



**Pt. Ravishankar Shukla University,
Raipur (C.G.), India 492010**

**CURRICULUM & Syllabus
(Based on CBCS & LOCF)**

M.A.- Home Science

**Home Science
(Semester System)**

Semester: I-IV

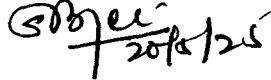
Session: 2025-27

टीप- सत्र 2024-25 के पाठ्यक्रम को सत्र 2025-27 के लिए यथावत प्रभावशील किया जाता है।

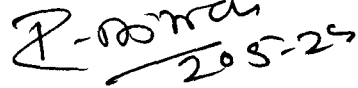
Approved by :

Board of Studies : Faculty of Home Science

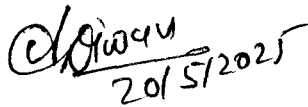
Dates : 20th May 2025

Name of Chairman : Dr. Shipra Banerjee 

Name of Member's : Dr. Saroj Prasad

Dr. Rekha Diwan 

Dr. Kalpana Jadhav

Dr. Aarti Diwan 

PRORAMME OUTCOMES AND COURSE OUTCOMES

PROGRAMME: M.A. HOME SCIENCE

PROGRAMME CODE: MAHSC

SCHEME OF PROGRAMME: AT A GLANCE

POST GRADUATE PROGRAMME OUTCOMES

Home Science is a science-oriented, multidisciplinary subject which encompasses the multifarious activities that occur in families, households, and communities. Over years, the discipline has evolved and expanded to encompass activities and services of relevance, not only to the micro contexts of the family and community, but also to the macro context of the larger society. Resource Management is both multidisciplinary and interdisciplinary in its context encompassing the five major disciplines of Family Resource Management, Foods and Nutrition, Textiles and Clothing, Human Development, and Extension and Education. Each discipline has one or more specific areas of specialization.

These students would be strongly able to make up their bright career in different fields such as higher education for teaching & research/ Interior Designer /civil services/Front Office/ corporate and /or industry / job, entrepreneurship and other private sectors after completion of this program -

PO-1	Knowledge for Practical life: Apply the acquired knowledge in practical life so as to make our country self-reliant.
PO-2	Prepare for higher level research: Investigate the potential applications of learning in the discipline and become meticulous and systematic in scientific enquiry.
PO-3	Critical thinking: Analytical reasoning and Problem solving: Ability to employ critical thinking in identifying the problem, developing analytical skills and capabilities to resolve the problems efficiently related to all the five specific areas on a tailor-made basis for a client, customer, an individual, family and society either independently or with the support of concerned authorities.
PO-4	Research and Scientific reasoning: Skills in undertaking small researches by way of Term paper, Case Studies, Market Surveys, Field visits, Laboratory Experiments etc. on the related topics/ problems of the discipline and arrive at the results based on the scientific reasoning wherever applicable. Find out new methods and technologies to care for nature and life for sustainable development.
PO-5	Cooperation/ Team Work: Capability of working enthusiastically and united with the working teams in organizing events in the Department/ Faculty/ University/ Community, and accomplishing group work/ assignments / tasks by willing cooperation of all and well-coordinated group living through during educational visits.
PO-6	Reflective thinking: Ability to practice empathy and objectivity in dealing with the personal and community interactions and problems. Become Confident, responsible, autonomous and critically reflective lifelong learners
PO-7	Digital Literacy: Competency in accessing relevant and authentic information and data from electronic media with a motive to learn and synthesize it on the

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	given topics in Home Science discipline for academic and extension work presentation and to prepare computer aided designs by using the needed software's.
PO-8	Self-directive learning: Potential to complete the assigned projects successfully either at Residential / Commercial level or Community level by managing the resources independently and wisely.
PO-9	Multicultural competence: Ability to learn about different cultures by way of practicing traditions, traditional cooking, ethnic designing and stitching, developing itineraries, and making traditional arts.
PO-10	Effective Citizenship: Responsible for learning, develop honesty in work and respect for self and others. Function effectively as an individual member or leader in diverse teams and in multidisciplinary settings towards the development of the society or nation

PROGRAMME SPECIFIC OUTCOMES

PSO1 - Develop various skills to manage micro and macro level organizations.

PSO2 - Study principles and techniques of management of human and material resources

PSO3 - Acquire global outlook and competency in human resource management

PSO4 - Commitment to social responsibility and ability to take up leadership roles

PSO5 - Adopt true professionalism in the work environment

PSO6 - Commitment to upkeep professional ethics

PSO7 – Attain better vision for research, communication, interpersonal relations.

PSO8 – Acquire ability to handle stressful conditions

PSO9 - Ability of decision making in normal and adverse condition

PSO10 – Acquire aesthetic sense and become more artistic and creative

PSO11 - Confidence to face the world and readiness to accept change at each level.

Specification of course	Semester	No. of Courses	Credits
Core	I-IV	16	80
Elective	III-IV	4	20
Total			100

SYLLABUS FOR M.A. HOME SCIENCE PROGRAMME STRUCTURE

Semester	Course Nature	Course Code	Course Title	Course Type (T/P)	Hrs/ Week	Credits	Marks		
							CIA	ESE	Total
Semester-I	Core	MAHSC110	Basics of Food Nutrition	T	5	5	30	70	100
	Core	MAHSC120	Clinical &	T	5	5	30	70	100

