

## M.A. Home Science (P & F)

### Duration -2 Year

Eligibility - Graduation pass degree with Home Science as a one paper with minimum of 48 % marks will be eligible for admission in M.A. Home Science or Students having BSc. (Hsc.) degree from a recognized college or University. Other faculty students can take admission. They should have passed with 53 % minimum in graduation.

No. of Seats -20

Examination:-

- 1- At each of the previous and final year examination in a subject, a candidate must obtain for a pass at least 36%, theory marks of the aggregate marks in all the theory papers & practical.
- 2- The candidate is required to pass separately in theory and practical.
- 3- There will be eight theory papers of 100 marks and four practical of 50 marks each.
- 4- Private candidate shall not be allowed to appear in this M.A. Examination.
- 5- Division shall be awarded at the end of the final examination on the basis of combined marks obtained in the previous and the final examination taken together as noted below.

First division	60% of the aggregate marks
Second division	48%

{Taken together of the previous and the final examination all the rest will be declared to have passed the examination. }

- 6- Only such candidates shall be permitted to offer Dissertation/Thesis/ Field/ Work/ Survey report (if provided in the syllabi concerned) in lieu of a paper who have secured at least 55% marks in the aggregate of all the papers prescribed for the previous examination irrespective of the number of papers in which a candidate actually appeared in the examination.
- 7- The thesis /dissertation / survey report/ field work shall be type-written and submitted in triplicate to the Principal of the College Concerned or the Head of the Dept Concerned as the case may be at least 7 days before the commencement of the theory examinations. The Principal/ Head of the Dept. concerned must ensure that the dissertation /thesis/ survey report so submitted reach to the office of the registrar, within a week Evaluation of the dissertation and field work shall be conducted centralized.

## M.A. Home Science

### Distribution of Courses

There will be following courses as per details given below :-

#### M.A. Previous Theory

Paper No.	Paper	M.M.	Duration	Hr/Week
1	Advanced Public Health Nutrition	100	3 hrs.	4pd/week.
2	Advanced FRM & Interior Designing	100	3 hrs.	4pd/week.
3	Advanced Human Development & Family Studies	100	3 hrs.	4pd/week.
4	Extension Techniques & Programme	100	3 hrs.	4pd/week.
Practical				
1	Public Health Nutrition	50	2 hrs.	2pd/week.
2	Interior Designing	50	2 hrs.	2pd/week.

#### M.A. Final Theory

Paper No.	Paper	M.M.	Duration	Hr/Week
5	Research Methodology	100	3 hrs.	4pd/week.
6	Advanced Textiles & Apparel Designing	100	3 hrs.	4pd/week.
7	Early Child Hood Care & Education	100	3 hrs.	4pd/week.
8	Institutional Mgt/ Project Report Writing	100	3 hrs.	4pd/week.
Practical				
3	Observation of Physical, Social & Language dev in Nursery school and its Report writing (Advanced Human Development )	50	2 hrs.	2pd/week.
4	Textile Designing	50	2 hrs.	2pd/week.

# M.A.(PREVIOUS)

2018-19

## Paper I

### Advance Public Health Nutrition

#### Unit -I

1. Role of food & nutrients in relation to health & disease of individuals.
2. Formulation of RDA. Minimum nutritional requirements, methods to assess minimum nutritional requirements, dietary guidelines in reference to man & woman.
3. Geriatrics - Aging process, physiological biochemical & body composition Changes in old age, nutritional requirements and dietary management to meet nutritional needs.
4. Nutrition and health status of woman and children in India- Vital statistics.

#### Unit -II

- 1- Historical background, prevalence, etiology, biochemical, clinical manifestations & Preventive and therapeutic measures for the following nutritional disorders :-
  - a. PEM
  - b. Nutritional Anemia
  - c. Vitamin A deficiency
  - d. Rickets and Osteomalacia
  - e. Iodine deficiency disorders
  - f. Fluoresces
  - g. Diabetics
  - h. CHD (Coronary heart diseases)
  - i. Weight imbalance
- 2- Nutritional Status - Meaning, Assessment & Surveillance:-
  - a. Nutritional objectives and importance of nutritional status of individuals & population
  - b. Nutritional assessment methods -direct & indirect.  
Direct - Anthropometry, Clinical signs & Symptoms, Biochemical & biophysical methods  
Indirect - Dietary survey vital statistics, ecological socio economic factors.

