



PROF. RAJENDRA SINGH (RAJJU BHAIYA) UNIVERSITY, PRAYAGRAJ

Structure of Syllabus for the Programme : M.A. (Home Science) 2024-25

Structure of Syllabus Developed by			
Name of BoS Convener/BoS Member	Designation	Department	College/ University
Prof.(Dr.) Nitu Singh	Convener	Home Science	H.N.B Govt. P.G. College, Naini Prayagraj
Prof. (Dr.) Parvati Singh	Member	Home Science	Mahila Seva Sadan Degree College, Prayagraj
Dr. Jyoti Kumari	Member	Home Science	Dr. B.R.A. Govt. Girls PG College, Fatehpur
Prof. (Dr.) Abha Singh	Expert- Member	Home Science	AND Agriculture University, Ayodhya
Prof.(Dr.) Vidhu Diwedi	Expert- Member	Home Science	Sampurnanand Sanskrit University, Varanasi
Prof.(Dr.) Neetu Mishra	Expert- Member	Home Science	University of Allahabad , Prayagraj

UG SEMESTER- VII/PG SEMESTER-1

Course Code		Course Title	Maximum Credit (20)	Maximum Marks (100)	
				CIE	ETE
A130701T	CORE	Advance Human Development	04 Credits	25	75
A130702T	CORE	Fabric Construction and care	04 Credits	25	75
A130703T	CORE	Research Methodology	04 Credits	25	75
A130704T	Discipline Centric Elective(Select any One)	Concepts of Nutrition	04 Credits	25	75
A130705T		Ergonomics in Home Science		25	75
A130706P	Discipline Centric Elective(Select any One)	Nutrition and Meal Planning	04 Credits	50	50
A130707P		Ergonomics		50	50

**UG SEMESTER- VIII (for Four Year Undergraduate Programme)/ PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)**

Course Code		Course Name	Maximum Credit (20)	MM-100	
				CIE	ETE
A130801T	CORE	Children with special Needs	04 Credits	25	75
A130802T	CORE	Food Science	04 Credits	25	75
A130803R	Research Project	Research Project	12 Credits	-	100

**UG SEMESTER- VIII (for Four Year Undergraduate Programme)/ PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)**

Course Code		Course Name	Maximum Credit (20)	MM-100	
				CIE	ETE
A130801T	CORE	Children with special Needs	04 Credits	25	75
A130802T	CORE	Food Science	04 Credits	25	75
A130803T	Discipline Centric Elective(Select any One)	Gender Sensitization	04 Credits	25	75
A130804T		Guidance and Counseling Across the Life Span		25	75
A130805T	Discipline Centric Elective(Select any One)	Extension and Communication Concepts in Community Development	04 Credits	25	75
A130806T		Fashion Dynamics		25	75
A130807P	Ability Enhancement Course (Select any one)	Extension and Communication Concepts in Community Development	04 Credits	50	50
A130808P		Fashion Dynamics		50	50

PG SEMESTER-III/ PG SEMESTER-I (One Year PG Programme- Lateral Entry)

Course Code		Course Name	Maximum Credit (20)	MM-100	
				CIE	ETE
A130901T	CORE	Therapeutic and Community Nutrition	04 Credits	25	75
A130902T	CORE	Entrepreneurship Management and Consumer Economics	04 Credits	25	75
A130903T	Discipline Centric Elective(Select any One)	Statistics and Computer Application	04 Credits	25	75
A130904T		Institutional Food Administration		25	75
A130905T	Discipline Centric Elective(Select any One)	Fabric Ornamentation and Apparel Designing	04 Credits	25	75
A130906T		Advance Resource Management and Interior Design		25	75
A130907P	Ability Enhancement Course (Select any one)	Fabric Ornamentation and Apparel Designing	04 Credits	50	50
A130908P		Resource management and interior design		50	50

PG SEMESTER-IV/ PG SEMESTER-II (One Year PG Programme- Lateral Entry)

Course Code		Course Title	Maximum Credit (20)	Maximum Marks (100)	
				CIE	ETE
A131001R	MASTER DESSERTATION	MASTER DESSERTATION	20 Credits	-	100

Note:

Dissertation Based on Local Tradition Such as Food Culture and Food Habits, Life Style and its Impact on Community Health and Nutrition.

OR

Dissertation may be Based on Exploring Traditional Local Resources (Fruits, Vegetables, Arts, Handicrafts etc.) and its Prospects in Community Development and Women Empowerment

OR

Dissertation May be Based on any Home Science and Community Development Related Topic.

(Note- 1-Dissertation should be Accompanied

by Presentation and Interview

2-Hard Bound Dissertation with Minimum 100 Pages)

M.A. (HOME SCIENCE)
UG SEMESTER- VII/PG SEMESTER-1
Paper-I Advance Human Development (CORE)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Human Development: Concepts, Principles, Growth and Development.

Pre-natal period and Birth: Development, genetic and environmental factors, delivery and birth.

