

# M.A. HOME SCIENCE

## DISTRIBUTION OF COURSES

There will be following courses as per details given below:

### M. A. Previous: 2015-2016

Paper No.	Paper	Max. Marks	Internal Marks	Duration of Exam.	Hours Week
I	Community Nutrition	100	25	3 hours	04
II	Advanced Family Resource Management and Interior Designing	100	25	3 hours	04
III	Population Studies & Entrepreneurship Development	100	25	3 hours	04
IV	Research Methods and Technique	100	25	3 hours	04

### Practical's:

I	Community Nutrition	50	20	3 hours	04
II	Interior Designing	50	20	3 hours	04

### M. A. Final:

Paper No.	Paper	Max. Marks	Internal Marks	Duration of Exam.	Hours Week
V	Advanced Human Development & Family Welfare	100	25	3 hours	04
VI	Extension & Communication Management	100	25	3 hours	04
VII	Advanced Textiles & Family Clothing	100	25	3 hours	04
VIII	Project Writing	100	25	3 hours	02

### Practical's:

III	Participation in Nursery School and Preparation of audio visual aids	50	20	3 hours	04
IV	Textile Designing	50	20	3 hours	04

**Grand Total** **1000**

## **M.A. HOME SCIENCE PREVIOUS**

### **Paper – I**

### **Human and Community Nutrition**

#### **Unit I**

The role of food in relation to health of individual.

1. Minimal nutritional requirements and R.D.A., formulation of R.D.A. and dietary guidelines reference to man and woman. Nutrition and Health status of women and children in India.
2. Malnutrition – etiology and dietary management.
3. The aging process – Physiological, Biochemical and body composition changes. Nutritional requirements and dietary management to meet nutritional needs.

#### **Unit II**

4. Historical back ground, Prevalence, etiology, Bio-chemical and clinical manifestations. Preventive and therapeutic measures for following:  
PEM, Rickets, osteomalacia, Vit A deficiency, Flourosis, weight Imbalance, Diabetes, Liver, cardiovascular disorders, cancer, anaemia, IDD.

#### **Unit III**

5. Nutritional assessment – Meaning, need, objective of nutritional status – food consumption, Anthropometry Clinical and Biochemical methods.
6. Dietary surveys – importance, methods, interpretations, adequacy of diet with respect to RDA and BD.

#### **Unit IV**

7. Quality assurance and food safety assurance Current concept of quality control.
8. Food Adulteration – Adulterants and their health hazards, prevention and control.
9. Food Standards and Laws – ISI, AGMARK, FPO, MPO, PFA, Municipal health laws.
10. Effect of fast and junk food.

## Unit V

11. Major nutritional Problems and Role of national and international agencies in improving nutritional status of community.
12. Nutrition Education.
13. Recent advances in Biotechnology-genetically modified foods.

### References:

1. Joshi S.A. (1992) Nutrition of Dietetics, Tata McCirad Pub., New Delhi.
2. Raheena Begum (1989) Text book of food and Nutrition and Dietetics, Sterling Pub., New Delhi.
3. Swaminathan M. (1985) Essentials of Foods and Nutrition Vol. I and II Ganesh and Co., Madras.
4. Robinson C.H. Lawer, M.R., Chenoweth, and Garwick, A.B. (1986) Normal and Therapeutic Nutrition 17 Ed., Macmillan Pub. Co..
5. Prevention of food Adulteration Act. 1994 Govt. of India.
6. Ghosh S. (1992) The feeding and care of infants and young children, VHAI, 6<sup>th</sup> Ed., New Delhi.
7. Gopalan, C. (1993) Recent Trends in Nutrition, Oxford University Press.
8. Jelliffe, D.B. (1996), Assessment of Nutritional status of the Community, WHO.
9. Gopalan, C., Nutrition of Health care, Nutrition Foundation of India, Special Pub. Series.
10. डॉ. सत्यदेव आर्य : आहार – पोषाहार ।
11. अनुवादिका डॉ. सरोजनी आर्य – पोषण के सिद्धान्त ।
12. Davidson, S. Passnwre Human Nut. and Dietetics.
13. Swaminathan M. Advance Nutrition.
14. Shukla P.K. Nutritional Problems of India.
15. Gopalan C. Nutritional Problems and Prog. in South East Asia.
16. Lava, K., Muller El Toxicological aspect of foods. Elsevier, Science London.

## **M.A. HOME SCIENCE PREVIOUS**

### **Paper – II**

#### **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 and 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 Behaviour:
  - Determinants of consumer behaviour, opinion, leadership, group influence, social class and culture, consumer dissatisfaction.
  - Market strategies influencing consumer behaviour.
  - 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 commissions.
  - 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, workers and working environment relationship.
  - Kitchen and storage as most important work areas.
  - Study of different body postures used in various activities and its relation to fatigue.

