

M.A. (Home Science)
Course Outline
M.A. I

Paper	Title	Max. Marks
I	Traditional textiles & Apparel Designing (Theory)	100
II	Advance Nutrition and Institutional Management (Theory)	100
III	Life span Development (Theory)	100
IV	Research Methodology (Theory)	100
V	Dress Designing & clothing construction (Practical)	100

M.A. (Home Science)
Course Outline
M.A. II

Paper	Title	Max. Marks
I	Therapeutic Management & Community nutrition (Theory)	100
II	Resource Management & Interior Designing (Theory)	100
III	Early childhood care & Education/ Dissertation (Theory)	100
IV	Extension Education & Communication (Theory)+PROJECT WORK	100
V	Therapeutic Meal Management (Practical)	100

M.A. I
Paper-I
Traditional Textiles and Apparel Designing

Objective

1. To impart knowledge about the traditional textiles of India
2. To enable the students to familiarize with the essentials of apparel making
3. To acquaint with the various steps involved in the apparel making system and to gain skill in making certain garments.

Unit-I

Introduction to Traditional Indian textiles

1. Dacca Muslin
2. Chanderi Sarees and muslin
3. Kashmir shawls
4. Brocades of Hyderabad
5. Banaras Brocades
6. Brocades of Gujrat
7. Tie & Dye of Rajasthan and Gujrat
8. Patola of Gujrat, Orissa and Cuttack (Ikat)
9. Kota cotton and zari border sarees of Rajasthan

Unit-II

Embroideries of India

1. Chikan Kari of Uttar Pradesh
2. Kasuti of Karnataka
3. Phulkari of Punjab
4. Kashida of Kashmir
5. Kantha of Bengal
6. Embroidery of Kutch and Kathiawar
7. Zari Embroidery
8. Sindhi Embroidery
9. Chamba Rumal
10. Manipuri

Unit-III

Design Analysis with respect to apparel and textile design

1. Introduction to applied art
 - Elements of Design
 - Principles of Design
2. Designs: Structural, Decorative and abstract designs

Unit-IV

1. Introduction of Apparel Design with respect to Fashion
 - Fashion cycle
 - Theories of Fashion
 - Fashion terminology
2. Family clothing
 - Factors affecting family clothing
 - Wardrobe planning for the family

Unit –V

1. Layout Planning
 - Calculation and Estimation of fabric for garment construction
 - Type of layout
2. Fittings- Principles, common fitting problems for different figure type, their rectifications
 - Short figures
 - Thin figures
 - Large & flat chest
 - Flat & large hips
 - Broad & narrow shoulders
 - Long, short & thick neck
3. Techniques in pattern making
 - Flat pattern
 - Drafting
 - Draping

Books & References
Paper-I
Traditional Textiles & Apparel designing

1. Agarwal Rajni & Gupta Sanjula : Praidhan Nirman Avam Fashion Designing
2. Henery Sapna & Patni Manju : Parivarik Paridhan Vyavastha
- 2 Patni Manju : Vastra Vigyan Avam Paridhan Vyasvastha,
Star Publication, Agra
- 3 Singh Vrinda : Vastra Vigyan Avam Paridhan
- 4 Tumter G.L. : Cutting & Tailoring
- 5 Verma Pramila : Vastra Vigyan Avam Paridhan

M.A. I
PAPER-II

Advanced Nutrition and Institutional Management

Objective

- To enable them to understand the basic attributes regarding foods.
- To enable them to understand about catering management and food costing for various organizations.
- To enhance the managerial skills required for institutional services.

Unit- I

Advanced Nutrition

1. Nutrients : Sources, classification, function, micro and macro nutrients and deficiency diseases, RDA, Calculation of nutritive value of meals for women, college going girls, boys and old age persons..
2. Food Preparation : Methods & their effect on Nutritional values of foods & Prevention of nutrient losses during cooking.
3. Food Fortification & food Supplements.

Unit-II

1. Food Adulteration : Definition, common adulterants & Simple methods of Detection.
2. Food Laws and consumer's rights :
3. Food Packaging & Labeling :
4. Food Packaging materials :

Unit-III

1. Sensory evaluation of food : Definition, five point scale and factors affecting food acceptance.
2. Leavening agents

Unit-IV

1. Concept & definition of catering services in various Institutions
2. Type of services- catering service, Hospital services vendor, etc, self service

Unit-V

1. Type of menu- Cyclic, Al-a-carte, Table-d-hote, Buffet etc.
2. Serving meals for large groups & its management – Hostel, Canteen, Hospital Railways and Air lines, Ships etc.

