

Department of Home Science

M.A.Home Science

Paper Codes

PREVIOUS

S.NO	Nature of Course	Course code	Name of course	Periods per week
1	Theory	HSC611	Advanced Textile & Apparel Designing	3
2	Theory	HSC612	Advanced public health Nutrition	3
3	Theory	HSC613	Advanced FRM &Interior Designing	3
4	Theory	HSC 614	Advanced Human Development&Family Studies	3
5	Practical	HSC615	Advance public health Nutrition	2
6	Practical	HSC616	Interior Designing	2

FINAL

S.NO	Nature of Course	Course code	Name of course	Periods per week
1	Theory	HSC621	Research Methodology	3
2	Theory	HSC622	Early Childhood Care &Education	3
3	Theory	HSC623	Nutrition in life cycle	3
4	Theory	HSC624	Child and Human Rights	3
5	Practical	HSC625	Family and Social Welfare	2
6	Practical	HSC626	Apparel Designing	2

**M.A. previous
Paper – I**

ADVANCED TEXTILE & APPAREL DESIGNING

Unit – I

1. 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) Developing designs for decorative fabrics for various end uses.

Unit – II

2. Importance and objectives of textile testing.
3. Standardization and research organization working in the field of textile.
4. Fabric testing:
 - a) Fabric construction analysis – Weave ends, Picks, Count, Weight, Crimp, Thickness.
 - b) Dimensional stability of fabric shrinkage, heat setting.
 - c) Apparel fabric properties, their measurements and advantages – strength, crease recovery, stiffness

Unit – III

5. Fabric construction methods – foam, felt and non woven.
6. Weft knitting, Warp knitting and hosiery stitches.
7. Fabric finishes - chemical and functional finishes.
8. Chemical constitution of dyes, application methods and suitability of various dyes to different fibers.

Unit –IV

9. Role of clothing in sociological, psychological and personality development of human being. Impact of society on clothing choices, fashion, fads, conformity and mobility.
10. Factors affecting choice of clothes, physical, aesthetic, economic and social clothing needs of family, requirement of child's clothing, family budget and wardrobe planning.
11. Selection of fabrics for clothing and furnishing items.

Unit – V

12. Pattern making techniques – drafting flat pattern.
13. Matching of checks and plaids.
14. Fitting – principles of fitting, factor affecting good fit, common fitting problems of blouse, remedying fitting defects.

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 – II
ADVANCED PUBLIC HEALTH NUTRITION

Unit -I

1. Perspectives in the history and philosophy of Community Health, Community Nutrition and Society.

Unit -II

2. Special feeding methods, i.e., Tube feeding, Intravenous feeding, Nasal feeding.
3. Types of Fever, physiology of fever, metabolic changes, Dietary treatment in chronic fever.

Unit –III

4. Principles and Planning of post operative diet. Pre and post operative nutrition. (High protein, fat and low Cho diet).
5. Surgery of the stomach, mouth, duodenum, GI tract and Nutrition after burns.

Unit –IV

6. Principles of Planning diet in Kidney diseases, Gall bladder stones, Nephritic syndrome, Nephritis dialysis, their causes, symptoms, dietary treatment and management.

Unit – V

7. Principals involved in the diet planning for major nutritional deficiencies such as PEM, Anemia and Vitamin A., their causes, symptoms and dietary modifications.

References:

1. A text- book of foods, Nutrition and Dietetics by M. raheena Begum
2. Human Nutrition and Dietetics by Devidson and Passmore
3. Assessment of the Community Nutrition status by Jellitte
4. Foods and Nutrition by Meenakshi Tarnekar
5. Poshanshashra by Dr. Manjusha Molvane

Paper - III
ADVANCED FAMILY RESOURCE
MANAGEMENT AND INTERIOR
DESIGNING

Unit – I

1. Management as a concept :-
 - Definition , scope and significance of management
 - Managerial functions of families
 - System approach to FRM
2. Housing
 - Introduction to building material for rural & Urban housing
 - Economy in constructing a house, buying, Building a house.

