

## Syllabus for Junior Instructor (Home Science)

Home management - Meaning, importance and objectives, Management processes, Resource management principles of house planning, colours, textures, classification, characteristics, colour wheel and its use, flower arrangement , its types, materials use in flower arrangement , consumer protection- standards, ISI, Agmark, FPO, Producer aid- Advertisement, Labeling, Decision making, Principles of design, Elements of design. Different shape of Kitchen, Food and its functions, Nutrition, nutrients, function, sources and deficiency disease. Basic food groups, diet during deferent diseases, food preservation, structure of egg. Leavening agents, body mass index. Digestion and absorption of food, weight and measures. Textile fibers. Definition and classification of fibers, Yarn- definition and types of yarns, weaves-types of weaves, weaving and knitting, sewing machine its parts and care, tools for clothing construction. Basic seams of clothing construction, temporary and permanent stitches, Fullness-darts, tucks, pleats, gathering, repairing and mending of clothes, different types of fasteners, different embroidery stitches. child development-meaning stages, children's development child hood to adolescence, parents child teacher relationship, child care institutions, and its types, importance of love security and recognition, day to day problems and their solution, discipline and training, home science education- meaning, use and types, home science extension education definition, objectives characteristics, programmes and institutes working for women and child welfare in India and abroad - mid day meal programme, ICDS, UNICEF, WHO. Panchayati Raj, co-operative society, Definition, types, activities etc. Types of education, communication process, Agricultural crops, Beekeeping, poultry farming.

  
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