Unit-2:

Infancy: Physical and perceptual development: Cognitive, social and emotional development.

Unit-3:

Early and Middle Childhood: Physical and motor development: Cognitive development: Social and Emotional development.

Unit-4:

Adolescence and Adulthood: Physical development; Cognitive development; Social and Emotional development.

Books and References

1. Chaubey BK (1990) A handbook of education extension, Jyoti publication, Allahabad.
2. Singh R (1987) Text book of extension SahityakalaPrakashan, Ludhiana.
3. Extension programme planning, oxford and IBH publishing company Pvt Ltd. New Delhi.
4. Agrawal Neeta and TripathiAkansha – ManavVikas
5. Rice FP – Human development, A life span approach, NJ Prentice Hall-1965
6. Shrivastava DN and VermaPreeti- BalManovigyanAvam Bal Vikas.

M.A. (HOME SCIENCE)
UG SEMESTER- VII/PG SEMESTER-1
Paper-II Fabric Construction and Care (CORE)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Principles of Fabric manufacture: Characteristics and significance of different processes- Woven, Knitted, Laces and Braids.

Weaving: Types of Weaver- Basic and Decorative.

Knitting: Types of Knitting, Properties.

Felts and Non-Woven: Felting process, Knitting, Bonding and lace- making.

Unit-2:

Fabric finishing Methods: Classification of finishes. Singeing, beating, calendaring, weighing, shrinking, mercerization, Parchmentisation, Wash-N-Wear.

Special purpose finishes: Flame retardant, water resistant and repellent, antistatic & soil release finish.

Unit-3:

Dyeing with Chemical dyes: Dyes Classification, users.Theory of dyeing; Types of dyeing-Stock dyeing, Yarn dyeing, Piece dyeing.

Unit-4:

Laundry Science: Stains- Classification and methods of removal; Soaps and detergents- Composition, manufacturing, application, merits and limitations.

Whitening agents: Types and functions.Dry cleaning agents, methods, advantage and disadvantage.

Books and Reference

1. VermaPramila- VastraVigyanAvamParidhan
2. Henry, Sapna and Patni Manju- ParivarikPariodhanVyavastha
3. Singh Vrinda- VastraVigyanAvamParidhan

**M.A. (HOME SCIENCE)
UG SEMESTER- VII/PG SEMESTER-1**

Paper-III: Research Methodology

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-I

Social Research: Concept, Nature, Scope, Types of Researches in Home Science.

Methods of Social Research: Induction, Deduction, Qualitative, Quantitative. Historical, Comparative and Evaluative. Formulation and selection of the Research Problems Participatory Research.

Unit-2:

Hypothesis: Concept, Types and significance

Research design: Concept, Types and Significance.

Sampling: Concept, Types and Significance.

Unit-3:

Sources of Data Collection: Primary and Secondary, Field and Documentary.

Tools of Data Collection: Interview guide, Interview schedule, observation and questionnaire.

Methods of Data Collection: Interview, Questionnaire, observation, Case study and Projective techniques.

Unit-4:

Measurement and Scaling.

Processing of Data.

Analysis and Interpretation of Data and Report Writing.

Books and References

1. Asthana Vipin, Srivastava Vijay- Educational research and statistics
2. Shrivastava DN- Anusandhaan Vidhya
3. Kapil HK- Research methods in Behavioural Sciences
4. Goode and Halt- Methods of Social Research
5. Paras Nath Ryo- anusandhan Parichay
6. Jain Gopal- research Methodology, methods, tools and techniques, Mangal Deep Publication, Jaipur (1998)

M.A. (Home Science)
UG SEMESTER- VII/PG SEMESTER-1

Paper-IV: Concepts of Nutrition
(Subject Elective)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit- 1:

Minimal Nutritional Requirements and RDA 2020 : Formulation of RDA and Dietary Guidelines; EAR, TUL, DRI – Concept and importance, Diet planning for population, diet planning for individual, risk of over nutrition.

Reference man and Reference Women;

Energy in Human Nutrition: energy content of foods, Energy Balance, Measurement of Energy expenditure- BMR, thermic effect of feeding and physical activity, Assessment of Energy Requirements, Deficiency and Excess.

Carbohydrates: sources, Classification, functions, brief idea about digestion, absorption and metabolism of glucose, elementary idea about glycolysis, gluconeogenesis; Regulation of Blood Sugar, Glycemic Index of Foods;

Unit-2:

Proteins: Sources, classification, functions, Protein digestion and elementary idea about assessment of protein quality (BV, PER).

Lipids: Sources, classification, functions, digestion of fat, brief idea about saturated and polyunsaturated fatty acids.

Unit-3:

Vitamins and Minerals : Sources, classification, Bioavailability , requirement, functions, deficiency toxicity and interaction with other nutrients are to be discussed.