Unit-II

3. Consumer movement :-
 - Origin and growth
 - Philosophy and objectives
 - Consumer movement in India
4. Consumer Behavior
 - Determinants of consumer behavior, opinion, leadership, Group influence, social class and culture, consumer Dissatisfaction.
 - Market strategies influencing consumer behavior
 - Guidelines for wise purchasing practice.
5. Redressal Mechanism for consumer grievances:
 - Verbal and written complaint
 - Procedure for filing a complaint, appeal to District, state or nation commission.
 - Media connected services
 - Public services litigation

Unit – III

6. Ergonomics :
 - Definition, importance and scope of ergonomics in Home and other occupations
 - Interdisciplinary and applied nature of ergonomics As a field of study.
 - Consideration of Ergonomics in interior design.
 - Work, Worker and Working environment Relationship
 - Kitchen and storage as most important work Areas.
 - Study of different body posture used in various Activities and its relation to fatigue.

Unit – IV

7. Furniture design and Arrangement :
 - Need and importance of furniture
 - Selection
 - Human Anthropometric measurement In furniture design
 - Designing furniture for various activities
 - Material used in furniture
8. Furnishing material
 - Purpose, design, selection & care
 - Bed linens and curtains

Unit -V

9. Lighting in Interiors:
 - Types
 - Selection
 - Arrangement
 - Design
 - Fixture
 - Use and care

10. Floor Planning:

- Symbols and its important
- Methods of floor planning.

References:

1. Kapur, S.K. (1996) Professional Management, S.K. Publisher, New Delhi.
2. Deacon R.E. and Fire Baugh, F.M. (1975) Home Management Context and Concept, Noughtion Miffen Boston.
3. Deacon R.E. and Fire baugh, F.M. (1981) Resource Management Principals and Application, Allyn and Bacon, Boston.
4. Sherman, A.W. el. al. (1988) Managing Human Resources, South Western Publication Co., Cincinnali.
5. Sundaram K.P. M. and Varsha M.G. (1975) Principles of economics, Agra.

Paper – IV
ADVANCED HUMAN DEVELOPMENT &
FAMILY STUDIES

Unit-I

1. (a) Meaning, definition of children with special needs, Importance of studying children with special needs.
- (b) Definition, etiology, characteristics, identification and rehabilitation of children with special needs.
- (c) Physically challenged :
 - i) Sensory challenged
 - ii) Orthopedically

Unit –II

2. (a) Mentally retarded
- (b) Emotionally challenged
- (c) Gifted ones
- (d) Behavioral disorders.

Unit –III

3. (a) Marriage – meaning, definition, functions, types of marriage.\
- (b) Readiness of marriage - physiological, social, psychological and economical.
- (c) Alternatives to marriage – singlehood, consensual unions & their socio-emotional implications.
- (d) Marital Harmony – Pre and post marital counseling and its importance, Marriage & family counseling.

UNIT IV

4 Family :

(a) Meaning, definition.

(b) Concept of family life cycle, changing needs of family at different stages of Family Life Cycle -Beginning , Expanding &Contra ding.

Unit - V

5. Meaning, definition & nature of Guidance

- Difference between Guidance & Counseling.
- Objective of Guidance
- Need of Guidance
- Types of Guidance - education, vocational, personal

References:

1. Taylor, R.L. & Sternberg, L. (1989): Exceptional Children: Inergrating research and training, New York : Springer Verleg.
2. Bhargava, M. (1994): Introduction to exceptional children – their nature & educational provisions, New Delhi: Sterling
3. Chattopadhyay, A. (1986): All India directory of educational & vocational training Institutes for the handicapped, New Delhi: patriot publishers.
4. Womble D.I. 1909. Foundation of marriage and family relations. London Coller Macmillan.
5. Nerdeshan Evam Margdarshan: Prof. V.L. Chouhan.

MA FINAL HOME SCIENCE
PAPER I- RESEARCH METHODOLOGY

UNIT I

1. Science, Scientific methods and Scientific approach
2. Role of Statistics and research in Home Science display
3. Objectives of research: explanation, control and prediction
4. Types of research : historical, experimental, social, participative

UNIT II

1. Definition and identification of research problem
 - a. Selection of research problem
 - b. Justification
 - c. Theory, hypothesis, basic assumptions, limitations and delimitations of the problem
2. Types of variables
3. Theory of probability
 - a. Population and sample
 - b. Probability sampling; systematic random sampling, two and multi stage sampling, cluster sampling
 - c. Non-probability sampling: purposive, quota and volunteer sampling/ snow ball sampling

UNIT III

5. Basic principles of research design; fundamental, applied and action research, exploratory descriptive and experimental
Longitudinal and cross sectional