Books & References

Paper-II

Advance Nutrition & Institutional Management

1. Bamji, Rao and Reddy : Text Book of Human Nutrition
2. Davidson and Passmore : Human Nutrition & Dietetics
3. M. Swaminathan : Essential of Food & Nutrition
4. M. Swaminathan : Advanced Text book on Foods & Nutrition-
Volume-I & II
5. Mohini Sethi : Institutional Management
6. Proudfit and Robinson : Normal and therapeutic nutrition
7. R. Rajlaxmi : Applied Nutrition
8. Misra Usha & Agarwal Alka : Aadaar Avam Poshan Vigyaan
9. Gopalan, C. : Nutritive value of Indian foods

M.A. I
PAPER-III
Life Span Development (L.S.D.)

Objectives

- In depth understanding of development at stages from birth to old age
- To development awareness of important aspect of development during the whole life span
- To understand the issues faced and adjustment required at each stage across the life span

Unit-I

1. Concept of L.S.D. (**Life Span Development**) and need to study development through the life cycles.
2. Principles of growth & development
3. Developmental tasks during different life stages.
4. Nature vs. Nurture controversy (Heredity & environment)
5. Erik'son psychological theory
6. Freud psychological or sexual theory

Unit-II

1. How life begins.
2. Stages of Prenatal Development, Factors affecting Prenatal period
3. Birth Process
4. Hazards and Complications related to birth process & genetic defect among children
5. New born features & capabilities
6. Physical & Motor Development
7. Early Interactions.
8. Prespeech forms

Unit-III

(a) Early childhood (2-6yrs)

1. Physical & motor development
2. Play & Social relationship
3. Language & Emotional development
4. Cognitive Development- Theory of Jean Piaget

(b) Late childhood (7-12yrs)

1. Changes in Physical & Motor development
2. Moral development – Kohlberg's theory of moral development

3. Social relationship: Peers, Siblings & Parents
4. Cognitive Development- Theory of Jean Piaget

Unit-IV

Adolescence (12-18yrs)

Characteristics of Adolescence stage

1. Physiological changes
2. Primary & secondary sex characteristics, early & late maturing adolescents
3. Identity formations
4. Social & emotional development
5. Problems of adolescence- Drugs, alcohol, delinquency, homo sexual relation, Academic failure, Psychological problems: causes & remedies.

. Unit-V

Adult hood and old age (19-35yrs)

1. Young Adulthood – (19-35 yrs)
 - Significance of the period, Responsibilities & adjustment
2. Middle Adulthood – (35-50 yrs) salient features
 - Physical changes, health issues and changing roles in the family
3. Late Adulthood – (50-60 yrs)
 - Changes in personality, social relationship
 - Occupational changes, health & disease
4. Old age – (60 & above)
 - Physical changes & Psychological influence of ageing.

Books & References
Paper-III
Life Span Development

1. Agarwal Neeta & Tripathi Akansha : Manav Vikas
2. Berk Laura E (1996) : Child Development New Delhi, Prentice Hall
3. Santrok John W : Santrok Jhon W (1997) Life Span Development
4. Lal J.N., Shrivastava Anita : Adhunik Vikasatmak Manovigyan, Vinod Pustak Mandir, Agar
5. Papalia D.E. (1997) : Human Development, Tata Mcgraw Hill Pub. Co.
6. Rice F.P. : Human Development, A. Life Spam Approach, N.J. Prentice Hall-1965
7. Singh Vrinda : Manav Vikas & Avam Parivarik Sambandh
8. Shrivastava D.N. & Verma Preeti : Bal Manovigyan & Bal Vikas
9. E.B.Hurlock : Life Span Development.

M.A. I
Paper-IV
Research Methodology

Objectives

- To understand the significance of Research methodology in Home Science
- To understand the types, tools & methods of Research.
- To develop the ability to construct data gathering instruments of the research design

Unit-I

Research Methodology

1. Definition & Meaning and importance of Research, its nature & scope
2. Characteristics of Scientific research
3. Steps in Research
4. Basic principal of research design
5. Recent trends in Research in Home science

Unit-II

Research methods & Procedures / Types of research, characteristics, advantages and disadvantages of research

1. Historical Research
2. Descriptive Research
3. Experimental Research
4. Ex- Post Facto Research
5. Methodological Research
6. Action Research
7. Survey Research
8. Field Research
9. Reliability and validity test –meaning and types.

