

**DEEN DAYAL UPDHYAYA GORAKHPUR UNIVERSITY
GORAKHPUR**

M.A. (HOME SCIENCE) SYLLABUS

| M.A. Previous | | Max. Marks | Min. Marks |
|----------------------|--|--------------------|-------------------|
| Paper I | : Research methods and Statistics | 50 | 17 |
| Paper II | : Advance Food Science | 50 | 17 |
| Paper III | : Child Development | 50 | 17 |
| Paper IV | : Clothing and Textile | 50 | 17 |
| Paper V | : Energy Management and Household Equipment | 50 | 17 |
| Paper VI | : Extension Techniques and Programmes | 50 | 17 |
| | | <hr/> | |
| | | Total | 300 |
| | | | 102 |
| Group A | : Practical | 75 | 25 |
| Group B | : Practical | 75 | 25 |
| | | <hr/> | |
| | | Total | 150 |
| | | | 50 |
| | | <hr/> | |
| | | Grand Total | 450 |
| | | | 152 |

Syllabus M.A. (Home Science) Previous

Paper I

RESEARCH MEHTODS AND STATISTICS

Statistics

1. Meaning and scope of statistics. Role of statistics in research.
2. Descriptive statistics. Classification, tabulation, frequency, distribution diagrammatic and graphics representation of data.
3. Elements of testing of a statistical hypothesis.
Formulation of the problem. Definition of type 1 and type 2 errors.
Level of signification. Lard sample test for proportions. Deference in proportions for means and deference in mean
4. Application of students t-test for small sample for single mean, deference in mean. F-test for equality of variance.
5. Correlation, coefficient of correlation and its interpretation, rank correlation regression equation and predictions.
6. Non-parametric tests, application of chi-square tests. Goodness of fit, independence of attributes 2 x 2 and R x C contingency tables.

Research Methodology

1. **Research -**
Definition and scope in Home Science.
2. **Type of Research -**
Historical, Survey, Experimental and Case study.
3. **Definition and identification of a research problem -**
Selection of problem, theory, hypothesis, basic assumptions and the limitations of the problem.
4. **Sampling -**
Type of samples, selection of sample benefits of sampling, evaluating a sample.

5. Analysis of the data -

Categorizations, coding, tabulation and statistical testing.

6. Conclusion and recommendations -

Summary techniques. Conclusions and recommendations.

II. Report Writing -

Presentation of report-format, footnotes, bibliographical citations -

- a. Preparation of an abstract
- b. Paper for publication

Practicals

Based on above topics.

References :

Good, C. V. and carter D. E., method of research, Educational, Psychological, Sociological Applications, century crafts, New York 1954.

1. Best, J. W., Research in Education, Prentice Hall New Delhi, 1983.
2. Doby, J. T. An Introductions to social Research, Appleton century crafts, 1967.
3. Kerlinger foundations or behavioral Research, New York, Holt kinchart and winson Inc., 1966.
4. D. N. Elhance, Fundamental of Statistics
5. Basic statistics by B. L. Agrawal
6. Mathematical statistics of Kapoor and Sexena
7. Agriculture statistics by Singh and Verma

Syllabus M.A. (Home Science) Previous

Paper II

ADVANCED FOOD SCIENCE

1. Introduction -

Concept of nutrition, adequate nutrition, malnutrition, Balance diet and factors affecting balanced diet.

2. Composition of Food -

Carbohydrate, Fat, Protein, Vitamins and Minerals and their classification, sources, function, requirement and deficiency diseases.

3. Methods of cooking and effect of cooking on nutrients.

4. Cereals -

Structure, composition, types and selection, various preparations and changes during preparations.

5. Pulses and Legumes -

Composition, types and selection, different ways of preparations, effect of cooking on nutritive value.

6. Vegetable and Fruits -

Composition, recognition of quality, care in storage, methods of cooking, cooking losses.

7. Milk and Milk Product -

Types and composition, preparation, Effect of cooking and use in cookery.

8. Eggs -

Structure, Composition, quality, care in storage, methods of cooking, uses in cookery.

9. **Meat, Fish and Poultry -**
Types, quality, factors affecting tenderness, Methods of cooking, effect of heat on nutritive value.
10. **Condiments and spices -**
Types and its use.
11. **Fats and oils -**
Composition, types and use in cookery.
12. **Food Preservation -**
Methods of food preservation and importance of food preservation.
13. **Food adulteration -**
Food fortification, food laws and quality control.