UNIT IV

6. Qualitative research methods
 - a. Theory and design in qualitative research
 - b. Definition and types of qualitative research
7. Data gathering instruments
 - a. Observation, questionnaire, interview, scaling methods, case study, home visits
 - b. Reliability and validity of measuring instruments

UNIT V

8. Scales of measurement and the appropriate statistical techniques

9. Critical analysis of research
10. Writing a research proposal
11. Analysis of data and research reports

References:

1. Bandarkar, P.L. and Wilkinson T.S. (2000): Methodology and Techniques of Social Research, Himalaya Publishing House, Mumbai.
2. Bhatnagar, G.L (1990): Research Methods and Measurements in Behavioural and Social Sciences, Agri. Cole Publishing Academy, New Delhi.
3. Dooley, D. (1995): Strategies for Interpreting Qualitative Data; Sage Publications, California.
4. Gay, L.R. (1981, 2nd Ed): Educational Research, Charles E. Merrill, and Columbus, Ohio.
Mukherjee, R. (1989): The Quality of Life: Valuation in Social Research, Sage Publications, New Delhi.

PAPER II EARLY CHILDHOOD CARE & EDUCATION

UNIT - I

1. Early Childhood Care And Education
 - a. Importance need and scope of ECCE
 - b. Objectives of ECCE
 - c. Principles of ECCE
2. Types of Preschools/ Programmes : Play centers, day care, Montessori, kindergarten, balwadi, anganwadi etc.
3. Concepts of non – formal, formal and play way methods.

UNIT - II

1. Historical Trend (Overview)
 - Contribution of the following thinkers to the development of ECCE (their principles, application and limitation) in the content of ECCE.
 - Pestalozzi, Rousseolu, Proebel, Maria Montessori, John dewey, Gijabhai Badheka, Tarabai modak, M.K. Gandhi, Ravindranath Tagore.
 - ECCE in India: Kothari commission, contribution of five year plans to ECCE, Yashpal committee, Maharashtra preschool center Act.

UNIT - III

1. Organization of Pre School Centers.
 - a. Concept of organization and administration of early childhood centers.
 - b. Administrative set up and functions of personnel working at different levels.
2. Building and equipment location and arrangement of rooms: play ground selection of different types of outdoor and indoor equipment.

3. Staff / personnel service conditions and roles: role and responsibilities, essential qualities of a care giver/teacher their personal records and report.

UNIT - IV

1. Activities For ECCE

- a. Language Arts : Goal and Language, types of listening and activities to promote listening various activities – (Songs, Object talk, picture talk, Free conversation, books, games, riddles jokes stories and teacher’s role.)
- b. Art and Craft activities (creative activities of expression) Types of activities – Chalk, crayon, paints, paper work and best out of waste. Role of teacher in planning the activity, Motivating children, Fostering, appreciation of art and craft activities.
- c. Music : Songs, Objective of Music education establishing, goals, setting the stage and role of the teacher. Three aspects of music, making listening and singing.
- d. Mathematics : Goals of mathematics, learning developmental concepts at different stage : Principles of teaching mathematics.
- e. Science : Role of teacher in some important science experiences.

UNIT V

1. Recent Trends in ECCE
2. Problems faced by parents and teachers in ECCE
3. Recommendations for improvement in this system

Reference Books:

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

3. Canol. E.C. and Jan Allen (1993). Early childhood curriculum, University of Tennessee, New York : Macmillan.
4. Day Barbara (1983) Early childhood education, New York, Macmillan.
5. Gordon & Browne (1989). Beginning and Beyond, Second edition, Delman Pub.
6. Grewal. J.S. (1984) Early childhood education, Agra National Psychological corporation pub.
7. Hildebrand Verna (1981). Introduction to early childhood education. N.Y. : Macmillan.
8. Hildebrand Verna (1985). Guiding the young Child, N.Y. : Macmillan.
9. Jenkins. E. (1997). A practical guide to early childhood curriculum, C.V. Moshey Co.
10. Judith. E and Meyers, R.G. (2000). Early childhood counts : A programming guide on early childhood care for development, Washington: The World Bank. (Learning Resource Service.)
11. Kaul. V.(1997). Early childhood education programme, New Delhi.: NCERT.
12. Kohn Ruth (1972). The exploring child. Mumbai : Orient Longman.
13. Kulkarni. S. (1988). Parent Education perspective and approach. Jaipur : Ravat Publications.
14. Maxim G. (1980). The very young, California : Wordsworth.
15. Mohanti & Mohanti (1996). Early childhood care & education. New Delhi : Deep & Deep Publication.
16. Moyley. J.R. (1996). Just Playing, The role and status of play in early childhood Education. Milton Keynes : Open University Press.
17. Murlidharan. R. (1991). Guide to nursery school teacher. New Delhi NCERT
18. Pankajam. G. (1994). Preschool Education. Ambala Indian Pub.
19. Rao. V.K. and S. Khurshid – ul – Islam (eds.) (1997). Early childhood: care and Education. New Delhi : commonwealth Pub.

