

# Syllabus

## **SUBJECT: HOME SCIENCE (M.A.)**

**National Education Policy-2020**





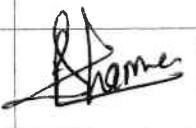



***SRI DEV SUMAN UTTARAKHAND UNIVERSITY***

***BADSHAHITHAUL (TEHRI GARHWAL) UTTRAKHAND***

***SESSION 2023-2024 onwards***

**SRI DEV SUMAN UTTARAKHAND UNIVERSITY  
BADSHAHITHAUL, TEHRI GARHWAL (uttarakhand)**

**Members of Board of Studies - M.A. HOME SCIENCE**

S.N.	Name	Designation	Department	BOS	Signature
1.	Prof. Dinesh Chandra Goswami	Dean, Faculty of Arts Sri dev Suman University, uttarakhand	Geography	Chairman	
2.	Prof. Preeti Kumari	Principal, O.N.S. Govt. Degree College, Devprayag	Home Science	Member	
3.	Prof. Aditi Vats	Professor & Head Department of FRM, G.B. Pant University, Pantnagar.	Home Science	Member	
4.	Dr. Preeti Sharma	Assistant Professor Govt. P.G. College, New Tehri	Home Science	Member	
5.	Dr. Anamika Chauhan	Assistant Professor Chaman Lal P.G. College, Landhaura Haridwar	Home Science	Member	
6.	Prof. Janki Panwar	Principal Govt. P. G. College, Kotdwar	Higher Education	Member	
7.	Prof. Lavni Rajvanshi	Principal Govt. P. G. College, Jaiharikhal	Higher Education	Member	
8.	Prof. K. L. Talwar	Principal Govt. Degree College Chakrata	Higher Education	Member	
9.	Director	Uttarakhand Bhasha Sansthan, Rajpur Road, Dehradun		Member	

**National Education Policy-2020**  
**SRI DEV SUMAN UTTARAKHAND UNIVERSITY**  
**BADSHAHITHAUL (TEHRI GARHWAL) UTTRAKHAND**  
**SUBJECT: HOME SCIENCE (M.A.)**  
**Curriculum Design Committee, Uttarakhand**

Sr.N.	Name & Designation	
1.	<b>Prof. N.K. Joshi</b> Vice-Chancellor, Sridev Suman Uttarakhand University, Tehri	<b>Chairman</b>
2.	<b>Prof. O.P.S. Negi</b> Vice-Chancellor, Uttarakhand Open University, Haldwani	<b>Member</b>
3.	<b>Prof. Jagat Singh Bisht</b> Vice-Chancellor, Soban Singh Jeena University Almora	<b>Member</b>
4.	<b>Prof. Surekha Dangwal</b> Vice-Chancellor, Doon University, Dehradun	<b>Member</b>
5.	<b>Prof. M.S.M. Rawat</b> Advisor, Rashtriya Uchchar Shiksha Abhiyan, Uttarakhand	<b>Member</b>
6.	<b>Prof. K. D. Purohit</b> Advisor, Rashtriya Uchchar Shiksha Abhiyan, Uttarakhand	<b>Member</b>

**SUBJECT EXPERT COMMITTEE**

Name	Designation	Affiliation
Prof. Preeti Kumari	Principal & Professor	Govt. P.G. College, Deoprayag
Prof. Aditi Vats	Professor & Head	Department Of Home Science, G.B.Pant University Pantnagar

**SYLLABUS PREPARATION COMMITTEE**

Name	Designation	Affiliation
Dr. Preeti Sharma	Assistant Professor & Head	Department Of Home Science Govt. P. G. College, New Tehri, Tehri Garhwal, Uttarakhand
Dr. Anamika Chauhan	Assistant professor & Head	Department of Home Science Chaman Lal P.G. College Haridwar, Uttarakhand

**(FOURTH YEAR AND FIFTH YEAR)**  
**Syllabus according to NEP 2020 GUIDELINES**  
**Bachelor Research in Arts /M.A. Ist Year (Home Science)**

Year	Semester	Name of Course	Course number	Credit	
4 <sup>th</sup> Year	VII	Advanced Food Science	HSC/PG015	04	
		Theories of Human Development	HSC/PG016	04	
		Advanced Fabric and Clothing Construction	HSC/PG017	04	
		Research Methodology in Home Science	HSC/PG018	04	
		Project or Advance Extension Education	HSC/PG019(A/B)	04	
		Practical	HSC/PG020	06	
		TOTAL		26	
	VIII	Food Safety and Preservation	HSC/PG021	04	
		Statistics	HSC/PG022	04	
		Advanced Home Management	HSC/PG023	04	
		Development Communication (minor elective ) (OR) Consumer Education	HSC/PG024(A/B)	04	
		Project or Life Span Development	HSC/PG025(A/B)	04	
		Practical	HSC/PG026	06	
		Total		26	
	<b>Master of Home Science</b>				
	5 <sup>th</sup> Year	IX	Community Nutrition	HSC/PG027	05
Indian Textile and Embroidery			HSC/PG028	05	
Early Childhood Education (OR) Guidance and Counselling			HSC/PG029 (A/B)	04	
Project or Rural Sociology			HSC/PG030 (A/B)	04	
Practical			HSC/PG031	06	
Total				24	
X			Human Nutrition and Diet Therapy	HSC/PG032	05
		Interior Decoration	HSC/PG033	05	
		Children with Special Needs (OR) Child Welfare in India	HSC/PG034(A/B)	04	
		Dissertation or Maternal Child Nutrition	HSC/PG035(A/B)	04	
		Practical	HSC/PG036	06	
		Total		24	
		Total		24	