Vitamins- Fat soluble vitamins A,D,E,K

Water soluble vitamins-Thiamine, Riboflavin, Niacin, Folic Acid, Ascorbic Acid

Minerals- Macro minerals- Calcium, Phosphorus, Sodium

Micro Minerals- Iron, iodine, zinc

Unit-4:

Meal Planning: Principles and objectives involved in meal planning at different developmental stages.

Factors to be considered while planning meals

Unit-5: Dietary Fiber- Sources, Composition and Nutritional significance

SUGGESTED READINGS:

1. Text book of Human Nutrition : Bamji, Rao & Reddy
2. Essential of Food & Nutrition : M. Swaminathan
3. Advanced Text book on Foods & Nutrition Vol-I & II : M. Swaminathan
4. Normal & Therapeutic Nutrition : Proudfit& Robinson
5. Catering Management : An Integrated approach : Sethi M. malhans S (1993)
6. Applied Nutrition : R. Rajlaxmi
7. Food Science and Nutrition, Suneta Reddy, II Edition Oxford University Press
8. Mahan L.K. & Ecott-Stump, S. (2000): Krause's Food Nutrition and Diet Therapy, 10th Edition W.B Saunders Ltd.
9. Gopalan C. (eds.) (1993) Recent Trends in Nutrition, Oxford University press
10. Jallineek G (1985) Sensory Evaluation of Food theory and practices, Ellis Harwood Chicester.
11. M Swaminathan- Advanced textbook of Foods and Nutrition, Vol. I and II
12. R Rajlakshmi- Applied Nutrition
13. Rice FP- Human Development, A life Span approach. N.J. Prentice Hall, 1965
14. आहारपोषण एवं स्वच्छता(2021-22) डा० नीतू सिंह, डा० सौम्याजिंदल, साहित्यप्रकाशनआगरा।
15. आहार एवंपोषणविज्ञान, डा० अनीता सिंह, स्टारपब्लिकेशन्सआगरा।

M.A. (Home Science)
UG SEMESTER- VII/PG SEMESTER-1
(Subject Elective)
Paper-IV: Ergonomics for Home Science

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit- 1:

- Definition, objective, scope and importance of ergonomics in home & other occupations.
- Nature of work in house hold and other occupations
- Study of different body postures used in various activities and their relationship to fatigue.

Unit- 2:

- Job Analysis Significance of Job analysis for occupational ergonomics; Fundamental elements of job analysis.
- Definition of Human Anthropometry, Static and Dynamic Anthropometry.
- Significance of Anthropometry in relation to occupational ergonomics.

Unit- 3:

- Environmental factors in relation to occupational ergonomics: Physical characteristics of task; Environmental Stress factors such as heat, Noise and Light; their effect on work efficiency.

Unit-4:

- Application of ergonomic Principles in tool evaluation and Design; work station evaluation and design.

References:

- 1- Gross I.H. and Crendall, E.W. and Knoll, M.M.- Management for Modern Families, Prentice Hall Inc. New Delhi.
- 2- Grand JeenEttiens (1978) – Ergonomics of the Home, Taylors and Francis Ltd. London.
- 3- Nickell and Dorsey, Management in Family Living.
- 4- Nag, P.K. (1996) Ergonomics and Work Design and Emerging Issues in Organizational Science, New Age International (P) Ltd, New Delhi.
- 5- Chaffinm D.B. and Anderson G.B. (1984) Occupational Bio-Mechanics, John Wiley & Sons.

M.A. (Home Science)
UG SEMESTER- VII/PG SEMESTER-1

(Subject Elective)
Practical Based on Nutrition and meal planning

Credits: 4

MM: 100 (50 CIE + 50 ETE)

1- Nutrition through the life span: Planning preparation and calculation of meal for different age groups/special condition and socio economic groups

- Infancy
- Pre School Age
- School going
- Adolescence
- Adulthood
- Old Age
- Pregnancy
- Lactation

2- Meal planning file for different age groups and socio economic conditions

3- Preparation of diet counseling aids

4- Table Setting and meal presentation

5- Group discussion and seminar presentation on nutrition concepts.

M.A. (Home Science)
UG SEMESTER- VII/PG SEMESTER-1

(Subject Elective)
Practical Based on Ergonomics for Home Science

Credits: 4

MM: 100 (50 CIE + 50 ETE)

- 1-Market survey and listing of ergonomic furniture and household tools (detail characteristics)
- 2- Anthropometry for household work.
- 3- Report on ergonomic assessment in the workplace/institution and presentation.
- 4- Preparing file and report writing

M.A. (HOME SCIENCE)
UG SEMESTER- VIII
(for Four Year Undergraduate Programme)

Paper-I: Children with Special Needs (CORE)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Introduction to Children with Special Need: Definition and terminology; Types of special children; Children at risk- poverty and gender issues; Genetic and environmental factors in disability; Effect of the disability on the child; Need for intervention, education, rehabilitation; Role of family and child care worker.

Unit-2:

The Child with Mental Retardation: Definition and classification; Causes of mental retardation; Identification; Characteristics; Managing children with mental retardation at home; Special educational measures.

