HOME ECONOMICS: CULTIVATING HOME AND LIFE MASTERY

Add-On Course offered by the Department of Economics, Sacred Heart College, Chalakudy.

Syllabus

Introduction

Welcome to a transformative journey of discovery and empowerment through our dynamic Add-On Course: "Home Economics: Cultivating Home and Life Mastery." Tailored for undergraduate students of our college, this course encompasses a captivating blend of culinary expertise, sustainable living practices, organizational finesse, modern technology integration, and personal style cultivation.

In this course, we delve into the heart of managing a harmonious home and a fulfilling life, equipping you with essential life skills and creative insights to thrive in today's world. From mastering the art of savoury creations and nurturing a sustainable lifestyle to enhancing communication dynamics and expressing your unique style, this course offers a comprehensive toolkit for a well-rounded and empowered existence.

Programme Outcomes (POs)

Upon successful completion of this Add-On Course, you will:

PO1: Culinary Proficiency and Sustainability: Demonstrate mastery in basic cooking techniques, crafting nutritious meals, and embracing eco-friendly culinary practices.

PO2: Organizational Skills and Creative Expression: Showcase adeptness in home organization, wardrobe revival, and fostering creativity through DIY projects.

PO3: Effective Communication and Conflict Resolution: Cultivate strong communication skills and conflict resolution strategies for harmonious family interactions.

PO4: Cultural Awareness and Personal Style: Exhibit an understanding of cultural diversity through culinary exploration and express your authentic identity through conscious fashion choices.

These four core Programme Outcomes will equip you with essential life skills and empower you to lead a balanced, responsible, and enriching lifestyle.

Module 1: Culinary Mastery and Sustainable Living

Unlocking Culinary Confidence: Basic Cooking Techniques and Savoury Creations

Plate Harmony: Crafting Nutrient-Rich Meals for a Vibrant Lifestyle

Eco-Living Unveiled: Embracing Green Practices for a Sustainable Home

Budget Bliss: Mastering Financial Management and Household Prosperity

Module 2: Organized Abode and Creative Expression

Harmonious Haven: Organizing and Designing Your Dream Dwelling

Threads of Practicality and Style: Basic Sewing Skills and Wardrobe Revival

Garden Whispers: From Indoor Greenery to Flourishing Outdoor Oases

Safe Havens: Identifying Hazards and Nurturing Household Well-Being

Module 3: Modern Tech and Artful Living

Smart Home Symphony: Navigating Technologies for Convenience and Comfort

Home Harmony: Effective Communication for Positive Family Connections

DIY Dreams: Crafting Unique Home Decor and Enriching Your Space

Resolving with Grace: Constructive Conflict Resolution for Domestic Tranquillity

Module 4: Culinary Artistry, and Personal Style

Culinary Unity: Sharing and Celebrating Cultural Diversity through Food

Culinary Sustainability: Embracing Eco-Friendly Cooking and Ethical Consumption

Introduction to Fashion and Personal Style: Unveiling Your Unique Fashion Identity

Sustainable Fashion Choices: Dressing with Purpose and Conscious Consumption

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The Department of Economics

Offers

Add-On Course



HOME ECONOMICS

Cultivating Home & Life Mastery

Course Code: ADEC23

Feel free to contact us - 7403539290, 8078935074

Email - economics@sacredheartcollege.ac.in

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CERTIFICATE OF APPRECIATION

This is to certify that

Nafeela

I BA Economics

has successfully completed the Add-on Course on "Home Economics: Cultivating Home and Life Mastery" offered by the Department of Economics, Sacred Heart College, Chalakudy during the academic year 2023-24.

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Athulya A B

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Vismaya M V

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Kavya A U

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Devika C D

I B COM Finance

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Surya O

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A S Devika

I BSc Physics

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Safiya K N

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Fidha Femil

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Vaishika V Menon

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