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			Therapeutic Nutrition						
	Core	MAHSC130	Extension Education -I	T	5	5	30	70	100
	Core	MAHSC140	Research Methodology	T	5	5	30	70	100
	Core	MAHSC150	Practical-Food Science and Nutrition	PR	10	5	30	70	100
Semester-II	Core	MAHSC210	Textile & Clothing	T	5	5	30	70	100
	Core	MAHSC220	Textile Designing	T	5	5	30	70	100
	Core	MAHSC230	Extension Education – II	T	5	5	30	70	100
	Core	MAHSC240	Statistics and computer application	T	5	5	30	70	100
	Core	MAHSC250	Practical Textile & Clothing	PR	10	5	30	70	100
Semester-III	Core	MAHSC310	Human Development – I	T	5	5	30	70	100
	Core	MAHSC320	Human Development – I	T	5	5	30	70	100
	Elective-1 (Select any one)	MAHSC331	Nutrition of Women & Children	T	5	5	30	70	100
		MAHSC332		T	5	5	30	70	100
	Core	MAHSC340	Health & Fitness	T	5	5	30	70	100
	Core	MAHSC350	Practical Human Development	P	10	5	30	70	100
Semester-IV	Core	MAHSC410	Resource Management – I	T	5	5	30	70	100
	Core	MAHSC420	Resource Management – II	T	5	5	30	70	100
	Elective-2 (Select any one)	MAHSC431	Entrepreneurship	T	5	5	30	70	100
		MAHSC432		T	5	5	30	70	100
	Core	MAHSC440	Food Preservation	T	5	5	30	70	100
	Core	MSCRM450	Practical Resource Management and Entrepreneurship	PR	10	5	30	70	100

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MA (HOME SCIENCE)
SEMESTER- I
PAPER I
BASICS OF FOOD AND NUTRITION

Max. Marks: 70

Min. Marks: 28

Objectives: This course will enable the student to

1. Understand the functions of food and the role of various nutrients, their requirements and the effects of deficiency and excess (in brief).
2. Learn about the structure, composition, nutritional contribution and selection of different foodstuffs.
3. Be familiar with the different methods of cooking, their advantages and disadvantages. 4. Develop an ability to improve the nutritional quality of food.

THEORY:

UNIT-1

1. Concept of Nutrition
2. Food: Nutrients, Nutrition, Under and over Nutrition, Health.
2. Functions of Food.
3. Food groups, Balanced diet.

UNIT-2

NUTRIENTS: MACRO NUTRIENTS

Classification, sources, functions, Recommended dietary allowances, Deficiency and excess-

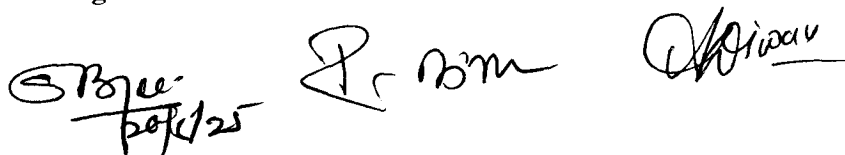
1. Water
2. Carbohydrates
3. Fats
4. Protein
5. Fibre

UNIT-3

1. Calcium, Iron, Magnesium, Zinc
2. Fluorine, Iodine, Selenium, Copper, Manganese
3. Fat-soluble vitamins
4. Water soluble vitamins
5. Vitamin C, Folic acid
6. Pyridoxine, Panthothenic acid, B12

UNIT-4

Food Production (in brief)- Food Composition Structure nutritional contribution and selection factors for the following :

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1. Cereals, millets and Pulses
2. Fruits, Vegetables
3. Milk and milk products
4. Nuts and oilseeds
5. Meat, fish and poultry
6. Eggs
7. Sugars
8. Tea, coffee, cocoa, chocolate and other beverages
9. Condiments and spices
10. Processed foods

UNIT-5

Methods of Cooking, their Advantages and Disadvantages and Effect on Nutritive Value_

1. Improving Nutritional Quality of Foods
2. Germination
3. Fermentation
4. Supplementation
5. Substitution
6. Fortification and enrichment

References:

- Robinson, C.H., Lawler, M.R. Chenoweth W.L. and Garwick, A.E. (1986) : Normal and therapeutic Nutrition, 17th Ed., Macmillan Publishing Co.
- Swaminathan, M.S. (1985) : Essentials of Food and Nutrition VI : Fundamentals Aspects VII : Applied Aspects.
- Hughes, O., Bennion, M. (1970) : Introductory Foods, 5th Edn., MacMillan Company.
- Williams, S.R. (1989) : Nutrition and Diet Therapy, 4th Edn., C.V. Mosby Co.

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MA (HOME SCIENCE)
SEMESTER
PAPER II
CLINICAL AND THERAPEUTIC NUTRITION

MARKS:70

Focus: The course encompasses the various stages of the life cycle and how nutrition is critical at various stages. It briefly familiarizes students with the role of nutrition in common elements.

Objectives: This course will enable the student to -

1. Understand the concept of an-adequate diet and the importance of meal planning.
2. Know the factors affecting the nutrient needs during the life cycle and the RDA for various age groups.
3. Gain knowledge about dietary management in common ailments.

Theory:

UNIT-1

Health & Nutrition- definition, Dimensions of Health (Physical, Psychological, emotional & Spiritual)

Energy Requirements – Factors affecting energy requirements. BMR, Activity, age, climate, diet – induced thermogenesis (SDA physiological conditions).

Concept of nutritionally adequate diet and meal planning- Importance of meal planning

- Factors affecting meal planning
- Nutritional, Socio-cultural, Religious, Geographic, Economic Availability of time.

Nutrition through the life cycle- requirements, nutritional problems, food selection.