Unit-3:

The Children with communication disorders: Definition and meaning; Classification; Causes; Management and education of children with communication disorders.

Unit-4:

Children with behavioral Disorders: Definition; General causes; Types; Behavioral problems associated with Autism.

Books and References

- 1- Kirk Samuel, Educating Exceptional children, TBH, New Delhi.
- 2- Bhargava M. (1994)- Introduction to exceptional children, Sterling Publishers, New Delhi.
- 3- Agarwal Neeta- ManavVikas
- 4- Grewel JS (1998)- Early Childhood Education, foundation in Practices, HarprasadBhargwa Publication, Agra
- 5- SoniRomila- Early Childhood care and Education.

M.A. (HOME SCIENCE)
UG SEMESTER- VIII
(for Four Year Undergraduate Programme)

Paper-II: Food Science (CORE)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Introduction to Food Science: Constituents of Foods- General, physical and chemical properties; Colloidal system; gels; emulsions.

Enzymes: Importance of enzymes and their application in Food Industry.

Unit-2:

Cereals and Cereal Product: Types, composition and structure; Functional properties of starch; Wheat starch and Gluten formation; Properties of amylase and amylopectin.

Fats and Oils: Types and sources (Animal and Vegetable), Functional properties and uses in cookery.

Unit-3:

Milk and Milk Products: Composition; Uses in cookery; Effects of Heat, Enzymes, Eggs: Structure, Composition and Grading; Changes during storage; functional properties.

Meat, fish and Poultry and composition.

Unit-4:

Pulses and Legumes: composition and structure; Selection and variety; Functional properties of pulses.

Vegetables: Composition and Classification; Changes occurring during cooking; Pigments and flavor constituents.

Fruits: Composition, changes occurring during maturation and ripening. Pigments and flavorconstituents.

Books and References

1. Bealon GH and Bagos JM (eds.) (1996), Nutrition, in preventive medicine WHO
2. Charley H (1982). Food Science (2nd edition), John Wiley & sons, New York.
3. Mishra Usha and Agarwal Alka- AharAvamPoshanVigyan
4. M Swaminathan- Advanced textbook on Food and Nutrition, Vol. I and II

M.A. (HOME SCIENCE)
PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)

Paper-I: Children with Special Needs (CORE)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Introduction to Children with Special Need: Definition and terminology; Types of special children; Children at risk- poverty and gender issues; Genetic and environmental factors in disability; Effect of the disability on the child; Need for intervention, education, rehabilitation; Role of family and child care worker.

Unit-2:

The Child with Mental Retardation: Definition and classification; Causes of mental retardation; Identification; Characteristics; Managing children with mental retardation at home; Special educational measures.

Unit-3:

The Children with communication disorders: Definition and meaning; Classification; Causes; Management and education of children with communication disorders.

Unit-4:

Children with behavioral Disorders: Definition; General causes; Types; Behavioral problems associated with Autism.

Books and References

- 6- Kirk Samuel, Educating Exceptional children, TBH, New Delhi.
- 7- Bhargava M. (1994)- Introduction to exceptional children, Sterling Publishers, New Delhi.
- 8- Agarwal Neeta- ManavVikas
- 9- Grewel JS (1998)- Early Childhood Education, foundation in Practices, HarprasadBhargwa Publication, Agra
- 10- SoniRomila- Early Childhood care and Education.

M.A. (HOME SCIENCE)
PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)

Paper-II: Food Science (CORE)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Introduction to Food Science: Constituents of Foods- General, physical and chemical properties; Colloidal system; gels; emulsions.

Enzymes: Importance of enzymes and their application in Food Industry.

Unit-2:

Cereals and Cereal Product: Types, composition and structure; Functional properties of starch; Wheat starch and Gluten formation; Properties of amylase and amylopectin.

Fats and Oils: Types and sources (Animal and Vegetable), Functional properties and uses in cookery.

Unit-3:

Milk and Milk Products: Composition; Uses in cookery; Effects of Heat, Enzymes, Eggs: Structure, Composition and Grading; Changes during storage; functional properties.

Meat, fish and Poultry and composition.

Unit-4:

Pulses and Legumes: composition and structure; Selection and variety; Functional properties of pulses.

Vegetables: Composition and Classification; Changes occurring during cooking; Pigments and flavor constituents.

Fruits: Composition, changes occurring during maturation and ripening. Pigments and flavorconstituents.

Books and References

5. Bealon GH and Bagos JM (eds.) (1996), Nutrition, in preventive medicine WHO
6. Charley H (1982). Food Science (2nd edition), John Wiley & sons, New York.
7. Mishra Usha and Agarwal Alka- AharAvamPoshanVigyan
8. M Swaminathan- Advanced textbook on Food and Nutrition, Vol. I and II

M.A. (Home Science)
PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)

(Subject Elective)
Paper–III: Gender Sensitization

Credits: 4

MM : 100 (25 CIE + 75 ETE)

Unit- 1: Gender

- Gender role perceptions.
- Concept, definition, difference between gender and sex, changing trends.
- Gender stereotype.
- Gender main streaming.
- Gender sensitization – concept and methods.