Unit-III

Research Problem

1. Definition, importance, source and types of research problem.

Unit-IV

Hypothesis

1. Definition, importance and types of hypothesis.
2. Statement of hypothesis

Unit-V

1. **Variables-** Meaning, types of variables dependent and independent variables.
2. **Sample & sampling technique**
 - a. What is a sample
 - b. Sampling methods
 - c. Advantages & limitations of sampling methods.

(A) Data Collection tools and techniques

1. Observation
2. Interview Method
3. Questionnaire method
4. Social Metric techniques
5. Rating Scales
6. Psychological test- their meaning , characteristics and types.

Unit VI

Treatment and interpretation of research data

1. Meaning and scope of statistics, Role of statistics in research.
2. Descriptive statistics, classification, tabulation, frequency, distribution, diagrammatic and graphic representation of data.
3. Application of test in research- 't' test, mean, Median, Mode correlation, coefficient, rank, chi-square.

Books & References
Paper-IV
Research Methodology

1. Asthana Vipin, Srivastava Vijay Statistics - Educational Research And
& Asthana Nidhi
2. Elhens D.N. - Fundamentals & Statistics
3. Goode & Halt - Methods of Social Research
4. Kapil H.K. - Research Methods in Behavioral
Science
5. Karlinger F.N. Research - Foundation of Behavioral
6. Paras Nath Rai - Anusandhaan Parichay
7. Sareen & Sareen - Educational Research Methods
8. Shrivastava D.N. - Anusandhaan vidhia

M.A. I

Paper-V (Practical)

Dress Designing & Clothing Construction

1. Make samples of Indian traditional embroideries
2. Design Ideals for fashion
 - Color wheel
 - Value chart
 - Intensity chart
 - Grey scale
 - Elements of Art
 - Principles of Art
3. Construction techniques (Make their samples on ½ scale of 2 yrs Bodice Block)
 - Scams
 - Methods of fullness control
 - ★ Gathers
 - ★ Pleats
 - ★ Darts
 - ★ Tucks
 - Necklines
 - Plackets
 - Collars – Peter pan, Chinese, Sailor’s Bow & Tie, Shawl collar,
 - Sleeves – Plain, Puff, leg ‘o’ Mutton, flare, Megia, Kimono,
 - Yokes- Functional and Non-functional
4. Drafting & stitching of
 - Basic child Bodice block (Age : 2yrs)
 - Adults Bodice Block (with Darts)- (Standard and self)
 - Blouse
 - Suit
 - ★ Blouse
 - ★ Suit
 - Nighty/ Gown

Sessional Work

1. Files- Drafting, designing, embroidery
2. Samples in Files
3. Garments :-
 - a. Designer Blouse
 - b. Party suit
 - c. Nighty/ Gown

Distribution of Marks

	M.M. 100
1. Embroidery	15
2. Sessional	40
3. Drafting	10
Garments & cutting	25
Stitching & finishing	
Viva	10

M.A. II
PAPER-I
Therapeutic Management & Community Nutrition

Objectives

- To know the principle of diet therapy
- To Understand the modification of normal diet for therapeutic purposes
- To be able to make appropriate dietary modifications for various disease conditions
- To have elementary knowledge of community nutrition.

Unit-I

Therapeutic meal management

1. Recommended dietary allowances. Meaning and basis for the I.C.M.R. dietary allowances
2. Meal Planning: Principles involved in planning menus. Menu modification to suit different age groups and special conditions.
3. Adaptation of normal diet for therapeutic purpose: Light, soft, full fluid and clear fluid diet, bland diet applications.

Unit-II

Planning following therapeutic diets

1. Anaemia
2. Diet in fever, acute and prolonged typhoid
3. Diet for overweight and underweight
4. Diet in kidney diseases, acute & chronic nephritis, Diabetes, Cancer.
5. Diet in relation to endocrine disorders, diabetes mellitus, Hyperthyroidism

Unit-III

1. Diet in relation to diseases of the gastrointestinal tract, Diarrhoea, constipation and duodenal ulcer etc.
2. Liver diseases- Liver cirrhosis, Jaundice, Convalescent and post operation diets.
3. Diet in Coronary Heart Diseases (CHD)

Unit-IV

1. Assessment of the nutritional status of community
 - Clinical examination
 - The study of vital statistics
 - Anthropometric measurement
 - Dietary survey

Unit-V

1. Method and aids for imparting nutrition education

Books & References
Therapeutic Management & Community Nutrition

1. Anita : Clinical Dietetics and Nutrition
2. Barber cooper Mitchell : Nutrition and health disease
3. Bakshi B.K. : Pathyapathay Avum Upchararth Poshan
4. Davidson & Passmore : Human Nutrition and Dietetics
5. Jellife : Clinical Nutrition
6. Proudfitl & Robinson : Nutrition and diet therapy

M.A. II

Resource Management & Interior Designing

Objectives

- To create an awareness about management in the family as well as the other system
- To recognize the importance of wise use of resources in order to achieve goals
- To know the consumer legislation and their limitations.

