

Syllabus and Course Scheme

Academic year 2020-21



M.A. – Home Science

Exam.-2021

UNIVERSITY OF KOTA

MBS Marg, Swami Vivekanand Nagar,

Kota - 324 005, Rajasthan, India

Website: uok.ac.in

PG- HOME-SCIENCE EXAM- 2021

At each of the previous and final year Examination in a subject, a candidate must obtain for a pass (i) at least 36% marks of the aggregate marks in all the papers prescribed at the examination. and (ii) at least 36% marks in practical, wherever prescribed at the examination, provided that if a candidate fails to secure 25% marks in each individual paper of theory at any of the examination. wherever prescribed, she shall be deemed to have failed at the examination, not with standing her having obtained the minimum percentage of marks required in aggregate for the examination. Division will be awarded at the end of the final examination of the combined marks obtained at the previous and the final examination taken together as noted below No. division will be awarded at the previous examination.

First Division	:	60 percent	(of the total aggregate
Second Division	:	48 percent	marks of previous and
Third Division	:	36 percent	final year taken together)

Note:-

1. The candidate is required to pass separately in theory and practical's.
2. There will be eight theory papers and four practicals of 50 marks each.
3. There will be 12 hours teaching of theory papers and 6 hours practical teaching per week in M.A. previous and 10 1 / 2 hours teaching of theory and 6 hours teaching in M.A. Final.
4. A practical Examination of three hours duration will be held along with the main theory examination.
5. Each theory paper of three hours duration will be divided in to five units and three categories of questions will be set from each unit as per following distribution.

S. No.	Section	Questions to be asked	Question to be attempted	Maximum	Distribution
1.	Very short/objective	10	10	10	Proportionately From 20 word ques.
2.	Short Answers	10	05	50	Each unit with InternalChoice 250 words.
3.	Analytical/or Descriptive Que	04	02	40	500 word
	Total	24	17	100	

6. The practical examination will be conducted by a board of examination consisting of External and Internal Examiner.

7. Students not submitting practical records in time will be awarded Zero mark.
8. M.A. PREVIOUS A student having offered a one of the following subjects as Home Science with minimum 50% will be eligible for admission in M.A. Home science or student having B.H.SC. Degree with minimum 50% will be eligible for admission in M.A. Home Science.
9. M.A. FINAL A candidate who has completed a regular course of study for one academic year and passed M.A. previous Examination of the university shall be admitted to the final year provided that she has passed in atleast 50% of the papers at the previous examination by obtaining at least 36% marks in each such paper.
 - a. For reckoning 50% of the papers at the previous examination practical will be included and one practical bill be counted as one paper.
 - b. Where a candidate fails for want of securing minimum aggregate marks but secured 35% marks in at least 50% of the papers she will be exempted from reappearing in those papers in which she has secured 36% marks.
 - c. Where a candidate fails for want of securing minimum aggregate marks but secured 36% marks in at least 50% of the papers she will be exempted from re-appearing in those papers in which she has secured 36% marks.
 - d. Where the candidate secures requisite minimum percentage in the aggregate of all the papers, but fails for want of the requisite minimum percentage of marks prescribed for each individuals papers she shall be exempted for re-appearing in such paper in which she has secured atleast 25% marks.
10. A candidate who has been debarred fail the final examination for the degree Master of Arts will be exempted from re-appearing in a subsequent year on the following rules .
 - a. Where a candidate fails for want of securing the minimum percentage in the aggregate marks. she shall be exempted from reappearing in such paper (s) practical's or dissertation in which she has secured atleast 36% marks, provided she has passing at least 50% of the papers. (Here passing in each paper requires 36% marks.
 - b. Where a candidate secures the minimum requisite including dissertation wherever prescribed but fails for want of minimum percentage of marks prescribed for in each individual paper / dissertation, she shall be exempted from reappearing in such paper (s) dissertation in which she has secured atleast 25% marks provided she is passing in atleast 50% of the paper (here passing in each paper requires 25% marks)

**M.A. HOME SCIENCE Exam – 2021
DISTRIBUTION OF COURSES**

There will following courses as per details given below.