### **Program Outcomes (POs)**

- The program has been framed in such a manner that students receive real feel of quality education by touching all aspects of the human lifecycle.
- Designed to enhance the capacity of students to understand universal and domain- specific values in Home Science.
- Develop the ability to address the complexities and interface among self, social and national priorities.
- Inculcate both generic and subject-specific skills to succeed in the employment market and standards of life.
- Promote research and innovation and design (product) development favouring all the disciplines in Home Science.
- This programme develops a scientific and practical approach among the students which helps in their day to day life

### **DETAILED SYLLABUS**

#### **SEVENTH SEMESTER**

#### **HSC/PG015: ADVANCED FOOD SCIENCE**

**CREDIT: 04; MARKS- 100**

#### **Unit-1**

Cereals: Breakfast cereals– Uncooked and ready to eat products; Cereal-based products– processed, fermented and baked

Pulses and legumes: Composition and processing; Toxic constituents of Pulses and elimination of toxic

#### **Unit-2**

Fruits: Composition and nutritive value

Vegetables: Classification, composition, nutritive value and methods of cooking

#### **Unit-3**

Meat: Composition, cooking of meat; Changes produced during meat cooking; Meat substitutes.

Egg: Nutritive value and structure; Storage and processing; Effect of heat on egg protein; Egg products; Egg cookery; use of egg as a thickening agent and an emulsifying agent.

Milk: Composition and importance; Milk processing; Milk products; Milk substitute.

#### **Unit-4**

Sugar; different types of sugar, Indian confectionery.

Spices and condiments: Role of major and minor spices and their use; active principles in Some spices.

**Reference Books:-** 1. Amerine MA, Pangborn RM, Roceasier EB(1965). Principles of Sensory Evaluation and Academic Press, NewYork.



2. Srilakshmi, B. Food Science, 4th Edition, New Age Publishers, New Delhi.

**HSC/PG016: THEORIES OF HUMAN DEVELOPMENT**

**CREDIT: 04; MARKS- 100**

**Unit -1**

Maslow's self-actualization theory

Freud's psychosexual and psychoanalytic theory. Erikson's psychosocial theory

**Unit-2**

Skinner's theory of Operant and instrumental conditioning Pavlov's theory of classical conditioning

Thorndike's Trial and Error Theory Learning

**Unit-3**

Kohlberg's six stages of moral reasoning

**Unit -4**

Piaget's cognitive development theory

**References Books:-:**

1. Morgan, Kingetal (1999): "Introduction to Psychology", Tata McGraw-Hill Edition, Delhi, India
2. HurlockE(2000): "Child Development", Tata McGraw-Hill Edition, Delhi, India 3. Bal Vikas evam Bal Manovigyan, Brinda Singh, Panchseel Prakashan, Jaipur

**HSC/PG0 17: ADVANCED FABRIC AND CLOTHING CONSTRUCTION**

**CREDIT: 04; MARKS- 100**

**Unit -1**

General principles of clothing construction; Steps in clothing construction: Preparation of fabric

Equipment used in clothing construction

Sewing machine: Parts and attachments; common defects and remedial measures, care and maintenance

**Unit -2**

Anthropometric Measurements: Need; taking measurements for different garments; precautions and method; tools and materials.

**Unit-3**

Techniques of clothing construction:

Drafting: Meaning and importance; tools, method and precautions; drafting on paper and cloth;



Pattern making: Meaning and importance; parts of pattern; tools required; symbols used and general rules for clothing construction,

preparing layout; marking of cloth; principles of cutting; principles of stitching; finishing

#### **Unit -4**

Use of construction features in design- seams, darts, tucks, pleats, gathers, placket opening, shirring Different types of-necklines, collars, yokes and sleeves. Renovation of clothing.

#### **Reference Books:-**

1. Vastra evam Paridhan, Shashi Prabha Jain and Archana Jain, Shiva Prakashan, Indore
2. Parivarik Paridhan Vyavastha, Manju Patni and Sapna Henry, Star Publications
3. Vastra Vigyan ke Mool Sidhanth, G.P.Sherry, Vinod Pustak Mandir
4. Griha Vigyan Vishwa kosh, Rama Sharma and M.K Mishra, Arjun Publishing House

### **HSC/PG0 18: RESEARCH METHODOLOGY IN HOME SCIENCE**

**CREDIT: 04; MARKS- 100**

#### **Unit -1**

Research; Meaning ,Objective, Importance and Types of Research.

