

COMMUNITY SCIENCE
(Earlier name was Home Science)
SYLLABUS FOR CLASS-XII (H.S. 2nd Year)

Community Science as a discipline aims to empower learners by developing understanding of five different areas namely:

- i) Human Development and Family Studies
- ii) Food Science and Nutrition
- iii) Textile and Apparel Designing
- iv) Family Resource Management and Consumer Science
- v) Extension Education and Communication Management

The subject helps students to understand changing needs of Indian society, academic principles as well as develop professional skills.

This would make them competent to meet challenges of becoming a responsible citizen.

Objectives:

The syllabus at Higher Secondary level develops the learners an understanding in the sense that, the knowledge and skills acquired through Community Science facilitates development of self, family and community. It endeavors to –

- ❖ acquaint learners with the basics of human development with specific reference to self and child.
- ❖ impart knowledge of nutrition and life styles to enable prevention and management of disease and also to inculcate healthy food habits.
- ❖ help to develop understanding of textile science and fabric construction.
- ❖ help to develop skill of judicious management of various resources.
- ❖ acquaint learners with concept of entrepreneurship development and communication management

SYLLABUS FOR HIGHER SECONDARY FINAL YEAR COURSE

One Paper

Time : Three Hours

Marks – 100 (70+30)

Unit wise distribution of marks and periods: (Theory)

Unit No.	Title	Marks	Periods
Unit-I	Human Development and Family Studies	15	40
Unit-II	Family Resources Management and Consumer Science	14	35
Unit-III	Nutrition, Food Science and Technology	14	35
Unit-IV	Textile and Apparel Designing	14	35
Unit-V	Extension Education and Communication Management	13	25
Total		70	170

Unit-I Human Development and Family Studies (Total Marks-15)

Chapter – 1 Early Childhood Care and Education- Basic concepts, significance, career through ECCE centre (Curriculum development, teaching learning material development)
(Marks-03)

Chapter – 2	Management, Support Services, Institutions and Programmes for Children and Youth: Concepts, significance, causes of vulnerability, institutions, programmes and initiatives - ICDS, SOS, Children home run by government, adoption, programmes for youth.	(Marks-09)
Chapter – 3	Impact of Family and Community on Human Development.	(Marks-03)

Unit-II Family Resources Management and Consumer Science (Total Marks-14)

Chapter – 4	Definition, types, sources of family income, needs and ways of supplementing family income.	(Marks-03)
Chapter – 5	Budget – Meaning, types, objectives, steps in planning budget	(Marks-02)
Chapter – 6	Saving and Investment – Meaning and importance	(Marks-02)
Chapter – 7	Introduction to Consumer Education and Protection, Consumer Rights, Duties and Responsibilities	(Marks-03)
Chapter – 8	Consumer Protection Act and Quality assurance.	(Marks-02)
Chapter – 9	Introduction and Scope of Hospitality Management	(Marks-02)

Unit-III Nutrition, Food Science and Technology (Total Marks-14)

Chapter – 10	Basic Concepts of Public Nutrition and Health ❖ Introduction ❖ Basic concept of public health nutrition ❖ Nutritional problems of India ➤ Protein energy malnutrition ➤ Micronutrient deficiencies – Iron deficiency anemia, Vitamin A deficiency, Iodine deficiency Disorder	(Marks-04)
Chapter – 11	Nutrition Programmes Operating in India ❖ The National Prophylaxis Programme against Nutritional blindness due to Vitamin-A deficiency ❖ National Iodine deficiency Disorder Control Programme (NIDDCP) ❖ Mid Day Meal Programme ❖ Food Security Programme	(Marks-03)
Chapter – 12	Food Processing and Technology ❖ Introduction ❖ Significance ❖ Basic concepts ➤ Food Science ➤ Food Processing and preservation ➤ Food Technology ➤ Food manufacturing ➤ Importance of food processing and preservation ➤ Classification of food on the basis of extent and types of processing (Processed, Unprocessed and Ultra processed)	(Marks-04)

- Chapter – 13 Clinical Nutrition (Marks-03)
- ❖ Concept on clinical nutrition and diet therapy
 - ❖ Types of hospital diet
 - ❖ Concept on prevention of chronic diseases (Fever, Diarrhea, Jaundice)

Unit-IV Textile and Apparel Designing (Total Marks-14)

- Chapter – 14 Design for fabric and Apparel (Marks-06)
- ❖ Basic concepts (Design: Structural and Applied)
 - ❖ Elements of design : Colour, Texture line, shapes or form
 - ❖ Principles of design : Proportion, Balance, Rhythm, Emphasis, Harmony.

- Chapter – 15 Factors influencing in selection of clothes (Marks-04)
- ❖ Importance of clothing
 - ❖ Factors influencing selection of clothes: Budget, Personality, age, climate, occupation figure, occasion.
 - ❖ Readymade garments: Body measurement, needs and method.
 - ❖ Quality of garment and good workmanship: fabric, drape, design, stitches (Basic and decorative), seams.

- Chapter – 16 Care and maintenance of fabrics (Marks-04)
- ❖ General principles and methods of washing
 - ❖ Dry cleaning
 - ❖ Storage of textile products

Unit-V Extension and Communication Technology (Total Marks-13)

- Chapter – 17 Extensions and Communication Technology
- a) Concept, meaning, definition and elements of communication.
 - b) Types and functions of communication.
 - c) Problems and scopes of communication.
 - d) Modern communication technologies.

Syllabus for Community Science Practical (Total marks 30)

Unit No.	Title	Marks	Periods
Unit-I	Human development and Family Studies	04	06
Unit-II	Family Resources management and Consumer Science	03	08
Unit-III	Nutrition, Food Science and Technology	06	12
Unit-IV	Textile and Apparel Designing	06	14
Unit-V	Extension Education and Communication Technology	04	10
	Practical copy	05	-
	Viva	02	-
		Total	30
			50

Unit wise distribution of course contents

- Unit-I** Human development and Family Studies (Total Marks-04)
- (a) Observation of preschool/Anganwadi/any other institution for children and youth (Marks-02)
- (b) Prepare teaching learning materials/planning activities of ECCE centre. (Marks-02)
- Unit-II** Family Resources management and Consumer Science (Total Marks-03)
- ❖ Plan a budget for a family (low, middle, high – any one group income group (Marks-03)
- Unit-III** Nutrition, Food Science and Technology (Total Marks-06)
- (a) Market survey of any four processed foods with their packaging and label. (Marks-02)
- (b) Prepare any one food item for pre-scholars (2-6 years) suffering from Vitamin A deficiency and iron deficiency by incorporating locally available foods. (Marks-04)
- Unit-IV** Textile and Apparel Designing (Total Marks-06)
- ❖ Make a sample of any three stitches and seams (Marks- 02+02+02)
- Unit-V** Extension Education and communication Management (Total Marks-04)
- ❖ Design and develop media for communication in extension: leaflet, chart, poster, folder, power point presentation (any two) (Marks-02+02)

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- Prescribed Textbooks-
- 1) সামূহিক বিজ্ঞান, দ্বাদশ শ্রেণীৰ পাঠ্যপুথি
অসম ৰাজ্যিক বিদ্যালয় শিক্ষা পৰিষদ, সংমণ্ডল-২ ৰ দ্বাৰা প্ৰকাশিত
 - 2) Community Science, Class-XII
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