M.A. PREVIOUS

Paper No.	Paper	Max. Marks	Duration of Exam.	Periods/ Week
I	Human Nutrition & Food Science	100	3 hours	04
II	Advanced Family Resource Management and Interior Decoration.	100	3 hours	04
III	Population and Environmental Studies	100	3 hours	04
IV	Research Methodology	100	3 hours	04

Practicals:

I	Human Nutrition	50	3 hours	04
II	Interior Decoration	50	3 hours	04

M.A. FINAL

Paper No.	Paper	Max. Marks	Duration of Exam.	Periods/ Week
V	Advances in Human Development	100	3 hours	04
VI	Extension Education	100	3 hours	04
VII	Advanced Textiles & Family Clothing	100	3 hours	04

Practical's:

III	Participation in Nursery School and Preparation of audio visual aids.	50	3 hours	04
IV	Textile Designing	50	3 hours	04
V	Project Writing	100	3 hours	02

PRACTICAL -I - HUMAN NUTRITION

Hours - 3

Marks – 50

DISTRIBUTION OF MARKS

1. Sessional and File	-	10+10
2. Menu Planning	-	10
3. Preparation of two dishes	-	10
4. Display	-	5
5. Viva	-	5
Total	-	50

Note - There will be one hour for menu planning and 2 hours for cooking

1. Planning and preparation of dishes rich in Energy, Protein, Fat, Fiber, Calcium, Iron, Vitamin A and C.
2. Planning and preparation of bland diet.
3. Planning and preparation of low calorie recipes.
4. Planning and preparation of diets for patients with common disorders Diabetes, over - weight and liver.
5. Planning and preparation of diets for the elders.
6. Preparation of nutritious snacks for children rich in energy and protein.

M.A. (P) PRACTICAL –II INTERIOR – DECORATION

Hours - 3

Marks – 50

DISTRIBUTION OF MARKS

1. Sessional and file	10+10
2. Making of floor plan of any one room and its Interior decoration	10+10
3. Minor Problem	5
4. Viva	5
Total	50

1. Making personal and family budget Family Financial record keeping
2. Develop conceptual drawing and floor plans for various income groups.
3. Furniture placement in a room with the help of furniture templates.
4. Window treatment
5. Making of colour chart and colour schemes
6. Preparation of models for different rooms.
7. Adulteration Detection.

M.A. Previous
Paper-I
Human Nutrition and Food Science
Unit-I

1. Recommended Dietary Allowance, Formulation of R.D.A. and Dietary guidelines for reference man and woman
2. Nutritional Assessment:
 - a. Meaning, Need and Importance
 - b. Methods: Anthropometric, Survey, Clinical, Laboratory
3. Malnutrition:
 - a. Definition, Conditions, Causes & Symptoms
 - b. Diseases due to Malnutrition: PEM, Vitamin & Mineral deficiency diseases
 - c. Measures for their prevention & control

UNIT-II

1. General Grains:
 - a. General composition and structure of wheat and rice
 - b. Various ways of using cereals: whole grain, flour: coarse and fine
 - c. Starch cell: Structure, changes produced during cooking, factors requiring control during cooking
 - d. Gluten in wheat
 - e. Various preparations
2. Legumes and Pulses
 - a. General composition and structure of pulses
 - b. Processing of pulses: Decortication, Milling, Making Dhal
 - c. Methods of improving nutritive value: Soaking, Germination, Fermentation
 - d. Effect of soda during cooking
 - e. Various preparations
3. Fruits, Vegetables and nuts:
 - a. Vegetables: Classification and importance in diet, pigments present, effect of heat, alkali and acid while cooking
 - b. Fruits: Nutritive value, use and importance in diet, pigments present, changes occurring during maturation and ripening.
 - c. Nuts: Nutritive value, use and importance in diet