Practicals

1. Cereal preparations.
2. Pulse preparation.
3. Vegetable and fruit preparations.
4. Milk preparations.
5. Egg Preparation.
6. Meat, fish, and poultry preparations.
7. Soups and salads preparation.
8. Preparation of preserved items.
9. Napkin folding and Table setting.
10. Study on common adulterants.

References

1. Amerine, M.A., Pamborn, R. N. and Rossler E.B. Principles of Sensory Evaluation of Food, Academic press 1965.
2. Peckham, G.G., Foundation of Food preparation, the MacMillan Co., 1969.
3. Dessrosier, N.W., The technology of food preservation, Avi Publ. Co., 1976.

Syllabus M.A. (Home Science) Previous

Paper III

CHILD DEVELOPMENT

- 1. Significance of Child Development and their aspects.**

The role of nature and nature in determining intelligence, personality and Behaviour. Major development in eight periods of the span.
- 2. Physiology of Pregnancy -**

Normal menstrual cycle, conception, low of inheritance signs of pregnancy, stages of Foetal development, preparation for the baby, Personal Hygiene, Common disorders, discomforts and problems during pregnancy. Process of normal labour and new techniques in the field of fertility.
- 3. Care of the mother and neonate in postnatal period -**

Cleanliness and hygiene of puerperium, Immediate care of the new born and the mother, bodily characteristics and behavior patterns of neonate, needs of neonate, Evaluation and Examination of health of neonate, bath, sleep reflexes, vision, hearing, Normal growth and development. Immunization Scheduler and its importance, Reflexes, Apgar Scores.
- 4. Infancy (0 - 2 years)**

Development tasks of infancy period. Milestones and highlights of development. Minor ailments and their prevention, Diarrhea and ORS treatment, physical and Psychological care, bowel and bladder habits, posture in feeding, baby's room, Clothing, common health and nutritional problems.
- 5. Early Childhood Years (2 to 6 years)**

Importance of early years, Developmental tasks, Personal Hygiene, normal health and development habit formation, feeding, sleeping, Bathing, Clothing, toilet training, Class room-its requirement and decoration, Common problems and their management. Behaviour problems.

6. Goals and Objectives of pre - School education with special focus on history of pre-schools in India.
Improving creativity among pre - schools - art activities, other materials, music and rhythm, puppetry and creative Drama.
7. **Aims and Objectives of nursery School Education**
Activities in the nursery School -
 - a). Free Play
 - b). Finer co-ordination
 - c). Concept Formation
 - d). Readiness activities.Records and register - Need and methods of maintaining administration, health and development records.
Nursery school personal with special reference to the role of a nursery school teacher.
8. National and International organization for welfare of children in India.
9. Introduction to psycho-analytical theory, Cognitive theory, its significance in child development.
10. **Middle Childhood (6 to 12 years)**
Importance of Developmental tasks, normal health and development, Socialization - causes of social isolation in school, negative attitudes towards curriculum, physical, motor, emotional, mental, moral, and language development among the school age children.
11. Brief knowledge of government facilities for nursery, primary and secondary schools including special benefits available for different sections of the community.
12. **Personality Development**
Definition, biological and socio-cultural factors affecting personality like family, school, society and culture of the child.
13. **Learning -**
Process, meaning and theories of learning - Pavlow, Watson.

14. Children with special needs -

Definition of exceptional children, classification and types of identification and methods of training.

15. Adolescence period -

Physiological changes, values, interests, problems and adjustments, juvenile delinquency - causes and cure.

16. Guidance and counseling -

Definition, fundamentals and basic techniques, importance of counseling in child guidance clinics.

17. Psychology of adulthood -

Significance of the period, responsibilities and adjustments : new family, work place, parenthood, independence, financial matters, sex role issues and implications for young adults.

18. Middle Adulthood -

Definition, physical changes, menopause Health issues, stresses in middle age, coping with stress of family, workplace, occupation and job satisfaction. Pre-retirement and leisure - preparation for retirement and leisure.

19. Late Adulthood and Ageing -

Definition, physiological changes, health problems and cognitive and memory changes. Retirement - effect of retirement on self, family, society, financial problems face. Social family factors, attitudes towards the aged, old age and friendship.

Issues - Old age homes, loneliness, coping with loneliness, prolonged.

Practicals

1. Educating nursery school children using audio - visual aids.
2. Preparation of simple folder for parents related to child guidance aspects.

