

OE-2Home Management	
Number of Theory Credits	Number of lecture hours/semester
3	52

Course Objectives	Teaching Learning Process	Learning Outcomes	Course Evaluation
1. To develop in students home management skills 2. To understand and manage their time, resources and energy effectively in home making duties 3. To enhance the knowledge and rights of consumer	1. Lecture 2. Assignment 3. Individual and Group Presentation	1. Able to understand qualities and responsibilities of a Home maker. 2. Able to develop the knowledge, attitude and skills of home management. 3. Able to develop knowledge on Family Budgeting and consumer rights.	A. Summative Assessment: 60 marks B. Formative Assessment: 40 Marks.

Content of Course	Hrs
Unit-I Home Management and Family Resources	13
ChapterNo.01: Concept of Home management, Qualities of a Home maker: Physical, social, mental, managerial and economic. ChapterNo.02: Motivating factors of Management: Values, Attitudes and standards. ChapterNo.03: Family resources and management: Types, Characteristics ChapterNo.04: New trends affecting families: Dysfunctional families, signs of unhealthy parenting and dysfunctional parenting styles	
Unit-II Family Budgeting, Savings and Home Safety	13
ChapterNo.05: Meaning and Definition of Budget, Importance of Budgeting, Steps in Family Budgeting ChapterNo.06: Concept of Saving, need to save, methods of Investing the savings ChapterNo.07: Home Safety: Concept, meaning and measures for home safety ChapterNo.08: Eight Effective Consumer rights	
Unit-III Time and Energy Management	13
ChapterNo.09: Management of Time and energy: Concept Characteristics	

<p>ChapterNo.10:Work Simplification: Concept, Steps involved in making time plan</p> <p>ChapterNo.11:Decision Making: Process, kinds, types of Decision making</p> <p>ChapterNo.12: Balancing Family and work: Concept, causes and effects of occupational stress</p> <p>ChapterNo.13: Problem Solving: Concept, Failures to solve problems, ways to solve problems</p>	
Unit-IV Family life and work life balance	13
<p>ChapterNo.14: Internal stressors: Anger, Frustration, Guilt, Day-today stress</p> <p>ChapterNo.15:Innovative strategies and work life balance, general strategies to manage stress</p> <p>ChapterNo.16: Counselling: Definition, simple guidance and Counselling techniques, general characteristics of an effective Counsellor</p>	

REFERENCES:

The Consumer Protection Act, 1986.Law Publishers, Allahabad, 2002.

DevendraAgochiya. (2010). Life Competencies for Adolescents. New Delhi: Sage publications.

Mann, H. K., and. Balaram Mann. (1985). Home Management for Indian Families, Bombay: Seth Publishers.

Mulleck, Prematha. (1983). Elements of Home Service. New Delhi: Kalyani Publishers.

PremlataMullick. (2012) Text book of Home Science. New Delhi: Kalyani Publishers.

Ram Shankar Singh. (2011). Social Work and Family Intervention. New Delhi: ABD Publishers

Samraj, Edison. Best of Health. Pune: Oriental Watchman Publishing, 1994.

Sathpal, Puliani. (2012). The Right to Information Act, 2005. Bangalore: Karnataka Law Journal Publications.

Soundaraj, Stella. (1996). Text book of Household Arts. 4th ed. New Delhi: Orient Longman.

Varghese, M. A., N.N. Ogale, and K. Srinivasan.(1985) Home Management. New Delhi, New Age International.

DIGITALREFERENCES:

How to Create a Household Budget <https://www.youtube.com/watch?v=mTi8ZQz0wpw&t=2s>

Decision Making & Problem Solving | Life Skills - 5 | Pathways To Successhttps://www.youtube.com/watch?v=79_4aRTE9PE

How to handle stress at work - Part 3. How to manage excessive workloadhttps://www.youtube.com/watch?v=Ws185aD_368&t=43s

Pedagogy: Lecture, Assignment, Individual and Group Discussion/Presentation

Formative Assessment: 40	
Assessment Occasion/type	Weightage in Marks
1. Internal Test (1)	10
2. Assignment	10
3. Project Work/Field Visit/Case Study/Survey	10
4. Video Analysis Book review/newspaper analysis/photo journalism/creating documentary	10
5. Classroom activities Pick and speak/Group Discussion/Quiz/Role play/Presentation	10
6. Open Book Test	10
Total	40

Best FOUR to be selected

Note: Internal Test is Compulsory