UNIT-III

1. Milk and Milk products
 - a. Nutritive value of milk products
 - b. Preparation and nutritive value of milk products: Curd, Paneer, Cheese, Mava. Butter & Buttermilk
 - c. Processing techniques of milk: Homogenization, Pasteurization
 - d. Effect of heat, acid, enzymes and salt on milk
 - e. Use of milk in food preparations
 - f. Various uses
2. Eggs:
 - a. Structure, composition and nutritive value
 - b. Measures of quality and grading of egg
 - c. Factors affecting whipping quality and heat coagulation of egg protein
 - d. Uses of egg in cookery
3. Meat
 - a. Structure and nutritive value of meat
 - b. Effect of cooking on meat
 - c. Postmortem changes and aging of meat

UNIT-IV

1. Sugar
 - a. Forms of sugar
 - b. Reactions of sugar: Hydrolysis, crystallization, caramalization
 - c. Behavior of sugar in concentrated solutions
 - d. Uses of sugar
2. Fats & Oil
 - a. Kinds, composition & properties
 - b. Change in fats and oil on heating
 - c. Rancidity of facts
3. Condiments, Spices and Beverages
 - a. Condiments and Spices: Functions
 - b. Beverages: Functions and Classification, Composition of tea and coffee
4. Introduction to special foods:
 - a. Novel food
 - b. Convenience food
 - c. Space food

UNIT-V

1. Food Biotechnology:
 - a. Definition and scope
 - b. Applications: Fermentation, Genetically modified food, Cloning
 - c. Benefits of Food Biotechnology
2. Food microbiology:
 - a. Classification of micro organism: Yeast, Moulds, Bacteria
 - b. Useful and Toxic micro functions
3. Food Additives: Types and functions

References:

1. Joshi S.A.(1992) nutrition of dietetics. Tata Mcgraw Hill Publication, new Delhi
2. Raheena Begum(1989) Text book of food & nutrition & dietetics, sterling publication, New Delhi
3. Swaminathan M. (1985) Essentials of Food & Nutrition Vol. I&II
4. Prevention of food Adulteration act 1994, Govt. of India
5. Gopalan, C.(1993) Nutritive value of Indian Food
6. जैनबन्दना 2009 आहार एवं पोषणअभिज्ञेक प्रकाशन, जयपुर
7. पलटाअरुणा 2006 आहार एवं पोषणशिवा प्रकाशन इन्दौर
8. खनूजा रीना आहार एवं पौषणविज्ञान, अग्रवाल पब्लिकेशन

M.A. Previous

Paper-II

Advanced Family Resource Management and Interior Decoration

UNIT-I

1. Introduction to Management
 - a. Basic concept of Management
 - b. Objectives of Management
 - c. Principles of Management
2. Management as a system
 - a. i. Definition ii. Elements iii. Characteristics
 - b. Advantages and limitations of System Approach
 - c. Application in family resources management
3. Management process
 - a. Planning – Objectives, Principles, Publicities, strategies
 - b. Organizing – Purpose, Principles, Process
 - c. Authority responsibility and accountability
 - d. Controlling – meaning and definition, characteristics phases
 - e. Evaluation – meaning, definition, purpose and types

UNIT-II

4. Consumer in the market
 - a. Consumer buying habits: convenience goods specialty goods
 - b. Factors affecting consumer decision
 - c. Consumer product and promotion services
 - d. Consumer education – meaning of consumer, rights of consumer, responsibilities of consumer.
 - e. Redressal mechanism for consumer grievances – verbal and written complaint
 - Procedure for filing a complaint
 - Appeal to district, state or nation commission

UNIT-III

5. Ergonomics
 - a. Definition, meaning and scope of ergonomics
 - b. Nature of work in household

- c. Man machine environment system
- d. Types of fatigue, measures to relieve fatigue
- e. Importance of ergonomics
- f. Work, worker and working environment relationship
- g. Study of different body postures used in various activities and its relation to fatigue.