PAPER III NUTRITION IN THE LIFE CYCLE

Unit I:

Nutrition during Pregnancy and lactation:

- a) Physiological stages of pregnancy
- b) Effect of Nutritional status on Pregnancy outcome
- c) Nutritional Requirements
- d) Guide for eating during pregnancy: Complications of pregnancy and their dietary Implications.
- e) Lactation: Physiology; Nutritional Requirements, breast feeding an infant.

Unit II:

A .Nutrition during Infancy:

- a) Physiological Development
- b) Nutritional Requirements
- c) Milk for Infants-Composition of human and cow's milk, formulas
- d) Complimentary foods-weaning pattern, composition, general principles in feeding infants, special feeding problems
- e) Nutritional requirements of Toddlers (1-3years)

B. Nutrition in the Care of the Low-Birth weight Infant:

Characteristics of low-birth weight Infant, small for date babies, pre-term babies Use of growth chart.

Unit III:

Nutrition In Childhood Pre-School and School going

- a) Growth and Development
- b) Nutritional Requirement's

c) Factors influencing food intake d) Nutritional Concerns

Unit IV

Nutrition in Adolescence

- a) Growth and Development-Physiological changes
- b) Nutritional Requirements
- c) Situations with special needs.

Unit V:

Nutrition in adults:

a) Nutritional needs modifications for different activity levels and different income groups.

Nutrition in old age:

- a) Process of Aging
- b) Nutritional Requirements, Nutrition Related problems of old Age, Nutrition and Bone health (in brief)
- c) Degenerative diseases
- d) Drug-Food and nutrient Reaction.

References:

- Antia, F.P. (2005): Clinical Nutrition and Dietetics, Oxford University Press, Delhi
- Gordon M Ward law (1999) Perspectives in Nutrition 4th ed. WCB/ Mcgraw Hill. International edition.
- Mahan, L.K., Arlin, M.T. (2000): Krause's Food, Nutrition and Diet therapy, 11th edition, W.B.Saunders Company, London.
- Passmore, R and Davidson S (1986) Human Nutrition and Dietetics. Living stone Publishers.
- Robinson, C.H; Lawler, M.R. Chenoweth, W. Land Garwick, A.E (1986): Normal and Therapeutic Nutrition, 17th Ed., Mac Millan Publishing Co
- Shil's M E, Alfon J A, Shike M (1994) Modern Nutrition In health and Diseases 8th ed.
- Shubhangini A Joshi (2002): Nutrition and Dietetics 2nd edition, Tata Mc Graw-Hill Publishing Company Limited, New Delhi.
- Srilakshmi, B. (2005): Dietetics, 5th edition, New Age International (P) Limited Publishers, New Delhi
- Vincent Hegarty © (1988, Decisions in Nutrition. Times Mirror/Mosby College Publishing, St. Louis.

**PAPER -IV
CHILD AND HUMAN RIGHTS**

UNIT I

1. Definition and Evolution of Rights
 - a. Human rights
 - b. Child rights
 - c. Woman's rights
 - d. Charter
 - e. Convention
 - f. Policy

UNIT II

2. Status of Indian Children and their Rights
 1. Gender disparities (infanticide, foeticide, girl child)
 2. Children in difficult circumstances (children of prostitutes, child prostitutes, child labour, street children, refugee children and child victims of war.), Children with special needs.