Unit-I

Management

- (a) Meaning & basic concept of Home Management/ Resource Management
- (b) Process of management - Planning, Organizing Controlling & Evaluation
- (c) Decision making – Meaning & concepts, methods of resolving conflicts
- (d) Resources – Classification, factors affecting their use
- (e) Family life cycle- Stages, Demands upon resources time, energy & money

Unit-II

Management of Resources

- (a) Ergonomics – Importance & applications
- (b) Energy & time management
- (c) Money management – Income, Expenditure, Budget, Saving & Investment
- (d) Work Simplification – Concept & techniques, Mundel's classes of change

Unit-III

Consumer behavior & Problems

- (a) Problems faced by Indian consumers
- (b) Sources of consumer information
- (c) Government Program for consumer Protection- Standardization, Quality control, Fixation of prices
- (d) Major consumer laws

Unit-IV

Housing

- (a) Factors affecting house planning
- (b) House plans for different income groups
- (c) Kitchen plans- Types of kitchen & Areas of kitchen
- (d) Financing agencies- L.I.C., Bank Housing boards & Co-operative Societies
- (e) Basic building material used in construction of a House

Unit-V

Interior Design

- (a) Application of Elements & principles of design
- (b) Colors- Importance, classification (Prang), Dimension, Colors schemes
- (c) Basic of furniture Design and type of furniture design, current trends in interior design.

Books & References

Resource Management & Interior Designing

1. Anita B.K. : Grah Prabandh
2. Dacon R.E. and Firabaught F.M. : Family Resource Management Principle & Application, Allyn & Bacon London 1988
3. Deshpande R.S. : (1974) Modern ideal Home of Indian, United Book Corporation
4. Etienne Grandjean : Ergonomics of the home, Taylor & Francis Ltd., London
5. Gross I.H. & Crendall E.W. Knoll M.M. : Management for Modern families, Prentice Hall Inc., New Jersey 1980
6. Nickell and Dorsey : Management in family living
7. Patani Manju : Grah Prabandh
8. Patni Manju & Sharma Lalita : Grah Prabandh
9. Singh Vrinda : Grah Prabandh & Anrttik Sajja
10. Wadhwa T. : Indian Home plants, Kohinoor Pub., Agra 1990

M.A. II
Paper-III (A)
Early Childhood Care & Education

Objectives

- To enable the students understand different types of education.
- To make them aware of basic set up & requirements of a pre school
- To understand basic and specific needs of children with special needs.
- To enable them to prepare teaching materials for different aspects of development

Unit-I

1. Importance needs & scope of ECCE
2. Objective ECCE
3. Contribution of following thinkers to the Development of ECCE
 - (a) Frobel
 - (b) Maria Montessori
 - (c) M.K. Gandhi
 - (d) Rabindra Nath Tagore
 - (e) Dayanand Saraswati

Unit-II

1. Types of Preschool Programs: Play centers, Kindergarten, Day care centers, Balwadi Anganwadi, Creche, Balbhawan
2. Concepts of formal & play way methods
3. Methods of child study approaches & assessment

Unit-III

Organizational set up of ECCE

1. Basic infrastructure building, indoor & outdoor space
2. Equipments & materials required to set up a preschool
3. Administrative set up & personnel working at different levels, Teacher : Student ratio
4. Essential qualities of a preschool teacher
5. Activities & related materials for:
 - (a) Language development
 - (b) Mathematical concepts
 - (c) Art & Motor creative abilities
 - (d) Science concepts
 - (e) Physical & Motor activities
 - (f) Social
 - (g) Emotional
 - (h) Cognitive

Unit-IV

Children with special needs

1. Definition & classification of children with special needs
2. Needs & techniques for early detection, screening & assessment, guidance & counseling.
3. Classification, characteristics, Cause, Care, Education & Vocational training & counseling of the following –
 - (a) Physically handicapped
 - (b) Slow learners & mentally retarded
 - (c) Children with behavioral problems
 - (d) Hearing impaired
 - (e) Visually impaired
 - (f) Learning difficulties

Unit-V

- (a) **Gifted children-** Identification, classification & guidance Special educational measures
- (b) **Children at risk-** Street children, Child labor, Child abuse, Delinquent children, Orphans-Identification, causes, education & rehabilitation measures, guidance & counseling

Sessional:-

1. Visit to the related institution and presentation of report
2. Mock demonstration in the classrooms and observation of Nursery teaching.