UNIT-IV

6. Housing

- a. Factors influencing housing needs
- b. Factors influencing selection and purchase of site for house building
- c. Housing finance
- d. Types of doors and windows
- e. Flooring materials
- f. Wall treatment

UNIT-V

7. Interior Designing

- a. Principles and Elements of Art
- b. Colour arrangement in house decoration
- c. Window treatment
- d. Furnishing – Curtains, Draperies, Floor covering. Cushion cover. Bed linens
- e. Lighting the interior
 - Types
 - Selection
 - Arrangement
 - Design
 - Fixture
 - Use and care

References:-

1. भार्मासुमन 2007 गृहव्यवस्था एवं घरेलू बजट विरुवभारती पब्लिकेशन्स
2. भार्मा करुणा, पाटनीमंजू 2008, अग्रवालदीपक 2009 उपभोक्ताअर्थ भास्त्र, शिवाप्रकाशन इन्दौर
3. भार्मा करुणा, पाटनीमंजू (2008)संसाधन प्रबन्ध कापरिचय, परिस्थैतिकी एवंपर्यावरण, शिवाप्रकाशन, इन्दौर
4. भार्मा करुणा, पाटनीमंजू 2008 कला एवं डिजाईन के आधार, शिवा प्रकाशन, इन्दौर
5. खनूजा रीना गृहव्यवस्था एवं गृहसज्जा, अग्रवाल पब्लिकेशन
6. खनूजा रीना गृह प्रबन्ध, साधन व्यवस्था एवं आन्तरिक सज्जा, अग्रवाल पब्लिकेशन

M.A. Previous
Paper-III
Population and environmental studies

UNIT-I

Concept of population education: Meaning & Definition Scope, Need & importance of population education

Family life education, sex education

Causes and consequences of population explosion, trends in population growth, terms related to population dynamics, birth control methods, advantages of small family.

UNIT-II

Population of India and Rajasthan, Maternal mortality and morbidity child's mortality and causes of child's death, Consequence of population explosion, Population control, peening: India's population policy, Role and responsibilities of family and individual

UNIT-III

Fundamentals of Environment: Definition and Scope, Life and the environment, Physicochemical factors in the environment, Changes in the environment, Hazards & risk. Natural resources conservation and sustainable development.

UNIT-IV

Ecosystem – man and environment relationship, forest and pond ecology, energy cycle

Pollution and environment with reference to air, water and soil effects and remedies, Environment pollution and public health, impact of chemical insecticides & toxic effect of metals & biological substances.

UNIT-V

Water management, Soil management, Treatment of solid, Waste management, Air pollution management.

Environment legislation and policies laws related to environment.

References:-

1. गर्गओ.पी., नाटाणी प्रकाशनारायण 2008, जनसंख्या शिक्षण, गोयलपब्लिकेशन्स
2. टाकओ.पी. 2012 जनसंख्या एवं विकास शिक्षा, राजस्थान हिन्दी ग्रन्थ अकादमी
3. गुर्जररामकुमार, जाटबी.सी., 2010, पर्यावरण अध्ययन, पंचशील प्रकाशन जयपुर

M.A. Previous
Paper-IV
Research Methodology

UNIT-I

1. Science, scientific methods
2. Research – Meaning and objectives
3. Role of Statistics and Research in Home Science discipline
4. Research design: Meaning, Purpose and steps of research Design
5. Definition and identification of a Research Problem, Selection and Characteristics of problem

UNIT-II

1. Hypothesis, assumption and limitation of the problem
2. Types of variables
3. Theory of probability
4. Techniques of sampling: population and sample, sampling procedures

UNIT-III

1. Types of Research Design: Historical, Comparative, Structural, Functional Descriptive
2. Techniques of data collection: Questionnaire, interview technique, observation, survey, case study

UNIT-IV

1. Tests and scales: Tests, Sociometry, Semantic differential method. Critical incidence. Q sort technique
2. Reliability and validity: Meaning and methods
3. Review of Literature: Importance, sources and writing review of literature

UNIT-V

1. Analysis of data through parametric and nonparametric statistics
2. Report writing: Presentation of Data, Interpretation and discussion
3. Bibliography: Importance, method of writing references of books, journals, proceedings & websites