Unit- 2: Gender Empowerment

- History of women empowerment and role of education
- National and International policies for women empowerment.
- Economic empowerment.
- Social empowerment.
- Legal empowerment.
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Unit- 3: Policies and Legislations

- CEDAW(convention on Elimination of all forms of discrimination against women)
- Women’s Right to life & health(WRLH)
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Unit- 4: Support system

- Role and functions of the department of women and child development, central social welfare board, state social welfare board, national commission for women.

Suggested Readings:

- ❖ Streeshahktikaran K ayam-Kavitasharma-Rajat
- ❖ Akhauri MMP: 1990, Entrepreneurship for women in India, NIESBUD, New Delhi.
- ❖ Patel V. Women Entrepreneurship, Ahmdabad.
- ❖ Chaudhary,D. Paul- Child welfare and Development

M.A. (Home Science)
PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)
(Subject Elective)
Paper–III: Guidance and Counseling Across the life Span

Credits: 4

MM: 100 (25CIE + 75 ETE)

Unit- 1:

Family Guidance and Counseling - Basic concept, meaning, nature, types, process, principles, objectives and scope of family guidance and counseling.

Unit- 2:

Nature of psychological disorders at different stages that require counseling and therapy:

- Childhood, adolescence & youth, adulthood and old age

Unit- 3:

Theories and approaches of guidance and counseling. The Indian approach-Meditation and Yoga exercises, Family Therapy approach.

Unit- 4:

Qualities and skills of counselor

Evaluation of Guidance and counseling

Books and References

- 1- Nichols M.P., Schwartz R.C.; Family Theraphy (2004) Aleyn and Bacon Boston.
- 2- Nelson-Jones, Richard (1999) Introduction to counseling skills, stage publication new Delhi.
- 3- Palmer Stephen (1999) Introduction to counseling and psychotherapy sage publication, New Delhi.
- 4- Street Eddy (1994) counseling for family problems, sage publication New Delhi.
- 5- Bernard, P. (1999). Counseling skills training, New Delhi: Viva Books.
- 6- Manthel, R. (1997) Counseling: The skills of fiding solutions to problems, London, Routledge.
- 7- Nicolson, D & Ayers. H (1995). Individual Counseling: Therapy and practice, London: David Fulton.
- 8- डा0 पी0 सी0मिश्रा, आजकाविकासात्मकमनोविज्ञान, साहित्य प्रकाशनआगरा ।
- 9- डा0 सुधापान्डेय, निर्देशन एवंपरामर्श, साहित्य प्रकाशनआगरा ।

M.A. (Home Science)
PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)

(Subject Elective)

Paper-IV: Extension and Communication concepts in Community Development

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit- 1:

Community: Definition, concept and characteristics of a community; structure and organization of different types of communities: tribal, rural urban and slum.

Unit- 2:

Community Development: Definition, concept, Principles and organization of community development. Community Development Programs in India.

Unit- 3:

Extension: Meaning, principles and functions. Extension system: Role of ICAR, KVKs, Panchayati Raj System, Role of state Government in Extension Programmes related to community health and other Policies, Central social welfare Board.

Unit- 4:

Communication: Meaning, Nature, role process and importance. Communication Models, Communication approaches- Individual, Group and Mass; factors affecting their selection and use; Barriers of Communication.

Unit- 5:

Development communication- Interrelation between development and development communication

Books and References:

1. Communication for development in the third world theory and practices (1991). Sage publication, New Delhi.
2. Chaubey BK (1990). A handbook of education system, Jyoti publication, Allahabad.
3. Dahama OP and Bhatnagar OP – Education and communication for development, Oxford Publication Company New Delhi
4. Harpanlani – PrasarShiksha
5. Kupuswami B – Communication and Social Development in India, Media Promoters and Publishers Pvt. Ltd. Mumbai.
6. Shaw PushpaGeeta, Sheela Jayas – PrasarShiksha.
7. वृन्दासिंह-प्रसारशिक्षा, पंचशीलप्रकाशनजयपुर।

M.A. (Home Science)
PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)

(Subject Elective)
Paper–IV: Fashion Dynamics

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit- 1: Introduction to Fashion:

- Fashion: Terminology, Characteristics, contrast with customs and role in modern society.
- Principles and Theories of Fashion adoption.
- Fashion cycle.
- Factors influencing fashion.

Unit- 2: Design analysis with respect to fashion design.

- Designs: structural, decorative, abstract.
- Introduction to applied art.
 - Elements of design.
 - Principles of design.

Unit- 3: Fashion designers and centers

- Sources of fashion
- Fashion centers
- Role of Designers
- Indian Designers

Unit- 4: Fashion Marketing

- Fashion market and marketing environment.

