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**M.A. Second Year**

**IIIrd Sem.**

**HOME SCIENCE**

**(EFFECTIVE FROM – 2015 ONWARDS)**

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**

**AURANGABAD**

**Home Science**

**Curriculum Structure & Scheme of Evaluation**

**For M.A. II Semester – Third**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sr. No.** | **Course** | **Name of the Subject** | **Scheme of teaching (Periods Per week )** | **Scheme of Evaluation Marks** | **Total Credits** |
| **T** | **P** | **Total Periods** | **Theory Exam** | **Internal** | **Pracitcal** |
| **1** | **HSC 405** | **Mental Health Counseling**  | **04** | **-** | **04 Week** | **80** | **20** | **--** | **100** | **4** |
| **2** | **HSC 406** | **Extension & Community Health Management**  | **04** | **--** | **04** | **80** | **20** | **--** | **100** | **4** |
| **3** | **HSC 425** | **Clinical and Therapeutic Nutrition (Opt.)** | **04** | **--** | **04** | **80** | **20** | **--** | **100** | **4** |
| **4** | **HSC 426** | **Food Service Management (Opt.)** | **04** | **--** | **04** | **80** | **20** | **--** | **100** | **4** |
| **5** | **HSC 454** | **Clinical and Therapeutic Nutrition Practical (Opt.)** | **04** | **--** | **04** | **80** | **20** | **--** | **100** | **4** |
| **6** | **HSC 455** | **Food Service Management Practical (Opt.)** | **04** | **--** | **04** | **80** | **20** | **--** | **100** | **4** |
|  |  | **TOTAL**  |  |  | **16** | **320** | **80** | **--** | **400** | **16** |

**M.A. SECOND YEAR**

**HOME SCIENCE**

**(Third Semester)**

**Mental Health and Counseling**

**Subject Ref. No. : HSC 405**

**No. of Credits : 04**

**No. of Periods per week : 04**

**Semester Exam : 80**

**Assignments / Sessionals : 20**

**OBJECTIVES:**

1. To understand the importance of good mental health.
2. To develop skills of organizing school mental health programmes.
3. To acquaint students to the concepts and needs of counseling.
4. To make them aware of the qualities and skills required for counseling.

**Content : Credit 0.5 Unit I Mental Health / Mental Illness**

a) Definition, concept and importance of holistic health, well being and happiness.

b) National and mental health policy of India (1982).

c) Community mental health need & programmes.

**Unit II School Mental Health Programme Credit - 0.5**

a) Need of mental helath programmes.

b) Importance of teachers in mental health aspect of children.

**Unit III (A) Counseling Credit – 1.5**

1. Meaning, need, objectives & functions.
2. Principles and goals of counseling.
3. History of counseling.

**B) Techniques of securing information**

 a. introspection, observation, case history.

b. Play method, Interview, case record and school records.

c. Process of counseling.

d. Qualities and skills of a counselor.

**Unit IV) Counseling Applications Credit – 1.5**

Child Counseling, family counseling, marriage counseling, counseling in school, career counseling, Alcohol and drug & Abused counseling, group counseling, crisis – intervention counseling, counseling for the aged, counseling for women.

**Sessional Activities**

1. Visit to schools / institutions that have counseling centers / mental health programmes.

2. Organizing a day is workshop on counseling techniques.

**REFERENCES :**

1. Kochar S.K. “Guidance & Counseling in College”, sterling publishers, New Delhi.
2. S.R. Vashist, “Methods of Guidance & Counseling.”
3. Kottler J.A. & Kottler E, Counseling Skills.
4. Dave Inud, “The basic essentials of counseling” sterling publications Pvt. Ltd. New Delhi.
5. Barry P.D., “Mental Health & Mental Illness”, J.B. Dippincot, Co. Philadelphia.
6. Gopalkrishnan N, “Mental Health & You”, Mumbai Popular Prakashan.
7. “National Mental Health Programme for India”, Govt. of India, Ministry of Health & Family Welfare.
8. Kapur M. “Mental Health of India Childre” New Delhi Sage Publications.
9. Malhotra S., Malhotra A & B. Varma V.K., “Child Mental Health in India” Macimillan India Ltd., News Delhi.
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**M.A. SECOND YEAR**

**HOME SCIENCE**

**(Third Semester)**

**Extension and Community Health Management**

**Subject Ref. No. : HSC 406**

**No. of Credits : 04**

**No. of Periods per week : 04**

**Semester Exam : 80**

**Assignments / Sessionals : 20**

**OBJECTIVES:**

1. To understand the concept of sustain ability and development.
2. To apply the principles of management to the extension organization services.
3. To realize the problems of the community and the scientific intervention.
4. To know the supportive service and the programmes for community health management.