- Adulthood
- Pregnancy
- Lactation
- Infancy

UNIT-2

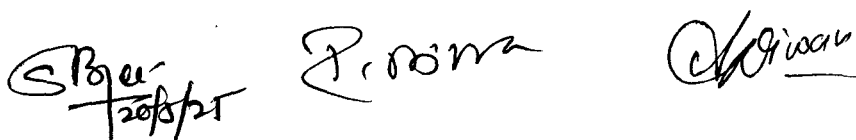
Principles of diet therapy

- Pre-school
- Adolescence
- Old age
- Modification of normal diet for therapeutic purposes, full diet, soft diet. Fluid diet, Bland diet. Energy modification and Nutrition for weight management.
- Identifying the over-weight and obeseiological factors contributing to obesity, prevention and treatment, low energy diets.

UNIT-3

Etiology, symptoms & diet management of the following

- Under weight – aetiology and assessment, high energy diet.
- Diet for Febrile conditions & surgical condition.
- Nutritional Anaemia
- Fevers – Typhoid
- Diarrhea, Constipation, Peptic ulcer, Jaundice, Viral Hepatitis, Cirrhosis.



UNIT-4

Diet in disease of the endocrine

- Pancreas – Diabetes mellitus – classification, symptoms, diagnosis, dietary case & nutritional, management of diabetes mellitus. Insulin therapy, oral hypoglycemic agents, special dietetic food, sweetness & sugar substitutes, diabetic coma, Juvenile diabetes.
- Disease of the cardiovascular system –
- Atherosclerosis Etiology & risk Factors.
- Hypertension – Etiology, prevalence Nutritional management & prevention.
- Renal diseases – Etiology, characteristic.
- Symptoms & Dietary management of Glomerulonephritis Acute & Chronic.

References:

1. Krause, M.V. and Mohan, L.K. 1986 : Food, Nutrition and Diet Therapy, Alan R. Liss. Saunders Co., London.
2. Passmore, R. and Davidson, S. 1986 : Human Nutrition and Dietetics, Livingstone Publishers.
3. Robinson, C.H., Laer, M.R. Chenoweth, W.L. Ganwick, A.E. 1986 : Normal and Therapeutic Nutrition, MacMillan Publishing Company, New York.
4. Williams, S.R. 1989: Nutrition and Diet Therapy, 4th Ed., C. V. Mosby Co.
5. Shils, M.E. Olson, J.A. Shike, M. Eds. 1994 : Modern Nutrition in Health and Disease, 8 edn., Lea and Febiger a Waverly Company.

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MA (HOME SCIENCE)
SEMESTER I
PAPER III
EXTENSION EDUCATION - I

Marks :

Theory:

Unit-1 1. Concept of Education

- (a) Meaning of Extension
- (b) Origin of Extension
- 2. Extension Education Process
 - (a) Environment for learning
 - Role of educator
 - Role of the people participants.

Unit-2 Concept of adult / non-formal education

- (a) Communication process
- (b) Meaning
- (c) Purpose
- (d) Planning at different levels – National to Grass roots.

Unit-3 Programmes to enhance food production

- (a) National food production programmes.
Poverty alleviation efforts.
- (a) Programmes for poverty alleviation for rural and urban areas.
- (b) Current programmes for rural and urban poor.

Unit-4 Programmes for women and children

- (a) Women as target groups – specific measures for women and children such as DWCRA, ICDS, IMY.
- (b) Current programmes for women as initiated and implemented by the different ministries and departments.

Unit-5 Advertising Media

- a. Different media for advertising – print media, newspapers and periodicals.
- b. Broadcast media – Television – Films.
- c. Non-media advertising.
- d. Outdoor advertisement – Hoardings, Posters, Black Board, Bulletin Boards, Electronic signs, Letterbins, Aerial methods.

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MA (Home Science)
I Semester
Paper IV
RESEARCH METHODOLOGY

Marks :

Unit-1

1. Science, scientific methods and approach.
2. Social research and survey : Meaning, definition, nature, scope, objects, types. Distinction between social survey and research.
3. Pretesting and pilot survey.

Unit-2

4. Fact, theory and concept.
5. Hypothesis : Definition, sources, characteristics, importance, main difficulties in the formation of hypothesis, disadvantage.
6. Sources of data : Primary and secondary sources.

Unit-3

7. Methods or techniques of data collection.
 - Observation
 - Interview
 - Schedule
 - Questionnaire
 - Case-study

Unit-4

8. Sampling : Meaning, characteristics, advantages and disadvantages.

Types : - Random sampling

- Purposive sampling
- Stratified sampling
- Other sampling method

9. Classification and tabulation of data

Unit-5

- Analysis and interpretation of data.
- Preparation of the report.
- Diagrammatic presentation of data.

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PRACTICAL
(Food Science and Nutrition)

Marks :

Theory:

1. To acquire skills in food preparation techniques
2. To use appropriate methods of cooking for preparation of specific food products.
 1. Weights and Measures standard and household measures for raw and cooked food.
 2. Cereal and flour mixtures – basic preparations (15+3).
 - i. Boiled rice and rice pulao
 - ii. Chapati, puri, paratha
 - iii. Sand witch
 - iv. Pastas
 - v. Pancakes, biscuits, cookies, cakes
3. Pulses and legumes – using whole dehusked and sprouted
4. Vegetables Preparation of Simple salads , Dry vegetables & Curries
5. Planning and preparation of normal and therapeutic diet in relation to special nutrient requirements
 1. Infancy & Childhood
 2. Pregnancy & Lactation
 3. Constipation & Diarrhoea
 4. Under-weight & Overweight
 5. Peptic ulcer
 6. Jaundice, Viral Hepatitis, Cirrhosis
 7. Acute glomerulonephritis
 8. Chroic glomerulonepritis
 9. Diabetes mellitus
 - (i) With Insulin
 - (ii) Without Insulin
 10. Hypertension, Atherosclerosis

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II Semester
Paper V
TEXTILE & CLOTHING

Marks :

Objectives :

- To develop and understanding of different types at fibres, yarns and finishes.
- To gain practical knowledge of dyeing, printing and weaving.
- To develop the skills of making paper pattern for different types of garments

Theory :

Unit-1

1. Classification of Textile fibers – Manufactures process, properties and uses of – Nature fibres – Cotton, Silk, Wool, Synthetic fibres – Polyester, Nylon, Acetate.