Research Process

Need and Role of Research in Home Science

#### **Unit -2**

Definition and identification of research problem selection of Hypothesis, basis assumption and limitation of research problems.

Types and function of Hypothesis. Types of variables.

#### **Unit -3**

Research design- definition, types, basic principles and purpose. Population and sample.

Probability sampling, non probability sampling.

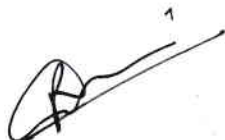
#### **Unit -4**

Sources of data. Different type of Data, Importance of Data , Data Collection Techniques

Analysis of data, Report writing.

#### **Reference Books:-**

1. Gupta, S.P., Statistical Methods, Sultan Chand and Sons, New Delhi, 1994
2. Jain, Gopal Lal, Research Methodology, Methods, Tools and Techniques, Mangal Deep Publications, Jaipur, 1998



3. Kothari, C.R.: An Introduction to Operational Research, Vikas Publishing House Pvt. Ltd, NewDelhi,1994
4. Wright, Susan E Social Science Statistics Allyn and Bacon Inc., London, 1986
5. Wisniewski, Mik, Quantitative Methods for Decision Makers, Macmillan India Ltd., NewDelhi, 1986

**HSC/PG019: PROJECT or ADVANCED EXTENSION EDUCATION**

**CREDIT:04 MARKS- 100**

Based on the courses being undertaken during the concerned semester.

- Unit 1** Extension Education: Meaning, Concepts, Objective, Scope, Principles, Philosophy of Extension Education,  
Extension Education as a discipline with special reference to Home Science extension education. Scope of Home Science Extension Education.
- Unit 2.** Role and Qualities of an Extension worker. Steps in Extension Teaching Process, Criteria for Effective Teaching & Learning.  
Extension systems- types, advantages and disadvantages
- Unit 3.** Audio-visual Aids: Definition, Importance, Classification, Selection, Preparation and effective use of Audio- visual aids.
- Unit 4.** Communication and Extension Teaching Methods: Definition, Importance, Characteristics, Elements, Models and Challenges in Communications.  
Relationship between Communication, Extension and Development.  
Extension Teaching Methods- Classification, Factors guiding the selection and use of Extension teaching methods.

**Reference Book**

1. Aggarwal, R. (2008). "Communication-today and tomorrow", New Delhi: Sublime Company
2. Dubey V. K, Srivastava Archana, Agrawal Garima, Grah Vigyan Prasar evam Sampreshan, Star Publications Agra.
3. Harpalini B. D. Patni. Manju, (Prasar Shikshan Evam Sanchar) Star Publications, Agra. ISBN 978-93-81246
4. Shaw Geeta Pushp, Shaw Jois Sheela, Prasar Shiksha, Vinod Pustak Mandir Agra. ISBN 81-7457-104-3
5. Dhahama, O. P., & Bhatnagar, O. P. (1988). "Education and Communication for Development". New Delhi.- Oxford and IBH Publishing Co. Pvt. Ltd.





6. Jaipal Singh." PrasarShikshaavamGramin Vikas" SR Scientific publications, Agra
7. Chauhan & sharma , Avash Evam prasharshiksha, Pragati prakashan, ISBN 935531768-9
8. Reddy A. (1987)."Extension Education". Bapatha, Andhra Pradesh, India: Sreelakshmi Press.
9. Supe A. N. (1983). An introduction to Extension Education, Delhi: Oxford IBH publishing

**HSC/PG020: PRACTICAL**

**CREDIT: 06; MARKS- 100**

1. Construction of Darts, Pleats, Tucks, Gathers; basic Seams; Collars and Sleeves.
2. Drafting of adult basic bodice and sleeve block and stitching of Blouse and Kurta
3. Understanding and handling of Sewing Machine: Various parts; accessories; care, common defects and remedial measures.
4. Preparation of recipes from different Indian state.

**EIGHTH SEMESTER**

**HSC/PG021: FOOD SAFETY AND PRESERVATION**

**CREDIT: 04; MARKS- 100**

**Unit-1**

Food sanitation and hygiene Food borne diseases

**Unit-2**

Food Adulteration , Fortification of foods with vitamins and minerals ,Novel and processed supplementary foods

Enzymes in food processing

**Unit-3**

Evaluation of foods: Visual examination and Sensory evaluation (colour, texture, flavor and taste). Fermented foods, pickles, sauces.

**Unit-4**

Causes of food spoilage

Food Preservation–Principles and methods

Preserved and processed products from fruits and vegetables

**Reference Book**

1-Fundamental of food and nutrition, S. R Mudambi and M V. Rajagopal, New Delhi



- 2 A Textbook of Food, Nutrition and Dietetics, M.R. Begum, Sterling Publishers Pvt Ltd
- 3 Cherley H 1982 ,Food Science 2<sup>nd</sup> edition. John wiley and Sons New Delhi.
- 4-Gopalan C 1993 Recent trends in Nutrition. Oxford University Press
- 5-Handbook of food and nutrition ,M.Swaminathan, Bappco.