**Content**

**Unit – I Sustainable development and people participation.**

1. Concept, philosophy, goals, aspects and challenges, principles.
2. Sustainability – Meaning concept and implications for development.
3. People’s participation – concepts forms in development.
4. Importance, need, nature of people’s par in development.

**Unit – II Financial Sustainability**

1. Concept importance and need.
2. Microfinance and self help group.

**Unit – III Concept of extension management**

1. Definition, nature, importance and principles.
2. Extension management process.
3. Personnel management – recruitment of extension workers, training of workers.

**Unit – IV Health care services and Indices**

**A.**

1. Role of N.G.O. National Health programs / national and international agencies.
2. Health information education. Need, importance, methods.
3. Basic epidemiology, health regulation acts, census.

**B. Indices**

1. Health Related Indices

Community health, fertility indicators vital statistic, mortality and morbidity indicators.

2. Human development index and reproductive health index.

**Unit – V Community Health**

1. Community health needs and problems.
2. Disaster management
3. Types of disaster – earthquakes, floods, cyclones / hurricanes / tsunami / landslides.
4. Rescue
5. Relief
6. First aid

**Sessional Activities (Any two) 20 Marks**

1. Preparation of CD / DVD on any topic from five major areas – Human development, Nutrition dietetics, extension education, family resource management, textiles clothing.
2. Assignment on disaster management. Flood, draught, fire, earthquake, food poising.
3. Demonstration on first aid and report writing.

**REFERENCE**

1. Embergel et al, “Case Studies of project sustainability” implications for policy and operations from Asian Experience, World Bank.
2. Gupta R.C., “Management Information Systems” CDS Publishers, New Delhi.
3. Little I.M.D., Mirless J.A., “Project for developing Countries”. Educational Books Company, New Delhi.
4. Mukherjee A, “Methodology & Database for Centralized Planning with special refund to deantliazed Planning in India, Vol. I, II & III.
5. Date R, “Organization and Development Strategies Structures and processes, Sage Publications, New Delhi.
6. Integrated Rural Development for Sustainable live hood BAIE Development Research Foundation.
7. Banarjee S, “Principles and Practice of Management”. Oxford & IBH Publishing Company, New Delhi.
8. Basuy C.R., “Organization and Management”, S. Chand & Co. Ltd., New Delhi.
9. Chandrakantan M. Senthil Kumar, P.S. Swathilakshmi, “Extension Education What & What not ?” R.B.S.A. Publishers, Jaipur.
10. O.P. Dharma & O.P. Bhatnagar, “Education & Communication for development”.
11. G.L. Ray, “Extension Communication & Management”.
12. Dr. Prem Sunder, “Principles of Educational System”.
13. Colonel P.P. Marathe, “Concept & Practices in Disaster Management” Diamond Publication, Pune.
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**M.A. SECOND YEAR**

**HOME SCIENCE**

**(Third Semester)**

**Clinical & Therapeutic Nutrition**

**Subject Ref. No. : HSC 425**

**No. of Credits : 04**

**No. of Periods per week : 04**

**Semester Exam : 80**

**Assignments / Sessionals : 20**

**OBJECTIVES:**

This course will enable the student :

1. To understand the etiology, physiological & metabolic abnormalities of acute & chronic diseases & patent needs.
2. To know the effect of various diseases on nutritional status & nutritional & dietary requirements.
3. To be able to recommend & provide appropriate nutritional care for prevention & treatment of various diseases.

**Contents**

**Unit – I Credit – 1.5**

1. Therapeutic diet : Concept need and importance types of therapeutic diet – consistency, texture nutrient content, feeding practices with examples.
2. Dietician – qualities, role and responsibilities, need in hospitals and community, qualification.
3. I.D.A. – Indian dietetic association.
4. Patient care and counseling assessment of nutritional status of hospitalized and outdoor patient.

**Unit – II Credit – 0.5**

Drug and nutrients interactions effects ingestion, digestion, absorption & metabolism.

**Unit – III Credit – 0.5**

Herbal medicines and homemade remedies for common disorders.