## Unit -III

1. Special & novel food, , nutraceuticals and organic foods.
2. Effects of fast and junk food.
3. Elementary knowledge of genetically modified foods.
4. Nutrition related policies and programs
  - ICDS
  - Nutritional anemia prophylaxis programme.
  - Vitamin A deficiency prophylaxis.
  - National iodine deficiency disorder control program.
  - Mid day meal.
5. Nutritional researches in India and contribution of pioneers.

### **References:-**

- 1- Swaminathan M (1985) Essentials of foods & Nutrition Vol I & II Ganesh & Co, Madras.
- 2- Sellifbe, D B (1996) Assessment of nutritional status of the community
- 3- Barji M.S., Rao NP & Reddy V. (1998) oxford & IBH Publishing Co, Put Ltd, New Delhi.
- 4- Srilakshmi B. (2014) Dietetics' New age international publisher, Bangalore
- 5- Srilakdhmi B. (2018) nutrition science New age international publisher Bangalore.

## **PAPER-II**

### **Advanced Family resource management and interior designing**

#### **Unit I**

- 1- Management as a System
  - Definition
  - Elements
  - Type
  - Advantages and limitation of system approach
  - Application in family resource management.
- 2- Management for modern families
- 3- Qualities of a home maker
- 4- Stages in the life cycle with management perspective
- 5- Nature and role of the management process

#### **Unit II**

6. Ergonomics - Definition
  - Importance of ergonomics in Home
  - Work, worker and working environment
  - Study of different body postures used in various activities, its impact on health and remedies
  - Various work surface height, posture
  - Consideration of ergonomics in interior design
1. Style and theme in Home decoration
2. Application of art and design in home decoration
3. Role of interior designer
4. Colour scheme - use and selection of colour in interior design

#### **Unit III**

## 11. Consumer - Meaning

- Characteristics
- Classification
- Factor influencing consumer's demand

Market strategies influencing Consumer Practice

- Guideline for wise purchasing practice

## 12. Redresser mechanism for consumer grievances

- Verbal and written complaint
- Procedure for filing a complaint

Appeal to district, state or nation commission

- Lok Adalats
- Media connected services
- Public interest litigation

Management of Legal issues

- Purchasing a house
- Construction of house
- Tenancy
- Leases
- Agreements
- Insurance
- Taxes
- Wills
- Trusts

## **PAPER-III**

### **Advanced Human Development** **& Family Studies**

#### Unit I

1. Marriage Meaning, definition, functions, types of marriage.
2. Readiness of marriage- physiological, social, psychological and economical.
3. Mate selection.
4. Alternatives to marriage single hood, consensual unions and their socio emotional implications.
5. Marital Harmony Pre and post marital counseling and its importance.

#### Unit II

1. Family - meaning, definition and types of family.
2. Concept of family life cycle, changing needs of family at different stages of family life cycle, beginning expanding & contracting.
3. Impact of modernization and mass media on family & children.

#### Unit III

1. Jean Piaget's theory of cognitive development.
2. Kohlberg's theory of moral development.
3. Erickson's theory of personality development.
4. Psychosexual theory of Sigmund Freud.

#### **References:-**

1. Rice, E.P. Human Development: A life span approach, New Jersey : Prentice Hall, 1992.
2. Schimberg, L.B. and Smith, K.U. Human Development, New York: Macmillan, 1982.
3. Shamrock, J.W. The Life Span, New York Wadsworth Publishing, 1996.
4. Lefrancois, G.R. Child Development, Landon Allan and Bacon, 1996.
5. Deats, S.M. and Lanker, L.T. (Eds) Aging and Identity, London, Praeger, 1999.
6. Berk, L.E. Child Development, London Allan and Bacon, 1995.
7. Balk, D.E. Adolescent Development, New York Brooks/Cole, 1995.