M.A. II
Paper – III (B)

Dissertation (Theory)

M.M. -100

Note- Dissertation will be allowed to candidates with minimum 55% marks in Previous Examination.

M.A. II
Paper-III
Early Childhood Care & Education
Books & References

1. Agarwal J.S. : Nursery School Sangthan Samudaya bal Swasthya and Poshan, Doaaba House Pub.
2. Agarwal J.C. : Purva Prathmic Shiksha Ka Itihas & Darshan Doaaba House Pub.
3. Grewal, J.S. 1998 : Early Childhood Education, Foundation & Practices, Harprasad Bhargava Educational Publishers, Agar
4. Jain Sashi Prabha Siksha, : Balyavastha Dekhbhal Aur Shiva Publication, Indore
5. Kaur Venita : Early Childhood Education Programme, NCERT Publication
6. Kudesia Umeshchand : Shiksha Prashasan
7. Soni Romila Education : Early Childhood care &
8. N. Murlidharan : The System of Preschool Education in India, Indian Association for preschool Education, 1982

M.A. II
Paper-IV

Extension Education and Communication

Objectives

- Knowledge and awareness of rural development programmes.
- Process of community development and communication skills.
- To enhance self employment, potential through entrepreneurial skill training.

Unit-I

Extension Education

1. In an education-Concept, importance, philosophy, principles and objectives, formal and non formal education and Qualities of extension workers, role of extension in research works and development. Role of Home Science Extension Education in rural Development.

Unit-II

Communication

- (a) Definition, concept, classification and elements of communication
- (b) Traditional & modern methods of communication
- (c) Importance of Audio-visual aids
- (d) Barriers of communication and measures of effective communication.

Unit-III

Policies and Programs for Women Development

- (a) Concept of gender issues & changing trends
- (b) Women & development Approaches
- * Welfare Programmes for rural development, SGSY, MGNREGA, PMY, ICDS, SHG, CARE, CHETNA, SEWA, Beti Bachao Beti Padhao scheme, Women help line scheme, Ujjawala Yojna, support to training and employment programme for women (STEP), Nari Shakti Puraskar, Swachha Bharat Abhiyan, Pradhan mantri Kaushal Vikas Yojna

Unit-IV

Community Development Programme

- (a) Concept, Meaning, objectives, Principles and organization of Community Development
- (b) Types of community and Community Development Programme.
- (c) Achievement of community Development Programme under the five years plan.

Unit-V

Entrepreneurship

- (a) Definition meaning, importance & scope and process of entrepreneurship
- (b) Types and functions of entrepreneurship
- (c) Sources of financial institutions for funding to start entrepreneurship.

Sessional Work : Project

Paper- IV
Extension Education and Communication
Books & References

1. Daham O.P. & Bhatnagar O.P. : Educational & Communication for Development, Oxford Pub. Company, New Delhi
2. Harpalani : Prasar Shiksha
3. Joshi Uma : Understanding Development Communication, Domincent Publishes, New Delhi-2001
4. Kuppuswami B. : Communication & Social Development in India, Media Promoters & Publishers Pvt. Ltd., Mumbai
5. Patel V. : Women Entrepreneurship, Developing New Entrepreneurship, Development New Entrepreneurship, Ahemdabad 1987
6. Shah Pushp Geeta, Shasheela Jayas : Prasar Shiksha
7. Singh vrinda : Prasar Shiksha

M.A. II
Paper-V (Practical)

M.M. 100

- 1. Preparation of the following diet**
 - Soft & low fiber diet
 - Low calorie diet
 - High calorie diet
 - Diabetic diet- food exchange list
 - High protein diet
 - Low fat diet
 - Sodium restricted diet
- 2. Sessional work**
 - Practical note book
 - Recipe file
 - Project work

Distribution of Marks

- | | | |
|---|---|----------|
| • Planning & calculation of various nutrients | - | 15 marks |
| • Cooking & serving of the therapeutic diet | - | 35 marks |
| • Viva | - | 10 marks |
| • Sessional | - | 40 marks |