3. Study of problems of school children, causes and remedies.
4. Preparing a report on problem of school children using a questionnaire.
5. Identifying behavioral problems among school going children and critically evaluating it, giving suggestions to improve.
6. Study of parental attitude towards child rearing practices.
7. Recording height and weight, measurements and study the growth pattern of any one child in the laboratory school.
8. Collection and study of any five problems of adolescence using newspapers and magazines.
9. Survey on the expected qualities in the partner.
10. Study of neonatal child using a Questionnaire.
11. Record of observation on infants, study of available baby foods and their evaluation. Preparation of weaning foods.
12. Visit to a Nursery school and its critical evaluation.
13. Case study of a pre - school child.
14. Preparing audio - visual aids for educating school children.
15. Preparing creative activities for children.

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Paper IV

CLOTHING AND TEXTILE

1. Unity in diversity in Indian costume –
 - a). North India
 - b). South India
 - c). Western India
 - d). East India
 - e). Middle India
2. Elements and Principles of design.
3. Importance of colour, study of colour theories, colour wheel, colour in clothing.
4. Classification of design.
Structural and decorative, realistic, abstract, stylized, and geometric, traditional design.
5. Collors, sleeves, yoke, cuffs and their types.
6. Clothing for different age groups male, female – infancy, toddler, preschool child, adolescence adulthood, old age.
7. Introduction to the textile industry of India – its importance to the Indian economy.

Practicals

1. Drafting and construction of different garments using collar, sleeves and cuffs –
 - a). Tops using raglam sleeve.
 - b). Nighty with cuff and smoking
 - c). A - line dress with collar for teenager
 - d). Trouser with pocket for adult male.
 - e). Frock using patch pockets

2. Class presentation of Indian costume
3. Field visits to be arranged for Textile Mills, Handlooms Sectors. Weavers service centers, Khadi and village industries, Small scale industries.

References

1. Zarpkar, K. R. Zarpkar system of cutting, Bombay.
2. Thompson and Rea, 1949. Clothing for Children, Jhon Wiley and Sons, New York.
3. Tate and Grissom, Family Clothing.

Syllabus M.A. (Home Science) Previous

Paper V

ENERGY MANAGEMENT AND HOUSE HOLD EQUIPMENT

1. Concept of Home :

Meaning, characteristics, concept, components and motivation of management value, goals and standards.

2. Decision making :

Individuals and households -

- a). Role and scope of decision - making
- b). Oil products - Consuming industries.
- c). Electricity
- d). Manufacturing sector, domestic sector in urban and rural areas, units of consumption, types of uses - expenditure pattern of energy use.

3. Energy Management :

Energy consumption patterns and fuel needs -

- a). Coal - major uses.
- b). Oil products - Consuming industries
- c). Electricity
- d). Manufacturing sector, domestic sector in urban and rural areas, units of consumption, types of uses-expenditure pattern of energy use.

4. Energy Resources of India :

Fossil, Fuels, Coal Oil and Gas, Hydro-electric sources, Nuclear fuels, Geothermal energy, Wind energy, Solar energy and other non-commercial fuels.

5. Technology of alternate sources of Energy -

- a). Gobar gas and bio-gas plants

- b). Solar Energy
- c). Fuel wood plantation (Bio-Mass)

6. application of New Technology -

Family and community sized biogas plants, economic liability, social acceptance, adequacy of meeting energy needs particularly of rural communities and low income groups, appliances, stores, refrigerator, solar energy cooler, solar water heater, solar lantern, solar light, solar pumps, food driers, air conditioners, consideration in biogas technology.

7. Developing of design and performance standard :

Development of standard, ergonomic consideration for equipment design organization contributing to developing standard, types of standard already developed standard for the various equipment.

8. Lighting for the home and writing plans for homes lighting, requirements, slandered lighting, services adequate lighting quantity, writing plans.

9. Characteristics and functions, design, use and care of equipment, and their principles of work.

- a). Smart appliance
- b). Electrical appliances
- c). Motor appliances
- d). New electrical household appliances
- e). Personal case appliances

Practical

1. Study of equipment in the market.
2. Developing criteria for selection of equipment.
3. Evaluation of equipment electrical/non electrical.
4. Planning wiring and lighting for a home.
5. A survey relation to kitchen equipments used in homes.

6. A comparative study of time norms determined time and energy saving devices
7. Study of solar energy equipments.
 - a). Solar lantern
 - b). Solar cooker
 - c). Solar water heater
 - d). Solar light
 - e). Bio-gas plant
8. Planning wiring and lighting for home.
9. A comparative study of indigenous and modern equipments used in near locality.
10. Study of materials used for household equipments.
 - a). Base materials - aluminum, iron, steel, stainless steel, copper, brass, glass, plastic.
 - b). Finishes - Mechanical and applied
 - c). Insulating materials - mica, fiberglass, mineral, wool, rock, puff, plastic, foam, rubber etc.

