

Practical HSC 303 (HSC 301 and HSC 302)

PRACTICAL

Practical 1: Visit to ICDS and PHC/MCH to observe supplementary feeding and prophylactic programmes

Practical 2: Assess the growth-monitoring chart of a child and interpretation of growth chart.

Practical 3: Prepare a Performa for clinical signs and symptoms of various diseases.

Practical 4: Prepare various performa for evaluating dietary history among women in a rural community.

Practical 5: Prepare a report on factors affecting child growth including: weaning practices, immunization practices and sanitary practices

Practical 6: Assess the nutritional status of women/ children, registered in nearby aganwadi Centre.

Practical 7: Generate awareness/ impart nutrition education, among pregnant and lactating women regarding current government scheme/ programmes.

PRACTICAL

Practical 1: Introduction of sewing machine and its functions, recognizing the parts and their function, basic operation, practice machining - straight, curve, spiral, reverse and corners.

Practical 2: Seams: Plain seam and finishing; Enclosed seams-Run's fell, French seams; Edge finishing - shaped facing; Pocket - Patch packed and variations; Placket - Even hem.

Practical 3: Drafting, stitching and decoration of following:

- Petticoat
- Apron
- Baby frock

Practical 4: Hand Stitches: Functional: Temporary and permanent, basting, hemming, running, back stitch, slipstitch, stem chain, buttonhole, herringbone, French knot

Practical 5: Removal of stains from samples and garments.

Practical 6: Prepare one article with decorative dyeing: Tie and dye/ Batik

Practical 7: Prepare one article with printing: Block printing; Screen / stencil printing

Practical 8: Identification of fibers with different test.