



DEPARTMENT OF LANGUAGES **MUHAMMED ABDURAHIMAN MEMORIAL** **ORPHANAGE (MAMO) COLLEGE**

[Govt. Aided First Grade College & Affiliated to University of Calicut.
Re-Accredited by NAAC with A Grade]

CURRICULUM FOR CERTIFICATE COURSE **CERLA002: BASICS OF HOME** **SCIENCE**

OFFERED DURING THE
ACADEMIC YEAR 2017-18
[APPROVED BY ACADEMIC COMMITTEE, MAMO COLLEGE]



MANASSERY, MUKKAM POST,
KOZHIKODE, KERALA, INDIA, 673 602.
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www.mamocollege.org



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INSTITUTIONAL VISION, MISSION & OBJECTIVES 01



VISION

VISION: Build Scientifically Oriented, Intellectually Accomplished, Morally Upright and Socially Committed youth who can play a constructive role in Nation Building.



MISSION

MISSION: Intellectual, social and economic empowerment of the youth in general and women, minorities, orphans and the destitute in particular by providing quality, value-based higher-education.



OBJECTIVES

OBJECTIVES: Pursuit of Excellence, Harnessing technology, Thrust on value-based education, Nurturing Excellence and Moulding the youth for Nation Building



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VISION, MISSION, OBJECTIVES & CORE VALUES OF THE DEPARTMENT 02



VISION

VISION: Treat languages and literatures in a broad humanistic context to examine them with reference to the cultures and cultural traditions to inculcate in students advanced abilities to utilize languages for a multiplicity of purposes in a rapidly changing world to meet national developmental needs and global challenges.



MISSION

MISSION: In keeping with the mission of the College, the Department of Languages draws on its multicultural strengths and values to develop and maintain a highly dynamic atmosphere of excellence in scholarship in languages of Arabic, Hindi, and Malayalam through effective teaching, learning, generation of ideas, and knowledge dissemination.



OBJECTIVES: (a) Expose the students to various languages, literatures and cultures to make them knowledgeable and sensitive members of global society. (b) Maximize students' communicative competence through challenging curriculums, innovative teaching methodologies and latest technological support in the teaching / learning process. (c) To provide the students with the skills to understand and appreciate the rich heritage and cultural



VALUES

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diversity of the world. (d) To develop students' critical reading, writing, and creative skills through the study of literatures in various languages, composition and rhetoric, and creative writing.

CORE VALUES: Academic and Aesthetic Excellence, Ethical Conscience, Service Mindedness, Professionalism and Global Outlook.



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LANGUAGE COURSES: EDUCATIONAL OBJECTIVES 03

The career and professional accomplishments attained by undergoing courses in Languages and Literatures would reflect that the courses were really prepared the students to deal with the real world, where they could apply and use the skills and knowledge they have learned to good use.

Specifically, the students would be able to:



PEO1: To provide students with the critical faculties necessary to comfortably live in an increasingly complex and interdependent world.



PEO2: Developing intellectual, personal and professional abilities through effective communicative skills.



PEO3: Display leadership qualities by cultivating versatile skills of teamwork, morality, ethics, communication and analytical skills.



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LANGUAGE COURSES: COURSE SPECIFIC OUTCOME **04**

On successful completion of courses in Language & Literature, the graduates would be able to:



PSO1: Communicate well, both verbal and written.



PSO2: Have command over the language and its linguistic structures.



PSO3: Approach literary pieces critically to analyse their linguistic, cultural, political, and historical backgrounds.



PSO4: To familiarize the students with the conventions of diverse literary genres including fiction, non-fiction, poetry, autobiography, biography, Journal, film, plays, etc.



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LANGUAGE COURSES: GENERAL COURSE OUTCOMES **05**

The students completing Language & Literature courses should be able to:



PO1: THEORIZING SOCIETY: Students should be able to identify, analyze, interpret and describe the critical ideas, values, and themes that appear in literary and cultural texts.



PO2: LITERARY HISTORY: Demonstrate knowledge of literary terms, major periods, authors, genres, and theories.