References :

1. Peet, L Mary J. S. and Mildren, A. G. (1975) : Household equipment, New York, Johnwiley Sons, Inc.
2. Ptrica W. (1985), Household equipment, Selection and Mangement, Boston, Houghton Mithin Co.,
3. Louise Jemson Peet, Marry Pickett, Mildred, G and Arnold, B. S. (1970); Household equipments. John Wiley & Sons Inc.
4. A very Madeylyn (1975) : household Physics, MacMillan Co.
5. Halry D. S. The coming age of Solar Energy, Sterling Publishing Delhi 1967.

Syllabus M.A. (Home Science) Previous

Paper VI

EXTENSION TECHNIQUES AND PROGRAMMES

1. Concept :

Meaning, Scope, Principles philosophy and objectives of extension.

Elements involved in the extension education.

Qualities of extension worker

Role of extension in Research works and development.

2. Methods of communication :

Classification of extension teaching methods according to individual, group and mass approach.

3. Media of Communication :

Classification of Audio - visual aids, its importance in Extension.

Significance of each with respect to community needs.

Advantages and Limitations of each.

4. Understanding Adult Learners :

Characteristics of Adult learners, motivation technique, problems of adult learners.

Need based education

The Process of Adoption process.

Factors influencing adoption innovation.

5. Rural Development Programme :

History of Community Development Movement in India.

Evolution of Panchyati Raj and Democratic Decentralization - Five year Plan.

Factors influencing adoption innovation.

6. Role of Voluntary Agencies :

Contribution of voluntary agencies to Rural development - Central and State Welfare Boards Bhartiya Grameen Mahila Sang, All India Women's Conference, Kasturba Gandhi National Memorial Trust and other's.

7. Entrepreneurship -

Concept and process

Practicals :

1. Assessment of the education status in a nearby village/Slum and location of their needs.
2. Visits to programmes of adult education and functional literacy in the locality.
3. Organize and conduct an adult education programme.
4. Preparation and use of Audio - Visual aids.
5. Use of different extension teaching methods.

**DEEN DAYAL UPDHYAYA GORAKHPUR UNIVERSITY
GORAKHPUR**

M.A. (HOME SCIENCE) SYLLABUS

| M.A. Final | | Max. Marks | Min. Marks |
|-------------------|--|--------------------|-------------------|
| Paper I | : Community Nutrition | 50 | 17 |
| Paper II | : Ergonomics | 50 | 17 |
| Paper III | : Clothing & Textile | 50 | 17 |
| Paper IV | : Rural Sociology and Rural Development | 50 | 17 |
| Paper V | : Specialization | 50 | 17 |
| | a). Food and Nutrition- Biochemistry, Microbiology & Advanced nutrition | | |
| | b). Child Development - Human Development and Family Relations | | |
| | c). Resource management - Interior Design. | | |
| | d). Clothing and Textiles - Textile and Laundry Processes | | |
| | e). Extension Education - Advertisement and Visual Publicity | | |
| Paper VI | : Dissertation and Viva | 50 | 17 |
| | | Total | 300 |
| | | | 102 |
| Group A | : Practical | 75 | 25 |
| Group B | : Practical | 75 | 25 |
| | | Total | 150 |
| | | | 50 |
| | | Grand Total | 450 |
| | | | 152 |

Syllabus M.A. (Home Science) Final

Paper I

COMMUNITY NUTRITION AND DIETETICS

1. Introduction to community nutrition, community health and role of community nutrition in public health.
2. Nutritional status, Assessment of Nutritional status, Anthropometric measurement, Dietary survey, clinical survey.
3. Role of National and International organizations in improving the nutritional status of the community.
4. Nutritional in Pregnancy and Lactation – food requirement during pregnancy lactation. Impact of good nutrition on pregnancy and lactation. Complications of pregnancy.
5. Nutrition in Infancy – Nutritional requirement during infancy, feeding on infants like breast feeding, bottle-feeding.
Weaning – Supplementary foods. Nutritional problems in infancy.
6. Nutrition in Pre-school Age –
Nutritional requirement during pre-school age. Nutritional problems of pre-school age and food habits.
7. Nutrition in school age – Nutritional requirement, Food habits Nutritional Problem of school age children.
8. Nutrition in school age – Physiological changes, Nutritional requirement, food habits, Nutritional problem.
9. Nutritional in Adulthood – Nutritional requirement, food habit.
10. Nutritional in old age – Physiological changes, nutritional requirement, food habits, nutritional problems.
11. Therapeutic adaptations of normal diet, progressive diets, regular soft and liquid diet.
12. Special feeding methods.
13. Incidence, etiology, pathology, metabolic changes, clinical manifestation, complications, dietary management and counseling for the following disorder-
Gastro intestinal.
Febrile disease.