2. Types of yarns – Simple, Novelty, Textured yarn, Yarn formation – Mechanical and chemical spinning uses of yarns.

Unit-2

Knitting – Types of knits – Warp & weft knit advantages and disadvantages of knits and their uses.

Non-woven – Felts, Bonded fabric, their uses, Braiding.

Unit-3

1. Finishes – Purpose of finishes

2. General finishes – Scouring, Bleaching, Tentoring, Singing and Sizing.

3. Special finishes – Mercerising, special calendaring waterproof and water repellent fire proof wrinkle resistant, shrinkage control.

Unit-4

1. Dyeing – Classification of dyes – Natural and Synthetic.

2. Different types and their suitability to different fibre, direct, acid, basic mordant, Vat Sulphur, Reactive acetate, Azo dyes and pigment colors.

3. Different dyeing methods – Fibre dyeing, yarn dyeing and piece dyeing.

Unit-5 Principles of Clothing Construction

General principles of clothing construction. Drafting and making paper patterns. Taking body measurements for different types of garments. Preparation of fabrics for garment making. Laying out of patterns, cutting and marking.

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MA (Home Science)
II Semester
Paper VI
TEXTILE DESIGNING

Marks :

Theory :

Unit-1

- Experiments and principles of design : Meaning methods of creating importance. Elements of principles of design as applied, to apparel designing – Harmony, balance proportion, Rhythm & emphasis.
- Elements : Lines, shapes / forms.
- Colour consideration : Definition, Dimensions, characteristics colour systems and colour schemes.

Unit-2

Classification & Process of designing –

- Structural
- Decorative
- Realistic
- Abstract
- Stylized
- Geometric
- Traditional
- Big & small design

Unit-3 Fashion – Definition

- Fashion trends in India & changes
- Theories
- Body measurements
- Tailoring tools and equipments
- Methods of taking body measurements
- For different garments
- Importance

Unit-4 Fashion Illustrations –

- Pattern making techniques
- Flat pattern
- Drafting
- Drapping
- Disposals of fullness
- Plackets
- Frill and gatheri
- Pleats and tucks
- Darts
- Patch work
- Seams and seam finishes

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Unit-5 Fundamentals of Embroidery –

- Techniques, design colour, uses of different combination threads; - Embroidery stick – Types
- Types of thread, needle, used for different fabrics.
- Study of traditional Embroideries of India.
- Kasida of Kashmiri
 - o Kantha of Bengal
 - o Chichenkari of Lucknow
 - o Kutch & kathiawan
 - o Kasuti of Karnataka
 - o Phulkari of Punjab
 - o Gold & Silver (Zari work)
 - o Appliqué work

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MA (Home Science)
II Semester
Paper VII
EXTENSION EDUCATION-II

Marks :

Objectives : To enable students to -

1. To enable students understand the methods of teaching Home Science.
2. To acquaint the students about the role of extension – education in community development.
3. To create awareness about the role of NGO's in community development.
4. To create an awareness about the importance of public relations.
5. To understand the various programmes, favoring the wellbeing of the community.
6. To develop faith in the capacity of the people to take responsibility for their own development.
7. To understand the role of “leaders” in community development.

Theory :

Unit-1

1. Definition, Philosophy and objectives of Home – Science, Career opportunities in various branches of Home – Science.
2. Methods of teaching Home Science, Importance of Methods.
3. Selecting the methods and making the method effective. Role of Home Science in helping to solve the problems of the community.

Unit-2

1. Definition, scope, philosophy and objectives of extension education. Methods of teaching Extension – education, classification of the methods.
2. Role of the extension worker in community development. Role, function and contribution of Gram Sevika, Mahila Mandals, Youth Clubs, NGOs and other local agencies in Extension – Education.
3. Contribution of U.N. Agencies towards Extension – education – UNESCO, UNICEF, UNDP, ECOSOC, U.N. resolution 1325.

Unit-3 Public Relations

1. Need for public relations prospects, of advertisement, campaign and propaganda in effective communication.
2. Media for social changes: Role of media in social change. Development, communication planning, organization, administration and evaluation of development communication programmes.
3. New avenues for development communication, literacy, women and development, human rights, environment. Research and feedback.

Unit-4

1. Adult education its meaning and objectives. Various adult education programmes in India.
2. Population education : Definition, causes and effect of population growth.

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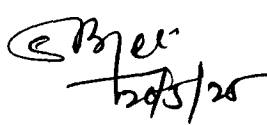
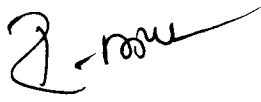
Scope of Family planning services health aspect of family planning, National Family Welfare Programmes. 3. Social education : Its meaning and objectives. Social education programmes in India.

Unit-5 Leadership in Extension

1. Definition of leadership, need and importance, types of leadership.
2. Methods of identifying and selecting local leaders in extension work. Role and qualities of local leaders.
3. Leadership training.

References :

1. Dr. S.V. Supe. An introduction to Extension – Education.
2. Reddy A. (1997). Extension education, Sri Lakshmi Press. Bapatla.
3. Education and communication for Development.
4. O.P. Dahama and D.P.I Bhatnagar.
5. C.L. Adivi Reddy – Extension Education
6. Ray G.L. – Naya Prakash, Calcutta (1999). Extension
7. Communication and Management.