UNIT III

3. Women and their Rights
 - Status of women in India
 - Women and Human Rights
 - Forms of violation of women's rights

UNIT IV

4. Violence against women:
 - Violence against women in home, work, places and society'
 - Sexual harassment, rape Crime against women

- Political discrimination
- Health and Nutrition based deprivations

UNIT V

4. Human Rights

- Moral Rights
- Legal Rights
- Civil and Political Rights

Advocacy for Human Rights

Reference Books:

1. Butterworth, D. and Fulmer, A (1993). Conflict, Control Power. Perth : Child and Family Consultants.
2. Bruner, T. (1986). Actual minds – possible words. London ; Harvard University Press.
3. Digumarti, B.R. Digumarti, P.L. (1998). International Encyclopedia of Women (Vol.1), New Delhi : Discovery.
4. D'Souza, C. and Menon, J. Understanding Human Rights (Series 1-4) Bombay: Research and Documentation Centre, St. Pius College.
5. Dreze, Jean and Sen, Amartya (1989). Hunger and Public Action, U.K. Oxford University Press.
6. Government of India (1992b). National Plan of Action: A commitment to the Child, Department of Women and Child Development, New Delhi.
7. Government of India (1993c). Education for All: The Indian Scene, Department of Education, New Delhi.
8. Government of India (1993d), Ministry of Finance, Economic Survey 1992-93, New Delhi.
9. Government of India (1994), Ministry of Finance, Economic Survey 1993-94, New Delhi.
Government of Tamil Nadu (1993). Dr. J. Jayalalita 15 Point Programme for Child Welfare, Department of Social Welfare and Nutritious Meal Programme, Madras.
10. Kudchedkar, S. (Ed.)(1998). Violence against Women : Women against violence. Delhi : Percraft International.

11. National Institute of Nutrition (1993). Nutrition Trends in India, National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
12. National Institute of Public Cooperation and Child Development (1993). A Statistics on Children in India Packet Book 1993, New Delhi.
13. National Institute of Urban Affairs (1993), Urban Child: Issues and Strategies In collaboration with Planning Commission, Ministry of Urban Development and UNICEF, New Delhi.
14. National Law School of India University and United National Children's Fund (1991). Report of a Seminar on the Rights of the Child, National Law School of India University, Bangalore.
15. National Commission for Women (2001). A Decade of Endeavour (1990-2000), New Delhi; National Commission for Women.
16. Sachar, R.K. Verma, Dahawan, S., Prakash, Ved, Chopra, A. and Adlaka, R. (1990). Sex bias in health and medical care allocation, Indian Journal of Maternal and Child Health, 1(2) 63-65.
17. UNICEF (1992), Rights of the Child: World Declaration and Plan of Action from the World Summit for Children and the Convention on the Rights of the Child, New Delhi.
18. UNICEF (1993). The Progress of Nations, New York.
19. UNICEF (1994). The State of the World's Children 1994, Oxford University Press, U.K.111
20. UNICEF (1990). Children and Women in India: A Situation Analysis: 1990, New Delhi.
21. UNICEF India (1993). Annual Report on Country Situation: 1993, New Delhi.
22. UNICEF India (1993). Annex to the Annual Report on Goals and Indicators, New Delhi.
23. UNICEF India (1993). Policy on Child Labour, New Delhi
24. Weiner, Myron (1991). The Child and the State in India, U.K. : Oxford

Practical –I

Public health Nutrition

1. Planning and preparation of dishes rich in Energy, Protein, Fiber, Calcium, Iron, Vitamin- C and Vitamin – A.
2. Planning and preparation of bland diet recipes.
3. Planning and preparation of diets for patients with common disorders – Diabetes, over – weight, liver.
4. Planning and preparation of diets for the elderly in health.
5. Preparation of Nutritious Snacks for children rich in energy and protein
6. Assessment of nutritional status.

Practical –II

Interior Designing

- 1.Preparation of catalogue comprising pictures denoting application of Elements of Art and Principles of Design
2. Colour: Colour Wheel, Dimensions and Harmonies of Colour
3. Furniture and Furniture plans of specific areas
4. Market review of furniture and furnishing materials:
 - Upholstery,bed and table linen
 - Wall coverings
 - Window and Door Treatments
 - Lighting Systems
 - Artifacts
 - Fittings and Fixtures
 - Wood and its substitutes
- 5 Window Treatments

Practical –III

Family and Social Welfare

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
5. Visits to Day care centers, Anganwadi, Creche, Nursery etc and preparation of report .

Practical –IV

Apparel Designing

1. Adapting paper patterns for various kind of apparels – Blouse, Frock and Petticoat.
2. Samples of various types of embroideries.
3. Project work using bead work, jardozi, gotta work etc.