Liver and Gall Bladder
Cardio Vascular
Metabolic Disorder - Diabetes, Gout
Obesity
Under Weight.
Diet in Surgical condition.

Practicals :

1. Identification of nutritional problem prevalent in community using method of Nutritional assessment.
2. Plan a diet for pregnant lady.
3. Plan a diet for Lactating mother
4. Plan a diet for an Infant.
5. Plan a diet for a pre-school child
6. Plan a diet for a school going child
7. Plan a diet for an adolescent girl.
8. Plan a diet for an old person.
9. Plan soft and liquid diet for a patient.
10. Plan a diet for following disorder -
 - a). Gastro intestinal.
 - b). Febrile disease.
 - c). Liver and Gall Bladder
 - d). Cardio Vascular
 - e). Metabolic Disorder - Diabetes, Gout
 - f). Obesity
 - g). Under Weight.

References :

1. Swaminathan, M. Essential of food and Nutrition, Ganesh and co. Madras 1974.
2. Ritchie, J.A.S. Learning better Nutrition, FAO, 1967.
3. Anita, F. P. Clinical Dietetics and nutrition, Oxford University Press 1973.

Syllabus M.A. (Home Science) Final

Paper II

ERGONOMICS

1. Concept of Work :

- a). Classical concepts of work as an essential activity for survival.
- b). Modern concepts of work - major determinant in relationships of human behavior to develop personal, identify, self esteem, social attitudes, economic security and status symbol.

2. Ergonomics relating to home and family

- a). Types of work in urban and rural families
 - i). Domestic and farm related tasks : Nature and characteristics to traditional bound.
 - ii). Urban families : increased demands on time of the worker, acceptance of techniques or work simplifications.
- b). Rural homes - Traditional bound.

3. Work environment :

Space, Indoor, Climate, Furniture, Lighting. Flooring noise.

4. General Features :

- a). Special requirements
 - i). Anthropometric dimension of workers at work and at rest
 - ii). Elbow room, clearance space for operating equipments.
 - iii). Circulation space in rooms and corridor, floor space, work heights when seated and standing.
 - iv). Bodily attitudes
 - v). Physiological effects of space.
- b). Indoor and outdoor climate :

- i). Temperature, Air movement, Air humidities and general air.
- ii). Human heat balance, heat exchange between human body and surroundings.
- iii). Comfort and discomfort, factors affecting comfortable temperature.
- iv). Ventilation, requirements of air movements.
- c). Lighting :
Adequate of lighting at work place - physiological requirements, day light and artificial lighting, psychological effects of lights and colour.
- d). Flooring :
 - i). Thermal properties of flooring and their effect on physical conditions at work.
 - ii). Accident safety
 - iii). Ease of cleaning
- e). Noise :
 - i). Terms and definitions, source of noise, indoor and outdoor, noise load and noise levels.
 - ii). Effects of noise - physical and psychological and intellectual activities.

5. Channel of distribution of consumer goods available through

- i). Retail marketing
- ii). General stores
- iii). Wholesale marketing

6. Consumer aids or marketing devices :

- i). Labeling
- ii). Packaging
- iii). Guarantees
- iv). Branding

7. Consumer protection law :
Definition of law, Types of law, Importance of law.

Practicals -

1. Determining minimum space required for selected activities.
2. Determining the relationship of anthropometric dimension of workers with space requirement of selected activities.
3. Measuring physical fatigue arising from performing household activities.
4. measurement of noise.
5. A survey of channel of distribution of goods available through retail marketing, general stores, whole sale marketing.
6. Study of labeling, packaging, guarantee, branding and its impact on consumer attitude.

References :

1. Varghese, M. A., Altreya, N., Bhatnagar, A and Chaterjee, L; Ergonomics in Kitchen design, Bombay Dept. of P.G. Studies and Research in Home Science.
Singh Gurbax (1990) law of consumer Protection, Jaipur : Bharat Lw publishers.
2. Grandzeam E. Ergonomics of the home, Taylor and Frncis 1973. Steidle Nand Bralton, E. C. work in the home. Jonh Wiley, 1968.