**HSC/PG022: Statistics**

**CREDIT: 04; MARKS- 100**

**UNIT-1**

Meaning and uses of statistics, classification and tabulation of data construction of frequency distribution table.

**UNIT-2**

Diagrammatic representation of data- Single Dimensional diagram (line and bar), Two dimensional diagram (pie).

Graphical representation of data- Graphs of frequency distribution. (histogram, frequency polygon, frequency curve)

**UNIT-3**

Descriptive statistics: Measures of central tendency: (Arithmetic mean, mean, median, mode), relation between mean median and mode ;Measure of dispersion: Range, Mean deviation & Standard deviation.

**UNIT-4**

Theoretical Probability Distribution: Binomial, Poisson and normal distribution; Testing of Hypothesis: Null and Alternative Hypothesis, level of significance, Student 't' distribution and its application, Chi-square( $\chi^2$ ) test & its application, 'f' test and its application.

**Reference Books:-**

1. Statistical Methods – S.P.Gupta, Sultan Chand & Sons Publisher- New Delhi
2. Research Methodology, Methods and Techniques – C.R. Kothari Wiley Eastern Limited – New Delhi
3. Elements of Statistics, Theory & Practice – M.Singhal. Lakshmi Narain Agarwal, Educational Publisher – Agra
4. An Introduction to Statistical Methods – C.B.Gupta & V.Gupta- Vikas Publishing House PVT Ltd. New Delhi.



5. Research Methods & Measurements in Behavioural & Social Sciences – G.L.Bhatnagar – Agri. Cole. Publishing Academy, New Delhi.
6. Statistical Methods – S.P.Gupta, Sultan Chand & Sons Publisher- New Delhi
7. Research Methodology, Methods and Techniques – C.R. Kothari Wiley Eastern Limited – New Delhi
8. An Introduction to Statistical Methods – S.C.Gupta V.Gupta- Vikas Publishing House PVT Ltd. New Delhi

### **HSC/PG023: ADVANCED HOME MANAGEMENT**

**CREDIT: 04; MARKS- 100**

#### **Unit-1**

Management in family living, characteristics of management in home, role of home management, misconceptions regarding home management

Roles and responsibilities, characteristics and functions of a home manager

Values–Concept, characteristics, classification and factors influencing values

Goals–Concept, types, factors influencing goals

Standards–Concept, classification of standards.

#### **Unit- 2**

Management process: Planning, organizing, leading, controlling and evaluating Decision making: Concept, steps, factors affecting, kind

Resources: Meaning and definition, role, characteristics, classification

#### **Unit -3**

Time Management: Tools–peak loads, work curves, rest periods and work simplification Energy Management: Classification of efforts used in homemaking, fatigue– types and

Causes. Work simplification

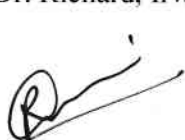
#### **Unit- 4**

Money Management: Budgeting– Definition, importance and steps in planning

a budget. Account keeping–importance, types of account systems, methods of handling money, family financial records.

#### **Reference Books:-**

1. An Introduction to Family Resource Management, Premavathy Seetharaman, Sonia Batra and Preeti Mehra, CBS Publishers and Distributors
2. Economics of the household, B A Drew, Mc Millan company, New York.
3. Consumer Economics, Dr. Richard, Irwin, Illinois (1983)



## HSC/PG024 (A): DEVELOPMENT COMMUNICATION

CREDIT: 04; MARKS- 100

### Unit-1 Development

- a) Definitions, basic concepts, significance, functions & dynamics of development.
- b) Indicators of development – human development index, gender empowerment measure, human poverty index.

### Unit-2 Policies and programmes for Women development

- a) National policy for empowerment of women.
- b) Economic empowerment – women in agriculture, women in industry.
- c) social empowerment – Education, health, Nutrition, housing, drinking water and environment.
- d) Legal empowerment - Legal literacy on personal and family laws. Role of family court and legal aid centres.
- e) Political empowerment – Role of panchayat Raj in political empowerment of women.

### Unit -3 Communication Systems

- a) Types of communication systems- Concept, functions, significance.
- b) Mass communication, elements, characteristics and scope.
- c) Visual communication.
- d) Media in development communication, understand the role of traditional and modern media in development of communication.
- e) Traditional Media – puppetry, folk media

### Unit-4 Modern Media of Communication

- a) Print Media – books, newspapers, magazines, leaflets and pamphlets.
- b) Electronic Media – Radio, T.V. Video, Computer based Technologies.
- c) Outdoor Media – Exhibitions & fairs.
- d) Barriers of Communications.