MA (Home Science)
II Semester
Paper VIII
STATISTICS AND COMPUTER APPLICATION

Marks :

Theory :

Unit-1

1. Statistics : Meaning, definition, scope, importance, characteristics, distrust of statistics. 2. Measurement of central tendency :

- a. Mean
- b. Median
- c. Mode

Unit-2 Graphic presentation of data : Importance, types

- Histogram
- Frequency polygon
- Frequency curve
- Correlation : Definition, meaning and types.
- Methods of determining coefficient of correlation
 - o Product moment method
 - o Rank correlation

Unit-3 Introduction to computers

What is computer ? Characteristics, components of computer system, block diagram of computer, CPU, I/O devices and memory (RAM and ROM), secondary storage devices (Hard disk, floppy disk, magnetic tape etc.)

Analysis of variance - One way method : Direct and short-cut.

Unit-4 Computer generations

Classification of computer : Analog, digital, hybrid, general and special purpose computers. Types of computer : Micro, mini, mainframe and super computer.

Chi-square test and goodness to fit.

Application of student 't' test for small samples.

Unit-5 Working with MS-Word :

1. Getting started with word, formatting text and paragraph. Applying text and language tools. Designing pages with columns and tables, using graphics.
2. Methods of dispersion and variation
 - a. Mean deviation
 - b. Standard deviation
 - c. Quartile deviation

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PRACTICAL : (Textile & and Clothing)

Marks :

1. Preparation of paper pattern for all age groups
 - a. Creeping age
 - b. Preschools
 - c. For Children wear
 - d. For men's wear
 - e. For Ladies wear
2. Adoption of the basic block to various clothes & their stitching Saree – Blouses, Salwar, Chudidar Kameez, Petticoats, Frock.
3. Making samples of traditional embroideries of India (any five)
 - a. Kashida of Kashmir
 - b. Kantha of Bengal
 - c. Kasuti of Karnataka
 - d. Kutch Kathiawar
 - e. Phulkari of Punjab
 - f. Chikankari of Lucknow
 - g. Gold & Silver (Zari work)
4. Free hand sketching of simple objects involving various shapes and forms.
5. Drawing designs for various textile articles by adopting principles of design.
6. Drawing and colouring a colour wheel.
7. Painting designs with different colour schemes.
8. Reducing & enlarging a design.
9. Creating various textures.
10. Identification of Textile Fibres
 - a. Visual, Microscopic, burning and chemical
11. Garment Construction
 - a. Drafting, cutting and stitching of simple garments, such as vest and bib. A- Line Dress and Knickers. Sun suit / romper.

References :

1. Bane, A. 1974 : Tailoring, Macgraw Hill.
2. Bane, A. 1979 : Flat pattern design, Mcgraw Hill.
3. Brary Nathalie 1978 : Dress Pattern Designing London, Crossby Lockwood & Staples.
4. Gillel, D.A. Berte, B. : Figure Types and Size Ranges, Fairchild Publication.
5. Goublourn M. 1971 : Introduction pattern cutting, Grading and Modelling, London, B.T. Batsford Ltd.
6. Goldsworthy 1980 : Simple Dressmaking, Londown, Mills and Boon Ltd.
7. Littman Conie 1977 : Pattern making design, Litton Educational Publishing Inc.
8. Muka A. 1979 : French Touch, Pittsburgh, Wolfson Publishing Co., Inc.

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M.A. (Home Science)
III Semester
Paper IX
Human Development -I

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Objective :-

- To Make Students aware of Human Development.
- To enable students become aware of early childhood education.
- To make students aware of changes and problems of adolescents. • To enable students understand the importance and use of different psychometric tests.
- To get acquainted with the process of counseling.

Theory

Unit I The study of Human Development

i. The Three domain

- Biosocial Development
- Cognitive Development
- Psychological Development.

ii. Methods of child study.

- Scientific method, four Steps.
- Observation method – Theoretical perspective: Use of checklist, establishing reliability in observation, maintaining observation record, record, report writing and evolution.
- Interview method – Theoretical perspective, Development of different types of interview Protocols, analysis and coding of interview data.

Unit II-

- Questionnaire method – Theoretical perspectives, development of different types of questionnaire protocols, analysis and coding of questionnaire data.
- Experimental method – Theoretical perspectives, merits and demerits.

Case Study. Theoretical perspectives, development of different types of case study protocol, analysis and coding of data.

Unit III

Psychological Testing –Nature and Uses of psychological tests function and origin Psychometric method.

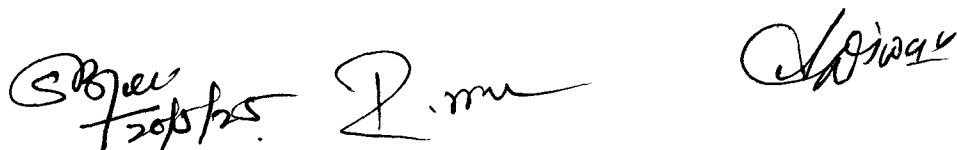
- Scale for infant assessment
- The Wechsler battery of tests
- Children Apperception test
- Draw a man test

Unit IV

- House tree person
- Raven's progressive Matrices
- Self Esteem Inventory
- Sex role inventory

Unit V

i. Theories of personality

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- a. Type approach – Hippocrates, Krishmer sheldon and Jung
 - b. Trait approach - Catter's
 - c. Type cu trait approach – Eyesenk's Theory
 - d. Conclusion – Humanistic perspective and development Theory. ii.
- Cognition** – Meaning of cognitive psychology.
Piagel's theory of cognitive development.
Contribution and shortcoming of theory

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M.A. (Home Science)
III Semester

Paper X
Human Development-II

Max Marks

Theory

Unit I

Early Childhood care and education ECCE.