Books and References

- 1- Agarwal Rajni and Gupta Sanjula- ParidhanNirmanAvam Fashion Designing.
- 2- Patni Manju- VastravigyanAvamParidhanVyavastha. Star publication Agra.
- 3- Tumter GL-Cutting and tailoring.
- 4- VermaPramila- VastravigyanAvamParidhan.

M.A. (Home Science)
PG SEMESTER-II
(for Two Year PG Programme- Lateral Entry)

(Ability Enhancement Elective)
Practical Based on Extension and Communication
Concepts in Community Development

Credits: 4

MM: 100 (50 CIE + 50 ETE)

- 1- Prepare a resource file and discuss the uses, advantages and limitations with the objective to community development-
 - Teaching Aids: Charts, Posters, flash Cards.
 - Folk media
 - Print Media
 - Electronic Media
 - Internet based Media

- 2- Comparison of rural, urban and Tribal communities for (a) Socio-economic groups (b) determinants of malnutrition and report writing.

Or

Visit to nearby slum area with an objective to study the problems faced by slum dwellers (using survey method) and report writing..

M.A. (Home Science)
PG SEMESTER-II
(for Two Year Postgraduate Programme- Lateral Entry)

(Ability Enhancement Elective)
Practical Based on Fashion Dynamics

Credits: 4

MM: 100 (50 CIE + 50 ETE)

- 1- Collecting samples of various fabric textures and preparing a “texture Sheet”.
- 2- Collecting various trimmings for making “Trimming Sheet”.
- 3- Dressing up of croquis in sketch file with the application of elements of Art in fashion Designing (lines, colour schemes etc.)
- 4- Dressing up of croquis in sketch file with the application of principles of Art in fashion Designing
 - Proportion
 - Balance
 - Rhythm
 - Emphasis
 - Harmony

**M.A. (HOME SCIENCE)
PG SEMESTER-III/ PG SEMESTER-I
(One Year PG Programme- Lateral Entry)**

Paper-I: Therapeutic and Community Nutrition (CORE)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Basic concepts of Diet Therapy: New trends in delivery of nutritional care and dietary counseling.

Energy modifications and nutritional care for weight management: Identifying the overweight and obese; Factors contributing to obesity; Low energy diet and behavioral modifications; Under Weight- etiology and assessment; High energy diets for weight gain.

Unit-2:

Diets for Stomach diseases: Gastric and duodenal ulcers; Diarrhoea and Constipation-symptom and dietary management.

Diseases of the Liver: Viral, Hepatitis, cirrhosis of liver.

Diabetes Mellitus: Classification, symptoms, metabolic changes and dietary management.

Diseases of Musculo-skeletal System: Rheumatoid Arthritis, Osteo-arthritis, gout.

Unit-3:

Concept of Community nutrition: Nutritional problems of the Community and its implications for public health. Causes, incidents, signs and symptoms and treatment of PEM, Iron deficiency, Iodine deficiency, Fluorosis and Lathyrism.

Unit-4:

Assessment of Nutritional Status: Meaning, Need, Objectives and Techniques.

Primary Methods: Anthropometric measurement: Weight, Height, Skin Fold Thickness, Head Circumference, Chest Circumference: Use of Growth Chart, Diet Survey.

Secondary Methods: Vital Statistics; Mortality Rates- Crude death rate; Infant Mortality Rate; Maternal Mortality Rate; Survival Rate; Fertility rate.

Books and References

1. Potter N, and Hotchkiss JH (1996). Food science, Fifth edition CBS, Publishers and Distributors, New Delhi.
2. Park K. (2000). Park text book of preventive and social medicine, 18th edition, M/S BanarsidasBhanot, Jabalpur.
3. WHO (1999). Nutrition for health and development progress and prospects. On the eve of the 21st century WHO INHD, 99.9 Geneva.
4. Bakshi BK- PathyapathayAvaumUpchararthPoshan
5. Davidson and Passmore- Human Nutrition and Dietetics
6. Jelliffe- Clinical nutrition.
7. Proudfit and Robinson- Nutrition and Diet Therapy.

M.A. (Home Science)
PG SEMESTER-III/ PG SEMESTER-I
(One Year PG Programme- Lateral Entry)

Paper-II: Entrepreneurship management and consumer economics (CORE)

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Entrepreneurship management: concept need and process of entrepreneurship development enterprise. Types and role.

Entrepreneurship Motivation and competency: Important feature of entrepreneurship personality.

Unit-2:

Concept of consumer economies: consumer and his wants: origin of human wants characteristics of wants, classification of wants; demand:determinants elasticity.

Unit-3:

Consumer protection: Government protection; public protection; standardization of consumer goods and testing methods.

Unit-4:

Market and Marketing: Concept classification- function, types, wholesale, retail etc,; Marketing environment, Marketing Strategies-concepts, type based on protection, seller, demand.