Syllabus M.A. (Home Science) Final

Paper III

CLOTHING AND TEXTILE

1. Classification of Textile fibres.
2. **Textile Properties -**
Action of heat, light, acid, alkali, oxidizing and reducing agents on the fibres.
3. **Fabric Finishes -**
Shearing cropping, singeing, desizing scouring, mercerizing, sanforising and bleaching of different textiles.
Special finishes as water proof, wash and wear water repellent, flame proof.
4. **Methods of Printing -**
 - a). Fundamental of printing - study of dyes and pigments for printing.
 - b). Hand printing - Painting, stencil block, spray, hand screen.
 - c). Machine printing - spray, block.
 - d). Introduction of computer design software.
5. **Introduction to draping :**
Basic pattern on dress form : basic upper block, Basic lower block.
6. **Embroidery Stitches -**
Types.
7. Types of threads, needles etc, used on different fabrics.

Practicals :

1. **Dyeing -**
Dyeing of different textile using dyes.
2. Tie and dye, block printing, stencil printing, screen printing.

3. Embroider of India -

- a). U.P.
- b). Kashmir
- c). Rajasthan
- d). Gujrat
- e). West Bengal
- f). Punjab

4. Embroideries -

- a). Shadow Work
- b). Drawn Thread Work
- c). Smocking
- d). Appliqué work

Practicals :

1. developing plan layouts and perspectives : One point and two point for the different layouts.
2. Market surveys of different materials and finishes and their cost.
3. Developing of designs and construction of any file of the under motioned items : Cushion, curtains, carpets, doormats, rugs, tablemats.
4. To study the soft construction of soft furnishing.
5. To study the water supply in the house.
6. To know the house construction cost.
7. Construction of pots and bonsai.
8. Survey of slum areas.

References :

1. Ruth Ann Hong : Home Furnishing.
2. Kasu. A. A. "Interior Design"; Iquara Publications Mumbai.
3. Ball Victoria Kloss 1982 Art of Interior design, John wiley & sons.
4. Stepat, D. Introduction of Home Furnishing MacMillan 1976.
5. Halse, A.O. The Use of colour in interior, Mc Graww Hill 1975.
6. Anna. H. Rutt (1961) : Home Furnishing, John Wiley, eastern Private Ltd. New York

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Paper IV

RURAL SOCIOLOGY AND RURAL DEVELOPMENT

I. Socio -

Economic Structure of Indian rural society :

Concept, Structure of Rural Community.

Dynamics of changes in Society -

Evolutionary and planned. Role of leadership in influencing changes.

Main features of the Indian Rural Economy dependency on agriculture, low income and low living standard, socio economic gradations.

II. Rural Institutional and Organization :

The three basic institutions - Panchayat, School and Co-operatives - their contribution to Rural Development.

People's participation in Rural Development.

Organization working in Rural areas - Mahila Mandals, Youth Clubs and others - their contribution to Rural Development.

III. Training of Rural Development :

Concept and need of training.

Types - Creative training, field, training group Dynamic, Laboratory training,

Motivation Training, Self - awareness and self - development.

Techniques for training.

Monitoring and Evaluation.

IV. Programme Planning and Implementation :

Importance of Program planning, implementation and evaluation.

Principles of Programme planning - Programme Development Cycle.

Utilization of Various infrastructures for planning and execution.

Criteria, tools & techniques for evaluation.

V. Plans for Development of Women in changing India -

Employment status of women in India.

Categories of employment, problem and need of Self - Employment.

Shift of 'Welfare' Approach to Development and Empowerment' Approach.

VI. National policy on women.

Efforts by the ministry particularly by the Department of Women and child development.

Post Beijing scenario.

Role of National Commission for Women.

References :

Reddy, A. (1987) : Extension Education, Bapatia, India, Sree Lakshmi Press.

Dhama, O.P.

Pillai, K. S. (1993) : ABC of non Formal Education. 17-B, Indraprastha Estate, New Delhi, Indian Adult Education Association.

Syllabus M.A. (Home Science) Final

Paper V (Specialization)

BIOCHEMISTRY, MICROBIOLOGY AND ADVANCED NUTRITION

Section A - Nutritional Biochemistry -

1. **Carbohydrate** - Constituents, digestion and absorption.
2. **Protein** - Constituents digestion and absorption.
3. **Fat** - Constituents digestion and absorption.
4. **Vitamin** - Classification, their structure biochemical role in metabolism.
5. **Minerals** - Biochemical role in metabolism.
6. **Hormones** - Glands and their hormones and their function.

Section B - Food Microbiology -

1. **Food spoilage by micro organism** - Causes of spoilage, microbial growth in food and factors affecting growth of microorganism.
2. **Microbial intoxication's and infections** - Sources of contamination of foods, sources of infection by pathogenic organism's symptoms and methods of control and prevention of infection.
3. **Food Hygiene** - Hygiene handling processing packaging and services of food.

Section C - Advanced Nutrition -

1. **Nutritional requirement** - Method used for determination of energy requirement.
2. Methods of Protein quality.
3. Nutrition and immunity.
4. Metabolic interrelationship between nutrients.
5. Water and electrolyte balance.

