: 50 marks

1. Major Problem: 20 Marks

Plan strategy to publicise the chosen extension activity and prepare any one aid out of them.

2. Minor Problem: 15 Marks

Prepare financial budget for the planned activity or prepare scheduling of activities according to allotted time.

3. Viva: 5 Marks

4. Internal: 10 Marks