**Unit – IV Nutritional management in following diseases :**

 **Credit – 1.5**

1. Obesity
2. Diabetes
3. Heart diseases – Hypertension & Atherosclerosis
4. Cancer
5. Peptic Ulcer
6. Hepatitis
7. Nephritis & Kidney Stones
8. Aids
9. Weather change diseases

**Sessional (Any two)**

1. Visits to diet counseling centers & report writing.
2. Preparation of diet counseling aids.
3. Enlist the herbal products & their uses.
4. Comparative survey on allophethic, Homeophetic, Aurvedic & Unani medicine.

**REFERENCES**

1. B. Srilakshmi, “Dietetics” New age International (P) Ltd., Publishers, New Delhi.
2. Robinson H.Etal. “Narmal & Therapeutic Nutrition” Macmillan Publishing Company.
3. Mohan L.K. and Escot Stumps (2000), Krause’s food and Nutrition & diet therapy”, 10th Edn. W.B. Saunders Ltd.
4. Shils M.E. Olon J.A., Shike M and Ross, A.C. (1999) Modern Nutrition in health & disease”, 9th Edn. Willianms & Wilkn.
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9. Anita F.P. (1973) Clinical dietetics and Nutrition Oxford University Press.
10. V.K. Kaushik, “Reading in Food Nutrition & Dietetics” Vol. I, II & III, Book Enclaved, Jaipur.
11. Swaminathan M.S. (1985) Food and Nutrition Vol. II BAPPCO publication.
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13. Joshi Shubhangini, “Nutrition & Dietetics”, Tata MC Raw Hill Publishing Co. Ltd., New Delhi.
14. Suitor, C.W. & M.F. Crowley, “Nutrition, Principle & application in Health promotion J.B. Hippincot Co. Philadelphia.
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**M.A. SECOND YEAR**

**HOME SCIENCE**

**(Third Semester)**

**Food Service Management**

**Subject Ref. No. : HSC 426**

**No. of Credits : 04**

**No. of Periods per week : 04**

**Semester Exam : 80**

**Assignments / Sessionals : 20**

**OBJECTIVES:**

1. Understand the basic principles of management in food services units.
2. Accept responsibilities in catering establishment and hospitals.
3. Become conscientious caterer and food service administrator.
4. Develop skills in setting up food service units.
5. Understand the concept & principles of resource management.
6. To create an awareness of the renewable sources of energy.

**Unit – I Food Service Industry Credits – 0.5**

**A)** 1. Types of catering – History of development commercial
 hotel, motel, restaurant, mess canteen, cafeteria, chain
 hotels.

2. Welfare – Hospital, school lunch, residential
 establishment & industrial catering.

3. Transport – Air, Rail miscellaneous contract & outdoor.

**B) Physical Plant**

1. Planning a food service unit, objective of a food layout, steps in planning of layout in restaurant, coffee shop, room services. Factors to be considered while planning the actual ambience (Colour, light, décor, furniture, service).

2. Kitchen – Space & types, size of kitchen work surface, work area, work simplification, kitchen maintenance.

3. Storage space – Types of storage – planning basic factor.

4. Interior design in a hotel / restaurant / coffee shop, Ice-cream parlors - Size & shape of room – furniture, fittings, colour scheme, lighting table decoration.

**Unit – II Operational aspects of various food & Bout let**

 **Credit - 1**

**( Specialty restaurants, coffee shop, room service )**

* Shifts (Panzer, Straight, Split, Reliever).
* Factors to be considered for selecting appropriate crockery, cutlery, glass ware.
* Seating arrangements – off premise / our door catering, Airline / Railway / Hospital, Hostel, Industry canteen / school & college canteen etc.

**Unit – III Quantity Food Purchase Credit – 0.5**

 Standards for selection of fresh food. Substitutes in the form of convenience or ready prepared food purchase & storage.

**Unit – IV Sanitation and Safety**

 Sanitation of plant, kitchen, hygiene, personal hygiene garbage disposal pest control – Health & safety at work, causes & types of accidents, accordance and applications.

**Unit – V Organization and Management Credit – 0.5**

1. Types of organization – kitchen organization.
2. Principles of management – tools & functions of management.
3. Personnel management – staffing, recruitment and selection, induction, training & supervision.
4. Decision making, communication, administration leadership.

Job analysis, performance appraisal.

**Unit – IV Entrepreneurship Catering and Accounting**

 **Credit – 0.5**

1. Task of entrepreneur : Qualities of entrepreneur. Budgeting and books of account inventories, stores control, indent purchase.
2. Financial management
3. The computer in catering.