- Importance, need and scope of ECCE Objective of ECCE Type of preschools- play centers, day care Montessori, kindergarten, Balwadi, ahganwadi etc.
- ECCE in India -Pre Independence Period Post Independence ,Kothari commission, Contribution of five year plan to ECCE Yashpal committee, Maharashtra preschool centre Act.

Unit II

- Organization of preschool Centers.
- Concept of Organization and administration of early handhold centers, Building and equipment:-
- Location and site arrangement of rooms, different types and size of room, play ground storage facility, selection of different types of indoor and outdoor equipments.
- Role and responsibilities of care giver/ teacher.
- Record and Report. Types – aim and purpose/need, general, characteristic, E.g. anecdotal, cumulative sample work, medical etc. etc.

Unit III Childhood, creativity and counseling

- Early Childhood –characteristics, Developmental task skills of early childhood, Emotions during early childhood, Socialization and social behavior, Happiness and Hazards during early childhood.
- Late childhood –characteristics, developmental tasks, skills of late childhood, hazards and happiness of late childhood, moral Development.
- Theory of Kohlberg – behaviour during late childhood.

Unit IV

i Definition and concept of creativity types and degree of creativity (everyday creativity and eminent creativity Domains Insight and problem solving as related to creativity. Approaches to the study of creativity mystical approach (divine gift)

- Psychology dynamical approach (freud)
- Psychometric approach (Guilford an Torrance)
- Cognitive approach (Weisberg)
- Social personality approach (Weisberg)
- Social personality approach (Weisberg)
- Social personality approach (Mackinnon)

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- Confluence approach (Gardner – enhancing creativity –Brain Storming problem solving, creative dynamics and visualization.)

ii Counseling - History of counseling Meaning – Need, Objectives, Functions, Qualities and Skills of counselor, Distinction, between Guidance and counseling,

Unit V Puberty and adolescence

- Puberty - Characteristics causes of Puberty, Primary and Secondary Sex Characteristics, Developmental, Tasks, problems During puberty, Happiness and interest, Vocational interest, self discipline and family relationship
- Adolescence – Characteristics, Developmental Tasks, physical changes, during Adolescence, sex interest and sex behaviour and causes of family during adolescence, Hazards and Happiness.
- Mental health needs: Sense of identity autonomy, individualism, problems relate to physical appearance development and relationship. Problems related to sexuality.

Reference Books

1. Child Development by Elizabeth Hurlock
2. Developmental psychology by Elizabeth Hurlock
3. Nursery school by Katherina Road
4. Nursery in India by Pramila Barookh
5. The psychology of Adolescents – A.T. Jersild 7th Edition Prentic Hall

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MA (Home Science)

III Semester

Paper XI

Nutrition of Women and Children

Marks :

Theory :

Unit-I

1. Role of women in national development.
2. Women in family and community: Demographic changes, menarche, marriage, fertility, morbidity, mortality, life expectancy, sex ration, ageing, widowhood.

Unit-II Women and health: Policies and programs for promoting maternal and child nutrition and health. 2. Concept of small family. Methods of family planning merits and demerits.

Unit-III Importance of Maternal Nutrition

1. Importance of Nutrition prior to and during pregnancy – prerequisites for successful outcome. Effect of under nutrition on mother and child including pregnancy outcome and maternal and child health – short term and long term effect.
2. Nutritional requirements during pregnancy : Adolescent pregnancy, pregnancy and T.B., IUGR, gestational diabetes.

Unit-IV 1. Lactation : Development of mammary tissue and role of hormones. Physiology and endocrinology of lactation – Synthesis of milk components – lactational, effect of breast feeding on maternal health

2. Human milk composition and factors effecting breast feeding. Human milk banking.
3. Management of Lactation: Prenatal breast feeding, skill education, Rooming in problems- sore nipples engorged breast, inverted breast.
4. Exclusive breast feeding

Unit-V 1. Infant physiology : Pre-term and low birth weight infant – implication for feeding and management.

2. Feeding of infants and children and dietary management.
3. Malnutrition –Etiology and management.

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MA (Home Science)
III Semester
Paper XII
Health and Fitness

Marks :

Theory :

Objective

This course will prepare the students to –

- Understand the components of health and fitness and the role of nutrition. - Make nutritional, dietary and physical activity recommendations to achieve fitness and well-being.
- Develop ability to evaluate fitness and well –being.

Unit-I

1. Definition, components of fitness

- a. Anatomical fitness
- b. Physiological fitness
- c. Psychological fitness

- Physiological fitness :

(a) Growth and development (b) Strength (c) Speed (d) Skill (e) Stamina or endurance, specific fitness, general fitness and health status.

2. Holistic approach to the management of fitness and health: Energy input and output, physical fitness and health inter-relationship.

Unit-II

1. Review of different energy systems for endurance and power activity: a. Endurance: Definition, classification of endurance. factors effecting endurance. b. Fuels and nutrients to support physical activity:

2. Nutrition in sports : Sports specific requirement.

Unit-III

1. Pre game and Post game meals. Assessment of different nutrigenic aids commercial supplements.

2. Diets for persons with high energy requirement, stress.

3. Water electrolyte balance: Effect of dehydration.

Unit-IV

1. Significance of physical fitness in the prevention and management of :

- i. Diabetes mellitus
- ii. Cardiovascular disorders
- iii Bone health and obesity