### Reference Books:-

1. Corner J. "Communication Studies – An introductory Reader".
2. Delayers & Denis, "Understanding Mass Communication"
3. MCQuail D, "Introduction to mass communication, sage Publication.
4. Wright, Winters and Zeiger, " Advertising Management", MCGraw Hill, New Delhi
5. Dahama O.P. & Bhatnagar O.P., " Education & Communication for Development", Oxford & B.N. Publishing Co. New Delhi.
6. G.L. Ray, "Extension Communication & Management"



**HSC/PG024 (B): CONSUMER EDUCATION**  
**CREDIT: 04; MARKS- 100**

**Unit -1**

- a. Consumer – Definition, meaning, Characteristics and type
- b. Consumer behavior- meaning, factors influencing, consumer and sales techniques
- c. Rural vs urban consumer characteristics and problems

**Unit -2**

- a. Consumer rights and responsibilities,
- b. Consumer organizations – origin, functioning, role and types.
- c. Consumer protection and Government legislation – Act and orders

**Unit -3**

- a. Introduction to tax and their kinds main taxes in India
- b. Income – meaning, types. Income tax

**Unit -4**

- A .Consumer cooperatives – role, history and growth in India, PDS Kendriya Bhandars.
- b. Standardization and quality control measures: ISI, FPO, AGMARK, ISO, Eco mark, Wool mark, Silk mark, Cotton mark, Handloom mark, BEE star labelling and others

**References Books:-**

- Khanna S.R., Hanspal S., Kapoor S. & Awasthi H.K., 2007, Consumer Affairs, Universities Press India Pvt. Ltd.
- Sawhney, H.K. & Mital, M., 2007, Family Finance & Consumer Studies, Elite Publishing House Pvt. Ltd.
- Seetharaman, P. and Sethi, M., 2001, Consumerism: Strength and Tactics, New Delhi: CBS Publishers.

**HSC/PG025: PROJECT or LIFE SPAN DEVELOPMENT**

**CREDIT: 04; MARKS- 100**

-Based on the courses being undertaken during the concerned semester.

**Unit -1 Puberty and Adolescence**

Puberty and Adolescence–definition and characteristics Physical changes during puberty and adolescence Developmental tasks of adolescence

Social and emotional development during adolescence. Factors affecting social and emotional



Development. Role of parents, teachers, peers and society. Problems of Adolescence

### **Unit -2 Adulthood**

Characteristics; Sub-stages; Developmental Tasks

Problems: Adjustments, Interests, Vocational, Marital life and adjustments, Divorce, Re- marriage, Unmarried life/singlehood

### **Unit-3 Middle Age**

Characteristics; Subdivisions; Developmental Tasks

Problems: Some common problems unique to old age; Physical changes, Health, Changes in interests, Vocational, Changing family pattern, Family adjustments, Loss of spouse.

### **Unit-4 Old Age**

Characteristics; Subdivisions; Developmental Tasks

Types of Changes during ageing: Physical, Sensory, Sexual, Health, Changes in motor abilities, Changes in mental abilities and cognitive capacities, Changes in interests, Retirement, Loss of spouse; Vocational and Family life hazards of old age; Consequences of ageing.

### **Reference Books:-**

1. Vikasatmak Manovigyan, Rajendra Prasad Singh, Jitendra Kumar Upadhyay, Rajendra Singh; Motilal Banarsidass, NewDelhi.
2. Bal Vikas evam Bal Manovigyan, Vrinda Singh, Panchsheel Prakashan, Jaipur 3. Hurlock B Elizabeth (1981), Developmental Psychology– A Life Span Approach, TataMacGrawHill
4. Hurlock B Elizabeth (1978), Child Growth and Development, Tata McGrawHill 5. Hurlock B Elizabeth (1997), Child Development, TataMcGrawHill
6. Papalia E Diane & Olds Wendkos Sally (1975), A Child's World–Infancy through Adolescence, McGraw-HillBookCompany
7. Berk E Laura (2000) , Child Development, Allyn and Bacon

### **HSC/PG026: PRACTICAL**

### **CREDIT: 06; MARKS 100**

- 1 Home scale food preservation- preparation of jam, pickle, sauce, syrup etc.
- 2 Study of food labels of processed foods available in the market.
- 3 Survey of adolescents from rural and urban areas.
- 4 Survey of old people from rural and urban areas to study their problems.
- 5 Making a family budget for different income groups while taking into consideration saving and taxes..

**NINTH SEMESTER**  
**HSC/PG0 27: COMMUNITY NUTRITION**  
**CREDIT: 05; MARKS- 100**

**Unit-1**

Prevalence, etiology, biochemical and clinical manifestation and preventive measures for: Protein Calories Malnutrition- Kwashiorkor and Marasmus

**Unit -2**

Prevalence, etiology, biochemical and clinical manifestation and preventive measures for: Iron deficiency, Iodine deficiency; Fluorine Deficiency and Toxicity

**Unit -3**

Prevalence, etiology, biochemical and clinical manifestation and preventive measures for Vitamin A deficiency; Beri-beri, Pellagra; Scurvy; Rickets, Osteomalacia and Osteoporosis

**Unit -4**

Nutritional assessment and surveillance–Meaning, need, objectives and importance

Anthropometry–Need, importance, types, standards for reference

Biochemical methods– Biophysical or Radiological assessment, functional assessment, Laboratory and biochemical assessment

Clinical assessment–Need, importance, identifying signs of deficiency diseases. Diet survey: Need, importance and methods.