8. Erikson, E.H. Identity Youth and Crisis, London, Faber and Faber, 1968.
9. Kroger, J. Identity in Adolescence London: Routledge, 1996.
10. Kakar, S. Identity of the Adulthood, Delhi, Oxford University Press, 1992.
11. Sharma, N.L. Identity of the Adolescent girl, New Delhi, Discovery Pub. House, 1996.
12. Saraswati, T.S. and Ditta R. Invisible Boundaries, Grooming for Adult Roles, New Delhi, Northern Book Center, 1988.
13. Sharma, N. understanding adolescence New Delhi National Book Trust, 1999.
14. Choudhury Paul, D. Youth: Participation and Development, Atma ram and Sons, New Delhi, 1988.
15. Govt. of India: Profile of the Child in India: Policies and programme, New Delhi: Ministry of Social Welfare, 1980.
16. Duvall, E. Family Development 3<sup>rd</sup>., New York, J.B. Lippincott, 1967.
17. Khasgiwali, A. Family Dynamics: Social work Perspective, Amol Pub., 1993.
18. Smart, M.S. and Smart, R. Families developing relationships 2<sup>nd</sup> ed. New York, McMillan Pub. Co., 1980.
19. Williamson, R.C. Marriage and Family relations, New York, John Wiley and Sons inc., 1967.
20. Chaudhary, P.D. Child welfare and development, Atmaram and Sons, New Delhi, 1988.
21. Shankar, U. Problem Children, Atmaram and Sons Pub., New Delhi, 1978.



## PAPER-IV

### Extension Techniques and programme

#### Unit I

1. Extension Education- Meaning, Principles, Objectives and process.
2. Qualities of an extension worker
3. Extension teaching methods- Concept, importance, Classification and limitations.
4. Audio Visual aids- definition, selection, use, advantages and limitations.

#### Unit II

1. Communication- meaning, definition, importance and functions of communication.
2. Elements of communication process and their characteristics.
3. Model of communication process.
4. Barriers in communication and ways to overcome them.

#### Unit -III

1. Extension education programme - meaning and principles
2. Programme planning - meaning, process and steps.
3. Learning and motivation - meaning and process
4. Leadership - concept and importance
5. Entrepreneurship - Meaning, scope and importance of entrepreneurship in Home Science.
6. Self help groups - definition, objectives and importance.

#### References:-

1. Dharma, O.P and Bhatnagar, O.P. Education and communication for development. Oxford and IBH Publishing Co. New Delhi, 1991.
2. Ray, G.L. Extension communication and management. Naya Prakashan, Calcutta. 1991.
3. Sandhu, A.S. Extension programme planning. Oxford and IBH Publishing co. New Delhi, 1994.
4. Supe, S.V. An introduction to Extension Education oxford and IBH Publishing Co New Delhi, 1987.
5. Advi Reddy, Extension Education, Baptata Publications. Baptala. Guntur, A.P.
6. Lytibs, Rolf P. and Pak Training and development, 1998.
7. Mishra, D.C. New Directions in Extension training, 1990.  
Mohanti, B.B. A handbook of Audio- Visual aids, kitab Mahal Pvt. Ltd., Jaipur , 1962.

## **M.A. (PREVIOUS)**

### **PRACTICAL-I**

#### **Advance Public Health Nutrition**

There will be one hour for menu planning and 2 hour cooking.

1. Planning and preparation of dishes rich in energy, protein, fiber, calcium, iron, vitamin 'C' and 'A'
2. Planning and preparation of blend diet recipes.
3. Planning and preparation of low calorie recipes.
4. Planning and preparation of diets for patients with common disorders-Diabetes, Over-weight, Under weight, hyper tension, jaundice .
5. Planning and preparation of diets for elderly in health.
6. Preparation of nutritious snacks for children in energy and protein.
7. Assessment of nutritional status

### **Practical-II**

#### **Interior Designing**

1. Determining the relationship of anthropometric dimension of worker with space requirement.
2. Study of labeling, packaging, guarantee, branding and its impact on consumer attitude.
3. Preparation of catalogue pictures denoting application of elements of art and principles of design.
4. Color, color wheel color scheme harmonies of color.