Practicals -

1. Use of microscope and observation of prepared slides of spoiled foods.
2. Study of growth of Microorganism food.
3. Bacteriological examination of milk and curd.
4. Lactose in milk.
5. Estimation of energy in given food item.
6. Study the presence of starch with the help of iodine test.

References :

1. Leninger, A. L. Biochemistry, Worth Publishers, Inc. 1975.
2. Draper, H. H. Advances in Nutritional Research, Plenum press, 1982.
3. Frazier, W. C. Food Microbiology, Tata Mc. Graw Hill, 1978.

Syllabus M.A. (Home Science) Final

Paper V (Specialization)

HUMAN DEVELOPMENT AND FAMILY RELATIONS

1. Meaning definition scope of child development effect of heredity and environment in the development of the child. Principles of growth and development factors affecting growth and development. Methods of child study – Longitudinal, cross-sectional and socio-gram approaches.
2. **Pregnancy**

Course of prenatal development, overview of birth process and Complications.
Conditions affecting prenatal development.
Hazards during prenatal development preparation for parenthood.
Stages of birth process :

 - a). Stages of child birth and types of child birth. Latest concepts in the field of fertility.
 - b). Post Natal Care.
3. **Infancy (0 – 2 years)**

The Neonate Characteristics, Behavior and adjustment.
Physical growth and development in infancy.
Sensory and perceptual development during infancy.
Development of different senses, Factors influencing development.
Importance of social relationships – role of parents, siblings, peers and other during the stages of the life span.
An overview of physical, social, emotional, motor, intellectual and language development from birth to two years.
Theoretical approaches to early personality development – psycho sexual theory of Sigmoid Freud.
Psycho Social Theory of Erik Erickson and Piagets cognitive development theory of sensory motor and pre – operational stage.

4. Early Child Hood (3 to 6 years)

Significance of early years, physical, Motor Development, Social development - Erickson's 3rd Crisis of psycho - social theory and psycho social theory and psycho analytical theories, Emotional development, speech and intellectual development - Piagets preoperational stage personality development - Psycho sexual theory - Freud's phallic period. Habit and Habit formation, Child training methods, accidents and prevention. Significance of play - values, types, characteristics and Theories of play.

5. Pre- School Education -

- a). Its role in all round development.
- b). Types of pre-schools - Montessori, Laboratory, Balwadi and Kindergarten.
- c). Development of pre-school Education in India - Aims and Objectives.
- d). Indian and American philosophers who developed pre-school education.

6. Middle Childhood (6 - 12 years)

Physical, Motor, Social - Erickson's 4th crisis of psychosocial theory and emotional development, Intellectual development and Piagets stage of Concrete operations, Moral and Personality development - Psychosexual Theory - Freud's Latency period. Interests, problems and adjustments Home - school relationship.

7. Adolescence (13 to 18 years)

Development tasks, significance of physical, emotional, social - Erickson's 5th crisis of psychosocial theory, sexual Maturity, Intellectual development - Piagets stage of formal operations. Moral Development - Kohlbergs Moral Theory. Personality development p Psychosexual Theory - Freud's Genital Period and values interests.

8. Psychology of adulthood (19 to 40 years)

Developmental tasks, Significance of physical emotional, Social - Erickson's 6th crisis, intellectual development and Personality development.

9. Middle adulthood (41 to 60 years)

Development tasks, Significance of physical, emotional, social - Erickson's 7th crisis of psychosocial theory, intellectual development and personality development.

10. Late adulthood and Ageing (67 years - till death)

Developmental tasks, Physical and Social - Erickson's 8th crisis of psychosocial theory, emotional, intellectual, and personal and Social Adjustments Mental Health. Welfare services for aged, recreational interest of the aged.

11. Family relationships -

Family, definition, function, Compositions and types.

12. Family structure in India

Nuclear, joint and extended family system.

13. Definition and Function of marriage -

Marriage Customs and practices in Indian culture, Registration of marriage, marriage counseling : Laws pertaining to marriage and its adoption in different religious group.

14. Crisis in Family Life -

Prolong illness, death, suicide, mental illness and unemployment. Breakup of the family - divorce, separation, Dissection, death of the partner, single parenthood.

15. Exceptional Children :

Definition, Classification and types.

Identification and methods of training.

Special schools available in India for exceptional children.

Gifted children - Identification and education facilities.

Practical :

Based on above topics.

Syllabus M.A. (Home Science) Final

Paper V (Specialization)

INTERIOR DESIGN

1. Interior design :

Current trends in interior design, terminology of interior architecture and structure and its relation to interior design.