Use of computer for the control of stock, receipes and menus.

**Sessional Activities (Any two)**

1. Visit to well-organized food service units.

Commercial, Hotels, Hospitals, Hostel, Industrial Transports.

1. List of manufactures of restaurants equipments.
2. Organizing, preparing & serving one special meal for 50 members.

Prepared Audio-visual clip any one from the following countries – Indian, Chines, Italy, American.

1. Formats of records maintained in restaurants / hotels / coffee shop / canteen / mess (Booking Diary, Sales Summary Sheet, Guest Comments, Log book etc.)

**REFERENCES**

1. Facility planning and design – Edward Kagarion.
2. Food & Beverage Service – Dennis Lillicrap and Johecousins.
3. Theory of Catering – Kinton and Cesarani.
4. Modern – Restaurant Service – John Fuller.
5. Foundations of Food Preparation, Pechkom, G.C. 1979, Macmillan Pub. Co, New York.
6. Foods, fats & Principles, Manay Shakunthala N. and Shadakshaiswamy, M. 1987 Willey Eastern Ltd. New Delhi, Bangalore.
7. Food Science, Mdambi S.R. Raa S.M. 1986, Willy Eastern Ltd. New Delhi, Banglore.
8. Food Service & Experimental Foods, Swaminathan M., 1979, Ganesh and Co. Madras.
9. Quantity Food Production, Bali Parvinder S. (2011) Oxford University Press, New Delhi.
10. Professional Cookery – Theory Practice, Ramesh P and Jos Wellman (2009), Better Yourself Book, Mumbai.

**M.A. SECOND YEAR**

**HOME SCIENCE**

**(Third Semester)**

**Clinical & Therapeutic Nutrition (Practical)**

**Subject Ref. No. : HSC 454**

**No. of Credits : 04**

**No. of Periods per week : 04**

**Semester Exam : 80**

**Assignments / Sessionals : 20**

**CONTENTS OF PRACTICALS**

1. **Planning & Preparation of modification in Therapeutic diet.**
2. Clear fluid diet.
3. Fluid diet.
4. Soft diet.
5. Semi – Solid diet.
6. Normal diet.
7. **Planning & preparation of diets for following diseases :**
* Over weight and under weight
* Diabetes
* Heart diseases
* Cancer
* Peptic ulcer
* Hepatitis
* Nephrites, Kidney stone, aids.
1. **Planning & Preparation of diets for patients with common multiple disorders**

**M.A. SECOND YEAR**

**HOME SCIENCE**

**(Third Semester)**

**Food Service Management (Practical)**

**Subject Ref. No. : HSC 455**

**No. of Credits : 04**

**No. of Periods per week : 04**

**Semester Exam : 80**

**Assignments / Sessionals : 20**

**CONTENTS OF PRACTICALS**

1. Planning / Layout a restaurant (Specialty Fast Food, Coffee Shop, Canteen, Mess ) with the Factors mentioned in the theory.
2. Menu Planning – Indian and International.
3. Tables setting and service – appraising & drawing silver cutlery & crockery, folding of Napkins – Laying of table cloth, tablemats arrangement of cover & table clearing of the table.
4. Methods of food service – seating styles traditional and modern (Indian & Western).
5. Standardization any 3 selected quantity receipies and their preparation, calculation of nutritive value, yield of cost per serving size of serving.

**Marks Distribution for Practical Exam**

**Clinical and Therapeutic Nutrition**

|  |  |  |
| --- | --- | --- |
| 1 | Planning & preparation of diet for any one given above disease. | 25 Marks  |
| 2 | Planning & preparation of any one receipe for common multiple disorders.  | 25 Marks  |
| 3 | Write up  | 20 Marks  |
| 4 | Viva  | 10 Marks |
| 5 | Record Book | 20 Marks  |
|  | Total  | 100 |

**Marks distribution for practical exam :**

**(Food Service Management)**

|  |  |  |
| --- | --- | --- |
| 1 | Prepare a menu card for Indian / International receipes for restaurant or hotel.  | 20 Marks  |
| 2 | Table setting & service  | 20 Marks  |
| 3 | Write up  | 20 Marks  |
| 4 | Sessional Activities  | 20 Marks  |
| 5 | Viva  | 10 Marks |
| 6 | Record Book | 10 Marks  |
|  | Total  | 100 |