Market - review of Furnishing materials

- Upholstery, bed and table liner
  - Wall and roof covering
  - Window and door treatment
  - Lighting system
  - Types of paint and their selection use
5. Use of computer in House plan and interior design (CAD).

# M.A.FINAL (2019-20)

## Paper V

### Research Methodology

#### Unit I

1. Meaning of research ,its significant and objective
2. Criteria of good research and its limitations
3. Selection of good research in Home Science
4. Role of statistics in research
5. Type and methods of research
6. Review of literature
7. Planning for research

#### Unit II

1. Sampling method
2. Method and tools of data collection
3. Processing of data
4. Reliability and validity of data
5. Tabulation and presentation using graphs/charts/diagrams
6. Measures of central tendency
7. Measures of dispersion

#### Unit III

1. Hypothesis testing
2. Tests of significant
3. Type of reports
4. Principles of writing
5. Bibliography, executive summery and footnotes writing
6. Reference citation
7. Report presentation

**Suggested reading :-**

1. Methodology of research in social science by O R Krishanaswami & M Ranganathan, Himalaya Publication house.
2. Research Methodology - Methods and Techniques by C R Kothari, Wiley Eastern Ltd.

## Paper VI

### ADVANCED TEXTILE & APPAREL DESIGNING

#### Unit -I

##### Essential of Design:-

- A. Review of the design, elements and art principles applied in textile designing.
- B. Classification of design: Structural and decorative, Types of Motifs- natural, Stylized, abstract, geometric.
- C. Textile design - layout in design, Pattern repeat for all over pattern.
- D. Fabric finishes- chemical and functional finishes.
- E. Chemical constitution of dyes, application methods and suitability of various dyes to different fibers.

#### Unit -II

- A. Factors affecting choice of clothes, physical, aesthetic, economic and social clothing needs of family, requirement of child's clothing, family budget and wardrobe planning.
- B. Pattern making techniques -drafting flat pattern.
- C. Matching of checks and plaids.
- D. Fitting - Principles of fitting, factor affecting good fit, common fitting problems of blouse, remedying fitting defects.

#### Unit -III

- A. Traditional Textiles - Kashmir shawls and carpets. Brocade, Patola, Jamdani, Baluchar, Bandhani, Ikat, Pochampali with reference to- History, fabric, threads, motifs- Pattern.
- B. Traditional Embroidery - Kashida, Phulkari, Chickenkari, Kutch, Kasuti, with reference to material, thread, color, stitches, motifs.
- C. Traditional costumes - Rajasthan, Maharashtra, Assam, Kerala, Punjab, Himachal, Tamilnadu.

#### References :-

1. Booth, 1968, Principle of textile testing, Newness Butterwoths, London.

2. Potter, R. 1957, fiber to fabric, Corbman Gregg Publishing Div. Mc. Hill.
3. Skinkle, Textile Testing, 1949, D.B. Taraporevala Sons & Co. Bombay.
4. Marsh, J.T. 1979, An introduction to textile finishing, IBH Publication New Delhi.
5. Peters: Textile Chemistry.

## Paper VII

### Early Childhood Care and Education

#### Unit I

1. Introduction
  - a. Introduction and scope of special education, meaning and concept of children with special needs.
  - b. Mentally challenged and gifted children definition, classification, causes, characteristics and educational remedies.
  - c. Children with sensory disabilities - definition, classification, causes, characteristics and educational remedies.