### **Unit IV**

7. Financing of consumer durables/ enterprises:
  - Housing
  - Automobile
  - Equipment
  - Education
  - Small scale Industry
8. Tax Planning

### **Unit V**

9. Furnishing material:
  - Purpose, design, selection and care
  - Curtains, floor covering, bed linens
  - Window treatments
10. Lighting in interiors:
  - Types
  - Selection
  - Arrangement
  - Design
  - Fixture
  - Use and Care

## 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 Principles and Application, Allyn and Bacon, Boston.
4. Sherman, A.W. *et al.* (1988) Managing Human Resources, South Western Publication Co., Cincinnati.
5. Sundaram, K.P.M. and Varsha M.G. (1975) Principles of economics, Agra.
6. Ghanda, R. (1975), the emerging consumer, New age International Publishers Limited and Wiley Eastern Limited, New Delhi.
7. Sethi, M. and Seethuram P. (1994), Consumerism: A Growing concept, Phoenix Publishers, New Delhi.
8. Nag, P.K. (1996) Ergonomics and work Design: Emerging Issues in Organisational Science, New Age International Ltd., New Delhi.
9. Anna H. Rutt (1961) Home Furnishing, John Wiley Eastern Pvt. Ltd., New York.
10. Deshpande R.S. (1980) Modern Small Ideal Homes for India (9<sup>th</sup> Edn.), Smt. L.S. Deshpande for Deshpande Pub. Trust.
11. Deshpande R.S. (1980) Building your own house, United Book Corporation.
12. Rangwala S. (1974) Town Planning: Anand Character Book Stall.
13. Economics for consumer, Gorden Lee (1977) 7<sup>th</sup> Edn., D'van Mostrand.
14. Varghese, M.A. and others, Ergonomics in kitchen design.
15. Family Finance – Biglow and Harward.
16. Introduction to Home furnishing – Stepat D.
17. Alexander N.J. Mercartly Brace (1972) Designing Interior Environment, Havnouich.

Paper Code: 4863

## **M.A. HOME SCIENCE PREVIOUS**

### **Paper – III**

#### **Population Studies and Entrepreneurship Development**

##### **Unit I**

1. Population Education:
  - Meaning, definition and need of population education.
2. Concepts/ Terms related to population education.
  - Growth rate, IMR, MMR, density mortality morbidity, sex education, family life education, demography and population dynamics.

##### **Unit II**

3. Population of India and Rajasthan, Recent trends in population dynamics in relation to developing and developed countries.
4. Women Empowerment: Definition, need and policies related to women empowerment. Rights of women.

##### **Unit III**

5. Methods of population control in brief classification of methods.
  - Safe motherhood
6. Disease, patterns and reproductive health.

##### **Unit IV**

7. Entrepreneurship: Definition and importance
  - Process of entrepreneurship development.
  - Characteristics of Entrepreneurs.
  - Govt. policies and schemes for entrepreneurship development.

## Unit V

8. Setting up of an enterprise:
  - Environment analysis – economic, social and technological.
  - Venture capital sources and documentation required.
  - Legal requirements for establishment of a new unit.

### References:

1. Akhauri, M.M.P. (1990): Entrepreneurship for Women in India, NIESBUD, New Delhi.
2. Hisrich, R.D. and Brush C.G. (1986): The women entrepreneur D.C. Health and Co., Toronto.
3. Patel, V.C. (1987): Woman entrepreneurship – Developing New Entrepreneurs, Ahmedabad EDII.



## **M.A. HOME SCIENCE PREVIOUS**

### **Paper – IV**

#### **Research Methods and Techniques**

##### **Unit I**

1. Meaning of research, its significance and objectives, criteria of a good research.
2. Research Process.
  - Problems encountered by researchers in India.

##### **Unit II**

3. Research problem – its concept, selection, and significance.
4. Hypotheses – Concept, types, formulation of hypotheses.
5. Variables – Meaning and types.

##### **Unit III**

6. Types of research – Fundamental, Action and applied.
7. Research design – Meaning, significance, Types
  - Historical, Experimental, Expost facto, descriptive and Basic principles.

##### **Unit IV**

8. Sampling – Characteristics of good sample, criteria for selecting sample. Different types of sample designs.
9. Techniques of Data collection – Interview, questionnaire, observation, tests and scales, case study.
10. Reliability and validity – Meaning and methods.

##### **Unit V**

11. Statistics, Meaning, Definition, Functions, Importance and Limitations.
12. Measures of central tendencies – Mean, Mode, Median, S.D. T-test, chi square test.

**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 Measurement in behavioural and social science, Agri. Cole Publishing Academy, New Delhi.
3. Mukherjee, R. (1989): The quality of life: valuation in social research, Sage Publications, New Delhi.

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Paper Code: 4865

## M.A. PREVIOUS HOME SCIENCE

### Practical – I

### HUMAN NUTRITION

#### Distribution of Marks

**Duration: 3 Hrs.**

**M. M. 50**

1.	Sessionals and File	10 + 10
2.	Menu Planning	10
3.	Preparation of two dishes	10
4.	Display	5
5.	Viva	5
	<b>Total</b>	<b>50</b>

**Note:** There will be one hour for menu planning and 2 hours for cooking.

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

Paper Code: 4866

**Practical – II**  
**Interior Designing**

**Distribution of Marks**

**Duration: 3 Hrs.**

**M. M. 50**

1.	Sessionals and File	10 + 10
2.	Window treatment	10
3.	Furniture Placement	10
4.	Minor	5
5.	Viva	5

1. Collection of building material (samples).
2. Furniture placement in a room with the help of furniture templates.
3. Window treatment.
4. Making of napkins and napkin folding for table arrangement.
5. Flower arrangement.
6. Visit and report of consumer redressal forum.

Paper Code: 4866

**Practical – II**  
**Interior Designing**

**Distribution of Marks**

**Duration: 3 Hrs.**

**M. M. 50**

1.	Sessionals and File	10 + 10
2.	Window treatment	10
3.	Furniture Placement	10
4.	Minor	5
5.	Viva	5

1. Collection of building material (samples).
2. Furniture placement in a room with the help of furniture templates.
3. Window treatment.
4. Making of napkins and napkin folding for table arrangement.
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