2. Nutrition and exercise regimes for pre and post natal fitness.

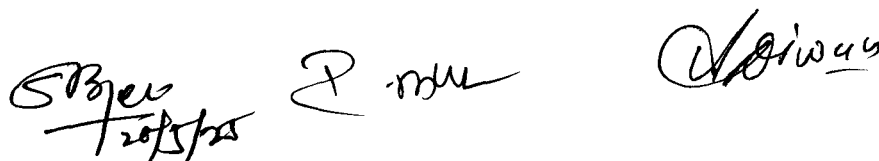
Unit-V

1. A. Defining nutritional goals/guidelines appropriate to health and Prevention and management of the chronic degenerative disorder -

- (a) Cardiovascular disorders
- (b) Diabetic mellitus

2. Various dietary regimes regimes for weight reduction.

3. Alternative systems for health and fitness like Ayurveda, yoga,



M.A. (Home Science)
III Semester
Practical (Human Development)

Max Marks

1. Visits to various centers, which cater to the preschool stage eg. Day care center, Balwadi, Anganwadi, Mobile Creche etc.
2. Preparing a resource unit file on the basis of play way method/approach.
3. Preparing teaching material kit and presentation in mock set up.
4. Story and their techniques, types of puppets and mobiles? Art and craft portfolio, song booklet and low cost musical instruments. Readiness games and material picture tails and object talk related materials etc.
5. Tests of creativity torrance test of creative thinking (TTCT) Baqyet Mehdi's Indian adaptation.
6. Use of parne's 5 stage method creative problem solving.
7. Use of consensual assessment technique to rate the creative work of children and adults (stories, poems and artwork)
8. Conducting parent teacher meetings.
9. Reports and resource files to be maintained by students.

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M.A. (Home Science)
IV Semester
Paper XIII
Resource Management -I

Max Marks

Objective:-To enable students to –

1. Understand various concepts and principles of management and its functions.
2. Understand the significance of management in changing environment.
3. To develop the ability to use motion and time techniques.
4. To create awareness about resources.

Theory

Unit -I

1. Aspect of home management –
 - a. Concepts of home management.
 - b. Activities involved in home Management
 - c. Development of Managerial ability.
 - d. Methods of evaluating ability.
2. Decision Making
 - a. Steps of decision making
 - b. Modes of decision making –individual group, scientific, snap.
 - c. Techniques and tools for decision making
 - d. The role of decision making in home management
 - e. Stress and conflict during decision making.

Unit –II

1. **Management as a system**
 - a. Definition and elements of general system theory.
 - b. Advantages and limitations of system approach.
 - c. Comparison of linear and systems thinking.
 - d. Application of Resource Management in families and institutions
2. **Time Management –**
 - b. Nature of Time
 - c. Time demands in different stages of family life cycle.
 - d. Leisures.
3. **Energy Management –**
 - a. Nature of Energy.
 - b. Energy demands in different stages of family life cycle
 - c. Fatigue – (i) Physiological (ii) Psychological

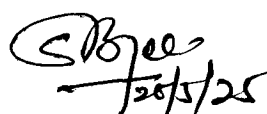
Unit –III

1 Money Management

- a. Definition, meaning and importance
- b. Role of woman in managing family income budgets.
- c. Techniques used in money management.
- d. Contribution of working woman in improving economic conditions. e. Family security.

2 Household equipments and ergonomics

- (a) Trends in equipments available in market.
- (b) Equipments in the Indian Homes. Rural and Urban families.
- (c) Selection of house hold equipments according to ergonomics.


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- (d) Ergonomics in Home – Anthropometric dimension of workers at work and at rest normal and maximum vertical and horizontal reaches.

3 Work Simplification

- a. Meaning and Importance of work simplification.
- b. Principles and techniques of work simplification.
- c. Wrong works Practices.

Unit –IV

1 Community Services/Resources:

- a. Definition, importance in daily life, local and National development.
- b. Reality and problems of community services.
- c. Role of home makers in management of these resources.

2 Resident Course:

- a. Concept and Importance of residence course.
- b. Values, Goals, Standards, and decision making in resident course.
- c. Organization of house.
- d. Rotation of duties.
- e. Evolution of managerial abilities

Unit –V

1 Employment status of woman in India.

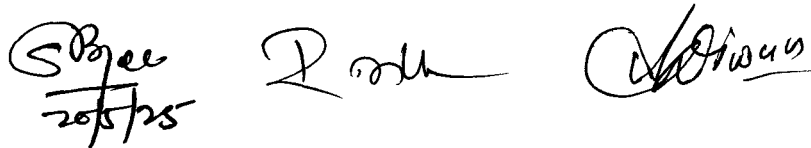
- a. Need of Self employment.
- b. Agencies promoting self employment to woman
- c. Function of Commercial Banks, Districts Industries Co-operative societies

2. Family Health Management.

- a. Contribution of public and private agencies in maintaining family health.
- b. Planning of preventive measures.
- c. Annual budget for family medical care.

References:

1. Management for Modern families – Gross and Crandall
2. Management in family living – Nickel and Dorsey
3. Motion and Time Study – Alph M. Barnes
4. Work Simplification _ Gerold Nadler
5. Time and Motion study –Mundel
6. Home Management context & concepts R.E. Deawn and F.M. Firebough (Houghton Muffin Co-Boston 1975)
7. Modern Management Issues and Ideas –Davud R. Hampton.
8. Management a decision making approach – Young Stanley.
9. Ergonomics of Home –Francis and Taylon Co.
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M.A. (Home Science)
IV Semester
Paper XIV Resource Management -II

Max Marks

Objective:-To enable students to –

To enable students –

1. To recognize the family needs in relation to housing responsibilities, housing and interiors.
2. To acquire basic knowledge of principles involved in residential houses and its interiors.
3. To provide knowledge of the principles of the principles and methods of creating attractive interiors.

Theory

Unit –I 1. History of housing -

- Concept of housing.
- Changes in housing needs and standards.
- Housing values and goals at the present time.