Market and Market prices: Definition and types of market prices: Pricing under perfect and imperfect competition and monopoly.

Books and Reference

1. Patel V, women entrepreneurship developing new entrepreneurs Ahmedabad 1987.
2. East Robert (1990) Changing consumer behavior, Cassal education limited. Artillery House artillery row London.
3. Garman and Thomas et al (1974) the consumers, world buying, Money management and issue, Tata Mcgraw Hills books Co., New York.

**M.A. (HOME SCIENCE)
PG SEMESTER-III/ PG SEMESTER-I
(One Year PG Programme- Lateral Entry)**

**(Subject Elective)
Paper III- Statistics and Computer Applications**

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Statistics: Meaning, Uses and Diagrammatic representation of Data Measures on Central Tendency.

Unit-2:

Correlation: Karl Pearson's Rank Correction Coefficient

Index Number

Probability: concept and Theory

Chi Square

"t" test

Unit-3:

Fundamental of Computer: History of Computers, Generation of Computer, Language, Components, Applications of Computers.

Operating System and Internet: MS-Windows and Internet.

Unit-4:

MS-Office: MS-Word, MS Excel and Power Point.

Books and References

1. Laudon Kenneth C. and London Jane Price, management information system: A complementary perspective, Macmillan Publishing company, New Delhi.
2. Banerjee Utpal K and Sachdeva RK. Management information system: A New framework, Vikas Publishing House, Pvt Ltd, New Delhi.
3. Ethens DN-Fundamentals and Statistics.

M.A. (Home Science)
PG SEMESTER-III/ PG SEMESTER-I
(One Year PG Programme- Lateral Entry)

(Subject Elective)
Paper III- Institutional Food administration

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit-1:

Introduction to food service systems: characteristics of various types of food service units.

Unit-2:

Management of resources: Finance; determining the finance need to establish or run a unit; budgets; sources of finance; planning adequate cash flow.

Space for equipment: Steps in planning layouts; determining equipment selection and placement; maintenance of equipment, lay out analysis.

Unit-3:

Material: Menu planning established to different system; Recipe development and standardization of yield.

Staff: Man power planning, man power placement, recruitment, introduction motivation in performance appraisal.

Unit-4:

Cost accounting/analysis: Food cost analysis; record to maintain: report and trend analysis, marketing in sales management; marketing strategies, sales analysis, market promotion.

Books and References

1. WHO (1999) nutrition for health and development progress and prospects on the eve of the 21st century WHO INHD, Geneva.
2. Gopalan C. (eds) (1993) Recent trends in Nutrition
3. MohiniSethi- Institutional management
4. M Swaminathan- Advanced textbook on Food and Nutrition, Vol. I and II.
5. Mishra Usha and Agarwal Alka- AharAvamPoshanVigyan.

M.A. (Home Science)
PG SEMESTER-III/ PG SEMESTER-I
(One Year PG Programme- Lateral Entry)

(Subject Elective)

Paper-IV: Fabric Ornamentation and Apparel Designing

Credits: 4

MM: 100 (25CIE + 75 ETE)

Unit- 1:

Dyeing and printing- Classification, methods of Block Printing, Stencil, Screen, Roller, Rotary; Printing styles-direct, resist, discharge, photographic and digitized printing, Dyeing- Tie and Dye and Batik; Dyeing with natural dyes, use of pigments; Dyeing auxiliaries and their use; Dyeing defects and their remedies.

Unit- 2:

Embroidery: General embroidery techniques; Hand embroidery Indian embroidery- Chikankari, Zardozi, Kasuti, Phulkari, Kashida, Kantha, Kutch, Kathiyawad, ChambaRumal, Sujini and Khatwa (Study of above traditional embroideries with emphasis to fabric, threads, motifs and colour).

Applique work and Quilting: Applique work- basic, hand appliqué; Machine appliqué. Quilting- tools, designs, basic technique.

Unit- 3:

Layout planning: Calculation and estimation of fabric for garment construction, definition and types of layout.

Fittings of different garments: Principles, common fitting problems for different figure types.

Drafting and Pattern making.

Suggested Readings:-

- Helen Joseph Armstrong, 1987: Pattern making for Fashion Design.
- Francesca Sterlacci: Pattern making- Technique for Beginners, Laurence King Publishing.
- Danilo Attardi : fashion Draping Techniques (vol.1), Hoaki
- Allyne Bane: Pattern Design, McGraw- Hill Inc., U.S.
- Natalie Bray : Dress fitting – Basic Principles and practice, Wiley Blackwell Publishing
- Erwin, Mabel D. : Practical Dress Design –Principles of Fitting and Pattern making, Macmillan, New York.
- Mildred T. Tate, O. Glisson: Family clothing, John Wiley & Sons Inc.
- Mc Call and Marian Corey : Complete Book of Dressmaking, Greystone Press
- Jennifer Lyne Mathews- Fairbanks: Pattern Design-fundamentals- construction and pattern making for fashion design, Fairbanks publishing.
- Agarwal Rajni and Gupta Sanjula- ParidhanNirmanAvam Fashion Designing.
- Patni Manju- VastravigyanAvamParidhanVyavastha. Star publication Agra.
- Tumter GL-Cutting and tailoring.
- VermaPramila- VastravigyanAvamParidhan

Suggested Digital Platforms, Web Links.