PO3: CRITICAL ANALYSIS: Produce original insights about literature in a variety of forms, styles, structures and modes in scholarly practices with compelling explanatory power.



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PO4: HISTORY OF LITERATURE: Show knowledge of major literary works, periods, genres, and critical approaches to World Literature.



PO5: MULTI DISCIPLINARY APPROACH: Articulate the relations among culture, history and texts.



PO6: LANGUAGE TEACHING: Be adept at teaching of Language and literature as a career option.



PO7: CREATIVE AND ACADEMIC WRITING: Produce creative writing, rhetoric and composition for diverse needs of students and community nationally and internationally. Develop their critical thinking skills and creativity. Enhance their writing skills.



PO8: THEORIZING LITERATURE: Students should be able to apply critical and theoretical approaches to the reading and analysis of literary and cultural text in multiple genres.



PO9: COMMUNICATION: students should be able to write analytically in a variety of formats, including essays, research papers, reflective writings and critical review of secondary sources.



PO10: ETHICS: students should be able to ethically gather, understand, evaluate and synthesize information from a variety of written and electronic sources.



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PO11: INDIVIDUAL AND TEAM WORK: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.



PO12: LIFE-LONG LEARNING: Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the ever-changing world of humanities.



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CERTIFICATE COURSE

CERLA002: BASICS OF HOME SCIENCE 06

COURSE CURRICULUM

Course Name	Basics of Home Science
Course Code	CERLA002
Year	2017-18
Course Designer	Dr. Mumthas P. K
Course Duration	30 Hrs.
Course Schedule	November to February
Maximum Students Intake	60 Students



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1. COURSE LEVEL

Foundational, skill-oriented certificate programme.

2. PREREQUISITE

None.

3. COURSE INTAKE & ADMISSION

Maximum 60 students will be given admission to the course based on First-Come-First-Serve basis. All the students of the MAMO College are eligible for free enrolment for the course. The enrolment notification will be issued for the course well in advance of the commencement of the course.

4. COURSE COORDINATOR

Dr. Mumthas P. K, Assistant Professor, Department of Malayalam

5. COURSE PREAMBLE

The course seeks to create an environment and outlook to enable learner to live a richer and more purposeful life, become future ready and develop 21st century life skills for work, livelihood and careers. All the domains within the home science discipline provide ample scope for professional avenues of higher education and career opportunities. They range from professions catering to various health and service institutions/agencies, educational organizations, industry and business houses of textiles, garments, food industry, teaching learning materials, ergonomically appropriate equipment and work situations. The subject integrates the application of various sciences and humanities to improve Human Environment, Family Nutrition, Management of Resources and Child Development.



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6. DURATION

Total Duration: 30 Hrs. [Contact Hrs: 19 Hrs. Course Works: 5 Hrs and Assessment Works: 6 Hrs]

7. CURRICULUM FOCUS

Enhance the employability of the learners through curriculum enrichment for additional skill development.

8. COURSE OBJECTIVES

Learners are expected to

- Develop an understanding of the self and one's role and responsibilities as a productive individual and as a member of family, community and society.
- Acquaint learners with the basic knowledge specific to five domains namely, Foods and nutrition, Human Development and Family studies, Fabric and Apparel, Resource Management and Communication
- Have a basic knowledge of theory and research across Home science and the sub disciplines of Home science
- To get an overview of Home science and textual sources in a way that reveals a comprehensive understanding and a critical perspective..

9. SKILL EXPECTED

On the successful completion of the course, learners will be able to:

- Understand Home science concepts and themes
- Develop evaluation skills.
- Cultivate problem analysing and problem solving skills



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10. COURSE OUTCOMES

Upon the successful completion of the course, learners will be able to:

CO No	Course Outcome(CO)	Skill/Knowledge Attainment Level Based on Revised Bloom's Taxonomy
CO1	Function as a productive and responsible individual in relation to self, family, community and society.	Understand
CO2	Apply the basics of human development with specific reference to self, family and Community.	Apply
CO3	Inculcate healthy food habits and lifestyle to enable prevention and management of diseases.	Analyze
CO4	Appreciate the potential of entrepreneurship and other varied professional opportunities to make informed career choices.	Apply

11. MAPPING OF COs WITH PSO_s AND PO_s

The exact mapping of COs to POs and PSOs is dependent on the undergraduate programme in which the student is undergoing. However, in general, the course would help the students to communicate well, analyse real life problems and situations critically and more scientifically and apply critical and analytical thinking and acquire leadership qualities.