2. Housing in India as affected by trends in -

- Population
- Economics Status.
- Occupation and family mobility.
- Social and cultural status.

Unit –II 1. Cost of house and finance for housing -

- Factors influencing house.
- Estimation of the cost of housing.
- Ways to control and economizing the cost of housing.
- Different public and private loan scheme for housing.

2. Concept of Vastushastra in housing

- Historical background
- Placement of rooms
- Location of wall
- Placement of doors
- Placement of accessories

Unit –III 1. Landscaping

- Importance.
- Approaching, landscape design with an artistic touch space, line form texture, colour balance rhythm scale and proportion.

2. Bonsai

- History
- Preparation of soil
- Selection of plants
- Potting and repotting
- Selection of containers
- Care

Unit –IV 1. Furniture -

- An important component of interiors
- Modern trends-wrought iron, nu-wood, syntax, press –woods, cane and molded furniture.

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2. Home Furnishing -- Window Treatment -- 1 draperies 2. curtains 3. roller shades 4. valences 5. Venetian blinds

3. Upholstery fabrics -

- Selection of fabrics
- Wall treatment – wall paper, paints, tiles.
- Accessories a. hanging b. relation of picture to room c other

accessories. Unit –V 1. Environment Management -

- Fundamental principles of environment and natural re - sources management.
- Basic concept of ecology and its application in industrial ecology.

2. Role of International organizations in environment management.

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M.A. (Home Science)
IV Semester
Paper XV Food Preservation

Max Marks

Theory

Unit I

1. Food and It's Preservation
2. Home and Community level Including commercial operations.
3. Principles of food preservation.
4. Causes of spoilage of food.

Unit II

1. Fresh food storage
2. Principles Plant product.
3. Storage, animal product.
4. Storage. Effect of Storage.
5. Condition on Quality
6. Canning – Principles and methodology influence of caning on food quality storage of canned foods.

Unit III Pasteurization

1. Effect of food quality
2. Storage of pasteurized food.
3. Drying & Dehydration ,Methods Used and effect on food quality. Types of driers. Storage and deterioration of dehydrated food products.

Unit IV Use of low temperature

- Refrigeration and freezing methods, principles and application, preparation of foods for freezing influence on food components and structure self life of frozen foods. Picking and Fermentation
- Pickles, Chutneys, ketchups sauces, fermentation- types, products and method uses Establishment of a small scale –industry/cottage industry.

Unit V Chemical Preservatives

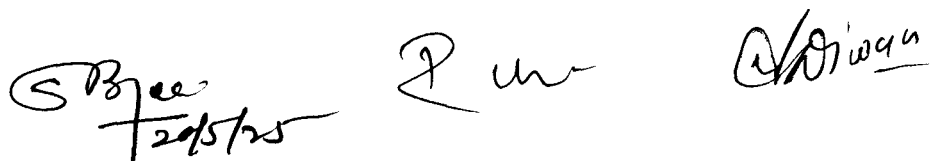
Preparation of Fruit, Juices squashes, Fruite Syrups, Cordials, Jam , Jelly.

High Acid &High Sugar Products -Common defects, Preservation of crystalized and glazed fruits

Nutritional Implications of food processing - Causes for loss of vitamins and minerals. Enrichment. Restoration and fortification.

Reference:-

1. Oser. B.L. 1965 : 14 Ed Hawk's Physiological Chemistry , MC Graw Hill Book Co.
2. William S. : 16 The Ed JAOAC Official Methods of Analysis Part I to XI, Manak Bhawan NewDelhi.
3. West E.S. Todd W.R. Mason, H.S. and Van Barageen J.T. 1974 4th Biochemistry, Amerind publishing Co. Pvt. Ltd. Ed Text book of
4. Devlin, T.M. 1986 : 2 witey and sons.nd Ed. Textbook of Biochemistry with clinical CorrelationsJohn
5. Murray R.K. Granner, D.K. Mayes P.A. Nd Rodwell V.W. 1993 : 23 rd Ed. Harper's Biochemistry Large Medical Book.

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M.A. (Home Science)
IV Semester
Paper XVI Entrepreneurship

Max Marks

Theory

Unit I

1. Meaning and definition of Entrepreneur and Entrepreneurships.
2. Qualities of a good Entrepreneur.
3. Entrepreneur and his desire for Achievements

Unit II

1. **Different Forms of Business/Service Establishment:**
 - a. Franchising
 - b. excusing agents
 - c. Distributors
 - d. Whole Sellers
 - e. Retailers
 - f. Broker/commission agent
2. Information of different activities required for entrepreneurship.
3. Capacity of problem solving in entrepreneurs and managers

Unit III

1. Conducting Market surveys and collection of required data
2. How to become successful salesperson marketing skills.
3. Identification of business opportunities.

Unit IV

1. **Soft Skill development.**
 - a Communication
 - b. Information seeking
2. Preparation of Preliminary Project Report (PPR)
3. General Insurance a brief knowledge

Unit V

1. Ethics of Business
- 2 Accounting : introduction procedure
3. Working Capital / Management of cash
4. Calculation of cost of products & Price fixation

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M.A. (Home Science)
Practical
(Resource Management and Entrepreneurship)

Max Marks

Section A

1. Designing of Terrace Garden.
2. Designing of partly outdoor & Indoor Landscaping.
3. Bonsai.
4. Drawing house plan for various income groups.
5. Drawing sketching of interior decorative aspect like –interior schemes of room.
6. Study of building materials.
7. Preparation of art object.
8. Floor decoration – Alpna, Rangoli.
9. Flower arrangement.

Section B

1. Preparation of preliminary Project Report.
2. Visit Project Report of Small scale industries.
3. Conduction of Market survey

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Alpna