- How patterns work- The fundamental Principles of Pattern Making and Sewing in Fashion Design by Assecmbil_Scribd.
- <https://www.brainkart.com>
Pattern Layout and types of Pattern layout-fabric preparation for sewing-Brainkar

M.A. (Home Science)
PG SEMESTER-III/ PG SEMESTER-I
(One Year PG Programme- Lateral Entry)

(Subject Elective)

Paper-IV: Advance Resource Management and Interior Design

Credits: 4

MM: 100 (25 CIE + 75 ETE)

Unit- 1:

Home Management: Definition and Philosophy of home management, elements involved in management process and decision making, Classification of resources, factors affecting their uses, Motivation theories- Maslow's theory, Herzberg's theory.

Unit- 2:

Waste and natural resource management: Definition of natural resources, forest, air, water and water harvesting; municipal solid waste management, Concept of sustainable development, Sustainable development goals (SDGs), Meaning and sources of conventional and non-conventional energy.

Unit- 3:

Interior design and furnishing: Elements of art and principles of design with reference to interior designing, colour scheme and psychological effects of colours,

Unit- 4:

Furniture and Furnishing: Furniture- types, construction, selection, purchase and arrangement.

Furnishing: Selection and maintenance of soft furnishing, types of curtains and draperies, fixture and lightings

Suggested Readings:

- Koontz. H. and O' Donnel C., 2005, Management – A systems and contingency analysis of managerial functions. New York: McGraw-Hill Book Company.
- Rao V.S. and Narayana P.S., Principles and Practices of Management, 2007, Konark Publishers Pvt. Ltd.
- Adler, David. 2004, Metric Hand Book planning & Design, Architectural press.
- Deacon R.E. and Firebaugh F.M. (1998) Family Resource Management- Principles and application. N. Delhi.: Roy Houghton Mifflin Company.
- Gross, I.H. and Crandall, E.H. (1967). Management for Modern Families. N. Delhi: Sterling Publishers Ltd.
- Moorthy G. (Ed.). (1985). Home Management N. Delhi.: Arya Publishers.
- Lawrence M, (1987), Interior Decoration, New Jersey: Chartwell Books.
- Riley & Bayen., (2003), The Elements of Design, Mitchell Beazley.
- Nickell, P., and Dorsey, J, M. (2002). Management in Family Living. New Delhi: CBS Publishers (ISBN13: 9788123908519)
- Patni Manju & Sharma Lalita, GrahPrabandh, Star Publications Agra.
- Varma, Pramila. VastuVigyaanAvamParidhan:Madhya Pradesh Hindi Granth Academy, Bhopal.
- Varghese, M.A, Ogale, N. N. and Srinivasan, K. (2001). Home Management. New Delhi. New Age International (P) Ltd
- जी० पी० शैरी, गृहव्यवस्था एवंगृह कला(2013), अग्रवालपब्लिकेशन्स, आगरा।
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M.A. (Home Science)
PG SEMESTER-III/ PG SEMESTER-I
(One Year PG Programme- Lateral Entry)

(Ability Enhancement Elective)
Practical Based on Fabric Ornamentation and Apparel Designing

Credits: 4

MM : 100 (50 CIE + 50 ETE)

- 1- Make hand embroidered samples of traditional Indian embroidery
 - Embroideries of Uttar Pradesh: Chikankari and Zardozi
 - Kashida of Kashmir
 - Phulkari of Punjab
 - Kantha of Bengal
 - Embroideries of Gujrat: Kutch, Kathiyawad and Sindh
 - Embroideries of Himanchal Pradesh
 - Embroideries of Manipur
 - Embroideries of Bihar
- 2- Collect samples of traditional Indian Textile
- 3- Dyeing and Printing-Tie and dye, Batik, block and screen/stencil printing.
- 4- Article- appliqué work.
- 5- Anthropometric Measurements
- 6- Drafting and stitching- Basic child's Bodice Block and sleeve Block (Age 2 years)

Note- Make a file of collected textile samples, embroideries, dyeing & printing, applique work & drafting.

M.A. (Home Science)
PG SEMESTER-III/ PG SEMESTER-I
(One Year PG Programme- Lateral Entry)

(Ability Enhancement Elective)
Practical Based on Resource Management and Interior Design

Credits: 4

MM: 100 (50 CIE + 50 ETE)

- 1) - Report on housing finance agencies.
- 2) - Report on space saving furniture.

Or

- Report on housing construction problem in urban areas.

- 3) - Market survey and Report writing on- Accessories in interior Design.

Or

Fixture and lighting.

Or

Wall and floor finishing.