**Reference Books:-**

Bamji, M S, Rao, NP and Reddy V.1996, Textbook of Human Nutrition.

Bendich, A and Deckelbaum ,RJ,1977,Preventive Nutrition.The comprehensive guide for health professionals.

Fundamentals of foods and nutrition, S.R.Mudambi and M.V.S

Owen,AY and Frankel, RT 1986 nutrition of the community, the art of delivering services,2nd ed.

**HSC/PG028: INDIAN TEXTILE & EMBROIDERY,**  
**CREDIT: 05; MARKS- 100**

**Unit -1**

Historical background of traditional Indian embroidery.

General embroidery techniques; Hand embroidery– knowledge of basic hand embroidery stitches.

**Unit -2**

Study of traditional embroideries of India: Texture, design and colour.



Chikankari of Uttar Pradesh, Kantha of Bengal, Kasuti of Karnataka, Kutch Kathiawar of Gujarat, Phulkari of Punjab, Sindhi embroidery.

### **Unit -3**

Traditional Textiles of India: Texture, design and colour.

Woven (indesign)–Patola, Brocade, Chanderi, Paithani, Pochampalli, Ikat , Maheshwari

Printed woven fabric– Dacca muslin, Tassar, Kotadoris.

Printed–Sanganeri, Kharhi print of Gujarat.

Painted–Kalamkari, Madhubani.

Resist dyed–Bandhej of Gujarat and Rajasthan.

### **Unit -4**

Khadi: Significance–National and economic; Revolution in Khadi

Handloom: Definition, role in national economy and some chief handloom clothes of India

### **Reference Books:-**

Vastra Rachna evam Chappai Takneek, Jain and Gupta, Shiva Prakashan, Indore

Harvey Janet 1996; Traditional textiles of central Asia, Thames and Hudson,London

Paine Sheila 1990 ; Embroidery textiles traditions, Thames and Hudson,London

## **HSC/PG029 (A): EARLY CHILDHOOD EDUCATION**

**CREDIT: 04; MARKS- 100**

### **Unit -1**

Historical perspective of early childhood education

Contribution of various thinkers the ideology ,applications and limitations

Western: Johann Heinrich Pestalozzi, Friedrich Wilhelm Froebel, Jean Jacques Rousseau, Maria Montessori

Indian: Rabindranath Tagore (1861–1941), Gijubhai Badheka, M.K Gandhi

### **Unit -2**

Principles of Early Childhood Education Objectives; Need and significance; Basic Principles; The

Play way Method; Early Childhood education services in India- Government Sector– ICDS,

NIPCCD, NCERT etc; Voluntary Sector–ICCW, Balwadi, Mobile Creche's, ECCE centers etc.;

Private Sector (Nursery, Pre- Primary etc)

### **Unit -3: Early Childhood Years(3– 6 Years)**

Children in the Early Childhood Years– Developmental Characteristics; Developmental needs;

Interests; Significance of First Five Years of Life





#### **Unit -4 Play**

Concept of Play; Play and Learning; Role of play in development; Play as a means of understanding children's development; Different types of play among preschool children (unoccupied behaviour, onlooker, solitary independent play, parallel activity, associative play, cooperative or organized, supplementary play)

#### **Reference Books:-**

1. NCERT (1991), A Guide for Nursery School Teachers, NCERT, New Delhi
2. Seth Kanta, Ahuja Kavita (1996), Minimum Specifications for Pre-Schools, NCERT, New Delhi
3. Kohn Ruth (2003), The Exploring Child- A Handbook for Pre-Primary Teachers, Orient Longman, Delhi.
4. Chowdhury D Paul (1995), Child Welfare/Development, Atma Ram & Sons, Delhi
5. Certificate Course in Organizing Child Care Services, IGNOU, (Block 1 to 6)
6. Grewal JS (1998), Early Childhood Education- Foundations and Practice, Har Prasad Bhargava, Agra

### **HSC/PG029(B): GUIDANCE AND COUNSELLING**

**CREDIT: 04; MARKS- 100**

#### **Unit -1**

Guidance: Meaning, scope and importance, objective and principles of guidance; need of educational guidance, different forms of guidance: group and individuals, Types of guidance: educational, vocational and personal.

#### **Unit -2**

Counselling Techniques: Concept, nature and scope of counselling. Need and importance of counselling, Types of counselling. Tools and techniques of counselling.