2. Interior decoration :

Meaning and importance of good taste.

Objectives of decoration and furnishing, elements, of arts, principles of design, styles in furnishing materials. Furniture, their selection, arrangement and care. Slip covers, bed covers and table covers, carpet, curtain, draperies, rugs, their selection and care.

3. Residential structural features of architecture :

Foundation footing, plinth, beams, columns, walls, slabs, floor, ceiling, window, doors, staircase, ramp, etc.

4. Material and finishes :

Wood, glass, plastics, acrylics, metals, emphasis to be given to their characteristics, adaptability and use in interiors, special finishes liking staining melamine's etc.

5. Illumination :

Purpose, types of lighting, natural and artificial, reflection and inadequate lighting, lighting stands for various tasks, tumbler and modular switches.

6. Services :

Services in relation to interiors liking drainage plumbing and electricity.

7. Costing and estimating :

Methods of estimating.

8. Accessories and their role in interiors :

Various types and their place in interior decoration, paintings, sculpture and pots.

9. Introduction to pottery.

10. Slums area -

An introduction, origin, characteristics.

References :

1. Stepat, D. Introduction to Home Furnishing, Macmillan, 1976.
2. Alexander, M. J. Designing interior Environment, Harcourt Brace Havanovich, 1972.
3. Halse, A. O. The use of Colour in Interior, McGraw Hill, 1975.
4. Ball, V. K. the Art of Interior Designing, MacMillan, 1972.
5. Scott, R. G. Design Fundamentals, McGraw Hill, 1951.
6. Sherwood, R. F. Homes Today and Tomorrow, Chas A Bennet, 1972.
7. Faulkner, R. and Faulkner, S. Inside Todays Home, Holt Rinehart.

Syllabus M.A. (Home Science) Final

Paper V (Specialization)

TEXTILE AND LAUNDRY PROCESS

1. Classification of Textile fibers -

A review of structure, chemical and physical properties of textile fibers, natural regenerated and synthetic fibers.

2. Textile Properties -

Action of heat, light, acid, alkali, oxidizing and reducing agents on the fibers.

3. Classification and introduction to laundry process -

- a). Wet
- b). Dry cleaning

4. Water -

- a). Hard Water
- b). Soft Water

5. Soaps and Detergents -

Definition, chemical nature, manufacture, properties and their cleaning action.

6. Soaps and Detergents -

Definition, chemical nature, properties and their cleansing action.

7. Textile Testing -

Introduction, definition and importance

Practicals :

- 1. **Microscopic study** - Study of longitudinal section of textile fibers.
- 2. **Chemical Study** - Testing different fibers through chemicals.
- 3. **Burning test** - Identifying fibers through burning.

4. Laundering of cotton, rayon, silk, wool and synthetics.
5. Bleaching and whitening of cotton.
6. Starching of cotton.
7. Visit to a dry cleaning, or a textile mill.

References :

1. Moncriff, R. N. Manmade Fibres, Haywood Books, London, 1970.
2. Hartsuch, B. E. Introduction to Textile chemistry, Jhon Wiley, N. Y. 1950.
3. Marsh, J. T. An Introduction to Textile Finishing, Jhon wiley, 1951.

References :

1. Clorke, W. Introduction to Textile Printing, Button Worths and Co. Ltd, London, 1974.
2. Green, D. Fabric Printing and Dyeing. A practical Handbook, Mac Gibbon and kee, London, 1972.

Syllabus M.A. (Home Science) Final

Paper V (Specialization)

ADVERTISEMENT AND VISUAL PUBLICITY

1. Advertising Communication :

Need for advertising communication, economic and social effects of advertising.

Advertising as a mass communication process.

Advertising for commercial purpose.

Advertising for development programmes.

2. Advertising Media :

Different media for advertising – print media, newspapers and periodicals.

Broadcast media – Television, Films.

Non-media Advertising.

Outdoor advertising – Hoardings, Posters, Billboards, Bulletins boards,

Electronic signs, Litter bins, Aerial methods.

Transportation Media – Mobile vehicle.

Exhibition and Trade fairs.

3. Techniques of Advertising :

Media Planning

Choosing Content

Layout and Design

Ethics in Advertising

Advertising code

Advertising Research

4. Advertisement for development communication :

How to use the above advertisement media for development communication.

Practical :

1. Review of different forms of advertisement.
2. Detailed study of the media for advertisement for contents, techniques and appeal.
3. Visits to advertisement agencies to study their programmes.
4. Preparing software's for advertisement - commercial programmes/development programmes.