#### Unit II

2. Emotionally disturbed children
  - a. Introduction, classification, causes characteristics and educational remedies.
  - b. Children with physical disabilities - classification, causes, characteristics, Identification, education and special consideration.
  - c. Organizations working for children with special needs

#### Unit III

3. Early Childhood Care and Education
  - a. Importance, need and scope of ECCE
  - b. Objectives of ECCE
  - c. Types of preschools Play Centers, Day care, Montessorri Kinder Garten, Balwadi, Anganwadi etc.
  - d. Organizations of ECCE centers -Site, Building Classroom, Staff, Curriculum, Equipments, Play material, Learning material.
  - e. Activities for preschool child.
  - f.

#### Reference Books-

1. Bhatia & Bhatia (1995). Theory & Principles of education, Daalsa House, Delhi.
2. Brewer, J.A. (1998). Introduction to early childhood education. (3<sup>rd</sup> Ed) Bosnon Allyn & Bacon.

**PAPER-VIII(A)**  
**Institutional Management**

**Unit -I**

1. Food service institutions: types -commercial, welfare, industrial, transport, others scope.
2. Principles, functions, tools of management in food service institutions.
3. Personnel management: selection and training, desirable qualities, personal appearance and grooming.
4. Equipments: Types, selection and care.
5. Financial management: terms used and budgeting.

**Unit -II**

1. Food management :
  - a. Food production: principles involved in quality food production, standardization of recipes.
  - b. Menu planning: types and writing of menu.
  - c. Cost control: calculations and methods of controlling food cost.
2. Food service: styles of service.
3. Food service management in institutions like hostel, hospital, cafeteria, canteen, industries, restaurant, outdoor catering.
4. Challenges and problems faced by institutions.

**Unit -III**

- 1- Food and personal hygiene.
- 2- Food safety assurance and quality control.
- 3- Toxicology & Hazards, Natural toxicants, Pesticide residue & food additives, food standards and food laws.

**References:-**

1. Marxia, M. Cathy, M. and Brighton, R. Introduction to catering, Blackwell Scientific Pub. London.
2. Sethi, M. and Malhan. S. catering management : An integrated approach, Willery Eastern Ltd. New Delhi, 1993.
3. Treat, N. and Richards. N. Quantity corting, little Brown and Co. Boston 1996.

4. West B.B. Wood L. Herger, V.F. and Shugart, G.S. food service in Institutions, John Wiley and Sons, New York 1997.

**Paper - VIII (B Part)**  
**Project Report Writing**

The oral examination will be conducted on project submitted by students in any area of Home Science.

The subject of the project work will be selected by the students in consultation with the Head of the Department and the teacher guiding the project work by the beginning of M.A. Final. The project report will be evaluated on the candidates own work and will have to be certified by the teacher guiding the project work and the Head of the Department and three typed copies will have to be submitted before on month of commencement of the examination date.

The candidate will be evaluated on the combined performance of the subject reporting and by the duly constituted committee of Department.

A candidate failing at M.A. Final Examination but has obtained the minimum marks required for passing in this project report will not be required to re-submit the project report at his/her option and in that case the marks obtained in previous examination in the project will be carried forward and the candidate will be eligible to get class but will not be eligible to get prize or scholarship.

## **Practical -III**

**Observation of Physical, Social & Language development in Nursery school and its report writing.**

1. Preparation of Audio-visual Aids for Challenged group and normal children (3-6 years)
2. Visit & report of 2 centers of children with special needs.
3. Visit and report of Old age Home and Orphanage.
4. Visit and report of NGO

Visits to Day care centers, Anganwadi, Crèches, Nursery etc and preparation of report

## **Practical -IV**

### **Textiles & Clothing**

1. Drafting of child's basic bodies block and its adaption to various garments.
  - a. Frocks - with different types of yokes, skirts.
  - b. Night Suit.
2. Drafting of ladies basic bodies block and its adaptations to various garments-
  - a. Upper Garments -
    - \* Blouse
    - \* Kameez- Aline, short and full flared, kalidar.
  - b. Lower Garments - Different types of Churidar Payjami, Salwar.
3. Traditional embroideries (make any one article).
4. Tie & Dye or Batik (make any one article).