#### **Unit-4**

Counselling as service, purpose of student counselling; client -counsellor relationship, nature and functions of a counsellor, characteristics and necessary qualities (personal and professional) of a good counsellor, qualification and training programme of counsellor

#### **Unit -4**

Guidance of children with special needs, guidance of the gifted and creative students, role of teacher in Guidance, difference between guidance and counselling

#### **Reference Books:-**

- Dave Indu- The basic essentials of counselling
- NCERT: Guidance and Counselling



- Sarita Kumari and Monica Tomar – Guidance and Counselling
- SS Chauhan- Principle and technique of guidance.

## **HSC/PG030: PROJECT of RURAL SOCIOLOGY**

**CREDIT:04, MARKS- 100**

Based on the courses being undertaken during the concerned semester.

### **Unit 1**

Basic concept and objectives of Rural Sociology.

Definition, Nature, Scope and importance of Rural Sociology.

Salient features of Indian Rural Life.

Differences between Rural and urban communities.

### **Unit 2**

Problems of Indian Rural Life – (Social and Economical) Child marriage, Dowry system, Indebtedness, Untouchability, poor health, unemployment, backwardness, illiteracy, problems of agricultural marketing.

Rural leadership- Theories and types of leadership, role and importance of rural leaders and their qualities..

### **Unit 3**

Rural Economy – Agriculture, Cottage and small – scale industries.

Rural Social structure and organization- Family, marriage, caste system, Jajmani system, panchayat,

Educational aspects of Rural Life, Teaching aids in Rural Education.

Adult Education.

### **Unit4**

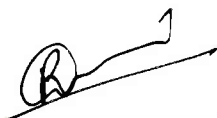
Innovation – meaning, characteristics, factor affecting innovation,

Innovation adoption process and steps.

Innovation adopters.

### **Reference Books:-**

- (i) Rural Sociology: Dr. Vatsyayan
- (ii) Indian Villages: S.C. Dubey
- (iii) Panchayat Raj in India: Rajeshwar Dayal.
- (iv) Social System in Rural India: A.E. Punit.
- (v) Community Development in India: B. Mukherji



## **HSC/PG031: PRACTICAL**

**CREDIT: 06; MARKS- 100**

1. Familiarize students with methods of assessment of nutritional status and conduct single person case study to assess and evaluate nutritional status or carry out a survey using anthropometric measurements.
2. Preparation of low cost- high nutritive value recipes
3. Sample preparation of traditional Indian embroideries and machine embroideries Preparation of two articles using different hand embroideries Preparation of two articles using machine embroideries, Documentation of Indian textile and costumes.

## **TENTH SEMESTER**

### **HSC/PG032: HUMAN NUTRITION AND DIET THERAPY**

**CREDIT: 05; MARKS- 100**

#### **Unit -1**

Nutrients in foods: their functions, requirements and sources digestion, absorption and utilization of nutrients. Effect of low and excess intake of nutrients on human body Energy requirement, BMR, Water, its functions, sources and routes of excretion, recommended dietary allowances

#### **Unit -2**

Diet therapy: History of dietetics, effect of illness on food acceptance and utilization, role of dietician, taking patients history, education of patient and dietetic counselling.

#### **Unit -3**

Therapeutic modifications of normal diet, food exchange lists feeding methods, principles of dietetic management of chronically ill patients

#### **Unit -4**

Causes, symptoms and principles of diet management of

- Jaundice, hepatitis cirrhosis and infantile cirrhosis
- Cardiovascular diseases, hyperlipidaemia, hypertension, congestive heart failure
- Nephritis (acute and chronic) renal stone, gout, arthritis
- Diabetes mellitus,
- Diet in surgery, fractures, burns injury, allergy and AIDS

#### **Reference Books:-**

1. A Text book of food and nutrition by M. Swami Nathan, Ganesh Publishers, Bo1 I & II.
2. Clinical Dietetics and Nutrition by F.P. Antia, Oxford University Press. New Delhi, London & New York



3. Human Nutrition and Diets by S. Division, R. Pasamore, J.F. Brock and A.S. Truwell, Churchill and Livingstone.
4. Modern Nutrition in Health & Disease, Yong & Shails Normel & Therapeutic Nutrition by F.T. Proudfit & C.H. Robinson

### **HSC/PG033: INTERIOR DECORATION**

**CREDIT: 05; MARKS- 100**

#### **Units -1**

Introduction to interior decoration, importance of interior planning and decoration, planning principles for specific areas. Principles of Art.

#### **Unit -2**

Elements and principles of design and their application in interiors, types of design and characteristic.

#### **Units -3**

Window and window treatment, Accessories for interior. Table setting, lighting as an element of interior, wall and wall coverings, floor and floor covering,

#### **Units -4**

Furniture arrangement, types of furniture, selection and arrangement of furniture for different rooms. Flower arrangements.