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12. MODULE-WISE COURSE CONTENTS

MODULE 1: INTRODUCTION TO HOME SCIENCE

MODULE DURATION: 15 Hrs.

MODULE CONTENT: Definition — Basic concepts in food and nutrition. Basic terms used in study of food and nutrition -Understanding relationship between food, nutrition and health. Irregular meals and skipping meals-Healthy eating habits-Fast food dieting.

MODULE OUTCOME: On successful completion of the module, learners can understand the meaning and scope of Home science and its importance in understanding in real life situations.

MODULE 2: METHODS OF COOKING AND PREVENTING NUTRIENT LOSSES

MODULE DURATION: 15 Hrs.

MODULE CONTENT: Dry, moist, frying and microwave cooking. Advantages, disadvantages and the effect of various methods of cooking on nutrients. Minimising nutrient losses.

MODULE OUTCOME: On successful completion of the module, learners will be able to understand the dry, moist, frying and microwave cooking, advantages, disadvantages and the effect of various methods of cooking on nutrients and how to minimise nutrient losses.

REFERENCES

1. Asler, (1970), *Management of Hospitality Operations*, Bobbs Merrill, London.
2. Andrew Sudhir (1985), *Hotel Housekeeping Training Manual*, Tata



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McGraw Hill Publishing Co. Ltd, New Delhi.

3. Charavarti, B. K., *A Technical Guide to Hotel Operation*, Metropolitan Book Co. Pvt. Ltd. New Delhi.
4. David, M. Allen, *Accommodation and Cleaning Service*, Vol. 1 & 2. Hutchinson Publishing Group 17-21 Conway Street, London.

13. DELIVERY MODE

The course employs multi-mode delivery mechanism including contact lecture, online videos, and online and offline course works.

14. DELIVERY SCHEDULE

November to February.

15. DETAILED COURSE DELIVERY PLAN

Hour	Delivery Mode and Activity	Topics to be Covered
1	Contact Hour - 1: Classroom Discussion	Introducing the Course
2	Contact Hour - 2: Classroom Demonstration	Introduction to the syllabus
3	Contact Hour - 3: Classroom Demonstration	Definition of Home Science
4	Contact Hour - 4: Classroom Demonstration	Basics concepts in food and nutrition
5	Contact Hour - 5: Classroom Demonstration	History of food and nutrition
6	Contact Hour - 6: Classroom Demonstration	Basic terms used in study of food
7	Contact Hour - 7: Classroom Demonstration	Basic terms used in study of nutrition



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Hour	Delivery Mode and Activity	Topics to be Covered
8	Contact Hour - 8: Classroom Demonstration	Understanding the relation between food and health
9	Course Work – 1: Course Assignment	Course Assignment to collect details of food habits of people in 1950 -2000
10	Contact Hour - 9: Classroom Demonstration	Understanding the relation between food and nutrition
11	Contact Hour - 10: Classroom Demonstration	Modern day food habits and health issues
12	Assessment Hour-1	Assessment of course Assignment to collect details of food habits of people in 1950 -200
13	Contact Hour - 11: Classroom Demonstration	Issues with Skipping meals
14	Course Work – 2: Course Assignment	Course Assignment to write students view on impacts of food habits on our lifestyle
15	Contact Hour - 12: Classroom Demonstration	Concepts of healthy eating habits
16	Assessment Hour-2	Assessment of course Assignment to write students view on impacts of food habits on our lifestyle
17	Contact Hour - 13: Classroom Demonstration	Fast food and lifestyle diseases
18	Course Work – 3: Course Assignment	Course Assignment to write students view on impacts of kitchen machinery on food habits
19	Contact Hour - 14: Classroom Demonstration	What is dieting and Pros and cons of dieting