#### **Reference Books:-**

1. Dorothy Stepat-Devan And Others- Introduction to interior Design, N.Y. Macmillan 1980.
2. Mike Lawrence: The Complete interior Decorator U.K. Macdonald, 1986.
3. Faulkner and Faulker, inside today's home, N.Y. Holt Rinehart and Winston, 1975

### **HSC/PG034(A) CHILDREN WITH SPECIAL NEEDS**

**CREDIT: 04; MARKS- 100**

#### **Unit-1**

Children with special needs: Definition, characteristics, classification according to types of impairment. Special education for children with special needs

#### **Unit -2**

Mental retardation: definition and levels, causes, identification, educational provisions Gifted and creative children: definition, characteristics, special needs, identification and Educational provisions



### **Unit -3**

Visually handicapped children: Classification, identification and educational provisions  
Hearing impaired: Classification, identification, causes and educational provisions

### **Unit -4**

Children with orthopaedic impairments: Definition, classification, causes, educational provisions and rehabilitation.

Children with behaviour disorders: autism and aggressive behaviour.

### **Reference Books:-**

1. Bhargava.(1994)–Introduction to Exceptional Children, Sterling Publishers, New Delhi.
3. Car Chintamani ( 1996)–Exceptional Children: Their Psychology and Education, Sterling Publishers, New Delhi.
4. Sahu B.K.(1993)–Education of the Exceptional Children, Kalyani Publishers, New Delhi.
5. Avashyakta wale bacchon ki shiksha tatha nirdeshan evam paramarsh, Vinay Rishivar, Agarwal Publications
6. Vishisht Balak, Abha Rani Bisht and Swati Saxena, Agarwal Publications
7. Vishesh Avakshyataon wale Bache Part I and II, DECE-3, Bacchon ke liye sewayen evam karyakram, IGNOU
12. Vishisht Balak– Shikshaevam Punarwaas, Mahesh Bhargava, H.P. Bhargava Book House, Agra

## **HSC/PG034(B): CHILD WELFARE IN INDIA**

**CREDIT: 04; MARKS- 100**

### **Unit -1** Child Welfare in India

Concept and historical perspective, Need and relevance Historical evolution of Child welfare  
Rights of children; Protection of Child rights; Convention on the rights of the child Child in the  
Constitution of India

### **Unit -2** Profile of child in India

Demographic: Total population, Child population, Sex ratio, Infant Mortality Rate (IMR), Literacy,  
School enrolment rate

### **Unit -3** Children at Risk

Children in especially difficult circumstances, Children in emergency situations, Disabled child,  
Destitute child, Street child, Delinquent child, Working child.

Social problems related to children– female foeticide (pre-birth and pre- conception, elimination),  
juvenile delinquency, child labour, child abuse and child marriage, discrimination against girl.

### **Unit -4** Child Welfare agencies and programmes in India



International, national and local agencies—governmental and non-governmental (UNICEF, ICCW, Mobile Creches, Bal Bhawan)

Welfare programs— ICDS, Mid-day Meal Programme, Universal Immunization Programme, etc

**Reference Books:-**

1. Baig, T.A.(1979): Our Children. New Delhi: Ministry of Information and Broadcasting, Govt. of India

3. Chowdhry, D.P.(1980): Child Welfare and Development. Delhi: Atma Ram

**HSC/PG035 (A): DISSERTATION or MATERNAL CHILD NUTRITION**

**CREDIT:04, MARKS- 100**

The Dissertation is compulsory for students. The Dissertation is to be allotted in the beginning of fourth semester and would be submitted during the examination of fourth semester. Performance of students in dissertation will be evaluated on the following basis.

- a. Dissertation report – 60
- b. Viva & presentation – 40

**HSC/PG035 (B): MATERNAL CHILD NUTRITION**

**Unit -1**

Current nutrition and health status of women and children in India.

Changing concepts and controversies in maternal and children nutrition..

**Unit-2**

Importance of Maternal Nutrition.

Importance of Nutrition Prior to and during pregnancy.

Effect of under- nutrition on mother and child including pregnancy outcomes.

Nutritional requirements during pregnancy.

**Unit-**

Malnutrition in mothers and children.

Infant Physiology and the pattern and LBW Infants.

**Unit-4**

Policies and Programmes for promoting maternal and child nutrition and health.

**Reference Books:-**

1- Charley H [1982]. Food science [2<sup>nd</sup> edition], John Willey and sons, New York.

2-Gopalan C .[eds.][1993] Recent Trends in Nutrition, Oxford University Press.

3-International Child Health; A Digest of Current Information

4-Srilakshmi, B Dietetics, New Age Publishers.ss



**HSC/PG036: PRACTICAL**

**CREDIT: 06; MARKS- 100**

**Market** survey of commercial nutritional supplements and nutritional support substrates.

Planning and preparation of diet during normal and diseased conditions.

Furniture layout of living room, dining room, kitchen and bedroom.

Planning colour schemes of different rooms for different activities..

Development of design and construction of curtains, cushions, carpet, table mats. Flower arrangement, Wall painting, picture frame.

Visit of centres and institutions for special children and recording information and observation.

Writing a report.

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