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Hour	Delivery Mode and Activity	Topics to be Covered
20	Assessment Hour-3	Assessment of course Assignment to write students view on impacts of kitchen machinery on food habits
21	Contact Hour - 15: Classroom Demonstration	Cooking and it's different methods
22	Course Work – 4: Course Assignment	Course Assignment to write view on rural and urban food habits and its pros and cons
23	Contact Hour - 16: Classroom Demonstration	Advantages and disadvantaged of cooking on nutrients
24	Assessment Hour-4	Assessment of Course Assignment to write view on rural and urban food habits and its pros and cons
25	Contact Hour - 17: Classroom Demonstration	Effects various methods of cooking on nutrients
26	Course Work – 5: Course Assignment	Course Assignment to collect images of cooking methods and write about it
27	Contact Hour - 18: Classroom Demonstration	Effect of usage of utensils on cooking nutrients
28	Assessment Hour-5	Assessment of Course Assignment to collect images of cooking methods and write about it
29	Contact Hour - 19: Classroom Demonstration	Concept of minimising nutrient losses
30	Assessment Hour – 6	Course End Assessment



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16. ASSESSMENT COMPONENTS

Total Marks: 100

CLASSROOM AND GROUP PARTICIPATION: 20 Marks. This component aims at testing the course content understanding and the reflection skills and their attainment levels.

COURSE WORK: 30 Marks. This component aims at testing the skill attainment levels of the learners in analysing and implementing the real-world problem.

MID-COURSE ASSIGNMENT: 20 Marks. This component aims at testing the module-wise attainment levels of the course objectives and course outcome and module outcomes.

END-COURSE ASSESSMENT: 30 Marks. This component aims at testing overall attainment levels of the course with respect to course objectives, course outcome and module outcomes.

17. COURSE EVALUATION & GRADING

The course evaluation is done/coordinated entirely by the course coordinator. The following 10-point Indirect Grading System is used for awarding grades to students:

Percentage of Mark	Letter Grade	Interpretation	Class
95 and above	O	Outstanding	First Class with Distinction
85 to below 95	A+	Excellent	First Class with Distinction
75 to below 85	A	Very good	First Class with Distinction
65 to below 75	B+	Good	First Class
55 to below 65	B	Satisfactory	First Class
45 to below 55	C	Average	Second Class



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P.O. MANASSERY, MUKKAM - 673602



MUHAMMED ABDURAHIMAN MEMORIAL ORPHANAGE (MAMO) COLLEGE

[Govt. Aided First Grade College & Affiliated to University of Calicut.
Re-Accredited by NAAC with A Grade]

DEPARTMENT OF LANGUAGES

CURRICULUM FOR CERTIFICATE COURSE - CERLA002

Percentage of Mark	Letter Grade	Interpretation	Class
35 to below 45	P	Pass	Third Class
Below 35	F	Failure	Fail
Incomplete	I	Incomplete	Fail
Absent	Ab	Absent	Fail

The grade is awarded by the course-coordinator by considering the overall performance of the learner in all the assessment component of the course.

18. GRIEVANCE REDRESSAL

The grievances, if any, can be submitted to the Head of the Department for its redressal. Those grievances that cannot be redressed by HoD can be forwarded to Academic Council of the College for final decision on the matter.

19. ISSUANCE OF CERTIFICATES

The Course Completion Certificate will be issued to all the successful candidates showing the Total Marks and Grade Obtained.



Manassery, Mukkam Post,
Kozhikode, Kerala, India, 673 602.
email: mamocollege@gmail.com



Office: 0495-2297319
Principal: 0495-2295121

COORDINATOR
ACADEMIC COMMITTEE
MUHAMMED ABDURAHIMAN MEMORIAL
ORPHANAGE COLLEGE
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